

Fountain Tire
Home of the Tire Experts



BRITISH
COLUMBIA

PRIVATE & COMMERCIAL
DESIGNATED PROVINCIAL
VEHICLE INSPECTION
FACILITY

CANEX
Financing
Available

GOODYEAR

10%
Military
Discount

105-2924 Jacklin Rd. 250-478-2217

Volume 63 Number 7 | February 19, 2018

LOOKOUT

newspaper.com

MARPAC NEWS

CFB Esquimalt, Victoria, B.C.

f @LookoutNewspaperNavyNews @Lookout_news

Smythe

INSOLVENCY

Helping BC families become debt free
for more than 35 years.

WANT TO BECOME

debt free?

Talk to us today to see if a Consumer
Proposal is right for you.

Stop collection calls
Stop a wage garnishment
Deal with income tax debts

778-403-4335
FREE CONSULTATION
smytheinsolvency.com

Smythe Insolvency Inc. Licensed Insolvency Trustees

Regina makes charity Personal

Photo courtesy HMCS Regina
New regulation haircut? Not quite. Rather
a generous show of charitable spirit as
HMCS Regina's PO1 Lee Richardson has
his head shaved by PO1 Stephen McArthur
on the warship's flight deck. Members of
the crew raised a \$1,000 to clip his locks
for charity. Read the full story on page 3.



2
BURLEY MEN
MOVING Ltd.

www.2BurleyMen.com

FREE DELIVERY • BOXES & SUPPLIES

**10%
OFF
FOR
DND**

BURLEY CLEANING

A Division of 2 Burley Men Moving Ltd.

778-430-0303

RESIDENTIAL • CONSTRUCTION • COMMERCIAL

www.burleycleaning.ca



The Dockyard Barber Shop

Welcomes you to YEAR TWO of the new location - Behind bldg #211, and THANKS to everyone for a fantastic Year One!

Tel: 250-363-5069

Open 6am - 2pm



The place to be
before downtown

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



UPCOMING EVENTS

*Pacific Fleet Club
is your social hub!*

Feb 9-25 Winter Olympics

Come cheer Team Canada on at the 2018 Winter Olympics and enter your name to win an official Team Canada jersey! We will be showing the games during office and bar hours, so come down anytime!



March 3 UFC 222

Doors Open at 6:00pm.
Free Pizza and Popcorn



Bar Hours

Mon Tues Wed	4pm to 11pm
Thursday	4pm to 12pm
Friday	4pm to 1am
Saturday	7pm to 1am

**The PFC Lounge is open
weekdays from 4pm**

**Weddings, Birthday Parties,
Banquets & Corporate Events**

Contact the Events Coordinator at 250-363-3146



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

OPENING OF THE B.C. LEGISLATURE

Photos by MCpl Brent Kenny, MARPAC Imaging Services

B.C. Parliament Building, Belleville Street on Feb 13.



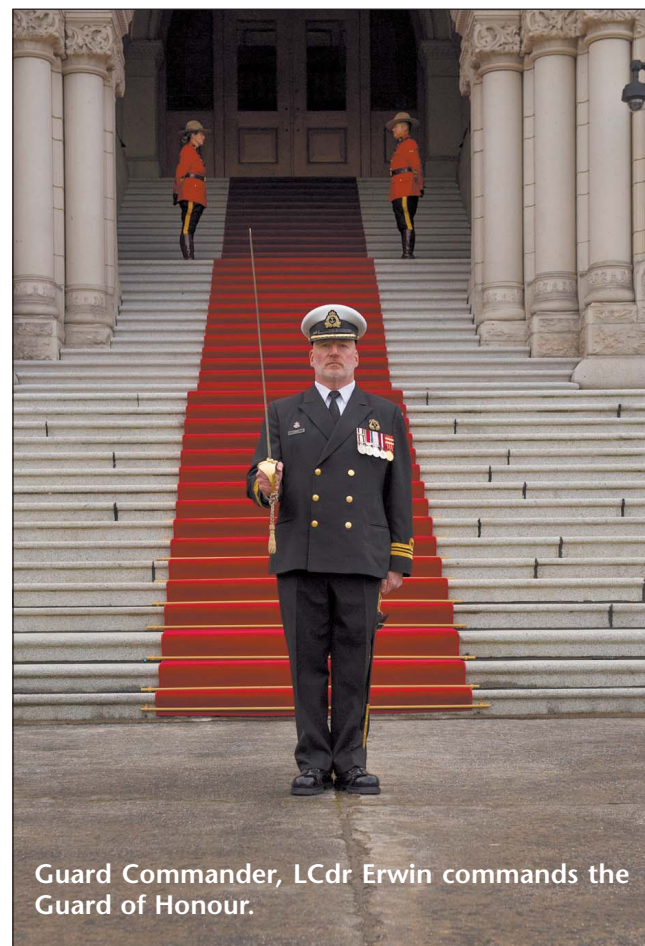
Petty Officer Second Class David P. Gagnon leads the Naden Band of the Royal Canadian Navy parade.



The Lieutenant-Governor of British Columbia, Judith Guichon, escorted by Guard Commander Lieutenant-Commander Mike Erwin, inspects the Guard of Honour comprised of Canadian Armed Forces members from CFB Esquimalt, formed up in front of the Parliament Buildings.



The Premier of B.C., John Horgan and LGen Judith Guichon share a laugh as they prepare to open the B.C. Legislature.



Guard Commander, LCdr Erwin commands the Guard of Honour.

A member of HMCS Regina's bridge warning organization maintains visual on a remote controlled target boat (Hammer Head) as a flare flies and the ship's whistle sounds.

HMCS Regina: training for threats

SLt Mike Harris
HMCS Regina

The Officer of the Watch bellows "Threat Threat Threat! Threat bearing green 25, GP 1 stand to."

As two personnel from the bridge run out to the starboard .50 cal machine gun, the Boatswain's Mate informs the rest of the ship's company about the possible aggressor bearing down on *HMCS Regina* at tremendous speed.

This sudden jolt of excitement was frequent throughout all hours as *Regina* and *HMCS Vancouver* conducted intermediate multi-ship readiness trials during their sail to San Diego and Hawaii.

This training is the next step in *Regina's* training program since completing a major refit last spring. This month of training focuses on simulating war-time scenarios. Sailors had to track and fight both fictitious and physical air, sea and subsurface targets, while others responded to battle damage and casualties.

"GP 1 Engage!" is commanded and not a breath after the order. The Gun Position peppers the ocean

with controlled bursts aiming at where the target would be in a real world situation. As the occasional tracer round ricochets off the wave tops, the only other witnesses are the stars in an otherwise seemingly infinite empty world on a cool night in the middle of the Pacific Ocean.

Barely audible over the sound of machine gun fire "SAWS Action" comes over the internal speakers as the Operations Room, tucked away within the ship, prepares another means of defence *Regina* possesses in its arsenal.

Through the glow of the stars, the large barrel of the 57mm gun comes into sight as it trains onto bearing, controlled by the skilled operators below the bridge. Louder than thunder, the air fills with hair-raising concussions as two rounds are fired down range. If this was a real threat, it wouldn't exist anymore.

This training keeps the sailors of *Regina* capable of protecting themselves, allowing them to fulfill their role of protecting Canada, and maintaining international peace and stability for future generations.

Regina sailors make it personal

SLt M.X. Déry
MARPAF PA

When *HMCS Regina's* crew sets out to do something, they get the job done.

So when this year's National Defence Workplace Charitable Campaign (NDWCC) season kicked off, *Regina's* crew had their sights on surpassing the previous year's contribution, and they did. They managed to raise \$41,525, a 23 per cent increase on last year's already substantial sum.

"I believe the dramatic increase this year was a direct response to the day sail *Regina* put on for the Chris Knox Foundation," said Lt(N) Gregory Kuhn, NDWCC co-ordinator in *Regina*. "Donating this year became personal – you could now put a face to the organization you

were donating to."

The Chris Knox Foundation, *Regina's* official charity, will get the lion's share of the funds - over \$20,500 - raised through the ship's handful of fundraising events. But the highlight of the events was the shaving of heads and mustaches on the flight deck.

PO1 Lee Richardson helped raise the funds to shave Lt(N) Tracy Tkachuk's mustache, but soon discovered that Lt(N) Tkachuk had also been raising funds to shave PO1 Richardson's head.

"When you thought I had the best of Tkachuk, I did not," said PO1 Richardson. "Remember it's for the children!"

