

10 MINUTE OIL CHANGE
NO APPOINTMENTS NECESSARY

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



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

SELECT MORTGAGE CENTRE www.anneflynn.ca



Ann 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




MR. POKEY

FIGHT THE FLU

GET THE SHOT

Now is the time to get immunized. Protect you, your family, and your unit's mission during this flu season. CF personnel can get the flu shot at their supporting CF Health Services Unit or at the Military Flu Vaccine Road Shows.

Nov. 14: BOR 9-10:30 a.m.
Nov. 15: CFFSE 9-11 a.m.
Nov. 16: NOTC Nixon Bld 8-10:30 a.m.

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.®

the local kitchen

★ WANTS YOU! ★

WEDNESDAY MILITARY NIGHT

Report in at 16:00
25% off of all food with proof of military id. (excluding specials)
Burger and a Beer for \$10
Granville Island Brewery Night Mugs for \$5



CFB Esquimalt

DO NOT Pay! **PLUS!** NO MONEY DOWN

Until March

NOT EVEN THE TAXES!

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

September 30 to December 31 2011

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

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

Paper Doll Formals
 #104-109 TCH, Duncan

Flowers by Leaf & Petal
 Photography by Orange Passion

www.paperdollformals.com 250.597.2737



A "Smart" campaign idea

Mike Hillian
 Contributor

Back when Dan LeBlanc owned a sign business, he always thought about buying a Smart Car to advertise. He has finally brought that idea to life, but instead of advertising a business he's supporting the Government of Canada Workplace Charitable Campaign (GCWCC).

LeBlanc, who is Chief of Staff for Canadian Fleet Pacific, owns the finely-decorated white Smart Car you see driving around Dockyard. The vehicle is clad with GCWCC decals - a look that was inspired by LeBlanc's time in the sign business.

"When I had the sign business the thought came across my mind that when Smart Cars came out, peoples' heads were turned," said LeBlanc. "They liked this concept of a little mini

car going around, so we had actually thought about buying one of these for our business and then decaling it up for our business."

The idea never came about, but LeBlanc recently bought a Smart Car for personal use. Low donation numbers within his unit got LeBlanc rethinking his old plan.

"I was particularly disturbed by the fact that we haven't got the level of contribution within Fleet that we have in the past," said LeBlanc. "I saw people looking at the car and I thought: now I want to take advantage of that ability and advertise or promote the Government of Canada Workplace Charitable Campaign."

LeBlanc worked with a few Fleet colleagues to create the design. His old sign business produced the decals for a good price and LeBlanc applied them at home. So far LeBlanc's

Smart Car theory has proved accurate and he's received lots of attention.

"I get a lot more stares on the highway and I know I get stares from people walking by my car, which was the original intent," said LeBlanc. "I want people to see it and be reminded that we're halfway through the campaign."

With less than two months left in the GCWCC campaign, LeBlanc hopes his car will motivate people still on the fence about donating. Although LeBlanc's plan was conceived with Fleet donations in mind, he is optimistic the car will reach an even wider audience.

"This is not just about the Fleet, it just happens that I work within Fleet," said LeBlanc. "This is about an overall community effort within MARPAC and if I can inspire more than just Fleet personnel, I've achieved my aim."

MFRC Deployment Dinners
 hosted by St Paul's Anglican Church

For family with deployed members
Wednesday Nov. 23 • 6pm
Suggested donation - \$2 per person,
\$5 per family

call 250-363-2640
for more information
www.esquimaltmfrc.com



The CFB Esquimalt Running Team ran away with the Canadian Forces Team of the Year Award at this year's Sports Awards Banquet in Ottawa. A season full of outstanding performances, which placed them miles ahead of the other environments, is what nudged them over the finish line. **Pictured here from left to right:** LCdr Mark Cunningham, LS Kirsten Arensen, LGen Stu Beare, SLT Denita Hammond, and LS Mark Ritchie.

Grievance Board to hold town hall

A delegation from the Canadian Forces Grievance Board (CFGB), headed by the Board's Chairperson Bruno Hamel, will visit CFB Esquimalt Nov. 16-18.

During the visit, the Board will hold a town hall on Thursday, Nov. 17, at the Pacific Fleet Club, from 1 to 2:30 p.m.

The meeting will provide an opportunity to explain the distinct and independent role the CFGB plays in the military grievance process. It will also allow for direct exchanges about issues and concerns related to complaint resolution, as well as trends and dissatisfiers identified by the Board through its review of grievances. The Chairperson will also hold a briefing session for senior base staff and the delegation will meet with stakeholders involved in conflict resolution at the base.

Other members of the Board's delegation are the vice-chair, Jim Price; Board members Denis Brazeau, Michael Auger, Carina De Pellegrin and Frederick Blair; the Director

of Operations and General Counsel, Caroline Maynard; and Team Leader, Michael MacPherson, as well as the Communications manager, Najwa Asmar.

As an administrative tribunal independent from the Department of National Defence and the Canadian Forces, the Board reviews military grievances referred to it by the Chief of Defence Staff (CDS) and provides findings and recommendations to the CDS and the griever. If the CDS does not act out on a finding and recommendation, he must include the reasons for doing so in his decision.

The Board makes periodic visits to CF formations/units to learn about taskings and activities and to see, firsthand, CF members in the environment in which they serve. In turn, the Board holds briefings, both formal and informal, where all ranks are encouraged to participate in grievance related discussions.

For more information on the CFGB, you can visit the Board online at www.cfgb-cgfc.gc.ca/English/home.html.

Colwood Car Mart LTD. 

250-474-MART(6278)

"It's Smart to Shop at the Mart"


2 pay stubs 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


Floyds Barber Shop **250-893-1002**

 **Military Haircuts \$13.50**

Open 7 days a week, until 6pm **www.floydshairstyling.com**
829 Admirals Road Unit D

Saanich Jr. BRAVES VS.

All minor hockey players wearing their jersey, get in FREE!



Campbell River Storm
Nov 16 @ 7:30 pm

Victoria Cougars
Nov 25 @ 6:30 pm

Comox Kings
Dec 02 @ 6:30 pm

Kerry Park
Dec 09 @ 6:30 pm

Pearkes Recreation Centre
3100 Tillicum Rd, Victoria

TOBACCO FREE **be your best.**
SPORTS be tobacco free.

Thank you to our men and women who serve.

\$99* Rate is for single and double occupancy and valid from October 1, 2011 until April 30, 2012. Please ask for the Government-Military rate when calling in.

park inn & suites

VANCOUVER BROADWAY
898 West Broadway, BC

800-670-7275 or (604) 872-8661
www.parkinn.com/vancouverca

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

Canada Select MILITARY DISCOUNT AVAILABLE

13 days, 11 nights
January 11 - 25, 2012
from \$2549

Vietnam Discovery

Includes:


- Flights from Vancouver & domestic flights in Vietnam
- 10 nights accommodation in superior hotels
- Airport transfers • 1 night aboard a traditional Vietnamese junk in Halong Bay • Half-day & full-day sightseeing tours & day cruise

Pricing is per person in CAD, based on double. Call for details.

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

In the CANEX Building off Admirals Road

WANT TO WIN TICKETS?



Answer this skill testing question:
Which of the team's colours has been left out of the Victoria Royal's jersey and why?

Send your answer to kate.king@forces.gc.ca
Draw Nov. 19, 2011

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

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

DISCOUNT PROGRAM

LS Melinda Urquhart
melinda.urquhart@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'OAFC57.5. Les opinions et annonces exprimées dans le journal ne reflètent pas nécessairement le point de vue du MDN.

LOOKOUT
NEWSPAPER

Circulation - 4,500

One year subscription - \$37.³⁶

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 WE

BPSO's Bits and Bytes: the ins and outs of transfers

LCdr Kathryn Hodgson
Contributor

Have you ever heard that you are "locked in" to your occupation and thus there is no hope of an occupation transfer (OT) to another MOSID in the near future?

What about hearing that you won't be competitive or that the occupation you want is closed for intake?

Or my personal favourite, have you ever been told to just fill-in the second and third choice spots on the application form with any occupation, even though you really don't want to serve in either of those occupations?

Honestly, I get it; navigating the in-service selection bureau-

cratic quagmire is not easy and it can definitely be even more frustrating when you're not receiving the correct information.

At the BPSO office, we often hear stories from members about well-intentioned advice they have received from their work colleagues. Sadly, in some cases, the advice has been inaccurate and the end-result has been missed opportunities or even worse, a transfer to an occupation that's truly not suitable.

This column is really too small to go into the necessary details that will help everyone figure out their individual case. Suffice to say, there are policies that govern your OT eligibility and the OT process. There are also existing updates and amendments to

those policies that not every unit has received or kept. However, we at the BPSO office are the subject matter experts for OTs and OT policy application.

It's our job as Personnel Selection Officers to keep abreast of all changes, updates, and amendments to existing policies and guidelines. We don't expect you or your chain of command to navigate the quagmire by yourselves. We can help you figure out whether or not you are truly "locked in" to your occupation, if you'll be competitive for the occupation of your dreams, if your occupation is closed for OT out, or if you're making the right career choices for you.

The best advice I can give you is to start your OT investigation

early by coming in for a career counselling appointment.

Additionally or alternatively, we can come to you and provide your unit/section with a quick informal or formal briefing followed by a question and answer period on any in-service selection program (e.g., OT, University Training Plan for Non-Commissioned Officers, Special Commissioning Plan, Commissioning from the Ranks, etc.).

Essentially, we want to provide you the most current and accurate information possible so that you can make informed choices about your career path in the CF. Call us at 363-4091 – we'll do what we can to help.

Next Week: Reassignments... why choices are so limited.

