

Volume 66 Number 45 | November 15, 2021

LOOKOUT

newspaper.com

MORALE & WELFARE NEWS | CFB ESQUIMALT, VICTORIA, B.C.



50% OFF FOR 2 RENTAL PERIODS!
*Some restrictions apply **PLUS...**



ELITE
SELF STORAGE
LANGFORD

Receive a
military discount:
10% OFF
EACH FOLLOWING
MONTH

4402 Westshore Parkway, Victoria
(778) 817-1293 • eliteselfstorage.ca



HMCS VICTORIA

Just before Remembrance Day, HMCS Victoria sailed in the vicinity of Esquimalt Harbour wearing a poppy to honour military members who served and continue to serve Canada.

Photo by S1 Kendric Grasby, Canadian Armed Forces Photo



**SCHOLARSHIPS
FOR MILITARY
AND VETERANS.***

WWW.SPROTTSHAW.COM

VICTORIA: 250-384-8121



ISLAND OWNED AND OPERATED
SINCE 1984.

**VIEW OUR FLYER
IN THIS PAPER WEEKLY!**

CHECK OUT OUR NEWLY RENOVATED ESQUIMALT STORE

babcock

Proud to support
Canada's fleet



Marine >

Land >

Aviation >

Cavendish Nuclear >

babcockcanada.com

ANOTHER FEATHER IN COLLECTOR'S HAT COLLECTION

Peter Mallett
Staff Writer

Retired construction worker John Schut has a unique hobby.

The 61-year-old who lives in suburban Vancouver collects warship baseball hats from around the world. He has 457, with the last hat arriving in the mail a few weeks ago.

"Before the package arrived I was eagerly checking my mailbox. I had even been looking at my mailman a few times to make sure he wasn't wearing it."

The latest hat, the Arctic and Offshore Patrol Vessel soon-to-be HMCS Max Bernays, was sent to him by Maritime Forces Pacific (MARFAC) Public Affairs.

He was expecting an *HMCS DeWolf* hat, but they were all handed out during its recent visit to CFB Esquimalt.

"It's so cool to have the Bernays' hat. I think it will tide me over until the *Harry DeWolf* returns to Halifax later this year and sends me one of

theirs," he says. "Receiving the Bernays' hat was a really nice gesture by the RCN, which I truly appreciate."

The caps line the walls of a spare bedroom in his home and he uses a leaf blower to keep them dust free.

The first in his first collection was received over 40 years ago when he toured MacKenzie-Class Destroyer HMCS Saskatchewan at CFB Esquimalt.

"During that tour I learned some of the visitors collected ball caps and other navy mementos; so I said to myself: 'Hey, I want to do that too.'"

Amongst his collection are hats from the navies of the United States, the Netherlands, Australia, New Zealand, Chile, China, South Korea, Spain, Sweden, France, and Mexico.

He has built relationships with many navy public affairs offices, who graciously send him a hat if he can't make a ship tour.

He also has amassed 400 coffee mugs from navy vessels and a collection of (non-military) Zippo lighters.



Jim Pattison
Victoria



TOYOTA

**Thank you for your
bravery and service.
We salute you.**



3050 Douglas Street, Victoria, BC | (250) 386-3516 | JPToyotaVictoria.com

Kapitänleutnant Tim Hupka, a German Exchange Officer, and Lieutenant (Navy) Christopher Sulyma, on the bridge wing of HMCS Winnipeg.



Photo by: MCpl Andre Maillet, MARPAC Imaging Services

HMCS Winnipeg welcomes German sailor to the team

Lt(N) Christopher Sulyma
HMCS Winnipeg

In an environment that seems more fractious with every passing day, alliances and partnerships become increasingly valuable.

HMCS *Winnipeg*, currently deployed to South-East Asia on Operations Projection and Neon, has learned the importance of multi-national partnership first-hand.

Outside the guardrails, *Winnipeg* has operated with a multi-national carrier strike group, participated in multi-national exercises off Japan, sailed in consort with seven allied nations, and participated in enforcement of UN Security Council resolutions. On board, multinational partnerships are also flourishing, as *Winnipeg* hosted the first German exchange officer to participate in Operation Regulus, Canada's officer exchange program.

Established in 2010, Regulus was created to enable sailors to gain valuable experience during a time when the Halifax-Class Modernization limited opportunities to sail at home. Since then, Canadian personnel have filled billets in numerous allied navies including the United States, France, United Kingdom, Australia, New Zealand, Ireland, and Chile, to name just a few. In turn, many allied naval personnel have sought placements and training within the Royal Canadian Navy to further develop their own skills and build the bridges of international cooperation that are vital to operations.

Kapitänleutnant Tim Hupka, from Wilhelmshaven, Germany, joined *Winnipeg* in Manila, Philippines, half-way through the deployment. The time alongside gave him an opportunity to settle into the ship's Wardroom, and meet the men and women he would be living and working with for the next two months.

Assigned as his host, and a veteran of the Regulus program (Chile, April to September 2014), I was able to give KptLt Hupka a unique introduction to life aboard a Canadian warship. Within hours of his arrival, the ship's Stoker's Open commenced, or the



uninitiated, this consists of a golf course built throughout the ship. Holes, clubs, and balls are all built using materials on-hand within the ship.

The usual mutual grilling commenced over drinks, where we learned that, in most ways that counted, our navies are extremely similar in tradition, attitude, and training. Much of this may stem from common ground: much of our training is modeled off of the Royal Navy (RN), and the German Navy uses FOST, the RN equivalent of Sea Training, to work their ships up.

KptLt Hupka will remain with *Winnipeg* for the remainder of the deployment, returning to Esquimalt with the ship before returning home to Wilhelmshaven for the holidays. He has expressed his excitement at getting to spend a couple days exploring Victoria before flying out, which will be his first time in Canada.

While with the ship, he will participate in multi-national exercises, as well as the full spectrum of Op Neon operations. Outside of operations, he will join the ship's ongoing ball-hockey tournament, and participate in a number of the morale-building events held on board.

The lessons that KptLt Hupka is learning while working with *Winnipeg* will pay dividends for the German Navy, who are beginning operations in the Asian Pacific. It has provided first-hand experience with how operations are conducted in the region, patterns of life, and many of the capabilities of the navies of the region (in particular, China).

