

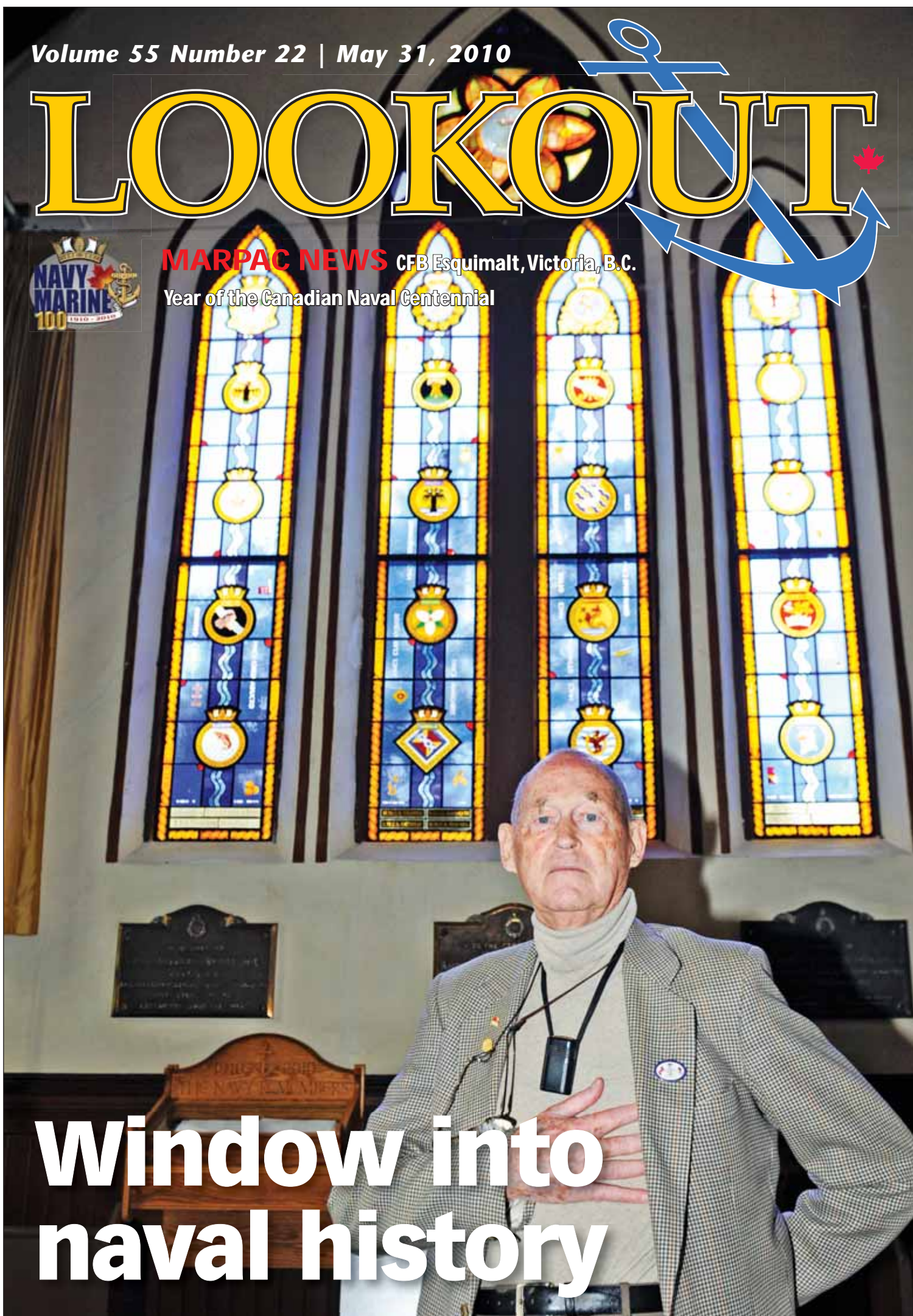
Volume 55 Number 22 | May 31, 2010

LOOKOUT



MARPAC NEWS CFB Esquimalt, Victoria, B.C.

Year of the Canadian Naval Centennial



Window into naval history

Penny Rogers, Lookout

The three-year Naval Memorial Window project at St. Paul's Naval and Garrison Church in Esquimalt came to an end with the unveiling of a four-panel stained glass window over the Victoria Day Long weekend. Admiral (Ret'd) Bill Hughes stands under the newly revealed window during an open house at St. Paul's last week.

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

Church unveils new legacy

Penny Rogers
Staff writer

On May 22, under a choral backdrop of songs from World War Two, the pews inside historic St. Paul's Anglican Church in Esquimalt filled with invited guests. Here, after close to three years of research, design, crafting and installation, the Naval Memorial Window was about to be unveiled.

Formerly called The Naval and Garrison Church, St. Paul's has a long-standing connection with the navy dating back 150 years. Because of this, the man behind the window project, Rear Admiral (Ret'd) Bill Hughes, knew stained glass window panels commemorating the Naval Centennial would be ideal at this location.

Guests were a mixture of civilians, clergy, civil servants, politicians and military, many in uniform adorned with medals silently speaking volumes about the service they have provided their country. They came from as far away as Halifax, Calgary, Vancouver, Ottawa and Georgetown.

The dedication ceremony was rich in tradition beginning with the entry of pipes and drum led by a colour party of two sea cadets parading the White Ensign and Canadian flag. Rev. Canon Andrew Gates led the crowd in prayer and song before introducing another special guest, Victoria's premiere tenor and composer, Ken Lavigne who sang a stirring rendition of "I Am Sailing."

Then RAdm (Ret'd) Hughes took to the podium leading the crowd on a gamut of emotion with his inspirational words. He began by thanking several people for attending the dedication.

"We have the only living four star Admiral in the Canadian Navy with us in the form of Admiral (Ret'd) John Anderson. Also here today is retired Primate of the Anglican Church of Canada, the most Reverend Andrew Hutchison."

See St Paul's on page 3

FREE Online Home Search!
- Access to the **HOTTEST** new listings!
(foreclosures, fix'er uppers, luxury homes, renovations)

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

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

wel come to mcdonald's

\$1 CONES*

Military Special

i'm lovin' it

*Coupon expires Aug. 31
Limit 4 per person. Westshore, Sooke, Esquimalt only.

Saunders Subaru presents Military Appreciation Night

CFB Esquimalt **Tritons Men's Team** **vs. Victoria Highlanders U18 Team**

Friday, June 11 • Kickoff at 4 pm

Bonus

Game #2

Highlanders vs. Tacoma Tide
Friday, June 11 • Kickoff at 7 pm

Fireworks at Fisgard Lighthouse, Esquimalt Lagoon 10 pm

Military Price

\$8 admission for both games

We encourage military personnel to show their pride and wear their military dress.

Purchase tickets: 250-590-8432 or box office stadium



BEAR MOUNTAIN STADIUM, 1089 Langford Pkwy, Langford



Historic moment for St. Paul's

From page 1

He thanked the firm of Mercer and Schaefer Glasstudios for doing such a wonderful job on the four-panel window, and asked both Tom Mercer and Ed Schaefer to stand and accept well deserved applause from the crowd.

He then recounted a story of a young woman who called him a few months after the fundraising began.

"She told me she was the widow of a Master Seaman who had died quite recently and she wanted to make a donation. I said that would be wonderful and was thinking she'd say \$100 or something like that. But she told me she wanted to donate \$2,000. She said it was the money she and her husband had been saving for a holiday."

In the end over 400 donors contributed to the Naval Memorial Window Fund, coming from Northern Ireland, Scotland, England, five U.S. states and coast to coast in Canada. Also, eight cities donated in honour of HMC ships named after them: Calgary, Charlottetown, Edmonton, Ottawa, Summerside, Toronto, Whitehorse and Yellowknife. A list of donors can be found at www.navymemorialwindow.org.

One of the more moving portions of the dedication was when RAdm (Ret'd) Hughes described to the assembled crowd what led to the design of the window that was still hidden behind curtains.

"A stained glass window must be colourful and there is nothing colourful about grey-hulled ships or submarines or aircraft, so do not expect those, but do expect colourful symbols represent-



Penny Rogers, Lookout

Above: Given the honour of unveiling the Naval Memorial Window are Darwin Robinson and Mark Hallan.

Below: Base Commander Capt(N) Marcel Hallé participates in the dedication ceremony.

ing those things. Of course we must remember also the people of our navy who provide the soul to go with the hardware."

Represented on the window are the badges of ships and commands, symbols signifying the merchant navy, the nurses, submariners, airmen, wrens and divers.

"Look for the lovely Lady Rose that the Wren's Association has developed for the Naval Centennial. Look for the names of the 24 ships sunk in the First World War and the one that sunk in the Second World War, all shown in ghostly white in the deep blue sea. Look for the red jewels, symbols of the lives of those who died with the ships," continued RAdm Hughes. "Look for the names of our 24 naval reserve divisions set in gold rope around the window. Look for a Sea King, the White Ensign and, of course, the oak leaves of



Londonderry and the Pitcher Plant of Newfoundland that commemorates the famous Newfie-Derry Run of the Second World War. Finally, look for the two lighthouses off Halifax and Esquimalt that guided and still guide our ships back home to safe harbour. All these and more you'll see on the Naval Memorial Window."

