

# LOOKOUT

MARPAC NEWS CFB Esquimalt, Victoria, B.C.

Serving the Defence Team of Greater Victoria | [www.lookoutnewspaper.com](http://www.lookoutnewspaper.com)

**OWN YOUR OWN HOME**



Anne Flynn  
Mortgage Consultant  
250-516-5262

Don Barr  
Mortgage Consultant  
250-744-6984

**Best Rates. Best Service.  
Quick Results.**



**RENEW YOUR MORTGAGE**

ACCESS EQUITY

CONSOLIDATE DEBT

## COMMUNITY 5

Padre says good-bye to military service



## NEWS 7

Diver meets royalty during remembrance service



## FEATURE 10

Canada making progress in Afghanistan



Editorial & Opinion..... 4  
In Focus ..... 12  
Classifieds..... 14-15

## Warships at sea



Ed Dixon, Base Imaging Services

HMCS Regina sails up to HMCS Winnipeg in order to complete a boat transfer of personnel during Task Group Exercise 3-08 on Nov. 12. Winnipeg and Regina were in Southern California with HMC Ships Yellowknife and Whitehorse to take part in a combined task group exercise with ships from the U.S. Navy. The aim of the exercise was to practice self-defence operations independently and with a large naval task force. *See more photos on page 8.*

## Ships head home after intensive training

**Shelley Lipke**  
Staff writer

This week, HMC Ships Regina, Winnipeg, Yellowknife and Whitehorse return to Esquimalt after completing a comprehensive series of training exercises in Southern California to ensure the operational readiness of every sailor.

The last of a trio of task group exercises took place off the shore of San Diego, in the Southern

California Offshore Range from Oct. 27 to Nov. 22.

Winnipeg conducted an Evolved Sea Sparrow Missile (ESSM) firing as part of continued tests of the new missile and its integration within Halifax Class Command and Control System.

A pair of BQM remote controlled drones were launched into the sky from 40 miles away on San Clemente Island, simulating missiles fired from an enemy aircraft or ship. The ship successfully con-

ducted detection, missile assignment and engagement to confirm Winnipeg's technical and combat readiness. This was a key milestone as the ship continues to ramp up as the Pacific Fleet's next high readiness deploying unit.

In the final phase of the task group exercise, Canadian warships teamed up with American aircraft carriers, ships and submarines to play a game of "colours" that involved strategy, tact, and training with more than 20,000 sailors.

Warships were assigned to the fictitious countries of Black, Orange and Blue. The Blue and Black force were allies opposing the Orange force. At the heart of the war games were an expeditionary strike group and a carrier strike group that included a Canadian warship. Together they practiced the skills required to communicate with each other, conduct missions and fend off enemy threats, all in preparation for a Middle East deployment next year.

**CANEX** CFB Esquimalt

**NEW AND IMPROVED**

**NO INTEREST CREDIT PLAN**

**CONVENIENT**

**12 Month Plan**

**24 Month Plan**

**36 Month Plan**

**NO MONEY DOWN NOT EVEN THE TAXES!**

\* On approved credit on the CANEX No Interest Credit Plan. See Brochure for details.

**DND 10% OFF**

**250-477-6555**

**Salty's Fish & Chips**

*Come in for Lunch and save 10%*

**ONLY AT 1008 Craigflower Rd (across from Gorge Vale Golf Course)**

**DND 10% OFF**

**DISCOVER UPCOMING EVENTS**

at the Pacific Fleet Club



[www.fleetclub.ca](http://www.fleetclub.ca)

363-3146

363-3918



**Citrine**  
Boutique

**Accessories**  
*on the Avenue*

- ◆ Luxurious Handbags
- ◆ Dazzling Jewellery
- ◆ Sensuous Bath and Body Products

#103-829 Goldstream Ave.  
250-590-6043 • [www.citrineboutique.ca](http://www.citrineboutique.ca)  
Open 7 Days a Week

**Maurine Karagianis**  
MLA, ESQUIMALT-METCHOSIN

**Standing up  
for our  
Community.**

**ESQUIMALT-METCHOSIN  
COMMUNITY OFFICE**

10am – 4pm, Mon. – Thurs.  
and by appointment

A5 – 100 Aldersmith Place, Victoria  
(in Nelson Square,  
north of Admirals Walk on Admirals Road)

**250 479-8326**  
[Maurine.Karagianis.MLA@leg.bc.ca](mailto:Maurine.Karagianis.MLA@leg.bc.ca)  
[www.maurinekaragianis.ca](http://www.maurinekaragianis.ca)

## One fund. Five income investments.

Putting your money in only one type of income investment equals risk. Putting it in five equals Fidelity Monthly Income Fund, which not only gives you diversification, but adds growth potential to your portfolio.



David S.H. Nicholson  
Investment Advisor  
Queensbury Securities Inc.  
#301-821 Burdett Ave., Victoria, B.C. V8W 1B3  
250-380-7505  
[david@queensbury.com](mailto:david@queensbury.com)

Call me today for  
more information.



Read a fund's prospectus and consult your investment professional before investing. Mutual funds are not guaranteed; their values change frequently and past performance may not be repeated. Investors will pay management fees and expenses, may pay commissions or trailing commissions and may experience a gain or loss. ©2008 FMR LLC. All rights reserved. Reproduction in whole or in part by any means without the prior written consent of Fidelity Investments is forbidden.

Fidelity Investments is a registered trademark of FMR LLC.

## NEW EQUIPMENT: CYCLONE IN THE AIR



Photo courtesy of Sikorsky Aircraft Corp

The first CH-148 helicopter, set to replace Canada's Sea King helicopters, makes its first test flight.

# Sea King replacement airborne

The first CH-148 Cyclone helicopter, which is being developed by Sikorsky Aircraft Corp. for the Canadian government as a replacement for its long-serving Sea King helicopter fleet, has completed its first flight successfully at Sikorsky's Development Flight Center in Florida.

The flight took place Saturday, Nov. 15.

Steered by Sikorsky test pilots John Armbrust and Rick Becker used state-of-the-art, fly-by-wire technology. The aircraft hovered and accomplished low-speed handling tasks including forward flight at speeds reaching 30 knots, and sideward and rearward manoeuvres. The helicopter, Tail No. 801, will continue to undergo a series of increasingly demanding flight tests leading up to certification and production deliveries.

Sikorsky will build 28 CH-148

helicopters for the Canadian government.

The CH-148 helicopter is equipped with a fully digital, fly-by-wire system designed to improve the aircraft's manoeuvrability, safety and effectiveness.

Among the most sophisticated

*The helicopter will be an extremely versatile, multi-mission aircraft with capabilities including anti-submarine warfare, anti-surface warfare, search and rescue, and troop and cargo transport.*

rotary wing aircraft in the world, the helicopter will be an extremely versatile, multi-mission aircraft with capabilities including anti-submarine warfare, anti-surface warfare, search and rescue, and troop and cargo transport.

It will be fully equipped for ship-based operations including automatic blade and tail fold systems and a deck to aircraft recovery assist system.

Capitalizing on proven S-92 helicopter capabilities that include a glass cockpit with advanced avionics, systems allowing flight into known icing conditions, flaw tolerant components and state-of-the-art search and rescue equipment, the CH-148 helicopter will incorporate additional mission systems including Forward-Looking Infrared Radar (FLIR), 360 degree search radar, passive and active acoustics systems, threat surveillance and countermeasure capabilities, and network link communications.

CANADIAN FORCES PERSONNEL SUPPORT AGENCY

**SUPPORT OUR TROOPS IN AFGHANISTAN**

DISCOVER A WORLD OF POSSIBILITIES  
**Employment Opportunities**

- Operations Manager
- Shipping and Receiving Coordinator/Clerk
- Equipment and Resources Coordinator
- Fitness, Sports and Recreation Coordinator
- Retail Attendant
- Barber
- Retail Manager
- Accounting Coordinator
- Travel Coordinator
- Welfare Manager
- Gym Attendant

For exciting job opportunities outside the box, check out our website:  
**[www.cfpsa.com](http://www.cfpsa.com)**

**APPLY ON-LINE No later than: 23 January 2009**

*We are committed to Employment Equity*

**END OF CAMPAIGN BARBECUE DEC. 3**

Hosted by Base Administration

Hotdog and pop \$5      Hamburger and pop \$5

11:30 am to 1:30 pm  
N30 Back Loading Bay

All proceeds benefit GCWCC/United Way



# Daycare expansion almost complete

**Mary Ellen Green**  
Staff writer

Renovations to turn three classrooms at the former Lampson Street Elementary School into a daycare centre are nearing completion, and the Military Family Resource Centre (MFRC) is expecting them to be filled with children by January 2009.

Twenty-six children will be cared for during the day when the new facility opens. That's doubling the number of spots available in the MFRC's current daycare program that runs out of the Colwood Pacific Activity Centre.

There are 150 children from military families on the current waitlist for MFRC daycare, with the majority in the infant/toddler category, and age three and under. Parents should expect a call in the near future to fill the new spots. Scott Branch, MFRC Children's Services Coordinator, expects the age three to five daycare won't fill up right way, but the infant/toddler group will fill instantly.

"There is a city-wide shortage of daycare spots in the infant/toddler age group because there is a shortage of trained early childhood educators (ECE) with the infant/toddler specialization," he says. "It is also the most expensive day care to run because we need one trained ECE for every four infants, as opposed to one

for eight in the three to five age group."

One renovated room will create 10 new infant/toddler spots, with a nap room, a change room and a private washroom. It shares a kitchen with the 16 aged three to five children.

Another classroom is being renovated for two classes of 10 preschool children and casual drop-in.

"We needed to create washrooms in each of the classrooms, and that was a huge undertaking. In some areas, we had to cut through concrete walls that were almost a foot thick," explains Branch.

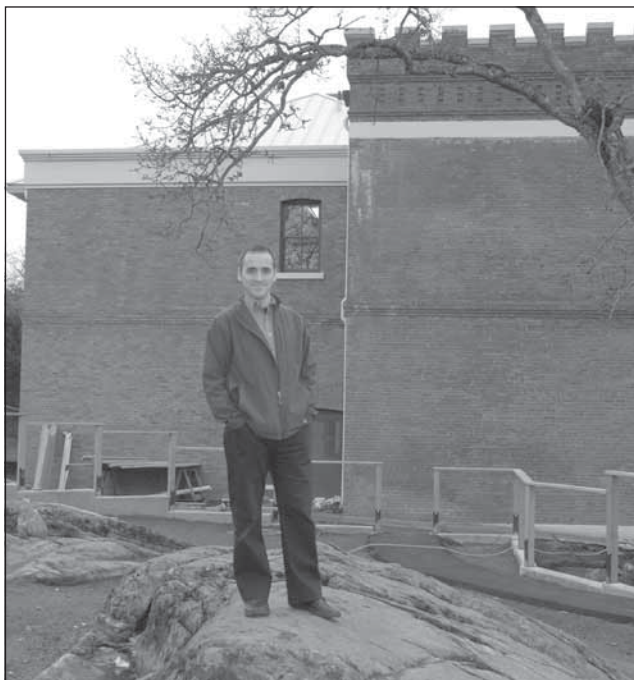
Office space is also being created to house MFRC staff from Work Point, plus the MFRC Coordinator of Volunteers, Employment and Education Coordinator, the Navigator Program Coordinator, the Francophone Assistance Program, and a resource library and conference room.

When the renovations are complete, the facility will boast craft areas, a reading nook, private washrooms for all classrooms, a small kitchen and three outdoor play areas.

Branch expects the renovations to be complete by Dec. 5.

