

Volume 61 Number 5 | February 1, 2016

LOOKOUT

MARPAC NEWS CFB Esquimalt, Victoria, B.C.



Ottawa back at sea

Corporal Blaine Sewell, MARPAC Imaging Services
The crew of HMCS Ottawa prepare to recover the ship's Rigid Hull Inflatable Boat (RHIB) as the slipping party climbs onboard just outside Esquimalt Harbour Jan. 16. It was the first time since the Halifax Class Modernization upgrade that the ship has gone to sea. Read the full story on page 10.

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Winnipeg changes hands
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Unsinkable Anchor - Hudson Mack new book page 9

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Winnipeg changes Captains while on deployment

SLt Jamie Tobin
HMCS Winnipeg

After more than two and half years at the helm of one of the Royal Canadian Navy's forward deployed ships, Commander Pascal Belhumeur turned over command of HMCS Winnipeg to Cdr J. Jeffrey Hutchinson on Jan. 18.

The ceremony took place on the ship's flight deck under the hot Penang, Malaysia, sun and was presided over by Commodore J.B. Zwick, Commander Canadian Fleet Pacific.

The ship's company stood on parade to bid farewell to Cdr Belhumeur, who was

joined by his wife Karen and two children for his final day in command.

"This is a great crew and I owe my success to them," said Cdr Belhumeur. "We brought this ship from its mid-life refit and took it on the journey to high-readiness before embarking on a successful operational deployment. This would not have been possible without the support of this incredible team."

Cdr Belhumeur assumed command of Winnipeg July 2, 2013, and led the crew through modernized Halifax-class frigate training and the tiered readiness program before deploying on Operation Reassurance

June 15, 2015.

Cdr Hutchinson was joined by his wife Jin for his first day in command of Winnipeg, and as he took the watch the incoming Commanding Officer made his intentions very clear.

"Our mission is to get Winnipeg safely back to Esquimalt so that we can reunite the crew with their families. Husbands, wives, sons, daughters, brothers and sisters have been waiting for the ship's return for more than seven months and it is time to go home," said Cdr Hutchinson.

Following the service, the crew bid farewell to Cdr Belhumeur by man-



Photos by LS Brian Bourassa, HMCS Winnipeg

Top: Cdr Pascal Belhumeur, the out-going Commanding Officer of HMCS Winnipeg, bids farewell to the ship's company as they man the ship's side following a Change of Command ceremony in Penang, Malaysia.

Above: Cdr Belhumeur turns over command to Commander Jeff Hutchinson at a Change of Command ceremony presided over by Commodore J.B. Zwick.

Jim Pattison
Toyota victoria

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Galleys broaden payment options

Rachel Lallouz
Staff Writer

By the end of February, galleys at Nelles, the Wardroom, Venture, and at the Damage Control School will offer a full range of payment options including cash, reloadable

As we've evolved, we've had a lot of customers from different organizations on base visit the galleys, resulting in more requests for debit and credit use.

PO2 Bill Cameron
Base Food Services

pay-as-you-go cards, and at last - debit and credit cards.

This latest customer service improvement at Base Food Services offers the convenience of electronic payments for those who rarely carry cash or pay-as-you-go cards.

"As we've evolved, we've had a lot of customers from

different organizations on base visit the galleys, resulting in more requests for debit and credit use," says Petty Officer First Class Bill Cameron, Base Food Services.

The new debit and credit card systems have been on trial at Nelles Block since Jan. 20, as Base Food Services continues

to develop standard operating procedures for the additional work required to process the new transactions.

The Base Foods team are programming new terminals to accommodate credit and debit cards in the galleys, and are training galley staff on their use.

He still encourages military members and civilians to use the pay-as-you-go card, which can be loaded up with a chosen amount of funds and used at any of the galleys. The cards can be loaded at the Base Foods Administration Cell, Room 129 in Nelles Block, through Petty Officer Second Class Jason Auer.

PO1 Cameron would like to extend special thanks to Karen Kang, Base Accommodations Finance Clerk, and Master Corporal Vincenzo Agius-Mantello, who both helped to implement the new systems.



Photos by Rachel Lallouz, Lookout

Base Commander, Captain (N) Steve Waddell tries the new debit and credit card payment options at Nelles with the assistance of Food Service Attendant Leah Stewart. CPO1 Gino Spinelli, Base Chief Petty Officer, stands next in line.



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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

250-363-3127

ACCOUNTS/CLASSIFIEDS

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

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WHAT SAY YOU

People Talk

Lookout asked this question: *If you could assume the identity of any cartoon character who would you choose to be and why?*



Wile E. Coyote because he bounces back from danger, never gets hurt or depressed despite everything that happens to him.

Cpl Brent Grounds, JPSU



The Road Runner because he is quicker and always finds a clever way to avoid danger.

Byron Barry, Commissionaire, Military Police Unit Esquimalt



Archimedes from The Sword in the Stone simply because he's so charming and intellectual and reminds me of myself.

OS Josh Audet, (Training) MSEH Division



Jessica Rabbit. It needs no explanation because she's good looking and never ages.

Ray Marcoux, CANEX Barbershop



Louise Belcher from Bob's Burgers because she's witty, fearless and never afraid to do anything.

Angela Smith, CANEX Barbershop

SPORTS trivia

Hannah Murphy
Western Sentinel

- Who kicked the longest field goal in Super Bowl history?
- Who is the only player to rush for three touchdowns in a Super Bowl game?
- How many different languages is the Super Bowl broadcast in?
- Which two cities/regions have hosted the most Super Bowl games?
- Name the only team to have won Super Bowls in four different decades.
- Who is the only Canadian-born player to win Super Bowl MVP?
- Which team has won the most Super Bowls?
- Who was the performer at the first Super Bowl halftime show to feature only one star performer?
- In 2010, Super Bowl XLVI took over the record for most-watched television program in history. Which television show did Super Bowl XLVI knock out of the top spot?
- What trophy do the Super Bowl winners receive?
- How many chicken wings are consumed on Super Bowl Sunday?
- Which stadium has hosted the most Super Bowl games?
- Which quarterback holds the record for most passes attempted in a Super Bowl game?
- Which player has participated in the most Super Bowls?
- The Super Bowl originated as an annual game between the champions of which two football organizations?
- What was the date of the very first Super Bowl?
- Why are roman numerals used in the Super Bowl?
- How many Super Bowl games have gone into overtime play?
- Which player has the most starts as a quarterback in Super Bowl games?
- Which four teams have the most Super Bowl appearances?