And with that, Bishop James Cowan and Maj Douglas Friesen, Formation Chaplain, made their way beneath the window. As they spoke, the curtain was pulled away revealing the colorful beauty of the stained glass panels beneath. One word seemed to echo through the


crowd and that was, "Wow." "There are two things in Victoria that will be permanent reminders of the Naval Centennial," said RAdm (Ret'd) Hughes. "One is the Homecoming Statue downtown and the second is this window in St. Paul's. We have parades, we have ship assemblies, all sorts of things that are transient, but these two things are permanent and I think that is very significant."

St. Paul's Anglican Church is located at 1379 Esquimalt Road and will be open between 1:30-3:30 p.m. from May 24 to June 6 for those wishing to view the Naval Memorial Window.

There are two things in Victoria that will be permanent reminders of the Naval Centennial. One is the Homecoming Statue downtown and the second is this window in St. Paul's.

-RAdm (Ret'd) Hughes

COMPLETE DENTAL
DR. MARK KRAMAR



- Family-oriented practice
- Broad range of services
- Friendly staff and relaxed atmosphere
- New patients of all ages are welcome

Mon-Fri 8am-4pm
250-384-5052 / 1230 Esquimalt Rd

10% off any Truck Rate



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

Special offer for military!
List/purchase/refer and receive \$200 per \$100K upon completion of sale.



Semira & Danielle
www.victoriapropertiesforsale.com
P: 250-384-8124 E: sdteam@shaw.ca
F: 250-380-6355 105-805 Cloverdale Ave.

DOWNTOWN VANCOUVER
YWCA HOTEL
733 BEATTY OFF ROBSON



For all travellers

733 Beatty Street
Vancouver, BC
tel 1 800 663 1424
ywcahotel.com

Your stay supports YWCA community programs

Worth checking into.

CHILE: EASTER ISLAND
4 days from \$479+tax (Land Only)

Includes:
Full day tour along the Moai route, day tour including Orongo, Aku Akivi, Ana Tepahu caverns and the quarry of Puna Pau & Arrival Transfers

Per person, based on double. Taxes additional. Call for dates.

250-953-6640
BaseTravel@Geo.ca

UNIGLOBE
Geo Travel

In the CANEX Building off Admirals Road

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

Member  

- B.C. Safety Inspection Facility
- Warranty 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

FILM *friday*

The girls are back, but fall off their heels

W. Andrew Powell
The GATE

Sex And The City 2

Give the girls a hand. They're back, and they're headed to Abu Dhabi in what might be one of the most unnecessary movies ever made. That probably won't stop any of the Sex and the City fans, from seeing the sequel, but I can at least warn you, can't I?

Michael Patrick King takes on the top three roles as writer, director and producer once again in the latest story of Carrie, Charlotte, Miranda, and Samantha on their exploits in the Big Apple, and abroad.

This time, Carrie, played by Sarah Jessica Parker, is having issues with a mutual decision with her hubby, played by Chris Noth, to never have kids. At the same time, she is worried their relationship is getting dull and routine.

Samantha, played by Kim Cattrall, has been invited to visit a super swanky hotel in Abu Dhabi, where the owner is putting her and the girls up for free for a week. Charlotte, played by Kristin Davis, is afraid her husband is going to have an affair with their very hot nanny. Miranda, played by Cynthia Nixon, is enjoying her newfound freedom from her demanding and bad-tempered boss.

Of course, what happens when you send Samantha to a country with strict laws and beliefs about sexuality? Or when Carrie, who is feeling out of sorts with her relationship, runs into her old flame, Aidan, played by John Corbett. A little trouble certainly won't be far behind.

Spending a reported \$10 million on the wardrobe budget alone, *Sex And The City 2* has the fashion sense fans will expect, and for the most part the girls are just like you'll remember. However, at least some of that budget probably should have gone to a better scriptwriter and director.

King drags the story out, despite the fact that it's a pretty basic storyline, and at 2 hours and 25 minutes it's a tiring movie.

The first comic scene that drew a few laughs was 20 minutes in, and it didn't even involve one of the main characters. The scene, which clearly was dropped in for the men in the audience, involves a hot nanny, played by Alice Eve, who runs around without a bra on, and while it was certainly funny, it's hard to believe the main cast only had a few lame jokes for most of their scenes.

Donning my handy feminine-perspective spectacles, the film has a lot of what



(L-R) Cynthia Nixon as Miranda Hobbes, Sarah Jessica Parker as Carrie Bradshaw, Kim Cattrall as Samantha Jones and Kristin Davis as Charlotte York are back in "Sex And The City 2."

fans will love, mostly in the form of a fair amount of somewhat naked men.

I can also appreciate *Sex And The City 2* is simply the equivalent of a popcorn movie for women who can relate to these four New York archetypes. Action movies spend their budgets on explosions, *Sex and the City* spends its budget on clothes. Different movies for different people.

Sex and the City 2 is still a bad movie though. Without my spectacles, this is a poorly written film, hobbling along on a few characters, with no direction. It's also filled with appalling rich white girl fashion, a very cranky lead character, and some truly offensive moments that treat

Middle Eastern ethics as a punching bag simply because it's somewhat amusing for the stupid plot.

The only great thing about the film is the last 10 minutes, which wraps up with one of the few moments that actually feels like it belongs, and also reminds me of some of the few episodes I watched from the original series.

Had King put a little effort into the story, it might have been a lot of fun as a date movie, but as it stands this is a weak effort that will only appeal to die hard fans who weren't somehow turned off by the awfulness that was the first Sex and the City movie.

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

Penny Rogers 250-363-3672
penny.rogers@forces.gc.ca

PRODUCTION

Carmel Ecker 250-363-8033
production@lookoutnewspaper.com

Shelley Fox 250-363-8033
projects@lookoutnewspaper.com

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 250-363-4006

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: 250-363-3015

Canadian Mail Product Sales Agreement 40063331



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

SELECT
MORTGAGE CORP

Do you have a variable mortgage rate at 2% or higher? You might want to consider a new variable rate at PRIME MINUS .6%. That's just **1.65%** WOW! Call today to discuss your options.
Inquire OR apply at 250-888-8036, www.mortgagesbylori.com



VERICO
CREDITED MORTGAGE EXPERTS
Each VERICO broker is an independent owner operator

Lori Lenaghan
MORTGAGE CONSULTANT
C. 250-888-8036



SAVAGE
CYCLES

New and Pre-owned
Motorcycles & ATVs
Sales & Service

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

FINANCIALADVICE



Nicholas Woloszczuk
Contributor

How to handle pensions

your estate; the balance of your pension is kept by the government. By comparison, the residual value of any unused funds contained in a personal retirement plan would pass to your chosen beneficiary. This feature is important for those wishing to leave unused retirement funds to their family and/or favourite charity.

Recently, Canadian economists have raised concerns that Canadians may outlive their retirement income due to inadequate retirement savings. A federal pension like the CF plan ensures that you will not outlive your retirement income. Conversely, guaranteed income can be elected in a personal plan, such as through the purchase of an annuity, but again, the

guarantee is dependent on the investment choices you make.

In keeping with the theme of flexibility and choice, a personal pension plan allows for adjustments of pension income. This is an important feature, especially if you have other sources of income that could potentially add to your tax liability. With a federal pension, once pension income is elected, the amount is fixed and cannot be changed.

In conclusion, recognize that there are two broad themes at play here, namely risk and reward. If you are willing to assume some risk, a personal plan has many advantages such as potential for a larger retirement income, more flexible tax sheltering strategies,

and the opportunity to leave funds to loved ones. However, if you prefer to know exactly how much your retirement income will be regardless of market performance, and you do not foresee the need to leave funds to your beneficiaries, then electing to keep your retirement contributions in the CF Superannuation pension may be the better choice for you.

I encourage you to speak with a financial professional who will help you make the right retirement decision.

Nick Woloszczuk advises military personnel on financial issues related to transition from the public to the private sector. He is a licenced insurance broker and mutual fund representative.

The question of whether or not to set-up your own personal pension plan or to keep your funds in your current pension after you leave the Forces is not always easily answered, especially for those of you thinking about retiring before you complete 25 years of service.

Recall that in 1999, the Canadian Forces Superannuation Act was revised to align it with other Canadian pension plans, to make it more flexible, and to facilitate future financial planning. The modifications created some new challenges and opportunities for CF members.

For those of you with greater than 25 years of service, or those who join a new organization that allows you to transfer your pension, transferring the commuted value to a personal pension plan may not be your best option. However, if you fall outside of this category, there are a few key issues to consider.

