

U-PAK MOBILE STORAGE

1 YOU ORDER 2 WE DELIVER 3 U-PAK 4 WE STORE INDOORS

U-PAK! U-SAVE!
778-402-7902
15% MILITARY DISCOUNT
WWW.UPAKSTORAGE.COM
878 VIEWFIELD RD. ESQUIMALT

• CELEBRATING 75 YEARS PROVIDING RCN NEWS •

Volume 63 Number 49 | December 10, 2018

LOOKOUT

newspaper.com

MARPAC NEWS CFB Esquimalt, Victoria, B.C.

Instagram: LookoutNavyNews Twitter: @Lookout_news

Facebook: LookoutNewspaperNavyNews



PRIVATE & COMMERCIAL
 DESIGNATED PROVINCIAL
 VEHICLE INSPECTION FACILITY

VICTORIA (LANGFORD)

2924 Jacklin Road
 250.478.2217

fountaintire.com



We're on this road together.



YULETIDE LUNCHEON

Veteran Art Lefever carves the traditional Christmas turkey with Capt(N) Jason Boyd, Commander of Canadian Forces Base Esquimalt, during the annual Veterans Dine with a CAF Member Yuletide Luncheon, held at the Work Point Galley on Dec. 5. See page 2 for more.

Photo by Leading Seaman David Gariepy, MARPAC Imaging Services

*We proudly serve the
 Canadian Forces Community*

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



(250) 744-3427

paula.whitehorn@mollymaid.ca

ENJOY OUR MILITARY DISCOUNTS 7 days a week!



THERE'S NO STORE LIKE IT!

Full details in-store!

– WEST SHORE –
 975 Langford Pkwy

– SIDNEY –
 9768 Fifth St.

– VICTORIA –
 1900 Store St.



David Vanderlee, CD, BA
Canadian Defence Community Banking Manager Mortgage Specialist

David.VanderleeCD@bmo.com
 M 250.217.5833
 F 250.727.6920

BMO Bank of Montreal, 4470 West Saanich Rd, Victoria, BC

YULETIDE at WORK POINT

Photo by Leading Seaman David Gariepy, MARPAC Imaging Services

Right: Canadian Armed Forces veterans were invited to the annual Veterans Dine with a CAF Member Yuletide Luncheon held at the Work Point Galley Dec. 5.



Inset: Lieutenant (Navy) Ying Duan (left) and Sergeant Helen Pagiatakis (right), smile for the photo.



Victor E. Wong smiles for a photo.



Master Seaman Damian Cayer (left), a Marine Technician at Fleet Maintenance Facility, prepares the plates.



Petty Officer First Class Ian Cudmore and Jim Day converse during dinner.

98.5 OCEAN All Christmas Music

Holiday messages from Senior Command



Photo by SLT M.X. Déry

Happy Holidays from the Auchterlonies

We have had a very busy 2018 with multiple international deployments, domestic operations and generally doing the nation's business at-sea and in our shore establishments. Quite honestly, the professionalism and efforts of our military-civilian teams can make us proud each and every day of the work we do on behalf of Canada and Canadians, locally and across the globe.

As we approach the holidays and look forward to 2019, don't be a cotton headed ninny-muggins! (obligatory Elf quote...) Please take the opportunity to relax and enjoy time with those you love and care for.

From my family to yours, wishing you all a very Merry Christmas and a safe and prosperous New Year.

Rear-Admiral Bob Auchterlonie and Family

Celebrate the Joy

As the crunch of the holiday season begins in earnest and the demands of shopping, decorating, and entertaining can bog us down in the heavy business of good cheer, it's easy to lose sight of one word that makes this time of year so magical: Joy.

It's the refrain of a classic Christmas song: "Joy to the World."

It's on the faces and in the smiles of our sailors seeing the shores of home for the first time after long journeys keeping this country safe and making it proud.

And it's in the eyes and heart of a child racing to open presents on Christmas day - though perhaps not so much for parents confronted by a much too early morning after a few too many egg noggs.

We in the military have a fondness for Latin, and joy comes from gaudere - to rejoice, to celebrate, to feel jubilation and delight. And while it is a gaudy, tinselly word, I don't think it strains credulity to say I have had plenty to rejoice about during this past year as Base Commander of CFB Esquimalt.

I am constantly delighted and filled with pride by the professionalism, dedication to duty and continued excellence of the civilian and military members of the Defence Team at CFB Esquimalt and Maritime Forces Pacific.

We are all blessed by the strong, flourishing relationships the Base enjoys with its friends, partners and neighbours, be they First Nations, the Township of Esquimalt, and the other municipalities of Vancouver Island, the province, or organizations such as HealthPartners and the Goldstream Food Bank.



And I can say without reservation I still take immense satisfaction and pleasure serving you all and this great country as an officer of the Royal Canadian Navy and Canadian Armed Forces.

Part of the joy of this time of year is in abundance - the heaps of love, excitement, food, gifts, and holiday spirits, both Dickensian and distilled.

But we can't forget those in want and need this holiday season, those who feel even more acutely a lack of comfort, companionship, security, warmth, and joy. What gives me hope, what makes me rejoice, is that for all the excesses of Christmas, it also calls forth an abundance of charity and care for people, for strangers

whom we nevertheless take into our hearts and treat like family.

I am always grateful to see that outpouring of generosity, both in money and time, from my colleagues and shipmates at CFB Esquimalt and Maritime Forces Pacific, who never tire of giving of themselves and giving back to our communities.

We have much to be thankful for and many reasons to celebrate this holiday season. So in the words of another classic carol, with tidings of comfort and joy, I would like to wish you all a Merry Christmas and a safe and prosperous New Year.

*Capt(N) Jason Boyd,
Base Commander,
and Family*

The Home of the Full Refund!
3 Locations:
Glanford Avenue
Downtown-Queen's Avenue
Quadra Street
250-727-7480
bottledepot.ca

Surprise your loved one today!
FLOWERS • GIFT BASKETS • CHOCOLATES • TREATS

BROWN'S
The Florist
Since 1912
DOWNTOWN • SIDNEY • WESTSHORE

MILITARY DISCOUNT

DOWNTOWN 250-388-5545 WESTSHORE 778-433-5399
www.brownsflorist.com

Chelsea Housekeeping Services

- Full House Cleaning • Changing Linens
- Laundry • Ironing • Special Requests
- Customized Schedules

FULLY LICENCED, BONDED, INSURED, GST & WORK SAFE BC REGISTERED

info@chelseahousekeeping.ca 778.922.0199
www.chelseahousekeeping.ca
A tidy house is a tidy mind

DHJL
DINNING HUNTER 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

MARTY'S MOUNTAIN CYCLE

CHRISTMAS DEALS FOR ALL!
DON'T MISS IT!

