

LOOKOUT

MARPAC NEWS CFB Esquimalt, Victoria, B.C.

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

OWN YOUR OWN HOME

ACCESS EQUITY **CONSOLIDATE DEBT**



Anne Flynn
Mortgage Consultant
250-516-5262

Don Barr
Mortgage Consultant
250-744-6984

Best Rates. Best Service. Quick Results.

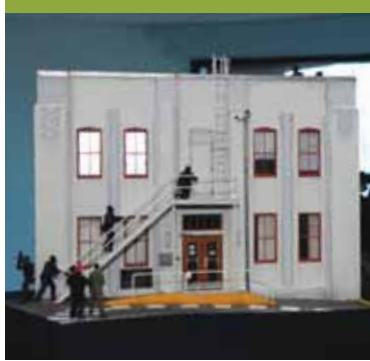


RENEW YOUR MORTGAGE

NEWS 2
Deployment to Sudan an eye-opening experience



COMMUNITY 3
Military diaramas decorate D100



FEATURE 10-11
Raising rabbits a hopping hobby



New Captain on deck

Cpl Drew Deics, Esquimalt Imaging Services

Steven Point, Lieutenant Governor of British Columbia, is all smiles as he greets Rear Admiral Tyrone Pile, Commander Maritime Forces Pacific/Joint Task Force Pacific, at the Admiral's residence on Feb. 24. RAdm Pile presented the Lieutenant Governor with the rank of Honorary (Navy) Captain. In addition to receiving a naval uniform with his rank, LGov Point received a commissioning scroll. HCapt(N) Point became the Lieutenant Governor of British Columbia on Oct. 1, 2007. See the full story on page 9.

Editorial & Opinion..... 4
Brain Ticklers..... 5
In Brief..... 14
Classifieds..... 18-19

Want to know... Where in the world is HMCS Winnipeg?
Visit www.navy.dnd.ca/winnipeg/



CANEX CFB Esquimalt

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 CANEX No Interest Credit Plan. See brochure for details.

Posted to Gagetown?

Valerie Forward has the **KNOWLEDGE** and **EXPERIENCE** to help you find your perfect home.



Call Toll Free: (800) 386-1344
Cell: (506) 447-1741
Email: vforward@nbnet.nb.ca
Web: www.valerie.nb.ca

RE/MAX Group Four Realty Ltd. Realtor
Independently owned and operated

27 Years of the Finest Real Estate Service

Are you being Posted?
Ask about Cash Back incentive



Nevenka Kardum
250-532-3321
www.nevenkakardum.com

Sutton GROUP
WESTCAN REALTY



SLOW BUT REWARDING

making progress in Southern Sudan

Mary Ellen Green
Staff writer

When Canadian Air Force Capt Robert Millen was on patrol in the searing heat of Southern Sudan last year, he saw what seemed to be a little piece of home.

Within a group of young men gathered around him and other UN observers was a man wearing a well-worn 1980s black Vancouver Canucks jersey.

The vintage jersey caught the Captain's eye, and he sought out the man for a photo.

"I couldn't believe the coincidence of this man wearing my home town team. I couldn't believe my eyes," he said. "This had been his only shirt for much of his life."

The jersey had been donated by an aid agency many years ago.

The UN Observers were in the area to investigate alleged contraventions of the 2005 peace agreement signed by both the Government of Sudan, representing the North, and Sudan People's Liberation Movement/Army (SPLA).

Sudan, Africa's largest country, has been viewed as a nation divided between north and south. The North is more developed and more prosperous, and

To work alongside people with very different values, training or ideas was completely eye-opening.

-Capt Robert Millen
United Nations Observer

is predominately Muslim. The South is home to Christian beliefs, poverty and a resilient rebel movement.

In June 2008, Capt Millen, 27, deployed to Southern Sudan in support of Operation Safari, Canada's military component in the whole-of-government commitment to the United Nations Mission in Sudan (UNMIS). The UN's mandate is to support the realization of the peace agreement, aid humanitarian assistance, and protection and promotion of human rights.

Stationed at a small team site in the village of Bor in Jonglei State, Capt Millen was the lone Canadian in what he called a "microcosm of the world" hosting dozens of military members from different countries.

"I had taken courses with other officers, courses designed

to see different approaches to the same problem, so I thought I was aware of what was to be expected," he said. "To work alongside people with very different values, training or ideas was completely eye-opening and was one of the best privileges of the experience for me, as frustrating as it could be sometimes."

The 24 Observers stationed in Bor were responsible for patrolling by road or by air to villages and towns in the area to gather information about security and disarmament.

"That's a big part of the equation if you want to maintain peace," he said. "But we also investigated other things that threatened to unhinge the comprehensive peace agreement, like tribal violence, child abduction and cattle theft."

Normally each team site has two officers from each UN nation represented; however, Capt Millen was the lone Canadian after his teammate got re-deployed to another site.

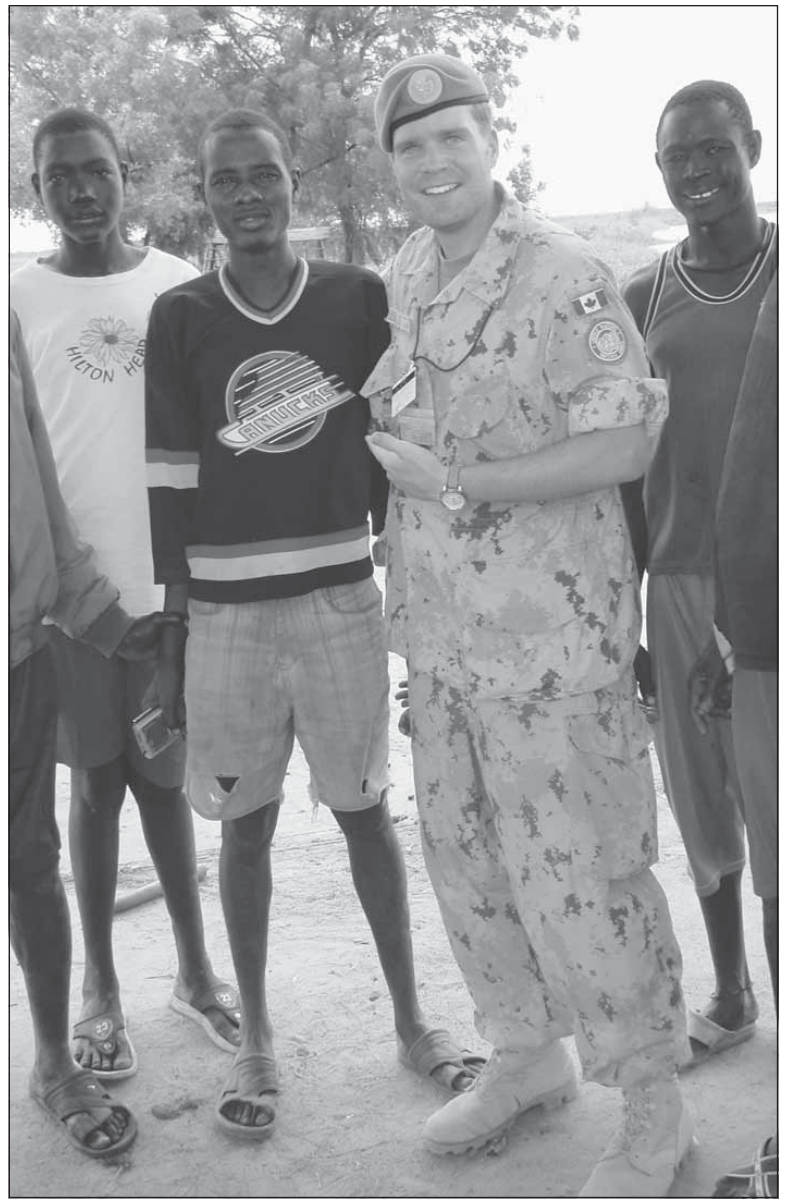
"I really enjoyed being the only Canadian," he said. "On my way into camp for the first time, a very wise Major told me 'Two years from now they won't remember the name Rob Millen, but they will remember Canada based on how you conduct yourself,' and I thought that was a pretty powerful lesson for what I was about to do. That stuck with me through the whole deployment."

He soon found out it was true.

"When we stopped at the villages, I would hand out Canadian flags to the children and we would laugh together and give each other high-fives. The next time I saw them, they would laugh and wave at me and say Canada. That was one of the greatest parts, even if I was having a challenging day that would always make things better."

Capt Millen was the Operations Officer of his team site, so he was in charge of coordinating patrols, when and who would go and how they would travel.

"Rainy season started in May, so for the first part of my tour we used mostly helicopters for transport. Twice, the Nile River flooded the town and roads



Photos courtesy of Capt Robert Millen

Capt Robert Millen came across a young man wearing a vintage Vancouver Canucks jersey. It was the man's only shirt for many years.

were frequently impassable. Another concern was the land mine threat and banditry along the main surface routes," he said. "Not to mention that you might get stuck in the mud."

But the biggest problem the road conditions caused was asymmetric disarmament.

"We were in charge of collecting information about disarmament. If the roads were better to one village than the other, then there was one with guns and the other without. When there's a shortage of cattle it's not hard to figure out what's going to happen," he said.

When the roads were really bad, the observers would have to turn around and go back to the team site empty handed. Capt Millen said it was frustrating to not always feel pride in a job well done.

"It put my mind at ease when I realized that I'm a small cog in a big wheel. It was hard to get used to because there's no immediate sense of progress and

you're living among the most upsetting conditions and poverty and human suffering that I could possibly imagine, and not being able to immediately help was a challenge."

Capt Millen returned to CFB Esquimalt just before Christmas. But he's still working, in a slow and steady way, to make progress in Southern Sudan.

"I got an email from a very close friend who is still there. They're going to remove a landmine that was a thorn in our side for the whole deployment. It was an anti-tank mine that had been there for 20 years, so long a tree had grown on top of it. We couldn't dig it up because we didn't have the training, and we couldn't get it out of there because we couldn't fly explosives on the aircraft. It became a logistical nightmare to have qualified experts remove that mine. Anyway, she told me a couple of days ago that they are pulling it out. So that was really rewarding to hear."



Photos courtesy of Capt Robert Millen

Young children often gathered around Capt Millen and other United Nations Observers who came to their village to investigate alleged contraventions of the peace agreement. Capt Millen said interacting with the children and teaching them about Canada was one of the most rewarding experiences of his deployment.

Posted to Halifax/Dartmouth?

Sandy has extensive knowledge of IRP program. Check out www.sandyhines.com for detailed Descriptions and Photos of almost 100 Subdivisions in Halifax, Dartmouth, Sackville, Eastern Passage, Timberlea, Bedford and Fall River/Waverley. Upon request, a "Homebuyers Package" will be sent to you within hours.

ROYAL LEPAGE



SANDY HINES
902-877-4668
sandy@sandyhines.com



"Helping military families buy homes for over 26 years."

Your Western Communities & Sooke Taxi Company

24 HR. SERVICE
(250) 474-4747 (250) 642-7900



Westwind
Taxi

2925 DOUGLAS STREET
VICTORIA, BC V8T 4M8

OFFICE: 250-383-6123
FAX: 250-380-7111

Custom Milling & Lumber Sales

10%
MILITARY
DISCOUNT

CALL FOR DETAILS

Cedar & Fir

- Appearance grade timbers
- Finished lumber products
- Decking & Siding
- 4 Side Planer Services
- Custom Profiles
- Commercial & Residential

Kevin Wenstob
Ph: 250-642-1313
Fax: 250-642-1413

info@wenstobtimberresources.com



Wenstob Timber
Resources Ltd.

