Volume 55 Number 1 | January 4, 2010

MARPAC NEWS CFB Esquimalt, Victoria, B.C.

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

335

LOOKOI

Farewell 2009

ABIN









WELCOWE HOME

Military Family & Real Estate Agent providing top-quality professional services in Victoria and area. If you want to buy or sell, for great service, call Danielle.

 103-440 Chatterton Way • www.daniellesells.ca

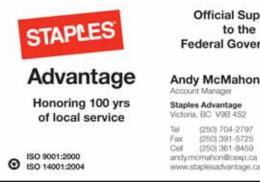
 C: 250-885-9114
 F: 250-479-3565

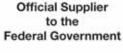
 P: 250-479-3333
 E: danielles@sutton.com



ATTENTION: Satellite/Cable Viewers

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





(250) 391-5725 (250) 361-8459 andy.momahon@cexp.ca www.stapiesadvantage.ca





Firesides, red wine, candlelight... these things were meant to be shared. To find someone to share this holiday season with, call the dating experts at It's Just Lunch.18 years of experience, winner of the Consumer Choice Award for best dating service...

dating just got easier in Victoria.





CFB Esquimalt fire fighters Bryce Patey and Dave Hill hold up the first place trophy they won in the Dec. 20 12th Annual West Shore Festival of Lights Fire Truck Parade.

Base fire truck glittered for parade

Shelley Lipke Staff writer

Hard work and attention to detail paid off for CFB Esquimalt firefighters Dave Hill and Bryce Patey who contended with 30 other entrants in the 12th Annual West Shore Festival of Lights Fire Truck Parade on Dec. 20.

After touring the streets of Langford and Colwood displaying their decorative works of glowing art, the entrants were judged and the CFB Esquimalt fire truck came out on top to win first place.

"All of the decorations were handmade, and we had a

lot of fun decorating the truck and being involved in this event," said Hill.

Fire trucks from East Sooke, North Saanich, Salt Spring Island, Malahat and Sidney were among the entrants showing off their creative abilities to those who lined the streets. A two-foot trophy was presented to the winners, which they will showcase in their fire hall at Dockyard.

Decorating the winning truck took nearly 30 hours to complete.

CFB Esquimalt has been an entry in the fire truck parade for the past five years, and both Hill and Patey look forward to next year's parade and said they'd like to put even more lights on the truck.





craftsmancollision.com

Above: MS Aubry is promoted to PO2 by Capt(N) Adamson and CPO2 Lambert. Above Right: MS Cameron is promoted to PO2 by Capt(N) Adamson and CPO2 Lambert.



Each offers friendly, professional service, lifetime guarantee and exclusive AIR MILES" reward miles. So next time you need bodywork on your vehicle, you don't have to think twice. 12 Trademark of AIR MILES International Trading B.V. Used under licence by LoyaltyOne, Inc. and Craftaman Collision Ltd.

Food bank grows from generosity

Shelley Lipke Staff writer

Over the month of December staff at the mechanical fitter shop 133 at Fleet Maintenance Facility (FMF) Cape Breton were at the helm of a holiday food drive for the Mustard Seed Food Bank.

One corner of the shop was decorated with tinsel and ribbons over a table covered in of non-perishable items. One worker donated a bench top portable glass beader to raffle off; it generated \$250 that was used to purchase five \$50 Thriftys food gift certificates.

Mechanical fitter Mike Cato was an apprentice years ago when the department hosted this food drive annually, and he remembers stacks of food on palates against the wall ready to be delivered.

"I wanted to get this going again because I'm very grateful to have a job, as is everyone here. I know a lot of guys who were working before and are now in a difficult situation with the recession because they have lost their jobs. I think it would be a difficult place to be in, and I'm very thankful for how our shop helped out this year."

The food and gift certificates helped the food shortage at the Mustard Seed Food bank.

"When I phoned to tell the Mustard Seed we had a delivery they welcomed us with open arms," he said.



Shelley Lipke, Lookout The mechanical fitters from shop 133, Fleet Maintenance Facility Cape Breton, proudly display the food they collected for the Mustard Seed Food Bank. A bench top portable glass beader was also donated for a raffle that raised \$250 for the food drive.



Join the PSP recreation team as a birthday party or youth centre worker. Casual hours, weekend work.

splurges?

Hourly wages \$11.14 - \$14.11/hr Contact Shawna McLeod at shawna.mcleod@forces.gc.ca with resumé or for more information.







Canadian Heritage

Patrimoine

canadien

matters of OPINION

MANAGING EDITOR

WHO WE ARE

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

STAFF WRITER

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

PRODUCTION

250-363-8033 Carmel Ecker Shelley Fox

ADMINISTRATIVE ASSISTANT

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

ACCOUNTS

Kerri Waye 250-363-3127 kerri.waye@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

Published each Monday, under the authority of Capt(N) Marcel Halle, 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 CFA0 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 reieter les articles. photographies, ou annonces plublicitaires pour adhérer à l'OAFC57.5. Les opinions et annonces exprimées dans le journal ne réflètent pas nécéssairement le point de vue du MDN.



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



Submarines, past present and the future

The aim of this message is to provide direction on the future of Victoria class submarines and to provide a class update.

