

LOOKOUT

MARPAC NEWS CFB Esquimalt, Victoria, B.C.

SELECT MORTGAGE CORP. www.anneflynn.ca



Anne Flynn
Mortgage Broker
250-516-5262

CASH BACK!!
on Mortgage closing!
\$100 cash per \$100,000 mortgage amount.

ARE YOU POSTED?
Get pre-approved now. Why rent when you can buy.

Call Anne Today!!
250-516-5262




Charlottetown bound for Libya

Photos by Cpl Rick Ayer, Formation Imaging Services, Halifax

Top: Sailors on board HMCS Iroquois salute the passing HMCS Charlottetown as it departed Halifax last Wednesday for Operation Mobile, the Canadian Forces contribution to Canada's emergency evacuation response to the situation in Libya.

Left: Family and friends bid farewell to their loved ones deployed with Charlottetown. Read about the deployment on page 13.



NEWS

2

Stem cells hold the key for sailor's survival



NEWS

3

Military fitness requires a culture shift



NEWS

11

Technology makes mine hunting safer and faster



Veterans House Cleaning

- VAC health identification cards accepted
- Bonded & Insured

Call today for a FREE ESTIMATE

www.merrymaids.com

250-598-6243

merry maids
Relax. It's Done.®

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.

Welcome all **NEPTUNE REX SURVIVORS**



Try one of our **NEW Buttermilk Biscuits**

i'm lovin' it

Colwood, Esquimalt, Sooke, Millstream, Walmart - Langford.

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

acacia
INTEGRATIVE HEALTH CLINIC
Creating health together, through science and nature.

OUR SERVICES INCLUDE:
Massage therapy*, Acupuncture*, Chiropractic care*, Naturopathic medicine, Clinical Counselling, IV therapy, Allergy testing and treatment

*Direct billing for DND clients (requires referral from MD)

www.acaciahealth.ca | 250-475-1522 | 101-391 Tyee, Victoria, BC

Sailor seeks stem cell donor

Shelley Lipke
Staff writer

PO2 Alicia Foreman-White is looking for a savior. Diagnosed with a rare, deadly blood disease, her only hope for a cure is a stem cell donor.

The 36-year-old reservist, with 18 years military service, has myelodysplastic syndrome (MDS) - a cancerous blood disease. Unlike other cancers, this one is very difficult to treat with chemotherapy or radiation.

Matching stem cell donors and recipients is a bit like winning the lottery, she says.

"The chances of being a match to even one other person are very slim. Finding out you have been matched is truly a miracle. While you can't be tested for me specifically, you may one day have the opportunity to save the life of a son or daughter, mother or father."

A donor must have the same blood type and matching human leukocyte antigens (HLAs), of which there are six. Approximately 30 per cent of patients are able to find a donor in their own family, but the other 70 per cent rely on the generosity

of strangers.

As of January 2011, there were over 800 Canadians in need of a donor.

"I don't know the statistics for Canada but in the United States close to 3,000 people die each year because they cannot find a compatible donor," says PO2 Foreman-White.

Still reeling from the diagnosis, the Petty Officer and her husband, LCdr Jeffrey White, surf the Internet to learn more about the disease and survival statistics.

Some patients diagnosed with MDS don't live past a year, while others live for years with minimal treatment.

"About 20 per cent of people needing a transplant die without ever finding a match. As a wife and mother of two children, this was a statistic that I just couldn't accept," she says.

Because the couple have deep military and social roots in Victoria, they are turning to the local population, and specifically the CF, for help.

"I need you and everyone you know between the ages of 17 to 50 to get on

the stem cell donor registry (www.onematch.ca). The chances of you and I being a match are slim, but you could be the one. Becoming a donor is easy (an online form and a cheek swab sent in the mail). The process of donating stem cells these days is almost as easy as donating blood," she says. "But people must be committed to following through, because finding out that a match has been found and then having the donor change their mind would be devastating, both emotionally and physically."

In Canada, an estimated 10,000 to 20,000 individuals have MDS, and 1,500 to 2,000 new cases are diagnosed annually.

"The CF is full of everyday heroes, people who are committed to doing what they can to help others and to save lives," she says. "I think that once they are made aware of the crisis of stem cell donation in Canada and how simple it is to become a donor, then it's just a matter of taking action."

Version française disponible à lookoutnewspaper.com

WE'LL DO YOUR TAX RETURN

Starting at **\$45** + tax

AACT FINANCIAL SOLUTIONS INC.
1353 Esquimalt Rd
• Just 2 blocks from CFB Esquimalt •
250-383-3834

Bilingual services

DISCOUNT PROGRAM
PROGRAMME DE RABAIS

Register Now



**Saturday
March 19, 2011**

***** Military Discount *****
Available Until March 13

Registration includes:
Event Entry with Chip Timing • Technical T-shirt
Draw Prize Entry • Post Race Refreshments

Military: \$18+ TAX (with this Ad and ID, available until March 13)
Regular: \$22+ TAX

Full Event Details at esquimalt.ca

To Register:
Phone: 250.412.8500
Online: Follow the link at www.esquimalt.ca
In Person: Esquimalt Rec Centre (527 Fraser Street)

Return-It It's Worth It. **WBD** Westshore Bottle Depot
www.islandreturnit.com
858 Esquimalt Rd. 250 381-1482
Open Monday to Saturday 9am - 5pm Sunday 10am - 4pm

Celebrating the 100th Anniversary of the Royal Canadian Navy

CFB Esquimalt Church Services

St Peter's Naval Chapel (Protestant)
307 Virago Crescent, Belmont Park • 250-391-4205

Sunday Worship Services
10:30 am - Sunday School for children most Sundays
Sacrament of Holy Communion
First Sunday of the month
Inquiries
regarding marriage, funerals, religious instruction, please contact Padre Lara Bowditch, Chapel Life Coordinator

Our Lady Star of the Sea (Catholic)
595 Galliano Crescent, Belmont Park • 250-391-4206

Sunday Worship Services
Christ the Redeemer, Naden 9 am
Our Lady Star of the Sea, Belmont Park 10:30am
Wednesday Worship Services
Our Lady Star of the Sea, Belmont Park 9:30am
Inquiries
regarding religious instruction, marriage, baptism or funerals please contact RC Fr. John Jolliffe, Chapel Life Coordinator

Health survey a telling indicator

Ben Green
Staff writer

With the CF Health and Lifestyle Information Survey released last month, the findings that 48 per cent of Canadian Forces personnel are overweight and 23.5 per cent are considered obese left some in the military community sucking in those waistlines.

While the numbers don't lie, they don't necessarily reflect the entire truth.

"The big thing about weight indicators is it's the same in a typical population, weight has been increasing for years now," says Maryse Neilson, Health Promotion Director at Personnel Support Programs Esquimalt. "This isn't a problem unique to the military; it's a problem unique to North America."

A healthy weight, calculated by BMI (Body Mass Index), is only a fraction of being healthy, and a small one at that. Someone can have a high BMI but still be physically fit, says Neilson. Being physically active is far more important than having a low BMI.

In response to the previous Health and Lifestyle Information Survey conducted in 2004, the CF launched its Health and Fitness Strategy, a comprehensive approach to combat the unhealthy habits embedded in the Forces culture.

Neilson says shifting the entire military culture is a monumental task, and something that certainly

doesn't happen over night. Recognizing that the breadth of health goes far beyond someone's weight, the CF implemented various programs promoting healthy eating, addictions free living, injury prevention/reduction, and social wellness.

"I would argue that the military has the largest organized workplace health promotion program in the country," says Neilson.

While there are plenty of examples of how the culture is shifting, the difficulty lies in changing behaviour when the societal norm is going in the other direction.

"For culture shifting to be effective you have to make the behaviour you want changed unpopular," she says.

However, the results of the survey do speak to a truth, even if it's not as clear-cut as the numbers make it out to be. The results have once again shed light on areas where improvements must be made, most notably with smoking and alcohol consumption.