2050 Idlemore Road, Sooke

Delightful diaramas decorate D100

Shelley Lipke
Staff writer

Two members of the Victoria Scale Models Club have spent months intricately creating and detailing military models that are now on show in the foyer of Dockyard's D100 building.

Gordon Enquist, a volunteer with the Museum in Naden, skillfully crafted Operation Keyless Entry – a mock takedown of the Base Commander's building by two teams of Joint Task Force 2.

"Every time I came to the museum I'd drive past the Base Commander's building and think it was the perfect backdrop because of the steel staircase and ladder," says Enquist, who has been building military miniatures for the past 30 years. "I got the plans from the museum and then re-converted them to 1/35 scale to match the figures that I had to re-animate to the poses they are in now."

The diorama took Enquist eight months to build, and he had fun giving it a local flavour. "If you look closely, one of the soldiers watching the takedown has a Tim Horton's coffee."

CPO2 Brad Main, a senior instructor at Fleet School, constructed *Our Sting is Death*, which features Stinger 38 Sea King helicopter configured for multi-mission tasking on board Canadian warships.

He spent 10 months on his model.

"I'm into naval aircrafts and I wanted to build a Sea King helicopter," he said. "The model kit I used was for an American Sea King helicopter, so it took about two dozen modifications to make it into a Canadian model. A lot of bits and pieces I made myself."

Since there were no photo books on Canadian Sea King helicopters, he sourced out MCpl Dave Southam at 443 Maritime Helicopter Squadron to be his technical advisor.

Both projects were coordinated by Maritime Forces Pacific project director, Marilyn Cunningham, and display cases were made by CPO2 Peter Twaddle and MS Chris Martin.

The Victoria Scale Models Club meets monthly at the Chief and Petty Officers' Mess to conduct business, bring techniques and share ideas and projects.



Photos by Shelley Lipke, Lookout

Above: CPO2 Brad Main constructed his model, entitled "*Our Sting is Death*," which features a CH-124A Sea King Helicopter configured for multi-mission tasking on board Canadian warships.

Below: Gord Enquist stands beside his diorama entitled "*Operation Keyless Entry*," a mock takedown of the Base Commander's building by two teams of Joint Task Force 2.

Both men donated their diaramas to be showcased in the foyer of building D100 at Dockyard.



UNIGLOBE Travel



BALI BARGAIN

15 DAYS / 12 NIGHTS FROM \$1299

Package includes: Air from Vancouver, 4-star accommodation, daily breakfast, sightseeing tours and transfers
Departures: March 27, April 3 or May 8

BONUS: Bottle of rose wine per room and 90 minutes massage per person
Prices per person, based on double occupancy. Taxes additional.

Get Seat Sale notifications via email. Contact us to sign up.

In the CANEX building off Admirals Road
Call us at 250-953-6640 or email basetravel@geo.ca



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

Posted To Ottawa?

Going On A House Hunting Trip?



I can help!

I've experienced 4 of them during my military career.

I understand the sense of urgency required.

- Approved Military Relocation Realtor
- Bilingual Service
- Serving Ottawa & Surrounding Areas

Joe Salazar, CD1

Sales Representative

"Not Your Average Joe"

Cell: 613-218-6714

Office: 613-830-3350

Toll Free: 1-888-830-8757

joesalazar@royallepage.ca



ROYAL LEPAGE

Performance Realty

Brokerage, Independently Owned and Operated

GUARANTEED APPROVALS

NOW OPEN
Galaxy Langford

888 Attree
250-478-7603

Galaxy Downtown

2555 Government
250-381-1144



Voted the best place to buy a used vehicle

Our Newest Location!

1764 Island Highway
250-391-5738

GOOD CREDIT • BAD CREDIT • NO CREDIT
Call the **CREDIT SPECIALISTS**
818-4YES (4937) OR APPLY ONLINE

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

Galaxy Esquimalt

1490 Admirals
250-360-0888

Galaxy Colwood

1836 Island Highway
250-478-7653

matters of OPINION

WHO WE ARE

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

STAFF WRITERS
Mary Ellen Green 363-3672
maryellen.green@forces.gc.ca
Shelley Lipke 363-3130
shelley.lipke@forces.gc.ca

PRODUCTION
Carmel Ecker 363-8033
Shelley Fox

ADMINISTRATIVE ASSISTANT
Kate King 363-3014
kate.king@forces.gc.ca

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

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

SALES REPRESENTATIVE
Joshua Buck 363-8602
joshua.buck@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'OAFCS 57.5. 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



People Talk

During a tour of Fleet School, Lookout proposed this question to students: *“What do you like most about your time at Fleet School, and what do you find most challenging?”*



“The teachers know all the stuff here, and give us a lot of answers. But I learn a lot from some of the more senior guys on the ships as well. With so many people with experience, we hear a lot of personal anecdotes and learn from them. It’s very different than civilian training, because this training is focused on repair, maintenance and troubleshooting for the ships. I like playing with the motors and generators, which is something we didn’t learn in civilian training. I will be finished my QL3 and Naval Environment Training Program by the end of May and I’m really looking forward to going out to sea to use all the skills that I’ve learned. A challenging aspect would be applying knowledge I learn here to the ships.”

OS Bruno Ouellette,
Marine Electrician Trainee



“I like learning about electricity, especially because it’s new for me. My background was studies in computer science at a community college in Quebec, so now I’m learning a lot about motors, generators, and lighting. The courses are very complex for a beginner, but it’s fascinating to learn about resistance, and technical and mathematical aspects. Every day is a new learning experience. We are doing projects on controlling lights and outputs and basic wiring. And now we’re just starting to learn about some of the differences between motors and generators, and I find this a challenge.”

OS Andre Cote-Gingras,
Marine Electrician Trainee



“I got my QL5 four years ago and have been working on ships ever since. Now I am furthering my learning by taking the naval machine specialist course to give me more experience. I like this program a lot and am learning how to make gears and valve spindles on lathe and milling machines. You have to have patience for this work and it requires precision work, so it’s not for everybody, but I like to figure out how to fix things and take measurements, so it’s good for me. And it’s a six-month course for eight hours a day, so we learn a lot.”

MS Kevin Albert,
Machine Shop Trainee



“I’ve been at Fleet School since April last year and I like learning about all the things I should have learned in high school like chemistry and physics. As a junior engineer we learn all the theory behind how electricity works and how the earth spins. The instructors teach us problem solving rather than just looking at parts. Everything is new and the pace is fast. We have a minimum of three to four courses and then three to four hours of homework and some weeks six tests, so it takes a toll on you studying until midnight, juggling family life as well as work. There are not enough hours in the day sometimes, which can be a challenge. When I finish in November 2009, I’ll look forward to getting back on my ship with a new level of experience.”

LS Matt Garis
Machine Shop Trainee



“I’ve been instructing the QL3 training for the past year and a half, and I like every aspect of teaching. At Fleet School I’m teaching brazing, as well as traditional welding. Brazing is used to join metal together instead of welding, and acts almost like a glue, giving the same result as welding, but using less heat. It’s almost a lost art within the industry, but we still use the types of metals that can be brazed on the ships, so I teach it. The students require different aspects of training during the five and a half week course, and I will test them on a number of projects to see them demonstrate the different welding positions. Their project must be bent to a 90-degree angle and still hold the force. With the skills I teach, the students can do cast iron welding or even work with exotic metals that were created 40 years ago. I like teaching these skills to the students, and love the challenges that surround teaching. I find it rewarding.”

MS Chris Migneault,
Welding Instructor

HOROSCOPES

ARIES Mar 21-Apr 20: Romance is fun and exciting this week, Aries. Clearly it is what keeps the hop in your step. Don’t shy away from new opportunities. Take time out of your busy schedule.

TAURUS Apr 21-May 21: Taurus, if you have been edgy and uncomfortable around others, this is a good week to set aside time to figure things out. Work on your people skills.

GEMINI May 22-Jun 21: This week, you’ll find extra time to catch up on chores. Don’t waste it away. You face your worst enemy on Tuesday and Wednesday: downtime at work. Stay focused.

CANCER Jun 22-Jul 22: Have a case of the winter blues? Spring is right around the corner, so get out and have some fun. Head outdoors and enjoy the weather, whatever it may be, Cancer.

LEO Jul 23-Aug 23: Money is tight this week, Leo. Watch your spending. Tired of trying to figure out your life’s mission? Relax and roll with the punches; the answers will come.

VIRGO Aug 24-Sept 22: Looking for a new job? Try especially hard this week to not let new opportunities scare you off. Know your skills and learn their value. Network and network for you.

LIBRA Sept 23-Oct 23: Use this week wisely, Libra. Study your romantic relationship carefully and figure out what you’re missing. Are you and your partner making equal efforts?

SCORPIO Oct 24-Nov 22: It’s a busy week for you, Scorpio, and you’ll find little time to even breathe. That’s OK. A busy routine equals happiness for you. Abusy routine equals happiness for you.

SAGITTARIUS Nov 23-Dec 21: Put some movies on your calendar this week, Sagittarius. Lately you seem to have let others’ favorite things get in the way of your own. At home it’s best to keep your guard up.

CAPRICORN Dec 22-Jan 20: Settle down and focus this week, Capricorn. Colleagues are depending on you to get the job done -- and to get it done fast. But distractions are hard for you to pass up.

AQUARIUS Jan 21-Feb 18: A social event on Saturday has you confused. It seems as though your close friends always have other plans. Still, Saturday presents a good opportunity for socializing.

PISCES Feb 19-Mar 20: You’re called upon for many decisions this week, Pisces. A romantic partner is feeling neglected, and you’ll be asked to change.

Salty's Fish & Chips
We Salute The Forces
10% off Lunch
this location only
1008 Craigflower Rd
(across from Gorge Vale Golf Course)
250-477-6555

BARD & BANKER PUB
30 DRAUGHT BEERS
7 NIGHTS OF LIVE MUSIC
NO COVER
1022 GOVERNMENT STREET 250.953.9993 WWW.VICTORIAPUBCOMPANY.CA

IRISH TIMES PUB
30 DRAUGHT BEERS
7 NIGHTS OF LIVE MUSIC
NO COVER
1200 GOVERNMENT STREET 250.383.7775 WWW.VICTORIAPUBCOMPANY.CA

The Old Car Detective

Bill Sherk



1933 Dodge a part of the Fishenden family

Art Fishenden lives in Packenham, ON, and enjoys reading this column in the local EMC newspaper:

"I would like to share with you the story behind my car. It is an all original 1933 Dodge Brothers Model DP Deluxe sedan with sidemounts, suicide doors, a fold-out windshield, and other extras. It was purchased by my grandfather, John Hiram Barr, in 1933 from S. E. Lewis in Arnprior, ON.

My grandfather had a very heavy foot, but managed to avoid any serious fender benders. He used it for transportation and for hauling grain and feed from the mill, and it had a carrier or luggage rack on the back.

"He drove it until about 90 years of age at which time he retired into the village of Packenham. This is now about 1958. He gave the car to his youngest daughter, who gave it to me, her nephew. It has never left the family. I drove it for two years, then in 1960 parked it in an open shed.

"There it sat for 40 years until 2000, when my nephew Larry and I decided to restore it. The car was still complete but in pretty rough shape and with a seized engine. We had no idea of the job that lay ahead. It is really difficult to get replacement parts for Dodge Brothers cars of that era.

"It was a frame-off restoration involving body work, major engine rebuilding, new chrome, new glass, new upholstery, many adjustments,

and lots of work and money. It was running again for the first time in 2006, then blew the starter motor. Following more adjustments, it was back on the road in 2007. I took it to a couple of car shows and it received two awards, one being Best of Show.

