

MARPAC NEWS CFB Esquimalt, Victoria, B.C.

LOOKOUT

Volume 56 Number 01 | January 4, 2011



WEIGHING ANCHOR ON 2010

Setting sail for the next 100 years

10 MINUTE OIL CHANGE
NO APPOINTMENTS NECESSARY



We offer those serving in the military & DND a Special Discount. Not valid with any other offer.

2988 Jacklin Rd. (Across from Westshore Town Centre) 250-474-7133
708 Bay St. Victoria (Douglas & Bay) 250-389-1326

Confidential **Military** Home Evaluations
- Quick, over the net, ready in days!

www.CanadianMilitaryRelocation.com

ALEX BURNS & ASSOCIATES
Relocation **specialist** for Esquimalt DND

Cell: (250) 882-3335
Toll Free: (800) 663-2121
Web: www.AlexBurns.ca

RE/MAX Camosun Real Estate

WELCOME TO MCDONALD'S



TADPOLES & SHELLBACKS

Drop by for a coffee break Tuesday Mornings



i'm lovin' it

Colwood, Esquimalt, Sooke, Millstream, Walmart - Langford.

10% off any Truck Rate



Budget Car and Truck Rentals

Call 250-953-5300
www.budgetvictoria.com

RAPID DEBT RELIEF...
No Interest • Low Payments
We'll help you get a fresh start!

There is Special Government Legislation that allows you to reduce your DEBT by up to 100%

For a **FREE CONSULTATION**, call
250-995-3122

ABAKHAN & Associates Inc.
Debt Restructuring Consultants
Trustees in Bankruptcy (non-resident)

Richard Robinson Doris Minervini
www.BankruptcyBC.com
GOOD PEOPLE TO KNOW IN TIMES OF TROUBLE


VOTED VICTORIA'S BEST VIETNAMESE MENU

VIET NAM
Garden
RESTAURANT

Ken & Shelley welcome you to their new location

524 Admirals Road 250-384-3033

Family Dental Care



Dr. Paul Henn

Suite 14 1153 Esquimalt Rd Victoria, BC V9A 3N7

abacus Dental Centre

New patients and Emergencies welcome. Check ups and cleanings always available.

250-386-3044
www.abacusdentalcentre.ca

DISNEYPARK
Kids Fly FREE!



January & February Departures
Call for Availability

250-953-6640
BaseTravel@Geo.ca

UNIGLOBE Geo Travel

In the CANEX Building off Admirals Road



Alexander Low

The IMAX crew films segments of "Rescue 3D" at sea in November.

Naval action at heart of IMAX flick

Shelley Lipke
Staff Writer

A new IMAX movie featuring sailors of the Canadian Navy up close and in action during their humanitarian role in Haiti is coming to theatres in April.

"Rescue 3D" features East Coast sailors from HMC Ships Athabaskan and Halifax during the relief mission they took part in after the devastating earthquake in Haiti last January.

"While what happened in Haiti was very tragic, it was also an opportunity to film the Canadian Navy in action," said Charles Brown, public affairs manager of broadcast for Chief of the Maritime Staff. "The Navy suffers from a lack of public awareness, so the idea was to show the humanitarian aspects and the spectrum of operations involved with helping in a disaster."

Canadian filmmaker Steven Low embraced this idea, and with the IMAX camera strapped to a helicopter, the filming began.

"Typically in a third world



county it's hard to film, but because the [Haitian] military took over the country [during the disaster] we were very successful in filming," said Mr. Low. "The Canadian Navy did wonderful stuff in Haiti. They fashioned a large water bladder that they constructed on board the ship and slung beneath a Sea King helicopter to deliver fresh water to hundreds of children. It was very moving and very dramatic. They sent work parties ashore

each day and built latrines, rescued people and helped at the hospitals with triage, and getting schools functional and operational. Their divers checked damaged wharfs and jetties."

Through all these events the IMAX cameras rolled.

"When I was flying over Haiti I could see the miles and miles of trucks helping deliver supplies from the ships," said Mr. Low. "Part of the ongoing story is that it didn't get better overnight. This movie shows the

depth of the catastrophe and the adversities people caught in natural disaster's face. All the help given was dependent on the taxpayers of the western world. It's important they see the final results and how these people were being helped by the general public around the world. Both Canadians and Americans played a huge role."

Filming of the story began in November on board HMCS Toronto, which stood in for HMCS Halifax, currently in refit. Commander Peter Crain, commanding officer of Athabaskan, is one of four main personalities in the film involved in humanitarian-related action. Cdr Josée Kurtz, former commanding officer of Halifax, is also featured.

This movie is expected to make its debut in Canadian IMAX theatres sometime in April.

A FULL SERVICE AUTO REPAIR FACILITY

TRACKSIDE
AUTO SERVICE LTD.

Winner of the "2010 BEST SERVICE AWARD" from Esquimalt Chamber of Commerce

BBB

B.C. GOVERNMENT DESIGNATED INSPECTION FACILITY

Castrol

WALKER

HANKOOK

Ask about BG Protection Plan*
Where Dependability and Trust are a Priority...

*under 80,000 km

784 Fairview Rd. • 250-383-5509

- Induction & Fuel Injection Service
- Oil service
- Out of Province Inspection
- Electrical
- Diesel Fuel Service
- Exhaust
- Brake service
- Tires

Table of Contents

Kenya vacation brings awareness4
 Divers take training to land6
 United Way thank you7
 MARPAC has a ball.....8
 Navy Day revisited9
 Highlights of 2010 10-11
 Olympic memories.....12
 Lloyd Roberston shares inspiration.....13
 In Memoriam, Cpl Steve Martin.....14
 Bravo Zulu15
 MARPAC honours civilians.....16
 MARPAC Expo 201117
 Classifieds..... 18-19

2010

COMPLETE DENTAL DR. MARK KRAMAR



- Family-oriented practice
- Broad range of services
- Friendly staff and relaxed atmosphere
- New patients of all ages are welcome

Mon-Fri 8am-4pm
250-384-5052 / 1230 Esquimalt Rd

GUTTER PROTECTION SYSTEM

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



PRO-TECH
 Exterior Products Ltd.

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

"One stop shopping with friendly advice."

HARRISON'S

MILITARY STORE INTERNATIONAL

- Military genuine clothing & footwear
- Paintball- Airsoft guns & gear
- Fill Co2 & air, as well as carry green gas
- Resident gun technician- Saturday 12 noon to 5pm

**WE BUY
 MILITARY AND
 ANTIQUE ITEMS**

Hours: 10am-6pm • Closed Sun-Mon

266 Island Hwy up the hill from 4 Mile Pub
 250-881-8388 • www.harresons.net

Maurine Karagianis

MLA, ESQUIMALT-ROYAL ROADS

**Standing up
 for our
 Community.**



ESQUIMALT-ROYAL ROADS COMMUNITY OFFICE

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

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

250 479-8326

Maurine.Karagianis.MLA@leg.bc.ca
 www.maurinekaragianis.ca

the
Jerry Bola
team
 Real Estate, "It's What We Do"



*A military spouse with
 personal experience.*

PEMBERTON HOLMES
 ESTABLISHED 1887
Tara Niedoba

250-857-0178
 tara@jerrybola.com

For all your RV needs

Your full service RV centre
 Rentals • Parts/Service • Sanitation • ICBC Repairs

Triangle RV Centre
 trianglerv.com • 250-656-1122



achieve health



Your one-stop health centre
 chiropractic
 registered massage therapy
 naturopathic medicine
 acupuncture

107-1505 Admirals Rd, View Royal, Admirals Walk Plaza
 250-384-5211 • www.achievehealth.ca



matters of OPINION

WHO WE ARE

MANAGING EDITOR

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

STAFF WRITER

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

Ben Green 250-363-3672
ben.green@forces.gc.ca

PRODUCTION

Carmel Ecker 250-363-8033
production@lookoutnewspaper.com
Shelley Fox 250-363-8033
projects@lookoutnewspaper.com

ADMINISTRATIVE ASSISTANT

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

ACCOUNTS

Raquel Tirado 250-363-3127

SALES REPRESENTATIVES

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

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

EDITORIAL ADVISOR

Lt(N) Michael McWhinnie 250-363-4006

Published each Monday, under the authority of Capt(N) Craig Baines, Base Commander.

Le LOOKOUT est publié tous les lundi, sous l'égide du Capt(N) Craig Baines, 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'OAFC57.5. 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 - \$37.36

Six month subscription - \$18.84

Three month subscription - \$12.56

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: 250-363-3015

Canadian Mail Product Sales Agreement 40063331



2010 WINNER
CNA BETTER
NEWSPAPERS
COMPETITION

WHAT SAY YOU

Kenya vacation brings about awareness

Lt(N) Richard Brierley
Contributor

Lt(N) Richard Brierley, a west coast sailor, was recently posted to Geilenkirchen, Germany. The following is a story of a vacation that ended with charity and kindness.

The final day of our week-long Kenyan vacation started out under sunny skies with temperatures hovering around 30 degrees. It was a perfect day to lie back on the beach sporting my new \$45 Billa Bong shorts and Oakley sunglasses, and reflect on what had been a wonderful week.

Little did I know our most memorable experience was yet to come.

My wife, Capt Yvonne Brierley and I, along with 48 others from the military community, had travelled to Kenya for a week long safari organized by the Canadian Contingent NATO Airborne Early Warning Force, better known as CC-NAEWF here in Geilenkirchen, Germany.

After completing our three-day safari from Nairobi to Mombasa, we arrived at the Voyageur Beach Hotel for a relaxing four days by the pool and beach. It was on the last day after my morning swim, with cocktail in hand, that Yvonne told me of the opportunity for us to visit a local orphanage not far from our hotel. The driver would pick us up at noon.

I asked myself, selfishly, "But what about my drink and what about lunch?"

We scrambled to gather articles of clothing, candies, medications, toiletries and other items that we could give to the orphanage.