The outside play area for the infant/toddler program will feature rubber bricks and as much greenery and shrubs as possible.

"The age three to five play area will work with the



Mary Ellen Green, Lookout

**Above:** MFRC Child Services Coordinator, Scott Branch stands amid the construction on the Lampson Street school grounds. The renovations are expected to be complete Dec. 5, with the new daycare facility opening in the New Year.



natural features the environment provides, like rocks and trees to encourage creativity, instead of structured play," Branch said.

A path for tricycles will run through the existing green space in the school yard.

The next challenge facing Branch and the team at the MFRC daycare program is finding enough trained staff to operate the facility and get approved for licensing in

December.

The program is only available to the military families.

Lampson School is being leased by the DND, and also houses the Canadian Forces Second Language Training Centre. The school was closed last year due to declining enrolment in the Esquimalt area.

For more information about the MFRC daycare program, go to [www.esquimaltmfrc.com](http://www.esquimaltmfrc.com)

**There is a city-wide shortage of day care spots in the infant/toddler age group because there is a shortage of trained early childhood educators with the infant/toddler specialization.**

-Scott Branch  
MFRC Children Services Coordinator

**WINGLOBE Travel**  
**IT'S BACK!**

**Alaska Airlines**  
**KIDS FLY FREE**  
**to Southern California**

4 Night package for a family of 4

from \$888 PER ADULT  
from \$183 PER CHILD

Includes air from Victoria, accommodation, airport transfers and 3-day Disney pass. Based on a family of 2 adults, 2 children under 9 yrs.

Prices are in CAD and are subject to change with availability. Taxes and fees not included.

In the CANEX building off Admirals Rd • Service en Français Disponible  
Call us at 250-953-6640 or email [aprince@geo.ca](mailto:aprince@geo.ca)



**YOUR LEGAL DEFENCE TEAM**

**Mel Hunt** BA (Hons), LLB Lieut Col (ret'd)  
**Leigh Gagnon** BEd, BA, LLB

Mel Hunt practises military law, criminal law, and personal injury law, and is a former member of the Judge Advocate General's Branch in The Canadian Forces.

Leigh Gagnon practises family law, real estate law, and in the area of wills and estates.

They look forward to being of continuing service to you at 813 Goldstream or 895 Fort Street. You may contact them at 478-1731.

**Dinning Hunter,  
Lambert & Jackson**

1192 Fort St. 381-2151    On peut vous aider en français    813 Goldstream 478-1731

**Wills and Estates**

Personal Injury • Real Estate
Family Law • Military Law




**IRISH TIMES PUB**

**pizza & a pint**  
Enjoy our pizza of the day with a perfect pint for \$12.99 every Wednesday

**30 DRAUGHT BEERS**

**7 NIGHTS OF LIVE MUSIC**  
NO COVER

1200 GOVERNMENT STREET 250.383.7775 [WWW.VICTORIAPUBCOMPANY.CA](http://WWW.VICTORIAPUBCOMPANY.CA)



**BARD & BANKER PUB**

**happy oyster hours**  
Join us everyday between 3-7pm for oysters on the half shell. .69/each

**30 DRAUGHT BEERS**

**7 NIGHTS OF LIVE MUSIC**  
NO COVER

1022 GOVERNMENT STREET 250.953.9993 [WWW.VICTORIAPUBCOMPANY.CA](http://WWW.VICTORIAPUBCOMPANY.CA)

**NOW OPEN**

*Vietnamese • Thai • Chinese*

**Ken & Shelly welcome you to their new location**

**VIETNAM GARDEN RESTAURANT**


524 Admirals Rd (opposite Tudor House) 384-3033

**AUTHENTIC THAI**

**Friday Lunch Buffet**

• Lunch Combos • Full Dinner •

**Dine In**



**Take Out**

Thai dining at its Best!

**1207A Esquimalt Rd. • 389-1845**



**\$619,900 MLS #256044**

Fabulous Water View Character Home...When you enter this home (first time on the market in over 50 years) you are greeted by gorgeous original wood wainscoting and plate rail. Stained glass abound throughout this home. Most rooms offer a glorious ocean view and incredible sunsets. Master bedroom on main floor has high ceilings, window seats and lots of closet space. Rec room downstairs and bedrooms up allow space for the rest of your family. A separate dining room, sunroom, large ocean view deck, and private (duplex zoned) backyard finish off this offering. Much updating has been done from the fireplaces to thermo pane windows, to wiring. Newer wall to wall carpet covers original wood flooring. Call today for your private viewing. MLS #256044 \$619,900. Virtual tour & floorplan at [www.aprilprinz.com](http://www.aprilprinz.com)



**The April Prinz Team**

[www.aprilprinz.com](http://www.aprilprinz.com)

**RE/MAX**  
Camosun

Independently Owned and Operated

**"It's April at RE/MAX all year long"**

**250-744-3301**



# matters of OPINION

## WHO WE ARE

### MANAGING EDITOR

Melissa Atkinson 363-3372  
atkinson.m@forces.gc.ca

### STAFF WRITERS

Mary Ellen Green 363-3672  
green.me@forces.gc.ca  
Shelley Lipke 363-3130  
lipke.sa@forces.gc.ca

### PRODUCTION

Carmel Ecker 363-8033  
Shelley Fox

### ADMINISTRATIVE ASSISTANT

Kate King 363-3014  
frontoffice@lookoutnewspaper.com

### ACCOUNTS

Kerri Waye 363-3127  
waye.klr@forces.gc.ca

### SALES REPRESENTATIVE

Ivan Groth 363-3133  
groth.i@forces.gc.ca

### SALES REPRESENTATIVE

Joshua Buck 363-8602  
buck.jj@forces.gc.ca

### EDITORIAL ADVISOR

SLT Michael McWhinnie 363-4006

Published each Monday, under the authority of Capt(N) Marcel Hallé, Base Commander.

Le LOOKOUT est publié tous les lundi, sous l'égide du Capt(N) Marcel Hallé, Commandant de la Base.

The editor reserves the right to edit, abridge or reject copy or advertising to adhere to policy as outlined in CFAO 57.5. Views and opinions expressed are not necessarily those of the Department of National Defence.

Le Rédacteur se réserve le droit de modifier, de condenser ou de rejeter les articles, photographies, ou annonces publicitaires pour adhérer à l'OAFCS 57.5. Les opinions et annonces exprimées dans le journal ne reflètent pas nécessairement le point de vue du MDN.

**LOOKOUT**  
NEWSPAPER

Circulation - 4,500

One year subscription - \$35.<sup>31</sup>

Six month subscription - \$17.<sup>66</sup>

Three month subscription - \$11.<sup>77</sup>

A Division of Personnel Support Programs  
CFB Esquimalt, PO Box 17000 Stn. Forces,  
Victoria, BC V9A 7N2

E-mail: frontoffice@lookoutnewspaper.com

Web: www.lookoutnewspaper.com

Fax: 363-3015

Canadian Mail Product Sales Agreement 40063331



## CarStory

with Bill Sherk

www.carstory.com



## Another 1953 Chevrolet 26 years later

Don Murray of Komoka, ON, will never forget his first car because the car he owns today is almost identical to the car he drove nearly 50 years ago:

"This story goes back to 1960, when I started working as a carpenter's apprentice making \$1.30 an hour. By February 1961, I had saved enough money to buy my first car – a 1953 Chevrolet Two-Ten sedan for \$400 plus car insurance for \$67.08 per year."

Don sold that '53 Chevy and moved on to newer vehicles in the years that followed. But no matter how much time and how many cars rolled by, he always saved a special corner of his heart for his first car. And then one day...

"In July 1987 my wife Shirley and I found another 1953 Chevrolet Two-Ten in nearby Stratford. We agreed on a price of \$3,000, a long way from the price of my first one. Aren't cars supposed to get cheaper as they get older?"

"My first car was blue and this one is black. The owner who sold it to us, told us the car came from Florida and he gave us a box full of papers, which included the original bill of sale."

"The first owner was Mr. Charles Kanrov and he bought the car from Bouse Motors in

Willimantic, Connecticut, on Dec. 3, 1953. The base price was \$1,564 plus transportation (\$80), delivery and handling (\$165), undercoating (\$18), and sales tax (\$48.50). He was allowed \$239.75 for his trade-in, a '49 Plymouth.

"The next owner after me will be Conner, our four-and-a-half year old grandson."

Don Murray's 1953 Chevrolet is equipped with many popular accessories of that era, including a radio, outside sun visor, outside rear view mirror, stainless trim by the gas filler door, grille guard, headlight eyebrows, and wide whitewall tires.

The 1953 Chevrolets featured fresh new styling with a one-piece curved windshield and wrap-around rear window (except on the club coupe, station wagon, and convertible). Three new series were offered: the low-priced One-Fifty, the medium-priced Two-Ten, and the top-of-the-line Bel Air.

Under the hood was an improved overhead-valve Blue Flame six cylinder engine with 235 cubic inches and 105 horsepower with standard shift and 115 hp with Powerglide. The Powerglide was available with the Two-Ten and Bel Air only and power steering was an extra-



Don Murray's current 1953 Chevrolet Two-Ten.

cost option. Ignition-key starting was standard on all models (no more starter button).

Seventeen models across three series were the most ever offered by Chevrolet up to that time, and it was Number One in sales for 1953 with over 1.3 million sold.

As a thank you, if your story is published in this column, you will receive a copy of Bill Sherk's book "60 Years Behind the Wheel: The Cars We Drove in Canada 1900-1960". To share your stories or photos e-mail billtsheer@sympatico.ca or write Bill Sherk, 33 Oak St. E., P.O. Box 10012, Leamington, ON N8H 2C3.

## Blue Boat schedule changes

To alleviate congestion and line-ups at D jetty Blue Boat float, the following additional Blue Boat runs have been added, effective Nov. 24:

Depart MLF 2: 0635	depart D jetty: 0645 117 pax
Depart MLF 2: 0720	depart D jetty: 0730 117 pax
Depart MLF 2: 1630	depart D jetty: 1640 67 pax

Passenger capacity is weather dependent and at the masters discretion. All the other scheduled morning runs will have a capacity of 67.

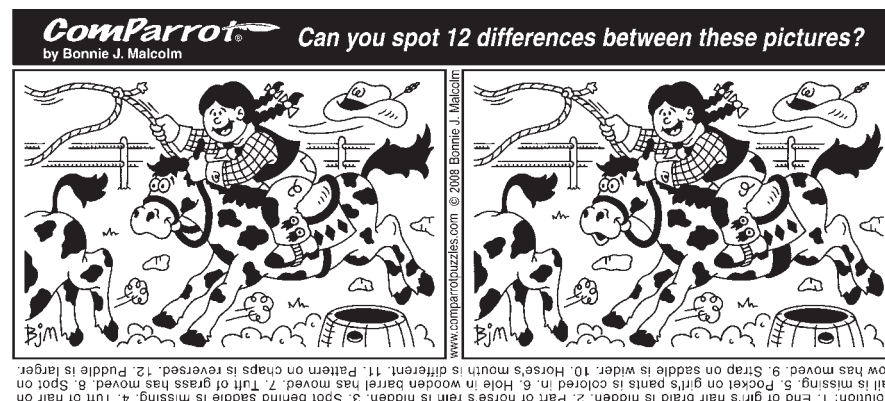
These runs are also highly dependent on personnel, mechanical or refit availability, so there may not be any notice of its cancellation.

Passengers are reminded that smoking in the line-up is not permitted.

See the blue boat schedule at: <http://esquimalt.mil.ca/poesb/auxfleet> (click on blue boat)

## PSP 50/50 Winner

The winner of the GCWCC-United Way Personnel Support Programs 50/50 draw was OS Julia Foster won. The draw was held Oct. 31, with \$750 raised by event, half of which went to the winner.



