

# LOOKOUT

MARPAC NEWS

CFB Esquimalt, Victoria, B.C.

## Celebrating Aboriginal Day

This year's National Aboriginal Day was held June 16 in the Wardroom Dining Room. The theme was "Honouring our Local Traditional Territories" with guest speakers from surrounding nations and representatives from CFB Esquimalt. It featured traditional singing and dancing, and drumming performed by Esquimalt First Nation drummer, August Thomas.

Penny Rogers, Lookout



**PHARMASAVE**  
You're not just another number

- personalized care
- caring Pharmacists
- knowledgeable staff
- free Rx delivery

Esquimalt Plaza  
**250.388.6451**

LIVE WELL WITH  
**PHARMASAVE**  
100% locally owned



**WIN  
TICKETS**  
to see  
Cirque du Soleil's  
Dralion

See page 18 for details.



**June 22**  
Hamburgers, hot  
dogs, cake, pop  
Live Music  
Q-100.3 BoomBox  
Play Road Hockey!

Editorial & Opinion..... 4  
Bravo Zulu..... 14-15, 19  
Classifieds..... 16-17



**POSTED OUT?**  
[www.canadianmilitaryrelocation.com](http://www.canadianmilitaryrelocation.com)

**POSTED IN?**  
[www.realestatevictoria.com](http://www.realestatevictoria.com)

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

**GREAT RATES ARE A GOOD START,  
EXCEPTIONAL SERVICE - A NECESSITY!**

LAWLESS & BROWN  
MORTGAGE TEAM

**MORTGAGE  
DEPOT**



250-656-0855 • 1-866-656-0858  
[lawlessbrown.com](http://lawlessbrown.com)



Accredited Mortgage Professionals

*We proudly serve the  
Canadian Forces Community*

As a military family we understand  
your cleaning needs during ongoing  
service, deployment and relocation.









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

**(250) 744-3427**  
[paula.whitehorn@mollymaid.ca](mailto:paula.whitehorn@mollymaid.ca)





## WHAT DOES THE NEXT PHASE OF CANADA'S ECONOMIC ACTION PLAN MEAN FOR CANADIANS?

-  A new **\$500 Children's Arts Tax Credit** to help parents pay for their children's eligible arts, cultural, recreational or developmental activities.
-  A new **Hiring Credit for Small Business** to help over 500,000 small businesses create jobs and put Canadians back to work.
-  Up to **\$5,000 in ecoENERGY Home Retrofit grants** to help Canadians make their homes more energy efficient and create jobs for tradespeople.
-  **Enhanced Guaranteed Income Supplement** benefits of up to **\$600** per year for single seniors and **\$840** for couples to improve the financial security of seniors in need.
-  A new **Family Caregiver Tax Credit of \$2,000** to help caregivers looking after loved ones.
-  **Federal student loan forgiveness for new doctors, nurses and nurse practitioners** who agree to practise in underserved rural or remote areas.

### The Next Phase of Canada's Economic Action Plan A Low-Tax Plan for Jobs and Growth



Budget measures are subject to parliamentary approval.

Find out what's in it for you  
[www.ActionPlan.gc.ca](http://www.ActionPlan.gc.ca)  
 1 800 O-Canada  
 TTY: 1 800 926-9105

Canada





**Left:** Chelsea Henry, seven, takes a turn sitting in the Commanding Officer's chair as Sgt Ken Munro slips a ship's ball cap onto her head.

**Below:** Grade One and Two students from LAUWELNEW Tribal School in Brentwood Bay watch as Cpl Josh Knipe suits up in fire fighter bunker gear.

Penny Rogers, Lookout

## HMCS Vancouver opens brow to youth

**Penny Rogers**  
Staff writer

When asked to lead a school tour of *HMCS Vancouver* on Monday, June 13, Sergeant Ken Munro, the ship's senior firefighter, saw an opportunity to do two things.

First, support this year's National Aboriginal Awareness Day, albeit a few days early, and second, do a bit of fire prevention

and education along the way.

Ten students from Ms. Lisik's first grade class and 14 from Ms. Morris' second grade class at Brentwood Bay's LAUWELNEW Tribal School arrived mid-morning, excited to board a warship for the first time. Typical six- and seven-year-olds, they were all smiles and laughter as they piled out of their yellow school bus, anxious to

get the tour underway. But formalities would need to come first.

Sgt Munro and fellow firefighter, Cpl Josh Knipe, ran the group through a safety brief that included sounding the general alarm and having crew member OS Diane Gusevski demonstrate the piping of the still. When Sgt Munro asked the group why the tiny instrument was called a still, one young student proudly yelled out, "Because you need to be still if you hear it."

With the rules and regulations out of the way, the firefighters led the curious group into the bowels of the ship, snaking through passageways, climbing up and down ladders, peeking into offices and chatting with crewmembers about their jobs before ending up in the darkened Operations Room.

"This is where we fight the battles from," explained Sgt Munro. "It's always dark in here. We look for planes, boats and submarines from this room. And if we have to fire the gun, we fire it from down here."

Before lunch the group was able to squish into one of the crew's sleeping quarters for a peek at the dorm-style quarters

before heading up to the bridge where they had a chance to take temporary command while sitting in Commanding Officer's and Executive Officer's chairs.

On their way to lunch they got a glimpse of *HMCS Victoria*, the submarine that was tied up adjacent to *HMCS Vancouver*, then made a quick stop on the fo'c'sle to learn about the giant anchor chain and the ship's armament.

After a feast of burgers and hot dogs it was back up the ladders to the flight deck where Sgt Munro had a chance to end the tour on an educational note.

He had Cpl Knipe dress up in firefighter bunker gear so the kids could "take the knowledge back home with them and know that if they see firefighters dressed up in bunker gear they are not to run away and be afraid but to run towards them."

It seemed to work. Even with sounds reminiscent of Darth Vader coming from Cpl Knipe's mask, none of them looked the least bit afraid. And seven-year-old Jenaya Elliott even thought she might like to come back one day.

"I think I want to be in the submarine when I grow up," she said as she turned, heading back to the bus.



# DON'T DRINK & DRIVE.

## bare essentials

Certified bra fitter

Featuring Imported & Specialty Lingerie

Mill Bay Shopping Centre • 30 min. North of Victoria on Hwy #1  
250-743-8131 • [www.specialtylingerie.ca](http://www.specialtylingerie.ca)

**Cruise & Stay**  
4 night BAHAMAS Cruise  
& 6 nights in ORLANDO

From \$838  
for Inside Cabin,  
based on 4 sharing  
SPACE IS LIMITED!



What's Included:

- Round trip air Vancouver - Orlando - Vancouver
- Transfers (Airport - Hotel & Hotel - Pier)
- 6 nights accommodation at Disney's All Star Resort (Upgrades available)
- 4 nights Bahamas cruise from Port Canaveral via Monarch of the Seas

Prices based on quad occupancy. Taxes additional. (Prices are in CAD & subject to final confirmation)

250-953-6640  
BaseTravel@Geo.ca

**UNIGLOBE**  
Geo Travel

In the CANEX Building off Admirals Road

Christmas came early.



And it brought fantastic savings.

Address	Was	Now	Savings
913 North Hill	\$424,900	\$384,900	\$40,000!
914 North Hill	SOLD	SOLD	SOLD
915 North Hill	\$410,900	\$369,900	\$60,000!
916 North Hill	SOLD	SOLD	SOLD
917 North Hill	\$410,900	\$369,900	\$50,000!
918 North Hill	SOLD	SOLD	SOLD
919 North Hill	SOLD	SOLD	SOLD
2101 Greenhill	\$414,900	\$369,900	\$45,000!
2095 Greenhill	SOLD	SOLD	SOLD
2103 Greenhill	\$409,900	\$369,900	\$50,000!
2105 Greenhill	\$414,900	\$369,900	\$45,000!

open house every sat & sun  
12pm-3pm at 915 north hill

3 beds/3 baths, move-in ready, great mountain views, loaded with features, and only minutes from golf, hiking trails, and enough amenities to put a smile on your face!

now starting at \$359,900  
including net HST

**Directions**

- Get on HWY-1
- Take Exit 14
- Keep right on Millstream Rd
- Turn left on Longspur & follow to top

About 15 minutes from Downtown Victoria

Contact David Craig for further information.  
250-589-0098 • [info@davidcraig.ca](mailto:info@davidcraig.ca) • [bakerviewheights.ca](http://bakerviewheights.ca)

**BAKER VIEW HEIGHTS**

ALPHA PROJECT DEVELOPMENTS LTD.  
Building a better future, today.

PEMBERTON HOLMES

**ALBERTA JERKY**  
[www.albertajerky.com](http://www.albertajerky.com)

Vacuum Sealed For  
Members Deployed Overseas  
We Ship Anywhere  
In Canada

**MIKE LOCK**

The Key to Success

**Relocating to/from Victoria, BC?**

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

Toll Free: 1-800-665-5303 | Direct: 250-516-8763 | Office: 250-384-8124  
Web: [www.lockrealestate.com](http://www.lockrealestate.com)

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

PEMBERTON HOLMES



# matters of OPINION

## WHO WE ARE

### MANAGING EDITOR

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

### STAFF WRITER

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

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 Helmecci 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



## People Talk

Lookout asked this question:

*With most of our cold weather behind us, what are your plans for the upcoming summer months?*



I've got a son at hockey camp in August, maybe go and watch him. We'll probably do a drive up to Penticton. We just went to Las Vegas and we're hoping to go to Hawaii at Christmas, so summer isn't going away time.

**Kim Bogle**



I'm going to Ottawa for my sister-in-law's wedding; hopefully lots of camping also.

**Anne Corkery**



I'm going to Seattle for the Canada Day long weekend to shop. I'll maybe get some camping in at Sooke Potholes.

