

LOOKOUT

MARPAC NEWS CFB Esquimalt, Victoria, B.C.

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

SUNLIFE DIRECT BILLING

Have your claim back instantly!

Proud to serve our community

LIVE WELL WITH PHARMASAVE

Esquimalt Plaza, 1153 Esquimalt Rd.
250-388-6451

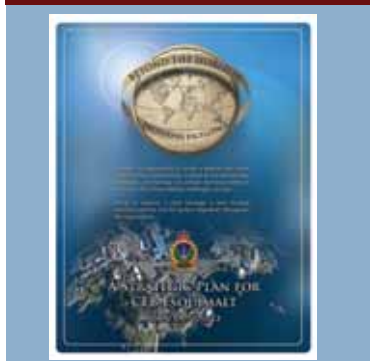
NEWS 2

Target cell stands up in time for Trident Fury



LOCAL NEWS 3

Base Commander launches new strategy



SHIP NEWS 17

Sailors take the TC 10K to China



Editorial & Opinion..... 4
Classifieds..... 14-15

PREPARING FOR THE CANADIAN NAVAL CENTENNIAL



Shelley Lipke, Lookout

Ed Dixon, MS Yvan Harvey, LS Matthew Schlauch, CPO2 Chris Carnall, Lt (N) David Dallin, PO2 Andy Cordner, CPO1 Ron Mierau, and Lt (N) Mike Klein are navy cyclists interested in being the core riders for the Trans Canada Bike Ride next year for the Naval Centennial.

Cyclists train for 2010 Trans Canada ride

Shelley Lipke
Staff writer

Training is underway for sailors wanting to join a select group of elite Canadian Navy cyclists who will push their physical ability during the naval centennial Trans Canada Bike Ride from Victoria to Halifax.

"During the navy's 75th anniversary I was a young Leading Seaman and was inspired by a group that ran across Canada," said organizer CPO2 Chris Carnall. "I thought

the idea of cycling across Canada and starting at the birth place of the Canadian Navy in Esquimalt would be a great idea for the centennial."

Word of this bike ride is spreading throughout Maritime Forces Pacific's cycling community, and people are toning and getting in shape for this rare opportunity.

"The plan is to have six to eight riders with two support vehicles," said co-organizer CPO1 Ron Mierau. "The theme of the centennial is to bring the sailors to the people,

and what better way to show the navy's physical fitness and strength than to bring our sailors to small town Canada."

While en route to their destination more than 8,000 kilometres away, the cyclists will stop to promote the navy. "We will give out stickers, t-shirts and hats, and are looking at giving a Power Point presentation during dinner evenings that will help explain what the navy is all about," said CPO2 Carnall.

The entire trip should take three months and

See Navy cyclists on page 10

3 Bedroom home located on quiet street. Seconds to shops, city centre and the ocean. Private, lovely lot.

ONLY \$259,900

Ask about referrals & cash back

Sutton GROUP
WESTCAN REALTY

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

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.

Mark your calendar

Formation Family Fun Day

June 27, 2009

Watch Lookout for details.

Salty's Fish & Chips

We Salute The Forces 10% off Lunch

250-477-6555

this location only
1008 Craigflower Rd
 (across from Gorge Vale Golf Course)



Connect with others like never before

See the person you're talking to with the IRIS 3000 VIDEOPHONE

VIDEO PHONE

Local & Long Distance within Canada & U.S.

ONLY \$32.99/MONTH

Includes: video mail, digital photo frame, call display and much more...

CALL GEORGE 250-412-2033 / EDWARD 412-2040



20% MILITARY DISCOUNT

on regular priced:
 Bikes, Ellipticals,
 Benches, Treadmills,
 Gyms, Accessories
 and Rowers

Everything in stock.
 We also provide servicing, delivery and set up.

880 Attree Rd
 in Langford,
 beside Walmart
250-478-0225

ALOYD
 FITNESS EQUIPMENT
www.aloyd.com

#7-415 Dunedin
 in Victoria
250-480-0222



Denny's

DND Discount
REAL Breakfast
24/7 **20% off**

Discount for DND with ID. 20% off any regular entrée.
 Not valid with any coupon or promotional offer.
 Taxes & gratuities extra. Excludes Alcohol.

3100 Douglas Street • 250-382-3844
Open 24 Hours



Benefits of Metal Roofing

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

Attractive
 Wide range of colours, clean lines and hidden fasteners.

Durable
 Raised seams assist in quick drainage, preventing water damage.

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

Call now for a FREE QUOTE

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

IRWIN INDUSTRIES LTD.
 (1968)



Target cell prepares for Trident Fury

Shelley Lipke
 Staff writer

A new section was unveiled last week that will support operations and the management of surface and aerial targets used to support ship's company training at sea.

The Maritime Forces Pacific (MARPAF) Target Cell officially opened with a ribbon cutting and open house at 311B in Colwood.

"The official opening of the Target Cell marks a significant step forward," said Chief of Staff Operations Capt(N) Les Falloon. "This new Target Cell provides a dedicated storage and work space to protect the targets from the environment and permit routine maintenance."

The opening is just in time for this week's Exercise Trident Fury off the coast of Vancouver Island, where the targets will be heavily used.

More than 1,000 military members of the Canadian Forces and United States Navy will exercise a full spectrum of warfare training. Ships and aircraft will conduct live surface and air weapons firings to challenge their ability to perform real-time operations in a coalition setting.

Since 1990, MARPAF has been operating Barracuda targets; however, surface and air targets now include Hammerhead, Vindicator II and DT 25 models.

"The target cell provides us with remote-controlled targets that enable the navy to do realistic training at sea," says Capt(N) Falloon.



Shelley Lipke, Lookout

Rene Ladrach, a representative from the company supplying new air targets to Maritime Forces Pacific, sets up a target in preparation for Exercise Trident Fury.

During the open house, Sea Training Pacific and students from Canadian Forces Fleet School Esquimalt learned about the targets from representatives of Meggitt Training Systems, the Medicine Hat, AB, company that manufactures the drones. Those representatives will join Exercise Trident Fury to help crews understand and facilitate the operation of the targets.

"The Canadian Navy is the first navy to have the full spectrum of targets," said Spencer Fraser, General Manager of Meggitt Training Systems. "Without real targets to shoot at it's hard to measure accuracy, and there is a need for training from virtual simulation to live firing."

Each target simulates a different threat ships may

face at sea. Remote controlled Barracudas replicate naval surface threats. Vindicator II is an aerial drone that replicates low, slow flyer threats such as a helicopter, while the Hammerhead simulates a fast in-shore attack craft. The DT 25 represents a cruise missile fired from an F18.

"All are remote-controlled, operated by satellite or radio," said Fraser.

To launch an aerial drone, it is attached to a catapult on the frigate's flight deck. Once secure, it is fueled and then launched. On the bridge, the drone is operated through a remote control station, which can track the air target up to 50 kilometres.

If a missile launched from the ship to attack the drone misses, there

is a parachute mechanism that lands the drone safely. Exercise Trident Fury starts today and runs until May 15. HMC Ships Regina, Calgary, Edmonton and Whitehorse will be joined by several CF-18 fighters and the American destroyer USS Shoup.

This new Target Cell provides a dedicated storage and work space to protect the targets from the environment and permit routine maintenance.

-Capt(N) Les Falloon
 Chief of Staff Operations

SURVIVOR BOOTCAMP™
We Kick Butt (yours)

Classes start May 11/09
Noon classes now available

For military discount rates and new class times, contact
Krista@survivorbootcamp.com

www.survivorbootcamp.com



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





At his town hall meeting on April 30, Base Commander Capt(N) Marcel Hallé presented CFB Esquimalt's Strategic Plan that will act as a guide for the next four years. He spoke about the direction CFB Esquimalt is heading on the environmental front and about the new values, mission and vision.

Shelley Lipke, Lookout

Protecteur takes to the water in China

A/SLt Hendry
HMCS Protecteur

A group from HMCS *Protecteur's* ship's company took to the water in the midst of the People's Liberation Army (Navy) 60th anniversary celebrations in Qingdao, China.

This time not in their native replenishment vessel, but in a 10-metre sampan to participate in the International Fleet Review's sporting day. The Sampan Race was one of three events put on by the Chinese navy to foster good will and friendly competition between the different countries in attendance.

The 13 Canadian sailors wearing *Protecteur* sports uniforms, including Executive Officer Cdr Frédérick Caron, arrived to find a beautiful but windy day at the Qingdao Olympic Sailing Centre. The team quickly became one of the most popular in attendance, mainly due to the enthusiastic waving of the Canadian flag by LS Yhan Mathé.

The Canadian team took to their race boat, and in the face of high winds and choppy seas managed a quick start. They came into close competition with the team representing the Marine Nationale de



Photo courtesy of HMCS Protecteur

Members of HMCS *Protecteur's* crew got closer to the water than usual as they took part in the Sampan Race at China's International Fleet Review sporting day.

France, passing them once on the first leg, then being overtaken as the team rounded the buoy marking the end of the race lane. It was only due to the last minute coordination of the team's Coxswain, Lt(N) Michael Kingston, and a few mighty heaves by the sailors, that the Canadian boat slipped past the French and finished fifth place in a field of 12 nations.

The awards ceremony was again a cheerful meeting of nations as each

team congratulated the other on their wonderful performances and took pictures as souvenirs of their day on the water.

Protecteur also had teams competing in soccer and basketball tournaments that were running concurrently. While neither team came back as overall victors, their respectable placing was enough to make the day not only successful, but memorable for everyone who was lucky enough to take part.

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

BUILDING CONFIDENCE THROUGH SKILL

Bring in this ad for
\$10 OFF regular adult price of \$70

Ask about the Family Plan or Children Only

Academy of Okinawa Karate
2 - 798 FAIRVIEW, VICTORIA BC
(across from Esquimalt High)
email: jtimpa@telus.net 250-686-4952

DISCOUNT PROGRAM PROGRAMME DE RABAIS

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

UNIGLOBE Travel

ANAHEIM CRUISE & STAY
3 night cruise 3 night Anaheim
Sep 26 from \$559 p.p.

includes:
cruise Vancouver-LA,
Anaheim accommodation,
air LAX-Vancouver and transfers

prices per person based on double
port charges and 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

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

You're Invited
to the GRAND OPENING of
Steve Drane Harley-Davidson®
2940 Ed Nixon Terrace, Langford

Saturday, May 9
9am ~ Store opens
5 to 10pm ~ Live Music
6pm ~ Ride from the old store to the new one
6:30pm ~ Ribbon cutting ceremony

250-475-1345
www.SteveDraneHarley.com

DISCOUNT PROGRAM PROGRAMME DE RABAIS

ROOFING SPECIALIST
SOARE
CONTRACTING INC.

