“Nice toss,” said PO2 Jacob Underwood, a submariner from HMCS Victoria, after a young Calgary Stampede visitor successfully tossed a rope through a kisbee ring at the Kids’ Day obstacle course. The event was hosted by several members from the Canadian Forces on July 14.
Faded and stained, flag comes home from Kandahar

Penny Rogers
Staff writer

A little bit of Afghanistan dust made its way to Victoria City Hall last Thursday when a group of Afghan veterans returned a City of Victoria flag to Mayor Dean Fortin and council.

For six months the flag graced the entrance to Camp Nathan Smith, located in the heart of Kandahar City, bringing a piece of home to Victoria-based men and women serving there.

The camp’s public affairs office started a program where military members could email their local mayor and request a city flag.

When LS Gareth Eley arrived, he joined up and sent a letter to Mayor Fortin. When the request was received, the flag was packed up and shipped off to the Middle East, as were 40 other city flags from across Canada following similar requests from their local CF members.

The sailor returned home in May, but it took several weeks until his suitcase contained the flag found its way home. Also accompanying the flag was a certificate signed by Lieutenant-Colonel Joe Pospolita, Deputy Commanding Officer of the Kandahar Provincial Reconstruction Team at Camp Nathan Smith.

Once the flag was back in Victoria, LS Eley and several other military members who had recently returned from Afghanistan made the trip to City Hall to thank the mayor in person.

More than 30 local military people have just returned from an Afghanistan rotation. On behalf of the people of Victoria and the communities of Southern Vancouver Island, we do want to say welcome home. The people of the region are really grateful for your service. I also want to extend my warmest regards to your families and loved ones as their strength and determination while you were away is an effort also deserving of recognition,” said Mayor Fortin.

As LS Eley stepped forward to return the flag to the mayor, he said, “Sorry, it’s a little bit brown.”

The dust from Afghanistan, which penetrates every nook and cranny of Camp Nathan Smith, had seeped into the material.

Mayor Fortin read aloud the accompanying certificate. It said: “In recognition of the support provided by the City of Victoria to the men and women serving in Afghanistan, and to their families, this scroll certifies that the flag of the City of Victoria, British Columbia, provided to Leading Seaman Gareth Eley, a member of the Canadian Forces, based at CFB Esquimalt, while on deployment serving with Headquarters as Accommodations NCO for the Kandahar Provincial Reconstruction Team, was flown for the duration of rotation 8 at Camp Nathan Smith, Kandahar, Afghanistan.

Moments later, the CF members stepped out the side door of City Hall and removed the Canadian Naval Centennial flag that had been flying from the pole on Pandora Street, replacing it with the slightly off-colour, well-travelled City of Victoria one.

As LS Eley gazed up at the flag, he said, “Every time I saw it, it reminded me of home; that’s what it did. It reminded me why I was over there. I want the people over there to have the same things we have here. I really do, because this place is beautiful. I love Victoria.”

Above: LS Gareth Eley gets help hoisting the City of Victoria flag from City Hall employee Joey Gutierrez, LT(N) David Beldeure, Cpl Andrew Nolan, PO1 Dennis Fairfex and PO2 Martin Truchon.

Below: The City of Victoria flag was returned to Mayor Dean Fortin along with a commemorative scroll.

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**Sea Spirit planning exercise sees increase international cohesiveness**

**Mass Communication Specialist 1st Class Carolyn M. Cerminara**

Third Fleet Public Affairs

A new exercise developed for Rim of the Pacific (RIMPAC) 2010 was not played out on land, sea or in the air, but rather inside the Ford Island Conference Center on Ford Island at Joint Base Pearl Harbor-Hickam.

Dubbed the Sea Spirit, the planning exercise was no minor force for crisis response/peace operation in one phase.

Sea Spirit took place in a room big enough to lie out a strategic floor map, where participants from coalition nations could actively walk on the scenario to conceptualize effective actions in the event of a crisis.

Operational planning traditionally uses Power Point presentations, which is a slow, detached method of visualizing and developing mission analysis, courses of action and war gaming. However, Sea Spirit brings the plan to life. It’s a hands-on approach with tangible moving parts designed to maximize the operational art of planning.

“This type of planning model bridges language barriers among participating members and encourages interaction between players,” said U.S. Navy Reserve Capt Paul Krug, U.S. 3rd Fleet NS5 who developed the Sea Spirit Planning Exercise with the assistance of 3rd Fleet N7.

“An international officer might not speak English to communicate his objectives for the planning operation, yet he can move the game pieces and visually have an understanding of the strategic implications. For instance, in the event of a crisis, what are the implications if a military position its ship 300 miles off the coast of a nation as opposed to 25 miles?”

During the tactical phase of RIMPAC, the fictional scenarios emphasize the maritime component level with a one-phase approach, with representatives from the air and land components also present.

Since it is not a real-world situation, Sea Spirit allowed for a discussion of broader issues, ideas and tactics without real-world politics playing into the equation.

“The war gaming is invaluable and forces planners to generate a course of action,” Capt Krug said. Course of actions are based on actual U.N. Security Council mandates and military strategic and component operational orders and terminology based on the NATO standard in addition to C2 command and control structure.

For RIMPAC 2010, Sea Spirit utilized Australia’s Joint Military Appreciation Process. For future Sea Spirit exercises, RIMPAC will use another coalition’s C2 command and control structure.

Though the foe and scenario are fictitious, both need to be realistic and complex enough to challenge every nation and each unit in the free play.

