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NEWS 2

Comedians bring laughs to the base



NEWS 5

Seaforth Highlanders celebrate 100 years



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Comedy tour brings laughs to troops

Ben Green
 Staff writer

While military business is no laughing matter, there are occasions for a few giggles.

Next week, those military ribs will be tickled when a trio of comedians brave the spotlight at the Pacific Fleet Club on Jan. 22.

Hosting the show, aptly dubbed "What Happens in the Military Stays in the Military", is Montreal-based comic Kwasi Thomas, while Vancouver-based, and *Just for Laughs Comedy Festival* veteran, Paul Myrehaugs heads the show. The real treat for the military and civilian audience will be two of their own, Cpl Wayne Hannah, a firefighter on board *HMCS Winnipeg*, and Lt Dan Powell, a navigator at 443 Maritime Helicopter Squadron, who will warm up the audience.

For three years, Cpl Hannah has been perfecting his stand up at local comedy clubs on the Island and mainland, and when Canadian comic Russell Peters came on board *Winnipeg* to unleash his unique humour in 2009, the military firefighter opened the show.

The Fleet Club perfor-



Cpl Wayne Hannah, DND

The three comedians of the "What Happens in the Military Stays in the Military" comedy tour includes Cpl Wayne Hannah (left), a firefighter on board *HMCS Winnipeg*, and civilians Kwasi Thomas (centre) and Paul Myrehaugs.

mance is the second in a 10 Canadian Forces base tour across the country. The comedians hope to complete the show in Afghanistan.

Their brand of humour is not rated PG 13, but rather a nice accompaniment to a few beers or shots of hard liquor. Cpl Hannah says it's tasteful but the unpredictable nature of the show always leaves room for more off beat laughs.

"The last show we did in Comox, 20 minutes just

happened because of what the room was doing. It's all audience-based and interactive comedy," says Cpl Hannah.

The shows are being filmed by a Vancouver film crew, with the sales of the DVD going to charities that support fallen soldiers and their families. Copies will also be sent over to the troops in Afghanistan.

"You're not going to find a show like this, it's so diverse, the three of us come from

different backgrounds," says Cpl Hannah. "It's for the troops, we just want people to come support it, come out and spend a night with us."

Doors will open at the Pacific Fleet Club at 7 p.m. with the show starting at 8 p.m. Tickets bought in advance are \$10; \$15 if bought at the door.

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Canada

Take the March 1st I QUIT! challenge

Shelley Lipke
Staff writer

The annual March 1st I QUIT tobacco cessation challenge opens for registration on Weedless Wednesday each year. This year the challenge opens for registration on Jan. 19.

Each year tobacco users and those who have recently quit are challenged to stay tobacco free for the month of March.

If successful in this challenge, participants along with their non-smoking supporters will be eligible for prizes.

"The March 1st I QUIT! Challenge offers tobacco users a specific quit date and motivation to quit," said addictions

specialist Deanne Chafe. "This challenge aims to motivate tobacco users to set a quit date and to reinforce users who already stopped using to remain tobacco free. The assumption is that offering incentives, such as cash prizes will help smokers to quit and recent quitters to remain smoke-free."

Using a buddy system, each smoker recruits two non-smokers as supporters. When people sign up they receive a water bottle, wrist band, information on steps to be successful, and a pamphlet they will give to their supporters.

Each year on average approximately 1,000 tobacco users participate from the Defence Team along with 2,000 supporters. "Using a buddy support

system is the most frequently used and appreciated cessation aid, and research indicates that the assistance of supporters consistently predicts successful short-term abstinence," said Chafe.

"This type of campaign has been evaluated in other settings outside the military and has shown on average that 25 per cent of the smokers registered for the challenge remained smoke free for at least 12 months after the end of the challenge. On average each year over half the participants who enrol in the challenge indicate it helped them to set a quit date."

Since the challenge began in 2003, the number of smokers in the Canadian Forces has decreased by seven per cent. A survey conducted in 2008/09 indicated that approximately 18 per cent of CF members smoke daily while another five per cent are occasional smokers.

The challenge is open to military tobacco users and non-users, their immediate family members, DND public, non-public fund and MFRC employees. Smokers who have quit in the past six months prior to March 1 are also eligible to enter.

"Quitting is never easy, and most times it takes six to seven times to be successful. A lot of people are thinking of quitting for a New Year's resolution and if they can win a few prizes then it's even better."