- Metal roofing
- Fully licensed
- Fully insured
- DND Discount
- Fibreglass shingles
- Flat roofing
- 20+ yrs experience
- Free roof estimate

MasterCard VISA

250-474-7325

www.soarecontracting.com

DISCOUNT PROGRAM PROGRAMME DE RABAIS

matters of OPINION

FILM *friday*

X Men Origins howls in the face of sequels

W. Andrew Powell
The GATE

Opening in theatres, Hugh Jackman reprises his role as the mutant Wolverine in *X-Men Origins: Wolverine*, and Matthew McConaughey stars in the romantic comedy *Ghosts of Girlfriends Past*.

X-Men Origins: Wolverine

Ever since he took on the role of Wolverine in Bryan Singer's *X-Men*, Hugh Jackman has made this character a perfect second skin. As a long-time comic book fan myself, I was blown away that someone could actually bring this dark hero's machismo to life in a way that didn't seem like a bad joke.

Now, with *Rendition* director Gavin Hood leading the *Origins* story, Jackman is back for a fourth outing as the razor-clawed dynamo, but the results are less than super.

Looking back at the character's roots, from his youth in the 1800s, and skipping all the way up to the 1970s, *X-Men Origins: Wolverine* shows us how this bone-clawed mutant came to become Weapon X, complete with the Adamantium skeleton.

Of course, back then, Wolverine still used his real name - James Howlett - and he was also fighting beside his half-brother, Victor Creed - otherwise known

as Sabretooth. Joining William Stryker's group of mutants, the duo begin to understand their differences when James walks away from a mission that involves hurting innocent people as Stryker pushes a hidden agenda.

Years later, living in Northern Canada, Wolverine will meet up with Victor, which will finally force him into an unfriendly alliance with Stryker and his government program. A program that will turn James into the perfect killing machine, capable of taking care of Victor and his blood-thirsty nature.

Liev Schreiber plays the menacing, sometimes over-the-top role of Victor well, although much like the rest of the film he can be more than a little cheesy. Danny Huston as the young Stryker also chews his fair share of scenery.

Otherwise, the acting isn't bad. Jackman once again makes Wolverine a tough, man's-man type of hero, with just enough humour and lots of brooding anger to make the character seem believable. Ryan Reynolds and Taylor Kitsch, who play Deadpool and Gambit respectively, are short-changed in the film, only getting a few scenes, but they perform admirably in these roles.

The problem is that Wolverine

makes a ham-fisted attempt to capture years and years of back-story, and then mangles the details for American consumption. Let me just set this straight, in the source comic books, Wolverine was Canadian, and Weapon X was a Canadian project. Apparently the film studio was afraid of that prospect, and it all gets whitewashed as another lame American super-soldier project.

I was also disappointed with the majority of the film's special effects, which for the most part are unbelievably bad, looking like something out of the late 80s effects vaults. You can practically see the green screen.

That isn't even the worst problem with the film though. The real trouble is that Hood and his crew don't live up to Bryan Singer's fantastic vision in the first two *X-Men* films. As it stands, especially after the awful *X-Men 3*, the franchise is devolving before my eyes, and this film is merely another cartoonish stab at a story that could have been much, much better.

Ghosts of Girlfriends Past

Since appearing in *Dazed and Confused*, Matthew McConaughey has had a remarkable career in Hollywood. At the same time, ask most film geeks what they think of McConaughey,

and the response seems to be pretty cut and dry; you either love him, or you despise him. (Those results also tend to get skewed depending on whether you think he's dreamy or not.)

In the romantic comedy *Ghosts of Girlfriends Past*, McConaughey plays Connor, a womanizing photographer who picks up and dumps women without a care. On the night before his brother is about to be married, Connor goes too far in front of the guests, nearly ruining the wedding, and turning his friend Jenny, played by Jennifer Garner, against him.

That's when Michael Douglas, playing the ghost of Connor's late Uncle Wayne, comes to the rescue to teach the womanizer a thing or two about his wayward ways. Following the plot of Dicken's *A Christmas Carol*, Connor will be visited by the ghosts of girlfriends past, present and future, to show him his last chance at a happily ever after.

With its heavily-borrowed plotline, which also rips off I-love-my-best-friend films like *My Best Friend's Wedding*, it's hard to look at *Ghosts of Girlfriends Past* as anything except a commercial knock-off. And like him or not, McConaughey has wandered into another derivative role that will no doubt still manage to bring in wads of cash.

WHO WE ARE

MANAGING EDITOR

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

STAFF WRITERS

Mary Ellen Green 250-363-3672
maryellen.green@forces.gc.ca
Shelley Lipke 250-363-3130
shelley.lipke@forces.gc.ca

PRODUCTION

Carmel Ecker 250-363-8033
Shelley Fox

ADMINISTRATIVE ASSISTANT

Kate King 250-363-3014
kate.king@forces.gc.ca

ACCOUNTS

Kerri Waye 250-363-3127
kerri.waye@forces.gc.ca

SALES REPRESENTATIVES

Ivan Groth 250-363-3133
ivan.groth@forces.gc.ca
Joshua Buck 250-363-8602
joshua.buck@forces.gc.ca

EDITORIAL ADVISOR

Capt Darin Guenette 250-363-4371

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.

LOOKOUT
NEWSPAPER

Circulation - 4,500

One year subscription - \$35.³¹

Six month subscription - \$17.⁶⁶

Three month subscription - \$11.⁷⁷

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

E-mail: frontoffice@lookoutnewspaper.com

Web: www.lookoutnewspaper.com

Fax: 363-3015

Canadian Mail Product Sales Agreement 4006331



LUXTON PRO RODEO

MAY 16, 17, 18, 2009

DANCE

Band: Yesterday's Wine

Saturday, 9pm Luxton Hall \$15

Advance Dance Tickets Sales Only

FREE ADMISSION TO:

Carnival Rides *Vendors *Blacksmith

*Antique Farm Equipment

*Heritage Displays

Grounds Open Noon Daily

INFO LINE-250-478-4250

CARNIVAL MIDWAY RIDES

Friday: Preview Night Opens 3pm

All Day Ride Wristbands: \$24 all ages

Saturday & Sunday: Opens 1pm

All Day Ride Wristbands - \$26 all ages

Mon unlimited rides from 1pm-6pm

All Day Ride Wristbands - \$22

*Prices include GST

RODEO EVENTS

Saturday, Sunday, Monday - 2pm

Champion Cowboys,

Speciality Acts & more!!

RODEO ADMISSION:

Adults \$15 (14 & under Free with Adult)

OAP & Students \$10 (up to 18 yrs)

FREE PARKING

Hwy # 14 at Sooke & Luxton Rd

Website <http://members.shaw.ca/luxtonrodeo>

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

You are invited to the
SPRING ART SHOW AND SALE
Saturday ONE DAY ONLY
May 30, 2009 10am - 5pm

ST. PAUL'S CHURCH HALL
1370 ESQUIMALT ROAD

FREE PARKING
REFRESHMENTS

ESQUIMALT PAINTERS GROUP

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

Swine Flu: You've heard of it, now learn of it

An outbreak of H1N1 influenza A virus (also known as Human Swine Flu) has led the Public Health Agency of Canada (PHAC) to issue a travel health warning that recommends Canadians postpone all non-essential travel to Mexico indefinitely.

What is Swine flu?

A respiratory disease usually found in pigs. The Swine influenza that is currently in the news is a new influenza virus subtype that is easily transmitted from person-to-person in much the same manner that seasonal influenza spreads; that is, through the air by coughing or sneezing of infected people and by touching something that an infected person has contaminated.

What are the symptoms of Swine flu?

Human swine influenza causes symptoms similar to those of seasonal influenza including fever, fatigue, and lack of appetite, coughing and sore throat. Some cases are mild while others may be severe.

What is a Pandemic?

A pandemic refers to the spread of an important disease world wide. Currently there are several countries reporting confirmed cases of Swine flu, including Canada.

How can you minimize your risk of catching and/or spreading Swine Flu?

- Wash your hands frequently

- Wash your hands with soap and water. Alcohol-based hand gel can also be used. It's a good idea to keep some handy in your pocket or purse.

- Avoid touching your eyes, nose or mouth with unwashed hands.

- Practice proper cough and sneeze etiquette. When you cough or sneeze, cover your nose and mouth with a tissue or your sleeve (if you do not have a tissue) to reduce the spread of germs. Remember to wash your hands afterwards and dispose of used tissues in the garbage.

- Try to avoid contact with people who appear to have a respiratory illness.

- For the time being, avoid non-essential travel to areas hard hit by Swine flu e.g., Mexico.

Is there a vaccine against Swine flu?

There is no vaccine currently available for humans against Swine flu.

Can I catch Swine flu from eating pork or pork products?

No.

What should you do if you think you might have Swine flu?

If you are ill with fever and other symptoms of Swine flu, such as a cough and sore throat, see a doctor.

tor, especially if you think you may have had contact with someone with Swine flu or severe respiratory illness in the past seven days before becoming ill, or have been in an area hard hit by Swine flu.

To prevent spread of illness at the clinic, when you make your appointment or immediately on your arrival at the clinic, tell the clinic staff the following:

- Your symptoms
- Where you travelled recently
- If you have had close contact with a person infected with Swine flu.

Is there a treatment for Swine flu?

Mild illness may not require specific treatment, but if necessary, people who are sick with Swine flu might be treated with medications.

What are the CF Health Services doing in response to the Swine flu pandemic alert?

The CF Health Service is working with other Public Health Authorities keeping close tabs on the Swine flu situation. Activities are ongoing in accordance with the CF Pandemic Influenza Plan, including stepped up screening for potential influenza infections in CF members who come to CF clinics, and planning for the delivery of antiviral medications and personal protective equipment to CF units at home and internationally should they be required.

