

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

1205 Wharf St. • 250-385-1999



Volume 57 Number 9 | February 27, 2012

# LOOKOUT

MARPAC NEWS CFB Esquimalt, Victoria, B.C.  
www.lookoutnewspaper.com

twitter.com/Lookout\_news  
www.facebook.com/lookout.newspaper



**U-PAK** MOBILE STORAGE

Storage that comes to you!

**15% Military Discount**

250-381-8725  
878 Viewfield Rd.  
www.upakstorage.com



# CHEERFULLY REUNITED

Photo by Ben Green, Lookout Newspaper

On Feb. 19, the sailors, soldiers, and airmen/airwomen from HMCS Vancouver were reunited with family after several months deployed in the Mediterranean on NATO-led missions. The excitement was marked by long embraces and joyful smiles as the dedicated crew returned to their loved ones.

*More on page 2.*

**10 MINUTE OIL CHANGE**  
NO APPOINTMENTS NECESSARY



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

**MILITARY DISCOUNT OFFERED**

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

**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.®

**CANEX** www.canex.ca

**No Interest Credit Plan**

**12 · 24 · 36**  
Month terms

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

O.A.C.



**Above:** Sailors on board HMCS Vancouver search the crowd for friends and loved ones gathered on the jetty. After seven months at sea, the crew is ready to be home.

**Above:** Saifon waits anxiously on dockyard's A jetty with her family and VAdm Paul Maddison, Commander Royal Canadian Navy. **Centre:** PO1 Derek Hozempa and Saifon share the traditional "first kiss" on the brow after Vancouver docked.

# DAY OF ANTICIPATION VANCOUVER RETURNS

Sunday Feb. 19, HMCS Vancouver returned to Esquimalt after spending seven months in the Mediterranean on NATO missions. Much fanfare awaited the ship as it pulled along dockyard's A jetty, including Gen Walter Natynczyk, Chief of Defence Staff, and VAdm Paul Maddison, Commander Royal Canadian Navy.



Jordanne, 9, stands vigilant at Duntze Head as Vancouver, and her father, PO1 Donald Anderson, sail by on their way into Esquimalt Harbour.



MCpl Gordon Carey joyfully scoops up his daughter Addison, 3, and marvels at how much she has grown in the last seven months.



Little Madelyn stands patiently, sign in hand, as the crew files off the ship.



The cool weather did not dampen the spirits of families, friends and pets that came out to meet Vancouver on Sunday Feb. 19. With signs and flags waving, the excitement mounted as the ship got closer to the jetty.

# Gunroom re-opens after refit

**Ben Green**  
Staff Writer

Last Friday, a boisterous crowd of officers gathered at Venture, the Naval Officer Training Centre's completely renovated Gunroom to celebrate the re-opening of their mess over food, beverages, and spirited conversation.

"The renovation process actually started three years ago," says LCdr Keith Guinchard, eLearning Team Leader at Venture and a driving force behind the project. "Most of the three years were spent getting all the clearances, designs, and funding in line. Construction itself started in mid-November and was completed in early February."

The renovations addressed the Gunroom's inefficient lay-

out. While the bar and seating areas were visually appealing, LCdr Guinchard says storage issues and noise from a fridge compressor made shifts for the bar staff too difficult, and at times unsafe.

"The main bar was completely overhauled inside and out," he says. "The internal rooms were realigned to allow for more storage. The bar is now more efficient. A serious safety concern with the fridge compressor was rectified. The original design was not done from a bar staff's perspective; the new bar now works very well for them."

Along with the overhaul to the bar area, the rest of the mess was given a fresh coat of paint, new carpeting, and a handful of decorative additions.

As beverages were ordered and attendees began to

socialize, Cdr Tim Allan, Base Administration Officer and President of the Mess Committee, addressed everyone and thanked them for their support. LCdr Guinchard followed suit by thanking representatives from various departments and organizations whose work made the renovations possible.

From the infectious laughter and continual clinking of glasses, it was easy to see the Naval Officers' Training Centre was glad to have their mess back.

"Getting back into the Gunroom has been an eagerly anticipated event," added LCdr Guinchard. "The first use last Friday was very welcome. Everyone is very impressed with the new look and the bar staff are quite happy with the layout and efficiencies."



LCdr Keith Guinchard (left) and Cdr Tim Allan (right), Base Administration Officer and PMC, stand in front of the Gunroom's brand new bar. The bar was a major part of the renovations. On Feb. 17, the Gunroom at Work Point officially re-opened after undergoing extensive renovations. To mark the celebration, many officers, both young and old, turned up to socialize in their mess, which had been out of commission for months.



Photos by Ben Green, Lookout  
A/SLt Sean Wilson lines up his shot as he plays a little pool in the Gunroom upon its re-opening.



## CANADIAN FORCES APPRECIATION NIGHT



**ROYALS**  
VICTORIA ROYALS

VS



**GIANTS**  
VANCOUVER GIANTS

SATURDAY, MARCH 3<sup>RD</sup> 7:05<sup>PM</sup>

\$12 TICKETS

For all family, friends and members  
of the Canadian Forces.

Celebrating those who serve!



**VICTORIAROYALS.COM**

## JOIN US FOR:

*Opening ceremony honouring the return of HMCS Vancouver*

*50/50 draw hosted by MFRC*

*Chuck-A-Puck benefiting area Cadets*

## HOW TO ORDER

### IN PERSON

Select Your Tickets  
1925 Blanshard St  
(please show Military ID)

### BY PHONE

Call 250.220.7889

### ONLINE

[selectyourtickets.com/promo](http://selectyourtickets.com/promo)

Promo Code:  
**CFNIGHT2012**

# matters of OPINION

## MPCORNER Are you prepared for an emergency?

**Sgt Benoit Rheaume**  
Military Police Community Relations

Across the country, Canadians face a number of potential natural hazards ranging from earthquakes, blizzards to hurricanes. In addition to natural disasters, there are other types of risks, such as outbreaks of disease, blackouts, large chemical spills, transportation accidents, nuclear incidents and the possibility of acts of terrorism.

If a disaster happens in your community, it may take some time for emergency workers to get to you, as they first help others in desperate need. You should be prepared to take care of yourself and your family for a minimum of 72 hours.

**Step One** Know the risk and know your region

Although the consequences of disasters can be similar, knowing the risks specific to your region can help you prepare yourself better. Are floods likely in your area? Is there a history of tornadoes, earthquakes or hurricanes in the region?

**Step Two** Make a plan

Every Canadian household needs an emergency plan. Put the plan in writing. It will help your family know what to do in case of emergency. Practice your plan. As a minimum, the plan should include the following elements:

- Emergency exits from each room of your home

- An escape route from your neighbourhood in case you are ordered to evacuate
- A previously identified area where family members should meet if they have to leave home during an emergency
- Plans for specific risks, such as what to do in case of an earthquake, flood or blackout
- Emergency contact information, such as telephone numbers for your dentist, doctor, pharmacist, veterinarian, out-of-town contacts, family, friends and neighbours
- Safety information, such as the location of the fire extinguisher and how to turn off the water, electricity or gas, if necessary

**Step Three** Prepare a kit

Put together an emergency kit with enough basic supplies for at least 72 hours. Make sure your kit is easy to carry. Keep it in a backpack, duffel bag or suitcase with wheels, in an easy-to-reach place, such as a closet near the front door of your home. As a minimum, the kit should contain the following:

- Two litres of water per person per day, plus water for pets.
- A three-day supply of food (including pet food) that will not spoil, such as canned food, energy bars, dried foods (remember to replace the food and water at least once a year).
- A manual can opener
- Flashlight, batteries, candles and matches or lighter
- A battery-powered or wind-up radio, plus extra batteries
- A first aid kit, including such essentials

as ASA, ibuprofen, anti-nausea and anti-diarrhoea products

- Special items, such as feminine hygiene products and prescription medications. In an emergency, pharmacies may be closed for some time
- Talk to your doctor about preparing a "grab and go" bag with a two-week supply of your medications. Also, ask how often you should replace the medications with a fresh supply.
- Some cash (or travelers checks) in small bills, change for telephones.
- Copies of your emergency plan, contact information and other important documents (license, birth certificate, passport, etc.) stored in a waterproof container.
- A change of clothing and footwear for each family member.

In addition to preparing a kit, it is also a good idea to stock up on non-perishable items such as toilet paper, paper towels, more candles, dried or canned foods in case stores remain closed or you are unable to leave your home during an emergency. Don't forget essential medications.

Your family depends on you to take care of them in emergency situations. It is up to you to make it happen.

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

To report information relating to any crime, visit: [www.victoriacrimestoppers.com](http://www.victoriacrimestoppers.com) or call 1-800-222-8477.

## SPORTS TRIVIA

**Bill Sheridan**  
Contributor

1. What goalie gave up Bill Mosienko's record setting hat-trick?
2. What sport is Kelly Slater associated with?
3. Who was "The Splendid Sprinter"?
4. Which Future Hall of Famer played Bogdanski in The Longest Yard(1974)?
5. What city led in round one of the 1976 Olympic bid contest ahead of Montreal?
6. What team won five of the first eight NBA championships?
7. What did the Jules Rimet trophy change its name to?
8. What is the fight song for the US Naval Academy?
9. Who holds the NBA record of thirty assists in one game?
10. Who was the first coach of the Quebec Nordiques?
11. What is located at 1060 West Addison St, Chicago Illinois.
12. What's a 3-4 defense?
13. The Catch is now a legend in 49er history. Who threw and caught it?
14. Who scored the winning goal for team USA at the 1980 Olympics to win the Gold Medal against the Finns.
15. Who book is entitled Tough Guy: My Life on the Edge?
16. What Saskatchewan born running back was named 1986 NFL Offensive Rookie of the year?
17. What type of football does the Hobart Football Club play?
18. Who holds the NY Rangers single season record for points in a season?
19. Nate Thurmond, Alvin Robertson, Akeem Olajuwon and David

Robinson are the only four in NBA history to officially record what? 20. Which NHL team did AB Dudley Garrett play for? He was a member of HMCS Shawinigan which was sunk off the coast of Nfld. by a U Boat in 1944.

### Answers

1. Lorne Anderson
2. Surfing, reigning 'Assoc. of Surfing Professionals Champion'
3. Ted Williams
4. Ray Nitschke, inducted into Pro Football Hall of Fame 1978
5. Moscow had 28, Mt at 25 and LA 17, Second Round
6. Minneapolis Lakers
7. It became the FIFA World Cup Trophy.
8. Anchors Aweigh.
9. Scott Skiles of the Magic, against the Nuggets
10. Maurice 'The Rocket' Richard
11. Weeghman Park which later was named Wrigley Field.
12. Three linemen and four linebackers
13. Joe Montana threw to Dwight Clark with seconds to play in the NFC Final in 1982 against the Cowboys.
14. Rob McElahan
15. Bob Probert
16. Rueben Mayes
17. Australian Rules Football.
18. Jaromir Jagr
19. Quadruple double
20. NY Rangers, He died at age 20. The AHL rookie trophy is named for him.