Likewise, it has offered insight for the crew in *Winnipeg* to how the German Navy operates, and both broken and affirmed cultural stereotypes on both sides. KptLt Hupka was adamant, for example, that Germans do not revere David Hasselhoff nearly as much as popular culture would have us believe. Conversely, the Canadian love of hockey has been extremely reinforced, as have the rivalries that exist as consequence. A love of beer and Euchre, however, has proven to be quite mutual.

EMERY
ELECTRIC

ELECTRICAL CONTRACTORS

Proud to support
our veterans and serving troops



Coffee
is ready!

6 am

A full array of coffee and tea, baked goods and sandwiches!

MOBILE ORDERING IS NOW AVAILABLE!

IN ADMIRALS WALK PLAZA ACROSS FROM THRIFTY'S
101-1503 ADMIRALS ROAD
Mon-Fri 6 am-5 pm Sat-Sun 8 am-4 pm

P: 250.384.1417 **10% DISCOUNT FOR MILITARY AND VETERANS**

a kinder cup

*"Let us never forget
all those who served to protect
the freedom we enjoy today."*

National Association of Federal Retirees
Association nationale des retraités fédéraux
VICTORIA-FRED WHITEHOUSE

Email: federalretireesvictoria@shaw.ca
Voice Mail: **250-385-3393**

Weir Canada
remembers
our Canadian
heroes.

Weir Canada
se souvient
de nos héros
Canadiens.

WEIR

matters of OPINION

WHO WE ARE

MANAGING EDITOR

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

STAFF WRITER

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

ACCOUNTS/CLASSIFIEDS/RECEPTION
250-363-3372

ADVERTISING REPRESENTATIVES

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

Joshua Buck 778-977-5433
sales@forcesadvertising.com

EDITORIAL ADVISORS

Lt(N) Michelle Scott 250-363-4006
Rodney Venis 250-363-7060

Published each Monday, under the authority of Capt(N) J. Jeffrey Hutchinson, Base Commander.

Le LOOKOUT est publié tous les lundis, sous l'égide du Capv J. Jeffrey Hutchinson, 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.

LOOKOUT
NEWSPAPER

COVID-19 Circulation - 2,000
plus 300 pdf downloads per week

Follow us on Facebook, Twitter
and Instagram 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



CFB Esquimalt will raise the Progress Pride flag for the first time as part of Transgender Day of Remembrance observances - November 20

Hadley Parsons

Deputy Base Communications
Officer, Canadian Forces Base
Esquimalt

While Transgender Day of Remembrance itself is a solemn occasion, a day meant to remember those who have lost their lives because of anti-transgender violence, the raising of the flag can hopefully serve as a symbol that celebrates progress made, and of hope for future progress.

"To me, this flag means that the RCN, and the CAF are becoming more inclusive. Meaning anyone of any gender, or orientation can serve their country proudly. Be it in uniform or civilian," says Steve Cleugh, co-chair of the Defence Team Pride Advisory Organization said that to him.

Designed in 2018, the Progress Pride flag retains the familiar six stripe rainbow, it adds in a chevron of white, pink and blue which represents the transgender community, as well as brown and black stripes which represent LGBTQ2+ people of colour. The black stripe also represents those living with HIV/AIDS and those who have been lost.

The flag's designer, Daniel Quasar, used the chevron to denote forward movement, but placed it along the left side of the flag to show that there is still progress to be made for transgender

rights and reducing discrimination.

"The inclusive nature of this flag and sombre mission of this day of remembrance brings to mind the first principle of the CAF Code of Values and Ethics. It tells us that we have an obligation, not just to the Defence Team, but to humanity, to respect the dignity of all persons," says Captain (Navy) Jeff Hutchinson, Base Commander. "From this collective duty comes my conviction that each member is a vital and vibrant part of the rich tapestry that makes up CFB Esquimalt."

"It tells us that we have an obligation, not just to the Defence Team, but to humanity, to respect the dignity of all persons."

– Captain (Navy) Jeff Hutchinson, Base Commander CFB Esquimalt

Pictured above: Captain (Navy) Martin Coates, champion of the Defence Team Pride Advisory Organization (DTPAO); Steve Cleugh, Civilian Chair of the DTPAO; Master Sailor Erin Rautenstrauch, Military Chair of the DTPAO; and Chief Petty Officer First Class Al Darragh, Base Chief, hold the Progress Pride Flag that will be raised at CFB Esquimalt for the first time on Saturday, Nov. 20.



DHJL

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 • Real Estate

danmurphy@dinninghunter.com • www.danmurphy.ca



Steeve Lesperance, MMM, CD
Motorcycle Sales Consultant
Barnes Harley-Davidson, Victoria

www.barneshdvictoria.com
steeve@barneshd.com
250-516-2024
2940 Ed Nixon Tce, Victoria

ASK ME ABOUT THE MILITARY / VETERANS DISCOUNT

Motor Vehicle License # : 8594



Victoria Air Photos

In Business for Since 2012

Professional UAV / Drone Services / Videography
Photography / Real Estate Packages / Drone Mapping
Thermal Imaging and Qualitative Inspections
RPAS Flight Training / Advanced Flight Review
ROC-A Training & Exam / Military Discount Available

PHONE/TEXT 250-507-6421 E-MAIL straightline8@gmail.com

victoriaairphotos.com

SFOC AND ADVANCED CERTIFIED

TRANSPORT CANADA CERTIFIED



Portrait project focused on fallen peacekeepers

Peter Mallett, Staff Writer

Visitors to Peacekeepers Park in Angus, Ontario, are likely to see Don Ward's art – haunting portraits of the fallen affixed to weather resistant plaques lining the four walls.

The 63-year-old artist, a retired Master Corporal, says he wanted to add faces to the list of names etched in the granite monument at the entrance of the park.

"Having their faces and information makes a person whole again and brings them back into the light."

So far, he has memorialized 284 fallen peacekeepers on canvas, service members involved in some of Canada's 56 UN and combat missions from the 1950s to present day, a project he calls *Bringing Their Faces Into the Light*.

"I have focused my artwork on remembering their courage and sacrifice, as I am afraid that it will be lost to future generations. We, as a society, can never forget this, for if we do, their sacrifice was for nothing. So that is why I am doing my part to make sure future generations never forget."

