

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

Formation Fun Day
 June 27, 2009
 Loads of fun filled activities for all ages.
 Featuring THE GREAT RACE!
 Get your team together now to compete for great prizes!
 at CFB Esquimalt's Naden

COMMUNITY 3
 MP brings passion to Tour de Rock



SHIP NEWS 10
 Protecteur crosses the line with a bit of fun



Editorial & Opinion..... 4
 In Focus 5
 Bravo Zulu..... 13
 Classifieds..... 14-15



Voyage fit for a prince

Cpl Roderick Hopp, Base Imaging Esquimalt

Prince Edward, Earl of Wessex, (right) joined by Rear- Admiral Tyrone Pile, Commander Maritime Forces Pacific/Joint Task Force Pacific, stands on the starboard side of HMCS Calgary for the review of the Royal Canadian Yacht Club while entering Vancouver Harbour for the June 5 naval mast dedication ceremony at Prospect Point.

HMCS Calgary transports royal guest

Shelley Lipke
 Staff writer

A naval mast dedication in Vancouver's Stanley Park on June 5 marked the beginning of Canadian Navy Centennial celebrations of the West Coast. It was especially memorable for the crew of *HMCS Calgary*, who had the rare privilege of transporting a member of Britain's royal family, His Royal Highness Prince

Edward, Earl of Wessex. "It was a unique and memorable honour to have the opportunity to host a member of the royal family in *Calgary*," said Commanding Officer Cdr William Quinn. "The visit was one of those kinds of events that sailors brag about to their friends on other ships and recount proudly to their family and friends." After being transported to

the ship via Sea King helicopter with B.C. Lieutenant-Governor Honorary Captain(Navy) Steven Point, Prince Edward was greeted by Commander Maritime Forces Pacific/Joint Task Force Pacific RAdm Tyrone Pile, Base Commander Capt (N) Marcel Halle and Cdr Quinn, but he spent most of his time speaking with the ship's crew during his journey to Vancouver, said Cdr Quinn.

While on board, Prince Edward paid his own homage to naval history by ordering an age old tradition not often seen in Canada—a splice the main brace. Traditionally, this custom was ordered to celebrate the crew's hard work and entitled each sailor or a tot of rum. Today, the order may only be initiated by a member of the royal family or the Governor-General of Canada.

See Flags on page 2

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!

Great Canadian DOLLAR STORE
 "working together for success"®
 Explore your future with our growing franchise!
 We're a family business that believes that fun and profit go hand in hand. Learn about becoming a member by calling us toll free at 1-877-388-0123 ext. 229
FUN, PROFIT, SUCCESS

VIDEO PHONE YOUR FAMILY!
 Local & Long Distance within Canada & U.S.
ONLY \$32.99/MONTH - no other fees!
 Includes: video mail, digital photo frame, call display and much more...
CALL GEORGE 250-412-2033 / EDWARD 412-2040

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

BEACON
LAW CENTRE
 LAWYERS. NOTARIES

Real Estate • Business Law
 Wills & Estates

P 250.656.3280
TF 877.295.9339

4599 Chatterton Way, Victoria
 104-9717 Third Street, Sidney
 5-7115 West Saanich Rd, Brentwood Bay

www.beaconlaw.ca

Lianne Macdonald *Del Elgersma*



CPO1 Mark Moger and LCdr Gary Friedrich, representing Maritime Forces Pacific, lay coins at the mast-stepping ceremony at Prospect Point on June 3 in advance of the naval mast dedication ceremony held on June 5. Placing coins at the mast-step of ships is thought to bring good luck to the vessel.

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**

Flag ceremony marks year of celebrations

From page 1

"This order was well received by the ship's company, and was certainly the first time this honour had been bestowed upon a Canadian warship in decades," said Cdr Quinn.

While this naval tradition normally involves the entire ship's company raising 2.5 ounces of dark rum in unison, off-duty crewmembers LS Michael Gregg and MS Josh Schmidt were chosen to partake in this tradition. Other crewmembers had to wait to follow suit until they were alongside in Vancouver and off duty.

"Prince Edward signed a certificate offering us to partake, and then the three of us raised our cups, downed the rum and raised our cups once more," said MS Schmidt. "Taking part in this ceremony has made me grateful. I will always remember this exciting experience and I am greatly honoured to have been chosen for this event," said

MS Gregg.

As the ship neared the Port of Vancouver, Prince Edward took the salute as the Royal Vancouver Yacht Squadron sailed past.

Once ashore at Canada Place, the prince and his hosts were greeted by the Vancouver Police Guard of Honour and the Vancouver Fire Department band who played "God Save the Queen." The dignitaries then travelled by motorcade to Prospect Point for the mast dedication ceremony.

During the celebration, RAdm Tyrone Pile spoke about the Canadian Navy's centennial celebrations.

"The highlight of our centennial celebrations will be next year's International Fleet Review, with some 26 navies of the Indo-Pacific region arriving in our waters to celebrate our 100 years of history," he said. "Today's ceremony marks the opening of those centennial celebrations for the West Coast Formation. In a



Cpl Roderick Hopp, Base Imaging Esquimalt Prince Edward signs the certificate for a splice the main brace.

moment, a large Canadian flag will be raised. It will

be a welcome beacon to everyone that enters the City of Vancouver by sea. That same flag is carried by ships of the Canadian Navy wherever your navy sails and is a welcome symbol of the values and traditions of our wonderful country," he said.

Four flags representing the Province of B.C., the City of Vancouver, the Canadian Navy Centennial and Maritime Command were raised to the yard-arm on the 80-foot mast, below the larger Canadian flag, which will be visible to vessels arriving in and departing from the Port of Vancouver.

They will fly until the completion of the naval centennial celebrations.

Vancouver Island's #1 Auto Credit Team!

EASY APPROVAL

RATES from 5.49%
 ON APPROVED CREDIT

Dieter **Giles** **Trent** **David** **Ryan**

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

Low Bi-Monthly Payments

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

MP tours the rock for charity

Shelley Lipke
Staff writer

Watching his sister battle leukemia, Sgt Lamont French knows the pain cancer can bring and that's driving him to raise as much money as possible for this year's Cops for Cancer Tour de Rock.

"Cancer affects everyone, and this is the one thing that I can do to help the kids," he said. "My personal goal is to raise \$5,000 for this cause."

His sister's leukemia and the battles other members of his family have fought with cancer fueled the military police officer's passion to sign on as a rider in the annual fundraising bike ride around Vancouver Island.

"After almost losing my sister on the emergency room table, her leukemia has been in remission for nine years now. I have two aunts that have beaten breast cancer. I lost my dear grandfather to cancer, and I'm dedicating this ride to his memory," said the 45-year old cyclist.

As one of three military police in this year's ride, he will cycle 80 to 150 kilometers a day totalling more than 1,000 kilometers during the 13 day ride around Vancouver Island. Joining him will be LS Matthew Schlauch from CFB Esquimalt and Cpl Trevour Harding from 19 Wing Comox, along with 18 RCMP, RCMP auxiliary and city police officers from across Vancouver Island and two media personalities.

"I want to do all that I can to help these kids live the best life they can, or better yet, help find a cure for cancer. The tour itself is not about the 23 riders, it's about the reason we are riding." The funds he and the other riders raise before and during the ride will help send more than 300 children with cancer to Camp Goodtimes in Maple Ridge, B.C. and will also help fund cancer research.

Prior to the ride, the Tour de Rock team will visit Camp Goodtimes and have an opportunity to meet some of the children. "I will probably end up crying also once I see and understand first hand just what it is they go through," he said.

Each rider is teamed up with a junior rider - a young cancer survivor who is now in a position to help other children and act as a motivating factor for them. Sgt French hopes to partner with 14-year-old Carmin Blomberg.

"Carmin was diagnosed with cancer shortly after she was born and, after fighting it for five years, she has been in remission ever since. I think she's an incredible source of inspiration and we've asked to be paired up together for the ride," said Sgt French. "Carmin will show up at some of the venues



Shelley Lipke, Lookout

Cops for Cancer Tour de Rock rider Sgt Lamont French with the bike he'll ride around Vancouver Island at Clover Point.

during the ride and has designed a 2009 poster, which will be a part of this year's Tour de Rock poster."

Last year's tour raised \$1.7 million, and this year's goal is set at \$2 million, which includes corporate donations. "Within this amount, our team is aiming to raise \$250,000," he said.

Among the many fundraising initiatives up his sleeve, Sgt French is using a personal weight loss goal to up the ante on donations.

