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Shawn O'Hara, Lookout

Sgt Frank Dominix (left) and RAdm Bill Truelove (centre), Commander Maritime Forces Pacific, stopped by for a spin and to support to Military Police Officer and Cops for Cancer rider Sgt Mike Oliver (right) during Sgt Oliver's 12 hour ride at the main dockyard gate to raise money for Cops for Cancer.

12 hour spin raises money for Cops for Cancer ride

Shawn O'Hara
Staff Writer

Starting at the entrance to dockyard, Military Police (MP) Officer Sgt Mike Oliver cycled nearly 250 kilometres without ever leaving the gate.

He accomplished this feat Aug. 8 on a stationary bike, spinning for 12 hours to raise money for the Canadian Cancer Society Cops for Cancer Tour de Rock.

As part of this year's Tour de Rock team, Sgt Oliver was hard-pressed to find ways to raise the

\$5,000 each rider is expected to raise.

"I rode with the Saanich Police for their 24-Hour Bike Relay, so I thought I'd do something similar," he said. "I've got people who will be riding alongside me [sporadically through the day], but

I'm doing the whole thing on my own."

From 6 a.m. to 6 p.m. Sgt Oliver's legs pumped away stopping only for the occasional bathroom break.

"There were peaks and valleys," he said. "At around hour three I started feeling burnt out, but the

energy comes and goes."

The physical exhaustion of 12 hours in the saddle is nothing compared to the mental, physical and emotional exhaustion cancer patients and their families go through, he said.

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PHARMASAVE

Miss Vancouver Island crowned Victoria teen finds strength in pageants

Shawn O'Hara
Staff Writer

By the end of sixth grade Robyn Scheidl weighed a paltry 65 pounds and had lost all her hair.

The mental and emotional stress of bullying had taken a physical toll and pushed the young, introverted girl to the edge.

"I would do whatever anyone told me to. I was completely subservient and helpless," she says. "I felt like there was nothing I could do to stand up for myself."

Things didn't get easier for Scheidl in high school. What often began as threats and taunting escalated sometimes into physical attacks.

"I ended up in the principal's office a few times because I was getting beaten up," she says. "I was so scared of everyone. I could barely speak to a person in a public place."

In May of 2011, with her mental well-being teetering on the edge, something in Scheidl's life needed to change.

That's when she discovered pageants.

"I'd seen pageant stuff on TV, but I always thought it looked ridiculous," she says. "When I competed in my first pageant it wasn't anything like I was expecting."

Encouraged by her parents, Carol and LS Colin Scheidl, she began seeking out pageants as a way to boost her flagging confidence.

Knowing only what she saw on TLC's reality TV show "Toddlers & Tiaras" Scheidl says she was expecting a room full of dolled up airheads strutting around like peacocks.

"It's not about that at all. It's more about finding your strength and grace and presenting yourself so you look how you feel," she says.

Pageant styles vary in terms of competition and presentation. Some events feature elaborate costumes called Doll Wear while

others focus more on evening wear and gowns. The first pageant Scheidl took part in was called a Natural Pageant, which focuses on the natural beauty of its competitors.

"I didn't even wear makeup and I barely had to do anything to my hair. It was just an evening gown and something casual," she says. "Going on stage and showing my true face to an accepting crowd felt weird, but great at the same time."

Scheidl was hooked. Since then, she has competed in more than 40 pageants, averaging one or two a month.

"There aren't so many on the island, but once you get on the mainland they're all over the place," says Scheidl. "I've even been to Fort McMurray for one. It was actually really nice."

Scheidl recently took her competition to the next level with the 2013 Miss B.C. pageant.

The pageant was less than typical, as it was preceded by two days of workshops on everything from etiquette and poise to self-defence.

"It was kind of strange, but really fun," says Scheidl. "I'd never done anything like that before, especially the self-defence stuff."

Flowing gowns, jewellery and elaborate hairdos were the order of the day, but nerves were not on display for Scheidl. She worked out a trick to get over stage fright early in her pageant career.

"It's easy if you just try and forget that the crowd is there," she says. "I just look at the stage lights. Then I can't see anything."

The Miss B.C. contestants paraded across the stage in their evening wear, were interviewed by the judges on their social platforms—Scheidl's is anti-bullying—and performed their talents.

After sharing her bullying experiences on stage and wowing the crowd with a dance



Photo by Shawn O'Hara, Lookout

Robyn Scheidl, wearing her Miss Vancouver Island crown and sash, shows off the many other crowns she has won in her two years attending pageants.

number, Scheidl took home the regional title of 2013 Miss Vancouver Island.

"It was such an amazing feeling," she says. "I've won a few pageants in my time, but to be validated in such a huge way felt great."

Now 19, Scheidl believes it's time to move on from the world of pageants, but not before she competes in one last show.

