

Volume 57 Number 31 | July 30, 2012

LOOKOUT

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



POSTED?

ALEX BURNS & ASSOCIATES
Relocation specialist for Esquimalt DND

www.CanadianMilitaryRelocation.com

Cell: (250) 882-3335
Toll Free: (800) 663-2121
Web: www.AlexBurns.ca

RE/MAX
Camosun Real Estate



Double duty on RIMPAC 2012 HONOLULU, HAWAII

Photo by: MCpl Marc-Andre Gaudreault, DND Canada

Above: Soldiers from Australia, Canada, Indonesia, Korea, Malaysia, New Zealand, Tonga and United States stand on the flight deck of amphibious assault ship USS Essex for manning the rails.

Below: The same flight deck became the playing field for a hockey game between sailors from the "Iron Gator" and soldiers from 3rd Company, 2nd Battalion Princess Patricia's Canadian Light Infantry.



Photo by MCS2 Marcus L. Stanley, U.S. Navy

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

Plus

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

12 · 24 · 36
Month terms

O.A.C.

U-PAK MOBILE STORAGE
Storage that comes to you!

15%
Military Discount

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

Base Taxi Service

for Naden, Dockyard & WorkPoint

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

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

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



Taxi Dispatch
363-2384

"RENT TO OWN SPECIALIST"



Michael Smith
Mortgage Professional

Bus: 250.483.1365
Cell: 250.580.0896
michael.smith@vericoselect.com
www.msmortgages.ca

102-1497 Admirals Road (Near Base)



How can you support Habitat for Humanity Victoria?



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

10% DND Discount
with ID & coupon

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



Love letters story goes viral

It started with a simple post on a social media website, but soon turned into a hailstorm of media attention.

Shelley Lipke
Staff Writer

Each military member has his or her own unique way to say "I love you" to the people they leave behind when deployed

HMCS Regina Naval Communicator LS Devin Maxwell chose to write 241 love letters to his wife Crystal – one for each day he would be away.

Several hours after the ship sailed away on July 3, Crystal learned of her husband's expression of love and was so touched she decided to share it on "reddit.com", a social news website where users exchange thoughts on various topics.

"I simply couldn't believe he did this. I was so touched," she said. "It was such a great surprise and such a sweet story I wanted to share it."

Crystal soon learned about the incredible power of social media.

The post went viral and soon after she received an interview request through Reddt.com from a Globe and Mail reporter. The day after it was published there were more than 26 million hits to the website.

"I had no idea it would get this big," admitted Crystal. "I received calls from CTV, Global, CHEK, and Shaw shortly after."

Each wanted to cover the heartfelt story – one example of a couple's love separated by duty.

"I have received a lot of wonderful responses from people online. I believe it is really inspiring people and it made me happy to make them so happy," said Crystal.

Though the overwhelming response



Photo by Shawn O'Hara, Lookout
LS Devin Maxwell and wife Crystal share a hug before the Regina's departure.

has been positive, Crystal has received some negative feedback.

"One military spouse expressed resentment at the attention being drawn to Devin's gesture and said she felt the story diminished the service of the other sailors onboard Regina. Of course this was never the intent and it made me sad that someone would react in this way. I know firsthand how difficult it is for everyone separated from their loved ones during a deployment. We are all making sacrifices," she said. "I encourage other families to share their stories too."

How's LS Maxwell faring after all this media hoopla?

"We have an amazing story we can tell our kids one day," LS Maxwell said to his wife.

The story has also been well received on board Regina. Feedback that LS Maxwell has received from shipmates has been in good humour, and mainly about how he may have inadvertently raised the bar for other husbands and boyfriends deployed at sea. Even the

Commanding Officer has commented on the story.

"Leading Seaman Maxwell's example shows all of us the importance of the connection between those of us at sea and those we have left behind," says Cdr Jason Boyd. "I congratulate him for this imagination."

He adds that connection between home and deployed members is what keeps a family strong and adds to a military member's resilience at sea.

"Whether sailors have written a love letter before they depart or choose to dash off a quick email to say 'I love you' while at sea, it shows the importance of keeping in touch. Equally, it reminds us that a letter or email from the spouse at home telling the sailor about important moments, such as a child's first goal in soccer, are equally important to all of us on board Regina. Communication in any form is important to keep up morale both at home and onboard. I would like to thank all the families for their unwavering support."



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



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.



Photo by MC1(SW) Kurt Riggs, USS Essex Public Affairs, Navy

Minister of National Defence, the Honourable Peter MacKay, and Commander Maritime Forces Pacific, Rear Admiral Bill Truelove, promoted Commodore Peter Ellis, Commander Canadian Fleet Pacific, to Rear Admiral on board United States Ship Essex July 20. Newly promoted Rear Admiral Ellis is currently taking part in RIMPAC 2012, a large scale multinational exercise where he is serving as the Commander Combined Task Force 176, an amphibious Task Group led by the United States Ship Essex. Rim of the Pacific (RIMPAC) is the world's largest international maritime exercise. About 1,400 Canadian Forces members joined approximately 25,000 military personnel from 22 nations including Australia, the United States, Russia, Japan and the Republic of Korea in the waters surrounding the Hawaiian Islands for six weeks of intensive naval training.

Medical emergency leads to ship's u-turn

Shawn O'Hara
Staff Writer

A medical emergency had HMCS Vancouver making a u-turn on its way to Hawaii with HMCS Regina.

On July 11, Cdr David Mazur, Commanding Officer of Vancouver, received a report from medical personnel that a crew member was experiencing a serious medical issue.

The ship was out of helicopter range, and 1,800 nautical miles away from Hawaii.

The captain decided to

change course and bring the ship to a destination where a Cormorant search and rescue helicopter could medevac the sick sailor.

"We knew the patient had to get ashore, probably in the next 24 hours or so," said Cdr Mazur.

