

It's smart to shop at the mart!
2 paystubs and you're approved!

The Queen of Credit
We finance your future, not your past

*All vehicles safety inspected.
 3 month warranty for military personnel.*

Colwood Car Mart 

250-474-MART (6278) D31034 / D30748
 1836 Island Hwy colwoodcarmart.com • islandautosource.com

Volume 56 Number 30 | July 25, 2011

LOOKOUT

MARPAC NEWS CFB Esquimalt, Victoria, B.C.

 www.anneflynn.ca


Anne Flynn
 Mortgage Broker
 250-516-5262

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

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

Call Anne Today!!
 250-516-5262





Memories made

Ben Green, Lookout Savannah, 6, and Keyleigh, 5, Gordon hold on tight as they spin around on the swings just outside Naden's Drill Deck during Formation Fun Day on July 16. See pages 8 and 9 for more photos.

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.

Veterans House Cleaning

- VAC health identification cards accepted
- Bonded & Insured

Call today for a FREE ESTIMATE

www.merrymaids.com 250-598-6243

merry maids
 Relax. It's Done.®

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



GARAGE SALE

Sunday at Esquimalt Legion 172, Admirals Rd.
 Pancake breakfast at 8:30 am.
 Garage sale starts at 10am.
 Barbeque outside. Entertainment inside.
 Country Music ongoing for a \$10 entry with door prizes!



Special Promotions

FOR CANADIAN MILITARY PERSONNEL

check out our latest offer at: www.englishinn.ca/cfb



ENGLISH INN
is your next door neighbour.

Family Dental Care



abacus
Dental Centre

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

Dr. Paul Henn

Suite 14 1153 Esquimalt Rd Victoria, BC V9A 3N7

250-386-3044
www.abacusdentalcentre.ca



How can you support

Habitat for Humanity Victoria?





10% DND Discount with ID & coupon

- **SHOP** at the ReStore - New and gently used materials for a fraction of retail price
- **DONATE** home improvement, building materials and appliances - Drop off or arrange for a free pickup
- **VOLUNTEER** at the ReStore and the construction sites in our community - contact us for more details.


849 Orono Avenue, Langford  **ReStore**
 250-386-7867
restore@habitatvictoria.com

WESTSHORE U-LOCK MINI STORAGE



 **DISCOUNT PROGRAM**
PROGRAMME DE RABAIS

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

 **selfstorage.ca**

1621 Island Highway, 250-478-8767



NORTHERN EXPOSURE

Photo courtesy of John and Mary Horton

While sailing his boat in Alaska, marine artist John Horton and his wife Mary snapped this photo of Maritime Coastal Defence Vessel HMCS Brandon near Tracy Arm with the Sawyer Glacier in the background. Brandon, Nanaimo and Whitehorse were up north on a six-week deployment in support of Reserve MARS IV and Naval Reserve summer on-the-job training. The ships visited Juneau, Skagway, Prince Rupert, Haida Gwaii, North Vancouver and Nanaimo. HMCS Edmonton joined the three ships in Haida Gwaii.

O-boats to depart Halifax one last time

Virginia Beaton
Trident Staff

Three former Oberon Class submarines - Okanagan, Olympus and Ojibwa - will make a final journey from their homeport this summer.

Since being decommissioned more than 10 years ago, the submarines have been alongside the Naval Annex Dockyard in Dartmouth. In July 2008, the fourth former Oberon submarine, Onondaga, left Halifax on a barge to go on display at the naval museum in Rimouski, Quebec.

Marine Recyclers Corporation (MRC) was

the successful bidder for the disposal of Olympus and Okanagan.

Starting with Olympus, these two boats will be transported to Hamilton, ON, where they will be dismantled for scrap.

A floating dry dock and tug sub-contracted by MRC arrived in Halifax in mid-July and with the help of the Queen's Harbour Master, Olympus was loaded on the

floating dock July 18.

The floating dock with submarine is being towed to Hamilton, ON, where it will be transferred to a barge for a final trip to MRC's Port Maitland facility. Dependent on weather and St. Lawrence Seaway traffic, the trip will take 11 days.

Once Olympus has been removed in Hamilton, the floating dock and tug will return to Halifax in

mid to late August and repeat the operation with Okanagan.

Disposal of the submarines will take place at the Port Maitland facility.

As a separate project, Ojibwa may be donated to the Port Elgin Military Museum in Ontario. The Oberon class submarines were a significant part of the Canadian Navy from the 1960s to 1990s.



Pte Dan Bard Formation Imaging Services, Halifax

Former CF submarine Olympus is loaded on to a barge owned by Rick Heddle and his company Heddle Marines Services. They were awarded the contract to bring the last two of Canada's Oberon class submarines to a scrap yard.

Fine dining and Italian sports cars: Quite the "Halliday" for local sailor

Ben Green
Staff writer

Come month's end, PO2 Brent "Doc" Halliday will unleash every horsepower his Rossa Corsa (red) 1987 Ferrari 328 GTS possesses under its hood.

Joining approximately 30 other cars from across Canada, driver and car will take their place at the start line of a luxury car rally called the Canadian Bullrun Rally.

The rally has participants skilfully navigating their six-figure sports cars from the River Rock Hotel in Vancouver, through the Rockies into Alberta, loop back to B.C., and finish back at the River Rock.

The approximately 2,700 kilometres are divided into daily stages. Each morning, drivers receive directions that will test their ability to navigate to predetermined locations, which eventually lead them to their hotel destination for that evening.

The rally is not a race; the true test for the drivers will be their ability to navigate the route properly and finish the week with the best overall time that comes closest to the pace cars time, from all the stages combined.

Any vehicle issued speeding tickets or having a low average time, which would suggest exceeding the speed limits during any stage, will be deducted points.

"It's actually about obeying the speed limits, if you can believe it with these types of cars," says PO2 Halliday, the NCOT Electronic Warfare Supervisor at CF Fleet School Esquimalt. "No one is encouraging anyone to drive recklessly. Safety is actually paramount."

Through his sole sponsor, Ferrari Maserati of Vancouver, and as part of his preparations for the rally, he had his car tuned-up and fully safety inspected.

"It (his car) had to pass a very rigorous bumper-to-bumper inspection by one of their most senior and experienced technicians, with any safety concerns being addressed

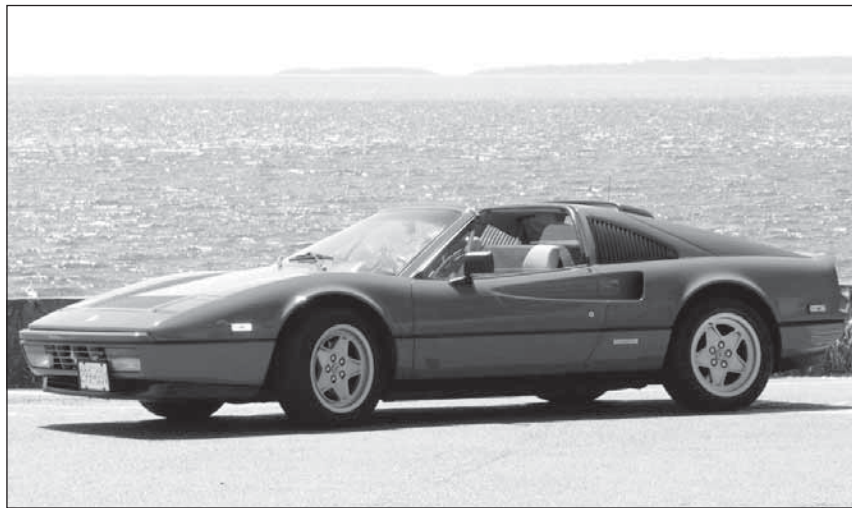


Photo courtesy of PO2 Brent Halliday

PO2 Brent "Doc" Halliday is driving his 1987 Ferrari 328 GTS, seen here, in the Canadian Bullrun Rally.

immediately," he says. "There were no issues to be found."