“The initial scenario only takes us so far. Once the tactical phase begins, we need to adapt to situations as they unfold while ensuring we meet the objectives of the exercise,” says LCdr Antony Pisani, the Australian officer assigned to U.S. 3rd Fleet Headquarters in San Diego, and the principle planner for the exercise.

Like any good game, there are rules. There are rules of engagement, rules to keep all parties safe, rules to ensure everyone gets what they need from the exercise, rules to ensure the game is realistic, and, of course, the equally important rules to ensure the exercise doesn’t negatively impact the environment of the Hawaii Islands.
Secure your future with money management

What do we all want when it comes to attaining and securing wealth? We want a sense of long-term security and the peace of mind that it brings including lifestyle and advantages to our family. What do millionaires do that others don't? They do not over consume. They are ready to sacrifice something today in order to achieve greater wealth and prosperity in the future. Does this paint a good picture of who we are and what we want? This then leads me to say that money must be managed and you if you spend more than you make, you surely are heading for trouble, that simple. So where to begin? Many people would say to make a budget and save money. However, in addition to that, I would suggest that prior to making a budget, you should set realistic and attainable goals. Once goals are set, you can then set a budget that will enable you to reach them whatever they are. Make sure that you write your goals down and put them up where you can see them every day. To begin with, you should monitor your expenses over an entire month. This little exercise will give you the framework for your budget template. Ultimately, you want to reduce your debt load so you must put serious thoughts into curbing bad spending habits, differentiating between good and bad debts and establishing an emergency fund. For some people, bad habits to consider would be smoking, consuming too much alcohol. For others, it could be that $4 or $8 a day latte fix. Other items to consider could be, collecting CDs and DVDs, restaurant dining, buying expensive clothing, going to the movies, buying brand new cars, flying first class, dry cleaning clothes you can wear for another use, keeping up with the Jones, purchasing retail items rather than wholesale, purchasing the latest gadget, paying for insurance you do not need, putting away less than 10% in savings, putting away more than 10% in savings, buying a expensive home, or a car you cannot afford, and buying an expensive vacation. I am not saying not to do some of these things but simply keep it reasonable. Next would be to differentiate between good and bad debts. A good debt is one that produces cash flow and the bad debt doesn’t. Good debts grow in value such as a home, an investment property or a business. While bad debts are loans made on depreciating assets such as cars, boats, and trips. I do not say that you must not do these things; I am only saying to exercise good balance and not to be tempted by excessive consumption. Finally, set up that emergency fund that will take you through tough times. The problem here however is that some people think that an emergency fund is a line of credit, bank overdraft or a home equity loan. What I suggest doing is have between $1,000 and $2,000 in a saving account and have up to six months worth of your current income in a NON RRSP investment account that can be easily liquidated. That way, your money will grow a bit faster than in a regular bank saving account. An emergency fund is a test of your willpower and discipline. It’s hard to build but once built, it is easy to upkeep. Saving money is easy to say but not so to do. There are constant temptations out there that play with your mind so remember that millionaires do and sacrifice something today for greater wealth tomorrow. It does not take much so much effort to make a monthly savings plan and stick to it so do not put it off, do it. I would add that a good saving plan is not purchasing your monthly quota of 6/9/49 tickets. Remember that everything is about balance so enjoy.

Carl McLean, BCom

What should you monitor your expenses over an entire month. This will give you the framework for your budget template.

Get ready for the navy ball of the century

Dearest MARPAC,

2010 has been a busy year for the navy, and for British Columbia. The province hosted the world at the 2010 Olympic Games, the City of Victoria exercised Freedom of the City, and the navy on the West Coast orchestrated an International Fleet Review, and put naval pride on display during the Parade of Nations.

As the Naval Centennial winds down, it is important to stop and raise a glass to ourselves, and that will be done at our final event - the MARPAC Canadian Navy Ball. All serving CF members of Maritime Forces Pacific (MARPAC) are invited to attend and celebrate among friends, peers, and colleagues.

On Oct. 28, 2010, MARPAC will take a moment to formally bring the navy’s spectacular year to a close. The Victoria Conference Centre and Crystal Gardens will be the venue for the grandest centennial gathering in MARPAC history. Join guest of honour, His Honour, Steven Point, the Lieutenant Governor of British Columbia, for an evening of dining and dancing.

The ball is made possible through donations from the Base Fund, and sponsorship from national and local companies. A committee of your peers is working behind the scenes to create a memorable evening. Tickets are on sale now. Event details are:

- When: Oct. 28, 2010
- Where: Crystal Gardens, Victoria Conference Centre (Carson Hall)
- When: 1830-0030
- 1700-1730 - Sponsors Reception 1730-1830 - Participant Meet and Greet, Carson Hall, Victoria Conference Centre 1830-1900: Opening Remarks and Greetings, Crystal Garden

1900-2130 - Three-course dinner, Crystal Garden

2130-0030 – Dessert/coffee Dance, Carson Hall, Victoria Conference Centre

- Cost: $55 (includes HST) on a first come basis
- Dress: DEU/2DEUZ2 women and civilians may wear formal attire.
- Tickets are available at your respective mess. There are a limited number of tickets, so purchase early to avoid disappointment. Each eligible service member may purchase up to two tickets.

Monitor mess websites and the MARPAC Notice Board for further details.

See you there,
Your Naval Centennial Committee
“Salt” a cheese fest that lacks humour

W. Andrew Powell
The GATE

Opening this week in theatres, Angelina Jolie stars in the spy-thriller, Salt, as a CIA agent trying to get to the bottom of a massive Russian plot to destroy America. Sometimes I wonder what you would find if you studied the basic genetic makeup of your average movie. Much like Charles Darwin discovered how life on Earth has evolved, I’m convinced there is a similar genetic chain in pretty much every movie that opens in theatres.