WHAT SAY YOU

Given the tremendous ongoing focus and effort on rebuilding the submarine service, the awarding of a long-term in-service support contract, and significant progress on third line maintenance activities, this message is very timely.

Over the past three years HMCS Corner Brook has shouldered the operational submarine program. Her tireless efforts in training the next generation of submariners, participating in national and international exercises, and in the conduct of operations earned her a richly deserved CDS commendation. Her recent deployment in support of Operation Nanook allowed the navy to showcase our unique and strategically vital submarine capability to the highest levels in government, as well as to Canadians writ large via the media.

Regenerating the submarine service is one of my highest priorities. Our sustained efforts are starting to pay off and we are now seeing increasing numbers of dolphin wearers and trainees within the submarine service. This progress is very encouraging.

The effort must continue, with our aim set on generating one high readiness submarine per formation, with a third submarine operationally available, and the fourth undergoing an extended docking work period (refit) in Esquimalt. This will be the Victoria-class steady state.

The Victoria In Service Support Contract (VISSC) was signed in June 2008. VISSC represents a partnership with Canadian industry to provide long-term in-service support. Under VISSC, the contractor will provide engineering support and third line maintenance (refits) for the Victoria class submarines. This long term solution will provide us with improved capacity and capability thereby enabling more effective planning and execution of submarine third-level refit and repair work, engineering and material support for the Victoria Class



HMCS Chicoutimi, following her journey from Halifax, is rolled off MV Tern at the Esquimalt Graving Dock adjacent to CFB Esquimalt.

Chicoutimi, all third line maintenance will be conducted in Esquimalt. The shifting of all refit work and subsequent return to sea activities to a single location required a careful examination of where submarines and their crews will be assigned. In order to properly balance the needs of our submariners while providing a relevant and sustainable submarine capability for Canada, I directed that a comprehensive plan be developed.

At the most recent naval board that took place in Esquimalt Oct. 29, I was briefed on the range of possible options. In determining what, if any, changes were required to the current structure of the submarine force, the naval board carefully considered the impact on submariners and their families. It became clear that the current distribution of submarines and crews is not sustainable. The course on which we were headed would have caused our navy to once again face many of the challenges that were associated with reactivating the submarines in the UK. Specifically, a better balance of submariners will be required in order to significantly reduce and potentially eliminate the requirement for MARLANT submariners to deploy to MARPAC in support of refit and return to sea activities, while still providing a relevant and capable submarine force to Canada.

At the naval board, I directed the stand-up of a second submarine crew in MARPAC to support the rotation of boats through the VISSC refit process. I am confident that this balanced distribution of crews will provide the most effective submarine capability for Canada while minimizing disruption and coast to coast postings for today's submariners. Force generation efforts are to take this new balance into account and future basic submarine courses are to be loaded with an appropriate mix of home port division east and west sailors. A decision on the basing of submarines is not yet made and will require further analysis.

The transition from operating a single submarine today to the steady state in the next three years remains an enormous challenge that requires sharp leadership, careful management and crisp prioritization. In the near term, Corner Brook will remain my top priority submarine followed in order by Victoria, Windsor and Chicoutimi. As soon as Victoria is ready for sea (signing of level two license), she will become the top submarine priority. Completion of Victoria will be a significant milestone as a fully weapons capable submarine represents achievement of submarine full operational capability. The return of Chicoutimi to the fleet is expected in 2012. This will be the first time Canada has operated three submarines at sea since 2004.

The path for a vibrant Canadian submarine service is set. The challenge of moving from a single operational submarine towards three submarines operating on both coasts requires a detailed and comprehensive plan. Commander Submarine Division, through Commander MARLANT, has been directed to develop this plan. Finding the proper balance between the demands of the navy with the needs of our submariners and their families remains the top priority. The end state will be an effective and sustainable submarine force capable of conducting any assigned mission from both coasts.

> VAdm Dean McFadden Chief of the Maritime Staff



Family and STRESSED BY MONEY PROBLEMS? Address RELIABLE TRUSTWORTHY SERVICE Cosmetic Dentistry We'll help you get a fresh start! Realty 11 years service with Canada's Pacific Naval Fleet ment Legislation that allows you to reduce your DEBT by up 1008 Russell Street abacus For a FREE CONSULTATION, call Victoria, BC V9A 3X9 250-995-3122 **Dental Centre** tel: 250-391-1893 Abakhan cel: 250-380-8974 New patients & Emergencies sociates welcome. www.addressrealty.com Inc Cleanings available. adam@addressrealty.com w.BankruptcyBC. Dr. Paul Henn • 250-386-3044 " for faster sales call Adam Hales GOOD PEOPLE TO KNOW IN TIMES OF TROUB

submarines. Commencing with HMCS

FILMfriday Christmas releases deliver

W. Andrew Powell The GATE

Opening during the Christmas holidays and continuing into 2010, Robert Downey Jr. stars as tough but wise *Sherlock Holmes*; and Daniel Day-Lewis stars in Rob Marshall's musical, *Nine*. *Sherlock Holmes*

After the mess that was Guy Ritchie's *RocknRolla*, I didn't have a lot of hope for *Sherlock Holmes*. For the last few years it has seemed like Ritchie has been stuck in a rut, recreating films that, for all intents and purposes, were rip offs of his first hit film, *Lock, Stock and Two Smoking Barrels*. He still had a way with his cast, the action, and the dialogue, but the spark was gone. *Sherlock Holmes* signals something new for Ritchie.

