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LOOKOUT

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Fredericton deployed



Photos by Master Corporal Alexandre Paquin
For the second time in less than a year HMCS Fredericton has
deployed to the Mediterranean Sea in support of Operation
Reassurance. The frigate sailed from its Halifax home port Jan. 5.
Read the full story on page 2.

Teary farewells as HMCS Fredericton deploys to the Mediterranean Sea

Ryan Melanson
Trident

As *HMCS Fredericton* prepared to depart Dockyard Jan. 5 to join Operation Reassurance, the ship's new command team and young crop of sailors received words of advice from RAdm John Newton, Commander Joint Task Force Atlantic and Maritime Forces Atlantic (MARLANT).

"I want every sailor aboard *Fredericton* to know there is somebody beside you and somebody more junior who has not had the same level of CAF or RCN experience. I want you to put your arm around that person and give them the best deployment in the CAF they'll ever have."

RAdm Newton said the tempo and importance of the mission, with the goal of promoting security and stability in Central and Eastern Europe, will make for exciting and demanding work, and will likely be one of the fastest deployments of a sailor's career.

"So make sure they get access to their training, all

the welfare and morale services, sports, all the mess privileges, and make sure they come home having had the best experience possible."

Fredericton and its ship's company will spend six months in the Mediterranean Sea working with NATO allies in support of surveillance and monitoring, regional defence, capacity building and diplomatic engagement.

The ship itself returned from an initial seven-month deployment to Op Reassurance in July of 2015, where it became the first ship to deploy following completion of the Halifax-class Modernization/Frigate Life Extension program.

This time around, with a largely new crew, some sailors leaving the jetty on the frigid afternoon were doing so as their first major deployment. One of those was MS Kristian Fitzgibbons, who waved from the flight deck as daughters Madison and Chloe held up signs with goodbye messages.

"This is his very first deployment, so it will



Photo by John Clevett, Formation Imagery Services
Commander Trevor MacLean addresses the crowd before the departure, along with Rear Admiral John Newton, Commander Joint Task Atlantic and Commander Maritime Forces Atlantic.

be tough," said his wife Jennifer, who described emails, journals and a home countdown calendar as ways the family plans to deal with the absence.

It was those loving and supporting family members, gathered in the cold to see the crew off, which *Fredericton's* Commanding Officer, Cdr Trevor MacLean focused on when he addressed the crowd prior to departure.

"You guys are the support structure that allows us to do what we do and go

off to accomplish this mission for the Government of Canada," he said.

He also thanked the MARLANT community and other friends of the Royal Canadian Navy (RCN) for support as he and his team worked to bring *Fredericton* up to a level of operational readiness.

The contingent gathered on the jetty included VAdm Mark Norman, Commander RCN; Cmdre Craig Baines, Commander Canadian Fleet Atlantic; a group of retired admirals and commodores,

and BGen (Ret'd) J.J. Grant, Lieutenant Governor of Nova Scotia.

"Over the last six months we've gone through one of the most intensive programs that I have ever been a part of, and we've received wonderful support through that," Cdr MacLean said.

In a statement, Harjit Sajjan, Minister of National Defence, remarked on the importance of having the presence of *Fredericton* and its 250-person crew as part of Standing NATO Maritime Forces.

"The deployment of our modernized Halifax-class frigates and their world-class capabilities on Operation Reassurance demonstrates the Royal Canadian Navy's continued readiness to respond to the security objectives set forth by the Government of Canada and the interoperability we share with our NATO allies," he said.

Fredericton will replace *HMCS Winnipeg* when it arrives in the Mediterranean, and is expected to return to Halifax in June.



A warm embrace as a sailor says farewell to a young loved one.

Pension contributions increased for Reg Force

DND

Pension contribution rates for Canadian Armed Forces (CAF) members under the Regular Force or full-time pension plan (Part I of the Canadian Forces Superannuation Act) increased for 2016. Contribution rates for Reserve Force Pension Plan members remain unchanged.

Treasury Board announced this year's rate increases as part of an ongoing plan to move towards a 50:50 cost sharing model

for the federal public sector pension plans. The new contribution rates came into effect on Jan. 1, 2016 and were applied on Jan. 15, 2016 pay statements.

Regular and Reserve Force members who contribute under Part I of the Canadian Forces Superannuation Act will pay 9.05 per cent on earnings up to the year's maximum pensionable earnings (YMPE). The YMPE for 2016 is \$54,900 and is set by Canada Revenue Agency for the Canada Pension Plan / Québec Pension Plan. On earnings over the YMPE,

the rate will be 11.04 per cent.

