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HMCS Chicoutimi undocks from the Seapan careen at Ogden Point on Nov. 26.

Cpl Blaine Sewell, MARPAC Imaging Services

HMCS Chicoutimi on the move

Shawn O'Hara
Staff Writer

After a lengthy time ashore, HMCS Chicoutimi is finally back in the water.

The Victoria-class submarine was undocked Nov. 26 from Victoria shipyard and will continue system testing through Babcock Canada, and crew training for its 2014 return to operational readiness.

"We're very excited to take the next step in Chicoutimi's preparation," says LCdr Tim Markusson,

Commanding Officer of Chicoutimi. "It's been a long time coming and we're thrilled to be moving forward."

Chicoutimi was docked in 2004 following a fire that claimed the life of Lt(N) Chris Saunders. The fire also gutted portions of the boat. In the nine years that followed the fire, the submarine has undergone extensive repairs, upgrades, and refits.

"I head down to see Chicoutimi once a week, and now just walking

It looks like a submarine again. The work has been completed skillfully and beautifully. I couldn't be happier with it.

-LCdr Tim Markusson
Commanding Officer of HMCS Chicoutimi

around it looks like a submarine again," he says. "The work has been completed skillfully and beautifully. I couldn't be happier with it."

With the 2014 opera-

tions date approaching, LCdr Markusson says the crew of Chicoutimi is getting in sailing shape.

"We've had several trips to Halifax to work on the trainers and while along-

side we've been discussing the aspects and procedures of our operation," says LCdr Markusson.

Over the Christmas period Babcock Canada will continue systems testing and then turn over the submarine in early 2014. Before then, there are many small details that need to be attended to by LCdr Markusson and his team.

"It's the bits and pieces which need to be handled," he says. "Things like outfitting the bunks with mat-

tresses, and installing televisions in each mess. This takes an operational submarine and turns it into a home away from home for the crew."

With the future of Chicoutimi laid out before him, LCdr Markusson is excited to see what's in store.

"We've got a tremendous crew," he says. "I very much look forward to getting to sea with them, and putting our training to the test. It's an exciting time to sail in a Canadian submarine."

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Royal Roads digitizes cadet photo albums

Royal Roads

Shaggy-haired 1970s recruits getting their first military haircuts. Muddy runners completing the obstacle course. Uniformed cadets at the formal dance. These were some of the people photographed each year at the former Royal Roads Military College.

Until now, most of these exceptional images were accessible only in photo albums, preserved in the Royal Roads University archives. This month the archives completed digitizing over 1,200 pages from these albums covering 1963 to 1988. Now the photos are

aged and admired today at RRU as part of a growing educational legacy, said Paul Corns, associate vice president of Community Relations and Advancement at Royal Roads University.

The majority of the photos in the digitization project were taken by RRM staff photographer Len Watling, who first spent nine years with the Royal Canadian Navy at HMCS Naden as a darkroom technician before joining the staff of Royal Roads in 1964. Watling was an exacting artist who started his photographic business in 1941 while still a teenager. He routinely ran obstacle courses and hung out of helicopters to get the right shots of cadets.

These unique albums are the most requested items in the RRU archives, often displayed during events such as homecoming, said RRU archivist Caroline Posynick. Now that they are digitized, the albums are much more accessible, and the public can flip through them at home on their computers. This will bring the experiences of cadet life into sharper focus for anyone interested in military heritage.

The \$16,000 project was partially financed by a B.C. History Digitization Program grant from the Irving K. Barber Learning Centre. Matching funds came from the Friends of Hatley Park Society and RRU's Military Heritage Fund, which are partner organizations in Royal Roads University's heritage initiatives. Approval and support of the project was also provided by the CFB Esquimalt



RRU Archives

Above: Len Watling, Royal Roads Military College photographer.

Below: Royal Roads Military College drummer from 1971-72.



These digitized photo albums offer a chance to reflect on the discipline, teamwork and commitment of the Royal Roads cadets, leadership traits encouraged and admired today at RRU.

searchable by year and fully accessible online through the library webpage: <http://library.royalroads.ca/archives/annual-photo-graph-albums-royal-roads-military-college-1963-1988>

These digitized photo albums offer a chance to reflect on the discipline, teamwork and commitment of Royal Roads cadets, and leadership traits encour-

aged and admired today at RRU as part of a growing educational legacy, said Paul Corns, associate vice president of Community Relations and Advancement at Royal Roads University.

The photo album digitization is a companion project to the 2012 digitization of the military college yearbook, known as The Log, including editions from 1943 to 1995.

Military colleges at Royal Roads operated from 1940-1995 from Royal Canadian Naval College (originally called HMCS Royal Roads) to the Royal Roads Military

College on the present site of Royal Roads University. The college began as a naval training centre and later expanded to train cadets from all three parts of the military. The College delivered short-term training for naval cadets from 1940-42. After 1942, cadets studied at Royal Roads for two years. Beginning in 1977, RRM offered a four-year degree program. The first women were admitted to the college in 1983.

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Sears Canada hosts military discount day Sunday Dec. 15

Sears Canada is once again showing its support for military families through its third annual Military Family discount program.

This is part of the Sears Operation Wish, an initiative designed to bring families closer together during the holiday season. Sears Operation Wish also pays tribute to Canadian military, both at home and abroad, and their family members.

