

Volume 55 Number 24 | June 14, 2010
MARPAQ NEWS CFB Esquimalt, Victoria, B.C.

LOOKOUT



Anne Flynn
Mortgage Consultant
250-516-5262



Don Barr
Mortgage Consultant
250-744-6984

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



www.anneflynn.ca



A Festive Parade of Nations

Shelley Lipke, Lookout

It was a proud day for the Canadian Navy and Maritime Forces Pacific last Friday as sailors from five nations joined Canadian sailors on a parade from Ship Point to the B.C. Legislature and back. The Naden Band led the Parade of Nations with Band Chief CPO2 Pierre Cayer at the front.

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

House Cleaning for Veterans

- Registered DVA provider
- Directly bill Blue Cross
- Bonded & Insured

Call today for a
FREE ESTIMATE

www.merrymaids.com 250-598-6243

merry maids
Relax. It's Done.®

WELCOME TO MCDONALD'S

\$1 CONES*

Military Special



i'm lovin' it

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

NAVY TOWN

Victoria was a sea of international sailors last week as ships from five nations joined Canada in celebrating its Navy's 100th anniversary



Shelley Lipke, Lookout

- Clockwise from left:
- RAdm Tyrone Pile, Commander Maritime Forces Pacific, snips the ribbon to mark the opening of the Welcoming Centre for the International Fleet Review.
 - VAdm Dean McFadden, Chief of the Maritime Staff, gets a hug from the new Canadian Naval Centennial mascot, a Newfoundland dog. A contest is underway to name the character.
 - The New Zealand contingent of sailors marches past the B.C. Legislature.
 - The Snowbirds wowed Victoria citizens as they practiced their aerial acrobatics on Friday in preparation for Saturday's demonstration.
 - Debra Pile helps her husband, RAdm Pile, don his uniform jacket with the new executive curl, which was unveiled before the Parade of Nations.



Shelley Lipke, Lookout



Shelley Lipke, Lookout



Shelley Lipke, Lookout



Roland Barrett, Contributor



Roland Barrett, Contributor

HMCS Winnipeg takes shape in Lego

Shelley Lipke
Staff writer

Once assembled, it was a sight to behold.

More than 6,500 pieces of gun metal grey Lego bricks, one by one, were precisely snapped into place to create an eight foot replica of *HMCS Winnipeg*.

It took six months before 31-year-old Shane Weckstrom could stand back and admire his work.

This is his largest and most complicated Lego project to date, which began with a call from the Surrey Museum requesting Vancouver Lego Club's help hosting a pirate-themed Lego exhibit this summer.

The Canadian frigate's work last summer thwarting attempts of piracy in the Gulf of Aden became his theme.

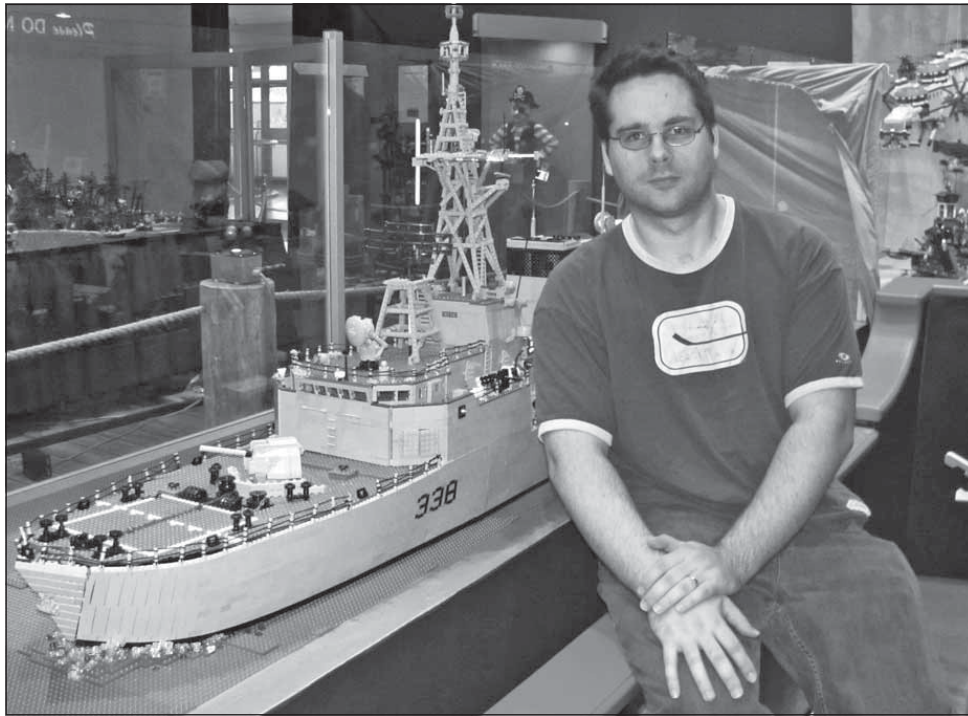
"I've always wanted to do a modern naval ship so I did some research into which Canadian vessels were involved in the anti-piracy force with NATO, and at the time *Winnipeg* had just finished the mission. It was the perfect ship to build."

Weckstrom researched the warship on the Canadian Forces website.

"I had to get specs of the ship, so I did a lot of virtual tours to learn all about it. Once I had the length of the beam I was able to determine the scale, and because I wanted it to be scaled to the Lego mini figures, it meant I had committed myself to build a ship that was eight feet long. I realized I would need a whole bunch of grey bricks," he said.

Special orders and disassembly of his other models followed to acquire the more than 6,500 grey bricks. During construction, Weckstrom had to set aside his creative adapting and work to a set design that was true to the real ship.

"This was the biggest project I've ever done and the biggest concern was build-



Pierre Chum, Contributor

Lego enthusiast Shane Weckstrom's most recent project, a replica of HMCS Winnipeg, took six months and more than 6,500 pieces of Lego to finish. His model is on display at the Surrey museum this summer.

ing the bow. Lego is typically square and it was technically challenging to give it a curved effect. I had to use a combination of square and sloped bricks to give the bow a realistic shape. This is an achievement I'm most proud of," he said.

It was coming together nicely until a week before the May 22 exhibit date, when the unimaginable occurred.

"I have two young boys and I'm not sure which one did it because they both blame each other. But to my shock I discovered the entire front third of the boat was completely disassembled and destroyed. It looked like something hit it with great force," said Weckstrom.

Pieces were even found under the fridge and stove. He gathered them up and began the repair.

"I was down to the eleventh hour before it was done, but once I completed it, I felt very relieved."

To get it to the museum he had to disassemble it into six sections, and then

put it together at the museum. Worth \$1,200 in Lego bricks, it's now safely showcased behind glass in the museum for the summer.

