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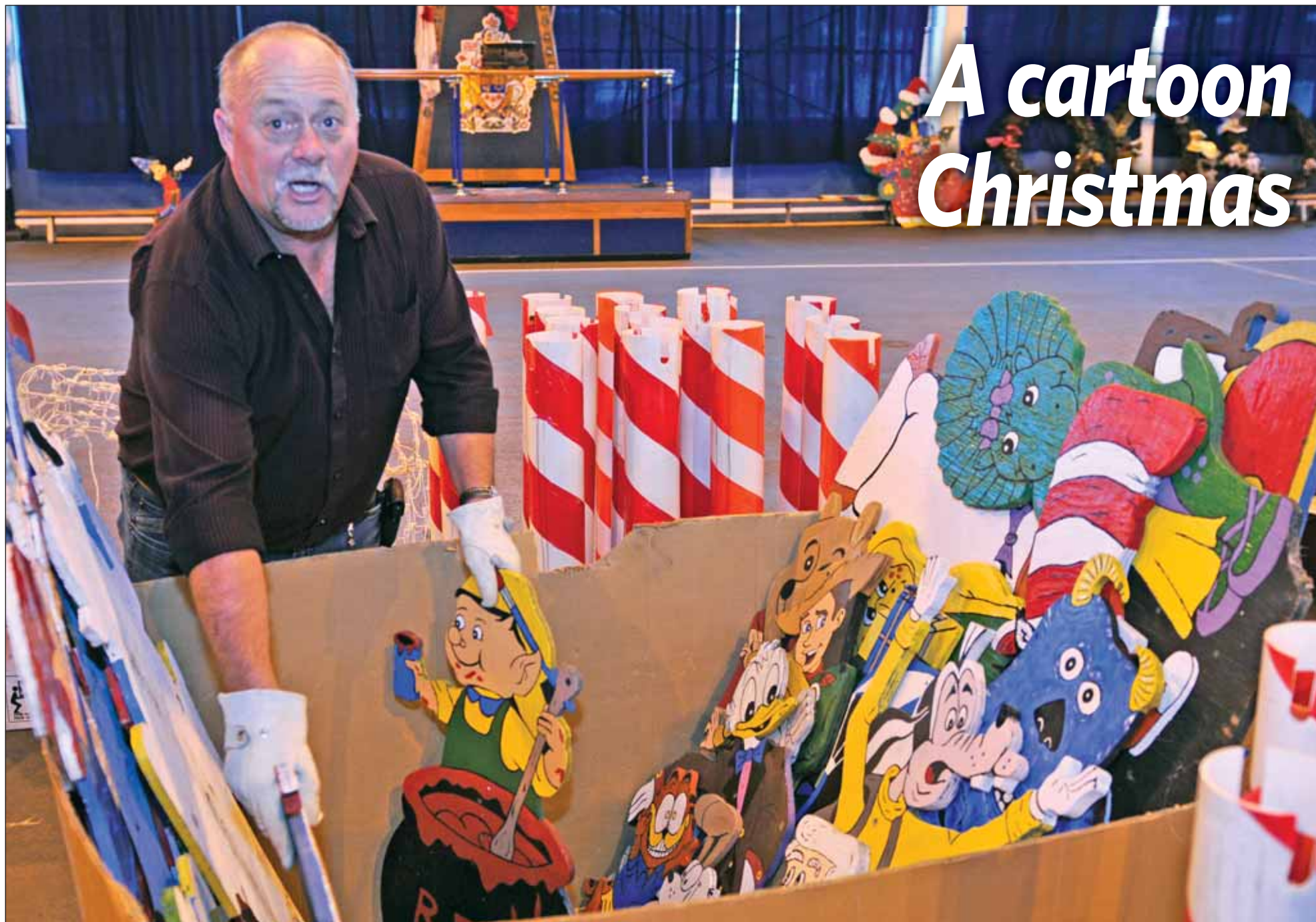
LOOKOUT

MARPAC NEWS CFB Esquimalt, Victoria, B.C.
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JOIN US AT THE
Navy Holiday Village

Details on page 3



A cartoon Christmas

Shawn O'Hara, Lookout

Navy Holiday Village designer Ken Lidstone sets up cartoon cut outs as part of the festive display at CFB Esquimalt. Lidstone's cut outs will be on display at the Naden Drill Shed along with decorated trees, the cadets and a model train exhibit.

<p>NEWS 2</p> <p>Commander RCN sets future course</p>	<p>COMMUNITY 10</p> <p>Sailor spends night outdoors</p>	<p>FEATURE 10-11</p> <p>MERRY CHRISTMAS & Happy New Year!</p> <p>Holiday messages from senior leaders</p>
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DND Photo

VAdm Norman addresses sailors of the Royal Canadian Navy during a ship visit.

Top sailor sets a course for the future

Navy PA Ottawa

The Royal Canadian Navy (RCN) has a new roadmap to establish the navy's direction and strategic priorities for 2013 to 2017.

The RCN Executive Plan, launched in early December by Vice-Admiral Mark Norman, Commander RCN, will help guide the organization through the most intensive period of transition and renewal ever in its peacetime history.

In the Executive Plan, VAdm Norman sets out his four main priorities: to ensure excellence in operations at sea; to enable the RCN's transition to the future fleet; to evolve the "business of our business", leading to more effective management of resources; and finally, to energize the entire RCN institution.

VAdm Norman is confident the Plan will allow

the Navy to realize these goals. To this end, the RCN has set in motion a series of changes in its governance, readiness processes and structures as it seeks better, leaner and smarter ways to deliver on its mission. These changes, collectively known as "Navy Renewal", represent the RCN's contributions towards the broader Defence Renewal effort.

"The organizing principle for Navy Renewal is 'One Navy', by which we will realign the RCN's core readiness functions and processes around pan-naval authorities who will exercise their responsibilities on behalf of the entire RCN regardless of where they are located," VAdm Norman explains.

The creation of pan-naval authorities includes a clear separation of roles and responsibilities between the strategic and operational levels of com-

mand. The Naval Staff in Ottawa is being realigned toward its corporate functions, such as ensuring the delivery of the future fleet, and further decentralizing operations to the coasts.

At the operational level, functions are being delegated to one of the two coastal commanders. Commander Maritime Forces Pacific will assume responsibilities for Naval Training Systems, individual training and education, as well as governance of the Personnel Coordination Centres. Commander Maritime Forces Atlantic will focus on collective and operational training, operational planning, fleet readiness, and warfare policy.

The Naval Reserves will continue to be realigned toward a more traditional Canadian Armed Forces model of reserve service, supplementing the Regular Force at home and

abroad through part-time and full-time service, in addition to strengthening public awareness of the RCN as a whole.

"While the 'One Navy' concept refers to this functional realignment, it is also about our culture," says VAdm Norman. "It's about celebrating our legacy in Canadian history and our contributions on the world stage, and about embracing agility and change as we look ahead to a future of exciting new capabilities that will be essential to our success. Each of us has a unique and equally important role to play in sustaining the RCN today and preparing it for tomorrow," continues VAdm Norman. "The Executive Plan will allow us to do that, by uniting us in a common understanding of our challenges and our opportunities, as well as a shared vision of where we're headed."

**Season's
Greetings**



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Holiday cheer comes to Naden

Shawn O'Hara
Staff Writer

Piles of fluffy cotton snow, cheerful holiday music from the Naden Band, and a cast of colourful characters festoon the Naden Drill Shed this week during the inaugural Navy Holiday Village.