On Sunday, Dec. 15, Canadian military personnel and their families can take advantage of a 15 per cent discount by shopping at all Sears department stores, Sears Home stores and Sears Hometown stores located across Canada.

The Canadian Forces community must present valid military ID or a Canadian Forces Appreciation Card at time of purchase. This special discount shopping offer is not available through the company's other channels such as www.sears.ca, Sears general merchandise catalogue or annual Wish Book. Please note that some merchandise is excluded from this 15 percent discount offer. Details can be found in-store.

Sears Canada also announced it will be making a \$10,000 donation to the newly formed Canadian Association of Military Family Resource Centres, which will pro-rate funds among all MFRC offices to support their youth programs. Since Operation Wish's inception in 2006, Sears has donated over \$200,000 to national military family support programs.

This year, Sears is adding a fun twist to Operation Wish by introducing an additional



fundraising strategy to support the important work done by every MFRC organization.

Each year, Sears sells a special, limited edition plush toy with \$2 from the sale of every plush toy directed to the Sears Canada Charitable Foundation youth development programs. A percentage of money from sales of Nate, the 2013 plush bear, will be donated to the Canadian Association of Military Family Resource Centres for their youth

programs.

Operation Wish is organized by Sears Canada, in partnership with Canadian Forces Morale and Welfare Services (CFMWS) and local Military Family Resource Centres. It aims to connect Canadian troops and their families with the public and provide support for military families. This year's program, which is now in its eighth year, has a special emphasis on supporting programs for military family youth.

Sears Canada is a multi-channel retailer with a network that includes 181 corporate stores, 246 Hometown stores, over 1,400 catalogue and online merchandise pick-up locations, 101 Sears Travel offices and a nationwide home maintenance, repair and installation network. The company also publishes Canada's most extensive general merchandise catalogue and offers shopping online at www.sears.ca.

Canadian military personnel and their families can take advantage of a 15 per cent discount by shopping at all Sears department stores.

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WHO WE ARE

MANAGING EDITOR

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

STAFF WRITER

Shawn O'Hara 250-363-3672
shawn.o'hara3@forces.gc.ca

PRODUCTION

Carmel Ecker 250-363-8033
production@lookoutnewspaper.com

Francisco Cumayas 250-363-8033
projects@lookoutnewspaper.com

RECEPTION 250-363-3014

ACCOUNTS/CLASSIFIEDS

Laura Spence 250-363-3127
laura.spence@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

EDITORIAL ADVISORS

Capt Jenn Jackson 250-363-4006
Sara Helmecci 250-363-7060

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CFB Esquimalt, PO Box 17000 Stn. Forces,
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Web: www.lookoutnewspaper.com

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The itinerant chef: blueberry pancakes

What is it about a recipe that makes us come back to it time and time again? I believe it's the sentiment it invokes, and these emotions are lasting.

A great recipe brings us back to a time and place that we cherish.

That's why I have chosen a very simple one from my past to share with you. It reincarnates three generations of women whom I have loved and lost, and when I create it, I can feel them standing with me every time.

Grand-maman Annette's Pancakes

2 cups flour (any type for example if you love buckwheat or spelt get creative)

¼ teaspoon salt

3 tablespoons sugar

3 heaping teaspoon baking powder

Using a large bowl and a mesh wire sifter place all the ingredients together and sift them. This is the secret to lightness when you will cook them.

In a second bowl integrate the following ingredients with a whisk:

1 and ½ cups milk or buttermilk

1 egg

3 tablespoons butter (room temperature)



Mix the wet ingredients into the dry with a whisk. Here's where you get some creative licence. My Grand-maman would put blue-

berries in at the last second; however, feel free to add your favourite fruit here. Do not over mix or the whole lot will turn color.

Warm butter in a skillet until foamy and cook the pancakes over medium heat until golden blond and fluffy.

I sincerely hope you love these as much as I do. I know they make my day every time, and I like to think they make Grand-maman Annette's too.

*Your Itinerant Chef,
A/Slt Melissa Kia*

About Melissa: I grew up in a family with a large multicultural background. My Chinese grandfather owned his own restaurants in Halifax, and my French Grandmother was a Cordon Bleu graduate like me. I started cooking at the age of five under their tutelage, and continued on to my formal studies at Le Cordon Bleu after graduating from Université Laval with a B Sc. in Kinesiology. Afterwards, I worked in many high-end bistros and restaurants before opening my own business in 2010. I ran a French pastry (Pâtisserie la Petite France) for two years before I joined the Forces.



The winner's of the PSP Recreation Summer Camp draw came by the Colwood Pacific Activity Centre on Nov. 22 to pick up their prize package of camping gear worth \$500. Left to right: Breaden, 10, MCpl Patricia Morley, and Kieran, 8.

SPORTS trivia

by PO1 Bill Sheridan

Contributor

QUESTIONS?

1. Lorne Anderson is in the record books for what reason?
2. Before 1889, how many balls did it take to get a walk?
3. Who was on the 'mattress line' on the Canucks?
4. Oscar Robertson did this the most times in NBA history.
5. The Outsider is a book written by which retired tennis star?
6. What do the number eight and five in Spanish translate to for Chad Johnson?
7. Who sang the National Anthem at the Montreal Forum during the seventies?
8. What golf course has hosted the Canadian Open the most times?
9. How many retired numbers do the Maple Leafs have?
10. What number did Pele wear?