For example, a member earning \$60,000 will on average contribute an additional \$41.65 per month when compared to their average contributions in 2015. This CAF member will contribute 9.05 per cent (up .90 percentage points from last year) towards his or her pension on the first \$54,900 of salary (the YMPE for 2016) and 11.04 per cent (up .64 percentage points from last year) on the remaining \$5,100.

CAF pension plans play an important and significant role in helping CAF members achieve financial security in retirement and represent a key component of their overall compensation package. The CAF pension programs remain among the most advantageous in the country.

For more information about CAF pension plan arrangements, including contribution rates, consult the CAF pensions web presence as follows: www.forces.gc.ca/en/caf-community-pension/index.page

Effect change in the workplace, get involved

DND

Are you interested in providing advice and insight to the leadership at Maritime Forces Pacific (MARPA) on the effective implementation of Employment Equity (EE)?

Or do you know someone who is willing to be part of the four Defence Advisory Groups (DAGs)?

The four DAGs are the Defence Women Advisory Organization (DWAO), Defence Advisory Group for Persons with Disabilities (DAGPWD), Defence Aboriginal Advisory Group (DAAG) and the Defence Visible Minority Advisory Group (DVMAG).

DAGs are seeking nominations for

co-chair positions in the following groups:

- Defence Advisory Group for Persons with Disabilities (DAGPWD) Military Co-Chair;
- Defence Women Advisory Organization (DWAO) Civilian Co-Chair;
- Defence Visible Minority Advisory Group (DVMAG) Military and Civilian Co-Chairs.

This is an opportunity to provide leadership the guidance needed to continue to be a diverse and inclusive workplace.

Civilian employees and military members are encouraged to identify themselves for consideration. Supervisors are also encouraged to

put forth names of individuals they feel would be an asset to a co-chair position.

Participation in the DAGs are voluntary and open to all, but a person must have the support and encouragement of managers and supervisors

In addition, consider joining any of the four DAGs. Members do not have to identify solely with the groups in order to participate.

Forward all co-chair nomination submissions and membership inquiries to Emily Zhong, A/EE Officer, or call 250-363-7626. Co-chair nomination should include a brief outline as to why he or she would like to be considered for the position. Nominations will be accepted until Jan. 20.

Gym/pool facilities temporarily closed

The Naden Athletic Centre POOL will be closed Jan. 4 to Feb.14, 2016.

During this time, you may gain access to the Esquimalt Recreation Centre pool with your Military ID or NAC Gym membership card.

The Naden Athletic Centre GYM will be closed Jan. 18 to Jan. 31, 2016.

During this time, you may gain access to the Esquimalt Recreation Centre gym with your Military ID or NAC Gym membership card.

Sorry for the inconvenience and thank you for your cooperation

Management,
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Bell Let's Talk Day

Join the conversation

DND

Bell Let's Talk day is an annual charitable campaign dedicated to eliminating mental health stigma.

This year, Jan. 27 marks the sixth year for the campaign and the third year the Department of National Defence and the Canadian Armed Forces have been active partners. All CAF members and Defence Team employees are encouraged to take part in the day by talking, texting, and tweeting about mental health.

For every text message, wireless and long distance

call made by Bell Canada and Bell Aliant customers, every tweet using #BellLetsTalk, and every Facebook share of the Bell Let's Talk Day image found at Facebook.com/BellLetsTalk, Bell will donate .5 to Canadian mental health programs.

Commanders and Defence Team leaders are also encouraged to plan local activities that open discussions about mental health.

Use the Bell Let's Talk Conversation Guide to have a facilitated discussion or workshop with your unit: <http://letstalk.bell.ca/en/toolkit/>

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WHAT SAY YOU

People Talk

On assignment at the Naden Athletic Centre, Lookout posed this question: *Who would be the person you would least like to be trapped in an elevator with and why?*



Donald Trump. He's pretty obnoxious and I liked it better when he didn't talk.

Pte Dave Parhar



My high school math teacher. He had zero social skills.

Brittany Schneider,
Fitness Leader



Someone who doesn't speak English or French – we would have no way of passing the time by talking!

Dave Wong,
Engineer with HCM Felex



Someone who is paranoid would make it a terrible time!

Alex Donald,
CFB Esquimalt Fire and
Rescue



Robert Plant. That's because he's taken the Stairway to Heaven.

LS Perrin Perry

From the Base Commander - Contest winners announced

2nd Annual Tree Decorating Contest



Members of MARPAC and CFB Esquimalt,

It was evident that a flurry of decorating fun and creativity took place at the Wardroom, The Chiefs' and Petty Officers' Mess, the Pacific Fleet Club and at Nelles Block during the first two weeks of December, as members from 21 units in MARPAC came together in holiday spirit and healthy competition with their unique ideas to decorate pre-lit Christmas trees.

