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Left: Last week at Albert Head, Raven recruits Devon Allooloo, 16, and Garret Bonnetrouge, 17, assisted their teammates up and over the six foot wall on the obstacle course while another team member received them from above.

Above: After pulling herself along the rope, Tamra Nettagog, 17, prepares to dismount from the rope, which is about six feet off the ground. Four platoons totaling more than 50 Aboriginals arrived at Camp Alberta Head Aug. 1 to challenge themselves with CFB Esquimalt's Confidence Course.

Photo by Shelley Lipke, Lookout



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Brutal bike ride brings pride

Shawn O'Hara
Staff writer

The human body has limits, but no one seems to have told Sgt Dan Bodden.

The search and rescue technician at the Joint Rescue Coordination Centre scratched another high intensity race off his bucket list July 22 when he finished the Race Across Oregon.

For two days he rode his bicycle non-stop across the Oregon countryside, racking up 828 kilometres. The bicycle race starts and ends in Hood River, Oregon, and offers up 40,000 feet of vertical climbs through the mountains that dot the state.

Sgt Bodden has been competing in endurance sports for almost 20 years. He has completed a number of Ironman Triathlons, and twice the Hawaii Ultraman Triathlon, a three-day event that circumnavigates the Big Island of Hawaii.

This particular course was tough, even for him.

"There isn't a lot of flatland. If you're not ascending, you're descending. There isn't a lot of time to rest. You really have to stay alert."

The plan was to complete the race in 36 hours. But the best laid plans can lead to exhaustion, forcing him to extend his time in the saddle into the next evening.

"I took a 20 minute nap, but besides that I hadn't slept, having trained for that. I really suffered that second day, and it obviously slowed me down significantly," he says.

Sleep deprivation lead to hallucinations for most of the second night.

"I started seeing animals and people on the side of the road that weren't there. For a while it was kind of funny, but after a couple hours it really became a problem. I didn't know what was real."

During the last leg of the race, a 24 kilometre climb up part of Mt Hood, his mind and body gave out just three kilometres from the crest.

"I couldn't hold myself upright, and if I rested on my handlebars, I was nodding off while riding. It became unsafe," he says.

His crew pulled him off the road and let him sleep for an hour.

"After that, it was worse. I wouldn't get on my bike and apparently I thought I was at a softball game."

With coaxing from his crew, he remounted his bike. His mind cleared and his competitive nature kicked in when another cyclist passed him.

"I didn't like being passed, and I was able to shake off the fog," he says. "We were near the end of the pack, but it was still a race."

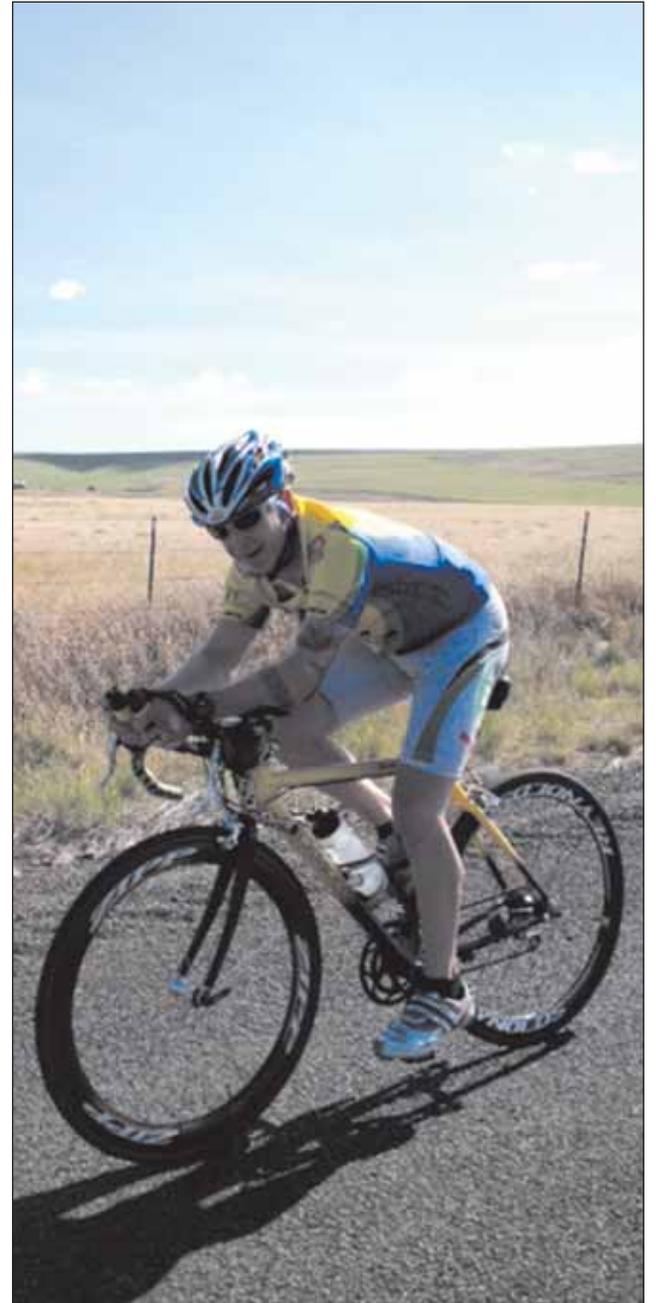
Despite exhaustion and hallucinations, he completed the race in 46 hours and three minutes. After this year's huge learning curve, he plans to compete next year.

What attracts a regular guy to extreme sports?

