

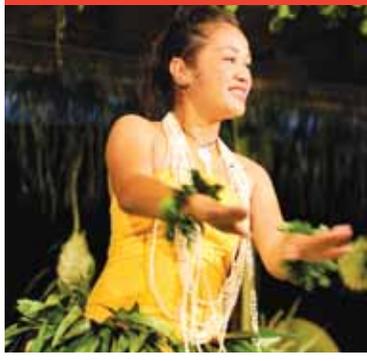
# LOOKOUT

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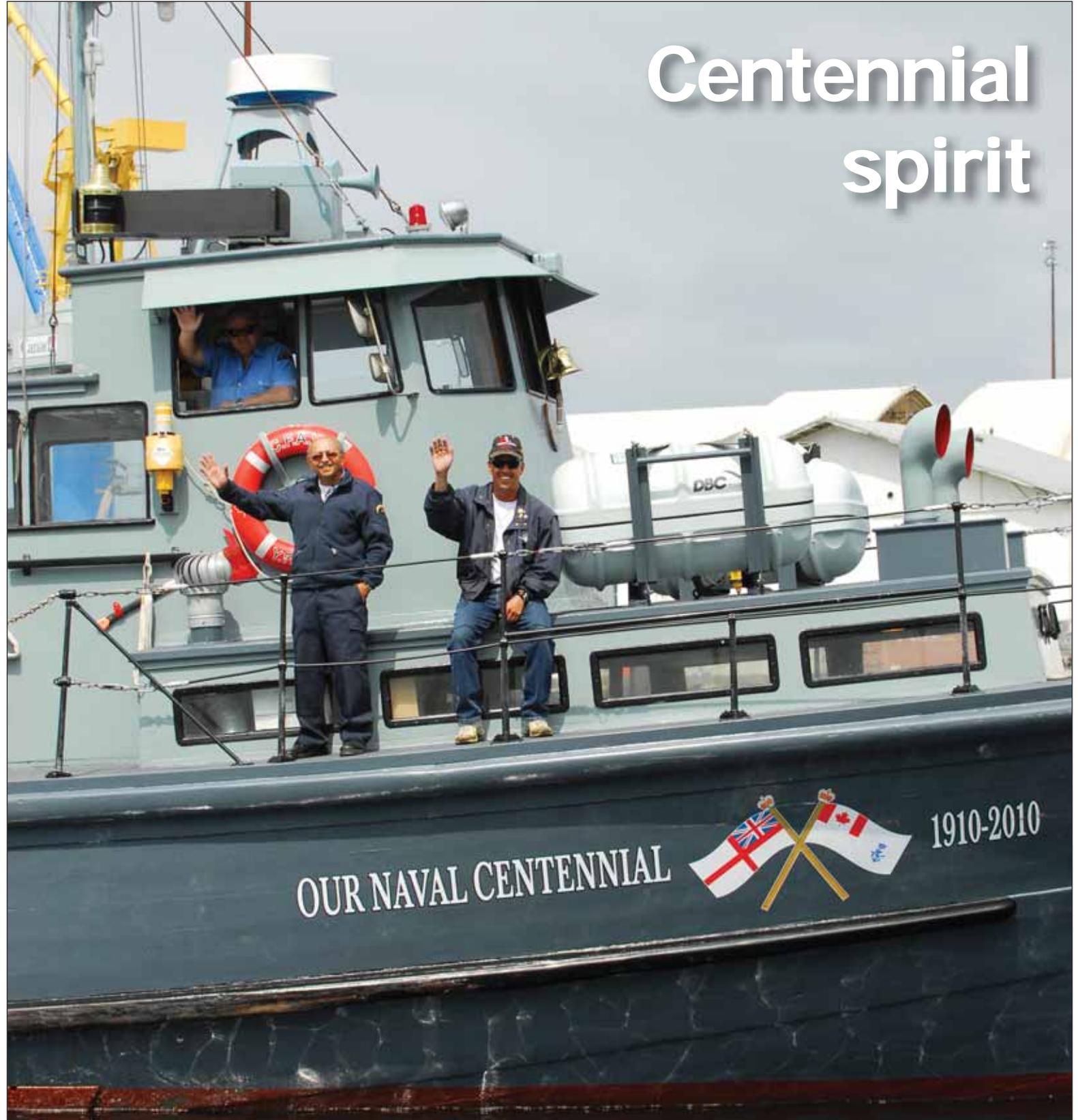
**NEWS 3**  
 Winnipeg crew explores Tongan culture



**COMMUNITY 6**  
 Aboriginal trades helps learn the ropes at FMF



**FEATURE 11**  
 Writer suits up to learn what it takes to be a cadet



## Centennial spirit

Editorial & Opinion..... 4  
 In Focus ..... 12  
 Classifieds..... 14-15

Blue Boat Captain Bill Barry, First Mate Keki Pardiwala, and passenger Dan Alushka enjoy their ride aboard the freshly painted vessel, adorned with a 2010 Navy Centennial message. The Blue Boat transports Dockyard and Naden workers to and from Colwood daily.

Shelley Lipke, Lookout

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Shelley Dudley

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Sixteen-year-old Shawn Lum won the Formation Fun Day Shimano mountain bike donated by the Bank of Montreal. Lum shows off her new bike while standing with Branch Manager, Todd Wiedeman; Manager, Mark Stafford; brother Jason; and father Sgt Trent Lum; and Personal Banking Area Assistant Branch Manager, Cassie Smith at the Saanich Road location of Bank of Montreal.

Shelley Lipke, Lookout

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## Two headquarters merge

**Mary Ellen Green**  
Staff writer

A major reorganization has taken place in Canadian Fleet Pacific (CANFLTPAC) that has two headquarters combined into one.

CANFLTPAC HQ and Maritime Operations Group Four (MOG4) HQ merged on Aug. 1. The rest of August will be used as a transitional period to coordinate the changes and necessary amendments.

Efficiency was at the top of the list when Commodore Ron Lloyd, Commander CANFLTPAC, and his staff evaluated whether to merge the two.

"We fully appreciate that any reorganization will have pros and cons, but based on our assessment, this option had the most pros and the least cons," he says.

Bringing together these two organizations will increase proficiencies, reduce the duplication of effort and streamline reporting processes says the Commodore.

MOG4 headquarters has been dissolved as a unit, and the responsibilities divided up among other positions.

Capt(N) Giles Couturier continues command respon-

sibilities as Commander MOG4, and as Maritime Component Commander of Operation Podium, the CF Olympic security undertaking in 2010.

HMCS Victoria has moved to the major ships and submarine category, while minor warships, including Orcas and HMCS Oriole, are now under command of the newly created Commander Coastal Division (CCD), assigned to reservist Cdr Jim Vasey.

Fleet Diving Unit Pacific, Sea Training Pacific, major warships and heads of departments for F4 Logistics, F4 Engineering, and F3 Operations all report through Capt(N) Paul Dempsey, Deputy Commander CANFLTPAC, to Cmdre Lloyd.

