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Volume 58 Number 8 | February 25, 2013

# LOOKOUT

**MARPAC NEWS** CFB Esquimalt, Victoria, B.C.

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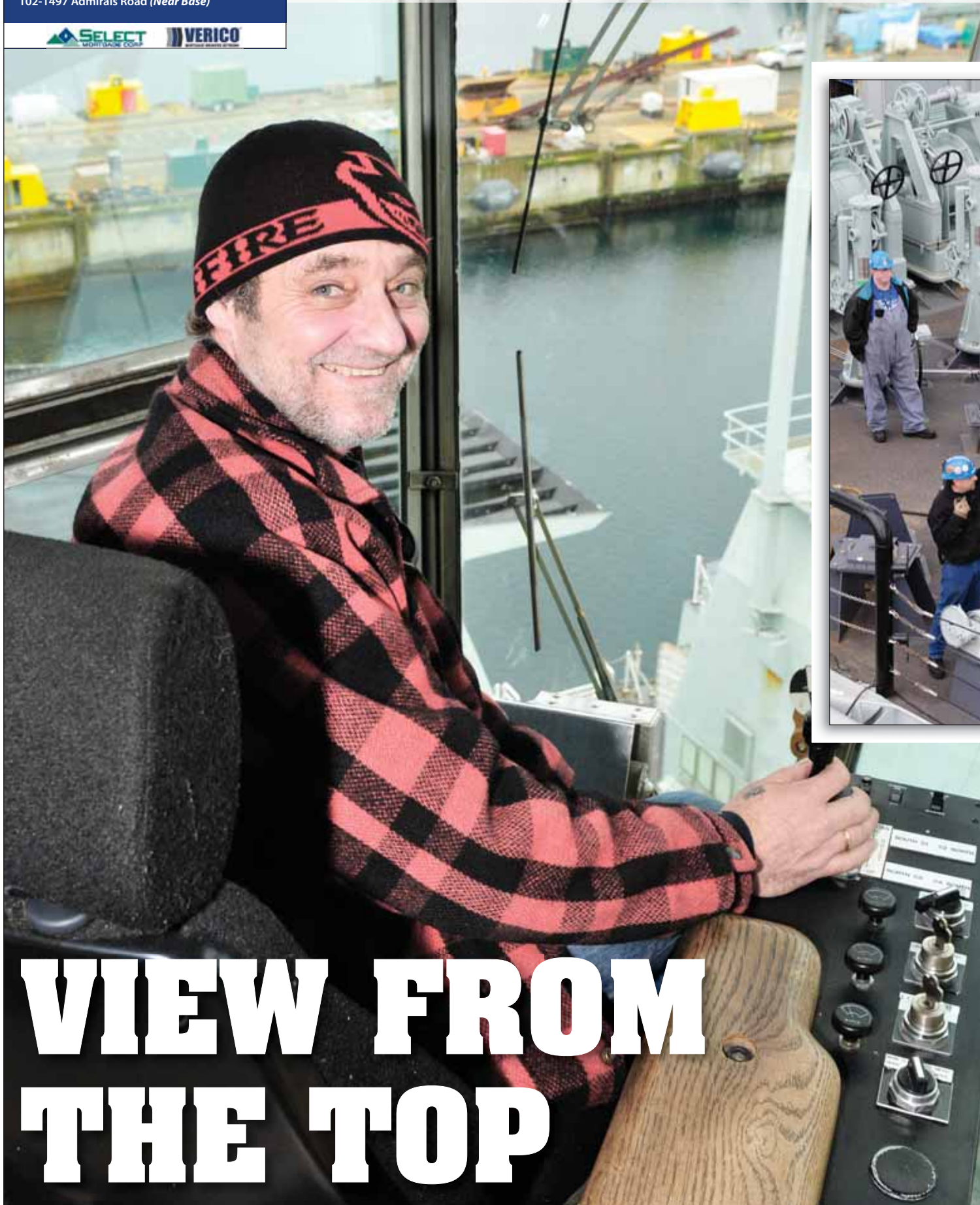




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Shelley Lipke, Lookout

**Left:** Crane operator Alain Babin has worked at Dockyard for 30 years. He says operating the large yellow crane on C jetty is like a video game; it requires a lot of skill. With ships going in and out of refit and prepping for deployments there is always a lot of items to be placed on the ships. Babin loves the bird's eye view.

**Inset:** Rigger Al Scherer is joined by sheet metal workers on the deck of HMCS Protecteur. He communicates via radio with crane operator Babin to receive a load of sheet metal.



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Last week, Peter MacKay, Minister of National Defence, announced plans to replace the existing A and B jetties in CFB Esquimalt's dockyard.

MCpl Angela Abbey, MARPAC Imaging Services

# Defence Minister announces new jetties in dockyard

**Shelley Lipke**  
Staff Writer

With the grey hulls of naval warships looming in the background, Minister of National Defence Peter MacKay stood before base civilian and military personnel assembled on A jetty and announced a major project for the betterment of the navy.

Both A and B jetty will be replaced by a more sophisticated berthing system.

The project will cost between \$430 and \$530 million, and will create an estimated 1,400 local jobs.

"The government has already awarded two design contracts to AMEC of Halifax and Stantec Consulting of Vancouver. It will be very good news for the workers and businesses in the community," said Minister MacKay. "Esquimalt and the surrounding region will see significant economic benefits from this project when it's fully underway."

Once completed, the project will provide berthing space for four frigates, two Arctic offshore patrol vessels, one auxiliary oiler

replenishment ship and two submarines.

Fleet and warship size have outgrown the existing jetties.

New steel and concrete pile jetties will replace the existing treated wood jetties that were originally built in the 1940s and have reached the end of their life.

This project will also replace electrical wiring and telecommunications cables in order to meet modern standards.

Design for the new jetties is expected to be ready in 2014 with construction to follow after the tender process is completed.

In anticipation of this work, and to enhance habitat diversity, CFB Esquimalt constructed a series of underwater artificial reefs within the western entrance of the harbour in conjunction with Fisheries and Oceans in 2012.

This infrastructure work represents phase two and three of a three-phased project. In June 2012 a construction contract valued at \$19.7 million was awarded to Scansa Construction Ltd. for the construction of a utility corridor currently being built in dockyard.



MCpl Angela Abbey, MARPAC Imaging Services

Capt(N) Luc Cassivi shows off details of the plans for the new jetties to Peter MacKay, Minister of National Defence, during the announcement on Feb. 18.



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# There's a \$5,000 bounty on her hair

## DND employee ready to shave her head for cancer charities

**Shelley Lipke**  
Staff Writer

Even though Jenna Boon has been growing her long black locks for 26 years, she's agreed to shave it all off at the skillful hands of Floyds barber Scott Attrill – that's if base personnel can raise \$5,000.

The Base Duty Watch Coordinator agreed to undergo the clippers in support of Sailors for a Cure, a charity set up by PO2 Bruce Bevil on behalf of his sister-in-law Sandra Bevil who battled breast cancer.

"Honestly, I didn't have to think about it that long to tell him yes I will do it," says Boon. "I think it's a good cause. And it's making an important statement that we can be beautiful with or without hair."