"You have to know what you're getting into, accept it and commit to it for the right reasons," he says.

"I want to know what I'm going to do when things get tough. I want to know how I react mentally and physi-

cally to a challenge. I am okay with what I saw and very proud of my results. I'll take it."



Sgt Dan Bodden of the Joint Rescue Coordination Centre recently completed a 828 kilometre non-stop two-day bicycle race across Oregon State.

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Fallen veteran honoured posthumously

Shawn O'Hara
Staff Writer

It was an emotional moment for Dolly Desjarlais July 20 when she accepted the Diamond Jubilee medal on behalf of her husband Leonard.

Only weeks before, Leonard Harry Desjarlais lost his battle with cancer. He was 80 years old.

RAdm Bill Truelove presented the medal to Dolly, Leonard's wife of 53 years, and Norval, his younger brother, at the Wardroom.

"Very few Canadians will be honoured with the Queen's Diamond Jubilee medal, and Leonard deserved it on many levels," said RAdm Truelove. "With this medal, we are honouring a great leader, a great Canadian, and a great veteran."

Leonard served in the 3rd Battalion of Princess Patricia's Canadian Light Infantry from 1951 until 1964. He fought in the Korean War, most notably during the counterattack

at the Battle of the Hook in May of 1953.

After retiring from active service, he became a member of the Korean Veterans Association of Canada and the National Aboriginal Veterans Association. Last April, Leonard escorted a fallen comrade for burial in Korea. It was this dedication to his comrade, his fellow veterans, and the First Nations communities that earned him the Queen's Diamond Jubilee medal.

In recognition of Queen Elizabeth II's 60th year on the throne, the Government of Canada unveiled the Diamond Jubilee medal. The medal recognizes significant contributions by Canadians to their communities.

Leonard is survived by his wife, Dolly, his children Len Jr, Marvin, Michael, and Corinne. He also leaves behind five grandchildren, Morgan, Graham, Isiah, Anna Jean and Kasinda and one great grandchild, Ryder. He is survived by his brothers Norval, Lawrence, Renee, Roy and his sister, Patricia.



On July 20 at the Wardroom, the Commander Maritime Forces Pacific, Rear Admiral Bill Truelove presented the Queen Elizabeth II Diamond Jubilee Medal to Dolly Desjarlais, who accepted the award on behalf of her late husband Leonard "Len" Desjarlais.

Photo by Cpl Charles A. Stephen, MARPAC Imaging Services

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WHAT SAY YOU

People Talk

Lookout asked this question:

If you could change one thing about yourself what would it be and why?



I wish I was more of a morning person. I have to admit it's pretty tough to wake up every morning and get to work on time.
Lt(N) Natalie Mailhot-Montgrain



I'd like to be taller. That way I would have been able to get into the military the first time I applied.
Shannon Cyrh



I'd want to make more money. It would be nice to buy a new vehicle for myself.
LS Brad Reicker



I'd want to get in better shape, not eat so many cheeseburgers.
MS Dion Ban-Dusen



I'd want to procrastinate less. I have a tendency to leave things until the last second, instead of getting them done right away.
LS Matthew Pelletier

SUDOKU

4				1				
1	2					3		
		3	2	5				7
7				6	4	3		
			4		3		5	
				8		9		
	8		5					6
	9	2			8			

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See answer on page 19

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CANUCK PLACE PAYS A VISIT

Photo by Shawn O'Hara, Lookout

Base Commander Capt(N) Bob Auchterlonie and Lt(N) Michael McWhinnie greet the families of the Canuck Place Children's Hospice for a tour of CFB Esquimalt Aug 1.

Sea Cadets scoop medals at summer games

Capt Amélie Leduc
Cadet Public Affairs Officer

Sea Cadets sailing team captured gold, silver and bronze medals at the B.C. Summer Games the weekend of July 21-22, in Surrey.

The group of 15 Sea Cadets from different training zones, including the Kootenays, the Okanagan, Vancouver Island, North West British Columbia and North East British Columbia gathered in Surrey to compete in the BC

Summer Games in the sport of sailing. For the first time since entering the Games' circuit in 2002, that Sea Cadets have won a gold medal. The team from training zone-Vancouver Island consisting of Christopher Volkers and Theo Truax captured the gold, while two female teams received silver and bronze medals.

Two competitors from the training zone-Okanagan, Emily Roberts of Kamloops and her crew Gabriele Johannsson of Ashcroft won Silver, while sailors from training zone

NorthWest B.C., Haley Green and Paige Johnson of Smithers BC won the Bronze.

The cadets sailed Performance Club 420 dinghies rigged for trapeze and spinnaker. The first day of racing was conducted during extremely windy and rainy conditions, with swells in Boundary Bay of 4-5' feet. On the second day of racing, the weather was much more fair, with winds ranging from 4-8 knots and a much calmer sea and sunshine greeted the athletes.



The Sea Cadets sailing team captured medals at the BC Summer Games in Surrey.

Photo by Lt(N) Jean Cyr

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SLO-PITCH REGIONAL TOURNAMENT

Both men and women's Slo-Pitch tournaments went to a third game during the regional tournament.

Esquimalt women won the Regional Tournament two games to Comox's one. They will compete at Nationals Sept. 8-12 at CFB Borden.

Tournament MVP was Lt(N) Liz Mohammed for Esquimalt

The Comox men won the Regional Tournament two games to Esquimalt's one and are also going to Nationals. Tournament MVP was MCpl Jeff Bartlett from Comox.



Photo by Shelley Lipke, Lookout
Cdr Tim Allan, Base Administration Officer, kicked the tournament off with the first hit of the day.