- Steve Christie (Buffalo vs. Dallas, XXVIII).
- Terrell Davis (Denver vs. Green Bay, XXXII).
- 34.
- South Florida metropolitan area and New Orleans, hosting 10 games each. (Miami)
- The New York Giants (1986, 1990, 2007, and 2011 seasons).
- Mark Rypien.
- The Pittsburgh Steelers have won the most Super Bowls with six championships.
- Michael Jackson (Super Bowl XXVIII in 1993). Prior to featuring one star performer, Super Bowl halftime shows featured marching bands from local colleges or high schools.
- M*A*S*H*, which held the top spot for 27 years.
- The Vince Lombardi Trophy. It was named after the coach of the Green Bay Packers, who won the first two Super Bowl games and three of the five preceding NFL championships in 1961, 1962, and 1965. The trophy was named the Vince Lombardi Trophy following his death in 1970.
1. 1 billion.
- The Louisiana/Mercedes-Benz Superdome in New Orleans, Louisiana, hosting seven Super Bowl games.
- Jim Kelly (Buffalo vs. Washington, XXVI).
- Mike Lodish (Buffalo - XXV, XXVI, XXVII, XXVIII, Denver - XXXII, XXXIII).
- The National Football League (NFL) and the American Football League (AFL).
- January 15, 1967.
- Roman numerals are used, instead of the year, because the football season falls in two calendar years.
- No Super Bowl game has ever gone into overtime play.
- Tom Brady (New England - XXXVI, XXXVII, XXXIX, XLII, XLVI, XLIX).
- The Dallas Cowboys, Pittsburgh Steelers, New England Patriots, and Denver Broncos (eight Super Bowl appearances each).

Taco Justice:

Beef Taco: Brutus the Barber - Justice spiced ground beef, cheddar crisp, charred salsa, chipotle aioli, napa and watercress veg.

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Blood donation - gift of life

Erin Bechamp of Canadian Blood Services draws blood from Cpl Olivier Dionne, line maintenance worker with Canadian Forces Service and Support Group, during a blood donor clinic at the Chief and Petty Officers' Mess, Monday, Jan. 18.

Photo by Peter Mallett, Lookout

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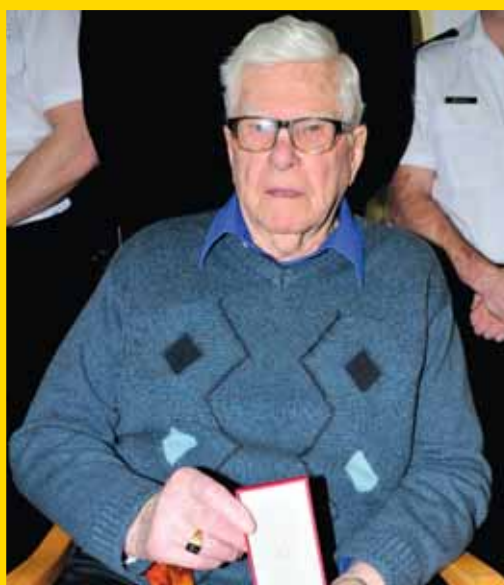
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Jack Porter (92): Jack joined the South Alberta Reserve Regiment at the age of 17. A Sergeant in charge of technical stores, he landed on the beaches of Normandy with supply trucks that supported the tanks.



Ken Parton (93): Ken Served with the 8th Canadian Reconnaissance Regiment through Holland, Belgium, Germany and France in a British Light Armoured Track Vehicle.



Philip Jeffrey (94): A Leading Coxswain and part of the combined operations on D-Day, Jeffrey was with the 262 Landing Craft Infantry Flotilla on Landing Craft 250 that landed on Juno Beach, France.



Geoff Lesueur (92): As a member of the 49th and 83rd Squadrons, he flew 48 missions from 1944 to 1945 as a rear tail gunner in a Lancaster bomber. His missions over France and Europe include D-Day and many Pathfinder flights.



Earl Clark (99): Earl served with No. 18 Company, Canadian Forestry Corp. A Polish ship ferried Clark and his company across the English Channel where they scrambled down from netting hanging from its hull to get to the landing craft that ran them to Juno Beach.



Bill Capek (93): Bill served with his regiment Lake Superior Scottish during the Normandy Invasion. His regiment went on to free the canals in Holland, and fought their way into Germany when peace was declared.

France awards veterans with highest honour

Peter Mallett
Staff Writer

Six Second World War veterans were awarded one of France's highest awards – the French Legion of Honour on Jan. 21.

At the Veterans Memorial Lodge at Broadmead, in a standing room only gathering, Jack Porter, 92, Bill Capek, 93, Ken Parton, 93, Geoff Lesueur, 92, Philip Jeffrey, 94, and the oldest of the six Earl Clark, 99, listened as *O Canada* and *La Marseilles*, the national anthem of France, played.

Then the four residents from the lodge and two (clients) from Veterans Health Centre were presented their medals by Cmdre Marla Mulkins, Commander Naval Reserves, and CPO1 Mike Feltham, Formation Chief.

"By order of the President of the Republic of France you have been awarded the rank of Knight of the French National Order of the Legion of Honour," proclaimed Cmdre Mulkins on behalf of the French government. "This distinction, which is the highest national order of France, illustrates the profound gratitude that France would like to express, and is awarded in recognition of your personal involvement in the liberation of France during World War Two."

In 2014, French president Francois Hollande, on the 70th anniversary of D-Day, pledged that all servicemen who fought alongside France would receive the nation's highest honour.

It was well worth the wait says 92-year-old recipient Jack Porter, a member of the South Alberta Reserve Regiment who landed

on the beaches of Normandy during the D-Day operation.

"Getting this award made me remember back and cry a little again," said Porter. "I was in the tank regiment; each day we lost people. We were under fire much of the time and it was horrific."

Porter's daughter, Kathy Dorval was equally moved by the occasion and said her grandfather's recollections of the war are still "very vivid."