The most significant issue is the guaranteed future income for you and your spouse under the CF Superannuation pension plan. Simply put, if you elect to maintain your pension with the CF, you will know exactly when you will receive your pension and the amount of that pension. In a personal plan, the future value of your accumulated assets is not known, and may be higher or lower than the CF pension depending on the yield you achieve with your investments.

There is no investment risk for either the pensioner or spouse under the CF pension plan because the benefits are guaranteed. In a personal plan, you assume the market risk of a smaller pension but, also the reward of possibly achieving a larger pension.

Another important issue relates to your estate. Under the CF plan, once the last survivor dies, there is no benefit paid to

OPEN HOUSE

*Downtown Victoria Studio
Under New Ownership
Huge Savings on Select packages.
Last change to beat the HST.*



*Bikram Yoga
Victoria-Langford*

Make your body hot this summer!

FREE HOT YOGA
Tues-Sun June 1-6th

*All classes are free! at the downtown and Langford studio's
Everyone welcome. All classes designed for beginners.*

*Two great
locations.*

Bikram Victoria
1015 Fort Street
480-7742

Bikram Langford
750 Goldstream Avenue
250-391-1975

Langford 250-391-1975 • www.BikramYogaVictoria.com • 480-7742 Victoria

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

The Navy Rocks

GET YOUR SEATS TODAY.

SAM ROBERTS BAND
54-40

MATT MAYS

save on foods
MEMORIAL CENTRE

**MARPAC international fleet review
the navy rocks concert
a canadian naval centennial event**

saturday June 12, 2010

SAVE-ON-FOODS MEMORIAL CENTRE • SHOW @7PM

tickets on sale may 1st . \$31.50-\$42
(including gst), plus additional service charges/fees

Purchase tickets online at: www.selectyourtickets.com
or call: 250-220-7777

June is Recreation Month

Win a prize

Ryan Cane
National Recreation
Manager – DGPFSS

Play is an important aspect of the Canadian Forces recreation program, from a game of hockey to digging in the community garden, everyone has a favorite activity. CF personnel and their families participate in a variety of leisure activities all designed to improve morale and contribute to the development of a technically oriented force.

Play is the cornerstone to achieving personal and community health. Play not only resonates with all people, stimulating creativity and inspiration, it also strengthens inter-generational ties, solidifies a direct connection to nature, and promotes physical activity.

Inspiring Play is the theme for this year's June is Recreation Month (JRM) celebrations. JRM draws public attention to the benefits and values of recreation and parks to individuals, families, neighborhoods and communities, and works to recognize and celebrate how recreation and parks contribute to the quality of life of Canadians.

Log on to www.cfpsa.com/recreation to learn more about how you can inspire play, read the success stories from bases and wings across the CF and have a chance to win a Recreation Month prize package that will help you and your family play outdoors.

The contest and reward was made possible through the sponsorship of Bank of Montreal (BMO), official providers of the Canadian Defence Community Banking (CDCB) program and the Support our Troops MasterCard since 2008. BMO's Loyalty Program Planning and Development Manager, Rocco Casullo says, "Over the past two years, BMO has looked for opportunities through the CDCB program to reinforce the value of recreation activities and their impact on community."

Inspire Play!

Learn More and Win at
www.cfpsa.com



"litter-less"

Every community has
CIVIC PRIDE
...let's show it!

www.pitch-in.ca

Colville intersection complete



Above: Esquimalt Mayor Barb Desjardins (centre), assisted by Base Commander Capt(N) Marcel Hallé and Minister of State for Sport Gary Lunn, snips the ribbon to officially open the Admirals/Colville Intersection in Esquimalt. Also unveiled at the ceremony was the Admirals/Colville Train Stop kiosk that includes community information, maps and benches for cyclists and pedestrians.

Left: Mayor Desjardins rings the bell in anticipation of the planned commuter rail service that will also contribute to a "greener" community.

Penny Rogers, Lookout



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

OUR BIGGEST SALE EVER!

Toyota • Honda • Nissan • Hyundai • GM • Ford • Chrysler

OVER 1200 TO CHOOSE FROM!
SMALL EXAMPLE OF CARS, VANS, SPORT UTILITIES & TRUCKS

TAKE ADVANTAGE OF TODAY'S LOW PRICES!

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

Every Vehicle Inspected by **BCAA**

ON THE SPOT DELIVERY!
5 MINUTE APPROVAL!

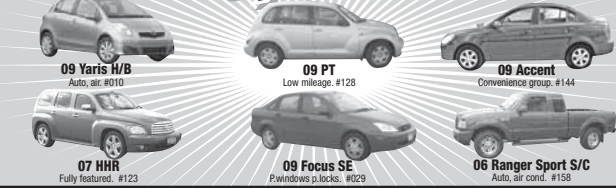
Balance of Factory or
Up to 7-Year Warranty Available
by Old Republic Insurance Co.

WOW!
30-DAY MONEY BACK GUARANTEE!

TRADES WELCOME

- | | |
|--|--|
| <p>CARS</p> <ul style="list-style-type: none"> 09 Focus SE #029 09 Suzuki Swift #147 09 Camry #020 09 PT Cruiser #128 09 Corolla #011 09 Matrix #008 09 Yaris 5 dr. #010 09 Camry Hybrid #011 09 Focus SES #106 09 Kia Rio Sdn. #039 09 Pontiac G5 Coupe #019 09 Suzuki SX4 H/B #059 09 Suzuki SX4 Sdn. #133 09 Sebring Touring #020 09 Hyundai Elantra #018 09 Hyundai Sonata Spl. #105 09 Accent Sedan #021 09 Accent Coupe #014 09 Corolla LE #007A 09 Nissan Versa Hatchback #154 09 Mazda 3 Sedan #146 08 Fusion #120A 08 Sentra #129 08 Buick Allure CXL #078 08 Smart Fortwo #072 08 Mazda 6 Sdn. #112 08 Toyota Prius Hybrid #101 08 Hyundai Accent Sdn. #087 08 Dodge Magnum SXT #068A 08 Impreza AWD #165 07 Accord Sedan #163 07 Accent Coupe #140 07 Cobalt 4 dr. #149 07 Volvo S40 #150 07 HHR LS #123 07 Chev Malibu #138 | <ul style="list-style-type: none"> 07 Mercedes B200 #658 07 Volvo V70 Wagon #165 06 Focus SW #148 06 Mini Cooper #181 06 Mazda 3 GT H/B #030 05 Chev Cobalt #058 |
| <p>TRUCKS, VANS, SUVs</p> <ul style="list-style-type: none"> 09 Jeep Liberty #160 09 Montana #013 09 E350 12 pass. #132 09 Dodge Journey SXT #054 09 Ford Flex Limited #080 09 Ford Escape 4x4 #094 09 Sienna #019 08 Jeep Wrangler X #077 08 Chev 1 Ton Gas Cube #122 08 Honda Odyssey 7 Pass. #114 08 Dodge 1500 Quad 4x4 #103 08 Caravan #164 07 Mazda CX7 GT #104 07 Ford Escape 4x4 #096 07 Chev LTZ Ext. 4x4 #031 07 Chev LT Crew 4x4 #057 07 Ford F150 S/Cab 4x4 #093 07 Ford Ranger FX4 #083 07 Dakota Quad 4x4 #110 07 E250 Ext. Cargo #125 06 Ranger Sport #156 06 Chev Trail Blazer #085 05 Ford 1 Ton Del. Cube #142 02 Mazda MPV #134A | |

ONLY \$13,980 EACH!



Canada's Largest Independent Used Car Dealer!
Budget Car Sales
WIDE OPEN
MON.-THURS. 9am - 5pm
FRI. 9am - 7pm
SAT. 9am - 6pm
SUN. 11am - 5pm
CALL 250-953-5353 • 2224 Douglas St.
One Block South of Bay Street in Victoria
CALL TOLL FREE 1-866-955-5353
www.budgetcarsalesvictoria.ca

Wake up in the morning

103.1

JACKfm

playing what we want

with the JACKFM Morning Show on 103.1 JACKFM

Sail into summer with on-the-water training

Shelley Lipke
Staff writer

A light southwesterly breeze and a little instruction is all that's needed to set sail this season at the Canadian Forces Sailing Association (CFSA).

The new spring and summer sailing programs start in June, and whether it's taking part in the Sunday fun sail or a full two-week summer sailing camp, there are programs for everyone.

"Sailing is a great way to get out on the water, make new friends and see some wildlife," said head instructor Erin Flanagan. "Every day is different and it's a great sport and a skill people can use throughout their life."

Instructors are nationally certified by the Canadian Yachting Association and have first aid and boat rescue training. They are usually university students who are young, excited and passionate about the sport.

"Our focus is on our participants having fun while being safe," said Flanagan.

Adult White Sail classes begin June 1 from 6 to 9 p.m. on Tuesday and Thursday evenings.