VISIT OUR E-BIKE SELECTION!

250-383-3337 * 1-1258 Esquimalt Rd

BARNES HARLEY-DAVIDSON

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

If you're retired Public Service, Military or RCMP and you don't belong, you're missing out!

www.federalretireesvictoria.ca
Email: service@federalretiree.ca
Call toll-free: 1.855.304.4700

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

250-363-3372

SALES REPRESENTATIVES

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

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

Chuck Samson 778-557-5239
lookoutnewspapersales@gmail.com

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 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

Follow us on Facebook and join our growing social media community.

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

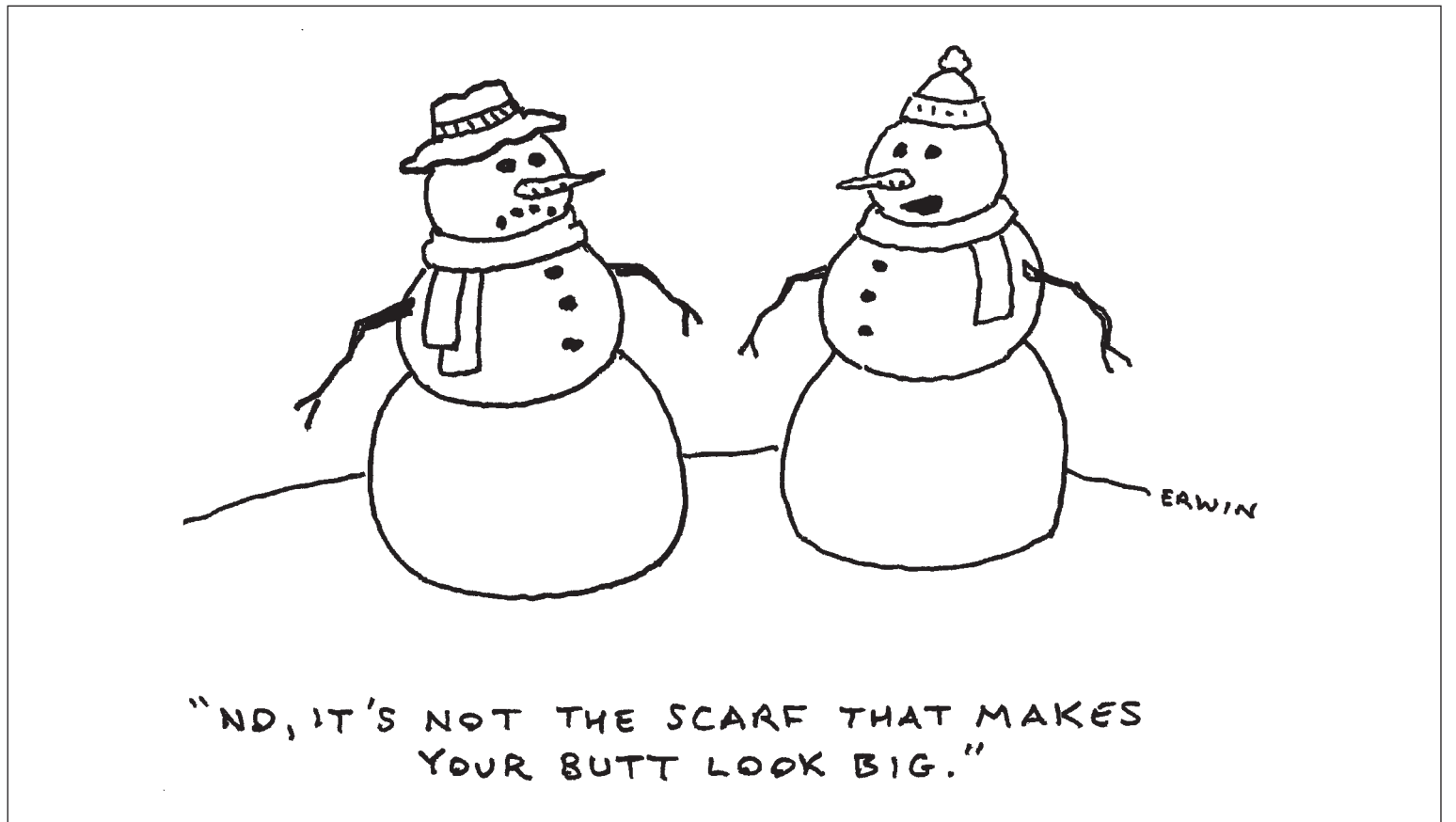
Web: www.lookoutnewspaper.com

Fax: 250-363-3015

Canadian Mail Product Sales Agreement 40063331



WHAT SAY YOU



WHAT SAY WE

SPORTS trivia TIME TO GIVE THE LADIES THEIR DUE

By Stephen Stone and Tom Thomson, Contributors

Questions

1. She was the first filly, and the favourite at race time, to win the Kentucky Derby.
2. She is the first of only three swimmers in Olympic history (Krisztina Egerszegi of Hungary and Michael Phelps of the United States being the other two) to have won individual gold medals for the same event at three successive Olympics (100 m freestyle - 1956, 1960, 1964).
3. Canadian soccer player and captain of the Canadian national team. She scored all three goals for Canada in the 2012 Olympic semifinal versus the USA which won with help from biased officiating.
4. These two females are the only other two fillies to win the Kentucky Derby.
5. This retired professional race car driver was the first woman to qualify and compete in both the Indianapolis 500 and the Daytona 500.
6. She is an American professional motorcycle racer. She made history in 2010 as the first woman to win an AMA Pro Racing sprint road race. She is also the first woman to win a professional motorsports race of any kind at the Daytona International Speedway, on March 17, 2012.
7. She is the most successful woman in the history of American open-wheel racing—her victory in the 2008 Indy Japan 300 is the only win by a woman in an IndyCar Series race.
8. She is an American professional wrestler, actress, author, mixed martial artist and judoka. She is currently signed to WWE, performing on the Raw brand, where she is the current Raw Women's Champion.
9. This daughter of "The Greatest" held the WBC, WIBA, IWBF and IBA female super middleweight titles, and the IWBF light heavyweight title.
10. She was the first woman to play full-time professional hockey in a position other than goalie.
11. This Olympic silver medalist achieved a number of historic firsts during her career, including becoming the first woman to play in any of the major North American pro sports leagues.
12. She is a retired gymnast and a five-time Olympic gold medalist, all in individual events. She is the first gymnast to be awarded a perfect score of 10.0 at the Olympic Games, and then, at the same Games (1976 Summer Olympics in Montreal), she received six more perfect 10s en route to winning three gold medals.

