

CFB Esquimalt

DO NOT **Pay!** Until March

PLUS!

NO MONEY DOWN **NOT EVEN THE TAXES!**

September 30 to December 31 2011


*O.A.C. On the CANEX No Interest Credit Plan

LOOKOUT

MARPAC NEWS CFB Esquimalt, Victoria, B.C.

Volume 56 Number 42 | October 17, 2011

www.lookoutnewspaper.com



 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




PO2 Andrew Thompson is all smiles as he embraces his family on board HMCS Ottawa's flight deck. From left: Johanne, Quinne, Spencer, Danica, and Caitlin (not shown).

Hello baby!

Photo by Ben Green, Lookout

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

STOP TAKING ADVICE!



Over 600 Victoria Graduates!
Money Matters Bootcamp
Next course starts **26 October**.
Call to register.

Learn more: moneymattersbootcamp.com

Gary Lahnsteiner | 250-294-7922
lahnsteiner@wealthbydesign.com

MONEY MATTERS BOOTCAMP

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.®



Above: Crowd of family and loved ones gathered on nearby C jetty with banners and signs last Thursday, excitedly waiting to see the crew of Ottawa. On Oct. 13, HMCS Ottawa glided back into Esquimalt harbour after a four-and-a-half-month operational deployment and goodwill tour in the Asia Pacific region.



Above: LS Kelly Potts is greeted with endless kisses from James Digger, his two-and-a-half-year-old Boston terrier.



Left: Cdr Jon Allsopp, Commanding Officer of HMCS Ottawa, is met by his daughter Paige.



Right: OS Jeff McConnell and Melissa share the long-awaited "first kiss" on Ottawa's brow.

HOME AGAIN

Crew enjoys Thanksgiving feast at sea

Lt(N) Tony Wright
HMCS Vancouver

For many, Thanksgiving is an opportunity to visit and celebrate with loved ones who have travelled from across town or across the country to share this special time. For the crew of *HMCS Vancouver*, it was an opportunity to re-affirm existing friendships and camaraderie amongst the crew.

Sailors and air crew spent this Thanksgiving holiday off the coast of Libya deployed on Operation Mobile working to protect Libyan civilians in accordance with United Nations Security Council Resolutions.

Despite the fact the ship was patrolling in heavy seas, the galley staff treated *Vancouver's* crew to a thanksgiving feast with all the trimmings, just as though they were back at home in Canada.

"Everyone onboard loves Thanksgiving dinner and we're

very happy to make a meal that the crew really looks forward to and appreciates as much as this," said PO1 Dean Easton, Chief Cook. "The food we serve on board is important for morale and Thanksgiving dinner is especially so."

Executive Officer, LCdr Ryan Tettamanti, and Coxswain, CPO1 Gino Spinelli, joined Commanding Officer, Cdr Bradley Peats in carving the ceremonial turkey and serving the crew in the Master Seaman and Below mess.

"We never forget our family back home," said Cdr Peats. "But we are a family on this ship too. It's important we are always there for one another. I'm very happy to celebrate this special occasion with my *Vancouver* family."

But this Thanksgiving was more than a celebration and friendship; where the ship was and why it was there was never far from sailors' minds. Knowing just beyond the shore, in the distance, Libyans were struggling to rebuild their lives and their country gave members of the crew an opportunity to be thankful for how fortunate they are to be Canadian.



HMCS Vancouver's Commanding Officer, Cdr Bradley Peats (center), Executive Officer, LCdr Ryan Tettamanti (left), and Coxswain, CPO1 Gino Spinelli (right) prepare to cut the bird for the ship's company. The crew still had a Thanksgiving feast despite patrolling off the coast of Libya during Operation Mobile.

Photos by Cpl Brandon O'Connell, MARPAC Imaging Services



Party Fowl! Cdr Peats receives a surprise visit from MCpl Justin Harper donning a turkey suit prior to the commanding officer cutting the real turkey for the ship's Thanksgiving feast.

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

2 paystubs and you're approved! **Queen of Credit Debbie England**
We finance your future, not your past

All vehicles safety inspected. Free warranty for military personnel.
D31034 D30748
colwoodcarmart.com • 1836 Island Hwy • islandautosource.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

SELECT MORTGAGE CORP.

Best Variable Rate – 2.45%
Best 5 year Fixed – 3.19%
Refinances to 90%
NO Down Payment – NO Problem!
Best Rates/Best Service • *Rates subject to Change/OAC
www.mortgagesbylori.com • lori.lenaghan@vericoselect.com

VERICO
Each VERICO broker is an independent owner operator

Lori Lenaghan
MORTGAGE CONSULTANT
250-888-8036

Bali Super Bargain

14 days, 12 nights from \$1299

BONUS!
90 minute massage per person (ages 12 & up)

What's Included:
• Roundtrip air from Vancouver • Accommodation
• Daily breakfast • Tours • Transfers

Prices per person based on double occupancy, taxes additional. Call for dates.

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

Complete Dental Dr. Ngan Huynh

The days may be getting darker...
But your SMILE can get BRIGHTER!

SPECIAL FALL OFFER
\$199 (Usually \$400)
Professional Tray Whitening

Expires: October 31, 2011

Kids deserve GREAT SMILES too!
That's why we decided:

EXAMS are FREE
for kids under 3!

Expires: December 31, 2011

Mon-Fri 8am-4pm / 250-384-5052 / 1230 Esquimalt Road
victoriabcdentists.com @drnganhuynh



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
Francisco Cumayas 250-363-8033
production@lookoutnewspaper.com
Shelley Fox 250-363-8033
projects@lookoutnewspaper.com

ADMINISTRATIVE ASSISTANT
Kate King 250-363-3014
kate.king@forces.gc.ca

ACCOUNTS
Raquel Tirado 250-363-3127
raquel.tirado@forces.gc.ca

SALES REPRESENTATIVES
Ivan Groth 250-363-3133
ivan.groth@forces.gc.ca
Joshua Buck 250-363-8602
joshua.buck@forces.gc.ca

EDITORIAL ADVISOR
Lt(N) Michael McWhinnie 250-363-4006

Published each Monday, under the authority of Capt(N) Craig Baines, Base Commander. Le LOOKOUT est publié tous les lundi, sous l'égide du Capt(N) Craig Baines, Commandant de la Base.

The editor reserves the right to edit, abridge or reject copy or advertising to adhere to policy as outlined in CFAO 57.5. Views and opinions expressed are not necessarily those of the Department of National Defence.

Le Rédacteur se réserve le droit de modifier, de condenser ou de rejeter les articles, photographies, ou annonces publicitaires pour adhérer à l'OAF57.5. 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



WHAT SAY YOU

People Talk

Lookout asked this question:

Is there something you've dreamed of doing for a long time. If so, why haven't you done it yet?



"I've always wanted to travel and now that I've joined the navy, I will finally be able to do it."

**OS Robert Ablett,
Fleet School**



"I've always wanted to be part of a submarine crew and now it's actually something I will be part of in the future."

**OS Lyndon Eustache,
Fleet School**



"I always wanted to visit the place of my birth, Opochno, a small town in the Czech Republic. But I'm waiting to get out of the service first because there's way less red tape as a civilian."

**OS Peter Stodola,
Damage Control School**



"I always dreamt about playing football in the CFL. I had a chance to join the BC Lions but my father didn't think football was a good choice. He said the military was a whole career and since I'm from a military family, I joined the navy."

**OS David Allan,
Base Accommodations**



"I've always wanted to visit Dubai, but I've never had the means. Now that I'm in the navy, it is part of my job and will hopefully happen. If not, I will make it happen on my own."

**OS James Jessop,
Fleet School**



"I always wanted to become a commercial airline pilot but haven't because of the cost and the time. But I still want to do it and haven't given up hope."

**A/SLt Gia-Van Luong,
Reserves**

Got a People Talk question?
Email
Melissa.Atkinson@forces.gc.ca

WHAT SAY WE

BPSO's Bits & Bytes: military to civilian - life transition

**Lt(N) Katy Rainville and
Lt Ivona Dukic
Contributors**

Is retiring from the military on your mind? Do you feel excited and prepared for this important life and/or career change?

Some military members might look forward to living outside the rules and routines they have known for many years and feel free to finally let their hair down. Others might be nervous at the idea of life without the sense of certainty that comes with showing up to work in a uniform to serve with friends they have known for years, and with whom they have shared so many common experiences that no one else could possibly understand.