Here are the official scores for games and player-of-the-game winners. Regional men's and women's Slo-pitch July 23-26.

**Scores / MVP / player of game (POG)
Men**

Game 1: ESQ 10 to Comox 4
POG ESQ: OS Steward Langille
POG COMOX: Cpl Gus Vautour

Game 2: Comox 13 to ESQ 6
POG ESQ: Cpl Ryan Wilson
POG COMOX: MCpl Jeff Bartlett

Game 3: Comox 30 to ESQ 14 (Comox Men Win Tournament)
POG ESQ: PO1 Tim Rountree
POG COMOX: MCpl Darryl Seymour
Tournament MVP COMOX: MCpl Jeff Bartlett

Women

Game 1: ESQ 12 to Comox 8
POG ESQ: Lt(N) Liz Mohammed
POG COMOX: WO Cindy Kennedy

Game 2: Comox 9 to ESQ 4
POG ESQ: Slt Anna Dupuis
POG COMOX: PO2 Jezella Kleininger

Game 3: ESQ 4 to Comox 3 (ESQ Women Win Tournament)
POG ESQ: MCpl Ashley Klimas
POG COMOX: LS Laurel Braun
Tournament MVP ESQ: Lt (N) Liz Mohammed



Canadian Sea King launches five torpedoes

Capt Laura Oberwarth
RIMPAC Public Affairs Officer

No one on board *HMCS Algonquin* can remember the last time a Canadian Sea King helicopter dropped five exercise torpedoes in one day. But, that's exactly what they accomplished July 19 during the Rim of the Pacific (RIMPAC) exercise, that took place around the Hawaiian Islands from June 29 to Aug. 3.

Algonquin's air detachment, from 443 Squadron in Victoria, B.C., was tasked to assist the Canadian Forces and Australian Warfare Centres with the continuing refinement of the tactical employment of the Mark 46 lightweight torpedo, an anti-submarine weapon that can be launched from surface ships and aircraft.

Her Majesty's Australian Ship (HMAS) *Darwin*, one of its S-70B-2 Seahawk helicopters, and two P-3 Orion Long Range Patrol aircraft from the United States and Japan also participated in the training and

research event.

"We worked as a team to successfully search, localize, track and attack an autonomous, underwater training target," said Captain Chris Bowers, *Algonquin's* Air Detachment Commander.

The seven metre, 2,700 pound device is known as an MK 30 EMATT or Expendable Mobile Anti-submarine Warfare Training Target. It can change headings and depth and has the same acoustic signature as a diesel submarine. Most importantly, it can be targeted and attacked repeatedly with exercise torpedoes, which don't contain explosive warheads, enabling realistic anti-submarine warfare (ASW) training for sailors and aircrew.

"It takes a tremendous amount of planning and cooperation to accomplish a mission like this," says Capt Bowers. Even just on board *Algonquin*, "multiple departments are involved to safely move the torpedoes from the weapons bay to the waiting Sea King."

First, one torpedo was loaded onto the

helicopter, flown out and dropped on target. On return, air technicians did a quick 20-minute refueling and uploaded two more torpedoes for each of the next two sorties. Each torpedo weighs more than 500 pounds and taking two at a time is rarely done because it decreases the amount of fuel the Sea King can take, shortening its endurance.

While torpedo exercises are regularly practiced by Sea King detachments in benign conditions, an objective of this exercise was to evaluate performance in a more demanding, tactical scenario. The warfare centres collected a variety of data, which will be analyzed to determine realistic timings for potential real-world situations.

"A torpedo exercise like this demonstrates several things," points out Capt Bowers. "First, the ASW skills that made Sea King crews famous have not been lost on this generation of fliers. Second, it shows what can be done when an air department is successfully integrated into a ship's combat and operations team. Third, it clearly

shows that no mission is capable of success without the full support of the entire team."

Proud of the Sea King's diverse array of mission-essential capabilities, Capt Bowers describes the aircraft as the "most flexible asset in theatre."

"During one morning of the exercise, the crews chased a diesel submarine, refueled, slung provisions to three separate ships in the task group and then performed a medical evacuation," he shared by way of example. "No other community in the Royal Canadian Air Force has that capability, and we're pleased to showcase it during RIMPAC."

The world's largest international maritime exercise, RIMPAC provides a unique training opportunity every two years that helps participants foster and sustain the cooperative relationships that are critical to ensuring the safety of sea-lanes and security on the world's oceans. Twenty-two nations, 46 ships and submarines, more than 200 aircraft and 25,000 personnel participated in the exercise this year.



Photo by MCpl Marc-André Gaudreault, CF Combat Camera

The freshly painted nose of this Canadian Sea King helicopter reflects the impressive achievement of HMCS Algonquin's air detachment during its Rim of the Pacific Torpedo exercise July 19.

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No excuses, fitness always in reach

Shawn O'Hara
Staff Writer

Fitness in the military is a requirement of the job. But sometimes, especially at sea, it can be hard to stay active.

LS Sandra Dryden knows this all too well. As a Naval Communicator with the Patrol Craft Training Section, her job has her on the water for weeks at a time aboard Orca class patrol vessels.

The limited fitness equipment aboard the vessels doesn't stop her from pursuing health and fitness.

"I have to be really creative," she said after earning the top prize in the Health Promotion's May long fitness challenge. "I just brought some hand weights, some circuit training DVDs, and a yoga mat."

LS Dryden says she hears excuses from other CF members that fitness equipment isn't available on a lot of vessels. "You don't need that. All you need is some running shoes, and your body."

