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Volume 57 Number 46 | November 13, 2012

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Reflecting on service with art



Shelley Lipke, Lookout
Artist Eva Campbell's paintings that feature Canadian Forces members are on display at Xchanges Gallery on Government Street. Read the full story on page 2.

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Reflections on service, the art of Eva Campbell

Shelley Lipke
Staff Writer

Eva Campbell says her first brush with the military was as a child while living in Jamaica, when she inelegantly painted toy soldiers with her brother.

Through the tutorage of African and Caribbean artists, and four years at the University of Victoria, the fledging artist's skill eventually turned from clumsy to masterful.

While her canvas is usually reserved to tell the stories of women with her cultural background, she recently used her talent to create portraits of Canadian service men and women.

The two-year journey to produce the 18 paintings, dubbed *Reflections on Service*, began after meeting her Uncle, a police officer in Barbados. She asked him to sit for her, and her first "service" painting was born.

"When I returned to Victoria after that trip I decided I wanted to paint military personnel in Canada," she says.

She began her series of paintings in 2009 with Cpl William Salikin, an infantryman who had served in Afghanistan and came to Victoria to collect his sacrifice medal. "I saw a picture of him in the newspaper and I asked the reporter to connect us so I could ask if could paint him," she says.

He agreed, and the project began in her Fairfield studio.

"The colour of the uniform helps me determine the colour of the background. Then it's all about detail and going back and forth with my brush. I think of the light source, shadows and details."

Pilot Capt Jameel Janjua was painted next and Campbell decided for the rest of the paintings she would paint two pieces of each member – one of the individual, and one with them showing the technology and gear used for their work.

Campbell became well known at Fleet Diving Unit (Pacific) when she painted two portraits of LS Patrick Moulden who had just returned from a tour in Afghanistan. She also painted a

large oil painting of a non-specific clearance diver and donated it to the mess as a thank you gift.

"Eva was so dedicated and wanted to ensure the painting was accurate," says training chief, CPO2 (Ret'd) Mark Oliver. "She wanted the clearance divers to perceive it correctly, so she kept bringing it back with changes, and put so much time and effort into it to make sure we were happy with it. She is a fabulous artist and so true to being accurate and honest."

One service woman to be portrayed in paint was Cdr Trish Roberts. After connecting with Eva through a mutual acquaintance, she offered photos of herself at the Vimy Ridge Memorial and at the consecration of the Queen's Colours in Halifax on Citadel Hill in 2009 with her daughters Alice and Molly.

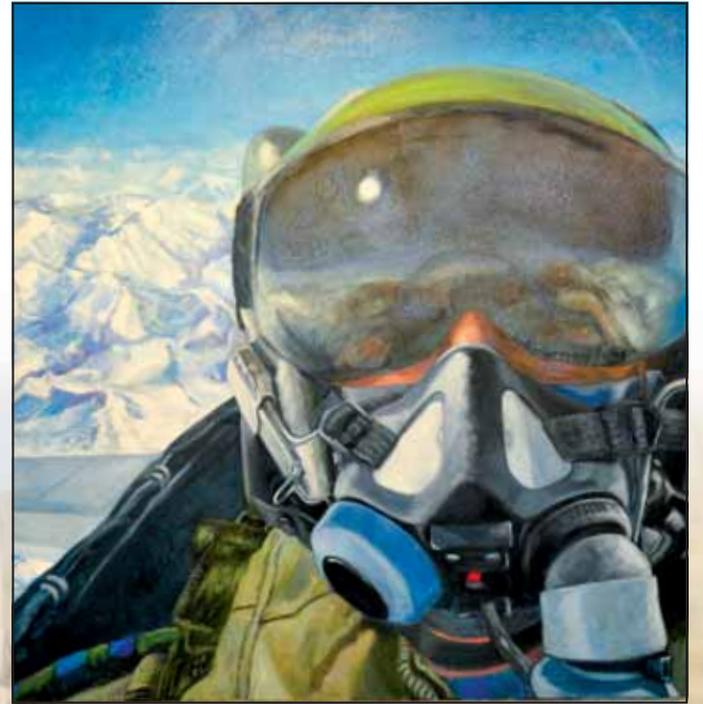
"She captured the enormity of what the memorial means to Canadians, and in the second painting I thought she captured the girls' expressions perfectly.

I think it's really amazing to see someone who wasn't born in Canada really embrace the Canadian Forces. She understands the significance of the Canadian Forces to Canada. Although she is intrigued by our uniforms and what they represent, she portrays beautifully the humans who wear them."

Campbell is the visual art teacher at Victoria's Lester B. Pearson College. *Reflections on Service* is on exhibit at Xchanges Gallery on 2333 Government Street until Nov. 25.

She is looking for more military members to paint, in particular sailors on ships and Canadian Scottish Regiment pipers.

