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Ben Green, Lookout

Last Thursday, personnel from CFB Esquimalt participated in the Heart and Stroke Big Bike fundraiser. Five teams of 30 people biked around downtown Victoria cheering, playing music and bringing awareness to the organization. After 13 days touring the Big Bike through various cities, the Heart and Stroke Foundation has raised almost \$191,000 to date. Here, the team representing HMC Ships Victoria and Calgary pedal the last leg of their ride.

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PM Harper visits the troops in Panjwa'i

Lt(N) Jordan Holder
JTF-Afghanistan

The day was hot and cloudless, approaching 40 degrees Celsius, and the air was full of sand and dust. From the Canadian battle group's position on one of the highest points in the western part of Panjwa'i District, Prime Minister Stephen Harper looked out over a scene of contrasts: the lush green of irrigated fields, surrounded by wide swaths of hard-scrabble terrain and bare mountains in the distance.

On May 30, the soldiers of the 1st Battalion Royal 22e Régiment (1 R22eR) Battle Group at Patrol Base Sperwan Ghar welcomed not only the Prime Minister, but also Minister of National Defence Peter MacKay; Chief of the Defence Staff Gen Walter Natynczyk; Ambassador William Crosbie, Canada's Head of Mission in Afghanistan; and Tim Martin, the Representative of Canada in Kandahar.

As Commander of Joint Task Force Afghanistan, the deployed task force comprising all Canadian personnel and assets committed to the combat mission in southern Afghanistan, BGen Dean Milner accompanied the Prime Minister's party.

It was a welcome change for the soldiers at Sperwan Ghar who are near the end of their tour and accustomed to spending their days taking the fight to the enemy in the austere environment of Panjwa'i District. The dignitaries toured the outpost, stop-



Sgt Matthew McGregor, Combat Camera
Above: Minister of National Defence Peter MacKay, Prime Minister Stephen Harper and Tim Martin, the Representative of Canada in Kandahar, walk through the wheat fields at Tarnack Farms near Kandahar.



Right: Prime Minister Harper serves a meal to Cpl Julie Turcotte in the kitchen at Patrol Base Sperwan Ghar.

"The day was a great success," said LCol Michel-Henri St-Louis, commander of the 1 R22eR Battle Group. "The visitors were able to see the troops, see the terrain, and to see the success that we've been having here. This was a day to remember."

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SHIP NEWS: OTTAWA HEADS WEST

Ottawa departs for key naval tasking

Ben Green
Staff writer

HMCS *Ottawa's* four-month deployment, which starts today, truly echoes the reason why most sailors join the navy: to see the world.

While globetrotting might be high on the agenda for some of the crew, the frigate's three main priorities – force generation, Pacific Rim diplomatic relations, and integrating with U.S. Carrier Strike Groups – will exceed the desire to explore exotic ports.

"From here we're going west for a quick stop in Pearl Harbor, then a brief stop in Samoa before we hit Australia," says LCdr Jason Boyd, Executive Officer of *Ottawa*. "From there we head up to Singapore, over to Pusan, South Korea, then to Tokyo, and finally we come back across to Pearl."

While visiting Australia, frigate and crew will join the Australian and U.S. Navies in Exercise *Talisman Sabre*.

"It's very similar to exercises here, such as *Trident Fury*," he says. "The importance is it's usually just an Australian-led, bi-lateral exercise with the U.S. However, we've been invited to participate, which speaks to our competence and professionalism

as a navy."

From Australia they'll leave the South Pacific, changing over to mission *WestPloy* where they'll integrate in with a U.S. carrier group.

"We'll be a willing foe and challenge them (the U.S.) quite significantly," says LCdr Boyd. "We'll be integrating into the George Washington carrier strike group. We're probably the only navy in the world that can and is allowed to seamlessly integrate into a carrier task group."

They will also conduct diplomatic port visits with Japan, Singapore and South Korea to enhance relations with these Pacific Rim countries.

At the tail end of the deployment they'll make a final stop in San Diego to rejoin the Canadian task group in a

joint task force exercise that involves workups for an American aircraft carrier. Here, the task group historically fills the role of enemy.

The deployment also serves as a testing ground for the crew to make certain they are operationally ready for any mission. Part of this includes assessing two waves of trainees before returning home.

"With the Halifax-class midlife refit occurring we have to come up with creative ways to train navy personnel with less hulls in the water," says LCdr Boyd.

The first batch of trainees will sail with the ship and be qualified in their specific trades before arriving in Singapore. They'll be replaced by another batch on the island that will then earn their qualifications in the second portion of *Ottawa's* deployment.

"We have to maximize and capitalize on the sea time," says the executive officer. "We've orientated our program to these trades and will cater to their needs."

Come mid-October, *Ottawa* will have covered thousands of nautical miles, ported in six countries, participated in three major multi-national exercises, and qualified almost 100 trainees in their specific trades.

With the Halifax-class midlife refit occurring we have to come up with creative ways to train navy personnel with less hulls in the water.

-LCdr Jason Boyd
HMCS *Ottawa* Executive Officer

Clinic "no shows" costing more than money

Ben Green
Staff writer

A trend of "no shows", or skipped appointments, at the Canadian Forces Health Services Centre (Pacific) has clinic administration staff re-visiting their "no-show" policy.

People are given "no show" leeway three times a year. The first absence has clinical staff informing them of the missed appointment. If it happens again, a form letter is sent by the clinic warrant officer to the individual's coxswain about the missed appointment. After a third time, the clinic's commanding officer sends a letter directly to the individual's commanding officer in the hopes a sterner message will be passed along.

To date, clinic data has shown minimal change with respect to the volume of

missed appointments.

"We've implemented the 'no show' policy since 2009; we've tracked it, but there haven't been fundamental changes," says Cdr Elmer Roque, Commanding Officer of CF Health Services Centre (Pacific).