Participating units competed for prizes in three coveted categories: Most Festive (for the most Creative Design); Best Griswold Design (for the most outlandish tree); and Best Charlie Brown (for most commercialized or valiant effort).

The contest was judged Dec. 16. The panel included myself, the Base Administration Officer, Cdr Boutin; the Base Chief, CPO1 Spinelli; Ordinary Seaman Armstrong; and PSP Special Event Coordinator Christine Farrington.

It was a difficult process to choose the winners for each of the three categories, as the participating units clearly showed that the holiday spirit is alive and well in the Formation.

When the scoring sheets were tallied, the judges awarded the title of Most Festive Tree to MARPAC HQ N4 (just to note, the Base Commander fully agrees with the 'Naughty List'), who edged out HMCS Regina looking for a repeat win with their 'Force Awakens' Star Wars-themed tree.

The title of Best Griswold Tree went to 1 Dental Unit Detachment (a strong performer last year); however, CFNIS with their 'Abominable Snowman' was a close runner-up.

Finally, in a surprise performance, CFFSE Seamanship Division looking for a repeat win (last year they took Best Griswold) was closely edged out by rival CFFSE Marine Systems Engineering Division (with their wrenches and welded ornaments) for the Best Charlie Brown Tree.

Congratulations to this year's winners! On behalf of the panel judges and organizers for this year's holiday program, I would like to convey a sincere thank you to all of the participants in this year's Formation Tree Decorating Contest.

Capt(N) SM Waddell
Base Commander

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Help fill a sick child's dream - *be a part of their hope*

Rachel Lallouz
Staff Writer

Help Fill A Dream Foundation, a Vancouver Island charity that makes the dreams of sick children come true, is midway through their seasonal fundraising campaign and is looking for community assistance.

"We are an immediate responsive charity that steps in to provide resources and financial support to families who have a child with a life-threatening illness," says Craig Smith, Executive Director.

Established in 1986, Help Fill A Dream has been sup-

porting civilian and military families on the Island for the past 30 years by offering three types of programming to families in need: the Dreams Program, Family Assistance Program, and Quality of Life Program.

Their most publicized program, explains Smith, is the Dreams Program, which fulfills a single dream of a child, no matter how wildly imaginative the dream is.

"The idea is that when a child is sick, or when they are in their recovery period, they can look forward to their dream coming true," says Smith. "Having that one thing to look forward to is very powerful incentive to

get better, and having hope and happiness is so beneficial in the healing process."

For this particular program, someone who knows the ill child, be it a medical practitioner, family member, or neighbour, fills out an online application on behalf of the child. The child must meet the organization's requirements, meaning they must reside on the island or on the Gulf Islands, be under 19 years of age, and have a life threatening condition.

Once approved by the organization's board, Smith and his team work on making the dream come true.

"We've done everything

from having families meet celebrities such as Carrie Underwood to sports stars. In a couple of months we'll be having a Nanaimo child travel to Los Angeles to hang out on the set of *The Mindy Project*," says Smith.

But the most popular "dreams," says Smith, are mostly travel-oriented.

This past Christmas, Help Fill A Dream sent a young man with lymphoma to Disney World. In the past, Smith sent a sick child and his family to Mexico, and reunited a father who lived in Barbados with his ill daughter.

"The one thing we hear consistently from families

with dreams, especially trips, is that the trip gives everyone in the family an opportunity to make positive memories," says Smith. "To just spend time together as a family is so special because they might not be able to do that if their child is going through an illness."

Help Fill A Dream's second program is Family Assistance, which provides immediate financial assistance to a family who has just learned their child has been diagnosed with a life threatening condition.

"Often, a child could end up in BC Children's Hospital, meaning that Mom or Dad might need to take time off work anywhere from three to 12 months," says Smith. "Costs could add up for accommodation, food, travel, and medication. This program allows a family to basically survive a very stressful time."

Just this summer, says Smith, a military family from Comox had a young baby diagnosed with a serious illness. The baby and mother needed to stay at BC Children's Hospital, and through the Family Assistance Program, both the father and young son living in Comox could travel back and forth to visit them.

"Again, the theme we hear from families about this program is survival: it literally comes down to surviving," says Smith. "It's unbelievable."

The final program is Quality of Life, a broad program that provides financial assistance to improve an ill

child's quality of life.

A child might be coming home from the hospital and need a wheelchair, or a special bed, or an insulin pump, says Smith. They've also provided iPads to children to help them catch up in school and communicate with their teachers, and even covered the cost of therapeutic horseback lessons.