Anyone interested in being painted can contact her at 250-858-0499 or cjuliev@yahoo.ca and see her full collection of work at www.evacampbell.ca.

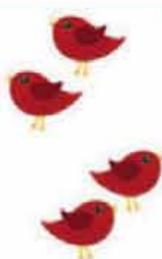


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Cpl Rick Ayer, MARPAC Imaging Services

HMCS Regina's Air Detachment enjoys a cup of coffee while gathered on the flight deck with their Sea King helicopter behind them.

Regina aircrew savours aroma of home

Lt(N) Chris Walkinshaw
HMCS Regina

When the pilots of *HMCS Regina's* air detachment from 443 Maritime Helicopter (MH) Squadron left Victoria for Operation Artemis, they brought some special cargo with them.

Amidst the uniforms, tools, spare parts of other equipment required to operate a CH-124 Sea King helicopter, they brought 10 pounds of Salt Spring Island Coffee, donated by Toast Café in Sidney, B.C.

Lisa, Amy, and Kayla Gray, three sisters and owners of Toast Café enjoy a long-standing relationship with members of 443 Squadron, as many of the aircrew stop in for their morning coffee en route to the squadron collocated at the Victoria International Airport.

"The Peninsula offers many nice

cafés to choose from, but Toast is a favourite. They know us by name, brew great coffee, and serve up all kinds of in house made goodies," said Captain Daniel "Booya" Baouya.

Knowing that everyone likes to bring a piece of home with them when they sail, Captain Baouya wanted to bring a touch of Toast to share with the Air Detachment to boost morale.

"It's a bit of a joke within the department that I'm the self-appointed Morale Officer, but I take my job seriously. Every time we leave a new port, we gather on the flight deck, brew up some coffee, and settle back into 'sea life'. As a token of our appreciation, we take a picture with our "I love Toast Sidney" sticker to send back to them," he says.

According to the Air Detachment Commander, Maj Steve Donaldson, "Port visits are very hectic. The demands of bringing on supplies and

spare parts combined with the desire to get a few hours of rest and relaxation away from the ship sometime means you don't see your colleagues for a few days. So having this event the first evening after the ship sails provides everyone with the chance to reconnect, share some stories, and refocus the team's energy towards our mission for the upcoming patrol."

Regina arrived in the Arabian Sea on Aug. 19 after a six-week transit from Esquimalt. While deployed on Operation Artemis, the frigate will conduct maritime interdiction and counter terrorism operations in the Gulf of Aden, Gulf of Oman, the Indian Ocean and the Arabian Sea as part of Combined Task Force-150.

Thanks to the generosity of Toast Café in Sidney, the Air Detachment has enjoyed four coffee get-togethers so far on this deployment. Who knows, perhaps an Air Force tradition is born?

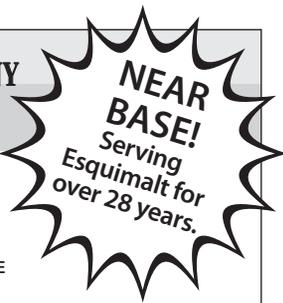
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People Talk

Lookout asked this question:

Who do you admire most in the world and why?



Albert Gutman. He was an Alzheimer's patient I worked with who had survived Auschwitz. There were a number of German veterans in the centre as well and he was always very polite. I asked him why that was and he told me "Hate is not empowering." That stuck with me.

Pte Edward Noye



My husband. He lost his job in 2008 and things got pretty tight financially. Since then he's learned carpentry and has been working so hard to make things right. He's amazing.

Johanna Jenkins



Barack Obama. He's the leader of the most powerful country in the world but he's a very calm man. Even if things look bad he always seems to have it under control.

Lt(N) Vincent Levesque-Martel



Craig Ferguson. He keeps us laughing and brings us back down to Earth. It's admirable when someone can do so much for so many people just by being a funny guy.

Gabe Melizza



My mother. She's always been there for me, and she looks after my kids while I'm here at work. She's always there for emotional support.

Maggie Webster

SPORTS trivia

by PO2 Bill Sheridan
Contributor

QUESTIONS?

1. Straight Shooter is a book about which star NHL defenseman?
2. How many players have hit World Series Winning walk off homers?
3. How many Russian born players have scored at least 1000 points in the NHL?
4. What was called the Madhouse on Madison?
5. Tom Brady holds the record for how many touchdown passes in one quarter?
6. What is the only city to host the Pan American Games in Canada?
7. What number did Reggie Dunlop wear?
8. What did Tony Hinkle introduce to the game of basketball?
9. What is the longest drought for a championship for any pro team in North America?
10. Who hit a home run in most different ball parks at 42?
11. Which sport became an official Olympic event at the Berlin 1936 games?
12. What sport has a musher?
13. A color strip yellow across the rear bumper in NASCAR signifies what?
14. What three races comprise Harness racing's Triple Crown (Trot & Pace)?
15. What team that has failed to make the Stanley Cup Playoffs between the 2005 and this lockout?
16. Who was Elihu Phinney?
17. Who was George Lee Anderson better known as?
18. What college football trophy was Jay Berwanger the first to win?