**Hannah Neubert**



I'm going to Trail in August for the B.C. Senior Games as a darts player.

**Rob Long**



I'm going to a farm near Peace River with my family then going to the Northwest Territories for a wedding.

**Celene Hobson**

## FILM *friday*

# Super 8 a thriller with a great storyline

**W. Andrew Powell**

The GATE

Opening at a theatre near you: J.J. Abrams directs the retro-thriller, *Super 8*; and Jordana Beatty stars in the kid-centric comedy, *Judy Moody and the NOT Bummer Summer*.

### Super 8

J.J. Abrams has made his career based largely on the success of his hit television shows, such as *Felicity*, *Alias*, and of course, *Lost*, but his success as a contemporary film director is quickly overshadowing all of that work, and for good reason.

Abrams' first gig as a film director, *Mission: Impossible III*, came pretty late in his career, but it's a fantastic example of why the filmmaker has been so successful. He took what was otherwise a flashy action series and gave it new life, stripping the story and the characters down to the core elements that made *Mission: Impossible* so fun to watch.

The filmmakers third directorial effort, 2009's massive hit, *Star Trek*, did the same thing for what was essentially an old, tired series, and he did it with an upstart cast of mostly unknown actors.

This weekend, with his third film, Abrams has teamed up with one-and-only producer Steven Spielberg for a movie that not only pays tribute to Spielberg's early days, but also pays homage to creature features of

past decades.

Set in 1979, this sci-fi thriller, which was also written and produced by Abrams, has a group of kids trying to make their own *Super-8* movie. But when they happen to leave their camera rolling, they capture footage of a train derailment that may be a lot more than it seems.

What we do know is that whatever was in that train, it's now causing strange occurrences in the nearby town where something dark and sinister is hunting the locals.

Taking a page from Spielberg's playbook, and liberally referencing the great director's early films, J.J. Abrams has crafted a film that is a thriller, but as many critics have pointed out, it's also a serious homage to the decades of filmmaking when storytelling was a much larger part of the process.

Like Abrams' television work, the film deftly mixes action, adventure, special effects, and more than a little heart. *Super 8* is also quite obviously guided by Spielberg's hand.

### Judy Moody and the NOT Bummer Summer

John Schultz delivers his kid-friendly rendition of Megan McDonald's *Judy Moody* books for the big screen.

Jordana Beatty stars as Judy, an adventure-seeking kid who has one goal: to have the best summer possible with her brother, Stink, played by Parris Mosteller, and her



Photo courtesy of Paramount Pictures

Left to right: Gabriel Basso plays Martin, Ryan Lee plays Cary, Joel Courtney plays Joe Lamb, and Riley Griffiths plays Charles in *Super 8*.

fun Aunt Opal, played by Heather Graham.

Although author McDonald may have enjoyed a lot of success with her books, it's safe to say critics aren't admiring the film adaptation much at all.

Kirk Honeycutt of the Hollywood Reporter called the film, "A for-small-children movie that excludes everyone else." While Claudia Puig of USA Today wrote, "Though the lead actress, newcomer Jordana Beatty, gives a spunky performance as third-grader Judy, her character's borderline bratty charm wears thin fast. Mostly it's undercut by the movie's irritatingly antic slapstick style."

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

Dine In



Take Out

Thai dining at its Best!

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



**SAVAGE CYCLES**

New and Pre-owned  
Motorcycles & ATVs  
Sales & Service

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

**MILITARY  
APPRECIATION**

**20% OFF FOOD**

1245 Wharf St  
Foot of Yates & Wharf

250-382-8662

saucevictoria.com



Celiac  
friendly



# Google and navy key to family reunion

**LS Kirsten Arensen**  
Contributor

The craziest thing happened the other day. I received a phone call from a man with a thick Danish accent; he identified himself as Jesper Ipsen.

He was searching for his father, whom he had never met. He asked me if my father's name was Jes Arentoft Nielsen, which was indeed the case. Then he told me that he was my half brother from Denmark, and that he had been searching for his roots for

years, and until today, had come up empty handed.

I was blown away. My sister, Janet, and I have known for years that we had a half brother from Denmark, and she had often looked for him but never had any luck, and just like that, out of the blue, he calls me.

The best part though is how he found me. He Googled our father's name.

His name and the fact that he moved to Canada in 1968 was the only information that Jesper had about him. What came up when he Googled was:

Canadian Navy HMCS Winnipeg Guest book, and a comment that my father made prior to the ship's deployment in 2009: "Wishes Kirsten Arensen and her shipmates a safe and happy voyage. Love Dad."

Upon reading that, Jesper realized that maybe I was his sister, so he Googled my name. What came up was a whole bunch of stories and stuff about Ironman and triathlon. He found a photo of me on Flickr and had a feeling that he was looking at his sister.

And it just so happens that as the president of the base triathlon club I am listed as the contact person on Triathlon B.C.'s website; so my phone number was right there. He decided to call, and as a result discovered not only a link to his father, but that he had two sisters as well.

What makes this story even more serendipitous though, is that after I got

off the phone with him, I frantically called and texted my sister, demanding that she call me, but just got her voicemail.

She wasn't answering her phone because she was on the phone with our mother, and they were talking about Ipsen. Janet had spent the morning on ancestry.com to see if she could find him again. All she knew was that his name was Jesper, that he was born in 1968 and that he lived in Bornholm, Denmark.

What are the chances that, at the same time my sister was talking about him, he would find me and pick up the telephone? It's unbelievable.

We spent the rest of the afternoon on Facebook and Skype, looking at photos and talking face to face. It's exciting to have finally been united after all these years, and as Jesper said, "Thanks to the Canadian Navy, I found my family."

## Bill C-25: Have your say

Patrick J. LeSage, retired Chief Justice of the Ontario Superior Court of Justice, has been appointed by the Minister of National Defence to conduct the second independent review of Statutes of Canada 1998, c. 35 ("Bill C-25"), and an independent review of Statutes of Canada 2008, c.29 ("Bill C-60").

Bill C-25 requires the Minister of National Defence to conduct an independent review of the provisions and operation of the Bill every five years, and to table a report of the review in Parliament. The review will only deal with the changes Bill C-25 made to the *National Defence Act*, not the entire Act. Bill C-25 made important amendments to the Act concerning the military justice system, the Canadian Forces grievance process, and the military police complaints process.

As part of Defence's commitment to fairness and transparency, former Chief Justice LeSage (the "Second Independent Review Authority") will have complete access to Department of National Defence (DND) employees, Canadian Forces (CF) members, the members and staff of the CF Grievance Board, the Military Police Complaints Commission and the Ombudsman for the DND and the CF, as well as to any information held by the DND or the CF relevant to the review.

The Second Independent Review Authority will be visiting selected CF bases across Canada to meet with individuals who have comments about the subjects under review, and to receive feedback on how the changes made by Bill C-25 and Bill C-60 are functioning.

Individuals who have an interest in the military justice system, the CF grievance process or the military police complaints process, and who would like to provide comments to the Second Independent Review Authority, are encouraged to contact him, preferably in writing, by July 4, 2011. Submissions will be made public, although the Second Independent Review Authority may, in his entire discretion, choose to receive certain submissions in confidence.

The Second Independent Review Authority may be contacted care of:

Lynn Mahoney  
Gowlings  
1 First Canadian Place,  
Suite 1600  
Toronto, ON, M5X 1G5  
416-862-4319  
lynn.mahoney@gowlings.com

A copy of the Ministerial Direction setting out the Terms of Reference for the Second Independent Review Authority may be obtained at the same address.

The Second Independent Review Authority may contact individuals directly.

## VICTORIA HORSESHOE CLUB

@ Glanford Park (1 blk N of McKenzie)

FREE Juniors' Program (8-17 yrs) Wednesday evenings, 6:30-8 pm

Adult Drop-In, Fun Doubles Friday evenings, 6:45 pm

For more info call the Clubhouse at 250-727-2543 or 250-385-6162

## Celebrate St. Jean-Baptiste Day June 24

Friday, June 24th

Live Francophone music with Parc Lafontaine Band

Saturday, June 25th

Ball Hockey Tournament (4 on 4) in Tudor House parking lot.

\$100 per team. Cash prizes, door prizes.

Proceeds to the Navy Personal Support Program

**Military Monday's**  
10% off regular price food in the pub

**Liquor Store Military Discount**  
10% off regular price items (excludes tobacco and lotto)



533 Admirals Rd  
250-382-5625

## TIME TO RIDE SALES EVENT

MODEL YEAR END CLEARANCE

### 2010 VICTORY VISION TOUR

'THE MOST PROGRESSIVE LUXURY-TOURING BIKE'



- 29 gallons of storage
- Plush 2-up Touring seats
- Wind blocking fairing
- MP-3 Compatible stereo
- White
- Stk#003742

MSRP \$26,567

**SALE \$21,999\***

### 2010 VICTORY VISION 8 BALL

'NEW FOR 2010 W/STYLE & AWESOME PERFORMANCE'



- Stealthy blacked-out features
- Side storage
- 6 spd overdrive, black
- New lowered seat (2" lower)
- Black Roulette wheels
- Stk#001945

MSRP \$20,769

**SALE \$17,499\***

### 2010 VICTORY CROSS COUNTRY

'EXTREME SKULLS EDITION'



- 6 speed constant mesh
- Passenger floor boards
- 106 ci
- Smooth cruising on main street or Touring the open road
- Stk#005442

MSRP \$22,441

**SALE \$19,499\***

### 2010 VICTORY VISION TOUR ABS

'92 HP FUEL INJECTED V-TWIN BEAUTY'



- 6 speed overdrive
- Black
- Disc brakes
- 2-up Touring seats
- 5.1" front & 4.7" rear wheel travel
- Stk#003110

MSRP \$27,124

**SALE \$22,499\***

### 2010 VICTORY CROSS COUNTRY

'MUST HAVE HARD BAGGER'



- Freedom V-Twin Engine
- 21 gallon cargo capacity
- 4.7" of suspension travel
- Cruise
- Floorboards
- MP-3 compatible sound system
- Stk#004597

MSRP \$20,769

**SALE \$17,999\***



YOU'VE GOT OUR BACK AND NOW WE'VE GOT YOURS!  
**FULL THROTTLE SALUTE.**

VICTORY HONORS AMERICA'S ARMED FORCES WITH AN ADDITIONAL

**\$1000 CASH BACK**  
ON THE PURCHASE OF ANY NEW VICTORY BIKE



\*PRICES INCLUDE \$575 FREIGHT & PDI PLUS \$125 DOC. AND ALSO INCLUDE APPLICABLE REBATES. TAXES EXTRA. ALL REBATES TO DEALER. OFFERS VALID MAY 1 - JUNE 30, 2011. FINANCING AVAILABLE OAC

VICTORY® AND VICTORY MOTORCYCLES® ARE REGISTERED TRADEMARKS OF POLARIS INDUSTRIES INC. ALWAYS WEAR A HELMET, EYE PROTECTION AND PROTECTIVE CLOTHING AND BEY THE SPEED LIMIT. NEVER RIDE UNDER THE INFLUENCE OF DRUGS OR ALCOHOL. ©2010 Polaris Industries Inc.



