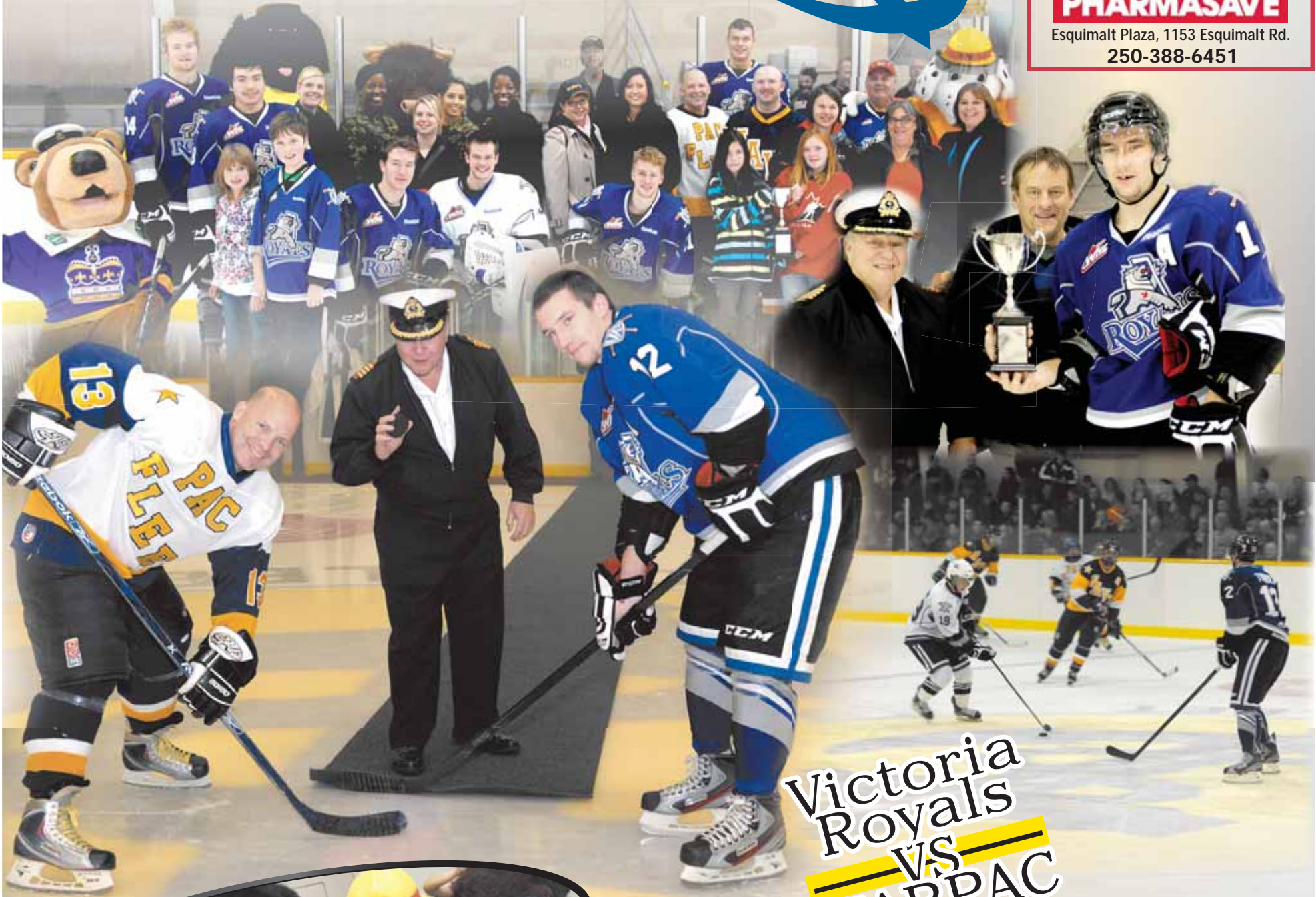


LOOKOUT

MARPAC NEWS CFB Esquimalt, Victoria, B.C. www.lookoutnewspaper.com

Great selection of cards & gifts
 DND 10% off Pharmasave Brand
 Flu shots available
 Just 3 minutes from the Base.
PHARMASAVE
 Esquimalt Plaza, 1153 Esquimalt Rd.
 250-388-6451



Victoria
 Royals
 VS
 MARPAC
 Media

ROYAL RESULTS

Last Tuesday, the Victoria Royals supported CFB Esquimalt in their Government of Canada Workplace Charitable Campaign fund raising activities by hitting the ice for a friendly game of hockey. The teams were a mix of the two organizations and the game proved eventful with a 4-4 end after regulation. After a shoot out, the "blue" team took home this year's trophy.



CFB Esquimalt

DO NOT Pay! **PLUS!** NO MONEY DOWN
 Until March NOT EVEN THE TAXES!
*O.A.C. On the CANEX No Interest Credit Plan
 September 30 to December 31 2011

the local kitchen
 ★ WANTS YOU! ★
 WEDNESDAY MILITARY NIGHT
 Report in at 16:00
 25% off of all food with proof of military id. (excluding specials)
 Burger and a Beer for \$10
 Granville Island Brewery Night Mugs for \$5

Veterans House Cleaning

- VAC health identification cards accepted
- Bonded & Insured

Call today for a FREE ESTIMATE
 www.merrymaids.com 250-598-6243
merry maids
 Relax. It's Done.®

Remembrance Day



Sergeant Craig Fiander, MARPAC Imaging Services

Parade Commander LCdr Mark Cunningham leads veterans, Canadian Forces members, emergency services personnel, cadets, and other community groups from the Esquimalt Legion to Memorial Park in Esquimalt for the 2011 Remembrance Day service. The township hosted the Remembrance Day service at the War Memorial to honour those men and women who served and continue to serve our country during times of war, conflict and peace.



Right: LS Devin Snashall walks the rows of headstones after HMCS Vancouver's Remembrance Day Ceremony at the Souda Bay War Cemetery on the Island of Crete, Greece. Members of Vancouver participated in a ceremony at a Commonwealth War Cemetery during a port visit.

Cpl Brandon O'Connell, MARPAC Imaging Services



Cpl Malcolm Byers, MARPAC Imaging Services

PO2 Amanda Gall, Chief Bosun's Mate aboard HMCS Nanaimo, assists retired Cdr Evan Pettley-Jones, a 92-year-old naval veteran, in laying a wreath. The ship's company of Nanaimo was in Nanaimo for Remembrance Day after spending several days on a maritime security patrol.



Ed Dixon, MARPAC Imaging Services

CPO1 David Bliss, Fleet Chief Petty Officer, looks on as Commodore Ron Ellis, Commander Canadian Fleet Pacific, lays a wreath on behalf of the Canadian Forces at the British Columbia Legislature

SPORTSTER® SPECIAL!
Purchase any In-Stock 2011 Sportster® or In-Stock USED Sportster® and receive a **\$500 IN-STORE CREDIT** towards Parts, Accessories and Clothing

\$7,995 P/T Stk # U04-441297 **2004 HARLEY-DAVIDSON® SPORTSTER® XL1200 CUSTOM**
ONLY 32,115 kms, Hard leather locking saddlebags, quick release w/screen, flame theme chrome.
Sale ends Oct. 31, 2011

SALES, SERVICE, PARTS, ACCESSORIES & MOTORCLOTHES
STEVE DRANE HARLEY-DAVIDSON®
2940 ED NIXON TERRACE • 250-475-1345
WWW.STEVEDRANEHARLEY.COM
FINANCING AVAILABLE ON ALL HD® MODELS

GUTTER PROTECTION SYSTEM

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

PRO-TECH Exterior Products
PRO-TECH Exterior Products Ltd.
875 Viewfield
250-382-5885
"One stop shopping with friendly advice."

How can you support **Habitat for Humanity Victoria?**

10% DND Discount with ID & coupon

- **SHOP** at the ReStore - New and gently used materials for a fraction of retail price
- **DONATE** home improvement, building materials and appliances - Drop off or arrange for a free pickup
- **VOLUNTEER** at the ReStore and the construction sites in our community - contact us for more details.

849 Orono Avenue, Langford **Habitat for Humanity Victoria**
250-386-7867
restore@habitatvictoria.com **ReStore**

Looking Forward - Looking Back

Agreement grants Nanoose First Nation access to DND land

Lt(N) Michael McWhinnie
Base PAO

The crackle and pop of an open fire cast its warmth about the clearing nestled in a forested area along the rocky shore of Nanoose Bay. Greetings and conversation bridged two groups as they came together recently to reaffirm an important accommodation between them.

Led by Chief David Bob, approximately 30 people from the Nanoose First Nation had made the short trip across the inlet 15 kilometres north of Nanaimo. Known locally as *Snaw'Naw'As* (the bay pushing inwards) the Nanoose reserve sits on 54 hectares of property perched halfway up an upland slope overlooking Canadian Forces Maritime Experimental Range (CFMETR).

There to greet them were 15 Department of National Defence representatives led by Capt(N) Craig Baines, Commander of CFB Esquimalt. Accompanied by his wife, three children and other departmental employees who had travelled from Victoria, Capt(N) Baines had come to renew the military's commitment to the Nanoose people in the form of a letter of agreement granting them access to the natural lands within the test range.

