



Let our experience guide you home.

60 years real estate experience  
IRP approved

Bruce & Barbara Scott



SLEGG REALTY

Cell 250-889-1045

www.BarbaraScott.ca

barbara@barbarascott.ca

Volume 58 Number 13 | April 2, 2013

# LOOKOUT

MARPAC NEWS CFB Esquimalt, Victoria, B.C.

www.lookoutnewspaper.com



Thank You For Shopping Locally!

## PHARMASAVE

Esquimalt Plaza

FREE Blister Pack Service & Medication Reviews

250.388.6451

Free Prescription Delivery



Mon. To Fri. 9-7 Sat. 9-6 Sun. & Hol. 10-5



## Finishing touch

Shelley Lipke, Lookout

Shipwright apprentice Sam Oldroyd works on a galley door for the Chief and Petty Officer's Mess. Seen here he flush trims the door with a router.

**1st Annual Base Commander's Golf Tournament**

Olympic View Golf Club  
643 Latoria Rd.  
Wednesday June 26, 2013

\$120 (includes taxes)  
Includes: Dinner & Cash Bar  
Door prizes to be WON!

TICKETS available at the Naden Athletic Centre Kiosk  
Limited spots so don't delay!  
7:00 a.m. Registration  
8:30 a.m. Shot Gun Start

**10k, 5k & Kids Fun Run**  
June 23 • 8:30 a.m.

**REGISTER NOW!**

Involve the children and discover a fitter family lifestyle. Get excited about improving your health.

Register at  
[www.navyrunesquimalt.com](http://www.navyrunesquimalt.com)

Do it because you can!

**FREE SUMMER CANADIAN FORCES BASE ESQUIMALT TOURS**

Starting in May

[WWW.CFBESQUIMALT.CA](http://WWW.CFBESQUIMALT.CA)  
(250) 363-2595

**Veterans House Cleaning**

- VAC health identification cards accepted
- Bonded & Insured

Call today for a FREE ESTIMATE

www.merrymaidsvictoria.com  
info@merrymaidsvictoria.com 250-598-6243

**merry maids**  
Relax. It's Done.®

**VICTORIA POSTING? MAKE YOUR SEVERANCE COUNT!**

**Michael Smith** Mortgage Professional

Free legals with completed mortgage. Call today for details.

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

**SELECT MORTGAGE CORP.** **VERICO** 102-1497 Admirals Road (Near Base)

**CANEX** www.canex.ca

**No Interest Credit Plan**

**12 • 24 • 36**  
Month terms

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

O.A.C.

**VICTORY FULL THROTTLE SALUTE.**  
 Canadian Military personnel receive \$1000 off the purchase of ANY new Victory Model



**ACTION MOTORCYCLES**  
 The Motorcycle Guys  
 1234 ESQUIMALT RD  
 250.386.8364

ACTION-MOTORCYCLES.COM

**DOUBLE N HARDWOOD FLOORS INC.** Refinish Your Hardwood Floors Without the Dust & Harmful Fumes

**HARDWOOD FLOOR SANDING REFINISHING & INSTALLATIONS**

- Eco-friendly Finishes
- Dustless Sanding System
- Installations

**FREE ESTIMATES**

250.880.0926 • www.doublenfloors.ca

**Miles of Smiles**  
 NATURE JUNIOR KINDERGARTEN

Learning in Nature Rocks!  
 Ages 3-5



www.naturejuniorkindergarten.com

**POSTED TO HALIFAX**



- IRP Approved and knowledgeable
- Free Halifax Homebuyers Kit
- Daily MLS® listings emailed to you
- Clear our schedule for your HHT
- 25 Years selling homes to military
- Website with extensive information

**Sandy and Judy Hines**  
 902-877-4668  
 sandy@sandyhines.com  
 www.sandyhines.com

Call or Email us Today  
 Package in Mail Tomorrow



Shawn O'Hara, Lookout

Lt(N) Jeffrey Lura, Information Management Officer in HMCS Algonquin, gives cadets of 878 Banff/Canmore Air Cadet Squadron a tour of the ship.

# Alberta air cadets discover the navy

**Shawn O'Hara**  
 Staff Writer

Air cadets from 878 Banff/Canmore Royal Canadian Air Cadet Corps from Canmore, Alberta, got a peek at naval life during a tour of HMC Dockyard last Monday. The group of 35 cadets were in town as part of Operation Eggstravaganza, a Spring Break tour of military and educational sites in Victoria, Esquimalt, and Vancouver Island. The purpose of the trip was to assess the leader-

ship skills of cadets, as well as foster an interest in a career in the Canadian Armed Forces. "Our goal was to make this trip as educational as possible," says Capt Robert Vanderlee, a Cadet Officer with 878 Banff/Canmore. "Even though we're an Air Cadet Corps we're not afraid to expose our kids to naval life." The cadets toured 443 MH Squadron headquarters, Fort Rodd Hill historic site, Royal Roads University, and CFB Esquimalt. At CFB Esquimalt

cadets were given a tour of HMCS Algonquin, where they saw the ship's mess decks, operations room, bridge, and crew quarters. "It gave me a scope of how huge the Canadian Fleet is," said Air Cadet WO2 Tate Thornton. "I never really thought of Canada as a country with a huge naval force, but it's a completely different experience seeing it up close." The somewhat labyrinthine Algonquin tipped WO2 Thornton to a facet of naval life she wasn't aware of. "There are so many lad-

ders and corridors all over the place," she says. "I have no idea how everyone remembers where everything is. I would get lost for sure." WO2 Thornton says the trip gave the land-locked cadets a look at a side of the military they otherwise wouldn't have seen. "The naval knowledge that any of us have has been very minimal," she says. "Most of us haven't even been on a naval base before, or seen much of the ocean, so this has been a really great experience for us."

**Campus NISSAN**  
 ALL ROADS LEAD TO CAMPUS



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

## Support Our Troops Vehicle Purchase Program



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

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

**Campus INFINITI**  
 ALL ROADS LEAD TO CAMPUS



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

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

# Drop-in sessions set for FORCE test

To assist with the launch of the new FORCE evaluation, information and familiarization sessions are planned for April. All sessions are drop-in (no registration required). **Presentation/FORCE Information Session**

This presentation will provide CF members an overview of the new test with videos of all the new tasks. This is not a practical session. This presentation is ideal for those who want to know more about the background of the test, how it was developed, the protocols, and future direction of fitness in the Canadian Armed Forces.

Wednesday, April 3 – BIS Large Conference Room – noon to 1 p.m.

Friday, April 5 – FMF Theatre D250 E344 - noon to 1 p.m.

## Familiarization Sessions

These sessions will provide Canadian Armed Forces members a brief overview of the FORCE test and then provide a hands-on opportunity to gain experience with the protocols. PT gear is required. You will not be completing the entire test. You will be given time to try each of the four tasks “unofficially.” Testing will take place in the lower gym at Naden Athletic Centre.

• Tuesday, April 2 – Friday, April 5, 8 to 10 a.m. Unit EXPRES Coordinators only

• Monday, April 8 – Tuesday, April 30, 8 to 10 a.m. Drop-in for all CAF members

**PSP open house - information, familiarization, personal video analysis**

• Wednesday, May 1 – Naden Athletic Centre 11 a.m. to 1 p.m.

