

Volume 57 Number 26 | June 25, 2012

LOOKOUT

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



Proudly serving our community

DND 10% off Pharmasave Brand

Thank you for shopping locally!

Just 3 minutes from the Base.

PHARMASAVE

Esquimalt Plaza, 1153 Esquimalt Rd.
250-388-6451

Huron Honoured



Scott Hausberg
Contributor

Naval veterans and dignitaries gathered Sunday June 3 for the unveiling of HMCS Huron's port screw. Also on hand were member of the public, as the unveiling coincided with Armed Forces Day at the Military Museums in Calgary, Alberta.

The 17-foot, five blade variable-pitch port screw was shipped in eight parts from Esquimalt to Calgary by Arthur Hazle, and then cleaned using a high-pressure water jet by Murray Hazle. Don Connolly, Gary Hansen, Jack Pidgeon, Gord Rowan and Andy Madsen then hand

buffed all the surfaces and applied a clear coat to prevent future discoloration.

The unveiling ceremony took place outside the Naval Museum of Alberta. Lieutenant-Governor Donald S. Ethell, Member of Parliament Rob Anders, and Calgary Deputy Mayor Diane Colley-Urquhart each spoke before Rear-Admiral Mark Norman, Deputy to the Commander of the RCN, ordered the unveiling.

The monument is dedicated to "the men and women who served in the boiler and engine rooms of the ships of the RCN in the 20th century." A good number of these engine room artificers and stokers were on hand for the ceremony.

PO2 Matthew Grady gives the order to unveil the HMCS Huron Screw Monument at the Military Museums on June 3, in Calgary, Alberta.

Photo by Vance Gough

CANEX

www.canex.ca

No Interest Credit Plan

12 · 24 · 36
Month terms

Plus

NO MONEY DOWN

NOT EVEN THE TAXES!

O.A.C.



HIGH PERFORMANCE LOW PRESSURE

MILITARY DISCOUNT: We offer those serving in the military and DND a specialty discount. Not valid with any other offer.

BAY STREET LOCATION
708 Bay St. Victoria BC
(250) 389 1326

JACKLIN ROAD LOCATION
2988 Jacklin Rd. Victoria BC
(250) 474 7133

We proudly serve the Canadian Forces Community

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



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

SELECT
MORTGAGE CORP

BEST 5 year fixed - 3.04%
BEST 10 year fixed - 3.89%
BEST Variable Rate - 2.60%
BEST Rates! BEST Service!

*Some conditions apply/OAC/rates subject to change
www.mortgagesbylori.com • lori.lenaghan@vericoselect.com

VERICO
CANADIAN TRUSTED MORTGAGE EXPERTS

Each VERICO broker is an independent owner operator

Lori Lenaghan
MORTGAGE CONSULTANT
250-888-8036

"Aldersmith Woods" Level Entry Town Home

Admirals Walk location only a few minutes to Naden. 2BR, 3BA, 2,188 finished sq. ft., Built in 1998. Updates include new kitchen, laminate flooring and carpets. Wine Room, Exercise Room and Rec Rm. Monthly Assessment \$295., Double Garage.

Asking \$499,900!!

ROYAL LePAGE
COAST CAPITAL REALTY

BILL CHUDYK • 250.477.5353

Financial security planning products

- Segregated fund policies, RRSPs & TFSA's
- Payout annuities, RRIFs and LIFs
- Individual disability insurance
- Individual critical illness insurance
- Individual health and dental insurance
- Individual life insurance
- Business insurance
- Group insurance
- Group retirement plans
- Mortgages

Steve Hall Financial Security Advisor
250-932-7777 | Cell: 250-732-5715
steve.hall@f55f.com | www.stevelhall.com.

Freedom 55 Financial
A division of London Life Insurance Company



Photo by Jacek Szymanski
Peter MacKay, Minister of National Defence, and Vice-Admiral Paul Maddison, Commander Royal Canadian Navy, welcome Arlene Dickinson of Dragon's Den fame as the newest Honorary Captain for the Royal Canadian Navy, in Ottawa on June 22.

Your Island News

CTV

NEWS

WEEKDAYS AT 5:00

Hudson Mack

Civilian rewarded for overseas work

Shawn O'Hara
Staff Writer

It's rare a DND civilian employee enters a warzone for work.

But when the skills are right and required, the opportunity does arise.

That prospect fell in Brad Frazer's scope last year; his proficiency as an ammunition technician was needed from Sept. 29 to Nov. 17, 2011, at Kandahar Air Force Base in Afghanistan.

For his work, he was rewarded two weeks ago with the South-West Asia Campaign Service Medal by Col Rob Spencer in a ceremony held at Rocky Point Ammunition Depot.

The 13-year veteran of the job sorted ammunition and salvage collected from units throughout Kandahar as the CF prepared to transition to Op Attention - Canada's role in the NATO led training mission in Afghanistan. He ensured brass shell casings and other salvageable items were free from explosive materials.

Frazer was chosen from among eight other Rocky Point candidates.

"At least eight people applied for the deployment, maybe more. It surprised the hell out of me when they chose me," Frazer says. "I love travel, and Afghanistan wasn't on my list of places to go, but I wanted to apply. I'd never worked with military ammo techs, and it was interesting to work with people that have a different way of doing things. I'm really glad I went."

Before going he was nonchalant about the work he'd be doing, but quickly found it quite complex.

"It was a lot more interesting than I thought it was going to be," he says. "I thought I was just going to be counting bullets, but we were getting piles of loose stuff in all kinds of containers. We'd find tank rounds in coffee cans, or grenades mixed in cardboard boxes of rifle round casings. We received salvage in all kinds of containers. Every box you pulled open you thought 'Okay, what's going to be in here?' It was just supposed to be Canadian ammo, but we found stuff from the Russian occupation of Afghanistan, we found German ammunition, it was all mixed in."

Whenever he got complacent about where he was, the whizz of a rocket would send him back to reality.

"I thought the rocket attacks were pretty funny. They'd happen pretty randomly. You'd be sitting around and hear a bang somewhere. The alarm would go off and you'd think, 'Oh, that was a rocket.' They fired them off all the time, but they rarely did much damage," he says.

As an ammo tech at Rocky Point, Frazer works in the torpedo maintenance complex, disassembling torpedoes and servicing their main components to ensure they reach certification.

He is one of four civilian ammunition technicians who can tell a tale of travelling to Afghanistan. The other three were from CFAD Dundurn in Saskatchewan, CFAD Angus in Borden, and CFAD Bedford in Halifax. This was the first time civilian ammunition technicians were deployed alongside military ammunition technicians in such a capacity.



Photo by Shelley Lipke, Lookout

Civilian ammunition technician Brad Frazer receives the South-West Asia Campaign Service Medal from Col Robert Spencer, Commanding Officer of Canadian Materiel Support Group. Frazer spent 49 days deployed to Kandahar Air Force Base helping to the transition to Operation Attention - Canada's role in the NATO led training mission in Afghanistan.

How can you support
Habitat for Humanity Victoria?

10% DND Discount with ID & coupon

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

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

The Marketplace
at Formation Fun Day
Bring Cash July 7!
More info on page 9!

GRAND OPENING NEW LOCATION

6421 Applecross Rd. Nanaimo 250-390-1125

JOIN US IN CELEBRATING OUR NEW LOCATION IN NANAIMO BY SAVING BOTH LOCATIONS!

\$798	\$698
LEATHER RECLINING SOFA	BEDROOM SET
Matching pieces also on sale Available in chocolate or black	Dresser, mirror, chest, 2 nite tables, and queen headboard, footboard, and rails
	BUY A SERTA MATTRESS AND BOXSPRING SET OVER \$998 AND RECEIVE "FREE" SHEET SET, METAL BED FRAME, AND 2 FEATHER PILLOWS.
\$298	Table & 4 CHAIRS
	Largest Independent Serta mattress gallery in Canada!

Our Huge 40,000 sq.ft. Warehouse means **FAST** Delivery on In-Stock Items!

• NO DOWN • NO INTEREST • INSTANT FINANCING

DODD'S FURNITURE & MATTRESS

DODD'S Furniture & Mattress Ltd.

Furnishing the Island since 1977 | Locally Owned & Operated

Follow & Join us for the latest commercials, promotions & monthly flyer!

Mon-Fri 9-9 • Sat 9-6 • Sun & Hol 12-5
715 Finlayson St., Victoria • 250.388.6663 • www.doddsfurniture.com

CANADIAN MILITARY PEACEKEEPERS - 2 NIGHT PACKAGE

\$120 per night + tax (Cdn)
Riverview Room (with Military ID)
Special available Sun - Thursday nights only, until July 13, 2012.

Plus Receive a...

\$100 Resort Credit which may be used for ...

- Fishing boat rental
- Pontoon boat rental
- Spa service • Dining Room
- Afternoon green fee at Smuggler's Glen - our own 18 hole championship course

Also enjoy 1000 Islands Boat Tours, Casino, Playhouse (additional fees)

www.glenhouserestort.com • 1-800-268-4536 • 1000 Islands • Gananoque, Ontario

matters of OPINION

MOVIE Review: The Avengers, above average

WHO WE ARE

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

STAFF WRITER
Shelley Lipke 250-363-3130
Shelley.Lipke@forces.gc.ca
Shawn O'Hara 250-363-3672

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 lundis, sous l'égide du Capt(N) Craig Baines, Commandant de la Base.

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

Le Rédacteur se réserve le droit de modifier, de condenser ou de rejeter les articles, photographies, ou annonces publicitaires pour adhérer à l'OAF57.5. Les opinions et annonces exprimées dans le journal ne reflètent pas nécessairement le point de vue du MDN.



Circulation - 4,500

One year subscription - \$37.³⁶

Six month subscription - \$18.⁸⁴

Three month subscription - \$12.⁵⁶

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

E-mail: frontoffice@lookoutnewspaper.com

Web: www.lookoutnewspaper.com

Fax: 250-363-3015

Canadian Mail Product Sales Agreement 40063331



Jennifer Fielding Contributor

You don't need to be a comic book fan to enjoy The Avengers, based on the Marvel series by Stan Lee and Jack Kirby.

Does it pack a punch? You bet. Is it loaded with rip-roaring action, amazing special effects and star power on a scale rarely seen at the movies these days? Yes on all counts.

But the film's real strength lies in the complexity and development of its characters portrayed by the wonderful array of actors chosen for these larger-than-life roles. This will come as no surprise to anyone familiar with the work of Joss Whedon (Buffy, Firefly), as he directed and wrote the screenplay.

These heroes (Agent Natasha Romanoff/Black Widow: Scarlett Johansson; Dr. Bruce Banner/The

Hulk: Mark Ruffalo; Hawkeye: Jeremy Renner; Steve Rogers/Captain America: Chris Evans; Thor: Chris Hemsworth; Tony Stark/Iron Man: Robert Downey Jr.) have done right and wrong to varying degrees; they carry their emotional baggage and some, intense pain, everywhere they go, some hiding it better than others; some have made colossal mistakes.

In Banner's case, the characters constantly reference the damage he did as the Hulk, and I couldn't help but feel incredibly sorry for him, laden with guilt for something over which he really had no control, yet for which he might always be judged, no matter how hard he might try to redeem himself.

