

Volume 55 Number 9 | March 1, 2010

LOOKOUT



MARPAC NEWS CFB Esquimalt, Victoria, B.C.

Year of the Canadian Naval Centennial

CANADIAN NAVAL CENTENNIAL BELL ROPE COMPETITION

1910 - 2010



Decorative knot tying pays off for bell rope finalists

Shelley Lipke
Staff writer

The Naval Centennial Bell Rope competition officially came to a close last Wednesday when finalists gathered on board *HMCS Protecteur* for an award ceremony.

The oldest ship in the Canadian Navy was a fitting venue to host this event as the Centennial Bell, and chosen winning bell rope, will mark the next 100 years of the Canadian Navy and be showcased in Ottawa's Parliament Hill on May 4.

The finalists came from as far as CFB Halifax to receive their certificates, and while not all could attend it was a momentous occasion for the crafty and creative competitors.

Fleet Commander, Commodore Ron Lloyd spoke of the historical significance of bells

throughout the navy's history, and with a hearty smile and handshake congratulated each of the four competitors who were able to attend.

"I want to thank the sailors who contributed entries to the bell rope competition. The high standard of skill and artistry demonstrated in the entries challenged the judges to make their choice," he said. "We are extremely proud of your efforts and the skill you have demonstrated."

Centennial Bell rope winner CPO2 David Lowther, Base Regulating Chief at CFB Esquimalt, spent 75 hours on his winning bell rope, which features a blue and white navy colour scheme, King Edward's crown and the navy anchor.

See Bell Rope page 12



SUNLIFE DIRECT BILLING
Have your claim back instantly!
Proud to serve our community
Just 3 minutes from the Base.
PHARMASAVE
Esquimalt Plaza, 1153 Esquimalt Rd.
250-388-6451

NEWS 3
Esquimalt gets fired up for the Paralympics

AFGHANISTAN 4
Sorting a sea of mail for the troops

HEALTH 8
Be heart smart

CANEX CFB Esquimalt
NEW AND IMPROVED
NO INTEREST CREDIT PLAN
CONVENIENT
12 Month Plan
24 Month Plan
36 Month Plan
NO MONEY DOWN NOT EVEN THE TAXES!

10 MINUTE OIL CHANGE
NO APPOINTMENTS NECESSARY
PENNZOIL
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

Confidential **Military** Home Evaluations
- Quick, over the net, ready in days!
www.CanadianMilitaryRelocation.com
ALEX BURNS & ASSOCIATES
Relocation **specialist** for Esquimalt DND
Cell: (250) 882-3335
Toll Free: (800) 663-2121
Web: www.AlexBurns.ca
RE/MAX Camosun Real Estate

Canadian Blood Services Donor Clinic

I GAVE BLOOD TODAY!

March 16 & 17

8:45 am - 3:45pm

Chief & Petty Officers' Mess
Conference Room

Please bring ID.

REMEMBER. HONOUR. CONNECT.

The Memory Project is coming to Victoria!

Canadian Forces members and reservists,
join us for a complimentary breakfast
and Memory Project Information Session

Wednesday March 3rd, 2010

Upper Lounge - Ward Room

CFB Esquimalt

9:30am - 10:30am

For more information/RSVP:

1.866.701.1867 or **knovikoff@historica-dominion.ca**

This Memory Project event is sponsored by Veterans Affairs Canada and Department of Canadian Heritage. Our aim is to encourage currently serving Canadian Forces personnel and veterans to share their service experiences with classrooms around Victoria and across the country.

Honorary Patron of the Memory Project- General (Ret.) Rick Hillier

Visit www.thememoryproject.com for more information.



THE MEMORY PROJECT

Canada



Local M.P. learns of advances in CF care of ill and injured

Lt(N) Michael McWhinnie
Base Public Affairs

Dr. Keith Martin came to CFB Esquimalt last Wednesday for a two-hour fact finding trip arranged by the Officer Commanding, Joint Personnel Support Unit (JPSU) Pacific Region, Commander Barbara Carter. The visit was intended to inform the federal M.P. for Esquimalt-Juan de Fuca of recent improvements in the way the CF manages care for the injured.

After an official welcome by Base Commander Capt(N) Marcel Hallé, Dr. Martin was lead by Cdr Carter on a tour that included the temporary offices of the JPSU in Nelles Block and the Integrated Personnel Service Centre (IPSC) in building N40.

The concept of centrally managed casualty support units received Chief of Defence Staff approval in 2008. Operationally, the JPSU responds to Chief Military Personnel, the organization responsible for related programs such as health service provision, personnel generation and career management policy, and compensation and benefits administration.

"The system of care management is complex. The CF leadership saw that simplifying it would benefit ill or injured personnel during periods of need," Cdr Carter explained to Dr. Martin. "The JPSU is intended to enhance casualty support by providing one-stop access to services and benefits, and by simplifying the process of seeking assistance."

Nationally, eight regionally-based JPSU elements manage the service delivery of 30 IPSCs. In addition to CFB Esquimalt, JPSU Pacific Region supervises an IPSC in Vancouver, and will be establishing presence in Chilliwack and Comox.

The job of coordinating service support to actual CF individuals or their families is the responsibility of the team at the IPSC. "This is where ill and injured Regular Force and Reserve Force personnel, former personnel, their families and the families of the deceased receive integrated support when injuries or illnesses occur," explained Cdr Carter. "This happens whether the person is reintegrating into



Cdr Barb Carter explains the Joint Personnel Support Unit roles to Dr. Keith Martin with the aid of a functional diagram.

military life or exploring new options in the civilian workplace."

Dr. Martin showed keen interest and asked questions of the staff he met along the tour. He has been active in matters concerning the care of injured CF personnel and has published several articles on the topic. "Professionally, I feel very connected to the issue of health care: both in my current role as parliamentarian and from my previous occupation of physician," said Dr. Martin.

After leaving the IPSC offices, Dr Martin accompanied Cdr Carter to the Base Executive building for a briefing by IPSC partner organizations. Representatives from CF Health Services, Veteran's Affairs Canada, the Military Family Resource Centre, Operational Stress Injury Support Services and numerous other organizations encircled the conference table as if illustrating Cdr Carter's point regarding the complexity of comprehensive support to the ill or injured.

"Clearly, there is a wide and diverse range of skills and resources that are required to meet the needs of those we serve but the days of stovepipes and questions of jurisdiction are behind us. I am very encouraged by the unity of vision and common commitment that no one be left behind, forgotten or ill served," said Cdr Carter.

Reducing the potential

for gaps, overlaps and confusion among service providers and clients are some of the principal goals of the JPSU.

Organizational representatives alternately detailed their roles in the new integrated approach. "This is really a good move forward towards eliminating the transition gaps, especially between those services delivered by DND and VAC," said Dr. Martin. "You are on the cutting edge of developing solutions to the challenges faced by ill or injured CF members and their families," said Dr. Martin.

As the briefing neared its conclusion, Capt(N) Hallé offered words of encouragement to the partner organization representatives to further pursue the collective agenda of care and support. "Though the seam has been closed there remains the challenge of identifying and helping those who transitioned before the current services were available," he said.

Dr. Martin expressed appreciation for the chance to visit the Base. "I am glad for this opportunity which will allow me to take this information back to Ottawa to share with Parliament," declared Dr. Martin.

The IPSC is the primary point to contact for coordinating services and benefits related to injury or illness of CF personnel. Their general inquiry phone number is 250-363-4477.

Paralympic Torch to light up Esquimalt

Shelley Lipke
Staff writer

The Paralympic Torch Relay will make its debut on the streets of Esquimalt and Victoria, promising an experience far different than the Olympic Torch Relay.

On March 6, instead of granting spectators a passing glance at its travelling convoy of vehicles and the odd glimpse of a torch bearer, the torch relay will go through 14 selected cities across Canada with hosted community-focused events packed with entertainment, speeches, native welcoming ceremonies, activities and a chance to meet and greet the torchbearers.

CFB Esquimalt was asked by the Vancouver Olympic Committee (VANOC) to organize the relay because the Paralympic movement originally stemmed from a need for war veterans with disabilities to become more active through sport. "It was decided to make this event more accessible and include our neighbouring community by inviting the Township of Esquimalt to jointly host the celebration. We are inviting everyone to join us for this historic event," said organizer and Commanding Officer of HMCS Ottawa Cdr Frédérick Caron.

Esquimalt will be the first community in British Columbia to host the relay.

"It's going to be a good opportunity to talk about sport and about people with disabilities and bring people together during the community celebration," said Cdr Caron.

It kicks off at 8 a.m. at the back of the Archie Browning Sports Centre with a Lion's Club free pancake breakfast to warm up the early morning crowd.

Then in the 90 minutes leading up to the 9:30 a.m. torch relay start time, displays, music and entertainment for children with a bouncing castle will keep the crowd amused.

"We will have the Naden Band and the VIVA Youth Choir singing and playing music, the Canadian Forces caravan display, and 11th Field Ambulance will have displays with computers and a video screen so people can learn about the Navy and also see a medical simulator," said Cdr Caron.

The Canadian Naval Centennial Committee will be there to alert people of the centennial events planned this year, and the Disabled Sailing Association will have paralympians that have raced at the 2008 Beijing Paralympic Games and one of their sailboats on display as well and information on sailing for the disabled.



The Esquimalt Access Awareness committee from the Township of Esquimalt have invited many organizations such as the Capital Mental Health Association, Recreation Integration Victoria, the Disability Resource Centre, Canasist, BC Transit, the Multiple Sclerosis Society of Canada and the Island Deaf & Hard of Hearing Centre. Each will have a display and will there to show their program and answer questions. Also, the Vancouver Island Society of Disable Artists will showcase artwork being made on location by disable artists.

"In each city across Canada a local First Nation's community is chosen to build a fire from the land. This fire will be used to light the cauldron on stage. The welcoming ceremony by the First Nations community will bring the flame to the stage and will officially kick off the torch relay," said Cdr Caron.

Capt Trevor Greene, the army officer injured during an attack by an axe-wielding Afghan youth in 2006, will take the honour of being the first torchbearer. He will be introduced and interviewed briefly before he leaves the stage with the torch.

"The torch bearers will take a portion of a 800 metre route around the ground of the Bullen Field and returns back to the stage with three exchange points. This allows each of the 15 torchbearers to travel a distance suitable for them," said Cdr Caron. "While the torchbearers are out on this route, VANOC will keep the crowd entertained by interviewing RAdm Tyrone Pile, Esquimalt Acting Mayor Bruce McIlldoon, and other federal and provincial government representatives."

Cdr Caron says this route will allow the crowd to stay at the stage and with the activities while being able to cheer for the torchbearers as they depart and return to the central area.

Of the 15 torch bearers, Maritime Forces Pacific was allotted two spots, which were awarded to LS Kirsten Arensen, a Naval Communicator in HMCS Winnipeg, and Lt(N) Hayley Mooney, Executive Assistant to Deputy Commander Joint Task Force Games. Both are triathletes nominated by their bosses.

At 11 a.m. the Esquimalt portion of the relay will end and the flame will make its way to Victoria for their celebrations and closing ceremonies.

The torch will travel down Lyall Street to Westbay Marina where it will board a navy rigid hull inflatable boat. On the water it will be transferred to the Navy Dragon Boat team for transfer to the landing area downtown Victoria where a torch bearer will carry it to the awaiting crowd at Ships Point to kick off the Victoria celebration.

"At the Esquimalt event people will be invited to either follow the flame down to the Westbay Marina, and if desired follow along the Inner Harbour walkway to meet up with the Victoria celebration at Ship's Point, or go inside Archie Browning Sports Centre and see the Paralympic curling demonstration and try their hand at paralympic curling."

The Paralympic Torch Relay begins in Ottawa on March 3 and travels through 13 other cities before arriving in Vancouver on March 12 to light the cauldron officially opening the 2010 Paralympic Winter Games.

DON'T DRINK & DRIVE.