- ANSWERS
1. Brad Park
 2. Joe Carter and Bill Mazeroski
 3. Federov, Mogily and Kovalov
 4. Chicago Stadium
 5. Five
 6. Winnipeg hosted them twice, 1967 and 1999
 7. Seven
 8. Orange ball
 9. Chicago Cubs, 1908, so next year will be 105 years
 10. Fred McGriff
 11. Basketball
 12. Sled Dog Racing
 13. Series Rookie
 14. a) Trotting; Yonkers Trot, the Hambletonian, and the Kentucky Futurity
 15. The Leafs
 16. It was in his pasture where Abner Doubleday apparently created the game of baseball.
 17. Sparky Anderson
 18. He won Downtown Athletic Club Trophy in 1936 to Heisman.

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ANSWERS ON PAGE 19

Level: Advanced

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Propane leak at Damage Control Training Facility

Shelley Lipke
Staff Writer

Sirens were blaring last Tuesday afternoon as emergency units from the base and Colwood rushed to Damage Control Training Facility Galliano.

During routine maintenance a propane leak had developed. The 65,000 litre propane tank was half full at the time. It's used to fuel aspects of fire fighting and damage control training.

"When liquid propane is released in the atmosphere it can expand to 270 times its volume," explained Fire Chief Steve Mullen. "Because it's heavier than air there is a concern that if there is low ground or gullies the gas could collect there. The danger is any source of ignition such as a car starting, or a building that is energized. Any leak warrants immediate

evacuation of personnel."

Emergency workers cleared the area of people. No residences or businesses in Colwood were evacuated.

Colwood Fire Department took the lead with the Capital Regional District HAZMAT team to seal the flange on the tank. Military Police and CFB Esquimalt fire fighters were also on scene.

Once the leak had been contained, the site was turned over to Base Construction Engineering, who re-established electricity to the building as it had been shut off as a precaution.

Once the leak was sealed, the propane tank was emptied to ensure safety during continuing repairs.

An investigation is currently being conducted.

Government creates new ribbon

DND

Peter MacKay, Minister of National Defence, along with Steven Blaney, Minister of Veterans Affairs Canada, announced last week the creation of the Memorial Ribbon.

The Memorial Ribbon will be offered to close family and friends of deceased Canadian Forces (CF) members as a memento of personal loss and sacrifice.

"The Government of Canada is determined to do everything it can to support Canada's heroes and their families," said Minister MacKay. "With the new Memorial Ribbon, our government's ensuring those who are not usually designated as potential recipients of the Memorial Cross will be able to honour their

Those who are not usually designated as potential recipients of the Memorial Cross will be able to honour their loved ones.

-Peter MacKay
Minister of National Defence

loved ones by wearing this ribbon with pride."

Memorial Ribbons may be issued in commemoration of every CF member whose death is attributed to injury or illness sustained on or after Oct. 1, 1947, due to military service. This date

coincides with the first date inscribed in Veterans Affairs Canada's Seventh Book of Remembrance.

The Memorial Ribbon will now be part of the Memorial Package, which currently includes the Memorial Cross, the Memorial Scroll, the Memorial Bar, the Sacrifice Medal, and inscription in the Seventh Book of Remembrance. For those eligible recipients whose beneficiaries have previously received the Memorial Ribbon, the ribbons will be sent separately to the executor of the estate upon written request.

DND's Directorate of Honours and Recognition is the office responsible for the administration of the ribbon, which will be available in early 2013.

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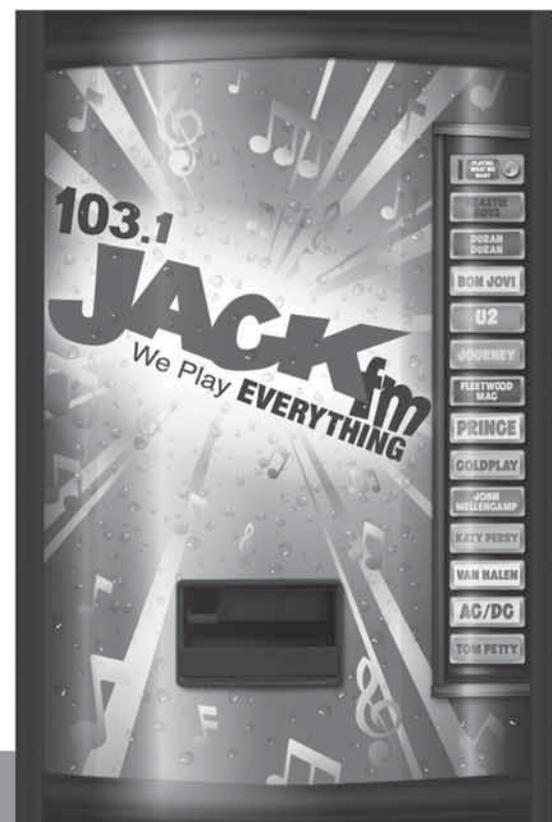
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New Lieutenant Governor receives military welcome



Photos by Cpl Alex. W. Croskery, MARPAC Imaging Services
Above: Christy Clark, Premier of B.C., greets Steven Point on the steps of the Legislature Building as he steps down as Lieutenant Governor of B.C.