## OPENING SOON



New location  
at Esquimalt & Head

**PEOPLES PHARMACY ESQUIMALT**

**250-477-DRUG**

Discounts for Seniors & DND

## GET ADJUSTED!

Now providing spinal decompression therapy



Dr. Tyler Hersak  
Chiropractor

Island  
Chiropractic

NOW  
20% OFF

202-1711 Cook St • 250-592-6464  
[www.islandchiropractic.ca](http://www.islandchiropractic.ca)

Jim Pattison  
**cars unlimited**

Financing on site • Fast Approval  
Great % rates

Let us find a car for you!

**250-360-2271** View inventory online:  
[carsunlimitedvictoria.com](http://carsunlimitedvictoria.com)



# Padre Domotor's career a blessing

**Mary Ellen Green**  
Staff writer

After 23 years of service to God and the Canadian Forces, Padre LCdr John Domotor will retire in December at age 60. He leaves behind a legacy of respect and dedication to the many men and women he served in the army, navy and air force. But he wants to be clear, he's retiring from the CF, not from his ministry in the Roman Catholic faith.

He will miss the friendships he made and the many opportunities he had to see the world, but says it's time for him to move on and try new and different things.

"I'm looking forward to having the opportunity to come and go and pick and choose what and how much ministry I'd like to do. I will miss wearing the uniform and the operational side of my duties, but I won't miss the administration, certainly," he said.

Padre Domotor held many positions in CF Chaplainry at bases across Canada. He served the air force at Cold Lake, the navy in Halifax and the

army at CFB Borden. He was also the Base, Fleet and Formation Chaplain at CFB Esquimalt.

Padre Domotor was deployed on operational duty three times while he was Fleet Chaplain at CFB Esquimalt. He loved it so much he said, "I would go today, just give me a few moments to pack my bags."

He was sent to East Timor in 1999 on Operation Toucan embarked in HMCS *Protecteur*, where he was the senior naval chaplain and the only English speaking Roman Catholic Padre for the INTERFET peacekeeping flotilla. He spent much of his time being transferred from ship to ship to render his services to sailors from Australia and New Zealand. Because he was embarked in a supply ship, they often made trips to Darwin, Australia, to pick up supplies. He was there so many times, he says it feels like another hometown.

LCdr Domotor also had two deployments to the Persian Gulf in HMCS *Winnipeg*. He enjoyed the first six-month deployment so much, he signed a waiver to return to the theatre of operations almost right away. He was also the only sailor on the ship allowed entry into all three messes. This is the case with all Chaplains aboard ship. "The doors were always open, it was like I had my finger on the pulse of the morale of the troops," he said with a smile.

"I would often make



Padre LCdr John Domotor

myself available in the galley, where I would sweep, tidy or serve the steam line. It was a great way to get to know everyone."

Padre Domotor has already passed on the role of Formation Chaplain to newcomer, Maj Paul Acton, who arrived at CFB Esquimalt in September.

He also passed on these words of advice: "As far as wisdom goes, I've encouraged Father Paul to enjoy his job and take opportunities to recharge himself spiritually, as well as physically."

"Looking back at the life I've lived, the places I've been, the things I've done and the opportunities that I've had, it seems unreal. I've been blessed."

**Looking back at the life I've lived, the places I've been, the things I've done and the opportunities that I've had, it seems unreal. God, I've been blessed.**

-Padre John Domotor  
Chaplain

## ATTENTION: Satellite/Cable Viewers

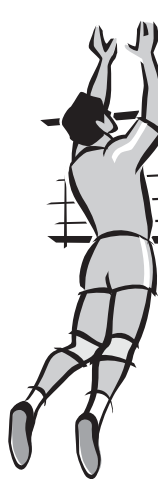
Watch Shepherd's Chapel - G6 Transponder 16 (24hrs)  
Also on small dish networks, KVOS TV 5am-6am Weekdays  
[www.shepherdschapel.com](http://www.shepherdschapel.com)



Now Serving  
**The Defence Team**  
with **CANEX** Financing

250-477-7612

3672 Shelbourne St. (Shelbourne Plaza)



## Drop-in Co-ed Volleyball

Every Tuesday  
starting Nov. 25

Noon to 1pm

Naden Gym

No registration required.

For more info, contact Danielle  
Sutherland, Formation Sports  
Coordinator at 363-4068 or  
[sutherland.de@forces.gc.ca](mailto:sutherland.de@forces.gc.ca)



**SANDS**  
**FUNERAL CHAPEL**  
Cremation & Reception Centre

"A tradition of trust serving CFB  
Esquimalt since 1912"

## Sensitive to your needs

VICTORIA - 388-5155  
COLWOOD - 478-3821  
NANAIMO - 753-2032

OFFERING WORLD-WIDE SHIPPING  
[sandsvictoriafh@arbornemorial.com](mailto:sandsvictoriafh@arbornemorial.com)



Michael Lomax CD  
Lawyer/Mediator

- Family Law
- Mediation
- Wills & Estates



**250-385-5523**

MILTON, JOHNSON LAWYERS  
202-895 Fort St., Victoria, BC

Now that's...



For all of Today's Best Music from Maroon 5, Fergie, Gwen Stefani & more. Victoria's new #1 choice. Make the switch today.



# SAFeway

## what's **RED HOT** this **WEEK**

Hot savings on all your favourite items this week at Safeway!



## Aquafina Water

24 x 500 mL. Plus deposit and/or enviro levy where applicable. LIMIT TWO FREE.

**BUY 1 GET**  
**1 FREE**  
EQUAL OR LESSER VALUE  
**CLUB PRICE**



CLUB PRICE

**2.99**  
lb.  
6.59/kg

### Safeway Chicken Breasts

Boneless, Skinless, Seasoned. Individually Quick Frozen. Sold in a 4 kg Box for Only \$26.36. LIMIT TWO.



CLUB PRICE

**99¢**  
lb.  
2.18/kg

### Red or Gold Delicious Apples

Or Gala or Spartan. Product of Canada. Canada Extra Fancy Grade.



BUY 2 EARN 50 AIR MILES® reward miles

**6.99** ea.  
EXTREME PRICE  
CLUB PRICE

### Purex Bathroom Tissue

Double 15 Roll or 30 Roll. WEEKLY HOUSEHOLD LIMIT FOUR - Combined varieties.

## Gift Giving for the Holidays

**EARN 10 AIR MILES®** reward miles when you purchase \$50 in Gift Cards at Safeway

or **EARN 25 AIR MILES®** reward miles when you purchase \$100 in Gift Cards at Safeway

With in-store coupon. Offer excludes Safeway Gift Cards.



## world cuisine. to go. fine dining at home.

Journey into an exciting selection of world-inspired entrees, sides and salads. The Signature Cafe™ culinary experts have created five spectacular menus that you just heat and serve. Enjoy meals inspired by cuisine from around the world from the comfort of your home.

Available only at Select Safeway stores. See Flyer for locations.



Prices effective at all British Columbia Safeway stores Wednesday, November 26 thru Saturday, November 29, 2008. We reserve the right to limit sales to retail quantities. Some items may not be available at all stores. All items while stocks last. Actual items may vary slightly from illustrations. Some illustrations are serving suggestions only. Advertised prices do not include GST. ©™ Trademarks of AIR MILES International Trading B.V. Used under license by LoyaltyOne, Inc. and Canada Safeway Limited. Extreme Specials are prices that are so low they are limited to a one time purchase to Safeway Club Card Members within a household. Each household can purchase the limited items one time during the effective dates. A household is defined by all Safeway Club Cards that are linked by the same address and phone number. Each household can purchase the EXTREME SPECIALS during the specified advertisement dates. For purchases over the household limits, regular pricing applies to overlimit purchases. On BUY ONE GET ONE FREE items, both items must be purchased. Lowest priced item is then free.



## NOVEMBER

**26 27 28 29**  
WED THUR FRI SAT

Prices in this ad good through November 29th



# Survey asks: Is the training meeting your needs?

**Lt(N) Dean J. Pask**

CFNOS Training Development Officer

Training. As naval personnel, we've all experienced it as a necessary part of our military careers. Training is how we learn to do our jobs and progress in our careers.

The question is, have you ever participated in a training course, and afterwards asked yourself: "Did the training I've just completed really prepare me to do my job aboard ship?"

Perhaps the training missed a few areas that would have been good to know before you stepped on board? Or perhaps you've felt like the course critique process kind of "missed the boat?" Would you like to do something about it?

Read on to learn a bit more about the training system and how you can have a chance to provide CF Naval Operations School (CFNOS) with valuable feedback.

Training does not just happen. It follows a systematic approach that is well docu-

mented in the Canadian Forces Individual Training and Education System (CFITES).

In general, it works like this. At some point, a requirement for training is identified, based on the job requirements. Experts in the field are then assembled to sit a Qualification Standard and Plan Writing Board (QSPWB). A lot of words to say they review the training requirement and determine the skill sets that are required to perform the task that needs to be trained.

Decisions are also made as to how to best deliver the training. Options for training may include (but are not limited to) formal coursing at a CF training establishment or other educational institutes, or through periods of on-job-training (OJT). Alternatively, self study, formal boards, or any combination of the above methods may be considered.

During training, instructors and students are regularly canvassed to monitor the progress of the training. In this way, problems that may arise during formal training may be addressed as required.

The real test, however, that determines whether or not training has met the job requirement, happens aboard ship. The question that must be answered is: "Does the training received actually allow the member to perform all aspects of the job?"

Validation is the final loop in the systematic approach to training. The validation process determines whether or not the training was "valid" - did it give you the skills and knowledge to perform effectively, as a member of the ship's crew?

This is where you, as a recent graduate of training, and your supervisors, can comment on how well you

were prepared to perform the job required of you on board your ship.

If you have completed training within the last six to 18 months at the CF Naval Operations School, we want to hear from you.

Visit the CFNOS website at <http://halifax.mil.ca/N1/CFNOS/index.htm>. Under the "Students" section, select "Validation Survey." You are now ready to provide comments. The survey consists of five questions, plus space for provide comments. The whole process should only take you between five and 10 minutes to complete.

Your responses will provide CFNOS, and the navy, with the opportunity to adjust training to meet the requirements of the Fleet. Your feedback will also help to ensure that the Fleet, and its officers and sailors, are always "Ready Aye Ready."

If you have questions about Validation, or any aspect of how training is developed, direct your queries to the CFNOS Validation staff. We can be reached at 250-721-8385/8451 or 250-721-8478.

***If you have completed training within the last six to 18 months at the CF Naval Operations School, we want to hear from you.***

## Diver meets Queen during special Remembrance service

**2Lt Ian McIntyre**  
Contributor

The highs and lows of a 30-year career in the military were certainly on the mind of PO1 Paul Walsh as he stood in the middle of Trafalgar Square at a unique Canadian war memorial in London.

PO1 Walsh, a clearance diver with Fleet Diving Unit (Atlantic) in Halifax, NS, was one of three members - one per element - selected to represent the CF in England for a special Remembrance Day ceremony.

Vigil 1914-1918, developed by actor R.H. Thomson, was held at Canada House, located in the Canadian High Commission. In attendance, were Her Royal Highness Queen Elizabeth II and Prince Phillip.

Using special lighting equipment, the names of fallen soldiers from the First World War were projected onto the walls of the building, one after the other, commencing Nov. 4 at 5 p.m., and continuing until sunrise on Nov. 11. It commemorated the 68,000 Canadian soldiers who died in the First World War.