### WHO WE ARE

#### MANAGING EDITOR

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

#### STAFF WRITER

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

#### PRODUCTION

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

#### CF APPRECIATION INFORMER

LS Melinda Urquhart 250-363-3422

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



Circulation - 4,500

One year subscription - \$37.36

Six month subscription - \$18.84

Three month subscription - \$12.56

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

E-mail: [frontoffice@lookoutnewspaper.com](mailto:frontoffice@lookoutnewspaper.com)

Web: [www.lookoutnewspaper.com](http://www.lookoutnewspaper.com)

Fax: 250-363-3015

Canadian Mail Product Sales Agreement 40063331



### TRACKSIDE AUTO SERVICE LTD.

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

Ask about BG Protection Plan\*

Where Dependability and Trust are a Priority...

784 Fairview Rd. • 250-383-5509 • [tracksideautoservice.ca](http://tracksideautoservice.ca)

Winner of the "2010 BEST SERVICE AWARD" from Esquimalt Chamber of Commerce

BBB

B.C. GOVERNMENT DESIGNATED INSPECTION FACILITY

Castrol

WALKER

HANKOOK

\* under 80,000 km

**NOW OPEN**

## Sushi Made Fresh!

Homemade Food & Drinks

Soups, Sandwiches, Wraps, Bubble Tea, Smoothies, Organic Coffee & more

Wed - Fri 6:30am - 3pm  
Sat - Sun 8am - 3pm

Open for Breakfast and Lunch

522 Admiral's Rd • 250-384-3032  
Next to Vietnam Garden Restaurant

FREE COFFEE ON \$6 ORDERS!

A mple Eatery

# LITTLE GNOME FACT



**Did you know the Brannock Device, the metal instrument used to measure feet in shoe stores, has deep navy ties?**

The device was invented by Charles F. Brannock in 1926 and became the industry standard as it measures the length, width, and arc of both the left and right foot.

In 1933, a captain in the United States Navy asked a shoe salesman to conduct a study as to why so many of his sailors suffered foot issues. Using the Brannock Device, the salesman concluded the problem was not the navy's footwear, but improper foot measurements.

During the Second World War, the U.S. government hired Brannock to streamline the fitting of footwear for recruits entering the war effort. He developed a version of the Brannock Device that measured both feet at the same time, dramatically saving time.

Now us gnomes never used this particular device, as almost our entire bodies from head to toe can fit within its parameters - let alone our feet. No, our footwear was often provided to us after careful hand-measurements from often exasperated tailors. With gnomes being notoriously ticklish creatures, a single foot could take upwards of 15 minutes to properly measure as we laughed and wiggled about.

Join our Military Discount Informer Facebook page, & enter to win a Ski Package!!!

Worth more than  
**\$500**  
value!



**Two Night's Ski Package!**

Enjoy two days of skiing at Mt. Washington, just a 30-minute drive from The Westerly Hotel & Convention Centre!

**Ski Package includes:**

- \*2 Nights Accommodation
- \*4 Lift Passes
- \*4 Buffet Breakfasts
- \*2 \$25 F&B Gift Cards



**Join to win!**

[www.facebook.com/groups/MilitaryDiscounts/](http://www.facebook.com/groups/MilitaryDiscounts/)  
Then email [Kate.King@forces.gc.ca](mailto:Kate.King@forces.gc.ca) to be entered into the contest. Draw date Thursday, March 8, 2012.

*The Comox Valley's Only Full Service Ski Hotel!*

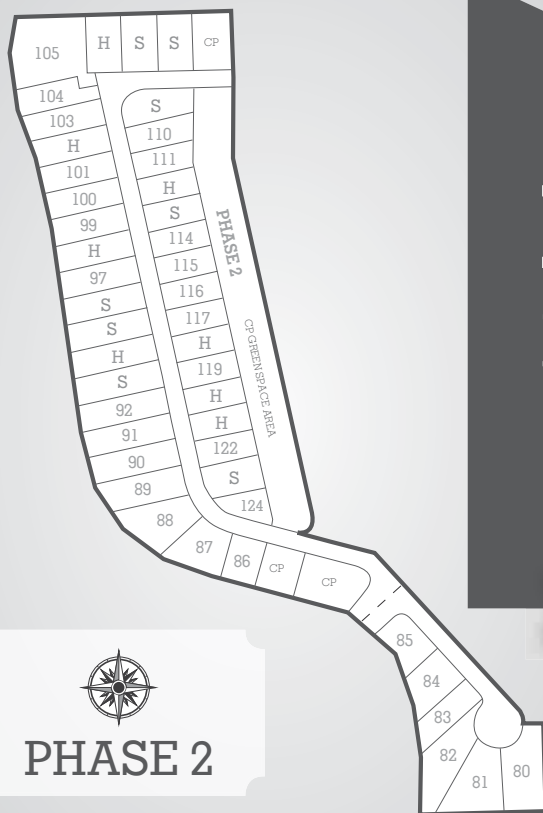


**The Westerly Hotel**

1590 Cliffe Avenue, Courtney, BC & CONVENTION CENTRE

**CALL OR BOOK ONLINE TODAY**

1-800-668-7797 or [thewesterlyhotel.ca](http://thewesterlyhotel.ca)



**PHASE 2**

H - Home 4 Sale    S - Sold

or **Build your Own**

**Homes for Sale**

Lots from **\$165,000+** net HST  
Builders terms available.

Homes from **\$319,900+** net HST



Daniel Weiss  
**COLDWELL BANKER**  
SLEGG REALTY

Lots up to 14,000 Sq Ft | 5 Homes Plans up to 2126 Sq Ft | 10 Min from the Westshore

**Sales Centre Now Open**    T 250.383.1500

957 Shawnigan Lake Rd    Thurs-Fri 1-4    Sat-Sun 11-4

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

**Floyds Barber Shop** 250-893-1002  
**Win one year of Free Haircuts**  
 26 years of experience 0800 -1800  
 Military Cuts \$13.50 829 Admirals Road Unit D

**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**



The 1 RCHA gun troop deployed to Roger's Pass, B.C. on Operation Palaci aligns the C1 105mm Howitzer in preparation of an avalanche control shoot.

**Inset:** Rear-Admiral Nigel Greenwood converses with Bruce McMahon from Parks Canada Avalanche Control in Roger's Pass.

**3 great packages**  
 all at great prices!  
 in the Comox Valley

**The Old House Experience**  
 Includes one night accommodation in a deluxe studio, 1 hour massages for each of you & a \$50 dinner voucher  
 starting at **\$139**  
 per person/ dbl occ

**Romeo & Juliet**  
 Includes one night accommodation, two hours in OH Spa's Royal Suite including a 1 hr massage each, chromotherapy effervescent tub and spa platter by the fire with a glass of champagne  
 starting at **\$164**  
 per person/ dbl occ

**Zen Escape - 2 nights!**  
 Includes two nights accommodation, a 1 hour Massage each, Deluxe Manicure & Deluxe Pedicure for each of you  
 starting at **\$264**  
 per person/ dbl occ

*Year round heated outdoor pool & hot tub included with all stays*

**OLD HOUSE**  
 VILLAGE HOTEL & SPA

**Book today! 1 888-703-0202**  
*Based on double occupancy, dinner vouchers redeemable at The Old House Restaurant*

many more packages available online  
**www.OldHouseVillage.com**

**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.

**250-381-5084 • rentals@capreit.net**  
**capreit.com**

# Ship to shore communication improves

**Ben Green**  
Staff Writer

In an effort to continuously improve its support to the Pacific Fleet, Fleet Maintenance Facility Cape Breton (FMF CB) has created an Operations Branch and a vital new position called Project Leaders. They will be the main liaison between ships and shore-based shops and departments. FMF CB is hoping the position will improve their customer service.

"FMF CB has a strong tradition of providing high quality support to the Fleet," says Capt(N) Donald Smith, Commanding Officer of FMF CB. "In our discussions with Fleet, whether it be the Fleet Commander, ship's COs, Heads of Departments or technicians, it is clear we have an opportunity to provide a simpler and more effective means of communicating between ships and FMF, which will help in our efforts to meet the pressing and dynamic demands of our ships."

Each vessel in the Pacific Fleet, whether it is a submarine or a surface vessel, will have a corresponding Project Leader. By having this position designated to each ship, Project Leaders can build relationships with their vessel, get to know its issues, anticipate what could possibly go wrong, and plan needed repairs accordingly for future work periods.

Capt(N) Smith says prior to the creation of the position last fall, shipboard engineers could potentially speak with

more than a half-dozen people within FMF CB in a search for information. This could often lead to two or three varying answers with different levels of commitment to the problem. Now, with Project Leaders being the primary liaison, it simplifies communication.

"This is about concentrating the people who shepherd ships through work periods in day-to-day work and emergency work together, so that my Operations Department can put cohesive plans and get ships to sea at the highest availability through streamlined and more focused work planning and control," he says.

Richard Summers, FMF CB's Acting Operations Manager, says the concept of Project Leaders is not new within the Navy. Halifax-based FMF Cape Scott has had success with the position for years. However, with the FMF Functional Review aligning the two organizations and creating standard work processes, the implementation of Project Leaders is a logical addition to increase customer service and efficiency to ships on both coasts, he says.

"This is about better support for the Fleet. That's driving everything," says Capt(N) Smith. "The reason to bring the two FMFs together is also to provide better support to our respective Fleets and better support our navy using the same processes within similar organizations."

Summers says sometimes a shake-up can lead to improvements, and improvements are always welcome.

"Sometimes by refocusing you can get a different view on things and sharpen up your approach," he says.

Capt(N) Smith adds that both commanding officers of the FMFs are committed to aligning their units under the one-navy principle and their teams are at the forefront of naval continuous improvement.

"This initiative is focussed on improved Fleet support and is already showing promising results because of the tremendous collaboration between the two FMFs and the dedication of the new Project Leaders and Program Managers here in FMF CB."



Make your suggestions known in Our Base. Follow the link on the MARPAC Notice Board.

10% off any Truck Rate

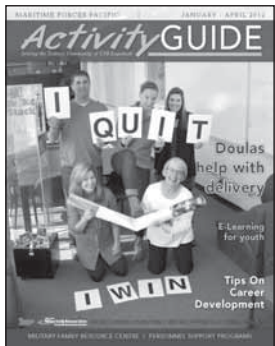
MILITARY DISCOUNT OFFERED



Call 250-953-5300  
[www.budgetvictoria.com](http://www.budgetvictoria.com)

Make the most of life on the island. Stay fit with the Activity Guide.

Available at all PSP and MFRC outlets



We've Got The Right Mortgage For You!

*Ask me about:*

- Home Equity Line of Credit
- Fixed Term mortgages
- Variable Interest Rate Mortgages
- Fixed Rate guarantee up to 120 days!
- mortgage buydown option

Call me to get preapproved today!



