









ter simulator. Each team raced to finish first, but this round proved successful for Ottawa's sailors.

Above: One of Regina's firefighter stands ready with a hose.

Top right: Firefighters from Regina extinguish the massive helicopter blaze.

Middle: Ottawa sailors attach hoses to a water source.

Bottom: Regina sailors saw a timber beam, which they used to secure a hatch to simulate flood control.

### Vancouver takes gold in Damage Control games

**Shelley Lipke** Staff writer

Last Tuesday sailors from seven Canadian Pacific Fleet warships battled for gold in the Damage Control Olympics, a highly competitive event that demonstrated expert firefighting, rescue, and flood control skills.

The day-long event was carefully scrutinized by the watchful eyes of red-capped Sea Trainers.

After all teams contended in the grueling timed pursuit to the finish, it was HMCS Vancouver who proudly stepped up to receive the sought-after Galiano trophy. The fastest team is awarded the Galiano trophy, which is named after a Canadian warship that was lost with all hands.

"These are the elite damage control teams on board the ship who are hull techs, electricians, engineers and firefighters," explains CPO2 Douglas Bell, chief hull technician for Sea Training Pacific. "Each ship sent on average 16 members of their damage control crew to demonstrate skills essential for survival on a warship in action. The ships are deployed into harms way and practicing these skills for survival at sea helps to ensure the crew comes home safely"

Gathered outside the Damage Control School in Colwood, teams reviewed the seven challenging stations set up to test their proficiency before picking them off one by one.

Smoke, water and flames filled the air as teams lugged hoses to extinguish an inferno resembling a helicopter fire on the flight deck of a ship.

They cut through large timber posts to shore up a hatch that simulated a compartment lost to sea with the water flooding upwards through the damaged hatch. They patched leaking pipes, and used a gasoline pump to suck water from a barrel for firefighting.

Success was derived through teamwork, working simultane-

Ships are deployed into harm's way and practicing these skills for survival at sea helps to ensure the crew comes home safely.

-CPO2 Douglas Bell Sea Training Pacific

ously at the different stations.

Five Sea Trainers followed their every move making notes and awarding bonus points for speed, skill and confidence while handling the damage control equipment, or deducting points when performance levels were less than standard.

"They did a great job," said CPO2 Bell. "We had some very junior teams who put in 100 per cent and went up against some very experienced teams like Vancouver. The team from HMCS Regina was made up mostly of new sailors without the advanced skills and abilities of the more experienced hands on the other team, but they gave the challenges everything they had and made up the difference with good team spirit and lots of enthusiasm."

Many of the ships' Commanding Officers stood on the sidelines,

visibly supporting their crews in the thick of the action.

"After this event they are more prepared. It's a good opportunity for them to show their abilities and practice their skill," said CPO2 Bell.

"It was fun and I learned a lot today," said marine engineer technician OS Derek Rowland. "We had to work as a team and I found that I had to think about many things at once. Once one thing went wrong, other problems would come up too.'

After penalties were awarded HMCS Vancouver had a time of 26:05, followed by Protecteur with 27:19 and Winnipeg with

The Damage Control Olympics are held annually depending on the availability of the ships' personnel and the deployment schedule of the ships.

LOOKOUT • 3 April 12, 2010



It may be tiny, but the vintage grenade on this Cook Street doorstep could have caused a lot of damage if it held exposive material. Explosive Ordnance Disposal team members (left to right) PO1 Leo McDonald, MS Giles Pease and LS Marcel Croteau were called out to remove the grenade.

### Bomb squad clears vintage grenade

**Shelley Lipke** Staff writer

When Saanich Police were called to a home in the 3200 block of Cook Street on April 1 by a resident who noticed a suspicious package on her porch, it was no April Fool's joke.

Police arrived on scene and took the necessary precautions by evacuating a one block radius of people and traffic.

Then upon inspection of the package, they realized it was military ordnance and called in the Maritime Ordnance Explosive Disposal (EOD) Team from Fleet Diving Unit Pacific (FDU(P)).

"We arrived to find a vin-

tage grenade that was inside a holder that could be clipped to a webbing belt," said PO1 Leo McDonald, one of three divers called to the scene. "We looked at the item and established it was safe."

The EOD team took it back to FDU to safely dispose of through high order detonation.

"There appeared to be no link to any crime related to this case," said Executive Officer of FDU(P) Lt(N) Bernie Perron. "It was probably a prank from somebody who made a bad choice of item to play a joke with. I'm sure the joke was on them, because the people that put it there didn't expect to get this kind of attention."

Lt(N) Perron says during springtime the EOD team receives weekly calls for unexploded ordnance and marine location markers. Two weeks ago there was another grenade found on the mainland.

"It's the time of the year when people are doing spring clean up. There are many war veterans and older folks who have served in Korea or in different conflicts that brought back souvenirs. When some of these veterans pass away the families are left with items like this, which haven't been made safe or marked inert or explosive free. All military ordnance found is the responsibility

of the military and must be disposed of through our EOD team."

On many occasions FDU (P) has been called out to homes and people had no idea they had a live grenade displayed for years on their

"If a child pulled the pin it could have been disaster. Some of these items are designed to last forever if preserved in ideal conditions. If anyone is aware of war relics or souvenirs and ordnance in their possession, they should call the local police or military police who will contact our EOD technicians to come out and properly dispose of any potentially dangerous ordnance.'

### How can you help your newspaper?



Advertising pays for your paper so please:

- Let our advertisers know you saw them in the Lookout
- Tell other businesses about your newspaper.





lookoutnewspaper.com



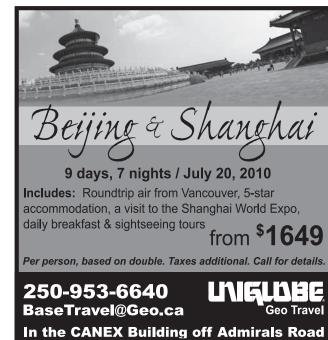


#### **ATTENTION: Satellite/Cable Viewers**

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



www.parkinn.com/vancouverca Room availability limited and subject to change. Advanced reservations required





**April 12, 2010** 4 • LOOKOUT

# mattersofopinion

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**

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

#### **SALES REPRESENTATIVES**

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

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

#### **EDITORIAL ADVISOR**

Lt(N) Michael McWhinnie 250-363-4006

Published each Monday, under the authority of Capt(N) Marcel Hallé, Base Commander. Le LOOKOUT est publié tous les lundi, sous l'égide du Capt(N) Marcel Hallé, Commandant de la Base.

The editor reserves the right to edit, abridge or reject copy or advertising to adhere to policy as outlined in CFA0 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 reieter les articles. photographies, ou annonces plublicitaires pour adhérer à l'OAFC57.5. Les opinions et annonces exprimées dans le journal ne réflètent pas nécéssairement le point de vue



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







### People Talk

Lookout asked 14 student leaders from across Canada:

What did you learn during your four day sail in HMCS Oriole through the Southern Gulf Islands March 29 to April 1?



It was an awesome experience. I learned a lot of different knots, how to chart our locations, and about tides and winds. The toughest part in learning how to sail was remembering all the different names of the tasks we had to do while handling the lines.

I will remember the crew the most from this experience. The buffer mostly, as his attitude and way of teaching us was intimidating, tough, and sweet, all at the same time.

Carly Brohman. Waterloo, ON **Elmira District Secondary** School, Grade 11



I learned a lot about sailing, tides and currents. The weather was different than Ontario. One moment it was sunny and the next it was rainy. The sleeping quarters are very small and we were constantly doing work. It was much harder than it looked, and took a lot of strength. There was also a lot of knowledge involved in knowing the terminology. I will remember seeing a pod of Orca whales. We were within 100 feet of them and the landscape was gorgeous. This was my first time sailing and I couldn't get over the scenery. The crew was strict but willing to help. I learned a lot.