Regardless of the outlook, transitioning

from military to civilian life can be muddled with positive and negative thoughts and feelings.

To help you through this transition process, the Second Career Assistance Network (SCAN), administered by the Base Personnel Selection Office (BPSO), is here for you. The intent of SCAN is to assist Regular Force and full-time Reserve Force members with the transition by providing SCAN seminars (next one is Nov. 7 and 8), which are packed with information on pensions, Veterans Affairs services, SISIP, employment after release, release procedures, Brookfield moves, education services, and wills and estate planning.

Additionally, each month our office hosts a three-day Career Transition Workshop to help you with resumé writing, job searching and job interview techniques.

Moreover, if you are wondering what

career direction to take upon release, we can also offer you the opportunity to complete an interest inventory to help open your mind to new possibilities, and perhaps focus your ideas and goals.

Finally, if you find yourself in the vicinity of our office you can also drop by and sign out reference material from our SCAN library.

In essence, everyone has a unique way of dealing with change and preparing for that next stage in life. Now that you have a glimpse of what resources and tools are available to you, perhaps it is time to map out your own unique plan and start assembling the pieces of the puzzle to achieve your future goals.

For more information or to register for any of the above mentioned SCAN services, call the BPSO office at 363-4091.

Next week: Die on your feet!!

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

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

**10% off
any Truck
Rate**

Budget
Car and Truck Rentals

Call 250-953-5300
www.budgetvictoria.com

MILITARY APPRECIATION
20% OFF FOOD

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

Sauce
Restaurant & Lounge

Celiac friendly

Leadership letter to the Defence Community

Police Corner

Dear friends of the local Department of National Defence (DND) community,

Our annual campaign is now underway and it is a privilege to be your Leadership Chair this year.

The DND community across the country is a very dynamic one. You contribute to the overall welfare of local communities daily through your work and off duty activities such as volunteer firefighters, coaches and referees, cadre for youth organizations, and as dedicated mothers and fathers to name just a few.

The GCWCC campaign is yet another opportunity not only for us to contribute, but to enable others to become leaders within the community through the organizations funded through The United Way and Health Partners.

But first, let me provide you some context. We are very fortunate within our DND community. The support structures available to assist our personnel and their families, the strength of our divisional system, the MFRC and many other resources available to us in

times of need are outstanding.

They are also critical in discharging our responsibility to support our troops and their loved ones who have made the commitment of unlimited sacrifice.

The charitable organizations which benefit from the tutelage of The United Way and Health Partners complemented by various government agencies make up the equivalent support structure for the non-military constituent of the community. They provide much needed services which help the development of a more secure community.

To perform these functions, they need funding which is the reason for this campaign.

We live in a fortunate country but the economic reality we face provides an interesting insight. In 2007, just prior to the latest economic crisis, the average family adjusted after-tax income was as follows:

- Top 20 percent of income earners - average after-tax income \$76,700.

- Middle 60 percent of income earners - average after-tax income \$34,733

- Bottom 20 percent of income earners - average after-tax income \$14,100

Source: Statistics Canada, 2008

You can imply from these statistics that the need for charitable services is there. The effects of the economic crisis are not captured in these statistics but when you consider the destruction of wealth and employment which occurred in 2008 and its effect on many of our community members we all get a better understanding of the needs of our communities.

The DND family is an engaged one and the demands put on our time are significant. Your monetary donations enable others who have time to donate to become leaders in their organization of choice. The impact is real and extremely positive.

I encourage you all to donate a day of your schedule and help out at a food kitchen, a shelter, or any other organization.

Take the time to talk to

those who provide and receive services, their stories are real eye openers.

You can help make a more significant difference by donating at the Leadership level which is \$500 or higher. If you have traditionally given at the Leadership level, you may want to consider increasing your contribution to take advantage of the tax benefit associated with charitable donations.

Remember that you can direct your donations to a charity of your choice, may it be the MFRC, an organization dear to your heart, or even our health partners to assist in research and educational efforts.

The DND community has always been at the forefront of the GCWCC efforts in this region. I am sure this campaign will be no different. I am available to answer any questions you may have. Please feel free to approach me at any time during the campaign.

Warm regards,
Le capitaine de vaisseau
Luc Cassivi
Captain (Navy)

Register your vehicle

Sgt Benoit Rhéaume
Community Relations
Military Police Unit (Esquimalt)

As part of our continuous effort to promote safe driving in our community, I'll address some of your questions about laws and regulations "on" and "off" DND property. That been said, as many of you were transferred a few months ago, I would like to clarify a few points on driver's licensing and insurance in the province of B.C.

Driver's License

Personnel must switch to a B.C. driver's license within 90 days, and vehicles must be registered, licensed, and insured within 30 days of arriving in B.C.

Registering an out-of-province vehicle

If you're bringing a vehicle to B.C. from elsewhere in Canada, your vehicle will need to pass a safety inspection at a designated inspection facility in B.C. (this covers both passenger and commercial vehicles). Once your vehicle has been inspected, go to an Autoplan broker to register, license, and have it insured.

Registering an out-of-country vehicle

If you're bringing a vehicle to B.C. from outside Canada, your vehicle must pass a provincial safety inspection at a designated inspection facility in B.C., and pass a federal inspection to ensure it meets Canadian standards. Once your vehicle has been inspected go to an Autoplan broker to register, license, and have it insured.

Failure to comply

Failure to license/register your vehicle (within the 30 days) is a \$109 fine under the B.C. Motor Vehicle Act 13(1) (a). In addition, failure to display a validation decal will add a \$109 fine upon the vehicle's registration.

Exceptions

Fulltime DND students, such as Fleet School students, may obtain an exemption to register their vehicle through ICBC for their stay in B.C. (therefore keep their current license plate from: Quebec, Ontario, etc). Service members on Impose Restrictions (IR) are not considered students/visitors or temporary workers and therefore have to get a BC driver license and BC license plate for their vehicle.

For general inquiry on licensing in BC, you may reach ICBC at: 1-800-663-3051.

To confidentially report information relating to any crime, visit may visit:

www.victoriacrimestoppers.com or call 1-800-222-8477 (You do NOT have to say your name or give personal information).

United Way Nuggets

A Royal challenge

On Tuesday, Nov. 15, a team comprised of personnel from MARPAC/media will take on the Victoria Royals of the WHL at Wurtele Arena. Doors will open at 11 a.m. with the game starting at 11:30 a.m. The lunch canteen will be open and there will be door prizes and a 50/50 raffle. All proceeds will go to the GCWCC-UW

2012 campaign.

Coffee on board

From Oct. 17-28, Serious Coffee will be running their Colwood Blue Boat coffee. Between 5:45 a.m. and 7:45 a.m. personnel can get a coffee for \$2 with proceeds going towards the GCWCC-UW campaign.

Long bow raffle

Greg Birtwistle has kindly

donated a hand-crafted Long Bow for this year's GCWCC-UW campaign. The bow, valued at \$400, can be won by purchasing raffle tickets (\$2 each or three for \$5) at Base Construction and Engineering (D575) RskM Room 103. Draw date will be Thursday, Dec. 1, and all proceeds will go towards the GCWCC-UW campaign.

Now that's refreshing!



Out of School Care Workers Support Care Worker

Start Date: October - November 2011
Hours: Part-time / 5 days/week /
7:00 am – 9:00 am & 2:30 pm – 5:00 pm (varies)

Job Qualifications: Applicants for this position must be Considered Responsible Adult in accordance with Community Care Facilities Branch licensing requirements, be dependable, reliable, be available for daytime shifts, work well independently and as a team player, be friendly, out-going, energetic, and hard working. Also an asset if applicant had some knowledge of military lifestyle & were bilingual.

Job Description: Will be working in a child care setting supervising children, assisting in daily/weekly/monthly planning of activities for the children, doing general clean up, and any other related duties as required.

Please apply:

By mail:
ATTN: Children's Services Coordinator
Military Family Resource Centre
PO Box 17000 Stn Forces, Victoria V9A 7N2

By email: scott.branch@forces.gc.ca
Only short-listed applicants will be contacted.



Photo by Ben Green, The Lookout

On Oct. 11, the Intersection Hockey League (ISHL) kicked off its season with a short Opening Ceremony at Naden's Wurtele Arena. Capt(N) Craig Baines (centre), Base Commander of CFB Esquimalt, drops the ceremonial puck with Pte Jonathan Weaver (left) from the Base Logistics team and PO2 William Hobden from the Canadian Forces Fleet School team. The 22-team league sees squads mixed with civilian and military DND employees square off in A, B, or C divisions of play.