## Official Testing

Every CAF member is expected to attempt the FORCE test during fiscal year 13/14. Testing of the FORCE evaluation will begin May 1. A schedule will be provided at a later date by PSP staff. As well, current fitness schedules

(including Unit PT and testing schedules) can be found on our website: [www.cg.cfpsa.ca/cg-c/Esquimalt/EN/FitnessandSports/MilitaryFitness/Pages/GroupFitness.aspx](http://www.cg.cfpsa.ca/cg-c/Esquimalt/EN/FitnessandSports/MilitaryFitness/Pages/GroupFitness.aspx)

## Training Support

For training support please visit [www.dfit.ca](http://www.dfit.ca) and generate a training program. If you require any additional support in understanding the exercises please do not hesitate to contact the base PSP staff 3-4485. Also our daily PT classes will be integrating aspects of the new FORCE protocols.

## CANFORGENS (DWAN Only)

[http://vcds.mil.ca/vclds-exec/pubs/canforgen/2013/038-13\\_e.asp](http://vcds.mil.ca/vclds-exec/pubs/canforgen/2013/038-13_e.asp)

[http://vcds.mil.ca/vclds-exec/pubs/canforgen/2013/038-13\\_f.asp](http://vcds.mil.ca/vclds-exec/pubs/canforgen/2013/038-13_f.asp)

**FORCE website** (for questions and answers): [www.cfpsa.com/FORCEPROGRAM](http://www.cfpsa.com/FORCEPROGRAM)

**Video:** <http://vimeo.com/cfpfss/videos>, PLUS on Our Base

# Don't forget to vote in provincial election

## Advance Voting

May 8 to 11

• Esquimalt Recreation Centre, 8 am to 8 pm

• Colwood Pentecostal Church, 8 am to 8 pm

## General Voting

May 14 from 8 am to 8 pm

• **Esquimalt:** DaVinci Centre, Esquimalt Senior Secondary School, Esquimalt Recreation Centre, Esquimalt United Church, View Royal Elementary School, Shoreline Middle Community School.

• **Colwood:** Eagle View Elementary School, West Shore Recreation Centre (Juan de Fuca) Colwood Pentecostal Church, Sangster Elementary School, Wishart Elementary School

For more locations, go to [www.elections.bc.ca](http://www.elections.bc.ca).



To vote in the B.C. Elections you must meet the criteria as per their website, as well as have a civic address in B.C. and have lived here for the past six months. A few weeks before the election, “Where to Vote Cards”

will be mailed to each eligible voter indicating the voting place where they vote.

In the event a voter is unable to attend to the voting place recorded on the card, as previously mentioned, voting can be undertaken at any of the mentioned voting places or others in the province.

For those who were unable to register at CFB Esquimalt on March 13, 14 and 15, please contact the Elections office at 250-387-5305 for registration instructions.

Arrangements for members on ships who might be at sea during the voting times will be made via CPO2 Rasmussen CANFLTPAC F4 Log at 3-5329. For all other Election enquiries contact the Base PFAO Lt(N) Danila at 363-4103.

Posted to Nova Scotia? Call me.

ROYAL LEPAGE

Atlantic  
GO BEYOND  
INDEPENDENTLY OWNED AND OPERATED



Cell: 902-209-8690

Geoffrey Martin • Sales Representative  
Office: 902-453-1700 • Fax: 902-455-6738  
GeoffreyMartin@royallepage.ca  
[www.RoyalLepageAtlanticHalifax.com](http://www.RoyalLepageAtlanticHalifax.com)



BUILDING FOR OUR FUTURE

seaspan  
VICTORIA SHIPYARDS

Tel: 250.380.1602  
[seaspan.com](http://seaspan.com)

GROW YOUR  
**SEVERANCE**

• REAL ASSETS • SOLID RETURNS

**FREE**  
INVESTMENT REVIEW

CALL OR EMAIL TODAY  
**250-388-0268**  
[karlablack@wealthterra.com](mailto:karlablack@wealthterra.com)

**WEALTHTERRA**  
CAPITAL MANAGEMENT INC.

This advertisement does not constitute an offer to purchase securities. There are a number of risks associated with these investments, any one of which could adversely affect a return on investment in these securities. These risks are set out in the offering memorandum of the issuers to the investment opportunities. Investors should review these risks with their legal and financial advisors prior to investing. WealthTerra Capital Management is a registered Exempt market Dealer.

**EPIC**

**WARRETY**

**103.1 JACK fm**  
Playing whatever! Whenever!

[1031jackfm.ca](http://1031jackfm.ca)

# matters of OPINION

## WHO WE ARE

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

**STAFF WRITERS**  
Shelley Lipke 250-363-3130  
shelley.lipke@forces.gc.ca

Shawn O'Hara 250-363-3672  
shawn.o'hara3@forces.gc.ca

**PRODUCTION**  
Carmel Ecker 250-363-8033  
production@lookoutnewspaper.com

Francisco Cumayas 250-363-8033  
projects@lookoutnewspaper.com

**ADMINISTRATIVE ASSISTANT**  
Kate King 250-363-3014  
kate.king@forces.gc.ca

**ACCOUNTS**  
Laura Spence 250-363-3127  
laura.spence@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**  
OS Drew Coupar 250-363-8033

**EDITORIAL ADVISOR**  
Capt Jenn Jackson 250-363-4006

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

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

*Le Rédacteur se réserve le droit de modifier, de condenser ou de rejeter les articles, photographies, ou annonces publicitaires pour adhérer à l'OAFCS7.5. Les opinions et annonces exprimées dans le journal ne reflètent pas nécessairement le point de vue du MDN.*



Circulation - 4,500  
One year subscription - \$37.67  
Six month subscription - \$18.84  
Three month subscription - \$12.56  
Prices include tax.

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



## People Talk

Lookout asked this question:

*What has surprised you most about training for the Nijmegen March?*



I find the cohesion of the team very inspiring. Everyone has come together as a team very quickly, so it helps when you have to get up and march at five in the morning.

PO1 Karen Shields



I'm surprised by the amount of walking we actually do. Before we go over to the Netherlands we're marching over 1200 kilometres.

AB Brittany Anderson



It's a lot more fun than I would expect. It's like playing on a sports team, everyone is really nice.

CPO1 Ron Mierau



I haven't been surprised by anything yet. I think I knew what to expect, but the training is a lot more thorough than I expected.

Cpl Junior Trudel



I'm the newest recruit for the march, and I'm really impressed by how encouraging everyone has been so far.

LS Chris Walsh

## HOROSCOPES

### ARIES - Mar 21/Apr 20

Aries, some conflicting signals from a friend this week might seem like trouble is ahead. But it's more likely that your perception of the situation is a little off.

### TAURUS - Apr 21/May 21

Taurus, your imagination has a life of its own this week. You may be thinking of living on the edge a little bit in the next few days but don't overdo it.

### GEMINI - May 22/June 21

Gemini, avoid a deep discussion about your feelings with someone at work this week. Now is not the time or the place to share anything personal, so keep it professional.

### CANCER - June 22/July 22

Cancer, don't get sidetracked this week because coworkers are expecting your full attention and effort at the office. You may need to juggle a few responsibilities for the time being.

### LEO - July 23/Aug 23

Leo, make sure your comments are not misinterpreted this week. Someone might take something the wrong way, so choose your words carefully.

### VIRGO - Aug 24/Sept 22

Virgo, you may be feeling great physically, but there is a nagging problem that you simply cannot identify. Give it time and it will come to the surface.

### LIBRA - Sept 23/Oct 23

Libra, you know what you want and do not need anyone's approval, but you can't help checking in with a family member this week to get a second opinion.

### SCORPIO - Oct 24/Nov 22

Scorpio, channel your romantic feelings into action this week. Act sooner rather than later and make the most of your emotions while they're strong.

