

# LOOKOUT

**MARPAC NEWS** CFB Esquimalt, Victoria, B.C.



**PHARMASAVE**  
 You're not just another number  
 • personalized care  
 • caring Pharmacists  
 • knowledgeable staff  
 • free Rx delivery  
 Esquimalt Plaza  
 250-388-6453  
 LIVE WELL WITH  
**PHARMASAVE**  
 100% locally owned



## The long march to Nijmegen

Shelley Lipke, Lookout

Twenty six military members are wearing down their boot soles in preparation for the Nijmegen March. Only eleven will be chosen to march with international military and civilians from July 19 to 22. Each year, this march sees upwards of 45,000 people walk 40 kilometres each day for four days from the Dutch town. Pictured above, the group trains during an early morning walk around Esquimalt with 10 kilogram packs and full dress. Read the story on page 3.

### SPORTS

6

### NEWS

9

### NEWS

11



Join the Tour de Victoria



Annapolis ready for reef status



FMF refits army Howitzers

## WANTED

Military family for Navy 10K poster photo shoot

Contact Shelley @ 363-8033 or email projects@lookoutnewspaper.com

Confidential **Military** Home Evaluations  
- Quick, over the net, ready in days!

[www.CanadianMilitaryRelocation.com](http://www.CanadianMilitaryRelocation.com)

**ALEX BURNS & ASSOCIATES**  
Relocation **specialist** for Esquimalt DND

Cell: (250) 882-3335  
Toll Free: (800) 663-2121  
Web: [www.AlexBurns.ca](http://www.AlexBurns.ca)

**RE/MAX** Camosun Real Estate

**10 MINUTE OIL CHANGE**  
NO APPOINTMENTS NECESSARY



We offer those serving in the military & DND a Special Discount. Not valid with any other offer.

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

**Dianne Dohan & Tanya LeQuesne**  
Mobile Mortgage Specialists

Tel 250.812.2336 / 250.882.7523  
dianne.dohan@coastcapitalsavings.com  
tanya.lequesne@coastcapitalsavings.com



**coastcapital** SAVINGS

How can we help you?®



## Have you found **FRAUD** in YOUR OFFICE?

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

All tips treated in strictest confidence.



So what are you waiting for? Register today.

Enter online by April 27th!

Check out our website for all the details: [tc10k.ca](http://tc10k.ca)  
250-744-5538 [info@tc10k.ca](mailto:info@tc10k.ca)



## COMMUNITY NEWS: VOTING INFORMATION

# What military members need to know about voting

Most Canadians will be going to their local community centres, school gyms and church halls on May 2 to elect their next Member of Parliament.

However, many members of the Canadian Forces will be far from the place they officially call home. So voting with civilian neighbours will not be an option. For this reason, Special Voting Rules (SVR) have been established that permit military members to cast their vote in an advance poll.

This year, the Maritime Forces Pacific (MARPAAC) advance polls will take place April 18 to 21. Polling stations will be established in many places, including ships at sea, squadron hangars, armouries, base gymnasiums and stations abroad.

### The Voting Process

The first thing that will happen when you arrive at the CF Polling Station is a check of your identification. You will then be directed to a polling desk to meet a Deputy Returns Officer (DRO) and their assistant clerk. Your name will be located in a register of CF members for the area.

At some time, you should have recorded in your personnel file a Statement of Ordinary Residence (SOR). This statement legally binds you to vote in the riding you chose, which might be in an entirely different part of the country from where you are living now.

The DRO and their assistant will remind you of your SOR and provide you with the names of the candidates for your home riding before you go into the voting booth. Ideally, before you come to vote you should review your SOR and be prepared to make an informed decision about your desired candidate for that region.

### What happens if you don't have an SOR on file?

If you arrive at the CF polling station and the DRO cannot confirm your SOR several things can happen.

You may be permitted to make an official selection on the spot. There will be some paperwork to do, so you will be shuffled off to the side where you can fill out the form.

The following CFB Esquimalt locations will be open during the April 18 - 21, 2011 voting period:

**Naden Drill Shed**  
10 am. - 3 p.m.  
**Dockyard Gym**  
10 am. - 3 p.m.  
**Work Point Nixon Gym**  
April 18 only:  
8 a.m. - noon  
April 19-21:  
10 a.m. - 3 p.m.

Once complete, you can return to the line and complete the voting process.

If you are a Reservist, you should bring verification of your SOR from your home unit because many of you will have no SOR against your name in local files.

Reservists who cannot obtain verification of SOR from their home can complete a SOR in advance and bring it with them, or complete the form in front of the DRO at their polling station.

Regular Force annuitants currently on Class B or C service who have retired recently will be required to complete the SOR form in advance or at the polling station. The Judge Advocate General (JAG) has confirmed that the former SOR from their Regular Force records is not considered to be current.

### Changing your SOR if you don't like it

Sorry, but the process of changing the SOR is a long one and can take up to 60 days to be registered. There is insufficient time left for you to change your SOR for this election. This is a process best conducted in your unit's Orderly Room.

Again, it would be best if you familiarized yourself with the candidates for your old hometown or make a selection for the party you prefer.

### Voting with your neighbours

CF members are eligible to vote at a civilian polling station if they meet specific criteria.

First, the member must have already completed a Statement of Ordinary Residence (SOR).

Second, the elector must actually reside in the same electoral district as reflected on his or her SOR.

Third, the elector's name must be included on the National Register of Electors, a copy of which is held in the polling station.

If your name does not appear in the list held at the civilian polling station then there are a few challenges to meet. You will have to be accompanied by an elector whose name does appear on the National Register for the same polling division. For example, your next-door neighbour, who must officially vouch and sign an oath stating you are who you say you are and you do live in the area.

You will have to provide a proof of identification that shows your address in the area, such as a valid driver's licence, and you too will have to swear an oath.

### Where to vote

Those units whose URS (Unit Records Support) section is CFB Esquimalt may vote between Monday, April 18 and Thursday, April 21 from 10 a.m. to 3 p.m. daily.

Polling stations for Esquimalt will be set up at three locations: in the CFB Esquimalt Drill Shed in Naden, in the Dockyard Gym and in the Nixon Gym at Work Point.

In the Dockyard Gym during this period access to some gym floor equipment or facilities will be limited, but changing rooms and showers will remain open.

All other units who hold their own personnel records, such as ships at sea, 443 Maritime Helicopter Squadron and CFMETR Nanoose will establish their own polling stations, dates and timings. A mobile polling capability will be available for those in unique circumstances, such as members in hospital.

### For additional information

Updates on the CF Advanced Poll will be provided to units for their Routine Orders or may be found on the MARPAAC electronic notice board on the DWAN. Other questions, or requests for Mobile Polling support may be directed to the Senior Deputy Returns Officer, LCDR Peter Southam, Executive Officer of MARPAAC HQ, (250) 363-2716 or Peter.Southam@forces.gc.ca.

**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**



# Nijmegen tryouts a gruelling process

**Shelley Lipke**  
Staff writer

Nijmegen training is so tough it'll wear the sole off the best-made boot.

Twenty-six military members preparing for the July march in Holland know this first-hand; eight are nursing blisters, and their boot heels are grinding down fast.

"I tell them pain is only weakness leaving the body," says team leader CPO2 Chris Koblun.

With determination and perseverance, the group meets weekday mornings to prepare for the four day march; however, only 11 members will be chosen to represent the Formation.

Marching with a 10 kilogram pack, in CADPAT and combat boots, paired in twos, they are finding tryouts a gruelling process.

Since Feb. 28 the team has been pounding pavement with distances steadily increasing.

"We train five days a week, Monday to Thursday from 6 to 7:45 a.m., and each Friday we do a long march, and increase the distance each week by five kilometres until we reach 40 kilometres. Right now we are up to 25 kilometres," says CPO2 Koblun.

Team members are also getting shaped up by Personnel Support Programs (PSP) personal trainer Kim Miller who is teaching interval strength and endurance interval training.

"I like being able to take a team of hopefuls and get them educated in the fitness program," she says.

The march is not a race; people are not allowed to speed walk or run. More than 45,000 marchers congregate at the start point, Nijmegen, and do a different loop of 40 kilometres each



Shelley Lipke, Lookout

**CFB Esquimalt's Nijmegen team takes a brief break at Macaulay Point.**

day through towns and villages in a cloverleaf fashion.

Military marchers are assessed differently than civilian participants.

"We have the dress police who are checking our dress, making sure we are marching properly and that our packs are not underweight," says CPO2 Koblun, a march veteran who has been involved with the MARPAC Team for seven years and has done the march twice. "March officials do random spot checks and weigh your pack and if it's lighter than 22 pounds your team is disqualified. We put sandbags in them and weigh them to ensure we have the minimum weight."

At night military teams return to a giant camp, built by the Dutch Army just for the event, that accommodates the approximately 6,000 military members from around the world that are involved in the march.

"The teams have staggered start times and at the end of a day we march right into a big beer hall, where all the teams who have returned from the march already are waiting. It's a huge celebration. One Norwegian team carries huge logs on their shoulders with a

platform and a throne carrying a person to show they are still very strong. Some will crabwalk on the ground. Our team has a specific song we sing very loudly and stomp our feet so hard we shake the ground," says CPO2 Koblun.

Second in charge of the team is Sgt Kim Arnold, a veteran of Nijmegen since 1998. He's done the march 10 times and this year is his 13th training year.

