

LOOKOUT

MARPAC NEWS CFB Esquimalt, Victoria, B.C.

Serving the Defence Team of Greater Victoria | www.lookoutnewspaper.com

SUNLIFE DIRECT BILLING
Just 3 mins from base

MILITARY DISCOUNT PROGRAM
Fast, Easy & Convenient
Live well with

PHARMASAVE
Esquimalt Plaza, 1153 Esquimalt Rd.
388-6451

NEWS 2

A new group of Raven students take flight



FEATURE 10

HR manager goes out on a limb for fun



FEATURE 14

CF members revive scouting in Sierra Leone



HMCS Regina's LS Ciara Murphy uses semaphore signals to converse with the Australian HMAS Success during a replenishment at sea in the waters of Hawaii. **Inset:** One of two Harpoon missiles is launched by HMCS Regina.

Regina and Ottawa make naval history

Mary Ellen Green
Staff writer

Sailors from *HMC Ships Regina* and *Ottawa* made history last week when they fired harpoon missiles at a target in the Pacific Ocean simultaneously.

The weapons testing on July 14 was part of the Rim of the Pacific (RIMPAC) multinational training exercise at the Pacific Missile Firing Range off the Hawaiian

Island of Kauai.

Each ship had the chance to fire two missiles before their time on the range was over.

The target was the Ex-USS *Horne* - a "hulk" that was sunk to the ocean floor by the end of the day.

In *Regina*, the Above Water Warfare Officer, Lt(N) Stephen Wall was the sailor who pushed the button to launch the RTM 84 de-fuelled Harpoon fit with a tele-

metric data collection package. He said, "It couldn't have gone much better."

Regina hit the target on both launches.

Regina was buzzing before the shoot, with the ship's company manning action stations in case of an emergency such as a fire or casualties.

Every sailor on board played a part in making sure the launch was safe and successful.

Operations Room Officer Lt(N) Lorraine Sammut said, "This launch was a great success for two reasons. The first is that it is great to be part of a team effort, and the second, proving our defensive capabilities on the ship."

Lt(N) Sammut, who met *Regina* in Guam one month ago, gave the "take order" to launch the Harpoon and said it was an amazing experience.

See Warships on page 3

Editorial & Opinion..... 4
Brain Ticklers..... 5
In Focus 16
Classifieds..... 18-19

3240 DOUGLAS ST.
(250) 475-2313

www.willedodge.com

WAS \$22,420

NOW \$18,670*

Plus \$750 Gas Card

2008 Jeep Patriot
A/C, tilt, cruise, PW, PDL, CD Player, keyless entry, tire & wheel group.

Great Value
• Stk# 28543

31 MPG CITY
39 MPG HIGHWAY

* all rebates & incentives to dealer. Eco rebate & PST rebate already deducted

MFRC THRIFT SHOP
Check out our bargains!

THE MFRC THRIFT STORE IS CLOSING
Please join us at our famous Bag Sales throughout the month of July.
Fill a bag for \$1.00!

1526 Esquimalt Road
Located next to the Lookout in building 523

MFSP PSFM
MILITARY FAMILY SERVICE PROGRAM PROGRAMME DES SERVICES AUX FAMILLES DES RESERVES

Money raised at the MFRC Thrift Store supports programs and services for military families.

New batch of Raven students take flight

Alexander Jones
Staff writer

In a swearing-in ceremony July 14, attended by British Columbia's Lieutenant Governor, 75 aboriginal youth were initiated in the Raven Aboriginal Youth Employment Program, a joint venture between Canada's aboriginal communities and the Canadian Forces.

The youth range in age from 15 to 18 and are from all over Canada, sat silently in the small theatre at Work Point's Collier Building as Lieutenant Governor Steven Point addressed them and praised their commitment to empowering their lives.

"This is the beginning of a new chapter for you," he told them. "You can begin a transition here, as you move away from childhood into your roles as adults. Growth is not a journey with a destination; it's a trip that never ends."

LGov Point, a former air cadet, says programs such as Raven are of great service to Canada's youth. "Growing up in Chilliwack, I learned a great deal of discipline in the cadet program," he says. "I'm very interested in encouraging the growth of our young people, and programs like this provide that."

In small groups of five to 10, the students were each sworn into the program. Their right hands in the air, students made the solemn oath to represent their communities and the Canadian Forces with the same commit-

ment and dignity as all other Reserve and Regular force personnel.

Raven is a seven-week national youth outreach program founded in 2003 to provide the Canadian Forces with a more visible presence in the Aboriginal community.

The course begins with a week-long "Culture Camp" at the Canadian Forces Maritime Experimental and Test Ranges at Nanoose Bay. With minimal CF presence at the camp, the students have the opportunity to be immersed with elders who impart aboriginal traditions such as storytelling, ancestral knowledge, language, and traditional native meditation and spiritual cleansing.

After completing the Culture Camp, Raven's students return to CFB Esquimalt for a six-week basic military training segment, which teaches the group military knowledge, drill, fitness, navigation,



Alexander Jones, Lookout

Aboriginal students are sworn into the Raven Aboriginal Youth Employment Program.

small arms safety training, first aid, and survival skills. Also included in the course is a tour of CFB Esquimalt's facilities, and education on what career opportunities are available with the Canadian Forces.

Sgt Lloyd Brens, a Work Point instructor closely involved with the Raven program, says that since the programs inception five years ago, its popularity has surged.

"We started out with about 20 students the first year, and it's exploded. We have 75 this year, and in the future we'll probably have to look at turning people away," he elaborates. "A lot of the success and growing participation can be attributed to word of mouth. These kids learn great skills, and can still have fun, and they share those experiences when they return home."

Lieutenant Governor Steven Point

The Honourable Steven L. Point was sworn-in as British Columbia's 28th Lieutenant Governor on Oct. 1, 2007.

The Lieutenant Governor is the representative of Her Majesty The Queen of Canada in British Columbia. The office of Lieutenant Governor personifies the Crown, and is the apex and link in the constitutional and political structure of the province. All legislation must receive Royal Assent before becoming law, which the Lieutenant Governor signs in the name of the Queen.

His Honour also ensures that at all times there is a First Minister in the province, and, in the case of death, resignation, or defeat of the government through election or non-confidence

motion in the Legislature, it falls on the Lieutenant Governor to appoint a new First Minister or dissolve the House. His Honour was appointed Chief Commissioner of the British Columbia Treaty Commission in 2005. His Honour has also served as an elected Chief of the Skowkale First Nation, the tribal chair of the Stó:lo Nation. He was honoured as Grand Chief by the Chiefs of the Stó:lo Tribal Council.

LGov Point has a Bachelor of Law Degree from the University of British Columbia and an Honorary Doctorate of Law Degree. His Honour was called to the Bar in British Columbia in 1985, and was appointed a provincial court judge in February 1999.

IN SUPPORT OF C-FAX SANTA'S ANONYMOUS

GREAT CANADIAN Beer Festival

WIN YOUR WAY TO

Smoking allowed in designated area only. No minors.

Royal Athletic Park Admission: Friday \$20 Saturday \$25

Sept. 5, 3-8pm • Sept. 6, noon-6pm

Answer this question: The difference between Ale and Lager is?

Answer: _____

Name: _____

Phone: _____

2 tickets valid for Friday only drawn every week until the event. One entry per person per week. Must be 19 or over, must show DND ID to collect prize. Drop off at 1522 Esquimalt Rd (Signal Hill), mail to Lookout, CFB Esquimalt, PO BOX 17000 Stn Forces, Victoria, BC, V9A 7N2 or email frontoffice@lookoutnewspaper.com. No faxes please.

For ticket info visit www.gcbf.com or 250-383-2332

Kool 100.3 Today's Best Music G-FAX 1070 Au Baba Pizza "Pizza You Crave" CANOE

100.3 The Q
THE ISLAND'S ROCK

DC

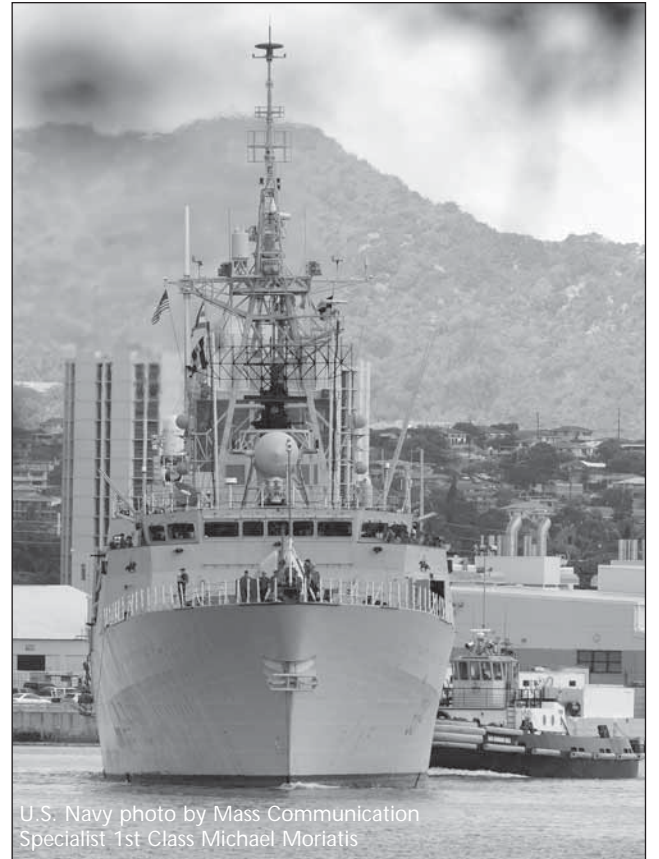
MADE WHO

Don't forget: Show your **military ID** to hear **100.3 The Q!** in full colour!



U.S. Navy photo by Mass Communication Specialist 3rd Class Kyle D. Gahlau

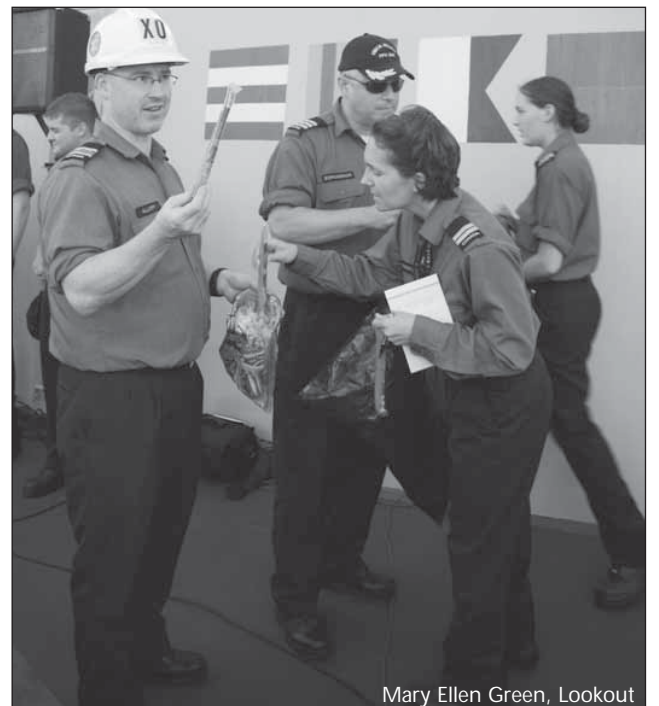
Above: Canadian Forces personnel assigned to the 409 Tactical Fighter Squadron watch as an F/A-18F Super Hornet assigned to Strike Fighter Squadron 102 lands on the aircraft carrier USS Kitty Hawk. **Below:** Canadian soldiers assigned to the "Red Devils" of A Coy, 1st Battalion Princess Patricia's Canadian Light Infantry, board the amphibious assault ship USS Bonhomme Richard at Pearl Harbor to participate in Rim of the Pacific (RIMPAC) maritime exercise.



U.S. Navy photo by Mass Communication Specialist 1st Class Michael Moriatis



US Navy photo by Mass Communication Specialist First Class Michael Moriatis



Mary Ellen Green, Lookout

Top: HMCS Regina leaves Pearl Harbor July 8 to participate in Rim of the Pacific Exercise 2008. **Middle:** HMCS Regina's Commanding Officer, Cdr Haydn Edmundson; Executive Officer, LCdr Jon Allsopp; and Operations Room Officer Lt(N) Lorraine Sammut were quick to dig into the Freezes shortly after their replenishment at sea with Australian ship HMAS Success. **Below:** Lt(N) William Vanderstelt, bridge watch keeper, stands at the ready on the bridge of Regina.

Two warships launch into RIMPAC

From page 1

"It's great to be afforded these opportunities, and to be a new member of a team that gets to do that is like a crescendo," she said. "We proved all areas of our weapons systems this week, and all of our engagements were successful. So it's happy days in *Regina*, that's for sure."

Another key player in the shoot was LS Jon Colbon, the track supervisor in *Regina* responsible for tracking all surface traffic. With the help of a CP-140 Aurora from Comox, he constantly updates the "link," a wireless network used for tracking targets.