- ANSWERS
1. In 21 seconds in March 1952 he allowed Bill Mosenko's three goals.
 2. After adjusting their walks between nine and five pitches, both the National League and the American Association agreed to allow four balls for a walk in 1889.
 3. Two twins and a king, Sed in twins and Jason King.
 4. He had the most triple doubles.
 5. Jimmy Connors.
 6. Ocho Cinco, which became his last name for a few years.
 7. Roger Doucet.
 8. Glen Abbey in Oakville, Ontario.
 9. Just two, Ace Bailey #6 and Bill Barliko #5, but many 'Honoured Numbers'.
 10. Ten.

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Go to www.cfappreciation.ca for more information.

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Members can now log into their EMMA account and elect to receive their official tax slips electronically. With this selection, paper copies will no longer be mailed to home addresses, but rather they will be sent to the e-mail address provided in EMMA.

All members are encouraged to select this option as this change to T4/R1 delivery will ensure that those who elect to receive their tax slips through EMMA will receive their T4/R1

slips at the earliest possible date. By choosing this option, the Department will also save up to \$120,000 a year in printing and mailing costs.

For information directly related to EMMA or in regard to setting up an EMMA account, please contact the Human Resources Information Centre (HRIC) in Ottawa at 613-996-3333 (select option 1). For all other general inquiries, please contact your Pay Office.



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Above: Veterans and currently serving members enter Broadmead Lodge's Remembrance Day ceremony.
Below: Members from HMCS Calgary and HMCS Protecteur gather in front of Broadmead Lodge.

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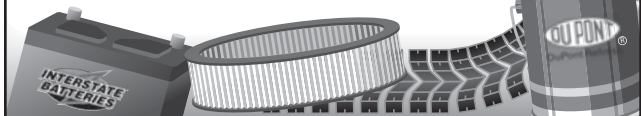
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Calgary crew visit seniors at lodge

On Nov. 11, 10 members of *HMCS Calgary's* crew accompanied the Commanding Officer, the Coxswain and two personnel from *HMCS Protecteur* to the Broadmead Lodge Remembrance Day Service.

The Remembrance Day message from the Prime Minister of Canada was read by Cdr John Wilson in company with Sub-Lieutenant David Nelson. Others mingled with veterans and community representatives with the laying of wreaths and assisted veterans during the service and as they were piped out. *Calgary's* personnel appreciated the reflective and meaningful service of remembrance and the opportunity to spend time with Canadian Veterans on such an important day.



