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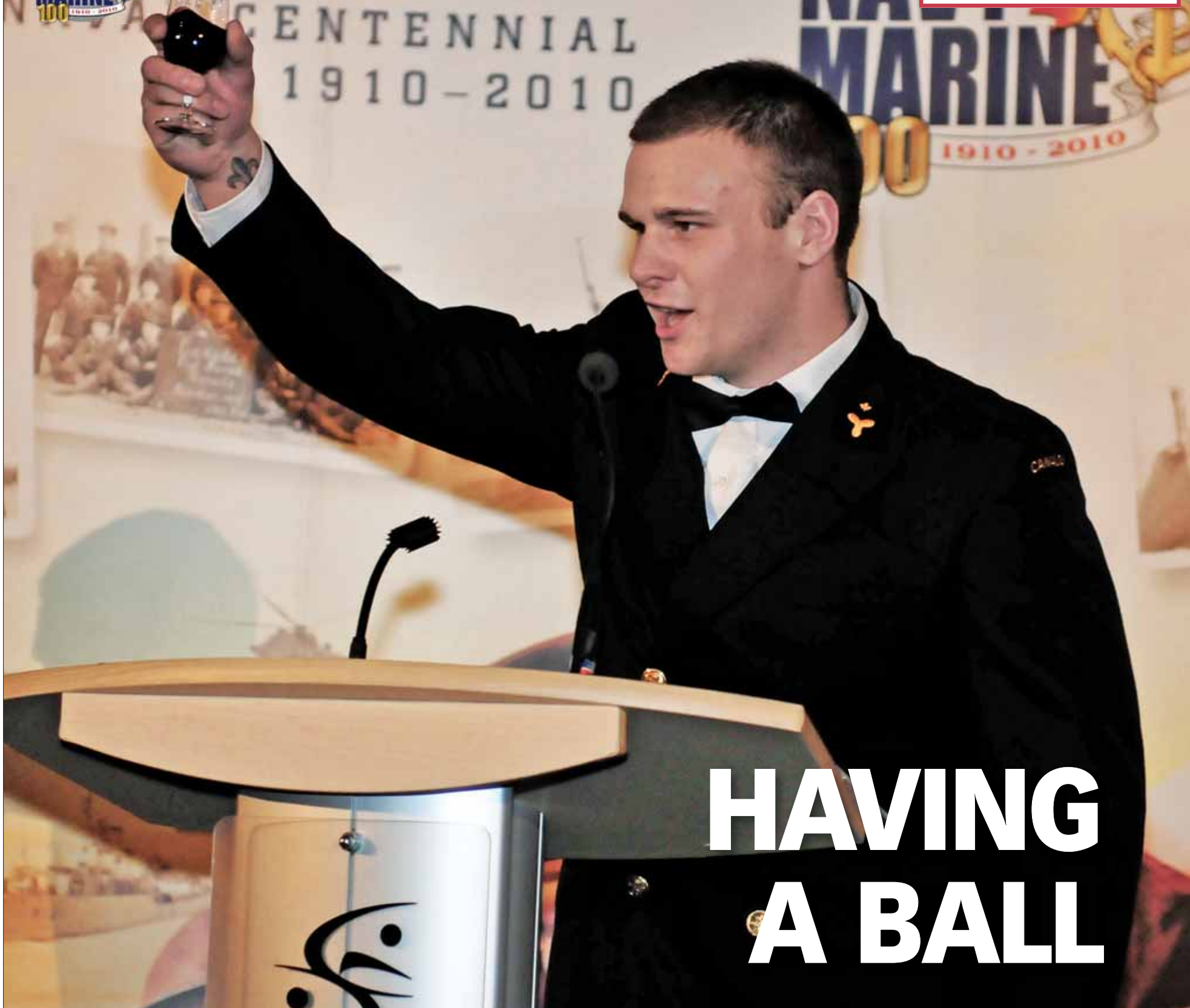
# LOOKOUT



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## HAVING A BALL

Shelley Lipke, Lookout

One thousand guests gathered in the Crystal Gardens and Victoria Conference Centre for dinner and dancing during the Canadian Navy Ball last Thursday. Following the naval tradition of the Toast of the Day, the youngest sailor at the event, 19-year-old OS Francis Richards of HMCS Winnipeg raised his glass and toasted, "To our Navy," in English and French.

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# Chief of the Defence Staff visits Whidbey Island for town hall

**PO2 M.A. Gadd**  
NOPF WI CANDET

Two weeks ago, Chief of Defence Staff (CDS), General Walter Natynczyk, and his wife Leslie, visited the Canadian detachment at the Naval Oceanographic Processing Facility Whidbey Island in Washington State.

The Naval Oceanographic Processing Facility monitors the Integrated Undersea Surveillance System (IUSS) in the Pacific, which listens for submarines. It has had a Canadian detachment since it was established in 1987. Today there are 37 Canadian sailors and their families living and working on Whidbey Island. They are fully integrated with their U.S. counterparts.

Gen Natynczyk's visit began with the presentation of a CDS Commendation to CPO2 Dan Caplette, the Coxswain of the detachment. CPO2 Caplette was recognized for his leadership and tireless efforts towards improving the quality of life for all Canadians posted "south of the border."

During a town hall that followed, Gen Natynczyk spoke about several issues facing the Canadian Forces today. The small size of the Canadian detachment allowed for a fairly inti-



CPO2 Dan Caplette receives the CDS Commendation from Gen Natynczyk.

mate gathering, which was enhanced by the General's personable nature. Sailors in attendance felt comfortable to pose several questions to the CDS and the Canadian Forces Chief Warrant Officer, CPO1 Bob Cleroux. The two were happy to provide in-depth answers about the future of the Canadian Forces and the

Canadian Navy.

While the CDS hosted his town hall, several sailors' spouses attended a similar round table hosted by Leslie Natynczyk. Over refreshments, everyone was encouraged to speak freely about the trials and tribulations of moving to the United States from Canada.

# Cost of meals increases at base galleys

**Shelley Lipke**  
Staff writer

CFB Esquimalt's galleys and messes have been known as the best meal deal in town, but effective today employees on base will dig a little deeper into their pocket for their lunch money.

Base Foods has not increased menu prices in five years. But rising food and labour costs, and the introduction of HST, has made a price hike necessary in order to manage their operation.