"The aircraft calls in the positions and I input the targets, where they're supposed to be so the Above Water Warfare Officer can shoot at them. And this happens very quickly. It's all geometry, inputting the flight path

and ensuring the safety and approach in order to coordinate with the other ship."

In a real world threat, Harpoon missiles would be used against surface combatants who pose an imminent threat to a naval task group. As in the missile shoot against Ex-USS Horne, two missiles coming at a hostile ship from two different directions simultaneously introduces an increased level of difficulty for the enemy ship to defend against. The ship must choose which missile to intercept, which increases the chance of at least one missile getting through the ship's defensive perimeter. The importance of a coordinated fire is to overwhelm the hostile ship's defenses, thereby disabling the hostile ship's ability to maneuver and return fire.

Live fire exercises provide the most realistic training possible in peacetime. Sailors come to understand the

effectiveness of - and gain confidence in - the employment of modern naval weapons. While much can be achieved through computer simulation, elements such as personnel training and combat system performance can only be fully evaluated under live fire conditions controlled by range safety regulations.

"The coordinated Harpoon fire marks the most advanced firing of its kind by the Canadian Navy," said LCdr Steven Thorton of the Canadian Forces Maritime Warfare Centre (CFMWC), who was front and centre for the test fire on board *Ottawa*. "CFMWC will use the results of both ship's test fires to better understand Halifax-class capability to cooperate in anti-surface warfare."

Regina and *Ottawa* have also test-fired an anti-submarine torpedo and chaff decoys - a "soft kill" defensive weapon.



Mary Ellen Green, Lookout

matters of OPINION

WHO WE ARE

MANAGING EDITOR
Melissa Atkinson 363-3372
atkinson.m@forces.gc.ca

STAFF WRITER
Mary Ellen Green 363-3672
Alexander Jones 363-3130

PRODUCTION
Carmel Ecker 363-8033
Myrna Proulx

ADMINISTRATIVE ASSISTANT
363-3014
frontoffice@lookoutnewspaper.com

ACCOUNTS
Kerri Waye 363-3127
waye.klr@forces.gc.ca

SALES REPRESENTATIVE
Ivan Groth 363-3133
groth.i@forces.gc.ca

SALES REPRESENTATIVE
Joshua Buck 363-8602
buck.jj@forces.gc.ca

EDITORIAL ADVISOR
Capt Darin Guenette 363-4006

Published each Monday, under the authority of Capt(N) Mike Williamson, Base Commander.

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

The editor reserves the right to edit, abridge or reject copy or advertising to adhere to policy as outlined in CFAO 57.5. 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 à l'OAF57.5. Les opinions et annonces exprimées dans le journal ne reflètent pas nécessairement le point de vue du MDN.



Circulation - 4,500

One year subscription - \$35.31

Six month subscription - \$17.66

Three month subscription - \$11.77

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

E-mail: frontoffice@lookoutnewspaper.com

Web: www.lookoutnewspaper.com

Fax: 363-3015

Canadian Mail Product Sales Agreement 40063331



WHAT SAY YOU

Base Commander's thoughts on final posting

Capt(N) Mike Williamson
Outgoing Base Commander

Are you counting the days yet? This question has been asked of me many times over the last few weeks, signalling the fact that my time as Base Commander and with the CF is coming to a conclusion.

On July 24, I will turn over command of CFB Esquimalt to Capt(N) Marcel Hallé. I have known him for years, and I can think of no one better suited for the role.

I would like to take this opportunity to reflect on my three years as Base Commander.

Overall, I look back with a sense of pride in what the Defence Team of CFB Esquimalt has been able to accomplish. There are certainly many notable achievements, not the least of which include exemplary support to the Fleet and lodger units, Navy Days 2006, outstanding charitable support to local agencies, infrastructure improvements around the base and what I perceive to be a well motivated work force.

The ability of CFB Esquimalt to excel at assigned tasks is well recognized, and it is a testament to collective focussed effort, professionalism, expertise and enthusiasm.

The months ahead will bring challenges,



Outgoing Base Commander Capt(N) Mike Williamson.

particularly as 2010 approaches, but I am confident the Team will rally around solutions. The Team might be a little smaller, however, and it will only be through retention of the current population, and recruitment of reliefs, that we will have sufficient personnel in billets.

On a more personal level, I always enjoyed getting out from behind my desk, walking around the base, visiting remote sites and

talking to the men and women of the navy, army and air force, and the civilian members, both management and union, who make it all happen.

Despite what you may occasionally hear, there are still a lot of satisfied, motivated people out there who are incredible, and doing incredibly important jobs. Well done!

After three years, I can say that I would have done a few things differently, and I would have put more emphasis on some areas, and less on others. But I can't turn back the hands of time, and the best I can do is to ensure that my relief is well briefed to make his own sage decisions.

Am I counting the days yet?

Not really. One day soon I will turn left as I head into town instead of right. I will have only great memories of the job I leave behind, and even greater memories of you, the people I worked with.

By the way, I am often asked to what job I am going? I am retiring from the Canadian Forces and joining the business of a local, social entrepreneur. I will be involved in some not-for-profit values-based coaching and some charitable activities. I won't be far and look forward to future encounters at the local coffee shop.

Enjoy the summer.

BOOK REVIEW

"Women in Power" studies female political leadership

Blema S. Steinberg

Indira Gandhi, Golda Meir, and Margaret Thatcher were all described at various times as the "only man" in their respective cabinets - a reference to their tough, controlling behaviour.

What explains this type of leadership style? In *Women in Power*, Blema Steinberg describes the role that personality traits played in shaping the ways in which these three women governed.

For each of her subjects, Steinberg provides a personality profile based on biographical information, an analysis of the patterns that comprise the personality profile using psychodynamic insights, and an examination of the relationship between person-

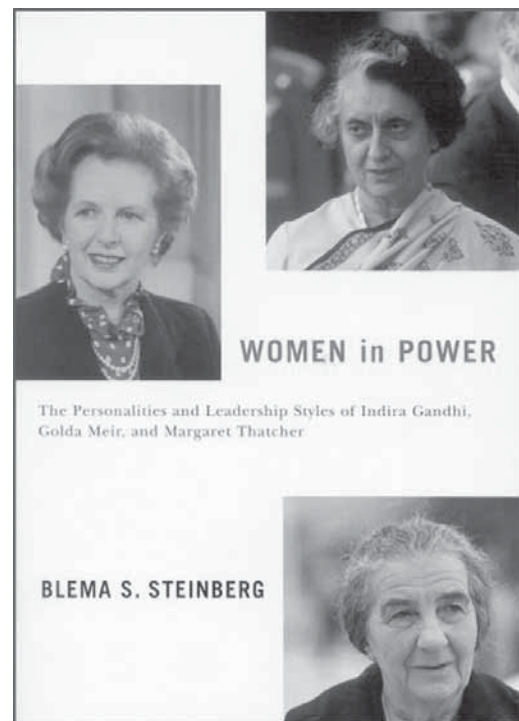
ality and leadership style through an exploration of various aspects of political life - motivation, relations with the cabinet, the caucus, the opposition, the media, and the public.

By bringing together some of the best work in psychological leadership studies and conventional personality assessments, *Women in Power* makes a significant contribution to the study of political leadership and the advancement of personality-in-leadership modelling.

About the Author: Blema Steinberg is professor emerita, McGill University, the author of Shame and Humiliation: Presidential Decision Making on Vietnam, a member of the Canadian

Psychoanalytic Society, and a practicing psychoanalyst.

By bringing together some of the best work in psychological leadership studies and conventional personality assessments, *Women in Power* makes a significant contribution to the study of political leadership.



HARRISON'S IS BACK
in Victoria

Your outdoor gear specialists:

- Hunting • Military uniforms,
- Fishing boots & accoutrements
- Camping • We buy military items
- Paintball

266 Old Island Hwy
up the hill from 4 Mile Pub
881-8388
www.harresons.com

DOUBLE DISCOUNT MILITARY MONDAYS

20% OFF All Services
Plus: 10% off Men's and Women's
Hair and Esthetics everyday

**BROW TINT AND SHAPE
PLUS LASH TINT - \$35**

hair design & esthetics

250-383-5598 890E Esquimalt Rd (at Head Street)

NOW OPEN

Vietnamese • Thai • Chinese

**Ken & Shelly welcome you
to their new location**

VIETNAM GARDEN RESTAURANT

524 Admirals Rd (opposite Tudor House) 384-3033

CarStory

with Bill Sherk

www.carstory.com



Earl Domm's brand new 1954 Monarch

In the early 1950s, Earl Domm lived in Toronto with his wife Mabel and their two teenage children, Georgina and Jim. At that time, Earl was driving a dark blue 1951 Mercury four-door sedan, which he had purchased new.

Soon after turning 16 in November 1952, young Jim announced at the dinner table one evening that he was planning to buy "an old wreck of a car and drag it home and fix it up."

Earl promptly paid a visit to Elgin Motors in downtown Toronto and purchased a new 1953 Ford Mainline two-door sedan for Jim and his sister. No need now to buy an old car!

That '53 Ford had rubber floor mats, no radio, and no fancy trim. But it was a brand new car, and as soon as it was parked in the driveway beside Earl's '51 Mercury, he realized his two teenage children were driving a car two years newer than his.

If he wanted a car newer than theirs, he would have

to wait a full year until the new 1954 models came out. When that time came, he visited Lawrence Motors, where he traded off his '51 Mercury for a brand spanking new 1954 Monarch four-door sedan (the Canadian version of the Mercury).

Not just any Monarch. This was the fancy Lucerne series with two-tone paint, whitewall tires, fender skirts, and a blue and yellow interior. All this for only \$3243.

If that were not enough to set Earl's car apart from the one his children drove, his 1954 Monarch had the same engine as the '54 Mercury – a new overhead valve, high compression, short stroke V-8 engine with 256 cubic inches and 161 hp.

Jim and Georgina's '53 Ford still had the old-fashioned flathead V-8 under the hood. But their car did have something that Earl's did not: a commemorative medallion in the hub of the steering wheel celebrating Ford Motor Company's



1954 Monarch Lucerne similar to the one owned by Earl Domm over 50 years ago.

50th anniversary.

On special occasions, such as the school prom, Jim was permitted to borrow his dad's car, but on the understanding that he would wash the car every Sunday morning before the family drove to church.

His first wash job fell short of perfection. Rather than remove the fender skirts to clean the whitewalls, Jim cleaned the lower half, then moved the car forward to clean the other half. Earl noticed a thin ridge of dirt between the two halves, and henceforth Jim cleaned

the whitewalls in thirds, and moved the car twice.

This careful attention to detail earned for Jim a free ride to church every Sunday morning.

As a thank you, if your story is published in my column you will receive a copy of my book "60 Years Behind the Wheel: The Cars We Drove in Canada 1900-1960". To share your stories or photos e-mail billtsherk@sympatico.ca or write Bill Sherk, 33 Oak St. E., P.O. Box 10012, Leamington, ON N8H 2C3.

Volunteers needed for 2008 United Way Campaign

- Do you want to learn new skills that will help you in your current or future positions?
- Do you like working in a team environment?
- Are you comfortable working with all rank levels on and off base?
- Do you have a working knowledge of Microsoft Office products?
- Are you organized?
- Would you like exposure to the greater Victoria community?
- Do you have a valid drivers license and a vehicle?
- Do you have a positive attitude?
- Do you like to meet new people?

If you answered yes to these questions please put your name forward through your manager/CO ASAP to be part of the local Government of Canada Workplace Charitable Campaign/United Way Team.

We are still looking for:

- 1 Campaign Co-ordinator (Aug. 4 to Jan. 15)
- 2 Loaned Representatives (Aug. 25 to Dec. 12)
- 1 Material Supply Clerk (Aug. 25 to Dec. 12)



See the **MARPAC Notice Board** for job descriptions or phone 363-7060.

BRAIN ticklers

SPORTS trivia

by PO2 Bill Sheridan Contributor

Olympic History

1. What Olympic medalist later won a Nobel Peace prize?
2. What sport combined wrestling and boxing in the ancient games?
3. Who was the first woman to win an Olympic event?
4. What was the first team sport added to the Olympics?
5. When did the athletes first march into the stadium with their countries' flags?
6. When was the first athlete disqualified for a banned 'drug'?
7. Which Olympiad did Montreal host?
8. Name the five colours of the Olympic rings.
9. Name the seven Olympic Values for participating athletes?
10. What former IOC president wanted to eliminate team sports and the winter Olympics from competition?
11. What gymnast became the first person to execute a back somersault on a balance beam?
12. What team strength sport was an Olympic event from 1900-1920?
13. In which sport did women compete in for the first time in the 1996 games?
14. How many continents must a sport be played on before it becomes part of the summer games?
15. What Olympic event's winner is considered to be the 'worlds greatest athlete'?
16. What was the first year of the Ancient Olympics?
17. During the Ancient Games, warring states would call a truce for the duration of the games. What was this truce called?
18. It is believed that which person of Argonauts fame invented the decathlon?
19. What event did Plato become a double winner during the Ancient games?
20. How long is the run up for the Olympic high Jump?