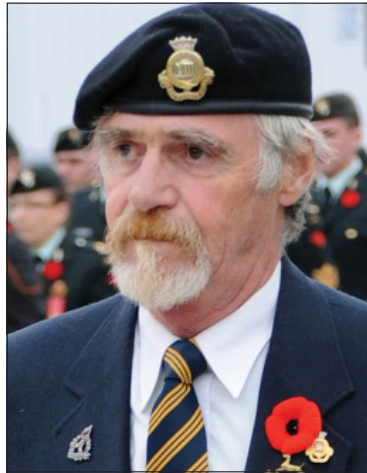
Ward is the son of a Second World War veteran, a career he also followed, serving with the Hastings and Prince Edward Regiment, The 8th Canadian Hussars (Princess Louise's), and The Royal Canadian Dragoons from 1975 to 1992.

His service, and that of his father, brings an intimate understanding of the bonds that tie a unit together, through the shared experience of war and service to country.

"Many of the people who I knew during my deployments are still my greatest friends to this day."

Art is his way of illustrating the value of military service. He fully engulfed himself in drawing and painting after he retired, but age 10 is when he recognized his talent. He won an art contest at The Canadian National Exhibition (CNE) in Toronto.

His watercolour paintings begin with a name – a fallen member, faceless until he finds a photograph. It is the emotion he is eager to capture as he dabs brush to paint to canvas propped on his kitchen table in Port McNicoll, Ontario.



MCpl (Retired) Don Ward

"It's not always easy to do and it's not always a home run, but the payoff comes when a relative of a fallen soldier comes up and congratulates you for your work, and this has happened to me more than once. This is incredibly rewarding."

In spring 2022, there are plans to add more paintings at Peacekeepers Park, which was created in 2017 by Canadian Association of Veterans in United Nations Peacekeeping.

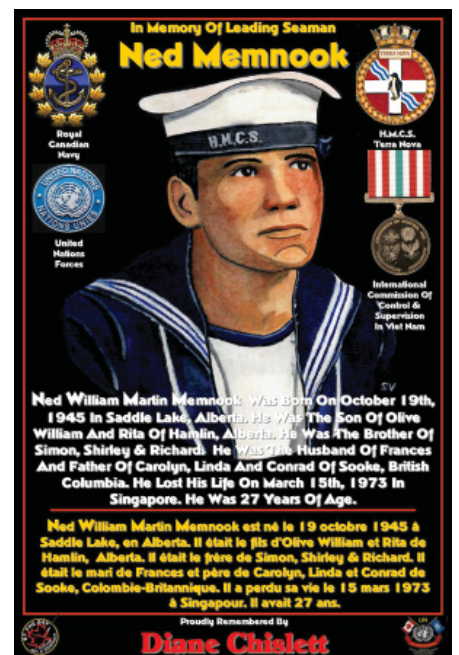
He is also one of the many military and first responder artists featured in the Steel Spirit art gallery in Barrie, Ontario.



MCpl (Retired) Don Ward's art titled 'Juno Beach'.

“I have focused my artwork on remembering their courage and sacrifice [...] That is why I am doing my part – to make sure future generations never forget.”

– MCpl (Retired) Don Ward



The annual Steel Spirit Gallery, founded by Barbara Brown in 2017, showcases the unique artwork of military, police, firefighters, paramedics, hospital practitioners, and other first responders.

Brown's inspiration initially came from her own ties to the military and its unique lifestyle; however, she quickly noticed an interconnectedness between the emotional

experiences of military members and first responders.

"Diverse backgrounds lead to diverse artwork," said Brown. "It is one of the things that makes this project so special."

For more information, visit www.thesteelspirit.ca. Steel Spirit Galley is accepting artwork submissions by military and first responder services.

ONE FOOT OVER THE EDGE: A Canadian Soldier's Personal Account of The Rwandan Genocide

Patricia Leboeuf

Petawawa Post Newspaper

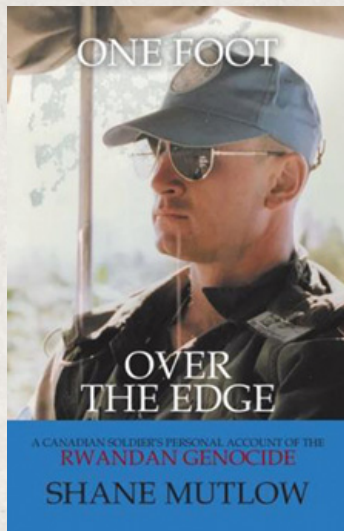
It has taken over 25 years for retired Canadian soldier Shane Mutlow to summon the courage to share his story with the world.

The trauma and suffering he experienced while in Rwanda in 1994 left him with mental health injuries that haunt him to this day. For six months, he bore witness to unimaginable horror - the aftermath of the Rwandan genocide that claimed thousands of lives and saw an estimated two million refugees flee the country.

"One Foot over the Edge: A Canadian Soldier's Personal Account of The Rwandan Genocide" recounts Mutlow's story, his traumatic experiences in Rwanda including his own kidnapping, and witnessing a friend's suicide. The story follows him as he tries to regain his mental health and find his footing again.

Writing the book was simultaneously a catharsis and a trauma as Mutlow had to recount those dark terrors.

"The reason why I wrote this is because I wanted to help others," he says. "So, if that works, then I



feel like I'm just doing my job."

Because he was unable to finish his career in the military, this is his way to help his comrades and show there is a light in the darkness.

Response to the book, released in August, has been overwhelmingly positive, and some proceeds from each sale goes to Fortitude Farms in Braeside, ON, to provide funds for veterans who wish to try equine therapy.

Ginger, a therapy horse at Fortitude Farms, became Mutlow's lifeline, helping him slowly regain a sense of emotional balance.

"The only thing that worked for him was equine therapy," says his wife, Justine Mutlow. "Nothing worked except for horses."

His book has made the top 100 on Amazon and there is talk of turning his story into a movie.

While the book is a success now, he was initially terrified to release it.

"My worst fear was the response I was going to get from people I served with overseas," says Mutlow. "All those people have become my greatest supporters."



Shane Mutlow, author and retired soldier.

He was also contacted by strangers who opened their hearts and shared their feelings, many admitting a new awareness of what their loved ones had experienced and are still going through.

On his website, there are resources for veterans and military members.

