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MARPAC NEWS CFB Esquimalt, Victoria, B.C.

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A Festive Parade of Nations

Shelley Lipke, Lookout

It was a proud day for the Canadian Navy and Maritime Forces Pacific last Friday as sailors from five nations joined Canadian sailors on a parade from Ship Point to the B.C. Legislature and back. The Naden Band led the Parade of Nations with Band Chief CPO2 Pierre Cayer at the front.

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NAVY TOWN

Victoria was a sea of international sailors last week as ships from five nations joined Canada in celebrating its Navy's 100th anniversary



Shelley Lipke, Lookout

Clockwise from left:

- RAdm Tyrone Pile, Commander Maritime Forces Pacific, snips the ribbon to mark the opening of the Welcoming Centre for the International Fleet Review.
- VAdm Dean McFadden, Chief of the Maritime Staff, gets a hug from the new Canadian Naval Centennial mascot, a Newfoundland dog. A contest is underway to name the character.
- The New Zealand contingent of sailors marches past the B.C. Legislature.
- The Snowbirds wowed Victoria citizens as they practiced their aerial acrobatics on Friday in preparation for Saturday's demonstration.
- Debra Pile helps her husband, RAdm Pile, don his uniform jacket with the new executive curl, which was unveiled before the Parade of Nations.



Shelley Lipke, Lookout



Shelley Lipke, Lookout



Shelley Lipke, Lookout



Roland Barrett, Contributor



Roland Barrett, Contributor

HMCS Winnipeg takes shape in Lego

Shelley Lipke
Staff writer

Once assembled, it was a sight to behold.

More than 6,500 pieces of gun metal grey Lego bricks, one by one, were precisely snapped into place to create an eight foot replica of *HMCS Winnipeg*.

It took six months before 31-year-old Shane Weckstrom could stand back and admire his work.

This is his largest and most complicated Lego project to date, which began with a call from the Surrey Museum requesting Vancouver Lego Club's help hosting a pirate-themed Lego exhibit this summer.

The Canadian frigate's work last summer thwarting attempts of piracy in the Gulf of Aden became his theme.

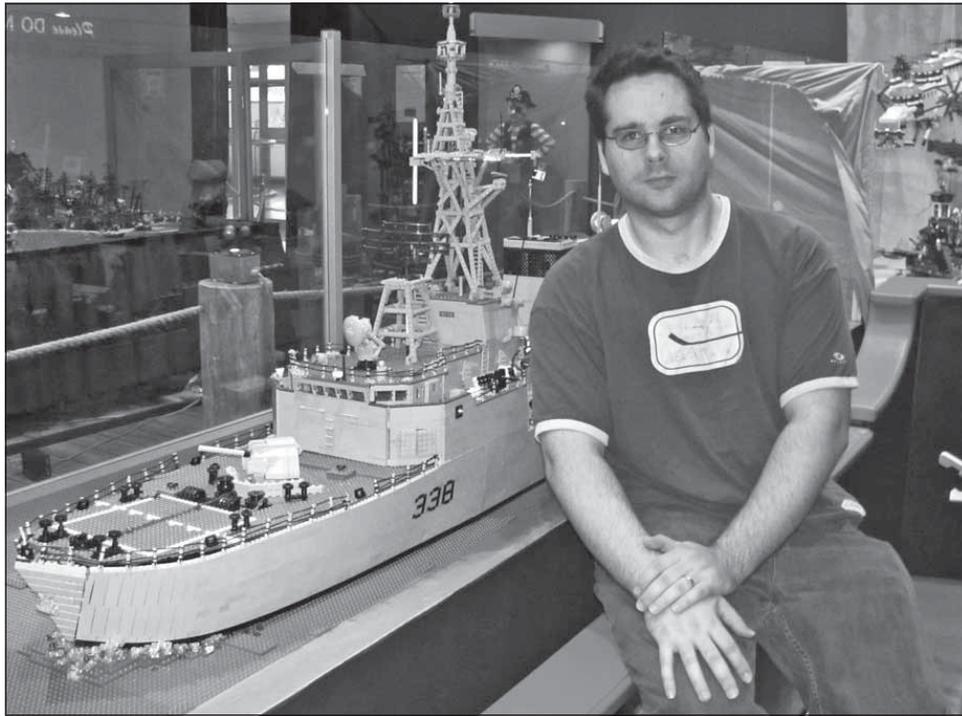
"I've always wanted to do a modern naval ship so I did some research into which Canadian vessels were involved in the anti-piracy force with NATO, and at the time *Winnipeg* had just finished the mission. It was the perfect ship to build."

Weckstrom researched the warship on the Canadian Forces website.

