

**CANEX**  
A division of CFMWS Une division des SBMFC

**DON'T PAY UNTIL MARCH 2016!**  
plus no money down not even the taxes \*OAC

**NE PAYEZ RIEN AVANT MARS 2016!**  
Ne versez aucun acompte, même pas les taxes \*S.A.C.

Volume 60 Number 48 | November 30, 2015

# LOOKOUT

MARPAC NEWS CFB Esquimalt, Victoria, B.C

newspaper.com

**Tree Decorating Contest Dec. 1-11** See page 5 for details.

BCIT **50** YEARS



Ready to unleash your inner entrepreneur?

See BCIT Ad page 11 to find out how



## Fight the flu

Cpl Blaine Sewell, MARPAC Imaging Services  
Base Chief, CPO1 Robert Spinelli (left) receives a flu shot from Cpl Justin Lalonde, Canadian Forces Health Services Centre (Pacific), at the Maritime Forces Pacific Headquarters flu vaccine clinic on Nov. 23. Read more about the flu shot on page 2.

**Free**

Hang out with **Santa!**

**Skate or Swim**

Play games • Photos with Santa

Sponsored by



**Sunday, Dec. 6**  
Naden Athletic Centre Pool & Wurtele Arena  
Skate from noon to 2 p.m. • Swim from 2 p.m. to 4 p.m.  
Santa will arrive around 12:30 & 2:30

**INCLUDES LUNCH: HOTDOGS, POPCORN, WATER & CANDY CANES**  
Minimal amount of skates and helmets available for loan






**Left:** Base Commander, Capt(N) Steve Waddell (left) jokes with onlookers while getting his flu shot from Cpl Kurt Ruhe Lischke of the Canadian Forces Health Services Centre (Pacific).

**Below:** CPO1 Robert Miller (left) receives a flu shot from Cpl Lischke.

Cpl Blaine Sewell,  
MARPAAC Imaging Services



## Stay healthy this winter season, get a flu shot

### Capt Laura Guevremont CFHSC(P)

With flu season in full swing, Canadian Forces Health Services Centre (Pacific) has been offering the flu shot to its members to help them stay healthy this winter.

It's important when deciding whether or not to get the flu shot that you have the right information about the flu and the vaccine. There are many misconceptions about influenza and the flu vaccine, and these misconceptions can lead to a decrease in the number of people who are vaccinated.

Influenza is a respiratory illness caused by the Influenza A and B viruses. This virus usually appears in the late fall and early winter when cold temperatures allow the virus to spread more easily. The flu

most commonly causes a sudden high fever, chills, sore throat and cough.

The flu can lead to more severe respiratory illnesses such as pneumonia. This is particularly dangerous in the very young and very old, the chronically sick, and pregnant women as their immune systems are not as good at protecting them from disease even after they have been vaccinated.

Approximately 10 to 20 per cent of Canadians will get the flu each season, about 12,200 will be hospitalized and 3,500 will die.

The influenza virus is constantly mutating which means people need to be vaccinated each year. The flu vaccine is formulated using data on flu viruses that circulated around the world in the previous year. The flu vaccine formulation

for the 2015/16 season was chosen in February of this year. It protects against two A strains including H1N1, and one or two B strains.

Last year the flu vaccine proved to be less effective than hoped. This is because the main circulating virus had mutated from the previous year. This mismatch is always a risk when formulating the vaccine as developers are only able to make a best guess. Few things in life are a sure-fire guarantee and this is true of the flu vaccine as well. But it is the best protection people have and is proven to greatly reduce the incidence of the flu.

While most people would agree that getting vaccinated against diseases such as polio and tetanus is a good idea, many of those same people decide not to get vacci-

nated against the flu. Some may think, "I'm healthy and am not around kids or the elderly so I don't really need the flu vaccine."

In fact, getting the flu vaccine can reduce the rate of infection in the elderly even if you aren't around them.

It is even possible to be infected with the flu and have no symptoms, which means you can spread it without even knowing. When more people are vaccinated, it reduces the rate of flu in the entire population; therefore, less vulnerable people are exposed and infected. Getting the flu vaccine protects you and everyone else in your community.

So why should you get the flu vaccine? The most obvious answer is so that you don't get the flu. No one likes being sick so why not do

all you can to stay healthy? The flu vaccine is not perfect, but it is proven to reduce the likelihood you will get the flu and even other flu-like illnesses.

Finally, maintaining the health of our military personnel contributes to the effectiveness of the organization. This includes protecting yourself from preventable diseases such as influenza. Canadian Armed Forces members are fortunate to have access to the flu vaccine free of cost. While informed decision making includes questioning the necessity of the flu vaccine, the big question you should be left with is not "why should I get it?" but rather "why not?"

Military members can drop by the immunization clinic daily from 7 to 9 a.m. or they can go to their Care Delivery Unit.

# NOW is the time for CLEAR VISION!

Ask about our  
**SPECIAL MILITARY  
PROGRAM!**

**kingLASIK**  
kinglasik.com

*If you want to experience freedom  
from glasses and contact lenses, now is the time!*

Individual results may vary.



**Dr. Joseph King**  
One of Canada's most trusted surgeons  
with over 100,000 procedures  
and 15 years experience.

**250.360.2141**

**VICTORIA • SURREY**

Minutes from Base at #201-3550 Saanich Road



# Delicious donations

SLt Geoff Saccary (left) and A/SLt Christian Pichette show off their array of sweets during a fund-raising bake sale held at the Base Orderly Room last week. Money raised from the sale went to the Government of Canada Workplace Charitable Campaign.

Peter Mallett, Lookout

## The Home of the Full Refund!

3 Locations:  
Glanford Avenue  
Downtown-Queen's Avenue  
Quadra Street

250-727-7480

[bottledepot.ca](http://bottledepot.ca)



## government rates

Great rates. Comfortable rooms. Convenient location. Rooms with balcony, fridge, microwave & WiFi. 898 W Broadway, Vancouver, BC, 604-872-8661

Adding Color to Life<sup>SM</sup>

[parkinn.com/hotel-vancouverca](http://parkinn.com/hotel-vancouverca)



# Fierce storm couldn't sway Orca team

**Peter Mallett**  
Staff writer

A few weeks ago most of south Vancouver Island was slammed with 90 kilometre an hour winds and heavy rain leaving thousands without power and a major cleanup of debris.

Out on the water Mother Nature was even more dangerous.

For those sailing to Vancouver in the 33-metre Orca 55 on Nov. 17, the storm was so fierce the swells reached epic heights – more than four metres or the height of a one story building.

LCdr Preston McIntosh, Patrol Craft Training Unit Commanding Officer, says the storm's fury was much

worse than predicted by weather forecasters.

He is hailing his crew for battling the elements and getting the vessel to safe harbour.

"It was the quick action of my crew members that allowed us to make it safely into Holmes Harbour, Washington," said LCdr McIntosh, noting it wasn't the vessel's intended destination. "It gives me a high level of confidence in my team and the ability of them to deal with any situation that might arise with the Orcas."