Brittany Nelson, Paradise Lake, ON **Elmira District Secondary** School, Grade 11



I'm from a lobster fishing community with no sailboats. They are all power boats with diesel engines. I wanted to do this sailing, and it was a 180 degree difference than anything I've seen back east. I love the ocean and was glad to experience this. I really enjoyed the physics of how sailing works. The most dangerous thing on a lobster boat is walking on the outer deck. Here I was holding onto a line and was lifted right off the deck. You have to think quickly on a sailboat, and be careful. I will remember the whales. In Nova Scotia we have a lot of Humpback whales, but I've never seen Orcas and one breeched right in front of us. That was incredible.

> Kayla Tidd, Digby, NS Digby Regional High School, Grade 12



I'm in sea cadets back home in my last year and was on a YAG years ago. That is a different experience, as it's motorized. I really liked being on the ocean and having an opportunity to take the sails up and down and work as a team on a larger vessel. I enjoyed steering at the helm. It's a cool feeling to sail something really big. In cadets we don't talk about how to look at maps, but here we had to find our coordinates and that was great. I'll remember the whole experience for a long time.

Krystalia Olsen, London, ON **HBBO** Secondary School, Grade 12



I learned how to sail and a big part of that was discipline. We had to listen and act quickly and learn about leadership at sea. A lot of people never lived in small quarters like this and it was a bit like camping. I'll remember most the new people I met and when we went swimming. I couldn't believe how cold the water was, but it was so much fun too.

> Kurtis Rempel, Waterloo, ON Elmira School District, Grade 11

### SPORTS trivia by PO2 Bill Sheridan Contributor

### Hockey

**OUESTIONS?** 

- 1. What colours were the first jerseys of the Montreal Canadiens?
- 2. How did the Maple Leafs get their name?
- 3. Who is Delores Claman, and what part did she play in hockey?
- 4. Who was the first defenceman to win the Art Ross trophy?
- 5. Which Toronto team did the Blackhawks defeat in their first NHL game?
- 6. What Flyer holds the record for the most penalty minutes in a
- 7. What are the dimensions of an NHL ice surface?
- 8. Hockey Association of St Louis was the parent company that owned which team?
- 9. What two goalies have the most wins and losses in a single season at 48?
- 10. What team won the most consecutive regular season games?

10. 1993, Penguins 17 games. for losses

and Gary 'Suitcase' Smith 9. Martin Brodeur for wins franchise

former Ottawa Senators 8. St Louis Eagles, 1934,

7. 200 by 85 (feet) 6. Dave Schultz, 472

a 4-1 score.

5. Toronto St Pats, 1926 by 4. Bobby Orr, 1970

'NST theme song, now used on Hockey Night in Canada 3. She composed the

Leaf Regiment in WWI. them after the Maple 2. Conn Smythe named 1. Blue and White

**ANSWERS** 

### New at the **Base Library**

**DVDs** 2012

The Blind Side New Moon Up in the Air Fantastic Mr. Fox

Books • Silent Sea by Clive Cussler

- House Rules by Jodi Picoult
- Abraham Lincoln, Vampire Hunter
- The Pacific by Hugh Ambrose
- · Chelsea Chelsea Bang Bang by Chelsea Handler
- Black Hearts: One Platoon's Descent...
- Money Road by Garth Turner

### RACKSIDE

☑ Induction & Fuel Injection Service

Ask about BG Protection Plan\*

- ☑ Out of Province Inspection ☑ Diesel Fuel Service
- ☑ Brake service
- **AUTO REPAIR FACILITY**

A FULL SERVICE

☑ Oil service M Flectrical 







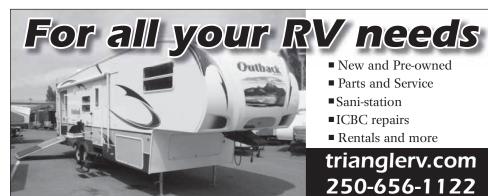
BBB.





784 Fairview Rd. • 250-383-5509

Where Dependability and Trust are a Priority...





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

trianglerv.com 250-656-1122

April 12, 2010 LOOKOUT • 5

# FILM friday

### 3D remake, a bad cash grab

**W. Andrew Powell** The GATE

Opening last week in theatres, Sam Worthington stars as Perseus in the remake, Clash of the Titans.

#### Clash of the Titans

Remakes are a hard business, especially for any fans who are willing to take a step back and look at the originals they are based on.

The release of the original 1981 Clash of the Titans on Blu-ray recently gave any willing fan a chance to see Ray Harryhausen's film before they walk into cinemas for Louis Leterrier's remake, and I wonder if it will affect other moviegoers the way it affected me.

Sam Worthington stars in the new film as the mythic Perseus, the halfhuman son of Zeus who has been living a sheltered, normal life, unaware of his heritage until a vengeful Hades, played by Ralph Fiennes, inadvertently kills his adoptive family. Left alone, Perseus is rescued by the only survivors of the incident; a group of soldiers who initially brought down the wrath of the gods because of their own orders to destroy a statue of Zeus.

Taken to the city of Argos, Perseus is once again witness to the wrath of the gods as Hades kills off a legion of soldiers and tells the king of the city that the gods are tired of their insolence. If Argos does not sacrifice their princess, Andromeda, Zeus will release the monstrous Kraken and destroy the entire city.

At this point, Perseus also discovers the truth: he's a demigod, and he might be the city's only hope, if he can just find a way to defeat the Kraken so that dear Andromeda doesn't have to die for her city.

With a small group of tough soldiers by his side, Perseus will hunt down the creatures of legend who might be able to help him, while he discovers a bit more about himself, and his father, Zeus.

Essentially, the story is unchanged from the original film. This is a hybrid of the original Greek myths that I actually think works quite well. The down side is that, although it might sound impossible, the dialogue is a notch more ridiculous than the original, and of course, the cast is but a shadow of Harryhausen's epic, which

included Laurence Olivier, Maggie Smith, and Ursula Andress.

Neeson does make a decent Zeus though, even if his part is a little on the light side. Ralph Fiennes as Hades, on the other hand, is the epitome of scenery-chewing exuberance. He's almost too manic, even though he is kind of a blast in this part.

Sam Worthington, on the other side of things, is not that exciting. He's a depressing lead with little charisma, and not nearly enough character to fill out the great role of Perseus. At the best of times, he's merely a body to run through the action sequences, and the script is as much to blame for that as the actor himself. He's never been a fantastic actor, but this is definitely a career lowpoint by my books.

His co-stars are actually a lot more interesting, especially in the case of Mads Mikkelsen as Draco, Gemma Arterton as Io, and the very entertaining Liam Cunningham as Solon.

Credit is also due for the special effects, which are generally quite good, especially in the battle sequences with the giant scorpions and the allimportant final battle as the Kraken appears. The whole movie feels, in fact, like one giant setup for this sequence, and that's partly why the story suffers so much - it's all just rushing to get to the end.

The gigantic failing point of the film, however, and the reason I had a hard time sitting through this version of Clash of the Titans, is the unbelievably bad 3D. Given the choice between seeing it in 3D or regular, old 2D, I might actually watch the film again in 2D. The 3D is so poorly done, it's hard to sit through.

Since the film was clearly not shot in 3D, they have worked some sort of cheap process on the film to make it appear in 3D, but the effect looks like it's sitting on top of the 2D background. There are times when you can see the edges of the 3D images repeating over the background. It's a bit like looking at an action figure that's been glued to a sheet of paper, and throughout the scenes all you can focus on is that sheet of paper.

In its glorious two dimensions, I might have enjoyed Clash of the Titans, but this 3D version is nothing more than a bad cash grab that looks worse than any bad effect I saw in the original claymation sequences of Harryhausen's version.

This Clash of the Titans lives up to the original in terms of revitalizing the action, but on all other points, it feels like a cheap knock-off.