Another new addition to the structure is the Fleet Personnel Manager (FPM), who manages the supply and demand of personnel in the fleet.

"Something I really like about the reorganization is the addition of a Fleet Personnel Manager. People

are our number one priority and rather than have that distributed across the staff, we have now centralized that responsibility, working directly for the Deputy

Fleet Commander. So when we say people are our number one priority, we're actually delivering on it in terms of providing that command oversight," Cmdre Lloyd says.

A new Unit Chief will be double-hatted as Senior Non Commissioned Member (NCM) in the unit working directly with the FPM and the CO CANFLTPAC to give insight on NCMs and unit issues.

Another change is the addition of the Naval Officers Training Centre (NOTC) and Canadian Forces Fleet School-Esquimalt (CFFSE) to the Commodore's command structure.

"In the past they reported to a J1 staff officer, and as a result of having them report to the Commander CANFLTPAC, there's been a significant increase in the amount of dialogue and interconnection between the fleet and the schools, which brought a whole lot of synergy in terms of ensuring they're delivering on the fleet standard," Cmdre Lloyd explains.

The new organizational chart is available on the CANFLTPAC homepage at <http://esquimalt.mil.ca/cfp/Org%20and%20TORs/CFPOR09.htm>

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# Crew takes well-deserved rest in Tonga

HMCS Winnipeg

With the multi-national exercise Talisman Sabre and a successful mission now behind HMCS Winnipeg, the ship's company are turning their attention to their homecoming and a stop or two along the way.

As the frigate sailed the warm waters of the Southern Pacific Ocean bound for the port of Esquimalt, the crew had a chance to soak up some South Pacific Island hospitality with a four-day port visit to Nuku'alofa, Tonga, from July 30 to Aug. 2.

"This visit was exceptionally timed because it allowed the ship's company to celebrate the one year anniversary of King George Tupou V's Coronation, along with his birthday and also allowed the crew to experience a Tongan national holiday," said unit information officer SLt Cory MacKay.

Part of the port visit included a charity presentation in which the crew presented \$4,000 USD to the director of the Tongan National Centre for Women and Children. The fundraising was spearheaded by MS Kerrie Kowalyk on behalf of her young nephew who recently battled cancer. MS Kowalyk wanted to make a difference in the lives of less fortunate people overseas, so she collected more than 100 stuffed animals from her nephew to bring to the children of Tonga, and during the ship's mission, she encouraged sailors on board to help her raise money.

Her successful fundraising results were presented to Pamela Deacon, Acting High Commissioner of Canada to New Zealand, and the money was gratefully received. "The voluntary contribution by members of the ship of \$4,000 USD to Women and Children is highly appreciated and this has promoted much good will for Canada," she said.

The news of the Canadian sailor's generous donation for the people of Tonga spread throughout Nuku'alofa by the following day, said SLt MacKay.

After the donation was received, 20 crew members met with distinguished members of the Tongan Parliament, Tongan Defence Services and Ambassadors, and High Commissioners from Japan, New Zealand and the U.K in the ship's hangar for a luncheon co-hosted by Winnipeg's Commanding Officer and Pamela Deacon.

Later that evening, the Commanding Officer, Executive Officer, Coxswain and SLt Stephanie Hartzell took part in the official recep-



**Above:** Guests and members of the ship's company mingle during a reception held on board HMCS Winnipeg.

**Below:** King George Tupou V salutes during a military parade for his coronation and birthday celebrations.

tion for King George Tupou V's birthday celebrations. Part of the celebrations included a military parade with the Tongan Royal Guard, and a massed band including Tongans, Australians, New Zealanders and United States military personnel. The Commanding Officer and Executive Officer were also treated to a special luncheon with the King in his palace.

Members of the ship's company also celebrated with an end-of-mission decompression event.

"This event was held for all members of the ship's company as a way for them to relax after a very challenging and successful deployment," said SLt MacKay. "The crew was treated to a variety of local culture including native dancers, food and spectacular ocean views for their celebration."

Along with the busy port visit, the ship's company also had free time to wander



ashore and explore the attractions and culture in Tonga.

Winnipeg left Esquimalt in February and spent two months as part of a NATO squadron fighting piracy in the Gulf of Aden and also

took part in two major exercises. During the deployment the ship stopped in Japan, South Korea, Australia and African ports and is expected to pull alongside its Esquimalt jetty in mid-August.

## MFRC Annual General Meeting

August 26 AT 7:30 am IN THE Wardroom

The MFRC Board of Directors invites you to attend the MFRC Annual General Meeting August 26 at 7:30 am.

Join us at the Wardroom Lounge on your way to work for a morning coffee and danish as we go through the past year's accomplishments and vote in the new Directors.

Everyone welcome.

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# 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  
Monique Mermoud

**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 250-363-3422  
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 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.

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Circulation - 4,500

One year subscription - \$35.31

Six month subscription - \$17.66

Three month subscription - \$11.77

A Division of Personnel Support Programs  
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## People Talk

While on a walk about, Lookout asked members of the Defence Team: *What indulgence would you love to treat someone to if you could afford it?*



If I could give anything to my girlfriend I would treat her to a spa. This would be a nice \$400 to \$500 spa experience day. Lana works for an old age home as a food services worker, and I don't know if she's ever gone to a spa before.

Jean Francois Madore  
Postal clerk



"I'd love to be able to fly my parents out here because I haven't seen my mom in four years. She is in Ottawa and I can't really get there because I've been so busy here with the military, and flights aren't cheap. It would be great to be able to catch up with her and my other family members. I have a brother and sister out east too, so I would love to fly all of them out here to see me.

PO2 Mike Horobin  
Fleet School  
machine shop instructor



"If money wasn't an issue, and I had only one gift to give to one person, I'd pay for a vacation for my girlfriend. She is from the Philippines and she has been in Canada for close to a year now learning and living with us Canadians. There are many differences between our two cultures and with the distance nearly 12,000 miles from any relative, I can tell that she misses her country and her immediate family. It would be great if I could grant her this one wish.

Cpl Dan Morgan  
TEME driver



I would love to take my daughter to Disneyland. Maddison just turned eight and she is going through a hard time because my wife and I are separating. She's a good kid and she deserves to go to Disneyland, and I think she'd really love the experience. I've been to San Diego a thousand times before but never made the trip to Disneyland, so I'd like to go too.

PO2 Mike Curti  
Senior military  
rigger shop 124A



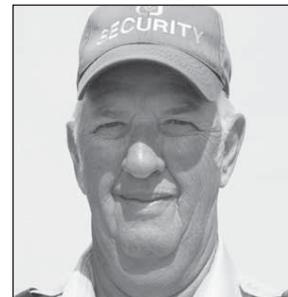
I would treat my whole family to a relaxing vacation or cruise. This would include both my family and extended family. I would like to take them to some place exotic for a few weeks. I'm sure I would get a lot of input from the family on where they would like to go.