POSTED THIS SIDE UP

Call Sheila today for a Buyers Package

to Halifax, Dartmouth, Bedford or Shearwater?

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



ROYAL LEPAGE
Atlantic
GO BEYOND

Italy

ROMAN COAST from \$1599
BONUS! Dinners included!

AMALFI COAST from \$1699

Packages Include:
Air from Vancouver, 7 nights accommodation at 4 star hotels, Daily breakfast & Transfers



Per person based on double occupancy. Taxes additional. Call for Dates.

250-953-6640
BaseTravel@Geo.ca

UNIGLOBE
Geo Travel

In the CANEX Building off Admirals Road

Come out and be heard!

CFB Esquimalt Golf Association

CFB ESQUIMALT GOLF ASSOCIATION

Annual General Meeting
Tuesday, March 16

- **PACIFIC FLEET CLUB (UPPER LOUNGE)**
- **ASSEMBLE AT 4:30 P.M. FOR 5 P.M. MEETING**
- **FOOD AND BEVERAGES**

www.cfbega.ca

OPEN TO ALL MEMBERS OF THE CFB ESQUIMALT GOLF ASSOCIATION

Lyall Street Service Station
250-382-0015 • www.wix.com/lyallstreet/service

Member

- B.C. Safety Inspection Facility
- Warrantly Approved New Car Service
- Brakes, Tune Ups
- Same Day Service
- Guaranteed Work
- Tires & Wheels







Locally Owned & Operated

1480 Lyall Street • 250-382-0015

matters of OPINION

WHO WE ARE

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

STAFF WRITER
Shelley Lipke 250-363-3130
shelley.lipke@forces.gc.ca

PRODUCTION
Carmel Ecker 250-363-8033
Shelley Fox

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

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

SALES REPRESENTATIVES
Ivan Groth 250-363-3133
ivan.groth@forces.gc.ca

Joshua Buck 250-363-8602
joshua.buck@forces.gc.ca

EDITORIAL ADVISOR
Lt(N) Michael McWhinnie 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

A day in the life of a postie in Afghanistan

Sgt Dustin D. Hood
JTF-Afg / National Support Element

Time: 0900 hours
Date: mid-December 2009
Place: Afghanistan

Today we are expecting 120 tri-walls of mail. (For those who don't know, a tri-wall is a standard shipping container about four feet square and three feet deep.) Never during my career as a postie have I ever seen such a quantity of incoming mail. I'm quite sure this must be a record.

The first fully loaded semi-tractor pulls up with about 42 tri-walls on it and I'm thinking, "All right, I have another two trucks after this one. Where am I going to put it all?" Needless to say, every square inch of our property and part of our neighbour's was covered in a sea of tri-walls.

Our staff consists of five Canadian Forces postal clerks and one civilian under contract. Already I'm down two people: one is at the front counter serving customers and the other will spend most of the day on the Bobcat unloading tri-walls and moving them around.

So off we go, full of energy, adrenaline just a-pumping, but after a few hours we slow down just a bit and I realize it's already time for lunch. Well, there's no time for lunch, so we order pizza and down some Red Bull and we're back at it.

Now it's around 1500 hours and our two "sea cans" (enormous maritime shipping containers) are bursting with packages and the couch where we put the letter mail has completely disappeared. I chuckle to myself as I think of all the people who say the Internet is killing letter mail.

It's truly amazing how much 'any soldier' mail we get, literally thousands of letters and post cards. Support from back home hasn't been this high in decades. It's nice to know our fellow Canadians are taking time out of their lives to let us know they're behind us.

When I go to check on the clerk at the front counter, my question is answered before I even see him: a barricade of out-going parcels has almost blocked the door. This is the day after the market where personnel can buy all kinds of souvenirs to send home. In the postal world we call this a perfect storm.

We have no more room anywhere, so it's time for us to send out the e-mail to all units asking them to pick up their mail — and watch the chaos ensue. Within a half an hour, there are vehicles everywhere.

The Battle Group, the largest unit at



Sgt Dustin Hood, JTF-Afg NSE

Above: Postal clerks MCpl David Schultz and Cpl Ernest Jesso sort a sea of mail.
Below: The task at hand, a full load of incoming mail.



Kandahar Airfield, mobilizes quickly, and they don't bring just a few vehicles. They bring a whole fleet: 10-tonners, MLVW's, and bongo trucks everywhere.

Well, the sun has set and another day is drawing to an end. We pushed out a lot of mail today, and a lot of happy troops will soon receive their packages from family and friends. There is a quiet sense of satisfaction among us as we gather around and discuss tomorrow's plan of attack.

It will take us another few days to clear out the rest of the mail, track down recipients of parcels with incomplete addresses, and ship mail out to the forward operating bases. Of course, as soon as we get it cleared out, it will be just in time for the next batch of mail and so the cycle begins anew. This is the busiest Canadian Forces post office anywhere, and all of us are learning a lot. We consider ourselves privileged to have the opportunity.

VOTED VICTORIA'S BEST VIETNAMESE MENU

VIET NAM
Garden
RESTAURANT

Ken & Shelley
welcome
you to their
new location

524 Admirals Road 250-384-3033

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)

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

Dine In **Zap** that restaurant Take Out

Thai dining at its Best!

1207A Esquimalt Rd. • 389-1845

Poet becomes well versed on war

Suzanne Steele
Contributor

A half-hour after takeoff, we crossed the Afghan border into friendly air space.

I knew we were on the home stretch once I saw the load specialist, who covers arcs out the window of the C-130 Hercules, take off his PPE (frag vest, helmet, and ballistics). And while soldiers always give the impression of "what ever" in a war zone, I felt a collective sigh of relief throughout the military transport aircraft. When the plane landed they would head off for their HLTA (leave) and the "tourist" civilians would head home, their missions completed.

I got up, stretched and looked out the little window down at the mountain ranges of the Middle East that looked like a relief map carved of blue cedar, put on display just for us.

I went to Afghanistan as part of the Canadian Forces Artist Program (CFAP) to witness 1st Battalion Princess Patricia's Canadian Light Infantry (1PPCLI) at war. As the first poet in CFAP, I hoped to bring back a sense of what it means to be Canadian and fighting in a country on the opposite side of the world.

I started my journey on a rainy night in the autumn of 2007 when DND Public Affairs set me up to interview a young veteran who had served in Afghanistan. I wanted to know what the experience was like for a new generation to go to war. Had been shot at and had to shoot.

The Corporal and I spent several hours over a few months drinking coffee together as he told me his story. He was a young reservist who had gone to Afghanistan as a member of a rifle company and lived

to tell the tale. I wrote a few poems from that interview and then was encouraged to apply for the artists program, which would send me to Afghanistan to see for myself. I am not a well known artist, so I was amazed to be chosen.

CFAP's program is extremely limited, only one short "deployment", so my luck was extraordinary when I met the Commanding Officer (CO) of 1PPCLI and was invited to spend as much time as I could with the battalion on their "road to war" preparations. I spent the next 14 months visiting 1PPCLI during their workup training.

That year was one of the toughest physically, mentally and emotionally, but also one of the best of my life. It was marked with doors being opened, and doors being slammed in my personal and professional life. A young Captain remarked how eerily similar my experience of the road to war was with that of the soldiers. I experienced the surreal notion of all who sign up for a tour share – that one might not come home alive. My family suffered this stress too. For some it was too much.

The day I set out for Afghanistan, Victoria piper Nathan Roberts showed up at the Victoria airport in full Highland dress and piped me to the departure gate. I kissed my two friends and my daughter goodbye, hugged the big, handsome ex-Canadian Scot goodbye and spent the next 48 hours in transit. After arriving at 0200hrs at the staging base, I caught a few hours sleep, put on my PPE and boarded a Herc filled with next-of-kin and soldiers heading back into theatre after their HLTA. The Herc was eerily silent except for the drone of engines. I found out later the



Photo courtesy of Suzanne Steele

War poet Suzanne Steele gets a bird's eye view of Afghanistan.

soldiers were not comfortable in the presence of the next-of-kin flying in to visit the spot their sons, brothers, and husbands had died. They are always aware of the presence, the potential for death, but they are good at compartmentalizing it.

For me as an artist, this was a poignant beginning to a journey I had obsessed over for months. Everywhere I went at the Kandahar Air Force base I ran into the next-of-kin. On the day I was driven to the airfield to catch my chopper to go outside the wire, they were having a tour of the airfield. One of them hugged me and warned me to be careful. A father said to me that he envied me. He wanted to see exactly where his son had died.

I'll be honest. The night before I flew outside the wire my nerve faltered. I told my visit officer that I couldn't do it. That evening I had a knock on my door. It was a young recce corporal who had just taken a 20 kilometre stroll across the

country side. "If you don't do it you'll regret it all your life. Besides," he said, "You've got to see the red desert, the wild camels, the nomads. KAF isn't Afghanistan."

I spent a short time with the rifle company I had been tracking since its inception at Shilo in 2008. I got to watch village life from a strong point, ate, chatted with the soldiers, including a navy diver from Victoria, went on sentry, bivouacked with the troops, most of whom I knew and watched 200 soldiers and the CO roll in one night and prepare for a big operation.

My time in Afghanistan was very short but every minute there had a curiously long feeling to it; a nervousness takes over after a rocket attack, but so does a kick of adrenaline and suddenly it's hilarious that you didn't get hit.

As far as my work goes, the words are spilling from me. I haven't enough time to write. My work is being read at Nov. 11th ceremonies, studied in schools in Ontario, B.C., and Manitoba, as well as the University of Glasgow in Scotland. My online project, www.warpoet.ca has had 45,000 hits. I'm publishing in Canada and the U.K.

War is bewitching. To go to war, and to survive whole of body and mind, is intoxicating, though not for the faint of heart. Never for the faint of heart. I guess that's why guys sign up for third tours. A second tour is for unfinished business. A third is that the country, or the fight, or something un-nameable, is in the system and needs to be worked out. I know that I'd go back in an instant if I could—my time there was far too short, my mission as a war artist incomplete, even though I kissed the ground when I reached home safely.



MCpl Matthew McGregor, Combat Camera

A soldier on patrol in Afghanistan watches his arcs as other members of his patrol stop to speak with locals.

Thinking of purchasing or refinancing?
Mortgage rates as low as
1.95%* APR.
Our services are **FREE!**

LAWLESS & BROWN
MORTGAGE TEAM
250-656-0855 • 1-866-656-0858
lawlessbrown.com

Krista *Sherri*

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 1887

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

OUR BIGGEST SALE EVER!
Toyota • Honda • Nissan • Hyundai • GM • Ford • Chrysler

HUGE SELECTION NOW!

**0 Down Payment!
0 Payments
for 6 Months
To Qualified Buyers**

Every Vehicle Inspected by **BCAA**

**ON THE SPOT DELIVERY!
5 MINUTE APPROVAL!
Balance of Factory
or
Up to 7-Year Warranty Available
by Old Republic Insurance Co.**

07 GMC Sierra
4.3L V6 auto
\$12,980

TRUCKS, VANS, SUVs

09 Montana #013
09 E350 12 pass. #132
09 Dodge Journey SXT #054
09 Jeep Patriot 4x4 #067
09 Dodge Nitro 4x4 #068
09 Ford Flex Limited #090
09 Ford Escape 4x4 #094
09 Sienna #019
09 Grand Caravan #099
08 Jeep Wrangler X #077
08 Nissan X-Terra #065
09 Pontiac Montana SV6 #018
08 Chev 1 Ton Gas Cube #122
08 Honda Odyssey 7 Pass. #114
08 Dodge 1500 Quad 4x4 #103
08 Grand Caravan #134
07 Mazda CX7 GT #104
07 Ford Escape 4x4 #066
07 Mazda 5 GT #086
07 Chev LTZ Ext. 4x4 #031
07 Chev LT Crew 4x4 #057
07 Ford F150 S/Crew 4x4 #284A
07 Ford F150 S/Cab 4x4 #093
07 Ford Ranger Spt/Canopy #052
07 Ford Ranger FX4 #083
07 Dakota Quad 4x4 #110
07 E250 Ext. Cargo #125
06 Chev H/D 3/4 Ton reg. cab. #115
06 Chev Trail Blazer #085
06 Cadillac SRX AWD #119
05 Ford Ranger Edge #029
05 Ford 1 Ton Dsl. Cube #116

CARS

09 Versa hatch #130
09 Camry #016
09 Yaris #015
09 Elantra #014
09 PT Cruiser #128
09 Cobalt 4dr #127
09 Corolla #011
09 Matrix #005
09 Yaris 5 DR #010
09 Camry Hybrid #011
09 Fusion SEL #082
09 Crown Victoria #017
09 Focus SEL #106
09 Kia Rio sdn #039
09 Pontiac G5 Cpe. #019
09 Suzuki SX4 H/B #050
09 Suzuki SX4 sdn #133
09 Sebring Touring #020
09 Dodge Charger #055
09 Hyundai Elantra #009
09 Hyundai Sonata Spt. #105
08 Fusion #120A

SMALL EXAMPLE OF CARS, VANS, SPORT UTILITIES & TRUCKS.