When the sailor's condition worsened, extra measures were taken.

"It became clear the patient would need potentially life-saving surgery within the next few hours, so we had to find a way to meet search and rescue a lot sooner," recounts the

ship's captain.

Engineers revved up both engines and took manual control. They also drained the ballast tanks to make the ship lighter so it could travel faster.

Vancouver rendezvoused with a Comox search and rescue helicopter 240 miles off the shore of Vancouver Island, marking the farthest possible trip by a Cormorant helicopter. The patient was airlifted off of Vancouver at 2:30 a.m. July 12 and taken to Victoria General Hospital for surgery. The sailor was

released from hospital two days later.

Vancouver won't be heading back to Hawaii. Cdr Mazur says the display of teamwork between Vancouver's crew and search and rescue, and getting the crew member to safety was what was important.

"It all went very smoothly," says Cdr Mazur. "The work that was done between the crew, the engineers, and search and rescue made it so we could get the patient the medical attention they required."

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

Triumph

"Thank a Hero"

\$350 to \$750 off best price!



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

Financial security planning products

- Segregated fund policies, RRSPs & TFSAs
- 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: 250-250-732-5715

steve.hall@f55f.com | www.stevelhall.com.

Freedom 55 Financial and design are trademarks of London Life Insurance Company



A division of London Life Insurance Company

NEW Price!

\$509,900



3459 Auburn Crt.

Act Now: Beautiful Home, Great Price

Motivated Seller, Quick Possession Possible! This well-built home is nestled on a private, quiet cul-de-sac. Stunning Valley & Mountain views can be enjoyed from the soaring LR windows or step through your French Doors onto your bright, private balcony off the master. This immaculate home features 5 good-sized beds + a comfy, large den incl. a 2 bed in-law suite. The impressive MB features a walk-in closet, cute balcony & tiled ensuite. The stylish main level inc. a large open concept living/dining/kitchen with vaulted ceilings & a separate dining area which leads to the tranquil rear balcony. The Upscale Kitchen features SS appliances, gorgeous granite, a generous island & tile backsplash. Low-maint yard, Cozy Gas FP, 2 car Grge & Warranty too! Call me today, before it's gone!

Danielle Smith



250.384.8124 | VictoriaPropertiesForSale.com | DanielleSells@shaw.ca

Ask about our SPECIAL MILITARY PRICING

GIVING CANADA'S ELITE ATHLETES THE VISION TO SUCCEED



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

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.

matters of OPINION

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
shawn.ohara3@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 M'Whinnie 250-363-4006

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

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

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



Circulation - 4,500

One year subscription - \$37.36

Six month subscription - \$18.84

Three month subscription - \$12.56

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

E-mail: frontoffice@lookoutnewspaper.com

Web: www.lookoutnewspaper.com

Fax: 250-363-3015

Canadian Mail Product Sales Agreement 40063331



WHAT SAY YOU

People Talk

Lookout asked this question:

If you could be a master in one skill you don't have, what would it be and why?



I'd love to be a master of calculus. If I had that, it would have made getting my Masters degree a lot easier.

Lt(N) Meghan Lobb



I'd want to be a master of communication. If you're a master communicator you can pretty much get whatever you want.

MS Roland Barrett



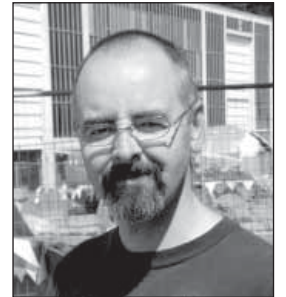
I'd want to be a master at talking to women. I think that's pretty self-explanatory.

Rob Senkpiel



I'd want to be a master of public speaking. It would be nice to be able to get a message out there, skilfully, and eloquently.

Soula Galloway



I'd want to be a master pilot. It's something that I've always been interested in but never had the time to pursue.

Stan Dzbik

SUDOKU

			8	7		3		
							9	5
		6	5					1
	6						5	7
4		8				9		
		3			9			
	1			2				4
3						2		
2	4		3			1		

Level: Intermediate

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

6	8	1	7	9	3	5	4	2
9	7	2	4	5	1	6	8	3
3	4	5	4	3	2	6	1	9
8	9	6	5	4	3	2	7	1
2	3	6	9	1	6	7	8	4
7	3	4	5	2	8	1	9	6
1	2	1	4	7	2	1	6	8
5	6	8	2	3	9	7	4	1
4	5	6	7	1	3	6	4	2

ANSWER:

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Mental Health at Work

Heid Bada EAP

At time, it can be a struggle to get through the day. You enjoy your job, yet stress can creep in. Where does it come from? It could be your personal life, work life, or both. Most of the time, we handle change without help. However, it may be time to get help if disruptive feelings last, such as:

- Low mood
- Low energy level
- Short temper

Question yourself. How strong are your peer interactions and enthusiasm for work? Pay attention if you begin to feel miserable or tired. There may be simple solutions. Stress, depression, and anxiety are more common than you may think. Help is available, but you need to take action.

DND provides many resources:

- Website with list of peer helping Referral Agents and links to stress and mental health resources, <http://esquimalt.mil.ca/eap/index.htm>

- Referral Agents listen and help find resources for your concerns if needed
- Lending library of coping, stress, and mental health books and videos at D29 room 105, phone: (250) 363-4614
- Employee Assistance Program (EAP) referral hotline 1-800-268-7708, 24hr help to reach a counsellor in your area, for yourself and immediate family

New behaviours practiced daily (such as getting more sleep) will become a habit. Get support from a Referral Agent or counsellor. Visit the EAP library; a whole chapter of the book 1,001 Ways to Relax is devoted to work stress. Another great book you'll find is Break Free From Burnout. Tips from the library shelves suggest looking at negative thoughts from multiple viewpoints, and making time for exercise and hobbies.