Left: LCdr Lefresne, Commander of the Ceremonial Guard of Honour from CFB Esquimalt, and the new Lieutenant Governor Judith Guichon inspect the ceremonial guard at the B.C. Legislature Building.

Below: The Ceremonial Guard of Honour marches into position in front of the Legislature Building.



Remember the **POWER** of Giving

This military family will never forget
the gift that was given

On March 6, 2010, Corporal Darren Fitzpatrick of 3 PPCLI was mortally wounded while serving in Afghanistan and sadly he passed away two weeks later. However, the blood and medical attention he received, gave his family those last precious weeks with him and time to say good-bye. It is in his name, and the name of all the other brave and generous Canadian military members, that Canadian Blood Services has dedicated the month of November, 2012 to "Remember the Power of Giving".

Donating blood is a very powerful way to thank our military members for the Gift of Service that they give each and every day.



For more info about Remember the Power of Giving, please contact Michelle Stratford, Event Specialist Vancouver Island, 250-405-4307 or michelle.stratford@blood.ca

**Donate on base Nov. 20 or 21 at the Chiefs and Petty Officers' Mess.
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*An "I'm Donating For" space will be provided in the Clinics for them to record in who's name they are donating and why.

Call 1 888 2 donate or www.blood.ca to make an appointment
Facebook www.facebook.com/BCBlood or visit www.blood.ca





Cpl Brandon O'Connell, MARPAC Imaging Services

Admiral takes the plunge

During a recent visit to Fleet Diving Unit (Pacific), RAdm Bill Truelove, Commander Maritime Forces Pacific, received a briefing and demonstration of all its diving systems, explosive ordinance disposal equipment, hyperbaric facility, and durability of its training establishment.

Top: RAdm Truelove conducts the final checks during a dive demonstration.

Right: The Admiral and Lt(N) Richard Kappel are lowered into the water.



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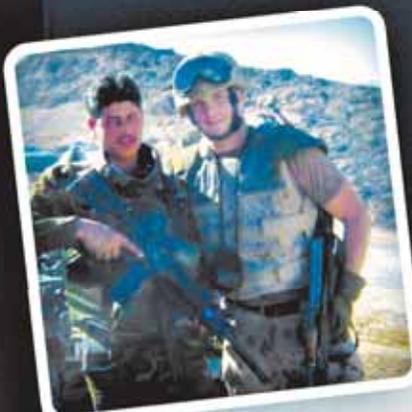
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Share your experience

The Canadian Forces Ombudsman's Team is visiting CFB Esquimalt on Nov. 19 and 20. If you would like a chance to share your thoughts on military family life, please come out to one of the Ombudsman's community discussions.

6:30 - 8:00pm
Coffee/tea and light refreshments provided.
Free childcare available (if registered in advance).

Nov 19: MFRC - CPAC
Nov 20: MFRC - CPAC

Register by calling the MFRC at 250-363-2640.
All participants must be registered by Nov. 15.

What are your kids doing on the next Pro-D Day?



Send them to Fun Seekers Camp! Friday Nov. 23 At CPAC

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Cdr Paul Francoeur, Commanding Officer of HMCS Calgary, and LCdr Janet McDougall, Commanding Officer HMCS Tecumseh, stand ready to serve at the Calgary Mustard Seed with members of HMCS Calgary and HMCS Tecumseh.

Calgary visits namesake city

Members of HMCS Calgary flew to Calgary, Alberta, in early October to conduct the annual name-sake city visit.

The five-day visit was packed with events, with the city being extremely receptive and hospitable to their ship's company.

Sailors from Calgary, working with local sailors from the reserve unit HMCS Tecumseh, visited the Naval History Museum, #335 RCSCC Calgary, St.

The trip was a resounding success, with the already close bond between city and ship being strengthened again.

Cecilia Elementary School, St. Bonaventure School, the University of Calgary, the Alberta Children's Hospital, as well as assisting at two local charitable organizations: Habitat for Humanity and The Mustard Seed.

The trip was a resounding success, with the already close bond between city and ship being strengthened again. The crew of HMCS Calgary are already looking forward to the next visit.

Standing Court Martial ordered

A standing court martial (SCM) has been ordered to try OS O'Toole, CFB Esquimalt.

The SCM will take place at 9:30 a.m. Nov. 14 at building N30.