1455 Iron Mask Road  
Kamloops, BC  
1.888.695.0101

www.schultzmotorsports.com  
DL#30409

FUEL IT.



**NO HST on homes built prior to June 2010**

**Purchase now while rates are HOT!**

Best 5 year Fixed - 3.59%  
Refinance avail to 90% of value  
Don't Delay...Call TODAY!!

Rates subject to qualification and may change without notice  
www.mortgagesbylori.com • lori.lenaghan@vericoselect.com



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

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



**10% off  
any Truck  
Rate**



**Budget**  
Car and Truck Rentals

Call 250-953-5300  
www.budgetvictoria.com

**EVEDAR'S**  
BISTRO & ESPRESSO WINE BAR

★ PAM GRANT FOOD CRITIC 4.5/5 STARS

★ TOP 10 TIMES COLONIST FAVOURITE RESTAURANT 2010

★ BETTER BUSINESS TORCH AWARD FINALIST 2011 "ETHICS IN BUSINESS"

2829 Peatt Road

Langford, BC

(250) 391-8636

www.evadarsbistro.ca

Open 7 days a week

**\$2,000 CASH  
WHEN YOU BUY and SELL**

**SELLING?**

Call for a **FREE**,  
no obligation market evaluation

**BUYING?**

Receive **MLS LISTINGS** emailed directly  
to you as soon as they hit the market!



**Brandon May**

Real Estate Professional

phone: 250-896-0176

toll free: 1-800-665-5303

brandonmay@pembertonholmes.com

**PEMBERTON  
HOLMES**

ESTABLISHED 1887

## Fundraising efforts exceed expectations

**Penny Rogers**  
Staff writer

The latest fundraising effort for the CFB Esquimalt Fire Rescue over-35 hockey team was another smashing success when they hosted an eight-team slow pitch ball tournament on June 11 and 12.

The team has held various events this year to raise money for their trip to the 2011 World Police and Fire Games being held Aug. 26 to Sept. 5 in New York City.

Although the Victoria Gazoos team walked away with the \$425 grand

prize after the final ballgame on June 12, it was the hockey team who really came out winners as their hopes of raising \$2,500 over the two-day event was not only met, but exceeded.

"We are very excited about what we've been able to raise so far," said firefighter and hockey team member, Jim Grant. "We didn't think it would take off like it has. The response from people donating money, pitching in like they have, it's just been really, really good."

After the figures were tallied from an earlier fundraising event - a wood chop - the amount surprised even

them as the weeklong cutting, splitting and delivering of over 18 cords of wood netted the team close to \$4,000.

According to Grant, the fundraising will help offset the cost of flights and hotels, as the team will be travelling with approximately 20 people, including 14 players, coaches and team managers.

The World Police and Fire Games, currently the second largest multi-sport event in the world surpassed only by the Summer Olympics, will coincide with the tenth anniversary of Sept. 11, 2001.

## Queen's new award announced, Prince appointed Admiral, Royal visit in June

**Lt(N) Hayley  
Mooney**  
Contributor

Whether or not you are a loyal Monarchist who just updated your wedding scrapbook for Will and Katherine, here are three reasons the Royals should be on your radar this month.

First, a new medal has been announced by the Governor General in order to commemorate the 60th anniversary of Her Majesty Queen Elizabeth II accession to the throne as Queen of Canada, which will take place on Feb. 6, 2012.

The Diamond Jubilee Medal will be given to 60,000 deserving Canadians, both military and civilian, for their contributions to Canada or to a particular province, territory or community,

or for their outstanding achievement abroad that has brought great credit to our country. In order to be eligible for the award, candidates must be a citizen or permanent resident of Canada, and have been alive on Feb. 6, 2012.

The nomination process for this prestigious award has not yet been announced, so keep your eyes peeled to the official Governor General website (www.gg.ca/diamondjubilee) for further details, and until then perhaps you can think of someone worthy to receive it.

The second piece of royal news, which is of interest to CF and DND members, is the recent appointment of His Royal Highness the Duke of Edinburgh as an honorary admiral and general in the Canadian Forces. On Friday, June 10, Prime

Minister Stephen Harper announced the honorary appointment on the occasion of His Royal Highness' 90th birthday.

"I am delighted that His Royal Highness has accepted this honour from Canada in recognition of his significant contribution to our national life," said Prime Minister Harper. "His unwavering support of Her Majesty Queen Elizabeth II and his commitment to the Canadian Armed Forces, as well as to many other fields of endeavour in this country, are worthy of our highest recognition and deepest gratitude."

The Duke of Edinburgh had an illustrious naval career, serving in active duty on Royal Navy battle-ships during the Second World War until he eventually retired as a commander when Her Royal Highness

Elizabeth II took the throne. He often reflected that his time in the Royal Navy was the best of his life and he has remained associated with many military associations, including Canada where he is currently Colonel-in-Chief of five Canadian Regiments, and holds similar appointments in all three cadet organizations. It is fitting therefore that he is the first to receive an honorary rank at the highest level of the Canadian Armed Forces.

Finally, for those living in or visiting Alberta, the Northwest Territories, Prince Edward Island, Quebec and Ontario from June 30 - July 8, there is a reason to celebrate. Prince William and Katherine Middleton are making a nine-day visit to those provinces. Details have not yet been released.

Now that's...



**Kool**  
107.3  
Today's Best Music

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



**Michael Lomax** cd  
Lawyer/Mediator

- Family Law
- Mediation
- Wills & Estates



**250-385-5523**

MILTON, JOHNSON LAWYERS  
202-895 Fort St., Victoria, BC

**REACH THE  
CANADIAN  
FORCES**

Lookout Newspaper  
250-363-3014





Photos by Genevieve Primeau, Contributor

On June 11, the Province of B.C. officially renamed the section of Highway 1 from 152nd exit in Surrey to the Sumas exit in Abbotsford the Highway of Heroes to honour Canadian soldiers who have died in service. The event coincided with the Second Annual Ride for the Fallen, organized by the CAV Ubique Chapter.

**Above:** Members of the Colour Party lead CAV members as they march to the Chilliwack Cenotaph for a wreath laying ceremony.

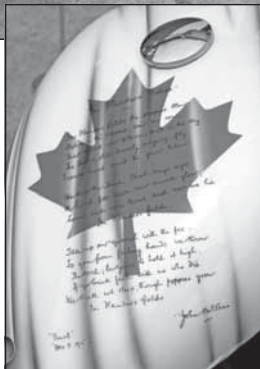
**Right middle:** CAV members work to raise a giant Canadian flag for all the riders to pass under as they leave the PNE in Vancouver to ride the newly named Highway of Heroes.

**Right bottom:** Barry Drews, Vice President of the CAV Ubique chapter in Chilliwack, presents a Silver Cross Family unit patch to fallen soldier Lt(N) Andrew Nuttall's mother and sister (left) during the ceremony at the Chilliwack Cenotaph.

## Ride for the Fallen: Highway of Heroes



Kevin Richmond, a CAV Ubique member, had his \$60,000 Canadian Forces Titan custom chopper on display for the event. The graphics feature scenes from the First and Second World Wars, Korean War and Afghanistan. The gas tank bears the poem "In Flanders Fields."



Sweet 2 bdrm ocean-side cottage, ocean and Olympic views, gorgeous Private lot, sought after Saxe Point. \$464,500  
1158 Bewdley St.  
MLS# 290579.



Laurie Abram  
250-385-2033



The International Community for the Relief of Starvation and Suffering is supported by Canadian Veterans

*You too can help to make a difference!  
Send a small cheque to:*

**ICROSS CANADA, P.O. BOX 3  
SAANICHTON, BC, V8M 2C3, CANADA**

Check our sites at [www.icross.ca](http://www.icross.ca)  
or <http://icross-canada.com>

## ATTENTION: MILITARY

Blacklight Tattoos & custom blacklight tattoo room  
Private Piercing studio • Free touch-ups  
Friendly, knowledgeable staff  
Classy yet casual location



250-590-8511  
890E Esquimalt Rd  
[incendiarytattoos.com](http://incendiarytattoos.com)

Eye exams  
Glasses  
Contact Lenses

**Dr. Stephen Taylor & Associates**  
3196 Douglas St • 250-361-4444  
[www.morethanjust2020vision.com](http://www.morethanjust2020vision.com)

- Military supplier & consultant for over 15 years.
- Open 6 days a week with an onsite lab.
- Located across from Mayfair Mall, with free parking.

