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Mary Ellen Green, Lookout

On board HMCS Protecteur, Santa and Mrs. Claus made a special appearance to give each of the 46 children in attendance a present purchased out of the ship's fund. Children aged six to 12 years came from Cloverdale, Tillicum, View Royal, Macauley, George Jay and James Bay elementary schools. The party was supported by the Esquimalt Lions Club and the Friends of Protecteur.



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Base twinkles for charity

Shelley Lipke
Staff writer

A holiday glow will embrace the ships and buildings of CFB Esquimalt in the coming weeks as 19 participants aim to outdo and out-dazzle each other in the 22nd Annual Navy Lighting Contest.

Each participant will put their creativity to work brainstorming unique displays to wow and win the hearts of voting visitors who pass through the base.

While the winners win bragging rights for a year, and visitors enjoy the ambient displays, it's really about helping others at this time of year.

"Each year since we began this contest between 10 and 20 thousand dollars worth of food and cash is raised for the Mustard Seed Food Bank," said contest coordinator Capt Darin Guenette.

"This year 13 corporate sponsors are enabling us to cover costs of decorations and promotional materials, and eight media outlets are helping provide coverage for this event," he adds.

The contest runs from Dec. 14 through 24 and includes 12 buildings and seven ships.

During the 11 nights visitors will arrive at Naden Gate and board one of three busses, which will run from 6 to 9 p.m. on a 30 minute tour of the base.

As visitors arrive at the gate they will drop off their non-perishable food item or cash donation before hopping on the bus.

This year hot chocolate and cookies will be on sale at the gate, and the Mustard Seed Food Bank has also invited Christmas carollers from local churches to sing songs for the visitors.

Last year 4,000 visitors attended the contest, and voted the Admirals Residence best building with 518 votes and HMCS Protecteur best ship with 749 votes.

Capt Guenette said this year's winners will be announced on Dec. 28 or 29 after all the ballots have been tallied.

Sears hosts appreciation night

Mary Ellen Green
Staff writer

With only 18 shopping days left before Christmas, time is running out to get the perfect present for friends and family.

But fear not, Sears at Hillside Mall is coming to the rescue with the second annual Canadian Forces Appreciation Night on Tuesday Dec. 8.

Members of the DND community looking for an evening of holiday festivities, food, savings and family fun should make their way down to Sears' North Dairy entrance at 6 p.m.

Three hundred invitations complete with a \$10 merchandise certificate and ballots for door prizes will be waiting for you at the door. Door prizes will be drawn every 15 minutes.

Invitations with \$10 merchandise certificates are also available at the Military Family Resource Centre and the Youth Activity Centre (YAC).

As part of Sears' Operation Wish program in conjunction with Canadian Forces

Personnel and Family Support Services, a large banner has been made and delivered to the YAC at 720 Galiano Crescent along with plenty of markers and crayons. Children with deployed parents are encouraged to write or draw a Christmas message on the banner.

It will be on display in Sears' upper café for the public to write a Christmas message on Dec. 8. The banner will then be sent to Afghanistan, where the messages will bring Christmas cheer to those who couldn't make it home for the holidays.

"We really wanted to do this in celebration and recognition of the Forces, who do so much for our community," said store manager, Doug Ouellette. "It's an expression of appreciation and acknowledgement of their sacrifice."

"Last year was our first effort, and we're trying to be bigger and better this year," he added.

"Victoria is very much a community based on people dedicated to service to our country and as Canadians we want to support that."

The celebration runs until 9 p.m.

Free trees for military families

Shelley Lipke
Staff writer

The Canadian Christmas Tree Growers Association is showing their support for deployed military members and their families this holiday season by offering each family a free Christmas tree in their Trees for Troops campaign.

This incentive to brighten the festive season has been in place for the past three years on a nationwide basis to show gratitude for the sacrifices military members and their families make each day of the year.

"We are doing this to show appreciation to our soldiers who are out there trying to establish peace in a war torn country that is trying to rid itself of terrorists," said Arthur Loewen of Pine Meadows Tree Farms in Chilliwack, B.C.

Since 1970 Loewen has been growing trees for sale throughout British Columbia, and since the Trees for Troops campaign started, he's very thankful for the volunteers that help distribute his trees to various bases to reach the homes of military members.

"Too often we forget

about what these families are doing for our country, and at this festive time of year we thought it was a good opportunity to show them we appreciate their sacrifices," he said.

All families with a member deployed this season who would like a tree are encouraged to phone the Military Family Resource Centre (MFRC) at 250-363-2640 or 1-800-353-3329.

The CFB Esquimalt trees have already arrived at the Signal Hill MFRC and either pickup or delivery can be arranged by calling local MFRC staff.



Sailor ropes in a centennial win

Mary Ellen Green
Staff writer

Base Regulating Chief Petty Officer, CPO2 David Lowther has been declared the winner of the national Bell Rope Competition for the upcoming Canadian Naval Centennial (CNC).

CPO2 Lowther's bell rope will hang beneath the CNC bell that was cast here in Esquimalt in September. The bell, which was cast out of naval artefacts from the last 100 years, and the accompanying bell rope will be presented to Canadians in a ceremony on May 4, 2010, and be displayed on Parliament Hill for the following year.

"This ceremony will rededicate the navy for the next 100 years," said Cdr Harvey, project manager for Naval Reserve 2010, at the judging ceremony held on board HMCS Sackville in Halifax.

CPO2 Lowther's bell rope stood out in the field of nine finalists chosen from a group of 15 submissions.

The first round of judging was held in Esquimalt in late September, and the best of the bunch were sent to Halifax for the final round of judging.