Canada's Largest Independent Used Car Dealer!

Budget Car Sales

CALL 250-953-5353 • 2224 Douglas St. CALL TOLL FREE 1-866-955-5353
One Block South of Bay Street in Victoria www.budgetcarsalesvictoria.ca

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

www.lookoutnewspaper.com

TRACKSIDE
AUTO SERVICE LTD. A FULL SERVICE AUTO REPAIR FACILITY

- Induction & Fuel Injection Service
- Out of Province Inspection
- Diesel Fuel Service
- Brake service
- Oil service
- Electrical
- Exhaust
- Tires

Ask about BG Protection Plan*
Where Dependability and Trust are a Priority...

784 Fairview Rd. • 250-383-5509

* under 80,000 km

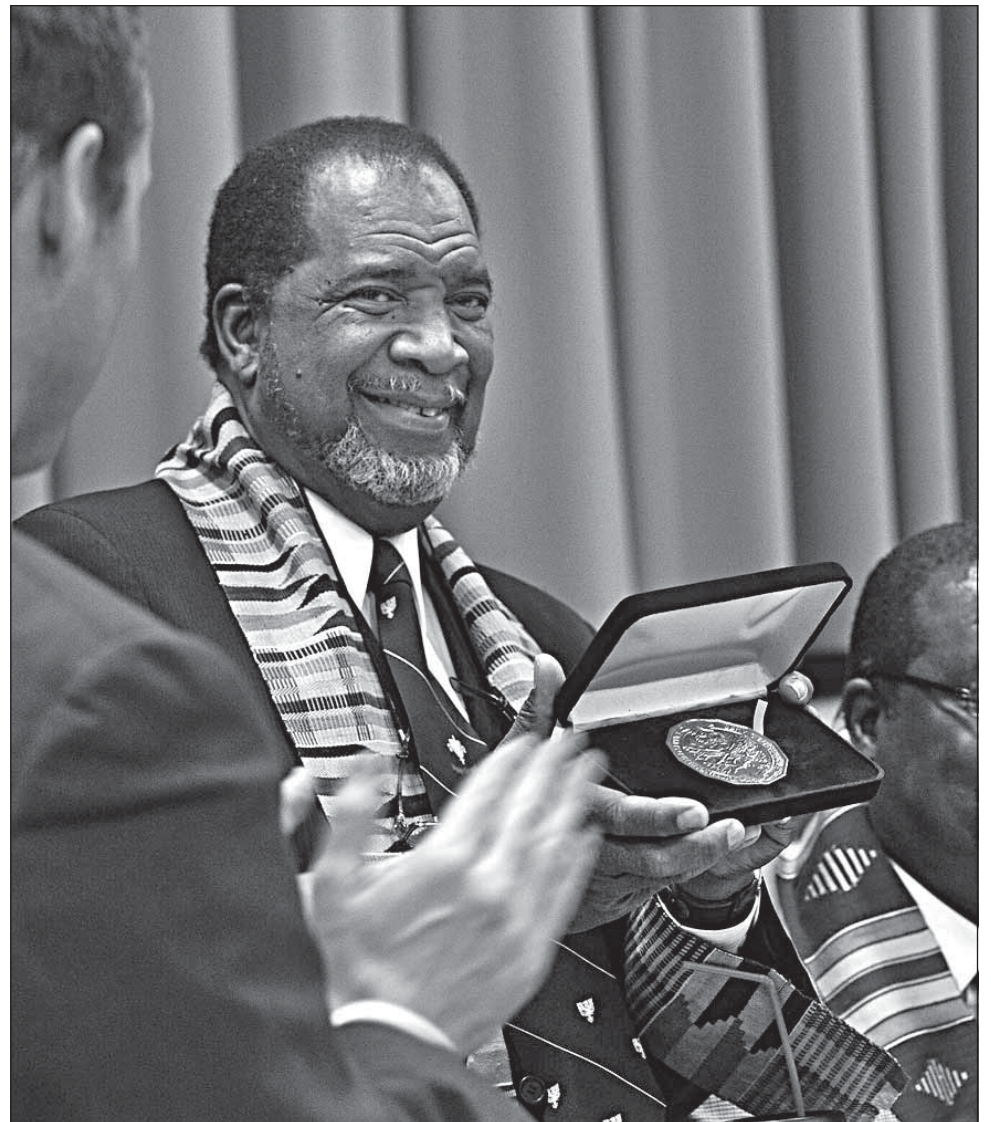
Dial-A-Law
Do you need general legal information?

Access legal topics by telephone or visit www.dialalaw.org.
Available 24 hours a day, 7 days a week.
Lower Mainland: 604.687.4680 / Toll Free in BC: 1.800.565.5297

Lawyer Referral Service
Do you need help finding the right lawyer?

Receive a consultation with a lawyer for up to 30 minutes for \$25 + tax.
Monday to Friday 8:30 am to 4:30 pm
Lower Mainland: 604.687.3221 / Toll Free in BC: 1.800.663.1919

Funded by The Law Foundation of British Columbia
Public Services of the Canadian Bar Association, British Columbia Branch



Cpl Chris Ringius, Formation Imaging Services Halifax
Dr. B.A. "Rocky" Jones accepts the Distinguished Service Medallion posthumously awarded to Pte Jeremiah Jones for his actions during the Battle of Vimy Ridge. The presentation took place at the Colchester Branch 26 Royal Canadian Legion in Truro, NS.

First World War hero honoured

Mike Bonin
BPAO CFB Halifax

After more than 93 years without recognition, Private Jeremiah Jones finally received the Canadian Forces Medallion for Distinguished Service. The heart-warming and emotionally-filled event was held Feb. 22 in Jeremiah's hometown of Truro, NS, at the Colchester Branch 26 Royal Canadian Legion.

Accepting the award on his behalf were his grandsons, Dr. B.A. "Rocky" Jones and Roger Jones. It was a bittersweet ceremony as Jeremiah's daughter, and family matriarch passed away in the early hours the very morning his grandsons were to receive his award. Also present at the ceremony, that

celebrated both lives lived, were several of Jeremiah Jones' family members.

During the First World War at Vimy Ridge in April 1917, Pte Jones single-handedly destroyed a German machine gun nest and captured the crew. For this act of bravery, he was recommended by his superiors for an award, but due to his race, was never acknowledged for his gallant deeds. Jeremiah Jones was one of 16 Black soldiers of the 106th Battalion, Nova Scotia Rifles, assigned to the Royal Canadian Regiment, who saw action on the front line.

In attendance were the Honourable Mayann Francis, Lt. Gov of Nova Scotia, Hon. Peter McKay, Minister of National Defence and RAdm Paul Maddison, Commander of Maritime Forces Atlantic.

Join triathlon development camp

The CF Triathlon Program is coordinating Development Camps in all CF regions over the next months. The Pacific Region Development Camp will be held at the end of April in Victoria for athletes and amateurs of all levels.

In addition to the benefit of coached swim, bike and run sessions, participants will have the opportunity to hear experts in nutrition, endurance sports and much more. The objective is to promote the CF program by increasing the interest in the sport of triathlon and develop potential athletes for CF competition as part

of a base team or CISM.

This is open to all Reserve Class B, C and Regular Force members and organizers are hoping to attract a combination of experienced athletes and people wanting to try this out for the first time. Please pass the word to those you know who already enjoy triathlon or might be interested in the sport.

When: April 30, May 1-2 (Friday to Sunday camp)

Where: Naden Athletic Centre with some activities outside in the Greater Victoria area. Accommodation will be

arranged for those from outside the area.

For more information on this upcoming camp, please contact your Triathlon Program Regional Coordinator, LCdr Lucie Tremblay at 604-225-3078 (until April 3) or 250-363-4033 (after Easter break) or via e-mail lucie.tremblay@forces.gc.ca.

To register and book accommodations as required, please contact Danielle Sutherland, PSP Sports Coordinator at 250-363-4068. Organizers will require a short athletic résumé in order to assess individual skill/ability level.

JOIN US FOR
**THE MEMORY PROJECT:
STORIES OF THE
SECOND WORLD WAR**

Share your story! Bring your photos, letters and personal memorabilia to be documented on site.

Thursday, March 4, 2010, 10:00 AM to 2:00 PM
Royal BC Museum
675 Belleville Street, Victoria, BC
Lunch and refreshments will be served

RSVP by email: memory@historica-dominion.ca
Or call toll free: 1-866-701-1867

The Memory Project is providing every living Second World War veteran the opportunity to share their memories through interviews and digitized artefacts and memorabilia to be shared with Canadians through an extensive online digital archive.

For more info:
WWW.THEMEMORYPROJECT.COM

BE A PART OF THE LEGACY!

THE MEMORY PROJECT STORIES OF THE SECOND WORLD WAR
INSTITUT HISTORICA DOMINION INSTITUTE
ROYAL BC MUSEUM Where the past lives
Canadian Heritage Patrimoine canadien



Representing HMCS Brandon's fitness spirit, LS Dino Larizza, MS Gregory Andrews and LS Max Senyuk stand tall upon Brandon's makeshift podium. In five days, Brandon's 13 fitness challenge participants strained through 8,320 push-ups and 24,967 sit-ups combined. Seven participants counted their cardio and totaled 27 hours, 33 minutes on the treadmill and stationary bicycle.

MS Emil Edwards, HMCS Brandon

Brandon's own podium moment

MS Emil Edwards
HMCS Brandon

These days the constant cadence of feet meeting the treadmill and the accompaniment of deep, focused breathing have become as common a sound on the bridge as the whirring of radars and marine radio chatter. If you were to traverse between the bridge and the machinery control room, odds are very good you would see someone - whether on or off watch - on the deck straining for that one extra push-up or sit-up. The crew of *HMCS Brandon*, it appears, has taken a liking for physical fitness.

The push-up/sit-up challenge is not a new phenomenon. For ROTO 3, I, with the blessing of *Brandon's* sports officer, SLt Melanie Weaver, believed it should expand from what it has been - a departmental

challenge between the Engineering and Deck Department - and develop it into a ship-wide challenge with an incentive that was more than mere bragging rights and an endorphin high.

The three sailors, LS Dino Larizza, MS Gregory Andrews, and LS Max Senyuk, through their sweat and drive, have earned the privilege to represent *Brandon's* athletic spirit as she patrols the waters of the scenic coastline surrounding Vancouver as part of Olympic security.

From personal experience, the stress on the mind and body, which can result from working shifts that change with varying conditions and at odd hours of the day, has been nearly negated through strenuous exercise.

What could have been a very mundane day brightened up significantly

through the good feelings I had after a difficult workout. Watching the spectacular sunrises that only the B.C. coast can produce, while grinding away the miles on the stationary bicycle, has been a highlight of this deployment. Physical fitness, it seems, is a critical element to a successful day and a successful operation.