As I’ve said before, I call it the movie pedigree, and few movies have such obvious signs of this pedigree as director Phillip Noyce’s Salt. Angelina Jolie, Liev Schreiber, and Chiwetel Ejiofor star in this film about Russian spies who are coming out of hiding to wreak their revenge against their most hated Cold War enemy, the United States of America.

Jolie plays Evelyn Salt, a high-ranking CIA agent who has promised to hand over some very valuable information. During the interview, however, the defector turns the tables on Salt, swearing that she’s a sleeper agent who is about to kill the Premier of Russia during a funeral in New York City. With her loyalty called into question, and Salt leaping off to try to save her missing husband, Salt’s superiors are hot on her tail and trying to bring her in at any cost. Salt doesn’t seem to care though, evading everyone with ease and embarking on a journey to dig deeper into what’s really going on with these sleeper agents who are trying to destroy America.

To give you a better idea what to expect from Salt, the key is really that all-important film pedigree I mentioned before, which I’m basing on Noyce’s previous hit films: Patriot Games and Clear and Present Danger – two films that may not share the same story, but certainly carry the essence of Noyce’s filmmaking style.

Better yet, take a look at writer Kurt Wimmer’s most recent film, Law Abiding Citizen, or the work of co-writer Brian Helgeland, who helped write the recent spy drama, Green Zone. Salt is almost literally a melting pot of all those films, mixing in Wimmer’s theme of, “Who can I trust,” with the action and spy themes found in both Green Zone and Noyce’s other works.

It’s just amazing to me that with all those things to work off of, the film still feels like it’s set in 1981. It’s also hard to believe that anyone really thought the Russians would seem like a credible threat in this modern age. It’s like we’re supposed to forget about twenty years of history. At least Jolie is good in this – and how could she not be since she’s played similar roles a couple of times now: She’s coy when she needs to be, somewhat seductive for a few brief sequences, and most of all, she gives Salt this sense of being utterly unbreakable, and yet absolutely sad at the same time. Jolie brings all the right moves to the role, and plays the part perfectly straight-faced, as Noyce seems to prefer, but my complaint is simply that, in a film where the script is based on Cold War camp, it’s sometimes hard to take the whole thing as seriously as they expect.

Jolie certainly tries her best with Salt though, and I could actually imagine showing up for a sequel, if for no other reason than to see what Salt was up to next (and trust me, the film sets itself up for a direct sequel), but a lot of things could improve, that’s for sure.

For starters, Salt would have been a lot more fun with some kind of sense of humour. The film could have been made with the exact same script 30 years ago, and yet there is barely even a wink or a nudge from the director or writers to say, “Hey, remember this back in the day? Those were good times, right?” Noyce simply has no sense of that, or he’s too devoted to the dark undertones he dabs liberally throughout the film. Had the script been a bit better, that darkness would have sucked me in, but in this cheese-fest, it just comes across as a great big bad idea.

As Evelyn Salt says just ten minutes into the film, as the Russian defector is explaining the crux of the story, “You’re killing me, man. When does the good fairy come in?” Jolie is obviously no fairy, and from Salt’s obsession with stealing clothes, to her panache for rigging up a remote control police truck, it’s clear someone actually either had no idea how funny this was, or thought it just looked pretty cool. Either way, I give credit to Jolie for trying.

If you’re willing to accept that Salt is simply no Jason Bourne, you might end up enjoying the film, especially if you can handle some of the sillier moments near the end. The film has no problem making most of the action sequences look right, it just missed the mark by about three decades.
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An estimated 40,000 people flooded into Victoria’s Inner Harbour last year for the Symphony Splash. Space was even difficult to find on the water in front of the Legislature.

Nautical twist to Symphony Splash

By evening’s end on Aug. 1, more than 40,000 Victorians will know more about their Canadian Navy - starting with the music.

- During one of the city’s biggest events, Symphony Splash, the Victoria Symphony will salute the navy with a nautical selection of music that includes “Heart of Oak” by Boyce, and “Guadalcanal March” from Victory at Sea.

- Also playing on the floating stage will be the Naden Band of Maritime Forces Pacific.

- “We’ve performed at Symphony Splash a few times,” says clarinet player, PO2 Edith Eaton. “But this year we’ll be doing a musical journey covering the 100 years of service, starting with big band music, then moving through to some favorite songs of the Second World War, and then modern rock favorites. Much of it will have a nautical theme like ‘Come Sail Away’ and ‘Sailing’.”

- But music isn’t the only thing naval you’ll find at this year’s Splash celebrations.

- HMC Ships Nanaimo and Edmonton will be docked on the jetty at Ship Point and be open for public tours from noon to 4 p.m., followed by an evening reception for Splash organizers and sponsors.

- In the afternoon, a rigid-hulled inflatable boat will be moored along the jetty for kids to climb aboard; there will be a display by the Canadian Forces Fleet School Boarding Party; there will be a display by the Canadian Sea Cadets from HMCS Quadra, and members of Fleet School who will demonstrate knot tying.

- One other naval-themed event, taking place at the Homecoming Statue, will be the Royal Canadian Mint’s coin exchange where the public can trade their regular loonies for shiny new Canadian Naval Centennial versions.

- According to Commander Tony deRosenroll, Coordinator for the Canadian Naval Centennial, this is all part of the campaign to bring the navy to Canadians during this 100th anniversary year.