# ADVERTISE Online

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

www.lookoutnewspaper.com

# ARE YOU A VETERAN OF THE SECOND WORLD WAR AND WOULD LIKE TO SHARE YOUR STORY OF SERVICE?

THE MEMORY PROJECT: STORIES OF THE SECONDWORLD WAR is providing every living Second World War veteran with the opportunity to share their memories through interviews and digitized memorabilia. These stories will be shared with Canadians through an extensive online digital archive at:

### WWW.THEMEMORYPROJECT.COM

Join the Legacy!

If you're interested, or know a veteran who would be interested in this project, please contact us toll free at:

1.866.701.1867

or by email: memory@historica-dominion.ca







Canadian

Patrimoine

Now that's...





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

**TEME Seasonal Oil Change** 

**April 15 • 7:30am-3pm • Bldg 1127 Work Point** For base employees and their families

Oil change + 25 pt check: \$25

Second car: \$20

**Tire change/balance \$20** 

Meal included: Pancake breakfast, eggs, toast 7-11am. Burgers 11am-3pm.

**Car wash: only \$6** (+ meal add \$4) **50/50 draw at 3pm** 

Bring your own oil/filter. No parts will be provided by TEME workshop. Appointments NLT April 9: MCpl Durston, 363-0948.

### **SEA TRAINERS RECALL**

### 17th Annual Sea Training Dinner

Wednesday 26 May 2010 • 1845

Royal Canadian Legion Trafalgar/Pro Patria, Branch 292, at 411 Gorge Road East

All current and former sea trainers are invited to attend the 17th Annual Sea Training Dinner. Dress will be Jacket and Tie or Sports Coat and Slacks. The cost is \$40 and may be paid by cheque or cash to CPO2 Scott Morgan at CANSEATRAINPAC, PO Box 17000 Station Forces, Victoria, B.C. V9A 7N2 until 30 Apr 10. For more information, call CPO2 Scott Morgan at 363-1565 or via email Scott. Morgan@forces.gc.ca.



**Broadmead Care Foundation's** 

# 7th Annual Charity Golf Tournament

Friday May 7, 2010 Uplands Golf Club

12-1:30 pm registration & competitions1:30pm Tee Off (shotgun start)



BROADMEAD Care Foundation

CHARITY GOLF TOURNAMENT

#### The entry fee of \$150 per person entitles each golfer to:

- 18 holes of golf (Texas Scramble format)
- Million-Dollar Shootout opportunity
- Murder Mystery Game
- Hole-in-one, longest drive and KP contests
- Dinner, prizes and fun!

For more information or to inquire about sponsorship opportunities, please call 250-658-3220, or e-mail foundation@broadmeadcare.com.

Pick up your FREE trial packet at the Lookout, 1522 Esquimalt Road

### **GET SERIOUS**

### with your Workplace Coffee

Be the first to check out Serious Coffee's

### TRIAL PACKETS FREE exclusively to DND



2 coffee sample packs per person

Each packet makes a full residential style pot of coffee.

Use the same measurement as you normally would, particularly if you typically use less coffee.

The coffee is free - we simply ask that you complete the survey after brewing your coffee to help us understand what we can improve.

www.surveymonkey.com/s/W8GGXZB

COMMUNITY NEWS: CLUB LAUNCHING



Capt James Eke and Mark Midianga practice Kali – stick and dagger fighting – on the grass surrounding Naden during one of Capt Eke's informal lunchtime workout sessions.

Shelley Lipke, Lookout

# Bruce Lee style martial arts classes coming to Naden

**Shelley Lipke** Staff writer

Kicking, punching, trapping and grappling with smooth flowing transitional techniques is what Bruce Lee's eclectic martial art Jeet Kune Do is all about.

Considered the precursor to today's Mixed Martial Arts (MMA), this high-energy, combat training style of martial arts is coming exclusively to the Naden Athletic Centre.

Just posted last month from CFB Gagetown, artillery officer and martial arts instructor Capt James Ekebrings a wealth of experience and knowledge to teach this one-of-a-kind class as the only Jeet Kune Do instructor in Victoria.

A veteran of martial arts for three decades and an instructor for the past 18, Capt Eke will focus on Lee's style of kickboxing and Filipino Martial arts, which incorporates stick and dagger fighting known as Kali.

With black belts in three forms of martial arts and schooled in part by Dan Inosanto, Lee's right hand man and training partner, and later by Rob Doley, one of Canada's leading Jeet Kune Do and Kali exponents, Capt Eke is pleased to be able to pass on these unique skills to base personnel.

"Teaching this is a rewarding and fulfilling endeavour," says Capt Eke. "This is different than other martial arts, because it encompasses all forms of martial arts, like judo, karate, kickboxing, boxing, wrestling and jujitsu, and involves the use of boxing tools like focus mitts, speed bags, and mixing trapping and grappling methods."

The idea of this classical martial art is to break away from the rigid structure of other martial arts and find out what works for you, the individual, says Capt Eke. "It's not to master a particular form, but to master everything. We make a complete and individual fighter."

Capt Eke says it takes training to the next level. "It's hard training from the start. It's really preparing people for combat, and I think it's an ideal martial art especially for military personnel because it's combat effective."

He began martial arts at age 12, and held a fascination for Bruce Lee and his fighting techniques. "I watched a lot of action movies and read all his books and then in the early 90s I began training with Lee's best friend and training partner Inosanto by travelling to his seminars when he ventured to Canada from his famous Inosanto Academy in Marina Del Ray, California."

Inosanto helped Lee create this martial art in the 60s and continued teaching it after Lee died in 1973.

Later Capt Eke went on to train with Rob Doley, one of Inosanto's senior instructors.

"It was like a dream come true to train with him, because there are so few people who teach this. I think Jeet Kune Do makes me a better person spiritually, mentally and philosophically. Knowing I'm passing on something practical that can help change and perhaps save someone's life is a good feeling. Looking back at my life, I can't even imagine teaching what Bruce Lee taught. I read every book and I'm very thankful to be where

I am today to pass on these skills."

Capt Eke agrees with many that consider Bruce Lee the godfather of MMA. If it wasn't for him there would be no Ultimate Fighting Championship (UFC) today, he says.

On base, word is already spreading about the classes this specialized instructor will teach and about 75 people have shown interest.

Every Monday and Wednesday from 11:45 a.m. to 12:45 p.m. He works out informally with a small group of people.

Sticking with the ideal that Bruce Lee established, Capt Eke limits his classes to small groups, usually 15 or less.

"Working in partners or threes we transition as a group. There is sparring involved once people are ready for that, and only if they are interested in doing it."

It's inexpensive to get involved. People wear their work-out gear and need to invest in two rattan 28 inch sticks and a pair of gloves for hitting the pads.

A free class will be held April 19 from 4:30 to 5:30 p.m. at the Naden Athletic Centre, and paid classes are tentatively scheduled to begin April 26 with classes every Monday and Wednesday from 4:30 to 5:30 p.m. For registration details and pricing phone Personnel Support Programs (PSP) Recreation Department at 250-363-1009.

Capt Eke will also hold monthly seminars held at outdoor locations. Anyone interested in signing up for these sessions should phone him at 250-363-2962 or email him at ekejam@gmail.com.

April 12, 2010 LOOKOUT • 7

## Rustic adventures at the heart of Alpine Club

**Shelley Lipke**Staff writer

With its rugged landscape, breathtaking scenery, and moderate climate, Vancouver Island is a mecca for outdoor sport enthusiasts, and with spring in the air it's a perfect time to join the new Canadian Forces Alpine Club.

LCdr Ang Lopez, Fleet Maintenance Facility (FMF) Cape Breton Group Manager 8, has led and participated in adventure training expeditions involving kayaking, mountain biking, wilderness trekking, mountaineering, and rock climbing.

He thought a club to bring like-minded defence team members together would be a great way to promote fitness, improve wilderness safety awareness, and introduce an element of risk, a quality inherent in both adventure and typical Canadian Forces operations.