One message Chafe stresses is - don't be discouraged if you start again. "Each time you make an effort to quit it's a good thing and if you fall off the wagon, dust yourself off and try again. Any kind of behaviour change takes a number of times for people to be successful and it's never easy.

We estimate that about 25 per cent will remain smoke free after the year. This is a very good rate," she said.

"We would like to thank SISIP FS and CANEX for their sponsorship of prizes worth \$18,000 each year," adds Chafe.

In addition to the I QUIT Challenge, smoking cessation aids are available free of charge to military members when they are enrolled in the Butt Out Program. More information can be obtained about this program through Health Promotion.

To sign up for the March 1st I QUIT Challenge register between Jan. 19 and Feb 28 online at DIN <http://hr.ottawa-hull.mil.ca/health-sante/iquit-jarrete/> or in person through the Naden Health Promotion office, 250-363-5621.

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People Talk

With another year upon us, fitness centres across the Formation are seeing an annual spike in attendance as base personnel attempt to live up to their New Year's resolutions. Lookout asked:

What is your health and fitness New Year's resolution for 2011?



My health and fitness resolution for 2011 is to get to level 14 on the beep test. I need to reach 14 because I'm trying out for the CISM soccer team this year and that's one of the requirements. I have already started running mock tests once a week and I plan to keep those up as I train for the team. I also developed a training program for myself that includes running over seven kilometres a day.

**A/Slt Simon Chow,
NOTC Venture**



In 2011, my resolution is to improve my overall fitness level in order to do well on the EXPRES test. I spent 27 years in the military before releasing and then I re-enrolled last year. I want to gain back the same level of fitness that I had before releasing. Doing well on the EXPRES test is important and I want to be able to meet the military standard for fitness. Running more is one of the ways I'm planning on meeting that standard. My nine-year-old son has to run five kilometres a week for his martial arts class and running with him is a great way to work on my fitness while spending time with my family.

**P02 Robert Glenn,
CFFSE**



As a social smoker, my healthy resolution for 2011 is to quit smoking altogether. I don't consider myself to be a regular smoker, but I know it's a bad habit to get into and I want to kick it before I start smoking more. I have a pretty good level of fitness and cardio, and it's not worth it to give that up just because of smoking. I want to focus on my cardio so that I can be able to do a good job in the Navy 10k later this year.

**A/Slt Jacqueline Holland,
MARPAQ HQ**



My New Year's resolution is to lay off the junk and fatty foods. Eating healthy is big for me because it's an important part of having a healthy lifestyle. My other fitness resolution is to spend more time being active in sports and at the gym. I don't agree with Canada's new fitness guidelines and I think they should be encouraging more physical activity, not less. I'm going to aim to do what the old guidelines recommended, which is 60 minutes of exercise a day.

**LS Steve Warren,
HMCS Iroquois**



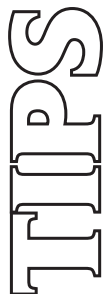
My 2011 health and fitness resolution is to lose a little bit of weight and have better cardio. I want to be able to run longer and using the treadmills at the Naden gym helps me measure my progress and endurance. I would also like to try to swim more. I've never been much of a team sports person, so I like to focus on self-improvement and setting individual goals when it comes to fitness.

**Heather Catt,
PSP Staff**

Correction

In the Jan. 4 edition of the *Lookout*, the "Naval action at the heart of IMAX flick" story incorrectly depicted Cdr Josée Kurtz, former commanding officer of *HMCS Halifax*, as one of four people highlighted in the film.

It should have read: 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.



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ANSWERS ON PAGE 15

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Seaforth Highlanders of Canada receive new Regimental Colours

Capt Chris Poulton
39 CBG Public Affairs Officer

Thousands of Vancouverites came out to celebrate the Seaforth Highlanders of Canada Centennial on Nov. 27, 2010, and catch a glimpse of Steven L. Point, Lieutenant Governor of British Columbia present the Regiment with its new Colours.

The last time the Regiment received Colours was in 1962, when Field Marshal, H.R.H., Prince Philip, The Duke of Edinburgh presented them.

The Seaforth Highlanders were first established Nov. 24, 1910, by a group from Vancouver's Scottish community who sought to raise a local Canadian Highland Regiment associated with The Seaforth Highlanders of the Imperial Service.

"One hundred years ago, the founders of the regiment made a commitment to the community and the nation to honour the values of Canadian society through determined service," said LCol Paul Ursich, Commanding Officer Seaforth Highlanders of Canada, during the parade. "The Seaforths have done their utmost to remain true to that commitment."