Last week volunteers decked the hall with boughs of holly, decorated Christmas trees and created a winter wonderland walkthrough for the public to enjoy.

"We wanted to come up with a replacement for the Navy Lighting Contest, and we thought this was a great opportunity," says Ken Lidstone, primary designer of the village. "With dockyard under construction, we wanted to centralize the celebrations, and I think we've outdone ourselves."

Among the decorations, including an installation from the CFB Esquimalt Model Train Club, are hundreds of cartoon cut-outs constructed by Lidstone himself. The craftsman has been constructing these plywood characters for the past 35 years.

"It's just a small hobby of mine," he says. "I've created about 250, but plywood doesn't last forever so I'm currently at around 100."

Lidstone's collection runs the gamut from the Grinch to Bugs Bunny to Santa and his Elves.

"I wanted to contribute in any way I could, and this is something I love doing," he says. "Seeing children smile when they recognize characters they love fills me with such joy."

Outside, visitors will see a lighted truck display and naval ships lit up from afar.

"The view from the bluff at the Drill Shed is beautiful, and with the lights on the water it's just wonderful," says Lidstone. "It's a great way to cap off the event."

Cdr Wes Golden, Base Administration Officer, says he is thrilled by the work and effort put in by volunteers, and is confident the Holiday Village will become a "must-see" attraction in years

to come.

"I am ecstatic with how the concept of a Navy Holiday Village has gone from being a plan on a dry erase board to a reality," he says. "In only five weeks, a hard-working team of volunteers from across the Formation has come together to bring the Navy Holiday Village to life. Nothing beats stronger than the heart of a volunteer and when you have a team of volunteers like we had this year, they are simply unstoppable."

The Navy Holiday Village, he adds, speaks to community outreach and what it means to be a good neighbour.

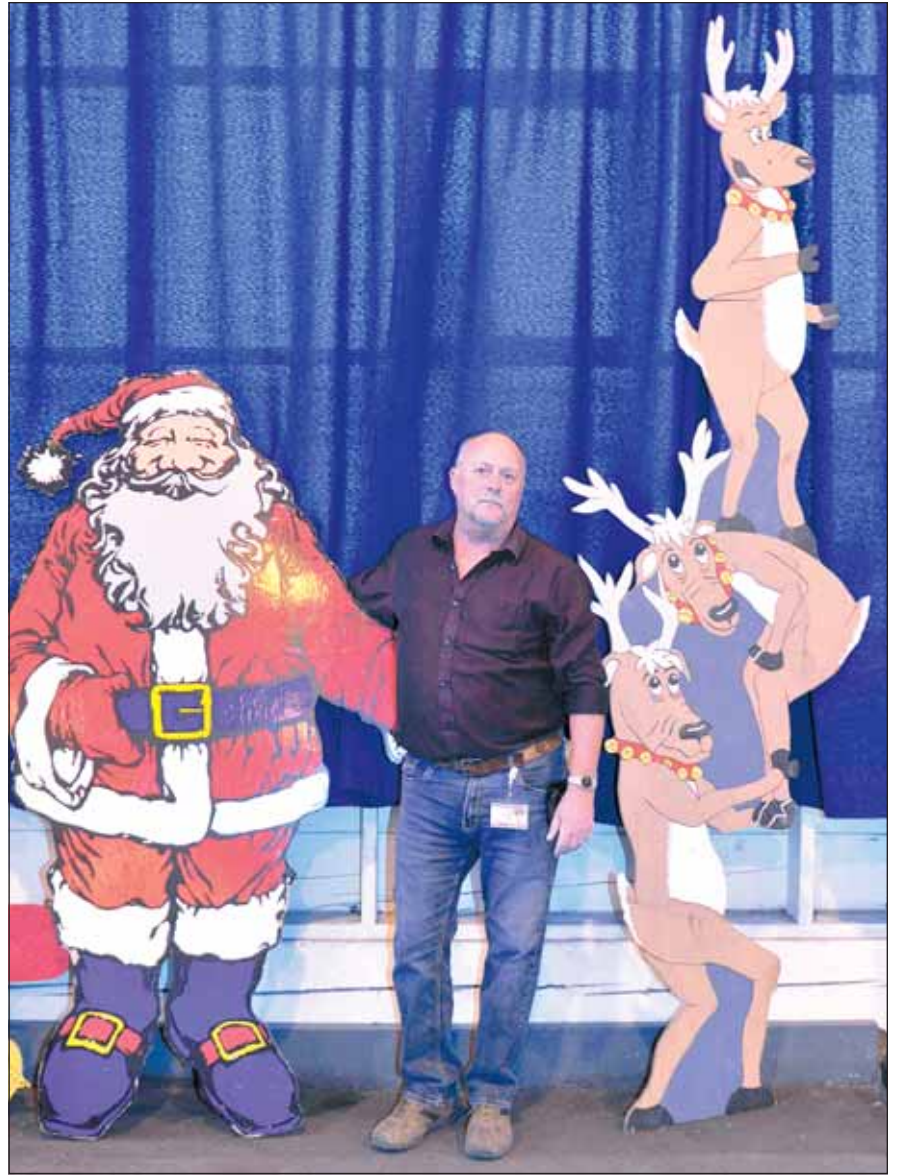
"It speaks to energizing the institution by providing an opportunity for our men and women in the Defence Team to introduce themselves and tell their stories to the people of Esquimalt and the surrounding communities of what it is like to be a member of the Defence Team here in Esquimalt, and what it is like to work for the Royal Canadian Navy. It provides an opportunity for the Commander of MARPAC and the Base Commander to open the doors and invite surrounding communities in for a mug of hot chocolate and share in the festive spirit."

Holiday Village Hours:

Open to everyone
Monday, Dec. 16 – 20
6 – 9 p.m.

CFB Esquimalt, Naden

Parking on the parade square



Shawn O'Hara, Lookout

Ken Lidstone poses with his larger than life Santa and reindeer cutouts. They are just a few of the many cutouts that will adorn the Navy Holiday Village.

A festive graphic for the Navy Holiday Village. At the top, there are green pine branches with red and gold stars. Below this, the text "JOIN US AT THE" is written in a white, curved font. The main title "Navy Holiday Village" is in a large, gold, cursive font. Below the title, it says "at the NADEN DRILL SHED" in white, bold, sans-serif font. The dates and time "Dec. 16-20 • 6-9 p.m." are also in white, bold, sans-serif font. At the bottom, the word "FREE" is written in a large, white, bold, sans-serif font. The background is dark with white snowflakes. At the bottom of the graphic, there are colorful houses with snow on their roofs.

What you'll see:

- Vote on the best dressed Christmas Tree with a special category for the best Charlie Brown tree and best dressed Holiday Decorated Vehicle
- See ships decorated in festive lighting and a model train mock-up of dockyard
- Discover the holidays through the eyes of Cadets
- Meet the Defence Team of the Royal Canadian Navy
- Purchase a CD of the Naden Band's favorite holiday hits and support the Military Family Resource Centre
- Sip some hot chocolate and enjoy all that the holidays have to offer

matters of OPINION

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WHAT SAY YOU

The Itinerant Chef: Noël! Croquilles St. Jacques

Choosing one recipe to represent the holidays is difficult for me. I want to tell you about them all; however, that would literally take a book.

The one I have chosen to share is incredibly French, and very addictive. We have neighbours and friends from decades ago who still ask for this around the festive season. I know you will love it.

The recipe is done in three stages, so you have lots of room to experiment. If you have allergies or simply wish to substitute, you will find the results very forgiving. You can always make the sauce in advance and split it between two types of meat if your family is like mine with non-seafood eaters amongst the crowd.