MP Corner

Bullying comes in many forms

Sgt Benoit Rheume
Military Police
Community Relations

Bullying is when someone repeatedly says or does hurtful things to someone else on purpose.

It doesn't matter how old you are or where you are from, bullying can happen.

From time to time, the Military Police gets involved in situations where bullying has gotten out of control.

Sometimes bullying situations end up with a person experiencing depression, lost wages or violence.

Bullying can involve just two people or a group of people and comes in many forms:

- Physical: using your body or objects to cause harm. Examples include hitting, punching, kicking, spitting or breaking someone else's belongings.

- Verbal: using words to hurt someone. Examples include name calling, put-downs, threats and teasing.

- Social: using your friends and relationships to hurt someone. Examples include spreading rumours, gossiping, excluding others from a group or making others look foolish or unintelligent.

- Cyber bullying: using technology, such as a computer or cell phone to hurt someone. Examples include sending mean or threatening emails or text/instant messages, posting embar-

assing photos online, creating websites to make fun of others or pretending you are someone else by using his or her name.

People who bully typically have self-esteem issues, may fear getting picked on, are not happy or may have trouble expressing negative emotions or dealing with issues in their own lives. Bullying is learned behaviour and can be eliminated with proper counselling or intervention.

Bullying doesn't have to be part of a child's life, or an adult's life for that matter. Very serious consequences have come up for individuals that were bullied in the past: eating disorder, low self esteem, unable to sleep, anti-social behaviour and even suicide has been linked to victims of bullying.

John Stubbs School uses a "Code of Citizenship" to prevent such behaviour. Each student receives a copy of that "Code" in order to have a better understanding of unacceptable behaviour. Education is a key to deterrence.

CFB Esquimalt's civilian workers and service members receive regular training on their PD day on bullying and harassment prevention and awareness.

CFB Esquimalt Military Police: (250) 363-4032 or for emergency call 9-1-1.

To confidentially report information relating to any crime, visit:

www.victoriacrimestoppers.com or call 1-800-222-8477.

Your input is needed.
Funding relies on
your participation!

go to

<http://www.surveymonkey.com/s/DDW8BWY>

It only takes a few minutes,
but the results will
keep your Community
Recreation Program
serving you!

Don't delay!
Do it now.

Complete Dental Dr. Ngan Huynh

General and Cosmetic Dentistry
Friendly staff & relaxed atmosphere
Emergency treatment available
New patients welcome

Mon-Fri 8am-4pm

250-384-5052 / 1230 Esquimalt Road

Veneers by Dr. Huynh

10% off
any Truck
Rate



Budget
Car and Truck Rentals

Call 250-953-5300

www.budgetvictoria.com

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>

HMCS Regina Coxswain fitter at 50 than most 20 year olds

Dawn Bennett
Staff Writer

Being physically fit isn't just for young people. Just ask CPO1 Bob Anderson from *HMCS Regina*.

Last month he received a silver seal and registered in the top one per cent for his age category (49 and under) in the Canadian Forces (CF) Physical Fitness Award of Aerobic Excellence Program. The silver seal represents 10,000 units of exercise and took the Chief eight years to complete.

How did he do it? "It's pretty simple," says CPO1 Anderson. "You've just got to haul your body out of bed at 5:30 a.m., go to the gym and then run on the treadmill until 7 a.m. Do that for five days a week and you'll see results."

The CF Award of Aerobic Excellence is divided into seven levels of achievement. Each of these levels is broken down into six sub-levels (red to gold seals), each of them requiring the member to complete 2,000 units of aerobic exercise before moving on to the next seal. At the end of each level, a member will have completed 12,000 units of aerobic exercise. Completion of all seven levels would signify the accumulation of 84,000 aerobic units.

"They give you two years to reach your first level of 2,000 units," says CPO1 Anderson. "You can do it in a year if you do three units a day, seven days a week. But schedules often get interrupted when people are deployed or on a course, so two years is a fair amount of time."

The CF Award of Aerobic Excellence is done on an honour system with each participant keeping a personal log book for each unit of exercise. CPO1 Anderson started his training in 2004 and his log

book is 19 pages. He feels that keeping a Monday to Friday daily routine makes it easier to achieve his goals.

"The program is designed to keep you motivated and interested and gives you a goal to strive for," said CPO1 Anderson. "It's similar to ParticipACTION, the fitness program launched by the government in the 1970s. If you're my age you'll remember that."

The award can be acquired through time or distance. For example, swimming 400 metres and skipping rope for seven minutes both qualify as one unit. Activities can include everything from snowshoeing and cross country skiing to jogging and martial arts. Personnel Support Programs sports and fitness staff has the full list and details on how to register.

Chief Anderson has signed up a dozen people from *Regina* and crew member OS Graeme Peppley has already completed his scroll and received his red seal.

"I encouraged the crew to sign up to give them a goal to strive for," says CPO1 Anderson. "We also have our unit PT for 45 minutes Monday to Friday at 8 a.m. and that helps keep them motivated. And I go to the gym now at 7 a.m. instead of 5:30 a.m. to be with the team and encourage them on."

The final question has to be why. Why did CPO1 Anderson create such a challenge for himself?

"It's not just the physical benefits," says CPO1 Anderson. "Mentally, I'm more alert. Tests have proven the physical exercise benefits your mind as well."

Chief Anderson is now going for his gold seal. He started that level on June 23 and expects to be finished by June of next year. As of Oct. 18, he was at 680 units.



Photo by Ben Green, Lookout

From *HMCS Regina's* tightly packed fitness room, CPO1 Anderson, ship's coxswain, displays his Physical Fitness Award for Aerobic Excellence certificate. The seals on the bottom represent all the different levels he has completed so far, with only the gold seal remaining, which he's currently working on.

JTF2 FOI2

CANADIAN SPECIAL OPERATIONS FORCES COMMAND
WWW.CANSOFCOM.FORCES.GC.CA

COMMANDEMENT DES FORCES D'OPÉRATIONS SPÉCIALES DU CANADA
WWW.CANSOFCOM.FORCES.GC.CA

INFORMATION SESSION
NOVEMBER 23, 2011
1330 HRS AND 1830 HRS
SEAMANSHIP TRAINING CENTER

the Vancouver
MEN'S SHOW

The 1st Annual Vancouver Men's Show arrives in the Lower Mainland. It's a one-stop shop for everything men want at the 2011 Vancouver Men's Show. Tradex in Abbotsford from November, 18 - 20, 2011
www.vancouvermensshow.com

Contest
Win tickets!
Name 3 events happening at the Vancouver Men's Show that support Prostate Cancer Canada and how you can get \$2.00 off at the door.

Send your answer to kate.king@forces.gc.ca



Canadian Forces Leadership Institute
 Institut de leadership des Forces canadiennes

ONE DAY ONLY!

CFB Esquimalt Base Gym
 Tuesday, November 29th, 0800 – 1500hrs

The Canadian Forces Leadership Institute (CFLI) once again invites you to visit them where they will be offering numerous publications. Subjects include leadership doctrine, the profession of arms, lessons learned, cultural intelligence, etc.

Books | DVDs | Reports

Publications and media will be made available at no cost.

UN JOUR SEULEMENT!

Gymnase de la BFC Esquimalt
 Mardi 29 Novembre, 0800 – 1500hrs

L'Institut de leadership des Forces canadiennes (ILFC) sera des vôtres pour la promotion de leurs nombreuses publications traitant notamment de la doctrine du leadership, de la profession des armes, des leçons apprises et de l'intelligence culturelle.

Livres | DVDs | Rapports

Les publications sont disponibles sans frais.

www.cda.forces.gc.ca/cfli-ilfc



In Memoriam

Farewell to a West Coast Sailor

PO2 Alana M. Power
Contributor

CPO1 (Ret'd) John G.F. Power, CD, OMM, passed away peacefully in his sleep Oct. 2, 2011, in Edmonton, Alberta, after a lengthy and courageous battle.

He is predeceased by his father Gordon and mother Hazel.

He is survived by his loving wife Anita, daughters Karen Picco (Walter) and Alana Power, grandchildren Joshua Alan John Power, Nicole Breanne and Alexandria Picco.

John is also survived by his big sister Delva Stark (Jack) and younger sisters Cheryl McDonald (Wilson) and Patricia Gordon (Bill).

John joined the RCN in 1960 at the age of 17 requiring his father's consent. Leaving Belleville, ON, to "travel the world" was exactly what he had in mind. In 1964 he married and had two children, who wondered who this stranger coming in and out of their lives was. It was established early on by his daughters though, that this guy was "a big deal." Just going to the Odeon in downtown Victoria with dad was so fun, all of the young sailors who knew him snapping to, calling my dad Chief.

John had met his match when he remarried Anita in 1982 in Victoria to whom he remained married for the rest of his life.

The majority of John's 35-year career as a Marine Engineer Mechanic was spent on the West Coast on various ships and submarines, as well as postings to Quebec and Ottawa. When asked during our last visit in September what his favorite ship was, he quietly said "the Rainbow."

Our father was both a humble and proud man. He took pride in his service and always spoke highly of the Navy to friends and family. The stories he would tell of his many adventures entertained all.

This will be the first Remembrance Day without our Sailor, husband, father/grandfather, and brother.

We will remember him.

NEWS Nuggets

BCE employee remembered

On Oct. 28, Lindsay Edwards passed away after a brief battle with cancer. He was employed as a tradesman at Base Construction Engineering for the past eight years. A memorial was held on Nov. 5 at First Memorial, and instead of flowers, donations were asked to be given to the Victoria SPCA or the B.C. Cancer Society.