The benefits of healthy living aren't purely physical, she says.

"If you feel good on the inside, you look good on

the outside. Inner health radiates."

She says her active lifestyle has not only improved her health, but her career as well.

"I feel more enthusiastic about work, I'm not sitting in the corner dreading having to do anything physical," she says. "That can really hurt a unit, if someone is bringing everyone down with negativity, and being healthier can help that."

A health scare in her late twenties is what spurred her on to finding a different way to live.

"I got really sick at the age of 27," says LS Dryden.

She took a four-year leave of absence from the military to better her health. During this time she dropped 80 pounds, quit smoking, and began living a healthier lifestyle.

"When I came back people weren't recognizing me. They would say I looked better now than when I had left."

She says the best way to make changes is without hesitation. "Get up, get active, and have fun doing it."

At the end of the May challenge, she won a fitness

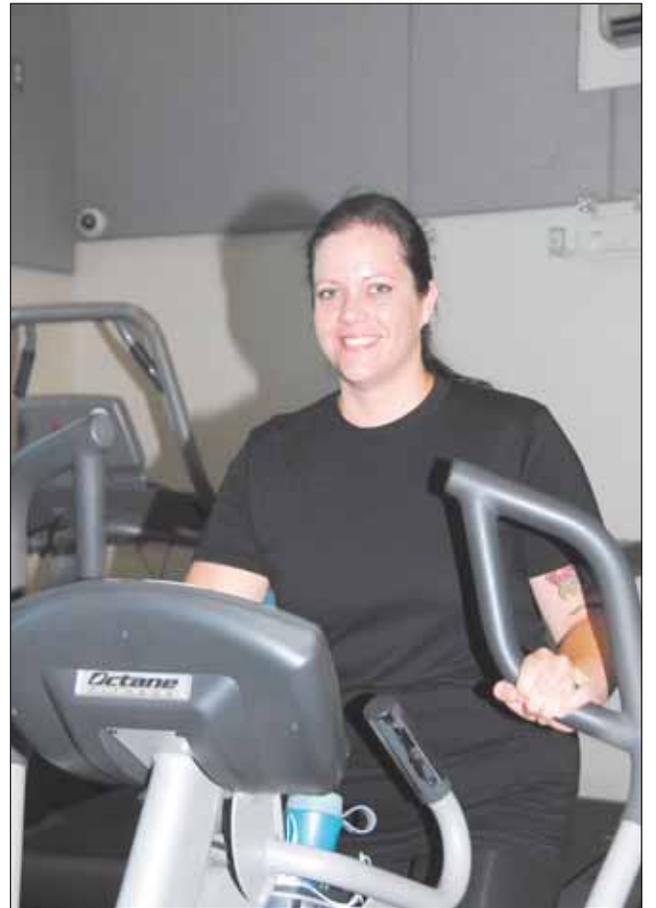


Photo by Shawn O'Hara, Lookout
LS Sandra Dryden commits to a healthy lifestyle, and believes CF personnel have no excuses for lazy living.

bike from Aloyd Fitness in a random draw.

"I ride it everyday at 5:30 a.m. for at least half an

hour and sometimes even get on it at night while watching TV. It's my new favourite toy," she says.

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Two people rescued in separate incidents on Vancouver Island

Captain Trevor Reid
19 Wing Public Affairs Officer

The crew of an RCAF Cormorant search and rescue (SAR) helicopter had a busy Thursday afternoon rescuing two people in separate incidents on Vancouver Island.

At approximately 3:20 p.m., Joint Rescue Coordination Centre Victoria (JRCC Victoria) received a 911 call that a young girl was stranded on a log after having been thrown from her inner tube in the swiftly moving Quinsam River near Campbell River. JRCC requested the 442 Squadron Cormorant crew, which was nearby doing readiness training, to hoist the girl from the log.

"We were on scene in 20 minutes," said Captain Luc Coates, aircraft commander. "We flew up the river and spotted her very easily. She was wearing a red life-jacket and there were many anglers in the area alerting us."

Once overhead, Search and Rescue Technician (SAR Tech) Master-Corporal Alexandre Demers was hoisted down from a height of 200 feet.

"She was very calm, despite speaking only German" said MCpl Demers. "The Flight Engineer [Warrant Officer Phillippe Robin] did a great job of hoisting me down right next to the log. I did my best to explain what was going to happen, put the rescue collar on her and we were hoisted up quickly."

Once on board, the helicopter flew to the Campbell River Airport where the young girl was transferred to BC Ambulance as a precaution.

As the helicopter was refueling in Campbell River, JRCC Victoria received a distress call from a group of hikers on Golden Hinde, in Strathcona Park, who had activated their emergency beacon, indicating that one of them had fallen and required evacuation from a cliff face at an altitude of 5000 feet.

The helicopter arrived in the area at approximately 4:30 p.m.

"An RCMP helicopter was already in the area and they were able to tell us where the hikers were," said Capt Coates. "It saved us a lot of time and made things really efficient."

Despite the spray from a nearby waterfall obscuring the crew's view, the two SAR Techs and a rescue litter were hoisted onto the mountainside.

"The hiker had fallen about 45 feet down a steep snow slope. The hiker's friends had done a good job of treating the injuries and it really helped us out," said Sergeant Robin Richardson, SAR Tech. "We put the patient in the litter and hoisted him out." The two other hikers were also hoisted off the mountain. The injured hiker was brought to 19 Wing, CFB Comox and transferred into the care of BC Ambulance in stable condition.