"There is a huge network of veterans out there that you can just reach out to and contact them and they will help you."

Check out his website: www.shanemutlowauthor.com.



Sharkz Coins Custom Challenge Coins

Victoria-based coin design experts

LEST WE FORGET

WE WILL REMEMBER THEM



BAY CLASS
MINESWEEPER
COIN



CANADIAN
SUBMARINE
CHALLENGE
COIN

Visit us at our
NEW LOCATION IN WEST BAY NEAR NOTC!

 **the Sharkz Store**



Open 9:00 am - 5:00 pm
Monday to Saturday
110-525 HEAD STREET
VICTORIA, BC V9A 5S1

Tel: 250-479-5018



**Remembering
and
honouring
our
Heros.**

**LEST
WE
FORGET!**

BROWN'S
The Florist
Since 1912

Downtown
250-388-5545

Sidney
250-656-3313

Westshore
778.433.5399

brownsflorist.com

Military Discount



Remembering Vimy, the last military police working dog

Military Police Unit Halifax

It is with great sadness that we announce the passing of the last military police working dog, Vimy, on the morning of Sept. 13.

Vimy was named to commemorate the great battle of Vimy Ridge during the First World War, which was situated in the north of France. The battle spanned from April 9-12, 1917, and saw more than 10,000 Canadian troops either killed or wounded.

The name "Vimy" represented a military nexus to policing, along with a call to service within the Military Police Branch.

Vimy was enrolled into the Military Police Branch in July 2008 after successful completion of the Ontario Provincial Police (OPP) Canine Program with then Cpl Caron.

Vimy was trained as a general service police dog for the Military Police Branch. It was a career that lasted for 12 years alongside his partner, WO Caron. Although Vimy was a general service dog, he also had a specialization in narcotic detection.

Dog and partner trained with the

OPP at the beginning of their career. They became certified in a variety of profiles including tracking suspects/missing persons, drug searches, searching ships, and officer protection. Together they worked countless hours with partnered policing agencies such as Halifax Regional Police, Royal Canadian Mounted Police, Canadian Border Services Agency, Ontario Provincial Police, and Corrections Canada.

Vimy and WO Caron helped bridge many relationships with partner police agencies through the K9 program.

Throughout his career, Vimy followed WO Caron with police responsibilities to MPU Halifax (twice) and 2 MP Regiment, Detachment Petawawa. During the prime of Vimy's career, he and WO Caron attended, on average, 130 calls of service a year.

Vimy retired from duty on March 31, 2020.

Vimy will be dearly missed. Anyone who would like to send messages, letters, and condolences can forward them to david.bamford@forces.gc.ca.



I R I S



thank you

We remember those who sacrificed, those who served and those who continue to serve. IRIS is proud to be part of your CFAppreciation Program.

REGISTER TODAY AT [IRIS.CA/BENEFITS](https://iris.ca/benefits)
ACCESS CODE: CFONE

SIDNEY — 250.656.1413

VICTORIA — 250.953.8000

LANGFORD — 250.478.0213

DUNCAN — 250.746.6041



**Proudly Supporting the
Canadian Armed Forces
Community**

Coding for Veterans offers tech sector training

Patricia Leboeuf

Petawawa Post Newspaper

There are unique opportunities for life after the uniform for veterans and members considering leaving the Canadian Armed Forces (CAF).

Coding for Veterans (C4V) channels the distinctive skillset military members acquire during their military careers into well-paid and highly in-demand jobs in the cybersecurity and software development fields.

"The beauty of this is that veterans bring a range of skills and capabilities and a mindset that is directed towards security, so all we have to do is bring them up to speed on the technology," says Pat Shaw, Academic Director for Coding for Veterans.

CAF personnel tend to have a protective mentality and integrity, with the bonus of already possessing security clearance, he noted. This makes them highly desired by employers who are looking for qualified staff.

"I personally know people who have been 14 months in the queue trying to get a security clearance as a civilian, and by then, the employer will have already hired somebody from our program rather than wait."

The need for qualified staff in the fields

of cybersecurity and software development is growing every day. When the program was first formed, statistics showed there would be a need for an additional 127,000 jobs in the field. In just the last year that number has grown to 147,000 direct jobs.

"But just last month, the University of Ottawa has correlated the skills being taught in this program to open jobs in Canada and that came up to 242,000 jobs today. We are actually losing ground by not being able to get people through the training and into the workforce fast enough."

With hundreds of thousands of positions to be filled in Canada, people are nearly guaranteed a job once they graduate. Many even find themselves employed before they've gotten their diploma.

"I prefer to call our students 'candidates' because technically, from our industry perspective, they are job-ready and the reality is that employers view them to be. Every week we get calls saying 'Can we meet candidates because we have X number of openings?'"

The program is 100 per cent online, created with input from industry partners and the University of Ottawa. The Department of National Defence reviews the curriculum, and professors come from accredited universities across the nation.



Photo by Patricia Leboeuf, Petawawa Post

Pat Shaw, Academic Director for Coding for Veterans, travelled across Canada to educate military members on Coding for Veterans.

Candidates can complete the program in 12 to 24 months.

"We acknowledge that veterans might have other draws than school in their lives, so we have some great flexibility to enable that."

The program has also opened up to CAF spouses and family members.

"The Ontario government Ministry of

Labour has provided some funding for full scholarships for a small number of them."

Former interpreters from Afghanistan who have settled in Canada are also invited to apply to the program if they qualify. For more information, to apply, or to complete the assessment to the program, visit www.codingforveterans.com.



WE REMEMBER



COMMISSIONAIRES

VICTORIA, THE ISLANDS AND YUKON

FOUNDED BY VETERANS, FOR VETERANS



NAVY VIOLINIST SOOTHES SAILORS AT SEA

Peter Mallett
Staff Writer

The idea of learning a musical instrument usually elicits groans from a child. It's usually seen more as a chore than a delight.

That was not the case for S2 Giovanni Marco Bellosillo.

As a boy, he sought out learning the violin after seeing one in a music store and asking his mother to buy it.

Music lessons taught him how to hold the bow, proper finger and chin placement, body posture, and a few recital songs.

With age came a taste for classical, electronic, and pop music, all trialled on

his violin with hours of practice. He has a knack for listening to a piece and playing it on his violin, he says.

