

Volume 55 Number 28 | July 12, 2010

LOOKOUT



MARPAC NEWS CFB Esquimalt, Victoria, B.C.
Year of the Canadian Naval Centennial



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



"Admiral, I have the watch"

Cpl Frieda Van Putten, CFB Esquimalt Imaging Services
Capt(N) Craig Baines makes his first speech as the new Base Commander of CFB Esquimalt following the official handover from Capt(N) Marcel Hallé on July 6. See the full story and more photos on page 2.

10 MINUTE OIL CHANGE
NO APPOINTMENTS NECESSARY



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

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 coupon. Westshore, Sooke, Esquimalt only.

NEW LEADER



Penny Rogers, Lookout



Cpl Frieda Van Putten, CFB Esquimalt Imaging Services

Top: After taking command of the base, Capt(N) Craig Baines gives a salute as the parade marches past his new office.

Middle: Capt(N) Marcel Hallé, outgoing Commander of CFB Esquimalt, (centre) and incoming commander Capt(N) Baines (right) present a gift to Mary Anne Thomas, Esquimalt Band Spiritual Advisor.

Bottom: Capt(N) Hallé gives a final wave to the crowd as he and his family make their departure from CFB Esquimalt in the base museum jeep.

Right: Capt(N) Hallé and Capt(N) Baines inspect parade members.



Penny Rogers, Lookout

at CFB Esquimalt's helm

Shelley Lipke
Staff writer

As summer made its warm debut in Victoria on July 6, so did the new leader of CFB Esquimalt.

During the sun-drenched ceremony on the museum square, Capt(N) Craig Baines became the 46th Base Commander, marking the end of Capt(N) Marcel Hallé's two-year tenure.

Following the ceremonial signing of the certificates, the naval captain, dressed in naval whites, addressed the parade before him, the invited guests to his sides, and onlookers that lined the square.

"It's an honour and a privilege for me during the Naval Centennial to take over this world class operational support organization that is CFB Esquimalt. It is humbling to join the line of officers before me who make up the continuum that have held this post for the past 100 years," he said. "As Base Commander, my biggest goal is to connect with the people of CFB Esquimalt, as a team, as a fleet and also through the community. I look forward to working with you all."

Then with a smile he declared, "Admiral, I have the watch."

With that, his pennant was hauled up the mast outside his headquarters.

The mid-morning event began with an inspection of



Cpl Frieda Van Putten, CFB Esquimalt Imaging Services

Capt(N) Craig Baines, RAdm Tyrone Pile and Capt(N) Marcel Hallé sign the change of command certificates.

the parade by RAdm Tyrone Pile, Capt(N) Baines and Capt(N) Hallé, followed by blessings from Padre Doug Friesen and First Nations Esquimalt Band Spiritual Advisor Mary Anne Thomas, who extended a warm thanks to the outgoing Base Commander for his devoted community relations with the Songhees First Nations.

When Capt(N) Hallé took the podium he responded with an equally heartfelt thanks for the support received from neighboring First Nations communities.

"The civilian and military members of our Defence Team and the citizens of the Greater Victoria community have all taught me much and touched me deeply during my two years as Base Commander. I am blessed to be a part of this wonderful community," he said.

To Capt(N) Baines he said:

"You are about to assume command of a great team, a team who is caring, hard-working and committed to operational success. As the navy prepares for the future, these dedicated men and women will seek and follow your lead as you collectively forge the necessary path to doing what's best for the betterment of tomorrow's navy. I know you're up for the challenge and you'll do us all proud. It's now your turn, and though reluctant, it is with confidence and pleasure that I hand over to you CFB Esquimalt."

At the end of the ceremony, the museum's historic jeep pulled up and Capt(N) Hallé, his wife and children stepped in and waved goodbye to the crowd.

"Hip hip hurray, hip hip hurray, hip hip hurray," shouted the crowd as the jeep drove away.



Penny Rogers, Lookout

Camosun College supports Project Hero

Penny Rogers
Staff writer

Project Hero is making its debut at Camosun College this August.

First launched in 2009 at St. John's Memorial University in Newfoundland, the scholarship program has rapidly expanded to campuses in every province across Canada.

Inspired by General (Ret'd) Rick Hillier and managed by Ontario businessman and honorary Lieutenant-Colonel, Kevin Reed, Project Hero provides financial aid for children of Canadian Forces personnel who have lost their lives while serving on active missions overseas.

On Aug. 8, Camosun College will announce its participation in the program, making it the second post-secondary institution in the city to do so. Royal Roads came on board earlier this year.

"With Maritime Forces Pacific headquarters being on southern Vancouver Island and in the region served by Camosun, plus given the long and positive relationship between DND and the college, it seemed a natural and appropriate initiative to support. We are pleased and proud to be reaching out in this way," said Susan

We can't bring back a fallen soldier but we can do our part to ensure that his or her loved ones don't face even more challenges.

-Susan Haddon
Camosun College

Haddon, Director of College and Community Relations at Camosun.

"We can't bring back a fallen soldier but we can do our part to ensure that his or her loved ones don't face even more challenges," she said.

According to Haddon, the college will support up to two eligible individuals in any one academic year. The award will be for tuition to a maximum of \$3,000 per semester, and will be available to the recipient upon demonstration of satisfactory academic progress for up to four consecutive years of study.

To be eligible for the scholarship, children must be under the age of 26, a dependant of a member of the CF who lost his or her life as a result of being deployed on an international operation, and must

be accepted as a regular student in a publicly-funded post-secondary institution.

Camosun College's official announcement of Project Hero will be made at this year's 18th annual Canadian Peacekeeping Veterans Association (CPVA) memorial service being held on the lawns of the B.C. Legislature the evening of Sunday, Aug. 8. There will be a meet and greet at 6 p.m. with the ceremony starting at 7.

Michael Kavanagh, President of the B.C. Chapter of CPVA, said the annual ceremony is held to honour those who served and gave the ultimate sacrifice for their country and, as such, feels this is the perfect venue for the announcement to be made.

"I'm so pleased they are doing something to help the children of those who gave their lives," said Kavanagh. "I'm also pleased they decided to make their announcement on the day of our parade. We look to the young people for our future and something like this just helps to give those children hope."

For more information on Project Hero go to www.accc.ca/english/services/cdnforces/hero.htm or www.jarcreative.com/projecthero/program.html or contact Susan Haddon at 250-370-4231.

Canadians go loonie for CNC coin

Shelley Lipke
Staff writer

The Canadian Mint is commemorating the Canadian Naval Centennial with a themed loonie.

Available in packs of five, this new circulation loonie features an enlisted sailor with the 1910 uniform and a female officer with a modern day uniform to represent past and present men and women of Canadian naval service.

The backdrop behind both sailors saluting is HMCS Halifax, the lead naval ship on the East Coast. A fouled anchor is also featured as part of the centennial identifier image used to recognize the 100th anniversary of the navy.

