

LOOKOUT

MARPAC NEWS CFB Esquimalt, Victoria, B.C.

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



Anne Flynn
Mortgage Consultant
250-516-5262



Don Barr
Mortgage Consultant
250-744-6984

Why rent when you can buy? Call about our free down payment mortgages



www.anneflynn.ca

SHIP NEWS 2

HMCS Calgary sailors bury the beard



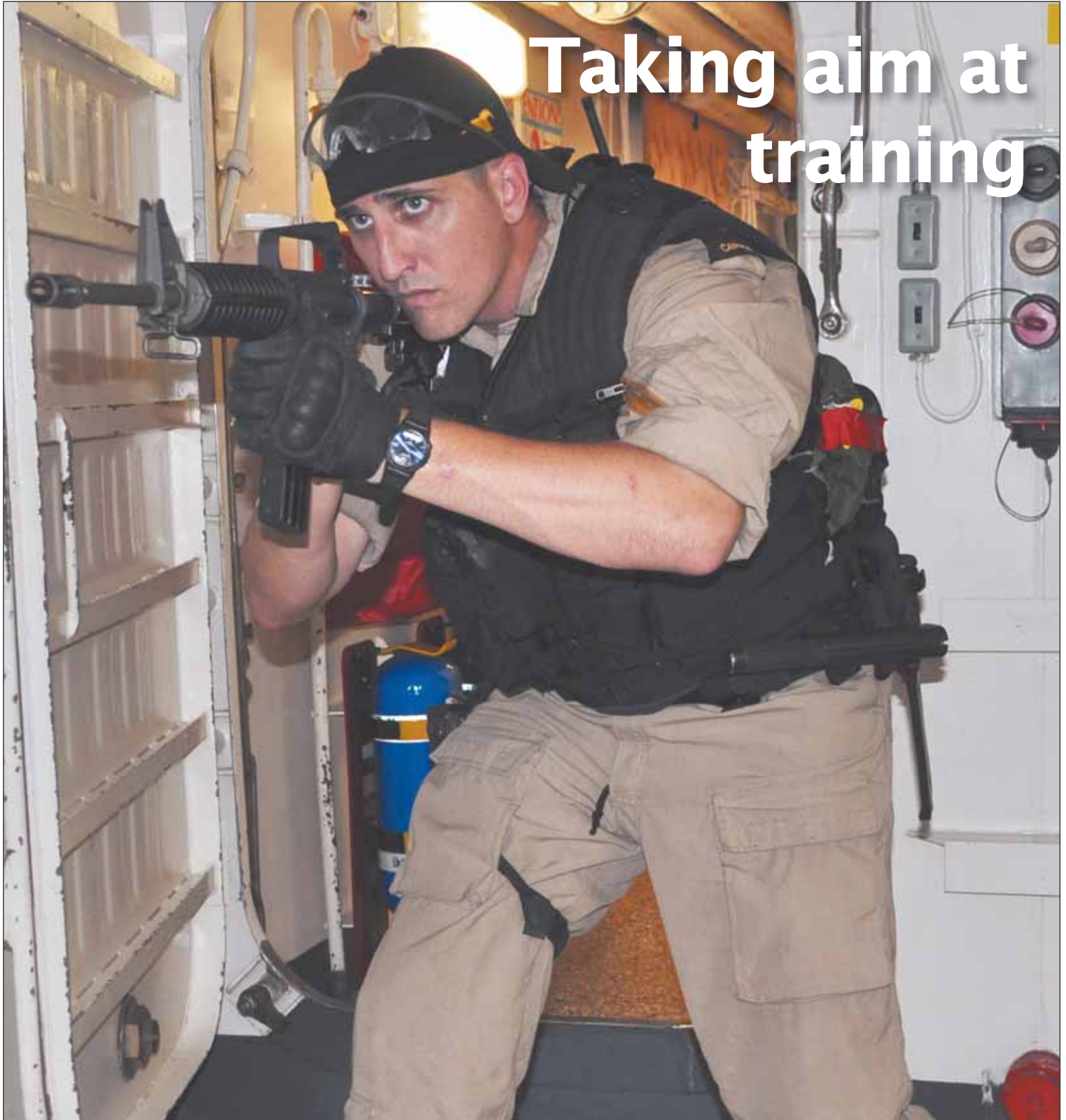
CENTENNIAL 7

Maritime Museum celebrates with naval art



NEWS 9

Raffle strumming up cash for United Way



Taking aim at training

A/SLt Mark Fifield, HMCS Calgary OS Brendan Churcher, a Naval Combat Information Operator, takes aim during a naval boarding party exercise in HMCS Calgary. Calgary just completed Panamax 2009, an international exercise off the coast of South America.

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

15% military discount

SoccerWorld
THE PLAYER'S STORE

831 Vernon Avenue, Victoria, BC, V8X 2W8
john@soccerworldvictoria.com • Fax 475-3822

10 MINUTE OIL CHANGE
NO APPOINTMENTS NECESSARY

We offer those serving in the military & DND a Special Discount. Not valid with any other offer.

2988 Jacklin Rd. (Across from Westshore Town Centre) 250-474-7133 | 708 Bay St. Victoria (Douglas & Bay) 250-389-1326

NEW AND IMPROVED

NO INTEREST CREDIT PLAN | **CONVENIENT** | **NO MONEY DOWN NOT EVEN THE TAXES!**

12 Month Plan
24 Month Plan
36 Month Plan

* On approved credit on the CAMEL No Interest Credit Plan. See Brochure for details.

Base Taxi Service

for Naden, Dockyard & Work Point
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.



The centennial
Commemorate, Celebrate, Commit™
will be a
MOMENTOUS MILESTONE
both in our
Navy & Nation's HISTORY.

Naval Centennial Giftware

Available from CANEX online at www.canadiannavalcentennial.ca and at selected CANEX stores across the country: Halifax, Valcartier, St. Jean, Ottawa, Kingston, Borden and Esquimalt.

Dance the night away at the PFC's
OCTOBERFEST!

Join musical guests Kitangus and their unique brand of "West Coast Celtic" music.
Plus enjoy tasty Brats on buns.

No cover • October 17th at 9pm



Farewell to facial hair

A/SLt Mark Fifield, HMCS Calgary

AB Christopher Ricard places a mini coffin on the ramp. The coffin contains the remains of beard shavings donated by PO1 Ken Kowalski.

Sailors mourn beards, buried at sea

A/SLt Mark Fifield
HMCS Calgary

The wearing of beards is a longstanding naval tradition that originated back in the times of wooden sailing ships when fresh water couldn't be spared to allow sailors to shave on a regular basis.

However, as of July 14 all personnel on board Her Majesty's Canadian Ships and submarines were no longer permitted to have beards while at sea.

The policy was changed due to safety concerns about the presence of facial hair preventing a proper seal when wearing respiratory protection systems.

As to be expected, there were a few "old salts" in HMCS Calgary who mourned the loss of this beloved tradition and marked its passing with a mock burial at sea.

On Sept. 20, a small funeral procession led by Calgary's Buffer, CPO2

Patrick O'Hara, took place with the collection of a beard that was shaven after the new policy had taken effect. The remains were generously donated by AB Christopher Ricard and placed in a small casket built for the solemn occasion by PO1 Kenneth Kowalski.

After some somber words

read by AB Ricard and the odd tear or two, the casket containing the beard was committed to the deep and eventually reached its final resting place at Davey Jones Locker.

It slowly descended beneath the waves for all eternity and was recorded at the following location 07° 01' N, 074° 15' W.

Calgary is currently in the South America region following the completion of Panamax 2009, which was a joint multinational exercise involving navies from 16 countries with the aim to improve cooperation and interoperability between the Canadian Forces and our international partners.

Eulogy for a sailor's beard

Navies around the world, regardless of creed or country of origin, share naval traditions. One of these traditions was the growing of a fine and full beard.

Times have changed my friends, and we have lost a warm and fuzzy friend.

The tradition of having a beard on sailing ships originated from fresh water shortages in the days of wooden ships, and over hundreds of years spawned into a tradition held dearly in the pockets of salty and wise sailors.

Traditionally called growing a "set", it consisted of both a beard and a mustache. To the peril of us all, growing

a "set" now has a new meaning and mustaches everywhere are singing their lament of loneliness.

I...we have lost a friend and ever present companion, gone are the hours of quiet comfort. Gone is a right of passage held dear to anyone who has sailed any sea. Gone is a naval tradition hundreds of years old, never to return.

To the depths of which you were spawned, my dear friend, so you return.

