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NEWS 7

Crews prepare for Task Group Exercise



NEWS 8

Coast to coast, walking for fitness



FEATURE 9

Brothers shear locks for Cops for Cancer



Welcome home

Mary Ellen Green, Lookout

CPO2 Mark Walker and his wife of 15 years, Verna, share HMCS Protecteur's "First Kiss" just moments after the ship sailed into Esquimalt Harbour. Protecteur and HMCS Calgary pulled alongside A jetty on Friday after a six-month deployment to the Persian Gulf for Operation Altair.

See more photos on page 2

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Mary Ellen Green, Lookout



Mary Ellen Green, Lookout

Left: Lt(N) Erik Folmer gets a hug from his two-and-a-half-year-old daughter Michaelle.

Right and above: Families waited anxiously on the jetty for HMC Ships Calgary and Protecteur to come alongside.

Below right: Sailors on board HMCS Protecteur looked for loved ones as the ship returned to Esquimalt Harbour.

Below left: PO2 Brian MacMillan and girlfriend Chelan Abetkoff share a loving embrace on the jetty just moments after PO2 MacMillan returned from his deployment.



Shelley Lipke, Lookout



Mary Ellen Green, Lookout



Mary Ellen Green, Lookout

Base Food service disrupted by recall

SLt Michael McWhinnie
Base Public Affairs Officer

Personnel from several sections of the CFB Esquimalt organization were engaged for several days last week in the unusual task of implementing a food recall that was prompted by concerns of possible *Listeria monocytogene* contamination.

Neptune Food Service, a local distributor that normally supplies the base, initiated the recall of a specific batch lot of pre-cooked roast beef that is sliced and used in sandwiches at Base Food facilities. The product originated from its manufacturer, Les Salaisons Desco Inc. of Boisbriand, Quebec.

At the direction of the Base Commander, Capt(N) Marcel Hallé, advisories were issued internally to the Formation as soon as the facts became available. This prompt action permitted Formation personnel to be informed of the risk a full day prior to the public health hazard alert that was promulgated by Canadian Food Inspection Agency. It also facilitated a more specific accounting of events locally as the CFIA national health hazard alert mentions only ready-to-eat roast beef retailed at certain deli counters in Ontario.

Working in close collaboration with the distributor, Base Personnel Services Officer Lieutenant-Commander Daniel Bouchard and his staff, through close examination of shipping records, were able to determine the scope of potential local exposure. It was determined that, what was originally feared to be a more widespread issue was in fact limited to two facilities at CFB Esquimalt, and occurred during a very narrow time frame.

"We know for certain that the product that was subject to recall was delivered only to the Pacific Fleet Club and Nelles Galley. We believe that approximately six servings were issued at the first location on Monday and less than a dozen at the latter Tuesday," explained LCdr Bouchard. "All of the affected product has been removed from service

and disposed of. In addition to the two identified galleys, we have also sanitized all the other Base Food facilities as an added precaution" he stated.

Earlier this month Desco Inc. recalled batches of its Dunn's Famous brand smoked meat pouches and several Plaisirs Gastronomiques brand sandwich products that were sold throughout Quebec and Eastern Canada.

Knowing that the general public is typically ill informed on this complex subject, the Acting Base Surgeon, Doctor Gary Saunders cautioned against unwarranted alarm.

"The risk of developing illness from consuming this type of product is very low. When it does, for healthy adults Listeriosis is limited to a mild, flu-like illness that manifests itself in symptoms such as fever, headache, neck stiffness and nausea," stated Doctor Saunders. "Except for pregnant women, the elderly and people with weakened immune systems, the risk of developing Listeriosis passes ten days after the date of exposure to the bacteria."

When asked to comment on the events of last week, the Base Commander emphasized that, as a regular patron of Base Food facilities and a father with three children at home, he understands and shares the concerns that people have regarding food safety. He added that, "Having been privileged to all the details regarding the disposal of the affected product and the sanitization steps that have been taken under the oversight of Health Services personnel, I am confident that food service has been restored to its usual high standard of quality and safety."

"I am proud of the way that the organization responded to this incident and have every confidence that the situation has been resolved. I would have no hesitation for myself or my family to continue eating at any of the messes within the Formation," reassured Captain(N) Hallé.

In support of this claim, the Base Commander has directed his public affairs officer to dine with anyone willing to buy his lunch.

Listeria facts & tips

Listeria monocytogenes (commonly called *Listeria*) is a type of bacterium often found in food and elsewhere in nature. It can cause a serious disease called listeriosis especially among pregnant women, the elderly or individuals with a weakened immune system, like diabetics or alcoholics. In serious cases it can lead to brain infection and death.

Listeria is widespread in the environment – in soil, vegetation, water, sewage, silage and in the feces of humans and animals. Animals and humans can carry the bacterium without knowing it.

Plants and vegetables can become contaminated with *Listeria* from the soil, water and manure-based fertilizers. Farm animals that appear healthy may also carry *Listeria* and contaminate foods such as meats and dairy products.

Unlike most bacteria, *Listeria* can survive and sometimes grow on foods being stored in the refrigerator. Moreover, foods that are contaminated with this bacterium look, smell and taste normal. *Listeria* can be killed by proper cooking procedures.

Symptoms may start suddenly:

- Vomiting
- Severe Headache
- Nausea
- Constipation
- Cramps
- Persistent fever
- Diarrhea

Tips to minimize risk

- Read and follow all package labels and instructions on food preparation and storage.
 - After handling food, especially raw foods such as meat and fish, thoroughly clean and sanitize all surfaces used for food preparation with a kitchen sanitizer (following the directions on the container) or use a bleach solution (5 ml household bleach to 750 ml of water) and rinse with water.
 - To avoid cross-contamination, clean all knives, cutting boards and utensils used with raw food before using them again.
 - Thoroughly clean fruits and vegetables.
 - Refrigerate or freeze perishable food, prepared food and leftovers within two hours.
 - Defrost food in the refrigerator, in cold water or in the microwave, but never at room temperature.
 - Keep leftovers for a maximum of four days and reheat them to an internal temperature of 74°C (165°F) before eating them.
- Visit www.inspection.gc.ca/english/fssa/concen/cause/listeriae.shtml for more information.

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WHO WE ARE

MANAGING EDITOR
Melissa Atkinson 363-3372
atkinson.m@forces.gc.ca

STAFF WRITER
Mary Ellen Green 363-3672
green.me@forces.gc.ca
Shelley Lipke 363-3130

PRODUCTION
Carmel Ecker 363-8033
Myrna Proulx

ADMINISTRATIVE ASSISTANT
Kate King 363-3014
frontoffice@lookoutnewspaper.com

ACCOUNTS
Kerri Waye 363-3127
waye.klr@forces.gc.ca

SALES REPRESENTATIVE
Ivan Groth 363-3133
groth.i@forces.gc.ca

SALES REPRESENTATIVE
Joshua Buck 363-8602
buck.jj@forces.gc.ca

EDITORIAL ADVISOR
S/Lt Michael McWhinnie 363-4006

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CFB Esquimalt, PO Box 17000 Stn. Forces,
Victoria, BC V9A 7N2

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WHAT SAY YOU

People Talk

Members of HMCS Calgary were asked during their journey home: *"What are you most looking forward to you when you get home?"*



"Spending time with my wife and our two little girls."