General Nick Fury of the spy agency S.H.I.E.L.D. calls the Avengers together when Loki (Tom Hiddleston), Thor's broth-

er, from the planet Asgard, intent on the domination of Earth, emerges through a portal created by the Tesseract, a blue cube in S.H.I.E.L.D.'s possession, which is a powerful source of energy but with unknown potential.

Loki steals the Tesseract, using his scepter to hypnotize others into doing his bidding and creating a portal for his army, the Chitauri, to reach Earth and wreak destruction on it to prepare for his rule.

General Nick Fury (Samuel L. Jackson) brings the Avengers together to stop Loki. These are individuals who do not "play well with others", fiercely independent, with a strong sense of distrust, and have great difficulty working together even when the stakes are as high as the very survival of Earth and its citizens.

That is what makes the Avengers such a phenomenon:

their natural tendency is not to automatically form a cohesive unit and get the job done; it is to argue and fight and tear each other down. However, with the support of Fury and S.H.I.E.L.D., and certain events that act as a catalyst, the Avengers realize that only their combined strengths and talents will win the day and together they can become the most tremendous force for good that the world has ever seen.

This is not a cliché: the viewer watches the characters do real work to overcome their demons and finally "assemble" as a team, and even despite their efforts, although they achieve their mission, the ending is not without its dark side.

That journey is the beauty of the movie, thanks to Whedon and the extremely talented cast.

Rating: 10/10

WHAT SAY YOU

People Talk

Lookout asked this question:

Question... If you could take part in any historic event, what would it be and what would be your role?



"I'd take part in the Civil War, and I'd be the General. It's a natural role for me."

Jon Holland



"I'd want to see the Crusades. The history of that event and the reasons behind it are interesting to me. I think I'd be a Crusader."

Maurice Galarneau



"I'd want to be a part of Remembrance Day, or a Veteran's Memorial. My family has been a part of the armed forces for generations. I'd want to honour those supporting our country, because they support us."

Sherry Green



"I'd like to be a part of the creation of the pyramids. I'm very interested in their creation, and the similarities between them and architecture in Mayan, Aztec and Chinese cultures. I'd take part in artistic development."

Jim Zinger



"I have a husband in the forces, so I'd want to celebrate the 1st Battalion the PPCLI. They're celebrating their 100th anniversary soon, and I can't think of a better thing to be a part of."

Valerie McKee

New Base Information Guide coming! Want a copy?

Contact Kate King at kate.king@forces.gc.ca

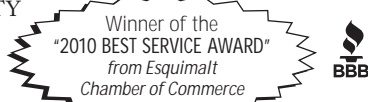
A FULL SERVICE AUTO REPAIR FACILITY
TRACKSIDE
AUTO SERVICE LTD.

- 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...

* under 80,000 km



522 Admirals # 250-384-3032

Breakfast from \$3.99
Express Lunch from \$4.99
Sushi, Soup, Sandwich, Bubble Tea

Open 8am - 3pm Tue - Sat
Next to Vietnam Garden Restaurant

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

Shawn O'Hara
Staff Writer

Fleet School boatswain students no longer have to pack a bag and travel across the country to receive Qualification Level 6 training to ready them for Range Safety Officer duties.

The three-month course, which includes two weeks of hands-on demolition training on Bentinck Island, is now available at CFB Esquimalt as a pilot trial. Only a handful of boatswains are chosen – between eight and twelve students for each serial.

Live training is always the most exciting, with students learning to set explosives and then detonating and watching it blow up. The upward spray of sand usually earns a gasp or two from them.

Bentinck Island, long ago a leper colony, is DND's demolition range and test site range for explosives. Its location so close to Race Rocks Ecological Preserve means many procedures are in place to ensure continued protection of that area.

Fleet School pays particular attention to the time of the year, avoiding nesting birds, new seal pups and migration of marine mammals such as whales and sea lions. Blasts are spaced out at a minimum of 10 minute intervals, and the size of the explosion is carefully monitored.

"We maintain a constant watch for all land and marine animals," says PO1 Raymond Shaw, demolitions instructor of Fleet School's Seamanship Division. "We continually work with outside agencies, cooperating with their studies as to how our training impacts the wildlife

nearby at Race Rocks. We ensure our activities are conducted in a manner and in an area where there isn't a chance of harming wildlife."

To ensure the explosion is small, yet impressive, they use C4 plastic explosive.

"It's the same material that demolitions teams would use to clear beaches of a large objects, or clear navigational hazards at sea that could be dangerous to ships," explains LS Daniel Rochat from Fleet School.

A few weeks ago, the second class to undergo QL6 training on the west coast experienced setting charges on the island.

Safety of all was at the heart of the lessons. LS Rochat says safety measures undertaken for demolitions training are very thorough in order to maximize the

safety of the surrounding people and wildlife.

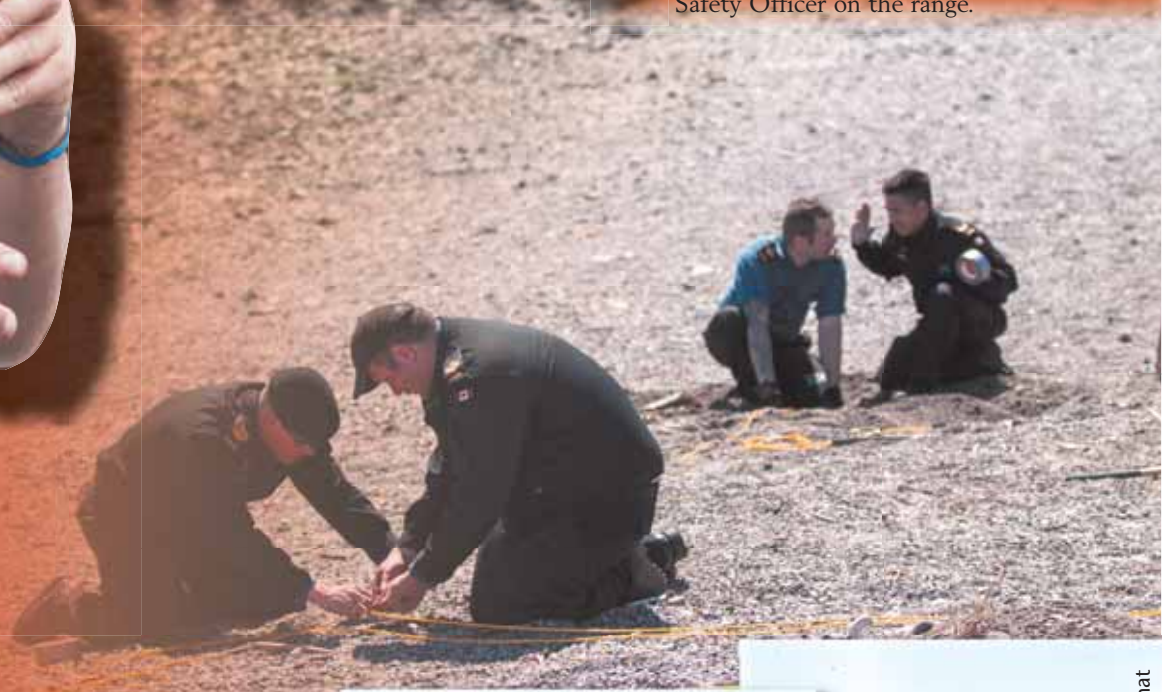
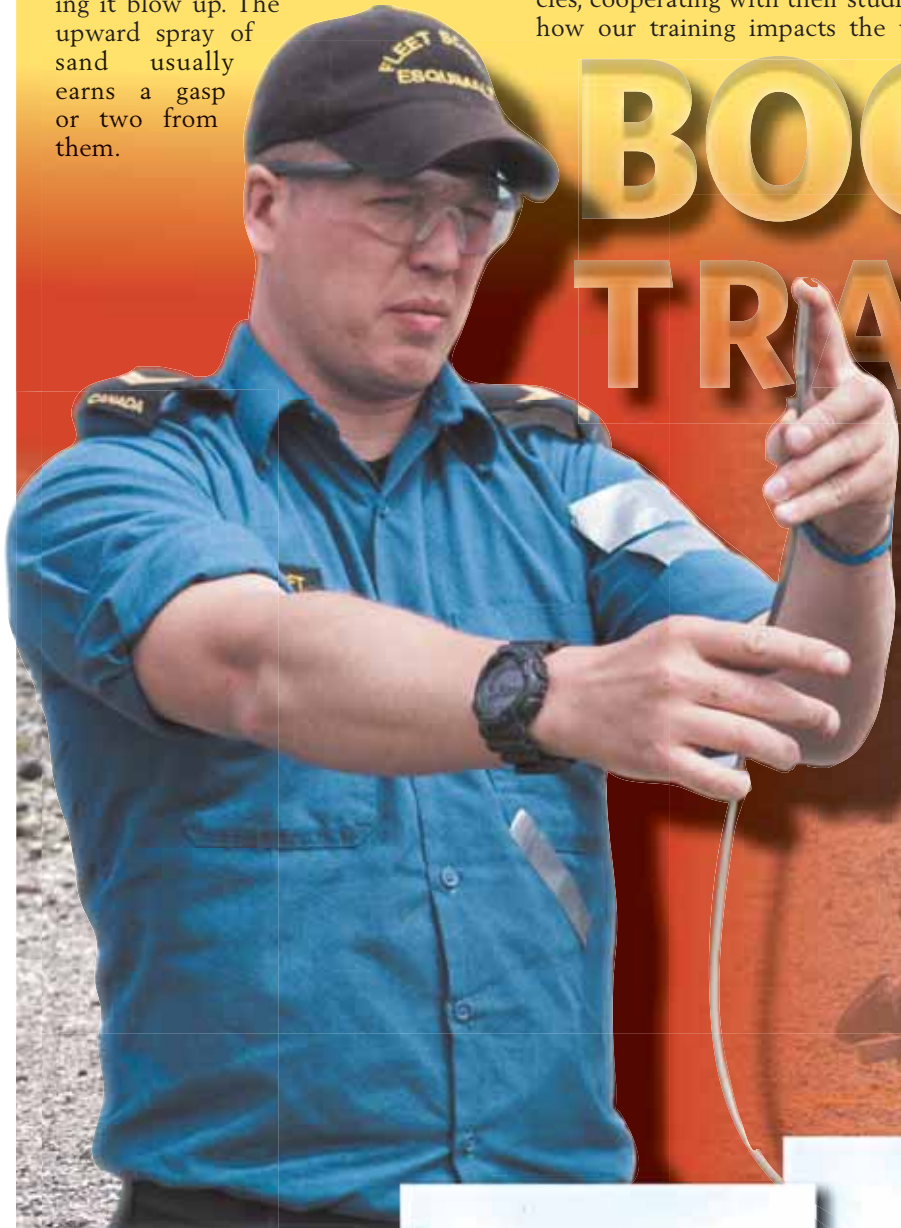
"Before conducting any live training, the Range Safety Officer (RSO) will designate sentries to various locations on Bentinck and a boat crew to watch for people in boats, wildlife and anything else that could be affected by the blasts. If anything or anyone comes within 1,000 metres of the island, training is stopped until the range is clear," he says. "The RSO will also walk around the training area to make sure there is no wildlife around and to ensure it is also safe for the students."