In 2010, the clinic received 1,221 "no shows" across their various service departments, which includes physiotherapy, psychology, mental health, physicians and outsourced services. To put it into a monetary perspective, the potential loss for these "no-shows" could amount to approximately \$98,000 to \$145,000 a year.

But money isn't their greatest concern.

"Where it can really hit is the operational readiness of the members," says Jim Cawsey, manager of diagnostic and therapeutic ser-

vices at the clinic. "Every missed appointment has a two-fold impact."

A missed appointment could mean an individual is unfit for duty. It also denies treatment for another CF member who could have filled that time slot.

In recent months, the clinic has stepped up its effort to promote the policy by putting it up on their web page, posting flyers around their buildings, and advising patients of the policy upon booking an appointment. However, there have been 327 no shows in the first quarter of 2011.

This has forced clinic staff to re-focus on educational initiatives, as well as potentially considering cost capture for no shows in the future – charging an individual for the equivalent cost of their missed appointment.

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WHO WE ARE

MANAGING EDITOR

Melissa Atkinson 250-363-3372
melissa.atkinson@forces.gc.ca

STAFF WRITER

Shelley Lipke 250-363-3130
shelley.lipke@forces.gc.ca

Ben Green 250-363-3672
ben.green@forces.gc.ca

PRODUCTION

Carmel Ecker 250-363-8033
production@lookoutnewspaper.com

Shelley Fox 250-363-8033
projects@lookoutnewspaper.com

ADMINISTRATIVE ASSISTANT

Kate King 250-363-3014
kate.king@forces.gc.ca

ACCOUNTS

Raquel Tirado 250-363-3127
raquel.tirado@forces.gc.ca

SALES REPRESENTATIVES

Ivan Groth 250-363-3133
ivan.groth@forces.gc.ca

Joshua Buck 250-363-8602
joshua.buck@forces.gc.ca

EDITORIAL ADVISOR

Sarah Helmeczi 250-363-7060

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GREN'S GAB

Big boy purchase forces out the inner child

Ben Green
Staff writer

The condensation from my sweaty palm slowly evaporates from the lacquered, red wood table as I lift my hand to sign on the line.

The mortgage figures staring back at me all seem to merge into one, giant, unimaginable number as more and more sheets of paper demand my John Hancock.

It doesn't seem that long ago I would sit in class, the teacher's voice slowly trailing off into a series of inaudible syllables and punctuation, signing my name on a blank sheet over and over again.

It wasn't difficult then.

I had to practice if I was going to sign all the autographs as a young soccer phenom. By the end of a 45-minute math class, "Ben Green" had signed every available white space, and I was no closer to learning long division.

My 12-year-old self would've said I sold out now.

Buying property, especially my first place, is a huge deal. It's something I've been looking forward to for a long time. I guess my grandiose dreams from younger years have slightly muddled the occasion. My sports car has turned into a sub-compact chick magnet, my mansion in the French Riviera is a one bedroom condo, and my maid and personal chef has become me.

The lawyer keeps feeding me page after page - initial here, sign here, check the box. At one point I was sure he was going to ask for my fingerprints...or possibly a urine sample.

I always thought I'd be in red one day, draped in the colour of Manchester United, my favourite team. Today I'm officially in the red, thousands and thousands of dollars.

The lawyer slides the last of the pages across to me, I've lost count how many I've signed. For all I know he could've thrown in a document saying I'm legally married and I wouldn't have been the wiser.

As I dot a period after my name I gently rest the pen beside the paper and exhale. On one shoulder, the adult inside me nods his head and pats me reassuringly; on the other, my inner child stands stunned and gaped-jawed.

It's going to be awhile before we can ride bikes again.

Rising from my chair, I shake my lawyer's hand as he gives his congratulations. Only a part of me feels like celebrating. I did the right thing though, everyone has to grow up, even if a part of you kicks and screams along the way.

A colleague of mine says I can't look at it as the death of my childhood, rather the birth of my adulthood. I'm feeling like a "glass half empty" kind of guy today, I tell her that's a load, respectfully of course.

The only thing that can make me feel better is going and kicking the ball around, some quality one-on-one time with my 12-year-old self - I've got some explaining to do.

FILM *friday*

The Hangover II: same plot, different gags

W. Andrew Powell
The GATE

The Hangover Part II

Let me get this out of the way right from the start; if you're a fan of the first *Hangover*, chances are you're going to love *The Hangover Part II*. At the same time, I'm going to bet that the biggest fan of the original film is still going to wonder why the sequel has the exact same plot.

Sure, *The Hangover Part II* is somewhat different. There are new jokes, a very different setting, and even the ending has a moderately different tone, but the "sames" definitely outweigh the differences.

This time out, the groom-to-be is Stu, played by Ed Helms, and he's set to marry the beautiful Lauren (Jamie Chung). Playing it safe this time, Stu plans a simple breakfast "bachelor party" with his friends, Phil (Bradley Cooper) and Doug (Justin Bartha), before they set out for Thailand, where the wedding is set to take place with Lauren's family. The guys aren't thrilled, but Stu feels like he's dodged a bullet by avoiding another crazy night, like Doug's bachelor party.

Once they arrive, Stu has to contend with Lauren's father, who is less than thrilled with Stu as his future son-in-law, but the other problem with the pre-wedding festivities is Alan (Zach Galifianakis), who was reluc-

tantly invited along for the event and is of course causing trouble.

Despite all that, the trip seems to be going okay until Phil suggests the guys have a fire on the beach and drink a few beers. With Lauren's brother Teddy (Mason Lee) in tow, the guys start what was meant to be an innocent evening that once again leads to debauchery, this time in Bangkok.

Waking up with no idea where they are or what's going on, Phil, Stu and Alan find themselves in a filthy hotel with no memory of the night before. What they do realize quite quickly though is that Alan's head has been shaved, Stu has a tattoo on his face, there's a monkey in the room, and Teddy is missing. This sets off an adventure across the city looking for the misplaced honour student, as Mr. Chow (Ken Jeong) gets them into trouble with local drug dealers, and the law.