Answers

1. Dawn Fraser of Australia
2. Christine Sinclair
3. Genuine Risk - 1980 and Winning Colors - 1988
4. Janet Guthrie
5. Elena Myers
6. Danica Patrick
7. Ronda Rousey
8. Laila Ali
9. Hayley Wickenheiser
10. Manon Rheault
11. Nadia Comaneci

GALAXYMOTORS

DLR 30897

INTRODUCING...

In-house financing!

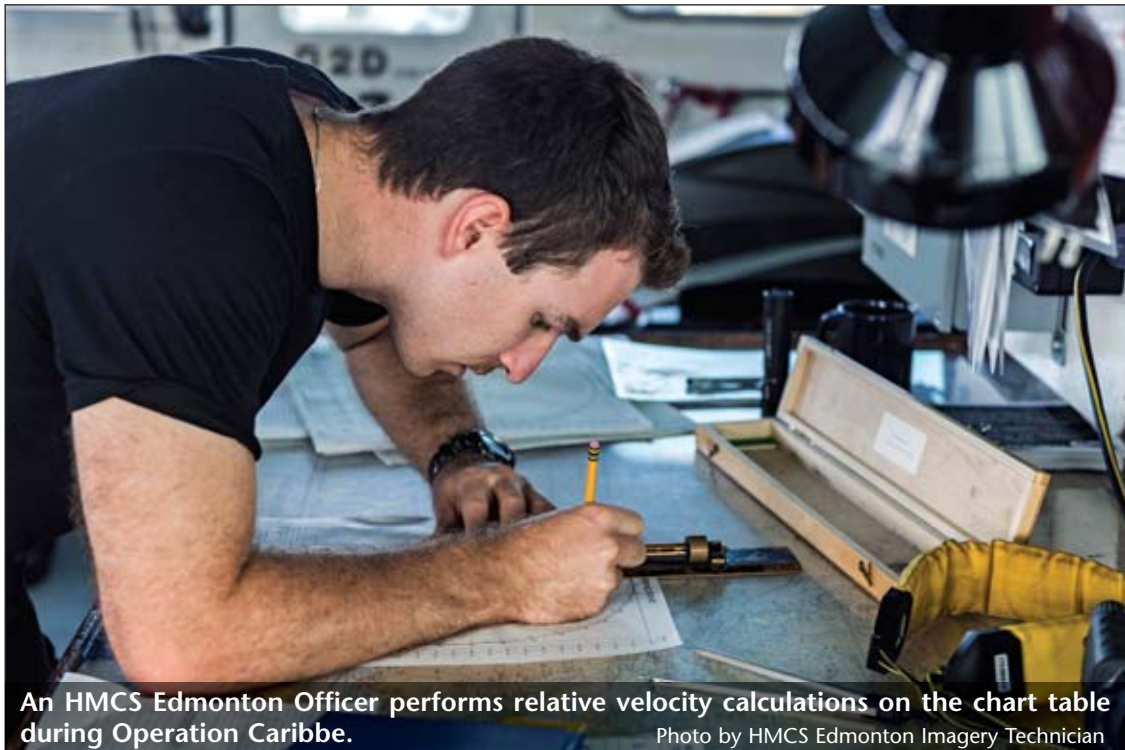
- Do you need a vehicle?
- Have you been told NO?
- New to the country?
- Told the vehicle is too old to finance?
- Hard to prove income?

WE ARE THE BANK

WE CAN HELP

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

Torch Award **FINALIST**



An HMCS Edmonton Officer performs relative velocity calculations on the chart table during Operation Caribe. Photo by HMCS Edmonton Imagery Technician

Ordinary Seaman Kathryn Struthers (left) and Leading Seaman Chrystal Lavigne (right), Naval Communicators, stand watch on HMCS Calgary's bridge during Operation Projection.

Warships heading home for the holidays

Peter Mallett
Staff Writer

HMCS Calgary returns to its home port of Esquimalt on Dec. 18 after five months in the Asia-Pacific region strengthening Canada's relationships with nations in the area.

The Royal Canadian Navy frigate and its crew of 236 left Esquimalt Harbour July 30 for Operation Projection, which formally began Aug. 20.

Calgary will be one of three warships returning to the base that day; HMCS

Edmonton and HMCS Nanaimo will return from Operation Caribe, the Canadian Armed Forces contribution to the elimination of illegal trafficking in the eastern Pacific Ocean by organized crime.

Lastly, making its way to Victoria for the first time will be the navy's interim supply ship Motor Vessel (MV) Asterix, which will come alongside at Ogden Point terminal.

As Calgary plots a course for home, the ship's commanding officer, Cdr Blair Saltel says he and the ship's

company have a great sense of pride with the completion of another successful mission.

"I believe we strengthened relationships for follow-on ships to continue, bolstered trust in Canadian capabilities and interest in the region, and represented our namesake city in an exciting area of the world. I am

proud of what we have accomplished and thankful to the families that supported us from home and the 'Military Family' who will welcome us home."

By the time Calgary sailors cross the brow and into the arms of friends and family, they will have transited over 23,000 nautical miles, visited five countries,

operated with 15 navies and participated in three multi-national exercises.

Also high on its list of operational accomplishments is becoming the first Canadian warship to conduct operations in support of United Nations Security Council Resolutions 2375 and 2397 – sanctions against North Korea.

There was also plenty of time for outreach and naval diplomacy during the mission as Calgary conducted two onboard press conferences, hosted dignitaries from five countries, and

became the first Canadian warship to visit Da Nang, Vietnam.

The ship's company also found time for charity work, raising over \$18,492 for the National Defence Workplace Charitable Campaign, \$1,310 for prostate cancer research, and is targeting a total of \$2,000 for Calgary's Foothill's Burn Unit before it returns.

Cdr Saltel said he and the ship's company are more than satisfied by the results of the mission and are now excited to return home in time for the holidays.



Photo by HMCS Edmonton Imagery Technician
A crewmember from HMCS Edmonton conducts a weapons practice during Operation Caribe.



Leading Seaman Kevin Graham installs the loading unit for the Close In Weapon System (CWIS) on the hangar top during Operation Projection.

Photos by Leading Seaman Mike Goluboff, MARPAC Imaging Services



Able Seaman Kendra Wrestling and Ordinary Seaman Sterling Fox measure the coolant quality for the diesel generator during Operation Projection.

MFRC gears up for holiday homecoming

Peter Mallett
Staff Writer

Staff and volunteers at Esquimalt's Military Family Resource Centre (MFRC) are busy preparing for the return of HMCS Calgary, HMCS Edmonton and HMCS Nanaimo and the arrival MV

Asterix in Esquimalt on Dec. 18.