With a full kit bag and a back pack, (full of items donated from an extremely supportive Canadian group) we headed down to meet our driver Anderson, a native Kenyan. He was a happy and friendly man who had volunteered at the orphanage. He loaded our bags into the older Toyota diesel van owned by the orphanage. It was warm and our shirts stuck to our bodies as we leant forward to grasp some of the cooler air rushing in from the front windows as we sped up between villages. The roads were rough and full of pot holes causing Anderson to continuously swerve around obstacles big enough to consume the whole front wheel.

What an experience, dodging cars on a four-lane village road designed for two lanes, with a constant mass of pedestrians sauntering back and forth balancing five gallon water jugs on their heads; glad I wasn't driving! How fortunate we are to live in Canada.

After approximately 30 minutes of motoring mayhem, we arrived in Bamburi, at Tumaini - The Home of Hope. Tumaini was established in 2006 by Joan Smith, an ex-probation officer from Kent, England. Joan retired to the shores of Mombasa,



Lt(N) Richard Brierley and wife Capt Yvonne Brierley sit with children who live in Tumaini - The Home of Hope, in Kenya.

Kenya, where she volunteered her time at a hospital clinic for children suffering from HIV/AIDS. On one particular day, while at the clinic, she was asked to help a small girl who was very ill. After receiving hospital treatment, the girl was released into the care of her uncle. Some months passed and Joan was anxious to find out how the little girl was keeping. She learned, to her distress, that because the child had AIDS her uncle had taken her out into the bush and abandoned her, leaving her on her own to die. The seed to help these children was sown, and Joan has spent her retirement tirelessly working to establish the orphanage, the Home of Hope.

We entered through the gate into the secure compound and were met by two beautiful girls bursting with delight. Yvonne was barely out of the van before Selba jumped into her arms and held on as if she was her mother returning after time away.

I tried hard to fight back conflicting emotions of sadness and joy. Sadness at the cruel hand fate had dealt to so many children, but joy for the simple, genuine appreciation expressed for what we brought, a simple hug and a kind word.

Selba, five, was diagnosed as HIV positive and it is believed her mother died as a result of AIDS. For many of the children here - 35 on this day - the story reads the same. From

the age of one through 18, this orphanage is their life and, for some, it will end here.

Upon entering the building, Anderson introduced us to Mary the matron, Grace, the administrator, and of course the 35 cheerful and excited children. As Grace began to document our donations, she expressed an abundance of heartfelt gratitude each time she opened a bag. Thankfully we did not have to stand there long as we were as anxious to see the children as they were to see us. Although the children were eager to get our sole attention, they were extremely polite, taking turns to show us their beds and few possessions; all of them wanting to take our hands with complete trust.

The establishment itself is very well maintained and extremely clean. As a result of generous donations, the building has running water, a modern playground, full operational boys' and girls' bathrooms, laundry facilities, a fully trained nurse, a cook and many other volunteer caregivers.

What a day this turned out to be. Anderson was kind enough to take us back to the hotel, where I am sure our faces reflected gleams of joy and fulfilment. Although it was a sad day for both Yvonne and myself, to know the happiness and joy we created through our care and support of those not-so-fortunate children gave me a memory for a lifetime - and all it cost was a cocktail and lunch.

CANEX finance plan • Military Discount of 10% with some restrictions



Underwater Adventures **Trainer for the Base Scuba Club**

2078 Ludlow Road,
Sooke, BC Canada V9Z 0E6
scubastu.com

- Sales & Service on all equipment
- Full range of PADI courses



Phone: 1- 250-642-7507
Fax: 1-250-642-7509
Email: info@scubastu.com



HAPPY NEW YEAR

Is this the year you become a homeowner?
No downpayment - No problem
5.5% cash back

www.mortgagesbylori.com • lori.lenaghan@vericoselect.com



VERICO
UNIVERSITY TRUSTED MORTGAGE EXPERTS
Each VERICO broker is an independent owner operator

Lori Lenaghan
MORTGAGE CONSULTANT
C. 250-888-8036

AUTHENTIC THAI

Friday Lunch Buffet

• Lunch Combos • Full Dinner •

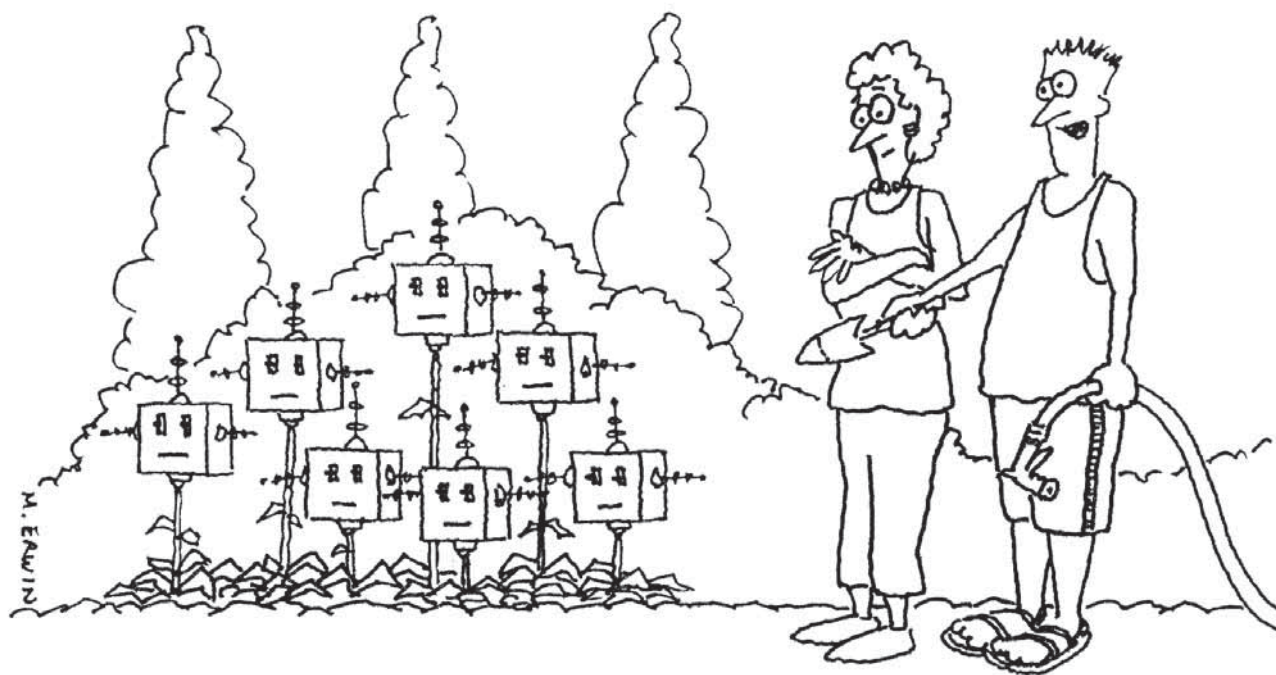


Dine In

Take Out

Thai dining at its Best!

1207A Esquimalt Rd. • 389-1845 • www.zapthai.com



"I'M GETTING A LITTLE WORRIED ABOUT HOW THOSE ROBO-DENDRONS ARE TAKING OVER THE GARDEN."

Looking to Buy or Sell Real Estate?

\$1,000 cash back to military personnel.

Call 250-661-7680 for details

Deborah Kline, MM

Real Estate Professional

150-805 Cloverdale Avenue, Victoria

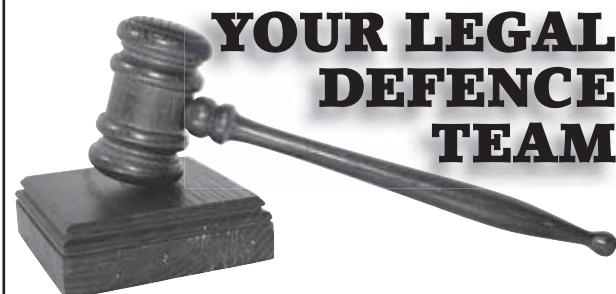
Direct: (250) 661-7680

www.1stinVictoria.com

Email: deborah.kline@shaw.ca



PEMBERTON HOLMES
ESTABLISHED 1897



YOUR LEGAL DEFENCE TEAM

Mel Hunt BA (Hons), LLB Lieut Col (ret'd)

Leigh Gagnon BEd, BA, LLB

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

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

We get results! A full service law firm.

*Dinning Hunter,
Lambert & Jackson*

1192 Fort
250-381-2151

On peut vous
aider en français

813 Goldstream
250-478-1731

TIPS

The Military Police have a tips line 250-363-TIPS.

The tips line will be regularly monitored by Military Police. All calls will be kept entirely confidential and anonymous. Military Police urge you to make the call, it helps our community!

250-363-TIPS (8477)



Fitness, Nutrition, & Self Discovery



**Real People
Real Program
Real Results**

FULL FIGURE FITNESS

personal training four times a week / structured weight and cardio programs / monitored eating plans / monitored thought and emotion journals / weekly education seminars from Psychologists, LifeStyle Coaches, Dietitians, Vitamin and Supplementation Experts / first hand accounts / and one year follow ups

FREE INFORMATION SEMINARS

To Register Call 250.704.4446 or visit www.islandfitlife.com

CFB ESQ MEMBERS RECEIVE 20% OFF



3 great packages
all at great prices!
in the Comox Valley



The Old House Experience

Includes one night accommodation in a deluxe studio, 1 hour massages for each of you & a \$50 dinner voucher

starting at
\$139

per person/ dbl occ



Romeo & Juliet

Includes one night accommodation, two hours in OH Spa's Royal Suite including a 1 hr massage each, chromotherapy effervescent tub and spa platter by the fire with a glass of champagne

starting at
\$164

per person/ dbl occ



Zen Escape - 2 nights!

