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Volume 58 Number 11 | March 18, 2013

# LOOKOUT

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## Warm embrace



Sgt Veron Atkinson embraces daughters Aaliyah and Aamirah on the deck of HMCS Regina. The ship returned to Esquimalt Harbour last Thursday after eight months in the Arabian Gulf for Operation Artemis.

Shawn O'Hara, Lookout

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# WELCOME HOME HMCS REGINA



Sgt Craig Fiander, MARPAC Imaging Services

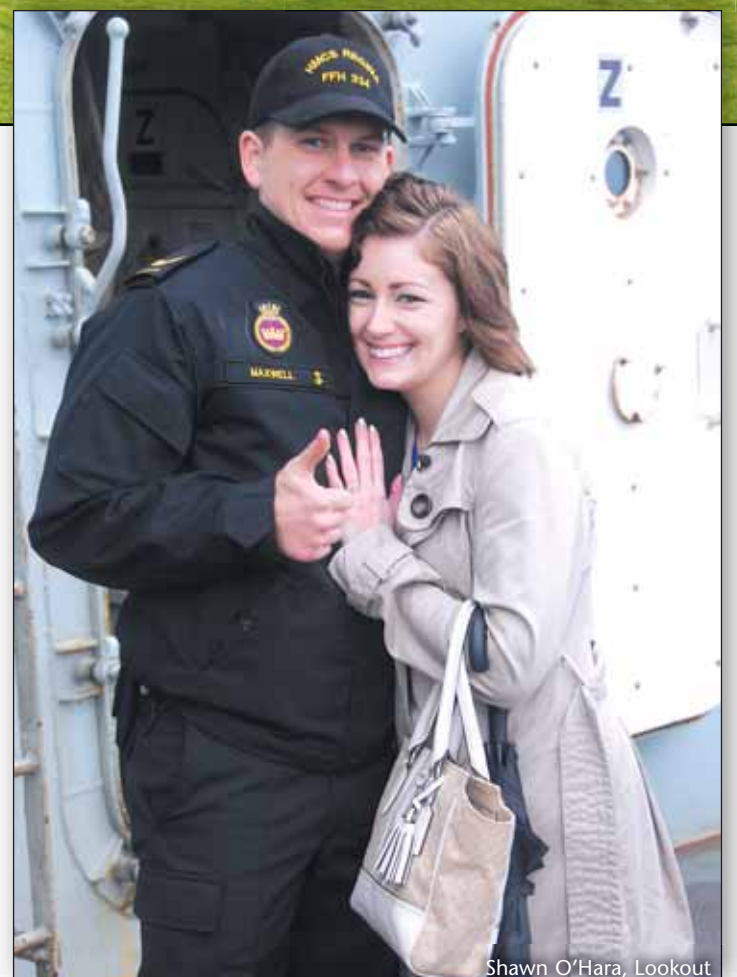


Shawn O'Hara, Lookout

**Above:** HMCS Regina sails past Duntze Head and into Esquimalt Harbour as family, friends and officials offer a warm welcome. During its eight-month tour of duty in the Arabian Sea, Regina was primarily employed in maritime surveillance, a task that involves monitoring, hailing and investigating vessels. The ship and crew patrolled key shipping regions and more than six million square kilometres of international waters, where they disrupted suspected drug smugglers and rescued fishermen gone adrift.

**Left:** Sgt Roy Elson and Jody Weeks embrace on the jetty.

**Right:** LS Devin Maxwell and wife Crystal share a welcome home hug.



Shawn O'Hara, Lookout

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## CDS visits CFB Esquimalt

**Above:** Chief of the Defence Staff (CDS), Gen Tom Lawson talks with a member of the 50 person Guard of Honour on his arrival at 443 Maritime Helicopter Squadron.

Gen Tom Lawson was in Victoria for his first official visit to Maritime Forces Pacific and to welcome HMCS Regina home.

**Right:** PO2 Bill Dymond and the rest of the 50 person Guard of Honour stand at ease awaiting Gen Lawson's arrival.

**Below:** Gen Lawson accepts a salute from the Guard of Honour.

Photos by Ed Dixon, MARPAC Imaging Services



## Sweetheart of a reunion

**Shawn O'Hara**  
Staff Writer

If excitement was tangible it would have overflowed into Esquimalt harbour last Thursday morning.

Hundreds of people, young and old, lined A jetty in anticipation of HMCS Regina's homecoming.

No one was more excited than Catharine Kailin.

She and boyfriend AB Daniel Demers were the winners of the first kiss.

The two couldn't keep their eyes off each other as the ship came alongside.

When the brow was finally secure, Kailin raced up the steps and into the loving embrace and big smooch that awaited her.

The reunion, and the ones that followed, signified the end of the crews' eight month deployment.