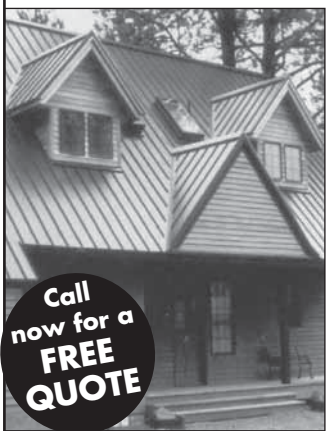
Beginning on July 15 orders through the Canadian Mint website can be made with a purchase limit

of five packs of five loonies per customer at a cost of \$5; shipping is free.

To order go to www.mint.ca/store/product/product_navy.jsp?itemId=prod980004&o_action=crossSell.



Benefits of Metal Roofing



Call now for a FREE QUOTE

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

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.
(1988)

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

DON'T DRINK & DRIVE.

Paint Your Own Pottery

July 17-18 10 a.m. - 3:30 p.m.

Grand Opening

Balloons, drinks and cake!

FREE 4" TILE PAINTED BY YOU

Great for all ages - no experience needed!

Ask us about:

- Birthday Parties
- Fundraising
- Bridal and Baby Showers
- Workshops

Danielle Studios Inc.

129-735 Goldstream Ave
Langford, BC V9B 2X4
Tel: 250-590-7949



SAVAGE CYCLES

New and Pre-owned
Motorcycles & ATVs
Sales & Service

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

TUNISIA



16 Days/14 Nights from \$2399+tax

Includes:

- Air from Vancouver
- 11 nights tour in 4 & 5 star hotels
- 3 nights beach resort • 2 meals daily
- All the visits as per itinerary

Experience the Mediterranean

Call today for more info!

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

Posted To Ottawa? HOME FOR SALE



Gorgeous 3 br. east end, hw floors on m/floor, neutral colours, huge backyard - 64' deep, ensuite with Roman tub & separate corner shower, NG fireplace, huge rec rm in basement. Close to schools, bus stops, shopping.

CALL JOE SALAZAR FOR MORE INFO
613-218-6714



Joe Salazar, CD1

Sales Representative
"Not Your Average Joe"
Cell: 613-218-6714
Office: 613-830-3350
Toll Free: 1-888-830-8757
joesalazar@royallepage.ca

ROYAL LEPAGE
Performance Realty
Brokerage. Independently Owned and Operated

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) Craig Baines, Base Commander.

Le LOOKOUT est publié tous les lundi, sous l'égide du Capt(N) Craig Baines, 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'OAFCS 57.5. 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 - \$37.³⁶

Six month subscription - \$18.⁸⁴

Three month subscription - \$12.⁵⁶

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



WHAT SAY YOU

Predators delivers a familiar story and villain

W. Andrew Powell
The GATE

Opening this weekend in theatres, Adrien Brody gets his first big action role in the franchise sequel, *Predators*.

Predators

After 23 years, it looks like we finally have the *Predator* sequel the franchise deserved, even if it is just a little too familiar.

In director Nimród Antal's *Predators*, a group of very different fighters and killers find themselves together in a dense jungle, and none of them know how they got there. Each of them was dropped in by parachute, and only woke up as they fell through the atmosphere, and now they're trying to understand who brought them together, and why.

Adrien Brody stars as the group's natural leader; a mercenary who eventually identifies himself as Royce. Royce seems to be the first among the killers to understand what is going on, and explains that he thinks they have been dropped in to a kind of preserve where something is slowly hunting them for sheer sport.

Thrown together by need, rather than friendship, the group includes all manner of killers and psychopaths, including an American murderer, a Yakuza killer, a number of elite soldiers from various countries, and one doctor, played by Topher Grace, who has no idea why he was picked up for this fight for survival.

Searching the jungle for answers, the group



Photo by Rico Torres

In an alien game preserve, Royce (Adrien Brody) and Isabelle (Alice Braga) discover they're the game.

comes to the realization that they are definitely not on Earth any more, and they're being stalked by large, vicious, and very well-armed aliens.

As Royce hunts for answers and ideas about how he can escape the planet, he becomes the inadvertent leader while a sniper named Isabelle, played by Alice Braga, tries to convince Royce to think of more than just himself. Meanwhile, they fight against the *Predator*'s alien pet dogs, discover a captured *Predator* in a ritual death camp, and inadvertently stumble into another survivor who has been on the planet longer than his sanity was able to withstand. They also uncover one hope for getting off the planet together, but they will have to survive the onslaught of three very determined *Predators* first.

Brody turns out to be a solid lead in this action film, and while he's no Arnold Schwarzenegger, he is believable in the role of a fighter who has very little humanity left. The rest of the cast also provide acceptable fodder for the *Predators*, although I'm starting to wonder if Topher Grace can play anything else beside this one movie role.

Compared to all of the previous sequels, which sucked a lot of the thrills out of the *Predator* as an unstoppable foe, Antal builds at least a quiet level of anticipation and unsettled fear. The story takes its time getting to the action, and even then, the battles between the humans and the *Predators* come in jolts, but it's an entertaining trip for the most part.

Predators is still just a bland photocopy of the original film though, and even an entertaining appearance by Laurence Fishburne as a deranged survivor is little more than a break from the film's turgid pace and rote actions. The story follows all the points we expect from this kind of action-horror film, and does nothing to give us something new from the *Predator* as a villain.

After four sequels there is still something brilliant lurking inside of the *Predator* franchise, and Antal has done the best job of capturing that essence in years, but it's still just a glimmer in *Predators*. Since he ends the film with a clear path to another sequel though, we can only hope he brings a little suspense and ingenuity back to the franchise with yet another sequel for this beleaguered franchise.

WHAT SAY WE

Counselling a way to deal with life issues

Dear Jessie is an informal anonymous EAP (Employee Assistance Program) column. You can write a question and address it to, "Dear Jessie, Building D29 room 107, PO Box 17000 Stn Forces, Victoria BC V9A 7N2" You can sign the letter from anonymous. In all circumstances, Jessie at EAP respects confidentiality. Answers are for guidance purposes only.

Dear Jessie,

I want to seek counselling but feel scared and not sure what to expect. I'm not sure if I have mental health issues, but I've been struggling with some feelings and thoughts about my separation and would like to talk to someone. Could you please tell me more about counseling?

-From Anonymous

Dear Anonymous,

There are many reasons to seek counselling such as to get help during a difficult life experience, to develop new communication, parenting, or stress management skills, or for personal growth. When our car breaks down we seek a mechanic, or when we get sick we ask a doctor for information, so seeking the services of a mental health professional who is trained to give emotional or psychological help makes sense.

We don't have a golden rule book to tell us how to make the 'right' decision every time or how to always effectively handle our emotions. We usually approach life by drawing on previous learning experiences.

Sometimes, life can throw unexpected curve balls in our direction, like a divorce or separation, and this can result in a situation that exceeds our skill/knowledge level.

That's very normal. Counselling can be one way to help us gracefully manage these life experiences. Counselling shouldn't take away from our ability to handle our lives, but provide a service to learn new approaches to the "overwhelms."

Navigating the field of counselling specifically, or therapy in general, can be a difficult task. There are many types of services, techniques and ways that professionals are trained. Much like the doctor is trained for different types of jobs so too is the therapist.