When I polled the participants asking if they noticed significant difference in their mood, attitude, perception and behaviour, their responses have tended towards increased motivation in their job, a sense of well-being and all-around less stress. All polled are intent on continuing their physical fitness training beyond the fitness challenge.

"I am really pleased with the way the ship's company took on the challenge of staying focused on

sector patrol through fitness and connected it to the Olympics," said LCdr Timothy Doherty, *Brandon's* Commanding Officer.

Deploying to an operation that is not only concurrent with the Vancouver 2010 Olympic games, but is in direct support of it, provides another avenue of motivation to drive members of the ship's company to perform as well as we have during this competition. The determination and drive that is visible when the athletes perform contributes to *Brandon's* athletic spirit. That spirit exists in everyone who believes they can strive towards improving themselves physically through the pursuit of athletic excellence. While the Olympic Games are but 17 days long, I believe this spirit of excellence is eternal. The steady cadence of feet upon *Brandon's* treadmill continues.

ATTENTION: Satellite/Cable Viewers

Watch Shepherd's Chapel - G6 Transponder 16 (24hrs)
Also on small dish networks, OMNI TV 5am-6am Weekdays
www.shepherdschapel.com



3.69% Best Fixed Rate 5 year term
1.85% Best Variable Rate Mortgage

Near Zero Down Payment still available. 40 year amortizations still available for conventional financing.

Inquire OR Apply by Phone at 250-888-8036
OR Online at www.mortgagesbylori.com



VERICO
CANADIAN TRUSTED MORTGAGE EXPERTS
Each VERICO broker is an independent owner operator

Lori Lenaghan
MORTGAGE CONSULTANT
C. 250-888-8036



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

FOR ALL YOUR BUILDING & RENOVATION SUPPLIES

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



"Military Discount"

We're BIG on value

Mon-Fri: 7:30-7 • Sat: 8-6 • Sun & Holidays: 9-5

RONA

Bay West Home Centre

220 Bay Street (Bay at Wilson)

Call 250-595-1225 • Fax 250-595-8228

"re-cycle"



Better the 2nd time around!

PITCH-IN CANADA
www.pitch-in.ca

GALAXY MOTORS

Vancouver Island's Largest Independent Used Car Dealer

DOWNTOWN

2555 Government
250-381-1144
DL#28842

COLWOOD

1764 Island Hwy
250-391-5738
DL#30897

LANGFORD

888 Attree Ave
250-478-7603
DL#30516

NANAIMO

4777 Island Hwy
250-729-7991
DL#30917

Vancouver Island's Finance Experts



Good Credit
Bad Credit
No Problem



Apply Today, Drive Today
Apply Online

WWW.GALAXYMOTORS.NET



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

Address Realty RELIABLE TRUSTWORTHY SERVICE
 11 years service with Canada's Pacific Naval Fleet

1008 Russell Street
 Victoria, BC V9A 3X9

tel: 250-391-1893
 cel: 250-891-3025

www.addressrealty.com
 adam@addressrealty.com

" for faster sales call Adam Hales "

10% off any Truck Rate



Budget Call 250-953-5300
 www.budgetvictoria.com

Car and Truck Rentals

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.

ALOYD FITNESS EQUIPMENT

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

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

www.aloyd.com

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.

We get results! A full service law firm.

*Dinning Hunter,
 Lambert & Jackson*

1192 Fort St. 250-381-2151

On peut vous aider en français

813 Goldstream 250-478-1731

Be heart smart

Shelley Lipke
 Staff writer

Ninety per cent of Canadians have at least one risk factor associated with heart attacks or strokes.

Whether it's smoking, alcohol, physical inactivity, obesity, high blood pressure, high blood cholesterol, or diabetes, it's important to know how to prevent having a heart attack and what to do in the event of one.

Acting Base Surgeon Capt Jane Cruchley offers advice to the population of CFB Esquimalt.

"Prevention is the key," she said. "The older you get the more at risk you are, and unhealthy lifestyles predispose you to issues later in life."

Fitness and diet are also extremely important says Capt Cruchley. "By doing exercise you are training your cardiovascular system to be its most efficient, which helps prevent heart attacks.

And a diet according to Canada's Food Guide, with low saturated fats and lots of fibre, fruits and vegetables, will promote keeping arteries clear and also contribute to psychological well being."

Aside from healthy food and exercise, people need to get at least seven hours of sleep a night, try to keep stress levels to a minimum and avoid smoking.

"Smoking constricts blood vessels, raises blood pressure and causes more strain on the heart," she said.

Alarming statistics on the Heart and Stroke Foundation's website reveal that an estimated 70,000 heart attacks affect Canadians each year - one every seven minutes.

And with over 17,000 Canadians dying each year as the result of a heart attack, and the majority of them

occurring out of hospital, it's important to know the symptoms and what to do in the event of a heart attack.

"Many people don't even know they are having a heart attack," says Capt Cruchley. "There could be no symptoms at all, or people experience pain in the jaw, abdominal pain, shortness of breath, sweating, or severe heartburn. The problem is chest pain can feel like indigestion or heartburn and people delay seeing a doctor because they just think it is due to something they ate."

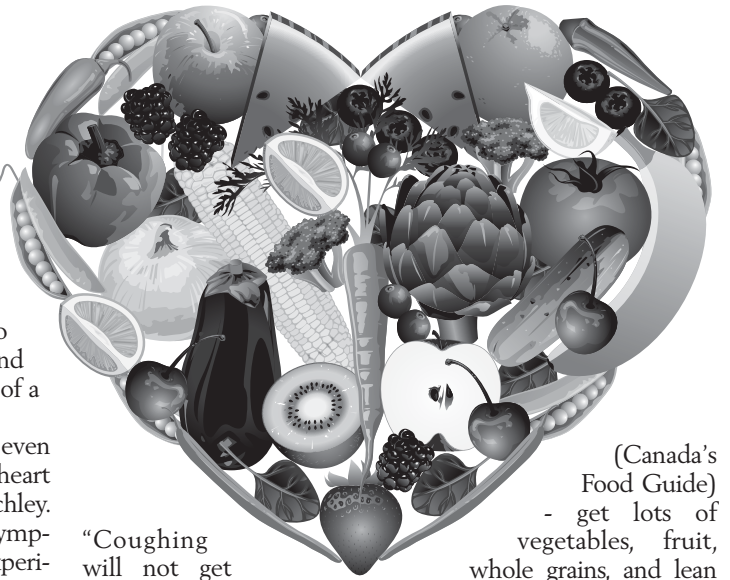
A heart attack is caused by a blockage in the artery system, and depending on where in the heart the blockage occurs it can be severe or mild and can come on suddenly or gradually.

"If people think they are having a heart attack they should call 911 or get to the Emergency Room as soon as possible. If the symptoms are milder but recurrent they should see their doctor and have them checked out. Regardless of whether they have pain or not it's important to have their blood pressure and cholesterol checked periodically. Everyone over age 40 should have a full physical every two years."

Myths circulating the Internet are giving false information on what a person should do if experiencing a heart attack alone.

One widely circulated slideshow presentation called 'How To Survive A Heart Attack When Alone' looks genuine, yet suggests that coughing repeatedly and very vigorously while taking deep breaths will allow a person suffering from a heart attack enough time to get help or drive themselves to a hospital.

"This is totally inaccurate," said Capt Cruchley.



"Coughing will not get more blood flow to the part of the heart that is experiencing the blockage."

The Heart and Stroke Foundation's website has also dispelled this myth.

"If possible, a person who experiences chest pain should phone 911, stop activity, and sit or lie down to wait for help. They should chew and swallow either one 325 milligram tablet or two 80 milligram tablets of Aspirin and wait for emergency medical staff to arrive," she says. "If there is a bystander nearby the person should be alerted that the victim needs help."

Automatic external defibrillators (AED) are another aid that is becoming more popular in malls and public places. "AED's are nifty gadgets that sense the rhythm of the heart and direct the person helping the patient to shock the heart at the proper moment to get the heart back into the right rhythm. If a person is trained to use an AED they can be real life-savers until the ambulance can get the patient to the hospital," she said.

The Heart and Stroke Foundation states on their website if a person is inactive and then becomes active they will reduce their risk for heart attacks by 35 to 55 per cent.

Personnel Support Programs health promotion suggests the following tips to consider for diet and lifestyle changes to help prevent heart disease:

- Eat a well balanced diet

(Canada's Food Guide) - get lots of vegetables, fruit, whole grains, and lean protein. Eliminate trans fats and watch your saturated fat intake.

- Practice stress management - keep stress at bay
- Express yourself - talk about your worries, seek support from friends and family and find a healthy outlet for your stress and anger
- Have fun
- Walk
- Surround yourself with a great support system
- Have a workout buddy
- Join a club, gym, or fitness group

• Set goals and make them SMART (specific, measurable, attainable, realistic, time bound)

- Sign a contract with yourself
- Do things you enjoy
- Get regular doctor checkups
- Educate yourself
- Get outside more
- Find balance in your life
- Have loving and respectful relationships
- Volunteer in your community
- Be physically active for an hour most days of the week (four or more) - strike a balance between cardio, strength training and stretching exercises

• Sleep seven hours a night

- Have lots of friends
- Follow the low risk drinking guidelines: no more than two standard drinks on any given day for men and one for women. No binge drinking.

• Think positively - optimistic people are healthier.

Relocating to Ottawa?
 Vous déménagez à Ottawa?



KELLER WILLIAMS
 OTTAWA REALTY LTD.

Louise Aubin
 The L.A. Team
 Broker/Courtier

Office: 613-236-5959 • Fax: 613-788-7457
 Not intended to solicit properties currently listed for sale.

Direct 1-877-841-0313 • www.OttawaHomesList.com

"MAJOR CASH"

PAYDAY LOANS

250-384-1001

#204-941 Esquimalt Road
 Lic. #49745

Canada's first Navy Centennial Rose dedication

Shelley Lipke
Staff writer

The 2010 Navy Lady Rose will have its first of many Canadian dedication ceremonies this year starting at CFB Esquimalt on March 8. The event also commemorates International Women's Day and the Canadian Naval Centennial (CNC).

More than a dozen local veterans of the Women's Royal Canadian Naval Service (WRCNS) will gather with currently serving Canadian Forces naval women to celebrate women in the navy's past and present.

Most WRCNS veterans are in their mid to late 80s and are excited to talk with today's naval women, says 84-year-old veteran Barbara Duncan.

"I'm really looking forward to the ceremony at the Wardroom. We can swap salty dips and us oldies will enjoy meeting the younger naval ladies," she says.

Three Navy Lady Rose bushes will be presented in pots on the Wardroom patio overlooking the ocean. These rose bushes will flourish and bloom in late spring and summer displaying deep red petals.

"We have seen it growing in the fields and we were very pleased with the red velvet petals and the dark green leaves. It is red to signify remembrance," says Joan Balch, a member of the Wren Association of Toronto, and the Rose Committee who started this project on behalf

of the CNC. "I hope this rose will link the naval communities' together, act as a reminder of the past, present and future in gardens for years to come, and signify the navy and its men and women of all ranks and services."

More rose dedication ceremonies will follow across Canada when the ground thaws. Several more will also take place in Victoria.

"Butchart Gardens will be planting five bushes and dedicating them with a ceremony, and I've been in contact with Government house, the Pacific Horticultural Society and Royal Roads University about similar planting ceremonies," said Duncan.

The flower is dark red, has a mild fragrance and several bloom cycles throughout the summer. The Wrens anticipate Navy Lady blossoms will bring the navy to the gardens of Canadians for years to come.

The Rose bush is grown exclusively by J.C. Bakker Nurseries in St Catharines, ON, and will be distributed to selected nurseries across the country. The Rose committee hopes to see the rose planted alongside all major Centennial celebrations.

The price for each rose bush is set by the retail location. In British Columbia it is available exclusively through Select Rose in Langley (604-530-5786) and each rose bush is selling for \$28.50. To see the list of retailers in other provinces go to www.thewrens.com

This year there are a limited numbers available.