"Vancouver Island's diverse natural playground has always offered a great fitness alternative to the usual push-up/situp/weights routines. Given the positive feedback from many participants on past excursions, I believe there is an interest in these types of 'green' activities. All that is needed is some sort of organized approach to exploring this playground," he says.

If enough interest exists, LCdr Lopez intends to lay the ground-work, and perhaps partner with local organizations such as the Alpine Club of Canada, Outward Bound, and Victoria Search and Rescue for training and resources.

Some trip ideas include short local hikes/climbs at Mt. Finlayson, Mt. Wells, Mt. Macdonald – and then progressing to more intense challenges up island on Elkhorn, Mackenzie Range, Rugged Mountain, and Mt. Colonel Foster.

"Hiking, multi-day wilderness treks, technical rock climbing, and mountaineering are ventures that should be targeted as the primary club activities. They are all sort of an extension of walking, just with increasing skill and risk. Any specialized gear required is affordable and the fitness requirements within reach – this would likely allow more members to participate," he said.

Whether it is the fleet or base personnel, the aim is simply to expand the menu of outdoor activities for members to sample.

LCdr Lopez has already thought of a way this new club could celebrate the Naval Centennial year. "A great expedition befitting the Canadian Naval Centennial would be to have some sailors plant the CNC pennant atop the highest peak on Vancouver Island, the Golden Hinde."

At 2,200 metres, this peak was named after the galleon captained by Sir Francis Drake on his global circumnavigation voyage during 1577-80.

If interest exists, this Personnel Support Programs sponsored club would include expeditions or activities planned and conducted by experienced members willing to step up. There are many military and civilian outdoors folks with the initiative, know-how, and leadership to make this concept work.

"It would be great if there was lots of popular support. This idea is particularly appropriate given the health and fitness focus from the Chief of the Defence Staff, and the need for better wilderness understanding in terms of the environment and safety," he said.

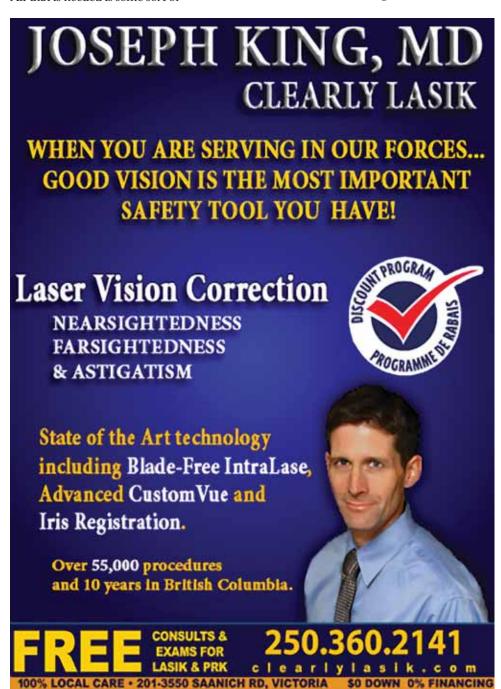
LCdr Lopez says interest from about 20 people may be enough for this club to be "ready for sea."

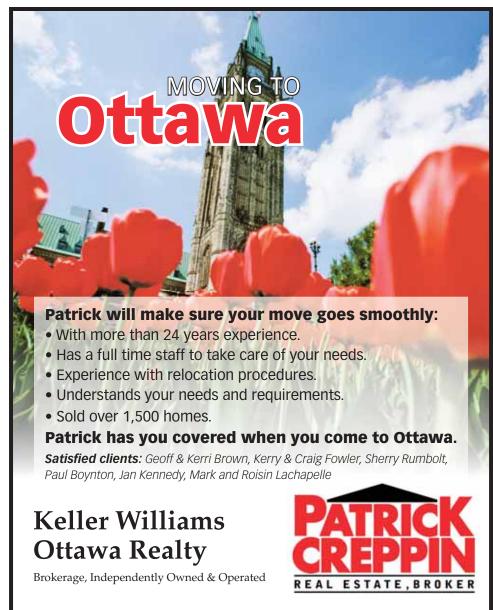
Interested members or for questions/comments, email LCdr Lopez at alpinesailor@ gmail.com



LCdr Ang Lopez, Contributor

Civilian and military climbers from CFB Esquimalt ascend Rugged Mountain with Woss Lake far below them in a 2004 alpine excursion hosted by LCdr Ang Lopez.





