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LOOKOUT

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Photo: Canadian Forces Combat Camera, DND
Canadian celebrity and Honorary Captain (Navy), Arlene Dickinson, thanks crewmembers of HMCS Fredericton for their continued service during the Team Canada 2015 Tour on Jan. 23.

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Wrap up party celebrates charity campaign success

Rachel Lallouz
Staff Writer

The afternoon sunlight beamed through the windows of the Rainbow Room in the Chief and Petty Officers' Mess on Jan. 27, gleaming off LS Gord Ahl's black and white electric guitar.

The sailor's spirited rendition of "Hey Jude" kept audience fingers and toes tapping to the beat, and at the final note a resounding applause broke out from the more than 150 in attendance.

LS Ahl was the first of four acts in the 2014 GCWCC wrap up party and Formation Talent Show.

Captain Submarine, AKA PO1 Pepe L'Heureux, who pulled length after length of white string from his mouth onto the stage, and who somehow managed to make a burgundy liquid dance in its goblet, added a mystic to the event with his magic tricks.

After ordering two volunteers (one being Rear-Admiral Bill Truelove) to don old fashioned sailor's outfits and fake moustaches, he had the men lock him into a human-sized cloth sac, bolted together from the exterior with metal loops and bars. Within a few minutes, he escaped without a hand from either audience member.

This performance warmed the stage for musician Mary Harrison, whose first throaty note immediately quieted the room. Her deep voice and relaxing, acoustic songs lulled the rowdy audience into a trance.

Closing the talent show was the infectious soft-rock of PO1 Gord Canning and PO1 Pat Goulet, an upbeat duet with remarkable vocals, and acoustic and electric guitar talent.

But the crowd was not only excited about the music; an extra-large cheque was presented to Patricia Jelinsky, CEO of

United Way of Victoria, and Eileen Dooley, CEO of HealthPartners, showcasing the \$452,000 raised by the Defence Team.

"Everyone here focused on supporting the community, and in that, supporting our own," said RAdm Bill Truelove, Commander Maritime Forces Pacific.

The money will go towards the United Way, HealthPartners, MFRC, and many other registered Canadian charities and non-profit groups.

Top right: The DND campaign team presents the \$452,000 cheque during the campaign wrap up party on Jan. 27.

Photo by Cpl Brandon O'Connell, MARPAC Imaging Services

Right: Magician Pepe L'Heureux entertains the crowd during the talent show portion of the celebration.

Photo by Rachel Lallouz, Lookout



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Tattoo studio inks for Wounded Warriors

Rachel Lallouz
Staff Writer

In support of military veterans, Urge Studios, a downtown Victoria tattoo studio, will donate 100 per cent of their sales made from inking two special tattoos all day Sunday, Feb. 8.

Proceeds will go to Wounded Warriors Canada.

Those participating will choose from smaller, pre-drawn tattoo designs of the maple leaf or Canadian Flag, and will be invited to make a suggested minimum donation of \$60. Tattoos are expected to take between 10 and 15 minutes. All Urge's artists will be on-hand to meet patron demand.

Urge Studios was founded in 1995 by Canadian Armed Forces airborne trooper Johnny Faulds, and the current owner, Sparky (Mark Adamson) has continued the legacy Faulds established in supporting the military community.

Sparky says Faulds taught him how to tattoo.

"I was John's apprentice. When the shop originally opened, John and the other artists tattooed a lot of guys in the military. Over the years we've kept that up that tradition."

Sparky also has deep ties to the mission of Wounded Warriors Canada, a non-profit organization that helps Canadian Armed Forces members – be

they regular force or reservists – who have been wounded or injured in their service to Canada.

After years of tattooing men and women who had been deployed, Sparky has heard his fair share of stories.

"I take them to heart, and I want to help out in any way I can."

Sergeant Dan Bodden, currently posted to the Canadian Forces Fleet School Esquimalt in the Language Training Division, will be getting tattooed at Urge.

He is one of the founding members of Wounded Warrior Run B.C. (WWRBC).

The run was established last year to increase public awareness of PTSD

and raise funds for the foundation. The 600-kilometre run takes place Sunday, Feb. 15 to Friday, Feb. 20. A team of six relay runners, ages 24 to 45, will run from Port Hardy to Victoria.

"I wanted to do something to give back to the veterans, I'm a big fan," he says of his tattoo venture.

His participation in the WWRBC has developed from being a coach and an athlete.

"I have found physical activity is not just training for your body, but training for your mind. I know a number of veterans who address their issues through physical activity."

He hopes events such as the WWRBC and tattoo fundraiser will encourage positive conversation about the effects of PTSD and other mental illnesses.

"Emergency room personnel, kids, and teachers – anyone who has experienced something traumatic knows mental illness seems to have a social stigma about it."

Sgt Bodden is looking forward to getting a tattoo of his own for the charitable cause.

"I have a number of them on my arm. I knew it was just a matter of time before I got another one."

He will be getting a vintage maple leaf on his left rib cage.

For more information on the run go to www.woundedwarriorrunbc.com



2014 T4 tax slips are going paperless

The Government of Canada is modernizing its approach to tax slips.

As of this year, duplicate printed tax slips will no longer be routinely distributed in the mail. Your 2014 income tax statements will therefore be available electronically early in the tax season on the Compensation Web Applications (CWA).

As of Feb. 17, you will be able to view and print your 2014 income tax statements.

Only the few individuals who do not have access to CWA, and who have not yet signed up for epost will automatically receive a printed copy by mail to their

home. If you have recently moved, please provide your Compensation Services with your new address. If you do not have access to CWA, epost is an easy and efficient alternative. You can sign up for epost and have access to your tax slips online faster than waiting for printed copies in the mail.

Your tax slips will also be available on Canada Revenue Agency's My Account and on Revenu Québec's My Account.

Reminders re "myKEY"

In order to access your pay and tax information in CWA, you still need a valid myKEY and password to

As of Feb. 17, you will be able to view and print your 2014 income tax statements.

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Due to the anticipated high demand for CWA during tax season, the system may, at times, be slower than usual. Should you encounter any technical problems, or need assistance accessing CWA, or in obtaining a myKEY, please

contact your NCR Service Desk at 613-992-4000.

Questions

If you have concerns or questions regarding your 2014 Income Tax statements, contact your Compensation Services at 1-855-450-7669 or (613) 971-0499 (in the National Capital Region only). If your pay is administered by the Public Service Pay Centre, please call the 1-855-686-4729.

Managers / Supervisors are to ensure their civilian employees who do not have access electronically to this notice are advised accordingly.

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matters of OPINION

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WHAT SAY YOU

HMCS Ottawa to mark historic 50th anniversary



Lt(N) Jeff T. Benson
HMCS Ottawa

In two weeks, on Sunday Feb. 15, we will be celebrating the 50th anniversary of the Maple Leaf as the National Flag of Canada.

However, this day also holds significance for the Royal Canadian Navy (RCN) as it marks the 50th anniversary of the Maple Leaf becoming the Naval Ensign.

The Canadian flag was flown as the navy's Ensign for 48 years until May 5, 2013, when the RCN adopted the Naval Jack as its Ensign.

As a memento of this historic event, HMCS Ottawa's Commanding Officer, Commander Julian Barnard received in an extraordinary photograph from a former Officer onboard HMCS Ottawa, DDH 229.