We offer ADDITIONAL SAVINGS to Canadian Armed Forces.



MITSUBISHI MOTORS
Drive@earth

NO PAYMENTS FOR 90 DAYS ON ALL 2010 MODELS†

10 YEAR 160,000 km POWERTRAIN LTD WARRANTY*
BEST BACKED CARS IN THE WORLD®



2010 MITSUBISHI OUTLANDER ES

\$25,498 OR \$159/Bi-weekly for 84 months @ 3.8% with \$2,500 down
Price includes Freight & PDI

0% APR for 48 months

0% APR FOR 72 MONTHS
\$500 GRAD REBATE



STK#9GA1485

2009 MITSUBISHI GALANT ES
\$22,493
OR \$149/Bi-weekly for 84 months @ 1.8% with \$2,000 down

0% APR FOR 72 MONTHS
\$500 GRAD REBATE



STK#9EC2359

2009 MITSUBISHI ECLIPSE GS
\$24,653
OR \$149/Bi-weekly for 84 months @ 1.8% with \$4,000 down

0% APR FOR 60 MONTHS
\$500 GRAD REBATE



STK#MLA0346

2010 MITSUBISHI LANCER SE
\$20,818
OR \$129/Bi-weekly for 84 months @ 2.8% with \$2,500 down



Victoria MITSUBISHI

761 Cloverdale Avenue
(250) 220-8100
www.victoriamitsubishi.ca
MON - THURS: 8:30 AM - 7:00 PM
FRI - SAT: 8:30 AM - 6:00 PM



STAPLES

Official Supplier to the Federal Government

Advantage
Honoring 100 yrs of local service

Andy McMahon
Account Manager
Staples Advantage
Victoria, BC V9B 4S2
Tel (250) 704-2797
Fax (250) 391-5725
Cell (250) 361-8459
andy.mcmahon@scsp.ca
www.staplesadvantage.ca

ISO 9001:2000
ISO 14001:2004

Smart customers always read the fine print. *2010 Outlander ES available for \$25,498 or \$27,198, * with purchase financing of 0% for 48 months and \$159 bi-weekly for 84 months at 3.8% with \$2,500 down and \$3,533.34 finance charge. *2010 Lancer SE available for \$20,818 or \$22,018, * with purchase financing of 0% for 60 months or \$129 bi-weekly for 84 months at 2.8% with \$2,500 down and \$2,091.54 finance charge. *2009 Galant ES available for \$22,493 or \$25,493, *with purchase financing of 0% for 72 months or \$149 bi-weekly for 84 months at 1.8% with \$2,000 down and \$1,564.78 finance charge. *2009 Eclipse GS available for \$24,653 or \$27,653, *with purchase financing of 0% for 72 months or \$149 bi-weekly over 84 months at 1.8% with \$4,000 down and \$1,575.30 finance charge. †No payments for 90 days offer only available on select 2010 models. Prices include Freight and PDI. Customer is responsible for the following expenses ordinarily due at purchase or signing: license, registration, insurance, taxes, inspection, gas and any additional delivery or preparation charges. For all purchase financing offers, customers must sign contract and take delivery from dealer by February 28, 2010. Purchase financing at 0% credit rate available on select new 09 and 10 models through Bank of Nova Scotia and Bank of Montreal through participating dealer, to qualified retail customers in Canada, on approved credit. *Whichever comes first. Regular maintenance not included. New Vehicle Limited Warranty covers most vehicle parts under normal use and maintenance. Warranty applies to 09/10 vehicles (Lancer Evolution and Ralliart excluded). See dealer or Mitsubishi-motors.ca for warranty and Education Edge terms, conditions, and other details. ‡ Limited time offer through participating Mitsubishi Motor Sales of Canada Inc. dealers to qualified retail customers only. © MITSUBISHI MOTORS, BEST BACKED CARS IN THE WORLD are trade-marks of Mitsubishi Motors North America, Inc. and are used under license. Dealer #30693. Ad# 381_10-02-26.

HAITI: RECONSTRUCTION CONTINUES

Naval Construction Troop keeps military running

Pte Michael Leeman
Joint Task Force Haiti

The Naval Construction Troop (NCT) hit the ground running as soon as we arrived in Port-au-Prince in early February, gathering our kit and moving to a new home south of the airport almost immediately.

Keen to make a difference, team work and dedication to our mission helped carry us through the hot days and humid nights. The NCT took only two days to establish our new camp, raising the Engineering flag to make it known that the Naval Construction Troop was in business.

Within days, we were extremely busy making everything we could to provide our troops with some creature comforts. We built tables and benches for the clerks and supply techs to make their work spaces more comfortable, and we installed lights and plug receptacles in every tent.

When all the little things were taken care of, it was time to tackle the bigger projects.

We started with guard houses and gates and then searched the sea containers for sections

of modular tents and cots for Camp Chimo 1 and Camp Lynx in Léogâne, where the soldiers of the 3rd Battalion, Royal 22e Régiment and the 5e Régiment de génie du Canada from Valcartier had been sleeping under the stars for almost three weeks.

The next priority was fuel: generators and trucks go through it at a great rate, but fully operational fuel delivery vehicles were few and far between. The NCT found the solution — fuel bladders and pumps in one of the sea containers. In a couple of days, we had a fuel farm up and running at Camp Nouveau Née.

Next, we packed up our tools and headed for Léogâne, where the troops had a roof over their heads, but were still using field shower bags and bottles of water to wash. Within a few days, the ablution tents were up and running, and every tent had power.

About two weeks later, the engineers have not stopped the big push to provide our troops with what they need. We are dedicated to every project we are assigned. So far, we have supported the Task Force by building tables, benches, shelves, guard houses, gates, shelters,

shower platforms and much more.

With the final nail driven in each project, the word CHIMO is proudly displayed. It's our signature to say we are here for

you, and when you need one engineer, you get all of us.

Since our arrival in Haiti, the Naval Construction Troop has tackled each and every project with ingenuity and excellent

teamwork. We hit the ground running, and I don't think that will change until we board the plane to return home for a well-deserved rest with our friends and families.



MCpl David Hardwick, Combat Camera



JUST Grand

For information call
800.565.2020
or visit lordnelsonhotel.com

Experience the elegant and historic surroundings of Halifax's most legendary hotel ultimately located in downtown overlooking the historic Public Gardens. Our beautifully renovated rooms and suites and warm Maritime hospitality combine to make your next stay truly memorable.



THE LORD NELSON
HOTEL & SUITES



1515 SOUTH PARK STREET, HALIFAX, NOVA SCOTIA B3J 2L2

Cadets fundraise for Haiti victims

Capt Madeleine Dahl
2483 RCACC PPCLI

The cadets from 2483 Princess Patricia Canadian Light Infantry (PPCLI) Royal Canadian Army Cadet Corps (RCACC) were challenged to go out and raise donations for the Haiti relief efforts. The incentive being for every \$20 the cadets earned they got to throw a cream pie in one of the corps staff members faces.

The cadets totally surpassed the officer's expectations and raised a whopping \$1,000. That meant the officers faces were at the mercy of 50 cream pies. On Feb. 9 the officers lined up, seated in chairs, while the cadets eyed up their targets and took aim, launching their cream pies at any staff member they wanted. The staff were really good sports and everyone had a blast. However, the best part of this experi-

ence was the good feeling all the cadets and staff went home with knowing that their donations went to rebuild the lives of the Haitians affected by the Jan. 12 earthquake.

Currently there are 280,000 people buried in mass graves in Haiti and the majority of the remaining population are children who have little or nothing. The \$1,000 raised by the cadets was donated to The Salvation Army Haiti Relief Fund and was matched by the Canadian Government – so in total \$2,000 was raised by 2483 RCACC.

Rebuilding Haiti will not happen overnight; in fact, this devastating earthquake will take many, many decades to help all the people affected by this earthquake to resume some kind of normalcy. So any kind of fundraisers done now, or planned for later this year, will be of huge benefit to the Haitian's.

File taxes for free

In recognition of their commitment and service to Canada, Intuit will once again offer QuickTax Online at no charge to members of the Canadian military and police services who served on active duty overseas during the 2009 tax year. The Military Free File program, which also applies to spouses if they prepare their taxes together, is in its second year.

Program details:

The offer applies to military and police personnel who were on active duty during the 2009 tax year. There is no maximum

income threshold.

The offer applies to our most popular version, QuickTax Online Standard, as well as QuickTax Platinum for those with investment income and deductions, capital gains or losses, retirement planning requirements or rental property owners.

QuickTax Online is accessible to anyone with an Internet connection; spouses can file together regardless of location at home or abroad.

More details are available through www.canexdiscounts.ca or at www.quicktax.ca/canadianforces

Naval Centennial Giftware

Available online at www.canadiannavalcentennial.ca

For all your RV needs



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

trianglerv.com
250-656-1122

Base Taxi

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.



FESTIVAL DE LA FRANCOPHONIE DE VICTORIA FRENCH FEST

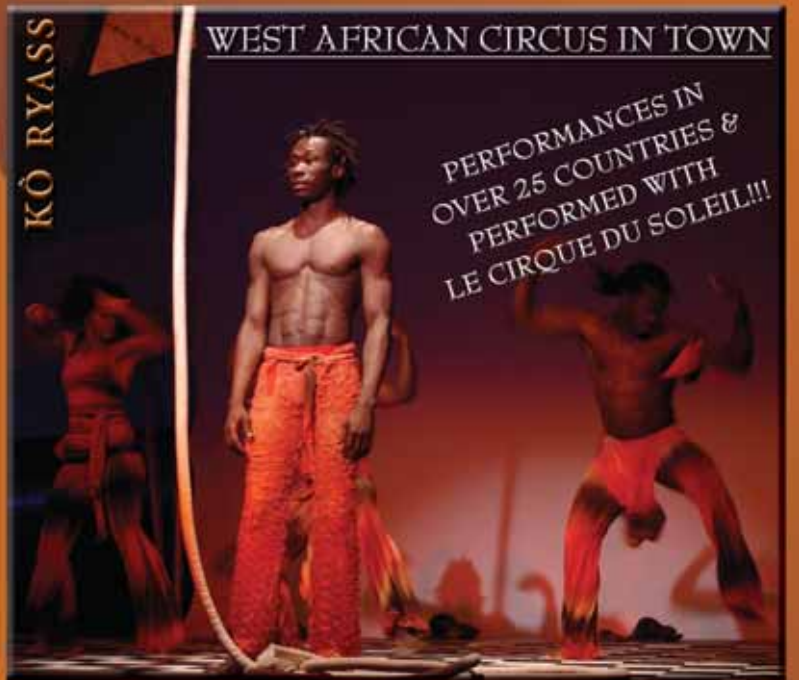
4 AU 7 MARS / MARCH 4TH TO 7TH, 2010

KÔ RYASS (CIRCUS)
MCPHERSON THEATRE
7 MARS 19H / MARCH 7TH - 7PM
BILLETTS/TICKETS: 250.386.6121

Centennial Square 6-7 mars/March 6th-7th
Musique / live Performances
Montreal Smoke Meat
Ateliers pour enfants / Kids workshops

Da Vinci Centre 6-7 mars/March 6th-7th
Salon des artisans / Craft Fair
Bistro Français
Musique / live French Music
Salle de jeu / Kids Play room...

Présenté par / presented by



WEST AFRICAN CIRCUS IN TOWN

PERFORMANCES IN OVER 25 COUNTRIES & PERFORMED WITH LE CIRQUE DU SOLEIL!!!