Weckstrom's *Winnipeg* display depicts the ship intercepting an attack by modern pirates using a decoy boat that has been captured by *Winnipeg's* Rigid Hull Inflatable Boat (RHIB). Nearby another pirate boat is attempting to board a fishing boat.

The model features two automated rotating radars, LED port and starboard lights, a manually operated custom rolling helicopter hanger door, and is complete with a Sea King helicopter sitting on the flight deck.

The weapons and sensors duplicated on the model include the 57mm automatic gun, Sea Sparrow guided missile systems, Close In Weapons System and 50 calibre machine guns.

"The feedback from the museum has been really good so far," he said. "Lego is a very flexible form of art and for me it has the

childhood attachment. One of the biggest things I like about this exhibit is seeing the reaction of the children and adults who visit it. It's very gratifying when we put our Lego models on display. I think naval buffs will also appreciate the old naval ships, an old colonial fort being attacked by pirates, a beautiful replica of New Orleans back in the pirate days. It's also neat to see the reaction of adults as they reminisce about their childhood."

The pirate-themed Bricks and Buccaneers exhibit began May 22 at the Surrey Museum and runs through to the end of August. The exhibit is comprised entirely of Lego and includes vintage sets, underwater sections, and fictional components all relating to the pirate theme.

"I think the crew of *HMCS Winnipeg* should be proud of the mission they accomplished. I could have picked any ship, but because of that specific mission, I wanted to model *Winnipeg* for this display," he said.

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

10% off
any Truck
Rate

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

Car and Truck Rentals

SELECT
MORTGAGE CORP

Who said rates were rising??? NEW...
PRIME minus .70%... that is only 1.80%

Best 5yr fixed rate - 4.15% Best 10yr fixed rate - 5.25%

Call today to discuss your options.

Inquire OR apply at 250-888-8036, www.mortgagesbylori.com

Each VERICO broker is an independent owner operator

Lori Lenaghan
MORTGAGE CONSULTANT
C. 250-888-8036

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

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.

IRWIN INDUSTRIES LTD. (1968)

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

DOWNTOWN VANCOUVER
YWCAHOTEL
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.

MEXICO

1 week at a 4-star All-Inclusive Resort
Depart from Vancouver
Puerto Vallarta from \$497
Per person, based on double. Taxes additional.

Call today for more info!

250-953-6640
BaseTravel@Geo.ca

UNIGLOBE
Geo Travel

In the CANEX Building off Admirals Road

matters of OPINION

WHO WE ARE

MANAGING EDITOR

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

STAFF WRITER

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

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 lundi, sous l'égide du Capt(N) Marcel Hallé, Commandant de la Base.

The editor reserves the right to edit, abridge or reject copy or advertising to adhere to policy as outlined in CFAO 57.5. Views and opinions expressed are not necessarily those of the Department of National Defence.

Le Rédacteur se réserve le droit de modifier, de condenser ou de rejeter les articles, photographies, ou annonces publicitaires pour adhérer à l'OAFCS7.5. 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



People Talk

Lookout asked this question:

If you could ensure one single personality trait in your children what would you want it to be?



I think a good sense of humour. If you can't laugh at things in this world then you're in trouble. Also I would say fair play. There are too many people that want to circumvent the system and if that happens it's not fair to other people.

WO Jonathan Morley



Respect, because children should respect everybody around them, as well as the environment. They have to respect their dad, mom, and friends. Without respect there are lots of issues, and people who have respect will honour themselves. My two kids are very respectful. I make sure of that.

LS Patrick Lefrancois



It would be humour because it always cuts the tension. I have one son and he's just like his dad with an A.D.D. sense of humour. He's a smart little guy with a good sense of humour.

Cpl Wayne Hannah



I would say honesty. It's a big thing and it comes with a lot of responsibility. Honest people help you to be open and tell the truth and this helps to build trust in other people. I have a nine-year-old son and he just went through a big phase, and now he is learning how to be honest. It makes me proud to see that his confidence and ability to tell the truth are developing.

MS Jessica Cooley



Compassion. I think it's hard to be compassionate to people. Stuff happens, you get busy and you also get jaded by life's experiences. People aren't always necessarily nice to you. I don't have kids, but if I did this would be an important character trait for my children.

LS Shanna Currie

WHAT SAY WE

The A Team a great summer popcorn flick

W. Andrew Powell The GATE

Opening at a theatre near you, franchise dreams are riding high with the remake of *The A-Team*, starring Bradley Cooper and Liam Neeson.

The A-Team

When I was growing up there were few things that were as cool as *The A-Team*. This somewhat violent, but family-friendly show is probably one of my most vivid memories from childhood. Even if I can't recall a single episode from beginning to end, *The A-Team* was simply a lot of fun, and if you wanted to spend a good hour with the television, there was hardly anything more entertaining, at least for boys my age.

Jump ahead to 2010 and expectations were pretty mixed for director and co-writer Joe Carnahan's big screen adaptation of what many might call somewhat hallowed ground. The good news is that Carnahan apparently knew a little bit about what

he was doing, because this new *A-Team* will leave fans with a smile on their face, wanting more.

Liam Neeson stars as Hannibal, the tough but wise leader of a small group of U.S. Special Forces do-gooders who are called in when no one else can do the job. These former soldiers include the ladies man, Face (Bradley Cooper), tough guy B.A. Baracus (Quinton Jackson), and the resident weirdo pilot, Murdock (Sharlto Copley).

Starting out when the group randomly came together in Mexico, *The A-Team* jumps into gear when they are sent, some time later, on a high-profile mission to secretly retrieve a case of stolen printing plates that could be used to make piles of American money.

Little does the team know, however, that someone has set them up, and when they triumphantly return with the plates, and a crate of fake cash, the only man who knew about their mission is killed, and the plates are snatched up by a team of mercenaries.

Looking like the villains, the



Photo by Doug Curran

Face (Bradley Cooper) and Hannibal (Liam Neeson) plot their next move during a climactic showdown in "The A-Team."

A-Team is on their way to a dishonourable discharge, and some serious prison time. The only answer is for them to find a way to escape prison, take down the person who set them up, and clear their names.

Carnahan and Brian Bloom's script is honestly nothing magical – it feels like a lot of other action movies – but *The A-Team*

is everything a summer popcorn movie should be. It's funny, clever, filled with great one-liners, and pimped out with action sequences that are almost always intensely entertaining.

Carnahan's direction, and his cast, saves what is otherwise a mediocre script, making *The A-Team* a good movie, just shy of being something great.