"I qualified for a national competition, and that's coming right around the corner,"

she says. "I can't pass up that opportunity, but after that I'm done."

She plans on taking the skills and confidence she has learned into the pursuit of a career.

"I really want to be a cruise ship dancer," she says. "I've learned how to be myself on stage and not worry about what others think of me. I can't wait to see where that leads me in the future."

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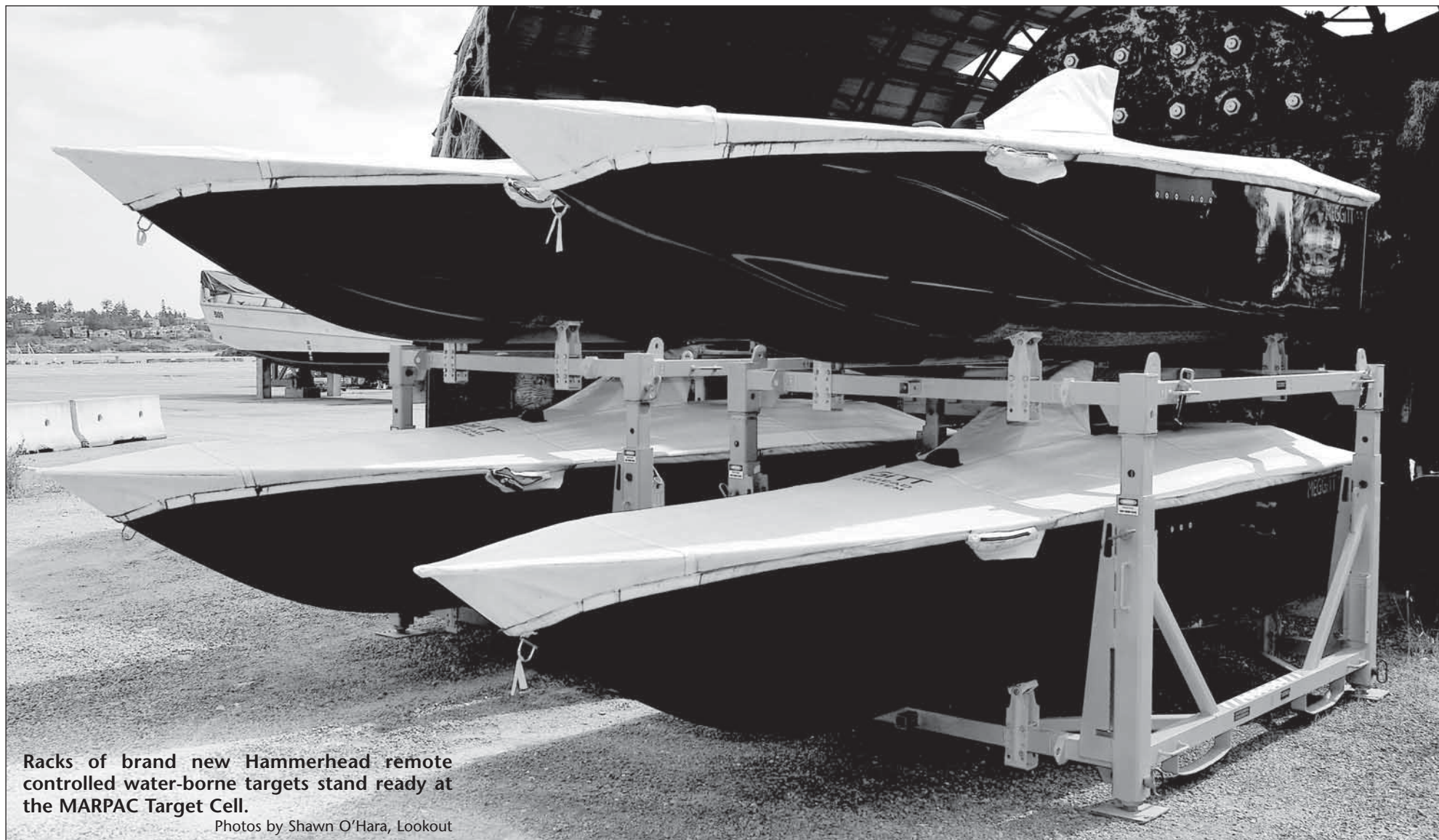
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Racks of brand new Hammerhead remote controlled water-borne targets stand ready at the MARPAC Target Cell.

Photos by Shawn O'Hara, Lookout

Realistic Training from Target Cell

Shawn O'Hara
Staff Writer

In peacetime, it's important to the Royal Canadian Navy (RCN) that sailors' skills are finely-honed and ready for combat.

While theory and technique are important, when it comes to weapons training nothing compares to live fire on a physical target.

But it's not just anything that is tossed into the water and brought into focus on scope.