Following the exact same plot points as before, on purpose of course, the film can be summed up with the same moments as the first *Hangover*, even down to returning the "pet" they stole, making a trade to get back their lost friend, and Stu suddenly realizing what they should have figured out from the start while Phil is on the phone with the bride-to-be.

Don't get me wrong, *The Hangover Part II* is funny. The first half of the film even feels like

it's cleverly referencing the original, rather than just lazily ripping it off, but by the time we're into the second half of the film, the story is stale, and the plot is obviously boring when you know what comes next.

The script isn't particularly clever either, with a few sight gags, in-jokes, and weak cameos (although I did enjoy Mike Tyson's appearance, who is clearly a good sport) that do little more than pad the film, which could have been at least 15 minutes shorter.

While I'm no fan of Zach Galifianakis, or Ken Jeong for that matter, the film's failings have nothing to do with the cast. Helms and Cooper are good, but they're wasted by this director who is getting more credit than he deserves for the haplessly popular original *Hangover*.

It's worth mentioning that I've never been a fan of director Todd Phillips or any of his films. *The Hangover* was funny, as was 2003's *Old School*, but they weren't particularly hilarious, while his other films are frankly just plain dumb, from *Road Trip* and *Starsky & Hutch*, to *School for Scoundrels* and *Due Date*.

My vote for *The Hangover Part II* is to skip it in theatres and save it for a rental. There's nothing particularly "big screen" about it, and by the end I'm betting you'll feel cheated by this empty rehashing of Todd Phillips' one notable success story.

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CF runner takes first at Ottawa 5K race

Ben Green
Staff writer

As Lt Ryan McKenzie strides across the finish line, white bib soaked from Ottawa's early summer humidity, the clock reads 15:04. It's another first place for the five kilometre distance, and another half minute before the rest of the 7,437 runners in the field begin to trickle across.

The Canadian Forces Running Nationals at the Ottawa Race Weekend was a significant return to form for the ex-professional runner turned soldier. The 12-year veteran's priorities shifted three years ago to family and country, leaving his first love – running – on the curb.

In 2007, he was the 1,500 metre national champion, and in 2008 the 5,000 metre national champion; he even set a goal for the Beijing Olympics.

"I moved out here in 2008 and became injured and sick in the same month," he says, brushing it off as no excuse.

His best 1,500 metre time clocked in at 3:38; Olympic qualifying time demanded 3:36. The one and half seconds left him at a crossroads.

With his wife in the Forces and a new family on the way, Lt McKenzie made the decision to first join the Reserves, and then the Regular Force. Professional running was stalled for the better part of three years.

This February, he decided it was time to resurrect his running and implement a training routine. For four months, along with help from a personal trainer and his old University of Windsor coach, he's increased his daily runs; eight kilome-

tres in the morning at about 5:45 a.m., and 12 kilometres when he gets home from work. Having been off for so long and just completed basic training in February, his fitness had dwindled so much over the past two years that at first he could only manage about five or six kilometres a day for the first few months. Slowly he brought back some of the fitness of years passed.

While the CF Running Nationals were a good bench mark of where his determination has gotten him, his five kilometre time of 15:04 is still about 45 seconds off where he was in 2009, and over 90 seconds from 2008. That's why his next two events, the CISM Military World Games this July in Rio de Janeiro, and the Army Run in September back in Ottawa, are his focus.

"The pinnacle is the Army Run," says Lt McKenzie. "Realistically for Rio I'm going to just have to put my nose to the grindstone and get out there."

Any podium finish is humbling these days as he fights to close the gap to his 2008 form.

"Placing is irrelevant, I'm just hoping to improve my time," he says. "You just go there [Rio and Ottawa] to do your best for yourself and represent



Photos by MCpl Roy MacLellan, DND

Lt Ryan McKenzie crosses the finish line with a time of 15:04 - 90 seconds slower than his personal best for the distance. Lt McKenzie, a former professional runner, won the five kilometre race and beat the almost 7,500 other runners.

your country. Win, lose, or draw, I'm just happy to be competing again."

In the build up to both upcoming events, Lt McKenzie will look to add a few island and mainland road races to his summer training schedule.

In total, 40,000 people participated in the Ottawa Race Weekend (held in

conjunction with the CF Running Nationals), 107 of those being CF personnel. Along with Lt McKenzie, 12 other members participated from CFB Esquimalt. The weekend sees runners compete in the marathon, half-marathon, 10 kilometre, and five kilometre races.



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SPORT NEWS: MIXED MARTIAL ARTS

AFC 6 features a title defense bout

Victoria's Armageddon Fighting Championship has announced the line-up for their sixth event, AFC 6: "Conviction" to be held at the home of the AFC, Bear Mountain Arena on Saturday, June 18.

In the main event of the evening, AFC middleweight champion Kalib Starnes (10-6-1) will face-off for the 185 lb belt against UFC and Strikeforce veteran John Salter (6-2).

Along with the title defense, AFC 6: Conviction will feature the return of Brazilian Jiu Jitsu phenom, Robert Drysdale, the 2007 ADCC Open Weight Champion and three time world Brazilian Jiu Jitsu Champion. Drysdale is the Brazilian Jiu Jitsu coach of many top MMA athletes including Forrest Griffin and Frank Mir. He will face a stiff test against 3X Pan American Brazilian Jiu Jitsu gold medalist, former UFC vet and Ultimate

Fighter cast member Mike Nickels (9-4).

Derek Medler (5-0) puts his undefeated record on the line against Jaret Evens (7-3) in this highly anticipated match up.

This event will also feature a heavyweight tilt between two former CFL players and BC Lion draft picks, Victoria's own Justin Shaw (2-0) drafted 18th overall in 2007 against Vancouver's Paul Cheng (4-1 pro boxer) drafted 6th overall in 2002.