Search and Rescue (SAR) incidents under the federal SAR mandate are defined as "all aircraft incidents and all marine incidents in waters under federal jurisdiction. With the exception of federally owned National Parks, the overall responsibility for land and inland water search and rescue rests with the provinces, territories and municipalities. The Canadian Forces may, however, provide assistance to land and inland water rescues when possible.

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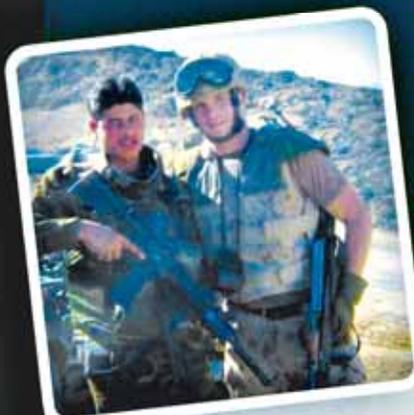
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Largest multilateral exercise breaks

LCdr Nathalie Garcia
Navy PAO

After months of preparation and weeks of training, 25,000 personnel from 22 nations breathed a collective sigh of relief as the Rim of the Pacific Exercise (RIMPAC) 2012 came to an end.

Conducted in operating areas on and around the Hawaiian Islands and in the Southern California exercise areas, the world's largest maritime exercise officially ended Aug. 3. The exercise included more than 1,400 Canadian Navy, Army and Air Force personnel.

"I am truly pleased with what we have achieved as part of this exercise," said Rear Admiral Ron Lloyd, the Deputy Combined Task Force Commander and the senior Canadian participating in the exercise. "The challenging scenarios allowed Canadians and our Pacific Rim partners to develop the skills we will need to work successfully with each other, wherever we may be called upon to deploy."

Royal Canadian Navy participation in the exercise included *Her Majesty's Canadian Ships Algonquin, Ottawa, Brandon, Saskatoon, Victoria* and *Yellowknife*, as well as two teams from the Fleet Diving Unit stationed in Victoria, B.C.

The Royal Canadian Air Force provided four CF-140 Aurora Long Range Patrol Aircraft from 14 Wing Greenwood, N.S., and 19 Wing Comox, B.C.; seven CF-188 Hornet fighter jets from 3 Wing Bagotville,

Que., with augmentation from 4 Wing Cold Lake, A.B.; and two CH-124 Sea King detachments assigned to Algonquin and Ottawa.

The Canadian Army provided more than 122 members from the 2nd Battalion of Princess Patricia's Canadian Light Infantry (PPCLI) including augmentation from 1 PPCLI, 3 PPCLI, 1 Combat Engineer Regiment and 1 Field Ambulance. Finally, more than 100 members of the Canadian Forces occupied a variety of staff and leadership positions within the exercise.

"A significant highlight was *HMCS Victoria's* Mk 48 torpedo shoot," said Rear-Admiral Peter Ellis, Commander of the Pacific Fleet and the Amphibious Assault Task Force Commander for the exercise. "As an exercise participant, submariner, and Commander of Canadian Fleet Pacific, I was truly proud of the crew's efforts and of those who have supported her here and back home."

Other naval highlights included *Ottawa* and *Algonquin* training as part of the multinational task group attached to defend USS *Nimitz* for the exercise. For them, RIMPAC 2012 provided an opportunity to train the sailors of tomorrow. The experience gained and lessons learned during RIMPAC will serve to better prepare the RCN for future exercises and operations. Off the coast of San Diego, *HMC Ships Brandon, Saskatoon* and *Yellowknife* as well as a team from the Fleet

Diving Unit Pacific provided more than three weeks of warfare training in an Australian country, including a high level of individual training.

The Canadian participation in RIMPAC harks back to the exercise brought by ships from Australia and Canada. Since then, the exercise has truly multinational, including air, land, maritime elements from around the world.

For the first time in its history, command positions were held by participants. Canadian participation in the exercise was led by the Air Component Commander with Brig. Gen. [Name] a Royal Canadian Air Force officer currently serving as the Deputy Director of International Policy at National Headquarters.

"Working in a multinational environment has its challenges," Gen. Hood said. "For non-English speakers to interpret the same message differently. The fact that more than 200 aircraft from 18 different countries operate safely together in this exercise is a testament to the professionalism of the participants from every country that participated in the exercise."

From the Royal Canadian Air Force perspective, the exercise provided many opportunities to meet national



Photos by Jacek Szymanski, Royal Canadian Navy

Ships and submarines participating in Rim of the Pacific (RIMPAC) exercise 2012 sail in formation in the waters around the Hawaiian islands.



International on new ground

specific conducted weeks of mine with U.S. and counterparts, achieving of proficiency training.

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al Canadian Air ve, the exercise opportunities l requirements.

The maritime patrol and reconnaissance aircraft community had the opportunity to test the Block III variant of the aircraft while working closely alongside their Australian, Japanese, New Zealand, Korean, and U.S. counterparts. *Algonquin's* air detachment had a landmark day when its Sea King helicopter dropped five exercise torpedoes in one morning during an anti-submarine warfare training and research event. The seven-strong F-18 detachment practiced close air support and defensive counter air and strike missions and had the unique opportunity to support a Combat Search and Rescue scenarios for a 'downed' pilot. Finally, the air refuelers delivered 1,460,000 lbs. of fuel to U.S. EA-6B Prowlers and variants of the F-18 Hornet, including Royal Canadian Air Force F-188s and F-18E Super Hornets. 435 Squadron, with one CC-130 refueler, delivered 620,000 lbs. of fuel while 437 Squadron, with one CC 150 (T) delivered 840,000 lbs. of fuel.