### SAGITTARIUS - Nov 23/Dec 21

Sagittarius, learn from the past but do not allow letdowns from the past to dictate your future. There is no guarantee that things will be repeated.

### CAPRICORN - Dec 22/Jan 20

Capricorn, write things down this week before you say them to be sure you have everything correct. This will help you when you need to make an important announcement.

### AQUARIUS - Jan 21/Feb 18

Aquarius, you may feel like escaping to a fantasy world, but that does not mean the pressing matters will simply disappear. A vacation may recharge your batteries.

### PISCES - Feb 19/Mar 20

You are in much better shape than you think you are, Pisces. So don't be too hard on yourself this week. It is alright to put your feet up.

## SUDOKU PUZZLE

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

ANSWERS ON PAGE 12

Level: Intermediate

**Find out why Arbonne is the KEY to your financial independence.**



Attend a FREE information session  
April 2 at 7pm

RSVP to 250-661-1269

Learn about us at [www.arbonne.ca](http://www.arbonne.ca) ARBONNE.

## CARR BUCHAN & COMPANY LAWYERS

- 1/2 HOUR FREE CONSULTATION
- FAMILY LAW
- WILLS & ESTATES
- IMPAIRED DRIVING CHARGES & IMMEDIATE ROADSIDE PROHIBITION CHARGES

520 Comerford Street | 250.388.7571  
[www.esquimaltlaw.com](http://www.esquimaltlaw.com)

**NEAR BASE!**  
Serving Esquimalt for over 28 years.

**10% off any Truck Rate**

MILITARY DISCOUNT OFFERED



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

## 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)

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



Richard Robinson



Doris Minervini

GOOD PEOPLE TO KNOW IN TIMES OF TROUBLE

# Kids in Bahrain learn about Canada

**Shelley Lipke**  
Staff Writer

It took Acting Commander Mike Erwin four weekends to construct Phil Beaver, a paper mache beaver holding a hockey stick and Canadian Flag.

The distinctly Canadian arts and craft project was part of an ambassador program to educate children of the Middle East on the Great White North.

The officer and Phil went on display March 22 at the Bahrain School in Jaffai, Bahrain, as part of an International Fair that filled the gymnasium, auditorium, main hallway, and outer courtyards.

Phil was a hit with local students including 25 Canadian children who attend the school.

"Everyone seemed quite interested in our Canada booth, and I thought the beaver would be a fun way to represent Canada. He's made from cardboard, tape and paper mache," said A/Cdr Erwin.

Each child had a passport listing the countries they needed to visit at the International Fair. To get a stamp they had to answer a question.

"The Canadian question was: What is Canada's favourite sport?" said A/Cdr Erwin.

The booth displayed material from previous Canada Day celebrations and Personnel Support



A/Cdr Michael Erwin, Lt(N) Ian MacKay and PO2 Daniel Hyland hosted a Canadian booth at Bahrain School for an International Fair held for the children. The three are deployed on Operation Foundation, a combined maritime forces coalition of 28 nations providing maritime security operations.

Programs (PSP) sent over stickers and tattoos to hand out.

A/Cdr Erwin is deployed in Bahrain on Operation Foundation - Combined Maritime Forces, a coalition organization of 28 nations that conduct maritime security operations covering 2.5 million

square miles.

The Bahrain School is run by the U.S. Government, and was designed for the children of U.S. service people serving in Bahrain. Canadian children also attend the school from Kindergarten to Grade 12.

## LEARN BRUCE LEE'S MARTIAL ART



**\$25 FOR ONE WEEK UNLIMITED CLASSES FOR ALL NEW STUDENTS**

www.facebook.com/EkeAcademy      www.EkeAcademy.com  
Unit #207 - 734 Aldebury St. • info@ekeacademy.com • 250-216-2801



On premise quality wine, beer, cider, and cooler making. Equipment and accessories for the home brewer.

**Come in and ask about our MILITARY DISCOUNT**

101-3145 Jacklin Rd, Colwood (250) 391-0830  
www.happyhomebrewer.com

## Lyllall Street Service

1480 Lyllall St. 250-382-0015

Locally Owned & Operated

**\$39.95 + tax**  
**Oil Change**

Includes 50 point inspection

www.lyllallstreetservice.com

## Got Severance?

### Invest for your future with CareVest

Find out what over 10,000 investors already know

returns of **7% +**

#### CAREVEST MORTGAGE INVESTMENT CORPORATIONS:

- Investing in Canadian Real Estate
- RRSP/RRIF/TFSA Eligible
- Monthly Income or Compounding



"Building Investors Wealth for over a Decade"

www.carevest.com

For information call our exempt market dealer, CVC Market Point:

Phone: **250-383-0162**  
Toll Free: **1-877-847-6797**

This advertisement does not constitute an offer to sell or a solicitation of an offer to purchase the securities referred to herein, which is being made under an Offering Memorandum available from our office to qualified purchasers in specified jurisdictions. There are risks associated with this investment and this investment is not guaranteed or secured. Historical yields may not be representative of future yields. Please read the Offering Memorandum before investing. The issuers referred to herein are related issuers of CVC Market Point Inc.



## Hey Victoria... GET READY!

Mark your calendars, the countdown is on!

**25 days until...**

### CANADA'S FIRST EVER TEEN EXPO

Pearkes Recreation Centre, Victoria B.C.  
April 27, 2013!



**What's most important to your teen?**

Email your answer to [kate.king@forces.gc.ca](mailto:kate.king@forces.gc.ca) and be entered into a draw to win tickets to Victoria's Teen Expo!



Check us out at:

www.TeenExpo.ca



Sponsored by:



UsedVictoria.com  
BUY & SELL USED STUFF ONLINE, FREE!

Black Press

youthink



## WESTSHORE U-LOCK MINI STORAGE

MILITARY  
DISCOUNT  
OFFERED



selfstorage.ca

✓ Residential and Commercial storage ✓ Award winning, modern facility  
✓ Individually alarmed lockers ✓ Easy monthly rentals  
✓ Heated lockers ✓ Easy access

1621 Island Highway, 250-478-8767

The  
Naden  
Wardroom  
presents

# CASINO ROYALE

Super Weepers  
Friday, April 12  
6:30 - 9:30pm

- Many Prizes (including Tablets, Travel tickets, Hotel getaway, Restaurant Gift Certificates, etc.)
- Gourmet appetizer menu including sushi bar and Flambé station.
- Live entertainment

11 official tables:  
Blackjack, Roulette  
& Poker with  
professional dealers

Ticket price: \$12 for members and dependants  
\$15 for serving non-members / \$18 for guests

Reservations to be made with Megan Ilott at 250-363-2689  
For more event details, visit: [www.wardroom.ca](http://www.wardroom.ca)

## Lift your cyber veil of ignorance

PO2 Thandi Pilkey  
Base PA

Ever consider that by "liking" an ad, picture, or video on Facebook you may have invited a computer worm to sift through your personal information?

According to Infosecurity magazine, cyber security, cyber espionage and cyber terrorism top the 2013 list of information security threats.

Individuals, industry and governments are clamouring to proactively manage the inherent security demands.

Your personal computing habits - the way you browse the internet, use social media, and save and transfer files - can also be a hazard to work place security.

Sharing the details of your daily activity is common place in social media. Minute-by-minute updates of your personal life are not harmful unless sensitive information is included in your posts.

