

LOOKOUT

MARPAC NEWS CFB Esquimalt, Victoria, B.C.

Serving the Defence Team of Greater Victoria | www.lookoutnewspaper.com

SUNLIFE DIRECT BILLING
No paperwork, stamps or hassles

Fast, Easy & Convenient
Live well with

PHARMASAVE
Esquimalt Plaza, 1153 Esquimalt Rd.
250-388-6451

DON'T MISS THE
MARPAC EXPO

Wed., Feb. 4
11AM - 4PM
NADEN ATHLETIC CENTRE

MORE THAN
60
VENDORS!

NEW Military Discount Vendors

OVER \$3,000 IN DOOR PRIZES!

See Pages 2 & 11 for more details



Shelley Lipke, Lookout
It's all smiles for youth who use the recently re-opened Youth Activity Centre in Belmont Park. The facility offers a range of games and social activities for teens and pre-teens on Friday and Saturday nights between 5:30 and 10 p.m. See the full story on page 16.

Rangers take on longest snowmobile trek

Shelley Lipke
Staff writer

Thirty-five Canadian Rangers and full-time staff have left the gentle Victoria climate for a 3,400 kilometre snowmobile trek across the cold, harsh North.

Members of 4th Canadian Ranger Patrol Group (CRPG) boarded *HMCS Calgary* this morning to sail to Kitimat, B.C., where they'll start the first leg of

their land-based journey known as Exercise Western Spirit.

The coastal city in northwestern B.C. is using the 34-day snowmobile trek to Churchill, MB, to kick off their Winterfest.

"As far as we know this is the longest continuous snowmobile trek that has ever been done by the military," says Capt Russ Meades, 4 CRPG's operations officer, who will monitor the trek from their headquarters in Belmont Park.

It has taken over a year of planning, and has involved working with three different bases and all of the communities to get the logistics pulled together.

Rangers are no stranger with being in the bush. They have civilian jobs working in industries such as logging, oil or ranching; being a Canadian Ranger is an extra commitment as with any Reservist.

"We deem them trained as

Canadian Rangers from their experience when they join. The extra training we give them is to orient them as military members so they can work closely with the rest of the military," explained Capt Meades.

Exercise Western Spirit will showcase and sharpen their abilities, and connect them to the 27 remote communities through which they will pass.

See Calgary on page 2

Editorial & Opinion..... 4
In Brief..... 9
Classifieds..... 14-15

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.

27 Years of the Finest Real Estate Service

\$1,000 referral
\$1,000 cash back on the sale

Nevenka Kardum
250-479-3333

Sutton GROUP
WESTCAN REALTY

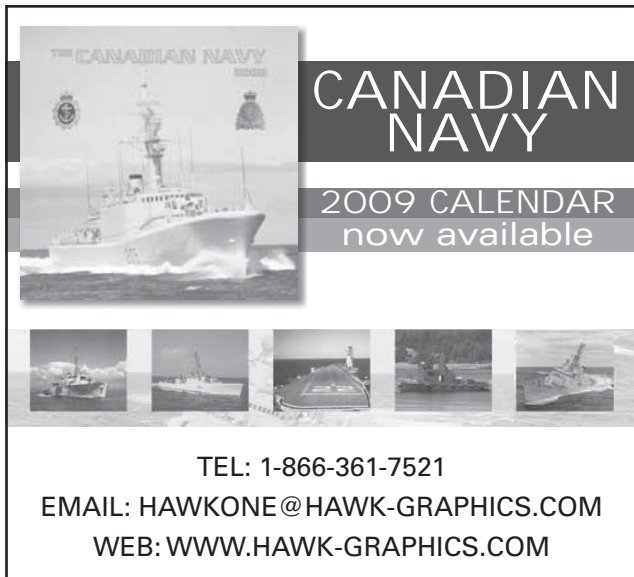
Support Our Troops

Health Point Consulting Inc.

Dr. Jason Walker
Clinical Counselling & Assessment

Clinical Therapy • Mediation
Children & Adolescent Services
Adults, Individuals & Couples
Custody/Access/Parenting Capacity

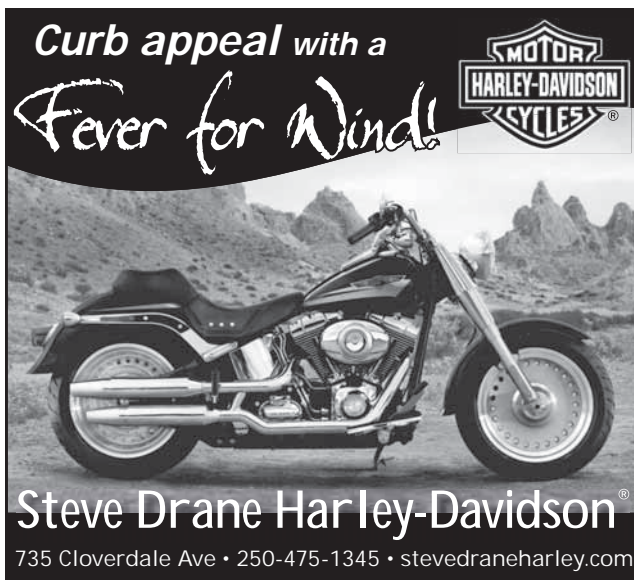
Tel: 250.590.3713 • Fax: 250.744.2882
101-4430 Chatterton Way
healthpointconsulting@gmail.com
www.healthpointconsulting.com



CANADIAN NAVY
2009 CALENDAR
now available

TEL: 1-866-361-7521
EMAIL: HAWKONE@HAWK-GRAPHICS.COM
WEB: WWW.HAWK-GRAPHICS.COM

*Curb appeal with a
Fever for Wind!*



Steve Drane Harley-Davidson
735 Cloverdale Ave • 250-475-1345 • stevedraneharley.com

**TRACKSIDE
AUTO SERVICE LTD.**



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

**40 YEARS EXPERIENCE
Servicing Automobiles**

784 Fairview Rd.
383-5509

**CITYSIDE
Affordable Homes with Style!**

Contemporary living and affordability - close to Selkirk Waterfront, the Galloping Goose Trail and minutes from Downtown.
Remaining one and two bedroom homes priced from \$218,900+GST to \$329,900+GST.

All homes include:

- open concept floorplans
- 4 stainless steel kitchen appliances
- front loading washer / dryer
- off street parking, separate storage
- zoning allows 'live/work' use
- 2/5/10 New Home Warranty

**OPEN HOUSE
SAT/SUN 1:00-3:00
356 Gorge Road East**

JONESco REAL ESTATE INC Roger Jones
250-361-9838
www.jonescompany.net



Calgary transports Rangers to Kitimat

From page 1

Not only will they travel over some of the most inhospitable landscape in Canada, they'll at times pitch tents overnight and cook on portable stoves in temperatures reaching -50C.

"Battling the cold for this length of time is a challenge, as is dealing with potential injuries or sickness, but they have the appropriate training and equipment for these conditions," says Capt Meades.

One instructor and four scouts familiar with the terrain will take the lead, travelling several hours ahead of the team. Equipped with maps and global positioning systems (GPS), they'll determine the safest route and communicate to the others by radio or satellite phone.

The Rangers will travel single file on snowmobiles from first light to dusk, most hauling a nine-foot toboggan filled with gasoline, food, emergency clothing and tents.

Assisting the team will be



Thirteen members and six instructors of 4th Canadian Ranger Patrol Group participated in Exercise Northern Quest last winter, travelling 179 kilometres from Churchill, Manitoba, to Caribou Lake. This year they'll travel even further - 3,400 kilometres from Kitimat, B.C. to Churchill, MB.

a road support crew of six vehicles transporting spare snowmobiles and supplies. They will travel ahead to set up supplies, arrange accommodation in school gymnasiums and community arenas, and liaise for meals.

When the roads end at the Saskatchewan-Manitoba border, the road support crew will be replaced by Twin Otter planes from 440 Squadron.

School groups can track the exercise progress. Several GPS beacons attached to snowmobiles will send a signal of their location every 10 minutes that can be displayed on Google Earth.

"We've contacted school divisions along the route, and those interested will be able to log in to the website to track progress of the trek across west-

ern Canada, similar to the way the Canadian Everest expedition was tracked by schools," said Capt Meades.

All progress and information to follow the snowmobile venture can be found at www.army.gc.ca/4crpg/ex_western_spirit.asp.

In Kitimat, HMCS Calgary will board Junior Canadian Rangers for a sail to Prince Rupert, and teach them seamanship skills.

Sailor found guilty of trafficking

Mary Ellen Green
Staff writer

CFB Esquimalt's first General Court Martial of 2009 ended with a guilty verdict for Ordinary Seaman Matthew Lee.

The 32-year-old sailor was convicted on one count of cocaine trafficking, contrary to Section 130 of the National Defence Act (NDA), pursuant to Section 5(1) of the Controlled Drugs and Substances Act.

The case against the sailor stemmed from a charge that he helped set up a drug transaction involving two other people, one of whom turned out to be an undercover operator of the Canadian Forces National Investigation Service, who was acting as a naval reservist from Halifax.

The other person involved, ex-OS Christopher Ellis, is scheduled to appear for a General Court Martial on March 23.

OS Lee was sentenced to five months in prison at the Service Prison and Detention Barracks in Edmonton; however, he has been released pending appeal.

The two sailors became embroiled in a sting operation after OS Lee helped set up a drug transaction between ex-OS Ellis and the undercover operator in 2007. It is alleged that ex-OS Ellis brought the cocaine to the undercover operator's room at Nelles Block.

