

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

**PHARMASAVE**
Esquimalt Plaza, 1153 Esquimalt Rd.
388-6451

MILITARY
DISCOUNT
PROGRAM

*Fast, Easy
& Convenient*
Live well with



Cdr Martin Teft, captain of HMCS Ottawa, pulls on the hauser line alongside his crew during a tow exercise with HMCS Winnipeg. Winnipeg is preparing to leave for a Task Group Exercise taking place off the coast of San Diego. The two ships performed a tow exercise two weeks ago as part of Winnipeg's high readiness work ups.

NEWS 3	COMMUNITY 7	SPORTS 12	
Protecteur has a new leader at the helm	Building named for exceptional leader	Base welcomes new Formation Chaplain	Editorial & Opinion.. 4 Film Friday..... 5 Classifieds..... 18-19



27 Years of Service
Are you or someone you know buying or selling real estate?
\$1,000 referral
\$1,000 cash back on sale

Sutton
GROUP
WESTCAN REALTY

Good customer service is my #1 priority.

Nevenka Kardum
250-479-3333

NEW AND IMPROVED

NO INTEREST CREDIT PLAN

CONVENIENT
12 Month Plan
24 Month Plan
36 Month Plan

NO MONEY DOWN NOT EVEN THE TAXES!

* On approved credit on the CREDIT NO INTEREST CREDIT PLAN. See brochure for details.

2ND ANNUAL MARPAC-Media Hockey Challenge

When: Nov. 6th • 11am to 1:30pm (puck-drop at 11:30)

Where: Wurtle Arena (across from Naden Athletic Centre)

Cost: Free admission

Come watch your players "take on" local media!



NOW OPEN

Vietnamese • Thai • Chinese

Ken & Shelly welcome you
to their new location

VIETNAM GARDEN RESTAURANT

524 Admirals Rd (opposite Tudor House) 384-3033



IRISH TIMES PUB

30 DRAUGHT
BEERS

pizza & a pint

Enjoy our pizza of the day with
a perfect pint for \$12.99
every Wednesday

7 NIGHTS OF
LIVE MUSIC
NO COVER

1200 GOVERNMENT STREET 250.383.7775 WWW.VICTORIAPUBCOMPANY.CA

FOR ALL YOUR BUILDING & RENOVATION SUPPLIES

- Hardware
- Lumber
- Plumbing
- Door Shop
- Building Materials
- Paint
- Housewares
- Electrical
- Kitchen



"Military Discount"

We're BIG on value

Mon-Fri: 7:30-7 • Sat: 8-6 • Sun & Holidays: 9-5

RONA

Bay West Home Centre

220 Bay Street (Bay at Wilson)

Call 595-1225 • Fax 595-8228



Maurine Karagianis

MLA, ESQUIMALT-METCHOSIN

**Standing up
for our
Community.**

**ESQUIMALT-METCHOSIN
COMMUNITY OFFICE**

10am – 4pm, Mon. – Thurs.
and by appointment

A5 – 100 Aldersmith Place, Victoria

(in Nelson Square,

north of Admirals Walk on Admirals Road)

250 479-8326

Maurine.Karagianis.MLA@leg.bc.ca

www.maurinekaragianis.ca

REMEMBRANCE: DEPLOYED MEMBERS HONOUR FALLEN

Ships' crews honour Korean War vets

**Capt Lalande
and MWO Bidder**
HMCS Protecteur

On their return transit from Operation Altair Roto 4, HMC Ships *Protecteur* and *Calgary* attended the Republic of Korea's (ROK) International Fleet Review (IFR) 2008 in Busan, commemorating the 60th anniversary of the Republic of Korea's Navy (ROKN).

The commander of the Korean Fleet invited navies from around the world to join the celebrations taking place between Oct. 5 and 10, gathering as many as 22 vessels from 11 nations, not counting the 32 vessels from the ROK Navy.

Protecteur's and *Calgary's* ship's companies had the opportunity to participate in many events including as a ships review, an ROKN naval power demonstration, ship's visits, friendship events as well as great cultural exchanges between the 12 nations present.

On Oct. 8 a joint group from *Protecteur* and *Calgary*, led by Cdr Yves Germain, Executive Officer of *Protecteur*, proceeded to the United Nations Memorial Cemetery and participated in a multi-national remembrance ceremony.

In addition to CF members, American and Indian sailors, as well as a group of families from Thailand who lost family members during the Korean conflict, took part in this ceremony.

A special Canadian guest at the ceremony was Mr. Yetman, a Korean War veteran who served with the Princess Patricia's Canadian Light Infantry during the conflict. Mr. Yetman was given the opportunity to inspect the Canadian Guard and assisted Cdr Germain in the wreath presentation ceremony.

Established by the United Nations Command



Above: Cdr Yves Germain and Mr. Yetman lay a wreath in memory of the 516 Canadians who died during the Korean War.

Right: The two contingents from HMC Ships *Protecteur* and *Calgary* march down to the UN Cemetery for the remembrance ceremony.

Photos courtesy of HMCS *Protecteur*



in January 1951, the UN Memorial Cemetery in Korea is an immaculately kept park covering over 35 acres. The Korean government granted the land to the United Nations without charge, in perpetuity, as a permanent tribute to the sacrifice of those who fought in the Korean War. The cemetery contains the bodies of over 2,300 individuals, of which 378 are Canadian.

It was a privilege for us to

be afforded the opportunity to participate in this memorable ceremony and an even greater honour to share it with Mr. Yetman and the families present who lost love ones during this conflict.

Canada's ships left Busan, Korea, Oct. 11, heading back to Esquimalt. The

stop in Korea was one of the concluding events of the Operation Altair Roto 4 six-month deployment. All aboard are looking forward getting back home to see their families and friends after a demanding operational period, which included a circumnavigation of the globe.

Tell us what you think. We can take it.



Give us valuable feedback by completing the Canadian Forces Newspapers online survey, conveniently accessible from
www.lookoutnewspaper.com

Survey may not appear properly on MAN computers, but you can still fill it out.

Director Military Personnel Operational Research and Analysis authorizes the administration of this survey within DND/CF in accordance with CANFORGEN 145/02 ADMHRMIL 079 UNCLASS 131028Z DEC 02. Authorization number: 676/08.

A new leader for HMCS Protecteur

Lt(N) Jim Smith
HMCS Protecteur

Other than HMCS Oriole, HMCS Protecteur is Canada's oldest serving warship and during a recent visit to Port Klang, Malaysia, she conducted her 28th change of command ceremony where the ship's company bid farewell to Cdr Sean Cantelon and welcomed Cdr Ian Wood to his new position as commanding officer of *Protecteur*.

The day began with an ominous look and feel as a mid-morning squall blew in, bringing with it heavy rain showers and winds gusting well over 35 knots. With the official ceremony just about to begin, the crew quickly moved everything into the confines of the massive hangar and began preparations for a ceremony free from the inclement weather.

With all members of the ship's company mustered and at attention in the hangar, the guests of honour began to arrive. They included VIPs from the Malaysian Navy, Cdr Cantelon's wife Cecilia, the Canadian High Commissioner to Malaysia David Collins and his wife. Presiding over the ceremony was Commander Canadian Fleet Pacific, Cmdre Nigel Greenwood.

Near the end of the ceremony and after the official documents had been signed relieving Cdr Cantelon of his duties as captain, a number of departments presented their outgoing captain with gifts to commemorate his time on *Protecteur*. The hull technicians presented a brass model of the fueling bell and probe *Protecteur* uses during replenishments at sea (RAS). The engineering department presented a mock up of a RAS station and the senior naval communicator presented the commissioning pennant from *Protecteur*, a long and thin flag that flies on



Photos courtesy of HMCS Protecteur

Above: HMCS Protecteur's incoming Commanding Officer Cdr Ian Wood (left), Commander Canadian Fleet Pacific Cmdre Nigel Greenwood (middle), and Protecteur's outgoing Commanding Officer Cdr Sean Cantelon sign the change of command papers.

Below: Crew members wait for the change of command ceremony to begin in HMCS Protecteur's hangar.



every commissioned ship in the Canadian Navy.

With the speeches made and the ceremony complete, the watch had officially turned over to Cdr Ian Wood. Given the busy nature of this foreign port, the tradition of rowing the outgoing commanding officer ashore by the heads of department was replaced by the ship's company manning the

side. As Cdr Cantelon was piped ashore for the last time, the crew shouted out three cheers to say thank you for the leadership and dedication he gave to the ship over the last two years.

As the car carrying Cdr Cantelon left the jetty, it was time for the remainder of the ship's company to enjoy their time alongside Port Klang.

Cdr Ian Wood will see *Protecteur* home for the final leg of her circumnavigation of the globe and the completion of Operation Altair. Once home, the crew will look forward to much-deserved rest before getting ready for the operations that await them in the coming year.

Around the world in her 40th year – well done to *Protecteur* and her crew.

Upcoming Birthday? New Baby?

Place an announcement in the Lookout Classifieds with a graphic.

Just **\$17**

Two ad sizes to choose from.

Call 363-3014 for details or to book.

UNIGLOBE Travel

Convenient New Location!

UNIGLOBE Geo Travel is pleased to announce the opening of an office within the BOR Bldg N-30 for LTA bookings. Every Tuesday and Thursday from 0900-1100 starting Oct. 16 and running until Dec. 18, military members wishing to book their Christmas/New Year's LTA travel have the opportunity to do so at one convenient location. Contact Alice at UNIGLOBE 250-953-6640 for more details or the BOR reception desk at 250-363-4288.



Canucks Hockey Packages

1 night in a 5 star Hotel + 2 Hockey Tickets
Upper Bowl from \$160 per adult/Lower Bowl from \$190 per adult

Taxes additional, all offers subject to availability at time of reservation.

In the CANEX building off Admirals Rd
Service en Francais Disponible
Call us at 250-953-6640 or email canex@geo.ca

UNDER NEW MANAGEMENT

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



250-478-8767
www.selfstorage.ca

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



Wrap up your Christmas shopping



31st ANNUAL SHOW

Outstanding Christmas Arts, Crafts & Demos
Over 150 Professional BC Exhibitors

HOURS
Nov. 7: 10 am to 8 pm
Nov. 8: 10 am to 5 pm
Nov. 9: 10 am to 4 pm

Pearkes Rec Centre, 3100 Tillicum Rd, Victoria
www.creativecraftfairs.com • 250-658-0971

Free Tickets

First come first served at Lookout, 1522 Esquimalt Rd.

Lyall Street Service Station

382-0015

Member



- B.C. Safety Inspection Facility
- Same Day Service
- Warranty Approved New Car Service
- Guaranteed Work



Ask us bout improving your fuel economy

Locally Owned & Operated



1480 Lyall Street • 382-0015

matters of OPINION

WHO WE ARE

MANAGING EDITOR

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

STAFF WRITER

Mary Ellen Green 363-3672
green.me@forces.gc.ca
Shelley Lipke 363-3130

PRODUCTION

Carmel Ecker 363-8033
Myrna Proulx

ADMINISTRATIVE ASSISTANT

Kate King 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

SLT Michael McWhinnie 363-4006

Published each Monday, under the authority of Capt(N) Marcel Hallé, Base Commander.