The judging criteria were: use of the Centennial theme, overall look and design, and quality of the rope work.

Capt(N) Hal Davies donated a \$500 prize for the competition.



DND
Cmdre Mark Norman and CPO1 Rob Spinelli display the winning centennial bell rope.

CPO2 Lowther's use of the trademarked CNC logo set him apart from his competitors.

"I was going through the CNC website looking for the crest, and discovered I had to ask permission to use it," CPO2 Lowther said. "They sent it to me, and I brought it to The Dog's Ear T-Shirt and Embroidery Shop at Mayfair Mall, where they silkscreened it onto a piece of white fabric."

The top of CPO2 Lowther's bell rope features a red and gold King Edward's crown, and the

bottom shows a navy anchor and the number 100.

CPO2 Lowther started the decorative rope work while sailing in HMCS Calgary last January.

"It was one of those things that I picked up and put down, but I probably spent between 75 and 80 hours on the project. Each row of the navy anchor and the number 100 took 45 minutes."

"People don't believe how much time it takes to make something like that," he added.

Although they stopped teaching decorative rope

work in the navy eight years ago, it's still a part of naval tradition.

Capt(N) Davies will present the \$500 award to CPO2 Lowther in a ceremony at the Chief and Petty Officers' Mess in February.

Honourable mention goes to CPO1 Rick Meredith, whose three submissions ranked high in the field, landing him a second and third place finish.

Another honourable mention went to 96-year-old Merrill Rumson, who submitted two classic bell ropes to the competition.

Veteran shows not too old to compete

Mary Ellen Green
Staff writer

Ninety-six-year-old retired leading seaman Merrill Rumson has what it takes to be a competitor in the national Canadian Naval Centennial Bell Rope Competition.

He submitted two bell ropes to the national Canadian Naval Centennial competition after being notified of the challenge.

"It's one of the many hobbies that I have that I enjoy immensely" he said in a phone interview from his home in Saint John, NB, where he resides with his special pet cat "Buffer".

"I do rope work as often as I can; it takes a lot of time, but as I'm an old navy man, I enjoy every minute of it."

Rumson, a former Bosun's Yeoman in the Royal Canadian Naval Volunteer Reserve, is a Second World War veteran who survived the

torpedo attack on HMCS Chebogue in October 1944 in which seven of his shipmates lost their lives.

Following his release from the RCNVR in 1945, he returned to his former civilian employer, Canadian Pacific Steamships, until he retired in 1973 at age 60 as office manager in Quebec City.

His naval career began in 1931 in Saint John, NB, and when the Canadian Navy celebrates its 100th anniversary next year, Rumson will have been around for 79 years of its existence.

He remarks that "you can take the boy out of the navy, but you can't take the navy out of the boy." "I have always loved the navy; it made me a man, it made me who I am today" he said. "I have lived a great life. I've enjoyed every minute of my life and if I had a chance to live it over again I would not change a thing."



Glen Stewart
Merrill Rumson, 96, a retired boatswain from the Royal Canadian Naval Volunteer Reserve, created two entries for the Canadian Naval Centennial Bell Rope Competition. While he didn't win, he had fun creating them. He resides in Saint John, NB.

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WHO WE ARE

MANAGING EDITOR

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

STAFF WRITERS

Mary Ellen Green 250-363-3672
maryellen.green@forces.gc.ca

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

PRODUCTION

Carmel Ecker 250-363-8033
Shelley Fox

ADMINISTRATIVE ASSISTANT

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

ACCOUNTS

Kerri Wayne 250-363-3127
kerri.wayne@forces.gc.ca

SALES REPRESENTATIVES

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

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

Mike Laidlow 250-363-3422
mike.laidlow@forces.gc.ca

EDITORIAL ADVISOR

SLT Michael McWhinnie 250-363-4371

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CFB Esquimalt, PO Box 17000 Stn. Forces,
Victoria, BC V9A 7N2

E-mail: frontoffice@lookoutnewspaper.com

Web: www.lookoutnewspaper.com

Fax: 363-3015

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WHAT SAY YOU

People Talk

Lookout asked this question during the 2009 Regional Men's, Women's and Old Timers Hockey Championships on Dec. 1:

If you were to have your portrait painted what would you choose as the setting and why?



I would be in the mountains somewhere up north near Prince George. I love the woods in this area because it's peaceful and has a nice lake. Because I love hunting, having a portrait in this setting would be a good reflection of me. I'm from Montreal originally but I've been out here for 23 years, and I love the mountains and the nature of the interior.

PO1 Yves Ouellet, Senior Hull Tech HMCS Ottawa



I'm thinking I'd be in a hockey uniform with a rink in the background. I've been playing since 1975. I haven't played every year, but I love watching the game for its speed and dynamics of play. I still play in the inter-section league.

Cdr Rod Hughes, Commanding Officer, Cadet Support unit in B.C.



Probably the ocean because I'm a maritimer from Nova Scotia. To me the ocean symbolizes freedom. I've lived for 10 years in Courtenay now, and I love living there because of the water. I'm not moving ever again!

Sgt Larry O'Brian, Reservist 19 Wing Comox



I'd be driving a zamboni on the ice because there is no life like it. I've been doing this at Wurtele Arena for the past four years and really love it. It's every child's dream. Which kid doesn't want to drive a zamboni?

Cpl Brian Henderson, Zamboni Driver at Wurtelle Arena



It would be in the gym. I'm always in the gym. I really love working out. In my portrait I would be doing some core training, which we practice for hockey training. This would involve inverted sit-ups or doing the plank on a balance board. I like working out because it's healthy and it makes you feel good about yourself.