Those hoping to see the Lamborghinis, McLarens, Aston Martins, Ferraris, and Bentleys (to name a few) need not fret as the rally has booked a day of racing on the MotoPlex Speedway in Vernon. While PO2 Halliday won't be pushing the limits of his childhood dream car on the track, the self-described "gear-head" says the speedway will provide other car and drivers the opportunity to open the throttle.

"[The cars] are designed to go 100 miles per hour all day long," he says. "It'll also give the guys a chance to blow off steam."

At the completion of each stage, drivers will let engines cool for the night and stay at world-class, five-star lodgings such as the Sparkling Hill Resort in the Okanagan Valley and the Lake Louise Fairmont Chateau in the heart of Banff National Park. With a rally entrance fee of almost \$6,000 per team, all accommodation, meals, and entertainment for the week are covered.

Making the experience even more unique for PO2 Halliday is his co-driver/navigator, MWO Chester Halliday, his brother. A mobile support equipment operator and 33-year veteran of the Forces, MWO Halliday

gives "Team Sakiawa" a slight edge above the rest of the competition.

"His navigational experience from his career, you can't compete with that," says PO2 Halliday. "Of course my primary objective is to win the rally, but I am also looking forward to spending the week on the open road with my brother. We've both served away from home for most of our lives, plus it will be nice just to get a chance to meet people who are just as interested in cars as we are."

Also participating in the rally is Cpl Brett Rees from the Canadian Forces Recruiting Centre in New Westminster. Cpl Rees has completed peacekeeping missions in Bosnia and combat missions in Afghanistan and his rally car, a 2009 Dodge Challenger, has a custom paint job with the names of 156 fallen Canadian soldiers on its hood. He's hoping to raise awareness and donations for Wounded Warrior, a charity that seeks to help physically and emotionally wounded service men and women.

The winner of the Canadian Bullrun receives their entrance fee back, as well as free entry into next year's rally.

For more information on the rally, its rules, or to view the teams and their rides, go to www.canadianbullrun.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

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

Europe Extravaganza!

BOOK BY JULY 28

Book Air & Hotel to Europe Save up to \$500 per couple

Call us today for details!



Valid on select packages for travel in August & September. Vancouver departures. Subject to availability. Call for details.

250-953-6640
BaseTravel@Geo.ca

UNIGLOBE
Geo Travel

In the CANEX Building off Admirals Road

CANEX FINANCING AVAILABLE

BIKE SALE

NOW ON!

FREE Bike Inspection

Clothing 25% off

Enter to win \$200 worth OF ACCESSORIES!
with your receipt from purchase



MARTY'S MOUNTAIN CYCLE

250-383-3337

1-1258 Esquimalt Rd

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



A military spouse with personal experience.

PEMBERTON HOLMES Tara Niedoba
ESTABLISHED 1987
250-857-0178
tara@jerrybola.com



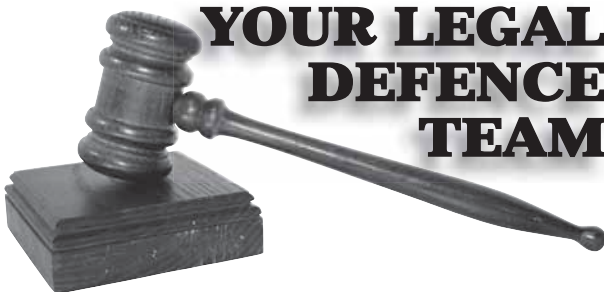
MOTORCYCLE RIDER TRAINING

NOVICE & TRAFFIC PROGRAMS

EXPERIENCED RIDER COURSES

VEHICLE DRIVING LESSONS

250-478-9584
www.visafetycouncil.com



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

matters of OPINION

WHO WE ARE

MANAGING EDITOR

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

STAFF WRITER

Ben Green 250-363-3130
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

Sara 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'OAFCS7.5. Les opinions et annonces exprimées dans le journal ne reflètent pas nécessairement le point de vue du MDN.



Circulation - 4,500

One year subscription - \$37.36

Six month subscription - \$18.84

Three month subscription - \$12.56

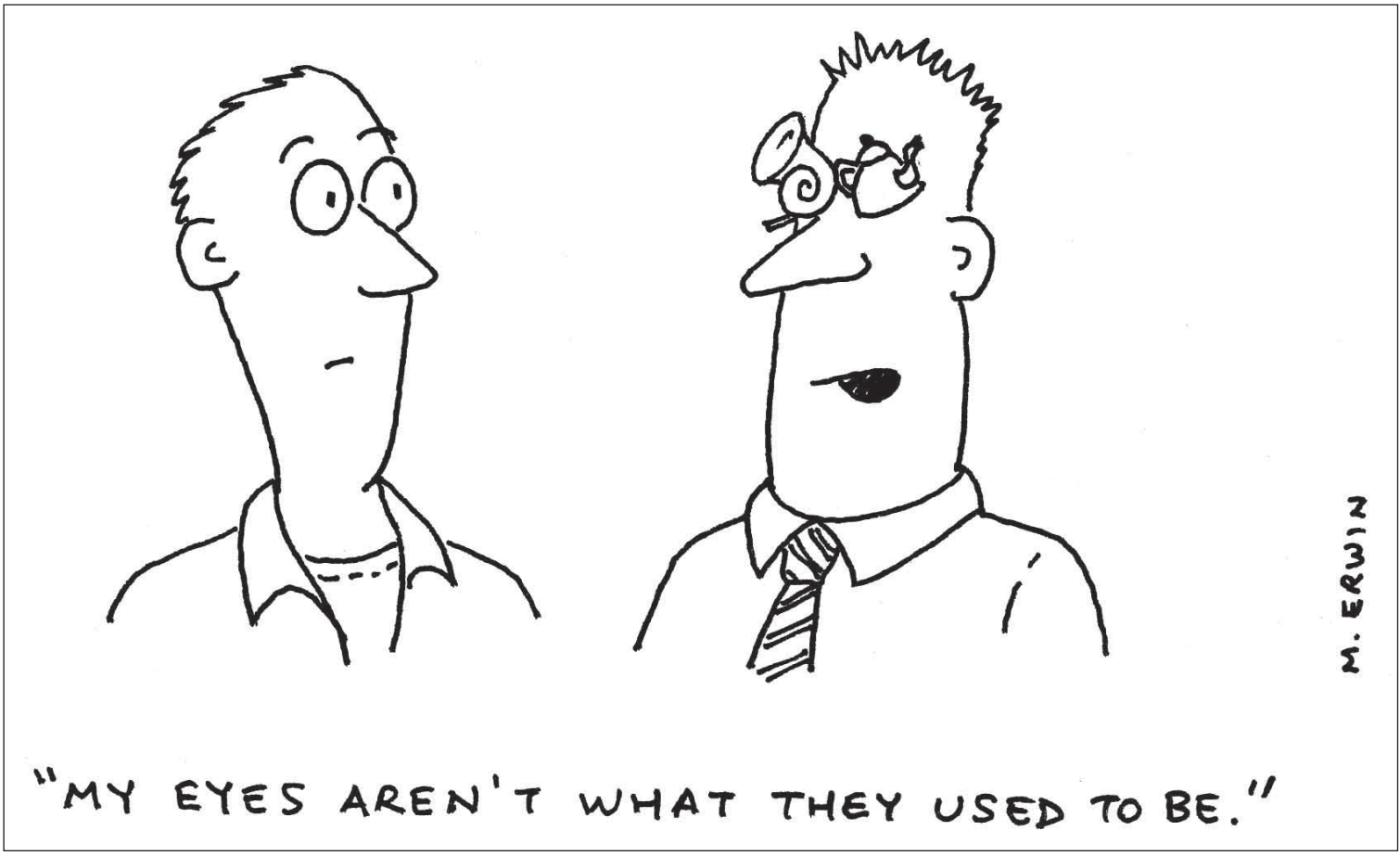
A Division of Personnel Support Programs
CFB Esquimalt, PO Box 17000 Stn. Forces,
Victoria, BC V9A 7N2