OS O'Toole has been charged with the following offences under the National Defence Act (NDA):

- a. charge 1: S 129 NDA, conduct to the prejudice of good order and discipline
- b. charge 2: S 101.1 NDA, failed to comply with a condition imposed under division 3
- c. charge 3: S 90 NDA, absented himself without leave
- d. charge 4: S 129 NDA, neglect to the prejudice of good order and discipline
- e. charge 5: S 101.1 NDA, failed to comply with a condition imposed under division 3
- f. charge 6: S 90 NDA, absented himself without leave

c. charge 3: S 90 NDA, absented himself without leave

d. charge 4: S 129 NDA, neglect to the prejudice of good order and discipline

e. charge 5: S 101.1 NDA, failed to comply with a condition imposed under division 3

f. charge 6: S 90 NDA, absented himself without leave

Spectators are encouraged to attend. Military spectators are to wear the dress of the day and are to be seated by 9:20 a.m.

The trial will be conducted in English.

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Base Commander Capt(N) Bob Achterlonie, Derek Knudsen, Maj Jim Smith, LCol Matt Johnsen, Tracey Hamm, Cdr Lori McAllister, CPO1 Mike McCallum, and Peter Sinstadt hold up certificates of achievement for the second round of the six-week Operation Conservation campaign.

Winner announced for being energy savvy during contest

Peter Sinstadt
Real Estate Services

Rising energy prices, growing financial and energy volatility, and concerns over climate change and its negative impacts have inspired base personnel to participate in the second round of Operation Conservation that began Sept. 5.

This campaign is the second iteration in a series of campaigns to target building occupant habits and awareness, including a focus on reducing vampire power, which is defined as the energy use that occurs during equipment standby mode.

This campaign further develops sustainable behaviour, which is a key element of the MARPAC Sustainable

Energy Management Plan and necessary for reducing the \$9 million associated with base-wide energy costs.

During the six weeks, participating personnel from BCEO, TEME, and CF Fleet School competed to reduce discretionary energy consumption within their respective units. The units were chosen because the occupied buildings had a similar blend of office/classroom and industrial functions.

While all participants achieved the objectives of the campaign, the CF Fleet School under the coordination of Tracey Hamm, UGSEO, emerged victorious.

Fleet School's level of engagement and aware-

ness were unparalleled by competing departments and serves as a great example of sustainable behaviour.

Tracey Hamm attributed the Fleet School's success in this campaign largely to simple measures such as turning off lights and equipment when not in use, especially at the end of the day. She is encouraged to see these energy-conscious behaviours continue at CFFSE, even though the campaign has ended.

The challenge is now to sustain these efforts beyond the campaign and hopefully introduce more units in the future to Operation Conservation as well as applying lessons learned from this and the past campaign.

CF action figure raffle

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SEVERANCE PACKAGES 101

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Location: Chief and Petty Officer Mess Hall

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Government unveils new passport

Foreign Affairs Minister John Baird announced last week that Canada's new ePassport will be full of iconic images that will make Canadian passports more attractive and more secure.

"The new ePassport will be more reflective and representative of who we are as Canadians," said Baird during an event at the newly renamed Canadian Museum of History. "These images showcase Canada's history and the building of our great nation while adding essential new security features for the 21st Century."

The new images will also serve to keep the Canadian passport one of the world's most secure travel docu-

These images showcase Canada's history and the building of our great nation while adding essential new security features for the 21st Century.

-John Baird
Foreign Affairs Minister

ments. The complexity of the images is - first and foremost - a security feature that makes the passport more difficult to

counterfeit.

HMCS Sackville is part of a photo montage in the 'Canadians in War' section on page 36, along with Billy Bishop of the First World War, Canadian infantry in the Korean War, and the National War Memorial in Ottawa.

Countries around the world review their passport designs and security features periodically to stay steps ahead of counterfeiters.

The first five-year ePassports will be issued in select locations during the first quarter of 2013. Production will ramp up through the spring resulting in the full availability of both a five- and 10- year ePassport in early summer.

Fine given after court martial

Shawn O'Hara
Staff Writer

A Standing Court Martial at CFB Esquimalt found PO1 Gordon Canning guilty of two charges under the National Defence Act (NDA):

charge 1 S. 130 NDA: possession

charge 2 S. 129 NDA: conduct the prejudice of good and order and discipline.

For these charges he was ordered to pay a \$2,500 fine.

Lost and found: claim your items

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Marine Industry Expo

Students from Frances Kelsey Secondary School in Mill Bay try out the Royal Canadian Navy's "Big Eyes" and binoculars at the Instrument Mechanic Booth.

They were among nearly 1,000 students from over 15 schools that attended the two-day 2012 Marine Industry Expo at CFB Esquimalt.

The event highlighted 70 different career paths within the marine industry, including trades, professions and services.