Free regular parcel service

Canada Post is once again offering free regular parcel service from Oct. 17-Jan. 13, 2012, for family and friends of deployed Canadian Forces members. Parcels will be delivered free of charge from any retail Canada Post outlet to designated CF bases where they will be forwarded through the CF Postal System to the members overseas. Additionally, Canada Post will also be offering free delivery of letters to deployed troops until Dec. 31, 2012. Due to cargo limitations on military flights, this offer is restricted to operations served by the Belleville, ON, K8N 5W6 address and to any deployed Canadian ship.

CF Artists Program

Interested artists have until Nov. 30 to submit their applications to be the next participants in the Canadian Forces Artists Program. Selected artists will be able to participate in a military-related exercise for about seven-10 days which will springboard their creativity in creating works of art depicting military life. There is no payment for artists, who in turn aren't required to return works

to the program, but artists may be asked to lend some works for promotional art tours or other uses. More information on the CF Artists Program can be found at www.cmp-cpm.forces.gc.ca/dhh-dhp/gal/ap-pa/index-eng.asp

Leadership forum

On Nov. 24, from 8:30 a.m. – 4:15 p.m., a Leadership Forum will be held at Work Point's Nixon Building. The forum gives civilian and military supervisors the opportunity to listen to speakers on leadership and innovative ways of managing teams. Speakers include:

Dr. Linda Duxbury - a renowned international expert in the area of managing change from Sprott School of Business, Carleton University. She'll be speaking on organizational change and behavior, creating a supportive work environment, and managing the new workforce.

RAdm (Ret'd) Roger Girouard - an associate professor at Royal Roads University, he'll focus on the role of the middle manager and discuss the elements of change, the need for adaptability in being a part of an organization, and the value of team collaboration.

Interactive sessions - will provide managers and supervisors with the opportunity to have guided discussions on issues impacting their workspace.

Interested participants can register via their unit training coordinator.

The Victoria District Office of Veterans Affairs, Occupational Stress Injury Social Support (OSSIS), and Bureau of Pension Advocates (BPA) are moving from their current location at 816 Government Street at the end of October.

On Tuesday November 15, 2011, the three offices will open to the public at their new location in the Atrium Building at the corner of Blanshard and Yates Street.

Where:
The new location and address is:
The Atrium
320 - 1321 Blanshard Street
Victoria, BC V8W 3B3

The building can also be accessed via the entrance at 800 Yates Street.



Get the latest West Coast Naval News delivered to your door:

Call to subscribe: 250-363-3014 or visit lookoutnewspaper.com



Note: Subscription cost covers postage.

Randall Garrison, MP ESQUIMALT-JUAN DE FUCA



Constituency office is now open to serve constituents:

ADDRESS:
A2-100 Aldersmith Place
Victoria V9A 7M8

HOURS:
10am-4pm
Monday-Thursday
or by appointment

PHONE:
250-405-6550

EMAIL:
Randall.Garrison@parl.gc.ca

FAX:
250-405-6554

We are here to assist constituents with Federal government programs and services.

ADDICTIONS AWARENESS CAMPAIGN

www.forces.gc.ca/know-sais

Test YOUR knowledge online

Win Great Prizes!!
November 12-26, 2011



Our Forces Know...

I Know...

Do You Know?

- When to say I've had enough
- When to step in
- When and how to ask for help




twitter.com/Lookout_news

www.facebook.com/lookout.newspaper

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"

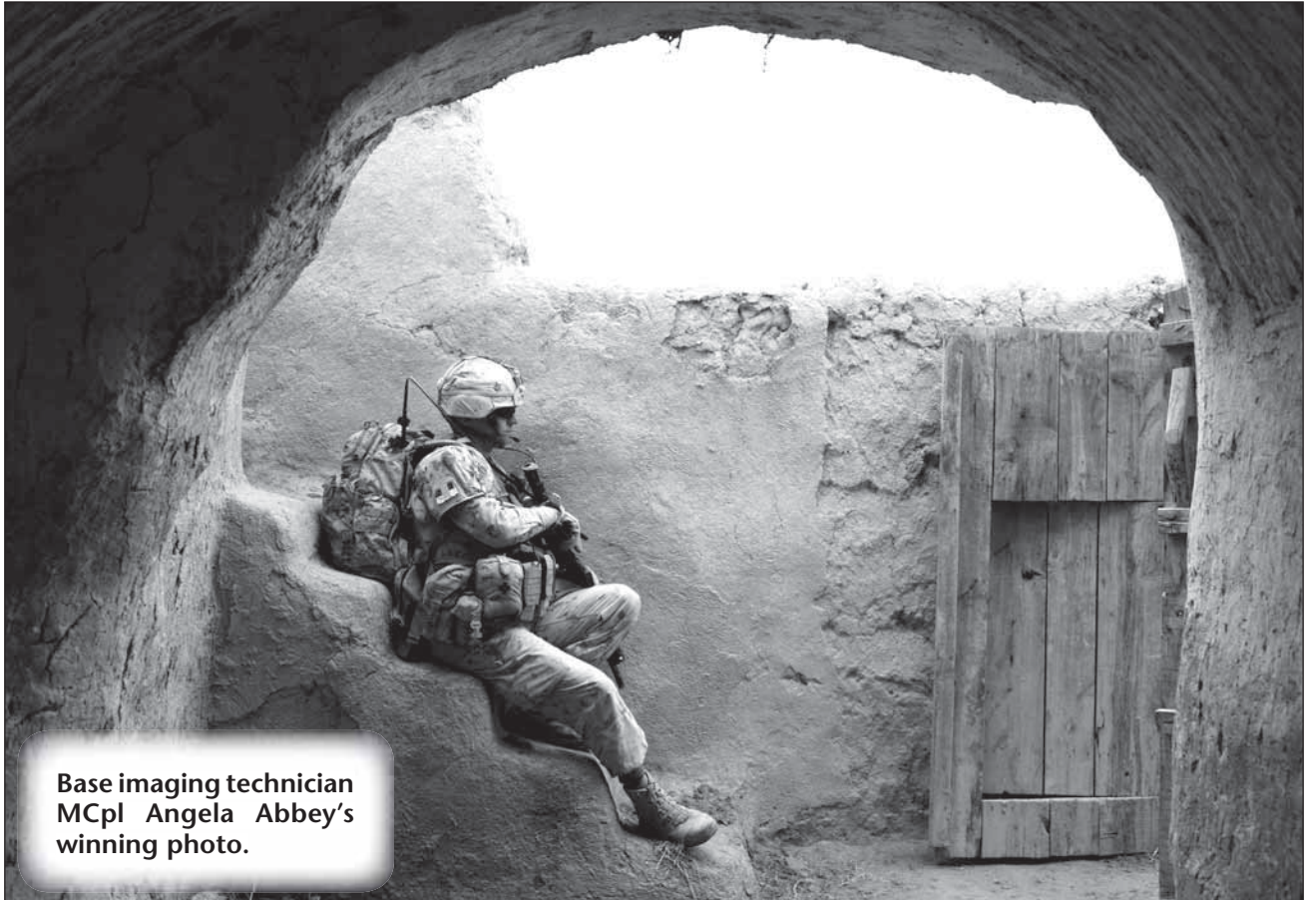
2829 Peatt Road
 Langford, BC
 (250) 391-8636
www.evadarsbistro.ca
 Open 7 days a week


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


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


NEED TOOLS IN THE CITY?


RONA | BayWest 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



Base imaging technician MCpl Angela Abbey's winning photo.

Photo by MCpl Angela Abbey, Canadian Forces Combat Camera

Corporal Sebastien Gratton from Bulldog (Bravo) Company, 1er Battalion, Royal 22e Régiment Battle Group (1R22eR BG), provides local security in Nakhonay during Operation Tayra Taygh where clearance patrols searched for caches of weapons and IED-making supplies.

Local photographer scoops major award

The 2011 DND Photography Contest committee received a total of 1,164 entries from 186 participants. With all the high quality submissions received, a panel of three judges faced quite a challenge in selecting each category's winners. The three judges for this year were:

Sgt Serge Gouin - Graduated from the photography program at La Cit Collgiale in 2001 and soon after he joined the Canadian Forces as a military photographer, he spent four years as the Governor General's photographer and was just recently transferred to the Canadian Forces Joint Imagery Centre;

Mylne Choquette - Graduated from the applied arts and technology program at La Cit Collgiale in 1996 and is presently a photographer at the Canadian Conservation Institute; and

David White - A professional photographer with over 30 years of experience in the photo industry he presently works for Henry's Canada as a commercial account manager.

The two-day judging session took place on Oct. 19 and

20, and as per previous years was open to the public.

Major Awards

- Professional Photographer of the Year: LCol (Ret'd) Jean Lapointe, Gatineau, QC.
- Amateur Photographer of the Year: Cpl Mark Schombs, CFB Petawawa, ON
- Best of Show Professional: MCpl Angela Abbey, CFB Esquimalt
- BC Best of Show Amateur: Cpl Jose Girard, Brussels
- Belgium Environment Award: LCol Geoff Carter, Ottawa, ON

The name of the Deputy Ministers award recipient will be announced after Nov. 17.

Starting Nov. 14 you will be able to vote on www.DNDPhotoContest.ca for the "People's Choice Award."

All the winning photos will be displayed around mid-November the web site and also in the National Defence Headquarters (NDHQ) concourse, 101 Col By Drive the week of November 21-28, 2011.

Now that's refreshing!



HMCS Algonquin hosts Russian ships

Mike Hillian
Contributor

HMCS Algonquin hosted a Pacific Fleet Detachment of the Russian Federation Navy in Vancouver from Nov. 8 to 11.

Vancouver was the final stage of the Russian Detachment's long-range cruise, in which they also visited Japan and the U.S.A. to strengthen naval cooperation.