OS Steph Jack, Junior Naval Electronics Sensor Operator trainee

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FINANCIALTALK

The trouble with debit card use

in trouble, revert to using cash for daily expenses. Cash controls spending, plain and simple. Using cash to pay for everyday purchases such as coffee, transit, lunch and magazines alerts you to the idea that you're actually spending real money. You just don't get the same cautionary sense when you haul out plastic, be it a debit or credit card.

There's a distinct cognitive event that happens when you handle money – it's called awareness. Over the counter goes the five dollar bill and back comes a loonie, a dime, two nickels and four pennies.

Did you just add up the change above to determine how much money you have left? Did you think about what that purchase could have been? You see, you are much more conscious of this imaginary purchase than if you had paid with plastic.

Now, add in the awareness of the bills left in your wallet and you become attuned to your temporary wealth, or lack thereof. At the end of the day, what encourages or cautions many consumers about spending is knowing where you stand from a financial perspective. That's why cash can help control spending. Using cash to pay for everyday purchases alerts you to the idea that you're actually spending real money.

By allotting yourself a weekly cash allowance for

entertainment and everyday expenses – such as that daily morning coffee or weekly movie – you are building a budget around what you can spend on these purchases. And once the money in your wallet has been spent, you have to ensure you fight the urge to withdraw more cash or resort back to using your debit card.

Be realistic about what you typically spend on these items in a week. If you routinely eat out for lunch or stop at Tim Hortons for coffee, count that as well. If you think you're spending too much on these items, you can then decide to find a less expensive alternative, such as brown-bagging your lunch or making your own coffee.

Let's say, for instance, that you start the week off with \$50 in your wallet and you began to spend it on your purchases. You will see \$50 turn into \$40, \$40 turn into \$25, \$25 turn into \$15 and so on. Every time you look into your wallet, you will see what's left over from your original \$50 and be aware of how quickly your money is being spent. This alone can make you think twice before making a purchase.

Carl McLean CD, BCom AMP specializes in residential mortgage financing and credit management. He is an Accredited Mortgage Professional with Dominion Lending Centers Rochar Financial.

We live in a society of instant gratification. Unlike our parents or grandparents who saved up for larger purchases we are often tempted to splurge on bigger ticket items simply because we have a debit card in hand when we head out "window shopping."

And aside from overspending thanks to the advent of debit cards, consumers are also more likely to dip into overdraft, which ends up costing more thanks to fees and interest that banks charge whenever you spend more than you have in your account.

Basically, a debit card works like a cheque. The only difference is that every time you use it, you're immediately taking money out of your account. That's why when you overdraw it's like bouncing a cheque – only worse because, unlike cheques, you probably don't keep a record of every debit card purchase you make.

You may even make a bunch of small purchases before you realize you've spent more than you have. So before you pay for that coffee or lunch purchase with your debit card, make sure you have enough money in your account to cover it.

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LOCAL NEWS: LIGHT AT THE END OF THE EMPIRE

Island lighthouses, the rise and fall

Shelley Lipke
Staff Writer

Early Victorian and maritime history will be highlighted Dec. 17 in a special presentation by history buff and lighthouse historian Dale Mumford.

The "Light at the End of Empire" presentation is part of 150th anniversary celebrations of Fisgard and Race Rock lighthouses.

Mumford will show slides to illustrate different aspects of history, and then finish with a question and answer period.

The historian has more than 34 years experience with Parks Canada interpreting the history of early B.C. lighthouses. This enables him to provide insight into the lives of the people who manned these vital navigational aids, and explain the system that grew from Vancouver Island's first lighthouse.

"Because it encompasses the early history of Victoria and maritime history, I think any history buff will enjoy this presentation," says Mumford.

During the evening he'll touch on the lighthouse keepers of yesteryear who used colza oil to light their lamps, and talk in depth about the lifestyles they led. Then focus on a technology that evolved throughout the years that effects more than 50 lighthouses on the B.C. coast, most of which are still operational today.

"Fisgard and Race Rocks Lighthouses were designed to work together," says Mumford. "In the old days, if you were skipping a ship down the Juan de Fuca Strait, Race Rocks would show you where you need to make your left turn to Esquimalt and then Fisgard would bring you into Esquimalt harbour or to Royal Roads for a safe anchorage," he said.

Throughout his career Mumford has told tales to visitors who visit Fort Rodd Hill and Fisgard Lighthouse.

Last year they had 43,000 visitors; about 20 per cent were locals.

"Because the lighthouse dates back so far, it gives us history of the arrival by ship when the gold rush kicked off in 1858, and also the history of the Fort being built in 1890s. Visitors always ask what was it like to live here during those times. And I have to help them picture what it was like in winter when there was no roads and the lighthouse was still on an island," he said.

While the Fisgard lighthouse is normally open to visitors year round, it's been closed since June for renovations and is due to reopen to the public in mid April.

New water and sewage lines have been installed to accommodate a washroom, the interior has been rewired and a new set of stairs and a walkway have been added around the exterior.

When the renovations are complete, the exhibits inside the lighthouse will also be revamped for visitors.

"The exhibits haven't changed in 30 years and the new ones will include more personal stories of the light keepers and illustrate why the lighthouse needed to be built originally," he said.

With the creation of the new exhibit, comes a call for help from the general public.

"We would like to talk to anyone who suspects they may have had a family member who was a light

We are looking for stories from our service men and women, past and present, on what it means to see Fisgard Lighthouse after being on deployment as a homecoming symbol.

-Dale Mumford



Shelley Lipke, Lookout
Dale Mumford, historian and Parks Canada officer, poses at Fort Rodd Hill and Fisgard Lighthouse.

keeper because we are looking for more information about them and how they lived," he said.