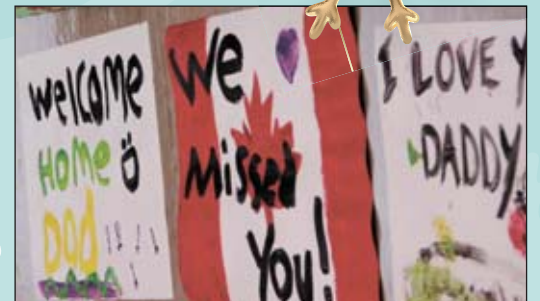
A banner-making workshop for families and friends of sailors aboard the deployed Canadian warships took place over the weekend at the Colwood Pacific Activity Centre. The banners are intended to boost the

morale of sailors standing on the decks as their ship comes alongside.

Creating personalized welcome-home themed signage are just some of the activities organized by the MFRC for the homecoming. On the same day, many families attended Return and Reunion

workshops and a homecoming information session intended to ease the transition of a deployed member back in to the family.

For more information about the MFRC and the upcoming homecomings visit their website: <http://esquimaltmfrc.com>



Victoria Regional Transit

Seasonal Service Change

Effective December 3, 2018 – January 1, 2019

To explore routes and plan your trip:

- Visit **bctransit.com** and use BC Transit Trip Planner
- Refer to your Rider's Guide or pick one up on board
- Text your Stop ID # to 11111

Victoria Regional Transit Commission



Transit Info 250-382-6161
www.bctransit.com

8440

PACIFIC MAZDA



GT model shown

0% PURCHASE FINANCING + UP TO A \$750 WINTER ACCESSORY CREDIT

ON SELECT NEW 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

It's really an **UNREAL DEAL**

Great Bear Rainforest opening in early 2019



IMAX
VICTORIA ANNUAL PASS

Just **\$51.25***

- ▶ Unlimited entrance to traditional films - both 2D & 3D
- ▶ \$6.50 admission to Hollywood Feature Films (\$7.50 3D)

*Includes many benefits, does not include GST.

Limited Quantities

IMAX Victoria 250-480-4887
imaxvictoria.com
In the Royal BC Museum IMAX® is a registered trademark of IMAX Corporation

IMAX
WITH LASER



A Christmas Tradition

TOM HANKS
THE POLAR EXPRESS
AN IMAX 3D EXPERIENCE

Limited engagement: Dec. 5 - 31
Showtimes available in 2D and 3D in IMAX 4K Laser
See showtimes at www.imaxvictoria.com

SPECIAL OFFER
THE POLAR EXPRESS 2 for \$20* (\$22 in 3D)

Purchase online using the promo code PolarExpress or bring this coupon to the IMAX box office and get 2 admissions to The Polar Express for just \$20 and save up to \$9.40 (if purchasing two adults). Offer valid until midnight December 31, 2018 (closed Christmas Day). Cannot be combined with any other offer. Valid for The Polar Express admission only. Must purchase two admissions to receive the discount. Admissions can be any combination (2 seniors, 2 youth, 2 adults, 1 adult & 1 youth, etc).

Use this coupon at the box office or order online with promo code PolarExpress



IX131



Bag pipes unite past and present

Peter Mallett
Staff Writer

As Angus Stanfield, 73, looks back on 2018, he says playing his family's set of century-old bagpipes at this year's Bells of Peace Ceremony will stand as one of his life's greatest memories.

The moment came at sunset, shortly after 4:39 p.m. on Nov. 11, when the Bells of Peace tolled 100 times. That's when the Victoria man put his lips to the mouthpiece, expanded the bag to capacity, and squeezed out a stirring rendition of *Amazing Grace* for onlookers gathered at Fort Rodd Hill.

These are no ordinary bagpipes that Stanfield plays. Made of African blackwood, real ivory, and mounted silver, these authentic Scottish bagpipes have been in his family for over 103 years. They are the same set of pipes played on the battlefield by his Grandfather, Private Donald Kennedy for Canada's 43rd Battalion Cameron (Winnipeg) Highlanders. Pte Kennedy served Canada at the Battle of the Somme, Passchendaele, and Vimy Ridge.

"So many emotions were going through my mind," said Stanfield of playing his grandfather's pipes. "I was thinking about my grandfather and how the pipes I was playing were right there on the battlefields in France and Belgium. I was also thinking about the 60,000 Canadians who were killed, with each ring of the bell representing 6,000 men."

Remembrance Day is normally a busy time for Stanfield, who is chairman of the B.C. Yukon Legion Foundation, Cockrell House, and the Royal Canadian Legion Poppy and Remembrance Day Committee; he is also Vice President of the Dominion Command.

But he wouldn't have missed the local Bells of Peace ceremony and the

chance to honour his Grandfather.

The Bells of Peace initiative was part of Canada's recognition of the 100th anniversary of the day the Armistice. When the peace agreement was signed in Paris on Nov. 11, 1918, church bells across Europe tolled to celebrate an end to 'The War to End All Wars.'

The first ringing in Canada occurred in St. John's Newfoundland and the last was at Fort Rodd Hill.

Stanfield came into his possession of the pipes following his Grandfather's death in 1969. Of impressive design, they are part of a set of bagpipes manufactured by famed Scottish pipe maker Peter Henderson of Glasgow and donated to the Cameron Highlanders by former Winnipeg lawyer and former Chief Justice Alexander MacDonald. On the battlefield, the bagpipes were used to boost the morale of allied troops and frighten the enemy.

Stanfield's set of bagpipes is one of the few cherished possessions of his Grandfather.

He remembers him as a proud and stubborn Scotsman, born in 1892 in Ayrshire, Scotland, and immigrating to the prairies before the outbreak of the First World War. He taught Stanfield to play the bagpipes when, as a young boy, Stanfield would travel by train from Victoria to spend summers on the family farm in Craik, Saskatchewan. The farmland was ceded to Kennedy through the Soldier's Settlement Act. Stanfield remembers the land as parched, hardly arable, and virtually worthless. But somehow his Grandfather managed to raise five children on the property, and through the Great Depression.

"After my Grandfather had gone to war and came back to Saskatchewan, he was pretty messed up from what he had seen on the battlefield," says Stanfield. "He suffered from what they called shellshock back then or what people today would describe as PTSD



Piper Donald Kennedy, 43rd Cameron Highlanders

[Post-Traumatic Stress Disorder]."

He never spoke about the war and whenever he was asked about life on the battlefield and what he saw, he would deflect the question.

"My Grandfather was a quiet man and didn't say much about the war or anything else for that matter, but our bond was through the bagpipes," says Stanfield.

That bond was cemented when Stanfield proceeded to win First Place Ribbons at three Highland Games bagpiping competitions, accompanied by his Grandfather, in the summer of August 1958. When they returned to the family farm his Grandmother snapped a photo of the two. It is a photograph and a memory that Stanfield has kept close.

