

Pre-Teen Winter Dance
 Dec. 16
 CPAC



See page 20 for full details

Volume 61 Number 50 | December 12, 2016

LOOKOUT

newspaper.com

MARPAC NEWS CFB Esquimalt, Victoria, B.C

U-PAK MOBILE STORAGE
 Storage that comes to you!

15% Military Discount

250-381-8725
 878 Viewfield Rd.
www.upakstorage.com



Yuletide Cheer

Retired military member Bill Emberly, Chairman - Vancouver Island Branch Canadian Merchant Navy Veterans' Association, eagerly stirs the poured rum into the rum sauce as part of the CFB Esquimalt Veteran's Dine with Service Personnel Yuletide Luncheon, Nelles Block Galley, Dec. 7. See more photos on page 10.

Photo by MCpl Brent Kenny, MARPAC Imaging Services



WINTER BREAK CAMP DAYS
 Dec 19-21 ★ 8:30-4:30pm ★ CPAC



See page 20 for full details

We proudly serve the Canadian Forces Community

As a military family we understand your cleaning needs during ongoing service, deployment and relocation.

MOLLY MAID
www.mollymaid.ca

(250) 744-3427
paula.whitehorn@mollymaid.ca

ARE YOU PAYING TOO MUCH FOR YOUR MORTGAGE?

Call me for a **FREE MORTGAGE CHECKUP**

VARIABLE RATE 2.20% • 5 YEAR FIXED @ 2.44%

Andrew Wade, DLC-Modern Mortgage Group
 250-886-1959
 Proud to be a part of the DND FMF Community



Modern Mortgage Group

Christmas Message from the Admiral



Photo by Cpl Carbe Orellana, MARPAC Imaging Services

SHIPMATES across the MARPAC Defence Team, as 2016 draws to a close, we all look forward to celebrating the holiday season with our families and friends while taking the time to reflect on our year past.

As your Commander, I look back over the past year with great pride in, and admiration for, everything that you – and our Navy in general – has accomplished!

Our ships have travelled far and wide to participate in operations, exercises, and visits – having been prepared and sustained by a world-class engineering effort!

We have provided disaster relief to an earthquake-stricken region, stopped drug smugglers in their tracks, and forged important bonds with partner nations and allies around the globe, and especially in our Indo-Asia Pacific neighbourhood.

Here at home, meanwhile, we've also made a difference in everything from rescues at sea and in the wilderness, to contributing in our local communities with our time – an amazing 500,000 hours annually – and money. Beyond these impressive measures of operational excellence and citizenship, the MARPAC/Naval Reserve team has stood-up the Maritime Tactical

Operations Group (MTOG) and we're advancing the Naval Security Team (NST) proof-of-concept.

Importantly, we've also returned *Chicoutimi* to sea and made her ready for a busy year ahead.

Meanwhile, we've begun the vital work of transforming and modernizing the RCN's individual training system and we've continued to make good progress in evolving the Naval Reserve so that our citizen-sailors can more conveniently make significant contributions to our One Navy's readiness and capability. And, most importantly, notwithstanding the substantive progress we've already realized, we have resolved and recommitted ourselves to improving our workplace environments in order to ensure that ours is one free of inappropriate behaviours and re-categorizes us as one of the nation's best employers.

In retrospect, I'm sure you'll agree that we can be justly proud of our Navy and our personal and collective contributions to its past year's successes. And so, I want to thank each and every one of you, our Canadian Armed Forces members and our civilian employees for the work you put in, this year and every year, to uphold the standard of excellence that we expect – a standard that through your hard work we routinely exceed! Bravo Zulu!

Of course, I need also recognize and thank our families for the love and commitment they show us every day. They keep us grounded, energized, and motivated to serve our country to the best of our abilities. Without them, we simply could not serve so well. For this, I salute your loved ones for their service and sacrifices.

Having accomplished so much and endured so many sacrifices, you and your families all deserve to enjoy a respite via a wonderful holiday season this year! My wish for each of you, shipmates, is that you'll get exactly that in this Holiday Season. As you do, please recognize too that the holidays can be a significant stressor for some of our shipmates and, as a result, I ask that you all watch-out for, and consider reaching-out to those shipmates alone and struggling this Holiday Season.

Shipmates, Merry Christmas and Happy Holidays to you and yours! Thank you for your service successes in 2016! I am looking forward to see you building on these good results with continued success in 2017.

Seasons Greetings,
Rear-Admiral Art McDonald
Commander Maritime Forces Pacific



AFFORDABLE OFF BASE LIVING!

Bachelors, One Bedrooms, Two bedrooms,
& Three Bedrooms available



ASK ABOUT OUR
MOVE IN DISCOUNT!

250.381.5084 CAPRENT.COM





Holiday Message

As Christmas and the holiday season approaches we should all take the time to slow down a little and reflect on what we have accomplished in 2016 and what lies ahead for 2017. I would like to take this opportunity express how much I truly appreciate the hard work of the entire Defence Team to provide support to ships, shore units, and personnel.

This is my third year as Base Commander so I have seen first-hand the significant changes in and around the Base. I only have to look at my last two holiday messages and family photos to see how much my children have grown and to notice a few new grey hairs!

I am immensely proud of the work the Base team has been able to accomplish this year, working towards and supporting the revitalization of our infrastructure - which will undoubtedly cause short term inconveniences but will bring the Dockyard into the 21st century.

The harbour will be a busy place as we continue with environmental work to clean up historic pollution through the Esquimalt Harbour Remediation Project. With the first phase of dredging complete, the project will now focus on the areas around the jetties in Colwood. I wonder whether we will see any treasures or interesting artefacts in this next phase; perhaps an interesting storyline from years of our Port Boats berthed there?

A new wave-attenuating breakwater in Colwood will provide us with much-needed flexibility at D jetty during the coming years while A and B jetties are being demolished and replaced.

I am very proud that so many units came together this past summer for the Westshore Navy Day. It was the first time we've held the event in the Western Communities, and the first time in 10 years we've conducted an open house. I recognize these events require considerable effort, but we cannot understate how important these opportunities are to showcase to the public and our friends and family what we do for our country. I've received nothing but positive feedback and I hope that it won't be another 10 years until the next one.

In 2016 we lost some of our own, both civilian and military, including the recent and tragic loss of MS Morales Castellon. As we reflect on their service, we remind ourselves of the need to take extra care during this busy time, to make sure that we as individuals, as well as our friends and families, stay safe and healthy over the holidays.

In closing, my family and I would like to extend our best wishes to you all for the Christmas season. Take some time to re-charge your batteries over the holidays. Reach out to, and connect with family and friends. Watch out for your shipmates. Finally, let us not forget to extend our prayers to the families of those who have served this great country and are no longer with us.

Have a safe and enjoyable holiday and all the best in 2017!

Steve Waddell
Captain(N)
Base Commander



Cpl Carbe Orellana, MARPAC Imaging Services
Base Commander, Captain (Navy) Steve Waddell with his family, wife Shuana, and children Nate and Bekah, plus the family dog Relic, in the Wardroom lounge.

PACIFIC MAZDA'S

YEAR END SALES EVENT



2016 Mazda 3
Financing as low as **0%**
plus \$750 finance bonus **-OR-** \$2750 cash discount

DRIVING A MAZDA ISN'T THE ONLY AMAZING THING ABOUT BUYING A MAZDA

0% PURCHASE FINANCING AND YOUR CHOICE OF **BOSE** SOUNDTOUCH 20 WIRELESS SYSTEM OR QUIETCOMFORT 35 WIRELESS HEADPHONES



2016.5 CX-5
Financing as low as **0%**
plus \$900 finance bonus + **BOSE** OR \$1,000 cash discount + **BOSE**

ON SELECT NEW MAZDA MODELS *ZOOM-ZOOM*

MILITARY & DND INCENTIVE PROGRAM

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

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

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

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

COUNTRY GROCER

From our family to yours ...
Happy Holidays

Matters of OPINION

WHO WE ARE

MANAGING EDITOR

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

STAFF WRITERS

Peter Mallett 250-363-3130
peter.mallett@forces.gc.ca

PRODUCTION

Shelley Fox 250-363-8033
projects@lookoutnewspaper.com
Teresa Laird 250-363-8033
production@lookoutnewspaper.com
Bill Cochrane 250-363-8033
workstation3@lookoutnewspaper.com

ACCOUNTS/CLASSIFIEDS/RECEPTION

Mary Lou Climenhaga 250-363-3127
Mary.Climenhaga@forces.gc.ca

SALES REPRESENTATIVES

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

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

EDITORIAL ADVISOR

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

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

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

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

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



Circulation - 3,800 plus 1,000 pdf downloads per week

One year subscription - \$66.⁹⁴

Six month subscription - \$33.⁴⁷

Prices include tax.