Mumford is especially interested in talking to people who might have old photos or sketches that could be utilized in the new exhibit.

Mumford is also asking for help from the military community.

"We are looking for stories from our service men and women, past and present, on what it means to see Fisgard Lighthouse after being on deployment as a homecoming symbol." Members are encouraged to share their thoughts by email to fort.rodd@pc.gc.ca and these comments will be added to the new exhibit once it opens.

"If a member would like to be videotaped to share their story we will arrange that as well," he said.

An official reopening and birthday celebration at Fisgard lighthouse is being planned for the summer of 2010. "We are still in the planning stages but are looking at June 11 and 12 to host an official opening ceremony. We'd like to invite local school groups on the Friday, and then have a party with lots of activities and music on the Saturday," he said.

To reserve for Mumford's talk call 250-385-4222 ext 103 at the Maritime Museum of British Columbia. Cost is \$12 or \$9 for museum members. More details at www.mmbc.bc.ca.

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Mary Ellen Green
Staff writer

Local board game inventor and former air force technician, Randy Thompson had some fiery exchanges with the Dragons on CBC's hit entrepreneurial show, Dragon's Den, but that didn't stop him from achieving the success he was searching for.

Even though the Dragons didn't give Thompson the funding and partnership he was seeking, the trip to Toronto to film the show proved beneficial.

"The blessing for us is this: I phoned Zellers because I was going to be in Toronto, and I got an appointment for the day before the taping," Thompson said.

His third board game called Soccer Tactics WORLD is available at Zellers. It's also in soccer, toy and game stores from coast to coast.

The fast-paced two-player game retails for \$29.95.

"I knew that could happen," he said. "I knew that at least if I didn't get the money, I could promote the game, and it worked out for me in the end."

Thompson got the idea for the game when he was in Germany promoting his first board game, a basketball game called Crunch Time. "We had a lot of people approaching us asking if the game was a football game, and that gave me the idea for Fullball Taktik, which came out in late 2005," Thompson said, "Perfect timing for Germany to host



Mary Elen Green, Lookout

Randy Thompson is the creator of Soccer World Tactics, a new soccer board game that was featured recently on CBC's Dragon Den.

the FIFA World Cup in 2006."

In 2007, Thompson moved back to Canada and created the English version of the game, just in time for Victoria to host the FIFA under 20 World Soccer Championship.

"The rules of the game are printed in four different languages, English, French, Spanish and Italian, so people all over the world can play it. That's why we've sold 12,000 copies, all on our own with no advertising," Thompson said.

But those numbers didn't impress the Dragons. Canadian entrepreneur, Kevin O'Leary was hostile towards Thompson and his brother, John McPhail, after

they told him how much they had invested in the game.

"True or false, the worst investments are in your family?" O'Leary asked McPhail. "If you could have all your money back would you do it?"

"He was trying to divide us brothers," Thompson said. "He didn't really have a serious interest in the game and he started attacking."

Thompson fought back and after the show producers told him that no one had ever spoken to O'Leary that way. They came to Victoria to film a follow up that aired in November.

To watch the episode of Dragon's Den, go to www.cbc.ca/dragonsden.



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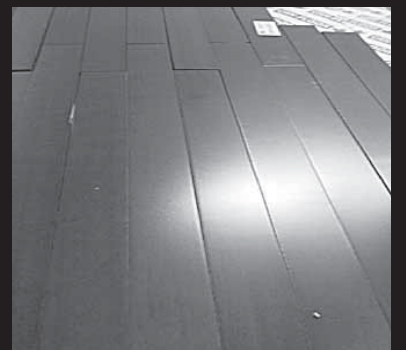
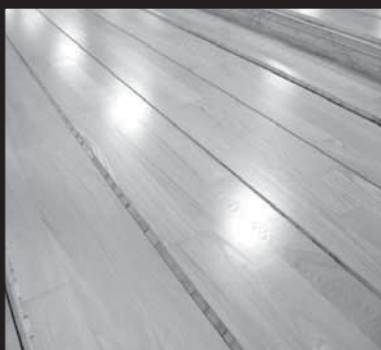
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**CENTENNIAL: CELEBRATING 100 YEARS OF NAVAL HISTORY****Musician composes special march**

Shelley Lipke
Staff Writer

After years playing with the Naden Band and a life-long history with music, 70-year-old retired PO1 Ken Garland wanted to show his love for the navy by composing a march for the band to play during the navy centennial.

On May 4, 2010, the streets of Victoria will buzz when the Naden Band leads the Formation on a freedom of the city parade. During this celebration, they will play "Carry On", the march created exclusively for them.

"With the 100th anniversary of the Canadian Navy, I wanted to give the Naden Band their very own signature tune," said PO1 (Ret'd) Garland. "My pride for the navy and love for the Naden Band inspired me to compose this piece."

Although he's composed 15 songs and marches throughout his career, the new march holds special meaning for him.

"In naval terms, Carry On is a bugle call that relieves sailors of their duties and allows them to relax from whatever they were doing," explained PO1 (Ret'd) Garland. "One day while awaiting the beloved bugle call, I was struck with the idea of making it a theme for a march."

