

# LOOKOUT

MARPAC NEWS CFB Esquimalt, Victoria, B.C.

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See photos from the International Fleet Review events on pages 6-11



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CRD

# Youth band to rock centre

■ Friday, June 25

**Penny Rogers**  
Staff writer

For a rocking good time head down to the Youth Activity Centre (YAC) at 720 Galiano Crescent in Belmont Park between 6 and 10 p.m. on Friday night, June 25.

The YAC has found a fantastic way to promote itself to all military and DND family pre-teens and teens by hosting a meet and greet, featuring the local youth band Fatal Injection.

"We want to promote the Youth Activity Centre with something the kids will really enjoy, so we decided to host a concert," said Dan Kivell, the Personnel Support Programs Youth Supervisor. "We hope to make this a more regular kind of thing. The kids love it. The band loves doing it. It's really a win-win for everybody."

Kivell first heard about the band through its drummer, Tristan MacMullin, who often hangs out at the YAC.

Fatal Injection's choice of music is metal, something MacMullin calls a challenging genre, but one that he really enjoys. "Playing is such an adrenaline rush and I love the reaction from the crowd."

For a \$2 cover charge, kids can enjoy a fund raising barbeque from 6 to 7:30 p.m. in support of youth programs before the band plugs in to rock the house from 8 to 10 p.m.

Kivell hopes the meet and greet will help attract more CF and DND youth to the facility on a regular basis. Open year round, the YAC offers kids between ages nine to 18, a place to "meet up and just hang out," says Kivell.

"We have video games, air hockey, pool, ping

pong, foosball, and sometimes I'll bring a movie in so we can have movie night. There is also a snack shack with munchies for sale. We do sell healthy snacks, but sadly they are less popular," says Kivell.

With everyone's busy schedules during the summer, the YAC is only open Saturday nights from 5:30-7 p.m. for pre-teens (9-12 years) and 7-9 p.m. for teens (13-18 years).

Come September that increases to Friday and Saturday nights 5:30-7:30 p.m. for pre-teens and 7:30-10 p.m. for teens with Thursday night featuring a games night for both groups from 6-9 p.m.

So drop down this Friday night to check out what the YAC has to offer. Come hungry and stay to enjoy the metal music provided by Curtis, Jacob, Tristan and Jaden of Fatal Injection!

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# Drydock ready for long awaited repair

**Penny Rogers**  
Staff writer

This summer when HMCS Victoria slips from drydock into the open water to begin a lengthy test and trial period, it will leave behind an empty drydock, and an opportunity for Fleet Maintenance Facility (FMF) to do some long overdue caisson repairs.

Normally the caisson, or gate, undergoes regularly scheduled maintenance, but with Victoria being docked for such a lengthy period (five years), this hasn't been possible.

A caisson is a large hollow steel box with internal valves and pumps that allow water to flow through it to flood the drydock.

The process for placing or removing caissons has been the same since its inception more than 100 years ago. A ship moves into drydock, the caisson is floated into place, a portion of it is filled with water causing it to sink, forming a watertight seal. Then water from drydock is pumped out into the harbour, leaving the ship accessible to work crews.

When the time comes for the ship to return to sea, the drydock is filled with sea water through the caisson. The water inside the caisson, which has been holding it in place, is pumped back into the harbour, causing the gate to float to the surface where tugboats latch on and move it out of the way for the ship to exit.

However, for as long as Victoria has been locked in drydock, so has water been locked inside the caisson.

"Being in this length of time it will probably have

some rust involved with it, some growth involved with it. It will be one gooey mess, almost guaranteed," said Bob Brodie, naval architect.

Fearing some level of contamination, FMF is using pumper trucks to remove the water safely and transport it to a treatment facility.

It could take up to six trucks working from both sides of the caisson to remove the water in time to match the rising tide.

"The biggest thing in the docking and undocking process is we have a narrow window of time to do it because of the tides. We need to undock at high tide," explains Brodie. "If we can't get the caisson out before high tide then we'll have to wait until the next day and go through the whole evolution again."

Inside the caisson there are 23 valves, including two gate or dock flooding valves that measure 36 inches in diameter. These two valves slide up and down inside the caisson wall letting water in or out as required. In this case, they must open to flood the drydock. The concern with these valves is that sea growth has built up making them immobile.

"Probably three weeks before Victoria undocks we'll send divers down to test the valves and see if they move," says Brodie. "What that entails is putting a wrench on them and forcing them. We can't do that too early because we may not be able to close them again. It's a one shot deal."

According to Brodie, a cofferdam is being built as a backup in case the main valves don't fully close after the test. A cofferdam is



Penny Rogers, Lookout

**The old caisson floats outside dry dock awaiting its costly refit. The newer caisson will be removed mid-summer once HMCS Victoria is undocked. At that time it will be determined if the newer caisson will also need substantial maintenance.**

like a box with no lid. It is placed over the opening where the air is sucked out forming a watertight seal. "If there is any water flowing through, once you throw on the cofferdam it seals itself up," said Brodie.