"Winning those competitions was a proud moment for him, and I know he would be equally proud to know his bagpipes were part of this [Bells of Peace] moment."

Need a vehicle?



GOOD CREDIT,
BAD CREDIT...

WE DRIVE
SOLUTIONS!



The
CREDIT
DOCTOR

www.creditdoctorvictoria.ca | 250-360-1111

Working for our
community

Mitzi Dean

MLA, Esquimalt-Metchosin

250-952-5885

#104-1497 Admirals Road

Mitzi.Dean.MLA@leg.bc.ca / MitziDean.ca



First Responders & Military Get **\$200 OFF** Wednesdays

'Sullivan's
FOR MEN of ALL AGES

250 478 9424
Appointments Not Necessary

Hot Shave Available

Seniors and Kids 12 and under Regular \$18 **\$14.00**

756 Goldstream Ave. Open Mon-Fri 8:30am-5pm, Sat 8:30-4pm



Helping
constituents
with Federal
government
programs and
services.



Randall Garrison, MP
ESQUIMALT-SAANICH-SOOKE

2904 Tillicum Road, Victoria
Monday-Thursday, 10am-4pm
250-405-6550

Randall.Garrison@parl.gc.ca
www.randallgarrison.ndp.ca

AFFORDABLE
OFF BASE LIVING!

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

ASK ABOUT OUR
MOVE IN DISCOUNT!

250.381.5084 CAPRENT.COM

Junior Ranks Deck the Halls



Honourary Base Commander for the day, Private Simon Dah, along with Captain (Navy) Jason Boyd, prepares to carve the turkey at the annual base Christmas luncheon celebration at the Work Point Galley on Dec. 6.



Inset right: Honourary Base Chief Petty Officer, Leading Seaman Nancy Janes, along with Chief Petty Officer First Class Ian Kelly, Base Chief, officially trade ranks.



Capt(N) Ed Hooper serves turkey lunches to the junior ranked military members.



Lt(N) Amy Mahar serves a turkey lunch to LS Breanna MacKay and LS Darcy Savard.



SEA KING Gala Dinner



Officers past and present who have served with the CH124 Sea King Helicopter pose during the Gala Dinner at the 443 Maritime Helicopter Squadron Hangar in Patricia Bay Dec. 1. Photos by LS Laurance Clarke 12 Operations Support Squadron Imaging

Thanks to our sponsors















An ice sculpture adorns a table.



Members of 12 Wing Shearwater attend a Gala Dinner following the Parade marking the retirement of the CH-124 Sea King Helicopter.

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.com

Independently owned and operated, associated trademarks are used under license.




SCHOLARSHIPS FOR MILITARY AND VETERANS.*

WWW.SPROTTSHAW.COM

VICTORIA: 250-384-8121

STAY CONNECTED

 @LookoutNewspaperNavyNews  @Lookout_news



LOCAL IT TASTES BETTER

7 ISLAND OWNED AND OPERATED LOCATIONS

COMMUNITY, FARMERS, GROWERS AND PRODUCERS

SEA KING lifts and thrusts into retirement

Peter Mallett
Staff Writer

Heartfelt tributes flowed freely during the official Sea King helicopter retirement parade Dec. 1, when the military and DND community bade farewell to the longest serving aircraft in the Royal Canadian Air Force (RCAF).

Inside the hangar at 443 Maritime Helicopter Squadron at Pat Bay, more than 500 people gathered to witness the historic send-off.

"To our magnificent Sea King, though you were an inanimate object, you were a living presence in the lives of so many of us in the navy and air force; we will certainly miss you," said Lieutenant-General Al Meinzing, Commander of the RCAF, to the crowd. "I see all of the people here today that have worked on the Sea King, many of whom spent 20, 30 or more years around the aircraft. It really was the catalyst for the mission, and for the friendships and bonds we established within the air force and

with our navy teammates." When Rear-Admiral Art McDonald, Deputy Commander of the RCN, stepped to the podium, he also noted the partnership between the two environments that was forged by the aircraft and its role with navy warships. The former Commander of Maritime Forces Pacific said that over the years, from the Cold War era to present-day operations, the Sea King served an integral part in naval deployments.

"Today is the day we retire a stalwart workhorse and celebrate how it provided the foundation for continued naval-aviation success in a navy-air force industry partnership," said RAdm McDonald. "The Sea King was more than just a helicopter; since its introduction in the RCAF, it fundamentally changed the nature of naval operations worldwide."

When the Sea King was procured in 1963 its intended use was for naval anti-submarine warfare. But as the flight hours mounted it proved its versatility and reliability

for countless other tasks and missions. Those included anti-surface warfare, maritime engagement and narcotics interdiction operations, counter-terrorism and anti-piracy, humanitarian assistance, search and rescue, and domestic disaster relief operations.

At the conclusion of the parade everyone stepped outside the hangar's giant bay doors to watch the ceremonial fly-past of three CH-124 Sea Kings. Under grey skies and a light drizzle, many of those in attendance grabbed their cell phones and pointed their devices skywards as the helicopters made two passes above the hangar before returning to the tarmac.

The last of the Sea Kings are scheduled to perform one final flight over the skies of Victoria in an exercise with other RCAF aircraft on Dec. 17. It will remain on standby as the clock winds down

to New Year's Eve, when the newest generation of RCAF helicopters, the CH-148 Cyclone, becomes the main ship-borne maritime helicopter.

LGen Meinzing said approximately 10 Sea Kings will find their way into museums or be used for monuments, while the remainder will be disposed of under normal

disposal plans for Crown assets.

When the military's longest-serving helicopter officially retires at the end of this month, it will conclude 55 years of service, and approximately 550,000 hours of flying time, which is the equivalent to the shortest distance between the earth and Mars or 7,200 trips around the globe.



Photo by Leading Seaman David Gariepy, MARPAC Imaging Services
Colonel Sid Connor, Commander of 12 Wing Shearwater, Nova Scotia, salutes during the CH-124 Sea King retirement ceremony.



Photo by Leading Seaman David Gariepy, MARPAC Imaging Services
Lieutenant-General Al Meinzing, Commander of the Royal Canadian Air Force, reviews the contingent participating in the parade, during the CH-124 Sea King retirement ceremony, held at 443 Maritime Helicopter Squadron, Patricia Bay.



Photo by LS Dustin York
HMCS Vancouver's last ever land on and take off of a Sea King.



Photo by Leading Seaman David Gariepy, MARPAC Imaging Services
Lieutenant-General Al Meinzing (right), Commander of the Royal Canadian Air Force, shakes hands with Rear-Admiral Art McDonald, Deputy Commander of the Royal Canadian Navy.