For example, Tweeting, "Glad the ship broke down and we get to stop in Crete for parts...who know how long the repairs will take," discloses Essential Elements of Friendly Information (EEFI) that are useful to anyone who wants to cause harm.

In general, EEFIs include information about personnel, equipment, capabilities, position, and operations. This Tweet has just told the "bad guys" where the ship is headed (position), that she is broken (capabilities), her operational capability is limited and that the ship's company will likely be exploring the sights and sounds of downtown Crete. This is valuable information for anyone with the will and means to derail the ship's mission.

Private computing behaviours seldom adhere to principles of acceptable workplace computing and are rarely conducive to opera-

tional security (OpSec). The recently promulgated VCDS OpSec directive (CANFORGEN 032/13) serves as a reminder and a warning to Canadian Armed Forces (CAF) personnel that sensitive information must be handled with care, exercising due consideration for public safety and national security. With access to privileged information comes the obligation to safeguard it appropriately.

Collectively, the goal is to make a clear distinction between personal and workplace computing, and to moderate your activity to comply with OpSec regulations and defend against cyber attacks. Increased awareness, training, and skills development are the best defences against what is essentially a cyber veil of ignorance.

For more information on information security, visit [www.tbs-sct.gc.ca/sim-gsi/index-eng.asp](http://www.tbs-sct.gc.ca/sim-gsi/index-eng.asp).

## DND offers HPV vaccine Gardasil

Shawn O'Hara  
Staff Writer

Health Services is reminding Canadian Armed Forces members they can receive the Gardasil vaccine at the base clinic.

The vaccine protects against the Human Papillomavirus and costs on average \$500 for a series of three injections/shots. However, the cost for CF members is being covered by DND.

"It's a very worthwhile preventative health vaccine" says Lt(N) Jodylynn Dans, physician at the Base Clinic. "It's a very proactive vaccine and it shows they really care about the future health and wellbeing of military members."

HPV is a primarily sexually transmitted virus that affects men and women of all ages. The vaccine is available for women between the ages of 14 and 45 and men between the ages of 14 and 26. While the majority of HPV strains cause no symptoms in most people, the most common strains can cause warts, and lead to cancers of the cervix, vulva, vagina, penis, and anus.

Gardasil protects against the four most common strains of HPV, two of which are known to cause warts and two that cause cancer.

"Warts are most people's main worry because there's a personal and social stigma attached to them, and are very distressing," says Lt(N) Dans. "However, most people don't realize HPV can cause cancer, let alone that the vaccine can protect against it. This is about potentially saving people's lives."

While men typically show fewer symptoms, they can still pass the virus onto women.

"Often men don't show any symptoms, except for maybe a wart, but they are susceptible to develop cancer later in life," says Lt(N) Dans. "Women who contract HPV and don't get it treated right away can be at a much higher risk of developing cancer, especially cervical which accounts for 10 percent of all female cancers."

The vaccine is administered intramuscularly, through injections into the arm. The procedure consists of three injections at zero, two, and six months after the initial injection.

To receive the vaccine military members can drop into the Base Immunizations Clinic - bring their military ID and the vaccination booklet provided to them.

For more information, or to make an appointment, drop in at the Immunization Department at the Base Clinic at 1200 Colville Rd.

## AFFORDABLE OFF BASE LIVING!

Bachelors, One Bedrooms, Two bedrooms,  
& Three Bedrooms available

ASK ABOUT OUR  
MOVE IN DISCOUNT!

250.381.5084 CAPRENT.COM



# NEWS Nuggets

## Camosun hosts first Comics Conference

Sunday, April 7 at Lansdowne campus

The public is invited to the first annual Comics Conference, hosted by the Comics and Graphic Novels program at Camosun College. The one-day conference will be held 11 a.m. to 6 p.m. in the third floor of the Young building at Lansdowne campus. Admission is free.

The one-day conference is a celebration of the artistic and literary impact of comics and graphic novels created locally, nationally, and internationally. Conference attendees will hear and see the process of visual storytelling, and discuss the medium with the creators, teachers, publishers, and other fans.

A conference highlight will be the "artists alley" showcasing the publications and artwork created by the 16 students in this year's graduating class. There will also be displays by established local creators including Gareth Gaudin, Janine Johnston, Nelson Dewey, Ash Vickers,

Glen Mullaly, Simon Roy, and Glen and Kay Lovett.

## April is Oral Health Month

The month of April is Oral Health Month and an important part of this celebration is National Dental Hygienists Week April 7-13. Focusing on the importance of maintaining good oral health practices, and helping Canadians understand how collaborating with dental professionals will contribute to good oral health.

Dental hygienists of 1 Dental Unit Detachment in Esquimalt will host an oral health display at Nelles Block on Thursday, April 11 from 10 a.m. to 2 p.m. Drop by the display and pick up free gifts, plus enter the draw for a free Oral-B electric toothbrush.

## Volunteers needed for the Navy Run

If you are looking to get involved in this year's Navy Run, June 23, please consider being a volunteer. With the two new routes we are in need more route marshals.

Volunteers will be required

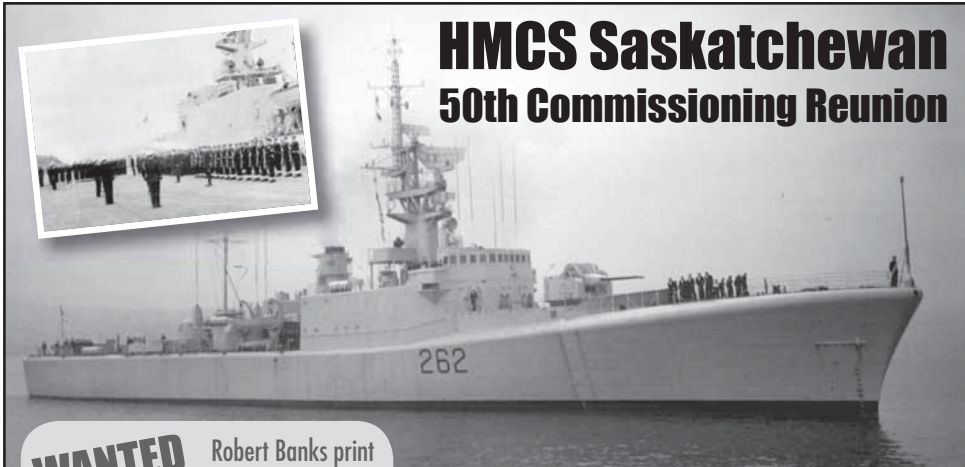
at 7:45 a.m. for three hours. To volunteer contact Kim Miller at kimberly.miller@forces.gc.ca or Natalie Vincent at natalie.vincent@forces.gc.ca.

## Garage sale

Make some extra money from your unwanted items at a huge multi-family garage sale, Sunday May 26, 8:30 a.m. to 2 p.m. Last year, there were more than 50 vendors at the Colwood Pacific Activity Centre and a huge number of buyers descended on the location. Tables sold out well in advance, so get your table early. Cost \$10 by May 4 or \$15 after May 4, and are available for sale at Signal Hill MFRC and CPAC MFRC.

## Thefts - Naden Gym

There has been a rash of thefts at the Naden Gym. Someone is going into the men's change room and rifling through unlocked lockers. Presently, only cash has been stolen; however, that could easily change to other items. The easiest way to safe guard your money/property is to lock your lockers.



## HMCS Saskatchewan 50th Commissioning Reunion

**WANTED** Robert Banks print of the Saskatchewan, which was being sold in the canteen before the ship's decommissioning. Call Ian at 604-869-1942.