Those who stay on the team until June 13 will have

This year marks the 95th Four Day Nijmegen Marches taking place July 19-22. In the early 20th century, sergeants from the 6th Infantry Regiment in Breda, Netherlands, founded a soccer club and an eventual Field Army Sports Day. With a strive for better overall physical education being promoted throughout the country, an idea to have a four day march to the games in Breda was suggested in 1907. The Dutch Physical Education Association designed 15 routes for the first Four Day marches in 1909.

marched between 900 and 1,150 kilometres, but that alone won't qualify them to go. They must be selected by CPO2 Koblun and Sgt Arnold based on their ability to help their teammates.

"Even though they are competing against each other there is camaraderie involved. This is the most important aspect we base the selection on. Each marcher has to be able to assist their fellow team members both mentally and physically. When we come into a rest stop to get water or bandage up our feet, everyone supports each other. We also sing as we march," said CPO2 Koblun. "The last year MARPAC participated in the marches (2008) we were presented with the prestigious Woodhouse award for the team who exhibited the highest esprit de corps. It's for teamwork and overall fitness as selected by the Canadian contingent command."

On June 13, after back-to-back 40 kilometre marches, the team leaders will make their selection of nine marchers and four spares.

Across the Canadian Forces 15 teams of 11 people are sent each year to Nijmegen.

**DON'T DRINK & DRIVE.**

## 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

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

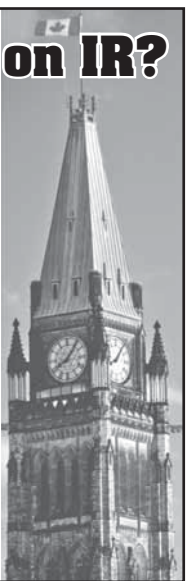
\*Listings are based on an initial commission structure of 6% on the first 100k, 3% on the balance +\$750.00. Discount or Rebate to be processed after both transactions become unconditional.  
\*\* 2for1 Homesales must retain a minimum commission structure of 3% on the first 100k, 1.5% on the balance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

## 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 lstephen@rogers.com



**NEED TOOLS IN THE CITY?**



**RONA EXPRESS**

Hardware, Lumber, Paint, Plumbing, Housewares, Electrical, Door Shop, Kitchen, Building Materials & MORE!

OPEN M - F 7:30am - 7pm | SAT 8am - 6pm | SUN 9am - 5pm  
BayWest RONA | 220 Bay St. Victoria, BC | P. 250.595.1225



Michael Lomax CD  
Lawyer/Mediator

- Family Law
- Mediation
- Wills & Estates



**250-385-5523**  
MILTON, JOHNSON LAWYERS  
202-895 Fort St., Victoria, BC



**MOTORCYCLE RIDER TRAINING**

**NOVICE & TRAFFIC PROGRAMS**

**EXPERIENCED RIDER COURSES**

**VEHICLE DRIVING LESSONS**

**250-478-9584**  
www.visafetycouncil.com



## SUMMER SUN IN MEXICO

1 week, All inclusive properties  
Vancouver departures

★★★★ Puerto Vallarta from \$649  
★★★★ Cancun from \$949

Per person based on double occupancy. Taxes additional.

**250-953-6640**  
BaseTravel@Geo.ca

**UNIGLOBE**  
Geo Travel

In the CANEX Building off Admirals Road



# matters of OPINION

## FILM *friday*

### Source Code solid sci-fi and mainstream thriller

**W. Andrew Powell**  
The GATE

#### Source Code

Directed by Duncan Jones, who previously worked his magic in the film *Moon*, *Source Code* is a dramatic thriller that stars Jake Gyllenhaal as Captain Colter Stevens, a decorated soldier assigned to work on a top-level government experiment. What bothers Colter is that he doesn't remember how he got into the experiment in the first place.

Colter's latest mission is to work in the "Source Code" program that lets him relive the last eight minutes of another person's life to help solve the question of who set off an explosive on a commuter train. If Colter can solve that question, there is hope the answer could avert an even larger target as someone threatens the city of Chicago with a second more terrifying explosion.

Reliving the last eight minutes of one man's life over and over again, Colter hunts for answers, but at the same time he discovers a woman named Christina, played by Michelle Monaghan, who may end up causing the soldier to divert from his mission.

Co-starring Vera Farmiga and Jeffrey Wright, *Source Code* has a solid sci-fi premise that is wrapped up like a mainstream thriller. As directed by Jones, who has a natural talent with far out concepts, the film looks like a hit, but it is getting a little negativity in terms of the overall transparency of the story and the lack of a strong concept. The film was written by Ben Ripley, who doesn't have a lot on his resume, aside from the direct-to-DVD *Species III*, but there is still a lot of good press out there for *Source Code*.

#### Hop

*Hop* may have been written by two of the



Jake Gyllenhaal stars alongside Michelle Monaghan in "Source Code."

guys involved with writing the screenplay for *Despicable Me*, but based on the reviews it has a lot more in common with the director's previous work, *Alvin and the Chipmunks*.

James Marsden stars as Fred O'Hare, a jobless wonder living in Hollywood who stumbles on the son of the Easter Bunny, cleverly named E.B. and voiced by Russell Brand. While Fred is a slacker, E.B. has actually shirked his duties as the next Easter Bunny and has wandered off to Hollywood to become a drummer, but when he meets Fred he convinces the man to take him in.

At the same time, on Easter Island, a fluffy chick is trying to take over the job of Easter Bunny, and without E.B. there to stop him, the little yellow fiend may just succeed. It will be up to Fred and E.B. to make sure he doesn't ruin Easter for good.

#### Insidious

In this horror film from director James Wan, the man behind the original *Saw* movie, a family with a young son discover that their brand new house may not be the perfect home after all as their child falls into a sudden, unexplained coma.

As terror breaks out around the child, the family discovers that his mind has been trapped in the otherworldly realm called The Further, and if they don't figure out how to bring their child back, his mind will be stuck there forever.

Working with doctors, no one is able to figure out why their son went into a coma in the first place, and they can't revive him either. It's only through a psychic, played by Barbara Hershey, that they begin to find answers as spirits continue to haunt them wherever they go.

#### 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

Sarah Helmeczi 250-363-7060

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.<sup>36</sup>

Six month subscription - \$18.<sup>84</sup>

Three month subscription - \$12.<sup>56</sup>

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



It is with regret that I have to miss the launch of the month-long MARPAC 2011 Health & Wellness Challenge due to work commitments that will take me out of the local area.

I thoroughly enjoyed the last challenge and I would therefore urge you to register and attend this year's launch that will be taking place at the Naden Athletic Centre at 11:30 a.m. on Monday, May 2.

Senior Formation staff will be there and it is anticipated that up to 500 people will join them in

the festivities. Sandwiches will be provided by Thrifty Foods, so book your spot soonest.

As we prepare to embark on the Health & Wellness Challenge, it is important for me to recognize and thank all of our military members and DND employees in advance for participating.

We are indeed fortunate to have highly trained and educated PSP staff and employees throughout MARPAC that care about their health and wellness, so please tap into the resource and use it to continue improving your quality

of life. For as we already know, a healthy and well work force in turn affects work place and operational capability in a positive and constructive manner.

You will be supported by our top notch Health Promotion department that has worked (hand-in-hand) to produce another high-quality program that we can all be proud of.

All of you will be laying the framework and groundwork for what will be soon become a national challenge event.

PSP will continue to do our best

to provide programs that contribute positively to your well-being.

I would like to thank our sponsors, Thrifty Foods and Aura Fitness for the food and beverage and the prizes respectively. Your continued support helps in the delivery of our morale and welfare programming for the Formation and CFB Esquimalt.

Furthermore, I would like to take the time to thank both the participants of the challenge and my staff for taking the lead on this most worthwhile challenge.

**Dave Molinari, PSP Manager**

## achieve health



Your one-stop health centre  
chiropractic  
registered massage therapy  
naturopathic medicine  
acupuncture



107-1505 Admirals Rd, View Royal, Admirals Walk Plaza  
250-384-5211 • www.achievehealth.ca

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       |

Ask about BG Protection Plan\*

Where Dependability and Trust are a Priority...

784 Fairview Rd. • 250-383-5509



\* under 80,000 km



# Earth lovers unite, march and educate

**Ben Green**  
Staff writer

On Saturday, April 16, the Earth Walk Committee and Victoria International Development Education Association are hosting their annual Earth Walk & Environmental Fair in downtown Victoria.

The cast of colourful characters will parade to the beat of Samba du Soleil as they dance from the Legislature, up Government Street, finishing at Centennial Square.

Originally founded in 1981 as the Peace Walk, the event still tries to bring the message of peace and social justice to the forefront of the community.

"I would say we can expect about 2,000 people; we have achieved crowds of this size for the last several years," says Steve Filipovic, a 10-year member of the Earth Walk organizing committee. "In the 1990s the crowds were estimated to be around 18,000 as attendance peaked over the nuclear disarmament movement."

As the procession winds their way to Centennial Square, three guest speakers will address the crowd highlighting the walk's most important issues.

"The walk tries to have a speaker on peace, environment and social justice," says Filipovic. "This year we have Cindy Sheehan to address peace issues, Zoe Blunt to talk about environmental issues, and Rose Henry to speak on social justice issues."

Cindy Sheehan, the headline speaker and Nobel Peace Prize nominee, is an American anti-war activist whose son was killed during his service in Iraq in 2004. She attracted widespread media attention when she set up a makeshift tent in a ditch outside President Bush's ranch in Crawford, Texas, to protest the war. What came to be known as "Camp Casey", named after her son, it stayed in place while Bush was in office.

There will also be live music and various information booths showcas-



Marchers in last year's Earth Walk filled Wharf Street with banners and music.

ing the work and issues of local non-profit organizations.

Filipovic encourages anyone who loves the planet will love this event.