A/SLt Ron MacDougall, CFB Esquimalt



Alex Flatman, a Metal Fabricator from Fleet Maintenance Facility, shows high school students how an oxygen acetylene cutting torch works.

Cpl Alex W. Croskery, MARPAC Imaging Services



PO2 John Millie of Fleet Maintenance Facility shows students how a Fluke Thermal Camera can be used to check for hot spots in engineering systems.

Cpl Alex W. Croskery, MARPAC Imaging Services

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\$10 per ticket
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Contact LS Ouellet or PTE Fornasa at CFFSE for tickets.  Must be used prior to May 31, 2013.

Benefits GCWCC-United Way

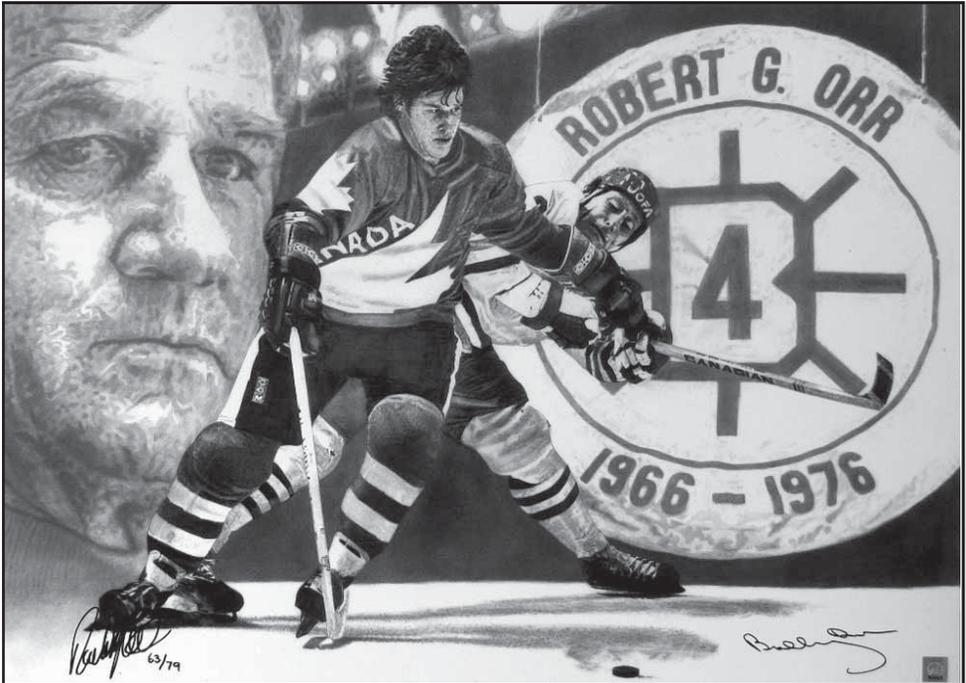
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JB Body Shop Supplies	250-361-9136
Salt Spring Auto Parts	250-537-5507
JB's Ladysmith	250-245-9922

AUCTION TO AID RCNBF

Renowned sports artist Robb Scott is auctioning off a **limited edition print of Hall of Fame NHLer Bobby Orr**, with the proceeds going to the Royal Canadian Naval Benevolent Fund.

All proceeds from this auction are being donated in honour of Cpl. Christopher Jonathan Reid, the artist's cousin, who was killed while serving in Afghanistan in 2006.

The print is hand-signed by Bobby Orr and Don Cherry. People interested in the print or in aiding this cause can register their bid by going to www.robbscottdrawings.com and clicking on "Cherry/Orr Auction"

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Base Logistics awards Queen's Diamond Jubilee Medals

Capt(N) Bob Auchterlonie presented several awards and promotions to members of Base Logistics during a formal parade.



Cpl Junior Trudel receives the Queen's Diamond Jubilee Medal.



Cpl Pierre Drouin receives the Queen's Diamond Jubilee Medal.



Cpl Robert Shirley receives the Queen's Diamond Jubilee Medal.



CPO2 Jim White receives the Queen's Diamond Jubilee Medal.



Dale Smith receives the Queen's Diamond Jubilee Medal.



Ken Horseman receives the Queen's Diamond Jubilee Medal.



LS Melanie Didrich receives the Queen's Diamond Jubilee Medal.



MWO Denise Jones receives the Queen's Diamond Jubilee Medal.



Sgt April Levigne receives the Queen's Diamond Jubilee Medal.



Sgt Brian Pappas receives the Queen's Diamond Jubilee Medal.



CPO2 Sharon Slenders the Queen's Diamond Jubilee Medal.



MWO Eric Lavigueur the Queen's Diamond Jubilee Medal.



Pte(T) Daye is promoted to Corporal.



PO1 Wood receives his new shoulder slip-ons from Deputy Commander Canadian Fleet Pacific, Capt(N) Teft, and Commander Canadian Coastal Division, Cdr Carruth.