The increase will take

part in a two-tiered process to meet the targeted level needed to offset food costs; one increase takes place today and a second increase on April 1, 2011.

"We are not set up to make a profit," explains Base Food Officer Lt(N) Lynda Hinch. "The prices were increased in order to ensure the recovery of food, labour, facility and administration costs."

People can expect to pay \$1.50 today for a bowl of soup (\$1.75 at the Wardroom and Chief and Petty Officer's mess),

and in April it will creep up to \$1.75 (\$2.20 at the Wardroom and Chief and Petty Officer's mess). The salad bar, which has until now cost \$2.25, will cost \$3.25/\$3.60, and a sandwich, once \$3.50, will cost \$4.50/\$5.65.

There has been talk that salads may take on the weight system adopted by other cafeterias in Victoria, but this has not been decided.

For those messes that offer tableside service, the menu price will be a little more, versus the cafeteria

style service,

"The table service incurs a greater labour cost and we needed to take this into account when setting prices at these facilities," said Lt(N) Hinch.

On an average day, 830 people eat at Nellies Galley, Wardroom, Chief and Petty Officers Mess, Naval Officer Training Centre (NOTC) Venture Galley, Pacific Fleet Club and Damage Control School in Colwood.

The entire food service price system will be reviewed annually to ensure prices are offsetting costs.

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## WHAT SAY WE

# Estate planning issues for registered accounts

**Nick Woloszczuk**  
Contributor

Funds that accumulate in registered accounts such as an RRSP have significant benefits to the account holder throughout their lifetime. Contributions made to an RRSP account generate healthy tax deductions from income, not to mention they provide tax sheltered growth while the funds remain in the plan. As you draw income from your Registered Income Fund (formally RRSP) in retirement, the income is taxable in the year you receive it. Under current Canada Revenue Agency rules, you are not required to take any income from registered plans until you reach age 71.

So what happens to the funds when you pass away and you want to leave them to your beneficiaries?

### The Rules

Upon death, if you have a spouse, the funds can be rolled over on a taxed deferred basis to your surviving spouse with no immediate tax consequences. If you are leaving the funds to your children and/or other beneficiaries, the funds are

deemed to be disposed and are added to your taxable income in the year of death.

Your estate pays the tax on your final return, however with registered assets, you can name beneficiaries and have the funds directed to them without going through the estate. This helps to avoid probate fees (they vary between provinces; 1.4 per cent in B.C.) and reduce estate settlement costs, but you need to ensure you have other assets in the estate to fund the taxes owing.

To accomplish this there are several things you can do.

### The Strategies

Proceeds from the sale of estate assets can be used to fund taxes owed due to the disposition of registered assets. There is no income tax payable on the family home if you were the principal resident, however, any capital gains realized after the death of the homeowner is taxable to the beneficiaries if the family home does not qualify as their principal residence. Delays in the distribution of estate assets is a fairly common occurrence especially if the deceased died without a will (intestate) and could magnify the risk of additional unrealized capital gains. If the

adult beneficiaries are already homeowners, the family home will not qualify for the principal residence exemption.

Life insurance proceeds can provide a source of liquid cash to fund taxes assessed on your final return;

You could name a charity as the beneficiary on your registered assets; the charity receives your registered funds and your estate receives a charitable tax receipt for the value of the assets left to the charity. The receipt is attached to your final tax return and helps to offset any taxes owed on your final return. This strategy provides for your favourite charity and may help fulfill your philanthropic interests while reducing tax payable on your final return.

Whether you are thinking about your own estate or receiving an inheritance from a family estate, working with a financial planner ensures that you mitigate the tax paid by your beneficiaries and your final return.

*Nick Woloszczuk advises military personnel on financial issues related to transition from the public to the private sector. He is a licensed insurance broker and mutual fund representative working at an independent financial planning firm.*

## People Talk

Lookout asked this question:

*If you could leave just one book for the world to have 500 years from now, which book would you leave?*



"Kiss My Tiara: How to Rule the World as a Smart Mouth Goddess" by Susan Jane Gilman. I've read this book about a thousand times, it's tattered and torn; I've sent it to all my girlfriends. It's just practical, sensible, funny advice on how to rule the world as a smart-mouthed goddess.

Nicole Bennett,  
Human Resources  
Manager



"Love Story" by Erich Segal. It's a story of struggle and survival after tragedy. It gave you a warm and fuzzy feeling even though the outcome wasn't positive. It was easy to connect to the story and the characters. For its time, it was just a nice easy read.

Kelly Binette  
PSP Recreation Director



"The Bible" because it influences so many people around the world, and it has for so many years. I'm not a religious man, but because of its influence on so many people it would be worth leaving behind.

Cpl Joel Livingstone



"Lord of the Rings" by JRR Tolkien. I think because it's a timeless fantasy. It's old already, it's gone through the ages and is still relevant to people. It would survive through that amount of time. It's a classic.

Sandra Heath,  
Seamstress at the  
Dockyard Tailor



"The Easy Way to Quit Smoking" by Alan Carr. Because it's a good book and it works. Well hopefully there are no cigarettes then, but if there is this book will help.

Frank Csinos,  
Firefighter

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# FILM *friday*

## “Monsters” promises thrills but fizzles to strained drama

**W. Andrew Powell**  
The GATE

New this week in theatres: two people try to escape Mexico and return to America in the alien-infused drama, *Monsters*; plus a look at *Saw 3D* and *The Girl Who Kicked the Hornets' Nest*.

### Monsters

Titles, and trailers, are a lot more important than most people realize, and a film like Gareth Edwards' *Monsters* abundantly proves that.

Gareth Edwards' movie certainly has style, interesting characters, and a lot more going for it, but for a movie with a title like *Monsters*, there sure aren't a lot in sight.

Sure, there are giant octopus-like creatures roaming parts of the United States and Mexico, and I think Edwards wants you to see them as monstrous at times, but they're spotted so infrequently, it's hard to even imagine them as the stars of the film.

Instead, *Monsters* is about two people, thrust together and trying to get across an area known as the Infected Zone, where alien life has sprung up following a NASA disaster some six years ago.

Andrew, played by Scoot

McNairy, is a young photographer hoping for his chance to get photos of some of the numerous creatures that are roaming the Infected Zone and outside parts of Mexico. He has to take a time-out from his job though when the owner of his publication sends him off to take care of his daughter Sam, played by Whitney Able, who was injured in a recent attack by the creatures as she vacationed in Mexico.