Starring Robert Downey Jr. as Sir Arthur Conan Doyle's great character Sherlock Holmes, we can certainly tell this is the Holmes we've known, but he's gone through a few changes. Gone is the quietly-reserved, stuffy demeanour; instead we have a rebel-rousing genius with a penchant for fist fights and trouble as he tries to solve seemingly unfathomable cases.

Jude Law plays his sidekick, Dr. Watson, who is a reserved man who can't hold onto his money, and frequently finds himself drawn into another case with Holmes, despite his intention to become something of a respectable man.

Right away the film shows us the dark side of Ritchie's London as Holmes busts in on a sacrificial rite, saving a young woman from the clutches of Lord Blackwood, played by Mark Strong, a demented man who claims to be a powerful sorcerer. With that case solved, Holmes and Watson intend to go their separate ways, while Blackwood is sent off to the gallows.

However, Blackwood has no intention of dying quietly, and calls Holmes in as his last request. Telling Holmes that he will rise again, Blackwood promises that three more men will die before Holmes unravels his real intentions, and by then it will be too late.

Marked by Ritchie's love of fast and frenzied action, not to mention dialogue, and an abundance of slow-motion sequences, the film is a brilliant new direction for *Sherlock Holmes*. It's gritty, fun, and has everything you could want in an action film.

Downey and Law are also magnificent together, playing off each other, while investing the characters with just enough pathos and good humour.

My only complaints with the film lie in the running time, which is a notch too long at just over two hours, and the silly plot. By the time Holmes has actually unravelled what's going on, the film feels like it's been drawn out too far, and like we've been through two endings. *Nine*

Director Rob Marshall returns to the screen with yet another stage adaptation that he's likely hoping will earn him more Oscar gold.

This time Marshall has helped adapt the Broadway hit Nine for the screen, with Daniel Day-Lewis as the obnoxious movie director Guido Contini, who is struggling to put all of the pieces together for his next big hit film. Looking for some inspiration from the women in his life, namely his wife, his mistress, his muse, and his mother, Guido's life descends into chaos as he tries to make his art, without ruining his life.

Co-starring Nicole Kidman, Penelope Cruz, Judi Dench, and Sophia Loren, the film has been adapted to be big and larger than life; however, the consensus from critics is that it devolves into a terrible mess.







Go blue. It's the right thing to do.

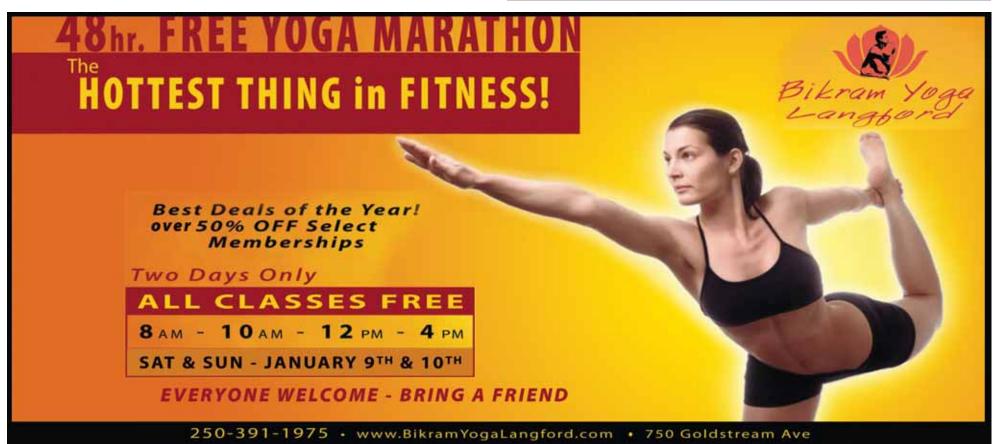
We're so committed to the environment that, at times, we've loaded our recyclables in oversized containers. But we've heard that lifting oversized containers has become an occupational health and safety issue for the people who pick them up.

So now we use only recognized blue boxes and blue bags for our recycling. It's the right thing to do for the environment. And for the people who work every day to make it better.

CRD

Find CRD Blue Box sales locations at www.crd.bc.ca/bluebox

www.crd.bc.ca





'O CLEAR! Balance of Factory or Up to 7-Year Warranty Available

O Down Payment! No Payments for 6 Months to Qualified Buyers

WE CAN HELP! ON SITE FINANCING & ICBC ON THE SPOT DELIVERY **HUGE INVENTORY REDUCTION 1.5 MILLION DOLLAR**

30-DAY MONEY BACK GUARANTE

Every Methicle BCAA @

TRADES Regardless of year. to down or even. Paid for or not

CLEAROUT COMPARE VALUE TO ANY OTHER ADVERTISERD SPECIALS JUST A SMAOLL SAMPLE:



2009-YEAR IN REVIEW

January

HMCS Protecteur takes the crown in the 2008 Navy Lighting contest with 65 per cent of the votes and more than 12,000 LED power smart lights.

Fleet Maintenance Facility Cape Breton battery maintenance shop opens.