May your comfort and warmth see its way into heart of the deep drink and to all fish kind.

Goodbye.

Holes are cheesy.

ISLAND MUFFLER and BRAKE SHOP

Leaking exhaust is unhealthy and dangerous to your family. Let us repair your vehicle's exhaust system for your family's health.

www.islandmuffler.com
ismuf@telus.net **250-385-7033**

677 Burnside Road East (at Douglas)

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

Saltiest sea legs reside in dockyard

Shelley Lipke
Staff writer

Since age 10, Queen's Harbour Master relief skipper Anthony Steward could think of nothing he wanted more than to go to sea.

Seventy years later, he's got a treasure chest full of memories and dozens of stories to share with other seafarers, especially those who work in auxiliary vessels at HMC Dockyard.

"I think one of my distant ancestors was a sea captain, and I came from a seafaring race because I love the ocean and the experiences it gives me," said Steward during the week of his 80th birthday.

He added to that cache of yarns on Sept. 12 when his colleagues held a surprise party on a barge in Dockyard.

"My party was held in a place we sometimes have meetings in. So when fleet manager Doug Kimmet asked me if I could come meet some new people I didn't think much of it," said Steward. "Then I was surprised to see 45 of my colleagues there cheering, clapping and singing *Happy Birthday* to me. It was quite emotional to see all my shipmates, some I have served with since the early 80s, hold a party like this for me."

Steward's sailing career began at 17 when he left his home in London, England, and set sail for India as a sea cadet. "When I was growing up I don't think there was a street in Britain that didn't have a sailor on it, and I wanted to be one too."

For years he travelled the globe as a merchant seaman in general cargo



Anthony Steward, a relief skipper with Queen's Harbour Master, celebrated his 80th birthday with a surprise party on a barge in dockyard. Steward was surprised to see 45 of his colleagues waiting with a cake to mark the occasion. For 35 years he's been working on ships, but the last few years have been spent at CFB Esquimalt.

ships, tankers and war ships (RCN).

"I loved the travel aspect and the sense of adventure that joining a new ship and going somewhere different would bring. To me it's a sense of independence being away from the constraints of living ashore."

Through word of mouth and through recruiting agencies Steward got jobs sailing under the Papua New Guinea, Panama and Jamaican flags, and with the variety of ships he sailed came more experience.

For Steward each nautical mile travelled is part of a greater story.

"One of the loneliest voyages for me was the 19-day sail from New Zealand to Panama. This was 19 days



of seeing nothing, no ships, no planes, just the sea and the sky. It seemed like we were the only people in the world," he said. "We'd listen to news on the radio and couldn't believe where we were and that we were completely removed from it."

In 1954 he came to Canada as a Sub-Lieutenant in the Royal Canadian Navy; he served on both coasts before leaving the navy to help raise a family. But years later he felt the pull of the ocean and returned to be a civilian sailor at Dockyard.

"Working on HMCS Endeavour was one of the best jobs I ever had,"

he said. "I spent 13 years aboard the research vessel as third, second first officer, and captain," recalls Steward. "Being in command has its various rewards. With a good crew, it was most enjoyable."

These days Steward spends his days at Dockyard as relief staff on the boats, and also helps with administration and personnel.

"I enjoy working here. I enjoy the people I work with and we have such a wide variety of seafaring experience here, I love to share a coffee with them and hear their stories."

"I'll do this until I'm tired," he says.

Providing visitors and educators with a world class museum experience



Open daily except Christmas & New Year's Day.
Fall and Winter hours: 11am to 3pm
Call 250-655-3300 or visit www.bcvm.net
1910 Norseman Road, Victoria International Airport

The Heart of the South Pacific...
The Cook Islands

12 nights from \$2459 per person
30 nights from \$3851 per person



Includes:
Airfare from Vancouver, accommodation, daily breakfast & scooter rental

Based on double occupancy. Taxes additional. Call for details.

250-953-6640
BaseTravel@Geo.ca
UNIGLOBE
Geo Travel
In the CANEX Building off Admirals Road

I think one of my distant ancestors was a sea captain, and I came from a seafaring race because I love the ocean and the experiences it gives me."

-Anthony Steward
QHMC relief skipper

CONTROL YOUR PROJECTS
FROM INITIATION TO CLOSURE



EXECUTIVE PROGRAMS

Two-Day Course
INTRODUCTION TO PROJECT MANAGEMENT

October 5 & 6, 2009 – Westin Bear Mountain Golf Resort
Discover essential tools for new project managers and team members to deliver successful projects on time, on budget and in scope.
Covers the complete project lifecycle, from initial project proposal and definition, through project implementation, and finally the often neglected project completion phase.

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

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

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

VIC WEST AUTOMOTIVE & DETAILING
FURIOUS RIDES



Military and Seniors Discounts Available

Wheels • Tires • Oil Changes • Automotive Repair

608 Esquimalt Rd • Phone: 250-472-RIDE (7433) • After Hours: 250-891-RIDE (7433)

FREE INSPECTION AND TIRE ROTATION with any mechanical service



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 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.

LOOKOUT
NEWSPAPER

Circulation - 4,500

One year subscription - \$35.³¹

Six month subscription - \$17.⁶⁶

Three month subscription - \$11.⁷⁷

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

E-mail: frontoffice@lookoutnewspaper.com

Web: www.lookoutnewspaper.com

Fax: 363-3015

Canadian Mail Product Sales Agreement 40063331



WHAT SAY YOU

Recruiters were right, sailors get unique travel

A/SLt Dave Kay
Contributor

As the recruiters claim, and every sailor fully understands, the navy definitely offers some unique work and travel experiences. There are very few (if any) organizations in Canada, where within three weeks of graduating from university, a new member/employee finds themselves sailing on a foreign naval ship in the South Atlantic on a two month trip around South America.

Due to my training schedule I was available for an on-the-job opportunity on board the Brazilian Navy's training ship U27 Brasil (no that's not a typo, there is supposed to be an s in there) for two months.

The ship is making a six-month deployment as a final exercise for the recent graduates of the Brazilian Naval School

(equivalent to RMC) with stops in almost every country along the South American Coast, Central and North America, many European countries, and Africa.

I began the journey in Rio de Janeiro, and left the ship in Miami. Other foreign officers were also embarked representing Venezuela, Mexico, Argentina, Uruguay, Chile, Honduras, Paraguay, India, Guyana (which I rather embarrassingly discovered is not in Africa, but Northern South America), Spain, Angola, Portugal, Germany, the United States and the Brazilian Army, Air Force and Merchant Marine.

CF training has taught me the value of teamwork and tolerance towards others. Since I couldn't speak a word of Portuguese or Spanish, there was obviously a huge language barrier. My two cabin mates were Mexican and Venezuelan and there were only

three of us (out of roughly 400) on board who were relatively fluent in English. As a result, 95 per cent of the time I had no idea what was going on, and the three of us had to work together, share information and tolerate each other's extremely different personalities and backgrounds in order to get through the day with some semblance of competence.

There were some very interesting port visits on my leg of the trip. We stopped in: Rio Grande, Brazil; Buenos Aires, Argentina; and Montevideo, Uruguay. We sailed past the Falkland Islands, transited a channel just North of Cape Horn then steamed north, stopping in Valparaiso, Chile; Lima, Peru; and Guayaquil, Ecuador. We transited the Panama Canal then stopped in Cartagena des Indes, Columbia. A port visit was scheduled for Honduras, but with the recent

political turmoil, the Brazilians chose not to stop there. My final port visit was Miami where I met my replacement, and returned to Canada.

Although each port was very different, and some were better than others, one common theme running through them was my increased appreciation for Canada, and our extremely high standard of living. During the deployment I rarely saw a neighbourhood, street or even houses that compared to even the poorer areas in Canada.

This deployment was a fantastic eye opening experience, and a fabulous learning opportunity. I strongly encourage everyone to take advantage of any and all opportunities to experience foreign countries, militaries and cultures. It will change your view of the CF and Canada, and make you appreciate how good we Canadians have it.



All 20 foreign exchange officers on the flight deck of U27 Brasil upon departure from Guayaquil, Ecuador. Top row (left to right): Venezuela, Honduras, Uruguay, Brazilian Merchant Marine (x2), United States, Brazilian Army, Portugal, Guyana, Chile, Peru, Paraguay, Canada, Angola. Bottom row (left to right): Argentina, Spain, Mexico, India, Germany, Brazilian Air Force.

achieve health

Michael Cote, R.Ac
Registered Acupuncturist
traditional Chinese medicine

Acupuncture is covered
by most extended
health care plans.