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



The UPS Store®



MAILBOX SERVICES

- 24 Hour Access
- Mail Forwarding
- Suite Address

tous les services sont également disponibles en français

EXPERT HELP IN YOUR NEIGHBOURHOOD

110-174 Wilson St (Westside Village)
Victoria, BC V9A 7N7

T: 250.389.6245 E: store242@theupsstore.ca

Commemorate

MILITARY SERVICE



Celebrate your military career

Pay tribute to a family member's military service

Honour a friend's life and service

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

purchase a brick at the Homecoming Statue

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



By Sculptor Nathan Scott

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



Get your brick today!
250-363-2640 • 1-800-353-3329
www.esquimaltmfrc.com

Order your brick by **November 1** to have it added to the Homecoming Statue by November 11.

Scholarship available to woman in defence

Mike Hillian
Contributor

Women in Defence and Security (WiDS) Canada is accepting applications for the WiDS Memorial Scholarship. Three scholarships totalling \$10,000 will be awarded to women pursuing careers in national security and defence.

WiDS promotes the advancement of women leaders in defence and security professions across Canada. This scholarship is a key way the organization encourages professional development opportunities.

"WiDS is hoping to enable women to advance their career growth and academic pursuits in an important field," said Melanie Rushworth, Vice President of Scholarships for WiDS. "It is with generous sponsors and support from our members in the defence and security industry that we can remain committed to the development and promotion of programs, such as the WiDS Memorial Scholarship, to support the advancement of women in defence and security professions."

Past recipients have been part-time students already working in the field, and full-time students hoping to start a career when they graduate. Awards are based on things such as academic achievement, participation in defence and national security activities, field of study, work experience and recommendations.

Rushworth works for the Department of National Defence at CFB Kingston, and won the scholarship herself in 2007. As a dedicated WiDS volunteer, Rushworth is happy with the way the initiative has grown.

"Since 2007 the number of WiDS Memorial Scholarship applicants has grown over 60 percent year over year, as has our fundraising support," said Rushworth. "The credentials of the applicants are always outstanding, which is why we will be sharing the \$10,000 in funding between three recipients this year."

The application deadline is Nov. 1, 2011, and successful candidates will be announced at a luncheon in March 2012. For more information and to download the application form, go to www.wids.ca.

Military Family Business Group going strong

Mike Hillian
Contributor

Have you ever thought about opening a business? Do you own a business and want some support? Perhaps the Military Family Business Group (MFBG) can give you a hand.

The MFBG helps business owners with military connections meet to network and share ideas. After two years of operation, the group is still going strong with 30 members from a diverse group of businesses.

"We have a huge variety, and you may not think they all fit together, but running a business and getting new clients is something that everybody does," said group member Diana Pauze. "It doesn't matter what servic-

es you're providing or what products you're providing. We all still have to go out to make a sale."

Military spouses largely make up the group, but retired military personnel also take part. Current membership includes travel advisers, bookkeepers, photographers, chocolate suppliers and even a kilt manufacturer.

Pauze joined last October when her husband was posted to CFB Esquimalt. She runs Inspired Plantings, and so far the group has been a great support.

"It's just nice to go out and be with people who are in the same situation that I am," said Pauze. "It makes you refocus and it makes you think about business as opposed to thinking about the thousands of other things that life

makes you think about."

The group has lots planned for the coming months including a Christmas networking dinner in November and business workshops in the New Year. Even if you don't own a business, the group is always looking to expand membership.

"We encourage people who are even thinking about going into business to drop by and sit in on one of the meetings," said Pauze. "We're a friendly group of people and it's always nice to meet people who are thinking about [business]."

The MFBG meets at 6:30 p.m. on the third Tuesday of every month at the Colwood Pacific Activity Centre. For more information contact group coordinator Nicola Greeley at nicola.greeley@vision2000.ca.



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. ENGLISHINN.CA/CFB

250.388.4353 | 429 LAMPSON ST. ESQUIMALT



Wrap up your Christmas shopping

Creative Craft Fairs™ 34th ANNUAL SHOW

Outstanding Christmas Arts, Crafts, Imports & Demos
Over 150 Professional BC Exhibitors

Nov. 11: 10 am to 8 pm
HOURS Nov. 12: 10 am to 5:00 pm
Nov. 13: 10 am to 4:30 pm

Pearkes Rec Centre, 3100 Tillicum Rd, Victoria
www.creativecraftfairs.com • 250-658-0971

Free Tickets
First come first served at
Lookout, 1522 Esquimalt Rd.

VICTORIA GETS YOU

HYUNDAI 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!

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.



Call Macon today!
Your finance specialist & retired Strathcona

Apply online at www.victoriahyundai.com
By telephone at 1-866-938-2588
or in person at our headquarters 525 Gorge Road E.



Macon Doublet, Sales Manager

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

525 Gorge Road East, Victoria
1-866-938-2588
licensed by motor vehicle sales authority

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!





Get Recycling. Get some new Wheels
 Enter to win an eco-friendly ride at your local Return-It™ Depot

Westshore Bottle Depot
www.islandreturnit.com
 858 Esquimalt Rd 250 381-1482

ADVERTISE Online
 Reach your target audience in digital format.
 Call 250-363-3014 for details.
www.lookoutnewspaper.com

CAMPUS HONDA



A VEHICLE FOR EVERY BUDGET

 2002 Mazda Protege LX PW, automatic, AC, 63,000 kms. Stk #11-0471A SALE \$9,950	 2003 Honda Accord EX-V6 4dr PW, CD player, heated seats, automatic, sun roof, alloy wheels, ABS brakes. Stk #10-0465A SALE \$11,888	 2007 Chrysler PT Cruiser Auto, CD, alloy wheels, A/C, ABS brakes, keyless remote entry, 47,200 kms. Stk #11-0513A SALE \$11,950
 2006 Toyota Matrix XR 5dr Wagon Keyless remote entry, A/C, 46,700 kms, auto, CD player Stk #11-0399A1 SALE \$13,950	 2007 Dodge Dakota Sport 2WD Club Cab CD player, air conditioning, alloy wheels, 40,200 KMS, auto. Stk #11-0183B SALE \$14,888	 2005 Honda Element Y-Pkg. 4 WD, auto, 75,000 km, A/C. Stk #11-0401A1 SALE \$16,950
 2008 Honda Accord LX 4dr Auto ABS brakes, traction control, 32,300 kms, keyless remote entry, cruise, CD player, A/C Stk #B4654 SALE \$18,888	 2008 Honda Civic Hybrid CVT 4dr Alloy wheels, ABS brakes, 32,332 Kms, CD player, air conditioning, rear spoiler. Stk #12-0055A SALE \$18,888	 2007 Ford E250 Cargo Van 4.6 L V8, auto, 31,250 kms. Stk #11-0465A SALE \$18,950
 2011 Mazda 3 Sport GX 5dr HB CD player, A/C, ABS brakes, 2,000 kms auto, keyless remote entry, alloy wheels Stk #B4684 SALE \$18,950	 2010 Pontiac Vibe SE FWD 5dr HB ABS brakes, traction control, 12,900 kms, auto. Stk #11-0401A2 SALE \$18,950	 2009 Honda Civic Si 2DR 6 SPD MT Sunroof, air conditioning, CD player, alloy wheels, rear spoiler, ABS, 30,500 Kms. Stk #11-0386A SALE \$20,888
 2006 Honda Ridgeline RT PU 4WD AT CD player, air conditioning, running boards, rear-folding seats, tinted windows, auto. Stk #12-0043A SALE \$21,488	 2008 Ford Escape LTD 4WD V6 Leather interior, ABS brakes, traction control, 64,400 kms auto, keyless remote entry, sunroof, A/C, heated seats Stk #B4686 SALE \$23,950	 2008 Honda Odyssey DX Keyless remote entry, ABS brakes, CD, A/C, rear-folding seats, 3rd row seating Stk #11-0366A SALE \$23,950
 2007 Dodge Ram 1500 4WD Quad Cab CD player, A/C, alloy wheels, bed liner 57,400 kms, keyless remote entry Stk #B4687 SALE \$24,950	 2010 VW Routan 4dr Wgn Trendline DVD, A/C, tinted windows, 18,100 Kms, 6 spd. auto, CD player, 3rd row seating. Stk #B4678 SALE \$24,950	 2011 Lexus IS 250 Keyless remote entry, CD player, sunroof Bluetooth, 6speed manual, 1400 kms Stk #12-0070A SALE \$27,950

To view our entire used car inventory please visit us at campushonda.com



506 Finlayson Street
250-388-6921

ALL ROADS LEAD TO
Campus
www.CampusHonda.com



DL 27136

Chief eases into retirement

Ben Green
Staff Writer

A grin forms under the bushy beard of CPO2 Chris Carnall as he reflects on his 7,238 kilometre expedition across Canada. The 57-year-old supply technician spent 75 days in the saddle, 105 days in total, peddling his bike coast to coast as a pre-retirement challenge before he calls it a career next month.

