

Colwood Car Mart
250-474-MART(6278)
"It's Smart to Shop at the Mart"

2 paystubs and you're approved!

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

*All vehicles safety inspected.
Free warranty for military personnel.*

1836 Island Hwy
D31034 D30748
colwoodcarmart.com • islandautosource.com

Volume 56 Number 35 | August 29, 2011

LOOKOUT

MARPAC NEWS CFB Esquimalt, Victoria, B.C.

PHARMASAVE

You're not just another number

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

Esquimalt Plaza
250.388.6451

LIVE WELL WITH PHARMASAVE
100% locally owned

CMP presents "The VAC"

Find out how Veterans Affairs Canada can help you now and in the future!

BGen Madower, Assistant CMP, encourages CF members and their families to attend an important information session about VAC services and benefits available for CF personnel, and to learn how VAC can help members when they transition to civilian life.



Information Session

Sept. 8, 2011
Naval Officer Training Centre,
Nixon Building 1367
9 - 11:30 a.m.

Veterans Affairs Canada Anciens Combattants Canada



Rescue on the West Coast

Lt Trevor Reid, 19 Wing Comox PAO

Above: A search and rescue crew from 442 Transport and Rescue Squadron carefully wheel an injured trail patroller off their CH-149 Cormorant helicopter at Victoria General Hospital on Aug. 24. The patroller, of the Ditidaht First Nation, had fallen in a remote portion of the West Coast Trail just north of the Nitinat Narrows. This was the second evacuation in three days for 442 Squadron as they lifted an injured hiker out from a similar spot on the trail on Aug. 22.

Right: Here the crew lands on a beach just north of the Nitinat Narrows. With the injured patroller only a few metres into the forest, Search and Rescue Technicians from 442 Squadron and Parks Canada personnel carried him across the beach for transport.



Editorial & Opinion..... 4
Bravo Zulu..... 11
Classifieds..... 14-15

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.evedarsbistro.ca
Open 7 days a week

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.

We proudly serve the Canadian Forces Community

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

MOLLY MAID
www.mollymaid.ca

(250) 744-3427
paula.whitehorn@mollymaid.ca

Navy connects to community through the "Beautiful Game"

Ben Green
Staff writer

Navy personnel were given the unique opportunity to connect with a demographic of the local community that is often misunderstood and overlooked.

On a wind-swept field at Victoria High School a week ago the CFB Esquimalt Tritons soccer team squared off against the Victoria Dreams, a soccer team for people who are homeless, struggling with addiction, mental illness, and poverty.

While the Tritons were using the match as further preparation for their upcoming national tournament at CFB Borden Sept. 9-16, it was not the only experience they took away from the park.

"Their team is a great example of how sports can bring something positive to someone's life," says LS Jermaine Pedro from HMCS Winnipeg and a midfielder for the Tritons. "The fact that soccer is a cheap sport to play means it only takes a ball to bring a smile to your face. Sometimes that's all it

takes to get you going in the right direction."

The Victoria Dreams is a branch of Street Soccer Canada, an organization that has set up almost a dozen similar programs across the country. The local team was officially launched in March by Times Colonist reporter Katie DeRosa. With a pool of about 30 players and a number of volunteers, she says the team is a great unifying force for everyone involved.

"It [soccer] transcends socioeconomic backgrounds; it's the same equipment, same uniform, you can't tell who is a volunteer and who the street people are," she says.

LS Pedro says the two teams were perhaps more similar than meets the eye.

"The Dreams show that if someone is willing to put in the work, great things can be accomplished," he says. "I think we in the CF share that mentality within our day-to-day situations."

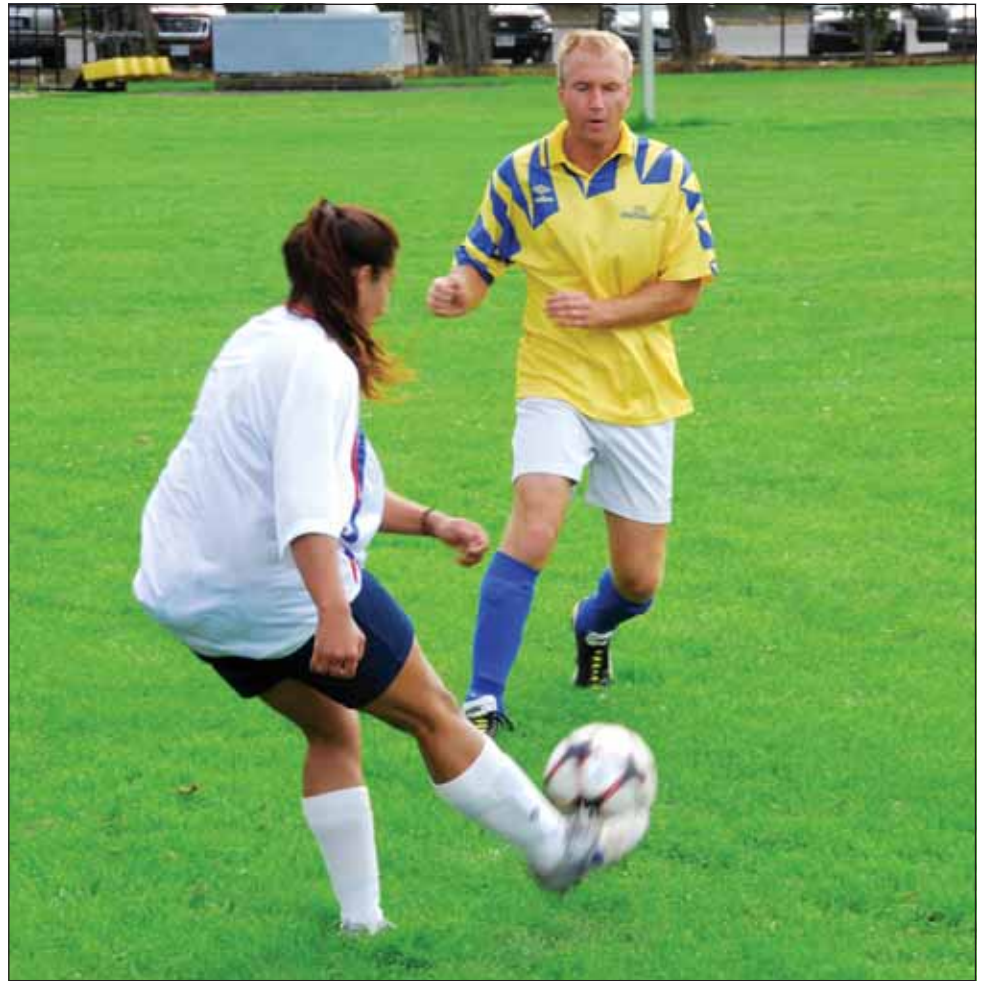
After a back-and-forth first half, the teams went into the break 1-1. Both sides were looking to involve the entirety of their

line-ups, which meant continuous changes throughout the match. The second half started much the same as the first ended, but as the game entered its twilight, the Tritons pulled away with two late goals, winning 3-1.