Effective treatments for:

- respiratory problems
- post traumatic stress
- pain
- insomnia
- menstrual problems
- digestive problems
- anxiety
- and much more

208-284 Helmcken Road, View Royal, Victoria

Call to book your appointment: 250-384-5211



GARDEN CITY AUTOBODY
& RESTORATIONS



ICBC Claims & Private Insurance
Shuttle Service • Courtesy Cars

Contact Ritchie Mac
250-727-6846
for personalized service



10%
Military Discount

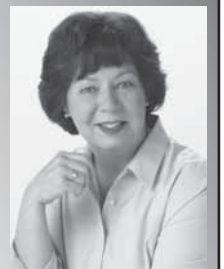
427 Beta Street, Victoria, BC V8Z 1A9

Looking to Buy or Sell?

Take the Stress Out of
Your Next Move!
Inquire about my Real Estate
Concierge Service

Deborah Kline, MM

Real Estate Professional
150-805 Cloverdale Avenue, Victoria
Direct: (250) 661-7680
www.1stinVictoria.com
Email: deborah.kline@shaw.ca



PEMBERTON
HOLMES
ESTABLISHED 1897

Time to recognize phenomenal women

Jon Chabun
MFRC

The military often celebrates the contributions of people in uniform, but the Esquimalt Military Family Resource Centre (MFRC) would like to celebrate the contributions of women who are "the strength behind the uniform."

"The MFRC is now accepting nominations for the 2009 Phenomenal Woman Award. The honour recognizes an outstanding woman in the defence community who is a great role model, contributes to the quality of life of others, demonstrates initiative and shows great commitment to their community. It may be a military spouse, a woman in uniform or a DND employee. And we all know someone who could fit the bill.

"It's inspiring to see the impact women have in this community," says Gaynor Jackson, Esquimalt MFRC executive director. "There are so many interesting, talented, giving women doing amazing things, but often they don't get acknowledged for their efforts. This award recognizes them for making incredible contributions while facing unique challenges."

If you know a phenomenal woman, download a nomination form from www.esquimaltmfrc.com and submit it before the Oct. 16 deadline.

The award ceremony is part of Pacific Women's Day, the MFRC's annual women's conference, taking place on Saturday, Nov. 7 at the Inn at Laurel Point. Registration costs \$55 and includes three workshops, a buffet lunch and the keynote speaker. For more information, contact the MFRC at 250-363-2640 (toll free: 1-800-353-3329).

Education session on Canada West courses

University Canada West (UCAN) is proud to be an education provider to the Canadian Forces (CF) and all of its personnel. Our programs are available to Regular Force, Reserve Force, active and former members. UCAN programs are developed to allow you as a CF individual the opportunity to pursue a university education and improve upon your professional development abilities.

UCAN has various modes of learning. These include two campuses located in Victoria and Vancouver for face-to-face learning and the ability to achieve your degree online through distance learning. These offerings are made available to give busy professionals like those of you in the military the opportunity to complete your degree regardless of where you are located in the world.

UCAN grants university credits for a wide range of military training and service. Our programs are constructed to get individuals trained and developed by implementing courses that take only 10

weeks to complete. This is unique compared to the traditional four month semester system, and allows individuals to enter courses on a more continuous basis. At UCAN our programs are structured to allow for the flexibility that can occur as a result of a busy military schedule.

UCAN has a Prior Learning Assessment Recognition (PLAR) program which translates military training and education to university credits, and grants members equivalency towards advanced admission into Degree Completion or MBA programs. This is based on their training, leadership, management, team work and business experience.

UCAN will be presenting their programs at CFB Esquimalt from 12 to 1 p.m. on Wednesday, Oct. 7 in the BPSO classroom, located on the third floor of Bldg N30. If you are interested in attending the information session, please contact Patrick Mossman at patrick.mossman@ucan.ca or call (778) 238-6969.

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



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

GUTTER PROTECTION SYSTEM

- Gutterguard & Gutter Topper
- Custom 5" Continuous Gutter Lengths
- Downpiping, Elbows, Accessories and more



PRO-TECH
Exterior Products Ltd.

327 Harbour Rd, Across the Johnson Street Bridge
382-5885

"One stop shopping with friendly advice."

WWW.VICTORIACOMICCONVENTION.COM

VICTORIA COMIC CONVENTION

ANIME MOVIES **GAMING CAREERS**

ADVANCE TICKETS ON SALE NOW!
CALL 250-882-4856

OCT 30 - NOV 1 2009

COMIC BOOKS

OVER 100,000 COMIC BOOKS FOR SALE BY DOZENS OF VENDORS plus DOZENS OF LOCAL AND INTERNATIONAL COMIC BOOK ARTISTS... SIGNINGS, ARTWORK, CUSTOM DRAWINGS, COMIC BOOK CELEBRITIES & MORE!

THOUSANDS FOR SALE

DOZENS OF COMIC ARTISTS!

William KATT

Calum WORTHY

Amanda STEVENS

SCIENCE FICTION

Meet, Socialize and Party with a multitude of International Sci-Fi Talent! Reception with the Stars Tickets and Dinner with the Stars Tickets Now available! plus: KLINGONS! R2D2! STORM TROOPERS! DARTH VADER! and much more!

AUTOGRAPHS

Chase MASTERSON

Ethan PHILLIPS

Robert PICARDO

Erin GRAY

Richard HATCH

Q&A'S

HORROR

JOIN THE ZOMBIE WALK ENJOY THE ZOMBIE FEAST FILM FESTIVAL & MEET INTERNATIONAL HORROR CELEBRITIES!

ZOMBIE FEAST

Ryan NICHOLSON

Todd MCINTOSH

Lloyd KAUFMAN

ZOMBIE WALK

FRESH!

Free Range Turkeys for Thanksgiving

Order yours today. Limited supply!

Ivan Groth: 250-881-3654



WIN TICKETS

Lookout has more than 25 pairs of tickets to give away. Email your answer to the following question to frontoffice@lookoutnewspaper.com or drop it in the draw box at Lookout office at 1522 Esquimalt Rd.

What award did make-up artist Todd McIntosh win for his work on season two of Buffy the Vampire Slayer?

Answer _____ Name _____ Ph# _____

ADVERTISE Online

Reach your audience in digital format.
Call 363-3014 for details.

www.lookoutnewspaper.com

For all your RV needs



- New and Pre-owned
- Parts and Service
- Sani-station
- ICBC repairs
- Rentals and more

trianglerv.com
250-656-1122

end of SUMMER

Everything MUST GO

Bikes Locks Clothes Shoxs



1-1258 Esquimalt Rd
250-383-3337



Everything you need for your music is right here @ Tom Lee Music

-Millstream Village Shopping Centre-



With expert staff and over 11,000 square feet of brand-name musical instruments and gear, you'll find our selection and service the best on the island!

Military discounts with ID badge available on purchases of most regular priced merchandise*

- Fender Acoustic Guitar packs... from \$119
- Fender Electric Guitar packs... from \$132.08
- Yamaha Advantage Premium band instruments, rent to own from ...\$22/month, o.a.c.
- Yamaha DTXplorer digital drum kits... from \$869.99
- Yamaha Stagepas portable PA system... from \$799
- Yamaha 88-note weighted key pianos... from \$799

*see in-store for complete details, some restrictions apply.



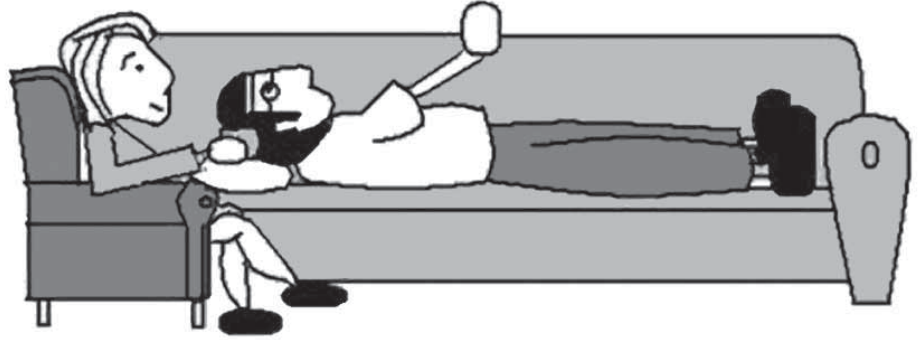
GOLD
Voted Best
Music Store
10 years
in a row

VICTORIA: 2401D Millstream Road (250)383-5222
NANAIMO: 6894 Island Highway N. (250)390-2626

VANCOUVER • RICHMOND • COQUITLAM • NORTH VAN. • SURREY • LANGLEY • ABBOTSFORD

THINK MUSIC. THINK TOM LEE. www.tomleemusic.ca

No, Mark, I don't think you'r a nut case. Then again, this is just the lunchroom...