"I had to get specs of the ship, so I did a lot of virtual tours to learn all about it. Once I had the length of the beam I was able to determine the scale, and because I wanted it to be scaled to the Lego mini figures, it meant I had committed myself to build a ship that was eight feet long. I realized I would need a whole bunch of grey bricks," he said.

Special orders and disassembly of his other models followed to acquire the more than 6,500 grey bricks. During construction, Weckstrom had to set aside his creative adapting and work to a set design that was true to the real ship.

"This was the biggest project I've ever done and the biggest concern was build-



Pierre Chum, Contributor

Lego enthusiast Shane Weckstrom's most recent project, a replica of HMCS Winnipeg, took six months and more than 6,500 pieces of Lego to finish. His model is on display at the Surrey museum this summer.

ing the bow. Lego is typically square and it was technically challenging to give it a curved effect. I had to use a combination of square and sloped bricks to give the bow a realistic shape. This is an achievement I'm most proud of," he said.

It was coming together nicely until a week before the May 22 exhibit date, when the unimaginable occurred.

"I have two young boys and I'm not sure which one did it because they both blame each other. But to my shock I discovered the entire front third of the boat was completely disassembled and destroyed. It looked like something hit it with great force," said Weckstrom.

Pieces were even found under the fridge and stove. He gathered them up and began the repair.

"I was down to the eleventh hour before it was done, but once I completed it, I felt very relieved."

To get it to the museum he had to disassemble it into six sections, and then

put it together at the museum. Worth \$1,200 in Lego bricks, it's now safely showcased behind glass in the museum for the summer.

Weckstrom's *Winnipeg* display depicts the ship intercepting an attack by modern pirates using a decoy boat that has been captured by *Winnipeg's* Rigid Hull Inflatable Boat (RHIB). Nearby another pirate boat is attempting to board a fishing boat.

The model features two automated rotating radars, LED port and starboard lights, a manually operated custom rolling helicopter hanger door, and is complete with a Sea King helicopter sitting on the flight deck.

The weapons and sensors duplicated on the model include the 57mm automatic gun, Sea Sparrow guided missile systems, Close In Weapons System and 50 calibre machine guns.

"The feedback from the museum has been really good so far," he said. "Lego is a very flexible form of art and for me it has the

childhood attachment. One of the biggest things I like about this exhibit is seeing the reaction of the children and adults who visit it. It's very gratifying when we put our Lego models on display. I think naval buffs will also appreciate the old naval ships, an old colonial fort being attacked by pirates, a beautiful replica of New Orleans back in the pirate days. It's also neat to see the reaction of adults as they reminisce about their childhood."

The pirate-themed Bricks and Buccaneers exhibit began May 22 at the Surrey Museum and runs through to the end of August. The exhibit is comprised entirely of Lego and includes vintage sets, underwater sections, and fictional components all relating to the pirate theme.

"I think the crew of *HMCS Winnipeg* should be proud of the mission they accomplished. I could have picked any ship, but because of that specific mission, I wanted to model *Winnipeg* for this display," he said.

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People Talk

Lookout asked this question:

If you could ensure one single personality trait in your children what would you want it to be?



I think a good sense of humour. If you can't laugh at things in this world then you're in trouble. Also I would say fair play. There are too many people that want to circumvent the system and if that happens it's not fair to other people.

WO Jonathan Morley



Respect, because children should respect everybody around them, as well as the environment. They have to respect their dad, mom, and friends. Without respect there are lots of issues, and people who have respect will honour themselves. My two kids are very respectful. I make sure of that.

LS Patrick Lefrancois



It would be humour because it always cuts the tension. I have one son and he's just like his dad with an A.D.D. sense of humour. He's a smart little guy with a good sense of humour.

Cpl Wayne Hannah



I would say honesty. It's a big thing and it comes with a lot of responsibility. Honest people help you to be open and tell the truth and this helps to build trust in other people. I have a nine-year-old son and he just went through a big phase, and now he is learning how to be honest. It makes me proud to see that his confidence and ability to tell the truth are developing.

MS Jessica Cooley



Compassion. I think it's hard to be compassionate to people. Stuff happens, you get busy and you also get jaded by life's experiences. People aren't always necessarily nice to you. I don't have kids, but if I did this would be an important character trait for my children.

LS Shanna Currie

WHAT SAY WE

The A Team a great summer popcorn flick

W. Andrew Powell The GATE

Opening at a theatre near you, franchise dreams are riding high with the remake of *The A-Team*, starring Bradley Cooper and Liam Neeson.

The A-Team

When I was growing up there were few things that were as cool as *The A-Team*. This somewhat violent, but family-friendly show is probably one of my most vivid memories from childhood. Even if I can't recall a single episode from beginning to end, *The A-Team* was simply a lot of fun, and if you wanted to spend a good hour with the television, there was hardly anything more entertaining, at least for boys my age.