LCdr Paul Sutherland  
Executive Officer  
HMCS Victoria



I'd go out for dinner. I think I'd go to KFC in Paris and I'd take my daughter Niki with me. She's 24 and she hasn't been to Europe. To be honest I don't even think they have KFC in Europe. I'd be happy with whatever they are serving on the plane. If you can get me to Europe I'd be happy.

Larry Dennis  
Rigger



A trip away from home. I'd go to Brazil and I would take my wife. I think it's really warm there and I have friends there that I'd like to visit. We have been on small trips to the United States recently but nothing like this.

Robbie Robertson  
Commissionaire

### Got a People Talk question?

Email your idea to  
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# The Old Car Detective

Bill Sherk



## Old car in Nova Scotia: What is it?

Richard Breen of Antigonish, Nova Scotia, recently sent me some photos of an old car rotting in a field near where he lives. The car has been sitting in the open for so long that no one in the area knows the make or year, or why it was abandoned.

A plate on the firewall reads: "Patented 1926." Other than that, no nameplate appears anywhere on the car to indicate the make or the company that built it. Richard asked me if I could identify it. I can't say for sure but it might be a McLaughlin-Buick because of its overhead-valve six cylinder engine. That type of engine powered McLaughlin-Buicks all through the 1920s.

The fabric top has rotted away, along with the wooden ribs that were under it, causing the body to spread apart, and one door has already fallen off. All closed cars in the 1920s had fabric insert roofs because no car companies had yet installed steel presses large enough to stamp out an entire roof.

It's a very big car with a long wheelbase and must have been very expensive when it was new. The radiator and rad shell (where the make of the car usually appeared) are missing and the four-piece hood has been tossed onto the ground on the driver's side.

One large headlight shell still remains on the car, and a metal tire cover rests against the passenger side of the cowl. The front

fender does not appear to have a fender well for side-mount tires, and the metal cover probably covered a spare tire mounted at the rear.

All the seats are missing but the four-spoke steering wheel is still on the car, and dark blue paint can be seen on the firewall (GM's Oshawa Blue, perhaps?).

One door panel still has the inner door handle and the handle for winding up the window. On each handle, elaborately carved in metal, is the shape of an acorn. This single detail might pin down the make and year of this car if any of our readers are familiar with this type of handle. As soon as someone clearly identifies the make and year, we will search for a restored example so you can see what this car looked like when it was new.

Please send all your responses to the email or address below.

As a thank you, if your story is published in this column you will receive a copy of Bill Sherk's book "60 Years Behind the Wheel: The Cars We Drove in Canada 1900-1960". To share your stories or photos e-mail billtsherk@sympatico.ca or write Bill Sherk, 25 John St., P.O. Box 255, Leamington, ON N8H 3W2.



Can you identify the make, year and model of this car?

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

www.comparrotpuzzles.com © 2009 Bonnie J. Malcolm

Solution: 1. Part of rein is hidden. 2. Extra tuft of hair on tail. 3. Spot on horse's back is missing. 4. Rein in girl's hand is longer. 5. Grass by iguana is missing. 6. Pocket on pants is colored in. 7. Iguana's tail has moved. 8. Cactus in background has moved. 9. Small dust cloud has moved. 10. Design on chap is reversed. 11. Strap on saddle is wider. 12. Medallion on chap is reversed.

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ANSWERS ON PAGE 15 Level: Beginner

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## FILM friday

# G.I. Joe tops summer of flops

W. Andrew Powell  
The GATE

This week in theatres, summer draws to a close with one of the last blockbusters of the season, *G.I. Joe: The Rise Of Cobra*. Plus, new arrivals include *Julie & Julia*, *A Perfect Getaway*, *Paper Heart*, and *The Cove*.

### G.I. Joe: The Rise Of Cobra

I think it's safe to say this is one of the worst years I've ever seen for summer blockbusters. I can't remember the last time I was disappointed by every major popcorn film.

Now as we trudge into August, the last major blockbuster is upon us, and it looks like it's going to put the final nail in the coffin.

Much like the Transformers films, *G.I. Joe: The Rise Of Cobra* is based on another of Hasbro's popular toy lines, which in turn was also one of the more well-known cartoons of the 80s.

In the film, which is set 10 years from now, we follow G.I. Joe, an elite military force with two new recruits: Duke, played by Channing Tatum, and Ripcord, played by Marlon Wayans.

Following these recruits, the movie shows us what it means to be, well, "Real American Heroes." The real story, however, is all about their role in fighting criminals such as Destro, the arms dealer, and the rising threat posed by an organization known as Cobra.

As you may have guessed, the film is meant to be pure action fluff at its greatest, and that's perhaps made all the more obvious by the fact that *G.I. Joe: The Rise Of Cobra* was directed by Stephen Sommers, the man behind *The Mummy* and *The Mummy Returns*.

While I love a good blockbuster, and all



Frank Masi

### Enemies battle it out in G.I. Joe: The Rise of Cobra.

the action and explosions that come with them, this is still a genre with more than its fair share of duds. Summers himself has directed more than his share of bad films, and *G.I. Joe: The Rise Of Cobra* is looking like yet another one for his resume.

### Julie & Julia

Writer and director Nora Ephron, who made the classic romantic comedies *You've Got Mail* and *Sleepless in Seattle*, is back with an intriguing tale of two women, tied together by their passions, and their mutual urge to do something interesting with their lives.

In this unique story, Meryl Streep plays Julia Child and Amy Adams is Julie Powell, two women separated by over 50 years, but travelling a similar course. Based on Julie Powell's real-life experiment, the story follows Julia Child's rise to fame as a chef and author, and Julie Powell's attempt, over the course of a year, to cook all 524 recipes in Child's famed book, *Mastering the Art of French Cooking*.

*Julie & Julia* is not blowing critics away, but it is getting solid reviews.

### Also debuting...

#### A Perfect Getaway

Steve Zahn and Milla Jovovich play a young couple on their honeymoon, backpacking in Hawaii, who have to try and survive their vacation when a murderer starts killing hikers.

#### Paper Heart

Crossing a documentary with some far-out storytelling, *Paper Heart* is the tale of Charlyne Yi, a girl who says she doesn't believe in love and decides to cross America looking for some kind of understanding. Enter actor Michael Cera into the plot, Seemingly Yi's perfect man, but the question looms as to whether she can solve her riddle, and keep the boy.

#### The Cove

In this chilling thriller of a documentary, ocean preservation advocate Louie Psihoyos and dolphin expert Richard O'Barry work to infiltrate a secret cove in Taji, Japan, where people are killing thousands of dolphins a year. Although horrifying, the film peers into the depths of brutality in the hopes of exposing this crime to the world.