Includes two nights accommodation, a 1 hour Massage each, Deluxe Manicure & Deluxe Pedicure for each of you

starting at
\$264

per person/ dbl occ

Year round heated outdoor pool & hot tub included with all stays



Book today! 1 888-703-0202

Based on double occupancy, dinner vouchers redeemable at The Old House Restaurant

many more packages available online

www.OldHouseVillage.com

Divers go inland for disposal training

Shelley Lipke
Staff Writer

Each year, Exercise Taz Tornado brings Explosive Ordnance Disposal (EOD) Technicians from across Canada together to share knowledge and experiences working with military ordnance in a training scenario.

The massive 11,600 square kilometre Jimmy Lake Academic Range near 4 Wing Cold Lake, Alberta, provides the perfect training ground.

Used by fighter pilots, this massive range is a realistic venue for the 25 participants who took part in the two-week exercise late September.

Four EOD Technicians from Fleet Diving Unit (FDU) Pacific met up with army and air force EOD specialists.

"Coming from a navy environment we don't normally get to work on large air ordnance like missiles and MK 82 series bombs," said EOD Technician MS Shawn Goodine. "The divers really enjoyed it and found it both challenging and interesting. Being an EOD Technician is a secondary duty for a lot of people and it's not something they deal with on a daily basis. It was good to come together, refresh skills and techniques, talk about our experience and have this in-depth training," he said.

It began in a classroom environment and then broke into practical application as groups of four were paired up based on their experience levels, so the more advanced EOD Technicians could mentor the less experienced.



MS Shawn Goodine works on a render safe procedure for a missile.

Inset: The result of a render safe technique used on a MK 80 Series Bomb.



"Each team had its own scenario to work through and then we would rotate through them. One included a missile being dropped from an aircraft due to in-flight emergency. We arrived on scene where the missile was dropped and started the task of identifying the ordnance and then gathering as much information about the incident. Then, with the aid of EOD manuals and an electronic database, we had to come up with the best render safe procedure (RSP) to disarm the ordnance," he said.

"In an ideal scenario the easiest way to deal with any ordnance is to properly identify it and blow it up in place, but this is not always possible as there could be infrastructure or environmental conditions that can't be disrupted or damaged. Sometimes we have to

use alternative render safe techniques," explains MS Goodine.

Scenarios involved rendering safe ordnance and transporting the item to an area that could withstand a high order detonation. They also constructed a protective structure around a piece of ordnance that was unsafe to move, utilizing 200 sandbags to protect the surrounding structures when the item was disposed of by high order detonation. Another scenario involved a 500 lb. MK 82 series bomb that dropped and was considered unsafe to move; however, the local area could withstand some damage, so they performed a low order detonation that resulted in less collateral damage. On the other hand, disposing of the same bomb by means of high order detonation would result in massive

damage and would require a large evacuation template for safety.

"It was a great learning experience that brought specialists from across Canada to share knowledge and solutions," he said. "The levels of individual knowledge and experience varied within the exercise, and this is how the teams were split up so we could work together and learn from more experienced members."

The business of EOD is carried out by clearance divers, ammunition technicians, combat engineers, and aviation technicians. It encompasses individual training progressing to more advanced training; monitoring ammunition and explosive ordnance procedure manuals; and the destruction of dud, misfired, surplus, obsolete and deteriorated ammunition.

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

Triumph
"Thank a Hero"
\$350 to \$750 off best price!
SAVAGE CYCLES
in Langford across from Steve Drane
250-475-8885 • www.savagecycles.ca

NEED TOOLS IN THE CITY?
RONA BayWest EXPRESS
Hardware, Lumber, Paint, Plumbing, Housewares, Electrical, Door Shop, Kitchen, Building Materials & MORE!
OPEN M - F 7:30am - 7pm | SAT 8am - 6pm | SUN 9am - 5pm
BayWest RONA | 220 Bay St. Victoria, BC | P. 250.595.1225

Wake up in the morning

103.1 JACKfm
playing what we want

with the JACKFM Morning Show on 103.1 JACKFM

IN BRIEF

Tee off with CISM Golf

The 2011 CISM Golf team will represent the Canadian Forces this year at the 7th CISM Military World Golf Championships.

All Regular and Reserve Force personnel are eligible and encouraged to submit a resume to the CISM golf team manager Jason Price. Resumes should include a current minimum index factor of 4.0 for men and 12.0 for females, high placement in local, regional and provincial tournaments in 2010, and written approval from each member's commanding officer agreeing to their participation.

Members meeting qualifying standards may be invited to future selection/training camps.

The Canadian CISM golf team has placed well in previous competitions, with

the men's team finishing bronze and the women's team finishing silver out of 16 countries participating in the Military World Championships last year at Windhoek, Namibia.

Price can be reached at CSN phone 720-1072 or email jason.price@forces.gc.ca.

Resoling of army boots

Army personnel or personnel holding army wet weather boots that have not been resoled are to return their boots immediately to their unit quartermaster, who will coordinate with base clothing stores the resoling of the boots.

After the end of March 2011 there will be no further opportunity to resole these boots.

Members of Base Construction Engineering,

CF HSvcs (P), BIS, ships or other units with an embedded supply section are to go through their unit supply.

Boots requiring resoling are to be returned to clothing stores as follows:

- Each pair of boots are to be zap strapped together, laces and insoles removed, soles cleaned.

- The boots will be resoled with a new dri ice compound that will help prevent slips and falls and act to reduce injuries that occur below minus 10 degrees centigrade.

- Each boot must contain the last three (service number) and last name of individual and have a tag attached (tags will be available at clothing stores.)

Any questions may be directed to PO2 Chaput 363-7880 or PO2 Bates 363-5576.

GCWCC-UNITED WAY CAMPAIGN

Thanks go out to charity campaign sponsors

MARPAC GCWCC-UW 2010 Charitable Campaign thanks the following businesses for their donations in support. Together they donated more than \$6,000 in merchandise and gift certificates, which were used as incentive prizes and in various fund raising raffles.



- Arbutus Ridge Golf & Country Club
- Avon (Representative Sharon Kennedy)
- BC Ferries
- BC Transit
- Bird of Paradise Pub
- Boston Pizza
- Bring and Buy Books
- Cannor Nursery
- Columbia Fire & Safety
- 4 Mile Pub
- 6 Mile Pub
- Chateau Victoria
- Clipper Navigation Ltd.
- Colleen Fifield Photography
- Changing Times Salon
- Craigdarroch Castle
- Historical Museum
- Dahle Shredders Canada
- Dominos Pizza Esquimalt
- ECCO Heating Products Ltd.
- Esquimalt Auto Marine
- Esquimalt Country Grocer
- Esquimalt Recreation Centre
- Glen Meadows Golf Course

- Highland Pacific Golf
- Hilti
- IMAX National Geographic Theatre
- Jade's Nails & Esthetics
- John's Place Restaurant
- Kelsey's Restaurant
- KMS Tools and Equipment
- Levittsafety
- Liesch Office Interiors
- Log House Pub
- Lyall Street Esso
- Lyreco
- Maritime Museum of BC
- Metchosin Golf & Country Club
- Ministry of Labour & Citizens' Services
- Montana's Restaurant
- Mount Douglas Golf Course
- Paystation/EBA Shredders
- Panago Colwood
- Panago Esquimalt
- Pay Station Inc.
- Princess Mary Restaurant
- Prince of Whales Whale Watching
- Red Robin
- Russel Food Equipment

- Saanich Parks
- Salmon Kings
- Sabri Indian Cuisine
- Serious Coffee Colwood
- Sharp's Audio Visual
- Shoppers Drug Mart Esquimalt
- SYSCO Ltd.
- The Bay Mayfair
- Times Colonist
- TROY Electric Motor Repairs and Sales
- Victorian Epicure Inc.
- White Spot Langford



Michael Lomax CD
Lawyer/Mediator

- Family Law
- Mediation
- Wills & Estates



250-385-5523

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

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

Return-It It's Worth It. **WBD Westshore Bottle Depot**
www.islandreturnit.com
858 Esquimalt Rd. 250 381-1482
Open Monday to Saturday 9am - 5pm Sunday 10am - 4pm
Celebrating the 100th Anniversary of the Royal Canadian Navy

WESTSHORE U-LOCK MINI STORAGE

✓ Residential and Commercial storage ✓ Award winning, modern facility
✓ Individually alarmed lockers ✓ Easy monthly rentals
✓ Heated lockers ✓ Easy access
1621 Island Highway, 250-478-8767
selfstorage.ca

Walk to the Base
Your Little Piece of Paradise, Right at Home
From Only \$235,900

OVATION Presentation Centre Open Daily
Wednesday to Sunday 1:30 to 4 PM
250-590-2710 TheOvation.ca 1315 Esquimalt Rd, Esquimalt, BC.

MARPAC has a ball

MS Chance Sheffield
Navy Ball Committee

Maritime Forces Pacific celebrated the Canadian Naval Centennial "in style" on the evening of Oct. 28, 2010.

Nearly 1,000 serving and retired naval and Canadian Forces personnel and their guests enjoyed a spectacular Navy Ball featuring a formal reception, gourmet dinner and dancing at Victoria's downtown Conference Centre and Crystal Garden venues.

Hosted by MARPAC Formation Commander, Rear-Admiral Nigel Greenwood, Their Honours, The Honourable Steven L. Point, Lieutenant Governor of B.C., and Mrs. Gwen Point, joined distinguished guests representing the past, present and future of the Canadian Navy in celebrating its centenary.

Popular Vancouver Island media personality Bruce Williams of A Channel kept things rolling as the Master of Ceremony, introducing honoured guests Vice-Admiral Nigel Brodeur, grandson of the first Minister of the Canadian Naval Service, and Mrs. Mary MacLeod, grand-daughter of the Canadian Navy's first commander, Admiral Sir Charles Kingsmill.

An impressive contingent of head table guests included the soon-to-retire Member of Parliament for Esquimalt Juan de Fuca, Dr. Keith Martin, and a number of prominent representatives of major Naval Centennial sponsors: Victoria Shipyards, Lockheed Martin Canada, SNC Lavalin, Irving Shipbuilding and Raytheon Canada.