The land associated with CFMETR was expropriated in 1951 when the Royal Canadian Navy purchased 580 acres for \$75,000 from the previous owners, Powder Point Ranch. Security concerns common to all defence establishments led to diminished access of the Nanoose people to traditional resources on the property.

As casual conversation was replaced by formal address,

Chief Bob began by emphasizing the importance of the land to his people, pointing out culturally significant geographic features and recounting childhood memories. Any casual observer would be forgiven their confusion as to which group constituted the "guests" and which were the "hosts."

"I remember as a boy, coming here to hunt venison," said Chief Bob. "I would drag my canoe up onto the land and hide it so as not to be discovered by the navy patrols."

CFMETR has been in operation continuously since 1965 and runs a unique three-dimensional sonar underwater tracking facility that is a jointly funded by Canada and the United States Navy.

The continued management of the land as a defence property has precluded both the development and logging that has occurred elsewhere along the peninsula and within the reserve itself. The unintended consequence is that the natural environment within CFMETR boundaries has largely been preserved in its original state.

"Our children will be able to walk the land and experience it as their forefathers did," said Chief Bob. "This agreement means the Nanoose people will no longer be forced to trespass to in order to come to this place."

After greeting those assembled, Capt(N) Baines expressed his support for the accord.

"I am very pleased that we were able to come to arrangement that made sense both for the navy and the Nanoose people."

Capt(N) Baines went on to emphasise his desire to foster a sense of common community with the test range's neighbours.

With advance notice of intended visits, the Nanoose First Nation will be able to access specific wilderness areas along the shoreline and at the southern end of property. Controlled access to CFMETR will be maintained, while hunting and overnight stays remain prohibited.

Through conversation it became clear the Nanoose people place great emphasis on nurturing their Coast Salish cultural identity, including maintaining their language and traditions. Communing with the natural lands at CFMETR will be a valued additional resource available to the 210 Nanoose living nearby. Several of the women expressed an interest in rediscovering the native berries and plants used in traditional diets and medicines that can be found within the territory.



Although the connection is to the past, as Chief Bob emphasized to his group that represented several generations from elders to toddlers, the agreement will most benefit the children and future generations of Nanoose.



Left: Joel Salazar listens to Chief David Bob speak while young son Mateo seems less interested in what the grown-ups have to say.



Below: Travis Bob reconnects with the earth as Chief David Bob (back turned), Capt(N) Craig Baines and guests share a sense of community around an open fire.


twitter.com/Lookout_news

www.facebook.com/lookout.newspaper

Wholesale prices for Canadian Forces members

EASY FINANCE - LOW PAYMENTS
I have all makes vehicles available
4000 to chose from
call or email
Gordon Anderson
23 years service
and highly decorated

1-888-348-4310
gorda@eagleridgegm.com



Colwood Car Mart Ltd.
250-474-MART(6278)
"It's Smart to Shop at the Mart"

2 paystubs and you're approved!  Queen of Credit Debbie England
We finance your future, not your past

All vehicles safety inspected. Free warranty for military personnel.
D31034 D30748
colwoodcarmart.com • 1836 Island Hwy • islandautosource.com

Bali Super Bargain

14 days, 12 nights from \$1299

Air from Victoria available! Call for more details

BONUS!
90 minute massage per person (ages 12 & up)

What's Included:
• Roundtrip air from Vancouver • Accommodation
• Daily breakfast • Tours • Transfers

Prices per person based on double occupancy, taxes additional. Call for dates.

250-953-6640
BaseTravel@Geo.ca 

In the CANEX Building off Admirals Road

matters of OPINION

WHO WE ARE

MANAGING EDITOR

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

STAFF WRITERS

Ben Green 250-363-3130
ben.green@forces.gc.ca

PRODUCTION

Francisco Cumayas 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
raquel.tirado@forces.gc.ca

SALES REPRESENTATIVES

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

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

DISCOUNT INFORMER

LS Melinda Urquhart 250-363-3422

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 lundis, 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'OAF57.5. 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



WHAT SAY YOU

Grandson honours his grandfather

Ron Simpson
Contributor

On November 11th, we Canadians remembered those who fought and died during battles for our country and with our allies.

Those Canadians who gave the ultimate sacrifice for our freedom must always be remembered. Approximately, 45,000 military Canadians died during the Second World War, but many more returned home survivors of the largest military conflict in human history.

The average age of a Canadian veteran who served during the Second World War is 88. Fewer and fewer of these amazing men are with us as time ticks by.

This is the other side of Remembrance. Honouring those who are still with us and entering the final days of their lives.

If you were like me you probably did not know the name Claude Choules until he died earlier this year. He had a great 41-year military career and published his first book at the age of 108. Yet, he only made the headlines when died because he was the last First World War combat veteran in the world.

How much time do we have until Canada's last remaining Second War World veteran makes the headlines with their passing? How important are Canada's remaining survivors to you?

For me, my grandfather Thomas Joseph Simpson is one veteran who needs our remembrance. This is his amazing story of survival:

In the early days of the war in 1939, Thomas Simpson joined the Royal Canadian Navy; however, he was only in for six months as he was released due to complaints by his Aunt to a local Member of Parliament. His Aunt said that since he was the eldest, he was needed at home to help take care of his parents (both mutes) and family.

In 1942, Simpson re-enlisted a second time on his 21st birthday - Nov. 6, 1942. He spent his time training on both coasts as a Radar Operator before being drafted to his first ship, the original HMCS Shawinigan.

While posted to Shawinigan in 1944 he was hospitalized for two months due to an injury he suffered carrying four-inch gun shells. He tripped and fell over a wire landing on his chest. While in the naval hospital in Halifax, Shawinigan was deployed on a mission never to return. Shawinigan was sunk with all hands lost in November 1944. Simpson lost many of his friends and still suffers from survivor guilt to this day.

A year later, Simpson joined HMCS La Hullose. While doing sweeping exercises in the Irish Sea an incident occurred. Three Canadian ships were sweeping for submarines they thought were in the vicinity because, at that time, there were vessels coming out of England that were taking troops into Italy. They got a message there was a German submarine, U-775, that had torpedoed the British sea boat [SS] Empire Geraint. On the emergency call frequency a message from the damaged ship went out.

Canadian Frigates, La Hullose, HMCS Strathadam and HMCS Thetford Mines went looking for this submarine. The three ships took up formation with Strathadam as the command vessel. Now, La Hullose, which Thomas Simpson was on, took the port side position with Thetford Mines on the starboard. It was approximately 10 PM when Simpson was in the radar cabin and they were closed up, prepared for radar sweeping.

As the sweep continued at approximately 3 AM, just off St. George's Channel, the Officer of the Watch acknowledged that Simpson had picked up a radar contact, but it was just a buoy sitting out there at the tip of land's end and Simpson was told to continue his sweep.

Upon a second sweep, the Officer of the Watch was informed, again, the radar showed two pips off the port beam. The Officer of the Watch responded to Simpson that he was seeing gremlins. Simpson told the Captain of the second contact and that the officer ignored it. To which the skipper ordered the ship to be brought around and headed in the direc-

tion of the buoy.

At approximately a hundred yards from the buoy, the skipper ordered two signal lights to pinpoint the buoy. Upon closer inspection a snorkel came into view. A submarine was hiding alongside the buoy in an attempt to avoid being detected as it expelled carbon dioxide from its battery.

At that moment La Hullose fired off star shells to illuminate the night sky, and then descended upon the area of the snorkel. At that point, the submarine captain realized it was being attacked and started to dive. There was a contact between the ship and the sub, which sent the sub to the bottom, where she stayed.

The other two vessels, Strathadam and Thetford Mines, launched a depth charge attack, the attack continued over some time until an oil slick and debris

was observed. Items from the sub came to the surface, boats were launched to recover the debris and, among other things, personal letters and journals from the engine room were found by the crew members of La Hullose. It was later determined it was not the U775, rather the U-Boat 1302.

This U-Boat had sunk three ships in three days.

Thomas Joseph Simpson received the Distinguished Service Medal from Field Marshal, the Right Honourable Harold Alexander, the Earl Alexander of Tunis, for his great actions at sea and in battle.

Thomas Simpson is a veteran. Let us thank him and others like him as we continue to remember those who did not return.

More information is available about Thomas Simpson's story at www.facebook.com/thomasjosephsimpson.d.s.m



EVEDAR'S
BISTRO & ESPRESSO WINE BAR

- ★ PAM GRANT FOOD CRITIC 4.5/5 STARS
- ★ TOP 10 TIMES COLONIST FAVOURITE RESTAURANT 2010
- ★ BETTER BUSINESS TORCH AWARD FINALIST 2011 "ETHICS IN BUSINESS"

2829 Peatt Road
Langford, BC
(250) 391-8636
www.evadarsbistro.ca
Open 7 days a week

MILITARY APPRECIATION

20% OFF FOOD

1245 Wharf St
Foot of Yates & Wharf

250-382-8662

saucevictoria.com

sauce
Restaurant & Lounge

Celiac friendly

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

From the Admiral

Great turnout for Remembrance Day

Given the sacrifices made by the men and women of all Armed Forces and civilians for past and ongoing wars or conflicts, I directed that Remembrance Day be designated a class A function (duty) for all Formation military members. I also directed that all were to attend a Cenotaph of their choice in uniform.