"It was a truly humbling experience," said PO1 Walsh. "There were thousands of people standing around Trafalgar Square. It was the proudest moment of my career in the military."

A vigil similar to the one held in London began several hours later as night fell in Canada, starting in Atlantic Canada and moving gradually from east to west. The main Canadian display was at the National War Memorial in Ottawa adjacent to Parliament Hill, although official vigils using

the same technology were also held in Fredericton, Halifax, Toronto, Regina and Edmonton.

"To take the salute for Oh Canada and The Last Post... it was an incredible feeling," said PO1 Walsh. "We weren't there as individuals, but to represent those that were lost. I wish my grandparents were alive today to have seen this."

At the ceremony in London, the Queen and Prince Phillip stopped and spoke to each of the Canadian representatives. PO1 Walsh said she discussed how important this event was to her and displayed a sincere respect for Canada.

Following the ceremony, a local child came up to him asking about the various badges that he wore on his uniform. When asked which one of the badges he liked best, he pointed to the curved Canada emblem stitched to the shoulder of his dress uniform.

PO1 Walsh graduated as a clearance diver in June 1990, participated in the Swissair crash recovery efforts in 1998, and deployed with Operation Medusa in Afghanistan as the head of an Explosive Ordnance Disposal team with Task Force 3-06 in 2006.

After nearly 30 years of service in the CF, PO1 Walsh is preparing to retire. He takes with him some incredible memories; some good and some bad, but each one singularly representative of a career spent in the service of an equally proud nation.

"I leave the CF with a heavy heart," said PO1 Walsh, "but it has been a great, great ride."



(Left to right) PO1 Walsh, LCol Fournier and Maj MacKenna are reviewed by Queen Elizabeth II, escorted by Canadian High Commissioner James Wright.

Photo courtesy of oneoffcreations.biz

### The Best Choices Are Going to Those Who Act Now!

From \$249,900 Phase I 60% Sold



Superbly Appointed, Fitness Centre, Secure Parking

**OPEN HOUSE DAILY**

1315 Esquimalt Rd. Tue-Sun 11-6



**REGISTER TODAY!** [www.theovation.ca](http://www.theovation.ca)  
**Call 250-595-0004**



\*Financing may be discontinued at any time without notice

**ENJOY A VILLAGE  
ATMOSPHERE!**

**WALK TO AMENITIES,  
GROCERY SHOPPING  
& THE BASE!**

- 5 minutes to downtown
- 5 minutes to ocean front
- No Colwood crawl
- Rooftop ocean view from \$393,900



**OVATION**

Experience all the comforts of life!

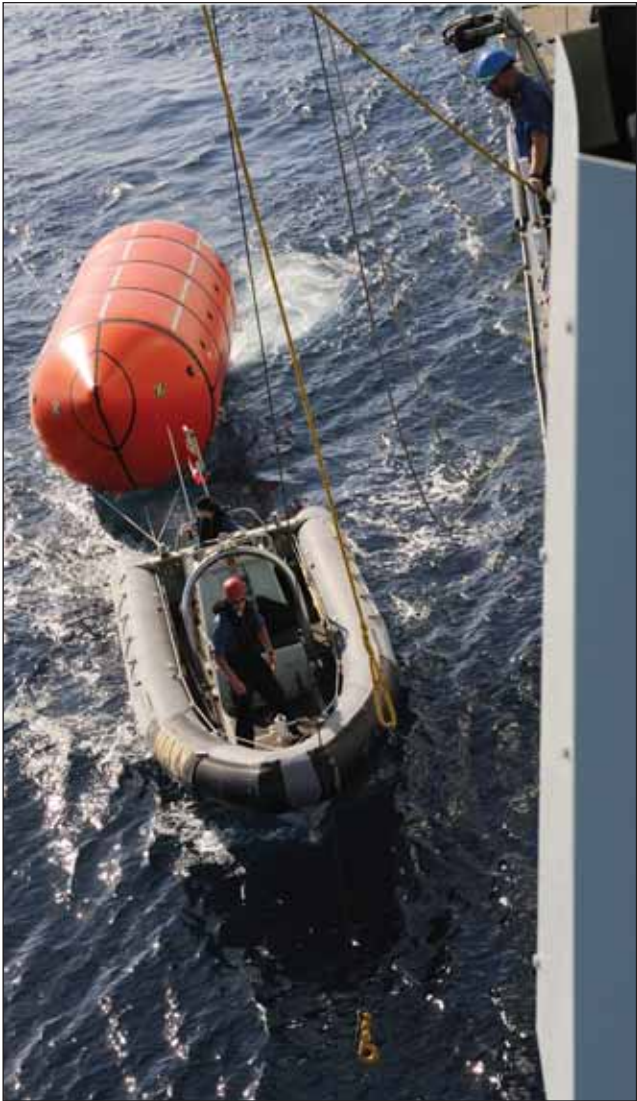




# task group exercise



**Above:** A member of HMCS Winnipeg's crew watches from the starboard bridge-wing as a U.S. Navy ship departs after refuelling Winnipeg.  
**Left:** OS Patrice Inglas works in Winnipeg's operations room during workups to a missile firing.  
**Right:** The Bofors 57mm gun on Winnipeg fire as part of the live fire range practice.  
Ed Dixon, Base Imaging Esquimalt



Ed Dixon, Base Imaging Esquimalt  
The rigid hull inflatable boat crew tows the High Speed Inflatable Tow Target (HSITT) alongside Winnipeg to be hoisted aboard following the completion of the 76mm gun firing on Nov. 12.

## Careers in Aircraft Maintenance

Provincial Aerospace Ltd. is a leader in international aerospace and defense design, development and operation of airborne surveillance aircraft and software. Build a career with a company that is a leader in innovative technology since 1972 with the following history of innovation:



- First private sector company to use pulse compressed anti-submarine warfare radar
- First state of the art nighttime photography for maritime surveillance
- First operator of FLIRStar SAFIRE II and testing platform for the prototype
- First ISO 9001:2000 registered surveillance operator
- First IT navigation solution, including proprietary touch-screen radar control panels
- First on-board autonomous identification system (AIS) responder
- First to integrate satellite communication systems to allow two-way data and digital photography transmission from the air
- First commercial unmanned aerial vehicle (UAV) flight in Canadian aerospace

Provincial offers competitive salaries, a comprehensive benefits package with the following highlights:

- Extensive training, advancement opportunities and education tuition assistance
- Generous retirement plan
- Discounted airfares

If you are interested in becoming a part of our future growth and expansion we want to hear from you!

- Aircraft Maintenance Apprentices
- Aircraft Maintenance Mechanics
- Aircraft Maintenance Engineers "M," "S" and "E" licenses

Interested candidates may send their résumés in confidence to:

Human Resources Department  
Provincial Airlines Limited  
Hangar #4, St. John's International Airport  
P.O. Box 29030  
St. John's, NL  
A1A 5B5  
Fax: 709-576-1802  
E-mail: jobs@provair.com

Provincial is an Equal Opportunity Employer.  
Only those candidates selected for an interview will be contacted.

Now is the time to be  
**WINTER READY**

BRING IN  
THIS AD FOR:

• **Special Labour Rates**

A 20% Savings!

**\$79<sup>95</sup>**  
PER HOUR  
REG. \$99.95

• **New All Season or Winter Tires**

starting from...

**\$99<sup>95</sup>**

• **Oil Change & Filter**

Includes winterize and safety check

starting from...

**\$29<sup>95</sup>**

• **New Rims & New Tires**

Mounted, ready to install for winter, set of 4 from...

**\$599<sup>95</sup>**

• **New Heavy Duty Batteries**

installed from...

**\$69<sup>95</sup>**

Appointments are filling up  
**CALL NOW FOR BEST SELECTION!**  
**250-478-9766/250-474-2240**  
Leave your car for service and receive a free local shuttle.

**KIA MOTORS**  
The Power to Surprise™

**REG MIDGLEY KIA**  
250-474-2240 • 1772 Island Hwy, Victoria, BC, V9B 1H9  
Mon - Thurs 8:30 - 8 • Fri & Sat 8:30 - 6 • Sun 11 - 4



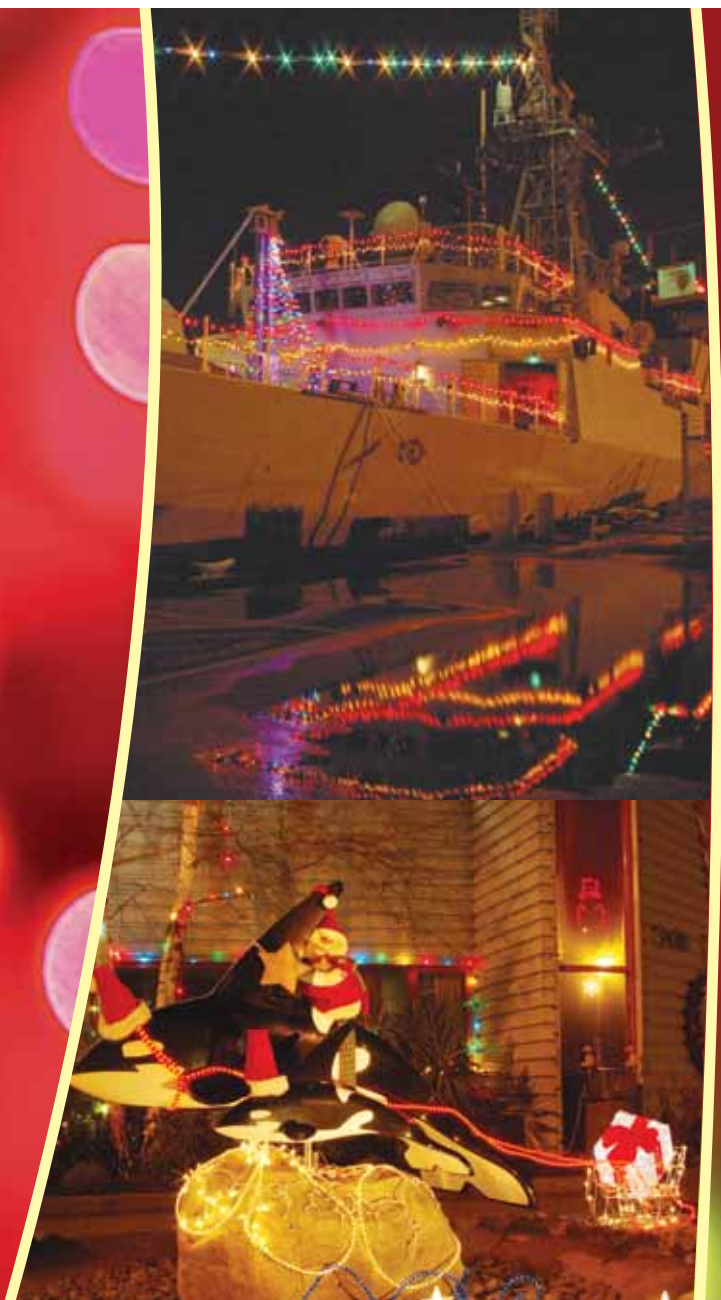
# 21ST ANNUAL Navy Lighting Contest

**Dec. 11 to 24 • 6 to 9 p.m. nightly**  
**Canadian Forces Base Esquimalt**

Admission by donation of cash or non-perishable food  
items for the Mustard Seed Food Bank

Parking available at Naden off Admirals Road

For more information call 363-4371  
or visit [www.cfbesquimalt.ca](http://www.cfbesquimalt.ca)



20<sup>th</sup> ANNUAL CANADIAN FORCES SPORTS AWARDS CEREMONY

20<sup>e</sup> CÉRÉMONIE ANNUELLE DU MÉRITE SPORTIF DES FORCES CANADIENNES



## WE SALUTE OUR CORPORATE SPONSORS

for making the CF Sports Awards Ceremony a huge success!