**June 14, 15 & 16, 2013  
Victoria, BC**

Contact Ian Williams  
ian\_walter@hotmail.com • 604-869-1942

## Dial-A-Law access free legal information

Access general information on a variety of topics on laws in BC.

[www.dialalaw.org](http://www.dialalaw.org)

Lower Mainland: 604.687.4680 / BC Toll Free: 1.800.565.5297

## Lawyer Referral Service find the right lawyer

Receive up to a 30 minutes consultation with a lawyer for \$25 + tax.

Monday to Friday 8:30 am to 4:30 pm

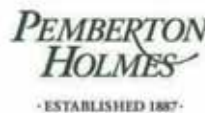
Lower Mainland: 604.687.3221 / BC Toll Free: 1.800.663.1919



THE CANADIAN BAR ASSOCIATION  
British Columbia Branch

Funded by The Law Foundation of British Columbia  
Public Services of the Canadian Bar Association, British Columbia Branch

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



**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

# UTOPIA

A TRIBUTE TO URBAN EXCELLENCE

**The \$10,000 B.C. First Time Home Buyer Bonus ends March 31st... act now.**

**NEW LUXURIOUS**  
affordable condos starting at \$239,900  
**Special Military Financing**



Corner of Jacklin Rd. and Orono Ave. in Langford.

[www.utoopiacondos.ca](http://www.utoopiacondos.ca) • 250.661.9020

**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

MILITARY DISCOUNT OFFERED

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



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

**STEVENSON  
LUCHIES  
& LEGH**

Barristers & Solicitors  
Full service law firm offering  
**10% military discount  
on fees**  
for corporate,  
estate planning and  
real estate transactions.

*Some restrictions apply.*

**300-736 Broughton St**  
**103-2849 Peatt Rd**  
**250-381-4040 • lawyers@sll.ca**  
**www.sll.ca**



**DOCKYARD UNDE**

**Marcel Gingras**  
BCE

CFB Esquimalt has gone through enormous changes during the past few years and there are several more years to come.

Over the next year, employees will see several major construction projects take place, many continuing through 2014 and beyond. Although the focus tends to be in Dockyard, there are also major construction projects

underway at several other sites. The objective is sustainable infrastructure to support a modern navy.

As evident by the time line, there are many projects either underway or about to start. The Royal Canadian Navy has the lion's share of the Department's construction allocation over the next 10 years.

There are even more projects in the budding stages. Below are the projects that are underway or coming soon.

**Base Fire Hall and Command Post**

This brand new facility is in final stages with occupancy slated for May 2013. Its street appeal is achieved by radical use of color and innovative architectural style. Inside it's fitted with the most current fire-fighting equipment and comfortable accommodation facilities including theatre classroom and kitchen.

**Utility Corridor**

This project started in June 2012 and will continue until October 2013.



Shawn O'Hara, Lookout

Construction on sections of Hospital Road at CFB Esquimalt have caused many closures and re-routes along Dockyard's central road.

**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**

**FIRST  
TIME  
BUYER  
ALERT**

**\$134,900**

Imagine oceanfront living in your 2 bedroom, 1 bath level entry home. Master bedroom is large. Home also boasts gleaming newer bathroom, thermal windows, and gas fireplace. Freshly painted with a spacious patio for entertaining. Kitchen updates with in suite laundry added. This well maintained complex on the Victoria side of Sooke is perfect for a first time buyer or anyone wanting to downsize. The location is quiet with ocean access at your door. Walking distance to all levels of school and bus. Payments lower than renting; get in to the market now! Bring your pets! POSSESSION NEGOTIABLE. Low strata fees, boat access. More information and photos at [www.nancyvieira.com](http://www.nancyvieira.com).

**Nancy Vieira**  
Pemberton Holmes Ltd.  
250-514-4750

MILITARY DISCOUNT OFFERED

**PEMBERTON HOLMES**  
ESTABLISHED 1967





This three meter by three metre tunnel will form the backbone for municipal infrastructure within Dockyard (water, sanitary sewer, steam, power and communications) ready for future development. The contractor is working both ends towards the middle to reduce construction time. There will be, however, ongoing traffic detours as the contractor excavates and builds the tunnel. In the end, there will be a wide corridor with bicycle lanes and sidewalks all the way from the Gate House to B-Jetty.

**Fleet Maintenance Facility (Cape Breton)**

This multi-phased project will enhance FMF (CB)'s ability to deliver ship repair support for the Fleet. Phase 4 is almost complete and the detailed design for Phase 5 is ongoing with some construction due to start this summer. When it is complete in 2018,

FMF (CB) will be consolidated into a very large modern facility.

**443 Maritime Helicopter Hangar**

Construction for this project is well underway with the steel skeleton dominating the skyline at Victoria International Airport.

**Albert Head Water Main Replacement**

This project is well underway twinning the domestic and fire fighting water supplies for much better service and safety at Albert Head. It will be completed by the time the summer Cadet programme commences.

**192 Construction Engineer Flight (Aldergrove)**

This new armoury for 192 Construction Engineering Flight is in the final stages of construction co-located with the communications facility at Aldergrove. It replaces the old second-hand trailers that 192 CEF has been using for the past several years.

**Replace A and B Jetty**

A and B Jetties are over 50 years old and well beyond expected lifespan. Replacement construction is planned to be ready for the newly refitted frigates, as well as the joint support ship, Arctic offshore operations ships, and the future Canadian surface combat-

*Over the next year, employees will see several major construction projects take place, many continuing through 2014 and beyond.*

ant ships. The replacement work will install modern servicing and equipment, including cranes, plus provide better facilities to the jetties.

**Intrusion Alarms**

CFB Esquimalt is entering the modern era with new Internet protocol-based intrusion alarms carried over a nation-wide fibre optic system, being built now. This will enable far better flexibility to install new alarms, plus other devices such as CCTV without the current limitations of a copper wire system. The design is well underway with installation planned for 2014.

While all this major construction is going on, there are several moves and consolidations happening in Dockyard to optimize functional space use and divest of redundant facilities. Time snapshots and details are contingent upon available funding; however, there is a plan and there is a domino effect of the sequencing of moves and consolidations. Timings may shift somewhat, but the planned occupancy and divestment, and sequences are important.



**SELECT MORTGAGE CORP**

Spring is HERE! Are you ready to... Purchase? Refinance? Renovate? **BEST 5 year fixed at 2.79%!**

\*Rates Subject to Change/On approved credit  
WWW.MORTGAGESBYLORI.COM • LORI.LENAGHAN@VERICOSELECT.COM

**VERICO** MORTGAGE AGENT  
30+ YEARS IN THE MORTGAGE BUSINESS  
250-888-8036

**"MAJOR CASH"**

**PAYDAY LOANS**

only \$17 on \$100

**250-384-1001**

**#204-941 Esquimalt Rd**

Lic. #49745

UPSTAIRS

How can you support **Habitat for Humanity Victoria?**

**10% DND Discount with ID & coupon**

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

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

**JB's Auto Parts Plus**

**Automotive & Industrial parts, tools & supplies**

MILITARY DISCOUNT OFFERED

7 locations to serve you:

Colwood Langford Auto Supply	250-478-5538
JB's Downtown	250-384-9378
JB Precision/Machine Shop	250-475-2515
B&B Auto Supply	250-652-5277
JB Body Shop Supplies	250-361-9136
Salt Spring Auto Parts	250-537-5507
JB's Ladysmith	250-245-9922

www.jbgroup.ca

Financial Services **SISIP RARM** Services financiers

**YOUR FINANCES ARE NOT ALWAYS AN OPEN BOOK!  
VOS FINANCES NE SONT PAS TOUJOURS UN LIVRE OUVERT!**

Seek advice and invest in your future today to live life the way you want tomorrow!