"I would invite everyone to gather up their family and friends and get them all dressed up colourfully and bring them to the Legislature to join in Earth Walk," he says. "It's where people of all walks of life come together to show each other they too care about our world and are willing to act to protect it."

Participants are to assemble at the Legislature at noon. The walk will begin at 12:30 p.m. and arrive in Centennial Square by 1 p.m.

Earth Walk coincides with the annual Earth Day held every April 22. First celebrated in the U.S. in 1970 by almost 20 million people, it's considered the birth of the environmental movement. Today, over 600 million people worldwide participate in Earth Day by taking part in local events.

**SELECT MORTGAGE CORP**

**DON'T DELAY! BEST 5 year fixed – 3.65%**  
**RATES ARE RISING! BEST 3 year fixed – 3.35%**  
**Get them while they last! BEST variable rate – 2.10%**

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

**VERICO**  
 Each VERICO broker is an independent owner operator

**Lori Lenaghan**  
 MORTGAGE CONSULTANT  
 C. 250-888-8036

**RAPID DEBT RELIEF...**  
 No Interest • Low Payments  
*We'll help you get a fresh start!*

There is Special Government Legislation that allows you to reduce your DEBT by up to 100%

For a **FREE CONSULTATION**, call  
**250-995-3122**

**ABAKHAN & Associates Inc.**  
 Debt Restructuring Consultants  
 Trustees in Bankruptcy (non-resident)

Richard Robinson Doris Mijervini  
 www.BankruptcyBC.com  
**GOOD PEOPLE TO KNOW IN TIMES OF TROUBLE**

**10% off any Truck Rate**

**Budget** Car and Truck Rentals

Call 250-953-5300  
 www.budgetvictoria.com

**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

**Wake up in the morning**

**103.1**

**JACKfm**  
 playing what we want

**with the JACKFM Morning Show on 103.1 JACKFM**



# Tour de Victoria recruiting cyclists and volunteers



Shelley Lipke, Lookout

Lt(N) Harry Learning, MS Kim Chaisson and LCdr Simon Brown are three cyclists from CFB Esquimalt who are training for the May 28 Tour de Victoria.

**Shelley Lipke**  
Staff writer

Ryder Hesjedal, the 8<sup>th</sup> ranked professional cyclist in the world, is inviting local riders to join him on May 28 for the Tour de Victoria. The ride will take them on local roads he used to train for his seventh place standing in last year's Tour de France.

To support mass participation, this event caters to all fitness levels with three distances.

Former Olympic rower Silken Laumann will take families out for an hour and a half community ride. For a greater challenge, Olympic triathlete Simon Whitfield will lead a 90 kilometre route, or go the gusto with Hesjedal on a 140 kilometre trek.

"I want to use this event to inspire young and old to discover the joy of cycling," said Hesjedal. "Growing up cycling on the roads and trails of Greater Victoria provided me the skills and solid cycling foundation to achieve seventh in the 2010 Tour de France. I want people to see just how amazing the cycling is here in Victoria."

*I want to use this event to inspire young and old to discover the joy of cycling.*

-Ryder Hesjedal  
Professional Cyclist

Lt(N) Harry Learning, scheduling officer at Venture, the Naval Officer Training Centre, is taking on the 140 km distance with Hesjedal. The sailor has been cycling for close to 20 years and is the past president of the Base Cycling Club, a past member of the Greater Victoria Cycling Coalition, and the Bike to Work Week representative for Venture.

"This ride is one of four that I'm taking on this year. I'm also doing the Nanaimo to Victoria Cycling Challenge, the Hurricane Ridge Hill Climb and the GranFondo Whistle ride. When I heard about this ride I thought it was great to see a local event of this length being planned for the Victoria area. I wanted to challenge myself in an event that I would have time to train for, and this ride offers challenges for every level of cyclist out there," he said.

So far 900 riders have signed up for one of the three distances.

The Tour de Victoria is part of the Victoria International Cycling Festival, a registered non-profit society. This three-week long celebration of cycling showcases the diverse cycling community in Victoria and supports several charities including the Power to Be Adventurous Therapy.

Registration is \$20 for the community ride, \$25 per family, or \$175 for the 90 and 140 kilometre distances. A special VIP package is available that allows riders to ride the first 10k with Ryder as he meets every member of that special group. Afterwards he will cycle amongst the remaining riders of the Tour.

The event is looking for volunteers for course control, security, transportation and communication.

One hundred road marshals are needed and those interested will receive training and a certificate good for three years.

Visit [www.tourdevictoria.com](http://www.tourdevictoria.com) to sign up for the ride, or email Shelly at [volunteers@tourdevictoria.com](mailto:volunteers@tourdevictoria.com) or phone her at 250-588-9126 to register as a volunteer.

## CONTROL YOUR PROJECTS FROM INITIATION TO CLOSURE

UVic Executive Programs  
Two-Day Course

### INTRODUCTION TO PROJECT MANAGEMENT

May 3 & 4, 2011 – Victoria Executive Centre on Fort St.

Discover essential tools for new project managers and team members to deliver successful projects on time, on budget and in scope.

Covers the complete project lifecycle, from initial project proposal and definition, through project implementation, and finally the often neglected project completion phase.

Ideal for:

- new managers and project managers
- those undertaking unique projects
- corporate department heads
- senior executives with business planning responsibilities
- systems, manufacturing and operations personnel
- engineering professionals
- technology and research managers

Course tuition of \$1095 (& HST) includes meals and refreshments, course materials, and useful templates.

Registration details here:  
[www.gustavson.uvic.ca/executive](http://www.gustavson.uvic.ca/executive)

Call UVic Executive Programs at  
250-472-4138 today!



**University  
of Victoria**  
Peter B. Gustavson  
School of Business



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



**Open House  
Sat - Tues  
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! ←

**Move in NOW!**

James Liu  
250-477-5353  
[jamesliu@royalpage.ca](mailto:jamesliu@royalpage.ca)



Debbie Henselin  
250-384-8124  
[debbiesells@shaw.ca](mailto:debbiesells@shaw.ca)



1405 Esquimalt Road, Esquimalt, BC

[www.themartello.ca](http://www.themartello.ca)



# IN BRIEF

## Massive marine garage sale fundraiser

The Maritime Museum of B.C., in partnership with the Greater Victoria Harbour Authority, will hold its 8th Annual Massive Marine Outdoor Garage Sale April 30.

The event will take place at the warehouse building on Pier A at Ogden Point terminal from 9 a.m. to 1 p.m.

Whether you are a buyer or have something to sell, this sale is a "must do" event. Vendors can sell all kinds of outdoor and marine related gear as sale items. Everything from fishing gear to boats, sails to motors, and everything in between.

People can also enter a bid for a stunning 9.5-foot hand-crafted dinghy with oars. This beauty is currently on display at the Maritime Museum of B.C. The winning bid will be named at the garage sale. All proceeds from this auction go directly to the Museum to assist with their programming and to aid in the preservation of nautical history.

Costs are:

- Entrance fee for buyers: \$5 (children under 12 are free)

- Sellers: \$35 for a table rental; \$25 early bird fee if purchases before April 15

- Commercial tables are \$80

- Boats on trailers are the same charge as for tables, similarly for car toppers and items displayed on the

dock outdoors.

Parking is free.

Pack it in and pack it out: any unsold items must be removed by the seller at the end of the sale. To register, contact ntruswell@mmbc.bc.ca or phone 250-385-4222, ext. 101.

### Row, row, row

Row your rigid-hulled inflatable boat (RIB) with David Sutcliffe

Settle in for a tale of the RIB, now the most seaworthy of rescue boats, as told by the man who witnessed its birth as a student project.

RIBs are used today by life-saving crews around the world, but their roots are right here, on the shores of Pedder Bay at Pearson College. Well, almost.

The first RIB was constructed by students at United World College of the Atlantic in Wales, Pearson's sister college, in the mid 1960s, using plywood glued to the frame of a dinghy-type rescue boat.

In 1974 (and several prototypes later), drawings and materials for two RIBs were sent to Pearson College, then in its inaugural year. That summer the College loaned one of the boats to the Canadian Coast Guard.

It was fast, solid, economical, and took off as a rescue boat around the world.

Today, RIBs are widely used as rescue, whale-watching and dive boats.

David Sutcliffe, a found-

ing member of United World College of the Atlantic and its headmaster from 1969 to 1982, witnessed the origins of the vessel and has written a book, *The RIB: the Rigid-Hulled Inflatable Lifeboat and its Place of Birth - the Atlantic College*.

Pearson College is bringing Sutcliffe to the Maritime Museum of B.C. on Monday, April 18, at 7:30 p.m., where he will take us on a worthy seafaring voyage to the origins of the RIB. There is no charge for admission and refreshments will be served.

If you would like to attend, please RSVP to: mdieno@mmbc.bc.ca.

### Big Bike ride

As you may be aware, the Heart & Stroke Foundation hosts a Big Bike ride event every June (stroke month).

The bike is powered by 29 people. This is an extremely fun event, and the base is currently recruiting CFB Esquimalt teams to take part. CFB Esquimalt's Big Bike ride day will be June 2.

Here are the basic details:

- Each team needs 29 cyclists (min of 20)

- The route is Government St, Pandora St, and Wharf St, starting and finishing in front of the Parliament

- The ride takes about 20 minutes, with a new team taking off every 30 minutes

- The event usually runs

from approximately 10 a.m. to 6 p.m. (although time slots will be confirmed upon registration of teams)

- The ride can be a team building experience or perhaps a unit challenge

- Teams are encouraged to create costumes, wear uniforms, and develop themes

- Music, horns and noise-makers are welcome and will help to draw attention throughout the downtown core

- Heart & Stroke Foundation provides small awards/photos/media exposure

The minimum fundraising amount per person is \$50 - fundraising assistance is available online and made very easy with an email system set up for riders to email friends for pledges and send thank you emails as well

Tax receipts are available. One more fun thing about the Big Bike is the "easy seat." There is one seat on the bike that is extra comfortable and doesn't have any pedals. The easy seat could be for the highest fundraiser on the team, or you can assign it in any fun way you can think of.