The navy has developed some hi tech gadgetry that is managed by Maritime Forces Pacific (MARPAC) Target Cell.

From its humble one-office facility near D Jetty, the three-man mix of naval and civilian technicians at the Target Cell provides a variety of remote-controlled water-borne and aerial targets. Largely designed to be fired on and destroyed, the targets provide realistic training to ships and crew.

"When you can look at a real target and see the effectiveness of your weapons, the training becomes much more real," says CPO2 Chris Preston, Target Cell Manager. "It used to be that ships would throw whatever would float over the side and shoot at it. This is, obviously, a much more effective method."

The most common target is the Hammerhead. This 17-foot-long fibreglass speed boat can achieve 36 knots on a calm sea, and can be outfitted with different accessories, including a radar reflector that allows the vessel's signature to imitate a variety of warships.

"Having a mobile target that can appear to be much larger on sensors allows operators to practice tracking vessels of a variety of sizes," explains CPO2 Preston. "It's about versatility, and the Hammerhead is an incredibly versatile machine."

The Target Cell stores 50-70 water-borne and aerial targets on rows and rows of metal racks under a large, circus-like tent.

As demand for the destructible targets grows, the number fluctuates and the Target Cell can go through up to 25 targets a year as it works to ensure the proficiency and combat readiness of a ship's crew, and ultimately the safety of Canadians.

"A lot of time, money, and resources go into preparing a ship and crew for deployment. You want to know that investment is able to deliver. These targets help them do that."

Other targets provided by the Target Cell include the Barracuda. It is a Rigid Hull Inflatable Boat (RHIB) operated remotely.

While not meant to be destroyed, the

Barracuda tows the more inexpensive and versatile High Speed Inflatable Towed Target known as the HSITT.

Also in the Target Cell arsenal are the Vindicator II, and DT aerial targets. These parachute recoverable aerial targets provide a training threat on their own, but one of the versions of the DT targets can also be loaded with a non-explosive training missile to add an additional threat.

"Aerial targets represent a very real threat to modern armed forces, one which they need to be prepared for," says CPO2 Preston. "With the Vindicator and DT aerial targets the crew is getting a level of training which is otherwise hard to replicate."

While the targets are operable across the planet with the proper GPS relay equipment, the surface targets are operated by specially trained members of a

ship's crew, with the aerial targets flown by factory trained and Transport Canada certified pilots. The process to become a water-borne target operator is fairly simple, consisting of a seven day course. There are three days of theory and four days of hands-on training.

"Ideally we'd like to see trades taking this training that know the requirements for a gunnery exercise or a missile shoot," says CPO2 Preston. "Then they know the best position to place the targets as they know the capabilities of the weapon systems, and how to get the maximum benefit from the training"

To pilot a Vindicator II or other aerial targets the operator needs to be a Transport Canada Certified Pilot, to ensure optimal safety when the targets are in the air.

Ships across the Royal Canadian Navy frequently take the targets out on deployment. CPO2 Preston says *HMCS Ottawa* is particularly keen, storing up to four Hammerhead targets on their upper-decks each time they set sail.

"Whenever *Ottawa* goes out they always take a few," he says. "They're getting a lot of use and worthwhile training out of them."

The targets are also popular with other navies. During last year's RIMPAC exercise, RCN ships brought along a number of extra targets to assist as they trained with other navies.

The navies of allied nations such as the United States and Russia took to the destructible targets with gusto.

"They loved them. They're starting to catch on all over the world," says CPO2 Preston.

For CPO2 Preston and his crew, their work is one of pride.

"We're helping the RCN get the training they need to stay sharp and efficient."



CPO2 Chris Preston, MARPAC target cell manager, and Bryan Harder, on site logistics technician for the Target Cell, stand next to a Barracuda remote-controlled target.

matters of OPINION

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WHAT SAY YOU

People Talk

Lookout asked family & friends who welcomed HMCS Ottawa home last week: *Who are you waiting for and why are you most excited to have them home?*



I'm waiting for my husband. He's been in the Navy longer than we've been married, but it can still be hard to have him gone.

June Lesperance



I'm waiting for my dad. He's been gone a long time and it's just nice to have him around. He goes away a lot.

Josh Timmons



My husband is coming home from his very last deployment before retirement. I'll be happy knowing that he won't have to go away again.

Lauri Aeichele



I'm waiting for my boyfriend. This is his first longer deployment, and it's been really hard having him gone. I know it will happen a lot but that first time is really difficult.

Kyleen Prevost



I'm waiting for my husband. He does all the cooking so it will be great having someone who can cook back in the house.

Angela Leblanc



SPORTS trivia

by PO1 Bill Sheridan
Contributor

QUESTIONS?