The first kiss tradition has been in place since 2001 with the completion of Operation Apollo. The opportunity is raffled off on the ship and at home through the Military Family Resource Centre.

AB Demers entered the draw without Kailin knowing, wanting it to be a surprise.

"I tried to be subtle about it but I did end up buying like 25 tickets," he said in an interview prior to the homecoming. "I wanted this homecoming to represent a milestone in our relationship, and it's worked out better than I could have hoped."

When AB Demers heard his name piped over the PA system in Regina he

had mixed feelings.

"I was in my rack at the time and the piping woke me up. When I heard our names I was thrilled. Then I realized everyone else had heard it too," he says. "I got a little bit of flak from the guys, but people have mostly been really cool and encouraging."

Kailin learned of the kiss through a friend.

"I didn't even know that we were entered. I didn't even go to the meeting where they announced it," she says. "It's a shock, but if it meant I got to see Daniel that much sooner so be it."

After their very public display of love, the blushing pair held hands on Regina's deck watching the other reunions take place.

"I was so nervous I thought I would fall off the gangplank," said AB Demers. "To share that moment with Catharine in front of my peers and their families, it was an amazing homecoming."

Kailin was asked about the time away from AB Demers.

"If you let it get you down the deployment is going to be harder on both of you," she says. "You've got to make of it what you can. Sitting around moping hasn't ever helped anyone."

Despite being half the world away, she says AB Demers went above and beyond to stay in touch.

"He went out of his way to contact me at least once a day. He stayed up late or got up early to make sure it was a reasonable time here, just so we can talk. He's been amazing."



# matters of OPINION

## WHO WE ARE

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

**STAFF WRITERS**  
Shelley Lipke 250-363-3130  
shelley.lipke@forces.gc.ca  
Shawn O'Hara 250-363-3672  
shawn.o'hara3@forces.gc.ca

**PRODUCTION**  
Carmel Ecker 250-363-8033  
production@lookoutnewspaper.com  
Francisco Cumayas 250-363-8033  
projects@lookoutnewspaper.com

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

**ACCOUNTS**  
Laura Spence 250-363-3127  
laura.spence@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

**CF APPRECIATION INFORMER**  
OS Drew Coupar 250-363-8033

**EDITORIAL ADVISOR**  
Capt Jenn Jackson 250-363-4006

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E-mail: frontoffice@lookoutnewspaper.com

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## People Talk

Lookout asked this question:

*Who are you waiting for and why are you most excited for them to return?*



I'm waiting for my husband LS Devin Maxwell. He's home just in time for our third wedding anniversary, so I'm very excited to see him.

Crystal Maxwell



My daddy (LCdr Andrew Hingston). I'm excited to see him because I missed him lots.

Gabby Hingston



My older brother LS Shawn Harris. We've become very close in the last few years and he's like my best friend now.

Nicole Harris



I'm pretty much waiting for the whole ship to come home. I had to leave the deployment early for a course, so I'm just excited to have all my friends and fellow crew home.

OS Derek Wilkinson



I'm waiting for my dad Cdr Jason Boyd. He's been away before but this is the longest deployment I can remember. I just want my dad back.

Taylor Boyd

## HOROSCOPES

### ARIES - Mar 21/Apr 20

Are you ready for surprises, Aries? If not, loosen up a little bit because there is a little excitement in store for you. It will come when you least expect it.

### TAURUS - Apr 21/May 21

You may need an extra dose of patience this week, Taurus. Some difficult tasks are ahead and you will be in charge of getting things back to normal.

### GEMINI - May 22/Jun 21

Gemini, though many things can induce stress, the infectious sound of children's laughter will quickly take you out of a slump. Take some time to enjoy the simpler things in life.

### CANCER - Jun 22/Jul 22

Cancer, some issues that require your attention arise at the office even though you may feel you have already devoted enough time to work responsibilities this week.

### LEO - Jul 23/Aug 23

A memorable night is on the horizon, Leo. It may be Wednesday or Thursday, so plan to look your best on those days. Romance could be in the air as well.

### VIRGO - Aug 24/Sept 22

Virgo, before reacting to something this week, take a few deep breaths before saying or doing anything. This way you can be sure you are not engaging in a knee-jerk reaction.

### LIBRA - Sept 23/Oct 23

Libra, someone you can trust will be by your side this week when you need the most support. He or she also can help with sorting through financial concerns.

### SCORPIO - Oct 24/Nov 22

Scorpio, you may need to take a look at your finances and any things you can do to address any issues. Tweak things that have not been working as you had hoped.

### SAGITTARIUS - Nov 23/Dec 21

Sagittarius, make some concessions if it means keeping the peace around the house. Sometimes you have to simply sit back and let others be in the spotlight.