- “This is perhaps one of the best fits; to have such a universally popular event that draws 40,000 people to the downtown core, to have the Symphony celebrating the Naval Centennial and the navy to provide a backdrop including the Naden Band as part of the show puts maximum light on both naval service and our naval centennial,” he says.

- The evening’s grand finale begins just before 10 p.m. when the Naden Band and the Victoria Symphony join forces to perform Tchaikovsky’s dramatic 1812 Overture.

- Sea Cadets’ naval field guns and the naval ships’ saluting guns will fire salvos during this final performance, accompanied by the thunder of cannons - all under a canopy of spectacular fireworks.

- Cost of admission is a $5 donation that goes to support the Victoria Symphony.
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Korean War remembered
Sixty years ago local warships made their first trip to Korean War

Penny Rogers
Staff writer

What started with an attack on Ongjin, a small border town in South Korea, turned into a large-scale incursion within hours when armoured troops from North Korea spilled across the 38th parallel.

That was June 25, 1950, the start of the Korean War. Within two days, the US offered air and sea support to South Korea, and the United Nations Security Council asked its members to assist in repelling the North Korean attack.

At CFQ Esquimalt it was business as usual. The summer was quiet with many sailors away on leave and several ships in various stages of refit.

The biggest excitement was the upcoming "European cruise" as the sailors called it. HMC Ships Athabaskan, Cayuga and Sioux were to head south through the Panama Canal, across the Caribbean to Jamaica, and then north to Halifax where they would meet up with East Coast warships. Magnificent, Micmac and Huron. Then all six would head across the Atlantic Ocean to Europe.

Two young crewmembers aboard Athabaskan that summer were Bill Gabel, an Able Seaman stoker and Ed Chadwick, a Leading Seaman electrician.

"The trip was quite exciting to a lot of people, especially for those from the West Coast going to Europe, which we hadn't done since the (Second World) War," said Chadwick.

The work to ready the ships for wartime. Supplies spilled across the ships' upper decks.

Within five days, all three were slipping from Esquimalt harbour bound for Pearl Harbor.

Sailing under the command of Capt(N) Jeffry Brock, Commander Canadian Destroyers Pacific and Commanding Officer of Cayuga (who was, at age 36, the youngest man in Royal Canadian Navy history to attain the rank of naval captain), Commander Robert P. Welland, Commanding Officer Athabaskan, and Commander P.D. Taylor, Commanding Officer Sioux, the ships reached Hawaii on July 12.

Hours after their arrival, follow-up orders were received stating that as of July 14 command was being transferred to the operational control of General Douglas MacArthur, Commander in Chief of the United Nations Forces Korea.

On July 30 all three destroyers steamed into Japan's Sasebo harbour. From there, Cayuga was assigned to the west coast support group, and Athabaskan and Sioux to an escort and convoying ships between Japan and Pusan.

According to a post-war report issued by the Naval Historical Section, Naval Headquarters in Ottawa: "from a naval point of view, the Korean War was one of blockade, particularly so on the west coast for which the British were responsible."

Along with occasional spectacular action came commoner daily routine patrols, the report also stated, and describes the five main categories tasked to the destroyers and frigates as: denial of sea communications, escorting of aircraft carriers engaged in offensive operations off the coast and, added later, the defence of islands Sea and north of the 38th Parallel, as the enemy would have liked to occupy these to enhance his bargaining power at the end of the cease-fire talks at Panmunjom.

In October, after three months of non-stop duty that included taking part in the Task Force 7 invasion of Inchon on September 15, Sioux, Cayuga and Athabaskan were awarded some much-deserved "R&R" in Hong Kong. Cayuga and Athabaskan left from Sasebo on Nov. 5 and Sioux, which was on west coast patrol, departed Nov. 9.

"One thing stood in all three destroyers' way during their sailing days.

"That was quite the trip," recalls Gabel. "On our return to Korea Athabaskan rolled so much I didn't think we were going to come back again. It was pretty dicey. As a matter of fact, down in the engine room the next day they found some fish in the bilges." Jim Tyre, an anti-aircraft gunner and leading seaman aboard Cayuga, recalls a more frightening incident that happened during the typhoon. "They lost a guy over the side of Athabaskan, and picked him up in the middle of the typhoon. That was quite the trip," recalled Tyre. "We had to get the ships off the guys before they got home, and the people of Prince Rupert really came out and welcomed us home. It was pretty nice. But even before we got into Prince Rupert you could smell the freshness of British Columbia. After being in the Orient for a year, it was a different smell. It was really something." It wasn't until July 27, 1953, that a final cease fire was reached, bringing the Korean War to an end. All three of Athabaskan's destroyers returned to the waters off Korea two more times, with the last ship, Sioux returning home for the final time on Sept. 24, 1955.

Gabel will never forget that trip home aboard Athabaskan. "It was coming back by way of the Aleutians and before getting to Victoria we hit Prince Rupert, which was a good thing. It got too rough there and we had to shift off the guys before they got home, and the people of Prince Rupert really came out and welcomed us home. It was pretty nice. But even before we got into Prince Rupert you could smell the freshness of British Columbia. After being in the Orient for a year, it was a different smell. It was really something."
Victoria submariners step up for the Calgary Stampede

2Lt Trevor Reid
MARPAC Public Affairs

“Nice toss,” said submariner PO2 Jacob Underwood, when a young participant at the Calgary Stampede Kids’ Day obstacle course threw a rope through a kisbee ring. The obstacle course was just one of several community events crewmembers of HMCS Victoria took part in during a Stampede visit last week.