"When we can get out and interact in a positive way, it gives the community a better idea who we really are; it gives personality to the CF," adds LS Pedro.

The Victoria Dreams train every Sunday at Victoria High School from 3:30-4:30 p.m. Through a donation from Adidas Canada, DeRosa and her host of volunteers are able to provide any attending player with cleats and shin-pads. Interested players should be people who self-identify with the street community, but volunteers are always welcome. Anyone interested in donating gently used cleats, balls, athletic clothing, and other soccer equipment can do so by emailing victoriastreetssoccer@gmail.com or calling 250-588-2414.

For more information on the team, visit www.victoriastreetssoccer.com.



Ben Green, Lookout

A Victoria Dreams player lofts the ball forward during their game against the CFB Esquimalt Tritons last weekend. The base team used the game to prepare for their upcoming national tournament and to connect with the street community in Victoria.

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.

CANEX Serving those who serve

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

NATIONAL NEWS: OPERATION NANOOK

Right place and right time for rescue

Canada Command

At the time of the tragic First Air Flight 6560 plane crash in Resolute Bay, Nunavut, the Canadian Forces, through Canada Command's Joint Task Force (North), was conducting Operation Nanook 11 – one of three annual northern operations – to take place this year in Resolute Bay, Nunavut, from Aug. 4 to 26.

Planned to exercise sovereignty and hone the CF and its partners' capabilities to respond to a simulated marine incident followed by a simulated major air disaster in the Arctic, this operation was suspended as the CF provided immediate and critical support to the real-life First

Air tragedy in the North.

The Canadian Forces suspended the exercises associated with Operation Nanook 11 in order to devote their attention to conducting search and rescue recovery efforts and provide support to their partners.

Twelve of 15 passengers died when the Boeing 737-200 crashed into a hill approximately 1.5 km from the Resolute Bay Airport runway. Due to the CF's proximity to the accident during Operation Nanook 11, they were able to respond quickly with available assets to assist the three injured survivors: a 23-year-old woman, a 48-year-old man and a seven-year-old girl.

Out of respect for the commu-

nity, to continue to support the Royal Canadian Mounted Police and the Transportation Safety Board of Canada in their investigation, and to continue to support the CF's partners and the community of Resolute Bay, the simulated scenarios of Op Nanook 11 concluded Monday, Aug. 22. CF support to other government departments in relation to the First Air crash and support to the community of Resolute Bay and related partners is continuing.

Canada Command and its six regional task forces across Canada are responsible for CF routine and contingency operations in Canada and North America, including the North.



Sgt Norm McLean, DND

Canadian Forces medical members carry a stretcher with one of three survivors of the crash of First Air Flight 6560 in Resolute Bay, Nunavut, from the medical centre to a vehicle, for medical evacuation by CC-117 Globemaster III.

MILITARY APPRECIATION

20% OFF FOOD

1245 Wharf St
Foot of Yates & Wharf

250-382-8662

saucevictoria.com

Celiac friendly

TEST OUR METAL

2012 HARLEY-DAVIDSON
TEST RIDES
SEPTEMBER 16 & 17

Steve Drane Harley-Davidson

2940 Ed Nixon Terr. Victoria, BC

250-475-1345 SteveDraneHarley.Com

2011 - 2012
CANUCKS HOCKEY PACKAGES

Midweek Games from \$160
Weekend Games from \$225

Includes: Ticket, 1 night accommodation & taxes
Prices are per person, based on double occupancy. Call for dates.

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

In the CANEX Building off Admirals Road

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**

NEED TOOLS IN THE CITY?

DISCOUNT PROGRAM
PROGRAMME DE RABAIS

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

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

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 WRITERS

Ben Green 250-363-3130
ben.green@forces.gc.ca

Dawn Bennett 250-363-3672
dawn.bennett@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



People Talk

Lookout asked this question following the death of Jack Layton:
What are your thoughts on the death of Jack Layton?



I feel extremely sad. He was very influential in Canadian politics and did a lot for this country. Growing up in Toronto, Jack Layton was one of the first names I heard in politics, and also one of the first names I saw on a ballot. His mark on the City of Toronto and Parliament will never be forgotten.

Pte Felicia Ogunniya



It's very sad for the country and for the party. The party itself might take a bit of a plunge but they will recover.

LS Pierre Ouellet



I first read it on Facebook on my friends' statuses and I was shocked and saddened. I supported his beliefs. His work was unfinished.

AB Katlin Braithwaite



It's unfortunate especially considering the circumstances.

MS Ryan Pollard



I feel for Jack's family because my mother had cancer. I am more partial to peace than conflict and he wanted to bring the troops home from Afghanistan. I hope there will be someone like him to fill his boots.

OS Nick Frenette

BOOK review

All On Her Own - Stories of Canadian Navy Wives

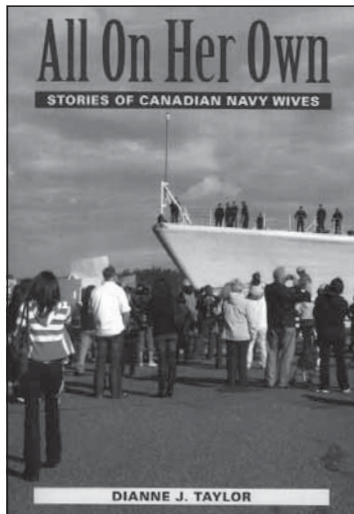
Dawn Bennett
Staff writer

"When God created woman, He made her as perfect as He could. Then He stood back, took a second look, and made the Navy wife. It's the hardest life you'll ever live."

The above quote came from one of the women featured in Dianne Taylor's book, *All On Her Own - Stories of Canadian Navy Wives*. Her Padre said it to her at her wedding to her navy husband more than 30 years ago and it's something she's never forgotten.