"She, my car, now has a new lease on life and has come from a sad heap of rust sinking into the mud to a very beautiful Lady of which I am very proud."

Art Fishenden's 1933 Dodge Model DP Deluxe sedan rides on a wheelbase of 115 inches and is powered by a six cylinder inline L-head engine mounted on rubber and cranking out 75 horsepower at 3600 rpm from 201.3 cubic inches.

Features include hydraulic four-wheel brakes, a fully insulated all-steel body, safety glass in the windshield, twin trumpet-style horns, and two tail lamps. The instrument panel includes a glove compartment and all control knobs are finished in antique ivory. And all this for a Windsor factory list price of \$950.

As a thank you, if your story is published in this column you will receive a copy of Bill Sherk's 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, 25 John St., P.O. Box 255, Leamington, ON N8H 3W2.



Art Fishenden's 1933 Dodge Brothers Model DP Deluxe sedan.

BRAIN ticklers

ComParrot by Bonnie J. Malcolm
Can you spot 12 differences between these pictures?



www.comparrotpuzzles.com © 2009 Bonnie J. Malcolm



Solution: 1. Pocket on man's shirt is missing. 2. Stand on small clock is missing. 3. Top of clock in dome is missing. 4. Fold appears in paper bag. 5. Knot in lady's tie is colored in. 6. Bottom of clock on wall is colored in. 7. Pendulum on clock has moved. 8. Clock key has moved. 9. Lady's hat is wider. 10. Window is larger. 11. Pen is longer. 12. Design on clock is upside down.

5			2				4
4				3	5		
			5	8	7		2
9			3	2			1
							7
1	4	5			6		
	8	1	7		3	2	
7	3			4		8	5
		1	8				6

solu tion on page 19

Level: Beginner



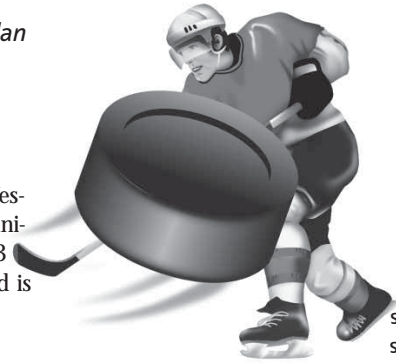
SPORTS trivia

by PO2 Bill Sheridan Contributor

Les Habitants

The Montreal Canadiens are arguably the greatest franchise in professional sports in North America. They are celebrating their 100th anniversary this year. So whether you love 'em or hate 'em, here are 23 questions about "les habitants" as Bob Gainey wore number 23 and is now the GM.

1. What was the first league the Canadiens appeared in?
2. Where did they play their home games when they started?
3. What does the CH logo on their shirt stand for?
4. They were sold in 1921, for how much?
5. How many Cups did they win and how many did they win as members of the NHL?
6. Who has played more games than anyone else in the red, white and blue?
7. Who scored the most goals, assists and points for the Habs?
8. Name a couple other arenas where the Habs played.
9. What are some nicknames for the greatest team in the history of hockey?
10. Who was the millionaire who founded the Canadiens?
11. The punch line dominated hockey in the 1940's, who was on this line?
12. In 2008 which victory did the Habs win to become the first team to do so?
13. Why is the team nicknamed the Habs?
14. In recent games the striped sweater has a CAC on it, What does it stand for?
15. Who is now the official mascot for the Canadiens?
16. Who was Bernie Geoffrion's father-in-law and what happened the day his number was retired in Montreal?
17. The Montreal season record for goals, assists and points are held by which three players?
18. Which two goalies hold the record for most wins and most shut-outs with the Habs?
19. Which American team did the Habs beat in the 1916 to win their first Cup?
20. What team was the Forum built for?
21. Who did the Habs defeat in the final for their second Cup?
22. Which GM built the farm system for the Habs allowing the team to be strong for many years?
23. What years did the Habs win their unmatched five cups in a row?

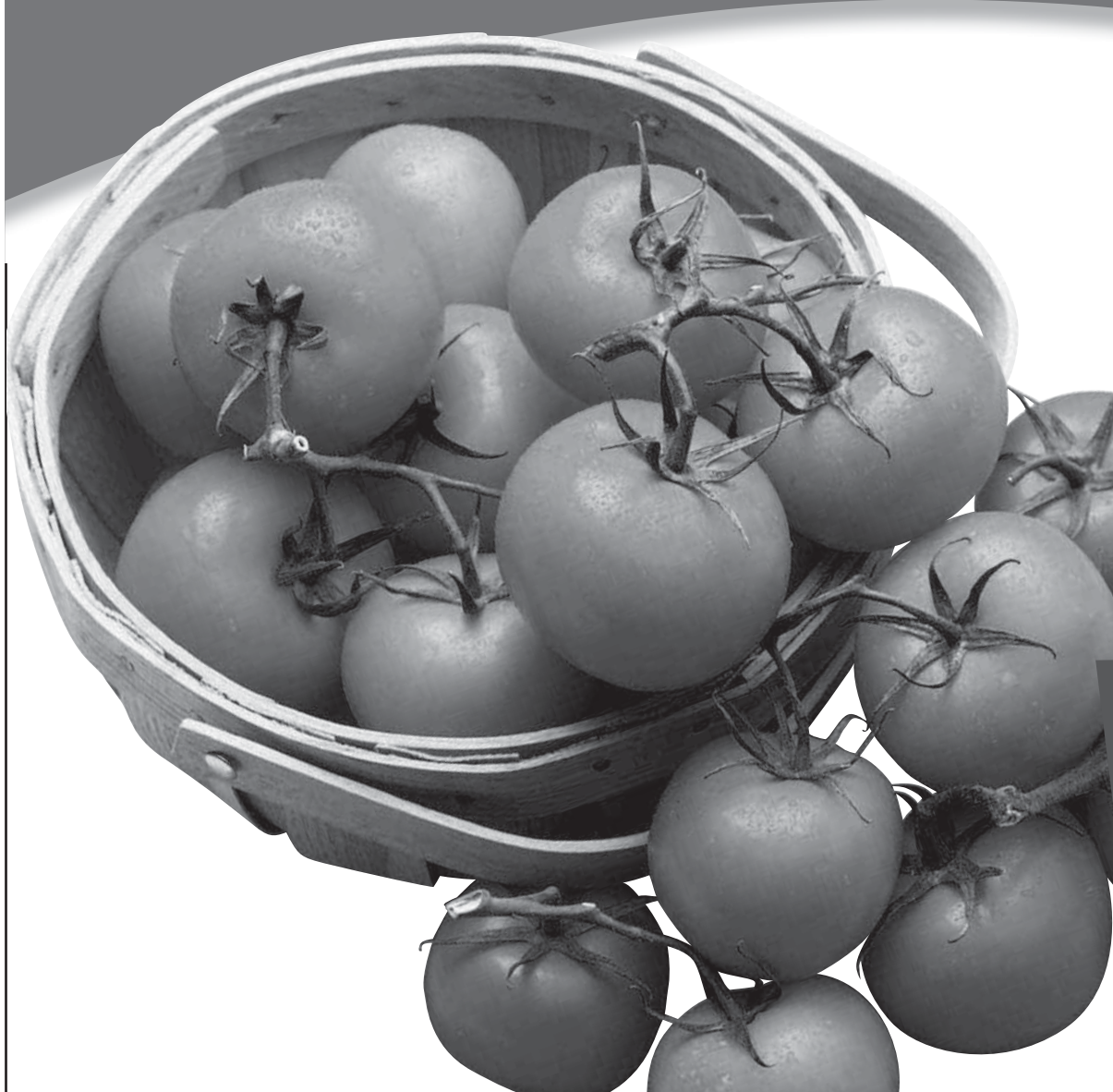


- ANSWERS
1. National Hockey Association
 2. Jubilee Arena
 3. Club de Hockey Canadien
 4. George Kendall paid \$7500.
 5. 24, with 1 being before the NHL
 6. Henri Richard
 7. Maurice Richard, 544 G, Guy Lafleur 728 assists and 1246 points
 8. Forum, Bell/Molson Centre, Mount Royal Arena, Westmount Arena
 9. Les Glorieux, les blue-blanc et rouge, Le tricolor, les Canadiens, la Sainte-Flanelle, and the Habs(Habbits).
 10. J. Ambrose O'Brien who sold the team to George Kendall
 11. Maurice Richard, Toe Blake and Elmer Lach
 12. 3000.
 13. Tex Rickard owner of the Rangers had mistakenly believed that the H on the jersey was because of the name Habs. He called the team the Habs and it stuck.
 14. Club Athletique Canadien.
 15. Youppi!
 16. In a strange bout of coincidence, Geoffrion's number retirement ceremony happened on March 11 2006, unfortunately Bernie died that same day, which was ten years after the forum closed. As the number was raised, his father in law, Howie Morenz's number 7 came down halfway and they both went up together as Howie's grandson and Bernie's son watched from ice level.
 17. (C) Steve Shutt 60, (A) Pete Mahovich 82, and (P) Guy Lafleur 136
 18. Jacques Plante 311 Wins and George Hainsworth 75
 19. Portland Rosebuds
 20. Montreal Maroons
 21. Calgary Tigers
 22. Frank Selke
 23. 1956-60

SAFEWAY

what's **HOT** this **WEEK**

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



Hot House Tomatoes

Imported.
No. 1 Grade.

CLUB PRICE

88¢
lb.
1.94/kg



Kraft Delissio Pizza

Select varieties.
627 to 931 g.

CLUB PRICE

5.99



"Chef Style" Standing Rib Roast

Cap Removed.

CLUB PRICE

6.99
lb.
15.41/kg



Royale Bathroom Tissue

24 Roll, Double 12 Roll or Supreme 9 Roll. WEEKLY HOUSEHOLD LIMIT TWO FREE - Combined varieties.

BUY 1 GET

1 FREE

EQUAL OR LESSER VALUE

CLUB PRICE



Earn

7X
EVERYDAY

Any questions? See me first

AIR MILES®
reward miles

*No coupon required. Minimum \$20 purchase required. Valid on the full value of prescriptions, diabetes merchandise, insulin pump supplies and blood pressure monitors. Not valid on insulin pumps. See Customer Service or Pharmacy for details.

Pharmacy
at SAFEWAY

Exclusive Safeway savings eMailed directly to you.

eMail  Direct

safeway.ca/emaildirect

Plus.. get **100** AIR MILES® reward miles for just signing up!



Prices effective at all British Columbia Safeway stores Wednesday, March 4 thru Saturday, March 7, 2009. 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. © 2009 Safeway Inc. All rights reserved. Safeway, the Safeway logo, and the Safeway Club Card logo are trademarks of Safeway 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.

Flowers for
any occasion.



Call 1-888-391-9759

MARCH

4 5 6 7
WED THUR FRI SAT

Prices in this ad good through March 7th

Trouble passing the EXPRES?

Mary Ellen Green
Staff writer

Canadian Forces members having trouble passing the EXPRES test have the opportunity to meet their minimum physical fitness standards by passing the Common Military Task Fitness Evaluation (CMTFE).

Any member that has failed to pass two consecutive EXPRES tests has the right to request the Fitness Evaluation being offered at the Personnel Support Programs Human Performance Lab in Ottawa May 5-8. It is the individual's responsibility to initiate the process. Unit supervisors and commanding officers aware of their members' fitness status can offer the CMTFE as another option to those having trouble with the EXPRES test. Members can also discuss with the chain of command the possibility of travelling to Ottawa to be evaluated. Deadline to apply is April 24.