"I know for my dad this award is very important for him and our entire family," said Dorval. "It's probably the point of his life that he remembers most. He doesn't talk about it a lot, but I know that he's proud of the role he played with the South Alberta."

The medal, a five-armed cross with a v-shaped cut out at the

end of each arm surrounded by a wreath of laurel leaves, first came into existence following the French Revolution by the order of Napoleon Bonaparte in 1802.

After receiving the award, the veterans were congratulated by members of the Canadian Armed Forces in attendance. MS Brandon Ensom, who organizes a monthly trip from the base to Broadmead, says it's always a "humbling" experience for sailors, soldiers and airmen and airwomen to come out to meet with the veterans.

"There is no comparison to the level of danger they faced compared to what I do on a daily basis," said MS Ensom. "It's always humbling to come here and meet these people and put into perspective what they had to go through."



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MFRC's new Veterans Family Program supports medically released veterans

Rachel Lallouz
Staff Writer

Military members who are medically releasing, and in need of support for themselves and their families in the transition to civilian life, can now turn to the Military Family Resource Centre (MFRC) for assistance.

The recently launched Veterans Family Program is a four-year pilot project that extends the services of the MFRC to meet the needs of veterans and their family members.

Any medically releasing military member or medically released veteran can use services at the MFRC for two years post-release, says Colleen Cahoon, Family Navigator Program Coordinator and Veteran Family Coordinator at the Esquimalt MFRC.

Once a member contacts their local MFRC, staff will work the family to assess their needs, provide assistance, and help direct the family to any appropriate community agencies.

The Veterans Family Program might provide

Transition out of the military may be challenging for some families in a way people might not have anticipated.

Colleen Cahoon,
Program Coordinator

counselling or emergency respite child care to one participant, or help another search for a family doctor. The program will also connect veterans with resources or other community programs, such as Living Life to the Full, a resiliency based program that helps people deal with everyday life challenges by learning better self-management skills.

"That transition (out of the military) may be challenging for some families and sometimes it's challenging in a way people might not have anticipated," says Cahoon. "This big life

change adds a whole level of complexity to the lives of members and their families. By helping ease the member's transition, we can help both them and their family feel assisted throughout the journey."

A newly released member can make use of the program for a maximum of two years. Anyone who has released since Nov. 30, 2014, onwards is eligible.

The four-year project is currently being implemented at CAF bases in Esquimalt, Edmonton, Shilo, North Bay, Trenton, Valcartier, and Halifax.

VAC and the CAF were aware that some veterans and their families were experiencing challenges during the release process," explains Cahoon. "As a result, VAC created a plan in conjunction with the Canadian Armed Forces to establish seven pilot sites at various bases to provide extra resources for medically releasing members and their families."

For more information on the program contact the Esquimalt MFRC at 250-363-2640.

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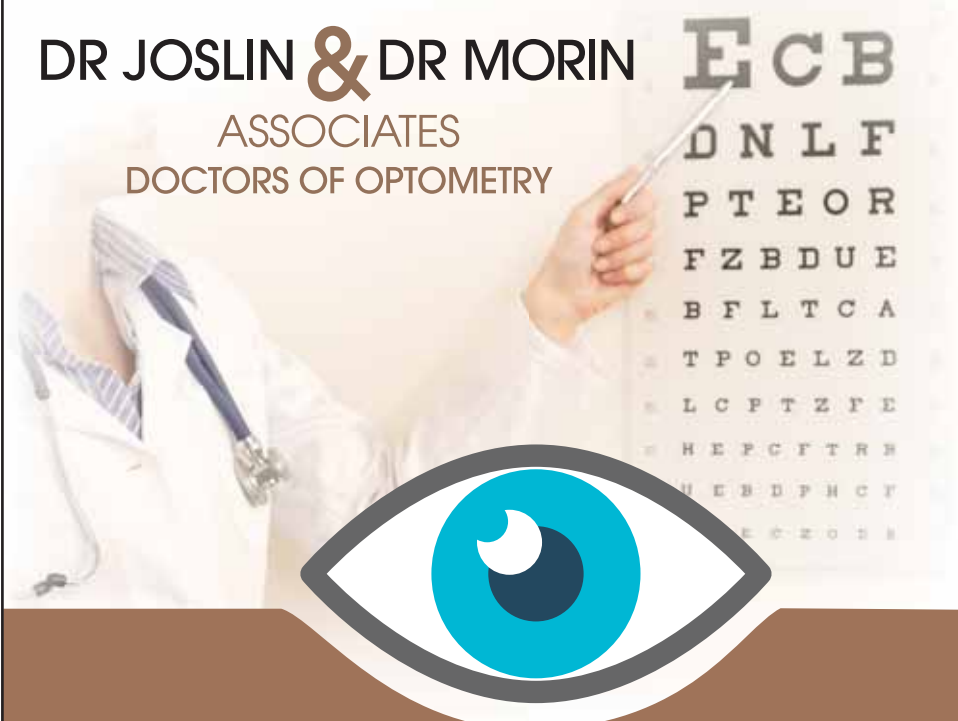
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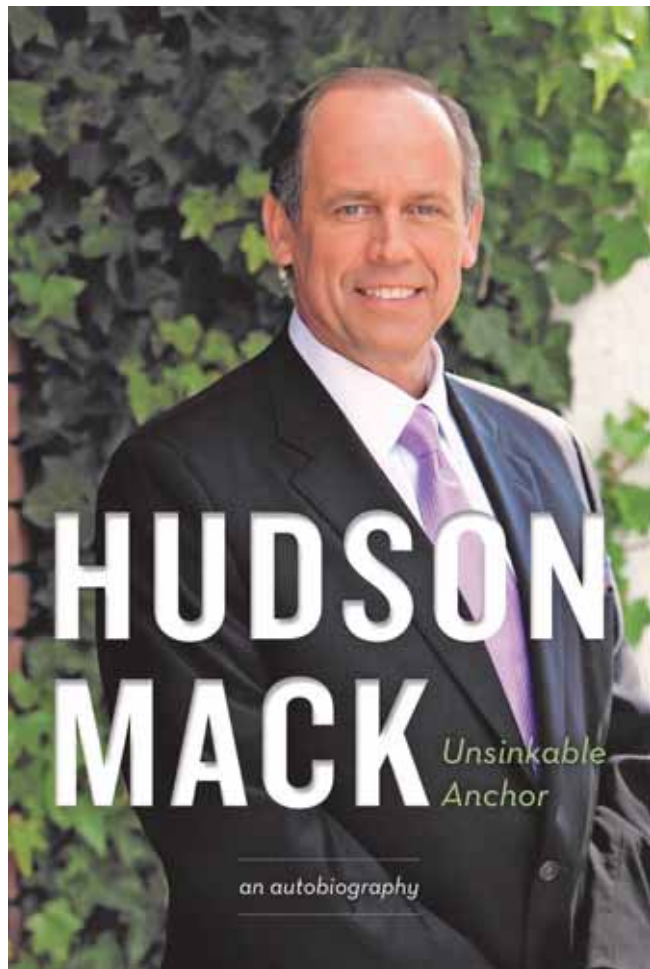
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Hudson Mack releases autobiography