It was originally published in 1985 as "There's No Wife Like it" in honour of the 75th anniversary of the navy, but it has been out of print for decades. Now, 25 years later, this enthralling book has been re-issued with a new cover and a new title. Sadly, Mrs. Taylor passed away in 1995 and Suzanne Anderson of Half Acre Publishing spent several years tracking down her family to get permission to reprint the book.

The book brings to life the loves, lives and triumphs and tribulations of navy wives. But not



all the stories are happy. There are stories of separation and loss; of babies born when Daddy was away; of the coldness and bleakness of Halifax and Dartmouth in the 1930s and 1940s; of no running water or electricity in those early years; of arriving in a new city with no place to live.

The underlying thread in many of these women's stories is the ever present loneliness and fear of raising a family and taking care of the home-front on their own.

But there are also stories that

bring a chuckle such as a frustrated wife chasing the customs representative up the gangway with her umbrella when she thought he was taking too long letting the men off the ship, or a spouse accidentally driving off the jetty in the excitement of meeting her husband.

The book is divided into six sections: Getting Started, Changing Home Port, A Time of Independence, Living With War, Navy Blues, and Potpourri and Home Comings.

Getting Started details the adjustments and sacrifices (and for some, shock to the system) many women went through in the early months and years of their marriages after marrying a military man.

Changing Home Port chronicles that challenging time when the family is asked to pack up everything and move.

Anyone who's ever stood impatiently on a cold jetty waiting for a ship to come in will enjoy the Home Comings section, while the chapter A Time of Independence emphasizes the incredible strength of character

it takes to be a navy wife. The stories in *Living With War* are the reality check of what being in the military is all about. *Navy Blues* chronicles the controversy surrounding the change of the old bell bottomed sailor suit to the blue serge, and *Potpourri* covers all the stories that don't fit into a neat category.

The sadness of the war years, the horror of the Kootenay explosion, the accidental sinkings of Fraser and the Margaree (and the ensuing survivor's guilt), as well as the disaster in Halifax Harbour in 1917 are all covered in this book.

The women in *All On Her Own* remember both the good and the bad times, but the emotion that rises to the top is pride - pride in being a navy wife, pride in their husband's contribution to Canada, and pride in their ability to survive on their own for months at end when their husbands are at sea.

Copies of *All On Her Own* are available through Half Acre Publishing, 250-746-3919, 3321 Renita Ridge Road, Duncan, B.C. V9L 5J6 (www.selfpublishing.ca).

10% off any Truck Rate

Budget Car and Truck Rentals

Call 250-953-5300
www.budgetvictoria.com

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

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

MARS III students take Navy 5K to Nanaimo

NCdt Steve Lamarche
Contributor

It is 8:55 a.m. on Aug. 14 at the Nanaimo visiting vessel pier.

Nabob MARS III and Sussexvale/Stettler NETPO students line up alongside PCT Grizzly, each of them anxiously waiting for Grizzly's Executive Officer to give the next command. The deck watch reads 0900 as he yells "go!" from the starboard bridge wing and starts his stopwatch. The young officers dash down the jetty, out the gate and set their course through the streets of Nanaimo. They are running the Navy 5k Run: Nanaimo Edition.

Due to the Sea Phase of their courses, the MARS III and NETPO students of PCT Grizzly, Wolf, Moose and Cougar were unable to compete in this year's Navy 10k Run at CFB Esquimalt. However, with a weekend alongside in Nanaimo, there was an opportunity to hold a less-publicized version of the navy road race through the city streets and along the waterfront. With several former university athletes and avid runners among the crews, finding members to run the course came with no difficulty.

"Most of us would have gone for a run today anyway," says A/SLt Guerra. "Having my morning

run turned into a race just makes it more fun. There would've been more if they didn't have a duty watch."

Due to a last-minute change to the route, because of some unexpected downtown road closures, the event distance was shortened to 4k. The men's race winner was A/SLt Michael-Lucien Bergeron, finishing with a strong time of 15:24. Hot on his heels was A/SLt Sebastien Harper finishing second in 15:36. The podium was closed out by

NCdt Steve Lamarche crossing the finish line at 15:42.

On the women's side, NCdt Taya McGillivray led the field in a time of 17:21. A/SLt Chelsea Henderson finished a strong second in 20:17.

There weren't just runners participating in the fun run either. One student opted to ride his home-built recumbent tricycle around the course, albeit twice to be fair. Another with an injured ankle walked the course, took a wrong turn and walked almost

10 kilometres.

In total, nine students participated in the run along with several volunteers charged with organizing and planning the route.

Special thanks go out to: NCdt Nelson (Nanaimo Liaison Officer) and NCdt Paul Larose for planning the course routes and advertising the run among the crews; duty driver A/SLt Bryce Witherspoon; and finally to Lt(N) Darren Sleen for organizing the event.

Navy run raises over \$5,700 for Canadian Diabetes Association

More than 300 runners from CFB Esquimalt and the community tied up their laces to raise over \$5,700 for the Canadian Diabetes Association on Sunday, Aug. 14 at the annual Navy 10K. The race started at Canadian Forces Base Esquimalt and toured the surrounding neighbourhood.

RAdm Nigel Greenwood, Commander Maritime Forces Pacific, participated in the 10 km run to set an example of leading a healthy lifestyle.

"We thought this was a great opportunity to partner with the Canadian Diabetes Association. It helps underline the message of health and enables people to contribute in a meaningful way," said RAdm Greenwood.

Rebecca Taylor, manager for Team Diabetes was delighted to partner with the navy.

"When people raise money and train for this event they're leading by example by making a difference in their own health and encouraging others to do so too," said Taylor. "After the success this year we look forward to opportunities to work with the Navy again."

This was the run's fifth year, and the first in partnership with the Canadian Diabetes Association. Runners, online donors and corporate partners raised more than \$5,700 for the charity. The winner of the 5km race was a female runner, Michelle Gordon of Victoria, while Ryan McKenzie of Victoria took the 10km title for the third year in a row.

NEWS nuggets

- The Joint Task Force X Human Intelligence (HUMINT) Recruiting Team will be visiting and providing an education briefing to interested military personnel in Esquimalt. The two part presentation will explain what HUMINT is and how to apply, followed by a presentation from a Source Handler who recently returned from theatre. Details: Sept. 1, 10 a.m. - noon, Collier Theatre, dress of the day, personnel must possess a valid military ID.