Jump ahead to 2010 and expectations were pretty mixed for director and co-writer Joe Carnahan's big screen adaptation of what many might call somewhat hallowed ground. The good news is that Carnahan apparently knew a little bit about what

he was doing, because this new A-Team will leave fans with a smile on their face, wanting more.

Liam Neeson stars as Hannibal, the tough but wise leader of a small group of U.S. Special Forces do-gooders who are called in when no one else can do the job. These former soldiers include the ladies man, Face (Bradley Cooper), tough guy B.A. Baracus (Quinton Jackson), and the resident weirdo pilot, Murdock (Sharlto Copley).

Starting out when the group randomly came together in Mexico, *The A-Team* jumps into gear when they are sent, some time later, on a high-profile mission to secretly retrieve a case of stolen printing plates that could be used to make piles of American money.

Little does the team know, however, that someone has set them up, and when they triumphantly return with the plates, and a crate of fake cash, the only man who knew about their mission is killed, and the plates are snatched up by a team of mercenaries.

Looking like the villains, the

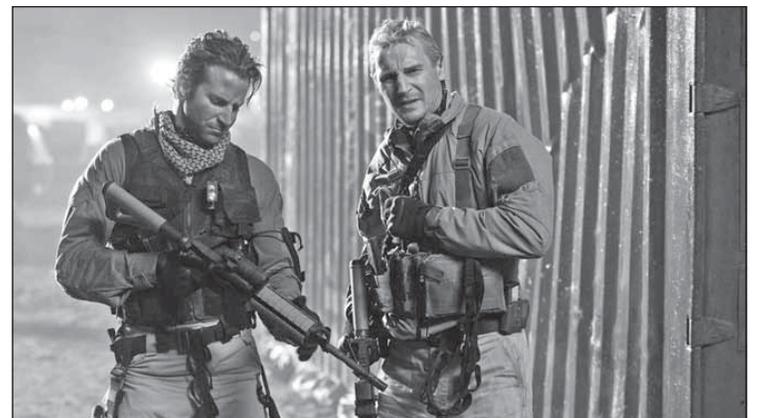


Photo by Doug Curran

Face (Bradley Cooper) and Hannibal (Liam Neeson) plot their next move during a climactic showdown in "The A Team."

A-Team is on their way to a dishonourable discharge, and some serious prison time. The only answer is for them to find a way to escape prison, take down the person who set them up, and clear their names.

Carnahan and Brian Bloom's script is honestly nothing magical – it feels like a lot of other action movies – but *The A-Team*

is everything a summer popcorn movie should be. It's funny, clever, filled with great one-liners, and pimped out with action sequences that are almost always intensely entertaining.

Carnahan's direction, and his cast, saves what is otherwise a mediocre script, making *The A-Team* a good movie, just shy of being something great.

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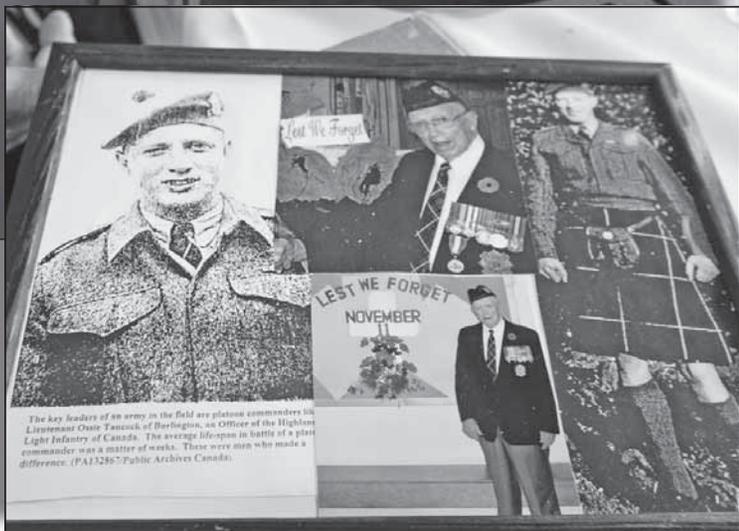
Penny Rogers, Lookout

Retired Lieutenant Ossie Tancock, 90, visited the Wardroom two weeks ago to show Second World War photos, German propaganda flyers and German knives to interested diners. Tanock, serving with the Highland Light Infantry (HLI), was part of the first combat elements that moved into Holland.

Above: Jamie Webb, Maj Dan Thomas and Cdr Guy McCue look at a knife from Tanock's collection.

Below: Tancock shows his collectibles to Capt Chris Lindsay, Cdr McCue, Capt Brian Semenko and Maj Jeff Allen.

Inset: Tanock at different ages during his military service career.