The training vessel was en route to the mainland for a community day sail when they encountered 83 kmh winds and two to three metre swells, causing Orca 55 to take very hard portside

rolls near Discovery Island.

LCdr McIntosh then made the decision to avoid a "perilous" northward turn into the Haro Strait where the ship would face even larger swells. He ordered the vessel change course to a southeasterly direction towards Puget Sound. But the unpredictable weather worsened. Winds increased to 160 km/h and the vessel and crew were forced to contend with four-metre swells.

Despite the onslaught of sea sickness, MS Roger Robicheau made it to the ship's engine room during the height of the storm to restart one of the Orca's engines. The same tenacity was shown by MS Graham Williams who lead his team to the recovery of lines that

had gone over the side and risked fouling the vessel's propellers.

"Without the work of the engineer in getting the engine restarted and our boatswain and his crew, we would not have made it to Puget Sound," said LCdr McIntosh.

The naval officer is no stranger to storms on the open ocean. He has seen worse storms aboard naval ships in the Atlantic Ocean's Grand Banks. But the effects of the sea state are not as intense on a large warship as it is on a small training vessel, he says.

"While we didn't make our destination it was a relief to find a sheltered anchor in Holmes Harbour," concluded LCdr McIntosh.



Every Thursday night  
Come down  
for WING NIGHT,  
KARAOKE and POKER!

The place to be  
before downtown

We'll shuttle you!  
Call for pick up 250-363-6028

## UPCOMING EVENTS

DEC 3 & 10 – Poker, Karaoke and Wings

DEC 4 – TGIF

Food by "Taco Justice"  
Choices: Beef and Deep Fried Avocado

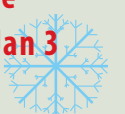
DEC 6 – Kid's Christmas Party

DEC 12 – UFC 194

FEB 7 – Super Bowl 50

FEB 13 – Valentine's Day Event

Pacific Fleet Club will be  
Closed from Dec 19 to Jan 3



And don't forget to  
check out our Facebook page:  
[Facebook.com/ThePacificFleetClub](https://www.facebook.com/ThePacificFleetClub)

Give the Gift of

## Better Golf Club Fittings

- Electronic Swing Analysis
- Custom Clubs Built For Your Swing
- Grips, Shafts and Repairs

Gift Certificates Available!

Call for an appointment  
250 516-3392  
[www.briansclubs.com](http://www.briansclubs.com)



Carpets That Are  
**Clean, Healthy & Citrus Fresh!**

ANY 3 AREAS <b>\$149</b> REG *177	ANY 4 AREAS <b>\$196</b> REG *236	ANY 5 AREAS <b>\$245</b> REG *295
---	---	---

Some restrictions apply.  
"Serving all of Vancouver Island"

The Natural Choice!  
**Citrus-G**  
Carpet Care Inc.  
[www.citruso.com](http://www.citruso.com) 250.891.5448

# matters of OPINION

## WHO WE ARE

### MANAGING EDITOR

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

### STAFF WRITERS

Rachel Lallouz 250-363-3672  
rachel.lallouz@forces.gc.ca  
Peter Mallett 250-363-3130  
peter.mallett@forces.gc.ca

### PRODUCTION

Carmel Ecker 250-363-8033  
production@lookoutnewspaper.com  
Shelley Fox 250-363-8033  
projects@lookoutnewspaper.com

### RECEPTION

Heather Catte 250-363-3127  
heather.catte@forces.gc.ca

### SALES REPRESENTATIVES

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

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

### EDITORIAL ADVISOR

Lt(N) Nicole Murillo 250-363-4006  
Sara Helmecci 250-363-7060

Published each Monday, under the authority of Capt(N) Steve Waddell, Base Commander.

Le LOOKOUT est publié tous les lundis, sous l'égide du Capt(N) Steve Waddell, Commandant de la Base.

The editor reserves the right to edit, abridge or reject copy or advertising to adhere to policy as outlined in PSP Policy Manual. Views and opinions expressed are not necessarily those of the Department of National Defence.

Le Rédacteur se réserve le droit de modifier, de condenser ou de rejeter les articles, photographies, ou annonces publicitaires pour adhérer Manuel des politiques des PSP. Les opinions et annonces exprimées dans le journal ne reflètent pas nécessairement le point de vue du MDN.



Circulation - 4,000  
plus 1,000 pdf downloads per week

One year subscription - \$66.<sup>94</sup>

Six month subscription - \$33.<sup>47</sup>

Prices include tax.

A Division of Personnel Support Programs  
CFB Esquimalt, PO Box 17000 Stn. Forces,  
Victoria, BC V9A 7N2

Web: www.lookoutnewspaper.com

Fax: 250-363-3015

Canadian Mail Product Sales Agreement 40063331



## People Talk

With the holiday season approaching Lookout asked people: *What was the worst holiday (Christmas) gift you have ever received and why?*



When I was a teenager I asked my dad for a new winter coat, and I definitely didn't like what I received. It was ugly and came in all these flashy colours: green, yellow and orange.

**SLt Christian Pichette,**  
Administrative Assistant  
Chaplain's office



When I was growing up in near Petawawa it was the Toronto Raptors first season, and one of my uncles got me a pair of the team's bright purple track pants. I didn't like the colour and I never ended up wearing them.

**SLt Geoff Saccary,**  
BPSO



When I was a little girl I asked for a Barbie doll house, but instead I got the homemade version with ugly plastic items from my mom's arts and crafts projects. It was a complete letdown.

**Lt(N) Rebecca Gallant,**  
Base Administration



One year our family got some mincemeat pies. I had always wanted to try them because I thought they were made of meat. I was really disheartened to find out they were mostly made of fruit and tasted horrible.

**SLt Jenna McGrath,**  
Base Administration



I was a petite 12-year-old girl and one year my father got me a giant oversized raincoat about five sizes too big. Not only did it not even come close to fitting my tiny frame, it was also virtually useless as a Christmas gift in Montreal because it is normally far too cold to rain there in the winter.

**Laura Dalley,**  
Base Orderly Room

## Forthright and candid military Ombudsman visits base

**Rachel Lallouz**  
Staff Writer

Ombudsman Gary Walbourne packed a lot into his three-day visit to CFB Esquimalt last week.

His West Coast tour included a meeting with Rear-Admiral Gilles Couturier and base medical staff, and town halls where he met with more than 500 people.

The appointed military watchdog was in town to raise awareness about what his office does and hear directly from military members, DND civilians and families.

"It is absolutely essential because these stakeholder engagements provide us perspectives which we take into consideration when designing policy or programs for civilians or military members," he says.

The Office of the Ombudsman is responsible for reviewing and investigating concerns and complaints from current and former Canadian Armed Forces (CAF) members, departmental employees, and their immediate family members who believe they have been treated improperly by the Department of National Defence or CAF.