Plus Andrew Buckland (13-8) vs. Chase Deganhardt (7-2), and local standouts Corey Gower (3-0), Ryan Janes (2-1), Karel Bergen (3-0), Nathan Swayze (1-1), Chris Jones (3-1), and Tristan Connelly (1-2).

AFC 6: Conviction takes place Saturday, June 18, Doors open at 6 p.m. Fights begin at 7 p.m.

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Shelley Lipke, Lookout

OS Mike Seinen was injured 10 months ago while cycling to work. He's now at Fleet School as a student awaiting medical release.

Sailor adjusts to new life

Shelley Lipke
Staff writer

Life can take a dramatic turn at any moment.

For 27-year-old OS Mike Seinen, that turn was a life changer.

Ten months ago he was cycling to the base when he lost control and crashed.

He hit a telephone pole and was left paralyzed from the waist down.

Life has never been the same. His marriage ended, his career goals shifted and his mobility now includes

a wheelchair.

"My life has changed in so many ways," he says. "I am still adjusting to it."

And through it all, the military community has remained a constant friend.

"I don't even want to think about what my life would have been like if I wasn't in the military. The medical team at the base hospital have been a huge help, even the commanding officer and coxswain at Fleet School and my assisting officer have been a great help," he says.

After months of convalescing, he is back at Fleet School completing his marine engineer mechanic course. His home, a residential housing unit, has been modified to accommodate his wheelchair. And during his stay at the GF Strong Rehabilitation Centre in Vancouver, RAdm Tyrone Pile, Maritime Forces Pacific Commander at the time, came to see him.

The Soldier On program has also been helpful; the staff is getting him athletic equipment. OS Seinen would like a sit ski, a racing wheelchair and a sports chair for wheelchair basketball.

"I'd like to do a wheelchair marathon or at least a half marathon," he says.

Since the accident, the sailor has had to develop upper body strength.

"I like to work out, but it's a long ride to Gordon Head Recreation Centre and that is the only centre that has the equipment I need to use. Right now I'm using public transit, but the military is looking in at getting me a modified vehicle, which will be very helpful. I think the most difficult aspect of adjusting is asking for help when I need it, but still being independent at the same time," he says.

"The hardest part is being paralyzed below my chest; I don't have the muscles in my back to hold me up, so I always have shoulder pain," he adds.

Tuesdays are a particularly wonderful day. He sees his two-year-old daughter Koral.

"My daughter has been a huge inspiration. She's always a happy-go-lucky kid who gets into everything, and she brightens my day."

After he finishes his course at Fleet School, he'll be medically released from the Canadian Forces. Plans after that include college and a new career path.

"I am very thankful for all the support I've received since coming back from Vancouver. I was only in the military for eight months before my injury," he says of the support from the military, which is on-going and unwavering.

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Recreation for every age and every stage

Ryan Cane
National Recreation Manager

For the third year, Canadian Forces Personnel and Family Support Services (CFPFSS) is celebrating "June is Recreation Month."

For Maj Leslie Hacault, from the Directorate of Army Training in CFB Kingston, that celebration includes a family bike ride. Maj Hacault, her husband and seven children like to explore their community on wheels. She says it's a great way to include every age in an activity.

"Participating in recreational activities with family members, be it your children, your spouse, aunts, uncles or grandparents creates lasting memories that can help sustain a family through the rougher moments in life," says Maj Hacault. "This time together brings us closer, often some

of the most important and memorable discussions with our children take place during these times."

Recreation plays an important role in the Canadian Forces, both operationally and in family support. Services offered by Personnel Support Programs offer opportunities to improve physical and mental health, develop a wide range of skills, promote community integration and build family relationships. Recreation Month provides an opportunity to celebrate these benefits and educate the community about the importance of participating in recreation and leisure activities.

This year's theme "Recreation, For Every Age and At Every Stage" was chosen to promote the benefits of active lifestyle from childhood to adulthood. Thanks to the support of

the Canadian Defence Community Banking (CDCB), CFPFSS is holding a contest to engage the whole family in recreation. The winner will receive a recreation trip to Toronto for a family of eight. This prize includes transportation to Toronto, three nights' accommodation, all meals, and tickets to attractions.

"We are prepared to bring you and your family from any part of Canada to Toronto for a recreation weekend. For example, we can fly grandma and grandpa from Halifax, your child from Ottawa and your family posted in Moose Jaw," explains Natacha Tremblay, CDCB Program Manager. "Recreation programs are important to our CF community and we are pleased to support this program."

Visit www.cf-rec.ca during the month of June to enter.

Nanaimo Parks offers military discount

Georgina Nicoll
Contributor

In recognition of the importance of a healthy, active workforce, Personnel Support Programs (PSP) has negotiated a wellness partnership with Nanaimo Parks, Recreation and Culture. Starting June 1, DND employees and their families in the Nanaimo area can purchase an annu-

al adult or family RecPass with a 20 per cent discount off the regular rate.

The Canadian Forces has several units located near Nanaimo, such as the Maritime Experimental and Test Ranges (CFMETR) and the Nanaimo Artillery. However, military members in that area do not have access to the type of fitness facilities that DND employees at CFB Esquimalt enjoy

free of charge. Nevertheless, PSP is committed to help make fitness more affordable for Nanaimo personnel.

RecPasses are valid for all public drop-in programs such as public swimming, hot tub, sauna, steam room, public skating, weight rooms, scrub hockey, aquafit, and gymnasium sports at the Nanaimo Aquatic Centre, Ice Centre,

Beban Park and Oliver Woods Community Centre.

For more information on Nanaimo Parks, Recreation and Culture RecPasses, pick up an Activity Guide, visit www.nanaimo.ca, or call manager Laara Clarkson at 250-760-1139. To sign up for your pass, you can drop in at any Nanaimo recreation centre with a current military ID, pension card, or paystub.