### CAPRICORN - Dec 22/Jan 20

Capricorn, take a few moments to think about what you expect from a particular person and then develop a strategy that will bring you to that end. It sounds easy, but it will require effort.

### AQUARIUS - Jan 21/Feb 18

Sometimes things last, but other times they fizzle away, Aquarius. You may not be able to predict the outcome of everything, but you can take steps to protect the things you want to save.

### PISCES - Feb 19/Mar 20

Others will quickly figure out that there is no one quite like you, Pisces. You are a great friend to be around.

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ANSWERS ON PAGE 18

Level: Beginner

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Shawn O'Hara, Lookout

Inside Nelles Block foyer, Lionel and Bev Merson of B.C. Elections help CWO Cate Gaudet register as a voter for the B.C. Provincial Election taking place May 14. Contact B.C. Elections at 1-800-661-8683 to get on the list.

## Pat Bay Helicopter hangar construction on schedule

**Shawn O'Hara**  
Staff Writer

Beyond the window of Maj Donald Leblanc's office chaos has developed.

The 443 Maritime Squadron Air Reserve Flight Commander has a clear view of the new facility as it slowly grows from an empty clearing to a completed building.

He can hear it to.

"It's very busy all the time, and quite loud," he says. "It used to be you'd hear aircraft take off once in a while, but now it's constant work and noise."

Despite the cacophony of construction, Maj Leblanc says squadron members are excited to move into a modern facility next year.

"We can see the hangar get closer to completion every day. It's a big project and big step for 443 Squadron," he says.

Within the one building – 20,000 square metres and

*It used to be you'd hear aircraft take off once in a while, but now it's constant work and noise.*

–Maj Donald Leblanc  
443 MH Air Reserve Flight Commander

three stories high – will be offices, workshops and three hangars bays to house nine Sikorsky CH-148 Cyclone helicopters, the eventual replacement of their six Sea Kings.

It's also being constructed to "Post-Disaster Standards" to withstand a major disaster such as an earthquake.

"We've got the walls of the building anchored right into the bedrock under the site," says John Knappett, President of Knappett

Construction. "If anything happens this building isn't going anywhere. It's completely solid."

At any time there are about 200 people involved in the hangar's construction. Knappett Construction, the general contracting firm, is responsible for much of the concrete work and civil engineering, while dozens of speciality contractors such as electricians, plumbers, roofers, and steel workers are subcontracted for the trades work.

Knappett and his company have done work for the Canadian Forces before and feel it's important to keep a healthy relationship with what is one of Knappett's most important customers.

"The work involved is similar to projects we've done in the past, but scaled way up," says Knappett. "We've never built anything this big on the Island before."

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## Upgrade coming to Admirals Road

**Shelley Lipke**  
Staff Writer

New bike lanes, improved pedestrian access and better street lighting are all part of the Admirals Road upgrade happening in 2014.

The \$2.8 million project is funded through the Government of Canada Gas Tax Fund. The busy commuter route between Maplebank Road and Lyall Street will receive the most benefit.

A two-way left turn lane, median islands, improved sidewalks to facilitate pedestrian access, and installation of storm water treatment devices are also part of the project scope.

Following public consultation this spring, construction should begin in 2014.

"I think it's important to highlight there will be a lot of public input on what residents and commuters would like to see in terms of

the design," says Esquimalt Mayor Barb Desjardins. "We are hopeful that people on the base can give us some input on what they would like to see because this project is important for Esquimalt and the entire region."

Admirals Road is a regional commuter route used by base personnel, Victoria Shipyard employees, and flow-through traffic in both directions.

"We are thankful to the Government of Canada for providing 100 per cent funding for the project, and we look forward to using these funds to create a safer and more efficient corridor for all users," said Mayor Desjardins.

The Gas Tax Fund supports local governments in developing sustainable infrastructure that contributes to reduced greenhouse gas emissions, cleaner water and better transit.

## Guest speaker on base for special event

Maritime Forces Pacific (MARPAAC) will recognize the International Day for the Elimination of Racial Discrimination on Tuesday March 26.

Dr. Rennie Warburton from the University of Victoria's Speakers Bureau will deliver a 30-minute presentation entitled, "The Many Faces of Racism and Why it is so Difficult to Eradicate."

He will shed light on the different kinds of racism and discuss how it intersects with other types of discrimination, such as gender and class.

The presentation starts at 12:15 p.m. in the Base Information Services large conference room, D199, second floor, followed by a 15 minute question and answer period with Dr. Warburton. The Dialogue on Diversity activity starts at 1 p.m.

This commemorative day was first established by the United Nations in 1966 in recognition of the death of 69 individuals involved in a peaceful protest against apartheid in Sharpeville, South Africa, in 1960.

Canada launched the first national annual campaign against racism in 1989. Today, Canadians celebrate the success that comes with having an inclusive and respectful workplace.