- From Aug. 28 - Sept. 26, HMC Ships Montreal, Shawinigan, and Summerside will take part in the Great Lakes Deployment. The vessels will visit 16 ports in Quebec, Ontario and Newfoundland and provide Canadians the opportunity to see the importance of the navy in security and humanitarian assistance.

- Joint Task Force Afghanistan Air Wing has officially ended its operations at Kandahar Airfield. Combined, the aircrafts flew almost 96,000 hours over three years of operations. The CC-130 Hercules will continue to fly and support Mission Transition Task Force until the end of the year.



ATTENTION FORCES MEMBERS

Make the most of your families visit this summer in downtown Victoria. Inquire about great military rates for spacious family friendly suites.

We offer a military discount

740 Burdett Avenue,
Victoria BC, V8W 1B2

Reservations:
250-382-4221
1.800.663.5891



Chateau Victoria
HOTEL & SUITES

www.chateauvictoria.com



West Coast Welcome

Saturday, September 10, 2011

9:30 am - 11:30 am

Colwood Pacific Activity Centre

2610 Rosebank Road (off Ocean Blvd)

Find out what's new in your community!

FREE HOT PANCAKE BREAKFAST

DISCOVER

- CFB Esquimalt groups and clubs
- MFRC programs and services
- Community organizations from Greater Victoria

ENTERTAINMENT AND GAMES FOR ALL AGES!

Free transportation every 20 minutes:



CANEX ExpressMart,
Youth Activity Centre,
Ranger Station in Belmont Park,
RRU gate on College Road,
CPAC



www.esquimaltmfrc.com
250-363-2640
toll-free 1-800-353-3329

An event for CF members and their families.

Sponsored by:



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

SELECT
 MORTGAGE CORP

Is your mortgage due for renewal?
 Discuss your options with a Mortgage Broker First!
 100% Financing Available for Purchase Financing
Ask me how

Best Rates/Best Service • *OAC, some conditions apply
 www.mortgagesbylori.com • lori.lenaghan@vericoselect.com

VERICO
OWNERS TRUSTED MORTGAGE EXPERTS

Lori Lenaghan
 MORTGAGE CONSULTANT
 250-888-8036

Each VERICO broker is an independent owner operator

SUMMER HOCKEY CAMPS

puckmasters
 hockey training

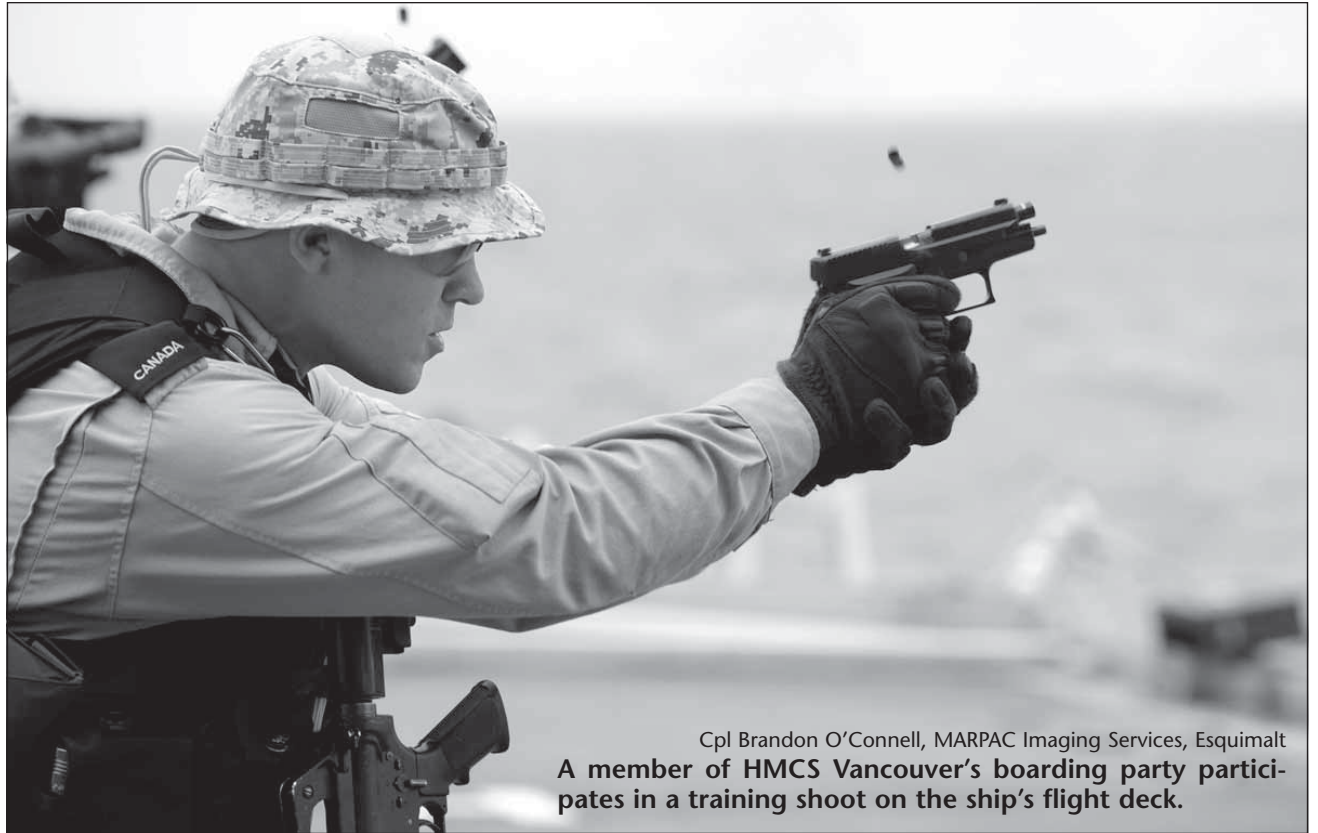
**All Ages
 All Skill Levels**

**Intro to Minor Hockey Morning Camp
 for 6 and under**
 August 22-26 (5 spots left)
 \$75 per week or \$25 per day

REGISTER NOW! 250-590-2774

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



Cpl Brandon O'Connell, MARPAC Imaging Services, Esquimalt
 A member of HMCS Vancouver's boarding party participates in a training shoot on the ship's flight deck.

Vancouver assumes maritime role in Libya

Lt(N) Tony Wright
 HMCS Vancouver

After taking the baton of Operation Mobile from Halifax on March 2, and was already on station with the NATO fleet in the central Mediterranean Sea when the first air strikes in support of the U.N. resolution were conducted. It finally withdrew to Palma de Mallorca after five busy months of operations in defence of Misrata.