Although policy changes may be coming, Neilson says her department, along with others in the DND community, are here now to promote healthy living choices to CF personnel.

"There are all sorts of reasons why people make poor health choices," she says. "We want people to stay positive; what's good for them is good for the military."



Gerry Pash, Navy Public Affairs

LS Erwin Alexander, a steward on board HMCS Vancouver, keeps fit by running laps on the ship's flight deck as it sails off the Hawaiian Islands. HMCS Vancouver participated in an under surface warfare exercise with U.S. Navy submarines off the Hawaiian Islands in the Pacific Ocean from Feb. 12 to 21.

Neilson adds that the self-reported survey can often lead to a jump in conclusions when in reality it should be viewed as a snapshot over a period of months. While the results give an idea of health in the Forces, the information can be very

beneficial in providing positive solutions going forward.

The Health and Lifestyle Information Survey results were released at the end of January. The voluntary poll saw 3,700 CF personnel participate during 2008-2009.



Posted to Ottawa on IR? Don't spend your posting in a hotel.

Experience the nation's capital in a new fully-furnished condo in central Ottawa:

- Great view
- Access to everything you need
- All utilities taken care of

Phone 613-248-1814
Email lsthen@rogers.com



RUGBY WORLD CUP 2011
NEW ZEALAND - 09 SEPT - 23 OCT

UNBEATABLE Exclusive Packages

<p>Wellington Super Weekend October 1 - 2 nights</p> <p>Includes:</p> <ul style="list-style-type: none"> • 2 nights accommodation at the Comfort Inn, Wellington • Category B ticket for France vs. Tonga • Category C ticket for Canada vs. New Zealand <p>from \$879</p>	<p>Quarter-Final Xtravaganza October 6 - 4 nights</p> <p>Includes:</p> <ul style="list-style-type: none"> • 4 nights accommodation at Coachman Hotel Palmerston North • Category D ticket for quarter-final #1 & 3 in Wellington <p>from \$1449</p>
--	--

Prices per person in Canadian Dollars based on accommodation. Match tickets are as indicated. Subject to availability. Call for complete details.

250-953-6640 **UNIGLOBE**
BaseTravel@Geo.ca **Geo Travel**
In the CANEX Building off Admirals Road



In recognition of active service men and women in the Canadian Forces and their spouses, we'd like to offer **10% off your tax preparation fee or a free H&R Block At Home™ tax software download** as a small token of appreciation for your continuous commitment.

Visit an office today or learn more at hrblock.ca/military

we make taxes easy | **H&R BLOCK™**

© 2011 H&R Block Canada, Inc.



Contributing to the financial well-being of the Canadian Forces community!



Nous contribuons au bien-être financier de la communauté des Forces canadiennes !



Life Insurance • Financial Planning • Financial Counselling • Financial Education • CF Personnel Assistance Fund

Assurance vie • Planification financière • Counselling financier • Éducation financière • Caisse d'assistance au personnel des FC

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

matters of OPINION

FILM *friday*

“Adjustment Bureau” a decent adaptation

W. Andrew Powell
The GATE

New arrivals in theatres this weekend include the sci-fi drama, *The Adjustment Bureau*, starring Matt Damon and Emily Blunt, and the animated comedy, *Rango*, with Johnny Depp in the title role.

The Adjustment Bureau

Philip K. Dick was a brilliant, imaginative man, and that's evident whether you have read his books, or have seen one of the films based on his books, like *Total Recall*, *Minority Report*, or *Blade Runner*. The remarkable thing is just how visionary his writing was, and how much it speaks of the human condition.

In writer and director George Nolfi's adaptation of *The Adjustment Bureau*, Matt Damon plays David Norris, a politician in the U.S. Senate who comes face-to-face with Fate's agents: men who are charged with changing the course of humanity's future all in the name of what is best for the world. David's glimpse of his own future pales in comparison, however, to the life he dreams of with ballet dancer Elise Sellas, played by Emily Blunt, a

woman who Fate's Adjustment Bureau says he can't be with.

Chasing Elise through New York City, David will test the boundaries of Fate and attempt to defy Fate's minions as they do everything in its power to keep the two people apart.

The biggest problem with the *The Adjustment Bureau* is simply that Nolfi is a first time director, and maybe the minor annoyance that *The Adjustment Bureau* moderately reminds me of *Dark City*, but Nolfi has a strong background nonetheless, penning hits that include *The Bourne Ultimatum*, and *Ocean's Twelve*. Backing up Nolfi is also a strong team of filmmakers, like two-time Academy Award winning cinematographer John Toll, and ten-time Oscar nominated composer Thomas Newman.

Looking at the reviews, *The Adjustment Bureau* has strong praise from major critics, but it's not sweeping everyone away.

Dana Stevens of Slate wrote, "The Adjustment Bureau isn't a somber, elegant meditation on free will and destiny like *Blade Runner* (another adaptation of a Philip K. Dick work). But at its most winning it doesn't try to be."

Rango

Johnny Depp is a busy, busy guy. Every few months there seems to be another film that the actor has starred in, and it's also not uncommon to see him working with one of his favorite directors. First there was Tim Burton, who is one of Depp's long-standing friends and collaborators, and apparently now *Pirates of the Caribbean* director Gore Verbinski is ready to make Depp a fixture in more of his films as well.

In the animated *Rango*, Depp voices a chameleon with a new home in what looks like a classic American western town, complete with other critters dressed up as the townspeople. Imagining himself as the hero of the story, Rango takes on the role of the Sheriff before he discovers that everyone else who tried that job before didn't end survive very long.

Picking up strong reviews from most critics, *Rango* looks like the best film of the weekend, and the family-friendly tone of the movie is sure to fill theatre seats, and you won't even need to put on any ridiculous glasses to enjoy the show.

WHAT SAY YOU

Warships test their sub hunting prowess

LS D. Flynn
HMCS Vancouver

"Weapon away," and "Weapon sweet by CANTASS," were the cries filling the Operations Room of *HMCS Vancouver* as the frigate hunted for submarines off the coast of Hawaii.

Sonar operators listened closely for any distinct sound on their headsets – maybe a clunk, a bang, or even torpedo doors opening.

The Anti Submarine Warfare (ASW) network was filled with inputs and ideas as the ship participated in the U.S. Navy's Submarine Command Course (SCC 11-1).

The American course allowed *Vancouver* and *Winnipeg's* ASW teams to hone their skills. Both teams trained throughout the year for the exercise off Hawaii, and everyone was excited to showcase the Canadian Navy's ASW capabilities.

The exercise included three Los Angeles-class submarines, two Arleigh Burke destroyers, *HMC Ships Vancouver, Winnipeg*, and *Protecteur* with embarked helicopters from 443 MH Squadron, and one Canadian Maritime Patrol Aircraft from Comox.

Each "mini-war" lasted 10 hours and would

often begin with detection from the hull mounted sonar, followed closely by ship or air launched sonobuoys. Following this, the search to attack was on.

This was three days of hard rolls to port and starboard, being chased by enemy submarines and their torpedoes, and firing our own torpedoes in defence. The running joke was to ask the on-coming watch; "How was your sleep?", while the answer was "With turns like that, how does anyone sleep?"

For three consecutive days, *Vancouver* lived in red lighting to keep the crew mindful that any noise might mean torpedo inbound. It was found that when lights were on, the crew assumed it was a normal working day and made more noise. Reduced lighting throughout the ship put each and every sailor in the mindset that noise typically meant evasive manoeuvring was soon to follow.

On a personal note, during the final day of the exercise, I had gone to the bridge to re-stock sonobuoys. When I opened the door I realized I hadn't been outside since the beginning of the exercise, some 72 hours prior. The blazing Hawaiian sun burned my eyes; a naval communicator on the bridge noticed my look and quickly jabbed, "Finally leave the mushroom factory?"

All six mini-wars were filled with multiple runs and each provided their own challenge. We would finish our watch turn over, sit in our seat, and start monitoring frequencies and bearings. We would compete to see who gained detection first. However, once detection was lost, it was a new game.