MARPAAC employees who cannot attend the event should still reflect on the values of diversity, and to do one thing to continue the promotion of inclusiveness of all individuals in the MARPAAC workplace.

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# Celebrating

# MARCH 8 WOMEN



**Top:** Eighteen men and women walked along Lyall Street on their way to Saxe Point on March 8 as a celebration of International Women's Day.  
**Above:** PO1 Nathalie Scalabrini and Josee Lafontaine, DWAO Co-Chairs, lead the group.

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Shawn O'Hara, Lookout

Superintendent Colin Spivey (left) from Intercon Marine, and Ray Goyette from Finning Canada, work to lower HMCS Oriole's newly refurbished engine into the ship's engine room.

## A tight squeeze for HMCS Oriole

**Shawn O'Hara**  
 Staff Writer

At the end of a crane in HMC Dockyard, *HMCS Oriole's* newly refurbished diesel engine hung like a 1.5 tonne piñata as it waited to be lowered into the berthed sailboat.

It was a delicate job with only half an inch of clearance on either side of the hatch as it made its way into engine room.

"The ship is moving in the water and the crane is static on the jetty, so it can be finicky work," said Colin Spivey, a superintendent at Inercon Marine, who headed up the job. "If anything moves too much while we're lowering the engine it could go very poorly."

Thanks to the cool heads and steady hands of his crew everything went as expected.

The engine was removed a month ago and sent to Finning Canada in Saanich for an overhaul.

"The engineers at Finning are comfortable working on our engine," says LCdr Jeff Kibble, *Oriole's* commanding officer. "They come down every once in a while to do maintenance work, so they're the best people for the job."

This time last year *Oriole* experienced an extensive and complete refit. The engine was removed for general maintenance but LCdr Kibble says a refurbishment wasn't on the books until now.

"We kept running the engine for

the next year and it was fine," he says. "We started noticing a few issues here and there so we decided it was time."

The engine, a Detroit Diesel 671, received new cylinder linings, bearing, valves, vale springs, and a new crank.

"They're very reliable engines as long as you take good care of them," says LCdr Kibble. "With the work that's been done to it, we'll be running this engine for years to come."

During the ship's time without an engine the crew of *Oriole* has been preparing for their upcoming sailing season. LCdr Kibble is excited to get the sailboat back on the water.

"We'll be running some tests with the engine, but we hope to be back out within the week," he says.

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# Camosun students feel the electricity of industrial work

**Shelley Lipke**  
Staff Writer

Electrical students from Camosun College got an industry eye-opener March 8 when they visited Fleet Maintenance Facility (FMF) two weeks ago.

A group of 24 second and third year electrical apprentices observed maintenance work at one of the largest industrial centres in Victoria – HMC Dockyard.

The group was accompanied by their instructors Dan Daigle and John Bain, both former DND employees; Daigle with Base Construction Engineering (BCE) and Bain with FMF.

“Victoria is not a very industrial town, so a lot of the things they see here at the base are unique,” said Daigle. “They see equipment we don’t have in other parts of Victoria, such as pumps built in the 1800s and the submarine batteries. They get an idea there is a lot more to the trade than just wiring a house.”

The most impressive on the list of places visited were building D250, the corrosive fluid facility, weapons facility, the main electrical distribution control centre for Dockyard, the pump house and the first aid cell.

“We teach them a lot of theory in class, but to see the equipment on the base and understand how it all fits together is extremely valuable,” said Bain.

The glue that binds the myriad of work is management, and this did not go unnoticed by third year student Jocelyn Burton.

“I was most impressed by the management on the base, and how everyone has a type of speciality and how it all comes together to achieve the overall goal,” she said.

Student James McLaughlin, who works as an electrician in Port Hardy, found the 480,000 pounds of submarine batteries the most notable site of the tour.



Shelley Lipke, Lookout

**Twenty-four electrical students from Camosun College visited dockyard to see how an industrial workplace relates to their trade. Al Hall, work centre manager electrical, took the students on a tour of Fleet Maintenance Facility’s electrical shop.**

There were a lot of “ohs” and “ahs” as the group gazed upon the rows and rows of battery cells.

“What I saw here showed me [electrician work] on a much larger scale. I can’t imagine how they built some of this stuff with 1,200 amp breakers and huge gen-

erators. It’s really quite fascinating,” said McLaughlin.

The tour was organized and chaperoned by Mike Smith and Rick Deguire, electricians with the BCE Electrical Shop.

“It was great synergy to introduce those in training with the real life work

of Dockyard. As the work force ages out, visits such as this become even more valuable as a means to entice students to backfill the exodus,” said Smith. “I was especially impressed with the way each department we visited pulled together and hosted presentations for

the students.”