"The Adult White Sail course is designed for novices and covers the first three Canadian Yachting Association levels. At the end of the course people

Sailing is a great way to get out on the water, make new friends and see some wildlife

-Erin Flanagan
Sailing instructor

graduate with level two or three and have the skills and the knowledge to take a boat out on their own," said Flanagan. "A lot of adults have lived in Victoria and have meant to start sailing and experience it themselves. They can take dinghy lessons to get their knowledge and then learn to sail bigger keel boats, and eventually go on to charter or buy a boat and sail in the Gulf Islands."

Cruising courses are held each month through the summer and focus on keel boat specifics.

"There is some theory in the evenings and then sailing on the weekends. These are for people who might go on to purchase their own boat or charter a boat with these new skills. We teach them meal planning, cooking on board, packing and planning for a long trip, along with sailing. It's a more technical course as it deals with ship's engines, navigation and electronic equipment."

The youth programs run from 9 a.m. to 4 p.m. daily through July and August.

The Youth Opti programs are a week long for ages five to 12 and the Youth White Sail and Bronze Sail courses for ages 12 to 18 are two weeks long.

"We find the kids who have done a few sailing programs are more independent and have more confidence. It's a big deal for them to be able to sail a boat on their own and be in control."

At CFSA students learn to sail in a variety of boats. Kids ages five to 12 sail an Opti in the Youth Opti program. It's a six-foot-long boat designed for smaller people and is easy to sail. The adult and Youth White Sail courses use a larger 16-foot Albacore sailboat, and the more experienced sailors use 420 high performance dinghies.

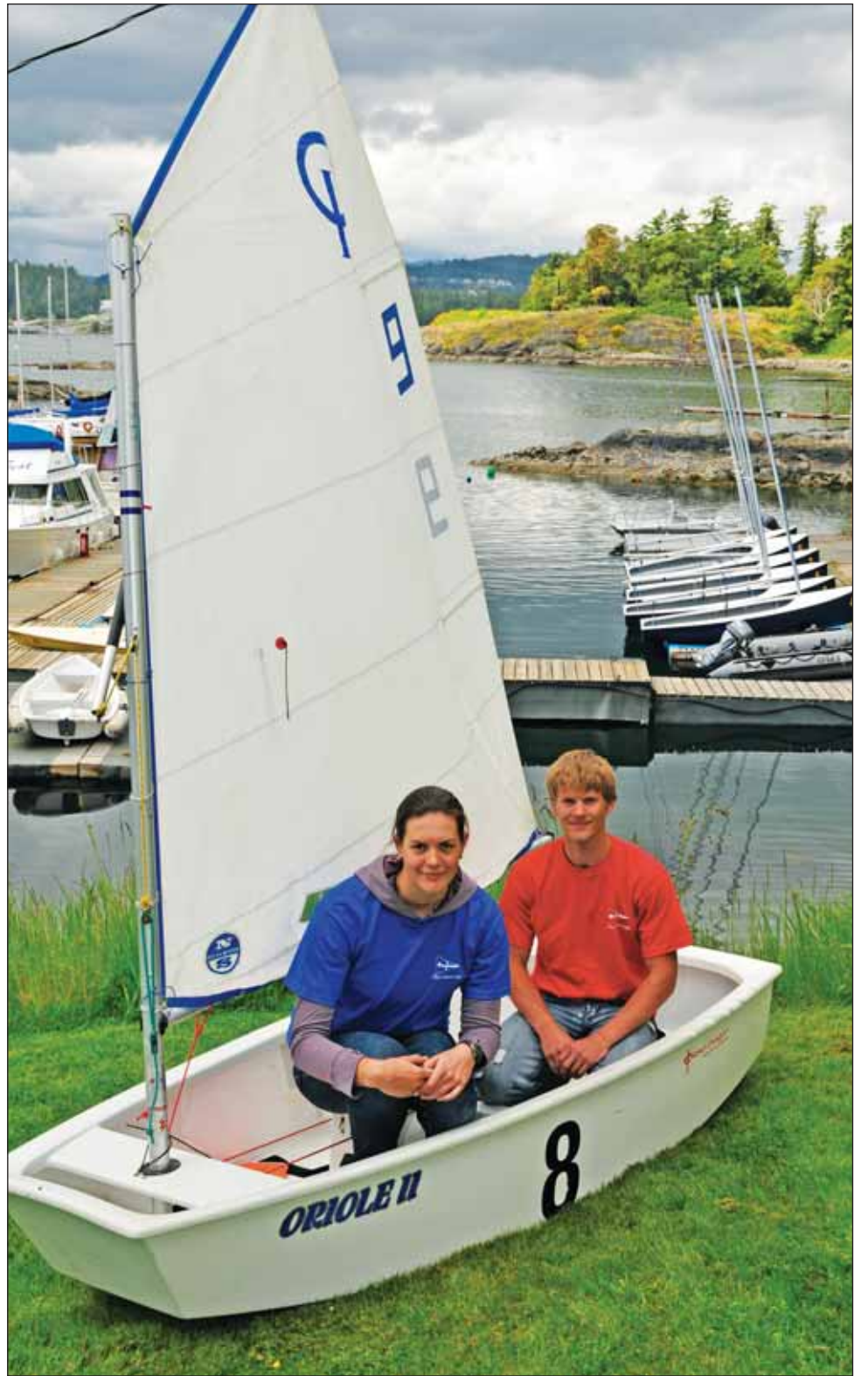
"We operate mostly inside the harbour, but sometimes on Friday's we go to Coal Island and moor the boats and go on shore to have a picnic," says Flanagan.

Sunday Funsail is from 12 to 4 p.m. July through August for CFSA members, students or former students. People with White Sail Level 2 or equivalent can take friends and family members sailing at a cost of \$10 per person. There is an instructor on the water to help and answer questions.

All Department of National Defence members receive discounted rates on CFSA programs.

For details on sailing programs this summer contact 250-385-8873 or email cfsa-training@gmail.com or go to www.cfsa.wordpress.com

To register for one of these programs call the Colwood Pacific Activity Centre at 250-363-1009.



Shelley Lipke, Lookout

Canadian Forces Sailing Association instructors Erin Flanagan and Tyler Keifer are geared up and ready for the new sailing season as they pose with an Opti sailboat overlooking Esquimalt Harbour.

APRIL PRINZ TEAM
Specializing in Residential and Revenue Properties
RE/MAX Camosun
250-744-3301
www.aprilprinz.com

PRETTY FIRST HOME
Absolutely lovely 2 bedroom part basement home on quiet cul de sac with gorgeous back yard and rear lane access. Extensive updating has made the kitchen like new. Ceramic tile flooring and french doors leading onto the back patio perfect for back yard entertaining. MLS 278223 \$385,900

IT'S APRIL AT RE/MAX ALL YEAR LONG!

FOR ALL YOUR BUILDING & RENOVATION SUPPLIES

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

"Military Discount"

We're BIG on value

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

RONA

Bay West Home Centre

220 Bay Street (Bay at Wilson)

Call 250-595-1225 • Fax 250-595-8228

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**

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

Sailors participate in Unicorn events

LCdr Angus Fedoruk
Contributor

To celebrate the Canadian Naval Centennial, Recall 2010 was organized by *HMCS Unicorn* in Saskatoon from April 29 to May 2. In attendance were former members of *Unicorn*, the Navy League, Royal Canadian Sea Cadets and the general public.

Activities included an *Unicorn* open house, community dinner presented in military mess dinner format, Freedom of the City parade and a Battle of the Atlantic ceremony that included *Unicorn*, retired members of the division, cadets from across the province and Saskatoon members of West Coast Maritime Coastal Defence Vessels. Also featured were performances by the RCSCC Jervis Bay Band and the Stone Frigate Big Band.

Naval reserve members from Esquimalt, many hailing from Saskatoon, also attended the festivities and had the opportunity to interact with dignitaries includ-



Photo courtesy of LCdr Angus Fedoruk

PO2 Nicole Phippard (left) and and Commanding Officer of HMCS Saskatoon LCdr Fedoruk (right) present a Rogers' Chocolates Naval Centennial tin to City of Saskatoon Mayor Donald J. Atchison.

ing Donald Atchison, Mayor of Saskatoon; Yelich, Minister of State for Western Economic Honorable Lynne Diversification; and

the sponsor of *HMCS Saskatoon*, Dr. Sylvia Fedoruk.

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

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



PEMBERTON HOLMES
ESTABLISHED 1897

Benefits of Metal Roofing



Cost Effective

Pays for itself the day it's installed. Long life span with low maintenance.

Attractive

Wide range of colours, clean lines and hidden fasteners.

Durable

Raised seams assist in quick drainage, preventing water damage.

Interlocking Profile

Designed as a water barrier. Fire-proof, moss & mildew resistant.

327 Harbour Rd.
382-5154 • www.irwinvi.com

IRWIN INDUSTRIES LTD.
(1968)

MOVING TO **Ottawa**

Patrick will make sure your move goes smoothly:

- With more than 24 years experience.
- Has a full time staff to take care of your needs.
- Experience with relocation procedures.
- Understands your needs and requirements.
- Sold over 1,500 homes.

Patrick has you covered when you come to Ottawa.