Generally psychologists are trained to diagnose (issues such as phobias or personality disorders) where as counselors are trained to help manage life experiences. There is a lot of overlap in the mental health profession so it's important to find out the therapist's background.

Once you know the background, you can decide if that's the best fit for you. Perhaps one of the best measures when choosing a mental health professional is if you feel respected and can trust enough to talk about what's going on.

For more information you can contact an EAP referral agent, the EAP office at 250-363-7968 or refer to the EAP website.

-Jessie

Looking to Buy or Sell Real Estate?

\$1,000 cash back
to military personnel.

Call 250-661-7680 for details

Deborah Kline, MM

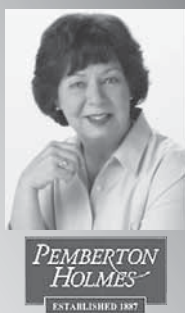
Real Estate Professional

150-805 Cloverdale Avenue, Victoria

Direct: (250) 661-7680

www.1stinVictoria.com

Email: deborah.kline@shaw.ca



10% off
any Truck
Rate



Call 250-953-5300

www.budgetvictoria.com

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

Capt(N) Hallé reflects on two years

Shelley Lipke
Staff writer

For the past two years as Base Commander, Capt(N) Marcel Hallé has been a caring, encouraging, and motivating force at CFB Esquimalt.

He's a friendly, familiar face that everybody knows.

As he prepares to move into the next stage of his career, studying at the Toronto Canadian Forces College in the National Strategic Program, he reflects on his tenure as Base Commander and what the people of CFB Esquimalt have meant to him.

"It's been a great job and an absolute privilege to be Base Commander," he said in an interview with Lookout a week before he handed over the base to Capt(N) Craig Baines. "It's been the greatest job I've had, or at least it ranks in the top two. Going to sea in submarines ranks very high too," he said with a smile.

When he was first appointed the job he was excited, yet anxious. "I had never worked within a base and didn't know what the guts of a base were all about, and I was to be the head of the organization."

Rising to the challenge, he accepted the position and grew to embrace the duties and obligations of the job. "I'm the Base Commander for 6,000 people for the support services they require, be it the lights they switch on, the food they eat in the galley or the road they drive on to get to work."

Getting to know his "constituents" was the pleasurable part of each week. Every Tuesday, he'd tour an aspect of the base, which provided him an opportunity to discover the 800



Shelley Lipke, Lookout

Taking his leave of the base commander's office, Capt(N) Marcel Hallé is headed to Toronto to study at the Canadian Forces College.

buildings he presided over and meet those who worked in them.

"You look at what we're up against with a high operational tempo, preparing for and executing Operation Podium, the International Fleet Review, and countless other activities that happen over the years, and people just rise to the occasion. They don't complain. They just do it. That can-do attitude is absolutely alive and well at CFB Esquimalt. Nothing would happen on the base without the people," he says. "Leaving CFB Esquimalt, it's the people I'll remember and miss the most."

Highlights of his two years are not so easy to narrow down, but when pressed he says it would include his

interaction with the Greater Victoria community, First Nations, and veterans.

Being part of the Homecoming Statue Project was also a privilege; he purchased two bricks - one for his family as a Christmas gift and another to thank Greater Victoria for 100 years of support to the navy.

Singling out the most instrumental individual he has met as Base Commander was easy: "Cedric Steele." "I've worked very closely with him and I think he's an outstanding honorary captain. He has provided us with so much support and connected the navy with the people in the community. It's evident he loves the navy. His spirit, big heart and what he's personally done for me by allowing me

to integrate into the community means a lot to me. I owe him a debt of gratitude."

Capt(N) Hallé's legacy will undoubtedly be the strategic plan that he developed to lead the base into the future.

Now that he has handed over leadership of the base, Capt(N) Hallé and his family will load up the moving van and head east to Toronto. However, there is one message he'd like to leave in his wake for the defence team - know why you come to work.

"Whether it is for professional development, daily administration support, or any other job here on the base, we drive through the gate for one reason - to provide support to operations. I'm extremely proud of the people at CFB Esquimalt. They have made my time as Base Commander enjoyable. And I leave with fond memories and tremendous pride."

Leaving CFB Esquimalt, it's the people I'll remember and miss the most.

-Capt(N) Marcel Hallé

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



Michael J. Lomax, CD
Lawyer/Mediator

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



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

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

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

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

\$300 off your next vehicle purchase

Pay to the order of **Valued Customer** **\$300**
Phone 250-953-5353 Email sales@budgetcarsalesvictoria.ca
For **\$300 off** your next vehicle purchase **Military appreciation discount**
Must be signed by one of our sales associates to be valid.

TENT SALE
EXTRAVAGANZA

We take any and all trades Paid for or not.. Highest prices paid!

SAVE THOUSANDS

• Food / Beverages
• On Site Ocean Radio

Every one of our vehicles have been depreciated down for final Sale!

- FORD • GM • CHRYSLER • NISSAN • Cars • Vans
- TOYOTA • HONDA • HYUNDAI • Suvs • Trucks
- Most Makes and Models under one roof • Commercial vehicles

HOURS:
Mon-Thur 9:00-8:00
Friday 9:00-7:00
Sat. 9:00-6:00
Sunday 11:00-5:00

OUR LOWEST PRICES OF THE YEAR

WHEN:
July 15, 16, 17, 18, 19, 20, 21, 22

Onsite Financing with special rates/ 6 months no Payments oac

• EVERY VEHICLE BCAA APPROVED • 30 DAY MONEY BACK GUARANTEE
Here are a few examples of what's available

'08 Ford F350 crew cab diesel XLT auto, loaded Stock #409175 Final Depreciated Price \$31,855	'07 Hyundai Accent automatic, great fuel economy. Was \$10,980. Stock #409140 Depreciated Price \$8,975	'05 Chevrolet Malibu low mileage, automatic, power windows, locks, air, loaded. Depreciated price was \$16,980 Stock #409134a Now Depreciated Down to \$8,888	'09 Toyota Matrix fully complemented, fully loaded. Depreciated price was \$16,980 Stock #409008 Depreciated Down to \$14,777
------------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------

If you don't come in and see us we can't save you any money!
Bring your Family and Friends you don't want to miss out!

Canada's Largest Independent Used Car Dealer!

Budget Car & Truck Sales

CALL 250-953-5353 • 2224 Douglas St.
One Block South of Bay Street in Victoria

CALL TOLL FREE 1-866-955-5353

D24803

www.budgetcarsalesvictoria.ca

Stay safe during Vancouver's Celebration of Lights

Penny Rogers
Staff writer

For four nights in July, Vancouver's English Bay will explode with colour and music as the world's leading fireworks designers compete in the Celebration of Light, an international pyro-musical competition featuring participants from the United States, Spain, Mexico and China.

The competition is expected to draw well over one million people to English Bay, Kitsilano, Vanier Park and Jericho Beach on the nights of July 21, 24, 28 and 31.

Included in the million plus spectators will be those watching from the water, with over 1,000 boats navigating English Bay to get a closer look and listen.