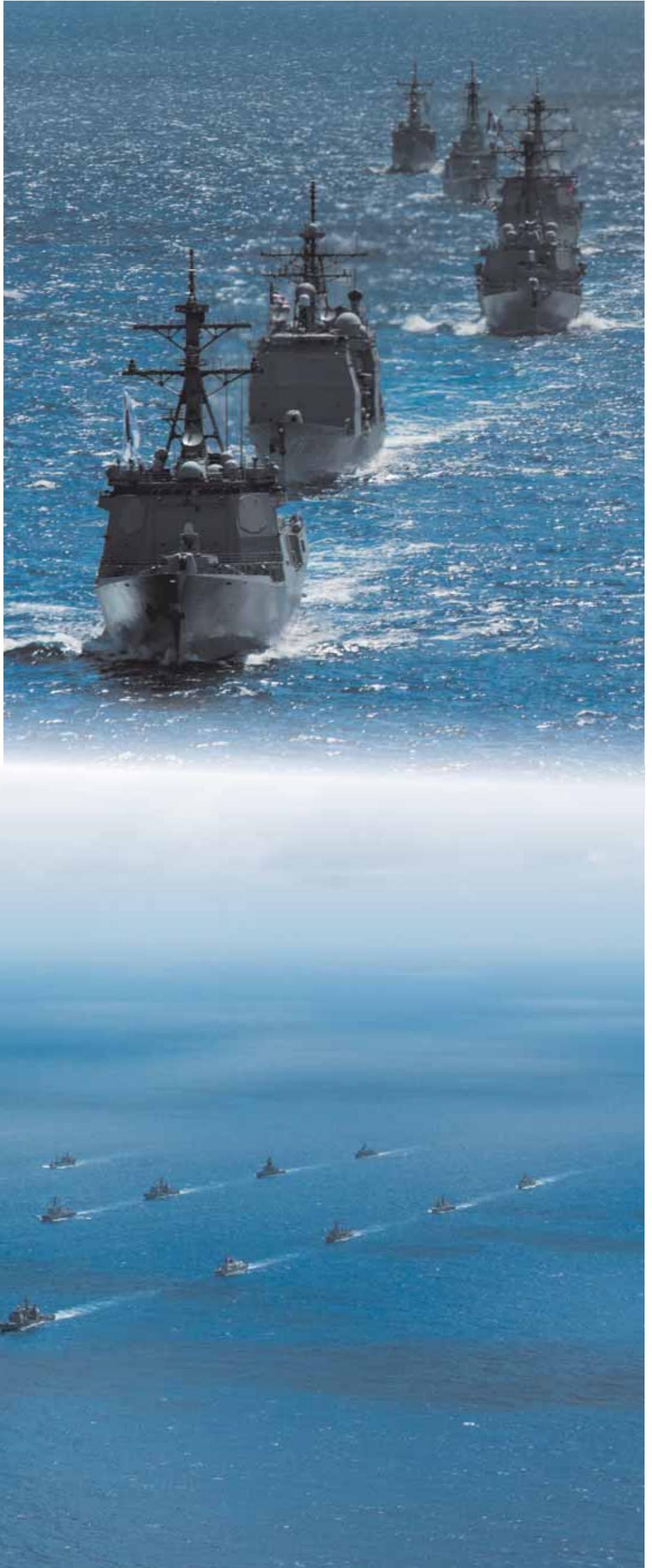
For the Canadian Army, the exercise provided opportunities to conduct interoperability training with coalition partners, to hone their warfighting skills at the section, platoon and company level, and conduct validation and continuation training in non-combatant evacuation, assisting Canadian civilians who need to be removed from areas of conflict.

"RIMPAC was an outstanding training venue to conduct chal-

lenging training, where our tactics, techniques and procedures could be rehearsed and validated in a coalition environment," said Maj. Stephen Davies, Alpha Company Commander, 2 PPCLI. "There are tremendous training facilities in Hawaii and we capitalized on the time we had here to train. I couldn't be more pleased with the level of competence, professionalism and adaptability of my soldiers on the international stage," said Major Davies.

The exercise followed a tiered training schedule that allowed participants to follow a crawl, walk, and run pace. The first three weeks were dedicated to honing individual and unit level skills, followed by a week of force integration training. This phase, which brought together more than 25,000 personnel into one combined force, focused on command and control procedures allowing the various units to adjust to the new construct. The final phase pitted the newly trained combined force against a fictitious foe in an elaborately-developed scenario designed to challenge the entire force.

RIMPAC 2012 included forces from Australia, Canada, Chile, Colombia, France, India, Indonesia, Japan, Malaysia, Mexico, the Netherlands, New Zealand, Norway, Peru, Philippines, the Republic of Korea, Russia, Singapore, Thailand, Tonga, the United Kingdom and the United States.



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Amazing art at 12 Wing

Capt(N) Tyrone Grande
Contributor

When our personnel aren't serving Canadians at home and abroad they spend their time pursuing personal hobbies and spending time with friends and loved ones.

For Corporal Dave Keleher, this also happens to include creating giant Halloween monster costumes and amazing pieces of artwork.

Cpl Keleher serves at 12 Wing Shearwater performing the role of maintaining all electrical flight systems in the CH124 Sea King helicopter. However, he may also be seen around the Wing with his airbrush and paint set creating vivid and detailed murals of 12 Wing operations.

"I've been drawing and creating art for as long as I can remember," says Cpl Keleher. "I also like to work with my hands creating sculptures and using other types of mediums, so when-

ever I'm offered to paint something in the workplace for my peers to enjoy, I'm honoured."