1. Which NHL playoff game saw the lights go out due to a power failure?
2. What was a south paw?
3. Who was the Wizard of Westwood?
4. When was the last NBA final sweep?
5. Who penned The Game and Home Game?
6. In which city did the NFL Cardinals originate?
7. At which event is 'My Old Kentucky home' sung?
8. What's the most famous tennis event held on clay?
9. Which American NHL team has retired the most jerseys?
10. Which European country has won the most world cups?
11. Who created the XFL?
12. What length is the pole for the pole vault?
13. What baseball manager was ejected the most times?
14. What is the largest stadium at a race track?
15. In skeet shooting, what is the clay object called?
16. Who is the leader in F1 wins?
17. Cole Trickle was a character in which movie?
18. Which junior team has sent the most players to the NHL?
19. Where would you find a tote board?
20. The announcer said "They're going home" Who was he talking about?

- ANSWERS
1. Game 4 1988 final and their left arm would be to the south.
 2. Left handed pitcher. Traditionally pitchers faced the west
 3. John Wooden
 4. 2007, where the Spurs swept the Cavs.
 5. Ken Dryden
 6. Chicago
 7. It's the official song for the Kentucky Derby.
 8. French open for tennis
 9. The Bruins
 10. Italy has four, Brazil leads with five.
 11. Vince McMahon of the WWE.
 12. 10 ft to 17 ft 4.5 inches.
 13. Bobby Cox
 14. Indy 500
 15. Pigeon
 16. Michael Schumacher
 17. Days of Thunder
 18. Peterborough Petes
 19. At a racetrack as it shows odds and payoffs.
 20. The Soviet Red Army hockey team when they played the Flyers in '76, after Ed Van Impe flattened Valeri Kharlamov.

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Sailor brings the fun of gameplay to Victoria

Shawn O'Hara
Staff Writer

Games, whether classics like Monopoly or cutting edge video games, are always more fun with many players.

Lt(N) Michael Greer is hoping to prove that with the upcoming Day of Gaming on Aug. 18.

The event will take place at the University of Victoria's Clearihue Building from 10 a.m. to 8 p.m. The \$5 entry fee gets you unlimited access to a variety of games and eligibility for door prizes.

"People can stay for as long as they'd like," says Lt(N) Greer. "Some of these games can take a few hours, so we want to give people enough time to play as many games as they'd like."

While the event will boast a large supply of role-playing games (RPG), card games, and board games of all kinds, attendees are encouraged to bring along games they would like to share.

"The gaming community is about trying new things," says Lt(N) Greer. "Anything that anyone wants to bring will definitely get people interested."

The idea for the event struck Lt(N) Greer following a four month course in Halifax earlier this year. He was introduced to the Halifax board gaming community and took to the hobby as a



fun and social way to pass the time.

"It's a very healthy, connected community," says Lt(N) Greer. "There are a lot of people, and smaller groups, but they're all connected. There are some nice big groups that get together weekly."

Lt(N) Greer says the gaming groups in Victoria are disjointed and many groups are unaware of each other.

"There's a group that meets at a local bakery in town and I asked them if they'd ever heard of the UVic group," he says. "They had no idea! Many gaming groups in Victoria seem unaware of each other."

With an eye toward cross-pollinating as many gaming groups in Victoria as possible, Lt(N) Greer took up the task to create an event that would bring everyone together.

The Day of Gaming will provide a chance for people without much experience playing games

to come and try something new. A number of "Learn to Play" events will be taking place, walking new players through popular board games, as well as introductory RPG sessions for games like Pathfinder and Dungeons & Dragons.

"We're hoping to get veteran gamers as well as brand new players to come down," says Lt(N) Greer.

Over \$600 in door prizes will be given away from a variety of sponsors including Curious Comics, Z-Man Games and QV Café & Bakery.

If this year's event is a success, Lt(N) Greer says he would love to make it an annual gathering. He also hopes it spurs Victoria's gaming scene into a more cohesive and wide-ranging community.

"There are a lot of people in Victoria that love to game," he says. "I hope we'll help them find more groups and places to play."

For more information, visit <http://igg.me/at/dayofgaming>.

12 hour cycle raises money

Continued from page 1

"It's hard to think of what I'm doing as difficult when I know what those families and those patients deal with every day. I was able to bite my tongue, grit my teeth, and push on for them."

Riding that wave of motivation, Sgt Oliver raised more than \$3,500 for Cops for Cancer. "We did really well that day," he says. "People are so hugely generous and I'm very grateful."

Sgt Oliver learned this past March that he would be representing the military police for this year's ride. Having recently lost his grandmother to lung cancer, Sgt Oliver was overjoyed at the opportunity to pay his respects in a grand gesture.

"I was posted to Afghanistan, doing close protections, when she passed away. I wasn't able to return for her funeral," he said. "We were very close so I'm glad I've been given a way to show my love and appreciation through helping other families."