Le LOOKOUT est publié tous les lundi, sous l'égide du Capt(N) Marcel Hallé, 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.

LOOKOUT
NEWSPAPER

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

United Way – it's easy to make a difference

The Maritime Forces Pacific (MARPA) 2008 Government of Canada Workplace Charitable Campaign (GCWCC)-United Way Campaign has now reached the half-way mark, with individual unit campaigns building steam with unique events and generous donations.

MARPA members can be proud of the generous contributions they have made, and continue to make, year in and year out, towards improving the quality of life in our community. Your generosity and constant support have made a difference in the lives of many.

Our campaign is not about supporting one cause over another,

but about charity at large. Our partners include United Way and its agencies, Healthpartners and its agencies, as well as the more than 84,000 charities across the country that are registered with Revenue Canada.

Our campaign allows you to donate to one or more charitable organizations that have meaning to you. Be it to fight malnutrition, loneliness, disease, incapacity, or to improve support to families, children, seniors or veterans, the potential for your donation to improve the quality of life of Canadians is significant.

Bearing in mind that no gift is too small, your donation

allows you to make a difference. Moreover, our campaign offers you convenience, efficiency, and flexibility in the method of donation.

My optimism lies in knowing that we can count on the support of each and every person within Maritime Forces Pacific/Joint Task Force (Pacific), civilian and military, to help us reach our goal.

A canvasser will visit with you to inform you of the objectives of the campaign and also to solicit your support. I invite you to respond positively and to offer your wholehearted support.

Thank you in advance for your participation.



Marcel J.M. Hallé
Captain (Navy)
Chair, MARPA 2008
GCWCC-United Way
Campaign

What is "Healthpartners?"

Through the Government of Canada Workplace Charitable Campaign (GCWCC), employees can make payroll deductions to the United Way, Healthpartners or any other registered Canadian charity.

Healthpartners is an umbrella group of 16 health charities that joined together two decades ago to make giving donations through payroll deductions easier for

Government of Canada employees.

Members of Healthpartners (healthpartners.ca) include:

- Alzheimer Society of Canada
- ALS Society of Canada
- The Arthritis Society
- Canadian Cancer Society
- Canadian Cystic Fibrosis Foundation
- Canadian Diabetes Foundation
- Canadian Hemophilia Society

- Canadian Liver Foundation
- Crohn's and Colitis Foundation of Canada
- Heart and Stroke Foundation of Canada
- Huntington Society of Canada
- The Lung Association
- Multiple Sclerosis Society of Canada
- Muscular Dystrophy Canada
- The Parkinson Society

BOOKreview

"Critique of Security" offers new point of view

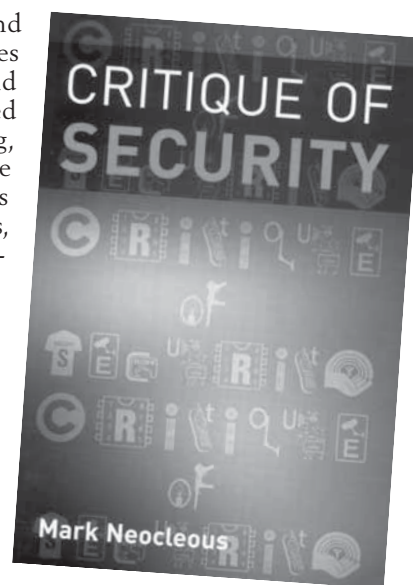
The contemporary political imagination and social landscape have been almost overwhelmed by worries about security. These concerns have led to the emergence of a minor industry generating ideas about how to define security, how to defend and improve it, and how to civilize and democratize it.

In *Critique of Security*, Mark Neocleous takes an entirely different approach. Challenging the common assumption that security is an unquestionable good, Neocleous explores the ways in which security has been used in the service of a vision of social order in which state power and liberal subjectivity become an integral part of human experience. Treating security as a political technology for liberal order-building and engaging with a wide range of thinkers and subject areas - security studies and international political economy; history, law, and

political theory; international relations and historical sociology - Neocleous explores the ways in which individuals, classes, and the state have been shaped and ordered according to a logic of security. In so doing, he uncovers the violence that underlies the politics of security, the ideological links between security and emergency powers, and the fetish for security that is dominating modern politics.

About The Author

Mark Neocleous is professor of the Critique of Political Economy at Brunel University, and a member of the editorial collective of *Radical Philosophy*. His previous books include *The Monstrous and the Dead*, *Imagining the State*, *The Fabrication of the Social Order*, *Fascism*, and *Administering Civil Society*.



BARD & BANKER PUB

happy oyster hours

Join us everyday between 3-7pm
for oysters on the half shell.
.69/each

30 DRAUGHT BEERS

7 NIGHTS OF LIVE MUSIC
NO COVER

1022 GOVERNMENT STREET 250.953.9993 WWW.VICTORIAPUBCOMPANY.CA

Jim Pattison cars unlimited

Quality Pre-Owned Vehicles

2004 SUBARU LEGACY OUTBACK \$22,995
78,067kms, 4dr, Sequential, AWD, 4 Cyl., AM/FM Stereo, A/C, CD Player, Power Brakes, Mirrors, Seat, Steering, Locks, Windows, Heated Seats, Leather Interior, Traction Control, Cruise Control, Heated Mirrors, Premium and/or Oversized Wheels.

360-2271 View inventory online:
carsunlimitedvictoria.com

GET ADJUSTED!

Now providing spinal decompression therapy

Island Chiropractic

20% OFF

Dr. Tyler Hersack
Chiropractor

202-1711 Cook St • 250-592-6464
www.islandchiropractic.ca

FILM *friday*

'Passchendaele' & 'W.'

W. Andrew Powell
The GATE

Writer, actor, and director Paul Gross gives Canada a history lesson this week with the epic war film, *Passchendaele*, while south of the border, Oliver Stone recounts the life so far of U.S. President George W. Bush, with the somewhat controversial film, *W.* Also opening this week is video-game-turned-action-movie, *Max Payne*, the sweet drama, *The Secret Life of Bees*, and the teen romp, *Sex Drive*.



Caroline Dhavernas and Paul Gross star in "Passchendaele," an epic film about the trials of Sgt Michael Dunne and the 10th Battalion during the Third Battle of Ypres.

Passchendaele

Canada has a proud and almost unimaginably rich story to tell when it comes to our forefathers' contributions during the First and Second World Wars, and in Paul Gross' epic drama part of that story comes to life in one of the biggest films ever made in this country.

Set during the First World War, and written and directed by star Paul Gross, the film follows the 10th Battalion during its struggles at the Third Battle of Ypres, also known as Passchendaele. Gross leads the film as Sergeant Michael Dunne, a wounded soldier sent home from France to recuperate in a military hospital. Falling in love with a beautiful nurse named Sarah (Caroline Dhavernas), Michael decides that he has to return to the war when Sarah's brother (Joe Dinicol) enlists. Among thousands of men, the two are sent into one of the most hopeless battles - the battle of Passchendaele.

The film sounds like a true, Canadian classic, which will no doubt be seen in classrooms for years to come, but after debuting as the opening film at the Toronto Film Festival, the reviews have been less than ecstatic about the story. Toronto Star writer Peter Howell offers one of the film's few quote-worthy reviews.

"*Passchendaele* hears back to war films of decades past, when patriotism, valour and integrity were presented without irony. But it is infused with the stoicism of people who know it is their job to try to find meaning within an insane situation."

W.

American film legend Oliver Stone has taken on numerous subjects with

both style and substance, but in his latest film he tackles the story of one of the most discussed and mocked figures in modern history: U.S. President George W. Bush.

Starring Josh Brolin as *W.*, Stone has promised that the film will be an all-too-accurate portrait of the man responsible for the Iraq invasion. Delving into his past, leading right up to the big decision, the film examines Bush's life under his father, his relationship with his wife, and even the man's faith.

Once again, Stone takes on a story that is both weird and wonderful, with a very rare film about a public figure who is not only alive and well, but still in office. While the reviews are not in Stone's favour overall, there is no doubt that the film will spark some controversy, and bring curious audiences to see it, even in Canada.

Kirk Honeycutt of the Hollywood Reporter points out in his review that *W.* "deserves a fair hearing by U.S. audiences," since "Stone goes out of his way to give Bush a fair hearing."

Todd McCarthy of Variety was far less kind: "The film is unable to achieve any aims higher than as a sort of engaging pop-history pageant and amateur, if not inapt, psychological evaluation due to the unavoidable lack of perspective and a final act that has yet to be written."

Max Payne

Switching gears, Mark Wahlberg stars in the adaptation of the classic video game, *Max Payne*. Tearing a page from Marvel's Punisher, Wahlberg plays a morose cop, trying to deal with the death of his family while investigating

a series of murders around the city. Mila Kunis co-stars as, oddly enough, an assassin.

While I am happy to point out just how many terrible adaptations have been made from really high-profile games, I am willing to give *Max Payne* the benefit of the doubt if only because Wahlberg is actually a talented actor. Looking at some solid facts though, the film was directed by John Moore, who is probably best known for his sub-par film, *Behind Enemy Lines*, and it was written by Beau Thorne, who doesn't have a single other film on his resume. The most talented artists involved in the film seem to be the actors, aside from composer Marco Beltrami, and to me that suggests a film that is unlikely to rise above its roots as a game with a two-dimensional storyline.

Also out this week...

The Secret Life of Bees stars Dakota Fanning as Lily, a young girl in the American South who runs away after her mother dies. Looking to find out more about her mother, Lily is taken in by three sisters, played by Queen Latifah, Sophie Okonedo, and Alicia Keys, who teach her beekeeping.

Sex Drive is a raunchy teen comedy about another teenager who doesn't want to go off to college without losing his virginity. So he takes his friends on a road trip to visit a hot lady friend he just met online, in the hopes that she will finally make him a man. If that sounds familiar, it should, considering how many movies cover the exact same premise. Expect nothing new from this lame re-tread of the usual teen sex comedy.