"The CMTFE is a physically demanding test and members should not underestimate it," said Penny Murphy, Acting Fitness and Sports Director.

It is recommended that individuals bring their own helmet, coveralls or combats. Physical training gear and a water bottle are also required.

With last year's release of the new CF Health and Physical Fitness Strategy comes a new push to make sure every CF member not only lives a healthy lifestyle, but can prove they are physically able to perform their duties, be employable and deployable.

While those duties depend on the type of work being done in the environment the member works in, the minimum physical fitness standard encompasses five common military tasks.

They are defined in the CF's Universality of Service Principle as: land evacuation,

sea evacuation, low-high crawl, entrenchment dig, and the sandbag carry – tasks that all CF members may be required to perform in an emergency and/or operational situation. These tasks have been identified as Bona Fide Occupational Requirements (BFOR), regardless of age, gender, rank and occupational classification.

Since the five common tasks are a logistical nightmare to set up at each base across the country, their principles have been integrated into the CF EXPRES test, which members must pass on a yearly basis.

For those who need help training for the EXPRES test, early morning classes are available at the Dockyard gym between 7 and 7:45 a.m. Monday through Friday. Classes are also offered at the Naden Athletic Centre between noon and 12:50 p.m. Tuesday through Thursday. The schedule is available in the Activity Guide.

Jim Pattison
cars
unlimited

**Financing on site • Fast Approval
Great % rates**

Let us find a car for you!

250-360-2271 View inventory online:
carsunlimitedvictoria.com

"litter-less"

Every community has



...let's show it!

www.pitch-in.ca

REMEMBER. HONOUR. CONNECT.

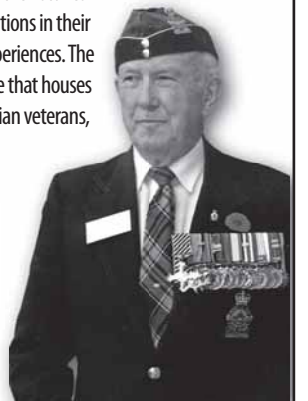
Are you a veteran of World War II, Korean War, Peacekeeping operations or a current member of the Canadian Forces?
Share your experiences with young people in schools and your community.

Contact the **Memory Project** to register and receive a free training kit.
1.866.701.1867, memory@dominion.ca

The Memory Project is a national bilingual program of The Dominion Institute that trains veterans on the best techniques to share their stories with youth. The veteran volunteers visit schools and organizations in their local communities to talk with youth about their wartime experiences. The Memory Project Digital Archive, an online database that houses the oral histories and artifacts of over 1000 Canadian veterans, complements the Speakers' Bureau.



THE MEMORY PROJECT **Canada**



Navy monument needs artists

Heather Fitzsimmons-Hunter
Contributor

2010 is the Canadian Naval Centennial, which will be celebrated with a year of festivities. As part of the Canadian Naval Centennial celebrations, the Canadian Navy and the National Capital Commission (NCC) are launching the Canadian Navy National Monument Design competition.

In May 2011, the unveiling of the Canadian Navy National Monument will occur in the heart of Canada's capital. Artists have the opportunity to create, mould and bring this monument to life. The design must commemorate 100 years of the Canadian Navy's service and dedication. The navy and NCC are inviting teams of pro-

fessional artists, landscape artists, architects and landscape designers to submit their credentials and examples of previous experiences.

These qualifications and submissions will be reviewed by an internationally renowned jury of art and design professionals who will choose up to five finalist teams. The finalist teams will prepare a design concept and present it to the jury for the final selection in October 2009.

The request for qualification document will be available until May 4, 2009, on the NCC's website at www.canadacapital.gc.ca/navy or contact the local Canadian Naval Centennial project team at 250-363-8384. For more information about the Canadian Naval Centennial please visit: www.navy.forces.gc.ca/centennial.

HARRISON'S HAS EXPANDED

more to see



Your outdoor gear specialists:
Hunting
Fishing
Camping
Paintball
Military uniforms, boots & accoutrements

"Your Outdoor Gear Specialists"

We buy military and antique items

266 Old Island Hwy
(up the hill from 4 Mile Pub)
250-881-8388

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.

 CIVILIAN WORLD: **SHARING SKILLS**

Mentoring program develops skills

Mary Ellen Green
Staff writer

In an effort to retain corporate knowledge and support succession planning, potential DND mentors and mentees are being offered the opportunity to take part in the DND Mentoring Program.

Based on a successful pilot project conducted in DND between September 2005 and June 2006, the Director General of Learning and Professional Development (DGLPD) in ADM HR-Civ has created a new online database that will hold potential DND civilian and military mentors and mentees.

With results and recommendations in hand, program coordinators were able to build a sustainable online database capable of matching mentors and mentees based on their learning objectives.

"This is something civilian employees have been asking about for years and years," said Patricia Nelson, HR Corporate Advisor for

the DGLPD. "We're really hoping that supervisors and management support this program."

"Many civilians are due to retire in five to seven years, and that's a real concern for succession planning and transfer of knowledge. While it's great to recruit new employees, corporate knowledge is walking out the door," says Lucia Scianname, team leader with DGLPD.

"We decided to invite military members to be part of the program because 60 per cent of civilian employees are managed by military members in our department," she adds.

Mentors fill out a profile and mentees submit their goals and learning objectives into the database on the mentoring website. The database then matches mentees' leadership competencies, interest and learning objectives with up to three mentors whose skills coincide with their needs.

The mentee chooses a mentor from the list and establishes a relationship based on learning, growth, sharing and support. They need not be in the same geographical region, but the mentor must be at least two levels above the mentee

and must not be from the same direct chain of command. Communication can be face-to-face, by email, telephone or video-conference.

The mentoring website also provides potential participants with a wealth of information and access to resources, including a mentoring toolkit. As well, program coordinators recommend an online course available for anyone thinking of enrolling in the program as a mentor or mentee.

All DND indeterminate employees are eligible to be mentees; they just need their immediate supervisor's permission before enrolling.

For more information about the DND Mentoring Program and to register, visit the website at: http://hr.ottawa-hull.mil.ca/hr/civ/dglpd/dlpdps/mentoring/en/home_e.asp?reference=111020001

The Learning and Career Centre will also be offering local information sessions about the program.

Many civilians are due to retire in five to seven years, and that's a real concern for succession planning and transfer of knowledge. While it's great to recruit new employees, corporate knowledge is walking out the door,

-Lucia Scianname
Team leader with DGLPD



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

Automotive & Industrial

parts, tools & supplies



JB Group Auto Parts Plus.

7 locations to serve you:

Colwood Langford Auto Supply	250-478-5538
JB's Downtown	250-384-9378
JB Precision/Machine Shop	250-475-2515
B&B Auto Supply	250-652-5277
JB Body Shop Supplies	250-361-9136
Salt Spring Auto Parts	250-537-5507
JB's Ladysmith	250-245-9922



VICTORIA HARDWOOD, LAMINATE & FLOATING FLOORING

AUCTION

ONE DAY ONLY — NO MINIMUM PRICES

- Wide Plank Black Walnut • Japanese Cherry • Chilean Cherry • Golden Oak
- Swiss Maple • Traditional Oak • Birch • Very Exotic Bamboo, Jatoba and Merabu Hardwood Flooring • Over 10,000 ft Very High End Laminate & Engineered Floating Floor and Much, Much More!!!

TIME: SATURDAY, MARCH 7th 2009, 11am
PLACE: 1528 STELLY'S CROS ROAD - SAANICH FAIRGROUNDS
PREVIEW: FRIDAY, MARCH 6th 1pm - 6pm
& SATURDAY, MARCH 7th 9am - 11am

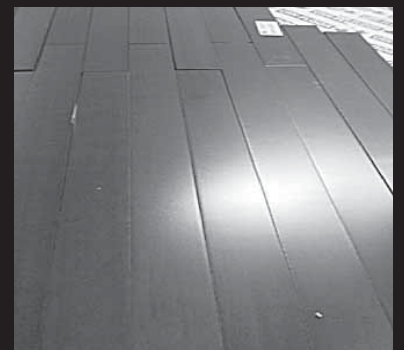
1. No minimum price - regardless of cost or loss
2. All flooring in stock ready for immediate removal
3. You set the price - you pick the quantity
4. Take it home the same day!!
5. Huge quantity of high end, brand new, pre-finished hardwood flooring
6. Top of the line 7mm - 12mm green core laminate flooring
7. Engineered real hardwood floating floor - great over concrete!
8. You will not find a better selection of flooring anywhere in town!

WHY PAY RETAIL? DON'T MISS THIS OPPORTUNITY!

able
auctions.ca

WWW.ABLEAUCTIONS.CA
OR PHONE 604-325-2253
DETAILS SUBJECT TO ADDITIONS AND DELETIONS

able
auctions.ca





Cpl Drew Deics, Esquimalt Imaging Services
Rear Admiral Tyrone Pile, Commander Maritime Forces Pacific, presents Steven Point, Lieutenant Governor of British Columbia, with a scroll appointing him Honorary Naval Captain.

Lieutenant Governor takes new post

Gerry Pash/ASLt Penny Trusty
NPAO

Rear-Admiral Tyrone Pile, Commanding Officer Maritime Forces Pacific, had a special guest over to his house in Dockyard.

Steven Point, Lieutenant Governor of British Columbia, made the trip to Esquimalt Feb. 24 in his newly acquired naval uniform, identifying him as the latest member of the Honorary Captain family.

The visit to the Admiral's house was to officially mark the appointment with a commissioning scroll.

His Honour's interest in the military started in his youth, as a member of 147 "Air Wolf" Squadron Royal Canadian Air Cadets in Chilliwack.

"I have always had a close relationship with the armed forces and I look forward to continuing this tradition in my role as an Honorary Captain," said the Lieutenant Governor. "I hope to help bring more attention to Canada's Navy, and the rest of the military, as these men and women play an integral role in defending our country and our values as Canadians."

LGov Point was Chief of the Skowkale First Nation from 1975 to 1999 and Tribal Chair of the Stó:lç Nation from 1994 to 1999. He was appointed as provincial court judge in 1999 and became Chief Commissioner of the British Columbia Treaty Commission in 2005. He was



Cpl Drew Deics, Esquimalt Imaging Services
Steven Point is all smiles as he greets RAdm Pile at the Admiral's residence in his new naval uniform.

appointed Lieutenant-Governor of British Columbia Sept. 4, 2007.

"This is a great opportunity for both the navy and the Lieutenant Governor to work together in the fulfilment of our common goals," said Rear-Admiral Pile. "I have full confidence in the Lieutenant Governor and know that we can work together to foster esprit de corps while developing and sustaining

strong community links to the navy."

Honorary Captains are appointed by the Minister of National Defence on the recommendation of the Chief of the Defence Staff and the Chief of the Maritime Staff. The responsibilities of honorary appointments includes fostering esprit de corps, developing, promoting and sustaining strong community support for the Navy.

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

\$619,900 MLS #256044

Fabulous Water View Character Home...When you enter this home (first time on the market in over 50 years) you are greeted by gorgeous original wood wainscoting and plate rail. Stained glass abound throughout this home. Most rooms offer a glorious ocean view and incredible sunsets. Master bedroom on main floor has high ceilings, window seats and lots of closet space. Rec room downstairs and bedrooms up allow space for the rest of your family. A separate dining room, sunroom, large ocean view deck, and private (duplex zoned) backyard finish off this offering. Much updating has been done from the fireplaces to thermo pane windows, to wiring. Newer wall to wall carpet covers original wood flooring. Call today for your private viewing. MLS #256044 \$619,900. Virtual tour & floorplan at www.aprilprinz.com

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

Come out and be heard!