E-mail: frontoffice@lookoutnewspaper.com

Web: www.lookoutnewspaper.com

Fax: 250-363-3015

Canadian Mail Product Sales Agreement 40063331



M. ERWIN

HOROSCOPES

ARIES - Mar 21/Apr 20
Aries, this week's circumstances test your ability to multitask. If you look at it as a game, it could be easier to make it through the week unscathed. Avoid stress.

LIBRA - Sept 23/Oct 23
Libra, you can't seem to stop talking, and others are starting to grow frustrated. Be more humble and respect others' opinions this week. Otherwise you will be flying solo.

TAURUS - Apr 21/May 21
Taurus, your lighthearted attitude enables you to sail through stressful situations without anxiety. Teach this technique to high-strung relatives who could use the help.

SCORPIO - Oct 24/Nov 22
Scorpio, you are feeling somewhat scattered and it's because of the high-energy, high-intensity type of week that is coming up. You may need to find a place to decompress.

GEMINI - May 22/June 21
Gemini, you exude a casual confidence this week, but inside your feelings are rumbling beneath the surface. That's because you have a lot on your mind.

SAGITTARIUS - Nov 23/Dec 21
You feel like you want to do something out of the ordinary this week, Sagittarius. But it could be better to stick to the status quo. Otherwise you may ruffle a few feathers.

CANCER - June 22/July 22
Expect a complete lack of concentration this week, Cancer. That's because you have a financial situation to deal with, and it's taking up all of your brain activity.

CAPRICORN - Dec 22/Jan 20
You have more options than you first realized. It's time you put your plan into action and get busy. Pisces proves to be a big help on Thursday. You can use the assistance.

LEO - July 23/Aug 23
Leo, you are feeling a bit irresponsible, even if you have pressing items to handle. That's because you have been taking on too much and your mind is saying it needs a break.

AQUARIUS - Jan 21/Feb 18
Aquarius, your mind is full of ideas, but you have no plan of attack. You can't just go in without a few ideas on how to proceed. Think it over a little more and have patience.

VIRGO - Aug 24/Sept 22
Virgo, you won't make a lot of sense to others this week, but that's OK since you know what you need to get done. Real estate plans are in full force.

PISCES - Feb 19/Mar 20
Pisces, now is not the time to take the next step even though you feel confident. You need some more financial backing.

SUDOKU PUZZLE

	8	6			7			3
2	1	5	9				7	4
7		3	4	6				2
	4		8				3	
	7			9	5	2		
	2	8		3			9	6
				4	9			
			2		8		5	

ANSWERS ON PAGE 14 Level: Beginner

VICTORIA HORSESHOE CLUB

@ Glanford Park (1 blk N of McKenzie)

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

TRACKSIDE AUTO SERVICE LTD.

A FULL SERVICE AUTO REPAIR FACILITY

- 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 • tracksideautoservice.ca

MIKE LOCK

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

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

PORTRAITS OF HONOUR



Top: Lyndsay Sullivan, fiancée of fallen soldier Bombardier Myles Mansell, looks at the Portraits of Honour mural with artist Dave Sopha, during the unveiling ceremony. Sopha has spent an average of 16 hours a day seven days a week since December 2008 painting the memorial, which contains the faces of all 156 Canadian soldiers, sailors and air crew who have lost their lives in Afghanistan. The mural, which measures 10 feet tall by 40 feet high, is travelling across Canada.

Left: The Naden Band of Maritime Forces Pacific leads the Guard of Honour onto the lawns of the Legislature for the presentation of the portraits of honour.

Bottom left: Base Commander Capt(N) Craig Baines receives the general salute at the cenotaph on the lawn of the legislature.

Bottom right: Dr. Richard and Jane Nuttall, parents of Lt Andrew Nuttall, pause at the memorial wreath that was placed in front of the Portraits of Honour mural during the unveiling ceremony.

photos by Cpl Alex W. Croskery, MARPAC Imaging Services



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 Minervini
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

NEED TOOLS IN THE CITY?

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

DISCOUNT PROGRAM PROGRAMME DE RABAIS

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

Want top performance? Choose top fuel

How important is nutrition when it comes to performance? Does nutrition matter as much as physical training? Will nutrition really affect my ability to run faster, lift more, be more agile and stay more alert? The answer is absolutely.

Nutrition is a huge part of the elite performance equation and is what makes a good athlete a top notch athlete.

Strengthening the Forces (STF) Health Promotion Program recognizes Canadian Forces personnel as tactical athletes competing in the riskiest "games" of all. They have to be stronger, quicker and more powerful than the enemy and poor performance is an option that comes with great consequence. When training home units, in the field or deployed, selecting appropriate fluid and fuel for your activity levels and body composition goals affects performance, attitude, alertness and recovery. Where do you go with all the competing nutrition information available? As your go-to accurate source, STF Health Promotion recently revised the Top Fuel for Top Performance (TFTP) Program with the most recent evidence-based Sports Nutrition information.

STF's latest edition of the TFTP program will help maximize CF personnel's performance. The new TFTP will be offered at all bases and wings across the country and in Europe. Some of the topics include: every day eating, fine tuning your eating, what to eat for training and recovery, body composition and sport supplements. It also includes specific military content such as ration packs and what to choose in the dining halls. This course has something for everyone, whether you are starting a new training plan or are a conditioned soldier athlete. Cpl Paula Durelle from CFB Gagetown recently participated in the revised TFTP and here are few of her comments:

I felt this workshop was very educational. The opportunity to analyse energy resources to match the needs of our required fitness level is key in

our overall success. Further, it ensures that we (as members) are able to work to maximum potential and also helps us in assisting our peers to do the same.

Due to the variation in activity levels a member may go through in their career, it is important to be educated on developing a balance between energy input and output.

I enjoyed the interaction with the other members, as their experience and varying fitness level requirements assisted in a more realistic approach to meal planning.

The Health Promotion delivery staff was knowledgeable and resourceful. I would advise any member to take this program.

Tips to stay hydrated during exercise

Before

- 2-4 hours before drink 300-600 mL of fluid.

- 1-2 hours prior drink 150-300 mL of fluid.

During

- Less than 1 hour drink water to thirst.

- Greater than 1 hour drink about 150 to 350 mL every 15 or 20 minutes, and add a source of carbohydrates (and sodium if greater than 3 hours, or if sweating a great deal).