With a kind of migratory season about to push the alien creatures through a major portion of Mexico, Andrew needs to escort Sam to a nearby port where she can catch a ferry back to civilized America, but through a series of problems the duo are forced to walk the wilds of the Infected Zone. That leaves them cozying up to each other as they try to survive the desolation left behind by the alien creatures.

Inviting obvious comparisons to films like *Cloverfield* and *District 9*, *Monsters* is a solidly built movie that feels like a thriller early on, but fizzles into a strained drama by the time it ends. It also doesn't help that if you've seen the film's trailers, you're probably expecting something far more thrilling than this aimlessly luke-

warm story about people, rather than alien life forms hell-bent on mankind's destruction.

Had the trailer not been so misleading, I probably could have forgiven the film more, but that doesn't change the fact that *Monsters* just doesn't deliver a strong or moving story. I liked the film's stars, the music, and cinematography was solid, and there's something a little magical about the size of the creatures and how they're presented, but I still walked out of the film scratching my head and expecting much, much more.

*Also opening this weekend...*

### The Girl Who Kicked the Hornets' Nest

In the third and final film adaptation of Stieg Larsson's well-known thriller novels, Lisbeth is back, played once again by Noomi Rapace, recovering in a hospital as she waits for her trial for three murders. Meeting with her father, and plotting her revenge against those who have wronged her, it's up to her friend and comrade Mikael Blomkvist, played by Michael Nyqvist, to try to defend her in court and discover why Swedish officials seem to have it out for the young, troubled hacker.

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## SPORTS *trivia* by PO2 Bill Sheridan Contributor

### Sports Movies

#### QUESTIONS?

- In the movie of the same name, who was Gus?
- What did Rod Tidwell make Jerry yell while on the phone?
- In *The Garbage Picking Field Goal Kicking Philadelphia Phenomenon*, who was the stunt double who actually kicked the field goals?
- Who did Eddie Lebec marry?
- Who was the ESU coach in the movie called *The Program*?
- What jacket does Axel Foley wear on *Beverly Hills Cop*?
- What is the number on the car in *The Love Bug*?
- Who was Claire Lewicki in *Days of Thunder*?
- In the movie; *3 The Dale Earnhardt Story*, who played Dale?
- Who wants to turn the Golf Course into Condos on *Caddyshack*?
- What is the name of the donut shop on *Wayne's World*?
- What was *Moonlight's* Grahams wife name?
- In *We Are Marshall*, why did the team have to rebuild?
- Who was Happy Gilmore's arch rival?
- What team did Sam Malone pitch for?
- Who was the owner of the Indians in *Major League*?
- Who was basketball player Scott Howard played by?
- Who was Coach Norman Dale?

- Field Goal Kicking Mule, a Disney themed sappy comedy.
- "Show me the money"
- Mike Vanderjag
- Carla Tortelli, Cheers
- Sam Winters, played by James Caan
- Detroit Lions
- 53
- Doctor who was portrayed by Nicole Kidman
- Barry Pepper
- Rodney Dangerfields character named Al Czervik
- Stan Mikita's Donuts
- Alicia from *Field of Dreams*, she was mentioned a few times but never seen.
- Virtually the whole college football team and coaches were killed in a plane crash
- Shooter McGavin
- Boston Red Sox, from Cheers
- Rachel Phelps
- Main character played by Michael J Fox in *Teen Wolf*
- Basketball coach in *Hoosiers*, played by Gene Hackman



Image: Department of National Defence

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# Best in fly fishing come to Victoria

**Ben Green**  
Staff writer

Wouldn't it be great to learn and improve your passion from the people who do it best? Learn the perfect guitar chord from Eric Clapton, the technique to a seamless slap-shot from The Great One, or the poetic genius from Margaret Atwood. If your passion is fly fishing, or fishing of any kind, then the Haig-Brown Fly Fishing Association's (HBFFA) upcoming symposium is this kind of opportunity.

HBFFA has arranged experts in the world of fly fishing to speak at the two day symposium held at the University of Victoria, Nov. 13 and 14.

Expect to learn the differing techniques of catching steelhead, salmon, and trout, as well as how to fly fish in varying types of water.

LCdr Dan Lougheed, Engineering Division Commander and a nine-year member of the HBFFA, is excited about the guest speakers at this year's symposium.

"We got guys like Brian Chan, Phil Rowley; those are two of the most famous fly fishermen in B.C.," said LCdr Lougheed. "We got Skip Morris from the States, we got some really big names wanting to take part in this."

Other speakers include Peter Morrison, Don Freschi, Tom Johannesen, Andy Snedden, Todd Oishi, Art Lingren, Dana Sturn, and Robert Behnke, all have varying fields of expertise when it comes to fly fishing.

Tickets cost \$80, which covers both days, plus LCdr Lougheed says all funds raised go toward their organization's sponsored programs.

"The goal is to raise money for conservation, there'll be no profits generated for the club; it'll go to projects in Vancouver Island," he said. "Organizations such as Goldstream



LCdr Dan Lougheed, Contributor

**A Haig-Brown Fly Fishing Association member nets a rainbow trout at Langford Lake during the spring "Fish Out."**

Hatchery and Peninsula Streams come to us and ask for donations each year."

The Goldstream Hatchery and Peninsula Streams promote river and fish conservation and work with the surrounding communities. The HBFFA also supports similar initiatives such as the Kingfisher Creek Society, the Watership Foundation, and the Steelhead Society.

This will be the second time the HBFFA has put on this symposium. The first time was three years ago and the club raised around \$8,000 for conservation projects in the local community.

**We got some really big names wanting to take part in this.**

-LCdr Lougheed  
HBFFA member

Along with the opportunity to learn from some of the best fly fisherman in the world, the symposium offers attendees the chance to win door prizes. These include Sage fly rods, an Islander Spey Reel with a custom built fly rod from R.B. Meiser (considered to be the best in the world and valued at over \$2,500) and a two-night/one-day guided fishing experience at the Cowichan River Lodge.

The HBFFA was founded in the late 1970s and is comprised of locals, military, retired military, and civilians on the base. With around 60 current members, the club meets once a month at the Chiefs and Petty Officer's Mess at CFB Esquimalt to discuss a range of topics.