Let's show off our CFB Esquimalt team spirit and round up as many teams as we can.

Appoint a team captain and ask that team captain to contact Vicki Laidlaw as soon as possible.



## YOUR LEGAL DEFENCE TEAM

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

**Leigh Gagnon** BEd, BA, LLB

**Mel Hunt** practises military law, criminal law, and personal injury law, and is a former member of the Judge Advocate General's Branch in The Canadian Forces.

**Leigh Gagnon** practises family law, real estate law, and in the area of wills and estates.

**We get results! A full service law firm.**

*Dinning Hunter,  
Lambert & Jackson*

1192 Fort  
250-381-2151

On peut vous  
aider en français

813 Goldstream  
250-478-1731

**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**

**Marty's Mountain Cycle**  
250-383-3337 1-1258 Esquimalt Rd

Spring has sprung!

**CANEX FINANCING AS LOW AS \$24/MONTH**

**TUNE UPS!**

**DON'T DRINK AND DRIVE**

**WINDCREST HOMES LTD. PRESENTS**

**OPEN HOUSE**  
Saturday & Sunday 1-4 pm  
1919 Maple Avenue  
in the heart of Sooke

**5 12 THE MAPLES Townhomes**  
from **\$269,900 - \$299,900**  
HST included

- 1178-1501 sqft • open floor plan
- 3 bedrooms 2.5 bathrooms • sunny south facing patios & garages
- great appliance package
- \$500 blind credit for Ruffell and Brown

**FREE 2011 NISSAN VERSA\***  
1.6 to go with your NEW home in beautiful Sooke BC.

**RE/MAX**  
CHERI SUTHERLAND • JOHN VERNON  
(250) 642-5050 [www.johnvernon.com](http://www.johnvernon.com)

\*with purchase of Units 103, 104, and 110 at full price only. Some conditions apply. Offer expires April 31/11.



# VICTORIA HYUNDAI IS GOING GREEN...

## for OUR MILITARY



Here at Victoria Hyundai, we are extremely proud of all our 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

**Military 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

## Naval passion and a pursuit of the past

**Ben Green**  
Staff writer

For Dr. Barry Gough, a yearning for the open waters combined with a continuous itch to uncover the past has led to fulfillment both professionally and personally.

The Victoria naval historian has spent over 40 years teaching and writing about history, the seas, and the history of the seas; an infatuation he dates back to his early childhood.

"The seas have always been a passion for me," says Gough. "As a young boy, to have all the channels and waterways [in and around Vancouver Island], it was a dream."

Gough turned his passion into a profession becoming a professor of naval history at various educational institutions across the country. This included Wilfrid Laurier University where he spent 33 years and teaching assignments in War Studies as adjunct professor of history at Royal Military College.

Currently he is teaching the Technology and Warfare course at CFB Esquimalt's Venture Officer Professional Military Education (OPME).

Gough's current position sees him teaching young officers, chiefs, and petty officers past and current naval state of affairs to try and predict technology developments, doctrine, strategy, and conflicts in the future.

"For me the fun as a historian is trying to point the way where we're going," he says. "The whole process is engaging with the past. When you put the complexities of the past together, you really get to see where we're going."

From a personal standpoint, Gough's passion has led to 17 novels ranging in topics from rela-



**Dr. Barry Gough**

tions of the navy with coastal First Nations, to trade, discovery, and exploration in the late 18<sup>th</sup> century. His first book, "The Royal Navy and the Northwest Coast", examined the development of Esquimalt as a naval base and Canada's naval transition from under imperial Britain's shadow.

Exactly four decades on, his latest history book, "Historical Dreadnoughts", has just been published. After 15 years in the making it focuses on the feud and different interpretations of civil military relations between British naval historian Stephen Roskill and American academic Arthur Marder during the Second World War.

With free time now at a premium, Gough is once again putting pen-to-paper on "Titans at the Admiralty"; a chronicle of the turbulent relationship between Winston Churchill and Adm Jacky Fisher during the Dardanelles campaign.

Gough considers himself lucky. He's not only working in the field he loves but has also received personal success from it as well. For now, he's setting his sails in pursuit of his next nautical adventure, but it's not so much what's lies ahead that concerns Gough so much as what he can uncover from the past.

**WE WELCOME  
OUR DEFENSE  
COMMUNITY**



Rate is for single and double occupancy and valid until April 30, 2011. From May 1 until Sept 30, 2011 the rate is \$139. Please ask for the Government-Military rate when calling in.

**\$99\***

**Park Inn**  
VANCOUVER BROADWAY  
898 West Broadway, BC  
800-670-7275 or (604) 872-8661  
[www.parkinn.com/vancouverca](http://www.parkinn.com/vancouverca)



\*Room availability limited and subject to change. Advanced reservations required.





Annapolis is towed out of Esquimalt Harbour after being sold to the Artificial Reef Society of B.C. in 2008.

# Annapolis to be made into artificial reef

**Ben Green**  
Staff writer

The Artificial Reef Society of B.C. (ARSBC) has been given the green light to sink the former HMCS Annapolis in the coming months.

Commissioned in 1964, Annapolis was a 371-foot destroyer and was considered one of the most capable anti-submarine vessels in the world. Built and serving out of Halifax, it arrived in Esquimalt in 1989. It was decommissioned in 1996 after 32 years of service and over 750,000 nautical miles covered (1,389,000 km).

The B.C. Ministry of Environment, Parks Branch, has accepted the ship as part of their 100<sup>th</sup> anniversary this year. It's been a long road trying to sink

the destroyer, with delays putting the project in limbo the past year and a half.

"It has been our plan for some time to place the ship in the marine park, but last summer there was some confusion over the legal framework on how this would be done, which has now been sorted out," says Howard Robins, President of ARSBC.

The exact resting spot for Annapolis will be Halkett Bay Marine Park near Gambier Island. Robins says the project will bring back an abundance of marine life that has been lacking in the area for decades.

"We are delighted to be able to restore Halkett Bay because the bottom where the ship will be placed has suffered from decades of log booming, and the resulting bark detritus has severely impact-

*We are delighted to be able to restore Halkett Bay because the bottom where the ship will be placed has suffered from decades of log booming.*

-Howard Robins  
President, ARSBC

ed marine life on the sea floor," he says.

Since its creation in 1989, ARSBC has sunk seven vessels and one Boeing 737 airplane in provincial waters. Based on these previous projects, within three

years approximately 100 marine species will be seen in and around Annapolis, such as rock fish, shrimp, ling cod, scallops, wolf eels, octopi, crabs, and anemones.

ARSBC has been preparing the ship ever since they bid on and won the vessel back in April 2008. Already demilitarized of all its weapons, petroleum products, hazardous materials, and any serviceable equipment, the ship has undergone another 12,000 hours of work by over 1,000 volunteers to make sure it satisfies Environment Canada, Fisheries and Ocean, and Transport Canada's regulations. The extra work is to salvage any recyclables, remove any residual hydrocarbons, remove all hatches and doors, and provide vertical and horizontal diver access holes for ambient light penetration.

The ship will be sunk in 100 feet of water (within the ideal range for artificial reefs), although the exact date is still undetermined.

"The exact date for the sinking is dependent on the issuance of the necessary permits," says LCdr (Ret'd) Rick Wall, Volunteer Director ARSBC and Annapolis Project Navy Liaison. The ARSBC plans to use linear shaped charges placed low in the ship below the water line. The rapid but controlled sink is key to ensure the ship remains upright when it comes to rest on the floor. Robins believes the marine park will be enjoyed by all British Columbians, especially divers, and not just those who live close by.

The Annapolis Project is a cooperative effort between B.C. Parks, ARSBC, W.R. Marine, and the Squamish Nation.

VANCOUVER ISLAND BREWERY

**SEA DOG**  
*Amber Ale*

**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





Come and see the most modern  
**INNOVATIONS in  
HEALTH & SAFETY PRODUCTS  
& SERVICES**

# MARPAC NAOSH EXPO

**May 5, 2011 • 10am-3pm • NADEN Drill Deck**

SAFETY HEALTH  
HEALTH SAFETY  
SAFETY HEALTH  
HEALTH



In celebration of  
**North American Occupational  
Safety & Health Week  
May 1 - 7, 2011**

Including MARPAC Emergency Response  
Unit Displays in the surrounding parking lots

BROUGHT TO YOU BY



**FORMATION SAFETY  
& ENVIRONMENT**





# FMF crafts Howitzer parts for army reserves in B.C.

**Shelley Lipke**  
Staff writer

Fleet Maintenance Facility (FMF) Cape Breton is supplementing its usual naval support role to manufacture parts for the army's updated Howitzer guns.

"FMF has unique manufacturing and engineering skills within DND and with these talents we began doing the AVCON kits for C3

Howitzers," explains service officer Greg Eyre.

Used to secure and stabilize the guns to the platform they sit on, AVCON kits allow the Howitzer to be manoeuvred quickly at any of the 18 different firing positions.

"They ensure the gun doesn't recoil and injure the operators. They give the gun a stable platform from which to fire. Without them

it would be like firing a shot-gun on a pair of skates," says Eyre.