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From sea to sky

Sailor elevates his career to new heights as member of SkyHawks

Shelley Lipke
Staff writer

Some people have skydiving on their bucket list, while others have made the leap into thin air and moved on to other "to dos before I die."

But for one local sailor, exiting an airplane was such a rush he continued parachuting 800 times over 18 years.

While that is something to brag about, PO1 Tony Specht's



PO1 Specht exits the aircraft during a jump with the SkyHawks.

real accomplishment is earning a spot on the elite SkyHawks, the Canadian Forces Parachute Team.

This summer, at age 40, PO1 Specht will make another 100 jumps while on tour with the team.

"It's a huge rush doing something like this," says the sailor, who is an HMCS Calgary Marine Engineering Artificer. "I wanted to become a SkyHawk for the simple reason that I can take my hobby to work. I can travel and skydive with a very select team of jumpers and show people what we can do."

He started skydiving in 1993 as a way of conquering a fear of heights and loved the pure rush of adrenaline that came with it.

Now fully trained as one of 10 jumpers on the SkyHawk's team, he's performing in 30 shows across Canada this summer and fall.

"My role on the team is demonstrator. I am part of the parachute formation named the Drag," explains PO1 Specht.

This manoeuvre involves three skydivers linked on top of each other as they plummet to the earth with PO1 Specht on the bottom. The skydiver on the top steers or drags the skydivers towards the crowd and then lets go.

"We are facing the ground and falling at a very fast rate. I have a smoke canister attached to my other leg, which makes it an even more exciting sight. At around



PO1 Tony Specht, HMCS Calgary's Marine Engineering Artificer, has taken a leap. This summer season he's one of 10 SkyHawks performing in more than 30 shows across the county. To date he's had over 800 jumps and he especially loves performing for the crowds.

300 feet we release the grips and make our final approach for landing. The crowd goes wild."

Other manoeuvres include the Candy Cane, the Canadian T, Pinwheel, Tri-By-Side, the Butterfly and the Barrel Roll.

This year marks the 40th anniversary of the SkyHawks, a team that PO1 Specht initially thought was designed only for army and air force personnel.

"Once I had learned that my

training could get me onto the Canadian Forces team I had to try out. Skydiving has several disciplines and what the SkyHawks do is one of the more exciting," he said.

Being physically fit and having a skydiving background are a must.

"The most interesting part of being a SkyHawk is being part of something that's not part of my job or my formal training. Also, being the only navy guy in

a group of army and air force, the jokes rarely stop. The challenging part is that I'm away from home, travelling. Even after 20 years in the navy, it's still difficult being away from home."

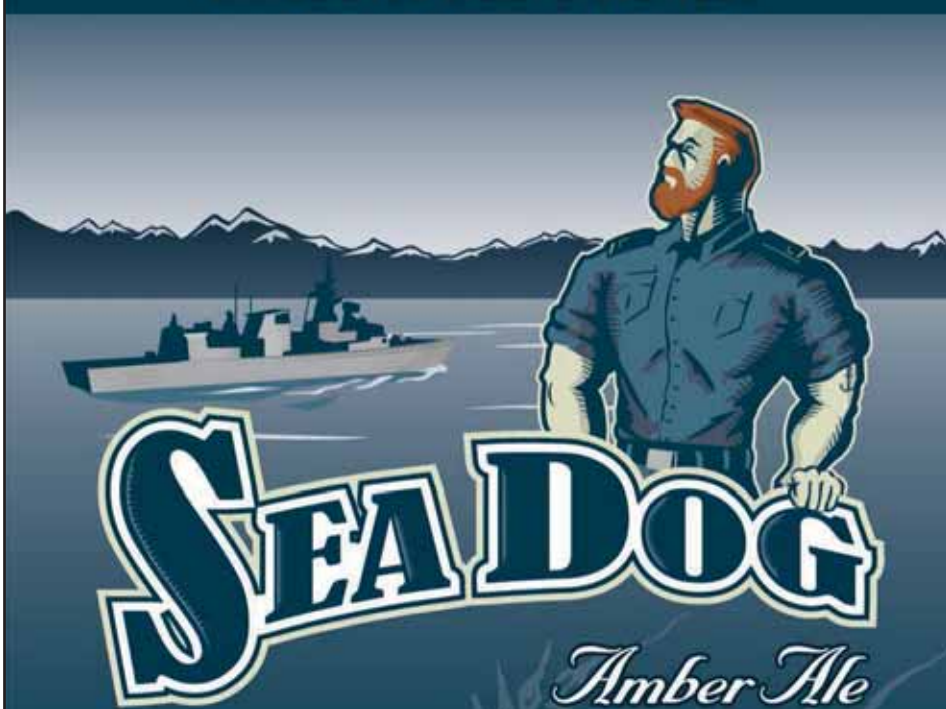
The team has just started their 2011 show season. "I have met so many really nice people from the various audiences and the other performers at the air show. We are currently doing our 5th show at Royal Military College in Kingston, ON, for their Sunset Ceremony."

Unfortunately, Victoria is not on the tour this year. "It would be nice to show my fellow shipmates what I've been up to, but the closest we get to the Island is the Abbotsford Air Show and Wings Over White Rock, in B.C."

It's a huge rush doing something like this. I wanted to become a SkyHawk for the simple reason that I can take my hobby to work.

-PO1 Tony Specht
SkyHawks team member

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Uplifting expectations for weightlifting aviation tech

Ben Green
Staff writer

The average person's definition of a good workout involves pedaling a few kilometres to work, maybe going for a run, or breaking a sweat playing fetch with the family pooch.

For Cpl Gabriel Auclair, an aviation technician at 443 Maritime Helicopter Squadron, a good workout means blistered hands, burning thighs, and lifting up to 20 tonnes per training session.

Tipping the scales at 6'2", 230 pounds, the Lachute, QC, native was classified a gym rat recently as he prepared for the Canadian Olympic Weightlifting Championships last weekend in Toronto.