Vancouver is the second frigate to take on the role of Canada's naval contribution to Operation Unified Protector. This operation is the NATO-led effort to enforce the arms embargo on Libya and the no-fly zone in Libyan airspace. It is authorized by U.N. Security Council Resolution 1973, which calls on the international community to protect civil-

ians and civilian-populated areas in Libya.

Charlottetown deployed from Halifax on March 2, and was already on station with the NATO fleet in the central Mediterranean Sea when the first air strikes in support of the U.N. resolution were conducted. It finally withdrew to Palma de Mallorca after five busy months of operations in defence of Misrata.

The two Canadian warships met in Palma de Mallorca for a comprehensive turnover to prepare *Vancouver's* crew for the mission.

In Operation Mobile, "Task Force *Charlottetown*" becomes "Task Force

Vancouver" as *Vancouver* moves into the combat operations area. NATO warships patrol in plain sight to warn and deter those who would harm civilians.

"What we are looking to accomplish here is very simple — protect civilians," said Cdr Bradley Peats, the commanding officer of *Vancouver*. "By working closely with our NATO allies, we aim to accomplish our mission by providing a flexible platform and crew able to respond to any developing situation."

Vancouver departed Esquimalt July 10, and arrived in the Mediterranean by way of

the Panama Canal, the Caribbean Sea and the Atlantic Ocean.

"We've been given an important job to do. We've travelled a long way to get here and we are ready to start putting our training to work," said naval communicator PO2 Jim Wilson.

With extensive preparations and long transit completed, *Vancouver* now begins its mission, hoping to make a positive difference in the lives of Libyans and certain to show Canada's commitment to peace and security.

"*Vancouver's* presence off the coast of Libya will protect civilians," said Lt(N) Sam Patchell, one of *Vancouver's* two operations room officers. "It will allow legitimate traffic to flow to and from Libya and ensure humanitarian assistance is able to reach those in need."

Now that's...

Kool
 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.

Vancouver Island Safety Council

MOTORCYCLE RIDER TRAINING

NOVICE & TRAFFIC PROGRAMS

EXPERIENCED RIDER COURSES

VEHICLE DRIVING LESSONS

250-478-9584
 www.visafetycouncil.com

CANEX

www.canex.ca

Simply the
Best

 **Apple**[®]

32Gb iPod Touch[®]

Model MC544CA

*Limited quantities, 20 per store. Sorry no Rainchecks.

299⁹⁹

or

Pay only 25⁰⁰
for 12 months on the
No Interest Credit Plan
Plus
NO MONEY DOWN
NOT EVEN THE TAXES!



Authorized Reseller

CANEX



1-4 Sept, 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 of 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 Alberta Electronics Recycling environmental fees, or any other applicable provincial levies, fees & taxes. Eligible authorized patrons may purchase general merchandise of at least \$199 on the CANEX No Interest Credit Plan, O.A.C. an approved credit. Visit your CANEX store or visit us online at www.canex.ca for all the details.

RAVENS GRADUATE



Cpl Michael Bastien, MARPAC Imaging Services

Above: Raven recruits, under the command of SLt Anya Daradics, welcome RAdm Nigel Greenwood, Commander Maritime Forces Pacific, with a general salute.

Right: RAdm Nigel Greenwood and other VIPs salute during the national anthem.

Bottom right: Steven L. Point, Lieutenant Governor of B.C., inspects Raven graduates on parade.

Below: OS Benjamin Rozon is awarded a traditional First Nations paddle by LGov Steven Point in recognition of his outstanding overall performance during the Raven program.

Now in its ninth year, Raven is one of three Aboriginal youth employment initiatives in the CF.



Legion honours Afghanistan veterans

Dawn Bennett
Staff writer

Legions across the city held an Afghanistan Veterans Appreciation Day on Saturday, August 20.

Joining veterans at the Royal Canadian Legion (Esquimalt Branch #172) were Member of Parliament Randall Garrison; Esquimalt Mayor Barbara Desjardins; RAdm Nigel Greenwood, Commander Maritime Forces Pacific; and Cdr Tim Allan, the new Base Administration Officer.

"The Royal Canadian Legion wanted to thank the men and women, and their families, for their dedication and commitment during the combat stage of the Afghanistan mission," said Legion President Ches Dicks. "Words are not enough to show our appreciation."

Padre Doug Friesen, a vet himself after spending 10 months in Kandahar, conducted a prayer of remembrance in front of The Wall of Heroes. The wall is a pictorial of Canadian military members who died in the conflict. It's a labour of love from Legion manager Doug Grant who felt a strong need to honour Canada's military personnel who've sacrificed their lives in Afghanistan.

"I put this together through the tears," said Grant. "I would have to stop when I became too overwhelmed at the thought of how young these people were, and how much life they had left to live."

The Legion presented guests and dignitaries with "Support the Troops Afghan Veteran" edition pins, 65th anniversary Esquimalt Legion pins and ribbons, and "We Remember" wrist bands. For the guests of honour, the Legion created a desert camouflage style ball cap. Any Afghan veteran who wasn't at the event can go to the Esquimalt Legion with their ID and receive their cap.

"It was very rewarding to be part of the team that helped Afghanistan with their first free elections ever," said Capt Grant Whittla. "For me, it was a personal highlight to have helped achieve a democratically elected government in a country which



LS Gareth Eley stands in front of the Wall of Heroes. LS Eley served with Sgt Miok, Sgt Taylor, Cpl McCormick and Pte Chidley, who died with Calgary Herald reporter Michelle Lang in an roadside bomb attack on Dec. 30, 2009.

had never had one before. I also felt very lucky that we didn't lose anyone."

Capt Whittla was the Sergeant-Major in the All Source Intelligence Centre as part of the National Command Element in Kabul from August 2004 - February 2005 that helped monitor the city's first free elections.

He has since taken a commission and is now a Communications and Electronics Engineer (Air Force Officer).

"I had a great time at the Legion Appreciation Day and was well received there," said LS Gareth Eley. "It's good to know you have a place to go and swap stories with people who have shared similar experiences."