In Rogers Pass, army reservists have been manning and operating the guns for more than 100 years helping Parks Canada keep traffic safe from falling avalanches in the winter.

Last year when the new guns were launched, FMF began designing the kits they are now manufacturing.

"We started researching to find a way to mount these kits. We had no drawings and nobody really knew how this work was done on the original guns as each one seemed to be fitted differently. We tried to come up with a universal form of mounting that needed no modifications, or props. They had to be easily fitted to the guns within a few hours," he said.

*Very few facilities have engineering embedded within the production facility, which makes us unique in doing prototype work.*

-Greg Eyre  
FMF Service Officer

Looking at the original design, engineers began brainstorming with several key points in mind.

"They had to be installed without any special tools, equipment or calibration," says Eyre.

The Howitzer is a 9,000 pound artillery piece that needs to fire 700 or more rounds per season. The kits also had to be rugged enough to withstand winter conditions with snow and ice, and not freeze up.

"Very few facilities have engineering embedded within the production facility, which makes us unique in doing prototype work. We used a combination of off-the-shelf readily available hydraulic components so they can easily get spares without any requirements," said Eyre.

The AVCON kits are fitted over a frame and to the undercarriage to support its weight, and it also mounts onto the trails of the weapon to ensure stability when firing.

The initial prototype has been produced by Weapons Shop 162 and was tested this winter in Rogers Pass.

"In the field it works great," said Eyre. "There are

several modifications we will be making to make the process even easier for the operators."

The new system is much faster with a double acting pump. Power goes up and down the cylinder, it's less prone to freezing and if the operators had to move the gun in a hurry due to an avalanche coming down, they can move it and get out of the way. The old guns were spring designed and were prone to freezing. Operators had trouble with avalanches covering the guns in the past.

FMF will make a total of five kits with a delivery date of next October. Four will be deployed on C3 Howitzers and one will be a spare. Each unit will take about 800 hours to build at FMF.

FMF's involvement with the Howitzer goes beyond the AVCON kits as it also handles the recoil and wheel carriage assemblies the guns sit on.

"Our foundry casts the wheels and the machine shop finishes them up. Dockyard labs played a big part in this three-year project to make enough wheel hubs for the entire fleet. FMF really has unique capabilities not available elsewhere," said Eyre.



Shelley Lipke, Lookout

Eric Appleton, a machinist at Fleet Maintenance Facility (FMF) Cape Breton, works on a mill turn to finish a wheel that will be installed on a Howitzer gun for use by Army Reservists in Rogers Pass. Last year, FMF was tasked to work on a variety of parts for the guns.

## How can you help *your* newspaper?



Advertising pays for your paper so please:

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



lookoutnewspaper.com  
forcesadvertising.com

your newspaper...



The Key to Success

## Relocating to/from Victoria, BC?

"Lock In" With The Most Trusted Real Estate Agent in the Area

- ✓ Experienced Military & RCMP Relocation Specialist
- ✓ 17 Years Experience In Real Estate
- ✓ 10 Personal Transfer Relocations
- ✓ Strong Negotiator
- ✓ Always Working In Your Best Interest



Toll Free: 1-800-665-5303 | Direct: 250-516-8763 | Office: 250-384-8124  
Web: www.lockrealestate.com



# Casualty care: a sailor's triage skills tested in Afghanistan

**Darlene Blakeley**  
CMS Public Affairs

It was baptism by fire for a young naval communicator working at a forward operating base (FOB) in Afghanistan.

On May 12, 2009, after just one month in-theatre, LS Kimberly MacLean (née Peterson) found herself in a situation she could never have anticipated when she joined the navy just a few years earlier. Nevertheless, her decisive and selfless actions that day, a long way from her usual sea-based duties, led to the CDS Commendation announced recently.

LS MacLean served in Afghanistan from April to November 2009, working with a Civil-Military Cooperation (CIMIC) team as an information management clerk. Her broad spectrum of duties involved everything from data entry, to meeting with Afghans and gathering information about them. On that day in May, an incident occurred that would test the basic tactical combat casualty care skills she had learned on a two-week course prior to deploying.

LS MacLean was at work in a FOB when word came that a civilian bus loaded with Afghan civilians had run the gauntlet



Lt(N) Jon Monaghan

**LS Kimberly MacLean shakes hands with an Afghan child while on patrol in Afghanistan.**

of an ambush nearby and rolled over. Other Afghans, witnessing the scene, began pulling people from the bus, loading them into vehicles and taking them to the FOB, where they knew there was a small hospital with expert medical care available. Afghan police contacted the base, and LS MacLean and two others had five minutes notice before carloads of casualties began to arrive.

"We had to pull casualties from out of the cars and triage them,"

LS MacLean says. "It was very intense. We put the dead aside, and some of the Afghan army acted as stretcher bearers as we tried to get the injured into the hospital, which is enclosed inside the FOB."

Working with interpreters, LS MacLean immediately took charge of the situation, triaging over 20 casualties and staying with them until they received medical care. Many of them were seriously wounded.

*It was very intense. We put the dead aside, and some of the Afghan army acted as stretcher bearers as we tried to get the injured into the hospital.*

-LS Kimberly MacLean

"You don't think about it, you just do it," she says. "If I thought about it, it would be overwhelming. So you just keep going."

The triage process was completed in about 20 minutes, but it was over three hours before the casualties were treated and then medevaced by three US Blackhawk helicopters to either Afghan hospitals or Kandahar Air Field. By the time it was over LS MacLean was exhausted, having endured temperatures up to 45 degrees celcius and hours covered in blood during the emotionally draining experience.

"When it was over I could not get the blood from my arms in the small field sink," she remembers. "I had to get one of the guys to pour bottles of water over my arms to get them clean."

Overall, LS MacLean said everything went smoothly and that she was impressed by the calm attitude of everyone involved.

"They just got on with it," she recalls.

And while it was a bit difficult to put it all behind her, she says the ability to speak to her then-fiancée (they married in May 2010), deployed to Afghanistan at the same time, via secure phone as her "saving grace."

In March she received a phone call from the Commander of Maritime Forces Atlantic, Rear-Admiral David Gardam, telling her she would be receiving a CDS Commendation for her efforts.

"My first thought was 'why is the admiral calling me, did he have a wrong number?'," she laughs. "I was shocked and overwhelmed. It's nice to have recognition for the things you've done."

RAdm Gardam is quick to point out that LS MacLean is a fine example of the outstanding people serving in today's navy.

"It's great to see that she has been acknowledged in this way for her actions in the high-stress environment of the Afghanistan mission," he says.

LS MacLean, currently an instructor at the CF Naval Operations School in Halifax, will be promoted and posted to a ship this summer.

**New!**

## Bacon Bacon Bacon Pizza

Three Cheeses with Ham, Pepper Bacon, Crispy Bacon and Mixed Onions.

**\$14.99** Large

FAMILY SIZE \$3.50 MORE

<p><b>VICTORIA</b> 101-1551 Cedar Hill X Rd Next to McDonald's 250-381-9009</p>	<p><b>DUNCAN</b> 254 Trans Canada Hwy Across from DogHouse 250-701-0144</p>	<p><b>LANGFORD</b> 135-2955 Phipps Rd In the Westshore Village, Around the corner from Best Buy 778-430-5410</p>
---	---	--

<p><b>Papa's Perfect Pizza</b> 1/2 Pepperoni and 1/2 Hawaiian Pizza.</p> <p><b>\$13.49</b> Large</p>	<p><b>Choose Your Size and Save!</b> Savings off regular menu price</p> <p><b>\$3 OFF</b> Family Size</p> <p><b>\$2 OFF</b> Large   <b>\$1 OFF</b> Medium or deLITE®</p>	<p><b>Specialty of the House</b> Traditional Red Sauce, Cheese, Italian Sausage, Mushrooms, Black Olives &amp; Herb &amp; Cheese Blend.</p> <p><b>\$13.99</b> Large</p>
--	--	---

# Commemorate

## MILITARY SERVICE

**Celebrate your military career**

**Pay tribute to a family member's military service**

**Honour a friend's life and service**

**Show your gratitude to military members who answered the call of their country**

**purchase a brick at the Homecoming Statue**

*Celebrate the Canadian Naval Centennial and support military families by buying a commemorative brick at "The Homecoming" statue. Each brick celebrates our gratitude for the tens of thousands of Canadians who answered both the call of their country and of the sea through the first century of Canada's Naval Service.*

By Sculptor Nathan Scott

ESQUIMALT  
**Military Family Resource Centre**  
Your community. Your resource centre. Get connected.

**Get your brick today!**  
250-363-2640 • 1-800-353-3329  
[www.esquimaltmfrc.com](http://www.esquimaltmfrc.com)

Order your brick by **April 21** to have it added to the Homecoming Statue site by May.





HMCS Saskatoon sailors welcomed 100.3 the Q radio station personalities Chris Loran and Ryan Awram on to their ship on March 11 for the Q Rockline on the Road lunch.

## Saskatoon hits the airwaves

**LS Brandon Bourne**  
Contributor

HMCS Saskatoon was extremely pleased to host 100.3 the Q's Rockline on the Road recently.

Chris Loran and Ryan Awram from the local radio station broadcast from the bridge Friday, March 11, from noon until 1 p.m., bringing Subway sandwiches and refreshments for the ship's company.

Rockline on the Road is a promotional visit run by 100.3 the Q, and consists of a live broadcast of music requests along with a glimpse into the work environment and culture within an organization or business.

Awram and Loran who represented the radio station started their day

by meeting the Captain, LCdr Patrick Montgomery, after which they had a tour of the ship. When it came time for lunch or as we call it in the navy, "dinner", the two had learned a little more than they expected.