John C. Fraser, a serving Sub-

Lieutenant at the time, was in DDH 229 en route from CFB Esquimalt to CFB Halifax. During this time, the ship conducted a Changing of the Ensign Ceremony off the coast of Central America on Feb. 15, 1965. Ottawa's then Commanding Officer, Commander J.P. Cote, placed Fraser in charge of recording this historic event.

Perched atop of the VDS hut at the stern of the ship, Fraser and his 35mm camera were able to capture this truly unique moment in Canadian naval history.

Currently, HMCS Ottawa is finishing its midlife refit in Victoria Shipyards, and when the ship returns the photograph will be given a place of honour on board.

After 50 years, the pride and passion exuded from sailors of that time continues with the current sailors of the RCN. Every morning during the Colours Ceremony, the hoisting of the Naval Ensign can be witnessed by the ships in harbour. Even though the design of the Naval Ensign has changed throughout the years, it is safe to say the dedication and resolve of the sailors who hoist it has not.

John Fraser, a young Sub Lieutenant in HMCS Ottawa DOH 229, snapped this now historic photo of the changing of flags.



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New enhanced Naval Boarding Party now expanded to the Atlantic Fleet

Beth Brown
Trident Staff

RAdm Bill Truelove, Commander Maritime Forces Pacific (MARFAC), visited CFB Halifax on Jan. 16 to brief his Atlantic Fleet counterparts on the Enhanced Naval Boarding Party, and to attract potential trainees.

"With today's naval operations increasingly concerned with providing maritime security in the littoral environment, the need for an advanced, versatile force that can respond rapidly to threats such as pirates, drug smugglers or small, nimble, fast attack craft is as salient as ever," he said during his briefing.

The Enhanced Naval Boarding Party capability was recently implemented as a MARFAC force generation project. There is now an effort to establish a second team on the East Coast

to support Atlantic Fleet operations.

Though traditional naval boarding parties are capable of conducting basic obstructed boardings, the dynamic and evolving nature of RCN missions now calls for a new approach. These operations require a highly trained team such as the Enhanced Naval Boarding Party.

Through extensive specialized training and careful selection, the Maritime Tactical Operators from this unit will eventually employ a spectrum of advanced tactics, such as hand-to-hand combat, improvised explosive device identification, and close quarters battle, as well as tactical shooting and tactical questioning.

The installation of an Enhanced Naval Boarding Party team will not remove the need for established boarding parties.

"All ships will continue their existing capability," said LCdr Wil Lund, Enhanced Naval Boarding Party capability officer in charge. "When an enhanced team is deployed, then your alpha wave will become the bravo wave."

"It's a career opportunity," continued LCdr Lund. "What we'll be looking for most in candidates is that they're mature, physically fit, willing to learn, and capable of making logical split-second decisions within a high-stress environment."

He also wanted to ensure these new teams be viewed as a positive addition to the RCN, and not an imposition on existing operational teams. "This is not an elite team. This is a needed capability. Threat environments now and threat environments in the future tell us there will be an ongoing need."

Training for Enhanced Naval Boarding Party will

remain a West Coast based capability for the immediate future, due to funding and resource restrictions.

Applications for the Enhanced Naval Boarding Party should be submitted through a member's chain of command, and will be vetted by the Personnel Coordination Centre based on fleet manning pressures. If approved, a member must contact the Base Personnel Selection Office for a referral form. All files must be ready for review by April 1, 2015.

Successful applicants will also have CF Army Fitness Manual Level 2 as a minimum requirement, a current pass on FORCE and CF swim tests, and be able to endure physical and environmental adversity. They must be mature, free of phobias, thrive in a group environment, be capable of independent work, and learn quickly.



Master Corporal Holly Swaine, Formation Imaging Services Halifax

RAdm Bill Truelove gives opening remarks at the Enhanced Naval Boarding Party briefing that took place Jan. 16 at the Canadian Forces Maritime Warfare Centre (CFMWC), CFB Halifax.

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HMCS Winnipeg patrolling for smugglers

DND

HMCS Winnipeg is now patrolling in the Eastern Pacific as part of Operation Caribe 2015, Canada's contribution to the multinational campaign against transnational criminal organizations in the Pacific Ocean and Caribbean.

Winnipeg's deployment marks the beginning of several naval and air deployments under Operation Caribe scheduled for 2015.

The Canadian Armed Forces (CAF) have conducted Operation Caribe since November 2006 and remain committed

to working with Western Hemisphere and European partners to address security challenges in the region to disrupt illicit trafficking operations.

Last year, the CAF contributed four CP-140 Aurora surveillance aircraft, seven Maritime Coastal Defence Vessels (HMC Ships Nanaimo, Whitehorse, Kingston, Glace Bay, Summerside, Brandon, and Yellowknife), one Halifax-class frigate (HMCS Calgary), and one Iroquois-class destroyer (HMCS Athabaskan) with two embarked CH-124 Sea King helicopters. In total, CAF assets directly contributed to the

seizure of more than four metric tons of cocaine and more than 500 kilograms of marijuana.

This year, the Royal Canadian Navy will deploy warships from both the East and West Coasts, while the Royal Canadian Air Force will provide CP-140 Aurora aircraft from various long-range patrol squadrons. These deployments are all in support of Operation Martillo, a joint multinational effort led by the United States to eliminate illicit trafficking in the Caribbean Sea, the eastern Pacific Ocean and the coastal areas of the Central American nations.

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Model passion pays tribute to submarines

Carmel Ecker
Staff writer

When the Royal Canadian Navy celebrated its submarine centenary in 2014, one submarine enthusiast offered up a very tangible lesson in Canada's boat history.

Remote control model builder Dwayne Hill has built from scratch 1/48 scale models of every class of submarine to enter Canada's service.

During 2014, Hill visited 15 schools near his Brossard, Quebec, home with his detailed recreations, and talked to students about Canada's submarine history.

"It was very well received," he says. "In two cases, I was asked to stay to present to more classes throughout the day."

Not only are they perfect replicas of their full size predecessors, constructed from actual vessel plans right down to the tiniest details, the remote controlled models also do the same things the real boats did, such as dive, surface and fire torpedoes, albeit in much smaller bodies of water.

Hill's collection started 30 years ago with submarine USS Tang.

He didn't know it at the time, but Tang was the same class of vessel as HMCS Rainbow, which was originally an American submarine sold to Canada in 1968. When he discovered that in 2003, he made the necessary modifications, repainted it and Tang became Rainbow.

Not surprisingly, it's his favourite model, even though it was among the most difficult to build. It took three attempts to properly form the hull out of Styrofoam and fiberglass, and learn how to replicate various parts from drawings and photographs.

"If I had the pick of the 19 that I have, Rainbow would be my choice. It's a super nice boat. It runs very well, lasts a long time in the water. It operates nicely," he says.

After the success of his first build, Hill honed his skills as a model builder with the help of fellow enthusiast Ted Scrivens. The pair eventually began building in tandem, modeling sister ships from various classes of Canadian naval vessels.

In addition to building 12 surface ships from Canada, the U.S. and Britain, Hill sculpted models of submarines *HMCS Windsor* (Victoria Class), *HMCS Okanagan* (Oberon Class) and *U-190*, a Second World War German submarine that was captured by Canada and put into service at home after the war.

In 2010, during the Royal Canadian Navy's 100th anniversary, he took his models to various shows; it was at that time someone mentioned the upcoming submarine centenary.

"I thought I've got four of the

five classes. Why don't I build the fifth one?" he says.

The task proved to be more difficult than he anticipated. He spent months looking for the plans of Canada's first two submarines, *CC-1* and *CC-2*, which were purchased in 1914. Hill checked every resource at his disposal, but kept coming up empty-handed.