CFB Esquimalt Golf Association

CFB ESQUIMALT GOLF ASSOCIATION

Annual General Meeting
Wednesday, March 11

- CHIEF & PO'S MESS (CONFERENCE ROOM)
- ASSEMBLE AT 4:30 P.M. FOR 5 P.M. MEETING
- FOOD AND BEVERAGES

www.cfbega.ca

OPEN TO ALL MEMBERS OF THE CFB ESQUIMALT GOLF ASSOCIATION

Lyall Street Service Station
250-382-0015

Member **BBB**

- 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**

B.C. GOVERNMENT DESIGNATED INSPECTION FACILITY **Castrol**

1480 Lyall Street • 250-382-0015

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

get out of the
Payday loan
cycle **today!**

Borrow up to
\$3,000

No credit report refused

EasyFinancial
Services

1205 Blanshard St
250-380-3006

POETS COVE • PENDER ISLAND • BC

Congratulations George Scott
Expo Prize Winner!

Focus on...Family

Spring Break Special...a 2 bed/2 bath
cottage or villa from \$199 per night

Poets Cove
RESORT & SPA

40 MINUTES BY FERRY FROM SWARTZ BAY
WWW.POETSCOVE.COM • 888.512.7638

Offered from March 1 to April 4, 2009.
Not valid with any other promotion. Based on availability.

ONLY 5 LEFT

TAYBERRY TERRACE

The Difference is Quality



Show home open
Sat. - Mon. 12 - 4

15 detached FEE SIMPLE
homes in Langford's Happy
Valley. Located steps from
Happy Valley School and
the Galloping Goose trail.
from \$419,900 incl. Net GST

\$2500 CASH OR CREDIT
\$1000 REFERRAL FEE
UPON COMPLETED SALE



Mike Hartshorne DFH Real Estate 250 474 6003

www.tayberryterrace.com



A HOP-ALONG HOBBY

for military spouses

Shelley Lipke
Staff writer

Three hundred pairs of eyes peeked out curiously from wire cages at the Saanich Fairgrounds, as Flemish Giants, English Lops, Holland Lops, Harlequins and many other breeds of rabbits all awaited their moment in the limelight.

Noses and whiskers twitched in sync, as multi-hued, solid, broken patterned and tri-coloured bucks and does were placed one by one upon the judge's table.

Of the 50 exhibitors in the Vancouver Island Rabbit Breeders Association Spring Show, two employees of CFB Esquimalt's Lookout Newspaper showcased their best breed rabbits in the show.

"I've been breeding rabbits for eight years," said Kate King, a breeder of English Lops and Flemish Giants. "Coming to the show is a great opportunity to learn from the judges and other breeders. If you do well in a competition it means your breeding program is working well."

Kerri Wayne and her daughter Katelynn also entered five rabbits from their rabbitry, Creekside Bunny Barn. "We have been showing and breeding rabbits for a year and a half, and started with one English Lop doe, which we originally got from Kate King," said Wayne. "I love that rabbits are different from traditional pets and I really like the English Lops because of their long ears."

Both women receive help with their rabbits from their military spouses and families.

On the judges table, Jan Gosen, a judge with 10 years experience and an expert eye, meticulously runs his fingers over every nook and cranny, taking less than three minutes to inspect each rabbit's confirmation, teeth, ears, fur, body type and overall health. Gosen is one of three Canadian rabbit

judges and travels the world judging rabbit shows. Anxious breeders analyze his every move as he inspects their prized animals, calling out comments that a table writer dutifully takes down. These results will later be sent to the American Rabbit Breeders Association, and each exhibitor will be given comment cards to keep on the animals they enter.

"There are 47 recognized breeds of rabbits, and some in as many as 13 colours," said Gosen while inspecting a silver Mini Lop.



Each rabbit is judged by on a point system out of 100 points, with the majority of points awarded based on body type. But other factors like fur, colour and condition are also used to tally up points.

The rabbits are still and obedient as they pose in front of Gosen. He flips their ears carefully onto their backs and runs his fingers along their toenails explaining what he's looking for. "We look at their teeth and ears. Each breed has certain characteristics we

look for when assessing the points. And within a breed, they can be disqualified for certain faults," he said. An English Lop, for example, can be disqualified if their ears measure less than 21 inches in length.

For King, rabbits were a part of her childhood, her father raised meat rabbits. She always dreamt of showing and breeding them as an adult.

"Breeding is like putting a puzzle together. By looking at what one animal has and seeing how it will compliment the other animal, I try to get as close to the breed standard as I can," she said. Currently with 19 rabbits, some weighing a whopping 21 pounds, she spends countless hours caring for them.

Both King and Wayne groom, feed, clean and nurture their bunnies. They work with their animals to get them used to being handled and posing for the judge. "Since showing age is from one to two years old, we have to start when they are really young, handling them and teaching them to sit still," said King. "If an animal doesn't pose well it could hurt its chance of winning, and it has to accept handling without risking damage to itself or the handler."

Another aspect of responsible breeding and ownership is to inspect each rabbit with a fine tooth comb. "It's important to check their teeth, and look for any lumps, bumps or abscesses to address any health concern before they become problematic. It's a huge learning experience," said King. "I learn a lot of medical aspects, basic care and health information from vets, and by researching. But a lot of it comes from intuition and understanding the animal and how their bodies work."

Both breeders carefully weigh the decision of breeding partners.

"To loan out one of my rabbits, the other breeding animal has to be in perfect health," said King. "It helps



Photos by Shelley Lipke, Lookout

There are 47 recognized breeds of rabbits, and some in as many as 13 colours.

to know the background of the animal to make sure there are no genetic problems, and I only have a few rabbitries that I'll deal with."

King only sells the babies to breeders she knows, and rarely sells them for pets because she wants only experienced owners caring for the animals.

Waye's daughter Katelynn is in her second year of the South Malahat 4H Rabbit and Cavie (Guinea Pig

Club where youth learn about animal care and responsible breeding. The 4H program is fostered through projects designed to develop youth through knowledge, skills development and self confidence.

The Vancouver Island Rabbit Breeders Association Spring Show has been a good opportunity for Katelynn to show the rabbits she bred.

Gosen judges the English Lop and Flemish Giant

category, and both King's Rabbitry and Waye's Creekside Bunny Barn come out winners.

Jules, a Flemish Giant buck takes Best of Opposite Breed for King, and two of her English Lops take ribbons for Best of Breed. The Waye family also takes home best of breed with English Lop Seymour and three best of opposite breed for her other rabbits.

"I'm really proud of my kids, both when they win,

and when they don't," said Waye. Today both Katelynn and her brother Jaydon took home ribbons.

Since showing can be very stressful on the rabbits, Kate and King are careful when they pack up their prize-winning rabbits and take them home for a well-deserved rest, and love and care.

Opposite page:

• Kate King and Kerri Waye hug their prize rabbits Jules and Seymore. Both rabbits won ribbons in the Vancouver Island Rabbit Breeders Association Spring Show held at the Saanich Fairgrounds.

• An assortment of ribbons won by Kate King and Kerri Waye during the Vancouver Island Rabbit Breeders Association Spring Show.

Top left: Judge-in-training Verne Marchetti checks over the points on a French Lopp rabbit to compare it against the standards.

Top right: Jan Gosen of Victoria was one of three Canadian judges at the Vancouver Island Rabbit Breeders Association Spring Show. Gosen has been judging for 10 years, and looks at body type, fur and composition to determine which rabbits are best in the breed.



Friends, Family, Fun...



UFC SATURDAY
MARCH 7 - 10 / 79
LIVE ON PAY-PER-VIEW

ST. PATRICK'S
with LIVE band
the **Whiskeydicks**



March 13
FREE ADMISSION!
Bar Opens 6 PM
Show Starts at 9 PM
Bar Closes 1 AM

Saturday Night
Karaoke



Saturday, March 28
8PM

Fleet Club Shuttle Van 250-363-6028



Michael J. Lomax, CD
Lawyer/Mediator

MICHAEL LOMAX^{CD}

Lawyer/Mediator

Dealing with Separation or Divorce?
As a highly experienced Family Mediator I can help you and your spouse:

- Avoid Court
- Reduce Conflict
- Protect Your Children's Interests
- Reach a Separation Agreement

Call 250-385-5523 to arrange a free consultation.



Milton, Johnson, Lawyers
202-895 Fort St, Victoria, BC




COMING THIS SPRING - THE MILITARY DISCOUNT POCKET GUIDE

Your quick reference guide to local businesses that offer discounted pricing to DND and military members

Posted to Halifax or Shearwater?

Max your \$\$\$ and IRP Benefits and enjoy a smooth move with REALTOR® Lisa White, CA. Visit www.lisawhite.ca for more information and client testimonials.



(902) 430-9988 • lisa@lisawhite.ca • www.LisaWhite.ca
Not intended to solicit buyers currently under agency contract

Canadian Forces set to pay tuition

Shelley Lipke
Staff writer

In an effort to recruit college students into technologically advanced occupations in the Canadian Forces, a Non-Commissioned Member Subsidized Education Plan (NCM SEP) has been launched.

The NCM SEP will pay for a new recruit's complete tuition and enrol them as an Ordinary Seaman.

During their first year of studies, candidates receive \$31,020; in the second year they are promoted to Able Seaman and receive \$37,932. All tuition, books and academic equipment expenses are reimbursed to the student, and the Canadian Forces also guarantees employment for the candidate for three years as a Leading Seaman (\$52,140) employed in their specialty field.

During the five-year process they also receive the same benefits as other Canadian Forces members.

To help promote the plan at community colleges, the Canadian Forces hosted 48 members of the Association of Canadian Community Colleges from Feb. 16 to 18 so they could experience highly technical air force and navy occupations.

"Various college members, professors and deans

were chosen because they are the right people to influence their students to consider this opportunity," said LCdr Mike Wood, Commanding Officer Canadian Forces Recruiting Centre Toronto, who oversaw the organization of the visit to Vancouver Island with LCdr Allan Dale and MWO Joseph Walsh.

Participants who went to CFB Comox flew in an Aurora and a Sea King helicopter and met Airborne Electronic Sensor Operators, Aviation and Avionics Systems Technicians, Aircraft Structures Technicians and Aerospace Control Operators. The mornings and evenings were filled with presentations geared to promote an understanding of these military occupations.

During a day sail in *HMCS Calgary*, members received a tour of the ship and an understanding of the ship's capabilities manoeuvring at sea. This also provided an introduction to such occupations as Naval Electronics Technician (sonar, radar and communications), Naval Weapons Technician and Marine Engineering Mechanic.

"They loved the experience, and the feedback we received was very positive. The members couldn't believe how advanced our



Two Association of Canadian Community College representatives look over a diesel trainer used by marine engineering mechanics at Fleet School in CFB Esquimalt, as part of their orientation to various military occupations.

systems are, and the high level of training and professionalism they saw in our members," said LCdr Wood. "This program benefits the colleges because it helps them to expand their programs and offers a potential employer for their students, and at the same time the Canadian Forces receives well-trained technicians in fields for which we are recruiting."

The association members have returned to their colleges to review their programs to assess if they are

compatible with the CF's needs for technical trades or to modify them so they can become full-fledged members of this program.

Interested applicants ages 17 to 55 can visit www.forces.ca or call 1-800-856-8488 to find out further details of this program.

"I'm really thankful for the work that LCdr Allan Dale and MWO Joseph Walsh did to put this program together," said LCdr Wood. "There is a lot of excitement across Canada with this program."