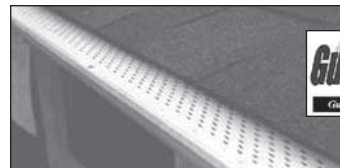
**MAYFAIR**



OPTOMETRIC  
CLINIC

## 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."

**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**

## 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)

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



Richard Robinson



Doris Minervini

GOOD PEOPLE TO KNOW IN TIMES OF TROUBLE



# ADVERTISE Online

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

www.lookoutnewspaper.com

## A FULL SERVICE AUTO REPAIR FACILITY TRACKSIDE AUTO SERVICE LTD.

- ✓ Induction & Fuel Injection Service
- ✓ Out of Province Inspection
- ✓ Diesel Fuel Service
- ✓ Brake service
- ✓ Oil service
- ✓ Electrical
- ✓ Exhaust
- ✓ Tires

Ask about BG Protection Plan\*

Where Dependability and Trust are a Priority...



784 Fairview Rd. • 250-383-5509

# CAMPUS HONDA

Buy a used car, get a used car.  
Buy a used Honda, get a Honda.



Everyone has a great HONDA story  
(or who knows someone who does)! Share it with us on  
our Facebook page (Facebook.com/Pages/Campus-Honda)



<p>2007 Honda Civic DX 4 Door CD player, auto, 61,000 kms. <b>SALE \$12,999</b></p>	<p>2008 Honda Civic DX 4 Door Auto Power windows, CD player, 29,800 kms. <b>SALE \$14,999</b></p>	<p>2009 Honda Accord EX 4 Door Sun roof, alloy wheels, 27,600 kms. <b>SALE \$23,450</b></p>
<p>2007 Honda CR-V EX-L 4WD Power steering, sun roof, alloy wheels. <b>SALE \$23,999</b></p>	<p>2008 Honda CR-V 4WD EX-L Alloy wheels, sunroof, ABS brakes <b>SALE \$25,999</b></p>	<p>2007 Honda CR-V EX-L NAVI 4WD Sun roof, leather interior, auto, navigation, heated seats <b>SALE \$26,450</b></p>
<p>2009 Honda Odyssey EX-L 5 dr. Sunroof, dual zone climate control, heated seats, leather, 30,100 kms. <b>SALE \$33,999</b></p>	<p>2009 Honda Odyssey Touring 5dr Van Navigation / DVD, sun roof, CD player <b>SALE \$36,999</b></p>	<p>2007 Honda Civic DX-G Sdn MT <b>\$13,950</b></p>
<p>2007 Honda Civic LX 4 Door AT Power windows, ABS brakes, auto, CD player, air conditioning <b>\$14,950</b></p>	<p>2008 Honda Civic DX Power windows, CD player, 33,500 kms. <b>\$14,950</b></p>	<p>2008 Honda Civic DX-G 4 dr. manual, 23,800 kms, power windows, CD player, A/C. <b>\$15,950</b></p>
<p>2007 Honda Civic EX 4dr MT Sun roof, CD player, ABS brakes, 30,400 kms, manual <b>\$15,950</b></p>	<p>2008 Honda Accord LX-Sedan Auto, 4 cyl, 32,300 kms <b>\$19,950</b></p>	<p>2009 Honda Civic EX-L 2dr AT Heated seats, ABS brakes, 15,100 kms, leather interior, auto. <b>\$20,950</b></p>

★PREFERRED FINANCING OPTIONS AND TERMS THROUGH HONDA FINANCIAL SERVICES

To view our entire used car inventory  
please visit us at [campushonda.com](http://campushonda.com)



506 Finlayson Street  
250-388-6921

ALL ROADS LEAD TO  
**Campus**

www.CampusHonda.com



DL 27136



Ben Green, Lookout

LCol Paul Fleet (left) receives the Canadian Forces Certificate for 35 years of service from RAdm Nigel Greenwood (right).

## Retirement snags another exceptional army officer

**Ben Green**  
Staff writer

Seated in two large chairs in the centre of the Wardroom's upper lounge, LCol Paul Fleet and his wife, Shirley, patiently listened as speakers filed to the podium in front of them.

Some used the platform to share hilarious stories from years past, others simply offered a few words of heartfelt thanks; but all praised the man whose 35 years of service is dwindling to an end.

Come December, LCol Fleet will be LCol (Ret'd) Fleet, or just Paul. As the transition to civilian life ticks ever closer with each passing month, more than 30 friends and colleagues from units across the Forces attended his retirement ceremony to give him a proper send-off.

"I've never met a quieter, more persevering professional than Paul Fleet," says Col Paul Crober, a colleague from their time at Joint Task Force Games at the Vancouver Olympics. "I have no doubt in my mind he'll have an interesting career after this. He's left quite the legacy in the CF."

LCol Fleet, most recently the Assistant Chief of Staff Plans (J5) of Joint Task Force Pacific, has spent his career all over Canada and the world since completing engineer officer training at Canadian Forces School of Military Engineering in 1981. His three-and-a-half decades in uniform took him full circle, from Royal Roads Military College in Victoria to various positions in eastern Canada, the American Midwest, the Darfur region

*He's a details guy, he doesn't miss a beat. You can't pull the wool over his eyes, no matter how hard we tried.*

-Capt Mike Soley

of Sudan, Europe, and now back on the Pacific Coast.

One highlight from a career abundantly filled with memories was LCol Fleet's leadership as Deputy Chief of Staff Operations (J3) for the Vancouver Olympics and Paralympics. His role, coordinating all Canadian military assets to support the games, went off without a hitch.

"He's a details guy, he doesn't miss a beat," says Capt Mike Soley, who worked in the cell LCol Fleet personally operated at the Olympics. "We couldn't pull the wool over his eyes, no matter how hard we tried."

Col Dave Barr, who was Chief of Staff for Joint Task Force Games, echoed Capt Soley's sentiments.

"The complexity of the Vancouver Olympics [security] hasn't been matched in the post-911 world," he says. "Its success was directly attributed to Paul Fleet."

As friends and colleagues each took their turn behind the podium, members from the army, navy (RAdm Nigel Greenwood was personally on hand to express his gratitude), and air force all took turns presenting LCol Fleet,

and his wife, with numerous certificates, gifts, and mementos to honour his time in the service. He even received a letter from Prime Minister Stephen Harper congratulating him on his retirement.

"It makes me feel proud to see everyone here today," a humbled LCol Fleet said as he finally addressed the crowd. "I've enjoyed everywhere I've lived, every posting I've had in the military. Along the way I've had the opportunity to work with great people, I've always had loyal officers and non-commissioned members work with me."

With his closing remarks he took a moment to thank his wife for her unfaltering support during his career. They plan to continue to reside in Victoria for the near future.

A rousing applause brought ceremony formalities to an end. As LCol Fleet made the rounds of handshakes, embraces, and laughs with old friends, he stole a quick moment to grab an appetizer and gaze out across the sparkling blue Pacific from the Wardroom's perch. His 35 years has taken him across the globe in uniform, but as luck would have it, he's right back where he started.

During his career, LCol Fleet was decorated with the U.S. Meritorious Service Medal, Operational Service Medal (Sudan), Special Service Medal, Canadian Peacekeeping Service Medal, Canadian Forces Decoration, Army Commander's Commendation, and Chief of Defence Staff Commendation.





Japan Maritime Self-Defence Force Ship JS Asagiri arrived at the Burrard Dry Dock pier in North Vancouver last week. The vessel, along with JS Mineyuki and HMCS Winnipeg, were in town for a three-day port visit.

Lt(N) Tony Wright, Contributor

## Japanese training squadron visit

**SLt R. Armstrong**  
HMCS Winnipeg

HMCS Winnipeg had the honour of hosting three ships from the Training Squadron of the Japanese Maritime Self Defence Force last week. The Squadron, consisting of Japanese Ships Kashima, Asagiri and Mineyuki, is visiting Vancouver as part of its yearly training cruise, a five-month voyage that will eventually take it to 14 ports in six countries, including Halifax, NS.

The Training Squadron provides valuable experience and sea time for the complement of almost 200 newly commissioned officers, as well as her regular crew. The Squadron con-

*This visit was a great opportunity to strengthen both professional and personal relationships between ships of the Canadian and Japanese navies.*

ducts training exercises and diplomatic activities with navies around the world, introducing their trainees to naval life and fostering international friendship.

Winnipeg met up with the Squadron in the West Coast Firing Area off Vancouver Island. After exchanging liaison officers, the four ships conducted joint gunnery exercises, RAS approaches, communications exercises and a photoex. These exercises

were a valuable tool for improving interoperability and friendly relations on both sides. The Japanese were particularly impressed with the Canadian warships' hammerhead remote controlled targets, calling them "valuable training."

The following morning, JS Kashima departed for Seattle for a port visit, while JS Asagiri and Mineyuki proceeded to Vancouver with Winnipeg. Following Japanese tradi-

tion, the two ships went to anchor that night in order to prepare the ships for the alongside in North Vancouver. The next day, a busy but rewarding port visit began. Highlights included wreath-laying ceremonies in both Stanley and Victoria parks and friendly softball and floor hockey games.

This visit was an opportunity to strengthen both professional and personal relationships between ships of the Canadian and Japanese navies. Many of the Japanese sailors still had stories of their last visits to Vancouver, some of which were over 15 years ago, and hopefully this visit will also live on in the memories of all who participated.

Professionalism, Integrity - Confidence!



As a licensed REALTOR® for 20 Years and MLS Award Winner, I am committed to providing you priority service.

It is very important to me that you are completely satisfied with the outcome of your purchase or sale of a home.

Jane Logan



Cell: 250-920-6868 • Office: 250-388-5882  
jane@janelogan.com • Email: janelogan.com

Macdonald Realty Victoria 755 Humboldt St., Victoria, BC V8W 1B1



**Special Promotions**  
FOR CANADIAN MILITARY PERSONNEL

check out our latest offer at: [www.englishinn.ca/cfb](http://www.englishinn.ca/cfb)



ENGLISH INN  
is your next door neighbour.