"I was hoping to beat my personal best," says Cpl Auclair. "I wasn't so concerned with a podium finish. If that happened that was gravy."

But he did get close to the podium.

It was an agonizing last lift, a clean and jerk of 161 kg, but he just



Cpl Auclair focuses his energy on a snatch lift of 120 kg during a training session. He spends a lot of his free time in the gym with three hour workouts four to five days a week.

couldn't hold it above his head long enough to seal bronze. While a medal finish would have been truly remarkable on its own, the fact that he has only been competitively training for nine months makes his fifth place finish remarkable.

After 18 months of training in his teen years

with his old coach Guy Marineau, who participated in the Commonwealth games in 2002 at age 37, it was last fall that he made the decision to pursue the sport seriously.

"It was last August, a buddy of mine was doing cross-fit, which involves a bit of Olympic weightlifting," he says.

The competitions give me the drive to train, I want to beat my own personal records.

-Cpl Gabriel Auclair

"Along with two other friends, we started a club and registered it with the BCWA [British Columbia Weightlifting Association]."

His club, the Pacific Coast Weightlifting Club, now works out of Odyssey Fitness and has eight regular members and around 12 members total. Under the direction of volunteer Olympic weightlifting coach Rob Macklem, Cpl Auclair trains four to five days a week in three hour sessions. By the end of a workout, the accumulative weight he lifts is equivalent to almost 17 Honda Civic sedans.

With Macklem having travelled the world and experienced the various training programs the

Chinese, Russian, and other dominant weightlifting nations use, Cpl Auclair is now maximizing his workout routines.

"Our coach writes us programs that kind of alternate," he says. "We practice lifts for speed and power. We practice hang snatch to get the explosion, and the back squat and pulls to get power."

Despite only competing in his first competition last October, his first provincial competition in February, and now his first national competition, he's honed his sight on even loftier goals.

"I hope next year to make the World's, and if not make them be close to them," he says. "It's a selection process and only the top seven in the country get to go."

Only seven men and three women are selected to go to the World's and the Commonwealth Games from Canada. At the highest level, the Olympics, the International Weightlifting Federation selects how many partici-

pants qualify.

At well above six feet, Cpl Auclair isn't your prototypical weightlifter. With the "ideal" height being 5'10" and under, he's a hybrid of strength, power, size, and flexibility, which is surprising a lot of people; but the only pressure he feels comes internally.

"The competitions give me the drive to train, I want to beat my own personal records," he says.

In Toronto, he competed in the 105 kg weight category and did just that, beating his personal bests in both lifts. In the snatch lift, he improved from 122 kg to 125 kg (275 lbs) and in the clean and jerk lift, he improved from 155 kg to 156 kg (343 lbs) - increasing his best total to 281 kg.

"It's hard, it's a lot of training for that split second," he adds.

With a podium at nationals clearly in site and perhaps even the Olympic stage on the horizon, Cpl Auclair is trying to win one for the big guy and prove that size really doesn't matter.

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Training turns real for MARS IV students

OS Vanessa Downie
PCT Cougar

On May 24, PCT Cougar took part in a search and rescue mission five nautical miles south of Gibsons. The owner of a private yacht sent out a mayday, reporting smoke on board from a possible engine room fire. Cougar was conducting MARS IV Puncher at-sea assessments and were en route to Howe Sound for navigation assessments after a port visit in Nanaimo. The following is one sailor's experience of the event.

While practicing many late night and mid-day emergency station drills, it never crossed my mind that one day it may not be a harmless drill.

My thoughts are generally occupied with worrying about making up lost time or plotting the next track I will be required to navigate. I didn't fully appreciate how much the drills prepared me until that first "mayday" sounded across the bridge two weeks ago.

In those first adrenalin-filled minutes I truly came to appreciate how calm and well-trained my wingers are.

Everyone had their places and knew what jobs needed to be done. We swiftly located the distressed ship, contacted the lone occupant giving assurance that we were only minutes away, while hoses were dragged into place ready to douse potential flames. In the blink of an eye, the zodiac was lowered into the water and with ease that

In those first adrenalin-filled minutes I truly came to appreciate how calm and well-trained my wingers are.

belied the gravity of the situation, two of the crew collected the distressed ship's shaken owner. It was not until he was safely on board, and we had put some distance between the two ships that our minds turned back to our lost time, interrupted training, and most importantly, what was to be done with this man who had unexpectedly fallen into our care.

We let the Coast Guard know he was safe on board with us, and were informed they were on their way to check the ship for fire, and then to us to collect its owner. There was no need for introductions as the large hovercraft screamed toward us at 45 knots. The bright, loud boat said it all. After checking the distressed ship and hooking her up to another small Coast Guard vessel, it was time to hand our guest over to them.

I was promised foreign ports and grand adventures when I joined the navy. The sight of the hovercraft coming alongside is certainly something bound to be told and re-told over the course of my career.

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Logistics BBQ June 16

The annual logistic barbecue will be held June 16 at 11:30 a.m. at the Canadian Forces Sailing Association located at 1001 Maplebank Rd.

The event is open to all past and serving members of the logistic community: all ranks, civilian and military. All are invited to attend to say farewell/congratulations to those leav-

ing the area, retiring and recently promoted.

To defray costs, an honorarium of \$12 per person will be collected. Exact change is appreciated. Dress will be dress of the day or casual civilian attire. RSVP no later than Wednesday, June 8 to SLt Cope at quinn.cope@forces.gc.ca or 250-363-5412.

Yo ho blow the man down

Hear the words sea shanty and what often comes to mind? Is it pirates? Stan Rogers? A fast jig, boisterous singing and a mug full of grog? While all of these may be synonymous with the term, sea shanties also fulfilled a very practical and important purpose.

In the days before marine engines and fancy equipment, sea shanties helped to synchronize the movements of the workers as they slogged on with repetitive tasks.