During those four nights at CFB Esquimalt, there is an expectation of increased emergency calls for the Canadian Forces and Coast Guard personnel working at the Joint Rescue Coordination Centre (JRCC) Victoria.

JRCC is responsible for planning, coordinating, controlling and conducting air and marine search and rescue (SAR) operations within the Victoria Search and Rescue Region (SRR), which is one of three such regions in Canada (Trenton and Halifax comprise the other two). This area includes Vancouver and the waters around it that will be teeming with activity during the Celebration of Light events.

"What happens is the boats gather fairly slowly because they don't all arrive at the same time," explains JRCC's Marc Proulx, Acting Regional Supervisor Marine Search and Rescue, Canadian Coast Guard. "The problem occurs when the fireworks are over. At that particular time, now you've got 1,000 boats that are all conglomerated around it and they all decide to leave at the same time.

"It's a mix of vessels, all the way from the 200 footers down to the six footers, guys in dinghy's rowing around, kayakers, canoes, power vessels, sail vessels, you name it. Plus commercial traffic because there are commercial traffic lanes going in and out of the harbour and commercial traffic going in and out of False Creek. They try to close that but there is still commercial traffic going in and out of the North Arm and Vancouver Harbour as well as transiting Vancouver Harbour so consequently what happens is that certain areas, with all the vessels rushing out, become very busy."

Because it's so busy, a temporary central emergency services communication centre will be set up at Kitsilano Coast Guard Station. The primary role of the centre will be sharing and gathering information between the agencies involved in safeguarding the public during the event.

"Basically it's one person from each major agency including the Coast Guard, B.C. Ambulance Service, Vancouver Police Department, Vancouver Fire Department, one of the event organizers, one from JRCC, and they communicate amongst themselves. If something major happens, the emergency operation centre person over there communicates directly with the JRCC here in Victoria," said Proulx.

Also, in preparation for the Celebration of Light, or any large-scale event that happens on the water, a marine search and rescue operation plan, one that Proulx helped develop, takes effect.

This SAR plan identifies the search and rescue units that are taking part, explains their role in the event, lists all vessel and aircraft positions, lists all communication channels and frequencies to be monitored and specifies all medical evacuation sites.

Definitely a coordinated effort



amongst agencies, everyone involved has a single goal in mind.

"Everybody assists everybody," said Proulx. "We're all trying to do the same thing which is safeguard the general public."

For boaters planning to take part in July's spectacular display of light and sound, or any other activity on the water, Transport Canada and the JRCC Victoria have some tips to help keep you safe:

- Make sure your vessel conforms to the Small Vessel Regulations. Information can be found on the Transport Canada's

The problem occurs when the fireworks are over...you've got 1,000 boats that are all conglomerated around it and they all decide to leave at the same time.

-Marc Proulx
Joint Rescue Coordination Centre

Office of Boating Safety website at www.tc.gc.ca/eng/marinesafety/debs-obs-menu-1362.htm;

- Have one Canadian-approved personal flotation device or appropriately sized lifejacket for each person on board;

- Have your Pleasure Craft Operator Card. This is required for all motorized recreational pleasure craft less than four meters in length;

- Don't drink and drive. The same rules that apply on land apply on the water;

- Don't overload your boat. There are plates on the back of all boats that specify how much weight you can carry;

- Have proper navigation lights, the proper sequence of lights and remember to show anchor lights once anchored;

- Have a marine VHF radio available and know how to use it in an emergency;

- Know who to call in an emergency - VHF Channel 16 or 1-800-567-5111 or 911 from your cellular;

- Make sure that the sea conditions are such that they don't overwhelm you. Don't go into rough conditions;

- Understand the rules of navigation, including vessel lights, basic navigation aids and traffic rules in order to avoid collisions and recog-

nize potential hazards;

- If you are in a canoe, kayak or another non-powered vessel, stay close to shore to avoid interfering with the navigation of larger vessels. Outfit your vessel with red, green and white navigation lights if you are planning on being on the water after dark.

- Slow down. It will be a confined and congested area around the fireworks barge so watch your wake and be considerate of other boaters.

- During the fireworks displays, stay outside the buoyed safety zone around the fireworks barge in False Creek. This is in place both for your safety and the safety of those working on the barge.

One safety device Proulx would like boaters to consider purchasing is the 406 EPIRB (emergency position-indicating radio beacon). It is an emergency transponder that attaches directly to the vessel. Salt water activated, the device sits on top of the wheelhouse and as soon as the vessel capsizes it senses the salt water, activates and transmits.

"You can imagine at night, with over 1,000 vessels transiting, if you were to capsize it's very easy to get run over. It's very easy to not find you because there is so much activity, you know, where do we begin to look.

"With the 406 EPIRB transponder, as soon as it's activated the SAR system is immediately notified. Immediately. We know your location from the GPS chip in it. We know who it is, where it is, what it is and we're responding right now."

For the four evenings that the Celebration of Light will take place, there will be many watchful eyes on the waters around English Bay, all in an attempt to keep the public safe so that everyone gets a chance to sit back, relax and safely watch what is sure to be a spectacular series of shows.

Wake up in the morning

103.1

JACKfm
playing what we want

with the JACKFM Morning Show on 103.1 JACKFM

Firefighters' actions save facility

Shelley Lipke
Staff writer

CFB Esquimalt firefighters from 2 Platoon received a commendation from former Base Commander, Capt(N) Marcel Hallé two weeks ago for their quick action extinguishing a fire at the hazmat facility construction site.

In the early morning of April 15, off duty commissioner Mike Holmberg was driving home from work when he spotted a blaze in the building located on the corner of Canteen and Esquimalt Road.

When firefighters from 2 Platoon arrived on scene they faced a permanent fence around the building and no way to gain access with their truck because, until completed, the building is the property of Defence Construction Canada (DCC) under contract with the builders Kinetic Construction.

"I sent a ladder truck and two men to the Esquimalt Road side of the building," said CFB Esquimalt Platoon Chief Mike Gains. "Firefighters Keith Lee and Len Ianson threw a hose line over the fence from the ladder truck and were able to extinguish the fire while the rest of our force was trying to lay-in from the opposite side of the building."

"These men used common sense and, relying on their experience and training, acted quickly. If it wasn't for their quick thinking the fire would have caused more damage," he adds. "Thankfully no one was in the building at the time and so no one was hurt."

An investigation determined a large kerosene heater tipped over spilling gas onto a wooden pallet, which fuelled the fire. A non-skid latex product had just been installed on the shop floor,



Shelley Lipke, Lookout

Fire fighters from 2 Platoon stand outside the Hazmat building: (left to right) Matt LeBlanc, Matt Campbell, Wayne Jasper, Tyler Alain, and Laine Jeannotte.

and to speed up the drying process kerosene heaters were put into place, but left unattended. Fans above them were blowing the hot air into the building from open doorways. The vibration from one fan knocked the heater over and started the fire.

Fire alarms and fixed fire protection systems had not yet been installed in the building.