After

- Rehydrate as soon as possible after exercise.

- Drink 1.5 L of fluid for every 1 kg weight loss during exercise.

Make a plan for fluid intake!

During the day, drink water, milk, juice, and eat foods like vegetables and fruit.

Carry a personal water bottle for a drink at any time.

Monitor your fluid status: urine volume and colour are simple indicators of hydration status.

Ample quantities of lemon juice coloured urine = well hydrated.

Dark coloured, small volume, in frequent urination = dehydration. Drink more fluids!

Test your knowledge

Complete the nutrition quiz below and submit to the Health Promotion office at the Naden Athletic Centre for a chance to win prizes. Draws will take place on Sept. 12. Ballots will be destroyed after the draw.

Name:

Work telephone:

Work e-mail:

Which of the following nutrients give you calories?

- Carbohydrates, vitamins and water
- Carbohydrates, protein, and fat
- Minerals, fat and protein

Which is the best type of nutrient to have if you only have an hour or less before a workout?

- Carbohydrates
- Protein
- Fat

The per cent of Daily Value that you find on a Nutrition Facts table is based on how many calories?

- 2,500
- 2,000
- 3,000

Sports drinks (Powerade™ and Gatorade™) are good to use:

- for every activity no matter what the intensity and duration
- for more intense activity lasting over 60 min
- for moderate activity lasting less than 60 min

Soldiers/athletes need large amounts of protein foods and protein/amino acid supplements to maximize muscle growth.

- True
- False

(Answers: 1-B, 2-A, 3-B, 4-B, 5-B)

Now that's refreshing!



Month end ushers in new Chief of Staff

Ben Green
Staff writer

On July 26, a quiet turn-over will see Capt(N) Alex Rueben, current Chief of Staff of Maritime Forces Pacific (MARPAAC) and Joint Task Force Pacific (JTFF), turn his duties over to Capt(N) Michael Knippel.

Capt(N) Rueben will pack his bags for the Capital Region as he takes on his last position in the Forces before retiring next summer. His new role will see him become the military advisor to the Assistant Deputy Minister of Civilian Human Resources for the Department of National Defence.

"I'll be involved in policy development for the employment of civilian personnel within the Department (of National Defence)," he says. "I'm looking forward to the challenge, but I very much enjoyed my time on the West Coast in MARPAAC."

Capt(N) Rueben, a North Vancouver native, leaves the Northwest with a sense of accomplishment, both as the commanding officer of Fleet Maintenance Facility Cape Breton (FMF CB), and more recently as the Chief of Staff of MARPAAC and JTFF.

"I'm very much going to miss the people here, I've enjoyed the camaraderie," he adds. "All the folks I've had the privilege of interacting with on the West Coast will always have a very special place in my heart."

Capt(N) Knippel, an Ottawa native, is excited to step into the shoes as the new Chief of Staff and remain in Esquimalt, his adopted home.

"I'm very much looking forward to the job," he says. "I'm looking forward to working with the Admiral to keep the Formation aligned with his vision and objectives, all the while balancing this with the realities of strategic change."

Capt(N) Rueben has a degree in engineering and management from Royal Roads University and the Royal Military Colleges. He also earned his Masters in Business Administration from Queen's University. He was first posted to MARPAAC in 1997 as the Business Manager for FMF CB, and after that served as the Commandant of Canadian Forces Fleet School (Esquimalt). He left the coast in 2001 to become the Director of Students at



Ben Green, Lookout

On July 26, the Chief of Staff of Maritime Forces Pacific and Joint Task Force Pacific will be turned over to a new sailor. Capt(N) Alex Rueben (right) will head east to Ottawa for a new staff position and be replaced by Capt(N) Michael Knippel (left).

the Canadian Forces College in Toronto and returned in 2004 to assume command of FMF CB. Capt(N) Rueben finishes his West Coast tour as the Chief of Staff for MARPAAC/JTFF.

Capt(N) Knippel joined the CF under the Officer Candidate Training Plan and specialized in navigation. He spent time in various vessels as both the navigating

and combat officer. He made the transition to MARPAAC in 2002 where he's held a number of executive officer (HMCS Winnipeg and Sea Training Pacific) and commanding officer (HMCS Vancouver, Protecteur, and Sea Training Pacific) positions.

Both sailors have held various staff positions in Ottawa as well.

Summer Basket Raffle

for GCWCC-United Way

Tickets are \$2 each or 3 for \$5.

Available at CFHA, located in the CANEX Bldg 98 at Naden, from 8 am to 4 pm.

Call Karen Wray-Benson, 250-363-4421 with any inquiries.

Draw will take place August 22.



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**

JOSEPH KING, MD



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

OPENING THIS SUMMER!

LATORIA WALK

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!

PEMBERTON HOLMES
ESTABLISHED 1867

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



photos by Ben Green, Lookout

Above: Andrew Lacquement, 2, plays conductor for a few minutes as he rides the train just outside of Naden's Drill Deck.

Top right: A group of children gather around Daisy the Cow for some fun and games.

Middle right: Two Amazing Race participants show off a little teamwork during one of the race's stages.

Bottom right: Jasmine Isaac, 3, scales one of the many inflatable obstacle courses set up inside the Drill Deck.

Below: Now there's some brotherly love - Leeland, 10, and Antonio, 5, Soto enjoy the inflatable battle zone inside the Drill Deck.