Change takes time. Set a goal to help you enjoy seeing improvements over time. To support your change, you'll find many tools at DND including Referral Agents and 24-hour hotline.

TRACKSIDE AUTO SERVICE LTD.
A FULL SERVICE AUTO REPAIR FACILITY

- ✓ 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

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

BBB B.C. GOVERNMENT DESIGNATED INSPECTION FACILITY

WALKER HANKOOK

* under 80,000 km

AMPLE EATERY

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

Building community bridges

Shawn O'Hara
Staff Writer

On a quiet street near Work Point, smoke billowed from an empty building.

Fire trucks from both CFB Esquimalt and Esquimalt Fire and Rescue responded to the call; a structure fire with possible occupants.

In a display of team work, fire fighters from both departments entered the smoke-filled building, fortunately fire free, recovering the victims: a life-sized mannequin and a small doll.

The simulated structure fire was part of an exercise between fire fighters from the CFB Esquimalt Fire Department and the Esquimalt Municipal Fire Department. Both fire fighting organizations recently signed a mutual aid agreement. The agreement allows each department to call on the service of the other in times of need.

According to the Assistant Fire Chief Randy Morton, the close proximity of CFB Esquimalt's station and Esquimalt Municipal Fire Department allows either station to provide support.

"We have 10 individuals available, and if we get a call from them we can mobilize a response team fairly quickly," says Morton. "CFB Esquimalt's Fire Department is committed to creating beneficial relationships between the region's fire departments, and this agreement highlights that."



Fire fighters Frank Csinos and Duff Johnston carry a mannequin out of the building during a mutual aid exercise between CFB Esquimalt Fire Department and Esquimalt Municipal Fire Department.

Photos by Shawn O'Hara, Lookout

**MAKE THIS YOUR YEAR:
RESOLVE TO RIDE!**



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

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 également disponibles en français

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!

NEED TOOLS IN THE CITY?

MILITARY DISCOUNT OFFERED

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

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

SELECT MORTGAGE CORP

BEST 5 year fixed - 2.84% - WOW • BEST 10 year fixed - 3.89%
BEST Variable Rate - 2.60% • BEST Rates! BEST Service!
*35 Year Amortization Still Available - Ask Me How!

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

VERICO
OWNERS TRUSTED MORTGAGE EXPERTS

Lori Lenaghan
MORTGAGE CONSULTANT
250-888-8036

Each VERICO broker is an independent owner operator

Need a Loan? We can help!

Bad Credit Welcome.
Rates from 4.99%
Apply online at www.car-corrall.com

Better Business Bureau Torch Award Winner 2012!

Howie's CAR CORRAL

Find us on Facebook

The working folks car and truck store

250-478-1128 • 1658 Old Island Hwy
Take Hwy. 1 to Colwood Exit. First car lot on the right
www.car-corrall.com



www.facebook.com/lookout.
newspaper

U.S. Navy EOD Unit shares training, fosters international partnerships.

Ernesto Bonilla,
RIMPAC Combined
Info Bureau

Sailors are participating in joint training operations July 16-22 with Australian, Canadian, and Russian explosive ordnance disposal (EOD) units during exercise Rim of the Pacific (RIMPAC) 2012.

Training activities for the EOD members during the month-long RIMPAC include shooting drills, fast roping, simulated underwater demolition, and improvised explosive device (IED) disposal.

Lt. Eric Bond, an EODMU 11 battle watch captain, said the exercise was an excellent opportunity to strengthen ties with participating countries, and to share methods and training, and that RIMPAC is not as

much about the exercise scenarios as it is about bringing together military members from other countries, and getting to know them.

"If we go to, or run, operations in Australia or Canada, we know exactly what these guys can do," said Bond. "We know their capabilities and we can seamlessly integrate."

During the first week, small familiarization operations were conducted "to assess each others capabilities and TTP's (tactics, training and procedures) to make sure we're all playing the same game," said Bond.

While Sailors from EODMU 11 and participating nations share similar missions, there are some differences between the explosive ordnance disposal units and the types of missions each performs. These differences include equipment, techniques, logistics,

and locations for IED and ordnance disposal.

"Other units are a little more hands on than we are," said Bond. "We try to do everything as remotely as we possibly can, with the use of robots and pull lines. They have interesting ways of dealing with things remotely without the tools we use. It's a lot of fun to see."

Explosive Ordnance Disposal Technician 2nd Class Stephan Blanz, a member of EODMU 11, said the tactical differences between the militaries were a catalyst for promoting knowledge sharing.

"During a shooting evolution we ran drills with Canadian and Australian personnel demonstrating tactics such as barricaded shooting, how to scope around cover and how to take accurate shots while exposing as little of yourself as possible," said Blanz.

In addition to knowledge sharing, Able Seaman Clearance Diver Kevin McEwan, assigned to Australian Navy Clearance Diving Team Four, said he formed lasting friendships with the other divers during the exercises.

"When you work with other (foreign) operators you also become mates and you never know, some day you might be somewhere like Afghanistan and you'll have an idea of how they get things done," said McEwan.

The world's largest international maritime exercise, RIMPAC provides a unique training opportunity that helps participants foster and sustain the cooperative relationships that are critical to ensuring the safety of sea lanes and security on the world's oceans. RIMPAC 2012 is the 23rd exercise in the series that began in 1971.

Fast • Efficient • Economical

Need to ship your car?



Enclosed rail cars with sophisticated tie-down systems protect your vehicle while CN's EDI monitoring and tracking systems ensure reliable, on-time delivery



With our optional door to door valet service, you can leave everything to us and enjoy complete peace of mind, while we take care of the details.

We offer service throughout Canada and the U.S.