As an organization independent of the military and civilian chains of command, Walbourne says his office's unique position enables complainants to appeal a decision if they believe it is unfair. But



**Ombudsman Gary Walbourne**

without military members and civilian employees having knowledge of his role, the resources of his office could not be maximized to its greatest potential.

In the past three weeks, Walbourne has visited CFB Comox, Jericho Garrison in Vancouver, and reserve units in Vancouver, Richmond, Chilliwack, Kamloops, Kelowna and Trail. This upcoming spring, he will be visiting bases in Nova Scotia, New Brunswick, and Alberta, as he works his way back to Ottawa.

Part of Walbourne's travel program

includes explaining current projects in the works by his office.

"We recently completed a collaborative systemic review with the Surgeon General's office about the frequency of periodic health assessments for the Primary Reserve," explained Walbourne. "From that we will produce a document dealing with Reserve Force operational stress injuries, as well as a document on Reserve Force compensation."

In the future, he says his office will be completing a transition review in conjunction with the Veteran's Affairs Ombudsman office that will examine the entirety of the transition process made by military members into civilian life. The review will provide an in-depth look at the process from notification of a member's release until they either transition into civilian life, or are taken under Veteran's Affairs as a client.

Closing his coastal tour with CFB Esquimalt, Walbourne extends thanks towards those on base who helped make the visit possible.

"The chain of command here has been so open and transparent, and the welcome has been extraordinary. The attendance at the town halls has also been excellent," said Walbourne. "I tip my hat to the local chain of command and what they've done to accommodate us."

## Habitat for Humanity Victoria

• SHOP • DONATE • VOLUNTEER

849 Orono Avenue, Langford  
250-386-7867 • restore@habitatvictoria.com

331H Oak Street, Victoria  
(250) 386-7867 • restore@habitatvictoria.com

**ReStore**

**10% DND Discount**  
with ID & coupon

A FULL SERVICE AUTO REPAIR FACILITY

## TRACKSIDE AUTO SERVICE LTD.

- Induction & Fuel Injection Service
- Out of Province Inspection
- Diesel Fuel Service
- Brake service

- Oil service
- Electrical
- Exhaust
- Tires

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

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

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

\* under 80,000 km



Cpl Blaine Sewell, MARPAC Imaging Services

Formation Chief, CPO1 Mike Feltham (left); Commander Maritime Forces Pacific, RAdm Gilles Couturier; Base Commander, Capt(N) Steven Waddell; and Base Chief, CPO1 Robert Spinelli display their new Blue Cross health care cards.

## Medavie Blue Cross set to serve military

DND

Public Works and Government Services Canada recently awarded a new Federal Health Claims Processing Service contract to Medavie Blue Cross. Responsible for managing CAF member claims for health care provided by third-parties, the new contract provides several improved features and services.

The CAF is responsible for health care services for its members. When medical attention is required, a CAF member is to first seek care from an available CAF Health Care Clinic. However, when certain services are not available from the CAF, or when faced with an emergency, health service



may need to be delivered by civilian providers, often outside of Canada.

Under this new contract, Medavie Blue Cross will adjudicate medical and dental claims according to Department of National Defence policies during these types of circumstances.

Furthermore, new features and services will also

be provided to active CAF members.

Members now have access to the Medavie Blue Cross Member Portal that will, among other features, allow users to track their claim reimbursements, locate a registered care provider in their area, and register for direct deposit of reimbursements.

Members are still expected to access health care through the Canadian Forces Health Services except in the event of an emergency or when services are not available.

Members will also receive a new Medavie Blue Cross Health Care Identification Card.

Current Blue Cross cards will remain valid during a transition period. The new cards will be delivered according to members' Unit Identification Codes.

If a member does not receive a card by Nov. 30, then he/she can create a profile for one on the Medavie portal [www.medavie.bluecross.ca/MyInfo](http://www.medavie.bluecross.ca/MyInfo). The portal has an option to request a new Health Identification Card or to print a temporary one.

### FINANCING AVAILABLE - good credit or bad



Over 70 cars in stock from \$2,995

Mention this ad for \$50 Military Discount at the time of sale

2555 Government Street  
checkautosales@hotmail.com

[checkautosales.ca](http://checkautosales.ca) (250) 590-2990

We give Military Discounts



Van Island

DUCATI TRIUMPH

Retailer

2956 Westshore Parkway • [www.savagecycles.ca](http://www.savagecycles.ca) • 250-475-8885

ABAKHAN & Associates Inc.  
[abakhan.com](http://abakhan.com)



FREE CONSULTATION  
250.995.3122 by appointment

Debt Restructuring Consultants  
Trustees in Bankruptcy

Victoria 1207 Douglas St., Suite 414  
Vancouver 625 Howe St., Suite 1120

**Jillicum OUTDOOR THEATRE**

**DRIVE IN T-Shirt**

Available @ Style'N'Print  
2639 Quadra Street  
Clip this ad, and get 10% off  
Featuring 4 Popular 50's Cars!

## 2nd Annual Tree Decorating Contest

Bring your creative spirit and register for this year's contest

Prizes will be awarded in three categories:

- Most Festive Design
- Best Griswold Design (for the most outlandish tree)
- Best Charlie Brown (for most valiant effort)

Contact Christine Farrington at 3-2648 to reserve one of 26 pre-lit trees, which will be set up ready for decorating in the Wardroom, Nelles Pacific Galley, the C&POs Mess and the Pacific Fleet Club.

Trees can be decorated from Dec. 1 - 11 with judging taking place by a select panel of "holiday experts" during the week of Dec. 14.

Winning teams will be notified by email.

## DWIGHT SCHOOL CANADA

*Igniting the spark of genius in every child*

Accepting applications for January!

GRADES 7-12 | BC AND IB PROGRAMMES  
SCHOLARSHIPS AVAILABLE

2371 Shawnigan Lake Rd • Shawnigan Lake, BC • 250.929.0506  
email [admissions@dwightcanada.org](mailto:admissions@dwightcanada.org) for more information

[www.dwightcanada.org](http://www.dwightcanada.org) [f dwightcanada](https://www.facebook.com/dwightcanada) [@dwightcanada](https://twitter.com/dwightcanada)

# Divers' charitable spirit shines in annual turkey fund-raiser

**Rachel Lallouz**  
Staff Writer

The Goldstream Food Bank got an early Christmas gift this year thanks to clearance divers from CFB Esquimalt.

More than \$21,000 was raised for the food bank's Christmas hamper program at the sixth annual Navy Diver Turkey Fundraiser at Millstream Village on Saturday Nov. 21.

Lt(N) Walter Dubeau, lead organizer of the event, says crowds gathered at the Village to watch divers complete underwater demonstrations in a 3,000 gallon dive tank loaned to them by the B.C. College of Divers.

Alongside the divers was an equipment display set up by the Fleet Diving Unit (Pacific) bomb disposal unit. One diver wore full bomb disposal gear for the entire day while walking on a treadmill. Stationed a few steps away were divers on nine stationary bicycles riding for hours, eventually covering the distance between Victoria and Calgary, roughly 1,500 kilometres.