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



Chris Kiiskila
Pharmacy Manager

DIRECT BILLING IN WEST SHORE

Proud to offer DND:

- 10% off Pharmasave brand products
- Full service cosmetics department
- Specialized compounding pharmacy services
- Plus a Postal Outlet

at Millstream Village

WE ARE PLEASED TO OFFER
DND DIRECT BILLING

Live well with

PHARMASAVE

Millstream Village
250-478-0123
Next to Milestones

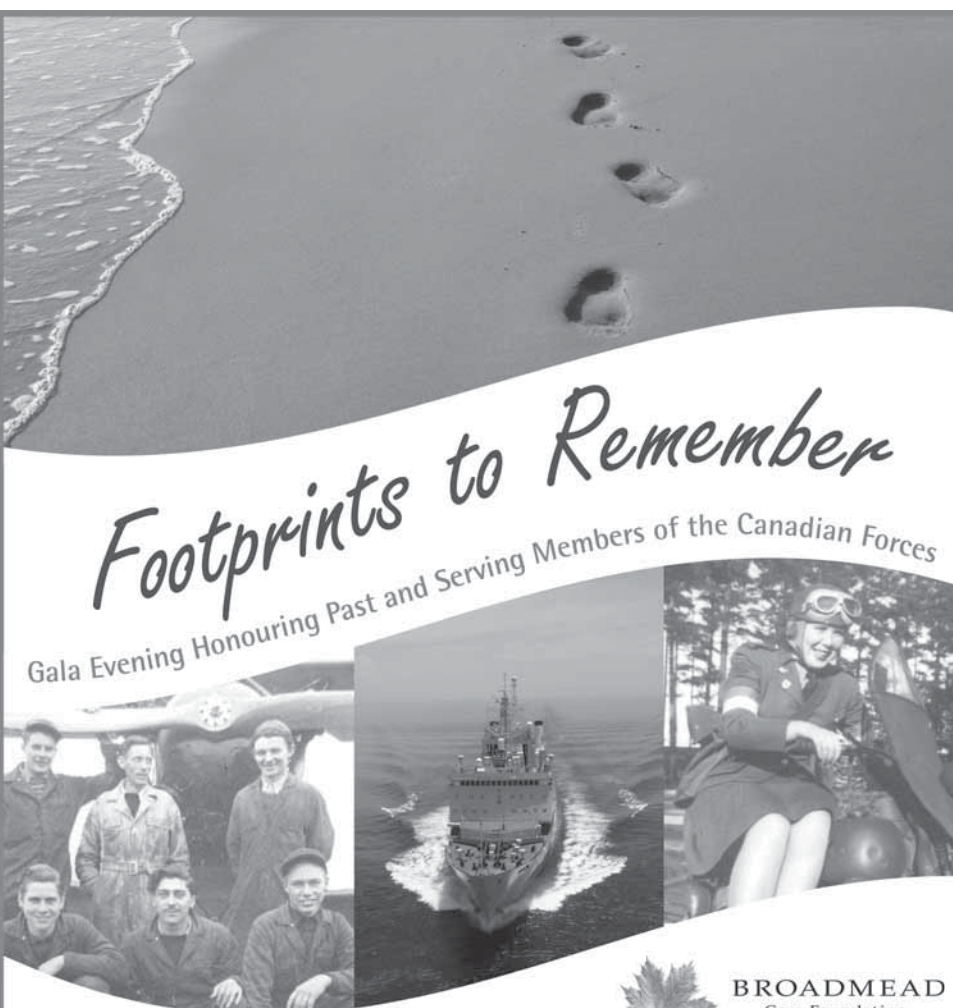
Now Open
til 9pm Mon-Fri
Ample parking

BE COOL

ALWAYS



Westshore Return-it 858 Esquimalt Rd. (near base) **381-1482**
OPEN Monday to Saturday 8:30am - 5pm, Sunday 10am - 4pm



BROADMEAD
Care Foundation
Excellence in Care for
Veterans and Seniors

Date:

Saturday, November 8, 2008
Doors open and silent auction starts at 5:30 pm;
Dinner at 7:00; Dancing to the Swiftsure Band
to follow

Place:

CFB Esquimalt Wardroom
1586 Esquimalt Road

Price:

Individual tickets \$100 each
Tables of 8 \$800
Corporate tables \$1,000

We accept Visa, MasterCard, cheques,
money orders or cash

Dress:

Black Tie/Evening Attire or
Business Suit/Medals

Proceeds in support of:

Proceeds going toward the renovation and
upgrading costs of the dining rooms
at The Lodge at Broadmead.
Registered Charitable No. 88687 1037 RR0001

To purchase tickets:

Phone: Broadmead Care Foundation at 658-3220
Mail: 4579 Chatterton Way, Victoria, BC V8X 4Y7
E-mail: mari.hamano@broadmeadcare.com

SAFeway

what's RED HOT this WEEK

Hot savings on all your favourite items this week at Safeway!



Cap'N Crunch
200 g.
Or Corn Bran Squares.
250 g. While Quantities Last.

CLUB PRICE

99¢

Royale Event - see instore for details



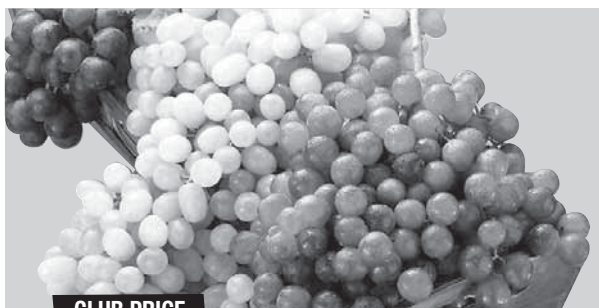
6.99
CLUB PRICE

Royale Bathroom Tissue
24 Roll, Double 12 Roll or Supreme 9 Roll.



3.49
lb.
7.69/kg

Boneless Sirloin Tip Roast
Eye Removed.



1.29
lb.
2.84/kg

Black, Green or Red Crimson Seedless Grapes
Product of California. No. 1 Grade.

Signature Cafe™ Roasted Turkey Breast
Tender, plump, moist and juicy white meat. Slow roasted for full flavour. Lightly seasoned with our own special recipe. Serves 4-6



Fresh Daily in the Deli.

FRIDAY ONLY!
10/24/08

FAMILY FRIDAYS
\$9

Exclusive Safeway savings eMailed directly to you.
Plus..get **100 AIR MILES®** reward miles for just signing up!

eMailDirect
safeway.ca/emaildirect




Prices effective at all British Columbia Safeway stores Wednesday, Oct. 22 thru Saturday, Oct. 25, 2008. We reserve the right to limit sales to retail quantities. Some items may not be available at all stores. All items while stocks last. Actual items may vary slightly from illustrations. Some illustrations are serving suggestions only. Advertised prices do not include GST. ©™ Trademarks of AIR MILES International Trading B.V. Used under license by LoyaltyOne, Inc. and Canada Safeway Limited. Extreme Specials are prices that are so low they are limited to a one time purchase to Safeway Club Card Members within a household. Each household can purchase the limited items one time during the effective dates. A household is defined by all Safeway Club Cards that are linked by the same address and phone number. Each household can purchase the EXTREME SPECIALS during the specified advertisement dates. For purchases over the household limits, regular pricing applies to overlimit purchases. On BUY ONE GET ONE FREE items, both items must be purchased. Lowest priced item is then free.

Earn **7x** AIR MILES® reward miles **EVERYDAY**

Earn 7 times your base AIR MILES® reward miles on your Safeway Pharmacy prescription purchases everyday.*

*No coupon required. Minimum \$20 purchase required. Some exclusions apply, see Customer Service for details.



OCTOBER
22 23 24 25
WED THUR FRI SAT
Prices in this ad good through October 25th

Building renamed for exceptional leader

Mary Ellen Green
Staff writer

The Canadian Forces Fleet School Esquimalt Seamanship Division building N67 will soon be renamed to honour one of the most distinguished seamen and boatswains in the Canadian Forces, CPO1 James D. Carroll, OMM CD.

CPO1 Carroll had a 38-year career with the Canadian Navy, ending up in the highest possible position for a Chief Petty Officer – the Canadian Forces Chief Warrant Officer – where he served four years.

"We want to instil a sense of pride in our young boatswains by giving them a good role model to aspire to," says CPO1 Gino Spinelli, Seamanship Division Chief Petty Officer. "When they see that he was a boatswain who made it all the way, they can say I can do that too."

CPO1 Carroll's wife Marilyn said the highlights of his career were as the coxswain in *HMCS Protecteur* and the chief boatswain's mate in *HMCS Preserver*.

But 12 years after his death, he's remembered for much more than that.

CPO1 Carroll is the topic of many presentations at leadership qualification courses because of his dedication to leadership by example.

There is a Navy League Corps in Truro, Nova Scotia where 50 youth aged 10 to 13 years old march in his name.

A plaque that sits at the foot of the road that bears his name in the Halifax dockyard reads: "Chief Petty Officer Carroll is remembered for his ability to communicate with all ranks, his concern for the welfare of all military members, and his quiet dedication and belief in service to Country. He was a leader's leader."

Eight years ago, CPO1 Tom Eustace, then the Esquimalt Fleet School Seamanship Division Chief Petty Officer, thought it would be a good idea to rename the Naden building after a prominent non-commissioned member.

"Virtually ever sailor goes through that building at one point in their careers, and I thought it was only fitting to name it after Chief Carroll because of the impact he could have on young sailors," says CPO1 Eustace.

Because of the nature of naval careers, CPO1 Eustace changed jobs before his dream came into fruition. The idea was put on the back-burner only to be picked up by subsequent Seamanship Division Chiefs and finally by CPO1 Spinelli. "I'm picking up where they left off," he says.

Although the shiny new letter-



CPO1 James Carroll

ing is already on building N67, it has yet to be officially dedicated to CPO1 Carroll's memory. RAdm Tyrone Pile will have the honour of formally unveiling the plaque at the Oct. 29 the dedication ceremony. The ceremony starts at 11 a.m. in front of the building.

A bronze plaque has been moulded and cast by the shipwright shop at Fleet Maintenance Facility Cape Breton to mount at the building's front entrance. A second copy of the plaque will be donated to CPO1 Carroll's family, who will attend the ceremony.

INMEMORIAM

FMF says good-bye to long-time friend

Steve Anderson
FMF Production
Manager

Bill was the most positive person you could ever have met. He faced all challenges at work and in his personal life with a smile on his face and never ever looked for blame in other people.

In his career, there were continual challenges with the handling of material in the shops, but Bill would see things like the necessity of WHMIS legislation in the 1980's and the control of HAZMAT as essential direction that was being put into place for the betterment of the workforce. These issues were not seen as a hindrance or barrier to getting things done. When faced with these types of changes and increase in duties, he would make himself conversant with the new requirements and then work extra hard to ensure levels of service and timelines remained acceptable to all customers. It was always about the other person and doing things right for them.

Even when facing his own mortality, he did not look for blame nor did he complain about "the cards that he had been dealt." He made the

most of the remaining days he had, looking after his aged father right up until his own death.