LS Eley was part of the Kandahar Provincial Troop from October 2009 to May 2010 as the Operations/ Accommodations Non Commissioned Officer for Camp Nathan Smith. He served with Sgt George Miok, Cpl Zachery McCormack, Sgt Kirk Taylor and Pte Garrett William Chidley who were killed, along with journalist Michelle Lang of the Calgary Herald, on Dec. 30, 2009, when the group's light armoured vehicle was struck by an improvised

explosive device in the city of Kandahar. All five are honoured on The Wall of Heroes.

Also present was MS Shawn Pertl who served in the Gulf in 2008 aboard HMCS Calgary as part of Operation Altair ROTO 4 (CTF 150). They were tasked to inspect small boats crossing the Gulf of Aden.

"I think the Legions Appreciation Day was great," said MS Pertl. "I know it was something the vets will not forget. I was there to support all our veterans for the great job they did and are still doing over there. A lot gave some, some gave all."

Dawn Bennett, Lookout

Special CFB Rates
FOR CANADIAN MILITARY PERSONNEL

Victoria's luxurious 4 star boutique hotel located moments from the base

ENGLISH INN
is your next door neighbour.

250.388.4353 | 429 LAMPSON ST, ESQUIMALT | ENGLISHINN.CA

Family Dental Care

abacus Dental Centre

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

250-386-3044
www.abacusdentalcentre.ca

Suite 14 1153 Esquimalt Rd Victoria, BC V9A 3N7

WESTSHORE U-LOCK MINI STORAGE

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

1621 Island Highway, 250-478-8767

selfstorage.ca

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 donna@TheOvation.ca

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>

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** OAC

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

licensed by motor vehicle sales authority

D#30622

Bravo ZULU

Special marchpast for a special officer

Lt Michelle Wilson
HMCS Quadra

With more than 800 cadets and staff mustered on the parade square, Cdr Mike McCormick, HMCS Quadra Sea Cadet Summer Training Centre's Commanding Officer addressed the ship's company for the last time during the final morning divisions.

After promoting an officer to Sub-Lieutenant, Cdr McCormick called LCdr Julie Hillsden forward and presented her with a Commanding Officer's coin. This is LCdr Hillsden's last summer at Quadra, as she will retire in the coming months.

LCdr Hillsden joined the Cadet programme in 1985 as a civilian volunteer when her sons became members of 5 RCSCC Rainbow. She was attested into the Canadian Forces in May 1991. After holding all positions in the corps, she assumed Command

of Rainbow from 1998 - 2001. She spent 11 summers at Quadra as a GT Divisional Officer, Support Coordinator, Food Services Officer and Movements Officer before being appointed to the position of Chief Administration Officer in 2009. LCdr Hillsden also spent four years at Albert Head Air Cadet Summer Training Centre as the Public Affairs Officer.

LCdr Hillsden has worked at the Regional Cadet Support Unit (Pacific) since 2001, as the Area Cadet Officer, Special Projects Officer and in her current position as the Quadra Staffing Officer. She is responsible for pre-CSTC coordination and hiring of all Staff Cadets and Officers and through the years, has had a huge impact on the lives of many Cadets and Officers.

After Cdr McCormick made the presentation of the coin, he invited LCdr Hillsden to take the dais as



LCdr Julie Hillsden takes the salute from the Ship's company during her final morning parade on Aug. 17 at HMCS Quadra.

the ship's company saluted her - one last time - in recognition of her service.

Later that evening, the Wardroom presented her with a personalized Canucks jersey, with Hillsden and 11 on the back, and the Quadra crest sewn on the front. LCdr Hillsden is a very strong supporter of the Vancouver Canucks.

LCdr Hillsden will return to her position at the RCSU (P) in September and will officially retire from the Canadian Forces in December 2011.

HMCS Quadra recently completed its 55th consecutive year of training Sea Cadets from across Canada. For more information on HMCS Quadra, please see www.cadets.ca/cstc/quadra.



Above: The first reserve Junior CISN Op course serial 0001 to graduate with Regular Force qualifications. Front (left to right): PO2 Tracy Raven, CPO2 Steve Lesperance, MS Christian Mosley. Middle: OS Benoit, OS Stockermans, OS Lee, OS Gaudette, OS Song. Back: OS Mantha, OS Demers, OS Wright, OS Kitchen and OS Cairns.

The reserve officially adopted the Regular Force curriculum for its QL3 Junior CISN Ops in March 2011 and has since conducted four courses, successfully training 37 reserve Naval Communicators.

Below: OS Stockermans receives Top Student Honours for Junior CISN Op serial 0001 from the CFSE Combat Div Commander, LCdr Thaler.



Cpl Lagimodiere is promoted by Cdr Bolduc, Commanding Officer of Maritime Forces Pacific Headquarters, and LCdr Thorp of J2.



Lt(N) Cope is promoted by Cdr Bolduc, Commanding Officer of Maritime Forces Pacific Headquarters, and LCdr Smith of J41.



PO1 O.K. Meyer accepts the Canadian Forces decoration from Cdr A.R. Harrigan, Officer in Charge PCC Esquimalt on Aug 24.



PO1 S.L. Wilson receives the Canadian Forces decoration from Cdr A.R. Harrigan, Officer in Charge PCC Esquimalt, on Aug. 24.

Congratulations to Joy Hamilton, winner of the Canadian Forces Housing Association \$300 Gift Basket in support of United Way. CFHA sold \$347 in tickets.



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

Triumph
"Thank a Hero"
\$350 to \$750 off best price!
SAVAGE CYCLES
in Langford across from Steve Drane
250-475-8885 • www.savagecycles.ca

TRACKSIDE AUTO SERVICE LTD.
A FULL SERVICE AUTO REPAIR FACILITY
Winner of the "2010 BEST SERVICE AWARD" from Esquimalt Chamber of Commerce
B.C. GOVERNMENT DESIGNATED INSPECTION FACILITY
Induction & Fuel Injection Service
Out of Province Inspection
Diesel Fuel Service
Brake service
Oil service
Electrical
Exhaust
Tires
Castrol
WALKER
HANKOOK
Ask about **BG Protection Plan***
Where Dependability and Trust are a Priority...
784 Fairview Rd. • 250-383-5509 • tracksideautoservice.ca

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

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

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



Ben Green, Lookout

SLt Jo-Ani Mercier, from Canadian Fleet Pacific, practices a deadlift during the the new Tactical Athlete Training Program (TATP) at the Naden Athletic Centre. The three-week program is a new national Personnel Support Programs fitness initiative designed for CF personnel who are athletically advanced and looking for operationally specific training that will better prepare them to cope with the demands of their professions. All TATP participants possess a high level of fitness, are at the exempt level for EXPRES testing, able to complete five chin-ups, and able to achieve a recommended Level 3 in the Army Fitness Manual. The 10 participants of the pilot program will expand on their base of training knowledge to allow a safer and more effective workout.