Colonel David Fairweather was the Commanding Officer in 1962 when the old Colours were presented. In a special departure from the normal parade format, the Regiment honoured Col Fairweather by having him receive the old Colours from the Colour Sergeants, passing them back to the RSM.

Col Fairweather fought with the Seaforths in Ortona, Italy, and entered Amsterdam when they liberated that city in 1945. A past Honorary Colonel of the Regiment, the 91-year-old Col Fairweather remains an active member of the Regimental Senate, an advisor to the Commanding Officer, and regularly attends regimental functions.

Since the Great Wars, Seaforth Highlanders have volunteered service in every major Canadian Forces operation overseas and at home in Canada. Seaforth Highlanders have deployed on opera-



Cpl Shirley Edel, 39 CBG Public Affairs

Steven L. Point, Lieutenant Governor of B.C., inspects the troops during the Presentation of Colours to The Seaforth Highlanders of Canada. The parade and ceremony was held at the Doug Mitchell Thunderbird Sports Centre in Vancouver.

tions to Lebanon, Korea, Egypt, Cyprus, The Golan Heights, Namibia, Croatia, Bosnia-Herzegovina, and Afghanistan. Highlanders have deployed domestically to fight forest fires in the BC Okanagan and most recently contributed to security forces during the Vancouver 2010 Winter Olympic and Paralympic Games.

The Colours of the Regiment

Regimental Colours symbolize a regiment's esprit de corps, its shared traditions and acts as a focus for its identity. Such Colours are held in very high esteem and are unique to regiments across the country. Each regiment has two different Regimental Colours (hence the plural), which is a tradition Canada has adopted from British practice.

The Queen's Colour represents a regiment's

loyalty to Canada and to Queen Elizabeth II as our Head of State. It is the more senior of the two Colours and will have Canada's National Flag (or Maple Leaf) emblazoned on it, as well as the Royal Cypher (or Monarch's initials).

The Regimental Colour tells the story of its regiment. It is usually decorated with a laurel wreath – since ancient times the laurel wreath symbolized victory – and lists each regiment's official battle honours. In Canada the laurel wreath has been replaced with a wreath of autumnal maple leaves in recognition of our country's heritage.

The battle honours of The Seaforth Highlanders of Canada span both World Wars and include some of the most pivotal military engagements in our nation's history; battles such as Vimy Ridge

and Passchendaele during the First World War. In the Second World War, The Seaforth Highlanders of Canada fought fiercely in Sicily and Italy which they helped to liberate from German occupation. Forty-two battle honours are represented on The Seaforth Highlanders of Canada Regimental Colours (they also decorate the south interior wall of the Seaforth Armoury).

Given their symbolism and significance, Regimental Colours are the special responsibility of the Regiment's Commanding Officer. When the Colours are on parade, they are always given an armed guard and Colours are always saluted by any member of the military as a measure of respect for what they represent. They are only "dipped" in the presence of the Sovereign, Queen Elizabeth II.

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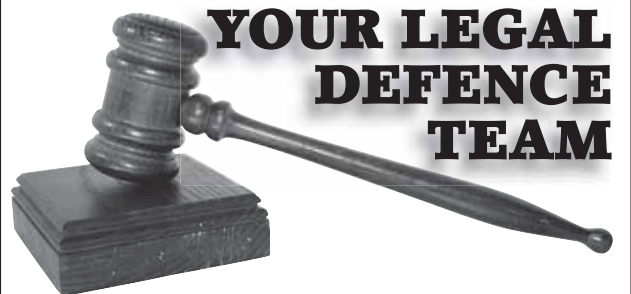
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On track with the Model Railway Club

Ben Green
Staff writer

There's little room to manoeuvre in the basement of the Power Boat Club at Work Point. Filling the space are mini landscapes of towns, forest, mountains and deserts all intricately hand-crafted with a single theme uniting them - that of a train track snaking its way throughout the layout. Moving along the track is a model train with equally stunning realism.

For Harry Stinson, Model Railway Club vice president (and retired Regimental Sergeant Major) trains carry away decades of adulthood and bring him back to the Prairies.

"I grew up on a farm in Saskatchewan and nine miles away I could see the smoke from the train rolling through Somme," he recalls as he delicately nestles his train back into its box.