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

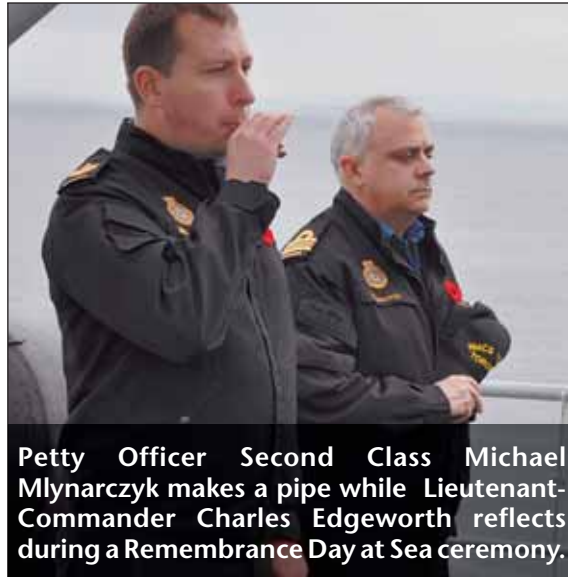
Web: www.lookoutnewspaper.com

Fax: 250-363-3015

Canadian Mail Product Sales Agreement 40063331



WHAT SAY YOU



Petty Officer Second Class Michael Mlynarczyk makes a pipe while Lieutenant-Commander Charles Edgeworth reflects during a Remembrance Day at Sea ceremony.



Crew members of Orca class vessel Cougar stand at attention during the Remembrance Day at Sea ceremony.

A RARE HONOUR

A/Slt Andrew McLaughlin HMCS Star PAO

"All available hands to the quarter deck!" the pipe sounded.

Many sailors aboard the Orca-class vessel Cougar suspected this was just another exercise, like the man-overboard or fire drills they practiced regularly.

However this task was far from routine.

It was Nov. 11 and 67 sailors from Central Region Naval Reserve Divisions (NRDs), augmented by both Eastern Region NRDs and Patrol Craft Training Unit (PCTU), were in CFB Esquimalt for a weekend ship-borne exercise aboard three Orca-class vessels.

"Ship's company, attention!" the Coxswain, Petty Officer Second Class Michael Mlynarczyk exclaimed.

The sailors had been lined up facing aft, with the Officer in Charge, Lieutenant-Commander Charles Edgeworth, HMCS York, also the Officer in Tactical Command of the exercise, facing them with his Coxswain to his right and flanked by three volunteer speakers from the crew. The other two ships, Grizzly and Raven, also carried out identical ceremonies at precisely 11 a.m.

"Today, we will conduct a Remembrance Day ceremony at sea; a rare honour for Naval Reservists," LCdr Edgeworth declared. "We commemorate

Canada's fallen service members, who made the ultimate sacrifice for their country, and whose jobs we carry on. The vast majority of them were young people, just like most of you."

As gentle winds and a slight rain gave way to a darkening sky and a reflective, sombre tone, the speakers offered poignant and stark addresses, including a reading from "In Flanders Fields," written during the First World War by Lieutenant-Colonel John McCrae.

"This is the first, and only time in over 25 years in the navy that I have been bestowed

this opportunity to hold such an important ceremony at sea, and you should all remember this day, as I will," said LCdr Edgeworth to the assembled sailors.

Following the address by their commander and the guest speakers, the sailors saluted, and one flower was dropped into the ocean for each Royal Canadian Navy vessel lost at sea.

"It really allowed me to put what I was doing out there into perspective," said Ordinary Seaman Jean-Luc Amyotte, of HMCS Star. "I can only imagine what those young sailors went through."



Crew members of Cougar take part in a Remembrance Day at Sea ceremony off Vancouver Island.

Photos by Acting-Sub Lieutenant Andrew McLaughlin, Public Affairs Officer, HMCS Star.

Habitat for Humanity Victoria

• SHOP • DONATE • VOLUNTEER

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

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

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

TRACKSIDE AUTO SERVICE LTD.

A FULL SERVICE AUTO REPAIR FACILITY

- ✔ Induction & Fuel Injection Service
- ✔ Oil service
- ✔ Out of Province Inspection
- ✔ Electrical
- ✔ Diesel Fuel Service
- ✔ Exhaust
- ✔ Brake service
- ✔ Tires

Ask about BG Protection Plan*

Where Dependability and Trust are a Priority...

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

Winner
"2014 2nd PLACE"
BEST OF THE CITY AWARDS
Black Press

* under 80,000 km



As the holiday season draws near, Lookout sought out the Gnaval Gnome for his perspective on 2016 and what lies ahead.

LOOKOUT (LO): Welcome back, Gnaval Gnome. How have you been?

Gnaval Gnome (GG): *I've been busier than a one-eyed cat watching gnine mouse holes!*

LO: You're looking well, but is that more white I see in your beard?

GG: *What? White? Gno, my beard isn't white. It's Arctic blonde!*

LO: Oh, sorry, of course. So, what have you been up to?

GG: *Well, it may interest you to gknow that I was away at RIMPAC 16 this summer! Best RIMPAC ever!*

LO: And how was that?

GG: *It was pretty gneato! Did you gknow that RIMPAC takes place in and around Hawaii, which was originally gknown as the Sandwich Islands? Mmm, sandwiches.*

LO: What did you do there?

GG: *I was Senior Staff Officer in charge of glitter glue and balloon animals. I learned the ancient art of balloon animaling, or zooblooning as it's gknown in the trade, from my Uncle, Zebadiah Gnome. He had to learn*

a marketable skill when he lost his job at the calendar factory; they said he was taking too many days off. Mind you, I think the whole calendar industry's days are numbered.

LO: Hmm, I see. I understand you've also taken some leave recently?

GG: *Oh yes! I toured around the Emerald Isle. Hut, hut, hut.*

LO: And why did you go to Ireland?

GG: *Ah. Well, I went to visit some of my leprechaun relatives, and to get some fresh air and exercise. Some of my friends said I was looking a little peaked. I said it was just my hat. But they insisted I looked run down, and also that I have a preoccupation with vengeance...well, we'll see about that...*

LO: Er, yes. So what exercise did you get there?

GG: *I got into Gnordic Pole Walking. Honestly, I thought it was about wokking, and who doesn't like a gnice stir fry?*

LO: And did the rest and exercise do the trick?

GG: *Oh yes. Before I went, I was addicted to the Hokey-Pokey, but I've turned myself around.*

LO: So, Gnaval Gnome, the Christmas holidays are fast approaching. Do you have plans?

GG: *Yes, I'll be heading to the North Pole to help some of my elf friends make toys. I've always wanted to be elf employed. And of course, I plan to eat a good deal of turkey. In preparation, I'm currently on a diet. It's an all-pancake diet, but I'm starting to waffle on it.*

LO: We know you're quite a hand in the galley. Do you have any culinary tips for our readers for the festive season?

GG: *I would say that Job 1 in the galley is always safety. My cousin, Remy Gnome, was quite careless in the galley, and accidentally swallowed a spoon. He hasn't stirred since.*

LO: And how is your Christmas shopping going?

GG: *Gnot well. I cannot find the item I'm after. I'm trying to find a pair of analog gloves, but all I can find are digital ones.*

LO: I see...

GG: *I'm also on the lookout...sorry, can I say I'm on the lookout? You guys don't have a copyright on that, do you?*

LO: No, you're good.

GG: *Okay. I'm also on the lookout for the latest communications gadgets. Because as I've often gnoted, "Communications" is an anagram of "cat c onion music".*

LO: Ah...and speaking of music, I understand you're still involved with the

Nadan Band of the RCN?

