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LOOKOUT

  **MARPAC NEWS** CFB Esquimalt, Victoria, B.C.
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Hats off

AB Jordan Smith chills with Gnaval Gnome on board HMCS Ottawa. Gnome spent a few days in the warship with AB Smith and other members of the crew to rekindle his love of the sea. Read the full story on page 5.

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HMCS Regina next in line to deploy

DND

The ship's company of *HMCS Regina* is currently preparing to deploy overseas as part of Canada's continued involvement in international operations. The ship is expected to set sail in July 2012 and replace *HMCS Charlottetown*. *Regina* will provide relief to the crew of *Charlottetown*, which has

been deployed since January 2012. *Charlottetown* has, along with other NATO ships, participated in Operation Active Endeavour, NATO's counter-terrorism effort in the Mediterranean Sea. On May 3, it was reassigned to deploy to the Arabian Sea region with Combined Task Force 150 (CTF 150) in order to conduct maritime security operations in the Gulf of Aden, the

Gulf of Oman, the Arabian Sea, and in the Indian Ocean.

Regina is an Esquimalt-based Canadian patrol frigate with a crew of approximately 225 personnel, and includes a CH-124 Sea King helicopter air detachment, as well as a shipboard unmanned aerial vehicle detachment. The frigate is commanded by Commander Jason Boyd.

Warships prepare for massive exercise

Shelley Lipke
Staff writer

Warships of the Pacific Fleet are stocking up for a month-long trip south to participate in the largest international maritime exercise - Rim of the Pacific (RIMPAC) 2012.

Canada will join 21 nations from June 29 to Aug. 3 in a variety of combat exercises off the coast of Hawaii, designed to maintain and improve their ability to work together.

"The scope of this year's RIMPAC is huge," says Cdr Julian Barnard, Canadian Fleet Pacific Fleet Operations Officer. "This is the largest RIMPAC to date. It's a great force generation training opportunity where a significant number of assets are

available to gain a full spectrum of training."

New this year will be the participation of *HMCS Victoria* - the first time a Victoria Class submarine has been involved.

HMC Ships Algonquin, Ottawa, Brandon, Saskatoon and Yellowknife, along with Fleet Diving Unit (Pacific) are also set to leave.

"We are definitely looking forward to it," said Cdr Barnard. "It's a great challenge and an interesting opportunity. We are looking to gain as much experience as we can."

This year Canadian military officers will hold three senior positions in RIMPAC 2012. RAdm Ron Lloyd will be the Deputy Commander Combined Task Force; BGen Michael Hood will

be the Combined Forces Air Component Commander; and Cmdr Peter Ellis will serve as the Commander Combined Task Force 176, an amphibious Task Group led by USS Essex.

At sea, warships will take part in scripted exercises that involve gunnery, missile firings and training serials. On the ground, more than 150 soldiers from the Royal Canadian Army's 2nd Battalion of Princess Patricia's Canadian Light Infantry will work beside United States Marine Corps members and other coalition units in an exercise to practice the evacuation of non-combatants.

Up above, four CP-140 Aurora Long Range Patrol aircraft from 14 Wing

Greenwood, N.S. and 19 Wing Comox, B.C., seven CF-188 Hornet fighter jets from 4 Wing Cold Lake, A.B., and two CH-124 Sea King detachments assigned to *Algonquin* and *Ottawa* will join military aircraft from other nations in aerial exercises.

Additionally, more than 100 CF members will provide logistics and other support and occupy a variety of staff and leadership positions within RIMPAC.

RIMPAC began as an annual exercise in 1971, and since 1974 has been scheduled every second year. This year's exercise involves more than 42 ships, six submarines, and more than 200 aircraft, as well as 25,000 personnel from 22 participating nations.

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CFB Esquimalt's Cdr Lori McAllister, Royal Australian Navy Captain Malcolm Wise, and Victoria Mayor Dean Fortin receive the salute from the Naden Band as it marches past the dais set up at Victoria City Hall during the Annual Victoria Day parade on the May long weekend.

Warriors on the water at Formation BBQ

Shelley Lipke
Staff Writer

This Friday, at the annual Formation Appreciation Barbecue and Environmental Fair, expect to see more than just smoke drifting upwards from a few barbecues, and people lining up along A Jetty.

Turn your gaze toward the water and you'll see an Aboriginal canoe with eight paddlers transporting Lieutenant Governor Steven Point, Captain (N) Craig Baines, Mayor Barbara Desjardins of Esquimalt from the Songhees First Nation to A Jetty. Traditional

naval whalers will then race against each other, and the Navy Dragon Boat team will put on a demonstration as part of Aboriginal Day celebrations.

"This year RAdm Nigel Greenwood wanted to celebrate on the water sharing our warrior spirit with First Nations to make it an interactive and fun event," said Helene Stevens, Formation Work Force Officer. "There is a long history of the navy supporting canoe races in the Gorge, which dates back more than 100 years, so we thought we'd celebrate the 100 year anniversary of Esquimalt municipality on

the water."

From 11:30 a.m. to 1:30 p.m., teams from Canadian Forces Fleet School, Fleet Maintenance Facility Cape Breton, and CFB Esquimalt will race these boats across Esquimalt Harbour.

"This event recognizes the support of the civilian and military personnel of CFB Esquimalt and provides a valued cultural component of sharing with our First Nations and municipal neighbours," said Stevens.

Free hot dogs, veggie dogs and bannock (traditional Cree fried bread) will be served. The Le-La-La First Nations dance company will

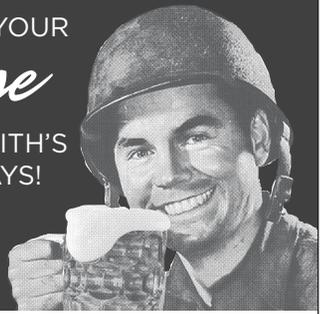
perform songs and dances, and there will be a number of environmental booths in recognition of Canadian Environmental Week. Also in attendance will be Victoria Hyundai's Elantra giveaway car, with representatives taking contest entries.

A barbecue for evening shift workers will be held 5 to 6 p.m.

Military turnout is dress of the day for military members.

Volunteers are needed for food service, preparation and cleanup. Anyone wishing to volunteer should contact Donna Farrell at 250-363-1517.