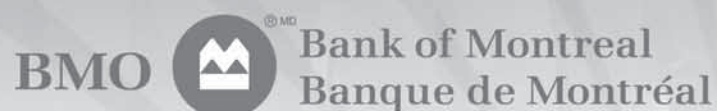
## NOUS REMERCIONS NOS COMMANDITAIRES

pour leur apport au franc succès de la Cérémonie du mérite sportif des FC!

Presenting Sponsor / Commanditaire principal



Award Sponsors / Commanditaires des prix



CANADIAN WAR MUSEUM • MUSÉE CANADIEN DE LA GUERRE • NOVEMBER 22, 2008 • LE 22 NOVEMBRE 2008



# Canada in Afghanistan: making real progress

**Shelley Lipke**  
Staff writer

Karen Foss, Deputy Political Director for the Kandahar Provincial Reconstruction Team (PRT), has personally seen how Canadian efforts in Afghanistan are improving the country.

For 13 months she worked alongside 330 people who comprise the PRT, a mix of diplomats, corrections experts, development specialists, Canadian police, including the RCMP, and

the military. They help the democratically-elected government of Afghanistan extend its authority and ability to govern, rebuild the nation, and provide services to its citizens, such as police training.

"As a diplomat, my job was to develop networks and contacts, and to analyze the local political and cultural systems in order to advocate for Canada's interests," said Foss. "Being a strong believer in the mission, I wanted to do my part, and when the govern-

ment decided to increase the presence in Afghanistan, I felt privileged to be a part of that."

Since returning home to Ottawa in July, Foss has been lecturing around the country to not only tell about her experiences, but to let people know of Canada's role beyond the military commitment. She spoke at Royal Roads University last week.

"One of the key messages to deliver is the fact that we are doing something really unique there. The Government of Canada has identified three signature projects they plan to deliver by 2011 when the forces pull out of Afghanistan."

First, they are addressing the declining lack of water in Afghanistan. More conflicts arise from this factor than from insurgent forces, says Foss. The Dahla Dam, Afghanistan's second largest dam, provides irrigation to the majority of Kandahar province, but needs to be renewed. Canada is stepping up to do this by investing \$50 million over three years. It's predicted the renovations will generate 10,000 seasonal jobs, and once complete, create a secure irrigation water supply.

Canada is building 50 new schools in Kandahar province, so

***Afghanistan is one of the only places left in the world with Polio. The Canadian mission goes to rural areas to immunize children against it. The insurgents recognize that this is important for their children too.***

-Karen Foss  
Deputy Political Director for the Kandahar Provincial Reconstruction Team

children will have a safe, modern place to learn.

The last main project is eradicating Polio.

"Afghanistan is one of the only places left in the world with Polio. The Canadian mission goes to rural areas to immunize children against it. The insurgents recognize that this is important for their children too, so we are able to get into those rural areas, and by 2011 it should be eradicated," says Foss.

As a representative of Department of Foreign Affairs and International Trade (DEFAIT), Foss has travelled extensively to Third World countries in the past, but Afghanistan remains an eye opener for several reasons.

"One of the things that would surprise most Canadians is the Afghan people. They have been through war, starvation, and draught, but they are so determined and so committed

[to rebuilding their country]. I certainly underestimated their drive until I got out there and saw it first hand."

Going to schools, health clinics or any element associated with the Government of Afghanistan is a dangerous risk for Afghans, said Foss.

Six more priorities have been set by Canada in addition to the top three developmental projects, and more members of Kandahar Provincial Reconstruction Team will endeavor to see them to fruition.

"Canadians are there because they believe in the mission. I haven't met a single person in Afghanistan who is looking forward to the end date in 2011. There is a sense of pride and commitment about what our people are doing there. It's amazing to see how quickly the situation has improved in just a few years of our presence," says Foss.



Photos courtesy of Karen Foss

**Above:** Karen Foss stands with light armoured vehicles in the background during her 13-month stay as Deputy Political Director in Kandahar, Afghanistan.

**Inset:** Foss meets with community leaders in Shah Wali Kot Kandahar.

## La Vie at Millstream Village

DISPLAY SUITE OPEN



shopping, hiking, biking, golfing, dining, swimming, schools, parks, playgrounds, safety, style, & elegance...

# Now Selling!

Langford's BEST location priced from **\$239,900** (NET GST INCLUDED)

Display Suite Open: Sat. & Sun. 1pm-5pm

623 Treanor Avenue Langford, BC

(Adjacent to Millstream Village across from the Home Depot)

Roger Levesque • Scott Kral T • 250 474 4800

Occupancy - November 2008

Choose from 89 elegant & affordable condominiums.

La Vie is found in the centre of south Island activity.

Unique, affordable and within reach

— Live the life you want.

[www.lavieatmillstreamvillage.com](http://www.lavieatmillstreamvillage.com)

**La Vie**

It all starts here.



# Call for submissions: Centennial Bell Rope

**Mary Ellen Green**  
Staff writer

Traditionally, a ship's bell was used to signify the passing of time during sailors' watches. Through the years, the use of bell became ceremonial ringing out during morning Colours.

Now it's being used to mark the passing of time in a different way – the 100-year anniversary of the creation of the Canadian Navy.

As an official Naval Centennial project, the Naval Reserve is organizing the production of a Centennial Bell to be used in a rededication ceremony and celebration set

for May 4, 2010, in Ottawa.

Canadian Forces Fleet School Esquimalt (CFFSE) is doing its part by hosting a competition to see which coast can create the best bell rope to hang from the Centennial Bell.

CFFSE Sea Division Chief Petty Officer, CPO1 Gino Spinelli is the project organizer for Maritime Forces Pacific, and is calling for design submissions.

"If there's anybody out there, retired or serving members of the navy, who want to participate in commemorating the naval centennial, here's your chance," says CPO1 Spinelli. "Right now we have 14 par-

ticipants from the West Coast, but we want more."

CPO1 Spinelli said interested parties should come up with their own design, but should keep a few things in mind.

The bell rope should have a four inch tassel, a 12 inch body, a half inch inside diameter for the becket, and although colour is optional, it is recommended that traditional naval colours such as royal blue, black, red and white be used.

The casting of the Centennial Bell will be done by Fleet Maintenance Facility Cape Breton. It will be a standard frigate-sized bell (12

inch) and will weigh about 90 pounds.

CFFSE Sea Division will supply line and any other materials required to produce the bell rope. Email MS Eric Kenney for details at: Kenney MS EPJ@CFFS@Esquimalt.

One bell rope from each coast will be chosen to go head to head in a battle for the coveted spot inside the Centennial Bell. Submissions should be made before September 2009, in preparation for final judging.

To participate in the competition, contact CPO1 Gino Spinelli at Spinelli CPO1 RS@CFFS@Esquimalt or 250-363-4268.

## Base embarks on strategic planning journey

**Capt(N) Marcel Hallé**  
Base Commander

In the lead up to the navy's centenary, the base has embarked on a strategic planning journey that will culminate with a strategic plan being introduced in the spring of 2009. Recognizing that the navy has embarked on a transition to modernize, and that the CF is still undergoing transformation, this strategic plan will ensure that our support to operations is properly aligned with where the navy and the Canadian Forces are heading, and will verify that our processes maximize our effectiveness.

The CFB Esquimalt defence team is a line organization comprised of 2,000 integrated military and civilian personnel, and together we play a critical part in providing integral support to maritime and CF operations.

The strategic planning process is the mechanism used to particularize and validate an organization's mission, vision, strategies and goals, based on higher headquarters direction, to best meet the needs of those we support.

In the case of CFB Esquimalt, our main focus is to provide support to our sailors, soldiers, airmen and women, and the equipment and systems they require to fulfill assigned missions – be they at sea, in Afghanistan, or Vancouver 2010

– as well as support to those within Maritime Forces Pacific and Joint Task Force (Pacific).

This demands a clear understanding of the work required based on the direction provided. It includes wanting to be held accountable for these tasks through an objectively managed performance system that is focused on continuously improving on what we've learned.

The process to create this strategic plan has commenced and is being led by my Chief of Staff, Cdr Brian Lofthouse, facilitated by Sharon Halkett, a consultant with extensive experience in the strategic planning field. In addition Michael Morrison from Base Logistics, Arlene Nash from Base Information Services, Aidan Neill from Base Construction Engineering, and the Base Comptroller, LCdr Scott Guild, comprise the remainder of the core team that will help champion the plan within the respective branches on the base.

The core team, the Branch Heads and I, have been meeting for over a month to develop the foundations for the plan. The process will also include retreat sessions as part of this journey, which will involve some of the major external stakeholders (Fleet Maintenance Facility Cape Breton, Fleet and Formation Headquarters), as well as greater representation from the branches and input from union leadership.

The first one-day retreat is planned for Nov. 27. In addition, many of the folks within each of the branches will have an opportunity to partake in the process through various sessions that will be led by their respective Branch Head or core team member, via town halls or other means.

It is critical that all members of the CFB Esquimalt defence team be engaged in the process to produce this plan. I encourage a sense of ownership, and anticipate that everyone will recognize their role within the plan, and appreciate the direct linkage between their valued individual contributions and our collective ability to fulfill the operational demands of our defence mandate. For this to happen, everyone, be they military, civilian, officer, non-commissioned member, management or labour, will need to be engaged in some capacity. We need to capture good ideas regardless of whether they originate from town hall sessions, one-day retreats or water cooler discussions.

This is the first of many communications that will be sent out as we progress on this journey together. As Base Commander I am looking forward to working with all of you in producing a sound strategic plan that will guide what it is that we do on the base in maximizing the support we provide to operations over the next several years.

AGENCE DE SOUTIEN DU PERSONNEL  
DES FORCES CANADIENNES

**APPUYONS NOS TROUPES  
EN AFGHANISTAN**

CANADIAN FORCES  
PERSONNEL SUPPORT AGENCY

AU SERVICE DE  
LA COMMUNAUTÉ MILITAIRE

**DÉCOUVREZ UN MONDE DE POSSIBILITÉS**  
**Occasions d'emploi**

- Gestionnaire des opérations
- Coordonnateur de l'expédition et de la réception/Commis à l'expédition et à la réception
- Coordonnateur de l'équipement et des ressources
- Coordonnateur du conditionnement physique, des sports et des loisirs
- Barbier
- Gestionnaire de la vente au détail
- Coordonnateur de la comptabilité
- Coordonnateur des déplacements
- Gestionnaire de bien-être
- Préposé au gymnase

Pour un emploi captivant qui sort de l'ordinaire, visitez notre site Web :  
**www.aspfc.com**

**POSTULEZ EN LIGNE au plus tard le 23 janvier 2009.**  
Nous souscrivons au principe de l'équité en matière d'emploi.

**FINISH**

**New CFB Esquimalt  
Triathlon Club**

Interest Meeting on  
**Thursday, Dec. 4**  
Collier Theatre in Work Point  
4-5:15pm

**Everyone welcome. This is an interest meeting to start up a new club for all levels of training. Military and civilian participants welcome.**

For more information please contact  
LCdr Tremblay at 250-363-4033  
(tremblay.lm@forces.gc.ca)  
or the Regional Program Coordinator,  
2Lt Jeff White at 250-363-2992  
(white.jb@forces.gc.ca)



## Lab launch, you're invited

**Rachel Blacklock**  
HPRD

The Human Performance Research and Development Laboratory (HPRD) at CFB Esquimalt is officially opening Dec. 9 at the dockyard gym (D22). Lab staff is inviting the defence community to join the celebration.