LIVINGSTON

Freight

1-866-282-9831

www.VehicleTransportation.ca

LIVE. WORK. REST. PLAY.
ALL NEW PRICING + BUYER INCENTIVES



OVATION

PEMBERTON
HOLMES
ESTABLISHED 1867

MARK IMHOFF

low strata fees pets allowed
rentals welcome spacious floor plans
rooftop patios ocean views
underground parking storage lockers
on-site gym unique layouts

TheOvation.ca 1315 Esquimalt Road 250-590-1775

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



Above: Base Commander, Capt(N) Bob Auchterlonie; Chris Alexander, Ulrich Suesser and Chief of Staff, Capt(N) Luc Cassivi pose for a photo following a press conference announcing a major project. **Right:** Parliamentary Secretary to the Minister of National Defence, Chris Alexander makes the announcement.

Contract awarded to improve weather services

Shelley Lipke
Staff Writer

Weather watching just got a boost. Last Tuesday, Chris Alexander, Parliamentary Secretary to Minister of National Defence, announced a \$61,980 contract has been awarded to renovate the Meteorological and Oceanographic Centre (METOC) at CFB Esquimalt. Joining him at the Wardroom was Base Commander, Capt (N) Bob Auchterlonie; Chief of Staff, Capt(N) Luc Cassivi; and

Officer in Charge of METOC, Ulrich Suesser. Two other bases - CFB Gagetown and CFB Halifax – are being upgraded, collectively part of the \$28.1 million Canadian Forces Weather and Oceanographic Service (CFWOS) Transformation Project. “Weather services play a vital role in the operations of our personnel on all three coasts, and on deployments around the world,” said Parliamentary Secretary Alexander. “This project will help to achieve better results for our men and women in the field who depend so heav-

ily on accurate information to make crucial decisions for the safety and security of Canadians. This project will make Canadian Forces weather more centralized, support technology and create a constant global weather watch, and allow us to deliver weather to our commanders on shore and at sea. Having accurate weather reports is especially important for our sailors and search and rescue technicians.” The project includes the construction of a new wing at CFB Gagetown, renovations of the Meteorological and Oceanographic

Centres at CFB Esquimalt and CFB Halifax, personnel relocation and the procurement of new information technology systems. Stantec Consulting of Edmonton has been awarded the contract for design work associated with renovations at CFB Esquimalt and CFB Halifax, while the \$5.1 million contract for construction of CFB Gagetown’s new wing has been awarded to Maxim 2000 Inc., of Saint John, New Brunswick. The projects on all three bases are due to be completed by June 2014.

**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.

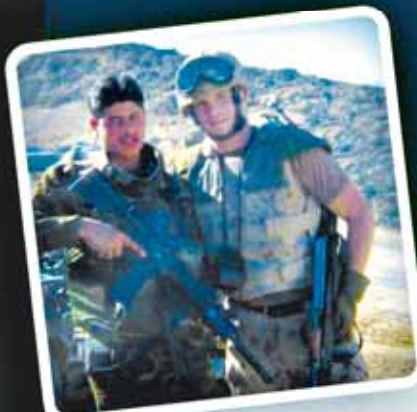
- Comes with Air, cruise, heated seats, esc, traction control, power windows/locks, keyless entry.
- 0% financing for 84 mths.
- 0 down payment
- Free 7year-120,000 bumper to bumper warranty
- 90 days no payments
- 1000 Litre gas card
- \$500.00 discount over and above all these other incentives