Mark might like a second opinion.

Don't be scared of the D word

Talking about depression can be a scary thing. But the truth is everyone is affected by mental illness in one way or another. The Canadian Mental Health Association estimates that one in five Canadians will experience a mental illness in their lifetime.

Another fact is many people live very successful lives with mental illnesses.

Before she was known as the acclaimed author of Harry Potter, J.K. Rowling was a single mother and divorcé struggling to make ends meet. She fell into a bout of depression so severe she even contemplated suicide.

Jim Carey explained his initial interest in humour as an "act of desperation" and a way to deal with his depression, which he continues to work with today. Both celebrities have opted to seek treatments that range from spirituality and "clean living" to counselling

and drug therapy.

The Employee Assistance Program (EAP) and the Military Family Resource Centre (MFRC) understand that depression can be hard to talk about, so they are working together to create comfortable opportunities to learn more about depression.

During Mental Health Awareness week (Oct. 5-9), DND community members and their families will find what they need whether it's information about depression or a confidential conversation with a mental health professional about concerns regarding themselves or a loved one.

Information about depression will be available from Oct. 5 to 9 at:

- MFRC Signal Hill
- MFRC Lampson Street
- Colwood Pacific Activity Centre (Front entrance)
- Base Hospital (Front entrance)

• EAP Resource Room (D29 Rm 105)

• Learning and Career Centre Resource Library (N136 Rm 116)

If you're concerned about yourself, a friend or a family member and would like to speak with a mental health professional, please drop-in at:

• Learning and Career Centre Resource Library (N136 Rm 116) – Oct. 7 from 10 a.m. to 3 p.m.

• MFRC Signal Hill – Oct. 8 from 8:30 a.m. to 5 p.m. (appointments possible).

• Colwood Pacific Activity Centre – Oct. 8 from 6:30 to 8:30 p.m. (appointments possible).

For more information, please call the Military Family Resource Centre (military and family) at 250-363-2640 and ask for Marianne Ostopovich or the Employee Assistance Program office (civilian) at 250-363-7968.

BE COOL

ALWAYS

Return-It™

It's Worth It.

Westshore Return-it 858 Esquimalt Rd. (near base) 381-1482

OPEN Monday to Saturday 8:30am - 5pm, Sunday 10am - 4pm

ROLL UP YOUR
SLEEVES AND BE
A LOCAL HERO!

Canadian Blood Services Donor Clinic

Sept. 29th & 30th

8:30 am - 4pm

Naden Athletic Centre, Building N-88

Please bring ID

Sponsored by the Base Logistics Branch



John Horton puts the finishing touches on his painting "The Changing Fleet," one of 35 paintings that will adorn the walls of the Maritime Museum of British Columbia to celebrate the Canadian Navy Centennial.

photo courtesy John Horton

Naval artist celebrates centennial exhibit

Mary Ellen Green
Staff writer

The Maritime Museum of British Columbia is hosting one of two Naval Centennial Exhibitions featuring works by Canadian marine artist John Horton.

Opening Oct. 22, the exhibition will feature 35 of Horton's paintings, all with a naval focus.

LGov Steven Point will be on hand to officially open the exhibition, which opens to the public Oct. 23.

The show will move to the Vancouver Maritime Museum in early April 2010.

John Horton was the first artist deployed in the Canadian Forces Artist Program (CFAP), which sends artists into the field to record Canadian soldiers,

sailors and air personnel at work.

"I was the first one to be sent into theatre," Horton said. "They said if I was successful, they'd send others out."

The program is now in its eighth year and more than 20 artists have followed in Horton's footsteps.

Horton sailed for a week in *HMCS Algonquin* while in the Arabian Gulf on Operation Apollo in 2002 as part of the CFAP pilot program. Horton donated six paintings depicting the

trip to the navy on his return. One of the most famous, *The Homecoming*, can be seen hanging to the right of the duty desk inside Nelles Block.

He's since sailed in *HMCS Protecteur* and *HMCS Vancouver* as an embedded artist.

Three of Horton's paintings were also selected to be part of the Canadian Naval Centennial celebrations in Ottawa. A national competition was held for artists to submit ideas for commissioned paintings, and the

best were chosen.

"Twenty-five artists submitted works, I submitted 15 sketches," Horton said.

Six paintings were commissioned from the entries, depicting the First World War, Second World War, Korean War, the Cold War, First Gulf War and the Campaign against Terrorism.

The six Canadian Naval Centennial Paintings will be unveiled Oct. 15 at the Cartier Drill Hall in Ottawa.

Signed prints will be made available for purchase through the CANEX online store for centennial merchandise, www.canadian-navalcentennial.ca.

For more information about John Horton, visit his website at www.johnhorton.ca.

I was the first artist to be sent into theatre. They said if I was successful, they'd send others out.

-John Horton

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



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

Fairway Divorce Solutions®

The Clear Road to a New Life™



Karen Stewart
BSc, MBA, RHU, CDFA, RFM
President, CEO

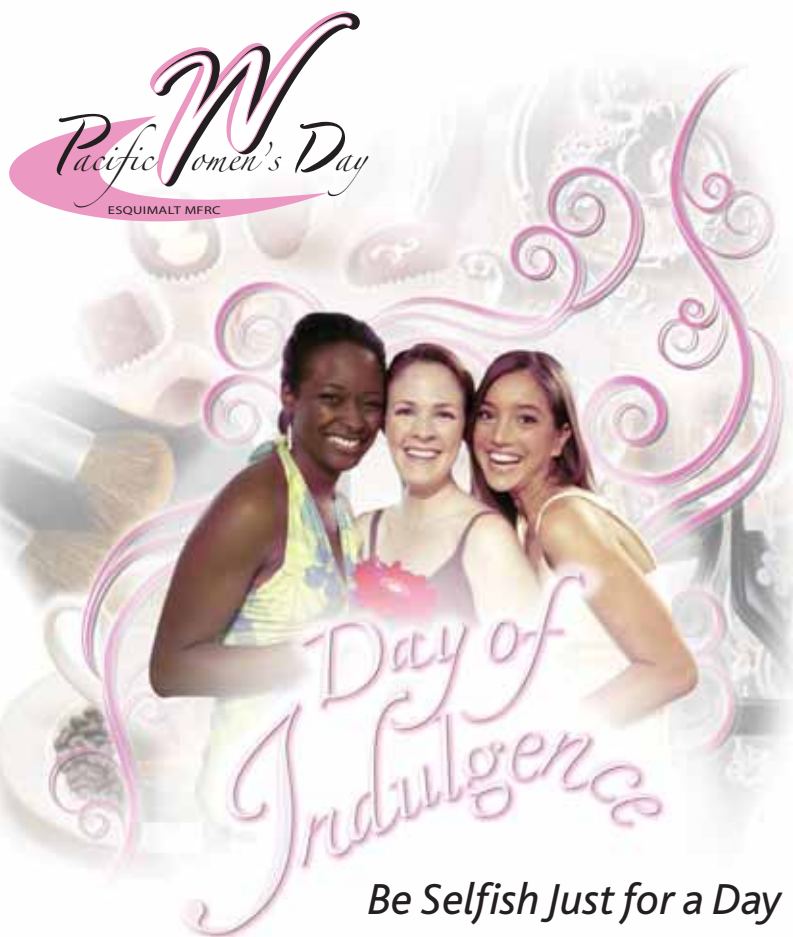
Fairway Divorce Solutions Ltd. provides a step by step strategic process that brings resolution to all areas of divorce. It is the #1 alternative to the traditional system.

At Fairway, you pay a flat fee and there are no legal battles. We promise to reduce cost, reduce time, reduce stress and save the children. You and your spouse both negotiate independently with financial and parenting experts, who will ensure a smooth transition to your new beginnings.

"In my wildest dreams I could not have imagined this outcome. Thank you."
- C.K., Client

Is Fairway right for you? To find out, call our Victoria office at (778) 426-3247 or visit us online.
#108, 2360 Beacon Ave, Sidney, B.C.

[Fairway Divorce.com](http://FairwayDivorce.com)



19th Annual MFRC Women's Conference

An event for women in the Defence Community

Workshops include:

- ◀ Thai Cooking
- ◀ Aromatherapy
- ◀ Custom made Bath Bombs
- ◀ plus more
- ◀ Energy Management
- ◀ Flower Arranging
- ◀ Wine Pairing

\$55 for three workshops, keynote speaker and buffet lunch

\$65 for non-military

Register today! Limited space available!

www.esquimaltmfrc.com

250-363-2640 (Toll-Free 800-353-3329)

Come make connections with your community!