**TD Canada Trust**  
Jen Lowe  
TD Canada Trust  
Mobile Mortgage Specialist  
250 217 4925

JenniferGrace.Lowe@td.com  
[www.tdcanadatrust.com/msf/jenlowe](http://www.tdcanadatrust.com/msf/jenlowe)

## HARDWOOD, LAMINATE & ENGINEERED FLOORING

# AUCTION

ONE DAY ONLY — NO MINIMUM PRICES

Hardwood is prefinished, and is up to 3/4" thick, and up to 5" wide. Species range from oaks and maples, to bamboo, cherry, kempas and other exotics and much, much more!!!

VANCOUVER HARDWOOD, ENGINEERED & LAMINATE AUCTION

**TIME:** Saturday, March 3, 2012, 10:00am

**PLACE:** 1055 Vernon Drive, Vancouver, BC

**PREVIEW:** Friday, Mar. 2, noon - 6pm & Sat, Mar. 3, 9 am - 10am

1. No minimum price - regardless of cost or loss
2. All flooring in stock ready for immediate removal
3. You set the price - you pick the quantity
4. Take it home the same day!!
5. Huge quantity of high end, brand new, pre-finished hardwood flooring
6. Engineered real hardwood floating floor - great over concrete!
7. You will not find a better selection of flooring anywhere in town!

WHY PAY RETAIL? DON'T MISS THIS OPPORTUNITY!




WWW.ABLEAUCTIONS.CA  
OR PHONE 604-325-2253  
DETAILS SUBJECT TO ADDITIONS AND DELETIONS



## WESTSHORE U-LOCK MINI STORAGE

**MILITARY DISCOUNT OFFERED**



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, 250-800-0028**

Please Donate Today!

# GIVE generously

to the  
**Canadian Blood Services Clinic**  
Dockyard Fitness Facility  
**Check for next date**  
10am to 4pm  
Must have picture ID

**There is an URGENT NEED for all blood types!**

# NEWS Nuggets

## Construction coming

The construction of an underground utility corridor at CFB Esquimalt will cost an estimated \$23 million and employ up to 50 people. The corridor, which will be more than 900 metres long, will consolidate utilities such as electrical, sewer, and water, and will take about a year and a half to complete. The corridor is part of the multi-million dollar upgrade to Fleet Maintenance Cape Breton and all bids for the project will be in by April 3.

application fees will increase to \$631. Any applications received or post-marked on or before Feb. 22 will be accepted under the former fee of \$150. Currently, all convictions under the National Defence Act (at Summary Trial or Court Martial) require a pardon to ensure that any mention of the conviction is removed. While the federal government is seeking to change the Criminal Records Act so that minor offences under the NDA (even past ones) will not result in a criminal record and not require a pardon, these changes have not yet come into effect.

### Court Martial Results

On Feb. 8, AB Richard was tried by Standing Court Martial on the following charges: charge 1: S. 130 NDA, assault; charge 2: S. 97 NDA, drunkenness (alternate to the third charge); charge 3: S. 130 NDA, impaired operation of a motor vehicle (alternate to the second charge); charge 4: S. 101.1 NDA, failed to comply with condition imposed under division 3. Charges 1, 3, and 4 were withdrawn, the accused was found guilty of charge 2. The court found the offender guilty on both charges and sentenced the accused to a reprimand and a fine in the amount of \$2,000.

### Final Ski Trips

The last two PSP ski trips to Mt. Washington will be March 8 and 29. Group rate lift tickets are \$52 and a bus ride there and back is \$22. Rentals are also available for an extra fee. The bus leaves the parking lot at Canteen and Esquimalt Road at 6 a.m. and returns to Victoria by 6 p.m. For those who prefer to drive up on their own, the group rate is still available you just have to pre-book/pay for the lift ticket and meet at the bus. Call CPAC to register by phone, 250-363-1009, or visit the Naden Kiosk.

### On Feb. 17, ex-MS Whitten was tried by Standing Court Martial on two charges under the NDA – charges 1 and 2 pursuant to Section 95 of the NDA for ill-treatment of a subordinate. The accused plead guilty to both charges and the court found the offender guilty on both charges. The court sentenced the offender to a severe reprimand and a fine of \$3,000 to be paid in 15 monthly instalments of \$200 starting on May 1.

### Canada Army Run Announced

The 2012 Canada Army Run will be held Sept. 23 in Ottawa, the weekend after the Battle of Britain ceremonies and the Terry Fox Run. The run is a unique event in which Canadians can walk, run, or roll side-by-side with members of the Canadian Forces in half marathon and 5K events. Registration is now open, and has a cap of 18,000 participants. To register, visit [www.armyrun.ca](http://www.armyrun.ca).

### Pardon Fee Increase

As of Feb. 23 pardon

## A few words about the affordable luxury at Promontory.

**Overheight 8'10" ceilings** in living areas (9'10" in Estate Homes) Designer recessed lighting over eating areas and in bathrooms Choice of Dusk or Dawn colour schemes by award-winning Mitchell Freedland Design Discrete and **stylish fabric roller blinds throughout** Durable Stainmaster™ treated carpeting in bedrooms Expansive two-tone framed windows Quality engineered-wood baseboards and door casings **Full-height rift-cut white oak cabinetry** with brushed nickel pulls **Promontory Signature kitchens** with **recessed LCD HD televisions** and storage pantry **Soft-close™** door and drawer hardware Recessed halogen valance lighting **Kohler™ single-lever Purist faucet** in polished chrome with pull-out spray **Solid composite stone countertops** Undermount 18-gauge stainless steel sink by Kindred™ Full-height handset tile backsplash Premium stainless steel appliance including: **Miele™ 60 or 90cm Energy Star refrigerator Miele™ Inspira dishwasher** with Touchtronic™ controls and Q1 acoustic rating **AEG Electrolux™ 60cm or 75cm natural gas cooktop AEG Electrolux™ stainless steel wall oven Faber™ integrated slide-out hood fan Panasonic™ stainless steel microwave** Dramatic and inviting **two-storey hotel-inspired entrance lobby** Exclusive and convenient **concierge desk** Stately **covered entrance driveway** Rift-cut white oak entry door Secure and durable solid-brass entry hardware with mortise lockset Common area interior design by award-winning Mitchell Freedland Design Contemporary flat-panel wood-grain cabinetry with polished chrome feet **Private master ensuite** features a luxurious soaker tub or walk-in shower with porcelain tile surround. **Solid stone countertop** with backsplash **Kohler™ vitreous china undermount sink** 90 Degree eco-performance tub and shower filler by Moen™ 90 Degree single-pole faucet by Moen™ **10mm frameless glass shower doors** (on showers only) Recessed halogen lighting above water closet, sink and tub/shower **Custom-framed vanity mirror with integral back-lighting** GFCI plugs at all vanities **Dual-flush toilet by Toto™** Decorative polished chrome towel bars and paper holders Comfortable **forced-air heating and air conditioning** with ceiling mounted heat pumps (in bathrooms) Conveniently located cable and telephone outlets in living room, kitchen, each bedroom and work space or den Pre-wired for **high-speed internet** access and digital cable entertainment channels Convenient built-in closet shelving Laundry closet with Maytag™ **front-load stacking washer and dryer** Laundry closet with convenient overhead lighting Promontory is built to Bosa Properties' eco-standards and respects the environment with the following sustainable features: Energy Star™ appliances Dual-flush water closets **Motion activated common area lighting** (some areas) Increased use of CFL lighting in common areas Conveniently located close to bus and bicycle routes Energy-efficient glazing system reduces energy consumption **Heavy duty solid-brass deadbolt** lock and viewer on suite entry door Hard-wired smoke detectors Energy-efficient double-glazed windows and sliding glass doors with thermally broken two-tone aluminum frames Two personally coded entry devices for access to entry lobby, elevators and individual residential floors **Bicycle storage locker** provided for each home Entry phone outside main lobby with **security camera allows you to pre-screen visitors using your TV** set Bright lighting along outdoor pedestrian walkways **Secure underground parkade** with emergency alert buttons Home Warranty coverage for: 2 year materials and labour warranty 5 year building envelope warranty 10 year structural warranty **Bosa Properties Customer Care warranty included with every home.**

# 50% SOLD

Great homes still available.

	Priced From
Junior 1 Bedrooms	\$199,900
Studios	\$220,900
One Bedrooms	\$262,900
Two Bedrooms	\$357,900
Two Bedrooms + Den	\$559,900
<b>All prices include A/C, Parking and net HST</b>	



## PROMONTORY AT BAYVIEW PLACE

Sales Centre Open Daily 12-5pm. 80 Saghalié Road.  
**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



## MAKE THIS YOUR YEAR: RESOLVE TO RIDE!



**Steve Drane Harley-Davidson®**  
2940 Ed Nixon Terr.  
Victoria, BC

[SteveDraneHarley.Com](http://SteveDraneHarley.Com) 250-475-1345





**LifeMARK**  
HEALTH

## Esquimalt 5K

Presented by LifeMark Health & Esquimalt Park & Recreation

**Registration includes:**

- Event Entry
- Event Package
- Refreshments at Event
- Draw Prize Entry



**Saturday, March 10, 2012**



**Military Discount!**

- \$15 (until Feb 14)
- \$22 (After Feb 14)
- Technical T-shirts (1st 100) \$5.00

Event Details including LINK to Online Registration: [www.esquimalt.ca](http://www.esquimalt.ca)

Or, register by phone 250.412.8500




# NAVY 10K

CFB ESQUIMALT

**do it BECAUSE YOU can**

SUNDAY  
June 3, 2012  
Race start  
8:30 am





[www.Navy10kEsquimalt.ca](http://www.Navy10kEsquimalt.ca)  
Register: [www.RunningRoom.com](http://www.RunningRoom.com)

**Run or walk, do it because you can!**

Make 2012 the year you finish the Navy 10K or 5K!  
It's a family event, so bring the kids for the kids fun run!

@ Navy10kEsq   EsquimaltNavy10K







# 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.



**THE ALL-NEW ELANTRA**  
**\$17,344**  
BASE L-6 SPEED

OWN IT  
**\$122**  
bi-weekly payment + tax

AND  
**\$0**  
down payment



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

**0%** is available for 36 mths!

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



250.995.2984  
[VictoriaHyundai.com](http://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. DNR# 30622

# Win Tickets!!!

We are giving away 4 sets of tickets to ski Mt. Washington! Get technical and test your knowledge of the sport to win!!



What does it mean to ski off piste?

- A. To ski without poles
- B. To ski backwards
- C. To ski without your piste
- D. To ski off trail
- E. To ski over cliff drops

In which type of ski race would you have the fastest speed?

- A. Slalom
- B. Downhill
- C. GS
- D. Super G
- E. Ski cross

If you see a sign with a blue square at the top of a run, what does it mean?