Photo by Peter Mallett, Lookout

People Talk

Lookout asked this question:

Ahead of the official retirement of the Sea King on Dec. 1, the Lookout asked Royal Canadian Air Force Personnel at 443 Maritime Helicopter Squadron what they will miss most about the helicopter?



Deploying with the Sea King because after being deployed six or seven months you get to know each helicopter individually. Each aircraft has its own personality, so you know what normally goes wrong with it and what range it likes to fly.

MCpl Asnk Assefa,
Aviation Systems Technician



It's a much more sentimental moment than I thought it would be because seeing how all the technology onboard the aircraft, all from different eras and how it works so well together, is truly mind boggling and something I'm going to miss.

Cpl Ryan Burch,
Apprentice Avionics Systems Technician



The Sea King's soul. You can feel her and tell when she is running well, and she lets you know when something is not going right. She is such a beautiful and majestic machine and I will miss flying them.

Capt Donald LeBlanc,
Sea King Pilot



Some of the finesse it takes in flying the Sea King and the challenges of landing on the deck of a ship, the hands-on element and the feel of the controls required to make the landing.

Capt Russ Vandeputte,
Sea King Pilot



The feeling of flying it, the visuals, the vibrations from the propeller. I know this aircraft inside and out and will miss that familiarity. The Sea King feels like an extension of yourself when you are flying it. That is what makes saying goodbye so sentimental.

Capt Carly Brooker,
Sea King Pilot



babcock™

Proud to support Canada's fleet

Marine ›
Land ›
Aviation ›
Cavendish Nuclear ›

babcockcanada.com



ENTOURAGE HAIR

23 YEARS EXPERIENCE IN HAIR SERVICES FOR THE WHOLE FAMILY
Quality, Professionalism and Reasonable Prices

- Traditional and High Fashion for the Whole Family
- Gentlemen Military Hair Cuts, Beard Trims
- Casual and Formal Hair Setting / Blow-Dry Styling Iron, Up-do's
- Creative Colours, High-lights, and Permanent Texturing

www.entouragehair.ca | 100 Aldersmith Unit A6, View Royal | 250-590-2803
Hours: Tue., Thurs., Fri., Sat. 9:30am-6:00pm; Wed. 9:30am-5:00pm; Sun. 11am-5:00pm



\$1.39 Pizza by the slice
GET A 10% MILITARY DISCOUNT!
with military ID, on \$10 minimum order

PARTHENON PIZZA  **778-440-6666**

NEAR BASE #4 - 612 Head St. **parthenonpizzas.com**
DINE IN • PICK UP • DELIVERY

Cheapest and best in Victoria!

NOW OPEN!

NORAD tracks Santa this Christmas

The North American Aerospace Defense Command is celebrating its 60th anniversary of defending the homeland along with its tradition of tracking Santa's journey around the globe on Dec. 24.

"In addition to our day-to-day mission of defending North America, we are proud to carry on the tradition of tracking Santa as he travels along his yuletide flight," said Gen Terrence O'Shaughnessy, Commander NORAD and U.S. Northern Command. "The same radars, satellites and interceptors employed on December 24 are used year-round to protect Canada and the United States."

NORAD is a binational U.S. and Canadian Command charged with

aerospace and maritime warning and aerospace control of North America, as well as monitoring aerospace activity globally.

However, every year during the holidays, NORAD assumes the supplementary mission of tracking Santa as he travels around the world. It all started in 1955 when a local ad directed children to call Santa direct – only the number was misdialled. Instead of reaching Santa, the phone rang through to the crew commander on duty at the Continental Air Defense Command Operations Center, the predecessor to NORAD.

Now, the 63rd iteration of NORAD Tracks Santa has kicked off Dec. 1, with a revamped website,

social media channels, "Santa Cam" streaming video and a call center that will be operating around the clock on Dec. 24.

More than 1,400 volunteers are expected to join NORAD on Peterson Air Force Base in Colorado Springs to help track Santa's journey.

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.

The NORAD Tracks Santa website can be found at www.norad-santa.org

On Dec. 24, users may call or text 1-877-HiNORAD for Santa's up-to-date location.



Visit www.noradsanta.org
On Dec. 24 users may call or text 1-877-HiNORAD



TWO NEW SHOW HOMES

Own a Single Family Home in the master planned community of Royal Bay –
Yes, it is within your reach!

GABLECRAFT HOMES™

NEW PHASE NOW SELLING

GableCraft Homes is a dynamic home builder committed to creating safe, sustainable and welcoming communities. Each home at Royal Bay is defined by timeless architecture and modern interiors, tailored for maximum livability. We have carefully planned each residence to make the most of the stunning seaside setting just a short walk away.

WITH HOMES STARTING from the **mid \$600s**

INCL. GST

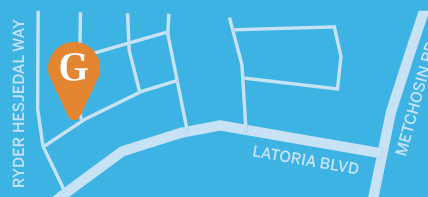
GableCraft HomeStore

3549 RYDER HESJEDAL WAY | COLWOOD, BC

Monday to Thursday 2 to 8pm

Closed Friday

Sat, Sun & Holidays Noon to 5pm



778.265.8350


REGISTER TODAY

GableCraftHomes.ca/RoyalBay




On the left, PO1 Marc Buzzi of Team Howlett and CPO2 Josh Barnes get set for the opening puck drop by referee CPO2 Yves Ouellet.


Photo by Peter Mallett, Lookout



Want to know what your Base Commander is up to?




@MayorCFBEsq



Web Tech & Digital Marketing
Graphic Design & Branding Fundamentals

Full-time semesters Spring, Fall, and Winter
Part-time, and accelerated formats start anytime

Upgrade your tech and/or business skills with custom one-on-one, or group training



250.298.5059 | info@qcollege.com
QCollege.com

Legacy Hull Techs score for fallen colleagues

Peter Mallett
Staff Writer

Members of the former Hull Technician trade recently gathered for a charity hockey game, fittingly dedicated to the memory of two former co-workers who loved to play hockey.

Approximately 20 sailors gathered for their 5th annual fundraiser on Dec. 6 at Wurtele Arena. It was played in honor of former Hull Tech Instructor, Chief Petty Officer First Class Mike Howlett, and former Hull Tech Petty Officer Second Class Joe Lescene.

The beneficiary of the \$135 funds raised for this year's game will go to help to pay for an Autism support dog for the four-year-old daughter of Leading Seaman David Howe, from HMCS Ottawa.