During this trying time, his fellow workers showed great compassion. They organized work parties to keep Bill's house and yard in top shape and they delivered pre-packaged meals to him so that he could continue to cook for his father and himself. Bill always looked forward to these visits and remained focused on the friendship and camaraderie rather than his own misfortune. It was ironic that on completion of the work parties, his peers would leave in higher spirits than when they had arrived. It wasn't work they were doing. They were sim-

Bill Davison

- Employed in Shop 171, FMF Cape Breton (Industrial Labourer)
- Born in Outlook, SK, July 2, 1960
- Started work in SRU(P)/FMF CB in 1989
- Passed away Oct. 13, 2008 from complications of cancer

Survivor information:

Father - Robert (Bob) Davison, Second World War Air Force Vet in his mid 80s.

ply returning the favour of having had the pleasure of knowing Bill for the last 20 years. As always, being around him and that type of positive energy left them in a better mood.



Above: Bill Davidson at a Hawaiian-themed Christmas party at FMF last year.

Below: FMF workers arranged to have this photo taken to show their support for Davidson's father, Bob.



Parts, Accessories,
Service for
Harley Davidson®
Motorcycles



Military
Discount
Offered

www.phoenixcycle.com
phoenixcycle@shaw.ca

1107 Goldstream Ave.

474-1111

OPENING SOON



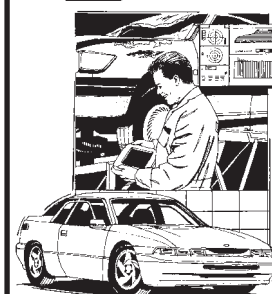
New location
at Esquimalt & Head

PEOPLES PHARMACY ESQUIMALT

250-477-DRUG

Discounts for Seniors & DND

TRACKSIDE
AUTO SERVICE LTD.



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

B.C. GOVERNMENT
DESIGNATED
INSPECTION
FACILITY

40 YEARS EXPERIENCE
Servicing Automobiles

784 Fairview Rd.
383-5509

CONTROL YOUR PROJECTS
FROM INITIATION TO CLOSURE



University
of Victoria
Business

EXECUTIVE
PROGRAMS

Two-Day Course

**INTRODUCTION TO
PROJECT MANAGEMENT**

October 29 & 30, 2008 – Dunsmuir Lodge

Discover essential tools for new project managers and team members to deliver successful projects on time, on budget and in scope.

Covers the complete project lifecycle, from initial project proposal and definition, through project implementation, and finally the often neglected project completion phase.

Ideal for:

- new managers and project managers
- those undertaking unique projects
- corporate department heads
- senior executives with business planning responsibilities
- systems, manufacturing and operations personnel
- engineering professionals
- technology and research managers

Course tuition of \$1095 (& GST) includes meals and refreshments, course materials, and useful templates.

Registration details here: <http://www.business.uvic.ca/executive>
Call UVic Executive Programs at 250-472-4446 today!

AMAZING MILITARY DISCOUNT

50% OFF regular price

20 class punch card \$149*
Regular \$299

No expiration date. Must show military ID.
Discount available on first 20 class purchase only



BikramHotYoga

THE HOTTEST THING IN FITNESS

YOGA: LOOK GOOD ~ FEEL GOOD ~ DO GOOD

Bikram Yoga | 750 Goldstream Ave. | At Westbrook Centre near Western Foods
www.BikramYogaLangford.com | 250-391-1975



Now Serving

The Defence Team



with CANEX Financing

250-477-7612

3672 Shelbourne St. (Shelbourne Plaza)

Benefits of Metal Roofing



Call
now for a
**FREE
QUOTE**

Cost Effective

Pays for itself the day it's installed. Long life span with low maintenance.

Attractive

Wide range of colours, clean lines and hidden fasteners.

Durable

Raised seams assist in quick drainage, preventing water damage.

Interlocking Profile

Designed as a water barrier. Fire-proof, moss & mildew resistant.

327 Harbour Rd.
382-5154 • www.irwinvi.com



VIH AVIATION GROUP

a respected helicopter industry leader,
has two immediate openings as follows:

Technical Documents Administrator

A full-time Technical Document Administrator position is available at VIH Aerospace. Duties include document and drawing control, tracking changes, subscriptions and manual amendments and inventory control. Maintaining office equipment and supplies or arranging repairs. Maintaining files for all employees as well as service bulletins, engineering forms and LSTC's etc. Projects as assigned by Engineering Services or by the Quality Manager. Computer skills in MS Word, Excel and databases are required. Previous experience with aviation maintenance records preferred.

Reply attention:

Human Resources, VIH Aviation Group
1962 Canso Road, North Saanich BC V8L 5V5
hr@vih.com or fax (250) 655-6839

VIH is an equal opportunity employer



OS Courtney Edwards and OS Paul Gagnon took part in the tricycle races that were part of the Canadian Forces Fleet School Esquimalt United Way campaign kickoff. Students and teachers gathered in the Naden Drill Shed on Oct. 9 for the tricycle race and a pizza lunch, which raised \$150. Participants also heard speeches about the benefits of United Way from leadership speaker Michael Forbes from 98.5, The Ocean radio station and Sarah Daviau of the Military Family Resource Centre.

MS Bill Dennis, CFFSE

Missing kisby ring returns home

Mary Ellen Green
Staff writer

If you ask any hull tech who's been working at CFB Esquimalt since the early '90s, they can tell you the story of the missing kisby ring at the Tudor House, the traditional naval watering hole on the corner of Esquimalt Road and Admirals Road.

It went missing one fateful night in December 1992, but was returned to its rightful place last month, after it was discovered a long way from home - clear across the country in Halifax.

"I've known about the kisby ring for quite some time now," said PO1 Al Hamilton, who returned the ring. "It took many years and many beverages to convince my friend in Halifax that it needed to be returned to its rightful owner."

PO1 Hamilton took the kisby ring from his friend's shop, where it was being used as a frame for a dart board and brought it to the lower woodworking shop at Canadian Forces Fleet School Esquimalt where he works.

During lunch hours and using his own supplies, he worked diligently to fashion an oak shadow box to hold the life-saving ring and engraved a plaque to sit

where the dart board once was.

The plaque features a crest - the shipwright's coat of arms - and reads "within the ark, safe forever," a reference to the first shipwright, Noah. Around the crest it reads: "AWOL December 1992, returned to service September 2008."

"We thought it was fitting because it was a shipwright who absconded with it, and a shipwright who brought it back," said PO1 Hamilton.

"The Tudor House is a naval landmark. It's part of our heritage. I bet there isn't an ordinary seaman on this base who hasn't gone through those doors and knocked back a few," he said with a smile.

Mike Holmes purchased the Tudor House back in 1995, three years after the kisby ring disappeared. "I didn't even know it existed," he said.

"I hear that one guy had such a great time at the Tudor House while visiting CFB Esquimalt that he wanted a memento of the time he spent here," Holmes said.

It was taken off the wall by the back doors without anyone noticing.

Holmes was contacted by PO1 Hamilton who told him he wanted to return some-



Mary Ellen Green, Lookout

Tudor House owner, Mike Holmes stands with the infamous Tudor House Port of Call Pub kisby ring which was stolen from the pub on a December night in 1992.

thing that had gone missing 16 years ago. PO1 Hamilton, along with shipwrights PO2 Jean-Luc Belanger and OS Leon Aeichele, brought the re-finished work of art back to the Tudor House Sept. 9 and presented it to Holmes.

"They did such a beautiful job mounting the ring and engraving the plaque that we gave it a place of honour on our wall," Holmes said.

The Tudor House Port of Call Pub kisby ring now hangs to the right of the main pub door under spotlights.

"There is a lot of sentiment between the Tudor House and the navy and we're proud of that," Holmes said. "We're happy that this unique piece of history is back with its rightful owners."



Dockyard parking re-assigned

Mary Ellen Green
Staff writer

For visitors coming into HMC Dockyard to do business, it can be difficult to find an open parking stall. Out of more than 1,100 parking spaces inside dockyard, only 89 have visitor designation.

According to Parking Control Coordinator Pat Maxwell, part of the problem is there isn't enough parking for people coming to the dockyard to do business and these people may park illegally, leading to an increased number of parking violations inside dockyard.

As of Oct. 15, billeted parking stalls in HMC Dockyard were re-assigned to meet the growing demand and dwindling supply for parking spots.

Sixty-five new duty stalls have been assigned so that short-term visitors from outside dockyard will have a place to park their cars for more than the three hours allotted to visitor parking stalls. To park in a duty stall, a temporary parking pass or work use pass will be needed.

Unit parking coordinators were recently given the responsibility of issuing parking decals and assigning stalls for unit members. However, only the Parking Control Coordinator, Pat Maxwell, can issue the temporary pass for the DND duty parking stalls.

Coinciding with the new parking arrangement is a new set of parking decals for employee vehicles. Over the last month, new purple parking decals have been phased in for vehicle parking at Naden while orange decals have been distributed to all those in general parking outside the dockyard area. Unit Parking Coordinators and the Vehicle Control Office have just started distributing new green parking decals for vehicles parking inside dockyard.

There will be a three-month overlap period where both new and old decals will be accepted. After January 15, 2009, only the new decals will be accepted.

Motorists can get up to two decals for vehicles and one for a motorcycle. Consult the Base Standing Orders for placement of decals on vehicles.

With the closure of parking lot B on Canteen Road for construction and with *HMC Ships Calgary* and *Protecteur* returning to CFB Esquimalt by the end of the month, Maxwell says dockyard employees will have to get used to a new reality - parking in general lots further away from their offices

and using other means of transportation such as Base Rounders to get inside dockyard.

"We lost over 200 stalls at Lot B and we have moved people out of dockyard to

the top of the hill, which is a first-come, first-served lot. If that one's full, the other option is to park in a general lot at Naden and take the Base Rounders," Maxwell said.

Illegal parking will earn you a fine

Personnel thinking they can get away with parking in dockyard without a proper pass, will have to face Parking Enforcement Commissionaire, Earl McCulloch.

"There is a big difference between parking on base compared to parking in civilian life," said McCulloch. "Outside, you can park anywhere there isn't a sign that says no parking. Here on base, you can't park anywhere without a sign saying parking."

Parking on a jetty is prohibited, but McCulloch will allow 15 minutes for loading and unloading. If the vehicle isn't being actively accessed for tools or supplies, it will be ticketed. Parking on any grassy area is also prohibited.

McCulloch said his best customers are those parking without decals.

If it's not your first day on the job at CFB Esquimalt, McCulloch says there's no reason to be parking without a permit, as temporary permits can be issued by the Parking Control Office at the dockyard main gate. All vehicles without a decal or duty pass will be ticketed.

"This is probably half of all the tickets I write," said McCulloch.

The other problem is motorists parking in other people's billeted stalls.

"There is a snowball effect when these offences go unreported. If someone is parked in your stall, and you park in someone else's and they report you, you will get a ticket. The first person should report it and be done with it," he said.

McCulloch is in the Main Commissionaire's Office at the Dockyard main gate Monday to Friday 11:30 a.m. to 12 p.m. for those who wish to ask questions or contest their parking violation tickets. Only he and the traffic court judge can amend or throw out a violation ticket.