LCdr Arv Auja



"I am looking forward to seeing my son walk for the first time, taking my daughter to swimming lessons and giving my wife the break that she needs and deserves."

LS Steven Allard



"I am looking forward to spending time with my husband Jody and my daughter Emily-Ann."

LS Nancy Head



"What I am looking forward to most is relaxing with my fiancée Heather, and Saturday afternoon barbecues with the family."

LS Dustin Mansfield



"What I am most looking forward to is spending some time with my fiancé and puppy, and then a vacation to Whistler where we can relax alone for a while and plan our wedding."

AB Jennifer Wagner



1940 Mercury with interesting serial number

Paul Horch of Winnipeg, Manitoba, was born in 1947 and was told that by the age of two, he could tell the make of every car on the road. "That's more than I can do with today's cars." He is now the proud owner of a beautifully restored 1940 Mercury 4-door sedan:

"I purchased my 1940 Mercury on Nov. 11, 1968. An easy date to remember! I paid \$50 for the car and it was in bad shape. Generations of mice had made their home in it, and the car had sat neglected in the middle of a field.

"I brought it to my sister's place (now my house) and covered it with an old tarp. Over the winter I had the distributor rebuilt. In spring, with the car refusing to start, I removed the engine and decided it needed to

be rebuilt. It needed replacing. The block was cracked!

"I found an uncracked engine at Princess Auto Wreckers in Winnipeg. I had it rebuilt, and by the fall of 1969 the car was running. It still looked pretty rough and I can't believe I had the nerve to drive it around the neighbourhood like that. No license or registration or insurance.

"The serial number of my car is 1D2. I contacted the late Herman Smith at Ford of Canada in Oakville and he confirmed that my car was the second Mercury off the Canadian assembly line for 1940. It was probably assembled in late 1939 as the remaining original glass is marked October 1939. This probably makes it the oldest running 1940 Canadian Mercury in captivity, unless someone



Paul Horch's 1940 Mercury 4-door sedan.

happened to save 1D1.

"By the spring of 1970, my car was licensed and insured and I was driving it around. By then the bumpers had been rechromed for about \$16 each. Times sure have changed, haven't they? A friend at an auto body shop did the body work and paint. The car had almost no rust, just two little holes on the front edge of the rear fenders. Paint and body work cost \$300.

"About four years later, I installed a new set of Denman wide whitewalls. They sure made the car look great. By 1979, I installed a spotlight on the driver's side but I never connected it because back then,

you needed a permit to use a spotlight. I also had a dual exhaust system installed. That flathead V-8 sure sounds nice.

"Today, my 1940 Mercury cruises easily at legal highway speeds and handles very well. This car has been a part of my life now for 40 years."

As a thank you, if your story is published in this column, you will receive a copy of Bill Sherk's book "60 Years Behind the Wheel: The Cars We Drove in Canada 1900-1960." To share your stories or photos, email billtsherk@sympatico.ca or write Bill Sherk, 33 Oak St. E., P.O. Box 10012, Leamington, ON N8H 2C3.

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- Butchart Gardens
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- Rona (Langford store)
- SISIP
- PSP
- Bolen Books
- Capital Iron
- Acme Supplies



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HALLOWEEN BRAIN ticklers

ComParrot Can you spot 12 differences between these pictures?
by Bonnie J. Malcom

Solution: 1. Strap on girl's shoe is missing. 2. Stem appears on hat. 3. Branch on tree behind girl is missing. 4. Bolt appears on boy's face. 5. Scar on face is missing. 6. Treat in bag is colored in. 7. Bush in background is colored in. 8. Bat on bag has moved. 9. Ghost in tree has moved. 10. Candy on ground has moved. 11. Tuft of grass behind porch has moved. 12. Neck on shirt is lower.

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- ACROSS**
- 1 Black cats and shooting stars
 - 6 Fester's family
 - 12 Skeleton topper
 - 17 Frankenstein's monster, e.g.
 - 19 Desolate
 - 20 Spooky
 - 21 Facilitate
 - 22 Soothsayer
 - 23 One question at _ _ _
 - 24 Night Gallery host (2)
 - 26 Destroyer
 - 28 Actress Meyers (Kate & Allie)
 - 29 Batman portrayer Kilmer
 - 30 Fred and Barney's alien friend
 - 32 Skulk
 - 35 Hogwarts' famous student (2)
 - 41 Fatal
 - 43 Hocus-pocus
 - 44 Nemesis of 35A
 - 45 Relating to birth
 - 46 _ _ Bob of the Simpsons
 - 49 Peruvian of old
 - 50 Exists
 - 51 Ryan and Dunne
 - 53 Star of Dracula: Dead And Loving It
 - 55 Fugitive chasers
 - 56 Type of shower or path
 - 58 Admonishes
 - 61 Anthem singer for the Habs
 - 62 Not-too-scary word
 - 65 Haunt
 - 66 Upright swimmer
 - 69 Touch up
 - 71 Come to pass
 - 73 One of Donald Duck's nephews
 - 74 Inspected
 - 75 Residents of 1313 Mockingbird Lane (2)
 - 78 Marky's cereal
 - 79 Wand-lighting spell
 - 80 Body And Soul actor Steiger
 - 81 Tubing material
 - 84 Magician who died on Oct 31, 1926
 - 88 Scary guy in a hoodie (2)
 - 92 Crocodile Rock rocker
 - 93 Creature From The Black _ _ _
 - 96 TV's Mistress Of The Dark
 - 97 Like the picture of Dorian Gray
 - 98 Strains
 - 99 Broken bone supporters
 - 100 _ _ From The Crypt
 - 101 Fiddle _ _ _!
 - 102 Blades
 - 37 Feature of a Scottish accent
 - 38 Sunbathes
 - 39 _ _ signum
 - 40 Sorrel
 - 41 Forensic test
 - 42 Q-Tip target
 - 43 Take heed
 - 46 The Sixth _ _ _
 - 47 Chilled (2)
 - 48 Like the world of sports
 - 52 Laments
 - 54 Cabaret
 - 55 _ _-scarum
 - 56 Scary actor Karloff
 - 57 Trick
 - 58 Blemish
 - 59 Every
 - 60 Author of The Witching Hour
 - 61 Forbidding
 - 62 Playing like Charlie Parker
 - 63 Horse population, sometimes
 - 64 Like 13
 - 67 Vocalist
 - 68 Cultivates
 - 70 Skeleton's order: a beer and a _ _ _
 - 72 Judgments
 - 74 Men of the clergy
 - 76 Woman of the clergy
 - 77 Did like the Cheshire Cat
 - 78 Lily, to Eddie
 - 80 Flush
 - 82 Brink
 - 83 Uncouth
 - 84 The _ _ Is On
 - 85 Freaks actress Baclanova
 - 86 Mthly expense
 - 87 Finished
 - 88 Downie of The Hip
 - 89 Habit
 - 90 She, in Sorel
 - 91 Fired up
 - 94 Lizzie Borden's weapon
 - 95 _ _ whiz!
- DOWN**
- 1 The Phantom's house
 - 2 Castle
 - 3 Wipe out
 - 4 Red Halloween treats
 - 5 Red tag event
 - 6 Bubbling in a cauldron
 - 7 That _ _ Cat!
 - 8 In _ _ (dressed for Halloween)
 - 9 Laboratory discharge
 - 10 Blanc of Looney Tunes
 - 11 Dwarf with allergies
 - 12 Shrimps and scallops
 - 13 Pacific salmon
 - 14 Oddball wizard of fiction
 - 15 Shade of green
 - 16 Evil glance
 - 18 "It" girl Lady Victoria _ _
 - 25 Slurp
 - 27 Vain one
 - 30 Grey, in Gatineau
 - 31 Angel qualifier
 - 33 Intake standard, briefly
 - 34 Mama Cass _ _
 - 35 Brother of Poseidon
 - 36 Millenia