PO2 Robb Franklin would look over to HMS and ask, "Where's my submarine? Find me a submarine!" This was one more way to ensure our attentiveness throughout the three-day exercise.

The Submarine Command Course brought a lot of lessons learned to *Vancouver's* ASW team. We were authorized live firings with exercise torpedoes against actual submarines that were firing back. Oceanography was a key asset to our tactics and this in turn allowed us to maximize our efficiency in using the sonar to detect the enemy submarines. This is a true testament to the fact that the ship's personnel, training, and team work combined are a ship's greatest asset. There is little question that we emerged from the exercise a stronger, more proficient ship's company. We are all looking forward to the next opportunity to test ourselves against such a willing and capable foe as we did during the Submarine Command Course.

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

Ben Green 250-363-3672
ben.green@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

Raquel Tirado 250-363-3127
raquel.tirado@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'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 - \$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



10% off
any Truck
Rate



Call 250-953-5300

www.budgetvictoria.com

**Your Western Communities
& Sooke Taxi Company**

24 HR. SERVICE

250-474-4747

250-642-7900



Westwind
Taxi

2925 DOUGLAS STREET
VICTORIA, BC V8T 4M8

OFFICE: 250-383-6123
FAX: 250-380-7111



Melissa
Kurtz



Father -
Daughter
Real Estate

Daryl
Kurtz



MLS award winners with 30 yrs experience

Looking to
Buy or Sell
Real Estate?

250-479-3333

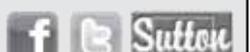
www.WelcomeHomeVictoria.com

The newest MSL listings, emailed direct to you

24/7! - Know about them when we do!

Call for a FREE Home Evaluation!

Follow us on:



Base unit rallies around their own

Ben Green
Staff writer

Looking at little Mason Rae's blond hair and bubbly smile, you would never guess the 10-month-old is battling for his life.

Born with a rare genetic disorder, MPS-1(H) or Hurler's Syndrome, his diagnosis last October has left an uncertain future for him and his family.

Hurler's Syndrome affects one in 100,000 births and is caused by a deficiency in the enzyme alpha-L iduronidase. Without this enzyme, a build-up of mucopolysaccharides in lysosomes progressively deteriorates the body and leads to a variety of health issues; most seriously organ failure, and cardiac and respiratory complications. With no cure for the disease, Mason faces a constant road of treatments.

Since his diagnosis, Mason has been travelling every Wednesday to Vancouver Children's Hospital for enzyme therapy. At the beginning of January, he also underwent six weeks of isolated chemo and chord blood transplant treatment. An MPS specialist with the hospital has already informed the family that Mason will need a heart transplant and likely more surgeries for his bones and joints. Eventually, Mason will require a wheelchair, hearing aids, and constant physiotherapy back in Vancouver.

Mason's grandfather, Ian Rae works for Construction Engineering (CE) and is seeing firsthand the hardships childhood disease thrusts onto a family. Deeply hurt by the struggles of one of their own, co-worker Pat Cracknell took Ian's story to Ken Lidstone and Marian Cranston, co-chairs of the CE Entertainment Committee.



Ben Green, Lookout

On March 1, members of Construction Engineering presented a cheque for \$2,600 to fellow employee Ian Rae. Left to right: Ken Lidstone, Pat Cracknell, Ian Rae, LCol Darlene Quinn (CE's commanding officer), Patricia Faubert, and CWO Doug Heath.

In the hope of a financial contribution, Lidstone and Cranston, along with other committee members, organized a variety of events in January and February within the CE department. Canteen coffee donations, Salmon Kings raffle tickets, 50/50 draws, re-gift auctions, casino days, bottle drives,

and cash donations all led to a sum of \$2,600, which was presented to Rae last Tuesday.

Visibly moved, Rae said his son (Mason's father) will no doubt appreciate the kindness of CE personnel as the mounting medical bills begin to bring financial pressure.

For Lidstone and the

rest of the department, it wasn't something they had to think about.

"I believe it [the situation] breaks down the day-to-day concerns about maintaining the base and focuses it on something more personal for a short time," he said. "In many cases it hits real close to home."

Dial-A-Law

Do you need general legal information?

Access legal topics by telephone or visit www.dialalaw.org.

Available 24 hours a day, 7 days a week.

Lower Mainland: 604.687.4680 / Toll Free in BC: 1.800.565.5297

Lawyer Referral Service

Do you need help finding the right lawyer?

Receive a consultation with a lawyer for up to 30 minutes for \$25 + tax.

Monday to Friday 8:30 am to 4:30 pm

Lower Mainland: 604.687.3221 / Toll Free in BC: 1.800.663.1919

Funded by The Law Foundation of British Columbia

Public Services of the Canadian Bar Association, British Columbia Branch



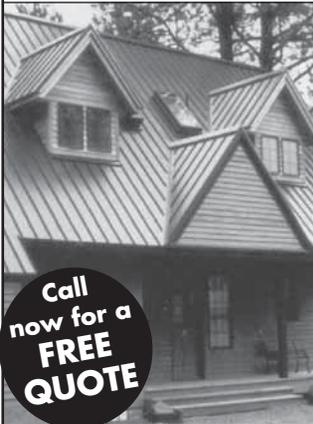
THE CANADIAN BAR ASSOCIATION
British Columbia Branch

Make the most of life on the Island

Stay fit, get active and go outside with the Activity Guide.

Available at all PSP and MFRC outlets

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.

Call now for a FREE QUOTE

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

IRWIN INDUSTRIES LTD.
(1988)



Just Selling?

List your property for sale with 2for1 Homesales in 2011 and receive a 50% rebate!*

Offer only valid for Military Personnel

2for1homesales.com

info@2for1homesales.com

250.391.1893

*Discount/Rebate applies on the listing portion of the sale (Discount/Rebate of 1.5% on the first 100K, 0.75% on the balance, net of broker fee and \$500 marketing expense). Co-op commission structure of 3% on the first 100K, 1.5% on the balance still applies.

Mike Chubey of Address Realty LTD

Address Realty

Address Realty



When you Sell & Purchase a home with 2for1 Homesales, we either Discount (on the listing) or Rebate (on the purchase) to you the lower amount of the two commission rates **

VIEW OUR SAVINGS CALCULATOR AT 2FOR1HOMESALES.COM

info@2for1homesales.com

250.391.1893

*Listings are based on an initial commission structure of 6% on the first 100k, 3% on the balance +\$750.00. Discount or Rebate to be processed after both transactions become unconditional. ** 2for1 Homesales must retain a minimum commission structure of 3% on the first 100k, 1.5% on the balance on either the sale or purchase end of the transactions.



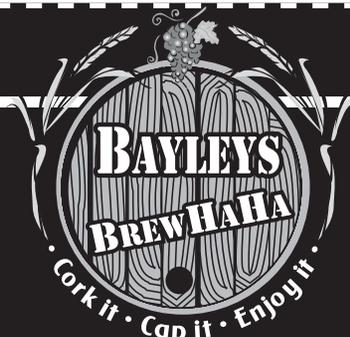
Military Special

15% Off

To all military & DND personnel

BayleysBrewHaHa.com

Proudly serving beer and wine lovers in:
Langford • Kelowna • West Kelowna • Osoyoos • Penticton



Come see our BREW experts at our new Langford store

128-1047 Langford Parkway

778.430.5786 • Langford@BayleysBrewHaHa.com

Everything for the Wine and Beer making enthusiast!

**ADVERTISE
Online**Reach your target audience in digital format.
Call 363-3014 for details.www.lookoutnewspaper.com

Protect what matters most with a BCAA Membership.



You can't always be there for your loved ones. But as a BCAA member, you'll have peace-of-mind knowing they're well looked after. Whether it's getting them back on the road after a breakdown, or protecting them with award-winning home, auto or life insurance, we've got you covered. Plus, enjoy great discounts on our insurance products as well as at a number of savings partners worldwide.