Brought to you by



Sponsored by



Saturday, Nov. 7, 2009

8:30 am to 4:30 pm

Inn at Laurel Point,

680 Montreal Street

Sailor captures Queen's Medal for Champion Shot

Darlene Blakeley
Maple Leaf

For the first time a sailor has been awarded the Queen's Medal for Champion Shot (Regular Force) at the Canadian Forces Small Arms Competition (CFSAC).

PO1 Martin Cashin, a naval electronics technician at the CF Naval Engineering School in Halifax and deputy captain of the Maritime Forces Atlantic (MARLANT) Combat Shooting Team, captured the prestigious prize Sept. 19 at the Connaught Range in Ottawa.

"Competing in a field of around 200 top CF and international competitors, PO1 Cashin has excelled in his musketry and has done the Navy and the CF proud," says Lt (N) Dave Giannou, captain of the MARLANT team.

The Queen's Medal for Champion Shot, originally created under the British Honours System, was introduced in Canada in 1991. Two medals are awarded annually to a member of the CF Regular and Reserve Force, or the RCMP, who obtain the highest aggregate score in stages one and two of the Queen's Medal Competition.

PO1 Cashin, who has been shooting competitively since 1994, has competed at CFSAC

nine times. Placing second last year, he was thrilled to be "chaired off" the field this year as the top shooter by members of his own team and other competitors.

"Every year you try to get better and better," he says, "and then it's your turn to be in the chair. I didn't know I had won until they announced it – I think I was carried 100 metres in the chair before it finally settled in."

PO1 Cashin, who has also competed at the international Bisley competition in England, is thrilled to be the first sailor to capture the coveted prize, but adds that the colour of his uniform is not important. "We are tri-service," he says. "We are all one big family. Whether you're army, navy or air force you still have to be able to shoot; it's the first thing we learn in boot camp."

He adds that since all three services can be deployed to Afghanistan, marksmanship is a critical skill. "Borders are being broken down between all three services," he says. "We all need to have the determination and the will to get things done, regardless of the uniform we wear."

As CFSAC's Champion Shot, PO1 Cashin now has automatic entrance into many international competitions, including some coming up in the US and Australia next spring. However, he



PO1 Martin Cashin is "chaired off" the field after winning the Queen's Medal for Champion Shot (Regular Force) at the Canadian Forces Small Arms Competition.

WO Lawrence Conrad, Contributor

is being deployed to Afghanistan in January and will take his ability as a marksman into a war zone

instead.

"Ultimately, this is what we are trained to do," he says. "I can

go there with confidence in my weapon and my own ability to manipulate it to get results."

7th Annual Unmanned Vehicle Systems Canada Conference

Victoria Convention Centre
November 2 to 5, 2009

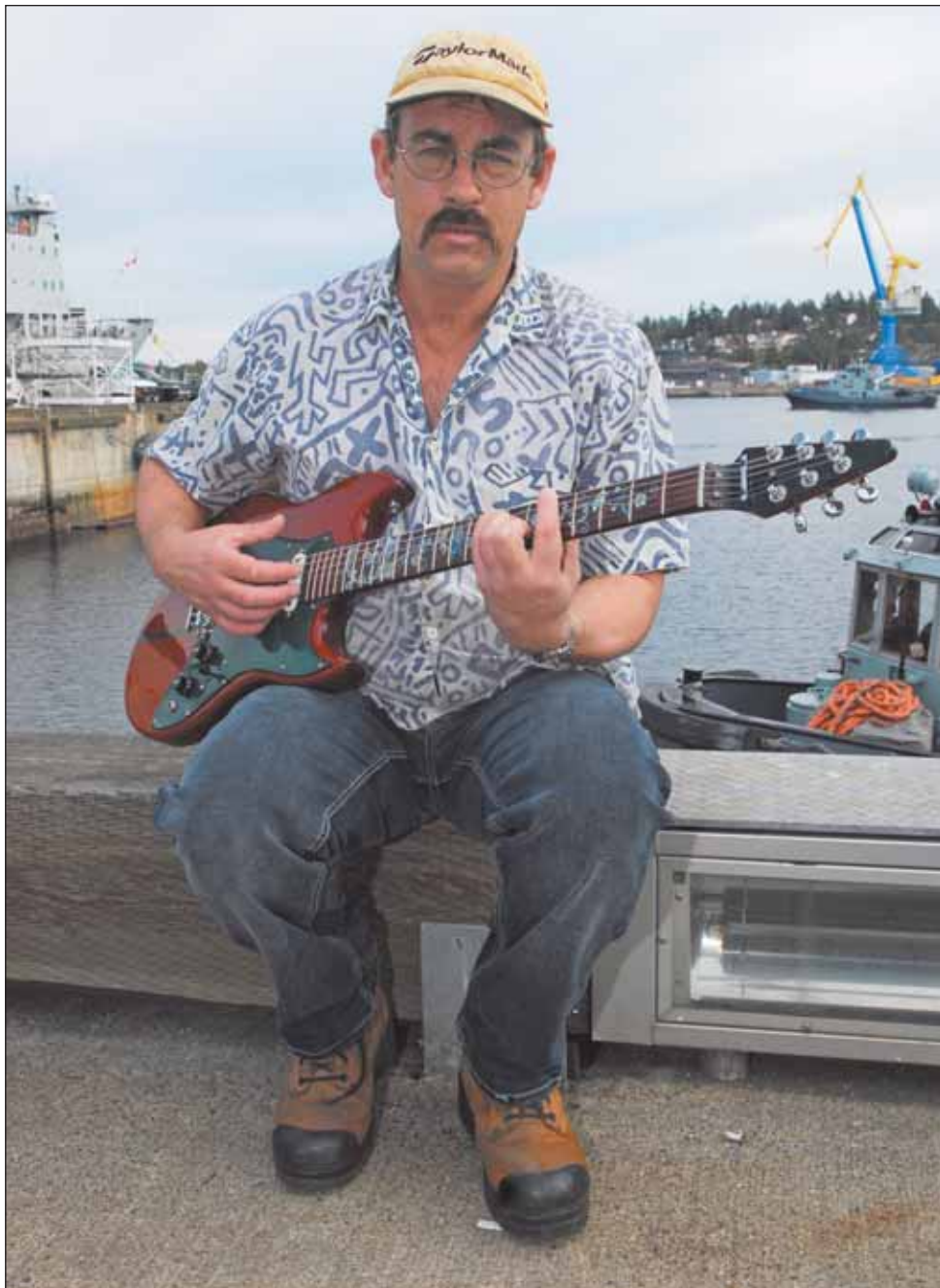
View air,
surface and
underwater
systems in the
exhibition.

Interface with
key players
in the sector
and get your
message out.

Register today at
www.uvscanada.org

Limited exhibition
space and
sponsorships
available.

Don't miss this opportunity to hear national and international experts provide briefings on the state of the art in Unmanned Vehicle Systems



Shelley Lipke, Lookout

Al Gendron strums a few chords on the electric guitar he spent a year creating out of Honduras mahogany. After playing it for a while, he decided to donate it to Fleet Maintenance Facility's GCWCC/United Way raffle.

Dockyard worker strums up money for United Way

Shelley Lipke
Staff writer

It took Al Gendron the better part of a year to sculpt a block of Honduras mahogany into a soft sounding musical instrument.

Once complete, the marine industrial labourer from shop 171 strummed chords on the solid body electric guitar for a year. But he recently decided to donate it to the Dec. 11 Fleet Maintenance Facility (FMF) raffle in support of the Government of Canada Workplace Charitable Campaign (GCWCC).

"I have too many guitars and I felt like the right thing to do was to donate it," he said. "It's too elaborate for me to use and I'd like to see it being played."

Gendron has been building guitars as a hobby for the past 10 years and playing them for over 30. His project began with drawings

and a lot of brainstorming about shape, size and style.

"I wanted to build a high-quality guitar that was of a better quality than what you see in music stores. This guitar has a unique voice because of the way it's been crafted," he said. "If you want anything different you have to make it yourself."

Once Gendron came up with a design he liked, he had to stick with it as he began to shape and sculpt the wood.

"The most important part of building a guitar is committing to a design because if you change it you will make mistakes. For every minute I've spent working on the guitar, I've spent an hour thinking about it, and that is what makes the guitar unique as well," he said.