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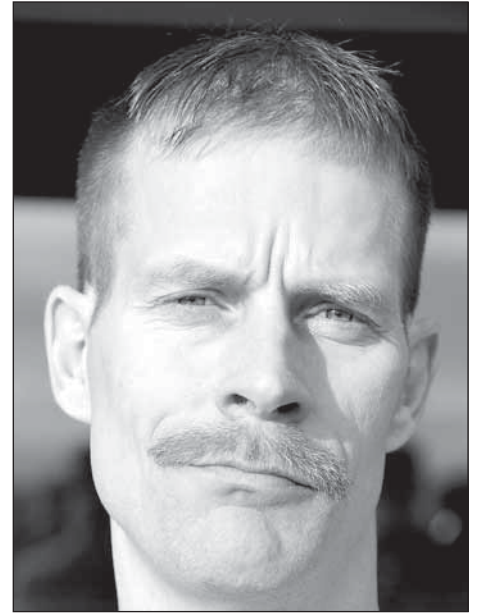
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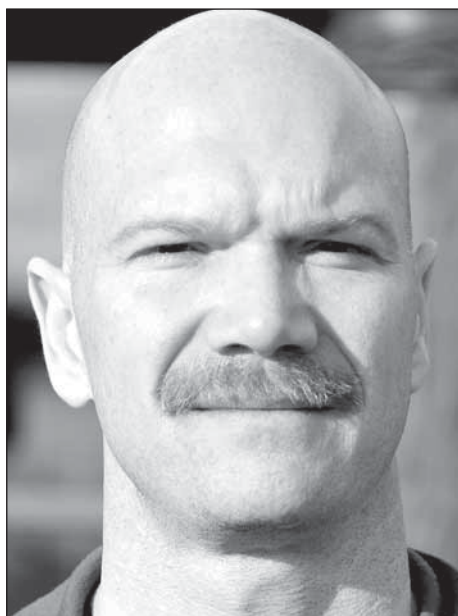
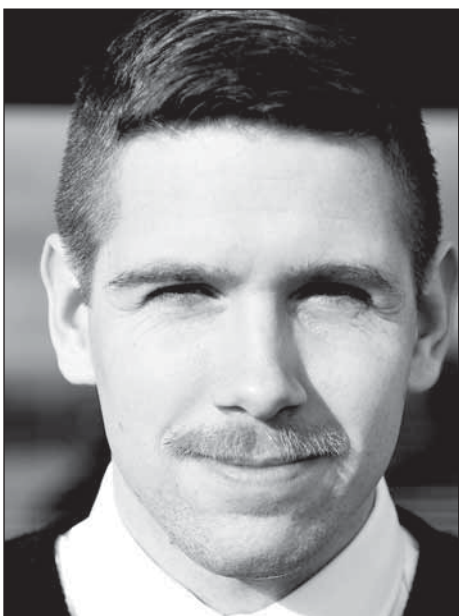
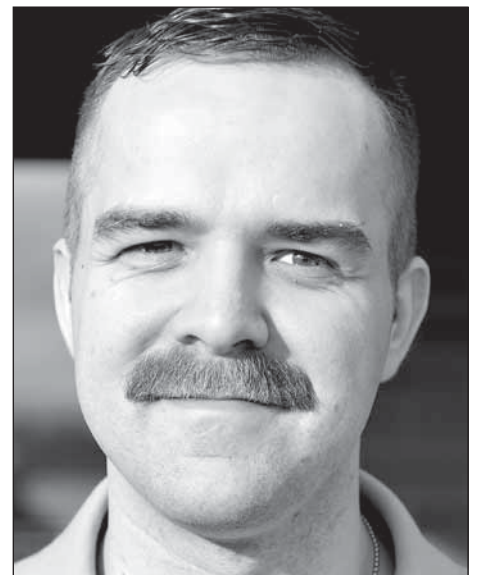
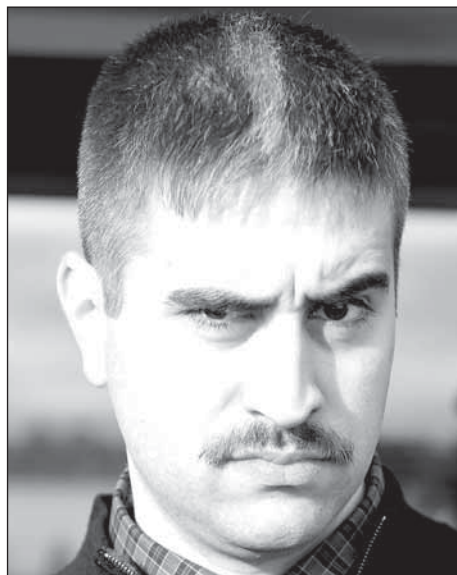
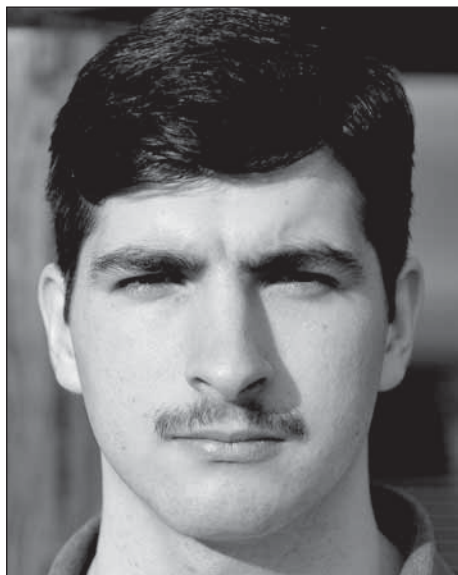
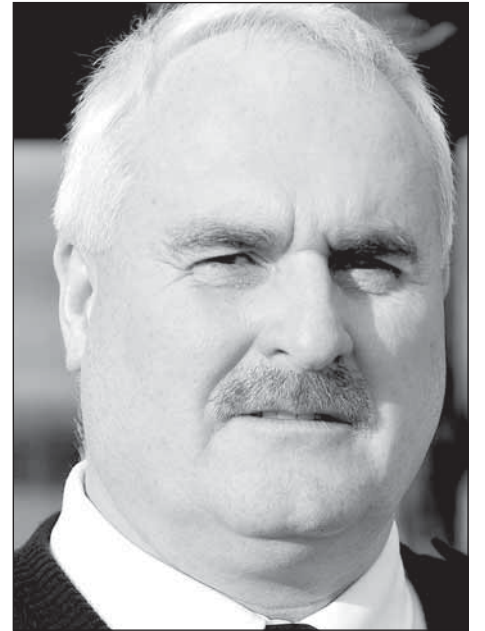
NOTC Venture's Best Moustache of November 2013, A/SLt Paul Timperley with Venture Commanding Officer, Cdr Jason Boyd.

NOTC Venture's Movember

The moustaches of NOTC Venture's 2013 Movember Team. This year the team raised \$535, which will go towards Prostate Cancer Research.



NOTC Venture's Worst Moustache of November 2013, A/SLt Francis Holtken is singled out by Cdr Boyd during this year's Movember finale.



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Soldiers return home for Christmas

Denise Berube
Army Public Affairs

After spending the past six months in Kabul, Afghanistan, in support of Operation Attention, soldiers from the 3rd Canadian Division are coming home just in time for the holiday season.

Those returning are a part of the Canadian Contribution to the Training Mission in Afghanistan (CCTM-A) and have diligently contributed to building a more secure and safe environment for the people of Afghanistan.

Excited to be home soon in Edmonton, Alberta, Master Corporal Emilie Mitchell says she's looking forward to seeing her husband and daughters, ages two and four.

"I just missed both of my girls' birthdays," she explains. "But, with Internet here, we can do some web chat."

Her husband's famous risotto is also something she missed a lot.