Tickets are available at Robinson's Sporting Goods, Island Outfitters, W & J Wilson Ltd., or by calling 250-881-1870. More information can be found at the HBFFA's Web site at [www.hbffa.ca](http://www.hbffa.ca)

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# An inside look at how your United Way donations help those in need

**Shelley Lipke**  
Staff writer

Every dollar raised through the Government of Canada Workplace Charitable Campaign finds its way from the larger United Way organization right down to the individual in need.

Sixty three local charities receive funding that goes towards 120 programs that address the most pressing human and social issues: housing, mental health and addictions, and family and community well being. The following are examples of some of the programs that could not exist without your donation:

- **Victoria Riding for the Disabled Association - Therapeutic Riding for the Disabled**

For nearly a century, rehabilitation through horseback riding has been viewed as an excellent way to benefit people with disabilities. This United Way-funded agency is bringing these physical, psychological and social benefits to a wide range of people aged seven to 60 who have physical, mental or learning disabilities.

This program benefits people with cerebral palsy, downs syndrome, autism, multiple sclerosis, muscular dystrophy, and learning, hearing or vision impairment.

The United Way provided this agency \$10,000 in funding this year.

Impact area: Family and Community Well-being

Age groups: Children, youth, adults

Target groups: People with disabilities

- **Victoria Epilepsy & Parkinson's Centre - Keeping Older People with Parkinson's Connected**

The United Way is helping make sure older people with Parkinson's Disease are connected with their community, keeping them in touch with important services and fully engaged to maximize their quality of life. This program is making sure the needs of this particularly vulnerable group are identified and met.

The United Way provided this ongoing program \$25,000 this year.

Impact area: Family and Community Well-being

Age groups: Older people

Target groups: Isolated older people with Parkinson's Disease

- **Victoria Single Parent Resource Centre Society - Providing single parents with resources to excel**

Single parents living on low income sometimes lack the skills, resources and support they need to parent their children effectively.

This United Way-funded project helps meet this challenge by providing parents with the resources

they need to build warm, responsive and trusting parent-child relationships.

The Victoria Single Parent Resource Centre Society is providing this parenting education program through a United Way-funded project that helps 72 isolated, low-income single parents gain the skills that lead to stronger families and healthy, resilient children.

Parents are provided with information and support, and are encouraged to use their creativity to apply what they learn to their unique life and parenting situation.

The United Way contributed \$20,000 to this project in 2010.

Impact area: Family and Community Well-being

Organization:

Age groups: Adults

Target groups: Single parents living on low incomes

- **Umbrella Foundation for Addictions and Mental Health - Quick connection to mental health and addiction services**

Linking directly to the NEED Crisis Line, this new United Way-funded program provides a direct connection to help for the five per cent of callers who are concerned about substance use.

Of the thousands of people who call the NEED Crisis Line for help each year, about one in 20 is calling about substance abuse

– either their own or that of someone they care about. In the past, it was difficult to connect these people with the help they need.

Umbrella Foundation for Addictions and Mental Health is changing all that through this innovative partnership that connects such callers directly with peer outreach workers, who meet with them and help them connect with appropriate services.

The Help 2 You program helps make sure people struggling with addictions don't fall through the cracks. By proactively connecting people with a peer outreach worker, the program breaks through the fear that sometimes prevents people from getting help even if they have been offered information by a NEED Crisis Line volunteer. This way, the connection is timely and much more certain. The result is more people who call NEED about substance use getting the help they need, and in a timely way. The United Way provided this program with \$71,940 in funding this year.

Impact area: Mental Health & Addictions

Organization: Umbrella Foundation for Addictions and Mental Health

Age groups: Adults

Target groups: Adults with mental health and/or addictions issues

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## JOIN THE CLUB



Shelley Lipke, Lookout

Commander Maritime Forces Pacific and Joint Task Force Pacific, RAdm Nigel Greenwood, accepts his membership package to the Union Club from Iain Hooley, Director of the Union Club of B.C. The Union Club officially welcomed RAdm Nigel Greenwood and Base Commander Capt(N) Craig Baines to their military posts by giving them free Union Club membership for the duration of their current roles.



# Training film illustrates dive emergency procedures

**Virginia Beaton**  
Trident Staff

Aspiring divers on course at the Fleet Diving Unit(Atlantic) (FDU(A)) and FDU(P) have a new way to learn about dive emergency procedures.

A bilingual 45-minute DVD, developed and produced by Journeyman Film Company and co-produced with Atlantic Mediaworks, uses a dozen members of FDU(A) in action, reconstructing real dive emergencies and demonstrating correct dive procedures.

"A lot of our training films were fairly outdated and some of them weren't even Canadian," said Lt(N) Billy Barter, Executive Officer of FDU(A). "We wanted to update our film library for the new students and get them more recent events."

The new training DVD, titled Dive Emergency Procedures, was shot in February and May 2009, and according to PO1 Paul Walsh, an instructor at FDU(A), some of the water segments of the film were shot on location where original dive accidents took place, "to add realism to it."

According to Lt(N) Barter,

Journeyman Film Company created the script following discussions with FDU(A) personnel. Several of the most experienced divers, including LCdr Roland Leyte, Commanding Officer of FDU(A), PO1 Walsh, and then training chief CPO1 Charles Trombley, appear in the film to describe what happened during dive accidents they either witnessed or experienced.

LCdr Leyte described a 1991 incident in Portugal in which he and several other divers from HMCS Margaree were trapped underwater in a vent of USS Pharris. He survived, but two divers died. The incident is demonstrated through an animated segment.

PO1 Walsh recalls a 1988 dive at Wreck Cove in which diver LS Stephane Flynn died, summing it up as "a combination of so many things that led to a tragedy."

He describes the importance of following safety procedures, and stresses, "Nobody, no matter how experienced, is invincible."

For the dozen or so divers who participated in the film, there were some long, hard days, said Lt(N) Barter.



Photo by Dave Scholten

**FDU(A) personnel and film crew from Journeyman Film Company shoot footage for the training DVD titled Diver Emergency Procedures.**

Shooting take after take was demanding.

"The weather didn't always cooperate," says PO1 Walsh. "It was cold and sometimes it was too murky to shoot underwater."

The underwater film was shot by MCpl Peter Reed, a Formation Imaging Services

photo technician who also is a diver.