Civilian members of the team were encouraged to attend a cenotaph of their choice.

I am extremely pleased with our contribution to this very important day in that more than 700 service men and

women paraded at 10 events on Vancouver Island, and the attendance at numerous cenotaphs on lower/mid-Vancouver Island were extremely well attended. Furthermore, there were 117 remembrance week speaking engagements that were filled by an overwhelming number of volunteers, which exceeded the number of requests.

Lastly, HMCS Algonquin was in Vancouver and equally engaged in Remembrance Day events on the lower mainland.

Bravo Zulu to the MARPAC defence team.

RAdm Nigel Greenwood

News Nuggets

Cenotaph returning home

The Joint Task Force Afghanistan Cenotaph to Our Fallen in Afghanistan, currently at Kandahar Air Field (KAF), will soon find a permanent home at a yet-to-be-identified location in our Nation's Capital.

The cenotaph was deconstructed Nov. 12 and will be transported to, and stored in, the National Capital Region until an appropriate location is identified.

The cenotaph was erected in 2006 at KAF and has 189 plaques honouring Canadian Forces members, civilians, and U.S. military personnel who were killed while serving under Canadian command.

One plaque has yet to be added for MCpl Byron Greff who was killed at the end of last month.

Mission complete
Operation Jaguar, the

CF mission in Kingston, Jamaica, has finished. Since Aug. 10, three CH-146 Griffon helicopters and 65 CF personnel have been on the island by request from the Government of Jamaica for military aviation and search and rescue (SAR) support.

As of mid-November, Task Force Jamaica supported the operation with 29 SAR missions, casualty and medical evacuation missions assisting 31 Jamaicans, and over 445 hours of SAR training resulting in qualifications for 17 pilots and flight engineers.

All CF personnel are scheduled to be home by end of the month.

Football party
On Nov. 27, the Wardroom will be hosting their Grey Cup party. The bar will open at 3 p.m.

with kickoff at 3:30 p.m. There will be more than \$300 in prizes and gifts. Admission is free, but you must register with Megan Ilott in advance (250-363-2689).

Also on Nov. 27, the Chief and Petty Officers' Mess and the Pacific Fleet Club will commence their Chili Cook Off at noon. Contact Lilli Smith (lilli.smith@forces.gc.ca) to enter the competition and for more details.

Food will be available for \$5 at the Pacific Fleet Club for the football game as well as a number of door prizes for those who stay and watch the game.

Contact MS Gord McKiver (Gordon.mckiver@forces.gc.ca) for any further details about the day's events.

ADVERTISE Online

Reach your target audience in digital format. Call 250-363-3014 for details.

www.lookoutnewspaper.com

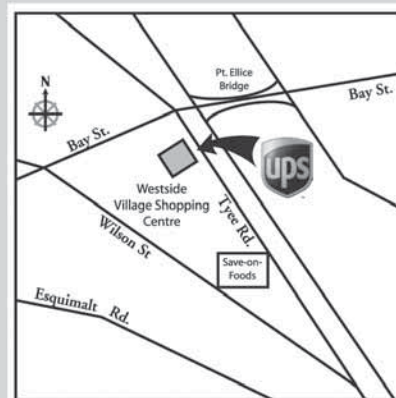
We Are The Pack & Ship Experts!



ATTENTION CANADIAN ARMED FORCES

5% Off Military Discount Shipping Services
Hurry, offer ends November 30th

Valid only at The UPS Store located in Westgate Village.



tous les services sont également disponibles en français

The UPS Store®
Westside Village
110 - 174 Wilson St
Victoria, BC V9A 7N7
T: 250.389.6245
F: 250.380.2232
store242@theupsstore.ca

The UPS Store

Now that's refreshing!



Sharing the lane: beware bikes and cars

Ben Green
Staff Writer

At CFB Esquimalt, hundreds of military and civilian personnel peddle their way to the base from surrounding communities, often having to compete with personal vehicles, base vehicles, construction vehicles, machinery, and city transit that frequent the surrounding roads.

As colder conditions chase even more people to the confines of a warm morning drive, Darren Marr, president of the Greater Victoria Cycling Coalition (GVCC), says following simple rules and practicing a little common courtesy can reduce the number of cyclist-driver accidents during the winter months.

"I would advise that cyclists be conspicuous while riding on the road," he says. "That is, make yourself visible and let drivers know where you are at all times. This means use arm signals when you are turning, changing lanes, or stopping; take the lane if the lane is too narrow; follow all traffic rules such as respecting stop and yield signs; and not ride too close to the curb or sidewalk."

Marr says the use of lights and reflectors at night, as well as wearing a helmet at all times, is not only common sense but required under the law. He says predictability in cycling is a must so motorists aren't trying to guess the actions of someone in their lane.

"I always suggest that if you can't do it in a car, don't do it on a bike," he

says. "To give an example, if you see traffic lining up at an intersection you should line up with traffic, not alongside it; unless there is a bike lane."

While there are many guidelines cyclists can adhere to for a safer ride, Marr says drivers have to be just as vigilant.

"I suggest that drivers keep an eye out for us, particularly when parking along a bike lane," he says. "Before you open your car door, please look in your side view mirror before you open it as a cyclist may be passing by. I would also emphasize looking out for us when making turns; specifically passing us on the left then suddenly making a right turn. Not only is that dangerous, but inconsiderate."

Julie Eustace, from Formation Safety and Environment, says while there are only a handful of reported accidents involving cyclists around the base each year, many more close-calls and collisions go unreported.

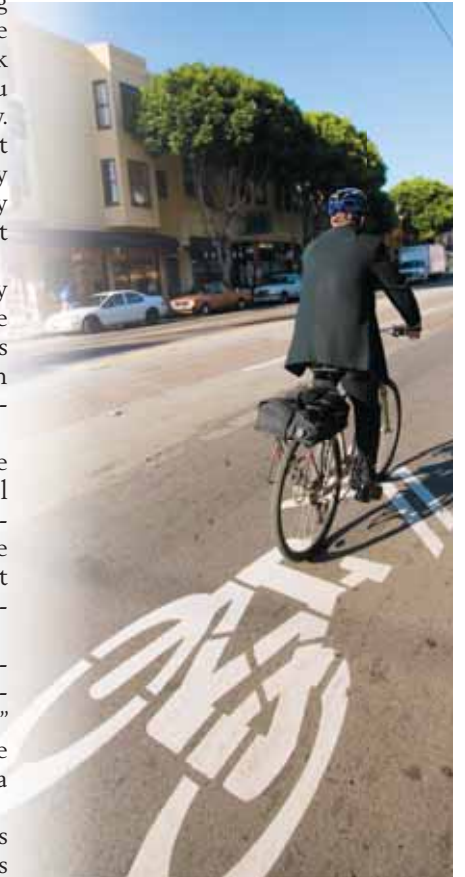
Despite the inevitability of some incidences occurring, keeping a cool head is a must when looking to de-escalate the situation. Marr says in the heat of the moment it can be difficult for saner heads to prevail, but a resolution is often impossible otherwise.

"If the event is a driver/cyclist collision, there are legal procedures to follow similar to a driver-on-driver one," he says. "These are best done when the parties involved are not involved in a heated discussion themselves."

Despite the risks that can sometimes accompany urban cycling, Marr adds

city-wide cycling safety courses such as Bike to Work Victoria are great resources in teaching riders of all experience levels the fundamental rules of the road.

Anyone looking for an in-depth review of cycling safety can visit www.bikesense.bc.ca. For more information on the GVCC visit www.gvcc.bc.ca.



FIND US ONLINE
WWW.LOOKOUTNEWSPAPER.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)
www.BankruptcyBC.com

Richard Robinson Doris Minervini
GOOD PEOPLE TO KNOW IN TIMES OF TROUBLE

10% off any Truck Rate



Budget Call 250-953-5300
Car and Truck Rentals www.budgetvictoria.com

Complete Dental
Dr. Ngan Huynh

General and Cosmetic Dentistry
Friendly staff & relaxed atmosphere
Emergency treatment available
New patients welcome

Mon-Fri 8am-4pm
Veneers by Dr. Huynh 250-384-5052 / 1230 Esquimalt Road

JOSEPH KING, MD



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

FREE CONSULTS & EXAMS FOR LASIK & PRK

250.360.2141
clearlylasik.com

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

THETIS EDGE
CONDOMINIUM RESIDENCES


2BED/2BATH starting from \$284,900
Including Net HST



Just 10 minutes from downtown Victoria
Follow Old Island Highway - Turn onto Six Mile Road - Just past Nursery Hill Drive

www.thetisedge.com

Peter Gaby
Presentation Centre open Weekends 12 - 4pm
or by appointment **250-477-7291**



Eleven uniquely painted military helmets were on display at CFB Halifax during the morning of Nov. 4 in Juno Tower. These helmets were painted into distinctive works of art as part of a province-wide tour named the Art for Heroes Helmet Tour. The helmets were auctioned at the Atlantic Maple Leaf Gala hosted by the True Patriot Love Foundation.

Benjamin J DeLong,
Trident Staff



If speed is king then your old phone is a jester.