During their first year of studies, candidates receive \$31,020; in the second year they are promoted to Able Seaman and receive \$37,932.

New Location!

2940 Ed Nixon Terrace
off Hwy 1 @ Goldstream

Steve Drane Harley-Davidson®

250-475-1345 • stevedraneharley.com

UNDER NEW MANAGEMENT

- 4 Service Bays
- Complete Auto Repair
- Latest Diagnostic Tools & Technology
- Premier ESSO Checkpoint Service
- ESSO Gas Bar ~ Full service at no extra cost

Island Highway Automotive

Old Fasioned Service – Modern Technology

250-474-6611

Military DND Discount 10% off ALL REPAIRS

***Oil Change Special \$39.95**
*on most vehicles, some restrictions apply.

When you listen to **103.1 JACK fm** you'll hear ALL the music you grew up with.

playing what we want

African Heritage - celebrating diversity

■ William Hall, April 28, 1827 - Aug. 25, 1904

Virginia Beaton
Trident staff

African Heritage Month is a time to reflect and remember those who have gone before us, and whose service to country we remember.

One such figure is William Hall, who was the first black person, the first Nova Scotian, the first Canadian recipient of a Naval Victoria Cross, and the third Canadian ever to receive the Victoria Cross.

Hall's parents were freed slaves who came to Nova Scotia after the War of 1812 and settled in Horton to raise their family. In 1844, William, then in his late teens, went to sea and during the late 1840s he apparently served in the American Navy before joining the Royal Navy as an Able Seaman in 1852.

During the Crimean War he took part in the siege of Sevastopol and the battle of Inkerman.

When the Indian Mutiny broke out in May 1857, Hall was serving in HMS Shannon, which was sent to Calcutta to help the British army. A naval brigade was formed aboard the Shannon and sent to

Lucknow, and Hall was one of the sailors in that brigade.

They arrived at Lucknow in November 1857 and the men were sent to crew two 24-pounder guns to breach the walls of one of the buildings that formed the defence.

The two gun crews came under fire and the members of one crew were severely wounded or killed. Soon Hall and Lt(N) Thomas Young were the only members left standing of the second gun crew. They kept firing the gun until a breach had been made in the wall and the British army troops could enter the fort. Both men were nominated for the Victoria Cross, and Hall received his award in October 1859.

He retired from the Royal Navy in 1876 with the rank of Petty Officer First Class and moved to a farm near Hantsport, where he lived with his sisters.

In October 1901, he was presented to the Duke and Duchess of Cornwall during their visit to Halifax, and Hall participated in a parade in which he and other veterans were recognized for their achievements.



William Hall

Hall died at age 78 in August 1904 and was buried at Lockhartville, though later his remains were reinterred in the cemetery of Hantsport Baptist church. In 1947 the Royal Canadian Legion put up a commemorative

cairn that describes Hall's participation in the siege of Lucknow, which earned him the Victoria Cross, the empire's highest award for valour. A branch of the Royal Canadian Legion is named in his honour.

Love to Shop? **JOCKEY** Person to person

Pam Desjardine 250.744.5758
www.jockeypersontoperson.ca • rosechild56@gmail.com

PHOENIX CYCLE Parts, Accessories, Service for Harley Davidson® Motorcycles

Military Discount Offered

www.phoenixcycle.com
phoenixcycle@shaw.ca

1107 Goldstream Ave. 250-474-1111

"MAJOR CASH"

- Qualify over the phone
- No credit checks
- Guaranteed approvals

250-384-1001
#204-941 Esquimalt Road

You could win... **\$20,000** PICTURE YOUR DREAM CONTEST

Vous pourriez gagner... **20 000 \$** CONCOURS IMAGE DE RÊVE

Just by getting a home or auto* insurance quote from The Personal

Demandez simplement une soumission d'assurance auto* ou habitation à La Personnelle

canex.thepersonal.com **1 888 476-8737** canex.lapersonnelle.com

Together for over 20 years! **thePersonal** Home and Auto Group Insurance

Partenaires depuis plus de 20 ans! **laPersonnelle** Assurance de groupe auto et habitation

* Auto insurance not available in Manitoba, Saskatchewan or British Columbia due to government-run plans. Complete rules available at canex.thepersonal.com

* L'assurance automobile n'est pas offerte au Manitoba, en Saskatchewan ni en Colombie-Britannique, où il existe des régimes d'assurance gouvernementaux. Règlement complet disponible au canex.lapersonnelle.com

Families We have been Serving

- Military members with spouses who have long-term illnesses and medical needs
- Military members and their families caring for elderly parents from a distance
- Respite support for families with children with special needs during a deployment

www.familynavigator.ca



IN BRIEF

Wardroom mess meeting set

The CFB Esquimalt Wardroom will hold a general mess meeting Thursday March 12 at 10:30 a.m. in the lower lounge.

The meeting will be followed by a lunch weepers in the upper lounge.

Attendance at the mess meeting shall be considered a parade and each unit, branch and/or section will

provide designated representation from its officers. Commanding officers, branch heads and/or section heads will ensure that 14 per cent of their officers or one officer, whichever is greater, shall attend.

Agenda items are to be submitted no later than March 6 to Lt(N) Hoener at 3-4999, or email hoener.

kr@forces.gc.ca.

Our messes continue to be an important and relevant part of the personal and professional lives of the defence team. To this end, your participation in the operation of your mess is important.

Commanding officers are requested to encourage maximum participation.



Image: Department of National Defence

HMCS Protecteur on the hunt for four decades of memorabilia

HMCS *Protecteur* is celebrating its 40th anniversary this year and would like your help in finding and acquiring historic artifacts and memorabilia associated to the ship.

Over the years, many irreplaceable items and artifacts have been removed from the ship in preparation for deployments abroad, where it was

necessary to remove these items to protect the crew from potential harm during battle.

Unfortunately, over the course of time and shifting coast, *Protecteur* has lost track of these items. The ship's company has conducted searches in the ship, through both Maritime Museums and shore storage facilities and was only

able to locate a few plaques with items still outstanding.

Anyone who may know the whereabouts of any HMCS *Protecteur's* memorabilia and/or wishes to donate any items that may have been acquired over the course of time, can contact SLt Lombardo, *Protecteur* Supply Officer, at (250) 363-5479 or 363-5478.

SERVING THOSE WHO SERVE
The Royal Canadian Legion Service Bureau Network

- Representation Services
- Advocacy
- Benevolent Assistance

The Legion Service Bureau Command Service Officers are here to serve members of the Canadian Forces, Veterans, RCMP members, and their families while representing their interests in dealings with Veterans Affairs Canada (VAC) and the Veterans Review and Appeal Board (VRAB) in claiming disability benefits under the Pension Act or the New Veterans Charter.

The Legion professional Service Officers, whose role is mandated through legislation, provide representation services, advocacy and benevolent assistance FREE OF CHARGE, whether or not you are a Legion member. Visit www.legion.ca/ServiceBureau.



WE CARE!

Call Toll Free at 1-877-534-4666

CFSA SAILING RACE RESULTS

Series Race A6, February 22, 2009

Division 1

1. White Wave, Jon Richardson
2. Feisty, Pauline and Ed Haines
3. Limbo, Paul Jensen

Division 2

1. Compromise, Glen Shippam
2. Merry Dancer, Gord Oakley
3. Panache, Bill Macdonald

Division 3

1. Dee Jay II, Patrick Contant
2. Good Fight, Don Leduc
3. Dreamer, Neil Porter

Canadian Forces Sailing Association Esquimalt
1001 Maple Bank Rd Victoria, BC
V9A 4M2

LEADERSHIP. DEDICATION. MOTIVATION.
APPLY YOUR TALENTS TO A NEW
KIND OF SERVICE.



NOW HIRING:

Sales Associates, Designers, Cashiers, Showroom Specialists, Overnight Freight, Customer Service, Inventory, Department Supervisors.
Part-time positions available vary by store.

BENEFITS:

- Health & Dental
- Tuition Reimbursement
- Bonus Opportunities
- Growth Opportunity



Ready to join the motivated team at Canada's leading home improvement retailer? Apply online at:

homedepot.ca

We are committed to diversity as an equal opportunity employer.



YOUR LEGAL DEFENCE TEAM

Mel Hunt BA (Hons), LLB Lieut Col (ret'd)
Leigh Gagnon BEd, BA, LLB

Mel Hunt practises military law, criminal law, and personal injury law, and is a former member of the Judge Advocate General's Branch in The Canadian Forces.

Leigh Gagnon practises family law, real estate law, and in the area of wills and estates.

They look forward to being of continuing service to you at 813 Goldstream or 895 Fort Street. You may contact them at 478-1731.

*Dinning Hunter,
Lambert & Jackson*

1192 Fort St. 250-381-2151 On peut vous aider en français 813 Goldstream 250-478-1731

Wills and Estates

Personal Injury • Real Estate

Family Law • Military Law

Learning the ropes at Fleet School



Photos by Shelley Lipke, Lookout

Clockwise from top left:

- LS Brant Dame cleans a weld with a grinding machine. The grinder helps smooth over the flux (welding seam) to create a clean project.
- LS Matt Garis measures a project he created. He marks the item where he will make cuts using a lathe.
- LS Michael Hare practices brazing, which is similar to welding, at the school's welding shop. Brazing is used to join two metals together but uses less heat than welding and acts like glue. This form of metal bonding isn't found in many industries these days, but is used at CFB Esquimalt because of the types of metals used in ships.
- LS James Busch hammers on a welding project to test its strength. This project tests the student's ability to weld on a flat surface.
- LS Xing Dai explains a fault-finding drawing of a hydraulics system to instructor PO1 Lawrence Staszkeil. He uses this drawing to help narrow down the problem, and it allows him to ensure he is correct with his findings.



Moving 2 Ottawa?

Irene Bilinski
Sales Representative



Call us, we'll relocate you!

- ✓ FREE Relocation Kit
- ✓ FREE use of Cell Phone
- ✓ FREE GPS Gift Certificate

Keller Williams Ottawa Realty, Brokerage

Jean Richer
Sales Representative



1-877-241-6883 www.moving2ottawa.com

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."



RE/MAX
Metro-City Realty
Realtor
Independently owned and operated

Mike Hider
Sales Representative/Agent Immobilier

Service and knowledge
get you results

Cell: (613) 612-8819
Tel: (613) 837-0000

mhider@magma.ca
www.mikehider.com



POSTED TO OTTAWA?

- Start house hunting via selected properties delivered by email.
- IRP approved lawyers & inspectors.
- Attention to every detail.
- Comparative sale analysis reports to confirm value.
- Relocation specialist.
- Excellent service since 1999.

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 250-595-1225 • Fax 250-595-8228

103-719 McCallum Rd
Victoria, B.C. V9B 6A2



Eric Coching 250-217-2326

The MORTGAGE Centre

WESTSHORE

**Finding the right home is hard.
finding the right mortgage is easy.**

phone 250-391-6191
fax 250-391-6192

Convenient location
across from Home Depot below Costco

Thinking about consolidating consumer debt?

Now may be the time as mortgage rates are low. Give us a call for current rates and options!

Rates subject to change without notice

ADVERTISE ONLINE
www.lookoutnewspaper.com

ARBUTUS
 RV & MARINE SALES LTD.