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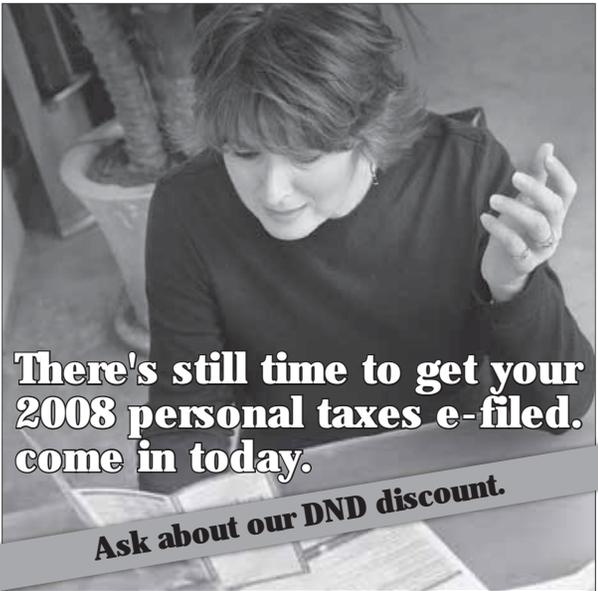
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# Aboriginal trades helpers learn the ropes

**Mary Ellen Green**  
Staff writer

Each day after work, Edward Jim of the Tseycum First Nation catches a bus outside HMC Dockyard and rides it for over an hour home to North Saanich.

The 19-year-old Trades Helper at Fleet Maintenance Facility Cape Breton (FMF CB) doesn't mind, because, he says, the experience working at Fleet Maintenance Facility Cape Breton makes the long ride worth it.

Jim is one of 10 Aboriginal youth taking part in the Employment Equity Trades Orientation Program (EETOP) in FMF shops over the summer months.

They've been travelling from shop to shop in teams of two, rotating through many of the trades FMF employs, job shadowing before moving on to a new shop and a new experience.

Trades helpers do hands-on learning under the watchful eye of an appren-



tice or tradesperson, giving the budding trade workers invaluable experience.

"We get to spend a day or two at each shop," says Jim. "My favourite so far has been the boilermaker shop because I really liked the welding."

Jim just graduated from high school, where his interest in the trades was spawned. "We had a wood and metals shop at my high school, so I have a little experience in those areas," he said.

In addition to the boilermaker shop, he has spent time on the floor of sheet metal, above water weapons, and electrical shops, and the foundry.

In the last three weeks of the program, the Trades Helpers get to choose one shop to complete their orientation.

"It's great because we get to choose our favourite trade and spend three weeks working in that shop," Jim said. "I hope I go to the boilermaker shop again."

Jim is in the process of applying for a welding apprenticeship with the inten-

tion of completing it at CFB Esquimalt. The mystique of such a large ship repair facility has worn off now that he has spent a month in dockyard.

"It seemed really big at first, but I've started getting used to it," Jim says.

For Israyelle Claxton, of Tsawout First Nation, the sheet metal shop is her career destination. She's already registered at Camosun College, and the summer's work in dockyard is an added benefit.

"I would love to do my apprenticeship here, without a doubt," she says. On her list of accomplishment thus far, is a brass dragonfly made at the foundry, some door wedges built at shipwrights shop and a wallet stitched in the sail loft. Claxton also built a tool box in the sheet metal shop.

"This program is better than I ever could have expected. It's been a learning experience all around. I feel so lucky because not many people get an opportunity like this," she says.



**Top:** Trades helper Israyelle Claxton cuts a piece of metal using a band saw in Fleet Maintenance Facility Cape Breton's boiler-maker shop.

**Left:** Trades helpers Harry Brown (left) and Edward Jim carefully scrub valves in FMF Cape Breton shop 162 clean room.

Mary Ellen Green, Lookout

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# Transcendence through triathlon

**LS Kris Langford**  
Contributor

The 30th anniversary of the Sri Chinmoy Self-Transcendence Triathlon was held Aug. 2. The Sri is the longest running triathlon in Canada, and this year six of CFB Esquimalt Triathletes represented the Canadian Forces, and themselves.

The Sri is a standard Olympic distance, combining a 1500-metre swim in Elk Lake, a 40-kilometre bike on the hilly roads of West Sanich and a 10k trail run around the lake.

The race was broken into a four wave start at 7:20 a.m. with two minute intervals between each wave.

Due to excessively warm water temperatures wet suits were not allowed.

All base athletes finished in under three hours, except Jeremy Davidson, who missed his wave start and ended up behind the last

heat with more than a four-minute penalty.

In true form, he fought through the swim phase and out on his bike. Although he finished over the three hour mark with a time of 3:13:41, he still managed to make his way onto the podium to snatch third place in the 20-35 over 200 pound class known as the Clydesdale.

The top finisher was John McManus, finishing in 2:31:10; this earned him second in the Mens 55-59 and 63rd over all. McManus is a member of the Navy Masters Swim Team. Mark Ritchie finished in 2:35:35, and completed his first-ever Olympic distance with a blistering 41-minute 10km run.

As well, Kris Langford finished in 2:41:31, Kelly Carter 2:44:54, and Marie-Claude Magnan in 2:46:23. This was the last big race prior to Iron Man Canada in Penticton Aug. 30.



Able Seaman Francoeur is promoted to Leading Seaman by Lt(N) Chris DeGagne, and Cdr Derek Moss, Commanding Officer HMCS Regina.



Leading Seaman Wilcox is promoted to Master Seaman by Lt(N) Simpson, Weapons Officer, and Cdr Derek Moss, Commanding Officer of HMCS Regina.

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# Military cook rises to become Wing Chief

**A/SLt Nicole Murillo**  
Contributor

At age 16, Chief Warrant Officer Patrick Young received his first cookbook. Decades later, he boasts quite the collection, including an original edition, leather-bound copy of the LaRose Gastronomique, considered the world's greatest encyclopedia of gastronomy.

But that's not all he has to boast about. On June 9, he became the Wing Chief Warrant Officer at a Change of Appointment Ceremony at 19 Wing Comox.

CWO Young was born in Germany to a mother from Brussels and a father from Trois-Rivières, who served in the Canadian Army. His passion for culinary arts was derived from his mother, who, he says, was a good cook, and his many European relatives, some of whom were chefs and gave him several cookbooks.

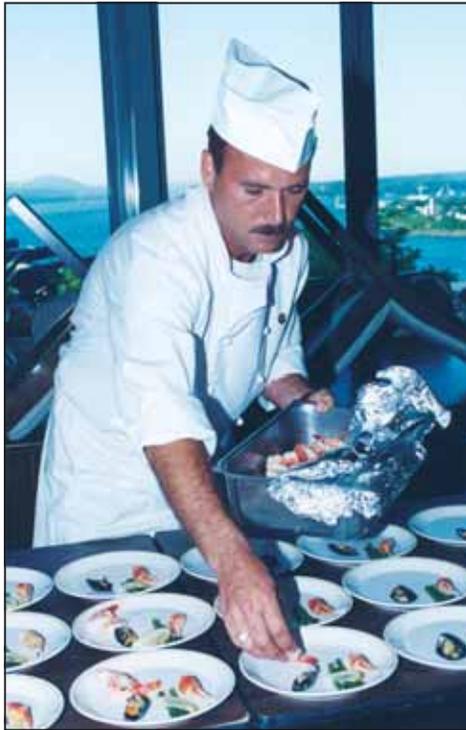
From a young age, CWO Young knew he wanted to cook – a job that allows him to use his hands and doesn't tie him to a desk.