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

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

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



MEMORIES WELL PRESERVED

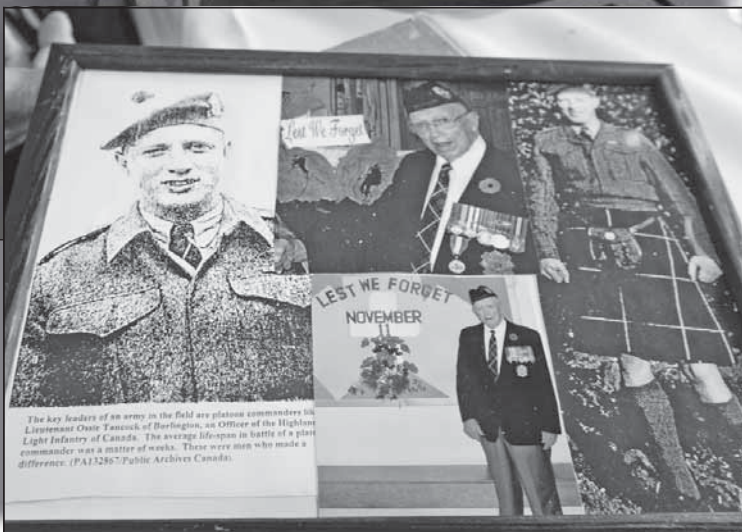
Penny Rogers, Lookout

Retired Lieutenant Ossie Tancock, 90, visited the Wardroom two weeks ago to show Second World War photos, German propaganda flyers and German knives to interested diners. Tanock, serving with the Highland Light Infantry (HLI), was part of the first combat elements that moved into Holland.

Above: Jamie Webb, Maj Dan Thomas and Cdr Guy McCue look at a knife from Tanock's collection.

Below: Tancock shows his collectibles to Capt Chris Lindsay, Cdr McCue, Capt Brian Semenko and Maj Jeff Allen.

Inset: Tanock at different ages during his military service career.





Chris Kiiskila
Pharmacy Manager

DIRECT BILLING IN WEST SHORE

Proud to offer DND:

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

Live well with

PHARMASAVE

at Millstream Village

WE ARE PLEASED TO OFFER DND DIRECT BILLING

Millstream Village
250-478-0123
Next to Milestones

Now Open til 9pm Mon-Fri
Ample parking



Michael J. Lomax, CD
Lawyer/Mediator

MICHAEL LOMAX CD

Lawyer/Mediator

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

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

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




DISCOUNT PROGRAM
PROGRAMME DE RABAIS

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

ONLINE EDUCATION AT ITS BEST

Your success is our mission.

TOP 10
Military Friendly University by AllMilitary.com



Jones International University (JIU) is dedicated to meeting the needs of Canadian Forces personnel seeking promotion, job enhancement, personal fulfillment or post-military employment. We make it simple for you to earn a degree—from home or while abroad.

MILITARY FRIENDLY


- 20% Scholarship for Canadian Forces Active and Reserve Personnel

QUALITY ONLINE UNIVERSITY

- Top 20 Online MBA by CEO Magazine
- Top 5 Online University by Global Academy Online


GLOBAL PERSPECTIVE BROUGHT TO YOU


- Students and professors from around the world
- Fully online, flexible monthly starts accommodate work, duty and mobility requirements



MAP
MILITARY ADVANCEMENT PROGRAM

✓ International Designated Educational Institution by the Government of Canada





JONES INTERNATIONAL UNIVERSITY
ASSOCIATE'S • BACHELOR'S • MASTER'S • DOCTORATE • CERTIFICATES
303.784.8799 • www.JIUmilitary.com

IN BRIEF

Environment fair shows how to live a greener life

June 22

11 a.m. – 1 p.m.

The Environment Fair is an event run in conjunction with the annual Formation barbecue, where you will have the unique opportunity to celebrate and learn about environmental initiatives taking place all across the city.

This year there's a diverse group of organizations attending, including: the CRD, WildARC, Greater Victoria Compost Education

Center, Garry Oak Ecosystems Recovery Team, Pacific Forestry Centre, Swan Lake Nature Sanctuary, Gardens in Motion, The Land Conservancy and Habitat Acquisition Trust.

In addition, there will be displays and demonstrations from internal organizations.

Remember, this is also a great chance to discover what you can do to become a greener citizen, with plenty of resources at your fingertips.

The face of sustainability 2010 winner: Paul Harris

Formation Environment has announced the winner of 'The Face of Sustainability' - an award given to an employee who takes a proactive approach in making sustainable choices.

Paul Harris (of Fleet Maintenance Facility shop 136) was selected because of his sustainable activities, which include cycling to work, using reusable containers, composting, recycling, and having

his home smart certified.

Thank you to John McGaghey for nominating Paul Harris.

Formation Environment would also like to recognize the other nominees for this award: Betty Kask, FMF Ed Dixon, Base Imaging Marianne Ostrovich, MFRC Signal Hill Linda Scott, MFRC Suzanne Kruzel, HMCS Vancouver Lt(N) Michelle Baranowski, MARPAC J4 JLOC.



Paul Harris

Dad's already got a pair of socks.

Knock them off.

DADS STAY FREE

JUNE 18-24

During Father's Day week bring your dad to one of our Vancouver Island adventure resorts and he stays free.

Rooms start from just **\$59 per night!**

PAINTER'S LODGE
CAMPBELL RIVER
APRIL POINT RESORT & SPA
QUADRA ISLAND
CANADIAN PRINCESS RESORT
UCLUELET-LONG BEACH

250-598-3366 OR 1-800-663-7090

www.obmg.com/fathersday

SALMON & HALIBUT FISHING • KAYAKING • NEARBY GOLF
OCEANFRONT ACCOMMODATION AND DINING
WILDLIFE & WHALE WATCHING TOURS • RAPIDS TOURS

AN OAK BAY MARINE GROUP RESORT

Aboriginal Day honours youth

Penny Rogers
Staff writer

"Honouring our Aboriginal Youth" is the theme for this year's National Aboriginal Day being held June 17 at Work Point Drill Hall, Naval Officer Training Centre from 1 to 2:30 p.m.

Aboriginal youth who have participated in Canadian Forces/Department of National Defence programs Raven, Bold Eagle, PRTC and the Fleet Maintenance Facility Cape Breton's Employment Equity Trades Orientation Program will share their experiences about working with the military community.

"It is truly an honour for me to be able to highlight the achievements of our youth. I am proud of how quickly they stepped up and volunteered to share their experiences," said Aldeen Mason, Defence Aboriginal Advisory Group (DAAG) National Civilian Co-Chair and one of the event organizers. "That to me shows self-confidence, dedication and teamwork."

The event will begin with opening prayers from a local elder before the youth take to the floor to speak to the crowd. Also in attendance will be Aboriginal veterans and members of the O'opthut Sul'hween Society, which is a Vancouver Island Elders group

being hosted by Rear Admiral Tyrone Pile.

As Mason explains, "There is no better witness than the elder. We know they will go back to their communities and relay the information about opportunities with the CF and DND."