- A. Beginner run
- B. Intermediate run
- C. Advanced run
- D. ski patrol
- E. this run closed

Email your answers to [kate.king@forces.gc.ca](mailto:kate.king@forces.gc.ca)  
Draw Date - March 08, 2012

# HMCS VICTORIA



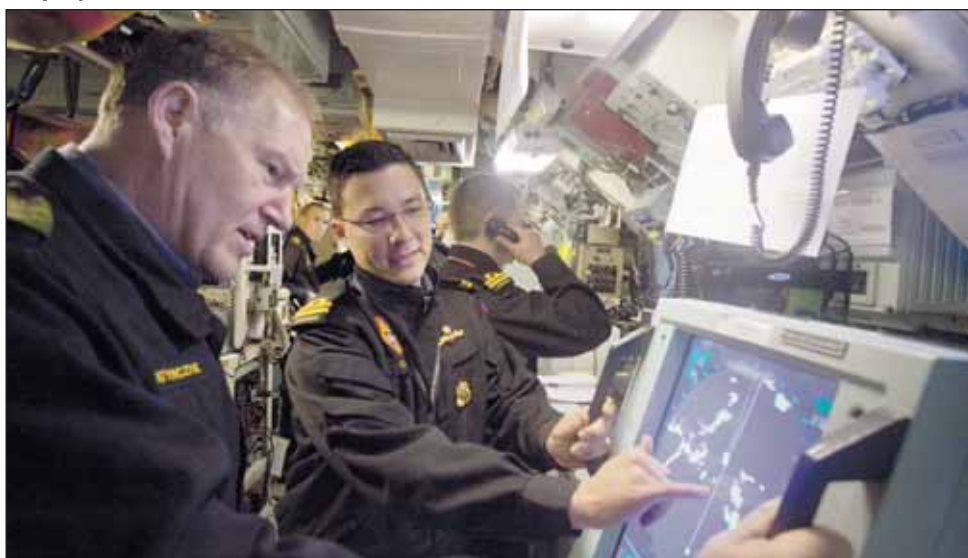
VAdm Paul Maddison, Commander Royal Canadian Navy (background) listens to Cdr Chris Robinson (foreground right) discuss the training schedule with HMCS Victoria's Commander Officer, Cdr Chris Ellis.



HMCS Victoria transits in the vicinity of Esquimalt during sea training trials and exercises on Feb. 20. HMCS Victoria conducted diving operations in the waters near Victoria, and the dive was witnessed by General Walt Natynczyk, Chief of the Defence Staff, and Vice-Admiral Paul Maddison, Commander Royal Canadian Navy.

Photos by Jacek Szymanski, Navy Public Affairs

Gen Walt Natynczyk, Chief of the Defence Staff, listens as Lt(N) Peter Chu, the Combat Officer on board HMCS Victoria, points out details on a radar display.



## 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](http://www.thetisedge.com)

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

**DFH** REAL ESTATE LTD. **National Home Warranty AN AVIVA COMPANY**

# Natural gas reserves in dispute

*This In Focus provides a brief overview of the regional disputes over energy in the eastern Mediterranean Sea and the developing geopolitical and security implications.*

**Nicole Johnson**  
Contributor

While much attention has been paid to Arab uprisings in North Africa and the Middle East, disputes in the neighbouring region of the eastern Mediterranean Sea over the development of vast offshore natural gas fields are also worthy of attention.

Since 2009, marine exploration companies have found some of the world's largest, untapped, offshore natural gas reserves of the decade in the eastern Mediterranean. These discoveries have brought to light conflicting maritime boundaries involving Turkey, the Republic of Cyprus (ROC) and Israel.

Even more worrisome is that diplomatic and political tensions over these boundaries could, conceivably, lead to outright military intervention.

## Rising Conflicts

Tensions between Cyprus and Turkey became considerably more hostile after Turkey intervened militarily in Cyprus in the mid-1970s following a Greek-inspired coup d'état. The Turkish invasion led to the displacement of thousands of Cypriots, and to the eventual establishment of a separate Turkish Cypriot entity on the northern portion of the island.

Currently, the island is partitioned between an internationally recognized Greek Cypriot southwest, represented by the Republic of Cyprus (ROC), and a Turkish Cypriot northeast, represented by the Turkish Republic of Northern Cyprus (TRNC), which is only recognized by Ankara.

While the resulting political and geographical situation has created ongoing tensions, further issues arose after the ROC announced that Noble Energy, a U.S.-based energy firm, was going to begin gas exploratory drilling activities off the island's southern coast in September 2011. Drilling was scheduled to take place at the Aphrodite natural gas field, known as Block-12, which is in the exploratory drilling Block-12 region located approximately 103 nautical miles (191km) offshore.

The ROC says the field, which is believed to contain some three to nine trillion cubic feet (tcf) of natural gas, is located in the state's legally claimed maritime exclusive economic zone (EEZ). This zone gives a state the right to conduct economic activities up to 200 nautical miles (370 km) from its coastline under the United Nations Convention on the Law of the Sea.

These drilling activities have been fiercely opposed by Turkey; the only United Nations member state that does not recognize the ROC as a sovereign political entity, let alone its claimed EEZs. Ankara argues that the ROC does not have the legal right to exploit the region's seabed resources unilaterally until the sovereignty issues related to the ethnically divided island are

resolved. The ROC, however, argues that given that their demarcated borders with Egypt, Lebanon and Israel have been supported by the United States, the European Union and the United Nations, the Cypriot government has the right to develop its offshore gas fields. Thus, on September 19, 2011, drilling began.

## Turkey Ups the Ante

Despite these Turkish cease and desist protests, Nicosia (the ROC capital) has indicated that energy exploration activities in the eastern Mediterranean Sea could lead to energy production in the near future. This notification, reinforced by expanded exploratory operations on Block-12 by the ROC, prompted Turkey and the TRNC to ratify a continental shelf delimitation agreement in September 2011. Though the ratification was primarily aimed at discouraging Nicosia from continuing its offshore exploration activities, it also gave Ankara the green light to begin its own gas exploration activities. Exactly one day after the ratification, Ankara deployed a warship-escorted seismic survey vessel, RV Koca Piri Reis, to begin gas exploration activities off the coast of Cyprus. The Turkish Prime Minister, Recep Tayyip Erdogan, warned that the vessel would be under constant Turkish military surveillance and would be given as much military escort, including submarines and frigates, as needed.

Ankara's assertion that it would back up its drilling activities with naval assets not only raised the spectre of a military standoff between the two states, but also threatened to worsen tensions in the Middle East; a region already severely plagued with political turmoil following the Arab uprisings.

## Geopolitical Dynamics

This maritime territorial dispute has been further complicated by the involvement of Israel. There have been several massive offshore natural gas discoveries, estimated to contain over 20 tcf of recoverable natural gas reserves, made off the northern coast of Israel since 2009. These included the Leviathan, Tamar, Dalit and the Mari-B fields.

The discoveries have led Israel to pursue an energy development partnership with the ROC in an effort to achieve energy independence in an environment characterized by extreme uncertainty and instability. In 2010, Tel Aviv and Nicosia signed an accord that officially demarcated their maritime borders to facilitate and secure partnered offshore gas exploration. The accord was bitterly opposed by the Turkish government, which believed that the agreement was strategically initiated by Tel Aviv following the deadly 2010 Israeli raid on the Gaza-bound, Mavi Marmara, in which nine Turkish aid activists were killed. The inci-

dent severely curtailed Israeli-Turkish relations after Ankara severed all defence and diplomatic ties with Israel following Tel Aviv's failure to apologize for the raid; developments that marked a substantial move by one of Israel's former strategic allies.

The rapidly worsening relationship between these two states has raised the spectre of regional naval intervention. It appears that ever since Israel dismissed the deadly Gaza incident and pursued relations with the ROC – one of Turkey's arch-rivals – Turkey has threatened to use military force to protect its interests. These threats have been largely interpreted as a strategy to preserve, or perhaps boost, Turkey's regional influence; in recent years Turkey has been regarded as constituting a democratic role-model, particularly among freshly liberated countries looking to build new governments.

Turkey's threats of military intervention have also been seen as Ankara's attempt to thwart any efforts by Nicosia to take advantage of strained relations between Tel Aviv and Ankara in order to secure future energy supplies.

Furthermore, Ankara's attempt to display regional influence comes, strategically, amid a worsening financial crisis in Greece, Nicosia's principal supporter. Athens' profound weakness could leave the ROC extremely vulnerable to any Turkish provocations, since there would be little, if any, likelihood of military backing from Greece.

Meanwhile, the ROC has portrayed Turkey as the lead antagonist responsible for growing tensions in the eastern Mediterranean Sea, a charge that could destroy Turkey's long-standing bid to join the EU. In fact, in October 2011, Nicosia vowed to keep Turkey's EU talks on hold as long as Ankara challenged the island's rights to launch gas drilling activities.

This dispute was compounded still further after Turkey announced that it would suspend all ties with the EU if the bloc allows Nicosia to assume the rotating presidency of the EU in July 2012 (unless talks for the reunification of the island are successfully concluded by then). However, analysts note, that given the current environment, reunification is highly unlikely.

## Israeli Energy Pursuits

Israel's push for energy security comes amid severe political turmoil that has plagued much of North Africa and the Middle East following the ousting of Tunisia's President Ben Ali, and more nota-

bly, the Egyptian Revolution of 2011.

The overthrow of former Egyptian President Hosni Mubarak has resulted in a political backlash against Tel Aviv in Cairo not seen since the 1979 Egypt-Israel Peace Treaty. This weakening relationship has deeply threatened Israel's natural gas energy supply; a reality highlighted by several militant attacks on natural gas pipelines in the Sinai Peninsula that have caused more than five temporary disruptions in delivery this year.

The attacks have had a significant economic and security impact, given that 40 per cent of Israel's natural gas energy supply comes from Egypt. Moreover, Egypt's apparent inability to secure Israeli-Egyptian gas pipelines have led Israel to become increasingly concerned about its energy security.

While the worsening security situation among regional states in the eastern Mediterranean has understandably forced a competition for as much energy security as possible, the disputes over energy exploration rights have increased the likelihood of a regional armed standoff. This likelihood has been greatly intensified by the Arab uprisings and weakened regional relations.

However, the final outcome will become more evident when energy exploration in the eastern Mediterranean Sea eventually turns into profitable energy production.

*The views expressed in this article are those of the author only and do not reflect the policy of Canada's Department of National Defence or the Royal Canadian Navy. This article may be disseminated and/or reproduced free of charge, but only in its entirety.*



## Base Taxi Service

for Naden, Dockyard & Work Point

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

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

For military-related appointments/meetings on base.



# DND developing workplace violence prevention project

Renée Roussel and colleagues from Directorate of General Health and Safety are working to develop a program for DND/CF that will promote the prevention of violence in the workplace. The program is expected to launch this year.

Violence in the workplace doesn't have to be as obvious, or as physical, as a punch to the face. Violence takes on two elements, the physical and the psychological.