"I can't wait to go back and have that!"

But she noted there is an Afghan restaurant on the camp that competes with her husband's culinary talents.

"How they combine the flavours, the spices, how they use everything to cook a meal. It is quite something."

For MCpl Mitchell, Resource Management Support Clerk with the 1st Service Battalion at the Canadian Forces Base Edmonton, this was her first deployment to Afghanistan. She worked as a Contract Clerk in Kabul, coordinating with local companies the ordering of heavy machinery such as forklifts.

Like many deployed Canadian soldiers working in a new work environment, MCpl Mitchell had to face certain challenges, including the language barrier. In her dealings with local Afghan

companies, she had to be very thorough to ensure important information was not lost in translation.

MCpl Matthew Hall

Another Canadian Army soldier who is looking forward to coming home for the holiday season is Master Corporal Matthew Hall. He says his parents in Moncton, New Brunswick, cannot wait for him to return.

"I'll be getting home around Christmas time, so I'm sure they'll have a lot of holiday festivities planned."

He is looking forward to seeing his two brothers who will be there to greet him.

MCpl Hall, a Signals Operator with the 2nd Princess Patricia's Canadian Light Infantry at the Canadian Forces Base Shilo, agrees that being deployed to Afghanistan requires an adjustment.

"The first time coming to the country is hard because it's a completely different culture." He adds, "It's a bit of a learning curve to get to know all the systems I hadn't seen before."

He was able to adapt quickly, ensuring the operations and communications systems worked properly to support the needs of all CCTM-A members.

In spite of keeping a busy schedule working six days a week, MCpls Mitchell and Hall found ways to unwind through physical activities.

MCpl Hall picked up ball hockey while MCpl Mitchell played indoor volleyball with her colleagues.

"I'm playing volleyball here. I play with Americans, Turks, and Bulgarians; we don't all speak the same language, but we communicate through the language of sport," said MCpl Mitchell.

Both soldiers are a part of the final rotation of Canadian troops to Afghanistan. By Christmas, approximately 275 personnel will remain in Afghanistan. All Canadian Armed Forces members will be home by the end of March 2014.



Above: MCpl Matthew Hall, a Signals Operator with the National Command and Support Element, inspects a cable router at Camp Phoenix, Kabul, on Nov. 3.

Below: MCpl Emilie Mitchell, a Resource Management Clerk with the National Command and Support Element, is looking forward to returning home to Edmonton, Alberta, to be with her family.



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People's Choice - Betty



2

Best Dressed - Bosco



3

Most Stylish - Miss Blossom

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4



People's Choice - Rascal



5

Best Dressed - Milo the Dino



6

Most like Owner

7



Most like Owner



8

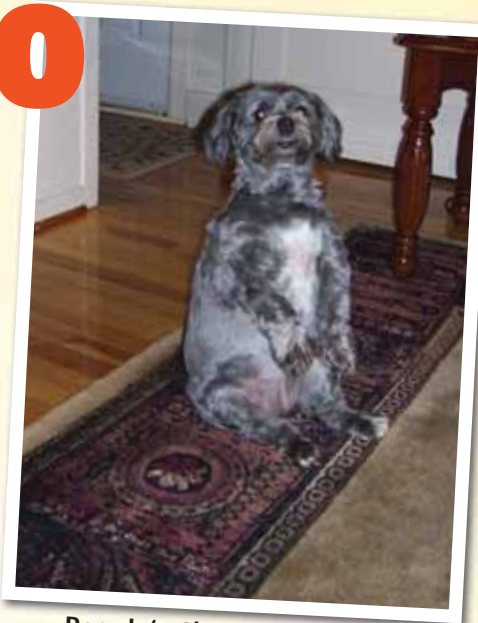
Most Stylish - Asia

9



Most Stylish - Bosco

10



People's Choice - Jasmine

11



Most like Owner

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Korean Navy delegation visits MARPAC

RAdm Kim Duk-ki of the Republic of Korea Navy and his delegation visited Maritime Forces Pacific (MARFAC) and CFB Esquimalt from Nov. 18-21, 2013.

Cpl Michael Bastien, MARFAC Imaging Services

Above: RAdm Kim Duk-ki receives a salute as he crosses the bow onto HMCS Regina.

Bottom left: RAdm Kim Duk-ki and Cdr Paul Francoeur talk navy issues during a tour of Regina's bridge.

Bottom right: RAdm Ron Lloyd presents RAdm Kim Duk-ki with a gift to signify the first Canada-Republic of Korea Navy staff talks.