Where can I find more information about Swine flu?
The Public Health Agency of Canada is an excellent source of information related to this outbreak. English: www.phac-aspc.gc.ca/index-eng.php; French: www.phac-aspc.gc.ca/index-fra.php



GET ACTIVE THIS SUMMER

- RECREATION • EDUCATION
- HEALTH • SPORTS

CFB ESQUIMALT ACTIVITY GUIDE AVAILABLE AT ALL PSP & MFRC OUTLETS

Real Value. Real Quality
From \$399,900 incl net GST



SHOW HOME
now open
Fri.-Mon.
12-4pm

OVER 50% SOLD

Military Discount/Referral Program

TAYBERRY TERRACE

15 detached FREE HOLD homes in Langford's Happy Valley from \$399,900 incl net GST. Located just past Happy Valley School, only steps to transit and the Galloping Goose. No Strata Fees

Contact Mike Hartshorne
DFH Real Estate
250 474 6003 www.tayberryterrace.com

REAL ESTATE LEADERS

3RD ANNUAL RIMINI POKER RUN
Prince Edward Legion, Station Road
Sunday June 7, 2009
9:30am for a 10:30am start
Cost is \$10 per hand
Prizes for 1st, 2nd, & 3rd place
All proceeds donated to Veterans Social Reintegration Program

17th ANNUAL MOUNTAINFEST
Merritt, BC

July 9-12, 2009

Kenny Chesney
Steve Miller Band
Paul Brandt • Pam Tillis
George Canyon
Jo Dee Messina
Johnny Reid
Emerson Drive
Crystal Shawanda
...and more!

ticketmaster.ca
or 1.888.7.MERRITT
For more information:
www.mountainfest.com

PEPSI Global BC The Province VEX 937

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

Prayer of Hope

14 Days of 24 hour prayer
May 17 - May 31
Sponsored by your community churches

We have people who will pray for you during this time. If you have a prayer request, write it below and mail it to:

Prayer of Hope
886 Craigflower Rd
Victoria, BC
V9A 2X5
or call 250-382-0812, ext 1
(Try again if the mailbox is full)
or email prayerofhope@telus.net



We would like you to let us know when you get your answer or any difference in the circumstance. No one will contact or visit you unless you request it.

TICKET WIN 2 full event (4 day) tickets & 1 reserved camping site.
A Prize Pack Worth \$720

Answer this question: When Jaydee Bixby was attending high school, he was in a band called "Bixby's". Who comprised that band?
Answer: _____

Name: _____ Phone: _____

One entry per person per week. Drop off at 1522 Esquimalt Rd, mail to Lookout, CFB Esquimalt, PO BOX 17000 StnForces, Victoria, BC, V9A 7N2, or email frontoffice@lookoutnewspaper.com

give love

For Mother's Day



Call 1-888-391-9759
for Floral Delivery.

Delivery Charges, Minimums and Taxes Apply. Prices in effect thru Sunday, May 10, 2009 for Floral items.




Premium Rose
12 Stem.

14⁹⁹



Strawberries
Product of U.S.A.
No. 1 Grade. 1 lb.

2 for \$5
CLUB PRICE



Bakery Counter Strawberry Boston Cake
Or assorted varieties. 8 Inch.

9⁹⁹
CLUB PRICE



King Crab Legs and Claws
Frozen. 680 g.

22⁹⁹ ea.
CLUB PRICE



"New York" Strip Loin Steaks
Boneless. Canadian Beef. LIMIT TWO.

7⁹⁹ /lb. 17.61/kg
CLUB PRICE

BUY 2 EARN 20 BONUS AIR MILES[®] reward miles

EXTREME VALUE BUY MORE & SAVE!



Irresistible Chocolate Truffle Dipped Cupcakes
Or assorted varieties. Package of 4.

4⁹⁹
CLUB PRICE

Make Her Day.
Treat Mom with a Gift Card on Mother's Day.




Sunday, May 10

Mother's Day
Visit the Greeting Card Department and see what's NEW!



Carlton Cards



Field Tulips
5 Stem Bunch.

2 for \$5
CLUB PRICE

PRICES EFFECTIVE THIS WEDNESDAY THRU SATURDAY ONLY!
Prices effective at all British Columbia Safeway stores Wednesday, May 6 thru Saturday, May 9, 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. Advertisements do not include GST. ©™ Trademarks of AIR MILES International Trading B.V., Used under license by Loyalty Management Group, Canada 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.



Ingredients for life. **SAFEWAY**

YOUR HEALTH: LEARN AND PREVENT

Health Promotion activities

Nutrition 101 (N101)

What you eat makes a difference to how you feel on a day-to-day basis. Eating properly can help you maintain a healthy weight, increase and sustain your energy, increase your overall health, and reduce lifestyle diseases such as adult onset diabetes, heart disease, obesity and some cancers. If you're interested in learning up-to-date information on nutrition and healthy eating habits, then this one-day workshop is for you.

May 5; 8:30 a.m. - 4 p.m.

Managing Angry Moments (MAM)

MAM teaches participants how to use their anger constructively. It is a course intended for everyone as we all feel anger at various times, but we don't always behave the way we would like to. Participants gain a better understanding of their relationship with anger and learn skills for changing their behaviour. This course is not anger management counselling. It is not suitable for individuals who have serious anger management problems who require counselling. You must complete a pre-screening tool prior to being registered for MAM.

May 6, 13, 20 and 27; 8:30 a.m. - noon (4 sessions in total)

Top Fuel for Top Performance (TFTP)

#1 - Everyday Eating
Learn the basics about what you need to put in your body to function optimally.

Note: Overlap of course content with Nutrition 101

Top Fuel for Top Performance (TFTP)

#2 - Nutrition for Physical Activity
Training for a race? Taking your activity to the next level? Learn what you need to know about hydration, protein, carbs and fat so you can reach your activity goals.

May 8; 8:30 a.m. - noon

Two workshops in one!

Top Fuel for Top Performance (TFTP)

#3 - Dietary Issues and Supplements
A must see if you are currently taking supplements or are considering their use. Come and learn the facts.

May 25; 11:30 a.m. - 1 p.m.

Applied Suicide Intervention Skills Training (ASIST)

ASIST is a two-day intensive, interactive, experiential course designed to help caregivers recognize and assess suicide risk in others and, to learn how to prevent the immediate risk of suicide.

May 28 and 29; 8:30 a.m. - 4 p.m.

These courses are free to military members, military spouses and civilian employees. To register for any of the Health Promotion Courses contact your Unit Training Coordinator. For spousal registration or more information contact Health Promotion: 250-363-5621 or check Health Promotion's internet site at: www.pspesquimalt.ca

SEA TRAINERS DINNER

All current and former sea trainers are invited to attend the Sixteenth Annual Sea Training dinner at the Royal Canadian Legion Trafalgar/Pro Patria Branch 292, 411 Gorge Road East, Victoria. Dress will be Jacket and Tie.

Thursday June 11 • 6pm

Cost is \$40 and may be paid by cheque or cash to CPO2 James Griffin at CANSEATRINAPAC, PO Box 17000 Station Forces, Victoria, B.C. V9A 7N2 until May 31.



Who is going to care for you? WEST SHORE LODGE WILL

Live in a "hotel like" apartment with all of the services included:



- 24 hour security
- 3 meals per day
- Housekeeping
- Social activities
- Care workers available
- Independence

Rates starting at:
\$1800 for a studio
\$2000 for a 1 Bedroom
\$2200 for a 2 bedroom

Tour today at 1828 Island Highway (next to Tim Hortons)
250-478-7527

Make Mom Smile

Say Thank You this year
with flowers

We deliver
Sooke to Sidney
7 days a week

BROWN'S
• THE FLORIST •

Military
Discount

1-800-781-5811 www.brownsflorist.com

Tons of savings. Literally



For reservations call 953-5300

Ask us about moving supplies.



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

www.budgetvictoria.com



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

PREPARING FOR THE CANADIAN NAVAL CENTENNIAL



Homecoming Statue – a tribute to the life of a sailor

Shelley Lipke
Staff writer

An artist's sketch of a Naval Centennial statue project called The Homecoming was unveiled today on Wharf Street in front of community leaders, politicians and citizens by Steven L. Point, Lieutenant Governor of B.C.

Nathan Scott will sculpt and cast the statue over the next year. It will pay tribute to the men and women of the Canadian Navy and be displayed in the high profile location of Victoria's Inner harbour.

"The statue depicts a sailor returning from sea with outstretched arms to welcome his daughter," said co-chair of the Homecoming Statue Committee, RAdm (Ret'd) Ken Summers. "This statue represents the special moment in the life of any sailor when they return from the sea to once again meet their family."

Once built, the statue will be erected next to the Tourism

Victoria Information Centre on Wharf Street, which overlooks the Legislature building and the Inner Harbour.

"More than 3.6 million tourists come to Victoria every year, and they will be able to stand in front of the statue and have their photo taken with the Legislature in the background," said RAdm Summers.

For the past year, a group of local business leaders, retired and serving naval officers and non-commissioned officers, and the well known local sculptor have come together to create this project.

"It aims to build awareness of the navy and its centennial in the community," said co-chair of the Homecoming Statue project committee HCapt(N) Cedric Steele. "The theme is 'inspired by gratitude', because the commitment of the men and women of the Canadian Forces is part of a long standing history of the navy in our community."

The project is community driven and funded, said HCapt(N) Steele. "We need to raise \$150,000 to bring this

to fruition."

Members of the public can purchase bricks to surround the statue. Each brick will be engraved with either the name of the person donating, or the names of people they wish to remember. Aside from purchasing one of two sizes of bricks for \$200 or \$350, people can also purchase a pewter miniature of the statue for \$200.

If more than the budgeted \$150,000 for the project is raised, excess funds will be donated to the Military Family Resource Centre (MFRC).

Artist Nathan Scott, who sculpted the Terry Fox statue at Mile 0 of the Trans Canada Highway and other local military statues, has been contracted to sculpt the statue. "The biggest challenge with this will be sculpting emotion between the two characters that are interacting with each other," said Scott.

Scott will begin the statue later this month and expects it to take eight to nine months to complete.

100 Oak trees for 100 years

Shelley Lipke
Staff writer

Another 2010 work-in-progress will spruce up the boulevards of Naden with 100 Red Oak trees.

"I think it's not only good for the environment, but it provides some shade on the stark street and it generally helps the atmosphere," said Gerry Davis, President of the Chiefs and Petty Officers' Association.

Davis is at the forefront of this project that began years ago when

he was president of the Royal Canadian Naval Association and wanted to honour some key figures.

"I wanted to plant a tree for each of the commanding officers at Maritime Forces Pacific," he said. "We planted 16 Red Oak trees in front of CANEX, and each tree had its own plaque listing the name of the commanding officer and the years they served here."

Among them is a tree dedicated to honour Naval Reserve pilot

Hampton Gray, the last Canadian to die in the Second World War.

Now with the centennial approaching, Davis thinks it's a good idea to plant more Red Oak trees in honour of the naval centennial.

Currently the base arbourist is looking at the issue of space at Naden to determine if there is room to plant 100 trees.

Future developments have to be considered so the trees are planted in an area that will support them long term.

"We thought about putting them at the entrance to Naden on the left side along the hedge, and also along the waterfront leading to Dockyard," says Davis. "Once the arbourist looks at all the factors and we see how many trees we can plant, Base Construction Engineering will plant the trees in the fall during the rainy season."