Flames reached the top of the building travelling up the top of the door. Estimated damage was \$10,000, but could have been much more if not for the commissioner and 2 Platoon.

"It was a good save by our firefighters," said Gains.

A number of positive procedures have been implemented since the incident, which will aid in base fire prevention at DND.

"Much better relations have been established post fire with DCC," said Gains. "Typically our fire prevention team doesn't work with DCC until the building is turned over to DND. But in light of this incident, DCC realized there was a shortfall, and now our Base Fire Prevention is involved with pre commencement construction meetings," said

Gains. "This was a joint move between the fire department and DCC agreed that we need to be more involved, and we will be conducting regular inspections and have access to their emergency contact information. This fire had a potential to be massive, and there were a lot of positives that came out of this incident. It was a good learning experience and an eye opener for all involved."

Firefighters Mike Gains, Tyler Alain, Matthew Campbell, Jean-Paul Condon, Mandeep Galhon, Wayne Jasper, Laine Jeannotte, Matthew LeBlanc, Brad McPhee, Lenard Ianson and Keith Lee were all recognized by the Base Commander and thanked for their work extinguishing the blaze that evening.

ONLINE EDUCATION AT ITS BEST



Your success is our mission.



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



✓ **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

UNLEASH YOUR CREATIVITY



Saturday, August 14 • noon to 4pm • Naden

enter the Great KMS Tools Duct Tape Contest

Roll out your ideas and make the best creation to win!

ENTER INDIVIDUAL OR 2-PERSON TEAM

RULES:

- Any colour of duct tape may be used.
- Items must be made of 90% duct tape.
- Prizes will be awarded to the best duct tape creation in both categories.

Work will be judged on:

- Originality • Craftsmanship
- Overall excellence

Judging at 2:30 p.m. in the Naden Drill Shed at Formation Fun Day.

Don't Delay - Enter Now!

email Kate King: kate.king@forces.gc.ca or phone **250-363-3014**

Get more info: www.esquimaltmfrc.com



Your Westshore Specialists!
Helping Military Families Relocate!

Kira Laing
www.salesinthecity.ca
kira@dfh.ca

Ron Bahrey
www.condosinvictoria.com
ron.bahrey@shaw.ca

250-474-6003

REAL ESTATE LEADERS

650 Goldstream Ave., Victoria BC V9B 2W8

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

Dockyard incident highlights safety concerns at work

Shelley Lipke
Staff writer

An accident on June 25 involving a crane and a bus parked on the jetty in Dockyard is another reminder that caution is needed when moving through this area.

No one was hurt when the crane's boom smashed the windows of the bus as it waited to pick up members of the Naden Band. The incident is being investigated by the Mobile Support Equipment (MSE) safety section of Base Logistics.

In light of this incident, Formation Safety is reminding everyone to be alert when moving around the base, especially in Dockyard.

"Dockyard is an extremely busy place and there are a lot of concurrent activities taking place within a small footprint," says Formation Safety Officer Julie Eustace. "This incident underscores the importance of personnel being aware of what is going on in their surroundings at all times. People need to have situational awareness."

What makes Dockyard a hazardous place is the level of activity, which includes pedestrians, vehicle traffic, construction projects, and trades people working around the ships all moving in a small area.

"People must be more cognoscente of their surroundings so they don't put themselves at risk," says Eustace.

It's important that vehicular traffic stay within designated lane-ways and pedestrians fol-

low the rules and regulations of walking through Dockyard.

"We have a Base Standing Order that bans the use of ear buds. The ear bud policy is relatively new; it was established as a result of a dozen near misses with personnel wearing headsets and almost being hit by DND vehicles while walking in Dockyard," says Eustace. "We have a very good can-do attitude in the Formation, but when people get busy they need to be focused not only on what they are doing, but what people around them are doing."

In 2009, \$1.1 million in time was lost due to work-related injuries on base, equating to the loss of 21 full time positions.

"Generally speaking, MARPAC (Maritime Forces Pacific) has considerably more hazardous occurrences statistically than our counterparts on our East Coast and also from a national prospective," says Eustace. "Many injuries sustained are soft tissue injuries and a lot of them could have been prevented if people had paid closer attention to

This incident underscores the importance of personnel being aware of what is going on in their surroundings at all times. People need to have situational awareness.

-Julie Eustace
Formation Safety Officer



DND photo

In the hustle and bustle of daily life in Dockyard, a crane boom smashed in the windows of a waiting passenger bus on C Jetty on June 25.

pre-planning their work, and situational awareness.

"For the most part they are not serious injuries, but they are a huge cost to the Formation with time lost."

Injuries are caused when people don't get adequate help lifting heavy items, work in restricted work

spaces, or handle material improperly. As far as corrective measures, better task planning and ensuring employees instill safe work practices are recommended. People need to follow their training policies and use the personal protective equipment provided for them while fol-

lowing the unit's policies and procedures for safety, adds Eustace.

"While there are good things happening with regard to accident prevention there is still lots to be done to reduce these hazardous occurrences; we want people to be especially careful," she said.

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

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 CustomVue and
Iris Registration.**

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



FREE CONSULTS &
EXAMS FOR
LASIK & PRK

250.36.2141
clearlylasik.com

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

INFOCUS

Lace up for Navy 10K

Challenge your muscles (and your grit) along Victoria's toughest 10K road course – or, set your goal on the 5k Fun Run – and prove you can go the distance in the Canadian Naval Centennial Navy 10K.

The race begins at 8:30 a.m. on Sunday, Aug. 15th at CFB Esquimalt.

Runners and walkers, it's time to:

Get ready...

Start training today and you'll be ship-shape; the Navy 10K is just five weeks away!

Stop by the Naden Athletic Centre or Fleet Fitness and Wellness Centre to find out about running clinics or get some help from our expert fitness employees.

Get set...

Guarantee your timing chip and souvenir dry-fit t-shirt when you register.

Babysitting services are available for families whose parents are running or walking the 10k or 5k race. Plus, kids can race too. Our free 1k Kids Fun Run will get even the smallest feet moving. (Call 250-363-1009 for kids registration.)

Stay to celebrate the centennial – and your big finish – with refreshments, a barbecue, awards, door prizes and entertainment after the race.

Go!

Reach your race goal – and try for one of \$700 in Running Room prizes, and a race medal.

Don't wait to register. The early-bird deadline is coming soon. Military \$26; Public \$30; Special registration rate (\$28) for DND, Lifemark, and TC 10K runners. Plus save 20 per cent if you register before July 31. Visit www.pspesquimalt.ca to sign up now.

Thankyou to the following corporate sponsors: Running Room, SISIP, Save-On-Foods, Lookout, PSP Esquimalt, MARPAC.

Paint-Your-Own-Pottery studio opens in Langford

Greater Victoria area residents have a new choice in entertainment. On July 17 and 18, Danielle Studios will hold a grand opening of its paint-your-own pottery studio, which offers a creative alternative to movies and hanging out at the mall.

Danielle Studios is located at 129-735 Goldstream Avenue. Hours: Monday through Saturday, 10 a.m. to 9 p.m. Sunday 10 a.m. to 5 p.m. Call 250-590-7949 or email dsj@daniellestudios.ca for more details.