"People who line up to receive a hamper each year don't have a whole lot," says Lt(N) Dubeau. "The fact that more than half the dive unit – roughly 50 of us – came out and pulled together to raise the funds is a great achievement."

He credits the strength of the diving unit for pulling off such a feat.

"It takes a whole unit to make

this happen. The true thanks must go to the men and women of the Fleet Diving Unit and their friends and families who work hard to get every penny to put those turkeys on the tables."

Lt(N) Dubeau has been volunteering with the Goldstream Food Bank for over six years, and says that more than 700 recipients from Langford, Colwood, Highlands, Metchosin, and View Royal visit the food bank for a hamper every Christmas.

To equip hampers with a meat product, the food bank relies on donations, which usually amounts to about 25 turkeys – not even close to the number needed for the hundreds who rely on the program.

"When I first started in 2007, the program couldn't afford to place a meat product in the hamper, so they came away with dry goods, eggs, potatoes, carrots, onions, butter, and soup," he says.

Karl Kavanaugh, a fellow retired RCN volunteer at the food bank before he passed away, suggested the Diving Unit would make a great resource to help pull together funds for hamper meat products.

Lt(N) Dubeau proposed the idea to his fellow divers in August 2010 and says the rest is history.

With the funds, the Westshore Christmas Hamper program purchases food cards with varying dollar amounts for specific hamper types. A single person would receive the A hamper and a \$25 food card, a couple



receives a B hamper and \$30 food card, while small families receive the C hamper and \$35 food card. Larger families with more than two children receive the D hamper and a \$40 card. By providing a card rather than a turkey the program can accommodate dietary requirements of individual recipients.

But the Diving Unit's job isn't over yet. From Dec. 17 to 18, the team will again volunteer their time at the food bank handing out hampers and food cards.

"We see people with tears in their eyes because they aren't used to such generosity," says Lt(N) Dubeau. "For us, it feels good to do that for our community. We want the navy to shine and be able to take care of others."

Sgt Angela Abbey, MARPAC Imaging Services  
The public looks on at the Superlite Diver in the 3,000 gallon Dive Tank at the Westshore Christmas Turkey Hamper Fundraiser.



# Ski Mt Washington

## with PSP

Enjoy a relaxing trip up island and a day on the mountain and leave all the driving to us! Bus leaves from the Canteen Road - General Parking Lot at 6 am (please meet bus at 5:45am). Day parking is available in Canteen Road Parking Lot with appropriate parking pass. Bus returns at approximately 6 pm.

Return bus transportation from the base to Mt Washington costs \$35. Bus must have a minimum of 23 travellers in order to run. Register by phone at 250-363-1009 or in person at CPAC or NAC.

Registration code: PSP W16REC400

Dates: THURSDAYS Dec 17, Jan 14 & 28, Feb 11 & 25, Mar 10 & 24

	Lift	Lift & Lesson	Ski Rental	Snowboard rental
Adult	\$32	\$61	\$36	\$36
Youth (13-18)	\$25	\$54	\$36	\$36
Child (7-12)	\$18	\$47	\$19	\$19

Thursday Jan 28, Feb. 11 & 28, March 10 & 24, 2016

Adult	\$60	\$86	\$36	\$36
Youth (13-18)	\$48	\$74	\$36	\$36
Child (7-12)	\$35	\$61	\$19	\$19

Prices do not include GST.





Rachel Lallouz, Lookout

**From left:** MWO Steven Card, Maj Michael Lemire, Jamie Hill, Linda Allen and Cpl Ashley Pye gathered Nov. 20 to celebrate the Military Police Fund for Blind Children donation to Hill.

## Military Police charity helps blind teenager with equipment

**Rachel Lallouz**  
Staff Writer

Jamie Hill, 19, was touched by the generosity of the Military Police Fund for Blind Children when she was awarded \$7,000 in specialized computer equipment to help teach her how to read and write Braille.

Hill, who has highly limited and impaired vision, autism, and a learning disability, attended the Nov. 20 ceremony at the MP Unit Esquimalt mess to officially receive a new braille laptop and accompanying braille programs that will build her literacy skills for life.

"Jamie has been doing braille at school for a number of years and has been having slow success," says Linda Allen, Jamie's caregiver. "We wanted to continue with that, but the cost of the equipment is quite high and she's only on a disability pension. It was just more than we could afford."

The special Military Police supported fund assists visually impaired Canadian children less than 21 years of age with spe-

cific requests that enable their development. All children, regardless of affiliation to the military, are eligible to apply for financial assistance.

Hill's monthly pension covers only basic needs: shelter, food, clothing, and a few low-cost recreational activities per month.

"Because finances are so tight for Jamie, the opportunity for her to continue developing her learning wouldn't happen if a program like this wasn't available," says Allen. "This equipment will benefit her for the rest of her life."

When a friend told Allen about the Military Police Fund for Blind Children, she was quick to reach out last June to Corporal Ashley Pye, local MP representative for the fund. After moving through the application process, Hill was approved for financial support in September.

"I was so excited," says Allen. "We've been going through some difficulties getting services for Jamie. We've been fighting and fighting and this was a real boost for us."

For Allen, the donated equipment is a necessity for

Jamie's learning.

"Jamie is capable of so much, but if we aren't given the resources to explore areas where she can excel, how will we ever know what else she can do? She can learn and she's proved that."

As Cpl Pye handed Hill the laptop during the ceremony, Hill, who has limited verbal skills, was quick to voice her excitement, interjecting: "I'm ready to work on Braille now please!"

"I know she'll appreciate the equipment when she sits down and starts working," says Allen. "Everyone benefits from a sense of accomplishment, and these kids are no different."

The Military Police Fund for Blind Children was founded in 1957 by Colonel James Riley Stone, an army Provost Marshal whose visually impaired daughter attended a school for the blind. The more Colonel Stone visited the school, the more he saw a need for extra supplies. He started the fund shortly after.

Cpl Pye encourages those who would like more information to visit [www.mpfbc.com](http://www.mpfbc.com) or to send her an email at [ashley.pye@forces.gc.ca](mailto:ashley.pye@forces.gc.ca).

## Got a story idea?

Call Rachel Lallouz at 250-363-3672 or email [rachel.lallouz@forces.gc.ca](mailto:rachel.lallouz@forces.gc.ca).



**GAF** ROOFS FOR TROOPS

**ALPHA** ROOFING & SHEET METAL INC.



Must Be Installed By A GAF Master Elite® Or Certified™ Contractor (after mail-in rebate)!

For full details and to redeem your rebate offer, go to [gafroofsfortroops.ca](http://gafroofsfortroops.ca)



(250) 544-0169 [mike@alpharoofting.ca](mailto:mike@alpharoofting.ca)

**CANEX**  
A division of CFMWS  
Une division des SBMFC

ENJOY OUR DEALS ON THE  
CANEX NO INTEREST CREDIT PLAN  
**DON'T PAY UNTIL  
MARCH 2016!**

plus no money down not even the taxes \*OAC

PROFITEZ DE NOS OFFRES À L'AIDE DU  
PLAN DE CRÉDIT SANS INTÉRÊT DE CANEX  
**NE PAYEZ RIEN  
AVANT MARS  
2016!**

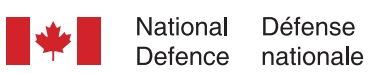
Ne versez aucun acompte, même pas les taxes \*S.A.C.