Filling

2 Tsp butter
1 lb scallops (I like the Digby ones) or any white meat, fish or seafood

1 Tbsp lemon juice
Using a large, high sided skillet over a medium heat melt the butter until it froths. Then increase the heat and sear your scallops (or whatever base meat you are using) until they come to a golden brown color. Spoon the lemon juice over them and toss them into a bowl to relax off the heat.

Roux

2 Tbsp butter
2 Tbsp flour
A pinch of salt
¾ cup of heavy cream
¾ bottle of dry white wine (I use Pino Grigio)
1 Tsp chicken bouillon (like Bovril or Oxo)
A half box sliced mushrooms
3-4 finely chopped green onions

This step incorporates what we call a roux. You want the melt the butter in the same pan as you had the meat or seafood in, to deglaze all the lovely caramel bits from the bottom. Then add the flour and salt and stir the roux till it's a bright white. This means the flour has cooked.

Toss in the mushrooms and



Step 2: You will know the flour has cooked when your roux turns bright white.

allow them to sizzle in the roux. Now, add your wine, cream, chicken bouillon base and the green onions. Bring the whole thing to a simmer. Stir the sauce, as the roux will cause it to thicken.

Now is the time to toss in your meat. Allow the dish to soak up all the wonderful juices, and check the seasoning. Remove it from the heat when

you're satisfied with the taste and texture.

Roux

¼ Cup parmesan cheese
¼ Cup dried bread crumbs
8-10 large serving shells

Here's the presentation part. In a bowl combine the bread crumbs and cheese. Pour a large dollop containing 3-4

scallops per shell and top with the crumble you just mixed. If you wish, you may freeze the shells with the mix and bake them later. If not, simply heat the shells in the oven at 420F until they brown and bubble. Serve them on plates as they will be very, very hot!

I hope that these indulgences please your friends and family as much as they do mine. Your only drawback may be trying getting rid of your many guests.

**Happy Holidays to all.
Your Itinerant Chef,
A/SLt MJ 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 highend bistros and restaurants before opening my own business in 2010. I ran a French pastry (Patisserie la Petite France) for two years before I joined the Forces.



MOST OF THE PHOTOS TAKEN AT THE NORTH POLE ARE "ELFIES".

Church Services Christmas Week



St. Peter's Protestant Chapel

307 Virago Cres, Belmont Park
• Dec. 24 - Christmas Eve Service - 4 p.m.
For Chaplain Services please visit <http://esquimalt.mil.ca/badm/bchap>

Christ the Redeemer

Naden, Building 35
• Dec. 24 - Christmas Eve Mass (Vigil Mass) - 5 p.m.
• Dec. 29 - Mass - 9 a.m.
• Dec. 31 - New Year Vigil Mass - 5 p.m.

Our Lady Star of the Sea

595 Galiano Cres, Belmont Park
• Dec. 24 - Christmas Eve
7 p.m. - Children's Christmas Pageant
7:30 p.m. - Vigil Mass of Christmas
11 p.m. - Midnight Mass of Christmas
• Dec. 25 - Christmas Day Mass - 10:30 a.m.
• Dec. 29 - Mass - 10:30 a.m.
• Jan 1 - New Year Mass - 10:30 a.m.

For Advent Penitential Service please visit www.olss.ca

The NAC will be CLOSED Dec. 20 - Jan. 24

To ensure that gym facilities are available to the military members, the Dockyard gym will remain open during the Christmas season. Beginning Dec. 20 and ending Jan. 24, operating hours will be from 6 a.m. - 6 p.m. Mon- Fri and weekends from 9 a.m. - 5 p.m.

Hours during Christmas break are:

Dec. 23: 6 a.m. - 6 p.m. Dec. 25 - 26: CLOSED Dec. 28-29: 9 a.m. - 5 p.m. Dec. 31: 6 a.m. - 1 p.m. Jan. 2-3: 6 a.m. - 6 p.m.
 Dec. 24: 6 a.m. - 1 p.m. Dec. 27: 6 a.m. - 6 p.m. Dec. 30: 6 a.m. - 6 p.m. Jan. 1: CLOSED Jan. 4-5: 9 a.m. - 5 p.m.

Jan. 6th resumes hours as above.

FITNESS:

All classes and testing have been moved to alternate locations. Below is a copy of the alternate locations for all classes that were to be held at NAC.

Amended Naden Athletic Centre Weekly Schedule Jan. 6 - 24, 2014

Time	Monday	Tuesday	Wednesday	Thursday	Friday
0545	Lifeguard n/a		Lifeguard n/a		Lifeguard n/a
0700-0745	FORCE DEVELOPMENT - NOTC	FORCE DEVELOPMENT - NOTC	FORCE DEVELOPMENT - NOTC	FORCE DEVELOPMENT - NOTC	FORCE DEVELOPMENT - NOTC
	Unit PT DRILL SHED		Unit PT DRILL SHED		
0800-0930	FORCE EVAL 0800-0930 NOTC	FORCE EVAL 0800-0930 NOTC	FORCE EVAL 0800-0930 NOTC Note change in time Wed due to NOTC gym availability	FORCE EVAL 0800-0930 NOTC	FORCE EVAL 0800-0930 NOTC
	Hull Tech QL5 1040-1130 DRILL SHED	MAR ENG 1040-1130-DRILL SHED NOTC 1040-1145 NOTC	Hull Tech QL5 1040-1130 DRILL SHED	MAR ENG 1040-1130-DRILL SHED	Hull Tech QL5-1040-1130 DRILL SHED ENG DIV 1000-1115 DRILL SHED
1130-Pool		Lifeguard n/a	Lifeguard/PES n/a	Lifeguard n/a	Lifeguard n/a
1205-1250	NOTC UNIT PT- NOTC Bootcamp- NOTC FLEX-n/a	Aquafit- n/a Spin-n/a High-Intensity Fitness- NOTC	KB COND-n/a FLEX- n/a Fitness Technique 101- NOTC	Aquafit- n/a Spin-n/a High-Intensity Fitness- NOTC	FORCE EVAL 1130-1300 NOTC
1300-1430	Personal Training - n/a				
1430-1600	CSE DIV 1415-1500-DRILL SHED	CBT DIV 2 1445-1545-DRILL SHED	CSE DIV 1415-1500-DRILL SHED	CBT DIV 2 1445-1545-DRILL SHED	
1515-1600	ENG DIV-1515-1600 DRILL SHED		ENG DIV-1515-1600 DRILL SHED		

All Physical Exercise Specialist (PES) classes and clients will be working from NOTC. Please contact Carol Lynn Ross (363-7088) for further information.

RECREATION:

As the closure of the pool affects the recreation program, the following arrangements have been made: Start dates have been changed to start 2 weeks later and will now run:

Red Cross Swimming Lessons:

Feb. 1 - Apr. 5 (10 lessons)

Adapted Swimming Lessons:

Feb. 1 - Apr. 5 (10 lessons)

Adult Swimming Lessons:

Feb. 3 - Apr. 7 (10 lessons)

Dodge ball: start Feb. 6

Operation Power Fit: Feb. 4 - 27

All private swim lessons and personal training clients will be contacted individually and notified of the closure.

No courses will be cancelled as a result of the closure.

During the NAC closure, the Defence Community can access the facilities at Esquimalt Recreation.