Her hair will be donated to Locks of Love, a company that makes wigs out of natural hair for cancer survi-

*I think it's a good cause. And it's making an important statement that we can be beautiful with or without hair.*

-Jenna Boon

vors. Monetary funds raised will go to the Ronald MacDonald House of B.C. in support of children with cancer.

This year's target is \$50,000, including the \$5,000 base goal.

People can donate for both the overall campaign, or towards Boon's head shave through [www.sailorsforacure.com](http://www.sailorsforacure.com).

Anyone wanting to witness the haircut should pop by Floyds on March 22 at 10 a.m.

Sailors for a Cure began in 2003 when PO2 Bevil was deployed in HMCS Calgary and learned his sister-in-law had breast cancer.

He wanted to help and asked his shipmates to take part in Operation Q-ball, an initiative in which they shaved their heads to fundraise for cancer support on her behalf. Over the years it evolved into Sailors for a Cure.

Last year Sandra died from the disease. Before she died, she asked that the charity continue to help others suffering from cancer.

PO2 Bevil is in the process of trying to arrange an annual Sailors for a Cure day with MacDonald's restaurant. This would see sailors helping serve at the local MacDonald's store with partial proceeds of each Big Mac going to the Ronald MacDonald House in support of children with cancer.



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Shelley Lipke, Lookout

PO2 Bruce Bevil and barber Scott Attrill of Floyds Barber shop arm themselves with scissors in anticipation of cutting Jenna Boon's hair. On March 22, providing \$5,000 is raised for Sailors for a Cure, her long locks will come off during a head shave at Floyds. Funds raised during this event will support Ronald MacDonald house and children with cancer as part of Sailors for a Cure.

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## People Talk

Lookout asked this question:

*If you could have a super human ability what would it be, how would you use it, and why?*



I'd want to be able to teleport so I could take mini-vacations whenever I wanted.

Lt(N) Jackie Geiger



Super speed. I could go anywhere I wanted and do whatever I wanted as fast as I wanted. With the cost of travel it'd be invaluable.

MS Yevrag Evans



I'd want to fly. Not even factoring in that I'd be able to get from A to B so much easier, flying would just be really cool.

OS Kevin Barreca



Telekinesis. I could do anything, even stop wars. A lot of military jobs would be obsolete if you had one guy who can do it all with his mind.

AB Travis Wiens-Lavallee



I'd want to be able to get everyone in the world to work together. The world would be a much better place if everyone cooperated.

Lt(N) Diego Naranjo

## SPORTS trivia

by PO2 Bill Sheridan  
Contributor

### All over the map

#### QUESTIONS?

1. What is the most northerly major league baseball field?
2. What two teams were part of MLB Contraction?
3. Who wore number three for the Yankees?
4. What player with the help of a ghost writer wrote a column called le tour du chapeau?
5. What covered the Green Monster for the first thirty five years of its existence?
6. Who is the Jules Rimet Cup awarded to?
7. Who was Little Bird?
8. Who was Vittorio Pozzo?
9. Who portrayed the Raccoons on Ice character Ferlin Fielddigger?
10. What hockey player became an MP while playing for the Leafs?
11. In which international play was a Canadian hockey player not allowed to play for Team Canada?
12. Selling the Dream is a book about what Canadian childhood rite?
13. What is the Tuna Club on Catalina Island?
14. What countries play a game called Brännboll?
15. Where is Quidditch played?

- ANSWERS
1. Safeco Field in Seattle.
  2. The contraction plans for the Expos as the Twins were shelved mainly after the Minnesota Supreme Court upheld a lower court ruling requiring the Twins to play baseball in the Metrodome in 2002 as per their lease.
  3. Babe Ruth
  4. Rocket Richard
  5. Advertisements covered the wall until 1947.
  6. World Cup Champions
  7. Brazilian soccer star Manoel Francisco dos Santos, considered the second best to Pele.
  8. He remains the only coach of two FIFA World Championships
  9. Darryl Gallivan
  10. Red Kelly
  11. The most famous player was Bobby Hull as he wasn't permitted to play against the Soviet Union in the 1972 Summit Series because he signed with the Winnipeg Jets of the WHA and made salaries rise in the NHL, and the owners, ten of which were American, despised it.
  12. How Hockey Parents and Their Kids Are Paying the Price for Our National Obsession is the rest of the title.
  13. Is an international sport fishing club and organization that calls for proper management of all game fish, it is also the oldest known sport fishing club.
  14. Sweden, Denmark, Norway & Germany are the countries where it's found & it has similarities to baseball.
  15. Fictional game created in the Harry Potter books where Ravenclaw was the original champion.

## SUDOKU PUZZLE

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

ANSWERS ON PAGE 19

Level: Beginner

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# HMCS Bytown commemorates Athabaskan

**Laura Armstrong**  
Trident Staff

When Heritage Director LCdr (Ret'd) Bill Dziadyk realized HMCS Bytown housed an overlooked Second World War painting, he was compelled to share the illustration with a wider audience.

"It was placed in the corner and we realized it was very unique to the history of the Canadian Navy. We wanted to get prints made at that point," says LCdr (Ret'd) Dziadyk of the water colour, entitled "Canadian Destroyer Haida stops to pick up survivors from the Athabaskan."

The 70th anniversary of the ship's commissioning provided LCdr (ret) Dziadyk that opportunity. Three hundred digitally-restored limited edition prints of the painting are now available to the public for \$150.

The painting, arranged on beige illustration board, depicts HMCS Haida's efforts to rescue survivors from Athabaskan I (G07) after a German Ebling class

destroyer T24 torpedoed the Tribal class destroyer in the English Channel on April 29, 1944; 128 officers and men were lost, while 83 were taken prisoner. Haida rescued 44 survivors.

The portrayal is rare. "It captures a very important episode of wartime action in the Canadian Navy. I'm not aware of any other paintings of that particular action," LCdr (ret) Dziadyk says.

The painting is by William McDowell, a professional marine and war artist who worked on the ship before it went down.

He used Chinese Ink, an archival art medium derived from a fine black coating formed inside the surface of oil lamps, as well as small amounts of white and blue gouache.

"It doesn't catch your eye when you see it in its frame, if you just walk past it quickly. It's all black and white. It almost looks like a photograph. A lot of people didn't realize it was an actual water-colour," said LCdr (ret'd) Dziadyk



Cpl Ronnie Kinnie, Formation Imaging Services  
**Cmdre Darren Hawco (front row centre) presents Cdr Mathias Plaschka (front row right) and members of HMCA Athabaskan's ship's company with the print.**

The painting was presented to HMCS Bytown by Cdr George "Gus" Ralph Miles, Athabaskan's first Commanding Officer, during his term as President of Bytown's Naval Officers' Mess.

The first print was given to the current Athabaskan's Commanding Officer, Cdr Matt Plaschka in a ceremony in his cabin Feb. 1.

The second print went to Athabaskan during the 2013 Great Lakes Deployment to honour the 70th anniversary of its commissioning Aug. 30, 1943, in Hamilton, Ontario.

Prints are available at [www.tinyurl.com/Haida-Athabaskan](http://www.tinyurl.com/Haida-Athabaskan).

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One of the high volume items they deal with are pallets, which most deliveries come on. The base goes through hundreds of wooden pallets a month and forklift drivers deliver and retrieve them.