PO1 Darren Peat set a high price for his classic mustache, thinking his lofty goal of \$5,000 would never be reached.

"PO Richardson suggested it [the

mustache shave] so I asked my wife; she said 'no way!' So I said name a price, and she said \$5,000 assuming there was no way the ship would ever make it," said PO1 Peat.

It took one day to raise over \$6,225 to win the shaving rights to his mustache.

"Wife hated it, said I look like Charlie Brown without any facial hair. I didn't even recognize myself in the mirror since it has been about 20 years since I have been clean shaven," he said.

Lt(N) Gregory Kuhn explains his ship's fundraising success.

"The reason *Regina* has successfully raised over \$75,000 over the past two years for NDWCC is because our ship's company is absolutely committed to the policy of giving back to the community that we serve."



Photo courtesy HMCS Regina

It was 20 years in the making, and a mere minute to lose, but it was all worth it in the end. PO1 Darren Peat's mustache succumbed to a \$6,225 fundraising goal, and the sailor braved the shaved on HMCS Regina's flight deck.

FREEDOM FROM GLASSES AND CONTACTS.

Life-changing laser vision correction is more affordable than you thought.

Book your free consultation at 1-855-688-2020 or lasikmd.com

Starting at
\$490
per eye*

LASIK MD
VISION

*Prices are subject to change without prior notice and vary based on prescription strength. Standard LASIK starting at \$490/eye and Custom LASIK starting at \$1,990/eye. Other conditions may apply.

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

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

Capt Jenn Jackson 250-363-4006
James Vassallo 250-363-7060

Published each Monday, under the authority of
Capt(N) Jason Boyd, Base Commander.

Le LOOKOUT est publié tous les lundis, sous
l'égide du Capt(N) Jason Boyd, 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 modi-
fier, 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.

LOOKOUT
NEWSPAPER

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

People Talk

As part of its contest during last week's MARPAC Health and Wellness Expo at the Naden Athletic Centre, WestJet airlines gave away a free return flight to any destination in Canada to one lucky entrant. With that in mind Lookout asked:

If you could pick a return flight to any location in Canada what destination would you choose and why?



Kingston because my family lives there and I haven't had a chance to see them in a couple of years.

LS Matt Livingstone,
Naval Fleet School (Pacific)



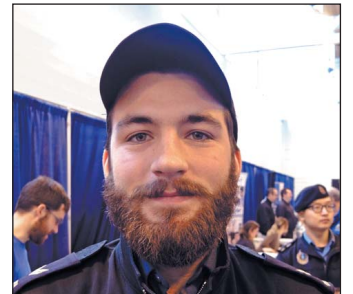
Montreal is definitely my most favourite travel destination in Canada. The food is amazing and it has an exotic or cosmopolitan feel to it like a European city.

Wesley Lukuku,
General Sales Manager
Pacific Mazda



Ottawa because all of my friends live there, and also because they have these wonderful sugar-covered pastries called Beaver Tails that I love to enjoy after skating on the Rideau Canal at Winterlude.

Amie Renaud,
Disabled Sailing Association
of Victoria



I'm from Ontario and have never been to St. John's, Newfoundland, so that would be my top destination. It would be great to explore the East Coast scenery and architecture, and also their incredible sailing heritage.

LS Ben Sproule,
Naval Fleet School Pacific

WHAT SAY WE

SPORTS trivia WINTER OLYMPICS

By Stephen Stone and Tom Thomson, Contributors

Questions

1. This speed skater competed in four Olympic Winter Games and was the first Canadian male to win an individual gold medal.
2. Who was the king of the 1988 Winter Olympics in Calgary?
3. Who was the queen of the 1988 Winter Olympics?
4. Which two underdogs in the 1988 Games were the subjects of major motion pictures?
5. How long was the 1988 Winter Olympic torch relay?
6. Who were the first torchbearers on Canadian soil? They began the run in St. John's, NL.
7. What was the 1988 Games' most closely guarded secret prior to the opening ceremony?
8. Who handed the torch to Robyn Perry?
9. Where is the torch now?
10. In which sport did Canada achieve its greatest success in 1992 in Albertville, France?
11. Who won Canada's only Olympic gold in downhill skiing?
12. Who was Canada's most successful individual Olympian at the 1994 Games in Lillehammer, Norway?
13. Which team of Canadian athletes had the most success in Lillehammer?
14. Who won the gold medal?
15. Who won the silver and bronze in freestyle?
16. The 1998 Games in Nagano, Japan, marked Canada's greatest success to that date in Winter Olympic competition. How many medals did Canada win?

1. Gaetan Boucher from Charlevoix, Quebec City. Boucher won two golds and a bronze in 1984 at Sarajevo.
2. Matti Nykanen of Finland who won three gold medals in ski jumping.
3. Yvonne van Gennip of the Netherlands who won three gold medals in speed skating.
4. The Jamaican bobsleigh team subject of "Cool Runnings" and British ski jumper Michael "Eddie the Eagle" Edwards subject of "Eddie the Eagle".
5. 18,000 kilometres and lasted 88 days.
6. Figure skating gold medalist (1948) Barbara Ann Scott and former race walker Ferd Hayward of St. John's who competed in 1952 at Helsinki. They were chosen to represent past Olympians.
7. The identity of the final torchbearer who turned out to be 12-year-old Robyn Perry, an aspiring figure skater who was chosen to represent future Olympians.
8. Alpine skier Ken Read and silver medal (1972) speed skater Cathy Priestner, representing Canada's current Olympians, carried the torch into McMahon Stadium, site of the opening and closing ceremonies. They handed the torch to Rick Hansen who had just completed his "Man in Motion" tour. Hansen raised the torch in the air, handed it back to Read and Priestner who handed it off to Perry.
9. You can see it at Canada's Sports Hall of Fame located at Canada Olympic Park in Calgary.
10. Short track speed skating with one gold and two silver medals.
11. Kerrin Lee-Griffin of Trail, BC, in 1992 at Albertville.
12. Myriam Bedard from Loretteville, Quebec, won two gold medals in biathlon, the only North American to do so.
13. Freestyle skiing with one gold, one silver and one bronze to top the freestyle medal table.
14. Jean-Luc Brassard of Salaberry-de-Valleyfield, Quebec, in moguls.
15. Philippe LaRoche won silver and Lloyd Langlois won bronze, both in aerials. Other notable Canadian performances in aerials were Andrew Capcik who finished fourth and Nicolas Fontaine who finished sixth.
16. Fifteen - six gold, five silver, four bronze.

Answers

GALAXYMOTORS
DLR 30897

INTRODUCING...

In-house financing!

- Do you need a vehicle?
- Have you been told NO?
- New to the country?
- Told the vehicle is too old to finance?
- Hard to prove income?

WE ARE THE BANK

WE CAN HELP



VICTORIA 1772 OLD ISLAND HWY 250-478-7603 www.galaxymotors.net

Torch Award **FINALIST**



Beware drug runners, Canadian warships are out to get you

SLt M.X. Déry
MARPAC PA

Year 12 of Operation Caribbe is set to begin with *HMCS Edmonton* and *HMCS Whitehorse* leading the charge.

Last year, the Canadian Armed Forces contributed to the United States Coast Guard (USCG) seizing or disrupting of approximately 11.5 metric tonnes of illicit

drugs.

The Commanding Officer of *Edmonton*, LCdr Brian Henwood, is looking forward to heading down South to conduct interdiction operations.

"This is a great opportunity to get over the horizon and to effect things down range," he says.

LCdr Collin Forsberg, Commanding Officer of *Whitehorse*, agreed with

LCdr Henwood saying the operation has a real impact on the people back home.

"It is very rewarding working with the U.S. Coast Guard. This is a mission that makes life better for Canadians."

LCdr Forsberg has deployed twice before on this operation.

Recently, Rear-Admiral Art McDonald, Commander, Maritime

Forces Pacific, spoke to media in San Diego during the offload of cocaine seized in the last two months of operations in 2017.

"Ladies and gentleman, just as today's offload represents a part of the record almost 500,000 pounds that was interdicted in 2017, worth about \$6.6 billion U.S., a part of today's offload is also a direct involvement of Canadian participation."

At the end of a ship's deployment, the USCG tallies up the amount of drugs seized or disrupted by each ship and awards them with crossed out snowflakes to add to their bridge wings.

The snowflakes serve to recognize hard work and instill a sense of pride in the ship's company.

With a fresh paint job, *Whitehorse* departs home port with a bare bridge

wing while *Edmonton* proudly wears seven snowflakes earned on previous deployments.