Also invited to participate are CF senior leadership, local Chiefs or their representatives, and members of the Victoria Native Friendship Centre, Metis Nation of B.C., Provincial Capital Commission, Royal Roads University and the Songhees Youth Group.

Rumor has it The Honourable Steven L. Point, Lieutenant Governor of British Columbia, may attend as well. What is certain is his handmade canoe, Shxwtitostel, will definitely be on loan for viewing that day.

There will also be entertainment and local Aboriginal artists on hand displaying and selling their crafts, including Nancy Dawson, a well-know silver jeweler.

There is also the possibility that Aboriginal actor Adam Beach will drop by.

All defence team members are invited to attend (with supervisor approval), so drop by and help celebrate the rich heritage, cultures and contributions of Canada's First Nations, Inuit and Metis peoples.

For convenience, people are encouraged to use the Base Rounder.

Formation Barbeque is back

Get out your sunscreen and come to the Formation Appreciation Barbeque on June 22, and celebrate 100 years of Defence Team success here at Dockyard.

This year the venue has

changed to Parking Lot "H" on Dockyard Road South (across from the Fire Hall). The barbecues will be ready at 11:30 a.m. to offer a choice of beef burgers, hot dogs, veggie burgers and

pop. A co-ed volleyball tournament will take place on the grass field alongside the parking lot from 12-12:30 p.m. To submit a team contact Peter Dheensaw at 363-5327, all skill levels are welcome to join.

"The Formation Rocks Concert" will provide the musical entertainment showcasing the Formation's musical talents. If you would like to enter your band please contact Charles Bodi at 363-2023; bands of all calibre are encouraged to participate.

There will be a wide variety of historical and environmental booths. Best of all, there will be a raffle to win lunch and a day sail on board HMCS Oriole for 16 people (annual leave will be required to participate in the day sail). Tickets will be available at the event only - \$2 each or 3 for \$5 - and benefit the United Way.

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



Local woman rides to conquer cancer

Jon Chabun
MFRC

Linda Scott is pulling out "all the stops" to make sure that she spends her weekend riding from Vancouver to Seattle in the "Ride to Conquer Cancer." In addition to raising money in person and online, she has been rolling coins, holding a garage sale and selling cookies to co-workers in order to make it happen.

Linda Scott, program manager for the Military Family Resource Centre, hopes to reach the required fundraising goal and participate in the close-to-300-kilometre ride along with 1,800 other cyclists on June 19 and 20.

A MFRC employee since 2001, Scott has seen the impact of cancer on friends, family and even herself.

"I had cervical cancer when I was 24," she said. "I was a university student with a two-year-old child and it brought about a lot of changes in my life. My father and mother-in-law both died of cancer. My father retired from the military, but he passed away from leukemia not long after when he was in his 50s. Cycling is something I can do to help, to



Military Family Resource Centre employee Linda Scott has been spending a lot of time on her bike as she trains for the Ride to Conquer Cancer.

raise funds for research and treatment."

She signed up to do the ride back in November and has been training ever since by cycling, running and doing yoga. She has been gradually increasing her cycling distances, going for a 100-kilometre ride a few weeks ago.

She has not yet reached the minimum fundraising goal of \$2,500. As of June 9th, she had raised \$1,790. If riders don't meet the goal, they are not allowed to participate in the ride.

To make a donation to

Linda Scott, go to www.conquercancer.ca. Select the Donate Now button and search for participant Lin Scott. She also has a profile page describing her motivation for participating in the ride and a blog documenting her training and fundraising efforts.

Online donations automatically update the participant's fundraising total and donors can receive a charitable tax receipt electronically.

All the money raised will fund the work of the B.C. Cancer Agency throughout British Columbia.

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.

Serving those who serve

CANEX

CELEBRATE

THE CANADIAN NAVAL CENTENNIAL

at **Sears**

Prizes every 30 minutes with one big door prize

Free \$10 savings coupons at the door (while quantities last)

- Special savings throughout the store
- Snacks, beverages & entertainment
- Kids Activities
- Complimentary Makeovers in cosmetics!

Pick up more information and savings coupons from the MFRC and Lookout Newspaper (1522 Esquimalt Road)

Wednesday, June 23rd starting at 5pm
Sears, Hillside Centre
North Dairy Entrance

BRAVO ZULU
to all on the
Naval Centennial

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
 & ASTIGMATISM



**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

FIRE FIRE FIRE

Crews brush up on marine firefighting

Shelley Lipke
 Staff writer

It looked like a scene from a movie. The set was the massive Joides Resolution – a 471-foot commercial drilling rig at the industrial refit and repair facility at Esquimalt's Graving Dock.

The ship was on fire, and about 60 civilian crew members clad in dark red coveralls lined the jetty looking on as CFB Esquimalt and City of Esquimalt fire trucks screamed onto the tarmac.

Fire fighters swiftly dressed, and with hoses in hand advanced to tackle the blazing ship.

For any bystander it looked true to life, but this was a marine firefighting exercise led by CFB Esquimalt fire fighters.

"About once a month we practice this exercise with various commercial vessels to allow the land-based fire departments to practice their emergency marine firefighting skills," said incident commander and assistant fire chief Randy Morton.

"An exercise of this magnitude is very beneficial for the crews of the commercial ships. Fire fighting aboard most commercial vessels is the crew's secondary duties to that of seafaring. The crew of the Joides Resolution asked if they could participate and observe CFB Esquimalt's emergency response procedures to help them learn new skills and practice their existing ones."

Base fire fighters specialize in marine firefighting responsible for providing support for military

We practice this exercise with various commercial vessels to allow the land-based fire departments to practice their emergency marine firefighting skills.

-Randy Morton
 Assistant fire chief

vessels within the confines of CFB Esquimalt and the Department of Public Works Graving Dock, an industrial vessel refit facility. Most North American fire departments consider marine firefighting to be a unknown entity due to, for the most part, a lack of knowledge concerning the many hazards involved in a marine environment.

"We are trained to respond to unknown and unfamiliar situations associated with commercial vessels, at the refit facility. Hazards we typically encounter on commercial vessels are: deck plating removed creating unprotected openings with drops of upwards of 30m, engines under refit, trip hazards throughout the vessel, vessel fire pumps inoperable, language barriers with vessel crew members, poor housekeeping practices, hot work throughout, contractors and crew may be unaccounted for, no vessel personnel available to assist as fire department guide, fitted suppression systems inoperable, ventilation systems inoperable, unidentified hazardous materials stored onboard, limited resources for a full scale response, industrial equipment blocking access, limited access to and from vessel, unfamiliar vessel layouts, to name a few. We train to be aware of the ever changing circumstances this environment can present," Assistant Chief Morton said.