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Prices in this ad good through November 1st



Shelley Lipke, Lookout

In preparation for the upcoming task group exercise that will be held off San Diego's coast, Barracuda training took place in the waters off CFB Esquimalt. Crewmembers aboard a Barracuda raised the mast in order to remotely operate it from Black Rock.

Warships head south to train

Shelley Lipke
Staff writer

More than 500 people in four warships are leaving for San Diego today for Task Group Exercise 3-08.

During the sail down, *HMC Ships Regina, Winnipeg, Whitehorse* and *Yellowknife* will conduct a variety of exercises designed to improve the combat readiness of all. The focus will be on *Regina*, who will have Sea Training staff embarked to conduct a directed work up aimed at refreshing shipboard skills.

Once in the offshore range of Southern California, the ships will join 20 U.S. naval ships for their Comprehensive Task Unit Exercise (CTX) and Joint Task Force Exercise (JTTFEX) from Oct. 27 to Nov. 22.

The exercise aim is to work up a carrier strike group, which can include a Canadian warship, in preparation to deploy worldwide.

It's been years since a Maritime Coastal Defence Vessel has played a role in these work ups. This year,

Whitehorse and *Yellowknife* will act as vessels of interest to be tracked and prevented from entering fictitious territorial waters during the role play portion of the exercise.

The main area of operations is located off San Diego's coast in Southern California. It offers a vast marine locale for live gunnery, anti submarine warfare drills, and naval surface support exercises.

Nearby San Clemente Island will be used to test ships in littoral operations, such as the ability to operate communications surveillance and weapons systems near shore.

When in close proximity to shore, the ships will fire at shore targets with their main guns. "The Halifax class ships weren't designed with this purpose in mind, and now with these types of operations more prevalent, we are trying to work out the exact details of making that capability a reality, and a standard practice," said LCdr Barry Whelan, Fleet Weapons Officer.

An Aurora maritime patrol aircraft from 407 Squadron in Comox will join the exercise to hunt submarines and identify surface targets.

"We are taking the opportunity of using the Southern California operations area to perform exercises that we can't normally do here," said LCdr Whelan.

Always a crew favorite is the missile exercise. This year *Winnipeg* will fire the newly embarked Evolved Sea Sparrow Missile (ESSM) as part of their ramp up to high readiness status for upcoming deployments.

"While the missile exercise for *Winnipeg* is important, we also aim to integrate the *Winnipeg* as much as possible with the carrier strike group," said LCdr Whelan. During the TGEX, *Winnipeg* will, from time to time, be under direct control of the strike group's Admiral.

In between the two exercises, the ships will come alongside San Diego for a three-day port visit and another stop in San Francisco on the way home.

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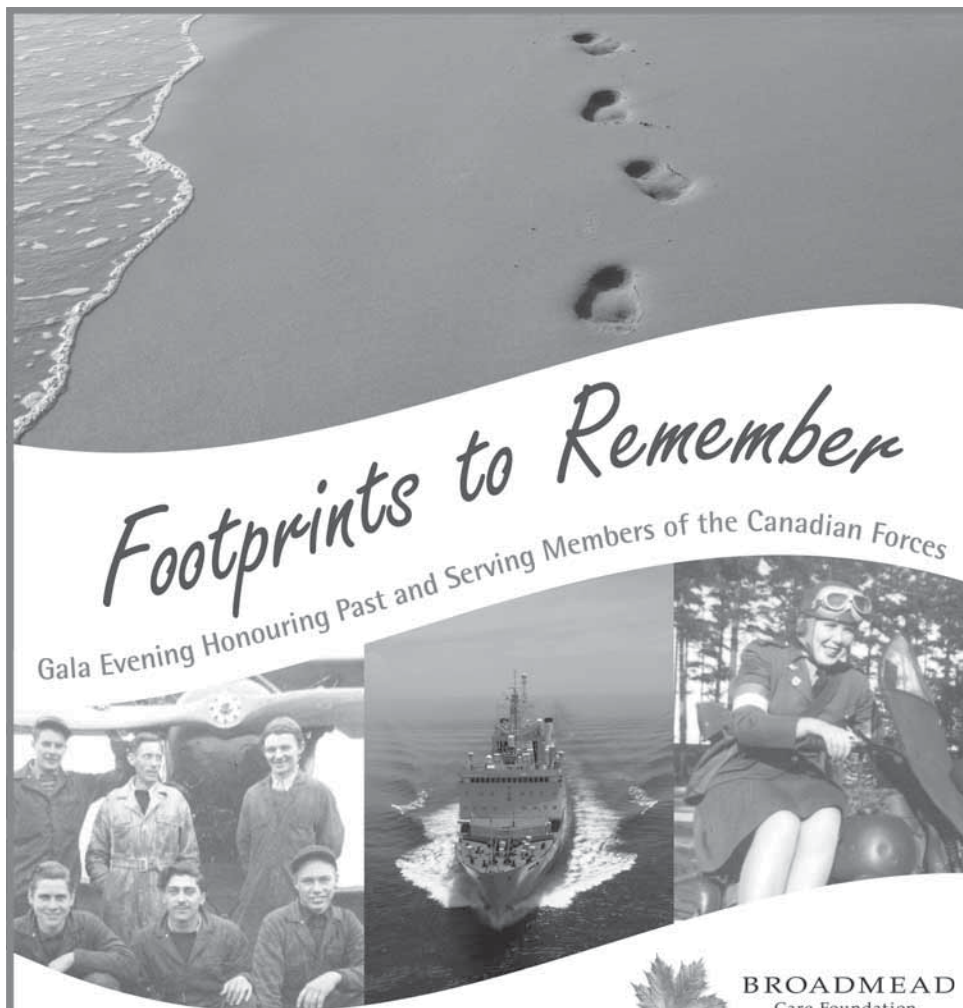
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The Damage Control Facility will be open for tours of the burn rooms and flood tank between runs. Refreshments will be served during the evening. We are asking each person or family to **bring a non-perishable food item** for the Christmas Hamper which will go towards the Mustard Seed food bank. This event is open to DND family and friends.