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

OWN IT **\$122** AND **\$0**
bi-weekly payment + tax down payment



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

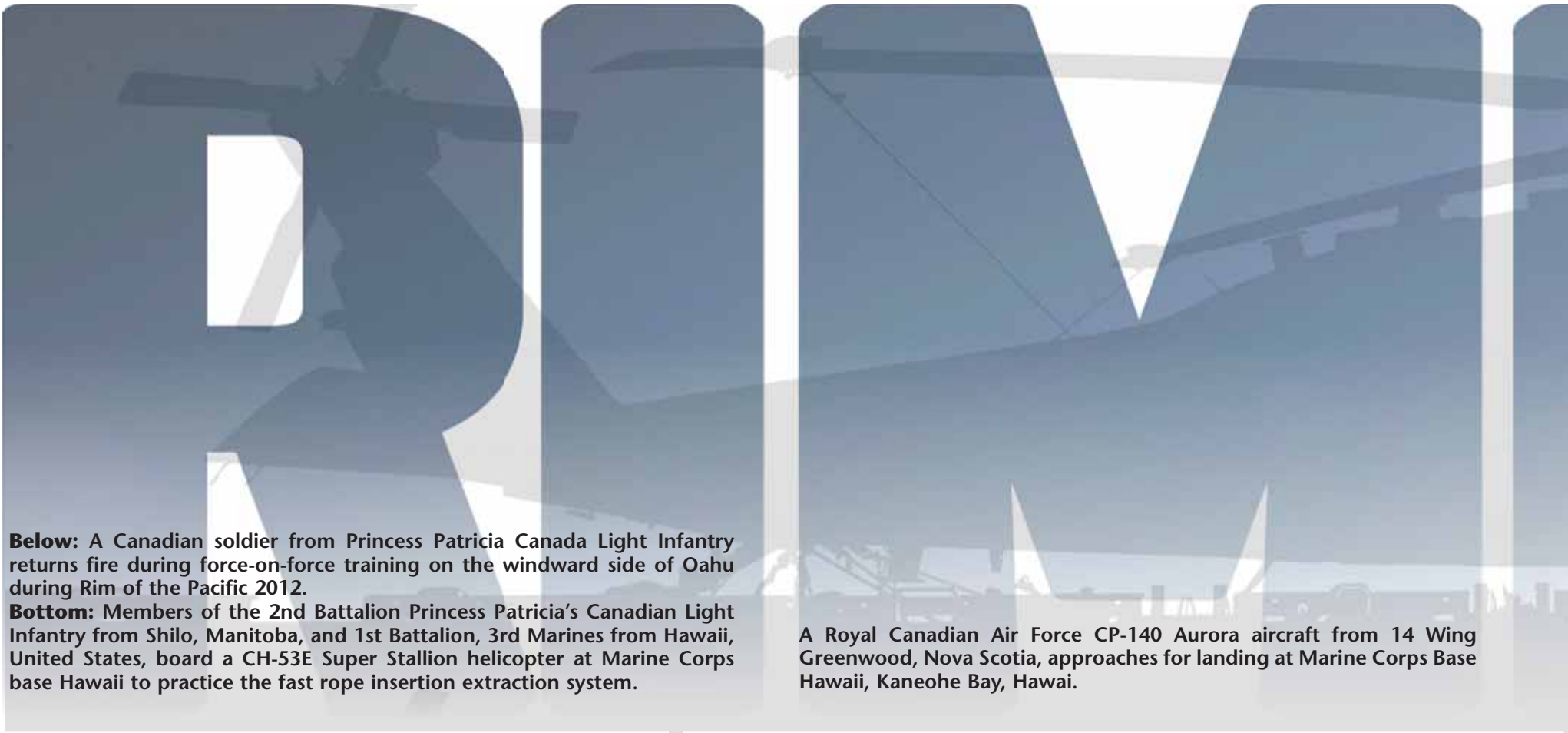


Sales Manager Macon Doublet
As a retired Strathcona, Sales Manager Macon Doublet is your DND liason. Macon has all your in-store DND incentives and will ensure that your needs are met.

250.995.2984
VictoriaHyundai.com
525 Gorge Rd East • Victoria, BC



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



Below: A Canadian soldier from Princess Patricia Canada Light Infantry returns fire during force-on-force training on the windward side of Oahu during Rim of the Pacific 2012.

Bottom: Members of the 2nd Battalion Princess Patricia's Canadian Light Infantry from Shilo, Manitoba, and 1st Battalion, 3rd Marines from Hawaii, United States, board a CH-53E Super Stallion helicopter at Marine Corps base Hawaii to practice the fast rope insertion extraction system.

A Royal Canadian Air Force CP-140 Aurora aircraft from 14 Wing Greenwood, Nova Scotia, approaches for landing at Marine Corps Base Hawaii, Kaneohe Bay, Hawaii.



Photo by: MC1 Paul Seeber, U.S. Navy Photographer



Photo by: MCpl Marc-André Gaudreault, DND Canada



Photo by: MCpl Marc-André Gaudreault, DND Canada

Twenty-two nations, more than 40 ships and submarines, more than 200 aircraft and 25,000 personnel are participating in RIMPAC exercise from June 29 to Aug. 3, in and around the Hawaiian Islands. The world's largest international maritime exercise, RIMPAC provides a unique training opportunity that helps participants foster and sustain the cooperative relationships that are critical to ensuring the safety of sea lanes and security on the world's oceans. RIMPAC 2012 is the 23rd exercise in the series that began in 1971.

Below: Service members from Australia, Canada, Indonesia, Korea, Malaysia, New Zealand, Tonga and the United States get in position to man the rails aboard the amphibious assault ship USS Essex.

Bottom: Ships arrive at United States Navy Base Pearl Harbor-Hickam in preparation for the RIMPAC 2012 exercises.



Photo by: MCpl Marc-Andre Gaudreault, DND Canada



Photo Jacek Szymanski, DND Canada

GRAPHIC DESIGN
101

Better to call us.

Lookout creates pamphlets, posters, business cards, booklets and even large format banners. Get creativity and corporate knowledge of DND for comprehensive design, production and print. Make it look professional, make the call.

363-3014 or 363-3372
WWW.LOOKOUTNEWSPAPER.COM **LOOKOUT** PUBLISHING



Photo by OS William Cawthorne

Ordinary Seaman Josh Rose is a Steward aboard HMCS Algonquin, which is currently participating in the multi-national naval exercise RIMPAC. When not assisting with the preparation and serving of food for the ship's crew, he is re-acting to emergencies as a member of the ship's casualty response team. Earlier this year, OS Rose passed the Naval Boarding Party (NBP) course. Due to his training as a Steward, he is an asset to the NBP and is able to act as medic during boardings. As part of an exercise seen here, he apprehended the master of a vessel transporting illegal cargo. He enjoys the challenges faced by naval boarding and hopes it will gain him the experience he needs to receive a nomination to face the even greater challenges of becoming part of the ship's dive team.

Sailor Profile - Meet OS Rose

A Steward and Naval Boarding Party (NBP) team member aboard HMCS Algonquin.

Description of Job: A Steward prepares and serves food for the ship's crew, as well as assists with managing supply and store inventory for serveries and the ship's canteen. Stewards, as part of the Logistics Division of a ship's organization, also have the secondary duty of acting as members of the ship's Casualty Clearing Team in the case of emergencies.

Hometown: Rutherglen (North Bay)
High School Graduated: Chippawa Highschool

Parents' Names: Luc Rancourt (Uncle)
Brief Summary of Military Career:

- Joined in 18 Aug. 18, 2009, and served aboard HMCS Protecteur
- Passed Boarding Party Course Winter of 2012
- Posted to HMCS Algonquin in the Spring of 2012