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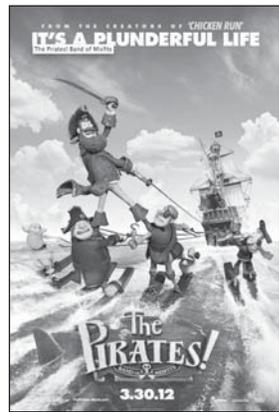
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FILM Review The Pirates! Band of Misfits a delight



Jennifer Fielding
Contributor

This film's title for European release was "The Pirates! In An Adventure With Scientists!", but it was changed for North American audiences.

It comes to us from Aardman Animations, the creative force behind *Wallace and Gromit* and *Chicken Run*, and is filled with humour and action - a thoroughly entertaining romp for both children and adults, as my eight-year-old son and I

can both attest.

The film is set in 1837 and a good part of its humour and plot is derived from anachronism, with visual features such as a pirate who wears her name spelled out in bling around her neck like a rapper, and dialogue such as the bookish scientist's constant lament that he will "never get a girlfriend."

It uses a combination of brilliantly executed stop-motion and computer-generated animation to tell the story of Pirate Captain (voice of Hugh Grant) and his crew (Martin Freeman, Brendan Gleeson, Anton Yelchin, Ashley Jensen, and Al Roker), great friends who share a passion for ham and have a lot of fun together, but are the laughingstock of the pirate world because of their lack of booty and bloodthirstiness.

Pirate Captain's strongest desire is to win the Pirate of the Year Award,

but he cannot compete with the likes of Peg Leg Hastings (Lenny Henry, Chef!), Cutlass Liz (Salma Hayek) and Black Bellamy (Jeremy Piven, doing his best American cowboy impersonation), and he and his crew leave Blood Island in humiliation.

However, after they attack Charles Darwin's ship (David Tennant, Doctor Who), their fortunes appear to be made when Darwin identifies the crew's beloved "parrot", as a dodo, a species thought to be extinct, telling Pirate Captain that this discovery will lead to "untold riches"; but Darwin has his own prize in mind: the love of Queen Victoria (Imelda Staunton, Harry Potter), who has a fondness for exotic animals.

Unfortunately, after the party reaches London, they find this fondness masks a sinister motivation for acquiring Polly...and the Queen's

hatred of pirates is legendary.

Will Pirate Captain give up his pet in exchange for riches and glory, losing his best friends in the process? Can the pirates thwart Queen Victoria and her fiendish plan as she abducts Polly and takes to the high seas? Perhaps...with the aid of a dirigible? Hilarity and excitement, of course, ensue.

The soundtrack cleverly references our time, as the pirates set sail for London to the strains of "London Calling" by the Clash and the soundtrack also includes "Not Crying" by comedic duo Flight of the Conchords.

Visual humour adds to the charm, not the least of which is provided by Mr. Bobo, Darwin's monkey-butler or "manpanzee", who communicates by means of cards with words printed on them.

There is also a healthy dose of the absurd, as

when Pirate Captain, badly disguised as a scientist, struggles to gain entry into the Royal Society: "Gold...ham...and the tears of a mermaid?" and the clerk replies, "Two out of three. Not bad." and lets the group in.

The one dissonant note, I felt, was Queen Victoria's character, which becomes more shrewish and horrible than I felt it needed to be.

Aside from that, this film was excellent and I would recommend it for viewing by audiences of any age.

Rating: 9/10

CORRECTION

In the May 14 issue of Lookout, the headline for the Boomer's Legacy story incorrectly read: "Boomer's Legacy looking for endurance readers." What it should have read was "riders."

MP corner No need for speed on base, or pay up

LS Nicolas Muir
Military Police Community Relations

Traffic offences are one of the most commonly received complaints by the Military Police here in Esquimalt and the majority of these stem from speeding vehicles.

The answer to these complaints is easy; we have been, and still are, stepping up the targeting of high risk areas on base for speeding.

As many know, the most common speed limit on base is 30 kilometres per hour, so if you have missed a speed sign, there isn't one posted, or if you are at all unsure as to the limit for a street on base, stick to that limit.

Remember, speed limits state the maximum you are allowed to travel. There are still streets that may require more attention and slower speeds, especially school zones, of which our base has two.

Now that you're thinking about speed limits and school zones, yet another curve ball gets thrown in, marching troops. In most cases, marching troops are heading to and

from the Fleet School at the same time as the last minute traffic rush is heading for work, which can be a recipe for disaster. When you pass marching troops on either side of the road, it is to be done at a maximum of 15 kilometres per hour and only when you are sure it is completely safe to do so.

If you are caught breaking the speed limit on base, the Military Police have the same powers as any civilian agency to issue a provincial ticket. In the past month, the Military Police have stopped more than 150 vehicles for various offences including speeding; some provincial tickets handed out include:

- Speeding exceeded by less than 21 km/hr \$138
- Speeding exceeded by more than 21 km/hr \$196
- Fail to obey stop sign \$167
- Fail to change address \$109
- Drive contrary to restriction \$109
- Use electronic device while driving \$167
- No drivers licence \$276

Along with the ability to issue provincial tickets while on base, Military Police have the option to also give notice and orders. If your vehicle or vehicles paper work is found to have any deficiencies that need to be fixed, a notice and order will give you a set amount of days to have it fixed and report it back to the Military Police Unit.

If you fail to fix the problems, which could stem from a broken head light to an improperly attached front licence plate in the time allotted, you may be given both the ticket for the deficiency, as well as a ticket for failing to comply with the notice and order at the cost of \$598.

Vehicles make our lives easier by shortening our commute times from hours of walking to a matter minutes behind a wheel, just don't forget, you pay for your vehicle, repairs and gasoline, but driving is still a privilege not a right.

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Gnaval Gnome earns his sea legs as sailors in HMCS Ottawa look on.

Gnome still tasting sea salt

Gnaval Gnome
Contributor

I just got back from a wonderful tour with *HMCS Ottawa* and I want to express my thanks to the Captain and her crew. Commander Van Will opened up his ship to me and welcomed me aboard, along with a number of other VIPs during their most recent outing on Task Group Exercise (TGEX).

It was a great time sailing with the happy and hard working crew and seeing everyone in action.

We spent the time working with *HMC Ships Algonquin, Vancouver*, and near the end of the exercise, *HMAS Perth*. I got to experience how they work and while it differs in many ways, they are clearly just as professional as Canadians and are very impressive.

The TGEX doubled as air workups for the crew and I got to participate in a lot of fun training in making sure

the ship and crew are ready for the newly joined air detachment. Some people seemed stressed by the tests of Sea Training, but everyone was up to the challenge and pulled through admirably.