Sporting their distinctive black cowboy hats and naval whites, the submariners were easy to spot around town and at the Canadian Forces static display on the Stampede grounds.

“The Mk 48 torpedo with the saddle was a big hit with visitors,” said PO2 Patrick Beaupre.

Victoria’s display featured a model of the Victoria-class submarine, survival and escape suits as well as a cut-away Mk 46 torpedo. The submariners were kept busy answering the questions of hundreds of curious Stampede visitors.

The submariners didn’t skip the chance to participate in an important Stampede week tradition – the pancake breakfast. Working with the Caravan Breakfast Committee on July 15, the team served up pancakes, sausages and juice to the thousands who attended at the Northland mall.

“The crew paid a special visit to Ronald McDonald House of Southern Alberta during the week. With some members dressed as pirates and with a bag full of loot, the sailors said ‘yarr,’ to the children while other members met with the parents and staff who stay or work at the House.

Joseph King, MD
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Left: MS Chris Briand hands out plates and juice to the guests at the July 15 Stampede Caravan Breakfast as they wait in line for sausages and pancakes.

Above: PO2 Jacob Underwood serves up pancakes to visitors.

Below: Members of HMCS Victoria pose with “Sulley” from Monster’s Inc. at Ronald McDonald House located in Southern Alberta.

Photos by 2Lt Trevor Reid, MARPAC Public Affairs
With lights hitting dry dock from all angles, it looked more like 10 a.m. than 10 p.m. on the evening of July 15 when staff from Fleet Maintenance Facility Cape Breton (FMF) laboured to install the 1.5 ton periscope in HMCS Victoria.

Evening was chosen for its reduced traffic on the road, on the jetty and around drydock, said Cam Anderson, FMF Combat Systems Manager for Victoria.

The 13.5 metre stainless steel alloy search periscope mast is the original that came with the submarine when it was purchased in 1998 from Great Britain. During Victoria’s five-year refit, it was removed and shipped by airfreight in a large aluminum “coffin” to Thales Group in Glasgow, Scotland, the original manufacturer, for overhaul.

It took five weeks planning and preparation before the periscope mast could be reinstalled.

“The alignment has to be extremely accurate and that was probably the biggest challenge. They are such a tight fit and if there was any wind, up to 25 kilometres per hour, we wouldn’t have the control that we required.”

-Cam Anderson
FMF Combat Systems Manager for HMCS Victoria

As the crane began to lift the periscope, the FMF-designed cart tilted skyward with the periscope until it was under control of the crane operator. It was then carefully moved above the centre of the submarine and lowered into place.
Top: Terry Decker and Kevin Schaftlein look up... way up, keeping a watchful eye on the periscope as it is carefully lowered into place.
Right: The 13.5 metre long stainless steel alloy periscope looks like a toothpick against the massive machinery surrounding it as the crane operator lowers it into HMCS Victoria.

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Sapper Brian Collier was killed after an improvised explosive device detonated during a foot patrol in Afghanistan on July 20.

Sapper Collier was part of 1 Combat Engineer Regiment, based in Edmonton, AB.

Formation Fun Day, Saturday, August 14

Supplies for the Formation Fun Day DUCT TAPE contest are NOW AVAILABLE at the Lookout, Building 522 on Signal Hill

Registered teams can come pickup their starter packs.

To register your team, contact Kate King 363-3014 or kate.king@forces.gc.ca

Enter as an individual or as a team of two

RULERS:
• Any colour of duct tape may be used.
• Items must be made of 90% duct tape.
• Prizes will be awarded to the best duct tape creation in both categories.

Work will be judged on:
• Originality
• Craftsmanship
• Overall excellence

Judging at 2:30 p.m. in the Naden Drill Shed at Formation Fun Day.

For more information visit www.esquimaltmfrc.ca
The importance of self care

Priscilla Destura & Sarah Jenkinson
MFRC

The military lifestyle is challenging for individuals and families who experience frequent relocations, periods of separation and solo parenting. It is essential to take care of yourself by incorporating self-care strategies into your life. Here are a few simple things that you can do:

1. Get Enough Sleep
   Sleep is an essential part of everyday well-being. Sleep allows you to be productive, handle stress and function effectively. It is essential to take enough sleep at night!

2. Maintain Proper Nutrition
   A poor diet not only affects your physical health but your mental health as well. Research has shown stress hormones tend to increase a person’s tendency to gain weight and if you have a poor diet, your body recognizes that it does not have enough nutrients for your brain to function optimally. Planning not only helps you pick healthier choices but also frees up time from hectic schedules. Crock pots are great for those with a busy schedule and healthy snacks on hand such as fresh fruit or granola bars will help you avoid fast food temptations.

3. Exercise Regularly
   Walks or hikes, joining a team sport or even a game of tag with the kids are all forms of exercise. People tend to forget that exercise can be fun and that they can do it during everyday tasks such as vacuuming, taking the stairs and even walking to the store. Even with just a half hour each day, you can maintain your health. If you think you have no time for exercise, split it up and make it a part of your day – try going on a walk during your lunch break or walking to your co-worker’s desk instead of sending an email.

4. Connect with Others
   An important part of looking after yourself is developing and maintaining supportive relationships with friends or family. It is important to cultivate relationships with people who you can trust and provide each other with mutual support. Some strategies for building relationships include volunteering, connecting with an old friend, talking with a friend about your feelings, joining a club or class and scheduling time with friends.