## Family Dental Care



Dr. Paul Henn

Suite 14 1153  
Esquimalt Rd  
Victoria, BC  
V9A 3N7

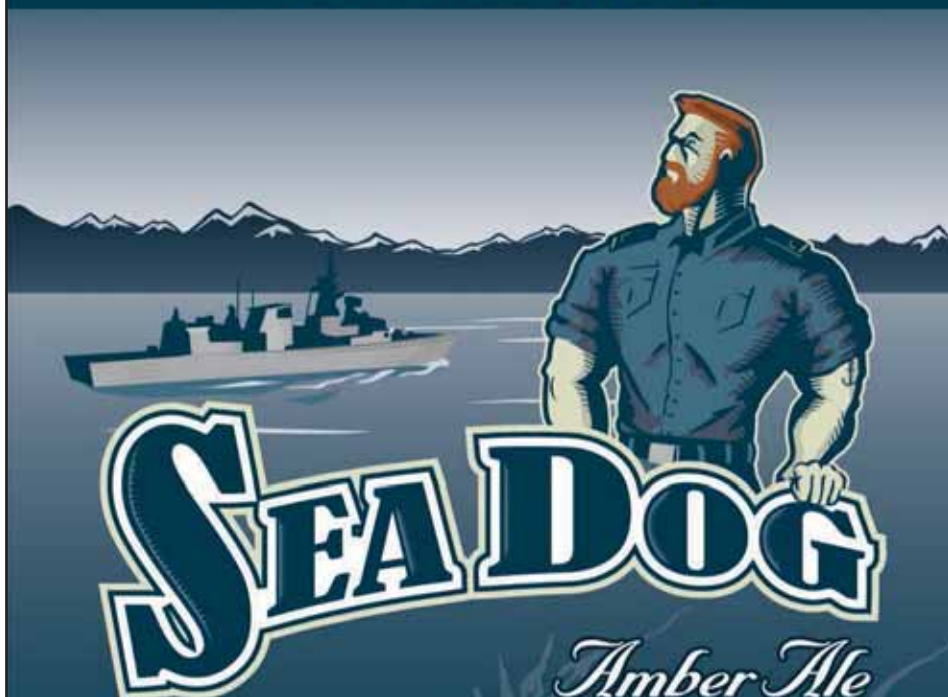
**abacus**  
Dental Centre

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

250-386-3044  
[www.abacusdentalcentre.ca](http://www.abacusdentalcentre.ca)



VANCOUVER ISLAND BREWERY



**ON SALE** AT FOUR MILE  
LIQUOR STORE



## Four Mile Liquor Store

Now  
offering  
**A MILITARY  
DISCOUNT**

# Four Mile

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



# Training keeps fire fighters in top shape

**Ben Green**  
Staff writer

"Exercise, exercise, exercise, we have a house fire at 316 Anson, building 1163 Work Point; bring ladder one, engine one and Rescue normal road speed, respond now," says Mike Gains, Battalion Chief at CFB Esquimalt Fire Rescue, calmly into his radio.

A plume of smoke rises from the door of a house a few metres from him.

A static voice comes over the radio confirming the address and that the engine is on route. A shadowy figure wades through the smoke and emerges on the front porch beside Gains. Tyler Alain, Fire Captain, explains everything is in place as the two men wander down the steps to the street to wait.

Within minutes, three fire trucks turn down Anson Street and make their way to the two men and the smoking three-story building behind them.

The monthly structural drill is one of many the fire department uses to keep the team sharp.

"We have a lot of our senior firefighters leaving in the next few years, or already have left," says Gains as eight firefighters unload gear and unwind the hoses. "We're bringing in new people who are EMR (emergency medical responders) trained, NFPA firefighter level one and two, are very qualified, but

we have to fine tune them to CFB Esquimalt."

Firefighters here face more challenges than a normal fire department because many disciplines are practiced on base including nuclear emergency response, ship board fire fighting and hazardous materials response and high angle/confined space rescue.

Using the former Military Family Resource Centre at Work Point for the first time, it gives them an unfamiliar platform in which to test the firefighters. Because the house may receive heritage status, the fire department was instructed to simulate its drill – no water, no fire.

Instead, three smoke machines have been placed in the basement and main floor of the house; the visibility mirrors that of a real fire, just without the heat.

Gains and Alain strategically placed thermal heat packs in the basement to simulate the "hot spot", or where the fire originated from. They also placed packs on a dummy in the basement to mirror a casualty that needs to be evacuated. Using their thermal imaging cameras, the team should be able to pick up the packs and "extinguish" the source of the fire, as well as track and save the casualty.

As the dry hoses are hooked to a hydrant, the team gathers around Alain who is in control of the accountability board. This board is the lifeline to any fire-

fighting procedure.

"It's a way of organizing resources," says Gains. "If you have to bug out of a building, you know what an individual's task was, their last known location and the status of the incident."

In the Passport System, each firefighter gives Alain a magnetic tag with their name and helmet number. On his board, he positions them into three groups; search one, attack one, or ladder one. Search is tasked with tracking and evacuating casualties, attack hunts the source of the fire, while ladder provides other entry/escape points on higher floor levels. In constant communication with command outside, each group radios their position if they happen to come across what another group is searching for.

Opening the front door, the teams crouch low to the ground for clearer visibility, to check the floors for compromised spots, and to stay cool in the event of heat from the fire. As one team makes their way upstairs to search the bedrooms, the other scans the main floor before heading down to the basement. Minutes later, a voice breaks over the radio. They've discovered the casualty and are evacuating them through the back door to the awaiting Rapid Intervention Team who take the casualty to Triage to await the arrival of BC Ambulance. As two members hand the dummy off outside, they re-enter the building



Ben Green, Lookout

**Firefighters crouch by the front door of a "burning" building as they prepare to make their way inside.**

to find the source of the fire. With visibility so low, Gains radios the teams to bug out immediately to practice a quick escape. Seconds later the teams emerge through the smoke onto the front porch tired, sweaty, and successful.

"It went very well," adds Gains

as portable fans are set up to create positive pressure ventilation of the building. "The firefighting teams were methodical in their searches, they reported back to command, and they worked together for the common goal, to safely stabilize the incident."

## 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

**250.360.2141  
clearlylasik.com**

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

**RESCUE**  
DISASTER RESPONSE

**NOW PLAYING**  
Recognizing the unsung heroes who provide humanitarian aid around the world

**Also playing FAST FIVE**

In the Royal BC Museum  
Showtimes & rates: 250 480 4887  
**imaxvictoria.com**  
Open evenings | tickets available online

**NATIONAL GEOGRAPHIC**  
**IMAX THEATRE**  
VICTORIA, BC



A Day at  
the Races!

It's  
free!

# Formation Fun Day

Saturday, July 16  
Noon 'til 4pm

\$2000  
TRAVEL  
VOUCHER!  
Grand Prize

Naden

Huge  
Obstacle  
Course

North America's  
Largest Inflatable

The  
RACE  
Returns!

CFB Esquimalt's  
AMAZING  
RACE  
Call 363-3014 to register

Chrome  
'n' Wheels

Open Car, Truck  
& Bike Show  
Call 363-3014 to register

More Games!  
Barbeque!  
RHIB Rides...  
Lots More!!

more info:

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

## 75 volunteers are needed

Get yourself a t-shirt, free lunch and bring your family so they can enjoy the day too!

Please contact [Sara.mansi@forces.gc.ca](mailto:Sara.mansi@forces.gc.ca) or call 250-363-0120

BMO Bank of Montreal

save on foods

Wild Play  
ELEMENT PARKS

FUNNER  
INFLATABLES

SEA DOG  
Avalon Mfg

island  
FARMS  
BC Owned & Operated

LOOKOUT  
NEWSPAPER & CREATIVE SERVICES

WILDLIFE  
Geo Travel

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

MFSP PSFM

RSP Personnel  
Support  
Programs



# 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**

on cash deals or take advantage of

**0% Financing**

We'll 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



### COMMUNITY NEWS: CLUB RE-IGNITION

## Help revitalize the base motorcycle club

**Shelley Lipke**  
Staff writer

It's the most requested club on the base, and it needs your help.

The MARPAC Riders are all about safety, education and hosting fun, charitable motorcycle activities in the community.

Last year it shut down when their teaching license was revoked, but the ongoing interest for the club has it being resurrected.

"If you build it, they will come," says Vice President A/SLt Justin Ward. "Personnel Support Programs still receives more calls from personnel interested in this club, than any other club on base. We have 40 members just from word of mouth. If you're looking for an economical and environmentally friendly form of transportation and a positive safe learning environment, this is your club."

The club's President, certified motorcycle instructor MS Richard Beaumont agrees.

"The two hurdles we face right now are: we need instructors, and we need licensing."

Back in 2007, the club was thriving and base personnel were able to write their learner's licence and use 12 Honda 125 training bikes.

"People don't want to go out and buy a new bike and risk dropping it. They

want to learn on our bikes with an instructor before they buy their own bike," says MS Beaumont. "We were operating under the Vancouver Island Safety Council School, but they revoked our licence because we had a shortage of instructors."

Add to that, ICBC rules and regulations proved overwhelming, and the building the club used to teach mechanical classes and practical theory was no longer available due to operational requirements.

This year they aim to bring these club activities back.

Under instruction from MS Beaumont, and with the aid of a pool of mentors who ride with the new riders, they would help prepare them to pass their ICBC Motorcycle Skills Assessment.

"The goal of the club is to promote safe riding, and teach skills to new and established riders, along with offering a conduit where riders can meet others who share their passion for motorcycles, and can partake in fun social and charitable activities with the club," says A/SLt Ward. The club recently participated in two charity rides benefiting prostate cancer research and raised more than \$1,200.