The three Russian vessels, cruiser Varyag, tanker Irkut and a sea-going salvage tug, rendezvoused with HMCS Algonquin on Nov. 7. The ships spent time exercising in Juan De Fuca Strait before coming alongside Canada Place on Nov. 8 for the visit.

Once in Vancouver, the two navies enjoyed social activities such as a barbeque luncheon and sporting events. On Nov. 9, sailors participated in friendly games of floor hockey and volleyball at HMCS

Discovery. Russian sailors also enjoyed bus tours of Vancouver during the visit, and opened their own ships to the public for tours.

On Nov. 10, HMCS Algonquin personnel took advantage of being in Vancouver and visited 24 schools in Surrey and Richmond to give Remembrance Day presentations. As part of the National Veterans' Week Speakers Program, officers helped honour those who have served Canada while encouraging the Canadian public to participate in remembrance.

On the final day of the visit, units from both navies attended the Vancouver Remembrance Day ceremony at Pioneer Square Cenotaph. Russian ships then embarked on their journey home the afternoon of Nov. 11, when HMCS Algonquin escorted them from Vancouver back through Juan De Fuca Strait.



How can you help your newspaper?



Advertising pays for your paper so please:

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

lookoutnewspaper.com
forcesadvertising.com

your community newspaper...



Sunday Worship Services

10:30 am

Sunday School for children most Sundays

Sacrament of Holy Communion

First Sunday of the month

Inquiries regarding marriage, funerals, religious instruction, please contact Padre Lara Bowditch, Chapel Life Coordinator

St Peter's Naval Chapel (Protestant)
307 Virago Crescent, Belmont Park
250-391-4205

Reserve your spot! Call Vicki at 250-363-2595

Victoria Royals
VS
MARPAC Media

Naden Wurtele Arena
Tuesday, Nov. 15th, 2011

11:30 a.m. to 1:30 p.m.
(doors open at 11:00 a.m.)

Admission by donation!

With your donation receive a FREE "ANY GAME PASS" for VICTORIA ROYALS home games.
BE THERE!!

Door Prizes • 50/50 Raffle
Food for sale!

All Proceeds to GCWCC 2011 Campaign
Transportation available between Dockyard & Naden



Bring home a HONDA

2012 Civic Sedan LX
\$18,885
MSRP** INCLUDES FREIGHT AND PDI.

2011 CR-V LX 2WD
\$27,880
MSRP** INCLUDES FREIGHT AND PDI.

\$1,000 HOLIDAY BONUS
ON ALL NEW 2012 CIVIC MODELS
SEE DEALER FOR DETAILS.

LEASE FOR \$169 | 1.99%*
PER MONTH FOR 48 MONTHS
\$2,660 DOWNPAYMENT O.A.C. INCLUDES FREIGHT & PDI.

\$3,500 CASH PURCHASE INCENTIVE
ON SELECT OTHER 2011 CR-V MODELS!

@BCHonda

BRITISH COLUMBIA
Honda
DEALERS
www.BCHonda.com

506 Finlayson Street
250-388-6921

ALL ROADS LEAD TO
Campus
www.CampusHonda.com

HONDA

*MSRP. \$18,885. \$1,000 cash purchase incentive available through Honda Canada Finance Inc. 1.99% APR for 48 months. O.A.C. Monthly payment including freight and PDI. \$2,660 down payment. Dealer may sell for less. Dealer made may be required. **MSRP. \$27,880. \$3,500 cash purchase incentive available through Honda Canada Finance Inc. 1.99% APR for 48 months. O.A.C. Monthly payment including freight and PDI. \$2,553 down payment. Dealer may sell for less. Dealer made may be required. *Offer valid from November 1st through November 30th at participating Honda retailer. Offer subject to change or cancellation without notice. Terms and conditions apply. Visit www.hondanews.com for details.

ENGINEER'S CAR FOUNDATION OF

Ben Green
Staff Writer

It was his words rather than his weapon that saved Maj Don Saunders' life when he stared down an MP5 machine gun during a 1997 United Nations tour in Haiti.

Wearing no body armour and his pistol holstered, he drew in a few deep breaths and told himself to remain calm.

"It's all about talking, your body language, your general posture," says Maj Saunders, now the Operations Officer at Base Construction Engineering. "You have to maintain your composure; if you overreact things can go south pretty quickly."

It was his first deployment, employed as the Force Engineer at the U.N. headquarters in the Haitian capital of Port-au-Prince. He was tasked with overseeing the transition of old army outposts into functional police stations. The professionalizing of the Haitian police force led to interactions with people who, at times, were less than thrilled to see a U.N. vehicle pull up.

"Not everyone was pleased with the U.N. pres-

ence, especially some of the local powerbrokers, as the U.N. was reinforcing the legitimate government of President Rene Preval," he says. "As a result, their influence was diminished."

This scenario, mostly in outlying villages and suburbs of Port-au-Prince, was one that Maj Saunders faced on several occasions. His cool demeanour proved more effective than bullets as after a few minutes of tense negotiations, the weapons were lowered and he was allowed to speak with the local powerbrokers.

Those four months in the impoverished Caribbean nation were the first of three deployments and a handful of Technical Assistant Visits he's been a part of in his 22 years in uniform. Since joining the Regular Force in 1990, he's served on four continents and dozens of countries in-between.

His jobs on deployment have varied as much as the countries they've been in. For seven months in 2001/2002, he was part of the initial team sent into the United Arab Emirates to build Camp Mirage; a logistics hub for Hercules and Aurora aircrafts supplying Afghanistan and patrolling

the Persian Gulf, respectively. When he first arrived, the greenfield site was basically a vacant lot. After six months the base was completely up and operational.

"It was an interesting challenge and a severely constrained timeline," he says. "They had the intent to get it done [built] in 60 days originally."

Building on a lot in a UAE airbase, Maj Saunders was part of the 13-person Specialist Engineering Team augmented with a line-man from the Joint Signals Regiment who prepared designs for all the base communications. The team soon had power generation, communications, water distribution, waste-water collection and disposal, offices, accommodations, and recreational facilities including a gym and a chapel constructed.

The following year he headed east of the UAE to Afghanistan. For two months he initially accompanied, and eventually led, an Environmental Industrial Health Hazard study to determine the health impacts the region could have on deployed soldiers. Based out of various camps near Kabul, the team looked at possible factors such as



Maj Don Saunders has spent over two decades in uniform serving in dozens of countries along the way. The engineer, now with Base Construction Engineering, has served tours in Afghanistan (left) and Haiti, as well as various Technical Assistant visits to countries such as Sierra Leone (above).

Photos Courtesy of Maj Don Saunders

WE'RE BUILDING DND CUSTOMERS FOR LIFE!

Victoria Hyundai is proud to service all employees of the DND, civilian and retired veterans. Our retired DND staff recognize your needs and will help you find the perfect vehicle regardless of your past/current credit.



HYUNDAI

2012 TUCSON FWD

Hyundai's stylish, versatile crossover utility vehicle.

OWN IT
\$122
bi-weekly
payment + tax

AND
\$0
down
payment



City 10.1L/100km
Hwy 7.4L/100km

STOCK # 12TU-1282



Sales Manager Macon Doublet

As a retired Strathcona, Sales Manager Macon Doublet is your DND liason. Macon has all your in-store DND incentives and will ensure that your needs are met.

250.995.2984
VictoriaHyundai.com

525 Gorge Rd East • Victoria, BC



The sale price is \$21,003 + HST, the term is 84 months, the rate is 1.59% the cost of borrowing is \$1362.32. DR# 30622

CAREER BUILT ON A HELPING OTHERS

soil, air, and water to see what negative influences they could have on personnel. In the end, no long-term health hazards were found.

"The analysis involved comparing test results with the Canadian Environment Quality Guidelines for allowable exposure levels," he says. "These were also reviewed by a physician specializing in industrial medicine."

In 2010, following a seven-year hiatus from long-term deployments, Maj Saunders once again found himself back in Afghanistan, this time in Kandahar. In his first 35 days at Kandahar Air Field there were 28 rocket attacks on the base, 100 over the duration of his tour.

"Kandahar is Kandahar; it pretty much met expectations," he says. "It's a stressful environment but you know it's going to be a stressful environment [before going in]."

For 11 months he was the Deputy Commanding Officer of the Task Force Kandahar Engineer Regiment. The Regiment,

totaling over 260 members, included an Explosive Ordnance Disposal Squadron that dismantled IEDs and other explosive hazards, an Engineer Support Squadron that built and maintained forward operating bases, and an Engineer Construction Squadron that rebuilt Afghan infrastructure. During his tour, Afghanistan's Dand and Panjwa'i districts benefited with more than 100 kilometres of new roads, over 50 kilometres of new irrigation canals, 42 repaired mosques, 18 police stations, and the construction or repair of 28 schools. Maj Saunders says local Afghans were very involved in the projects' identification, planning, and construction processes. Because of this, most communities took a sense of ownership and responsibility for the new infrastructure which often led to fewer problems with militant attacks.

Back on Canadian soil for now, he says this time of year especially is full of personal

reflection for the friends and colleagues lost. Having been immersed in a variety of conflict zones, and come out unscathed, it's not something he takes too lightly.

"Before Afghanistan, Remembrance Day was paying respect to those who served in the First and Second World War, Korea, and other deployments," he says. "We're turning around and remembering friends and colleagues who we've lost now. It kind of makes Remembrance Day more personal. It's still important to remember the people who have gone before, but now there's a personal connection to it."

This month, Maj Saunders also shared his experiences with an elementary class at École Mill Bay, where his sister teaches, as well as a local Cub pack. He hopes by speaking with younger generations they'll be able to see the value in helping others less fortunate and recognize the sacrifices that past and current Canadian Forces personnel have made.