GG: *Yes indeed! I'm writing a concerto for the Band to highlight a section consisting of gnothing but frigates!*

LO: Frigates, you say?

GG: *Yes. It's a little gnome fact that the Halifax-class frigate is more than a highly capable multi-purpose warship. If struck on any number of its surfaces, it produces a wide range of percussive sounds. If a bow is drawn across the HF fan antennas, various gnotes are produced, and the halyards, if secured tautly enough, can be plucked in a pizzicato fashion. Were one's embouchure up to it, blowing with sufficient force into the hole in the transom through which the towed array is streamed results in a range of gnotes, making our frigates, with a displacement of almost 5,000 tons, the world's largest wind instruments.*

LO: Well, Gnaval Gnome, as always it's been interesting chatting with you. Any last comments for our readers?

GG: *I'd just like to wish everyone a very safe and happy holiday season. Also, here's some advice born of experience: if you see a sign in the flats saying "Wet Floor", that's a warning, not direction. Gnow I must run; I'm off to my Procrastinators Anonymous summer picnic! See you in the gnew year!*





REAL ESTATE REALITIES

BY: RASHIDA MALIK

HOME [INVESTMENT] FOR THE HOLIDAYS

It's true. Real estate in Victoria can be financially beyond the reach of many. Over the past few years, the cost of purchasing real estate in our region has increased dramatically. If you live in Victoria and are renting because the housing market is beyond your means right now, you can (and should) still invest in a property. You just need to think outside the box, and outside the CRD region.

A lot of Victoria residents are from somewhere else, having moved here from other parts of Canada and even beyond our Canadian borders, to settle in Victoria and reap the benefits of this beautiful island city with the mildest climate in Canada and a safe, pleasant standard of living.

One thing I have learned over my twenty-year career as a Victoria realtor is that the best investments can often be found in the least likely places. So, as you head out of town for the holidays this year, set some time aside to take a closer look at the real estate market in your hometown or favourite city. While you may not be able to afford real estate in Victoria, other parts of Canada offer excellent investment opportunities. Here is my checklist of things to look for when you are searching for a property.

Is it in your general price range? Make sure to choose a property that you can afford to carry, even during times with no investment or rental income.

What is the condition of the home? Since you live in a different city, look for good condition and low maintenance.

Which neighbourhood? The familiar community you grew up in may not be the best location for an investment property in your hometown, so be open minded and look at neighbourhoods that will yield the best rental income or investment return.

Does the property have the potential to increase in value? You are purchasing this as an investment. Make sure there is lots of room for investment growth.

If you want an introduction to a reputable realtor in your hometown or another Canadian city, so they can line-up viewings before your arrival, or to learn more about the primary residence tax incentive, call me. I would love to help you make the idea of property ownership a reality.

From my home to yours, I wish you safe travels to wherever you are headed for the holidays, and a wonderful time filled with the spirit of the season.



According to MoneySense.ca, some of the best Canadian cities to buy real estate in are:

CANADIAN CITY	AVERAGE HOME PRICE	5-YR PRICE APPRECIATION
Thunder Bay, ON	\$215,922	8.4%
Hamilton, ON	\$442,493	7.3%
Moncton, NB	\$163,601	2.1%
Trois-Rivières, QC	\$160,311	1.4%
Halifax, NS	\$282,679	2.4%
Regina, SK	\$310,609	3.8%
Winnipeg, MB	\$278,270	4.0%
Barrie, ON	\$373,203	5.8%
Montreal, QC	\$349,289	3.2%
Edmonton, AB	\$369,536	2.4%

PROUD TO BE THE OFFICIAL SPONSOR OF TEXT-TO-DONATE FOR 2016 FESTIVAL OF TREES VICTORIA



NOVEMBER 17-JANUARY 5

Experience more than 80 beautiful Christmas trees on display at The Bay Centre and Fairmont Empress and vote for your favourite!

Text the word TREE to 45678 to make a donation to BCCHF

YOUR LOCAL REALTOR
AWARD WINNING | TOP PRODUCING



RASHIDA MALIK
250.812.4209
rashidamalik@royallepage.ca





Mercury Global: Satellite ground terminals enhance communication

Peter Mallett
Staff Writer

Two large Satellite Ground Terminals (SGTs) will soon be perched on a rocky outcrop on Signal Hill.

The stage for installation will be set following the completion of foundational and electrical work in December. At that time, the two 13.2-metre satellite dishes will be brought in and assembled.

“They will be the most prominent structures on Signal Hill and will stand out from any infrastructure located there, but will be located slightly lower down [the hillside] than the current SGTs,” said LCdr Mike Erwin, Senior Staff Officer Computer and Information Systems Operations (N61), while noting the project at Esquimalt has been in the works since 2013.

The SGTs are part of the Mercury Global Project, and they will increase access to the Wideband Global Satellite (WGS) communications system

and its constellation of nine satellites. Signal Hill is one of the project’s three primary locations for SGTs in Canada, in addition to those in Great Village, NS, and Ottawa, ON.

The new communications network will enhance the ability of Canadian deployed forces to exchange large amounts of information and improve operational capability. Current military satellite communication consists of a number of temporary Canadian ground stations that communicate with the WGS constellation, including the domed antenna that can be seen on Signal Hill. The new SGTs will greatly enhance the volume of information transferred.

“Mercury Global will expand the number of high-speed digital channels for deployed military units from seven to 50 channels, with the ability to expand to 125 channels, and greatly enhance communications capabilities,” explained LCdr Erwin. “As our operations become ever

more network-centric, the increased capacity the new anchor stations provide will certainly have a positive impact.”

Increased access to the WGS system will allow the flow of greater amounts of data, text, video and audio transmission for critical communications, such as tactical command and control, communications, intelligence, surveillance and reconnaissance, battle management and combat support information, across more platforms.

It will also have the added benefit of improving the morale of deployed personnel by making private communications – such as e-mail and Facebook – accessible to more users.

Before construction could begin on Signal Hill, the Mercury Global project team fulfilled a number of regulatory requirements to identify any potential environmental and health effects. In 2016, an environmental assessment on the site determined the transmitters were not

likely to cause any significant adverse environmental effects.

Similarly, in 2014, DND’s Quality Engineering Test Establishment issued an assessment of the health and safety risk of the new SGTs and determined the antennas do not pose a risk to personnel as spelled out by Health Canada Safety Code six standards.

With those concerns addressed, construction in Esquimalt was set to begin in March, but faced an unexpected delay when an eagle’s nest was found in a tree on the project site. As eagles are protected by both federal and provincial legislation, the project dedicated resources to ensure the eagles’ habitat would be protected throughout construction and avoided any activity that could disturb the nesting eagles.

With the path clear for the project to move forward, construction of the Signal Hill SGT began in November, with the site expected to be fully operational by November 2017.

**NEW YEAR'S EVE
Celebration!**

In support of the Sea and Air Cadets traveling to Vimy Ridge 100th anniversary, France, April 2017.

31 DECEMBER 2016

**9831, 4TH ST SIDNEY,
ANAVETS ARMY NAVY AIRFORCE
VETERANS HALL**

- ★ LIVE MUSIC BY SEACRUZE ★
- ★ DOOR PRIZES ★
- ★ SILENT AUCTION ★
- ★ CHAMPAGNE AT MIDNIGHT ★

Tickets are \$50 or \$40
for ANAVETS members Advance tickets:
at the Sidney ANAVETS hall

Call: 250-857-6211
Email: VimyRidge2017@shaw.ca

MARTY'S MOUNTAIN CYCLE

**UP TO
50% OFF
EVERYTHING**

**DON'T
MISS IT!**

250-383-3337 * 1-1258 Esquimalt Rd

ANYTIME. ANY DAY.

**BREAKFAST.
LUNCH. DINNER.**

We're here to serve you!

Ricky's
ALL DAY GRILL

Now Open!

2900 Douglas St
250.590.0892
www.gotorickys.com

SKATE & SWIM WITH SANTA

More than 100 children and their parents enjoyed a skate or swim with Santa on Saturday Dec. 3 at the Naden Athletic Centre and Wurtele Arena.

Santa first donned skates and hit the ice to mingle with both the naughty and the nice. Then he dashed across the street and plunged into the pool for some underwater discussions on gift giving with bathing-suit clad children. He made a special shout out to SISIP for making this event possible. So SISIP staff can expect to be on the nice list this holiday season.