Dockyard Gym Weekly Schedule Jan. 6 - 24, 2014

Time	Monday	Tuesday	Wednesday	Thursday	Friday
0545-1415					
0745-1615					
0700-0745	FORCE Development	Cardio Development	FORCE Development	Cardio Development	FORCE Development
0800-0900	HMCS Vancouver	HMCS Winnipeg	HMCS Vancouver	HMCS Win/Nanaimo	
				Blackrock 1020 - 1100	
1100-1145	Battle fit	Flexibility Fusion	Battle fit	Flexibility Fusion	Battle-fit Weight lifting
1205-1250	Boot camp	Spin	Kettle bells	Spin	Boot camp
1300-1350					
1400-1445	Blackrock 1420 - 1500		Blackrock 1420 - 1500		
1500-1800					

Classes at Dockyard gym are running as regular; however, we will be promoting these classes to all members on the base rather than just dockyard. To the left are the classes during the closure.



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NORAD region chooses Santa's escort pilots for Canadian air space

NORAD

The Canadian North American Aerospace Defense Command (NORAD) Region is set to track and escort Santa Claus during his annual visit to Canada and has selected four CF-18 fighter pilots for the high profile job.

LCol Darcy Molstad and Capt Sébastien Gorelov of 425 Tactical Fighter Squadron from 3 Wing Bagotville, Quebec, will conduct the first escort duties to welcome Santa into Canada when they join him off the coast of Newfoundland and Labrador.

As Santa zooms across Canada and approaches the Ontario-Manitoba border, escort duties will switch to Capt Rich Cohen and Capt Brian Kilroy of 409 Tactical Fighter Squadron from 4 Wing Cold Lake, Alberta.

Special NORAD SantaCams, positioned around the world, will take photos and video of Santa and his sleigh as he journeys around the world. The SantaCams instantly download

Special NORAD SantaCams, positioned around the world, will take photos and video of Santa and his sleigh as he journeys around the world.

the photo and video imagery so that it may be viewed by children around the world on the NORAD Tracks Santa website at: www.noradsanta.org on December 24. Information will be available in English, French, Spanish, German, Italian, Japanese, Portuguese, and Mandarin.

As NORAD has done since 1955, its Canadian Air Defence Sector Operations Centre at 22 Wing in North Bay, Ontario, will alert NORAD when their radar and satellite systems detect Santa approaching North America.

On Dec. 24, children can also receive updates on Santa's journey by calling the traditional "NORAD Tracks Santa" telephone hotline at 1-877-HI NORAD (1-877-446-6723), or by emailing NORAD at noradtrackssanta@gmail.com.

In 2012, the NORAD Tracks Santa website received over 22 million unique visitors from nearly all the countries and territories around the world. NORAD Tracks Santa Facebook page neared 1.2 million followers, and over 129,000 people followed Santa on Twitter.

On Dec. 24 alone, NORAD "Santa Trackers" answered more than 114,000 telephone calls and received over 9,000 emails over a 25 hour period.

NORAD is a bi-national United States and Canadian organization, charged with the missions of aerospace warning and aerospace control for North America. NORAD performs its mission 365 days per year, but on December 24, NORAD performs an additional mission - tracking Santa around the world.



Capt Rich Cohen



Capt Sébastien Gorelov



LCol Darcy Molstad

Vancouver Island Safety Council

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Cpl Blaine Sewell, MARPAC Imaging Services

These photos are from one of three Joint Veterans-Junior Ranks Yuletide Luncheons held at the Pacific Galley in Nelles Block.

Above: Richard Blackwolf (left) and (Base Commander for the day) Able Seaman Ead (right) carve the ceremonial turkey at CFB Esquimalt's Veterans and Seniors Yuletide dinner on Dec. 5.

Right: Base Commander Capt(N) Luc Cassivi (right) and Edna Wood (left) season the rum sauce during the luncheon.

Below: Able Seaman for the day, Capt(N) Luc Cassivi, (left), poses with Sylvia Vink from the Esquimalt Legion, and Santa. Vink is the Poppy Chair for the Legion and runs the Poppy Campaign at the Esquimalt Legion.



Cpl Michael Bastien, MARPAC Imaging Services



Cpl Blaine Sewell, MARPAC Imaging Services



Cpl Stuart MacNeil, MARPAC Imaging Services

Left: Flight engineers aboard a CH-124 Sea King helicopter unload rucksacks belonging to candidates on the army basic reconnaissance course.

Middle: Bombardier Jordan Hindebrandt from 1 Royal Canadian Horse Artillery in full camouflage.

Above: Cpl Christopher Repas, from 3rd Battalion Princess Patricia's Canadian Light Infantry (PPCLI), and Pte Samuel Gardner, from 2 PPCLI, lead a troop up a hill after disembarking an assault boat.

Troops tackle reconnaissance course at Rocky Point



Cpl Stuart MacNeil, MARPAC Imaging Services

A Rigid Hull Inflatable Boat carrying course candidates prepares to land on a beachhead near Canadian Armed Forces Ammunition Depot Rocky Point on Nov. 20.

B.C. Legion throws military entrepreneurs to the lions

Shawn O'Hara
Staff Writer

Five teams of Canadian Forces entrepreneurs will be pitching their business ideas to the "lions" for the chance at \$10,000.

This healthy seed fund, donated by the Royal Canadian Legion's BC/Yukon Command, will be awarded to one lucky entrepreneur as part of the 2013 Legion Lion's Lair.

"We want to give this community of entrepreneurs the opportunity to get their businesses off the ground," says Tamara Renwick, Legion Project Manager for Enactus, the organization hosting the program. "After a life in the military some veterans can have trouble reintegrating, so we want to help give them a leg up."

The Lion's Lair, similar to the CBC show The Dragon's Den, has hopeful business owners giving a 10 minute pitch of their plan to a panel

of judges. Whoever has the most popular pitch will be helped along with the \$10,000 nest egg.

"It's a definite advantage to have ten thousand extra dollars going into a business," says Renwick. "They put in a lot of hard work, which culminates in the Lair so it has to be worth it."

The Lion's Lair is part of a larger five week workshop that pairs potential business owners with mentors, and speaker sessions to develop their business skills. Everything from business basics, to social media, to advertising is covered in the extensive program.

"We help develop the seed of their idea into a full blown pitch," says Renwick. "We want to make sure when people finally get to the Lion's Lair they'll be ready to fully express their goals."

With the application process already complete, the next task will be selecting this year's competitors.

"We're looking for a balance between people who have a good head for business and people who aren't just using us for the free cash," says Renwick. "We've had everything from carpenters, to makeup artists, to software specialists so we're hoping for a good mix this year."

The Lion's Lair and its workshop are all a part of the Legion Military Skill Conversion Program, which hopes to find ways for veterans to reintegrate into the workforce. This is done through fast tracking BCIT programs with experience based credits, helping entrepreneurs develop business ideas, or simply pairing vets with the proper work paths.

"Military personnel do so much for our communities, but when their time in the military is over where can they go?" says Renwick. "We hope, with our programs, to be able to give them a clear path for the next step in their lives."



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Includes one night in a deluxe fairway room, two tickets to the Chilliwack concert in the Filberg Centre, and two \$15 breakfast vouchers.
- JAN 22nd** **An Evening with Barney Bentall ... \$86.5** pp/dble occ
Includes one night in a deluxe fairway room, two tickets to an intimate evening in our Ball Room with Barney Bentall, and two \$15 breakfast vouchers.
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Mushroom picker gets stuck in the sticks overnight

Shawn O'Hara
Staff Writer



LS Wesley Chao spent an unplanned night in the woods near Shawnigan Lake after a mushroom picking trip went awry.