After completing three years of formal culinary arts training in Quebec, CWO Young started his career in Quebec City as a civilian cook on the weekends in the Officers' Mess. Wages, working conditions and a chance to travel were enough enticement for him to join the Canadian Forces as a cook in 1983.

During his 26-year career, he rose through the ranks and has held many positions, from teaching the QL5 Advanced Bake Shop course in Borden, to spending a year in Syria as the Senior Cook for the Middle East, where he was also promoted to the rank of Master Warrant Officer.

"I never set out to become a Chief Warrant Officer, but I also never turned down a challenge," he says. "If you work hard and accept challenges, the system will move you ahead quickly."

With rank comes responsibility, which is why CWO Young has had few opportunities to actually cook in a military kitchen over the last decade. During that time, he's overseen operations at the kitchen in Saint-Jean-sur-Richelieu, Quebec, which houses the Canadian Forces Leadership and Recruit School, and the Canadian Forces Language School. After that, he was sent back to CFB Valcartier to oversee food services for the Quebec area, while also acting as the CWO for the National Support Element.



CWO Patrick Young at work.

"I do still cook a lot at home and it will always be a hobby" said CWO Young. "I definitely miss the environment and the challenges it brings. I miss the creativity. Anyone can cook, but it takes a certain something to cook and present a dish properly."

While CWO Young lists meats and sauces as his specialty, his wife and two children say his German dishes are their favourites, especially his "mean" sauerkraut and hot potato salad.

CWO Young's other culinary talent is fat carving, which is much like ice sculpting, but uses Special Pliable Shortening (SPS), a lard that is typically used in pastries. The fat is carved into shapes such as swans and violins and used as centerpieces for buffet tables.

CWO Young says his goal is to understand how each unit in the Wing functions and do whatever he can to support them in order to help them move forward in their goals.

"This is a new era in the Air Force and I am proud to be a part of it," said CWO Young. "Being the Wing Chief Warrant Officer is a big commitment for my family and me, but I am looking forward to the new challenges and opportunities the position brings."



Chris Kiiskila  
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# Fall Programs & Schedules



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## IN MEMORIAM



Cpl Christian Bobbitt (left) and Sapper Matthieu Allard were killed when an improvised explosive device detonated near a patrol in Afghanistan on Aug. 1, 2009.

Cpl Bobbitt was from the 5e Régiment du génie de combat based in Quebec City, Quebec. Corporal Bobbitt was serving as a member of the 2nd Battalion, Royal 22e Régiment Battle Group.

Sapper Allard was from the 5e Régiment du génie de combat based in Quebec City, Quebec. Sapper Allard was serving as a member of the 2nd Battalion, Royal 22e Régiment Battle Group.

To see the full list of fallen troops, visit [www.lookoutnewspaper.com](http://www.lookoutnewspaper.com) and click on "Honour the Fallen"



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# CADET FOR A DAY

Lookout reporter Mary Ellen Green donned a cadet uniform and experienced the variety of activities available at Albert Head Cadet Training Centre.

**Mary Ellen Green**  
Staff writer

It's a warm, sunny morning when I arrive at Albert Head Air Cadet Summer Training Centre for my first, and only, day as an Air Cadet.

When I slip on a cadet t-shirt, I instantly join the ranks of the current batch of 360 youth, who have travelled from their B.C. homes to the secluded 89-hectare peninsula in Metchosin, surrounded by lush forests and ocean views.

By the time Labour Day weekend arrives, almost 1,000 youth will have experienced the cadet camp, which is free, and includes uniforms and accoutrements.

I fall in line with the very orderly and well-manicured youth in my flight, soaring almost two feet above their beige Tilley hats. I feel a familiar excitement - that of being a kid at summer camp.

They are an impressive group of 12 to 18 year olds, only one day in to the General Training Course.

We march in unison to the firing range, where I'll have my first experience loading and firing an 853C Daisy Air Rifle.

Laying flat on the mat, elbows propped with rifle in hand, we await instruction from Range Safety Officer, Lt Bill Dornan. A quiver in my arms and fingers reveal my nervousness, especially as I attempt to load a tiny pellet into the chamber for my first shot.

One eye looks past the barrel, over the grass to the bull's eye tacked about 10 metres away.

The other eye is squeezed shut. "Now don't pull the trigger," warns Lt Dornan. "Just squeeze it off gently."

The pellet strikes the paper target just wide of the black centre, and with that first shot I'm hooked.

Four more rounds crack the air,

*We want to expose the cadets to some of the aspects of flying. There's not much we can do with them until they turn 16 and can become licensed gliders, so we thought that simulation would be perfect.*

-LCol Steven Deschamps,  
Commanding Officer

all landing in what Lt Dornan calls an "excellent grouping for my first time." I barely conceal my delight as I fall in line with the rest of the cadets, only to realize we didn't take any souvenirs from the range.

"I don't have any spent rounds or ammunition from your range, Sir!" I proclaim as Lt Dornan approaches me.

He explains no one is allowed to take spent rounds or ammunition, and everyone is asked to declare their pockets are empty.

After the range, I join cadets taking the Introduction to Survival Training Course flight and emergency first aid training. Lt Alex Pike teaches us how to administer CPR to the beat of Queen's Another One Bites the Dust, and the Bee Gees' "Staying Alive."

With knees on the ground, the cadets synchronize their chest compressions to the beat of the music. "I, I, I, I'm staying alive, staying alive," they sing as they pump up and down on the dummy.

With only a day to experience cadet life, I take my leave of first aid training and make my way over to Albert Head's Computerized Aircraft Simulation Centre (CASC) for a private lesson with

training centre Commanding Officer, LCol Steven Deschamps.

After finding a flight simulator that can accommodate my tall stature, I pull on a blue flight suit and take a seat at the terminal.

LCol Deschamps, the pioneer of the CASC program for Air Cadets, sits behind me at the Microsoft Flight Simulator 10 terminal and teaches me how to land a Cessna 172.

"We want to expose the cadets to some of the aspects of flying," LCol Deschamps says. "There's not much we can do with them until they turn 16 and can become licensed gliders, so we thought that simulation would be the perfect toy. Kids today are much more switched on than we are."

Cadets have the chance to receive between 12 and 20 hours of private instruction while on course at the Albert Head camp. Once they complete their training, they are awarded with a pair of simulator "wings," a badge they can wear on their flight suits.

I get a lesson on taxiing on the runway, which is so much harder than I imagined. I had no idea pilots use their feet to drive the plane on the tarmac.

The CASC terminals are programmed with realistic graphics from 32,000 airports across the world. Almost every aircraft in the Canadian Forces is available to fly, including vintage aircraft and the CT114 Tutor, or Snowbird.