By the end of their morning on ship, they and their listeners knew what it meant to muster, learned about the boatswain's call and also had the opportunity to learn a little about what some of the people in specific trades in the navy do.

As the ship's company mingled on the bridge, enjoying the food and refreshments that the radio station provided, they were able to listen to their requests played across the Greater Victoria area. As this was a live

radio broadcast, most of the ship's company were understandably nervous before it was time to go on air, but all wore smiles when some of their favourite songs were broadcasted ship-wide.

"It's really nice that we were able to get outside of the norm with this one; we are usually in an office for Rockline on the Road. We have been fortunate enough to have the opportunity to support men and women in uniform through different events such as the Naval Centennial Fleet Review and Snowbird's Air Displays - rarely do we get to do broadcasts on a base or on a naval vessel. It is a great opportunity for us to put a face to the navy within the local area," Loran said as they were departing CFB Esquimalt.

**I GAVE BLOOD TODAY!**

Canadian Blood Services presents: Blood Donor Clinic  
**One donation can save up to three lives**

Tues. April 12th & Wed. April 13th, 2011 Pacific Fleet Club, Lounge Port Side  
 8:45 - 15:45 hours (both days) ID Required • All Welcome

# 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](http://clearlylasik.com)

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

# HOLY WEEK SERVICES

April 17 - 10:30 am  
 Passion Palm Sunday with Holy Communion

April 21 - 6pm  
 Maundy Thursday Potluck Supper.  
 Please call ahead with number of attendees.  
 250-391-4205

April 22 - 10:30 am  
 Good Friday

April 24 - 10:30 am  
 Easter Sunday with Holy Communion

**St Peter's Naval Chapel (Protestant)**  
 307 Virago Crescent, Belmont Park

## COLWOOD DENTAL GROUP CELEBRATING OUR 40TH ANNIVERSARY

It was over 40 years ago that 3 Dentists decided a new building was necessary to serve a fast growing community. Opening day was April 13th, 1971. You may remember Drs. Garry Winters, Doug Watson, Allan Oliver, Michael Adey or David Mick who operated successful practices for many years.

Now Drs. Ron Ducharme, Kyle Egger, Kerr Williamson, Dustin Holben and Robert Walker with their Associates continue to offer a full scope of excellent dental care. We along with our dedicated and professional staff look forward to serving you for many years to come.

**We welcome you to our open house on Wednesday, April 13th, 2011 at 5:00 p.m. in our main reception area.**

318 Goldstream Ave.  
 250-478-5578  
[www.colwooddental.ca](http://www.colwooddental.ca)

**40 Years**





## Well done HMCS Regina

On April 1, the crew of HMCS Regina honoured three of its members.

**Left:** Lt(N) Mike Butler (left) and Cdr Doug MacKeen (right) promoted CPO1 Janet Graham-Smith.

**Top right:** LS Michele Schnob accepts her new shoulder slip-ons to words of congratulations from her husband and child.

**Bottom right:** MS Anneliese Becht receives her Canadian Forces Decoration for 12 years in the service from Cdr Arthur Wamback, HMCS Regina's Commanding Officer.

Photos by Ben Green, Lookout



# 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](http://WWW.GALAXYMOTORS.NET)



## New at the Base Library

### DVDs

- Black Swan
- The Fighter
- Inside Job
- Tangled

### Books

- Saturday Big Tent Wedding Party by A. McCall Smith
- Live Wire by Harlan Coben
- The Jungle by C. Cussler
- Sing You Home by Jodi Picoult
- Socialnomics: How Social Media Transforms ...
- Moonwalking with Einstein: the Art & Science of Remembering
- Adventures in Solitude by Grant Lawrence
- Sports Injuries Guidebook

Now that's...



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

## Get the new guide to healthy living



Available at all PSP and MFRC outlets



# Bravo ZULU

## Devotion to sailing recognized

**Capt Amélie Leduc**  
Cadet Public Affairs Officer

Lt(N) Tracy Terry, from Regional Cadet Support Unit – Pacific, received the Woman in Sports Award on Sunday April 3 at the Pacific Institute for Sport Excellence.

This is her second award in just over a month for her dedication and efforts with the Canadian youth and sailing. She was also awarded the Bobbie Steen Excellence Award for her leadership and contribution to the recreation and sport communities. She was nominated by Tine Moberg-Parker, Executive Director of B.C. Sailing.

The woman in Sports Award - Sport Builder is given to an individual who promotes and builds a sport in their community. Lt(N) Terry was nominated by one of her colleagues, Lt(N) Jean Cyr, and chosen amongst many other candidates.



Jeff Slater, SNAP Victoria

Lt(N) Tracy Terry accepts the Sport Builder Award from Jason Scriven of the Times Colonist.

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

[SteveDraneHarley.com](http://SteveDraneHarley.com)

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

*the Jerry Bola team* **PEMBERTON HOLMES**  
Real Estate, "It's What We Do" ESTABLISHED 1887 [www.jerrybola.com](http://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](mailto:jerry@jerrybola.com)  
Tara Niedoba 250-857-0178 [tara@jerrybola.com](mailto:tara@jerrybola.com)



03/30/2011

**Above:** CPO2 Eric Meredith, (centre) of Base Foods, receives his Canadian Forces Decoration from Cdr Doug MacKeen (left), Base Administration Officer, and Lt(N) Lynda Hinch, Base Foods Officer.

**Left:** SLt Ramaniah is promoted by Cdr Bolduc, Commanding Officer of Maritime Forces Pacific Headquarters, and LCdr Golden from Base Logistics.



**3 great packages**  
all at great prices!  
in the Comox Valley

**The Old House Experience**  
Includes one night accommodation in a deluxe studio, 1 hour massages for each of you & a \$50 dinner voucher  
starting at **\$139** per person/ dbl occ

**Romeo & Juliet**  
Includes one night accommodation, two hours in OH Spa's Royal Suite including a 1 hr massage each, chromotherapy effervescent tub and spa platter by the fire with a glass of champagne  
starting at **\$164** per person/ dbl occ

**Zen Escape - 2 nights!**  
Includes two nights accommodation, a 1 hour Massage each, Deluxe Manicure & Deluxe Pedicure for each of you  
starting at **\$264** per person/ dbl occ

Year round heated outdoor pool & hot tub included with all stays

**OLD HOUSE**  
VILLAGE HOTEL & SPA

**Book today! 1 888-703-0202**

Based on double occupancy, dinner vouchers redeemable at The Old House Restaurant

many more packages available online  
[www.OldHouseVillage.com](http://www.OldHouseVillage.com)



# Local sailor part of special envoy

**Ben Green**  
Staff writer

The windswept fields of Northern France were quite the change of scenery for Esquimalt-based LS Katerina Stewart as she represented the Canadian Forces in funerals almost a century in the making.

It was last month that the boatswain from HMCS Calgary was selected to fly overseas to be part of the Honour Guard for two First World War soldiers being laid to rest.

"There was an email asking for the four Sailors of the Quarters from last year [she was awarded the second Sailor of the Quarter for 2010]," says LS Stewart. "From there I was selected to go [along with AB Humphrey of HMCS Algonquin]."

It was the first time visiting one of the world's most historic battle-grounds for the New Aiyansh native, who grew up about an hour outside Terrace, B.C. The week-long trip saw her and the 11 other Honour Guard personnel (three navy, four air force, and five army) attend two separate funerals.

The first, on March 15, saw the ceremony of Pte Thomas Lawless at La Chaudière Military Cemetery in Vimy, France. Pte Lawless was killed in action on June 9, 1917, but his remains were not discovered until 2003. It took another eight years to uncover his identity, but in January a series of tests finally proved it was indeed Pte Lawless.

He was given a full military burial signalled with the three volley salute by LS Stewart and the rest of the Honour Guard.

The second funeral, two days later, was for an unknown Canadian soldier from the First World War. The ceremony took place at Pozières British Cemetery in Somme, France. Here, the Honour Guard stood at silent vigil since no relatives of the soldier were in attendance. A volley is often by request of the family.

While the trip was a reflective seven days for LS Stewart, it's an experience she's not soon to forget.

"I felt really honoured to participate in this tasking," she says. "Just learning about the First World War was really interesting."



**Above:** LS Katerina Stewart.

**Below:** A religious service was conducted at Saint-Martin de Vimy church in France for Pte Thomas Lawless, a Canadian First World War soldier whose remains were recovered and identified on January 10.



MCpl Roy MacLellan, CFSU(O)

*I felt really honoured to participate in this tasking. Just learning about the First World War was really interesting.*

-LS Katerina Stewart

## Lunch and learn: Keeping MARPAC inclusive

### ■ Commemorating the International Day for the Elimination of Racial Discrimination

**Retention:** keeping the people that make MARPAC great, ensuring "Success" stays in Succession Planning.

**Inclusiveness:** responding positively to diversity.

Our new employees enrich MARPAC with new ideas, cultures, opportunities and challenges. Come find out how to build on our strengths, ensure we're a welcoming community, and an engaging employee.

#### Staff Retention

Cdr (Ret'd) Arvinder Aujla (Senior Marine Science Instructor, NOTC) will discuss his lived experiences in the military and civilian world - what worked, what didn't and where we can go from here.

#### Inclusive Communities

Dr. Francis Adu Febiri, (Camosun College/University of Victoria) will speak on what ingredients make an Inclusive Community and how to find best practices to maximise new

employee engagement.

- April 12, 11:45 a.m. to 1 p.m.
- Chief and Petty Officer's Mess Rainbow Room

• The entire Defence Team is welcome to attend with supervisor approval.

- No registration required.
- Please bring a colleague/supervisor.