"One thing people might not be aware of is you don't have to handle drugs or money to be charged with trafficking," says Maj Steve Richards, a Deputy Judge

Advocate at the Assistant Judge Advocate General (Pacific). "If you give, transfer, transport, send, or deliver a prohibited drug, if you even offer to do any of these things, or if you assist another trafficker to do any of those things, you are trafficking as well."

"The message for Canadian Forces members is they should be very wary of having any involvement with drugs at all. It can have very serious consequences," adds Maj Richards.

OS Lee's General Court Martial was also a historical one at CFB Esquimalt. It marked a series of firsts since amendments were made to the National Defence Act in July 2008.

Now the accused has, in many cases, the right to choose between being tried by a

Standing Court Martial with a military judge determining guilt or innocence, or a General Court Martial with a military judge and a panel of five randomly selected CF officers and senior non-commissioned members.

OS Lee was the first defendant at the base to choose between the two types of military court.

In the past, verdicts in a General Court Martial were reached by majority of the panel members. Now, all key decisions must be made unanimously. The guilty finding against OS Lee was unanimous.

Maj Steve Richards says the amendments to decision making bring the military court system more in line with the civilian justice system in cases where a jury determines a trial outcome.

MARPAC EXPO 2009 - oodles of prizes

Wednesday, Feb. 4 from 11 a.m. - 4 p.m., Naden Athletic Centre

This year's MARPAC Expo promises to be even better than last year with over \$3,000 in door prizes to be had, and more than 35 military discount vendors on hand to showcase their offerings.

Vendor highlights include cool, custom built motorcycles from Vampire Cycles, an interactive golfing game from

Olympic View Golf Course, and 100.3 The Q, who is offering WWE tickets as a door prize.

On Feb. 4 the lower gym floor will be brimming with more than 60 booths showcasing base services and clubs, Personnel Support Programs, health and wellness providers, local and national educa-

tional institutes, special military careers such as Joint Task Force 2, and military discount program businesses.

The Reserves, Fleet Maintenance Facility and the Federal Public Service will also be on hand to bring you up to speed on employment skill sets in high demand.

Outside the Naden Athletic

Centre will be a wide selection of recreation vehicles from Metro Lexus/Toyota, Hyundai, Saunders Subaru, Peden RV, Arbutus RV, Volvo Victoria, Reg Midgley Kia, Willie Dodge and Jenner.

For transportation, Base Rounders will drop off and pick up at the Naden Gym on their regular schedule.

New leader at Fleet Maintenance Facility (Cape Breton)



Shelley Lipke, Lookout
 Capt(N) Martin Adamson, new Commanding Officer of Fleet Maintenance Facility Cape Breton, cuts the ceremonial cake with Capt(N) Alex Rueben and RAdm Tyrone Pile.



Shelley Lipke, Lookout
 Capt(N) Martin Adamson, RAdm Tyrone Pile and Capt(N) Alex Rueben, outgoing commanding officer, sign the papers transferring command of Fleet Maintenance Facility Cape Breton to Capt(N) Adamson.



Shelley Lipke, Lookout
 Capt(N) Adamson addresses the crowd gathered in building D250.

Admiral's town hall

RAdm Tyrone Pile will conduct a two session one day town hall for the formation on Monday Feb 2. at the Naden drill deck.

- Session one is from 8:30 a.m. – 10 a.m.
- Session two is from 10:30 a.m to noon.

Key topics will include Vancouver 2010 Olympics and Paralympics, the Canadian

Naval Centennial in 2010 and current formation issues and concerns, followed by a question and answer session.

Commanding officers shall ensure their assigned allocations and timings are met for both military and civilian personnel.

Personnel are to be seated five minutes prior to start time. Dress is dress of the day.

Bus transportation will depart from Dockyard main gate for Naden starting 45 minutes before the town hall start times in a continuous shuttle. Return shuttles will depart Naden on completion of each session.

Parking is limited. Personnel are encouraged to use DND transport or walk.

Tons of savings. Literally



For reservations call 953-5300

Ask us about moving supplies.



- Choose from one of the largest truck fleets in Victoria
- Always reliable and well maintained trucks
- 4 convenient locations across Victoria to serve you
- Special weekend rates
- Corporate rates available
- Constant commitment to the highest level of service

www.budgetvictoria.com

SUPERBOWL XLIII

ON THE BIG SCREEN

February 1 • Kickoff at 3pm • Doors open at noon • Legion Auditorium

Drink specials, Food specials, Chili, Barrons, Wings, Appies
 Door prizes & Raffles - Enter to win NFL jackets!



761 Station Ave, Langford • 250-478-8365

EVERYONE WELCOME

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 - \$35.³¹

Six month subscription - \$17.⁶⁶

Three month subscription - \$11.⁷⁷

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



WHAT SAY YOU

Remembering Captain Peter Hinton

April 18, 1921 - Dec. 19, 2008

I first met then Cdr Peter Hinton during the winter of 1963 when I was standing by HMCS Athabaskan II at Sorel, PQ.

Our ship had been in refit during the winter months and Cdr Hinton joined a few weeks before we were to slip and proceed to Halifax. I was a Commissioned Officer from the Gunnery Branch and this was my second appointment to Athabaskan.

About two weeks before we were to leave, I casually mentioned to our Executive Officer, LCdr Stan Dee, the possibility of my father, a retired medical officer living in southern Ontario, taking passage with us from Sorel to Halifax.

That same day Cdr Hinton told me he was in agreement, and to get on with the necessary paperwork. My father made the trip and I know that he was most pleased and grateful for the opportunity.

Some time later in the year while in the

UK, I was told to assume the duty of ship's navigator. A daunting task for a former gunnery jack; however, with the help of our Executive Officer and the Squadron Operations officer, LCdr John Huxtable, I was able to muddle through.

I was jolted into reality on one occasion when the ship was moving from Lisahalley to Londonderry. A local pilot was on board and I dutifully stood near him on the bridge. During the passage I was asked by Cdr Hinton about my passage plan. I replied that as there was a pilot on board I didn't think that it was necessary. I was firmly told that if the pilot was to have a heart attack I was to be available to take over.

After coming alongside I was directed to produce a passage plan and report to the Captain's cabin when completed. After an hour or so I humbly appeared at the Captain's cabin and presented the neces-

sary charts and navigator's note book. After a cursory inspection I was invited to have a glass or two and we then proceeded ashore on a very good run with some Irish acquaintances.

Another memorable experience while serving in Athabaskan with Cdr Hinton was the rescue of the crew of the sinking Greek tanker Amphiolas. This was a highly newsworthy event at the time and Cdr Hinton appeared on the popular TV show Front Page Challenge.

The last time I saw Captain (Ret'd) Hinton was in 2005 at the CFB Esquimalt Base Commander turnover involving my son Mike. Although in failing health, he was able to recall our adventures together. A fine Captain, and I am proud to say that I had the pleasure of serving with him.

LCdr (Ret'd) Jim Williamson

FILM *friday*

Inkheart an entertaining film with good rep

W. Andrew Powell The GATE

In theatres this week, a man and his daughter have to battle evil, fictional forces in Inkheart. Also opening, *Underworld: Rise of the Lycans* ventures back in the Underworld story, introducing a young werewolf "Romeo" and his vampire "Juliet," and *The Dark Knight* returns to IMAX.

Inkheart

Based on the novel by Cornelia Funke, *Inkheart* is the fantastic tale of reality gone fictional as fantasy leaps off the pages, forcing a father and his daughter into a big, page-turning adventure.

Brendan Fraser and Eliza Bennett star as Mo and Meggie, two book fanatics with a strange ability: they can bring fictional characters to life. The problem is that when a character is brought out of a book, a real person must take their place in the story, and years ago Mo lost his wife inside a book called Inkheart.

When Mo re-discovers the book, he attempts to rescue his wife, but

inadvertently unleashes the villain Capricorn, played by Andy Serkis. Taking Meggie hostage, Capricorn tries to force her to release his partner the Shadow, as Mo gathers a group to fight back before it's too late.

Directed by Iain Softley, who brought *K-Pax* to the screen in 2001, *Inkheart* is an entertaining film with a decent reputation among British critics following its debut across the pond in December.

Underworld: Rise of the Lycans

With Kate Beckinsale literally out of the picture, and director Len Wiseman moving on to better things, leave it to Screen Gems to resurrect the Underworld franchise with a new star, and a new director.

Set before the first Underworld, *Rise of the Lycans* liberally rips off Romeo and Juliet, but with werewolves and vampires taking on the parts of the Montagues and Capulets. With just a bit more bloodshed and fangs throw in, of course.

First time director Patrick Tatopoulos, who has done a lot of work with creature design and makeup, takes to the big chair to guide Rhona Mitra as Sonja. She has fallen in love with Lucian, played by Michael Sheen, a werewolf who has no problem fighting the arrogant vampires. His chief rival being Viktor, played once more by Bill Nighy, who will stop at nothing to break Sonja of her love for the beast.

On the bright side, the new film can finally let Underworld fans like me put the dreadful *Underworld 2* behind us. That's if the new film is even marginally good.

While I'm not holding my breath, it bodes well for fans that *Rise of the Lycans* ditches the over-used "abomination" plot that was used as the big story arc between the previous films.

The Dark Knight IMAX

Returning to IMAX this week, fans of last year's epic Batman film can get yet another fix, with Christian Bale as the fearless, gravel-voiced, caped crusader, facing off against Heath

Ledger's maniacal Joker.