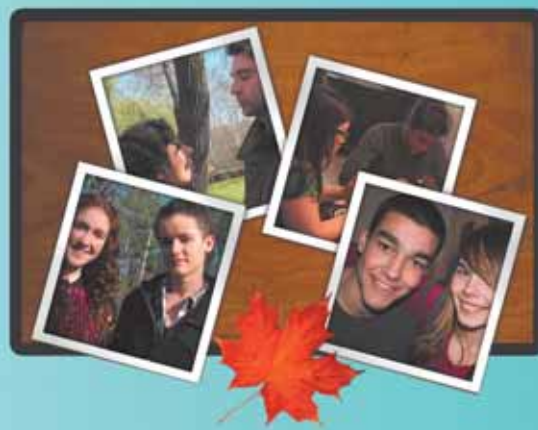
“Special thanks to Rob Harman, Shop 162A Supervisor, FMF Electrical Supervisor Al Hall and Construction Safety Officer Sandra Goth of Stuart Olson for helping to make this field trip a success,” he added.

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# B.C. cadets score big at biathlon championships

**Captain Amélie Leduc**  
Canadian Cadet Organization

British Columbia cadets have returned home from the 26th National Cadet Biathlon Championships very weighed down.

Not with the blues, but with 16 medals.

When the sporting event ended March 8 at CFB Valcartier, QC, the 12 elite Pacific region cadet biathletes were laden with nine gold, four silver and three bronze medals – making them number one overall in the medal count.

This was the best ever result for the Pacific Region.

It was a week-long event with 12 individual and eight team competitions.

Emil Vogel-Nakamura of Vancouver, and the Quebec rival, Gabriel Bisson made history when they crossed the finish line on the first day of Mass Start competition at the exact same time. Both cadets were awarded gold medals.

Kimberley Buller of Port Coquitlam won silver in the patrol race, and bronze in relay race.

Emil Vogel-Nakamura also won silver in relay and bronze in the patrol race with his teammates Lucas Morissette of Port Moody and Kevin Fierling of the lower mainland.

Louisa Tsang of Burnaby won four medals - two gold (mass start and pursuit races), one silver (patrol race) and one bronze (relay race). She also won the Myriam Bedard Award for the top aggregate score for 17-18 years old youth female category.

The Pacific Region Team and their coaches, including Lt Beth Curtis, Lt Theresa Hirst and Capt Ralph Craig, also

won the Sport Etiquette Award, which is a based on a vote by all provincial teams and competition and support staff.

Biathlon is a winter Olympic sport

combining free style cross country skiing and small bore marksmanship. The B.C. cadet biathlon team is supported and funded by the Regional Cadet Support

Unit (Pacific) in Victoria.

For more information on cadet biathlon, please visit [www.cadets.ca/biathlon/championship-championnat/Home/](http://www.cadets.ca/biathlon/championship-championnat/Home/)



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MCpl Rene Duguay, DND

**Above:** Cadet Jennah Leigh Smailes from team British Columbia out in front during the Senior Female Mass Start.

**Opposite page:** Cadets from Team British Columbia display a small collection out of the 16 medals they achieved at the 2013 National Cadet Biathlon Championship - an extraordinary feat by some extraordinary cadets.

**Left:** Emile Vogel-Nakamura of British Columbia competes in the Pursuit race at the Cadet National Biathlon Championship.

**Below:** Team Manitoba (front to back) Cadets Fascione, Pasieczka, and Biggs display some team pride during the men's patrol race.



MCpl Rene Duguay, DND

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# Alternative exercise offers surprising health benefits

**Shawn O'Hara**  
Staff Writer

When grown-ups ponder getting in shape they don't usually envision summer days as a child in the backyard trying to keep a hula hoop above the waistline.

But wiggling like a Hawaiian dancer has great fitness benefits, which is why the Personnel Support Programs (PSP) Recreation department is putting on a hula hooping exercise program in the Naden gym starting March 25.

"A lot of people, me included, can get bored with the workout routine," says Rachele MacDonald, who teaches the course. "Hula hooping and jump rope are great because they're a great workout, but it's outside the sometimes boring gym and jogging routine."

MacDonald, a Personal

Trainer certified through the Canadian Society for Exercise and Physiology, says the seemingly innocuous hula hoop has many beneficial workouts. It engages the core muscles for coordination and the muscles in the legs and hips for stabilization, while also improving coordination and spinal flexibility.

"It's a huge surprise to a lot of people when they realize just how much of workout it is," she says.

The hula hooping course costs \$60 for military and DND members and \$70 for civilians. Classes will take place Mondays from 4:30 to 5:30 p.m. March 25 to May 6. Participants don't need to bring anything other than a water bottle, as hula hoops of varying sizes and weights will be provided.