Personnel who are on supplementary oxygen equipment are not allowed to participate in the live fire demonstrations.

For more info contact P01 Hutton or P01 Ouellet at 363-2858/2854.



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Shelley Lipke, Lookout

Base Orderly Room (BOR) staff hold up pedometers last Monday, the first day of the Across Canada Fitness Challenge, which is a race pitting BOR staff from Halifax and Esquimalt against each other. The goal is to cross Canada and reach the other military base first by tracking the total number of steps taken in a workday.

East and West step up to challenge

Shelley Lipke
Staff Writer

In an attempt to raise fitness levels, establish even friendlier coast to coast relations and have fun, the Base Orderly Room (BOR) in Halifax has challenged Esquimalt's BOR staff to a virtual race across Canada.

Each step they take during working hours will lead them one step further along the Trans Canada Highway and closer to their goal – reaching the opposite military base.

The Across Canada Fitness Challenge began Oct. 20 and will be tracked via web-

site weekly as teams of eight people compete to win.

Whether walking, running, doing physical training at work or simply walking to the coffee maker, each step is being logged by pedometers with the results tallied weekly and available on a link off the MARPAC Splash page.

The Eastern teams outnumber the West by many, but as a fair alternative to all, only the top three teams on either side per week will be counted.

All resource management support clerks, civilian staff, and logistics officers have been asked to participate, and on each side of Canada the

response has been nearly 100 per cent positive.

It is a work time race, meaning people wear the pedometer only during work hours.

Kilometres from the pedometer are logged weekly with the distance tallied and posted on an online map to show their virtual journey across Canada.

"It's a good morale booster for the clerks around here; we are excited about it. I know the type of people we have at the BOR and they are competitive. We want to win," said team captain AB Seyi Shinaba, pay and records clerk.

The magic number is 5,946 kilometres to reach Halifax, which is estimated to take about two and a half months to complete.

"We have a lot of people who work out over lunch time, and we have physical training class set aside for us on Wednesday mornings," said MWO Glen Purdy, BOR supervisor.

PSP has donated prizes such as locker rentals at the base gym and a family pass to the base gym.

A donation jar has been set up at the front desk of building N30, the BOR, for anyone wishing to make a donation for charity.

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Holly tea and bake sale

The Esquimalt United Church will hold its Annual Holly Tea, Bake Sale and Silent Auction on **Saturday Nov. 8, 1:30 to 3:30 p.m.**

This year's Silent Auction is better than ever with something for everyone on your list. Tea is \$6 and it is a great afternoon out.

Calgary crew digs deep for charities

CPO2 William Slater
HMCS Calgary

HMCS Calgary's ship's company held an open auction in the canteen flats during its journey home to raise funds for this year's Government of Canada Workplace Charitable Campaign (GCWCC)-United Way campaign.

The bidding ranged from lack of interest on a collection of watches in various states of repair, to a feverish pace on maps and paddles.

The Chief Boatswain's Mate, CPO2 Teddy Lowther, prepared two exquisite paddles, artistically painted with one representing our circumnavigation of the globe, and the other a magnificent replica of the "Gunshield Graffiti" from the original Corvette. These two fabulous paddles fetched a total of \$560.

There were three large world maps up for grabs, each artfully marked with the flag of each country visited and carefully marked with our ship's path for the last six months. SLt Maude Ouellet-Savard hand illustrated each of these maps and her dedicated efforts raised \$800 for Calgary's charity account. There were a number of other items that the crew bid for, the end result being a hefty \$4,042.

Calgary has held several fund-raising events

during the Operation Altair deployment:

Cpl Corley and LS Farmer raised \$1,920 for the Children's Make A Wish Foundation by promising to stay silent for 24 hours. But after the initial six hours, they coughed up \$250 each to add to the pledges and admitted defeat.

LS Kyle Hobbs ran a marathon on the canteen flats treadmill - three hours, 39 minutes and 44 seconds later his 26.2 miles raised \$3,808.50 for the Terry Fox Foundation.

Between the many Sundae on Sundays, Wednesday Night Hot Dogs, charity card matches and a record First Kiss Raffle, Calgary's campaign is on pace for a record year.

Calgary led the way during its visit to Split, Croatia, donating \$3,700 - almost half of the Task Force's \$8,000 donation, which was turned into much-needed supplies and entertainment equipment for the Children's hospital.

Recently the crew collected \$500 to present to St. Paul's Church towards the Memorial Window Project.

Through combined donations via fundraising events and payroll deductions to both United Way umbrella organizations and other agencies, the crew has dug deep into their pockets to raise nearly \$38,000 this year.

Double your chances to win a trip or a night away!

Anyone who personally donates \$500 or more to the MARPAC 2008 GCWCC-United Way Campaign will be automatically entered into a draw for a round trip for two to Seattle, WA, in the Clipper or a one night stay in one of the Hotel Grand Pacific's deluxe guestrooms. In addition, your name will also be automatically entered into the draw for the trip to Vancouver with Pacific Coastal and a one night stay at the Sidney Pier Hotel and Spa.

Anyone who personally donates \$120 or more (\$32

a day) to the MARPAC 2008 GCWCC-United Way Campaign will be automatically entered into the draw for a round trip for two to Vancouver with Pacific Coastal Airlines or a one night stay in one of the Sidney Pier Hotel and Spa's Seaview Guest Room.

For campaign information and events, please visit <http://local.esquimalt.mil.ca/unitedway> or contact Lt(N) Peggy Kulmala, Campaign Coordinator, at (250) 363-2595 or Kulmala.pj@forces.gc.ca



We need you... to help us reach our goal!