Once Victoria is gone, the gate will undergo a maintenance period. However, the backup gate that is usually swapped out during such maintenance is currently unusable. Dean Steinke, Project Manager for Base Construction Engineering, said the hull is in good shape, but the 30 to 40-year-

old electrical system is not. Age and salt spray have corroded the electrical to a point where it needs a complete replacement.

With one caisson out of service and the second one awaiting long-overdue maintenance following Victoria's undocking, the dry dock may not be available for a while.

"We're just not sure what shape the newer caisson will be in. So there is a potential for the drydock not to be useable for maybe a couple of months," said Steinke.

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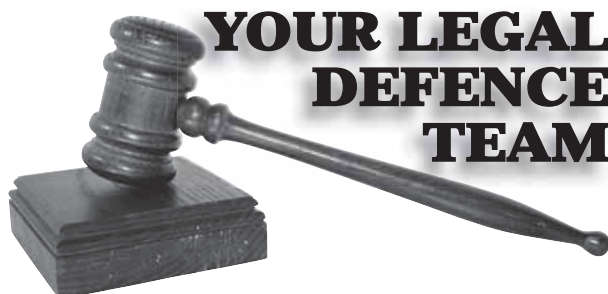
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## People Talk

Prior to the International Fleet Review Lookout toured the USS Ronald Reagan aircraft carrier and asked the question:

*What was most impressive about this ship?*



It was breathtaking to see the flight deck that can hold 61 aircraft. I think it's most amazing that the human mind can create such a massive carrier like this. I didn't know what to expect because I've been on ships like Regina and Winnipeg. I didn't know it would be like this. This was a real surprise.

Jennifer Almeida



The most exciting aspect of this ship is its strength. Our guide spoke about the ability to maneuver the ship and get it to different ports, and the firepower, and the difference between being a warship and a humanitarian resource. The size of this ship is bigger than three football fields and the ability the pilots have to land the ship on such a virtually small piece of ocean is incredible. The pilots see the ship as the size of a credit card when it's coming in at 12,000 miles per hour.

Wilfred Phillips



I love the jets. They are intricate and have so many parts that I'd love to take them apart and put them back together. The sheer size of this aircraft carrier is another aspect I'm impressed with. It is mind boggling to think that there are 6,000 people at CFB Esquimalt and this ship holds almost as many people. It's like a small city or town.

Veronique Plante



For me it's all about the size of the ship. It's amazing the way they land on such a small area. There is no emergency place to land and they can have 12 to 15 planes deployed in three minutes. It has to be done perfect each time or someone could be in trouble.

Lisa Mortimer



Just being here. To me it's a once in a lifetime experience. I have been telling people I have pictures of my wife and I in China and the Eiffel Tower and to me this was along those lines. It was a magnificent experience.

David Madiuk

## SPORTS trivia by PO2 Bill Sheridan Contributor

### Baseball

- Who was the first and second player to hit 60 home runs in a season?
- Who was the first and second player to steal 100 bases in a season?
- Who was the Splendid Splinter?
- Which players hold the Home Run record for each league?
- Which players hold the stolen base record for each league?
- Who hit the most leadoff home runs?(start of a game)
- Which infielder hit the most home runs?
- Who has hit at least one home run in the most ball parks?
- What number did Ken Griffey Jr. wear in Seattle for most of his time there?

- ANSWERS
- Babe Ruth and Roger Maris
  - Mary Wills and Lou Brock
  - Ted Williams
  - AL Babe Ruth & NL Barry Bonds
  - AL Rickey Henderson & NL Lou Brock
  - Rickey Henderson
  - Mark McGwire
  - Sammy Sosa
  - 24, he also wore 42

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ANSWERS ON PAGE 19 Level: Beginner

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# Unusual purchase at base museum

**Joseph Lenarcik**  
Contributor

Anyone who has visited the museum gift shop in the last four months has come face to face with a furry creature which I call Beav.

Beav is a full grown beaver, frozen in time, in the process of cutting down a tree. I believe he was caught by a trapper, since he is missing his front-right paw. Somehow he ended up in a taxidermy shop, where they prepared him for exhibit.

We received Beav from CFS Aldergrove when they moved their staff to CFB Esquimalt several years ago. Last winter the museum relocated its warehouse from Naden to smaller quarters in Dockyard. Among the items I was asked to dispose of was Beav.

I requested permission to try to sell Beav in the museum gift shop. Within a day of being moved into the gift shop Beav became a popular attraction with children and foreign tourists. Hardly a day went by that someone didn't photograph Beav, but nobody seemed to want to buy him. One of my sisters had asked me to buy Beav for her so she could give to a senior's home in Manitoba. Concerned about the cost of moving it to Manitoba, I hoped fate would intervene with a better solution.

The solution came in the form of Tomonori Ueda, a Japanese freelance photographer who visited our gift shop on June 8. He purchased some books and pins and photographed Beav. When paying for his purchases he gave me a Japanese coin with a hollow centre that he called a "fire ring." He said the coin would bring me good luck. By good luck he meant that we would meet again someday.