I mentioned earlier that I wasn't the only VIP onboard and that's because the ship was a real hustle and bustle of great people. I was joined by the Canadian Leaders at Sea (CLaS) program, so I got to meet industry leaders from the area. Everybody helped us out and encouraged us to be really involved in the life at sea to see how everything works. The crew helped us out as we got to do a light jackstay and practice our aim. My personal favorite was the 9mm gnome rifle, though I think they use the nickname of Sig Sauer. We spent a lot of time firing the big gun as well. Those rounds are huge. I made sure to stay away from the gun in case I got confused for a round.

Anyone who's anyone knows how hard gnomes work, but even we need a break. So the best day, by far, was when we got to go to anchor and we had a big banyan – a fancy name for a cookout on deck. There wasn't always time to see everyone during the working day, so it was nice to see the crew out and enjoying themselves in the sun on the flight deck. Sergeant Gaudet was nice enough to share his burger with me and the whole crew was a joy as they shared their ship with me.

The two weeks I got to spend with the crew of *HMCS Ottawa* was a grand experience and a great time to get back to my roots.

After all, one cannot simply become the Gnaval Gnome with a little paint and a name change.

I'm glad to have gotten a little bit salty and though *Ottawa* was my first ship since joining CFB Esquimalt, I sincerely hope it will not be my last.



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UPSTAIRS

Calgary team takes Amazing Race win

Shelley Lipke
Staff Writer

There was a lot of brain power at work last week when Naval Combat Information Operators (NCIOP) rolled up their sleeves and focused their efforts on the Admiral Yanow Skills Competition held over two days.

Following a series of tests – Jeopardy and Wheel of Fortune – to determine certain proficiencies, teams from *HMC Ships Calgary, Winnipeg, Regina, Protecteur, Algonquin* and *Ottawa* then hit the pavement in an Amazing Race.

“All teams hit the competition running, but *HMCS Calgary* was the fastest and came in just over 40 minutes for the final task, sweating, puffing and trying to catch their breath. It was a very athletic endeavour,”

said CPO2 John Haggis, Chief Fleet NCIOP.

Winnipeg and *Ottawa* came in second and third.

Teams were sent scurrying around the base following clues that led them to a location where they were given a task, or a trade related question in order to get a clue to their next location.

“It’s set up to challenge them interactively on general service knowledge and trade-related problems. This year eight stations were set up on a five kilometre route. Some of their tasks included identifying flags raised, making a bunk according to regulations, identifying history of the trade, demonstrating safe weapons handling and passing a codeword quiz,” explained CPO2 Haggis.

The trade is considered the “eyes of the fleet” and

NCIOPs spend their days deep in the ship, rarely getting to see the light of day during their shift.

“We work in a dark space all the time in the operations room, so it’s nice to put a little light on people’s faces. When we do go to sea we know who we are talking to on the other ships and this creates a better working relationship between the ships and crew. It also builds on teambuilding, which is the way we approach problems when we are at sea,” says CPO2 Haggis. “Meeting sailors face-to-face and competing using the core skills of their trade is a great way to practice interactively. We had Ordinary Seamen competing alongside Petty Officers.”

On a ship, NCIOPS collect, evaluate, display and disseminate information

that comes from different sources throughout the ship, internally and externally.

“We use radars as our primary source for surface and air search to provide a picture for command to make tactical decisions on fighting and keeping the ship safe,” said CPO2 Haggis.

Admiral Yanow’s NCIOP Skills Competition began in 1985 as a friendly competition between two and four squadrons. At the time, Adm Robert Yanow was the Admiral, so the skills competition took on his name.

Also included in this competition was an air controlling skills competition, which *HMCS Ottawa’s* LS Colin Forsberg won.

An awards presentation at the Canadian Forces Sailing Association and a barbecue funded by the Chief and Petty Officers’ Mess followed the competition.

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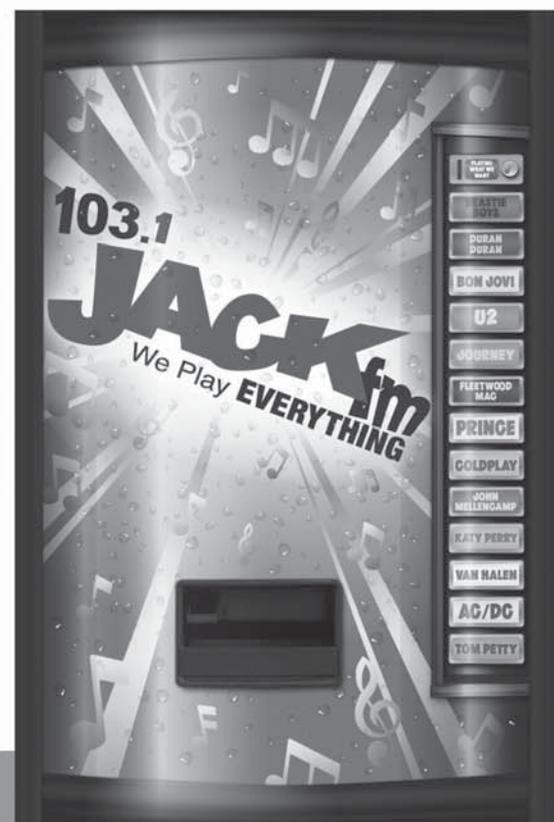
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Photo by Shelley Lipke, Lookout

Naval Combat Information Operators from *HMCS Calgary* tackle bed making as part of the Amazing Race portion of the Admiral Yanow’s Skills Competition.

Now that’s refreshing!





Colonel Rob Roy MacKenzie, Brigadier-General Paul Wynnyk and Colonel Bryan Gagne sign the Transfer of Command Authority. The Change of Command ceremony and parade took place Sunday May 27, 2012, at The Seaforth Armoury on Burrard Street, Vancouver.

Photo by Cpl Shirley Edel

New leader for 39 Canadian Brigade Group

Major Dan Thomas
39 CBG PAO

Canada's west coast soldiers have a new boss, following the 39 Canadian Brigade Group (39 CBG) change of command from Colonel Bryan Gagné to Colonel Rob Roy MacKenzie in a ceremony at Vancouver's Seaforth Armoury on Sunday, May 27.