Navy League announces appointment for Maritime Affairs

President Dominic Richard has announced the election of Louise Mercier as the Vice President of Maritime Affairs for the Navy League of Canada and the recent hiring of Andrew Warden as Maritime Affairs Coordinator.

Mercier will continue to lead the maritime constituency in bringing forward the issues of shipbuilding, the marine industry and support to the Canadian Navy. She currently leads a defence consulting practice, FMJ Solutions, is President of FrontLine Services, and is an active member of several industry organizations.

Warden will take over the duties of Maritime Affairs and Communications from Jerrod Riley, former Deputy Director of the Navy League of Canada.

The Navy League of Canada has been committed to maritime affairs since its inception in 1895 and continues to recognize its significance for the future.

Royal Canadian Legion Branch 31 La Tuque

In 2011, Royal Canadian Legion Branch 31 will celebrate the 100th anniversary of the founding of Ville LaTuque and the 80th anniversary of the establishment of Branch 31 of the Royal Canadian Legion (RCL) in LaTuque, QC.

To highlight these events, the members of RCL Branch 31 are organizing a celebration that includes a meet and greet, a military parade, the unveiling of the Honor Roll and the presentation of an M113 Armoured Personnel Carrier donated by the Department of National Defence.

These activities will be held on May 7 and 8, 2011. The organizing committee is searching for native and resettled LaTuquois (es) who have served in the Canadian Forces between 1945 until today to include their names on the Honor Roll.

If you are from the Haute-Mauricie or if you know a military member or veteran from this region, please send us the contact information and/or the information requested for the Honor Roll by Sept. 1, 2010:

Royal Canadian Legion – Branch 31

Jean-Claude Houle, Pres.

1, Champlain Street

La Tuque, QC G9X 3K8

Send via email to:

lrc31latuque@tlb.sympatico.ca.

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[†]

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[‡]

GET THE SUMMER'S HOTTEST TICKET



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. ‡/0%/± For all offers, customers must sign contract and take delivery from dealer by August 3, 2010. All offers available only through participating dealers to qualified retail customers in Canada and are only on approved credit. † \$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 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. ◇ 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 models and 60 months on all new Outlander models (Lancer GTS, Ralliart and Evolution models excluded). Financing example: 2010 Lancer DE (CL41-A C05)/ 2010 Outlander ES 2WD (CO45-A C04) with a 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. MSRPs exclude 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. ¥ 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 accrue during the first 60 days after purchaser signs contract for a participating vehicle. After the first 60 days interest (if any) starts to accrue 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 Ralliart models. © 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_10-07-12.

Ship repair mentors youth during summer program

Penny Rogers
Staff writer

For 10 newcomers to Fleet Maintenance Facility Cape Breton (FMFCB), July 5 was exciting and perhaps a bit overwhelming.

Their first morning on base consisted of a briefing on the in-routine process, a question and answer session, receipt of a Welcome Booklet with details on their weekly schedules including trade descriptions, introductions to key FMFCB contacts followed by welcoming words and a handshake for each newcomer by Rear Admiral Tyrone Pile.

The group is part of a nine-week Employment Equity Trades Orientation Program (EE TOP) at FMFCB. Now in its second year, the program focuses on both Aboriginal and visible minority communities.

Aldeen Mason, Program Coordinator, says, "We are building community relationships by engaging the local organizations' career counsellors. We ask them to post and promote our job poster, take in resumes and then forward their best two candidates to us. They know their clients and they know who is truly interested in learning a trade. Then we

make our final selections from this pool of candidates."

According to Mason, two things are done prior to the start of the program. First, Aboriginal awareness and diversity training is provided to the FMFCB workforce, then mentors are chosen through a voluntary system by shop supervisors.

"We found that not many youth or young adults are sure as to what type of career they would like to pursue. By having this opportunity to experience various trades, we provide them with options to consider," said Mason.

Once they arrive at

FMFCB, the chosen candidates are grouped into two-person teams and each week they are rotated into a different trade area.

During the first six weeks of the program they will spend time with mentors from: electronics, electrical, sheet metal, boilermaker/metal fabrication, above/below water weapons, machinists, pipefitters, diesel fitters, mechanical fitters, riggers/sail makers, painters, shipwrights/joiners, foundry and ladders.

The final three weeks will be spent in the trade area of his or her choice, allowing for more hands-on training and experience.

One of this year's successful candidates is Wanita Cook. A former deck hand with the Canadian Coast Guard, Cook is First Nations and hails from the west coast of Vancouver Island.

"A friend was over and she shoved a piece of paper in my hands and told me I should apply, so I went to talk to Wendy at the Adult Care Centre. That was just three days before the deadline so I was very excited when they phoned me to tell me I was accepted. I'm not sure exactly what we'll be doing yet, but I'm look-



Photos by Penny Rogers, Lookout

RArm Tyrone Pile welcomes each candidate to the Employment Equity Trades Orientation program.

ing forward to learning a lot over the next nine weeks," said Cook.

Aside from an introduction to the various FMF trades, the EE TOP candidates will learn how to apply for DND jobs through the Public Service website, be provided with information on military careers from CF Recruiting, receive online WHIMS training and receive information from Camosun College about their entry level trades training and educational requirements.

At the end of the program there is a ceremony at the Chief and Petty Officers'

Mess where family members, their career counsellors, and CF representatives, including FMF trades people and managers, are invited to attend.

Aldeen Mason was very pleased with the results from last year's program. "Seven out of the 10 were going back to school to complete their Grade 12, upgrade their math skills or take the entry level trades training at Camosun College. Nine out of the 10 said they'd like to come back and work for FMF CB, and one of last year's participants is currently working in one of our shops."



Ten candidates will spend nine weeks learning about all the trades Fleet Maintenance Facility Cape Breton has to offer.

run with the Navy

challenge your ability

10K / 5K

Lace up to run, walk and celebrate the
Canadian Navy Centennial!

REGISTER NOW! www.pspesquimalt.ca

BBQ, Entertainment and Babysitting
Medals, Awards Ceremony and Door Prizes!

*Enter before
July 31st & save!*

Now is the time to register for the
BEST EARLY BIRD RATES!

- Military: **\$26** / reg. \$31 • Public: **\$30** / reg. \$35
- DND, Lifemark & TC10K runners: **\$28** / reg. \$33

Commemorative timing chip & dry-tech race jersey included.

1K Kids' Run • Free registration:
250-363-1009 • Sponsored by SISIP

NAVY

CELEBRATE THE
NAVAL CENTENNIAL

10K

Sunday, August 15

Race start 8:30 a.m.
CFB Esquimalt, Naden Entrance



LOGISTICS: QUALITY A MUST



Pte Malcolm Byers

A panel of four members representing different National Quality Institute organizations answer questions from the audience at the Chief and Petty Officers' Mess Rainbow Room. Left to right: Sonia Abreu, Delta Hotels; Peter Bradford, B.C. Ministry of Forests and Range; Mary Galaugher, Real Estate Board of Vancouver; and Louise Cassidy, Base Logistics CFB Esquimalt.