- ANSWERS
1. Britain, Phillip Noel-Baker, 1500 meter-silver
 2. Pankration
 3. Britain's Charlotte Cooper won Tennis Singles.
 4. During the second Olympics of the Modern age, Football was added in 1900
 5. 1908 in London
 6. 1968 in Mexico City, A Swede was disqualified for excessive alcohol.
 7. Twenty-first
 8. Black, blue, green, red and yellow.
 9. Fun, Excellence, Fairness, Respect, Leadership, Peace and Human Development.
 10. Avery Brundage
 11. Olga Korbut of the USSR
 12. Tug of War
 13. Beach Volleyball
 14. Four
 15. The Decathlon's
 16. 776 BC
 17. Ekecheira "lift your hands"
 18. Jason
 19. Pankration (comes from Greek words meaning "all" & "strength")
 20. Actually, it is unlimited



ComParrot by Bonnie J. Malcolm

Can you spot 12 differences between these pictures?



www.comparrotpuzzles.com © 2008 Bonnie J. Malcolm



Solution: 1. Grass by man's foot is missing. 2. Center line on road is missing. 3. Strap on backpack is missing. 4. Inside of tire is colored in. 5. Stripe on hat plate is different. 11. Grill on car is wider. 12. Design on backpack is different.

SELL IT FAST with 3 for 1 classifieds

During JULY, place a word ad in the Lookout and it will run 3 weeks for the price of 1. Plus your ad will be posted on www.lookoutnewspaper.com

Civilian \$8.48
 DND employees & their families \$7.42

Call 363-3014 to place your ad



Upcoming PSP sports events in Esquimalt and Comox

Men's Slo-Pitch
 The Formation Esquimalt Tritons Men's Slo-Pitch team will compete in the Pacific Regional Championships, hosted by CFB Esquimalt, from July 25-26. The team will compete against their rivals visiting from 19 Wing Comox in what promises to be exciting, action-filled games.

The tournament format will be a best of three with games taking place at 9 a.m. and 3 p.m. on Saturday and 10 a.m. on Sunday if necessary. The winner will travel to represent the Pacific Region at the CF Slo-Pitch Nationals at CFB Borden in September. All games are played at the Work Point Diamonds – come out and cheer on the Tritons.

Hockey Referee Course in Comox
 Levels 1, 2, and 3
 Hosted at 19 WG Comox
 August 15, 4pm to August 17, 4pm
 Register by July 30 via email to Marcy

Bennett in the Formation Esquimalt Sports Office Bennett MEM@BADM@Esquimalt

- Members from Esquimalt will drive to and from Comox in a DND Vehicle.
- Members are responsible for their own kit, no items will be issued at Comox.
- Registration fee will be paid for by PSP
- There are only 20 positions available, so register soon

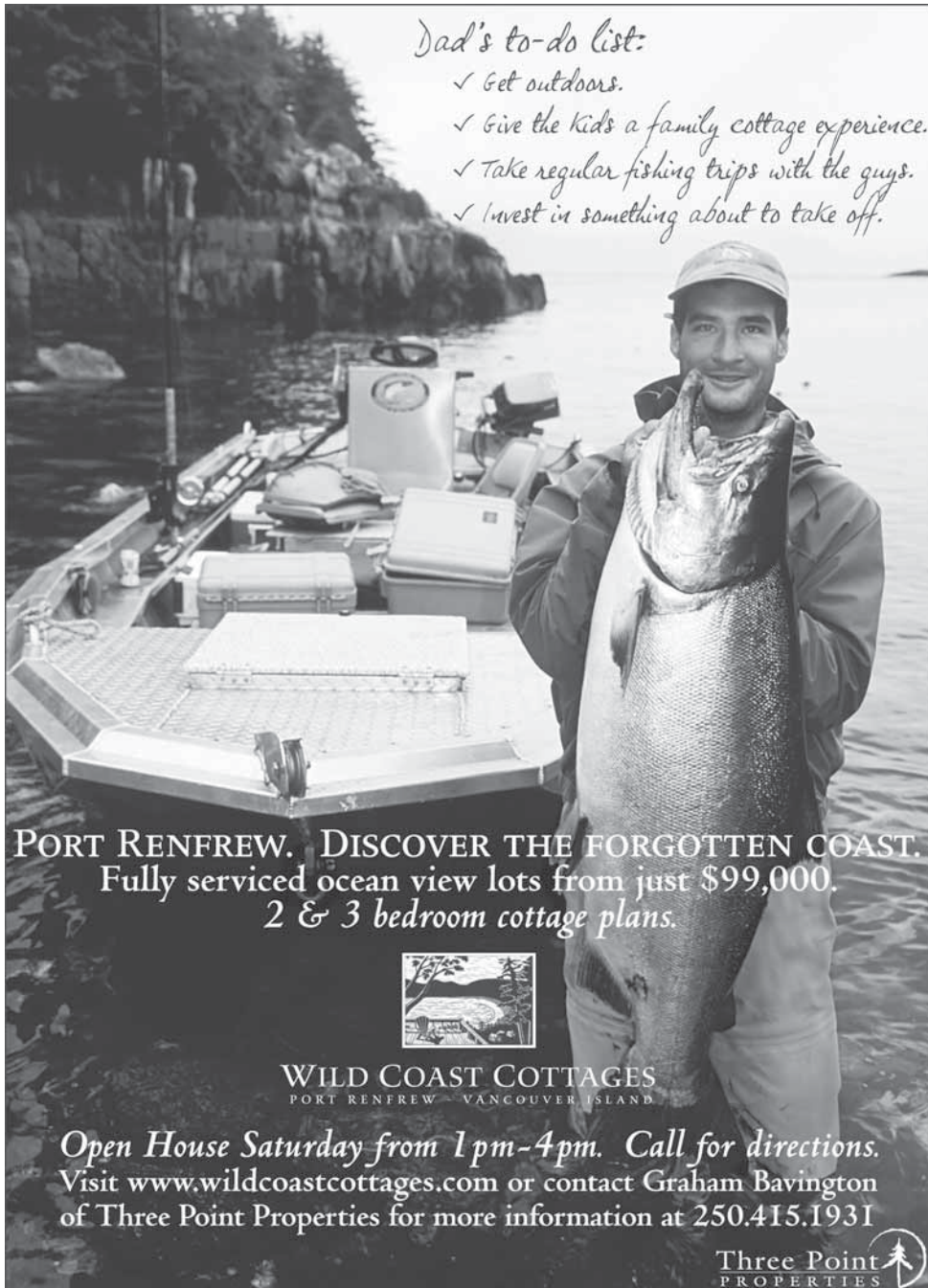
Please provide the following information when you register:

1. Service Number
2. Rank
3. Name (as it appears on your military ID)
4. Unit
5. Level
6. DND 404#
7. Contact phone numbers and e-mail


Questions may be directed by email to the Pacific Region Referee in Chief, Mr. Stephane Rainville Rainville SJL@19 Wing FS&R@Comox

Dad's to-do list:

- ✓ Get outdoors.
- ✓ Give the kids a family cottage experience.
- ✓ Take regular fishing trips with the guys.
- ✓ Invest in something about to take off.




PORT RENFREW. DISCOVER THE FORGOTTEN COAST.
 Fully serviced ocean view lots from just \$99,000.
 2 & 3 bedroom cottage plans.



WILD COAST COTTAGES
 PORT RENFREW - VANCOUVER ISLAND

Open House Saturday from 1pm-4pm. Call for directions. Visit www.wildcoastcottages.com or contact Graham Bavington of Three Point Properties for more information at 250.415.1931



MILITARY SPECIALS

*DND Welcome - Mention this ad with Military ID or gate pass

WITH ANY
OIL CHANGE
 FREE UPGRADE TO SEASONAL PACKAGE

25% OFF | **10% OFF**
 COOLANT FLUSH | ALL PARTS INSTALLED

NOW OPEN SUNDAYS




1519 Admirals Rd 381-5055



CANADIAN TIRE
 AUTOMOTIVE SERVICE

West Shore Town Centre 474-2291

Now that's...



Kool
 Today's Best Music

For all of Today's Best Music from Maroon 5, Fergie, Gwen Stefani & more. Victoria's new #1 choice. Make the switch today.



Miss Calgary, Protector and Ottawa?

Call for Mission Updates

Call 24 hrs
1.800.866.4546
 (anywhere in North America)

www.navy.dnd.ca/calgary

CFB ESQUIMALT

NAVY 10K RUN



Hurry!
Registration
deadline is fast
approaching!

Sunday August 17, 2008

7:30 am check-in • 8:30 am race start

Photo ID required to enter Naden property

*Start from Naden and travel
out into the Esquimatt Community*



Where:

CFB Esquimalt

Cost:

\$15 DND community/\$20 DND guests

*tons of door prizes and
individual medals*

Register at www.eventsonline.ca

For race information call 363-1009



Jim Pattison
cars unlimited


Quality Pre-Owned Vehicles

2007 TOYOTA YARIS \$16,995
42,768kms, 5dr, Automatic, FWD, 4 Cylinders, Gas, AM/FM Stereo, Air Conditioning, Anti-Lock Brakes, CD Player, Dual Air Bag, Intermittent Wipers, Power - Brakes, Mirrors, Steering, Locks & Windows. Rear Defroster, Tilt Steering, Cruise Control, Cloth Interior.

360-2271 View inventory online:
carsunlimitedvictoria.com

Curb appeal with a Fever for Wind!

STEVE DRANE HARLEY-DAVIDSON



Steve Drane Harley Davidson Ltd.
735 Cloverdale Ave * 475-1345 stevedraneharley.com

TODAY IS A GOOD DAY TO PROTECT YOUR MORTGAGE

Mortgage protection for homeowners. Know your options.



Iain Swain BA CD
Bus 250-385-1471 ext 223
Fax 250-380-6011
Cell 250-686-6913
iain.swain@sunlife.com



© Sun Life Assurance Company of Canada, 2008.

Security Guards



We are seeking persons of good character and physical fitness to work as security officers for Canada's largest security solutions company.

We offer a wide range of full or part time employment, an industry leading wage scale, significant benefits including a bonus program plus an employer paid RRSP.

Qualified Commissionaires are also eligible to study at the Royal Military College through a distance learning program. Join us, work for us and study at RMC!

The next Security Guard courses are scheduled to start August 11, 2008. For more information go to our web site at www.thecommissionaires.bc.ca, call 727-7755 ext 100 or drop in to pick up a job application form at 928 Cloverdale Ave, Mon - Fri 8:00 - 4:00.

COMMISSIONAIRES
TRUSTED • EVERYDAY • EVERYWHERE

MP lives like a sailor and tells all

Mary Ellen Green
Staff writer

When politicians visit navy ships they often get a tour, have a quick chat with the crew, and get on their way.

However, for Federal Liberal Member of Parliament Mark Holland, after he crossed the brow of HMCS Winnipeg a few weeks ago, he got to experience a sailor's life for five days as part of the Canadian Forces Parliamentary Program.

The Ajax-Pickering, Ontario MP lived in the ship off the west coast while the ship and crew underwent weapons testing.

He wrote a daily blog about his experience, outlining all the things he learned about the navy.

"When I originally considered spending time with the armed forces, I thought of doing it for only a day or two - a quick in and out that would better match a schedule that is tight at the best of times," he wrote. "Now, with the trip over, I am profoundly glad that I decided to stay for a week.

"Seeing what the ship could do, its technical ele-



Member of Parliament Mark Holland spent five days in HMCS Winnipeg as part of the CF Parliamentary Program. The program embeds MPs in a unit of the air force, navy or army so they can learn more about Canada's military.

gance and complexity, and saying hello to her crew in some cursory way would have done the experience a great disservice. In staying aboard the *Winnipeg*, to live with her crew and make the ship my life, I learned a great deal; far more importantly, I came away with a deep sense of pride in our military."

Holland chose to spend a

week with the navy instead of the army or air force because he represents a riding that has strong ties to the navy. Ajax was named after the HMS Ajax, a Royal Navy ship made famous by its part in the Second World War Battle of the River Plate off the coast of South America.

Each street in the municipality of Ajax is named after a sailor from HMS Ajax, and most street signs have the ship's silhouette in the background.

Holland said it was the crew of *Winnipeg* that were the most memorable part of his trip.

"They are a phenomenal group of people, and the

most enjoyable part was getting to know them and their stories," Holland said.

"They beamed with happiness and deserved pride as they told stories of how they've made a difference-differences that never got any attention, but then again, none was expected.

"They are well educated, intelligent, brave, funny, and frankly a whole lot of fun to be with. They are amazing people and I couldn't be more proud that they wear our flag on their shoulders."

To read other comments Holland wrote about the experience, check out his blog at www.markholland.ca/community/navy%202008.htm.

TRACKSIDE
AUTO SERVICE LTD.



- RELIABLE
- DEPENDABLE
- HONEST
- FULL SERVICE AUTO REPAIR
- GOVERNMENT INSPECTION FACILITY

40 YEARS EXPERIENCE Servicing Automobiles

784 Fairview Rd.
383-5509

B.C. GOVERNMENT DESIGNATED INSPECTION FACILITY

Castrol

Need Extra Space?