In the past year alone, the organization has fulfilled 10 dreams, 30 quality of life requests, and helped 60 families through the family assistance program.

"Our programs exist for families who need the support," says Smith. "Most likely there are military families who are unaware of us as a resource when they are dealing with stress and financial strain of having a child with a life-threatening condition. We can make a world of difference for them."

Smith says that to support these families, the organization needs funds. Their \$400,000 yearly budget is mostly made through community donations.

"We look at every dream as transformational for the child, and that dream has a ripple effect: there is a child and their dream at the center, a family around them, and around the family is community offering them support."

Help Fill A Dream accepts donations year round. To make a personal donation to Help Fill A Dream, please visit: www.helpfilladream.com



Above: Seven-year-old Shawn Evans and his family are surrounded by the crew of HMCS Onondaga on March 25, 1994, commanded by Lieutenant Commander Bill Woodburn. Shawn and family travelled from Nanoose Bay to Victoria on the submarine, fulfilling Shawn's dream. Shawn suffered from a malignant brain tumour.

Photos courtesy of Help Fill a Dream



Right: Photos from the June 2014, Help Fill A Dream Foundation contribution. Matteo Salehi, whose father is in the Canadian Navy, went for a trip to Mexico with his family.



Rare photo collection tells the story of Dockyard's rich history

Rachel Lallouz
Staff Writer

Chris Nixon, a marine industrial labourer with Fleet Maintenance Facility Cape Breton shop 171, has an unusual hobby that has been on display to passerby in building 215 for over three years.

Lining the walls of the building's first floor north end are over 300 meticulously dated photographs of Dockyard.

"As a kid, I grew up in the Work Point area and always had a fascination with military bases," says Nixon, who recalls visiting Dockyard as a little boy for Armed Forces Day. On that special day every year, Nixon and his friends would tour warships, fire blanks out of guns, and talk to the sailors.

His love of the military turned into a hobby in 2013 when he was researching photographs of the Dockyard's dry dock online. He printed off two four-by-eight black and white photos of the dock under construction in 1887 and fastened them to the shop wall.

"The next thing I knew, people were stopping and looking at the photographs with amazement," says Nixon.

As his collection grew, so did his knowledge of Dockyard's history. He began to print off "before and after" copies of photographs to more clearly reveal the historical development of the base to onlookers.

One before and after set shows a photograph of St. Paul's Church just outside the dockyard front gate in the late 1800s, before it was moved to its present location at the corner of Esquimalt and Grafton Street in 1902. The main gate area has a dirt road and more pines are visible in the fairly undeveloped area. The photograph next to it is of the familiar, present day Dockyard main gate.

His ever growing collection of images now spans from the mid 1800s to modern day. Nixon estimates that about 90 percent of his photographs are of the CFB Esquimalt area, and the remaining 10 percent document bases on the East Coast, or feature ships and aircraft.

"You'll notice looking at the photographs of the much older vessels, as far back as 1860, that they are simply sailing ships. They have no engines and have cannons on the sides of them," says Nixon.

He says the visual reminder of Dockyard's history is important for younger military members or employees who might not be aware of the historical significance of the area.

"They can take a look at something dated from 150 years ago and build that appreciation," he says.

The best part of his hobby, says Nixon, is how he feels when he sees visitors from other shops slow down during a busy day to peruse the photographs.

"Some of the older folks are prompted to share their stories when a certain photograph jogs their memory," he says. "The collection just brings up a lot of chatter and reminiscence."

Though Nixon's shop will be moving to a different building in the next year, he has been assured that his sprawling collection will have a new home on its walls.



Photos by Rachel Lallouz, Lookout

Above: The shop wall is lined with photos, many before and after shots that show how things have changed.

Right: Photograph collector Chris Nixon discusses one of his many photos from his collection that lines the walls of Shop 172 in Dockyard.

Men's hockey clash on tap at Wurtele

The road to the CAF National Men's Hockey Championship begins this week at Naden with the Pacific regional series.

The Pacific region's defending champion CFB Esquimalt Tritons will battle the CFB Comox Flyers in a best-of-three series at Wurtele Arena beginning with

Game 1 and Game 2 on Wednesday Jan. 13, at 9 a.m. and 7:30 p.m. A Game 3 tiebreaker, if necessary, is scheduled for Thursday, Jan. 14 at 7:30 p.m.

The Tritons won last year's regional clash, hosted by the Flyers, and advanced to the nationals at Borden, where they

placed 5th.