The key leaders of an army in the field are platoon commanders led by Lieutenant Ossie Tancock of Darlington, an Officer of the Highland Light Infantry of Canada. The average life-span in battle of a platoon commander was a matter of weeks. These were men who made a difference. (PA132867, Public Archives Canada)



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IN BRIEF

Environment fair shows how to live a greener life

June 22

11 a.m. – 1 p.m.

The Environment Fair is an event run in conjunction with the annual Formation barbecue, where you will have the unique opportunity to celebrate and learn about environmental initiatives taking place all across the city.

This year there's a diverse group of organizations attending, including: the CRD, WildARC, Greater Victoria Compost Education

Center, Garry Oak Ecosystems Recovery Team, Pacific Forestry Centre, Swan Lake Nature Sanctuary, Gardens in Motion, The Land Conservancy and Habitat Acquisition Trust.

In addition, there will be displays and demonstrations from internal organizations.

Remember, this is also a great chance to discover what you can do to become a greener citizen, with plenty of resources at your fingertips.

The face of sustainability 2010 winner: Paul Harris

Formation Environment has announced the winner of 'The Face of Sustainability' - an award given to an employee who takes a proactive approach in making sustainable choices.

Paul Harris (of Fleet Maintenance Facility shop 136) was selected because of his sustainable activities, which include cycling to work, using reusable containers, composting, recycling, and having

his home smart certified.

Thank you to John McGaghey for nominating Paul Harris.

Formation Environment would also like to recognize the other nominees for this award: Betty Kask, FMF Ed Dixon, Base Imaging Marianne Ostopovich, MFRC Signal Hill Linda Scott, MFRC Suzanne Kruzel, HMCS Vancouver Lt(N) Michelle Baranowski, MARPAC J4 JLOC.



Paul Harris

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Aboriginal Day honours youth

Penny Rogers
Staff writer

"Honouring our Aboriginal Youth" is the theme for this year's National Aboriginal Day being held June 17 at Work Point Drill Hall, Naval Officer Training Centre from 1 to 2:30 p.m.

Aboriginal youth who have participated in Canadian Forces/Department of National Defence programs Raven, Bold Eagle, PRTC and the Fleet Maintenance Facility Cape Breton's Employment Equity Trades Orientation Program will share their experiences about working with the military community.

"It is truly an honour for me to be able to highlight the achievements of our youth. I am proud of how quickly they stepped up and volunteered to share their experiences," said Aldeen Mason, Defence Aboriginal Advisory Group (DAAG) National Civilian Co-Chair and one of the event organizers. "That to me shows self-confidence, dedication and teamwork."

The event will begin with opening prayers from a local elder before the youth take to the floor to speak to the crowd. Also in attendance will be Aboriginal veterans and members of the O'opthut Sul'hween Society, which is a Vancouver Island Elders group

being hosted by Rear Admiral Tyrone Pile.

As Mason explains, "There is no better witness than the elder. We know they will go back to their communities and relay the information about opportunities with the CF and DND."

Also invited to participate are CF senior leadership, local Chiefs or their representatives, and members of the Victoria Native Friendship Centre, Metis Nation of B.C., Provincial Capital Commission, Royal Roads University and the Songhees Youth Group.

Rumor has it The Honourable Steven L. Point, Lieutenant Governor of British Columbia, may attend as well. What is certain is his handmade canoe, Shxwtitostel, will definitely be on loan for viewing that day.

There will also be entertainment and local Aboriginal artists on hand displaying and selling their crafts, including Nancy Dawson, a well-know silver jeweler.

There is also the possibility that Aboriginal actor Adam Beach will drop by.

All defence team members are invited to attend (with supervisor approval), so drop by and help celebrate the rich heritage, cultures and contributions of Canada's First Nations, Inuit and Metis peoples.

For convenience, people are encouraged to use the Base Rounder.

Formation Barbeque is back

Get out your sunscreen and come to the Formation Appreciation Barbeque on June 22, and celebrate 100 years of Defence Team success here at Dockyard.

This year the venue has

changed to Parking Lot "H" on Dockyard Road South (across from the Fire Hall). The barbecues will be ready at 11:30 a.m. to offer a choice of beef burgers, hot dogs, veggie burgers and

pop. A co-ed volleyball tournament will take place on the grass field alongside the parking lot from 12-12:30 p.m. To submit a team contact Peter Dheensaw at 363-5327, all skill levels are welcome to join.

"The Formation Rocks Concert" will provide the musical entertainment showcasing the Formation's musical talents. If you would like to enter your band please contact Charles Bodi at 363-2023; bands of all calibre are encouraged to participate.