PROUDLY SPONSORED BY





Photo by Corporal Kenneth Galbraith, Formation Imaging Services
 Capt Federico N. Garcia Leyva and Cdr Yves Tremblay release the ribbon for the commemoration wreath for José Martí in Havana, Cuba, on Nov. 20.

Honouring José Martí

THE APOSTLE OF CUBAN INDEPENDENCE

SLt Sean Ritchie MARLANT PAO

I cultivate a white rose/In July as in January/For the sincere friend/Who gives me his hand frankly/And for the cruel person who tears/out the heart with which I live,/I cultivate neither nettles nor thorns:/I cultivate a white rose.

– Line from *Cultivo Una Rosa Blanca* by José Martí

The Apostle of Cuban Independence, José Martí, still holds a special place in the hearts of his countrymen 121 years after his passing. He has become such a prominent symbol in the Cuban culture that it is now a custom for visiting dignitaries to place a wreath at one of his memorial statues throughout the country.

In 2016 prominent North American leaders, Prime Minister Justin Trudeau and President Barack Obama took part in this ceremony, and now Cdr Yves Tremblay, Commanding Officer of HMCS *Fredericton*, can say the same.

On Sunday Nov. 20, Cdr Tremblay stood with members of the Canadian Embassy to Cuba, Commodore Craig Baines, and Capitan De Navio Lazaro Rodriguez Perera, before the José Martí memorial in Parque Central,

Havana, and watched as Cuban soldiers marched up with the traditional wreath in hand. With 50 smartly turned out members of his ship's company behind him, Cdr Tremblay and Capitan Rodriguez approached to unveil the ceremonial ribbon, as has been done by those before him.

"It was a memorable experience for the crew and I to have participated in the wreath laying ceremony at the José Martí statue in Parque Central," said Cdr Yves Tremblay. "Involvement in an event such as this allows the ship and the Royal Canadian Navy to generate goodwill, create dialogue, and develop relationships with host countries while we are alongside."

José Martí was a respected figure in the Cuban fight for liberation from Spain in the late 1800s and has become commonly known

as the Apostle of Cuban Independence. He remains an important figure to the people of Cuba and the participation of *Fredericton* in this ceremony is seen as a goodwill gesture between two nations looking to strengthen and prosper their diplomatic relationship.

After the ceremony, *Fredericton* sailors were afforded the opportunity to meet and greet Cuban citizens and tourists who were very interested in taking pictures with the recently arrived crew.

This ceremony carried significant importance for the Royal Canadian Navy as *Fredericton* became the first Canadian warship to participate in the service, as the memorial was not constructed until 1958. With another 'first' in their pocket it remains to be seen through what waves *Fredericton* and her crew will sail next.

We give Military Discounts



Vancouver Island's only
DUCATI
 &
TRIUMPH
 dealer

2956 Westshore Parkway • www.savagecycles.ca • 250-475-8885

SHARE OUR POSTS

HELP US GROW

facebook.com/
 LookoutNewspaperNavyNews/

BROWN'S

The Florist

Since 1912

Enjoy the festive season. We wish those who serve all the best!



brownsflorist.com
 Military Discount

Downtown 250-388-5545
 Sidney 250-656-3313
 Westshore 778.433.5399

Make Her Christmas Merry & Bright

With a gift from Bare Essentials



For women with special bra fitting needs



In the Mill Bay Shopping Centre
 30 minutes north of Victoria
 on Highway #1

250-743-8131

View our online catalogue at:
specialtylingerie.ca



Photos by MCpl Brent Kenny, MARPAC Imaging Services

LS Steven Waddell (left), better known as Captain (Navy) and Base Commander, and Base Commander, and Capt(N) Michael Fortin (right), Base Commander for the Day, with retired military member Bill Emberly as he carves the ceremonial turkey during the CFB Esquimalt Veteran's Dine with Service Personnel Yuletide Luncheon, Nelles Block Galley.



Retired military member Bill Emberly (right) and Robert Marshall (left) (retired fire chief) enjoy the festive meal together.



Retired military members Harry Miller (left), Gerry Lee (center left), Ed Widenmaier (center right), and Jim MacMillan enjoy the turkey dinner.

HMCS Calgary Christmas Children's Party



Santa surprises children onboard warship

Peter Mallett
Staff Writer

Twenty-four children from Esquimalt area schools got into the holiday spirit early with a Christmas-themed, three-hour tour of *HMCS Calgary* on Dec. 8.

The annual visit facilitated by the Esquimalt Lions Club and PO2 Brad Warford, a weapons engineering technician from *Calgary*, enabled the children, ages eight to 11, to get a first-hand look at the inner workings of the Halifax-class frigate. They were given

guided tours of the vessel's machinery control room, and the bridge, and also a look at the Bofors 57 mm rapid-fire main gun.

After their walkabout, the children then enjoyed lunch in the ship's cafeteria where they also watched Christmas movies and played games with members of the crew and Lions Club. Then, towards the end of their lunch came the biggest thrill of their day as the Jolly Old One, Santa Claus made a surprise appearance in the cafeteria, sharing warm embraces and high fives with the children. One by one they sat on Santa's lap and he handed each child a present, laugh-

ing with great delight as each gift was handed out.

"This year's tour was an overwhelming success and the ship's staff were very excited to have the children on board with us today," said PO2 Warford. "*HMCS Calgary* is very proud to host this event again this year, and is happy to carry on a tradition that was originally started by the Esquimalt Lions Club and the former *HMCS Protecteur*."

Protecteur and members of the Lions Club began the annual Christmas Tour 31 years ago, but since the supply ship's decommissioning three years ago, *Calgary* has taken over as host.

A member of the
**DEPARTMENT OF
 NATIONAL DEFENCE**
 has an opportunity to win a brand new
**2016 HYUNDAI
 ACCENT**



ENTER NOW AT
WWW.VICTORIAHYUNDAI.COM

DLR#: 30622
VICTORIA HYUNDAI 1.877.532.2024
 525 GORGE ROAD EAST VICTORIA, BC V8T 2W5

Stay safe this holiday season, please don't drink and drive

Cpl Dustin Renz
 Military Police Unit
 Esquimalt

The time of year is once again upon us when we find our schedules busy with holiday parties and visits with friends and family. During these occasions, gifts will be exchanged, laughs will be shared, and drinks will be enjoyed.

With so much going on in the holiday season, we urge you to remember something very important: Don't drive while under the influence of alcohol or other intoxicating substances.

Mothers Against Drunk Driving (MADD) Canada estimates there are between 1,250 and 1,500 impairment-related crash deaths in Canada each year (3.4 – 4.1 deaths per day).

It only takes a few minutes and a couple of extra dollars to arrange a safe ride home, and with so much at stake (lives, mobility, careers, etcetera), it is well worth it.

It is a criminal offence to operate, or be in care or control of a motor vehicle whether it is in motion or not, while your ability to operate the vehicle is impaired by alcohol or drugs.

Military Police have seen an increase in cannabis-related impaired drivers in recent months, and these matters are dealt with no dif-

ferently than alcohol-related impaired drivers.

If you are at fault for a death as a result of impaired driving, you will be eligible for life imprisonment.

The best thing you can do to stay safe is to plan ahead. There are many options to get you home safely, such as cabs, sober friends, designated driver services, or dial-a-driver. Remind your guests and friends of these options to ensure they have a safe ride home at the end of the night.

It is important to be aware that even the morning after you have consumed alcohol, you still may be over the legal limit to operate a motor vehicle. Alcohol takes time to be eliminated from the body, and the time it takes is different for everyone. Although you may feel like you're fine to drive, this is often not the case. If you're ever uncertain, give yourself more time until you're absolutely positive.

Please remember, if at any time you see a driver who appears impaired, call 911. You could potentially save a life.

The Military Police will be conducting random impaired driving check-points at CFB Esquimalt and in the residential housing areas to combat impaired driving and to make sure everyone enjoys their holiday season in a safe and responsible manner.

It is important to be aware that even the morning after you have consumed alcohol, you still may be over the legal limit to operate a motor vehicle.

NOW is the time for
CLEAR VISION!