10040 Galaran Road, Sidney, BC
 Phone: 250-655-1119
 Toll free: 1-888-272-8888



Contact me today to arrange open-ended financing with monthly payments as low as \$175.
 Business Manager, sidneybusoffice@arbutusrv.ca

Let me help you and your family find the recreational vehicle that suits your lifestyle.
 RV Sales Consultant, Arbutus's overall top salesperson of 2008
sidneysales@arbutusrv.ca



Heather Banzet

Ken Carstensen

**NEED
 A CAR
 LOAN?**



The Workin' Folks
 Car and Truck Store



No pressure • No obligation
 Just good advice

- No Credit
- Bankrupt
- Divorced
- Slow Credit



1993 Mazda MPV \$2500
 3.0L V6, Automatic,
 7 Passenger, 225K kms
 Affordable family transportation.



2003 Chevrolet S10 Ext Cab 4x4
 \$10900
 4.3L V6, Automatic, P.S, P.B, AC,
 CD, 99K kms, Shortbox, 3rd Door.

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

PEMBERTON HOLMES REALTY LTD.



Bilston Creek
Estates

Affordable Single Family Homes
 backing onto the Galloping Goose.
 Located at 3616 Happy Valley Rd.
Starting at \$379,900

Brand New, FEE SIMPLE (Not Strata)
 Quality 3-4 Bedroom,
 2-3 Bathroom Homes
 Net GST included

Happy Valley Road & Fashoda Road

Call today!

Denise Bayles - 250.893.8222
J. Ross Bruce - 250.744.7564



Three local sailors travelled to Ottawa last month to accept the rare honour of the insignia as Member of the Order of Military Merit from Michaëlle Jean, Governor General and Commander in Chief of the Canadian Forces, at a ceremony in Rideau Hall.

Local members receive Order of Military Merit



PO1 Jamie Haas is lauded for his technical ability, professionalism and ethics combined with a leadership approach that has fostered the development of subordinates to excel beyond expectation. He enrolled in the Canadian Forces in 1992 as an electronics technician. He has served with the Pacific and Atlantic Fleets and in Afghanistan. He is currently the standards officer at CF Fleet School Esquimalt.

Sgt Serge Gouin, Rideau Hall



PO1 Stewart Jeffery was recognized for being an outstanding example of military leadership and professional service during a career marked by frequent praise for excellent work. His leadership and dedication are an inspiring example to all and bring great credit to the Canadian Forces.

PO1 Jeffery enrolled in the CF in 1986 as an Administrative Clerk. He has served with the air and sea elements of the military in Trenton, ON, National Defence Headquarters in Ottawa, with NATO in Germany and aboard HMC Ships Kootenay and Algonquin. He is currently in charge of the release section at CFB Esquimalt.

Sgt Serge Gouin, Rideau Hall



CPO1 Mark Moger received the Order of Military Merit for exemplary leadership, outstanding performance throughout his 34-year career and his tremendous professionalism and impeccable integrity as Coxswain of a warship at sea resulting in exemplary service to his country and his tremendous ability to lead change.

CPO1 Moger enrolled in the Canadian Navy in 1972. A Naval Electronic Sensor Operator, he has served in various ships and shore establishments in Halifax and Ottawa. He is currently working with the Maritime Forces Pacific Canadian Navy Centennial Project Office.

Sgt Serge Gouin, Rideau Hall

Unique tournament pits hockey pros against Gagetown soldiers

2Lt Bonnie Wilken
CFB Gagetown PA

It's not every day you get a chance to play a game of pond hockey against former NHL legends. But for three chilly days in February, soldiers from CFB Gagetown did just that.

For the past five years, the Miramichi Rotary Pond Hockey Tournament has been held in French Fort Cove. This year, the event, held Feb. 6-8, added a new dimension – a crew of dignitaries including Prime Minister Stephen Harper, Brigadier-General David Neasmith, Commander of Land Force Atlantic Area, and former NHL pros Brad Park, Terry O'Reilly and Don Marcotte.

"I don't think it gets much more Canadian than this," said Harper who dropped the puck on a freezing Friday night, officially opening the games. "Places like this are where our national game was conceived... If you can play hockey outdoors at 20 below, you can do anything."

For the three teams from Gagetown who came down to play in the event, it was an opportunity to test their skills against teams from across the country, have fun and of course play a friendly match against some of the best players the game has ever seen, like Terry O'Reilly, former Boston Bruins fan-favourite.

"This is awesome. When will I ever get to do this again?" said Master Bombardier Pete Sova after a game with O'Reilly.

The experience was once in a lifetime for the soldiers. It was also a unique experience for the celebrities, most of whom had not played pond hockey since childhood.

"They're (Gagetown) a pretty good team... They're younger, stronger and in better shape – other than that I thought we had them," said O'Reilly.

Pond hockey is played with four people on each team without any formal positions, and places more emphasis on skating and puck handling ability than on shooting and checking.

"The teams are working hard and they're playing nice and fair. It's 15 minutes (each period) non-stop, so you're always moving," said Don Marcotte, whose 12 years in the NHL with the Boston Bruins included two Stanley Cup Wins. "This is really back to basics straight hockey."

It was Hockey Hall of Fame member Brad Park's first time playing the stripped-down version of his sport. He said it was good to see the interaction between military and civilians at the tournament, since military personnel are often either on base or out on operation, so events like this help bring all members of the community together. "It's good to see them in uniform, it's a great interaction and I think people should see it more often," said Park.

Not everyone in attendance was a hockey player. Students from School District 16 were on hand with video cameras, recording the games to stream online to deployed troops.



Sgt Carl Elson, Public Affairs, CFB Gagetown
Above: Sporting an army toque, Terry O'Reilly shows off his skills. (L to R) Cpl Martin Rioux, Terry O'Reilly, Officer-Cadet Mike Harty.

Below: OCdt Harty cuts a tight corner during action in the game.



"It makes people, soldiers out in Afghanistan feel closer to home," said Grade 12 student Ashlee Arbeau – whose cousin was just in Afghanistan and is now back at CFB Gagetown.

Gagetown won the tournament and dominated the games for all three days – which is just one more

thing these soldiers can be proud of.

"We're the defending champions, we have to come back," laughed Master Corporal Gordon Matheson who coached the teams. "The guys had a great time and it was a good chance for us to enjoy interacting with the public."

CITYSIDE Affordable Homes with Style!

Contemporary living and affordability
One and two bedroom homes
priced from \$218,900+GST

Minutes
to Base

- All homes include:
- open concept floorplans
 - 4 stainless steel kitchen appliances
 - front loading washer / dryer
 - off street parking, separate storage
 - zoning allows 'live/work' use
 - 2/5/10 New Home Warranty

JONESco Roger Jones
REAL ESTATE INC 250-361-9838
www.jonescompany.net



DROP YOUR SLIPS OFF TODAY. WE'LL TAKE CARE OF THE REST.

We are open year round to assist you.

100% Victoria Owned • Military Family Operated • Generous Referral Program

OPEN ALL YEAR



LIONHEART
Tax & Accounting Services

1253B Esquimalt Road
(next to the Tudor House)
Call 250-381-3434

THE NATURAL CHOICE...for a spring escape



Plan your spring escape!

\$99 per room based single or double occupancy, or upgrade to oceanview for only \$20 more.

Valid until April 30, 2009.

TIGH-NA-MARA
SEASIDE SPA RESORT & CONFERENCE CENTRE

1155 RESORT DRIVE, PARKSVILLE
VANCOUVER ISLAND

RESERVATIONS 1-800-663-7373 WWW.TIGH-NA-MARA.COM

Helping You Is What We Do

SAANICH
(250) 477-5353
110-4460 Chatterton Way
1-800-461-5353
coastcapital@royallepage.ca

DOWNTOWN
(250) 384-7663
1075 Pandora Avenue
1-866-806-0982
rlpvictoria@royallepage.ca

OAK BAY
(250) 592-4422
1933 Oak Bay Avenue
1-800-263-4753
victoriabc@royallepage.ca

WEST SHORE
(250) 474-4800
501-1913 Sooke Road
1-866-806-0981
westshorerlp@shaw.ca

SOOKE
(250) 642-6361
6739 West Coast Road
1-800-461-5353
coastcapital@royallepage.ca

ROYAL LEPAGE

Coast Capital Realty
INDEPENDENTLY OWNED AND OPERATED

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

RIVERVIEW COLLEGIATE INSTITUTE in Moose Jaw, Saskatchewan will be 50 years old in 2009, and an Alumni Committee is inviting all former students and staff to the RVCI All Years 50th Anniversary Reunion on July 10 & 11, 2009. Reunion information is available at www.rvci alumni.org.

UPCOMING BIRTHDAY? BABY? ANNIVERSARY? Visit www.frankiesfinegifts.com and send that special gift! E-mail us at frankiesfinegifts@shaw.ca to receive your online \$10.00 Gift Card Number or call Diane at 250-588-3399. Thousands of exciting gifts! Visit our website today!

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

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

TREAT YOURSELF TO A VISIT FROM WELCOME WAGON! IT'S FREE. We are a community service whose aim is to bring you greetings, gifts, and information regarding the area you live in. Call Connie at 250-380-9042 to arrange a short visit. I look forward to bringing you my basket of goodies!

MISC FOR SALE

1975 18.5 ft DOUBLE EAGLE boat, 302 Ford engine rebuilt, 270 Volvo Leg Floor transom and stringers redone & whole re-fiberglassed. Canvas covered cockpit. Caravan galvanized trailer included. Paid \$5000 in 2006 and put \$5000 in repairs since. \$4000 obo. 250-391-4139

FOLDING ELLIPTICAL TRAINER. Vision Fitness X6100. Lightly used. Asking \$1250. Call 250-478-8771 after 5pm.

YOUR AD HERE
for advertising
Contact Josh
250-363-8602
joshua.buck@forces.gc.ca

VOLUNTEERS

VOLUNTEERS OF ALL ages are needed to assist individuals with disabilities to get out and be active. 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 the Leisure Assistant Coordinator at 477-6314 ext 15 or email volunteers@rivonline.org

REACH OUT TO YOUR COMMUNITY. Reach into your heart. Volunteer with us. Need Crisis and Information Line. www.needcrisis.bc.ca

APPLIANCES

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

MOTORCYCLES

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

FINANCIAL

DEBT FREE
• Stop collection calls
• 1 easy monthly payment
• Rebuild credit rating
• Eliminate interest
• Reduce payments up to 50%
Toll Free
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

ELECTRICAL

ROBERT TANGUAY CD
TANGUAY Electric
BONDED INSURED
882-8185

SERVICES OFFERED

Relax Replenish Revitalize
with the soothing, calming energy of Reiki. Great for stress management, healing, insomnia, and much more!
Give your body what you give to your job.
For more info contact Jason 250-213-1361

REAL ESTATE • FOR RENT

Gorge View
Apartments
258 Gorge Rd. E
Park-like setting located where the Galloping Goose Trail meets the Selkirk Waterway.

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.
Call to view
383-1731

Birthday? New Baby?
Place an announcement in the Lookout Classifieds with a graphic.
Call 363-3014 for details or to book.