"People are accountable for these tickets because now they are sent to ICBC. After 30 days if they're unpaid, a collection letter will be sent and they can even affect your credit," McCulloch said. "When you go to renew your license you'll have to pay any unpaid parking tickets," he said.

Parking information is in Section 2-307 of the Base Standing Orders (BSO) and can be found at <http://esquimalt.mil.ca/bcomd/bcomd/Publications/BSOs/Orders/WebBSO/BSO%20S3.htm#2-307> PARKING.

If you have a parking question, contact the Parking Control Office at 250-363-2218, or visit their intranet site, <http://esquimalt.mil.ca/poesb/baseops/Vehicle%20Control.htm>

For complaints, the Parking Commissionaire can be reached through the Military Police dispatch at 250-363-4032, the Main Gate Commissionaires at 250-363-2277 or by cellular phone at 250-889-3225.

Your Western Communities & Sooke Taxi Company

474-4747 24 HR. SERVICE **642-7900**



Westwind Taxi

2925 DOUGLAS STREET
VICTORIA, BC V8T 4M8

OFFICE: 383-6123
FAX: 380-7111

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.

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 tours 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. #H02790

Tons of savings. Literally



For reservations call 953-5300



Ask us about moving supplies.

- Choose from one of the largest truck fleets in Victoria
- Always reliable and well maintained trucks
- 4 convenient locations across Victoria to serve you
- Special weekend rates
- Corporate rates available
- Constant commitment to the highest level of service

www.budgetvictoria.com

Grow your cash flow

Fidelity T-SWP™ Class is a flexible solution for non-registered investments.

- sustainable tax-efficient monthly cash flow
- tax-deferred switching
- participate in the growth potential of mutual funds

Call me today for more information.

Read a fund's prospectus and consult your investment professional before investing. Mutual funds are not guaranteed; their values change frequently and past performance may not be repeated. Investors will pay management fees and expenses, may pay commissions or trailing commissions, and may experience a gain or loss. The monthly cash flow distributions on Fidelity T-SWP™ are not guaranteed, will be adjusted from time to time, and may include income. A return of capital reduces an investor's adjusted cost base. Capital gains taxes are deferred until units are sold or until the ACB goes below zero. Investors should not confuse this cash flow distribution with a fund's rate of return or yield. While investors in Series T8/S8 and/or T5/S5 will be able to defer some personal capital gains, they must still pay tax on capital gains distributions that arise from the sale of individual holdings by fund managers, and on interest and dividend distributions. T-SWP will also pay a distribution that must be reinvested in December, consisting of income and capital gains.

Fidelity Investments and T-SWP are registered trademarks of FMR LLC.



David S.H. Nicholson
Investment Advisor
Queensbury Securities Inc.
3450 Bonair Place, Victoria, B.C. V8P 4V4
250-592-0598
david@queensbury.com



Keeping the wheels of CFB Esquimalt turning

Transportation Electrical Mechanical Engineering (TEME) at Work Point keeps base vehicles rolling and ensures the personnel who drive them are up to the task.



Above: Cpl Dallas McKeough, mobile support equipment operator, tests the air brakes on a Thomas 38 passenger bus as part of a safety inspection transport employees perform regularly.



Right: Cpl Ed Brown explains the load capacity, characteristics and mathematics involved in driving a forklift to a class of forklift operation students.

Why Rent When You Can Own?

95% Financing* at 4.8%
From \$248,500 Bi-Weekly Pmt. \$613



Superbly Appointed, Fitness Centre, Secure Parking

OPEN HOUSE DAILY

1315 Esquimalt Rd. Tue-Sun 11-6



REGISTER TODAY! www.theovation.ca
Call: Cliff or Sarah 250-595-0004

100% financing may be discontinued at any time

**ENJOY A VILLAGE
ATMOSPHERE!**

**WALK TO AMENITIES,
GROCERY SHOPPING
& THE BASE!**

- 5 minutes to downtown
- 5 minutes to ocean front
- No Colwood crawl



OVATION

Experience all the comforts of life!



Above: Cpl Pierre Drouin performs a full safety inspection on a recovery vehicle.

Far right: Eric Graen uses a grease gun to repair a winch cable on a crane in for servicing at Transportation Electrical Mechanical Engineering (TEME) at Work Point.

Right: Mel Kerr takes a propeller off an outboard motor as part of its regular maintenance.

Photos by Shelley Lipke, Lookout



Experience the career, the rewards and the pride



BC Corrections is now hiring correctional officers.

Apply your strengths in a professional and respectful environment as you supervise adult inmates. You'll enjoy a variety of duties within one of our nine correctional centres throughout British Columbia.

Enjoy paid training and growth opportunities along with a competitive salary, benefits and pension package.

BC Corrections is an innovator in our field. We take pride in our team and the difference we make in keeping our communities safe.

To learn more, search Correction and Enforcement on our site: employment.gov.bc.ca



Darren
Correctional Officer



Where ideas work

CFB Esquimalt welcomes new Formation Chaplain

Mary Ellen Green
Staff writer

Major Paul Acton remembers vividly the moment he discovered his calling to be a man of God.

He was 19 years old and alone on an island in the Pacific Ocean. It was one part of a week-long adventure training exercise and he had only what the navy gave him: a potato, a carrot and a match. He wasn't supposed to bring anything else along, but he knew his mother had snuck a pocket-sized New Testament Bible in his bag.

After a long and lonely night alone, he turned to the Bible to help time pass.

"Maybe the timing was right, but it seemed like the words were jumping off the page, like Jesus was speaking directly to me," Maj Acton said.

From that transformative night Maj Acton, now 49, has journeyed to become Maritime Forces Pacific's new Formation Chaplain. He arrived in CFB Esquimalt after a 10-day motorcycle ride across five provinces. He

took over the reigns Sept. 2 from LCdr John Domotor, who will be retiring from the Canadian Forces in December.

Maj Acton was raised in a traditional Baptist household in Ontario, but had withdrawn from the church as a teenager. "I only read the Bible out of duty," he said.

He joined the Naval Reserve Division HMCS Hunter in Windsor as a young man. "Part of the reason for me joining the navy was to come to Victoria and to explore the world," he said.

He had been studying economics, political science and Russian at the University of Windsor.

It wasn't until he met a young lady named Marjorie, now his wife of 28 years, that he returned to the church.

"She told me to take my faith seriously. I knew she wouldn't look sideways at me until I got it sorted out," Maj Acton said. "She changed my life."

At that point he decided not to return to university. Instead, he changed career paths, choosing to study

at the Toronto Baptist Seminary for a Masters Degree in Divinity. He went on to serve as a Baptist pastor at his first parish in Sudbury, ON, where he stayed for seven years.

Thirsty for meaning and hungry for knowledge, he continued his education and earned a Bachelor of Philosophy from Laurentian University.

"Once I believe I've found the truth, I have to live it, to hold on to it. The strength of my convictions reflects my personality and the type of person I want to be," Maj Acton said of his change of heart.

"Because of my philosophy degree, I found myself more open to other perspectives. I was reading anything I could get my hands on, often reading straight through the night. As I read through *The Story of Civilization* I realized I needed to continue on my search for spiritual enlightenment," he said. It was at this time Maj Acton set off on the path to transition from a Baptist Pastor to an Anglican Minister.

Continued on next page



Mary Ellen Green, Lookout

New Formation Chaplain Maj Paul Acton stands outside his new office, located in the combined Catholic/Protestant chapel in Naden. An avid motorcyclist, he drove his bike across Canada to take up his new position.

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.

From page 12

"God has a way of speaking to those who are willing to listen," Maj Acton said. "Once I let my preconceived notions go, it opened up possibilities that weren't there before."

Just weeks before the transition to the Anglican faith was complete, Maj Acton made the decision to return to the Canadian Forces, this time as a chaplain.

"I had all kinds of positive memories from my days in the naval reserve, and I thought the Canadian Forces were a good fit for my life," Maj Acton said.

He joined the army reserve in 1991, serving both the Royal Highland Fusiliers in Cambridge, ON, and the former armoured Elgin Regiment, based in St Thomas, ON.

He found solace in the Anglican Church. "They were very kind to me and welcomed me in with open arms," he said.

But he once again found himself in a theological quest when he read the writings of the "Church Fathers," the early teachers of Christianity. "It started as an intellectual pursuit of the truth, but when I realized the Church Fathers were calling themselves Catholics, I wondered to myself 'how could they have gone wrong so early?' Then I realized that it was me that was wrong," Father Acton said.

He left the Anglican Church after five years. He knew he wanted to become a Roman Catholic, but also knew he couldn't be ordained or perform sacraments because he had a wife and four children.

"I got a call from the CF's Chaplain General at the time and he asked me to become a Pastoral Associate. The position was relatively new, and for regular force members, so I decided to join. Even though I knew I would never stand behind an altar again, the work still interested me," Maj Acton said.

After joining the regular force in 1996 and working in the pastoral associate position for two years, he was approached by the Bishop for the Military Ordinariate of Canada, Most Reverend Donald Theriault.

Bishop Theriault told Maj Acton the Pope would consider ordaining married men who had converted from other religions under certain circumstances. In anticipation, Maj Acton began studies at St. Augustine's Roman Catholic Seminary at the University of Toronto in 1998, while fulfilling his duties as Pastoral Associate.

Five years later, the Pope would tell Bishop Theriault Maj Acton could be ordained. He was ordained on All Saints Day, Nov. 1, 2003. "I was thrilled and relieved; relieved that I made it through such a long process, and thrilled that I could again stand behind the altar."

Father Acton is now one of eight married Roman Catholic Priests in Canada.

After being posted to CFB Kingston in 2004, he was sent to Kandahar with the Joint Signal Regiment in 2005 to set up camp at the Kandahar Air Field (KAF), now the Canadian Forces main camp in the province.

"I was a man of peace in the midst of war," he said.

In the two months Maj Acton was at the KAF, they took four inbound rockets to the camp, often in the middle of the night.

"Everyone would try to get on their kit as quickly as possible and get to the bunker. We would stay in the bunker sometimes until the sun came up, and when it did, we had a few good laughs, as many of us only had one boot on or were still in our underwear," he laughed.

Every time a convoy left the compound, Maj Acton would be there to pray with his fellow soldiers, and if he was to go outside the wire, he often asked to take his seat in the third vehicle, often the one to get hit by roadside bombs or improvised explosive devices.

"It was a great way to live out my priesthood, but it was strange knowing there were people out there that would kill me if they had the chance," he said.

Maj Acton's desert camouflage armband still hangs among crosses in his new office in Naden, along with a simple plaque made from plywood that was presented to him by his American comrades at KAF, for his "valiant support in Operation Enduring Freedom."

He returned to CFB Kingston where he served as the Base Chaplain until September.

Maj Acton can now be found at the combined Christ the Redeemer Roman Catholic and St. Andrew's Protestant Military Chapel at Naden where there is also a sacred space available where Muslims can perform their daily prayers.