"I've seen the end product and it is very good," said Lt(N) Barter. "We've had some very positive feedback from the first few ships' diver courses who have seen it."

PO1 Walsh says, "It is grit-

ty and it's edgy. It's real. The language, the actions of the supervisors, the tone, the characters are all very realistic. It's how diving operations are conducted. The goal was to make it as truthful as the way we conduct business around here."

The film illustrates how

quickly and unexpectedly an accident can happen.

"Now I can tell students, 'This is why, and this is how come. Because back in 1993 or 1996, this is what happened, and when the board was finished, they concluded that this was what led to the death or the injury.'"

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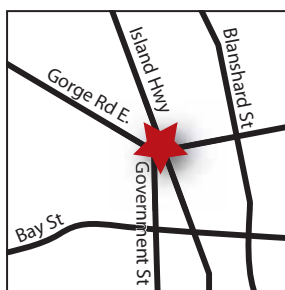


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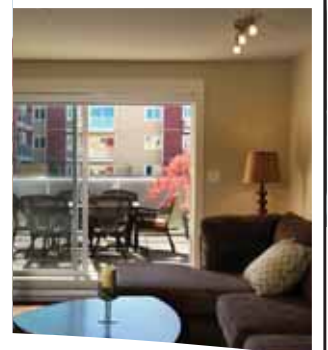
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# Mission accomplished for returning ships

**Capt Quentin Wyne**  
Contributor

Family spirits were upbeat at CFB Esquimalt on Saturday when HMCS *Algonquin*, *Protecteur* and *Vancouver* arrived home from a four month summer deployment on Operation Pacific Amistad. The ships passed Duntze Head between 11 a.m. and 12:30 p.m. and arrived alongside to the hearty waves of family and friends and the tunes of the Band of Maritime Forces Pacific. The Ships had been at sea since June 14, travelling as far south as Valparaiso, Chile, and as far west as Hawaii.

Operation Pacific Amistad was the collective name for a series of separate and distinct exercises and activities that together represented the Fleet's efforts to build capacity and interoperability amongst naval fleets from North, Central and South America and the Pacific. The variety of training and activity that was accomplished reflects the increasing range of tasks faced by the Canadian Navy within the international community.

In the past, Canada's naval presence at sea was primarily military as well as the traditional role of navy to navy and nation to nation diplomacy. Today, it has grown to include constabulary duties in support of national law enforcement authorities and other government agencies.

The latter include new challenges that have arisen from general increase in marine activity taking place in close proximity to Canada, environmental and sovereignty patrols as well as maintaining a watchful eye

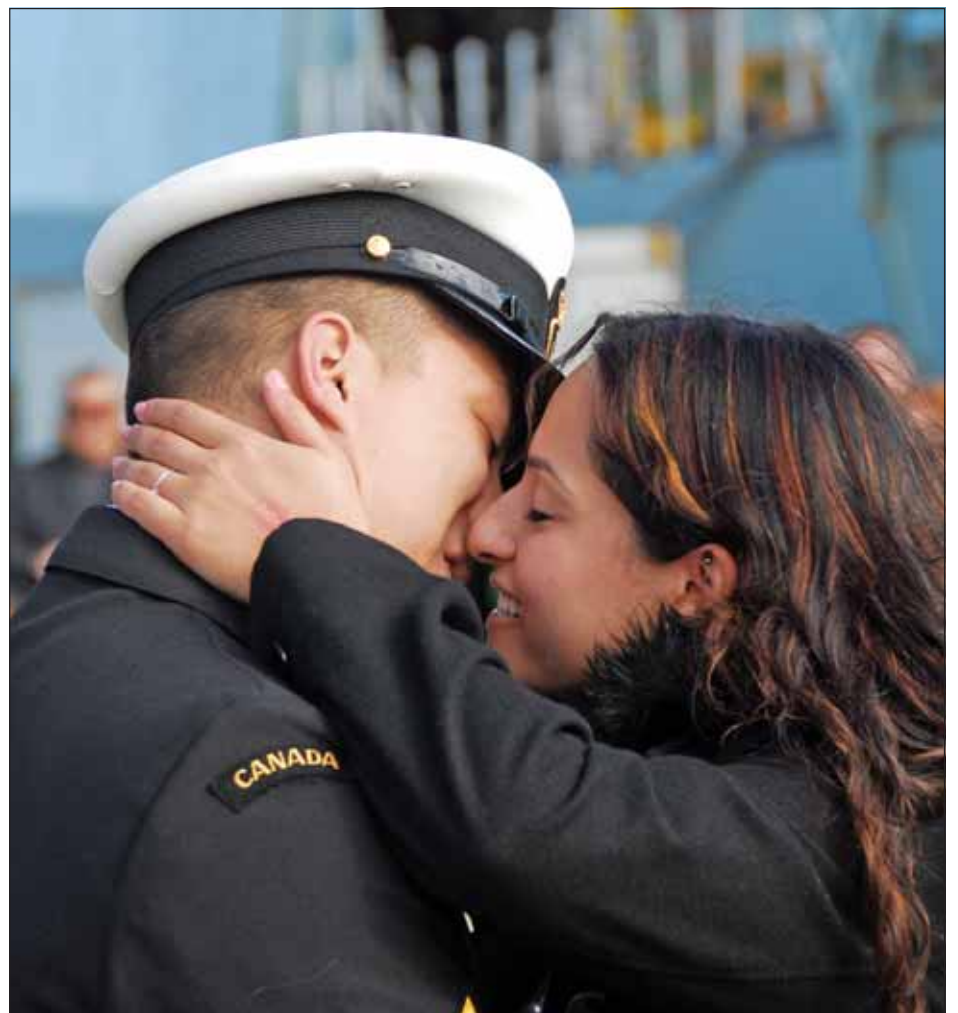
for illegal seaborne migrants.

Recent experience has seen a growing use of vessels purpose-built to avoid detection while smuggling contraband, thwarting law enforcement agencies using conventional law enforcement capabilities. The exercises and operations that took place this summer in cooperation with other nations through the U.S.-led Joint Interagency Task Force were designed to bring unique military capabilities to counter the increasingly sophisticated threats associated with the drug trade and other criminal activity.