The Ball organizing committee held nothing back when preparing for the all-ranks affair. From the extravagant formal dining room decorations provided by Huff 'n Puff Party Stuff and floral designs supplied by Sun Petals, to the Naval Centennial-themed backdrops and historical video and photographic presentations facilitated by Sharps Audio Visual, the venues were well and truly "decked out."

All couples and individual guests in attendance were presented with keepsake coins supplied by local firm Landsharkz to commemorate their presence at the ball. Scores of lucky winners also carried away coveted miniature Homecoming statues that were generously donated by the three CFB Esquimalt naval messes. Numerous attractive door prizes including weekend hotel get-aways, centennial banners, giftware, dinner certificates and a Grand Prize \$3,000 Uniglobe Geo Travel package were also awarded during the course of the dinner.

The meal followed the pattern of a traditional naval dinner and included inspirational addresses by RAdm Greenwood and His Honour (and Honourary Naval Captain) Stephen Point, a fabulous multi-course feast, and was capped-off with the "Loyal" toast to the reigning monarch and the naval "Toast of the Day."

Fittingly, and to the delight of the 1,000-strong crowd, the naval toast was proposed by the youngest member present, Ordinary Seaman Francis Richard of HMCS Winnipeg, and was made to "Our Navy!"

Musical entertainment throughout the evening was widely varied and of top-notch quality. The Blue Boat Dixie Band kept the pre-dinner reception hopping, and sophisticated dinner music was provided by the Emily Carr String Quartet. Superb dance music was provided to suit all naval "generations" commencing with the Noteworthy Big Band for the 20th century sailors among us, and by Soulstream of Vancouver for the more youthful "generation next." Needless to say, the music was a big hit and the dance floor remained packed until the lights were raised at 1 a.m. When all was said and done, many Ball guests proceeded to make the short trip to Swans, Harbour Towers and Fairmont Empress as part of the weekend specials provided to patrons of the Navy Ball.

As the final "marquee" event of the MARPAC Canadian Naval Centennial year, the organizing



Shelley Lipke, Lookout

One thousand guests gathered in the Crystal Gardens and Victoria Conference Centre for dinner and dancing during the Canadian Navy Ball on Oct. 28.

Below: Former Commander Maritime Forces Pacific (MARPAC), RAdm (Ret'd) Tyrone Pile (left), and his successor RAdm Nigel Greenwood, listen to speeches following dinner.

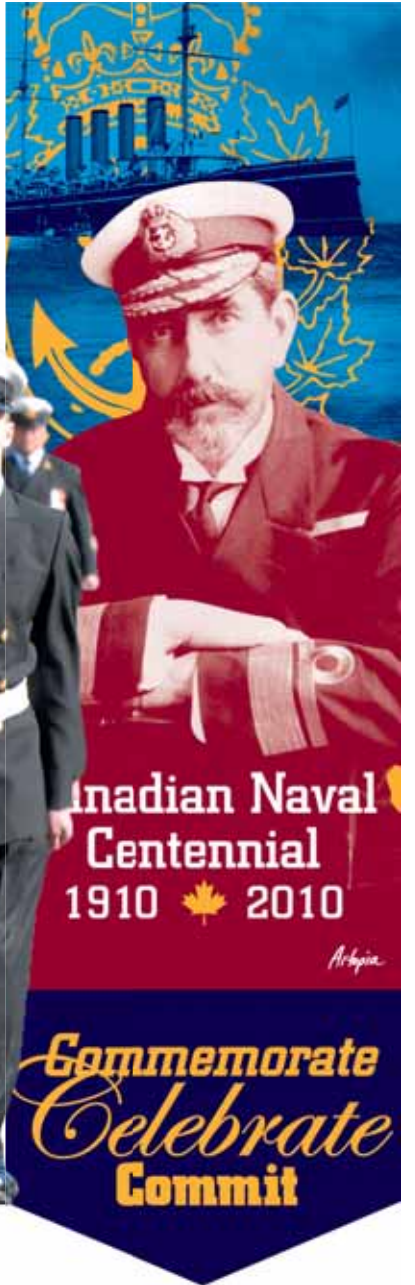
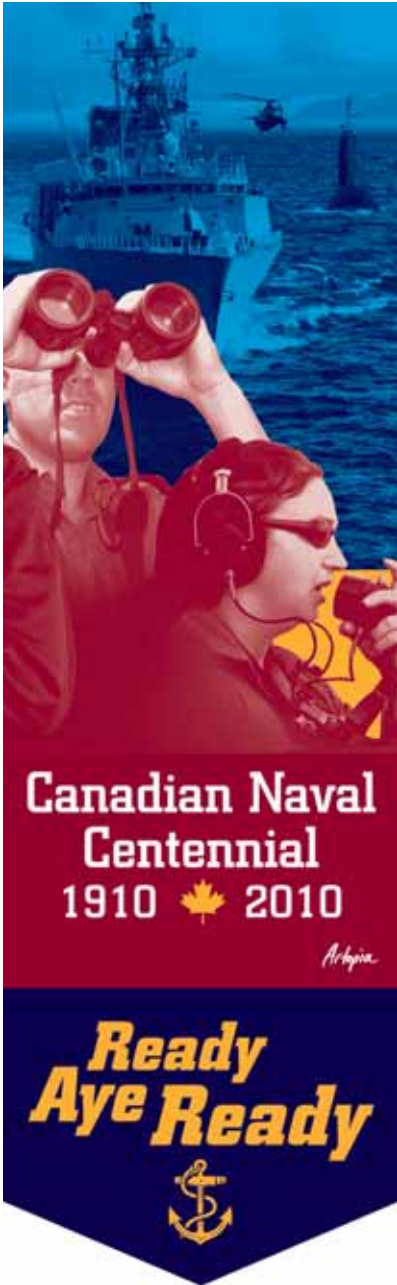
committee couldn't have been more pleased with the success of the Navy Ball, and the hearty "Bravo Zulus" received from the likes of Canadian Fleet Pacific Commander, Cmdre Peter Ellis. Countless letters and emails have flowed in applauding the achievement and thanking volunteers, sponsors, supporters and patrons – from Ordinary Seaman to Admiral

– for putting on such a smashing event. As Cdr Mike Pulchny (Ret'd) of Raytheon Canada who has attended all Naval Centennial Balls across Canada said: "Just the best!"

In addition to the noted major sponsors, a special vote of thanks goes out to the following corporate partners whose generous support helped make the event

accessible to all members of the Maritime Forces Pacific Formation: Save on Foods, B.C. Ferries, Point Hope Maritime, Terasen Gas, Hotel Grand Pacific, Royal Roads University, Newalta Corporation, ArmorWorks Canada, Helios Global Tracking Limited, and Rogers Chocolate – the Navy appreciates and is grateful for all of the outstanding support.





Approximately 2,700 military members marched through the streets of Victoria on May 4 to celebrate Navy Day. The Freedom of the City Parade included Victoria Mayor Dean Fortin presenting the key to the city to RAdm Tyrone Pile, then Commander Maritime Forces Pacific. The day culminated in the unveiling of the Homecoming Statue.

Penny Rogers, Lookout

NAVY Day



Penny Rogers, MARPAC Imaging



MCpl Dan Mallette, MARPAC Imaging



Penny Rogers, MARPAC Imaging

Above: The Naden Band plays celebratory music as the Homecoming Statue is unveiled at Ship Point in Victoria's Inner Harbour.

Left: Navy Day revellers examine commemorative bricks at the foot of the Homecoming Statue. Inscriptions on the bricks were sold to fund the statue.

Right: RAdm Tyrone Pile, then Commander Maritime Forces Pacific, and City of Victoria Mayor Dean Fortin inspect the Honour Guard in front of Victoria City Hall.

__ JANUARY __

- Canadian Forces unfold Operation Podium to provide security around Vancouver and Whistler during the Olympic Games.
- Victoria pays tribute to one of its own, 30-year-old Lt. Andrew Nuttall, the 134th Canadian soldier killed in Afghanistan.
- For the 22nd Annual Navy Lighting Contest, *HMCS Regina* wins the best ship category and the Admiral's House wins for best building.
- Chief of the Maritime Staff VAdm Dean McFadden receives the first Navy Centennial 2010 silver dollar from Ian E. Bennett, President and CEO of the Royal Canadian Mint. (photo below)

- Canadian Forces respond with humanitarian aid as Haiti is struck by a devastating 7.0 earthquake.
- Cdr Ron Pumphrey takes over the command of *HMCS Calgary*.
- LCdr (Ret'd) Ernest Nash receives the honour of having his name on the Wall of Valour below CFB Esquimalt's Wardroom. In 1979 as a 25-year-old Master Seaman, Nash dove into freezing waters to save a fellow sailor from his ship.
- MS Lani Shields, a Marine Electrician from *HMCS Winnipeg*, earns Canadian Fleet Pacific's first Sailor of the Year.

_ FEBRUARY _

- The Disaster Assistance Response Team (DART) arrives in Haiti to continue helping the towns, villages, and civilians left in peril after the earthquake.
- Two bow shutter modules of the *HMCS Victoria* are put in place to form the nose of the submarine marking an important step towards final completion.
- United Way campaign chair Michael McEvoy announces the grand total for fundraising in the city was \$6.7 million, surpassing the goal set at \$6.35 million.
- A new stamp is released commemorating PO William Hall. PO Hall served in the Royal Navy

- and was the first black person and the first Nova Scotian to earn the Victoria Cross in 1859.
- 2010 Winter Olympic Games kick off in Vancouver.
- Trenton Wing Commander (at the time) Russell Williams is charged with the murder of two women and the assault of two others.
- The Honourable Steven L. Point, Lieutenant Governor of B.C., opens the spring session at the Legislature Buildings.

___ MARCH ___

- The Paralympic Torch lights up the streets of Victoria as the relay hits 14 cities across Canada.
- CFB Esquimalt hosts the first Navy Lady Rose ceremony which commemorates women in the Navy's past and present.
- Col Redford "Red" Henry Mulock, Canada's first Ace, is inducted to the Canadian Aviation Hall of Fame.
- In keeping with the Navy Centennial, the Navy executive curl is added onto uniforms again, the

- first time since 1968.
- Canadian Forces play a key role in the drug bust of a sailboat in Port Hardy carrying 1,001 kilograms of cocaine - worth hundreds of millions of dollars.
- CFB Esquimalt's Lookout newspaper is named the best Canadian Forces newspaper in the country.