Prior to joining the CF seven years ago, Cpl Keleher worked in the airbrushing and art industry owning and operating a full graphic design service and airbrushing company in Halifax called Custom Airbrushing. Unfortunately, the long hours and commercial volume took a toll which led him to seek a change and join the CF.

"I always wanted to learn about electronics and understand electricity so I applied for the AVS Tech position and was accepted," explains Cpl Keleher. "Since joining the CF, I have rekindled my love of art and creativity."

He's created a mural at 12 Wing Headquarters that contains the 12 Wing emblem in the centre; on the left side is a Sea King helicopter flying above a decommissioned ship (HMCS *St. Laurent*) painted in black and white to represent the 'old'; and on

the right, in colour representing 'new', is an image of the CH148 Cyclone helicopter above HMCS *St. John's*.

"The mural that Cpl Keleher painted at the 12 Wing Headquarters not only brightens an otherwise blank wall, but is an important commemorative piece to those who have come before us and to where we are headed," said Wing Chief Warrant Officer Gerard Poitras.

Corporal Keleher is currently posted to Trenton, ON, where he has been accepted to begin his new trade course as a Non-Destructive Testing Technician. His private artwork is available for viewing on his website: airbrushing.ca.

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Lt(N) Radoslaw Wasak, a Navigation Officer from the Royal Canadian Navy, currently on exchange to the Royal New Zealand Navy, sits in the navigators chair on the bridge of HMNZS Endeavour. Photo by LAC Amanda McErlach, Defence Communications Group

Sailor Profile - Meet Lt(N) Wasak

RIMPAC Public Affairs

Lt(N) Radoslaw Wasak, 34, originally from Lublin, Poland, immigrated with his family to North Vancouver where he graduated from Sutherland Secondary School. He joined the Canadian Army in 1997, where he served as an Infantryman with the Seaforth Highlanders of Canada until 2005, by which time he had also

found the time to complete a degree in geography at the University of British Columbia.

He transferred to the Royal Canadian Navy in 2005 as a Maritime Surface Officer. During his naval service he has deployed to a number of countries in South America, and his recent exchange posting to the New Zealand ship Endeavour a replenishment vessel, which has led to

his first deployment to the South Pacific.

"My highlight so far with the Royal New Zealand Navy has been the high operational tempo of Endeavour, and being part of RIMPAC," said Lt(N) Wasak. "I'm especially enjoying my first posting as a Navigating Officer, and getting heavily involved in the training of the junior officers."

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VIP's wish Regina bon voyage

**Lt(N) Chris Walkinshaw
HMCS Regina**

Amidst storing ship, repairs, maintenance and preparation for their upcoming deployment Operation Artemis, the crew of *HMCS Regina* recently welcomed three special visitors.

On July 20, His Excellency David Johnston, Governor General and Commander in Chief of Canada, accompanied by General Walter Natynczyk, Chief of the Defence Staff, and CPO1 Robert Cleroux, the Canadian Forces Chief Warrant Officer, visited the ship while it was alongside U.S. Joint Base Pearl Harbor-Hickam, Hawaii.

During the visit, both the Governor General and the Chief of the Defence Staff had the opportunity to say a few words of encouragement to the men and women on board as the ship and her embarked helicopter detachment prepare for the deployment.

Regina will replace sister ship *HMCS Charlottetown*

as Canada's contribution to Combined Task Force 150, an international squadron of ships conducting maritime interdiction operations in the Arabian Sea to combat terrorism.

The Governor General expressed his pride in seeing the high state of readiness on board *Regina* and described himself as "the number one fan" of men and woman of the CF. He reminded the assembled soldiers, sailors and airmen and airwoman of the high esteem, confidence and pride that the citizens of Canada feel towards members of the Canadian Forces.

During his remarks, the Chief of the Defence Staff reminded everyone present of the importance of the CF contribution in an ever evolving world.

"The middle east of today is a rapidly changing part of the world, and the Arabian Sea region of today will not be the same when *Regina* arrives into the theatre of operations. *Regina's* pres-

ence will combat international terrorism and provide a wide range of options to the Government of Canada in the months ahead," he said.

During their visit, the distinguished guests also presented Chief of the Defence Staff coins to the following individuals in recognition of their professionalism and a job well-done.

The recipients were:

- MS Christopher Johnson for his skill and ability when fulfilling the responsibilities of Attack Team Leader, combating fires during emergency response scenarios. During recently completed work ups, MS Johnson was described by Sea Training (Pacific) as "one of the best Attack Team Leaders in the fleet."

- MS Jordan Tarso for restoring the serviceability of the fire control radar. This had been a long-standing problem, and through the dedication and determination of MS Tarso, this important electronic system is now functioning properly.

- SLt Allison Laker. This junior officer is recognized due to her situational leadership. During *Regina's* recently completed work ups, SLt Laker witnessed battle damage scenario where chaos and confusion were commonplace. She took charge of the situation and assisted in bringing the battle problem to a successful conclusion.

The Governor General's visit to *Regina* occurred the day after he attended a luncheon with the military community at Canadian Forces Base Esquimalt. This activity provided him with an opportunity to meet some of the spouses of sailors serving on board *Regina*.

As the frigate sails towards the Persian Gulf to represent Canada, combat terrorism and promote the safe passage of international commerce at sea, its crew appreciate their Commander in Chief visiting families at home as well as with those aboard *Regina* as they embark upon their mission.