In *The Dark Knight*, Bruce Wayne, and his alter ego, face the challenge of Gotham's latest terror, the anarchist known as the Joker. The local mob bosses are essentially hiding out from the Batman, which gives the Joker the perfect chance to slip in and wreck havoc.

As almost everyone is already aware, *The Dark Knight* was Heath Ledger's last performance, and we will find out this week if the Academy Awards will be honouring him with a nomination. Since it's practically a sure thing, this is a very good opportunity to see what all the fuss is about, if you haven't already.

Admittedly, *The Dark Knight* falters at points in the story, especially near the climax, but this is mostly forgivable since the story is highly entertaining, and dramatically dark.

The IMAX scenes, which are essentially all of the outdoor action sequences, also make great use of the gigantic screen, which is the best reason I can think of to see the film in an IMAX theatre.

Salty's Fish & Chips
We Salute The Forces
10% off Lunch
250-477-6555
this location only
1008 Craigflower Rd
(across from Gorge Vale Golf Course)

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

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

Job opportunities with Special Forces

The Canadian Special Operations Forces Command (CANSOFCOM) recruiters are coming to Esquimalt Feb. 4 and 5.

Visit MARPAC Expo Feb. 4 Naden Gym 11 a.m. to 4 p.m. or building N67 (Theatre) Feb. 5, 1:30 to 6:30 p.m.

CANSOFCOM needs people with the drive, determination, smarts and resourcefulness to succeed.

CANSOFCOM employs most CF trades and occupations, and, if you are really up for a challenge, there are a few jobs unique to Canada's Special Operations Forces (SOF).

Don't pay attention to rumours - visit our recruiters and get the straight facts about SOF service, and learn more about employment opportunities at Joint Task Force Two (JTF 2) and the Canadian Special Operations Regiment (CSOR). For information visit www.cansofcom.forces.gc.ca

Trouvez votre place au COMFOSCAN

Les recruteurs du Commandement des Forces d'opérations spéciales du

Canada (COMFOSCAN) arrivent à Esquimalt le 4 et 5 février et tiendront des sessions d'informations.

MARPAC Expo le 4 Fer. Naden Gym 11 a.m. to 4 p.m. au bâtiment N67 (Theatre) le 5 Fev., 1:30 to 6:30 p.m.

Le COMFOSCAN a besoin de gens possédant la volonté, la détermination, l'intelligence et la finesse pour trouver comment réussir.

Le COMFOSCAN emploie la plupart des métiers et occupations des FC et, si vous êtes vraiment prêt à relever un défi, il y a quelques postes uniques dans les Forces d'opérations spéciales (FOS) du Canada.

Ne portez pas attention aux rumeurs - visitez nos recruteurs et apprenez directement sur le service des FOS ainsi que sur les opportunités d'emploi dans la Force opérationnelle interarmées Deux (FOI 2) et le Régiment des Opérations spéciales du Canada (ROSC).

Pour plus d'information visitez www.cansofcom.forces.gc.ca

National Défence / Défense nationale

NOW IS THE TIME / **SAISISSEZ VOTRE CHANCE**

CANADIAN SPECIAL OPERATIONS REGIMENT / RÉGIMENT D'OPÉRATIONS SPÉCIALES DU CANADA

CSOR ROSC

www.csor.forces.gc.ca | www.rosc.forces.gc.ca

Canada

Child Care Program Leader

Salary: Competitive wages plus benefits - 37.5hrs/wk

Job description: Will be working supervising staff of three separate facilities, including two Early Childhood Education centres (with both Infant & Toddler and 3 to 5 programs) and a Kindercare/Out of School Care program. Duties will include supervision, program development, administrative duties and evaluation of programs.

Job Qualifications: Applicants for this position can have valid ECE/ITE License and/or related experience and education. The successful candidate should possess strong leadership and supervisory skills, be reliable, available for daytime shifts, work well independently and as a team player and energetic. It would also be an asset if applicant had some knowledge of military lifestyle and were bilingual. Knowledge of community resources and ongoing childcare issues.

Please apply by mailing in resume

ATT: Children's Services Coordinator

Military Family Resource Centre

P.O. Box 17000 Station Forces,

Victoria, B.C. V9A 7N2

Or by e-mail to scott.branch@forces.gc.ca

Only those shortlisted will be contacted



New Location! NOW OPEN

Esquimalt & Head Street near the base

PEOPLES PHARMACY ESQUIMALT

250-477-DRUG(3784)

Open when its convenient for you - 7 Days per Week
DND & Seniors Discounts - Free Delivery

Getting Married?

Call a professional photographer for your wedding day.

Shelley Lipke Photography

\$250 discount for military members

www.shelleylipke.com 250-415-7081

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@arbormemorial.com

Chris Benesch

GUARANTEED APPROVALS

Galaxy Langford
888 Attree
250-478-7603

Galaxy Downtown
2555 Government
250-381-1144

Galaxy Esquimalt
1490 Admirals
250-360-0888

Galaxy Colwood
1836 Island Highway
250-478-7653

Our Newest Location! 1764 Island Highway
250-391-5738

#1 BEST OF THE CITY 2007

Voted the best place to buy a used vehicle

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

WWW.GALAXYMOTORS.NET
Huge Selection of Quality, Safety Inspected Vehicles

SAFEWAY

**Spend \$100
get 100**
AIR MILES® reward miles

Redeem for your dream faster with Safeway.

With coupon and a minimum \$100 grocery purchase, earn 100 BONUS AIR MILES® reward miles. See Customer Service for details.

Spend \$100 and get...
100 BONUS AIR MILES® reward miles

With coupon and a minimum \$100 grocery purchase earn 100 Bonus reward miles. Purchases must be made in a single transaction.

Limit of one bonus offer per visit. Coupon must be presented at time of purchase. AIR MILES® coupons cannot be combined with any other discount offer or AIR MILES® coupon offer, including Customer Appreciation Day & Seniors Day. Not valid at Safeway Liquor Stores. Coupon excludes prescriptions, diabetes merchandise, insulin pumps and insulin pump supplies, tobacco purchases, enviro levies, transit passes and all gift cards. Other exclusions apply. Please see our customer service for complete list of exclusions.

Coupon valid from January 28 - 31, 2009

COUPON NOT VALID ON PRESCRIPTIONS, DIABETES MERCHANDISE, INSULIN PUMPS AND INSULIN PUMP SUPPLIES.



SAFEWAY 

©™ Trademarks of AIR MILES International Trading B.V. Used under license by LoyaltyOne, Inc. and Canada Safeway Limited.

what's **HOT** this **WEEK**

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



“New York” Strip Loin Steaks

Boneless. LIMIT TWO.

EXTREME VALUE
BUY BIG & SAVE!

CLUB PRICE
7.99
lb.
17.61/kg

SAFEWAY HOLD'EM
Tostitos
BITE SIZE - PETITES BOUCHÉES
Rounds Rondes

CLUB PRICE
3 for \$6

Tostitos Tortilla Chips
Assorted varieties. 240 to 350 g.
WEEKLY HOUSEHOLD LIMIT SIX - Combined varieties.

EXTREME SPECIAL!

CLUB PRICE
9.99

Produce Stand Veggie Party Platter
1.59 kg.

Coca-Cola
12 x 355 mL CANS (4.26L)

CLUB PRICE
2 for \$7

Coca-Cola or Pepsi Soft Drinks
Assorted varieties. 12 x 355 mL.
Plus deposit and/or enviro levy where applicable.

Earn **7X** AIR MILES® reward miles **EVERYDAY**

Any questions? See me first

*No coupon required. Minimum \$20 purchase required. Valid on the full value of prescriptions, diabetes merchandise and insulin pump supplies. See Customer Service or Pharmacy for details.

Pharmacy at SAFEWAY 

Exclusive Safeway savings eMailed directly to you. Plus...get 100 AIR MILES® reward miles for just signing up!

eMailDirect
safeway.ca/emaildirect



Prices effective at all British Columbia Safeway stores Wednesday, January 28 thru Saturday, January 31, 2009. 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.

Flowers for any occasion.

Call 1-888-391-9759

JANUARY
28 29 30 31
WED THUR FRI SAT

Prices in this ad good through January 31st

Benefit available should you be hospitalized

Shelley Lipke
Staff writer

Many military members don't know this. But if they're convalescing in hospital for more than two days they can access funds to purchase comfort items.

Military personnel who qualify can receive \$100 a week cash to purchase magazines, books, movies, video game rentals, and no receipt is required.

This program is funded through the Director General of Personnel and Family Support Services, and the point of contact to access these funds at CFB Esquimalt is Rob Dunlop, Deputy Personnel Support Programs Manager.

It's up to the unit to initiate the contact with PSP to receive these funds for their employee, and full details of procedures can be viewed on the DIN under Base Standing Orders 212-2.

"Previously, it was up to the individ-

ual units to pass a hat around collecting money to support a hospitalized employee," said Dunlop. "While this program has been in effect since March 2007, most people don't know it exists. We want to ensure that everyone can utilize this benefit and provide imme-

This provision is available to all military personnel on full-time service...

diated support to those in hospital."

In addition to the weekly incidental allowance, television and phone rentals, and access to Internet and email services can be set up at the patient's expense, and then reimbursed by cheque once the receipts are submitted to PSP.

This provision is available to all military personnel on full-time service, including Reserve Force Class B or C, and for any class A Reserve Force member injured on duty or hospitalized during training.

Each unit department head or Commanding Officer is responsible for submitting all personal details of the patient along with a hospital admission message prior to funds being released, and they must submit a hospital discharge message when the patient is discharged.