He has vowed to lose 75 pounds by the time the Sept. 19 ride rolls around or he will match the highest donation under his name of the Cops for Cancer website.

Sgt French and LS Schlauch are brainstorming a number of other fundraising initiatives to bring in as much money as they can.

"On June 17 we are hosting a bike rodeo in Belmont Park geared to put kids through safe cycling practices and raise money from their parents and anyone else who wishes to attend and help support this great cause," said Sgt French. "We are also thinking about holding an Amazing Race in Victoria and hopefully involving one

of the ships in a day sail."

So far Sgt French has raised \$975 with all donations tracked and recorded on the Cops for Cancer website.

In the months leading up to the ride, both men will be busy preparing for the physical demands of being in the saddle for 13 consecutive days. "We started training in February once a week and now are training three times a week, focusing on distance, hills and speed," said Sgt French.

With a few 100 kilometre charity bike rides under this belt, cycling this distance daily for 13 days will be a challenge, but a welcome one, he said. "The pain I will go through is nothing compared to what these kids go through on a daily basis. If I can help make even the smallest difference with some sweat, aches and pains then it will help me feel I have accomplished something of great pride, and maybe make a difference in some child's life for the better."

To support either Sgt French or LS Schlauch go to the Cops for Cancer website, click on British Columbia/Yukon, then on Vancouver Island 2009, and support a rider.

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



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

Chris Benesch



OFFERING WORLD-WIDE SHIPPING
sandsvictoriafh@arbornemorial.com

TRACKSIDE

AUTO SERVICE LTD.



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




40 YEARS EXPERIENCE **784 Fairview Rd.**
Servicing Automobiles **250-383-5509**

UNIGLOBE Travel

Rome

Air & Hotel package

July departures from \$1587

Includes: air from Vancouver, accommodation, daily breakfast and transfers
Bonus: Eternal Rome Tour

*prices per person based on double, 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



Family Combo \$18.95

Pick-up only

Includes Butter Chicken, Rice, 2 Naan, 4 Samosas, 4 pcs. Gulab Jamun

Some restrictions apply. Cannot be combined with other offers. No cash value. Discount not applicable to beverages. Must present coupon.

Fine East Indian Cuisine.

We specialize in vegetarian.

24 Burnside Road West (next to 7 Eleven)

Victoria # 778-430-5858 (KUKU)

matters of OPINION

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

Mike Laidlow 250-686-1379
mike.laidlow@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 lundis, sous l'égide du Capt(N) Marcel Hallé, Commandant de la Base.

The editor reserves the right to edit, abridge or reject copy or advertising to adhere to policy as outlined in CFAO 57.5. Views and opinions expressed are not necessarily those of the Department of National Defence.

Le Rédacteur se réserve le droit de modifier, de condenser ou de rejeter les articles, photographies, ou annonces publicitaires pour adhérer à l'OAF57.5. Les opinions et annonces exprimées dans le journal ne reflètent pas nécessairement le point de vue du MDN.



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



FILM *friday*

New DVDs: Eastwood takes surly to new level

W. Andrew Powell
The GATE

A fresh stack of DVDs arrive in stores this week, including the Clint Eastwood drama *Gran Torino*, *The International* starring Clive Owen and Naomi Watts, plus the teen comedy *Fired Up*.

Gran Torino

Throughout his long and incredible career, Clint Eastwood has starred in and directed some of the most interesting and amazing films of the last 40 years. In that time he has played his share of tough, no-nonsense men, and directed them as well, but the character of Walt Kowalski takes that old surly attitude to new heights.

Eastwood stars in and directs *Gran Torino*, an odd drama about a prejudiced old man named Walt who becomes an icon for the people he seems to hate.

Disenfranchised from his church, his family, and living in a community that has slowly been turned into a multicultural suburb, trouble comes to his own front yard, and aging Walt doesn't hesitate in dealing with a local gang that is making trouble for the family next door.

As the community celebrates him he tries to adjust, and slowly comes to realize what he really thinks about the people he has always riled against.

For me, what makes *Gran*

Torino a good film is not necessarily the acting, or even the direction, but the tones in the story itself, which take a head-on approach to racism. It is not a subtle film, but it can be clever, and Eastwood plays Walt to the utmost believable level, infusing the character with heart, buried beneath the broken, craggy exterior.

The truth is that a lot of the film left me rolling my eyes, including most of the last twenty minutes, but *Gran Torino* left an impression on me that conquers even the most ham-fisted and melodramatic of endings.

Considering Eastwood has suggested this might be the last film he stars in, it's a worthwhile effort, and his performance is a huge part of that. But looking at his recent directorial efforts, including *Changeling* and *Letters from Iwo Jima*, it's clearly time for Eastwood to stick to directing.

The International

You could hardly pick a better subject for our trying times than a movie that tackles corruption and world-wide investment schemes in the banking industry.

Clive Owen stars as Interpol Agent Louis Salinger in this thriller about a powerful investment bank, which clearly has evil ties, and a tendency to kill people with loose lips.

Working with an American district attorney, played by Naomi Watts, the two go on a far-reaching search for connected individuals who could help them bring the bank to justice.

Their search leads them from Berlin to Milan and then to New York, building on leads and counting the bodies that start to pile up.

Directed by Tom Tykwer, the man who brought us *Run Lola Run*, *The International* has an interesting, if convoluted plot that runs just on the edge between boredom and brilliance. Owen broods his way through the details, but because he invests a lot into this role, he is easily the best part of the film, especially compared to the otherwise half-interesting or half-developed characters.

Watts is especially bad in this film, walking into a closet that the script-writers built for her, and never bothering to turn on a light. Her character also seems like a lost soul, brought in during an earlier version of the script that might have once given her something to do, but in the final cut, it's hard to care why she would even bother to show up.

Lastly, don't let Columbia Pictures' misleading trailers get the better of you. *The International* is a thriller, with one big, explosive scene, but the rest of the film is essentially

a tense drama focused on one great actor.

Fired Up

Let's just get this out of the way. The critics are not impressed with *Fired Up*.

That said, critics have a tendency to reject films that don't strive for greatness and they often miss one of the most important things: sometimes audiences just want a good laugh. It's not rocket science people.

In this made-for-teens film by first-time director Will Gluck, two high school guys (Nicholas D'Agosto and Eric Christian Olsen) ditch football camp for their dream experience: cheerleader camp. As the only two guys with this idea, this of course gives them access to a camp full of beautiful women, but what happens when one of them falls for the head cheerleader? Or when the two guys need to actually help make it into a cheer competition?

Fired Up will not win any awards, but it will make you laugh and the rapid-fire puns and jokes are ten times more ingenious than any of the recent spoof movies. Considering my initial disdain for this film, I almost feel like I owe the filmmakers some sort of apology, but they'll have to settle for my happy recommendation of this slick and silly comedy.

SPORTS *trivia* by PO2 Bill Sheridan Contributor

Baseball Greats

QUESTIONS?

1. What is Henry Chadwick credited with creating in baseball?
2. What was the first hit Pete Rose had in the major leagues?
3. In the early days of ball, what covered the Green Monster?
4. Which two Canadians have won the Cy Young award?
5. How many times was Billy Martin hired by the Yankees to manage?
6. What four players are in the 40/40 club, home runs and stolen bases?
7. Who won the most games for the Montreal Royals of the international League?
8. What manager has been named manager of the year a record eight times?
9. What was the Beadle Baseball Player?
10. What is the average life span of a major league baseball?



- ANSWERS
1. Scorekeeping (plays)
 2. Triple after going 0-11
 3. Advertisements until 1947
 4. Eric Gagne and Fergie Jenkins
 5. Six times, but he passed away before he started the sixth.
 6. Canseco, Barry Bonds, A-Rod, and Alfonso Soriano
 7. Tommy Lasorda
 8. Bobby Cox
 9. The first baseball guide for public sale.
 10. Five to seven pitches

Floyds 829 Admirals Rd Unit D
Hairstyling For Men
Military Cuts \$11.00 + 5% GST
Straight Razor Finish
26 years experience
FIRST BARBERSHOP IN ESQUIMALT TO HAVE AN APPOINTMENT SYSTEM. 250-893-1002

PHOENIX CYCLE
Parts, Accessories, Service for Harley Davidson® Motorcycles
Military Discount Offered
www.phoenixcycle.com
phoenixcycle@shaw.ca
1107 Goldstream Ave. 250-474-1111

SELECT MORTGAGE CORP
Introducing the 50/50 mortgage
1/2 your mortgage at a fixed rate 4.09%
1/2 your mortgage at a variable rate 2.65%
Current 5 year effective rate 3.38%
www.mortgagesbylori.com
Lori Lenaghan
MORTGAGE CONSULTANT
C. 250-888-8036

INFOCUS



MCpl Elton Adams, a military police officer from Halifax, serenades 55 Boomers Legacy cyclists as they pass Goldstream National Park on June 12 for a two day ride to Courtenay. This year's ride is the third annual ride, which raises money for the Assistance to Afghanistan trust fund, a fund to help soldiers disperse money to help aid children and citizens of Afghanistan. The ride is in honour of Cpl Andrew "Boome" Eykelenboom, a medic who was killed in Afghanistan.