There will be a wide variety of historical and environmental booths. Best of all, there will be a raffle to win lunch and a day sail on board HMCS Oriole for 16 people (annual leave will be required to participate in the day sail). Tickets will be available at the event only - \$2 each or 3 for \$5 - and benefit the United Way.

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Local woman rides to conquer cancer

Jon Chabun
MFRC



Military Family Resource Centre employee Linda Scott has been spending a lot of time on her bike as she trains for the Ride to Conquer Cancer.

Linda Scott is pulling out "all the stops" to make sure that she spends her weekend riding from Vancouver to Seattle in the "Ride to Conquer Cancer." In addition to raising money in person and online, she has been rolling coins, holding a garage sale and selling cookies to co-workers in order to make it happen.

Linda Scott, program manager for the Military Family Resource Centre, hopes to reach the required fundraising goal and participate in the close-to-300-kilometre ride along with 1,800 other cyclists on June 19 and 20.

A MFRC employee since 2001, Scott has seen the impact of cancer on friends, family and even herself.

"I had cervical cancer when I was 24," she said. "I was a university student with a two-year-old child and it brought about a lot of changes in my life. My father and mother-in-law both died of cancer. My father retired from the military, but he passed away from leukemia not long after when he was in his 50s. Cycling is something I can do to help, to

raise funds for research and treatment."

She signed up to do the ride back in November and has been training ever since by cycling, running and doing yoga. She has been gradually increasing her cycling distances, going for a 100-kilometre ride a few weeks ago.

She has not yet reached the minimum fundraising goal of \$2,500. As of June 9th, she had raised \$1,790. If riders don't meet the goal, they are not allowed to participate in the ride.

To make a donation to

Linda Scott, go to www.conquercancer.ca. Select the Donate Now button and search for participant Lin Scott. She also has a profile page describing her motivation for participating in the ride and a blog documenting her training and fundraising efforts.

Online donations automatically update the participant's fundraising total and donors can receive a charitable tax receipt electronically.

All the money raised will fund the work of the B.C. Cancer Agency throughout British Columbia.

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Crews brush up on marine firefighting

Shelley Lipke
 Staff writer

It looked like a scene from a movie. The set was the massive Joides Resolution – a 471-foot commercial drilling rig at the industrial refit and repair facility at Esquimalt's Graving Dock.

The ship was on fire, and about 60 civilian crew members clad in dark red coveralls lined the jetty looking on as CFB Esquimalt and City of Esquimalt fire trucks screamed onto the tarmac.

Fire fighters swiftly dressed, and with hoses in hand advanced to tackle the blazing ship.

For any bystander it looked true to life, but this was a marine firefighting exercise led by CFB Esquimalt fire fighters.

"About once a month we practice this exercise with various commercial vessels to allow the land-based fire departments to practice their emergency marine firefighting skills," said incident commander and assistant fire chief Randy Morton.

"An exercise of this magnitude is very beneficial for the crews of the commercial ships. Fire fighting aboard most commercial vessels is the crew's secondary duties to that of seafaring. The crew of the Joides Resolution asked if they could participate and observe CFB Esquimalt's emergency response procedures to help them learn new skills and practice their existing ones."

Base fire fighters specialize in marine firefighting responsible for providing support for military

We practice this exercise with various commercial vessels to allow the land-based fire departments to practice their emergency marine firefighting skills.

-Randy Morton
 Assistant fire chief

vessels within the confines of CFB Esquimalt and the Department of Public Works Graving Dock, an industrial vessel refit facility. Most North American fire departments consider marine firefighting to be a unknown entity due to, for the most part, a lack of knowledge concerning the many hazards involved in a marine environment.

"We are trained to respond to unknown and unfamiliar situations associated with commercial vessels, at the refit facility. Hazards we typically encounter on commercial vessels are: deck plating removed creating unprotected openings with drops of upwards of 30m, engines under refit, trip hazards throughout the vessel, vessel fire pumps inoperable, language barriers with vessel crew members, poor housekeeping practices, hot work throughout, contractors and crew may be unaccounted for, no vessel personnel available to assist as fire department guide, fitted suppression systems inoperable, ventilation systems inoperable, unidentified hazardous materials stored onboard, limited resources for a full scale response, industrial equipment blocking access, limited access to and from vessel, unfamiliar vessel layouts, to name a few. We train to be aware of the ever changing circumstances this environment can present," Assistant Chief Morton said.

"As the primary 911 call centre for our jurisdiction we would typically be the first to receive the call indicating an emergency exists. Depending upon the nature of the emergency I may deploy the City of Esquimalt fire fighters. Due

to their limited marine fire fighting training and experience their team may be utilized for boundary control and to assist laying and handling hose lines for our rapid assessment team. The rapid assessment team or "RAT", are required to go on the ship first to assess the nature and location of the fire before all our resources are committed."