Originally built for Chile at a Seattle shipyard, the two submarines were instead sold to Canada.

"When the boats were sold to Canada, it's like the plans up and went away," says Hill. "When I started looking for the initial builders drawings I went from Seattle to Puget Sound to Connecticut, to England, to Montreal, only to find out that nobody really knew where the plans were."

"I eventually got my hands on a chap, who was 93 at the time, who basically built the plans for me based on drawings. [The submarines] were built in the same dockyard where he used to work. He sent them to me in December 2013 and I took four months to build it."

Without those plans, Hill says, it would have taken much longer to build *CC-2* and the result would not have been as accurate.

Once completed, he demonstrated the boats in action for his school presentations.

Because they are fully functional vessels, both the structure and the radio control components must be water tight. Hill says he goes a little overboard making his vessels robust, but it ensures the submarines will survive a few days at the bottom of the lake if something goes wrong.

"I've lost a couple of submarines for a week, week and a half. But when I do finally find them and bring them up there's nothing wrong with them, other than the battery ran out of power," he says.

Operating his vessels is done by a remote control kit that runs at 72 or 75 mHz, so the signal will pass through water. The kit includes a handheld transmitter and a receiver that fits neatly into a water-tight compartment on each vessel.

The remote control kits cost \$400 to \$500 each, and the Styrofoam, fiberglass, plastic and

brass needed to fabricate each boat costs another \$400 to \$500. It's a significant investment, but no more than most other people's hobbies.

Hill isn't sure why he's so interested in warships, particularly from the Second World War, but it's a passion he's had for as long as he can remember.

"I used to love reading the stories of what happened during the war, how these guys went out. They were passionate about what they were doing, understanding what they had to do against Germany to make sure we were free."

In his early teens, he bought and assembled several plastic kit models. But at age 25, when he discovered the remote control models he now builds, there was no looking back.

His home is now a tribute to his passion with about 1,000 books and 600 videos on the First and Second World Wars, the Korean War, and the Vietnam War, as well as more contemporary conflicts.

"As I build my models, if any of those videos or books talks about or shows the boat, that's what I use to do the details," he says.

Hill's collection has made an impression on several museums, and since his 14-year-old son prefers the action of hockey to his dad's passion for models, he says his collection will eventually be donated to them.

But for now, Hill, who is 55, has two more projects on the go as he looks forward to retirement from his career with Bell Canada at the end of 2015.

He already has the hulls built for Castle Class Corvette *HMCS St. Thomas* and River Class Frigate *Thetford Mines*, two projects that will keep him busy and happy for at least another couple of years.



Photos courtesy Dwayne Hill
Top: Dwayne Hill's fleet of vessels includes: top row - *HMCS Athabaskan*, *HMCS Barrie*, *USS Lake*, *USS MacDonough*; middle row - *USSR Kilo*, *USSR Alfa*, *German U-69*, *German U-873*, *German U-36*, *USS Shark*, *HMS Tally-Ho*; front - *HMCS Rainbow*, *CC-2*, *HMCS Windsor* and *HMCS Okanagan*.

Bottom: Hill poses with *HMCS Windsor* just before slipping the vessel into the lake.

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Military spouse joins the party with a Zumba career change

Carmel Ecker
Staff Writer

Military spouses sometimes have to get creative when it comes to employment.

With the mobile nature of a military career, spouses need skills or a business that is portable, something they can pack up and plunk down just about anywhere in the world.

With that in mind, Jeannie Ward, whose husband MCpl Chris Ward is an Imagery Technician at CFB Esquimalt, is thinking ahead, transitioning from a career in social services to one in fitness.

Her path to a new career started three years ago when her first child was one year old. She decided to try out a Zumba Fitness class at her local gym.

After just two classes, she was hooked on the signature Latin beats and dance moves that have made Zumba explode in popularity around the world in recent years.

She had so much fun that she decided to become an instructor, and completed the Zumba training.

She has now launched her own business and teaches a Zumba class on Thursday evenings at the Colwood Pacific Activity Centre. She hopes to offer more classes on the base.

"The great thing about Zumba is

It's Latin-based music. They're songs you'd hear while you're on holiday in Mexico. They give you that party feel of being relaxed and having fun.

-Jeannie Ward
Zumba Instructor

that it's a fun way to get active, and the movements are simple," says Ward.

The moves are drawn from a variety of dances including cumbia, salsa, merengue, and reggaeton. Instructors choose the music and make their own choreography for each class, while still following the Zumba formula.

"It's Latin-based music. They're songs you'd hear while you're on holiday in Mexico. They give you that party feel of being relaxed and having fun."

Because of its format and focus on cardiovascular fitness, Zumba can be compared to aerobics classes that were popular throughout the 1990s. But, says Ward, "it's more fun than a regular aerobics class. The music can be sassy, it can be a little bit sexy at times and it just allows you to explore more hip movement, which isn't so normal or natural to our culture."

It's not as restrictive as an aerobics class either. Though most people stick to one spot, Ward has been to classes where participants moved all around the room, in-between the rows of other people in the class, just having fun and feeling the music.

"The thing about Zumba is you can be goofy and be silly. You can change the moves up if you want because nobody cares. Zumba is not about following step by step with the instructor," says Ward.

There are 11 different class styles

available, including classes for seniors and kids.

Ward is currently certified in Zumba and Zumba Gold, a class geared toward seniors, but plans to certify in more formats.

"I can see myself doing this for a really, really, really long time," Ward says with a big smile.

To join the party at Ward's Zumba class, call Personnel Support Programs Recreation Department at 250-363-1009.



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- 14, 21, 28 – Games Night **G**
- 15, 22 – Karaoke **K**
- 15 – Poker **P**
- 16 – Full Moon Party with TKDJ & SEEBASS **☉**
– See Facebook page for more details
- 25 – Kid's Movie – Mr. Peabody & Sherman
- 29 – Movie Night – Guardians of the Galaxy
- 30 – TGIF & the start of Ultimate Sports Weekend
- 31 – UFC 183 **UFC** – Silva vs. Diaz

FEBRUARY

- 1 – Superbowl **★**
- 4, 11, 18, 25 – Games Night **G**
- 5, 12, 19, 26 – Karaoke **K**
- 5, 19 – Poker **P**
- 14 – Valentine's Day Party **♥**
– See Facebook page for more details
- 22 – Kid's Movie – TBD
- 26 – Movie Night - 22 Jump Street
- 28 – UFC 184 **UFC** – Weidman vs Belfort

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Know Your Benefits: Have you made your choice? Tax slips are going paperless

For the 2014 tax year, official T4/R1 tax slips will be going paperless. Official tax slips will now be posted to CAF members' Employee Member Access Application (EMAA) accounts and will be available for download.

If you already have an EMMA account and plan to download your tax slips no action is required. *Otherwise, you must take action.* Please choose one of the following options that applies to your situation.

1: You have an EMMA account and want slips sent to email: Log on, click "My Income Statement" on left side bar. Click "Delivery Options" on the left side bar. Click option to receive your T4/R1 tax slip by email. Then verify the email listed at the bottom of the page is up to date.

2: You have DWAN access, but no EMMA account: Go to EMMA website and first create an account then follow the steps above.

3: You have no DWAN access and need to set up EMMA account: Call Human Resources in Ottawa 613-996-3333 or 1-888-507-1111 and select option 1 to speak with a staff member who will help you create an EMMA account.