Fast forward to Thursday. I am in the museum office helping a Spanish model maker and his two American friends look through our photo database in the archives when I get a phone call from Bob Hewitt, a museum volunteer, who wants me to know

that he has just sold Beav. I instantly drop everything I'm doing and ask one of the Americans to grab his camera and follow me. A miracle has just occurred and I need him to take a photo of it. When I get to the gift shop Mr. Ueda is there. He wants a box for the beaver. Nothing I find is big enough. However, SLt Jeffrey Leung is in the gift shop preparing to give an afterhours museum tour. He knows someone who can help. He phones Sgt Mike Lawson at Naval Officer Training Centre who promises to make a crate for the beaver and get quotes for shipping it to Japan for Mr. Ueda. Mr. Ueda will come to the museum on Monday to collect the crate.

Friday morning, Mike arrives at the museum with the beaver crated. He needs me to write a letter to the B.C. Ministry of the Environment so Mr. Ueda can get an export permit for the beaver, so I gave Mike a letter, plus a copy of the museum newsletter that mentions not only why we were selling the artefact but the asking price as well. Mike then phones the Ministry of Environment and I explain to the person at the other end of the line that I don't know who trapped Beav and what this person's trapping license number was. I just want Beav to have a nice home. I am assured they will consider the request, but they want us to track down someone from CFS Aldergrove who can confirm what I say. Someone from CFS Aldergrove had asked me about Beav several weeks earlier. He said he worked in the same building as BIS, so Sgt Lawson promises to follow up on it. CPO1 Dave Bodie was able to track down the history on the beaver. He was hit by a car in the late seventies. The body was recovered by a local resident of Aldergrove and was taken to a taxidermist. The local resident presented the mounted beaver to the Chief and Petty Officers Mess of then CFS Aldergrove to represent



The Naval and Military Museum found a new home for Beav when a Japanese visitor purchased him.



the colony of beavers that share the Aldergrove Radio Receive site with the CF.

Monday arrives. Mike tells me that he has a quote for \$4,800 to ship Beav to Tokyo. I can't imagine anyone paying that, so I go to see Sara Helmeczi at Base Public Affairs to find out if one of the Japanese ships taking part in the fleet review might take Beav to Japan for Mr. Ueda.

Too late. The ships are in the process of departing Esquimalt. Sara suggests Mr. Ueda, take the beaver home with him, as "checked baggage." I return to my office where Mr. Ueda is waiting for me. He is flying back to Japan on Air Canada, so I phone the Air Canada toll-free reservation number. I tell the person who answers that I have one of their customers in my office. This gentleman has just purchased a beaver from our gift shop and he wants to take it home to Japan tomorrow. Can they

help him get it there? Yes, they can. The cost will be under \$1,000, but Mr. Ueda will have to check the beaver in with his luggage at the airport. Mr. Ueda agrees, and I arrange for a taxi to take him to Work Point where S/Lt Leung and Sgt Lawson are waiting to finalize the travel arrangements for Beav.

Tuesday. I phone Sgt Lawson for an update. Unfortunately, it is too late to get a photo of the crate for my newspaper article. They delivered Beav in a crate to the airport for Mr. Ueda that morning. Everything went smoothly.

Years from now, when people ask me about the Fleet Review, my thoughts will not be of ships but of my buddy Beav who managed to find a new home thanks to Tomonori Ueda, SLt Jeffrey Leung, Sgt Lawson, Sara Helmeczi, the B.C. Ministry of Environment, Air Canada cargo, and a lucky Japanese coin.

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## FROM THE ADMIRAL

# Bravo Zulu for being great hosts



RAdm Tyrone Pile

As the last of our visiting international guests sail from Esquimalt harbour, I am left with an enormous sense of pride in the outstanding success of our International Fleet Review. This success is the result of the collective efforts of this entire Formation, as well as many supporting commands and units.

More than a year of planning and a very hectic final few months of detailed preparation produced an exceptional program that was flawlessly executed. From visiting admirals to junior sailors, there was unqualified gratitude for our support to their needs, the exciting and enjoyable program, the friendliness and openness of Victorians, and the beauty of our city and region.

Her Excellency Michaëlle Jean, our Commander In Chief, Gen Walter Natynczyk, the Chief of Defence Staff, and VAdm Dean McFadden, the Chief of the Maritime Staff, all expressed their extreme delight in what they saw and experienced throughout the IFR. All left here extremely proud of your outstanding demonstration of excellence in the conduct of this historic event and asked me to pass on their congratulations. The breadth of our activities this past week was truly awesome:

- The complex ship movements on arrival June 9, moving to the anchorages June 11, returning June 12, and departing June 14

- The thorough force protection system throughout the IFR

- Participation at the Victoria Seals games June 8, 9 and 10

- The overflowing wel-

coming receptions in the messes June 10 that exceeded all expectations to live up to their title and made our guests feel at home

- The official launch of the executive curl on the site of one of our lasting legacies, the Homecoming Statue, on June 11

- The official opening of the welcoming centre at Ship Point June 11, whose duty watches and volunteers provided outstanding support to the visiting sailors throughout the IFR