Steven Point, Lieutenant Governor of British Columbia, was the guest of honour, and Brigadier General Paul Wynnyk, Commander Land Force Western Area, was the reviewing officer at the ceremony, which formally conferred the status and responsibilities of Canada's senior soldier west of the Rocky Mountains on Colonel MacKenzie.

"It's been a real pleasure and honour to have served with such a talented group of seasoned professionals," said Colonel Gagné, who assumes the post of Assistant Chief of Staff - Operations, Land Force Western Area, headquartered in Edmonton. "39 Canadian Brigade Group stands ready to tackle the future on truly solid footing, and I wish Colonel MacKenzie every success in leading the soldiers of this Brigade."

39 CBG is comprised of 11 units and nearly 1,600 soldiers based in civilian communities across British Columbia, from Victoria in the west to Trail in the east and, recently restored, Prince George in the north. Approximately 90 per cent of its members are part-time Reserve soldiers who serve with the Canadian Forces in addition to their civilian careers and educational programs.

Under Colonel Gagné's two-year appointment, 39 CBG increased its cooperation with Canadian and American Regular and Reserve force organizations, including Maritime Forces Pacific - whose Commander and Formation Chief Petty Officer, Rear Admiral Nigel Greenwood and CPO1 Paul Helston, attended the ceremony.

"I'm deeply honoured to assume the opportunity to lead this brigade, which links the Canadian Army to the province and population of British Columbia," said Colonel MacKenzie. "The Brigade counts on the service of dedicated soldiers who are supported by their families, employers and educators, and their home communities. I intend to continue and build upon Colonel Gagné's outstanding legacy

and initiatives in 'training to excite' in order to strengthen retention among our leaders and soldiers, and to maintain our readiness for future operations."

Colonel MacKenzie's varied military career began as a Private with The Seaforth Highlanders of Canada, and includes several years of Regular Force service in Princess Patricia's Canadian Light Infantry - where he completed tours of duty as a United Nations peacekeeper on Cyprus, and as a United Nations Military Observer in Guatemala and El Salvador.

He also served with Manitoba flood operations in 1997, trained to be an advanced freefall parachutist, and graduated from the US Army Ranger course. He then returned to the Army Reserve and The Seaforth Highlanders of Canada in 2000.

Following command of his historic unit, he completed two senior tours of duty with Task Force Afghanistan.

In civilian life, he is a patrol constable with the Vancouver Police Department, where he has also served as a member of the Emergency Response Team during the Vancouver 2010 Olympic Winter Games.

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Adventures Ahoy at the Maritime Museum Camp

After a successful trial run over the spring break, the Maritime Museum of B.C. will offer their first-ever summer camp program to budding young explorers, ocean enthusiasts and pirate wannabes.

With such daily themes as mythical beasts, life at sea and of course pirates, the emphasis is on fun, imagination, education and adventure.

Starting in early July, the Museum's Adventures at Sea Summer Camp will provide a safe and fun environment to keep children aged six to 12 years old entertained. Each day campers will explore the museum's galleries, take part in crafts, stories and games, and will go off-site to local attractions.

Each day is unique, but as an example, for "Arrrrr thar be Pirates!" Mondays, campers will be greeted by the camp leader (or pirate captain!), create pirate identities, learn about what life as a pirate was like and see if they've got

what it takes to be one, go on a treasure hunt, take part in pirate craft, sword fights and take a trip on the Pirate Adventures boat.

On the following days campers will find out about long distance exploration and navigation, mythical sea beasts, life as a sailor and the perils of scurvy, storms and shipwrecks, before taking an imaginative dive into the deep ocean as they discover what life is like beneath the surface. Some other places visited include the Shaw Ocean Discovery Centre, Beacon Hill park, the Royal B.C. Museum and IMAX.

The Maritime Museum appreciates the sacrifice of military families and is pleased to offer a 10 per cent discount on the price of camp admission per child.

"In an effort to increase awareness of our programs, camps and the museum in general, we are offering free admission to the pub-

lic on June 23, as well as the chance to win a week-long camp if a membership is purchased before June 30," says Chalini Kennedy, Programs Coordinator. "As well, we have changed our admissions to reflect a more affordable outing for a family. Two children six to 12 years old are free when accompanied by a paid adult. Of course infant to five years old are always free. We have implemented these changes to welcome families and children from anywhere to the museum to learn more about Victoria's maritime history and to just have fun in this incredible old building."

For more information or if you would like to make a booking call the Museum's programming department at 250-385-4222 (ext 112) or email programs@mmbc.bc.ca. Every Thursday and Friday throughout the summer, the Maritime Museum of B.C. will be open until 9 p.m.

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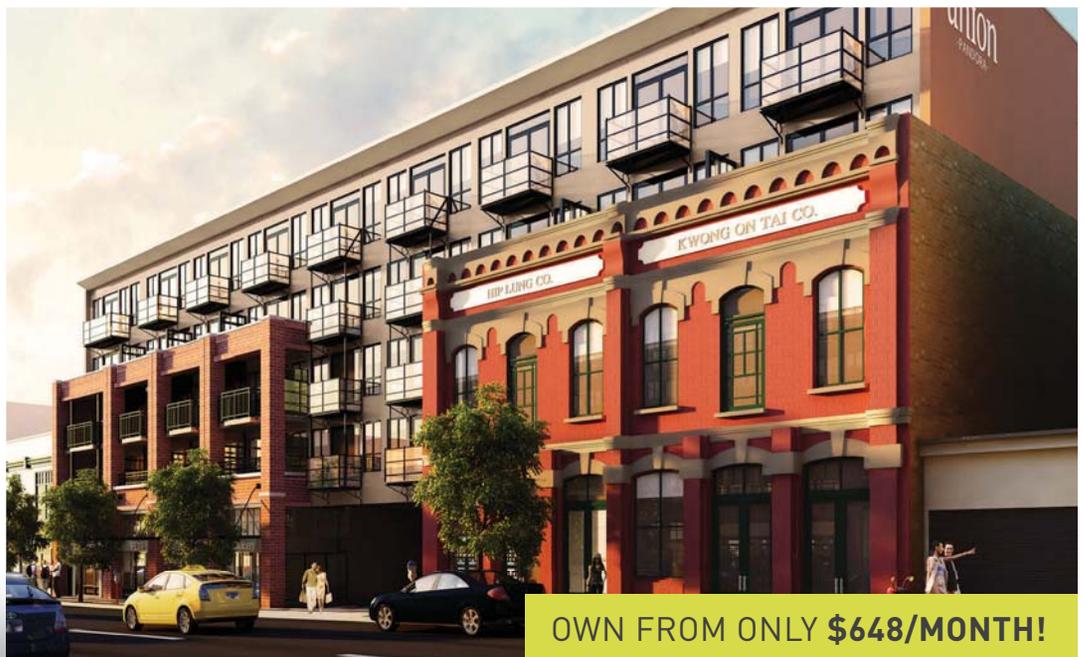
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Editorial and OPINION



China's push for a part of the Arctic

Nicole Johnson

Office of the Asia-Pacific Advisor

It came as little surprise to see China's Premier Wen Jiabao kick off his latest European tour in Iceland, a sparsely-populated North Atlantic island at the edge of the Arctic, a region projected to become a major energy centre of the next decade.