Thirty-five Canadian Rangers and fulltime staff embark on Exercise Western Spirit, a 3,400 kilometre snowmobile trek from Kitimat, B.C. to Churchill Falls, MB.

HMCS Oriole gets an overhaul to repair wear to the metal hull caused by 87 years of exposure to salt water.

Jonathan Pagmanua, 26, is sentenced to a year in jail and three years' probation by a San Francisco judge after being found guilty of the 2007 killing of 27-year-old Canadian naval lieutenant Mark Ashley in a hit and run. Lt(N) Ashley was in San Francisco for a port visit with HMCS Calgary.

February

HMCS Winnipeg sails for a six-month deployment with Standing NATO Maritime Group 1.

CFB Esquimalt personnel participate in Exercise Silver, the second of a series of security exercise in advance of the 2010 Winter Olympics being held in Vancouver.

CFB Esquimalt earns a Spirit Award for outstanding fundraising achievements during the 2008 United Way campaign.

In a court martial held at CFB Esquimalt, PO2 Janet Sinclair and PO2 Silvya Reid are fined \$3,000, and reduced in rank to Leading Seamen after they plead guilty to willfully damaging a database icon at the National Defence Command Centre headquarters in Ottawa.

HMCS Winnipeg successfully launches five missiles in the Barking Sands Operations Area off the Hawaiian Island of Kauai in a drill new to Canadian ships - a Black Firing Missile Exercise.

Communications Training The Centre at Canadian Forces Fleet School Esquimalt is renamed to recognize CPO1(Ret'd) Ronald H. Guilderson, MMM, CD.

RAdm Tyrone Pile presents Lieutenant Governor of B.C. Steven Point with the rank of Honorary Captain(Navy).

March Cmdre Ron Lloyd relieves Cmdre Nigel Greenwood as the head of Canadian Fleet Pacific.

Peter MacKay, Minister of National Defence, visits CFB Esquimalt to



announce new infrastructure projects worth \$266 million.

Mike Holmes, of HGTV's Holmes on Homes, visits HMCS Protecteur, during which the crew presents him with \$2,500 toward his charity, S.O.S. Children's Villages Canada.

April

HMCS Protecteur sets out on a threemonth deployment to the western Pacific Ocean to serve as a supply ship for allied warships operating in the area.

HMCS Ottawa goes into dry dock for an extended maintenance period.

The Esquimalt Military Family Resource Centre opens its new daycare centre on Lampson Street.

HMCS Winnipeg and its Sea King thwart a pirate attack in the Gulf of Aden using a makeshift sign that says "stop" in Somali.

Canadian Forces members along with the RCMP and U.S. Navy converge on CFB Esquimalt to hone their skills at domestic bomb-disposal during Exercise Desert Rat.

HMCS Protecteur participates in the Chinese Navy's 60th anniversary celebrations including a Fleet Review and a Sampan (row boat) race.

The new Maritime Forces Pacific (MARPAC) Target Cell officially opens. It's job is to support operations and the management of surface and aerial targets used to support ship's company training at sea.

Base Commander Capt(N) Marcel Hallé unveils CFB Esquimalt's Strategic Plan that will act as a guide for the next four years. May

After a month-long voyage through the Panama Canal on a heavy-lift ship, HMCS Chicoutimi arrives in Esquimalt Harbour for a 24-month extended docking period by Victoria Shipyards

Co. Ltd.

An artist's sketch of a Naval Centennial statue project called The Homecoming is unveiled on Wharf Street by Steven L. Point, Lieutenant Governor of B.C.

HMCS Oriole sports a new Naval Centennial spinnaker.

HMC Ships Regina, Calgary, Whitehorse and Edmonton leave the calm waters of Esquimalt Harbour for the windswept seas off Vancouver Island for Exercise Trident Fury.

Fleet Dive Unit Pacific (FDU(P)) has two new custom-made Explosive Ordnance Disposal (EOD) trucks, increasing the unit's capabilities.

For the third year in a row, Canadian Forces Auxiliary Vessel (CFAV) Glendyne captures the People's Choice Award at the Seattle Maritime Festival in Washington.

June

STV Goldcrest gets a centennial makeover with a new gennaker.

HMCS Calgary transports His Royal Highness Prince Edward, Earl of Wessex, to review the Royal Canadian Yacht Club in Vancouver Harbor.

VAdm Dean McFadden takes command of the Canadian Navy.

HMCS Winnipeg takes part in Exercise Talisman Sabre.

Fleet School students refurbish museum kisby rings.

Pacific Naval Construction Troop returns from Middle East deployment.

HMCS Protecteur returns home after three months at sea on WestPac Oiler.

The Canadian Navy receives a replacement Queen's Colour during a formal parade in Halifax.

Families enjoy a day of fun at the Formation Fun Day in Naden.









GUTTER PROTECTION SYSTEM • Gutterguard & Gutter Topper

 Custom 5" Continuous Gutter Lengths
 Downpiping, Elbows, Accessories and more
 FRO-TECH Exterior
 Brooteck
 Brootec

FOR ALL YOUR BUILDING & RENOVATION SUPPLIES • Hardware • Paint

Lumber
Plumbing
Door Shop
Building Materials
"Military Discount"
We're BIG on value

Mon-Fri: 7:30-7 • Sat: 8-6 • Sun & Holidays: 9-5 ROONAA Bay West Home Centre 220 Bay Street (Bay at Wilson) Call 250-595-1225 • Fax 250-595-8228

July

Cook shortage forces galley closures. Sailors from *HMCS Calgary* and *HMCS Victoria* participate in the Calgary Stampede celebrations.