Big money

photo by MCpl Roy MacLellan, DND



Corporal Johanie Maheu, Formation Imaging
 Operation Hestia was the Canadian Forces participation in humanitarian operations conducted in response to the catastrophic earthquake that struck Port-au-Prince, Haiti, on Jan. 12 2010. Operation Hestia was part of a whole-of-government effort that also involves Foreign Affairs and International Trade Canada and the Canadian International Development Agency.



___ JULY ___

- *HMCS Calgary* and *HMCS Algonquin* participate in Exercise Rim of the Pacific. The maritime exercise held off Hawaii includes over 20,000 men and women from across 14 different nations with a vested interest in the Pacific Rim.
- Capt(N) Craig Baines takes over as the new Base Commander of CFB Esquimalt from Capt(N) Marcel Hallé.
- B.C.'s Lieutenant-Governor Steven Point presents a red cedar canoe to the navy to commemorate the friend-

- ship between local First Nation tribes and the navy.
- 60 years ago local warships *HMC Ships Athabaskan, Cayuga, and Sioux* set sail to fight in the Korean War.
- *HMCS Vancouver* sailed to its namesake city for Canada Day, the first time in three years.
- *HMC Ships Vancouver, Algonquin, and Protecteur* depart for Operation Pacific Amistad, which sees them as far south as Chile for various training exercises.

___ AUGUST ___

- Cdr Jon Allsopp takes over command of *HMCS Ottawa*.
- Victoria hosts its annual Symphony Splash with a special "Salute to the Navy."
- A Sri Lankan migrant vessel is escorted to CFB Esquimalt.
- Operation Nanook gets underway to help keep Canada's sovereignty in the Arctic north secure.
- RAdm Nigel Greenwood becomes the new leader of the Maritime Forces Pacific/Joint Task Force Pacific after taking over from RAdm Tyrone Pile.

- The Canada Dry Victoria Dragon Boat Festival kicks off in sweltering heat at the Inner Harbour.
- Naden hosts Formation Fun Day, a day for military families to enjoy a day of games, activities, music, and prizes.

- An approximate 500 runners participate in the Navy 10K, the largest number of competitors to date.



___ SEPTEMBER ___

- Minister of Defence Peter MacKay officially opens the HAZMAT facility at CFB Esquimalt and announces the plans for a joint fire hall/emergency response centre.
- RAdm Greenwood

- presents Grand Forks, B.C. native Cpl William Salikin with a Sacrifice Medal. Cpl Salikin was injured in Afghanistan in the same attack that killed diplomat Glyn Barry in 2006.
- *HMCS Algonquin* participates in Chile's Bicentennial International Fleet Review.
- *HMCS Algonquin* and *HMCS Protecteur* train with the Chilean Navy during Exercise Terra Australis.
- The Government of Canada Workplace Charitable Campaign kicks off around the DND community.



APRIL

- Vancouver Island Brewery unveils its Sea Dog Amber Ale which was created to celebrate the Canadian Naval Centennial.
- Cdr Craig Baines (now Captain(N) and CFB Esquimalt Base Commander) and CWO Christopher Kaye are awarded the Meritorious Service Decoration for specific achievements that brought honour to the Canadian Forces.
- LCdr Francois Laplante becomes the new Commanding Officer of HMCS Nanaimo.
- HMCS Vancouver wins the Damage Control Olympics which tests firefighting, rescue, and flood control skills.
- HMCS Regina wins the Cock of the Walk basketball final.
- Cockrell House opens in Victoria becoming the first Canadian property established to help homeless veterans.
- Joe Wilson, 88, marks a ceremony marking the HMCS Esquimalt's sinking off the coast of Halifax in 1945. Wilson is the last known survivor of the disaster which claimed the lives of 44 out of 71 crew members.



MAY

- Chief Fire Inspector Daniel Turcotte retires from CFB Esquimalt after 14 years.
- More than 2,700 Canadian Forces members participate in a Freedom of the City Parade through downtown Victoria. The parade signifies the affection and esteem the city holds for service members.
- The "Homecoming" statue on Wharf Street is unveiled during Navy Day.
- Dan Deringer is named the 2010 Citizen of the Year at the C-Fax 1070 Community Awards for his years of fundraising and charitable spirit.
- PO2 Craig Blake, a clearance diver with Fleet Diving Unit (Atlantic), is the first Canadian Navy sailor killed in Afghanistan.
- The navy presents the Naval Centennial Bell (created May, 1910) to the people of Canada, rededicating itself to another century of service.
- The Naval Memorial Window is unveiled at St. Paul's Naval and Garrison Church. The four-panel stained glass window honours all facets of the navy both past and present.

JUNE



- The Naden Band celebrates its 70th anniversary.
- Figgard Lighthouse celebrates its 150th anniversary.
- Victoria plays host to the Canadian Naval Centennial International Fleet Review (IFR) with ships from the U.S., Australia, New Zealand, France, and Japan all participating. Other IFR events include the Navy Rocks concert, fireworks, and an aerobatics show by the Snowbirds and the Skyhawks.

- Victoria hosts the annual Victoria Day Parade in commemoration of Queen Victoria.
- 90 cyclists honoured the memory of Cpl Andrew "Boomer" Eykelenboom by making the 260 kilometre trip from Comox to Victoria. The ride raised over \$50,000 for The Boomer's Legacy Foundation created by his mother Maureen. Cpl Eykelenboom was a medic killed in Afghanistan by a suicide bomber.
- Cdr John Tremblay takes over command of HMCS Protecteur.
- HMCS Vancouver represents the Canadian Navy at this year's acclaimed Portland Rose Festival, a place the Navy has been sending vessels since 1924.



Year in review

NOVEMBER

- Ceremonies all over the city take place to honour the men and women in uniform, both past and present, during various Remembrance Day vigils.
- HMCS Regina wins this year's Cock of the Walk trophy with four first-place wins out of 11 sports for a total of 29 points.
- CFB Esquimalt Fire Rescue puts out the first Fireman's calendar with all funds going towards The Firefighters Burn Fund of Victoria, The Ride to Conquer Cancer, The Canadian Fallen Firefighters Foundation, and the United Way of Greater Victoria.
- The Government of Canada announces it will remain engaged in Afghanistan beyond 2011.
- Two senior Canadian Forces officers, Brigadier-General Hilary Jaeger and Cdr Josee Kurtz, are named among the 100 most powerful women in Canada by The Women's Executive Network.
- Men (and some women) all over Victoria participate in Movember. During the entire month mustaches of all shapes, sizes, and colours are grown to bring awareness to prostate cancer.
- Cdr Bradley Peats takes over the command of HMCS Vancouver.
- Cdr Timothy Kerr takes over the command of HMCS Algonquin.

OCTOBER

- Governor General and Commander-in-Chief of Canada Michaëlle Jean delivers her final address as Governor General during The Farewell Parade.
- HMCS Whitehorse and HMCS Brandon participate in the San Francisco Fleet Week, an annual event hosted by the city to maintain relationships between citizens and their Navy/Marines.
- LCdr Sylvain Bélair takes over command of HMCS Calgary from Cdr Pumphrey.
- Russell Williams, former Commander of 8 Wing in Trenton, is sentenced to two concurrent life terms in prison for the murders of two women.
- Crystal Gardens and Victoria Conference Centre host the Canadian Navy Ball to celebrate the Navy Centennial.
- HMC Ships Vancouver, Algonquin, and Protecteur return home from a four month deployment as part of Operation Pacific Amistad.

DECEMBER

- Ground is broken on the site of CFB Esquimalt's new fire hall and emergency operations centre.
- Nelles Block hosts the annual Seniors' Yuletide Luncheon where seniors from the community come for a full turkey meal served by Forces members. It also played host to the Junior Ranks Yuletide Luncheon which saw Base Commander Capt(N) Baines switch ranks with the youngest serving member on base for the afternoon.
- HMCS Protecteur hosts their 25th annual Christmas Party for children from local elementary schools.
- CFB Esquimalt raises over \$700,100 for the Government of Canada Charitable Workplace Campaign administered by the United Way.
- RAdm Greenwood kicks off the Navy Lighting Contest which sees 18 ships and many buildings around CFB Esquimalt illuminated with holiday lights and decorations.



OLYMPIC FEVER at MARPAC



Above: LS Kristen Arensen, a Naval Communicator in HMCS Winnipeg, passes the flame to the next Paralympic Relay member after finishing her leg.

Right: MCpl Brett Richard was the torchbearer on board HMCS Vancouver in the final hours of the Paralympic Torch Relay. With 25 years in the Canadian Forces, he is the longest serving amputee member.

Below: Hundred of Canadian Forces members worked with various other government agencies on land and sea as part of Operation Podium to keep the Olympics safe.

Left: LS Benson won the Canadian Forces Health Services Centre (Pacific)'s Olympic Spirit contest in the height of the Olympic Games.

Shelley Lipke, Lookout



BOOK EXCERPT: CANADIAN VOICES

Lloyd Robertson shares inspiration

The following is an excerpt from the book "Canadian Voices," a collection of personal, inspirational stories. The publisher asked well-known Canadians the question: Who has caused you to be the person you are today and what has inspired you?

This was TV news anchor, Lloyd Robertson's answer:

When I was a little boy of about 10, I remember pestering my Father to tell me how a large piece of furniture in the corner of our living room really worked. I knew it was called a "radio" but I wanted to know more about this unusual apparatus: how did the sound travel through the air to get in there?

My patient father taught me what he knew about radio waves and directed me to the library to study some more. I learned the rudiments of the technical side of radio, but I was more fascinated by what came out of the box than the box itself. To me, those radio waves were a magic carpet to a larger world. It was a chance to be in the centre of things.