Bring this ad in, ask for an Advantage Auto Quote and receive a \$10 Husky Mohawk gas coupon.

For more details contact your local BCAA office at:

- Downtown: Quadra & Yates • 250-414-8320
- Broadmead: Broadmead Village • 250-704-1750
- Langford: Millstream Village • 250-391-3250



Relax. We've got it covered.

*BCAA Membership is non-transferable and may not be redeemed for cash. Insurance is sold through BCAA Insurance Agency and underwritten by various underwriters. Visit bcaa.com/underwriters for more information.

No connection between assaults on CF members

Ben Green
Staff writer

February has been a rather uneasy month for some Canadian Forces members living in Esquimalt.

Assaults on two Junior Officers, only a week apart, cast an uneasy shadow over the area.

Constable Mark Buerfeind, a Youth Division Officer with the Victoria Police Department, investigated the incidents firsthand and says there is no evidence to suggest the military was being targeted.

The first incident occurred on Feb. 5 around 9 p.m. when a Junior Officer from Naval Officers Training Centre (NOTC) was accosted by a small group while riding his bike along the West Bay Marina causeway. He was pulled from his bike but managed to escape with minor injuries, none

requiring medical attention. The officer was wearing civilian clothing so the group had no way of knowing he was affiliated with the Forces. The individual leading the group has since been arrested and is facing charges on more serious matters.

The second incident happened Feb. 11 at around 7 p.m. A Junior Officer, also from NOTC, was returning from a function in uniform. In roughly the same area as the incident a week prior, the officer responded to taunts coming from a small group and engaged in a physical confrontation with one of them, who brandished a knife and cut the officer's cheek. Returning to NOTC, the officer reported the incident to police and was taken to hospital to receive stitches for his wound.

Constable Buerfeind cautions when a situation

does arise where you're being provoked, the best course of action is to always let things be and walk away.

"The best thing you can do is ignore them," he says. "They're trying to get a response from you, and if they do, they win. If you ignore them they lose, that's the end of it, and generally they go on their way."

With no relation between the two confrontations, Constable Buerfeind says there's no reason why military residents in the Esquimalt area should feel threatened.

"I would say they're [the incidents] isolated. This is not a common occurrence. The Esquimalt boardwalk area, I would have no problem going for a walk at night there, [like anywhere though] you just have to be aware of your surroundings."

Cormorant evacuates sailor from HMCS Ottawa

Capt Alexandre Cadieux
19 Wing Comox PAO

A Cormorant helicopter from 442 Transport and Rescue Squadron, at 19 Wing Comox, was tasked to evacuate a sailor from *HMCS Ottawa* last week. The Joint Rescue Coordination Centre in Victoria received a call from the frigate saying that a sailor on board was suffering from an anaphylactic reaction.

Medical staff in the ship determined that AB Matthew Telfser required higher medical care after treating symptoms of a severe allergic reaction.

Ottawa was conducting sea trials off the coast near Bamfield, B.C., which is also the location of a Coast Guard station. The Canadian Coast Guard SAR Lifeboat Cape McKay was first to reach the frigate and brought the sailor to an

abandoned airstrip where the *Cormorant* was able to land.

"When the patient came into our care, he was stable and his symptoms had subsided," said Sgt Glen Hood, lead search and rescue technician on the mission. "Anaphylactic shock requires critical intervention according to our procedures. Such condition can be unpredictable; even though he had stabilized, there was no reason for him not to receive further medical care."

The *Cormorant* returned to 19 Wing Comox where personnel from BC Ambulance transported him to Saint-Joseph's hospital.

Cormorant crew: Capt Jen Weissenborn, Aircraft Commander, Capt Luc Coates, First Officer, Sgt Carl Schouten, Flight Engineer, Sgt Glen Hood and Master Cpl Manuel Séguin, SAR Tech.



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

Free of Charge ~ Representation ~ Advocacy ~ Assistance


LEGION
SERVICE BUREAU NETWORK
WE CARE!

The Legion Service Bureau Network serves Veterans, members of the CF, RCMP, and their families by representing their interests with Veterans Affairs Canada and the Veterans Review and Appeal Board for disability benefits under the Pension Act or the New Veterans Charter.

The Legion's professional service officers are mandated by legislation to provide representation, advocacy and financial assistance **FREE OF CHARGE**, Legion member or not.

Call Toll Free at 1-877-534-4666

www.LEGION.ca

Image: Department of National Defence

WE CARE FOR ALL VETERANS OF ALL AGES AND THEIR FAMILIES

SHIP NEWS: FRIGATE LIFE EXTENSION UPDATE

Upgrades send sailors back to school

Shelley Lipke
Staff writer

HMCS Calgary sailors will be among the first to undergo new job specific training customized to suit the upgrades of the Halifax Class Modernization Frigate Life Extension (FELEX) project.

This November, Calgary sailors who work in marine engineer related trades will learn how to operate the new equipment on board the frigate. The following June, combat systems related trades will follow with job specific training.

"There are a lot of technical changes that are going to occur with the modernization of the frigates," says LCdr Lorraine Sammut, Senior Staff Officer Halifax Class Modernization Personnel and Training. "From an engineering and combat systems perspective, the change will be akin to upgrading your vehicle to one with power windows, heated seats and on board navigation system. To keep up with these upgrades, a lot of conversion training needs to be achieved."

Marine engineers will adjust to a major upgrade to the integrated machinery control system, which monitors, controls and manages the propulsion and auxiliary systems on the ship.

"The new system will incorporate the (new) Battle Damage Control System, which includes portable laptops that can be operated from a multitude of positions within the ship. It's like going from the Commodore 64 to the 21st century in terms of computer management systems," says LCdr Sammut.

Traditionally, overall damage control (fighting fires and floods) is managed by recording events and actions completed with a grease pencil on a plotting board. To ensure command and the various new damage control (DC) stations across the ship have a complete picture, information is shared via voice "comms."

"The new damage control system will have shared touch screen capability. I could be in one part of the ship and whatever I select on my touch screen other sail-

ors can see instantaneously from their work space. The expediency and efficiency of this system will give the frigate's Commanding Officer an excellent capability to manage all aspects of damage control within their ship," explains LCdr Sammut.

A contractor will teach the new system to engineers at Fleet School in the fall. Eventually, the navy will teach the course.

Combat systems training will be facilitated through Lockheed Martin Canada's Maritime Advanced Training and Test Site (MATTS) Facility located in Dartmouth, NS. This training will familiarize sailors with the new radar suites, link communications capability, and combat systems management system.

Duty watch personnel will take conversion training at the Damage Control School in Colwood.

LCdr Sammut says the largest challenge facing the navy from a personnel and training perspective is determining which sailors will be serving on what ships

in years to come, and then scheduling them for advance training.

HMCS Winnipeg will follow Calgary's crew with their training window.

"We have been very proactive at engaging the ships' companies and various key organizations through the Formation to ensure that information on what is to come is disseminated and concerns gathered. Calgary and Winnipeg were briefed already. The crews know what is coming and most are in awe of the changes about to happen," says LCdr Sammut.

Subtle changes at Naval Officer Training Centre Venture will also take place to accommodate the upgrades, such as training MARS students on the new navigation radar system.

The new equipment on the ship will take up less space, be more efficient and leave a smaller footprint.

"We are about to embark on an incredible challenge for our navy and with it comes a whole slew of opportunity," says LCdr Sammut.

E-FILE FROM \$47+HST

10% military discount



Top Shelf Bookkeeping Ltd.
Locally Owned & operated since 1994

2 CONVENIENT YEAR ROUND LOCATIONS

101-76 Gorge Road West
Victoria, BC V9A 1M1
250-388-9423

1253B Esquimalt Road
Victoria BC V9A 3P4
250-590-4050

Automotive & Industrial

parts, tools & supplies

JB Group



7 locations to serve you:

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



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

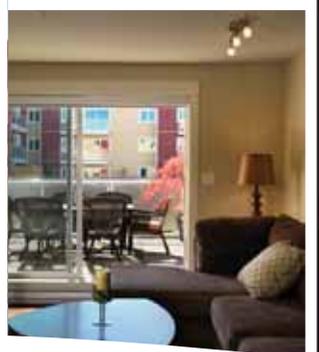
CONSULTS &
EXAMS FOR
LASIK & PRK

250.361.2141
clearlylasik.com

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

Walk to the Base

Your Little Piece of Paradise,
Right at Home
From Only \$235,900



Presentation Centre Open.
Call for viewing times.