The open house is from 10:45 a.m. to noon featuring demonstrations of assessment capabilities, and light refreshments. Don't miss the opportunity to enter your name in the draw for one of three maximal aerobic power (VO<sub>2</sub> max) tests.

The lab is outfitted with state-of-the-art equipment allowing the research team to assess demands of various Canadian Forces tasks, both in the field and in the lab. This information

will better guide the development of specific occupational fitness standards and training programs.

Currently, the primary focus of the lab is project standards of occupational fitness for navy requirements (SONR).

HPRD hopes this event serves to better acquaint the defence team with their capabilities and introduce the Human Performance staff. It will also provide a glimpse into their projected evolution. As Project SONR progresses, HPRD staff will call on navy personnel to get involved in a variety of ways.



In Victoria Call: 250-532-5384

## NEED A NEW COMPUTER?



Buy New Desktops or Notebooks  
Lease or Rent  
Service

## VICTORIA CREEK COMPUTERS

Checkout our Holiday Specials!!  
Call us for competitive pricing!!  
Free Delivery on All items  
motherboards, processors, displays, keyboards, much more...



View Online: [WWW.VICTORIACREEK.CA](http://WWW.VICTORIACREEK.CA)



## INFOCUS



Cdr Rob Hughes, Commanding Officer, Regional Cadet Support Unit; B.C. Lieutenant Governor Steven Point; Capt Madeleine Dahl, Commanding Officer of 2483 Esquimalt (Princess Patricia's) Royal Canadian Army Cadet Corps, and Lt(N) Jamie Webb, Honourary Aide de Camp, gather on the stairs at Government House with the most recent recipients of the Silver Duke of Edinburgh Award.



East and West Coast sailors have come together at Camp Nathan Smith in Afghanistan as part of the Kandahar Provincial Reconstruction Team: (left to right) PO2 Scott Wells of HMCS St. John's, LS Gordon Mosher of HMCS Vancouver, LS Brad Saunders of HMCS St. John's, Lt(N) Chris Horsman of Fleet Maintenance Facility Cape Breton, LS Terry Billes of HMCS Fredericton and PO2 Chris Schleihau of CFNOS.



Gary Webster, Contributor

Member of Parliament Dr. Keith Martin presents Don and Jean Bendall with a Citation from Ottawa for their outstanding commitment to the Cadet Program. Left to right: Dave Yates, President of the Vancouver Island Navy League of Canada; Capt Richard Harrison, Chief of Staff, Maritime Forces Pacific; Dr. Keith Martin, Don and Jean Bendall, Pierre Yans, past president of the National Navy League of Canada.



Navy League Cadets Katarina and Mikayla Schonert pose with their father, LS Greer during a Remembrance Day Assembly at Pacific Christian School on Nov. 7.



Liam Mackey (18 months), son of MS Mackey, HMCS Victoria dressed as a "mini Mackey" for Halloween trick or treating this year in Belmont Park.

## Nominations open for Ombudsman Award

National Defence and Canadian Forces Ombudsman

Every year, the Ombudsman's office asks for assistance in identifying individuals within the defence community – members of the Canadian Forces, employees of National Defence, and/or family members – who have made a significant contribution to the defence community and who may qualify for an Ombudsman's Special Recognition Award.

The Ombudsman's Special Recognition Award recognizes individuals or groups in the department and Canadian Forces who have clearly gone above and beyond the normal requirements of their job to assist others in resolving a specific problem, or who have brought positive and lasting change to the defence community through improvements to their workplace, existing policies and regulations, or the quality of life of our people.

Anyone in the defence community can submit a nomination directly to our office. All that is required is a letter or email explaining how an individual has gone above and beyond the call of duty to bring positive change.

This year's nomination period closes on Jan. 16, 2009.

A commendations ceremony honouring award recipients will be held in Ottawa in May 2009. Award recipients will receive a framed citation and an engraved glass sculpture.

Additional information on the award criteria and nomination process can be found on our website at [www.ombudsman.forces.gc.ca](http://www.ombudsman.forces.gc.ca) or by calling Althea Basudde, Communications Officer, at 613-995-8698.

## Military members to face general court martial

CF Director of Military Prosecutions

PO2 Silvyia Reid and PO2 Janet Sinclair will face a general court martial in relation to the alleged corruption of a government database in July 2007.

PO2 Reid and PO2 Sinclair were charged by the Canadian Forces National Investigation Service on Aug. 5, 2008, with one count each of conspiracy, sabotage, mischief in relation to data and wilfully damaging property relating to Her Majesty's Forces while working in Ottawa, ON.

The charges of conspiracy and sabotage were not brought forward, or "preferred," to the court martial stage by the Canadian Forces Director of Military Prosecutions (DMP) following the post-charge screening process; however, a charge of negligently performing a military duty was added.

The date of the trial will be determined shortly and will most likely take place in early 2009.

The final charges facing PO2 Reid and PO2 Sinclair are:

- Mischief in Relation to Data - contrary to Section 130 of the National Defence Act, pursuant to Section 430(5) of the Criminal Code;

- Wilfully Damaging Property Relating to Her Majesty's Forces - contrary to Section 116(a) of the National Defence Act; and

- Negligently Performing a Military Duty - contrary to Section 124 of the National Defence Act.

All potential court martial cases undergo a post-charge screening process. Prosecutors consider two main questions at this point when deciding whether or not to prefer charges:

- Is the evidence sufficient to justify the continuation of charges as laid or the preferal of other charges?

- If the evidence is sufficient, does the public interest require a prosecution to be pursued?

PO2 Reid and PO2 Sinclair are currently employed at Canadian Forces Base Esquimalt. They have chosen to be tried by a general court martial, which is composed of a military judge and a panel of five members. Each accused is represented by a defence counsel designated by the Director of Defence Counsel Service.

The DMP is an independent authority for military prosecutions that exercises prosecutorial discretion within the military justice system, free of influences, and based on legal principles and criteria.



# Naden building to assume name of former Fleet Chief Petty Officer

**Lt(N) Brenda Cyr**  
CF Fleet School

Chief Petty Officer First Class (CPO1) Ronald Guilderson, a former Maritime Forces Pacific Fleet (MARFAC) Chief Petty Officer, will be honoured in the new year by having building N50, the Communications Training Centre of Canadian Forces Fleet School Esquimalt, named for him.

Building N50 is a designated heritage building built in 1943 to house HMCS Naden Gunnery School, and has been the centre for naval communications training since the mid-1950s.

The proposal was initiated by CPO1 Harry Learning, a naval communicator, whose office was in building N50 when he was the Combat Division Chief Petty Officer at Canadian Forces Fleet School

Esquimalt. He wanted to recognize the importance of the building to the trade and instil trade pride by having an outstanding naval communicator recognized. He immediately thought of CPO1 Guilderson.

CPO1 Guilderson was from the small town of Parraboro, Nova Scotia, where he joined the Royal Canadian Navy in September 1962. He was assigned the trade of signalman and had served on both coasts and in NDHQ Ottawa throughout his career.

From 1970 to 1980, Chief Guilderson served at various shore establishments and ships, which included HMCS Provider, 747 Communication Squadron, Fleet School Esquimalt, HMCS Saskatchewan as Yeoman of Signals, and the Naval Officer Training Centre Esquimalt. In 1981 he was promoted to Chief Yeoman of Signals and

served on board HMCS *Algonquin*.

In 1983 he was posted to National Defence Headquarters as the career manager for the communication's MOCs. Upon completing this position he was again posted to the West Coast where he served in HMCS Gatineau and HMCS Huron as coxswain.

In 1988, CPO1 Guilderson was posted to Training Group Pacific Headquarters where assumed the position as coxswain.

In 1991 he was posted to Fleet School Esquimalt as the Communications Training Officer until his appointment six months later as the Base Chief Petty Officer. After three years he earned the honour of being appointed as the MARFAC Fleet Chief Petty Officer, and retired from the position and the navy in 1995. Throughout his distinguished career CPO1 Guilderson

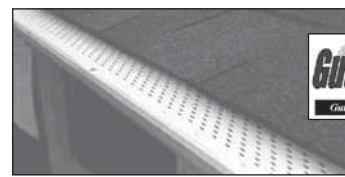
had a significant and positive impact on all who served with him. His vigorous and proactive leadership style and love for the navy made him one of the quintessential Chief Petty Officer's on either coast. His strength of character, commitment and dedication to the service and his subordinates could only be complemented by his personal contributions and achievements throughout his years.

CPO1 Guilderson past away on Aug. 29, 2001, at the age of 58.

The official authorization for naming the building, granted by the Directorate of History and Heritage, was met with excitement by many of his former associates, ship mates and friends who are pleased that CPO1 Ronald Guilderson will continue to be an example and a source of inspiration for future generations of tradesman.

## GUTTER PROTECTION SYSTEM

- Gutterguard & Gutter Topper
- Custom 5" Continuous Gutter Lengths
- Downspiping, Elbows, Accessories and more

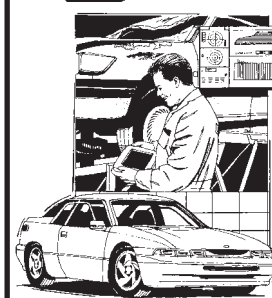


**PRO-TECH**  
Exterior Products Ltd.

327 Harbour Rd, Across the Johnson Street Bridge  
382-5885

"One stop shopping with friendly advice."

## TRACKSIDE AUTO SERVICE LTD.



- ✓ RELIABLE
- ✓ DEPENDABLE
- ✓ HONEST
- ✓ FULL SERVICE AUTO REPAIR
- ✓ GOVERNMENT INSPECTION FACILITY



40 YEARS EXPERIENCE  
Servicing Automobiles

784 Fairview Rd.  
**383-5509**

## NAVY CENTENNIAL: FUNDRAISING ON TRACK

# Navy memorial window just shy of goal

**Mary Ellen Green**  
Staff writer

With over 300 donations from all over the globe, the St. Paul's Church Navy Memorial Window Project has 90 per cent of the initial \$68,000 fundraising goal in hand, and is now moving into the design phase.

Mercer and Schaefer Glasstudios from Victoria is designing, creating and installing the four-panel stained glass window for the southwest wall of the historic naval and garrison church to commemorate the Canadian Naval Centennial in 2010.

Padre Andrew Gates, a retired army major and the reverend at St. Paul's Anglican Church, says the historic church is very much a living "militaria" museum. The naval window will be a great addition to the numerous military artefacts that line the walls of the church that has served the civilian community and the Canadian Forces for over three centuries.

"The window will be given promi-

nent position in the church and the design will be in keeping with the many existing memorials and pieces of military history," Padre Gates said.

Rear-Admiral (retired) Bill Hughes, chairman of the Navy Memorial Window Project, says the final design will be decided by the glass studio. "I've given them a long list of things I think should be included, but the church will have to approve the final design." The design will feature naval history from both coasts, the naval reserve and possibly the merchant navy.

According to Tom Mercer, of Mercer and Schaefer Glasstudio, the design will encompass the Canadian Navy from the beginning and take it through to present times. He is hoping to have a "Maquette" or small scale colour design proposal ready for next fall, but for now, he is focusing on doing his research with help from the CFB Esquimalt Naval and Military Museum.

Donations are still being accepted,

and can be dedicated "in memory of" or "in honour of" a loved one and will be printed in a memorial book that will sit on a devoted shelf below the window.