Later this winter the Old Timers and Women's teams from Comox and Esquimalt will drop the puck in Pacific Regionals slated for Feb. 9 and 10 at Wurtele Arena with the winners of these competitions also advancing to the national finals at Borden.



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Four Ottawa sailors ventured to the Nation's Capital

Lt(N) J.P. Nellan
HMCS Ottawa

This past December, a small delegation from *HMCS Ottawa* departed for the nation's capital.

Ottawa has been ramping up to rejoin the Fleet after completing its modernization program and wanted to reaffirm connections with its namesake city, and share the details of the upcoming program.

Four members of the ship's company participated in the visit, including the Commanding Officer, Commander Sylvain Belair; Coxswain, CPO1 Alen Darragh, and two deserving sailors, OS Jean-Michel Derome and Lt(N) Jonathan Patrick Nellan, who had once called the city home.

Although they only spent two days in the capital, a busy program was prepared, including volunteering with charitable organizations, visiting local schools, and meeting with community leaders.

To kick off the visit, the sailors volunteered their time at the Ottawa Mission by helping set up decorations in advance of the holiday season. The Mission has been a pillar in the downtown community for nearly 100 years and prides itself on helping those less fortunate.

Following their visit to the Mission, the four conducted presentations at two local schools: the Elgin Street Public School and Lisgar Collegiate Institute. Students were eager to learn about life at sea, as well as the nature of opera-

tions and the various careers in the Royal Canadian Navy.

The Captain and his team then proceeded to City Hall where they had the pleasure of meeting the Mayor of Ottawa, His Worship Jim Watson. He was fascinated to learn about the ship's program for the upcoming year and expressed interest to sail aboard *Ottawa* in the future.

The first day wrapped up with the members of the ship's company huddled around a campfire with the 3rd Orleans Scout Troop, who *Ottawa* has sponsored since its commissioning in 1996. They joined the Troop in songs, cheers, and skits before presenting the group with ship's mementos.

The next morning commenced with a private behind-the-scenes tour of the Canadian War Museum's extensive archives. The group viewed original artwork that depicted the sinking of the first *HMCS Ottawa*. Seeing Canada's war efforts captured on canvas was a unique and enriching experience for *Ottawa*'s present-day sailors.

Next, they continued their charitable efforts at the Salvation Army's Grace Manor, a long-term care facility. There they had an opportunity to meet with John Coughlan, a former RCN sailor who served on all three of Canada's aircraft carriers, and presented him with a ship's ball cap and coin.

"It was the most engaged we've ever seen him," said Azra, one of the resident staff at the Manor. Their rounds then

took them to the Perley and Rideau Veterans' Health Center where they mingled over tea and biscuits with navy veterans and shared stories of life at sea. That afternoon, the members of *Ottawa* met with a long-time friend of the ship, Simon Fuller, the son of Captain Thomas G. Fuller, otherwise known as the Pirate of the Adriatic.

While touring displays of artifacts, they reminisced about Thomas Fuller his time in service, his love of the sea and his commitment to both the Royal Navy and RCN.

The Commanding Officer and the Coxswain set off to visit with RCSCC

Centurion for divisions and awards and were impressed by their professionalism and dedication.

The brief namesake city visit culminated with the Captain and crew attending a Senators hockey game. Unfortunately, having members from the ship on hand was not enough to bolster the team to victory, and they fell to the Philadelphia Flyers 3-2.

HMCS Ottawa's sailors were grateful for the opportunity to visit their namesake city, and connect with its citizens, further strengthening the bond that exists between our great ship and our nation's capital.



Main image: Four sailors from HMCS Ottawa pose with scouts and scout leaders during a trip to Ottawa.

Inset: Commanding Officer, Commander Sylvain Belair; Coxswain, CPO1 Alen Darragh, and sailors OS Jean-Michel Derome and Lt(N) Jonathan Patrick Nellan meet with Ottawa Mayor Jim Watson.



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Photo by Rachel Lallouz, Lookout

Danny Glubus, owner of Suite Signs, poses in front of the new graphic he installed on the front doors of CFB Esquimalt's Naval and Military Museum.

Larger than life 1944 image greets museum visitors

Rachel Lallouz
Staff Writer

Visitors to CFB Esquimalt's Naval and Military Museum now have another reason to admire the building's charming heritage exterior.

On Dec. 2, an enlarged version of a black-and-white photograph from the museum's photo collection was adhered to the entrance doors of the naval exhibits building (building number 37).

"The door has no real heritage value as it stood," says Clare Sharpe, Museum Exhibit Designer "It was pretty plain, so we've been looking at ways to jazz it up and thought a graphic would really suit the spot."