This MARPAC event is supported by MVMAG. Contact David Lau for details at 250-363-1083.

**BEACON**  
LAW CENTRE  
LAWYERS.NOTARIES

Real Estate • Business Law  
Wills & Estates

P 250.656.3280  
TF 877.295.9339

4599 Chatterton Way, Victoria  
104-9717 Third Street, Sidney  
5-7115 West Saanich Rd, Brentwood Bay  
www.beaconlaw.ca

Lianne Macdonald Del Elgersma

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

**SAVAGE CYCLES**

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

Melissa Kurtz Father - Daughter Real Estate Daryl Kurtz

MLS award winners with 30 yrs experience

Looking to Buy or Sell Real Estate?

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!

250-479-3333 Follow us on: f t Sutter

**AUTHENTIC THAI**  
Friday Lunch Buffet  
• Lunch Combos • Full Dinner •

**Zap** thai restaurant

Dine In Take Out

Thai dining at its Best!

1207A Esquimalt Rd. • 389-1845 • www.zaphai.com

Looking to Buy or Sell Real Estate?  
\$1,000 cash back to military personnel.  
Call 250-661-7680 for details

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

PEMBERTON HOLMES ESTABLISHED 1887

**GUTTER PROTECTION SYSTEM**

- Gutterguard & Gutter Topper
- Custom 5" Continuous Gutter Lengths
- Downpiping, Elbows, Accessories and more

**PRO-TECH** Exterior Products Ltd.  
327 Harbour Rd, Across the Johnson Street Bridge  
382-5885

"One stop shopping with friendly advice."

**\$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

PEMBERTON HOLMES ESTABLISHED 1887

**Buy or sell and receive:**  
Purchase through Semira & Danielle to receive up to 2000 cash!  
\*Some conditions apply. Promo Code SD017

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



**RESOLVE**  
Enjoy

**CONNECT**  
Play  
Learn

**SOCIALIZE**

**INTERACT**

**SHARE**  
Balance

**RELAX**  
Laugh

**exercise**  
**breathe**  
**sleep**  
**EAT**  
**RISK**  
**EXPLORE**

**FORMATION**  
**HEALTH & WELLNESS**  
**CHALLENGE**

**May 2011 JUMP TO THE CHALLENGE**  
Call 250-363-5621 to get your logbook

**LAUNCH PARTY!**  
Monday, May 2, 1130 hrs  
Field behind the NAC  
Healthy barbecue  
Mini bootcamp  
Great door prizes!

Logbooks also available at: NAC, Dockyard Gym, MFRC Signal Hill, MFRC Lampson, CPAC or call 363-5621 to have a logbook sent to you.



SPONSORED BY



**Show your yard some TLC**

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

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

**Interested in free, confidential counselling?**

Your local EAP Office has teamed-up with Citizens' Counselling Centre of Greater Victoria to offer free 45 minute information counselling sessions for CFB Esquimalt employees during Mental Health Awareness Week, May 1-7. For a confidential booking, contact our EAP Manager's Office at 363-7968 or email Nora.Johnson@forces.gc.ca. Limited availability.

*Citizens' Counselling is a local non-profit counselling agency which provides volunteer counsellors trained and supervised through the Centre www.citizenscounselling.ca*



# 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

**VEHICLES FOR SALE**

FOR SALE 2006 White F150 Lariat ext cab 4x4. Fully loaded with leather interior, heated seats and mirrors, New 20" BF Goodrich tires purchased in Dec 10. Tonneau cover and full towing package. Excel. condition with only 79900kms. Asking \$22,900 OBO. Please email abw1@telus.net call 250-744-6211.

2008 CHEVROLET IMPALA 36,000 Kms, balance of GM warranty til July 2013. 1 owner, bucket interior, floor shift auto, fully loaded trunk for strollers, luggage, ect. Great luxury family car, still looks new. \$14,500.00 250-888-3491.

**APPLIANCES**

**WEST COAST APPLIANCE CENTRE LTD.**  
**LARGEST SELECTION GREAT PRICES**  
 • Reconditioned  
 • New • Builder  
 • In Home Services  
 #3-370 Gorge Rd East  
 382-0242

**MOTORCYCLES**

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

**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

**WANTED TO RENT**

WE ARE A RESPONSIBLE, PROFESSIONAL couple with two children looking for a large 3 bdrm detached house to rent. We are non-smokers & have no pets. Would be interested in a house close to elementary schools that offer French Immersion programs. I am also interested in a house that would be avail. for at least 2 years. Start date would be either mid July or Aug. 1st. We would like an entire house with no other tenants in a bsmnt. or upper suite. scottvanwill@forces.gc.ca.

**REAL ESTATE • FOR RENT**

BRIGHT TWO BEDROOM ground floor duplex. Newly painted & decorated. All appls. water incl. lrg. yd. close to parks, golf, hiking, cycling trails & the ocean. Close to Royal Roads Univ & the Blue Boat. Suitable for a quiet single or couple. NS/NP Off road parking, walk-in storage. Avail. Immed. \$1100/mo. 250-370-7895.

NEW 1 BDRM + DEN across from ocean (Saxe Point). NS/NP, suits 1 mature quiet tenant. In-suite laundry, DW, Hardwood floors, Fireplace. \$795mo. + shared util. Enjoy Songhees walk to town, launch your kyack from home. Avail. Apr. 15th or May 1st. Call 250-479-2769.

LOVELY 2 BDRM LOWER suite avail. May 1st. Incl. heat, hot water, separate entr, bbq. Area, HW floors, insuite W/D, storage, garden plot. Ideally located close to downtown, Cedar Hill, and close to all bus routes to downtown, dockyard, Uvic, & Camosun. 1 sm pet allowed. 250-516-2527.

LARGE ROOM, PRIVATE entrance. Pvt. Bthrm. Avail May 1st. Clean, comfortable, fully furnished, HD, TV, Internet, all utils. incl. Westshore location. \$550/mo. Details fourbuds1@shaw.ca.

SPACIOUS 3 BDRM TOWNHOME single garage + 1 parking space. On no through road. Family orientated. Close to Westshore Mall., parks, schools, bus routes, & Galloping Goose Trail. \$1900/mo. Avail. May 1st. 250-858-7405.

3 BR, 1 BTH, 1100 SQ. FT. house for rent, Vic West, five appls, storage room, carport, hot tub, alarm system. NS/NP. Avail. July 1st. \$1600/mo. + hydro. Email for photos. ian.d.hooker@gmail.com.

2 BDRM. CONDO in Belmont Park. Totally renovated, new appls. \$950/mo. Call Damian Kruz 250-216-6501.


AVAIL. 01 MAY. SPACIOUS 2 bdrm, 1 bth above ground suite in Royal Bay. In suite laundry, SS Appls, 9 ft. ceilings, fireplace, covered patio, private entrance & separate parking. Ocean & mountain views. NS/NP. Rent \$1200/mo. incl. heat, hydro, hw & basic cable. Mil. Discount. Email: rentmysuite@gmail.com.

2 BDRM BSMT SUITE. Avail May 1st. Full height ceilings. Private entrance. On bus routes to navy base, Camosun & Uvic. Minutes walk to grocery stores, shops, beaches. Suitable for quiet single. Hydro & H/W incl. NS/NP. 250-995-8520. \$950/mo.

FURNISHED ROOM FOR RENT in modern, clean, 3bdrm/3bth home. Just a 7 min. walk to NADEN & less than a 15 min. walk to CFB dockyard. Suitable for single female. \$500/mo. + amount for utils. (depending on your needs). Call anytime for info. Avail. Immed. 250-857-4988.

SOOKE SUNRIVER ESTATES. Avail. now, newer stunning luxurious 2 bdrm basement suite. Private entry, laundry room, storage space, lg. yard. Two vehicle parking. separate hydro/water meter. own Canada Post mail box. Lg. windows with custom curtain installed. Two lg. bdrms. HW & slate floor, fireplace. Kitchen and bath with granite counter top, 5 appls stainless full + DW. Bathtub incl. Jacuzzi. Small pet friendly. NS. suitable for mature, responsible person, couple or family. 1150/mo. Deposit & references. One yr. ease req. 250-642-3545 or 250-812-8431 pganak1@yahoo.fr.

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

**AUTOMOTIVE**

**ESQUIMALT AUTO/MARINE**  
 Victoria's Auto/Marine parts experts



624 Admirals Road  
**386-8877**  
 Open 7 days a week

**Esquimalt Town Center**

1 bdrm, \$745 - 2 bdrm \$895  
 FREE: heat, hot water & parking  
 Quiet, adult building

**250-888-1212**

**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



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

Ask about our limited time **MOVE IN BONUS!**



**WATERFRONT LIVING**

Visit our rental office: **215 Gorge Road E**  
 Short leases available.  
 Bachelors \$699 • 1 Bedroom from \$799  
 2 Bedrooms from \$1,000  
 Close to Mayfair Shopping Centre.  
 Access to Gorge Waterway near Galloping Goose Trail.  
 Pet friendly community.