**TEST THIS WEEK / TEST PRÉVU CETTE SEMAINE**



**CFB Esquimalt Mass Notification System Monthly Test  
11 a.m. on the 1st Wednesday of each month.**

**Essai mensuel du système de notification de masse  
de la BFC Esquimalt à 11 h le premier mercredi de  
chaque mois**



[www.navy-marine.forces.gc.ca/en/about/structure-marpac-units.page](http://www.navy-marine.forces.gc.ca/en/about/structure-marpac-units.page). Click on MNS tab  
[www.navy-marine.forces.gc.ca/fr/apercu/organigramme-fmar-p-unites.page](http://www.navy-marine.forces.gc.ca/fr/apercu/organigramme-fmar-p-unites.page) et cliquez sur l'onglet du système (SNM)



Cpl Stuart MacNeil, HMCS Winnipeg  
Maj Don Philip, the acting Air Officer on board HMCS Winnipeg, and PO1 Trevor Linfoot, the ship's Senior Steward, salute the cenotaph after laying a wreath on behalf of the ship's Commanding Officer and crew at a Remembrance Day ceremony in Toulon, France.

# HMCS Winnipeg commemorates Remembrance Day in France

**Slt Jamie Tobin**  
HMCS Winnipeg

Many significant Canadian military campaigns during the First and Second World Wars were fought on French soil. For current serving Canadian Armed Forces members in *HMCS Winnipeg*, this was a very special place to be and to hold our Remembrance Day ceremony.

This year, the crew had the honour of spending the day at Arsenal de Toulon, a naval base on the south coast of France that served as a hub for allied maritime operations in the Mediterranean Sea during the World Wars.

"Standing on parade at a base where many members of the Royal Canadian Navy served during the World Wars was a special way to pay tribute to those who fought in historical naval campaigns on behalf of Canada," said LCdr Christian Parise, the parade commander

*I couldn't help but think about all of my Canadian predecessors who served alongside French sailors, soldiers and air force personnel here so many years ago.*

-PO1 Trevor Linfoot  
HMCS Winnipeg Senior Steward

Remembrance Day, the ship's company participated in two events: one at Arsenal de Toulon, and a second at a local cenotaph in the downtown area.

"It was a quite an honour to commemorate this occasion alongside our French military colleagues. I couldn't help but think about all of my Canadian predecessors who served alongside French sailors, soldiers and air force personnel here so many years ago," said Petty Officer 1st Class Trevor Linfoot, the ship's Senior Steward who laid a wreath at the ceremony on behalf of the Commanding Officer and crew at the service in downtown Toulon.

The ship's support was well received by their French Navy host, and for the members of *Winnipeg*, this particular Remembrance Day will remain in their memories as they carry on the tradition of military service in support of Canadian Armed Forces operations.

for *Winnipeg's* service. *Winnipeg* is currently deployed on Operation Reassurance, Canada's contribution to NATO assurance measures in Europe, and was spending their rest and maintenance period in Toulon. On

# HMCS Winnipeg at sea



*Left:* Slt Michael VanVlaederen, a Maritime Surface and Sub-surface Officer, calculates the ship's position during Officer of The Watch manoeuvre training in the Mediterranean Sea with Standing NATO Maritime Group One during Operation Reassurance.

*Right:* Slt Joseph Martin, a Maritime Surface and Sub-surface Officer, takes the bearing of His Majesty's Norwegian Ship Fridtjof Nansen during Officer of The Watch manoeuvre training.

Cpl Stuart MacNeil,  
HMCS Winnipeg



Toll Free: 1-888-842-7111 Phone: 250-383-7111

**VICTORIA TAXI**  
LOCAL RELIABLE SAFE GoGreen

**Local - Reliable - Safe**

2925 DOUGLAS STREET  
VICTORIA, BC V8T 4M8

Also serving the WESTSHORE COMMUNITY  
www.westwindtaxi.com • 250.474.4747

**WESTSHORE U-LOCK MINI STORAGE**

MILITARY DISCOUNT OFFERED

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

1621 Island Highway, 250-478-8767

selfstorage.ca

**ESCAPE THE BASE - COURTENAY GETAWAY**

Sea legs? We've got carts for that.

INCLUDES Golf for Two, Shared Power Cart, Club Rentals and One Night in a Deluxe Fairway Room

FROM \$145.00 pp/dble. occ.

Valid Oct 1, 2015 - April 30, 2016

Crown Isle RESORT & GOLF COMMUNITY  
www.CrownIsle.com Toll Free: 888-338-8439

**AFFORDABLE OFF BASE LIVING!**  
Bachelors, One Bedrooms, Two bedrooms, & Three Bedrooms available

**ASK ABOUT OUR MOVE IN DISCOUNT!**

250.381.5084 CAPRENT.COM

**PACIFIC MAZDA**

**Military & DND Incentive Program**

**\$500** Incentive on New & select Used vehicles in stock

**10% OFF\*** Service and Maintenance  
Complimentary Car Wash with service (time permitting)

\* cannot be combined with any other promotions, specials or coupons see service department staff for details

LOCATED AT 1060 YATES STREET | TEL: 250-385-1451 | MAZDAVICTORIA.COM



# HMCS Vancouver returns home after a successful deployment

**SLt Sean Catterall**  
HMCS Vancouver

Last Friday, *HMCS Vancouver* returned home after seven weeks at sea, which saw the vessel complete a work ups program while concurrently participating in a Task Group Exercise (TGEX) hosted by the U.S. Navy's 3rd Fleet, and assisting in a major drug interception off the coast of Mexico.

In October, *Vancouver* set to sea with Sea Training Pacific embarked in order to complete the work ups program, which is the final milestone on the road to standard readiness after the vessel completed mid-life upgrades earlier this year.

*Vancouver* sailed to San Diego where ship and crew participated in a three-week-long TGEX alongside *HMCS Calgary* and *HMCS Chicoutimi*, providing anti-submarine warfare and surface capability.

U.S. participants included Expeditionary Strike Group 3, Amphibious Squadron 1, amphibious assault ship *USS Boxer*, amphibious transport dock ship

*USS New Orleans*, and dock landing ship *USS Harpers Ferry*.

The joint exercise, which took place in the Southern California operating area, provided an evolving scenario-based environment in which the Task Group was required to operate. The scenario involved state and non-state actors, asymmetrical and conventional threats, such as violent and extremist terror activities, and required the Task Group to remain flexible and ready to respond at a moment's notice.

The Task Group was challenged in all areas of warfare, as well as in operations such as search and rescue, counter-piracy, maritime interdiction and non-combatant evacuation operations.