Note: A new EMMA account must be created from a DWAN computer.

4: You have no option for DWAN access: Please contact your supporting pay office to request that your T4/R1 be mailed to the address on record in the Central Computerized Pay System or Revised Pay Systems for the Reserves.

Reference: CANFORGEN 003/15

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Army working to restore historic identity

DND

The Canadian Army is working to restore key aspects of its identity, which includes changes to everything from organizational names to ranks and insignia.

"Our badges and flags, as our symbols along with our customs, traditions, and our soldiers' stories, are part of how the Canadian Army maintains pride and builds fighting spirit," said Patrick Bryden, the Canadian Army's Heritage Manager. "The restoration of the Canadian Army's former identity enables today's soldiers – with stories from Afghanistan and UN missions – to share in and connect with the proud history and heritage of our veterans."

Across Canada, the former Land Force Areas, which comprised the former Land Force Commands, are now flying their five distinctive Second World War coloured Division flags at their Division Headquarters. The Canadian Army is also in the process of reverting back to its unique Corps identities – which includes featuring bilingual metal shoulder titles on uniforms – all while returning rank trade names to soldiers and rank insignia to officers.

General Officers began to wear their restored rank insignia during Army Week, in September 2014, to mark the commencement of a larger scale rollout of the newly restored insignia to the

officers of the Canadian Army.

Colonels reintroduced their Army rank insignia in early November. Likewise, all honorary appointments (Colonels-in-Chief, Colonels Commandant, Colonels of the Regiment, and Honorary Colonels) across all units implemented the restored rank at the same time. The officers' rank features Corps coloured slip-ons to restore this part of the Army's history of uniqueness to personal identification.

While many Corps have informally continued to use the terms Trooper, Gunner, Sapper, Signaller, Rifleman, and Craftsman, these rank trade names were not in formal use. As a result, changes are being made to internal regulations and orders that will see the names to these and other ranks restored in 2015.

The return to the common use of traditional and internationally recognized Army rank convention of stars and crowns has already received favourable comments from officers serving with NATO, who say the restored Canadian rank is more easily recognized by our allies.

The introduction of metal pin-on rank will also create a longer-term cost savings as the metal rank is a much more economical option than the cost of tailoring sleeve rank, and officers can wear their newly promoted rank immediately.

"The changes to our nomencla-

ture and our insignia represent not only a change to our identity, but a shift in our culture as an Army," said the Director of Land Personnel Management for the Canadian Army, Colonel Tim Young. "It is very timely that this change comes as we mark the commemoration of the 100th anniversary of the Canadian Army's role in the First World War, and the 70th anniversary of the beginning of the Second World War."

During recent commemoration ceremonies in Holland, local citizens were quick to point out the very recognizable coloured Division patches that their fathers and mothers remember.

During a recent wreath laying, the Regimental Sergeant Major for the Algonquin Regiment, Kent Griffiths, noted: "I was quite surprised by the number of Dutch people who came up to me just to touch my 4th Canadian Division patch on my shoulder, connecting my attendance with their liberation by the green patches of our veterans. Our Canadian Army identity is still strongly remembered overseas."

Much work has already taken place, and the Canadian Army is now rolling out the restored rank by Officer Cadets to Lieutenant-Colonels. These officers began to put up their restored rank on Dec. 8, 2014, and all of those wearing the Army uniform will complete the introduction of the restored rank by Feb. 2, 2015.



Photo : Cpl Philippe Archambault, Directorate Army Public Affairs

The Canadian Army officers rank insignia features an internationally recognized rank convention of stars and crowns. From left to right: Lieutenant-Colonel, Major and Captain.

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Testing this week



Mass Notification System (MNS)

CFB Esquimalt has recently installed a Mass Notification System (MNS) which is one of the most effective methods of rapidly conveying a message to personnel. The MNS is an audible warning system consisting of a network of radio controlled public address speakers. With proper education, using the system can result in fast and efficient notification of various situations and emergencies.

Siren Locations:

There are currently five siren towers at CFB Esquimalt: two in Dockyard, one in Naden and two at Work Point.

What the Sirens will mean:

The Sirens will be used as an all-hazards alerting mechanism including, but not limited to, tsunami warnings.

Note: In the event of a local strong earthquake, activation of sirens might not be possible. Although attempts will be made to initiate the sirens, the earthquake itself might be the only reliable warning.

What the Sirens sound like:

There will be four tones used by CFB Esquimalt. The sirens are designed to cover the CFB Esquimalt footprint of Naden, Dockyard and Work Point.

In all the circumstances below, after a warning siren has sounded, personnel are to follow the accompanying direction and then are to seek further information by all available means. The message will be in both official languages.

How are the Sirens Activated?

Once an imminent threat has been identified to CFB Esquimalt a warning alarm will be initiated by the Senior Watch Officer located in the Regional Joint Operations Centre (RJOC) or if necessary the Emergency Operations Centre.

Tsunami

The sirens will be initiated by the Senior Watch Officer (SWO) in the Regional Joint Operations Center (RJOC) in MARPAC as required by the situation. The decision to use sirens for tsunami warning will be hazard and risk based.

Real-time data provides the National Tsunami Warning Center (NTWC) with quick and reliable information to determine whether an earthquake has generated a tsunami. In turn, Emergency Management British Columbia (EMBC) rebroadcasts NTWC messages and issues BC-specific tsunami messages through the Provincial Emergency Notification System. Once an imminent threat has been identified to CFB Esquimalt the NTWC and/or EMBC, a warning alarm will be initiated by RJOC.

If you hear the WAIL TONE accompanied with the Tsunami Warning Voice Message, it is your signal to get to higher ground or move inland. Note: if you feel the earth shaking, get to higher ground immediately and do NOT wait for the tone.

Evacuation – no tsunami

If you hear the WAIL TONE accompanied with the Evacuation Warning Voice Message, it is your signal to leave the base. Depart

the base using the most expeditious means as is safe and practicable. Seek out information as to the nature of the evacuation using all available means, including local radio, social media, etc.

Shelter

If you hear the SHELTER TONE accompanied with the Shelter Voice Message, it is your signal to seek shelter indoors as quickly as possible. Seek out information as to the nature of the emergency using all available means, including local radio, social media etc. As a precaution if asked to take shelter personnel should shut doors and windows and turn off ventilation!

Lockdown

If you hear the SHELTER TONE (shortened to 15 seconds) accompanied with the Lockdown Voice Message, it is your signal to commence lockdown procedures. Seek out information as to the nature of the emergency using all available means, including local radio, social media etc. As a precaution if asked to take shelter personnel should shut doors and windows and turn off ventilation!