"The Department of National Defence does not support violence [in the workplace] in any way, shape or form," said Roussel, Assistant Director of

General Health and Safety at DND. "We've been working hard to determine how the department will define violence, both on the physical and psychological side, and to define the investigation process and outcomes resulting from that process."

The workplace violence prevention program will feature a heavy emphasis on training, which will be incorporated into existing courses and resources.

As well as the training aspect, the workplace violence prevention program will provide an avenue for a resolution process specifically designed to address issues involving violence.

The issue of psychological violence is separate from that of harassment, but the line between the two can be a challenge, Roussel acknowledges. It is up to the employee to decide whether his or her situation involves harassment or psychological violence as the resolution process begins, but it is the investigation process that will determine whether the situation constitutes violence in the workplace or not.

As more information on the workplace violence prevention program becomes available, it will be posted online by the Directorate of General Health and Safety.

## ESQUIMALT LIVING REFINED - 5 New Contemporary Homes!!

Presenting 5 new West Coast Modern homes within walking distance to the Base! From the 18' soaring Great Room ceilings to brilliant, contemporary Kitchens and Ensuite Baths - these homes are designed to inspire you. Who says Esquimalt has to be ordinary?



Open Weekends 2- 4:00 pm or call:

**Jim Russell • Brandi Pleasants 250.592.4422**

Royal LePage Coast Capital Realty  
Photos and details: MelroseLane.ca



**RAPID DEBT RELIEF...**  
No Interest • Low Payments  
*We'll help you get a fresh start!*

There is Special Government Legislation that allows you to reduce your DEBT by up to 100%

For a **FREE CONSULTATION**, call  
**250-995-3122**

**ABAKHAN & Associates Inc.**  
Debt Restructuring Consultants  
Trustees in Bankruptcy (non-resident)

**Richard Robinson** **Doris Mirervini**  
[www.BankruptcyBC.com](http://www.BankruptcyBC.com)

**GOOD PEOPLE TO KNOW IN TIMES OF TROUBLE**

**RESULTS PREDICTED!**  
with  
**Classified Word Ads**  
DND 25 words or less  
**\$7.84**  
Civilian 20 words or less  
**\$8.96**

**363-3014 DEADLINE**  
Thurs. 11am



**GRAND OPENING WEEKEND**  
**FEBRUARY 25 and 26**  
**10AM - 4PM**

**100.3 The Q**  
THE ISLAND'S ROCK

Live & On-Site with prize giveaways snacks and more!



All homes are 2-5-10 year warranted through travelers guarantee of Canada

Easy to find and conveniently located, we're situated near the Galloping Goose, just off Happy Valley Rd & Marwood Rd.

## BUILT TO LAST. PRICED TO GO!

57 freehold single family homes starting at just \$399,900.

### WELCOME TO TRUE WEST COAST LIVING.

Located in one of the most vibrant and fastest growing communities, Langford BC, Hazelwood Crossing offers a family friendly subdivision amidst nature and all the amenities you require. Live, work and play in a community that embraces the richness of our Vancouver Island beauty and culture.

### BUILT TO EXACTING STANDARDS

These homes have been built with top quality craftsmanship in mind, solid wood cabinet doors with soft-close doors and drawers, solid wood banisters and spindle stair railings all combine to create a warm, heritage look and feel.

### LEGAL SECONDARY SUITES!

Purpose built legal suites with separate, private entrances featuring acoustic insulation and resilient bar for quiet living and additional parking spaces.

### MORE CHOICES FOR BETTER LIVING

With a variety of floor plans to suit everyone's needs, each home is unique, with a huge amount of customization options for you to choose from!



[HazelwoodCrossing.ca](http://HazelwoodCrossing.ca)

P. 250-478-9141 F 250-478-9103

E - sales@hazelwoodcrossing.com

Call Ross Casey at Pemberton Holmes

for more info: 250 888 2270

Another quality development by locally owned Pacific East Developments Limited

# Calgary sailors community service

**Lt(N) Nick Bruzzone**  
HMCS Calgary

Last October, sailors from *HMCS Calgary* participated in a Habitat for Humanity Adopt-a-Day Build in their namesake city. This visit provided a team-building opportunity for the contingent while contributing to the work undertaken by Habitat for Humanity.

On Feb. 13, Cdr Francoeur and four members of his ship's company went back to Calgary to attend the Habitat for Humanity inauguration ceremony of 10 new homes and met some of the families taking ownership of the homes.

During the ceremony, many of the new homeowners spoke about their gratitude for those who had contributed to making their dreams a reality.

Logan and Kelsey Sikina and their three children were one such family. Before the Habitat project, they lived in the basement unit of a transient building with no open space for their children to play. Their oldest son, Carter, has special needs and was not able to be accommodated in that home. Their new home will reunite the family and bring much needed stability to their lives.

"The tears were definitely welling up when I heard some of these folks talking about the work that Habitat for Humanity has done," said OS Bliss.



**Above:** The Sikina family poses with the Commanding Officer of HMCS Calgary, Cdr Paul Francoeur and three members of his ship's company. Thanks to Habitat for Humanity, they are one of 10 families who will be unlocking the door to a new future in the Calgary suburb of Cochrane, Alberta.

**Left:** Members of HMCS Calgary lend a hand in their namesake city, making bagged lunches at the Calgary Mustard Seed on Feb. 13. The Calgary Mustard Seed feeds hundreds of the city's homeless every day and provides shelter for up to 370 people.

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

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

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

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

## AUTHENTIC THAI Friday Lunch Buffet

• Lunch Combos • Full Dinner •



Dine In

Take Out

Thai dining at its Best!

1207A Esquimalt Rd. • 389-1845 • [www.zapthai.com](http://www.zapthai.com)

*Welcome Home HMCS Vancouver.  
Thank you for all that you do!*

### Are your RRSPs working as hard as you?

Call the Fast Track Group for more information and receive the latest DVD by Robert Kiyosaki, author of Rich Dad Poor Dad, as our gift to you.



**250-380-7747**

**[www.FastTrackToCashflow.com](http://www.FastTrackToCashflow.com)**

### Redefining Rush Hour...

#### Walk to Work!

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

Prices now start from **\$269,900!**



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

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

The Mark Imhoff Group  
Pemberton Holmes-Menzies  
250.590.1775 • [info@homesalesvictoria.com](mailto:info@homesalesvictoria.com)



**Laurence Johnson CD**  
Lawyer

**Michael Lomax CD**  
Lawyer/Mediator

- Family Law
- Mediation
- Wills & Estates

MILITARY DISCOUNT OFFERED

**250-385-5523**

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

### LAWLESS ▲ BROWN MORTGAGE TEAM

"Managing your mortgage for as long as you have one."



*Krista & Sherri*

[lawlessbrown.com](http://lawlessbrown.com)  
**250.656.0855**  
[info@lawlessbrown.com](mailto:info@lawlessbrown.com)



Selling Victoria for over 20 years!



**Deborah Coburn**

**250-812-5333**



**Roy Coburn**

**250-812-1989**



**LOOKOUT NEWS ONLINE**



# Charlottetown on the ocean wave

**SLt Emily Todd**  
HMCS Charlottetown

Churning, twisting and listing, *HMCS Charlottetown* rides building seas of five to seven metres while waves break across her bow, temporarily blinding the watch on deck. As the Second Officer of the Watch, I grip the rail strategically located along the front of the bridge, and concentrate on taking deep, steady breaths.

The symptoms of seasickness vary. For me, the first signals of unpleasant things to come are hot flashes and cold sweats.

"There are a few remedies on board for seasickness: Gravol, Bonamine and, finally, the Transderm-Scop scopolamine patch," says Warrant Officer Gino Short, our senior physician's assistant. "Last resort is an injection of liquid Gravol, which I call The Shot." The Shot is fast-acting, but it comes with a mandatory eight hours of bed rest.

"What you see and what you feel are two different things, and your body's interpretation is you are being poisoned. So you get sick," explains WO Short.

*Charlottetown* recently encountered rough seas while patrolling as part of the NATO task force conducting the counter-terrorism mission Operation Active Endeavour in the Mediterranean Sea. At this time of year, the Med can be a giant washing machine.

"I try to minimize the pitch and roll of the ship in heavy seas, but it is not always easy to do," says our Captain, Commander Wade Carter. "When you have a mission to execute — a place to be — it isn't always possible to slow down and select an optimum course to ride out the storm."

In heavy seas, the ride — and the state of your stomach — depend on the ship's heading in relation to the direction of the waves. Taking them head-on produces the roughest ride, since the bow pitches up violently as the ship rises to the crest, and then

digs in as the ship descends into the trough. This causes the sensation of your stomach bottoming out.

Going downsea, or steering the ship in the same direction as the waves, is the best way to calm the ride if the ship and the waves are going at roughly the same speed. The trick is to get the speed right; go too slow, and the waves overtake the ship, causing it to shudder violently; go too fast, and the ship rolls and pitches unpredictably as it surfs along the wave crests.

Beam seas — when the ship's track is perpendicular to the direction of the waves — create the back-and-forth rocking that helps some people sleep as blissfully as a cradled baby. Beam seas can get nasty in foul weather, however; if the ship develops an extreme list (sideways tilt), people get flung out of their bunks when it rights itself.

Merchant vessels are designed to prevent damage to the cargo, so they roll slowly and easily. Warships are built to provide a stable platform for aiming and firing weapons, so they snap back to an upright position as quickly as possible — in technical terms, they have a "stiff period of roll." The downside of that stiffness is that things inside the ship can get thrown around; in heavy seas, people have to hold on tight and may have real trouble walking.

To imagine just how dramatic this motion can be, consider this: a ship's period of roll — the time it takes to return to an upright position — never changes unless the ship is damaged. If the period of roll is, say, 12 seconds, that means it takes the same 12 seconds to come back to upright after heeling over far enough to dip the rail in a heavy sea as it does from a barely perceptible roll in a gentle swell. No wonder people get flung out of bed.

Most sailors get used to the motion of the sea over time, but some find it a real challenge. "It starts with my ears plugging, then I get a headache and my vision gets blurry," explained Able Seaman Sylvie Labelle. "It will be like this until I start to vomit. It can get as bad as losing consciousness. I've never experienced anything worse than this in my whole life. I wouldn't wish it on my greatest enemy."

For sailors, the sea is a relentless partner that always demands respect and careful attention to safety; as an Officer of the Watch, one of my first considerations in heavy seas is when to put the upper decks out of bounds. Getting through heavy weather without losing operational effectiveness is what sets us apart as sailors.

When it comes to rough seas, *Charlottetown's* motto — All challenges squarely met — is the simple truth.



HMCS Charlottetown heads into big waves during Operation Active Endeavour with Standing NATO maritime Group 1 in the Mediterranean Sea.

Photo by Cpl Ronnie Kinnie, Formation Imaging Services

MILITARY DISCOUNT OFFERED

## Triumph

"Thank a Hero"

**\$350 to \$750 off best price!**



**SAVAGE CYCLES**

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

**SELECT MORTGAGE CORP**

**Are you still Renting? 100% Financing Available!**  
Use a Cash Back Mortgage for your Down Payment!  
Example – Payment for \$350,000 = \$1794 a month  
Cash Back = \$17,500!