The objectives of the upcoming mission are clear and there seems no hint of rivalry between the commanding officers.

"We are down there to support each other," said LCdr Henwood. "One ship's success is a success for the team."



On behalf of the Commanding Officer and the crew of HMCS CALGARY,
we would like to extend a
thank you to Fleet Maintenance Facility Cape Breton
for your tireless commitment and continued support of CALGARY's
reactivation and preparation for Sea Trials.

ONWARD!



@LookoutNewspaperNavyNews



@Lookout_news

Cut your debt by up to 80%!

- Consolidate all your Debts into one new Lower Payment at 0% interest
 - Avoid Bankruptcy, Repair Credit
- CALL TODAY FOR A FREE CONSULTATION**

**4Pillars®**
Canada's Debt Relief Specialists**250-882-5556**

DebtFree@DebtVictoria.com

DebtVictoria.comIndependently owned and operated, associated trademarks are used under license.*Come sail with us!*

- **Discounts for CAF and DND Families**
- **Open to Everyone... Any Level, All Ages!**
- **Racing, Cruising, and Family Programs!**

**Canadian Forces Sailing Association**

1001 Maple Bank Rd., Victoria BC, V9A 4M2

WEB: www.cfsaesq.caEMAIL: sailinginstructor@cfsaesq.ca [Facebook.com/esquimaltsailing](https://www.facebook.com/esquimaltsailing)

LS Mitchell looks on from the Navy bench at the Grapes Cup, as Navy takes on Army in a Hockey Day in Canada matchup on Jan. 20.

HMCS Hunter's Hockey Day

A/SLt Moore
HMCS Hunter

Navy players from HMCS Hunter and the army, featuring players from 31 Canadian Brigade Group (including Essex and Kent Scottish, Windsor Regiment, and 31 Service Battalion), played an outdoor ice hockey game Jan. 20 on the iconic Canadian day known as Hockey Day in Canada.

Team Navy quickly seized the lead and eventually went on to win the game 11-3 through dominant play.

Master Seaman Tyler Thomson, one of Team Navy's organizers, said the

day "went really well. We're really happy with how it's going. We're happy to be able to get out on the ice, to play a friendly game, and to beat Team Army."

This game marked the first annual matchup between the friendly rivals in Windsor Essex. The winner took home the "Grapes Cup," so named in honour of Don Cherry ("Grapes" is Don Cherry's nickname).

Through its history, Hockey Day in Canada has been about much more than the game of hockey – it has been about bringing the community together. This event successfully did that,

bringing dozens of friends, family members, and military personnel together in a time of fun and celebration.

Master Seaman Mitchell and Master Seaman Thomson wanted that to be the focus of the match.

"Our main priority was to create a fun thing to do - something for families and friends to enjoy while getting to spend time with service members in the public," said MS Thomson.

After the game, guests enjoyed a public skate. It was an amazing time of strategic outreach and community involvement for the military as a whole.



The Navy hockey team from HMCS Hunter celebrates their victory with the Grapes Cup on Jan. 20 while participating in the first of what is to be an annual rivalry matchup between Navy players and Army players in Windsor-Essex county.

AFFORDABLE OFF BASE LIVING!

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

ASK ABOUT OUR MOVE IN DISCOUNT!

250.381.5084 CAPRENT.COM





Lion Dance

Showcase in Chile

Lt(N) Harrison Nguyen
Canadian Submarine Force

When I was a teenager growing up in Winnipeg I learned Chinese Lion Dance and showcased it during the city's annual multicultural festival, Folklorama (Twitter: @Folklorama).

For those who haven't experienced Folklorama I highly recommend it. The City of Winnipeg comes alive with over 40 different local communities hosting their own cultural pavilions. What I loved the most was being able to show everyone Chinese Lion Dance and educate people on

this important part of Chinese culture.

Fifteen years later, I performed for Folklorama again, but this time on the other side of the world.

Last September, the President of my dance team asked if I wanted to showcase the Chinese Lion Dance at the 5th International Cultural and Folk Festival in Concon, Chile, Feb. 1 to 4.

Excited at the opportunity, I proposed this to my Chain of Command who in turn were more than supportive towards my endeavour.

We landed in Santiago, Chile, Jan. 31 where we met with dignitaries from the festival. The whole trip felt like a foreign port visit with the Royal Canadian Navy. There were meetings, gift exchanges, and social events scheduled during our stay.

During the four-day festival, my team, the Flying Lion Dance troupe (Twitter: @FlyingLionsWpg) on behalf of Folklorama, represented Chinese Lion Dance Culture by performing four shows in three venues to thousands of people. We were joined by other groups representing cultures from Ukraine, Uruguay, Trinidad & Tobago, Togo, and Argentina.

Members of the Flying Lion Dance Troupe pose for pictures during the 5th International Cultural and Folk Festival held in Concon, Chile.



SKI
MT WASHINGTON

www.cafconnection.ca/Esquimalt

- 5:45am
- Thursday, Feb. 22
- Pickup: Canteen Road General Parking Lot

The Home of the Full Refund!

3 Locations:

Glanford Avenue
Downtown-Queen's Avenue
Quadra Street

250-727-7480

bottledepot.ca




babcock
trusted to deliver™

Proud to support Canada's fleet

www.babcockcanada.com



D H J L

DINNINGHUNTER JACKSON LAW

Dan Murphy, RAdm (Ret'd)

Lawyer with a Military Perspective

250.589.4571

Grievances • Service Discipline • Notary
Pension Appeal • Criminal Defence • General Practice

danmurphy@dinninghunter.com • www.danmurphy.ca



E-FILE FROM \$59⁹⁹+GST

Top Shelf Bookkeeping Ltd.
Locally Owned & operated since 1994

2 CONVENIENT YEAR ROUND LOCATIONS

101-76 Gorge Road West
Victoria, BC V9A 1M1
250-388-9423

1253B Esquimalt Road
Victoria BC V9A 3P4
250-590-4050



Steeve Lesperance

Motorcycle Sales Consultant
Barnes Harley-Davidson, Victoria

Ask me about the
Military/Veterans discount

E: steeve@barneshd.com / 250-516-2024

P: 250-475-1345 W: www.barneshdvictoria.com

A: 2940 Ed Nixon Tce, Victoria

Motor Vehicle License #: 8594

**ALL DAY BREAKFAST & LUNCH,
FRIENDLY ATMOSPHERE,
WALKING DISTANCE TO BASE!**

10% off for Military

The Sunnyside Cafe

View full menu at www.sunnysidecafe.ca

Open 8 am – 3 pm 7 days a week

Dine in or call for take out

101-1234 Esquimalt Rd

250.590.2412

We are accepting dental patients

Of all ages with a special interest in
Children's Dentistry and Esthetics



**Dr. Teodora
Russu,
DMD, CD**

Retired LCol Teo Russu has
24 years of quality military
dentistry experience.



MOSS HEALTHCARE
YOUR HEALTH. OUR PASSION.

778-406-1177

143 MOSS STREET • VICTORIA

For more information visit www.mosshealthcare.com

ON SIDE FOR YOU

We thank you for your service

McCONNAN BION O'CONNOR & PETERSON

Lawyers

ON SIDE FOR YOU
www.mcbo.com

McConnan Bion O'Connor & Peterson Law Corporation
#420-880 Douglas Street, Victoria, BC Canada V8W 2B7

Tel: 250-385-1383 | Toll Free: 1-888-385-1383 | Fax: 250-385-2841

Skyhawks take Logistics 50th Flag to the skies

Photo by Master Corporal Jeremy Canfield, Canadian Army Advanced Warfare Center.
Corporal Jason Bent, a SkyHawks parachute rigger and proud Logistician, flies the Logistics Branch's 50th Anniversary Flag and Pennant during a sky dive at Trenton, Ontario in September 2017 as part of a global flag relay to celebrate the anniversary.

Master Corporal Annie-Claude Venne Canadian Joint Operations Command

The Canadian Armed Forces Logistics Branch is celebrating its 50th Anniversary by passing an official Canadian Forces Logistics Branch Flag and pennant among Logisticians across Canada and around the world.

The flag began its journey July 1, 2017, when a group of Logisticians gathered at the National Military (Beechwood) Cemetery in Ottawa to unfurl the Logistics Branch 50th Anniversary Flag for the first time.

The flag, which has a GPS tracking system, travels in a weather-resistant backpack and includes a logbook for signatures of serving and retired members.