Did you know there are multiple types of pallets? The basic wooden ones are the most common and come in different sizes. Blue pallets are the sturdy ones used multiple times. There are even special DND standard sized pallets and international pallets in the mix.

Dealing with all these pallet types can be a challenge. Pallets can become

a messy eye sore and create a safety hazard if they are improperly stacked or left in a mess. They must be sorted before they can be removed from any location, and can you guess who does most of the sorting. That's right, the forklift drivers. They often end up doing the sorting on top of their normal duties.

Believe it or not, while one or two pallets may not take long to sort, it can take hours to sort through the hundreds of pallets that arrive on base each month, especially when pallets are improperly stacked. This forces the driver to restack pallets that were carelessly left behind by others.

Please take care when dumping your pallets after you use them. Sort what you can before you practise your Tetris or Jenga skills by stacking the pallets neatly on top of one another.

Do not stack unserviceable pallets with service-

able ones (if in doubt, throw it into the wood scrap bin) and stack similar pallets together. These easy steps are a way we can all assist and save time for forklift drivers so they can get on with their other duties.

There are many areas around the base and dockyard used to store pallets. Large pallet stacks are maintained near the wood scrap bins, which makes it convenient for disposing of unserviceable pallets.

Don't forget safe lifting. The pallets are heavy. Use a buddy to lift pallets and practice safe lifting techniques. Why risk the pain of a strained back?

If everyone makes a collective effort to keep messy pallet stacks in check, we will not only be giving a nod to the work that our forklift drivers do, but we will help ensure our base is a safer and tidier place to work.

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# Q&A with HMCS Ottawa

**Shelley Lipke**  
Staff Writer

HMCS Ottawa and HMCS Algonquin joined a Submarine Command Course and Task Group Exercise (TGEX) Feb. 11 off the coast of Hawaii with United States ships, submarines and aircraft.

Lookout interviewed SLt Cody Black and MS Phillippe Burton via email from HMCS Ottawa.

## Who is involved?

There are five surface ships supporting the Submarine Command Course: USNS Chaffee, USS Port Royal, USNS Guadalupe, HMCS Algonquin, HMCS Ottawa, and several Los Angeles Class Submarines, with an approximate 1,500 sailors and airmen/women in total.

A Canadian CP-140 Aurora Aircraft from 407 Long Range Patrol Squadron and CH-124 Sea King helicopters from 443 Maritime Helicopter Squadron joined the ships for this training.

## What is the purpose of this exercise?

The Submarine Command Course allows United States Navy (USN) submarine Commanding Officers, Executive Officers and crew to develop skills and gain tactical experience carrying out exercised attacks against Anti-Submarine Warfare (ASW) Surface Forces. Alternately, the Surface Forces are testing and developing their ASW abilities with emphasis on submarine detection and evasion. Concurrently, the Task Group Exercise is being executed to allow surface ships to develop Surface and Anti-Air Warfare skills and experience.

## Who is in command?

Commodore Scott Bishop, Commander of Canadian Fleet Pacific, will have a key leadership position during this TGEX as the Commander of Anti-Submarine Warfare. This affords Canada the opportunity to exercise command of a combined force at sea and allows ships the opportunity to work with an embarked Fleet staff and Commander.

## What role do our Canadian ships play?

## Interoperability with our allies is the key.

HMC Ships Algonquin and Ottawa's presence allows for superior training as submarines do not have to simulate their abilities but can actively exercise them against real world targets. Working with Allied nations also helps for USN submarines to gain greater exposure and as well as diversity in their abilities.

## What does the Navy hope to accomplish with this training?

While the general aim is training for dangerous situations that may be faced, interoperability with our allies is the key. There have been some growing pains, but through hard work and perseverance, the overall objective has been achieved. And as a result, this continues to strengthen our relationship with our U.S. counterparts.

## What is unique about this exercise for your

## crew or ship?

HMCS Ottawa currently has a lot of trainees and new personnel onboard that benefit all of the crew, not only from a skills refreshing and new knowledge perspective, but also an experience that shows all the RCN has to offer.

## What is the crew saying about this exercise?

"The Submarine Command Course (SCC) is a critical time for Sonar Ops; it allows all rank levels to consolidate their training on live assets that aren't normally available. The level of experience gained from SCC is invaluable." - PO2 Krista Rose - Sonar Control Supervisor

## After the exercise wraps up Feb. 21, what is next?

Ottawa will transit back to Esquimalt in consort with Algonquin to be home in early March. For Ottawa, her crew will experience a few short days at home alongside and it is back to sea again for three weeks supporting a Fleet Navigating Officer's (FNO) course throughout the rest of March.



SLt Cody Black, Contributor

Lt(N) Roy Blume, HMCS Ottawa's Deck Officer, oversees the ship's liquid replenishment at sea with USNS Guadalupe while deployed on the task group exercise.

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# Cadets tune up for concerts

**Shawn O'Hara**  
Staff Writer

The Cadet Honour Band is taking their show on the road.

The band, comprised of the top 50 cadet musicians in B.C., will be performing a series of free shows during Spring Break - March 19, 20, 21, and 24.

Lt(N) Camil Bouchard, Regional Cadet Music Advisor, says this year's group is the best he's seen yet.

"We usually have a band made up of cadets at music level two or three," he says. "This year the majority of them are level four and five. At that level their skill could get them a university musical audition."

The show series takes the

cadets all over Vancouver Island and Lower British Columbia:

- March 19, Port Theatre in Nanaimo
- March 20, Michael J. Fox Theatre in Burnaby
- March 21, Vernon and District Performing Arts Centre in Vernon
- March 24, Royal Theatre in Victoria

Lt(N) Bouchard says the main challenge each year is turning a group of strangers into a military band.

"They're from all corners of the province. They've never played together, or even met each other before," he says. "Part of the magic I get to work is getting them comfortable with each other and making them the band I know they can be."

The cadets are chosen

from 120 applicants and then separated into a 35-member military band formation and a 15-member pipe and drum formation. The music chosen for the event spreads across a large spectrum, everything from TV and movie themes to classic pipe and drums anthems.

"The band is very versatile, so there isn't really anything the kids aren't ready to play," says Lt(N) Bouchard. "There will be something for everyone."

To prepare for the shows cadets will arrive on March 15. What will follow is three days of intense practice.

"They're cadets so they're used to learning discipline," says Lt(N) Bouchard. "That responsiveness and willingness to learn is what makes them a great band."

# Riders wanted for Wounded Warrior bike ride fundraiser

**Shelley Lipke**  
Staff Writer

Vancouver Island cyclists have an opportunity to help military veterans suffering from post traumatic stress disorder (PTSD) take on a major mission.

By collecting donations and saddling up April 13 for a two-day 200 kilometre round trip ride from Nanaimo to Comox and Powell River, riders will help send Canadian veterans to France this summer for their turn on a bike.

The adventure is called the Wounded Warrior's Big Battlefield Bike Ride, and is a six-day journey through historic battlefields.

Last year, CPO1 Ron Mierau accompanied the group, which included British military veterans.

"Physical fitness is an important recognized path to recovery, especially from mental illness," says the Island ride organizer.