The 4G Samsung Galaxy S II™ X gives you blinding speed in more places. Only from TELUS.

- Enjoy 4G download speeds of up to 42 Mbps¹
- Multiple apps run effortlessly with a 1.5 Ghz Dual Core processor
- Brilliant 4.5" touchscreen

Pair it with Promo Voice and Data 70 at \$70/month²

Includes:

- Up to 200 local anytime minutes
- Up to 6 GB of data
- Unlimited NATIONWIDE talk and text messaging with your 10 faves³
- Unlimited text, picture & video messaging⁴

 **NEW**
4G Samsung Galaxy S II™ X
\$99.99 | \$599.99
3 year term on any \$50 plan | No term

Tom Harris
Cellular • TV • Internet
www.tomharris.com

Millstream Village
2401 Millstream Road • Langford
250.391.9131


authorized dealer®

Offers available until December 31, 2011 unless otherwise indicated. Prices are subject to change without notice. Pricing and availability may vary. 1. Expected average is 7-14 Mbps. Manufacturer's rated peak download speed. Compatible device required. Actual speed may vary by device being used, topography and environmental conditions, network congestion, signal strength, and other factors. 2. Taxes, long distance, additional airtime, roaming and pay-per-use charges are extra per member. Plus applicable provincial or municipal government 911 fees in Nova Scotia (43¢), PEI (50¢), New Brunswick (53¢), Quebec (40¢) and Saskatchewan (62¢). 3. Your ten numbers must be Canadian domestic numbers and must not include your own TELUS mobile phone number, your voice mail retrieval number, toll-free or 900 numbers. Nationwide talk refers to local and Canadian long distance calls made to or received from your mobile phone and are subject to additional roaming and/or international charges. You may change the ten numbers once per billing cycle by visiting telusmobility.com. 4. Premium messages are not included. An additional 20¢/message charge will apply for each text message or attachment sent outside of Canada and the U.S. Text messages sent or received while roaming internationally will be charged at 60¢/message. Visit telusmobility.com/text for details. Clients with phones unable to display pictures or video will receive a text message that includes a web address for viewing. Multimedia messaging used while outside of Canada is charged as data roaming. TELUS, the TELUS logo, and telusmobility.com are trademarks of TELUS Corporation, used under license. Android and the Android logo as well as Android Market and the Android Market logo are trademarks of Google, Inc. All other trademarks are the property of their respective owners. © 2011 TELUS.



Get the latest West Coast Naval News delivered to your door.

Call to subscribe: 250-363-3014 or visit lookoutnewspaper.com

CFB ESQUIMALT
LOOKOUT
NEWSPAPER & CREATIVE SERVICES

Note: Subscription cost covers postage.

Lawyers with a Canadian Forces Perspective



Mel Hunt,
LCOL (Ret'd)
Practicing Military Law for over 30 Years



Dan Murphy
RADM (Ret'd)
Extensive experience with Canadian Forces personnel issues

Military Grievances • Veterans Pensions • Personal Injury Summary Trials • Courts Martial • Appeals • Criminal Law

Call 250.478.1731



Leigh Gagnon
Practicing Family and Real Estate Law for military members for 20 years.
Call 250.381.2151

DINNING HUNTER
LAMBERT & JACKSON
BARRISTERS AND SOLICITORS

info@DinningHunter.com

www.DinningHunter.com

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

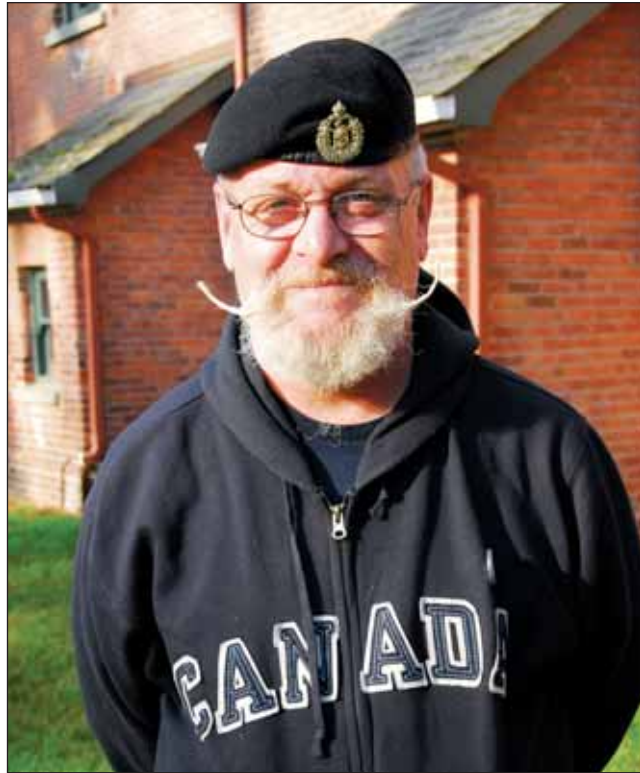
Year round heated outdoor pool & hot tub included with all stays

OLD HOUSE
VILLAGE HOTEL & SPA

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



Serving du

Ben Green
Staff Writer

It was in Cyprus, 1980.

Cpl (ret'd) Chris Barr, part of the United Nations Peacekeeping Force, was deployed to investigate an explosion in a farmer's field.

When he arrived the tractor was in pieces; its occupant alive, but not fairsing much better.

Despite residents in the region being cautioned that much of their land was mined, some chose not to heed the warnings. The often subdued conflict zone on the tiny Mediterranean island had just become very real for the young soldier.

"Your training takes over," says Cpl (ret'd) Barr, now retired and working in the graving dock across the harbour. "You think about it later, but at the time you trust your training."

Accompanied by his captain and an Australian Vietnam War vet who was policing the area, Cpl (ret'd) Barr was ordered to venture into the field to retrieve the casualty. Seconds before wandering out, he received some potentially lifesaving advice.

"[The Australian said] just walk up the tracks of the vehicle, don't stray either side," he recalls.

It's been 33 years since that mine went off, but the stench of burned flesh still lingers in his consciousness.

"We went up there and brought him [the

farmer] back to safety. To this day I can't stand the smell of barbeque."

Back in 1978, Cpl (ret'd) Barr was deployed to the island for six months with 1 Princess Patricia's Canadian Light Infantry, the Canadian contingent of U.N. forces in the country. Stationed at Camp Maple Leaf inside the U.N. Protected Zone, which was situated around the airport on the outskirts of the capital Nicosia, it was their job to man observation posts at certain checkpoints within their allotted district.

"[Camp Maple Leaf] was an old Finnish camp, full of stone buildings, not a heck of a lot of grass," says Cpl (ret'd) Barr. "It was predominantly dry, dusty, and hot."

The conflict in Cyprus had been waging long before he arrived. With Greece and Turkey both claiming ownership, the U.N. had been manning the island with peacekeepers for years. A "green line" basically split the island in two and was patrolled by international forces at all times.

However, besides the occasional mine detonating or an isolated skirmish breaking out, Cpl (ret'd) Barr says his first foreign tour was fairly calm.

"It was boredom, heat, and flies," he says smiling. "It was like 96 per cent boredom, four per cent excitement."

After his tour ended, Cpl (ret'd) Barr returned to Canada and re-mustered to Lord Strathcona's Horse (Royal Canadians) as a crewman. Coincidentally, a year after

WESTSHORE U-LOCK MINI STORAGE

DISCOUNT PROGRAM
PROGRAMME DE RABAIS

✓ Residential and Commercial storage ✓ Award winning, modern facility
✓ Individually alarmed lockers ✓ Easy monthly rentals
✓ Heated lockers ✓ Easy access

selfstorage.ca 1621 Island Highway, 250-478-8767



ring peacetime

leaving Cyprus he found himself right back on the island for his second deployment. Having already served in the region, he was given the task of liaising humanitarian assistance between either sides of the "green line". This promotion in duties made his stay slightly more comfortable than his first time around.

"The second tour we stayed at the Ledra Palace hotel," he recalls. "Because it was on the 'green line' tourists couldn't use it, so the U.N. requisitioned it as a barracks. It had a maid service and some really nice bars."

During his time in Cyprus, Cpl (ret'd) Barr says the concern about being attacked by animals was often greater than dealing with the conflict at hand. The fighting had displaced pets, which over the years had returned to a wild state. They were often sick or infected and a bite could lead to serious medical issues if treatment was unavailable.

"The thing I hated the worst was the wild cats and feral dogs," he says. "Pets aren't people, they'll turn wild."

In August 1980, about five months after his second Cyprus tour, Cpl (ret'd) Barr was posted to Germany and re-badged to the Royal Canadian Dragoons as part of 4 Canadian Mechanized Brigade Group.

"My best time was in Germany," he says. "You got paid well, you were right in Europe; you really got to practice your trade."

Living in a small town off-base called Seelbach, Cpl (ret'd) Barr joined military personnel from Britain, Germany, the U.S., the Netherlands, and France in weeks of massive cooperative exercises roaring over the Bavarian countryside.

"In my day, Germany was the posting that every soldier I knew strived for," he says. "You got to work with foreign troops, see all sorts of interesting places, and enjoy great food and grand beer."