5. Connect with Yourself
   Developing a positive relationship with yourself starts with having self-awareness. It is important to be aware of the times when you are hard on yourself and, as part of a good self-care routine, you can replace unhelpful thoughts with more positive ones. One of the best ways to connect with yourself is doing something for yourself, whether it’s taking a nice calming bath or buying that something special you’ve had your eye on for months – whatever it is, go out and have fun with yourself!

CPAC, Aug. 9-11, 9 a.m. - 4 p.m., $125
PSP French Day Camp
(ages 6-11yrs)
This camp is available for French Immersion students as well as students from L’Ecole Victor Brodeur and is taught entirely in French. Our one-week program combines summer excitement with the safety parents expect from a PSP camp. The week is loaded with educational games, creative arts and crafts, exciting day trips, wet and wild swims, sunny parks, heaps of silly fun and much, much more!

CPAC, Aug. 16-20, $110/week
PSP Camp
For more information or to register call PSP Recreation at 250-363-1009.
Aquatic Programming for students from L’Ecole Victor Brodeur and is taught entirely in French. Our one-week program combines summer excitement with the safety parents expect from a PSP camp. The week is loaded with educational games, creative arts and crafts, exciting day trips, wet and wild swims, sunny parks, heaps of silly fun and much, much more!

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The tips line will be regularly monitored by Military Police. All calls will be kept entirely confidential and anonymous.

Military Police urge you to make the call, it helps our community!

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The sinking of ROKS Cheonan

Condemnation of the North has been uniform across the globe, while South Korean allies, such as the US and Canada, have increased trade sanctions against the North.

Cheonan? What will be various countries’ reaction to the incident?

The Investigation

The JIG team concluded that Cheonan was sunk by a North Korean torpedo, most likely fired by a midget. The team came to this conclusion in two ways. First, parts of a North Korean torpedo were found near the Cheonan wreck, and it was determined to match a North Korean torpedo recovered in 2003. In addition, the torpedo was marked No. 1 in Han gul (Korean).

Second, another multinational team of Canadians, Americans, Britons, and Australians reported that at least four submarines and a support ship - the latter was dispatched to provide sonar cover for the subs - departed North Korea’s primary submarine base in the Yellow Sea before the Cheonan attack, and that they returned to base following the incident. Also, the multinational team stated that “all submarines from neighboring countries were either in or near their respective home bases at the time of the incident.”

Given this evidence, South Korean President Lee Myung-bak confidently announced on national television May 24 that North Korea was to blame for the Cheonan attack.

The Aftermath

President Lee also announced that South Korea would respond to the attack by suspending trade and humanitarian ties with the North, denying North Korea access to South Korean sea lanes, and bringing the matter before the UN Security Council.

South Korea accounts for roughly one-third of overall trade with the North (China is North Korea’s greatest trading partner by far) and the embargo is predicted to cost Pyongyang USD $200 million annually, a substantial sum for the North.

The denial of South Korean waters to North Korean vessels will have a magnifying effect as well, since it will become more difficult, time-consuming, and expensive to ship goods to the North.

South Korea also had a military response. On May 27, the Republic of Korea Navy (ROKN) held a live-fire anti-submarine exercise in the Yellow Sea, which was reinforced by the announcement that the ROKN will conduct joint drills with the US Navy (USN). The first exercise took place near the NLL on June 8 to 11, including the aircraft carrier USS George Washington.

According to South Korean intelligence, it was rumoured that the North had attacked the South circled heavily, though Cheonan was not specifically identified. At the same time, Pyongyang dispatched lobbyists to promote the North Korean perspective, suggesting that North Korea was not at fault, and that quietly appeasing Pyongyang was the best course of action.

International Reaction

Condemnation of the North has been uniform across the globe, while South Korean allies have increased trade sanctions against the North. Japan has gone further by passing a law permitting the Japanese Coast Guard to inspect suspect North Korean cargo.

China has so far attempted to downplay the incident and avoid becoming involved in punitive measures. On the weekend before Seoul severed links with the North, US Secretary of State Hillary Clinton discussed the Cheonan incident with Dai Bingguo, one of China’s highest-ranking diplomats, but little appears to have come of the meeting. Also, when President Lee, then-Japanese Prime Minister Yukio Hatoyama, and Chinese Premier Wen Jiabao met in South Korea on May 31, they agreed to uphold the conclusions of the JIG report, but Wen did not support Lee’s firm stance toward North Korea.

Analysis

The greatest question to emerge from Cheonan’s sinking is why North Korea did it. One explanation is that the North was retaliating for the November 2009 skirmish between North Korean navies near the NLL, which saw a North Korean patrol boat seriously damaged and one North Korean sailor killed. Kim Jong-il reportedly visited naval command in late December 2009 and ordered the November clash be avenged.

Another potential reason for the attack is the rich crab fishing grounds around the NLL. The crab fishing season typically runs from June to September and the Koreas have clashed four times over the crab-rich waters. The crab trade is a lucrative source of income for North Korea, worth an estimated USD $100 million annually. Since only military families can fish for crab during the prime season, it acts as an important loyalty-generating mechanism between Kim and the military. Although the military is favoured in food rationing, crab is likely a very important source of protein in a country where the estimated daily caloric intake is around 1,000 calories.

However, when the ROKN and USN exercise near the fishing grounds of the NLL, North Korea will likely cross the Chinese border into an area that cannot properly provide for its own people, let alone desperate North Koreans.

Although there are precedents for North Korean attacks on the South, this incident has gone much further than prior squabbles and will likely prove more harmful than beneficial for North Korea. Kim’s lie to Hu has hurt his relationship with China, and China will probably continue to support its erratic ally for fear of the country destabilising.