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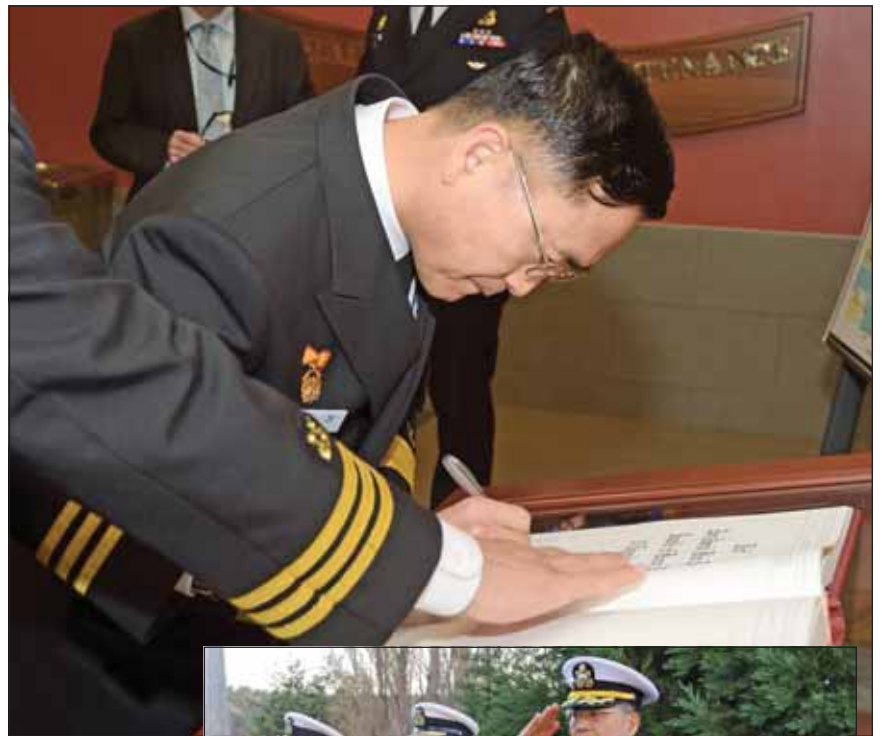
Cpl Michael Bastien, MARPAC Imaging Services

Above: RAdm Kim Duk-ki listens to Glenn Gilmour as he explains the roles and future projects of Fleet Maintenance Facility Cape Breton.



LS Ogle Henry, MARPAC Imaging Services

Top right: The Naden Band waits for the arrival of the Republic of Korea Navy entourage.



Middle right: RAdm Kim Duk-ki signs FMF's guest book before touring the unit.

Bottom right: RAdm Kim Duk-ki with RAdm Ron Lloyd, and RAdm Bill Truelove, Commander MARPAC, receive a general salute by the 50-person Guard of Honour at Duntze Head.



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Island lesbian social group opens

Shawn O'Hara
Staff Writer

New to Victoria or just want to make new friends? Island Lesbian Social Meetup is all inclusive and was created so that gay, lesbian, bisexual, transgendered and queer women can come together in a safe, supportive and fun environment. Looking to enjoy a dinner with friends, a night at the movies, or a night on the town? Island Lesbian Social (30+) might be for you.

The group was started by AB Jacqueline Goguen in May 2012 after she found meeting women in the Victoria area challenging.

"The gay community in Victoria can still be very reclusive and individuals feeling isolated," she says. "I figured if I wanted to make it easier for myself and others to meet, I had to take it into my own hands."

So AB Goguen hit the web, and the popular online platform Meetup. Through the website she created the



Island Lesbian Social (30+). The group is aimed at getting members of Victoria's lesbian community ages 30 and up into social situations that would be difficult to find otherwise.

"Women have opened their homes to hosting movie nights, we've gone for hikes and camping, met for coffee and dining out, anything to get women social and mingling," she says. "Getting to know people can be a

lot easier than meeting new people in the first place."

Since its inception, the group has grown to 190 members and has hosted over 160 meet ups. Events are driven by the members and posted to the group's page, and members show up for whichever events interest them.

"It's not always the same people at every meet up," says AB Goguen. "There's always a great group of

women and they're always a lot of fun."

For those prospective members worried about their personal information, the group's membership is private.

"My name is the only one publicly visible," says AB Goguen. "You can read group reviews and see how many members are in the group, but not any of their individual information. It's completely confidential."

With the group quickly approaching 200 members AB Goguen says she is thrilled with the direction it's taking, and has high hopes for the future.

"We're always hoping for more members," she says. "The more women who join, the bigger reach the group has and the more women we can help. I think we're on the right track and filling a void that has existed in Victoria."

More information on the group can be found at www.meetup.com/Island-Lesbian-Social-30.

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Financial tips for Canadian Armed Forces members

Pierre Goulet
SISIP FS

Much is being done by SISIP to expand the financial knowledge of young Canadian Armed Forces members.

Unfortunately, personal finance is not a required subject in high school or college; so many young people are slightly in the dark when it comes to managing their money upon stepping out into the real world for the first time. Therefore, in order to help get them started, there are three essential truths about money if they want to live comfortably and enjoy a prosperous future:

- **Learn Self Control.** The sooner you learn the fine art of delaying gratification, the easier it will be for you to keep your finances in order. While it is simple to purchase an item on credit the minute you want it, it may be smarter to wait until you have actually saved up the money.

- **Take Control of Your Own Financial Future.** Learning how to manage your own money now will prevent other people from finding ways to mismanage it for you down the road. Some of these people may be well-meaning, but not know what they are doing.

- **Start an Emergency Fund.** One of personal finance's oft-repeated mantras is "pay yourself first". No matter what your personal situation is today, it's wise to find some amount

No matter what your personal situation is today, it's wise to find some amount every month in your budget to put away in an emergency fund.

every month – no matter how small - in your budget to put away in an emergency fund. When you get into the habit of saving money and treating it as

a non-negotiable monthly "expense", pretty soon you will have more than just emergency money saved up; you may accumulate enough cash for unexpected expenses, a vacation or even money toward the down payment for a home.