"It's a nation-wide program, so a person in Afghanistan who is hospitalized will be reimbursed under this program. Recently, an infantry man was sent back from Afghanistan to Victoria area to be near his family and we took care of him under this program," said Dunlop.

Rob Dunlop can be reached at 250-363-4242.

Call for submissions: Centennial Bell Rope

Mary Ellen Green
Staff writer

The Naval Reserve is organizing the production of a Centennial Bell to be used in a rededication ceremony at the 100-year anniversary of the Canadian Navy celebrations 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, project organizer for Maritime Forces Pacific, and is still looking 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 16 participants 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, (the dimensions can be altered slightly, however the body shall not be less than nine inches and additionally, the tassel shall not be less than three inches) 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. The centennial bell will be a standard Frigate-sized bell (12 inch) and will weight about 90 pounds.

CFFSE-Sea Division will supply line and any other materials required to produce the bell rope.

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 by phone at 250-363-4268.

A fallen soldier's birthday wish comes true

Cpl Bill Gomm
38 Canadian Brigade Group

Before a roadside bomb took the life of Corporal James Hayward Arnal on July 18, 2008, in Afghanistan, the soldier had expressed a particular birthday wish, a moment of silence for fallen soldiers.

Six months later, on Jan. 11, 2009, that wish came true.

At the request of its membership, the Hindu Society of Manitoba organized a memorial service to honour all Canadian Forces soldiers who either lost their lives or have been wounded in action in Afghanistan.

"In the New Year a num-

ber of our members came and said 'Look, a lot of Canadians are sacrificing their lives in Afghanistan for peace and freedom of humanity, and that we should be holding a service for them'," said Anil Jindal, President of the Hindu Society of Manitoba.

In attendance was Cpl Hayward's mother Wendy.

"I was recently sent a letter that my son had written to a Grade 11 student about two months before he was killed. They had been corresponding back and forth and the student had asked him what he had wished for his birthday. And James' response to that was: 'My birthday wish would be a moment of silence

for all the fallen soldiers," said Ms. Hayward at the service. "Today you have given him his birthday wish and I'm truly, truly thankful for that."

Jindal declared a minute of silence to honour, to thank

and to remember those who have died in Afghanistan. "We want them to know that they are doing a great job in helping Afghans over there, so the Afghan people can live peacefully and with freedom in their own country."

GIVE generously to the **Canadian Blood Services Clinic**

Please Donate Today!

Naden Athletic Centre
Tuesday, Feb. 3
9am to 1pm
Must have picture ID

There is an URGENT NEED for all blood types!

POETS COVE • PENDER ISLAND • BC

The Perfect Escape!

Special Armed Forces Lodge Room Rate of \$119 per night

We're also proud to offer a 15% Armed Forces discount on spa and equipment rentals while enjoying your stay with us.

Poets Cove
RESORT & SPA

40 MINUTES BY FERRY FROM SWARTZ BAY
WWW.POETSCOVE.COM • 888.512.7638

Offer valid through April 30, 2009. Subject to availability & applicable taxes.

UNIGLOBE Travel

Sun & Sand

Vancouver-Puerto Plata
Grand Paradise Playa Dorada
4 star all-inclusive
Feb. 5 or 19 for 1 week
Reg \$1,399 \$697

Victoria-Puerto Vallarta
Las Palmas
3.5 star all-inclusive
Feb 28 for 1 week
Reg. \$1,598 \$948

Get Seat Sale notifications via email. Contact us to sign up.

Package are per person based on double occupancy, taxes additional.

In the CANEX building off Admirals Rd • Service en Francais Disponible
Call us at 250-953-6640 or email basetravel@geo.ca

JANUARY MILITARY DISCOUNT

20 class card only \$149

Call for details

Visit us at the MARPAC Expo
February 4 in the Naden Gym

Bikram Yoga
Langford

Bikram Hot Yoga
THE HOTTEST THING IN FITNESS
YOGA: LOOK GOOD ~ FEEL GOOD ~ DO GOOD

Bikram Yoga | 750 Goldstream Ave. | At Westbrook Centre near Western Foods
www.BikramYogaLangford.com | 250-391-1975

Benefits of Metal Roofing

Cost Effective
Pays for itself the day it's installed. Long life span with low maintenance.

Attractive
Wide range of colours, clean lines and hidden fasteners.

Durable
Raised seams assist in quick drainage, preventing water damage.

Interlocking Profile
Designed as a water barrier. Fire-proof, moss & mildew resistant.

327 Harbour Rd.
382-5154 • www.irwinvi.com

IRWIN INDUSTRIES LTD.
(1988)

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

LOCK WEST SHORE MINI STORAGE

10% OFF for DND Employees

250-478-8767
www.selfstorage.ca

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

ADVERTISE Online | Reach your target audience in digital format. Call 363-3014 for details.
www.lookoutnewspaper.com

ARBUTUS RV & MARINE SALES LTD.
10040 Galaran Road, Sidney, BC
Phone: 250-655-1119
Toll free: 1-888-272-8888

Contact me today to arrange open-ended financing with monthly payments as low as \$175.
Business Manager, sidneybusoffice@arbutusrv.ca

Let me help you and your family find the recreational vehicle that suits your lifestyle.
RV Sales Consultant, Arbutus's overall top salesperson of 2008
sidneysales@arbutusrv.ca

Heather Banzet
Ken Carstensen

ULTIMATE FIGHTING CHAMPIONSHIP
AN EPIC BATTLE OF CHAMPIONS

UFC
WORLD WELTERWEIGHT CHAMPIONSHIP
ST-PIERRE vs PENN

Saturday, Jan. 31 • 7pm
94.UFC.COM

Fleet Club Shuttle Van
250-363-6028

SADDLE UP!
for country night with
THE TURNPIKE BANDITS
www.theturnpikebandits.ca

FEBRUARY 7 • FREE ADMISSION
Doors open at 6pm • Show starts at 9pm

Remember the single family home?

Welcome to Twin Cedars, a community that pays tribute to the little things that matter. Things like safe streets, well regarded schools, green space and fresh air. Add in some friendly neighbours, charming homes and spacious single-family lots and you'll swear you traveled back in time, rather than the short drive from Victoria.

The Cadillac's at Twin Cedars are built to exacting standards. They exude character, charm, form and function and best of all...**starting at just \$379,900** you may very well have traveled back in time.

OPEN HOUSE: SATURDAY & SUNDAY 1pm - 4pm

NO STRATA | 10,000 FT. LOTS (AVG)

Cadillac AT TWIN CEDARS

Cadillac AT TWIN CEDARS

For more information contact: Bruce or Tammy Hatter: 250.477.5353
Email: cadillahomes@shaw.ca | Website: www.itsacadillac.com

19 WING COMOX: BACKCOUNTRY TRAINING

Joint exercise prepares SAR Techs for avalanche rescues

Lt Alexandre Cadieux
19 Wing Comox PAO

For those who enjoy the outdoors, the backcountry is perfect to escape the rat race of life. Pristine snow and undisturbed scenery is a prime choice for skiers, hikers and snowmobilers.

Unfortunately, a fresh layer of snow can hide many hazards.

Disturbing this fragile equilibrium can lead to an undesired chain of events. Avalanches are common occurrences in British Columbia's backcountry and claim many lives each year.

In preparation for a search and rescue mission following an avalanche, search and rescue technicians from 442 Squadron and members of Mount Washington ski patrol took to the slopes Jan. 10-11 for a mock rescue.

It was the second year

SAR Techs and the ski patrol got together to exercise their skills in avalanche rescue.

A Cormorant landed in proximity of the mock incident site, offloading a group of SAR Techs. Members of the ski patrol joined them, and all known information about the victims was passed to the group.

The rescuers started a probe line with their collapsible 2.3-metre avalanche probes, while two rescuers performed a hasty area survey with transceivers to locate victims who may have a personal emergency locator beacon.

"During an avalanche, time is of the essence," said Warrant Officer Jeff Warden, coordinator of this year's exercise. "If people are properly trained and have the right equipment, we have a very good chance of finding them with our transceiver, which

significantly increases their chance of survival."

SAR Techs and the ski patrol both receive their training by the Canadian Avalanche Association (CAA).

"In the backcountry, the key to survival is knowledge," said WO Warden. "Through CAA, individuals who enjoy the outdoors can learn about the dangers involved with the backcountry. They are able to make educated decisions when they venture into isolated locations and interpret the terrain. CAA also frequently issues a bulletin with snow analysis for British Columbia."

Within 15 minutes of arriving on the scene, the rescuers were able to search, locate and retrieve the four victims of this simulated avalanche.

For more information about the Canadian Avalanche Association, visit www.avalanche.ca



Above Left: A Cormorant helicopter from 442 Squadron prepares to land on Mount Washington.

Above right: Search and Rescue Technicians Sgt Scott Elliston, WO Jeff Warden, MCpl Cory Cisyk, MCpl Billy Ternes, Sgt Glenn Hood and MCpl Jeremy Kerr from 442 Squadron, 19 Wing Comox, do a probe line at the avalanche site.

Sgt Scott Elliston, SAR Tech, performs a survey of the avalanche site at Mount Washington to practice locating a person carrying a personal emergency locator beacon.

Photos by Sgt Eileen Redding, 19 Wing Imaging

IN BRIEF

Parking decals must be displayed or access to DND will be denied

The Commissionaires have reported that not all vehicles are sporting the new CFB Esquimalt parking decals – deadline for the new stickers was Jan.15.