The guitar features a mother of pearl and abalone fret board inlay with a neck through design. It has

a single coil neck pickup and an Ibanez stacked humbucker bridge pickup and comes with a hard shell case.

"I always considered it a lady's guitar because it's so light; it weighs only six and a half pounds," he said. "I think it's worth around \$1,000 and through United Way I want the proceeds to go to an organization that helps children like Queen Alexandra Hospital or Big Brothers Big Sisters," he said.

Each year FMF hosts a raffle to support the GCWCC and the Christmas charity campaign.

Tickets for the guitar cost \$5 each and can be purchased through any GCWCC loaned representative or by phoning Dan Deringer (3-2367) Tara Laursen (3-4993), Dianne Blanchard (3-5851), Dale McComb (3-2311) or LS Malley (3-4899).

WATERFRONT LIVING

Visit our rental office,
215 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.caprent.com
(250) 381-5084

Chris Kiiskila
Pharmacy Manager

DIRECT BILLING IN WEST SHORE

Proud to offer DND:

- 10% off Pharnasave 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

Now Open
til 9pm Mon-Fri
Ample parking

Millstream Village
250-478-0123
Next to Milestones

Michael J. Lomax, CD
Lawyer/Mediator

MICHAEL LOMAX CD

Lawyer/Mediator

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

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

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

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

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

**Your Western Communities
& Sooke Taxi Company**
24 HR. SERVICE

250-474-4747 250-642-7900



**Westwind
Taxi**

2925 DOUGLAS STREET VICTORIA, BC V8T 4M8 OFFICE: 250-383-6123 FAX: 250-380-7111



**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@arbormemorial.com



Jon Chabun, MFRC

Shelley Wright is the winner of the early bird draw for Pacific Women's Day. Her prize includes \$800 in new clothes, accessories, hair and makeup. Shelley's new look will be revealed at the MFRC's annual women's conference taking place Nov. 7 at the Inn at Laurel Point.

**TRACKSIDE
AUTO SERVICE LTD.**



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

B.C. GOVERNMENT DESIGNATED INSPECTION FACILITY

784 Fairview Rd.
250-383-5509

40 YEARS EXPERIENCE
Servicing Automobiles

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

New at the Base Library

DVDs

- An American Werewolf in London
- 30 Rock Season 3
- Valentino: the Last Emperor

BOOKS

- *The Lost Symbol* by Dan Brown
- *Where Men Win Glory: the Odyssey of Pat Tillman* by Jon Krakauer
- *Dexter by Design* by Jeff Lindsay
- *Spartan Gold* by Clive Cussler
- *Sense & Sensibility & Sea Monsters*
- *The Complaints* by Ian Rankin

Plus many more including new French titles.

PRICES REDUCED!

NOW FROM **\$209,900**




National Home Warranty • TD Canada Trust

- Just 2 Minutes to Base
- Granite Counter-tops
- Stainless Steel Appliances
- Mountain & Ocean Views
- Underground Parking
- Health & Fitness Gym
- Hardwood Flooring

Come View Our Showsuites
1315 Esquimalt Rd. or call 250-595-0004
Sun to Thurs 2pm - 5pm, Fri to Sat 1pm - 5pm

Register Today!
THEOVATION.CA


Call Now!
250.595.0004

OVATION
1315 Esquimalt Road

**48th ANNUAL VICTORIA 2-DAY
Gun Show**

Oct. 31-Nov. 1, 2009
Sat 9am-5pm • Sun 9am-3pm
Saanich Fairgrounds, 1528 Stelly's X Road

175 tables of:
shotguns, rifles, militaria, ammo
modern, collectible & antique
buy • sell • trade



Admission: \$5 general
\$4 seniors

Food concession and lots of parking

For info and table reservations, call John Pullen, 250-474-2512 or email howda577@live.com

Motorcyclists cruised for toy drive

Shelley Lipke
Staff writer

Engines roared and children cheered as more than 1,200 bikers riding everything from dirt bikes to custom choppers loaded with children's Christmas presents cruised into the community of Port Alberni for the 25th anniversary of the Port Alberni Toy Run Sept. 19 - 20.

"This year \$63,000 in cash and \$40,000 in toys were raised to go to multiple charities in the Alberni Valley, and help with sports groups and special Olympics for kids across the valley," said Donna Kimball, Port Alberni Toy Run secretary.

Bikers came from all over Canada and the United States and had teddy bears or other toys strapped to their bikes to deliver to the kids.

"As we rode into town the reaction from the crowd was phenomenal," said Lt(N) Mike Butler. Aboard his Yamaha Roadstar Midnight Silverado, he and wife Susan delivered an etch-sketch from Victoria.

Along with a dozen other Canadian Army Veterans (CAV) from across Vancouver Island, he participated in the ride to help kids.

"We are a group of veterans, serving members and supporters of the Canadian Forces that ride motorcycles together," said Lt(N) Butler. "It was my first year doing this ride and I will definitely do it again because it was for such a good cause and also so much fun."



Lt(N) Mike Butler, Contributor

More than 1,200 bikers screamed up Thunder Hill in Port Alberni to put on a show for the crowd during the 25th annual Toy Run.

The ride began in Little Qualicum Falls where bikers sipped coffee and congregated awaiting the noon start time. When the clock struck 12 a cannon blast signified the start of the ride. Engines purred and hummed as tires gripped the pavement heading for the number one highway.

"I had no idea there was going to be that many bikes until we got there. You needed to register to take part in the games that are held in Port Alberni, but many bikes just joined in for the ride. As we rode down the highway we would see bikes on trailers catching up with us to join in.

"Once we hit the highway there was no chance of traffic getting past us and as far as the eye could see was motorcycles," said Lt(N) Butler.

The bikers staggered across both lanes and gently cruised the hour and a half to Port Alberni at a steady 50 kilometres per hour while soaking in the scenery and absorbing the reaction from the crowd that had come out as spectators.

"The whole way up people lined the streets with lawn chairs and waved at us. A few bikers bought huge bags of candy to throw to the children and one woman stood along the highway with a sign saying, 'The kids thank you.' I liked being in the presence of that many bikes, and knowing that I was a small part of a bigger parade that was for such a good cause.

"The ride takes you through a few residential streets in Port Alberni and through this section we saw

a lot of people on roofs of their buildings to get a street view of all the bikes. There is one point in the ride where we had to go up a steep hill called Thunder Hill and the bikes roar up this at 80 to 100 km an hour to put on a show for the people on the streets."

Aside from the toys donated, the toy run raises money through events such as a 50/50 draw, a dinner and dance, poker run, and biker games.

"I'll be doing this again next year and taking candy with me to throw to the kids," he said.

The Port Alberni Toy run first began with 25 riders escorting 40 toys from the Alberni Mall to the Salvation Army, and has grown over the past 25 years into the large scale bike event it is today.

Walmart
Save money. Live better.



We've got many services to offer you while you're in town
Pharmacy • Groceries • Automotive
1 Hour Photo Processing
Passport Photos • and much more...

OPEN 7
DAYS A WEEK
8AM - 10PM

860 Langford Pkwy Town & Country Shopping Centre
250-391-0224 250-475-3356

AUTHENTIC THAI
Friday Lunch Buffet
• Lunch Combos • Full Dinner •



Dine In

Take Out

Thai dining at its Best!

1207A Esquimalt Rd. • 389-1845

Open Daily from 9am to 6pm



www.puppylove.ca

PUPPY LOVE

Pet Care Centre

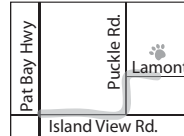
THE CAT'S MEOW

Relocation Services:

- Home pick up & drop off
- Boarding
- Airport pickup & delivery
- Grooming

Ph: 250-652-2301 • info@puppylove.ca

2918 Lamont Rd, Saanichton, B.C.



SELECT
MORTGAGE CORP

Prime + 0% = 2.25%

Best variable rate

3.69% Best 5 year fixed rate

www.mortgagesbylori.com



VERICO
MORTGAGE BROKER

Each VERICO broker is an independent owner operator

Lori Lenaghan
MORTGAGE CONSULTANT
C. 250-888-8036

*Rates subject to change. DAC



**JACK'S \$75,000
BIG BAG OF CASH™**

103.1
JACK fm
playing what we want

8:20 am, 9:20 am, 4:20 pm

IN BRIEF

CF wide changes to mess due collection

Due to a Canadian Forces wide change in mess management software (Microsoft Great Plains) the following changes will take place.