*The Big Battlefield Bike Ride was an incredibly humbling experience and was very therapeutic for our Canadian wounded warriors.*

-CPO1 Ron Mierau

"The Big Battlefield Bike Ride was an incredibly humbling experience and was very therapeutic for our Canadian wounded warriors, especially to ride alongside British forces suffering from the same disease. This helps emphasize PTSD members are not alone with their suffering."

This year's Battlefield Bike Ride is from Paris to London May 27 to June 2.

Those who wish to join CPO1 Mierau's Island bike ride in support of this cause can sign up by emailing him at [rmmierau@gmail.com](mailto:rmmierau@gmail.com).

He is also looking for

donations via his website: [www.bmycharity.com/ronmierau2013](http://www.bmycharity.com/ronmierau2013).

The Wounded Warrior project stemmed from a suicide bomber incident in 2006 in Afghanistan that left four Canadian soldiers dead and three severely wounded. Initially a comfort fund was established for the wounded soldiers while recuperating in hospital. This grew over the years into individual support projects, establishment of an outreach programs to homeless veterans, and current initiatives such the Big Battlefield Bike Ride to address operational related stress injuries.

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# Celebrating



# Chinese New Year



**Top left:** Members of the Seaforth Highlanders of Canada take time out to watch some of the performances during the 40th Annual Vancouver Chinatown Spring Festival Feb. 16.

**Top right:** (left to right) Maritime Forces Pacific representative, Capt(N) Brian A. Costello, Member of Parliament John McCallum, and Honorary Capt(N) Tung Chan talk before the start of the parade.

**Above:** The Royal Canadian Navy mascot Sonar takes time for a photo op with spectators at the parade.

**Left:** The Naden Band of the Royal Canadian Navy leads the parade through the gates of Vancouver's Chinatown.

Photos by Cpl Charles Stephen, MARPAC Imaging Services





## Massive economic growth in China has improved the quality of life for many Chinese while degrading the quality of their air

**Brett Witthoeft**

Asia-Pacific Security Analyst

On Jan. 31, the U.S. Embassy in Beijing reported dangerously high levels of air pollution, more than 20 times the World Health Organization's recommended safety level.

Earlier in January, the U.S. Embassy registered Beijing's air quality index at 755 points, well beyond the scale's maximum of 500.

The smog along China's east coast was so bad a furniture factory in Zhejiang province, about 1,000 kilometres from Beijing, reportedly burned for three hours before anyone noticed. Shortly thereafter, in a tongue-in-cheek method of dealing with the air pollution, a Chinese millionaire began selling cans of flavoured fresh air.

The ruling Communist Party of China has improved the standard of living, including more and better jobs, housing, and consumer goods. There has been a double-digit economic growth, making the Chinese economy the second-largest in the world in 2010, and raising more than 600 million Chinese out of poverty between 1981 and 2004, according to the World Bank.

However, this unprecedented economic growth has required a great deal of energy.

Chinese energy consumption has more than quadrupled since 1980, with coal providing 70 percent of the country's power. The U.S. Energy Information Administration said on Jan. 29 that China is almost burning as much coal as the rest of the world combined. Limiting pollution was considered less important in the rush to build power plants to fuel the economy, with China's carbon dioxide and sulphur emissions more than doubling since 2000.

Meanwhile, as millions of Chinese have climbed the economic ladder into the middle class, the number of cars on Chinese roads has risen dramatically. In 2012, more than 13 million passenger cars were sold in China, an annual increase of 7.6 percent. The majority of these new cars were sold in the country's interior, which Beijing has targeted for greater economic growth. Despite government efforts to limit the

number of cars in cities, such as a licence plate lottery, auto sales are predicted to increase 11 percent this year.

In addition to skies filled with heavy smog, water in China is heavily polluted: according to the Chinese embassy in the U.K., more than 70 percent of Chinese rivers and lakes are polluted, and 90 percent of aquifers beneath Chinese cities are tainted.

To have even contaminated water is a luxury, though. The historically dry northeast - which produces half the country's wheat - relies on underground aquifers for 60 percent of its water, but these wells are rapidly being depleted. Whereas plentiful wells could be found two metres deep a century ago, now wells have to be dug as far down as 180 metres to reach clean water - even as water tables are falling over a metre a year. A side effect of plummeting aquifers is that cities in the northeast are literally sinking, with Shanghai dropping half a metre since the mid-1960s.

Water pollution in China perhaps gained the most attention ahead of the 2008 Summer Olympics, when massive algae blooms caused by fertilizer and industrial runoff over 13,000 square kilometres of water off the city of Qingdao threatened the start of Olympic sailing races. A massive effort by 20,000 Chinese, some of whom scooped algae out of the water with their bare hands, managed to save the Olympic events, but this incident brought China's water problems to the world's attention.

Another significant environmental challenge that China faces is industrial pollution.

The thousands of factories that have sprung up around the country have been crucial in providing higher paying jobs, but often cut safety and environmental measures in order to maximize profits. Over the past two-and-a-half years, thousands of people have been diagnosed with lead poisoning, some from working in battery and metal factories, and others from local pollution. Children, in increasing numbers, are found to be suffering from lead poisoning; there is no "safe" level of lead in a child's blood, and

any amount can result in significant limitation of their intellectual and physical development.

This has significant consequences when considered together with the country's one-child policy, both at a local level as families struggle with caring for their stricken children, but also at the national level, as the number of working

age people relative to the elderly is declining.

These challenges lead to questions about China's ability to maintain its economic productivity, a topic for another discussion.

There are two potential







**Above:** A black and white panoramic view of the Forbidden City in Beijing. The pollution and smog makes distant objects appear to be very foggy.  
**Below:** A haze covers the Great Wall of China due to air pollution.

elderly continues to  
 o serious questions  
 maintain its level of  
 topic deserving of its  
 bright spots that

might be seen through the haze.

The first is that China is aware of the problem, and is taking steps to fix it. On Feb. 6, Beijing announced new car emissions regulations. By 2014, low sulphur auto diesel is to become standard, and by 2017, ultra-low sulphur gas and diesel must be produced by state-

owned refineries.

Second, despite worldwide funding of environmentally-friendly technology falling by 11 percent in 2012, China's investment rose by 20 percent, to almost a quarter of the global total. Beijing's hope is that its green technology development will not only help address China's rising energy needs in an environmentally, but it will become an important export industry for China.

Although the Chinese people undoubtedly enjoy the fruits of modernization, they are becoming increasingly aware of its costs, and are less willing to blindly accept them.

In 2011, there were 180,000 "mass incidents" (aka, popular protests) in China - defined as planned or impromptu meeting of more than 500 people over "internal contradictions" - many of which were concerned with pollution. Some of these mass incidents have successfully led to positive changes, including a rally against the expansion of a petrochemical plant in Ningbo in October 2012 that resulted in the cancellation of the expansion.

However, there are also examples of the government retaining control and cracking down on protestors, as 14 people demonstrating against a wastewater treatment project north of Shanghai were arrested and pled guilty to encouraging violence against the project in late-January, and now face prison sentences.

As more Chinese people become aware of the costs of their country's breakneck economic growth, they will demand new government focus on improving the quality of their lives and those of future generations.

Will the Chinese Communist Party be able to successfully renegotiate the social contract to address this growing desire? Keep watching the skies above Beijing - if you can even see the sky, that is.