Glen Glowinski & Shelley Stancin
Cell: 250-217-1205
Email: team@gotoyourteam.com

Sutton Group
Westcoast Realty



Base Taxi Service

for Naden, Dockyard & Work Point
Operates 7:30am to 3pm Mon to Fri.

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

For military-related appointments/meetings on base.



Maurine Karagianis

MLA, ESQUIMALT-ROYAL ROADS

Standing up for our Community.



ESQUIMALT-ROYAL ROADS COMMUNITY OFFICE

10am – 4pm, Mon.–Thurs.
and by appointment

A5 – 100 Aldersmith Place, Victoria
(in Nelson Square, north of Admirals Walk on Admirals Road)

250 479-8326

Maurine.Karagianis.MLA@leg.bc.ca

www.maurinekaragianis.ca

ENGINEERS GLIMPSE AT NAVY LIFE



You may have noticed a large number of army and air force Chief Warrant Officers (CWO) at CFB Esquimalt from Feb. 8-10. CFB Esquimalt played host to the Annual Canadian Military Engineer (CME) Chief Warrant Officer's Conference this year, where CME CWOs from across the country, representing Construction Engineers, Combat Engineers, Fire Fighters and Geomatics Technicians, met for their annual conference to discuss matters affecting the NCMs of the CME Branch. Some "navy" professional development was included as part of the conference, including a day sail in HMCS Ottawa, a tour and demonstration at the Damage Control School and a briefing from the Urban Search and Rescue (USAR) Team Leader. I am happy to say we did not lose a single CWO at either event. While none of the CWO's were quite ready to change uniforms, all agreed that experiencing a slice of navy life was great opportunity to experience the service from the navy perspective.

-CWO Doug Heath

LAST NIGHT OF THE PROMS

A SALUTE TO THE MILITARY

**JUNE 3, 2011
ROYAL THEATRE
8:00 PM**

Tickets available now at
Royal McPherson Box Office

Ticket Price: \$35 (\$20 for Military)

Principal Charities: Mustard Seed
and The Military Family Resource Centre



Presented by:
The Rotary Choir and 5th Field Regiment Band
with a guest appearance by
RICHARD MARGISON





Air force deploys to Malta



Two CC-130J Hercules and one CC-177 Globemaster departed from 8 Wing Trenton, ON, in late February, en route to Malta in response to the situation in Libya. Members of the Canadian Forces Operational Liaison and Reconnaissance Team (OLRT) arrived at Malta International Airport on Feb. 28, as part of the multinational effort to assist in the departure of stranded Canadians and other foreign nationals from Libya. About 30 CF members with expertise ranging from aircrew to medical and logistics are involved in daily flights into Libya.

Above: Personnel board a CC-130J headed to Libya on Feb. 27.

Left: A young girl is helped as she disembarks from the Globemaster in Malta on Feb. 26.

TIPS

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

UPTOWNRISE



THE CONDO GROUP

CONDO EXPERTS
BLAIR PROPERTIES LTD.

- Granite Counter Tops
- Hardwood Floors
- Stainless Steel Appliances
- Rentable
- 10 minute drive to CFB Esquimalt
- Monthly mortgage payments as low as \$810

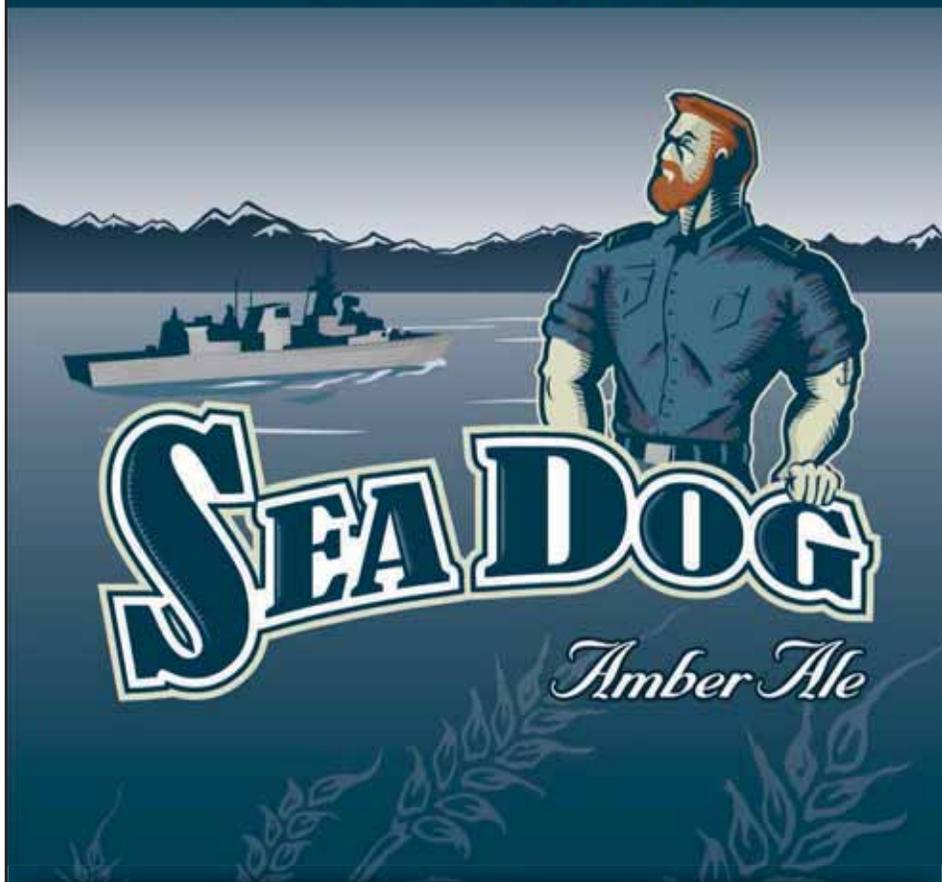
2 Bedroom condos starting from **\$235,900**

Over 75% Sold!

250.382.6636

www.uptownrise.com

VANCOUVER ISLAND BREWERY



ON SALE AT FOUR MILE LIQUOR STORE

fm

Four Mile Liquor Store

Now offering
A MILITARY DISCOUNT

Four Mile

Admirals Walk Shopping Centre
250-479-0726 • Open 7 days/week

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.



Family Dental Care



Dr. Paul Henn

Suite 14 1153 Esquimalt Rd Victoria, BC V9A 3N7

abacus
Dental Centre

New patients and Emergencies welcome. Check ups and cleanings always available.

250-386-3044
www.abacusdentalcentre.ca



PARK PLACE
at cowichan bay

www.parkplacecowichanbay.com

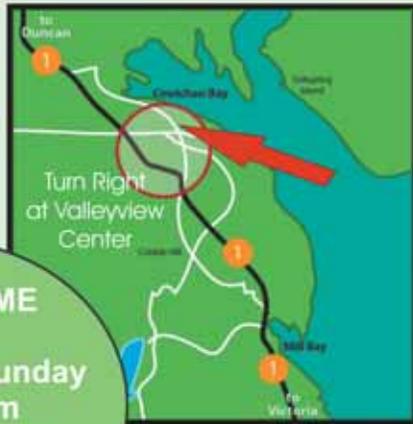
Owning a home at Park Place couldn't be easier!

Only 45 Mins North of Victoria!