Wurtele Arena adopts a naval centennial theme.

The Raven program starts with Aboriginal youth.

VAdm Dean McFadden visits the base. Emperor Akihito visits 443 MH

Squadron.

Beards are no longer allowed on sailors serving in ships.

August

HMCS Winnipeg takes part in Exercise SHAREM with Australian and U.S. ships.

The Blue boat is adorned with the naval centennial theme.

Canadian Fleet Pacific and Maritime Operations Group Four merge.

Winnipeg returns home after seven months at sea, much of it in the Gulf of Aden thwarting piracy.

HMCS Calgary heads south for Panamax 2009.

Aboriginal recruits graduate from the Raven program.

Lieutenant Governor Steven Point opens the first session of the 29th parlia-

ment at the B.C. legislature. HMCS Protecteur celebrates 40 years

of service.
September

Military chefs converge on base for food conference.

The GCWCC campaign kicks off.

Blue Boat wins Best Workboat at the Victoria Classic Boat Festival.

CFB Esquimalt hosts an industrial trade show.

October

The naval centennial bell is cast at the foundry in dockyard. MBdr William MacKeigan wins

Queen's medal at the CF Small Arms Competition held in Ottawa.

Health Promotion launches the Formation Health and Wellness challenge.

Clearance divers trial new underwater security system in Vancouver harbour. HMCS Regina embarks Lieutenant

Governor of Saskatchewan.

Exercise Spartan Rings is completed as part of Olympic security preparations.

A city flower bed embraces naval centennial theme.

HMCS Regina is part of the MV Ocean Lady take down.

The Olympic torch passes through

CFB Esquimalt.

Building 77 dockyard was given the name RAdm Wallance Creery, a distinguished Canadian Navy veteran.

November His Royal Highness Prince Charles and Camilla, Duchess of Cornwall, visit Dockyard on the last day of their B.C.

tour. Naval centennial signage is erected on

two local highways. Construction starts on new duplex

housing in Belmont Park.

Navy launches centennial coffee table book.

HMC Ships Algonquin, Protecteur and Calgary return home after a Task Group Exercise off the Californian coast.

December

HMCS Protecteur hosts its annual Santa Party for school children with disabilities.

Local sailor wins bell rope competition to hang below the naval centennial bell in Ottawa.

Former Naden Band member composes centennial march.

Base hosts Navy Lighting Contest.

Nelles galley hosts Junior Ranks and senior citizen Christmas parties.

Base raises over a half million dollars for United Way.





CHECK US OUT ONLINE WWW.LOOKOUTNEWSPAPER.COM



fax 250-391-6192 Convenient location

Eric Coching 250-217-2326

across from Home Depot below Costco

rates and options!

Rates subject to change without notice



Register Today! THEOVATION.CA

Call Now! 250.595.0004



1315 Esquimalt Road

2009 Sailor of the Quarter awarded

CPO1 Paul Helston Fleet Chief

The Canadian Fleet Pacific initiative to recognize a sailor for outstanding achievements has selected its fourth sailor of the quarter.

Commodore Ron Lloyd approved the selection of LS Bradley Virgin, reserve naval communicator from HMCS Edmonton.

LS Bradley Virgin was born and raised in Guelph, ON. He joined the navy in 2006 as a naval communicator. That summer he left for BMQ in Borden, and after graduation moved to Ottawa to start school at the University of Ottawa. After finishing his QL1, he requested to return to Victoria to complete his NETP

Since completing his NETP he has been at sea in HMC Ships Nanaimo, Edmonton, Yellowknife, and Whitehorse. He also deployed in *HMCS Toronto* for three months.

His family has a military tradition with his brother an Ordinary Seaman naval communicator and his sister is a logistics officer in Newfoundland.

His Commanding Officer, LCdr Montgomery, noted that LS Virgin is an outstanding naval communicator. His persona extends beyond this, as he has become a leader within his mess and for the ship in general. His strong



LS Bradley Virgin

initiative, keen attitude, leadership skills, and sense of teamwork are all laudable, and he is emphatically recommended for this quarter's competition.

The selection process occurs in April, July, October and December for the sailor of the quarter and in January for the Fleet sailor of the year. This award is not intended to replace any other awards but merely to compliment it. The criteria are professionalism, performance, volunteering in the unit and in the community, as well as specific outstanding achievements.

The award for the sailors of the quarter consists of a prize worth \$250, official portraits, and Lookout and hometown news articles. There will be a coin presentation by the Fleet Commander plus a luncheon for the winner and his or her family. The sailor of the year will receive the same package and receive a plaque and a dockyard parking spot for the year. LS Virgins' outstanding

performance and dedication make him an outstanding choice as Sailor of the Quarter.



Now that's_





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



Marine artist John Horton delicately adds detail to one of his paintings depicting life in the Canadian Navy. The artist has compiled some of his work into a calendar, with profits going to a CNC event.