Cops for Cancer is an annual 1,000 km bicycle ride from Port Alice to Victoria. This year, the team will be riding from Sept. 21 to Oct. 4.

Sgt Oliver said the task is a daunting one. "I've ridden mountain bikes a little, but I've never done anything like this. We're training constantly so hopefully I'll be ready."

The team trains three nights a week including a 100 km ride each Sunday. As an inexperienced road cyclist, Sgt Oliver said he's been working double time.

"Back in March when this all started I had to come up with a bike just so I could get started with the training," he says. "The training program is extensive but it's going to be nothing compared to the ride itself."

Even though the 12-hour ride is over, fundraising won't end until Sept. 21. Anyone interested in donating can contact Sgt Oliver directly at 250-363-4044 or visit www.copsforcancerbc.ca/tourderock/mikeoliver.



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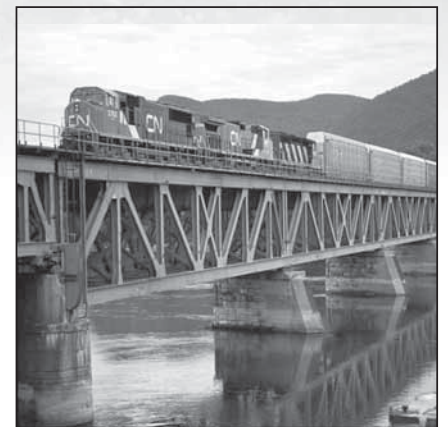
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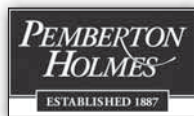
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Cadet band learns from the pros

Lt(N) Peggy Kulmala
AHCSTC Public Affairs

Air cadets on the Intermediate Musician Course at Albert Head Cadet Summer Training Centre (CSTC) spent a day learning from the musicians of the Naden Band of the Royal Canadian Navy on Aug. 1.

Soon after their arrival, the cadets sat at the feet of Lt(N) Matthew Clarke, the Naden Band's Director of Music. They watched intently as he led the military musicians through snippets of music, showing the 30 teens how a professional band works together.

But the cadets weren't just there to listen and soon enough, they took their places amongst the sailors, instruments at the ready.

Once everyone was settled, the two bands played the Star Wars theme music.

The cadets then took a break, and the Naden Band played "Heart of Oak." Lt(N) Clarke invited Cadet Instructor Cadre (CIC) officer Lt Jonathan Mok, a UBC student in his final year of his music degree, to conduct.

"I threw a lot of interesting chal-

lenges to Lt Mok by asking him to conduct in different tempos, dynamics and phrasing," said Lt(N) Clark. "He did extremely well and shows all the ability to become a good conductor as he develops musically."

Lt Mok was thrilled with the experience. "Conducting the Naden Band was an awesome experience. The band was responsive, their reaction time was lightening quick, their technical proficiency was incredible."

After another run-through of Star Wars, Lt(N) Clark gave the musicians the chance for some one-on-one discussion, encouraging the cadets to ask questions and interact with the experienced professional musicians.

"I enjoyed seeing the wonder [of discovering music] on their faces," said PO1 Rymona Sutton, First Clarinet with the Naden Band.

"I learned extra fingering and how to reach higher notes," said 15-year-old cadet Rowan Carpenter of her time with PO1 Sutton. Although the Cowichan Secondary student also plays with her high school band, this was the first time she has had the opportunity to practice and interact

with such proficient and high profile musicians. "I was in awe of how good they are," she added.

The opportunity to play music and interact with seasoned musicians will not be forgotten, says Lt(N) Jos Vanderlinden, the cadet band's director of music.

"The opportunity to sit beside top professional musicians in Canada is an unbelievable experience for these young cadets," said Lt(N) Jos Vanderlinden, who is also a professional musician who spent 32 years performing with military bands. He was with the Naden Band for 11 of those years. "It will probably be one of the highlights they will remember for a very long time."

More than 30 air cadets between 13 and 17 years of age are currently on a six-week intermediate-level musician course at Albert Head CSTC. The course exposes cadets to a variety of opportunities, including travel, performing at high profile community events, marching in community and memorial parades, and receiving instruction from professional musicians.



Left: PO1 Mike Broadley of the Naden Band shows Cadet Maximillian Yong how a mute can change the timbre of sound during the joint practice session.

Below: Cadet Sooyean Choi, LS Roy Styffe and Cadet Derek Boe on the alto sax play the Star Wars theme music.

Photos by Lt(N) Peggy Kulmala,
AHCSTC Public Affairs



US VICE ADMIRAL VISITS CFB ESQUIMALT

Right: During his visit to CFB Esquimalt on Aug. 7, VAdm Kenneth Floyd, Commander of the United States Navy 3rd Fleet, signs the guest book in Commander Maritime Forces Pacific RAdm Bill Truelove's office.