"As the primary 911 call centre for our jurisdiction we would typically be the first to receive the call indicating an emergency exists. Depending upon the nature of the emergency I may deploy the City of Esquimalt fire fighters. Due

to their limited marine fire fighting training and experience their team may be utilized for boundary control and to assist laying and handling hose lines for our rapid assessment team. The rapid assessment team or "RAT", are required to go on the ship first to assess the nature and location of the fire before all our resources are committed."

Once on the drilling rig, water-based simulating smoke filtered onto the deck from a passageway.

"In today's scenario the fire was reported in the crews' movie room," said Morton. "Someone noticed smoke and called the bridge. The vessel officer's sounded the ship's internal alarm and a call was placed to our communication center via 9-1-1 reporting a fire. Unlike a structural fire, it's harder to pin point the fire's location on a ship." It's a little more difficult to complete a 360 degree assessment and see what's going on inside the vessel from the exterior."

Once a preliminary assessment was conducted, apparatus was positioned and hose lines were laid with assistance from the Esquimalt municipal fire fighters. A skeleton crew of the ship's fire fighters filled and charged air bottles that had been used as they attempted to advance on the fire prior to the arrival of CFB Esquimalt fire fighters.

Following the conclusion of the exercise, all participating parties including the ship's company and Esquimalt fire department were debriefed on the jetty. This is where valuable lessons are learned and everyone has an opportunity to provide their insight.

Roy Davis, a lab officer on the ship said, "It's good for our group in that we integrate with shore-based fire departments and they bring a lot of personnel and resources as local experts on marine fires. They also have access to local paramedics and other emergency crews. On the ship we do fire drills once a week because our worst nightmare would be to have a fire at sea with nowhere to go. This exercise is valuable and I think our crew learned a lot from the other fire fighters about safety today."

Dreams grow here.

As a member-owned credit union, we work with people and communities to help them thrive and prosper.

Visit any of our Victoria area branches:

Victoria Community Branch, 3075 Douglas Street, 250.519.7423

Blanshard Street Community Branch, 1001 Blanshard Street, 250.995.7553

Scott Street Community Branch, Unit A - 3055 Scott Street, 250.995.7563

Langford Community Branch, 100 - 800 Kelly Road, 250.995.7573

Vancity



Above: Members of the rapid attack team advance on the fictional fire to extinguish it.

Right: CFB Esquimalt firefighter Bryce Patey checks his heat detector before he enters the ship.

Photos by Shelley Lipke, Lookout

ADVERTISE Online

Reach your target audience. Call 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

THE OVATION

This could be your view



Prices REDUCED by up to **\$90,000**

Move-in Ready Beat the **HST**

FEATURES

- Stainless Steel Appliances
- Granite Countertops
- Hardwood Floors
- In Suite Laundry
- Rooftop Patios
- Ocean & City Views
- Secure Underground Parking
- Gym
- Starting at \$235,900

OPEN HOUSE

Wednesday - Sunday
1:30 - 4:00 pm
1315 Esquimalt Road



Glen Glowinski & Shelley Stancin
250-479-3333

250-590-2710

www.theovation.ca

TRACKSIDE AUTO SERVICE LTD.

Induction & Fuel Injection Service
 Out of Province Inspection
 Diesel Fuel Service
 Brake service

A FULL SERVICE AUTO REPAIR FACILITY

Oil service
 Electrical
 Exhaust
 Tires

Ask about BG Protection Plan*
Where Dependability and Trust are a Priority... * under 80,000 km

784 Fairview Rd. • 250-383-5509


"litter-less"
Every community has
CIVIC PRIDE
...let's show it!
www.pitch-in.ca

For all your RV needs

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

trianglerv.com
250-656-1122

Base Taxi Service
for Naden, Dockyard & Work Point
Operates 7:30am to 3pm Monday to Friday.
Try to use Base Rounders before calling the Base Taxi to reduce wait times.
For military-related appointments/meetings on base.



CANADIAN TIRE

WE DO Provincial Inspections 7 DAYS A WEEK

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

LANGFORD Westshore Mall
250-474-2291

WE SALUTE THE NAVY CENTENNIAL
Two locations only

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#sum22

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#201

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#101527

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

Name the navy mascot

Shelley Lipke
Staff writer

Sailors love to have a ship's mascot, and historically sailors have chosen man's best friend for this role.

During the Canadian Naval Centennial events this past weekend a large black Newfoundland dog mascot paraded around downtown Victoria and Fisgard Lighthouse, providing photo opportunities for children and a form of outreach.

But this new canine mascot needs a name.

A call is going out to Canadians to help select the right name.

It must have a bilingual consonance and be related to the sea, or the navy's environment or history.

Submissions can be emailed to navres_mascot@forces.gc.ca and all details can be seen on the naval reserve link at www.navy.forces.gc.ca/navres/11/11-n_eng.asp.

A panel will select the mascot's name and the person having submitted the winning entry will win a prize pack of navy promotional items.

The selected name will be announced on Sept. 16 and shown on the above-mentioned website.

Get active with PSP

Natalie Vincent
PSP

Aquatic Programming
Swimming lessons
New set of swimming lessons start July 12 (lessons end Aug. 30 - No class Aug. 2) prices vary
Cardio Blast
Pool program Wed/Fri from 4:30-5:30 p.m.
Naden Pool - 10 classes/\$40 - next lesson starting June 30
Aquaboot Camp
Pool program Tues/Thur from 6-7 p.m.
Naden Pool - 10 classes/\$40 - next lesson starting June 29

Noon Hour Aquafit
Naden Pool on Tues/Thurs - FREE
Hawaiian Theme Swim
Saturday, June 26 1-3pm - FREE
Bronze Medallion
July 3-17 9 a.m.-1 p.m. 5 classes for \$130
Youth Activity Centre
Fatal Injection Band Night
June 25 5-10pm - \$2
YAC Drop-in nights
Fridays/Saturdays 7:30-10:00pm - \$2
Adult Programming
New! Jeet Kune Do/Kali Class
Starting June 28 - Aug. 18 16 classes/\$80

Professional Independent Advice

- Investments
- Lending
- Insurance
- Pensions

www.hatchmuir.com

HATCH & MUIR LLP
CERTIFIED FINANCIAL PLANNERS
CHARTERED LIFE UNDERWRITERS

250-953-8552
Nick Woloszczuk
nick@hatchmuir.com
SERVICE BILINGUE

Get your **Naval Centennial Giftware**



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

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.

MetroLexus Toyota victoria
dealer #8353 WWW.METROTOYOTAVICTORIA.COM

MON-FRI 9-9 • SAT 9-6 • SUN 11-5
DOUGLAS AT FINLAYSON
250-386-3516

Teen cycling for British charity

Penny Rogers
Staff writer

A British high school graduate has packed a knapsack and his bicycle, flown across the Atlantic to spend three months cycling his way across the second largest country in the world.