In September 2017, the journey brought the flag to Trenton where two members of the Canadian Armed Forces Parachute Team, The Skyhawks, took it for a sky dive from 6,000 feet. Along with the two members from the team were six Logisticians on board the aircraft to do various types of airborne currency training.

"The SkyHawks' team Warrant Officer, WO Steve Ouimet, informed me about the Flag Relay. His wife, Sergeant Isabelle Dufour, is a Logistician and they thought this would be a good opportunity to show that riggers are also Logisticians," said Master Corporal Jeremy Canfield, a supply technician and parachute rigger.

Parachute riggers are supply technicians by trade. There are around 50 currently qualified to rig parachutes in the CAF. They are mainly located in Trenton, but can also be posted with search and rescue squadrons and other units with parachutists. It takes three years of training to qualify as a parachute rigger.

Corporal Jason Bent, a parachute rigger, had the privilege of carrying the official 50th Anniversary Logistic Branch flag during the dive, while MCpl Canfield, who has more experience with camera work, took the lead with imagery.

Logisticians are the backbone of military operations, and the flag relay contributes to get the word out about the 50th Anniversary of the Logistics Branch.

PACIFIC Mazda

i-ACTIV ALL-WEATHER DRIVE EVENT

2017 CX-5 GX

GT model shown with available accessory roof rack



0% PURCHASE FINANCING*

ON SELECT MODELS

GET A CREDIT ON WINTER TIRES² OR ACCESSORIES*
ON ALL NEW MAZDA MODELS



MILITARY & DND INCENTIVE PROGRAM

DL8152

+\$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

▲0% APR Purchase Financing is available on select new 2017, 2018 Mazda models. Excluded on 2017 MX-5, 2018 MX-5, CX-5 and CX-9 models. Based on a representative agreement using an offered pricing of \$17,595 for the new 2018 Mazda3 GX (4AK88A00), with a financed amount of \$18,000 the cost of borrowing for a 60-month term is \$0, monthly payment is \$300, total finance obligation is \$18,000. Offer includes freight and P.D.E. of \$1,695 and \$100 air conditioning charge (where applicable). Offer excludes PST/HST. 2. Winter Tire Credit Offer is available to qualifying retail customers who cash purchase/finance/lease a new, in-stock 2017 and 2018 Mazda model from an authorized Mazda dealer in Canada between January 3 - 31, 2018. Winter Tire Credit Offer value of \$425. Customer can substitute for a \$425 cash discount. Cash discount substitute applied before taxes. Winter Tire Credit will be deducted from the negotiated accessory item price before taxes. Winter Tire Credit Offer cannot be combined with Winter Accessory Credit Offer. Some conditions apply. See dealer for complete details. 3. Winter Accessory Credit Offer is available to qualifying retail customers who cash purchase/finance/lease a new, in-stock 2017 and 2018 Mazda model from an authorized Mazda dealer in Canada between January 3 - 31, 2018. Winter Accessory Credit Offer value of \$425. Customer can substitute for a \$425 cash discount. Cash discount substitute applied before taxes. Winter Accessory Credit will be deducted from the negotiated accessory item price before taxes. Winter Accessory Credit Offer cannot be combined with Winter Tire Credit Offer. Some conditions apply. See dealer for complete details.

Find Your Power

Highly Personalized Trauma Treatment

NON-12 STEP SINCE 2008



Treatment Shouldn't Feel Like Punishment

We are committed to our clients' transformations and helping them become healthy 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

We are an approved addictions and mental health treatment provider for the Canadian Forces and Veterans Affairs Canada. We offer an intensive trauma program designed specifically for co-occurring occupational stress injuries and substance and alcohol use issues.



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

Flag relay stops in CFB Esquimalt



Photos by Leading Seaman Valerie LeClair, MARPAC Imaging Services

The special Logistics 50th anniversary relay flag made its way to CFB Esquimalt for group photos and a tug of war - see photo below.

A special Logistics 50th anniversary flag was received in Victoria by CFB Esquimalt Logisticians as part of a flag relay, who has seen their Branch Flag travel the distance around the world, more than once.

It's not a relay of the athletic variety, but rather one of ceremony with the flag now making its way across Canada and to the Northern Regions.

Equipped with a GPS tracker, the flag was received by 39 Service Battalion located in the Bay Street Armoury where members proudly paid tribute to the initial leg of the relay.

The flag was then handed over to CFB Esquimalt's Base Administration Branch where Chief Warrant Officer Mark Dankworth's team eagerly awaited the flag and snapped numerous photos.

Next stop was the storied Colwood 66 Building, the main

Royal Canadian Navy Supply Depot on the West Coast and materiel shipping hub, where the flag celebration coincided with the advanced promotion of one of their Traffic Techs.

From Colwood, the flag was transported by RHIB and photographed with the historic light house and the beautiful mountains as a backdrop before being ceremoniously handed to HMCS Calgary's Logistics Department. Base Logistics' Transport (TEME) near Work Point was next, and the final leg of Victoria's flag relay concluded at dockyard Base Logistics with a great photo near the Welcome to Maritime Forces Pacific sign.

According to Cdr Sam Sader, the Commanding Officer of Base Logistics, the BLOG Team composed of proud and valued civilian and military logisticians, has kicked off the 'Year of the Logistician' with tremendous success. As the National

Flag Relay OPI, CWO Flowers stated: "When the flag passes from one Logistician to another, it makes us think of the friends and co-workers who are working in many locations across Canada and around the world."

"We share the memories of serving in different places and the challenges that we've had to endure, yet we are always mindful of the challenges ahead."

The remaining B.C. portion of the 50th Anniversary Flag Relay will see the flag transferred from Victoria to Comox and then to Vancouver and Richmond.

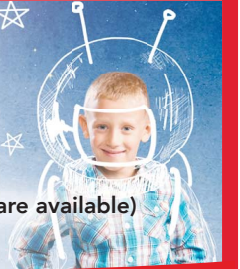
A pictorial record of the flag tour is currently being assembled by Chief Warrant Officer Flowers in Ottawa-Hull.

For more information and to track the flag in its journey across the globe visit the website: www.cfla-alfc.org/anniversary/



PRO D DAY CAMPS

- Location: CPAC
- Friday, Feb. 23: Futuristic Fun
- 9:00-4:00pm (before and after care available)
- Cost: \$37 R / \$42 O / \$47 A



REGISTER AT: www.cafconnection.ca/Esquimalt



1ST CLASS SERVICE
Backed With Knowledge

HALEY LOPEZ

cell • 250.886.5312
email • hlopez@sothebysrealty.ca
752 Douglas Street Victoria B.C. V8W 3M6

Sotheby's | Canada
INTERNATIONAL REALTY

First Responders & Military Get \$200 OFF Wednesdays



'Sullivan's
FOR MEN of ALL AGES

Hot Shave Available

250 478 9424
Appointments Not Necessary

Seniors and Kids 12 and under Regular \$18

\$14.00

756 Goldstream Ave.

Open Mon-Fri 8:30am-5pm, Sat 8:30-4pm

BIKE RENTALS AVAILABLE

We give Military Discounts

SAVAGE CYCLES



Vancouver Island's only **DUCATI & TRIUMPH** dealer

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

Start your **NEW** career in **Digital Technology!**

Web Tech & Digital Marketing

Certificate Program

FULL-TIME COURSE

LEARN TO

TOTAL OF 330 HOURS
INSTRUCTOR-LED GROUP LEARNING
12 WEEKS
MONDAY-FRIDAY: 9AM - 3PM
MAXIMUM OF 12 STUDENTS

- Design For The Web
- Code For The Web/Mobile
- Set Up/Maintain CMS
- Digital Marketing Strategies/Tools

CLASSES STARTING THIS FALL
REGISTER TODAY!

Phone: 1-250-298-5059
Toll Free: 1-866-702-527
Email: info@qcollege.ca
Web: www.qcollege.ca

Q College
LEARN TO CODE

Gateway Village 303-771 Vernon Avenue | Victoria, BC V8X 5A7

* Custom one-on-one classes available

TO ALL MEMBERS AND GUESTS OF
ARMY, NAVY AND AIR FORCE VETERANS CANADA, JOIN US AT
CLUB ANAVETS SIDNEY UNIT #302

FEBRUARY ENTERTAINMENT BANDS & EVENTS

23rd **Dance to The Kingmixers**
7-11 PM

25th **Fun Bowling 11 AM**
followed by **Bingo 2-5 PM**

BC Gaming Event Licences
are renewed each year.
Know your limit, stay within it!