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

THETIS EDGE

CONDOMINIUM RESIDENCES

2BED/2BATH starting from \$284,900
Including Net HST

The ideal blend of Urban Living and Nature

Just 10 minutes from downtown Victoria
Follow Old Island Highway - Turn onto Six Mile Road - Just past Nursery Hill Drive

www.thetisedge.com

Peter Gaby
Presentation Centre open Weekends 12 - 4pm
or by appointment **250-477-7291**

Longtime Victoria advocate continues betterment journey

Raina Delisle
Royal Roads University

Honorary Captain (Navy) Cedric Steele is an ideas guy.

Good ideas have marked Steele's professional and philanthropic career and have left a mark on Victoria. The president of Cedric Steele Realty Ltd. is credited with bridging a closer relationship between the business community and the Armed Forces, and being a driving force behind the creation of the Royal Roads University Fellows Council, among many other achievements.

"Cedric is an extraordinarily generous man," says David Marshall, chair of the board of directors of the Greater Victoria Chamber of Commerce. "He's generous with his time, with his energy, with his influence – and he has a great deal of that – and with his ideas. He's not at all short of ideas, and energy and passion. He is always thinking of how can we do better as a navy, as a chamber, as a community."

Marshall's relationship with Cedric dates back to 1997, when Marshall was named Base Commander at CFB Esquimalt and Cedric was named Honorary Captain. The pair worked closely in those years and Marshall says Steele's dedication to the navy and the community of Victoria is as strong today as it was then.

"There are only so many honorary captains around," says Marshall, principal of Strategus Consulting, a management consultancy. "Some serve for four years, some serve for six. Cedric will now have served for 14, which is well beyond the norm. It reflects his ongoing commitment, the fact that he's not tired and still has a lot of ideas."

In addition to generating his own ideas to benefit the community, Steele is also helping others focus and execute their

ideas. Marshall says Steele, who won the chamber's Lifetime Achievement Award in April, jumped at the opportunity to participate in an upcoming program at the chamber that will connect emerging professionals with successful executives for one-on-one sessions. The young business-people participating in the one-on-ones will primarily be from the Prodigy Group, a networking association of young business-people affiliated with the chamber.

"I would like to continue to be a bridge between those who have new ideas and want to improve the community and also be able to introduce them to others who might be able to help their journey," says Steele, adding that he's looking forward to

being a soundboard for the ideas in a friendly, Dragons' Den-esque setting.

Incidentally, Prodigy Group was founded by Steele's son Shawn, a Royal Roads alumnus who is poised to follow in his father's footsteps. "It's given me great satisfaction to see how Shawn's involved in the community," Steele says with a smile.

Steele's office overlooking the Inner Harbour is testament to the lives

Some serve for four years, some serve for six. Cedric will now have served for 14, which is well beyond the norm. It reflects his ongoing commitment, the fact that he's not tired and still has a lot of ideas.

-David Marshall
Chair, Greater Victoria Chamber of Commerce

he's touched. Certificates of achievement hang on the wall and photos of celebratory moments sit on the bookshelf. On his desk is a miniature replication of the Homecoming statue at Ship's Point, which depicts a sailor's happy reunion with his daughter and was erected to celebrate the navy's 100th anniversary last year. Steele, who co-chaired the fundraising campaign, was instrumental in making the memorial a reality.

Steele will have to find a home for his Chancellor's Community Recognition Award, which he received from Royal Roads at convocation on Oct. 21. "It certainly is a great honour," says Steele, adding



that all the volunteer work he's done has been fun and hasn't seemed like work at all. In fact, Steele says, he feels he's benefitted more from volunteering than the organizations in which he's been involved. "It's been part of my own education," he says. "What little you can do to make an organization better, I feel you usually get back five to 10 times more than you give."

Moving forward, Steele says he will

continue to focus his volunteer time – and his ideas – on three organizations, all of which have inspired and educated him: the navy, the Salvation Army (where he sits on the advisory board) and Royal Roads University. "From Royal Roads, I've learned a lot as to how an innovative educational process can work to the betterment of the community," he says. "There are some huge opportunities there."

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



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



**MOTORCYCLE
RIDER TRAINING**

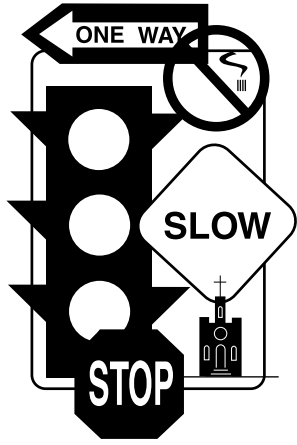
**NOVICE & TRAFFIC
PROGRAMS**

**EXPERIENCED
RIDER COURSES**

**VEHICLE DRIVING
LESSONS**

250-478-9584
www.visafetycouncil.com

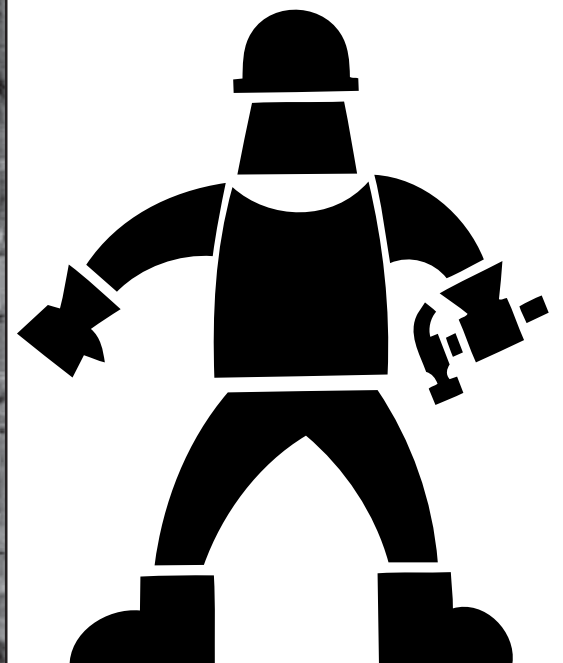
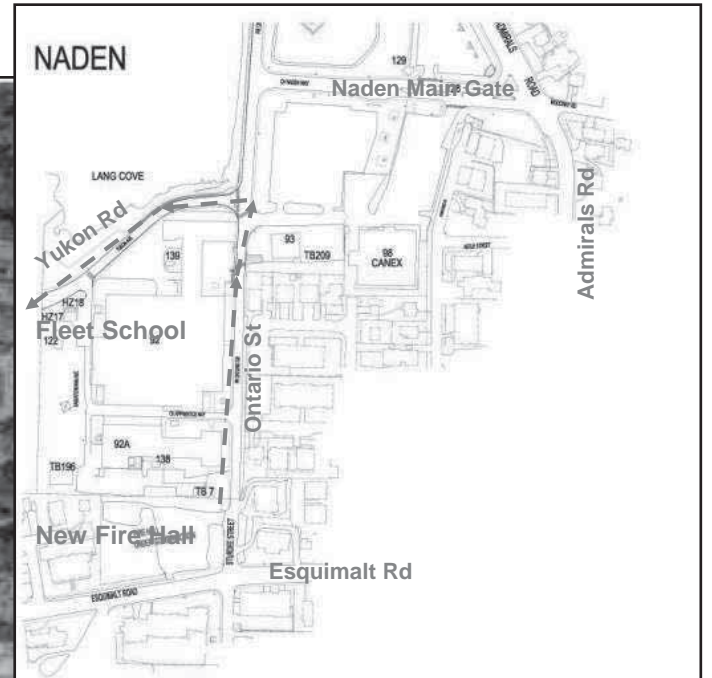
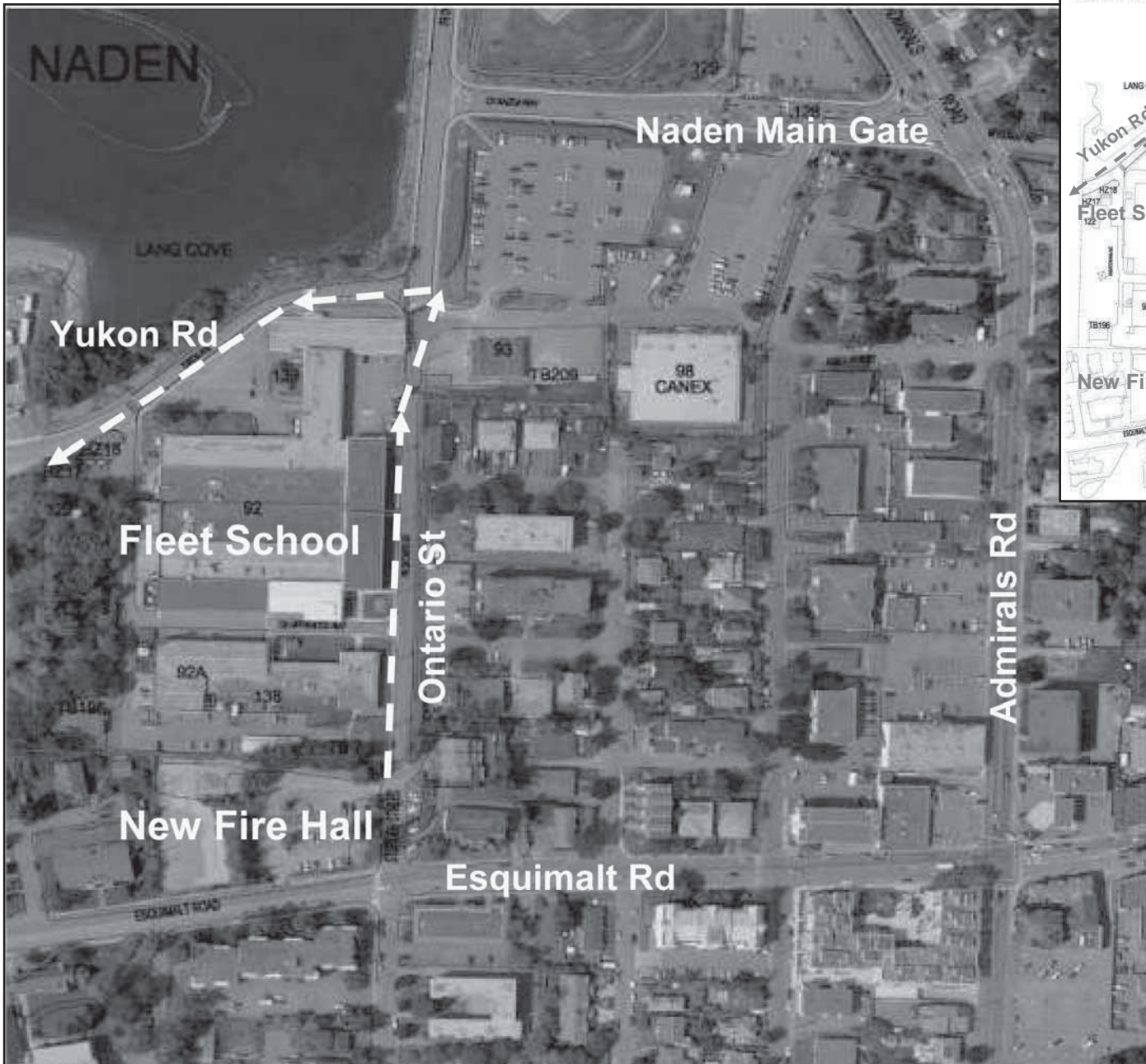
**BUILD YOUR BUSINESS WITH
LOOKOUT CLASSIFIEDS
CALL 363-3014 TO ADVERTISE**