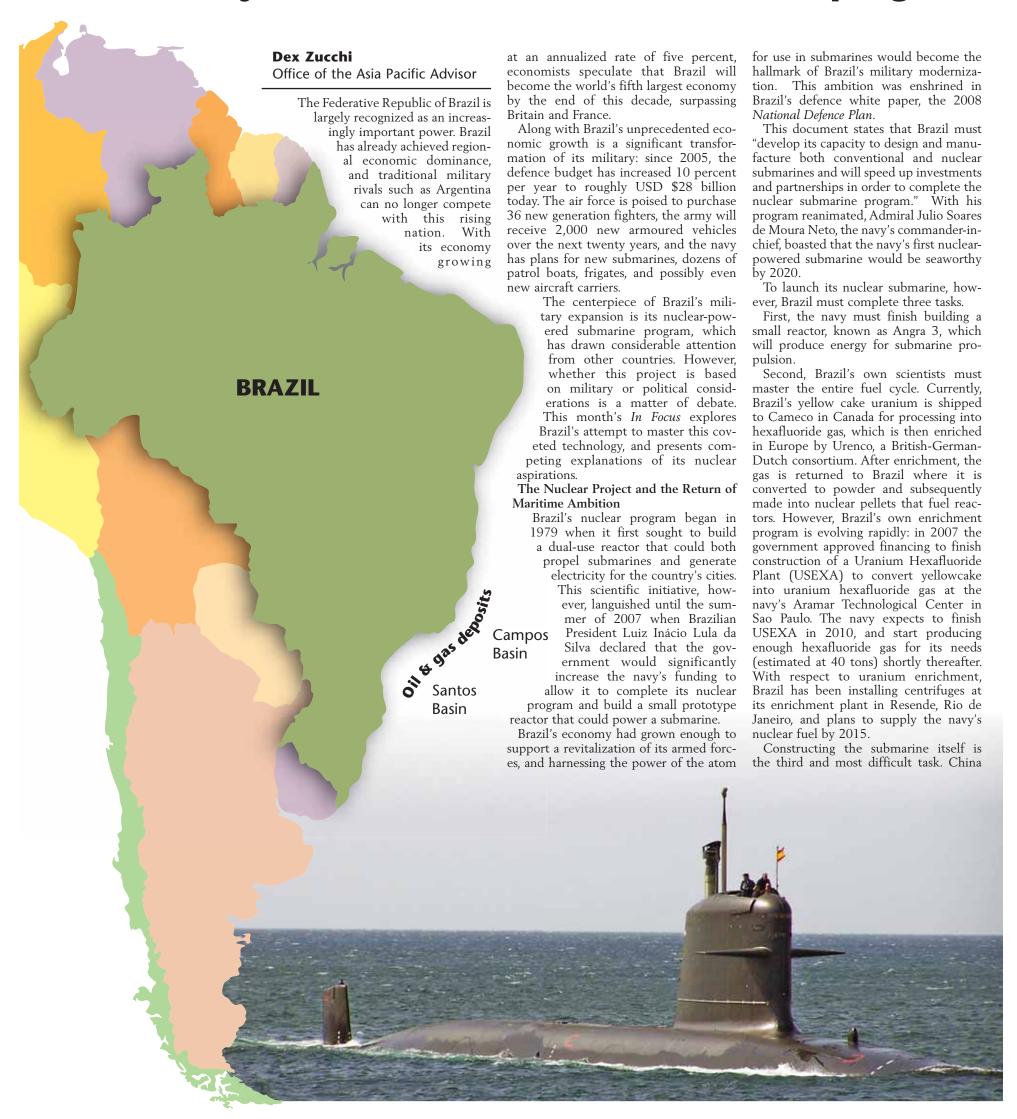
PatrickCreppin.com

Office 613 236-5959

Direct 613 825-8802

### A NEW NUCLEAR MASTER

### An analysis of Brazil's nuclear submarine program



April 12, 2010

and India have spent decades on developing their nuclear vessels, and the Soviet Union's submarines were only comparable to those of the United States near the end of the Cold War. For this reason, Brazil has developed a strategic partnership with France, a nuclear power, to acquire submarine technology and expertise. During his state visit to Brazil in December 2008, French President Nicolas Sarkozy signed an agreement with Brazil on cooperation in this area, and then a more detailed one covering submarines on Sept. 3, 2009. Specifically, Paris agreed to transfer the technology to Brasilia for the construction of four diesel-powered Scorpene-class attack submarines, as well as joint development of the hull of the nuclear submarine. The deal, valued at USD \$8.4 billion, will see the first Scorpene submarine in the ocean by 2014, with another submarine following every two years, finishing with the nuclear submarine in 2020.

Brazil will have a nuclear submarine because it is a necessity for a country that not only has the maritime coast that we have but also the petroleum riches that were recently discovered in the deep sea pre-salt layer.

-Luiz Inácio Lula da Silva Brazilian President

While France will not help in the construction of the propulsion system of the nuclear submarine, Brazil's engineers will learn valuable design information that is applicable to its nuclear vessel from working hand in hand with French engineers on the Scorpenes.

### The Rationale: Strategic Deterrence or Political Trophy

Why Brazil wants to develop indigenously a nuclear submarine is much harder to explain than how it intends to do it

According to President da Silva, Brazil "will have a nuclear submarine because it is a necessity for a country that not only has the maritime coast that we have but also the petroleum riches that were recently discovered in the deep sea presalt layer."

The treasures to which da Silva alluded are the massive reserves of oil and gas recently discovered in the Santos Basin off the country's southern coast. Geologists estimate that up to 33 billion barrels of oil lie in the area's seabed, enough to make Brazil a top oil producer over the next twenty years. Considering that 45 new oil platforms, 90 support vessels, and 70 tankers will be necessary to extract, refine, and ship this amount of petroleum efficiently, nuclear submarines are considered a strategic imperative to defend its maritime assets.

An alternative explanation is that the submarine program is based on political rather than strategic considerations. While Brazil's burgeoning economy has made the nation a regional hegemon, the country has broader ambitions: Brasilia aims to become a leader of the international community. This foreign policy goal is reflected in Brazil's behaviour in the United Nations - the country has not only contributed 1,200 soldiers to the UN Stabilization Mission in Haiti, but volunteered to provide military leadership of the peacekeeping effort there. Moreover, ever since former UN Secretary General Kofi Annan stressed the importance of UN reform, Brazil has aspired to obtain a permanent seat on the Security Council.

For his part, President da Silva stresses that the acquisition of a nuclear submarine would enhance Brazil's candidacy to the Security Council, stating in 2008 that "Those who have nuclear submarines sit on the United Nations Security Council. All permanent members have the technology, which none of them give up. We have to develop our own."

Consequently, Paul D. Taylor of the U.S. Naval Institute surmises that the allure of naval strength has convinced Brazil's leadership of the political capital afforded by nuclear submarines. History illustrates that many empires and leaders have considered navies symbols of national greatness: the ancient Romans built colossal fleets of triremes to consolidate their power in the Mediterranean, Imperial Germany constructed titanic dreadnoughts to telegraph its maritime prominence to Britain, and Theodore Roosevelt had the Great White Fleet circumnavigate the globe from 1907-1909 to demonstrate America's rising status in the world. Today, nuclear submarines are celebrated as hallmarks of scientific innovation and military prowess, vessels capable of projecting both martial and diplomatic power across the globe.

Applying Brazil's foreign policy against the mirror of historical analysis reveals an alternative reflection of the country's nuclear aspirations: nuclear fission will not only fuel its submarines, but empower its sailors, diplomats, and citizens to adopt global roles in the twenty-first century.

In a world where economic affluence and technology is the currency of civilization, Brazil's political and military leadership has demonstrated its penchant for an indigenously developed nuclear submarine. This undertaking will be difficult, but Brazil is ready to spin centrifuges, split atoms, and cut steel to master this endeavour.









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



### ON'T DRINK & DR







Maxxim Brabant, 2, won the CANEX Expressmart Easter colouring contest. Here, Iris Shiplack presents the youngster with his prize, a \$25 CANEX gift card.

### **Lyall Street Service Station**

250-382-0015 • www.wix.com/lyallstreet/service

Member

Locally Owned & Operated

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





1480 Lyall Street • 250-382-0015



### Clothing Online system changes

As of April 1, the accrual of points for Clothing Online has been adjusted, and users will see that some clothing items have been removed, some added, and others reduced in annual entitlement quantities.

The total allowable accumulation of points has been reduced from 1,200 to 300 points. Tier 1 (DEU) members will see their annual allocation of points reduced from 600 to 500 points annually. There will be no change to the annual allocation of points for Tier 2 (operational clothing) members.

With the introduction of new clothing, some items will be discontinued or restricted to certain users. For example, distinct environmental T-shirts for sea, land, and air personnel will be introduced, and the grey T-shirt and shorts will be restricted to recruits only. Similarly, navy personnel who had access to two scarves - one white and one black - may now acquire only the black scarf.

Clothing Online is an efficient delivery system for CF distinctive environmental uniforms (DEU) to all active Canadian Forces personnel using e-business and timely home delivery.

An on-line survey has reported that overall customer satisfaction remains constant at 89 per cent after five years of analysis.

The Clothing Online system automatically collects data on usage figures as well as the points each customer accumulates. Points are allocated annually, based on the dress of the day-Tier I (DEU) or Tier II (CF operational clothing).

Historical usage analysis has highlighted areas where efficiencies can be made, benefitting the user and saving the department money.

Personnel should note that, based on usage data, the maximum quantity of some items for purchase in one year has been reduced. That said, individuals may still purchase additional clothing items on-line at the published prices.

An individual may p for increased points allowance through the chain of command, if special work related circumstances warrant additional points.

For further information, please consult the FAQs on the Clothing Online site www.logistikunicorp.com/ or contact DSSPM 2-C7, Richard Lepage (Richard.lepage@forces.gc.ca) Clothing Online administrator.

**April 12, 2010** LOOKOUT • 11

### First Nation sailors highlight navy at Aboriginal Youth Conference

**CPO2 Gus Greer** Contributor

LS Katerina Stewart and OS Greg Moore, two young Bosuns from HMCS Ottawa, recently attended the provincial Aboriginal youth conference "Gathering Our Voices 2010" in

This 8th annual conference was jointly produced by the B.C. Association of Aboriginal Friendship Centres and the Provincial Aboriginal Youth Council and ran from March 10-13.

The theme for this year's conference was "Our health and our environment.

This annual conference continues to grow in stature. This year the Premier of B.C., Gordon Campbell officially opened the conference and welcomed participants.

The conference provided attendees with motivational guest speakers, workshop facilitators and top notch Native performers. Notable among the motivational speakers was Waneek Horn-Miller, a female Mohawk athlete from Kahnawake, Quebec, who participated in the 2000 Olympics as the captain of the ladies' water polo team and who holds a BSc from Carleton University. Two great acts. Inez. one of Canada's top Aboriginal musicians, and Kasp, from East Vancouver, pumped up the youthful crowd, interspersing their music with deeply personal stories of hardship and providing inspiration by sharing their path to success.

LS Stewart and OS Moore were each able to select six workshops to attend from an offering of 47. Workshop topics ranged from dealing with discrimination to self empowerment and caring for Mother Earth.