Back home on the Alberta plains (he was previously

posted to CFB Calgary), Cpl (ret'd) Barr says they never exercised in anything over a brigade. In Europe, a brigade was tiny.

"In Germany you exercised in brigades, divisions, army groups; it was the big time," he adds.

After four years overseas, he once again returned to Canada and was posted to the Combat Training Centre at CFB Gagetown in 1984. Shortly after his posting, an opportunity to join the reconnaissance troop for the Royal Canadian Dragoons at CFB Petawawa presented itself. Seeing as he was already jump qualified from the basic parachute course he took almost a decade earlier, he agreed to the transition and began serving with the 2nd Special Service Force (which combined the Canadian Airborne Regiment with 2 Brigade).

"It was something I had been waiting for [jumping], but before then it wasn't advertised much," he says.

In total, Cpl (ret'd) Barr says he made about 45 jumps as a Dragoon. Unfortunately, an injury during the final jump of his career put a stop to hurling himself from planes.

"I got it out of my system," he says with a laugh.

The injury forced him to return to the Combat Training Centre for the rest of his career, eventually retiring at CFB Chilliwack in 1997.

Having spent over two decades proudly wearing the fatigues in the Canadian Forces, Cpl (ret'd) Barr says it was deployments during the Cold War era that our country became synonymous with peacekeeping. For the thousands of men and women that completed these tours without the use of force, he says their recognition should be no different from any other veteran.

"Everybody who served in the Forces deserves to be remembered and honoured, not just the ones who saw combat."

JUMP START YOUR CAREER WITH LOOKOUT CLASSIFIEDS

CALL 363-3014

Floyds 250-893-1002
Barber Shop
 Military Haircuts \$13.50

Open 7 days a week, until 6pm
 www.floydshairstyling.com
 829 Admirals Road Unit D

Triumph
 "Thank a Hero"
 \$350 to \$750 off best price!

SAVAGE CYCLES
 in Langford across from Steve Drane
 250-475-8885 • www.savagecycles.ca

SELECT MORTGAGE CORP
 BEST 5 Year Fixed – 3.19%
 BEST Variable Rate – 2.60%
 I'll Pay your Lawyer's Fees!! Available 9am to 9pm
 REFINANCES TO 90%
 PURCHASES TO 100%
 Best Rates/Best Service • *Some Conditions Apply/OAC
 www.mortgagesbylori.com • lori.lenaghan@vericoselect.com

VERICO
 Each VERICO broker is an independent owner operator

Lori Lenaghan
 MORTGAGE CONSULTANT
 250-888-8036

Thank you to our men and women who serve.

\$99* Rate is for single and double occupancy and valid from October 1, 2011 until April 30, 2012. Please ask for the Government-Military rate when calling in.

park inn & suites
 VANCOUVER BROADWAY
 898 West Broadway, BC
 800-670-7275 or (604) 872-8661
 www.parkinn.com/vancouverca

Canada Select
 *Room availability limited and subject to change. Advanced reservations required.

Skate with Santa!

Santa will be in attendance!

Fun games and snacks will be provided for children.

Dec. 11, 2011 • 1400-1600 • Wurltele Arena
 Free for military, DND and NPF employees and their families. *All children must wear a helmet.

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**

Base Taxi Service

for Naden, Dockyard & Work Point
Operates 7:30am to 3pm Monday to Friday.
For military-related appointments/meetings on base.
Try to use Base Rounders before calling the Base Taxi to reduce wait times.





Bring home a
HONDA



2012 Civic Sedan LX
\$18,885
LEASE FOR **\$169⁺ | 1.99%⁺** APR
PER MONTH FOR 48 MONTHS
\$2,660 DOWNPAYMENT OAC. INCLUDES FREIGHT & PDI.



2011 CR-V LX 2WD
\$27,880
LEASE FOR **\$298⁺ | 1.99%⁺** APR
PER MONTH FOR 48 MONTHS
\$2,553 DOWNPAYMENT OAC. INCLUDES FREIGHT & PDI.



\$3,500
CASH PURCHASE INCENTIVE
ON SELECT OTHER 2011 CR-V MODELS*

BRITISH COLUMBIA Honda DEALERS
www.BCHonda.com

506 Finlayson Street
250-388-6921

ALL ROADS LEAD TO Campus
www.CampusHonda.com



*MSRP is \$18,885 including freight and PDI of \$1,395. For all offers, license, insurance, applicable taxes and registration are extra. Dealer trade-in may be required. Limited time offer based on new 2012 Civic Sedan LX 5MT/2011 CR-V LX 2WD model. LEASE FOR \$169/1.99% APR. Down payment of \$2,660. In-lease monthly payment, environmental fees and 10% security deposit. Total lease obligation is \$10,717.51. \$8,867.72. Tax, title, license, and PDI are extra. Dealer trade-in may be required. Offer valid only for British Columbia residents at participating Honda dealers. Offers subject to change or cancellation without notice. Terms and conditions apply. Visit www.honda.com or see your Honda retailer for full details.

EAST COAST NEWS: PROUD COXSWAIN



Photo by A/SLt Blake Patterson

CPO2 Perry Colley accepted the Coxswain's Cutlass from Scotian's Commanding Officer LCdr Derek E. Vallis, on Sept. 28, 2011, at a change of coxswain ceremony. The cutlass, like the Commanding Officer's Sword, is a symbol of his authority as the senior non-commissioned member of the Scotian ship's company.

First African-Nova Scotian takes helm

A/SLt Blake Patterson
HMCS Scotian

In September, HMCS Scotian officially welcomed its first coxswain of African descent.

CPO2 Perry Colley became the first African-Nova Scotian to be named Coxswain of the Naval Reserve Division in Halifax. A ceremony marking the event was held Sept. 28, at Scotian, located on the Halifax waterfront.

"CPO2 Colley is a very accomplished sailor who has a solid reputation in the fleet," said LCdr Derek Vallis, Commanding Officer of Scotian. "He was cho-

sen not only because of his achievements in the navy, but his dedication to sailors, connection with community and example as an excellent role model."

LCdr Vallis explained the coxswain of a ship, historically, is in charge of the captain's personal boat. The coxswain motivates the crew while they row the boat, and the crew looks to the coxswain for support and determination.

"The coxswain must be strong enough to steer the shell, shrewd enough to detect the faults in the crew's performance and aggressive enough to correct them when necessary," said LCdr Vallis. "The coxswain must also show understanding and compassion, but know when and why the hammer must be brought down to enforce navy discipline."

As Coxswain of Scotian, CPO2 Colley is the ship's senior non-commissioned member and part of the command team. He provides the commanding officer with authoritative advice on matters such as conditions of service, morale, discipline, administration and ceremonial procedures.

"I am very proud to announce that CPO2 Colley is the first African-Nova Scotian to be appointed as Coxswain of Scotian," said LCdr Vallis. "This is a very significant event for Scotian, the Naval Reserve and the Royal Canadian Navy."

The appointment is also significant for the African-Nova Scotian community. CPO2 Colley has received a steady stream of congratulatory emails and phone calls since the appointment was

announced in July.

"As a community we celebrate milestones achieved by people of African descent – be it in politics, business, or in my case, the military," said CPO2 Colley. "It's becoming more important as we in the community try to teach more about our history in the military."

Despite a natural tendency toward modesty, CPO2 Colley recognizes the importance of letting people know about his achievement and the many successes and firsts of the African Nova Scotian community. He said role models are key to helping build and motivate communities.




"When we have someone from the African-Nova Scotian community who achieves something like this, it's very important that we get the word out," he said. "It's important for everybody to understand there are possibilities and goals that can be reached."

CPO2 Colley is from East Preston and currently lives in Enfield, N.S. For the past 34 years, with the exception of times when he was deployed at sea, he has served Scotian in a variety of roles, including divisional petty officer, trainer, subject matter expert and regulating petty officer.

"Scotian has afforded me the opportunity to see many parts of the world I would likely not have seen on my own," said CPO2 Colley in his address to the Scotian Ship's Company. "As I was supported in my career with Scotian, I will assist in providing you the opportunities to develop as a member of Scotian and the Naval Reserve."


Redefining Rush Hour... Walk to Work!

- New Units from Only \$235,900 Including net HST
- Minutes from Downtown Victoria
- Storage Locker & Bike Storage
- On-site Gym
- 4th Floor Suites Feature Ocean and Mountain Views with Large Private Decks

**Presentation Centre Open Thursday to Sunday
11am to 4pm (After Hours Showings Available by Appointment)**

1315 Esquimalt Rd. Esquimalt, BC
250.590.2710 TheOvation.ca donna@TheOvation.ca



OVATION

Naden receives major fibre optics upgrade

Ben Green
Staff Writer

For the past month, a team of uniquely skilled trades people have been working feverishly below the streets of Naden updating hundreds of fibre optic cables that connect the base via underground access points.

The crew of five linemen, (MCpl Yates, Cpl Rivard, Cpl Keegan, Cpl Parker and Sgt Bailey), from 1 Line Squadron of the Canadian Forces Joint Signals Regiment, provide first, second and third level cable and antenna design, construction, and maintenance to CF operations, domestically and abroad.