Shelley Lipke, Lookout

Cdr Hayden Edmundson (left) signs over command of HMCS Regina to Cdr Derek Moss (right) during HMCS Regina's Change of Command Parade held at A Jetty on June 12. Presiding over the signing was Cmdr Ron Lloyd, Commander Canadian Fleet Pacific.

Cpl Roderick Hopp, Imaging Services Esquimalt



Sailors from HMCS Malahat, on board an Orca-class vessel, hand over treasure to children on the 5th annual Variety Boat for Hope, which provides children who have special needs a fun-filled day on the water.

Held on June 6, the event featured a variety of boats touring Victoria's Inner Harbour, stopping at five sponsored treasure hunt check-points.

Sgt Ed Dixon, 39 CBG Public Affairs

INMEMORIAM

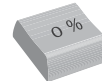
Private Alexandre Pélouquin from the 3e Bataillon, Royal 22e Régiment based at Canadian Forces Base Valcartier near Quebec City, was killed when an explosive device detonated during a foot patrol in the Panjwai District, Afghanistan, on June 8.



Autocredit experts

will earn your business with fast, confidential service. Good credit, bad credit, we deliver them all over Western Canada.

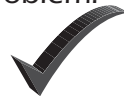
Bad Credit? - No Credit? - No Problem!



1.888.442-5648

or Apply Online

www.DriveHomeNow.com



needs volunteers

Be part of the excitement.

A variety of volunteer positions are available: traffic control, parking, hospitality, clean-up and more.

Must be 19 or older.

Interested?

Visit www.mountainfest.com to complete an online application.

Click on "festival info" - "volunteers"

July 10 - 12, 2009

CFHA Residential Housing Unit Topsoil drop off locations

Belmont Park

- Corner of Clio & Ganges
- Grass area next to 255 Ganges
- Corner of Virago & Bruce beside power pole
- Grass area across from 410 Tribune
- Grass area beside garage H on Prevost
- Inside asphalt curb at the bottom of Belmont
- Grass area across from 280 Baillie
- On grass in front of rock area beside 213 Lascelles
- Grass area behind 298 Zealous
- Grass area behind 137 Egerton
- Beside play ground at the bottom of Thetis
- Curb area at the corner of Forward & Orelebar

Work Point

- Between 990 and 899 Bewdley
- Beside the chain link fence across from 975 Bewdley
- Grass area across from 979 Thomas
- Grass area across from 951 Clent
- Grass area beside 474 Strange
- Grass area beside 466 Moody
- Beside cedar hedge and pole at 941 Gault

Royal Roads

- Beside the playground on Wellesley
- Across from 2087 Mayne

Naden

- Beside upper end of playground on Hotham

Signal Hill

- Corner of Campbell & Moresby

Rocky Point Road

- Between 9 & 10 Rocky Point Road

Dockyard

- Grass area across from Dockyard 195

Wilfert Road

- Across the street from 147 Wilfert Rd

Quantity is limited so please use sparingly.



Firefighters brush up on

During manhole rescue training on June 5, CFB Esquimalt firefighters tested gear and honed their rescue techniques for retrieving someone from a manhole. Firefighters must be able to deal with the hazards of fibre optic and telecom cables that lie beneath the manholes to rescue a person trapped beneath them.

Left: Laine Jeannotte played the victim and was fitted with a harness so he could be hoisted out of the manhole to safety.

Right: Jean-Paul Condon, equipped with a breathing apparatus, exits the manhole after the exercise.



rescue skills

Formation Fun Day

GRAND PRIZE!
Cruise for 4 from Van to San Fran.
1 night in San Francisco & return flight to Victoria

Kid Stuff

- Sumo Suits
- Bouncy Castle
- Petting Zoo
- Face Painting
- Pillow fights
- ...and more!

Big Kid Stuff

- Massages
- Wii Challenge
- Amazing Race
- Shooting Gallery
- Martial Arts
- Gladiator
- ...and more!

DOOR PRIZES!

Location:
CFB Esquimalt (Naden)

FREE ADMISSION!

Open to ALL members of the Defence Community

**SATURDAY
JUNE 27, 2009
12 - 4PM**

Race for Amazing Prizes!

Prizes Donated by:

- Smoken Bones Cookshack
- Tudor House Pub
- Great Canadian Oil Change
- Garlic Rose Cafe

- Princess Mary Restaurant
- Harbour Air
- And many more...

Brought to you by:

ESQUIMALT Military Family Resource Centre
Your community. Your resource centre. Get connected.

Esquimalt takes four top finishes in CF Running Nationals

Mary Ellen Green
Staff writer

The fastest woman in the Canadian Forces lives here in Esquimalt.

A/Slt Denita Hammond won the women's 5 kilometre open event at the CF National Running Finals, held in conjunction with the Ottawa Race Weekend, May 22 to 24.

A/Slt Hammond said she was surprised by her first place military finish with a time of 19 minutes flat. "I was in basic for the four months prior to this race, so I didn't get any time to train," she said. "I came into this race with no expectations, and I got a pretty good time."

A/Slt Hammond ran a race in Montreal during basic training so she could qualify for the CF National Finals.

She hopes to do well at the upcoming Navy 10 kilometre run on Aug. 16, and has her sights set on being a member of the CISM team for upcoming races in Europe in February 2010.

Three male runners from CFB Esquimalt also fared well at this year's national finals. LS Mark Ritchie finished second in the 10 kilometre Masters category with a time of 38:44. Lt(N) Walter Cantwell finished the Master's half marathon with a time of 1:18:34, putting him in second place, and LS Jonathan Gendron crossed the finish line of the men's Open 5 kilometre category

in second place with a time of 16:21. "I went full out for 5 k," LS Gendron said. "I just love the feeling of accomplishment when you push yourself and beat your time."

"I love to run and I love to compete," said Lt(N) Cantwell. "You can really feel how much competition there is in an event like the one in Ottawa when you're running beside 10,000 people."

Another aspect to the CF National Running Finals is the coveted Environmental Shield.

Each environment (army, navy, and air force) makes teams of four with one participant from each race, including one female. At the end of the events, their total scores are tallied and the team with the lowest score, or fastest time, takes the title.

This year, the navy team came out on top.

"It was really exciting," said A/Slt Hammond. "We were the only navy team competing against multiple army and air force teams."

Lt(N) Cantwell agrees. "That was the most important thing for me all weekend," he said. "As long as we beat the army this year, it made it all worthwhile."

Lt(N) Cantwell, LS Gendron and A/Slt Hammond all have their sights set on earning a chance to compete as CISM athletes at the 2011 World Military Games in Rio de Janeiro, Brazil.

COMMUNITY: FORMATION FUN DAY

Fun day offers great prizes and activities for all ages

Mary Ellen Green
Staff writer

Summer is a time to kick-back, relax, and enjoy the company of the people you love. It's also time for Formation Fun Day, a chance for members of the defence community to get together and enjoy fun for the whole family.

On June 27, Naden will be transformed into a summer wonderland for young and old. More than 65 activities have been planned for this year's event, including some of the most popular events from last year and some new additions.

"The biggest difference this year is that we took the evening part of the program out. We feel that this type of entertainment program aimed primarily at adults will be better presented as a separate event," said event co-chair, Steve Lawrence, Operations Manager of the Esquimalt Military Family Resource Centre (MFRC). "We'll still have entertainment on the main stage below the mast on the Naden Parade Square throughout the day."

Kids will enjoy songs and stories of Canada's heritage with singer Michael Mitchell, who has donated his time and talent for the day. He spent 24 years as an infantry officer with The Black Watch (Royal Highland Regiment of Canada), was a military intelligence officer, para-

trooper and was invested in the Order of Military Merit in 1993.