- new modern facility
- every locker is individually alarmed
- easy access to lockers
- climate controlled & heated spaces
- easy monthly rentals
- commercial and residential storage

LOCK WEST SHORE MINI STORAGE

MILITARY DISCOUNT PROGRAM
10% OFF for DND Employees

250-478-8767
www.selfstorage.ca

1621 Island Hwy, Victoria (West of the Six Mile Pub)

julieswift.ca REALTOR®

For a Swift Sale, Call Julie!



A Diamond!
13 - 840 Craigflower Rd

There is nothing rough about this gem.

A fantastic price for this thoughtfully and professionally renovated townhome. This spacious three bedroom is conveniently located close to the base. Everything is NEW: windows, appliances, light and bath fixtures, paint, laminate, ceramic tile and more! Modern functional kitchen with walk in pantry/laundry room. Garden patio off dining area, ample storage. A perfect home for your family.

MLS 248068
\$299,850

julieswift.ca

RE/MAX ALLIANCE 250.818.3483
email: julie@julieswift.ca

www.julieswift.ca



HOMETOWNERS



LS Laura "Sparky" Sparks, a radar operator in Her Majesty's Canadian Ship Regina, tracks U.S. Navy and Canadian CF-18 fighters.

LS Laura Spark's job is pivotal to how HMCS Regina deals with any airborne threat. Although the radar screen may look to some like a high-intensity video game, she works with

the knowledge that each fast moving "blip" is a real aircraft.

The sailor goes home to Sutton, about an hour outside Toronto, at least once a year to visit

her mom, Nancy Jagminas, and brothers Craig and Mykolas. The 28-year old sailor joined the Canadian Navy four years ago, and currently lives in Victoria with fiancé Darryl Gervis.



Able Seaman Antoine (Tony) LeBlanc of Montreal stands next to the Harpoon anti-ship missile canisters aboard HMCS Ottawa.

Able Seaman Antoine (Tony) LeBlanc is a naval weapons technician in HMCS Ottawa. He maintains shipboard weapons systems including the 3.8 metre-long missile capable of being radar guided to a target 124 kilometres distant.

Ottawa and HMCS Regina launched four of the mis-

siles at a former U.S. Navy ship during the RIMPAC exercises taking place in the mid Pacific Ocean near Hawaii.

The 23-year-old sailor joined the Canadian Navy four years ago.

"I was looking for a challenge and for some adventure," he said. "Why not get paid to travel instead of pay-

ing to travel? It is the best decision of my life so far."

AB Leblanc goes home to Montreal twice a year to visit his parents, Stephane and Lucie Leblanc, and brother Olivier. He is the first of his family serve in the Canadian Forces since his grandfather, who served during the Second World War.



SANDS FUNERAL CHAPEL
Cremation & Reception Centre

"A tradition of trust serving CFB Esquimalt since 1912"

Sensitive to your needs

VICTORIA - 388-5155
COLWOOD - 478-3821
NANAIMO - 753-2032

OFFERING WORLD-WIDE SHIPPING
sandsvictoriafh@arbormemorial.com



Chris Benesch

ATTENTION: Satellite/Cable Viewers

Watch Shepherd's Chapel G6 Transponder 16 (24hrs)

Also on small dish networks, KVOS TV 5am-6am Weekdays

www.shepherdschapel.com

FLIGHT CENTRE® Unbeatable

Proud to serve 

The men and women of the Canadian Forces

SAVE \$25*

on your next booking when you mention this ad.


SAVE \$100*

when you book any Contiki Holiday or GAP Adventure 10 days or longer.

PERFECT HOLIDAY PROMISE
Enjoy your holiday or we'll give you \$50 towards another one!

Flight Centre Westside Village | 1 866 375 0785
Flight Centre Westshore | 1 866 552 4050

*Offers are valid when showing Military ID at time of booking. Airfares must be roundtrip. Must be presented prior to purchase. \$100 Contiki/GAP discounts are valid for new bookings of 10 days or longer. Offers can only be used at the Westside Village and Westshore locations. One coupon per booking. Not combinable with any other offer. Offers expires December 31st, 2008. †The Perfect Holiday Promise applies to bookings made at Flight Centre shops within Canada. A \$100 voucher for future travel will be provided to customers who experience an unwanted deviation from their paid itinerary. For full details visit www.flightcentre.ca or speak to a Flight Centre consultant. B.C. Reg. #HO2790



The Masters Certificate in Business Analysis


Unleash Your Potential

The Masters Certificate in Business Analysis equips you with the knowledge and techniques to **plan, elicit, analyze, model, validate and manage user requirements through the project life cycle.** The result: projects with cost savings, accurate time to market, and most importantly, solutions that meet the organization's needs. The program features:

- Current business analysis practices and techniques applicable to a range of industries
- A wealth of expertise delivered by instructors with real-world experience
- Exercises, case study and simulation that ensure learned skills are put into practice
- Share knowledge and network with Business Analysts from diverse organizations

FALL 2008 PROGRAM (18 days over 5 months)	Victoria Session	Vancouver Session
MODULE 1 > 1 DAY BA Fundamentals	Sep. 24 2008	Sep. 25 2008
MODULE 2 > 2 DAYS Planning, Validating & Managing Requirements	Oct. 5-6	Oct. 3-4
MODULE 3 > 2 DAYS Creativity & Critical Thinking	Oct. 24-25	Oct. 26-27
MODULE 4 > 2 DAYS Facilitating, Negotiating & Listening	Nov. 16-17	Nov. 14-15
MODULE 5 > 2 DAYS Eliciting User Requirements	Nov. 28-29	Nov. 30-Dec. 1
MODULE 6 > 2 DAYS Writing & Presenting Requirements	Dec. 14-15	Dec. 12-13
MODULE 7 > 3 DAYS Modeling the Business Problem & Solution	Jan. 25-27 2009	Jan. 22-24 2009
MODULE 8 > 2 DAYS Filling in the Gaps & Enterprise Analysis	Feb. 6-7	Feb. 8-9
MODULE 9 > 2 DAYS Final Exam & Project Simulation	Feb. 27-28	Mar. 1-2

FIND OUT MORE TODAY!
For more information, to request a detailed brochure, or to reserve your spot, please call 250-472-4138 or visit our website: www.business.uvic.ca/executive

Offered in partnership with 

"litter-less"

Every community has

CIVIC PRIDE

...let's show it!

www.pitch-in.ca

Very Reasonable Prices for Quality Food

Pint of Beer **\$2.99** EVERY DAY

Kids 10 & under (with parents) **\$2.99** LUNCH OR DINNER

The *Chequered Flag*
PUB-STYLE AND FAMILY RESTAURANT

7 DAYS A WEEK • 8AM TO 9PM
2345 MILLSTREAM ROAD • TEL: 478-5123

Going out on a limb for a “tree”-mendous amount of fun

Mary Ellen Green
Staff writer

Climbing trees is a popular activity with children, but one member of CFB Esquimalt's defence team has gone out on a limb to take tree climbing to new heights.

Cindy Heseltine is the manager of Civilian Human Resources Services Centre Pacific by day, but after hours, she can be found clambering the branches of Douglas Firs, Poplars and Arbutus.

“Most people think I'm crazy when I tell them I climb trees for fun, but I really enjoy the mental and physical challenge and being close to nature” Heseltine said.

Unbeknownst to most landlubbers, there's actually a grown-up tree climbing organization: the Tree Climber Coalition. Heseltine learned of it two years ago when dating Reg Brick. She wanted him to participate in her favourite pastime – curling. Brick agreed, but countered with a request that she give tree climbing a chance.

She couldn't have found a better climbing companion. Brick has been climbing recreationally for three years, and is a forester with the B.C. Ministry of Forests and

Range. He can identify almost any plant or tree in the forest by its Latin name.

In the evening, the two tree climbing enthusiasts usually have a little “knotty time” before bed, practising their knot-tying skills with a piece of rope they each keep in their bed-side tables.

On weekends, they pack up their ropes, saddles, carabiners and other gear, and go on a mission to find an old-growth tree fit for climbing.

“I'll never look at a tree the same way again,” Heseltine said. “Enjoying the beauty of nature and touching the trees has given me a new perspective.”

In March 2007, they both passed the Basics of Tree Climbing course offered in Port Alberni by Tree Climber Coalition founder, Joe Maher.

Maher came north from the U.S. to teach tree climbing international's basics and advanced tree climbing courses to climbing enthusiasts on Vancouver Island while visiting an old friend.

Outdoor adventure has been a key component of his life, and he has been up and down climbing ropes for one reason or another since 1964. He spends half the

year in Panama teaching canopy researchers how to manoeuvre in the rainforest, where he's seen everything from monkeys to chameleons to iguanas and rare birds.

The rest of the time he's in Georgia, where he enjoys climbing hundreds of feet in the air with a social group each weekend.

“It's a challenge to find a place for us to climb. Nine out of 10 people will say no when you ask if you can climb their trees because of liability concerns,” Maher said. “Our biggest issue is trying to gain acceptance and credibility equal to other outdoor adventure activities.”

However, recreational tree climbing for adults is gaining momentum across the world, and with the creation of websites and online stores, getting involved and acquiring equipment has never been easier.

They use similar equipment that an arborist or tree researcher would use to move around in a tree canopy. It also looks very similar to the equipment a rock climber would use.

Heseltine and Brick have accumulated over \$1,000 of equipment each and they purchase it mostly online at www.newtribe.com, a recreational tree



Cindy Heseltine, the manager of the Civilian Human Resources Services Centre, works her way up a tree. While the hobby may seem unusual, tree climbing is growing in popularity.

climbing supplier from Grants Pass, Oregon.

If you would like to find out

more about recreational tree climbing, look in the Canopy Chatter section at www.treeclimbercoalition.org.

EXCEPTIONAL VALUE!

from \$239,750



Canada Trust

- National Home Warranty 2yr-5yr-10yr Insured
- Just 5 Minutes to Downtown Victoria
- Stainless Steel Appliances

- Mountain & Ocean Views
- Underground Parking
- Health & Fitness Gym
- Granite Counter-tops
- Hardwood Flooring

Come View Our Showsuites
(The Ovation is just a 2 minute walk to the Base!)



1315 Esquimalt Rd.

Tuesday to Friday 1:00-5:30 Saturday to Sunday 12:00-5:00

Limited Time Only **100% financing at 4.15%**
O.A.C. Rate Subject to change

Register Today! **Call Now!**
THEOVATION.CA 250.595.0004



OVATION

Maritime Operations Group Four change of command



Above: Incoming Maritime Operations Group Four (MOG4) Commanding Officer Capt(N) Gilles Couturier addresses the parade following the change of command certificate signing.
Left: Outgoing MOG4 Commanding Officer, Capt(N) Peter Avis addresses the parade prior to the change over ceremony.
Right: Sailors stand at attention as RAdm Tyrone Pile inspects the parade.

Photos by Cpl Chris Ward, Base Imaging Services Esquimalt

LASER VISION CORRECTION
 100% LOCAL CARE • 201-3550 SAANICH RD, VICTORIA
COLIN NELSON, MD • D. KEITH WILLIAMS, MD
JOSEPH W. KING, MD

SPECIAL MILITARY PRICING!*

WHEN IT COMES TO LASIK, EXPERIENCE CLEARLY MATTERS!

Dr. Joseph W. King:

- 45,000 procedures
- 10 years experience
- Performing LASIK in BC since 1998.

FREE CONSULTS & EXAMS FOR LASIK & PRK **1.877.551.2020**
 clearlylasik.com

\$0 DOWN 0% FINANCING 12 MONTHS**

*Special pricing is available to both civilians and military personnel. **\$0 down, 0% financing is a limited offer, may be subject to credit approval. Some restrictions may apply. Pre-operative examinations are free of charge.

2008 Chevy Silverado

- LT pkg
- Extended cab
- 4x4
- 5.3L flex fuel V8
- 4 spd automatic
- Power pkg
- Locking differential
- Keyless entry
- Onstar
- Trailering equipment
- Up to 27 MPG

MSRP \$39,830
 Military Cash Price \$33,895
 Plus \$1,000 free gas card!!!

Plus AN ADDITIONAL \$500 OFF FOR THE MILITARY BONUS

1730 Island Hwy
Sales Hotline
1.888.831.3016
 www.chevysales.ca

OPEN FIRE BAN

Open burning is banned on all DND properties. This includes fire pits and outdoor fireplaces. The use of fireworks is also banned, unless at DND sanctioned events or base sponsored events when authorized by the Base Fire Chief. Contact the Fire Prevention Branch at 363-5448 or 363-1538 for a fire permit.

Michael Lomax, B.A., LL.B., CD

- Family Law
- Personal Injury
- Wills & Estates
- Mediation

MILITARY DISCOUNT PROGRAM

385-5523
 MILTON, JOHNSON LAWYERS
 202-895 Fort St., Victoria, BC

ADVERTISE Online | Reach your target audience in digital format. Call 363-3014 for details.
 www.lookoutnewspaper.com

FROM THE GULF: HMCS IROQUOIS ON PATROL

Dive training has its good days

SLt Nadia Shields
HMCS Iroquois

As the diving officer in HMCS Iroquois, I bear many responsibilities, including the employment and training of all ship's divers on board.