Depending on the success of the hula hooping pro-

gram, MacDonald will start a Jump Rope and Hula for Fitness course, beginning June 3.

"Since you're using your whole body it's a very versatile way to exercise," says MacDonald. "You're jumping up and down, so it strengthens muscles, works the heart, and can even strengthen bones and joints."

It's also a good way to jump start weight loss. Just one minute of the high speed workout burns up to 11 calories, which makes it a low stress alternative to running.

As of now the start date of Jump Rope and Hula for Fitness is June 3. Classes cost \$40 and run weekly from 4:30-5:30 p.m. until June 24.

MacDonald will offer a free trial of the jump rope program May 13 from 5 to 5:30 p.m. Those interested should call 250-363-1009 to register.

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Matthew Murnaghan/Canadian Paralympic Committee

Soldier On participants compete in downhill skiing, snowboard and Sit Ski on Whistler Mountain.

# Soldier On inspires hope worldwide

**Capt Rae Joseph**  
Soldier On-Canadian Paralympic Committee

At the end of February, injured soldiers and veterans from across the globe – U.K., Australia, U.S. and Canada – gathered in Whistler, B.C., for the inaugural Soldier On-CPC Allied Winter Sports Camp.

The Canadian Forces' Soldier On program was founded in 2006 as a joint initiative between the Department of National Defence and the Canadian Paralympic Committee (CPC).

The goal is to empower retired and serving members of the Canadian Forces with an injury (visible or non-visible) to accept their "new normal" by adopting an active lifestyle through participation in physical, recreational or sporting activities.

This year's event saw an increased involvement from the CPC, which gave a more comprehensive experience to the participants in alpine

skiing and snowboarding, Nordic skiing/biathlon, curling and sledge hockey.

In an interview prior to the kick-off of the Allied Winter Camp, WO Dan Connor said, "It would be nice to have a Canadian flair that soldiers from Australia or the U.K. and the United States would not necessarily have the opportunity to see."

That goal was surpassed with the uniquely Canadian recreational activities dog sledding and snowmobiling.

Forty representatives from the individual nations' injured units/programs were divided into four teams: Haida, Algonquin, Inuit and Ojibwa in honour of the area's Aboriginal roots.

The first few days were designed as a training and introduction to the sports because for some this was their first exposure to sports played on snow and ice.

There was to be a competition - nation against nation. But days into the camp participants unanimously decided to compete as allied teams.

"This week was incredible," said Lt Ashaila Ouellet from Petawawa. "It's been therapeutic to be around like-minded people in a safe environment. We relied on each other for support. I am not saying we don't get support back home – we do – but in a typical military event or exercise not so much. We had the opportunity to share new experiences and learn that we are not alone in our recovery and rehabilitation journey."

Many members involved in the Soldier On Allied Winter Sports Camp credited this event with helping them overcome their challenges and open doors to other life opportunities.

"It's been amazing help for my recovery through the camaraderie we build and the distraction it provides," said Staff Sgt Jeremy Mendiaz, U.S. Marine Corps, Camp Pendleton, CA. "Everything, including sports, is adaptable no matter what your injury is – [you] just don't even notice it."

Capt Christopher Isles from Australia echoed a similar sentiment.

"This opportunity provided a unique environment to allow a form of physical and social rehabilitation, so a third layer of rehabilitation that enhanced our individual countries' rehabilitation programs."

The closing ceremonies were held at the Whistler Hilton on Thursday, March 7 and saw teams Ojibwa and Haida tied for gold, Algonquin capturing the silver, and Inuit heading home with bronze. Despite the official standings all participants (including staff) left as winners through the opportunities given, experiences lived and friendships made.

Learn more about Soldier On at [www.SoldierOn.ca](http://www.SoldierOn.ca) or join the Facebook page at [www.facebook.com/SoldierOnSanslimites](http://www.facebook.com/SoldierOnSanslimites)

*Capt Rae Joseph is a Public Affairs Officer, but currently works as a Platoon Commander for the Integrated Personnel Support Centre Kingston.*

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**Army Captain gets a KICK out of teaching**

**Shawn O'Hara**  
Staff Writer

*Humans are aggressive creatures... What the martial arts teach you is how to embrace that aggressive nature but master it to benefit you in other ways.*

-Capt James Eke

After three decades of learning, Capt James Eke has moved from grasshopper to teacher.

Unlike Miyagi in Karate Kid, the artillery officer has decided to share his expertise to a wider audience by opening his own school. Last October, the doors to Eke Academy of Martial Arts quietly opened.

In the modest Esquimalt studio the décor is specifically crafted to encourage martial arts training: mirror-lined walls give students every perspective on a new technique; human-shaped punching dummies wait in the corners to absorb the fists and feet of the students; and martial arts legends review the training from their portraits on the walls.

Among the legends is Capt Eke's own teacher Dan Inosanto.