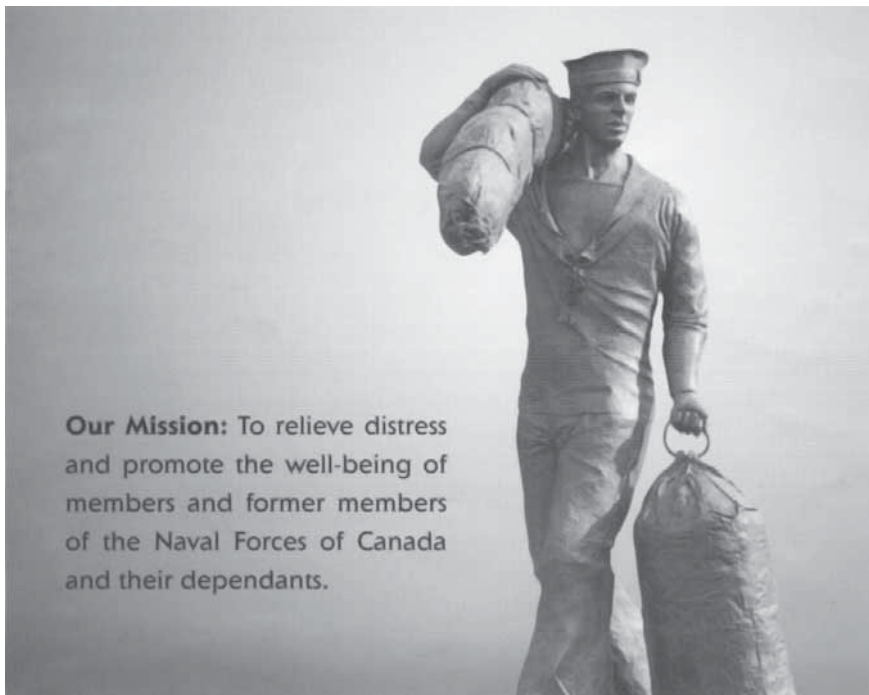
Most Memorable Moment/Experience during Deployment:

Visiting the Mighty Mo, the sight where the declaration of surrender by the Japanese was signed ending WWII. He also enjoyed snorkelling at various points around the island of Oahu, getting to explore the natural and man made reefs.

Hobbies & Interests: Motorcycle enthusiast



The Royal Canadian Naval Benevolent Fund



Our Mission: To relieve distress and promote the well-being of members and former members of the Naval Forces of Canada and their dependants.

The fund awards scholarships to dependants of naval and former naval members. Applications are accepted between 1 September and 31 October each year. Go to our website for details.

Contact us: Toll Free 1 888 557-8777 or www.rcnbf.ca

Now that's refreshing!



Formation Fun Day Survey

For those of you that attended Formation Fun Day this year, it would be very helpful if you could complete this quick five-minute survey for us. Thank you.
<http://fluidsurveys.com/surveys/esquimaltmfrc/formation-fun-day/>



How can we serve you better? The MFRC wants to hear from you.

- | | |
|--|---|
| <p>When</p> <ul style="list-style-type: none"> September 4-21, 2012 <p>Enter to Win</p> <ul style="list-style-type: none"> Complete the survey & you could win a \$100 gift card | <p>Online</p> <ul style="list-style-type: none"> www.esquimaltmfrc.com <p>On location</p> <ul style="list-style-type: none"> 1505 Esquimalt Road, Esquimalt 2610 Rosebank Road, Colwood |
|--|---|

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

BRAD MACLAREN
 PERSONAL REAL ESTATE CORPORATION
 TOP NEGOTIATOR
 SAVING YOU THOUSANDS!!!
 123sell.ca
 250-727-5448
 BRADMACLAREN@SHAW.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 Minervini
www.BankruptcyBC.com
GOOD PEOPLE TO KNOW IN TIMES OF TROUBLE



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



twitter.com/Lookout_news

GRAND OPENING NEW LOCATION

6421 Applecross Rd. Nanaimo
 250-390-1125

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

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

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

Bravo ZULU

NCM honoured to review graduation parade

Shelley Lipke
Staff Writer

For the second time in Canadian naval history a non-commissioned member served as the reviewing officer for a Primary Leadership Qualification (PLQ) graduation ceremony.

The PLQ course is a Canadian Forces wide course which is mandatory for all members prior to becoming a Master Seaman or Master Corporal.

On July 17, CPO1 Claude Laurendeau, Chief Petty Officer of the Royal Canadian Navy, oversaw the PLQ 0106 Graduation parade held in the Naden Drill Shed.

"It is truly a privilege to be reviewing today," said CPO1 Laurendeau to the 26 reservists and six regular force graduates from across Canada. "The PLQ is challenging, physically

and mentally, and it is where you go from there that really matters."

Thirty years ago CPO1 Laurendeau was in their shoes and remembers the challenges and rewards.

"The course has evolved so much over the years, but the premise is the same. These men and women are well on their way. I am glad they picked me to be the reviewing officer. I am due to retire this year so this honour meant a lot to me."

Normally MARPAC senior naval officers serve as reviewing officers for graduation parades, but for this parade CPO1 Laurendeau flew in from Ottawa.

Last month during a PLQ graduation ceremony in Halifax CPO1 Bob Cleroux reviewed the course and was the first non-commissioned member to do so.



CPO1 Claude Laurendeau, Chief Petty Officer of the Royal Canadian Navy, presents LS Joseph Ducey (left) with his certificate of achievement for the primary leadership qualification course.



CPO1 Claude Laurendeau, Chief Petty Officer of the Royal Canadian Navy, presents LS Mathieu McWhinney (left) with his certificate of achievement for the primary leadership qualification course.



PO2 Jason Hanevelt is promoted to Petty Officer First Class at FMF Cape Breton by Capt(N) Don Smith and Lt(N)Shawn Walsh.



MS Shawn Mosson is promoted to Petty Officer Second Class at FMF Cape Breton by Capt(N) Don Smith and CPO2 Brent Lynds.

Machinist Specialist course 0031 Graduates

The Machinist Specialist course, offered through Canadian Forces Fleet School Marine Systems Engineering Division once per year to qualifying Stokers, has been a specialty course offered to the trade for over 25 years.

Only a handful of QL5 graduates qualify for the opportunity to embark on this course due to its high academic and practical prerequisites.

Marine Systems Engineering Technicians must first be graduates of the trade's highly demanding QL5 technician course, and secondly must have obtained a passing grade of 80 percent or higher during the machinist phase of that

20 month course.