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Please see the BCompt website for rules and more info.
<http://esquimalt.mil.ca/bcompt/SOCIAL-CHARITY/United%20Way.htm>

PSP 50/50 DRAW:

WHEN: Ongoing, Draw is Friday Oct. 31, NAC, 2pm
WHERE: NAC Kiosk, D88
COST: \$1 each or \$10/arm's length



COMMODORE'S PARKING SPOT RAFFLE (2 PRIZES)

WHEN: Draw Date - Oct. 29th
WHERE: Available at D-25
WHAT: For Nov. 3-7 and 10-14, 2008
COST: \$2 per ticket available from MS Fisher in D77

PRIME DOCKYARD PARKING

WHEN: The month of November
COST: Highest bidder
WHAT: Parking spot in front of Commodore's office
Please send your bid to hales.j@forces.gc.ca by Oct. 31

PRIMO DOCKYARD PARKING SPOT RAFFLE (12 WINNERS)

WHAT: parking stall S40, located in front of Building D11
WHEN: Draw Date - Nov. 3
WHERE: Available at D-25
COST: \$2 per ticket, available at
-Base Operations, bldg N34
-SLt Seth Catchpole, 363-5514
-Parking Control Office, Pat Maxwell, 363-2218
Buy a ticket for the month you want

BOR GARAGE SALE:

WHEN: Nov. 12 & 14
WHERE: BOR Reception area
Please bring in new or used items to BOR front counter.

PIZZA DAY

WHEN: 11am-1pm, Oct. 31
WHERE: FMF Cape Breton
WHAT: Come down for a slice (or two) or pre-order to your workplace.
COST: \$3/slice or \$25 per pizza
For info or to place an order, contact SLt Bill Danielsen 250-363-4366 danielsen.wrd@forces.gc.ca

SILENT AUCTION:

WHEN: Nov. 12 & 13
WHERE: LCC (Building N-136)
WHAT: Dozens of great items to bid on

BASE IMAGING SERVICES PORTRAIT RAFFLE

WHEN: Draw Date - Nov. 15th
WHERE: Available at D-25
WHAT: Professional 8x10 portrait print and CD
COST: \$2 ea. or 3 for \$5
Only 100 tickets will be sold.

BOR 50/50 DRAW

WHEN: Fridays except Oct 31 & Nov 28
COST: \$1 ea or \$2 for 3 tickets
WHERE: Purchase at BOR front counter

BOR HALLOWEEN PARTY - DRESS UP

WHEN: Oct 31, noon to 1:30pm
WHAT: Costume judging, potluck
COST: \$2 per vote or \$5 for 3 votes

JELLY BEAN JAR AT THE BOR COUNTER

WHEN: Now until Nov. 30
WHAT: Guess how many jelly beans are in the jar and win the jar
COST: \$1 per guess, \$2 for 3 guesses

WOOD TABLE AND 4 CHAIRS:

WHEN: Draw Date - Dec. 12th
WHERE: Nelles Block
COST: \$5 ea. or 3/\$10
Please call LS Hodgins 250-363-5632 for info.
LS Macdonald will be selling tickets at CPO's Bldg - 585 Room 423 8:00am - 3:00pm



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Veteran recalls 50 years of engineering at Naden

Mary Ellen Green
Staff Writer

The Marine Systems Engineering division at Canadian Forces Fleet School Esquimalt (CFFSE) celebrated its 50th anniversary Oct. 8 with a presentation by a special guest.

Retired Engine Room Artificer (ERA) apprentice, John Mason, 85, presented the naval technical training school with a plaque commemorating the approximately 700 Royal Canadian Navy Volunteer Reserve sailors who trained as wartime ERA apprentices between 1941 and 1945.

Cdr Christopher Hargreaves, Commandant of CFFSE, accepted the plaque from Mason. It was hung in a place of honour in the School's Engineering wing.

MSE Division Chief, CPO1 John Spence says the plaque is a great addition to the history on the walls in Fleet School's Engineering Division.

"In wartime, they were looking to push people with skills through this kind of training because they were feeding a navy that would become the third largest in the world at the time," CPO1 Spence said. "It's fantastic that we have a reminder of

the times when everything was powered by steam," he added.

The majority of ERA apprentices had some technical training before they began the journey to become artificers or stokers.

Of the nine divisions of ERA apprentices, three were in Calgary, AB, five in Galt (now Cambridge) and one in Windsor, ON. They were later sent to each coast to continue their training.

Battle class trawler Givenchy I may have been the training facility for ERA apprentices here at CFB Esquimalt, accord-

ing to records at the CFB Esquimalt Naval and Military Museum.

"Mr. Mason had a tour through our facility and he was thrilled to tell me that virtually all hand skills and projects are the same as they were 50 years ago," CPO1 Spence said.

While the exact location of their training on base is uncertain, it is known the ERA apprentices did not study at the current CFFSE location as it was built in 1958, 13 years after the ERA apprentice program was disbanded following the end of the war.

About 65 ERAs would return to the navy as Petty Officers, and some later became commissioned officers.

Mason rejoined the navy in 1949, after receiving a degree in mechanical engineering from the University of Toronto. He is one of the few sailors who went from cleaning boilers and bilges to the captain's chair. He took up diplomatic posts in England and Norway and became the Commanding Officer of the first Algonquin, a "V" class destroyer.

He retired with the rank of Commander after 34 years of service to the navy.

The ERA Apprentice



Mary Ellen Green, Lookout

CPO1 John Spence stands by the commemorative plaque donated to the Marine Systems Engineering division of Canadian Forces Fleet School Esquimalt in honour of its 50th anniversary, and the wartime Engine Room Artificer Apprentices.

Association began holding bi-annual reunions in 1975 in various places across the country. The 19th and last reunion was held in Victoria in 2007.

"It was great while it lasted," said Mason. "We held one every year for the last three years because our numbers are dwindling very

quickly. No one wanted to volunteer to host the 20th reunion so we decided the 19th would be our last."

With the money left over in the association's fund, plaques were commissioned in memory of wartime ERA Apprentices and to commemorate those who, in the words of Lord Alfred

Tennyson, have "crossed the bar."

"They were fine fellows, and I used to look forward to our reunions. If I had the chance, I would do it all again," Mason said.

For more information about the ERA Apprentice Association, visit their website at www.artapps.ca.

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Protecteur reflects on deployment

SLt G.F. Atkinson
HMCS Protecteur

HMCS *Protecteur* is now home from its around-the-world deployment that ended with family and friends eagerly awaiting their loved ones in Esquimalt on Friday, Oct. 24.

It was a long and rewarding tour, one the crew will never forget.

Very few can say they transited the Panama and Suez Canal and circumnavigated the globe all in the same year, but *Protecteur*, along with *Calgary*, can boast those unique accomplishments.

Prior to setting sail for home from the last port of call, the ship and crew participated in the International Fleet Review (IFR) in Busan, South Korea. The Fleet Review is a maritime inspection of warships from different nations as they are reviewed by a line of ships from the host country. The event marked the 60th anniversary of the Republic of Korea Navy. The review was attended by ships from several countries including the United States, United

Kingdom, Australia, China, Thailand, India, Indonesia, Japan, Russia, Singapore, and the host nation, Korea.