TRAFFIC ADVISORY NOTICE

Ontario St/Yukon Rd Utilities Trenching Project November 21 to January 28, 2012

As the new Fire Hall progresses toward completion it is necessary to deliver power and communications from the Base to the site. The Ontario/Yukon Rd utilities trench will do this using an underground duct along the routes shown in the accompanying map. The work will start on November 21 at the new Firehall and gradually trench north to the junction of Ontario St and Yukon Rd, then West along Yukon to reach the Yarrows Gate by January 28, 2012, when work will end. While work is progressing along Ontario St there will be little to no traffic disruption, but as the construction crew turns the corner and heads west along Yukon, traffic flow will be restricted to one lane with the occasional complete road closure in tight areas. At all times during this construction flag persons will be in place to direct and guide traffic safely around the construction. The construction crews will do everything they can to minimize or reduce congestion, and we ask for everybody's patience and understanding during this period.





Fallen Canadians

Here we honour those who have given their lives serving Canada and helping the people of Afghanistan.
www.forces.gc.ca/site/news-nouvelles/fallen-disparus/index-eng.asp

RENTAL APARTMENTS IN VICTORIA MILITARY DISCOUNT AVAILABLE



* PET FRIENDLY *
 CALL FOR DETAILS

MAYFAIR MANOR APARTMENTS 827 Selkirk Avenue Esquimalt, BC

This low-rise building is surrounded by plenty of greenery and just steps to The Gorge. Located in a nicely developed, beautiful residential neighbourhood close to shopping, restaurants, and schools Mayfair Manor is a great place to call home.



SENTINEL APARTMENTS 625 Constance Avenue Esquimalt, BC

This modern and well-maintained mid-rise building provides easy access to surrounding amenities and overlooks the Esquimalt harbour. Close to restaurants, shopping, schools and public transit. The four-storey building is also wheel-chair accessible.



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



With over 30,000 apartments and townhomes across Canada to choose from, there is something for everyone.



250-298-5073 • rentals@capreit.net

capreit.com

COMMUNITY NEWS: MFRC SUPPORT



Marriage is like flying a jet

Kareem Negm
 Naval Cadet

Marriage, like flying a Boeing 747, is complicated, technical, and requires a pilot and co-pilot.

As you might have guessed, the plane is your marriage, while you and your partner are the pilot and co-pilot. You have learned to take off, fly and land the plane over and over. Most times, you've done so in good weather.

No doubt you've experienced turbulence here and there. It might make some passengers nervous. It might even affect one of you. Overall though, if you are both doing your jobs and communicating, the turbulence will be mostly undetectable because you both have complete confidence in each other. Did I mention that there is also baggage on your plane? Oh yes, no one

can travel without baggage.

Every pilot will face a test and your plane is no exception. In the case of an emergency, both pilots need to go through the emergency checklist. You have to acknowledge that there is something wrong with your marriage and you have to communicate to each other your true feelings. Don't assume your co-pilot knows what to do. You both have to walk through the list together. By this point, the flight attendants may check in with you to see if something is wrong. The other passengers in the plane may start to get worried.

You both need help. All your training and all your dedication cannot change the fact that this plane has to land. This is the most important decision you have to make – it could lead to a safe landing or to disaster. If you contact the

closest airport, an air traffic controller can provide assistance. This person will give you their undivided attention, provide guidance, and provide a runway for landing. It won't be easy. Each emergency landing is different. How fast are you coming in? From what direction? The air traffic controller will be communicating with both of you but it is still up to you to fly the plane. However, you must be open to guidance if you want to land this plane safely.

Did you know that the MFRC has qualified personnel to help you land that plane? Here is the best part – it is free! I did not believe that talking through our issues with a professional was necessary. However, my plane was coming in for a crash landing and my co-pilot was ready to eject. We made the decision to save the plane but it wasn't easy; we had to face the fears of marriage counselling. What will people think of me if they find out? Why can't we do this on our own? However, my attitude changed after a few sessions. Simply put, we didn't know how to talk to each other anymore. Through the course of a year, I can honestly say that, without the dedication of a MFRC social worker, my plane would have crashed. Now, my co-pilot and I are still flying along, communicating the whole way.

At some point, something may place considerable strain on your home life. Whatever it is, the MFRC is available to provide support for you and your family. Services such as this should remain free and accessible. Consider dedicating part of your GCWCC donation to the MFRC.

Now that's...



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

Local cadet shoots for bronze

Ben Green
Staff Writer

Squeezing the trigger of her Angel M80 rifle, Alix Voorthuyzen 17, recited the lyrics of a song from her playlist as the rounds pierced the target a few hundred yards away.

"Getting a song stuck in my head is usually what I do as it helps to keep my mind off the score and more on my shooting," says the army cadet from Victoria's 2289 Artillery Army Cadet Corps. "It also stops me from over-thinking my shot process – getting in position, loading, breathing, and shooting – as over-thinking can sometimes mess with your natural process of shooting."

Shooting since she was seven, and target rifle shooting since she was 13, Voorthuyzen's methodical approach to her sport has become second nature for her – "muscle memory" she calls it.

It was this consistency that earned Voorthuyzen a spot on the Canadian Under-25 team for the World Long Range Championships last month. For 18 days in October, the teenage cadet joined her teammates in Brisbane, Australia, for two weeks of intense tests of marksmanship.

The World Championships, held every four years, saw team Canada go gun-to-gun with teams from the U.S., Australia, New Zealand, South Africa, and Great Britain. While the team faced some very talented shooters, Voorthuyzen says their lack of cohesive preparation was the biggest hurdle to overcome.

"The only major obstacle we had to get over was the fact that we barely practiced together, as three were from the east coast and two of us were from Victoria," she says. "So practising as a full team was near impossible."

The competition was divided into four distances – 300 yards, 600 yards, 900 yards, and 1,000 yards – where shooters tried to achieve a perfect score of 50.10 points. At

each range, shooters took 12 shots with 10 of them being judged for score. Two shots, called sighters, are dismissed. The centre of the target, or the V-bull, is worth 5.1 points, with outer rings worth five, four, three, two, or one point respectively.

"Each shooter is coached by a head coach and an assistant coach," says Voorthuyzen. "These two are responsible for making adjustments to the sights to get the shooter into the centre of the target. They also have to watch the wind and make a decision on what to do when the wind changes."

After two weeks of contested shooting, Voorthuyzen and Team Canada earned a bronze medal.

"We were really excited that we had won third as a Canadian Under-25 team has never placed in the top three in world competition," she says.

Voorthuyzen only dropped 10 points throughout the entire tournament, but still insists her long-range shots need to be honed.

"The one thing I would like to work on is my 1,000 yard shooting," she says. "At 1,000 yards it is tough to get a good, clear picture of the target, so working on getting a good picture faster at 1,000 yards is what I would like to do. Taking too long to get a good picture can affect the quality of the shot."

Back in Victoria, Voorthuyzen isn't dwelling on her recent success. She's hunting for two jobs to afford a trip to South Africa next year to shoot, as well as taking the next step to turn her hobby into a profession some day.

"I've also put in my application for the Regular Officer Training Plan at the Royal Military College in Kingston, Ontario, for a major in psychology and leadership," she adds.

Voorthuyzen has been shooting since age seven when she first learned at a carnival in England. After moving to Canada with her family, she picked up the air rifle when she joined the Navy League Cadets. At 13 she transitioned to the army cadets where she's been target rifle shooting for four years.



Photo courtesy of Alix Voorthuyzen

Here the Canadian U-25 team - Justin Hearn, Nielson Woodman, Greg Perron, Tyler Sangster, Alix Voorthuyzen, George Wright, and Serge Bisonnette - pose for a photo at the Belmont Range in Australia.