The now larger-than-life size image, which originally appeared in the Vancouver Daily Province in 1944, features Signalwoman Madge Foster proudly posing in a pair of bell bottom pants – almost unheard of in the early 1940s – as a sailor looks on, clearly puzzled and delighted. The photograph's caption published in the Province read: "No won-

No wonder this husky sailor seems slightly puzzled. He has just spied a Wren wearing, of all things, bell-bottomed trousers!

Caption from the 1944 newspaper "The Province"

der this husky sailor seems slightly puzzled. He has just spied a Wren wearing, of all things, bell-bottomed trousers!"

The sailor looking on is Yeoman Walter Clements of Saskatoon, a sailor who worked closely with the Signalwomen.

"As far as we know only a limited number of women in the naval service were able to wear bell bottoms as part of their uniform attire," says Sharpe, who explains that for a Signalwoman, pants suited the physical demands of the job better than a skirt. "Madge was one of the four in a group

of signallers who was permitted to wear the bell bottoms."

Foster, originally from Vancouver, was stationed at a West Coast naval base, possibly HMCS Discovery, to send and receive navy messages in code and cipher.

Sharpe says the photograph's vertical orientation fit well with the shape of the door, but her main reason for selecting the image was to pay homage to the role women played in the Second World War and postwar era.

She says she spent the past year sifting through hundreds of photographs before settling on Foster's.

"I've always loved that picture, and it was donated by the daughter of Yeoman Clements, so it has a really direct connection to the museum's collection and heritage," she says.

After choosing the photo, Sharpe photo shopped the image herself, and had it printed up on adhesive Phototex Material. Owner Danny Glubus of Suite Signs installed the photograph.

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March 14-24, 2016 • Ages 5 to 12

Spring Break Camps

Call 250-363-1009 to register your children.

The Mockingjays

Monday March 14 to Friday March 18, 2016

Inspired by the latest Hunger Games movie, this week has games that fit the theme. Swim days for this week will be Tuesday and Thursday afternoon.

Location: CPAC – YAC

Camp Hours: 9 a.m. – 4 p.m.

Regular \$130/ Ordinary \$135/ Associate \$140

Before Camp Activities: 7 - 9 am – \$35 Regular /\$40 Ordinary /\$45 Associate

After Camp Activities: 4 - 5:30 pm – \$25 Regular/\$30 Ordinary /\$35 Associate

The Sherlocks

Monday March 21 to Thursday March 24, 2016

(No sessions on Good Friday)

Unlock the hidden detective in your child with a camp that involves a modern spin on Sherlock Holmes. Throughout the week, they will investigate the outdoors, unravel a bit of science, and even a few myth busters. Swim days for this week will be Tuesday and Thursday afternoon.

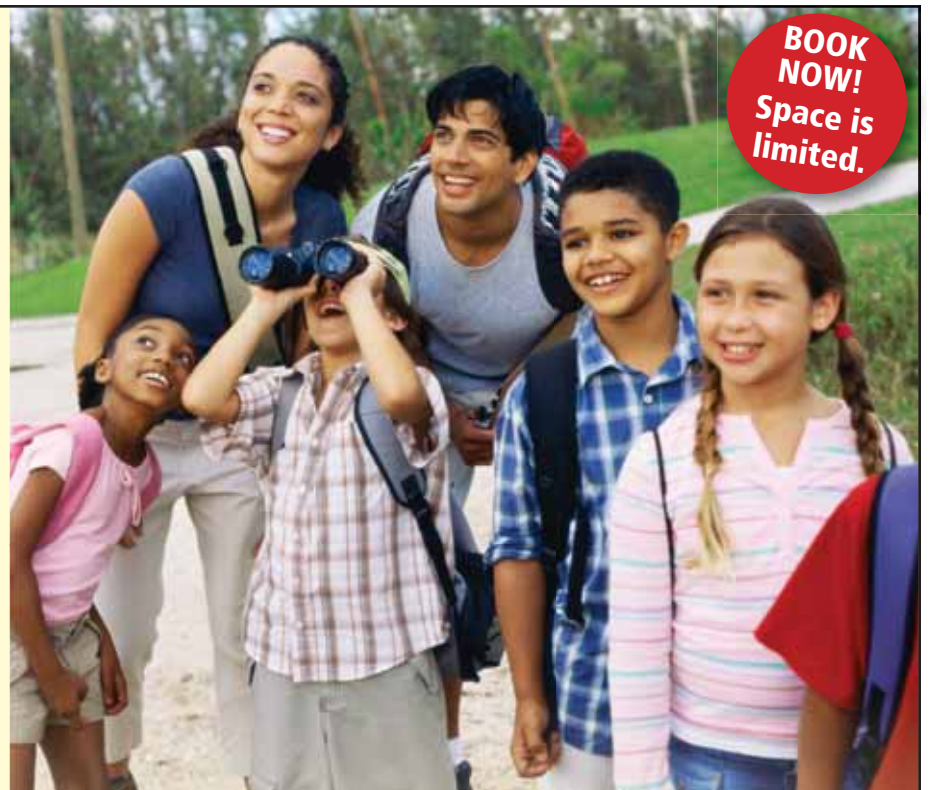
Location: CPAC – YAC

Camp Hours: 9 a.m. – 4 p.m.