"I see music as a gift from God that was given to me and provides me with a sense of comfort and relaxation when I perform for people or when I am by myself in my spare time," says S2 Bellosillo, 22, who serves in *HMCS Regina* as a Marine Technician.

In high school he joined the Strathcona Symphony Orchestra, a regional orchestra for residents of Comox Valley and



Campbell River. Founder and fellow violinist Blaine Walbauer schooled him in the more complicated aspects of playing the instrument, adding in a few tips on performing.

"The best part of playing violin and performing for other people is seeing how happy they become when I play my violin," says S2 Bellosillo.

Much of that happiness takes place on board *Regina* where he shares the limelight with two other musicians - Saxophone player S1 Marianne Mojica and Baritone saxophonist MS Justin Grant - together forming 3-Deck band.

The trio often perform in the ship's mess and other locations for special occasion, normally playing jazz, but also capable of serenading sailors with classical, rock, R&B, and country music cover tunes upon request.

His violin is always with him on deployments, carefully stowed away in his quarters.

"Engineers and other trades on the ship have stressful jobs, so being able to play violin is a great way to relax after work, while also providing some relief to people on board the ship," he says.

He joined the navy three years ago after a sampling of sea life with the Royal Canadian Sea Cadet Corps in Campbell River. His grandfather served in the Philippine Navy.

Saluting all who have served!



SHELLY REED Associate Broker
Direct: 250-213-7444 Email: sr@shellyreed.com

www.shellyreed.com

PEMBERTON HOLMES

#150-805 Cloverdale Ave.,
Victoria, B.C. V8X 2S9
250-384-8124

QUICK ALL-DAY BREAKFAST & LUNCH

Visit us next to the shipyard!



829 A Admirals Rd
250-361-3463
thriveandshine.ca

THANK YOU FOR SUPPORTING
LOCAL BUSINESS!

PICKUP WINDOW
AVAILABLE!



SPECIAL MILITARY PRICE!



2004 LEXUS
SC 430

\$12,888

Convertible!
285,558 km
Stk 2075



ATTENTION MILITARY!

Ask about our exciting new financing options, with a down payment of \$1000 or even less, and bi weekly payments of \$129! No credit or bad credit? Not a problem.

THEY SAY NO, WE SAY YES!

We do things differently. We always work to get you the best financing with the best lenders with the lowest rates.



sales@usedcarcentre.ca

OPEN 7 DAYS A WEEK

9:30am - 7pm Mon-Sat
Sunday from 11am - 3pm

1671 ISLAND HWY

250-590-8221

We are ready for the new normal! Find out more at:

www.usedcarcentre.ca



EMERALD
EYE CARE OPTOMETRY

**Comprehensive
Eye Exam**

Direct Billing
services, Special
discount for
eyeglasses for
Military members
and more!

Book your appointment now!
call us at

778.432.3303

We are located at #103-318 Wale road
Colwood area, Victoria, BC.

WE REMEMBER, HONOUR AND SALUTE THE BRAVE WOMEN AND MEN WHO SERVE.

BAR & PATIO

OPEN

Fish & Chips

FRIDAYS

Pre-order by Thursday AM

Single \$10.95

2 Pc \$12.75

Non-members and members are welcome!

Lunch 12-2 pm
Dinner 4-7 pm

LUNCH SPECIALS
TUESDAY-FRIDAY

Bar 250-478-8365

Email manager@rcl91.ca

Legion

PRINCE EDWARD BRANCH #91

761 Station Road

250-478-8365

www.rcl91.ca

Attention career transitioning military

Inspired by people, what technology makes possible, an exciting growth journey, and the green shift?

Then join us as a Kongsberg Field Service Representative.

As a Field Service Representative, you will be part of a high caliber global team, and together work towards shaping and developing our market-leading software. You will be responsible for service support activities in order to meet company targets in line with long-term system maintenance support program requirements with customers.

As a person you are a team player who knows the value of working together towards common goals. You have proven interpersonal skills and appreciate working in a team that focuses on sharing knowledge and experiences. Excellent verbal and written communication skills is a requirement.

Do you have:

• Equivalent combination of educational background and experience

• 3-5 years of experience from technical service and or technical project deliveries of real time systems

• Proven technical skills in MS client server environment and hardware service

• An understanding of real-time system complexity and vulnerability

• A good system engineering and/or technical background within a software development environment

• Knowledge within marine and/or military maritime systems and navigation terminology (Experience in the simulation industry could be an advantage)

• Must be able to obtain secret security clearance with DND Canada

• And most importantly you possess grit and some superpowers to bring to the team here at Kongsberg Digital.

Does this sound like the next smart career step for you?

Then join us on our journey to World Class - through People, Technology and Dedication.

The role is located in Victoria, British Columbia, and/or Dartmouth, Nova Scotia.

Please apply via LinkedIn Easy Apply, or email debbie.suchoff@kdi.kongsberg.com

KONGSBERG



Photo by S1 Kendric Grasby, CAF Photo



Photo by S1 Kendric Grasby, CAF Photo



Photo by S1 Kendric Grasby, CAF Photo



Photo by S1 Mike Goluboff, MARPAC Imaging Services



Students and teachers from Rockheights Middle School and Cedar Hill Middle School, alongside military and community members, participated in No Stone Left Alone memorial ceremonies at God's Acre Veterans' Cemetery and St Luke Cemetery on Nov. 5.



Photo by S1 Mike Goluboff, MARPAC Imaging Services

Working for our community

Hon. Mitzi Dean

MLA, Esquimalt-Metchosin

250-952-5885

#104-1497 Admirals Road

Mitzi.Dean.MLA@leg.bc.ca / [MitziDean.ca](https://www.facebook.com/MitziDean.ca)



First Responders & Military: \$1900 Every Day!



Sullivan's

BARBER SHOP

Appointments Not Necessary

250 478 9424

Seniors and Kids 12 and under \$1700

Regular \$2100

756 Goldstream Ave.

NOW OPEN 8:30AM-6PM MON-TUES; WED-FRI 8:30AM-5PM; SAT 8:30-4PM

E-FILE FROM \$79⁹⁹+GST

Top Shelf Bookkeeping Ltd.