The base club started 14 years ago with a group of sailors enthusiastic about model trains. Today the club has 26 members, all military and civilian DND employees.

Rail transport is only one part of their fascination; the other is the artistry needed to create the in-depth sceneries. While some buildings and the figurines are bought, the majority are constructed by hand.

I grew up on a farm in Saskatchewan and nine miles away I could see the smoke from the train rolling through Somme.

-Harry Stinson
Club Vice President

"It's imagination," says Stinson. "Some people use pictures to go by [when building displays], but others don't. It's pure imagination."

Their largest layout spreads out over eight feet and took more than a year to build. In a modeller's work shop one can find Styrofoam sheets, plaster of Paris, papier mâché, balsa wood, and sagebrush, ready to be turned into the sub-terrain, trees, rocks, and buildings.

All the painstaking hours are put to good use. A few times a year the club enters competitions across the Island such as the West Shore Town Centre Hobby Show, the Nanaimo Model Railway Show, the Victoria Train Show, Buccaneer Days, and Christmas in the Village.

People can see their miniature



Harry Stinson, Vice President of the Model Railway Club, takes a few of his trains for a spin at the Work Point clubhouse. The Model Railway Club has been chugging along at Work Point 1031 since its creation in 1997.

Ben Green, Lookout

world on Feb. 2 at the MARPAC Expo in the Naden Athletic Centre.

Like most hobbies, being a model train enthusiast has a price tag. Stinson says it can be as expensive as you want it to be.

"You can pick up a basic train set for \$100," he said. "If you want to go buy a fancy brass one from

B.C. Shaver and Hobbies you'll be spending upwards of \$1,000."

The club meets twice a week, Wednesday evenings from 7 to 9 p.m., and Saturday 9 a.m. to 12 p.m. One day is considered a working day where repairs are made to displays and pieces, while the other is a running day where the trains

are opened up on the tracks.

They are looking for new members, so anyone interested in joining the club can contact Stinson at 250-213-1373 or visit their displays at the upcoming MARPAC Expo.

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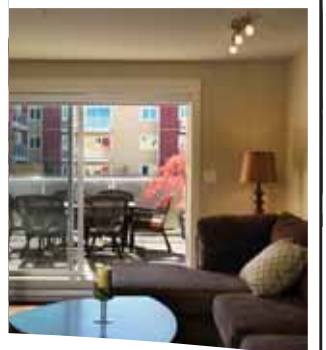


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[2010: Sprints, Relays, and

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- Dave Molinari, PSP Manager

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- ...Launched the *Health Promotion News!* Get your copy of our e-newsletter [full of be-healthy tips] on www.pspesquimalt.ca.
- ...Expanded the Health Promotion Library. Now conveniently housed at Naden Athletic Centre for easier browsing and borrowing!
- ...Received kudos. Our team, through Director, Maryse Neilson, was honoured with the DGPFS CEO Award of Exceptional Merit for our October 2009 Formation Health & Wellness Challenge!

Making the most of **RECREATION**

It was a special year for events, meet-ups, and fun programs that were enjoyed by the military community.

Parents and Tots dropped in, Fun Seekers found playtime in the sun, and youth got into Extreme Adventures at camp, and hundreds more people sailed, danced, and “yogied” their way through the year.

An incredible 500+ children, youth, and adults were entertained and delighted in 2010!



Fitness | Health Promotion | Lookout Newspaper
Recreation | Sponsorship & Donations | Sports

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a Photo Finish



Making the most of **SPONSORSHIP & DONATIONS**

2011 was outstanding for Sponsorship and Donations who set new records for the amount of funding and in-kind contributions from the business community. Through the CNC and regular base activities, morale spread farther than ever!

Did you know we...

...Awarded Jennifer Almeida the Commander of MARPAC Bravo Zulu Certificate of Achievement for her role on the MARPAC CNC.

...Formed exceptional partnerships with the business community - including the launch of Sea Dog Ale with Vancouver Island Brewery, and many local restaurant and hotel packages.

...Established media partnerships that garnered immense coverage of the Navy Centennial.

...Won the 2010 National Defence Managers' Network (NDMN) Award, received by Jennifer Almeida and Heather Watters, for extraordinary vision, creativity, innovation, and effort to promote the MARPAC CNC in 2010.

Making the most of Navy news at **THE LOOKOUT**

Last year's work kept the staff at Lookout fully occupied with creating CNC products, Navy Rocks communication material, the CFB Esquimalt Industrial Trade Show and 51 issues of Lookout - plus over 100 graphic design projects!