In order to ensure compliance, the Commissionaires will continue to provide advice to vehicle drivers in how to obtain their new decals for a short period of time. After that, Commissionaires will be directed to refuse access to DND property to those vehicles with incorrect decals.

Should you be one of the individuals who require a new decal, please see your unit parking coordinator. In the event that you don't know who that is, call Pat Maxwell at 363-2218.

Club AGM

The Pacific Camping Club will hold their Annual General Meeting on Feb. 8 at the Royal Canadian Legion Branch 91 on Station Road in Langford. Members are encouraged to attend, as well as those who would like to find out more about the club.

Meeting start time is 7 p.m. in the auditorium. For further information contact CPO2 Dick Dubeau, 250-363-5980 or www.members.shaw/p.c.c

Regional hockey tournament

The 2009 Pacific Region

Men's, Women's and Old Timers's Hockey Championships will be held at CFB Esquimalt Jan 29 to 31. The tournament format will be best two of three games. All games will be played at the Wurtele Arena. The schedule of events are as follows:

- Thursday Jan. 29
 - 8 a.m. Opening Ceremonies
 - 8:30 a.m. Old Timer's Game #1
 - 10:30 a.m. Women's Game #1
 - 1:30 p.m. Men's Game #1
- Friday Jan. 30
 - 8:30 a.m. Men's Game #2
 - 10:30 a.m. Women's Game #2
 - 1:30 p.m. Old Timer's Game #2
- Saturday Jan. 31
 - 1 p.m. Men's Game #3 (if necessary)
 - 3 p.m. Old Timer's Game #3 (if necessary)
 - 6:30 p.m. Women's Game #3 (if necessary)

Come out and support the CFB Esquimalt Tritons. For more information, contact Danielle Sutherland at local 250-363-4068 or email sutherland.de@forces.gc.ca

Nomination for CF Chief Official for Soccer

The position for

Canadian Forces Chief Official for the sport of soccer is currently vacant.

This position will include the 2009-2012 National Championships.

This is a voluntary position within the CF sports program.

All applications for the position of Chief Official for the sport of soccer must be received by the National Sports Manager, Mike Doucet, no later than Jan. 30.

For more information on qualifications, duties and how to apply, contact Danielle Sutherland at 250-363-4068 or email sutherland.de@forces.gc.ca

Canadian Forces Sailing Association Results

Results of Series Race A2, Jan. 18

- Div 1
 1. Feisty, Pauline & Ed Haines; 2. XS, Colin Nichols; 3. White Wave, Jon Richardson
- Div 2
 1. Orca, Max Brown; 2. Hilda Harris, John Pirquet; 3. Merry Dancer, Gord Oakley

- Div 3
 1. Dreamer, Neil Porter; 2. Canada Goose, David Deeks.

Blue Boat changes

A review of the blue boat stability data has placed a passenger limit of 67 persons. In order to alleviate

potential congestion, additional runs will be added to both the morning and afternoon schedules.

Effective Thursday, Jan. 22, two blue boats will run continuous service about every 10 minutes from Delta jetty, commencing 6 a.m.

The evening runs will be analyzed and adjusted where demand dictates.

There is expected to be better service to and from Naden. Any passenger travelling to Naden is to make their requirement known to the crew. The Fleet School pickup at 7:15 a.m. at Naden is expected to occur as close as possible; how-

ever, a minor departure time change may be required.

A revised schedule will circulate within a week.

Passengers are encouraged to arrive early, respect other passengers place in the queue and observe the no smoking policy on the jetties and floats.

Military and civilian supervisors are reminded of their responsibilities regarding employee conduct on departmental property. The intent is to provide the best possible service with available resources. Patience and respect are required through this transition.

EXCEPTIONAL VALUE!

from **\$249,900**

 **National Home Warranty**
BUILT ON INTEGRITY

- Just 2 Minutes to Base
- National Home Warranty 2yr-5yr-10yr Insured
- Stainless Steel Appliances

 **TD Canada Trust**

- Mountain & Ocean Views
- Underground Parking
- Health & Fitness Gym
- Granite Counter-tops
- Hardwood Flooring





Tuesday to Friday 12:00-5:00 Saturday to Sunday 12:00-4:00

Limited Time Only 95% financing at 4.15%
O.A.C. Rate Subject to change

Register Today! THEOVATION.CA **Call Now! 250.595.0004** **Come View Our Showsuites**



All New Season All New Activity Guide

Sports, Recreation, Health, Education

Available at all PSP and MFRC outlets

NOW TWICE THE SERVICE.






Our recent expansion in Victoria now gives you two Craftsman locations to choose from: 2935 Bridge Street and 506 Esquimalt Rd. Each offers friendly, professional service, lifetime guarantee and exclusive AIR MILES® reward miles. Next time you need bodywork on your vehicle, don't think twice. www.craftsmancollision.com

© Trademark of AIR MILES International Trading B.V. Used under licence by Loyalty Management Group Canada Inc.

Navy's oldest ship's hull refurbished

Shelley Lipke
Staff writer

says LCdr Erik James, Commanding Officer.

The hull of *HMCS Oriole* is currently undergoing an overhaul in preparation for the 2009 sailing season.

During the second week of December, the sail boat entered a docking period at Point Hope Shipyard. SNC Lavalin, the company managing the work, is also removing steel ballasts to clear and preserve the hull's condition.

In June, the sail training vessel will turn 88. It is the oldest commissioned vessel in the Canadian Navy, and also the longest serving commissioned ship, joining the fleet in 1952.

Oriole should be back to sailing shape Feb. 27.

Eight decades of ocean-going service has meant a lot of interior and exterior maintenance to keep *Oriole* active in its role serving B.C. communities, providing public relations opportunities, and introducing junior officers and non-commissioned members to life at sea, while emphasising the importance of teamwork.

"In early June, *Oriole* is planning a six to eight week outreach voyage to the coastal communities of B.C., focusing on youths while travelling as far as Prince Rupert and the Queen Charlottes," said LCdr James. "The crew of *Oriole* is very much looking forward to receiving the ship back and getting ready to pick up a busy spring and summer season program."

"With 88 years of exposure to salt water, the metal hull plating has become thin, and currently five sections are being replaced,"

Oriole has a permanent crew of five and has berths for 21 people.



Shelley Lipke, Lookout
Welder Derek Lintaman works on *HMCS Oriole*, welding steel to replace the 88-year-old hull. The ship is being worked on at Point Hope Shipyard and is due to return to the navy Feb. 27.



Steve Coady (SNC-Lavalin-Profac ship's representative) and LCdr Erik James *HMCS Oriole* commanding officer, show where five panels of the ship's hull are being replaced.

Shelley Lipke, Lookout

BUILDING CONFIDENCE THROUGH SKILL

Bring in this ad for **\$10 OFF** regular adult price of \$70

Ask about the Family Plan or Children Only

Academy of Okinawa Karate
2 - 798 FAIRVIEW, VICTORIA BC
(across from Esquimalt High)
email: jtimpa@telus.net 250-686-4952

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

MAG'S Cycle Now Serving **The Defence Team**

with **CANEX Financing**

250-477-7612
3672 Shelbourne St. (Shelbourne Plaza)

Join us for **Vietnamese and Chinese New Year**

Vietnamese • Thai • Chinese

VIETNAM GARDEN RESTAURANT
524 Admirals Rd (opposite Tudor House) 250-384-3033

Now that's...

Kool 107.3
Today's Best Music

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

Reach the military community.
Advertise in the Lookout Newspaper
Call 363-3014

Michael Lomax cd
Lawyer/Mediator

- Family Law
- Mediation
- Wills & Estates

250-385-5523
MILTON, JOHNSON LAWYERS
202-895 Fort St., Victoria, BC

2009

MARPAC EXPO

**FEBRUARY 4, 2009
11AM - 4PM**

NEW THIS YEAR!
Local businesses that offer you a Military Discount

Health & Wellness

Career Options

Education Opportunities

Recreational Vehicle Showcase

United Way Barbecue

OVER \$3000 IN PRIZES!

Your COMMUNITY SHOWCASE

EXPLORE YOUR OPTIONS

THERE'S SOMETHING FOR EVERYONE - MILITARY • CIVILIAN • FAMILIES

These vendors are coming:

100.3 The Q
Arbutus RV
Volvo Victoria
Reg Midgley Kia
Willie Dodge
Jenner Chevrolet
Academy of Okinawa Karate
Lawless Brown
Wildplay Element Parks
New Wave Tel
The Ovation

Costco
Lionheart Tax
End of the Mile B&B
Sidekicks Martial Arts
423 Nutrition & Fitness Consulting
Arthur Murray Dance
Cornerstone Properties Peter Pfann
DFH Milne Realty - Kettle Creek
Solution Innovators
Nevenka Kardum Realtor
Lordco parts

Westshore ULock
Survivor Bootcamp
Bikram Yoga Langford
Westshore Sport Fishing
Victoria Symphony
Travel Counsellors
Marty's Mountain Cycle
Uniglobe
Vampire Cycle
Coastal Cycle and Watersports
JB Group

Peter Lindsey
Olympic View Golf
Poets Cove Resort and Spa
Four Points By Sheraton Victoria Gateway



Plus These Event Sponsors:
Saunders Subaru
Hyundai Victoria
Peden RV
Metro Lexis Toyota

New student commanders appointed at Venture

ASLt Penny Trusty NOTC

A change of Student Command ceremony took place Jan. 9 at the Naval Officer Training Centre (NOTC) Gunroom, where outgoing Student Commander A/SLt Brian Peskett handed over his three anchor epaulettes to the new Student Commander, A/SLt Jordan Thwaites.