In the past mess dues appeared on pay statements as the mess and amount that you pay. Under the new configuration it will simply read CFPSA. Please note that if you have a CANEX payment plan that comes off of your pay it will also be included in the amount shown on the pay statement.

This new software will provide the messes the ability to offer members more options for paying for functions, such as the tickets you buy for dances and other events can now be charged to your mess account and then taken off your pay.

With this change mess dues will now be collected in arrears. This means that October pay statements will have no mess dues charges listed on them. October's mess dues will show on your pay statement in November.

All CFB Esquimalt mess staff will be in Ottawa for training from Sept. 30 until Oct. 4, and no clearances will be permitted during this time. Although the mess offices will be open for business as usual on Monday Oct. 5, they will be working off-line until

the implementation team arrives from Ottawa on Oct. 7 to get the new system up and running, which should be completed by Friday Oct. 9.

All questions are to be directed to CPO1 Miller, 363-4075, or your applicable mess staff.

PSP activities

Managing Angry Moments (MAM)

Oct. 1, 8, 15, 22
8:30 a.m. - noon

This course consists of four, mandatory sessions.

MAM teaches participants how to use their anger constructively. It is a course intended for everyone as we all feel anger at various times, but we don't always behave the way we would like to.

Participants gain a better understanding of their relationship with anger and learn skills for changing their behaviour.

This course is not anger management counselling. It is not suitable for individuals who have serious anger management problems who require counselling. You must complete a pre-screening tool prior to being registered for MAM.

Open to Military members, spouses and civilian employees.

Register with Health Promotion: 363-5621 or Christine.Blackburn@forces.gc.ca

Iron Chef Junior

Colwood Pacific Activity Centre

Children 9 - 12 yrs

Wednesdays, Oct. 7 - 28

5 - 6:30 p.m.

4/\$40

This program will have children reading recipes, creating menus, preparing meals and snacks, and of course, cleaning it all up. As well, the children will learn about nutrition, healthy eating habits, and exercise. All new recipes will be sent home to create again and again. To register or for more information call 250-363-1009

Babysitter's Training Course

Colwood Pacific Activity Centre

12-17 years

Sunday, Oct. 4

9 a.m. - 1 p.m.

\$50

This course is loaded with everything you need for your child to become a competent babysitter: responsibilities, child development and behavioural problems; nutrition; safety and basic first aid; handling emergencies; the sick child; games and play activities; and children with special needs. Reference book and certificate included. To register or for more information call 363-1009.

Social Ballroom Dancing

Colwood Pacific Activity Centre

Fridays, Oct. 2 - 23

7:30 - 9 p.m.

4/\$45

This four-week course is

an introduction to the most popular ballroom dances. Each night will be a different dance such as waltz, tango, foxtrot, cha cha, rumba, and more. Social Ballroom is a great way to combine fun and fitness. We can help you gain the skills you need to step onto any dance floor with confidence. To register or for more information call 250-363-1009.

Intro to Bike Repair

Colwood Pacific Activity Centre

Saturday, Oct. 3

10 a.m. - 2 p.m.

\$50

What: Learn how to properly maintain your bicycle and perform some basic repairs. This class will cover bicycle theory and design, then move in to torque and lubrication, tire, and tube changing. Each student will experience the stand and on the bike as well as brake pad installation and adjustments. Topics covered will also include front and rear derailleur adjustment, wheel tuning, and more. To register or for more information call 250-363-1009.

Taekwondo Regional Development Camp

Nov. 5-8

9 a.m. - 5 p.m.

Taekwondo Pacific Regional Development Camp will be held at CFB Esquimalt for athletes and amateurs of all levels.

Open to all Reserve Class B and C and Regular Force members

Register with the Formation Sports office by Oct. 16.

Any questions contact the Formation Sports office at 250-363-4068/4069.

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**

FOR ALL YOUR BUILDING & RENOVATION SUPPLIES

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

"Military Discount"

We're **BIG** on value
Mon-Fri: 7:30-7 • Sat: 8-6 • Sun & Holidays: 9-5

RONA

Bay West Home Centre
220 Bay Street (Bay at Wilson)
Call 250-595-1225 • Fax 250-595-8228

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.

Vancouver Island Safety Council

Motorcycle Rider Training

Vancouver Island Safety Council

Novice & Traffic Programs

Experienced Rider Courses

Weekday & Weekend Courses

250-478-9584
www.visafetycouncil.com

INMEMORIAM



Pte Jonathan Couturier was killed when an improvised explosive device detonated near his vehicle in Afghanistan on Sept. 17.

Pte Couturier was from the 2nd Battalion, Royal 22e Régiment, based in Valcartier, Quebec, and was serving as a member of the regiment battle group.



Salty's Fish & Chips
We Salute The Forces
10% off Lunch

250-477-6555

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

Cash for work in Spin Boldak, Afghanistan

Lt(N) Jonathan Monaghan
 Kandahar Provincial Reconstruction Team

For the three weeks leading up to the beginning of Ramadan, a "cash-for-work" project in Spin Boldak District employed 750 labourers, providing much-needed income to men who might otherwise be coerced into planting improvised explosive devices (IEDs) for the insurgency.

The influx of U.S. troops into Spin Boldak made this period a particularly good time for a wide-ranging project that maximized the use of manual labour and supported the Afghan government's three pillars: governance, development and security.

Also, Spin Boldak District is a long way from Kandahar City, so it rarely sees large-scale projects.

The cash-for-work project was developed and implemented by the tactical Civil-Military Co-operation (CIMIC) team embedded at the Joint District Coordination Centre in Spin Boldak, and the workers were recruited in the villages of Wesh, Newa Kalay, Kuchi and Spin Boldak itself.

The District Leader and the local detachments of the Afghan National Police and the Afghan Border Police

supported the project from its inception, and pledged to help make it successful.

The aim of the project was to improve the streets of several villages, including Spin Boldak and Wesh, where the border crossing into Pakistan is located.

The work included cleaning mud, garbage and debris out of drains, gutters and ditches, and conducting minor road repair. Debris is often used to hide IEDs, so the project improved safety as well as accessibility and appearances in the villages.

When the project was finished, the CIMIC team and the staff of the Joint District Coordination Centre held a shura to discuss its successes and failures with the



Afghan men are earning much-needed money working as labourers in Spin Boldak.

District Leader and the local elders. Much to the CIMIC operators' surprise, the participants called it an all-out success, mainly because 750 men would go into the crucial season of Ramadan with

a little extra money for their families.

The cash-for-work program worked so well in Spin Boldak that plans are under way to repeat it in the districts of Zhari and Dand.

Maurine Karagianis
 MLA, ESQUIMALT-ROYAL ROADS

Standing up for our Community.

ESQUIMALT-ROYAL ROADS COMMUNITY OFFICE

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

A5 – 100 Aldersmith Place, Victoria
 (in Nelson Square, north of Admirals Walk on Admirals Road)

250 479-8326
 Maurine.Karagianis.MLA@leg.bc.ca
 www.maurinekaragianis.ca

GALAXY MOTORS
Vancouver Island's Largest Independent Dealer

Low Bi-Monthly Payments

EASY APPROVAL

Good Credit
 Bad Credit
 No Problem

Apply Today Drive Today
 If we can't get you a loan no one can.
250-818-4YES (4937) or
 Apply Online: www.galaxymotors.net

1764 Island Hwy • 250-391-5738 888 Attree • 250-478-7603 2555 Government • 250-381-1144

CELEBRATING OUR 20th YEAR

DISCOUNT PROGRAM PROGRAMME DE RABAIS

BBB

Kuku's
 Take Out and Delivery

Family Combo \$18.95
 Delivery extra

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)

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.

INTER-CULTURAL ASSOC. OF GREATER VICTORIA. Sat. Senior's Group. Every Sat. from 10am-1pm. Starting Sept. 26th, 55+, English levels 1 - 3, Grandchildren welcome. Contact Anusha at ICA 250-388-4728 or abalram@icavictoria.org.

VIEW ROYAL READING CENTRE. Conveniently located at Admirals Walk Shopping 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!

2483 PRINCESS PATRICIA'S CANADIAN LIGHT INFANTRY ROYAL CANADIAN ARMY CADET CORPS

CHALLENGE SELF RELIANCE ADVENTURE

We parade every Tues, night 6:45 to 9:00pm Sept. thru June

Ph: (250) 220-0658
2483_army@cadets.net

CHECK US OUT ... IT'S FUN!

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

VOLUNTEERS ARE NEEDED to assist individuals with disabilities to get out and be active! By devoting a 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

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

CONTRACTING

Need a Professional?