Instructors accompanied the students as they set the charges on the beach. Once all the charges were set, everyone returned to the blast hut. The range was declared clear by all sentries and the RSO, and then the students were given the order to conduct their drills in preparation for detonating the explosives, either by a timed fuse or electronically.

During their training, the Commandant of Canadian Forces Fleet School Esquimalt, Cdr Martin Drews stopped by to see the course in action.

Their next phase of training is on the rifle range (Heals Range) with the QL5 course. The QL5s will be learning how to act as safety numbers on a range and the QL6s will be learning to be an Range Safety Officer on the range.

BOOMING TRAINING



Photos by LS Daniel Rochat

THE GNAVAL GNOME

INTERVIEW III



Lookout (LO): Welcome back, Gnaval Gnome. You're looking fit.

Gnaval Gnome (GG): Thank you, I've been getting to the base gym quite a bit lately because my boss told me I wasn't working out.

LO: Do you play any team sports?

GG: My yes. I'm a Skip in the gnome beach curling league. Gnow there's a workout, though the outfits do ride up a bit.

LO: Hmm, I see. What have you been up to lately?

GG: Well, I'd like your listeners to know-

LO: Excuse me Gnaval Gnome, but we don't have "listeners", we have "readers"; we're a newspaper, not radio.

GG: You mean we're not going out over the airwaves? Phew, that's a relief, as I get quite air sick.

LO: No airwaves, just the printed word.

GG: Ah, words. I'm a big fan of words. When I'm making sentences, I use words almost exclusively...words, and whatever happens to be laying about the house, spatula, cat paper wrench.

LO: I see...

GG: But odzbodkins, words can be funny old things. Take the word "unloose." It means to make something loose. How can you take a word, stick "un" on the front, and still have it mean the same thing? And why is there a "P" in "raspberry"? That "P" should be in "hamster", because I've checked and there's no ham in those things.

LO: Um...have you ever tried your hand at poetry?

GG: Oh my yes, I've got some doozies..."There once was a gnome from Gnanaimo-

LO: Er, yes, I see. What about the great poets. Do you like Kipling?

GG: I don't know, I've never kippled.

LO: I understand you've been trying out some new recipes?

GG: I can do some wonderful things in the galley. Unfortunately, gnone of them are cooking. But you're right, I have been trying out some recipes, and have done some really gnifty things with canned meat. Canned meat is like a gnaval regatta in your mouth!

LO: Canned meat, you say?

GG: It may interest your viewers to know that there is a significant historical connection 'twixt the navy and canned meat. As early as 1588 the gnotted gnaval gnome gknown as Sir Francis Drake was playing Donkey Kong at Plymouth when they came to him and said "Hey, you'd better stop playing that game and save us from the invasion force crossing the sea." Well, he finished his game anyway, then set sail and roundly defeated the SPAMish armada. And ever since we've enjoyed canned meat. Which is gnice for us gnomes, as we tend to travel about a fair bit.

LO: You mean...

GG: Yes, we're gnomadic.

LO: Can you tell me a little about how you maintain such a positive attitude?

GG: I get that from my grandfather. He invented the automobile, did you know? Mind you, he didn't get credit for it, as he didn't get around to inventing it until 1973. Then he had a job in a factory that made orange juice. He got fired, though, because he couldn't concentrate.

LO: Yes, I see...could you tell us something about your philosophy on life?

GG: Gnaturally we gnomes are gnothing if gnot big thinkers. Our philosophy is a cross between gnihilism and the Trappist belief in peaceful silence. We're gnappists. In fact, there's nothing like a gnice gnep to really get at what's important in life. That's how I get my good ideas.

LO: Such as...?

GG: How does this strike you? Furniture made out of stacked PEZ candy? In the event of an earthquake, it will fall harmlessly to the deck, where it will then provide a ready-use source of high-energy sustenance. Gnailed it!

LO: Very clever...

GG: The power of gnapping promises a future with all sorts of gnifty wonders...remote control hats, hovering carbon paper, clothing made from beef jerky, slinkies that go up stairs...there's gno limits really. In fact, I'm currently experimenting with technology that will enable me to download my entire essence onto a chip. Probably a salt and vinegar chip, I'm still working out the details.

LO: As ever, Gnaval Gnome, you've been a fascinating source of...well, it's been fascinating.

GG: Thanks for having me over. Remember to be kind to Gnomes: we put the "OO" in "WOOT"!

Relocating to Victoria?



Amanda Orr
Royal LePage
Coast Capital Realty
250.686.9961
amandasorr@gmail.com
www.royallepage.ca

**Realtor and
Mortgage
Specialist with
One call!**

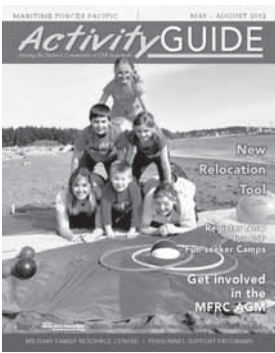


Jennifer Lowe
Mobile Mortgage Specialist
TD Canada Trust
250.217.4925
jennfergrace.lowe@td.com
www.tdcanadatrust.com/msf/jenlowe



FIND US ONLINE

WWW.LOOKOUTNEWSPAPER.COM



**ALL NEW SEASON
ALL NEW
COMMUNITY GUIDE**

**SPORTS • RECREATION
HEALTH • EDUCATION**

AVAILABLE AT ALL PSP &
MFRC OUTLETS

Order of Military Merit celebrated

It was on July 1, 1972, that Her Majesty The Queen established the Order of Military Merit to provide a means of recognizing conspicuous merit and exceptional service by members of the Canadian Forces.

Since then, more than 4,000 members of the Canadian Forces have been recognized by crown and country for their service to Canada through admission or promotion in this Order.

In order to suitably commemorate this milestone, several projects are underway. A new publication on the history of the Order, similar to that which the Directorate of Honours and Recognition (DH&R) produced in 2010 on the Canadian Forces' Decoration, is being launched.

Produced by the DH&R, The Order of Military Merit was commissioned to commemorate this anniversary. This work by renowned Canadian honours histo-

rian Christopher McCreery is the first to examine the origins and development of the Order. This book highlights the history of this honour and pays tribute to the extraordinary men and women of the Canadian Forces who have earned it, and wear its insignia with pride and distinction. The publication also includes a complete register of all members ever appointed to the Order. It will be distributed throughout the CF through the CF Publication Depot.

To further highlight this milestone for the Order, the Chief of the Defence Staff and Principal Commander of the Order will unveil a memorial to mark the anniversary and will eventually be installed in the main concourse of NDHQ upon completion of the ongoing renovations. Donated by the Royal Canadian Mint, this symbolic tribute will serve as a permanent reminder of those select few who have

been admitted to the Order for their loyal and dedicated military service to Queen and country.

Finally, in order to enhance the visibility of the Order and increase the feeling of fellowship among its members, both serving and retired, a line of promotional items is being launched. They include a limited edition and numbered commemorative plate, similar to that which was made for the Order of Canada in 1977 cufflinks, a brooch, a tie and scarf and other similar items.

These items may be purchased from the official supplier on-line, at their new ORMM kit shop at www.guthriewood.com/omm; five percent of the wholesale price of the items sold will be donated to the Military Families Fund.

While anyone may purchase the items, the wearable items may only be worn by members of the Order.

Lawyers with a Canadian Forces Perspective



Mel Hunt,
LCOL (Ret'd)
Practicing Military Law
for over 30 Years



Dan Murphy
RADM (Ret'd)
Extensive experience
with Canadian Forces
personnel issues

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

Call 250.478.1731



Leigh Gagnon
Practicing Family and Real
Estate Law for military
members for 20 years.
Call 250.381.2151

**DINNING HUNTER
LAMBERT & JACKSON**
BARRISTERS AND SOLICITORS

info@DinningHunter.com

www.DinningHunter.com



Photo by Cpl Jax Kennedy, Canadian Forces Combat Camera

Order of Military Merit members and their guests line up to get a signed copy of historian Christopher McCreery's book "The Order of Military Merit" during the reception for the 40th Anniversary of the Order of Military Merit.

Now that's refreshing!



Looking North - naval Arctic training

Lt(N) Andrew J.L. Foran
Arctic Operations Instructor

The Naval Officer's Training Centre (NOTC) recently completed the second serial of the new Arctic Operations Course, or AOC.

The five-day course introduces Maritime Surface Officers, from junior bridge-watchkeepers up to Commanding Officers, with the unique risk and challenges associated with operating HMC Ships in Canada's Arctic.

The initial concept for the course came from LCdr Danny O'Regan, former Senior Navigation Instructor at NOTC, after several years of sending Navigating Officers on civilian based-arctic training. Though useful, these courses did not fully address the unique operational considerations of operating a warship in the harsh northern environment.

The initial serial, ran by the Navigation Department of NOTC, took place in August 2011 and included five officers from HMNZS Wellington, New Zealand's newest Antarctic Patrol Vessel.

The second serial, which completed June 1, had 12 graduates from *HMC Ships St-Johns, Goose Bay, and Kingston* - the three ships scheduled to deploy to the Arctic this summer. Though only a five day course, the AOC incorporates many subjects, including Arctic navigation, ice charts, Arctic ship construction, sovereignty

legal issues, and climatology, to name a few. Several subject matter experts, such as naval architects, Coast Guard captains, Arctic land warfare specialists, and JAG officers, added to the value of the training.

Students are also put through approximately eight hours of simulated training on various platforms including Halifax Class, Kingston Class, and an early version of the upcoming Arctic Offshore Patrol Vessel. The exercises allow them to practically demonstrate their skills in detection, avoidance, and navigating in proximity of ice infested waters similar to those they will experience

in the Arctic.

NOTC's bridge simulation software was upgraded for the course to facilitate the realistic interaction between the ship's hull and various ice conditions.

Presently, the course is targeted towards officers scheduled to deploy in the near future to Canada's Arctic. Plans are in place to expand the distribution of this training to a wider range of MARS Officers.

As Canada's interest in Arctic sovereignty increases, the navy's Arctic Operation Course is an integral step towards improving our operational effectiveness in the North.



RE/MAX
FIVE STAR SERVICE

BRAD MACLAREN
PERSONAL REAL ESTATE CORPORATION

TOP NEGOTIATOR
SAVING YOU THOUSANDS!!!

123sell.ca
250-727-5448
BRADMACLAREN@SHAW.CA

NEED TOOLS IN THE CITY?

MILITARY DISCOUNT OFFERED

RONA | BayWest **EXPRESS**

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

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



OWN FROM ONLY \$648/MONTH!

CONSTRUCTION UNDERWAY

OWN IN THE HEART OF HISTORIC OLD TOWN FOR ONLY \$648/MONTH AT 0.9%* PLUS WE PAY THE NET HST FOR YOU

AT THOSE NUMBERS you pocket an extra couple hundred bucks every month! Own and live the lifestyle you want at Union.

250.590.6133
unionvictoria.com

FOR MORE INFORMATION, VISIT THE PRESENTATION CENTRE
535 PANDORA AVENUE (MARKET SQUARE)
OPEN DAILY, NOON TO 5PM, CLOSED FRIDAYS



ONLY AVAILABLE ON THE NEXT 15 HOMES!