Quality meeting hosted on base

Jeremy Russell
Base Logistics

CFB Esquimalt and Base Logistics played host to the most recent Pacific Region National Quality Institute (NQI) Members Networking Meeting at the Chiefs and Petty Officers' Mess on Friday, June 25.

NQI is a Canadian company offering different levels of education and certification in quality for individuals and organizations. NQI holds regular networking sessions to give its member organizations a chance to communicate and share their experiences along the path to quality.

Did you know DND is an NQI member organization?

Since March 2009, Base Logistics (BLog) has implemented the NQI Progressive Excellence Program (PEP) to increase quality in the goods and services provided to the base. John Vincer, the Quality and Continuous Improvement Manager for BLog, worked with the NQI facilitators to coordinate and organize the networking session.

Opening remarks for the event were provided by acting Base Commander LCol Jon Burbee. He welcomed guests to the base, and touched on some of the base performance measurement initiatives going on and how they link to the CFB Esquimalt Strategic Plan. There was a good mix of attendees

from various private and public sector organizations, including employees from CFB Esquimalt.

The session offered a chance for NQI members in the Pacific region to build contacts within the NQI community. A panel of four subject matter experts from Delta Hotels, B.C.; Ministry of Forests and Range; Real Estate Board of Greater Vancouver, and Base Logistics, all with quality program experience ranging from one to 15 years were subjected to a gruel-

ling question and answer session. Questions focused on how to get buy-in from employees and managers, how to use quality systems to measure improvement, and some effective ideas on improving customer service. The session concluded with a light lunch, and the invited guests were treated to a bus tour of the base.

The Networking Meeting was recorded on video, and a podcast will be made available via the NQI website at www.nqi.ca.

TRACKSIDE AUTO SERVICE LTD.

A FULL SERVICE
AUTO REPAIR FACILITY

- | | |
|------------------------------------------------------------------------|-------------------------------------------------|
| <input checked="" type="checkbox"/> Induction & Fuel Injection Service | <input checked="" type="checkbox"/> Oil service |
| <input checked="" type="checkbox"/> Out of Province Inspection | <input checked="" type="checkbox"/> Electrical |
| <input checked="" type="checkbox"/> Diesel Fuel Service | <input checked="" type="checkbox"/> Exhaust |
| <input checked="" type="checkbox"/> Brake service | <input checked="" type="checkbox"/> Tires |

Ask about BG Protection Plan*

Where Dependability and Trust are a Priority...

* under 80,000 km



WALKER



HANKOOK

784 Fairview Rd. • 250-383-5509

Bravo Zulu to our Navy

Your full service RV centre

Rentals • Parts/Service • Sanitation
ICBC Repairs • Carwash and more

Triangle RV Centre • trianglerv.com



FREE IFR keepsake

Download a pdf of the anchorage chart for the International Fleet Review and enjoy a souvenir of this momentous occasion.

http://esquimalt.mil.ca/hso/Docs/2010%20IFR%20Poster_2010-06-07a_11x17_cmyk.pdf

Now that's...



Kool
107.3
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.



During an awards and presentations ceremony at CFB Esquimalt's Wardroom, Capt(N) Marcel Hallé presented several awards, medals and promotions to CF members and base employees. See more photos on page 16.

photos by MCpl Chris Ward, CFB Esquimalt Imaging Services



Cpl Wood receives the General Campaign Star for Joint Task Force Afghanistan.



CPO2 Mark Banns receives the first clasp to the Canadian Forces Decoration.



Sgt Eric Belanger receives the first clasp to the Canadian Forces Decoration.



Commissionaire Collin Cooke receives the Base Commander's Commendation Award.



Cpl Daniel Hall receives the first clasp to the Canadian Forces decoration.



Barry Saladana receives the Base Commander's Special Award.



Gaynor Jackson receives the Base Commander's Commendation Award.



LCdr Jeffrey Chura receives the Base Commander's Commendation Award.



Maj Maurice Gauthier receives the Base Commander's Commendation Award.



Warren Polishak receives the Base Commander's Commendation Award.



SLt William Danielsen receives the Base Commander's Commendation Award.



Base Fire Chief Steve Mullen receives the Base Commander's Commendation Award.



LS Whitney Barham receives the Base Commander's Commendation Award.



LCdr Smith receives the Base Commanders Recognition Award.



Julie Eustace receives the Base Commander's Commendation Award.



Duane Freeman receives the Base Commander's Commendation Award.



Dorothy LeBrun receives the Base Commander's Commendation Award.



Elizabeth Hyland receives the Base Commander's Recognition Award.



Darcy Johnston receives the Base Commander's Recognition Award.



Beverley Kirtay receives the Base Commander's Recognition Award.



Members of Fleet School Esquimalt receive a group MARPAC Bravo Zulu Award from RAdm Tyrone Pile.



Members of Rocky Point receive a group MARPAC Bravo Zulu Award from RAdm Tyrone Pile.



Gerry Pash, NPAO

Maj Chuck Grenkow shares a moment with Feng Zhou after Zhou was sworn in as a Canadian Citizen on July 1 at Government House in Victoria. Maj Grenkow was the Canadian Forces guest of honour at the ceremony where 60 people from 23 countries became Canadians. "We who were born in Canada have no idea how excited immigrants are when they are deemed to be Canadian. I was honoured to be amongst them," said Maj Grenkow who is a recipient of the Medal of Bravery. Twenty-two-year-old Zhou is from Jilin in northern China and is a student at the University of Victoria.



LS Crystal Klaschinsky of the Joint Rescue Coordination Centre is promoted to Master Seaman by Sgt Conrad Cowan (left) and Maj James Pierotti (right).



Cpl Golmohammadi (right) of Maintenance Detachment Matsqui is promoted to Master Corporal by PO1 Ryan.



CPO2 Richard Clark-McKay is promoted to Chief Petty Officer First Class by Graham Heath and Lt(N) Brian Michalchuk.



MS D. Dagenais is promoted to Petty Officer Second Class by Cmdr Martin Adamson.

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

Give Someone The Gift Of A Lifetime...

DONATE BLOOD

August 3 & 4

Naden Athletic Centre

ID required



Summer has
FINALLY
arrived...
AND with it
some **HOT** rates

BEST 5 year Fixed Rate – 3.95%
BEST 4 year Fixed Rate – 3.99%
Best 10 year Fixed Rate – 5.00%
***NEW Best 50/50 3 year – 2.80%**

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



VERICO
Each VERICO broker is an independent owner operator

Lori Lenaghan
MORTGAGE CONSULTANT
C. 250-888-8036



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

TIPS

The Military Police have a
tips line 250-363-TIPS.

The tips line will be regularly monitored by Military Police. All calls will be kept entirely confidential and anonymous.

Military Police urge you to make the call, it helps our community!

250-363-TIPS (8477)

"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 \$7.84 • ALL OTHERS: 20 words \$8.96 • Each additional word 17¢ • GST Included • DEADLINE FOR CLASSIFIED Advertising: Thursday at 11a.m.