Wen's visit appeared fruitful after he signed six agreements with the Icelandic government, several of which involved Arctic development and strengthening bilateral Arctic cooperation. This region and its estimated vast energy reserves are high on the agenda for China, as it seeks to secure energy sources for its growing economy.

Receding ice sheets in the Arctic as a result of global warming have greatly influenced Beijing's regional ambitions. Melting ice will likely open up new maritime routes to Europe for Chinese exporters, which could potentially make Iceland an impor-

tant commercial port hub. Receding ice will also create the possibility for the Arctic to become the next centre of natural resource development. Research from the United States Geological Survey suggests the Arctic contains roughly 25 percent of the world's undiscovered oil and gas reserves, nine percent of the world's coal, as well as vast amounts of other minerals, including nickel, lead, gold, silver and diamonds – all impressive numbers for resource-hungry China.

Though China has dabbled with Arctic politics since the early 1990s, its interest in Iceland came to the fore last year when Reykjavik rejected a plan by a Chinese property tycoon to buy a large swathe of land in the northeast corner of the island for a tourism project. While the proposal was allegedly unaffiliated with Beijing, many speculated that it was intended to cover Chinese plans to build a commercial port on the tip of the island.

As the chances of exploiting the Arctic for economic purposes increases, so does the risk for potential conflicts over mari-

time borders. Several Arctic neighbours have stepped up their military ambitions in the far north, notably the United States, Russia and Canada.

The U.S. recently developed the 'Arctic Road Map', which outlines plans to develop military capabilities in its Arctic territories off Alaska, while Russia has released its own Arctic strategy that calls for improvements to its Arctic defence capabilities. Canada has also been pursuing a military build-up: Ottawa recently ordered several *Polar*-class Arctic patrol boats, and has developed several military facilities in the region to monitor sea routes that pass along its northern territory.

Furthermore, China – a non-Arctic littoral state – is scheduled to deploy its second icebreaker by 2014 alongside its current icebreaker *MV Xue Long*, which has made at least four voyages to the Arctic since 1999.

Despite this naval build-up, observers maintain the countries involved will be committed to finding a peaceful, diplomatic

solution to potential disputes.

These developments come as Canada prepares to take over chairmanship of the Arctic Council, an exclusive, intergovernmental forum that promotes cooperation and collaboration on Arctic issues among eight member states that border the Arctic region. Canada, along the other member states, is set to either approve or reject a much anticipated Chinese request to become permanent observer in the Council.

The outcome will be particularly interesting as Canada-China relations continue to develop, especially with the stall of the US-Canada Keystone pipeline.

And though China has yet to outline its ambitions in the circumpolar north, it is evident that Beijing is emerging as a global power and determined to take an active part in the economic and regional affairs of the Arctic.

The Office of the Asia Pacific Advisor provides unclassified daily news summaries on security events around the world. Email Daniel.Baart@forces.gc.ca to sign up.

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Last Thursday, The Royal Canadian Legion #172 Esquimalt Dockyard Branch held a Candlelight Tribute at God's Little Acre Veterans Cemetery in Esquimalt to pay tribute to the service men and women who served, and are presently serving in the cause of peace and freedom. More than 2,400 candles were placed on the graves of this historic cemetery by service members and the public. This year's service also focused on the Township of Esquimalt's Centennial year celebration.

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NEWS
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Buccaneer Days!

Buccaneer Days 2012 promises to be the biggest and best ever during the Township's centennial year. The family-friendly event will be held June 8, 9 and 10 with activities centred around the Archie Browning Sports Centre.

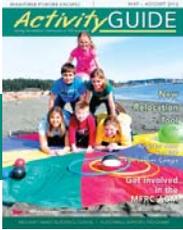
The parade is scheduled for Saturday June 9 and organizers are encouraging community organizations and businesses to book their spots early. Parade participants are encouraged to dress in period costume. Prizes will be awarded.

ities on Songhees and Ship's Point, traditional territory of the Coast Salish Peoples, and on the waters of Victoria's picturesque Inner Harbor. The Day will be designed to celebrate the Harbour's diversity and uniqueness showcasing paddle boat races, historical tours, working harbour activities, maritime entertainment performances, sand sculptures, kayaking and rowing activities, a pirate school and much more. <http://celebrat-evictoriaharbour.ca/>

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The Buccaneer Days Committee is also asking Esquimalt residents to think about dressing in period costume when attending centennial events throughout the year.

For more information, please contact: Bob McKie Co-Chair, Buccaneer Days Committee 250-385-0503.

Senior appointments 2012

Cmdre J.E.T.P. Ellis will be promoted Rear-Admiral and appointed Deputy Commander (Expeditionary) Canadian Joint Operations Command in Ottawa.

Celebrate our harbour!

Sunday, June 17, from 11 a.m. - 4 p.m., the Victoria Harbour Celebration Society will present Celebrate Our Harbour Day to encourage Victoria residents and visitors to experience the unique character, history, industry and beauty of the Harbour.

It will be a free fun-filled afternoon of family activ-

St. Andrew's to hold alumni BBQ

On Saturday, June 9 Saint Andrew's Regional High School will hold its first annual Alumni Association barbecue and all former students, graduates, their parents, former teachers and support staff, as well as guests are invited to attend this community event that will take place at the school from 5 to 8 p.m.

The evening will feature music and a Bounce Back Bungee Run inflatable, but the highlight will be the induction of the members of the graduating class of 2012 into the Alumni Association.

Tickets are \$15 for adults and \$10 for those aged 13 and younger and must be picked up at the school or reserved by calling the school at 250 479-1414 by June 5.

The barbecue menu features steak or vegetarian lasagna, baked potato, salad dessert and soft drinks. A cash bar will also be available.