Ben Matthews, 19, is determined to raise 10,000 British pounds, approximately \$15,000 CDN, for the UK charity 'Help for Heroes' (H4H) by biking coast-to-coast across Canada in 89 days with "just me, a tool kit and my optimism."

H4H, as Matthews describes it, provides direct practical support to service men and women who were injured in Afghanistan and Iraq, along with their family members.

"Basically, if someone becomes injured in the Forces, well I won't say th UK doesn't look after their Forces very well, but they could do more and this charity just helps with that."

Matthews wheeled his bike off a B.C. ferry in Tsawwassen on May 30, and after a brief visit with family friend LCdr Brad Henderson and his wife, he started his solo journey down the Trans Canada Highway towards Halifax. Hoping to average 80 kilometres a day, the goal is to complete his ride by Aug. 23.

Matthews is a member of the East Devon N1 Triathlon club and has done "a lot of fairly short



Penny Rogers, Lookout

Ben Matthews made a brief stop in Victoria before leaving from Tsawwassen on May 30 for a cross-country cycle to raise money for the British charity, Help for Heroes. Before setting out he spent the day aboard HMCS Whitehorse at the invite of its Commanding Officer, LCdr Brad Henderson, and his family, who Matthews knew from time living in Halifax.

distance triathlons and also a lot of long rides, getting used to doing miles on the bike."

Working for the last 10 months in a bakery close to his home of Alfrington, a small village in the south of England, Matthews earned money to help buy supplies for the 7,000 km trek. Just recently, these funds increased when he received a grant from the Pain Trust, a British foundation that provides financial support to boys and young men for adventurous activities.

Matthews chose Canada because his father, Stuart, moved the family to Halifax for two years

while on naval exchange with the Royal Navy and, although quite young at the time, Matthews still has "hazy rosy memories of it. It's a beautiful country with plenty of different terrain. It's got the Rockies and the Plains and all the lakes, and then Atlantic Canada, so there is a fair bit to challenge me."

But even after the ride is complete and Matthews returns to Britain, there will be little rest for the young man.

"I've got a month at home and then I head off to Loughborough University to study human biology. And after university, hopefully, I will join

the Royal Marines."

Although Matthews fundraising sights are set on UK citizens, he hopes people in Canada donate. You can see how much he has raised or donate by visiting www.justgiving.com/benstranscanada.

He is also blogging about his adventure wherever and whenever the opportunity arises to pen a few words.

To follow his progress, go to <http://benstranscanada.blogspot.com/>, where he recently mentioned his relief in avoiding angry, hungry bears and how he has learned to use the word "dude" in place of "mate."

DON'T DRINK & DRIVE.

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.

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

TAKE ADVANTAGE OF TODAY'S LOW PRICES!

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

Every Vehicle Inspected by **BCAA** **CDR**

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 regardless of year. Up down or even. Paid for or not.

08 Saturn Vue - Hybrid Only 37,000 km! Save thousands! \$24,930	07 Jeep Liberty 4WD Limited Sunroof! \$21,980	07 Ford Edge AWD SEL Roof, Leather! \$28,930
00 VW Beetle 5sp All Power Package! \$8,980	04 Ford Sport Trac 4WD XLT Leather! \$16,980	06 Mazda3 H/B Sport GT Roof, Leather! \$18,930

Canada's Largest Independent Used Car Dealer!

Budget Car Sales
WIDE OPEN MON.-THURS. 9am - 8pm
FRI. 9am - 7pm
SAT. 9am - 6pm
SUN. 11am - 5pm

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

Wake up in the morning

103.1

JACKFM

playing what we want

with the JACKFM Morning Show on 103.1 JACKFM

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

YOUR ADVERTISING \$\$\$ WELL SPENT

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



New and Pre-owned Motorcycles & ATVs Sales & Service

in Langford across from Steve Drane
250-475-8885 • www.savagecycles.ca

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



SPORTS: NATIONAL CHAMPIONSHIPS

Local runners place well in race

Lt(N) Mark Cunningham
JTF Games

Runners from CFB Esquimalt competed in the CF national running championships over the May 29 weekend in Ottawa.

Runners took part in four different distances: the 5km and 10km, held on the Saturday evening, and the full and half marathons on the Sunday morning.

As a whole, 13 base personnel fared exceptionally well. Highlighting the achievements as follows:

- LS Mark Ritchie, BIS Esquimalt: 10km in 38:07. 1st CF Male Master (91/8500 overall)
 - A/SLt Denita Hammond, NOTC Venture: 5km in 19:24. 1st CF Female and 4th/4593 female overall.
 - Lt(N) Walter Cantwell, Base Hospital: 5km in 16:26. 1st CF Male Master (40-47) and 2/259 in M40-44 (overall).
 - Lt(N) Blake Poirier, JTF Games: 5km in 18:06. 3rd/283 in M35-39 (overall)
 - Lt(N) Mark Cunningham, JTF Games: 5km in 19:30. 2nd CF Male Master
 - LS Kirsten Arensen, HMCS Winnipeg: 5km in 19:47 (a Personal Best (PB)). 1st/485 in W35-39.
- Other local area racers included:



Lt(N) Blake Poirier, A/SLt Mike Mueller (ADAC(A)), and Lt(N) Mark Cunningham pose with the Environmental Shield trophy that was presented to the navy.

- PO1 Howard Manderson, CFES Esquimalt, 1/2 Marathon in 1:34:36 (379th/11900 overall)
- MCpl Dana Haley, HMCS Winnipeg, 10km in 45:05 (373rd/8500 overall)
- SLt Cher Dignan, HMCS Vancouver, 10km in 46:01 (456th/8500 overall)
- Capt Daniel Baouya, 443 MH Squadron, 5km in 18:45 (66th/7500 overall)
- SLt Brent Limbeek, HMCS Vancouver, 5km in 19:23 (96th/7500 overall)
- PO2 Chris Fraser, CFES Esquimalt, 5km in 19:36 (PB). (106th/7500 overall)
- 2Lt Dominique Price: JTFP. 5km in 22:06 (294th/7500 overall)

environment were tallied, and the lowest cumulative time was determined the winner. The navy topped out at 5hrs, 6 mins, while the air force and army came in at 5hrs, 24 mins each.

All of the above CF runners placed in the top five per cent overall of each race.

But what's more significant is that for the second year in a row, the navy bested their air force and army counterparts as the Top Environment Team. The times of the top 5km, 10km, half marathon, and full marathon for each

If you feel you have what it takes to make the CF run nationals, then please contact the Naden Athletic Centre for details. The qualifying times for each distance are contained in the CF Sports Rule Book at www.cfpsa.com/en/psp/sports/docs/Rulebook_e.pdf (chap 13- Running).

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.