Once on the drilling rig, water-based simulating smoke filtered onto the deck from a passageway.

"In today's scenario the fire was reported in the crews' movie room," said Morton. "Someone noticed smoke and called the bridge. The vessel officer's sounded the ship's internal alarm and a call was placed to our communication center via 9-1-1 reporting a fire. Unlike a structural fire, it's harder to pin point the fire's location on a ship." It's a little more difficult to complete a 360 degree assessment and see what's going on inside the vessel from the exterior."

Once a preliminary assessment was conducted, apparatus was positioned and hose lines were laid with assistance from the Esquimalt municipal fire fighters. A skeleton crew of the ship's fire fighters filled and charged air bottles that had been used as they attempted to advance on the fire prior to the arrival of CFB Esquimalt fire fighters.

Following the conclusion of the exercise, all participating parties including the ship's company and Esquimalt fire department were debriefed on the jetty. This is where valuable lessons are learned and everyone has an opportunity to provide their insight.

Roy Davis, a lab officer on the ship said, "It's good for our group in that we integrate with shore-based fire departments and they bring a lot of personnel and resources as local experts on marine fires. They also have access to local paramedics and other emergency crews. On the ship we do fire drills once a week because our worst nightmare would be to have a fire at sea with nowhere to go. This exercise is valuable and I think our crew learned a lot from the other fire fighters about safety today."

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Above: Members of the rapid attack team advance on the fictional fire to extinguish it.

Right: CFB Esquimalt firefighter Bryce Patey checks his heat detector before he enters the ship.

Photos by Shelley Lipke, Lookout

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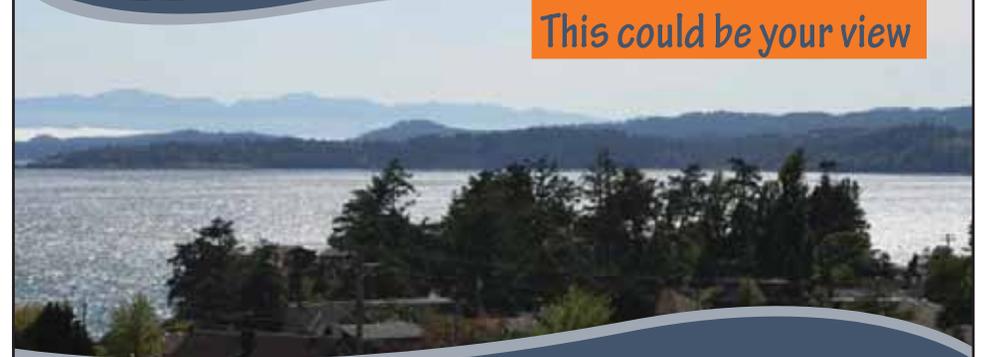
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Name the navy mascot

Shelley Lipke
Staff writer

Sailors love to have a ship's mascot, and historically sailors have chosen man's best friend for this role.

During the Canadian Naval Centennial events this past weekend a large black Newfoundland dog mascot paraded around downtown Victoria and Fisgard Lighthouse, providing photo opportunities for children and a form of outreach.

But this new canine mascot needs a name.

A call is going out to Canadians to help select the right name.

It must have a bilingual consonance and be related to the sea, or the navy's environment or history.

Submissions can be emailed to navres_mascot@forces.gc.ca and all details can be seen on the naval reserve link at www.navy.forces.gc.ca/navres/11/11-n_eng.asp.

A panel will select the mascot's name and the person having submitted the winning entry will win a prize pack of navy promotional items.

The selected name will be announced on Sept. 16 and shown on the above-mentioned website.

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Natalie Vincent
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Teen cycling for British charity

Penny Rogers
Staff writer

A British high school graduate has packed a knapsack and his bicycle, flown across the Atlantic to spend three months cycling his way across the second largest country in the world.

Ben Matthews, 19, is determined to raise 10,000 British pounds, approximately \$15,000 CDN, for the UK charity 'Help for Heroes' (H4H) by biking coast-to-coast across Canada in 89 days with "just me, a tool kit and my optimism."

H4H, as Matthews describes it, provides direct practical support to service men and women who were injured in Afghanistan and Iraq, along with their family members.

"Basically, if someone becomes injured in the Forces, well I won't say th UK doesn't look after their Forces very well, but they could do more and this charity just helps with that."

Matthews wheeled his bike off a B.C. ferry in Tsawwassen on May 30, and after a brief visit with family friend LCdr Brad Henderson and his wife, he started his solo journey down the Trans Canada Highway towards Halifax. Hoping to average 80 kilometres a day, the goal is to complete his ride by Aug. 23.