"We were installing, fusion splicing, terminating, and testing single-mode and multimode fibre optic cables that we installed on the telephone poles and in telecomm manhole systems at Naden as part of the base's fiberization upgrade," explains Sgt Ken Bailey, Project Foreman for 1 Line Squadron. "When completed, we will have installed approximately 5.5 kilometres of single-mode fibre and 2.2 kilometres of multimode fibre."

A recent mandate from the Department of National Defence has stated all buildings under their authority be upgraded to both single-mode and multimode fibre. Many of the buildings within CFB Esquimalt, especially Naden, don't have any fibre lines and are using old copper lines from decades ago. The copper lines are an analogue system, which means the transition to digital fibre lines allows the base much more flexibility with newer technologies it wants to install.

But even between the two sets of fibre cables there's a discrepancy.

"The ultimate goal is to get rid of the copper cables and eventually the multimode fibre," says Karen Poynter, Director Information Management Technologies, Products, and Services at Base Construction Engineering. "Single-mode is the wave of the future."

Single-mode fibre is capable of hosting the base's most important systems such as DWAN and VoIP, while multimode fibre hosts systems such as building alarms and other slower applications. Poynter says around Victoria, large communication companies such as Shaw and Telus are continuously updating to

single-mode fibre to meet the needs of larger and faster technologies.

When Ottawa mandates a fibre upgrade to a military installation in B.C., Poynter works collectively with Base Information Services and other BCE personnel to create a directive and design for the linemen to follow. When the line crew is deployed, they liaise with Poynter to receive their instructions.

During Naden's six week upgrade, the crew was required to access seven full-sized telecomm manholes, six smaller pull pits, and scale 19 telephone poles to install fibre cable. The intricacy of the work explains why the trades people are highly sought after for deployments around the globe.

"First we install fibre optics, and then fuse the individual fibres together using a fibre optical splicer," says Sgt Bailey. "The ends of the fibres are terminated in 23 buildings located across Naden. Once splicing and terminating is complete, we test each fibre strand, there are several hundred, using specialized equipment to ensure it meets our strict standards. When all fibres are tested and passed inspection, the fusion splices will

be sealed inside pressurized splice closure positioned at key locations around the base."

Despite the base being more of a construction zone than a conflict zone, Sgt Bailey says at times Naden proved to be a challenging work environment. With many of the manhole locations situated in the middle of roadways, the crew had to consistently test the air quality as vehicle exhaust fumes could build up in the confined spaces.

"Due to the high volume of traffic our work sites had to be very well marked at all times to ensure the safety of ourselves and the public," he says. "Base Operations did a great job of getting the word out of our presence on the base. The cooperation of the base made our work much easier."

Next on the agenda for fibre upgrade will be Rocky Point, as Dockyard's upgrade has been postponed due to the construction of its new utility corridor. The entirety of CFB Esquimalt and its outlying sites should have complete fibre capability within the next 5 to 10 years.



**WE'RE
BUILDING
DND
CUSTOMERS
FOR LIFE!**

Victoria Hyundai is proud to service all employees of the DND, civilian and retired veterans. Our retired DND staff recognize your needs and will help you find the perfect vehicle regardless of your past/current credit.



HYUNDAI

**2012
TUCSON FWD**

Hyundai's stylish, versatile crossover utility vehicle.

OWN IT
\$122
bi-weekly
payment + tax

AND
\$0
down
payment



City 10.1L/100km
Hwy 7.4L/100km

STOCK # 12TU-1282



Sales Manager Macon Doublet

As a retired Strathcona, Sales Manager Macon Doublet is your DND liaison. Macon has all your in-store DND incentives and will ensure that your needs are met.

250.995.2984
VictoriaHyundai.com

525 Gorge Rd East • Victoria, BC

**VICTORIA
HYUNDAI**

**BUILD YOUR BUSINESS WITH LOOKOUT CLASSIFIEDS
CALL 363-3014 TO ADVERTISE**



Vacuum Sealed For
Members Deployed Overseas
We Ship Anywhere
In Canada

The International Community for the Relief of Starvation and Suffering is supported by Canadian Veterans

*You too can help to make a difference!
Send a small cheque to:*

**ICROSS CANADA, P.O. BOX 3
SAANICHTON, BC, V8M 2C3, CANADA**

Check our sites at www.icross.ca
or <http://icross-canada.com>

A FULL SERVICE AUTO REPAIR FACILITY

**TRACKSIDE
AUTO SERVICE LTD.**

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

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

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

784 Fairview Rd. • 250-383-5509 • tracksideautoservice.ca



Capt(N) Dermot Mulholland, J3 COS Operations, presents the Bar to the General Campaign Star - SWA to Capt Slade Lerch during an honours and awards ceremony held at Maritime Forces Pacific Headquarters.



Capt(N) Dermot Mulholland presents the 1st Clasp (Bar) for the Canadian Forces Decoration to PO1 Patrick Parnell.



Capt(N) Mulholland presents the 1st Clasp (Bar) for the Canadian Forces Decoration to MS Patrick Fisher.
Photos by Sergeant Craig Fiander, MARPAC Imaging Services

FIND WHAT YOU LOVE

AT BC'S LARGEST SHOPPING DESTINATION

Shop at over 400 Stores

Hop on Pacific Coach Lines for a special one-day trip to Metropolis at Metrotown, where you'll find the biggest, brightest and best selection of shops in BC.

One Day Trip - \$40
Day trips available on:
Saturday, December 3
Saturday, December 10

Includes round trip bus and ferry transportation and shopping package with a Metropolis at Metrotown discount card.

metropolisatmetrotown.com

For reservations, call **Pacific Coach Lines**
Toll Free: **1 800 661 1725**



Base recognized with award

Mike Hillian
Contributor

CFB Esquimalt has won the national award for comprehensive planning from The Real Property Institute of Canada (RPIC). Jon Burbee of Base Construction Engineering (BCE) accepted the award last week at the 24th Annual Real Property National Workshop in Ottawa.

The Real Property Awards recognize groups or individuals who have made a major contribution to the federal real property community. The Base beat out 18 contenders, the most of any category, to win the award, which was selected by senior (Assistant Deputy Minister) officials. They won it for their implementation of the Capital Planning Management Solution (CPMS), and through the efforts led by Marcel Gingras.

CFB Esquimalt started using the CPMS in 2009 when they partnered with VFA Canada Corporation to complete a five-year rolling assessment of all of the buildings in the Base's portfolio. Headquartered in Burnaby, British Columbia, VFA Canada Corporation is a leading provider of solutions for facilities capital planning, and recently helped CFB Halifax with a similar project.

"We went to VFA because Halifax had been using it for eight years before then and it had been working well with them," said Jon Burbee, Manager of Real Estate Services. "They'd

worked out some of the bugs already about working with our computer systems and knowing our vocabulary, and knowing how we classify things."

The main objective of the partnership was to address challenges posed by building age and condition, seismic concerns, operational requirements, and heritage building preservation. The VFA plan combines facility assessment services, web-based software and business consulting services to manage every stage of a building's lifecycle.

The Base beat out 18 contenders, the most of any category, to win the award which was selected by senior (Assistant Deputy Minister) officials.

-Jon Burbee
Manager, Real Estate Services

"It provides you with a means of systematically evaluating every building and giving you a numerical score about what kind of shape it's in, and based on its score it allows you to do some lifecycle management," said Burbee, who was working directly with BCE when the process began. "On vehicles or ships or communications equipment there's a very carefully managed lifecycle. We don't

do that for buildings, but [the CPMS] has helped us implement a more systematic process where someone goes in and evaluates a building the same way."

Although VFA's Capital Planning Management Solution provided the framework for winning the award, Burbee credits the hard work of Base engineers for adding value to an existing tool. So far the solution has brought about many financial and logistical benefits.

"Not only are we making better use of our limited investment money, but it's actually brought leadership to a position where they can make decisions to have replacement infrastructure like you're seeing all around here right now," said Burbee. "You can objectively demonstrate that it's costing you more to maintain this old facility and that it's a better investment to replace it."

Past winners of this award include Parks Canada for their Heritage Lighthouse Protection Act and the Canadian Food Inspection Agency for their Real Property Management Framework. As manager of CFB Esquimalt's real property services, Burbee does not underestimate the honour of an award like this.

"In that community, [the Real Property Institute of Canada] is the principal organization in Canada that looks at this stuff," said Burbee. "To have the Base recognized as the best of that community is pretty noteworthy. It's in the big deal department."



Fallen Canadians

Here we honour those who have given their lives serving Canada and helping the people of Afghanistan.
www.forces.gc.ca/site/news-nouvelles/fallen-disparus/index-eng.asp

RENTAL APARTMENTS IN VICTORIA MILITARY DISCOUNT AVAILABLE



* PET FRIENDLY *
CALL FOR DETAILS

MAYFAIR MANOR APARTMENTS 827 Selkirk Avenue Esquimalt, BC

This low-rise building is surrounded by plenty of greenery and just steps to The Gorge. Located in a nicely developed, beautiful residential neighbourhood close to shopping, restaurants, and schools Mayfair Manor is a great place to call home.