When LS Wesley Chao drove up to Shawnigan Lake a month ago seeking the elusive and highly sought after pine mushroom, he didn't expect to stay overnight.

But inattention would leave him no choice but to brave the night in the wilderness.

"The pine mushroom only grows in abundance in a few places on the island, and one of those places in Shawnigan Lake," says LS Chao, a Weapons/Engineering Technician aboard *HMCS Calgary*. "I love pine mushrooms, so I thought I'd head up and see what I could find."

So he piled into car with friends and took to the hills around the lake where pine mushrooms are known to grow. The day expanded to a fairly profitable mushroom hunt, with LS Chao collecting upwards of 10 pounds of the tasty and expensive fungi.

"I was having a great time. I was so engaged in the picking I started wandering higher and higher up the hill," he says. "According to my compass I was going west, so I figured I had a pretty good idea of where I was."

The day wore on and the sun went down as LS Chao continued his hunt. Once it started getting dark he began to head in the direction of his car, or where

he thought he had parked his car.

"I should have gone northwest, but instead went west. I found a small path through the trees I thought would take me back, but it didn't," he says. "My two friends knew their way around so they made it to them but they were too far away."

With his compass, his mushrooms, and the night quickly deepening around him, he made the decision to set up camp.

"It was too dark to see and I couldn't find a path, so I set up a place to sleep where I wouldn't get any more lost than I already was," he says. "I used the orienteering and survival skills I learned in the military, so I had a chance of

surviving the night."

LS Chao created a small lean to with branches and sticks, and dug a hole in the dirt underneath it to form a makeshift bed.

"I covered myself in dirt and leaves to keep warm, almost like an animal," he says, laughing. "I had plenty of mushrooms to eat and collected some rainwater, so it didn't turn out too bad."

When the sun rose, LS Chao was quick to find his way to a logging road in the woods. While trekking back to a main roadway he met a rescue vehicle.

"They told me they'd been looking for me all night," he says. "It was very relieving to run into them so quickly. It worked out pretty well."

His impromptu camping trip isn't enough to dissuade LS Chao from his hobby, but he says next time he'll be better equipped.

"I should have brought a GPS, or at least warmer clothes," he says. "For any mushroom pickers heading into the woods I would suggest preparing for the worst, because you never know what's going to happen."

I covered myself in dirt and leaves to keep warm, almost like an animal. I had plenty of mushrooms to eat and collected some rainwater, so it didn't turn out too bad.

-LS Wesley Chao



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SLt Kord Rainczak, HMCS Calgary

HMCS Calgary prepares to receive fuel from USNS Guadalupe.

Calgary prepares for state of readiness

SLt P. Walsh
HMCS Calgary

HMCS *Calgary* embarked Sea Training (Pacific) and departed Esquimalt for San Diego on Nov. 25. The mission was to complete a challenging restricted readiness inspection in which Sea Training staff evaluated the ship in responding to various damage control, search and rescue, boarding operations and force protection exercises.

The ship responded well to these serials, both

announced and unannounced.

Calgary was assessed as SAT (satisfactory) by Sea Training staff and stands in good stead to achieve success at the Standard Readiness and High Readiness levels.

Upon arrival at Naval Base San Diego, the crew was rewarded with a weekend ashore. *Calgary* was hosted by USS Anchorage, an impressive new San Antonio-class amphibious transport ship. The crew provided *Calgary* with port information and an

excellent ship's tour.

Calgary sailors took advantage of the great weather and USN hospitality to make the most of the weekend. Many sailors were able to bring along their clubs for an organized golf tournament, and first time visitors to San Diego were able to explore the city.

The purpose of the transit to San Diego was to take advantage of the Southern California Operating Areas. The ship is currently conducting tests of its new combat

systems including a series of weapons firings, with fast-air, long range patrol aircraft, and U.S. naval support.

The ship also conducted a replenishment at sea for the first time since coming out of mid-life refit, a first for a modernized Halifax class frigate. During the replenishment, *Calgary* embarked 200 cubic metres of fuel. These events represent great strides ahead for *Calgary* as it continues on the road to operational readiness.

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From the Admiral

Another year is almost complete, and the Christmas season is upon us again. A chance to take a well deserved pause and spend quality time with family and friends; to 'recharge the batteries' and prepare for the opportunities that lay before us in 2014.

As I look back over 2013, I am reminded of all that has been accomplished across the Formation. Our core business is generating Maritime Forces for employment around the globe on behalf of Canadians, and we have done that with our ships and submarines, along with supporting ship's companies, Air Dets, and UAV detachments. We have achieved excellence across our Joint Task Force Pacific mission sets; always ready to respond to the needs of British Columbians when requested. Throughout 2013, our Joint Rescue Coordination Center has provided assistance in almost 3000 cases; often saving the lives of fellow Canadians. And finally, I look across the province with pride in the tremendous accomplishments of the over 7000 Cadets; our future leaders.

This success is the direct result of the tremendous work by all of you; the incredible civilian and military members of the MARPAC/JTFP team. Each of you has voluntarily chosen to serve your nation as members of the Canadian Armed Forces, the Public Service of Canada or in other capacities. Collectively, I know that you are all committed to ensuring that we are fully prepared to achieve our mission and for that I say "THANK YOU!" From Base to FMF, Fleet to the many lodger units, our incredible MFRC and the Headquarters staff, to name a few, I am incredibly proud of all of you and thankful for all that you do each and every day; often in the face of demanding workloads and challenges.

Brenda and I also want to extend our appreciation to your families; the 'Strength Behind the Uniform'. We could not do what we do without their support!

I know that many of you will be traveling over the Holidays and also taking the time to celebrate the season. I hope that you will do this in a safe and responsible

manner. I also ask that you take a minute to remember those that will not be home for the holidays; the ship's company in HMCS Toronto, our members deployed in various other missions around the globe and those that will be on duty in their units at home. We appreciate you 'standing the watch' and thank you for your service. I also ask that you remember those that may be alone for the holidays and that you consider sharing your family holiday traditions with them.

In closing, Brenda and I wish you and your families a very enjoyable Holiday Season and we look forward to seeing you all again in 2014! I am honoured to be the Commander of Maritime Forces Pacific/Joint Task Force Pacific and to have the privilege of working alongside each of you.

Happy Holidays!

**RAdm Bill Truelove and
Mrs Brenda Truelove
Comd MARPAC/JTFP**



From the Base Commander

It is, once again, the season to be jolly. What a great year we have enjoyed together. I would like to take this opportunity to thank everyone at CFB Esquimalt for the tremendous work you have done this year in support to the Fleet, the Commander Maritime Forces Pacific/Joint Task Force Pacific, and our Cadet team. Since assuming command, I have been impressed by your professionalism, innovation, resilience and dedication. It is an absolute pleasure to serve you. You have all contributed to the operational excellence of the Royal Canadian Navy whilst living through the ongoing "facelift" of our infrastructure at the dockyard and the continued focus on self-improvement within the

Defence Team. Well done!

It is now time to take a rest and share the fruits of our labour with family and friends. Enjoy a well deserved break and look after each other. To those who will be deployed or on duty over the holidays, I thank you for your sacrifice and our thoughts are with you and your families. If, for some reason, you find yourself alone in Victoria during this season, take advantage of our facilities and the many indoor and outdoor activities in the region. On the other hand, if you know of someone alone, please reach out, spend some time with them, or open your door to them. This can be a tough season for some and there is nothing like friends to set

the right tone. The buddy system is not only for foreign port visits.

2014 promises to be as dynamic as this year with the deployment of HMCS Regina, the progression of the Halifax Class Modernization, RIMPAC 14 and many infrastructure projects which will continue or get underway next year. I know you will be ready for it.