When the final buzzer sounded Team Howlett defeated Team Lescene 7 to 5. But the final score didn't really matter for the players involved said Leading Seaman Steven Parizeau, a Fire Instructor at Naval Fleet School (Pacific) Damage Control Division.

"Playing this game was a good way to help another Hull Tech in need just in time for the holidays and also to remember the legacies of two Hull Techs who

are no longer with us," said LS Parizeau.

CPO1 Howlett of Stephenville, Nfld., was an ardent Edmonton Oilers fans. He loved the game of hockey so much that he once had a ball hockey court built in a field next to his place of work, Colwood's Damage Control building. His students and co-workers first organized the memorial game in memory of CPO1 Howlett back in 2014. CPO1 Howlett suc-

cumbed to pancreatic cancer in March 2010.

This year organizers of the game decided to remember the legacy of PO2 Lescene. He grew up in the Greater Toronto Area and was a devoted fan of the Toronto Maple Leafs fan. PO2 Lescene played competitively for the base hockey team, the Tritons. He was killed after a fall from a cliff during a family vacation in Oregon in September 2017.



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

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

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

— CALLING —

ELITE & COMPETITIVE SAILORS

THE CANADIAN ARMED FORCES CISM SAILING TEAM
IS SEEKING ELITE AND COMPETITIVE SAILORS TO JOIN THE TEAM.
REGULAR FORCE AND RESERVE FORCE MEMBERS ARE BOTH ELIGIBLE.

— FOR THE —

2019 SAILING SEASON,

WE ARE FOCUSED ON PREPARING TEAMS TO RACE THE 470 CLASS DINGHY
AT THE WORLD MILITARY GAMES IN WUHAN, CHINA.

SELECTION CRITERIA INCLUDE:

Significant and recent dinghy racing experience (e.g. multiple dinghy races in fleets of 10 to 30+boats).
The ideal candidate(s) would be a current or recent member of his/her provincial sailing team.

Weight: Optimum crew weight for 470 class is 240-320 lbs (110-145 kg) total or
approximately 140 lbs (64 kg) per person.

Extensive knowledge of the Racing Rules of Sailing.

Highly skilled with trapeze and symmetrical spinnaker.



*Interested athletes should contact the team manager,
Lt(N) Kevin Pallard 902-427-3632 or kevin.pallard2@forces.gc.ca*

<http://www.cafconnection.ca/NationalPrograms-Services/For-Military-Personnel/Military-Sports/CISM-and-International-Sports/CISM-Sports.aspx>

<http://www.facebook.com/CISM.Sailing.Canada/>

Bravo Zulu

Canadian Forces Recruiting Centre Pacific Awards and Promotions



LS A. Yamagishi receives his Operational Service Medal – Expedition by LCdr M. Sheppard, Commanding Officer CFRC (Pacific).



CPO2 S. Budden receives his Special Service Medal with NATO Bar by LCdr M. Sheppard.



MCpl M. Webb is promoted to Sgt by her dad, Maj W. Webb, Wing PSO from 19 Wing Comox, LCdr M. Sheppard, and her Grandparents.



PO2 J. Marcotte receives her Commanding Officer's commendation by LCdr M. Sheppard.



Bravo Zulu

Julie Piper was presented with a certificate, pin and necklace by BGen David Cochrane, Commander of the National Cadet and Junior Canadian Ranger Support Group, in recognition of 35 years in the public service, all of which have been with the Department of National Defence.



Bravo Zulu

Lt(N) Craig Newman, HMCS Regina's CSEO, was promoted to LCdr by LCdr Henwood, Regina's Executive Officer, and Cdr French, Regina's Commanding Officer.

LOOKOUT:
LookoutNewspaper.com

Your award winning community newspaper!

We bring to you **advertising** that supports the Canadian Military Community.

Please show them your support...

Tell advertisers you saw them in the Lookout

Join us for daily news, advertiser's specials and news releases

Join our network, don't miss a thing!

www.lookoutnewspaper.com

LookoutNewspaperNavyNews
Lookout_news

GREAT CHRISTMAS GIFT!

\$100 off sunglasses prescription and non-prescription

KATE SPADE, GUESS, RAYBAN, AND MORE!

SALE ENDS DEC 31

Dr. Rachel Rushforth, Dr. Nicole Sehn and Dr. Darcy Dennis

NEAR BASE
106-1505 ADMIRALS ROAD
(250) 995-0449

Admirals Walk OPTOMETRY CLINIC

Ellice Recycle honours all Forces members & families, Legions & Veterans.

Merry Christmas & Happy Holidays

We appreciate your service and sacrifice.

ELLICE RECYCLE

Commercial Yard
Full Service Recycling
Bin Rental - Dispatch
2525 Bridge Street
(250) 386-8740

Recycling & Waste Depot
Full Service Recycling Drop-off
524 David Street
(250) 386-4342

For our business hours or questions:
www.ellicerecycle.com

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

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

BBB S.C. GOVERNMENT DESIGNATED INSPECTION FACILITY

Castrol WALKER HANKOOK

Ask about BG Protection Plan*
Where Dependability and Trust are a Priority... *under 80,000 km

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



HMCS Calgary Awards and Promotions

Commander Ryan Saltel, Commanding Officer of HMCS Calgary, handed out awards, certificates and promotions during Operation Projecton in the Pacific Ocean on Dec. 1.

Photos by Leading Seaman Mike Goluboff



Able Seaman Daniel Anillo receives his Certificate of Competency Weapons Engineering Technical Experience Level 1.



Able Seaman Bryan Darrington receives his Certificate of Competency Weapons Engineering Technical Experience Level 1.



Able Seaman William Gratkowski receives his Certificate of Competency Weapons Engineering Technical Experience Level 1.



Able Seaman Cameron McClement is promoted to his current rank by Chief Petty Officer Second Class Jamie Bruno, Chief Engineer.



Able Seaman Justin Penrose receives his Certificate of Competency Weapons Engineering Technical Experience Level 2.



Ordinary Seaman Jennifer Ringor receives her Certificate of Individual Achievement.



Corporal Matthew Payie receives his Bravo Zulu Certificate of Achievement.



Corporal Matthew Payie receives his Sea Service Insignia (SSI) Gun Medal.



Leading Seaman Rafer Duhme receives his Bravo Zulu Certificate of Achievement.



Leading Seaman Isaac Hossie receives his Certificate of Individual Achievement.



Leading Seaman Michael Ivanic receives his Sea Service Insignia (SSI) Gun Medal.



Leading Seaman Luke Koshowski receives his Sea Service Insignia (SSI) Gun Medal.



Leading Seaman Philippe Lariviere receives his Bravo Zulu Certificate of Achievement.



Leading Seaman Jason Martin receives his Certificate of Competency Weapons Engineering Technical Experience Level 2.