*Payment is calculated on a purchase price of \$239,900 plus applicable government taxes at 0.9% mortgage rate for a 3 year term and a 25 year amortization period. Prices and availability are subject to change without notice E.&O.E.

Lots of Prizes to be won!

Summer Fest!

It's free!

FREE CANDY donated by Lords Productions!

Information Fun Day

Saturday, July 7
Noon 'til 4pm Naden

Inflatables!
Games!
RHIB Rides!
BBQ!!
Plus More!!

The Marketplace

Local Products & Handmade Crafts
For sale, bring cash!

Chrome 'n' Wheels Car, Truck & Motorcycle Show!

CFB Esquimalt's Amazing Race

Sign up now!
Call 363-5677

Look who will be on site to sell their wares:

- Holder's Soap & Creations-Port Alberni
- Spiritwood Natural Options - Duncan
- Cards by Can
- Psychic Choices
- Langos by Louie - North Saanich
- ARTBY1.COM - Victoria
- Tarot Card Readings by Kheli
- Valhalla Farm Herbs & things
- Epicure Selections - Sherrie Dupont
- Scentsy
- Altogether Chris Cosmetics
- Forever Yours Wooden Roses
- Janice Beljanski -Swarovski Jewelry
- Vancouver Island Magnets
- Just Luv Cookies
- Ruff n' Pretty Pet Collars
- Handmade crafts by Delores McMillan
- Knitted items by Anne Bratanich
- 5 Star Treats Specialty Fudge
- Art Studio of Dawn Joy
- Just Love Animal Society
- Plus many more!

more info:



www.esquimaltmfrc.com



BC Owned & Operated



CPO2 Steve Wist and Lindsay Wist.

Left to right: CPO2 Will Slater, Lieutenant Governor Hon Steven L. Point, and Catherine Slater.

In celebration of the Her Majesty Queen Elizabeth the II, the Lieutenant-Governor of B.C., Honourable Steven L. Point, hosted a Naval ball at Government House on June 2, 2012.

If you have never been inside Government house its beauty, splendour, and magnitude is overwhelming. Well lit hallways and an open foyer decorated with fine crystal chandeliers that hang from the ceiling, are very welcoming to every new guest. The ballroom is straight ahead from the main entrance. Once inside the ballroom, you'll notice large French doors that open to the balcony, which is overlooking the terrace and the meticulously maintained gardens. The solarium is to the right of the ballroom, which over looks the outdoor heated pool. There are two identical staircases that frame the room and lead to the balcony that overlooks the entire ballroom floor.

The event was a formal evening wear and black tie event attended by approximately 300 military people and their spouses. The event was attended by people of all ranks and statuses, including, the recently retired Rear-Admiral Greenwood and his wife Deborah. The evening began with a musical interlude welcoming the arriving guests, followed by soft background music during dinner, and finished with traditional waltzes and modern tunes played by the always exceptional Naden Band.

Guests arrived one-by-one, men dressed in their tuxedos, mess kits or Military 2Bs.

The ladies were dressed in their mess kits, or formal evening gown equivalent. The gowns displayed were so beautiful, and notably "delicious" from the Lieutenant-Governor himself.

A speech to begin the evening from the Lieutenant-Governor was also followed by greetings and gratuities from former Ret'd Rear-Admiral Greenwood was a perfect way to lead the night. Both the Lieutenant-Governor and the Rear-Admiral delivered funny and sincere remarks.

Dinner was an exquisite combination of fried seasoned potatoes, butternut squash bites, wild rice, spiced gnocchi with spinach, prime rib and butter curry chicken.

The evening entailed a hosted bar, two hours of grazing, and concluded with traditional waltzes and musical renditions of modern music.

The Naval Ball also featured a fundraising opportunity for the Military Family Resource Centre, hosted by Board Director, Carl Mclean and his wife Deborah. A silent auction was organized and prepared to support some of the important programs and resources available for military members and their families. The event helped raise just over \$2,000, which will help support these invaluable services. The auction consisted of donations graciously given by local vendors. Items for the auction included:

- Two rapid results counseling / hypnotherapy, business or life sessions benefit your success, relationships, happiness and life customized from Solution Innovators

and W. Gregg Turner MHT, CNLT, PhD. Gregg Turner at Solutions Innovators 1581 Hillside Ave V8T 2C1 valued at up to \$600;

- A luxury wine tour of the Saanich Peninsula for two with complimentary limousine service from LA Limousine-Kyara Kahakauwila at Limousine Box 27085-750 Goldstream Ave V8T 5N2 valued at \$290.;
- A Brinkmann gas BBQ with 4 burners from Home Depot Langford - Shannon McFarlane The Home Depot Canada 2400 Millstream Rd V9B 3R3 valued at \$269;
- Nine holes of golf for two plus a \$25 restaurant gift certificate from Prospect Lake Golf Course, - Shawn Steele Prospect Lake Golf Course 4633 Prospect Lake Rd V9E 1J5 valued at \$75;
- Eighteen holes of golf for two including shared power cart From Highland Pacific Golf - Robyn White Highland Pacific Golf Course 450 Creed Rd V9B 6C9 valued at \$190;
- A round of golf for two valid Monday - Thursday from Olympic View Golf Club - Ken Langdon Olympic View Golf Course 643 Latoria Rd V9C 3A3 valued at \$180;
- Four high-quality folding lawn chairs from Capital Iron - Mike Black 1900 Store St V8T 4R4 valued at \$100;
- Two hours of computer support to solve computer problems from Dial-A-Geek - Chris Gillen C-880 Esquimalt Rd V9A

3M4 valued at \$199;

- A complete "pamper-yourself" package valued at \$255, includes:
 - a basic skin care set and \$15 certificate for any Mary Kay product - Leanne Chamberlain Mary Kay Cosmetics 250-388-7023;
 - a hair cut and colour from Anthem Hair Salon - Crystal Currie 768 Yates St,
 - and a pedicure from West Coast Nails, - Lyndsey Braithwaite 250-686-6198;
- A one night stay for two and dinner for two at the Bengal lounge from the Fairmont Empress and a hair cut from Anthem Hair Salon - Crystal Currie 768 Yates St, valued at \$355;
- Five separate dedicated day sails for 2 people aboard the *HMCS Oriole* on September 27, 2012. It includes lunch from MARPAC, valued at \$150 per couple; and
- A dedicated day sail for 3 people aboard the *HMCS Oriole* on September 27, 2012. It includes lunch from MARPAC Value \$225.

A very special thank-you for all of the support from the community and the continued generosity from all of our contributors; we could not have had such a successful event with out you.

Marie Amoto
Board of Directors
Military Family Resources Centre

Cadets get a close look at vehicle maintenance

Cpl Guillaume Landreville
Base Logistics

On May 4, Base Logistics Land Maintenance Facility, better known as TEME, had a visit from 6th Field Squadron Royal Canadian Engineer Cadet Corps. The 13 army cadets did extensive fundraising, collecting enough money to travel from North Vancouver to visit and learn about CFB Esquimalt.

The day started with a tour of the maintenance building.

Sgt Pappas, in charge of the vehicle production, and Sgt Hicks, ANCIL supervisor, were very accommodating and knowledgeable as tour guides. They took the cadets around the facility, showing them the

different trades working at TEME - from the tool crib to the LCIS shop where one can find so many different impressive electronic devices and test equipment.

Because their visit was during a week day, they had the chance to see the workshop in full action. (Of particular note was the demonstration of the trucks, which the troops loved and are still talking about today.)

The cadets did a casualty extraction (recovery) using the main winch on the HLVW Wrecker. While the youngest cadet of the group was in charge of the scene, others took care of bringing the winch all the way to the vehicle and taking care of the hydraulic controls.

The tour finished with

a little challenge for the cadets. Using the 20 tonne crane on the wrecker, they had to insert a welding rod into a small container located 10 feet away, which had an opening no bigger than an average fist.

In short, the day was a total success; it gave the troops an up close view as to what an EME technician does while in garrison.

Cadets are part of an organization dedicated to developing citizenship and leadership in young men and women aged 12 to 18 years. By giving them an opportunity to experience leadership and by having their hands on military equipment, some of them might think about a career with the Canadian Forces later on.



Thirteen happy cadets clambered on board a 6X6 HLVW 10 tonnes Wrecker (vehicle technicians recovery vehicle) for a souvenir picture.

IN VICTORIA THIS FALL
ANDRÉ-PHILIPPE GAGNON
THE ONE MAN HIT PARADE!
 Will be performing at:
ROYAL THEATRE
NOVEMBER 6th at 8 PM
\$55 non-members
\$50 members
 Tickets available at the McPherson Box Office and usual outlets 250.386.6121 1.888.717.6121 www.remts.bc.ca
 For more information: www.francocentre.com






Vancity **C-FAX 1070** **CTV**

Ready?
 Ready to take a starring role in your life?
 Ready to enjoy the lifestyle you've always wanted - without emptying your pockets?

Set?
 Latoria Walk is the perfect location. Minutes from the Westshore Town Centre and close to trails and outdoor recreation and across from Olympic View Golf Course. Easy and convenient shopping at your doorstep with Latoria Walk Market.

Action!
 Buy Today and receive up to \$10,000 cash with the new 5% Gov't rebate for first time buyers! Stop by - daily - for a complete tour.

\$750 month

\$189,000*
 priced from including HST!



LATORIA WALK
PEMBERTON HOLMES
 ESTABLISHED 1987
Greg Long
 250.384.8124

OPEN DAILY 12-4pm
 Show Suite:
 #304-611 Brookside Rd.
www.latoriawalk.com

*Rates subject to change without notice. OAC.




Military has changed to a more accepting workplace

Corporate Internal Communications
Maple Leaf

"We are the invisible minority" says Capt(N) Luc Cassivi, the Chief of Staff Plans and Operations at Maritime Forces Pacific Headquarters. "We have gone ahead in spades in lesbian, gay and transgender issues in the Canadian Forces, but if we don't keep it on our minds, we will fall back into complacency and we don't want to go there."

With 29 years of service as a submariner, Capt(N) Cassivi has experienced a sea-change in attitudes regarding gays, lesbians and transgendered members in uniform. Given that June is National Gay and Lesbian Pride month, sexual minority service members such as Capt(N) Cassivi pause for consideration when assessing their experiences in uniform.

Joining the Navy in 1983, Capt(N) Cassivi graduated from the Collège Militaire Royale du Canada at a time when the CF actively enforced a policy of systemic discrimination banning gays and lesbians from military service.

"In those days, we were an organization rooted in conservative values," says Capt(N) Cassivi.

Exposed to repeated insensitivities coupled with the fear

of being found out, the young submariner's thoughts were pervaded with a sense of fear and reprisal.

"There was a special investigations unit in the military during those days whose aim was entrapment and rooting us out. It was awful and it was traumatic," says Capt(N) Cassivi.

According to Professor Alan Okros, Deputy Director of Academics at the Canadian Forces College in Toronto, between 1988 and 1992, the CF introduced an interim policy not to actively recruit lesbian and gay members; however, those current serving members who were 'determined' to be either lesbian or gay were deemed 'career frozen'.

"Those individuals were not eligible for training, promotion, deployments or career courses," says Dr. Okros.