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June is Recreation Month The Sky's the Limit!

Jen Seipp
CFPFSS

Whether you want to fly a kite, play a sport, or learn to play an instrument, when it comes to recreation, the sky truly is the limit.

This month, celebrate *June is Recreation Month* by spending your free time enjoying your favourite recreational activities with friends and family. From arts and crafts to family bike rides and soccer games, there is a wide variety of options to help you have fun, learn new things, and stay active. Personnel Support Programs (PSP) Recreation currently offers more than 500 activities in communities across the country.

"June is Recreation Month is all about promoting the benefits of recreation," says Ryan Cane, PSP Senior Manager Recreation and Programs. "Regardless of

age or ability, military communities offer fun activities that encourage us to get off the couch, meet new people and try something new."

To help ensure activities offered match your interests and build your leadership skills, PSP also encourages you to take on an active role in planning and promoting activities and clubs.

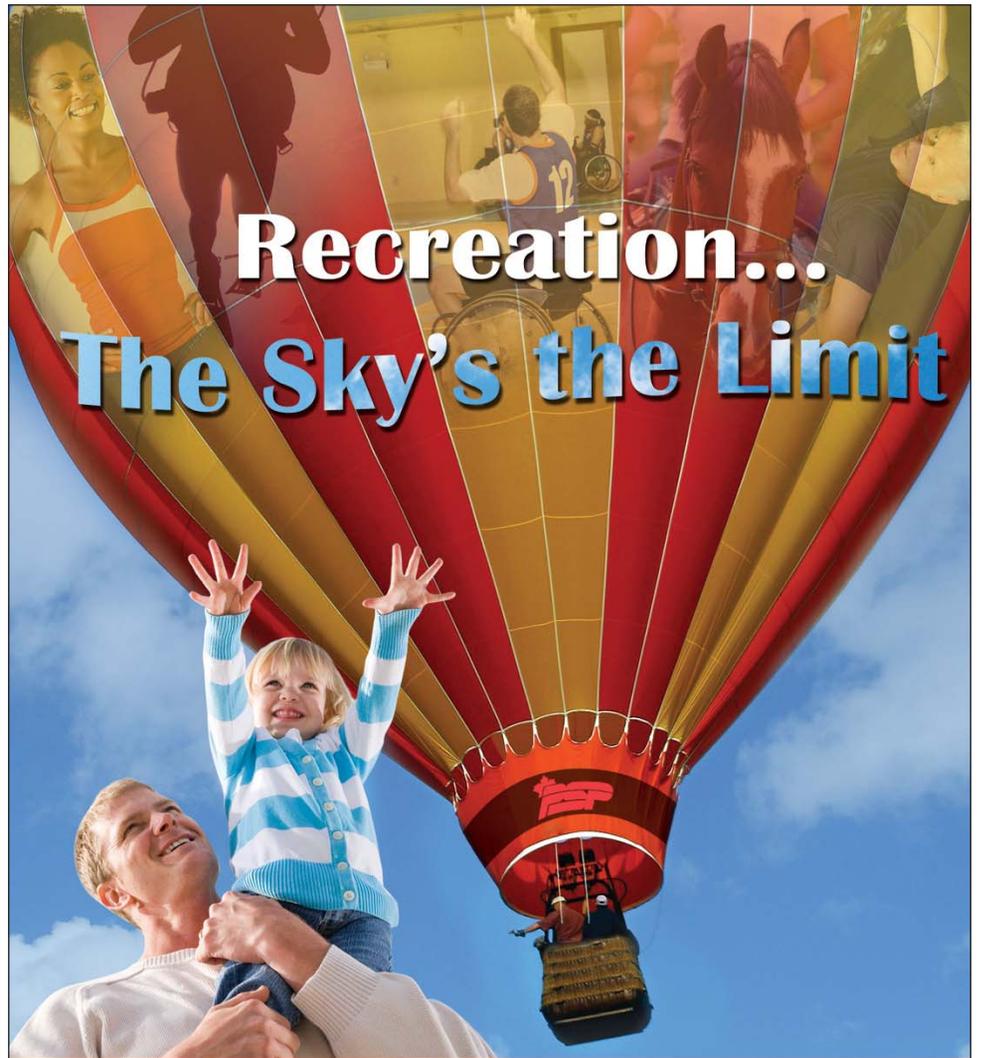
Major Brent Henry, a board game lover from CFB Edmonton, recently started a recreational games club with the help of his PSP Community Recreation Department.

"If you want to see something in your community, take the lead and help get it started. It has been such an interesting and rewarding experience," Major Henry says. "Everything moved pretty quickly - I sent my first email asking questions at the end of July and by early September we had had our first meeting and were approved as an official

club." Though activities like board games may seem like simple fun, spending quality leisure time with friends and families goes a long way towards encouraging good physical and mental health, and building community bonds. The experience of leading a recreational club has been a very rewarding one for Major Henry; not only has he played games he loves, but he's also met new friends who share similar interests.

"I think it is important to help create something that contributes positively to the community," he says. "The best way you can contribute is by giving what the community needs the most - your time, interest and expertise."

To learn more about community recreation and to enter the *June is Recreation Month* contest, visit www.cf-rec.ca.



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CHIEF KICKS CANCER BUTT

Shelley Lipke
Staff Writer

CPO2 Patty O'Hara knows what it's like to fight the fight against cancer.

More importantly, he knows what it takes to win.

The sailor of Irish descent chalks up his success in overcoming pancreatic cancer, not to the luck of the Irish, but to being in top mental and physical condition.

He's beaten incredible odds.

"I am one of the two per cent of people who survive pancreatic cancer. It has a 98 per cent mortality rate," says CPO2 O'Hara.

His story of survival began in 2005. An avid runner, he had just qualified to run the Boston Marathon and was deep into training when he was posted to CFB Esquimalt from HMCS Ottawa to serve as the Base Regulating Chief Petty Officer.

"Just before leaving for the Base, the physician's assistant on board Ottawa noticed my eyes looked yellow. I was sent to a doctor who referred me to a specialist," says CPO2 O'Hara.

As doctors tried to come up with a diagnosis, the situation worsened.

"It got so bad that I turned 'Homer Simpson' yellow," he said. "I was jaundice and continued to lose energy. I had a 24-hour itch from the inside of my body. I couldn't stop itching."

On average, CPO2 O'Hara was getting about 15 minutes of sleep per night and was given permission to wear civilian attire in the office at work.