Formation Fun Day

July 16, 2011



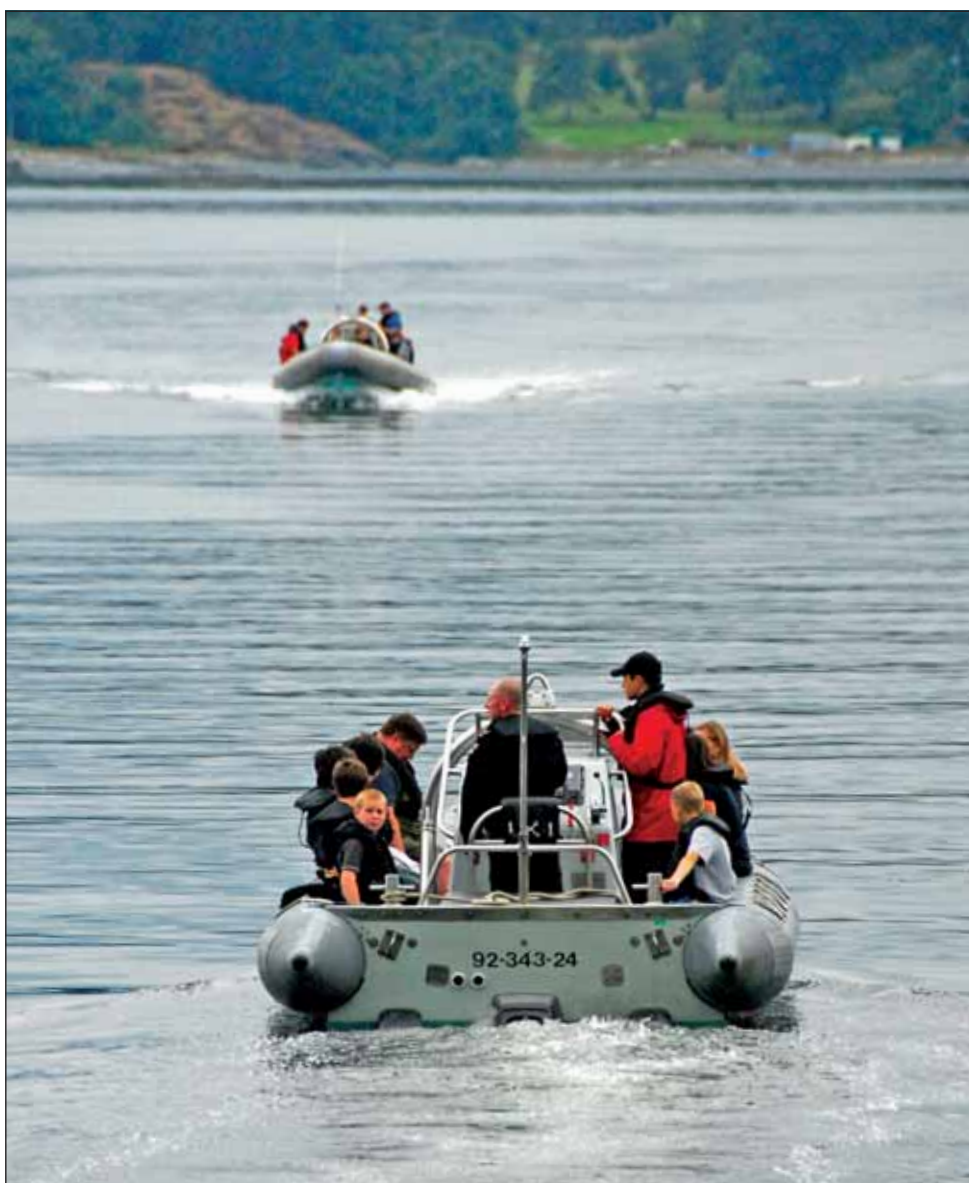
Dorion Dellabough, Contributor





Above: Benjamin Moncrieff, 3, puts forward his best Jack Sparrow as he plays pirate near Naden's Drill Deck.

Below: Families enjoy continuous RHIB rides inside the tranquil Esquimalt Harbour.



CPO2 David Lowther won "Best in Show" at the Chrome N' Wheels car show with his 1950 Ford F47.

Winners

- Peoples Choice Car – Debbie Price, 2000 Ford Mustang Pony
- Peoples Choice Motorcycle – Wade McAllister, 1999 Yamaha Roadstar
- Peoples Choice Truck – David Lowther, 1950 Ford F 47
- Judges Choice Car – Kevin O'Brien, 1957 VW Sedan
- Judges Choice Motorcycle – Stephane LeFort, 2006 Harley VRod SE
- Judges Choice Truck – Terry Rate, 1969 GMC ½ ton Pickup

Best In Show

CPO2 David Lowther, 1950 Ford F 47

Chrome 'N' Wheels Judges

- Maryse Neilson – Master of Ceremonies
- CPO1 D. Bliss – Honorary Judge, Best In Show
- Chris Chisholm, Judge, Lyall Street Service Station
- James Flett, Judge, SHC Wheel & Tire

Club Participation

- Base Motorcycle Club
- Old English Car Club
- Vancouver Island Mustang Club
- 3CAV Rimini Unit (Vancouver Island)

"On Site" Chrome 'N' Wheels Sponsors

- SHC Wheel & Tire (Best in Show Prize donated)
- Victoria Hyundai
- Steve Drane Harley Davidson
- Lyall Street Service Station

Other Chrome 'N' Wheels Sponsors

- | | | |
|---------------------------|-------------------------|-------------------|
| Peninsula Co-Op | KMS Tools | Wilson & Proctor |
| Canadian Hot Rod | Victoria Battery Direct | West Coast Tire |
| Kal Tire | Saunders Subaru | Howies Car Corral |
| Lordco | Milestones | Edelbrock |
| Totem Towing | Action Motorcycle | Golden Leaf |
| Great Canadian Oil Change | Market on Millstream | Galaxy Motors |
| Western Speedway | JB Group | Walmart Langford |
| Esquimalt Auto Marine | NAPA Auto Parts | |
| Rona Home and Garden | Phoenix Cycle | |

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
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

MFRC NEWS: HEALTHY LIVING

Women invited to Walk and Talk group

Ben Green
Staff writer

This fall, the Esquimalt Military Family Resource Centre (MFRC) will be continuing their Walk and Talk program at the Colwood Pacific Activity Centre (CPAC).

The initiative evolved from a previous MFRC women's circle group who were looking to meet more often and open this opportunity to a larger group.

"They wanted another opportunity to come together, but not necessarily as a group at the centre," says Marianne Ostopovich, the prevention, support, and intervention coordinator at CFB Esquimalt's MFRC.

After consulting with the women, Ostopovich created the first Walk and Talk program, which spanned over May and June. Once a week, for 90 minutes, the women met regularly at the Lampson Street MFRC for a presentation on a healthy lifestyle topic, received a handout and then went for a walk to various locations in the community – they could choose to talk about the healthy life-

style presentation or just enjoy connecting with one another. The group went to various areas in the city such as High Rock Park, Esquimalt's West Bay Walk Way, Selkirk trestle, and the Gorge waterway.

The session aimed to incorporate both being physically active and discussing preventative health and lifestyle topics such as stress reduction, healthy thinking, and total body and life care.

The program offers participants the opportunity to connect with those in similar military life situations and benefit from activity on a physical and emotional level.

Walk and Talk will continue Sept. 12 and run through Oct. 3. The program takes place every Monday from 4:30-6:30 p.m. at the Colwood Activity Centre. It is free, but interested participants must call to register (250-363-2640 and ask for Marianne if you would like more details).

Childcare is available during program times, but is based on childcare provider's availability and must be booked a week in advance.

Redefining Rush Hour... Walk to Work!

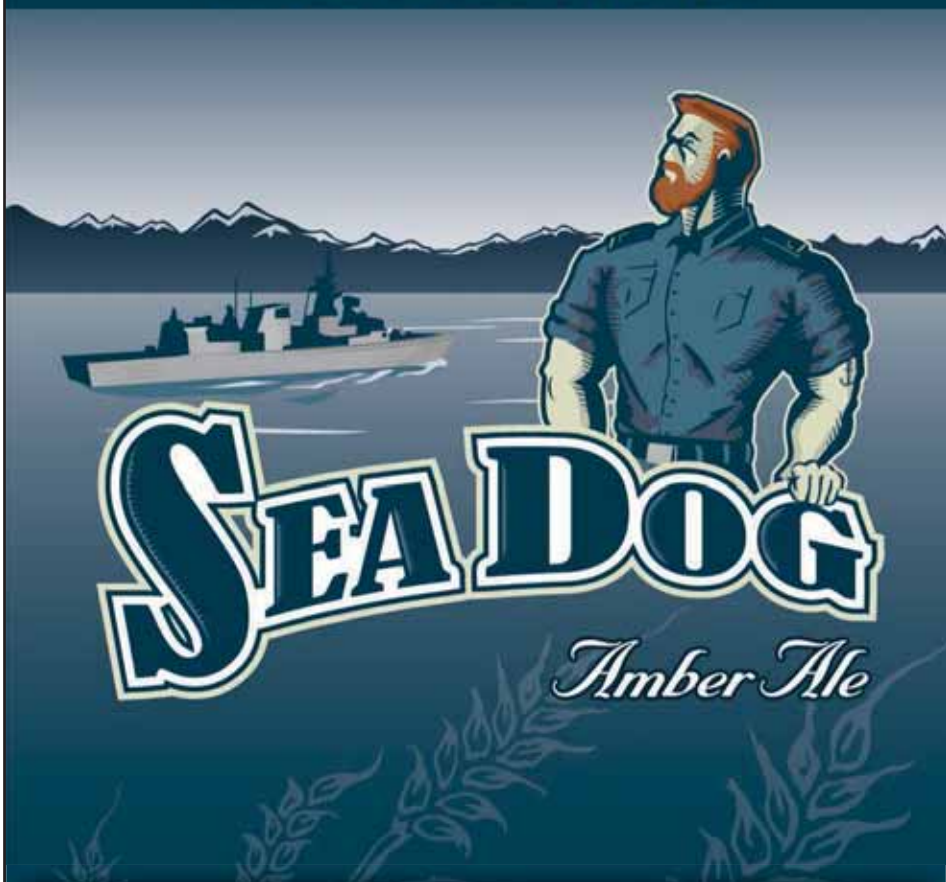
- New Units from Only \$235,900 Including net HST
- Minutes from Downtown Victoria
- Storage Locker & Bike Storage
- On-site Gym
- 4th Floor Suites Feature Ocean and Mountain Views with Large Private Decks