"The terminals can all be networked together, so one day it would be neat to see cadets flying the Snowbirds in formation," LCol Deschamps says.

In the afternoon, following lunch, I meet up with the cadets in my flight for glider instruction.

Sitting in the tented outdoor classroom, I'm shocked and amazed by the diligence and maturity of some of the smallest and most intelligent citizens of B.C. as we



Mary Ellen Green, Lookout

Lookout writer Mary Ellen Green tests her skills on the firing range.

go over the basic principles of aviation.

Hands go up all around me as our instructor, Sgt Shih asks for the definitions of gravity, lift, drag, thrust, weight, angle of attack and stall. Since physics isn't my forte, I sit back and learn what I can from the young experts.

Next, Sgt Shih hands out pieces of paper with the parts of a glider. He also hands out a pair of scissors and a glue stick.

"They're all numbered," he says. "Just cut them out and ask your fellow cadets for help if you need it."

I build and decorate my glider just in time to march out to the orchard with my flight and give it a try. It actually flies.

My escort, Public Affairs Officer, Capt Jen Taylor walks over and tells me my day is done and I can leave when I want to. It's just 10 minutes before dinner and I'm starving after a full day of fun in the sun.

As I get in my car to drive away, I

think about what's in store for the youngsters as the evening draws near. They will have a pie throwing contest in their canteen to raise funds for a charity. Each summer, the training centre makes a donation to the Victoria Hospitals Foundation; this year, the monies raised will purchase a spirometer for the paediatric ward. The cadets can also use their \$60 per week training bonus to buy treats like cotton candy and popcorn in the canteen.

When it was all said and done, my day at Albert Head ACSTC was immensely enjoyable. I came to understand that while the Air Cadet program teaches the basic principles of the air force, it is not necessarily a recruiting tool for the Canadian Forces. It is, however a great program where kids can be kids and enjoy learning in a constructive and disciplined atmosphere, in one of the most beautiful pieces of property on Vancouver Island.



Left: Cadets participate in a drill competition on the Albert Head parade square.

Right: Cadet Natascha Roffel practices abdominal thrusts on Cadet Tiffany Law during emergency first aid training.



Mary Ellen Green, Lookout

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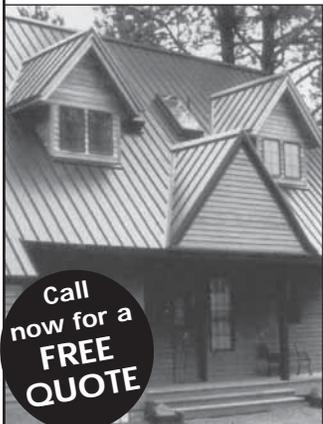
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**INFOCUS**



**CFMETR welcomes new commander**

**Deanne Gillespie**  
CFMETR

Canadian Forces Maritime Experimental and Test Ranges (CFMETR) at Nanoose Bay welcomed a new Commanding Officer at a short ceremony July 28.

Commander Gerard Powell took over as Commanding Officer from Commander Gerald Laporte, who retired after 38 years in the Canadian Forces.

Cdr Powell comes to his new post from

Ottawa, where he worked as Section Head for the Director of Defence Program Coordination within the Vice Chief of Defence Staff organization.

Commodore Richard Greenwood, Director General Maritime Equipment Program Management, was the presiding officer for the ceremony that took place outside the CFMETR headquarters building.

Nearly 100 people attended the ceremony, including Commodore Roger Westwood (retired); Donald McCormack, Technical Director at Naval

Undersea Warfare Centre, Washington, DC; several other U.S. Navy senior representatives; members of the RCMP National Underwater Recovery Training Center; Canadian Forces Base Esquimalt representatives; local dignitaries and CFMETR staff.

CFMETR is Canada's key facility for testing of Canadian Forces underwater sensors and weapons systems. In addition, it is an evaluation, calibration and repair facility for torpedoes, ship and airborne sonar equipment. The range is shared with the United States Navy.



CPO2 Zeb Schmidt, Contributor Chief Petty Officer Zeb Schmidt, Vice President of the Chiefs and Petty Officers' Mess, presents a cheque for \$1,500 to Mark McLaughlin the Executive Director of the Crystal Meth Society of B.C. The Crystal Meth Society's aim is to reduce the spread of crystal meth use in all communities through education and outreach support efforts, and has provided numerous well-received presentations throughout CFB Esquimalt. The volunteer-run society is committed to the expansion of treatment options for community members, in particular youth, through fundraising efforts.



HMCS Victoria crew members (left to right) Lt (Royal Australian Navy) Brad Francis, LS Dave Neizen, CPO2 Derek Hayes and PO1 Jens Simonsen got to hang out with Canadian country singer/songwriter and CMT host Beverly Mahood (centre) during a Calgary Stampede barbecue.

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\*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. Freight (\$1,400/\$1,350/\$1,300) on 2009 Saturn ASTRA 5-Door XE/2009 Saturn AURA XE/2009 Saturn OUTLOOK XE FWD included. Taxes, licence, insurance, registration, administration fees, fees associated with publication/filing at the movable property registry/PPSA, duties, and optional equipment extra. PD) included. Retailers are free to set individual prices. Retailer trade may be necessary. \$4,000/5,500/\$5,000/\$5,000/\$5,000 manufacturer-to-retailer delivery credit (tax exclusive) available on 2009 Saturn ASTRA 5-Door XE/2009 Saturn AURA XE/2009 Saturn OUTLOOK XE FWD. \*\$1,000/\$1,000/\$1,000 is a manufacturer to consumer incentive (tax inclusive) available on the 2009 Saturn ASTRA 5-Door XE/2009 Saturn AURA XE/2009 Saturn OUTLOOK XE FWD 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 2008 or 2009 Saturn delivered between March 10, 2009 and August 31, 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. \*Offers apply as indicated to the 2009 Saturn ASTRA 5-Door XE/2009 Saturn AURA XE and the 2009 Saturn OUTLOOK XE FWD (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/2009 Saturn OUTLOOK XE FWD (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. \*Side-impact crash test rating is for a model tested with standard head curtain side airbags (SABs). U.S. Government star ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (www.safercar.gov). 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.



# THE SUMMER CLEAROUT IS BACK



2009 ASTRA® 3-Door XR model shown

## 2009 ASTRA XE

CASH PURCHASE PRICE, STARTING AT  
**\$14,790\***  
 OFFER INCLUDES \$1,000 LOYALTY BONUS AVAILABLE TO CURRENT SATURN AND GM OWNERS ONLY<sup>†</sup>  
 INCLUDES A CASH CREDIT OF  
**\$4,000\***

HWY - 6.1 L/100 KM (46 MPG)<sup>°</sup> CITY - 8.5 L/100 KM (33 MPG)<sup>°</sup>

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

Standard Features <sup>†</sup>	2009 Saturn ASTRA XE 5-door	2009 Honda Civic DX 4-door sedan	2010 Mazda3 GX 4-door sport
OnStar <sup>®</sup>	✓	X	X
6-Speaker Stereo	✓	X	X
Cruise Control	✓	X	X
Power Door Locks	✓	X	X
Remote Keyless Entry	✓	X	X
Powertrain Warranty	60 months/160,000 km	60 months/100,000 km	60 months/100,000 km

<sup>†</sup>BASED ON AVAILABLE COMPETITIVE INFORMATION.