SATISFIED CLIENTS: Geoff & Kerri Brown, Jan Kennedy, Kerry & Craig Fowler, Sherry Rumbolt, Paul Boynton, Mark & Roisin Lachapelle, David Jackson, Shelly Patriquin

**Keller Williams
Ottawa Realty**

Brokerage, Independently Owned & Operated

**PATRICK
CREPPIN**
REAL ESTATE, BROKER

Office 613 236-5959

Direct 613 825-8802

PatrickCreppin.com

V.I.M.A.C.S.

The All Collectables Show



Coins, Watches, Comics, Toys, Dolls, Miniatures, Books, Cameras, Cards, Maps, Lego, Militaria, Jewellery, Model Kits, Bottles, Stamps, and more... 200 tables of collectibles.

Pearkes Recreation Centre (Field House)

Behind Tillicum Mall, 3100 Tillicum Road, Victoria

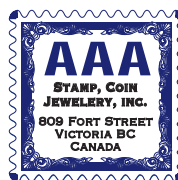
Sunday June 13, 2010 • 10 AM - 4PM

www.allcollectiblesshow.com

General Admission: \$4

KIDS W/ ADULT - FREE

Free Parking



250-384-1315
www.AAAcoinandstamp.com



ROYAL CANADIAN MINT
MONNAIE ROYALE CANADIENNE
www.mint.ca | www.monnaie.ca

1-800-267-1871 Canada
1-800-268-6468 USA



Naval Centennial Giftware
Available from CANEX online at
www.canadiannavalcentennial.ca



CANADIAN TIRE

WE DO Provincial Inspections
7 DAYS A WEEK
MILITARY RATE
CALL NOW TO BOOK YOUR APPOINTMENT!

We offer

- Industry licensed technicians
- Coast to coast warranty
- Modern equipment
- Premium products you can trust
- Open 7 days a week

VIEW ROYAL
1519 Admirals Rd
250-381-5055

WE SALUTE THE NAVY CENTENNIAL

LANGFORD
Westshore Mall
250-474-2291



WESTSHORE U-LOCK MINI STORAGE



✓ Residential and Commercial storage ✓ Award winning, modern facility
✓ Individually alarmed lockers ✓ Easy monthly rentals
✓ Heated lockers ✓ Easy access

1621 Island Highway, 250-478-8767

selfstorage.ca




JOSEPH KING, MD
CLEARLY LASIK

**WHEN YOU ARE SERVING IN OUR FORCES...
GOOD VISION IS THE MOST IMPORTANT
SAFETY TOOL YOU HAVE!**

Laser Vision Correction
NEARSIGHTEDNESS
FARSIGHTEDNESS
& ASTIGATISM



State of the Art technology including Blade-Free IntraLase, Advanced Custom Vue and Iris Registration.

Over 55,000 procedures and 10 years in British Columbia.



FREE CONSULTS & EXAMS FOR LASIK & PRK **250.360.2141**
clearlylasik.com

100% LOCAL CARE • 201-3550 SAANICH RD, VICTORIA \$0 DOWN 0% FINANCING



Vigil lights up cemetery

Photos by Cpl Roderick Hopp, Base Imaging Esquimalt

Above: Members of the parade stand for the playing of "O Canada" at God's Acre Cemetery for the Candlelight Tribute Parade. The annual parade is held to pay tribute to service men and women who have served Canada. More than 2,400 candles were placed on the graves by military members and the public.

Right: RAdm Tyrone Pile, Commander Maritime Forces Pacific, places the first candle on a gravestone.

Bottom right: Members of CFB Esquimalt march into the graveyard.
Below: Representatives of Scouts Canada place their candles.



DIRECT BILLING IN WEST SHORE



Chris Kiiskila
Pharmacy Manager

Proud to offer DND:

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

at Millstream Village

WE ARE PLEASED TO OFFER DND DIRECT BILLING

Live well with **PHARMASAVE**

Millstream Village
250-478-0123
Next to Milestones

Now Open til 9pm Mon-Fri Ample parking



YOUR ADVERTISING \$\$\$ WELL SPENT

for advertising
Contact Joshua Buck

250-363-8602
buck.jj@forces.gc.ca

Walk to Work

now from **\$249,900***

- National Home Warranty
- TD Canada Trust
- Mountain & Ocean Views
- Underground Parking
- Health & Fitness Gym
- Granite Counter-tops
- Hardwood Flooring
- Just 2 Minutes to Base
- National Home Warranty 2yr-5yr-10yr Insured
- Stainless Steel Appliances



Come View Our 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

*Prices subject to change

METRO LEXUS TOYOTA is offering

Special Savings

CENTENNIAL

celebrating 100 years of the Canadian Navy

PLUS
Save up to \$1,000 PST credit ending July 1st



2010 Yaris HB
60 mth lease @ \$162 plus taxes with \$1500 down @ 1.9% lev \$4,867 plus taxes or finance with 0% up to 60 months OAC Stk#101284



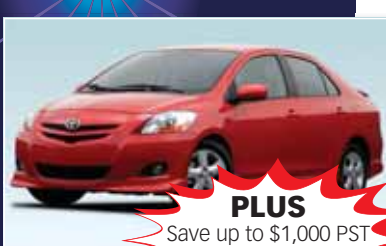
2010 Matrix
fwd 60 mth lease @ \$171 plus taxes with \$2800 down @ 1.9% lev \$5,999 plus taxes or finance with 0% up to 60 mths OAC Stk#101253



2010 Corolla CE
60 mth lease @ \$197 plus taxes with \$1270 down @ 1.9% lev \$6255 plus taxes or finance with 0% up to 60 mths OAC Stk#101305



2010 Tacoma
4x2 access cab 48 mth lease @ \$262 plus taxes with \$3,000 down @ 3.9% lev \$10,296 plus taxes or finance with 3.9% up to 60 mths OAC net of programs. Stk#10854



2010 Yaris Sedan
60 mth lease @ \$177 plus taxes with \$1500 down @ 1.9% lev \$5985 plus taxes or finance with 0% up to 60 mths OAC Stk#101277



2010 Rav 4
4x2 48 mth lease @ \$291 plus taxes with \$3,620 down @ 3.9% lev \$11,314 plus taxes or finance with 0.9% up to 60 mths OAC Stk#101430

PLUS
Save up to \$1,000 PST credit ending July 1st

PLUS
Save up to \$1,000 PST credit ending July 1st

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!

*On approved credit on the CANEX No Interest Credit Plan. See brochure for details.

MetroLexus Toyota victoria

MON-FRI 9-9 • SAT 9-6 • SUN 11-5
DOUGLAS AT FINLAYSON
250-386-3516
WWW.METROTOYOTAVICTORIA.COM
dealer #8353

ADVERTISE
Online

Reach your target audience in digital format.
Call 250-363-3014 for details.

www.lookoutnewspaper.com



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

ENVIRONMENT WEEK

EVENTS AT CFB ESQUIMALT

MAY 31 - JUNE 4

Julie Howe
Formation Environment

We have heard the term "go green" many times, but it is easy to lose sight of *why* we need to do so. Making sustainable choices is not just good for the environment, it is good for each and every one of us. For instance, when we choose cycling over driving a car, not only do we reduce our carbon footprint, we save money and maintain good health as well.

These days, there are an infinite number of ways to help protect and preserve the natural environment. Big or small, every effort counts. Take advantage of all the great events coming up during Environment Week and find out what you can do to become a greener citizen.

And remember, Environment Week is not just about raising awareness, it is also a way to celebrate achievements and accomplishments as efforts to live sustainably continue worldwide.

Monday May 31

The Face of Sustainability
Previous to this event, Branch Heads and Unit Environmental Officers nominated employees who actively encourage and participate in sustainable activities. Today the winner will be presented with a certificate and his or her bio will be displayed on the MARPAC Notice Board.

Tuesday June 1

11:30 a.m. - 1 p.m.
The Green Citizen Passport Program (GCPP)

Please join us today in the FMF Cafeteria to learn more about the GCPP, an online program where you earn prizes for making sustainable choices at work and at home. Don't miss the chance to enter in a draw to win an eco-reward.

Wednesday June 2

6:30 - 7:30 a.m.

Clean Air Day

This week is also Bike to Work Week, and Personnel Support Programs is hosting a breakfast for all cyclists in the CANEX parking lot. Formation Environment will be there to provide resources and information regarding alternative modes of transportation (cycling, ride-share, etc.).

Thursday June 3

Learning Lunch: Organic Gardening and Composting

Noon - 1 p.m.

Please join us today in building D199 Room 200 (Large Conference Room,) to learn about organic composting and gardening. Don't miss out on the eco-reward draw!

Friday June 4

The UN International Year of Biodiversity
Check out the Nature Kits online (will be posted on the splash screen) the kit gives families an opportunity to get outdoors and learn about B.C.'s biodiversity.

The Green Citizen Passport Program (GCPP)

11:30 a.m. - 1 p.m.

If you missed out on Tuesday, you can learn more about the GCPP today in the Hood Building (575) Cafeteria. Don't miss the eco-reward draw!