Through Beijing’s reaction will, no doubt, continue to be unsurprising, its actions in regards to the Cheonan sinking in the coming weeks will reveal much about the likely future of the China-North Korea relationship.
Lt(N) Leah Skuce
Contributor

Cmdre Pat Finn assumed the appointment of Director General Maritime Equipment Program Management (DGMEPM) Tuesday, July 13, and took the former duties of Rear-Admiral Richard Greenwood. Dan Ross, Assistant Deputy Minister (Material), presided over the ceremony, which was held in the Louis St-Laurent Building.

With 35 years of experience in the navy, Rear-Admiral Greenwood filled numerous key roles, including Project Manager of the Submarine Capability Life Extension Project and Director of Maritime Class Management, as well as Commanding Officer Fleet Maintenance Facility Cape Breton. Having turned over his duties, he is departing Ottawa and moving to Washington to fill the appointment of Commander Canadian Defence Liaison Staff. Rear-Admiral Greenwood credited his staff for the success of the division, stating, “Our product is steel; our strength is people. Tenacious teamwork has allowed us to make great strides over the last five years.” He turned over the reins with confidence in his successor. “I cannot think of a single engineering officer in the navy who has the leadership and level of strategic thinking of Pat Finn.” Commodore Finn has more than 30 years of experience in the navy, serving in a variety of leadership positions, including Command of the Canadian Forces Naval Engineering School, Director Maritime Fleet Management, Project Manager for the Joint Support Ship, Project Manager for the Canadian Surface Combatant Project, and Project Manager for the National Shipbuilding Procurement Strategy.

New Director General Maritime Equipment Program Management

RAdm Richard Greenwood (left), Dan Ross (centre), and Cmdre Pat Finn sign the change of appointment documents for the Director General Maritime Equipment Program Management at Gatineau, QC.
Museum offers pirate school for kids

The Maritime Museum of British Columbia has brought back its Pirate School. From Thursday to Sunday from 11 a.m. to 2 p.m. for the rest of the summer kids can attend the Bastion Square school to learn about pirate life.

Aspiring pirates can battle with balloons swords, get decked out with tattoos and delve into pirate life on the high seas.

A suggested donation of $5 is recommended per day to attend this school.

The Naval Improvement Clothing and Equipment (NICE) project is introducing a new sea boot for naval members. The black leather boot will replace the current model and is a much lighter weight boot. It has a ballistic nylon upper, composite toe, injection moulded sole, and the temperature ratings are similar to the current model.

The boots will be issued on an attrition basis once stocks of the current sea boot are depleted. Distribution of these boots will begin in December once sufficient quantities have been received at the depots. The boots will be issued both to sailors serving aboard ship and on land.

HMCS Vancouver connects with namesake city for Canada Day

For the first time, HMCS Vancouver sailed into its namesake city for a three-day celebration of Canada Day and the Naval Centennial.

Civilian and military personnel who helped orchestrate the Centennial Fleet Week were invited to sail with Vancouver to its namesake city.

A second day sail included dignitaries from the City of Vancouver’s international consultates and embassies. These guests were hosted by Commander Maritime Forces Pacific (MARPAC), RAdm Tyrone Pile, for what was his final sail as Commander of MARPAC.

Guests were treated to ship’s manoeuvring and tours throughout the day.

On Canada Day, the ship was involved in every aspect of the city’s Operation Connection, which unites the public to the navy. Vancouver came alongside Canada Place as over 150,000 spectators watched. Climbing demonstrations from the Naval Boarding Party entertained throngs of people, as sailors scaled containers stacked on the sidewalk before repelling down to unlock and inspect them. This narrated event included a weapons displays, and sailors from the ship’s company circulated through the crowd to answer questions about the demonstration and the navy.

Spectators also watched the ship dress overall and a piping party assemble at the bow for the return of the Commander.

Members are entitled to two pairs each, but distribution will initially begin with one pair.

Public service health care plan benefit card

The public service health care benefit card will soon be here. This is good news for employees because it means that instead of paying for the full cost of eligible prescription drugs and medical supplies up front and mailing in a claim for reimbursement, people under the Sun Life Financial medical plan will pay their share of the cost right at the pharmacy.

Pharmacies will begin accepting the new card on Nov. 1, but people are encouraged to apply for it by Sept. 15 to receive their card in time.

All members receiving medical benefits under this plan must enrol themselves and their dependants for electronic claims processing. Enrollment online can be done at www.sunlife.ca/enrolment_pshcp. Employees who are not already users on the Sun Life Financial website will receive an information package in the mail by Aug. 15 containing information needed to enrol.

Claims will not be processed after Nov. 1 for those who have not enrolled. More information can be obtained at the Sun Life Financial website at www.sunlife.ca.
BULL FROGS FOR CANCER FUNDRAISER
Meet the artist behind the art! Get a half-day and pop for $5, all proceeds go to Cancer Fundraising. Where: 162 Egerton St Victoria BC (Riviera Park) When:31 Jul 2010 11am - 2 pm
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BUS OPPORTUNITIES

HELP WANTED
THE CHEF and PETTY OFFICERS’ Association Band is seeking an experienced conductor commencing September 2010. This ensemble is a twenty five piece military concert band. Please forward resumes c/o PO Box 47034 RPO Langford, V8B 5L2, or to deb@direct.ca. Closing date is July 31, 2010.