- The Parade of Nations June 11, which drew a record crowd of Victorians to cheer for all our navies

The IFR reception at the Admirals house, complete with the Naden Band and the spectacular IFR fireworks that entertained all Victorians

- The Fleet Review June 12 by Her Excellency, on a picture perfect day that brought out thousands of Victorians and which drew high praise from all the dignitaries and guests that embarked in Algonquin and Whitehorse to view the ships

- The outstanding airshow provided by the Skyhawks, our CF aircraft, and the Snowbirds that delighted the crowds at sea and ashore

- The Navy Rocks Concert June 12 when the navy truly rocked to the sounds of Matt Mays, 54-40, and Sam Roberts

- The superbly executed IFR sports tabloid June 13 that brought sailors from all navies together for friendly competition

- The community sports for the rugby, cricket, and sand volleyball enthusiasts

- A cultural program, tours and a dinner hosted by our LtGov that delighted our senior guests

The MARPAC IFR was truly an exceptional historic event. All of you who were involved in planning this event or executing the program should be incredibly proud of your achievements. This was a moment in our navy lives that few of us will ever forget. I am extremely proud of all of you.

**Bravo Zulu**

**RAdm Tyrone Pile**

**Commander,**

**Maritime Forces Pacific/**

**Joint Task Force Pacific**

# OUR COMMANDER IN CHIEF



Penny Rogers, Lookout



**Above:** Governor General Michaëlle Jean joined International Fleet Review festivities on Friday with a ceremony at Government House. She reviewed the honour guard, stopping to speak with several members.

**Left:** Michaëlle Jean shares her "glass" with PO2 Alex Webb of 5 Rainbow Royal Canadian Sea Cadet Corps on the bridge of HMCS Algonquin during the International Fleet Review.

# A TRADITION REVIVED



Shelley Lipke, Lookout

Maritime Forces Pacific/Joint Task Force Pacific Commander RAdm Tyrone Pile and Chief of the Maritime Staff VAdm Dean McFadden donned new uniforms sporting the revived Executive Curl during a ceremony on June 12.



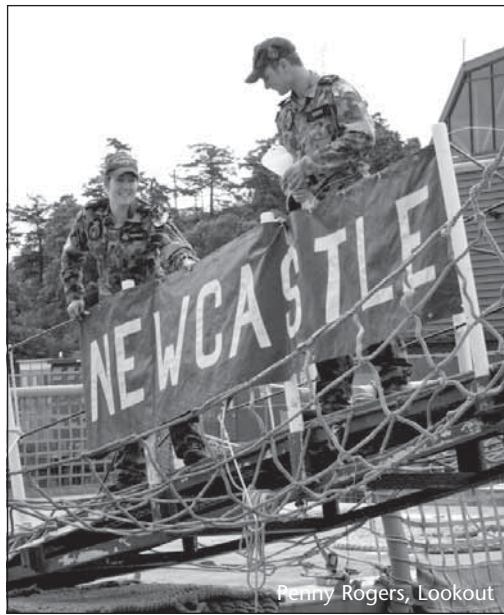
Shelley Lipke, Lookout



Penny Rogers, Lookout



Shelley Lipke, Lookout



Penny Rogers, Lookout

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Sgt Craig Fiander, Base Imaging Esquimalt

# OFFICIAL THUMBS UP FOR FLEET REVIEW



Shelley Lipke, Lookout  
Chief of the Defence Staff, Gen Walter Natynczyk gives the thumbs up for the camera after taking part in the International Fleet Review on board HMCS Algonquin.



Shelley Lipke, Lookout  
Last Friday was a busy day for the Naden Band. After marching in the Parade of Nations, the band played for a garden party held at the Admiral's Residence and then hosted a reunion for the Naden Band's 70th anniversary. More than 300 past and present members united, and 16 past band members picked up instruments to play along with the band.



Bill Sturrock, Contributor  
Above: The navy mascot was on hand for the mini fleet review at Harrison Pond on Dallas Road June 13. The Victoria Model Shipbuilding Society hosted the event, which featured remote controlled warships, tugs and tankers paying tribute to the Canadian Navy.

Right: Victoria Mayor Dean Fortin shows his support for the Navy Rocks concert. The t-shirt was designed by Lookout graphic artist Shelley Fox and printed by Ocean Promotion.



Bill Wellbourn, Ocean Promotion



# SPORTS



Shelley Lipke, Lookout



Shelley Lipke, Lookout



Penny Rogers, Lookout

**Top right and left:** In honour of the Canadian Naval Centennial, the Victoria Highlanders Under 18 team challenged CFB Esquimalt soccer players to a friendly match on June 11. The navy players battled hard but lost 3-1.

Ball hockey, slow pitch and soccer were new sports for some of the visiting sailors, but the day's activities were more about fun than winning. Each player received a commemorative Canadian Naval Centennial medal.