In preparation for our six-month deployment to the Arabian Sea, I had to formulate a plan for our team's diving operations to ensure all eight divers on board under my control could maintain their qualification while deployed overseas from April to October 2008.

We've seen eels, star fish, clown fish, tiger fish, blow fish, conch shells, red snapper, and a variety of other sea life.

Not knowing what to expect from an overseas deployment, except many days at sea, I came up with a plan to "dive as much as possible and remain current." Together with the Commanding Officer, Capt(N) Brendan Ryan, we debated over future ports and diving possibilities that each may hold.

Little did I know I would have the opportunity to dive in as many places or see the variation of sea life that we have since departing in April.

While underway, we are kept busy responding to various emergencies such as rescue stations, boarding stations and emergency flying stations.

While alongside, we help to support the two engineering departments by inspecting the shaft lines, completing minor maintenance and providing both our MSEO and CSEO with a look into equipment that sits below the waterline and is not so easily accessible.

The conditions of our dives are usually less than ideal while in Halifax. The water is mildly contaminated, the visibility is low and the weather can play against us. Not that I am complaining; being a diver is one of the best jobs in the navy.

It is always our goal to keep the team current and strive for proficiency, which is a feat to obtain and maintain. However, Capt(N) Ryan, as well as the whole chain of command in Iroquois, has been supportive of our goals and has given us the opportunity to dive many times in various diving hot spots in the Caribbean, Arabian Gulf and Red Sea. This enabled our whole dive team to become proficient, learn and have fun.

The clarity of the waters has been unbelievable and we have many opportunities to take our dive camera out for a swim. The resulting pictures taken are amazing. We've seen eels, star fish, clown fish, tiger fish, blow fish, conch shells, red snapper, and a variety



The crystal clear waters of the Gulf revealed fascinating sea life for navy divers in HMCS Iroquois.



of other sea life. It sure beats diving in Halifax with baby jelly fish and bottle nose tube trout any day.

We still dive on the ship's hull to meet operational or engineering requirements and respond to most of the ship's emergencies regardless of the hour of day, but the opportunities made available during this deployment have made this one of the best experiences of my life.

Being a diver is a lot of hard and sometimes thank-

less work, but it is times like these when it makes everything worth it.

Our deployment to the Arabian Sea has reached the half-way mark. Iroquois, an Area Air Defence Destroyer, along with her West Coast counterparts, HMC Ships Calgary and Protecteur, will depart the theatre of operation in September 2008; the later two will then continue their around-the-world journey on their way home to Esquimalt.

Maritime Museum exhibit a star to steer by

*I must go down to the sea again, to the lonely sea and the sky
And all I ask is a tall ship and a star to steer her by;
-John Masefield, "Sea Fever"*

The evolution of celestial navigational instruments is the theme of the Maritime Museum's new exhibit on display until Nov. 2. It pays homage to the ancient mariners who expanded human culture around the world.

"A Star to Steer By" looks at five maritime cultures and their impact on the world. Chronologically, the first exhibit looks at is the Austronesians (Primarily the Micronesians and the Polynesians) and their settlement of the Great South Sea. Using low tech navigational instruments, but having an intimate knowledge of the stars, ocean swells and currents and other natural phenomena, these people were able to settle a third of the earth's surface.

Phoenicians and Greeks, the Arabs and Chinese and finally western navigation and exploration starting from Henry the Navigator in the 15th century and ending with Cook and Vancouver at the close of the 18th century.

The star of the show is a globe, one of a pair dedicated to Sir Joseph Banks, President of the Royal Geographical Society. The globe shows the constellations as they were observed in 1800 with the signs of the zodiac. There is only one other globe like it in London's Victoria and Albert Museum.

The exhibit makes two observations. The first is obvious; Western Europe profited on the wisdom and technology of the ancient astronomers, mathematicians, cartographers and mariners. For example, the Phoenicians gave us a phonetic alphabet developed to simplify trade documents, and the Arabs presented us with the Indian numerical system including the concept of zero, which greatly simplified financial record keeping.

The second more subtle message is that countries engaged in international commerce trade in far more than goods - they trade ideas. Open societies learn and prosper, xenophobic societies do not.

This observation is illustrated in the story of when China ruled the sea. Civil war at the beginning of the Ming Dynasty had left the National Treasury low of funds. In order to rectify this situation, Zheng He, the "Eunuch Admiral", made seven diplomatic and trade voyages between 1405 and 1433 to "the countries beyond the horizon" - India, Africa and the "Spice Islands" - on behalf of the Yongle Emperor.

After the Yongle's death in 1424, China began to turn inward to defend its borders against the Mongols. The Treasure Fleet was allowed to rot at its moorings, and much of its history was deliberately destroyed to discourage further adventuring - delaying China's emergence as a trading super-power by 600 years.

GIVE generously to the **Canadian Blood Services Clinic**
Naden Athletic Centre
Tuesday, August 19 • 10am to 4pm
Must have picture ID
There is an URGENT NEED for all blood types!

Brentwood Family Home
\$529,900
MLS #248263
SELLER VERY MOTIVATED. THIS PRICE FOR 2 WEEKS. A lovely home in a nice neighbourhood close to Butchart Gardens with 5 bedrooms, 3 bathrooms, offers all the room you need to house your family. Many updates have been done, with potential still there to make the house your home. Oversized double garage. Very large 9100+sq.ft. fenced, landscaped lot near Brentwood Bay. Ask about attractive assumable mortgage.

The April Prinz Team
www.aprilprinz.com
RE/MAX Camosun
Independently Owned and Operated
"It's April at RE/MAX all year long"
250-744-3301

GUTTER PROTECTION SYSTEM

- Gutterguard & Gutter Topper
- Custom 5" Continuous Gutter Lengths
- Downpiping, Elbows, Accessories and more

PRO-TECH Exterior Products Ltd.
327 Harbour Rd, Across the Johnson Street Bridge
382-5885
"One stop shopping with friendly advice."

Transferred? Need A Mortgage?

Military Relocation Specialist

BEST RATES AVAILABLE
100% Financing
40 year Amortization

Refinance for HOME IMPROVEMENTS or DEBT CONSOLIDATION
250.216.3536

CENTUM LendingMax
Canada's Mortgage Approval Specialists
Island Corp.
www.victoriamortgageexpert.com

UNIGLOBE Travel

7 night All-Inclusive Vacations
in September and October

- Book early to save \$150 per person on the fuel supplement*
- Mayan Riviera or Puerto Vallarta from \$847 plus taxes
- Ocean Maya by H10 Hotels or Royal Decameron Complex

*offer expires without notice, so book now!

BOOK YOUR HOLIDAY WITH UNIGLOBE GEO'S CANEX OFFICE AND ENTER TO WIN AN XBOX 360 OR MP3 PLAYER!

All new bookings made between June 16 and Sept. 15 are eligible for the draw. Prizes cannot be exchanged for cash or travel credit • Limited time offer

PLEASE COME IN TO PICK UP AND REDEEM YOUR \$50.00 GIFT CARD TODAY!

In the CANEX building off Admirals Rd • Service en Francais Disponible
Call us at 250-953-6640 or email canex@uniglobepacific.com
Now open Saturday 10am to 3pm

Sierra Leone Scout Association revived by CF members

Local army reservist from Canadian Scottish Regiment, MWO Charles Middleton, does more than his job during deployment

Mary Ellen Green
Staff writer

Scouts in Sierra Leone may seem an unusual pairing.

Fresh faced boys in neatly pressed khaki garb with the trademark "necker", collecting badges and attending meetings in a country devastated by decades of civil war doesn't appear likely.

But Scouts do exist in some form, and has existed since 1909, and with a little help from a Canadian reserve soldier has become a little better off.

Long-time Scouter, Master Warrant Officer Charles Middleton deployed to Sierra Leone in January on Roto14 of Operation Sculpture. He was part of the British-led International Military Advisory and Training Teams, serving with the M42 mobile team as a Battalion Advisor to the Republic of Sierra Leone Armed Forces in Makeni, Kabala and Kambia.

As he moved throughout those regions he searched for signs of a Scout program in hopes of offering support during his free time.

While living in Makeni, one of the house boys for the accommodations relayed he had a brother in Scouting, and took the soldier to the local school to meet the troop. It was the beginning of a fresh start for Scouts in that area.

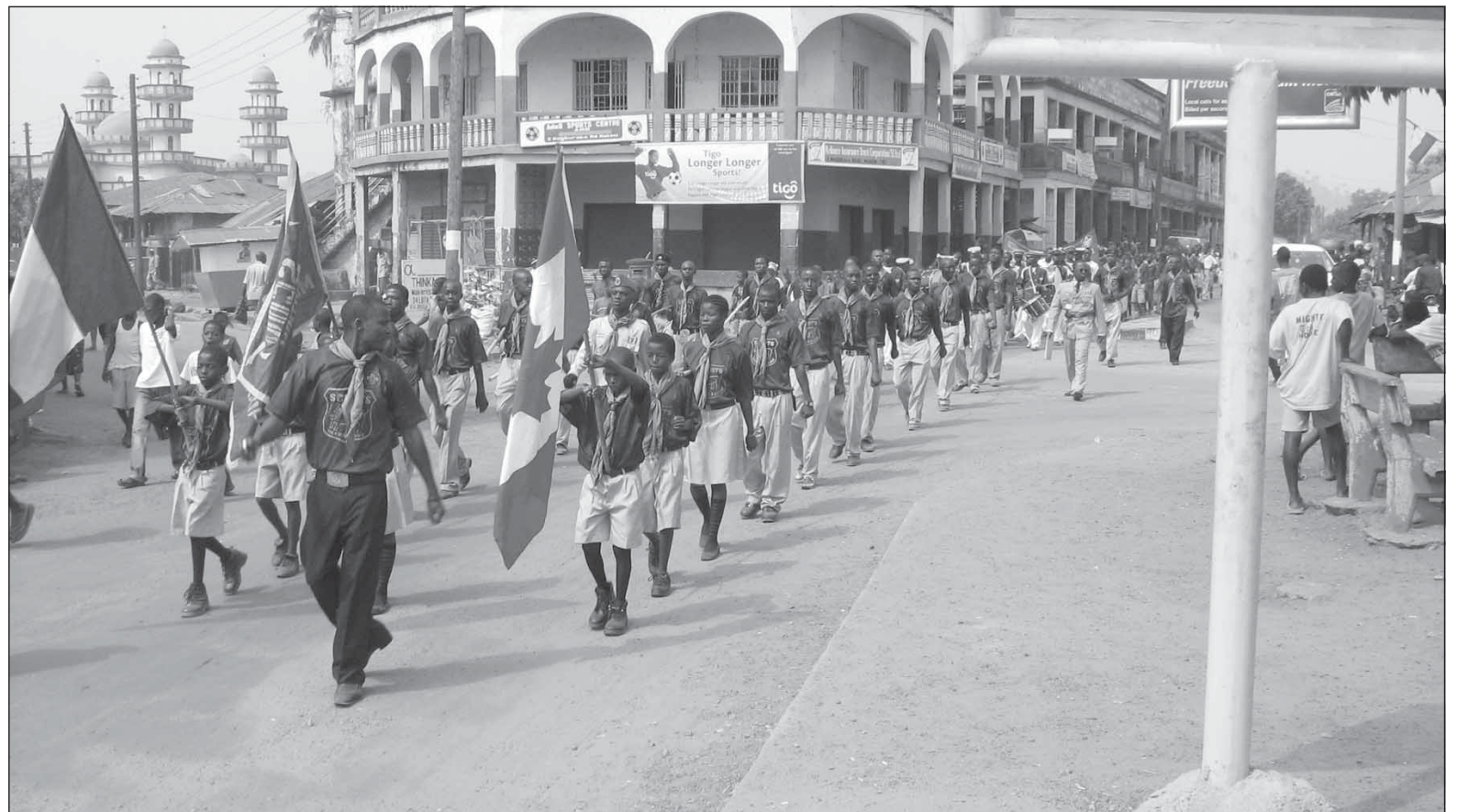
MWO Middleton helped build a Regional Scout Hall and held a Founder's Day Parade to celebrate Scouts founder Baden Powell's birthday. With \$350, he provided new uniforms (T-shirts and Neckers), a parade banner, a Sierra Leone flag and a hot lunch for the event. He also paid to have Scouts from other cities bussed into Makeni to participate.

"I thought it was important for them to know there was still something going on with scouting there," he said. "It is truly amazing what \$350 can do in a country like this. To see scouting so alive here is so inspiring, considering the hardships they have endured; 10 years of civil war, no resources, no money, no support and no training. Yet they were able to keep the scouting spirit alive, and with just a little help it is blossoming again."

With a little finagling, he was able to purchase land for the hall and finance the construction project with \$2,500 raised by Scouts at home in Victoria and \$7,500 of his own money.