PREPARING FOR THE CANADIAN NAVAL CENTENNIAL



Bell to denote ten decades of the Canadian Navy

Shelley Lipke
Staff writer

Historically, a ship's bell is symbolic of the navy. It was used to alert the ship's presence in poor weather conditions, and today is ceremonially tipped upside down and filled with holy water to christen a crew member's baby.

In celebration of the Canadian Navy Centennial, a frigate-sized brass bell is being cast locally out of an assortment of naval heirlooms and artefacts. Once completed, the bell will be showcased in the Parliament Buildings in Ottawa.

"We are still in the planning stages for the ceremony that will be held in Ottawa on May 4, 2010," says Greg Air, committee member for the centennial bell project.

The ceremony theme will be "Canada as a Maritime Nation" and the presentation of the bell marks the official launch of the 2010 celebrations.

"The same artist who did the stonework on the Parliament Buildings in Ottawa will construct a stone platform for the bell to sit on," says Air. And as part of this maritime theme, water from the Great Lakes, Pacific and Atlantic oceans will be trucked in for the official ceremony and

tracked as it makes its journey to Ottawa. With each water body comes a story regarding the Canadian Navy, its maritime role and national importance."

A number of brass and bronze items have been contributed to create the bell, such as buttons, medals and even the valve assembly from HMCS Rainbow, the first ship donated from the British navy to the Canadian Navy back in 1910.

Those who donated artefacts will be recorded in a special diary.

"I think the documentation and history will be the important aspect of this project," said Garry Callander, supervisor of the foundry at Fleet Maintenance Facility (FMF) Cape Breton where the bell is being cast.

Employees at the foundry will cast the bell. "It has a bit of intrigue to it to be involved in this process," said Callander.

One hundred and fifty pounds of raw material is needed. Once all the material is collected, Callander and three members of his shop will put it in a pot, and then melt, mix and pour the liquid into a 12 and a half inch diameter mould.

"This size of bell is one of the more difficult sizes to make, and with that much

volume of brass to pour we sometimes end up with air pockets in the brass and have to start the whole process again," he said.

After a successful bell is made, it will be machined, polished and engraved before being shipped to Ottawa.

A competition hosted by Canadian Forces Fleet School Esquimalt (CFFSE) is currently underway to see which coast and which designer can create the best bell rope to hang from the centennial bell. So far, 14 participants from across Canada have put forth entries.

CPO1 Gino Spinelli, who is calling for submissions, said there are a few things to keep in mind: The rope should have a four-inch tassel, a 12-inch body and a half inch inside diameter for the Becket. He also recommends traditional naval colours such as royal blue, black, red and white are used. All line and materials will be supplied by CFFSE-Sea Division and all submissions will be judged after the Sept. 30, 2009, deadline.

The winning entry will receive \$500 and have a page profiling them in the book about the centennial bell. Each participant can submit up to three designs and must register with CPO1 Spinelli prior to sending in designs.



Shelley Lipke, Lookout

Garry Callander, supervisor of the foundry at Fleet Maintenance Facility, kneels beside a frigate-sized bell that was cast at the foundry. The naval centennial bell will be a bronze rendition of the one seen in this image, and once engraved and polished will be displayed in Ottawa's Parliament Buildings.

Celebration sails

Shelley Lipke
Staff writer

In just a few weeks time, HMCS *Oriole* hopes to sport a new spinnaker sail to publicize the 2010 navy centennial.

"HMCS *Oriole* is a very highly photographed ship on the West Coast," said Commanding Officer, LCdr Erik James. "The ship receives a lot of press wherever it sails, and we will be utilizing the large sail to advertise our centennial."

The sail is still in the design phase, but the colour scheme will either be red, white and blue, or white and blue.

Once approved and made, the 102-foot ketch plans to display the new sail during Swiftsure International Yacht Race May 23 to 25.

It will then be hauled up during centennial celebrations in 2010.

"Every time we fly our current spinnaker [which depicts an *Oriole*] during different community events we get comments on the size of it and what an eye catcher it is," said LCdr James. "It is our most requested sail when we participate in any event."

The navy's oldest ship is primarily used as an outreach vessel, sailing to communities and putting a public face on the navy, and having this new sail will help further achieve this mission.

"To me this is an excellent opportunity," said LCdr James. "I joined the navy during our 75th anniversary, so now with our centennial I'm especially proud to be involved in doing community relations work," he said. "I think it's the best job, and I find it is extremely rewarding."

Goldcrest is also planning a special centennial sail.

Naval Expressions

Cock of the Walk: Used in naval and civilian circles alike, though in the navy with the special connotation of winner, as in regatta, sports meet, or combination of these events.

Son of a Gun: An uncomplimentary expression dating from the times when women were allowed on board and between decks. A child born behind a screen surrounding a gun was called a son of a gun and was sometimes entered in the ship's log as such.

Stone Frigate: A shore establishment. After the first Canadian naval college was partially destroyed in the Halifax Explosion of 1917, it was moved to the Royal Military College, Kingston, Ontario, into one of the barrack blocks renamed HMCS Stone Frigate.

Swallow the Anchor: A very old phrase meaning to retire from sea service. The idea seems to be that once swallowed it is of no further use.

Port and Starboard: Ships used to be steered by an oar from a steerboard on the right quarter. On the left side was a "load board" and all stores and provisions were put into the ship from this side through a hole called a load port. The term starboard and larboard were used for right and left for a long time, but owing to the confusion caused by the names having a similar sound the left side was altered to port.



Lookout's rendition of the centennial spinnaker.



POSTED TO BORDEN?

Amy Hines
SALES REPRESENTATIVE

\$250 Home Depot gift card with every home purchase

Sutton

Cell: 705-791-9250
Toll Free: 866-871-1151
EMAIL: ahines@sutton.com

Sutton Group - Incentive Realty Inc., Brokerage
INDEPENDANTLY OWNED AND OPERATED
IRP APPROVED

TRACKSIDE AUTO SERVICE LTD.

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

B.C. GOVERNMENT DESIGNATED INSPECTION FACILITY

40 YEARS EXPERIENCE
Servicing Automobiles

784 Fairview Rd.
250-383-5509

Still haven't filed your 2008 taxes? Let us efile them for you.

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

PREPARING FOR THE
CANADIAN NAVAL CENTENNIAL

Vancouver the site for the naval centennial kick-off in June 2009

Mary Ellen Green
Staff writer

Maritime Forces Pacific (MARFAC) will bring the navy to Canadians starting with the Canadian Naval Centennial kick-off event June 5, taking place in the largest urban centre in British Columbia.

In honour of the Canadian Navy Centennial and Vancouver's strong maritime connection, the City of Vancouver will raise an 80-foot naval mast at Prospect Point in Vancouver's Stanley Park.

Atop the mast will fly a giant Canadian flag, and the mast will also have halyards that will raise flags for the City of Vancouver, the Naval Jack, and Naval Centennial.

The highly visible location of the mast means the flags will be seen by marine traffic entering Vancouver's harbour.

Guests of honour include His Royal

Highness, Prince Edward, Earl of Wessex; Steven L. Point, Lieutenant Governor of B.C.; RAdm Tyrone Pile, Commander Maritime Forces Pacific (MARFAC)/Joint Task Force Pacific and Vancouver Mayor Gregor Robertson.

A large contingent from MARFAC will attend the dedication ceremony, including the Naden Band, Formation Chaplain Padre Maj Paul Acton, a Halifax-Class frigate and crew, and an 84-member Guard of Honour and Colour Party trained and provided by Canadian Forces Fleet School Esquimalt (CFFSE). The Guard of Honour and Colour Party are also representing MARFAC at the consecration of a replacement Queen's Colour in Halifax on June 27 at the Garrison Grounds.

It's been 30 years since Maritime Command's Queen's Colour has been replaced, and it is showing signs of wear and tear. Governor General Michaëlle Jean will preside over the consecration

and presentation of the new flag.

CPO1 Gino Spinelli, CFFSE Sea Division Chief Petty Officer, says that training for the 80-person Guard of Honour and Colour Party will begin June 1. They will have four days of training before travelling to Vancouver for the ceremony, returning the same day.

"While the ceremony in Vancouver will have a static guard, the ceremony in Halifax is quite complex, with four guards and two colour parties. We won't arrive in Halifax until June 13, so while the other guards train together from June 1, we will only have two weeks to train together," CPO1 Spinelli said.

The Colour Party will be in charge of the removal of the old Queen's Colour.

To find out more information about Naval Centennial events, check the website at www.navy.forces.gc.ca/centennial.

Navy cyclists set to pedal into 2010

From page 1

anyone in the navy can try out for the core team.

"Regional riders from across Canada will join in for those who can't do the entire ride. So somebody from Calgary or Edmonton, for example, can meet up with us and join in to ride to the border of their province," said CPO2 Carnall.

"The number of riders is not capped, and we are open to any number of regional riders being involved, as long as they are naval members."

As the cyclists make their way across Canada, they will stay in Legions, community halls, campgrounds and the occasional hotel. Along the way they will visit reserve

divisions, sea cadet units and bases across Canada. A support truck will assist them with carrying spare equipment and food.

"With only a year to go, each rider should already be training at least 50 to 70 kilometres per month and be logging 2,000 kilometres during the year leading up to the ride," said CPO2 Carnall.

There are a lot of factors in choosing the right core

group for the team. "They must be able to ride in a pack, average 130 kilometres per day and do back-to-back 120 kilometre rides three days in a row to qualify for the team," said CPO2 Carnall. "We have asked for rider bios stating riding history, their hometown and why they want to do the ride. All these factors will be taken into consideration. It's not about the fastest riders, it's about being able to

ride in a group as a team, and being able to get away from work and ride the distance."

The ride itinerary is still being coordinated; however, organizers are hoping to meet up with the Naden Band in certain locations, because they will be travelling across Canada for the centennial as well.

Since the first notice of this ride went out, CPO2 Carnall has received 22 responses from cyclists wanting to join.

Both CPO1 Mierau and CPO2 Carnall are hoping to make the team and said they are looking forward to dipping their wheels in the Atlantic Ocean at the end of the ride if they do.

With only a year to go each rider should already be training at least 50 to 70 kilometres per month.

-CPO2 ChrisCarnall
Navy Centennial Ride co-organizer

Vancouver Island's #1 Auto Credit Team!

EASY APPROVAL

RATES from **5.49%** ON APPROVED CREDIT

Dieter Giles Trent David Ryan

Low Bi-Monthly Payments

Apply Today Drive Today
Divorced ~ Bankrupt ~ Slow Credit ~ WE CAN HELP!
250-818-4YES (4937) or
Apply Online: www.galaxymotors.net

CELEBRATING OUR 20th YEAR

DISCOUNT PROGRAM PROGRAMME DE RABAIS

BBB

1764 Island Highway 250-391-5738

888 Attree 250-478-7603

2555 Government 250-381-1144

"re-cycle"

Better the 2nd time around!