Remember, by using these three simple tips, you will be one step closer to achieving your financial goals. You can also seek the advice of a financial advisor; they will analyze each situation individually and provide personalized advice and recommendations, tailored to the specific needs of each client taking into account your particular situation and the realities of military life.



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Larissa Johnston, Navy Public Affairs

Cadet CPO1 Dennis Roberts, Coxswain of HMCS Rainbow, was in the media spotlight upon disembarking from HMCS Protecteur after six weeks at sea.

Trip of a lifetime for cadets

Larissa Johnston
Navy Public Affairs

HMCS *Protecteur* sailed back into Esquimalt Harbour Nov. 18, returning nine Sea Cadets from a once-in-a-lifetime training opportunity.

"It was quite unique and really cool," says CPO1 Dennis Roberts, 18, Coxswain of HMCS *Rainbow*.

Sea cadets from British Columbia and Alberta joined *Protecteur's* crew on Oct. 12 for a six-week trip to see the work of sailors in a Royal Canadian Navy ship.

Senior sea cadets, aged 16 to 18, were integrated into all crew responsibilities, from deck, air detach-

ment, logistics, marine systems engineering, combat systems engineering and combat.

The group also conducted cleaning stations, painted the ship and participated in the Remembrance Day ceremony. They toured the retired USS *Midway* and the USS *Kidd*.

While in the port of San Diego, the sea cadets explored some of California's attractions, such as the San Diego Zoo, Sea World, Disneyland and Universal Studios, and even got to spend a couple days on the beach.

But even better than basking in the sun was taking a tour of California's coastline

in a Sea King helicopter. "That was the highlight of the trip," says CPO1 Roberts, who is in his last year of cadets. He joined when he was 12 years old.

The sea cadets who joined *Protecteur* were selected based on recommendations from their commanding officer.

"Dennis is a cadet that I would have had no hesitation in recommending for a deployment such as the recent *Protecteur* one, as he is always willing to learn," said Lt(N) Jean Ann Cyr, Staff Officer 3 Sea for Regional Cadet Support Unit (Pacific). "I knew he would make the most of the opportunity."



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Photos by LS Ogle Henry, MARPAC Imagery Services

The recipients of the Formation Ceremonial Presentation pose for a group photo with Rear Admiral Bill Truelove (center front row), Commander of Maritime Forces Pacific; and CPO1 Paul Helston, Formation CPO. RAdm Truelove held a MARPAC/JTF(P) honours and awards ceremony at the Chief and Petty Officer's Mess, Nov. 19, to recognize the service of military and civilian members of the Canadian Armed Forces and Department of National Defence.



FORMATION CEREMONIAL PRESENTATION

Honours & Awards

Pages 15, 16 and 17.



Major J.A. Smith receives the Chief of Defence Staff Commendation from RAdm Truelove.



LCdr D. Chouinard-Prevost receives the Chief of the Royal Canadian Navy Bravo Zulu from RAdm Truelove, Commander Maritime Force.



CPO2 M. Lesperance receives the MARPAC Bravo Zulu from RAdm Truelove.



PO2 S. Mandy receives the Chief of Defence Staff Commendation from RAdm Truelove.



Major D.J. Proctor receives the Central Joint Operation Centre Commendation from RAdm Truelove.



Lt(N) J.D. Meadley receives the Chief of the Royal Canadian Navy Commendation from RAdm Truelove.



AB L. Ferrigno receives the MARPAC Bravo Zulu from RAdm Truelove.



Capt I.M. Walker receives the Canadian Expeditionary Forces Command Commendation from RAdm Truelove.



MS S. Aryavong receives the Chief of the Royal Canadian Navy Commendation from RAdm Truelove.



PO1 S. Durdle receives the MARPAC Bravo Zulu from RAdm Truelove.



PO2 G. Chamberlain receives the MARPAC Bravo Zulu from RAdm Truelove.



PO2 D. P-Gagnon receives the MARPAC Bravo Zulu from RAdm Truelove.



MS M. Pyza receives the MARPAC Bravo Zulu from RAdm Truelove.



LS C. Eacott receives the Chief of Defence Staff Commendation from RAdm Truelove.



Alexandra McKenzie receives the MARPAC Bravo Zulu from RAdm Truelove.



Ron Holmes receives the MARPAC Bravo Zulu from RAdm Truelove.



Michelle Harris receives the MARPAC Bravo Zulu from RAdm Truelove.



Jim Huzzey receives the Retirement Certificate from RAdm Truelove after 39 years of Public Service. The certificate was signed by Prime Minister Stephen Harper.