Please familiarize yourself with the different tones at the following links so that you are prepared in the event of an emergency-http://esquimalt.mil.ca/bcomd/baseops/Diasters%20and%20Emergencies.htm#Base_Emergency_Response_Plan<http://esquimalt.mil.ca/bcomd/baseops/Diasters%20and%20Emergencies.htm> or <http://www.navy-marine.forces.gc.ca/en/about/structure-marpac-units.page> click on MNS tab

STONE	ACTIVATION	VOICE MESSAGE
TEST TONE alternating tones	<ul style="list-style-type: none"> First Wednesday of each month for 30 seconds at 1100 hrs. Followed by the ALL CLEAR tone 	<p>Test Voice Message:</p> <ul style="list-style-type: none"> "This is a test of the siren system. It is only a test. If this had been a real alarm you should listen to this system for further instructions. This is a test."
WAIL TONE low to high to low	<ul style="list-style-type: none"> Real-time evacuation. 1 minute followed by voice message. Cycle repeated 3 times every 6 min until ALL CLEAR is sounded 	<p>One of two messages:</p> <ul style="list-style-type: none"> TSUNAMI ALERT VOICE MESSAGE: "Tsunami alert, tsunami alert. Move to higher ground or inland now." This is NOT a drill. Tsunami alert, tsunami alert, move to higher ground now." (Wail tone) EVACUATION WARNING VOICE MESSAGE: "An evacuation order has been issued for the base and you must leave now. This is NOT a drill; an evacuation order has been issued for the Base, leave now." (Wail tone)
SHELTER TONE repeated blasts of a single tone	<ul style="list-style-type: none"> Real-time shelter/ lockdown. 1 minute followed by a voice message (for Shelter) 15 seconds followed by a voice message (for Lockdown) Cycle repeated 3 times every 6 minutes until the ALL CLEAR is sounded 	<p>One of two messages:</p> <ul style="list-style-type: none"> SHELTER VOICE MESSAGE: "A dangerous condition exists on the base and you must seek shelter indoors. SEEK SHELTER NOW. Do not proceed outside until directed to do so. This is NOT a drill". (repeating tone) LOCKDOWN VOICE MESSAGE: "Security alert, security alert. This is a Base Emergency. Commence lockdown procedures now. This is not a drill". (repeat)
ALL CLEAR resembles Westminster chimes	<ul style="list-style-type: none"> When/if a warning has been cancelled. 1 minute followed by a voice message then a 2 minute rest period. This process will be repeated 3 times. 	<p>All Clear Voice Message:</p> <ul style="list-style-type: none"> "All Clear, All Clear." (All Clear tone)

Essais cette semaine

Systeme de notification de masse de la BFC Esquimalt (SNM)

La BFC Esquimalt a installé récemment un système de notification de masse, une des méthodes les plus efficaces pour communiquer rapidement un message au personnel. Le système permet de transmettre un avertissement sonore grâce à un réseau de haut-parleurs de diffusion publique contrôlé par radio. Les personnes ayant reçu une formation adéquate peuvent utiliser le système pour informer rapidement et efficacement le personnel dans diverses situations et urgences.

Emplacement des sirènes

La BFC Esquimalt comporte actuellement cinq emplacements de sirène : deux à l'arsenal, un dans le secteur Naden et deux dans le secteur Work Point.

Signification des signaux sonores

Les sirènes sont utilisées comme mécanisme d'avertissement tous risques, notamment en cas de tsunami.

Attention : en cas de tremblement de terre de forte magnitude dans la région, il pourrait être impossible de mettre en marche les sirènes. Tout sera mis en œuvre pour le faire, mais la secousse proprement dite pourrait constituer le seul avertissement fiable de l'urgence.

Signaux sonores

Les sirènes de la BFC Esquimalt peuvent émettre quatre signaux sonores différents. Elles sont conçues pour être entendues dans les secteurs Naden et Work Point ainsi qu'à l'arsenal de la Base.

Dans toutes les circonstances mentionnées ci-dessous, après avoir entendu le signal sonore, le personnel doit suivre les directives données, puis tenter par tous les moyens possibles d'obtenir de l'information supplémentaire. Les messages sont communiqués dans les deux langues officielles.

Lancement de l'alarme

S'il est établi que la BFC Esquimalt fait l'objet d'une menace imminente, l'alarme est lancée par l'officier de service principal au Centre régional d'opérations interarmées, ou au besoin par le Centre des opérations d'urgence.

Tsunamis

L'alarme est lancée par l'officier de service principal au Centre régional d'opérations interarmées des FMAR(P) si la situation le requiert. La décision d'utiliser les sirènes pour lancer l'alarme au tsunami est prise en fonction du risque et du danger.

Grâce à des données en temps réel, le National Tsunami Warning Center (NTWC) dispose d'une information fiable produite en temps opportun, ce qui lui permet d'établir si un

tremblement de terre a entraîné un tsunami. L'organisme Gestion des urgences Colombie-Britannique retransmet les messages du NTWC et publie, grâce au système provincial de notification en cas d'urgence, un message sur les risques de tsunamis en Colombie-Britannique. Si le NTWC ou Gestion des urgences Colombie-Britannique conclut que la BFC Esquimalt fait l'objet d'une menace imminente, l'alarme est lancée par le Centre régional d'opérations interarmées.

Si vous entendez le SIGNAL D'ÉVACUATION suivi d'un message vocal d'alerte au tsunami, dirigez-vous en terrain élevé ou vers l'intérieur des terres. Attention : si vous sentez trembler la terre, dirigez-vous immédiatement en terrain élevé SANS ATTENDRE le signal.

Évacuation – situation autre qu'un tsunami

Si vous entendez le SIGNAL D'ÉVACUATION, puis le message vocal d'évacuation, vous devez quitter la base. Faites-le de la façon sûre et raisonnable la plus rapide. Informez-vous quant au motif de l'évacuation par tous les moyens possibles : radio locale, médias sociaux, etc.

Mise à l'abri

Si vous entendez le SIGNAL DE MISE À L'ABRI, puis le message vocal de mise à l'abri, vous devez vous abriter à l'intérieur le plus vite possible. Informez-vous quant au motif de l'alerte par tous les moyens possibles : radio locale, médias sociaux, etc. Par mesure de précaution, si on vous demande de vous mettre à l'abri, fermez les portes et les fenêtres, et éteignez le système de ventilation!

Confinement

Si vous entendez le SIGNAL DE MISE À L'ABRI (raccourci à 15 secondes), puis le message vocal de confinement, lancez les procédures de confinement. Informez-vous quant au motif de l'alerte par tous les moyens possibles : radio locale, médias sociaux, etc. Par mesure de précaution, si on vous demande de vous mettre à l'abri, fermez les portes et les fenêtres, et éteignez le système de ventilation!

Veillez prendre connaissance des différents signaux en cliquant sur les liens suivants; vous serez ainsi fin prêt en cas d'urgence. http://esquimalt.mil.ca/bcomd/baseops/Diasters%20and%20Emergencies.htm#Base_Emergency_Response_Plan <http://esquimalt.mil.ca/bcomd/baseops/Diasters%20and%20Emergencies.htm>

<http://www.navy-marine.forces.gc.ca/fr/aperçu/organigramme-fmar-p-unites.page> et cliquez sur l'onglet du système SNM