PITCH-IN CANADA
www.pitch-in.ca



Local and national celebration schedule

■ 2009 Events

Vancouver Mast Dedication

An official Maritime Forces Pacific (MARFAC) Naval Centennial kick-off event, held June 5 in Vancouver's Stanley Park. An 80-foot naval mast will be erected at Prospect Point. Guests of Honour include His Royal Highness Prince Edward, Earl of Wessex, Lieutenant-Governor of B.C. Steven Point, and Commander MARFAC, RAdm Tyrone Pile.

Casting of the Centennial Bell

On June 10, 2009, the foundry at FMF Cape Breton will cast the centennial bell. The standard-sized frigate bell will be cast out of naval artefacts (non-ferrous metals and cloth/paper). Each selected artefact will be described in a specially produced book that will include history of bells in the navy, the casting of this bell (including photos from the casting ceremony). Each

artefact would be photographed with details of its relevance to the navy. Deadline to submit artefacts is Friday, May 22.

Consecration of the Queen's Colour

It's been 30 years since the Maritime Command Queen's colour has been replaced. Governor General Mich elle Jean will preside over the consecration and presentation of a replacement on the Garrison Grounds in Halifax, June 27, 2009.

Re-enactment of the founding of Halifax Dockyard

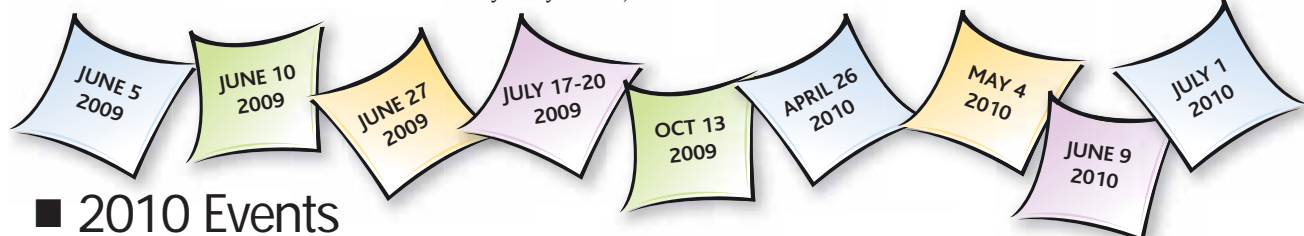
To help celebrate Halifax dockyard's 250th anniversary, the re-enactors will come ashore to the backdrop of Tall Ships 2009 and present a telescope to the Chief of Maritime Staff, signifying the turn-over of the watch from the colonial navy to the modern navy. July 17-20, 2009.

Centennial Paintings Unveiling Ceremony

Six centennial paintings to reflect significant eras in Canadian naval history have been selected. The paintings are to be completed by summer 2009 for signed prints to be available for sale through PSP Halifax's shop online website. The eras represented are the First World War, Second World War, Korean War, Cold War, First Gulf War and the Campaign against Terrorism. An unveiling ceremony for the paintings is tentatively planned for Oct. 13, 2009 in the Armoires Cartier Drill Hall, located beside Ottawa City Hall.

Former HMCS Annapolis SINKEX

The stripped down hull of the former Canadian warship Annapolis will be sunk off the coast of B.C. by the Artificial Reef Society of B.C. Date and location to be determined.



■ 2010 Events

WPNS Maritime Security Challenges Seminar 2010

From April 26 to May 1 Maritime Forces Pacific will host up to 300 foreign officers, security experts, and academics in the fourth of a series of high-level security meetings at the Victoria Conference Centre. This event will celebrate our Naval Centennial and a special invitation to the 23 other navies in the Pacific and Indian Oceans that form the Western Pacific Naval Symposium.

Presentation of the Centennial Bell will be held on the 100th anniversary of the Canadian Navy, May 4, 2010, in the Nation's Capital to mark the centennial year.

International Fleet Review

Major international fleet assemblies are scheduled for June 9 to 13, 2010, in Victoria and a month later, July 1 to 3, 2010, in Halifax during the Royal Nova Scotia International Tattoo. Both Formations are planning local activities around these events. It has not been confirmed whether there will be a member of the Royal Family as Reviewing Officer for both assemblies. Invitations have been sent out to 27 countries on the Pacific Rim to attend the review.

Freedom of the City Parade

The entire Maritime Forces Pacific Formation will exercise their Freedom of the City in a parade on the 100th Anniversary date, May 4, 2010.

Centennial Bell Ceremony

Additionally, a group of naval war-

ships will visit Toronto during the Canadian National Exhibition in August 2010.

Travelling Road Show

Titled "Sailors and Songs - A Musical tribute to 100 Years of Naval Service to Canada," will bring 105-minutes of large-scale musical entertainment to 53 towns and cities across Canada between April and November 2010.

The aim of this event is to bring the Canadian Navy to Canadians through a national travelling musical show highlighting over a century of history and naval service to Canada. The Naden Band will be performing in 23 shows from Thunder Bay west, and the Stadacona Band from CFB Halifax will perform all shows east of Thunder Bay.

Base Taxi Service for Naden, Dockyard & WorkPoint
Operates 7:30am to 3pm Monday to Friday.
Try to use Base Rounders first.
For military-related appointments/meetings on base. **Taxi Dispatch 363-2384**

VOTED VICTORIA'S BEST VIETNAMESE MENU

VIET NAM
Garden
RESTAURANT
524 Admirals Road 250-384-3033

Ken & Shelley welcome you to their new location

Autocredit experts

will earn your business with fast, confidential service. Good credit, bad credit, we deliver them all over Western Canada.
Bad Credit? - No Credit? - No Problem!
0% **1.888.442-5648** or Apply Online
www.DriveHomeNow.com

WHY RENT ?
OWN A NEW HOME NOW!
*as low as \$954 /mo.

Open House Sat & Sun 1-4 PM
6800 Grant Road Sooke, B.C.

- 1400 FT² FROM \$299 900
- LOW DOWN PAYMENT
- 3 BEDROOMS & 3 BATHS.
- SOLID SURFACE TOP • MAPLE CABINETS
- QUALITY CORK FLOOR • E-SMART WINDOWS
- LOW FLUSH TOLIETS • GAS FIREPLACE
- 9' CEILINGS • CENTER OF TOWN

www.clearbrookestates.com
250-477-7291 **Tony Yu**
REAL LEADERS
*Based on \$299 900 at 3.25% amortized over 35 years.

NOW TWICE THE SERVICE.



Our recent expansion in Victoria now gives you two Craftsman locations to choose from: 2935 Bridge Street and 506 Esquimalt Rd. Each offers friendly, professional service, lifetime guarantee and exclusive AIR MILES® reward miles. Next time you need bodywork on your vehicle, don't think twice. www.craftsmancollision.com

© Trademark of AIR MILES International Trading B.V. Used under licence by Loyalty Management Group Canada Inc.



MAY 2009 GENERAL ELECTION

AND REFERENDUM ON ELECTORAL REFORM

Get ready to vote.

In the May 12th provincial general election, British Columbia's voters will decide who governs the province for the next four years. Voters will also decide what electoral system will be used for future elections.

New Identification Rules For Voting

Voters must prove their identity and current residential address to receive a ballot or register to vote at the time of voting. Any one of the following identification is acceptable:

- BC drivers licence
- BC identification card
- Certificate of Indian Status

If you don't have any of the above, bring two documents that together prove your identity and current residential address. A list of acceptable types of ID is available at www.elections.bc.ca

Voters without identification can be vouched for by a voter in their electoral district who does have the necessary identification, or a direct family member or someone who has legal authority to make personal care decisions for the voter.

Voting Opportunities

There are many voting opportunities in B.C. Here are some of your options:

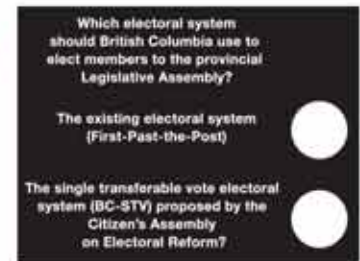
Advance Voting Available to all voters. Voters can attend any advance voting location from 8 a.m. to 8 p.m. (local time), Wednesday, May 6 to Saturday, May 9. All advance voting locations are wheelchair accessible. ♿

General Voting Available to all voters. Voters can attend any general voting location from 8 a.m. to 8 p.m. (Pacific time), Tuesday, May 12, 2009.

Other Voting Options If you are going to be away or some other circumstance prevents you from voting at advance voting or general voting, you can vote in any district electoral office from when the election is called on Tuesday, April 14 to 4 p.m. (Pacific time) on Tuesday, May 12. You can also request a vote-by-mail package from your district electoral office or through the Elections BC website at www.elections.bc.ca

Referendum On Electoral Reform

In addition to an election ballot, voters will also receive a ballot to vote in the referendum on electoral reform.



For more information on the referendum on electoral reform, visit the Referendum Information Office website at www.BCreferendum2009.ca Or, call their toll-free information line at **1-800-668-2800** (in Vancouver: 604-775-2800) from 8 a.m. to 5:30 p.m. (Pacific time) Monday to Friday.

Any Questions?

For further information visit Elections BC's website at www.elections.bc.ca or call toll-free **1-800-661-8683**.

Or, contact your district electoral office.
Hours of Operation
Monday - Friday 9 a.m. to 5 p.m.
Saturday 10 a.m. to 4 p.m.

The following persons have been nominated as candidates for Esquimalt-Royal Roads for the May 12, 2009 General Election.

Esquimalt-Royal Roads Electoral District

Candidate's Name:	Financial Agent:	Official Agent:
Maurine Karagianis BC NDP	Barbara Riggs 478 Nelson St, Victoria, BC, V9A 6P4	
Carl Edward Ratsoy BC Liberal Party	Jim Ten Hove 1002 Loch Glen Pl, Victoria, BC, V9B 4N9	
Jane Sterk Green Party of BC	John Bowers 2-737 Vancouver St, Victoria, BC, V8V 3V4	

General Voting Places:

- Colwood Elem School**
3000 Wishart Rd, Colwood, BC
- Colwood Pentecostal Church**
2250 Sooke Rd, Colwood, BC
- Da Vinci Centre**
195 Bay St, Victoria, BC
- David Cameron Elem School**
675 Meaford Ave, Colwood, BC
- Eagle View Elem School**
97 Talcott Rd, View Royal, BC

- Esquimalt Parks and Rec Centre**
1151 Esquimalt Rd, Esquimalt, BC
- Esquimalt Sr Comm School**
847 Colville Rd, Esquimalt, BC
- Esquimalt United Church**
500 Admirals Rd, Esquimalt, BC
- Rockheights Comm School**
1250 Highrock Ave, Esquimalt, BC
- Sangster Elem School**
3325 Metchesin Rd, Colwood, BC

- Shoreline Comm School**
2750 Shoreline Dr, View Royal, BC
- Victoria West Elem School**
750 Front St, Victoria, BC
- View Royal Elem School**
218 Helmcken Rd, View Royal, BC
- Wishart Elem School**
3310 Wishart Rd, Colwood, BC

Advance Voting Places:

- Colwood Pentecostal Church**
2250 Sooke Rd, Colwood, BC
- Esquimalt United Church**
500 Admirals Rd, Esquimalt, BC

District Electoral Offices:

- 105-1505 Admirals Rd
Victoria, BC
(250) 952-5220

www.elections.bc.ca / 1-800-661-8683





MAY 2009 GENERAL ELECTION

AND REFERENDUM ON ELECTORAL REFORM

The following persons have been nominated as candidates for Juan de Fuca for the May 12, 2009 General Election.