POSTED TO NOVA SCOTIA

Relocating to Halifax? We can help.

Links to many resources for those in the military who are relocating to a new area.

Free benefits to assist military men and women in the move.

ALG's VIP Client Advantage Program offers active & retired military personnel many advantages, benefits and discounts.



Byron Balcom
Managing Partner
bbalcom@algvip.com
1-800-375-3884



www.relocatecanadianmilitary.com

Need help finding the perfect home?

Relocating to a new area can be stressful, but it does not have to be. As a retired military person myself I know that having the right person on your side is key in finding the best home for you and your family. I work for you and with you to make sure that the transition is as smooth as possible.

Buying or selling? Call me.
Family Real Estate Advisor.



John Dulong
Owner/REALTOR®
johndulong@exitmetro.ca
902-209-4761



www.sellhalifax.com

First aid training goes combat

Shelley Lipke
Staff writer

The naval boarding party training cell was alive with action on May 20 and 21 when boarding party members joined stewards and health services personnel for a new type of first aid training.

Using sea-based fictional scenarios, with gunshots and victims, boarding party members were tasked to attend to the wounded as part of a combat first aid course.

The course was originally developed for use by the army, but now it's being used to train navy personnel - casualty clearing teams and the naval boarding party.

"The main focus of this course is hemorrhage control," said LCdr Elmer Roque, Fleet Support Medical Officer. "The majority of deaths on the battlefield are from loss of blood, so the military has adopted the use of several tools to minimize blood loss."

One tool is the Israeli bandage that has been adopted by the Canadian Forces for combat scenarios. It is a very user friendly bandage that applies pressure to the wound to minimize bleeding.

Members also practiced using a combat application tourniquet (CAT) and quick clot Combat Gauze, which is impregnated gauze that causes the blood to clot in order to quickly stop bleeding.

The two-day course began with classroom theory on procedures and an introduction to the new medical equipment, and then moved into scenarios. The students were put into a threatening environment with smoke, simulators, ammunition, and explosions and had to apply their newly acquired first aid knowledge. Some of the scenarios included the following: an explosion in the engine room, an initially compliant boarding with subsequent gun fire, and a grenade explosion resulting in multiple casualties.

"This better prepares them to respond to significant tactical threats while managing casualties," said LCdr Roque.

The casualty clearing team was made up of stewards and cooks. Each scenario was unique and focused on a different first aid perspective.

"The boarding party and casualty clearers have responded positively to this course and see the value in its potential to save lives. They were 100 per cent immersed in the simulations and very eager to learn," he said.

The naval boarding party, stewards and health services personnel participated in a two-day training course to utilize combat first aid. Simulations and scenarios challenged members to use bandages and first aid techniques adopted by the army through this course, but are now being used by the navy.

Right: LS Chris McGowan attends to "casualty" OS Jonathon Abraham.



Photos by Shelley Lipke, Lookout

Rooftop Surfclub

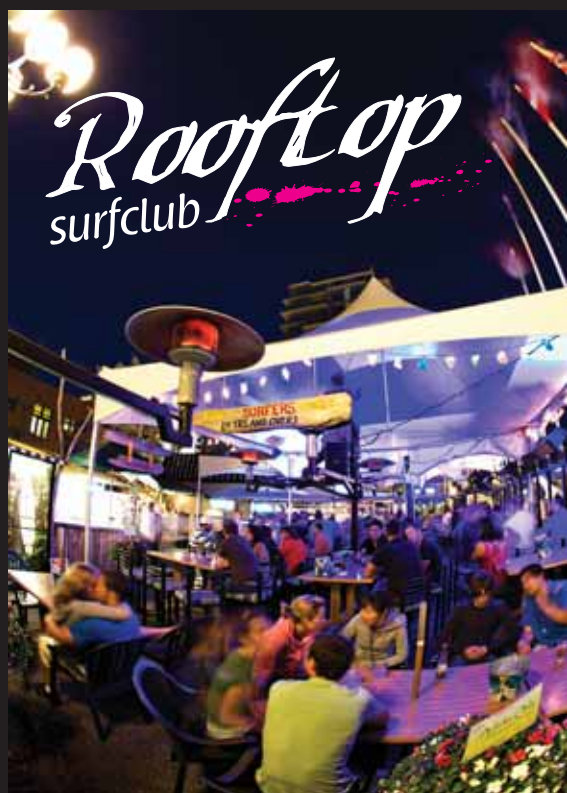
June 10 - **Country Night** - that's all country all night on The Rooftop W/ DJ Clinton playing your favorite country and rock hits.

8pm - 1am \$4 Coronas

June 11 - **Fridays on the Rooftop** -

Buckets of Canadian bottles (5) \$24.00

June 12 - **Saturday on the Rooftop** - No cover Saturday on the rooftop, the party just never ends!



The Clubhouse

June 10 - **Mixtape** - in the clubhouse W/ Jeremy Baker Playing all the best in modern rock.

June 11 - **DJ Pat Shade** - in the Clubhouse, playing your favourites old and new.

June 12 - **One Night is Not Enough** - DJ Pat Shade in the Clubhouse, playing your rock and roll favourites.

Fri / Sat no cover before 11pm w/ proof of military ID

New Friends
...meet at the
Clubhouse!



Thursday · Friday · Saturday
Victoria's Entertainment Center!

Element Nightclub

June 10 - **Lights Out** - in Element, top 40, electro and hip hop W/ DJ Trekk & Coki.

All Drinks \$3 10pm -2am

June 11 - **Friday Night Sessions** - W/ DJ Reign & Marshall A. Doors @ 10pm Cover \$7 tons of prizes only @ Element Nightclub.

June 12 - **Saturday UFC 112** - Liddel Vs Franklin @ Element. Come watch the fight on our 3 giant 8x6 screens & 7 surrounding plasma TVs. Cover only \$3 (come for the fight, you can stay for the party!) Pizza by the slice \$3

June 12 - **Saturday Night Seduction** - W/ DJ Reign & Marshall A Doors @ 10pm Cover \$8 (no cover before 11pm w/ proof of military ID) tons of prizes only @ Element Nightclub!





SIX COMMISSIONED CANADIAN NAVAL CENTENNIAL PRINTS LIMITED EDITION



UNFRAMED CAD – \$800.00

NOW AVAILABLE



FOR FRAMING COST AND INFORMATION CONTACT: SARAH.ENG@FORCES.GC.CA OR 721-7805

TO PURCHASE PLEASE VISIT OUR WEBSITE

WWW.NAVY2010GIFTWARE.COM

Bravo ZULU



MS Michael Johnson receives his Canadian Forces Decoration from Cdr Kirby McBurney.



PO2 Ernie Boudreault is promoted to Petty Officer First Class by Cdr Kirby McBurney.



PO1 Michael Mehlmann receives the first clasp to his Canadian Forces Decoration from Cdr Kirby McBurney.

Are you a serving member who has been **injured in a non-DND accident** that is affecting your employment?



Does your lawyer understand the military process?
Have your lawyer contact Military Career Consultants for assistance.

Paul J. Paone, CD
250-479-0548
militarycc@telus.net

BUILD YOUR BUSINESS WITH LOOKOUT CLASSIFIEDS
CALL 250-363-3014 TO ADVERTISE

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

For all your RV needs



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

trianglerv.com
250-656-1122



MICHAEL LOMAX CD

Lawyer/Mediator


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

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

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

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

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.

Canadian Naval Centennial International Fleet Review

June 9-14, 2010

Victoria

BRITISH COLUMBIA, CANADA



See next week's Lookout for all the details!

Upcoming recreation events

Natalie Vincent PSP

Bike to Work Week is coming up May 31-June 6. Personnel Support Programs is offering a breakfast at the CANEX parking lot at Naden on June 2 from 6:30-7:30 a.m. This event is free.

Also free is the Bike to Work Week barbecue on June 2 from 3-6 p.m. located in the parking lot at Colville/Admirals Road intersection.

Cardio Blast pool program
Wed/Fri
4:30-5:30 p.m.
Naden Pool
10 classes/\$40

Swim Lessons
Mondays nights at the Naden Pool - lesson prices vary.