Did you know we...

...Won *Best Base Newspaper* in the CCNA Better Newspapers Competition.

...Honoured writer Shelley Lipke with a Base Commander Bravo Zulu for her exceptional writing of base activities.

...Received a letter of commendation from the Chief of the Maritime Staff for our communication efforts in support of the Navy.

Did you know we...

...Honoured over 200 people in the military community at the Volunteer Appreciation awards.

...Served up delicious BBQ fare to the masses at the International Fleet Review Sports Tabloid.

...Grew the Navy 10K and 5K run to a new record—over 500 runners!

...Finagled Santa to join the military community for a swim and skate in December, despite his busy schedule.

2011: Keeping the pace!

Just a few of the great things coming this year from PSP:

- Health Promotion will launch the New Injury Reduction Strategy - and bring you the popular (now national) Wellness Challenge.
- Sponsorship & Donations will push morale even higher through the MARPAC Expo, Navy 10K/5K Road Race, Formation Fun Day, and other special events.
- The Lookout will keep you well-informed, and introduce the new PSP e-newsletter, *Stand Easy*.
- Recreation will get your feet moving (in step) and heart pumping with Zumba, Spynga, Aqua Cardio Blast and Bootcamp classes.
- Sports will continue to provide action-packed opportunities to play and challenge your skills; while Fitness keeps you ready to work - on and off the field.

Making the most of **TEAMWORK**

There is only one way that PSP could support the needs of CFB Esquimalt—as a single, coordinated unit.

As a team, did you know we...

... Led the organization and operation of The Navy Rocks concert.

... Studied and committed to a revised set of organizational values.

...Increased arena services, and found efficient and creative ways to help clients live a healthier, happier life.

Did you know we...

...launched a new home online in 2010? If you haven't visited yet, head to www.pspesquimalt.ca to learn more about us and what's happening now.



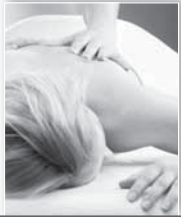


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Ben Green, Lookout

Scott Ormsby (left), rigger sail maker apprentice, and Wayne Downey (right), sail maker, measure the dimensions for an SR2 zodiac cover. With their new seam welder, all the covers are heated together rather than stitched, which makes them 100 per cent waterproof. Sail fitters are responsible for much of the upkeep of the Formation's materials, constantly mending life rafts, wet suits, and life preservers, and are able to hand-make boat/deck covers.



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'Biggest Brother' passes away

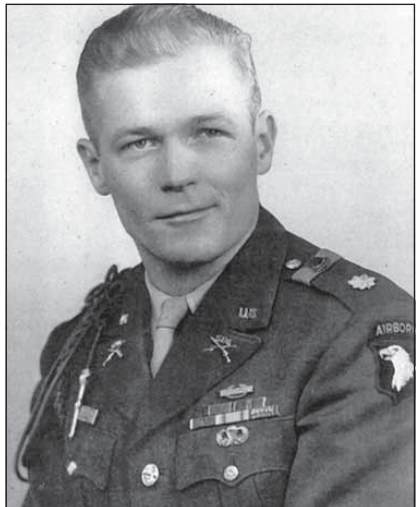
A/SLt Josh Brighton
Contributor

It's not often a soldier comes along who demonstrates such exemplary military leadership that his actions are the basis for a major television series.

Maj Richard Winters was the real life inspiration for HBO's hit television series "Band of Brothers." He died Jan. 2, 2011, in Pennsylvania at the age of 92.

For much of the Second World War, Maj Winters served as the fearless and disciplined Commanding Officer of Easy Company, 101st Airborne Division, United States Army. He developed his soldiers into a formidable fighting force against the tyranny and oppression plaguing Europe.

He began the war as a Second Lieutenant whose competency and leadership would later earn him the Distinguished Service Cross during the Normandy invasion. Among his 15 other medals are the prestigious



Maj Richard Winters in his military days (left) and in 2004 (right).

Purple Cross and Bronze Star.

Ninety per cent of Easy Company was unaccounted for during the early stages of the Normandy invasion after parachuting inland; however, Maj Winters and 13 members of his company were able to destroy four German 105mm artillery cannons firing on Allied positions at Utah Beach.