On his 70th birthday last February, he finished composing the march, which holds a dual meaning. It honours the journey of the Naden Band, from being axed due to budget cuts in 1994, and then being resurrected four years later. Carry On tells the story of

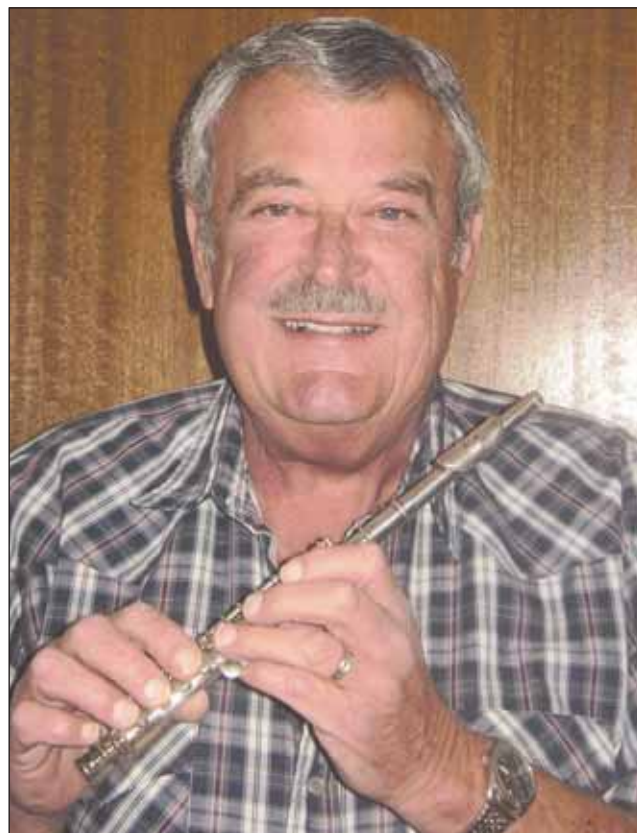
the pride and strength of the original Naden Band, its survival through unification, and the continuation of the band to current times with the Canadian Navy and Maritime Forces Pacific.

The three-minute march begins with a strong, tough bass-like section and an upbeat melodic counter-melody denoting happiness. Then the unification is disrupted as the trio section denotes memories of hesitant thoughts, before the march picks up with the happy sounds of the original five beat drum roll used in the navy.

"Composing to me is a lasting message coming from the heart," says PO1 (Ret'd) Garland. "When I hear my compositions played it often brings tears to my eyes because I see the memories associated with creating the piece."

When Naden Band Commanding Officer and Director of Music Lt(N) Robert Byrne received the new march, he welcomed it.

"This march symbolizes that tradition of excellence which we use as a foundation for our future, and is a symbol of Ken's dedication to the navy and the Naden Band," he said. "By continuing to honour the efforts of those who have come before us, we sow the seeds of our future. Contained within the march are a number of boatswain pipe and trumpet calls that have specific navy significance. In addition to the march being played as part of the naval centennial celebrations, the Naden Band will also



Mary Ellen Green, Lookout

PO1 (Ret'd) Ken Garland played the flute and piccolo when his music career began years ago in the Naden Band.

play it during the Victoria Day Parade."

While Carry On was created solely for the Naden Band, PO1 (Ret'd) Garland also composed another march to be played by other military bands during the centennial. "Up Spirits" is also a dedication to the navy centennial that can be played by bands across Canada and by other navies visiting for the centennial. "I've sent it to U.S., Australia, New Zealand and Japanese navies and hope that they play it during our centennial celebrations," said PO1 (Ret'd) Garland.

PO1 (Ret'd) Garland mastered the flute and pic-

colo at a young age before discovering his zeal for creating musical arrangements. After he developed this passion for composing, it only grew stronger with age.

Through the years he's marched in the May Day parade more than 20 times and he plans to see the Naden Band perform his march during the centennial, he says. He'll likely enjoy local celebrations in Winnipeg where he currently lives before travelling to Esquimalt in June to partake in the various celebrations including the Naden Band's 70th reunion. "The hotel is already booked," he says.

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PSPSPORTS

Slam dunk for our basketball team

Mary Ellen Green
Staff writer

The CFB Esquimalt Men's Tritons swept the Pacific Region Basketball Championships in two games against 19 Wing Comox Totems at the Naden Athletic Centre, Nov. 27-29.

With a shallow bench of only nine players, coach Lt Patrick Sullivan and assistant coach Joshua Buck led their team to glory in the best of three contest.

Esquimalt player, LS Jeff Snook was awarded Most Valuable Player for his performance in the tournament.

Play kicked-off on Friday with the Tritons taking an early lead.

"We had at least a 26 point lead in the third quarter," said Lt Sullivan. "But we only ended up winning by 17. This happened in the second game and the team ended up winning by 12."

Esquimalt player LS Dave Reaume was awarded player of the game in the battle that ended 74-57.

"He's a great all around player and he was shooting really well," Lt Sullivan said.

In the second game, Comox and CISM player, point guard MCpl Jeremy Kerr gave the Tritons a run for their money.

"He never came off the floor. We had three people covering him on a rotation, trying to contain him and make him work hard. He is a SAR tech, so he's in great shape."

But that didn't stop the Tritons. With full court pressure, the Tritons creat-

ed turnovers which began to wear on the Totems.

"We're a very quick team," Lt Sullivan said. "We have great speed and we can push the ball up the floor, and we're pretty good shooters too."

They won the second game 78-66, thus deciding the tournament without having to play the third game.

The Tritons are now set to compete in the Canadian Forces National Basketball Championships, being held April 14-30 at CFB Borden.

"Everyone played the role they were supposed to, and that brought us success. Each one of them put the team before themselves," Lt Sullivan said. "We played as a team offensively and defensively, even when it got rough, they stuck together and we were able to overcome it."

The team practises twice per week (Monday 5:30-7 p.m. and Thursday 6:30-8:30 p.m.) at the Naden Athletic Centre and plays one game in the Victoria Men's Basketball league at Royal Oak Middle School on Sunday afternoons.