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

**In addition to skies filled with heavy smog, water in China is heavily polluted: according to the Chinese embassy in the U.K., more than 70 percent of Chinese rivers and lakes are polluted, and 90 percent of aquifers beneath Chinese cities are tainted.**






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# March is nutrition month!

## Healthy eating - are you up for the challenge?

**Krista Durand**  
Health Promotion

March is nutrition month. What better time to take a step towards a healthier you.

And where's a better place to start than putting your best foot forward when purchasing meal options.

A survey by Dietitians of Canada suggests Canadians struggle with making healthier food choices in the grocery store. Their theme for Nutrition Month 2013 is dedicated to helping Canadians put "their best food forward" with grocery shopping ([www.dietitians.ca/your-health](http://www.dietitians.ca/your-health)).

**First step, make a plan.**

Have you ever come home tired from work only to have to decide what to make for dinner? Before you make your grocery list, make a list of menu options for the week and base your grocery list on that. If you already know what you're making, and have the ingredients, you'll be less tempted to order that pizza or pick up fast food on the way home. When planning supper, make

enough for two nights as a time saving option.

**Short on menu ideas?**

There are plenty of websites that will help you create a menu plan. At [Eatrightontario.ca](http://Eatrightontario.ca), the site provides meal planning information from registered dietitians. It also includes "My Menu Planner" that not only helps you to develop a weekly menu, but also easily converts your plan into a grocery list.

**Next step, shop!**

Using your list, look for the choices that will provide you with the most bang for your nutritional buck. Try to make half of your grain products whole grain. Look for words such as whole grain wheat flour at the beginning of the ingredient list on packaged grain products.

Choose lower fat milk and milk alternative products such as skim, 1% or 2% milk or fortified soy beverage.

Choose lean meats such as inside or outside round roast, strip loin steak, lean or extra lean ground meat or ground poultry, and fresh or frozen chicken and fish without bread- ing or rich sauces. Canned

fish packed in water and eggs are also nutritional and economical choices. Processed meats are usually higher in salt and fat.

**Got a deep freeze?**

Wrap meat in individual servings before freezing to make thawing quicker and easier. Finally, enjoy plenty of fruits and vegetables. Fresh or frozen, they pack a good nutritional punch. Compare food labels and choose products lower in fat, sugar and salt.

Confused about nutrition labels? Some of our local grocery stores such as "Save-On-Foods" and "Thrifty Foods" do grocery store tours lead by dietitians who can coach you on how to translate the information into healthy food choices. Check their websites for more details. Or, better yet, enrol in Top Fuel for Top Performance or Weight Wellness through Health Promotion to learn how to read nutrition labels properly.

**Finally, time to cook!**

Food preparation that use little or no fat and methods such as baking, grilling, broiling, poaching, steaming or microwaving are recommended over pan-frying or deep

frying. Punch up the flavour with lemon, herbs or spices instead of rich sauces.

Short on time? Use prepared products such as frozen vegetables or grocery store rotisserie chicken to speed on preparation, or make a recipe large enough that can be used for a couple of days or frozen for later.

Even at work, a healthy lunch is still possible. A hearty salad topped with chicken with a roll, a sandwich with fruit and yogurt, or even leftovers are all great options. Not a brown bagger? How about lunch at one of the CFB Esquimalt dining rooms? The menu always has a healthy choice option, as well as a sandwich bar, salad bar, and a selection of fresh fruit and yogurt.

Do you have tips for planning, shopping, and cooking healthy meals? Submit your tip to Krista Durand at [Health.Promotion@forces.gc.ca](mailto:Health.Promotion@forces.gc.ca) as part of our Nutrition Month contest by 31 March 2013 for a chance to win a \$50 Keg Gift Card and have your tip published in the *Lookout*.



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# Historian reflects on black journey in Canada

**Laura Armstrong**  
Trident Staff

Nearly 500 years after Mathieu Da Costa became the first recorded black person on Canadian soil, the journey to equality continues, says community historian Dr. Carolyn Thomas.

"We still have racism, we still have prejudice and I'm so glad to hear positive comments about the great work that you're doing through your committees and at the national level to ensure that diversity is a reality," Dr. Thomas said as she addressed a crowd of nearly 100 military personnel and civilians gathered to kick off Nova Scotia's 29th annual African Heritage Month. "I encourage you to do that, but I want to say to you we have not arrived."

In keeping with the theme of this year's month-long celebration, "Then and Now: Our Journey Continues", Dr. Thomas took a retrospective look at diversity within the province, through personal experience and historical evidence.

Though things are getting better, she said, more people must be involved to influence further change.

"There's room at the table for all of us, and it can't start and stop at the entry levels. Let us all be brothers and sisters, united together for the common good of all."

Hosted by MARLANT and the Defence Visible Minority Advisory Group (DVMAG), the commemorative event held in the Nova Scotia room of the Wardroom on the morning of Feb. 5 highlighted con-

tributions to Canada made by African Nova Scotians.

Dr. Thomas was the guest speaker at the event that included a discussion period and screening of a 25-minute excerpt from the National Film Board of Canada documentary *Loyalties*, which chronicles two women's search to uncover their common past through the legacy of slavery.

MARLANT Chief of Staff, Capt(N) Darren Garnier introduced Dr. Thomas and urged attendees to use the discourse as a tool in the fight to slay ignorance, by engaging in education to develop an informed opinion.

Prejudice, said Capt(N) Garnier, can grow from festering ignorance.

"We are representative of the Canadian population, being the Canadian Forces and the Department of National Defence. We have an obligation and a duty to promote and to be part of the solution space to make sure all of the citizens of the country can live, work, prosper as best they can, regardless of their background, religion, sex."

The CF Employment Equity Plan was incorporated in 2006 in an effort to reflect Canada's diverse culture within the military. According to statistics provided to the Canadian Broadcasting Corporation by DND in August 2012, visible minorities account for less than five per cent of Forces members. Employment equity recruiting goals devised in 2010 target a more than six per cent increase in visible minorities by this year.

Historically, people of black descent were not accepted in the service and had to fight for the right to fight. To recruit members African Nova Scotians the CF needs to raise its profile within the community by being welcoming and available, says Dr. Thomas

"It can't be once, or a one-time thing. Like you go into schools, you need to go into churches. North Preston, East Preston, Dartmouth, Tracadie. You need to go where the people are because those blanket ads that you put out there, they're not, in our minds, for us because we have not been reflected in the makeup, through the whole diversification, the scheme of things."

Going forward must be a collective effort, she adds.

"Is everything fine? Is that freedom that we all talked about really that freedom? Well, you know and I know that we've got to keep on working on that because there is much work to be done, both by me and by you. Each of us comes into contact with people that can help to affect the change, and so that's what we have to do."

Dr. Thomas acknowledged past suffering and the difficulty of overcoming current barriers, such as budget cuts, but reminded the crowd that things get done fall in two categories: things that have to be done and things that people want to get done.

"Diversity is a nice word but it means something. You and I have to mean something. We have to be about the real business to affect the change."