**FundEX INVESTMENTS INC.**

Life Insurance • Financial Planning • Financial Counselling • Financial Education  
Assurance vie • Planification financière • Counselling financier • Education financière

1-800-267-6681 • www.sisip.com • Esquimalt: 250-363-3301

# Special guests meet on the high seas in PCT Renard

**Slt Noelani Shore**  
HMCS Protecteur

Two special visitors sailed in Renard 58, one of eight Orca Class Patrol Craft Training Vessels, on Wednesday, March 13.

General Tom Lawson, Chief of the Defence Staff, and Rear-Admiral Bill Truelove, Commander Maritime Forces Pacific/Joint Task Force Pacific, were on board to watch eight students on their Command Development Course (CDC).

"It's great to be out on the sea," said RAdm Truelove, the former Commanding Officer of HMCS Regina. "Orcas are not only used by students coming through Naval Officers Training Centre (NOTC) Venture, but they're also used by reservists and cadets.

Learning on the water is the best way for anyone to experience what being in the navy is about."

This was Gen Lawson's first visit in an Orca.

"We were able to show him a new perspective of the infrastructure in Esquimalt," RAdm Truelove said.

There are 16 students split between two Orcas on the Command Development Course 1202 serial. The course prepares candidates for command by focusing on four pillars: leader, manager, mariner, and warrior.

"This phase is a re-introduction of the mariner pillar, giving students fresh out of the classroom time to focus on ship handling and leading from the bridge," said Cdr Bradley Peats, Commanding Officer of

NOTC Venture, as well as Officer in Charge of the CDC Course. "Orcas are great learning platforms. They provide experience at sea because the routines and reactions are the same as in the heavies; the scale is just a little different."

Students recently finished seven weeks in the Navigation and Bridge Simulators (NABS) at NOTC Venture, and will complete their training with three weeks of sailing around the Gulf Islands and the Vancouver area.

The training value and force generation in the Orcas goes beyond the CDC candidates; for most of this crew, the past two weeks has been their first experience at sea. The crew is learning necessary skills in line handling, standing watches on the helm and as lookout, and learning how to drive the zodiac, which is used to provide slipping and berthing parties when coming alongside, as well as during man overboard exercises.

After the day sail in Renard 58, Gen Lawson toured NOTC Venture to get a closer look at the simulators and meet with students.



Photos courtesy of Navy Public Affairs

Gen Tom Lawson, Chief of the Defence Staff, participated in a day sail in PCT Renard. He was briefed on the Orca class ships, ship handling and the training crew and students receive.



## LOWER PAYMENTS

WITH **0%** FINANCING UP TO 84 MONTHS

PLUS **0** DOWN PAYMENT ON SELECTED MODELS

### WIN

AN IPOD SHUFFLE WITH OUR WEEKLY QUIZ

In what year did military headquarters in Ottawa consider organizing a "Canadian Women's Army Auxiliary Corps"?

ENTER ONLINE AT **VICTORIAHYUNDAIDND.COM**

# WIN A HYUNDAI

IS THE DND STAFF GIVEAWAY GO TO **VICTORIAHYUNDAIDND.COM/WIN-A-CAR-DND**

## IT'S THAT EASY!

OUR NEXT VISIT TO THE BASE IS MAY 9 AT THE NAOSH EXPO



250-995-2984

VICTORIAHYUNDAI.COM  
525 GORGE ROAD EAST, VICTORIA



The recruits for CFB Esquimalt's 2013 Nijmegen March take an early morning stroll in preparation for the annual march through the Dutch countryside.

# LEFT, LEFT, LEFT, RIGHT, LEFT

## Enduring the long march to Nijmegen

**Shawn O'Hara**  
Staff Writer

Early risers in Esquimalt can expect to see a sea of green trudging down Lampson Street. The morning military marchers are in training for the annual Nijmegen March in the Netherlands.

"It's a physically demanding training process," says CPO1 Chris Koblun, team leader for the CFB Esquimalt Nijmegen team. "By the time we head to the march in July we'll have walked the distance of 30 marathons. It may be tough, but the results are worth it."

Nijmegen March is grueling four day trek through 160 kilometres of Dutch countryside, which participants cover in full combat uniform carrying a 10kg rucksack.

"It's an absolutely career changing experience," says CPO1 Koblun. "It's very physically and emotionally demanding, but it gives

you a new perception on what it means to be in the military."

CPO1 Koblun says the experience of the Nijmegen March is one all Canadian Forces members should experience.

"Canadians are really the guests of honour there," he says. "Civilians are excited to see the teams from other countries but when they see the Canadian flag they really go crazy."

The Dutch adoration of the Canadian Forces stems from the final days of the Second World War when the Canadian military liberated Holland and provided citizens with food and protection.

"During the march you hear stories from the older civilians saying they wouldn't be alive if the Canadians hadn't saved their parents," says CPO1 Koblun. "It can be very emotional, and very humbling. Even after all this time they're still grateful."

Training for the march,

which began Feb. 25, is as gruelling as the event itself, and it's not a certainty all marchers will go.

Out of the 24 people that are trying out for the team, only 11 will go to Nijmegen. CPO1 Koblun says the difference between a prospect and team member doesn't have to do with physical fitness.

"It's all about personality," he says. "This is a team venture. We need people who will support their teammates and have their best interest in mind."

The candidates train five days a week with a combination of marches and physical training.

Each team is required to march 500km in preparation for Nijmegen, and CPO1 Koblun says most teams will get around 500-700km. The CFB Esquimalt team, however, will have around 1,250km.

"Most teams don't start training until April, but the mild weather here lets us train more often," says

CPO1 Koblun. "By the time we get to The Netherlands our team will be at the top of their game physically."

The excitement of Dutch civilians is something participants of the Nijmegen March will experience.

"A lot of the time you'll see the younger kids have signature books, and they have contests to see who can get the most Canadian signatures," says CPO1 Koblun. "If you're not willing to participate and interact with the civilians, who are really only there to meet the Canadians sometimes, you're not going to make the team."

While training for this year's team has already begun, CPO1 Koblun urges anyone interested to try out next year.

"If you're a member of the Canadian Forces it's something you absolutely have to experience," he says. "It doesn't just benefit you physically, it benefits you emotionally. It's life changing."

REGISTER NOW **RUN**  
**VICTORIA GODDESS**  
Presented by: **98.5 Ocean**  
Sunday, June 2<sup>nd</sup>, 2013  
BMO 5 KM | Westhills 10 KM | Ed Barn MARKET 1/2 MARATHON  
www.victoriagoddess.com

**MAKE THIS YOUR YEAR: RESOLVE TO RIDE!**  
  
**Steve Drane Harley-Davidson**  
2940 Ed Nixon Terr.  
Victoria, BC  
SteveDraneHarley.Com 250-475-1345

**NEED TOOLS IN THE CITY?**  
  
**RONA EXPRESS** BayWest  
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

## Dedicate a Brick



- Celebrate your military career
- Pay tribute to a family member's military service
- Honour a friend's life and service
- Proceeds from dedications go to support military families

ESQUIMALT Military Family Resource Centre  
Your community. Your resource centre. Get connected.

Get your brick today!  
250-363-2640 • 1-800-353-3329  
www.esquimaltmfrc.com



## The Homecoming Statue

**POSTED to Victoria?**

**\$354,900**

103E-1115 Craigflower Rd.