I was inspired; I wanted to be a part of the excitement!!

Those first shreds of inspiration were to lead to a lifelong career in broadcasting, beginning in radio and then continuing in television.

Apart from explaining radio waves to me in those early times, my father was an inspiration on a personal level. He wanted me to lead a "meaningful" life.



Although he had little formal education, I always regarded him as a philosopher king, a truly good man who would have preferred I become a minister of religion, but was happy, before he died, that I was beginning to find my way doing something I enjoyed.

I learned from him that those lucky enough to do well should be thankful and give back. I've tried to follow that direction throughout my life.

Finally, there are those moments of inspiration that have come from the stories I've been close to over the years: the courage and determination shown by

Terry Fox in his Marathon of Hope, the look on the face of Alexandre Bilodeau's brother, who has cerebral palsy, when his sibling won Canada's first Gold Medal on home soil and the awe and gratitude in the eyes of parents who have been a part of one of the millions of miracles that unfold every year at the Hospital for Sick Children in Toronto.

Those are just a few examples. Inspiration is out there in some form ... right in front of us ... almost every day.

Canadian Voices retails for \$23.95 with \$3 of each book going to the Make-a-Wish Foundation of Canada.

New Location!

2940 Ed Nixon Terrace
off Westshore Parkway, off Trans Canada
between Spencer Rd & Goldstream Park

STEVE DRANE HARLEY-DAVIDSON®

250-475-1345 • stevedraneharley.com

"MAJOR CASH"

PAYDAY
LOANS

only \$17 on \$100

250-384-1001

#204-941 Esquimalt Rd

Lic. #49745

UPSTAIRS

JOSEPH KING, MD

CLEARLY LASIK

WHEN YOU ARE SERVING IN OUR FORCES...
GOOD VISION IS THE MOST IMPORTANT
SAFETY TOOL YOU HAVE!

Laser Vision Correction

- Nearsightedness
- Farsightedness
- Astigmatism

State of the Art technology including Blade-Free IntraLase, Advanced CustomVue and Iris Registration.

Over 55,000 procedures and 10 years in British Columbia

DISCOUNT PROGRAM
PROGRAMME DE RABAIS

FREE CONSULTS & EXAMS FOR LASIK & PRK

250.36.2141
clearlylasik.com

100% LOCAL CARE • 201-3550 SAANICH RD, VICTORIA • \$0 DOWN 0% FINANCING

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.

Serving those who serve

CANEX

Dial-A-Law

Do you need general legal information?

Access legal topics by telephone or visit www.dialalaw.org.
Available 24 hours a day, 7 days a week.
Lower Mainland: 604.687.4680 / Toll Free in BC: 1.800.565.5297



Lawyer Referral Service

Do you need help finding the right lawyer?

Receive a consultation with a lawyer for up to 30 minutes for \$25 + tax.
Monday to Friday 8:30 am to 4:30 pm
Lower Mainland: 604.687.3221 / Toll Free in BC: 1.800.663.1919

Funded by The Law Foundation of British Columbia
Public Services of the Canadian Bar Association, British Columbia Branch

INMEMORIAM

A Ramp Ceremony was held at Kandahar Airfield on Dec. 20, 2010 for Cpl Steve Martin. Cpl Martin, from 3e Battalion, Royal 22e Régiment, Para Company, serving with 1er Battalion, Royal 22e Régiment Battle Group, based at CFB Valcartier, QC, was killed after an improvised explosive device detonated while he was on operations on Dec. 18, 2010.

Cpl Tina Gillies,
Task Force Kandahar,
Afghanistan Image Tech



How can you help your newspaper?



Advertising pays for your paper so please:

- Let our advertisers know you saw them in the Lookout
- Tell other businesses about your newspaper.

lookoutnewspaper.com
forcesadvertising.com

your newspaper...



GALAXY MOTORS

Vancouver Island's Largest Independent Used Car Dealer

DOWNTOWN

2555 Government
250-381-1144
DL#28842

COLWOOD

1764 Island Hwy
250-391-5738
DL#30897



Good Credit
Bad Credit
No Problem



Vancouver Island's Finance Experts

Apply Today, Drive Today
Apply Online

WWW.GALAXYMOTORS.NET



LANGFORD

888 Attree Ave
250-478-7603
DL#30516

NANAIMO

4777 Island Hwy
250-729-7991
DL#30917

DUNCAN

7329 Trans Can Hwy
250-597-0424
DL#31033

89 Air Cadets
welcomes new
cadets 12-18
and parents

6:15-9:30pm
Bay Street
Armoury

(parking behind on
Field St off Douglas)



250-363-8150
cadets.ca/lhq/89air



Military Special

15% Off

To all military & DND personnel



BayleysBrewHaHa.com

Proudly serving beer and wine lovers in:
Langford • Kelowna • West Kelowna • Osoyoos • Penticton



Come see our BREW experts at our new Langford store
128-1047 Langford Parkway
778.430.5786 • Langford@BayleysBrewHaHa.com

Everything for the Wine and Beer making enthusiast!

Bravo ZULU

The Naval Officer Training Centre (NOTC) Venture nearly doubled its fundraising goal for this year's Government of Canada Charitable Workplace Campaign from last year with \$23,784.10 raised. Tony Whyte and Commanding Officer Cdr Derek Moss hold up the cheque in front of the people who raised funds for this cause. Your MARPAC GCWCC-UW team is pleased to congratulate NOTC Venture for its outstanding participation and achievements during the 2010 charitable campaign. This photo highlights the unit's contribution to the remarkable overall Formation total of \$700,100+. Well done! If you would like to arrange a similar photo session to applaud your Unit or Ship's involvement, please contact Vicki Laidlaw at 250-363-2595.



Honours and awards presentations were held for Maritime Forces Pacific J36 Operations and Intelligence Fusion Centre personnel in the Admiral's Briefing room of D100.



Cpl Malcolm Byers, MARPAC Imaging Services

Clockwise from top left:

- From left: Cdr Mathias Plaschka, Lt(N) Philip Hagell, LCdr Corey Steiro, PO2 Sherri-Lynn Jones and LCdr Jeffrey Kibble, members of the Operations and Intelligence Fusion Centre, receive coins from Capt(N) Dermot Mulholland.
- MCpl Laurie Hoffman (centre), of the Meteorological and Oceanographic Centre, is promoted to Sergeant by Capt(N) Dermot Mulholland (left) and WO Gordon McLean.
- LS Shani Cochrane, J3 Operations, receives the Canadian Forces Decoration from Capt(N) Dermot Mulholland.
- CPO2 Michel Vincelette receives the Second Clasp to his Canadian Forces Decoration from Capt(N) Dermot Mulholland.
- Capt James Eke receives a Canadian Forces Fitness Award for Aerobic Excellence from Capt(N) Dermot Mulholland.



CPO2 John Beaulac (centre) receives his promotion from Lt(N) Dave Beldeure (left) and Cdr Al James.



CPO1 Bruce Percival (centre) receives his new shoulder slip-ons from Cmdre Paul Ellis (left) and Cdr Bannister.



LCol J. Sullivan accepts the Air Command Commendation from Col W.F. Veenhof. The commendation reads: As Air Component Command Forward, LCol Sullivan provided exemplary leadership during Operation Podium as he coordinated all Whistler Area of Operations flight activities performed in support of both the Land Component and the Royal Canadian Mounted Police. Relying on his vast knowledge of tactical aviation helicopter operations he ensured that Air Component flight crews were prepared to safely conduct operations in mountainous terrain under marginal weather conditions.



Top: Col W.F. Veenhof receives a shadow box from BGen E. Thuen, Deputy Commander Mission Support at 1 Canadian Air Division HQ in Winnipeg, to mark Col Veenhof's retirement. The shadow box holds a representation of items from a members career. **Bottom:** Arlene Veenhof accepts a flower bouquet from BGen E. Thuen at the retirement ceremony for Col W.F. Veenhof.



Cpl Alex W. Croskery, MARPAC Imaging

MARPAC honours outstanding civilians with CNC award

Ben Green
Staff Writer

On Dec. 16, the Admiral's House was the scene for the Commander MARPAC Civilian Naval Centennial Award presentation. Established to recognize excellence among civilian personnel in Maritime Forces Pacific (MARPAC), this year saw six recipients invited to the event.

Each nominee was recommended through their chain of command and further reviewed by the Base Commander's Honours and Awards committee. Each nominee had to meet a list of criteria in order to be up for the distinction: they must have been employed in a MARPAC unit for at least one year, they must be non-management civilians, and they must have demonstrated leadership in enhancing the quality of life within MARPAC, their unit, or in the community.

Along with Base Commander, Capt(N) Craig Baines, several dignitaries, and family members of the recipients, RAdm Nigel Greenwood, Commander of MARPAC, was on hand to personally present each of the six with their awards.

Rob Reid
Rob Reid, Work Center Supervisor, Fleet Maintenance Facility Cape Breton

"For the classic design and meticulous construction of a wood cabinet and case to house the repatriated HMCS Royal Roads navy bell highlighting their maritime history."

George Csurdi
George Csurdi, Site Support Supervisor, Maintenance Detachment Aldergrove

"For his exemplary dedication and selfless devotion to duty while serving as the Site Support Supervisor for Maintenance Detachment Aldergrove. His diligence, attention to detail, broad job knowledge, and exemplary work ethic are continually applied to ensure that mission essential support is unfailingly provided to the communication of Canada's West Coast Navy."

Ken Lidstone
Ken Lidstone, Contracts Administrator,

Base Construction Engineering
"For his leadership and selfless contributions to the well-being and quality of life of personnel at his workplace and in his community over the 17 years he has been a member of the MARPAC team."

Marian Cranston
Marian Cranston, Timekeeper, Base Construction Engineering

"For her leadership and selfless contributions to the well-being and quality of life of personnel at her workplace and in her community over the 25 years she has been a member of the MARPAC team."

Don Thompson
Don Thompson, Steam Fitter, Base Construction Engineering

"For his leadership and selfless contributions to the well-being and quality of life of personnel at his workplace and in his community over the 27 years he has been a member of the MARPAC team."