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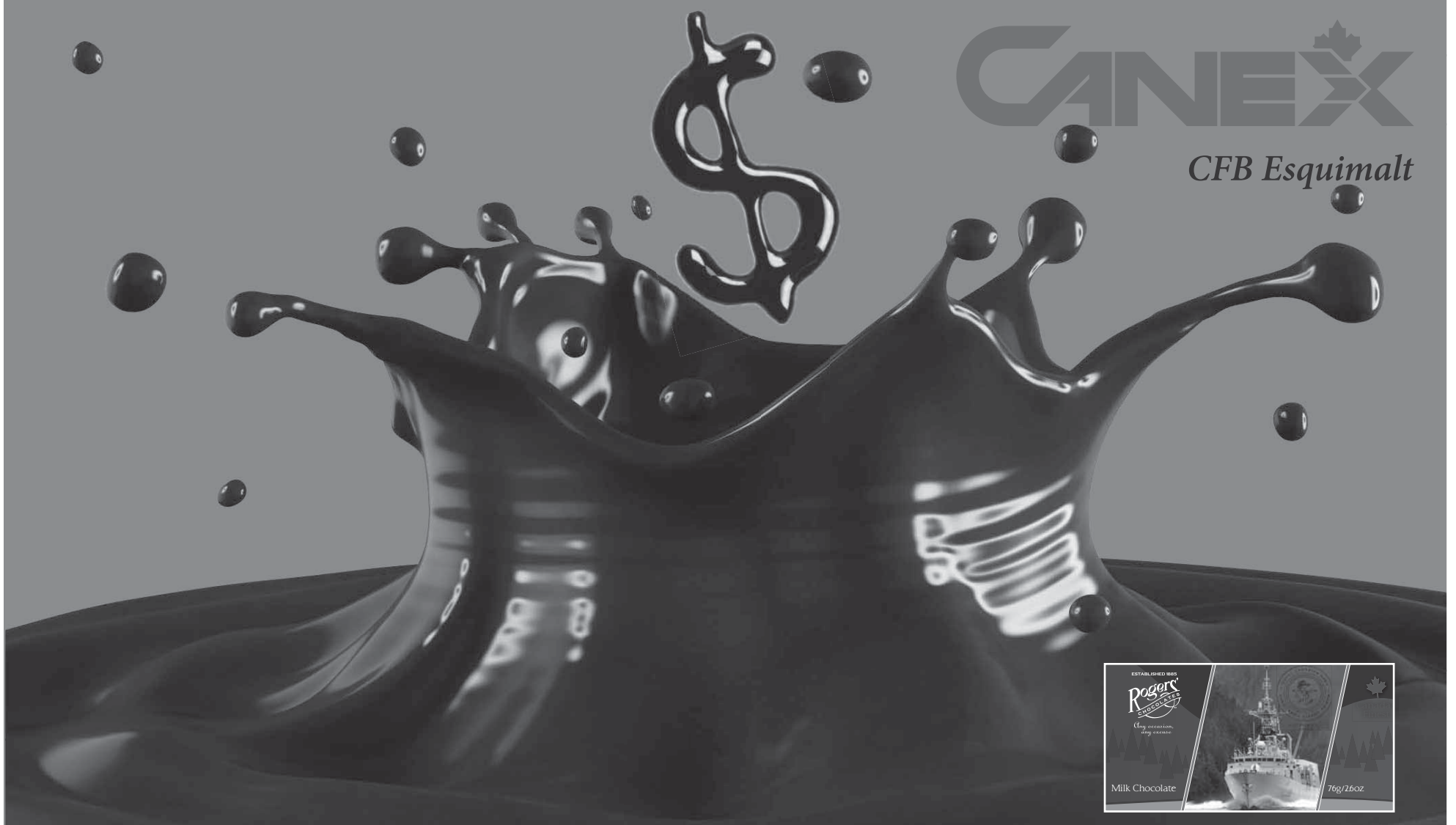
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# Property Perspectives

Advertorial



By Vanessa Roman

Moving can be daunting. The emotions will come and go, so when selling your home, it's time to be practical and determined. I would suggest a five-step plan to make sure you sell your property quickly and get

the maximum return on your investment.

**Call a real estate agent.** "Duh Vanessa," I hear you saying. But often this is the last step taken by people moving. To me, that is like putting the cart before the horse. As a professional real estate agent, I know how important it is to keep my finger on the pulse of the local real estate market, design trends, technology developments and I want to pass all of that information on to you, my client. Be a better seller by being informed.

**Pack everything away.** Again, this might seem like a no brainer, but ideally you want to store "stuff" you don't use every day in an off site storage facility. Less is more in terms of clutter and knickknacks. For buyers to appreciate the space they have

to work with, they need to be able to FIND the space, and the less clutter you have in your home, the better their imagination will work.

**Do all repairs, major and minor.** Your budget for these repairs should be between 1-3 per cent of the value of your home. The list may be long, and potentially expensive in some cases, but the more you do, the less a buyer has to, and the more likely your property will sell, and sell quickly. Be realistic about the "quirks" that are actually flaws needing an upgrade, and get professional help if you need it. A buyer's "to do" list should be limited to changing a colour scheme and deciding where the TV goes, ideally. Help them out, and they'll help you in getting to your new home more smoothly.

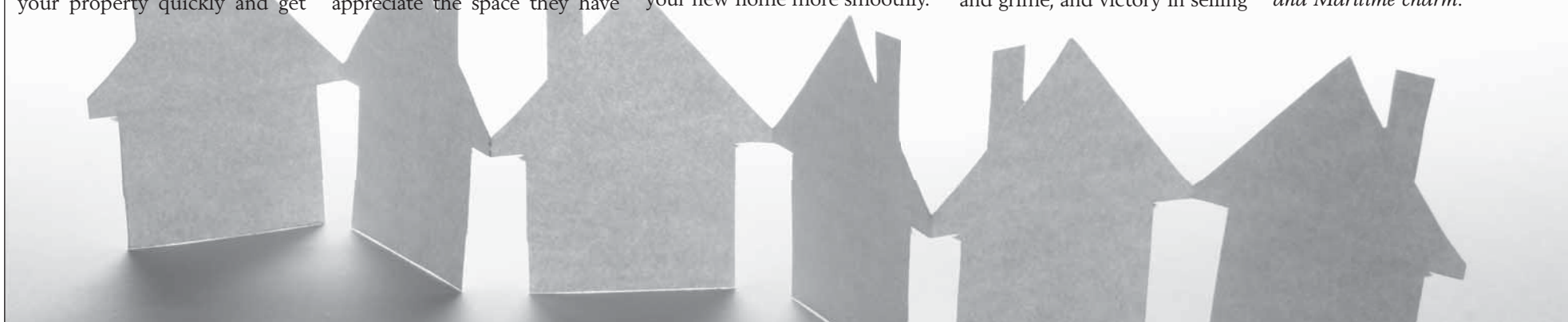
**Paint.** A buyer may well want to change the look of your home, but they shouldn't have to paint simply because the walls were in such poor condition. Some designers suggest neutral colours are best for selling a home and your agent can give advice on what works best in the market currently, but the important thing is to freshen the property, whatever the colour. I haven't seen a house yet that couldn't use a new coat of paint somewhere. Unless you're an expert, consider hiring a professional so the job looks clean and neat.