"It is our intention that everyone feel welcome in this space," Father Acton said. "The beauty of our team is that we represent a variety of faith groups and we are here to serve the entire community."

For more information and service times, visit the chapel website at <http://esquimalt.mil.ca/badm/bchap/>.

GUARANTEED APPROVALS			
Galaxy Langford 888 Attree 478-7603	 Voted the best place to buy a used vehicle	GOOD CREDIT BAD CREDIT NO CREDIT Whatever the reason!	Galaxy Esquimalt 1490 Admirals 360-0888
Galaxy Downtown 2555 Government 381-1144	CALL THE CREDIT SPECIALISTS 818-4YES (4937) OR APPLY ONLINE WWW.GALAXYMOTORS.NET Huge Selection of Quality, Safety Inspected Vehicles		Galaxy Colwood 1836 Island Highway 478-7653



Help us reach our goal!

UNIT CHARITY BINGO IS BACK!!

INFO: Card are available from:
 LS Cassandra Gagnon BCompt N30 3-4474
 LS Raegan Elford MOG4 D702 3-2681
 A/Slt Elbaz Nixon Bldg 1367WP
 Please see the BCompt website for rules and more info.
<http://esquimalt.mil.ca/bcompt/SOCIAL-CHARITY/United%20Way.htm>

BASE IMAGING SERVICES PORTRAIT RAFFLE

WHEN: Draw Date - Nov. 15th
WHERE: Available at D-25
WHAT: Professional 8x10 portrait print and CD
COST: \$2 ea. or 3 for \$5
 Only 100 tickets will be sold.

COMMODORE'S PARKING SPOT RAFFLE (2 PRIZES)

WHEN: Draw Date - Oct. 29th
WHERE: Available at D-25
WHAT: For Nov. 3-7 and 10-14, 2008
COST: \$2 per ticket available from MS Fisher in D77

TEME VEHICLE MAINTENANCE

What: Vehicle maintenance
When: Fri, Oct, 24 from 7:30pm to 3pm
Why: Proceeds go to the MARPAC 2008 GCWCC-United Way Campaign
Where: Bldg 1127 (Workpoint)
Cost:

- Oil Change + 25 point check + car wash: \$25; Second Car only \$20
- Tire change/balance + car wash: \$20
- Car Wash only: \$6

Call Sgt Brian Charlebois at 363-7321 for an appointment.

Note: Bring your own oil/filter, parts not provided by TEME workshop.

Enjoy a complimentary pancake breakfast (until 1100) or lunch with oil change or tire balance. Meals can be purchased separately for \$4.

50/50 tickets will be sold with the winning name drawn at 1500.

PRIMO DOCKYARD PARKING SPOT RAFFLE (12 WINNERS)

WHEN: Draw Date - Nov. 3rd
WHERE: Available at D-25
COST: \$2 per ticket

CHARITY GOLF TOURNAMENT

WHEN: Fri. Oct. 24 • 12 Noon
WHERE: Cedar Hill Golf Course
COST: \$30/person
WHAT: 9 holes
 Please call 250-363-4193 if interested.



PSP 50/50 DRAW:

WHEN: Ongoing, Draw is Friday Oct. 31, NAC, 2pm
WHERE: NAC Kiosk, D88
COST: \$1 each or \$10/arm's length



SILENT AUCTION:

WHEN: Nov. 12 & 13
WHERE: LCC (Building N-136)
WHAT: Dozens of great items to bid on


WOOD TABLE AND 4 CHAIRS:

WHEN: Draw Date - Dec. 12th
WHERE: Nelles Block
COST: \$5 ea. or 3/\$10
 Please call LS Hodgins 250-363-5632 for info.
 Ls Macdonald Will Be Selling Tickets at CPO's Bldg - 585 Room #423
 8:00am - 3:00pm



Advertise your unit's United Way / GCWCC fundraising event in the Lookout.

Email details to
atkinson.m@forces.gc.ca



Got a group?

Get a free historical tour of Dockyard.
Contact Base Public Affairs 363-7060




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

Play Ball?

CFB Esquimalt Men's Basketball Team

Practices: Monday & Wednesday 5-7pm @ Base Gym

Anyone interested please contact: PO2 Sullivan 363-4449 or sullivan.pd2@forces.gc.ca

A new voice for persons with disabilities

Karen Christiuk
1 Cdn Air Div/CANR

"I am here to listen," said LGen Angus Watt, Chief of the Air Staff, who attended the national meeting of the Defence Advisory Group for Persons with Disabilities (DAGPWD) in Victoria in September.

LGen Watt was recently appointed Champion for Persons with Disabilities and Visible Minorities within the Department of National Defence, and he kick-started his new role by spending a day with military and civilian co-chairs from the local DAGPWD regions in order to learn more about their struggles and successes.

"Although you are a small group, you are huge in effect," remarked LGen Watt.

With an aging population, and the risk of injuries from military operations, living with a disability is a cultural reality for many civilian and military personnel within the Department of National Defence (DND).

Regional group members of the DAGPWD work within their own communities to exchange information on issues affecting persons with disabilities within DND, and offer advice and suggestions to leadership

within the organization.

LGen Watt said he is looking forward to advocating and promoting the DAGPWD and reminded everyone that every small grassroots activity can grow into something larger.

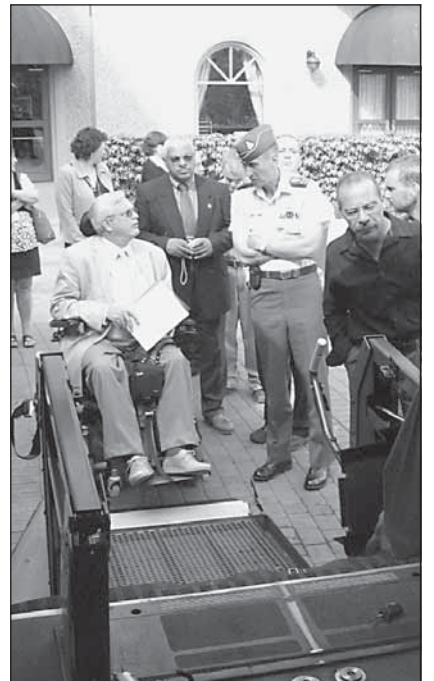
"We recently installed (wheel-chair) evacuation chairs at National Defence Headquarters in Ottawa," said LGen Watt. "You start small and grow."

During the three-day DAGPWD annual meeting in Victoria, regional co-chairs listened to presentations on disability management and workplace accommodation, and examined current disability issues.

Sgt Denise Childerhose, military co-chair for 17 Wing, said meeting with her colleagues from across Canada was an invaluable experience.

"It was great to gather ideas and find out what other regions are doing," she said. "As a new co-chair, it was also helpful for me to learn more about the programs and services that are currently available for people with disabilities within the Canadian Forces and the Department of National Defence."

To learn more about DAGPWD please visit DND intranet website http://hr5.ottawa-hull.mil.ca/dhrd/engraph/agsec/dagpwd_home_e.asp.



Karen Christiuk, 1 Cdn Air Div CANR Public Affairs

LGen Angus Watt, Chief of the Air Staff and Champion for Persons with Disabilities and Visible Minorities, learned more about accessible vans from Defence Advisory Group for Persons With Disabilities (DAGPWD) co-chair Duane Simpson at the DAGPWD national meeting in Victoria.

DND uses film to recruit civilians

Mary Ellen Green
Staff writer

Movie cameras will be rolling at locations across CFB Esquimalt in early November as the creation of a new recruitment and outreach video gets underway.

It is a national initiative by the Department

of National Defence (DND) Human Resources (Civilian) to reach out and recruit civilians to careers inside DND, especially in critical shortage areas such as trades people, ship officers and ship crew.

Segments will be filmed at CF Bases Esquimalt, Petawawa and Winnipeg as well as at DND headquar-

ters in Ottawa.

Martime Forces Pacific's (MARPAF) Work Force Renewal Officer Ron Holmes says the CFB Esquimalt portion of the video will show short clips of civilian workers from Base Construction Engineering, Port Operations and Emergency Services Branch, Fleet

Maintenance Facility Cape Breton as well as Ammunition Technicians at Rocky Point.

"Fifteen second clips will be spliced together to make chapters about each unit and their skill sets," says Holmes. "It's an opportunity to showcase the base, its diversity and the challenging and unique careers we have here."

Holmes says the video will give DND a competitive edge as a federal employer.

"This will be a great tool for us to use for presentations, tours or career fairs. We can also give it to schools for their career counsellors."

Filming should be wrapped up by the end of November and editing will be finished by February 2009.

"This video is an exciting opportunity to showcase the diverse civilian jobs and talent that we have right here at DND," explains Lisa Tiedemann, Manager of Recruitment Strategy and Apprenticeship Team. "The goal of this video is to generate interest in the exciting and challenging work opportunities available in our department and to attract new talent."

Information about civilian jobs is available at the DND jobs website: www.dndjobs.forces.gc.ca/index-eng.asp.

Now that's...



Kool
107.3
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.



Shelley Lipke, Lookout

Mary Taylor helps Mark Frampton of Base Construction Engineering to donate blood at the Canadian Blood Services donor clinic held Oct. 14 at the Naden Athletic Centre. The blood collection agency holds a clinic on base every eight weeks.

HEALTH: INFECTION CONTROL WEEK OCTOBER 20-24

Clean hands reduce health risk

Elaine Majcher
1 Field Ambulance

Have you heard the words "hand hygiene" and wondered what it's all about?

Hand hygiene is a term used to describe the removal or killing of germs on the hands to reduce the transmission of these germs to other people or objects. When it is done properly, it is the most effective way to reduce the spread of communicable diseases or infections. Whether you are a member of the general public or a health care provider, everyone should perform hand hygiene.

In the home or work environment, for example, hand hygiene should be performed before and after handling or eating food, after using the washroom, after sneezing, coughing or blowing your nose, after touching pets, after handling garbage or after outdoor activities. In the health care environment, there are numerous times when hand hygiene should be performed by the health care provider; however, there are four critical moments when hand hygiene is essential. The health care provider must do hand hygiene:

- Before initially touching a patient or items in the patient's environment
- Before doing an aseptic procedure

- After an exposure risk to blood or body fluids
- After contact with a patient or the patient's environment

Using soap and water or alcohol-based hand sanitizers are effective methods of cleaning one's hands. When done properly, neither interferes with the integrity of the skin on your hands. Applying hand lotions liberally and frequently helps to maintain skin integrity.