*Vancouver* responded to increasingly more difficult battle problems and damage control scenarios as the weeks progressed. By integrating a multifaceted joint exercise into their work ups program, *Vancouver* was able to further enhance training and achieve a high standard of combat readiness.

Following the exercise, *Vancouver* participated in

Operation *Caribbe*, Canada's contribution to the multinational campaign against illicit drug trafficking by transnational organized crime in the Caribbean Sea and eastern Pacific Ocean.

The warship acted in a supporting role, locating and tracking vessels of interest. The warship also had a U.S. Coast Guard Law Enforcement Detachment embarked to allow the boarding and investigation of suspect vessels in the area of operations.

During this deployment, *Vancouver* assisted in intercepting an estimated 2,400 pounds of marijuana approximately 200 miles off the U.S. and Mexico border. Additionally, *Vancouver* supported the mission, by providing, in real time, the recognized air/maritime picture using satellite Link 16 to the Air Maritime Operations Centre in San Diego, a first in operations for the Royal Canadian Navy (RCN).

After many busy weeks of intensive training, *Vancouver* is now ready to contribute to RCN operations at home and abroad, while remaining true to the motto of *Semper Vigilans*: "Ever on Guard."

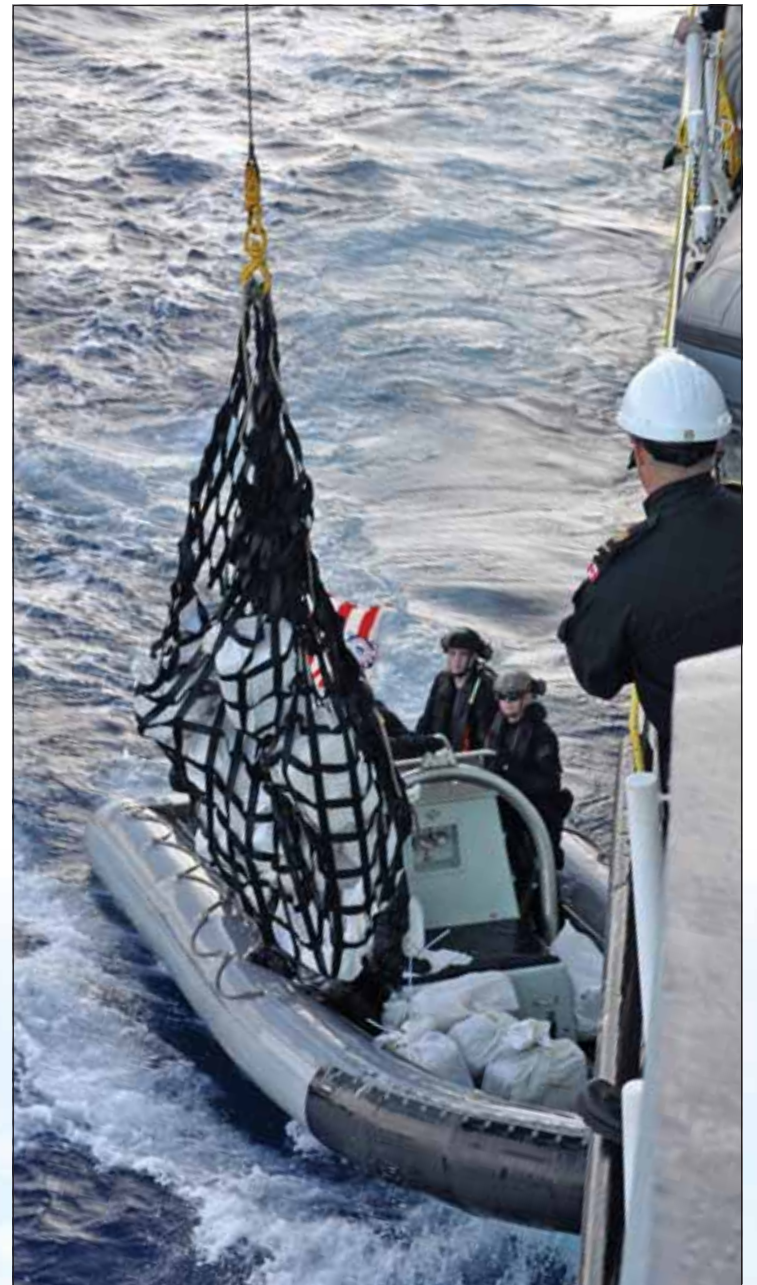


Image courtesy of DND  
HMCS Vancouver's Rigid Hull Inflatable Boat (RHIB) with a United States Coast Guard Law Enforcement Detachment embarked retrieves bales of marijuana jettisoned by a drug trafficking small boat in the Eastern Pacific.



**Jim Pattison**  
**Toyota** victoria

★ **Up to \$1,000** ★  
additional savings on Scion for recent high school or college graduates.

**\$28,690**  
MSRP



2015 SCION FRS

**Military & DND Incentive Program**



**\$500** Incentive on all new and used vehicles in stock

**10% OFF\***

\*Does not include accessories or Toyota tire price match guarantee.  
**Service & Maintenance + Free Car Wash & Vacuum**

JPToyotaVictoria.com

Tel: 1-888-464-9570

3050 Douglas Street

# Retired General assumes Honorary Colonel posting with Military Police

**Peter Mallett**  
Staff Writer

An exemplary 35-year military career, with service in many Canadian Armed Forces and United Nations operations, has earned Brigadier General (Retired) Peter Atkinson an Honorary appointment.

The veteran, who currently works as Vice President Personnel Support Program – CF Morale and Welfare Services, was appointed Honorary Colonel Commandant of Canadian Forces Military Police (CFMP) in July following approval from the Minister of National Defence.

The special job even comes with a Military Police badge and the iconic red beret.

"I've worn a black beret because I was an armoured guy; I wore a blue beret when I worked with the UN, and when I was promoted to Colonel and later Brigadier-General I wore a green beret. But now I get to put on the red beret," said HCol Atkinson.

The position is more than ceremonial. He will provide vital mentorship to junior MP Officers based on his vast and rich career history that was

*I need to hear what the challenges are for each of our sections in the Canadian Armed Forces, whether it's the CFMWS or the CFMP, we need to do this in order to be successful.*

-HCol Peter Atkinson

often intertwined with the Military Police.

"I got to see what they do and the positive impact they have on our operations," said HCol Atkinson. "At every point in my career I ended up having interaction with the MP unit, more than most."

It was his deployment to UN operations in Cyprus, and military deployments to Bosnia and Afghanistan where he says he gained a wider understanding of the military police role in operations.