The increased tempo of operations has left the Esquimalt basketball team short a few members.

"We have three out on training right now and I know the Olympics are just around the corner and work ups are starting in April. I heard there are a few players out there who may have just returned from deployment," Lt Sullivan said.

If anyone is interested in playing, please email Lt Sullivan at Sullivan.pd2@forces.gc.ca

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Mary Ellen Green, Lookout
Cdr Rod Hughes drops the puck at the opening ceremonies for the Pacific Region Men's, Women's and Old Timer's Hockey Finals at the Wurtele Arena, Tues. Dec.1. CFB Esquimalt team captain Marc Gagnon (right) and 19 Wing Comox Captain Wayne Atwood (left) face off.

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The PSP Manager on behalf of CFB Esquimalt and the Maritime Forces Pacific would like to thank our corporate partners for their firm commitment and support toward the Morale and Welfare program of our Canadian Forces (CF) personnel.

Our sponsorship and donation program exceeded our expectations for this year. Thank you to all our sponsors and donors who contributed so generously this year. Thanks also to Jennifer Almeida, CFB Esquimalt PSP Sponsorship & Donations Coordinator for all her hard work and dedication, and for pulling this all together. Together as a force we have improved our local morale and welfare programs!

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Therefore, I would like to salute you for playing a big role in the delivery of the PSP Morale and Welfare Program at CFB Esquimalt and the Formation. Your contribution and teamwork is greatly appreciated. Warmest regards!



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Special coin honours former Chiefs

Shelley Lipke
Staff writer

Personal coins to commemorate individual excellence have traditionally been presented in the military by high ranking officers.

Within the Formation, the Admiral, Commodore, and Base Commander all have their own coin designed for this purpose.

The Maritime Forces Pacific (MARFAC) Formation Chief Petty Officer is now among those with a coin designed to recognize a job well done.

"To be able to hand this coin out allows me the opportunity to recognize deserving sailors for individual accomplishments," said Formation Chief Petty Officer CPO1 Robert Cookson. "When I began this position in August 2008, I was looking for a way

to distinguish sailors at the level of a Formation Chief and this coin serves that purpose."

CPO1 Cookson was given the opportunity to design his coin.

"Because I was navy I wanted a blue naval background with a rope design around the edge of the coin to compliment the Maritime Forces Pacific crest. I decided the words respect, honour and discipline should go on the coin because those are the three words that I consider exemplify sailors," he said.

On the back of the coin he chose the coat of arms and crossed swords signifying a Chief Petty Officer holding a senior appointment with the title Formation Chief Petty Officer.

Once CPO1 Cookson received his first batch of

100 numbered coins he made plans to hand some out.

"I thought that it would be great if I could present the previous Formation Chief Petty Officers with their own coin," he said.

The position is a relatively new appointment, with only four predecessors to have held this role before CPO1 Cookson.

Formation Chief Petty Officers work closely with the Admiral to advise him on welfare and morale issues within the Formation from a non-commissioned officer perspective, and CPO1 Cookson thought it would be a great idea if the Admiral presented the past chiefs with a coin.

They were invited to the semi annual mess dinner on Nov. 19.

"I presented coin 00 to the Admiral in recognition of his authorizing me to be able to recognize our sailors," said CPO1 Cookson. "Then the Admiral presented each chief

from 01 to 05, including myself, with the Formation Chief Petty Officer coin and then presented us with one of his coins."

"CPO1 Tom Eustace, CPO1 (Ret'd) Dave Mollison, CPO1 (Ret'd) Gerald Johnson all received their coins in person, and were emotional. CPO1 Kim Davis was unable to attend, so I sent him a letter and mailed him coin 03 along with the Admiral's coin as well. I thanked him for his services as a previous Formation Chief Petty Officer."

Since receiving the coins back in January 2009, CPO1 Cookson has started presenting coins to PLQ students who have displayed the following exceptional qualities as selected by their peers: leadership, cooperation with peers, enthusiasm, ability to inspire team spirit and personal integrity. He will continue to use his new coin to recognize individual achievements.



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Mike McLean
Fire Inspector

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Keep lit candles away from decorations and other combustibles that can burn.

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Replace any string of lights with worn or broken cords or loose bulb connections. Connect no more than three strands of mini light sets and a maximum of 50 bulbs for screw-in bulbs.

Use clips, not nails, to hang lights so the cords do

not get damaged.

Keep decorations away from windows and doors.

Holiday entertaining

Test your smoke alarms and tell guests about your home fire escape plan.

Keep children and pets away from lit candles.

Keep matches and lighters up high in a locked cabinet.

Stay in the kitchen when cooking on the stovetop.

Ask smokers to smoke outside. Remind smokers to keep their smoking materials with them so young children do not touch them.

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Top Left: Capt(N) Marcel Hallé presents the Base Commander's Commendation to Grant Stevens of BCE, for extinguishing a fire and evacuating Bernay's accommodations building, when a fire started in the electrical room.

Top Right: Laura Barnes of Serious Coffee receives the Base Commander's Commendation for her outstanding support and personal contribution that positively influenced the moral of the Canadian Forces Base Esquimalt blue boat operators and passengers.

Left: Ken Gustafson of Serious Coffee also receives the Base Commander's Commendation for donating coffee for sale in support of the base GCWCC campaign.