These Affordable & Efficient Lifestyle Homes by Cadillac are turn-key and include:

- Stainless Steel Appliance Packages
- 2/5/10 Warranties
- Quality Finishings
- Landscaped & Fenced Yards
- Underground Services
- Underground Sprinkler Systems

SHOWHOME OPEN
Saturday & Sunday
1pm - 3pm
Buena Vista Place
off Cowichan Bay Road



Starting at
\$359,900
(Includes Net HST!)



IT'S A **Cadillac**

2-5-10
Year Warranty

TRAVELERS

JOHANNSEN
group real estate

We Sell The Cowichan Valley!

Direct 250.748.8080 or TF 1.888.748.8088

CADILLAC HOUSING PROJECTS
www.cadillacshomes.ca
Phone 250.733.9894

thermo proof

RE/MAX Duncan
Independently Owned & Operated 250.748.7200



WORK AT SEA

Top: Lt Bianca Einsfeld, an Air Navigator with 443 Maritime Helicopter Squadron, points to the submarine silhouette painted on the CH-124 Sea King Helicopter signifying an "exercise submarine kill" during a U.S. Navy Submarine Commander's Course. Lt Einsfeld is currently posted to the helicopter detachment assigned to HMCS Vancouver.

Below: LS Tyrel Janzen inspects the ammunition feed on a .50 calibre machine gun on board Vancouver while alongside in Pearl Harbor, Hawaii.

HMCS Vancouver participated in an under surface warfare exercise with U.S. Navy submarines off the Hawaiian Islands in the Pacific Ocean Feb.12 to 21.

Photos by Gerry Pash, Navy Public Affairs



NOW THREE TIMES THE SERVICE.



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

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



craftsmancollision.com

Shark Marine takes a bite out of mine hunting uncertainty

Shelley Lipke
Staff writer

The advancement in underwater mine hunting technology has made navy clearance diver work on the West Coast safer and faster.

The purchase of two Shark Marine Navigators, a hand-held sonar guidance system, now allows divers to see and identify contacts up to 150 metres away.

"It's essentially a laptop with an XP processor encased in an underwater housing," explains CPO2 Rob DeProy, mine countermeasures chief. "Divers can't believe how easy they are to use. Because it is a Windows-based computer, everyone knows left click, right click and how to bring up menus."

The sonar head paints a picture of what's up ahead so divers can pick out

objects and identify them. "We can identify cement blocks or cars through this system. The Shark Marine helps eliminate possible false targets and saves divers time," explains CPO2 DeProy.

The equipment comes with external attachments such as sonar, GPS units, long-base line tracking systems, and magnetometers. For mine hunting, clearance divers use the sonar and GPS heads.

"We use the Shark Marine anytime we are required to search for something on the bottom," says CPO2 DeProy.

Before they received this new equipment divers used an acoustic-only hand-held sonar system. It sent out a pulse that reflected back audible pulses for divers to identify.

"If the divers were not practiced on this system it was difficult for them to

interpret what the contacts were. Plus, the divers had to swim much closer to investigate each contact and see it themselves," said CPO2 DeProy.

The new equipment allows divers to record latitude and longitude coordinates, and take notes they later download to brief the operation team.

"It's always easier to show people rather than describe what you see," says CPO2 DeProy. "However, taking notes underwater is a bit of a challenge as you have to move your mouse over each letter with thick gloves on, so we created a shorthand system instead."

The Chief discovered Shark Marine three years ago during the Rim of the Pacific exercise. British clearance divers were using it. The equipment comes from a company in

St. Catharines, ON.

They purchased two of the \$60,000 units for Operation Podium for security sweeps of the ocean floor. It was used again for the International Fleet Review to ensure the harbour was safe before warships anchored.

"Exercise Trident Fury is coming up soon and we will be using it then. All the divers prefer it to the hand held sonar system. We are very happy with its applications," says CPO2 DeProy.

Version française disponible à
lookoutnewspaper.com

Thinking of purchasing or refinancing?

Variable Rates as low as

2.20%*

Prime -.80%

LAWLESS & BROWN

MORTGAGE TEAM
Accredited Mortgage Professionals

250-656-0855 • 1-866-656-0858

lawlessbrown.com

*OAC. Some conditions apply.



Krista



Sherri

\$1,000 CASH WHEN YOU BUY OR SELL

- Call today for a free, no obligation market evaluation of your property
- Registered relocation specialist



brandonmay@pembertonholmes.com

cell: 250-896-0176

toll free: 1-800-665-5303



A FULL SERVICE AUTO REPAIR FACILITY
TRACKSIDE
AUTO SERVICE LTD.

- | | |
|--|---|
| <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 |

Winner of the "2010 BEST SERVICE AWARD" from Esquimalt Chamber of Commerce

B.C. GOVERNMENT DESIGNATED INSPECTION FACILITY

BBB

Castrol

WALKER

Hankook

* under 80,000 km

Ask about BG Protection Plan*

Where Dependability and Trust are a Priority...

784 Fairview Rd. • 250-383-5509



Shelley Lipke, Lookout

Diver LS Marcel Croteau shows off the Shark Marine Navigator, one piece of Fleet Diving Unit Pacific's new sonar equipment. The device provides a visual to help divers detect mines and other contacts under water and replaces the older hand held sonar 2Alpha.



The **Martello**

Seaside Living with an Urban Edge

BELIEVE IT OR NOT!!!

Prices Starting from
\$179,500

Including GST/HST

Some conditions apply regarding the HST



30% SOLD!

Open House
Sat & Sun
1-3pm

►►► **The Martello**, a 41 unit condominium situated minutes from Saxe Point Park, steps to the ocean, the Naval Base and shopping. Ideal for those who lead an active lifestyle but do not want the hassle of upkeep. Your choice of colors, multiple floor plans, prices include net GST and HST. The Martello features include bike storage, in-suite laundry, granite kitchen countertops, storage unit & secure underground parking. Relax and take in the views from the 6800 square foot rooftop patio! ◀◀◀

Completion scheduled for September 2010.

James Liu
250-477-5353
jamesliu@royallepage.ca



Coast Capital Realty

Debbie Henselin
250-384-8124
debbiesells@shaw.ca



ESTABLISHED 1887

1405 Esquimalt Road, Esquimalt, BC

www.themartello.ca

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



Top: Congratulations to newly promoted Sgt Haley, Galley Supervisor on board HMCS Winnipeg. During a banyan on the transit home, he was promoted by (from left to right) Cdr Richard Dowker, Sgt Dana Haley and Supply Chief, MWO John Clairmont.



Middle: MS Andre Carriere is promoted to PO2 by Cdr Chris Hargreaves, Commanding Officer CFFSE and CPO2 Tim Gallinger.



Bottom: LS Mathew Dystra receives the NATO Article 5 medal aboard HMCS Protecteur from Canadian Fleet Pacific Deputy Commander, Capt(N) Paul Dempsey, for his service in HMCS Winnipeg when the ship was assigned to the NATO fleet patrolling the sea lanes off the Horn of Africa. LS Dystra was not available when most of the ship's company paraded to receive the medal from the Chief of the Maritime Staff.



"MAJOR CASH"

PAYDAY LOANS

only \$17 on \$100

250-384-1001

#204-941 Esquimalt Rd

Lic. #49745

UPSTAIRS

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

The MORTGAGE Centre
SOUTH ISLAND

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

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

Convenient location
across from Home Depot below Costco

Eric Coching 250-217-2326

Thinking about consolidating consumer debt?

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

Rates subject to change without notice

Helping You Is What We Do

ROYAL LEPAGE
Coast Capital Realty
INDEPENDENTLY OWNED AND OPERATED

<p>SAANICH (250) 477-5353 110-4460 Chatterton Way 1-800-461-5353 coastcapital@royallepage.ca</p>	<p>WEST SHORE (250) 474-4800 501-1913 Sooke Road 1-866-806-0981 westshorerlp@shaw.ca</p>
<p>DOWNTOWN (250) 384-7663 1075 Pandora Avenue 1-866-806-0982 rlpvictoria@royallepage.ca</p>	<p>SOOKE (250) 642-6361 6739 West Coast Road 1-800-461-5353 coastcapital@royallepage.ca</p>
<p>OAK BAY (250) 592-4422 1933 Oak Bay Avenue 1-800-263-4753 victoriabc@royallepage.ca</p>	

ATTENTION! MILITARY PERSONNEL

ASK US ABOUT OUR **\$1,000 INCENTIVE PROGRAM!**

SteveDraneHarley.com

Steve Drane Harley-Davidson
2940 Ed Nixon Terrace
Victoria, BC
250-475-1345

Charlottetown responds to crisis in Libya

DND

HMCS *Charlottetown* deployed last Wednesday to assist in the Canadian government's response to the crisis in Libya.