Best coverage in Canada with 5 years/160,000 km  
**FULLY BACKED WARRANTY<sup>†</sup>**



2009 VUE<sup>®</sup> XR model shown

## 2009 VUE XE

CASH PURCHASE PRICE, STARTING AT  
**\$22,225\*** INCLUDES A CASH CREDIT OF  
**\$5,500\***  
 OFFER INCLUDES \$1,000 LOYALTY BONUS AVAILABLE TO CURRENT SATURN AND GM OWNERS ONLY<sup>†</sup>

HWY - 7.5 L/100 KM (38 MPG)<sup>°</sup> CITY - 10.9 L/100 KM (26 MPG)<sup>°</sup>

- 2009 TOP SAFETY PICK AWARD winner from the Insurance Institute for Highway Safety<sup>†</sup>
- Also available as a **HYBRID**



2009 AURA<sup>®</sup> XR model shown

## 2009 AURA XE

CASH PURCHASE PRICE, STARTING AT  
**\$20,525\*** INCLUDES A CASH CREDIT OF  
**\$5,000\***  
 OFFER INCLUDES \$1,000 LOYALTY BONUS AVAILABLE TO CURRENT SATURN AND GM OWNERS ONLY<sup>†</sup>

HWY - 5.9 L/100 KM (48 MPG)<sup>°</sup> CITY - 9.4 L/100 KM (30 MPG)<sup>°</sup>

- Better fuel efficiency than the Accord or Camry (excludes hybrids)
- Also available as a **HYBRID**



2009 OUTLOOK<sup>®</sup> XR model shown

## 2009 OUTLOOK XE

CASH PURCHASE PRICE, STARTING AT  
**\$30,985\*** INCLUDES A CASH CREDIT OF  
**\$5,000\***  
 OFFER INCLUDES \$1,000 LOYALTY BONUS AVAILABLE TO CURRENT SATURN AND GM OWNERS ONLY<sup>†</sup>

HWY - 8.4 L/100 KM (34 MPG)<sup>°</sup> CITY - 12.7 L/100 KM (22 MPG)<sup>°</sup>

- 3.6 L, 281-hp V6 engine and a 6-speed automatic transmission
- 5-star rating for front and rear seat side impact crash tests<sup>†</sup>

YOUR EXPERIENCE BEGINS AT **saturn.ca**

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

# 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](http://www.victoriatoastmasters.com) for details.

CONVENIENTLY LOCATED AT ADMIRAL'S WALK Centre. We have books, audios, videos, & DVD's for all ages. Internet is also available. For hours of operation and other information please call 250-479-2723.

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!

### FOR SALE

**Navy Mess Kit For Sale**  
Height: 5'9" (175cm)  
Chest: 42" • Waist: 34-36"  
One pair of shoulder boards (Baired)  
**Mia's Tailor (CANEX)**  
250-382-1539

### 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

### HEALTH

**Professional Self Defense**  
Increase fitness & self-confidence in a safe atmosphere  
#201-1420 Quadra  
250-384-0033  
[proself@shaw.ca](mailto:proself@shaw.ca)  
[www.professionalselfdefense.com](http://www.professionalselfdefense.com)

### VOLUNTEER

BECOME A PART OF AN AMAZING Crisis Line Worker Team. & 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](http://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](mailto:volunteers@rivonline.org)

### MOTORCYCLES

2008 KLR 650 in Excellent Condition, with Luggage & Accessories. Red. Extended Warranty. REDUCED - \$7,500. Ask for Andrew. 250-363-5129, M-F only.

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

### APPLIANCES

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

### 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

**Your ad here**  
For word or display ads, call 363-3014

### REAL ESTATE • FOR RENT

**Saxe Point Suite**  
  
2 bedroom suite with ocean views. Newly renovated. Private entrance & laundry. \$1400/month  
View after Aug 25. 250-516-7339  
[yougojosh@gmail.com](mailto:yougojosh@gmail.com)

BRIGHT, SPACIOUS UPPER 3 bdrm., 1bth. Suite. Quiet 1 Block St. Newly Renovated, All Appliances, Lrg. Deck Off Kitchen Overlooking Fenced Yard. Walking Distance To Base, Shopping, Buses. Utilities Not Included. Street Parking References Req., N/S, NO CATS! Sm. Dog Neg. Contact Valerie or John at 250-220-6111.

**Lookout Classifieds Work.**  
363-3014

### SERVICES OFFERED

PLEASURE CRAFT OPERATOR CARD (Powerboat driver's license) Deadline September 15, 2009. Don't pay fines, get certified. 250-885-7963 [www.safetyandtraining.ca](http://www.safetyandtraining.ca) [info@safetyandtraining.ca](mailto:info@safetyandtraining.ca)

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

**QUIT SMOKING**  
in just ONE HOUR - only \$299 INCL. DETOX  
• Drug & Alcohol Addictions  
• Weight Control & Stress  
Private, Safe, Painless, Drug Free, Confidential.  
 **PH: (250) 477-0737**  
550-2950 Douglas Street  
[www.imaginelaserworks.com](http://www.imaginelaserworks.com)

### AUTOMOTIVE

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

### CONTRACTING

**Need a Professional?**  
Call for a free estimate:  
• Renovations  
• General Contractor  
• Design Service  
• Additions and more  
  
**Wingfield Contracting**  
[wingfield@telus.net](mailto:wingfield@telus.net)  
250-658-2656

THETIS HEIGHTS 4 BDRM. Home w/den, faily rm, 3/ bth on quiet cul-de-sac. Close to VGH, schools, shopping, transit, rec facilities. Hw floors, cntrl vac, 2 fp., furn. Bsmnt., 5 appls, 2 decks, tree'd yard. NS/NP. \$1900/mo. + utilil. Equitex 250-386-6071.

BRAND NEW UPSCALE Condo Available Sept. 1st. 1 bdrm/1bth, Stainless steel F/S/M. W/D, window coverings, granite counter tops & secure under-ground parking, storage locker, downtown Langford. NS. \$890/mo. Call 250-514-7626.

FULLY FURNISHED 1200 SQ. FT. 2 Bdrm. apartment. Laundry, parking, bbq, own parking across from Gonzalas Bay. Call Anne at 250-592-5053. Avail. Sept. 1st. \$1800/mo.