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

CALLING UNDER-EMPLOYED WOMEN! Do you want to kick-start your career? Are you unsure of who you are and what you want to do with your life? Our free career mentoring program will connect you with a supportive mentor to explore career & education options, develop life skills, and cultivate valuable relationships. Contact Bridges for Women 250-385-7410 or www.bridgesforwomen.ca

CAREGIVING FOR SOME ONE 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.

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 Marksmanship are all offered. Thursday 6:30 - 9:00 pm, 724 Vanalman Ave Victoria. Call 250-363-3194 or email 3005army@cadets.net.

LIFERING ALCOHOL & DRUG ADDICTION SUPPORT GROUPS has started new groups on Vancouver Island. Victoria, BC: Victoria Native Friendship Center on Thursday evenings 7:30pm @ 231 Regina Ave. Saanichton, BC: Tsawout First Nation on Thursday afternoon at 3pm at 7728 Tetayut Rd. Duncan, BC: 1 Kenneth Pl. on Friday evenings at 7pm. Nanaimo, BC: Vancouver Island Therapeutic Comm. on Sunday evening 7:15pm @ 10030 Thrid Street. General inquiries: Michael@LifeRingCanada.org

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.

EXPECTING? HAVING A BABY? HAVE YOU JUST MOVED? Treat yourself to a visit from Welcome Wagon, its Free! 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.

www.lookoutnewspaper.com
Download this week's issue, book a classified ad, browse CFPSA job openings

COMMUNITY EVENTS

VANCOUVER ISLAND MULTIPLE BIRTHS Association kids mega sale. Saturday, Nov. 24, 2012. Pearkes Arena, 3100 Tillicum Rd. 09:30 - 12:30. Cash only, no tax. Bring bags for your purchases. your children need it, chances are you will find it at the KMS, Babies and childrens clothing, shoes, gear, bedding, maternity, toys, books, and more. Contact to sell: kidsmegasale@gmail.com.

VOLUNTEER

SHARE YOUR RECREATIONAL INTERESTS this fall by supporting a person with a disability to become more active! By donating only 1-2 hrs a week you have the opportunity to change someone's life while having a great time doing it. To get involved or for more info, please call Kim at 250-477-6314 ext. 15 or email volunteers@rivonline.org or visit <http://www.rivonline.org/Volunteering.htm>

WOMAN MENTORS WANTED! Are you a working woman in the community and would like to share your knowledge, skills, & experience with another woman. By being a career mentor you will support women in building self esteem and working towards achieving economic self sufficiency. Contact Bridges for Women 250-385-7410 or www.bridgesforwomen.ca

SERVICES OFFERED

RESUME'S & CAREER TRANSITION PREP/ COACHING with a former SCAN Coord Judy Marston. 10% Military Discount, www.resumecoach.ca or 250-888-7733

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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
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1239 PARK TERRACE
2 bdrm, \$895, heat, hot water + parking included, quiet adult building, 1/2 month free with one year lease, call resident manager

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3 BDRM, 2 1/2 BTHS, SXS DUPLEX located on a quiet cul-de-sac in Esquimalt. Close to bus routes, Admirals Walk shopping centre, Naden, & Gorge Waterway. Avail Dec. 1st. \$1700 mo. Entirely painted, new blinds and fixtures throughout, new laminate flrs., new carpet on stairwell and hallway, 5 appls., Ocean views, Vaulted ceilings, Garage with crawl space. NS/NP. Call Pam: 250-216-1212.

FULLY FURNISHED, SPACIOUS bedroom with kitchenette, ensuite bthrm. 1 cozy private fireplace, incl. water/heat/hydro/WiFi *4 Star Recommended B&B. 10 min walk to base. \$1200/mo. Avail. Jan. 1st. 250-384-0862.

MODERN TWO BDRM, 1100 sqft, semi-bmmt suite in private home near Gorge & #14 bus. NS/NP, \$950/mo. plus half utils. Avail Dec 1. 250-385-4042 evenings before 9pm.

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BROWN BROS SINCE 1918
250-385-8771

\$650 * 801 Esquimalt Rd.

Bachelor Avail. Dec. 1

Manager 250-216-5084

Move-in-bonus! 1/2 Month Free Rent

\$1350 - Lyall St., House with 2 BR.,

1 ba. 4 appl., full basemt, fenced yd, sm. pet consid., avail. imme. Lease.

\$825/mth 837 Ellery St.

Super 1 Bedroom

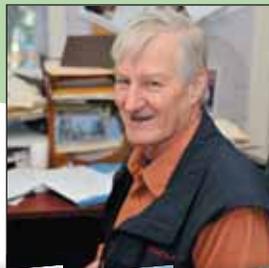
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Take advantage of the many advertising opportunities available at Canadian Forces Base Esquimalt.

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Showcase your services or products to base employees.