Many lesbian and gay members released from service as a result.

Yet change was coming. The cause for inclusion of all minorities, not only gays and lesbians, to serve in all occupa-

tions of the CF became the legal beacon under which exclusivity, discrimination, and humiliation were hallmarks of an organization clearly out of step with the times.

In 1992 the military reversed its official policy of rooting out sexual minorities by cancelling CFAO 19-20, which prevented gays and lesbians from serving in the military.

Shortly following the repeal, Capt(N) Cassivi served on exchange with the Royal Australian Navy.

"I seriously considered leaving because I couldn't manage living

two separate lives. So the issue is that you can have all the policies in place to prevent discrimination and harassment, but do people change? I took the opportunity to serve with the Australians and I said to myself 'I will give the [Canadian military] people three years.'"

Capt(N) Cassivi's time away from Canada was liberating. The Australians effectively dealt with integrating sexual minorities within their armed forces and he found his time away to be restorative. He returned to Canada in 1997 with a renewed sense of hope. "Being in the closet was untenable. Now I wasn't shy, pretentious and was more honest with myself and my colleagues.

And I was now beyond the path of being shamed by insensitive comments."

He went on to command HMCS Windsor.

"In the submarine community, our culture values competence over all other considerations; really, the rest doesn't matter. I was lucky to have this community."

Capt(N) Cassivi has no regrets about his experiences in the CF. His career is a success story. He has commanded three submarines, one frigate

and is a graduate of the United States Naval War College.

Today, studies indicate that "integration" has made no impact on military performance, operational readiness, cohesion or morale in the CF.

The CF's most recent step in the integration of sexual minorities within the ranks came with CANFORGEN 031/12, published this past February - Management of CF Transsexual Members. The policy provides guidance to leaders whose subordinates may be diagnosed with gender identity disorder.

Capt(N) Cassivi has a special message for gays, lesbians and transgendered members of the defence team.

"It is still difficult for people to come out of the closet, but serving in the CF should be a reason. CF leaders are amongst the best in the world and have a solid reputation for tolerance, fairness and compassion when looking after their people. Do not be shy to turn to someone you trust if unsure as to what to do. I am very happy to see a generation of personnel serving outwardly as gays and lesbians. They, like many others, symbolize the real change that took place in the 1990s. Competence and your desire to serve is what matters. I trust that this will remain a strong tenant of our culture."



NEW! SPECIAL OFFER for all Military Members

SAVE 33% on a 3 month subscription!

Introducing the Times Colonist home delivery offer for the military community in Greater Victoria.



TIMES COLONIST
Your Island. Your Newspaper.

Please mention our new military special monthly rate of \$12.70 plus tax.

Call 250-382-2255 now to start

* Offer good for non-subscribing members of the military. Regular home delivery is \$19.05 monthly. Restrictions may apply, prepayment required.

Advisory panelist received untendered bridge contract

Ceremony to commemorate HMCS Esquimalt sinking in '45

Dual ceremonies honour HMCS Esquimalt, survivor

Fire department re-master keys after...

New commuter ferry sets sail

50% off ENTIRE STOCK

OXFORD FOODS

OLYMPIC YOGURT 1.99

WHITE BREAD 99¢

CHICKEN BREAST 2.99

Away from home? Complimentary digital & online access now included with military offer.

1978 - TODAY
TIMELINE OF CHANGE

1978 – Parliament passes the Canadian Human Rights Act.

1982 – Constitution Act, 1982 passes, and contains the Charter of Rights and Freedoms, guaranteeing equal protection and benefit of the law without discrimination.

1988 – An interim CF policy is introduced whereby the CF does not knowingly recruit lesbian and gay members; and current serving members who are determined to be either lesbian or gay are deemed “Career Frozen”.

1991 – CDS General John De Chastelain recommends to the Government of Canada that the military policy banning sexual minorities from military service be revoked because the practice is in violation of Canadian law.

1992 – Michelle Douglas, a former CF officer with an exemplary service record, legally challenges her 1989 dismissal from the CF for being a lesbian.

1992 – CFAO 19-20 Homosexuality – Sexual Abnormality Investigation, Medical Examination and Disposal is cancelled. This cancellation abolishes restrictions on gay and lesbian personnel, and their service, in the CF.

2000 – DAOD 5012-0 Harassment Prevention and Resolution reads that all CF members and DND employees have the right to be treated fairly, respectfully and with dignity in a workplace free of harassment.

2012 – CANFORGEN 031/12 - Management of CF Transsexual Members, announces the approval and implementation of the management of transsexual members in the CF.

Today, studies indicate that “integration” has made no impact on military performance, readiness, cohesion or morale.



Got a group?
Get a free historical tour of Dockyard.
Contact Base Public Affairs
363-7060

BEACON LAW CENTRE
LAWYERS. NOTARIES

140-4392 West Saanich Rd, Victoria
104-9717 Third Street, Sidney
5-7115 West Saanich Rd, Brentwood Bay

Real Estate • Business Law
Wills & Estates



P 250.656.3280 | TF 877.295.9339 | www.beaconlaw.ca

2 BEDROOM URBAN LIVING FROM \$254,900



THE GRANDERSON
LANGFORD'S NEW URBAN LANDMARK

250.391.8484
THEGRANDERSON.COM

- Granite and tile throughout kitchens and bathrooms
- Secure underground parking
- Central location, walk to everything
- Generous storage lockers
- Central to every convenience Langford offers
- Eligible for \$10K First Time Buyers' Credit

MOVE IN NOW **DEVELOPER PAYS THE HST*** **COME ON IN OPEN HOUSE DAILY 3PM - 4PM** **HURRY... ONLY 19 UNITS LEFT!**

KAHL REALTY
PROPERTY MANAGEMENT
Jason Kahl | 250.391.8484

*Net HST

Campus NISSAN
ALL ROADS LEAD TO CAMPUS



Keith Faulkner - Nissan Sales Rep
3361 Oak Street Victoria, BC
V8X-1R2 Tel: (250) 475-2227
Email: kfaulkner@campusnissan.com

Support Our Troops Vehicle Purchase Program



Pay below dealer invoice price on Nissan and Infiniti cars, trucks and SUV's

To show our support and gratitude for the men and women who serve our country each and every day Campus Auto Group is proud to announce special discounted pricing for our qualifying Canadian Forces personnel (current and retired), DND Employees, and RCMP members.
www.campuscars.net

Campus INFINITI
ALL ROADS LEAD TO CAMPUS



Layne Britton - Infiniti Sales Rep
3361 Oak Street Victoria, BC
V8X-1R2 Tel: (250) 475-1148
Email: lbritton@campusinfiniti.com

Available to current and retired (collecting a military pension) members of our Canadian Forces, DND, and RCMP members and their spouses. This offer may also be combined with all additional monthly offers including financing and lease programs, cash purchase incentives and the Nissan Graduate Program.

Saturday July 7, 2012

during Formation Fun Day

Participate in this year's
OLYMPIC THEMED
Amazing Race!

Teams can be made up of friends, family and co-workers, with prizes for first, second and third place, and for best team costume.

Bring your team of four out to participate in solving puzzles, physical challenges and trivia questions as you make your way to becoming the 2012 race winners.

Race begins at 1:00pm
and ends at 2:30pm

Great Prizes from
WildPlay Adventure Park!



Wild Play
ELEMENT PARKS



THE AMAZING RACE

To register CONTACT: Alyssa Jesson at
alyssa.jesson@forces.gc.ca (3-4485)

CALL FOR ENTRIES

SHOW PRIDE FOR YOUR RIDE

CHROME 'N' WHEELS

Saturday, July 7, 2012
on Formation Fun Day

OPEN CAR, TRUCK
& BIKE SHOW

GREAT
PRIZES

ENTER
BEFORE
JUNE 27

EMAIL: KATE.KING@FORCES.GC.CA



What to do if you find drifting tsunami debris

Along with impacting tens of thousands of lives, the earthquake and tsunami that struck Japan in March of 2011 also washed debris into the Pacific Ocean.

While much of it quickly sank, over the next few years some debris will arrive on B.C.'s coast. There were initial reports of a debris field, but by now ocean currents will have broken it up into smaller, separate pieces of debris.

It is unlikely debris washing up on B.C. shores will pose a significant environment or public health risk. However, report debris that can be attributed to the Japanese tsunami to DisasterDebris@noaa.gov.

Be safe: If you don't know what it is, don't touch it. If the item appears to pose an immediate safety risk, call 911 or your local police. If the items appear to be hazardous but does not pose an immediate risk, report it to the provincial spill reporting line provided under 'Hazardous materials' below.

Litter and other typical marine debris: Where it's safe and practical to do so, consider removing litter and recycling any plastics or metals. Removal of large items or personal possessions should be done only in consultation with land managers or responsible agencies. If items can be directly linked to the Japanese tsunami please report them to DisasterDebris@noaa.gov with as much detail as possible.

Personal effects or possessions from the Japanese tsunami: Items that appear to be personal belongings related to the Japanese tsunami should be treated with respect. Report

them to DisasterDebris@noaa.gov with as much detail as possible. If it is safe to do so, consider moving the object to a safe location and include this location in the email report.

Hazardous materials: As the tsunami washed material out to sea before nuclear safety concerns emerged, it is highly unlikely that any items would have been exposed to radiation. In the event that potentially hazardous items such as drums, fuel tanks and containers, gas cans, gas cylinders, or chemical storage totes wash ashore, do not touch or attempt to move the item. Ten-inch aluminum insecticide canisters may also be found in high tide zones. Do not open the cap since these fumigant canisters may contain small amounts of toxic gas. Call B.C.'s spill reporting line at 1-800-663-3456 with a detail report of what you've observed.

Derelict vessel, equipment or cargo from a vessel: Report it to Transport Canada at 604-775-8867 or by email to pac-nwp-penpac@tc.gc.ca. Do not attempt to move or remove the boat or cargo.

Human remains: It is extremely unlikely any human remains from the tsunami will reach Canada. However, if you encounter any remains, immediately call 911 or your local police and give authorities a detailed report about what you observed. Do not touch or attempt to move.

More information, including FAQs and information about organized beach clean-up activities, is available on the B.C. Ministry of Environment tsunami debris at www.tsunami-debris.ca

SG POWER

FREE GAS FOR A YEAR ON THESE FEATURED SCOOTERS!

<p>UP TO 87 MPG 37 km/litre</p>  <p>\$50 Starting at \$3249</p>	<p>aprilia</p> <p>UP TO 90 MPG 37 km/litre</p>  <p>\$850 Starting at \$3795</p>	<p>UP TO 113 MPG 48 km/litre</p>  <p>FLY Starting at \$2749</p>
-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

MARINE SPECIALS

Glastron SSV175



AS LOW AS \$116 Bi-Weekly Payment

\$18,999

134 Mercruiser, OEM DX Interior, Cover, Custom Trailer, Complete Package

On approval credit 60 months with 120 amortization? 29% interest. \$ cash down including applicable taxes, fees extra, rates & terms subject to change.