Petite Princess Pampering
June 4
5-8 p.m.
CPAC
\$15

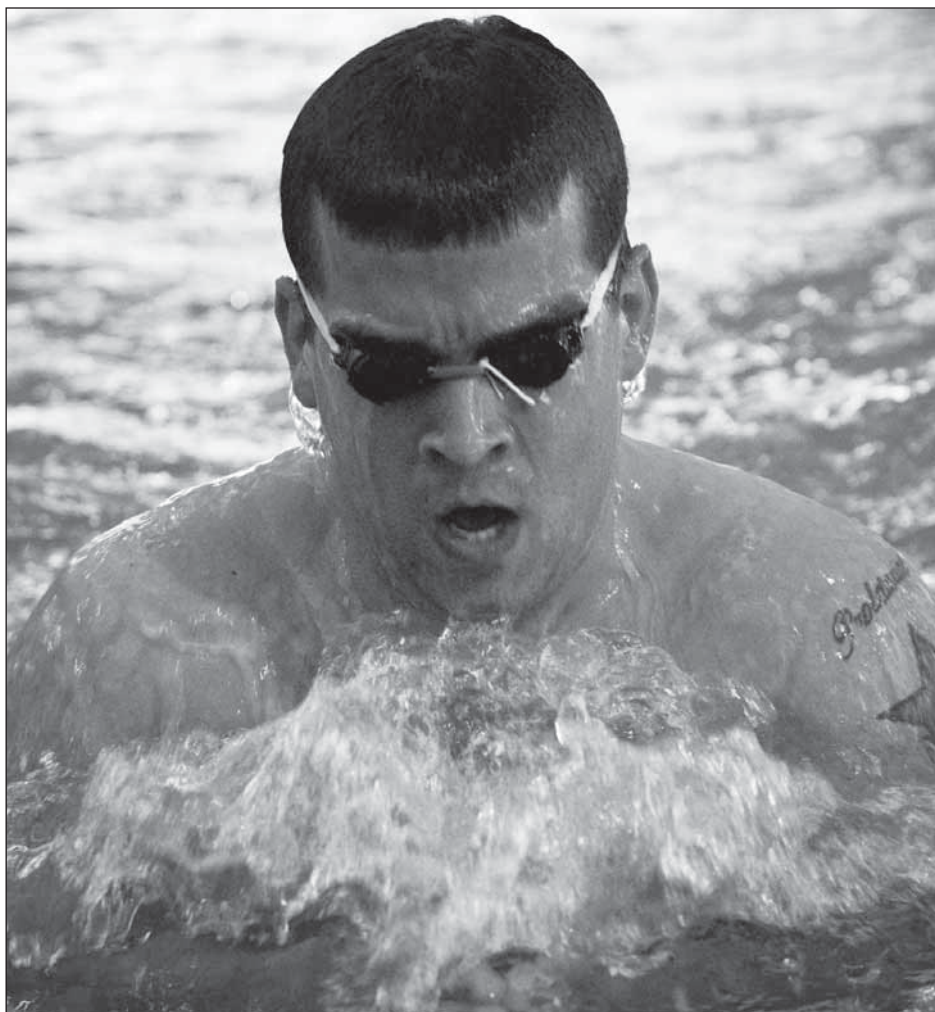
Youth Leadership Program
June 5
9 a.m. - 3 p.m.
CPAC
\$30

Stability Ball
Thursday May 27
June 24
7-8 p.m.
CPAC
5 classes/\$37 (TBC)

Noon Hour Aquafit at Naden Pool - FREE

Coming later this summer is the PSP Hockey Camp hosted by Len Barrie Hockey Academy. Aug. 23-27 for ages 6-16 years - \$310.

Youth Outdoor Music Event starring Fatal Attraction on Friday, June 25 at the Youth Activity Centre in Belmont Park.




A/SLt Adam Lovely trains in the Naden Athletic Centre pool.

Penny Rogers, Lookout

INMEMORIAM



Twenty-six-year-old Trooper Larry Rudd from the Royal Canadian Dragoons was killed by an improvised explosive device during a routine security operation in Afghanistan on May 24.



MOTORCYCLE RIDER TRAINING

NOVICE & TRAFFIC PROGRAMS

EXPERIENCED RIDER COURSES

VEHICLE DRIVING LESSONS

250-478-9584
www.visafetycouncil.com

CANADA'S NAVAL MEMORIAL



H.M.C.S. SACKVILLE

MÉMORIAL NAVAL CANADIEN





HMCS SACKVILLE - Canada's Last Corvette

Of the 269 'Flower Class' corvettes built during WWII, more than 100 came from Canada. And there is only one left: HMCS SACKVILLE. This Canadian ship is living history, connecting us to a proud legacy.

As the Canadian Navy celebrates its Centennial in 2010, help us preserve Canada's Naval Memorial by becoming a Trustee or lifetime Member.

Canadian Naval Memorial Trust
HMCS Sackville
PO Box 99000 Stn Forces
Halifax NS B3K 5X5
Tel: Dockyard winter: (902) 427-2837
Museum summer: (902) 429-2132
www.hmcssackville.ca

SACKVILLE welcomes visitors on the Halifax Waterfront during the summer and is berthed in HMC Dockyard during the winter.

"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





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

BUS. OPPORTUNITIES

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

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. www.123bossfree.com.

MISC. FOR SALE

1980 27 FT. BAYLINER Mercruiser 260. Sleeps 5. Bimini Top, Swim Grid, Zodiac. Surveyed Sept. 2009. Moored at Work Point. Excellent condition. Posted. \$14,500. 250-590-1510.

MOTORCYCLES

2003 KAWASAKI CONCOURS MOTORCYCLE. 40,000 KMS. Good shape. Red & Blk. Should be Seen. Asking \$6,500.00 250-474-5940 Ask for Steve.

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

Your ad here

For word or display ads, call 363-3014

VEHICLES FOR SALE

2003 MITSUBISHI ECLIPSE SPYDER GTS \$14900 OBO. 3.0L V6 68K 5 speed. FULLY LOADED. Power everything. Dark maroon-red. convertible, leather seats. 7.1 infinity DVD/CD/MP3 Touch screen sound system. 17in low profile rims. Fantastic shape! Perfect for summer! 250-893-2611.

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

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

AUTOMOTIVE

ESQUIMALT AUTO/MARINE

Victoria's Auto/Marine parts experts

AUTOPLUS 

624 Admirals Road
386-8877
Open 7 days a week

PERSONALS

Single? GOT 6 MINUTES? try speed dating

It's fun, it's easy, it's sociable.

www.islandrendezvous.ca

REAL ESTATE • FOR RENT

2 BDRM BSMT SUITE Vic West with yard, wheelchair accessible. Easy bus connections to Dockyard and downtown Victoria. Yard, fruit trees, wheelchair accessible. Warm, secure, bright, new paint throughout. NS/NP, no parking. \$899/mo. all inclusive. 250-885-1227.

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

BROWN BROS SINCE 1918
250-385-8771

- \$850 - Russell St.**
2 bdrm unit in family oriented building, near park, school & shopping, NS, cat considered. Avail. immed., lease.
- \$650 - Shoreline Dr.**
Deluxe 1 bdrm. suite, 4 appls., avail. immed., NS/NP, lease.
- \$850 - Esquimalt Rd.**
Bright 1 bdrm + den condo in adult oriented bldg. 3 appls., balcony, NS/NP, avail. immed. Lease.
- \$750 - 837 Ellery St.**
1 bdrm. Avail July 1, NS/NP
250-217-1718 250-217-0757

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

www.lookoutnewspaper.com

ROCKHEIGHTS AREA NEWLEY RENOVATED 1g. 1bdrm and den basement suite. Shared patio, two indoor storage areas, Private entrance. Close to all amenities. 15 min. walk to the base. NS/NP, basic utilities plus cable are incl. \$875 mo. Avail. Immed. Email us at lapage@telus.net or phone 250-388-0705 A must see!

2 BDRM SUITE SOOKE. Modern, Bright, Spacious. No Step Entry, Near Bus. Shared Laundry, Utilities Included. N/S N/P \$850 250 642-6415 Avail. July 1st.

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

PROLINE
PROPERTY MANAGERS

A professional investment in your property

Shawnigan/Malahat

Ideal home for small family or couple who wants extra rooms. Brand new 3 bedroom, 2 bathroom house in Shawnigan Lake (17 minutes to Langford). 6 appls, gas, f/p, 2 car garage, 1200 sq ft, available now.

\$1500. Pet considered, no smokers.

Contact Arnold (250) 475-6440 ext 126
arnold@property-managers.net

Visit Proline Management Ltd.
www.property-managers.net

Attention: DND

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.

www.caprent.com • (250) 381-5084
MOVE IN BONUS. Call for details



FINANCIAL

Chart the right course to financial success

With markets continuing to deliver turbulence, even the most level-headed investors among us may begin to second-guess their financial strategies. It is precisely during times like these that a long-term financial plan becomes more important than ever.

Call now to find out more about how The Plan™ by Investors Group can help you prosper now... and over time.

™ Trademarks owned by IGM Financial Inc. and licensed to its subsidiary corporations. MP1539 (01/2009)

Jesse Harris
Consultant

250-388-4234
jesse.harris@investorsgroup.com



Investors Group Financial Services Inc.

PROPERTIES OWNED AND MANAGED BY EY PROPERTIES LTD. 250-361-3690
FREE Heat & Hot Water

MACAULAY EAST
948 Esquimalt Rd.
Bachelor, 1,2 & 3 Bdrm
Manager 250-380-4663

MACAULAY NORTH
980 Wordsley St.
1 & 2 Bedroom
Manager 250-384-8932

To view these and other properties, visit
Toll Free 1-866-217-3612 • www.eyproperties.com

Esquimalt Park Terrace

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

250-888-1212

SWANS SUITE HOTEL & BREWPUB

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

Devon PROPERTIES LTD.
www.devonprop.com
No Pets allowed in any building

Esquimalt 1180 Colville
2 Bdrms from \$925, avail NOW.
Large suites. Mgr 250-360-1983.