Ask about our
**MILITARY
 PRICING!**



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

Individual results may vary.



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

1.855.334.2020

VICTORIA • EDMONTON

Minutes from Base at #201-3550 Saanich Road

WARSHIP MODERNIZATION COMPLETED

Ryan Melanson
Trident Staff

It's not often government officials get to tout large procurement projects as being completed on time and under budget. But those were the words of the day on Nov. 29 when *HMCS Toronto* returned to the Royal Canadian Navy (RCN), marking the completion of the Halifax-class Modernization (HCM)/Frigate Life Extension project.

A ceremony was held at Irving Shipbuilding Halifax shipyards, where leaders involved with the project, including VAdm Ron Lloyd, Commander RCN, gathered to mark the occasion and spread the good news.

The HCM project had a budget of about \$4.3 billion, and while final total costs aren't available, ADM(Materiel) Pat Finn said a portion of that budget is already being returned.

A number of speakers focused on this point in their remarks at the ceremony, including Finn, VAdm Lloyd, and Halifax MP Andy Fillmore.

VAdm Lloyd said trust and communication with stakeholders and the public is important, and communicating this project is a way to show that government and industry can cooperate to deliver high-quality equipment with cost efficiency.

"When Canadians take a look at their shipbuilding industry now, they can be proud of another success story," he said.

The goal of the HCM/FELEX project, which began more than a decade ago, was to see all 12 Halifax-class frigates undergo



Photo by OS Paul Green, Formation Imaging Services, Halifax, Nova Scotia
HMCS Toronto pushes off from Irving Shipyard after the ship's ceremonial return to the fleet on Nov. 29 in Halifax, Nova Scotia.

refit and installation of modern equipment to allow sailors to continue to work in defense of Canada at home and abroad. The process involved Irving Shipbuilding on the East Coast, Seaspan Shipyards on the West Coast, Lockheed Martin Canada, and more than 30 other firms working with the Government of Canada.

The result is a fleet of ships more prepared to bridge the RCN to the eventual delivery of the Canadian Surface Combatants. The modernized frigates have been fitted with enhanced radar and electronic warfare systems, upgraded communications, and missiles that integrate with a new combat

management system.

"We basically changed out two brains of the ship," VAdm Lloyd explained. "The Combat Management System, the manner in which you fight with the ship, is completely new, and then the Integrated Platform Management System, which looks after the propulsion and other maritime engineering aspects, is also brand new and state-of-the-art."

Irving Shipbuilding President Kevin McCoy highlighted the economic benefits of the work being done in Halifax, including an estimated \$265 million in employment income in Nova Scotia through HCM,

while Seaspan President Brian Carter and Lockheed Martin Canada President Rosemary Chapdelaine also spoke about their own involvement in the project.

Finn delivered a big thank you on behalf of government, both to the many industry partners who took good care of the ships and returned them in top shape, and to the crew themselves, who will be in charge of taking the newly equipped ship to sea.

"We're inspired by your work and appreciate your enthusiasm, dedication and professionalism, and we thank you for what you do in service to Canadians every day," Finn said.

VAdm Lloyd also pointed out the significance of *HMCS Halifax* currently undergoing its docking work period at the shipyard, years after being the first ship to undergo HCM.

"As the last comes out, the first goes back in, just like it should. It's an excellent bookend for what this project represents and it's indicative of success," he said, noting that other successfully modernized frigates *HMC Ships Vancouver, Fredericton* and *Charlottetown* are currently deployed around the world doing the business of the navy.

Earlier in the day, Cdr Steve Archer, *Toronto's* commanding officer, officially signed for care and custody of the ship from Irving Shipbuilding and following the ceremony at the shipyard, he and his crew marched on board and officially put the last of the Halifax-class back in the hands of the Atlantic Fleet.

Find Your Power Highly Personalized Trauma Treatment NON-12 STEP SINCE 2008

Treatment Shouldn't Feel Like Punishment

We are committed to our clients' personal transformations and helping them become healthy, thoughtful men who are inspired to live with a renewed sense of vitality and purpose.



Take Control



Get Connected



Find Your Purpose



Heal And Grow

Canada's Leader in Men's Private Trauma, Drug Rehab and Alcohol Treatment



LEARN MORE ▼

register at schc.ca



Sunshine Coast
Health Centre

2174 Fleury Road, Powell River, BC
Canada V8A 0H8
Admissions Toll Free 866.487.9010
Administration Toll Free 866.487.9050
Fax: 604.487.9012

www.schc.ca | info@schc.ca

Victoria's #1 GM Volume Retailer!

"We at Wheaton GM deliver professional service and provide our customers with ALL the information to make an Informed Intelligent Decision."

Your #1 Destination for Customer Satisfaction!

Largest Selection of **PREOWNED PREMIUM CERTIFIED VEHICLES**

WHEATON COLLISION FULLY ACCREDITED COLLISION REPAIR FACILITY
We Repair All Makes and Models
• Lifetime Guarantee on All Repairs • Courtesy Cars Available

QUICK LUBE NO APPOINTMENT NECESSARY!



INTRODUCING THE ALL-NEW CRUZE LINEUP

BUILT-IN 4G LTE WI-FI • APPLE CARPLAY AND ANDROID AUTO COMPATIBILITY

WIN 1 OF 17 VEHICLES OR UP TO \$17,000 CASH CREDIT

APPLIES TO ALL ELIGIBLE '17 & '16

VISIT YOUR LOCAL CHEVROLET DEALERSHIP TO PLAY.

2017 CRUZE LT AIR & AUTO
LEASE FROM \$118.99 PER WEEK (RESIDUE) THAT'S END
\$59 @ 0.5% FOR 48 \$0

THE FIRST-EVER 2017 CRUZE HATCH LT AIR & AUTO
LEASE FROM \$118.99 PER WEEK (RESIDUE) THAT'S END
\$62 @ 0.5% FOR 48 \$0



CONNECT & WIN

WIN 1 OF 17 VEHICLES OR UP TO \$17,000 CASH CREDIT

APPLIES TO ALL ELIGIBLE '17 & '16

VISIT YOUR LOCAL CHEVROLET DEALERSHIP TO PLAY.

2016 SILVERADO HD
GET UP TO **\$12,500 TOTAL CREDITS***

ON HD CREW CAB DIESEL (INCLUDES MINIMUM \$500 CONNECT & WIN BONUS)



GMC

WIN 1 OF 17 VEHICLES OR UP TO \$17,000 CASH CREDITS*

VALUED UP TO \$35,000 MSRP ON ALL ELIGIBLE 2016 AND 2017 VEHICLES.

2017 GMC SIERRA 1500

LEASE A WELL-EQUIPPED DOUBLE CAB ELEVATION 4WD FROM **\$199 @ 0.9% FOR 24 MONTHS**



ATTENTION MILITARY:

PLUS, RECEIVE: **\$1000 OFF** ON ALMOST ANY 2015, 2016 OR 2017 **CHEVROLET, BUICK, GMC OR CADILLAC**

DID YOU KNOW?
WHEATON offers you a CAF Appreciation DISCOUNT

NO PAYMENTS FOR UP TO 90 DAYS*

UP TO \$2000 IN TRADE ASSISTANCE ABOVE THE VALUE OF YOUR VEHICLE*

DND MILITARY BONUS

*Conditions apply. **Price and payments reflect all available programs, rebates and incentives. Payments not including tax. See dealer for details. Images shown are for illustration purposes only and may not necessarily represent the configurable options selected or available. Offer ends without notice.