Padre Gates said the single biggest donation was made by a deceased Leading Seaman's widow from the area who wanted a memorial for her husband.

R/Adm Hughes is challenging the Royal Roads classes of 1945, 1946 and 1947 to be the class with the most donors. He is also challenging members of the Naval Officers Association of Vancouver Island to make donations, and said he will match donations up to \$5,000.

Donations can also be made through GCWCC, as the fund is a registered Canadian charity. To donate, simply note in section C of your gift pledge form that you would like your donation to go to Charity # 118787142RR005.

For more information go to the project website, at [www.navymemorialwindow.org](http://www.navymemorialwindow.org).

## Curb appeal with a Fever for Wind!



**Steve Drane Harley-Davidson**

735 Cloverdale Ave • 250-475-1345 • [stevedraneharley.com](http://stevedraneharley.com)

## Need Extra Space?



- new modern facility
- every locker is individually alarmed
- easy access to lockers
- climate controlled & heated spaces
- easy monthly rentals
- commercial and residential storage



**250-478-8767**  
[www.selfstorage.ca](http://www.selfstorage.ca)

1621 Island Hwy, Victoria (West of the Six Mile Pub)

## GUARANTEED APPROVALS

NOW OPEN  
**Galaxy Langford**

888 Attree  
250-478-7603

**Galaxy Downtown**

2555 Government  
250-381-1144



Voted the best place to buy a used vehicle

*Our Newest Location!*

1764 Island Highway  
250-391-5738

GOOD CREDIT • BAD CREDIT • NO CREDIT  
Call the CREDIT SPECIALISTS  
818-4YES (4937) OR APPLY ONLINE

[WWW.GALAXYMOTORS.NET](http://WWW.GALAXYMOTORS.NET)  
Huge Selection of Quality, Safety Inspected Vehicles

**Galaxy Esquimalt**

1490 Admirals  
250-360-0888

**Galaxy Colwood**

1836 Island Highway  
250-478-7653



# LOOKOUT Classifieds & Real Estate

**RATES:** MILITARY and DND PERSONNEL: 25 words \$7.35 • ALL OTHERS: 20 words \$8.40 • Each additional word 15¢ • GST Included • DEADLINE FOR CLASSIFIED Advertising: Thursday at 11a.m.

## Call 363-3014 to book your display or word ad

### ANNOUNCEMENTS

TREAT YOURSELF TO A VISIT from Welcome Wagon! It's free. We are a community service whose aim is to bring you greetings, gifts, and information regarding the area you live in. Call Connie at 250-380-9042 to arrange a short visit. I look forward to bringing you my basket of goodies!

ARE YOU INTERESTED in providing emergency respite child care for military families? For information call 363-2640 or toll free 1-800-353-3329.

COME SING WITH us for the joy of it! 2008/09 season: Handel, Vivaldi, Mozart. We're the Victoria Choral Society - dynamic, welcoming & worth the audition. Call Carol @ 250-391-0540.

CONQUER YOUR FEAR of public speaking at toastmasters. Frightened speakers become confident speakers. Toastmasters can help! Visit [www.victoriatoastmasters.com](http://www.victoriatoastmasters.com) for details.

### MOTORCYCLES

**S G Power**  
**A.T.V. CENTER**  
Honda, Yamaha, Kawasaki  
**382-8291**  
**730 Hillside Ave.**

### HAULING

**Father & Son**  
need work, we'll do the job the others won't. Trash hauled from \$5. Plus dump fee. No job too small.  
OAP rates  
• Any weather  
• Demolition  
**Refuse Sam**  
**250-216-5865** or  
**250-475-0611**  
SAME DAY SERVICE

### FINANCIAL

#### DEBT FREE

- Stop collection calls
- 1 easy monthly payment
- Rebuild credit rating
- Eliminate interest
- Reduce payments up to 50%

Toll Free



**1-888-522-3555**  
[www.iamdebtfree.com](http://www.iamdebtfree.com)

### ELECTRICAL

**ROBERT TANGUAY CD**

**TANGUAY**  
*Electric*  
BONDED INSURED

**882-8185**

### HELP WANTED

**CONCORD SECURITY**

**CONCORD SECURITY is hiring!**

We want you to join our team.  
We have several immediate openings at friendly, customer service oriented sites. Part-time and full-time available. Flexible hours. Medical and dental benefits. Job stability. On-line BST/Security training course available.  
[www.concordsecurity.com](http://www.concordsecurity.com)  
or call Bob 250-418-0165

### SERVICES OFFERED

**QUIT SMOKING**

in just ONE HOUR - only \$299 INCL. DETOX

• Drug & Alcohol Addictions

• Weight Control & Stress

Private, Safe,  
Painless, Drug Free,  
Confidential.

**PH: (250) 477-0737**  
550-2950 Douglas Street  
[www.imaginelaserworks.com](http://www.imaginelaserworks.com)

### VOLUNTEERING

VOLUNTEERS OF ALL ages are needed to assist individuals with disabilities to get out and be active this summer! By devoting as little as one hour per week, you have the opportunity to participate in an activity you enjoy while giving back to your community. For more info. or to volunteer please call Lindsay at 477-6314 ext 15 or email [volunteers@rivotonline.org](mailto:volunteers@rivotonline.org)

### APPLIANCES

**WESTCOAST**  
APPLIANCE CENTRE LTD.

**LARGEST SELECTION**  
**GREAT PRICES**

- Reconditioned
- New • Builder
- In Home Services

#3-370 Gorge Rd East  
**382-0242**

### STORAGE

**SELF STORAGE**  
**RESIDENTIAL & COMMERCIAL**

- 5'x5' - 20'x34' units
- Lit and Fenced
- 7 Day Computerized Access & Security System
- VERY COMPETITIVE RATES**

**ARDEN'S SELF STORAGE**

**642-6363 (WEEKDAYS)**  
2059 IDELMORE RD., SOOKE

### REAL ESTATE • FOR RENT

**PACIFIC VILLAGE II**  
1445 CRAIGFLOWER ROAD

**SPACIOUS 1, 2, 3 BEDROOM TOWNHOUSES**  
**1 & 2 BEDROOM APARTMENTS**

**RENTALS CENTRALLY LOCATED**

**PARKING INCLUDED**

**FRIDGE/STOVE INCLUDED**

**ON MAIN BUS ROUTES**

**PETS: CATS ONLY**

**CLOSE TO SCHOOLS, ADMIRALS WALK,**  
**GORGE & CFB ESQUIMALT**

**385-2250**

**Gorge View**

**Apartments**

258 Gorge Rd. E  
*Park-like setting located where the Galloping Goose Trail meets the Selkirk Waterway.*

- Spacious & Clean Bachelor, 1 & 2 bedroom apartments
- Indoor pool, sauna & HotTub
- Racquetball Court
- Fitness Facilities
- Reduced security deposit for Military Personnel
- Heat
- Hot water

Call to view

**380-6566**

**The Seagate**

**Apartments**  
707 Esquimalt Rd

Ocean front, Olympic mountain views, seawalk to downtown, spacious and clean.  
Bachelor, 1, 2 & 3 bedrooms

Rent includes:

- Hot water
- Heat
- Secured parking
- Squash court
- Indoor pool/hot tub
- Fitness centre
- Games room

Building is wired for Shaw@home.  
Reasonable rent in a very quiet building.

Reduced Security deposit for Military Personnel.

Call to view

**383-1731**

### REAL ESTATE • FOR SALE



**\$1,000 REFERRALS**

*Buying or Selling Real Estate?*

**Nevenka Kardum**  
**250-479-3333**

**Sutton**  
GROUP  
WESTCAN REALTY

**BRING YOUR PET!**

Spacious 2nd floor unit faces east for the morning sun on your deck and sunshine afternoons without the heat! Quiet side of the building. Open concept, with kitchen open to the living room & dining area, gives a feeling of space. 2 bed 2 bath. Master bedroom, 2nd bedroom & living space all open to the deck. Master bedroom is large with a nice ensuite featuring a large double shower. Nice decor, electric FP & in-unit laundry.

[info@nancyvieira.com](mailto:info@nancyvieira.com)  
**250-514-4750 / 1-800-665-5303**



**\$288,000**

**PEMBERTON HOLMES**  
ESTABLISHED 1987

**WHY RENT?**



**REDUCED!**  
**\$214,900**

A must see!

Inviting all offers. Attractive, bright, immaculate, move-in condition 2 bedroom, 1 bath condo. Recent new carpets, lino and paint. Updated kitchen. This is an ideal home close to the base. Insuite storage and a lovely deck. Two blocks to the base.



**Gabriella Pakos**  
**250-478-9141**

**PEMBERTON HOLMES**  
ESTABLISHED 1987



**Sell your home in the Lookout**

**Call 363-3014 to advertise**

### ESQUIMALT

**Unique Building Must See!**

- 2 bed. \$950
- Very Quiet
- Heat Included
- Close to Base
- Avail. Nov. 1st

1378 LYALL ST.

**250-388-9384**

**Moving?**

- Largest truck fleet in town
- Always reliable
- 4 convenient locations in Victoria
- Special weekend rates

For reservations call  
**250-953-5300**

**Budget**  
Car and Truck Rentals  
[www.budgetvictoria.com](http://www.budgetvictoria.com)

Give your business a **BIG BOOST** for a **SMALL PRICE**

Lookout classified ads offer great value for your small business.

Call 363-3014 for information about rates and advertising packages available.

Vancouver Island's 2nd Annual  
**The Gift Winter Fest**  
and  
Family Expo

Dec 6th 10am-5pm  
Dec 7th 10am-3pm  
admission \$5  
seniors and under three free

*"Vancouver Island's only family focused craft fair."*  
Every exhibit has hands on activities, crafts or gifts for under \$2 for kids  
The Giving Carnival- where kids learn and win prizes from over 20 Vancouver Island Charities

Exhibitors, information or to volunteer please contact:  
[info@community-expos.com](mailto:info@community-expos.com)  
Ph: (250)412-7102

[www.community-expos.com](http://www.community-expos.com) Eagle Ridge Arena ~ Langford buy local - support local

**OVARIAN CANCER**

**WOULD YOU KNOW IF YOU HAD IT?**

#### SYMPTOMS

- Abdominal discomfort
- Pelvic pain/backache
- Bloating/gas/swollen stomach
- Vaginal bleeding/painful intercourse
- Urinary urgency
- Ongoing fatigue
- Indigestion
- Weight loss/gain
- Change in bowel habits

If you have been feeling a combination of these symptoms for longer than three weeks, visit your doctor and ask for a Ca125 blood test.



# LOOKOUT Classifieds & Real Estate

**RATES:** MILITARY and DND PERSONNEL: 25 words \$7.35 • ALL OTHERS: 20 words \$8.40 • Each additional word 15¢ • GST Included • DEADLINE FOR CLASSIFIED Advertising: Thursday at 11a.m.

## Call 363-3014 to book your display or word ad

### REAL ESTATE • FOR SALE



**SHAREN WARDE  
LARRY SIMS**

"Winning Service"



PH: (250) 592.4422  
TOLL FREE: 1.877.812.6110  
WWW.WARDESIMS.COM

### Walk to Work



\$279,900

**Eamon Coll  
250-479-3333**



Just 4 years old with some of the warranty still in place this 2 bedroom, 2 bath condo is in move in condition! 5 appliances included and unit has en-suite laundry. Lg. dogs & cats are welcome and there are no age restrictions. Minutes to the base or downtown Victoria. Near school and bus routes and major shopping. Walk to Saxe pointe and ocean. **Immediate possession available.**



MLS: 255721 - Single family  
656 Grenville, Esquimalt

### Gorgeous Home! New Listing!

Solid quality built (2000) home with a great floor plan. Tiled front entry downstairs features an office, den or use as a spare bedroom, one bathroom, laundry and a family room leading out to covered rear deck. Upstairs has 2 bedrooms plus 1 bathroom with soaker tub, living room and dining room with French doors to rear upper spacious south west rear facing deck with lovely aspects. Beautiful maple kitchen cabinets, reclaimed fir floors and gas fireplace. The rear yard is a gardeners delight with custom terraced rock work. Close to Saxe Point park and convenient amenities within walking distance; recreation centre, library, shopping, bus and more. A pleasure to show and easy to view, call for a private showing.