Carmel Ecker, Lookout



Penny Rogers, Lookout



Penny Rogers, Lookout



Penny Rogers, Lookout



# TABLORD



# FLEET REVIEW: EXCITEMENT ON THE WATER



Clockwise from top left:

- Sailors on board HMCS Calgary remove their head-dress in salute of the passing flagship, HMCS Algonquin, which hosted Her Excellency, Governor General Michaëlle Jean.
- Tall ship HMCS Oriole dressed for the occasion and joined the many naval vessels during the International Fleet Review.
- The red bow of Canadian Coast Guard Ship Sir Wilfrid Laurier comes into view of HMCS Algonquin.
- The quarterdeck on HMCS Algonquin was packed with invited guests and dignitaries who were wowed by the massive aircraft carrier USS Ronald Regan.



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## EXPRES Online - new booking tool

**Shelley Lipke**  
Staff writer

A new online booking tool called Web EXPRES is making it easier for unit coordinators to book their members' EXPRES tests.

Previously, unit EXPRES coordinators would have to book, cancel and rebook the tests through a fitness and sports instructor at Personnel Support Programs (PSP).

However, this proved a time consuming process because they had to wait for PSP staff to respond with appropriate schedules in order to accommodate the member.

Now with the new online booking tool that launched June 7, unit coordinators see a schedule with available times and can either book, rebook or cancel EXPRES tests for their members accordingly.

This booking tool is only available for unit coordinators. If members don't know who their unit coordinator

is they should phone PSP at 250-363-4485 or 250-363-4412.

This booking method is the new standard and unit coordinators can be self sufficient and should not need to correspond with PSP staff.

"It's really making it a lot easier for the units to accommodate their members," said fitness and sports instructor supervisor Alyssa Hindle. "In the future we hope to use this as a reporting tool to enter in member's EXPRES results to make the reporting and tracking even easier within the same data base."

Only unit coordinators can gain access to this system. "Lots of bases across Canada have been using this and it's great that CFB Esquimalt is on board now," she said.

If any unit coordinators have not heard of this new system they should contact Hindle at 250-363-4412 so she can load them onto the program and grant them access to the system.

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## Community Gateway one stop information

The Canadian Forces Community Gateway is going live nationally Wednesday, June 30

The CF Community Gateway concept was initiated by Director General Personnel and Family Support Services to address the need for a consistent Non-Public Property (NPP) web presence across all Canadian Forces Bases/Wings. It offers "one stop" convenience for information related to local activities, schedules, family services, employment, health, recreation, messes, clubs, etc.

The Community Gateway is a series of linked websites (one for every Base and Wing) that have a common look, feel and structure that provides a standard view of all Base/Wing NPP programs and activities including publicly-funded programs delivered through NPP.

Personnel on Bases and Wings have been working hard to complete Gateway pages that provide key information about local services and programs available to military personnel and their families. The CF Community Gateway is easy to navigate and should become an invaluable information tool.

Please visit the Community Gateway at [www.CFCommunityGateway.ca](http://www.CFCommunityGateway.ca).

## New at recreation

**Natalie Vincent**  
PSP

**Aquatic Programming**  
New set of swimming lessons start July 12 July (lessons end Aug. 30 - No class Aug. 2) - prices vary

**Cardio Blast** (pool program Wed/Fri from 4:30-5:30 p.m.) at Naden Pool - 10 classes/\$40 - next lesson starting June 30;

**Aquaboot Camp** (pool program Tues/Thur from 6-7 p.m.) at Naden Pool - 10 classes/\$40 - next lesson starting June 29;

Noon Hour Aquafit at

Naden Pool on Tues/Thurs - FREE;

Hawaiian Theme Swim - Saturday, 26 June 1-3pm - FREE;

Bronze Medallion July 3-17 9 a.m. - 1 p.m. 5 classes for \$130;

**Youth Centre**  
Fatal Injection Band Night at the YAC - June 25 5-10 p.m. - \$2;

YAC Drop-in nights on Fridays/Saturdays 7:30-10 p.m. - \$2;

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Navy Dragon Anchors travel far and wide, including Boracay, Philippines, for races. In celebration of the Canadian Naval Centennial, the team is travelling to the nation's capital from June 18-20 to compete in the Tim Horton's Ottawa Dragon Boat Festival. Last years Victoria Dragon Boat Festival Champions will have their work cut out out for them competing in a mixed field of 200 other teams from Canada and the United States. The Ottawa festival also features a special "Naval Centennial Challenge Cup Race" pitting the Dragon Anchors against other military teams. Check out the festival website at [www.dragonboat.net](http://www.dragonboat.net) for current updates and standby for more race related information in upcoming editions of the Lookout.

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# Civilian pilots get inside look at rescue centre

**Penny Rogers**  
Staff writer

A group of 14 Civil Air Search and Rescue Association members (CASARA) from Nanaimo were invited by CFB Esquimalt's Sgt Conrad Cowan of the Joint Rescue Coordination Centre (JRCC) for a tour of the Centre.

"CASARA is a volunteer group of civilian professional pilots, airmen and airwomen that aid us in searching for downed aircraft or lost people and also in investigating emergency locator transmitter signals from aircraft that have experienced trouble such as a hard landing," said Sgt Cowan.