Low Aluminum



10ft Lowe Jons Starting at **\$799**



12ft Lowe Jons Starting at **\$899**



12ft Lowe V-Fisherman Starting at **\$1499**

Inflatables



Zodiac, Bombard, Rubber Duck, Avon, HIBO

Clearouts from **\$699**



250 382 8291 730 Hillside Ave
e: andy@sgpower.com or bernie@sgpower.com

MARINE • MOTORCYCLES • ATV'S • SCOOTERS • SALES • SERVICE • PARTS • SERVING VICTORIA FOR OVER 40 YEARS!



GIVING CANADA'S ELITE ATHLETES THE VISION TO SUCCEED



Ask about our SPECIAL MILITARY PRICING

LASIK MD LASIK starting at **\$490** /eye*

VISION

Paula Findlay, Triathlete
5-time World Championships Series gold medalist; Olympic hopeful, London 2012; LASIK MD patient, 2011

FREE Consultation: 1-855-688-2020
lasikmd.com/teamlasikmd

* Prices are subject to change without prior notice and vary based on prescription strength. Custom LASIK/PRK starting at \$990/eye. Applicable to surgery on both eyes only. Other conditions may apply.

EMPLOYMENT OPPORTUNITY

This Category I unionized position is open to all interested parties. Preference will be granted in accordance with the Collective Agreement for the UCFW bargaining unit for Category I NPF employees at CFB Esquimalt.

**Facility Clerk
Non-Public Funds
Personnel Support Programs
Naden Athletic Center
CFB Esquimalt
Temporary Part Time Position**

Under the supervision of Facilities Coordinator, the Facility Clerk greets visitors, establishes nature of business and directs visitors to appropriate area or person. He/She ensures access to the facility, equipment and services is by authorized clients only. He/she also receives and processes payments for recreation programs or facility use and provides administrative support related to activities at the facility.

Qualifications:

High school diploma AND some years experience in a related field.

OR
An acceptable combination of education, training, and experience will also be considered.

AND
Current CPR and basic First Aid qualifications

Language requirement: English mandatory

Knowledge Requirements of recreation or community centre facilities of cash handling techniques of health and safety practices	Experience Requirements in providing customer service in general office administration in using software for word processing, spreadsheets, presentations, databases, e-mail, and Internet browsing
--------------------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Salary: \$ 11.59/hr - \$ 14.86/hr

Successful candidate will be prepared to commence employment as soon as possible. NPF employees must demonstrate the following core characteristics: team player, customer focus, positive attitude, excellence, and competence. NPF is committed to Employment Equity and Diversity and invites applications from Women, Aboriginal People, Persons with Disabilities and Visible Minorities.

To receive this job poster in an alternative format, please contact the NPF Human Resources Manager.

Eligible candidates should submit a resume clearly outlining their ability to fulfil all position requirements by mail to: NPF Human Resources Manager, PO Box 17000, Stn Forces, CFB Esquimalt, Victoria, BC V9A 7N2, by fax at 250-363-5528, by e-mail to NPFHRESquimalt@cfpsa.com or online at www.cfpsa.com. Applications must be received before 1600 hrs on 27 June 2011.

Please note that only those candidates selected for further consideration will be contacted. If you have special needs and require accommodation measures for the selection process, please notify the NPF Human Resources Manager at that time.

Female electrician's milestone

Shelley Lipke
Staff Writer

PO1 Dori Aubin, 48, has received many certificates, awards and promotions over her 27-year career. They are tangible, and visible, reflections of a job well done.

However, there is another significant achievement that is little known and certainly unseen.

She holds the honour of being the first female electrician in the Royal Canadian Navy, a historical milestone earned a year after the sea trades opened up to women. That was 1987, a quarter century ago.

"This is when sea trades first opened up for women, and women were first allowed to serve on ships," recalls PO1 Aubin, now senior electrician in HMCS Vancouver.

At the time, she was a supply technician with just two years of service. Hearing the gangway to some warships was now extended to women, she was quick to try out for Combat Related Employment of Women (CREW) trials.

"I have always liked tinkering with my hands and I wanted something that was a skilled tools job rather than logistical support, which seemed to be a traditional women's role back then. I wanted something more exciting, challenging and hands on," she says.

From her three choices - aero engine technician, airframe technician, and marine electrical technician - she was selected to be an electrical technician for the navy.

"Most of the new female sailors were posted to Annapolis class destroyer HMCS Nipigon in 1989. It was definitely a breaking in period," says PO1 Aubin. "Everything was noticed and judged. If one girl couldn't pick up a 50-pound bag of potatoes there would be talk, whereas if it was a guy nothing would be mentioned."

The transition to include women in Nipigon was slow and haphazard.

"I think the hardest part was the living quarters on the ship. Normally the mess decks would be segregated by trades, and you would be with your peers, but because there were so few women in the beginning we were all

put together. This created some difficulties because of the different watch systems, and we would be woken up at various hours throughout the night," she said.

In 1991, Nipigon became the first Canadian mixed-gender warship to participate in exercises with NATO's Standing Naval Forces Atlantic.

By 1996, when PO1 Aubin moved from the East Coast to the West Coast, she found the navy to be totally accepting of women serving on ships.

"At first, it was weird for a woman to be turning tools, even in this day there are still very few women in the engineering trades. There are many engineering officers, but I'm the only female in the Marine Systems Engineering Department on board Vancouver on the NCM side of the Forces," she says.

In 1998 during a Gulf deployment on board HMCS Ottawa, PO1 Aubin met her future husband, PO2 Peter Aubin, also a marine electrical technician. They now have two daughters, Jessica and Samantha ages 9 and 7.

"My journey has been both difficult and rewarding," she says. "It's been a long career. I am on my ninth ship as an ETech. I started off as an apprentice changing light bulbs, replacing switches and general maintenance, and then progressed to shop supervisor and now to senior electrician. I think it's a fantastic opportunity for anyone male or female. The benefits you get are very transferable for the civilian world, and for females it's totally rewarding. The hardest part is leaving family behind for deployments."

As a female first, PO1 Aubin joins such company as Colonel Sheila A Hellstrom, who became the first woman to be promoted to the rank of brigadier-general in 1987; Private Heather R. Erxleben, who became Canada's first female Regular Force infantry soldier in 1989; Major Dee Brasseur, who became the first woman fighter pilot of a CF-18 Hornet in 1989; and Corporal Marlene Shillingford, who became the first woman selected to join the Snowbirds team in 1992.



Photo by Shelley Lipke, Lookout

PO1 Dori Aubin will go down in history as the first female electrician in the Royal Canadian Navy. Now serving in HMCS Vancouver, she reflects on making a choice to serve in what typically was a male dominated trade. Seen here she is testing the shore voltage using a multi meter.

MAKE THIS YOUR YEAR: RESOLVE TO RIDE!



Steve Drane Harley-Davidson®
2940 Ed Nixon Terr.
Victoria, BC
SteveDraneHarley.Com 250-475-1345

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**

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

Vancouver Ismaili Safety Council

MOTORCYCLE RIDER TRAINING

NOVICE & TRAFFIC PROGRAMS

EXPERIENCED RIDER COURSES

VEHICLE DRIVING LESSONS

250-478-9584
www.visafetycouncil.com

Your Pet Pals
Your One-Stop Pet Wellness Shop

Victoria's Original Locally Owned Dog & Cat Wellness Store
Professional: Canine Nutritionists & Certified Herbalist on site to provide you with the best advice on all aspects of your dog & cat's well being.

Mention this ad and get 10% off.

250-360-1222
Near Admirals Thrifty Foods
Nelson Square #4-100 Aldersmith Place
www.yourpetpals.com • info@yourpetpals.com

Your Western Communities & Sooke Taxi Company
24 HR. SERVICE

250-474-4747 **250-642-7900**

Westwind Taxi

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

EAST COAST NEWS HMCS CHARLOTTETOWN

Waiting to board

Lt(N) Jessica MacDonald
HMCS Charlottetown

As they wait to kick off on a mission, members of a naval boarding party are like athletes before a big game — there's a bit of anxiety, but mostly they focus on visualizing what may come, and their strong desire to perform well.

"I think when people picture the boarding team swinging into action they picture everything happening very quickly," said Lt(N) Adam MacIntyre, the Naval Boarding Party Officer in HMCS Charlottetown. "While this is sometimes the case, there are also times when we know that a boarding is likely to take place as much as 24 hours in advance — or even more. It leaves time to think about what's going to happen next."

Currently deployed on Operation Artemis, HMCS Charlottetown is in the North Arabian Sea with Combined Task Force 150, a multinational fleet conducting a maritime security and counter-terrorism mission in the Arabian Sea, the Gulf of Oman and the Indian Ocean.

Members of the Charlottetown boarding party have to be fit both mentally and physically if they are to complete their missions successfully.

"We can spend hours on a vessel in the hot sun in very poor sea state," said LS Sean Hemeon. "It's exhausting. You have to work as a team to



Photo by Cpl Ronnie Kinnie, Formation Imaging Services

Commanding Officer, Commander Wade Carter stands on the bridge wing of HMCS Charlottetown while USS Iwo Jima (left) conducts a replenishment at sea with USS Carl Brashear in the Gulf of Aden while on Operation Artemis June 11.

build not only your physical tolerance for those situations but also your mental tolerance."

The Charlottetown team is made up of sailors who have completed the Initial Boarding Course, and they have been training together since October 2011. Currently, their routine starts at 5:45 a.m. with physical training, and they conduct drills throughout the day to solidify their grasp of tactics,

techniques and practices. All this training helps ensure that they are always ready for a boarding mission.

"We do everything we can to mitigate risk before we board a vessel. Safety is still my main priority when I know we will be conducting a boarding," said Lt(N) MacIntyre. "We attempt to plan for all possible contingencies; most boardings that we do can be assessed at a low-level risk."

**10% off
any Truck
Rate**



MILITARY
DISCOUNT
OFFERED

Budget
Car and Truck Rentals

Call 250-953-5300
www.budgetvictoria.com

The UPS Store



110-174 Wilson Street (Westside Village)
Victoria, BC V9A-7N7
T: 250.389.6245
Store242@TheUPSStore.ca
*www.theupsstore.ca/242



SHIPPING SERVICES

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

EXPERT HELP IN YOUR NEIGHBOURHOOD

Tous les services sont éaglement disponibles en francais

We Print, Ship & More!

- Mailbox Services
- Packing
- B/W Copies
- Colour Copies
- Office Supplies
- Shipping Supplies
- Faxing
- Business Cards
- Photo Restoration
- Wide Format Printing
- Inkjet & Toner Refills
- And Much More!

PENSION MAXIMIZATION

- Learn how to maximize the value of your pension around your other savings and investments.
- How much retirement benefit are you leaving on the table?

Tuesday, June 26th from 4-5pm

- C&POs Mess
(light refreshments provided)

Thursday, June 28th from 12-1pm

- C&POs Mess
(light lunch provided)

**Open to all CFB Esquimalt Employees,
Military and Civilians.**

**Attendance is complimentary but limited.
To reserve your seat, call or email.**



Rachael Paul, BA



Andrew Jackson, CFP, CD

The Plan
by  **Investors Group**

Investors Group Financial Services Inc.

™Trademark owned by IGM Financial Inc. and licensed to its subsidiary corporations. Investors Group Financial Services Inc. Insurance products and services distributed through I.G. Insurance Services Inc. Insurance license sponsored by The Great-West Life Assurance Company.