DROP-IN POKER every Tues. at 7 PM
DROP-IN CRIB every Thurs. at 1 PM
DROP-IN POOL every Sat. 3-5 PM

**MEAT
DRAWS**
Wed., Fri. & Sat.
5PM

For a calendar and details on each event visit

www.unit302.ca

Club: 250-656-3777 Office: 250-656-2051
9831 - 4th St. Sidney (By the Jet Plane)



FLEET CLUB

**Bonaventure
Room Closed**

AS OF FEB.13, the Pacific Fleet Club Bonaventure Room will be closed for all use and events.

The Okanagan Lounge will remain open until approximately December 2018 when the Pacific Fleet Club is relocated to its new building, Naden 40.

This partial closure is being done as a precaution and to allow for focused maintenance to ensure continuing mess services during this on-going transition.

MARPAC HEALTH & WELLNESS expo

Photos by Peter Mallett, Lookout



Paul Silletta of Melting Moments Catering shows off a sandwich plate.



Left: Hazel Braithwaite, United Way of Greater Victoria Director of Community Campaign; Base Chief, Chief Petty Officer Gino Spinelli; Julie Mills, HealthPartners Accounts Manager; and Captain (Navy) Jason Boyd, Base Commander, display a cheque for \$300,000 from the National Defence Workplace Charitable Campaign.

National Defence Workplace Charitable Campaign

The Expo was also the venue to mark the conclusion of this year's National Defence Workplace Charitable Campaign (NDWCC), which began in October 2017. Through a variety of fundraising initiatives, this year's campaign raised \$300,000 for local charities.

Captain (Navy) Jason Boyd, Base Commander, made a brief speech to the crowd and then made a cheque presentation to Hazel Braithwaite, United Way Greater Victoria Director of Community Campaign, and Julie Mills,

HealthPartners. Braithwaite congratulated Capt(N) Boyd and CFB Esquimalt's military and civilian employees for another solid contribution this year, noting the sizable donation will go a long way to funding programs in the community.

"We are always impressed with the support we get from CFB Esquimalt and are thrilled to have this sizable donation to put back into the community that will help operate so many programs," said Braithwaite.

Capt(N) Boyd said the charitable

campaign also helps to highlight the "tremendous efforts" of military personnel and civilian staff in the community, either through financial support, volunteering, and other acts of goodwill.

"The point I really want to make about this year's NDWCC campaign is that it really wasn't about the size of your wallets but the size of your hearts," said Capt(N) Boyd. "We are very pleased with the results of this year's campaign and are able to celebrate MARPAC's involvement in the community; we give back a lot."

BASE PROMOTES HEALTH AND WELLNESS

Big turnout at Health and Wellness Expo

Peter Mallett
Staff Writer

Over 120 businesses and community organizations plotted a course for fun and information at the Naden Athletic Centre Feb. 15 at this year's MARPAC Health and Wellness Expo.

Over 1,000 military and DND civilian employees attended this year's expo held in the upper and lower gymnasium of the sports complex. The annual event features interactive display booths by local non-profits and businesses representing health and wellness,

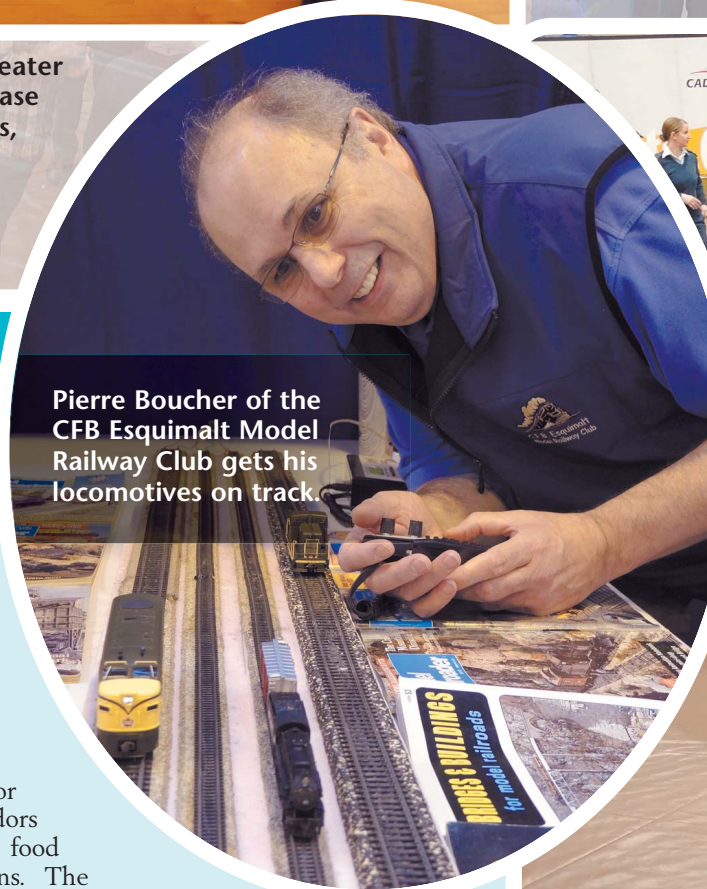
recreation, sports, fitness, outdoor activities, schools and base clubs.

One popular feature of the expo were the door prizes offered up by vendors along with the delicious free food samples available to patrons. The first 500 visitors received vouchers for complimentary lunch, courtesy of the PSP sponsorship program, for food trucks Deadbeetz and Mai Mai's Bistro.

Those not lucky enough to get their hands on a food voucher could still sate their appetites as Hertels Meats were on hand frying up side and back bacon samples, while Esquimalt's Melting Moments Catering were offering up sample pasta and desserts, and Serious Coffee provided free coffee and tea to visitors.

For those with an appetite for travel they could enter WestJet airlines' free draw to win a trip to any of its destinations in Canada. This year's winner was AB Brett Melchior of HMCS Winnipeg.

Pierre Boucher of the CFB Esquimalt Model Railway Club gets his locomotives on track.



Trevor Ball of Fort Street Cycle shows off a bike while CPO2 (Ret'd) Stephane Marcotte of Vancouver Island Compassion Dogs Society shakes a paw with his Certified Service Dog Sarge.



Karl Schneider, Registered Massage Therapist at The Spa at Delta Ocean Pointe Resort, gives a massage.



Patrons line up at the Deadbeetz food truck for a free lunch.

The winners of Shelly Reed's
2 - \$250 Thrifty Foods Gift Cards are:

Sgt Leander Volz
and Bev Kirtay

Special thanks to our generous event sponsor:

Shelly Reed 250-213-7444

I Listen and I Care!

sr@shellyreed.com

www.shellyreed.com

HomeSold®
Real Estate Corporation





SCHOLARSHIPS FOR MILITARY AND VETERANS.*

WWW.SPROTTSHAW.COM

VICTORIA: 250-384-8121

WESTSHORE U-LOCK MINI STORAGE

MILITARY
DISCOUNT
OFFERED



selfstorage.ca

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

1621 Island Highway, 250-478-8767



Navigating Home

Residential Addiction Treatment

Veteran Support Services

OSI Support & Therapy

Certified Counsellors & Clinicians

Addiction Recovery Programs

Family Support Programs

Financial Literacy & Planning

The Lighthouse & Beacon Hill Recovery

Transitional Housing



TOGETHER WE CAN

Addiction Recovery & Education Society

Vancouver • Victoria • Burnaby • Surrey • Coquitlam

info@twcrecoverylife.org

twcrecoverylife.org • 1.888.940.9854

New phone app could save lives

A new smartphone app is set to turn B.C. bystanders into potential life-savers should a sudden cardiac arrest occurs in a public place.

BC Emergency Health Services (BCEHS) has launched the free PulsePoint application throughout the province. It provides vital information in the case of cardiac arrest, where minutes count in reducing suffering and preventing death.

Smartphone users with Pulsepoint are connected to the BCEHS emergency dispatch system. When a sudden cardiac arrest is reported at a public location through 9-1-1, dispatchers can send the location to people with

mobile devices within short walking distance. A user with training in cardiopulmonary resuscitation (CPR) can then go to the patient and begin CPR while paramedics are en route.