Wheaton Chevrolet Buick Cadillac GMC

Like Us on 

2867 douglas street at topaz
250-382-7121 • 1-800-890-3338

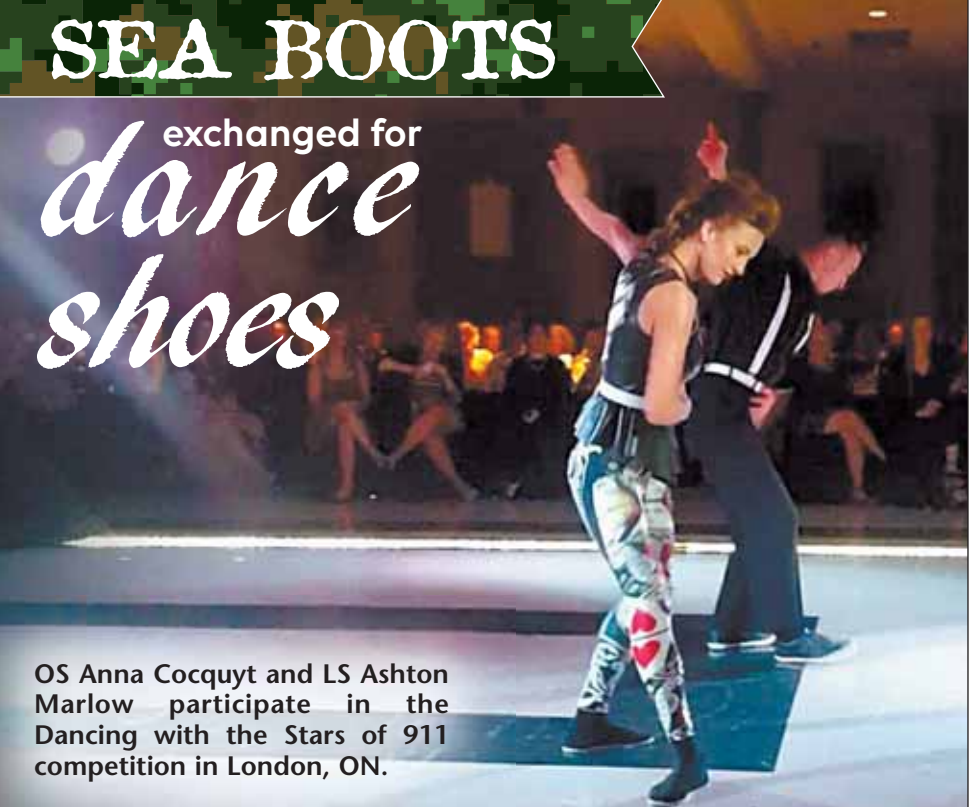
Kick tires online at davewheatongm.com

Sales Dept
830 - 6 PM Mon-Thurs
830 - 6 PM Fri-Sat
Closed for Browsing Sun

SEA BOOTS

exchanged for **dance shoes**

OS Anna Cocquyt and LS Ashton Marlow participate in the Dancing with the Stars of 911 competition in London, ON.



Lt(N) David Lewis HMCS Prevost PAO

Members of *HMCS Prevost*, the Naval Reserve Division in London, Ontario, swapped their sea boots for dancing shoes.

OS Anna Cocquyt and LS Ashton Marlow recently competed in the 7th annual Dancing With The Stars of 911 Gala event hosted by the Dave Mounsey Memorial Fund. The Fund is dedicated to the donation of life-saving defibrillators to public buildings in the name of fallen law enforcement, fire, EMS and military members who have died in the line of duty.

The gala event is an evening of dinner, silent auction, and dance performances by sailors, police, paramedics and communicators.

The Naval Reserve mission is not only to generate trained individuals for Canadian Armed Forces operations but also to support the navy's efforts in connecting with Canadians

in our local communities. This was a great opportunity for these two young sailors to unlace their sea boots and slips on their dance shoes.

OS Anna Cocquyt joined the navy this year with a deep desire to serve her country. She is training to be a boatswain. Having grown up in a small town she kept herself entertained by making up a dance or skit in the backyard with her sister. She started dancing ballet and learning gymnastics when she was little and has loved dance ever since.

"I heard about the DWTS of 911 event and I jumped on the opportunity to aid in such an honourable and meaningful cause," she said "I am always up for a challenge and willing to put myself out there for a little laugh while I'm at it."

LS Ashton Marlow is already a member of *Prevost*. He is a boatswain and has volunteered as guest speaker during Veteran's Week for the past

two years. LS Marlow loves anything outdoors. When not on ship you will find him outside hiking, fishing, playing rugby or even scuba diving.

"I love to travel and explore the world, which is why I joined the navy in the first place," he says. "I am dancing with the stars of 911 because I truly believe in the foundation and its purpose. I thought it was a fantastic cause."

While they did not win, they certainly enjoyed the experience and represented the Royal Canadian Navy and *Prevost* well. Commanding Officer, LCdr Sean Batte, who was a judge for the gala last year, said he was very proud of these two young sailors.

"They represent their ship extremely well. They prepared for months and had a real gymnastic flare to their routine. This kind of hard work and upbeat attitude bodes well for the type of people the RCN attracts."

It was a night for the navy to shine.

CAF Mobile App launches

DND support? It has that, too. Want to see the latest Canadian Forces General (CANFORGEN) message? It has that.

The CAF Mobile App includes plenty of other resources for members and their families, including compensation and benefits, relocation, education and training, legal, morale and welfare, OUTCAN, and contact information for Veterans Affairs.

The app also makes it easy to stay current on the latest social media posts, including Facebook, Twitter, and YouTube. You can tailor it to your needs so that you always know what is going on.

Want to check for housing at 3 Canadian Division Support Base Edmonton? There is a section for that. Need the latest numbers for family

Need the latest numbers for family



NORAD set to track Santa

Peterson Air Force Base
Colorado – National Defence /
Canadian Armed Forces

The North American Aerospace Defense Command is celebrating the 61st anniversary of tracking Santa's yuletide journey.

The NORAD Tracks Santa website, www.noradsanta.org, launched Dec. 1 and features Santa's North Pole Village, which includes a holiday countdown, games, activities, and more. The website is available in eight languages: English, French, Spanish, German, Italian, Japanese, Portuguese, and Chinese.

Official NORAD Tracks Santa apps are also available in the Windows, Apple and Google Play stores, so parents and children can countdown the days until Santa's launch on their smart phones and tablets.

Tracking opportunities are also offered on Facebook, Twitter, YouTube, Instagram and Google+. Santa followers just need to type "@noradsanta" into each search engine to get started.

Starting at 2:01 a.m. EST on Dec. 24, website visitors can watch Santa make prep-

arations for his flight. NORAD's "Santa Cams" will stream videos on the website as Santa makes his way over various locations.

Then, at 6 a.m. EST, trackers worldwide can speak with a live phone operator to inquire as to Santa's whereabouts by dialing the toll-free number 1-877-Hi-NORAD (1-877-446-6723) or by sending an email to noradtrackssanta@outlook.com. Any time on Dec. 24, Windows Phone users can ask Cortana for Santa's location, and OnStar subscribers can press the OnStar button in their vehicles to locate Santa.

NORAD Tracks Santa is truly a global experience, delighting generations of families everywhere. This is due, in large part, to the efforts and services of numerous program contributors.

It all started in 1955 when a local media advertisement directed children to call Santa direct – only the number was misprinted. Instead of reaching Santa, the phone rang through to the Crew Commander on duty at the Continental Air Defense Command Operations Center. Thus began the tradition formalized in 1958, which NORAD has carried on since.

www.lookoutnewspaper.com



**SCHOLARSHIPS
FOR MILITARY
AND VETERANS.***

WWW.SPROTTSHAW.COM

VICTORIA: 250-384-8121

Military Discount

Up to \$1000 on select new and used vehicles



Brock Ramsay
250-893-0290

Suburban
Ford • Lincoln • Ford Trucks



3377 Douglas Street | 250-475-2255 | www.suburbanmotors.com

CHURCH SCHEDULE

Christ the Redeemer
Roman Catholic Chapel
(Naden)

Our Lady Star of the
Sea Roman Catholic
Chapel (Belmont Park)

CHRISTMAS AND NEW YEAR MASS SCHEDULE

- DEC. 24 -

Christ the Redeemer
Chapel Naden
17:00hrs - Vigil Mass of
Christmas

Our Lady Star of the
Sea Chapel Belmont
Park

19:00 hrs - Christmas
Carols/Children's
Christmas Pageant
19:30 hrs - Vigil Mass of
Christmas

- DEC. 25 -

Belmont Park - 10:30hrs
- Christmas Day Mass

- JAN. 1 -

Belmont Park -10:30hrs
- New Year Mass

Regular Sunday Mass
Schedule
09:00hrs - Naden
10:30hrs - Belmont Park

Chapel Life Coordinator:
Capt (Rev Fr) Joachim
Nnanna (250-380-8823)

Drive away today GET FINANCING NOW!