MOTORCYCLE RIDER TRAINING

NOVICE & TRAFFIC PROGRAMS

EXPERIENCED RIDER COURSES

VEHICLE DRIVING LESSONS

250-478-9584
www.visafetycouncil.com

Reach the Navy community with the Lookout

Book an ad 250-363-3014

I Quit! winners



Above: Third place winner MS Chett Horne of CF Fleet School Esquimalt was presented a \$75 CANEX gift card, "Non-smoker" t-shirt and "Take the Challenge" thermal mug from Dave Molinari.
Below: For second place, Vida Anderson-Wulf of the Military Family Resource Centre, won a \$100 CANEX gift card, a "Non-smoker" t-shirt, and a "Take the Challenge" thermal mug. Not pictured, Cpl Jeff Campbell took first place, earning a \$200 CANEX gift card, a t-shirt and a thermal mug.



On June 1, the Weston Foundation donated \$20,000 to the Esquimalt Military Family Resource Centre (MFRC) to fund future parenting initiatives. Left to right: MFRC Board Chair Lorie Hall, Greg Welgan and Nancy Noble of Superstore (Weston Foundation), VAdm Dean McFadden, and military parents Lt(N) Sandra Harwood and Lt(N) Sonia Roy.



LS Y. Kim (centre) is promoted to Master Seaman by Capt(N) Martin Adamson (right).



LS K. Tiv (centre) is promoted to Master Seaman by Capt(N) Martin Adamson (right).



MS O'Neil (centre) is promoted to Petty Officer Second Class by Capt(N) Martin Adamson (right).



MCpl Huntley is appointed OCdt by Capt(N) Martin Adamson. OCdt Huntley will attend Royal Military College for his Bachelor of Science in Computer Science.



MS Desaulnier is appointed Naval Cadet by Capt(N) Martin Adamson (right). NCdt Desaulnier will attend Royal Military College for his Bachelor of Science in Mechanical Engineering.



Cpl Charles Stephen receives the Canadian Forces Decoration from Cdr Allan James, Commanding Officer of Port Operations and Emergency Services Branch.



Cpl Frieda Van Putten, Base Imaging Esquimalt Commander R.A. Ferguson (left) hands over command of HMCS Winnipeg to incoming Commander R.G. Dowker (right) as they and reviewing officer Commodore Ron Lloyd (centre) sign the change of command papers.



Cpl Roderick Hopp, Base Imaging Services Esquimalt LCdr Timothy Doherty (Left) signs over command of HMCS Brandon to LCdr Francois Laplante (Right), along with the Reviewing Officer, Capt (N) Paul Dempsey (Center).



Pte Malcolm Byers, Base Imaging Services Esquimalt Outgoing Commander of Canadian Forces Health Services Centre (Pacific) LCol Phyllis O'Grady (left), Reviewing Officer and Commander 1 CF Health Services Group Headquarters Capt(N) Tim Kavanagh (centre), and incoming CO LCol Chris Linford (right) sign the change of command certificates on June 3.

LOOKOUT Classifieds & Real Estate

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

Call 363-3014 to book your display or word ad

ANNOUNCEMENTS

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 Welcome Wagon 1-866-518-7287 and arrange a short visit. I look forward to bringing you my basket of goodies!

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 Marksmanship are all offered. Thursday 6:30 - 9:00 pm, 724 Vanalman Ave Victoria. Call 250-363-3194 or email 3005army@cadets.net.

MOTORCYCLES

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

"re-cycle"


Better the 2nd time around!

PITCH-IN CANADA
www.pitch-in.ca

BUS. OPPORTUNITIES

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

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

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 brunswick2010reunion@live.com or CPO2 RA Chesley, Coxswain HMCS BRUNSWICKER - 160 Chesley Drive, Saint John, NB, E2K 5L2 ATTN: 2010 Reunion

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

WWW.LOOKOUTNEWSPAPER.COM

REAL ESTATE • FOR RENT

Esquimalt Park Terrace
2 Bedroom, \$925/mo
FREE: heat, hot water & parking
Near Plaza, Bus
Quiet & Clean
250-888-1212

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

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

LARGE TOWNHOMES
UVic/McKenzie Area
House size townhomes
2 & 3 bedroom, 1800-2100 sq ft.
3 levels, 1.5 bathrooms.
Newer appliances and flooring, private backyard, surrounded by greenspace.
Near schools, mall and on bus route.
House style living and we take care of the maintenance!
Call 250-686-2682 Service en Français

Devon PROPERTIES LTD.
www.devonprop.com
No Pets allowed in any building
Esquimalt
1180 Colville
2 Bdrms from \$925, avail NOW
3 Bdrms from \$1085
Bach \$690, avail July 1
Large suites. Mgr 250-360-1983.
855 Ellery
2 Bdrms from \$925, avail NOW & July 1
Clean, quiet building. Mgr 250-382-2157.
103 Gorge Rd
1 bdrm \$795, avail NOW
Mgr 250-595-7000.

ROCKHEIGHTS AREA NEWLEY RENOVATED lg. 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 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. \$865/mo. all inclusive. 250-885-1227

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

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

2 BDRM. SUITE SOOKE. Modern, bright, spacious. No step entry. Near bus. Shared laundry, util. incl. N/S, N/P. \$850/mo. 250-642-6415

BRAND NEW KITCHEN, Bathroom, Carpet & Paint, 1 Bdrm. Basement suite avail. Aug. 1st. Located on Lampson St. by Wychbury Ave. Incl. F/S/W/D & hot water. NS/NP. \$850 including utilities Contact Stephen cell 250-888-8006 or leave message at 250-721-5477

BEAUTIFUL BIG 3 BDRM suite overlooking Esquimalt Harbour. This 1400 sqft suite was originally built for the apartment owner. It has a large sunny deck, gas FP, big kitchen with DW, big living room & new laminate flooring throughout. This suite is avail for immed. occupancy. Sorry no pets. Contact bldg. manager David. 250-857-8695 to view.

3 BDRM, 2 FULL BTH PLUS family room & office area. Fully fenced landscaped yard, patio & sunny deck. Close to Victor Brodeur in Esquimalt. This has been our family home so in excellent condition. Would suit a family or responsible room mates for sharing (there is a secondary kitchen area). NS/NP, \$1800/mo. + util. 250-385-1890

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

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

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

BROWN BROS SINCE 1918
250-385-8771
\$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

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

AUTOMOTIVE

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

FIND US ONLINE
WWW.LOOKOUTNEWSPAPER.COM

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

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

REDUCED



Great family home with 3 beds + den & 3 baths. At the top of the hill in a quiet cul de sac surrounded by parks & minutes to Crystalview school. Beautiful large fenced yard with separate garage & parking for a boat, RV or 3 cars! MLS 276632 **Don't delay.**

www.erinkenny.ca for more info & pics

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

HOW TO BUY WITH ABSOLUTELY NO MONEY DOWN

www.gotoyourteam.com

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

Sutton GROUP
West Coast Realty



**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

ROYAL LEPAGE
COAST CAPITAL REALTY
WWW.WARDESIMS.COM

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

Posted to Halifax?