Matthews is a member of the East Devon N1 Triathlon club and has done "a lot of fairly short



Penny Rogers, Lookout

Ben Matthews made a brief stop in Victoria before leaving from Tsawwassen on May 30 for a cross-country cycle to raise money for the British charity, Help for Heroes. Before setting out he spent the day aboard HMCS Whitehorse at the invite of its Commanding Officer, LCdr Brad Henderson, and his family, who Matthews knew from time living in Halifax.

distance triathlons and also a lot of long rides, getting used to doing miles on the bike."

Working for the last 10 months in a bakery close to his home of Alfrington, a small village in the south of England, Matthews earned money to help buy supplies for the 7,000 km trek. Just recently, these funds increased when he received a grant from the Pain Trust, a British foundation that provides financial support to boys and young men for adventurous activities.

Matthews chose Canada because his father, Stuart, moved the family to Halifax for two years

while on naval exchange with the Royal Navy and, although quite young at the time, Matthews still has "hazy rosy memories of it. It's a beautiful country with plenty of different terrain. It's got the Rockies and the Plains and all the lakes, and then Atlantic Canada, so there is a fair bit to challenge me."

But even after the ride is complete and Matthews returns to Britain, there will be little rest for the young man.

"I've got a month at home and then I head off to Loughborough University to study human biology. And after university, hopefully, I will join

the Royal Marines."

Although Matthews fundraising sights are set on UK citizens, he hopes people in Canada donate. You can see how much he has raised or donate by visiting www.justgiving.com/benstrancanada.

He is also blogging about his adventure wherever and whenever the opportunity arises to pen a few words.

To follow his progress, go to <http://benstrancanada.blogspot.com/>, where he recently mentioned his relief in avoiding angry, hungry bears and how he has learned to use the word "dude" in place of "mate."

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SPORTS: NATIONAL CHAMPIONSHIPS

Local runners place well in race

Lt(N) Mark Cunningham
JTF Games

Runners from CFB Esquimalt competed in the CF national running championships over the May 29 weekend in Ottawa.

Runners took part in four different distances: the 5km and 10km, held on the Saturday evening, and the full and half marathons on the Sunday morning.

As a whole, 13 base personnel fared exceptionally well. Highlighting the achievements as follows:

- LS Mark Ritchie, BIS Esquimalt: 10km in 38:07. 1st CF Male Master (91/8500 overall)
 - A/SLt Denita Hammond, NOTC Venture: 5km in 19:24. 1st CF Female and 4th/4593 female overall.
 - Lt(N) Walter Cantwell, Base Hospital: 5km in 16:26. 1st CF Male Master (40-47) and 2/259 in M40-44 (overall).
 - Lt(N) Blake Poirier, JTF Games: 5km in 18:06. 3rd/283 in M35-39 (overall)
 - Lt(N) Mark Cunningham, JTF Games: 5km in 19:30. 2nd CF Male Master
 - LS Kirsten Arensen, HMCS Winnipeg: 5km in 19:47 (a Personal Best (PB)). 1st/485 in W35-39.
- Other local area racers included:



Lt(N) Blake Poirier, A/SLt Mike Mueller (ADAC(A)), and Lt(N) Mark Cunningham pose with the Environmental Shield trophy that was presented to the navy.

- PO1 Howard Manderson, CFES Esquimalt, 1/2 Marathon in 1:34:36 (379th/11900 overall)
- MCpl Dana Haley, HMCS Winnipeg, 10km in 45:05 (373rd/8500 overall)
- SLt Cher Dignan, HMCS Vancouver, 10km in 46:01 (456th/8500 overall)
- Capt Daniel Baouya, 443 MH Squadron, 5km in 18:45 (66th/7500 overall)
- SLt Brent Limbeek, HMCS Vancouver, 5km in 19:23 (96th/7500 overall)
- PO2 Chris Fraser, CFES Esquimalt, 5km in 19:36 (PB). (106th/7500 overall)
- 2Lt Dominique Price: JTFP. 5km in 22:06 (294th/7500 overall)

environment were tallied, and the lowest cumulative time was determined the winner. The navy topped out at 5hrs, 6 mins, while the air force and army came in at 5hrs, 24 mins each.

All of the above CF runners placed in the top five per cent overall of each race.

But what's more significant is that for the second year in a row, the navy bested their air force and army counterparts as the Top Environment Team. The times of the top 5km, 10km, half marathon, and full marathon for each

If you feel you have what it takes to make the CF run nationals, then please contact the Naden Athletic Centre for details. The qualifying times for each distance are contained in the CF Sports Rule Book at www.cfpsa.com/en/psp/sports/docs/Rulebook_e.pdf (chap 13- Running).