SENTINEL APARTMENTS 625 Constance Avenue Esquimalt, BC

This modern and well-maintained mid-rise building provides easy access to surrounding amenities and overlooks the Esquimalt harbour. Close to restaurants, shopping, schools and public transit. The four-storey building is also wheel-chair accessible.



rentals@capreit.net
capreit.mobi
twitter.com/capreit
facebook.com/capreit



With over 30,000 apartments and townhomes across Canada to choose from, there is something for everyone.



250-298-5073 • rentals@capreit.net

capreit.com



Laurence Johnson CD
Lawyer

Michael Lomax CD
Lawyer/Mediator

- Family Law
- Mediation
- Wills & Estates



250-385-5523

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

JUMP START YOUR CAREER WITH LOOKOUT CLASSIFIEDS
CALL 363-3014

Now that's...



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

LOOKOUT Classifieds & Real Estate

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

Call 363-3014 to book your display or word ad

ANNOUNCEMENTS

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

TREAT YOURSELF TO A VISIT FROM WELCOME WAGON! IT'S FREE. We are a community service whose aim is to bring you greetings, gifts, and information regarding the area you live in. Call Welcome Wagon 1-866-518-7287 and arrange a short visit. I look forward to bringing you my basket of goodies!

3005 11 Svc Bn ARMY CADETS has a great, fun, safe, purposeful program. There is no cost and youth M/F 12-18 years of age are eligible to join. Weekend and Summer Camps, Band, First Aid, and Markmanship are all offered. Thursday 6:30 - 9:00 pm, 724 Vanalman Ave Victoria. Call 250-363-3194 or email 3005army@cadets.net.

CAREGIVING FOR SOMEONE with dementia? The Alzheimer Society of B.C. has support groups for caregivers. Contact the Alzheimer Resource Centre at 250-382-2052 for info and to register.

EXPERIENCING THE EARLY SYMPTOMS of dementia? Would you like information and support? Contact the Alzheimer Resource Centre at 250-382-2052 about education, support groups, and information.

VOLUNTEER

RECREATION INTERGRATION VICTORIA is looking for volunteers of all ages to assist individuals with disabilities to get out and be active! Time commitments are as little as 1 hour a week. No experience necessary as orientation, disability specific information and support is provided when matched. Planning on running in one of the Good Life Fitness Victoria Marathon events? Join the RIV "Equalizers" to help fundraise for our Inclusion Service for Children & Youth and our Volunteer Services! For more info or to volunteer please call the Leisure Assistance Coordinator at 250-477-6314 or volunteers@rivotonline.org

Bring ATTENTION to your business
Lookout Classifieds
363-3014

APPLIANCES

WESTCOAST APPLIANCE CENTRE LTD.
LARGEST SELECTION GREAT PRICES

- Reconditioned
- New • Builder
- In Home Services

Corner of Gorge Rd East & Jutland • 382-0242

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.

Give your business a **BIG BOOST** for a **SMALL PRICE**

Lookout classified ads offer great value for your small business.

Call 363-3014 for information about rates and advertising packages available.

SERVICES

GET A PORTRAIT of your special person. Charcoal, pencil, pastel, or oil. Ask for a military discount. Call Jim 250-516-1408 or visit www.ArtistJimGenovese.com

Metta in Motion
Yoga & Thai Massage
1314 A Esquimalt Rd.
250.896.2547
www.victoriathaiyogamassage.com

REAL ESTATE • FOR RENT

MODERN 1 BDRM WATERFRONT about 600 sq. ft. on Cordova Bay, 15 min to downtown. \$1100/mo includes all utils except phone. F/S, W/D, D/W, jetted tub, cable, internet, patio, gas bbq, parking, private and quiet. Avail. Dec. 1st, most suitable for 1 person call Bob at 250-884-1514

WESTSHORE AREA 3 BDRM, 2 full bthrm house for rent. \$1800/mo + hydro, cable, internet & phone. Water & garbage pickup incl. Attached double car garage with lg. yard. Avail. Dec 15th or Jan 1st with half a month rent FREE!! Pets neg. 250-474-5816

1 BDRM SUITE, NS/PETS CONSIDERED, insuite laundry, brand new sub division.. \$850 per mo. incl. hydro. 250-361-4474

1 BDRM LOWER IN CHARACTER house in Selkirk/Vic West avail. Dec. 1st. HW flrs, lg kitchen, living room & walk in closet. Lovely quiet house & pleasant neighborhood. electric & hot water incl. Heat extra. Sorry, no pets. \$875/mo. call 250-884-7467

SIDE BY SIDE DUPLEX walking dist. to dockyard. 5 bedrooms, 3 baths. no pets, no smoking. 250-595-7077 please phone for details.

RECENTLY RENOVATED SOOKE Waterfront condo. 2 bdrm, kitchen, dining-room lg. livingroom, NS/pets allowed, 1bthrm. Call Jim 250-516-1408

ESQUIMALT LAGOON LUXURIOUS ocean view 908sq.ft. condo for rent December 1st. 1 bdrm & den, 1 1/2 bathrooms, 6 appls incl. gas FP, state of the art kitchen, geo thermal air exchange system, heated bthrm floor, rainforest shower, soaker bathtub, ground flr. lg. patio with gas for bbq, built in alarm system, \$1600/mo. incl heat/air conditioning, underground secure parking, storage locker, garbage & water (just pay hydro/cable). Small pet ok, email:kaa4@shaw.ca

ESQUIMALT BACHELOR SUITE. Awesome, cozy bachelor suite across from Naden gate. Incl. HT/HW, laundry, cable. \$750/mo 250-382-4719

APARTMENT VERY CLOSE TO Base, light, private, & cozy. Parking, access to garden, fully furnished with kitchen, shower bthrm. & all equipment & linens. Laundry service & periodic cleaning incl. as well as hot water, internet & cable tv. Suitable

for someone posted from our of prov. Musicians welcome. \$1250/mo. Avail. Feb 1st. pcatling@gmail.com

Townhouse 3 bdrm, 2 baths. 15 minutes to Esquimalt. Superior finishes. Six appliances. Garage plus parking space. Patio. NS. Pets negotiable. \$1850/m. Please Phone 1-604-922-4143

The Seagate Apartments
707 Esquimalt Rd
Ocean front, Olympic mountain views, seawalk to downtown, spacious and clean.
Bachelor, 1, 2 & 3 bedrooms
Rent includes:
• Hot water
• Heat
• Secured parking
• Squash court
• Indoor pool/hot tub
• Fitness centre
• Games room
Building is wired for Shaw@home.
Reasonable rent in a very quiet building.
Call to view
383-1731

BROWN BROS SINCE 1918
250-385-8771
\$750 - 734 Lampson Street
1 Bedroom available immediately & Dec. 1st
Manager 250-385-8771
\$725 & up - 837 Ellery St. Move in BONUS!
Clean & well managed building.
1 & 2 bdrm available immediately & Dec. 1st
Close to CFB Esquimalt. Heat H/W included. No pets.
Manager 250-217-0757 | 250-217-1718

3211 Willshire Drive
\$1695 3 bdrm, 1.5 baths home in Happy Valley-Langford. Large living room & dining room. Hardwood & bamboo flooring. Shared utilities. Private W/D. Large fenced yard on quiet no-thru street. Avail Dec. 1st.
107 - 630 Speed Ave.
\$1650 reduced to \$1550 2 bdrm newer townhouse in Chic uptown. Close to Mayfair mall. Private entry from main floor patio. Stainless steel appliances, electric fireplace and covered parking. Very spacious open concept floor plan, with patios. Avail now!
2984 Alouette Drive
\$1850 REDUCED to \$1750 Brand new two storey, 3 bdrm, 2.5 bath. New family home in Westhills in Langford. Westhills offers quality built "green" homes. Bright open kitchen. Master bdrm w/ walk in closet and sit down shower. Heated with geothermal heat pump. Shared hydro with coach house at back. Water included. 1 yr. Lease. Available immediately.

3316 Ocean Boulevard
\$1650 REDUCED to \$1495 NO RENT UNTIL JAN 1st. Fabulous 2 bdrm, 1 bath home at Fisgard Beach. Amazing views, beach steps away. Quaint cottage-like appearance. Hardwood flrs, laundry room, and storage shed. Quiet with rural feeling, close to hiking trails through Royal Roads. Easy access to Westshore Community Centre. Avail now!
No Smoking, pet considered, 1 yr. Lease.
For an appointment to view any of the above properties, call **Duttons & Co. 250-389-1011. Toll free 1-800-574-7491**

Ask about our DND Discount!

Christie Point Apartments

- 2 & 3 bedroom suites
- 3 bedroom townhomes
- Heat included
- Beautiful ocean views
- Close to CFB Esquimalt

2951 Craigowan Road
250-405-3450

BOARDWALK RENTAL COMMUNITIES www.bwalk.com

RENT NOW
Ask about our move-in BONUS!