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 donna@TheOvation.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

Police officer trains for tough cycle race

Ben Green
Staff writer

Military Police member Cpl Mary Brigham has wisps of remembrance of an Aunt's last few weeks of life. She was seven years old and during a visit she saw her relative wearing

the telltale bandana that concealed her bald head.

"She passed away fairly soon afterwards," says Cpl Brigham.

Cancer is a disease that knows no boundaries; it's a burden that Cpl Brigham's family shares with millions of others who've been

touched by it.

This fall, in remembrance of her Aunt, and for all those still fighting the battle, she's embarking on a journey that a select few from her profession have the honour to participate in - the Tour de Rock.

"When I was first posted to the base, my coach officer was training for the tour; he peaked my interest," she says.

Cpl Brigham originally applied to ride last year, but had to withdraw after being posted to Vancouver as part of Operation Podium, to provide security for the Olympic Games.

This year, she sent in her application and after training with the qualifiers, she was selected to the 22-person team a few months later.

"This is a once-in-a-lifetime thing, you're only allowed to do it once," she says. "It makes it so much more special."

The 19 police riders and three media riders have been training three days a week for months now. Tackling grueling hill workouts on Tuesdays, speed workouts on Thursdays, and 70 kilometre recovery rides on Sundays, will ensure the team is in tip-top shape come the end of September.

"You learn how to ride with a team, which is completely different from riding alone," says Cpl Brigham. "With a team you have to think as a team,

think as one, it makes a huge difference."

"The [actual] ride is supposed to be more difficult emotionally than physically," she adds.

In-between training, riders are also canvassing the community for donations to their cause. Come Tour's end, each rider hopes to meet their individual monetary goal; Cpl Brigham is looking to raise \$5,000.

While the long hours, dietary adjustment, and screaming muscles have taken some getting used to, she understands it's a small price to pay.

"Even after biking 69 kilometres you feel good afterwards because you know the end goal," she says.

Near the completion of the ride, Cpl Brigham will shave her head; her hair will be donated for a wig.

Anyone interested in donating and supporting Cpl Brigham's participation in Tour de Rock can visit www.copsforcancer-bc.ca/tourderock/mary-brigham

The Canadian Cancer Society Cops for Cancer Tour de Rock annually raises money for cancer research and programs for children with a history of cancer. Starting on Sept. 24 in Port Alice, the team will cycle down Vancouver Island making daily stops to raise awareness and continue the fundraising push. The ride will take 14 days and cover 1,000 kilometres, finishing in Victoria's Centennial Square on Oct. 7.



Ben Green, Lookout

At the end of September, Cpl Mary Brigham, a military police officer at CFB Esquimalt, will join 21 other riders for this year's Tour de Rock. They will start in Port Alice and bike over 1,000 kilometres, finishing their journey in Victoria.



100% Financing Available

Best 5 year Fixed – 3.49%
Best Variable Rate – 2.10%
Available 9am to 9pm.

Rates subject to qualification & may change without notice.
*OAC, some conditions apply
www.mortgagesbylori.com • lori.lenaghan@vericoselect.com


Each VERICO broker is an independent owner operator

Lori Lenaghan
MORTGAGE CONSULTANT
C. 250-888-8036

ATTENTION!

MILITARY PERSONNEL

ASK US ABOUT OUR

\$1,000

INCENTIVE PROGRAM!



SteveDraneHarley.com

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



www.jerrybola.com

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



Newly Renovated Condo

1 Bed, 1 bath, 2 baths,
in-suite laundry,
separate dining, pets
allowed, underground
parking.

VI Hillside, \$239,000



Jerry Bola
250-661-3078
jerry@jerrybola.com



Tara Niedoba
250-857-0178
tara@jerrybola.com



Laurence Johnson CD
Lawyer


Michael Lomax CD
Lawyer/Mediator


- Family Law
- Mediation
- Wills & Estates



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

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.

Reach the military community.
Advertise here.
250-363-3014

Bravo ZULU



AB Saucier is promoted by LCdr Cunningham, Base Personnel Services Officer, and Lt(N) Hinch, Base Foods Officer.



PO2 Collison receives his promotion from PO1 St. Jean (left) and Maj Field (right).



Lt(N) Wulff was promoted by Cdr G. Bolduc, Commanding Officer of Maritime Forces Pacific headquarters, and Bruce Nelms of J8.



Eric Loeper, son of CPO2 Charles Loeper, receives a \$1,000 scholarship from Terry Finlan, owner of the Tim Horton's at Esquimalt and Head Street. Eric recently graduated from Esquimalt High School and will be attending the University of Victoria as a Mechanical Engineering student.



LS Suzan Hopkinson receives her CD from Cmdre Peter Ellis.



PO1 Vaughn Holland receives his CD2 from Cmdre Peter Ellis.



PO1 Todd Bishop receives his CD2 from Cmdre Peter Ellis.

Bravo Zulu for innovation and communications

On June 10th, the Assistant Deputy Minister (Public Affairs) organization gathered to celebrate its personal achievements and the collective achievements within the Department of National Defence and the Canadian Forces Public Affairs community.

This year a total of 18 nominations were submitted for the three ADM(PA) Awards category: The Special Recognition Award, the Innovation Award and the Communications Award of Excellence. In total, this represented 11 individual nominations and seven group nominations. Five individuals and five teams were chosen to receive these awards.

The Public Affairs Special Recognition Award

The Public Affairs Special Recognition Award is awarded to individuals and group of individuals who have distinguished themselves among their peers or community, and who have demonstrated one or more of the following characteristics: Consistently excel in work activities, good problem solving skills

and the ability to take on new challenges, perseverance beyond the call of duty, accomplished exemplary work that has made a positive impact on Public Affairs and a distinct sense of camaraderie among colleagues and peers.

The Public Affairs Special Recognition Awards were awarded to:

Andrew McKelvey
Capt Annie Djiosta
Lt(N) Greg Menzies

The Public Affairs Innovation Award

The Public Affairs Innovation Award is awarded to an individual or a team who has demonstrated creativity and innovation while significantly improving operations. This individual or team is recognized as having one or more of the following attributes: the ability to improve work processes by simplifying them, a strong sense of efficiency, accuracy and productivity and a demonstration of resourcefulness and perseverance.