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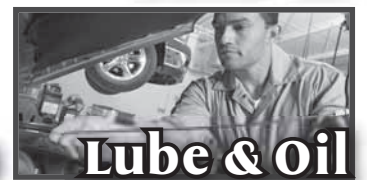
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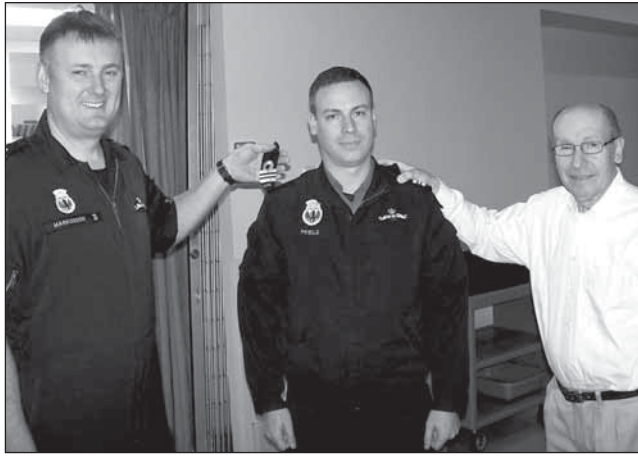


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LS Wesley Bennett is promoted to the rank of Master Seaman by Cdr Wes Golden, BAdm Branch Commanding Officer, and PO2 Daryl Canning.



LCdr Miele is promoted to his current rank by LCdr Markusson, Commanding Officer of HMCS Chicoutimi.



Base Chief Petty Officer, CPO1 Shawn Taylor, presents Pte Pistone with the Base CPO1 Coin in recognition of her outstanding dress and deportment while filling the position of Army Cenotaph representative as part of the Esquimalt Remembrance Day ceremony.



PO1 Drew is promoted to CPO2, by Cdr Bonnar, Commanding Officer of HMC Protecteur, and CPO2 Penner.



Photo by Cpl Stuart MacNeil, MARPAC Imaging Services Maritime Forces Pacific Headquarters Commanding Officer, Cdr Lori McAllister promotes MCpl Payam Karimi.



Photo by Cpl Stuart MacNeil, MARPAC Imaging Services Maritime Forces Pacific Headquarters Commanding Officer, Cdr Lori McAllister promotes PO2 Leslie Sheppard.



PO2 Michael Biasotti, Weapons Engineer Technician at Maritime Forces Pacific Submarine Support Team, is promoted to his current rank by Commander Lori McAllister, Commanding Officer of MARPAC headquarters, on Nov. 14.

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STV TUNA IS LOOKING for CF/Ex-CF/DND civilian members to join the forces offered sailing program. Any one interested in sailing or learning to sail is encouraged to join us. All skill levels are welcome. For more information about the program please contact Sgt Steve Wright 902-427-4417 or steven.wright@forces.gc.ca or check us out on facebook (STV Tuna) for more information.

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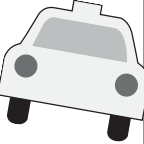
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Esquimalt Neighbourhood House Society - Board of Directors. We are currently looking for positive-minded, enthusiastic, inspired and committed Board members to help contribute to the growth of our Community based programs and outreach. Experience in the following areas would be an asset: Fundraising/Event Planning, Promotion, Accounting/Bookkeeping. For more information, please contact the Executive Director, Esquimalt Neighbourhood House Society at mlmckenna@enh.bc.ca.

HABITAT FOR HUMANITY AND THE RESTORE are seeking volunteers to help out with customer service, warehouse and driver assistants. We are also looking for ambassadors for special events. Please contact Hazel @ volunteer@habitatvictoria.com or 250-480-7688 ext. 103.

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Citizenship ceremony a chance to reflect

The Defence Visible Minority Advisory Group (DVMAG) Co-Chairs for Esquimalt, Jennifer Fielding and Lt(N) Bob Kang, attended a citizenship ceremony at the Royal British Columbia Museum Oct. 21.

It was hosted by the Institute for Canadian Citizenship (ICC) Building Citizenship Committee of Victoria during which 45 people from 21 different countries became Canadian citizens.

The ICC is a national program where a network of volunteers organize citizenship ceremonies in

Victoria Foundation, as the keynote speaker.

Established Canadians were able to join in an oath to reaffirm our own citizenship, which Lt(n) Kang and Fielding both did.

An informal reception wrapped up the event.

“Being an immigrant and becoming a Canadian citizen 12 years ago, this event was quite something,” said Lt(N) Kang. “I was able to reflect back on what it means to be a Canadian, and shared personal stories of being a Canadian citizen, which inevitably led to my experience in the Canadian Armed Forces. The CAF’s commitment to various humanitarian missions is an excellent example which I’m very proud of.”

For Fielding the event brought home the reality life is not the same in other countries.

“It was really brought home through our forum discussions how much we take for granted,” she says. “Canadian citizenship truly has a positive and powerful impact on people’s lives and the lives of their families. I found the entire experience very moving, culminating in reaffirming my own citizenship. I can say that I’ve never felt more pride in being Canadian.”

DVMAG intends to continue a productive dialogue with the ICC Building Citizenship Committee of Victoria, and will explore future opportunities for collaboration in creating a workplace that is more attractive, inclusive, welcoming and invigorating. This will aid in building, nurturing and retaining a talented and diverse DND/CAF civilian and military workforce.

their communities, in partnership with Citizenship and Immigration Canada.

Prior to the actual citizenship ceremony, the soon-to-be new Canadians were welcomed by established citizens. Everyone in attendance participated in a round table discussion, which was an opportunity to connect and share their own stories and experiences. It was also a chance for everyone to reflect on what it means to be Canadian and what they believe are Canadian values.

Following the round-table discussions, a formal citizenship ceremony took place with Sandra Richardson, CEO of the

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