Lt(N) Moazzei Moghaddam receives his Sea Service Insignia (SSI) Gun Medal.



Ordinary Seaman Jordan Khayat receives his Certificate of Competency Weapons Engineering Technical Experience Level 1.



HMCS Calgary Awards and Promotions



Lieutenant (Navy) Anthony Boston is promoted to his current rank by Lt(N) Thomas Eagle and Cdr Saltel.



Lt(N) Donald Reid receives his Watchkeeping Certificate.



Commander Ryan Saltel receives his Canadian Forces' Decoration for 22 years by Captain (Navy) Hughes Canuel, Defence Attaché Japan (left).



Lt(N) Alexandra Laplante is promoted to her current rank by Lt(N) Thomas Eagle (left) and Cdr Saltel.



Lt(N) Jesse Deason is promoted to his current rank by Lt(N) Thomas Eagle (left) and Cdr Saltel.



Petty Officer First Class Jeffery Carter is promoted to his current rank by Lt(N) Sean Catterall and Cdr Saltel.



Master Seaman Alexander Bork receives his Engineering Officer of the Watch Certificate 3E.



Lt(N) Derek Cousins receives his Marine Systems Engineering Head of Department Certificate of Competency.



Sub-Lieutenant Juliana Currie receives her Watchkeeping Certificate.



Sub-Lieutenant Ivan Skachkov receives his Marine Systems Engineering Certificate of Competency.



MWO Patricia Smith is promoted to her current rank by Wayne Rockwell, JSS Project Manager, and Cdr Robert D'Eon, PMO JSS Vancouver Detachment Commander.



Capt Tzotzos is awarded the SMM Expedition by Capt(N) Drews, Commander Naval Personnel Training Group.

Bravo Zulu

Marine Engineering Tech QL5 Graduation

Lieutenant Commander Daniel O'Regan, Deputy Commanding Officer of Naval Fleet School Pacific, presented certificates during the Marine Engineering Technician QL5 course ceremony on Nov. 21.

Photos by LS Willet TR, NFS(P)



LS Beaton receives a Certificate of Completion.



LS Cholack receives a Certificate of Completion.



LS Fan receives a Certificate of Completion.



LS Johnson receives a Certificate of Completion.



LS Lafleur-Blair receives a Certificate of Completion.



LS MacLean receives a Certificate of Completion.



PO2 McRae receives a Certificate of Completion.



PO2 Martin receives a Certificate of Completion.



LS Newmann receives a Certificate of Completion.



LS Sproule receives a Certificate of Completion.



PO2 McRae receives the Top Student award.



LS Vaughan receives a Certificate of Completion.



LS Wahlstrom receives a Certificate of Completion.

LOOKOUT Classifieds & Real Estate

Email your Free Word Classified to melissa.atkinson@forces.gc.ca

SERVICES OFFERED

LOOKING FOR CHANGE? Do you have insomnia or sleep disturbances? Do you have random mood swings? Are you looking to regain control of your life? If you answered YES, I am offering at a very low cost, an hour session called ACCESS BARS. It is a gentle therapy that changes brain waves to give you more ease with life. For more information call or text Vanessa 778-677-0180.

MISCELLANEOUS

INTERESTED IN JOINING A coffee/social group for military veterans and military in Cowichan Valley? For info 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. FB Group: cowichan valley coffee.

FOR SALE



FULL ROYAL CANADIAN NAVY MESS KIT

Lieutenant Rank Lt(N), Gold Braiding on Jacket and Pants. Fits man 6'2" waist 36-38" waist 44-45" chest. With Naval cuff links, bow tie.

Contact:
kimgregory511@gmail.com

WWW.LOOKOUTNEWSPAPER.COM

FOR RENT

LARGE ONE BEDROOM available in great house Jan 1st. Walking distance to everything and close to both bridges for easy commute. Rent includes all utilities, WIFI, laundry, patio, bike storage and much more. Off street parking can be negotiated. This suite has all the character touches like 10 foot ceilings and gorgeous moulding but is a new build.

\$1575/month.
Text 250-661-0725 or email jo@zambria.ca

MORTGAGE CONSULTANT



BMO
David Vanderlee, CD, BA
Canadian Defence Community Banking Manager Mortgage Specialist
David.VanderleeCD@bmo.com
M 250.217.5833
F 250.727.6920

BMO Bank of Montreal, 4470 West Saanich Rd, Victoria, BC

REAL ESTATE • FOR SALE

WALK TO BASE TOWNHOME \$485,000



102-1405 Esquimalt Road
MLS# 401709
2 BED plus DEN 2-level townhome next to Dockyard. 2010 building still under WARRANTY. GRANITE countertops, tile backsplash, STAINLESS STEEL appliances, designated GARAGE & lots of STORAGE. MASSIVE ROOF-TOP DECK with VIEWS. Unrestricted RENTALS, no age restrictions. PETS are allowed!

Contact Lisa Hyde-Lay at 250-477-5353

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

ANNOUNCEMENTS

Adult Self Defence Classes

Now in Cook Street!

GENBUKAN HAND TO HAND COMBAT SCHOOL
Cook Street Activity Centre
480 Cook St.
Classes available year round.
www.genbukan.black 250 889 8807

Habitat for Humanity ReStore

TWO LOCATIONS:
849 Orono Avenue, Langford
3311H Oak Street, Victoria

THIRD LOCATION NOW OPEN!
50 Burnside Road West, Victoria
250 386-7867
restore@habitatvictoria.com www.habitatvictoria.com

10% DND Discount with ID

• SHOP • DONATE • VOLUNTEER

STORAGE

BARRY'S MOVING & STORAGE LTD.
Since 1975
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



KIDS EAT FREE*

Denny's

Tuesdays from 4pm to 10pm
1845 Island Highway, Colwood 250.391.5580
3100 Douglas Street, Victoria 250.382.3844

*Limit two free kids' entrées with the purchase of one adult entrée. Kids meals limited to all entrées listed on the kids' menu.

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

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

FIND US ONLINE
WWW.LOOKOUTNEWSPAPER.COM



CANADA'S MILITARY STORE
LE MAGASIN MILITAIRE DU CANADA

1 OCTOBER/OCTOBRE -
31 DECEMBER/DÉCEMBRE 2018

NOW ON!

**DON'T PAY UNTIL
MARCH 2019!**

PLUS

**NO MONEY DOWN
NOT EVEN THE TAXES.**

Ask us for details. *O.A.C.

EN COURS!

**NE PAYEZ RIEN AVANT
MARS 2019!**

PLUS

**NE VERSEZ AUCUN ACOMPTE,
MÊME PAS LES TAXES.**

Demandez-nous les détails. *S.A.C.