The Maritime Museum of B.C. invites you to explore the unique history and culture of sea shanties, as

well as a chance to bellow out some responses to our "shantyman", Hank Cramer (renowned Folk Singer/Mariner) in addition to a roster of other highly talented facilitators, this Father's Day weekend. Sea Shanty Camp runs Saturday, June 18 to Sunday, June 19. There is a cost to attend. Included with the Sea Shanty Camp are morning and afternoon refreshments and a catered lunch for Saturday, and morning refreshments for Sunday.

For more information or to register, please call 250-385-4222, ext. 113 or visit our website mmbc.bc.ca.

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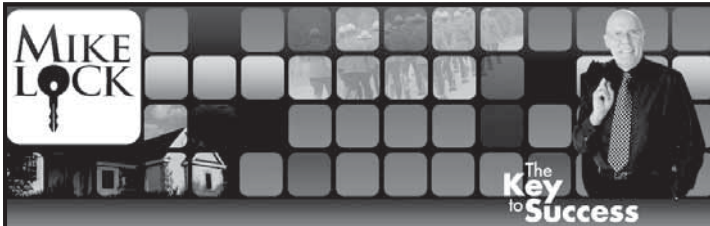
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Base firefighters fundraise for World Police and Fire Games

Shelley Lipke
Staff Writer

Fourteen base firefighters are on a fundraising frenzy to offset the cost of their involvement in the 2011 World Police and Fire Games.

This event is being held in New York City Aug. 26 to Sept. 5 to mark the 10th anniversary of 911.

"Most of the guys will be playing ice hockey, but a few are involved in other events like squash and body building," says fire inspector Mike McLean. "This is the second largest athletic event next to the summer Olympics."

This year 15,000 police, fire fighters and prison guards from 70 countries will compete in 69 sporting events.

"We have 14 from the base going and we are picking up a few local firefighters from Langford," says McLean.

CFB Esquimalt's Firefighter ice hockey team has been together for three years and will compete in the over-35 age category.

"We have been planning this for two years. Per person it will cost us each \$2,000, so we are trying to fundraise to help offset the cost," said McLean.

Tim Horton's, Old Dutch Chips, Thrifty Foods and Serious Coffee are sponsoring them.

"A lot of people have

It's a world atmosphere which is one of the reasons I went and why I am going back.

-Gary Rumenovich
Fire fighter

come together to support us. We are working with Serious Coffee in Esquimalt and View Royal to sell one pound of coffee with a CFB Esquimalt Firefighters label on it. One dollar from the sale of each pound of coffee will go toward our fund," says McLean.

If there is enough interest, a ball tournament will be held June 11 and 12 at the Colville field.

"We still need a few more teams." Anyone interested in signing up a team for regional slow pitch should contact Laine Jeanott at Lainej@elus.net or email jimanddevon@shaw.ca.

A maximum of 12 teams will be allowed and there will be cash prizes, a beer garden and barbecue.

The World Police and Fire Games is held every two years. In 2009 the event was held in Vancouver.

Gary Rumenovich came back with a medal in men's over 50 squash; actually,

all the medals for squash came back to Victoria in the same van with retired Saanich firefighter Lee Clackson took gold, and retired Saanich Firefighter Tom Ralph silver and Rumenovich bronze.

"It's a world atmosphere which is one of the reasons I went and why I am going back," Rumenovich says.

If people wish to donate to this cause, or local businesses wish to sponsor the team and have their emblem shown on the team's uniform contact Mike McLean at 250-363-1538.

This year's CFB Esquimalt competitors are:

Hockey
Jim Hatcher (Team rep/captain)

Brad McPhee (coach)
Bob Cooper (coach)

Laine Jeanotte

Keith Lee

Tyler Alain

Mark Walker

Darcy Taylor

Tim Clarkson

Jean Paul Cordon

Jim Grant

Mike Mclean

Master Body Building

Mark Pala

Squash

Gary Rumenovich

From surrounding area

Brian Bell (Langford Fire and Rescue)

Jim Legacy (goaltender)

(retired Jail Guard)

Greg Fletcher (Highlands fire and rescue and Jail Guard)

Dean Reid (Jail Guard)



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FINANCIAL NEWS: HOME FINANCING

Look beyond mortgage rates before you sign

Carl McLean
Contributor

It's easy to get caught up in the idea that comparing mortgage rates will guarantee you get the best bang for your mortgage buck. While this may be true for particular situations, there are many scenarios where this strategy is not effective. Following are three reasons why it doesn't always pay to make a decision based solely on rates.

Reason #1

Your long-term plan and risk tolerance should determine which mortgage product is right for you. This product may or may not have the lowest rate.

It's not enough to simply compare mortgage rates because you have to know what "clauses" are contained within the mortgage deal.

For instance, there are cases where lenders will offer lower rates for insured mortgages. With insured mortgages, however, you're charged an insurance premium, which is usually added to the mortgage amount. But if you're not planning on

keeping the property for a long enough time to offset that cost, it may be better to take an uninsured mortgage with a slightly higher rate. The cost difference you will pay with the higher interest rate may still be less than what you may pay in insurance premiums.

As another example, if you prefer to budget for a consistent payment and can't handle rate fluctuations, it may be better to go with a higher fixed-rate mortgage. If you think current rates are low enough and you will be living in your property for at least five years, it may be wise to also opt for a mortgage with a longer term.

Reason #2

One of the biggest mistakes people make when merely comparing mortgage rates is failing to consider important factors such as prepayment options to help pay off the mortgage faster, whether secondary financing options are allowed, early payout penalties, or what fees are involved.

It's not enough to simply compare mortgage rates because you have to know what "clauses" are contained within the mortgage deal. There may be cases where you will find a lender with the lowest rate and willing to pay for your closing costs, or even provide you with cash-backs after closing.

Reason #3

Lenders can change their rates at any time. As such, if you're shopping for rates with one lender and then approach another that gives you a lower rate, it's quite possible that the first lender has also dropped its rates. This is why it's important to get pre-approved with a lender once you a mortgage that fits your needs.