Operation Pacific Amistad also featured a number of outreach events such community projects, working to repair and improve an orphanage in Peru as well as visiting a hospital for disabled children in Chile. The Canadian Embassy also hosted a reception on board *Algonquin* in Valparaiso, Chile in which the Canadian Ambassador highlighted Canada's continuing commitment to the region and our increasing interest in developing North, Central and South American ties.

Canada's recently announced ship building program underscores the increasing importance of Canada's Navy in a world where a global economy is dependant on the movement of trade by sea.

For now, the returning sailors can point to their having met all of the challenges that Operation Pacific Amistad held, and to the Navy's ability to meet its assigned roles and tasks across the globe. Having achieved their aim, the crews can enjoy some much needed time off with friends and family, before duty once again calls.



Ben Green, Lookout

HMCS *Protecteur*'s AB Jason Lew surprised his girlfriend Sheliza Dewji with a marriage proposal immediately after disembarking the ship. She said yes.

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Ben Green, Lookout

**Top left:** Cdr Angus Topshee, Commanding Officer of HMCS Algonquin, is welcomed home by his daughters Charlotte, Zoe, and Amy upon the ship's return from Operation Pacific Amistad.

**Top right:** LS Daniel Torkoff, a member of HMCS Algonquin, is welcomed home by his girlfriend Colleen Gordon. LS Torkoff won the ship's contest for the ceremonial first kiss.

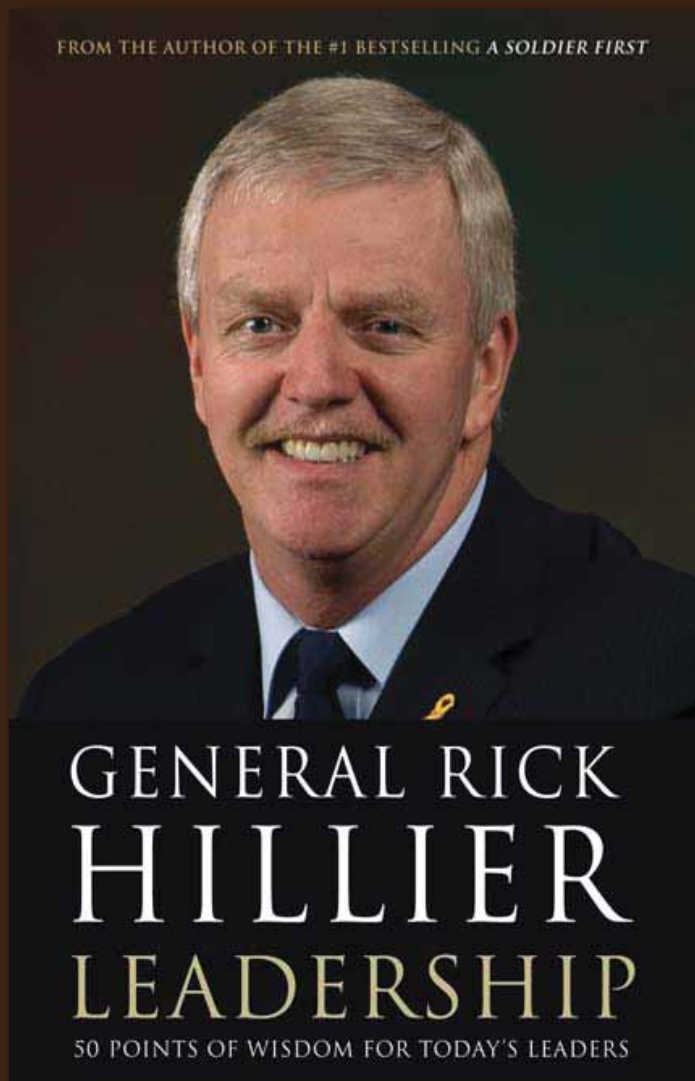
**Left:** Jaime Fraser and husband MS Peter Fraser, with a few feet of water between them, waited an agonizing few more minutes before being reunited.

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# Navy member takes 10th arm wrestling championship

**Virginia Beaton**  
Trident

His victory in the 2010 Canadian National Armwrestling Championship was the 10th consecutive time that NCdt Will Sarty has won the national title in his sport.

With support from Personnel Support Programs Halifax, NCdt Sarty attended the Canadian Armwrestling Federation's annual competition, held this year in Winnipeg on Sept. 4 and 5. He competed in the 60kg weight class and took gold in both the right and the left arm categories.

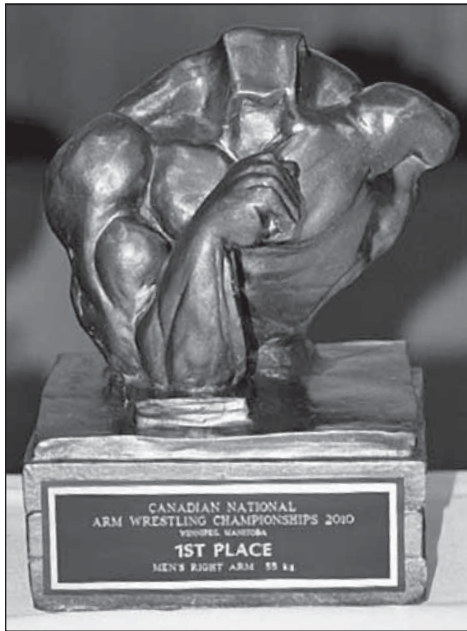
"There were a lot of younger people this year, some just 16 or 17 years old but with phenomenal talent," said NCdt Sarty. "It's good, because it makes us train harder."

He received a bye for the provincial championship in July because the board of committees knew about his military commitments for the summer. NCdt Sarty was on a French course "and then I got pulled off the French course to instruct a basic training course in Quebec. So I was gone all summer, and trying to train for armwrestling on top of that."

A new addition to his routine is rock climbing. "The kind I'm doing is called bouldering, and you're pretty much upside down all the time. You're working on the ability to hang on to the walls so it's a lot of weight to strength ratio."

NCdt Sarty is currently a third year student at St. Mary's University. Because of his academic and military obligations, he is unable to attend this year's world competition.

"If I were going to the worlds, I could have made the 121 pound class, I would have walked away with it and I would definitely have won it." Armwrestling is gaining a higher profile, he says. There are more and younger participants interested in training. "We go to the



NCdt Will Sarty, right, competes during the 2010 Canadian National Armwrestling Championship held in Winnipeg.



schools, we take tables and we train the gym teachers in things like safety. The kids are really getting involved so now when we do tournaments, we have more kids in the kids' tournament than we have in the open tournament."