More tests followed and finally a tumour marker test identified the problem – pancreatic cancer.

For CPO2 O'Hara the fight was on. The Irish-bred sailor used a Gaelic mantra – Cancer can Pogmothion (kiss my ass).

"They performed a procedure where they put in a stint to open up the bile ducts. Once I was strong enough they performed a 'Whipple' procedure, where they removed the head of the pancreas, my gall bladder, 12 inches of the duodenum and 17 lymph nodes. This happened one week after my 50th birthday. I also had to go for three chemo sessions a month for six months."

Normally chemotherapy leaves a patient with very little energy, but for CPO2 O'Hara it took little toll on his body.

He attributes his success in fighting the disease to his physical health.

"When I was diagnosed I was probably the fittest in my life. I was running every day and doing weight training. I never lost the energy to work out. The morning after my operation I had 43 stainless steel staples in my abdomen and I was up walking doing laps of the nurses' station. I'd take IV and catheter bags with me while I walked. I had so many tubes going in and out of me I looked like an octopus," he says. "Even during the chemo sessions I would have my chemo treatment and then come back to the office, check emails and phone calls and then go to the gym."

The mind is the other attribute that helped.

"This experience taught me not to fear death. Death affects the people around you; you have nothing to fear at all, all you're going to be is dead, you won't know anything different. There is no need to sit at home and cry about the fact you have cancer because it doesn't make the illness any better. It doesn't cure you. You have to develop the attitude to work through it," he says.

Normally pancreatic cancer reoccurs within the first couple of years and the whole process of treatment starts again, but CPO2 O'Hara has remained cancer free.

Since he was diagnosed, he competed in four half marathons and is looking forward to running in the Royal Victoria half Marathon in October.

He never did run the Boston Marathon, but he feels he's won the marathon of life.

"A lot of people have asked if I look at life differently, and no I don't. For me cancer was a speed bump in the road, and it was something I had to go through. I carried on exactly the same as I was before hand," he said.

Although cancer has touched his life again. His ex-wife Patti is currently fighting breast cancer and it has spread into bone and liver cancer.

"She has been fighting it since last December and she is getting ready to go back to work. She's stronger, has a positive attitude and the protocol is doing the job. Her cancer is treatable but not curable, so she will be fighting this for the rest of her life," he says.

Now CPO2 O'Hara is telling his story to inspire others.

On June 23 he will share his story as a guest speaker during the Canadian Cancer Society's Relay for Life held in the soccer fields behind Juan de Fuca Recreation Centre. This 12-hour relay involves teams walking laps of the track all night long. The track is lined with luminaries (bags with candles in them) that have a personal message or picture to honour cancer survivors, those who are fighting cancer, or those who have passed away from it.

"I hope to spread to people that pancreatic cancer, as brutal as it is, and as deadly as it is, can be beaten. There are people who are surviving it. The hospitals are finding cures for cancer. Don't go home and go into a depression. Have the attitude where do we go from here?" he says.

CPO2 O'Hara is walking the relay with his ex-wife and kids.

"I am doing this for the legacy of my children. Their grandfather passed away from cancer, their father survived cancer, and their mother has cancer, so they have to be very careful throughout their lives and keep a close watch on their health."

CPO2 O'Hara's team is called "Cancer Can Pogmothion". Go to www.relayforlife.ca click on BC/Yukon, click on the Victoria event and then click on donate now and help him reach his goal of \$1,000, support his team or sign up your own team.