CNC calendar unites music and art

Shelley Lipke Staff writer

Marine artist John Horton has created a calendar with 12 water colour sketches in hopes that sales will raise enough money to bring military bands from around the world to 2010 Pacific National Exhibition (PNE).

The musical extravaganza would be in celebration of the Canadian Naval Centennial.

"The idea is to have the Naden Band, the Royal Marine Band from England, the U.S. Marine Band and the Dutch Band all play together in a concert celebration, but it's all subject to raising sufficient funds, and we are hoping the sale of these calendars will help," he said.

Each month of the centennial calendar depicts a different era in Canadian naval history. "Some sketches show submarines, or destroyers leaving Esquimalt and Halifax harbours, and all involve a variety of different actions throughout periods of Canadian naval history. The Cold War period, Korean War and the present day War on Terror are all featured in the calendar," said Horton. "I hope these pictures evoke memories for anyone currently serving in the navy or those who have served in the past." The PNE opens on Sept. 4 and \$200,000 is needed by February in order to organize this naval tattoo. So far 1,200 calendars have been printed and are for sale at \$20 each. Horton is a member of the Naval

Officers' Association of British Columbia and the Metro Vancouver Navy 2010 Commemorative Society. Both organizations supported this centennial initiative along with The Vancouver Naval Veterans Association, The Vancouver Naval Museum and Heritage Society, The Navy League of Canada (Vancouver branch), Fidelis Printmaking, and Colour Express Printing.

Calendars can be purchased through mail order by cheque payable to The Vancouver Island Naval Veterans Association and mailed to LCdr (Ret'd) Robert Juulsen at 5579 Anchor Bay, Delta B.C. V4K 4R9. For further details on ordering the calendar contact John More at one0@shaw.ca or phone 604-520-6404.







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

250 479-8326 Maurine.Karagianis.MLA@leg.bc.ca www.maurinekaragianis.ca



Call 363.3014 to book your display or word ad

REAL ESTATE • FOR RENT

FREE Hot Water & Heat

MACAULAY NORTH

980 Wordsley St.

1 & 2 Bedroom

Manager 250-384-8932

MACAULAY EAST

948 Esquimalt Rd.

The

Seagate

Apartments

707 Esquimalt Rd

Ocean front,

Olympic mountain

views,

seawalk to downtown,

spacious and clean.

Bachelor, 1, 2 &

3 bedrooms

Rent includes:

Secured parking

Indoor pool/hot

Fitness centre

Games room

Building is wired for

Shaw@home.

Squash court

· Hot water

• Heat

tub

ANNOUNCEMENTS

ADVERTISE IN ANY or all 16 Canadian Forces Newspapers (CFN) published on 16 Bases and Wings across Canada, representing the three CF environments: Army, Air force, and Navy. One point of contact, Joshua Buck at CFB Esquimalt, call 250-363-8602 or joshua.buck@ forces.gc.ca Advertise your business and reach more than 80,000 military members, DND civilian employees, retired members and all their families

CONQUER YOUR FEAR of public speaking at toast-masters. Frightened speakers become confident speakers. Toastmasters can help! Visit www.victoriatoastmasters.com for det ails.

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!

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

APPLIANCES

LARGEST SELECTION

GREAT PRICES

#3-370 Gorge Rd East 382-0242

AUTOMOTIVE

VICTORIA DISCOUNT TIRES

Military Discount:

\$20/hr off auto repair

110-2920 Jacklin Rd

250-412-7300

Advertise

IN THE

LOOKOUT

CLASSIFIEDS

CALL

363-3014

Reconditioned New • Builder In Home Services

VOLUNTEER BECOME A PART OF AN

AMAZING Crisis Line MAIN floor suite in quiet Worker Team. & make your Volunteer hours really count! Personally, in your community, and on your resume. Next Training starts: July 11th. Please call: 386-6328 or visit our website at www.needcrisis. bc.ca VOLUNTEERS ARE NEEDED to assist individuals with disabilities to get out and be active! By devoting as little as one hour a week, you have the opportunity to participate in an activity you enjoy while giving back to the community. Males needed especially! For more information or to volunteer please call the Leisure Assistant Coordinator at 250-477-6314 ext. 15 or volun-

teers@rivonline.org

STORAGE

SELF

STORAGE

RESIDENTIAL &

COMMERCIAL

5'x5' - 20'x34' units

• 7 Day Computerized

Access & Security System

VERY COMPETITIVE RATES

642-6363 (WEEKDAYS 2059 IDLEMORE RD., SOOKE

BUS. OPPORTUNITIES

Work from Home

Operate a Mini-Office Outlet

from your Home computer

Free Evaluation.

www.see-it-do-it.com

PHOTOGRAPHY

EN'S self storage

Lit and Fenced

family neighboorhood in high Quadra. hdw floors, gas central heating. show-er/bath F/S & shared laundry. Avail Dec. 1st. \$1,350 mo. 250-642-6835 HOUSE HUNTING? ON for more info.

COURSE or Vacation? We have a new, NS, 1 bdrm furnished suite for rent Separate from the main house. Visit us at www. carriagehouseonparkdale. com or call 250-920-4123 NEW, 1 BDRM + DEN. Steps to kayaking and boat launch. N/S, N/P.