Peter Mallett
Staff Writer

Hudson Mack, best known as the face of TV news on Vancouver Island, has released his autobiography *Unsinkable Anchor*.

The new book fills the void for those missing the news anchor on the nightly news cast.

Released Oct. 3, 2015, by Harbour Publishing, *Unsinkable Anchor* traces the steps of the award-winning journalist from his early life in Calgary to his 34-year career in broadcasting, which saw stops in Kamloops, and Prince George before a 19-year run in Victoria with CHEK and A-Channel News (CTV).

Mack offers a nostalgic insider's view of small-town Canadian broadcasting from the 1960s and 70s to present day. He is able to keep the reader's attention by not focusing too much on the journalism and his personal

life, but instead recounts the more hilarious, embarrassing and monumental moments of his career.

One moment being Prince Philip's "awkward" interaction with Mack's wife Patty during Queen Elizabeth's visit to Victoria in 2002, part of the monarch's Golden Jubilee Tour of Canada.

Mack writes how meeting the Queen and emceeing a luncheon for Her Majesty and Prince Philip at the Fairmont Empress Hotel was one of the "biggest thrills" of his life. However, he still chuckles at what followed during a ceremony at the B.C. legislature, an incident he dubs the "Philip gaffe."

There were other interesting encounters with heads of state and world leaders including meeting former United States President George W. Bush at the White House in 2005, and emceeing a home-town

event with former president Bill Clinton in attendance the following year.

Mack also confesses to some hard lessons learned such as his on-air slip-up on CHEK in 1985. He proclaimed during a newscast that the best thing about his former hometown of Prince George was Highway 97 south.

The comments did not sit well with Prince George councillor Monica Becott.

While many quirky anecdotes made the final edit, Mack bemoans the cutting of some interesting passages about his Honorary Lieutenant-Colonel years.

In 2007, he assumed his ambassadorial role with 741 Communications Squadron until 2011. He was initially "floored" when he got word he had been selected for the position.

"The invitation for the position came out of the blue," Mack said. "I felt a bit like a fish out of water initially."

His father, Clarence Mack, had a lengthy career as a radio broadcaster, but had also worked at a Royal Canadian Air Force repair depot in Calgary during the Second World War and was a life-long member the Calgary Flying Club.

"Even though my dad was active in the service that was before I was born, I never had any military experience in life and this was all new to me," he explains.

His first engagement with the unit was very intimidating.

"Things like learning how to salute properly was basic, but was something I had to know for the job, and initially didn't. In the end, the people in the unit alleviated these concerns very quickly. They were so welcoming, helpful and understanding."

His first-ever experience with firearms also came along with his appointment and he will never forget the encouragement and support of many in the unit.

"I had no weapons background but there I was out on the rifle range firing away with the soldiers," he said.

Mack chalks it up to beginners luck, but says he ended up being "quite the marksman." He still has his Figure 11 Target from the Heals Rifle Range in Saanich, and his CAF badge as honorary marksman displayed in his home office.

He was so enamoured with his CAF involvement that he would wear his Honorary Lieutenant-Colonel uniform on the air for Remembrance Day broadcasts, and sport a red tie during his Friday broadcasts in honour of CAF members serving in Afghanistan.

He also won't forget the importance of the Royal Canadian Navy to the people of Victoria.

"The navy is such a critical part of the community of Victoria. It's part of the fabric of so many people's history and experiences here in town," he said.

A few years after his four-year honorary role with the military was over, so was his on-air career.

Mack opens and closes *Unsinkable Anchor* with passages about his corporate downsizing experience at the hands of CTV executives in February 2014.

He says writing the book and being an instructor in the Professional Communication Program at Royal Roads University has filled his days and kept him busy. Writing *Unsinkable Anchor* has been a "therapeutic" process for him, helping him come to terms with his abrupt departure from the television studio.

"I hope people can take away from my book that even though I've taken some knocks, the real message in my writing is that you can carry on, keep looking up and the glass isn't half-empty. Its full and no matter what setbacks you may encounter the sun is coming every day."

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BEAVER IS BACK IN THE WATER

SLt Michael Donder HMCS Ottawa

Last month, *HMCS Ottawa* achieved another significant milestone by breaking free of Esquimalt harbour, and setting sail after 25 months alongside undergoing its Halifax-class Modernization / Frigate Life Extension upgrade.

The ship has gone through an extensive refit program placing it amongst the most capable modern warships in the world.

The ship came out of dry dock May 15, 2015, and in the months that followed, the crew worked tirelessly towards getting it back to sea.

From the onset, and having only cleared Scroggs Rocks, the team was put to the test.

In the ship's first week back at sea, the crew enlisted the help of Sea Training Pacific to facilitate the Restricted Readiness Inspections (RRIs), and certify the ship and crew safe at sea.

Sea Training staff tested and strengthened the crew's teamwork, fighting spirit and resolve.

As OS Halliwell, Hull Technician, put it, "We do all the training alongside, going to Damage Control School, but the best learning experience is to do it at sea on a ship."

The ship's company pulled through five long days of multiple and daily emergencies, and damage control exercises testing the various organizations, and learning to work as a team in the process. The crew also learned the value of building trust, which is a vital part of being an effective fighting force.