RSVP to Rachael (250) 727-9191 or rachael.paul@investorsgroup.com





CPO2 Young receives his Operational Service Medal.

Bravo ZULU

The ship's company of HMCS Protecteur gathered in the Naden Drill shed on June 11 for presentations of the Operational Service Medals (OSM) with the Expedition Ribbon for their role in Operation Carribe from October 2010 to June 2011. Op Carribe is an ongoing United States-led multi-national operation to interdict drug trafficking in the Caribbean Basin and the East Pacific.

Photos by Cpl Alex. W. Croskery, MARPAC Imaging Services



PO2 LeBretton receives his Operational Service Medal.



SLt Corbett receives his Operational Service Medal.



Cpl McLean receives her Operational Service Medal.



Cpl Furness receives his Operational Service Medal.



MS Coward receives his Operational Service Medal.



MS Mosson receives his Operational Service Medal.



PO1 Bates receives his Operational Service Medal.



PO2 Anderson receives his Operational Service Medal.



Cdr Bonnar receives his Operational Service Medal.



LS Shepherd receives his Operational Service Medal.



AB Morton receives his Operational Service Medal.



PO2 Greeley was also presented the MARPAC Commanders Coin for his efforts and dedication in training and leading the Petty Officers guard for the recent MARPAC Change of Command Ceremony.



Able Seaman Rodey was also presented the MARPAC Commanders Coin for his efforts in recertifying his certificate one on the Maritime Coastal Defence Vessels to help support MCDV manning shortages.



Deputy Commander Royal Canadian Navy, Rear Admiral Mark Norman presents PO1 Jonathon Forth with his Canadian Forces Decoration First Clasp for 22 years of dedicated service



MARS 4 graduation

Photos and captions by Cpl Charles A. Stephen, MARPAC Imaging Services



Deputy Commander Royal Canadian Navy, RADM Mark Norman, and LCdr (Retired) Rochileau present the Royal Canadian Navy Commander's Award for top student to A/SLt Jeff Woodhouse.



Deputy Commander Royal Canadian Navy, RADM Mark Norman promotes A/SLt Christine Larocques to SLT.



Deputy Commander Royal Canadian Navy, RADM Mark Norman promotes A/SLt Jessica Tassot to SLT.



Deputy Commander Royal Canadian Navy, RADM Mark Norman promotes A/SLt Allen Lee to SLT.



A/SLt Laura Virgin (Center) receives the David W. Groos Memorial Shield for top student at sea from the award sponsor's daughter, Hilary Groos (right), and her father, Deputy Commander CANSOFCOM, Capt(N) Steve Virgin.



Deputy Commander Royal Canadian Navy, RADM Mark Norman promotes A/SLt Nicholas Buxton to SLT.



Deputy Commander Royal Canadian Navy, RADM Mark Norman (right) and VENTURE Naval Officer Training Center Coxswain, CPO1 Robert Wiggins promote Cdr Derek Moss to Capt(N).



Deputy Commander Royal Canadian Navy, RADM Mark Norman presents Lt(N) Andrew Foran with the Operational Service Medal for Operation Caribbe.



Deputy Commander Royal Canadian Navy, RADM Mark Norman promotes A/SLt Guillaume Desjardins to SLT.



Deputy Commander Royal Canadian Navy, RADM Mark Norman promotes A/SLt Carolyn Pumphrey to SLT.



Cdr Derek Moss (Left) promotes Lt(N) Richard Cobb to Lt Cdr.



Deputy Commander CANSOFCOM, Capt(N) Steve Virgin promotes his daughter A/SLt Laura Virgin to SLT.



Deputy Commander Royal Canadian Navy, RADM Mark Norman promotes A/SLt Zach Johnson to SLT.



Deputy Commander Royal Canadian Navy, RADM Mark Norman promotes A/SLt Sean Smith to SLT.

JOSEPH KING, MD



When you are serving in our forces...
Good vision is the most important
safety tool you have!

**MILITARY
DISCOUNT
OFFERED**

Laser Vision Correction

- Nearsightedness
- Farsightedness
- Astigmatism

State of the Art technology
including Blade-Free IntraLase,
Advanced CustomVue and
Iris Registration.

Over 55,000 procedures
and 10 years in British Columbia



FREE CONSULTS &
EXAMS FOR
LASIK & PRK

250.360.2141
clearlylasik.com

100% LOCAL CARE • 201-3550 SAANICH RD, VICTORIA • \$0 DOWN 0% FINANCING

Base supports triathlon

Shawn O'Hara
Staff Writer

CFB Esquimalt has partnered with Island Triathlon, a local triathlon group, to host the Navy Triathlon of Compassion on base June 30.

Proceeds will go to support the Women's Sexual Assault Centre.

The triathlon will be in the Sprint format, which features a 750-metre swim, an 18-kilometre bike ride, and finishes with a five-kilometre run.

"The sprint format caters to the beginner, so this is a great event for someone who's looking to get into the sport," says Matthew Carlson, Personnel Support Programs Co-Race Director. "Not only are we supporting an important cause, we're working with a solid triathlon group to promote the growth of the triathlon as a local sport. It's growing in Victoria; within the last few years it's become very popular."

Carlson is excited to partner on this event, and bring it to CFB Esquimalt. He hopes it will help foster the growth of triathlon within the growing fitness com-

munity on base.

"There's a lot of health benefits associated with this type of exercise. It's just incredible the type of muscular endurance and longevity you can achieve by practicing this kind of running, swimming and biking three or four times a week," he says.

Since 2007, the Navy Triathlon of Compassion has raised \$98,344 through pledges for the Women's Sexual Assault Centre.

"The Women's Sexual Assault Centre relies on donations from the community for half of their annual operating budget," says Carlson. "Every dollar raised through the Tri of Compassion goes directly towards providing counselling and support services for over 2,500 people whose lives have been affected by sexual assault and abuse, as well as towards prevention education for youth through a program called Project Respect."

The Navy Triathlon of Compassion takes place June 30, with a gathering at the Naden Athletic Centre at CFB Esquimalt. More information on the Tri of Compassion and how to sign up can be found at www.triofcompassion.com



After a month-long health and wellness challenge, winners were announced. LS Sandra Dryden won a \$600 exercise bike from Aloyd Fitness; LS Andrew Greenwood, Marie Amoto and LS Jennifer McRae were winners each of a \$250 PSP/Health Promotion backpack full of "SWAG".

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.

- Comes with Air, cruise, heated seats, esc, traction control, power windows/locks, keyless entry.
- 0% financing for 84 mths.
- 0 down payment
- Free 7year-120,000 bumper to bumper warranty
- 90 days no payments
- 1000 Litre gas card
- \$500.00 discount over and above all these other incentives

The payment is \$118 bi-weekly, taxes included. No gimmicks, admin fees or hidden fees.

2012 Hyundai Elantra Touring GL 5spd



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

OWN IT
\$122
bi-weekly
payment + tax

AND
\$0
down
payment



Sales Manager Macon Doublet

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

250.995.2984
VictoriaHyundai.com

525 Gorge Rd East • Victoria, BC



PSP FUNSEEKER SUMMER CAMP 2012

SENIOR CAMPS Ages 10-12 • JUNIOR CAMPS Ages 5-9

CAMP THEMES:

- Jul 3-6 Oh Canada \$92
- Jul 9-13 Stampede Hoedown \$115
- Jul 16-20 Pirates \$115
- Jul 23-27 Hawaiian Luau \$115
- Jul 30-Aug 3 Olympics! \$115
- Aug 7-10 Wizardry \$92
- Aug 13-17 Fiesta \$115
- Aug 20-24 Fear Factor \$115
- Aug 27-31 Pyjama Party \$115

Before and after care is also available:
 7-9am - \$35/week
 4-5pm - \$20/week

To register
 or for more information please call
CPAC at 250-363-1009

Kid's Summer Camps



LOOKOUT Classifieds & Real Estate

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

Call 363-3014 to book your display or word ad

ANNOUNCEMENTS

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

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

ARE YOU A WOMAN WITH life experiences that negatively affect your self esteem and employability? Are you unsure of who you are and what you want to do with your life? Our FREE program will connect you with a supportive mentor to explore career and employment options, develop life skills, and cultivate valuable friendships. Contact Bridges for Women 250-385-7410 or www.bridgesforwomen.ca

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

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

COMPUTERS

Mobile Computer Tech

13 years of honest, reliable computer service in Victoria and surrounding areas. Business and personalized in-home services. If you need fast and efficient technical support, please call;

Michael Daniels (Keystroke Computers)
T: 250-881-5394
E: keystrokes@shaw.ca



2 BDRM/ 2 BTH, QUIET 2008 condo, View Royal, 1000 + sq. ft. W/D/F/P, fitness room, balcony, secure parking, easy drive to CFB. Avail. August 1st. \$1400/mo. + utils. 250-893-5788; lakparmar@shaw.ca

2 BDRM LOWER, Triangle Mtn, bamboo flooring, 4 appl, close to Lookout Lk., \$975/mo. 1/2 utils, July or August 1st. 250-474-4994

7052 MAPLE PARK TERRACE SOOKE. BRIGHT 3 BDRM, 2 1/2 bths, 5 appls., balcony. Mountain/water view, lg. pvt. yard with fruit trees. New paint throughout, new tile in kitchen, bdrm reno. NS/NP. Quiet couple preferred. \$1175/mo. + utils. Avail. June 15th. 403-720-8609 or 250-642-4381. Email: sew4fun@telusplanet.net

GLEN LAKE AREA. 2 bdrm house, upper. Bright & newley reno'd. Sun room with a view. Most utils incl., and a separate laundry room. Close walk to all amenities & transportation. N/S, sm pets considered. \$1250/mo. 250-661-6903

BRIGHT, WARM, 1 BDRM Cottage backing onto Esquimalt's Cairn Park. Close to bus routes and downtown. Utills, laundry & garden maintenance incl., Non smoking, small pet considered. Avail July 1, 2012. \$1200/mo. Call Stephanie 250-588-7255

VOLUNTEER

ARE YOU A WORKING woman in the community & would like to share your knowledge, experience, skills with another woman? By being a career mentor you will support women in building self-esteem and working towards achieving economic self-sufficiency. Contact Bridges for Women at 250-385-7410 or www.bridgesforwomen.ca

SHARE YOUR RECREATIONAL INTERESTS this fall by supporting a person with a disability to become more active! By donating only 1-2 hrs a week you have the opportunity to change someone's life while having a great time doing it. To get involved or for more info, please call Kim at 250-477-6314 ext. 15 or email volunteers@rivonline.org or visit <http://www.rivonline.org/Volunteering.htm>

BUS. OPPORTUNITY

★★★★
Entrepreneurs Wanted
250.477.9411
★★★★

POSTED TO CFB ESQUIMALT on imposed restriction? Fully Furnished 1 bdrm Executive style Waterfront Suite with dock access, All inclusive, \$1600/month, September 1st (250)383-2617 snr@shaw.ca

ATTRACTIVELY FURNISHED 1 BDRM 725 sq ft. Gorge condo, U/G prkg; ideal for IR; water, park, mtn views; 10 mins to base, dntwn, malls, \$1150/mo. incl water avail 1st of Aug. NS/NP 250-858-5879