Operating in all 13 provinces and territories with access to approximately 375 aircraft and 2,596 certified pilots, navigators and spotters, CASARA volunteers

devote over 188,000 hours a year to help in the aid of others.

As Sgt Cowan explains, "They can produce fantastic eyes and ears capability to the north. Where it takes us time to launch the aircraft, get them airborne and travel all the way into the expanses, these volunteers are already in the area. They are positioned all over our search and rescue region."

With one telephone call to a region's Zone Commander, volunteers are quickly launched into action, getting to their local airport, into their own aircraft, flying in an area they know well. At times, while the JRCC team is transiting to an area, local CASARA volunteers will have the case solved by the time they arrive, or at least pass along detailed information so that when the JRCC team lands they can start making informed

decisions on what types of resources they will need to provide.

"I recently completed a search master course and it really drove home the role of CASARA. They can set up the search headquarters, they already know what hangar space is available, they know what airport will facilitate large military aircraft, where the hotels are, where briefing rooms could be set up, so when we land the phones are set up and the maps are on the wall. They are really a very valuable resource," said Sgt Cowan.

Mike McKenna, one of the Nanaimo CASARA volunteers, enjoyed the afternoon spent at JRCC. "They are our eyes and ears for selecting areas to search in so we all have an interest in what goes on here. So we're here to meet the people, see the equipment and just get a



Penny Rogers, Lookout

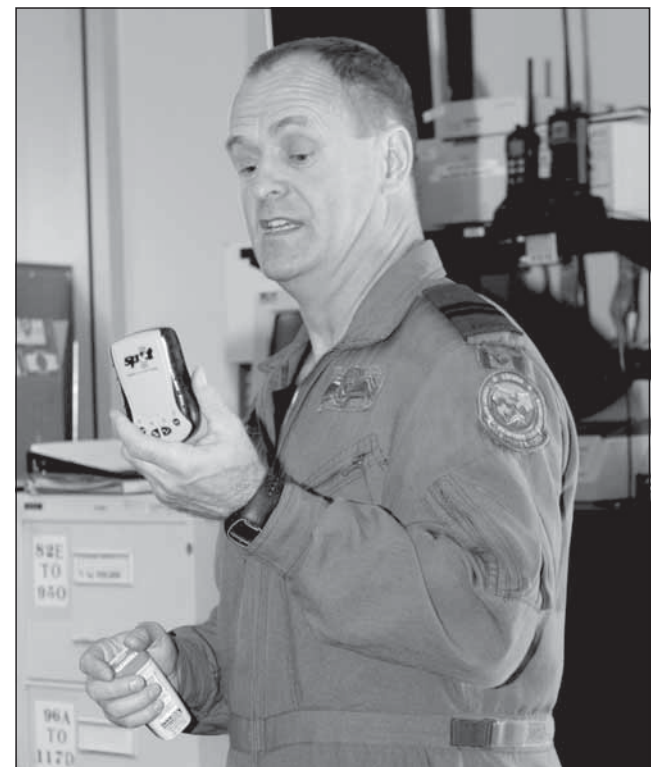
**Above:** Coast Guard Officer Wayne Bamford shows Joint Rescue Coordination Centre equipment to members of the Nanaimo Civil Air Search and Rescue Association (CASARA).

**Below:** Capt Dave Bowes displays a handheld GPS unit.

feel for the place," he said. "I knew there was an air section and a marine sec-

tion but seeing how they work together, seeing some of the technology used and just hearing stories from the search and rescue techni-

cians, just the information and the flavor they were able to impart, I learned a lot today. It was really fascinating," said McKenna.



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# Base barber keeps military stylish

**Erin McCracken**  
Contributor

Barbara Arnaud helps the military look good – literally.

With razor sharp scissors in one hand and a small black comb in the other, she keeps the uniformed members' hair well groomed.

Arnaud has been the barber at the Dockyard Barbershop for the past 15 years.

"It blew by," she said of her years cutting the hair of military and civilian personnel at CFB Esquimalt.

The day before the May 4 Navy Day, there was a steady flow of customers sprucing up for the parade through downtown Victoria as part of the Naval Centennial. Even before the shop opened, there were members waiting to take a spot in one of the two original barber chairs.

The Dockyard Barbershop is one of the only places in town where you can get a haircut before the workday starts. Arnaud unlocks the door at 7 a.m., before some people have even had their first morning coffee.

"It's good because I'm all done before 8 a.m. and I work at 8 a.m.," said CPO2 Frank Gingras as he waited for his turn in Arnaud's chair.

Within the hour more than a dozen customers had come and gone thanks to Arnaud's dexterity with the scissors and the proficiency of stylist Debbie

Bullard, who usually works Fridays.

They see about 100 military members and civilian personnel pass through their front door every week.

"It's not every barber or hairdresser that knows how to give a decent military haircut," said Lt(N) Michael McWhinnie before getting into the barber chair. Every two or three weeks he typically asks Arnaud for a low taper style without the thinning shears.