**Cash Back available for Purchase OR Refinance Call Today**  
\*some conditions apply/OAC/Rates Subject to Change  
www.mortgagesbylori.com • lori.lenaghan@vericoselect.com

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

**Lori Lenaghan**  
MORTGAGE AGENT  
250-888-8036

**The UPS Store**




tous les services sont également disponibles en français

**SHIPPING SERVICES**

- UPS
- DHL
- Same day (Lower Mainland)
- Greyhound
- Canpar

**EXPERT HELP IN YOUR NEIGHBOURHOOD**  
110 - 174 Wilson St (Westside Village)  
Victoria, BC V9A 7N7  
T: 250.389.6245 E: store242@theupsstore.ca

# Now that's refreshing!





# 20 finalists, 1 big winner!

THE ULTIMATE SPORTS FAN WILL HAVE A CHOICE OF ONE OF FOUR EXPERIENCES.

CONTEST RUNS FROM FEBRUARY 15 TO DECEMBER 31, 2012

# 20 finalistes, 1 grand gagnant!

L'ULTIME MORDU DE SPORT CHOISIRA PARMi QUATRE EXPÉRIENCES DE SPORT.

CONCOURS EN VIGUEUR DU 15 FÉVRIER AU 31 DÉCEMBRE 2012

Call or click for your home and auto insurance quote:  
Téléphonez ou cliquez pour obtenir votre soumission d'assurance auto ou habitation :

## 1-888-476-8737

[canex.thepersonal.com](http://canex.thepersonal.com) [canex.lapersonnelle.com](http://canex.lapersonnelle.com)



**thePersonal**  
Home and Auto Group Insurer





**laPersonnelle**  
Assureur de groupe auto et habitation

\* Auto insurance not available in Manitoba, Saskatchewan or British Columbia due to government run plans. Complete contest rules and details at [canex.thepersonal.com](http://canex.thepersonal.com).  
\* L'assurance auto n'est pas offerte au Manitoba, en Saskatchewan ni en Colombie-Britannique, où il existe des régimes d'assurance gouvernementaux. Règlement complet et détails sur : [canex.lapersonnelle.com](http://canex.lapersonnelle.com).



## Successful projects start with serious know-how. And a warm smile.

Because working here is about more than helping customers choose the right product. It's about making a difference in our customers' lives and their homes. We call it "unleashing your inner orange" and it's my ability to tap into my inner potential to help them create a space worth calling home.

The first thing I do when I greet a customer is smile. It let's them know I'm there to help, and that I'm confident in my ability to make a difference in their projects—no matter how large or small, I know that my customers value my product knowledge and that drives me to go above and beyond to help them complete their projects.

That's the power of The Home Depot.

— Jordan, Home Depot Associate

The Home Depot, the world's largest home improvement retailer, is currently hiring quick learners who are customer service focused to work in our stores across Canada.



We are committed to diversity as an equal opportunity employer.

Learn how tapping into your inner potential has the ability to help yourself and others.  
Apply online at [homedepotjobs.ca/9127](http://homedepotjobs.ca/9127) and discover how you can unleash your inner orange!

# Support these businesses that support you!

## ACCOMMODATION

### ACCENT INNS

\$75 Sgl \$85 dbl valid to April 30, 2012  
3233 Maple St, Victoria 250 475-7500  
[www.accentinns.ca](http://www.accentinns.ca)

### BEST WESTERN PLUS WESTERLY HOTEL & CONFERENCE CENTRE

Guest rooms from \$95 per night includes a full hot breakfast upgrade upon availability  
1590 Cliffe Ave, Courtney 250 338-2745  
[www.thewesterlyhotel.ca](http://www.thewesterlyhotel.ca)

### ENGLISH INN RESORT

15% off for DND & families.  
Also - enter their monthly draw!  
429 Lampson St, Victoria.  
[www.englishinn.ca/cfb](http://www.englishinn.ca/cfb)

### E Y PROPERTIES LTD

5% off Rent rebated back to tenant per month.  
200-3185 Tillicum Rd, Victoria 250 361-3690  
[www.eyproperties.com](http://www.eyproperties.com)

### HOLIDAY INN VANCOUVER AIRPORT

\$99/night weekday & \$79/night weekends in low season (Oct - April)  
10720 Cambie Rd, Richmond 604 207-3173  
[holidayinnvancouverairport.com](http://holidayinnvancouverairport.com)

### PARK INN & SUITES

20% off Rack Rates  
898 West Broadway Rd, Vancouver 604 872-8661  
[www.parkinn.com](http://www.parkinn.com)

### QUEEN VICTORIA HOTEL & SUITES

Federal government rates to Canadian Forces members, dependants, and DND employees.  
655 Douglas St, Victoria 250 386-1312  
[www.qvhotel.com](http://www.qvhotel.com)

### SWANS HOTEL & BREWPUB

Studio Suites & 1 Bedroom Suites. \$90 Oct 1 - Jun 15 & \$145 Jun 16 - Sep 30. DND rates  
506 Pandora Ave, Victoria. 250 361-3310  
[www.swanshotel.com](http://www.swanshotel.com)

## AUTOMOTIVE

### ALL BATTERY

Wholesale pricing for military @ all locations.  
133-2945 Jacklin Road, Langford 250 474-5022  
[www.allbattery.ca](http://www.allbattery.ca)

### BULL FROG TRANSMISSION

10% off parts  
750 Roderick St, Victoria 250 475-2323

### FOUNTAIN TIRE

10% off parts & labour as well as Rims & Tires or CANEX Plan.  
610 Herald St, Victoria. 250 382-6184  
[www.fountaintire.com](http://www.fountaintire.com)

### GREAT CANADIAN OIL CHANGE

10% off ALL services. Open 7 days a week to serve you better.  
866 Langford Parkway, Langford 250 590-5678.

### HORNBY'S CANOPY CITY

15% on MOST truck accessories. Contact for details.  
2745 Douglas St, Victoria. 250 383-3214.  
[www.hornbyscanopy.com](http://www.hornbyscanopy.com)

### ISLAND HIGHWAY AUTOMOTIVE

10% off on all automotive repairs  
1701 Island Hwy, Victoria 250 474 6611.

### INTERSTATE ALL BATTERY CENTER

15% off products  
1651 Old Island Hwy, Victoria 250 391-9748

### JENNER CHEVROLET BUICK GMC

We want to pass along a free standard lube \*oil and Filter Change to all military families when they perform a GM Goodwrench Annual inspection on their vehicle.  
1730 Island Hwy, Colwood 250 474-1211  
[www.jennerchevbuickgmc.com](http://www.jennerchevbuickgmc.com)

### PENNZOIL/ONE MINUTE OIL CHANGE

10% military appreciation on all services offered.  
• 2988 Jacklin Rd, Langford 250 474-7133  
• 708 Bay St, Victoria 250 389-1326  
[www.pen10.ca](http://www.pen10.ca)

### PROGRESSIVE AUTO REPAIR

10% off parts retail & 15% labour discount  
422 Burnside Rd E, Victoria 250 477-2177  
[progressivemotorsports.com](http://progressivemotorsports.com)

### VICTORIA BATTERY DIRECT

15% off products  
791 Cave St, Victoria 250 361-3933

### WHEATON GM

\$500 offer off new vehicles \*\*Contact for exclusions and details.  
2867 Douglas St, Victoria 250 382-7121  
[www.davewheatongm.com](http://www.davewheatongm.com)

## CHILDREN SPORTS

### SPORTBALL

Military families receive \$25 discount on select programs at select locations. Call to book trial class.  
1359 McKenzie Ave, Victoria 250 590-4625  
[www.sportball.ca](http://www.sportball.ca)

## COMPUTERS

### SNEAKERS COMPUTERS

10% on all sales & services  
880c Esquimalt Rd, Victoria 250 385-5999

## ENTERTAINMENT

### IMAX VICTORIA

20% off admission with proof of valid ID.  
'675 Belleville St, Victoria 250 480-4887  
[www.imaxvictoria.com](http://www.imaxvictoria.com)

### ROYAL BC MUSEUM

20% off a Public Adult/Senior/Youth/Child (Up

to a maximum of 4 per valid military ID)  
675 Belleville St, Victoria 250 886-2521  
[www.royalbcmuseum.bc.ca](http://www.royalbcmuseum.bc.ca)

### WILDPLAY ELEMENT

Save 10% on ALL activities upon proof of DND ID Card.  
Valid at all Vancouver Island locations - details (250) 595-2251  
[www.wildplayparks.com](http://www.wildplayparks.com)

## FINANCIAL

### AACT FINANCIAL SOLUTIONS

20% Discount for all DND Members on Taxes.  
1353 Esquimalt Rd, Victoria 250 383-3834  
[www.acct.ca](http://www.acct.ca)

### TOP SHELF BOOKKEEPING LTD

10% on all services offered  
1253B Esquimalt Rd, Victoria 250 590-4050  
[www.topshelf.ca](http://www.topshelf.ca)

## HEALTH

### EYE ETIQUETTE OPTICAL

15% Off eyewear & sunglasses (Prescription & Non-Prescription) \*Not to be combined with other discounts.  
189 2401C Millstream Rd, Langford 250 474-1941  
[www.eyequetteoptical.ca](http://www.eyequetteoptical.ca)

### FUEL SVN

To show our gratitude to the jobs done by the men & women of our Canadian Armed Forces members, FUEL offers you 10% OFF in our store EVERYDAY. Cannot be combined with any other discount or specials. Please present military identification at time of purchase.  
3388H Douglas St, Victoria 778 430-529  
<http://facebook.com/fuelsvn>

### HEALTH ESSENTIALS SUPPLEMENTS

10% discount to all Military and DND personnel \*not to be combined with other offers.  
101 - 3000 Gorge Rd, Victoria 250 590-5524  
[www.healthessential.ca](http://www.healthessential.ca)

### MAYFAIR OPTOMETRIC CLINIC

10% discount  
3196 Douglas St, Victoria 250 361-4444  
[morethanjust2020vision.ca](http://morethanjust2020vision.ca)

### POPEYE'S SUPPLEMENTS VICTORIA

10% discount  
2500 Douglas St, Victoria 250 474-3883  
[www.popeyevictoria.com](http://www.popeyevictoria.com)

### SOLUTION INNOVATORS

50% off Rapid Results Counselling and Consulting services.  
1159 Finlayson St, Victoria 250 380-0702  
[www.ResultsNow.ca](http://www.ResultsNow.ca)

### SOLUTION INNOVATORS

Free Wellness Consultation and 15% off a wide range of Advanced Wellness products.