Anyone interested in joining the club or instructing should contact A/SLt Justin Ward at 250-589-6537.

*The two hurdles we face right now are: we need instructors, and we need licensing.*

-MS Richard Beaumont  
Club President



Shelley Lipke, Lookout

PO1 Richard Ford, MS Rheel Arseneault, A/SLt Justin Ward, MS Richard Beaumont, Cpl Yance Sheehan and OS Christopher Martin are trying to revitalize the Base Motorcycle Club.



# Requirement for rescuers

## ■ SAR mission coordinators course

**Capt Alexandre Cadieux**  
19 Wing PAO

It's a scenario that plays out all too often.

The phone rings. The airport in Whitehorse reports that a plane with four people on board departing from Seattle has not arrived as scheduled.

The call triggers questions in the head of the duty mission coordinator: did the pilot file a flight plan? How was the weather along his route? Where was the plane last seen? Did they change their mind about going to Whitehorse? Did it crash?

Those questions need answers and the faster the members at the Joint Rescue Coordination Centre can find them, the faster they can use the resources available to search for the plane, and rescue its passengers if the worst has happened.

For the members of the air force and the Coast Guard deployed to search for people in distress, the mission can be difficult. They have to face inclement weather, often the cause of an incident, search a vast area with limited information, and put their own safety at risk.

Before they start a search, they needed reliable information. It is the role of the SAR (search and rescue) mission coordinator to get that information and oversee the efficient execution of any search within the Canadian area of responsibility.

For three weeks in May, a group of 10 candidates took the SAR Mission Coordinator (SMC) course at the Canadian Coast Guard College in Sydney, Nova Scotia. They learned the tools needed to move from being an operator to being a coordinator of

search and rescue.

This knowledge will enable them to be employed as air or marine coordinators at three Joint Rescue Coordination Centres (JRCC): Victoria, Trenton and Halifax.

"The course has two goals," said Capt John Harrison, SMC course director. "We aim first at developing in the candidates the inquisitive mind set necessary to solve the multiple puzzles they will face for each mission file they initiate, and secondly to teach them how to use the SAR mission management system (SMMS)."

Each search and rescue scenario consists of tasks the coordinator needs to complete to shed light on the situation he or she is investigating. They need to conduct interviews with those who have useful information, chart routes on the map, and log the data they gather.

"The SMMS allows for great economy of time and enables a standardized approach where all the information is available to every team member," explains Capt Harrison.

Coordinators must have a strong SAR background, as each SAR region responds to an average of 2,500 cases a year. Marine cases make up the majority of the incidents and often involve support from the air force. JRCC will also investigate air incidents and provide support to other organizations in humanitarian cases.

"Just like the personnel coming from the air force side, the Coast Guard members are coming with a lot of experience. They have worked on different vessels and took on leadership responsibilities," said Scot Burgwin, Coast Guard instructor on the SMC course. "There are so many

variables when you are dealing with a marine environment, nothing will ever react the same way twice. You can't teach it, you have to have experienced it."

The Canadian SAR system brings together more than air force and Coast Guard assets. Other government organization such as the RCMP, ambulance services and provincial emergency preparedness, and volunteer organizations such as Ground Search and Rescue and the Civilian Air Search and Rescue Association may be involved in cases coordinated by the JRCC.

### Did you know...

Canada's responsibility for aeronautical and maritime SAR extends over 15 million square kilometres of land and sea — an area one-and-a-half times that of Canada's landmass or of continental Europe.

The aeronautical SAR area extends from the U.S. border to the North Pole, and from approximately 600 nautical miles (1,111 km) west of Vancouver Island in the Pacific Ocean to 900 nautical miles (1 667 km) east of Newfoundland in the Atlantic. The maritime SAR mandate includes the oceanic waters within this area, in addition to the St. Lawrence Seaway and the Great Lakes. Ground and other marine SAR are generally provincial or territorial responsibilities.

## FREE TOURS

navy.forces.gc.ca/marpac  
(250) 363-5291

Discover...  
CANADIAN FORCES BASE  
ESQUIMALT

## 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)

## Redefining Rush Hour... Walk to Work!

- New Units from Only \$235,900 Including net HST
- Minutes from Downtown Victoria
- Storage Locker & Bike Storage
- On-site Gym
- 4th Floor Suites Feature Ocean and Mountain Views with Large Private Decks



**OVATION**

Presentation Centre Open Thursday to Sunday  
11am to 4pm (After Hours Showings Available by Appointment)

1315 Esquimalt Rd. Esquimalt, BC  
250.590.2710 [TheOvation.ca](http://TheOvation.ca) [donna@TheOvation.ca](mailto:donna@TheOvation.ca)

**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**



# Bravo ZULU

On June 10, RAdm Nigel Greenwood, Commander, Maritime Forces Pacific/Joint Task Force Pacific, presented a number of awards to serving and retired CF members during a ceremony in the Wardroom.

photos by Cpl Alex. W. Croskery, MARPAC Imaging Services



Col (Ret'd) Crober receives the Chief of Defence Staff Commendation (with pins).



Mr. Ayers receives the MARPAC Bravo Zulu.



LCol (Ret'd) Thornton receives the Canada Commendation (with pins).



LCdr Laplante receives the Canada Command Commendation (with pins).



Maj (Ret'd) McSorley receives the Canada Command Commendation (with pins).



Capt Cunningham receives the Canada Command Commendation (with pins).



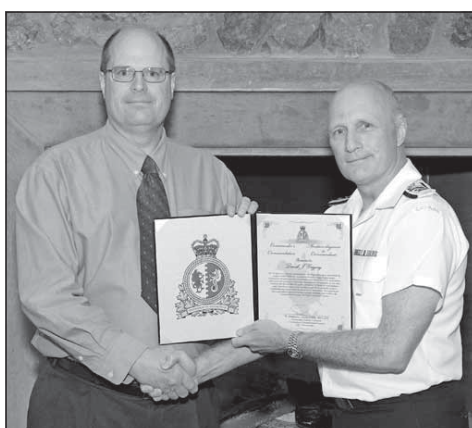
Lt(N) Lozer receives the Canada Command Commendation (with pins).



Lt(N) Mariano receives the Canada Command Commendation (with pins).



CPO1 Tom Eustace receives the Canada Command Commendation (with pins).



Mr. Gregory receives the Canada Command Commendation (with pins).



PO2 Rainczak receives the Canada Command letter of achievement (with coin).



Lt(N) Clancy receives the MARPAC Bravo Zulu.



PO1 Conway, CPO2 Gallinger, PO2 Carriere and PO1 Jarrett receive the MARPAC Bravo Zulu from RAdm Greenwood (centre).



Gregory Eyre, Suzie Fortin, Leah Diston, Mike Nyeste, Jason Faubert, Larry Jervais, Tony Den Otter Wai Leung, Peter Herschmiller, Al Hounsborne and Steve Meredith receive the MARPAC Bravo Zulu.



# Governor General honours Esquimalt personnel

NPAO

David Johnston, Governor General and Commander-in-Chief of Canada, presented Meritorious Service Decorations (Military Division) to three Victoria residents last week. Retired Rear-Admiral Tyrone Pile, Cdr Christopher Hargreaves, and Honorary Capt(N) Cedric Steele appeared before His Excellency in a ceremony at Rideau Hall in Ottawa.

Rear-Admiral Pile received the Meritorious Service Cross (Military Division) that recognizes a military deed or activity that has been performed in an outstandingly professional manner, according to a rare high standard that brings considerable benefit or great honour to the Canadian Forces. The citation for the award reads:

"As Commander of Joint Task Force Games for Operation Podium, the Canadian Forces' mission in support of the Vancouver 2010 Winter Olympic and Paralympic Games, Rear-Admiral Pile led one of the most complex domestic military operations ever conduct-

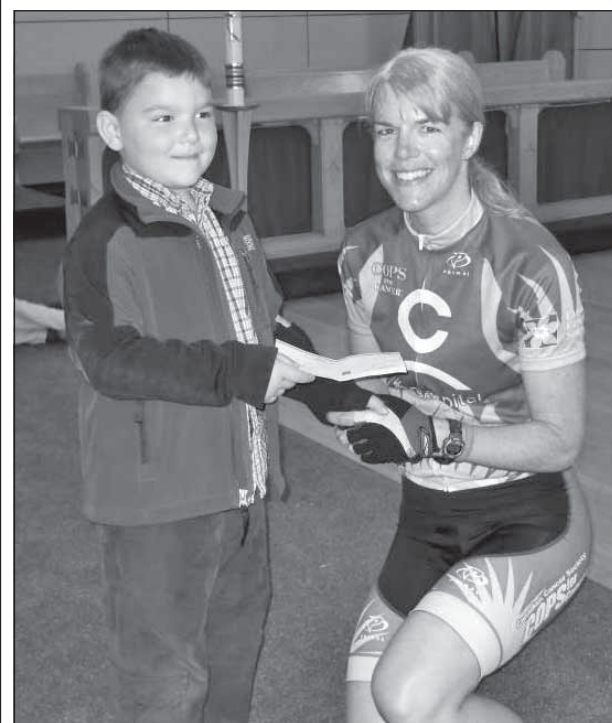
ed in Canada. He demonstrated exceptional leadership in shaping a co-operative and effective working environment among dozens of partners, including all levels of government and the Royal Canadian Mounted Police, as well as their civil and military counterparts in the United States. His ability to facilitate the collaboration and coordination of these entities, while ensuring that strategic and operational goals were understood, respected and met by all, was instrumental to the success of Operation Podium and brought great credit to the Canadian Forces."