Below: VAdm Floyd inspects the Naden Band of the Royal Canadian Navy.

Photos by Corporal Brandon O'Connell, MARPAC Imaging Services



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A series of fortunate events: signed photo of Billy Bishop portrait surfaces

Holly Bridges
Senior Writer, Chief
of the Air Staff

Within two hours of learning a signed photo of a portrait of First World War flying ace Air Commodore Billy Bishop had surfaced at an antiques dealer's in St. Catharines, Ont., the board that manages the national historic site dedicated to Bishop's memory raised the \$1,350 to buy the print.

The antiques dealer bought the photo through an online auction in the United States from the owner of a rare book store. Given his expertise in this area, the dealer appraised the photo at approximately \$1,500, which the museum agreed was an acceptable price.

"It was just fantastic," says Virginia Eichhorn, director of the Billy Bishop Home and Museum, in Owen Sound, Ont. "As soon as I called the first board member and mentioned our curator of collections, Mindy Gill, had located the print through a casual Google search, and it was available for sale, she immediately offered to donate a couple of hundred dollars to help buy it. I was so amazed I made the same offer and within two hours we had raised

the full amount, which was absolutely incredible."

The black and white photo is of a 1937 colour painting of A/C Billy Bishop seen wearing his honorary air marshal uniform.

The original painting, "Honorary Air Marshal William Avery Bishop, VC, DSO AND BAR, MC, DFC", painted by French artist Alphonse Jongers in 1937, is part of the Beaverbrook collection of war art at the Canadian War Museum in Ottawa. The painting measures 36 inches high (92 centimetres) by 30 inches (76 centimetres) wide.

A/C Bishop's son, Arthur, donated the painting to the Canadian War Museum in 1968. Likely, his father commissioned it from Jongers, who was based in Montreal at the time; however, no one is quite sure of the story behind the photo.

The inscription reads, "To Louise, my first copy of my first photograph as an A.M." and is signed "Billy." Certain markings can be seen, such as Jongers' signature in the top right corner and the original pencil signature of photographer Notman & Sons with "copy" just above the inscription.

Louise, A/C Bishop's only sister, was instrumental in setting up the Billy Bishop museum in Owen Sound, which made the

artefact all the more special, says Eichhorn.

"Louise was a key, key player in establishing the museum; in fact, she donated many of the artefacts that got the museum going so we knew we absolutely had to acquire this photo."

In piecing together part of the mystery, Royal Canadian Air Force historian Major Mathias Joost says "the honorary rank [of Air Marshal] that was bestowed upon Bishop in August 1938 [the year after the painting was actually done], represented a promotion in the honorary ranks, [A/C Bishop] having first been appointed an honorary group captain in April 1931.

"Bishop's actual rank for his military service was air commodore and he is listed as such in the RCAF officers list. The air marshal rank had nothing to do with his return to military service."

The rest of the story is still a mystery.

The Billy Bishop museum plans to frame the print and hang it next to pictures of Louise Bishop.

The members of the board who purchased the photo are Dr. John Totten (retired RCAF), Dave Alexander, Gloria Habart, Jim Henderson, Tom Denholm and John Brennan (retired RCAF).



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Camp Hornby

a life-changing experience



Above: Lea-Ann Bee explores a tide pool as a camp staff member looks on.
Inset: The MP Blind Fund sent 13 children to the camp. Back - Noah Hoyt, Owen Kristensen, Kayla Strong, Jeremy Ferrer, David Parker, Michael McCutcheon. Middle - Jack Hajum, Alicia Anne Seitcher, Lea-Ann Bee, Marah Lawrence, Emily Roberts, Lili Smith. Front - Ayden Gagnon, LS Andrée Noye, Cpl Ashley Pye, John Mason (camp director).

Shawn O'Hara
Staff Writer

On an idyllic island in the Strait of Juan de Fuca the staff and volunteers of Camp Hornby are changing lives.

"I'll never forget some of the things I saw and the people I met," says Military Police Unit Esquimalt Member Cpl Ashley Pye, who recently visited the summer camp for blind, visually impaired, and deaf/blind children, and their families.

The camp took place July 25-29 at Hornby Island's Tribune Bay Outdoor Education Centre.

Cpl Pye went as a representative of CFB Esquimalt's Military Police, who sponsor a large number of the camp's attendees each year through the MP Blind Fund.

"Of the 24 kids there this year we sponsored 13 of them," says Cpl Pye. "I really wanted to go to the camp and see what we do for these kids. I was thrilled to be sent this year."

While there, Cpl Pye witnessed the strength of the human spirit in the determination the children exhibited.

"What some people would see as a serious disability these kids adapt to with

strength and perseverance," she says.