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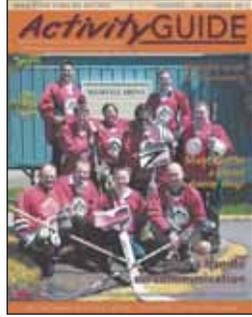
Call Kate at 250-363-3014 to secure a spot for your business.

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9	6	4	1	3	2	7	5	8
2	3	1	5	8	7	9	6	4
5	8	7	4	9	6	2	3	1
8	5	6	2	1	9	4	7	3
1	9	2	7	4	3	5	8	6
7	4	3	6	5	8	1	9	2

PUZZLE ON PAGE 4

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New! HMCS Calgary is the first of 12 Canadian Frigates to complete HMC/FELEX mid-life refit.

- Also:
- The Canadian Scottish Regiment (Princess Mary's) celebrates its centennial with a weekend full of events, parades and fanfare.
 - The Government of Canada Charitable Workplace Campaign (GCWCC) kicks off.
 - Totem pole Hosaqami is raised at Government House to honour naval history and traditions.



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Package includes:

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• must be used between Jan & Feb 2013
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MONTHS*

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10

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*Offer(s) available on new 2012 models purchased through participating dealers to qualified retail customers who purchase a new vehicle by XXXX, 2012. Dealers may sell for less, some conditions apply. Offers are subject to change without notice. See dealer for complete details. 1 2012 Outlander XLS model shown has an MSRP of \$35,998 and selling price of \$30,000. (Q.U.E.) Taxes, registration, insurance, licensing and duty on new lines are excluded. (Rest of Canada) Includes destination, delivery and fees. Taxes, PPSA and dealer fees of up to \$599 are excluded. \$5 AWC standard on Outlander XLS. 0% purchase financing available through Bank of Montreal for up to 84 months on all new 2012 Outlander models. Representative example: 2012 Outlander ES 2WD (4G-A) with 162 bi-weekly payments of \$300 financed at 0% over 84 months equals a total obligation of \$25,200 and a cost of borrowing of \$0. (Q.U.E.) Excludes taxes, registration, insurance, licensing and duty on new lines. (Rest of Canada) Includes up to \$1,400 in freight, \$250 in P.D., \$100 in air tax, up to \$50 in D.P.E. Excludes \$5 duty on new lines, taxes, PPSA, registration, insurance, licensing, administration, up to \$399 in other dealer fees and any additional government fees. *Best backed claim does not cover Lancer Evolution, Lancer Ralliart or PHEV. © MITSUBISHI MOTORS. BEST BACKED CARS IN THE WORLD are trademarks of Mitsubishi Motors North America, Inc. and are used under license. **Whichever comes first. Regular maintenance not included. See dealer or mitsubishi-motors.ca for warranty terms, restrictions and details. Not all customers will qualify.

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<p>VALUED PRICED \$21,988</p> <p>SOLD</p> <p><small>Only 4,480 km! Leather, power sunroof, remainder of factory 10-year warranty.</small></p> <p>2012 Lancer GT #20V7570A</p>	<p>VALUED PRICED \$21,988</p> <p><small>Only 30,100 km, 4 cyl. 4WD, fantastic condition, remainder of 10-year factory warranty. Must be seen to compare.</small></p> <p>2011 Mitsubishi Outlander ES 4WD #80V1462</p>	<p>VALUED PRICED \$19,988</p> <p><small>Only 27,100 km, rare 2.4 litre, leather, power sunroof, 18" alloy wheels, one owner.</small></p> <p>2009 Mitsubishi Lancer GTS Sedan #PM11613</p>	<p>VALUED PRICED \$22,988</p> <p>SOLD</p> <p><small>Only 19,995 km, rare bronze metallic, 4 cyl. save thousands from new, remainder of Mitsubishi 10-year warranty. A must see.</small></p> <p>2011 Mitsubishi Outlander ES 4WD #80U1236</p>
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<p>VALUED PRICED at only \$42,988</p> <p><small>Only 9200 km. Loaded</small></p> <p>2012 Lincoln MKX #2L42003A</p>	<p>VALUED PRICED \$18,998</p> <p><small>Auto., heated seats, alloy wheels, air conditioning, Bluetooth 2.0, power windows, locks, mirrors. Remainder of 10-year factory warranty.</small></p> <p>2012 Mitsubishi Lancer SE #8LA33891</p>	<p>VALUED PRICED \$24,988</p> <p><small>Remainder of Mitsubishi's World's Best 10-Year Warranty, 4WD, V6, Folding tail-gate, 7-passenger seating, air conditioning, heated seats and much more</small></p> <p>2011 Mitsubishi Outlander LS-4WD #80U1836</p>	<p>VALUED PRICED \$17,988</p> <p><small>Automatic, remainder of 10-year/160,000 km powertrain warranty.</small></p> <p>2011 Mitsubishi Lancer SE #8LA3348A</p>

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