Cpl Roderick Hopp, Imaging Services,
CFB Esquimalt Imaging Services



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- Decide when you want to retire and how much you will need monthly to live.
- Consider your appetite for risk and your time horizon. The higher the investment risk, the more volatile your portfolio's performance, but the higher the potential for better returns. Generally, if your time horizon is longer, you can take on more risk.
- Meet with an advisor to discuss your retirement plan.
- Monitor, with your advisor, your progress regularly to ensure you are on track and make changes where necessary.

A planned retirement will make for a much happier, more relaxed retirement.

Keep reading this publication for more answers and financial planning insight. Have questions of your own? Come speak to any advisor on my team at an Island Savings branch near you today, or email me at cnicol@iscu.com.



Image: Department of National Defence

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Cdr Tim Howard presents Fred Webb with a 50 year service award at the Wardroom.

50 years of loyalty and hardwork recognized

Mary Ellen Green
Staff writer

Fred Webb, 69, has seen the Canadian Navy and Her Majesty's Canadian Dockyard change a lot over the course of his career - one that has spanned five decades.

In October, his long service was honoured with an award from his boss Cdr Tim Howard, Port Operations and Emergency Services Branch Commanding Officer, and Auxiliary Fleet Manager, Doug Kimmet at the Wardroom.

Webb joined the navy in 1959 when he was 19 years old, right here in Victoria.

"This place sure doesn't look like it used to," he says. "The spot where D250 is now used to be where the old coal sheds were, and the land where the jetties are used to just be part of the harbour."

Webb comes from a long line of military men. His great uncles served in The Winnipeg Battalion, Canadian Corps in the First World War.

"They were at Ypres, Belgium, in April 1915. My great uncles survived but they weren't the same. They also fought at Vimy Ridge and Passchendaele."

Webb's uncle Horace survived the sinking of the HMCS Fraser, only to die a few months while serving in HMCS Margaree.

His father was a torpedo gunner mate with the Royal Canadian Naval Volunteer Reserve between 1932 and 1936, before taking a

commission and eventually retiring in 1965.

The names of Webb's father and uncle can be found on the Chief and Petty Officers' Memorial Wall. "I visit there often," he said.

He is filled with pride from his family's military history, and he feels like they are watching him from above.

"I think they would say they're proud that I carried on the military tradition," he said. "That's how I get some of my strength."

Webb had an exciting career with the Canadian Navy, serving in HMCS Stettler in 1962 during the Cuban Missile Crisis.

"I was a member of the four inch gun crew. We were standing by to assist the United States in case things really heated up down there," he recalled.

"It was the most eventful time in my naval career. We painted all the brass with flat black paint. It was as close to a war time situation that I was ever in. I was only 22 years old."

He was also a member of the colour party that lowered the White Ensign for the last time on board HMCS MacKenzie on Feb. 15, 1965, and raised the new Canadian Flag.

He officially retired from the navy May 3, 1980. "I did 20 years, 211 days," he said.

However, when Webb retired, he took a civilian position with the jetty

crew. He started as a seaman and deckhand with the Queen's Harbour Master on May 5, 1980, then as the result of a competition in January 1981, he won the charge hand position with the jetty crew - and he's been there ever since.

"When any of the ships come in, our own or foreign, we assist putting gangways on and off. We move barges, assist the tugs, handle lines, that's the physical part of the job," he said.

"Every day is different; 90 per cent of my job is outside moving around, and that's what's keeping me in great shape. I can do anything that is physically required on the job. I don't wear glasses and I still have all my teeth."

"Never, never in a million years could I have imagined still working after 50 years," Webb said. "But this is the perfect job for me. I could never get a job in an office; I could never sit behind a desk. I have to keep moving around and I love the outdoors," he adds.

Just before the Canadian Navy celebrates its centennial, Webb will celebrate his 70th birthday. "I'll have been involved for over half its existence," he said.

But he hasn't got any plans to retire just yet. "I want to be here for the fleet review and to celebrate the 100th anniversary of the navy, as I'm sure they'll need my services for that," he says.

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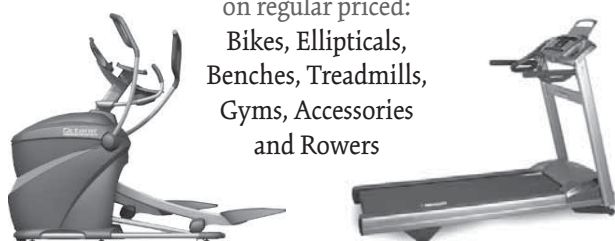
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OLYMPICS: ON THE ROAD TO GOLD

Road to Podium runs through Vernon

Lt(N) Melanie Graham

Task Force Vancouver,
Public Affairs Officer

Soldiers from across Canada were in Vernon, B.C., for Exercise Steele Medal from Nov. 13 to 29 to conduct a series of integrated surveillance and patrol exercises in the surrounding countryside. The exercise is just one part of the build up to the army's participation in Operation Podium to support the RCMP-led Integrated Security Unit (ISU) for the Vancouver 2010 Olympic and Paralympic Winter Games.

Operation Podium, with 4,500 sailors, soldiers, and air men and women from the Canadian Forces participating, is one of the largest domestic operations in Canada's military history. The operation has involved extensive planning and training on the part of all security partners.

The army element has been engaged in a series of incremental, pre-game land-based integrated security exercises throughout

B.C. and Alberta for over a year. The objective has been to fine tune winter soldier skills and ensure a capacity to work well as the Task Force Vancouver team.

A domestic operation, particularly one of this scale, faces unique challenges. There are no clearly defined or identifiable enemies as there would be in an overseas theatre of hostile operations.