The Student Commander change also resulted in the change of other appointments as students moved up into new positions.

The Student Command positions allow Maritime Surface and Subsurface (MARS) officer trainees and Naval Environment

Training Programme Officers (NETPO) a chance to develop their leadership skills and build a student body rapport. The Student Commander position is the highest student leadership position at NOTC.

When the MARS IV Division leader leaves for his/her six-week sea phase, a change of command takes place with new student appointments. The outgoing Student Commander passes their appointment recommendations to the MARS section head, and from there on to the Commanding Officer.

There are a number of terms of accountability that students in leadership positions are

expected to follow. As the Student Commander, A/SLt Thwaites will be responsible for observing and correcting student conduct, dress and deportment, as well as monitoring the overall welfare and morale of students. He is also the school Parade Commander.

These appointments are an opportunity for students to increase and develop their leadership skills, enhance involvement in student governance and develop the information flow between the chain of command and students.

Each division (NETPO, MARS III and MARS IV) are lead by their own student-nominat-

ed Commanders. These positions are indicated by the designated epaulettes: three anchors for Student Commander, two for Deputy Student Commander, and one anchor for each of the Division Commanders. On top of this, there are also academic, sports and entertainment committees whose positions are appointed by each of the Course Training Officers (CTOs).

After the ceremony the

student positions are as follows: Student Commander, A/SLt Thwaites; Deputy Student Commander, A/SLt Drysdale; MARS IV Division commander, A/SLt Walsh; MARS III Division Commander, A/SLt Aminaie; NETPO Frontenac Division Commander, A/SLt Pinard and NETPO Preserver Division Commander, SLT Binder.

In addition NCdt Lashinski, a NETPO student in Frontenac

Division, was promoted to A/SLt during the Jan. 9 ceremony.

There are a number of other new developments happening at NOTC. The recently appointed Commanding Officer and Executive Officer have been augmented with a new MARS section head, LCdr Stefanson. In addition, the restructuring continues, with the first civilian instructors expected to arrive within the next few months.



Photos by Sgt. T.C. Coulter NOTC

Above: A/SLt Pinard accepts his new shoulder slip-ons as Frontenac NETPO Division Commander from Cdr Kelly Larkin.

Middle: A/SLt Thwaites accepts his appointment as Student Commander from Cdr Larkin.

Bottom: Cdr Larkin and Lt(N) Dargavel promote A/SLt Lashinsky.





DIRECT BILLING IN WEST SHORE

Proud to offer DND:

- 10% off Pharnasave brand products
- Full service cosmetics department
- Specialized compounding pharmacy services
- Plus a Postal Outlet

at Millstream Village

WE ARE PLEASED TO OFFER DND DIRECT BILLING

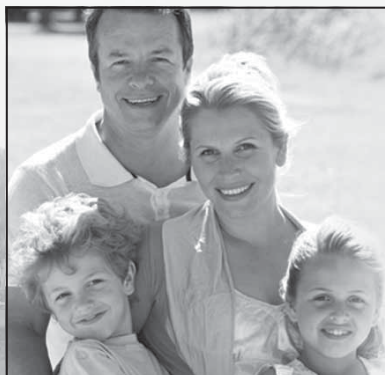
Chris Kiiskila
Pharmacy Manager

Now Open til 9pm Mon-Fri
Ample parking

Live well with **PHARMASAVE**

Millstream village
250-478-0123
Next to Milestones

Victoria Is Affordable!



HOMES with LAND
\$236,000 - \$375,000
Langford Lake Area

- Net GST included
- 1, 2 & 3 BEDROOM PLANS
- PATIO HOMES
- 4 ft CRAWLSPACE for STORAGE
- Appliances, skylight, potlights – included
- MOVE IN 60 DAYS!



For more information, call:
Colleen Milne – 250-391-5880
DFH Milne Realty
www.kettlecreekstation.com



Students take to the ocean for on the job training

CPO2 Pat Devenish
Contributor

Last November, Task Group Exercise 301.1 comprised HMC Ships *Preserver*, *Toronto*, *Charlottetown*, *Montreal*, *Summerside*, *Shawinigan*, *Glance Bay* and *Goose Bay*, sailed from Halifax harbour for points south.

On board *Toronto* were four trainees and three Canadian Forces Naval Engineering School (CFNES) staff for newly revamped Marine Engineering Technician Halifax class Cert 3E directed on-the-job training session.

Toronto sailed with CFNES staff Lt(N) Chris Young, myself and PO1 Gord Yule. Students for this session were PO2 Wayne Burke from HMCS *Halifax*, PO2 Chris Dagley from HMCS *Montreal*, PO2 Serge Baillargeon from HMCS *Ottawa* and *Toronto's* own PO2 Phonse Benteau.

Normally day one is reserved for in-routines and the like. However, a drill period suddenly took place two hours after our departure from Halifax, followed by another one four hours later. This set the tone for the remainder of the 12 days, with 24 drill periods being conducted, and each student completing two pre-boards and two system walkthroughs.

We were also allotted a three-hour window to conduct a shaft locking. This allowed time to record torsional readings as the

How could the trade provide more timely qualification terms without reducing the quality of the Engineering Officer of the Watch coming out the other end?

- The main question considered by the review.

ship proceeded up to full power on the other shaft, providing both students and staff data that is rarely available.

The Cert 3E class training course was overhauled late last year by the Marine Engineering Technician Occupation Manager, CPO1 Mike Ewing with input from both Canadian Forces Naval Engineering School in Halifax and CF Fleet School in Esquimalt.

Also considered was a Technical Service Paper by then Marine Engineering Technician QL7 student PO1 Mike Carew, which addressed a chronic and dire

shortage of Engineering Officer of the Watch qualified stokers on board Halifax class frigates.

At the same time, the training package, which had received few revisions since the frigates came on line in the early 1990s, was completely overhauled to more realistically reflect the duties expected of an Engineering Officer of the Watch.

In the past, the period for qualification was 12 months; however, most trainees ran well beyond due to the workload and tempo of operations in the fleet.

The question considered during the review was: "How could the trade provide more timely qualification terms without reducing the quality of the Engineering Officer of the Watch coming out the other end?"

Several options were looked at and a final decision made, after consultation throughout the fleets on both coasts, to provide trainees time and experience to boost their confidence and shorten the qualification period.

Trainees would attend a 20-day intense classroom phase that would provide students free time for research and to complete on-the-job training write ups, interspersed with drill time at the trainer in the Pullen building at CFNES. Also incorporated into the classroom phase would be lessons ranging from gearing inspection, to fuelling procedures, and a review of report writing to ensure their writing training complied with military writing standards.

As well, students would have opportunities to participate in presentations designed to enhance their 'boardsmanship' in order to prepare for formal boards at either CFNES or CFES(E).

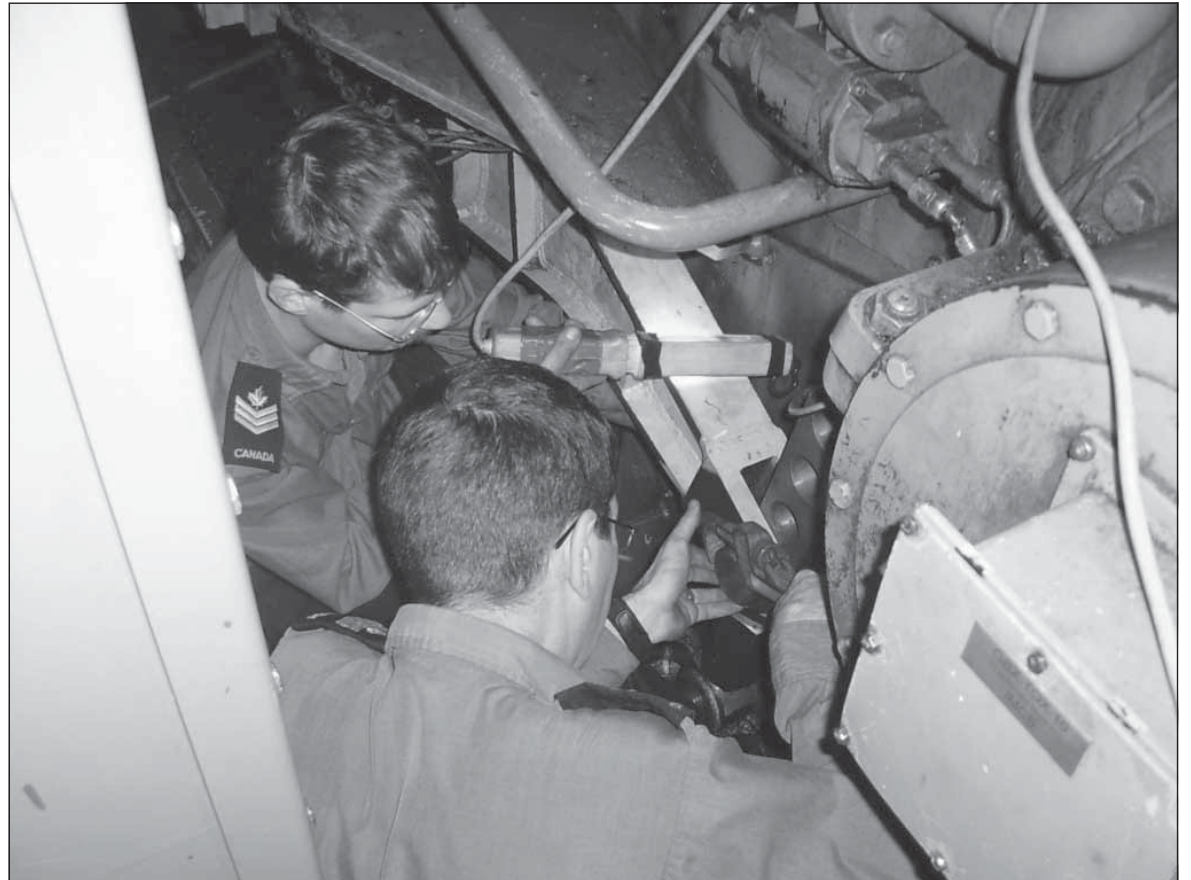
The second phase of this revitalized training incorporated a ship-board phase: five days alongside to conduct system walkthroughs and review system layouts, and a seven-day 'at sea' phase, the main goal being to conduct engineering drills on an operational platform.