The building that houses the Dockyard Barbershop was built in the 1940s for officer training. Bob Walls, who was known as Bulkhead Bob, opened the barbershop in the 1960s after he retired from the navy. Paul Molinari took over in the mid 1980s and eventually hired Arnaud as a part-time stylist.

Arnaud, whose father was in the air force, followed in her mother's footsteps by going to hairstyling school. She was a hairdresser for 10 years before working at the base, eventually taking over the shop's full-time operation when Molinari moved away.

"It's a really good place to work," Arnaud says. "Everyone is really friendly."

Except for a new coat of paint, the addition of some wallpaper, an upgraded radio and some new waiting area chairs, the shop still looks as it did during the Second World War. The two ornate barber chairs that remain are working souvenirs of the



Shelley Lipke, Lookout

**Dockyard Barber Barbara Arnaud stands at the ready in front of the dockyard barber shop.**

past. Arnaud refers to one chair as Star Trek's Captain Kirk's command seat. It even has cigarette ashtrays built into the armrests.

A number of customers who walk through Arnaud's door are regulars. In between running conversations about hockey and the weather, she congratulated regular customer CPO2 Kelly Yerama on the recent birth of his baby.

He has been getting his hair cut here on and off since 1992. There are rare times when he goes elsewhere, but only when he has to, such as on week-ends when the Dockyard

Barbershop is closed.

"Sometimes you let it go too far and you can't walk into work looking like that," said CPO2 Yerama.

Every so often Arnaud will come across a head of hair that needs extra attention. The experienced stylist has had to get rid of a few mohawks or unnatural dye jobs over the years.

"Or they take the clippers to themselves and there are patches all over. It kind of looks like they're sick or something," said Arnaud. "They thought it was a good idea at the time and then found out that they had to get rid of it."



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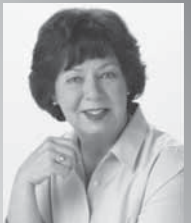
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# Bravo ZULU



Cdr Randy Caspick is promoted to Captain(Navy) by RAdm Tyrone Pile, Commander Maritime Forces Pacific (MARPAAC)/Joint Task Force Pacific (JTFF), and Capt(N) Alex Reuben, COS MARPAAC/JTFF.



Cdr Craig Baines accepts his promotion to Captain(Navy) from RAdm Tyrone Pile, Commander MARPAAC/JTFF.



Cpl Shirley Edel, Combat Camera Col Bryan Gagne, Brigade Commander 39 Canadian Brigade Group, presents Tosha Thomas, the sister of fallen soldier Sapper Steven Marshall, with the Sacrifice Medal. Sapper Marshall was killed Oct. 30, 2009, by an improvised explosive device while on foot patrol outside Kandahar City, Afghanistan. He was a member of 11 Field Squadron, 1 Combat Engineer Regiment.



Pte Christine Black of Base Logistics is promoted to Corporal by Cdr Kathleen Ballantyne.



AB Rachel Campbell of Base Logistics is promoted to Leading Seaman by Cdr Kathleen Ballantyne and PO1 Steven Wist.



OCdt Bryn Cornish receives his commission and promotion to Second Lieutenant from Sgt Denis Corriveau (left) and Cdr Doug MacKeen (right).



NCdt Sterling receives his commission to Acting Sublieutenant and promotion to Sublieutenant from Cdr A. Evans (left) and Cdr Doug MacKeen (right).



Michael McWhinnie, BPAO Nickey Addison, loaned representative for the 2009 Government of Canada Workplace Charitable Campaign/United Way Campaign, receives a Base Commander's Recognition Award from Capt(N) Marcel Hallé in recognition of her performance and dedication in her role as a loaned representative at CFB Esquimalt. She provided perspective and expertise to the community in her tireless efforts toward the success of the campaign.



Pte Malcolm Byers, Base Imaging Esquimalt Reviewing Officer Capt(N) Gilles Couturier (left), Commander of Maritime Operations Group 4, oversees the change of command for HMCS Whitehorse and Coastal Division. LCdr Angus Fedoruk (second from left) assumed command of Whitehorse from LCdr Henderson (right) while Cdr Paul MacNeill (second from right) relinquished command of Coastal Division to Cdr James Sprang.



Dave Sinclair, Command President of the BC/Yukon Command Legion, presents a certificate of appreciation to Formation Chief Petty Officer CPO1 Robert Cookson, and Joint Task Force Games Chief Petty Officer CPO1 Tom Eustace with RAdm Tyrone Pile, Commander MARPAAC/JTFF witnessing.



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





Base Commander Capt(N) Marcel Hallé (centre) invited Times Colonist staff members (left to right) David Obee, Lucinda Chodan, Debra Brash, Stephanie Coombs and Katie DeRosa to the Wardroom for lunch and to receive a Base Commander's Recognition Award for their series on the history of CFB Esquimalt.