“The navy has shown me the world and now I wanted to see my country before I retire after 35-plus years of service,” he says.

The idea for the ride had been percolating for three years and he eventually proposed the idea as part of the naval centennial celebrations last year. In late 2009, after the ride was dropped from the centennial agenda, he committed to completing it before he took off the uniform for good.

Departing CFB Esquimalt on June 6, the anniversary of D-Day, he spent the next 15 weeks on the road, eight to 10 hours a day, eventually finishing at CFB Halifax on Sept. 11, the 10th anniversary of 9/11. With a few friends still serving overseas, the ride became a symbolic gesture in their honour.

“There are four young navy storesman from the MARPAC (Maritime Forces Pacific) area who have worked with me and are now deployed to the packing up of Kandahar,” he says. “It is a tough place to be away from family and friends and with this trek I was letting them know that I support them.”

Originally his wife Ramona, and son Fred were going to drive a support vehicle for him during the ride, but a full-time job opportunity for Fred meant CPO2 Carnall had to leave them behind one last time (reminiscent of one of his naval deployments during his 22 years on the ships). Packing his bike with 60 kilos of food, water, and supplies, he headed east and never looked back.

“The theme of the naval centennial was ‘Bring the Sailors to the People’, that’s why I tried to say to small-town Canada,” he says.

Only taking up commercial laundry, he spent the night under the stars.

“I have slept with the grizzly bears in the Canadian Rockies, with the prairie dogs in the flatlands, the wolves in northern Ontario, a few graveyards, some bed and breakfasts, and was adopted a few times during my cross-country quest.”

I have slept with the grizzly bears in the Canadian Rockies, with the prairie dogs in the flatlands, the wolves in northern Ontario, a few graveyards, some bed and breakfasts, and was adopted a few times during my cross-country quest.

-CPO2 Chris Carnall



Sword raised, the pirate Smurf figurine is strapped to the front of CPO2 Chris Carnall’s bike. The figurine is something the Chief has carried with him throughout his naval career.



...t by biking across Canada

...dding every five or six days for
...t the rest of the nights under-

...bears in the Canadian Rockies,
...tlands, the wolves in northern
...Ontario, a few graveyards,
...some bed and breakfasts,
...and was adopted a few times
...during my cross-country
...quest," he says.

...Along the way he personally
...met 42 people who were
...attempting the same cross-country
...exploit, via bike or the power of
...their own two feet. He also met
...hundreds of small-towners
...in between and says their
...desire to know about the
...Canadian Forces exceeds the
...information that often reaches
...them.

...“They want to hear what we’re
...doing, what the military is doing,
...often they only hear about the
...bad things,”

...he says.

...Scrolling through a worn journal
...he kept during the ride, CPO2
...Carnall fondly recalls a lunch
...here, or a chance encounter
...there. He stopped and paid
...homage at 145 war memorials,
...biked 350 kilometres with a
...broken spoke, and even got a
...beer, burger, bed, and a t-shirt
...in Plunkett, SA, for \$30 – a
...prairie town with a population
...of 65, it was the best bargain
...of his trip.

...He speaks in awe of a Mongolian
...man he met who was walking
...across the country with just a
...bag, or the three brothers from
...Paris who were biking from
...Vancouver to Montreal, two
...of them escorting the other who
...was visually impaired.

...CPO2 Carnall says every day of
...his journey was rewarding,
...even though he eventually
...reached a low point about 250
...kilometres north of Thunder
...Bay, ON. Realizing both his
...tires were completely worn out,
...he tried desperately to patch
...them with pieces of his spare.
...As he laboured with the bike,
...he counted 46 vehicles with
...bikes on top that passed him –
...no one stopped to help.

...Eventually an evacuee from
...Sioux Lookout, escaping the
...wildfires in northern Ontario,
...stopped, made room for him
...and his bike in his completely
...stuffed vehicle, and drove him
...to Thunder Bay.

...“This country is so great and
...people that I met along the
...road in small-town Canada
...were fantastic,” he says. “I am
...proud to have stood on guard
...for this country since 1975 and
...it was one of the best decisions
...that I ever made.”

...His journey saw him go through
...two tires, one chain, and five
...broken spokes. On a daily diet
...of noodles, rice, peanut butter,
...fruit, and granola bars (with
...smaller meals in between),
...combined with endless exercise,
...he lost 30 pounds.

...The only amenities he carried
...with him at all times were a
...cell phone, a GPS locator, a
...naval centennial coin, an HMCS
...Vancouver coin (they were the
...first West Coast ship to respond
...to 9/11), and a pirate Smurf
...figurine which lead him along
...the way. The figurine, which
...has travelled to every foreign
...port with him during his naval
...career, was attached to his
...handle bars the entire ride.



CPO2 Carnall takes a moment to pose in front of the Parliament building in Ottawa on Aug. 6.



Here CPO2 Carnall (left) stands with CPO1 Cliff Ronneseth at the Cadet Vernon Camp on June 16.



Got a group?
Get a free historical tour of Dockyard.

Contact Base Public Affairs
363-7060

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 
250-386-7867
restore@habitatvictoria.com **ReStore**

WESTSHORE U-LOCK MINI STORAGE



selfstorage.ca

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

1621 Island Highway, 250-478-8767

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

Symposium focused on opportunities for NCMS

Formation-level symposiums could convene in advance to deliberate on the respective topics and provide feedback via their CPO1 Advisory Group representatives.

CPO1 Paul Helston MMM, CD
MARPAC Formation Chief

This summer I attended the Royal Canadian Navy Command Chief Petty Officer Council meeting that convened in Esquimalt June 28-30.

The council consists of all the RCN CPO1 senior appointments, and specific CPO1s in key positions. These are the Command CPO: CPO1 Claude Laurendeau, the three Formation CPO1s (MARPAC, MARLANT, NAVRES), Fleet and Base CPOs, the CPO1 Career Manager, and the Director General Naval Personnel CPO (DGNP CPO).

One topic of discussion was the expanded mandate of the CPO1 Advisory Group, in that its scope has been adjusted to consider long-range non-occupational Non-Commissioned Members (NCM) issues, vice current issues specific to the CPO1 cadre alone.

This is an important step to cohesively advancing important NCM issues. It was agreed that where possible, Formation-level symposiums could convene in advance to deliberate on the respective topics and provide feedback via their CPO1 Advisory Group representatives.

The CPO1 Advisory Group is reactive to the Director General Naval Personnel (DGNP) and responsive to the RCN Command CPO. Indeed, this not only provides coastal input to important topics, but also permits for a degree of valuable developmental discussion to the participants, whether they are regular force or reserve.

As a result, CPO1 Tom Riefesel (MARLANT Formation CPO) and myself

agreed to hold concurrent Formation symposia Sept. 12-14 on topics provided by DGNP, Commodore Newton, in advance of the convening of the next CPO1 Advisory Group. This was supported by the NAVRES Formation CPO, CPO1 Hearn, who provided reserve succession planned individuals to both coasts, as well as CPO1 Prowse the DGNP CPO who prepared some of the briefing material and attended the MARL symposium.

Commodore Newton, in consultation with the RCN senior leadership provided one specific topic in two areas of concern. As a result, the MARPAC working group was to develop a minimum of three courses of action in response to the following two complex questions:

What actions could be taken to “normalize” PER scoring and narratives?

For the purpose of personnel evaluations, what specific attributes/ competencies demonstrate institutional leadership potential?

The symposiums consisted of 18 succession planned NCMS, from PO1 to CPO1, regular and reserve force personnel, divided into equal-sized syndicates. It was fully understood that both coasts would not develop a panacea solution to these difficult questions, but set in motion the process debate and ideas toward supporting further consideration if warranted.