The ship should take approximately seven days to reach its destination in the Mediterranean Sea.

Operation Mobile is the Canadian Forces contribution to Canada's emergency evacuation response to the situation in Libya. Charlottetown will augment the Canadian Forces presence already in the region supporting Government of Canada evacuation operations. This mission demonstrates Canada's solidarity with our partners and allies as we continue to work together to address the situation in the region. Canada stands ready to support the wider international response to the situation in Libya, including supporting humanitarian assistance efforts.

"Canada's is a quickly deployable force that brings credit to our nation whenever called upon to assist in international efforts," said Defence Minister Peter MacKay.



Photos by Cpl Francis Gauthier, Formation Imaging Services, Halifax

Crewmembers from HMCS Charlottetown store supplies on the ship prior to departing for Libya.

Triumph
 "Thank a Hero"
 \$350 to \$750 off best price!



SAVAGE CYCLES

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

CANEX finance plan • Military Discount of 10% with some restrictions



Scuba Stu's
 Underwater Adventures

- Sales & Service on all equipment
- Full range of PADI courses

Trainer for the Base Scuba Club

2078 Ludlow Road, Sooke, BC Canada V9Z 0E6
 scubastu.com

Phone: 1- 250-642-7507
 Fax : 1-250-642-7509
 Email: info@scubastu.com

SELECT MORTGAGE CORP

Best 5 year Fixed – 3.85%
 Best Variable – 2.20%
 Time is Running Out...DON'T DELAY
 New Government Rules take effect March 18th

www.mortgagesbylori.com • lori.lenaghan@vericoselect.com



VERICO
 Each VERICO broker is an independent owner operator

Lori Lenaghan
 MORTGAGE CONSULTANT
 C. 250-888-8036

the Jerry Bola team
 Real Estate, "It's What We Do"

PEMBERTON HOLMES
 ESTABLISHED 1887
 www.jerrybola.com

Top Corner Unit



OPEN HOUSE
 Sun 2-4pm

Stop renting and get into the market with this modern and updated 2 bedroom condo on the same block as the ocean and walking distance to downtown.
 25-547 Esquimalt Rd \$259,999 MLS 288828

Jerry Bola 250-661-3078 jerry@jerrybola.com
 Tara Niedoba 250-857-0178 tara@jerrybola.com

89 Air Cadets
 welcomes new cadets 12-18 and parents

6:15-9:30pm

Bay Street Armoury

(parking behind on Field Street off Douglas)



250-363-8150
 cadets.ca/lhq/89air

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

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

DUNCAN
 7329 Trans Can Hwy
 250-597-0424
 DL#31033



Good Credit
 Bad Credit
 No Problem



Vancouver Island's Finance Experts

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 11 a.m.

Call 363-3014 to book your display or word ad

ANNOUNCEMENTS

VIEW ROYAL READING CENTRE. Conveniently located at Admirals Walk Shopping Centre. We have books, audios, videos, & DVD's for all ages. Internet is also available. For hours of operation and other information please call 250-479-2723.

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!

SERVICES OFFERED

STAY AT HOME Mom with full time childcare spot available in Workpoint. 250-360-6757.

RESUMES: MILITARY, CIVILLIAN, transition coaching, interview prep with former SCAN Coord Judy Marston; 10% Military discount; www.resumecoach.ca or 250-888-7733.

CRAFTSMAN FOR HIRE



Woodwork, at my passion.

Top quality carpentry Competitive rates

Quality - Integrity - Insured
Call Jesse 250-474-0601
risenwoodworks.com

YARD MAINTENANCE

Show your yard some TLC

- Lawn mowing and edging, de-thatching
- Garden renewal and Restoration
- Pruning
- Landscape design and creation
- Tree work and falling
- Hedging
- Cleanup and removal

Kywo Industries Landscaping & Gardening
www.kywoindustries.com
kywo@shaw.ca • 250-361-8224



REAL ESTATE • FOR RENT

Ask about our DND Discount!

Christie Point Apartments



- 2 & 3 bedroom suites
- 3 bedroom townhomes
- Heat included
- Beautiful lakefront views
- Close to CFB Esquimalt

**2951 Craigowan Road
250-405-3450**



BOARDWALK RENTAL COMMUNITIES www.bwalk.com

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**

BRIGHT, SPACIOUS, UPPER 3 bdrm/1bth suite, Saxe Point area, \$1595/mo. plus hydro. Street parking. Responsible, employed adults preferred. All appls, lg. deck, gardens, fruit trees, fenced yard. Close to schools, Naval base, Ocean, Macaulay pk., Westsong Walkway, shopping, bus routes. No cats, No smokers. Small dog negotiable. Contact Valerie or John 250-220-6111.

COOK STREET VILLAGE, Spacious bachelor, laminate floors, quiet, clean, well maintained building, heat & hot water incl. NS/NP, avail. Apr. 1st. \$725/mo. Call 250-588-5457.

NEW LUXURY ONE BDRM home. \$1175/mo. Private laundry, sundeck, NS/NP, 10 min. from DND blue-boat. 250-889-3929 or 478-1229.

3 BDRM SUITE main floor of a house, centrally located close to Hillside Mall & Cedar Hill rec centre. H/W floor throughout, very bright, big, sunny backyard. Extra storage in garage, shared laundry. \$1700/mo. + utils. except cable and phone. Avail. Apr. 1st. JP 250-514-6114

Ask about our limited time MOVE IN BONUS!

WATERFRONT LIVING

Visit our rental office: **215 Gorge Road E**
Short leases available.
Bachelors \$713 • 1 Bedroom from \$813
2 Bedrooms from \$1000
Close to Mayfair Shopping Centre.
Access to Gorge Waterway near Galloping Goose Trail.
Pet friendly community.

www.caprent.com • (250) 381-5084 • rentals@capreit.net



BROWN BROS SINCE 1918
250-385-8771

\$825 - 837 Ellery St.
Large 1 bedroom avail. Mar. 1. Heat, H/W. No pets.
Manager 250-217-0757

ENTERTAINMENT

ENGLISH INN Presents...

15% OFF

Enjoy 15% discount on ceremonies & nightly rooms



429 Lampson Street Esquimalt
250.388.4353
www.englishinn.ca

Wedding ceremonies, Receptions & Private Events

RENT NOW Ask about our move-in BONUS!



70-76 Dallas 2 Bdr starting at \$1250	827 Selkirk Avenue 1 Bdr starting at \$725
1140 Hillside Avenue 1Bdr starting at \$805	3501 Savannah Avenue 2 Bdr starting at \$999
200 Gorge Road West 1 Bdr starting at \$850	1110 Queens Avenue Bachelors starting at \$740

250-381-5084 • rentals@capreit.net
www.caprent.com



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

FINANCIAL

GEDDES & COMPANY
CERTIFIED GENERAL ACCOUNTANT

SERVING WESTERN COMMUNITIES

Conveniently located on Station Avenue. Individual, Corporate & Estate Taxes. Consulting. Financial Statements. Payroll. Bookkeeping.
205 - 785 Station Avenue
250.590.8592



MOTORCYCLES

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

Base Library Catalogue Online

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

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

Walk to the Base!

NEW CONDOS FOR SALE **FROM ONLY \$235,900**

Your little piece of larger paradise, right at home

SUTTON GROUP WESTCOAST REALTY
Glen Glowinski & Shelley Stancin
250-217-1205 • team@gotoyourteam.com

OVATION TheOvation.ca



twitter.com/Lookout_news
www.facebook.com/lookout.newspaper




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 11 a.m.