The IFR provided the ship an occasion to visit with foreign warships, helped strengthen ties with the people of South Korea, and gave the crew the chance to take a well deserved rest before sailing home.

Protecteur came home with a few new faces on board. Cdr Ian Wood took command from the outgoing Commanding Officer, Cdr Sean Cantelon, on Sept. 19 in Port Kelang, Malaysia, and the incoming Executive Officer, Cdr Frederick Caron, assumed his duties as second in command Oct. 17. The two week journey home was an excellent opportunity for the new command team to get to know the ship and crew.

The return trip was not entirely work; the ship scheduled internal activities to provide the crew with a balanced return-transit pace. The first of these activities was an Italian themed night at "Luigi's Bistro" in the Chiefs and Petty Officers (C&POs) Mess. The C&POs served

supper to the junior ranks to recognize and reward the Master Seaman and Below for all the hard work put forth during this deployment.

On Oct. 17, *Protecteur* crossed the International Date Line. As a result, the ship retarded clocks one full day in order to make up for all the time zone changes that had been conducted as the ship circumnavigated the globe. This day is traditionally known as a No-Day. In celebration of repeating a day at sea, the ship scheduled several events that included a Stokers' Open golf tournament put-on by the engineers, pizza night in the dispersal area, and a Jam Night highlighting the musical talent of the crew.

As the ship neared home and after nearly 46,000 kilometres steamed, the crew looked back at the last 196 days with pride in knowing they had served their country and the navy with distinction. *Protecteur*, in the midst of the sweltering heat of the relentless summer sun, was always able to do what was asked of it, living up to the motto, "Support with Courage."

Calgary brings veteran aboard during Korean visit

CPO2 William Slater
HMCS Calgary

HMCS *Calgary's* ship's company enjoyed the hosting of Wellsford Yetman and his two sons CPO2 Richard Yetman (Retd) and PO1 Wayne Yetman (Retd) for their journey from Yokosuka, Japan, to Busan, Korea.

The short ride in *Calgary* between Japan and Korea is almost identical to the route Wellsford sailed some 56 years ago during the Korean War.

The three retired Yetmans witnessed the Republic of Korea's International Fleet Review from the ship's upper decks.

For Wellsford this was the first trip back to Korea since 1955. He joined the Merchant Marine at the age of 15 in 1945 and sailed until 1948. In 1950 he joined the Special Force, Princess Patricia Canadian Light Infantry and upon completion of training in Fort Lewis, Washington, he sailed to Japan in 1951 and was stationed in Sasebo, Japan, in support of the Korean War until 1952.

In 1954, Wellsford again sailed from Seattle, Washington, to Japan and then on to Korea with the 3rd Regiment Royal Canadian Horse Artillery, where he served until the end of operations in 1955.

Upon his return to Canada, he became

an army supply technician serving with distinction at various bases throughout Canada. Finishing his service career in 1979, Wellsford retired to Dartmouth, Nova Scotia, with his wife June and two younger children, Flora and Gordon.

The main purpose for his return was to visit the United Nations Memorial Cemetery in Busan, the final resting place of his closest friend who was killed in 1952. After the visit to the Memorial, Wellsford and his sons then travelled to Seoul, where Wellsford was presented the Korean Government's Ambassador of Peace medal by the Canadian Ambassador to Korea, His Excellency Ted Lipman.

CPO2 Yetmen recently retired after 34 years as a supply technician (Naval Storesman). Brother PO1 Yetmen logged 31 years as a naval weapons technician and he is currently the LCMM for Naval Weapon Systems in Ottawa. Combined, the three Yetmans have served their country with distinction for more than 90 years.

The visit of such a distinguished veteran was enlightening for both young and seasoned sailors; the interaction with the entire Yetman family was rewarding for both guests and *Calgary* sailors. The opportunity to sit and hear many stories and encounters from two generations of Canadian sailors is not something that *Calgary's* crew will soon forget.



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Algonquin returns to dockyard

Shelley Lipke
Staff Writer

HMCS *Algonquin* has had a makeover.

For nearly eight months ship repair workers performed the first phase of the refit on the 1973 commissioned ship at Victoria Shipyards' drydock. Gas turbine and diesel generators, new boilers, a new refrigeration system, fresh paint and new propeller blades are among the many upgrades.

On Oct. 21, Cdr Hugh Fitzpatrick signed the papers to have the ship returned to military hands. The destroyer was tugged across Esquimalt harbour to Dockyard for phase two of the refit work, to be performed by Fleet Maintenance Facility (FMF).

Internal and external network capabilities will be upgraded to allow crewmembers to communicate with more ships at a higher level of security, and allow larger volumes of information to be circulated faster and more securely within the ship.

Algonquin is also in the process of having the Navigational Data Distribution System installed and will be the first Canadian warship to

receive this, allowing it to route information on ships' position, speed, heading and pitch.

"This modern design will greatly aid in the smooth flow of navigational information throughout the ship," said Lt(N) Simon Nadeau, Combat Officer aboard *Algonquin*.

Some of the ship's equipment is in Europe being serviced and refurbished, such as the antennas and directors, which are in Holland.

"We are the last ship to have this refurbishment and this will enable *Algonquin* to utilize our sensors and fire control systems well into the next decade," said Lt(N) Nadeau.

New fittings for the Self Contained Breathing Apparatus (SCBA) system will replace the outdated Chemox firefighting units, giving sailors a more sophisticated system to use in the event of a fire. The ship's high-pressure air system will be amended to accommodate SCBA bottle fitting stations with portable compressors at the section bases.

The crew and officers aboard *Algonquin* are ramping up for the ship's return.



Shelley Lipke, Lookout

Two tugboats eased HMCS *Algonquin* away from the Victoria Shipyards and safely back to Dockyard on Oct 21. She has been in refit for the past eight months and now will go to Fleet Maintenance Facility where more work will be done before she is ready to sail in March 2009.

All work is expected to be completed by March 2009. The ship's company will then perform trials at sea to ensure all mechanical systems are working properly.

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Sgt Steve Hofman
Army News

For three soldiers, military life includes digging around in the mud during an exercise in Wainwright and swabbing the deck of a navy ship.

Cpl Jennifer Morgan, Cpl Jean-Francois Fortier and Sgt Karen Stacey have joined forces with their sailor counterparts and taken up a posting on board *HMCS Algonquin*.

"I love it. It is a very different type of posting than when I joined," said Cpl Fortier, one of the resource management support clerks in the ship. "It is nice to be able to travel a lot. During an attached posting in *HMCS Regina*, we went to San Francisco, San Diego, Mexico and Hawaii. I really can't complain."

As there are can be limited number of personnel on board, duties can be a little more frequent than other postings.