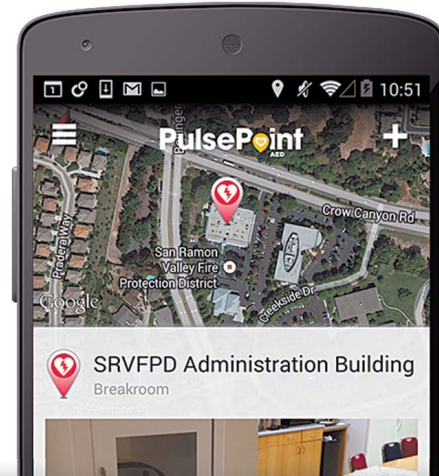
The smartphone alert also shows users a map pinpointing the location of nearby portable public defibrillators, which are another tool that the general public can use safely before

paramedics arrive.

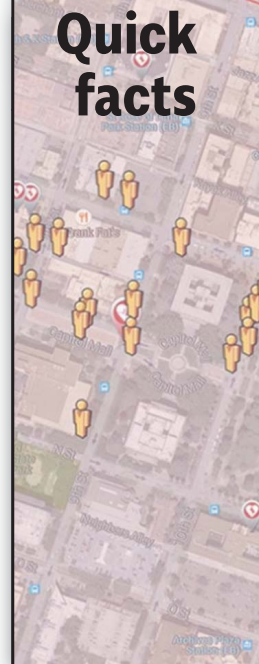
British Columbia is the first to have a province-wide program for this public notification service. Pulsepoint also operates in an Ontario municipality and in a number of U.S. counties and cities.

The effectiveness of Pulsepoint will be studied in BC and other parts of Canada and the US to determine whether the app increases public participation in cardiac arrest resuscitation. BC is expected to take part in this randomized, controlled research trial starting in 2018.

The PulsePoint app can be downloaded from both the Apple Store for iOS and from Google Play Store for Android OS.



Quick facts



3 minutes

... the amount of time after a sudden cardiac arrest in which brain damage occurs if immediate help is not available. Sudden cardiac arrest occurs without notice and leaves patients unconscious.

7,101

... the number of cardiac arrests BCEHS paramedics responded to in 2017

25%

Bystanders performed CPR in approximately 25 per cent of these cases.

10%

The survival rate beyond 30 days for sudden cardiac arrest in BC is approximately 10 per cent.

Sexual assault charge laid against military morale tour participant

DND

On Feb. 7, the Canadian Forces National Investigation Service charged Dave Williams with sexual assault and assault under the Criminal Code.

The charges relate to reported incidents during a Canadian Armed Forces flight to Latvia in December 2017. The accused was a passenger on the flight as part of a sanctioned morale visit to deployed Canadian Armed Forces personnel.

Williams faces one count of sexual assault

under section 271 of the Criminal Code, and one count of assault under section 266 of the Criminal Code.

In all cases, the subject of charges is presumed innocent until proven guilty. The matter is now proceeding in accordance with the civilian justice system and will be brought forward by the Crown Attorney in Ottawa at a date still to be determined.

The Canadian Forces National Investigation Service is a unit within the independent Canadian Forces Military Police Group whose mandate

is to investigate serious and sensitive matters in relation to Department of National Defence property, Department of National Defence employees and Canadian Armed Forces personnel serving in Canada and around the world.

The Canadian Forces Military Police Group performs policing on all defence establishments, including all locations where the Canadian Armed Forces are deployed around the world. In many circumstances, this includes jurisdiction over civilians.

New online career tool for exiting military members

DND

Members of the Canadian Armed Forces (CAF) have a new tool to help facilitate their transition into the civilian workforce. MNET, which officially launched Oct. 16, 2017, is a new, free to use, online career transition tool that matches military occupations with civilian occupations and job openings. MNET is short for Military Occupational Structure ID (MOSID) to National Occupational Classification (NOC) Equivalency Tool.

To use MNET, CAF members and Veterans just need to enter information about their military career and a matching civilian occupation with job description, as well as a link to relevant civilian employment opportunities on the Government of Canada's Job Bank is produced.

Employers are also able to use MNET, which can help them to understand a particular military occupation and lets them post forecasted job openings specifically for Veterans.

"It is exciting to see the implementation of this great initiative well ahead of schedule. It would not have been possible with-

out the commitment from interdepartmental cooperation throughout this process," said Brigadier-General Mark Misener, the General Officer leading the creation of the Canadian Armed Forces Transition Group. "CAF members often think little of the training and experiences that they have amassed during their careers and the weight it can carry over into the competitive labour market."

MNET is the result of coordinated efforts by the CAF's Directorate of Casualty Support Management, the Military Personnel Generation Learning Support Centre, Veterans Affairs Canada (VAC), and Employment and Social Development Canada (ESDC). For example, in order to allow for the translation of military occupations to civilian equivalents, ESDC provided access to its vast catalogue on occupational information in Canada, which categorizes more than 30,000 occupational titles into groups that are organized according to skill types and levels.

The online tool, based on a United States Department of Labor application, was created and customized for Canadian military needs

in large part using existing resources and therefore at a low cost of \$18,000.

"The small cost of this system, when you look at how it will simplify job and personnel searches and make life easier for transitioning members, is really incredible," said Captain (retired) Andy Choquette, one of MNET's creators.

In addition to MNET, Veterans also have access to VAC's Veterans in the Public Service Unit, which was formed to help Veterans navigate the federal public service hiring process. This new unit assists Veterans by providing them with possible public service opportunities that match their skills and education, and also works with managers from across the public service to promote the training and experiences of Canadian Veterans for employment.

Other components for MNET, such as a military skills translator and a mobile app, will be introduced in the coming months to continue enhancing member readiness for a successful military to civilian transition.

Access to MNET is now available at: <http://caface-rfaccine.forces.gc.ca/mnet-oesc/>



TRACKSIDE AUTO SERVICE LTD.
A FULL SERVICE AUTO REPAIR FACILITY

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

BBB B.C. GOVERNMENT DESIGNATED INSPECTION FACILITY

Castrol

WALKER HANKOOK

* under 80,000 km

Stronger communities are part of our bottom line.

We're pleased to support the CFB Esquimalt Health and Wellness Expo.

 coastcapital SAVINGS

STAPLES

Advantage

Honouring 100 yrs of local service

Official Supplier to the Federal Government

Andy McMahon
Account Manager
Staples Advantage
Victoria, BC V9B 4S2
Tel (250) 704-2797
Fax (250) 391-5725
Cell (250) 361-8459
andy.mcmahon@cexp.ca
www.staplesadvantage.ca

ISO 9001:2000
ISO 14001:2004

Vancouver Island Safety Council

MOTORCYCLE RIDER TRAINING

NOVICE & TRAFFIC PROGRAMS

EXPERIENCED RIDER COURSES

ICBC CERTIFIED COURSE

250-478-9584
www.visafetycouncil.com

Pension for life benefits coming

DND

Transitioning out of the Canadian Armed Forces into the next chapter in life shouldn't have to come with any financial worries, especially if you're ill or injured.

That is why on Dec. 20, 2017, Seamus O'Regan, the Minister of Veterans Affairs and Associate Minister of National Defence, announced the government's commitment to offer lifelong financial support for Veterans through the new Pension for Life benefits.

Pension for Life is a combination of benefits that provide the recognition, income support and stability to Canadian Armed Forces (CAF) members and Veterans who experience injury or illness related to their service. These new benefits will come into force on April 1, 2019, and be made up of:

- The Pain and Suffering Award that recognizes

service-related pain and suffering. This monthly, lifelong payment is meant to recognize members and Veterans for any pain and suffering they experience due to service. Veterans can choose a monthly payment or to cash out the award at any time and receive the balance. The monthly payment gives CAF members and Veterans the flexibility to choose what works best for them and their families.

- Income Replacement Benefit that provides income support when needed. The monthly benefit is designed to provide income support and recognize lost career advancement when a member requires financial assistance during his or her transition to life after service. The benefit is available to Veterans and their families, for life.
- Additional Pain and Suffering Compensation

which provides additional support for those with exceptional permanent impairment. This monthly, lifelong benefit is for Veterans who are experiencing limitations returning to life after service because of the quality of life issues they face, as a result of their illness or injury.

The new benefits are intended to address concerns raised by CAF and Veteran communities—it will allow CAF members and Veterans living with a service-related illness or injury to choose the form of compensation that works best for them and their families. With existing well-being programs, Pension for Life is designed to help Veterans achieve their goals life after service, whether it be education, work or retirement.