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Above: Chief of Defence Staff, General Walter Natynczyk addresses the crew of *HMCS Regina* during a port visit in Pearl Harbor, Hawaii. *HMCS Regina* is preparing for Operation Artemis in the Arabian Sea. **Left:** His Excellency, the Right Honourable David Johnston, Governor General of Canada, chats with a crew member.

Photo by Cpl Rick Ayer, Formation Imaging Services



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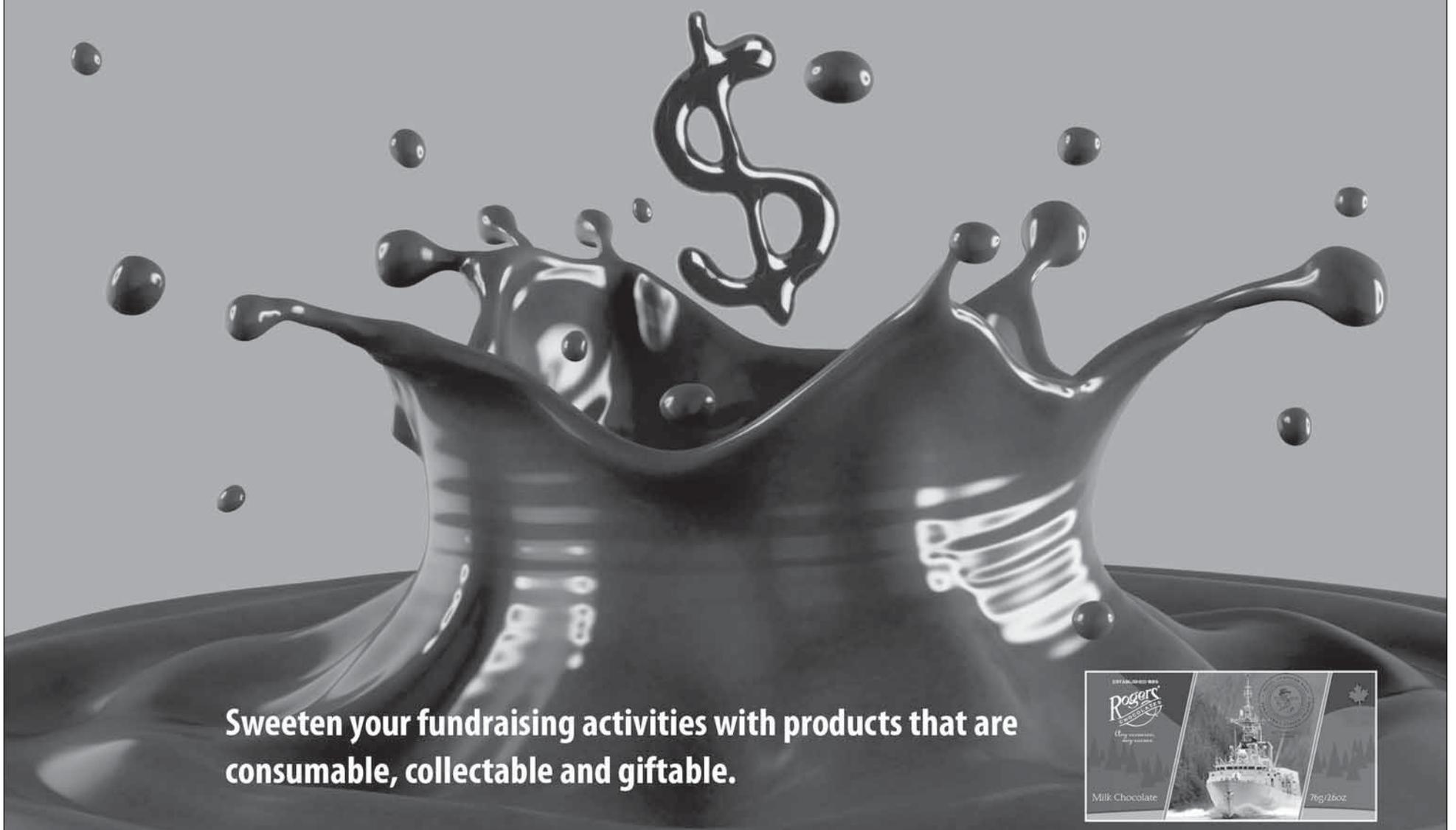
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HULL TECH QL6A AND QL3 GRADUATES



LS Poirier, centre, receives the QL3 Hull Tech top student award from Lt(N) Kang and CPO2 Deslisle.



Cdr M. Drews (left), along with Lt(N) Kang (right) promote MS Vincent Hadley-O'Shaunessy to PO2 July 31 at Fleet School Engineering. PO2 Hadley-O'Shaunessy is a Hull Technician who recently graduated from the QL6A course.



On behalf of the Canadian Brigade Group Commander, Cdr M. Drews presents Sergeant (now Leading Seaman) Jason Taylor with the 36 Canadian Brigade Group Commander's Commendation for his outstanding support to the Brigade Territorial Battalion Group.



MS Parry, centre, receives his graduation certificate for Hull Tech QL6A.



MS Simard, centre, receives his graduation certificate for Hull Tech QL6A.



PO2 Trahan, centre, receives his graduation certificate. He was also awarded Top Student for Hull Tech QL6A.



Hull Tech QL3 graduating class at Fleet School Engineering Division. **Back row left to right:** LS Hindy, LS Poirier, LS Taylor, LS Muise, and OS Bouchard. **Center row:** LS Loveless, OS Davies, and OS Jones. **Front row,** CPO2 Deslisle, Lt(N) Bayne and PO2 Migneault.

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