"Duties can be as much as one out of five, spending 24 hours on the ship. It can be hard, but it is all a part of the life," said Cpl Fortier. "I really like the atmosphere and the people on the ship. Everyone works together. They don't just stick to their own trades."

Cpl Jennifer Morgan, a supply technician on board *Algonquin*, is kept busy with secondary tasks such as damage control, where she ensures none of the ships compartments are flooding or have fires. She is also part of the first aid team, responding to everything from man overboard situations, to casualty care and treatment with the ship's physician assistant.

"If you like to multi-task, this is definitely the place to be," said Cpl Morgan.

Sgt Karen Stacey, a communications research technician, is part of a team that maintains a 200 nautical-mile bubble that



Sgt Steve Hofman, Army News
Cpl Jennifer Morgan, Cpl Jean-Francois Fortier and Sgt Karen Stacey, three soldiers posted to *HMCS Algonquin*, enjoy their postings.



Sgt Steve Hofman, Army News
Sgt Karen Stacey, a communications research technician, stands beside *HMCS Algonquin*, her workplace at CFB Esquimalt. Sgt Stacey enjoys being posted to the ship because it offers many opportunities for exotic travel experiences.

provides indications and warnings to the ship to keep it safe.

"It is fantastic. We get to see a lot of interesting ports, experience nice weather here on the West Coast. There are so many experiences that you just can not replace."

Sgt Stacey is not immune to some of the hard-

ships that are associated with the navy life. "There are good and bad challenges," she said. "Things can be a little slow when we are docked. You have to be a creative thinker when we are not at sea. While we are out to sea we are employed 24-7. Sometimes you can go three weeks without days

off. It is very challenging, yet very rewarding, all at the same time."

Although positions on a ship are very different than the traditional army positions, they have a couple of things in common: there are many challenges and rewards offered to those who take the opportunities to seize them.

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Shelley Lipke, Lookout

LS Jeremy Preston stands on board HMCS Yellowknife showing a Cops for Cancer banner and poster. While the main event is over, the sailor still plans on going bald for the cause.

Brothers buzz for cancer

Shelley Lipke
Staff Writer

Brothers LS Jeremy Preston and CPO2 Chris Preston, both members of HMCS Malahat, are buzzing their heads to raise funds for the Canadian Cancer Society's Tour de Rock.

While the bike tour is over, both brothers agree it's never too late to support this cause.

"I don't think there is one person in this world that hasn't been affected

by cancer," said LS Preston, who lost his father this year to cancer, and is married to Tiffany, a two-time cancer survivor.

He decided to shave his locks, setting a goal of \$750 which he hopes to raise in his ship, HMCS Yellowknife during the upcoming task force group exercise.

Some fundraising ideas include paying to sing songs for wakie wakie, pumpkin carving contest, and paying \$5 a week for permission to grow a beard or wear a favorite hat to work.

Once the money is raised, and the ship is back home, he and his brother will shave their heads.

LCdr Grant Bannister, Yellowknife's commanding officer, says, "If our ship raises \$1,000, then I'll shave my head."

A date with the barber has been set: Nov. 28 at 10 a.m. aboard Yellowknife.

People can donate by contacting LS Preston at jeremypreston181@hotmail.com, or they can pick up a donation sheet from Yellowknife.

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Canada Post extends free offer

Canada Post has extended its offer to provide free lettermail service to Canadian soldiers serving on peacekeeping mission overseas from their family and friends until Dec. 31, 2009.

In addition, from Oct. 20, 2008, to Jan. 16, 2009, Canada Post will again offer free Regular Parcel service to deployed Canadian Forces members from family and friends to the following three Canadian Forces Bases, where parcels will be forwarded through the Canadian Forces postal system:

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Don't let the flu bug you this year

Get Shot

Immunization Nurse Marjie Hanks is starting the annual flu shot campaign Nov. 3 in the Immunization Clinic at the Base Hospital Monday through Thursday, 8am to 3pm. Closed Fridays.

She's also conducting a CF Health Services Centre (Pacific) Annual Flu Vaccine "Traveling Road Show":

- Oct 28-30: FDU/Damage Control held at FDU Sick Bay
- Nov. 5: BOR 0830-1030
- Nov. 6: MARPAC HQ 0900-1100
- Nov. 6: CFFSE Naden 1300-1500
- Nov. 12: 443 Squadron Pay Bay 1300-1430
- Nov. 13: Naden Gym 0830-1030

Note: Ships and other satellite units will be administering the flu shots at their sites.

The shot is for military members only.



The Top 10 reasons for getting the flu shot:

10. You have a chronic medical condition
9. You have a weakened immune system
8. You're a senior citizen
7. You're six to 23 months of age
6. You're a health care provider
5. You provide essential community services
4. You can't afford the time off work
3. You're travelling to another country
2. You live with someone who has a chronic medical condition
1. You care about your own health and the health of those around you.

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1. You care about your own health and the health of those around you.

Get the flu shot. Not the flu.

From the Canadian Coalition for Immunization Awareness and Promotion
www.influenza.cpha.ca

The Top 10 poor excuses for not getting the flu shot:

10. You think aches, pains and fever are underrated
9. You're desperate for a little sympathy
8. You'd like to catch up on the TV soaps
7. You want to keep your colleagues at bay
6. You like your voice a little raspy
5. You get thrills from having the chills
4. You'd like some time away from the office
3. Your stock portfolio includes Kleenex®
2. You consider coughing a full body workout
1. You don't really care about your health or the health of those around you.

And the #1 poor excuse for not getting the flu shot is...

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INFOCUS

Canadian Scottish Regiment change of command



Sgt Ed Dixon, 39 CBG PAO

(Right to left) LCol Don Stedeford, outgoing Commanding Officer, prepares to pass the Regiment Colours to the incoming Commanding Officer, LCol Eric Boucher, as a symbolic moment of command passing.



Sgt Ed Dixon, 39 CBG PAO

(Right to left) LCol Eric Boucher, incoming Commanding Officer; Colonel Glen Richmond, Commander 39 Canadian Brigade Group; and LCol Don Stedeford sign the change of command certificates.



Shelley Lipke, Lookout

Above: Mandeep Galhom busts through drywall with an axe to find a place between the support pillars as part of the rapid interventional team training (RIT) he received at Work Point. Galhom is one of three new firefighter recruits hired as a result of a recent firefighter competition.

Below: Firefighters Stuart Smith and Dave Hill train the three new recruits in rescue techniques.



Bravo
ZULU



LS Cleveland (centre) receives his new shoulder slip ons from Maj Henry (right), Maritime Forces Pacific/Joint Task Force Pacific Headquarters Executive Officer, and 2Lt Anderson.



SLt Whitney accepts his commissioning scroll from Maj Henry, Maritime Forces Pacific/Joint Task Force Pacific Headquarters Executive Officer.