One particularly awe-inspiring event involved an activity where the children climbed up a 40-foot pole and jumped off while attached to safety lines. Cpl Pye watched with amazement as a young wheelchair-bound girl, who is visually impaired and suffers from Cerebral Palsy, hauled herself halfway up the metal rungs with one arm.

"I couldn't believe it," says Cpl Pye. "I could barely bring myself to do it at all, and this girl was doing it with one hand."

It was then that Cpl Pye

had a revelation.

"These kids don't see themselves as weak or broken," she says. "The world has a tendency to classify them as disabled or less fortunate, but these are some of the strongest, bravest and most unique people I've ever met."

With the life changing and eye opening visit to Camp Hornby behind her, Cpl Pye has made plans to return every year.

"I made lifelong friends there in just four days," she says. "Whenever I get the chance to see the kinds of amazing people I saw here, I'm going to take it."

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Gnaval commander experiences cadet camp

FSgt Kayleigh Smith

A naval commander can feel lost in a sea of blue air cadet uniforms, especially when he's only 30 centimetres tall.

With the Albert Head Cadet Summer Training Centre's (CSTC) extensive deer population, historic Second World War tunnels, 89 hectares of training area and more than 500 air cadets from all over B.C., Cdr Gnifty, the Gnaval Gnome is sure to experience many new adventures.

This may be the first time Albert Head CSTC has had a roaming gnome pass through its gates, but the welcome so far has been warm. Even though he wears a different colour uniform, cadets and staff have been delighted to have a gnome of their own. Smiles only get bigger when cadets have the officer join them for classes and activities.

"Now please make sure Cdr Gnifty behaves himself; he is a typical sailor," warned Darlene Thornhill, the Navy League Cadet Officer who first acted as liaison for the gnome.

So far, Cdr Gnifty has been very involved in the cadets' daily activities and special events. On Aug. 2, Cdr Gnifty attended the Albert Head Intermediate Air Cadet Band's live performance at Beacon Hill Park, where he had the best seat in the house – right

beside the conductor.

On B.C. Day, he tried to help new General Training Course (GTC) cadets make their beds, but he found his short stature didn't put him in the best position to accomplish much.

Later, just like every two-week GTC cadet, Cdr Gnifty was kitted out with all the necessary clothing: t-shirts, shorts, tilly-hat, poncho and combats. While not everything came in his size, he found the experience thrilling.

After kitting, the gnome made his way to the weekly Ice Cream Social where cadets from the 17 flights (classes) on the various courses joined together for sugary frozen treats. The best part for Cdr Gnifty was probably the vast quantity of ice cream he consumed.

Over the next week, Cdr Gnifty will be involved in even more activities, living the life of an air cadet at summer camp. He'll experience a little slice of life of each of the seven different courses at Albert Head. Just like the course cadets at Albert Head CSTC, Cdr Gnifty has many adventures left to experience: a flight in a small aircraft, a night in the woods learning survival skills, launching model rockets, learning rifle drill and more.

As he will soon learn, there's always something fun and interesting to do at Albert Head CSTC!



Photo by FSgt Kayleigh Smith

Cdr Gnifty "helps out" as WO2 Tang and Sgt Simpson serve sprinkles and chocolate chips at the weekly Ice Cream Social at Albert Head Cadet Summer Training Centre.