Local band, Kooler, will also take the stage and perform top 40 hits.

11 Field Ambulance will be on hand with camouflage face painting and their teddy bear clinic. Anyone with an ailing teddy bear is advised to bring them in for a check up with these professional healers.

New this year is the Formation Fun Day Amazing Race, which will see teams of four test their physical and mental might in various activities throughout Naden. The grand prize is four passes to Wildplay Element Park in Nanaimo. Look for sign-up information on the MARPAC MAN notice board.

Canadian Forces Fleet School Esquimalt (CFFSE) will once again offer Rigid Hull Inflatable Boat rides, which was the most popular event last year.

Gamers can test their skills in the Wii tournament which will be projected onto massive screens in the Naden drill shed.

Sumo suits will be available for the big and small to battle for heavy-weight supremacy.

The Esquimalt Lions Club has donated its services to cook and serve a barbecue lunch, and Rogers Chocolates is providing free ice cream for everyone.

The Home Depot will provide woodworking kits for children to create bird

feeders, toolkits and other projects. More than 500 of these projects were constructed last year.

The CFB Esquimalt Naval and Military Museum is hosting a garage sale, with surplus military books, plaques and ships' crests and badges. The museum and its gift shop will be open all day.

Parking will be at the Fleet School Lang Cove parking lot, the CANEX parking lot and overflow at the old Wardroom lot. The Langford Trolley will shuttle people from the parking lots to the event venues.

"Formation Fun Day is a chance for us to recognize the sacrifice made by military members and their families and reward them for their hard work throughout the year," Lawrence said. "One common misconception is that this event is not open to the whole defence team, and we want to make sure that everyone knows they are welcome."

More than 100 volunteers will join about 50 Personnel Support Programs, MFRC, and Base Administration staff to pull off this huge event, funded by the Base Fund.

Door prizes include a cruise for four to San Francisco, golf passes, MP3 players, gift cards and memory sticks.

Formation Fun Day is being held at Naden on Saturday, June 27, from 12 p.m. to 4 p.m. Admission is free.

Amazing Formation Fun

Mary Ellen Green
Staff writer

A new addition to Formation Fun Day is designed to test physical and mental might, and provide amazing entertainment for all who compete.

"The Formation Fun Day Amazing Race is the ultimate scavenger hunt composed of extreme physical and mental challenges," said event coordinator and Personnel Support Programs (PSP) co-op Fitness Instructor, Emiko Ihara.

Starting at 12:30 p.m. on Saturday, June 27 from the Naden Parade Square, teams of four will set out to complete a series of "roadblocks" or physical activities and answer trivia questions about their surroundings.

"The event is not necessarily of a naval theme and the activities are for any age and any ability," Ihara said.

Teams must arrive back at Nelles Block before the 2:30 p.m. deadline to be entered to win.

"The first team to complete the hunt in the shortest amount of time and having completed the most challenges wins the grand prize," Ihara said.

The grand prize is four passes to WildPlay Element Parks in Nanaimo, B.C., which features outdoor adventures from bungee jumping to zip lining.

Teams or individuals of all ages can register in advance at the Naden Athletic Centre kiosk. The registration form, event rules and poster are also available on CFB Esquimalt's intranet site at <http://esquimalt.mil.ca/badm/psp/index.htm>, or on the MARPAC notice board.

The Formation Fun Day Amazing Race is open to all members of the defence community and their guests. The registration deadline is June 22.



Michael Lomax CD
Lawyer/Mediator

- Family Law
- Mediation
- Wills & Estates



250-385-5523

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

Fountain Tire
Home of the Tire Experts

10% Military Discount
CANEX Financing Available

Quality Tires • Low Prices
Complete Mechanical Repair
610 Herald St • 382-6184

GOODYEAR **DUNLOP**

DIRECT BILLING IN WEST SHORE

Proud to offer DND:

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

at Millstream Village

WE ARE PLEASED TO OFFER
DND DIRECT BILLING

Live well with
PHARMASAVE

Millstream Village
250-478-0123
Next to Milestones

Now Open
til 9pm Mon-Fri
Ample parking

Posted to Nova Scotia?
Special Cash Rebate Program
for Home Buyers*

Book your "house hunting" trip today

Toll Free
1-877-433-1242

ATLANTIC LIFESTYLE REALTY

Nova Scotia's Full Service **Discount** Brokerage
DND - RIP Approved Supplier

Bill Crockett Broker - Relocation Specialist
Office: 902-433-1242
Cell: 902-401-5552
Fax 902-455-6361
Email: bill@atlanticlifestyle.com

MLS
MULTIPLE LISTING SERVICE

*Conditions - 1. Buyer must use an Atlantic Lifestyle Agent on the purchasing of the home. 2. Home must be listed on MLS System. 3. Rebate can not be used as part of the down payment. 4. Calculation is as follows: Final Purchase Price x 0.005%=Rebate (example: \$200,000x 0.005% = rebate of \$1,000.00 one day after closing)



WATERFRONT LIVING

Visit our rental office,
217 Gorge Road E
Military Discount Available

Short leases available, 1 & 2 bedrooms,
Close to Mayfair Shopping Centre,
Access to Gorge Waterway
near Galloping Goose Regional Trail.

MOVE IN BONUS
Call for details

 www.capreit.com
(250) 381-5084



Go blue.
It's the right thing to do.

We're so committed to the environment that, at times, we've loaded our recyclables in oversized containers. But we've heard that lifting oversized containers has become an occupational health and safety issue for the people who pick them up.

So now we use only recognized blue boxes and blue bags for our recycling. It's the right thing to do for the environment. And for the people who work every day to make it better.

Find CRD Blue Box sales locations at www.crd.bc.ca/bluebox

www.crd.bc.ca 

A "ferry" interesting find

Shelley Lipke
Staff writer

Today is BC Ferries 49th birthday and just in time to celebrate, *Lookout Newspaper's* Kate King found an interesting piece of history in the building adjacent to *Lookout* – a B.C. Ferries rate schedule from 1960, their first year of operation.

The building, 1526 Esquimalt Road, housed the Maritime Museum of B.C. archives until 1965 when it moved to its Bastion Square location. During its current renovation, King couldn't resist a peek inside one of the building's cubby holes, which revealed this heirloom.

King's find showed a glimpse of the good old days when a mere \$5 would allow travellers to cross the Juan de Fuca straight to Tsawwassen with a vehicle, or \$2 without.

"It's been nearly half a century since B.C. Ferries began its operation between Tsawwassen and Swartz Bay with two ships and 89 employees on June 15, 1960," said Deborah Marshall, B.C. Ferries' Director of Media Relations. "Now with 36 ships, 25 routes and 4,700 staff members, we've got a lot to celebrate as we head into our 50th year."

In 1997, the Maritime Museum of B.C. refurbished several of its galleries, one of which includes the story of B.C. Ferries. The museum and B.C. Ferries began

When B.C. Ferries began operation, \$5 would allow travellers to cross the Juan de Fuca straight to Tsawwassen with a vehicle, or \$2 without.

to search for suitable artifacts to tell the story and form a collection. B.C. Ferries was generous in its loan of archival material such as menus, rate schedules, rack cards and artifacts including period uniforms, dishes and flatware, and builder's models of the ships serving in the fleet. This newly found treasure will be added to the collection.

Kate King says the long history of the base and its landmarks fascinates her.

"Since I started working at *Lookout* I've been fascinated with the old buildings here at CFB Esquimalt. Seeing the crawlspace door open in the old building next to the *Lookout* was just too much for me to resist. I peered inside and immediately spotted a piece of paper sticking out of the old insulation which covered the dirt floor. When I pulled it out from its hiding place, what I held in my hand was a June 15, 1960 B.C. Ferries rate schedule, which was in surprisingly good condition. I then did some digging around online and found out that the year on the card was the very first year that B.C. Ferries operated. History is fascinating to me so in order to help preserve a small piece of it, I decided to donate my little treasure to the Maritime Museum of B.C. where it could hopefully last another 50 years."

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

 **PSP: JUNE IS RECREATION MONTH**

Active kids, happy kids

Natalie Vincent
PSP

Don't want your children sitting indoors playing video games and watching TV all summer? Attaining the next level in their favourite XBOX game is exciting and does teach your child about setting goals and working to reach these goals, but active kids are happier and healthier kids.

There are numerous health benefits to getting your child active, such as increased confidence, concentration, improved sleep and better health as an adult. Physical activity is also a great way for children to make new friends and learn important life skills such as co-operation, teamwork and overcoming challenges.