Melva Reid
Real Estate Professional

cell 902.403.5420

mreid@exitoptimum.com
www.exitwithmelva.com

EXIT

Posted to Winnipeg?

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

RE/MAX
EXECUTIVES REALTY

Linda van den Broek
linda@lindavandenbroek.com
www.lindavandenbroek.com

204-987-9800

Bring ATTENTION to your business

Lookout Classifieds
250-363-3014

Posted to Victoria?

3 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	\$449,900
2 bdrm + den townhouse	NEW	\$315,000

CALL DIRECT 250-213-7444

Shelly Reed
I listen and I care!
For open house & photos:
www.shellyreed.com

Sutton GROUP
West Coast Realty

Summer's here. Get fit. Get active.



See how you can stay fit, check out the Activity Guide.

Available at all PSP and MFRC outlets

MORTGAGE CONSULTANT

Get pre-approved now!

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




Krista **Sherri**

LAWLESS & BROWN
MORTGAGE TEAM
Accredited Mortgage Professionals

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

Mortgages made easy.

Jim Westhead Mortgage & Refinance Specialist



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

See it ALL ONLINE

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

lookoutnewspaper.com

VOLUNTEER

BECOME A PART OF AN AMAZING Crisis Line Worker Team. & make your Volunteer hours really count! Personally, in your community, and on your resume. 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 the Leisure Assistant Coordinator at 250-477-6314 ext. 15 or volunteers@rivonline.org

RESULTS PREDICTED!
with Classified Word Ads
DND 25 words or less \$7.42
Civilian 20 words or less \$8.48

363-3014 DEADLINE Thurs. 11am

For women with single-track minds



Join us on the trails - beginner, intermediate and advanced rides.

Plus Clinics, getaways and shop discounts

Dirty Girlz Bike Club
www.dirtygirlzbikeclub.ca

MISCELLANEOUS FOR SALE

FOR SALE

Excellent Condition. Eager to sell, moving away.
Contact Ian Wood: EMAIL iceowood@hotmail.com
Wk: 250-363-8375 Hm: 250-590-7530. Cell: 250-893-2497

1987 Catalina 30 Sailboat

\$46,900

Price includes:
9' 'Zodiac' inflatable, and 4 HP Yamaha 2 stroke outboard engine.

Recent Survey available.

Located:
West Bay Marine Village.



Sailors' skills tested in their trades

Shelley Lipke
Staff writer

The 2010 Admiral Yanow's Naval Combat Information Operator (NCIOP) competition involved 25 competitors in a fun, interactive test of knowledge, wits, strength and skill. It also determined the best at their trade.

The May 25 to 27 event brought together NCIOPs of all levels.

"It's meant to build esprit de corps in the occupation through a friendly competition and test of trade knowledge," said NCIOP Sea Training Chief CPO2 Gerry Goulet.

This year marked the 24th year of the friendly competition. It tested NCI operators from qualification levels QL3 to QL6A on CCS Rel Vel, nuclear plotting, voice procedures, equipment trouble shooting, use of global command and control systems, and other aspects of their trade. An amazing race and jeopardy game were also added to challenge the competitors.

At the wrap up award ceremony on May 28, 13-year NCIOP veteran LS Ryan Kingston won the Luc Valios trophy for top performer.

"I knew I had one award but getting all the others was a total surprise," he commented about the five other awards he won. "This is a really nice way for the trade to come together, and the fact that HMCS Winnipeg won the team award was also very satisfying for me."

Historically, the NCIOP competition was called the Compass Rose, but in 1986 the occupation approached RAdm Yanow, Commander of Maritime Forces Pacific (MARFAC) at the time, and asked if he would be interested in becoming the trades mentor.

"I'm honoured to be the patron of this trade," said RAdm (Ret'd) Yanow. "The retired people are very proud of all the NCIOP's who participate in this competition each year, and I'm already looking forward to next year."



Shelley Lipke, Lookout

Above: HMCS Calgary's team of NCIOPs won the Amazing Race portion of the Admiral Yanow's Naval Combat Information Operators Skills Competition. PO2 Brian Whitman, MS Mitchell Milligan, OS Andrew Benson and LS Sarbpreet Boparai are seen here as the winners.

Below: The May 25 to 27 Admiral Yanow's Naval Combat Information Operators Skills Competition awards were presented by RAdm Tyrone Pile and Adm (Ret'd) Robert Yanow. HMCS Winnipeg's MS Francois Greffard, LS Ryan Kingston and AB Trish Inglis formed the winning team of the overall competition.



We offer ADDITIONAL SAVINGS to Canadian Armed Forces.



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

10 YEAR 160,000 km WARRANTY
BEST BACKED CARS IN THE WORLD



2010 LANCER Now From \$15,998[†]
Selling Price **\$17,348**

Includes destination, Taxes, delivery, PPSA and dealer fees excluded.



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

2010 Outlander XLS 4WD

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

NO PAYMENTS FOR 90 DAYS on select 2010 Lancer models and all 2010 Outlander models*

RIGHT TO PLAY CHALLENGE 2010

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.victoriमितsubishi.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. U/Y* For all offers, customers must sign contract and take delivery from dealer by June 30, 2010. All offers available only through participating dealers to qualified retail customers in Canada and are only on approved credit. Selling price includes up to \$1350 in destination for cars and \$1450 in destination for SUVs. Taxes, \$250 in delivery, \$100 in air tax, \$29 in environmental handling fees, \$10 in vehicle registration fees, up to \$75 in PPSA, registration, insurance, licensing, administration fees (if applicable), documentation fees, other dealer fees, and any additional provincial government fees are not included. 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. † 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 up to 60 months on all new Lancer GTS and Outlander models (Lancer Evolution models excluded). Financing example: 2010 Lancer DE (C141-A C05)/2010 Outlander ES 2WD (C045-A C04) with a selling price of \$17,348 (includes \$1,000 discount)/\$26,948 financed at 0% over 72/60 months equals \$241/\$450 a month with a down payment of \$0, a cost of borrowing of \$0, and a total obligation of \$17,348/\$26,948. 2010 Lancer GTS/2010 Outlander XLS 4WD model shown with a selling price of \$24,948/\$35,948. * No payments for 90 days. Offer applies to purchase financing offers on select 2010 Lancer models (excludes Lancer Evolution) and all 2010 Outlander models through the Bank of Nova Scotia and Bank of Montreal. Interest charges (if any) will not occur during the first 60 days after purchaser signs contract for a participating vehicle. After the first 60 days interest (if any) starts to occur and the purchaser will repay principal and interest (if any) monthly over the term of the contract. * 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 Rollart 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_10-06-14.