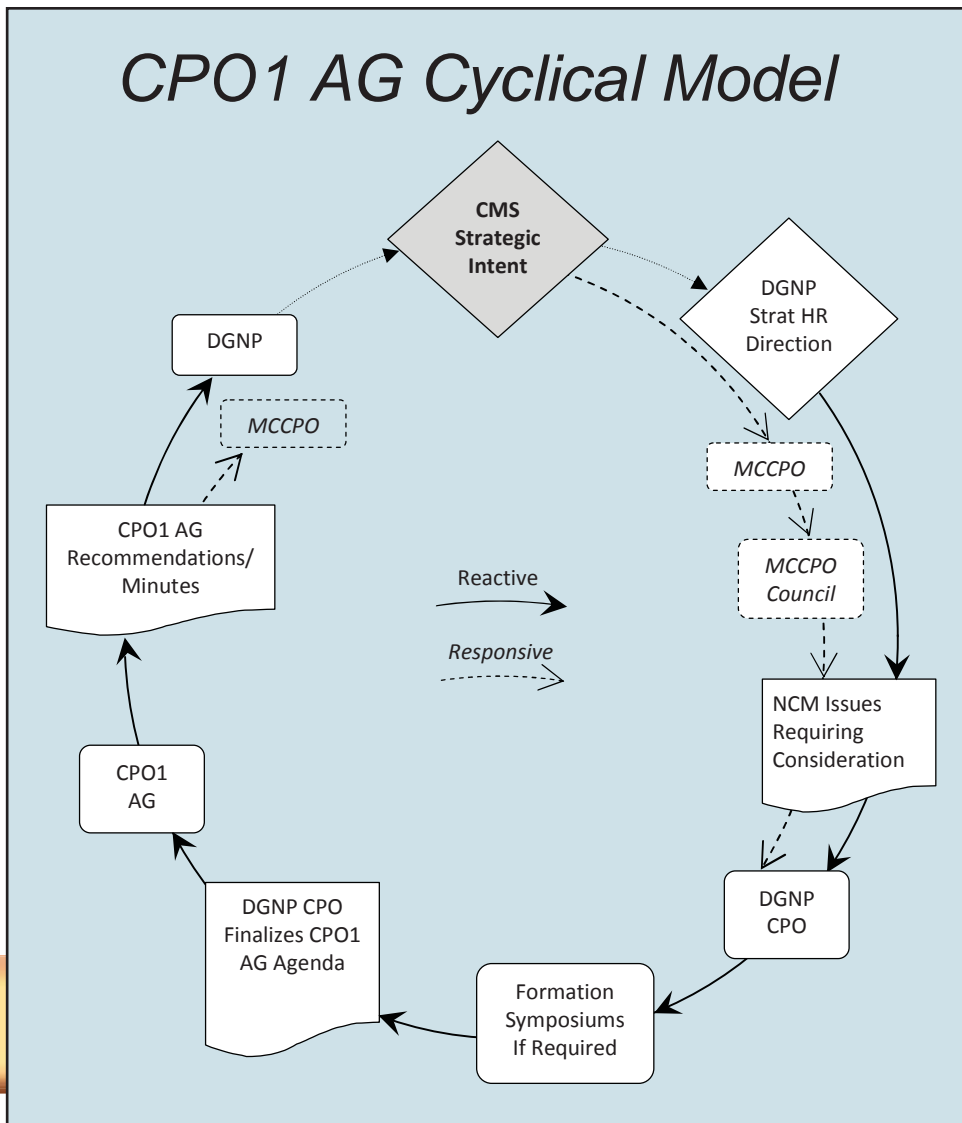
In order to help provide the necessary guidance, the syndicates in MARPAC received a brief on institutional leadership from Commander MARPAC, Rear Admiral Nigel Greenwood, a CFPAS overview by SSO Administration, and one from myself outlining the NCM developmental and succession planning challenges. This later brief was also presented by CPO1 Prowse in MARLANT.

The syndicates were provided a pre-reading package that was critical in ensuring the agenda was achieved in a very compressed time frame. The end product was staffed in the form of a service paper, by the MARPAC symposium team leader, CPO1 McCallum, Coxswain Sea Training Pacific, through MARPAC for further consideration.

It envisioned that these forums will continue as needed, as an enabler to evolving policy and an enriching developmental opportunity for NCMS.

For more information you can visit the link.

<http://esquimalt.mil.ca/marpac/n00/e/Formation%20Chief%20Petty%20Officer.htm>



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

Notice of Annual General Meeting

The Victoria Branch of the Navy League of Canada will hold their Annual General Meeting

Monday, November 14, 2011 at 7:00pm
Top Floor, Esquimalt Legion
622 Admirals Road, Victoria, BC

A day in the life: Sai Lor trades high seas for high speed

Ben Green
Staff Writer

Behind a secure door in Base Information Services (BIS), LS Daniel Lefebvre is wrist-deep in the entrails of another computer terminal. His workspace, cluttered by monitors, cables, keyboards, and modems, looks more like a place where computers go to die than be repaired.

But nothing could be farther from the truth.

More medic than mad-scientist, LS Lefebvre is just one of many Desktop Support technicians with BIS that repairs computer systems for frustrated personnel all over the base.

"Everyday can be something totally different," he says tinkering with a fan inside one of the computer towers.

A somewhat fresh face around BIS, LS Lefebvre has spent the past two months with the unit learning the ropes of troubleshooting. Previously posted to *HMCS Calgary* for three and half years, he found his way to dry land as the frigate entered its mid-life refit.

However, computers are not a novelty for this sailor. His pre-navy days saw him graduate from a technology school in Winnipeg where he directly applied his education in the field.

"What they did was put

you in with places [companies and organizations]," he says. "I ended up working for the City of Winnipeg in the library."

With the library he installed new computers, set up new software, and maintained the hundreds of terminals at the facility's 20-plus branches. When he made the transition to the navy fulltime, he again utilized his technical skills by maintaining all IT assets on board the frigate.

For LS Lefebvre, the biggest challenge jumping ship to shore has been learning the land-based system, Baseline. All vessels are provided a shipboard computer infrastructure called ShipLAN, which is connected through satellites while at sea, and is operated differently than the shore-based system.

"Most of the stuff I've learned here I already

understood from working on the ships," he says. "Here the big difference is how to use Baseline, I've had to change the way of doing things."

Baseline is a configuration management tool that is centrally based in Ottawa with backup servers across the country. Used on all unclassified workstations in every base nationwide, it's used to manage, restrict, update, and push software available to everyone nationally. ShipLAN is only used on ships because they don't have the bandwidth to handle large files at sea. This means all software and support is handled individually by a vessel's naval communicators with server support from BIS staff.

Working in a blended civilian/military environment at BIS has also taken some getting used to, along with his new Monday to

Friday schedule which is quite different than normal watch patterns he's used to with the frigate.

"There are no civilians working on navy ships and now working with them is great because the working environment is not as demanding yet challenging nonetheless," he says.

As part of Desktop Support, LS Lefebvre is charged with looking after computer-related issues in building D199, NOC, FSE, and the Lookout. His unit also looks after Base Logistics, Base Construction and Engineering, Base Administration, the messes, the Reserves, Port Operations and Emergency Services Branch, and the Post Office. When personnel within these units first have a problem, they call Client Services at BIS.

"When you call 3-1000, they're the first people you speak to," he says. "Without them there'd be chaos."

Client Services acts as frontline maintenance, trying to fix issues through remote assistance with help from BIS Knowledgebase, an online bank of procedures, guidelines, and contacts they use to help troubleshoot. If the problem persists, Client Services forwards it on to LS Lefebvre or another Desktop Support technician in the form of a trouble ticket.

Through a program called

access all the trouble tickets he's currently assigned. He can also access the jobs colleagues are tackling and record information such as what worked and what didn't and use that information for future tickets. A trouble ticket can range from a printer cartridge needing replacing (a five minute job) to an entire computer needing replacing (a few days). Currently he has six trouble tickets assigned to him, with a few minor jobs as well. He says the average call takes around two days from start to finish, but that can vary quite dramatically depending on the problem.

"I haven't really got into anything that's really that hard, I like working here," he says. "At times you never know what's going on; at times Google is your best friend [to search for solutions]. The patience, knowing what you're looking for, it's a love-hate relationship."