Following RRI, *Ottawa* and crew took the Sea Acceptance Trials (SATs) head on, where all the ship's mechanical and combat systems are put through their paces to ensure their functionality and operation within the desired parameters. The purpose of these trials is to make sure that all of *Ottawa's* sensors and systems are optimized for peak performance, much the way an Olympic athlete fine tunes his or her skills and techniques for the fateful day when they will need to be put to the ultimate test.

The biggest part of that fine tuning process is the acclimatization of sailors from an alongside routine to an at-sea routine. OS Murphy, a Marine Engineering Mechanic, recalled how being alongside always had a sense of unpredictability, but being at sea means he does not have to worry about unexpected taskings, and he can fall into a comfortable routine.

Ottawa and crew visited the Emerald City on Jan. 22 – their first port visit after refit. The crew were given their first opportunity for rest and relaxation after two weeks at sea.

OS Wickman, a Naval Communicator onboard, summarized the sentiment of most on the ship's crew by saying, "RRIs really cemented my knowledge of emergency procedures at sea and I enjoyed the sundaes on Sunday, but there's nothing like coming alongside in Seattle as a welcomed break."

For some members of the ship's company this was their first opportunity to go to sea and their first foreign port visit. Nineteen people in total gained their sea legs onboard *Ottawa*, and this was recognized in the hands-

fall-in ceremony on the flight deck alongside in Seattle, where certificates were presented to acknowledge their first experience at sea. Among those members was OS Gallant, also a Hull Technician, who took the opportunity to get the most of out of Seattle. Having been on duty on Friday, he wasted no time going down early Saturday morning to the Pike Place market to see the world famous fish tossing, enjoy a fresh cup of coffee from the world's first Starbucks, and finishing his day with a trip to the EMP museum.

All in all, the port visit was a very rewarding experience for the ship's company who have worked extremely hard, ensuring successful preparations and transition to the great business of going to sea, and no longer being tied alongside and constrained within the limits of Esquimalt Harbour.

When asked to provide a comment, *Ottawa's* Captain, Commander Belair said, "I'm extremely proud of my team's accomplishments, professionalism, dedication and hard work."

He added, "Transitioning from alongside to proceeding to sea is no small task; it's an enormous undertaking, and this team rose to the challenge." He also acknowledged, "All those organizations ashore that have, and continue to support *Ottawa* – we couldn't have done it alone. Thank you for your continued support and assistance."

Ottawa and crew will continue the SATs program until their return alongside in early April when they come back for a short work period, but hopefully not before another opportunity to visit another foreign port.



Photos by Cpl Blaine Sewell, MARPAC Imaging Services

Above: A casualty clearing exercise with a mock victim receiving aid.

Centre: LS Desmarais prepares the ship's starboard side crane used to recover the Rigid Hull Inflatable Boat (RHIB).

Left: Members of the crew practice readiness training at sea on the bridge as the Commanding Officer, Cdr Sylvain Belair observes.

Lower: Crew members of the deck department work to secure the ship for sea.



Mission Possible podcast debuts online

Rachel Lallouz
Staff Writer

Four weeks ago, a close friend of Acting Sub-Lieutenant Melinda Song, 27, encouraged the podcast-lover to go on air.

Fast forward to now, that idea has turned into a reality.

A/SLt Song has developed a logo and podcast website, and has recorded 15 podcasts to be uploaded on her website, iTunes, and other Android podcast apps, such as Pocket Casts, Podcast Republic, and Podomatic for her "Mission: Possible. A Podcast of Young People, By Young People, For Young People."

Podcasts are short, episodic recordings of interviews, talk shows, and other forms of digital media that can be downloaded for free on the Internet. Users can subscribe to hundreds or even thousands of podcasts depending on their personal interests, and can upload them to devices such as the laptop or cellphone.

The benefit of podcasts, says A/SLt Song, is that a user can listen to them while doing most daily activities, spicing up chores, a long drive, or a workout.

Each of A/SLt Song's bi-weekly podcasts feature an interview with a different inspirational guest speaker. The overall goal, says A/SLt Song, is to bring together stories and conversations about what life is like for curious millennials in a world full of possibility and change.

"When I stepped into the real world after university, there was a phase where I was lost and confused and not sure what I wanted to do," she says. "I realized it wasn't an issue that only I had, but that it is a prevalent problem many people face."

After using her Facebook connections to find podcast guests, A/SLt Song has interviewed inspiring and adventurous young people such as local musician Jesse Roper, Miss British Columbia Globe 2015 Atong Deng, and a globe-

Mission: Possible. **A Podcast of Young People, By Young People, For Young People.**

ASL Melinda Song
Podcast founder

trotting backpacker Matt McLean.

"Once I record an episode and put it up, just knowing that anyone can download it from anywhere in the world gives me goosebumps," she says. "Potentially one sentence I say could plant a seed in someone and change a life."

Her 30-minute interviews target those between 18 and 35 years of age, and accordingly have covered a wide range of topics, from weight loss to surviving bankruptcy to chasing one's dreams.

"We as young people want to hear other young people who can relate to

and speak our language," says A/SLt Song.

Despite the time and energy required to produce her podcasts, she receives no financial compensation for her work. Using her spare time to bring more value to the lives of others, she says, is what makes the job worth it for her.

As for the future of "Mission: Possible", A/SLt Song says she is looking forward to seeing the podcast and website grow organically, and has already received a nomination for Vancouver Island's Top 20 Under 40 Business & Community Achievement Awards 2016.

"I plan on continuing to follow my instincts and welcome the opportunities that present themselves to me," she says. "It's only been four weeks, but I'm amazed at where this has gone."

To listen to A/SLt Song's podcasts, or to recommend a guest speaker, visit www.mxpossible.com, <https://www.facebook.com/mxpossible>, or contact 250-886-9918.



A/SLt Melinda Song, creator of "Mission: Possible" podcast.



A/SLt Melinda Song's logo for "Mission: Possible".
Centre: Her business card for the project.



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DFIT.ca for Families: new portal now open to families

Rachel Lallouz
Staff Writer

Family members of Canadian Armed Forces (CAF) personnel and veterans can now make use of DFIT.ca For Families.

It is a newly opened portal on the DFIT website that provides access to fitness and health programming previously only available to serving members.