Improvising in the heat of battle, he established the fire base technique, which involves splitting a section into two parts in order to simultaneously suppress, flank and destroy the enemy. This technique is still used by modern forces when assaulting a fixed enemy position and is taught at many Canadian Forces battle schools.

Maj Winters' war included parachuting onto the blood-soaked

hedgerows of Normandy in history's most ambitious invasion, and suffering through trench foot amid mind numbing casualties in the freezing winter of Bastogne. He endured countless battles in the face of the unrelenting German army.

In spite of heavy losses, he inspired his soldiers to carry on fighting an uphill battle for three years.

The heroic actions by Major Winters and Easy Company serve as examples of how leaders—both in and out of the military—should act. Regardless of element or loyalties, young soldiers, sailors and air men and women can look to these examples as they continue the proud tradition of duty, loyalty, integrity and courage for generations to come.

Maj Winters' war included parachuting onto the blood-soaked hedgerows of Normandy in history's most ambitious invasion.

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FMF finds innovative bearing repair solution



Cpl Charles A. Stephen, MARPAC Imaging
HMCS Protecteur's dive team assesses the extent of the damage to the ship's propeller after a tow rope got wrapped around the propeller during a tow exercise in September. Fleet Maintenance Facility Cape Breton has found an innovative way to repair the propeller.

Shelley Lipke
Staff Writer

Fleet Maintenance Facility (FMF) Cape Breton engineers have created an innovative solution to fix damage in the area of the propeller on *HMCS Protecteur*.

Back in early September, the tanker was en route to Valparaiso, Chile, and engaged in a towing exercise with *HMCS Algonquin* when things went awry.

At the completion of the "TowEx", and before sailors could retrieve the line from the water, the motion of the towering four-metre sea pushed *Protecteur* back onto the tow line badly snarling the eight inch towing hawser around the propeller.

Sailors from both ships worked over two days to free the tangled line and remove a badly damaged

The ship repair team considered dry docking the supply vessel, but it wasn't the most economical solution.

rope guard. While the ship was able to safely carry on with Operation Pacific Amistad, once back home in Esquimalt harbour it needed mending.

"The fouled hawser severely damaged the rope guard shredding the after end of it, it was close to being torn from the ship," said main propulsion technical officer Ken Smith. "To further assess the damage we sent navy divers underwater to record with video cameras, and when we watched this video with the ship's staff we learned that 19 of the 20 studs that held the propeller shaft bearing in place had been sheared off during the incident. This meant it was prudent to conduct repair work before the ship could sail again," said Smith.

Engineers searched for a straightforward, cost effective solution that would restore 100 per cent operational capability within the ship's schedule to rectify the problem.

The missing rope guard would be relatively easy to change in the water, but replacing the studs was a far greater challenge.

"There is more difficulty removing and replacing a prop in the water," explains Smith. "The things like lifting appliances and access that we would take for granted in a dry docking situation are not as readily available for an in-water repair."

The ship repair team considered dry docking the supply vessel, but that would

require removing the ammunition and supplies and contracting the public works drydock and a repair contractor. While not impossible, it was the most involved option, and would be very expensive.

"The repair plan we decided on involves welding retaining brackets onto the stern tube of the bearing housing to retain the bearing. This is a simple, robust, economical alternative to docking the ship, and it can be performed with minimal disruption to the ship's schedule, and performed underwater," said Smith.

The repair should be completed by the end of the week.

"All Sea Enterprises Ltd has been contracted to do the work and will send divers down to weld bearing retaining brackets to the ship's hull, which will retain the bearing and replace the function of the missing studs," he said. "It is estimated that these brackets will actually be stronger than the original studs they are replacing."

In Smith's many years as a main propulsion technical officer for the Canadian Navy he's never encountered this problem with this degree of damage. "Fouling a propeller with such a large hawser does not happen very often, but lost ropes and nets in the ocean do cause problems for ships at sea. It's not an uncommon issue in the commercial world, but it's a relatively uncommon issue for our navy," he said.

In about a year from now during *Protecteur's* next routine scheduled maintenance docking period, the bearing housing will be restored to its original specifications.

In early February, *Protecteur* will sail into Central Pacific waters in support of Canadian frigates *Winnipeg* and *Vancouver* and U.S. Navy ships during interoperability exercises performed over the following months.