INFO : WWW.FRANCOCENTRE.COM



Canada

Québec



THRIFTY FOODS



AGRIUM



Michael Lomax CD
Lawyer/Mediator

- Family Law
- Mediation
- Wills & Estates



250-385-5523
MILTON, JOHNSON LAWYERS
202-895 Fort St., Victoria, BC



MOTORCYCLE
RIDER TRAINING

NOVICE & TRAFFIC
PROGRAMS

EXPERIENCED
RIDER COURSES

VEHICLE DRIVING
LESSONS

250-478-9584
www.visafetycouncil.com

“It's like finding treasure!”
from **\$219,900**

- National Home Warranty
- Granite Countertops
- Stainless Steel Appliances

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

(The Ovation is just a 2 minute walk to the Base!)



Come View Our Showsuites

1315 Esquimalt Road or call 250-595-0004
Mon - Fri 2pm-4pm • Sat-Sun 1pm-4pm

Register Today!
THEOVATION.CA Call Now!
250.595.0004



Bravo ZULU

Photos by Shelley Lipke, Lookout



CPO2 David Lowther, Base Regulating Chief at CFB Esquimalt, stands proudly beside his winning Navy Centennial bell rope as he accepts a cheque for \$500 from prize sponsor Capt(N) (ret'd) Hal Davies. A ceremony recognizing the contest finalists took place last Thursday in HMCS Protecteur.



LS Elysia Stevens is all smiles upon receiving a competition finalist's certificate from the Commander Canadian Fleet Pacific, Cmdre Ron Lloyd.



Cmdre Lloyd presents a congratulatory certificate to second place winner CPO2 Rick Meredith from CFB Halifax.



MS (ret'd) Len Handley submitted two bell ropes into the competition and proudly receives his certificate from Cmdre Lloyd.

Talented knotters honoured

From page 1

"It is really nice to see that this rope work is something that is not forgotten. Many Leading Seamen have taken a chance to learn something new and it's nice to see that it's been passed on," he said.

Back in 1986 he learned knot tying in his boatswain trade when he joined the navy.

"I'm proud to be a part of the Naval Centennial with this contribution," he said.

Fifteen entries from across Canada were judged in two stages to determine a winner, and the entries came from regular, retired

and reserve members ranging in age from 23 to 96.

Second World War veteran, 3 Badge LS G. Merrill Rumson was unable to attend, but passed on a message that before he worked on his bell rope submission each day, he had a tot of rum in honour of the navy.

One by one the competitors were called up to receive their certificates. CPO2 Lowther was also awarded a \$500 cheque from bell rope prize sponsor Capt(N) (ret'd) Hal Davies.

Capt(N) (ret'd) Davies proposed having this competition and was delighted when they agreed it was a

good idea.

"This kind of naval heritage will continue into the next 100 years of the navy," he said.

Those competitors who weren't able to attend the ceremony will be awarded their certificates at divisions.

On May 4, the Centennial Bell with the winning bell rope will be presented to Parliament Hill in Ottawa where it will rededicate the Canadian Navy to the next 100 years of service to Canada.

It will hang in Ottawa for one year and then begin touring various Canadian military museums for Canadians to see.

NOW THREE TIMES THE SERVICE.



2935 Bridge Street, Victoria • 506 Esquimalt Road • 1746 Island Highway, Colwood
 Craftsman's recent expansion gives you three great Victoria-area bodyshops to choose from. Each offers friendly, professional service, lifetime guarantee and exclusive AIR MILES® reward miles. So next time you need bodywork on your vehicle, you don't have to think twice.



©™ Trademark of AIR MILES International Trading B.V. Used under licence by LoyaltyOne, Inc. and Craftsman Collision Ltd.

Army reserve members travel the Island

Shelley Lipke
Staff writer

Two weekends ago, 60 soldiers from the Canadian Scottish Regiments in Victoria, Nanaimo and Comox Valley broke into two military convoys in a two pronged exercise around Vancouver Island.

It was meant to be a training run for the drivers to give them more experience travelling in military vehicle convoys, but also an opportunity to reach out to Vancouver Island branches of the Royal Canadian Legions and thank them for their continued support through the years, said Capt Scott Macdonald, Adjutant Canadian Scottish Regiment.

The Regiment travelled to Nanaimo on Feb. 19 and then split up into "southern A Company" and a "northern B Company" convoys to travel to various Legions on Saturday and Sunday.

At each location, the soldiers filtered out of the vehicle convoy to the tunes of a lone bagpiper and paraded into the legion.

In the smaller communities this display attracted a lot of public attention.

"People were interested when they saw us wheel up in the convoy, and were a little shocked to see a number of army vehi-

cles on their streets," said Capt Macdonald. "A lot of these smaller areas hadn't seen a military presence before, but the reaction was of interest and was positive. We stopped to answer a number of questions from people on the streets."

Once inside each legion they greeted the president and set up a small arms display and information about their Regiment.

"We celebrated the legion's support to the forces and the army by giving a certificate of appreciation to each legion president, and inviting the public into the legion to view the weapons display and talk to our soldiers," said Capt Macdonald.

In Tofino a famous photo from the Second World War hangs on the legion wall; it is of a young

boy coming up to his father in uniform in a military parade on a Vancouver Street. It turns out that the legion's president, W.D. (Whitey) Bernard, was the young boy in the photo.

"Then in Bowser the president showed us a memorial for Lt Ian MacDonald who was the 12 Platoon Commander of B Company with the Canadian Scottish Regiment, and was the only soldier from that area to die in the Second World War," he said. "It brought it home that the Regiment had people serving from the area; it was relevant from a historical perspective."

The southern convoy covered 480 kilometres, travelling to Duncan, Shawnigan Lake, Chemainus Victoria and Esquimalt, while the northern convoy tacked on 587 kilometres visiting Parksville, Port Alberni, Tofino Bowser, Qualicum Beach and Nanaimo.

"We wanted to get better at convoy operations because normally we don't do this. Most of our trained soldiers are deployed on operations, so this was a good opportunity to confirm leadership skills, and plan and supervise road moves. It helped newly trained drivers to confirm their ability to drive and maintain vehicles while getting lots of kilometres under their belt," he said.

People were interested when they saw us wheel up in the convoy, and were a little shocked to see a number of army vehicles on their streets.

-Capt Scott Macdonald



Capt Scott Macdonald, Contributor

Above: The B Company convoy halted during a stop in Port Alberni.

Below: Convoy members establish an overnight bivouac at Bella Pacifica Campground near Tofino, B.C.



Take Some "Credit" For Your Investments



COLIN NICOL
General Manager, Wealth Management
Island Savings Credit Union

Canadians' attitudes toward debt have begun to shift in the past few decades. While we aren't carrying as much debt as our American neighbours, many of us have some debt and the amount has been increasing over the years.

There are two types of debt – bad and good. Bad debt doesn't provide any added value, such as tax deductibility. Your goal should be to pay down "bad" debt quickly.

Good debt is tax-deductible. Property values on the island continue to rise, which increases the

equity in your home. You may want to consider a levered strategy; the idea is to take a loan against your home's equity and re-invest the loan proceeds into an income producing investment. Then, the interest on your loan is tax-deductible, which makes it "good" debt.

A levered strategy is not suitable for everyone. You should have an investment horizon of at least 10 years to withstand changes in the financial market. The strategy is also more appropriate for people with high incomes (+\$100,000 per household), high net worth, and considerable equity in the house, as well as a higher tolerance for risk. If you're down-sizing your home, a levered strategy might also work for you. In all cases, you should speak to an advisor for advice tailored to your unique needs.

Have questions of your own? Come speak to any advisor on my team at an Island Savings branch near you today, or email me at cnicol@iscu.com.

JOIGNEZ-VOUS À NOUS POUR LE PROJET MÉMOIRE: HISTOIRES DE LA DEUXIÈME GUERRE MONDIALE

Partagez vos histoires! Apportez vos photos, lettres, et souvenirs personnels pour qu'ils soient documentés sur place.

Jeudi 4 mars, 2010 de 10h00 à 14h00

Musée royale de la Colombie-Britannique
675, rue Belleville, Victoria

Le dîner et des rafraîchissements seront servis

**RSVP par courriel : memoire@historica-dominion.ca
Ou par téléphone sans-frais : 1-866-701-1867**

Le Projet Mémoire offre à chaque ancien(ne) combattant(e) de la Deuxième Guerre mondiale la chance de partager son histoire et ses objets de souvenirs avec tous les Canadiens à travers de vastes archives numériques disponibles en ligne.

Pour plus d'information :
WWW.LEPROJETMEMOIRE.COM

PARTICIPEZ À LA CRÉATION D'UN HÉRITAGE!



Canadian Heritage Patrimoine canadien



Join our pages


www.lookoutnewspaper.com


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.

24 Burnside Road West (next to 7 Eleven) Victoria #778-430-5858 (KUKU)

Fine East Indian Cuisine. We specialize in vegetarian.


St. John Ambulance **SAVING LIVES**
at work, home and play

2010 First Aid Courses

occupational first aid

OFA Level 1 Equivalency ... \$89	OFA Level 2 \$590
Transportation Endorsement ... \$105	OFA Level 3 \$715
Standard for Industry \$165	

OFA Course Certificates now valid for 3 years by WorkSafeBC

standard first aid

Standard First Aid w/CPR-C & AED \$150	Pet First Aid \$70
CPR-C & AED \$65	Save That Child \$46
CPR-C Renewal \$45	Emergency Community Care .. \$89
	Baby Sitting Course \$40

additional courses

**online*
 *Medical Terminology \$280 Marine Advanced \$550
 *WHMIS \$33

For Info or to register call 250-388-5505

did you know that 36% of our gross revenue goes back to the community by way of our Medical Reponders (brigade)? For Insurance & liability issues, all events on the lower island like the Symphony Splash, Royal Victoria Marathon etc., can't proceed without first aid attendants. We provide this service. Help keep your community safe. Register today!



Shelley Lipke, Lookout Chief Engineering officer C1ER4 (ret'd) Jack Bugslag donated memorabilia collected over his 25 years in the navy to the Naval and Military Museum. He hopes people will enjoy the collection. "I think it's worth looking at," he said.

Don't just flip over your finances

Ne feuillotez pas vos finances du bout des doigts



LIFE INSURANCE / ASSURANCE VIE
 FINANCIAL PLANNING / PLANIFICATION FINANCIÈRE

You contribute everyday...we'll make it count for life!
Vous contribuez au quotidien...nous vous ferons bénéficier à vie!