As drills cannot be conducted continually at sea, the remaining at-sea time would be used to further pre-boards and system walkthroughs, and hear lectures by subject matter experts on topics such as power generation and distribution, integrated machinery control system and stability.

On completion of this six-week session, the hope was trainees would return to their home unit with a major portion of the training package complete, the confidence to conduct engineering drills in a safe and timely manner, and the tools and knowledge level to successfully complete their formal board.



PO2 Serge Baillargeon directs roundsmen after the ship has slowed following an indication of high vibration in one of the gas turbine engines.



PO2s Dagley and Burke remove the shaft locking device from the port main gearbox following a successful run up to full power on the starboard engine and shaft.

A pilot session was done in January 2008 with HMCS *Halifax*.

Halifax was conducting a work ups assist with HMCS *Comerbrook*, as well as a short patrol south of Newfoundland with any free time in the ship's flex dedicated to engineering drills.

Though the time at sea available for this training was relatively short, roughly five days, support from both *Halifax's* command team and their Marine Systems Engineering department enabled nine students to complete two drill periods, two pre-boards and one system walkthrough.

As well, several briefs from ship's staff further enhanced the training.

At the end, trainees provided

Where does the training go from here?

feedback, some of which was incorporated into the final version of the sea phase. With the exception of the short notice to go to sea, the bulk of the comments were positive. Adjustments to requirements for the two phases of the course were made at a meeting in Esquimalt in February 2008 with representatives from both coasts, Director Maritime Personnel and Director Maritime Training and Education.

Later in the year, CFNES staff looked at the fall schedule to find a platform that would

suit the needs of the sea phase. November's Task Group Exercise off Norfolk, Va., was chosen, and *Toronto* as the platform as it had compartments available for students to study.

Where does the training go from here? Currently CFNES staff are looking at the next Cert 3E training for the spring to coincide with the completion of the current in-house east and west coast MAR ENG QL 6 courses, and CPO1 Mike Ewing in Ottawa has gotten the nod that this training will, from now on, be incorporated into the operational schedule similar to the Maritime Surface (Officer) Operations Room Officer and Maritime Engineer (Officer) Naval Engineering Indoctrination sea phases.

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 11 a.m.

Call 363-3014 to book your display or word ad

ANNOUNCEMENTS

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.victoria-toastmasters.com for details.

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!

VOLUNTEER

VOLUNTEERS OF ALL ages are needed to assist individuals with disabilities to get out and be active. 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 the Leisure Assistant Coordinator at 477-6314 ext 15 or email volunteers@rivonline.org

MOTORCYCLES

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

Your ad here

For word or display ads, call 363-3014

AUTOMOTIVE

ESQUIMALT AUTO/MARINE
Victoria's Auto/Marine parts experts



624 Admirals Road
386-8877
Open 7 days a week

APPLIANCES

WESTCOAST APPLIANCE CENTRE LTD.
LARGEST SELECTION GREAT PRICES

- Reconditioned
- New • Builder
- In Home Services

#3-370 Gorge Rd East
382-0242

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

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

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


SERVICES OFFERED

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.

POSTED?
Pamper yourselves and your pet.
We are a B&B located 15 min from the base in Esquimalt. We look after your pet while you work and relocate, you come and go as you please.
Call 250-294-5733



SOOKE 62 SCHOOLS
Shaping Tomorrow Today



The Sooke School District is proud to offer our students a broad range of learning opportunities from Kindergarten through Grade 12.

As our district *GROWS*, so do the choices in our schools and in online learning :

- French Immersion, Aboriginal Education, Art, Music, P.A.C.E., AVID & Advanced Placement courses
- Culinary, Cosmetology and Carpentry programs
- Dance, Soccer and Hockey Academies

Registration takes place at schools February 2 - 6

Serving the communities of Sooke, Port Renfrew, Metchosin, Langford, Colwood and the Highlands

We're "Shaping Tomorrow, Today"
Visit www.sd62.bc.ca

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

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.

Call to view
383-1731

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
- Heat
- Hot water

Call to view
380-6566

SAXE POINT, 3BDRM., 2 BATH, large rec room, new kitchen with new appliances, new laundry, new gas furnace and fireplace insert, carport, large yard. One block to water and close to shopping and rec. centre. NS/NPm available Jan. 1st. \$1950. 250-812-5439.

COBBLE HILL. 3 BDRM., 2 BATH. F/S/Dw/W/D, non-partying, pets on approval; N/S. Avail. Feb. 1st. \$1450 includes hydro. 1-250-743-3863.

ROCK HEIGHTS. 4 BDRM, ALL APPLIANCES, large yard, garage. Family/media room, playhouse. N/S. \$2400. Available March for one year or more. BAYWOOD PROPERTY MANAGEMENT LTD. www.baywood.ca 250-592-5852

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

RESULTS PREDICTED!
with Classified Word Ads
DND 25 words or less **\$7.42**
Civilian 20 words or less **\$8.48**

363-3014 DEADLINE Thurs. 11am

REAL ESTATE • FOR SALE

POSTED TO HALIFAX?

Call Sheila today for a Buyers Package

RELOCATION SPECIALIST
Sheila Banser
902.830.8757
sheilabanser@royallepage.com
www.homesinhrm.com

ROYAL LEPAGE
Atlantic
GO REALTY



OPEN HOUSE SUNDAY 2-4 PM

BRIGHT & SPACIOUS

Beautifully maintained top floor corner 3 bedroom suite with enclosed NW balcony.

This bldg has newer windows and roof. Suite has updated kitchen, new tile in bathroom, updated flooring, modern colours, mirrored sliding doors in entrance. Lots of storage insuite, generous living/dining area. Walk to all amenities.

Norma CAMPBELL
250.477.5353
www.normacampbell.com

ROYAL LEPAGE
COAST CAPITAL REALTY



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
or call Bob 250-418-0165

FIND US ONLINE
WWW.LOOKOUTNEWSPAPER.COM

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 11 a.m.

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

REAL ESTATE • FOR SALE

\$1,000 REFERRALS
 Buying or Selling Real Estate?

 Nevenka Kardum
 250-479-3333

Bring **ATTENTION** to your business
 Lookout Classifieds
 363-3014



Need a mortgage?
 We specialize in Military mortgages!
 Supporting our troops!

LAWLESS ▲ BROWN
 MORTGAGE TEAM

 
 Sherri Krista
 250-656-0855 • 1-866-656-0858
 www.lawlessbrown.com

\$\$\$ THOUSANDS TO 'YOU' \$\$\$
It doesn't get any better than this!!

THINKING OF BUYING?	Purchase Price	*Cash to YOU
NEW! I pay you *50% of my commission - \$5,250 (based on a sale price of \$600,000)	\$300,000	\$1,500
	\$500,000	\$4,500
	\$700,000	\$6,000
	\$900,000	\$7,500

*Our min. fee \$4500
*based on a comm. of 3% on 1st \$100,000 & 1.5% of balance

The 1% Guy
 Guy Effler
 250-812-4910
 www.onepercentrealty.com

AMONG THE TOP 2% OF OVER 1300 REALTORS® IN SALES
(BASED ON VREB STATISTICS FOR 2006, 2007 & 2008)

Sell your home in the Lookout

Call **363-3014** to advertise

LOOKOUT
 NEWSPAPER

YOUR AD HERE

Contact Josh
 250-363-8602
 buck.jj@forces.gc.ca

Book your annual check up early!

Dockyard members and HMC Ships call 363-2310

Personnel at Naden, Black Rock, Colwood, FDU and Work Point call 363-4149

ROMAN CATHOLIC CHAPELS

DAILY MASS TIMES
 Wednesday, 12:10 p.m. in Naden

SUNDAY MASS TIMES
 Naden 9 a.m.
 Belmont Park 10:30 a.m.

CONFESSION
 Available before Mass or by appointment.

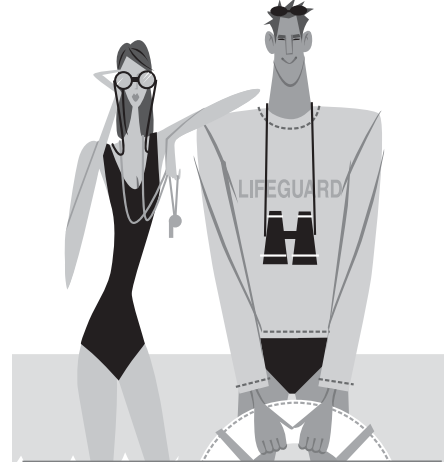
MARRIAGE PREPARATION
 Must be taken if one wishes to be married in a CF Chapel. It's only offered three times a year.

THE RITE OF CHRISTIAN INITIATION OF ADULTS
 For persons who wish to become a Roman Catholic. Course runs September to Easter.