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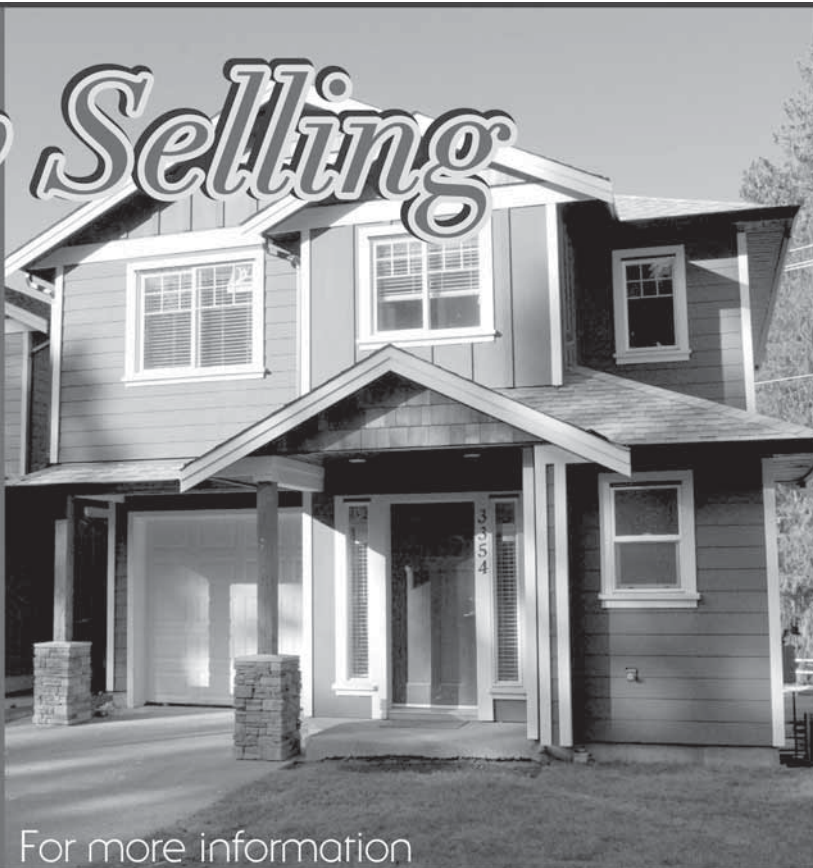
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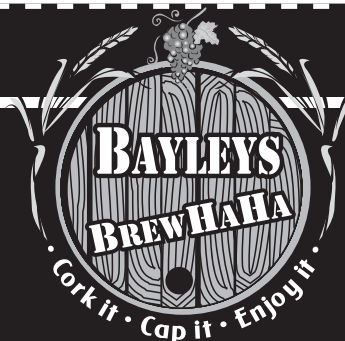
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LCdr Jeff Climenhaga is promoted to commander by Cmdre Peter Ellis and Capt(N) Paul Dempsey.



LCdr Paul Francoeur is promoted to commander by Cmdre Peter Ellis and Cdr Hugh Fitzpatrick.




Left: Col Carl Wohlgemuth receives his CD2 from RAdm Nigel Greenwood, Commander Maritime Forces Pacific/Joint Task Force Pacific.



Right: LCol Pat Quealey receives his CD1 from RAdm Nigel Greenwood.

Photos courtesy of MARPAC Imaging Services

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PUZZLE ON PAGE 4

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The virtuoso of the barbecue

Capt François Boudreau
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At our forward position in southern Afghanistan, where you need a helmet and frag vest to poke your head over the camp wall, our chef had little time to adapt to the

lack of a modern kitchen and its comforts. With only a tarpaulin overhead, he successfully feeds more than 50 people every day from four barbecues: two propane-fired and two burning charcoal.

If that weren't enough of a challenge, he has to work from a pantry that gets stocked only twice a month, and defend his supplies from rats and mice.

Nevertheless, our chef astonishes us with meals of a quality that surpasses by far what many of us can make in our own kitchens. When we sat down to his Christmas dinner, we could close our eyes and, for a few minutes, feel like we were back home.

Look for it soon at a bookstore near you: "Barbecue cuisine in Afghanistan"!

LARGEST HOBBY DISPLAY

at the West Shore Mall Hobby Show
February 4th to 6th during mall hours



For the the 24th year in a row, the Victoria Model Shipbuilding Society will host the largest display in the annual West Shore Mall Hobby Show.

The exhibit, between the credit union and the travel store, will have models on display tables and the club's portable pool. Spectators are invited to talk with any members present and vote for their favourite model.

This is an excellent way for people of all ages to explore the oldest type of replica modelling.

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