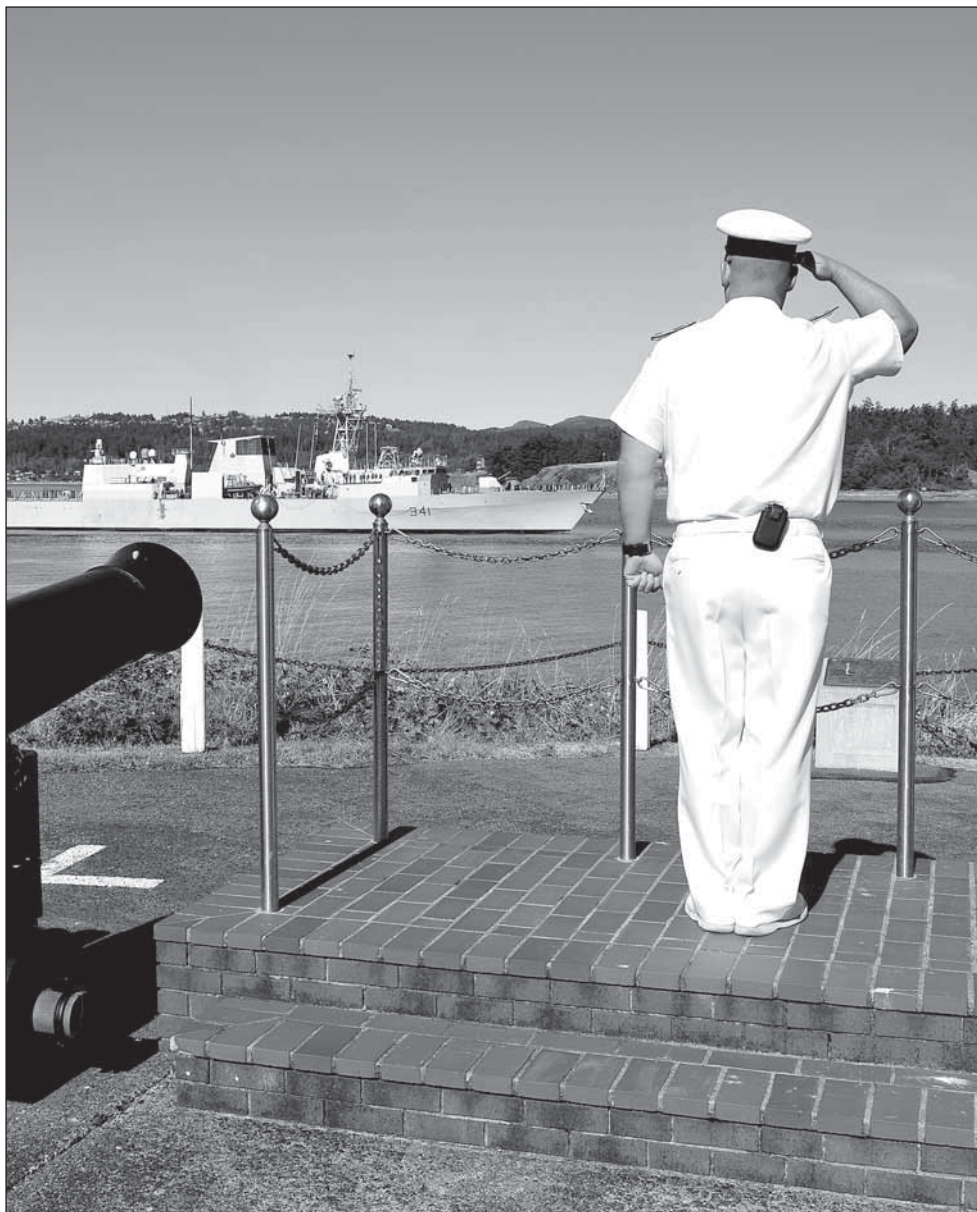


Photo by Lt(N) Peggy Kulmala

Lt(N) Jos Vinderlinden, Director of the Albert Head Intermediate Air Cadet Band, accepts Cdr Gnifty Gnome from Lt(N) Matthew Clark, Commanding Officer of the Naden Band of Royal Canadian Navy on Aug. 1.



Welcome home Ottawa!



Left: Cmdre Bob Auchterlonie, Commander Canadian Fleet Pacific (CANFLTPAC) welcomes home HMCS Ottawa following a two month deployment to south American waters as part of Op Carribe.

Top: The family and friends of the crew of HMCS Ottawa wait for the ship to come along side A Jetty.

Right: Cdr Julian Barnard, Commanding Officer of HMCS Ottawa is welcomed home by Lisa Belisle.



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LCdr Bill Ansell and PO2 Dean Edroff appoint LS David Murray-Trottier of the Seamanship Division at Fleet School Esquimalt to the rank of Master Seaman.

Bravo ZULU



MS Yannick Berube (centre) is promoted to Petty Officer Second Class by PO1 Kevin Parent (left) and Cmdre Bob Auchterlonie, Commanding Officer of Canadian Fleet Pacific.



Base Administrative Officer LCdr Mark Cunningham congratulates newly promoted LCdr Adriano Lozer, who was also appointed Executive Assistant to Commander Maritime Forces Pacific, RAdm Bill Truelove.



Cpl Nicolette Ducharme is promoted to Master Corporal by Cdr Lori McAllister, Commanding Officer at Maritime Forces Pacific Headquarters.



Lt(N) Robert Czekierda (centre) is promoted to Lieutenant Commander by Cdr Paul Francoeur (left) and Cmdre Auchterlonie.



PO1 Quinton Englot receives his new rank from CPO2 Kelly Yerama and Canadian Forces Fleet School Commanding Officer Cdr Martin Drews.



Capt Grant Whittla and Cdr Andrew Muir promoted MS Scott Weatherell in a ceremony held in building D100.

Photo by LS Alex Croskery, MARPAC Imaging Services



PO1 Jason Korfman receives his new rank from CPO2 Michel Michaud and Canadian Forces Fleet School Esquimalt Commanding Officer Cdr Drews.



Lt(N) Meghan Lobb and Cdr Muir promote Cpl Alfred Castrojas in a ceremony held in building D100.

Photo by LS Alex Croskery, MARPAC Imaging Services

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