GUTTER PROTECTION SYSTEM

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

PRO-TECH Exterior Products Ltd.
875 Viewfield
250-382-5885
"One stop shopping with friendly advice."

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

How can you support
Habitat for Humanity Victoria?

- **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.

10% DND Discount with ID & coupon

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

Habitat for Humanity Victoria ReStore

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

Challenging flight in theatre leads to Royal meeting for pilot

Ben Green
Staff writer

Capt Kurt Schweitzer has flown hundreds of missions in Afghanistan.

Deployed seven times for a total of 14 months between 2005 and 2009, the Hercules Aircraft Commander has done it all. He's transported entire regiments in and out of combat, successfully air dropped fuel, food, and water to U.S. soldiers at the most remote Forward Operating Bases, medevaced casualties to safety, and flown missions he can't talk about.

He's even experienced enemy ground fire.

On May 7, 2009, Capt Schweitzer landed his four-engine, 130,000 pound bird on a bare-bones runway for a routine passenger pick up. It was scheduled to be one of his last flights in the Afghan theatre.

"We landed at an austere airfield in Afghanistan a few hours before dark to pick up some passengers and take them to Kabul," he recalls. "Unfortunately, the gravel runway had numerous sharp rocks on it and we blew a tire while taxiing for take off. By the time we changed the tire, we knew it was going to be night and my crew was not trained to take off from an unlit gravel runway."

The Canadian Hercules crews were not trained on Night Vision Device operations. As the sun fell below the horizon, the

crew noticed spectators gather to look at the distressed aircraft and talk on cell phones.

"We knew that another Canadian Hercules aircraft had blown a tire in a similar situation about a year earlier and they ended up spending the night where they were," says Capt Schweitzer. "We did not want to chance leaving the aircraft and crew vulnerable to Taliban attack."

The crew quickly developed a plan to minimize their time on the ground.

With first officer Capt Joseph Tufenkdjian and air combat systems operator Capt Joshua Leveque, Capt Schweitzer mapped out a take-off scenario that would minimize risk to the crew, passengers, and the aircraft. Flight engineer MCpl Terry Lacaille, loadmasters WO Mark Kelly and MCpl Terry Parsons, and two technicians were tasked with changing the blown tire.

With night now settled in, the crew's gamble seemed to pay off as they once again taxied down the short runway and lifted into the dark unscathed – almost.

"We heard loud banging from the back of the aircraft after we levelled off," says Capt Schweitzer. "We could not determine the source of the noise, however we knew there was something seriously wrong with the aircraft so we diverted to Kandahar Air Field (KAF) to be safe."

What the crew didn't

realize was the Hercules' underbelly had been hit by an anti-aircraft artillery round. The bullet tore through one of the main landing gear tires, the main landing gear door actuator, as well as several components of the refuelling panel.

"We managed to land safely at KAF, but we had to use emergency brakes on the runway because our normal brakes failed," he says. "We were relieved to be safe back at our home base."

The exploits of Capt Schweitzer and his crew spread through the ranks, both overseas and at home. Turning a dire situation into one with little consequence earned him a Mention in Dispatches (MID), which recognizes valiant conduct, devotion to duty, or other distinguished service in combat or near combat conditions.

"It's a great honour to receive an MID; however, it is an even greater honour as a member of the air force because most recipients are from the army," he says. "This mission would not have been successful without the professional crew I was flying with that day. They deserve to be recognized for their actions as well."

Two years on, now piloting the CC-144 Challenger executive jet with 412 Squadron in Ottawa, Capt Schweitzer's passenger manifest reads like a list of Canadian who's who – the Prime Minister, the



Capt Schweitzer (above) and his crew (below) overcame serious issues with their Hercules aircraft during a routine passenger pickup in Afghanistan in May 2009. For his decisive actions, Capt Schweitzer was awarded a Mention in Dispatches and was selected to attend a reception with the Royals when they visited during the summer.

Governor General, the Chief of Defence Staff, heads of state – a far cry from austere airfields in Afghanistan.

Higher leadership even thought so highly of his calm and collected actions

all those nights ago they recently chose him to represent the Air Force when the Royals visited in July.

"I was invited to the reception for the Royals at the Canadian War Museum because my Air Force leadership decided I was a 'deserving member' from my actions in Afghanistan," he says.

With wife Thandie, a humbled Capt Schweitzer represented the currently serving member of the Air Force at the Ottawa-based event.

"The atmosphere was very relaxed, we were all told the Duke and Duchess of Cambridge were not overly concerned about formal protocol, so that put most of the crowd at ease," he recalls. "We could see the people who had been invited to the reception had taken their time to look their best that day. The men were wearing immaculate suits, the veterans were wearing all of their medals, and the ladies were wearing new dresses with matching shoes and purses."

For now, life has eased back on the throttle for

the Victoria, B.C., native. Although he misses low-level tactical flying and still keeps a close eye on the development of the new J-Model Hercules, he knows returning to its cockpit one day is always a possibility – perhaps even on his home island.

"We would like to retire back on the west coast, there always is the possibility of being posted to Comox one day as well," he adds. "My family is very proud of me; however, they are glad that I am not flying in Afghanistan anymore."

On Nov. 4, Capt Schweitzer will be part of the Guard of Honour to receive the Birchall Leadership Award on behalf of Task Force Afghanistan at the Shaw Conference Centre in Edmonton, AB. Named after 2364 Air Commodore Leonard J. Birchall, the "Saviour of Ceylon", the award recognizes individuals or groups who have demonstrated some of Birchall's extraordinary leadership qualities he possessed throughout his military career and in the years following.



LOOKOUT Classifieds & Real Estate

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

Call 363-3014 to book your display or word ad

ANNOUNCEMENTS

CAREGIVING FOR SOMEONE with dementia? The Alzheimer Society of B.C. has support groups for caregivers, Contact the Alzheimer Resource Centre at 250-382-2052 for info and to register.

EXPERIENCING THE EARLY SYMPTOMS of dementia? Would you like information and support? Contact the Alzheimer Resource Centre at 250-382-2052 about education, support groups, and information.