Commander Hargreaves and Honorary Capt(N) Steele received the Meritorious Service Medal, which recognizes a military deed or activity performed in a highly professional manner, according to a very high standard that brings benefit or honour to the Canadian Forces. Their citations read:

"Since his appointment in 2008 as commanding officer of Canadian Forces Fleet School Esquimalt, Commander Hargreaves' inspira-

tional leadership, detailed analytical skills, dedication and infectious motivation have been the driving force behind initiatives to improve naval courses. His actions were instrumental in enhancing the sailors' quality of life and reducing time away from home and units. His commitment and professionalism have had a significant impact on the individual training requirements for naval force employment, generation and development."

"In the 13 years since 1997, Honorary Capt(N) Steele's unflinching service to Canadian Forces Base Esquimalt, Maritime Forces Pacific and to the Canadian Forces in general, has inspired and connected the Navy with prominent Canadians and various business groups, as well as the local community. Through Capt(N) Steele's extraordinary energy, vision and tireless efforts, the Esquimalt-based Navy has become linked to the identity of Greater Victoria, as further demonstrated by his commitment to create the Naval Centennial Homecoming statue on the Victoria waterfront."



Cops for Cancer rider Stephanie McFarlane accepts a cheque from one of the young representatives of St. Peter's Chapel.

## Chapel supports Cops for Cancer

**OCdt Michael Bruce**  
Contributor

Tucked away behind John Stubbs School in Belmont Park is St. Peter's Protestant Chapel, a sleepy little church with a big-hearted community.

On Sunday, June 12, the community celebrated the Feast of Pentecost by opening their doors to Cops for Cancer, one of the many charitable organizations they support.

Cops for Cancer are a police bicycling organization that raises funds for the Canadian Cancer Society.

While the organist played "A Bicycle Built for Two", the cops rode their bikes right into the sanctuary. Kevin Pearce and Troy Anderson, both aged six, represented the congregation by presenting a cheque to Cops for Cancer representative Stephanie McFarlane. Padre Bowditch then gave them a blessing to encourage and strengthen the police in their work.

St Peter's supports three local charities, as well as 12 other missions including Operation Eyesight and the Stephen Lewis Foundation.



From left: RAdm Tyrone Pile (Ret'd), Governor General David Johnston, Honorary Capt(N) Cedric Steele, and Cdr Christopher John Hargreaves enjoy the reception after the Governor General presented the three men with Meritorious Service Decorations.

MCpl Dany Veillette,  
Rideau Hall

# Now that's refreshing!





# LOOKOUT Classifieds & Real Estate

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

## Call 363-3014 to book your display or word ad

### ANNOUNCEMENTS

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

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

TREAT YOURSELF TO A VISIT FROM WELCOME WAGON! IT'S FREE. We are a community service whose aim is to bring you greetings, gifts, and information regarding the area you live in. Call Welcome Wagon 1-866-518-7287 and arrange a short visit. I look forward to bringing you my basket of goodies!

### 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



**Stay fit with the Activity Guide.**

Available at all PSP and MFRC outlets

### HANDYMAN

**JOBS FOR ALL SEASONS.** Junk hauling, starting at \$40. Renovations & Handyman. I do it all and won't complain! Call/ email Jeff 250-818-4335 or lalondejeff62@yahoo.ca.

### PETS

**LABRADOODLES PUPPIES:** RARE small/medium chocolate. Certified purebred parents (hips, elbow, eyes). Fully socialized with children. Ready for your home in early July. www.konapuppies.com.

### BUS. OPPORTUNITY

**MAKE \$\$ FAST**



**LOSE WEIGHT**

Facebook/bmw4free



### MOTORCYCLES

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

### VOLUNTEER

**FORMATION FAMILY FUN DAY - 75 VOLUNTEERS ARE NEEDED!** Choose a shift - 11am-2pm or 1-4pm. Hand out prizes, supervise rides, help paint faces and have fun! The 1-4 pm shift may require some tear down. Volunteers receive: Lots of smiles and fun, a Formation Fun Day t-shirt, lunch. Bring your family and they can enjoy the activities as well. A BIG thank you from Sara, MFRC and the Community. R.S.V.P. sara.mansi@forces.gc.ca or call 250-363-0120

### 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

### SERVICES OFFERED

**CRAFTSMAN FOR HIRE**



**Top quality carpentry**  
**Competitive rates**

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

**Bring ATTENTION to your business**  
Lookout Classifieds 363-3014

### REAL ESTATE • FOR RENT

#### PACIFIC VILLAGE II 1445 CRAIGFLOWER ROAD

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

**RENTALS CENTRALLY LOCATED**

**PARKING INCLUDED**

**FRIDGE/STOVE INCLUDED**

**ON MAIN BUS ROUTES**

**PETS: CATS ONLY**

**CLOSE TO SCHOOLS, ADMIRALS WALK,  
GORGE & CFB ESQUIMALT**

**385-2250**

**Devon PROPERTIES LTD.**  
www.devonprop.com

No Pets  
allowed in  
any building

**Esquimalt**

#### LARGE SUITES

**1180 Colville**

Bach \$690 avail July 1,  
1 bdrm \$725, 2 bdrms from \$885 avail NOW  
250-360-1983

**855 Ellery**

2 bdrms from \$965 avail NOW & July 1.  
3 bdrm \$1060 avail July 1.  
250-382-2157



#### LARGE TOWNHOMES

UVic/McKenzie Area

House size townhomes

2 & 3 bedrooms,

1800-2100 sq ft.

3 levels, 1.5 bathrooms

Newer appliances and

flooring, private backyard,

surrounded by greenspace

Near schools, mall and on

bus route

Call 250-686-2682

#### 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

VIC WEST 2 BDRM + DEN  
MAIN FLOOR in character duplex Next door to Elem. & Montessori Schools. Wood flrs, 2 fireplaces, stained glass, high ceilings. Bike, kayak storage. Parking, yards fruit trees, near Ecole Brodeur. Dockyard. NS/NP, \$1,095 mo. + utils. 250-885-1227

VIC WEST 2 BDRM ground floor in character duplex. Near dockyard & schools. Yards, fruit trees, NS/NP, \$895/mo. + utils. 250-885-1227

FOR RENT. LANGFORD 2 bdrm loft condo. Pvt. entrance & two parking spaces. 920 sq.ft. NS, small pet considered. Avail July 1st/Aug 1st. \$1400 mo.

**ADVERTISE  
IN THE  
LOOKOUT  
CLASSIFIEDS**

**CALL  
363-3014**



#### GORGE APARTMENTS 250-381-5084

215-221, 155, 157 & 243 Gorge Rd East  
Visit our rental office: 215 Gorge Rd. E.



**Bachelor \$699**  
**1 Bedroom from \$799**  
**2 Bedrooms from \$1,128**

Short leases available.  
Pet friendly.

Waterfront dining. Access to Gorge Waterway near Galloping Goose Trail. Close to Mayfair Shopping Centre.

#### TARA PLACE

1039 View Street

**250-383-1833**



**Bachelor \$727**  
Cat friendly.

City and ocean views.  
Downtown Victoria. Close to all major transportation routes. Close to Victoria core and Bay Centre Mall.

**70-76 Dallas Road**  
2 bedroom from \$1,250

**827 Selkirk Avenue**  
1 bedroom from \$750

**200 Gorge Road West**  
2 bedroom from \$1,099

**3501 Savannah Avenue**  
1 bedroom from \$890

**1110 Queen Avenue**  
1 bedroom from \$820

Pet friendly. Prices & availability subject to change.

**Ask about our MOVE IN BONUS!**

www.caprent.com • Call Now: 250-381-5084



facebook.com/caprent



rentals@capreit.net



twitter.com/capreit



caprent.mobi

#### HARDWOOD REFINISHING SPECIALISTS

- Eco-friendly finishes
- Dustless sanding system
- Victoria owned and operated

**FREE ESTIMATES**

**DOUBLE N**

**HARDWOOD FLOORS INC.**

1937 Newton Street  
Saanich  
250-880-0926



# LOOKOUT Classifieds & Real Estate

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

## Call 363-3014 to book your display or word ad

### REAL ESTATE • FOR RENT

#### 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



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

**CHARACTER TWO BEDROOM** 2 level Esquimalt Triplex. Newly reno'd bthrm, flooring, carpets, & paint. 5 appls including new W/D. Pvt fenced yard. 1 car garage for storage/workshop. Close to Westsong Walkway, bus routes, suitable for a quiet single or couple. NS/NP. Off road parking. Avail immed. \$1350/mo. + hydro. 250-381-5647

**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. \$1050/mo. 250-370-7895.

**1 MINUTE FROM BASE.** Beautiful 2005 built 3 bdrm, 3 bth house for rent. Single car garage. NS, 1 small pet allowed. \$2300/mo water incl. Avail. June 1st. 250-858-7160

**3 BDRM + DEN AVAIL** Aug 1st BIG Bright Kitchen, Gas Fireplace In Living Room, 3 Bthrms, Big Fenced Yard, Big Deck Off Kitchen And Nice Size Front Porch With View, Forest And Trails Directly Across The Road. Quiet Street, Perfect Neighbourhood For Families. Huge Storage Area As Well As Garage For Bikes Etc. Pets Okay. \$1650 Includes Garbage Pick Up And Water. Taraouellet@gmail.com.