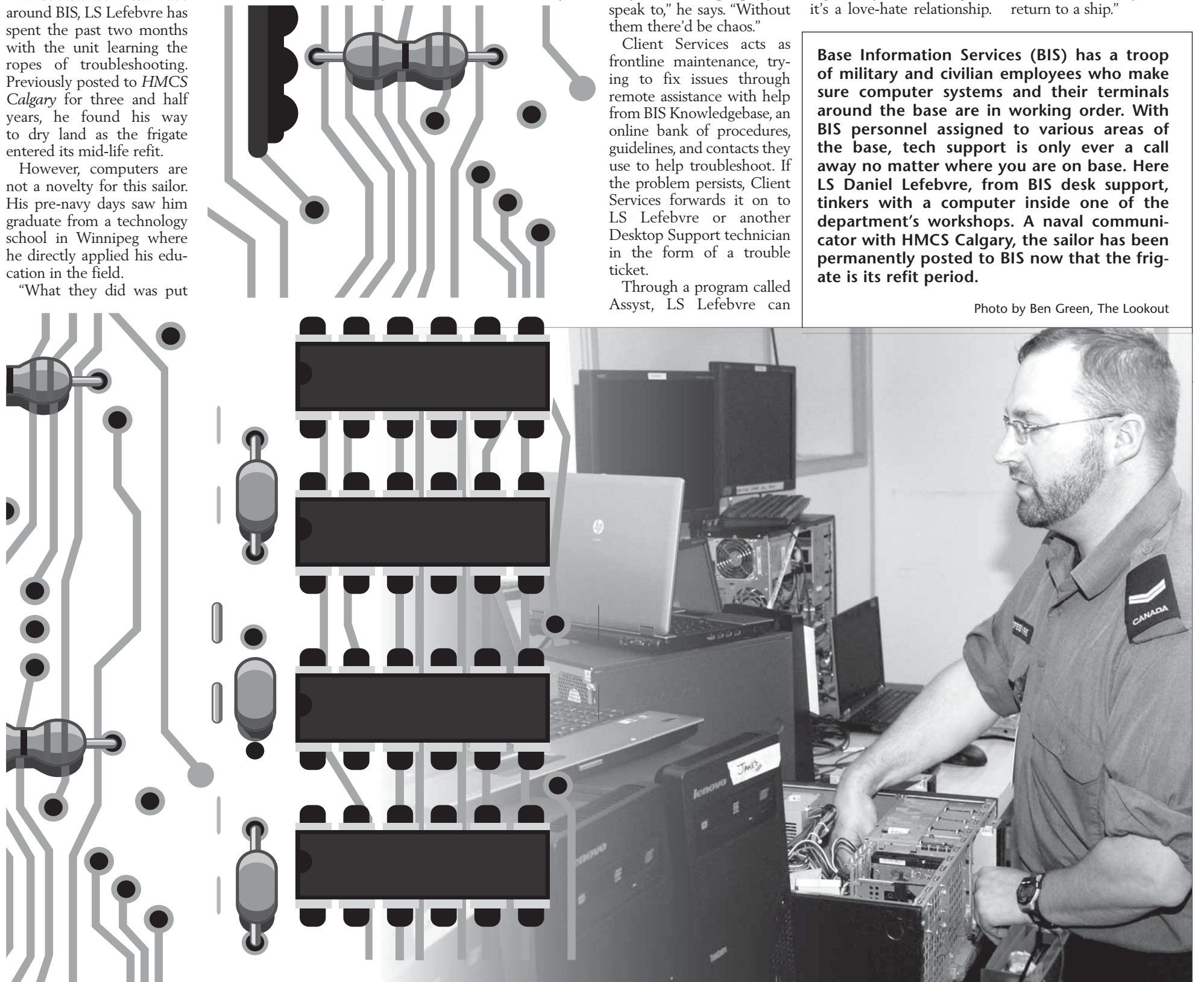
One minute you could be fine, another moment you reboot [the computer] and it laughs at you."

For now he's enjoying his spell on dry land. The posting has allowed him to focus on two of his passions – hockey and his beard. This fall he'll be lacing up the skates for the BIS hockey team in the Intersection Hockey League, and being off ship has allowed him to let loose his whiskers (ships' companies aren't permitted to grow beards on board due to firefighting system that can't adhere to a bearded face). But like any true sea dog, it's the water he wants to eventually return to.

"I do want to be at sea, I love sailing but not right now, I would like to stay at BIS for awhile," he says. "There are a lot of experienced people here and I want to soak in as much as I can before it's my time to return to a ship."

Base Information Services (BIS) has a troop of military and civilian employees who make sure computer systems and their terminals around the base are in working order. With BIS personnel assigned to various areas of the base, tech support is only ever a call away no matter where you are on base. Here LS Daniel Lefebvre, from BIS desk support, tinkers with a computer inside one of the department's workshops. A naval communicator with HMCS Calgary, the sailor has been permanently posted to BIS now that the frigate is its refit period.

Photo by Ben Green, The Lookout



Fountain Tire
Home of the Tire Experts

Ask about our **Military Discount**

CANEX Financing Available

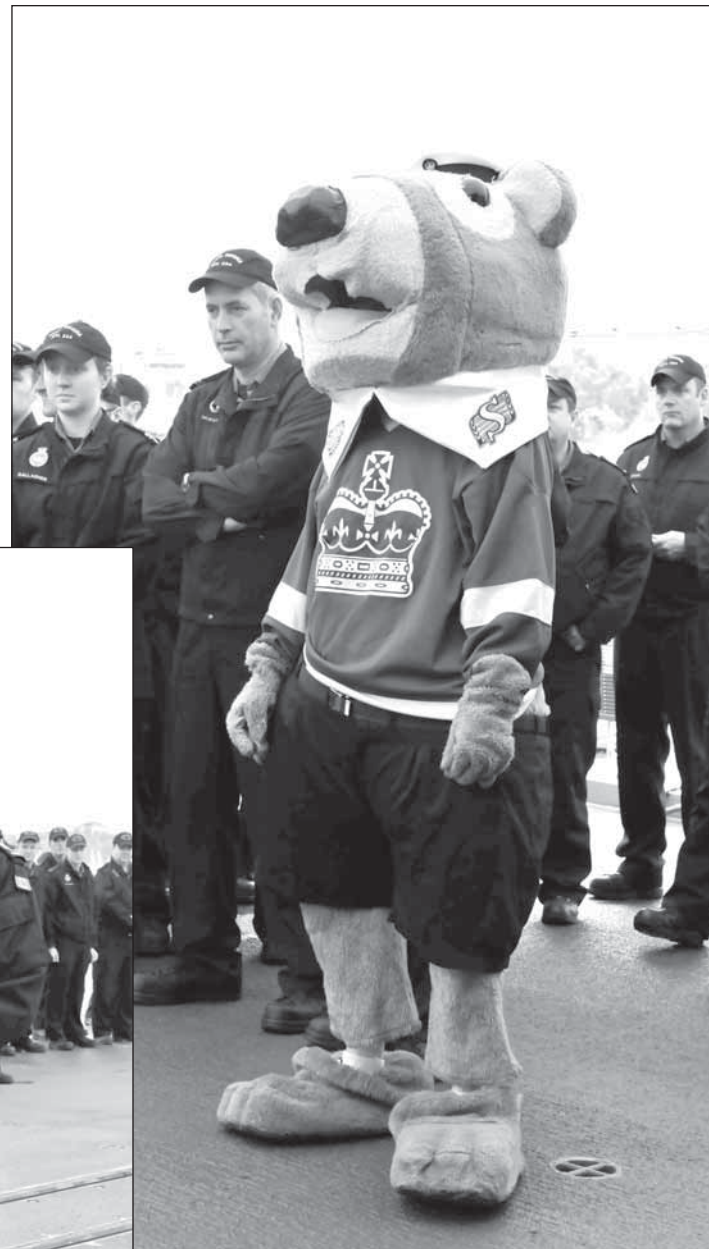


Quality Tires • Low Prices
Complete Mechanical Repair
610 Herald St • 382-6184

GOODYEAR **DUNLOP**

Regina kicks off their campaign

The crew of the HMCS Regina kicked off their GCWCC Campaign with an on-board barbecue for invited guests from the B.C. Heart and Stroke Foundation, the Military Family Resource Centre, TNT Paintball, and Habitat for Humanity as well as the crew. Regina's mascot, Gunner the Gopher, joined the crew for the kickoff.



Photos by Dawn Bennett, The Lookout
Left: Cdr Chris Moore presents CPO1 Robert Anderson with an Aerobic Excellence Award - Silver Level. The award represents 10,000 units of aerobic activity, which took CPO1 Anderson eight years to complete.

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

Now that's...