RECENTLY RENOVATED

Suits mature, quiet tenant. In-suite laundry, DW, HW floors, FP. \$795/mon shared util. Avail. Jan 1st, 2010. Call or leave message. 250-479-2769

MOTORCYCLES

SG Power

A.T.V. CENTER

Honda, Yamaha, Kawasaki

382-8291 -

730 Hillside Ave.

HAULING

Father & Son

need work, we'll do

the job the others

won't. Trash hauled

from \$5. Plus dump

fee. No job too small OÁP rates

Any weather

Demolition

Refuse Sam

250-216-5865 or

250-**475-0611**

SAME DAY SERVICE

Place your classified here!

PHOTOGRAPHERS

Shelley Lipke Photography

\$250 discount for military members

www.shelleylipke.com 250-415-7081

Getting

Married ?

Call a professional photographer for

your wedding day.

3 BDRM, 2 STORY CONDO in Esquimalt. Secure ground floor entry. NS, 1 cat ok. Avail. Feb. 1st, 2010. \$1350/mo + utilites. Lease until Sept. 1st. Renewel neg. Close to amenities. 250-294-5177 Bright Two Bdrm Close To Base Available Jan 1st. Has 9ft Ceilings, D/W, F/P, Storage, Parking, Shared

Bachelor, 1,2, 3 Bedroom Manager 250-380-4663 Laundry And More. N/S, N/P. \$1250 Incl Hydro, 250-361-3690 Shared Heat/hot Water. 250 Toll Free 1-866-217-3612 858 6283



Manager 250-217-0757 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



around!

PITCH-IN CANADA







250-391-8811 stephanie@energyhealth.ca

... IT'S FUN



2483_army@cadets.net



WHY RENT?

In town, 2 bed 2 bath condo, 950 sq ft, in-suite

children and pets allowed, for only \$238,000!

Can you

rent a 2 bedroom

laundry, dishwasher, underground parking,

Monthly Cost (approx.)







www.imaginelaserworks.com

GET THE ACTIVITY GUIDE

Olympic security -the navy's role

Lt(N) Peggy Kulmala

Maritime Component Public Affairs

In January 2010, one of the largest Canadian Forces domestic operations in history - titled Operation Podium - unfolds in and around Vancouver and Whistler, all in support of RCMP-led 2010 Olympic security efforts.

At any one point in time, the Maritime Component will have an Iroquois class destroyer or Halifax class frigate as well as multiple Kingston class costal defence vessels, Orca patrol vessels and a variety of small boats in the approaches to Vancouver Harbour and the city's bustling inner waterways.

sophisticated Using equipment, advanced software and expert sailor "know how", the vessels will conduct coordinated surveillance patrols, sharing resulting vessel trackinformation ing with the RCMP and other partners in the Olympic Marine Operations Centre (OMOC).

While on the water, RCMP officers will be embarked in Maritime Component assets - from warships to small boats – to provide an on-scene law enforcement capability.

"For domestic maritime operations, our ships sail with embarked RCMP officers as a fairly routine practice," said Capt(N) Gilles Couturier, Commander of Joint Task Force Games' Maritime Component. "For Op Podium, it only makes sense to have RCMP officers on ships already on coordinated patrols."

Capt(N) Couturier is a seasoned senior officer who has considerable experience with domestic support to

the RCMP. He commanded HMCS Fredericton in 2006 when the ship assisted the RCMP in the largest drug seizure of its kind in Canadian history.

The Canadian Navy will deploy a significant number and variety of forces under a single Command, the Maritime Component Commander. From within the RCMP-led OMOC, Maritime Component watchkeepers will direct five ships, a full Port Security Unit, integrated navy dive teams as well as land-based Force Protection personnel.

"The Canadian Navy routinely has ships and sailors at sea conducting a variety of activities such as support to domestic law enforcement, sovereignty patrols, force generation exercises and overseas deployments," said Capt(N) Couturier. "Our tasks during Vancouver 2010 are all in a day's work for us; we are proud to do our part."

The level of support to Olympic security efforts will also be a first for the Canadian Navy. While Canada has previously hosted two Olympics, namely the 1976 Summer Olympics in Montreal and the 1988 Winter Olympics in Calgary, Vancouver 2010 Olympics is the first Canada-hosted Olympics with multiple water-side venues.

"The Canadian Navy is proud to be part of the RCMP-led security team, but in the end, the Olympics are all about the athletes and sport," said Capt(N) Couturier. "The Canadian Navy continually builds on what it does on a daily basis: provide maritime situational awareness off the coasts of Canada. Our role during Vancouver 2010 Olympic is no exception."



Locally Owned & Operated

Helping

You

Is What

We Do

1480 Lyall Street • 250-382-0015

SAANICH (250) 477-5353 110-4460 Chatterton Way 1-800-461-5353 coastcapital@royallepage.ca

DOWNTOWN

(250) 384-7663 1075 Pandora Avenue 1-866-806-0982 rlpvictoria@royallepage.ca

OAK BAY

1933 Oak Bay Avenue 1-800-263-4753 victoriabc@royallepage.ca **WEST SHORE** (250) 474-4800 501-1913 Sooke Road 1-866-806-0981 westshorerlp@shaw.ca

ROYAL LEPAGE

Coast Capital Realty

INDEPENDENTLY OWNED AND OPERATED

SOOKE (250) 642-6361 6739 West Coast Road 1-800-461-5353 coastcapital@royallepage.ca

(250) 592-4422



New Year goal: join the cadets

Captain Madeleine secret Olympic information. They have participated in the rigorous Army Cadet

2483 RCACC PPCLI

Adventure training, marksmanship, drill, leadership, self confidence, orienteering, rock climbing, canoeing, sports, band, life skills, parachuting, summer camp, travelling overseas... These are only a few of the things cadets get to do as members of the 2483 PPCLI Royal Canadian Army Cadet Corps.