In some cases, you can secure your rate and conditions for up to 120 days.

These are just three reasons why it's not enough to merely compare mortgage rates. The mortgage rate you may qualify for is also highly dependent on your credit score among other things. In order to get the best mortgage deals, you need to have solid credit.

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Regional Cadet Support Unit Chief Clerk, PO2 Antoinette Foata, shared the excitement of commissioning from the ranks with husband Philippe Heurtier. As SLt Foata becomes a Logistics Officer, Cdr Rod Hughes presents her with her "new shirt."



MCpl Tiana Blair-Audy receives her Canadian Decoration from Commanding Officer of Regional Cadet Support Unit, Cdr Rod Hughes.



PO1 D.C. Fogarty is promoted to CPO2 by Fleet Maintenance Facility Commanding Officer Capt(N) Donald Smith.



Pte B K.J. McFarlane is promoted to Pte T by Fleet Maintenance Facility Commanding Officer Capt(N) Donald Smith.



PO2 P.C. Huffman is promoted to PO1 by Fleet Maintenance Facility Commanding Officer Capt(N) Donald Smith.



PO1 Olejnik, of the Acoustic Data Analysis Centre (Pacific), is promoted by Cdr Plaschka and Maj Field.



MS M.Sambandhan is promoted to PO2 by Fleet Maintenance Facility Commanding Officer Capt(N) Donald Smith.



Left: On June 1, CPO2 Michel Simoneau received his CD2 for 32 years of service in the Canadian Forces from Base Administration Officer Cdr Doug MacKeen. CPO2 Simoneau (left) is transferring to CFB Winnipeg on June 13.

Right: On May 31, CPO1 Gregory (centre) received his new shoulder slip-ons from Base Administration Officer Cdr Doug MacKeen (left) and Base Commander Capt(N) Craig Baines (right). CPO1 Gregory was the BOR supervisor, but with his promotion he assumes the role of base superintendent clerk and Base Administration Branch Chief.



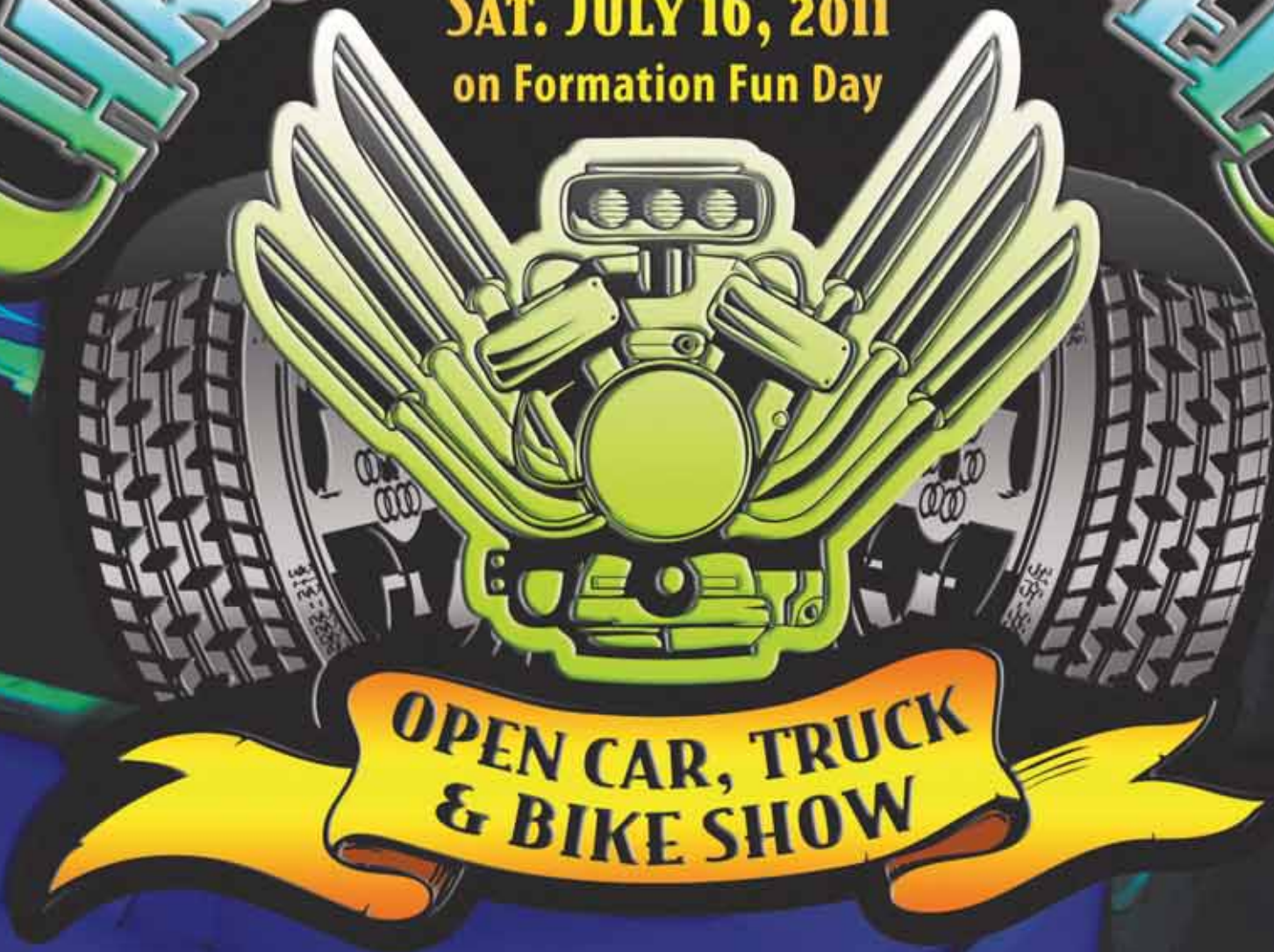
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