SIGNAL SONORE	UTILITÉ	MESSAGE VOCAL
SIGNAL D'ESSAI notes alternées	<ul style="list-style-type: none"> Le premier mercredi du mois à 11 h pendant 30 secondes. Suivi par le signal de FIN D'ALERTE. 	Message d'essai : « Signal d'essai du système de notification. Ceci est un essai. S'il s'agissait d'une alarme véritable, vous devriez écouter les directives données par le système. Ceci est un essai. »
SIGNAL D'ÉVACUATION note grave à aiguë à grave	<ul style="list-style-type: none"> Évacuation réelle Signal sonore d'une minute suivi d'un message vocal. Le cycle est répété trois fois toutes les six minutes jusqu'au signal de FIN D'ALERTE. 	<p>Un des deux messages suivants</p> <p>Message vocal d'alerte au tsunami : « Alerte au tsunami, alerte au tsunami. Dirigez-vous immédiatement en terrain élevé ou vers l'intérieur des terres. Ceci n'est PAS un exercice. Alerte au tsunami, alerte au tsunami, dirigez-vous immédiatement en terrain élevé. » (Signal d'évacuation)</p> <p>Message vocal d'évacuation : « L'ordre d'évacuer la Base a été donné. Vous devez quitter les lieux immédiatement. Ceci n'est PAS un exercice. L'ordre d'évacuer la Base a été donné; quittez les lieux immédiatement. » (Signal d'évacuation)</p>
SIGNAL DE MISE À L'ABRI note unique répétée	<p>Mise à l'abri/confinement réel</p> <ul style="list-style-type: none"> Mise à l'abri : signal sonore d'une minute suivi d'un message vocal Confinement : signal sonore de quinze secondes suivi d'un message vocal Le cycle est répété trois fois toutes les six minutes jusqu'au signal de FIN D'ALERTE. 	<p>Un des deux messages suivants</p> <p>Message vocal de mise à l'abri : « Une situation dangereuse a lieu sur la base. Vous devez immédiatement vous abriter à l'intérieur. METTEZ-VOUS À L'ABRI IMMÉDIATEMENT. Ne sortez pas avant d'en avoir reçu la directive. Ceci n'est PAS un exercice. » (répétition du signal sonore)</p> <p>Message vocal de confinement : « Alerte de sécurité, alerte de sécurité. Une situation d'urgence a lieu sur la Base. Lancez immédiatement les procédures de confinement. Ceci n'est PAS un exercice. » (répétition)</p>
SIGNAL DE FIN D'ALERTE semblable aux carillons de Westminster	<p>Annulation d'une alarme</p> <ul style="list-style-type: none"> Signal sonore d'une minute suivi d'un message vocal, puis période de silence de deux minutes. Le cycle est répété trois fois. 	Message vocal de fin d'alerte : « Fin de l'alerte, fin de l'alerte. » (signal de fin d'alerte)



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Work Point Barracks 100 years old

Jack Bates
Contributor

Work Point Barracks 100 years ago was a hub of Canadian military activity.

It was originally created in 1887 for "C" Battery, Regiment of Canadian Artillery, but expanded in 1900 for British forces, which later departed in 1906.

In 1914, local militia units were being established in Work Point for home defence in the Victoria area in anticipation of a war in Europe, following the August declaration of war with Germany.

The first 500 volunteers from Victoria's patriotic citizens departed to fight overseas "For King and Country" on Aug. 28, 1914. At 10:30 a.m. they marched into Victoria to the CPR docks where they boarded SS Sophia.

The buildings of 1914 are still part of Work Point's landscape of today. The barracks and the headquarters of Military District # 11, British Columbia and Yukon Territory, were in building #1020, and a Military Hospital was in readiness.

District Staff included elements of Engineers, Intelligence, Signalling, Service Corps, Medical Services, Ordnance, Pay Corps, and the Organizing and Inspection of Cadets unit.

The "Permanent Force" of the Esquimalt Garrison, also in residence at Work Point Barracks, included the Royal Canadian Garrison Artillery, No. 5 Company; Royal Canadian Engineers, 3rd Fortress Company; Permanent Army Medical Corps, No. 9 Detachment; Canadian Ordnance Corps, No. 11 Detachment; Canadian Army Pay Corps, No. 10 Detachment and the Corps of Military Staff Clerks.

Soon to be created were the Royal School of Artillery and the Royal School of Infantry with additional units established as

the war progressed.

Fort Macaulay was in full operational use. In June 1914, a Militia Staff Officers Course was conducted at Work Point Barracks using Fort Macaulay's Artillery Battery and the Macaulay Plains encampment site. Courses of instruction contained theoretical and practical components including aspects of trench and bridge construction. Officers who attended this course were: Lt. Col. A.W. Currie, Majors L. Ross and G.B. Hughes, Captain C.M. Roberts of the 50th Gordon Highlanders; Lt. Col. Duff Stuart, 23rd Infantry Brigade; Lt. Col. R.G. Leckie and Captain G. Godson, 72nd Seaforth Highlanders; Lt. Col. A. Flick, Major H.H. Matthews and Captain J.N. Power, 31st BC Horse; Major J. Belantry, 6th Regiment; Captain I.W. Dowding, 11th Regiment; Major Selater and Captain Prower.

A number of these officers went on to achieve fame and prominence throughout the First World War and after 1918.

The 5th BC Regiment Canadian Artillery, which manned two 12 PDR field guns, machine guns, and the three Breech Loading six



Photos courtesy of Jack Bates

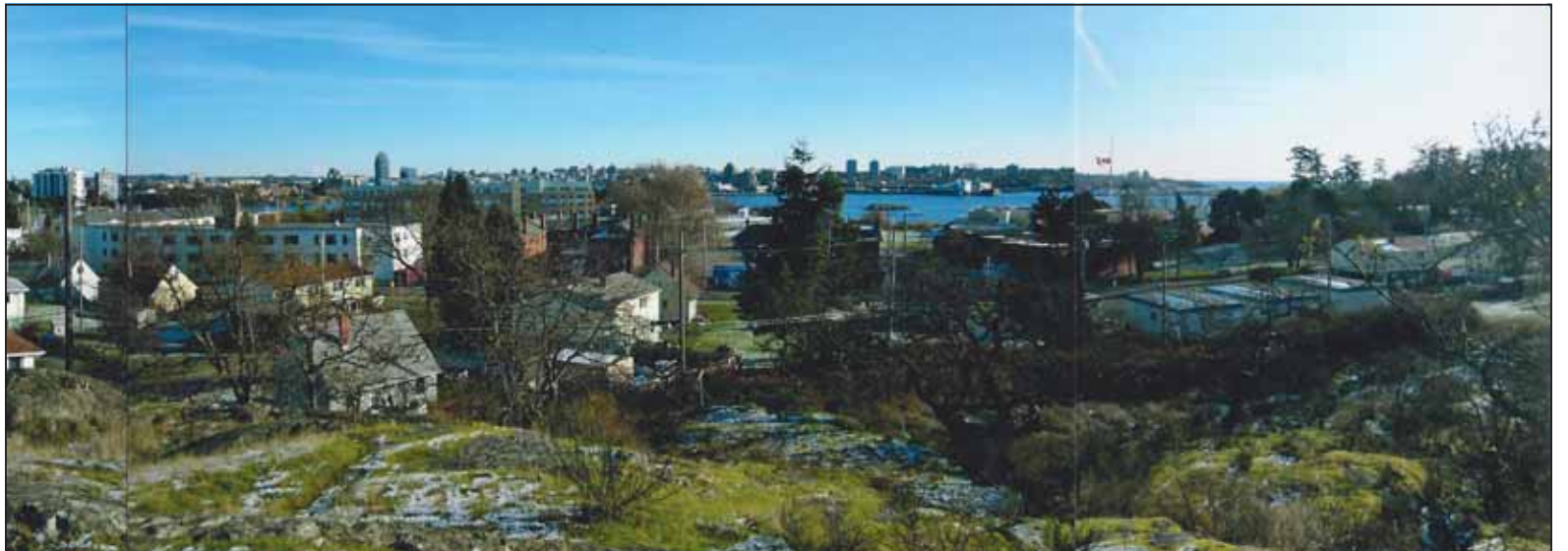
Images of Work Point in 1914 (above) and in 2014 (below). Note the visible existing buildings that remain in active use today: the 1904 Royal Garrison Artillery Detention Barracks # 1068 centre on Smith Street (Peters Street), and behind it the 1902 Sergeant's Mess # 1071; the original barracks 1888 "C" Battery barracks # 1004 on the far left, while the former Col Peters residence on the right was demolished in 1947.

inch Disappearing Guns at Fort Macaulay in defence of Victoria and Esquimalt since the declaration of war, were also stationed at Work Point. Macaulay Plains, the Militia and CEF training encampment, also hosted the annual summer camp for cadets, and in 1914 up 1,200 cadets were in

attendance from the Vancouver area and Vancouver Island. All the administration and supplies for the camp were provided by support staff from Work Point Barracks.