John Kirstiuk
Unable to attend.



George Csurdi



Ken Lidstone



Marian Cranston



Rob Reid



Don Thompson

Helping
You
Is What
We Do



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
(250) 592-4422
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

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

Fountain Tire
Home of the Tire Experts

Ask about our **Military Discount**

CANEX Financing Available

Quality Tires • Low Prices
Complete Mechanical Repair
610 Herald St • 382-6184

GOODYEAR **DUNLOP**

DON'T DRINK & DRIVE.

Join us for the MARPAC Expo 2011

A day to explore education and learning opportunities

Many organizations today are acknowledging the importance of education and the idea of continuous learning throughout life. Learning is a personal journey pursued for a number of reasons, such as professional development, personal enrichment, achieving education goals, meeting new people, income enhancement, sharpening skills, building competency sets, preparing for a second career, etc.

No matter what the reason, whether it is informally or formally acquired, education and learning brings many rewards from a personal and professional perspective. The options and opportunities have never been better, and the benefits associated are immeasurable.

Join us at the MARPAC Expo on Wednesday, Feb. 2, 2011, from 11 a.m. to 4 p.m. at the Naden Athletic Centre (NAC), to explore your education and learning. During this event,

representatives from various institutions and organizations will be on hand to provide information and resources about the numerous education options and opportunities available through local and distance learning.

In addition to education and learning, MARPAC Expo will showcase employment possibilities within the defence community, such as the Canadian Special Operation Forces Command (i.e., JTF2, CSOR and CJRU), Clearance Divers, Geomatic Technicians, HMCS Malahat, amongst many other opportunities. Another highlighted area of focus are the various recreation, morale, health and wellness programs and services, and the base clubs offered at our location. The MARPAC Expo is open to all members of Defence Team and their families, with the goal of presenting information, opportunities, resources and services available to our community.

103-719 McCallum Rd
Victoria, B.C. V9B 6A2

The MORTGAGE Centre

SOUTH ISLAND



Eric Coching 250-217-2326

*Finding the right home is hard.
finding the right mortgage is easy.*

phone 250-391-6191
fax 250-391-6192

Convenient location
across from Home Depot below Costco

**Thinking about
consolidating
consumer
debt?**

Now may be the time as
mortgage rates are low.

Give us a call for current
rates and options!

Rates subject to change without notice

Now Selling

WALFRED GREEN

come home to Wafred Green

~~18~~ 5 New homes

Fee Simple (no Strata)

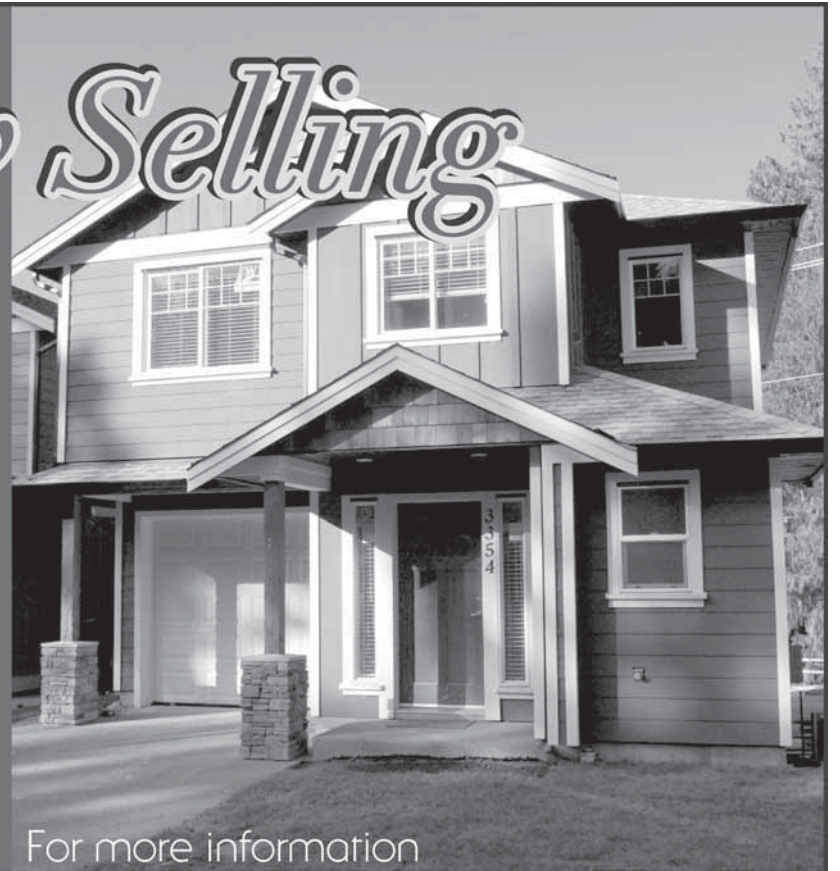
Prices from

\$409,900 + Net HST

Presented by

Pacific East

Developments Limited



For more information



www.HybridRealestate.ca

Ross Casey 250-888-2270

Your Western Communities & Sooke Taxi Company

24 HR. SERVICE

250-474-4747

250-642-7900



Westwind
Taxi

2925 DOUGLAS STREET
VICTORIA, BC V8T 4M8

OFFICE: 250-383-6123
FAX: 250-380-7111

Automotive & Industrial

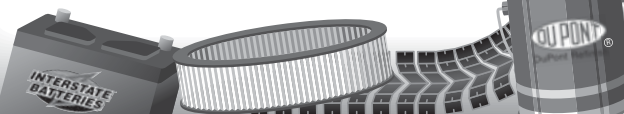
parts, tools & supplies

JB Group **Auto Parts Plus.**



7 locations to serve you:

- Colwood Langford Auto Supply 250-478-5538
- JB's Downtown 250-384-9378
- JB Precision/Machine Shop 250-475-2515
- B&B Auto Supply 250-652-5277
- JB Body Shop Supplies 250-361-9136
- Salt Spring Auto Parts 250-537-5507
- JB's Ladysmith 250-245-9922



*Contributing to the financial well-being
of the Canadian Forces community!*



*Nous contribuons au bien-être financier
de la communauté des Forces canadiennes !*



Life Insurance • Financial Planning • Financial Counselling • Financial Education • CF Personnel Assistance Fund

Assurance vie • Planification financière • Counselling financier • Éducation financière • Caisse d'assistance au personnel des FC

1-800-267-6681 • www.sisip.com • Esquimalt: 250-363-3301

LOOKOUT Classifieds & Real Estate

RATES: MILITARY and DND PERSONNEL: 25 words \$7.84 • ALL OTHERS: 20 words \$8.96 • Each additional word 17¢ • GST Included • DEADLINE FOR CLASSIFIED Advertising: Thursday at 11 a.m.

Call 363-3014 to book your display or word ad

AUTOMOTIVE

ESQUIMALT AUTO/MARINE

Victoria's Auto/Marine parts experts



624 Admirals Road
386-8877
Open 7 days a week

Need a new vehicle?



\$1000 CASH BACK
No payment for 90 days OAC
KEVIN COYLE
Product Specialist
888 Attree Ave
250-478-7603

GALAXY MOTORS
Vancouver Island's LARGEST Independent Used Car Dealer

BUSINESS OPPORTUNITY



START EARNING A SECOND PAY CHEQUE
Join our team of industry leaders. Serving Et ex-members and spouses can receive a free enrollment application as a bonus offer.
Visit us online:
www.biggerbrighterfuture.com
Email: canadianforcesbonus@gmail.com
Shawn McDonald • Phone: (514) 445-2521

SERVICES OFFERED

DOG WALKING PET/SITTING We'll take care of your pet when you can't. Serving Greater Victoria since 2006. www.cadbay-dogwalk.com 250-382-7131.

Mobile Registered Massage Therapy Convenient In your home massage for relaxation. Therapeutic and chronic pain \$80 for one hour 250-858-4686.

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

MOTORCYCLES

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

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 IDLEMORE RD., SOOKE

Your ad here
For word or display ads, call 363-3014

REAL ESTATE • FOR RENT

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
- Special 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

APPLIANCES



WESTCOAST APPLIANCE CENTRE LTD.
LARGEST SELECTION GREAT PRICES
• Reconditioned
• New • Builder
• In Home Services
#3-370 Gorge Rd East
382-0242

RELIGIOUS

O most beautiful flower of Mount Carmel, fruitful vine, splendor of heaven, blessed mother of the son of God, immaculate virgin, assist me in my necessity. O Star of the Sea, help me and show me that you are my mother, O Holy Mary Mother of God, Queen of heaven and earth, I humbly beseech you from the bottom of my heart to help me in my necessity. (Make your request.) There are none that can withstand your power. "O Mary conceived without sin, pray for us who have recourse to you." (Three times). "Holy Mary place this prayer in your hands." Say this prayer three consecutive days and then publish it and it will be granted you. JK

LARGE MODERN 4 BDR 2 BTH Upper level Close to Amenities, Schools, Lakes and Short trip to Blue Boat At F Jetty in Colwood. Quiet Cul de Sac. Open Concept with Mountain views Large Garage (With Additional parking spots in driveway) Large Garden and Terraced yard. Extra Storage in Greenhouse & small Garden Shed Shared Laundry Available 01 Jan 2011 Rent \$1,800.00 + utilities NS/NP 250-483-4398 ourblessings@gmail.com.

SUNNY ONE BDRM basement suite sunny clean everything included shared laundry cable internet \$800 NS/NP Available Jan 1st. 250 858 6502.

Base Newspaper Advertising

Local or National Canadian Armed Forces Base Newspapers
16 Bases - One contact
250-363-8602 ext 2
Joshua.buck@forces.gc.ca

NEW 1 BDR LEGAL SUITE Located in Parkdale Creek. Close to Royal Roads and CFB Esquimalt 900/ Mo Includes Heat Hydro Hot water Internet Cats ok. Call 250-507-8316.