The Public Affairs Innovation Awards were awarded to:

Thomas St.Denis
LCdr Bruno Tremblay

The Public Affairs Communications Award of Excellence

The Public Affairs Communications Award of Excellence is awarded to an individual or team who have exhibited one or more of the following characteristics while working to advance the DND/CF mission: the completion of a communications related project that required special effort, commendable work that has made a positive impact on Public Affairs, DND & CF and a consistent ability to excel in work activities and seek and accept new challenges.

The Public Affairs Communications Awards of Excellence were awarded to:

Chief Maritime Staff – Director Navy Public Affairs Team

Cdr Denise LaViolette
Maj Francine Harding
LCdr Sue Stefko
Lt(N) Heather McDonald
Lt(N) Wendy Goulet
Capt Gabriel Rousseau
MCpl Greg Moore
Charles Brown
Brian Underwood

Jacek Szymanski Amanda Pierunek The DPAO CMP and Legal Services Team

Cdr Hubert Genest
Capt Rob Bungay
Lt(N) Greg Menzies
Carole Brown
Andrew McKelvey
Mélanie Villeneuve
Rana Sioufi

The F-35 Team from DPAO, DECPR, CAS and ADM(Mat)

Kristen Goodnough
Michael Slack
LCol G. Zans
Major W. Radiff
Elizabeth Hodges
Krista Hannivan
Maritime Forces Pacific Team

LCdr Nathalie Garcia
Capt Marguerite Dodds-Lepinski
Lt(N) Michael McWhinnie
Lt(N) Mark Fifield
Gerry Pash
Duncan Ayre
Sara Helmecki
Brenda Kipot
Canadian Forces

Combat Camera Team

Capt Denny Brown
Capt Yves Desbiens
Capt Krzysztof Stachura
Capt Adam Thomson
Natasha Leduc
Bradley Prouse



PO1 Linda Parrish, HMCS Calgary

HMCS Calgary has been fortunate to share an exceptionally strong relationship with her namesake city. During a recent visit to Calgary, in addition to attending the Stampede Parade, members of the ship's company visited the Firefighter's Burn Treatment Centre at the Foothills Hospital to present a donation of \$7,000 to the Calgary Health Trust. These funds were raised by the ship's company during various charitable events throughout the year. Since commissioning, HMCS Calgary has donated more than \$41,000 to the Calgary Health Trust in support of the Burn Unit, the ship's charity of choice. While touring this world-class facility, members of the ship's company had the opportunity to gain insight into the significant impact these charitable donations have in the provision of enlightened patient care, and in support of complex, cutting edge research such as skin regeneration. Although it was a poignant visit, there was an overall sense of pride among the sailors, knowing their contribution was for such a worthy cause.

MILITARY APPRECIATION
20% OFF FOOD

1245 Wharf St
Foot of Yates & Wharf
250-382-8662
saucevictoria.com

Sauce
Restaurant & Lounge
Celiac friendly

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

SAVAGE CYCLES

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

Your Western Communities & Sooke Taxi Company
24 HR. SERVICE

250-474-4747 250-642-7900

Westwind Taxi

2925 DOUGLAS STREET VICTORIA, BC V8T 4M8 OFFICE: 250-383-6123 FAX: 250-380-7111

CF sports winners

2010 Maritime Command winners are:

- **Male athlete:** LS Chris Jenkins, taekwondo, CFB Esquimalt
- **Female athlete:** LS Kirsten Arensen, running and triathlon, CFB Esquimalt
- **Male military coach:** PO1 Scott Osborne, men's softball, CFB Halifax

- **Official:** CPO2 Yves Ouellet, hockey, HMCS Algonquin, CFB Esquimalt
- **Team collective sports:** CFB Halifax mariners, men's softball
- **Team individual sports:** CFB Esquimalt running team

The CF Sports Awards ceremony will be in Ottawa this fall.

We've moved! 875 Viewfield Rd

Cost Effective
Pays for itself the day it's installed. Long life span with low maintenance.

Attractive
Wide range of colours, clean lines and hidden fasteners.

Durable
Raised seams assist in quick drainage, preventing water damage.

Interlocking Profile
Designed as a water barrier. Fire-proof, moss & mildew resistant.

Call now for a **FREE QUOTE**

875 Viewfield Road
382-5154 • www.irwini.com

IRWIN INDUSTRIES LTD. (1988)

SUMMER HOCKEY CAMPS

puckmasters hockey training All Ages All Skill Levels

August 8-12; August 15-19
Female Only Camp - August 1-5

REGISTER NOW! 250-590-2774

Military 3-on-3 League
Sunday afternoons - ongoing registration
8 x 80 min games: \$80/Player; team is 6 Players + Goalie

Special training discount for military:
Hockey skills & dryland training
6 months for the price of 5
2 for 1 sibling registration

2657 Wilfert Road • www.puckmasters.com/victoria

Pacific Women's Day

21st Annual MFRC Women's Conference
An event for women in the Defence Community

DESTINATION: HATLEY CASTLE
YOUR ALL INCLUSIVE GETAWAY

Sat, Nov. 19, 2011
8:30am to 4:00pm
Royal Roads University

WORKSHOPS INCLUDE:
CAKE DECORATING MASSAGE MIXOLOGY
WRAPAGAMI BURLESQUE PLUS MORE!

ENTER TO WIN AN \$800 MAKEOVER
by purchasing an early bird ticket

Military member/spouse/partner, DND civilian
\$60 by Sept 10, \$65 after Sept 10
250-363-2640 toll free 1-800-353-3329

More info at www.esquimaltmfrc.com

BROUGHT TO YOU BY: ESQUIMALT Military Family Resource Centre
ROYAL ROADS UNIVERSITY

SPONSORED BY: BC Ferries, truffles catering, Fairmont HOTEL VANCOUVER

"litter-less"

Every community has **CIVIC Pride**
...let's show it!

www.pitch-in.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

ANNOUNCEMENTS

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

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

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

PETS

CKC REGISTERED BLACK & CHOCOLATE Labrador Retrievers. Well socialized & ready for their new homes. Only females left. Call 250-380-6092 for more info.

RENOVATIONS



Top quality carpentry
Competitive rates

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

MOTORCYCLES

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

APPLIANCES

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

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

See it ALL ONLINE



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

www.lookoutnewspaper.com
Download this week's issue, book a classified ad, browse CFPSA job openings



FREE
Guided Bus & Walking TOURS of CFB ESQUIMALT
www.cfbesquimalt.ca
250-363-2595



REAL ESTATE • FOR RENT

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.

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.

2 BDRM UPPER IN CHARACTER house in Vic West/Selkirk avail. Aug. 1st. Hardwood floors, lg. kitchen, dining room & covered deck. Lovely quiet house & pleasant neighborhood. Elec. & HW incl. Heat extra. NS or dogs please. \$1285/mo. 250-884-7467.

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

BRAND NEW LARGE 3 Bdrms, 3 Bths Townhouses, next to DND Belmont Park, From \$1600/mo. + utils. 360 Belmont Rd. 250-382-5599.

WATERFRONT 3 BDRM, 2 1/2 BTH home located near Sidney, minutes from downtown Victoria. Newley painted & decorated. Park like setting. Avail. Aug 1st. for long term lease. \$2700/mo. call 250-514-9571.

402 - 2940 Harriet Road - LARGE BRIGHT 2 BDRM, 2 full bth corner suite in the Harriet Gardens complex. Close to town, ocean, transportation, shopping mall, Gorge waterway, & park. Lg. spacious wrap around deck. Bright, open floor plan with laminate wood flooring. Great kitchen with fridge, stove, & d/w. In-suite laundry. Lg. Mstr. Bdrm with full ensuite. Secure und. grnd. Parking + guest parking. Lg. locker space, bike storage rms, lg. roof top deck for all residents. NS/NP. 1 yr. lease. Duttons & Co. Toll free 1-800-574-7491.