## Base Commander honours news feature on CFB Esquimalt

**Michael McWhinnie**  
BPAO

Staff from the Times Colonist gathered at the Wardroom recently as the guests of Base Commander, Capt(N) Hallé. The luncheon was organised as a gesture of recognition for the seven part series entitled *CFB Esquimalt: Our Hidden City*. The week-long series of articles was published between May 29 and June 5 and featured a wide range of topics relating to the CFB Esquimalt Defence Team.

"When (Times Colonist City Editor) Stephanie

(Coombs) met with us in April, I saw this as an opportunity for the people of Victoria to learn more about their navy," said Capt(N) Hallé. "To see her vision come to fruition in the form of the many insightful and informative articles exceeded all my expectations".

Over a three week period, reporter Katie DeRosa and photographer Debra Brash interviewed thirty-eight Formation CF personnel, family members and civilian employees in support of a comprehensive report on topics ranging from the regional eco-

nomie impact of the Base to the ships of the fleet and life aboard a warship.

Katie described the work as a "crash course" on all things military and an eye-opening professional experience. "I learned so much about the history of the Base, its people and the wide range of their occupations," said Katie. "It was all very exciting, especially the opportunity to fly with 443 squadron," she added with a grin.

The interviews, photo opportunities and research support were provided by Sara Helmeczi of Base Public Affairs. "I was very

grateful at how accommodating everyone in the Formation I contacted was. Katie and Debra were welcomed everywhere we went and the result, I think, speaks for itself," said Sara. Illustrated with attention-grabbing images, the articles served to inform the Defence Team as well as the general public. "I received many positive comments and even people familiar with the Base are telling me they learned something from the series."

Local historian and editorial page editor Dave Obee has also been writing

navy-themed articles with support from the Naval and Military Museum and Esquimalt archives staff. His series appears in the Sunday TC and continues into July.

Capt(N) Hallé presented all three journalists personalized Base Commander's Recognition Certificates: to Editor in Chief Lucinda Chodan and City Desk Editor Stephanie Coombs he offered Canadian Naval Centennial coins.

"The entire series, including the IFR coverage, have proven to be extremely popular" said Lucinda. "The Navy-

related photo galleries on our website have received an unprecedented number of visits."

"Your hard work and professionalism made this initiative a success," said Capt(N) Hallé. "Your articles accurately captured the essence of life at CFB Esquimalt and have brought the citizens of Greater Victoria and Vancouver Island closer to their navy."

Anyone wishing to access the *CFB Esquimalt: Our Hidden City* series or any TC coverage of CNC events can visit: [www.timescolonist.com/navy100](http://www.timescolonist.com/navy100).

## Local members recognized for meritorious service



**Left:** CWO Christopher Avard Kaye receives the Meritorious Service Medal from Governor General Michaëlle Jean. As the regimental sergeant-major for the Health Service Support Unit in Afghanistan from January to September 2008, he balanced the emotional needs of his staff with the requirements of operations, ensuring the best possible care for soldiers stationed throughout Afghanistan. He also developed pocket guides that provided critical guidance for combat casualty care, and which are now used in military medical units across Canada.

**Right:** Cdr Craig Alan Baines receives the Meritorious Service Cross from Governor General Michaëlle Jean. As commanding officer of HMCS Winnipeg while deployed to the Gulf of Aden from March to June 2009, Cdr Baines' operational focus enabled the ship to integrate seamlessly into the NATO-led task force and to make aggressive use of its many resources to disrupt pirate activity. He worked closely with the media to ensure that extensive coverage of Canadian naval excellence was projected in media outlets worldwide. Cdr Baines' outstanding leadership significantly contributed to international counter-piracy efforts.

photos by Cpl Dany Veillette, Rideau Hall, OSGG



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

PUZZLE ON PAGE 4

# Naval centennial local cycle is on

**CPO2 Chris Carnall**  
Contributor

It may not be the cross Canada tour that was first planned, but cyclists here in CFB Esquimalt are training for a Centennial ride that will be held June 26. The Centennial cycling planning committee has shown extraordinary team spirit as the focus has shifted to try and get 100 riders from the West Coast naval community of serving personnel (navy, army and air force), civilian employees and/or retired members to complete a 100 kilometre or 50 kilometre ride that will take the cyclists to war memorials in the local area.

The planning committee has been working hard to keep the Centennial Ride alive; the two routes will take riders from the front of the Dockyard main gate on June 26 to Langford, Brentwood Bay,

Saanichton, Sidney, Cattle Point, Victoria, Esquimalt and finishing at Naval Officer Training Centre (NOTC) Gun Room for a barbecue. The 50 kilometre route starts at Dockyard then continues on to Esquimalt, Victoria, Cattle Point, crosses over at Elk Lake to West Saanich Road, onto Langford and finishes at NOTC.

So at this time we are calling on all cyclists interested to please make contact with the following committee members to register for this event by June 22. There will be a request for a donation of \$5 that will be collected for the Wounded Soldier Fund.

For more information contact Lt(N) Mike Klein MARPAC/JTFP, CPO1 Ron Mierau A/Cox'n FMF, CPO2 Chris Carnall MARPAC J4 Log, LS Matt Schlauch POESB Esq, or Ed Dixon, Base Photo.

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