Juan de Fuca Electoral District			
Candidate's Name:	Financial Agent:	Official Agent:	
John Horgan BC NDP	Kathy Palmer 3696 Wild Berry Bend, Victoria, BC, V9C 4M7		
James Robert Powell Green Party of BC	John Bowers 2-737 Vancouver St, Victoria, BC, V8V 3V4		
Jody Twa BC Liberal Party	Duncan Magee 899 Goldstream Ave, Victoria, BC, V9B 2Y1	Duncan Magee 899 Goldstream Ave, Victoria, BC, V9B 2Y1	
General Voting Places:	Advance Voting Places:		District Electoral Offices:
Crystal View Elem School 2662 Silverstone Way, Langford, BC District of Highlands W Fire Hall 1564 Millstream Rd, Highlands, BC East Sooke Comm Centre 1397 Copper Mine Rd, Sooke, BC Forge Church 2612 Sooke Rd, Langford, BC Goldstream Masonic Hall 679 Goldstream Ave, Langford, BC Gordon United Church 935 Goldstream Ave, Langford, BC	Journey Middle School 6522 Throop Rd, Sooke, BC Lakewood Elem School 2363 Setchfield Ave, Langford, BC Luxton Comm Hall 1040 Marwood Ave, Langford, BC Metchosin Comm Hall 4401 William Head Rd, Metchosin, BC Millstream Elem School 626 Hoy Lake Ave, Langford, BC Otter Point Fire Hall 3727 Otter Point Rd, Sooke, BC	Port Renfrew Elem School Parkinson Rd, Port Renfrew, BC Saseenos Elem School 6066 Sooke Rd, Sooke, BC Shirley Comm Assn Hall 2795 Sheringham Point Rd, Sooke, BC Sooke Comm Hall 2037 Shields Rd, Sooke, BC Willway Elem School 2939 Mt Wells Dr, Langford, BC	Gordon United Church 935 Goldstream Ave, Langford, BC Metchosin Comm Hall 4401 William Head Rd, Metchosin, BC Sooke Comm Hall 2037 Shields Rd, Sooke, BC 4495 Happy Valley Rd Victoria, BC (250) 391-2816

The following persons have been nominated as candidates for Victoria-Swan Lake for the May 12, 2009 General Election.

Victoria-Swan Lake Electoral District			
Candidate's Name:	Financial Agent:	Official Agent:	
Rob Fleming BC NDP	James Dopp 1850 Allenby St, Victoria, BC, V8R 3B7		
Jesse McClinton BC Liberal Party	Jason Carvalho 1660 Garnet Rd, Victoria, BC, V8P 3C8		
Robert (Bob) Savage BC Refed	Dennis Shaw 3508 Vera Way, Nanaimo, BC, V9R 6X4		
David Wright Green Party of BC	David Wright 899 Fort St, Victoria, BC, V8W 1H6		
General Voting Places:	Advance Voting Places:		District Electoral Offices:
Burnside Gorge Comm Centre 471 Cecelia Rd, Victoria, BC Cedar Hill Rec Centre 3220 Cedar Hill Rd, Saanich, BC Centennial United Church 612 David St, Victoria, BC Church of Latter-Day Saints 2990 Quadra St, Victoria, BC Cloverdale Traditional School 3427 Quadra St, Saanich, BC Craigflower Elem School 2766 Admirals Rd, Saanich, BC	Doncaster Elem School 1525 Rowan St, Saanich, BC Garth Homer Society 813 Darwin Ave, Saanich, BC Les Passmore Seniors Centre 266 Hampton Rd, Saanich, BC Nellie McClung Library 3950 Cedar Hill Rd, Saanich, BC Oaklands Chapel 2736 Fernwood Rd, Victoria, BC Oaklands Elem School 2827 Belmont Ave, Victoria, BC	Reynolds Sec School 3963 Borden St, Saanich, BC S.J. Willis Education Centre 923 Topaz Ave, Victoria, BC Tillicum Elem School 3155 Albina St, Saanich, BC University Canada West 950 Kings Rd, Victoria, BC	Church of Latter-Day Saints 2990 Quadra St, Victoria, BC Les Passmore Seniors Centre 266 Hampton Rd, Saanich, BC 455 Boleskine Rd Victoria, BC (250) 952-5025



MAY 2009 GENERAL ELECTION

AND REFERENDUM ON ELECTORAL REFORM

The following persons have been nominated as candidates for Oak Bay-Gordon Head for the May 12, 2009 General Election.

Oak Bay-Gordon Head Electoral District

Candidate's Name:	Financial Agent:	Official Agent:
Ida Chong BC Liberal Party	David Johns 202-911 Yates St, Victoria, BC, V8V 4X3	
Steven Johns Green Party of BC	Steven Johns 324-1900 Mayfair Dr, Victoria, BC, V8P 1P9	
Jessica Van der Veen BC NDP	Jennifer Dickson PO Box 5539 Stn B, Victoria, BC, V8R 6S4	
General Voting Places:		Advance Voting Places:
Arbutus Middle School 2306 Edgelow St, Saanich, BC Cadboro Bay United Church 2625 Arbutus Rd, Saanich, BC Church of St. Aidan's 3705 St Aidan's St, Saanich, BC Emmanuel Baptist Church 2121 Cedar Hill Cross Rd, Oak Bay, BC Glenlyon Norfolk School 1701 Beach Dr, Oak Bay, BC	Gordon Head Middle School 1671 Kenmore Rd, Saanich, BC Hillcrest Elem School 4421 Greentree Terr, Saanich, BC Knox Presbyterian Church 2964 Richmond Rd, Saanich, BC Maria Montessori Academy 1841 Fairburn Dr, Saanich, BC Monterey Middle School 851 Monterey Ave, Oak Bay, BC	Oak Bay Sr Sec School 2151 Cranmore Rd, Oak Bay, BC Torquay Elem School 4413 Torquay Dr, Saanich, BC Victoria Pacific Rim Alliance Church 1792 Townley St, Saanich, BC
		District Electoral Offices:
		Cadboro Bay United Church 2625 Arbutus Rd, Saanich, BC Emmanuel Baptist Church 2121 Cedar Hill Cross Rd, Oak Bay, BC Glenlyon Norfolk School 1701 Beach Dr, Oak Bay, BC 2533 Estevan Ave Victoria, BC (250) 952-5170

The following persons have been nominated as candidates for Saanich North and the Islands for the May 12, 2009 General Election.

Saanich North and the Islands Electoral District

Candidate's Name:	Financial Agent:	Official Agent:
Tom Bradfield Green Party of BC	Anthea McLauchlan 9903 Seventh St, Sidney, BC, V8L 2V8	John Thornburgh 1090 Clayton Rd, North Saanich, BC, V8L 5P6
Murray Robert Coell BC Liberal Party	Susan Mercer 10259 Cleveland Rd, Sidney, BC, V8L 4X9	Kimanda Jarzebiak 203-1110 Government St, Victoria, BC, V8W 1Y2
Gary Holman BC NDP	Sally McAfee PO Box 339, Brentwood Bay, BC, V8M 1R3	
General Voting Places:		Advance Voting Places:
Brentwood Bay Elem School 7085 Wallace Dr, Central Saanich, BC Capital City Yacht Club 10630 Blue Heron Rd, North Saanich, BC Community Gospel Chapel 147 Vesuvius Bay Rd, Salt Spring Island, BC Deep Cove Elem School 10975 West Saanich Rd, North Saanich, BC Fernwood Elem School 150 Fernwood Rd, Salt Spring Island, BC Friendship Baptist Church 7820 Central Saanich Rd, Central Saanich, BC Fulford Elem School 201 Southridge Dr, Salt Spring Island, BC	Galliano Lions Hall 992 Burrill Rd, Galliano Island, BC Gulf Island Sec School 232 Rainbow Rd, Salt Spring Island, BC Holy Trinity Church Hall 1319 Mills Rd, North Saanich, BC Keating Elem School 6843 Central Saanich Rd, Central Saanich, BC Mary Winspear Centre 2243 Beacon Ave, Sidney, BC Mayne Island Agricultural Hall 430 Fernhill Rd, Mayne Island, BC Panorama Leisure Centre 1885 Forest Park Dr, North Saanich, BC	Pender Island Comm School 5714 Canal Rd, North Pender Island, BC Saanich Fairgrounds 1528 Stellys X Rd, Central Saanich, BC Saanich Peninsula Presbyterian Church 9296 East Saanich Rd, North Saanich, BC Saanichton Bible Fellowship 2159 Mt Newton X Rd, Central Saanich, BC Saturna Island Rec Centre 104 Harris Rd, Saturna Island, BC Shoal Centre 10030 Resthaven Dr, Sidney, BC Sidney Pentecostal Church 10364 McDonald Park Rd, North Saanich, BC
		District Electoral Offices:
		ArtSpring Art Centre 100 Jackson Ave, Salt Spring Island, BC Saanich Fairgrounds 1528 Stellys X Rd, Central Saanich, BC Shoal Centre 10030 Resthaven Dr, Sidney, BC 1528 Stellys X Rd Saanichton, BC (250) 544-4421

www.elections.bc.ca / 1-800-661-8683



MAY 2009 GENERAL ELECTION

AND REFERENDUM ON ELECTORAL REFORM

The following persons have been nominated as candidates for Saanich South for the May 12, 2009 General Election.