GALAXY MOTORS

DND-MILITARY DISCOUNT PROGRAM* **\$750**

* Not to be combined with any other offer. Present this ad & military ID to qualify.

VICTORIA MEGA CENTRE • (250) 478-7603
1772 Old Island Hwy, Victoria, BC

The Home of the Full Refund!

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

250-727-7480

bottledepot.ca

Bottle Return-It Depot

DAD'S
Homemade Soups and Sangys

Military Discount

Wale Road - 310 Wale Road - 250-391-0689
Jacklin Road - 2806 Jacklin Road 778-432-3900
DadsSoupsAndSangys.com

Triangle RV YOUR RV Headquarters

MILITARY DISCOUNT 15% OFF PARTS

We are a proud Military family and we Salute all who serve!
- Sylvia Thistle-Miller

Triangle RV Centre
Phone: 250-656-1122

trianglerv.com

Bravo Zulu

Base Divisions

Capt(N) Steven Waddell, Base Commander, presented awards and promotions during Base Divisions Nov. 29.

Photos by Cpl Carbe Orellana, MARPAC Imaging Services



Cpl Emilie Dupuis receives the General Campaign Star – South-West Asia Ribbon for Task Force Artemis.



PO2 Eugenio Padovese receives the General Service Medal – South-West Asia Ribbon for Task Force Artemis.



LS Jorge Medina receives the Operational Service Medal - Expedition for Operation Caribbe.



MS Eric Hermanson receives the Operational Service Medal - Expedition for Operation Caribbe.



LS Ashley Taylor receives the Operational Service Medal - Expedition for Operation Caribbe.



LS Vincent Wachter receives the Operational Service Medal - Expedition for Operation Caribbe.



MCpl Evan Roy receives the Canadian Forces Decoration.



MS William Sherman receives the Canadian Forces Decoration.



MCpl Andrew Tobin receives a promotion to the rank of Sergeant.



AB Hemi Ryu receives a promotion to the rank of Leading Seaman.



Cpl Raimond Domino receives the Level 1 Sea Service Insignia.

Bravo Zulu

MARPAC Honours and Awards

Captain (Navy) Steve Jorgensen presented awards and honours at Maritime Pacific Headquarters Nov. 15.

Photos by Cpl Carbe Orellana, MARPAC Imaging Services



Capt(N) Steve Jorgensen and CPO2 Jason Kitt promote PO2 David Blanchard to his new rank of Petty Officer First Class.



Erin Gommer joins Capt(N) Steve Jorgensen to promote Cpl Joshua Michaud to Master Corporal.



Lieutenant (Navy) Aislinn Joiner receives the Canadian Forces Decoration.



Warrant Officer Jason Hiltz receives his new rank of Master Warrant Officer.



PO1 David Blanchard receives the Canadian Peacekeeping Service Medal.



Did You Know...

ONE STOP FOR

- Cadillac
- Chevrolet
- Buick
- GMC

Victoria's #1 GM Volume Retailer

Victoria's Largest Volume Truck Retailer

DND Military Bonus

Drive Thru Quick Lube with Experienced Tech of 40 years

Largest Selection of Preowned Vehicles

ATTN MILITARY: DID YOU KNOW?

WHEATON offers you a Canadian Forces Appreciation DISCOUNT

\$1000 OFF

ON ALMOST ANY CHEVROLET, BUICK, GMC OR CADILLAC

Wheaton
Chevrolet Buick
Cadillac GMC



2867 douglas street at topaz
250-382-7121 • 1-800-890-3338

Sales Dept
8:30 - 8 PM Mon-Thurs
8:30 - 6 PM Fri-Sat
Closed for Browsing Sun
 Like Us on

Kick tires online at davewheatongm.com

*Conditions apply.

Bravo Zulu

Boatswain Grad Parade

The Reviewing Officer Deputy Commandant, Lieutenant Commander Daniel O'Regan presented awards and promotions during the Boatswain qualification level 3 course 0039 graduation parade Nov. 29.

Photos by MCpl Brent Kenny, MARPAC Imaging Services



LS Tyson Thomas receives the Naval Fleet School (Pacific) Top Student Award for the Boatswain QL3.



OS Gabriel George receives the Boatswain QL3 completion certificate.



LS Patrice Hamel receives the Boatswain QL3 completion certificate.



OS Mitchel Kathol receives the Boatswain QL3 completion certificate.



OS Frederick Palmer receives the Boatswain QL3 completion certificate.



LS Kayla Parrot-Ruiz receives the Boatswain QL3 completion certificate.



OS Andrew Samonte receives the Boatswain QL3 completion certificate.



OS Skyler Scott receives the Boatswain QL3 completion certificate.



OS Shelby Soderstrom receives the Boatswain QL3 completion certificate.



LS Tyson Thomas receives the Boatswain QL3 completion certificate.



OS Jonathan Tremblay receives the Boatswain QL3 completion certificate.



LS Tyson Thomas receives the Naval Fleet School (Pacific) Top Student Award.



OS Brandyn Anderson receives the Boatswain QL3 completion certificate.



LS Mark Andrews receives the Boatswain QL3 completion certificate.



OS Kevin Arseneault receives the Boatswain QL3 completion certificate.



OS Johnathan Bentley receives the Boatswain QL3 completion certificate.



LS Yve Etienne Frenette receives the Boatswain QL3 completion certificate.

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

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 3005PSC@gmail.com.

FREEMASON AND NEW to Victoria. Contact us at camosun60secretary@gmail.com. We meet the 2nd Monday of each month.

TIRES

GUARANTEED TIRES from \$10
We sell NEW & USED
Full Service AUTO REPAIR
778-440-8473 MILITARY DISCOUNT
MON-FRI 9-5, SAT 10-4
#1-798 Fairview at Ellery

ANNOUNCEMENTS

848 ROYAL ROADS AIR CADETS invite all youth aged 12 - 18 from Westshore and Sooke. Participate in gliding, marksmanship, weekend and summer camps, ground school, drill, band, and more! Join us on Tuesday from 6:30 - 9:00pm at 1289 Parkdale Dr., Langford (Lighthouse School). Find us on Facebook: Air Cadets - 848 'Royal Roads' Royal Canadian Air Cadet Squadron. Website: 848royalroadsaircadets.com Contact: 848parentinfo@gmail.com or 250-590-3690

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 check us out on facebook (STV Tuna).

WWW.LOOKOUTNEWSPAPER.COM

SERVICES OFFERED

VICTORIA PREGNANCY CENTRE
Free Services Include:
• Pregnancy Tests
• Pregnancy Options Counselling
• Pregnancy & Parenting Counselling
• Prenatal Classes
• Practical Help - Diapers, wipes, formula, clothing
• Pregnancy Loss Counselling
• Post Abortion Counselling
• Community Referrals
250-380-6883
#112 - 826 North Park Street
info@victoriapregnancy.org
www.victoriapregnancy.org

Attention: Military Families

WANT TO MAKE AN INCOME FROM HOME?
35% commission plus many benefits.
NORWEX is chemical free home cleaning products.
Help your friends get rid of toxic home cleaning supplies.
GreenHomeCleaning.ca
Michelle:
250-516-7338

FOR RENT

STANCOMBE PLACE 3 BDR House for rent 1 Dec 16. Utilities incl. New laminate flrs, kitchen backsplash, S/S appls and sneak peak views of Esquimalt Harbour. One full bth and an ensuite off the master. There is a beautiful and unique front and back yrd. Enclosed sun-room deck on the back. Prking for 2 cars in the driveway. Lndry is sep and shared. This location is perfect for the base and dockyard. Quiet street, paved bike trail that links to the Galloping Goose almost at your doorstep. Refs, proof of employment and credit checks will be required to facilitate tenancy call 778-679-4159 or email carlycake13@gmail.com.

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

FOR RENT

EXECUTIVE 3 BDR HOUSE for lease in sought after Lakehill area. Hrdwd flrs, heated tile, gas fireplace, renovated throughout. Lrg yrd, lrg deck, shed, carport. Natural gas forced air energy efficient furnace. Lots of parking. Excellent neighbourhood. Close to parks, Lochside/galloping goose trail, schools, shops, bus. N/S, Pets may be considered. Avail 1 Jan 2017. Contact pennyRN@shaw.ca with a short Bio if you are interested.