For more information on Pension for Life, visit www.veterans.gc.ca/eng/services/pension-for-life

FRONT RUNNERS

10% OFF MILITARY DISCOUNT*

Email nick@frontrunners.ca for Bra Program

We are owned LOCAL

We fit island SOLES

 **FRONT RUNNERS**

**VICTORIA 1200 VANCOUVER ST.
SHELBOURNE #3-3659 SHELBOURNE ST.
LANGFORD #123-755 GOLDSTREAM AVE.
NANAIMO #101-1825 BOWEN RD.**

frontrunners.ca

Bravo Zulu

HMCS Winnipeg Promotions and Awards

Commander Mike Stefanson, Commanding Officer of HMCS Winnipeg, presented the ship's company with awards and promotions.



AB Barry is promoted to her new rank.



MCpl Dion receives the Operational Service Medal.



LS Reilly receives the Operational Service Medal.



AB Downie receives the Operational Service Medal.



PO Udholm receives the Bronze Sea Service Insignia.



Eleven members of the ship's company receive Gun Metal Sea Service Insignia.



Lt(N) Brett is promoted to his current rank.



Lt(N) House is promoted to his current rank.



PO2 White is promoted to his current rank.



LS Betts is promoted to his current rank.



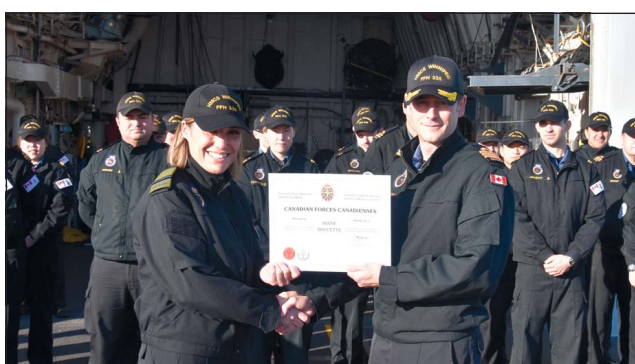
LS Reves is promoted to his current rank.



PO Willdig receives his Canadian Forces' Decoration.



SLt Parnell receives his Phase VI qualification certificate.



Lt(N) Doucette receives her Physical Fitness Award for Aerobic Excellence.



LS Li receives his Junior Weapons Engineering Technician certificate.



MS Mongeau receives his Bronze Sea Service Insignia.



LS Wright receives his Bronze Sea Service Insignia.



Seven members of the ship's company receive their Gun Metal Sea Service Insignia.



LS Verhaeghe receives his SAC Delta certificate.



LS Guest receives his SAC Delta certificate.



LS Marsh receives his SAC Delta certificate.



LS Morris receives his SAC Delta certificate.



LS Morris also receives the SAC top student award.



LS Bujold-Foisy is promoted to his current rank.



PO Ensom receives his Canadian Forces' Decoration.



Lt(N) Van Vlaenderen receives his Operational Service Medal.



AB Gallant is promoted to his current rank.



AB Church is promoted to his current rank.



AB Meyer is promoted to his current rank.



MS Donaldson receives his Machinery Control Console certificate.



MS Campbell receives his Machinery Control Console certificate.



LS Lyall receives his Machinery Control Console certificate.



LS Bujold-Foisy receives the CO's coin in recognition for being awarded the Sailor of the Quarter.

Bravo Zulu

HMCS Regina Promotions and Awards

Commander Colin Matthews, Commanding Officer of HMCS Regina, presented the ship's company with awards and promotions.



AB Mailloux is promoted to his current rank.



AB Korb promoted to his current rank.



Cpl Trent receives his Gun Metal Sea Service Insignia.



LS Hamel receives his Bronze Sea Service Insignia.



LS Leblanc-Levigne receives his Gun Metal Sea Service Insignia.



LS Levasseur receives his Gun Metal Sea Service Insignia.



LS Miller is promoted to his current rank.



LS Ross is promoted to his current rank.



LS Sidhu receives his Gun Metal Sea Service Insignia.



LS Wang receives his Gun Metal Sea Service Insignia.



OS Steffan receives his Machinery Watchkeeping Certificate.



SLt Negm receives his Bronze Sea Service Insignia.

The MARPAC Health & Wellness Strategy proudly presents

GUEST SPEAKER DAVID COLETTA

LEADERSHIP AND THE MILLENNIALS:

Working Effectively with Generational Change



Friday, March 9, 2018

9 – 11:30 am

CHIEF & PO'S RAINBOW ROOM

David Coletto

CEO and Founding Partner,
Abacus Data

DAVID COLETTA is CEO and a founding partner of Abacus Data, a full-service market research and public opinion research firm based in Ottawa. With almost a decade of experience in the industry, David and his partners founded Abacus 7 years ago, and since then it has grown into one of Canada's most respected market research firms.

David is also the lead researcher for Abacus Data's Canadian Millennials Practice and has advised organizations and corporations

on how to engage and manage generational change. He has spoken to groups all over North America on how his generation is disrupting work, politics, and the consumer market.

Abacus Data has provided data-based strategic advice to organizations such as, NAVCANADA, the Air Canada Pilots Association, the Canadian Bankers Association, Shaw Communications, Imperial Oil, the Federation of Canadian Municipalities, Allstate Insurance, Kids Help Phone, the Canadian

Pharmacists Association, the Canadian Medical Association, the Canadian Real Estate Association, the Canadian Professional Sales Association, Food & Consumer Products of Canada, and many more.

Earning a doctorate from the University of Calgary in 2010, David is an Adjunct Professor at the Arthur Kroeger College of Public Affairs at Carleton University where he teaches courses on public affairs strategies, polling, and political marketing.



Pre-registration required

Email: **Andrea.Lam@forces.gc.ca** to register today

Have you considered working with us?

You can find a job that fits with your schedule.
We have casual, part-time and full-time positions.
Visit www.cfmws.com to find out more.

Recreation Leader

CFB Esquimalt | Competition: # ESQ-18-007

Temporary Full Time Position/Temporary Part Time Position

The anticipated Term of this position is 3 months

Job Summary:

Under the supervision of the Youth Program Supervisor, the Recreation Leader assists in planning and organizing a recreation program for children as well as in supervising counselors. He/she assists the program supervisor in advertisement, registration and other administrative requirements.

Qualifications:

- High school diploma AND some years of experience in a related field OR
- An acceptable combination of education, training, and experience will also be considered AND
- Current CPR and Basic First Aid qualifications
- Current National Lifeguard Service Certificate (NLS) qualifications, an asset
- A valid driver's license (BC), an asset
- Language requirement: English Essential

Experience Requirements:

- In working with children
- In providing customer service
- In programming activities for children

- In leading children in activities
- In ensuring safety protocols and procedures
- In using software for word processing, spreadsheets, presentations, databases, e-mail, and Internet browsing

Salary: \$12.18/hr - \$16.98/hr

Conditions of Employment:

Successful candidates will be available to work weekdays, evenings and weekends.

Security:

- Reliability Status
- This process includes a police records check for service with the vulnerable sector.

Start Date: 25 June 2018

Posting Date: 30 January 2018

Application Deadline:

23:59 hrs Pacific Time on 23 February 2018

Application Submission: Submit resume to NPF HR
Office quoting competition # ESQ-18-007.

Email: NPFHREsquimalt@cfmws.com or

Online: www.cfmws.com



Store Supervisor

CANEX

Competition: # ESQ-18-009

CFB Esquimalt – Permanent Full Time Position

Job Summary:

The Store Supervisor assists with the planning, organization and supervision of the store operations. She/He operates the cash register, lottery terminal, video rental computer, data wave and debit/credit machine and maintains a float. For a full description of the job, visit www.cfmws.com.

Qualifications:

- College diploma or certificate in Business Administration, Accounting, or a related field, AND some years of related retail sales experience OR
- High school diploma AND some years of related retail sales experience in retail OR
- Language requirement: English Essential

- In planning and scheduling
- In inventory management
- In personnel administration
- In visual merchandising
- In food and beverage preparation and service
- In using software for word processing, spreadsheets, presentations, databases, e-mail, and Internet browsing

Salary: \$15.09/hr - \$20.65/hr

Conditions of Employment:

Successful candidates will be available to work weekdays and weekends.

Security:

- Reliability Status

Start Date: As soon as possible

Posting Date: 9 February 2018

Application Deadline:

Until a suitable candidate is found

Application Submission: Submit resume to NPF HR
Office quoting competition # ESQ-18-009.

Email: NPFHREsquimalt@cfmws.com or

Online: www.cfmws.com

FILLED!



Facility Clerk

CFB Esquimalt

Competition: # ESQ-18-008

Permanent Part-Time Position/ Casual Position

Job Summary:

Under the supervision of the community recreation manager or the facility supervisor, the Facility Clerk greets visitors, establishes nature of business and directs visitors to appropriate area or person. He/she ensures access to the facility, equipment and services is by authorized clients only. He/she also receives and processes payments for recreation programs or facility use and provides administrative support related to activities at the facility.