His wife Nancy was instrumental in the fund raising efforts by Victoria Scouts, including a yard sale, silent auction and a fundraising day at the Wolf Howl Scout Camp at camp Bernard in Sooke.

He wasn't alone in his quest to revive scouts in Sierra Leone. Lt(N) William Smallman, a Cub and Scout leader in Ottawa, was



Scouts from neighbouring communities join the Makeni troop for a parade in celebration of Scouting father Baden Powell's birthday.

A Sierra Leone Boy Scout shows off his new "necker" and t-shirt all courtesy of the Victoria Scouting community's fundraising efforts.

Photos courtesy of MWO Charles Middleton



based in Freetown as one of two Lieutenant Commander, Training Development Officers deployed with Operattion Sculpture. He worked as an advisor to the IMATT-based Horton Academy, also liaising with the Sierra Leone Ministry of Defence on training policy and requirements.

Being two of 11 CF members preparing for their deployment at the Peace Support Training Centre in Kingston, the soldiers were quick to discover they

shared the same passion.

"Charles and I discussed the desire to do more if we could when we met up," said Lt(N) Smallman.

During leave back to Ottawa in March, Lt(N) Smallman visited the Scouts Canada national office and presented them a proposal to help the Freetown Scout Camp and the near-by St. George Foundation Orphanage, and was given \$2,500 to put towards bringing fresh water to

the area. He also brought back a barracks box full of scout manuals and badges to help their restore their scouting program.

"At least now when the kids from the orphanage go get water, they don't have to carry it 800 metres uphill like they used to. Now it's 200 metres and it's all downhill," said MWO Middleton. "Now they have the resources available to water the fields, and they hope to start a piggery next year."

The two also held a wood badge training course for 25 Scout leaders at the Grafton Camp, giving them vital accounting and leadership training, complete with manuals and badges supplied from home.

"MWO Middleton is a great Scouter and outstanding soldier. We had a lot of fun and we were able to not only help rebuild infrastructure necessary to the Sierra Leone Scouting Association, but also to reinvigorate the Scouting movement in

Sierra Leone to a certain extent, by providing training, support, and confidence in their leadership," says Lt(N) Smallman.

The Scouts in Makeni have come up with a five-year plan to help them live sustainably. They are hoping to purchase a motorcycle and a television with money raised from renting out the hall to the community. After the television is purchased, they can support the Scout troop and the hall by charging admission to watch soccer games at the hall.

If you want to help with MWO Middleton's ongoing Scouting projects, you can donate money through Scouts Canada by writing a cheque payable to Scouts Canada - Canadian Scout Brotherhood Fund and sending it to the National office, 1345 Baseline Road, Ottawa, ON K2C 0A7 in the memo line add: "Sierra Leone Project". A tax receipt will be issued for all donations.

It is truly amazing what \$350 can do in a country like this. To see scouting so alive here is so inspiring, considering the hardships they have endured: 10 years of civil war, no resources, no money, no support and no training. Yet they were able to keep the scouting spirit alive.

-MWO Charles Middleton

New challenges for 443 Squadron CO

Alexander Jones
Staff writer

443 Maritime Helicopter Squadron's new commanding officer is going to have a busy next two years.

In a change of command ceremony held in the Sidney-based squadron's main hangar, LCol Lightbody took the reins of 443 from outgoing commanding officer LCol Stephen Allan.

"My goal is to continue the good work LCol Allan has done in meeting our operational commitments to Canada," LCol Lightbody says. "He's left me with very highly motivated personnel, and we're ready to meet the challenges facing us in the next two years."

On the new Commanding

Officer's to do list is to provide support to maritime operations, support the 2010 Olympic Games in Vancouver, and establish the infrastructure for the incoming CH148 Cyclone,

443's upcoming participation in the 2010 Olympic Winter Games in Vancouver includes operational support for the games and possible search and rescue operations.

"Working the Olympics will be one of the highlights of my tenure. The chance to work a games in Canada will only happen once in a lifetime. The challenges for 443 Squadron will be to balance training in our everyday maritime operations while leading up to the training for our Olympic operations."

Although LCol Lightbody's two-year posting at 443 will end before the Canadian Forces introduces the new CH148 Cyclone, he will be on hand as the squadron prepares for the transition towards the new aircraft.

"We should start seeing the infrastructure for the new helicopter, first in the form of a brand new hangar to be built to the north of the current Sea King hangar," LCol Lightbody says. "Hopefully, the next CO will be lucky enough to see the arrival of the Cyclone on the West Coast."

The air force member was born in Port of Spain, Trinidad. Before he had turned a year old, his family moved to Montreal.

LCol Lightbody says his love of aircraft runs deep in his veins.

"I was always enamoured with the idea of being a pilot. The Canadian Forces offered a great opportunity to obtain a degree in engineering and be a pilot at the same time," he says. "It was a perfect marriage of earning an education and fulfilling a dream."

LCol Lightbody is familiar with 443's legacy and reputation within the helicopter community. His first operational tour was a four-year deployment with 443, where he began as a co-pilot serving on board former HMC Ships Huron, Annapolis and Provider. He later became a Crew Commander and deputy operations officer with the squadron.

Now Serving
The Defence Team
with **CANEX Financing**

CAM • 250-477-7612
3672 Shelbourne St. (Shelbourne Plaza)

AUTHENTIC THAI
Friday Lunch Buffet
• Lunch Combos • Full Dinner •

Zap
thai restaurant

Dine In **Take Out**

Thai dining at its Best!

1207A Esquimalt Rd. • 389-1845

RETIRING: THERE IS LIFE AFTER THE CF

Vet wants to be Victoria's first name in first aid

Alexander Jones
Staff writer

When Noel Stone retired from the Canadian Army in 2000, he took with him a vast knowledge of first aid and medical training. So it came naturally to the 23-year veteran to pass that knowledge on to the community.

Stone, a former member of the Princess Patricia's Canadian Light Infantry, 3rd Battalion, is the owner and founder of Guardian Emergency Training, one of Victoria's most popular first aid medical training businesses. Stone decided to found the company shortly after his retirement from the Canadian Forces.

Guardian Emergency Training provides a wide variety of First Aid courses, such as Occupational First Aid Level 1, 2 and 3, Standard First Aid, CPR, and Child Care First Aid for people with no prior experience in emergency medical care. Experienced and certified first aid administrators can renew their certifications or take part in an instructor's course. Stone's business offers courses based on Canadian Red Cross and Emergency Medical Planning (EMP) Medic First Aid programs, people obtaining their certifications through Guardian Emergency Training are qualified nationally and internationally.

"Many of the courses offered in the city don't provide national certification," Stone explains. "Imagine a trained first aid attendant moving from British Columbia to any other part of the country; they would have to re-certify all over again. That means time and money. We eliminate that need."

Stone's approach to teaching is low-pressure, emphasising fun and laughter to soften the often dark subject matter of emergency first aid situations. "If a person can have fun, they're more likely to engage in the program, to ask questions and pay attention," he says.

With a father working for St. John Ambulance in the Caribbean, Stone became closely acquainted with first aid skills at an early age. Once the family moved to Canada in 1971, he developed a deep desire to serve in the military. He enlisted immediately after high school.

Stone began his training to become a first aid instructor early into his military career, and passed on that knowledge to his fellow troops. He soon became a key member of the training teams for incoming troops and troops preparing for operations.

"During all of those courses, I ran the first aid training for those groups. I then became an instructor trainer, training other personnel

to become teachers. More qualified teachers really helped improve the medical training for Canadian Forces personnel."

The time he served with the Canadian Forces afforded Stone the tools necessary to become a successful entrepreneur.

"One thing we get trained on early on in our military careers is preparation and planning," he says. "They emphasise reconnaissance. Know what your mission is, and what you need to do to complete the mission. The exact same principles apply when you hit Civilian Street. If people want to go into business, get as much business education as you can. Start planning your goals at least a year before getting out." The more preparation you do the better chance you will have for success.

Noel Stone says that for all the success Guardian Emergency Training has achieved, the most rewarding aspect of the business for him is its evolution. "It's been here for eight years now, and it's grown in leaps and bounds. It's amazing to see something that you envisioned growing and becoming more popular."

For more information about Noel Stone and Guardian Emergency Training, visit www.bcfirstaid.com or call (250) 642-1911.

OPEN SUNDAY
11 AM - 5 PM

METRO LEXUS TOYOTA
Voted One of Victoria's Best Places to Buy a Car

 07 TOYOTA MATRIX Dark met. blue on black cloth, alum. wheels, A/C, p. locks, PS., 4 sp auto. Stk# DX6374. You're Ready, Call Now! ONLY \$17,995	 06 TOYOTA MATRIX Grey met. on black cloth, auto, A/C, stereo, p. locks. Stk# DX6414 You're Ready, Call Now! ONLY \$16,995	 04 TOYOTA ECHO Sedan, grey/grey, 5 sp., 53 mpg Hwy, 41 mpg city, PB, PS, CD split folding seats, Stk# D8776A. You're Ready, Call Now! ONLY \$10,995
 02 CAMRY LE 4 cyl., Silver/Grey auto, AC, Power options, nice family car. Stk# DX5989 You're Ready, Call Now! ONLY \$15,995	 05 TOYOTA COROLLA CE Beige met. on brown cloth, A/C, auto, p. locks, stereo, CD. Stk# DX6416 You're Ready, Call Now! ONLY \$14,995	 06 TOYOTA MATRIX Silver, auto, air conditioning, CD player. Stk# DX6438 You're Ready, Call Now! NOW \$16,995
 03 TOYOTA CAMRY LE V6, silver/grey, auto., CD, cassette, all power options, only 62 kms. Stk# 71212A You're Ready, Call Now! ONLY \$17,995	 04 TOYOTA COROLLA CE Automatic, a/c, CD player, keyless entry. Stk# DX6415 You're Ready, Call Now! ONLY \$14,995	 99 TOYOTA COROLLA 4DR SDN Beige on beige cloth P.S., 4 Cyl, 5 Sp, low kms. Stk# 9305A You're Ready, Call Now! ONLY \$9,995
 07 TOYOTA TACOMA SR5, V6, pre-runner, auto, V6, black/tan, tint, alloys tow pkg., boxliner, power group. You're Ready, Call Now! ONLY \$27,995	 05 TOYOTA MATRIX Met silver on black cloth, 5 sp trans, PS., p. locks, stereo, CD. Stk# 9090A. You're Ready, Call Now! ONLY \$14,995	 04 TOYOTA CAMRY LE 4 cyl. loaded, automatic, air conditioning. Stk. #D9320A You're Ready, Call Now! NOW \$13,995

METRO LEXUS TOYOTA
MON - FRI 9-9
SAT 9-6 • SUN 11-5
DOUGLAS AT FINLAYSON VICTORIA Dealer #8353
OUT OF TOWN CALL COLLECT **250-386-3516**
www.victoriacar.com

GUARANTEED APPROVALS

NOW OPEN **Galaxy Langford**
888 Attree 478-7603

Galaxy Downtown
2555 Government 381-1144

#1
BEST OF THE CITY
2007
13th YEAR

**GOOD CREDIT
BAD CREDIT
NO CREDIT**

Whatever the reason!

Galaxy Esquimalt
1490 Admirals 360-0888

Galaxy Colwood
1836 Island Highway 478-7653

CALL THE CREDIT SPECIALISTS
818-4YES (4937) OR APPLY ONLINE

WWW.GALAXYMOTORS.NET
Huge Selection of Quality, Safety Inspected Vehicles

INFOCUS



Maj Lyle Johnson, Vernon Army Cadet Summer Training Centre

Laura Cormons, a senior staff cadet at Vernon Army Cadet Summer Training Centre, receives her pacestick from Commanding Officer LCol Alan Dengis.



Left to Right: Cdr Rod Hughes, incoming commanding officer; Capt(N) David Kyle, Maritime Forces Pacific Chief of Staff; and LCol Ken Washbrook, outgoing commanding officer sign the change of command papers for Regional Cadet Support Unit (Pacific) during a ceremony held July 15.



The Navy Dragon Anchors dragon boat team celebrates its first place finish at this year's Nanaimo event.



On Canada Day, crew members from HMC Ships Regina and Ottawa participated in a friendly ball hockey game against their host ship USS Crommelin. The game marked the beginning of Canada Day festivities for both ships, which were fully dressed for Canada's 141st birthday. The match was played on the pier in Pearl Harbor, Hawaii. Despite the best efforts of the American crew members, the Canadians prevailed 5-0.



Photos by Mary Ellen Green, Lookout

Above: Retired Chief Joseph Kearney checks out the new Creature Comforts exhibit at the Esquimalt Naval and Military Museum. The cut out is a Pyrenees Malamite cross dog called Cpl Ace Manchu, and was given to 3 Princess Patricia's Canadian Light Infantry by the U.S. Army in 1973. The animal lived and worked at the Work Point barracks until he retired.

Below: The fox on display was the mascot for the HMCS Qu'apelle.

Hurry in to see this special exhibit, on display for a limited time.



Can Nepal's Maoists Wage Peace?