June is Recreation Month and a national movement is underway to promote the benefits of recreational activities. As part of recreation month Personnel Support Programs (PSP) Recreation

has planned fun, activity-packed summer camps for kids ages 6 to 8 years (junior camp) and ages 9-11 years (senior camp). Activities include swimming, kayaking, mini golfing, hiking and playing games.

Before and after camp care is also available from 7 a.m. to 9 a.m. or 4 p.m. to 5 p.m. daily.

For children craving a little bit more adrenalin, we also offer two three-day Extreme Adventure Camps for youth aged 12 to 16, with high-adrenalin activities include playing paintball, skim boarding, tubing and kayaking.

For more information or to register for any of the summer camps, call PSP at 250-363-1009, or pick up the Summer Activity Guide at the Colwood Pacific Activity Centre, the Naden Athletic Centre or any MFRC. To view the Activity Guide online go to www.psp.esquimalt.ca. Be sure to register soon to avoid disappointment!



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

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

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

Come View Our Showsites
Tuesday to Friday 12:00-5:00 Saturday to Sunday 12:00-4:00

Register Today!
THEOVATION.CA

Call Now!
250.595.0004





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

BIKE RODEO

IN SUPPORT OF COPS FOR CANCER

June 17
 4 to 6 pm
 at the Old Firehall in Belmont Park

Open to military and civilian youth.

Food and cold drinks by donation to the Tour de Rock team.



Protecteur makes family connection

CPO2 Eric Meredith
 HMCS Protecteur

It is often said among members of the military community that they are part of a large, extended family. Occasionally, this can be taken literally, such as with the Meredith family, who have provided the Canadian Forces with service for three generations. While it may not be so rare that military service is a common bond among families, having the privilege to serve on the same ship at the same time as father and son is certainly something special.

This rare opportunity was presented to my son, OS Chris Meredith, and myself. I was posted to *HMCS Protecteur* in April while my son, Chris, continued to serve as a member of the deck department in *HMCS Ottawa*. Once Chris caught wind of my impending posting, he immediately thought of how incredible it would be to sail alongside his father. Fortunately, for both of us, Chris was granted his request to be temporarily posted to *Protecteur* for their deployment on Westpac Oiler to Asia and Hawaii.

The Merediths have enjoyed the honour of sailing together. Indeed, how many sons can say their fathers took them out for their birthday while alongside in Guam? However, the phrase "respect your elders" undoubtedly takes on a whole new meaning when your dad's a chief on your ship.

This lineage of servicemen does not stop at the two of us. My father, PO Eric Meredith, is a retired member of the Canadian Navy with 20 years of service. CPO2 Richard Meredith, my brother, is currently working at the Fleet School in Halifax, NS. My stepson, SLt Randy Camponi, is employed at CFB Esquimalt and his grandfather Leonard Camponi, a Korean War veteran, served with the Princess Patricia's Canadian Light Infantry. OS Michael McGall, my nephew, is currently a member of *HMCS Regina's* deck department.

The recurrent theme here is evident; the history of serving Canada in its armed forces is a tradition that runs deep in this family. While we have yet to have one of them don the uniform themselves, the women of this family



Cpl Frieda Van Putten, *HMCS Protecteur*
Son and father, OS Chris Meredith and CPO2 Eric Meredith, requested a special temporary posting together so they could sail alongside one another in *Protecteur*.

have played a significant role in supporting their servicemen and Canada's defence interests at home and abroad as wives, mothers, grand-

mothers and sisters. They are sure to be on the jetty to welcome *Protecteur* and the Meredith boys home this month.



TIGER WOODS
 PHILANTHROPIC PARTNER

I first swung a golf club when I was nine months old. In 2001, I became the first golfer to hold all four professional major championships at the same time. Since 1996, my Foundation has inspired more than 10 million youth. I believe that anything is possible. Together with TAG Heuer, I'm helping young people believe in themselves. To get involved please visit www.tigerwoodsfoundation.org.

WHAT ARE YOU MADE OF?

TAG Heuer
 SWISS AVANT-GARDE SINCE 1860

PAULMARA
 657 Fort Street, Victoria
 (250) 475-1444
www.paulmarajewellers.com



Hip Hop Block Party

Kia Kidiri



June 20 @ 9pm • NO COVER!

Fête de la St-Jean-Baptiste
 pour la famille 1300-1700
 Musique du Québec, BBQ avec de la poutine, du maïs en épis, et des hotdogs.
 Divertissements pour les enfants de tous âges.
 Magicien avec le vrillage de ballon.



Boss's Afternoon - Bring the boss down for bebies and snacks. 12:30pm start.

Come down for Karaoke *Step Up To The Mic Productions*
June 27th • Starts at 9pm • Prizes for every singer!

The Pacific Fleet Club
 Esquimalt Rd • 250-363-3735



U.S. Navy photo by Mass Communication Specialist 2nd Class Byron C. Linder

HMCS Protecteur conducts a replenishment at sea with the guided-missile destroyer USS Fitzgerald near Japan.

Protecteur crew enjoys "No Day"

Lt(N) Jim Smith
HMCS Protecteur

With Tokyo now a memory HMCS Protecteur is nearly a week into its journey to the next area of operations around the Hawaiian Islands and has just crossed the International Date Line at longitude 180 00°00'E/W.

While the crew may have lost April 11th on the journey west they gained two June 7ths on the transit east. A few sailors joined the ship in Tokyo and this was their first time crossing the date line. While there is no special ceremony to mark the event, there is a little known tradition of convincing people who have never crossed the line that there actually is a line in the ocean and some get caught staring out to sea from the port and starboard waist deck trying to get a glimpse at it. Of course, all is done in good fun and many are a little wearier next time they are asked to go get a bucket of steam from the engineers.

There were several special events that took place on the second June 7th. First

was LS Hamel who was lucky (or unlucky) enough to celebrate his 26th birthday twice. The second was the Stokers' Open golf tournament at sea, this plays a little differently than those ashore. One of the rules is the golf clubs can't be real golf clubs. They need to be home made, unique and unusual. This tournament saw clubs made from ladles, copper tubing, a toilet seat, a modified catapult, umbrellas and a hockey stick. The firefighters used their CO2 extinguisher, which won the longest drive contest. The holes were challenging with hazards such as a flooded male wash place, a make-shift castle in a cargo space and a tough firefighter-inspired hole in the hangar with obstacles like chemox cases, firefighting boots and of course, an assortment of fire extinguishers.

In the early evening a banyan was organized by the ship's boarding party and dive teams with a medieval theme because of the recent popularity of



A medieval-themed banyan got the crew's creative juices flowing.

the movie *Role Models* on the ship (especially in the Wardroom). There were some extraordinary efforts put in to the making of costumes, complimented by a feast fit for a king, which included a whole pig with an apple in its mouth. Unfortunately the weather did not cooperate and due to rain, the event was held indoors in the comfort of the dispersal area, but everything else was picture perfect and the attitude that the ship's company brought to the

evening made for a unique and entertaining experience that will be remembered for a long time to come.

To wrap up the evening two bands, Req 48 and a yet unnamed group made up of OS Boisvenue, LS Marsh, MS O'Quinn, and lead signer Cpl Townsend took to a makeshift stage to play to an assembled mass of newfound fans. It was an excellent end to what was a wonderful day at sea and a nice break from the regular routine a ship normally falls into.

Protecteur takes Tokyo by storm

Lt(N) Jim Smith
HMCS Protecteur

HMCS Protecteur is now back at sea after spending the last five days alongside one of the most vibrant and cosmopolitan cities in the world under the shadow of the Rainbow Bridge in downtown Tokyo.

During the transit north from Guam, Protecteur continued in its duties, replenishing units of the USN Seventh Fleet, which is home ported in the area. By far, the most memorable Replenishment at Sea (RAS) was with the much larger Lewis and Clark-class dry cargo ship USNS Alan Sheppard, which lasted nearly seven hours. As with every RAS Protecteur has performed, it went off flawlessly and by the end of that afternoon the USNS Alan Sheppard had received 2.7 million litres of fuel.

As Protecteur neared the coast of Japan, the weather turned remarkably cool, and to the comfort of most, the heat and humidity abated and gave way to temperatures in the low to mid 20s.

Tokyo is made up of a number of cities within cities and given that more than 28 million people call this area home, there was no lack of things to do, see and buy. Many people spent hours on amusement rides at the Tokyo Disneyland and Disney Sea. Other highlights included excursions to Mount Fuji, an evening with Cirque du Soleil, and baseball, Japanese style.