1159 Finlayson St, Victoria 250 380-0702  
[www.nikken.com/holistic](http://www.nikken.com/holistic)

## LAWYERS

### SPIER & COMPANY LAW

15% off all legal services.  
#208-852 Fort St, Victoria 250 590-1539  
[www.spierlaw.ca](http://www.spierlaw.ca)

### VELLETTA & CO.

10% off all services for all Military and DND personnel  
4th Floor - 931 Fort St, Victoria 250 383-9104  
[www.victorialaw.ca](http://www.victorialaw.ca)

## LIQUOR/WINE

### TUDOR HOUSE LIQUOR STORE

10% off regular priced items (excluding tobacco & lottery) in liquor store.  
533 Admirals Rd, Esquimalt 250 382-5625  
[www.thetudorhouse.ca](http://www.thetudorhouse.ca)

### WINE KITZ ADMIRALS

10% off selected wine kits  
109 - 1505 Admirals Rd, Esquimalt 250 383-0308  
[www.winekitzadmirals.ca](http://www.winekitzadmirals.ca)

## MOTORCYCLES

### PHOENIX CYCLE LTD

10% discount on parts and accessories for Harley-Davidson motorcycles all years and models  
1107 Goldstream Ave, Langford 250 474-3111  
[www.phoenixcycle.com](http://www.phoenixcycle.com)

## PERSONAL SERVICES

### DRIVE SMART DESIGNATED DRIVERS

20% off designated driver services.  
1234B Dallas Rd, Victoria 250 686-1961  
[www.drivesmartvictoria.com](http://www.drivesmartvictoria.com)

### INCENDIARY TATTOOS

15% off ALL tattoos \*\*Does not include DND civilian employees  
890E Esquimalt Rd, Victoria 250 886-0464  
[www.incendarytattoos.com](http://www.incendarytattoos.com)

### OUTSHINE SALON & SPA

10% off all services & treatments.  
890E Esquimalt Rd, Victoria 250 383-5598

### THE RESUME HUT

10% off to all services for all Forces personnel and Veterans only. \*\*Does not include dependants & DND employees  
743 View St, Victoria 250 383-3983  
[www.resume-hut.com](http://www.resume-hut.com)

### UNIVERSAL TATTOOING

15% off tattoo regular hourly rate on presentation of military I.D.  
1306 Broad St, Victoria 250 382-9417  
[www.universaltattoos.com](http://www.universaltattoos.com)



# Support these businesses that support you!

## RESTAURANTS

### AMPLE EATERY

10% off wednesdays  
522 Admirals Rd, Esquimalt 250 384-3032

### LOCAL KITCHEN

Wednesday nights after 1600hrs 25% off all food!  
1205 Wharf St, Victoria or call 250 385-1999

### MONTANA'S COOKHOUSE & SALOON

15% off total bill  
315 Burnside Rd W, Victoria 250 978-9333

### SIX MILE PUB

10% off food only  
494 Island Hwy, Colwood 250 478-3121

### THE MOON UNDER WATER

10% off food items  
350B Bay St, Victoria 250 380-0706  
[www.moonunderwater.ca](http://www.moonunderwater.ca)

### THE REEF CARRIBEAN RESTAURANT

10% off food - ANYTIME!  
533 Yates St, Victoria 250-388-5375  
[www.thereefrestaurant.com](http://www.thereefrestaurant.com)

### THE SUNNYSIDE CAFE

10% off all food & drink  
#101-1234 Esquimalt Rd, Esquimalt  
250 857-2729

## REAL ESTATE

### 2 FOR 1 HOMESALES

When you sell a home with his company, rebate to the seller 50% of my selling end  
1008 Russell St, Victoria 250 391-1893  
[www.2for1homesales.com](http://www.2for1homesales.com)

### BOARDWALK RENTAL COMMUNITIES

Rent now & receive a \$500 move-in bonus.  
\$199.00 Security Deposit & NO lease break penalty! Call us today!  
Suite 200 -1501 1st St, Vancouver 800 310-WALK(9255)  
[www.bwalk.com](http://www.bwalk.com)

### LAWLESS BROWN

Free appraisal when required on funded mortgage  
3550 Saanich Rd, Victoria 250 656-0855  
[www.lawlessbrown.com](http://www.lawlessbrown.com)

### PEMBERTON HOLMES

**BRANDON MAY**  
\$1000 cash back when you buy or sell a house with him.  
150 - 805 Cloverdale Ave, Victoria 250 896-0176

### DANIELLE SMITH

\$500 discount for Sellers or \$500 cash back for buyers. Must be mentioned prior to starting a working relationship.  
150 - 805 Cloverdale Ave, Victoria

250 384-8124

### victoriapropertiesforsale.com

### KAREN TABER

Buy or Sell with Karen, and she pays your moving costs! Karen will pay up to \$2,000 of your moving costs to anywhere in Canada, with AMJ Campbell, Canada's largest moving company, upon completion of sale/purchase! Get listed, get sold, get moving!  
150 - 805 Cloverdale Ave, Victoria 250 508-9095

### www.karensbesthomes.com

### RE/MAX CAMOSUN

### ALEX BURNS

1 Night Free Stay at the Grand Pacific Hotel with a signed buyers contract.  
4440 Chatterton Way, Victoria 250 744-3301

### www.alexburns.ca

### TRACEY FOZZARD

Cash back for buyers & sellers plus donation of \$500 to "soldier-on" for every successful transaction.

4440 Chatterton Way, Victoria 250 812-8452

### www.tracyfozzard.com

### SUNRIVER ESTATES

Sunriver Estates Ltd & Citta Construction Ltd will pay any Canadian Forces member, retiree or Veteran a total of \$5000 towards the purchase of a newly built home or townhouse in Sunriver Estates.

2350 Sunriver Way, Sooke 250 642-2233

### www.sunriverestates.com

### VERICO SELECT - ANNE FLYNN

Cash back on mortgage closing \$100 per \$100,000 of mortgage amount.

102 - 1497 Admirals Rd, Victoria  
250 516-5262

### www.anneflynn.ca

### WINONA REINSMA

Exclusive DND mortgage pkg. 0.05% discount on 1-5yr fixed. No IRD penalty if transferring or relocated.

63 20881 87th Ave, Langley 604 882-3643

### www.winonareinsma.com

## RETAIL

### BROWN'S THE FLORIST

10% on local product. \*Not applicable to out of town orders or delivery cost.

757 Fort St, Victoria 250 388-5545

### www.brownsflorist.com

### CAPITAL IRON

15% off on reg priced products with proof of valid Military ID. Exceptions May Apply  
Store St, Victoria 250 893-4766

### www.capitaliron.net

### COSTCO WHOLESALE

\$10.00 Costco cash card to all base personnel when joining as a new member.

799 McCallum Rd, Langford 250 391-1151

### www.costco.ca

### DJ WALKER POWER EQUIPMENT

10% discount off retail prices on whole good items. 10% off labour.

1112 Goldstream Ave, Langford 250 590-5855

### walkerpowerequipment.com

### DOUBLE N HARDWOOD FLOORS

5% Military Discount

1937 Newton St, Victoria 250 880-0926

### www.doublenfloors.ca

### JOCKEY PERSON TO PERSON

25% off any purchase or purchase 2 items @ reg price and get 3rd @ 70% off!

1032 Valewood Trail, Victoria 250 658-3326

### myjockey2p.ca/heleneshaw.victoria

### NEW BALANCE

15% off "The worlds best MILITARY deserves the worlds best fit!"

1205 Government St, Victoria 250 382-9327

### www.newbalancevictoria.com

### PAPER DOLL FORMALS

Free basic boutique & \$75 toward 1 (one) Wedding dress or up to 3 (three) Bridesmaid dresses for all Military (retired and currently serving), DND employees, dependants and their fiancée's! ID must be shown.

#104-109 Trans Canada Hwy, Duncan

250 597-2737

### www.paperdollformals.com

### PICTURE PERFECT GALLERY

15% off everything!

3980 Shelbourne St, Victoria 250 721 1313

### pictureperfectgalleryvictoria.com

### RONA BAY WEST CENTER

7% off regular priced items \*some exceptions apply

220 Bay St., Victoria 250 595-1225

### www.ronavictoria.ca

### RONA HOME & GARDEN LANGFORD

Get 10% off all your purchases upon presentation of DND ID Card. \*\*Some conditions may apply. See store for details!

850 Langford Parkway, Langford 250 478-6680

### www.rona.ca

### SKYVIEW SPA'S AND SOLARIUM

20% off retail or list. 5% off sale prices on all hot tubs & water care products

1-6721 Butler Cres, Saanichton 250 652-0888

### www.sunspaces.com

### UC BABY VISION

10% off any package

202-4489 Viewmont Ave, Victoria 250 888-2625

### www.3dbabyvictoria.com

### WEST SHORE RC

10% off.

2304 Belair Rd, Langford 250 590-9344

### www.westshorer.ca

### YOUR PET PALS

10% off everything!

#4-100 Aldersmith Place, Esquimalt

250 360-1322

### www.yourpetpals.com

## SPORT EQUIPMENT

### COASTAL CYCLES

10% off parts/accessories/ CANEX financing available (without discount).

1-1610 Island Hwy, Colwood. 250 391-1980

### www.coastalcycle.com

### OAK BAY BIKES - WESTSHORE

10% off bikes & 15% off accessories & parts  
104 - 800 Kelly Rd, Langford 250 590-6960

### www.oakbaybikes.com

### SCUBA STU'S

10% off most regularly priced merchandise  
\*some exceptions apply

2078 Ludlow Rd, Victoria 250 642-7507

### www.scubastu.com

### SOCCERWORLD

15% off regular price soccer & rugby merchandise

831 Vernon Ave, Victoria 250 475-3777

### www.worldofsoccer.ca

## STORAGE

### WEST COAST SUPER STORAGE LTD

15% Military Discount with Valid DND ID.  
210-2780 Veterens Memorial Parkway, Langford.

250 391-9646

### www.westcoastsuperstorage.com

### WEST SHORE U-LOCK

10% discount on locker rental

1621 Island Hwy, Colwood 250 800-0028

### www.selfstorage.ca

Get informed  
daily about  
military  
discounts!



CHECK OUT OUR FACEBOOK  
GROUP "MILITARY  
DISCOUNT INFORMER" FOR  
DAILY UPDATES!!

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

\*\*REMEMBER, be prepared  
to show a valid DND  
Identification

# 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

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.

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.

TREAT YOURSELF TO A VISIT FROM WELCOME WAGON! IT'S FREE. 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!

ALZHEIMER SOCIETY OF B.C. Family caregiver series in Esquimalt on Saturdays, March 3rd through 31st, 10 a.m. to 12:30 p.m. each day at Esquimalt Recreation Centre, 527 Fraser St. Contact the centre at 250-412-8500 and cite course 35338.