LS Stewart found the workshops "Ghetto to Glam," which provided the tools to identify talents in order to set goals to build a positive lifestyle, and "We Are All Connected," which used a holistic approach to teach the concept that everything is related, to be her favourites.

OS Moore enjoyed all his workshops but found the interactive ones that involved role playing, such as "Conflict



OS Greg Moore and LS Katerina Stewart fielded many questions about life in the navy during this year's Aboriginal Youth Conference.

Resolution," to be the most enjoyable and insightful.

Both felt that although the workshops were attended by participants who were, for the most part, much younger than they were (age limit was 16-24 yrs), they were still able to take away a great deal of useful information. As an added benefit, both sailors found themselves leading much of the discussions and keeping their younger workshop participants engaged and focused on the topics being presented, a position neither of them had been in before and one that they found to be empowering.

There was also a Health and Environment Fair that featured crafts vendors, environmental organizations, health care providers and post-secondary and industry recruiters. It was here that OS Moore found a CF recruiting table manned by the very recruiter who had recruited him two and a half

Many of the participants were impressed when they discovered the two were in the Canadian Navy, and were very active in peppering them with navy/military related questions.

"As a young First Nation's member of the navy I was approached by these kids because I was seen as being one of them. They were not intimidated by either Katerina or me, which allowed them to ask us many questions which they would never have asked a recruiter," said OS Moore.

LS Stewart is a member of the Nisga'a First Nation and grew up in New Aiyansh and Terrace, B.C. She attended Nisga'a Elementary Secondary School and graduated from Caledonia Senior Secondary School in 2002. Looking for a career that allowed her to travel, she settled on the navy and after completing the CF Aboriginal Entry Program's Pre-Recruit Training Course she went on to recruit training at CFLRS St Jean,

OS Moore is also a member of the Nisga'a First Nation but grew up in Laxgalts'ap (Greenville) B.C. He graduated from Nisga'a Secondary School in 2006 and, like LS Stewart, also had the travel bug. He graduated from the Aboriginal summer youth employment program Raven in 2006, which he believes opened up a whole new world to him and entrenched in him the core values of respect, honour and discipline. He joined the CF in 2008 and would recommend a CF career to all First Nation's youth.

### Looking to Buy or Sell Real Estate?

\$1,000 cash back to military personnel. Call 250-661-7680 for details

#### Deborah Kline, MM

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





### 3.75% still available

5 year term. Don't delay. Won't last long.



Lori Lenaghan MORTGAGE CONSULTANT C. 250-888-8036 www.mortgagesbylori.com



### Family Dental Care abacus

**Dental Centre** New patients & Emergencies welcome. Check ups and cleanings

always available. Dr. Paul Henn • Dr. Adrian Luckhurst • Dr. David Li

250-386-3044







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

### FOR ALL YOUR BUILDING & RENOVATION SUPPLIES

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

• Building Materials



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

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



### Sailor of the quarter MS Allan Kobayashi

**CPO1 Paul Helston** Fleet Chief

The Canadian Fleet Pacific initiative to recognize a sailor for outstanding achievements has selected it first quarter sailor of the year. Commodore Ron Lloyd approved the selection of MS Allan Kobayashi, Marine Engineer from HMCS Ottawa.

Kobayashi born in Trenton. He was exposed early in life to the CF by his father, who at the time was serving with 424 squadron as a search and rescue technician. This inspired him to join the military.

He spent time in the army as a member of the first Princess Patricia's Canadian Light Infantry. Since 1997, he has deployed to Kosovo and Afghanistan were he garnered a life time's worth of lessons in a very short period of time.

In the fall of 2004 he accepted an occupational transfer to the navy as a Marine Engineer. The navy held true to tradition by embracing him, and in a very short time he completed his initial training and as a QL5 graduate and received the Trainee Exhibiting Dedication award. The "TED" award is presented to the member showing the most perseverance, dedication and desire to become a Marine Engineer Technician.

After his QL5, MS Kobayashi went back to sea gaining invaluable experience and training to complete his 2E certifica-

MS Kobayashi is also enthusiastic in his pursuit of fitness, a practise he garnered in the army. He is a ship's diver and was the top student in his class.

MS Kobayashi was nominated by Maritime Forces Pacific for the Canadian Forces Recognition Program and was subsequently selected to represent the Canadian Navy in Ottawa on Remembrance Day by standing sentry on the cenotaph. To MS Kobayashi, this was truly,



an experience of a life time.

He recently completed his PLQ course and was awarded the Formation Petty Officer Chief Award.

His Commanding Officer, Commander Frederick Caron, stated MS Kobayashi has constantly demonstrated his commitment to the CF, the ship and its crew. He holds himself to the highest standards of conduct both on and off duty, taking the initiative in a wide variety of situations. He has shown not only the willingness to volunteer for ships requirements but also to mentor and train his shipmates.

MS Kobayashi's outstanding performance and dedication make him an outstanding choice as Sailor of the Quarter. Bravo Zulu.



received her promotion to Able Seaman from Cdr Ballantyne (left) and CPO1 Bombay.

OS Josianne Girouard (centre) of Base Logistics



Anita Blais (centre) of Base Logistics receives her 25-year award from LCdr McNab (left) and Cdr Ballantyne.



MS Dawna McGladrie (centre) of Base Logistics receives her promotion to Petty Officer Second Class from Cdr Ballantyne (left) and CPO1 Bombay.



MS Ryan Pollard (centre), of J31-JOC, is promoted by Cdr Guy Bolduc (right), Commanding Officer of Maritime Forces Pacific/Joint Task Force Pacfic Headquarters, and Lt(N) Philip Hagell.



CPO2 Gordon Dolbec (centre), from N34, receives his new shoulder slip-ons from Cdr Bolduc (right) and Lt(N) Karl Hoener.



Cpl Travis Frerichs (right) is promoted to MCpl LS Jeff Lewis (right) receives the BIS Level by Cdr Allyn Holborn (left), Base Information Services Officer, on March 31 at Maintenance Detachment Matsqui.



1 Achievement Award from Cdr Holborn at Maintenance Detachment Matsqui for his recent contributions to the technical library, maintenance record keeping, and outstanding technical support to antenna contractors.



Vancouver Island's Largest Independent Used Car Dealer

DOWNTOWN

2555 Government 250-381-1144 DL#28842

LANGFORD 888 Attree Ave 250-478-7603 DL#30516

COLWOOD 1764 Island Hwy 250-391-5738 DL#30897

**NANAIMO** 4777 Island Hwy 250-729-7991 DL#30917



**Good Credit Bad Credit No Problem** 

Apply Today, Drive Today **Apply Online** 





LOOKOUT • 13 **April 12, 2010** 

### **COCK OF THE WALK BASKETBALL**



Shelley Lipke, Lookout

HMCS Regina won the Cock of the Walk basketball final on March 31 with a score of 50 to 21 over HMCS Protecteur. The three-day tournament involved HMC Ships Calgary, Ottawa, Protecteur and Regina in a double elimination draw.





### Base **Taxi Service**

for Naden, Dockyard & Work Point

Operates 7:30am to 3pm Monday to Friday.

Try to use Base Rounders before calling the Base Taxi to reduce wait times.

Available for militaryrelated appointments or meetings on base only.







**MOTORCYCLE RIDER TRAINING** 

**NOVICE & TRAFFIC PROGRAMS** 

EXPERIENCED **RIDER COURSES** 

VEHICLE DRIVING **LESSONS** 

250-478-9584 www.visafetycouncil.com

### RAPID DEBT RELIEF...

No Interest . Low Payments We'll help you get a fresh start!

250-995-3122 ABAKHAN & Associates Inc.

GOOD PEOPLE TO KNOW IN TIMES OF TRO

### Get pre-approved now!

Get into the market while rates are still low...



Lawless & Brown MORTGAGE TEAM

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





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.