Kool 107.3
Today's Best Music

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



Laurence Johnson cd
Lawyer

Michael Lomax cd
Lawyer/Mediator

- Family Law
- Mediation
- Wills & Estates

DISCOUNT PROGRAM / PROGRAMME DE RABAIS

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

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



EAP supervisors' commitment celebrated

Three weeks ago, 24 Employee Assistance Program (EAP) referral agents from Esquimalt and Comox attended a Referral Agent Development Day (RADD) and supervisor celebration at the Colwood Pacific Activity Centre, organized by the EAP office.

The theme of this RADD was: "Together we are more than the sum of our parts."

The three days consisted of guest speakers and workshops providing information on various resources available in the community. These training events are held in order to ensure that referral agents maintain the knowledge and abilities to

help base employees work through issues such as job stress, anxiety, depression, addictions, traumatic incidents, family relationships, grief and more.

To recognize their much appreciated commitments, a formal thank you to referral agents was made by the Chief of Staff, Capt(N) Knippel, as well as local union representatives Deborah Wainwright, Professional Institute of Public Servants of Canada; Mark Miller- Union of National Defence Employees; and Keith Campbell, Federal Government Dockyard Trades & Labour Council (West).



Left to right: Keith Campbell, Mark Miller, Deborah Wainwright and Capt(N) Knippel cut the referral agent thank you cake.

EAP is a confidential referral service for all employees of the base who want help dealing with a personal or work related issue. The program is made up of a reliable team of referral agents that are available to provide a listen-

ing ear, and can also direct you to qualified community resources if desired. If you are ever in need of assistance contact any of the referral agents on EAP posters located around the base, or call Nora Johnson (EAP Manager) at 250-363-7968.

Interior cadets honour local hero

ASLt Mike Wisla
Contributor

The shores of Shuswap Lake, 500 kilometres inland from the Pacific coast, seem an unlikely place for a Naval Memorial Ceremony.

However, on Sept. 25 this was the case when Collier family members were joined by Sea Cadets from RCSCC Kamloops and RCSCC Grenville of Kelowna to unveil the memorial stone of the late Vice Admiral Andrew Collier.

The ceremony took place at the Eagle Bay Community Church, in the small community of Eagle Bay, B.C. The event was hosted by Betty Collier-

Murphy, widow of Vice Admiral Collier, and was attended by four generations of the Collier family from across North America.

During the memorial, members of the Collier family spoke of the Vice Admiral's life in and out of the military, and his enthusiasm for the Cadet movement. In a moving ceremony, the memorial stone was unveiled by the Vice Admiral's namesake, great-grandson Andrew of Ft. Lauderdale, Florida.

The service ended with the playing of the Last Post, and an inspection of RCSCC Grenville Cadets and the ceremonial flag party of RCSCC Kamloops.

At the conclusion of the service the Collier family hosted a reception where the Cadets were able to meet the family, view photos, and hear stories about Vice Admiral Collier.

Vice Admiral Collier was born in Kamloops in 1924, and was raised in the Shuswap, where he graduated from Salmon Arm Secondary School. He was a member of the first graduating class of Royal Roads Military College and rose through the ranks. He served with the Royal Canadian Navy from 1942 to 1979 in a variety of positions including Commander of MARPAC, and retired as Commander

of Maritime Command.

After his military career, Vice Admiral Collier went on to head the Canadian Coast Guard and the B.C. Ferry Corporation. He passed away in 1987 and was buried at sea. The memorial in the family plot at Eagle Bay provides a permanent marker for this remarkable man.



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>

We've moved! 875 Viewfield Rd



Call now for a FREE QUOTE

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.

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



SPORTSTER® SPECIAL!

Purchase any In-Stock 2011 Sportster® or In-Stock USED Sporster® and receive a **\$500 IN-STORE CREDIT** towards Parts, Accessories and Clothing



2004 HARLEY-DAVIDSON® SPORTSTER® XL1200 CUSTOM
ONLY 32,115 kms, Hard leather locking saddlebags, quick release w/screen, flame theme chrome.

Sale ends Oct. 31, 2011

SALES, SERVICE, PARTS, ACCESSORIES & MOTORCLOTHES
STEVE DRANE HARLEY-DAVIDSON®
2940 ED NIXON TERRACE • 250-475-1345
WWW.STEVEDRANEHARLEY.COM
FINANCING AVAILABLE ON ALL HD® MODELS

Lawyers with a Canadian Forces Perspective



Mel Hunt,
LCOL (Ret'd)

Practicing Military Law for over 30 Years



Dan Murphy
RADM (Ret'd)

Extensive experience with Canadian Forces personnel issues

Military Grievances • Veterans Pensions • Personal Injury
Summary Trials • Courts Martial • Appeals • Criminal Law

Call 250.478.1731



Leigh Gagnon

Practicing Family and Real Estate Law for military members for 20 years.

Call 250.381.2151

DINNING HUNTER
LAMBERT & JACKSON
BARRISTERS AND SOLICITORS

info@DinningHunter.com

www.DinningHunter.com

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

NEED A NIGHT OUT? Ladies 501 dart team needs players. Come on out and have some fun! Call Susan 250-592-3919

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!

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.

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.

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 Avenue, Victoria. Call 250-363-3194 or email: 3005army@cadets.net

1/2 DUPLEX, 3 BED, 2 BTH, executive suite, Waterfront on Gorge, Unobstructed views, NS/NP \$1850/mo. 250-884-9026

HOUSE FOR RENT LANGFORD. \$1675 incl. utils. Top flr of 2007 home. 3 bdrms, 2 bth, livingroom, dining room, modern kitchen, laundry. Close to schools & yard backs onto Galloping Goose trail. NS, pets on approval. Refs req. Jay @ 250-474-3457

BRAND NEW ONE BDRM Suite for rent in new Westhills area, Langford. The suite is above detached two car garage. Pvt entrance. One dedicated parking spot in driveway. Avail. Immed. 250-580-6334 or 250-474-1812

REAL ESTATE • FOR RENT

PACIFIC VILLAGE II 1445 CRAIGFLOWER ROAD

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

RENTALS CENTRALLY LOCATED

**PARKING INCLUDED
FRIDGE/STOVE INCLUDED
ON MAIN BUS ROUTES
PETS: CATS ONLY**

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

385-2250



**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

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

LARGE SUITES

1180 Colville
Avail NOW: 2 bdrms from \$825.
250-360-1983

855 Ellery

2 bdrms from \$965 avail NOW & Nov. 1
250-385-2157

Esquimalt

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

Lookout Classifieds Work.
363-3014

MOTORCYCLES

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



Better the 2nd time around!

PITCH-IN CANADA
www.pitch-in.ca

SERVICES OFFERED

Abeba's Alterations & Repairs

For ALL Military & DND

Affordable Alterations & Repairs

Skirts/Dresses, Jeans and more...

717 Pine Street, Victoria, B.C.
250-590-0152

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

See it ALL ONLINE



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

lookoutnewspaper.com



to the **Canadian Blood Services Clinic**
www.bloodservices.ca

There is an URGENT NEED for all blood types!

RENT NOW
Ask about our move-in BONUS!

70-76 Dallas Road
2 Bedroom Starting From \$1,275
3 Bedroom Starting From \$1,475

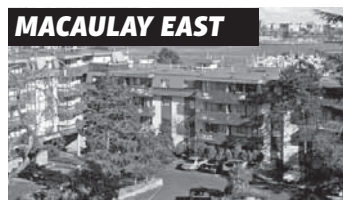
200 Gorge Road West
1 Bedroom Starting From: \$880
2 Bedroom Starting From: \$1,150

625 Constance Avenue
1 Bedroom Starting From: \$825
2 Bedroom Starting From: \$950

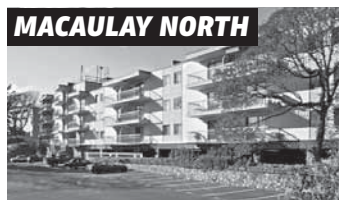


250-298-5073 • rentals@capreit.net
www.capreit.com

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



MACAULAY EAST
948 Esquimalt Rd.
Bachelor, 1,2 & 3 bdrm
Manager 250-380-4663



MACAULAY NORTH
980 Wordsley St.
1 & 2 Bedroom
Manager 250-384-8932

FREE Heat & Hot Water

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



VOLUNTEER

RECREATION INTERGRATION VICTORIA is looking for volunteers of all ages to assist individuals with disabilities to get out and be active! Time commitments are as little as 1 hour a week. No experience necessary as orientation, disability specific information and support is provided when matched. Planning on running in one of the Good Life Fitness Victoria Marathon events? Join the RIV "Equalizers" to help fundraise for our Inclusion Service for Children & Youth and our Volunteer Services! For more info or to volunteer please call the Leisure Assistance Coordinator at 250-477-6314 or volunteers@rivotonline.org

APPLIANCES

WESTCOAST APPLIANCE CENTRE LTD.
LARGEST SELECTION GREAT PRICES
• Reconditioned
• New • Builder
• In Home Services
Corner of Gorge Rd East & Jutland • 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

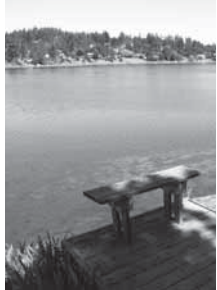
LOOKOUT Classifieds & Real Estate

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

Ask about our DND Discount!