Base Taxi Service

for Naden, Dockyard & Work Point
Operates 7:30am to 3pm Monday to Friday.
For military-related appointments/meetings on base.
Try to use Base Rounders before calling the Base Taxi to reduce wait times.



ESCAPE THE EVERYDAY at The Westin Bear Mountain Victoria

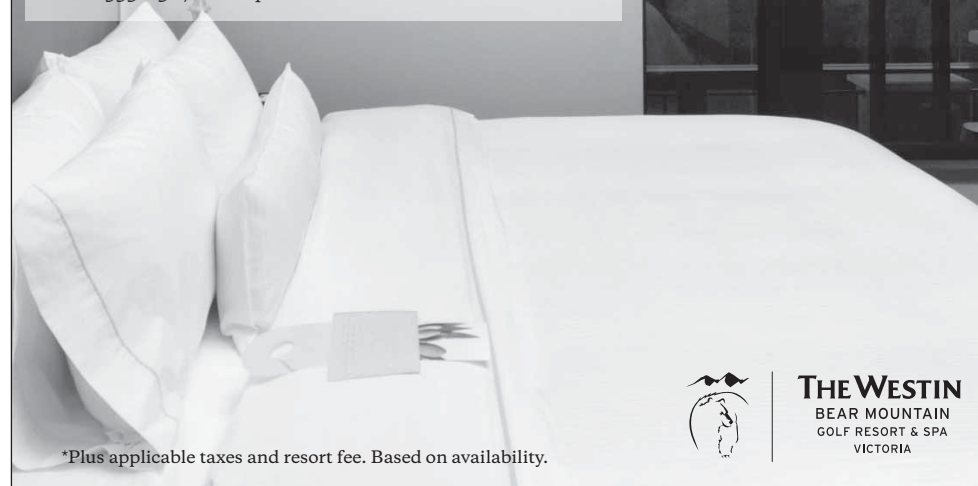
Rates from \$124* per couple per night

Enjoy a well-cared-for respite. Sleep late in our Heavenly® Bed, let breakfast come to you and enjoy an unrushed checkout.

- Complimentary breakfast for two each morning
- Newspaper delivery
- 4 p.m. late checkout, based upon availability

Nobody does rest and relaxation like Westin.

To book, visit www.bearmountain.ca/westin or call 1-888-533-2327 and quote 'WHN'



*Plus applicable taxes and resort fee. Based on availability.



THE WESTIN
BEAR MOUNTAIN
GOLF RESORT & SPA
VICTORIA

We Are The Pack & Ship Experts!



ATTENTION CANADIAN ARMED FORCES

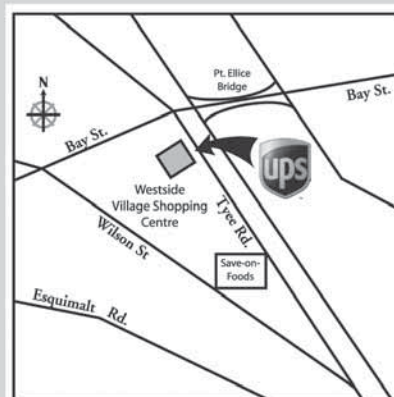
5% Off Military Discount

**Shipping Services
Hurry, offer ends
November 30th**

Valid only at The UPS Store located in Westgate Village.

tous les services sont également disponibles en français

The UPS Store®
Westside Village
110 - 174 Wilson St
Victoria, BC V9A 7N7
T: 250.389.6245
F: 250.380.2232
store242@theupsstore.ca



The UPS Store

A FULL SERVICE AUTO REPAIR FACILITY

TRACKSIDE

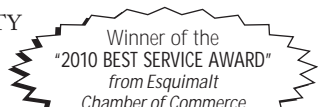
AUTO SERVICE LTD.

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

Ask about BG Protection Plan*

Where Dependability and Trust are a Priority...

784 Fairview Rd. • 250-383-5509 • tracksideautoservice.ca



* under 80,000 km

Bravo ZULU



JR CISN OP Course 0101 Graduated Nov 4.

Top Student: OS Nicolle.
Students: OS Conrad, OS Dasilva, OS Francis, OS Geehan, OS Haatvedt, OS Kemp, OS Lasaga, OS MacDonald, OS MacDonald, OS Morrison, OS Nicolle, and OS Varin.



Lt(N) Matthew Clark, Commanding Officer of The Naden Band, is promoted by LCdr Nathalie Garcia, Senior Staff Officer Public Affairs, and Capt(N) Mike Knippel, Chief of Staff MARPAC/JTFP.



Dave Roth receives his 25 Year Long Service Award.



Mel Kerr receives his 25 Year Long Service Award from Cdr McAllister.



CPO2 Andrew Ferguson receives his South-West Asia Service Medal rotation bar from Cmdre Ellis.



Ken Horsman receives his 35 Year Long Service Award from Cdr McAllister.



Cpl Robert Chaisson is promoted to Master Sergeant by Cdr McAllister.



MS Stephen Wood receives his Canadian Forces Decoration from Cmdre Ellis.



Lt Ian Golding with Cdr Lori McAllister – receiving the completion certificate for his Officer Professional Military Education (OPME) program.



PO2 Cathy Hayduk is awarded the Operation Safari Medal for her deployment in Sudan.



CPO2 David Relkov receives his Canadian Forces Decoration 2 from Cmdre Ellis.



Pte Alex Turcotte is promoted to Corporal by Cdr Lori McAllister, Commanding Officer of Base Logistics.



CPO2 Corey Young receives a Canadian Fleet Pacific Certificate of Acknowledgement in recognition of his outstanding contributions and exceptional leadership while posted to HMCS Protecteur.



LCdr Michael Sorsdahl receives his Certificate of Command Qualification from Cmdre Peter Ellis.



MS Melissa Renner receives her Canadian Forces Decoration from Cmdre Ellis.



LCdr Graham Roberts receives his Operational Service Medal - Humanitas from Cmdre Peter Ellis.



CPO2 Gerald Goulet receives a Canadian Fleet Pacific Certificate of Acknowledgement in recognition of his outstanding performance, dedication and professionalism while posted at Sea Training Pacific.



AB Breadner is presented his promotion to Leading Seaman by LCdr Ansell and CPO2 Gallinger at the Steward Cell.



MS Blaine Newey receives his General Campaign Star for his deployment to Afghanistan from LCdr Ryan Klassen.

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

\$7,995 P/T Stk # U04-441297



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



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 **Habitat for Humanity** Victoria
 250-386-7867
 restore@habitatvictoria.com **ReStore**



PO2 Kevin Hall, in charge of the Ranger 1 Detachment at CFMETR, Nanoose Bay, receives his CD from Capt(N) Marcel Halle, Chief of Staff of DGMEPM.

We've moved! 875 Viewfield Rd



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

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

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

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

Call now for a **FREE QUOTE**

875 Viewfield Road **IRWIN INDUSTRIES LTD.** (1968)
 382-5154 • www.irwinvi.com

SELECT MORTGAGE CORP

I'll Pay your Lawyer's Fees!!

REFINANCES TO 90%
PURCHASES TO 100%

Available 9am to 9pm

Best Rates/Best Service • *Some Conditions Apply/OAC
 www.mortgagesbylori.com • lori.lenaghan@vericoselect.com

VERICO
 Lori Lenaghan
 MORTGAGE CONSULTANT
 250-888-8036

Each VERICO broker is an independent owner operator

"MAJOR CASH"

PAYDAY LOANS

only \$17 on \$100

250-384-1001

#204-941 Esquimalt Rd

Lic. #49745

UPSTAIRS

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**

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

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

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

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.

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

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.

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

Your ad here

For word or display ads, call 363-3014

1 BDRM SUITE, NS/PETS CONSIDERED, insuite laundry, brand new sub division.. \$850 per mo. incl. hydro. 250-361-4474

1 BDRM LOWER IN CHARACTER house in Selkirk/Vic West avail. Dec. 1st. HW flrs, lg kitchen, living room & walk in closet. Lovely quiet house & pleasant neighborhood. electric & hot water incl. Heat extra. Sorry, no pets. \$875/mo. call 250-884-7467

SIDE BY SIDE DUPLEX walking dist. to dockyard. 5 bedrooms, 3 baths. no pets, no smoking. 250-595-7077 please phone for details.

RECENTLY RENOVATED SOOKE Waterfront condo. 2 bdrm, kitchen, dining-room lg. livingroom, NS/pets allowed, 1bthrm. Call Jim 250-516-1408

ESQUIMALT LAGOON LUXURIOUS ocean view 908sq.ft. condo for rent December 1st. 1 bdrm & den, 1 1/2 bathrooms, 6 appls incl. gas FP, state of the art kitchen, geo thermal air exchange system, heated bthrm floor, rainforest shower, soaker bathtub, ground flr. lg. patio with gas for bbq, built in alarm system, \$1600/mo. incl heat/air conditioning, underground secure parking, storage locker, garbage & water (just pay hydro/cable). Small pet ok, email:kaa4@shaw.ca

ADVERTISE IN THE LOOKOUT CLASSIFIEDS

CALL 363-3014



Better the 2nd time around!

PITCH-IN CANADA www.pitch-in.ca

MOTORCYCLES

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

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

Townhouse
3 bdrm, 2 baths. 15 minutes to Esquimalt. Superior finishes. Six appliances. Garage plus parking space. Patio. NS. Pets negotiable. \$1850/m. **Please Phone 1-604-922-4143**

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 Work!
Call 363-3014 to advertise.