Enjoy the Holidays! From the Base Executive team, the Base Chief, Francisco and I, best wishes for the season! Health and happiness to all!

**Capt(N) Luc Cassivi
Base Commander**



L'Amiral

Une autre année s'achève et le temps des fêtes s'en vient à nouveau. C'est l'occasion de prendre une pause bien méritée et de passer du temps en famille et avec les amis, de « recharger les batteries » et de se préparer pour les événements qui nous attendent en 2014.

Quand je regarde en arrière 2013, je me souviens de tout ce qui a été accompli au sein de la formation. Notre mission professionnelle est de mettre sur pied des forces maritimes pouvant être déployées dans le monde entier au nom des Canadiens, et c'est ce que nous avons fait avec nos navires et nos sous-marins, nos équipages, nos détachements aériens et de drones. Nous avons atteint l'excellence dans l'ensemble des missions de la Force opérationnelle interarmées (Pacifique), étant toujours prêts à répondre sur demande aux besoins de la Colombie-Britannique. Tout au long de 2013, notre Centre conjoint de coordination des opérations de sauvetage a porté assistance dans près de 3 000 cas, sauvant souvent la vie de nos concitoyens. Et enfin, je regarde avec fierté les réalisations extraordinaires de plus de 7000 cadets dans toute la province, nos dirigeants de demain.

Ce succès est le résultat direct de l'énorme travail de chacun d'entre vous, les membres civils et militaires incroyables de l'équipe des FMAR(P)/de la FOIP. Chacun de vous avez volontairement choisi de servir votre pays en tant que membres des Forces armées canadiennes, de la fonction publique du Canada ou à d'autres titres. Collectivement, je sais que vous êtes tous engagés pour nous assurer que nous sommes prêts à accomplir notre mission, et pour cela je vous dis MERCI! De la base à l'IME, de la flotte aux nombreuses unités hébergées, et de notre incroyable CRFM au personnel du quartier général, ainsi que tous les autres qu'il faut nommer, je suis extrêmement fier de vous tous et reconnaissant pour tout ce que vous faites chaque jour, souvent confrontés à une charge de travail et des défis des plus exigeants.

Brenda et moi tenons aussi à exprimer notre gratitude envers vos familles, la « force derrière l'uniforme ». Nous ne pourrions faire ce que nous faisons sans leur soutien!

Je sais que beaucoup d'entre vous partirez en vacances et prendrez aussi le temps de célébrer en ce temps des fêtes. J'espère que vous ferez cela de façon sûre et responsable.

Je vous demanderais également de prendre une minute pour penser à ceux qui ne seront pas à la maison pour les vacances, à l'équipage du NCSM Toronto, à nos membres déployés dans le cadre de missions à travers le monde et à ceux qui seront en service dans leurs unités au pays. Nous apprécions que vous « montiez la garde » et nous vous remercions pour votre service. Je demande également que vous pensiez à ceux qui pourraient être seuls pour les vacances et que vous envisagiez l'idée de partager vos traditions familiales du temps des fêtes avec eux.

En terminant, Brenda et moi souhaitons, à vous et votre famille, un temps des fêtes des plus agréables et nous avons hâte de vous revoir en 2014! Je suis honoré d'être le commandant des Forces maritimes du Pacifique/ de la Force opérationnelle interarmées du Pacifique et d'avoir le privilège de travailler aux côtés de chacun d'entre vous.

À tous de joyeuses fêtes!

**Cam Bill Truelove et
Mme Brenda Truelove
Cmdt FMAR(P)/FOIP**

Le commandant de la base

Encore une fois c'est la saison des réjouissances. Quelle belle année nous avons connu ensemble. Je voudrais profiter de cette occasion pour remercier tout le monde à la BFC Esquimalt pour l'énorme travail que vous avez fait cette année en soutien de la flotte, du commandant des Forces maritimes du Pacifique/ Force opérationnelle interarmées du Pacifique, et de l'équipe des cadets. Depuis que j'assume le commandement, je suis toujours impressionné par votre professionnalisme, votre sens de l'innovation, votre endurance et votre dévouement. C'est un véritable plaisir que de servir avec vous. Vous avez tous contribué à l'excellence opérationnelle de la Marine royale canadienne tout en vivant le « lifting » en cours à nos infrastructures de l'arsenal et l'accent constant mis sur l'amélioration personnelle au

sein de l'équipe de la Défense. Bon travail!

Il est maintenant temps de prendre un bon repos et de partager les fruits de notre travail avec la famille et les amis. Profitez d'une pause bien méritée et prenez soin les uns des autres. Pour ceux qui seront déployés ou en service pendant les vacances, je vous remercie de votre sacrifice et nos pensées sont avec vous et vos familles. Si, pour une raison quelconque, vous vous retrouvez seul à Victoria au cours des fêtes, profitez de nos installations et des nombreuses activités intérieures et extérieures de la région. D'autre part, si vous connaissez quelqu'un de seul, s'il vous plaît, ayez la main tendue et passez du temps avec cette personne, ou même ouvrez-lui votre porte. Cela peut être une période difficile pour certains et il n'y a rien comme les amis pour remonter le moral.

Le système de jumelage n'est pas seulement pour les visites dans les ports étrangers.

L'année 2014 promet d'être aussi dynamique que cette année, avec le déploiement du NCSM Regina, la progression de la modernisation des frégates de la classe Halifax, Rimpac 14 et de nombreux projets d'infrastructure qui se poursuivront ou seront lancés l'an prochain. Je sais que vous serez prêt pour cela.

Profitez des congés des fêtes! De la part de l'équipe de commandement de la base, du chef de la base, de Francisco et de moi-même, tous nos meilleurs vœux pour le temps des fêtes! Santé et bonheur à tous!

**Capt(N) Luc Cassivi
Commandant de la base**



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CISM men's volleyball team trains with elite Cuban players in Havana, Cuba

Capt Dennis Noel
CISM Volleyball player

Sixteen volleyball athletes, part of the Conseil International du Sport Militaire (CISM) men's Volleyball team, had a great opportunity to train and compete alongside the Cuban elite volleyball players for a five day training camp in Havana, Cuba.

Canadian Armed Forces members arrived in Havana Dec. 1 and commenced their training at the Cuban National Training Centre the very next day. For seven out of the 16 CAF players, it was their first experience playing against international and skilled players.

"Training with the Cubans was a very good opportunity and provided exposure at the international level for our group of athletes," said CISM's coach, Major Craig Johnston. "We're taking home a lot of knowledge and experience for our upcoming tournaments this winter and for the 2014 World Military Volleyball Championships."

Throughout the week, the Canadian men played against the Cuban senior B team and their junior 19-year-old team. Cuba has a great National program and an excellent reputation on the world stage. Cuban athletes train together six days a week. They are recruited throughout the country starting at age 14 and live at the Cuban National



Capt Dennis Noel, Contributor

Above: Pte Jean-Jerome Ouellet hits the ball against the Cuban junior team during a match at the Cuban National Training Centre.

Below: The CISM Men's Volleyball team with the Cuban junior and senior B teams at the Cuban National Training Centre.

Training Centre until they reach the National team, with expectations of competing in the upcoming Olympic Games and professionally in the World Volleyball league.

By maintaining a high state of personal physical fitness, the CAF athletes were able to win half of the games they faced throughout the week. The level of success these athletes achieved is a result of the skilled players, hard work and dedication that everyone brought to the team.