Brett Witthoefft examines who are the Maoists and what role they play in Nepal's future

Brett Witthoefft
MARPAQ HQ

The Himalayan mountain state of Nepal finds itself in an interesting situation. After a decade-long civil war, the Communist Party of Nepal (Maoist) (CPN-M), better known as the Maoists, won the Apr. 10 elections, acquiring 119 of the 224 directly-elected seats and 101 of the seats allocated for proportional representation; a clear but not absolute majority. This electoral outcome meant that the CPN-M had to join the Nepali Congress (NC) and its leftist rival, the Unified Marxist-Leninist (UML) party, to form a coalition government. This is a remarkable state of affairs: the list of insurgencies, other than post-Second World War independence movements, that have succeeded is short, and now the Maoists, who became skilled at fighting an insurrection, must enter the mainstream and help govern the country.

This month's In Focus looks at who the Maoists are, what their role was in creating Nepal's current political environment, and what the future holds for the Maoists and for the nation.

The Rebels Who Outsmarted a King

Until 1990, Nepal was essentially an absolute monarchy. To be sure, there was a system of councils, known as the panchayat, that progressed from the village to the national level, giving the government a certain degree of democratic legitimacy. In addition, as a result of a series of student and anti-regime demonstrations in the late 1970s, there was a sort of parliamentary system whereby parties such as the NC and the UML were elected and formed a cabinet, but all roads essentially led to the king. In 1990, a people's movement, begun by rural residents who wanted constitutional reforms, saw the various parties come together to bring an end to the absolute monarchy and to begin a constitutional monarchy. In May 1991, the first democratic elections in almost half a century were held, and the NC won 110 of the 205 seats.

However, despite the move towards greater democratic freedom, inflation, corruption, and ineffective government resulted in social strife over the next five years. Eventually, the Maoists split from the UML in frustration and headed for the hills to begin - as communist insurgencies tend to do - a people's war to bring an end to poor government, abolish the monarchy, and establish a socialist republic. The Maoists were inspired by the guerrilla tactics of Mao Zedong - hence the name - as well as the Shining Path communist group in Peru. They did quite well for themselves, expanding their influence from five of the country's 75 districts in 1996, at

the beginning of the civil war, to 68 by the end in 2006.

The Maoists were certainly helped by the government's incompetence. In June 2001, the crown prince, angry at not being allowed to marry the woman of his choosing, went on a drunken rampage with an automatic weapon, killing eleven members of the royal family, including the king and queen and his siblings, before killing himself. The result was that the king's brother, Gyanendra, ascended the throne. Gyanendra was at a disadvantage from the outset because many people believed that he had masterminded the royal massacre. He became even more unpopular when his heavy-handed attempts to quash the Maoist insurgency, such as suspending freedom of the press and habeas corpus, failed. His decision to have the Royal Nepal Army (RNA) take over from the police in stopping the Maoists actually increased Maoist activity, in part because of the atrocities carried out by government soldiers.

In desperation, Gyanendra launched a royal coup in February 2006, and took all of the government's executive powers for himself. The king did not prove to be a skilled counterinsurgent, failed to make any progress against the Maoists, and was met by demonstrations in the streets of the capital, Kathmandu. Eventually, Gyanendra was forced to bow to the protestors' demands and reinstate the constitution. In late 2007, the various parties agreed to the Maoists' demand that the monarchy be abolished and Nepal declared a republic. Shortly thereafter, elections were held, and the Maoists came in from the cold to become a large part of the new government.

The Maoists played a key role in ending the monarchy and bringing multiparty democracy to Nepal. They expanded their influence over the ten-year war by making ties with other communist groups in the region, by filling the authoritative and administrative vacuum left by the government, by being willing to compromise their demands pragmatically, and, of course, by forcing civilians to support them, as needed. However, along the way, both the Maoists and the government committed atrocities against the populace. "Disappearances" were common, torture was used by both sides, well over one hundred thousand people were forced to flee their homes, and almost 13,000 people were killed.

Domesticating the Maoists

As mentioned earlier, the Maoists have the difficult task of shifting from fighting a rural insurgency to becoming a legitimate part of the government. The Maoists will have to deal with demands from parties, such as those representing the Terai peoples, who insist on greater autonomy for their regions. They

will have to address the problem of integrating their 23,000-strong force into the RNA. However, many of the same strategies that the Maoists used to come to power can be used to govern. For example, the willingness of the Maoists to debate and negotiate their strategies suggests that they will be able to work with their coalition partners; although the Maoists initially called the 1990 people's movement a "betrayal", they eventually shifted to embrace multiparty democracy. Despite several stumbles so far - the Maoists quit the government in mid-June over the issue of the resignation of the prime minister - the fact is that the group has shifted tactics in the past

the government to increase.

The Maoists fought in the hills and forests of Nepal, a logistical nightmare for even the most skilled supply officer. As well, the Maoists provided administration in areas where the government did not. Of course, the Maoists were the cause of the government abandoning such areas, but more to the point, the Maoists stepped in to fill the void and did not simply leave when the fighting ended, a strategy that indicated foresight and a sense of responsibility. To be sure, the logistics of an insurgency and the provision of basic services in the countryside are different from governing a country, but they show that the Maoists have experience

largely dismissed the Maoists and, in return, the Maoists accused China of abandoning socialism. However, China, like India, is also interested in a stable Nepal as a buffer zone so that it can dedicate its attention towards other matters in the Indo-Pacific region. Furthermore, Beijing is interested in keeping tabs on Tibetan independence activists in Nepal, and, as demonstrated by pro-Tibetan independence demonstrations earlier this year, Kathmandu is quite happy to help keep the Tibetans in check. Thus, both the Maoists and China view Nepali stability as favourable and have shown that they can work together when their interests are the same.

The US classified the Maoists as a terrorist organization and took a special interest in Nepal after 9/11, going so far as to send then-Secretary of State Colin Powell to visit Kathmandu in 2002. However, like India and Britain, when King Gyanendra launched his royal coup in 2005, the US cut off military and financial aid to the Nepali government. While the US professes that it is interested in the spread of democracy, the tale of Hamas in Palestine suggests that Washington is less interested in democratic countries per se and more interested in democratic countries that are friendly to American interests. With many in Washington believing that China will be the next Big Threat to American dominance and being eager to court Indian influence, they should be able to live with the lesser evil of the Maoists.

Finally, the fact that Nepal does not have critical resources, such as oil, that the major powers are immediately interested in, is important. Since the country does not have something the bigger countries are willing to fight over, it will likely be left alone to tend to its domestic problems.

And so, despite the immediate problems facing the Maoists, the party has displayed evidence that suggests that it can successfully shift from guerrilla fighting to governing. In addition, the fact that India and China want Nepal as a buffer zone, and the US is more concerned with regional stability, suggests that the Maoists will not be troubled from the outside and will be given time to face their challenges. In the end, despite all of the changes over the past decade, Nepal will be much the same: a poor, landlocked state that acts as a buffer between two rivals. No one will talk about Nepal much, unless the Maoists begin to rock the boat too violently.

Brett Witthoefft is a Research Officer in the Office of the Asia-Pacific Advisor at Maritime Forces Pacific Headquarters (MARPAQ HQ). The comments provided herein are exclusively the author's editorial views, and do not represent the official policy of the Canadian Forces or Department of National Defence.



when it was in their best interest to do so. Above all, the Maoists are a political party, and now that they have achieved political power, they will work hard to keep it. This may mean occasional threats to return to militancy in order to break deadlocks, but the Maoists are here to stay.

During the civil war, the economy was hit hard, since tourists, the country's greatest source of foreign exchange, were understandably reluctant to visit. Perhaps the only thing that kept the economy from completely collapsing was remittances from young people who had fled the violence and were working abroad. However, during their insurgency, the Maoists took pains to not target foreigners, recognizing that targeting them would bring outside retribution immediately and restrict options in the future. With the end of hostilities and the creation of a stable government, especially one with a leading party that recognizes the value of outside support, tourists should return. The return of tourist dollars and the resulting increase in standards of living for Nepalis, should cause support for

and the willingness to do so.

There is also the matter of external pressures. Nepal has traditionally been used as a buffer zone between India and China, which should continue to be the case. Initially, India supported King Gyanendra financially and militarily in order to keep Nepal stable, as well as to keep its own communist movements in the northeast from gaining strength and inspiration from the Nepalese Maoists. To be sure, the fact that Maoists won April's elections and are now a part of Nepal's government is a concern of India's, and the Maoists will not forget India's support for the government. Nevertheless, both the Maoists and New Delhi believe that stability is in their mutual interest. Thus, while India may not actively support a Maoist government in the future, the two sides will tolerate each other so long as the Maoists do not incite India's communists.

China has also had its differences with the Maoists, despite the Maoists' reference to the founder of modern China. While China did give the Maoists some military aid during the Nepali civil war, Beijing

LOOKOUT Classifieds & Real Estate

RATES: MILITARY and DND PERSONNEL: 25 words \$7.35 • ALL OTHERS: 20 words \$8.40 • Each additional word 15¢ • GST Included • DEADLINE FOR CLASSIFIED Advertising: Thursday at 11 a.m.

Call 363-3014 to book your display or word ad

ANNOUNCEMENTS

ARE YOU INTERESTED in providing emergency respite child care for military families? For information call 363-2640 or toll free 1-800-353-3329.

VOLUNTEERS NEEDED

VOLUNTEERS OF ALL ages are needed to assist individuals with disabilities to get out and be this summer! By devoting as little as one hour per week, you have the opportunity to participate in an activity you enjoy while giving back to your community. For more info. or to volunteer please call Lindsay at 477-6314 ext 15 or email volunteers@rivonline.org

CHILDCARE

HI-5 EARLY LEARNING Centre. We provide quality child care; VIHA licensed; ECE curriculum. Please join us. 250-474-7324 or 250-888-4425.

VEHICLES FOR SALE

2001 SILVER BMW 325 I, 88,000 km, excellent condition, new exhaust and much more. Asking \$20,000 obo. Call 896-3195

1984 HONDA GL 1200 Aspecade. Loaded. Mint shape. Excellent value @ \$5000. Extras included. Available July 5th. 250-213-3939

APPLIANCES

WESTCOAST APPLIANCE CENTRE LTD.
LARGEST SELECTION GREAT PRICES
• Reconditioned • New • Builder • In Home Services
#3-370 Gorge Rd East
250-382-0242

FINANCIAL

DEBT FREE
• Stop collection calls
• 1 easy monthly payment
• Rebuild credit rating
• Eliminate interest
• Reduce payments up to 50%
Toll Free
CC
CONSUMER CREDIT COUNSELLING SERVICES
1-888-522-3555
www.iamdebtfree.com

AUTOMOTIVE

www.davewheatongm.com
Shop for your new car with me at home or at sea
Call Cheryl Now (250) 813-3504
Wheaton GM
PLUS \$500 off Military Discount



ESQUIMALT AUTO/MARINE
Victoria's Auto/Marine parts experts
AUTOPLUS MILITARY DISCOUNT PROGRAM
624 Admirals Road
250-386-8877
Open 7 days a week



BUS. OPPORTUNITIES

JANI KING
World's largest commercial cleaning franchise. Rated #1 by Venture and Entrepreneur Mags. National Image, full training and support. Initial contracts & growth provided by Jani King. INQUIRIES WEEKDAYS • 250-389-0214



ELECTRICAL

ROBERT TANGUAY CD
TANGUAY Electric
BONDED INSURED
250-882-8185



HAULING

GOT A LOAD OF RUBBISH?
• recycling • rubbish clean up • no job too big or small
• clean and courteous • mini-bins • pressure washing
R&S Removal
CALL 250-478-2843

Father & Son
need work, we'll do the job the others won't. Trash hauled from \$5. Plus dump fee. No job too small. OAP rates
• Any weather
• Demolition
Refuse Sam
250-216-5865 or 250-475-0611
SAME DAY SERVICE

"re-cycle"

Better the 2nd time around!
PITCH-IN CANADA
www.pitch-in.ca

HELP WANTED

Leaving the military? Know someone who retired?
► Find military friendly companies looking for ex-military personnel. Tell a friend.
hirecanadianmilitary.com

ADVERTISE IN THE LOOKOUT CLASSIFIEDS
CALL 363-3014

CONCORD SECURITY
CONCORD SECURITY is hiring!
We want you to join our team. We have several immediate openings at friendly, customer service oriented sites. Part-time and full-time available. Flexible hours. Medical and dental benefits. Job stability. On-line BST/Security training course available.
www.concordsecurity.com or call Bob 250-418-0165

MISC FOR SALE

1975 GRAMPIAN 26 SAILBOAT. Ready to cruise. Brand new sails. Roller Furling Genoa. Bottom professionally inspected and finished. Keel encapsulated. Honda 9.9 4-stroke. Dodger. New cabin and cockpit cushions, AC inverter, auto-pilot, VHF, sonar, stereo. Many recent upgrades. Located CF Sailing Assoc. 1001 Maple Bank rd., Esquimalt. Possible moorage for military member. \$11,500 OBO. wnesling@shaw.ca

Give your business a **BIG BOOST** for a **SMALL PRICE**
Lookout classified ads offer great value for your small business.
Call 363-3014 for information about rates and advertising packages available.