2 BDR SELF CONTAINED BSMT Suite. Own Laundry, utilities included except cable, phone, internet. Close to bus stop on Atkin Rd. NS/NP 250-388-0740 Available 01 Feb 2011.

COLWOOD -WESTSHORE 2 BDRM Suite, ground-level. 1100 sqft. Lg. kitchen, f/s, small eat. area, Liv/din rm, pvt laundry, w/d, full bthrm, HW flrs, pvt. Entrance, patio, ample off street parking, NS/NP, suitable for mature couple. Ref's req. Avail now, \$995/mo. Plus \$100 utilities heat/hydro/water/garbage, to view call George Holmes 250-391-8484. george@kahlrealty.com.



Devon PROPERTIES LTD.
www.devonprop.com
No Pets allowed in any building

Esquimalt LARGE SUITES
1180 Colville
2 bdrm \$945. Available NOW.
250-360-1983
855 Ellery
2 bdrm from \$965. Available Jan 1.
250-382-2157

PROPERTIES OWNED AND MANAGED BY **EV PROPERTIES LTD.** 250-361-3690
FREE Heat & Hot Water



MACAULAY EAST 948 Esquimalt Rd. Bachelor, 1,2 & 3 Bdrm Manager 250-380-4663
MACAULAY NORTH 980 Wordsley St. 1 & 2 Bedroom Manager 250-384-8932
To view these and other properties, visit Toll Free 1-866-217-3612 • www.eyproperties.com

LARGE TOWNHOMES
UVic/McKenzie Area
House size townhomes
2 & 3 bedroom, 1800-2100 sq ft.
3 levels, 1.5 bathrooms.
Newer appliances and flooring, private backyard, surrounded by greenspace.
Near schools, mall and on bus route.

House style living and we take care of the maintenance!
Quiet family living.

Call 250-686-2682 Service en Français

ATTENTION DND: ASK ABOUT OUR LIMITED-TIME MOVE IN BONUS



Esquimalt Renovated Suites

Close to restaurants, shopping, public transit and schools. Walk to Esquimalt Plaza. Easy access to CFB Esquimalt. Community centre close by, steps to downtown Victoria bus route.

Special military price

625 Constance Ave
1 bdrm \$755
2 bdrms \$950



827 Selkirk Ave
1 bdrm \$855

250-381-5084 • rentals@capreit.net
www.capreit.com



Tara Place, 1039 View Street
City and Ocean Views
Downtown Victoria
Spacious suites.

Special price for military



Bach starting from \$711
Close to all major transportation routes.
Close to Victoria core and Bay Centre mall.
Cat friendly community.
250-383-1833
rentals@capreit.net • www.capreit.com

Ask about our limited time **MOVE IN BONUS!**

WATERFRONT LIVING

Visit our rental office: **215 Gorge Road E**

Short leases available.
1 Bedroom from \$813
2 Bedrooms from \$1000
Close to Mayfair Shopping Centre.
Access to Gorge Waterway near Galloping Goose Trail.
Pet friendly community.



www.capreit.com • (250) 381-5084 • rentals@capreit.net

FIND US ONLINE: WWW.LOOKOUTNEWSPAPER.COM

LOOKOUT Classifieds & Real Estate

RATES: MILITARY and DND PERSONNEL: 25 words \$7.84 • ALL OTHERS: 20 words \$8.96 • Each additional word 17¢ • GST Included • DEADLINE FOR CLASSIFIED Advertising: Thursday at 11 a.m.

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

REAL ESTATE • FOR RENT

BROWN BROS SINCE 1918
250-385-8771
\$650/\$695 - 801 Esquimalt Rd.
 Bachelor available Jan. 1
 Manager 250-216-5084

Walk to the Base!
New Condo Units for Rent

- 1 Bedrooms from \$895
- 2 Bedrooms from \$1300
- Includes parking, internet, hot water, on-site gym

OVATION TheOvation.ca
 250-519-1024

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

REAL ESTATE • FOR SALE

FREE Online Home Search!
 - Access to the HOTTEST new listings!
 (bank foreclosures, fix'er uppers, luxury homes, newly renovated)

www.CanadianMilitaryRelocation.com

Cell: (250) 882-3335
 Toll Free: (800) 663-2121
 Web: www.AlexBurns.ca

ALEX BURNS & ASSOCIATES
 Relocation specialist for Esquimalt DND

New Condo

Payments as low as \$646 per month for the first year. If you are commuting in from the Western Communities you can save up to 1 hour commuting time per day. Call to see if you qualify. Call 1-800-550-7607 ext. 207 for more information.

David Hale (250) 812-7277

PEMBERTON HOLMES
 - ESTABLISHED 1987 -

twitter.com/Lookout_news
www.facebook.com/lookout.newspaper

Why Rent?

When you can own and have payments as low as \$810/mo. (for 1st year) for a brand new 1 bedroom condo in View Royal. Some restrictions apply - call David today for details.

David Hale (250) 812-7277

PEMBERTON HOLMES
 - ESTABLISHED 1987 -

Tillicum Area

\$179,900 with monthly payments as low as \$582 per month (for the 1st year). Why rent when you can take advantage of the current buyers market. Call David for more information. Call 1-800-550-7607 ext. 202 for property & financial info.

David Hale (250) 812-7277

PEMBERTON HOLMES
 - ESTABLISHED 1987 -

SELLING SOUTHERN VANCOUVER ISLAND

Being born and raised in the country side of Sooke has given me an appreciation like no realtor. Your realtor for Southern Vancouver Island.

Call me for coffee and a free tour!
 [P] 250-514-4750
 [T] 1-800-665-5303

Nancy Vieira is 6th generation born and raised and loves talking about her home town.

e-mail Nancy.info@nancyvieira.com

FINANCIAL

Geddes & Company

Certified General Accountant

Serving Western Communities
 Conveniently located on Station Avenue. Individual, Corporate, & Estate Taxes. Consulting. Financial Statements. Payroll. Bookkeeping.

103-791 Station Avenue • 250-590-8592
www.geddescga.ca

HOTELS

Amateur Poker Night

ENGLISH INN Presents...

429 Lampson Street Esquimalt
 250.388.4353
www.englishinn.ca

Weekly on Wednesdays
 5:30pm registration
 Everyone Welcome

Sell your home in the Lookout
 Call 363-3014 to advertise

OVARIAN CANCER

WOULD YOU KNOW IF YOU HAD IT?

SYMPTOMS

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

If you feel a combination of these symptoms for longer than 3 weeks, ask your doctor for a Ca125 blood test.

Now that's...

Kool
 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.



acacia
INTEGRATIVE
HEALTH CLINIC

Creating health together, through science and nature.

OUR SERVICES INCLUDE:
 Massage therapy*, Acupuncture*,
 Chiropractic care*, Naturopathic
 medicine, Clinical Counselling, IV therapy,
 Allergy testing and treatment

***Direct billing for DND clients**
 (requires referral from MD)

www.acaciahealth.ca | 250-475-1522 | 101-391 Tyee, Victoria, BC

We support our troops

\$500 Military Discount



KIA
Kia Motors
The power to surprise

GRAHAM KIA
2620 Government Street
250-360-1111
www.grahamkiavictoria.com



Professional Independent Advice

- Investments
- Lending
- Insurance
- Pensions

www.hatchmuir.com




HATCH & MUIR LLP
 CERTIFIED FINANCIAL PLANNERS
 CHARTERED LIFE UNDERWRITERS

250-953-8552
 Nick Woloszczuk
 nick@hatchmuir.com

SERVICE BILINGUE

Need something designed and printed?

Lookout Creative Services can create for you pamphlets, posters, business cards, booklets, trading cards and much more. We'll handle the printing too! If it's creativity coupled with corporate knowledge of DND that you need, we're the graphic design team for you. Call **250-363-3372** for more information.

LOOKOUT

NOW THREE TIMES THE SERVICE.



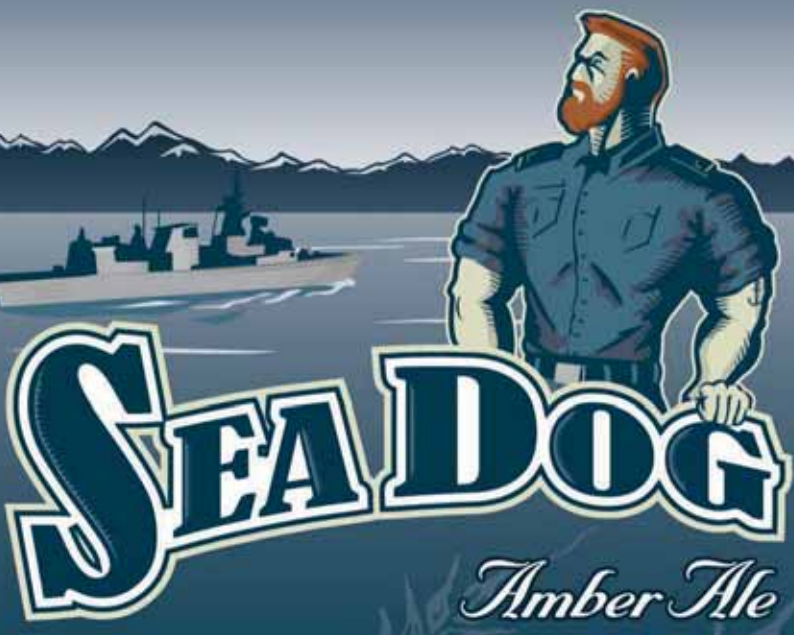
2935 Bridge Street, Victoria • 506 Esquimalt Road • 1746 Island Highway, Colwood

Craftsman's recent expansion gives you three great Victoria-area bodyshops to choose from. 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.

craftsman collision

craftsmancollision.com

VANCOUVER ISLAND BREWERY



SEA DOG
Amber Ale

ON SALE AT FOUR MILE LIQUOR STORE



Four Mile Liquor Store

Now offering
A MILITARY DISCOUNT

Four Mile

Admirals Walk Shopping Centre
 250-479-0726 • Open 7 days/week