Qualifications:

- High school diploma AND some years of experience in a related field; OR
- An acceptable combination of education, training, and experience will also be considered; AND
- Current CPR; and
- Basic First Aid qualifications
- Language Requirement: English Essential

Experience Requirements:

- In providing customer service
- In general office administration

Salary: \$12.18/hr - \$16.98/hr

Conditions of Employment:

Successful candidates will be available to work weekdays, evenings and weekends; must be able to perform moderate lifting, carrying, pulling and/or pushing.

Security:

- Reliability Status
- This process includes a police records check for service with the vulnerable sector.

Start Date: As soon as possible

Posting Date: 31 January 2018

Application Deadline:

Until a suitable candidate is found

Application Submission: Submit resume to NPF HR
Office quoting competition # ESQ-18-008.

Email: NPFHREsquimalt@cfmws.com or

Online: www.cfmws.com

CANSail Instructors (1&2 / 3&4)

Competition: # ESQ-18-006

Canadian Forces Sailing Association (CFSA)
Temporary Part Time or Full Time Positions
(hours vary based on program registration)



Job Summary:

Under the supervision of the Learn to Sail Coordinator, the CANSail Instructors plans, organizes and delivers sailing classes, demonstrating and instructing sailing activities and techniques. S/he assembles supplies and equipment, as required and attends to clients with special needs. He/She also prepares class schedules and records, monitors and reports program attendance.

Qualifications:

For full CANSail 1&2 and CANSail 3&4 qualification requirements, visit www.cfmws.com.

Experience Requirements:

- CANSail 3&4**
 - In planning, organizing, and delivering sailing classes
 - In monitoring and controlling large groups of participants
 - In ensuring safety protocols and procedures
- CANSail 3&4**
 - Of instructional techniques
 - Of group dynamics
 - Of health and safety practices
 - Of injury prevention

Salary:

CANSail 1&2 \$13.87/hr - \$19.62/hr
CANSail 3&4 \$15.09/hr - \$20.65/hr

Security:

- Reliability Status
- This process includes a police records check for service with the vulnerable sector.

Start Date: June 2018

Posting Date: 30 January 2018

Application Deadline:

23:59 hrs Pacific Time on 30 March 2018

Application Submission: Submit resume to NPF HR
Office quoting competition # ESQ-18-006.

Email: NPFHREsquimalt@cfmws.com or

Online: www.cfmws.com

We thank all applicants in advance for their interest in this position, however, only those selected for an interview will be contacted.

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 11 a.m.

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

SERVICES OFFERED

COULD YOU USE HELP getting organized in your personal or business life? Do you need help getting organized before or after your posting? Do you feel overwhelmed with all you need to accomplish in a day? AS Planned Virtual Assistant Services is here to help! Contact me today to discuss your project or assistance requirements. Call: 250-580-0197 or email info@asplanned.ca visit : www.asplanned.ca

CAREER TRANSITION Coach & Resume Writer, former SCAN Coord Judy Marston; 10% Military Discount, www.resumecoach.ca or 250-888-7733

VALERIE MACNEIL COUNSELLING by Valerie MacNeil M.Ed, RCC. New to Esquimalt I offer counselling for mental health, addictions, trauma, grief and loss and couples. Contact Valerie at 250-216-1105 or www.valeriemacneil-counselling.com

DEPLOYING? NEED SOMEONE TO HOUSE SIT? I am a mature, caring, responsible, trusting, non-smoking women. I have local references. Willing to come to Victoria and house/pet sit for you. Call: (613)266-7144 or email: paryar1955@gmail.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

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.

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 3041 Langford Lake Rd, Belmont Secondary. 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

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 3041 Langford Lake Rd, Belmont Secondary. Website: 848royalroadsaircadets.com Contact: 848parentinfo@gmail.com or 250-590-3690

MISCELLANEOUS

MESS KIT FOR SALE Naval mess dress uniform for sale. Fits 32/33W and 38R chest. Cdr rank; masterfully tailored by Andrei in 2000. Excellent condition - includes pants, vest and jacket. phil_menard@yahoo.com

HMCS TERRA NOVA WESTPLOY '73 REUNION Crew members of Terra Nova's Westploy '73 cruise, Operation Gallant, will be reuniting 01-03 May 2018 in Victoria for the 45th Anniversary of the mission. Terra Novans who made this cruise and wish to attend, or wish more information, are to contact John Appler at jeappler@gmail.com

FREEMASON and new to Victoria. Contact us at camusun60secretary@gmail.com. We meet the 2nd Monday of each month.

VIEW ROYAL READING CENTRE. 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.

MISCELLANEOUS

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

FANTASTIC MID 40'S Fabulous mid 50's East Coast Ladies. Starting Biweekly Evening Socials. Join FB Group "Sassy Ole Scotians" to learn more about "Distressed Mess SOS ..."

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

MOVING AND STORAGE

Since 1975
BARRY'S
MOVING & STORAGE LTD.

Award winning service you can trust!

Phone: 250-475-0022
Toll Free: 1-877-475-0022
Email: info@barrysmoving.com

MILITARY DISCOUNT
FOR RESIDENTIAL MOVES



www.barrysmoving.com

REAL ESTATE • FOR SALE

Call direct

Shelly Reed
250-213-7444

- DND IRP
- Experienced Realtor

sr@shellyreed.com

HomeSold
Real Estate Corporation

HomeSold
Real Estate Corporation
The Atrium Building
#301-1321 Blanshard St.
Victoria V8W 0B6

www.shellyreed.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



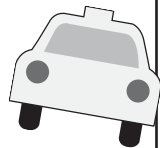
To view these and other properties, visit
www.eyproperties.com

Tenant Referral Program
Military Discount

Base Taxi Service

for Naden, Dockyard & WorkPoint

Operates 7:30am to 3pm
Monday to Friday.



Available for military-related appointments or meetings on base only.

Taxi Dispatch
363-2384

ADVERTISE
IN THE
LOOKOUT
CLASSIFIEDS

CALL
250-363-3127

AUTOMOTIVE

CITY DISCOUNT TIRES
FULL SERVICE AUTO REPAIR
NEW AND USED TIRES

90 Day Used Tire Guarantee
Visit us at www.citydiscounttires.ca

Military discount to all personnel at CFB Esquimalt with ID.



Victoria - #1-798 Fairview Rd at Ellery | 778-440-8473
Nanaimo - 51 Terminal Ave. | 250-591-1522

SERVICES OFFERED

THERE ARE
OVER 1000 FOSTER CHILDREN
ON VANCOUVER ISLAND!

Foster homes are needed!

- Become a foster parent
- Offer relief or respite
- Spread the word

fosterhope.ca

MORTGAGE CONSULTANT



POSTED? GET PRE-APPROVED BEFORE YOUR HHT

WE OFFER:

- Military clause for some mortgages
- A six-month mortgage protection plan, paid by us
- Instant pre-approvals • A one-year home system warranty

SPECIAL DND OFFERS AVAILABLE. CALL TODAY!
Use the "Support Our Troops" Promo code for a .10 rate cashback on your approved rate. OAC.

1.800.991.7993 • MORTGAGEFORCES.CA



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





Doug Aston of Hertel's Meat slices up bacon samples.



An employee of Deadbeetz food truck serves up a hot burger and chips.



Cheyenne Williams and Jojo Villaresis, owner of Mai Mai's Bistro of Sooke, prepare a Yamacado veggie roll in their food truck.

Photos by Peter Mallett, Lookout

MARPAC & HEALTH & WELLNESS expo

PRESENTED BY
MARPAC HEALTH AND WELLNESS
STRATEGY TEAM & LOOKOUT



Special Thanks to:

- Christine Farrington, PSP Event Coordinator

AND

- Base Information Services
- MARPAC Imaging Services
- Real Property Operations
- Base Logistics
- Base Logistics TEMA
- Base Fire Services

Special Shout Out to:

- PCC for providing military personnel for set up, traffic control and tear down

AND

- PSP Sports and Fitness Staff
- Tom Campbell, Facility Manager
- Holly Bauer, PSP Senior Manager Admin Assistant
- PSP Kiosk Staff



A BIG THANK YOU TO OUR SPONSOR

Shelly Reed 250-213-7444

I Listen and I Care!

sr@shellyreed.com

www.shellyreed.com