Call 363-3014 to book your display or word ad

REAL ESTATE • FOR RENT

TWO ROOMS IN OUR home for rent. Close to base, on major bus route, water views, friendly home. call Noel at 250-744-8381.



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



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

Special price for military



Bach starting from \$699
Close to all major transportation routes.
Close to Victoria core and Bay Centre mall.
Cat friendly community.
250-383-1833
rentals@capreit.net • www.capreit.com

REAL ESTATE • FOR SALE

ESQUIMALT HOME WANTED. Family of 4 looking to relocate to Esquimalt before the end of June 2011. Need 3-5 bdrms, nice yard, Mom wants a bright, newer kitchen & a quiet street, Dad wants space for hobbies & a workshop. Kids want to be able to walk to the high school, rec centre & library. Bonus would be a nice suite! If you're thinking of selling soon, save yourself the work of listing & showing your home by selling privately to us. Contact Helen or Chris 250-744-1311



Attractive Hideaway
MLS 288390



Gary Bazuik
(250) 380-2002

baz@garybazuik.com • www.garybazuik.com

An enchanting drive reveals a private, serene setting.. This 2 bed, 2 bath home has been beautifully maintained and re-furnished over the years. Just move in and enjoy the sunny exposure, Shawnigan Lake, and the short drive to Victoria or Duncan. Priced to sell at \$395,000 • MLS # 288390
Virtual Tours at:
garybazuik.com

\$395,000

GORGEOUS TOWNHOUSE

5 year old, end unit off Helmcken Rd. 3 large bedrooms, 3 baths. Master w/ soaker tub, huge walk in closet. Engineered wooden floors, spacious kitchen with island, open concept dining and family room. Living room has a gas fireplace. Monthly fees only \$238.
A steal @ \$529,900.
Near Esquimalt base. More info: mpullish@yahoo.com or 250.385.6537. No agents please.



1 or 2 bedroom

Limited quantities of units
Offer expires March 31, 2011

OVATION TheOvation.ca
250-519-1024

*Some Restrictions Apply

Moving...

Buying, Selling or Relocating?

Get experience AND prompt professional service!

CALL DIRECT 250-213-7444
Shelly Reed
I listen and I care!
Email sr@shellyreed.com



Attn: Buyers/Sellers

SellVictoriaRealestate.com

Shipping in or shipping out, I can help.

Brad Hall
CALL ME DIRECT
(778) 977-2320



Posted to Ottawa?

Check out www.militarymove.ca
for all your relocation needs

Devon PROPERTIES LTD.
www.devonprop.com

No Pets allowed in any building

LARGE SUITES

1180 Colville - 2 bdrms from \$965
Available NOW & March 1st
1 bdrm \$735, available NOW
3 bdrms \$1065, available March 1st
250-360-1983
855 Ellery - 2 bdrm from \$925
Available NOW & March 1st
250-382-2157

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

Esquimalt Park Terrace

2 Bedroom, \$845/mo
FREE: heat, hot water & parking
Near Plaza, Bus
Quiet & Clean
250-888-1212

FIND US ONLINE

WWW.LOOKOUTNEWSPAPER.COM

ON THE OCEAN



Princess Patricia
APARTMENTS

NEW BALCONIES • EXERCISE ROOM
14TH FLOOR LOUNGE

703 Esquimalt Road
250-382-2223

Now Renting:
Bachelor • 1 BDR Suite

Base Newspaper Advertising **Local or National**
Canadian Armed Forces Base Newspapers
16 Bases - One contact
250-363-8602 ext 2
Joshua.buck@forces.gc.ca

STORAGE

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

ARDEN'S SELF STORAGE
642-6363 (WEEKDAYS)
2059 IDLEMORE RD., SOOKE

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

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

Handle with care

Mike Iddon
Formation Ionizing
Radiation Safety Officer

There comes a time when our loved ones pass on and we are left with the challenge of sorting through their precious belongings.

Throughout the year, military museums receive donations from family members looking to donate what I like to call the "War Chest"; the box of memorabilia or souvenirs collected by loved ones while overseas.

Recently, someone was referred to my office with questions about a compass that was found in a museum filing cabinet. It was stored with many other small items, which at first glance appeared quite harmless. However, this artefact and others like it, such as vehicle gauges and aircraft avionics, require special handling procedures to ensure they can be safely stored and exhibited.

The concern with some old compasses is they may contain Radium paint, which was widely used from the 1930s to the 1970s to illuminate various dials so they could be read in low light. Most museums are aware of the concerns with Radium, but every now and then a piece of equipment that contains Radium slips through undetected and sits in a drawer or cupboard.

In this particular case, there was no concern of exposure to the people who came into contact with the compass, but what we take away from this experience is that we need to be mindful of things found in the

War Chest that may require special attention. Typically ammunition and firearms fall into this category, but one must also be aware of less obvious items such as compasses and vehicle gauges.

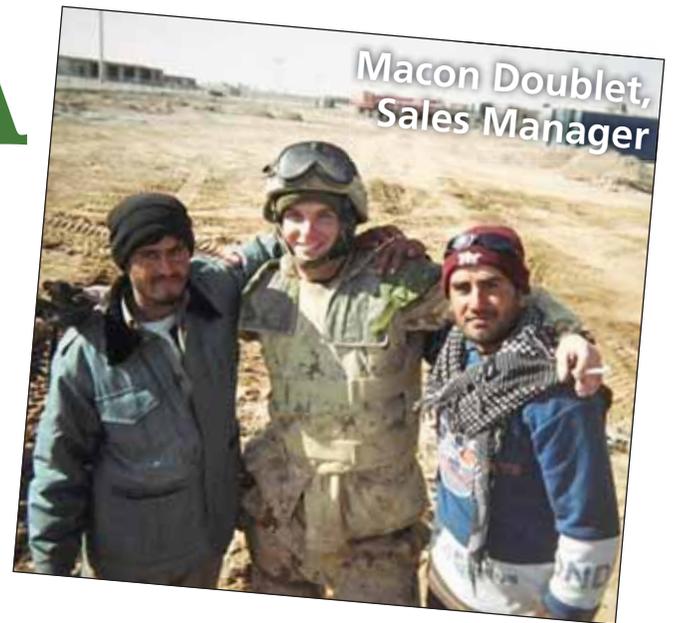
A number of years ago, the Directorate of History and Heritage set out on a program to manage artefacts that contain Radium components. In many cases, this was a matter of taking a piece of equipment such as a dial or compass that contained Radium paint and testing it to ensure that there was no health concern, and if so, it was appropriately disposed of.

It is important to note, that in most cases these sealed sources of radiation are completely harmless. The concern is raised when the instrument is damaged or broken.

So what do we do if we find an article such as a compass that we suspect has been compromised? Try not to touch the article with your bare hands, wear rubber gloves if possible. The best way to protect yourself against contamination from the radiation source is to practice good hand washing techniques. Double bag the item in a plastic bag such as a Ziploc and contact your Base/Wing/Formation Radiation Safety Officer who can assist you with appropriate disposal.

We are all very proud of the contributions made by our family members. To have a family member's memorabilia displayed in a museum is an honour, but we need to be mindful that our generosity is properly handled in the process.

VICTORIA HYUNDAI IS GOING GREEN...



for our Canadian Forces

Here at Victoria Hyundai, we are extremely proud of all our CF soldiers who dedicate their lives to keep us safe.

That is why we are pleased to offer an exclusive incentive for all full-time members, current reservists, and veterans.

When you come down we'll give you a

CF low price of 3% over invoice

and even throw in a

FREE 2 year maintenance package

To show our appreciation...and more!

We have a huge selection of new and pre-owned vehicles to choose from!



Get a FREE Oil Change just for test driving a new Hyundai!



**525 Gorge Rd E., Victoria
250-995-2984**

D#30622

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**