"Supporting the culture of fitness in the CAF has meant providing military members with the tools and resources they need to be fit and fight," says Daryl Allard, Director of Fitness, Sport, and Health Promotion at CF Morale and Welfare Services in Ottawa. "But if we really want to impact the culture of fitness, we have to support family members of those serving."

The DFIT website was launched October 2012 in an effort to broaden the reach of fitness programming to military members, as part of the Canadian Armed Forces health and physical fitness strategy.

"The DFIT website generated quite a bit of momentum initially," says Allard, who adds that within the first six months of the launch about 10,000 people had registered with the site, eventually increasing to 28,000 registered users. "But momentum has slowed down, so we wanted to move beyond Regular Force members and cater to the community that is one million strong, including family members and veterans."

Allard and his team partnered with the programming company Kinduct



Technologies to re-develop the original DFIT site, making it more mobile-friendly, quicker to load, and easier to manoeuvre, meaning users can access the site to follow workouts on their phone while at the gym.

New upgrades include a specialized fitness program generator that allows a member preparing for deployment to enter his or her health and fitness information into a system to produce an individualized fitness program.

"You can enter the number of weeks you have until deployment, how many weeks you'd like to work out, whether or not you have access to fitness equipment, and your level of fitness," says Allard.

From there a fitness program is generated that is tailored to a member's specific job, depending on whether he or she is in the army, navy, air force, or are involved in domestic operations. Users can then log and rate their workouts.

Also available is the meal planner, which allows a user to input their weight maintenance, loss, or gain goals,

level of physical activity, and height and weight to generate meal plans.

"Again, you have that same flexibility as with the fitness programming feature," says Allard. "If the program includes something you are allergic to or don't like, you can easily switch to an alternative."

Another useful feature on the site is the on-the-road guide to healthy eating options. The guide provides nutrition informa-

tion on foods available at Subway, Tim Hortons, or McDonald's.

Using their CFOne card number, military family members, veterans and their families can access the DFIT.ca module for free through a special grant until January 2017. CFMWS is in the process of finding funds to continue the free service.

Access to DFIT.ca is also available to all other categories of CFOne members, such as NPF employees, DND public servants, RCMP officers, pensioners, and their families, on a paid subscription basis.

Military members need only the last four numbers of their service number and their last name.

"We are pretty excited about the changes and the fact that we are able to reach a larger segment of our audience means we can have a greater impact on people's health and fitness," says Allard.

NEW!

Personnel Support Program (PSP) staff will be assisting people with registration and use of the **new and improved DFIT.CA website at the MARPAC Expo**

Don't forget to bring your CFOne Card in order to register.

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Nomination deadlines for Sports Achievement Awards

The call for nominations for the 2016 Sports Awards Ceremony will be accepted in the following categories for the 2015 CAF Sports Achievement Awards (these awards consider 2015 sports achievements only):

- Male Athlete
- Female Athlete
- Military Coach
- Official
- Team (Individual Sports) Teams eligible are individual sport teams that compete together in a team event
- Team (Collective Sports) Teams eligible in this category include ball hockey, basketball, hockey, slo-pitch, soccer and volleyball.

Deadline for 2015 Command Achievement Awards nominations for the RCN command is Friday, March 11. Therefore, the PSP deadline to receive and review nominations prior to being forwarded to RCN Command is Friday,

Feb.19. The process and forms for nomination for these awards can be found at this link <https://www.cfmws.com/en/AboutUs/PSP/CFSports/Awards/Pages/Nomination-Process.aspx> and blank form Annex C attached.

2016 CAF Hall of Fame, CAF Honour Roll and Dedication to CAF Sports Award

For 2016 CAF Hall of Fame, CAF Honour Roll and Dedication to CAF Sports Award nominations, the deadline is Thursday May 5. Therefore, the PSP deadline to receive and review the nominations prior to being forwarded to CAF Sports Coordinator is Thursday March 31.

****Note, the member must have completed his/her sporting career to be able to be considered for the CAF Hall of Fame and CAF Honour Roll.**

Dedication to CAF Sports Award is a new category that recognizes individuals

or groups who have gone above and beyond to provide time, effort and support to the promotion and development of CAF Sports. Nominees may include persons who have served or are serving in the CAF, persons who have been employed or are currently employed as NPF Staff, civilians or corporate sponsors.

Nomination forms for these awards can be found at this link <https://www.cfmws.com/en/AboutUs/PSP/CFSports/Awards/Pages/Nomination-Process.aspx> and the blank forms Annex D for CAF Hall of Fame and CAF Honour Roll and Annex E for Dedication to CAF Sports Awards attached.

For further information and/or assistance completing the nomination form please contact the Formation Sports Coordinator, Heather Bishop at local 3-4068 or Formation Sports Cell Staff Brittany Schnieder at local 3-4069.



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Exercise Triton Frenzy on board Algonquin

LS John Robinson
MPU Esquimalt

On Dec. 18, 2015, members of the Military Police Unit Esquimalt conducted an exercise onboard the recently paid off (former) HMCS Algonquin.

The type of training conducted was active aggressor/active shooter training. MP members are trained in this field to act as a quick

reaction force, and are tasked to respond to any threat wherever it occurs on DND property.

Military Police Unit Esquimalt supports the Fleet in force protection matters both at home port and abroad. Overseas, MP personnel act as an integral part of forward logistic sites conducting foreign port reconnaissance, liaison with local security forces/police, and conducting investigations.

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Nijmegen information brief

For those who wish to participate in the 100th Nijmegen March this year, the initial brief will take place on Feb. 3 at 1130 in the MSE Theatre.

Marchers must meet the following criteria :

- Nominated by the unit Commanding Officer as deserving of this unique opportunity to represent Canada internationally.
- Current FORCE Test.
- Be available for a rigorous team training programme commencing in spring 2016, and be prepared to complete approximately 1000 kilometres of workup marching. Training is normally in the early morning.
- Be available, without hindrance, to train and participate in Nijmegen during July 2016.
- Be able to smile through blisters and demonstrate esprit de corps.

Contact the Team Lead, Lt(N) Knai, for any questions via email or at 250-363-4411!



Rachel Lallouz
Staff Writer

Military members looking for a special physical challenge should consider the annual 100th International Four Days Marches Nijmegen in the Netherlands this July.