Youth between the ages of 12 to 18 can join the corps. There are no fees and cadets receive a summer training bonus while attending camp.

The 2483 Royal Canadian Army Cadet Corps founded its roots in Esquimalt in 1953. Now in its 56th year this cadet corps is striving for excellence and looking for more youth to join in the fun. Involvement in cadets develops in youth the attributes of good citizenship and leadership; physical fitness; and an interest in the sea, land and air elements of the Canadian Forces. Not only does this corps offer exciting mandatory training, but they also participate in The Duke of Edinburgh's Award program and have one of the best marksmanship teams in Canada.

The 2483 Marksmanship Team placed first twice in the last three years at the National Marksmanship Competition. It is common for a cadet from 2483 RCACC to earn a spot every year on the National Army Cadet Marksmanship Team and go to Bisley, England to compete. Last year Cadet / Warrant Officer Ryan Deveau earned his way on to this prestigious team.

This year the cadets from 2483 have already participated on a bushcraft exercise near CFMETR at the Pacific Camping Club in Nanoose Bay. The cadets were challenged with a night exercise in which they had to locate, observe and retrieve a fallen satellite that contained top

tion. They have participated in the rigorous Army Cadet Fitness Test followed by a nice dip in the pool at the Naden Athletic Centre. Cadets have also teamed up with the Salvation Army to help serve tea to the seniors at the Sunset Lodge. The whole corps even went to Silver City to see the movie 2012 and everyone enjoyed a pop and popcorn. The 2483 cadets are always somewhere doing something.

Every member of this PPCLI corps takes pride in its regiment and this corps. They take the time to make every member feel valued and ensure all the cadets take personal responsibility for their uniforms, actions, and work together as a team and effectively as individuals. This corps is always looking for new members so if you or someone you know might benefit from one of Canada's best kept secrets please help spread the word about Army Cadets.

A special thank you the corps' dedicated staff. The following people dedicate their time, spirit and energy on a weekly basis to help mentor and guide many youth. Capt Marie Rowsell, Capt Grant Whittla, Lt Brandon McAuley, Lt Bart Yarmoshuk, 2Lt Chris MacDonald, PO1 Gary Merrick, WO Jackie Deveau, AB Yhan Mathe, OS Matt Corbett, and Cindy Bowles. This corps is also very grateful for its excellent Sponsoring Committee and to the Salvation Army - High Point Community Church for allowing the corps to parade in your church but mostly for allowing the corps to have a home.

The 2483 RCACC corps is located at 949 Fullerton Avenue (The Salvation Army -High Point Community Church) in Victoria West. They parade on Tuesday nights from 6:30 to 9:15 pm. For more information contact (250)-220-0658 or www.cadets.ca.

Subscriptions for just \$35.³¹ per year mailed to your doorstep

call 250- 363- 3014 or subscribe online www.lookoutnewspaper.com



Smart customers always read the fine print. *2009 Galant ES available for \$25,493, *with purchase financing of 0% for 60 months or \$149 bi-weekly for 84 months at 2.8% with \$2,500 down and \$2,447.86 finance charge. 2009 Eclipse GS available for \$27,653, *with purchase financing of 0% for 60 months or \$149 bi-weekly over 84 months at 2.8% with \$4,000 down and \$2,515.30 finance charge. tNo payments for 90 days offer only available on 2009 Eclipse GS models. 2010 Outlander XLS available for \$36,158, * with purchase financing of 0% for 63 months or \$199 bi-weekly for 84 months at 3.8% with \$5,000 down and \$4,376.34 finance charge. 2010 Lancer SE available for \$21,858, * with purchase financing of 0% for 48 months or \$129 bi-weekly for 84 months at 3.8% with \$2,500 down and \$2,837.14 finance charge. Prices include Freight and PDI. Customer is responsible for the following expenses ordinarily due at purchase or signing: license, registration, insurance, taxes, inspection, gas and any additional delivery or preparation charges. For all purchase financing of fox 60 months of Nova Scotia and Bank of Montreal through participating dealer, to qualified retail customers in Canada, on approved credit. *Whichever comes first. Regular maintenance not included. New Vehicle Limited Warranty covers most vehicle parts under normal use and maintenance. Warranty applies to 08/09 vehicles (Lancer Evolution and Ralliart excluded). See dealer or Mitsubishi-motors. ca for warranty and Education Edge terms, conditions, and other details. ‡ Limited time offer through participating Mitsubishi Motor Sales of Canada Inc. dealers to qualified retail customers only. ® MITSUBISHI MOTORS, BEST BACKED CARS IN THE WORLD are trade-marks of Mitsubishi Motors North America, Inc. and are used under license. Dealer #30693. Ad# 1121_10-01-04