"Coming back to Canada, our team can be proud of their success, their diplomatic representation of CISM and the Canadian Armed Forces," said team manager, Major



Guillaume Tremblay. "This is probably the best results that our CISM team has had against the Cubans since 2006."

This years training will prepare our volleyball athletes for the World Military Volleyball Championships that will

be held next July in Rio de Janeiro, Brazil.

For more information on the CISM Men's Volleyball team, you can follow them on Facebook www.facebook.com/CISMvolleyballCanada and on Twitter www.twitter.com/CISMvolleyball.



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Stay safe, well and happy this holiday

The holiday season is an opportunity to spend well-deserved time with friends and family and to recharge for the New Year.

Sometimes, however, the anticipation of the holidays is better than the reality and our expectations are not always realized.

There are some things we can do to avoid feeling disappointed and exhausted by the holiday season, so that we don't return to work needing a rest and vowing to drop 10 pounds in order to fit into our pants comfortably.

Say "yes" to events when you truly want to attend, but feel free to creatively and kindly decline if you'd rather not attend. Socializing a

sure to take a few days off drinking altogether.

Be active everyday. Go for a fast walk, a jog or a run. Get out for a hike, go to a public skate or put on some music with your kids and have a dance party in the kitchen.

Have lots of cut vegetables and fruit available to snack on so you don't overdo it with unhealthy foods. Eat a healthy snack before you go to a party so that you aren't hungry when you get there, thereby limiting the likelihood of overeating. Drink lots of water as well to help you feel fuller.

If you have quit smoking and are traveling somewhere where your loved ones smoke, have a plan for what you'll do to avoid smoking. Contact Krista Durand, Butt Out Coordinator, at 250-363-5532, to get some practical tips to increase your success. Or check out www.gosmokefree.gc.ca/quit.

For some of us, the holidays are very difficult. If you find yourself – or someone you care about – feeling as though you need some support this holiday season, we are fortunate to have many services available to the defence team. The Military Family Resource Centre (MFRC) has a 24 hr/7 day a week hotline available to call. The operator can refer you to all other resources in our area: 250-363-2640 or 1-800-353-3329 (available 24/7)

Do not be afraid to seek help.

So take a few moments to visualize how you would like the holidays to go and make a plan that will support the best possible outcome. The Defence Community Wellness Advisory Team wishes each and everyone of you a very happy holiday season.

Try to stick to your normal routine as much as possible. Go to sleep at roughly the same time each night and get up at the same time in the morning.

little can be recharging and fun. You know you've had too much of a good thing when you are dreading your next party.

Try to stick to your normal routine as much as possible. Go to sleep at roughly the same time each night and get up at the same time in the morning.

Follow the Low Risk Drinking Guidelines as much as possible over the holidays. Stick to 3 standard drinks a day for men and 2 for women. Always use a designated driver and be

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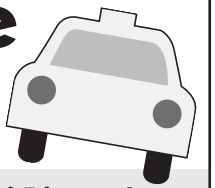


Joanie Vanheeswyk (left), Bridgette Lillmeier (right), and MS Sandra Tucker (not shown) were the winners of the Addiction Awareness Campaign held Nov. 12-26. Prizes were provided nationally by Strengthening the Forces and locally by the Personnel Support Programs Sponsorship and Donation program.

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Christmas at Cragidarroch

Craigdarroch Castle Historical Museum Society has a new lineup of public programming during the month of December.

Daytime Programs:

- Afternoon music performances take place on weekends throughout December. Weekday performances run Dec. 21 to 31. All performances will be held in the dance hall at 2:30 p.m. and are included with general admission price.
- Children's activities will take place during the weekend mornings at 11 a.m., and will include storytelling, puppet workshops, and craft activities. Reservations are required for the puppet workshops, and all activities are included with general admission price.

Evening Programs:

- Ladies Movie Night on

Dec. 15 will be a showing of Little Women. Gather round for a festive evening and look for the scenes that were filmed in Victoria and at Craigdarroch! \$20 per person, snacks included. Members receive \$5 off. Cash bar available.

- A Christmas Carol will return with Jason Stevens performing the same one-man version that Dickens himself took on the road during the 1800s. This includes a self-guided tour of the Castle along with an intimate salon-style theatrical performance in the dance hall. December 12, 13, 18, 19 and 20. \$20/adult or \$15/student. Members receive \$5 off. Please note that this show is not designed for children under 13 years. Check www.thecastle.ca for showtimes.
- Self-guided evening

tours will be available from Dec. 21 to 23, and from Dec. 27 to 30. The doors will be open late (last admission at 7:30 p.m.) so guests can enjoy a cozy evening in the Castle. Hot cider or tea included with regular admission prices.

- Hogmanay Whisky Tasting is back on Dec. 31. Revelers can kick off their New Year's Eve celebrations with Scottish whisky tasting from 5-7 p.m. Tour up to the dance hall and enjoy the joyful sounds of Cookeilidh to set the mood for a fun and informative whisky tasting. Learn a little about the Scottish tradition of Hogmanay, and a lot about whisky from Macaloney Distillers founder, Graeme Macaloney. \$30/person, members receive \$5 off.

Craigdarroch Castle is closed Dec. 25, 26, and Jan. 1.

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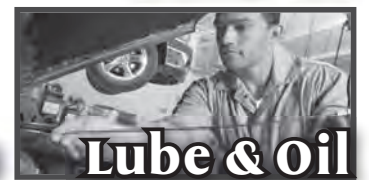
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Navy bus draws young crowd

Erin Whitely took her homeschooled daughters Avery, Maddie and Ivy on a field trip to the Navy Display Bus to learn about the navy as part of their day's social studies lesson. The interactive display bus was open to the public Tuesday, Dec. 10 in Sooke. Sailors from HMCS Malahat, Victoria's Naval Reserve Division, were on hand to answer questions and explain life in the Royal Canadian Navy (RCN). The interior of the bus has interactive computer-based systems that showcase the RCN's many roles, responsibilities, operations, and employment opportunities. Visitors watched a variety of videos, such as "Truth, Duty, Valour" episodes, in the 12-seat theatre. They also explored careers via push-button video displays on occupations ranging from human resources to information technology.




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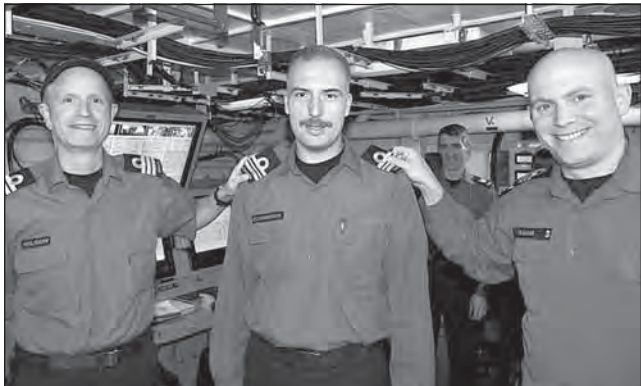
Bravo ZULU



LCol Matt Johnsen, Base Construction Engineering Officer, presents Robert Hedley with his certificate, signed by the Prime Minister, for 35 years of dedicated public service.



Cdr Wes Golden, Base Administration Officer, presents LS Clawson with the Canadian Forces Decoration medal in recognition of LS Clawson's 12 years of excellent service to the Canadian Armed Forces.



HMCS Calgary's LCdr Emil Schreiner is promoted to Lieutenant-Commander by Cdr John Wilson and LCdr Josh Yanchus.



HMCS Calgary's LS Andrew Orme is promoted to Leading Seaman by Lt(N) Bobby Gilpin and CPO2 Jason Kitt.