Esquimalt 855 Ellery
2 bdrms from \$925, avail NOW & June 1
Clean, quiet building.
Mgr 250-382-2157.

Esquimalt 103/105 Gorge Rd
1 bdrms from \$795, avail NOW.
Mgr 250-595-7000.

REAL ESTATE • FOR SALE

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



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

SHAWNIGAN LAKE. BEACH access. 3 Poss, 4 bdrm. 2.5 bth. 2 storey, fenced yard, newer roof. Just under 3000 sqft. Close to village, schools, shopping. Easy Victoria commute. Call or Email 778-433-0711 ksoflaherty@shaw.ca

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


WALK TO WORK
 4 bedroom house a must see. All new paint outside, newer furnace, new fridge and stove, jet tub upstairs, fully fenced back yard, waterview. Good investment and family home. www.jim4homes.ca

\$ 422,000

Remax Camosun
 Jim Dergousoff • 250-744-3301

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

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

BUYER'S CASH BACK
Get 50% back
 with a minimum \$2000 to you
 From my 3% 100K and 1.5% Bal. commission

Ray Kong P. Eng
 Realtor, Professional Engineer
 top 1% in sales among Victoria agents
250-858-0099
www.raykong.ca

 *Rebate on buying commission only with min. \$5900 to realtor

Posted to Halifax?

Melva Reid
 Real Estate Professional
 cell 902.403.5420

mreid@exitoptimum.com
www.exitwithmelva.com

MORTGAGE CONSULTANTS

Get pre-approved now!
 Get into the market while rates are still low...

LAWLESS & BROWN
 MORTGAGE TEAM
 Accredited Mortgage Professionals
Krista 250-656-0855 • 1-866-656-0858 • lawlessbrown.com **Sherri**

FISHERMAN'S WHARF VILLAGE
 Affordable waterfront living, just minutes from downtown Victoria
1 450+ sq ft, one loft bedroom, fully furnished. Completely renovated in 2004 with large cedar deck overlooking Inner Harbour. Moorage for one small boat permitted. MLS# 269729. \$160,000
 To view call owner at 250-415-8063 or dchicanot@gmail.com.
2 "The Hermitage" - a one bedroom + den floathome in the Village. A friendly community in the heart of James Bay. Price includes a 14 foot dinghy with sail kit and oars. MLS #276079. \$281,000.
 Call 250-383-6218 or 250-686-2242 to view.

Lookout Classifieds Work!
 Call 363-3014 to advertise.

363-3014 DEADLINE Thurs. 11am

See it ALL ONLINE

 Read the "paperless" newspaper. Download the PDF online.
lookoutnewspaper.com

Mortgages made easy.
Jim Westhead Mortgage & Refinance Specialist

DLC PRIME MORTGAGE WORKS INC.
 250.391.4487 • jimwesthead@shaw.ca

Posted to Victoria?
5 homes under \$475,000
 Special financing on these homes, 4.84% O.A.C. 2-7 year term, PLUS get 2-3% CASH BACK to YOU to spend anyway you like! Offer 30 day quick close from date of offer. Relocation packages sent to you immediately upon request.

	mls#	
3 level townhouse, 2004	277728	\$454,900
2 bdrm 1918 character	276009	\$469,900
2 bdrm, 2 bath condo, 2007	276324	\$412,000
2 bdrm condo, age 55+	278439	\$214,900
2 bdrm + den townhouse	NEW	\$315,000

ATTENTION: Buyers/Sellers
Exclusive to DND
Sellers receive \$1000 cash back
Buyers receive \$500 cash back
 visit www.erinkenny.ca

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



CALL DIRECT 250-213-7444
Shelly Reed
 I listen and I care!
 For open house & photos:
www.shellyreed.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

Base Taxi Service
 for Naden, Dockyard & WorkPoint
 Operates 7:30am to 3pm Monday to Friday.
 Try to use Base Rounders before calling the Base Taxi to reduce wait times.

Taxi Dispatch 363-2384
 Available for military-related appointments or meetings on base only.

Bike to Work Week
 May 31 - June 6, 2010

This is it!

Michael Phillips, Parking Services
 "I bike to work because just a few years ago I went through a brain injury and my daily commute reminds me to enjoy each and every day. I encourage others to give it a try."

 Register at www.biketowork.ca/victoria
 Design by Galloping Goose

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

Join this focus group

ADM (HR-Civ)
DGCESP - DDWB

As part of the DND civilian employment equity and diversity program, ADM (HR-Civ) DDWB will soon be conducting a series of focus groups on disability management practices (workplace accommodation and return to work) for civilian employees.

If any of the following criteria applies to you within the past four years you are invited to share your experience:

- You have returned to the workplace after being absent from work for a period greater than two months due to injury or illness; or
 - You have requested workplace accommodations such as an ergonomic chair, adaptive technology, modifications to your workstation, flexibility in your hours of work; or
 - You have requested an ergonomic assessment.
- Being an employer of choice also means we accommodate our employees while at work or returning to work and by sharing your experience and your ideas regarding workplace accom-

modation or reintegration in the workplace you will help improve our services.

Focus groups will be held at the following locations: Halifax, Montreal, Ottawa, Borden, Petawawa, Winnipeg and Esquimalt.

You can register for the focus groups by sending an e-mail to the Diversity mailbox at: +Diversity-diversite@ADM(HR-Civ) DDWB@Ottawa-Hull. Managers who assisted employees through either of these processes will be asked to participate in a separate focus group.

For more information, dates and time of the focus groups, please contact Lucie Savard, Team Leader, EE Planning, Monitoring and Reporting, Directorate Diversity and Well-Being (DDWB), at (613)944-7130. Director General Military Personnel Research and Analysis authorizes the administration of this study within DND/CF in accordance with CANFORGEN 198/08 CMP 084/08 271214Z Oct 08. Authorization number 856/10.



Rose Brine
Sales Agent

Cellular (902) 471-2934
Office (902) 835-2000

rosebrine@ns.sympatico.ca
200-15 Dartmouth Rd, Bedford, NS



www.postedtohalifax.com



Professional Independent Advice

- Investments • Lending
- Insurance • Pensions

www.hatchmuir.com



250-953-8552

Nick Woloszczuk
nick@hatchmuir.com

SERVICE BILINGUE

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

We offer ADDITIONAL SAVINGS to Canadian Armed Forces.



0% PURCHASE FINANCING FOR UP TO 72 MONTHS ON SELECT 2010 LANCER MODELS†



2010 LANCER Now From
\$15,998[‡]



0% PURCHASE FINANCING FOR UP TO 60 MONTHS ON 2010 OUTLANDER MODELS‡

2010 Outlander XLS 4WD
Features including†:

- 3.0L 230 hp V6 engine
- Super All-Wheel Control with Active Front Differential
- 6-speed automatic transmission with Sportronic® paddle shifters
- Leather seating surfaces
- Hill Start Assist
- Power sunroof

RIGHT TO PLAY CHALLENGE 2010

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

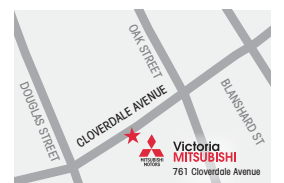
Right To Play is a Canadian-based international humanitarian organization that uses the transformative power of sport and play to improve health, develop life skills and foster peace for children and communities in some of the most disadvantaged areas of the world.



Victoria MITSUBISHI

761 Cloverdale Avenue
(250) 220-8100
www.victoriamitsubishi.com

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



Smart customers always read the fine print. † Features listed are standard on 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 May 31, 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. See participating dealer for details. ‡ \$1,000 discount (\$750 from Mitsubishi Motors \$250 from dealer) valid on the retail purchase/finance/lease of 2010 Lancer DE models only. \$1,000 will be deducted from the negotiated purchase/finance/lease price after taxes and may be used towards down payment, monthly payments, or selling price. Selling price (including \$1,000 discount) from \$15,998 on base model 2010 Lancer DE (CL41-A C05). ‡ Purchase financing at 0% APR available through Bank of Nova Scotia and Bank of Montreal for up to 72 months on all new 2010 Lancer DE and SE models and 60 months on all new Lancer GTS and Outlander models (Lancer Evolution models excluded). Financing example: 2010 Lancer DE (CL41-A C05)/ 2010 Outlander ES 2WD (CO45-A C04) with an MSRP of \$15,998 (includes \$1,000 discount)/\$25,498 financed at 0% over 72/60 months equals \$223/\$425 a month with a down payment of \$0, a cost of borrowing of \$0, and a total obligation of \$15,998/\$25,498. 2010 Lancer GTS/2010 Outlander XLS 4WD model shown with an MSRP of \$23,598 /\$34,498. * Whichever comes first. 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# 381_10-05-31.