SLt Quigley accepts his commissioning scroll from Maj Henry, Maritime Forces Pacific/Joint Task Force Pacific Headquarters Executive Officer.



Pte Jax Kennedy, 19 Wing

LS Quentin Cennon receives the Canadian Forces Decoration for 12 years of service from LCol James Benninger, 19 Wing Operations Officer and Crew Chief PO2 Mike Tremblay. LS Cennon is a Marine Engineering Technician with the Marine Section at HMCS Quadra.



LCol Doug Slowski of Nanaimo (left) and Sgt Derick Dixon (right) of CFB Comox chat with Lieutenant-Governor of B.C. Steven Point after being awarded the insignia as Members of the Venerable Order of the Hospital of St. John of Jerusalem.

Minister connects with base employees

Shelley Lipke
Staff writer

Since Construction Engineering (CE) has one of the largest groups of civilian workers in CFB Esquimalt, it was the site for the Assistant Deputy Minister of Civilian Human Resources, Cynthia Binnington's visit on Oct. 20.

Binnington was escorted through the building, to meet workers in the carpentry shop, tool crib and other departments. Her focus was to share a renewal strategy with employees and find out what was working well for employees, and to hear any concerns or challenges they may have.

"If we don't start planning and building our Public Service workforce, we'll be challenged with labour conditions. We need to ensure that we have the right people in place to do the work to support the Canadian Forces," said Binnington.

Her visit involved an overall management meeting with headquarters, followed by the CE tour and visit.



Shelley Lipke, Lookout

Assistant Deputy Minister of Civilian Human Resources Cynthia Binnington visited Construction Engineering on Oct. 20 where she met Larry Cracknell, Mechanical Business Manager.

"This year our primary focus is on staffing, better staffing, though a more streamlined process through internal and external recruiting," said Binnington.

Her renewal strategy involves four stages – planning, recruitment, learning and developing and

infrastructure.

"We want to make sure people are aware of the terrific jobs available, and offer better learning so that people can develop their career goals," said Binnington. "We need to look at people who work in the Public Service and make sure we are recruiting the brightest and

best people for the job, and that technology is moving forward in a modernized way."

She is visiting other bases across Canada, and hopes to return to Ottawa better informed about what is needed and where her office should focus their efforts.

Influencers visit to boost recruiting

Mary Ellen Green
Staff writer

More than 40 school and career councilors from across western Canada converged on CFB Esquimalt two weeks ago as part of the West Coast Influencer Visit.

The guests were invited to tour many of the facilities to get a taste of careers offered by the Canadian Forces.

CF recruiters from as

far east as Thunder Bay invited guests based on the influence they have over people looking for careers, such as high school students to older more experienced workers looking for a career change.

Influencers came from Thunder Bay, Winnipeg, Regina, Saskatoon, Calgary, Edmonton and Fort Providence, NWT.

Guy Lussier from Red River College in Winnipeg, MB, said the tour really

opened his eyes to the career opportunities available in the CF. "I didn't realize how big an operation this really is," he said.

Brian Nicholas from Paul Kane High School in St. Albert, AB, said he wanted to check out what kind of naval careers are being offered to young people on the prairies.

"The one thing I noticed is that everyone who's spoken to us is so positive, like every one of their

jobs is the best job ever," Nicholas said.

The group toured Fleet Maintenance Facility Cape Breton, The Naval Officers Training Centre, Damage Control Training Facility Galliano, Fleet Diving Unit Pacific and Canadian Forces Fleet School Esquimalt. They were also treated to a day sail in *HMCS Regina*. Guests stayed at the Wardroom for the duration of their visit.

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- Dockyard, Nov. 14th 8am - 3pm between D250, D141 across from the slipway (wooden roundabout)

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Cost: \$1.00 per minute to a 90 minute max. Cost to the accused: to make bail you must match your sentenced fine + a 20% victim's surcharge.

** Note nominees will be contacted before the event to ensure their availability.

For more info or to get an 'arrest warrant' contact SLt Bill Danielsen at 250-363-4366 or Danielsen.wrd@forces.gc.ca.





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Spirits up on Trafalgar Day

LS Siobhan Gibbens
CEFCOM HQ

Last Tuesday, for the first time, Up Spirits was piped at Canadian Expeditionary Force Command (CEFCOM) headquarters to give our sailors a chance to celebrate their heritage and show their true colours.

Canada's sailors mark Trafalgar Day every year to celebrate modern history's most successful naval engagement. They also commemorate the genius of Lord Horatio Nelson, the British Commodore who came up with a revolutionary battle plan that helped his 27 ships demolish a combined French-Spanish fleet of 33. With no British ships lost, the battle ended with 18 of the French and

Spanish ships sunk or captured. Lord Nelson did not live to witness his finest hour; at the height of the battle he fell dead on his own deck, the victim of a sniper's bullet.

CEFCOM Headquarters looks like a very soldierly place, full of CADPAT uniforms and maps of Afghanistan. It has a strong maritime under-current, however: 41 sailors serve among CEFCOM HQ's 156 military and civilian personnel.

The battle of Trafalgar lasted only five hours and took place more than 200 years ago, but it resonates for today's CF members of all elements. It reminds us of the power of leadership, in the person of Lord Nelson, and the value of new ideas in battle.



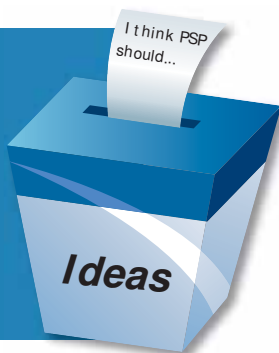
Lt(N) Niguel Givogue, CEFCOM HQ
LS Siobhan Gibbens proposes Tuesday's toast of the day — our sailors.

PSP is looking for your ideas.

Your suggestions are important in helping us meet the morale and welfare needs of the MARPAC Defence Team.

Programs are:

- Health Promotion
- Fitness and Sports
- Recreation
- Sponsorship and Donations
- Lookout Newspaper



Please contact Dave Molinari, PSP Manager at 363-7061 or e-mail Molinari.DU@forces.gc.ca with your confidential input. Suggestion boxes are also available in the Naden Athletic Centre and Colwood Pacific Activity Centre.



Intersection Hockey League Schedule • Oct. 14 to 30

	1600	1730	1900	2030
Oct 28	FMF Ice Age vs CFFS	FDU(P) vs BIS/BAND	FMFA vs BLOG	Fire Rescue vs 443SQN
Oct 29	FMF Boilers vs Fire Rescue	FMF Outlaws vs BLOG		
Oct 30	BCEO vs MOG4	FMFA vs BIS/BAND	Algonquin vs FMF Boilers	BADM vs FDU(P)



Appreciation Evening

FREE event for military members & their spouses

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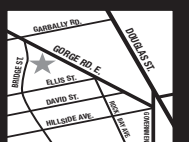


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