The transportation system in the city was an attraction all its own. After taking one

look at the spaghetti labyrinth known as "the underground," intimidation set in. Once mastered, however, it became the most efficient and quickest way to travel from one end of the city to the other. For the adventurous, getting off at any random stop always offered something new and interesting.

Protecteur was not only in Tokyo for rest and relaxation, but to serve as a host. On the fourth evening in port, Deputy Minister of National Defence Robert Fongberg and Protecteur co-hosted a reception on board, with the Canadian Ambassador to Japan, Jonathan Fried in attendance. Dignitaries from local government, foreign embassies, and representatives of some of Japan's largest corporations were treated to an evening of wonderful food and fine drinks.

This visit was an outstanding chance for Protecteur's crew to be exposed to Japanese society and culture while making new friends and strengthening the bonds between our two nations and navies.

Next stop for Protecteur will be Pearl Harbor where the ship will continue its RAS program with American units of the Third Fleet. This is also where a group of family and friends will be embarked in Protecteur for its sail home to Esquimalt as part of a "Tiger Cruise." The journey will give 22 people a rare opportunity to understand the skills and dedication required to be professional naval sailor.



YOUR LEGAL DEFENCE TEAM

Personal Injury • Real Estate

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

Family Law • Military Law

Wills and Estates

CANADIAN FORCES PERSONNEL SUPPORT AGENCY

SUPPORT OUR TROOPS IN AFGHANISTAN

AGENCE DE SOUTIEN DU PERSONNEL DES FORCES CANADIENNES

DISCOVER A WORLD OF POSSIBILITIES

Employment Opportunities

- Operations Manager
- Shipping and Receiving Coordinator/Clerk
- Equipment and Resources Coordinator
- Fitness, Sports and Recreation Coordinator

- Retail Attendant
- Barber
- Retail Manager
- Accounting Coordinator
- Travel Coordinator
- Welfare Manager
- Gym Attendant

For exciting job opportunities outside the box, check out our website:

www.cfpsa.com

APPLY ON-LINE No later than: July 20, 2009

We are committed to Employment Equity

CANADIAN FORCES PERSONNEL SUPPORT AGENCY

APPUYONS NOS TROUPES EN AFGHANISTAN

AGENCE DE SOUTIEN DU PERSONNEL DES FORCES CANADIENNES

DÉCOUVREZ UN MONDE DE POSSIBILITÉS

Occasions d'emploi

- Gestionnaire des opérations
- Coordonnateur de l'expédition et de la réception/Commis à l'expédition et à la réception
- Coordonnateur de l'équipement et des ressources
- Barbier

- Coordonnateur du conditionnement physique, des sports et des loisirs
- Coordonnateur de la comptabilité
- Coordonnateur des déplacements
- Gestionnaire de bien-être
- Préposé au gymnase

Pour un emploi captivant qui sort de l'ordinaire, visitez notre site Web:

www.aspfc.com

POSTULEZ EN LIGNE au plus tard le 20 juillet 2009

Nous souscrivons au principe de l'équité en matière d'emploi

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

Need Extra Space?



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

U LOCK
WEST SHORE
MINI STORAGE

DISCOUNT PROGRAM
PROGRAMME DE RABAIS
10% OFF for
DND Employees


250-478-8767
www.selfstorage.ca

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

REDEFINING VALUE IN VICTORIA

**SHOW HOME
GRAND OPENING
JUNE 13TH - 14TH
12 - 4 P.M.**

**NO STRATA FEES!
DON'T MISS OUT!**



Parkdale Creek at
westhills

Find out what all the BUZZ is about...
From \$339,900 inc GST.
Contact Mike Hartshorne at 250.474.6003
Ask about our homes with legal suites.

Corner of Glen Lake Rd & Parkdale Dr, Langford
www.ParkdaleCreek.com

OLYMPICS: BECOME A TORCHBEARER

MARPAC seeking torchbearer nominations for 2010 Olympics

Shelley Lipke
Staff writer

The dream of holding the Olympic torch will come to fruition for one fortunate defence team member from CFB Esquimalt.

Nominations are being sought from the Maritime Forces Pacific (MARPAC) community for a deserving member to take part in the Olympic Torch Relay when it passes through the gates of Naden.

"The individual who is ultimately selected will be our finest ambassador from within MARPAC and someone who embodies the Olympic spirit," said Torch Nominations Committee Coordinator, Cdr Tony Evans. "We will be taking merit, perfor-

mance, and community service into account, but ultimately it is the all-rounded deserving person that will be selected."

The nomination message is already out, but the window to propose a candidate is short. The selection process will be completed by the end of June.

Nominations cannot be self-directed and must be initiated through the chain of command to J1.

The selection committee will narrow the nominations down to the top three, and those people will be recommended to the MARPAC Honours and Awards Committee who will make the final selection. The Vancouver Olympic Committee is the final approval authority.

The Olympic Torch Relay begins Oct. 30, 2009, when the torch is flown into Victoria. A civic ceremony will be held downtown at 10:30 a.m. and then the torch will begin its 106-day journey across Canada. At 11:30 a.m. it will make its way through the Naden gate, past a crowd of spectators lining the streets.

"On the base itself there will be three legs of 300 metres," said Cdr Evans. One of these legs will be run by the MARPAC selected member. A 10-minute ceremony and barbecue will follow the completion of the first leg.

After the torch leaves Naden it will work its way to Comox and over to the

mainland, and after travelling throughout Canada will arrive in Whistler to mark the opening ceremonies for the Olympic Winter Games held Feb. 12 to 28, 2010, and the Paralympic Winter Games March 12 to 21, 2010.

"We are one of 14 Canadian Forces Bases the torch will pass through; however, we are the only navy base," said Cdr Evans.

The Olympic Torch Relay will involve more than 1,000 communities before it reaches its Whistler destination, making it the longest Olympic Torch Relay within a single country.

"This represents a very unique opportunity to be part of the Olympic experience" said Cdr Evans.

11 Service Battalion gets a new leader

Mary Ellen Green
Staff writer

The soldiers of 11 (Victoria) Service Battalion have a new leader after Maj Bruce Nelms relinquished command to LCol Al Jensen in a change of command ceremony on May 30.

Soldiers and invited guests including the reviewing officer, Col Glen Richmond, Commander of 39 Canadian Brigade Group, gathered at the LGen E.C. Ashton Armoury to bid farewell to the outgoing commanding officer and welcome a new one.

"I am grateful for the trust that the chain of command has bestowed on me today," LCol Jensen said as

he addressed the crowd. "I pledge to you today that I will strive to continue to learn, provide you with the leadership and guidance which you rightfully deserve and expect of your commanding officer."

LCol Jensen now shares his time between 11 Service Battalion and Joint Task Force Pacific where he is the Deputy Joint Engineer as a Class B reservist. He will continue to hold that post until July 31, 2010.

He was recently promoted from Major to Lieutenant-Colonel effective May 23, 2009.

11 (Victoria) Service Battalion is a Combat Service Support unit of 39 Canadian Brigade Group and a Lodger unit of CFB Esquimalt.



LCol Al Jensen (left) receives his new shoulder slip-ons from Maj Bruce Nelms as he takes command of 11 Service Battalion.



Woodcraft Furniture specializes in solid wood finely crafted Canadian made furniture.

Custom modifications available!

"Today's Fine Furniture, Tomorrow's Heirlooms!"

Woodcraft
FURNITURE

574 Culduthel Road
250-598-1113
woodcraftfurniture.ca



**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



Cdr Craig Baines, Commanding Officer of HMCS Winnipeg, presented several members of his crew with Chief of the Defence Staff Commendations for their roles in high-risk boardings of pirate vessels in the Gulf of Aden on April 9 and 18.

Photos by Sub-Lieutenant Mike McWhinnie, HMCS Winnipeg



As executive officer, LCdr Timothy Kerr's calm leadership prepared the ship's company for any contingencies arising from the pirate vessel boardings. He provided critical recommendations and ensured command intent was quickly translated into action.



Lt(N) Mike Baker's leadership of the naval boarding party ensured the successful boarding of two armed pirate vessels. His calm analysis of the tactical situation and concise reports to the command team clarified confusing and complex situations and enabled critical and timely decision-making.



Maj James Hawthorne's composure as the crew commander of HMCS Winnipeg's Sea King helicopter was essential to locating and interdicting the pirates. His ability to interpret simultaneous inputs ensured command intent was applied effectively.