Lastly in 1914, on the miniature range in Work Point, the Esquimalt Rifle Association held

their weekly rifle shoots. The Royal Canadian Regiment was establishing one of a number of British Columbia recruiting offices at the barracks, and construction of Heals Rifle Range was undertaken by members of the Royal Canadian Engineers from Work Point.



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BLACK HISTORY MONTH

Base Logistics Commander honoured at 2014 Ghanaian Achievement Awards

Shawn O'Hara
Staff Writer

Among the members of the Ghanaian-Canadian community, one CFB Esquimalt officer was honoured not just for his work within the Royal Canadian Navy (RCN), but the Ghanaian-Canadian community as a whole.

Cdr Nord Mensah, Commanding Officer of Base Logistics at CFB Esquimalt, was presented with the National Honour award at the 2014 Ghanaian-Canadian Achievement Awards for his advocacy, leadership, and dedication to his duty during his 16-year career.

Travelling to Toronto, Ontario, he received his commendation alongside 20 other prominent Ghanaian-Canadians, including former Superior Justice Kofi Barnes, members of parliament, and the police chief of the Etobicoke municipality of Toronto.

"It was rapturous," says Cdr Mensah. "I was very humbled to be in the presence of so many prominent Ghanaian-Canadians, and be a awarded alongside them. It was very honoured."

Cdr Mensah says while recognition for one's hard

work is always appreciated, coming from the Ghanaian community makes it mean that much more.

"I think it serves to draw a power linkage between one's past, present, and future," he says. "It shows the path from where we came from to what we have become, and helps connect the two cultures."

He was also honoured for serving as a positive role model and as the first black Commanding Officer with the rank of Commander within the Royal Canadian Navy. He says the fact that people of colour hold so many command and leadership positions across the RCN speaks to the organization's dedication to a vision of equality.

"I believe the RCN is a leader in employment equality," he says. "Whether it be in racial integration, or gender integration, the RCN demonstrates that opportunities exist for all members, regardless of race, religion, colour, creed, or gender as long as they are willing to put mission first, focus on the needs of the navy, and balance their personal and professional endeavours."

As a person of colour, Cdr Mensah says while he has experienced a few, as



Ed Dixon, MARPAC Imaging

Base Logistics Commanding Officer, Cdr Nord Mensah.

he calls them, 'interesting situations', he has found his experience within the RCN to be one of growth and learning.

"Life's journey has ups and downs, but I think what is important is how an individual deals with those challenges, and how the organization learns and course-corrects from those

instances," he says. "I think the navy in particular is very progressive in that regard, and when I take the sum total of the positive and the negative, I have never regretted my decision to join the navy. I'm honoured to be able to continue to serve, and to have been chosen to serve in the capacity of a Commanding Officer."

February is Black History Month

Every year, Canadians are invited to participate in Black History Month festivities and events that honour the legacy of black Canadians, past and present. Canadians take this

time to celebrate the many achievements and contributions of black Canadians who, throughout history, have done so much to make Canada the culturally diverse, compassion-

ate and prosperous nation it is today. During Black History Month, Canadians can gain insight into the experiences of black Canadians and their vital role in the community.

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MS David Lawson (left) receives the Operational Service Medal for his participation in Operation Caribbe.



MARPAC HQ

Cdr Lori McAllister, Commanding Officer of Maritime Forces Pacific Headquarters, made presentations to staff members.

Images by Cpl Blaine Sewell, MARPAC Imaging Services



A/SLt Jinnouchi (left) is promoted Sub-lieutenant.



LCdr Sibbald (left) is awarded the Canadian Forces Decoration 2nd clasp for 32 years of service to the Canadian Armed Forces.



OS Perron (left) is promoted Able Seaman.



CPO2 Corey Laing (left) is awarded the Canadian Forces Decoration First clasp for 22 years of service to the Canadian Armed Forces.

HMCS Ottawa



LS Handwin is presented his Junior Weapons Engineering Technician OJPR1 by Cdr Barnard, Commanding Officer HMCS Ottawa.



AB Saygnavong is promoted to Leading Seaman by Lt(N) Defehr and Cdr Barnard.



LS Briston is presented his Junior Weapons Engineering OJPR1 by Cdr Barnard.



PO2 Gilinas is presented the Canadian Forces Decoration by CPO2 Stephenson, Lt(N) Hill, and Cdr Barnard.

HMCS Malahat



Images by PO2 Al van Akker

LCdr Michael Lawless, HMCS Malahat Commanding Officer, and PO1 Mike Mitchell, Coxswain, present newly-promoted PO2 Emily Agopsowicz with her new rank.



LCdr Lawless, and PO1 Mitchell, presents newly-promoted CPO2 Shanna Wilson with her new rank.



LCdr Lawless presents PO1 John Fowler the third clasp to with the Canadian Forces Decoration, denoting 42 years of service. PO1 Fowler is one of the longest serving naval reservists in the Royal Canadian Navy, with over 44 years of service.



LCdr Lawless presents PO1 Nicole Phippard with the Canadian Forces Decoration, denoting 12 years of service.

Job opportunities are here

Civilian Human Resources will be posting both internal and external job advertisements for clerical support and administrative services positions within CFB Esquimalt on the publiservice and jobs-emplois.gc.ca websites.

These processes will create pools of qualified candidates to be used by managers for term, indeterminate, acting, secondment and casual hires.

Interested employees are encouraged to apply, whether it is for a permanent deployment or an opportunity for career development.

Employees are encouraged to register for careerwatch to receive the latest notifications for job postings.

For more information on careerwatch, visit <https://jobs-emplois.psea-lefp.publiservice.gc.ca/cw-ce/CWmain?l=1>. You may

directly register for careerwatch via the option in the left-hand navigation pane.

Additional resources on career development are available at the Learning and Career Centre's such as: "Preparing for a Selection Process" and "Career Planning".

For course listings and registration information, please refer to the following website: <http://hrciv-rhiv.mil.ca/en/p-learning-lcc-esquimalt.page>



Cpl Brandon O'Connell, MARPAC Imaging Services

Honorary Captain (Navy) Colin Robertson signs Commander Maritime Forces Pacific (MARPAC) RAdm William Truelove's guestbook during his visit on Jan. 26. Honorary Naval Captains serve as bridges between military and civilian communities, representing diverse areas of Canadian society, from politics and business to journalism and the arts.



LS Ogle Henry, MARPAC Imaging Services

Incoming Acting Commanding Officer of Shared Services Unit (West) Maj Leslie Doering, Reviewing Officer Col Walter Wood, and outgoing Commanding Officer LCol Michael Woolley sign the Change of Command certificates at the ceremony held at the Base Information Services conference room on Jan. 20.

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Register at www.navyrunesquimalt.com

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RATES: MILITARY and DND PERSONNEL: 25 words \$9.70 • ALL OTHERS: 20 words \$11.09 • Each additional word 19¢ • Tax Included • DEADLINE FOR CLASSIFIED Advertising: Thursday at 11a.m.