ROCKHEIGHTS 2BDRM. LOCATED in the Scenic Rockheights area with a 15 min. easy walk to the Esquimalt Military Base or the Dockyard. A freshly renovated 2 bdrm. bsmt. Suite with a single bth. Large kitchen & dining area, plus large livingroom, 2 indoor storage areas & shared BBQ patio. NS/NP. No laundry facilities. Basic utilites & cable tv included. \$850/mo. Avail. Sept. 1st. Email [Lapage@telus.net](mailto:Lapage@telus.net) or 250-388-0705.

ONE BDRM. SUITE near Hillside mall. Brand new, pristine. In-suite laundry, microwave, vaccume incl. 415 sq.ft. \$820/mo. See RentBC ad # 126054 for details. Elizabeth 250-418-1114.

2 BDRM. TOP FLOOR Of Owner Occupied House. Bright & sunny w/a deck off dining room. Sep. entrance, approx. 1100 sq.ft. Recently renovated all new light fixtures, window coverings, d/w, closet organizers, flooring. 1 covered parking space. incl basic utilities & shared laundry. Great location close to base. If you would like to arrange a viewing, email: [ccmannion@yahoo.com](mailto:ccmannion@yahoo.com) or call 250-532-5295 aft. 4pm.

 PROPERTIES OWNED AND MANAGED BY EY PROPERTIES LTD.  
**250-361-3690**  
Toll Free 1-866-217-3612  
[www.eyproperties.com](http://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

### 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**

 **SINCE 1918**  
250-385-8771  
**837 Ellery St., Esquimalt**  
Large, newly renovated 1 Bdrm - \$795/month with move-in bonus. Avail. immediately.  
1 Bdrm - \$750/month. Avail. Sept 1st  
Includes heat and hot water  
**CALL 250-217-0757**

**LARGE FAMILY LIVING**  
  
This big house has 5 bdrms/3bth, den, rec rm, large laundry rm, 2-car garage.  
A well cared fenced-in yard w/ gazebo, RV parking, M. bdrm. has updated ensuite w/ soaker tub. Open country kitchen. Open floor plan, vaulted ceilings. downstairs rec room w/ wet bar. Extensive renovations in past year: new roof, furnace, water heater, carpet, HW floors, toilets, sinks, lighting, paint+ more. Move-in ready. Great deal! Email [bchowe@shaw.ca](mailto:bchowe@shaw.ca) for pics. 250-749-6303

**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**

**CFB Esquimalt Tritons Men's Hockey Tryouts** 2009/10 Season  
Tryouts are open to all in uniform Regular and Reserve class. The Team plays in a local mens league in Victoria playing about 30 games a season along with practicing twice a week from Sept to Apr. The team also will compete at the CF Pacific Regional Championships with a chance to represent the region at the CF National Championships. Ice time has been booked for conditioning so you can get into shape before tryouts begin:  
Aug 17, 4 to 5:45 Light Conditioning  
Aug 19, 5:45 to 7:30 Light Conditioning  
Aug 24, 4 to 5:45 Conditioning  
Aug 26, 4 to 5:45 Conditioning  
Aug 31, 4 to 5:45 Conditioning  
Sep 2, 4 to 5:45 Try Outs  
Sep 7, 5:30 to 7 Try Outs  
Sep 9, 7 to 8:30 Try Outs  
Team dryland training at Naden Lower Gym Tuesdays, 2:30 to 3:30 and Fridays 12:30 to 1:30 starting the Aug. 11.  
Inquiries can be e-mailed to Mike Vogt, [Mike.Vogt@forces.gc.ca](mailto:Mike.Vogt@forces.gc.ca) or Roger D'Amour, [Roger.Damour@forces.gc.ca](mailto:Roger.Damour@forces.gc.ca)

# 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

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*Sherri* *Krista*

**NEW HOMES FROM ONLY \$279,900**

**The "Estates"**  
at Shawnigan Station  
located at:  
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**Show Home Open**  
Mon - Fri 10-1  
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10 year warranty • Gas Furnace/Fireplace  
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**Gary Brown**  
250-380-6683  
www.shawniganstation.ca

**SUDOKU ANSWER**

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

PUZZLE ON PAGE 5

**BUYER'S CASH BACK**  
Get 50% back from my commission by purchasing a home from MLS listings\*

**Ray Kong P. Eng**  
Realtor, Professional Engineer  
top 1% in sales among Victoria agents

250-858-0099  
www.raykong.ca

One Percent Realty Vancouver Island  
\*Rebate on buying commission only with min. \$5000 to realtor

**Recreation Specialty Instructors Needed**

Yoga | Kickboxing | Wages negotiable.  
Pilates | Fitness 101 | Contact the Recreation Director for more information, 250-363-1008.  
Stability Ball



**VOLUNTEER OPPORTUNITY**

The 2136 RCACC (Royal Canadian Army Cadet Corps) are seeking an individual to handle Accounts Payable/Receivable. The individual should have experience in AccPac, Excel and Word. Location: Bay Street Armoury Approximately 2-4 hours per month. Apply to: Mr. Mark Hallam. 2136 RCACC Sponsoring Committee Chair Sponsor2136@shaw.ca

**VOLUNTEERS NEEDED**

Route marshals  
Registration/Race Package/  
End Race Chip Collectors  
Warm up (1 fitness staff)  
SISIP Kids Fun Run  
Prize table/Awards  
Van Driver

**NAVY 10K**  
CFB ESQUIMALT

The commitment for this event will be from approximately 7 to 11am on Aug 16. Contact Natalie Vincent at 363-2989 or at Natalie.Vincent@forces.gc.ca to volunteer.

**SELLING SOUTHERN VANCOUVER ISLAND**

Being born and raised in the country side of Sooke has given me an appreciation like no realtor. Your realtor for Southern Vancouver Island.

Call me for coffee and a free tour!  
[P] 250-514-4750  
[T] 1-800-665-5303

**Nancy Vieira** is 6th generation born and raised and loves talking about her home town.  
e-mail Nancy info@nancyvieira.com



**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.

# A SNEAK PEAK AT OUR WEEKLY SPECIALS!

Weekly Specials in Effect from Wednesday, August 12<sup>th</sup> to Tuesday, August 18<sup>th</sup>, 2009

## BC Fresh Corn

Product of BC



**10 FOR \$3**



## Top Savings

### Top Sirloin Steak

Naturally Aged 21 Days  
Family Pack Saving Size  
\$13.21/kg

**5.99**  
Per lb



## Coke, Canada Dry

Selected Flavours  
or Dasani Water  
12 Pack



**3 FOR \$11**



## Free Run Large Brown Eggs

Dozen

**3.49**  
Each



## Dempster's Bread

100% Whole Wheat,  
Sesame White or  
Cinnamon Raisin  
Selected  
680g

**2 FOR \$5**



Where this symbol appears, deposit & enviro levies are applicable.

## Did you remember your Reusable Shopping Bags?

Thank you for thinking of the earth!



**1/2 PRICE SPECIAL**

**49¢**  
Each



**THRIFTY FOODS**  
smiles every day.

Weekly Specials in Effect from Wednesday, August 12<sup>th</sup> to Tuesday, August 18<sup>th</sup>, 2009