Saanich South Electoral District

Candidate's Name:	Financial Agent:	Official Agent:
Robin Adair BC Liberal Party	Harbhajan Singh 4029 Cavallin Crt, Victoria, BC, V8N 5P9	Kent Ashby 5217 Beryl Rd, Victoria, BC, V8Y 2M8
Douglas Christie Western Canada Concept	Douglas Christie 810 Courtney St, Victoria, BC, V8W 1C4	
Brian Geoffrey Gordon Green Party of BC	John Bowers 2-737 Vancouver St, Victoria, BC, V8V 3V4	
Lana Popham BC NDP	Laura Neil 5709 Wallace Dr, Victoria, BC, V9E 2G2	Heather Gropp 4087A Quadra St, Victoria, BC, V8X 1K7

General Voting Places:	Advance Voting Places:	District Electoral Offices:
Church of the Nazarene 4277 Quadra St, Saanich, BC Claremont Sec School 4980 Wesley Rd, Saanich, BC Cordova Bay Elem School 5238 Cordova Bay Rd, Saanich, BC Gateway Baptist Church 898 Royal Oak Ave, Saanich, BC Glanford Middle School 4140 Glanford Ave, Saanich, BC Lake Hill Elem School 1031 Lucas Ave, Saanich, BC Lochside Elem School 1145 Royal Oak Dr, Saanich, BC McKenzie Elem School 4005 Raymond St N, Saanich, BC Northridge Elem School 4190 Carey Rd, Saanich, BC Prospect Lake Elem School 321 Prospect Lake Rd, Saanich, BC Royal Oak Middle School 4564 West Saanich Rd, Saanich, BC Salvation Army Church Hall 4030 Douglas St, Saanich, BC Spectrum Comm School 957 Burnside Rd W, Saanich, BC Strawberry Vale Elem School 4109 Rosedale Ave, Saanich, BC Willis Point Comm Centre 6933 Willis Point Rd, Central Saanich, BC Salvation Army Church Hall 4030 Douglas St, Saanich, BC Main Fl, 4243 Glanford Ave Victoria, BC (250) 952-5206		

The following persons have been nominated as candidates for Victoria-Beacon Hill for the May 12, 2009 General Election.

Victoria-Beacon Hill Electoral District

Candidate's Name:	Financial Agent:	Official Agent:
Saul Andersen Independent	David Galbraith 1201 Roslyn Rd, Victoria, BC, V8S 4R7	
Dallas Henault BC Liberal Party	Russell Lazaruk 2508 Westview Terr, Sooke, BC, V9Z 0Y7	
Carole James BC NDP	Tony Sprckett A-1263 Pembroke St, Victoria, BC, V8T 1J6	
Adam Saab Green Party of BC	John Bowers 2-737 Vancouver St, Victoria, BC, V8V 3V4	

General Voting Places:	Advance Voting Places:	District Electoral Offices:
Central Middle School 1280 Fort St, Victoria, BC Church of Our Lord 626 Blanshard St, Victoria, BC George Jay Elem School 1118 Princess Ave, Victoria, BC James Bay Comm School 140 Oswego St, Victoria, BC James Bay New Horizons 234 Menzies St, Victoria, BC North Park Manor 875 North Park St, Victoria, BC Sir James Douglas Elem School 401 Moss St, Victoria, BC Sundance Elem School 1625 Bank St, Victoria, BC North Park Manor 875 North Park St, Victoria, BC	North Park Manor 875 North Park St, Victoria, BC	1318 Blanshard St Victoria, BC (250) 952-5078

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

The MORTGAGE Centre

SOUTH ISLAND



Eric Coching 250-217-2326

**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

Local sailor selected as national sentry

Mary Ellen Green
Staff writer

When LS Jason Bosdet found out he was going to Ottawa to stand sentry at this year's Battle of the Atlantic ceremony on May 3, he was overcome with pride.

"This is the first time I'll be going to our nation's capital, and it's a big honour. I'm proud to wear the uniform and be part of a parade is something I really enjoy doing," he said.

The communications security technician at Base Information Systems was selected to represent Maritime Forces Pacific and serve as naval sentry alongside a Master Seaman from HMCS Fredericton of Maritime Forces Atlantic, and a Petty Officer Second Class from the Naval Reserve Division HMCS Star.

He travelled to Ottawa last week for five days, accompanied by his father, a retired Air Force member, to be part of the May 3 ceremony at the National War Memorial.

Although he has volunteered for many parades in the past, it was his first time standing sentry and he brushed up on his ceremonial rifle drill before leaving for the event.

"I've never really done anything of this magnitude before," he said. "For training I went over to Nelles Block two or three times a week,

**It's a big honour.
I'm proud to
wear the uniform
and being part
of a parade is
something I really
enjoy doing.**

-LS Jason Bosdet

signed out a mock C7 rifle and went into one of the TV lounges and practised standing still for a few hours."

He also spent time at the Naden Drill shed going over the drill one-on-one with a drill instructor.

As sentry, LS Bosdet had to stand in the rest on your arms reversed position for up to two hours; C7 barrel on his left boot, grasping the butt in the left hand, right hand over left, head lowered until the chin touched the chest. LS Bosdet had 10 seconds to get into position from present arms.

Wearing his N1 Dress Tunic, with white gloves and web belt, LS Bosdet stood with pride at the cenotaph on Sunday.

"This was a great opportunity to represent the West Coast and to share this important military time with my father," he said.

He also attended a cocktail party, and visited the National War Museum while in Ottawa.

**Wondering how you'll
manage the rising cost
of post-secondary
education?**

Apply for a **low-interest loan** through the Educational Assistance Loan Program offered by the Canadian Forces Personnel Assistance Fund (CFPAF).



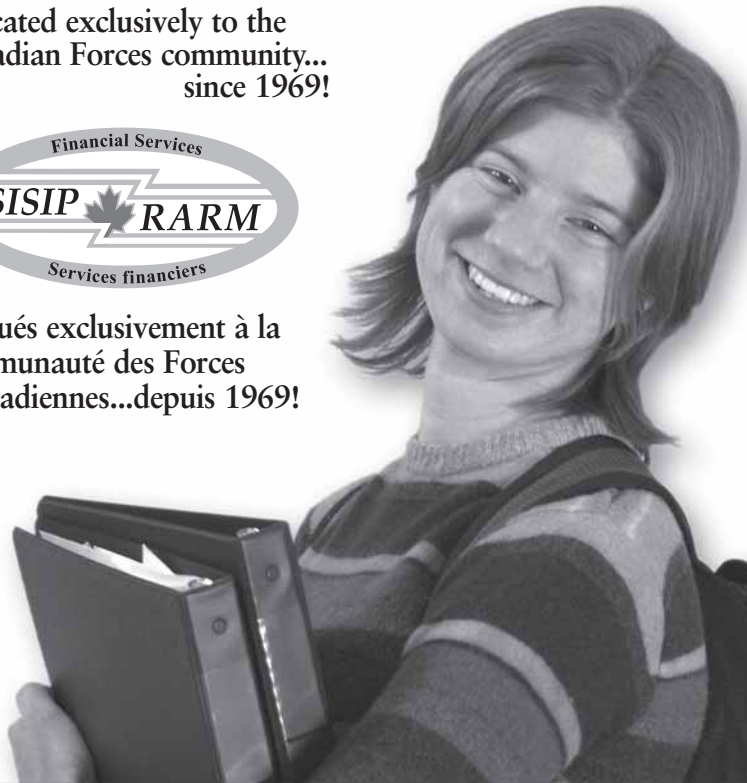
**La hausse des frais
d'études postsecondaires
vous préoccupe?**

Communiquez avec la Caisse d'assistance au personnel des Forces canadiennes (CAPFC), qui offre des **prêts à faible taux d'intérêt** dans le cadre du programme de prêts d'études.

Dedicated exclusively to the
Canadian Forces community...
since 1969!



Dévoués exclusivement à la
communauté des Forces
canadiennes...depuis 1969!



www.sisip.com
1-888-753-9828 • Ottawa: (613) 760-3447

Have you seen our new website yet? It's pretty nice. www.lookoutnewspaper.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

Unbeatable Value!



**Don't miss your opportunity -
Presale Registration List filling up fast!**

Raising the Standard of
Homes in the Westshore

- Detached, Fee Simple homes with unprecedented value and flexibility.
- Duplex, Detached and Legal Suited Homes available.



Mike Hartshorne 250.474.6003
www.ParkdaleCreek.com

Protecteur completes TC-10K run

SLt Justin Raymond
HMCS Protecteur

With the port of Qingdao, China, and the International Fleet Review behind them, the thoughts of HMCS Protecteur's crew turned homeward.

For the second year in a row, while away from home, Protecteur threw down the gauntlet and organized a 5/10 kilometre Fun Run in the spirit of the Times Colonist, 10k.

While transiting the Yellow Sea on April 25, which was a chilly, windy day, 65 members of the crew laced up their running shoes and brought "the thunder" Protecteur style. Donations to the ship's charity fund were collected and approximately \$600 was raised.

To achieve maximum participation, a running "window" of seven hours was established in order to accommodate watchkeepers and mitigate interference with other ship activities. Two running options were available to the par-

ticipants: a 5K or 10k run. Due to Protecteur's length (564 feet), 30 laps around the upper deck is equivalent to 10 kilometres. Taking advantage of Protecteur's layout, several volunteers transformed the upper deck into a running track complete with water stations.

The initiative to bring about this event can be attributed to Lt(N) Darren Sleen, who, after receiving the full support of the ship's command team, challenged members of Protecteur to "get their run on" for a good cause.

Throughout the deployment, physical fitness training has been heavily encouraged. A physical fitness routine that has many benefits while on board a ship was readily apparent by the amount of participants who completed the 5/10k run. This event, like the various operations that Protecteur will conduct during Western Pacific Oiler, is not possible without the spirit of Protecteur's ship's company.



Photo courtesy of HMCS Protecteur
Sailors were all smiles as they made their way around, and around, HMCS Protecteur's upper deck for a 10 kilometre run.

Welcome
to the Park Inn & Suites
Vancouver Broadway.

We warmly
invite our
Defence
Community.



898 West Broadway, Vancouver, BC V5Z 1J8
800-670-7275 or (604) 872-8661
www.parkinn.com/vancouverca

park inn
& Suites



In celebration of Mother's Day

Bikram Hot Yoga Langford is having an open house where all classes are FREE.

Visit www.bikramyogalangford.com for class times.

SAT. MAY 9
&
SUN. MAY 10



Bikram Hot Yoga

THE HOTTEST THING IN FITNESS
YOGA: LOOK GOOD ~ FEEL GOOD ~ DO GOOD

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

Correction

The photo captions for Cpl Thomas Patterson's CD presentation and PO2 Byron Rempel's promotion on page 11 in issue 16, April 20th, of Lookout were incorrect. The captions should have said the members were from MARPAC/JTFP HQ, not Athena.