SPRAWL MMA FIGHTER
TAP OUT
Stu's MMA Fitness Apparel & Yoga Wear
www.stusmma.com
1736 Douglas St. (downtown) • 250-381-7627

PET BOARDING

K9 Cabbie & The Dog Nanny
I provide loving care in my home for your small dogs in your absence or while in transit. Transport for shipping to your destination.
250-383-5250 • www.k9cabbie.com

REAL ESTATE • FOR RENT

POSTED TO MONTREAL? 1000 sq ft condo, 2 bdrms, wood FP, HW floors, near Lachine Cannel. \$1000/month. Available immediately. Call Steve @ 250-389-0064 or 250-217-0242

POSTED TO VICTORIA? 1200 sq ft, open concept loft for rent. Indoor parking, rooftop terrace, ensuite laundry, HW floors. Right downtown (Chinatown). \$1650/mnth. Avbl Sept. 1, 08. Call Steve @ 250-389-0064 or 250-217-0242.

SUITE FOR RENT Langford. Beautiful brand new, large, very private 2 bed, 1 bath suite. Own patio, 10 min. from bus route. NS/NP. Avbl. July 18 or Aug. 1. \$1300/mo. + utilities. 250-213-1438

1 BEDROOM SUITE, UTILITIES included. \$850/mnth. Avbl Aug 1. Must see! Call Fritzie or Kris at 250-474-0652.

AVAILABLE AUGUST 1, 2008. 1 Bdrm. Suite for rent. \$950 per month. Outside sundeck with view. Heat, hot water, & cable incl. Own parking space. No pets, Non-Smoker. Located by Knocken Hill Park. Close to bus routes & walking distance to Victoria General Hospital. References & damage deposit required. 250-888-1580

PROPERTIES OWNED AND MANAGED BY EY PROPERTIES LTD.
200-3185 Tillicum Road, Victoria
250-361-3690
Toll Free 1-866-217-3612
www.eyproperties.com
FREE Hot Water & Heat

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


MACAULAY EAST
948 Esquimalt Rd.
1 & 2 Bedrooms
Manager 250-380-4663

PACIFIC VILLAGE II
1445 CRAIGFLOWER ROAD
SPACIOUS 1, 2, 3 BEDROOM TOWNHOUSES
1 & 2 BEDROOM APARTMENTS
RENTALS CENTRALLY LOCATED
PARKING INCLUDED
FRIDGE/STOVE INCLUDED
ON MAIN BUS ROUTES
PETS: CATS ONLY
CLOSE TO SCHOOLS, ADMIRALS WALK,
GORGE & CFB ESQUIMALT
250-385-2250

The Seagate
Apartments
707 Esquimalt Rd
Ocean front, Olympic mountain views, seawalk to downtown, spacious and clean.
Bachelor, 1, 2 & 3 bedrooms
Rent includes:
• Hot water
• Heat
• Secured parking
• Squash court
• Indoor pool/hot tub
• Fitness centre
• Games room
Building is wired for Shaw@home.
Reasonable rent in a very quiet building.
Reduced Security deposit for Military Personnel.
Call to view
383-1731

Gorge View
Apartments
258 Gorge Rd. E
Park-like setting located where the Galloping Goose Trail meets the Selkirk Waterway.
• Spacious & Clean Bachelor, 1 & 2 bedroom apartments
• Indoor pool, sauna & HotTub
• Racquetball Court
• Fitness Facilities
• Reduced security deposit for Military Personnel
• Heat
• Hot water
Call to view
380-6566

Moving?
- Largest truck fleet in town
- Always reliable
- 4 convenient locations in Victoria
- Special weekend rates
For reservations call 953-5300
www.budgetvictoria.com



SERVICES OFFERED
Base Taxi Service
for Naden, Dockyard & WorkPoint
Operates 7:30am to 3pm Monday to Friday.
Try to use Base Rounders before calling the Base Taxi to reduce wait times.
Available for military-related appointments or meetings on base only.
Taxi Dispatch 363-2384



LOOKOUT Classifieds & Real Estate

RATES: MILITARY and DND PERSONNEL: 25 words \$7.35 • ALL OTHERS: 20 words \$8.40 • Each additional word 15¢ • GST Included • DEADLINE FOR CLASSIFIED Advertising: Thursday at 11 a.m.

Call 363-3014 to book your display or word ad

REAL ESTATE • FOR SALE

QUIET, DESIREABLE LANGFORD core. Spectacular 2 bdrm, 2 bath designer condo. Steps to bus & trolley route. Access to Blue Boat, easy commute to dockyard. Custom work throughout. Priced to sell @ \$309,900. Must see! Realtors welcome. 478-2648 or 745-3387

CHARACTER HOME LOCATED at 471 Cairnsmore Street, Duncan BC. Open house Sundays from 1-4 pm until sold. 5 bdrms, 2 baths. 50 x 150' lot. \$329,000 For pictures visit www.usedvictoria.com or www.craigslist.com. 250-748-1235.



This large townhouse is in the heart of downtown. Walk to all amenities and on the quiet side of View Street. Small quiet complex only 6 units. Private fenced backyard for this unit only and an attached garage with bonus room behind for future development (media or workout room poss) Front deck. Two very large bedrooms, 2 baths, new carpets throughout. \$374,000. 3-1119 View Street. MLS 247389

Sutton Lorraine Williams
479-3333/216-3317
williamsinvictoria@shaw.ca • www.listingsinvictoria.com

MOTORCYCLES

Preferred and referred for over 20 years

DRIVE A LITTLE, SAVE A LOT
Live in the Cowichan Valley

SUPERIOR 3 BDRM RANCHER NOW PRIVATE SETTING .63 ACRE **NOW \$474,900**

Superior Craftsman-style home with 10ft. coved ceilings, hardwood floors, corner gas fireplace, shaker cabinets, a walk-in pantry, 3 bedrooms (the master with a walk-in closet and 5 piece ensuite). Heated and cooled with a heat pump.



RE/MAX of Duncan/Mill Bay 1-800-976-5566
marianburnett@remax.net
www.marianburnett.com

CAREER OPPORTUNITY

Get comfortable with your career



CUSTOMER SERVICE REPRESENTATIVE

LOCATION: Westside Village Shopping Centre, Victoria, BC.

WHAT YOU'LL BE DOING: TD Canada Trust requires an energetic Customer Service Representative who will provide exceptional customer service to customers by processing their transactions in an efficient and friendly manner. You will deliver a consistent customer service experience to each customer, as well as understand and apply branch operating policies and procedures. We provide the tools and support you need to develop a career and encourage personal growth through our Personal Performance and Development Program.

WHERE YOU'VE BEEN: In addition to your post secondary education or equivalent work experience, you possess excellent organizational and customer service skills. You demonstrate a high energy approach and excel in a fast paced work environment. You have strong computer skills and the ability to adapt quickly to change.

POSITION DETAILS: Part-time Position. Applicants must be flexible to meet the needs of the branch. Branch Hours: Monday to Wednesday 8am to 6pm, Thursday and Friday 8am to 8pm and Saturday 8am to 4pm.

TO APPLY: Interested and qualified applicants should submit their cover letter and résumé to:

Andrew Heaman, Branch Manager
TD Canada Trust
184 Wilson Ave.
Victoria, BC

Thank you for your interest in TD Bank Financial Group. Your application matters to us and we will review it carefully. Candidates selected for interviews will be contacted. • www.td.com • TD Bank Financial Group values and is committed to diversity in its workforce.

TD Canada Trust

learn. grow. live. work. succeed. experience TD Canada Trust.

Do you need a mortgage?

We specialize in Military mortgages!
100% financing available.
Supporting our troops!

LAWLESS ▲ BROWN MORTGAGE TEAM

Krista 250-656-0855
Sherri 1-866-656-0858
www.lawlessbrown.com

SERVICES OFFERED

NOTARIES ON DOUGLAS

Services Provided:
Real Estate Transactions
Mortgages, Powers of Attorney
Wills and much more

Sabrina Hanousek, BA
Notary Public

notariesondouglas.com 201-2610 Phone: 382-8880
shanousek@notaries.bc.ca Douglas Street Fax: 382-8883

NOW SELLING 18 TOWNHOMES
www.TaraOnDeville.com

Tara ON DEVILLE

Prices from \$389,900
GST, Window Blinds & Appliances Included



8 NOW SOLD!

SHOW HOME OPEN
Saturday & Sunday 2 - 4 pm
2661 Deville Road

658-0967 cathyduncan & ASSOCIATES LTD.

QUIT SMOKING
in just ONE HOUR - only \$299 (INCL. DETOX)

• Drug & Alcohol Addictions
• Weight Control & Stress

Private, Safe, Painless, Drug Free, Confidential.

imagine laserworks PH: (250) 477-0737
550-2950 Douglas Street
www.imaginelaserworks.com

Posted In or Posted Out?

- A Decade of Moving Military Personnel
- Marketing Plan Designed to Net You More \$
- En Francais, Si Vous Voulez.
- National Network of Professionals to Help You Here and in Your New Posting.

Complimentary Victoria Orientation Kit! Call Now!

FERGUS KYNE, B.ED.
RE/MAX Alliance 250-386-8875



Andrew Heaman, Branch Manager
TD Canada Trust
184 Wilson Ave.
Victoria, BC

Thank you for your interest in TD Bank Financial Group. Your application matters to us and we will review it carefully. Candidates selected for interviews will be contacted. • www.td.com • TD Bank Financial Group values and is committed to diversity in its workforce.

TD Canada Trust

learn. grow. live. work. succeed. experience TD Canada Trust.

STORAGE

SELF STORAGE RESIDENTIAL & COMMERCIAL

- 5'x5' - 20'x34' units
- Lit and Fenced
- 7 Day Computerized Access & Security System

VERY COMPETITIVE RATES

ARDEN'S SELF STORAGE
642-6363 (WEEKDAYS)
2059 IDELMORE RD., SOOKE

REAL ESTATE • FOR SALE

Townhouse Living at Condo Pricing
\$299,900



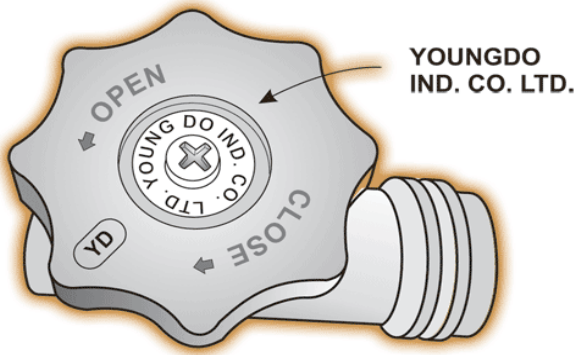
- 2 storey loft
- 2 bedroom
- 15 foot ceilings
- Deep soaker tub
- 2 parking stalls
- Westshore area

Call Melinda Brake
ROYAL LEPAGE
Coast Capital Realty
250-642-6361

Upcoming Birthday. New Baby. Anniversary. Retirement.

Place an announcement in the Lookout Classifieds with a graphic. Two ad sizes to choose from. Call 363-3014 for details or to book.

Just \$17



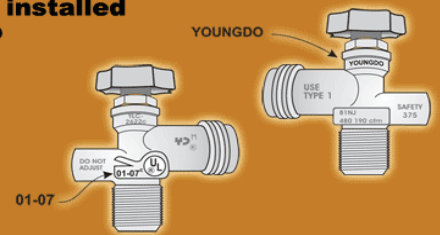
KOREAN LPG VALVES MANUFACTURED BY YOUNGDO ARE NOT TO BE FILLED

LPG VALVE RECALL

YoungDo LPG Valves were distributed to requalification facilities located in Québec and Ontario, installed on 20-lb propane cylinders at the time of requalification. It is believed that up to 50,000 YoungDo LPG valves have been distributed in Ontario. Due to a defect in the tap, dangerous gas leaks may cause severe burning or become a deadly fire hazard if exposed to a heat source.

Owners of propane cylinders who believe their equipment may contain a YoungDo LPG valve (as shown in this illustration) should return the cylinder either to the place of purchase or to the fuel supplier - whether the valve is faulty or not.

For further information, please contact Bismar Inc. toll-free at 1-800-266-1414.



La Vie at Millstream Village

DISPLAY SUITE OPEN



shopping, hiking, biking, golfing, dining, swimming, schools, parks, playgrounds, safety, style, & elegance...

Now Selling!

Langford's BEST location priced from **\$239,900** (NET GST INCLUDED)

Royal LePage Coast Capital Realty

Display Suite Open: Sat. & Sun. 1pm-5pm
623 Treanor Avenue Langford, BC
(Adjacent to Millstream Village across from the Home Depot)

Roger Levesque · Scott Kral T · 250 474 4800

Occupancy - November 2008

Choose from 89 elegant & affordable condominiums.
La Vie is found in the centre of south Island activity.
Unique, affordable and within reach
— Live the life you want.

www.lavieatmillstreamvillage.com

La Vie

It all starts here.