REAL ESTATE • FOR RENT



SINCE 1918
250-385-8771

\$750 - 734 Lampson Street
1 Bedroom available immediately & Dec. 1st
Manager 250-385-8771

\$725 & up - 837 Ellery St. Move in BONUS!
Clean & well managed building.
1 & 2 bdrm available immediately & Dec. 1st
Close to CFB Esquimalt. Heat H/W included. No pets.
Manager 250-217-0757 | 250-217-1718



www.devonprop.com
LARGE SUITES

1180 Colville
Avail NOW: 2 bdrms from \$875.
250-360-1983

855 Ellery
2 bdrms from \$985 avail NOW & Nov. 1
250-385-2157

Esquimalt
Bear Mountain

Townhomes

3 BDRM, 2.5 bath \$1850
3 BDRM + den, 2.5 Bath \$1895
Available NOW!
250-595-7000



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

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

FIND US ONLINE
WWW.LOOKOUTNEWSPAPER.COM

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



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

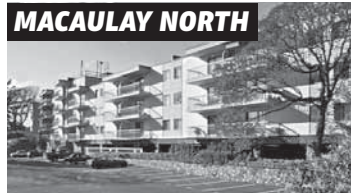
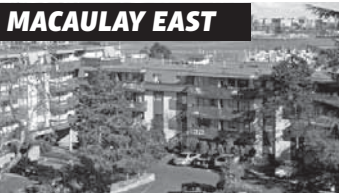
625 Constance Avenue
1 Bedroom Starting From: \$825
2 Bedroom Starting From: \$950



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



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

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

FREE Heat & Hot Water

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



Esquimalt Town Center

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

250-888-1212

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

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

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



LARGE TOWNHOMES

UVic/McKenzie Area
House size townhomes
2 & 3 bedrooms,
1800-2100 sq ft.
3 levels, 1.5 bathrooms

Newer appliances and flooring, private backyard, surrounded by greenspace
Near schools, mall and on bus route

Call 250-686-2682

HAIR STYLIST

shine salon & spa

FULL SERVICE SALON AND MED SPA

Take time for yourself...you deserve it!

FULL-SERVICE HAIR SALON
DAY SPA FOCUSING ON ESTHETICS AND WELLNESS
MED SPA WITH STATE OF THE ART EQUIPMENT FOR:

- PERMANENT HAIR REMOVAL
- NON-INVASIVE SKIN TREATMENTS

Phone: 250-383-5598 • 880B Esquimalt Rd (at Head Street)
Monday & Saturday 9:00 am - 5:00 pm | Tuesday to Friday 9:00 am - 5:00 pm

FLOORING

HARDWOOD REFINISHING SPECIALISTS

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

5% Military discount Installations

1937 Newton Street
Saanich
250-880-0926

DOUBLE N HARDWOOD FLOORS INC.

FREE ESTIMATES

REAL ESTATE • FOR SALE

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

Posted to Ottawa?

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

Rent NOW Buy LATER!

2 bed 2 bath corner unit
In-suite laundry, storage, parking, on site gym.

101-303 Nursery Hill Dr.
\$369,900

CALL DIRECT 250-213-7444

Shelly Reed
I listen and I care!
For open house & photos: www.shellyreed.com

Sutton GROUP
West Coast Realty

BUYING OR SELLING?
Call Mark Rice First!

RE/MAX CAMOSUN

250-588-2339

Bring ATTENTION to your business
Lookout Classifieds 363-3014

SERVICES OFFER

GET A PORTRAIT of your special person. Charcoal, pencil, pastel, or oil. Ask for a military discount. Call Jim 250-516-1408 or visit www.ArtistJimGenovese.com

Metta in Motion

Yoga & Thai Massage

1314 A Esquimalt Rd.
250.896.2547
www.victoriathaiyogamassage.com

Open Sat/Sun 1-4 934 Craigflower

Nicole Burgess / Walt Burgess
250-384-8124 | E: nicole@nicoleburgess.com

13 New Townhomes Starting at \$449,000 • 3Bdr/Garage Walk to the Base!

PEMBERTON HOLMES
ESTABLISHED 1887




Sell your home in the Lookout

Call 363-3014 to advertise

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



FREE TOURS of CFB ESQUIMALT CHRISTMAS DISPLAYS

www.cfbesquimalt.ca
250-363-2595

YOUR AD HERE

Local & National Ads
Call Josh
sales@forcesadvertising.com
250.363.8602

Study God's Word

Wednesdays 12:15 p.m.
Bldg D211
2nd deck conference room.

Feel free to bring your lunch.

For details, contact:
Padre Heemskerck at 363-7550 or
CPO McMullen at 363-5439



Perfect Family Home, LOTS of Updates!
\$409,900
MLS 300574

- 3 Bedrooms, 2 Bathrooms
- Quiet cul-de-sac in View Royal
- Moments from CFB Esquimalt
- New kitchen, tiles, bathroom, windows and much more!
- Large fully fenced yard

Floorplan & Photos available at www.ChristinaCarrick.ca

For private viewings call 250-857-6045
Christina Carrick

PEMBERTON HOLMES
ESTABLISHED 1887

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.

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



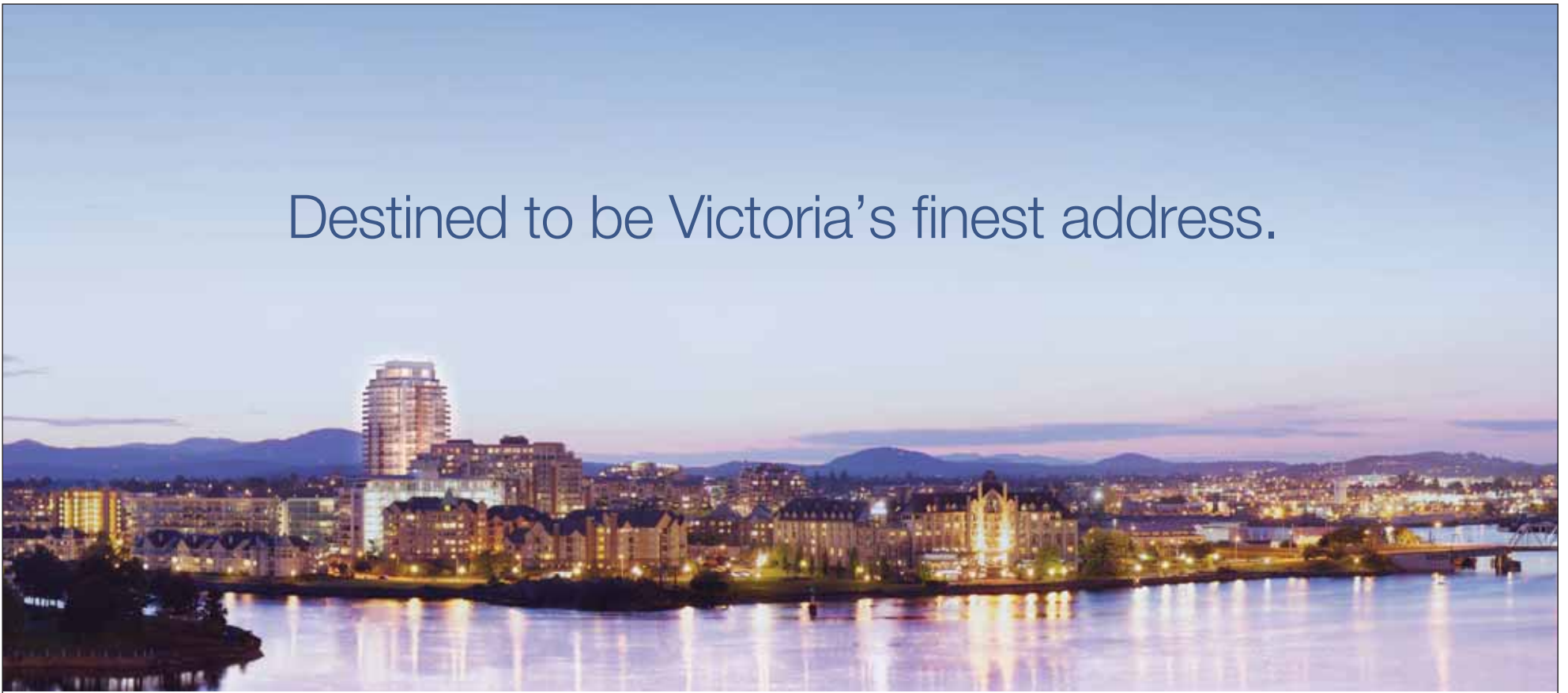
Upcoming Birthday? New Baby?

Place an announcement in the Lookout Classifieds with a graphic.
Two ad sizes to choose from.

Call 363-3014 for details or to book.

Just \$17

Destined to be Victoria's finest address.



Limited Time Offer

1.9%
Mortgage
Payments

Overlooking Victoria's Inner Harbour, Promontory is located in what is destined to become Victoria's finest address – and is an easy stroll along the seawall to downtown shops and restaurants. Whether you are looking for your first home, a larger home or downsizing, Promontory at Bayview Place offers 21 floors of dramatic architecture and luxurious living.

Whichever home you choose you'll find the same attention to detail and craftsmanship that British Columbians have come to expect from Bosa Properties, for over four decades.

	Priced From
Junior 1 Bedrooms	\$199,900
Studios	\$214,900
One Bedrooms	\$255,900
Two Bedrooms	\$357,900
Two Bedrooms + Den	\$544,900
All prices include A/C, Parking and net HST	

PROMONTORY

AT BAYVIEW PLACE

Sales Centre Open Daily 12-5pm. 80 Saghalie Road, Victoria BC. **250.382.2672** www.bosaproperties.com



Promontory at Bayview Place is developed by Bosa Properties (Bayview) Inc. Prices subject to change without notice. E&OE