#### www.daniellesells.ca • www.semirashomes.com

P: 250-384-8124 E: sdteam@shaw.ca F: 250-380-6355 105-805 Cloverdale Ave.



Financing on site • Fast Approval **Great % rates** 

Let us find a car for you!

250-360-2271

**View inventory online:** carsunlimitedvictoria.com



New and Pre-owned Motorcycles & ATVs Sales & Service

in Langford across from Steve Drane 250-479-8885 • www.savagecycles.ca

### **GUTTER PROTECTION SYSTEM**

- Gutterguard & Gutter Topper
- Custom 5" Continuous Gutter Lengths

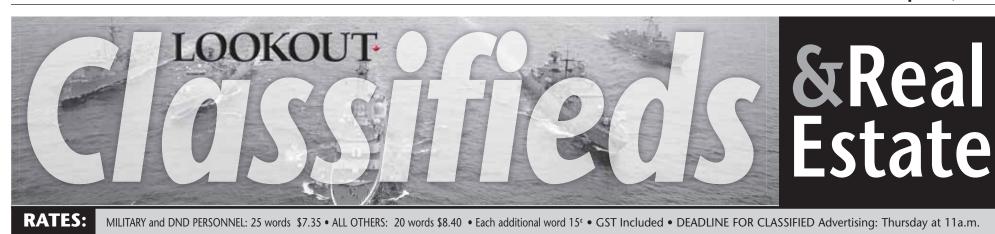




**PRO-TECH Exterior Products Ltd.** 

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

"One stop shopping with friendly advice."



### 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.

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 Markmanship 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!

#### **DOG WALKING**

#### **FOUR** PAWS DOG HIKING Wilderness Adventure

2 hour dog hikes. Tons of play, exercise and socialization.

Dogs come home tired, content and happy.

**CALL MATTY** 778-433-2442 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 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 Leisure Assistant Coordinator at 250-477-6314 ext. 15 or volunteers@rivonline.org

#### MOTORCYCLES

### S G Power A.T.V. CENTER Honda, Yamaha, Kawasaki 382-8291 -

730 Hillside Ave.

#### **SELF STORAGE RESIDENTIAL &** COMMERCIAL

**STORAGE** 

- 5'x5' 20'x34' units
- Lit and Fenced
- 7 Day Computerized Access & Security System VERY COMPETITIVE RATES

642-6363 (WEEKDAYS 2059 IDLEMORE RD., SOOKE

#### DAYCARE

### **NEED CHILD CARE?**

Experienced & loving environment. Two spaces open for daycare.

Home is green cleaned. Nutritious organic meals included

Only 3 children at any one time. \$1000 per month.

Will work with your schedule, shift work available as well.

Call Liz (778) 433-1817 (local call)





Place an announcement in the Lookout Classifieds with a

Call 363-3014 for details or to book.

#### **VOLUNTEER 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 planning purposes For more information and to register please contact brunswicker2010reunion@ live.com or CPO2 RA Chesley, Coxswain HMCS BRUNŚWICKER -Chesley Drive, Saint John, NB, E2K 5L2 ATTN: 2010

#### **BUS OPPORTUNITY**

www.123bossfree.com LUCRATIVE

#### Lookout Classifieds Work!

Call 363-3014 to advertise.

#### **HELP WANTED**

#### **UNIVERSITY STUDY NEEDS FRENCH SPEAKERS**

### Parlais Français?

Want to know how you read? French native speakers are needed for a language study at UVic. \$10 paid to you. mxiang@uvic.ca

### HEALTH



in just ONE HOUR-only \$299

- · Drug & Alcohol Addictions
  - Weight Control & Stress

Private, Safe, Painless, Drug Free, Confidential.



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

#### HAULING

### **Father & Son**

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

Any weather Demolition

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

#### **APPLIANCES**



Reconditioned
New • Builder
• In Home Services #3-370 Gorge Rd East 382-0242

Your ad here

For word or display ads, call 363-3014

EARN EXTRA INCOME. Learn to operate a mini office outlet from home. Earn the extra income you desire. Flexible hours, free evaluation, and your business moves with you.

ONLINE BUSINESS. Earn full-time \$\$, Work part-time hours. Turn 5-10 hours weekly into \$2000 - \$4000 monthly. www.freedom-toma.com

### **REAL ESTATE • FOR RENT**

1 BDRM PLUS DEN, ground floor unit. Laundry, fridge, stove, FP, water, power, gas incl. Residential area, Sidney. \$1200/mo. Call 250-385-3279 .

FURNISHED/ NON FURNISHED ROOM for May 1st. Walking distance to the base. NS/NP Near all necessities. Newly renovated home. \$500/mo. + util. 250-217-1531.

SMALL 3 BDRM/2 BTH HOUSE in Vic West, fenced yard, garden, fruit trees, large deck. Avail May 1st, \$1800/mo. Pets ok. 250-995-1409.

OAK BAY GORGEOUS EXEC. 1 Bdrm suite. 1/2 block to Willowa bch. Fully furnished all incl., 5 appliances, 1 parking space, NS/ NP \$1250/mo. Avail. April. Call 250-213-9177.

\$1250/MO. 2BDRM, 1 BTH Top floor suite, incl. utilities, avail. May 1st. Recently renovated, bright open floor plan, modern colours, shared laundry, 1 covered parking space. Deck for BBQ. Close to base in Esquimalt, owner maintained, call 250-532-5295.

ROCKHEIGHTS AREA 1 BDRM plus den. Located in the scenic rockheights area with a 15 min. easy walk to the esquimalt military base or the dockyard. Freshly renovated 1 bdrm plus den bsmt suite with . single bth. kitchen & dining area, lg. livingroom. Two indoor storage areas plus a shared bbq patio. NS/ NP, no laundry facilities, all basic utilities plus cable are incl. \$875 mo. avail. May 1st. email us at lapage@ telus.net or phone 250-388-0705.

**DALTON HOTEL** downtown FREE cont. breakfast 15% off dinner

Military/Veteran Rates 1.800.663.6101

759 Yates | daltonhotel.ca

LAMPSON/CRAIGFLOWER AREA CLOSE to Naden, 2 bdrm house, fridge, stove, wood & ele heat, laundry hookups, lg. fenced yard, 2 car covered parking, \$975 mo. Plus utilities. 250-388-

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. \$1200/mo. inclusive. 250-920-0958.

### BROWN BROS

**SINCE 1918** 250-385-8771

\$975 - Russell St.

2 bedroom unit in family oriented building, near park, school & shopping, NS/NP, Apr 1, lease.

Manager 217-1718

### squimalt Park Terrace 2 Bedroom, \$925/mo FREE: heat, hot water & parking Near Plaza, Bus Quiet & Clean

### The Seagate

### **Apartments**

Ocean front, Olympic mountain views,

seawalk to downtown, spacious and clean. Bachelor, 1, 2 & 3 bedrooms

#### Rent includes:

- Hot water

- Indoor pool/hot
- · Fitness centre
- Games room

Reasonable rent in

Call to view

383-1731

### 707 Esquimalt Rd

- Heat
- Secured parking
- Squash court

Building is wired for Shaw@home.

a very quiet building.

**Dockyard members** and HMC Ships call 363-2310

Personnel at Naden, Black Rock, Colwood, FDU and Work Point call 363-4149

### **Book your annual** check up early!



250-888-1212



www.devonprop.com 1180 Colville

Large suites. Mgr 250-360-1983

Bach \$690

855 Ellery 2 bdrms from \$940, avail NOW & May 1. Clean, quiet building. Mgr 250-382-2157

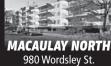
2 Bdrms from \$950, avail NOW.