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I Quit! winners



Above: Third place winner MS Chett Horne of CF Fleet School Esquimalt was presented a \$75 CANEX gift card, "Non-smoker" t-shirt and "Take the Challenge" thermal mug from Dave Molinari.
Below: For second place, Vida Anderson-Wulf of the Military Family Resource Centre, won a \$100 CANEX gift card, a "Non-smoker" t-shirt, and a "Take the Challenge" thermal mug. Not pictured, Cpl Jeff Campbell took first place, earning a \$200 CANEX gift card, a t-shirt and a thermal mug.



On June 1, the Weston Foundation donated \$20,000 to the Esquimalt Military Family Resource Centre (MFRC) to fund future parenting initiatives. Left to right: MFRC Board Chair Lorie Hall, Greg Welgan and Nancy Noble of Superstore (Weston Foundation), VAdm Dean McFadden, and military parents Lt(N) Sandra Harwood and Lt(N) Sonia Roy.



LS Y. Kim (centre) is promoted to Master Seaman by Capt(N) Martin Adamson (right).



LS K. Tiv (centre) is promoted to Master Seaman by Capt(N) Martin Adamson (right).



MS O'Neil (centre) is promoted to Petty Officer Second Class by Capt(N) Martin Adamson (right).



MCpl Huntley is appointed OCdt by Capt(N) Martin Adamson. OCdt Huntley will attend Royal Military College for his Bachelor of Science in Computer Science.



MS Desaulnier is appointed Naval Cadet by Capt(N) Martin Adamson (right). NCdt Desaulnier will attend Royal Military College for his Bachelor of Science in Mechanical Engineering.



Cpl Charles Stephen receives the Canadian Forces Decoration from Cdr Allan James, Commanding Officer of Port Operations and Emergency Services Branch.



Cpl Frieda Van Putten, Base Imaging Esquimalt Commander R.A. Ferguson (left) hands over command of HMCS Winnipeg to incoming Commander R.G. Dowker (right) as they and reviewing officer Commodore Ron Lloyd (centre) sign the change of command papers.



Cpl Roderick Hopp, Base Imaging Services Esquimalt LCdr Timothy Doherty (Left) signs over command of HMCS Brandon to LCdr Francois Laplante (Right), along with the Reviewing Officer, Capt (N) Paul Dempsey (Center).



Pte Malcolm Byers, Base Imaging Services Esquimalt Outgoing Commander of Canadian Forces Health Services Centre (Pacific) LCol Phyllis O'Grady (left), Reviewing Officer and Commander 1 CF Health Services Group Headquarters Capt(N) Tim Kavanagh (centre), and incoming CO LCol Chris Linford (right) sign the change of command certificates on June 3.

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Sailors' skills tested in their trades

Shelley Lipke
Staff writer

The 2010 Admiral Yanow's Naval Combat Information Operator (NCIOP) competition involved 25 competitors in a fun, interactive test of knowledge, wits, strength and skill. It also determined the best at their trade.

The May 25 to 27 event brought together NCIOPs of all levels.

"It's meant to build esprit de corps in the occupation through a friendly competition and test of trade knowledge," said NCIOP Sea Training Chief CPO2 Gerry Goulet.

This year marked the 24th year of the friendly competition. It tested NCI operators from qualification levels QL3 to QL6A on CCS Rel Vel, nuclear plotting, voice procedures, equipment trouble shooting, use of global command and control systems, and other aspects of their trade. An amazing race and jeopardy game were also added to challenge the competitors.

At the wrap up award ceremony on May 28, 13-year NCIOP veteran LS Ryan Kingston won the Luc Valios trophy for top performer.

"I knew I had one award but getting all the others was a total surprise," he commented about the five other awards he won. "This is a really nice way for the trade to come together, and the fact that HMCS Winnipeg won the team award was also very satisfying for me."

Historically, the NCIOP competition was called the Compass Rose, but in 1986 the occupation approached RAdm Yanow, Commander of Maritime Forces Pacific (MARFAC) at the time, and asked if he would be interested in becoming the trades mentor.

"I'm honoured to be the patron of this trade," said RAdm (Ret'd) Yanow. "The retired people are very proud of all the NCIOP's who participate in this competition each year, and I'm already looking forward to next year."



Shelley Lipke, Lookout

Above: HMCS Calgary's team of NCIOPs won the Amazing Race portion of the Admiral Yanow's Naval Combat Information Operators Skills Competition. PO2 Brian Whitman, MS Mitchell Milligan, OS Andrew Benson and LS Sarbpreet Boparai are seen here as the winners.

Below: The May 25 to 27 Admiral Yanow's Naval Combat Information Operators Skills Competition awards were presented by RAdm Tyrone Pile and Adm (Ret'd) Robert Yanow. HMCS Winnipeg's MS Francois Greffard, LS Ryan Kingston and AB Trish Inglis formed the winning team of the overall competition.



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