Locally Owned & Operated Since 1994

BOOKKEEPING & PAYROLL SERVICES AVAILABLE

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

Top 3 reasons to use a mortgage broker:

So, you've made an offer on a property and it's been accepted, congratulations! Now what? Securing the right kind of financing should now be at your forefront. However, how do you know you are getting your optimal situation? Here are the top 3 reasons you should use a mortgage broker:

1 SAVE TIME AND MONEY: We genuinely care about our clients and want what is best for them. We have over two decades of experience in the mortgage lending industry. This, combined with our access to a wide range of financial Institutions, ensures you are getting not only the best rate, but terms and conditions that best suits your unique financial needs as quickly as possible. Creative financial solutions are our specialty!

2 QUALIFIED ADVICE: Buying a home can be overwhelming, especially if you do not have impartial advice you can rely upon. Allow us to help guide and explain to you all that you need to know so you can feel confident and empowered in your financial decisions.

3 ACCESSIBILITY: Have you ever called a bank and got placed on hold, then transferred, just to be placed on hold again? We know your time is important. Our team is always available to help you with anything you may need throughout your approval journey. We are committed to the highest standard of customer satisfaction and have over three dozen 5-star Google Reviews!



Dan Miller
Mortgage Broker

At Miller Mortgages, we are dedicated to help you achieve your homeownership goals.

Whether it is your first time buying, a second home, or a rental property, let us provide you a stress-free mortgage undertaking.

2017-2020 SUMMIT 5 TOP 5% PRODUCER NATIONALLY





www.millermortgages.com

250.858.8489



CAF-DND Sexual Misconduct Class Action Settlement

ONLY TWO WEEKS LEFT TO APPLY

Who can submit a claim

A current or former CAF member, DND or Staff of NPF employee who has experienced Sexual Misconduct prior to 25 Nov 19.

Definition

“Sexual Misconduct” means the following:
Sexual harassment, Sexual assault; and/or Discrimination on the grounds of sex, gender, gender identity or sexual orientation.

A full listing of confidential support resources, information and forms are available to potential claimants at

www.caf-dndsexualmisconductclassaction.ca



Potential Claimants may also obtain full, empathic and confidential support from any trusted person in your chain of command.

**Deadline to submit a claim:
24 Nov 21**

HMCS Oriole

charts the way back to cadet sailing opportunities in 2022

DND/RCN

Royal Canadian Sea Cadets will once again crew aboard the Royal Canadian Navy's (RCN) sail training vessel *HMCS Oriole* in the summer of 2022.

Crewing the 31-metre sailing ketch isn't new for the Cadet organization, a program for youth aged 12 to 18 years. In the summers of 2018 and 2019, *Oriole* hosted Sea Cadets to live aboard and crew the ship, but the COVID-19 pandemic changed all that.

"The pandemic halted our Cadet training program," says Lieutenant Commander (LCdr) Robert Pelton, Commanding Officer of *HMCS Oriole*. "However, we are starting to look to the future again, and hope to be able to host Sea Cadets once again, beginning in summer 2022."

Sailing aboard *Oriole*, which turned 100 years old in June 2021, was a long-held dream for Lieutenant(Navy) Mark Phillips, Commanding Officer of Royal Canadian Sea Cadet Corps Chaudiere, out of Milton, ON.

"Over 20 years ago, I added sailing aboard *HMCS Oriole* to my bucket list, knowing full well it was highly unlikely to ever happen. The main reasons were that *Oriole* was permanently located on the West Coast and I was a Sea Cadet Instructor living in the Greater Toronto Area with just a dream."

In July of 2018 all that changed when he sailed aboard the sail training vessel for two weeks as the Sea Cadet Escort Officer, along with 10 Sea Cadets and two staff cadets.

"That year it was announced that *Oriole* would remain on the East Coast, and it began hosting Sea Cadets from across Canada as it sailed from May to October, travelling from Halifax to Lake Erie and back."

With the tall ship receiving a refit the year before, it was in pristine condition.

"The experience for myself and the Sea Cadets was awesome; truly a once-in-a-lifetime event. There were some great opportunities for teamwork, learning, and new friendships, as we lived and worked together as part of the crew."

Lt(N) Phillips says the Regular Force Navy crew were gracious hosts and while under way the Cadets were assigned to different watches, working side by side with *Oriole's* fulltime staff. Its Commanding Officer had many years of experience sailing tall ships, so they were all in good hands.

For most of the voyage the ship operated on a 24-hour watch schedule, so even during the night the Cadets would each take turns on duty and then afterwards at the helm of

the ship for an hour each, while under power. In the daytime, the ship's giant sails were hoisted by the entire ship's company, including Cadets.

"It was a glorious sight," says Lt(N) Phillips. "*Oriole's* tallest mast is just over 28 metres, so the sails are huge. The most impressive sail is the famous red, white, and blue spinnaker, with the giant image of a Baltimore Oriole on it."

The Cadets logged many nautical miles on Lake Ontario, travelling from Hamilton across to Port Dalhousie and over to Kingston and back.

While under way they slept aboard in close quarters and, to be expected, the racks and personal space were sparse. The two nights spent tied up in port, the Cadets slept on the ship's wooden deck under the stars in their sleeping bags.

Short of the motor and the navigational equipment, the operation of *Oriole* is all by hand.

"After we dropped anchor, it took the entire crew including the Cadets, a full 20 minutes to hoist the anchor back on board the ship with a hand crank."

"I would highly recommend this experience to anybody who gets a chance next summer, when Sea Cadets are once again welcomed aboard *Oriole*," says Lt(N) Phillips.

The Sea Cadet program is open to youth between the ages of 12 and 18. There are nearly 8,000 Sea Cadets active in 230 communities across Canada.



Above: A sea cadet learns how to raise the anchor. Left: A sea cadet from RCSCC Iroquois at the helm. Below: *HMCS Oriole* with a crew of cadets sails past Toronto's CN Tower in 2018.



**On Remembrance Day
We Salute our
Nation's Heroes
Both past and present**



GREATER VICTORIA LOCATIONS

HILLSIDE
1610 Hillside Ave.
250.361.3152

LANGFORD
West Shore Town Centre
250.474.2291

ROYAL OAK
801 Royal Oak Drive
250.727.6561

GORDON HEAD AUTO CENTRE
3993 Cedar Hill Road
250.721.1125

VIEW ROYAL
1519 Admirals Road
250.381.3111

NORTH SAANICH
10300 McDonald Park Road
778.746.4120

lookoutnewspaper.com



Through adversity, our most honourable flourish.