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

"MAJOR CASH"

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

250-384-1001

#204-941 Esquimalt Road

EXCEPTIONAL VALUE!
from **\$249,900**

- National Home Warranty
- TD Canada Trust
- Mountain & Ocean Views
- Just 2 Minutes to Base
- Underground Parking
- National Home Warranty 2yr-5yr-10yr Insured
- Health & Fitness Gym
- Stainless Steel Appliances
- Granite Counter-tops
- Hardwood Flooring



Come View Our Showsuites

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

Register Today!
THEOVATION.CA

Call Now!
250.595.0004

Ovation



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

YOU ARE INVITED Spring Art Show and Sale, one day only. Saturday, May 30, 2009. 10 am - 5 pm. St. Paul's Church Hall. 1379 Esquimalt Rd. Free Parking and refreshments. Esquimalt's Painters Group

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.victoria-toastmasters.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!

Bring ATTENTION to your business
Lookout Classifieds
363-3014

O most beautiful flower of Mount Carmel, fruitful vine, splendor of heaven, blessed mother of the son of God, immaculate virgin, assist me in my necessity. O Star of the Sea, help me and show me that you are my mother, O, Holy Mary Mother of God, Queen of heaven and earth, I humbly beseech you from the bottom of my heart to help me in my necessity. (Make your request.) There are none that can withstand your power. "O Mary conceived without sin, pray for us who have recourse to you." (Three times.) "Holy Mary place this prayer in your hands." Say this prayer three consecutive days and then publish it and it will be granted you. JK

REUNIONS

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.

MISC FOR SALE

UTILITY TRAILER FOR SALE. Metal frame purchased from Canadian Tire and wooden box built onto it. 2 years old. Used to haul camping equipment. Asking \$300 obo. Call 250-391-9666 or visit <http://www.usedvictoria.com/classified-ad/8865358>

BUS OPPORTUNITY

FROM ONE MILITARY SPOUSE to another..... Learn to earn income from your own home & have a business that easily transfers when you do. Enhance yourself, your family, and your future. Visit www.enhanceyourself.info

VOLUNTEERS

VOLUNTEERS ARE NEEDED to assist individuals with disabilities to get out and be active! By devoting as little as one hour a week, you have the opportunity to participate in an activity you enjoy while giving back to the community. Males needed especially! For more information or to volunteer please call the Leisure Assistant Coordinator at 250-477-6314 ext. 15 or volunteers@rivotline.org

APPLIANCES

WESTCOAST 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.

REAL ESTATE • FOR RENT

3 BEDROOM, TWO BATHROOM 1450 SQFT. house with garage and shed for rent in Sooke on .33 acre in a good neighborhood. Close to John Muir Ele. School and buses nearby. Master bdrm. has walk in closet and ensuite bath with jacuzzi tub. Comes with w/d, f/s & d/w. Easy to heat. \$1600/mo. plus utilities (hydro, cable, telco, water) Avail. 1st May. Pets neg. N/S. Call Greg or Ruth 250-642-5269 for interview.

1 BDRM. SUITE, PRIVATE entrance. Heat/HW included. Shared laundry, \$750/mo. NP/NS. Near Goldstream Provincial Park Campground. 250-479-0596.

NEWLY RENOVATED 3 BDRM, family room, formal dining room, huge living room, large kitchen, all new bathroom, hardwood floors, tiled hallway and bathroom. Fenced yard. Near bus route. close to shopping & park. NS/NP Avail. Immed. \$1650/mo. Walter Avenue 250-920-0958.

PANORAMIC VIEW, BRIGHT ground level 2 bdrm. suite with sunny patio. All new appliances, carpet, tiled flooring in hallway and bathroom. Cable & phone hookups in both bedrooms. Perfect for Roomates. Nice, Quiet Neighborhood. \$1300/mo. Inclusive. Avail. June 1st. 250-920-0958.

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

STORAGE

SELF STORAGE RESIDENTIAL & COMMERCIAL
• 5'x5' - 20'x34' units
• Lit and Fenced
• 7 Day Computerized Access & Security System
VERY COMPETITIVE RATES
ARDEN'S SELF STORAGE
642-6363 (WEEKDAYS)
2059 IDELMORE RD., SOOKE

1 BDRM. DOWNTOWN QUADRA ST. Avail. June 1st. Laundry avail. NP/NS. Damage deposit, references. \$900/mo. 604 230 1901 or jgaris@telus.net.

3 BDRM. TOWNHOME, 3 bthrm., quiet neighborhood, close to parks, schools, rec centre, bus route. Fenced back yard with deck, fireplace, 5 appliances, cent. Vac. garage, storage. avail. June 15th or July 1st. Rent includes: water, garbage, and yard maint. N/S, willing to consider indoor cat or small dog. \$1700/Mo. 250-888-6510.

ROYAL ROADS AREA. Beautiful, bright 2 bdrm, ground floor duplex. Newly decorated. All appl. Suits quiet single or couple. Lrg kitchen, lrg garden. Avbl May 1. NS/NP preferred. \$1100/mnth. 250-370-7895.

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

2 BDRM. PLUS OFFICE FULLY FURNISHED suite for rent. All utilities, phone, cable, & internet included. N/S, N/P, No children. \$1500/mo. Available May 1st for one year lease. for more info go to: <http://tinyurl.com/cbfncd> or phone 250-664-7739.

1 BDRM. + DEN, GROUND floor. Oak Bay border. On direct bus route to dockyard. \$900/mo. + half elec/mo. Avail. June 1st. 250-995-8520.

Baywood Property Management Ltd
FOR RENT

1023 Gosper Crescent
• 4 bedrooms
• Appliances
• Garage
• Media room
• Avail. NOW
• \$2200+ utilities
• 3.2 km to base

#10 - 915 Glen Vale Rd
• 2 bedrooms
• Waterfront
• New upper duplex
• Appliances
• Dble garage
• \$1850+utilities
• 2.5 km to base

See these and more homes at **baywood.ca** or call 250-592-5852

WANTED

RETIRED NAVY CHIEF SEARCHING For C.A.F. SENTINEL magazines. Require 1977 volume 13 issues 4,5,6. Depending on condition I will pay up to \$25.00 per issue plus mailing charge. contact me at WJedge@accesscomm.ca.

BUILD YOUR BUSINESS WITH LOOKOUT CLASSIFIEDS
CALL 363-3014 TO ADVERTISE

RENT NEAR BASE

2 bedroom Duplex, Old Esquimalt by Brodeur school. Quiet & recently renovated, large yard, 4 appliances. Available now.
1 bedroom - \$750, NS/NP, (corner of Head & Old Esquimalt). Available June 1/09
Phone: 250-361-5344

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

Gorge View

Apartments
258 Gorge Rd. E
Park-like setting located where the Galloping Goose Trail meets the Selkirk Waterway.
• Spacious & Clean Bachelor, 1 & 2 bedroom apartments
• Indoor pool, sauna & HotTub
• Racquetball Court
• Fitness Facilities
• Heat
• Hot water

Call to view
380-6566

AUTOMOTIVE

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

ELECTRICAL

ROBERT TANGUAY CD
TANGUAY Electric
BONDED INSURED
882-8185

HELP WANTED

Hire canadianmilitary.com
Skills Above the Ordinary!

NEED TO CLEAN OUT THE CLOSET?

Advertise your quality used items in the classifieds

Call 363-3014

ADVERTISE IN THE LOOKOUT CLASSIFIEDS. CALL 250-363-3014.

SERVICES OFFERED

Get Back to Class! You Could be Earning **More Money!** **Start Today!**

Professional Career Training In:

- Practical Nursing • Resident Care Attendant
- Tourism & Hospitality Management • Legal Business Management • Administration
- Electrical Level 1 • Residential Framing Technician

Sprott-Shaw COMMUNITY COLLEGE since 1903
Victoria, Nanaimo, Duncan, Courtenay
(250) **310-HIRE (4473)**
www.sprott-shaw.com

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 RENT

BROWN BROS SINCE 1918
250-385-8771

837 Ellery St., Esquimalt
1 Bdrm, Top Floor
Avail. June 1, 09 • \$795/month

Includes heat and hot water
Close to shopping, bus stop, CFB Esquimalt
Well-maintained, quiet building
No pets please

CALL 250-217-0757

REAL ESTATE • FOR SALE

Buying or Selling?

As a military wife, proud to support the defense community, my goal is to help simplify your next move.

\$1000
military discount available

PEMBERTON HOLMES ESTABLISHED 1887

Christina Ellis
Direct: 250-857-6045
Christina@ChristinaEllis.ca

Visit **WWW.CHRISTINAELLIS.CA**
For more information

Service et valeur Biligual Services

 • automobile • vie • habitation • voyage

Hélène Desrosiers
Agente
Agente en assurance de dommages des particuliers

1150, Autoroute Duplessis, unité 600, Québec (Québec) G2G 2B5
418-877-6262, poste 5012
Sans frais : 1-866-749-1979
Courriel : hdesrosiers@allstate.ca

Allstate
Vous êtes en bonnes mains.

Allstate du Canada, compagnie d'assurance MD

Esquimalt Character

Nicest character home on the market.
1912 Saxe Point Character, one block from the ocean, 4 bedroom plus library and 2 bathrooms. Plenty of updates: new roof, new driveways, new deck surfaces, granite counters, updated bathrooms and much more.

RE/MAX Lindsay Mawson
CAMOSUN (250) 744-3301
www.lindsaymawson.com

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

 **Executive Duplex**

3 Bedroom, 3 Bathroom \$434,900

Built in 2007 and 10 minutes to the base. Spa-like ensuite & yard with water feature.

Call Deidra Junghans at DFH 250-477-7291

POSTED to Halifax?

Call Sheila today for a Buyers Package

RELOCATION SPECIALIST
Sheila Banser
902.830.8757
sheilabanser@royallepage.com
www.homesinhrm.com

ROYAL LEPAGE
Atlantic
GO BEYOND

FIND US ONLINE
WWW.LOOKOUTNEWSPAPER.COM

Posted to Kingston?

Call Sheri Somerville

Sales Representative
Member of the DND Relocation
Direct 613-572-3600
Office: 613-384-5500
Fax: 613-384-6800
Email: ssomerville@sutton.ca

Sutton
sutton group-masters realty inc.
Brokerage independently owned and operated

DND IRP Relocation Specialist

1650 Bath Road
Kingston, ON
K7M 4X6

YOUR AD HERE

for advertising
Contact Josh
250-363-8602
buck.jj@forces.gc.ca

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



Sell your home in the Lookout

Call 363-3014

SERVICES OFFERED

QUIT SMOKING


in just **ONE HOUR** - only \$299 INCL. DETOX

• Drug & Alcohol Addictions
• Weight Control & Stress

Private, Safe, Painless, Drug Free, Confidential.

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

Now that's...



Kool
Today's Best Music

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