The Filipino-American martial arts instructor from California was a student of the legendary Bruce Lee,

an expert in Jeet Kune Do. Inosanto became ambassador to the fighting style following Lee's death in 1973.

Capt Eke first learned Jeet Kune Do, also known as "scientific street fighting", from Inosanto after attending his seminar 20 years ago.

"It was a turning point in my life," says Capt Eke. "I not only met a living legend, but I came away with a completely different perspective on martial arts, personal wellness, and life in general."

Since that day Capt Eke has travelled all over North America to attend training sessions and seminars by Inosanto, even travelling to the Inosanto Martial Arts Academy in Marina del Ray,

California, for days or weeks at a time to train with his idol.

"It's very inspiring learning from a man like Mr. Dan Inosanto," says Capt Eke. "Besides shaking the hand that shook the hand of Bruce Lee, he has such a unique perspective on bettering oneself through martial arts; it's hard not to feel like a different person afterwards."

At his academy, Capt Eke teaches Jeet Kune Do, the Malaysian and Indonesian martial art Silat, Japanese shoot wrestling, kickboxing, the Filipino stick and dagger martial art of Kali, as well as mixed martial arts concepts.

He says this variety encourages flexibility and

adaptability in martial arts and self-defense.

"It's important to learn everything you can to round yourself out as a fighter. If you stick to one martial art for too long you can become rigid, and you lose the adaptability you need to actually defend yourself in a fight," he says.

But adds, "Humans are aggressive creatures; it's a basic part of our nature. What the martial arts teach you is how to embrace that aggressive nature but master it to benefit you in other ways."

A one-year membership to the Eke Martial Arts Academy costs \$125 a month. It includes unlimited classes and training in all the martial arts styles offered. Rates vary for instruction in individual styles. For more information visit [www.ekeacademy.com](http://www.ekeacademy.com).

*During the day, Capt Eke works at MARPAC HQ. During evenings and weekends, he works at the Academy, rounding out a very full life.*



**Left:** Capt James Eke and student Charles Lefleur practice Filipino Stick and Dagger fighting at the Eke Academy of Martial Arts.

**Top:** Capt James Eke and student Charles Lefleur do a little sparring.

Shawn O'Hara, Lookout

# Bravo ZULU



2Lt Russ Vandeputte receives his promotion from Maj Paul Hodge, Office in Charge of Joint Rescue Coordination Centre Victoria.



AB Coutu receives her new shoulder slip-ons from PO2 Major and Executive Officer of HMCS Protecteur, LCdr Murray (right).



MS Kerri Clinton is promoted to her current rank by PO1 Cam Armstrong and Cdr Alistair Harrigan of the Personnel Coordination Centre.



AB Holt is presented his new rank by PO1 Campbell (left) and Executive Officer of HMCS Protecteur, LCdr Murray (right).



AB Soltau receives his new shoulder slip-ons from CPO2 Penner (left) and Executive Officer of HMCS Protecteur, LCdr Murray (right).



AB Whelan receives his new shoulder slip-ons from CPO2 Watson (left) and Executive Officer of HMCS Protecteur, LCdr Murray (right).



Lt(N) Danila receives a Fleet Maintenance Facility Cape Breton (FMF) Recognition Support Award from Capt(N) Don Smith, Commanding Officer of FMF.

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# Bravo ZULU

Crew members of HMCS Vancouver were presented NATO Article 5 Medals for Operation Active Endeavor during an honours and awards parade held at the Naden Drill Shed. On hand to attend the parade and make the presentations were the Chief of the Defence Staff, Gen Tom Lawson; Commander Maritime Forces Pacific/Joint Task Force Pacific, RAdm Bill Truelove; and Deputy Commander Canadian Fleet Pacific, Capt(N) Martin Teft.

MCpl Chris Ward, MARPAC Imaging Services



Cpl Benjamin McLachlan receives the NATO Article 5 Medal for Operation Active Endeavor from RAdm Bill Truelove.



PO1 Tammy Olejnik receives the NATO Article 5 Medal for Operation Active Endeavor from RAdm Bill Truelove.



LS Keith Nelson receives the NATO Article 5 Medal for Operation Active Endeavor from RAdm Bill Truelove.

## Bravo Zulu HMCS Vancouver



*Left:* MS Rene Chalifoux receives the NATO Article 5 Medal for Operation Active Endeavor from RAdm Bill Truelove.



*Right:* OS Christina Jahraus receives the NATO Article 5 Medal for Operation Active Endeavor from RAdm Bill Truelove.



*Left:* LS Patrick Buckoll receives the NATO Article 5 Medal for Operation Active Endeavor from Capt(N) Martin Teft.



*Right:* LS Devin Snashall receives the NATO Article 5 Medal for Operation Active Endeavor from Capt(N) Martin Teft.