There remains, however, a primary commitment on the part of sea, land, and air elements of the Canadian Forces to ensure the security of Canada and Canadians at home. Domestic operations include military support for situations that range from unexpected natural disasters such as the Kelowna fires of 2003, the Quebec Ice Storm in 1998 and the Winnipeg floods in 1997, to the hosting of carefully planned international events such as the Vancouver 2010 Olympic and Paralympic Winter Games.

Task Force Vancouver has involved the integration of Regular Force

members with Reserve Force members in order to build a cohesive team. This rearranging of CF Army resources includes fine tuning existing soldier skills specific to the needs of the operation and applying them in a larger scale. The training began

with refreshing and refining basic soldier skills and then moved on to apply the same in small teams.

During Operation Podium, Canadian soldiers will be providing surveillance patrols and mobility support to the RCMP in an alpine environment.



Lt(N) Melanie Graham, PAO

Above: WO Moon (left) and another reservist from Foxtrot Company pause to look and listen while on patrol.

Below: A reserve soldier provides cover to patrols during the exercise, which confirmed their readiness to participate in Task Force Vancouver for the 2010 Olympics.





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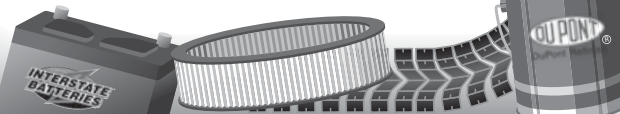
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Mary Ellen Green, Lookout

Above: CPO2 Shane Holwell shaves WO Keith Thomson's head with a razor and shaving cream at the Base Comptroller's office.

Below: Donna Anderson, Administrative Assistant to the Base Commander, clips his mustache. The two won the chance to do some shaving after donating to the "Bald and Beautiful" campaign, with proceeds going to the Government of Canada Workplace Charitable Campaign.



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Mary Ellen Green, Lookout

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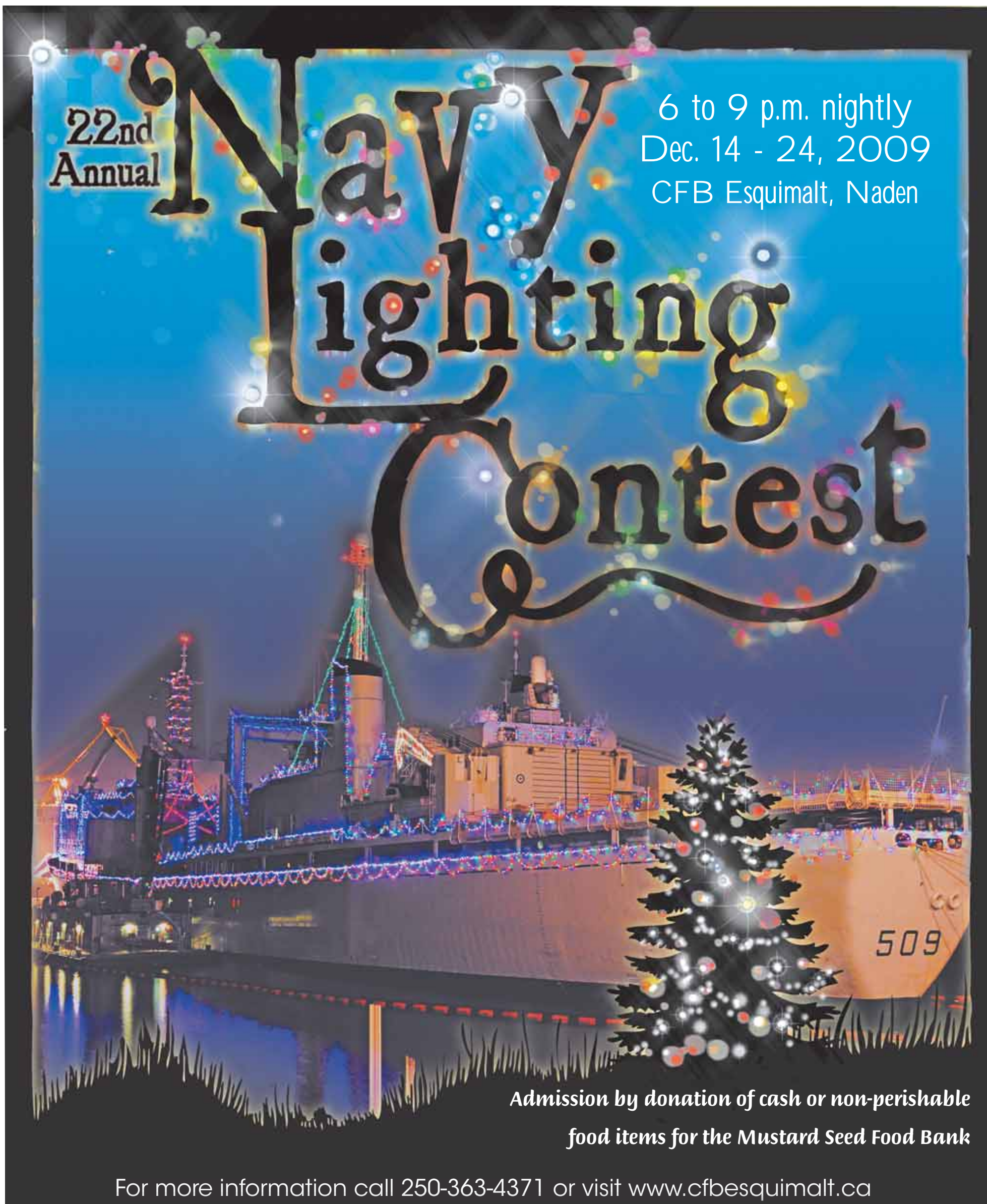
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