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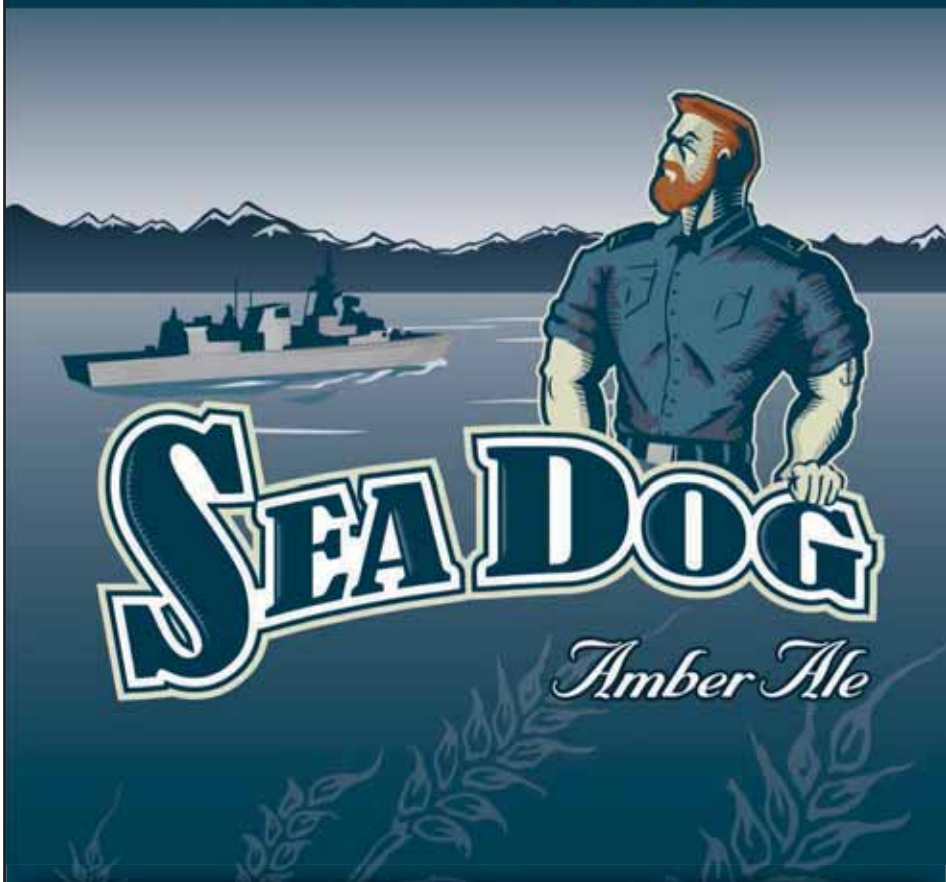
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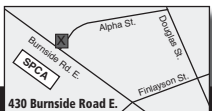
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For more info, please contact Vicki Laidlaw, event organizer, at [vicki.ilkka@forces.gc.ca](mailto:vicki.ilkka@forces.gc.ca) (250) 363-2595.



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# Going green

**Shelley Lipke**  
Staff writer

Growing up in a military family has paid off for Ashley LeGroulx and Tanya Barron. The two women have taken the importance of spit and polish, passed to them by their respective parents, and turned it into a lucrative, environmentally friendly cleaning business.

The duo has partnered to open Green Girls Cleaning, a company that uses organic and eco friendly products.

"I've always had the clean bug," says Barron. "This job is right up my alley."

Leaving the security of an established cleaning company to break out on their own was risky but worth it, says 21-year-old LeGroulx. In three months they have secured nine clients a week including the Saanich Fire Department. But they have plenty of room on their roster for more clients.

The pair charge \$65 per hour, provide free estimates and are fast and thorough.

"Most of our cleaning is by word of mouth. We also clean for MLA Lana Popham who is very excited about us and she has been talking to her friends about our business. It's really



Shelley Lipke, Lookout  
**Armed with green cleaning products, mops and brooms Tanya Barron and Ashley LeGroulx recently launched Green Girls Cleaning.**

nice to be appreciated by our customers."

To hire them or receive an estimate for any cleaning job call 250-661-2633, or email greengirlscleaning@live.ca.



Cpl Amy Martin, 12 Wing Imaging  
**Debbie Travis poses with the team from 12 Wing Shearwater and CFB Halifax that helped her with a home makeover.**

## CF members help Debbie Travis

**Lt Candace Bennett**  
CFB Halifax PA

Back in July, North Preston Days, Nova Scotia, served as the backdrop for the kick-off of the new Debbie Travis show *All for One*.

The cast and crew spent four days transforming the house of Rose Fraser, a North Preston volunteer and resident.

To help with the makeover were personnel from CFB Halifax.

A team from CFB Halifax and CFB Shearwater spent a morning out in North Preston putting the finishing touches on Rose's house before the big reveal. The crew did everything from minor construction, to cleaning and yard work.

"It is nice to help out in our own backyard," said Lt(N) Ian Cross. "We spend so much time away on deployments or on ship making a difference in so many places, it is nice to make a difference right here in Halifax."

Most of the labour, build-

ing materials and decorations were donated from people within the community and local companies. All the work was carried out by volunteers. Even the refreshment table was manned by members of Rose's family.

"There was a lot to get done in only four days," said Greg Thompson, a member

of the Debbie Travis production company. "We were glad you (military personnel) could come out and help with the transformation of Rose's house."

The show's premier was Sunday, Sept. 26 on CBC TV. For more information on Rose or *All for One*, visit [www.cbc.ca/debbietravis](http://www.cbc.ca/debbietravis).

## TIPS

**The Military Police have a tips line 250-363-TIPS.**

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## Fall recreation activities heating up

**Ben Green**  
Staff writer

Personnel Support Programs (PSP) has a variety of upcoming activities for people of all ages and interest levels.

For those who like to swim, they will be relieved to find that the Naden pool is back open and under the regular schedule.

And speaking of the pool, the newest aqua-fit class will be offered once more this fall at the Naden Athletic Centre. This low impact, high cardio class is a total body workout targeting your lower body, upper body, and core. The class is for adults only and will run every Tuesday and Thursday from Oct. 26 to Nov. 30 from 6-7 p.m. It is \$40 for

10 classes, and registration is open now.