1-800-267-6681 • www.sisip.com • Esquimalt: 250-363-3301



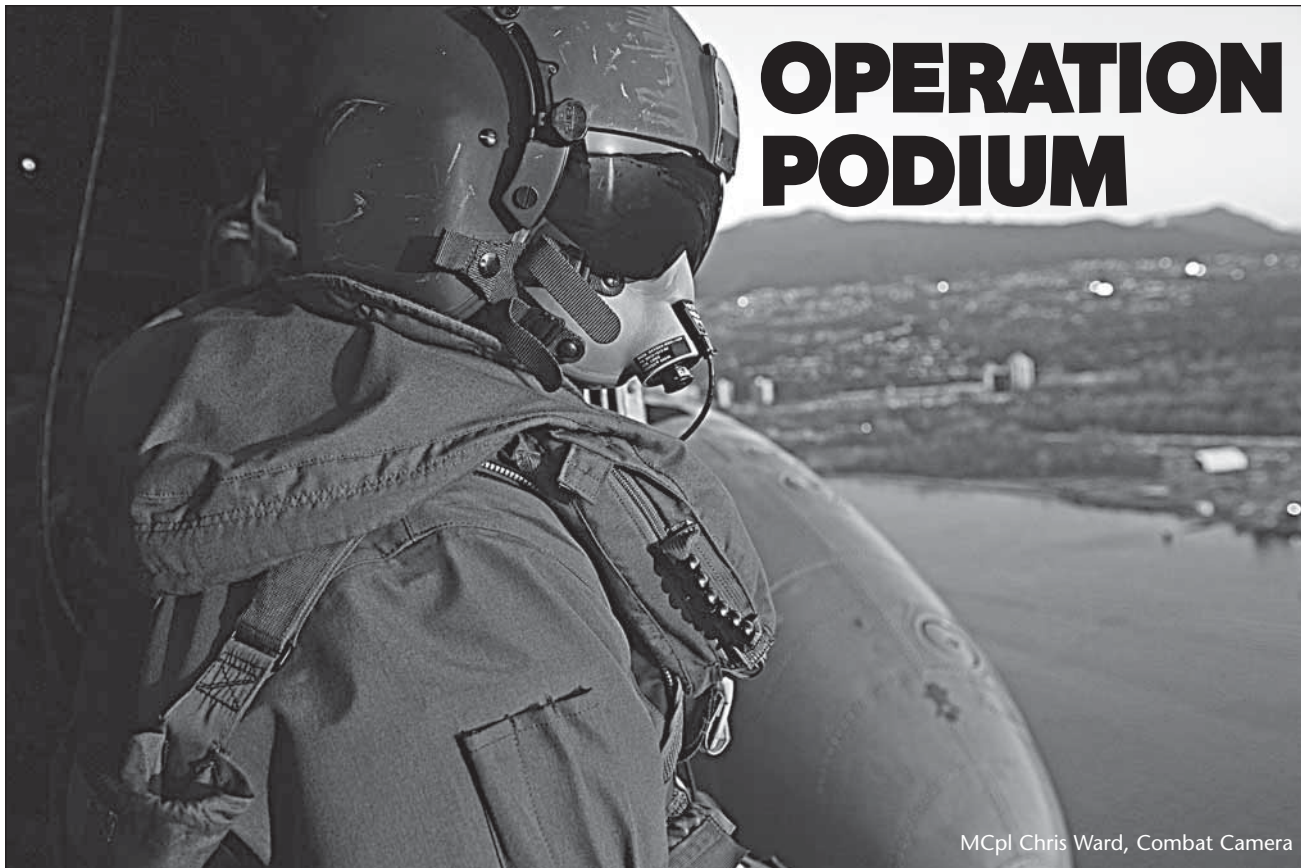
ESQUIMALT Military Family Resource Centre

24-Hour Information Line
 250-363-2640
 Toll Free, outside Victoria
 1-800-353-3329

Your community. Your resource centre. Get connected.



www.esquimaltmfrc.com



OPERATION PODIUM

MCpl Chris Ward, Combat Camera



Family and
Cosmetic Dentistry

abacus
Dental Centre

New patients & Emergencies
welcome.
Cleanings available.

Dr. Paul Henn • 250-386-3044

STRESSED BY MONEY PROBLEMS?
We'll help you get a fresh start!

There is Special Government Legislation that allows you to reduce your DEBT by up to 100%

For a **FREE CONSULTATION**, call
250-995-3122

Abakhan Associates Inc.
Debt Restructuring Consultants
Trustees in Bankruptcy

Richard Robinson Doris Minervini
www.BankruptcyBC.com
GOOD PEOPLE TO KNOW IN TIMES OF TROUBLE



Cpl Roderick Hopp, Combat Camera

Top: A crewmember aboard a Sea King helicopter looks over the City of Vancouver during Operation Podium.

Left: Capt(N) Gilles Couturier, Commander of Joint Task Force Games Maritime Component, presents a Maritime Component ball cap to MK2 Alexandros Kalfoglou. Capt(N) Couturier presented this gift to the deserving crewmember of the United States Coast Guard Cutter during a visit to the vessel in American waters during Operation Podium.

Fountain Tire
Home of the Tire Experts

Ask about our
Military Discount

CANEX Financing Available

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

GOODYEAR **DUNLOP**

HARRISON'S HAS EXPANDED

more to see 


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

"Your Outdoor Gear Specialists"

We buy military and antique items

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

Now that's...



Kool
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.

SLOPS Kit Shop



Authentic, high quality
Navy Centennial Merchandise

Visit our website:
www.slopskitshop.com

SLOPS: a name given to ready-made clothes and other furnishings, for seamen, by Maydman in 1692

First Canadian Ace to be inducted to Canadian Aviation Hall of Fame

2Lt Thomas Edelson
Defence Public Affairs Learning Centre

Last summer, it was a curious and slightly frightening experience to see a large man wearing a parachute squeeze himself into the open cockpit of a small homemade aircraft for a three-month, coast-to-coast trip of more than 5,000 kilometres.

The sound of the Volkswagen engine that powered the little aluminum tube and fabric airplane down the runway was unexpected, as was the replica machine gun mounted on the top wing of his biplane.

As it turns out, Allan Snowie, had several good reasons for going on such an adventure. Some were self-indulgent, getting to see the entire beauty of Canada from 3,000 ft. Some were philanthropic, raising awareness for a charity called Abbeyfield. The most important and singular reason for his trip was to drop off the official nomination for Canada's first Ace, Colonel Redford 'Red' Henry Mulock, at the Canadian Aviation Hall of Fame in Wetaskiwin, Alta.

"We as Canadians, for some reason, don't pay much attention to our World War One pilot war heroes other than Billy Bishop of the Royal Flying Corps," Snowie told the B.C. newspaper, Ladysmith Chronicle. "But the truth is, out of 936 Canadians who also flew with the Royal Naval Air Service, Canada produced 50 aces and Red was the first one ever to shoot down five enemy planes."

Mulock's nomination was accepted for induction into the Canadian Aviation Hall of Fame earlier this year.

In honour of the Canadian Centennial of Flight, and to get a sense of what a pilot like Mulock had to endure, Snowie chose a First World War era replica. His plane, christened 'Abbey', is a scaled model of the Nieuport XI, a single seat fighter aircraft, designed by Gustave Delage and widely used in war. "The plane is a seven-eighths scale, but I'm a nine-eighths pilot," he acknowledged.

The little details on Snowie's plane have presented a strikingly believable machine. The plane has accurate Royal Naval Air Service insignia, a wooden propeller and a mock-up of a Lewis machine gun to the top wing. It was made of a spray-painted pool cue cut in half and sections of brass piping, mimicking the rounds held in the drum magazine.

The accounts of Mulock's flying

during the First World War lend legendary status. A McGill graduate, he resigned his Militia Lieutenant's commission in 1914 and joined the 13th Field Battery of Winnipeg as a Corporal in order to get overseas quickly with the Canadian Expeditionary Force. In January 1915 he entered the Royal Naval Air Service, and was soon flying and fighting over the skies of England, France and Belgium. He was mentioned in the London Gazette on June 22, 1916, for the Distinguished Service Order (DSO):

In recognition of his services as a pilot at Dunkirk. This officer has been constantly employed at Dunkirk since July, 1915, and has displayed indefatigable zeal and energy. He has on several occasions engaged hostile aeroplanes and seaplanes, and attacked submarines, and has carried out attacks on enemy air stations, and made long-distance reconnaissance.

Mulock went on to win another DSO, the Chevalier of the Legion of Honour, and was named a Companion of the British Empire. He is the only 1914-1918 Canadian airman to receive that honour.

When Mulock returned to Canada after the war, he spent some time in the peacetime aircraft industry and at the start of the Second World War he served in the RCAF's Honorary Advisory Air Council and as an Air Commodore Aide-de-Campe for the Governor General. Mulock died in Montreal in 1961.

The Canadian Aviation Hall of Fame will admit four new members to be formally inducted this summer during

its annual dinner on June 10, 2010, in Vancouver at the River Rock Casino. The other inductees are Vi Milstead Warren, an Air Transport Authority during the Second World War, Willy Laserich who flew in the north as a bush pilot and Julie Payette, a former astronaut.

"I strongly believe that Canada has been instrumental in world aviation and aerospace development. These have not always been obvious in our presentation and identity as Canadians," said David Crone, the curator of the hall of fame. "Museums, especially those with the interest of aviation, can fulfill the necessity of honouring those who have gone on before. Those who have set themselves to make our paths and lives better, not always easier but better, deserve to be remembered

Once the four newest pilots are admitted, there will be 200 members whose efforts and achievements are recognized in the Canadian Aviation Hall of Fame.

As for future plans Snowie, who is also a published author, has some ideas for this year's Navy Centennial and for 100th Anniversaries of the Great War.

"We hope to have at least a three plane airborne display this summer on the west coast to be part of the RCN 100th ceremonies in Esquimalt," He said. "We will also see a Canadian pilgrimage to Vimy Ridge in 2017 and an aeroplane contingent should be in that planning." Snowie will release his newest book, Collishaw & Company – Canadians in the RNAS 1914-1918 at the Shearwater Air Show in Nova Scotia in September 2010.

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

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

Military Family and Real Estate Agents providing top quality professional service in Victoria and area. If you are looking to buy or sell, call Semira and Danielle.





Danielle Smith **Semira Brown**

PEMBERTON HOLMES ESTABLISHED 1887 **REALTOR**

www.daniellesells.ca • www.semirashomes.com
P: 250-384-8124 E: sdteam@shaw.ca
F: 250-380-6355 105-805 Cloverdale Ave.

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



Courtesy of National Archives of Canada

Pilots in a Nieuport Monoplane 3194 of the R.N.A.S. prepare for a training flight.

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

The MORTGAGE Centre

SOUTH ISLAND



Eric Coching 250-217-2326

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

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

Convenient location
across from Home Depot below Costco

Thinking about consolidating consumer debt?

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

Rates subject to change without notice

Service a Blondin family tradition

Lt(N) Len Hickey
Defence Public Affairs
Learning Centre

Welcome to the life of the Blondins, a family well represented in the Canadian Forces, living a life of travel, adventure and change.

Lt(N) Alain Blondin, a Public Affairs Officer in Halifax, N.S. is married to Lee-Ann Blondin and has two sons: Cpl Yvan Blondin, a Land Communications and Information Systems Technician posted to Canadian Forces Base Kingston, ON, and LS Ryan Blondin, a Boatswain aboard *HMCS Iroquois* in Halifax, NS.

"I believe that Alain, Yvan and Ryan each set a positive example of life in the military and I'm very proud of that," says Lee-Ann when asked about her family's military tradition.

The Blondins are involved with all current major CF commitments. Alain is aboard *HMCS Athabaskan* in support of Operation Hestia off the coast of Haiti. Yvan is an Electronic Warfare Technician at Kandahar, Afghanistan. Ryan is the Senior Boatswain's Mate aboard a vessel conducting maritime security for Operation Podium in support of the Olympics and Lee-Ann is deploying to Afghanistan for six months as part of the CF Personnel Support Agency as a civilian.

With these obligations, the Blondins spend plenty of time apart.

"It has brought us closer together as the few times we do see each other becomes all the more precious," says Yvan. "I know



Kristie Price Photography

It's all in the family. Pictured left to right: Cpl Yvan Blondin, Tina Filion, Lt(N) Alain Blondin, Leeann Blondin and LS Ryan Blondin

that my work, especially over here, contributes towards making sure our people can come home safe. Knowing that makes me really appreciate being given the opportunity to serve."

This sentiment is shared by Alain about finding the silver lining in separation.

"It's a challenge to spend time together," said Al. "But there is an awesome rapport, especially between the boys and I. I am their father but we also share the sense of brotherhood of soldiers and sailors. Needless to say, I am overwhelmed with pride for my sons."

The distress of missed loved ones can sometimes be softened by better appreciating the time they do have together.

"We don't need to always be together in order to feel close," says Al concerning

the challenges imposed on a marriage by absence. "We spend time together as a choice rather than a compulsion."

And what persuaded Lee-Ann to volunteer for Afghanistan as a civilian?

"I've stayed home many years, looking after the home front and watched while Alain and then my sons went," said Lee-Ann. "I've enjoyed hearing all about their experiences. Alain asked once why I didn't join; I told him that someone had to be the lighthouse to welcome everyone home. I decided that I manned the lighthouse long enough,

I wanted to be the one to go."

Life in the CF is unique. It merges the highs of adventure with the lows of longing for loved ones. The Blondins have learned to live in the balance, enjoying military life while using absence as a means to strengthen family bonds. It's not an easy job, but as stated by Alain, "nothing worthwhile in life is."