11.11.21

C'est dans l'adversité que les plus dignes s'épanouissent.

Lest we forget. N'oublions jamais.



We salute those who have served
and continue to serve

Lest We Forget

Red Barn Market

1310 Esquimalt Rd.

redbarnmarket.ca



Brett Halpenny, Victoria Royals manager corporate sales; Mark Potter, vice president Babcock – marine; and Capt(N) Jeff Hutchinson, Base Commander, hold up the navy themed jersey worn by the Victoria Royals during the CAF Appreciation Night game.

Photo by Jay Wallace

Hockey Night in Victoria!

Peter Mallett
Staff Writer

The Victoria Royals treated their city's military community to a Saturday night hockey thriller on Nov. 6.

Although the Royals dropped a 3-2 overtime decision to the Kamloops Blazers, fans didn't go home disappointed on Canadian Armed Forces Appreciation Night.

There was fun and entertainment on and off the ice during the Western Hockey League game at the Save On Foods Memorial Centre that was sponsored by Babcock Canada.

The Royals wore a special navy-themed game jersey for the game that were auctioned off during the first and second intermissions. Proceeds from

the auction and the team's 50-50 draw went to the Esquimalt Military Family Resource Centre.

The first 2,000 fans in attendance received a complimentary military themed challenge coin.

On the ice, Base Commander, Capt(N) Jeff Hutchinson, and CPO1 Steve Morrison, co-chair of the Defence Aboriginal Advisory Group, received a round of applause for the ceremonial opening puck drop. They were flanked by a colour party and members of the Naden Band who performed the national anthem.

Military vehicles and equipment were on display in the plaza outside of the arena. Babcock and units of the CAF had information booths set up on the concourse.

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



Ask about BG Protection Plan*

Where Dependability and Trust are a Priority...

* under 80,000 km

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



**Quality
FOODS**

All Quality Foods Stores are closed November 11, to allow all of our people the opportunity to observe Remembrance Day with their Family, friends and neighbours.



FLEET MAINTENANCE FACILITY CAPE BRETON

TRADES HIRING FAIR

**NOV
22ND**

**10AM
-7PM**

Seeking Candidates for the following Trades:

Welder,
Electrician*,
Boilermaker,
Scaler/Labourer,
Sheet Metal,
Shipwright,
Lagger,
Rigger,
Electronics Technician*,
Pipe Fitter,
Weapons Fitter,
Mechanical Fitter,
Machinist.

(*Apprentices also sought)

**CFB Esquimalt
Chief and Petty
Officers Mess**

 1575 Lyall St.

Please bring your Vaccine Passport and mask for entry or you can leave your resume with us at registration.

Not able to attend?

Submit your resume electronically:
ESQFMFCBMOBILE1@forces.gc.ca



HMCS CALGARY AWARDS



Commander Canadian Fleet Pacific Commodore D.E. Mazur, and Commanding Officer of HMCS Calgary, Cdr Mark M. O'Donohue presented awards on Nov. 3.

Photos by S3 Joshua Chambers, HMCS Calgary



Cdr Mark M. O'Donohue receives the MCC Bravo Zulu Award from Commodore D.E. Mazur.



Cpl Olivier Youngblud receives his First Clasp of the Canadian Forces' Decoration medal.



CPO1 Mark Chambers receives his Second Clasp of the Canadian Forces' Decoration medal.



CPO2 Jason Clarke and Lt(N) Mitchell Newman receive MARPAC Bravo Zulu awards.



MS Shelby Andrews receives her NATO SAC Grade B Qualification.



MS Julien Lacasse receives his NATO SAC Grade A Qualification.



PO2 Giovanni Onucky receives the Canadian Forces' Decoration medal.



PO2 Dean Rudolf receives the Canadian Forces' Decoration medal.



PO2 Steve Simard receives his First Clasp of the Canadian Forces' Decoration medal.



HMCS CALGARY AWARDS

continued from page 17

Photos by S3 Joshua Chambers. HMCS Calgary



S1 Jacob Baxter receives the Canadian Forces' Decoration medal.



S1 Ron Humphry receives the Canadian Forces' Decoration medal.



S1 Joseph Landicho receives the Canadian Forces' Decoration medal.



Lt(N) Mitchell Newman, Cpl Jasen Draper, and S1 Wade Robinson receive the Gun Metal SSI anchor for achieving 180 days at sea.

**Want to recognize
someone in your unit?**

Send your BZs to
melissa.atkinson@forces.gc.ca

Broadmead Care

Worth a Shot 50/50

Help support urgent equipment needs at Broadmead Care Homes.



*Just in time for the
Holidays!*

**YOU
COULD
WIN**

Tickets on sale November 20, 2021

Grand prize draw on December 20, 2021

Visit www.BroadmeadCare.RaffleNexus.com to learn full contest rules

Must be 19+ to play. Know your limit play within it

BC Gaming License #130160



BECKLEY FARM LODGE | HARRIET HOUSE | NIGEL HOUSE
REST HAVEN LODGE | VETERANS HEALTH CENTRE
VETERANS MEMORIAL LODGE

Broadmead Care Foundation
4579 Chatterton Way
Victoria BC V8X 4Y7
Tel: 250.658.0311

**Broadmead Care
Foundation**

Broadmead Care Foundation is a registered charity. #88687 1037 RR0001

VOLVO

**We Salute our Veterans,
past and present.**

**THANK YOU FOR
YOUR SERVICE**



SCAN CODE
TO LEARN MORE



VOLVO CARS VICTORIA
A DIVISION OF GAIN GROUP

1101 Yates St,
Victoria, BC

250.382.6122
volvocarsvictoria.com



*Restrictions apply. Canadian Military Affinity Bonus exclusively for Canadian Armed Forces Service Members, Dependents, Retirees and Veterans. Available toward the purchase or lease of a new and previously unregistered 2021 Volvo as follows: (i) XC90, XC60, S60, V60, V60CC, S90 – a discount equal to 4% off MSRP plus \$500; or (ii) XC40 – a \$1200 discount (excludes XC40 Recharge). Retired courtesy vehicles and demonstrator vehicles are also excluded. All discounts will be deducted from the MSRP of the vehicle before taxes. While supplies last, subject to availability. Affinity Bonus and Volvo Allowance are subject to change at any time and may vary from month to month. Volvo Car Canada Ltd. reserves the right to modify or exclude models at any time. Vehicles shown with optional equipment at an additional cost. Some vehicle images are not shown to Canadian specification and may include optional equipment and vehicle colours not available in the Canadian market. Must take new retail delivery by January 4, 2022. See Retailer for complete details and eligibility. ©2021 Volvo Car Canada Ltd. Always remember to wear your seat belt. DL4891 #41497

LOOKOUT Classifieds & Real Estate

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

FOR RENT

HOME FOR RENT



Cook Street Village

3446 Cook Street

Nov. 27 to March 31, 2022

\$3500 / month

Call Barry at 250-516-5052 for more details.