Obtaining a passing grade on the Mach Spec course isn't a guarantee by any means as machinist specialist students are required to manufacture components with the smallest possible tolerances.

Parts made for practical shipboard use must sometimes be within fractions of a thousandth of an inch; specifications in these components that are invisible to the naked eye.

PO2 Dan Lefranc, (a recent instructor at the Fleet School machine shop and former Mach Spec student) has had the opportunity to manufacture machinery components for *HMCS Algonquin's* main gun, radar

cooling system, the ship's main engines and the helicopter fuelling system on board, to name a few.

The skills and knowledge required to machine the necessary part were obtained on his Machinist Specialist course.

According to PO2 Lefranc, "The major benefits of the course are increased hand skills and knowledge of the different approaches to manufacturing for the graduates. The course gives an increased understanding of safety, reading technical drawings, turning, milling and grinding processes, in addition to casting metal (at the Dockyard Foundry)."



The graduating class, left to right: Lt(N) Bayne, PO1 Reay, MS Pope, MS Joyce, MS Woytowich, and front center LS Ivany, tool crib operator.



PO1 Jensen is promoted to his new rank by Cdr Harrigan, PCC Commanding Officer, and CPO2 Chapleau, PCC Training Chief.



OS Ellis is promoted to Able Seaman by LCdr Sheila Heffernan, Logistics Officer, and CPO2 Tom Weston, Logistics Chief.

10% off any Truck Rate MILITARY DISCOUNT OFFERED



Budget Call 250-953-5300
www.budgetvictoria.com
Car and Truck Rentals

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

See it ALL ONLINE



lookoutnewspaper.com

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

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

Vancouver Island Safety Council



MOTORCYCLE RIDER TRAINING

NOVICE & TRAFFIC PROGRAMS

EXPERIENCED RIDER COURSES

VEHICLE DRIVING LESSONS

250-478-9584
www.visafetycouncil.com

Fountain Tire
Home of the Tire Experts



Ask about our **Military Discount**

CANEX Financing Available

Quality Tires • Low Prices
Complete Mechanical Repair

610 Herald St • 382-6184

GOODYEAR DUNLOP

LOOKOUT Classifieds & Real Estate

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

Call 363-3014 to book your display or word ad

ANNOUNCEMENTS

CALLIN ALL UNDER-EMPLOYED WOMEN. Do you want to kick-start your career? Are you unsure of who you are and what you want to do with your life? Our free career mentoring program will connect you with a supportive mentor to explore career & education options, develop life skills, and cultivate valuable relationships. Contact Bridges for Women 250-385-7410 or www.bridgesforwomen.ca

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!

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.

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.

SERVICES OFFERED

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

APPLIANCES

WEST COAST APPLIANCE CENTRE LTD.
LARGEST SELECTION GREAT PRICES
• Reconditioned • New • Builder • In Home Services
MILITARY DISCOUNT OFFERED
Corner of Gorge Rd East & Jutland • 382-0242

WWW.LOOKOUTNEWSPAPER.COM

VEHICLES FOR SALE

2007 Kia Rondo

\$11,500
Fully loaded 7-seater with rare 4 cylinder (better on gas than 6 cylinders). Black, 92K. Auto with tiptronic, lady driven, one owner. 3rd row seating.
Call 250-516-7339

HAIR STYLIST

shine salon & spa
FULL SERVICE HAIR SALON & DAY SPA
MED SPA FOCUSING ON:
• LASER HAIR REMOVAL
• NON-INVASIVE SKIN TREATMENTS
NOW OFFERING WEIGHT LOSS PROGRAM
10% MILITARY DISCOUNT
Phone: 250-383-5598 • 880B Esquimalt Rd (at Head Street)

VOLUNTEER

WOMAN MENTORS WANTED! Are you a working woman in the community and would like to share your knowledge, skills, & experience 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 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>

Lookout Classifieds Work.
363-3014

BUS. OPPORTUNITY

★★★★
Entrepreneurs Wanted
250.477.9411
★★★★

MOTORCYCLES

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

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



REAL ESTATE • FOR RENT

ESQUIMALT, 3BDRM/2BTH HOUSE, newly renovated, all new appls. 10 mins to base, close to shopping, schools, busses. NS, pets neg. \$1500/mo. 250-818-7611

BRIGHT, QUIET, WARM one bedroom cottage backing onto Esquimalt's Cairn Park. Close to bus routes and downtown. Utils., laundry, and garden, maintenance incl. Non smoking. Sm pet considered. Avail. Immed. \$1200/mo. Call **Stephanie 250-588-7255**

AVAILABLE IMMEDIATELY. NEWLY renovated one bedroom suite close to Naden. NP/NS 250-883-4023

FULLY FURNISHED 10 FLR. CONDO \$1595 mo. Incl. cleaning service, cable, wireless, local and long distance calling, parking w/d. 4 km from base. 250-661-7604

\$600 SHARE 3BR updated character house. Large deck/yard, utils, cable, internet, parking, laundry. No smokers. No parties. 250-472-1310

1 BDRM/1BTH IN SUITE LAUNDRY - VIEW ROYAL. Bright & cozy basement suite for rent. Built in 2010 with 8 ft ceilings, laminate flrs., pvt patio, sep entrance. Perfect for military personnel or single person. Close to all amenities & bus routes #14 & 26 to CFB & # 50 to Uptown & Downtown. NS/NP \$850/mo., util incl. Avail Sept. 1st. Email to view karin.batters@gmail.com

SOOKE, AFFORDABLE OCEAN-FRONT large two-bdrm, no step condo. Fireplace, patio, f/s/dw, laundry, parking, bus. NS/NP, references. \$995/mo. 250-380-1718

4 BED, 2 BATH FULL HOUSE with huge backyard for Rent in Esquimalt on quiet Cul-de-sac Walking distance to schools/shopping. Avail. Aug 23rd. \$2100/mo. 250-883-6426

Your ad here

For word or display ads, call 363-3014

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



Extra-spacious 1 & 2 bedroom!