Call 363-3014 to book your display or word ad

ANNOUNCEMENTS

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.

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.

HAULING

Father & Son need work, we'll do the job the others won't. Trash hauled from \$5. Plus dump fee. No job too small.
OAP rates
• Any weather
• Demolition
Refuse Sam
250-216-5865 or 250-475-0611
SAME DAY SERVICE

Bring **ATTENTION** to your business
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SERVICES OFFERED

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.

PIANO TEACHER WITH MORE THAN 30 YEARS EXPR. Lessons are offered to all ages and levels. In home teaching is available. Celebrate your time! Or give a gift that lasts a lifetime! One month free to beginners. References are available. Phone 250-881-5549, and find me at musiciswaycool.com.

WWW.LOOKOUTNEWSPAPER.COM

MOTORCYCLES

S G Power A.T.V. CENTER
Honda, Yamaha, Kawasaki
382-8291 - 730 Hillside Ave.

VOLUNTEER

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

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 Nancy @ volunteer@habitatvictoria.com or 250-480-7688 ext. 105

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

VICTORIA PREGNANCY CENTRE
Free services provided: pregnancy tests & counselling, prenatal classes and Doula referral, baby clothes & supplies, family support counselling, school & community presentations, post abortion & pregnancy loss counselling for men & women.
250-380-6883
#112 - 826 North Park Street
info@victoriapregnancy.org
www.victoriapregnancy.org

TIRES FOR SALE

GUARANTEED TIRES FROM \$10.00. WE SELL New and Used Tires. Full service auto repairs. 1 -798 Fair View at Ellery. Proud members of the Military Discount program. 778-440-8473 Open M-F 9-5 Sat 10-4 citydis-counttires.ca

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

We need MEN for MENToring.

Getting together is a great time for everyone and doesn't require a special occasion or expensive activities.
• Receive tickets to sporting events
• Participate in a variety of activities
• Meet twice a month for 6 months


Big Brothers Big Sisters
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WESTCOAST APPLIANCE CENTRE LTD.
LARGEST SELECTION GREAT PRICES
• Reconditioned MILITARY DISCOUNT OFFERED
• New • Builder
• In Home Services
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Avail 1 March 2015. 2 ground floor rooms w/ own bathroom & shared kitchen. \$800/month includes hydro, laundry, cable, internet. Email catscratch57@hotmail.com for more info

Lookout Classifieds Work. 363-3014

Roommate Wanted to share 1100sqft shared living space w/vaulted ceiling. \$600/month incl. fully furnished bedroom, hydro, cable, wifi, shared laundry, veggie garden in summer, private entrance. Must be ok living with 2 cats. Must be a NON smoker. Email lisaj911@gmail.com for more info.

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MACAULAY NORTH
980 Wordsley St.
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Manager 250-384-8932

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To view these and other properties, visit www.eyproperties.com

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Military Discount

Volunteer
1-800-565-8111 • girlguides.ca

 Girl Guides of Canada Guides du Canada

ON THE OCEAN



Princess Patricia APARTMENTS

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14TH FLOOR LOUNGE

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250-382-2223

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Bachelor • 1 BDR Suite

1239 PARK TERRACE

2 Bedroom \$895
heat, hot water, parking included,
quiet adult building,
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www.devonprop.com

LARGE SUITES

855 Ellery
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250-812-5234

Esquimalt

Base Library Catalogue Online

<http://library.esquimalt.mil.ca>

Unfortunately, holds cannot be processed online at this time. If an item you want to borrow is out, call 363-4095 or email irwin.sl@forces.gc.ca to place a hold.

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Factory Body Kit
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16 Bases - One contact

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SKI TRIPS TO MOUNT WASHINGTON are BACK!

PSP SKI TRIPS 2014-2015

FEB 5 2015
FEB 19 2015
MAR 5 2015
MAR 19 2015

REGULAR LIFT TICKETS:
ADULT: \$58
YOUTH (13-18YRS): \$48
CHILD (7-12YRS): \$33

****RENTALS:**
ADULT - SNOWBOARD/SKI RENTAL: \$37.25
YOUTH - SNOWBOARD/SKI RENTAL: \$37.25
CHILD - SNOWBOARD/SKI RENTAL: \$20.50

LIFT & LESSONS (22 JANUARY AND ON):
ADULT: \$84.00
YOUTH: \$74.00
CHILD: \$59.00

BUS FARES
DEPARTS AT 6AM AND RETURNS BY 6PM
(MINIMUM 25 PEOPLE FOR BUS TO RUN):
\$25/PER PERSON

Questions? Want to register?
Please call CPAC at 250-363-1009

**Please Note: When calling to book rentals we will require the following information for all members of your party who are renting gear: name, weight, height, age, shoe size, and type. For skiers: "type" refers to their level of ability - 1 being beginner and 3 being very experienced. For snowboarders: "type" refers to whether they ride with their right foot forward (goofy) or their left foot forward (regular).

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2015 LANCER SE AWC **\$190** **0%** **60** **\$24,798**
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Available on Lancer SE AWC, Limited Edition AWC and GT AWC*



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- ✓ EXHAUST FINISHER
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\$2,000 IN NO-CHARGE EXTRA FEATURES!

2015 MIRAGE **\$9,998** + **\$1,450** **\$11,448**
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BEST VALUE ON THE MARKET*
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Mirage ES model shown 5MR031598



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- ✓ 5.9 L/100 KM COMBINED DRIVING*
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- ✓ 7-AIRBAG SAFETY SYSTEM
- ✓ POWER FRONT WINDOWS
- ✓ POWER MIRRORS
- ✓ USB AUDIO INPUT
- ✓ REAR WING SPOILER
- ✓ DRIVER SIDE VANITY MIRROR

2015 RVR **\$158** **0%** **60** **\$20,458**
BI-WEEKLY PURCHASE MONTHS SELLING PRICE
WITH FINANCING FOR.



RVR GT AWD model shown 5RV601372



Available on RVR SE AWC, Limited Edition and GT models*



Insurance Institute for Highway Safety

INCLUDES **\$1,500** OFF FOR QUALIFIED RETAIL CUSTOMERS

- ✓ HEATED AND FOLDING POWER SIDE-VIEW MIRRORS
- ✓ HEATED FRONT SEATS
- ✓ CRUISE CONTROL WITH STEERING WHEEL-MOUNTED CONTROLS
- ✓ POWER DOOR LOCKS WITH REMOTE KEYLESS ENTRY
- ✓ 10-YEAR / 160,000 KM POWERTRAIN LIMITED WARRANTY**

2014 OUTLANDER **\$206** **0%** **60** **\$26,798**
BI-WEEKLY PURCHASE MONTHS SELLING PRICE
WITH FINANCING FOR.



Outlander GT S-AWD model shown 50U601374



Available on Outlander GT*



Insurance Institute for Highway Safety Top Safety Pick. Top Safety Pick Plus applies to Outlander GT only.

INCLUDES **\$1,000** OFF FOR QUALIFIED RETAIL CUSTOMERS

- ✓ HEATED FRONT SEATS
- ✓ BLUETOOTH® 2.0 HANDS-FREE INTERFACE WITH STREAMING AUDIO
- ✓ POWER DOOR LOCKS WITH REMOTE KEYLESS ENTRY
- ✓ CRUISE CONTROL WITH STEERING WHEEL-MOUNTED CONTROLS
- ✓ 10-YEAR / 160,000 KM POWERTRAIN LIMITED WARRANTY**

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The Only 1 in B.C.!



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