Steps for washing with soap and water include:

- Remove all jewellery and wet hands with warm running water
- Add soap, rub hands together for approximately 15 seconds making a lather, wash front and back of hands, between fingers and under nails
- Rinse well under warm running water
- Dry hands with paper towel
- Turn off tap using paper towel to avoid recontaminating hands

Steps for using an alcohol based hand sanitizer:

- Remove all jewellery
- Apply a quarter size amount of alcohol based hand sanitizer onto hands
- Rub hands together covering all areas; front and back, between fingers and under nails (don't forget your thumb!)
- Rub hands until they feel dry (approximately 15 to 30 seconds)
- To promote hand

Hand hygiene is the most effective way to reduce the spread of communicable diseases or infections.

hygiene, CF Health Services Centre (Pacific) provides wall mounted alcohol-based hand sanitizers at all entrances to the clinic and CDUs. All individuals entering the clinic via any of the entrances are encouraged to clean their hands, whether they are staff, visitors or patients. Pump bottles of alcohol-based hand sanitizers are available for health care providers in various rooms throughout the clinic. Also, all staff – administrative and clinical – attend education sessions on hand hygiene.

What can you do? Perform hand hygiene at key moments, whether at home, at work or at the clinic. Use soap and water or alcohol-based hand sanitizer. If you see a health care provider not performing hand hygiene, politely remind them to do so.

Together, we can reduce the spread of communicable diseases or infections.



Michael J. Lomax, CD
Lawyer/Mediator

Milton, Johnson Barristers & Solicitors

We have the knowledge to help you make wise legal decisions.

• Family Law • Wills & Estates
Personal Injury • Mediation Services

We offer professional fee discounts to members of the Canadian Forces and civilian employees of D.N.D.



"...I felt reassured after we met and comfortable that my concerns were heard and addressed."

202-895 Fort St., Victoria, BC
385-5523

FIND US ONLINE WWW.LOOKOUTNEWSPAPER.COM

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



1519
Admirals Rd
381-5055



CANADIAN TIRE
AUTOMOTIVE SERVICE

West Shore
Town Centre
474-2291

Stay | AT A BELLSTAR RESORT™

November is our Canadian
Armed Forces & Veterans month

Stay | **HONOURERD**
SAVE 30%

In support, we are pleased to offer Canadian Forces members and veterans 30% off regular rates during November at all Bellstar resorts.

Bellstar offers comfortable, luxurious and fully-equipped resort-style condos with exceptional amenities in the best locations in Western Canada.



OKANAGAN, BC
Spirit Ridge Vineyard Resort & Spa - Osoyoos
Bellasera Tuscan Villas & Piazza - Kelowna
Strand Lakeside Resort - Vernon

VANCOUVER ISLAND, BC
Miraloma on the Cove - Sidney

Special Rates valid for stays November 1-30, 2008

CANMORE, AB
The Lodges at Canmore
Canmore Crossing
Mystic Springs Chalets
Fire Mountain Lodge
Blackstone Mountain Lodge

To reserve call 1.877.737.6782 or visit www.bellstar.ca

SAVE FROM OCTOBER 22 TO OCTOBER 29



GALAXY MOTORS (1990) LTD

\$4,000,000.00

ARENA SUPERSALE

Over 300 Vehicles To Clear Out!

250-818-4YES

(4937)

**Dodge Ram
1500 Hemi**



\$18,688

Stock #9688

**Chevy
Venture**



\$6,588

Stock #9384

**Hyundai
Santa Fe**



\$8,988

Stock #9400T

**Mazda
6**



\$15,788

Stock #9760Z

**Chrysler
Pacifica**



\$9,688

Stock #9690

**GOOD CREDIT - BAD CREDIT
NO CREDIT - NO PROBLEM
Instant On-Site Approvals!**

**Bring Paystubs, Driver's
License & Void Cheque**

**SAVE TIME AND GET
PRE-APPROVED
ONLINE!**

BONUS!



**1 ENTRY INTO 'CASH
SHOWER' With Purchase!**

Rates from

5.5%*

Payments from

\$59*

D#9166

www.galaxymotors.net

*on approved credit, on select units. \$59 bi-weekly payment based on stk# 9730
2006 Pontiac Wave \$8850, term 60/84, cost of borrowing \$1669 plus taxes and documentation fee.

Ships prepare for multi-national exercise

HMCS Winnipeg is preparing to leave for a Task Group Exercise taking place off the coast of San Diego. As part of its high readiness work ups, the crew performed a tow exercise two weeks ago with HMCS Ottawa.



Above: A peregrine falcon rests atop the radar assembly on HMCS Ottawa.

Top right: An HMCS Ottawa crew member uses a sledgehammer to release a stuck anchor chain.

Right: HMCS Winnipeg circles HMCS Ottawa in preparation for a tow exercise.



MCpl Dan Mallette,
Base Imaging Esquimalt

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

Welcome

to the Park Inn & Suites
Vancouver Broadway.

We warmly invite our Defence Community.




our view!

898 West Broadway, Vancouver, BC V5Z 1J8
800-670-7275
www.parkinn.com/vancouverca

park inn
& Suites



The MARPAC Defence Women's Advisory Organization



in honour Women's History Month,
will celebrate
"Women in the Lead"

DATE: Thursday, Oct. 23, 2008
TIME: 11:30 am – 1:30 pm
LOCATION: Chief and Petty Officer's Mess, Rainbow Room

**FREE LUNCH • 2 KEYNOTE SPEAKERS
BUS SERVICE AVAILABLE**

Limited number of registrations will be taken on a first come, first basis. To register, please contact Ms. Aldeen Mason at 363-7626 or email: mason.aa@forces.gc.ca

The Damage Control Training Facility

Night Burn

October 29th, 2008 • 6:30 pm - 10 pm

The Damage Control Facility will be open for tours of the burn rooms and flood tank between runs. Refreshments will be served during the evening. We are asking each person or family to **bring a non-perishable food item** for the Christmas Hamper which will go towards the Mustard Seed food bank. This event is open to DND family and friends.

Personnel who are on supplementary oxygen equipment are not allowed to participate in the live fire demonstrations.

For more info contact P01 Hutton or P01 Ouellet at 363-2858/2854.

Curb appeal with a
Fever for Wind!





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

ART FOR SALE

IN SUPPORT OF **GCWCC/United Way**

11 x 8.5 prints \$10



"Move Over Fritz the yanks are here"

Drop by the **Lookout**, located on Signal Hill, to choose your cartoon or send your payment though 1000 miler, and will pickup for you.

More than 10 different prints to choose from!



"Balloon Race"

24 x 18 limited edition prints \$100

ONLY ONE OF EACH!

Normally **\$175 each**



"God Bless the Ground Crew"



"Dawn Patrol"

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.

COME SING WITH us for the joy of it! 2008/09 season: Handel, Vivaldi, Mozart. We're the Victoria Choral Society - dynamic, welcoming & worth the audition. Call Carol @ 250-391-0540.

AGM VICTORIA NAVY LEAGUE BRANCH. Archie Brownie Center Esquimalt (Board Room). Meeting & Election. October 27th 7pm-9pm.

CONQUER YOUR FEAR of public speaking at toastmasters. Frightened speakers become confident speakers. Toastmasters can help! Visit www.victoria-toastmasters.com for details.

VOLUNTEERS NEEDED

VOLUNTEERS OF ALL ages are needed to assist individuals with disabilities to get out and be active 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

ISLAND EAGLES PATHFINDERS need your help to raise funds for a trip to the 2009 International Pathfinder Conference. Please drop off any refundable beverage containers at the corner of Lyall Street & Moresby Street -near the Chief's and Petty Officers Mess at CFB Esquimalt. Donations accepted ANY weekday in August or September. Email island-eagles@hotmail.com for information or questions.

VEHICLES FOR SALE

2005 BLACK HYUNDAI Accent GSI, 2dr. hatch back, 5spd. manuel, great car still under warranty. \$9500 OBO. 250-479-9719

"re-cycle"



Better the 2nd time around!

PITCH-IN CANADA
www.pitch-in.ca

AUTOMOTIVE

www.davewheatongm.com

**Shop for your new car
with me at home or at sea**

PLUS \$500 off Military Discount

**Call Cheryl Now
(250) 813-3504**

Wheaton GM



ESQUIMALT AUTO/MARINE

Victoria's Auto/Marine parts experts



**624 Admirals Road
386-8877
Open 7 days a week**

MISC FOR SALE

2004 FLEETWOOD YUMA h/t tent trailer. Sleeps 6. Fridge, stove, sink. 110/12 v. power inverter, fully equip for service hook-up. Asking \$5900.00 250-474-7707 or 250-812-7691.

1987 34 ft. CITATION EXCELLA. A class. GM 454 gasoline. 83K, fully re-built HDAT, air ride, 4K Onan gen. set. Many upgrades, mechanically sound, great shape. asking 8,500. 250-474-7707 or 250-812-7691.

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

APPLIANCES

WEST COAST APPLIANCE CENTRE LTD.
LARGEST SELECTION GREAT PRICES

- Reconditioned
- New • Builder
- In Home Services

#3-370 Gorge Rd East
250-382-0242

MOTORCYCLES

S G Power A.T.V. CENTER
Honda, Yamaha, Kawasaki
382-8291
730 Hillside Ave.

NOW RECRUITING

**12 to 18
year olds**

**It's FREE...
including uniforms**

Sea Cadets encourage personal development and self-discipline through training in leadership, sailing, seamanship, marksmanship, music and ceremonial drills.

Tuesday nights • 6:30-9:15 pm • Rainbow Barracks

(end of Lampson, left on Munro, right on Clifton Terrace and proceed to main gate on left)

Call 384-8442 for information



FINANCIAL

DEBT FREE

- Stop collection calls
- 1 easy monthly payment
- Rebuild credit rating
- Eliminate interest
- Reduce payments up to 50%

Toll Free

CONSUMER CREDIT COUNSELLING SERVICES

1-888-522-3555
www.iamdebtfree.com

HAULING

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

HELP WANTED



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

Brand NEW 1 BDRM. SUITE. Langford on quiet clu-de-sac, very close to Galloping Goose, Glen Lake, CanWest Mall & bus route. Private entrance. Nice f/s, new w/d, microwave, shed, utilities incl. Single person preferred. N/S, N/P. Avail. Immediately or sooner. \$990/mo. Call Denis 250-382-4772.

BRIGHT ONE BDRM. suite (suits one person). Available Nov. 15th. \$750 includes heat, hot water, shared laundry, parking for 1 car. Close to major bus routes (about 4 blocks from dockyard bus). Non-smoker please. Ask for Marc. Day-250-363-2096 Evening-250-294-5491.

SOOKE, SUN RIVER ESTATES, NEW and bright walk-out garden suite. 2 bdrm. 1 bath, 6 new appliances, N/S, Avail. Nov. 15th or Dec. 1st. \$950 + Utilities. 250-884-6796

BRAND NEW 2 BDRM. basement suite in Sunriver Estates, Sooke. Close to Sooke River and SeaPark. Great location for hiking and fishing. Very bright with lots of windows and a great forest view. Private entrance with in-suite laundry. Rent includes hot water & heat. N/P please. \$1200/mo. Available Nov. 1st. Please call Viktor for more info. 250-516-7959

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 available
Manager 250-384-8932

MACAULAY EAST
948 Esquimalt Rd.
2 bedroom available
Manager 250-380-4663

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 RENT

Moving?