To be selected for the opportunity to represent Canada and the military, a military member must first express interest to their chain of command, who will then provide them either a yes or no recommendation to train and attend the march.

From there, the military member should attend an information session on Feb. 3 at the CF Fleet School.

Interested participants must then pass their names forward to Lt(N) Marianne Knai, Team Leader for Nijmegen, no later than Feb. 22 to be considered for the final training selection.

Only 10 to 12 members

are chosen at the end of training to march.

"I'm not sure I can put into words the honour that goes into being picked for Nijmegen, and the feeling of getting to represent our colours so proudly," says Lt (N) Knai. "It's the highlight of one's military career."

Marchers train from late February to the end of March, making use of Victoria's multitude of trails, such as the Galloping Goose, to march four times a week for upwards of two hours a day. One of the days is reserved for longer, weighted marching. Training totals 1,000 kilometres of marching – all in preparation to join marchers from over 30 militaries across the world in an act of international bonding, peace, and freedom.

After being fully trained and flown to the Netherlands, military members from bases across Canada will march through

the crowded streets of Nijmegen and through its wooded surroundings for four consecutive days, from July 19 to 22. Participants will march roughly 40 km per day in total alongside over 5,000 other servicemen and women.

"We usually wake up around two or three in the morning to get marching for four or five," says Lt (N) Knai, who explains that daylight hours must be maximized to accommodate the approximately 10 hours of marching completed each day.

"We are specifically looking for those with strong physical fitness, and as equally important, a positive attitude," says Lt (N) Knai. "At the end of the day we want people who are motivated and happy to be there, and who are team players. My expectation is that yet again MARPAC will put forward the best team in the nation."

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February 11, 2016

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

March 8, 2016 - Military Appreciation Day. Buffet lunch included!

	Lift	Lift & Lesson	Ski Rental	Snowboard rental
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Youth (13-18)	\$45	\$71	\$36	\$36
Child (7-12)	\$45	\$71	\$19	\$19

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March 8, 2016
Military Appreciation Day





SLt A Smart is awarded his Sea Service Insignia from LCol Legassie, Naval Personnel Training Group Chief of Staff.



Maj C Normore is promoted by LCol Legassie, Naval Personnel Training Group Chief of Staff, and husband Jesse Harris.



Photo Credit Deanne Gillespie

Sgt Noah Eckenswiler was presented the Canadian Forces Decoration by Commander Darren Rich, Commanding Officer - Canadian Forces Maritime Experimental and Test Ranges in Nanoose Bay.



Lt(N) Liam McKeracher is awarded his Canadian Forces Decoration from LCol Legassie, Naval Personnel Training Group Chief of Staff.



MCpl M McDowell is awarded his Canadian Forces Decoration from LCol Legassie, Naval Personnel Training Group Chief of Staff.



Pte Therrien receives her promotion to Private trained from CPO1 Lemieux, Unit Chief, CANFLTPAC HQ, left, and Cdr Koester, Commanding Officer, CANFLTPAC HQ.

Spring Break Camps

March 14-24, 2016 • Ages 5 to 12 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.

Register now!

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.



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

SERVICES OFFERED

LEARNING Love & Respect between couples

Over 5 Sundays
6 - 8 p.m.

Visit online - Love-
AndRespect.com

5 EVENINGS
Jan 31 - Feb. 28

Location:
886 Craigflower Rd.
Register:
250-888-2409

Or loveandrespect-
esquimalt@gmail.com

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



twitter.com/Lookout_news
www.facebook.com/lookout.newspaper

RESUMES & CAREER TRANSITION PREP/ COACHING with a former SCAN Coord Judy Marston. 10% Military Discount, 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

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

REC VEHICLES

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

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

ADVERTISE
IN THE
LOOKOUT
CLASSIFIEDS

CALL
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

REAL ESTATE • FOR RENT

MODERN, BRIGHT, 2 BED-ROOM, 1 bath basement suite for rent. \$1100/month, includes hydro. Washer and dryer in suite. Close to Naden. Call or text 250 858 9594, email rochas2000@hotmail.com

Lookout Classifieds Work!

Call 250-363-3127
to advertise.

Devon PROPERTIES LTD.
No Pets allowed in any building
www.devonprop.com
LARGE SUITES
855 Ellery
2 BDR \$1020
Avail March 1st
250-812-5234

HELP WANTED

Advertising sales
rep for Lookout
Newspaper

Commission only.

Are you energetic?
Want to be
involved with
the military
community?
Do you love
people, enjoy sales,
and are a market-
ing savvy person?

WE WANT YOU!

Send résumés to
melissa.atkinson@forces.gc.ca

Your Complete Residential Appraisal choice!

Coast APPRAISALS
PROMPT
PROFESSIONAL
PRECISE
Andrea Skinner
250-388-9151 • appraisals@coastappraisals.com
www.coastappraisals.com
IRP APPROVED

"re-cycle"



Better the
2nd time
around!

PITCH-IN CANADA
www.pitch-in.ca

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.

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



Make the most of
life on the island.

Stay fit, have fun.
All with the Activity Guide.

Available
at all PSP and MFRC
outlets



Better the
2nd time
around!

PITCH-IN CANADA
www.pitch-in.ca

Base Library Catalogue Online

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

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

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

Have some
Stuff
to sell?

Look to the
Lookout
Online

Classifieds
are where to
get your stuff
found and sold.
Sell your Stuff!



**For women with
single-track minds**

Join us on the trails - beginner, intermediate and advanced rides.

Plus Clinics, getaways and shop discounts

Dirty Girlz Bike Club
www.dirtygirlzbikeclub.ca


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REAL ESTATE • FOR SALE

Relocating in Victoria?
For trustworthy service, choose Ann



Ann Watley

"She sincerely made the whole process of buying and selling as pleasant and non-stressful as possible."
- Michael and Gina

Ann Watley 250-656-0131
Personal Real Estate Corporation
www.annwatley.com

DFH
REAL ESTATE LTD.

2 BDRM 2 BATH CONDO for sale near Gorge Point Pub. Newly updated floors, sinks, tile, patio doors and windows. Gated community, secure u/g parking w/ bike and kayak storage, pvt dock for small boat and water views. Great location to CFB Esquimalt. MLS # 358368. Contact Shirley Zailo for an appt at 250-812-0309.