3005 11 Svc Bn ARMY CADETS has a fun, safe, purposeful program. 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. Thurs 6:30-9 pm, 724 Vanalman Ave Victoria. Call 250-363-3194 or email 3005army@cadets.net.

VIEW ROYAL READING CENTRE. Located at Admirals Walk Shopping Centre. Books, audios, videos & DVDs for all ages. Internet is also available. For information, call 250-479-2723.

APPLIANCES

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

MOTORCYCLES

2001 HARLEY DAVIDSON Road King Classic black, 48000km Corbin solo seat. This bike is in very good condition. \$9,900. 250-210-2356

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

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

VOLUNTEER

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.

REAL ESTATE • FOR RENT

Furnished & Utilities Included
Tel: 386-8351
 680 Garbally Rd, Walk to DT
Weekly \$270 & up

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 ESQUIMALT ON IMPOSED RESTRICTION? High end waterfront 1 bedroom furnished suite Esquimalt Harbour 10 minute drive to Dockyard or paddle to work! For details 250-889-2920 SNR@shaw.ca.

LARGE 1 OR 2 BDR. THETIS LAKE \$1,150 OR \$1,250 Patio, pet friendly, all inclusive, backs on to lake, private parking, private entrance. Call 250-812-4894.

BROWN BROS SINCE 1918
250-385-8771
\$925 - 837 Ellery St. Move in bonus!
 2 bdrm, top floor. Avail NOW Heat, H/W incl.
 Close to CFB Esquimalt. No pets. Manager 250-217-0757

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

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

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

SPACIOUS 2 STOREY 2 BDRM 1.5 bth townhouse for rent in View Royal. 10 min. from downtown Victoria. Close to CFB Esquimalt. Newer major appls, water & parking incl. Close to all amenities. NS/ NP \$1250/mo. Avail. Sept. 1st. 250-755-9875 beck-yw@shaw.ca.

BEAUTIFUL MOSAIC CONDO Located downtown, easy commute to CFB Esquimalt. Bright, open concept, 700 sq.ft. Full kitchen, in suite laundry, gas fireplace. \$1250/mo. incl. heat & hot water. N/S. Cat ok. Ref. req. Avail. Oct. 1 or sooner. 250-475-0686 or seversa@gmail.com to view.

GREAT LOCATION MINUTES to walk to CFB Esquimalt. Located in a quiet neighborhood, beautiful newly reno modern 2 bdrm suite. New 3 pc bthrm, full height ceiling, lg. kitchen. In suite laundry, pvt entrance, cat ok, smoking outside. Avail. Sept. 1st. \$1200 incl. cable & internet. Util. separate. 250-727-1295.

WELCOME HOME

 www.capreit.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 \$1,128

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 \$1,350
 3 bedroom from \$1,350

200 Gorge Road West
 1 bedroom from \$899
 2 bedroom from \$1,200

827 Selkirk Avenue
 1 bedroom from \$745

3501 Savannah Avenue
 1 bedroom from \$890
 2 bedroom from \$1,100

Ask about our MOVE IN BONUS!
 www.capreit.com
 facebook.com/capreit | rentals@capreit.net
 twitter.com/capreit | capreit.mobi

SERVICES OFFERED

CRAFTSMAN FOR HIRE

 Woodwork is my passion.
Top quality carpentry
Competitive rates
 Quality - Integrity - Insured
 Call Jesse 250-474-0601
 risenwoodworks.com

MILITARY CUTS \$13.50 + tax
 OPEN 7 DAYS A WEEK
 Mon, Tues, Thurs, Fri open @ 7am
 3 min. walk from Nelles Block • 829 Admirals Rd, Unit D
Floyd's Barbershop 250-893-1002

BUILD YOUR BUSINESS WITH LOOKOUT CLASSIFIEDS
 CALL 250-363-3014 TO ADVERTISE

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¢ • HST Included • DEADLINE FOR CLASSIFIED Advertising: Thursday at 11 a.m.

Call 363-3014 to book your display or word ad

REAL ESTATE • FOR RENT

REAL ESTATE • FOR SALE

Ask about our DND Discount!



Christie Point Apartments

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

2951 Craigowan Road
250-405-3450



www.bwalk.com

BEAUTIFUL WOODED LOT, 54 acres in South East Beach, NS. Ideal for hunting camp/cottage. \$19,900 Listing #B-B977. Monika Toll Free: 1-877-637-2553, or 1-902-637-2553, fax: 1-902-637-3797.

WORD CLASSIFIEDS ONLINE:
WWW.LOOKOUTNEWSPAPER.COM

BUYING OR SELLING?



Call Mark Rice First!



250-744-3301

Posted to Ottawa?

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

Invitation to view the Jordan River Vacation Chalets!

Located next door to China Beach (Juan de Fuca Provincial Park) just a couple of minutes west of Jordan River on West Coast Road, then turn right on Trailhead Drive.

Open Saturday and Sunday 12 noon to 4 pm.



Chalets starting at **\$250,000**

Nancy Vieira
Pemberton Holmes Ltd.
250-514-4750



MORTGAGE CONSULTANTS

4 year fixed rates as low as 3.09% APR

LAWLESS & BROWN
MORTGAGE TEAM

MORTGAGE DEPOT



Accredited Mortgage Professionals

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

ACCOMMODATIONS



Special Promotions
FOR CANADIAN MILITARY PERSONNEL

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



ENGLISH INN
is your next door neighbour.

LOOKING FOR A BARGAIN?



2 bed 2 bath corner
Near Thetis Lake
Insuite laundry, storage
parking, onsite gym
\$374,900



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



250-361-3690
Toll Free 1-866-217-3612

PROPERTIES OWNED AND MANAGED BY EY PROPERTIES LTD.

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

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
Avail NOW: 2 bdrms from \$835.
250-360-1983

855 Ellery
2 bdrms from \$950 avail NOW
250-382-2157

Now that's refreshing!

Hosted by LOOKOUT

CFB ESquimalt

INDUSTRIAL TRADE *Show*

SEPTEMBER 15
10:30am-3pm
Naden Drill Deck

DOOR PRIZES!
Over \$7,000
worth of prizes with
more than **65** draws
Fill out a ballot on site

100 VENDORS!
More than 90
company reps to
answer your
questions and
showcase their wares

GREAT FOOD!
from Sauce Restaurant

GCWCC
KICK OFF
Activities & Fun!

Catch the Rounders bus between Dockyard and Naden

PLUS

GCWCC
CAMPAIGN
KICK OFF!