**Asking \$489,000!**

**Morgan Baker**

**Sutton Group Westcan Realty  
479-3333**



## PSP Job Opportunities

### Recreation Leader

Casual position \$11.14 - 13.70/hr

This job entails facilitating birthday parties at the Colwood Pacific Activity Centre or the Naden Athletic Centre.

The facilitator plays and organizes games for the children and facilitates making crafts. We are currently looking for someone to work a regular shift on Saturdays 10:45 am to 3:45 pm.

We are also looking for casual staff to work various shifts on the weekends.

Also available are casual hours at our youth activity centre to assist with supervising pre-teens and teens, Fridays 5:30 to 10pm and Saturdays 5:30 to 10pm.

### Recreation Clerk

Casual position \$11.14 - 13.70/hr

This job entails working at the front desk at the Colwood Pacific Activity Centre, assisting customers, taking course registrations and taking care of the facility.

We are currently looking for someone to work on Thursday nights from 5 to 9 pm.

### Lifeguard/Instructors

Casual part time positions  
\$12.69 - 15.82/hr

This job entails evening, weekend and day subbing at the Naden Athletic Centre military pool. Provide life guarding for a variety of military training exercises, length and leisure swim training, and during drop-in casual swims.

Being certified to teach the Red Cross swim program and it is an asset to have an Aquafit instructors certification.

Eligible candidates should submit a resume clearly outlining their ability to fulfill all position requirements by mail to: Randy Delisle NPF Human Resources Assistant, PO Box 17000, Stn Forces, CFB Esquimalt, Bldg N30, Victoria, BC V9A 7N2, by fax to (250) 363-5528 or by email to npfhresquimalt@cfpsa.com or apply online at www.cfpsa.com before 4 p.m. hrs on Nov. 21.



### FREE Pancake Breakfast

**Dec. 9 • 7:30am to 8:30am • Nelles Block**

Capt(N) Marcel Halle, GCWCC Campaign Chair, welcomes all campaign volunteers and donors to join him for a "Thank You" pancake breakfast. During this free event, there will be draws, giveaways, and of course, a cheque presentation!

### Facilities Clerk

Non-Public Funds, Personnel Support Programs  
**Permanent Part Time Position**

Under the supervision of the Facilities Supervisor, the Facilities Clerk is responsible for all front desk activities for the Naden Activity Centre including receiving and processing payments for recreation programs or facility use.

#### Qualifications:

- High school diploma AND several years experience in a related field OR
- An acceptable combination of education, training, and experience will also be considered AND
- Current CPR and Basic First Aid an asset

**Language Requirement:** English essential, bilingualism (French / English) an asset.

#### Knowledge Requirements

- of recreation or community center facilities
- of cash handling techniques
- customer service techniques
- of workplace health and safety practices

#### Experience Requirements

- in general office administration
- in providing customer service
- in using software for word processing, spreadsheets, presentations, databases, e-mail, and Internet browsing
- in spreadsheet software such as membership/identification card makers an asset

**Wage:** \$11.14/hr - \$13.70/hr

Eligible candidates should submit a résumé before 4 p.m. on Nov. 21 by **mail** to: Randy Delisle NPF Human Resources Assistant, PO Box 17000, Stn Forces, CFB Esquimalt, Victoria, BC V9A 7N2, by **fax** at 250-363-5528, by **e-mail** to npfhresquimalt@cfpsa.com or **online** at www.cfpsa.com.



### Youth Program Supervisor

Non-Public Funds, Personnel Support Programs  
**Permanent Position (32.5 hours/week)**

Under the supervision of the Recreation Coordinator, the Youth Program Supervisor, organizes, develops and delivers registered and drop-in recreation programs for military children.

#### Qualifications:

- College diploma or certificate in Recreation or a related field AND some years of experience in a related field. OR
- High School Diploma AND several years experience in a related field. AND
- Current CPR and basic First Aid qualifications
- Valid driver's License.

**Language Requirement:** English essential, bilingualism (French / English) an asset.

#### Knowledge Requirements

- Youth recreation program development
- Youth developmental needs and behavioral management
- Group dynamics and group facilitation
- Volunteer development
- Budget administration

#### Experience Requirements

- working with youth
- youth leadership
- providing customer service
- personnel administration
- developing and implementing recreational activities recruiting volunteers
- maintaining partnerships
- applying policies, procedures and regulations
- using software for word processing, spreadsheets, presentations, databases, email and Internet browsing.

**Wage:** \$13.80/hr - \$16.66/hr

Eligible candidates should submit a résumé before 4 p.m. on Nov. 21 by **mail** to: Randy Delisle NPF Human Resources Assistant, PO Box 17000, Stn Forces, CFB Esquimalt, Victoria, BC V9A 7N2, by **fax** at 250-363-5528, by **e-mail** to npfhresquimalt@cfpsa.com or **online** at www.cfpsa.com.



### Upcoming Birthday? New Baby?

**Place an announcement in the Lookout Classifieds**

**Two ad sizes to choose from**

**Call 363-3014 for details or to book.**



\*The 2008 vehicle's Powertrain components are covered by a limited Powertrain component warranty for up to 5 years or 160,000 km, whichever comes first. See Retailer for details and conditions on limited warranty and customer assistance/service features. \*Coverage for up to 5 years or 160,000 km, whichever comes first. †Within the first 30 days or 2,500 km of delivery, whichever comes first. You should know this: †Cash purchase price includes discounts or other incentives which will result in higher effective interest rates. By selecting purchase financing or lease offers, consumers will be foregoing such discounts and incentive which will result in higher effective interest rates. \*\$500/\$1000/\$1500 manufacturer to retailer delivery credit (tax exclusive) available on 2008 Saturn ASTRA 5-Door XE/2008 Saturn VUE XE/2008 Saturn AURA XE/2008 Saturn OUTLOOK XE. Such delivery credit is available on purchase and finance offers and is reflected in offers in the is advertisement. See retailer for details. \*\*Freight (\$1,200/\$1,200/\$1,250/\$1,220) on a 2008 Saturn ASTRA 5-Door XE/2008 Saturn VUE XE/2008 Saturn AURA XE/2008 Saturn OUTLOOK XE included. Taxes, license, insurance, registration, administration fees, fees associated with publication/filing at the movable property registry/PPSA, duties, and optional equipment extra. PDI included. Retailers are free to set individual prices. Retailer trade may be necessary. Offers apply as indicated to new 2008 Saturn ASTRA 5-Door XE with manual transmission. 2008 Saturn VUE XE or 2008 Saturn AURA XE or 2008 Saturn OUTLOOK XE models (excluding hybrid models) and apply to qualified retail and eligible fleet customers in the Western Marketing Association Area only. See your Retailer, visit saturncanada.com or call 1-888-4SATURN for conditions and details. †Financing on approved GMAC credit only. Down payment, trade or security deposit may be required. Monthly payment and cost of borrowing will vary depending on amount borrowed and down payment/trade. Example for a representative credit agreement: \$10,000 at 0% APR, the monthly payment is \$167 for 60 mos. Cost of borrowing is \$0. Total obligation is \$10,000. A monthly payment of \$298/\$278 is based on a purchase price of \$27,290/\$24,590 for the 2008 Saturn VUE XE/2008 Saturn AURA XE and includes a \$3,400/\$7,900 down payment plus \$1000/\$1000 manufacturer to retailer delivery credit (tax exclusive). Financing offer applies to qualified retail and eligible fleet customers only and is not available on hybrid models. †Fuel efficiency data was determined using approved Transport Canada Test Methods. ‡On approved GMAC credit only. See Retailer for details. ©Donated vehicles must be licensed and insured for the previous consecutive 6-month period. For eligibility requirements, visit carheaven.ca. All 2008 Saturn vehicles are eligible. GM reserves the right to amend or terminate this offer for any reason, in whole or in part, at any time without notice. ©2008 Saturn Corporation. Saturn, its logos and vehicle names are trademarks or registered trademarks of Saturn Corporation. All Rights Reserved.



# Holiday CASH Bonus

GET UP TO  
**\$1,500\***  
HOLIDAY CASH BONUS

ABOVE AND  
BEYOND EXISTING  
GREAT OFFERS



2008 Saturn ASTRA™ 5-door XR model shown with optional wheels.

## THE ALL-NEW EUROPEAN-BUILT 2008 SATURN ASTRA 5-DOOR XE

HWY - 6.1 L/100 KM (46 MPG)° CITY - 8.5 L/100 KM (33 MPG)°

CASH PURCHASE PRICE STARTING AT **\$15,700<sup>§</sup>**  
INCLUDES A **\$3,500** CASH DELIVERY ALLOWANCE<sup>§</sup> AND HOLIDAY BONUS ON THE 2008 ASTRA XE MODEL.



AJAC Award  
Winner, Best  
New Small Car



## 2008 SATURN VUE XE

HWY - 7.5 L/100 KM (38 MPG)° CITY - 11.0 L/100 KM (26 MPG)°

OWN FOR ONLY **\$298\*** PER MONTH **0%<sup>Δ</sup>** PURCHASE FINANCING FOR **60** MOS.

PURCHASE PRICE STARTING FROM **\$27,290<sup>†</sup>**  
Excludes hybrid models



2008 Saturn VUE® XR model shown



2008 Saturn AURA® XR model shown

## 2008 SATURN AURA XE

HWY - 6.5 L/100 KM (43 MPG)° CITY - 9.6 L/100 KM (29 MPG)°

OWN FOR ONLY **\$278\*** PER MONTH **0%<sup>Δ</sup>** PURCHASE FINANCING FOR **60** MOS.

PURCHASE PRICE STARTING FROM **\$24,590<sup>†</sup>**  
Excludes hybrid models

## 2008 SATURN OUTLOOK XE

HWY - 8.3 L/100 KM (34 MPG)° CITY - 13.0 L/100 KM (22 MPG)°

CASH PURCHASE PRICE STARTING AT **\$27,335<sup>§</sup>**  
INCLUDES A **\$8,500** CASH DELIVERY ALLOWANCE<sup>§</sup> AND HOLIDAY BONUS ON ALL 2008 OUTLOOK MODELS.



2008 Saturn OUTLOOK® XR model shown



### THE SATURN PROMISE

5-YEAR OR 160,000 KM POWERTRAIN COMPONENT LIMITED WARRANTY<sup>†</sup>  
COURTESY TRANSPORTATION AND ROADSIDE ASSISTANCE<sup>†</sup>  
NO-HASSLE EXPERIENCE | 30-DAY VEHICLE EXCHANGE<sup>†</sup>



Let Saturn Canada  
make your first two  
finance payments.£

REWARD YOURSELF BY GIVING  
UP YOUR OLD CAR. Get \$750 off  
an eligible new Saturn vehicle when  
you send your old car to a better place.  
Visit carheaven.ca or visit your local  
Saturn Retailer for details.\*



Your Experience begins at  
**saturncanada.com**

Rethink.



# Saturn Saab of Victoria Ltd. 2855 Douglas Street, Victoria 382-5070