RESULTS PREDICTED!
with
Classified Word Ads
DND 25 words or less
\$9.70
Civilian 20 words or less
\$11.09
363-3127 DEADLINE Thurs. 11am

CANEX
A division of CFMWS
Une division des SBMFC

CANADA'S MILITARY STORE

Hold me now... I'm closer than ever.

**NOW SERVING
Tim Hortons Coffee
At the CANEX Expressmart**
Esquimalt CANEX EXPRESSMART - 177 Belmont Road

**Monday to Friday open at 6:30 a.m. - 10 p.m.
7 a.m. - 10 p.m. on weekends**

CANEX
A division of CFMWS
Une division des SBMFC

Express Mart

Reduced to 199,900

REDUCED FROM \$224,900
1725 CEDAR HILL X RD • \$199,900
2 bed + Den, 2 bath, FP, under bldg parking, large storage locker. Near UVic. Suite 203.

CALL DIRECT 250-213-7444
Shelly Reed
For more info
www.shellyreed.com

Sutton GROUP
West Coast Realty

**Sell your home
in the Lookout
Call
250-363-3127
to advertise**

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

**Take advantage
of the many
ADVERTISING
opportunities
available:**

Base
Information
Guide
Activity
Guide
Tradeshows

**CONTACT
Ivan Groth
250-363-313**

We need mentors

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:
Big Brothers Big Sisters



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

REMEMBER • JOIN • GIVE



Thursday, Feb. 11, 2016 upper and lower gym,
Naden Gym 10am-3pm plus outside

The entire defence community including families are invited to the annual MARPAC Health & Wellness Expo!

Learn more about the goods and services that are available to you!
Over \$5,000 worth of door prizes! Fill out a ballot on site.

FREE FOOD
for the first
500 visitors
FOOD TRUCKS:
Taco Justice &
Coast Lunch Box

Brought to you by the MARPAC Health and Wellness Strategy Team and Lookout

Here's a peak at who is coming:

Schools

Arthur Murray School of Dance
BCIT Legion Military Skills Conversion Program
CanScribe Career College (NEW!)
Camosun College
Dwight School of Canada (NEW!)
Q College
Royal Roads University
Royal Military College of Canada
Sprott Shaw
University of Manitoba
UVic, Division of Continuing Studies
University of Athabasca
Victoria College of Art
Westshore Centre for Learning and Training
West Coast College of Massage Therapy
West Mont Montessori
Western Maritime Institute (NEW!)

Health and Wellness

Age Less Laser Centre (NEW)
BC Schizophrenia Society of Victoria
BC Responsible and Problem Gambling Program
Big Brothers and Big Sisters
Canadian Diabetes Association
Do Terra Essential Oils
EAP
Health Promotion
Health Partners
Heart and Hands Collective (NEW!)
Hearing Life Canada (NEW!)
Honour House (NEW!)
Island Community
1UP Single Parent Resource Centre (NEW!)
Kids Hero Series (NEW!)
King Lasik
Mental Health – GROW Program (NEW!)
McCrodan Vision Development (NEW!)
Island Hand Therapy Clinic
Island Health Tobacco Prevention and Control
MARPAC Health and Wellness Strategy
MFRC
Muscle Milk
New Balance
Norwex Chemical Free Products
Prostrate Centre

Progressive Chiropractic
PSP Sports and Fitness
Reflex Supplements (NEW!)
Quit Now – BC Lung Association
Saanich Volunteer Services Society
Stillpoint Community Acupuncture (NEW!)
Sunshine Coast Health Centre (Sponsor!)
Universal Supplements (NEW!)
Umbrella Society (NEW!)
USANA
West Coast Toastmasters (NEW!)
Wounded Warrior Run BC
Victoria Shamrocks Senior A Lacrosse (NEW!)

Recreation

Accent Inns and Hotel Zed
Delta Victoria Ocean Pointe Resort and Spa
Cedar Hill Recreation Campus (NEW!)
CFB Esquimalt naval and Military Museum
Esquimalt Parks and Recreation
Expedia Cruise Ship Centers Victoria
Flight Centre (NEW!)
Harbour Tower Hotel and Suites (NEW!)
Hotel Grand Pacific (Sponsor)
IMAX Victoria
Lord Nelson Hotel Halifax (NEW)
Pacific Coastal Airlines (NEW!)
Ramada Vancouver Downtown (NEW!)
Sandman Hotel Victoria
Tigh-Na-Mara Seaside Spa and Resort
Olympic View Golf Course
Wild Play Element Parks

Base Clubs:

Base Kayak Club
CF Motorcycle Club
Work Point Garden Club
CF Golf Club
CF Sailing Association

Financial

Coast Appraisals
Coast Capital Insurance Services
Counting Cottage SPONSOR!
Corrie Clark Investors Group (NEW!)
Macpherson Bradford Group
Investors Group-Terry Wilcox
National Bank of Canada
Royal Bank of Canada
Scotia Bank
Smythe Debt Advisors (NEW!)
SISIP
Top Shelf Bookkeeping

Military

BPSO
Cadets Canada
CHRSC (P) - LCC
(DND) Employment Equity
Military Police
Royal Canadian Legion
Search and Rescue Technicians

Sports and Fitness

Navy Run
PSP DFIT.CA
TC 10K
Victoria Goddess Run
New Balance
UVIC Vikes

Real Estate

Re/Max Stan Burns
Roy and Roy Real Estate group of Macdonald Realty Ltd
Ovation
Melissa Kurtz – Sotherbys International Realty (NEW!)

Local Businesses

CANEX
Columbia Fire and Safety
COSTCO
Hatley Memorial Gardens
Hazmasters
Hertel Meats (NEW!)
K9 Training and Supplies (NEW!)
Keycorp Development and Marketing
Mullin Demeo Law Corporation
Regatta Badges (NEW!)
Stanley Black and Decker
Sharkz Coins
Tupperware – Healthy Lunch Solutions
Worx Environmental Products
Wurth Canada
Westshore U Lock Mini Storage

Outside

Triangle RV NEW!
BMW Victoria NEW!

Sponsors:

Hotel Grand Pacific
Counting Cottage
Sunshine Coast Health Centre

Plus Free Coffee from Serious Coffee!