### 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@riv-online.org

See it ALL ONLINE



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

lookoutnewspaper.com

### SERVICES

JUNK HAULING. CLEAN OUT THAT CLUTTER! Pick up only \$40 for any old tv's. Free Estimates Call Jeff 250-818-4335

RESUME'S & CAREER TRANSITION PREP/ COACHING with a former SCAN Coord Judy Marston. 10% Military Discount, www.resumecoach.ca or 250-888-7733

### 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**

JUMP START YOUR CAREER WITH LOOKOUT CLASSIFIEDS  
CALL 363-3014

### REAL ESTATE • FOR RENT

COBBLE HILL - NEW paint, 3 bdrms, 2 bth, plus recreation room with wood burning stove, on acreage. One yr. lease, \$1000/mo. Avail. Apr. 1st. 2012, 250-516-4894 COBBLE HILL AREA. UPGRADED, Quiet Country living, 3 Bdrm. house for rent. 5 appliances, \$1600/mo. pets neg. NS, Ideal for young family. 45 min. to CFB Esquimalt. 1-250-743-3863

Better the 2nd time around!  
PITCH-IN CANADA  
www.pitch-in.ca

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

**RENT NOW**  
Ask about our move-in BONUS!

MILITARY DISCOUNT OFFERED

70-76 Dallas Road  
2 Bedroom Starting From \$1,350

200 Gorge Road West  
Bachelor Starting From \$710  
2 Bedroom Starting From: \$1,135

625 Constance Avenue  
1 Bedroom Starting From: \$800  
2 Bedroom Starting From \$965

250-381-5084 • rentals@capreit.net  
www.capreit.com

**Esquimalt Town Center**

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

**250-888-1212**

SINCE 1918  
**BROWN BROS** 250-385-8771

**\$1250 - Goldstream Ave.**  
Townhouse with 2 BR. + Lg. den, 2 ba., 6 appls., fp., garage, NS/pet consid., avail Jan 1, 6 month lease only

**\$750 - 734 Lampson Street**  
1 Bedroom available immediately  
Manager 250-385-8771

**Extra spacious 1-2 bedrooms!**  
Craigflower : large 1-2bdr, free ht/hw, storage  
Head: large 1 bdr, free hw, laundry, storage  
Cov. Park., mtn views, xlrge balconies, walk dtwn, on bus routes.

Call 250-216-3333

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

**LARGE SUITES**  
**741 Admirals**  
2 bdrm \$950 avail NOW!  
250-995-2315

**855 Ellery**  
2 bdrms from \$925 avail NOW  
250-385-2157

**Esquimalt**

### AUTO TRANSPORT

**Get Home Safe!**  
Drive Smart Designated Drivers

**250.661.0181**  
YOU AND YOUR CAR, HOME. 6PM to late

DND 20% Off

### PETS

**Westshore Pet Service**

What's your dog doing today?  
**250.920.5678**  
www.westshorepetservice.ca

- Dog Walking
- Pet Sitting
- & More

**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**

Lookout Classifieds Work.  
363-3014

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

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

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

**FREE Heat & Hot Water**

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

MILITARY DISCOUNT OFFERED

# 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

### SALON AND SPAS

**outshine Salon and Spa**  
**FULL SERVICE SALON AND MED SPA**  
 Take time for yourself...you deserve it!

Men's & Women's Services  
 10% MILITARY DISCOUNT

### REAL ESTATE - FOR SALE

*Colonial House*

Corner unit with ocean views. Recent updating includes kitchen cabinets with pull-outs, bathroom cabinets and countertops. Two bedrooms, one bathroom and in-suite storage. Close to shopping, bus routes, rec centre and naval base. **\$209,000**

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

**FREE CAR!**  
 When you buy a condo at Camden Green Also RENT TO OWN or sellers financing possibilities.

Call David Hale  
 250-812-7277

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

**MOVE IN NOW!**  
 13 New Townhomes Starting at \$449,000 • 3Bdr/Garage

Open Fri/Sat/Sun 1-4 934  
 Craigflower

**Walk to the Base!**  
 Nicole Burgess / Walt Burgess  
 250-384-8124 | E: nicole@nicoleburgess.com

**PEMBERTON HOLMES**  
 ESTABLISHED 1887

### PLUMBING

**BLACK'S PLUMBING**

- Residential
- Commercial

Quality Work Guaranteed, Friendly Service

Call Jeff  
 250.886.0044  
[blacksplumbing.ca](http://blacksplumbing.ca)

### 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

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

### MOTORCYCLES

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

### HOME RENNOVATIONS

**HARDWOOD REFINISHING SPECIALISTS**

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

5% Military discount on Installations

**DOUBLE N HARDWOOD FLOORS INC.**

1937 Newton Street  
 Saanich  
 250-880-0926

FREE ESTIMATES

4 bed, 2 bath home in sought after Rockheights with a long list of updates such as heat pump, windows, doors, roof, 200 amp service etc... easy care property walking distance to the base. Virtual Tours, Floor Plans & more at [www.CherylLaidlaw.com](http://www.CherylLaidlaw.com)

Move in Ready!

Cheryl Laidlaw  
 Personal Real Estate Corporation  
 250-474-4800 | [cheryllaidlaw@shaw.ca](mailto:cheryllaidlaw@shaw.ca)  
[www.cheryllaidlaw.com](http://www.cheryllaidlaw.com)

**ROYAL LEPAGE**  
 Helping you is what we do

**Base Library Catalogue Online**

<http://library.esquimalt.mil.ca>

Unfortunately, holds cannot be processed online at this time. If an item you want to borrow is out, call 363-4095 or email [irwin.sl@forces.gc.ca](mailto:irwin.sl@forces.gc.ca) to place a hold.

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

**FIND US ONLINE**  
[WWW.LOOKOUTNEWSPAPER.COM](http://WWW.LOOKOUTNEWSPAPER.COM)



**Sell your home in the Lookout**

Call 363-3014 to advertise

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

Download this week's issue, book a classified ad, browse CFPSA job openings

Now that's...

**Kool**  
 Today's Best Music

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



# Winners had top answers

In December 2011, Maritime Forces Pacific celebrated International Day for Persons with Disabilities with a contest, asking the question: "What can MARPAC do to make our workplace more supportive of persons with disabilities?"

There was an overwhelming response to the contest with 87 well thought out and constructive suggestions. Submissions covered a range of areas for improvement, including infrastructure, general accessibility and education/raising awareness of accommodating persons with disabilities.

The MARPAC Co-Chairs of the Defence Advisory Group for Persons with Disabilities Advisory Group, Dan Mooney (Civilian co-chair) and Cdr Barb Clerihue (Military Co-chair) selected the best seven submissions. The criteria for selection were level of thought put into the suggestion and their uniqueness. These suggestions have been forwarded to MARPAC units for review and future planning.

The top suggestions were provided by:

- Lisa Berting, Base Administration Safety and Environment, who won a Victoria Royals Jersey.
- SLt Zhindra Gillis from HMCS Algonquin, 1 Night at the Inn at False Creek, Vancouver.
- AB Swain, CFES(E), \$50 Gift Certificate for Applebees Restaurant
- Gillian Colville from Base Logistics, \$50 Uniglobe Gift Certificate
- Peter Ostrom, FMF Shop 224, \$50 Uniglobe Gift Certificate
- Earl McCullough, Commissionaire, \$25 Gift Certificate for Fire and Water Restaurant
- Paul Ligget, FMF, PSP blanket & hat.

The Persons with Disabilities Advisory Group is open to all members of the Defence Team. Their role is to provide advice and insight to the leadership of

MARPAC on the issues relevant to their membership and the implementation of EE programs and policies. For more information contact Marie van Humbeck at or visit <http://esquimalt.mil.ca/ee>

## Employment Equity Advisory Group Information Session

For all Women, Aboriginal, Visible Minority and Person's with Disabilities working for DND and the CF.

Monday March 5 11 a.m. – 12:30 p.m.

Chief's & Petty Officers Mess

What do Advisory Groups do?

The role of the Advisory Groups is to provide unfettered advice and grass roots insight to the leadership of DND and the CF on issues relevant to their AG on the implementation of employment equity. This advice may affect or assist in:

- policy development on issues related to recruitment, retention, promotion and training;
- employment equity initiatives; and
- identification of systemic barriers.

How often do Advisory Groups meet, and how do I get time off to attend a meetings?

Most Advisory Groups meet once a month on a fixed day (i.e. the first Thursday of each month); however, this is the norm, not the rule. On military bases where there are limited numbers to support individual Advisory Group, it is encouraged that members combine their resources to encompass all four groups into one and to address issues collectively. For most Advisory Group members the time commitment amounts to two hours per month. Supervisors are expected to allocate a reasonable amount of time to their employees to attend the meetings of the Advisory Groups.

For more information contact Marie van Humbeck, Employment Equity Officer at [marie.vanhumbeck@forces.gc.ca](mailto:marie.vanhumbeck@forces.gc.ca) or 363-7669.

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

**WBD**  
Westshore Bottle Depot  
[www.islandreturnit.com](http://www.islandreturnit.com)  
858 Esquimalt Rd 250 381-1482

# WE'LL DO YOUR TAX RETURN

**MILITARY DISCOUNT OFFERED**

Starting at **\$45** + tax

**AACT FINANCIAL SOLUTIONS INC.**  
1353 Esquimalt Rd  
• Just 2 blocks from CFB Esquimalt •  
250-383-3834

Bilingual services

**Lookout Newspaper**  
Find us on facebook!

## 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](mailto:info@DinningHunter.com)

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

# INNOVATIVE SAFETY

**2012 C30 TS**  
227 HP Turbo, Dynamic Stability Traction Control, anti-lock brake system, side impact protection system, whiplash protection, Bluetooth with streaming audio, USB and aux input.  
48 MONTH LEASE  
**\$372** with \$5,000 down @ 5.9%  
LEV \$14,441  
taxes and applicable fees additional

**2012 XC60**  
240 HP 238 8-cylinder, electronically controlled all wheel drive, dynamic stability and traction control, heated seats, 40/20/40 split folding rear seat, high performance audio system.  
48 MONTH LEASE  
**\$514** with \$8,000 down @ 5.9%  
LEV \$17,258  
taxes and applicable fees additional

**INCLUDED WITH ALL VOLVO CAREFREE COVERAGE**  
UP TO 5 YEARS OR 80,000 KM  
SCHEDULED MAINTENANCE • WARRANTY • ROADSIDE ASSISTANCE • WEAR & TEAR

**SEAN HEBDON**  
JIM PATTISON VOLVO

10 years in the military serving with 5th field regiment and 2 RCHA. I'm looking forward to assisting the serving and non serving members of the Canadian armed forces with the respect and confidence they deserve while shopping for their automotive needs. Come in and speak to Sean, he will do what it takes to ensure your complete satisfaction and make sure you receive the best value for your dollar.

**250-382-6122**  
2735 Douglas St.  
(corner of Hillside & Douglas)

**Jim Pattison Volvo**  
OPEN MONDAY-SATURDAY 8:30 AM - 6:00 PM, CLOSED SUNDAYS  
[www.jpvolvoofvictoria.com](http://www.jpvolvoofvictoria.com) • [www.jpautogroup.com](http://www.jpautogroup.com)