"I am grateful for the awesome job I have," said Al. "I am well paid and have an exciting career. I love our country and as a member of the CF, I feel like I am as Canadian as can be."



Upcoming Birthday? New Baby?

Place an announcement in the Lookout Classifieds with a graphic.

Call 363-3014 for details or to book.

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."

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.

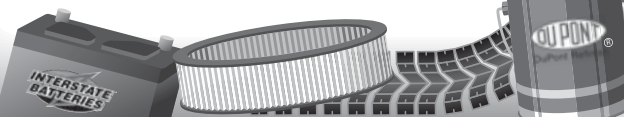
Automotive & Industrial

parts, tools & supplies



7 locations to serve you:

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



Helping You Is What We Do

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

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

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

ROYAL LEPAGE
Coast Capital Realty
INDEPENDENTLY OWNED AND OPERATED

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

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

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

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.

ADVERTISE IN ANY of all 16 Canadian Forces Newspapers (CFN) published on 16 Bases and Wings across Canada, representing the three CF environments: Army, Air force, and Navy. One point of contact, Joshua Buck at CFB Esquimalt, call 250-363-8602 or joshua.buck@forces.gc.ca Advertise your business and reach more than 80,000 military members, DND civilian employees, retired members and all their families.

3005 11 Svc Bn ARMY CADETS has a great, fun, safe, purposeful program. There is no cost and youth M/F 12-18 years of age are eligible to join. Weekend and Summer Camps, Band, First Aid, and Marksmanship are all offered. Thursday 6:30 - 9:00 pm, 724 Vanalman Ave Victoria. Call 250-363-3194 or email 3005army@cadets.net.

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!

APPLIANCES

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

REUNION

NAVAL REUNION HMCS BRUNSWICKER In celebration of Canada's Naval Centennial 1910- 2010, HMCS BRUNSWICKER will be holding a reunion for all interested past serving and serving Naval personnel and their significant other's during the long weekend of July 30 to Aug 2, 2010 (New Brunswick Day Long Weekend) Pre registration is necessary.

For more information and to register please contact brunswick2010reunion@live.com or CPO2 RA Chesley, Coxswain HMCS BRUNSWICKER - 160 Chesley Drive, Saint John, NB, E2K 5L2 ATTN: 2010 Reunion

VEHICLES FOR SALE

2002 MUSTANG GT CONVERTIBLE, black over harvest grey, 4.6L V8 manual transmission, Immaculate black leather interior. Superior sound system. Air Conditioning. Power everything. Complete with brand new all season BF Goodridge T/A Tires. \$125000 250-888-3951

BUS. OPPORTUNITIES

Work from Home
 Operate a Mini-Office Outlet from your Home computer Free Evaluation.
www.see-it-do-it.com

CHILDCARE

CHILD CARE / NANNY

Experienced & loving grandma now has two spaces open for daycare. Home is green cleaned. Nutritious organic meals included. Only 3 children at any one time. \$1000 per month (up to 10 hr days, 5 days per week) or \$60 per day. Will work with your schedule, shift work available as well.



Next to Base - Saxe Point

(778) 433-1817 (local call)

BRIGHT STARS QUALITY in-home childcare. EccE certified, first aid, & references. One part time spot (3 full days) available for 19mo. - 4.5 yr. old. Educational prog. in place. For more info contact Daniella at brightstars@shaw.ca or 250-294-8534

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

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

REAL ESTATE • FOR RENT

HOUSE FOR RENT. Cozy home on quiet street in Langford new sub-division. Bright open concept with laminate flooring, 3 bdrms, 5 appls. garage, and Backyard. 25km from Esquimalt. NS/NP. \$1400/mo. 250-974-2012

OTTAWA APARTMENT: COMPLETELY furnished (from towels to TVs) for rent. All utilities included. \$1600/mo. Call Lloyd Gregan at 613-995-5545.

3 BDRM UPPER FLOOR. Quiet, close to major bus routes. Natural Gas F/P. Dishwasher. Separate laundry. \$1550/month plus 2/3 of the utilities. 250-882-8004

IMMACULATE 1 BDRM UNFURNISHED APT. Util. Incl. Private entrance In Suite W/D. New kitchen & appliances. Fitted carpets. Driveway parking. Attractive new house in quiet Glanford/mcKenzie area. NS/NP. Avail. March \$950/mo. Inclusive. 250-477-8270 jonandi@shaw.ca

VOLUNTEERS

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

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

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 IDLEMORE RD., SOOKE

WWW.LOOKOUTNEWSPAPER.COM

2 BDRM. EXECUTIVE SUITE IN brand new house. Panoramic views and a quite neighborhood. Very bright, open concept, large windows & patio doors complete with blinds. Mst. Bdrm. has a large walk-in closet, 2nd bdrm. Has wall to wall closet. Both rooms cable & phone ready. NS/NP. \$1250/mo. inclusive. 250-920-0958

DALTON HOTEL downtown
 FREE cont. breakfast
 15% off dinner
Military/Veteran Rates
 1.800.663.6101
 759 Yates | daltonhotel.ca

FREE Hot Water & Heat
MACAULAY NORTH
 980 Wordsley St.
 1 & 2 Bedroom
 Manager 250-384-8932
MACAULAY EAST
 948 Esquimalt Rd.
 Bachelor, 1,2, 3 Bedroom
 Manager 250-380-4663
 PROPERTIES OWNED AND MANAGED BY EY PROPERTIES LTD.
 250-361-3690
 Toll Free 1-866-217-3612
www.eyproperties.com

PACIFIC VILLAGE II
 1445 CRAIGFLOWER ROAD
SPACIOUS 1, 2, 3 BEDROOM TOWNHOUSES
1 & 2 BEDROOM APARTMENTS
RENTALS CENTRALLY LOCATED
 PARKING INCLUDED
 FRIDGE/STOVE INCLUDED
 ON MAIN BUS ROUTES
 PETS: CATS ONLY
 CLOSE TO SCHOOLS, ADMIRALS WALK, GORGE & CFB ESQUIMALT
385-2250

MOTORCYCLES

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

ADVERTISE IN THE LOOKOUT CLASSIFIEDS
 CALL 363-3014

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

BROWN BROS SINCE 1918
 250-385-8771
\$940 - Russell St.
 2 Bdrm unit in family oriented bldg., near park, school & shopping, NS/NP, Mar 1, lease.
 Manager 217-1718
\$900 - Foster St.
 2 Bdrm, sxs duplex completely reno'd, W/D hookups, near dockyard, NS/NP, immed., lease
\$725/\$825 - 795 Fairview Rd.
 1 Bdrm avail. immed. & Apr 1 • 2 Bdrm avail. Mar. 1

Devon PROPERTIES LTD. No Pets allowed in any building
www.devonprop.com
Esquimalt 1180 Colville
 Bach \$690
 2 Bdrms from \$995, avail NOW.
 Large suites. Mgr 250-360-1983
855 Ellery
 2 bdrms from \$925, avail NOW & Mar. 1.
 Clean, quiet building. Mgr 250-392-2157

PROLINE PROPERTY MANAGERS
A professional investment in your property
NEW Shawnigan/Malahat Home
 1,200 sq ft • \$1,800
 3 bedrooms, 2 bathrooms, 2-car garage, 6 appliances, gas fireplace, Available immediately, . No smokers. Pets considered.
Contact Arnold (250) 475-6440 ext 126 arnold@property-managers.net
 Visit Proline Management Ltd. www.property-managers.net

BARBERSHOP

\$12 military special hair cut
 Open 7 days a week
 414 Craigflower Rd.
 across from Chicken on the Run beside Spiral Café
 250-590-4284

WATERFRONT LIVING
 Visit our rental office: 215 Gorge Road E
 Short leases available, 1 & 2 bedrooms. Close to Mayfair Shopping Centre. Access to Gorge Waterway near Galloping Goose Regional Trail.
Military Discount Available
www.caprent.com • (250) 381-5084
MOVE IN BONUS. Call for details

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

HEALTH

HOW TO BUY WITH ABSOLUTELY NO MONEY DOWN
www.gotoyourteam.com
 GLEN GLOWINSKI 250-217-1205
 SHELLEY STANCIN 250-857-3044


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



**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


health = energy

 Stephanie Dempsey
 Certified athletic therapist

20% DND discount
 First 3 appts only
 101-2349 Millstream Rd
 250-391-8811
 stephanie@energyhealth.ca
energy health clinic

FREE Online Home Search!
 Access to the HOTTEST new listings!
 (bank foreclosures, fix'er uppers, luxury homes, newly renovated)
www.CanadianMilitaryRelocation.com
 Cell: (250) 882-3335
 Toll Free: (800) 663-2121
 Web: www.AlexBurns.ca

ALEX BURNS & ASSOCIATES
 Relocation specialist for Esquimalt DND


OPEN HOUSE

Saturday, Mar. 6, 2-4 pm
MLS 264719

Affordable living moments from the lake. \$129,000. Double-wide manufactured home 2br/2bath, oil furnace, wood stove, built-in vac, lg laundry rm, workshop, 2 driveways, garage, greenhouse, woodshed, 1/4 acre prime spot! Enjoy your 2010 spring & summer near bike trails, lake, peaceful surroundings. Family park 16 mins to Mackenzie & No.1 hwy. Pets okay with some restr, Park lease \$440/mo.
Luana Johnston
 250-592-4422


YOUR HOME
 I never compromise service or value.
SOLD QUICKLY
 I've listened. NOW bigger military incentives!
 visit www.erinkenny.ca

Erin Kenny
 DFH Real Estate Ltd.
 250-477-7291
www.erinkenny.ca


Posted to Halifax?

Melva Reid
 Real Estate Professional
 cell 902.403.5420
mreid@exitoptimum.com
www.exitwithmelva.com


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

Posted to Winnipeg?
 You need a Realtor who is...
 Honest Trustworthy
 Professional Experienced


Linda van den Broek
 linda@lindavandenbroek.com
www.lindavandenbroek.com
 204-987-9800


Heading to Halifax?
 Your Halifax Connection
George McDaniel
 CD, BA(Comm)
 Broker/Owner

 tel: (902) 826-2261 fax: (902) 826-3041
 email: mcdaniel@eastlink.ca


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

FITNESS

REACH FOR A HEALTHIER BODY

BOOTCAMP
 12:05 to 12:50
 At Dockyard Monday & Wednesday
 At Naden Monday

JACK's \$50,000 BIG BAG OF CASH™

103.1 JACK fm
 playing what we want
8:20, 9:20, 4:20

INFOCUS



MS Emil Edwards, HMCS Brandon

Brian Stepan, Naval Combat Information Officer, is promoted to Leading Seaman by LCdr Timothy Doherty, Commanding Officer of HMCS Brandon on Feb. 24.



Shelley Lipke, Lookout

PO1 Gilles Leblanc at HMCS Malahat ship's office won 100.3 the Q Rockline "On the Road Lunch" for nine of his co-workers. Throughout the lunch hour the radio station played their favorite tunes and broadcasted live, while all enjoyed Subway sandwiches and apples.



Shelley Lipke, Lookout

Workers from Landmark Signs used a crane to install a new digital display sign at Pacific Fleet Club.

Spring Specials Are HERE!

Reg Midgley
Since 1964

<p>Battery Special</p>  <p>from \$69.95</p> <p>Charging system check \$29.95</p>	<p>TIRE Special</p>  <p>from \$79.95</p>	<p>Timing Belt Special</p>  <p>from \$269.95</p>
--	---	---

We service all makes and models

Reg Midgley Discount Lube & Repair

1772 Island Hwy (next to A&W) 250.478.9766

WE'LL DO YOUR TAX RETURN



20% OFF

TAX RETURNS
MILITARY, SENIORS & VETERANS

FREE FINANCIAL PLANNING
for Defence Community Members

AACT FINANCIAL SOLUTIONS INC.

1353 Esquimalt Rd
• Just 2 blocks from CFB Esquimalt •
250-383-3834



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 CRD