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

Call 250-216-3333

Walking distance to the base!

Large, spacious 2-Bdrm & 1 Bdrm apartments AVAILABLE NOW! Adult-oriented quiet building. On-site laundry, dry sauna. Heat, hot water and free parking included. Manager's special in effect. We are located at 1378 Lyall Street, (Vista Del Mar) at the corner of Lyall and Grafton Street, within walking distance to the base. Close to bus stop, amenities etc.

Please contact resident manager at 250.388.9384

QUIET BRIGHT VIEW ROYAL 1 br + den ground level suite. Approx 820 sqft, ample parking/storage, washer/dryer and outside garden area. Utils incl. except cable & phone. Ref's req. Pets neg. Avail Aug 15th or sooner. Can email photos, pls call 250-884-4714 Thx! Angela.

POSTED TO ESQUIMALT ON IR? 1Bdrm oceanfront suite, Esquimalt Harbour: 6 min drive to Dockyard or paddle to work! All inclusive, Sept. 1st. <http://snr.shawwebpage.ca> (250)889-2920 or snr@shaw.ca

"re-cycle"



Better the 2nd time around!

PITCH-IN CANADA
www.pitch-in.ca

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 Aug. 1
2 Bedroom, \$950/month, Aug. 1
250-217-1718

Devon PROPERTIES LTD. No Pets allowed in any building
www.devonprop.com
LARGE SUITES
741 Admirals
1 BDRM \$825
Avail NOW • 250-889-3463
855 Ellery
1 BDRMS from \$795 Avail NOW & Aug 1
2 BDRM \$895 avail NOW
250-382-2157
1198 Esquimalt
1 BDRMS from \$825, Avail Now.
250-812-4363

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

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

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 & Real Estate

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

Call 363-3014 to book your display or word ad

REAL ESTATE • FOR RENT

ON THE OCEAN



Princess Patricia
APARTMENTS

NEW BALCONIES • EXERCISE ROOM
14TH FLOOR LOUNGE

703 Esquimalt Road
250-382-2223

Now Renting:
Bachelor • 1 BDR Suite

REAL ESTATE • FOR SALE



Sell your home in the Lookout

Call 363-3014 to advertise

Invitation to view the Jordan River Vacation Chalets!

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

Open Saturday and Sunday 12 noon to 4 pm.

Chalets starting at \$250,000

Nancy Vieira
Pemberton Holmes Ltd.
250-514-4750

MILITARY DISCOUNT OFFERED

AFFORDABLE LUXURY 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

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

BUYER'S CASH BACK Get 70% back
from my commission by purchasing a home from MLS listings*

for \$700,000 home, you get \$7505 back



Ray Kong P. Eng
Realtor, Professional Engineer
top 1% in sales among Victoria agents
250-858-0099
TotalRealtyDiscount.ca



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

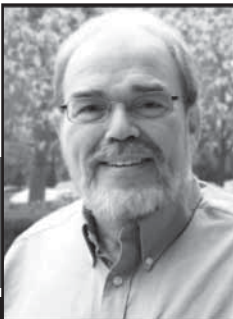
1/2 month FREE with one year lease

1239 PARK TERRACE

2 bdrm, \$895, heat, hot water + parking included, quiet adult building, call resident manager

250-888-1212

Experienced Trusted Professional



Always Working for YOU!
250.477.9411

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

FAIR REALTY

BEFORE YOU BUY... INVESTIGATE



ATD Home Inspections

Tyler Nikolaisen
Home Inspector, CHI

250.514.3280 • ATDHomeinspection@shaw.ca

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

FIND US ONLINE
WWW.LOOKOUTNEWSPAPER.COM

HOME RENOVATION

HARDWOOD REFINISHING SPECIALISTS

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

5% Military discount on Installations

FREE ESTIMATES

DOUBLE N HARDWOOD FLOORS INC.

1937 Newton Street
Saanich
250-880-0926

St. John Ambulance SAVING LIVES at work, home and play

Proudly serving the community for over 100 years!

First Aid & CPR Saves Lives!



www.sja.ca/BC

For Info or to register call 250-388-5505 • 63 Gorge Rd East

www.facebook.com/lookout.newspaper

METCHOSIN 5 ACRES !!! NOW 998,000 !!!



Seldom are properties like this offered for sale in Metchosin. A wonderful, pastoral setting offering over 5 acres ideal for horses, livestock and a perfect opportunity for a hobby farm with over 80 fruit trees. Nestled amongst a grove of oak trees this well presented, roomy, 3300 sq. ft home features a grand living room with 10 ft ceilings and hardwood floors, separate formal dining room, kitchen with adjoining family room, 4 bedrooms and 4 baths. Located right in the heart of the Metchosin community center next to the municipal grounds and farmers market and within walking distance to Witty's beach, Taylor beach, and Devonian Park this is a terrific place to call your home.

Call Noel Hache | Re/max Camosun | 250-744-3301



The HMCS Rainbow Tin containing an assortment of Rogers' truffles, miniature creams, and caramels.

Suggested retail..... \$20

Cost..... \$15

Sold by the case of 6 \$90

ESTABLISHED 1885



Rogers' Chocolate bars in milk or dark chocolate

Suggested retail..... \$ 4.50

Cost..... \$ 3.00

Sold by the case of 12

..... \$36.00

Charity Fund Raising?

Sell a sweet treat with Navy flair

The collectable Rogers' Chocolate HMCS Rainbow Tin and Canadian Navy Chocolate Bars



Sweeten your fundraising activities with products that are consumable, collectable and giftable.



To place your order, email melissa.atkinson@forces.gc.ca. Credit card required at time of order.