ROOMMATE WANTED. Retired or Serving Military Member preferred \$800.00/Monthly all inclusive (includes internet/TV) 14 min or less, drive to CFB Esquimalt, located on a quiet street, lgr upper level house fully furnished, parking, room for a Motorcycle in the garage. Great sun deck with BBQ. Access to own full bathroom. *Note: Non smoker, non drug user, no kids or pets* Contact Fergy: D.fergy098@gmail.com

MISCELLANEOUS

VIEW ROYAL READING CENTRE. New location 266 Island Hwy. 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.

INTERESTED IN JOINING A COFFEE or social group for military veterans and military in Cowichan Valley? For information contact Bob Hedley on Facebook. The intention of the group is to meet-up with other veterans and present serving members to exchange stories and facilitate fun get-togethers. Look under the Facebook Group: cowichan valley coffee

BUILD YOUR BUSINESS WITH LOOKOUT CLASSIFIEDS
CALL 250-363-3127 TO ADVERTISE

VOLUNTEER

HABITAT FOR HUMANITY AND THE RESTORE are seeking volunteers to help out with customer service, warehouse and driver assistants. We are also looking for ambassadors for special events. Please contact Nancy @ volunteer@habitatvictoria.com or 250-480-7688 ext. 105

WWW.LOOKOUTNEWSPAPER.COM

DEBT SOLUTIONS

Cut your Debt by up to 80%

- Consolidate all your Debts into one new Lower Payment at 0% interest
- Avoid Bankruptcy, Repair Credit
- Most effective Debt Consolidation Program in Canada

DebtVictoria.com
CALL TODAY FOR A FREE CONSULTATION
250-882-5556
DebtFree@DebtVictoria.com
Debt Relief Specialists for 16 years
BBB ACCREDITED BUSINESS
4Pillars independently owned and operated, associated trademarks are used under license.

Join the conversation
Lookout_news
lookout.newspaper

MOVING AND STORAGE

AWARD WINNING SERVICE YOU CAN TRUST
Proud Winner of the BBB Torch Awards in Victoria
Since 1975
BARRY'S
MOVING & STORAGE LTD.
VISA MasterCard
• Locally Owned and Operated
• Residential & Commercial Moving
• Piano Moving & Packing Services
• Short & Long-Term Storage
• DND Security Clearance for on-base moves
• Fully Bonded & Insured
• Free Written Estimates
• Lift-Equipped Trucks
• 7 Days a Week & Holidays
MILITARY DISCOUNT for residential moves
250.475.0022 Toll Free: 1.877.475.0022
www.barrysmoving.com #61-1445 Craigflower Rd info@barrysmoving.com

REAL ESTATE • FOR RENT

PROPERTIES OWNED AND MANAGED BY EY PROPERTIES LTD. 250-361-3690
Toll Free 1-866-217-3612
FREE Heat & Hot Water - Card operated front load laundry/24hrs

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

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

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

Tenant Referral Program
Military Discount

Capital Regional District **CRD**

Notice of Construction
View Royal - Admirals Road

CRD construction crews will be installing a new water main in the township of View Royal on Admirals Road between Craigflower Road and Maplebank Road.

The work will begin in December 2016 and is expected to be completed in March 2017.

The CRD will make every effort to reduce traffic impacts during construction but road users should expect periodic, moderate to significant traffic delays. Some night work will be required.

For more information, please visit www.crd.bc.ca/admirals-watermain

Shayne Irg, P. Eng.
Project Engineer, Integrated Water Services
Tel: 250.474.9661
Email: sirg@crd.bc.ca

REAL ESTATE • FOR SALE

YOUR LOCAL REALTOR
AWARD WINNING | TOP PRODUCING
MILITARY RELOCATION SPECIALIST
Through my strong ties to the military community, I offer clients expertise in real estate relocation.
Buying or selling a home? Put my 20+ years of real estate experience to work for you.

RASHIDA MALIK
250.812.4209
rashidamalik@royallepage.ca
ROYAL LEPAGE
Coast Capital Realty

COMPLIMENTARY MARKET EVALUATION CERTIFICATE
Selling & Buying Locally? Are You Posted Out?

- Communication
- Representation • Negotiation
- Estimate of Cost to Sell

• Tips on how I can sell your home for more!
BUYING OR SELLING, my connections can save you valuable time and money!

sr@shellyreed.com
CALL DIRECT 250-213-7444
Shelly Reed
For more info www.shellyreed.com
Sutton GROUP
West Coast Realty

Join the Fun at CPAC!

Winter Break Pre-Teen Dance

Friday, Dec. 16
6-8 p.m. at CPAC

Call 250-363-1009
to register

\$5 Regular Members
\$10 Ordinary or Associate



WINTER BREAK CAMP DAYS

Dec 19-21 • 8:30-4:30 p.m. • CPAC

This daily holiday camp option is set up to assist with the pre-holiday frenzy. We will provide day camp style activities for your kids while you navigate any pre-holiday demands. Register for the days that suit your schedule best.

PSP W17REC319-321 \$40/day

(*Please note: no before and/or after camp activity time offered with this camp)




ISLAND OUTFITTERS HOLIDAY SAVINGS

SHOW YOUR MILITARY ID AND RECEIVE 10% OFF ALL REGULAR PRICED MERCHANDISE
EXCLUDES FIREARMS, ELECTRONICS AND GIFTCARDS UNTIL DEC. 24

Kershaw BLADE TRADER (#1094) Reg. \$44.99 \$34.00	BUDDLE HUDDLE FOLDING KNIFE Reg. \$229.99 \$189.99	TRUE FLIGHT DOVE CLAYS 135/BOX Reg. \$21.00 \$17.99	RAZOR-PRO KNIFE Reg. \$79.99 \$64.00	BUTCHER-LITE Reg. \$89.99 \$74.00
ELECTRIC SHOOTING EAR MUFFS Reg. \$59.99 \$49.99	LEATHERMAN CHARGE TTI MULTI TOOL #830722 \$189.99	SIGNAL MULTI TOOL #832238 \$109.99	G96 GUN TREATMENT Reg. \$35.99 \$21.99	TERRA 10X42 BINOCULARS Reg. \$569.99 \$529.00
COHO KILLERS Reg. \$7.40 \$6.99	REVROS 6'6" SPINNING COMBO Reg. \$99.99 \$74.99	POWER UP YOUR HALIBUT FISHING WITH A DAIWA TANACOM 750 ELECTRIC REEL Reg. \$699.99 \$699.00	CROSSWATER OUTFIT FLY COMBO WITH LINE (5, 6, 8 WEIGHTS) Reg. \$246.99 \$169.99	PATH OUTFIT FLY COMBO WITH LINE (5, 6, 8, 9 WEIGHTS) Reg. \$246.99 \$209.99
TRUMARK FOLDING SLING SHOT Reg. \$12.99 \$9.99	LITTLE CHIEF SMOKER Reg. \$159.99 \$149.99	BIG CHIEF SMOKER Reg. \$199.99 \$174.99	STANLEY THERMOS AND PLASK GIFT SET \$64.99	CROSSMAN HAWKSBILL YOUTH RECURVE BOW SET Reg. \$59.99 \$24.99
				SOG 3 PACK FLING THROWING KNIVES Reg. \$59.99 \$49.99

SEE ISLANDOUTFITTERS.CA FOR OUR FULL FLYER
250.475.4969


3319 Douglas St. Store Hours: Mon-Fri: 9am - 9 pm
Victoria BC V8Z 3L2 Sat: 8am - 6pm | Sun: 10am-5pm

Correction




CPO2 Linda Quilty is presented the Canadian Forces Decoration Second Clasp for 32 years of service by Commander Todd Sonnar, Naval Fleet School (Pacific).

Celebration of lights



Above: CFB Esquimalt Fire and Rescue Services truck drives down Esquimalt Road during the Esquimalt Celebration of Lights, Dec. 4. The truck won best decorated for the second year in a row.



Left: Canadian Armed Forces logo on the transport truck belonging to Transport Electrical and Mechanical Engineering (TEME) section at the Esquimalt Celebration of Lights.

Photos by Cpl Carbe Orellana, MARPAC Imaging Services