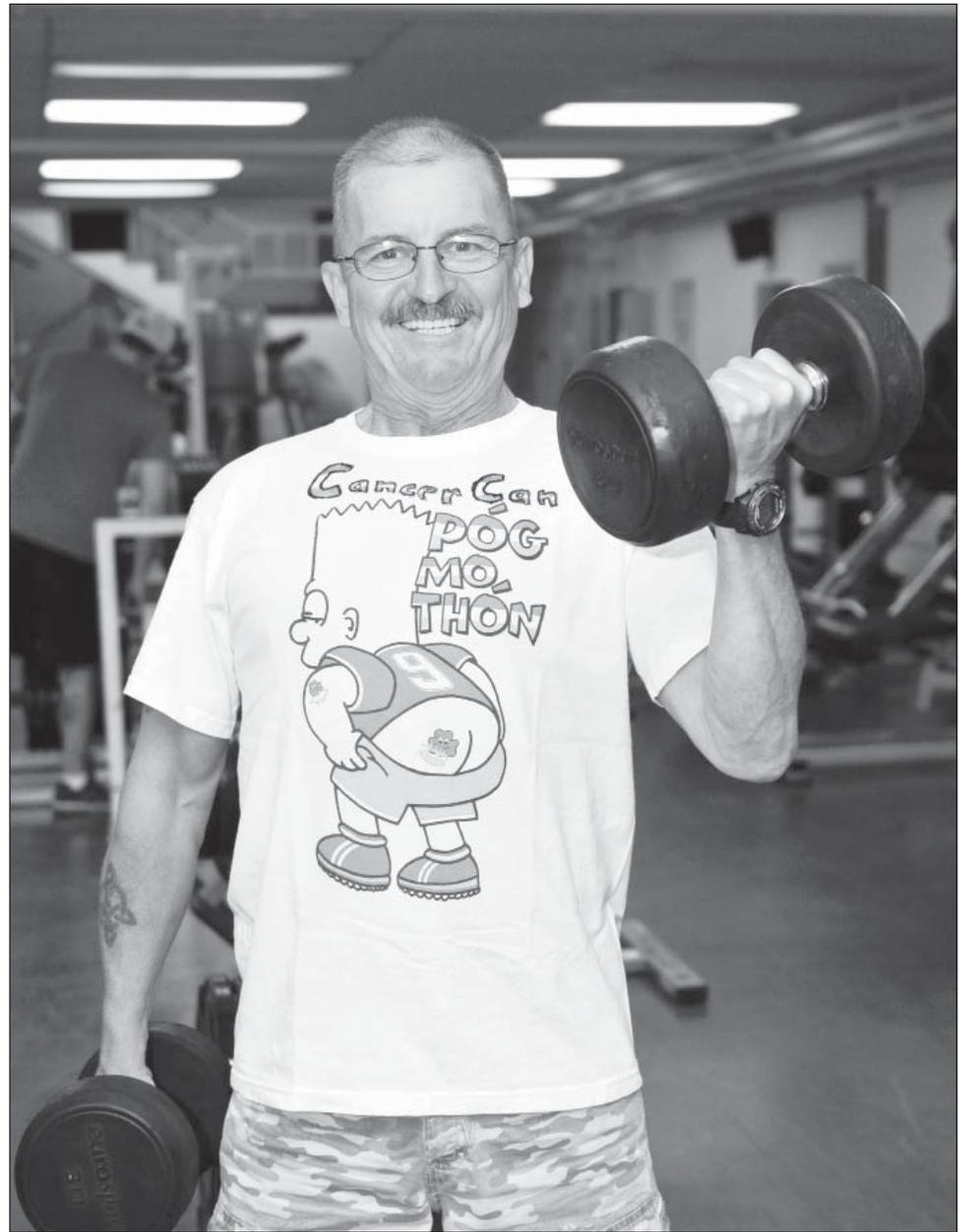


Photo by Shelley Lipke, Lookout

Cancer survivor CPO2 Patrick O'Hara attributes beating pancreatic cancer to the top level of physical shape he is in. He now is using his cancer success story to help others. Seen here he wears a mantra shirt: Cancer Can Pogmation (Gaelic for kiss my ass).



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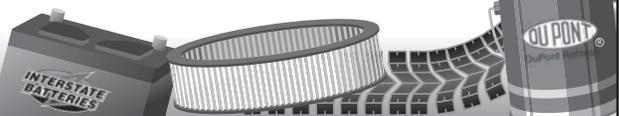
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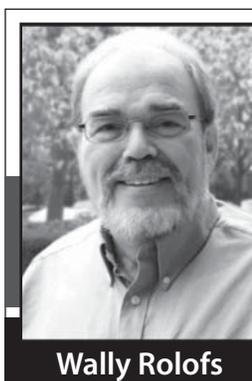
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Bravo ZULU

Recently, Commodore Peter Ellis handed out awards and promotions.



Lt(N) Brian Henwood is presented his CD by Cmdre Peter Ellis.



PO2 Erin Bonnar is presented her OPME certificate by Cmdre Peter Ellis.



MS Brenda Stevens is promoted to PO2 by Cmdre Peter Ellis and her partner Denise LeGal.



CPO1 Alan McNaul is presented his OPME certificate by Cmdre Peter Ellis.



LCdr Mark Sheppard is presented with a CFP Certificate of Acknowledgement for his service to Canadian Fleet Pacific by Cmdre Peter Ellis.



PO2 Terry Birchard is presented his CD2 by Cmdre Peter Ellis.



CPO2 Guy Brisebois is presented his OPME certificate by Cmdre Peter Ellis.



LS Carlos Cea is presented the CF Certificate of Aerobic Excellence with Red Seal by Cmdre Peter Ellis.



Lt(N) Clay Cochrane is presented his CD1 by Cmdre Peter Ellis.



CPO2 Sylvain Jaquemot is presented his OPME certificate by Cmdre Peter Ellis.



CPO1 Bob Anderson is presented with a CFP Certificate of Acknowledgement for his service as Coxswain HMCS REGINA by Cmdre Peter Ellis.

Bravo ZULU



Photo by Cpl Michael Bastien, MARPAC Imaging Services
Capt(N) Craig Baines with Cdr Tim Allan promote Master Warrant Officer Cate Gaudet to Chief Warrant Officer at CFB Esquimalt on May 25, 2012.



The Base Construction Engineering Officer, LCol Darlene Quinn, on behalf of the BCE Branch, congratulates long-time employee Terry Emerson (aka The Grinch) at a retirement function held in his honour on May 17. Terry was presented his retirement certificate from the Prime Minister, recognizing his 36-plus years of service to Canada.



Lynda Lee, BLOG, receives a bag containing a small tool kit, bicycle pump, bell, reflective leg/arm band, tire gauge, emergency flashlight and micro-fibre cloth, as prize for the Formation Safety and Environment poster contest during the NAOSH Expo.



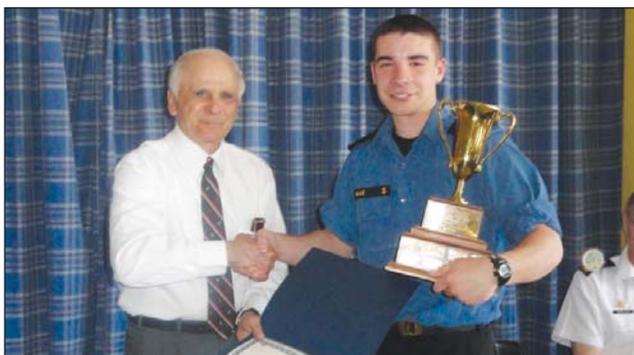
Photo by Cpl Michael Bastien, MARPAC Imaging Services
Capt(N) Smith gives a General Safety Well Done Award to Sharon McBride.



CPO1 Picard is promoted by Capt(N)Knippel, MARPAC Chief of Staff, and LCdr Fedderly.



OS Emily Thomas, BADM, receives a bag containing a small tool kit, bicycle pump, bell, reflective leg/arm band, tire gauge, emergency flashlight and microfibre cloth, as prize for the Formation Safety and Environment poster contest during the NAOSH Expo. Not pictured is winner Bill Munroe, BLOG, and OS Nicolette Nicholas CFFS(E) (Runner up prize - WorkSafeBC car kit). Their names were picked from the 42 entries where they reviewed a "what's wrong with this picture."



During the 2012 Admiral Yanow NCIOP (Naval Combat Information Operator's) Skills Competition, LS Derek Blue of HMCS Regina won both the Luc Valois trophy and the anti-submarine plotting operator award. Seen here Ret'd RAdm Bob Yanow presents him the award.



PO1 Bresnam is promoted by Cdr Riis, Deputy Chief of Staff Formation Technical Authority, and CPO2 Fairfax.

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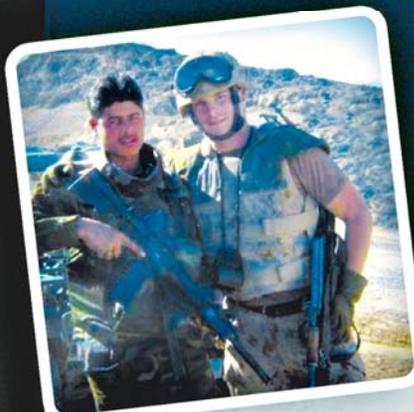


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