HMCS Calgary's MS Nadia Leblanc is appointed to Master Seaman by Lt(N) Bobby Gilpin and CPO2 Jason Kitt.



Lt(N) Boulet, Language Training Division Commander, and CPO1 Tobias promote MS Andrea Clark to Petty Officer Second Class.

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Congratulations to our GCWCC pet photo contest winners!

The winners are:

- Best Dressed - Milo the Dino (photo #5)
- Most Stylish - Bosco (photo #2)
- Most Like Owner - (photo #7)
- People's Choice - Betty (photo #1 from the spread)



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Paul Destrooper - Artistic Director - Ballet Victoria

Bravo ZULU

Base Commander Capt(N) Luc Cassivi presented this year's sports awards during a ceremony held at Chief and Petty Officers' Mess on Nov. 29.

LS Ogle Henry, MARPAC Imaging Services



On behalf of CPO2 Frederic Torres, Matt Carlson accepts the Male 2013 PSP Dedication to Sport Award.



LS Mary McGregor accepts the Female 2013 PSP Dedication to Sport Award.



On behalf of LS Jonathan Gendron, PO2 Wade Smith accepts the Male 2013 All-Star Performance Award.



LS Sarah-Mae Rindas accepts the Female 2013 All-Star Performance Award.



On behalf of SLt Christian Walsh, Matt Carlson accepts the 2013 Male Breakthrough Award.



On behalf of MARPAC's Nijmegen Marching Team, CPO2 Chris Kobun accepts the 2013 Top All-Round Team Performance Award.



MS Stephanie McFadden accepts the 2013 Female Breakthrough Award.



On behalf of the Triton Ball Hockey Team, CPO2 Darren Fogarty accepts the Breakthrough Team Award.



LS Kyle Weatherby accepts the 2013 Male MJ Sportmanship Award from Ursula Mjolsness and Capt(N) Cassivi.



On behalf of Lt(N) Malorie Aubrey, Maj Sue Harris accepts the 2013 Female MJ Sportmanship Award from Ursula Mjolsness and Capt(N) Cassivi.



FDU Turkey Run

Members of Fleet Diving Unit Pacific participated in the Christmas Hamper Turkey Run on Nov. 30. They took turns running in dive helmets, diving rebreather sets and bomb disposal suits through the West Shore communities raising funds to buy turkeys for families in need this Christmas.

Cpl Stuart MacNeil, MARPAC Imaging Services

Recognize your unit in the Lookout

Email images with the names and achievements of those in the photo to melissa.atkinson@forces.gc.ca

(Turn off NX Powerlite in Outlook)

Have you filled out the census form?

Lindsay Hughes
DHRD

It is important that each member of the Canadian Armed Forces (CAF) who has not completed the Canadian Forces Self-Identification Census Form does so.

This form is essential for the Directorate of Human Rights and Diversity to have an overall view of who the men and women of this great organization are.

The Employment Equity Act requires all federally regulated employers to confirm the representation within their workforce of certain designated groups.

The CAF first fell under the Employment Equity Act in November 2002, with the approval by the Governor in Council of the Canadian Forces Employment Equity Regulations.

In line with the Employment Equity Act, the Canadian Forces Self-Identification Census Form is a means of collecting information regarding representation of four designated groups within the CAF that include women, visible

minorities, aboriginal people and persons with disabilities.

No matter if you belong to a designated group or not, if you have not done this in the past, or wish to simply update your information, we ask that you fill out the new form which can be downloaded from the Directorate of Human Rights and Diversity website.

All CAF members are required to complete Part A and are encouraged to complete Part B and C.

The Self-Identification Census Form takes only a few minutes to fill out and will help the Department fulfill the mandate set out in the Employment Equity Act. Once you have completed the form, please mail it directly to the Directorate of Human Rights and Diversity as per the instructions on the Employment Equity webpage where you downloaded the form.

If you have any questions, you can contact the Directorate of Human Rights and Diversity at 1-888-298-4585 or by email at: +CF Self ID Census@CMP DHRD@Ottawa-Hull.

Consider DFit to prepare for FORCE

Jen Seipp
CFMWS

If the new FORCE Evaluation and Common Military Task Fitness Evaluation (CMTFE) have the nerve-racking feel of an annual exam, consider DFit.ca as your textbook crammed full of great information.

That's the takeaway message from a recent study by the Personnel Support Programs (PSP) Directorate of Fitness, which measured how effectively training with DFit.ca helped Canadian Armed Forces (CAF) personnel improve their operational fitness, and achieve better results on both fitness evaluations.

Over the course of three months, 18 CAF members experienced all three elements of the FORCE Program, the new approach to CAF fitness training and testing. They worked out with fitness programs generated by DFit.ca, and had their fitness tested regularly with the CMTFE and FORCE Evaluation. Participants transitioned from little to no training, to training five days

per week, as required by the Chief of the Defence Staff's Guidance to Commanding Officers.

Throughout the study, Jacqueline Laframboise, Human Performance Project Manager, communicated with the group online through weekly emails and by monitoring their DFit.ca training logs.

"I am so impressed with these individuals," said Laframboise. "They didn't stay in the study for research; they stayed for themselves, because health and fitness were so important to them. I truly enjoyed watching their camaraderie and support for each other grow as they all worked towards a common goal."

PSP received valuable feedback about DFit.ca, which will contribute to ongoing improvements to the website, and participants made significant fitness improvements, resulting in almost all of them excelling at the FORCE Evaluation and CMTFE.

To learn more, talk to your local PSP staff, and visit www.cfmws.com/FORCEProgram and www.DFit.ca.



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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.

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.

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.

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

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 stevewright@forces.gc.ca or check us out on facebook (STV Tuna) for more information.

VOLUNTEER

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

Are you friendly, out-going and love Seniors? Esquimalt Neighbourhood House Society Seniors Services is looking for Volunteer Drivers to help Seniors get to and from medical appointments, grocery shopping and other errands. We offer a flexible schedule, training, support and all the warm fuzzies you can handle. Please contact Esquimalt Neighbourhood House Society Seniors Services at 250-385-2635 ext. 201 or e-mail to nneff@enh.bc.ca to become part of our Seniors Services Team of Volunteers!

Do you feel you have insight and experiences to share about the issues and challenges faced as you reach your retirement years? Esquimalt Neighbourhood House Society Seniors Services program is seeking people aged 60 years and up to become part of our Advisory Committee. This unpaid Volunteer position would allow you to share your thoughts about services for Esquimalt Seniors as well as to identify other needs for Seniors within our Community. Interested in more information? Please contact Esquimalt Neighbourhood House Society Seniors Services at 250-385-2635 ext. 201 or e-mail to nneff@enh.bc.ca.

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.

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

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>

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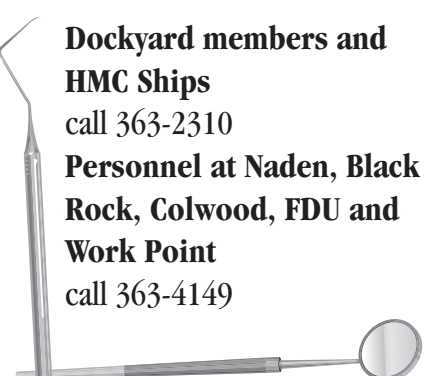

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No need to sort it out - just drive there and drop it off. The cadets and their families will take care of it.

Where: 445 Head St. (the former Guard House at Work Point) Victoria.
When: January 4, 2014
Time: 9:00AM - 2:00PM

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