AB Chris Hennebury was ordered to fire his machine gun towards the pirate vessels in an attempt to stop them. Under pressure, he rectified two consecutive mechanical stoppages and calmly fired an accurate set of warning shots in the vicinity of the pirates, after which they surrendered.



Lt(N) Christopher Nucci's ability to analyze the tactical situation and determine the capabilities and intentions of other coalition ships ensured the development of a comprehensive operational plan against a pirate vessel. He provided sound advice to the commanding officer, ensuring the successful capture of the vessel.



LS Matthew Steward's focus as the special sea duty helmsman ensured the successful high-risk boarding of a pirate vessel. His ability to block out distractions and focus on the command team ensured the ship stayed clear of harm.



MCpl David Tillotson was ordered to fire towards a pirate vessel from HMCS Winnipeg's Sea King helicopter. Under pressure, he quickly accounted for wind direction, the speed of both crafts and the distance between them before delivering an accurate set of warning shots.

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

Base Taxi Service

for Naden, Dockyard & WorkPoint
Operates 7:30am to 3pm Monday to Friday.
Try to use Base Rounders before calling the Base Taxi to reduce wait times.
For military-related appointments/meetings on base.



Dr. Mark Kramar, BSc, DMD

Member of the American Academy of Cosmetic Dentistry



- Focus on prevention
- Conservative treatments
- Quality restorations
- Esthetic enhancements

NEW PATIENTS WELCOME

COMPLETE DENTAL • 250-384-5052
1-1230 ESQUIMAULT RD • VICTORIA

New Location!



2940 Ed Nixon Terrace
off Westshore Parkway, off Trans Canada
between Spencer Rd & Goldstream Park



Steve Drane Harley-Davidson

250-475-1345 • stevedraneharley.com

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



Posted to Halifax Area...Call Grant!

Realty With **DOWN HOME SERVICE!**

Grant Yetman,
REALTOR®

Cell: 902-471-2306
grantyetman@exitmetro.ca

Bus: 902-832-6100
Fax: 902-835-4539

- IRP Registered
- Past Vice Chair for Haliburton Heights Homeowners
- 18 1/2 years served in the Military and still going...and now...
- Ready to serve as your PROFESSIONAL REAL STATE AGENT

LOOKOUT Classifieds & Real Estate

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

Call 363-3014 to book your display or word ad

ANNOUNCEMENTS

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

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!

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 RVC! All Years 50th Anniversary Reunion on July 10 & 11, 2009. Reunion information is available at www.rvcialumni.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.

Your ad here.
363-3014

VOLUNTEER

BECOME A PART OF AN AMAZING Crisis Line Worker Team. And make your Volunteer hours really count! Personally, in your community, and on your resume. Next Training starts: July 11th. Please call: 386-6328 or visit our website at www.needcrisis.bc.ca.

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@rivonline.org.

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

PLUMBING

Plumb Perfect
PLUMBING SERVICES
10% military discount
250-833-7270

BUILD YOUR BUSINESS WITH LOOKOUT CLASSIFIEDS
CALL 363-3014

BUS. OPPORTUNITIES

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

CAREERS

Security Officers BST Required
for progressive security company. Nights, weekends, full & part time.
Email debbieshea@safetynetsecurity.ca

AUTOMOTIVE

ESQUIMALT AUTO/MARINE
Victoria's Auto/Marine parts experts

AUTOPLUS

624 Admirals Road
386-8877
Open 7 days a week

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

MARTIAL ARTS

Professional Self Defense

Increase fitness & self-confidence in a safe atmosphere

#201-1420 Quadra
250-384-0033
proself@shaw.ca

www.professionalselfdefence.com

GET ACTIVE THIS SUMMER

ActivityGUIDE

- RECREATION
- EDUCATION
- HEALTH
- SPORTS

AVAILABLE AT ALL PSP & MFRC OUTLETS

REAL ESTATE • FOR RENT

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

2 BDRM. FULLY FURNISHED suite for rent. Phone, cable, internet, and weekly house-keeping included. N/S, N/P, No children. \$1500/mo. Available June 15th for one year lease. For more info go to: <http://tinyurl.com/cbfncd> or phone 250-664-7739.

SPACIOUS 3 BDRM, 1.5 BTHRM in Colwood. Just steps away from the Galloping Goose & Royal Roads University. New kitchen and yard make this the perfect home. Pets are negotiable, N/S, Call or email today, this won't last. Includes Satellite tv and Internet. Recently renovated house. Well kept, unfurnished with fire-place, dishwasher, washer & dryer, hardwood floors, quiet neighborhood. big-kahuna@endlessride.ca or 250-893-1505 Avail. Aug. 1st \$1665/mo.

LARGE, NEW 1 BR, Own Laundry, parking, Utills Incl. On Bus Route To Dockyard And U-Vic, Quadra-McKenzie Area. NS/NP, \$1200/mo. Avail. 1st Aug. 250 893 5805

NEW & BRIGHT WALK OUT GARDEN Suite. 2 Bdrms, 1 Bath, 6 new Appliances. NS. July 1st. \$950/mo. + utilities. 250-884-6796.

RELOCATING TO HALIFAX? 1Bdrm Condo Avail. Aug. 1 D'town Loc. Perfect for single/couple. 2 min. walk to dockyard. Balc., h/w Flrs. 5 Appliances, Gym, Water view, Prkg. Avail. \$1375/mo. + utilities. Call 902-405-6219.

ESQUIMALT. MUST SEE this Great House in Nice Neighborhood. Close to Base. 2 BDRM on Main + 1 Room Down. Could be Bedroom or Den. 4 Piece BTHRM on Main Floor. Lg. Kitchen Incl. F,S, Dishwasher, Lg. Deck, Fenced Yard. Washer & Dryer. NS/NP. Avail. July 1st. \$1590/mo.. + Utilities. 250-889-2598.

THETIS HEIGHTS 4 BDRM. Home W/den Fam. Rm, 4ba On Quiet Cul De Sac. Close To VGH, Schools, Shopping, Transit, Rec Facilities. Hw Flrs, Cntrl Vac, Fp, Fnshd Bsmnt, 5appl, 2decks, Treed Yrd. NS/NP. \$1900+ Util. Aug 1. Equitex 250 386 6071.

OTTAWA APARTMENT
Completely furnished (from towels to TVs). Utilities included. \$1600/mo. Call Lloyd Gregan, 613-995-5545

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

BROWN BROS SINCE 1918
250-385-8771

837 Ellery St., Esquimalt
2 Bdrm • \$950/month
Available July 15, 2009

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

FIRST OPEN HOUSE SAT 2-4

Great Fernwood location
- Lovingly updated
- Fabulous garden
- Priced for a quick sale

1671 Newton St
\$423,500

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

Visit WWW.CHRISTINAELLIS.CA
For more information

3 Bedroom
\$224,900
Walk to Base

This 3 bedroom ground level condo offers great value. Living room has a cozy fireplace and patio doors leading out to the enclosed patio. Strata lot has an outside storage locker for bikes and a carport. Close to shops, buses, Naden and beautiful Saxe Point park. Rentals not allowed. Won't last long. Call Diana today.

RE/MAX CAMOSUN 250-744-3301

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

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

SERVICES OFFERED

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

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

FIND US ONLINE
WWW.LOOKOUTNEWSPAPER.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 SALE

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*

REACH FOR A HEALTHIER BODY

BOOTCAMP
12:05 to 12:50

A front lead cardio, weights, and core class.
The Full Meal Deal!

At Dockyard Tuesday & Thursday
At Naden Monday to Thursday

HELP WANTED

Shipping and Receiving Clerk/Driver
CANEX Retail Store, CFB Esquimalt • Permanent Full Time Position

Under the supervision of Retail Store Manager, the Shipping and Receiving/Driver receives all incoming and ships all outgoing merchandise at CANEX and maintains logs. He/she verifies all shipments for any damage or shortages, prepares related reports and inputs, updates, amends, verifies and corrects data in the Store Management Suites (SMS) database. He/She delivers and picks up merchandise, mail and flyers by use of a motor vehicle and distributes completed delivery slips to the Office clerk. The Shipping and Receiving/Driver ensures that all perishable merchandise is immediately moved to coolers upon receipt, conducts daily checks on refrigeration units and maintains a temperature control log. He/she also assists with shelving and shelf-stocking, performs stocktaking duties and operates an electric pallet jack.