SUNNY BACHELOR SUITE for rent in Esquimalt, avail. Aug. 1st. \$750/mo., water, hydro, heat, & laundry incl. Call Mike at: 250-516-6753.

3237 Wascana Street (Suite) - BRAND NEW 2 BDRM, 1 bth suite in Gorge/Tillicum area. Incl. HW, heat, gas, hydro, garbage, sewer, extreme HS internet & basic cable. Enclosed patio for pvt. Outside use & in-suite W/D. Close to Tillicum Mall, trans, & amenities. NS/NP. One yr. lease. Duttons & Co. toll free: 1-800-574-7491 or 250-389-1011.

3237 Wascana Street (Main) - GREAT 2 BDRM & NEW BATH family home. Gorge/Tillicum area. Rent incl. H/W, heat, gas, hydro/garbage, sewer, basic cable & extreme HS internet. New kitchen, all new SS appls. Separate dining rm. & lg. livingroom with vaulted ceiling at back of house. Huge, fully landscaped yd., mature trees, great patio area. Lots of room for your own veggie garden. Sm. room downstairs for office/arts room. Close to mall, trans, & amenities. Close to Tillicum Elem. & Colquitz Middle School. NS/NP. 1 yr. lease. Duttons & Co. 250-389-1011 or toll free 1-800-574-7491.

GLEN LAKE 2 BDRM upper house. Clean, quiet, comfortable. Well kept & updated. First time on market. Walking distance to Westshore Quick access to all trans. & amenities. Ready to move in. \$1300/mo. N/S. 250-661-6903.

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. \$1000/mo. 250-370-7895.

823 Wollaston - IMMACULATE 2 BDRM TOWNHOUSE in Old Esquimalt located on a quiet, tree-lined street. Close to West Bay & West Bay Marina. Bright kitchen, new bthrm & laundry area dwn. Stairs in mud rm. New carpets and flooring throughout. Single car garage. lg., pvt., fenced backyard with gardening incl. in rent. This is only one of three units in this well maintained strata. Close to shopping, busses, & easy access to dwn. town. Close to MacCauley, Rockheights, & Esquimalt schools. Smoke Free Property. NP, one yr. lease. Duttons & Co. toll free 1-800-574-7491 or 250-389-1011.

WWW.LOOKOUTNEWSPAPER.COM

Esquimalt Town Center

1 bdrm, \$745 - 2 bdrm \$895
FREE: heat, hot water & parking
Quiet, adult building
250-888-1212

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

Bring ATTENTION to your business
Lookout Classifieds 250-363-3014

SUDOKU ANSWERS

4	8	6	5	2	7	9	1	3
2	1	5	9	8	3	6	7	4
7	9	3	4	6	1	5	8	2
6	4	9	8	1	2	7	3	5
3	7	1	6	9	5	2	4	8
5	2	8	7	3	4	1	9	6
1	5	2	3	4	9	8	6	7
9	6	4	2	7	8	3	5	1
8	3	7	1	5	6	4	2	9

PUZZLE ON PAGE 4

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

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

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

Special Promotions

FOR CANADIAN MILITARY PERSONNEL

check out our latest offer at: www.englishinn.ca/cfb

ENGLISH INN
is your next door neighbour.

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

LOOKOUT Classifieds & Real Estate

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

Call 363-3014 to book your display or word ad

REAL ESTATE • FOR RENT

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

Esquimalt

LARGE SUITES

1180 Colville
Avail NOW: Bach \$690, 1 bdrm \$725, 2 bdrms from \$885. Avail Aug 1: 3 bdrms \$1110 250-360-1983

855 Ellery
2 bdrms from \$965 avail NOW & Aug 1. 250-382-2157

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

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

Lookout Classifieds Work. Call 250-363-3014

WELCOME HOME
www.caprent.com

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 \$1,099

Short leases available.
Pet friendly.

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

TARA PLACE 250-383-1833
1039 View Street

Bachelor \$711
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 3 bedroom from \$1,350	1110 Queen Avenue 1 bedroom from \$820
200 Gorge Road West 1 bedroom from \$899 2 bedroom from \$1,050	827 Selkirk Avenue 1 bedroom from \$750
Pet friendly. Prices & availability subject to change.	3501 Savannah Avenue 1 bedroom from \$899

Call Now: 250-381-5084

Ask about our MOVE IN BONUS!
www.caprent.com

facebook.com/caprent rentals@capreit.net
twitter.com/caprent caprent.mobi

REAL ESTATE • FOR SALE

DUPLEX FOR SALE in the Duncan area. 3 Bdrms, 2 Bthrms, 1728 sq.ft. Kitchen with 2 pantries. Upstairs master has a walk-in closet & ensuite bthrm. Central Vacuum, gas fp, levelled & fenced bkyd. New 8x10 shed. carport. Asking \$267,500 to view call 250-715-7318/ More info: propertyguys.com ID#700662

BEAUTIFUL HOUSE IN ESQUIMALT on Rockheights Ave. Ideal for an officer or NCO who has won the lottery. Renovated 3 Bdrm, 2 Bth and Suite \$595,000 Call 250-385-1934

www.lookoutnewspaper.com

Lovely Family Home

First level features bedroom, full guest bath plus laundry and garage. Second level offers open plan living with vaulted ceiling, living and dining rooms opening onto the deck, bright and sunny kitchen, master bedroom, one more bedroom and full bath. Ocean view. Beautifully landscaped and fenced backyard. Walking distance to Naden Rec Centre, shopping, transit, schools, parks, day care centres more.

Jacqueline Baker 150-805 Cloverdale Ave 250-384-8124

LOOKING FOR A BARGAIN?

2 bed 2 bath top floor corner, unique condo with Victoria Car Share membership \$399,900

3 bed 1 bath strata duplex private yard NO strata fees! \$319,900

CALL DIRECT 250-213-7444
Shelly Reed
I listen and I care!
For open house & photos: www.shellyreed.com

Sutton GROUP
West Coast Realty

Incredible Townhouse Opportunity
#106 - 1315 Esquimalt Rd.
\$399,900 • MLS 294747

This 2008-built 1,365 sq ft 2 bed 2 bath executive townhouse is clean from top to bottom w/high end finishing throughout. Hardwood floors, GE stainless steel appliances, high ceilings, large master bedroom w/full 4pc ensuite bathroom & private patio area. Kitchen has granite countertops & high end cabinets. In-suite laundry, secure underground parking & separate storage. Sellers are motivated and prepared to negotiate a sale.

Call Lew Poulin, Realtor
250-414-3182
Pemberton Holmes - Cloverdale
Photos at www.lewpoulin.com

PW 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

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

SERVICES OFFERED

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

VICTORIA HYUNDAI GETS YOU APPROVED

- **No credit refused for our Canadian Forces**
- **\$0 downpayment drives away**
- **Bi-weekly payments starting as low as \$79**
- **Over 100 pre-owned cars, trucks and SUVs to choose from!**

Apply online at www.victoriahyundai.com

By telephone at 250-995-2984

or in person at our headquarters 525 Gorge Road E.

Call Macon today!
Your finance specialist
& retired Strathcona

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 Road East, Victoria
250-995-2984