Call for a free estimate:

- Renovations
- General Contractor
- Design Service
- Additions and more



Wingfield Contracting
wingfield@telus.net
250-658-2656

Lookout Classifieds Work.
250-363-3014 to book your ad.

ELECTRICAL

ROBERT TANGUAY CD

TANGUAY Electric
BONDED INSURED

882-8185

REAL ESTATE • FOR RENT

NEW RENO 2BD/2BTH House for rent on Cook St. and Bay St. All new appliances, Gas FP, Ideal location to Esquimalt & downtown. One pet ok. Call or Email for info. Avail. Oct 1st.

LYALL & NELSON, 2 BDRM. 1 BTH. 5 Appliances, 1 car garage. \$1,550/\$1,650 with utilities. Landscaping/water included. NS/NP. Avail. Nov. 1st. References & lease. Contact rayhorne@shaw.ca

2 BDRM. FULLY FURNISHED Suite for Rent. Utilities, phone, cable & internet. Weekly housekeeping included. \$1200/mo. Avail. Sept. 1st. To 1 June 2010 NS/NP No Children. For more info. Go to <http://tinyurl.com/cbfncd> or phone 250-664-7739.

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

SERVICES OFFERED

PLEASURE CRAFT OPERATOR CARD (Powerboat driver's license) Deadline September 15, 2009. Don't pay \$250 fine, get certified. 250-885-7963 www.safetyandtraining.ca info@safetyandtraining.ca

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

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

MOTORCYCLES

2008 KLR 650 in Excellent Condition, with Luggage & Accessories. Red. Extended Warranty. REDUCED \$2000! Now Asking \$6,500. Ask for Andrew. 250-363-5129, M-F only.

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

BUS. OPPORTUNITIES

What Is A True Home Business?

It has a Training Program, Huge Market, Unique Product and a Free Evaluation. Most importantly, it needs to move when you do.

www.see-it-do-it.com

HAULING

Father & Son

need work, we'll do the job the others won't. Trash hauled from \$5. Plus dump fee. No job too small.

- OAP rates
- Any weather
- Demolition

Refuse Sam
250-216-5865 or 250-475-0611
SAME DAY SERVICE

"re-cycle"



Better the 2nd time around!

PITCH-IN CANADA
www.pitch-in.ca

REAL ESTATE • FOR SALE

NEW HOMES FROM ONLY \$299,900

The "Estates" at Shawnigan Station

located at:
1058 South Shawnigan

Show Home Open

Mon - Fri 10-2
Sat, Sun 1-5

10 year warranty • Gas Furnace/Fireplace
Landscaped Yards • Municipal Services



Gary Brown
250-380-6683

www.shawniganstation.ca



SHAREN WARDE LARRY SIMS
YOUR VICTORIA REAL ESTATE CONNECTION
"Helping You Is What We Do"

PH: (250) 592.4422
TOLL FREE: 1.877.812.6110
WWW.WARDESIMS.COM

FIND US ONLINE
WWW.LOOKOUTNEWSPAPER.COM

Need a mortgage?

We specialize in Military mortgages!
Supporting our troops!



Sherri

LAWLESS & BROWN
MORTGAGE TEAM

250-656-0855 • 1-866-656-0858
www.lawlessbrown.com



Krista

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

*Rebate on buying commission only with min. \$5000 to realtor



One Percent Realty
Vancouver Island

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



Base Library Catalogue Online

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

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

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

INFOCUS



Cpl Rick Ayer, Formation Imaging Services Halifax

PO2 Paul Smith (right), an instructor at the Naval Operations School at Canadian Forces Base Halifax, instructs Rick Mercer, of the Rick Mercer Report TV show, on how to fire the Sig Sauer pistol in the Naval Small Arms Trainer. Mercer shot an episode at CFB Halifax showing a day in the life of a Naval Boarding Party member.



Pte Dan Bard, Formation Imaging Services Halifax

Left: Members of HMCS Ville de Quebec lined up along an overpass on Simco St. in Oshawa to salute the hearse carrying the remains of Pte Patrick Lormand as it drove along the Highway of Heroes.

Bottom left: The man overboard recovery team in HMCS Calgary replaces Oscar the dummy with a live body (SLt Meryl Spondor). A real person better replicates the difficulty of moving casualties from the zodiac to sickbay.

Below: MS John Young gets a free haircut from OS Sarah Cunningham while at sea in HMCS Calgary.



Photos by ASLt Mark Fifield, HMCS Calgary



Lyall Street Service Station

250-382-0015



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



Ask us about improving your fuel economy

Locally Owned & Operated



1480 Lyall Street • 250-382-0015

Birthday? New Baby?
Place an announcement in the Lookout Classifieds with a graphic.
Two ad sizes to choose from. **Just \$17**
Call 363-3014 for details or to book.

Danielle Smith
REALTOR

Military Family Member & Professional Real Estate Agent providing services for military members



103-440 Chatterton Way • www.danielleseells.ca
C: 250-885-9114 F: 250-479-3565
P: 250-479-3333 E: danielles@sutton.com



2483 PRINCESS PATRICIA'S CANADIAN LIGHT INFANTRY
ROYAL CANADIAN ARMY CADET CORPS

**CHALLENGE
SELF RELIANCE
ADVENTURE**

We parade every
Tues, night
6:45 to 9:00pm
Sept. thru June

Ph: (250) 220-0658

2483_army@cadets.net



**CHECK US OUT
... IT'S FUN!**

Need Extra Space?



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



250-478-8767
www.selfstorage.ca

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



YOUR LEGAL DEFENCE TEAM

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

Leigh Gagnon BEd, BA, LLB

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

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

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

*Dinning Hunter,
Lambert & Jackson*

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

Wills and Estates

Personal Injury • Real Estate

Family Law • Military Law

CFB ESQUIMALT

INDUSTRIAL TRADE *Show*

Thank you

to everyone who helped
make this event a success

COSTCO for water and
United Way barbecue
supplies

Serious Coffee for their
free coffee

Island Displays

Construction Engineering

Base Manual Party

Transportation Electrical
Mechanical Engineering

Base Logistics

Base Information Service

Base Food Services

Dan Derringer, FMF

and

Kate King of Lookout
for organizing the event

Lookout congratulates the following prize winners:

Joel Higgins - Rescue Booster Pack

Martin Janus - Reception Chair

Richard Powell - Welding Helmet

LS Shani Cochrane - Utility Radio

Eileen Smith - Survival Kit

Joe Rossiter - Hose

Tanya Wilks - Case Logic Collapsible Bin

Dave Lebrand - Stainless steel water bottle,
and ball cap

Lorie Starling - Thermal lunch pack

Bob Gilbey - iPod protector

Jeremy Chow - iPod protector

A/SLt Merris Sark - Stainless steel water-
bottle

Heather Loughes-Goodey - Stainless steel
waterbottle

Glen Gibson - Stainless steel waterbottle

Bill Thwaites - Stainless steel waterbottle

Krista Yan - Cutting board set

Jody Salway - Cutting board set

Mike Harbar - Cutting board set

Bob Elliott - Cutting board set

Cheryl Brooks - Cutting board set

Carroll Cybulski - Painting gift pack

Garry Haltner - Portable Task light

Steve Meredith - Smoke detector

Joe Sziamer - Portable tool set

Jim McNair - Fishing knife set

Amy Markham - Wireless thermostat kit

Nick Kovacs - Floating cooler

Charna Olson - Emergency spill kit

Pat Wood - LED work light

Terry Peterson - Leather tote

Gurminder Rangi - Golf t-shirt

MCpl Shannon - Golf t-shirt

Gerry Onysto - Golf t-shirt

Abraham (Regina) - Multi-bit screwdriver

Mark Walker - Thermos and flashlight

Garth McKay - Fleece jacket

Darin Thompson - AM/FM radio hearing
protector

Bruce Perry - First aid kit

Wade Roberts - Fleece jacket

Andre Jobin - Golf balls, putter Bear
Mountain gift certificate and nylon jacket

Daegan Reimer - Kensington Slimblade
presenter mouse

Rich Reimer - 1935 model pickup

Steve Bittner - 1935 model pickup

Ken Michaels - \$100 Home Depot card

B. Arnott - Restaurant gift card

John Ermanson - T-Shirt and sun glasses

Mike Szilagyi - reciprocating saw

Woody Boyd - T-Shirt and ballcap

Larry Green - Jacket

Henry Vandermeulen - Shredder

*Prizes can be picked up at the Lookout office at 1522 Esquimalt Road Monday to Friday
between 8:30 a.m. and 3:30 p.m. Call 250-363-3014 to arrange pickup.*