**CONDO FOR SALE** Esquimalt area. 2 bdrm, 1.5 bth, 1050 sq.ft. Remodelled kitchen & floors. Stove & fridge incl. Asking \$225,000. For appt to view call 250-920-0353

### REAL ESTATE • FOR SALE

#### Posted to Ottawa?

Check out  
[www.militarymove.ca](http://www.militarymove.ca)  
for all your relocation needs

#### 2 Floor Condo

- 2 bedrooms, 1 bathrooms
- 2 private parking spaces
- 25 foot soaring ceilings
- Townhouse living at condo pricing

**\$279,900**



For more pictures or  
to view call 250-516-7339  
email [sales@forcesadvertising.com](mailto:sales@forcesadvertising.com)

**MLS# 293106**

#### Your ad here

For word or display  
ads, call 363-3014



[twitter.com/Lookout\\_news](https://twitter.com/Lookout_news)  
[www.facebook.com/lookout.newspaper](https://www.facebook.com/lookout.newspaper)



#### 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**



Sell your home  
in the Lookout  
Call 363-3014

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](http://www.eyproperties.com)



#### Park West Apartments

55 Bay Street

- 1 & 2 bedrooms
- newly renovated
- pet friendly

Close to shops, Vic West Park,  
the Goose and transit.

**WALK DOWNTOWN!**

Call Wendy to view, 250-590-7505

#### RENTAL SUITE NEAR BASE

Fully furnished/or  
unfurnished 1+ bdrm  
suite located 10 mins  
from the base. Avail.  
July 1 or Aug 1 \$1,200/  
mth all inclusive.  
Main floor suite with  
sunny Western expo-  
sure, great square foot-  
age, lots of storage, in-  
suite laundry, plasma  
tv, hd pvr, high speed  
wireless internet, etc.  
Call or email Laura  
for further details and  
viewing 250-588-8448,  
[lmccollom@shaw.ca](mailto:lmccollom@shaw.ca).

#### Esquimalt Town Center

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

250-888-1212

**RESULTS  
PREDICTED!**  
with  
Classified Word Ads  
DND 25 words or less  
**\$7.42**  
Civilian 20 words or less  
**\$8.48**  
**363-3014 DEADLINE  
Thurs. 11am**



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







## how to survive a LONG TATTOO SESSION

**Cpl Lyndsy Penner**  
Contributor

Getting a large intricate tattoo is an arduous and sometimes painful feat.

When I received an old-school tattoo of a show girl astride a colourful peacock with feathery plumage on my left calf, it took eight hours to complete – an entire work day.

Before I sat upright in the padded dentist chair, I had to prepare mentally and physically for the painful journey of committing ink to skin.

The design I had in mind

was inspired by the 1950s pin up girls – buxom, curvy, and colourful. It became an obsession of sorts to collect images that closely represented what I had in my head, and then take them to a tattoo artist.

I am discerning in my selection of an ink artist. I want someone at the top of their craft familiar with the style I'm wanting. There is a difference between someone skilled in black and black, or portraits, and someone versed in art-deco polychromatic tattoos.

The artist I used came highly recommended. He had 20 years of developing his craft, learning from some of the best tattoo artists in Canada. He also looked that part – a man who has lived full tilt partying hard to Iron Maiden music, interweaving musical inspiration and album covers with his work.

Stepping into his parlour, my eyes were struck by the vibrancy of lacquered candy apple red walls adorned with ghostly demonic album covers hanging next to battle axes and swords. Bass pumping

beats droned in the background, paying homage to the hairspray bands of the 80s. An iconic arcade game, memorabilia from his old stomping grounds, was juxtaposed next to a pristine LCD 32-inch monitor showcasing a slide show of his artwork.

The black and white chequered floor laid an inviting path to his chair; the tools of his trade close by in a tool box.

After locking down the design, booking the appointment and paying the deposit, I set about getting physically ready. I knew from past tattoos, eating and staying hydrated were a must.

I have a super solid tattoo meal plan that has been tested during other tattoos: one foot-long Subway sandwich with veggies and ham, four chocolate chip cookies, two bags of Sun-Crisp chips, and three bottles of orange juice. I eat one half of the foot long and drink one bottle of orange juice 30 minutes before the tattoo sitting.

After I slipped into the

chair, remaining meal plan close by, I hiked up my pant leg and watched him shave and clean the area with rubbing alcohol. Nimbly, he laid the stencil of my tattoo over the dampened skin, gently pressing to ensure its adherence. As he peeled it away, I could see the blue out line of my future tattoo. My heart fluttered with anticipation, and dread.

The snap of latex gloves was followed by a methodical arranging of inks in small plastic ink caps.

Then, like a doctor preparing for surgery, he inserted a clean set of disposable needles into the tattoo gun. A roll of white paper towel, the thick kind, was nearby, used to wipe away blood, ink, and plasma released by the body as the needle penetrates the skin.

No matter how many times I sit down in an artist's chair anticipating another tattoo, it always feels like the first time. It takes a few moments before the buzzing of the needles injecting the polychromatic rainbow into the dermis (second layer) of my skin becomes familiar.

Once the tattoo marathon of pain begins, I plug into my music and breathe

through the worst spots of pain, remembering to take breaks for the bathroom and to snack on food.

When I hit the "wall" of tattoo stigmata and post adrenaline-endorphin high, I draw in a friend's supporting hand. It helps keep my faith solid to the end goal of finishing the tattoo, even when the skin is rubbed raw and the softest caress feels like sand paper.

The pain is soothed momentarily when cold distilled water runs over the skin, intermittently offering seconds of relief.

As the electric needle continues to puncture my skin with ink, the artist at the helm conducting his machine into a symphony of whirring and buzzing, the pain is euphoric and damning.

Through many shed tears and curses let loose like a sailor returning to home port, I survive this session.

Once the tattoo artist washes away the remaining blood and plasma, pats the skin dry with a paper towel, puts a sheen of Vaseline on the inked art and swathes it in a bandage, I take the after-care instructions and head home to a comfortable bed, with a few extra strength Tylenol in tow.

## MONSTER DAYS ARE BACK

JUNE 1 - 30



great deals • special events every saturday • 0% financing all month

**756 HILLSIDE AVENUE • 250.384.3622**

Download the sale flyer @ [WWW.LONG-MCQUADE.COM](http://WWW.LONG-MCQUADE.COM)



**Long & McQuade**  
MUSICAL INSTRUMENTS

# WIN TICKETS

Send your answer to the following question  
to [kate.king@forces.gc.ca](mailto:kate.king@forces.gc.ca):

**What nation's aerobatic arts are  
featured in Dralion?**

CIRQUE DU SOLEIL



DIRECTED BY GUY CARON

PRESENTED BY



**OPENS WEDNESDAY!**

Military discounts available.

**June 22 – 26**

Save-On-Foods Memorial Centre

[cirquedusoleil.com](http://cirquedusoleil.com) • [SelectYourTickets.com](http://SelectYourTickets.com)  
250-220-7777





# Bravo ZULU



PO1 Adrienne MacDougall receives her new rank from CPO1 Gregory (left) and Cdr Doug Mackeen, Base Administration Officer.

On June 15, JRCC presented awards and recognition to several personnel:



Capt Greg Clarke (left) accepts his Canadian Forces Decoration (CD) from Maj James Pierotti for 12 years service the Forces.



Capt Stuart Robertson (left) accepts his CD1 from Maj Pierotti for 22 years of service the Forces.



WO Conrad Cowan (left) accepts his CD1 from Maj Pierotti for 22 years of service in the Forces. He also received a promotion.



MS Jesiah Montgomery (left) is promoted by Maj Pierotti.



LCdr Pasturczyk is promoted by Cdr Bolduc, Commanding Officer of Maritime Forces Pacific Headquarters, and Cdr Irwin, J4 Logistics.

## WESTSHORE U-LOCK MINI STORAGE



selfstorage.ca

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

1621 Island Highway, 250-478-8767



## The Market at Latoria Walk Condos

**FEATURING RED BARN MARKET, PHARMACY, MEDICAL CLINIC & BISTRO RESTAURANT DELI**

Easy Commute from Colwood to Naden via the Blue Boat!

**Priced from \$234,900**

(net HST incl)

**OWN FOR \$872\*** PER MONTH

\*Based on the purchase of \$234,900, 5% down, 30 year amortization, 2.2%, 5 yr variable rate, (prime - 8%). Conditions apply. Rates may change without notice.



**Completion August 2011**

**PLUS Buy Now & Get 1 Year Strata Fees FREE!**



Presentation Centre Open 1-4pm Sat & Sun, #102-627 Brookside Rd  
Greg Long: Tel 250.384.8124, Toll Free 1.800.665.5303  
Email greglong@shaw.ca, [www.latoriawalk.com](http://www.latoriawalk.com)



CANEX

www.canex.ca



AVAILABLE AT  
PARTICIPATING STORES:

Esquimalt, Edmonton,  
Shilo, Borden, Trenton,  
Kingston, Petawawa,  
Labelle, Valcartier,  
Gagetown, Windsor  
Park, Greenwood

## Pallas Pillow Top Mattress and Boxspring Sets!

**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.

twin  
set

• Reg. 629.99

499<sup>99</sup>

full  
set

• Reg. 749.99

549<sup>99</sup>

queen  
set

• Reg. 799.99

599<sup>99</sup>

king  
set

Available by special order @ 999<sup>99</sup>

• Reg. 1229.99



CANEX

May 23 - June 26, 2011

AUTHORIZED PATRONS ONLY



### ADVERTISED MERCHANDISE POLICY

Our firm intention is to have every advertised item available for purchase during the period of the promotion. If, for any reason, an item is not in stock, we will issue a raincheck (unless "no raincheck available" is specified on an item) on request for the merchandise to be purchased at the sale price as soon as it becomes available, or will offer a similar item at a comparable reduction in price. Due to space limitations, some smaller outlets may not carry all of the items advertised, but they will be pleased to obtain the item through special order.

We reserve the right to limit quantities. While we strive for accuracy in our advertising, errors can occur. In such cases, we reserve the right of correction. Prices & monthly payments shown do not include environmental fees & levies or any other applicable fees, levies, & taxes. Eligible authorized patrons may purchase general merchandise of at least \$199 on the CANEX No Interest Credit Plan; O.A.C. on approved credit. Visit your CANEX store or visit us online at www.canex.ca for all the details.

www.canex.ca