"I saw the military police doing different tasks from their job of domestic policing at home. They

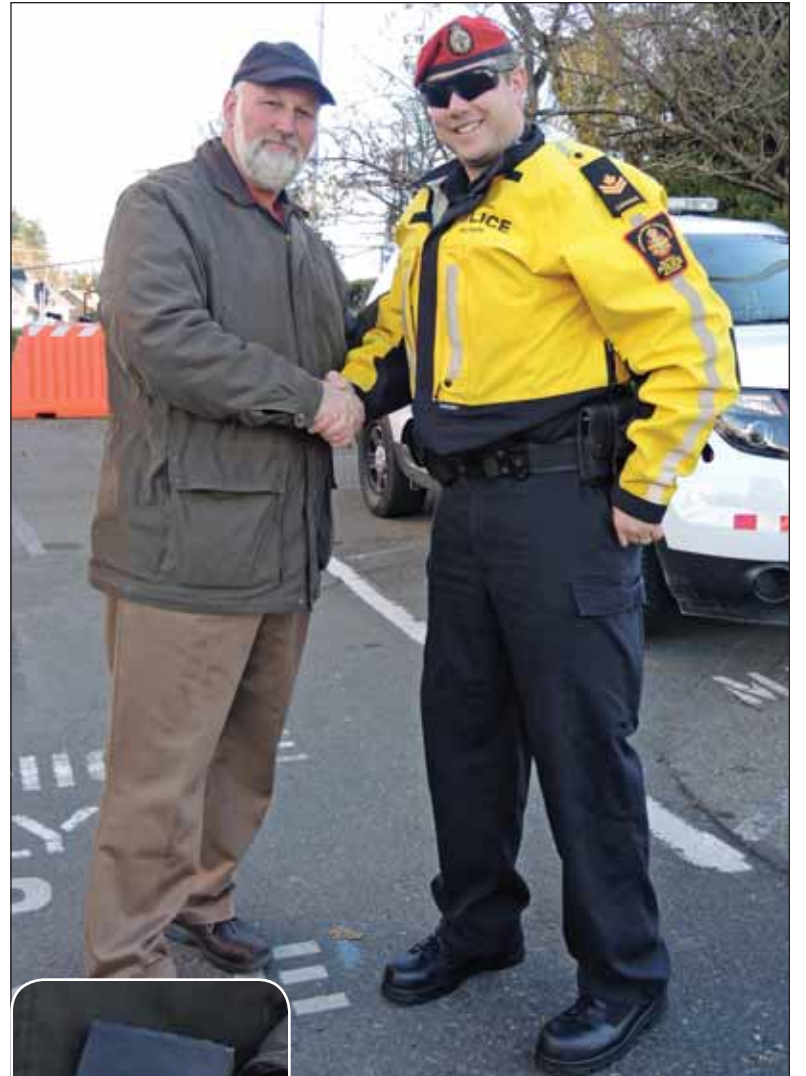
were involved in everything from security to detainment and POW operations," said HCol Atkinson.

This knowledge will help him enhance understanding between the front-line members and senior Canadian Forces Provost Marshal and the Canadian Forces leadership.

Since his role as VP PSP requires frequent trips to military bases across the country, he says these excursions also afford him the opportunity to meet MP units. During his visit to Victoria to meet with senior command staff and PSP two weeks ago, he took time to meet with local MP Unit Esquimalt staff.

"I can talk to those sailors, soldiers and air men and women about their areas of concern and challenges," said HCol Atkinson. "I can see what they do first-hand and then take that back to Ottawa with me. Every time I come off a road trip I can say to the Provost Marshal here are the concerns of your young officers and the challenges they are facing."

"I need to hear what the challenges are for each of our sections in the Canadian Armed Forces, whether it's the CFMWS or the CFMP; we need to do this in order to be successful."



Peter Mallett, Lookout  
Peter Atkinson, Honorary Colonel Commandant of the Canadian Forces Military Police meets with MCpl Wade Reid at Esquimalt's MP Unit headquarters.

Inset: HCol Atkinson's new badge.

## Turn your passion into a business.



### Free workshops for aspiring entrepreneurs

BCIT Enactus Legion Lions' Lair workshops are free for military personnel who have the entrepreneurial bug. Workshops, available via Skype, will teach you marketing, networking, leadership, and more.

Pitch your idea in a Dragons' Den style finale and you could receive funds to start your business.

Application deadline: December 4.

BCIT\_Legion@bcit.ca    [bcit.ca/legion](http://bcit.ca/legion)





## Top NOPQ student

Cpl Blaine Sewell, MARPAC Imaging Services Alan Mayer (left) presents SLt Kristopher Hicks (right), the 2015 top Naval Officer Professional Qualification candidate, with a ceremonial sword on behalf of General Dynamics Canada during the Fleet Mess Dinner.

## MARPAC Headquarters recognition



Cpl Blaine Sewell, MARPAC Imaging Services Cdr Wes Golden, Commanding Officer of Maritime Forces Pacific Headquarters (left), presents PO1 Patricia King (right), with her first clasp for the Canadian Forces Decoration.



Cpl Blaine Sewell, MARPAC Imaging Services AB Ryan Trcka (centre) is promoted to his new rank by Maritime Forces Pacific Headquarters Commanding Officer, Cdr Wes Golden (left) and PO2 Jessica Cooley.



## HMCS Ottawa promotions and certificates

Cdr Sylvain Belaire, Commanding Officer of HMCS Ottawa, made several presentations to members of the ship's crew. MCpl Chris Ward, MARPAC Imaging Services



LS Duncan Adams (centre) is promoted to his new rank by Cdr Belaire (left) and Lt(N) Jeffrey Benson (right), HMCS Ottawa Combat Officer.



SLt Robert Lyall (right) receives his Combat System Engineering Competency Certificate.



LS Eric Leighton (right) receives his Machinery Watchkeeping Certificate.



OS Benjamin Sproule(right) receives his Machinery Watchkeeping Certificate.



LS Basil Khan (right) is presented with his Naval Environmental Training Package Completion Certificate.



LS Gary Shen (right) is presented with his Naval Environmental Training Package Completion Certificate.



PO1 Jean-Luc Bélanger (right) is presented with his Team MARPAC Nijmegen Certificate.



AB Amie Savage (right) is presented with her Team MARPAC Nijmegen Certificate.



PO1 Christopher Fraser (right) is presented with the Award for Aerobic Excellence Bronze and Silver Seals Level 3.



## RMS Clerk coin presentations

**Left:** LS Stephanie Pring (right) is presented with the Resource Management Support (RMS) Clerk Coin by CPO1 Marc Bertrand, Royal Canadian Navy Senior RMS Clerk.

**Right:** Pte Marie-Claude Therrien (right) is presented with the RMS Clerk Coin by CPO1 Bertrand.

MCpl Chris Ward,  
MARPAAC Imaging Services



# CFB ESQUIMALT Friday, November 20

## Sports & Athletic Awards Luncheon

MCpl Chris Ward, MARPAAC Imaging Services



Cpl Alexandra Cape receives the female Most Dedicated to Sport Award from Les Alexander.



SLt Conner Duke (left) receives the Male All Star Performance Award from Capt(N) Steve Waddell, Base Commander.



OS Marjolaine Plante (centre) receives the Female All Star Performance Award from professional swimmer and Olympic medalist Ryan Cochrane (left) and Capt(N) Waddell.