**Clean, clean, clean.** No matter how clean you keep your home, a potential buyer will spot the one dust bunny you missed. Declare war on all forms of dirt and grime, and victory in selling

your property shall be yours.

You might be wondering if I've now made your stress over moving worse - you'll go wandering the halls and rooms at 3am looking for dust and corners to paint, muttering my name under your breath. But treat this almost as a military operation, requiring the planning and precision to get the job done. With the help of professional advice regarding repairs and improvements, you will increase the likelihood of a quick sale, and also the best possible price.

*Vanessa Roman is the host of HGTV's Reno vs Relocate and a licensed real estate agent in Halifax, NS. Vanessa has made a name for herself as a woman with incredible energy, saucy wit and Maritime charm.*



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# Naval reservists volunteer for Variety of Hearts telethon

**Shelley Lipke**  
Staff Writer

For 47 years, television viewers have tuned in to watch the Variety Show of Hearts Telethon showcasing internationally renowned entertainers.

Last weekend, viewers also saw 10 Canadian naval reservists from Victoria's *HMCS Malahat* and Vancouver's *HMCS Discovery* sitting on the telethon's Heroes Panel taking pledges on the phone in Coquitlam B.C.

"While on the phone, we had a chance to talk to donors and hear their stories," said Malahat public affairs officer, Lt(N) Peggy Kulmala. "I was humbled to not only receive thanks for what we did supporting children with special needs in B.C., but thanks for my service to Canada and Canadians."

The request for naval reserve involvement stemmed from Malahat's longstanding support to Variety's Boat for Hope in Victoria.

Malahat has been supporting this community event since its inception in Victoria eight years ago.

Boats For Hope is held on the first Saturday in June. Each year, more than 250 children, many with special needs, and their siblings and parents have embarked on boats of all shapes and sizes from Malahat jetties for a fun-filled tour of Victoria's Inner Harbour.

*I was humbled to not only receive thanks for what we did supporting children with special needs in B.C., but thanks for my service to Canada and Canadians.*

-Lt(N) Peggy Kulmala



**Above and below:** Left to right, LS Jason Rupke, Lt(N) Peggy Kulmala and SLt Devin McCormick take pledges at the Heroes Panel phone lines. Photo courtesy of Variety, the Children's Charity of B.C.



*Bravo*  
**ZULU**

**Left:** CPO2 Perry is promoted to his current rank by Fleet Maintenance Facility Commanding Officer, Capt(N) Don Smith, and CPO2 Perry's wife Lisa.

**Right:** He also received a Queen's Diamond Jubilee Medal and Certificate.





# 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

**C A L L I N G UNDEREMPLOYED 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](http://www.bridgesforwomen.ca)

**LIFERING ALCOHOL & DRUG ADDICTION SUPPORT GROUPS** has started new groups on Vancouver Island. Victoria, BC: Victoria Native Friendship Center on Thursday evenings 7:30pm @ 231 Regina Ave. Saanichton, BC: Tsawout First Nation on Thursday afternoon at 3pm at 7728 Tetayut Rd. Duncan, BC: 1 Kenneth Pl. on Friday evenings at 7pm. Nanaimo, BC: Vancouver Island Therapeutic Comm. on Sunday evening 7:15pm @ 10030 Thrid Street. General inquiries: [Michael@LifeRingCanada.org](mailto:Michael@LifeRingCanada.org)

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

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

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

**VOLUNTEER 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](mailto:volunteers@rivonline.org) or visit <http://www.rivonline.org/Volunteering.htm>

**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](http://www.bridgesforwomen.ca)

**JUMP START YOUR CAREER WITH LOOKOUT CLASSIFIEDS**  
CALL 363-3014

### REAL ESTATE • FOR RENT

**LANGFORD, MAIN FLOOR** of house. 2 Bdrm both with ensuites, large den. \$1200/mo. + 2/3 Hydro - close to VGH, 10 min to base, NS/NP, avail March 1st, ample parking. 250-391-7655

**COMOX, 3 BDRM, 3 BTH, 1200 SQ.FT.** townhouse, 10 mins from CFB Comox, for sale by owner. \$167,500.00, avail for viewing March 1st, 2013. For Sale by Owner. 250-391-7655

**COBBLE HILL - NEWLY** painted, 4 bdrms, 2 brms, beautiful large recreation room with wood burning stove, on acreage. One yr lease, \$1200/mo., avail Apr. 1, 2013. 250-516-4894

**ONE BEDROOM FURNISHED** room in Colwood 5 min from Lagoon. Utilities and wifi incl. \$850/mo. Questions call 250-812-2349 or email [marnstarmk@gmail.com](mailto:marnstarmk@gmail.com)

**ESQUIMALT 954 DINGLEY DELL.** Lg. 2 Bdrm Apt with view, 4th Floor. \$949/mo. Incl. HT/HW & prking. NS, Neutered cat indoors ok. Near bus/park, not far from base, crime free multi housing blg. Quiet area. Resident Mgr. Avail Feb 15th. Contact Elizabeth @ 250-479-9383 or [meb1@shaw.ca](mailto:meb1@shaw.ca)

[WWW.LOOKOUTNEWSPAPER.COM](http://WWW.LOOKOUTNEWSPAPER.COM)

**ESQUIMALT - 1 BDRM SUITE NEWLEY** renovated. 10 mins to base, close to all amenities & bus routes. NS/NP, Avail Immed. 250-883-4023

**AVAILABLE IMMEDIATELY, NEW TOWNHOUSE.** Granite kitchen counter-top, stainless steel appliances, Gas stove, Gas Fireplace, 2 Lg. Bdrms, master has its own large en-suite bathroom. Two more bathrooms also. Washer/Dryer, underground parking. 1400 sq. ft. Centrally located in Langford. Non-smoking, small pet considered. \$1500/mo. plus utils. 250-727-1581 or [fisker65@hotmail.com](mailto:fisker65@hotmail.com)

**LG 2 BDRM APT MAIN** floor corner suite \$899/mo. incl. H/HW & prking. NS. Near bus/park. Not far from base. Crime free multi housing building. Quiet area, avail Feb 15th. Contact Elizabeth @ 250-479-9383 or [meb@shaw.ca](mailto:meb@shaw.ca)

**FAIRFIELD - RENOVATED** ONE BDRM suite on main level, hardwood floors, quiet, clean well maintained building, heat and hot water incl. NS/NP. One yr lease. \$825/mo. Avail. Apr. 1st, 2013. Please call 250-588-5457

**HOUSE FOR RENT,** Langford. \$1750 including utils. Top floor of 2007 home. 3 Bdrm, 2 Bth. living room, dining room, modern kitchen, laundry. Close to schools and yard backs onto Galloping Goose trail. NS, pets on approval. Refs req. Jay at 250-474-3457

### 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**  
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SAME DAY SERVICE

### MOTORCYCLES

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

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

**\$725 & Up - 1 & 2 bedroom apts**

**\$745 & up \* 734 Lampson St.**  
1 bdrm. Immed. & Mar. 1  
Manager 778-440-1657

**\$865 & up \* 879 Esquimalt Rd.**  
2 bdrm. Immed. & Mar. 1  
Manager 250-381-5008

**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

**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**

**BOARDWALK** RENTALS COMMUNITIES  
[www.bwalk.com](http://www.bwalk.com)

250-361-3690  
Toll Free 1-866-217-3612

PROPERTIES OWNED AND MANAGED BY EY PROPERTIES LTD.