Gorgeous condo overlooking golfing greens, quick access to the base, on bus route. Quality built in 2005, 2 bed + Den w/g pkg, storage lkr.



**Shelly Reed**

I listen and I care!

CALL DIRECT  
250-213-7444



West Coast Realty

For open house & photos: www.shellyreed.com

**SUDOKU SOLUTION**

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

PUZZLE ON PAGE 4

**Upcoming conference focuses on Middle East**

**John Perry**  
Contributor

Building on the success of the past two years, the 2013 Vancouver Strategic Studies Conference is scheduled for April 26 and 27.

The Conference will be held in the updated presentation room on the fourth floor – Room 420 – of the downtown campus of Vancouver Community College. The venue is located at the corner of Dunsmuir Street and Hamilton Street, close to both the Stadium/Chinatown Skytrain station and the British Columbia Regiment (DCO) Beatty Street Drill Hall.

The Conference will kick off with the keynote event on Friday evening, 7 p.m. (doors open at 6:30 p.m.) with Robert Fisk, the famous British journalist who reports on the Middle East for the UK Independent. He will be featured in a round table discussion titled, "Syria, Security and the Middle East."

Fisk has been described by the New York Times as, "probably the most famous foreign correspondent in Britain." He is the author of the best-selling book, "The Great War for Civilization", published in 2005, which has won many awards and provides great insight into the ongoing, centuries-long conflict in the region.

On Saturday, there will be a series of presentations on Canadian military history and international security issues related to Canada's foreign and defence policies.

The presentations will start with Mike Molloy, a former Canadian

Ambassador to Jordan, who will provide an in-depth look at the obstacles to peace in the Middle East.

That will be followed by retired Colonel Pat Dennis, who will talk about, "Slackers, Shirkers and Malingerers and other great myths about Canadian Conscripts in the First World War."

Stewart Muir, the recently-retired Deputy Managing Editor of the Vancouver

to the public - students, academic and teaching personnel; serving and retired military are especially encouraged to attend. The event is sponsored by the Royal United Services Institute of Vancouver and the Stavros Niarchos Foundation Centre for Hellenic Studies at Simon Fraser University, with sponsorship from the supporting Associations of The British Columbia Regiment (Duke of Connaught's Own), The Royal Westminster Regiment and the Seaforth Highlanders of Canada.

The aim is to enhance public awareness, education and appreciation of Canada's challenges looking to the future in the areas of foreign and defence policy. The Conference is being supported by the Department of National Defence through the Defence Engagement Program administered by the Assistant Deputy Minister (Policy).

Details and timings for the Conference, as well as registration for attendance, are found on line at: <http://2013vancouverstrategicstudiesconference.eventbrite.com>

The cost is only \$35 for regular registration and \$20 for students and junior ranks - and that includes coffee and lunch.

A special rate for the conference has been arranged with the Victorian Hotel, one block from the venue – just call the hotel toll free 1-877-681-6369 and as for the Conference rate.

There is limited seating for the Conference, so sign up early and avoid being disappointed. 39 Canadian Brigade Group HQ has authorized the Conference as a Professional Development event.



Wikimedia Commons

**Among the keynote speakers at the conference is British Journalist Robert Fisk who reports on the Middle East for the UK Independent.**

Sun, will talk about the conflict between the media and the government in a presentation titled, "The Soldier and The Journalist: An untold World War II story of the press, public opinion, politics and war planning on the west coast of Canada."

In the afternoon of April 27, the Commander of the Canadian Fleet, Pacific, Commodore Scott Bishop, will speak on "The Royal Canadian Navy in the Middle East."

The Capstone Speaker, Major-General (retired) Ed Fitch, the former Commander of Land Forces Western Area, will speak on the role of the Canadian Forces in the Middle East.

The Conference is open

**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

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

B.C. GOVERNMENT DESIGNATED INSPECTION FACILITY

BBB PROTECTION PLAN

Castrol

WALKER

HANKOOK

Ask about BG Protection Plan\*  
Where Dependability and Trust are a Priority... \*under 80,000 km

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

**Being posted?**

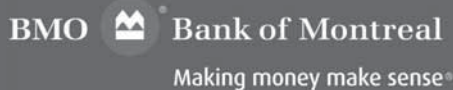
**Save money with BMO's Integrated Relocation Program.**

As the official bank of the Defence Community, BMO offers preferential rates & features to military personnel and civilian employees.

To find out more or to get pre-approved, contact your local BMO Defence Banking Mortgage Specialist:

**Mark Phillips**  
Mobile Mortgage Specialist  
Tel. : 250-818-9650  
[mark.phillips@bmo.com](mailto:mark.phillips@bmo.com)

BMO Bank of Montreal® is honoured to be the official Bank of the Defence Community in partnership with Canadian Defence Community Banking (CDCB).



Registered trade-marks of Bank of Montreal.

103-719 McCallum Rd  
Victoria, B.C. V9B 6A2 **The MORTGAGE Centre**  
COCHING MORTGAGE



**Eric Coching**  
Broker/Owner | 250-217-2326

*Finding the right home is hard.  
finding the right mortgage is easy.*

phone 250-391-6191  
fax 250-391-6192

Convenient location  
across from Home Depot below Costco

**Thinking about consolidating consumer debt?**

Now may be the time as mortgage rates are low. Give us a call for current rates and options!

Rates subject to change without notice

**AUTHENTIC THAI**  
**Friday Lunch Buffet**

• Lunch Combos • Full Dinner •

Dine In



Take Out

Thai dining at its Best!

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

# Oriole's cook lets culinary creativity flow

**Shawn O'Hara**  
Staff Writer

There's an old adage, "an army marches on its stomach," that most military cooks have taken to heart.

For *HMCS Oriole* cook Cpl Eric Hermanson, that saying has become a career.

"A nice warm meal can be so important to the crew," he says. "When they're working on the deck all day, soaked to the bone in the rain, a home-

made stew or a prime rib can make all the difference to them."

From the tiny galley in *Oriole*, Cpl Hermanson, or "Cookshack as he is known to the crew, lets his culinary creativity flow by creating scratch-made pastry, and mouth watering meals.

"I may not have the kit that most of the ship's kitchens have, but that just means I have to be more creative with my recipes," he says. "A real cook shouldn't be limited by

their equipment. They should only be limited by their imagination."

Cpl Hermanson joined the Royal Canadian Army 15 years ago as an infantry soldier. After seven years in the Forces, the mild-mannered Cpl Hermanson decided to make the change to the cook trade.

"I'm a really laid back person and I realized I just wasn't suited to the life of an infantryman," he says. "I was looking for something that was a better fit for my personality, so when an opening came up in the cooking trade I took it."

The process of transferring to cook took Cpl Hermanson about two years, which he spent filling out paper work, taking first aid, firefighting, and survival training, and getting galley time under his apron strings.

"It was a long process but when I was finally done it was such a relief," he says. "Cooking has become a real passion for me. The impact that you can have on someone's day is incredible."

As the only cook in *Oriole*, Cpl Hermanson understands the importance of his position and its effect on the crew.

"This is the first job I've had where every day someone thanks me for making their day better," he says.

Unlike a larger ship with a hierarchy of cooks, Cpl Hermanson has almost full authority on what it is he makes.

"It's very freeing," he says. "With the crew's suggestions and my own interests and inspirations I can basically make whatever I want."