Call 363-3014 to book your display or word ad

ANNOUNCEMENTS

Free Café Style Discussion

FLOW OF SOUL SPIRITUAL INSIGHTS

July 12 & Aug 9 • 7:00pm – 8:00pm

Serious Coffee Mezzanine

#27 – 1153 Esquimalt Rd.

Come Early – Buy a Beverage

Sponsored by ECKANKAR

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

TREAT YOURSELF TO A VISIT FROM WELCOME WAGON! IT'S FREE. We are a community service whose aim is to bring you greetings, gifts, and information regarding the area you live in. Call 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.

ECKANKAR

WHAT IS
ECKANKAR?

www.eckankar.org

AUTOMOTIVE

ESQUIMALT AUTO/MARINE

Victoria's Auto/Marine parts experts

AUTOPLUS

624 Admirals Road
386-8877
Open 7 days a week

SERVICES OFFERED

BRUSH UP ON YOUR French or Spanish skills this summer! 1 on 1 tutor available in Gordon Head. Contact me today! 250-818-2514

VOLUNTEER

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

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

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

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

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

MOTORCYCLES

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

REAL ESTATE • FOR RENT

1 BDRM SUITE AVAILABLE July 15 in Langford. Florance Lk. area. Bright, clean, spacious, full bath, microwave, parking for 1, shared laundry, separate entrance, quick hwy. access, on bus route. Incl. all utilities, cable and wireless internet. \$850/mo. 250-590-4885.

BRAND NEW 2 BDRM ground level suite for rent in Sooke. Aug. 1st. In Suite laundry, Dishwasher & over the range micro. Laminate floors throughout. \$1075/mo. NS/NP 250-883-0937.

ALL NEW, COLWOOD/LANGFORD 2 Bdrm/2 full bath. Condo. Storage/bike locker, In suite laundry, wood/carpet floor. Granite countertops, Stainless Steel appls. dishwasher & ele. fireplace. Close to bus, shopping, dining and walking distance to Royal Roads Univ. NS/NP. \$1300/mo. 250-479-2926.

NICE ROOM CLOSE TO CFB Esquimalt, newer building, suit mature/working person. No pets. \$465 inclusive. 250-383-1170; 250-216-9405.



SINCE 1918
250-385-8771

\$795 - Esquimalt Rd.

Bright 1 bdrm + den condo in adult oriented bldg. 3 appls., balcony, NS/NP, avail. immed. Lease.

\$2000 - Aloha Ave.

3 bdrm, 2 bath house with 4 appls., FP, HW, flrs., yard. NS, pets considered. Avail. July 1. Lease.



twitter.com/Lookout_news

www.facebook.com/lookout.newspaper

ROOMMATE WANTED

LANGFORD - 34 YR OLD PROFESSIONAL looking for roommate. Aug 1st. 3 Bdrm. duplex, 1 1/2 bths. w/d, yard & detached garage. \$750/mo. + 1/2 utilities. 250-882-7962

Attention: DND

WATERFRONT LIVING

Visit our rental office: **215 Gorge Road E**

Short leases available.

Bachelor \$690 • 1 bdrm \$750 • 2 bdrm \$1130

Close to Mayfair Shopping Centre.

Access to Gorge Waterway near Galloping Goose Trail.

Pet friendly community.

www.caprent.com • (250) 381-5084

ONE MONTH FREE. Call for details



Tara Place, 1039 View Street
City and Ocean Views
Downtown Victoria

\$500 off first month's rent.
Limited time ONLY

Spacious suites.
Bach starting from \$699.
1 bdrms starting at \$950.
Close to all major transportation routes. Close to Victoria core and Bay Centre mall.
Cat friendly community.
250-383-1833 • www.caprent.com
twitter.com/capreit



CONDO CONROY*



CHRIS GILL*



TONY ZARSADAS*



ANDREW HOBBS



AMY FRANCOEUR

THE CONDO GROUP

CONDO REALTORS

Call **250-382-6636**

Burr Properties Ltd.

Why rent when you can own?

Find out how a Condo Specialist can **save you thousands.**

*Personal Real Estate Corporation

FIND US ONLINE

WWW.LOOKOUTNEWSPAPER.COM

LOOKOUT Classifieds & Real Estate

RATES: MILITARY and DND PERSONNEL: 25 words \$7.84 • ALL OTHERS: 20 words \$8.96 • Each additional word 17¢ • GST Included • DEADLINE FOR CLASSIFIED Advertising: Thursday at 11a.m.

Call 363-3014 to book your display or word ad

REAL ESTATE • FOR RENT

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

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

HOTELS



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

Base Library Catalogue Online

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

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



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

REAL ESTATE • FOR SALE

HOW TO BUY WITH ABSOLUTELY NO MONEY DOWN

www.gotoyourteam.com

GLEN GLOWINSKI 250-217-1205

SHELLEY STANCIN 250-857-3044



West Coast Realty

Your ad here

For word or display
ads, call 363-3014

RENT TO OWN. Beautiful
2 bedroom condo at the
Ovation. Located one block
from CFB, available now.
1-877-575-9008 ext. 204
Email: nicole@invigo.ca.

OWN YOUR OWN HOME.
Brand new Mill Bay Mobile
for sale. Easy commute to
the base. New 925 sqft.
2br/2bth. mobile. Pad rent
and mortgage \$1000/mo.
Put equity into your pocket.
11,990.00 Willing to be
creative with down pay-
ment. 250-661-4066.



GREAT VALUE!

RENOVATED 1918 character home.
Large, level fenced yard.
Carport and Multiple car parking.

\$439,900

MLS# 281143



CALL DIRECT 250-213-7444

Shelly Reed

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



West Coast Realty

Book your annual check up early!

Dockyard members and
HMC Ships
call 363-2310

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



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 Winnipeg?

You need a Realtor who is...

Honest

Professional

Trustworthy

Experienced



Linda van den Broek

linda@lindavandenbroek.com
www.lindavandenbroek.com

204-987-9800



**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

MORTGAGE CONSULTANTS

Get pre-approved now!

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



Krista



LAWLESS & BROWN
MORTGAGE TEAM
Accredited Mortgage Professionals

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



Sherri

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



Upcoming Birthday? New Baby?

Place an announcement in the Lookout
Classifieds with a graphic.

Two ad sizes to choose from.

Call 363-3014 for details or to book.

Bravo ZULU

Continued from page 12



Capt(N) Hallé presents the Base Commanders Commendation Award to Joan Karpati.



PO2 Mark Johnston accepts the Base Commander's Recognition Award on behalf of Base Manual Party.



PO2 Rose Barnett accepts the Base Commander's Recognition Award on behalf of Base Information Services Radio Maintenance Shop.



Shelley Lipke receives a Base Commander's Recognition Award.



MS Harrison receives the Base Commander's Recognition Award.



Cathy Cornish receives the Base Commander's Recognition Award.



Cpl Bangs is promoted to Master Corporal.



LS Shultz is promoted to Master Seaman.

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

AVAILABLE NOW!

Your quick reference guide to local businesses that offer discounted pricing to DND and military members

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
www.theovation.ca

250-590-2710