SPACIOUS ONE-BEDROOM

Modern and spacious furnished one-bedroom. Features private entrance, off-street parking, brand new 5pc kitchen with cooking essentials, newly renovated bathroom with heated tile floor, WiFi with smart TV, and dedicated workspace. Rent: \$1,950/month fully furnished. Available Nov 1st.

Email contact: gilliancond@gmail.com

1 BEDROOM GROUND LEVEL SUITE

1BR ground level suite/w/patio in a quiet cul-de-sac in Esquimalt close to base near Admirals and Craigflower. Includes utilities, cable, Wi-Fi and parking. No pets. Very short distance to mall and other amenities. \$1,200 available now. Phone: 250-380-7727 or email acjay44@hotmail.com

EMPLOYMENT

Now Hiring!

OPTICIAN / DISPENSARY ASSISTANT

Qualifications & Skills we are looking for:

- Able to positively assist patients with frame and lens selection
- Experience understanding and/or working with optics and manual lensometer
- Skillfully adjust, fit, measure and repair different types of eyewear
- Answer phone calls and schedule appointments
- Provide exceptional customer service by interacting with clients and troubleshooting
- Ability to verify several lens types for quality and accuracy
- Able to work in a fast-paced environment

***This is not a "lab only" position. Candidate required to assist clients face to face.**

Wage based on experience and additional training provided to the right candidate.

Availability to work evenings and/or Saturdays as required.

- Health spending account
- Free eye care, eye wear and discounts
- Paid Vacation
- Continuing Education



To apply, email us at drjoslin.moring@shaw.ca

IN MEMORIAM



In loving memory of
OS Heidi Clow
Oct 19, 1986 – Oct 4, 2009

"The world will not be destroyed by those who do evil, but by those who watch them without doing anything."

– ALBERT EINSTEIN



FIND LOOKOUT
ON FACEBOOK

FINANCIAL

Ready for the big move?

Enjoy BMO employee rates on a wide range of mortgage options. No matter where you are moving across Canada, Julie McAlpine is here to help you.

Julie McAlpine, CD
Mortgage Specialist for
the Defence Community
250-818-4821
Julie.McAlpine@bmo.com



BMO Official bank of the
Canadian Defence Community

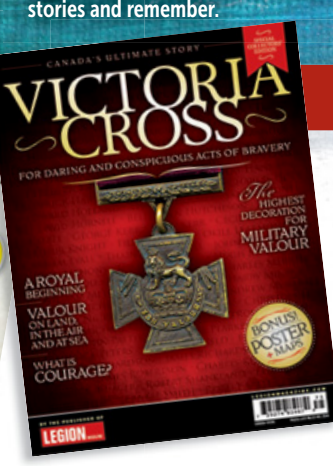
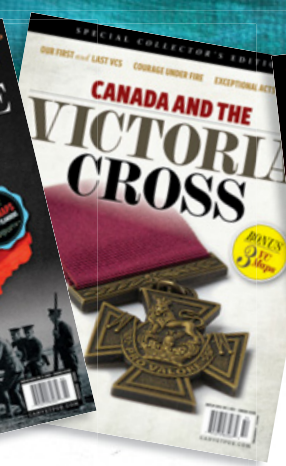
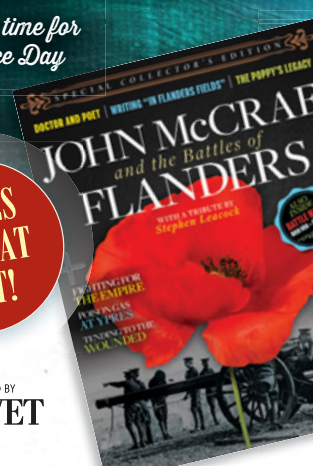
LEST WE FORGET

REMEMBRANCE TRIO

Order just in time for
Remembrance Day

MAKES
A GREAT
GIFT!

PUBLISHED BY
CANVET



Read about the victories, losses and defining moments of Canadian soldiers and veterans. Honour their stories and remember.

1

Canada and
the Victoria
Cross

2

John McCrae
and the Battles
of Flanders

3

Victoria
Cross

Buy two, get third **FREE!** Order today!

Explore even more **Canada's Ultimate Story**—30+ special editions with captivating tales of fascinating Canadian people, places and events, engaging, informative, historical journalism and striking archival and contemporary imagery.

- Quality, 100-page, keepsake special editions filled with intriguing and compelling stories, only told in the pages of **Canada's Ultimate Story**

REMEMBRANCE TRIO ONLY
29.99
+ tax and shipping
A value of \$44.85

CANADA'S
ULTIMATE
STORY

Available at
canadasultimatestory.com or call toll-free 1-844-602-5737

WE ARE OPEN

CANADA'S FIRST WOMEN'S ONLY
RESIDENTIAL TRAUMA PROGRAM

Georgia Strait | WOMEN'S
CLINIC

1.886.487.9040 | 2174 Fleury Road, Powell River, BC, Canada V8A 0H8 | www.schc.ca | info@schc.ca

Find Your Power

Highly Personalized Addiction Treatment

NON-12 STEP SINCE 2008

At **Sunshine Coast Health Centre** we are committed to a client's personal transformation, the goal being healthy, thoughtful men who are inspired to live with a renewed sense of vitality and purpose.

LEARN MORE ▼

register at schc.ca

Admissions Toll Free 866.487.9010 | Administration Toll Free 866.487.9050

2174 Fleury Road, Powell River, BC Canada V8A 0H8

www.schc.ca | info@schc.ca



**Sunshine Coast
Health Centre**

A Non 12-Step Program