BAPTISM PREPARATION
 Call to register. Must be taken to have baptism in a CF Chapel or ship.

FOR INFORMATION, CALL PADRE JOHN JOLLIFFE, 363-4289

LIFEGUARDS NEEDED



PSP - Naden Athletic Centre Pool

Casual Hours (up to 13.5hrs per week)

Shifts Available: evenings, weekend and some daytime

Wages: \$12.69 - \$15.52/hr

Contact: Jenni at 363-4070 or send resume to golden.jl@forces.gc.ca

The Afghan Mission Watch

Limited Edition Afghan Mission Watch featuring:

- Watch made with Seiko movements
- Polished Stainless Steel engraved collector's caseback
- 24 karat raised gold plating on face
- Exquisite alligator-style leather strap in black, brown, blue, green or red
- Custom embossed velveteen collector's box



For further information or to place an order, please contact:

Time is Ticking Inc.,
 by phone at 416-925-5520
 Fax: 416-925 5641

E-mail: timeisticking@sympatico.ca
 Website: www.timeisticking.ca

Base Library Catalogue Online

<http://library.esquimalt.mil.ca>

Unfortunately, holds cannot be processed online at this time. If an item you want to borrow is out, call 363-4095 or email irwin.sl@forces.gc.ca to place a hold.

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

For women with single-track minds

Join us on the trails - beginner, intermediate and advanced rides.

Plus Clinics, getaways and shop discounts

Dirty Girlz Bike Club
www.dirtygirlzbikeclub.ca



Hear a story, Share a laugh, Sing a song...

The Veterans Health Centre at The Lodge at Broadmead needs **volunteers to socialize** with elderly veterans on:

- Wednesday afternoons
- Thursday mornings or afternoons
- Friday mornings, afternoons or evenings
- Saturday & Sunday mornings

For information contact Kelly Sprckett Coordinator of Volunteer Services at 658-3205 or Kelly.Sprckett@broadmeadcare.com. Other volunteer opportunities are open to all ages.

COMMUNITY NEWS: TEEN FUN

Youth centre opens for games and socializing

Shelley Lipke
Staff writer

New life has been infused into the Youth Activity Centre (YAC) in Belmont Park through the leadership of 20-year-old Dan Kivell.

Since November, the new youth supervisor has been encouraging the community's youth to drop in and take advantage of the many recreational activities offered, including ping-pong, pool, karaoke, Nintendo Wii, and air hockey.

"The kids are pretty tight knit. They all know each other, and are like their own family," said Kivell. "It's a good opportunity for them to hang out together, and it keeps them safe and doing constructive activities."

The YAC has also changed management. Last year, it passed from the Military Family Resource Centre (MFRC) to Personnel Support Programs (PSP) Recreation Department.

"The MFRC's focus has changed to youth outreach. PSP's role is to provide recreational services to youth," said Colleen Cahoon, community recreation coordinator.

With Kivell in place, PSP has opened the YAC doors Friday and Saturday night from 5:30 to 10 p.m.

Keeping the centre open gives youth a safe location and an opportunity to have activities to do on Friday and Saturday night, said Cahoon.

"It's in a location they feel supported in and it helps direct their energies in a positive manner."

During these nights, youth workers assist Kivell in managing the YAC and its programs. Kivell is eager to expand their offerings to include dodge ball tournaments, egg drop contests, Nintendo Wii and Rock Band tournaments, and movie-making nights.

"We also want to continue with the girls-only night, and have pizza and popcorn nights," adds Cahoon.

As a long-range plan, both Cahoon and Kivell would like to expand into weekend afternoon programs, and one or two weeknights.

With the increased deployments to Afghanistan, the Middle East and Asia-Pacific, many youth are dealing with separation issues from their parents being away.

"We are seeing a greater need for the kids to be supported outside of the home," said Cahoon.

To address this issue, Priscilla Destura, MFRC youth program coordinator, will visit the centre once a month to hold a deployment workshop. The hope is to improve a youth's ability to cope with separation.

Interested youth and parents can find out more about the centre and its activities by calling 250-363-1009, or drop in Friday or Saturday night.

Exchange program sends cadets north

Twenty-five cadets and officers of the Royal Canadian Sea Cadet Corps #220 Admiral Budge are attending an Interprovincial Cadet Exchange in Yellowknife, NWT, March 26-30.

The Interprovincial Cadet Exchange is awarded to Corps and Squadrons who have hosted a unit from another part of Canada the previous year.

For five days last year, cadets and officers of 220 Royal Canadian Sea Cadets hosted 30 cadets and three officers from Barrhead, AB. The days were spent touring the legislature building, the salmon run at Goldstream Park, the Royal BC Museum, walking around China town and enjoying a day sail aboard a YAG.

When not touring Victoria, the cadets spent their evening at the Saanich

Commonwealth Pool for physical activities and inter-active sports.

Youth aged 12-18 years may join the Sea Cadet Program. You may be able to participate in the upcoming Interprovincial Cadet Exchange if you are a cadet with 220 Royal Canadian Sea Cadets by Jan. 29. Cadets parade Thursday evenings 6:15 to 8:30 p.m. at 9565 Hurricane Road, North Saanich.

The Royal Canadian Sea Cadet program includes activities in seamanship and leadership, as well as optional training in first aid, outdoor survival, band, and skills and qualifications that may lead to employment later in life. Cadets also offers high school graduation credits.

For further information contact 250-721-0063 or by email 220sea@cadets.gc.ca



Corporal Kevin Sauvé, DND

An aircraft technician checks an F-86 Sabre after a flight. As the Air Force prepares to commemorate the 100th anniversary of powered flight in Canada next year, a Golden Hawk shall lead the way.



Saturn value delivers a silver lining.



2008 Saturn ASTRA®
5-Door XR model shown

2008 SATURN ASTRA
BUILT IN EUROPE.
PRICED FOR CLEAROUT.

SAVE UP TO **\$6,000** ON REMAINING 2008 ASTRA MODELS

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

• Available in 3-door and 5-door models

INTRODUCING OUR NEW CASH PURCHASE OFFERS FOR 2009



2009 Saturn VUE® XR model shown

CASH PURCHASE PRICE STARTING AT \$23,225*

INCLUDES A **\$5,500** CASH DELIVERY ALLOWANCE* ON THE 2009 VUE XE MODELS

HWY - 7.5 L/100 KM (38 MPG) CITY - 10.9 L/100 KM (26 MPG)*

- 2009 TOP SAFETY PICK AWARD winner from the Insurance Institute for Highway Safety*
- OnStar® is standard; XM Satellite Radio™ and Bluetooth® Wireless Technology are available as options
- Fuel-efficient 2.4-litre, 4-cylinder ECOTEC® engine
- Available as a **HYBRID**



2009 Saturn AURA® XR model shown

CASH PURCHASE PRICE STARTING AT \$21,525*

INCLUDES A **\$5,000** CASH DELIVERY ALLOWANCE* ON THE 2009 AURA XE MODELS

HWY - 5.9 L/100 KM (48 MPG) CITY - 9.4 L/100 KM (30 MPG)*

- 169-hp, fuel-efficient 4-cylinder engine with a 6-speed automatic transmission
- Includes standard OnStar, StabiliTrak® and 6 airbags
- Premium 6-speaker sound system and air conditioning
- Available as a **HYBRID**

THE SATURN PROMISE
5-YEAR OR 160,000 KM POWERTRAIN COMPONENT LIMITED WARRANTY*
COURTESY TRANSPORTATION AND ROADSIDE ASSISTANCE*
NO-HASSLE EXPERIENCE | 30-DAY VEHICLE EXCHANGE*

YOUR EXPERIENCE BEGINS AT
saturncanada.com

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

*The 2008/2009 vehicle's Powertrain components are covered by a limited Powertrain component warranty 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 are only available where consumers opt for cash purchase price. By selecting purchase financing offers, consumers will be foregoing such discounts and incentives, which will result in higher effective interest rates. \$5,000/\$5,500 manufacturer-to-retailer delivery credit (tax exclusive) available on 2008 Saturn ASTRA 5-Door XR/2009 Saturn VUE XE/2009 Saturn AURA XE. Such delivery credit is included in the cash purchase price in this advertisement. See Retailer for details. *Freight (\$1,300/\$1,300/\$1,350) on a 2008 Saturn ASTRA 5-Door XE/2009 Saturn VUE XE/2009 Saturn AURA XE included. taxes, license, registration, administration fees, fees associated with publication/financing at the movable property registry/PSPA, duties, and optional equipment extra. PD included. Retailers are free to set individual prices. Retailer trade may be necessary. Others apply as indicated to new 2008 Saturn ASTRA 5-Door XE with manual transmission, 2009 Saturn AURA 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 1-888-8SATURN for conditions and details. *Fuel efficiency data was determined using approved Transport Canada test methods and applies to the 2008 Saturn ASTRA 5-Door XE with manual transmission, 2009 Saturn VUE XE and 2009 Saturn AURA XE. GM reserves the right to amend or terminate these offers and/or the program for any reason, in whole or in part, at any time without notice. ECOTEC and StabiliTrak are trademarks of General Motors Corporation. *OnStar is a registered trademark of OnStar Corporation. The XM name and related logos are trademarks of XM Satellite Radio, Inc. and any use of such marks by General Motors is under license. *The 2008 VUE earned the IIHS "Top Safety Pick" based on 2008 IIHS testing. ©2009 Saturn Corporation. Saturn and its logos are registered trademarks of Saturn Corporation. All Rights Reserved.