Regular \$105/ Ordinary \$110/ Associate \$115

Before Camp Activities: 7 - 9 am – \$30 Regular /\$35 Ordinary /\$40 Associate

After Camp Activities: 4 - 5:30 pm – \$20 Regular /\$25 Ordinary /\$30 Associate



BOOK NOW!
Space is limited.

Your kids will have fun playing games, creating art projects, and enjoying the outdoors with our action-packed Spring Break Camps.

Activities are planned around special themes each week and include a swim day, an outing, and a specialty group activity (dependant on registration numbers).

Before and After Camp activities also available.

Register early as space is limited.

More detailed schedules available February 2016.





MCpl Matthew Peeters is promoted by Cdr Byron Derby, Base Information Services Officer, and department head CPO2 Michael Mehlmann.

Award presentations at MARPAC HQ

Images by Cpl Blaine Sewell, MARPAC Imaging Services Commander Wes Golden, Commanding Officer of Maritime Forces Pacific Headquarters, made award presentations at MARPAC HQ, Dec. 17.



MCpl Mike Bastien receives the Gun Metal Sea Service Insignia for 180 days at sea.



ASLt Melissa Kia is promoted to Sub-Lieutenant, with LCdr Desmond James, Navy Public Affairs Officer.



Lt(N) Francois Gaudreault was presented with the Canadian Forces Decoration, representing 12 years of service to the Canadian Armed Forces.



OS Brandon Ferguson was promoted to Able Seaman with Lt(N) Esther Nightingale.



Lt(N) Francois Gaudreault was presented with the Gun Metal Sea Service Insignia for 180 days at sea.

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

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.

Your ad here
For word or display ads, 250-363-3127

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LARGEST SELECTION GREAT PRICES
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Clean with water. No more chemicals in your home.
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730 Hillside Ave.

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Military Discount

Saxe Point Large new bachelor available 1 Jan for quite non smoker, pvt entrance. \$650/month + hydro. Call 250-381-3805 or email dwboyce@shaw.ca

3 Bdrm 2 Bath Newer home for rent in Langford from Feb. 1st to June 30th. Single Car garage, large yard with shed. Close to elementary and high schools and easy access to transit and the Galloping Goose. Great for IR postings! Non-Smoking. Email pjmontreuil@icloud.com for info.

1BRDM + DEN, FURNISHED w/ leather couch and futon, new TV, fully outfitted kitchen w/ dishwasher, dining room, 4 pc bath, master bdrm w/ queen, den w/ 2 twin beds, large storage, pvt laundry. Suite is legally certified w/ hardwired fire alarms, fans w/timers etc. Preference given to temporary and IR. Location is great for Royal Roads, UVic, Camosun Interurban, CFB Esquimalt and Naden. Spacious open - concept ground floor suite in three storey home @ end of quiet dead end street. Avail 1 Jan 2016 \$1600/month includes all utilities, internet, cable, hydro, water and garbage. Contact 250-514-9994 or helen.edley@gmail.com for more info.

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Lookout Classifieds
250-363-3127

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2 BDR From \$930
Avail Dec 01
250-812-6849

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

SERVICES OFFERED

Register now for music lessons at Esquimalt Music Centre. Reasonable rates, flexible hours! Call 250-385-2263 or visit 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.

Lookout Classifieds Work.
250-363-3127

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

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SPORTS • RECREATION HEALTH • EDUCATION
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Be the difference...
More than 600 children look for support from Big Brothers Big Sisters of Victoria each year.
You can help them reach their full potential.

MENTORING
www.bbbsvictoria.com
Be Constructive in a youth's life!
Contact us at: 

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@rivotonline.org or visit <http://www.rivotonline.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

Reach a market that's always on the move.
Call 250-250-363-3127 to advertise your home in the Lookout Classifieds

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NOW SERVING Tim Hortons Coffee At the CANEX Expressmart
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**Monday to Friday open at 6:30 a.m. - 10 p.m.
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CANEX A division of CFMWS Une division des SBMFC **Express Mart**

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"I want to thank the person who found my keys and called the number on the back of my War Amps key tag. The War Amps returned them to me by courier, free of charge, and saved me hundreds of dollars in replacement costs!" – Alex

Every year, The War Amps Key Tag Service returns approximately 13,000 sets of lost keys.