VIEWSI! VIEWSI! VIEWSI! Set atop of misty evergreens on a prestigious Triangle Mountain cul de sac, this family home is too good to miss. With stunning views of the Olympic Mountain range and sparkling ocean, you will find space galore. Hillside landscaping, near-by lake and privacy is only icing on the cake. Features includes 2 bedrooms, open concept family room, 4 piece bath, neutral tones, walk-in closet in master bedroom, storage, appliances include fridge, stove, microwave, washer, dryer Please include number of people, number of cars, employment, pets, smoking in your response - gardening a plus! Will email pictures upon request. immediately - \$1100 ns, np Don't miss this one! calabrisella@shaw.ca

3 BDRM UPPER. \$1600/mo. plus utils. Insuite laundry. 3 BDRM LOWER. \$1400/mo. plus utils. own laundry. Tillicum rd. near Gorge/Kinsmen park. NP. Smoking outside only. 250-508-3396

2 BD/1 BTH, BRIGHT ABOVE grd. Near 6 mile, less than 15 min to work. Fully fenced pvt bkyd. with patio, lots of space for BBQ, Kids welcome, pets negot. 5 appls/utills incl. \$1200/mo. 1st July. executivecondo.viewroyal@gmail.com

APPLIANCES

WESTCOAST APPLIANCE CENTRE LTD.
LARGEST SELECTION GREAT PRICES

- Reconditioned
- New • Builder
- In Home Services

MILITARY DISCOUNT OFFERED

Corner of Gorge Rd East & Jutland • 382-0242

MOTORCYCLES

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

REAL ESTATE • FOR RENT

Fraser Tolmie Apts

1 & 2 Bedrooms, H/HW, 2 indoor pools & Jacuzzis, underground parking, workshop & social room. Mature tenant base. Professional on site management, open 7 days a week. Drop in TODAY!

Daily Open House
1-866-584-7039
1701 Cedar Hill X Road
www.frasertolmie.ca for pics

BROWN BROS SINCE 1918
250-385-8771

MOVE IN BONUS!
837 Ellery Street
1Bdrm, Heat H/W included, no pets, close to CFB Esquimalt, \$750/month Available July 1
250-217-1718



Extra spacious 1 & 2 bedroom!

Craigflower: large 1-2 bdr, free ht/hw, storage
Head: studio & 2 bdr, free hw, laundry, Cov. Park., mtn views, xlrq balconies, walk dtwn, on bus routes.

Call 250-216-3333

\$1550 - BEAUTIFUL FAMILY HOME
2753 Strathmore Rd. off Goldstream Ave. Available July 1st, \$1550 plus utilities. Beautiful 3 bed with fabulous kitchen and fenced yard. Non-smoking & no pets. The garage is included. Walking distance to every amenity.

\$1400 - WATERFRONT 2 BEDROOM COTTAGE

Located in Whiffin Spit area. Very Private Oceanfront 2 bed Cottage. Breathtaking views of Olympics and Straits. Easy stroll to beach and Whiffin Spit Regional Park. Available July 1st. Non-smoking and no pets.

Contact Cheryl Ashby
Pemberton Holmes Real Estate
250-478-9141

1239 PARK TERRACE

2 bdrm, \$895, heat, hot water + parking included, quiet adult building, 1/2 month free with one year lease, call resident manager
250-888-1212

AUTO TRANSPORT

Get Home Safe!
Drive Smart Designated Drivers

250.661.0181
YOU AND YOUR CAR, HOME.



6PM to late
MasterCard VISA

FOR RENT Amazing home next to Cedar Hill Golf course!



Executive family home on Cedar Hill Golf course available September 1st for rent. Over 2,400 square feet of living space, 4 bedrooms and 2+2 baths. Ideal location at end of quiet cul-de-sac, steps from recreation centre and minutes to schools and shopping. \$2400 per month plus utilities; major appliances (fridge/ stove/ dishwasher/ laundry pair) included. No smoking please. Small pets considered.

Contact Michael at 250-363-4006 (day) or 250-386-6740 (evenings) or e-mail at 1427oceanviewrd@gmail.com

Ask about our DND Discount!

Christie Point Apartments

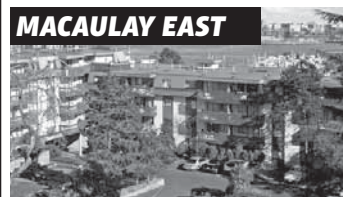
- 2 & 3 bedroom suites
- 3 bedroom townhomes
- Heat included
- Beautiful ocean views
- Close to CFB Esquimalt

2951 Craigowan Road
250-405-3450

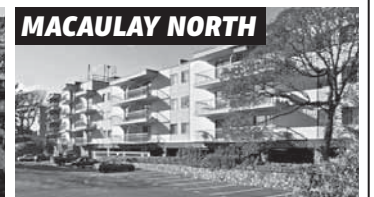


www.bwalk.com

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



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



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

FREE Heat & Hot Water

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

MILITARY DISCOUNT OFFERED

REAL ESTATE • FOR RENT

ON THE OCEAN



Princess Patricia
APARTMENTS

NEW BALCONIES • EXERCISE ROOM
14TH FLOOR LOUNGE

703 Esquimalt Road
250-382-2223

Now Renting
Bachelor • 1 BDR Suite

REAL ESTATE • FOR SALE

MOVE IN NOW! *Walk to the Base!*
13 New Townhomes from \$379,000 - \$499,000 incl HST • 3Bdr/Garage

Open
Fri/Sat/Sun 1-4
934
Craigflower



PEMBERTON
HOLMES
ESTABLISHED 1887

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

WALK TO BASE!!!



Top Floor 2bedroom 1 bath, next to Base. Generous floorplan offers large laundry room with storage, walk-in closet in master bedroom, gas fireplace in living room, 2 spacious decks with amazing views. Includes secure underground parking, large separate storage, unrestricted rentals and pets welcome. \$289,900
MLS #310670

Hayley John

Ph: 250-384-7663
www.hayleyjohn.com

ROYAL LEPAGE

Coast Capital Realty
INDEPENDENTLY OWNED AND OPERATED

THE HAWTHORNE
family perfect

KAHL REALTY
PROPERTY MANAGEMENT



3 QUALITY TOWNHOMES REMAIN

3 beds, 3 baths, 6 appliances * net HST * new home warranty. Visit our website at www.thehawthorne.ca
LYLE KAHL • 250.391.8484

FRED LERCH B.A.

Associated Broker (P.R.E.C.)

RELOCATION MADE EASY!

*Over 1500 Satisfied Clients
Call Toll Free: 1-866-973-8168

Call Fred Lerch Direct: 1-250-889-2528

Email: flerch@sutton.com
www.fredlerch.com

SUTTON GROUP - WEST COAST REALTY
#1 - CANADA'S LARGEST BROKERAGE

PROLINE
PROPERTY MANAGERS



A professional investment in your property

NEXT DOOR TO NADEN!

Spacious 1 bd (\$750) and 2 bd (\$850) suites in small building—short walk to Esquimalt base and shops, newly painted, coin laundry in building, 1 parking space, sm storage locker. Last month free on a one-year lease. N/S, cat cons.

Contact Shelby
250-475-6440 (ext. 157)
or shelby@prolinemanagement.com
Photos at
www.prolinemanagement.com

Proline Management Ltd.

LAWLESS ▲ BROWN
MORTGAGE TEAM

- Higher rates on the horizon
- Regulations tightening
- Uncertain Global economy...

ARE YOU PREPARED?

Call us for your complimentary mortgage evaluation!

lawlessbrown.com
250.656.0855
info@lawlessbrown.com



Krista & Sherri
Your military mortgage specialists



HAIR STYLIST

out hine
salon & spa

10%
MILITARY
DISCOUNT

FULL SERVICE HAIR SALON & DAY SPA
MED SPA FOCUSING ON:
• LASER HAIR REMOVAL
• NON-INVASIVE SKIN TREATMENTS
NOW OFFERING WEIGHT LOSS PROGRAM

Phone: 250-383-5598 • 880B Esquimalt Rd (at Head Street)

SERVICES OFFERED

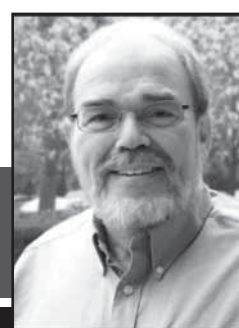
INDIVIDUAL RELATIONSHIP COUNSELING. BC registered, Office near base, Experienced with military concerns. flexible hours. Dr. Janice Graham. 250-588-4534

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

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

JUMP START YOUR CAREER WITH LOOKOUT CLASSIFIEDS
CALL 363-3014



Wally Rolofs

Experienced
Trusted
Professional



Always Working for YOU!
250.477.9411

E: wally@wallyrolofs.com
W: www.wallyrolofs.com

MOBILE TAX SERVICE
Blue Baby Tax Prep.

By appointment only



Professional Tax Services
• Personal Income Tax
• Small Business
• Bookkeeping
Proud DND family member!
Maggie Mullen
mrmullen@shaw.ca
www.bluebabytaxprep.ca

2122 A Government Street
Victoria, B.C.
V8T-5G5

DND
Receive
15% Off!

T 250.858.1456
F 250.590.5860

HOME RENOVATION

HARDWOOD REFINISHING

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

5% Military discount on Installations

SPECIALISTS

1937 Newton Street
Saanich
250-880-0926

FREE ESTIMATES

DOUBLE
N

HARDWOOD FLOORS INC.



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



Lookout Classifieds Work.
363-3014

“re-cycle”



Better the 2nd time around!

PITCH-IN CANADA
www.pitch-in.ca

HELP WANTED

CARRIERS WANTED

Newspaper Carrier for delivery of the **Lookout Newspaper** to **Belmont Park Housing** • 2 routes available

\$15.00 per week each
(Approx. 145 papers)

Phone/Email Kate King at the Lookout Office Before July 04
(Start delivery July 16 or sooner)

T: 363-3014 | F: 363-3015
kate.king@forces.gc.ca

1522 Esquimalt Road (522 SH)



RENTAL APARTMENTS IN VICTORIA

MILITARY DISCOUNT AVAILABLE

* PET FRIENDLY *
CALL FOR DETAILS

THE GORGE - 215-221,155,157 & 243 Gorge Road East **CALL 250-381-5084**

With access to the Gorge waterway, beautiful views, and just 2 km from downtown Victoria, this parkland community consisting of the Prince Charles, Redwood Park and Charles Dickens Apartments is the ideal place to live. With a wide variety of apartments within the complex, you have many choices of accommodations and will be close to everything the city has to offer with a lifestyle that is second to none.



OTHER VICTORIA PROPERTIES CALL 250-381-5084

- 1110 Queens Avenue
- 827 Selkirk Avenue
- 1140 Hillside Avenue
- 200 Gorge Road East
- 625 Constance Avenue
- 70-76 Dallas Road
- 535 Niagara Street
- 1039 View Street
- 3501 Savannah Avenue

As one of Canada's largest owners of multi-family rental communities, Canadian Apartment Properties Real Estate Investment Trust (CAPREIT) is committed to providing safe, secure and comfortable accommodation throughout our portfolio of well-managed and attractive apartments, townhouses and land-lease communities.



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



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



caprent.com