- Largest truck fleet in town
- Always reliable
- 4 convenient locations in Victoria
- Special weekend rates

For reservations call **953-5300**
Budget
www.budgetvictoria.com

ESQUIMALT

Unique Building Must See!

- 2 bed. \$950
- Very Quiet
- Heat Included
- Close to Base
- Avail. Nov. 1st

1378 LYALL ST.

250-388-9384

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

Base Library Catalogue Online

<http://library.esquimalt.mil.ca>

Unfortunately, holds cannot be processed online at this time. If an item you want to borrow is out, call 363-4095 or email irwin.sl@forces.gc.ca to place a hold.

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 11a.m.

Call 363-3014 to book your display or word ad

REAL ESTATE • FOR SALE

Great Rentable Condo That's Pet Friendly For Only \$257,400

412 – 909 Pembroke Ave.

This 2 bedroom, 1 bath condo is on the top floor of this well-managed building, which is close to lots of amenities and only a short walk to downtown. The 3 UV-rated skylights provides this unit lots of natural light plus the kitchen stove has a convention oven and all the appliances are only 3 years old. MLS 250988 Priced to sell at \$257,400 See virtual tour at www.davidhale.com



Call David Today for details!
250-595-3200 or 812-7277

KELLER WILLIAMS REALTY www.davidhale.com

\$1,000 REFERRALS
Buying or Selling Real Estate?
Nevenka Kardum
250-479-3333
Sutton GROUP
WESTCAN REALTY

Jeff Shorter
250-384-8124
jeff@jeffshorter.com
PEMBERTON HOLMES
REAL ESTATE GROUP



Tranquil Setting on Park

This 3 bdrm has an open floor plan on main, with natural lighting, quality maple cabinets, ceramic tile and hardwood flooring. Beautiful "Zebra" design home blending into picturesque Kinsmen Park across from Gorge Vale Golf Course. Excellent craftsmanship, quality and detail. Stainless steel appliances. Quiet 200 feet from road down common driveway. Virtual tour and floor plans available at JeffShorter.com. Great value at \$569,000! MLS 249932.

NEED A CAR LOAN?



The Workin' Folks
Car and Truck Store

No pressure • No obligation
Just good advice

- No Credit
- Bankrupt
- Divorced
- Slow Credit



2006 Ford F350 XLT Supercrew
4X4 FX4 \$28800
6.0L Powerstroke, Automatic, Pwr Group, AC, Tilt, Cruise, CD, Shortbox, 109K. Come in and check it out!



1999 Ford F150 XLT 4X4 \$8,800
4.2L V6, 5 Spd. Pwr Group, AC, Tilt, Cruise, CD, Mags, Toolbox, Longbox, 184K

We support
our troops

2008 BBB Torch
Award Finalist

250-478-1128 • 1658 Old Island Hwy
Take Hwy. 1 to Colwood Exit. First car lot on the right

Apply Online: WWW.CAR-CORRAL.COM

FIND US ONLINE WWW.LOOKOUTNEWSPAPER.COM

Townhouse Living
at Condo Pricing
~~\$299,900~~
Now \$279,900



Call
Melinda Brake

ROYAL LEPAGE
Coast Capital Realty

250-642-6361

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

IMMEDIATE POSSESSION

3 bedroom home in Sooke

A 3 bedroom, plus den home located in the beautiful town of Sooke. Built in 1970, it has 2,400 square feet - 1,200 up and 1,200 down. Vaulted ceiling, new kitchen cabinets and floor, new hot water tank, electrical upgraded to 200 amps, and a bubble tub to relax in. View of the mountains through the living room window. Original hardwood floors upstairs. Walk to town. \$338,000

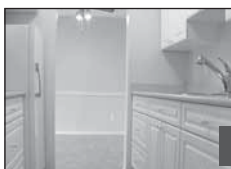


info@nancyvieira.com

250-514-4750 / 1-800-665-5303



WALK TO WORK



~~\$239,900~~
\$214,900

A must see!

Inviting all offers. Attractive, bright, immaculate, move-in condition 2 bedroom, 1 bath condo. Recent new carpets, lino and paint. Updated kitchen. This is an ideal home close to the base. Insuite storage and a lovely deck.



Gabriella Pakos
478-9141



REACH FOR A HEALTHIER BODY



BOOTCAMP

12:05 to 12:50

A front lead cardio, weights,
and core class.

The Full Meal Deal!

At Dockyard Tuesday & Thursday
At Naden Monday to Thursday

Book your annual
check up early!

Dockyard members and HMC Ships
call 363-2310

Personnel at Naden, Black Rock,
Colwood, FDU and Work Point
call 363-4149



Happy Holidays



To have a custom Christmas card
designed for your unit, enlist
Lookout's graphic design services.
Call Melissa at 363-3372 for details.

CFB ESQUIMALT
LOOKOUT
NEWSPAPER & CREATIVE SERVICES



SATURN

The Saturn Clearout.

PAYMENTS AS ATTRACTIVE AS OUR VEHICLES.



2008 Saturn ASTRA™
5-door XR model shown

THE ALL-NEW EUROPEAN-BUILT
2008 SATURN ASTRA 5-DOOR XE
HWY - 6.1 L/100 KM (46 MPG)° CITY - 8.5 L/100 KM (33 MPG)°

OWN FOR ONLY **\$218*** PER MONTH **0%^Δ** PURCHASE FINANCING FOR **60** MOS.
FINANCE PURCHASE PRICE STARTING FROM **\$17,450[†]**



AJAC Award
Winner, Best
New Small Car

MOTORING
2008
MOTORING 2008, Car of the Year

0%^Δ FOR **60** MOS.
ON SELECTED 2008 MODELS

PLUS

SAVE 20¢
PER LITRE ON
2,500 LITRES*
ON ALL MODELS

2008 SATURN VUE XE

HWY - 7.5 L/100 KM (38 MPG)° CITY - 11.0 L/100 KM (26 MPG)°

OWN FOR ONLY **\$298*** PER MONTH **0%^Δ** PURCHASE FINANCING FOR **60** MOS.

FINANCE PURCHASE PRICE STARTING FROM **\$25,790[†]**
Excludes hybrid models



2008 Saturn VUE™ XR
model shown



2008 Saturn AURA™ XR
model shown

2008 SATURN AURA XE

HWY - 6.5 L/100 KM (43 MPG)° CITY - 9.6 L/100 KM (29 MPG)°

OWN FOR ONLY **\$278*** PER MONTH **0%^Δ** PURCHASE FINANCING FOR **60** MOS.

FINANCE PURCHASE PRICE STARTING FROM **\$23,590[†]**
Excludes hybrid models

2008 SATURN OUTLOOK XE

HWY - 8.3 L/100 KM (34 MPG)° CITY - 13.0 L/100 KM (22 MPG)°

CASH PURCHASE PRICE STARTING AT **\$28,855[‡]**

INCLUDES A **\$7,000** CASH DELIVERY ALLOWANCE*
ON THE CASH PURCHASE OF ALL 2008 OUTLOOK MODELS.



2008 Saturn OUTLOOK™ XR
model shown

THE SATURN PROMISE
5-YEAR OR 160,000 KM POWERTRAIN COMPONENT LIMITED WARRANTY*
COURTESY TRANSPORTATION AND ROADSIDE ASSISTANCE**
NO-HASSLE EXPERIENCE | 30-DAY VEHICLE EXCHANGE†



Let Saturn Canada
make your first two
finance payments.‡

REWARD YOURSELF BY GIVING UP YOUR OLD CAR.
Get \$750 off an eligible new Saturn vehicle when you send
your old car to a better place. Visit carheaven.ca or visit
your local Saturn Retailer for details.*



Your Experience begins at
saturncanada.com

Rethink. **SATURN**

Saturn Saab of Victoria Ltd. 2855 Douglas Street, Victoria 382-5070

*The 2008 vehicle's Powertrain components are covered by a limited Powertrain component warranty for up to 5 years or 160,000 km, whichever comes first. See Retailer for details and conditions on limited warranty and customer assistance/service features. †Coverage for up to 5 years or 160,000 km, whichever comes first. ‡Within the first 30 days or 2,500 km of delivery, whichever comes first. You should know this: ‡Cash purchase price is \$28,855 for a 2008 Saturn OUTLOOK XE FWD, includes a \$7,000 cash delivery allowance on all 2008 OUTLOOK models. Such allowance is available only for cash purchase and by selecting finance offers, consumers are foregoing such credit which will result in higher effective interest rates. ‡**Freight (\$1,300/\$1,200/\$1,250/\$1,220) on a 2008 Saturn ASTRA 5-Door XE/2008 Saturn VUE XE/2008 Saturn AURA XE/2008 Saturn OUTLOOK XE included. Taxes, license, insurance, registration, administration fees, fees associated with publication/filing at the movable property registry/PPSA, duties, and optional equipment extra. PDI included. Retailers are free to set individual prices. Retailer trade may be necessary. Offers apply as indicated to new 2008 Saturn ASTRA 5-Door XE with manual transmission, 2008 Saturn VUE XE, 2008 Saturn AURA XE or 2008 Saturn OUTLOOK XE models (excluding hybrid models) and apply to qualified retail and eligible fleet customers in the Ontario Marketing Association Area only. See your Retailer, visit saturncanada.com or call 1-888-4SATURN for conditions and details. ‡**Financing on approved GMAC credit only. Down payment, trade or security deposit may be required. Monthly payment and cost of borrowing will vary depending on amount borrowed and down payment/trade. Example for a representative credit agreement: \$10,000 at 0% APR, the monthly payment is \$167 for 60 mos. Cost of borrowing is \$0. Total obligation is \$10,000. A monthly payment of \$218/\$298/\$278 is based on a finance purchase price of \$17,450/\$25,790/\$23,590 for the 2008 Saturn ASTRA 5-Door XE/2008 Saturn VUE XE/2008 Saturn AURA XE and includes a \$4,250/\$7,900/\$6,900 down payment (finance purchase price reflects \$1,750/\$2,500/\$2,000 manufacturer-to-retailer incentive, available only with GMAC financing). Financing offer applies to qualified retail and eligible fleet customers only and is not available on hybrid models. ‡**Fuel efficiency data was determined using approved Transport Canada Test Methods. ‡**With purchase of virtually all 2008 new or demonstrator models delivered from Retailer stock between June 19, 2008 and October 31, 2008, and with payment of an additional \$0.01, customers receive a Preferred Price™ gas savings card, redeemable for \$0.20 per litre savings on 2,500 L of motor fuel. The \$0.20 savings includes applicable taxes. Cards valid as of 72 hours after delivery.