Christie Point Apartments

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

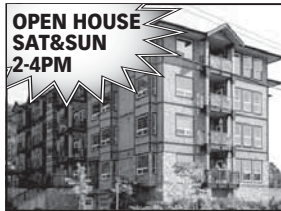
2951 Craigowan Road
250-405-3450



www.bwalk.com

REAL ESTATE • FOR SALE

AVAILABLE NOW!!



OPEN HOUSE SAT&SUN 2-4PM

2 bed 2 bath corner unit
In-suite laundry, storage, parking, on site gym.
101-303 Nursery Hill Dr.
\$374,900



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



OPEN HOUSE

October 22 • 2-4pm
3341 St. Troy Place

Triangle Mountain area
3 Bedrooms, 2 Bathrooms
Rancher with large yard and great gardens.

250-516-7340

THIS GREAT 2 BDRM, 2bth + office house is back on the market! Very open space with gas FP, Lg. modern kitchen, 2 big bdrms with lg. windows, living-room, parking, pvt. Yd, and self contained w/d laundry. 15 min. walk to the heart of downtown & Cook Street Village. 10 min drive to Dockyard, on major bus rte. Avail. Nov. 1st. Call or email for more info or to arrange a pvt showing. 250-508-6489

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

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



NOW \$359,900



A MUST SEE!

NOTE NEW PRICE!! UNIQUE TOWNHOME WITH 1 BEDROOM IN-LAW SUITE!! Upper floor offers lovely kitchen with tile flooring and Bamboo throughout-2 pce. bathroom-combined living room and dining room with ocean view-south and west facing so very bright!!!! Upstairs has full bathroom-Master and second bedroom. Off the Master are 2 decks-one has great ocean view-Have your morning coffee and enjoy the view!! Three parking stalls go with this unit-(on laneway behind) This great townhome is located @ the back of the 3 unit complex-QUIET!! BONUS!! BONUS!! CAN BE RENTED-BUY AS AN INVESTMENT- Located 2 blocks to Naden-great for Forces Personnel-
Photos at www.halstenson.com

RE/MAX CAMOSUN
Doreen Halstenson
Sandi-Jo Ayers | 744-3301

GREAT WATER VIEW \$489,900
BUILT IN 2000

Pics at www.realestatevictoria.net, but you must view this home in person! The BEST deal in ESQUIMALT with a WATER VIEW! Clean, move-in condition. Cleverly laid out with the kitchen, dining room and living room all facing the water. All appliances included - gas FP, gas stove, vaulted ceiling in living room. Enjoy 3 BRs, 2 baths and a nicely landscaped yard. Single car garage, perfect for military, small families and professionals. Call Dana now to view. \$489,900. WOW! MLS 299813.



Dana Reiter 250-384-8124



BUYING OR SELLING?

Call Mark Rice First!



RE/MAX CAMOSUN

250-588-2339

OVARIAN CANCER



WOULD YOU KNOW IF YOU HAD IT?

SYMPTOMS

- Abdominal discomfort
- Pelvic pain/backache
- Bloating/gas/swollen stomach
- Vaginal bleeding/painful intercourse
- Urinary urgency
- Ongoing fatigue
- Indigestion
- Weight loss/gain
- Change in bowel habits

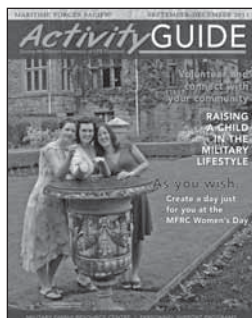
If you have been feeling a combination of these symptoms for longer than three weeks, visit your doctor and ask for a Ca125 blood test.



Sell your home in the Lookout

Call 363-3014 to advertise

Make the most of life on the island.



Stay fit with the Activity Guide.

Available at all PSP and MFRC outlets



For women with single-track minds

Join us on the trails - beginner, intermediate and advanced rides.

Plus Clinics, getaways and shop discounts

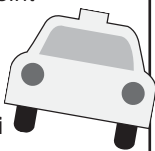
Dirty Girlz Bike Club
www.dirtygirlzbikeclub.ca

Base Taxi Service

for Naden, Dockyard & WorkPoint

Operates 7:30am to 3pm Monday to Friday.

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



Available for military-related appointments or meetings on base only.

Taxi Dispatch
363-2384

NEW! Rounders Bus Schedule



NOTC WKPT	BASE HOSPITAL	NADEN (Main gate)	NADEN GYM	NELLES BLOCK	BERNAYS BLOCK	CF FLEET SCHOOL (E)	Y JETTY	CE / FUEL PUMPS	NAVAL TENDER SECTION D 539	D 213	D 51	D 85	B JETTY	D 51	D 210	BASE SUPPLY	WARDROOM (BUS STOP)
07:00	07:05	07:07	07:08	07:13	07:14	07:15	07:16	07:17	07:18	07:19	07:20	07:25	07:26	07:27	07:28	07:29	07:29
07:34	07:39	07:41	07:42	07:47	07:48	07:49	07:50	07:51	07:52	07:53	07:54	07:59	08:00	08:01	08:02	08:03	08:03
08:08	08:13	08:15	08:16	08:21	08:22	08:23	08:24	08:25	08:26	08:27	08:28	08:33	08:34	08:35	08:36	08:37	08:37
08:42	08:47	08:49	08:50	08:55	08:56	08:57	08:58	08:59	09:00	09:01	09:02	09:07	09:08	09:09	09:10	09:11	09:11
09:16	09:21	09:23	09:24	09:29	09:30	09:31	09:32	09:33	09:34	09:35	09:36	09:41	09:42	09:43	09:44	09:45	09:45
09:50	09:55	09:57	09:58	10:03	10:04	10:05	10:06	10:07	10:08	10:09	10:10	10:15	10:16	10:17	10:18	10:19	10:19
10:24	10:29	10:31	10:32	10:37	10:38	10:39	10:40	10:41	10:42	10:43	10:44	10:49	10:50	10:51	10:52	10:53	10:53
10:58	11:03	11:05	11:06	11:11	11:12	11:13	11:14	11:15	11:16	11:17	11:18	11:23	11:24	11:25	11:26	11:27	11:27
11:32	Drop off only - driver switch																
12:00	12:05	12:07	12:08	12:13	12:14	12:15	12:16	12:17	12:18	12:19	12:20	12:25	12:26	12:27	12:28	12:29	12:29
12:34	12:39	12:41	12:42	12:47	12:48	12:49	12:50	12:51	12:52	12:53	12:54	12:59	13:00	13:01	13:02	13:03	13:03
13:08	13:13	13:15	13:16	13:21	13:22	13:23	13:24	13:25	13:26	13:27	13:28	13:33	13:34	13:35	13:36	13:37	13:37
13:42	13:47	13:49	13:50	13:55	13:56	13:57	13:58	13:59	14:00	14:01	14:02	14:07	14:08	14:09	14:10	14:11	14:11
14:16	14:21	14:23	14:24	14:29	14:30	14:31	14:32	14:33	14:34	14:35	14:36	14:41	14:42	14:43	14:44	14:45	14:45
14:50	14:55	14:57	14:58	15:03	15:04	15:05	15:06	15:07	15:08	15:09	15:10	15:15	15:16	15:17	15:18	15:19	15:19
15:24	15:29	15:31	15:32	15:37	15:38	15:39	15:40	15:41	15:42	15:43	15:44	15:49	15:50	15:51	15:52	15:53	15:53
				16:00													
16:05																	

Online at <http://www.lookoutnewspaper.com/rounders-bus.php>