70-76 Dallas Road 200 Gorge Road West
2 Bedroom Starting From \$1,275 1 Bedroom Starting From: \$880
3 Bedroom Starting From \$1,475 2 Bedroom Starting From: \$1,150

625 Constance Avenue
1 Bedroom Starting From: \$825
2 Bedroom Starting From: \$950

250-298-5073 • rentals@capreit.net
www.capreit.com

ON THE OCEAN

Princess Patricia APARTMENTS

NEW BALCONIES • EXERCISE ROOM
14TH FLOOR LOUNGE
703 Esquimalt Road
250-382-2223

Now Renting
Bachelor • 1 BDR Suite

Extra spacious 2 bedroom!
Craigflower area. On bus route
Close to town. Renovated.
Parking included. Quiet building.
Call 250-216-3333

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

LOOKOUT Classifieds & Real Estate

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

Call 363-3014 to book your display or word ad

REAL ESTATE • FOR RENT

Devon PROPERTIES LTD.
www.devonprop.com
LARGE SUITES
1180 Colville
Avail NOW: 2 bdrms from \$875.
250-360-1983
855 Ellery
2 bdrms from \$985 avail NOW & Nov. 1
250-385-2157

No Pets allowed in any building

Townhomes
3 BDRM, 2.5 bath \$1850
3 BDRM + den, 2.5 Bath \$1895
Available NOW!
250-595-7000

PW Park West Apartments
55 Bay Street
1 & 2 bedrooms
• newly renovated
• pet friendly
Close to shops, Vic West Park, the Goose and transit.
WALK DOWNTOWN!
Call Wendy to view, 250-590-7505

Esquimalt Town Center
1 bdrm, \$745 - 2 bdrm \$895
FREE: heat, hot water & parking
Quiet, adult building
250-888-1212

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

PROPERTIES OWNED AND MANAGED BY EY PROPERTIES LTD.
250-361-3690
Toll Free 1-866-217-3612

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

FREE Heat & Hot Water
To view these and other properties, visit
www.eyproperties.com

REAL ESTATE • FOR SALE

Posted to Ottawa?
Check out
www.militarymove.ca
for all your relocation needs
FIND US ONLINE
WWW.LOOKOUTNEWSPAPER.COM

Open Sat/Sun 1-4
934 Craighflower
Nicole Burgess / Walt Burgess
250-384-8124 | E: nicole@nicoleburgess.com
13 New Townhomes Starting at \$449,000 • 3Bdr/Garage
Walk to the Base!
PEMBERTON HOLMES
ESTABLISHED 1887

FLOORING
HARDWOOD REFINISHING SPECIALISTS
• Eco-friendly finishes
• Dustless sanding system
• Victoria owned and operated
FREE ESTIMATES
DOUBLE N HARDWOOD FLOORS INC.
5% Military discount Installations
1937 Newton Street Saanich
250-880-0926

BUILD YOUR BUSINESS WITH LOOKOUT CLASSIFIEDS
CALL 363-3014

HAIR STYLIST
outhine salon & spa
10% MILITARY DISCOUNT
FULL SERVICE HAIR SALON
DAY SPA FOCUSING ON ESTHETICS AND WELLNESS
MED SPA WITH STATE OF THE ART EQUIPMENT FOR:
• LASER HAIR REMOVAL
• NON-INVASIVE SKIN TREATMENTS
Phone: 250-383-5598 • 880B Esquimalt Rd (at Head Street)
Monday & Saturday 9:00 am - 5:00 pm | Tuesday to Friday 9:00 am - 5:00 pm

MORTGAGE CONSULTANT

DO YOU DREAM OF HOME OWNERSHIP?
We can help!
Several mortgage options available at no charge to our clients!
LAWLESS & BROWN MORTGAGE TEAM
MORTGAGE DEPOT VERICO
250-656-0855 • 1-866-656-0858 • lawlessbrown.com
Accredited Mortgage Professionals

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 have been feeling a combination of these symptoms for longer than three weeks, visit your doctor and ask for a Ca125 blood test.

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


Base Library Catalogue Online
<http://library.esquimalt.mil.ca>
Unfortunately, holds cannot be processed online at this time. If an item you want to borrow is out, call 363-4095 or email irwin.sl@forces.gc.ca to place a hold.

89 Air Cadets welcomes new cadets 12-18 and parents
6:15-9:30pm
Bay Street Armoury
(parking behind on Field Street off Douglas)
250-363-8150
cadets.ca/lhq/89air

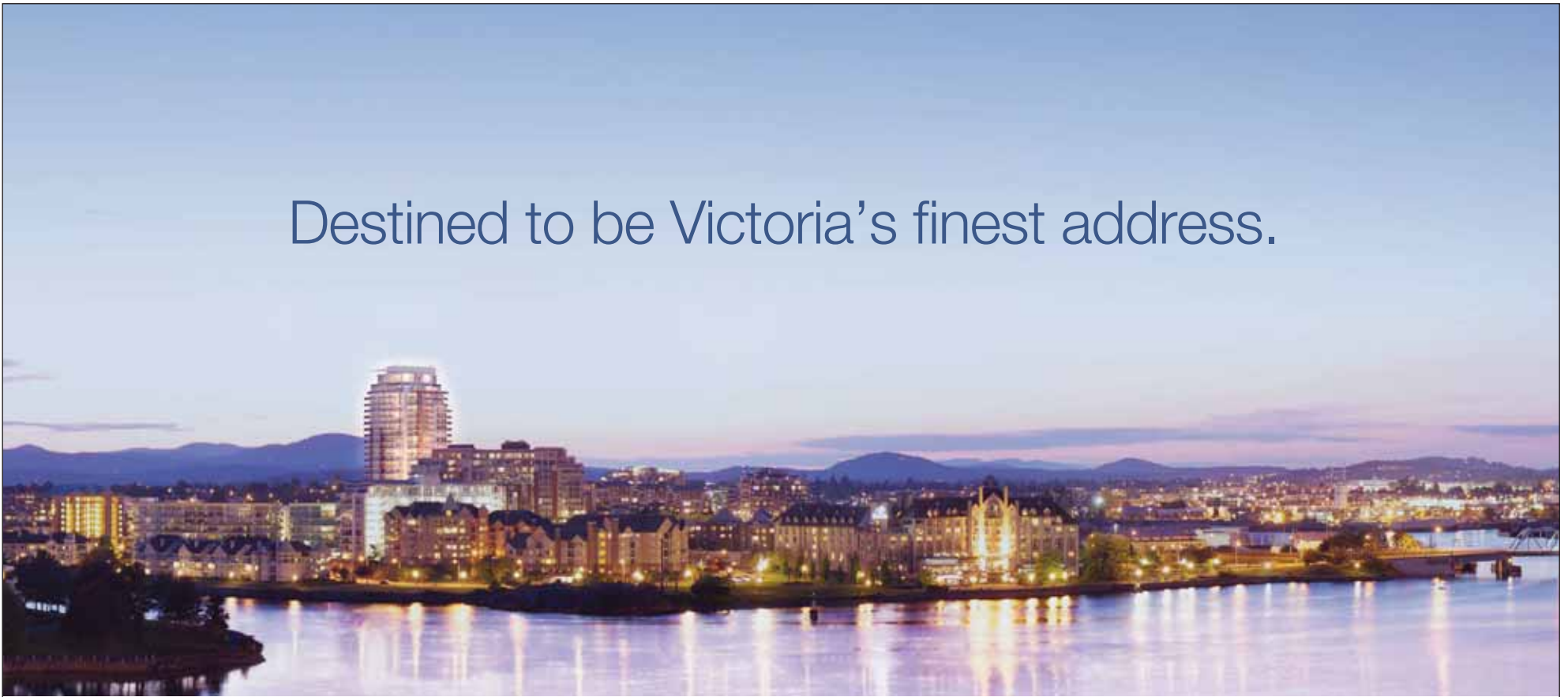
DISCOVERED
FREE Guided Bus & Walking TOURS of CFB ESQUIMALT
www.cfbesquimalt.ca
250-363-7060

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

Spread the Cheer, Spread the Smiles
The Employee Assistance Program has decided to spread some holiday cheer this season and you can too! In support of the GCWCC and locally funded United Way partners, there will be a box in the EAP resource room (Building D29, Room 105) until the 14th of December. We are looking for two things:
1. Items to be donated to the homeless. Our most desired items are newly purchased socks and gloves for men and women.
2. Gently used clothing and jackets that will be taken to Victoria's Single Parent Resource Centre.
Any donations are greatly appreciated!
For further information contact Pam Patterson at 3-4614 or pamela.patterson@forces.gc.ca



Destined to be Victoria's finest address.



Limited Time Offer

1.9%
Mortgage
Payments

Overlooking Victoria's Inner Harbour, Promontory is located in what is destined to become Victoria's finest address – and is an easy stroll along the seawall to downtown shops and restaurants. Whether you are looking for your first home, a larger home or downsizing, Promontory at Bayview Place offers 21 floors of dramatic architecture and luxurious living.

Whichever home you choose you'll find the same attention to detail and craftsmanship that British Columbians have come to expect from Bosa Properties, for over four decades.

	Priced From
Junior 1 Bedrooms	\$199,900
Studios	\$214,900
One Bedrooms	\$255,900
Two Bedrooms	\$357,900
Two Bedrooms + Den	\$544,900
All prices include A/C, Parking and net HST	

PROMONTORY
AT BAYVIEW PLACE

Sales Centre Open Daily 12-5pm. 80 Saghalie Road, Victoria BC. **250.382.2672** www.bosaproperties.com



Promontory at Bayview Place is developed by Bosa Properties (Bayview) Inc. Prices subject to change without notice. E&OE