Order key tags online.

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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 Jan 14 & 28, Feb 11 & 25, Mar 10 & 24

Jan 14, 2016 only

	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

	Lift	Lift & Lesson	Ski Rental	Snowboard rental
Adult	\$60	\$86	\$36	\$36
Youth (13-18)	\$48	\$74	\$36	\$36
Child (7-12)	\$35	\$61	\$19	\$19

Prices do not include GST.



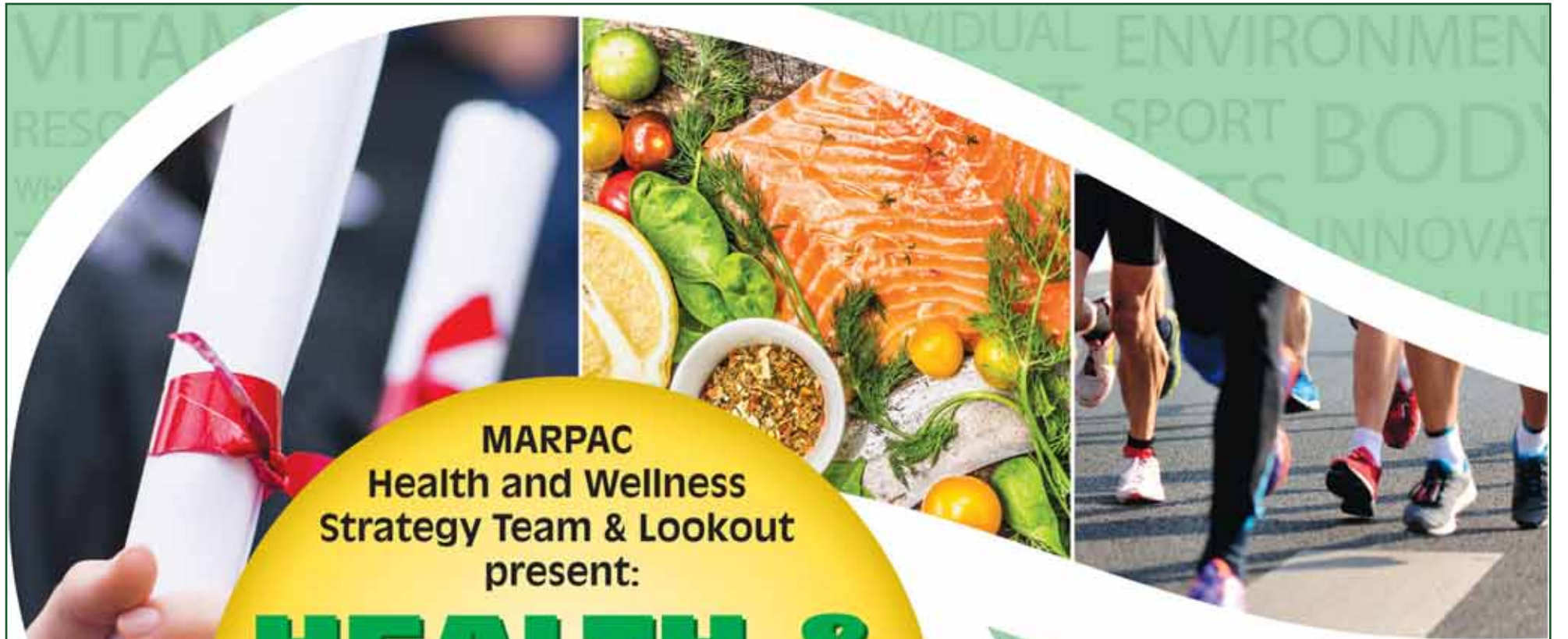
Want to make a difference?

Come and see what is going on at your Legion! A Legion membership offers fun social events, exciting sports, and an opportunity to give back.

Join your local Legion Branch and help make your community a better place.

Legion BRITISH COLUMBIA/YUKON COMMAND
legionbcyukon.ca

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Strategy Team & Lookout
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Education, Recreation
and more!

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Thursday, Feb. 11, 2016
Naden Gym
10am-3pm

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Free coffee!
from Serious Coffee

More than 90 vendors!

FREE FOOD
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FOOD TRUCKS:
Taco Justice &
Coast Lunch Box

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