REAL ESTATE • FOR RENT

Baywood Property Management Ltd
FOR RENT
1023 Gosper Crescent
• 4 bedrooms
• Appliances
• Garage
• Media room
• Avail. March
• \$2400+ utilities
• 3.2 km to base
20 Phillion Pl
• 3 bedrooms
• Waterfront
• Stunning views
• Appliances
• Big garage
• \$1700+utilities
• 4 km to base
See these and more homes at baywood.ca or call 250-592-5852

Moving?
- Largest truck fleet in town
- Always reliable
- 4 convenient locations in Victoria
- Special weekend rates
For reservations call 250-953-5300
Budget
www.budgetvictoria.com

PROPERTIES OWNED AND MANAGED BY EY PROPERTIES LTD.
250-361-3690
Toll Free 1-866-217-3612
www.eyproperties.com
FREE Hot Water & Heat
MACAULAY NORTH
980 Wordsley St.
1 Bedroom Available Now
Manager 250-384-8932
MACAULAY EAST
948 Esquimalt Rd.
1 Bedroom Available Now
Manager 250-380-4663

LARGE 3 BDRM. 2 BATH, UPPER SUITE, close to bus and firehall. Large fenced yard with large deck. Shared laundry. HW floors, tile in kitchen, newly renovated. 250-508-5735
LARGE 4 BDRM., 2 BTH. DUPLEX. Newly renovated. Close to base and bus. N/S. Cat okay. \$1450/mo. + hydro. Available March 1. 250-727-7009

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
385-2250

2 BEDROOM IN ESQUIMALT
Well lit, full height, lower suite. Near Admirals & Colville in a quiet residential area.
\$1,150/month
Available March 1, 2009
Shared gas bill and electrical, which averages less than \$100 per month.
Gas stove, all-in-one washer/dryer.
No smoking. No pets.
250-294-0472

Base Tax Service for Naden, Dockyard & WorkPoint
Operates 7:30am to 3pm Monday to Friday.
Available for military-related appointments or meetings on base only.
Taxi Dispatch
363-2384

REAL ESTATE • FOR SALE

Extraordinary Value in Sooke's Most Sought After Neighbourhood! 2009 strata fees & property taxes included for full price offer of \$429888, sparkling updated 4 Bd, 3 Bth + den home features oak kitchen overlooking entertainment sized living/dining room with cozy fireplace & cherry laminate floors, completely finished lower level family/wired media room & walkout sliders to private backyard, easily converted to inlaw suite. Great family neighbourhood with school bus stop handy, steps to beach, trails, parks & world famous Sooke Harbour House. Ask listing agent for E-album of over 100 photos!
Call Cheryl Barnes of Sutton Group 250-479-3333

Need a mortgage?
We specialize in Military mortgages! Supporting our troops!
LAWLESS ▲ BROWN
MORTGAGE TEAM
250-656-0855 • 1-866-656-0858
www.lawlessbrown.com
Sherri Krista

\$\$\$ THOUSANDS TO 'YOU' \$\$\$
It doesn't get any better than this!!
THINKING OF BUYING?
NEW! I pay you *50% of my commission - \$5,250 (based on a sale price of \$600,000) * (Our min. fee \$4500)
Purchase Price *Cash to YOU
\$300,000 \$1,500
\$500,000 \$4,500
\$700,000 \$6,000
\$900,000 \$7,500
*based on a comm. of 3% on 1st \$100,000 & 1.5% of balance
The 1% Guy
Guy Effler
250-812-4910
www.onepercentrealty.com
AMONG THE TOP 2% OF OVER 1300 REALTORS® IN SALES
(BASED ON VREB STATISTICS FOR 2006, 2007 & 2008)

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

Sell your home in the Lookout
Call 363-3014 to advertise

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

POSTED OUT?

CASH BACK on sale of home
 Nevenka Kardum
 250-532-3321

SHAREN WARDE LARRY SIMS
 YOUR VICTORIA REAL ESTATE CONNECTION
 "Helping You Is What We Do"
 PH: (250) 592.4422
 TOLL FREE: 1.877.812.6110
 ROYAL LEPAGE COAST CAPITAL REALTY
 WWW.WARDESIMS.COM

**NEED A NEW HOBBY?
 LEARN ABOUT ACTIVITIES ON BASE.**

• RECREATION
 • EDUCATION
 • HEALTH
 • SPORTS
 AVAILABLE AT ALL PSP & MFRC OUTLETS

SUDOKU SOLUTION

5	8	7	2	1	6	9	3	4
4	1	2	7	9	3	5	6	8
3	9	6	4	5	8	7	1	2
9	7	5	3	6	2	8	4	1
8	6	3	9	4	1	2	5	7
1	2	4	5	8	7	6	9	3
6	4	8	1	7	5	3	2	9
7	3	9	6	2	4	1	8	5
2	5	1	8	3	9	4	7	6

Unbelievable - NOW \$285,000
 MEMBER TRANSFERRED
 Own the most affordable 2,400 sq foot home in the area! 3 bedroom plus den home located in the beautiful town of Sooke. Built in 1970, it has vaulted ceilings, new kitchen cabinets and floor, a new hot water tank and a bubble tub to relax in. The electrical has been upgraded to 200 amps. View of the mountains from the living room. Original hardwood floors upstairs. Walk to town.
 info@nancyvieira.com
 250-514-4750 / 1-800-665-5303

REACH FOR A HEALTHIER BODY

BOOTCAMP
 12:05 to 12:50
 A front lead cardio, weights, and core class.
 At Dockyard Tuesday & Thursday
 At Naden Monday to Thursday

Personnel Support Programs Manager Dave Molinari is looking for YOUR GOOD IDEAS on how to improve the delivery of morale and welfare services to the Formation and Fleet.

Programs are:

- Health Promotion
- Fitness and Sports
- Recreation
- Sponsorship and Donations
- Lookout Newspaper

I think PSP should...

PSP needs to know your needs in order to better meet them. Feel free to call 363-7061 or email molinari.du@forces.gc.ca to give your input. All calls and emails will be treated in a confidential manner.

POSTED
 Call Sheila today for a Buyers Package
to Halifax?
 RELOCATION SPECIALIST
 Sheila Banser
 902.830.8757
 sheilabanser@royallepage.com
 www.homesinhrm.com

ROMAN CATHOLIC CHAPELS
DAILY MASS TIMES
 Wednesday, 12:10 p.m. in Naden
SUNDAY MASS TIMES
 Naden 9 a.m.
 Belmont Park 10:30 a.m.
CONFESSION
 Available before Mass or by appointment.
MARRIAGE PREPARATION
 Must be taken if one wishes to be married in a CF Chapel. It's only offered three times a year.
THE RITE OF CHRISTIAN INITIATION OF ADULTS
 For persons who wish to become a Roman Catholic. Course runs September to Easter.
BAPTISM PREPARATION
 Call to register. Must be taken to have baptism in a CF Chapel or ship.
FOR INFORMATION,
 CALL PADRE JOHN JOLLIFFE,
 363-4289

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

William F. Bull, born March 5, 1934 in Seabright, Ontario. Bill travelled the world with the navy and retired here where he is still enjoying retirement, family and gathering new stories to tell.
 Happy 75th Birthday Dad ~ All the kids.

100 years of flight: Let the celebration begin

CFB Trenton

8 Wing/CFB Trenton is commemorating four significant anniversaries July 4-5: the 100th Anniversary of Powered Flight; 85th Anniversary of the Air Force; 60th Anniversary of the British Commonwealth Air Training Plan Memorial Gates; and the 25th Anniversary of the National Air Force Museum of Canada.

The base is hosting Canadian Forces Weekend with an Air Display to commemorate and celebrate these anniversaries and showcase the capabilities of the Canadian Forces, its members and equipment.

The 100th Anniversary of Powered Flight in Canada

On Feb. 23, 1909, a horse-drawn sleigh pulled the strange "aerodrome" on to the frozen water of Baddeck Bay on Bras d'Or Lake, Nova Scotia. Over a hundred curious locals gathered along the shore to catch a glimpse of this new curiosity: the *Silver Dart*, an experimental aircraft built of steel frame, bamboo, wood, wire and covered in silver Japanese silk. J.A.D. McCurdy, designer and pilot, climbed aboard. At first the experiment was disappointing. Then, on his second attempt, McCurdy eased the *Silver Dart* into the air and flew 30 metres over the lake. McCurdy had achieved the first powered heavier-than-air flight in Canada and the British Empire. And the rest, as they say, is history.

The 85th Anniversary of the RCAF

In February 1923, King George V approved the prefix "Royal" being added to the young Canadian Air Force. When the "King's Regulations and Orders" appeared on April 1, 1924, the Royal Canadian Air Force officially came to life. For the next 44 years, until integration brought all three services together into the Canadian Force, the Royal Canadian Air Force served proudly in war and peace. Upon this RCAF foundation is built the pride and honour of Canada's Air Force. *Per Ardua Ad Astra*

The 60th Anniversary of the Memorial Gates

In the early morning hours of Dec. 17, 1939, the Agreement creating the British Commonwealth Air Training Plan (BCATP) was signed. A decade later, dignitaries from the four participating nations - the United Kingdom, Canada, Australia

and New Zealand - gathered before thousands of spectators to unveil Trenton's BCATP Memorial Gates. On that day, Sept. 30, 1949, the BCATP's contribution to victory in the Second World War, and Trenton's place as "the hub of the British Commonwealth Air Training Plan", were formally recognized.

The 25th Anniversary of the National Air Force Museum of Canada

In the late 1960s efforts began to create a museum to preserve Canada's proud Air Force heritage and to commemorate the airmen and airwomen who had proudly served in peace and war. On the 60th anniversary of the RCAF, April 1, 1984, the dream finally became reality when the doors of the RCAF Memorial Museum first opened to the public. From these humble beginnings in a small "lean-to" beside the CFB Trenton gym, today's National Air Force Museum now welcomes 44,000 visitors annually to the City of Quinte West, making it the region's largest tourist attraction.

The majority of the activities (parade, Memorial Gate re-dedication, air display and flying, and ground displays) will take place at 8 Wing/CFB Trenton. It is also hoped the Navy will contribute a ship or a rigid hull inflatable boat with demonstrations, which will be held in and around Bakers' Island, as well as the Army providing land pattern vehicles.

The rededication of the gates will be an equally grand affair and will include a brilliant trooping of the colours of the air squadrons of Trenton, past and present. The 'Anniversary Weekend', July 4-5, will highlight the four anniversaries and will also celebrate other events, which include an Armed Forces display, a live band concert, a gala dinner, and an aerial display featuring Canada's famed Snowbirds aerobatic team, the CF-18 demonstration aircraft, and vintage aircraft that will link the past with the present.

The Canadian Forces Weekend is free to all and will feature all three elements of the Canadian Forces with a series of interactive and dynamic displays on the ground and in the air. The intent is to provide an interesting and entertaining weekend for families from Ontario, the other Provinces, and adjacent states.

Come visit our site: www.cfbtrenton.com



PHOTOGRAPHY

Getting Married?

Call a professional photographer for your wedding day.



\$250 discount for military members

Shelley Lipke Photography

www.shelleylipke.com 250-415-7081

CELEBRATING 100 YEARS OF CANADA'S NAVY

Calling for bell rope submissions for the Naval Reserve's Centennial Bell.

Rope should have:

- a 4 inch tassel
- a 12 inch body
- a half inch inside diameter for the Becket

Submissions should be made before October 2009.

Contact CPO1 Gino Spinelli to participate: 250-363-4268.

The bell will be a standard 12 inch bell and will weigh roughly 90 pounds.



Occupancy May 2009



9'-14' Ft Ceilings
Granite Kitchen Countertops
Secure Parking
Tile Tub Surrounds
Tile Backsplashes
Stainless Kitchen Appliances
In-Suite Laundry
For as low as \$214,900

Open Weekdays 9-5 pm Weekends 12-4 pm

107-847 Goldstream Avenue

Kahl Realty behind Tim Horton's

Jason Kahl 250-391-8484



NET GST INCLUDED IN PRICE

EXCEPTIONAL VALUE!

from **\$249,900**



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

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



Tuesday to Friday 12:00-5:00 Saturday to Sunday 12:00-4:00

Limited Time Only **95% financing at 4.15%**

O.A.C. Rate Subject to change

Register Today!

Call Now!

THEOVATION.CA 250.595.0004

Come View Our Showsuites

OVATION