Qualifications:
- High School diploma AND some experience in a related field
OR
- An acceptable combination of education, training, and experience.
AND
- A valid driver's license (BC)

Language requirement:
English essential, bilingualism (French / English) an asset.

Knowledge requirements:
• Of receiving, shipping and pricing
• Of maintaining files and records
• Of warehouse procedures
• Of stock ordering
• Of health and safety practices

Experience requirements:
• In operating and driving vehicles to move, pick up and deliver products.
• In shipping, receiving, warehousing, stocktaking and pricing of merchandise.
• In assembling merchandise
• In general maintenance

Submit a résumé outlining ability to fulfill all position requirements by mail to: Randy Delisle, PO Box 17000 Stn Forces, CFB Esquimalt Bldg N30, Victoria BC V9A 7N2 by fax at 250-363-5528, by e-mail to nphresquimalt@cfpsa.com or online at www.cfpsa.com. Applications must be received by 4 pm June 16. Note that only candidates selected for further consideration will be contacted.

NEW HOMES FROM ONLY \$279,900

Show Home Open
Wed, Thur, Fri 11am-1pm
Sat, Sun 2-5pm

• Landscaped Yards • Municipal Services

Gary Brown
250-380-6683
www.shawniganstation.ca

Base Library Catalogue Online
<http://library.esquimalt.mil.ca>

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

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

OVARIAN CANCER

WOULD YOU KNOW IF YOU HAD IT?

SYMPTOMS

- Abdominal discomfort
- Pelvic pain/backache
- Bloating/gas/swollen stomach
- Vaginal bleeding/painful intercourse
- Urinary urgency
- Ongoing fatigue
- Indigestion
- Weight loss/gain
- Change in bowel habits

If you have been feeling a combination of these symptoms for longer than three weeks, visit your doctor and ask for a Ca125 blood test.

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.

CELEBRATING 100 YEARS OF CANADA'S NAVY

Calling for bell rope submissions for the Canadian Navy Centennial Bell.

Rope should have: • a 4 inch tassel • a half inch inside diameter for the Becket
• a 12 inch body

Submissions should be made before October 2009. Contact CPO1 Gino Spinelli to participate: 250-363-4268.



Support Cancer research

Mary Ellen Green
Staff writer

Do you want to contribute to B.C.'s largest breast cancer fundraiser, but don't have the time or the energy to participate?

Navy wife and Victoria Police Constable, Kristi Dupuis (Ross) is making the trek to Vancouver for The Weekend to End Breast Cancer, Aug. 15 to 16, and is looking for support.

"I've agreed to raise at least \$2,000, but hope that with support from my friends, family and the community, they will help me raise much more," she said.

Dupuis will walk 60 kilometres alongside her 61-year-old mother, Sandra Ross, whose best friend is currently battling breast cancer in hospice in Vernon, B.C.

Dupuis is married to LCdr Todd Dupuis, officer in command of the Vancouver 2010 Combined Dive Team. He says the family has been hit hard by cancer.

"My Nana died from breast cancer and my aunt Linda is currently undergoing treatment," he said.

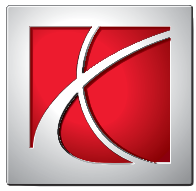
This isn't the first time Dupuis has taken the initiative to raise money for cancer.

"In 2002, I was a volunteer rider with the Cops for Cancer Tour de Rock. The emotional journey was more challenging than the physical one, as I came to know and care for the many children and families we met during the year-long initiative, whose lives have been impacted by cancer. I experienced firsthand the power of collective action to make a difference. That year our team raised over \$700,000," she said.

Proceeds from The Weekend to End Breast Cancer go to breast cancer research and care through the B.C. Cancer Foundation, which is an international leader in the fight against cancer, and an independent charitable organization, which supports research and care at the B.C. Cancer Agency.

For the first time, walkers can choose whether the funds they raise go directly to breast cancer or to research.

To help Kristi Dupuis in her fundraising quest, go to www.endcancer.ca, click on Vancouver and type in her name. Each walker has a personal profile page where supporters can track their fundraising progress. A tax receipt is issued for each donation.



SATURN

NEW LOW PRICE. SAME HIGH VALUE.



2009 ASTRA® 3-Door XR model shown

2009 ASTRA XE CASH PURCHASE PRICE, STARTING AT **\$15,290***
INCLUDES LOYALTY CASH BONUS[†]

HWY - 6.1 L/100 KM (46 MPG)[°] CITY - 8.5 L/100 KM (33 MPG)[°]

- Available in 3-door and 5-door models
- German design; built in Belgium

Now any Saturn owner can save up to **\$2,000[£]**
Offer ends June 30, 2009

Best coverage in Canada with a **FULLY BACKED WARRANTY[¶]**
5 years/160,000 km

2009 VUE® Red Line model shown



2009 VUE XE

CASH PURCHASE PRICE, STARTING AT **\$21,225***

INCLUDES LOYALTY CASH BONUS[†]

HWY - 7.5 L/100 KM (38 MPG)[°] CITY - 10.9 L/100 KM (26 MPG)[°]

- 2009 TOP SAFETY PICK AWARD winner from the Insurance Institute for Highway Safety[¶]

Also available as a **HYBRID**

2009 AURA® XR model shown



2009 AURA XE

CASH PURCHASE PRICE, STARTING AT **\$19,525***

INCLUDES LOYALTY CASH BONUS[†]

HWY - 5.9 L/100 KM (48 MPG)[°] CITY - 9.4 L/100 KM (30 MPG)[°]

- Better fuel efficiency than the Accord or Camry (excludes hybrids)

Also available as a **HYBRID**

YOUR EXPERIENCE BEGINS AT **saturn.ca**

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

*The 2009 vehicle's Powertrain components are covered by a limited Powertrain component warranty for up to 5 years or 160,000 km, whichever comes first. See Retailer for details and conditions on limited warranty and customer assistance/service features. You should know this: *Cash purchase price includes discounts or other incentives which are only available where consumers opt for cash purchase price. By selecting purchase financing offers, consumers will be foregoing such discounts and incentives, which will result in higher effective interest rates. \$1,000/\$2,000/\$2,000 is a manufacturer to consumer incentive (tax inclusive) available on the 2009 Saturn ASTRA 5-Door XE/2009 Saturn VUE XE FWD/2009 Saturn AURA XE models and is reflected in offers in this advertisement. Example: \$10,000 purchase price, after tax price is \$11,200 (\$10,000 plus \$1,200 applicable taxes). After applying \$1,000 credit, after tax price is \$10,200 (\$885 reduced purchase price plus \$115 applicable taxes), with the \$1,000 credit being the \$885 reduction from the purchase price and the \$115 reduction in taxes which would have otherwise been payable on the full purchase price. Such credit may be applied only to the purchase/finance/lease of a new 2009 or 2009 Saturn delivered between March 10, 2009 and June 30, 2009. Offer applies to current owners/lessees of any Saturn vehicle; vehicle must have been registered and insured in customer's name for previous consecutive 6 months. Conditions and limitations apply. See Retailer for details. *Freight (\$1,400/\$1,300) on 2009 Saturn ASTRA 5-Door XE/2009 Saturn VUE XE/2009 Saturn AURA XE included. Taxes, licence, insurance, registration, administration fees, fees associated with publication/filing at the movable property registry/PPSA, duties, and optional equipment extra. PDI included. Retailers are free to set individual prices. Retailer trade may be necessary. Purchase price includes \$3,500/\$5,500/\$5,000 manufacturer-to-retailer delivery credit (tax exclusive) available on 2009 Saturn ASTRA 5-Door XE FWD/2009 Saturn AURA XE. Offers apply as indicated to the 2009 Saturn ASTRA 5-Door XE FWD and the 2009 Saturn AURA XE models (excluding hybrid models) and apply to qualified retail and eligible fleet customers in the Western Marketing Association Area only. See your Retailer, visit saturn.ca or call 1-888-4SATURN for conditions and details. *Based on 2009 Natural Resources Canada Fuel Consumption Guide. Applies to 2009 Saturn ASTRA XE with manual transmission/2009 Saturn VUE XE FWD/2009 Saturn AURA XE (excludes hybrid models). Your actual fuel consumption may vary. See Retailer for details. *The 2009 VUE earned the IIHS "Top Safety Pick" based on 2008 IIHS testing. GM reserves the right to amend or terminate these offers and/or the program for any reason, in whole or in part, at any time, without notice. ©2009 Saturn Corporation. Saturn and its logos are registered trademarks of Saturn Corporation. All Rights Reserved.