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REUNION
NAVAL REUNION HMCS BRUNSWICKER In celebration of Canada’s Naval Centennial 1910-2010, HMCS BRUNSWICKER will be holding a reunion for all interested past serving and serving Naval personnel and their significant others during the long weekend of July 30 to Aug 2, 2010 (New Brunswick Day Long Weekend) Pre-registration is necessary for planning purposes. For more information or to register please contact brunswick2010reunion@live.com or CP02 RA Chesley, Cxswanx HMCS BRUNSWICKER - 140 Chesley Drive, Saint John, NB, E2K 5L2 ATTN: 2010 Reunion.

Volunteers are needed to assist individuals with disabilities to get out and be active! By devoting as little as one hour a week, you have the opportunity to participate in an activity you enjoy while giving back to the community. Males needed especially! For more information or to volunteer please call the Leisure Assistant Coordinator at 250-477-6314 ext. 15 or volunteer@viconline.org.

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VIEW ROYAL READING CENTRE. Conveniently located at Admirals Walk Shopping Centre. We have books, audio, videos, & DVD’s for all ages. There is also available for hours of operation and other information please call 250-479-2723.
3005 11 Stv 8N ARMY CADETS has a great, fun, safe, and purposeful program. There is no cost and youth M/S 12-35 years of age are eligible to join, you will be greeted at the door. Contact Advantage Captain, First Aid, and Membership are all offered, Thursday 6:30 – 9:00 pm, 724 Vanalman Ave Victoria. Call 250-383-1194 or email 3005army@cadets.net.

BUS OPPORTUNITIES

HELP WANTED
THE CHEF and PETTY OFFICERS’ Association Band is seeking an experienced conductor commencing September 2010. This ensemble is a twenty five piece military concert band. Please forward resumes c/o PO Box 47034 RPO Langford, V8B 5L2, or to deb@direct.ca. Closing date is July 31, 2010.

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NAVAL MESS KIT. Tunic/jacket, 42 short, trousers 36 waist-30 inseam. Please contact Terry at 778-787-0399 or cell 778-231-6033. Email te@norman@hotmail.com

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OVARIAN CANCER: WOULD YOU KNOW IF YOU HAD IT?

SYMPTOMS
• Abdominal discomfort
• Pelvic pain/backache
• Bloating/gas/swollen stomach
• Vaginal bleeding/painful intercourse
• Change in bowel habits
• Urinary urgency
• Ongoing fatigue
• Indigestion
• Weight loss/gain

If you have been feeling a combination of these symptoms for longer than three weeks, visit your doctor and ask for a Ca125 blood test.

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If you have been feeling a combination of these symptoms for longer than three weeks, visit your doctor and ask for a Ca125 blood test.
Smart customers always read the fine print. † Features listed are standard on 2010 Outlander XLS 4WD. Technical data, equipment and options are based on the latest information at time of printing and are subject to change without notice. Vehicles may not be exactly as shown. ‡/¥/± For all offers, customers must sign contract and take delivery from dealer by August 3, 2010. All offers available only through participating dealers to qualified retail customers in Canada and are only on approved credit. ‡ $1,000 discount ($750 from Mitsubishi Motors $250 from dealer) valid on the retail purchase/finance/lease of 2010 Lancer DE models only. $1,000 will be deducted from the negotiated purchase/finance/lease price after taxes and may be used towards down payment, monthly payments, or selling price. ± Selling price includes up to $1350 in destination for cars and $1450 in destination for SUVs. Taxes, $250 in delivery, $100 in air tax, $29 in environmental handling fees, $10 in vehicle registration fees, up to $75 in PPSA, registration, insurance, licensing, administration fees (if applicable), documentation fees, other dealer fees, and any additional provincial government fees are not included. See participating dealer for details.

Purchase financing at 0% APR available through Bank of Nova Scotia and Bank of Montreal for up to 72 months on all new 2010 Lancer models and 60 months on all new Outlander models (Lancer GTS, Ralliart and Evolution models excluded). Financing example: 2010 Lancer DE (CL41-A C05)/2010 Outlander ES 2WD (CO45-A C04) with a MSRP of $15,998 (includes $1,000 discount)/$25,498 financed at 0% over 72/60 months equals $223/$425 a month with a down payment of $0, a cost of borrowing of $0, and a total obligation of $15,998/$25,498. 2010 Lancer GTS/2010 Outlander XLS 4WD model shown with an MSRP of $23,598/$34,498. MSRP excludes up to $1350 in destination for cars and $1450 in destination for SUVs, taxes, $250 in delivery, $100 in air tax, $29 in environmental handling fees, $10 in vehicle registration fees, up to $75 in PPSA, registration, insurance, licensing, administration fees (if applicable), documentation fees, other dealer fees, and any additional provincial government fees. No payments for 90 days. Offer applies to purchase financing offers on select 2010 Lancer models (excludes Lancer Evolution) and all 2010 Outlander models through the Bank of Nova Scotia and Bank of Montreal. Interest charges (if any) will not accrue during the first 60 days after purchaser signs contract for a participating vehicle. After the first 60 days interest (if any) starts to accrue and the purchaser will repay principal and interest (if any) monthly over the term of the contract. * Whichever comes first. Regular maintenance not included. See dealer or mitsubishi-motors.ca for warranty terms, restrictions and details. Not all customers will qualify. ** Best backed claim does not cover Lancer Evolution and Ralliart models. ® MITSUBISHI MOTORS, BEST BACKED CARS IN THE WORLD are trade-marks of Mitsubishi Motors North America, Inc. and are used under license. Dealer #30693. Ad# 381_10-07-19.

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