LS Samuel Kehler receives the male Breakthrough Athlete Award from Capt(N) Waddell.



Capt Kolbey Neate accepts the female Breakthrough Athlete Award on behalf of Second Lieutenant Samantha Behm from Capt(N) Waddell.



LS Daniel Richard receives the male Sportsmanship Award from Danielle Sutherland, Senior Manager for Personnel Support Programs.



Captain Ingrid Walker receives the female Sportsmanship Award from Danielle Sutherland.



Robert Clarke (right) receives the male Most Dedicated to Sport Award from Les Alexander.



The Triton's Women's Soccer Team receives the Breakthrough Team Award from Commander Charles Cross, MARPAAC Health and Wellness Strategy Chair (left).



Lt(N) Paul LePrieur accepts the All Round Team Performance Award on behalf of the MARPAC Nijmegen Marching Team from Peter Atkinson, Senior Vice President of Personnel Support Programs.

# LOOKOUT Classifieds & Real Estate

**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 **250-363-3127** 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.

**Book your annual check up early!**

Dockyard members and HMC Ships call 363-2310

Personnel at Naden, Black Rock, Colwood, FDU and Work Point call 363-4149



**APPLIANCES**

**WESTCOAST APPLIANCE CENTRE LTD.**

**LARGEST SELECTION GREAT PRICES**

- Reconditioned
- New • Builder
- In Home Services

MILITARY DISCOUNT OFFERED

Corner of Gorge Rd East & Jutland • 382-0242

**AUTOMOTIVE**

**GUARANTEED TIRES from \$10**

We sell NEW & USED

**Full Service AUTO REPAIR**

778-440-8473 MILITARY DISCOUNT

MON-FRI 9-5, SAT 10-4

#1-798 Fairview at Ellery

Bring **ATTENTION** to your business

Lookout Classifieds 250-363-3127

**HEALTH**

**DETOX YOUR HOME!**

Clean with water. No more chemicals in your home.

Call Michelle at 250-516-7338, Independent Sales Consultant GreenHomeCleaning.ca

**NORWEX**

**REC VEHICLE**

**S G Power A.T.V. CENTER**

Honda, Yamaha, Kawasaki

**382-8291 - 730 Hillside Ave.**

**See it ALL ONLINE**

Read the "paperless" newspaper. Download the PDF online.

lookoutnewspaper.com

**REAL ESTATE • FOR RENT**

ON THE OCEAN



**Princess Patricia APARTMENTS**

New BALCONIES • EXERCISE ROOM  
14TH FLOOR LOUNGE

703 Esquimalt Road  
250-382-2223

**Now Renting:**  
Bachelor • 1 BDR Suite

The Winter Activity Guide is coming soon



Stay fit with the Activity Guide.

Available at all PSP and MFRC outlets

**Devon PROPERTIES LTD.** No Pets allowed in any building

[www.devonprop.com](http://www.devonprop.com)

**LARGE SUITES**

**Ellery Manor** 855 Ellery Street  
1 BDR \$830.00  
2 BDR From \$930  
Avail Dec 01  
250-812-6849

**Gorge Vale** 1180 Colville Road  
BACH \$740  
Avail Nov 10  
250-360-1983



**Sell your home in the Lookout**

Call **250-363-3127** to advertise

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

**FREE Heat & Hot Water - Card operated front load laundry/24hrs**

**MACAULAY EAST**

948 Esquimalt Rd. Bachelor, 1,2 & 3 bdrm. Full size commercial gym! Manager 250-380-4663

**MACAULAY NORTH**

980 Wordsley St. 1 & 2 Bedroom Manager 250-384-8932

To view these and other properties, visit [www.eyproperties.com](http://www.eyproperties.com)

Military Discount, Tenant Referral Program

**KISS 103.1**

**VICTORIA'S #1 HIT MUSIC STATION**



# LOOKOUT Classifieds & Real Estate

**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 **250-363-3127** to book your display or word ad

**REAL ESTATE • FOR SALE**

**PET FRIENDLY  
2 PARKING STALLS!**




Bright west facing condo, built in 2010, balance of new home warranty. 1 bed & large den perfect for a couple or single! Lg balcony, secure u/g parking. Bus stop outside, approx. 15 minutes to base.


**209-938 DUNFORD AVE. • \$234,900**

CALL DIRECT 250-213-7444  
**Shelly Reed**  
For more info [www.shellyreed.com](http://www.shellyreed.com)



Join the conversation

 [lookout\\_news](https://twitter.com/lookout_news)

 [lookout.newspaper](https://www.facebook.com/lookout.newspaper)

**SERVICES OFFERED**

Register now for music lessons at Esquimalt Music Centre. Reasonable rates, flexible hours! Call 250-385-2263 or visit [www.esquimaltmusic.com](http://www.esquimaltmusic.com) for more info.

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.

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

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](http://musiciswaycool.com)

**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](mailto:info@victoriapregnancy.org)  
[www.victoriapregnancy.org](http://www.victoriapregnancy.org)

**“re-cycle”**



**Better the 2nd time around!**

**PITCH-IN CANADA**  
[www.pitch-in.ca](http://www.pitch-in.ca)

**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](mailto: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](mailto:volunteer@habitatvictoria.com) or 250-480-7688 ext. 105

**Build Your BUSINESS WITH LOOKOUT CLASSIFIEDS**  
CALL 250-363-3127 TO ADVERTISE

**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




[www.bbbsvictoria.com](http://www.bbbsvictoria.com)

**Lookout Classifieds Work.**  
250-363-3127

**Base Newspaper Advertising**  
**Local or National**  
**Canadian Armed Forces Base Newspapers**  
**16 Bases - One contact**  
250-363-8602 ext 2  
[Joshua.buck@forces.gc.ca](mailto:Joshua.buck@forces.gc.ca)

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

**Ivan Groth, Sales**



Serving clients for over 14 years!  
**Customer Service Specialist**



For more information on any of our products or to book an ad in the Lookout Newspaper contact **Ivan Groth 250-363-3133**  
[ivan.groth@forces.gc.ca](mailto:ivan.groth@forces.gc.ca)  
[www.lookoutnewspaper.com](http://www.lookoutnewspaper.com)

Looking for a great Christmas stocking stuffer?

The collectable Rogers' Chocolate Submarine Tin and Canadian Navy Chocolate Bar

Buy them at **CANEX**



ESTABLISHED 1885  
**Rogers' CHOCOLATES**

Milk Chocolate

Canada's Finest

76g/2.6oz

100th Anniversary of Submarine Service

NADEN BAND OF THE ROYAL CANADIAN NAVY

# Christmas Concert 2015

Dec. 14, 15, 16, 2015  
7:30 p.m.  
at the Royal Theatre,  
805 Broughton Street

Admission \$10  
with an unwrapped toy



Tickets available at the box office, by phone  
at 250-386-6121 or online at [www.rmts.ca](http://www.rmts.ca)

All proceeds to support The Salvation Army Toy Drive



Sponsored by