### PROPERTIES LTD. 250-361-3690 FREE Heat & Hot Water



948 Esquimalt Rd.

Bachelor, 1,2 & 3 Bdrm



1 & 2 Bedroom

Manager 250-380-4663 Manager 250-384-8932 To view these and other properties, visit Toll Free 1-866-217-3612 • www.eyproperties.com

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

### **Base Library Catalogue Online**

http://library.esquimalt.mil.ca

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



RATES:

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

Call 363.3014 to book your display

**REAL ESTATE • FOR SALE** 

POSTED EAST? PORTERS LAKE Cape Cod on 24 acres with 14 more avail. 3 Bdrm, 2.5 Bth with office & media room. Min. to all amenities, 25 min to Shearwater & 30 to Stad. Fully updated, way to much to list! 1-902-440-8033 or smiller@telwares.com for details and pictures



### Posted to Winnipeg?

You need a Realtor who is... Honest Trustworthy **Professional** Experienced

204-987-9800

Linda van den Broek linda@lindavandenbroek.com

www.lindavandenbroek.com



"Helping You Is What We Do"

ROYAL LEPAGE

**Posted to** 

Halifax?

Melva Reid

Real Estate Professional

**P**H: (250) 592.4422 **TOLL FREE:** 1.877.812.6110 COAST CAPITAL REALTY WWW.WARDESIMS.COM

HOW TO BUY WITH ABSOLUTELY NO MONEY DOWN www.gotoyourteam.com

GLEN GLOWINSKI 250-217-1205 SHELLEY STANCIN 250-857-3044

Sutton

FREE Online Home Search! Access to the <u>HOTTEST</u> new listings!
 (bank foreclosures, fix'er uppers, luxury homes, newly renovated)

www.CanadianMilitaryRelocation.com







#### OPEN HOUSES!! NEWLY LISTED!

3 beds, 3 baths + den, formal dining & eating area, Mediterranean inspired decor, gas frplc, detached garage/ workshop, HUGE yard, next to a park & just minutes to great elementary school. At the top of the hill on a quiet cul de sac this lovely 1900 sq ft home is ready for you to move in! Get in before the mortgage rates & rules change!

Open Houses Sat & Sun April 17 & 18 from 2-4 pm. COME AND SEE FOR YOURSELF! 2671 Millwoods Court.

visit www.erinkenny.ca



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



### cell 902.403.5420

### **Heading to Halifax?**

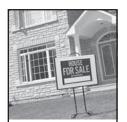
Your Halifax Connection

**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



National award winning beers. Live bands & dancing 7 nights a week. Family friendly suites with full kitchens.

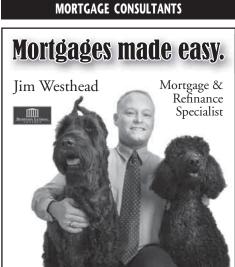
506 Pandora Ave. Victoria, BC www.swanshotel.com



### Summer's coming. Get active.

Available at all PSP and MFRC outlets





DLC PRIME MORTGAGE WORKS INC.

250.391.4487 • jimwesthead@shaw.ca





Employees who suspect fraud or other inappropriate practices are encouraged to contact Formation Internal Audit by phone at 363-4008 or by email at huzzey.ja@forces.gc.ca.

All tips treated in strictest confidence.



the PDF

online.





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.



CANEX also offers dual-branding opportunities and will sell to ship canteens and NRD kit shops at a reduced rate so that the final selling price is the same.



### <u>INFOCUS</u>

### Suicide intervention training available

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

For more information call the Health Promotion Admin Office at 363-

Registration is through Unit Training Coordinators. A registration form may be obtained by emailing Christine.Blackburn@forces.gc.ca

This course is available to all military personnel, their spouses and to civilian employees.

#### Running

The CF National Running Championship is being held in conjunction and in partnership with the Ottawa race weekend from May 28-30. All CF members who wish to participate in this year's CF National Running Championship must provide the PSP Sports office with an official result of the race distance (5k, 10k, ½ or full marathon) they wish to compete in. Results must demonstrate that the member has:

- met the qualifying times for their respective gender and age category and race distance he or she wishes to compete in as per Chap 13 of the CF National Sports Rulebook,
- ensure that race results have been achieved on a certified course at a sanctioned race within the last 12 months of the race day including results of last year CF National Championship. Only qualifying times achieved via chip time will be accepted.

It is critical that runners do not register directly with the Ottawa race weekend on line or in person. Registration must be done through the PSP Sports office no later than April 14. To register or for more information, please contact Danielle Sutherland 363-4068 or Meghan Kelly 363-

#### **Cougar sighting**

The Military Police received a report of a cougar sighting in Belmont Park. The investigation did not confirm this sighting; however, the Military Police consider this information to be credible. Parents of small children should take the following precautions:

- Cougars seem to be attracted to children, possibly because of their highpitched voices, small size and erratic movements; these character traits may make it difficult for cougars to identify children as humans and not prey.
- Talk to your children and teach them what to do if they encounter a cougar.
- Children playing outdoors should play in-groups. Children shouldn't be left unsupervised.
- Consider getting a dog or using a dog as an early warning system. A dog can see, smell and hear a cougar sooner than a human.
- Consider erecting a fence around play areas.
  - Keep a radio playing
- Make sure children are home before dusk and stay indoors until after dawn the period of time cougars are most active.
- If there have been cougar sightings, escort children to the bus stop early in the morning. Clear shrubs away from around the bus stops, making a radial area of nine metres.

Furthermore, should you sight a cougar anywhere on DND property do not hesitate to contact the Military Police at (250)363-4032.

For additional information on cougar sightings visit the BC Ministry of **Environment Conservation** Officer Services website at http://www.env.gov.bc.ca/ cos/info/wildlife\_human\_ interaction/docs/cougars.





ON 2010 OUTLANDER MODELS

- sion with Sportronic® paddle shifters
- Hill Start Assist
- Leather seating surfaces
- Power sunroof



### THE CHALLENGE STARTS NOW.

With every new vehicle sold, Mitsubishi Motors will donate \$100 to Right To Play.

Right To Play is a Canadian-based international humanitarian organization that uses the transformative power of sport and play to improve health, develop life skills and foster peace for children and communities in some of the most disadvantaged areas of the world.



Victoria

761 Cloverdale Avenue (250) 220-8100

MON - THURS: 8:30 AM - 7:00 PM FRI - SAT: 8:30 AM - 6:00 PM





**Professional Independent Advice**  Investments
 Lending Insurance Pensions www.hatchmuir.com HATCH & MUIR LLP 250-953-8552 Nick Woloszczuk nick@hatchmuir.com SERVICE BILINGUE

Smart customers always read the fine print. † Features listed are standard on 2010 Lancer DE and 2010 Outlander XLS 4WD. Technical data, equipment and options are based on the latest information at time of printing and are subject to change without notice. Vehicles may not be exactly as shown. ‡/(> For all offers, customers must sign contract and take delivery from dealer by April 30, 2010. All offers available only through participating dealers to qualified retail customers in Canada and are only on approved credit. Selling price excludes up to \$1350 in freight for cars and up to \$1450 in freight for SUVs, \$100 in air tax, up to \$30 in environmental handling fees, taxes, PDI, up to \$75 in PPSA, registration, insurance, licensing, administration fees, documentation fees, other dealer fees, and any additional provincial government fees. All advertised offers are stackable. See participating dealer for details 👌 Purchase financing at 0% APR available through Bank of Nova Scotia and Bank of Montreal for up 60 months on all new 2010 Lancer DE and SE models and up to 48 months on all new 2010 Lancer GTS models (Lancer Evolution models excluded). Purchase financing at 0.8% APR available through Bank of Nova Scotia and Bank of Montreal for up 60 months on all new 2010 Outlander models. Regular maintenance not included. See dealer or mitsubishi-motors.ca for warranty terms, restrictions and details. Not all customers will qualify. \*\* Best backed claim does not cover Lancer Evolution and Ralliart models. See dealer or Mitsubishi-motors.ca for Education Edge terms, conditions, and other details. ® 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# 1121\_10-04-12.