**MACAULAY EAST**  
948 Esquimalt Rd.  
Bachelor, 1,2 & 3 bdrm  
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**FREE Heat & Hot Water**

To view these and other properties, visit [www.eyproperties.com](http://www.eyproperties.com)

MILITARY DISCOUNT OFFERED

**Take advantage** of the many advertising opportunities available at Canadian Forces Base Esquimalt.

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**Customer Service Specialist**




For more information on any of our products or to book an ad in the Lookout Newspaper contact **Ivan Groth 250-363-3133**  
[ivan.groth@forces.gc.ca](mailto:ivan.groth@forces.gc.ca)  
[www.lookoutnewspaper.com](http://www.lookoutnewspaper.com)

**ON THE OCEAN**



**Princess Patricia**  
APARTMENTS

NEW BALCONIES • EXERCISE ROOM  
14TH FLOOR LOUNGE

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250-382-2223

**Now Renting:**  
Bachelor • 1 BDR Suite

**Your ad here**  
For word or display ads, call 363-3014

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**NEXT DOOR TO NADEN!**  
Quiet one-bedroom suite in small building—short walk to Esquimalt base and shops. Coin laundry on-site, 1 parking space, sm storage locker. Last month free rent on a one-year lease. N/S, cat cons. \$750/mo.

**Contact Shelby**  
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or [shelby@prolinemanagement.com](mailto:shelby@prolinemanagement.com)  
Photos at [www.prolinemanagement.com](http://www.prolinemanagement.com)  
Proline Management Ltd.

**Devon** PROPERTIES LTD.  
[www.devonprop.com](http://www.devonprop.com)

**LARGE SUITES**

**855 Ellery**  
2 BDRMS from \$850 avail NOW & Mar 1  
250.812.5234

**1180 Colville**  
2 BDRM \$895 avail NOW!  
250.360.1983

**1198 Esquimalt**  
Bach \$750, avail Mar 1  
1 BDRM from \$795 avail NOW.  
2 BDRM \$935  
250.812.5234

No Pets allowed in any building



# LOOKOUT Classifieds & Real Estate

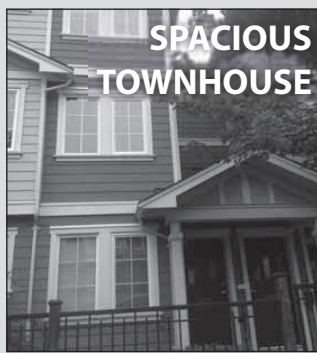
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**Call 363-3014 to book your display or word ad**

**REAL ESTATE • FOR SALE**



**TOWNHOME AT WATERFRONT NEAR BASE**  
Great views over Esquimalt working harbour, Fisgard Lighthouse, spacious 2 bdrm, 2 bthrm upper level unit (ground level entrance). Built in 1992. 1,500 sq ft. Very open plan, 3 balconies to use your BBQ on. Spacious grounds. Adult complex. Pets allowed. \$389,000.



**SPACIOUS TOWNHOUSE**  
Family friendly townhouse in East Langford. Close to hwy for base commuters, but far enough away for quiet living. Spacious floor plan features 2 bdrms and 3 bthrms. Modern kitchen and lge master bdrm with double closets. Plenty of parking. A popular complex. Only \$272,000!



**SPECTACULAR PANORAMIC VIEWS**  
Immaculate Langford 4 bdrm Home. View from every floor. Bright with lots of windows. Features hot tub, new hardwood floors, 3.5 bathrooms, upgraded gas fireplace, alarm system, surround sound. A must See! \$574,900

**ALEX BURNS & ASSOCIATES**

Cell: (250) 882-3335  
Toll Free: (800) 663-2121  
Web: [www.AlexBurns.ca](http://www.AlexBurns.ca)  
[canadianmilitaryrelocation.com](http://canadianmilitaryrelocation.com)



**canadianmilitaryrelocation.com**

**STUNNING HOME! STUNNING VIEWS!**

Immaculate 3 bdrm, 2.5 bath, quiet cul-de-sac, 2 blocks to CFB Esquimalt, views of the ocean, Olympic Mt & Saxe Point. Open concept design, oak hardwood floor & tile throughout, amazing ensuite w/ 2-person therapeutic jet tub. 10 mins to downtown, \$559,900.

**OPEN HOUSE** Sat, March 9 • 10am-4pm

250-686-3978 • [milliekress@gmail.com](mailto:milliekress@gmail.com)

YOU DON'T WANT TO PASS THIS UP! 54 ACRES, 28K OBO. East Coast N.S., South Shore. Great for hunting and fishing! Listing #: B-B977, 2012 new survey. Call Monica toll free: 1-877-637-2553, or 1-902-637-2553 or fax: 1-902-637-3797

[WWW.LOOKOUTNEWSPAPER.COM](http://WWW.LOOKOUTNEWSPAPER.COM)

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

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AN EXPERIENCED RUSSIAN tutor offers classes in Russian for different levels of proficiency. Federal government experience. 250-383-3356

TEACHER WITH OVER 30 YEARS EXPERIENCE. Lessons are offered to all ages and levels. In home teaching is available. Celebrate your time! Or give a gift that lasts a lifetime! One month free to beginners. References are available. Phone 250-881-5549, and find me at [musicwaycool.com](http://musicwaycool.com)

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

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

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Drive Smart Designated Drivers

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YOU AND YOUR CAR, HOME.

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6PM to late

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

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

**SUDOKU ANSWER**

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

ANSWERS ON PAGE 4

**For women with single-track minds**

Join us on the trails - beginner, intermediate and advanced rides.  
Plus Clinics, getaways and shop discounts

**Dirty Girlz Bike Club**  
[www.dirtygirlzbikeclub.ca](http://www.dirtygirlzbikeclub.ca)

**Sell your home in the Lookout**  
Call 363-3014 to advertise





**Be someone who saves a life**

Donate blood and join OneMatch...all in about an hour.

**A FEW GOOD MEN WANTED!**

Special Need for 17-35 year old males; they are most often selected as donor and provide patients with best transplant results. Only 12% of registry are these most needed donors- young men, help us change that by getting swabbed!

**CHIEF AND PETTY OFFICERS' MESS IN THE CONFERENCE ROOM**

**Tuesday, March 12, 2013**

**OneMatch Swab Event - 9:00 AM to 12:00 PM/ Blood Clinic- 8:45 AM to 4:45 PM**

**Donate blood and save a life.**

1 in every 2 Canadians will either need blood or know someone who will. Wouldn't you hope there was someone donating for you?

**You could be the one match to save a life.**



- Join OneMatch today if you are:
- Between 17 and 50 years of age;
  - In good general health; and,
  - Willing to donate to any patient in need.



[WWW.BLOOD.CA](http://WWW.BLOOD.CA) **1 888 2 DONATE**



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We know your vision is priceless. But it doesn't have to be costly.

Say goodbye to glasses and contacts with laser vision correction **starting at \$490/eye\***

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\*Prices are subject to change without prior notice and vary based on prescription strength. Applicable on a procedure for both eyes only. Other conditions may apply.