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



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

Special price for military

Bachelors from \$706. 1 bedroom from \$975.  
 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



**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 \$815	3501 Savannah Avenue 2 Bdr starting at \$999
200 Gorge Road West 2 Bdr from \$999	1110 Queens Avenue Bachelors from \$695 1 Bdr from \$780 2 Bdr from \$980

**250-381-5084 • rentals@capreit.net**  
 www.capreit.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





REAL ESTATE • FOR RENT

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

**Esquimalt**

**LARGE SUITES**

**1180 Colville** - 1 bdrm \$735, 2 bdrms \$965, 3 bdrms \$1065, avail. NOW. 2 bdrms \$975 avail. May 1st. 250-360-1983

**855 Ellery** - 2 bdrm from \$895 available NOW & May 1st. 250-382-2157

**BROWN BROS** SINCE 1918  
250-385-8771

**\$725 - \$775 MOVE IN BONUS**  
837 Ellery St.  
Two 1 bdrm suites avail. Heat, H/W incl. No pets. Manager 250-217-0757

**\$745/\$875 - 801 Esquimalt Rd.**  
1 BR & 1 BR + den avail. immed.  
**Ask about our move in bonus!**  
Manager 250-217-1718

490 B TERRAHUE RD. Beautiful 4 bed home in Wishart area. Updated kitchen & bths., fenced yard, spotless top to bottom. Priced to sell at \$394,900.00 MLS # 290429. Contact Lori Kersten at Royal Le Page Coast Realty 250-474-4800.

Lookout Classifieds Work. 363-3014

REAL ESTATE • FOR SALE

**2 BED 2 BATH NEAR SELKIRK**

Renovated by professional designer. Open living with sep. dining & office area. Granite counters in kitchen and both baths. New flooring. Large bedroom, walk in and ensuite. MLS# 285867. Open House every Sun 11am-1pm, 203-3008 Washington Ave.

**\$349,900**

MARK RICE remax camosun | 250-588-2339 | MARKRICE@LIVE.CA

**COZY 3 BEDROOM COTTAGE**

Charming 3 bedroom country cottage, across from NA DEN. Several mature trees in oversized backyard. Ocean view from the front garden. Cozy fireplace. RD3 zoning for potential duplex development. MLS 286177. Open house every Sunday 2-4pm, 842 Admirals Rd.

**\$399,900**

**PACIFIC VILLAGE II**  
1445 CRAIGFLOWER ROAD

SPACIOUS 1, 2, 3 BEDROOM TOWNHOUSES  
1 & 2 BEDROOM APARTMENTS

RENTALS CENTRALLY LOCATED  
PARKING INCLUDED  
FRIDGE/STOVE INCLUDED  
ON MAIN BUS ROUTES  
PETS: CATS ONLY  
CLOSE TO SCHOOLS, ADMIRALS WALK, GORGE & CFB ESQUIMALT

**385-2250**

**LARGE TOWNHOMES**

UVic/McKenzie Area Newer appliances and flooring, private backyard, surrounded by greenspace  
House size townhomes 2 & 3 bedrooms, 1800-2100 sq ft. Near schools, mall and on bus route  
3 levels, 1.5 bathrooms

Call 250-686-2682

Attn: Buyers/Sellers

SellVictoriaRealestate.com

Shipping in or shipping out, I can help.

Brad Hall  
CALL ME DIRECT  
7781 977-2320



RE/MAX

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

PROPERTIES OWNED AND MANAGED BY EY PROPERTIES LTD. 250-361-3690  
Toll Free 1-866-217-3612

**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

**FREE Heat & Hot Water**

To view these and other properties, visit www.eyproperties.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**

BUS. OPPORTUNITY

ELIMINATE YOUR OUT-OF-POCKET GROCERY BILL and MAKE MONEY! One-time investment of \$210.00. Refer people and get paid, and get \$200 gift cards. For more information call JulieAnne: 250-857-2515.

WWW.LOOKOUTNEWSPAPER.COM

SERVICES OFFERED

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

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

CRAFTSMAN FOR HIRE



Top quality carpentry  
Competitive rates

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

Firearms License



Need a Possession Acquisitions License (PAL) for firearms?

Non-Restricted & Restricted Courses & Challenges available.

Call Mark  
CF Infantry Small Arms Instructor  
**250-888-7801**

HOTEL

**15% OFF**

**ENGLISH INN**  
Presents...

Wedding ceremonies,  
Receptions & Private Events

Enjoy 15% discount on ceremonies & nightly rooms

429 Lampson Street Esquimalt 250.388.4353 www.englishinn.ca

**Thetis Heights Home** \$392,000

Great starter home on large 12,632 sq ft lot. Bright kitchen with spacious living room. Close to all amenities. Visit our website for photos and information.

**5 bedrooms and lots of space** \$509,000

5 bedrooms and incredible views. Updated w/open floor plan, bright new kitchen w/ granite counters, huge new pantry, new flooring & fireplace. 2 bedroom in-law suite with laundry and fireplace. Two south facing decks, extra storage & more...



Royal LePage Coast Capital  
**Donna & Erin Gabel**  
250-477-5353  
www.thegabels.ca

Town House Alternative - Esquimalt

Custom built in 2000 to a very high standard. Extras include: low rise stair for those with mobility problems, laminate floors, in floor radiant heating, jetted soaker tub, bidet, imported fixtures, marble accents, stained glass and more. A Cozy Living Room electric fireplace. The Kitchen Is A Dream complete with stainless appliances appliances garages and quality cabinets. Outside...South facing exquisite and private grounds with many fruit trees, Are Exquisite. Outdoors Sunny Deck can be closed for those rainy winter days. Garden shed & gas bbq hook Up. Double Garage. This Home Is a must see for retired couples wishing a newer home or families alike. Close to all amenities and walking trails.. asking \$449,000



**Bill Chudyk 250-477-5353**

ROYAL LEPAGE  
Coast Capital Realty  
INDEPENDENTLY OWNED AND OPERATED

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

**Posted to Ottawa?**  
Check out  
www.militarymove.ca  
for all your relocation needs

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

MORTGAGE CONSULTANTS

**POSTED IN?**  
We're your gals!!!  
Expert mortgage advice.  
Professional service.  
Call today!!

**LAWLESS & BROWN**  
MORTGAGE TEAM

**MORTGAGE DEPOT**

Accredited Mortgage Professionals  
250-656-0855 • 1-866-656-0858 • lawlessbrown.com

**QUALITY 4 BEDROOM HOME**

Renovated 4br, 2bath, huge fenced yard, home theatre, quiet crescent. \$558k  
Realtors welcome. www.1023gosper.com or email: house.sales@hotmail.com



**4 Bedroom Duplex - NO COMPROMISE**

4 Bed - 3 bath home, quality neighbourhood. High-end upgrades. lg private backyard. Powder room with new vanity, kitchen w/ cstm. maple cabinets, granite flrs/ counters. Lg separate dining. Upstairs 4 lg Brms, spa bthrm w/heated granite flrs. storage on side of house. lots of parking. **PRICED TO SELL \$394,900.**



Royal LePage Coast Capital Realty  
Lori Kersten  
250-474-4800  
andyandlori.ca





Kyle Price, Contributor

Mallory Palliyaguru takes the wheel during training exercises in HMCS Ottawa.

## The value of student hiring

**Kyle Price**  
Contributor

Most of us are used to walking past the great warships and beautiful beach views the base provides, but with the brighter days and warmer weather ahead comes a batch of fresh faces: students joining MARPAC as their school year comes to an end.

Hiring through Co-op and the Federal Student Experience Work Program (FSWEP) provides valuable work experience for students, but managers who have hired them find it a win-win situation.

"The Co-op program gives me access to bright, articulate, motivated students who bring energy and fresh perspective to bear on their analytical work," says Dr. Boutillier, Asia Pacific Advisor to the Admiral. He also emphasizes that Co-op opportunities at DND are tremendous, as "it educates them not only about our particular field...but about the Canadian Forces in general. [This] is important, because many students harbour misperceptions about the Canadian Forces and

their mandate."

Many of the current and previous Co-ops agree to an unclear opinion of the Canadian Forces prior to their work term. Mallory Palliyaguru is a Co-op student with MARPAC Public Affairs. "Before, the DND was an ominous force I heard mentioned [but] I wasn't really sure what it was or why it was so important. After this wonderful opportunity...I have learned how essential the Canadian Military is to Canada."

An eye-opening experience was a recent HMCS Ottawa day sail during refit training exercises. The students saw a day in the life of a sailor - from the messes and living quarters to the engine room, bridge, and Master Control Room. Most importantly, they got to see the human side of the crew.

"It was fun seeing them joke around like long-time friends...they were some of the nicest people you could meet. You can tell they're hard-working folk who are passionate about what they do," said one participant.

Gaining a clearer sense of DND and the CF isn't the

only benefit to students on a Co-op term at MARPAC. They get first-hand experience working in their field of study, including human resources, mechanical engineering, environmental technology, and policy analysis. It's a perfect opportunity to broaden their professional network and see what a career in the public service looks like. "Given the impending retirements in the next few years, student employment is key to MARPAC's long term workforce renewal strategy," says Margot Cutcher, Formation HR Business Manager. "Managers can bridge students who have worked with the federal government through a Co-op program or the FSWEP into entry level positions. The student is eligible for bridging up to two years after they graduate if they meet the essential qualifications."

It shouldn't be too hard to convince the current Co-ops to work for DND again.

"I would be ready at a moments notice to jump back on the band wagon," says Mallory. "Somewhat like the slogan: 'Ready, Aye, Ready!'"

# 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)**

## WE'LL DO YOUR TAX RETURN



Starting at  
**\$45** + tax

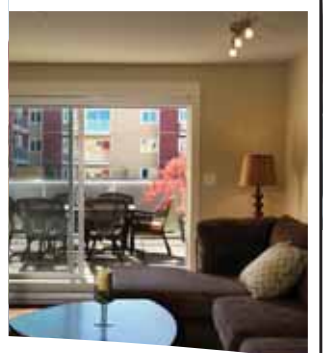
**AACT FINANCIAL SOLUTIONS INC.**

1353 Esquimalt Rd  
• Just 2 blocks from CFB Esquimalt •  
250-383-3834

Bilingual services

## 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



## 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