For those who prefer solid ground when working out, the Pilates class at Naden will extend until Christmas. This class meets every Tuesday and Thursday from

4:30-5:30 p.m., contact PSP for more details.

Finally, PSP is asking for your feedback on their FUNSeeker camp survey. By following the link, PSP can improve upon their popular children and youth

summer programming.  
www.surveymonkey.com/s/S9KX9S7

For any questions, comments, or concerns, contact PSP at 250-363-1009, or visit the kiosks at Naden and CPAC.

## End of season golf tourney

The PSP End of Season Golf Tournament was held on Thursday Oct. 7 at Gorge Vale Golf Course. This year's event was well attended with 76 golfers. The beautiful weather set the stage for a challenging and competitive event.

Reg Rogers and Ron Nixon with a score of 66 narrowly beat Mark Unwin and Randy Bryant for the coveted title of 2010 PSP End of Season Champions.

Tournament results:

### Gross

1<sup>st</sup> Place: Reg Rogers and Ron Nixon

2<sup>nd</sup> Place: Mark Unwin and Randy Bryant

3<sup>rd</sup> Place: Kirk Unwin and Steve Fisher

**Net**  
1<sup>st</sup> Place: Damien McCabe, Tim Howard

2<sup>nd</sup> Place: Tom Campbell and Colin Brown

3<sup>rd</sup> Place: Keith Wilson and Glen Maglio

Congratulations to the tournament Champions and to all the players who made the event a huge success.

## Pacific Women's Day a popular retreat

**Jon Chabun**  
MFRC

Next Saturday, women in the military community will come together for the 20<sup>th</sup> annual Military Family Resource Centre women's conference.

Pacific Women's Day is a women-only event for military spouses/partners, military members and DND civilians.

Participants will engage in workshops and activities geared to relaxing the body and re-energizing the spirit. And this year's event at Royal Roads University's Hatley Castle did something amazing: it sold out in a record 14 days.

"The word is out," said Sara Mansi, one of the organizers of the event. "People know about Pacific Women's Day and what a great experience it is. Having this year's version take place at the historic Hatley Castle is an added treat. We knew it would sell out but didn't think it would happen so quickly. It was a happy surprise. It is good recognition for the organizing committee who worked hard putting this day together."

The day is a chance for women in the military community to get away from it all and take a day for themselves. Some use the day to connect with people they haven't seen in awhile, some to meet new people, some to learn something new and some to just have fun.

As a part of Pacific Women's Day, each participant attends three workshops, the keynote speaker and receives a buffet lunch. Workshops include Truffle Making, Burlesque, Wine Tasting, Step into Your Style, Travel Tips, Spa Experience, and Know Yourself, Know Your Family.

Dr. Jennifer Walinga from Royal Roads University will deliver the keynote address. Her talk will focus on how people can unlock creative and sustainable strategies for achieving optimal energy in work and life. In addition to being part of the faculty at the university, Dr. Walinga is a former Commonwealth, World and Olympic champion rower.

Other highlights of the day include a door prize for a two-night stay at the Fairmont Vancouver, the unveiling of the 2010 Phenomenal Woman Award



Women's Day organizers (left to right) Sara Mansi, Michelle Pearson and Penny Lopez stand outside Hatley Castle, this year's venue.

winner, and the reveal of the Early Bird Prize winner. Sgt April Levigne, who won the early bird draw, received an \$800 makeover of personal shopping, clothing, makeup and hair.

Royal Roads University and the Military Family Resource Centre present the 2010 Pacific Women's Day. The next Pacific Women's Day is tentatively scheduled for Nov. 5, 2011.

## How to survive the fall spending frenzy

**Tricia French**  
SISIP Financial Services  
Edmonton

It takes savvy money management to survive the onslaught of fall expenses. The good thing about the soaring expenses between September and December is that they're predictable: Kids always go back to school in September, Thanksgiving is always in October, and Christmas is always on Dec. 25. Fortunately, it's much easier to plan for events you know will happen.

How can you plan to not just survive but thrive? Use these three steps to put together your plan: review, reflect, and rework.

First, review your spending over the same time period last year by looking at receipts, cash withdrawal slips, and bank and credit card statements. We usually underestimate what we spend, so checking your previous year's spending helps you be accurate and realistic.

Second, reflect on whether you'll spend the same amount this year. If you were comfortable with the amount you spent, great! If spending got out of hand, strained your budget, or added to your debt load, then now's the chance to commit to a new spending limit. A spending limit ensures you don't carry costs of those events well into

the New Year, often costing hundreds of dollars in interest.

Once you've decided what you're going to spend, the final step is to rework your budget to set aside money for those expenses. It's much easier to save a little at a time over the year and it's never too late to get into the habit.

Try these reliable strategies for saving for planned expenses. Earmark a bank account specifically for savings for annual expenses like back-to-school costs, sports registrations, or holiday spending. Start an automatic deposit of a set amount into a savings account each pay using online banking or a

pay allotment.

Don't feel you're a good saver? Try these tricks that are hard to sabotage. Buy a gift a month to prepare for birthdays or Christmas. Buy gift certificates or gift cards from retailers throughout the year to help with the increased spending demands during the holidays. You can even set up an automatic withdrawal with your employer for Canada Savings Bonds and cash them annually to pay for your holiday expenses.

Setting up a system takes a bit of time and practice. Security comes from knowing you can afford what you and your family value without getting into debt.



# Bravo ZULU



Troy Morey of Formation Safety and Environment (centre) is promoted to Chief Petty Officer Second Class by Acting Base Commander Cdr Allen James (right) and CPO2 Spike Armstrong.

Lt(N) Michael McWhinnie, BPAO



LS Sandra Tucker receives her new shoulder slip-ons from Maj Travis Field and CPO2 Michel Vincelette of the Acoustic Data Analysis Centre (Pacific).

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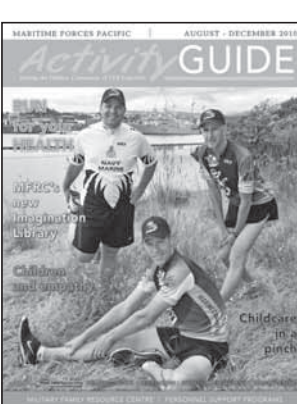
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