PO1 Michel Michaud receives the Chief of the Defence Staff (CDS) Commendation from Gen Tom Lawson.



LS Daniel Arbouw receives the Chief of the Defence Staff (CDS) Commendation from Gen Tom Lawson.



PO1 Christopher Roy Janosik receives the Chief of the Defence Staff (CDS) Commendation from Gen Tom Lawson.

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**CAREGIVING FOR SOMEONE** with dementia? The Alzheimer Society of B.C. has support groups for caregivers. Contact the Alzheimer Resource Centre at 250-382-2052 for info and to register.

**LIFERING ALCOHOL & DRUG ADDICTION SUPPORT GROUPS** has started new groups on Vancouver Island. Victoria, BC: Victoria Native Friendship Center on Thursday evenings 7:30pm @ 231 Regina Ave. Saanichton, BC: Tsawout First Nation on Thursday afternoon at 3pm at 7728 Tetayut Rd. Duncan, BC: 1 Kenneth Pl. on Friday evenings at 7pm. Nanaimo, BC: Vancouver Island Therapeutic Comm. on Sunday evening 7:15pm @ 10030 Thrid Street. General inquiries: Michael@LifeRingCanada.org

**VIEW ROYAL READING CENTRE.** Conveniently located at Admirals Walk Shopping Centre. We have books, audios, videos, & DVD's for all ages. Internet is also available. For hours of operation and other information please call 250-479-2723.

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**SHARE YOUR RECREATIONAL INTERESTS** this fall by supporting a person with a disability to become more active! By donating only 1-2 hrs a week you have the opportunity to change someone's life while having a great time doing it. To get involved or for more info, please call Kim at 250-477-6314 ext. 15 or email volunteers@rivonline.org or visit http://www.rivonline.org/Volunteering.htm

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

PUZZLE ON PAGE 4

# LOOKOUT Classifieds & Real Estate

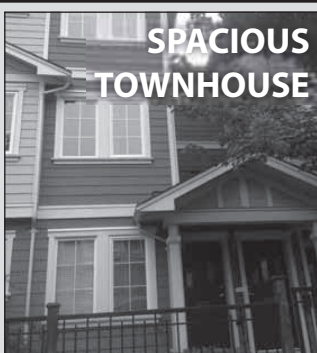
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# NEWS *Nuggets*

## The top brass want to hear from you

The CDS and CF Chief Warrant Officer want to hear from you.

If you have a question or comment about what is happening in the Canadian Armed Forces, please send your email to Ask the Command Team at +AskTheCommandTeam-Equipedecommandementvourrepond@f@ADM(PA)@Ottawa-Hull. Your message will be reviewed and the CDS or CF Chief Warrant Officer will respond to a selection of questions in upcoming editions of The Maple Leaf and on the Defence Team intranet site.

### Easter Tradition at the BC Forest Discovery Centre

The B.C. Forest Discovery Centre is hosting the annual Easter scavenger hunt

for families in and around the Cowichan Region. This event carries a special admission rate of \$5 for children under 12 and \$7 for adults. The event is scheduled for Sunday, March 31 from 10 a.m. to 4 p.m. Goodie bags will be provided for children who complete the scavenger hunt and while supplies last.

The Easter Scavenger hunt is just the beginning of a season full of events and many great reasons to invest in a membership toward the museum.

Special event information and information about memberships can be found at <http://bcforestdiscoverycentre.com/> or by calling 250-715-1113.

### FORCE Program

Are looking for more information on the new FORCE Evaluation?

Check out [www.cfpsa.com/forceprogram](http://www.cfpsa.com/forceprogram).

Click on 'About the FORCE Program' to learn about the test components and minimal standards.

Make sure you check out the frequently asked questions area to learn more about the following topics:

- About the FORCE Program
- History of the FORCE Program
- Looking Ahead: What you need to know for 2013-2014

If you have further questions please contact any PSP Fitness staff at 363-4485.

### DND Big Bike Challenge

The DND Big Bike Challenge is gearing up for

another year and is currently recruiting teams to join the fun. The Heart and Stroke Big Bike Event is a fundraising activity aboard a bicycle built for 30. During the 20 minute ride, teams raise awareness and the necessary funds to help make a big difference for heart health in Canada.

Teams can register at no cost; however, each rider fundraises for their seat. Posters, pledge forms, and a user friendly website make fundraising easy. The Big Bike will be in Victoria on June 18, 20, and 25-27. DND Challenge teams ride on June 27.

For more information contact Jeremy Loveday at 250-634-2327, [jloveday@hsf.bc.ca](mailto:jloveday@hsf.bc.ca) or Vicki Laidlaw at 250-363-2595. [www.bigbike.ca](http://www.bigbike.ca).

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