Shawn O'Hara, Lookout

Cpl Eric Hermanson, cook on *HMCS Oriole*, whips up a beef and barley soup in the sailboat's tiny galley.

**E-FILE FROM \$47+HST**

**Top Shelf Bookkeeping Ltd.**  
Locally Owned & operated since 1994

**2 CONVENIENT YEAR ROUND LOCATIONS**

101-76 Gorge Road West  
Victoria, BC V9A 1M1  
250-388-9423

1253B Esquimalt Road  
Victoria BC V9A 3P4  
250-590-4050

Don't miss your chance to WIN



**kids & COMPANY**

Draw date  
April 1 @  
noon

**Congratulations!**

You have won....

15 child care Emergency and Back Up passes for Kids & Company  
**Value \$350**

- Kids & Company Uptown location or the new Langford location opening Summer 2013.
- Free registration online must be completed prior to usage and booked with site director.
- Usage by one child during the calendar year with expiry March 2014.

E-mail the word "Yahoo!" to [kate.king@forces.gc.ca](mailto:kate.king@forces.gc.ca) to be entered into the draw.

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

**HARDWOOD, LAMINATE & ENGINEERED FLOORING**

**AUCTION**  
ONE DAY ONLY — NO MINIMUM PRICES

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

**HUGE ENGINEERED FLOORING, LAMINATE AND HARDWOOD AUCTION**

**TIME: Saturday April 6th 2013, 10:00am**

**PLACE: 19757 92A Ave, Langley, BC**

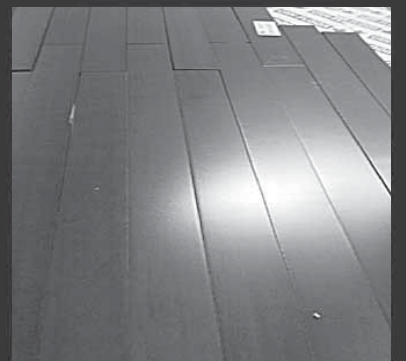
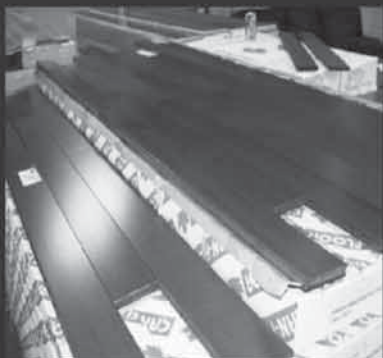
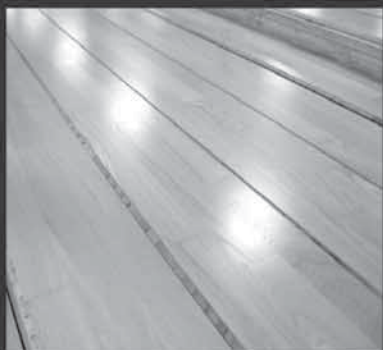
**PREVIEW: Preview Friday April 5th 12noon-6pm**

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

**WHY PAY RETAIL? DON'T MISS THIS OPPORTUNITY!**



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



# LOOKOUT Classifieds & Real Estate

**RATES:** MILITARY and DND PERSONNEL: 25 words \$8.40 • ALL OTHERS: 20 words \$9.60 • Each additional word 19¢ • Tax Included • DEADLINE FOR CLASSIFIED Advertising: Thursday at 11a.m.

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

**SERVICES OFFERED**

**Shaw)** Call for Best Available Promotions

**Same Day Service!**

Installation Technician #0552  
Brad Reay  
**250-589-2615**  
bradreay@shaw.ca

**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](http://www.sja.ca/BC)

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

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

**250.661.0181**

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

DND 20% Off

MasterCard VISA American Express

**NEED A BUILDER?**

**PARAMOUNT** PROJECTS LTD.

- Additions
- Renovations
- General contracting

One call does it all!  
**250.813.3448**

**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**

**WESTCOAST** APPLIANCE CENTRE LTD.

**LARGEST SELECTION GREAT PRICES**

- Reconditioned
- New • Builder
- In Home Services

MILITARY DISCOUNT OFFERED

Corner of Gorge Rd East & Jutland • 382-0242

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

**REAL ESTATE • FOR RENT**

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

**MACAULAY EAST** **MACAULAY NORTH**

948 Esquimalt Rd. 980 Wordsley St.  
Bachelor, 1,2 & 3 bdrm 1 & 2 Bedroom  
Manager 250-380-4663 Manager 250-384-8932

**FREE Heat & Hot Water**

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

MILITARY DISCOUNT OFFERED

FRESHLY RENOVATED COLWOOD 3bdr., 2 bath upper/main. Near Thriftys and Galloping Goose. No pets. Military Discount, \$1250 per mo., available now. Please call 250 661 6422

ESQUIMALT: 954 DINGLEY DELL. Crime free multi housing building. Lrg 2 bdrm apt & den. \$949/mo. Incls ht/hw & prkng. NS, neutered indoor cat okay. Nr bus, park, not far from base. Avail. May 1/13. Resident mgr. Contact Elizabeth at 250-479-9383 or meb@shaw.ca

BRIGHT, 1 BDRM APARTMENT in a coach house, \$950/mo incls heat/hydro, laundry, parking, great Langford location NS/NP. 250-920-4123

**ANNOUNCEMENTS**

PLEASE JOIN SIERRA VICTORIA for a FREE screening of "White Water Black Gold" - a powerful documentary chronicling the multifaceted devastating effects of the Alberta tar sands. 7:00 pm, April 10 at Church of the Advent, 510 Mt View Ave, Colwood. For more information see: <http://www.sierraclub.bc.ca/events/white-water-black-gold-colwood>

STV TUNA IS LOOKING for CF/Ex-CF/DND civilian members to join the forces offered sailing program. Any one interested in sailing or learning to sail is encouraged to join us. All skill levels are welcome. For more information about the program please contact Sgt Steve Wright 902-427-4417 or steven.wright@forces.gc.ca or check us out on facebook (STV Tuna) for more information.

AVAIL 1st MAY 2013, 3 BDRM, 2 1/2 bths, garage, mezzanine, walk-in closet, constr. 2007, very bright, meticulously clean, all bdrms are carpeted & upstairs. Living room & kitchen are hw flrs, f/s/w/d/dw/microwave & cent. vac. Incl. utils not incl. ref need. Pets to be discussed (cats are okay - purrr) pls. call: 613-883-7222

NEWLY PAINTED, 4 BDRMS, 2 BTHS, beautiful lg. recreation room with wood burning stove, on acreage. One yr lease, \$1200/mo. avail. May 1st, 2013. Pls call 250-516-4894

3 BDRM HOUSE, JULY 1ST, Sunroom, garage, fire-place, 5 appls, 1600 sq.ft., Excellent location, close to military base, schools, park and ocean. NS/NP, Ref. Req. \$1650/mo. 250-383-8800

**MOTORCYCLES**

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

**AUTOMOTIVE**

**Jas Toora Automotive**  
Honda Specialists  
**10% OFF**  
labour with military ID  
BC Inspection Facility  
552 David St.  
250-389-0624

**VEHICLES FOR SALE**

2005 TOYOTA MATRIX, 220 000 km. Dependable, will req. tune up & new brakes. Asking \$3500 or OBO. Call J.P. 250-588-4593

LARGE BACHELOR, QUIET house, private entrance, Saxe Point area, \$600/mo + hydro. Cable and Wifi incl. 250-381-3805

**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

**Devon** PROPERTIES LTD. No Pets allowed in any building  
[www.devonprop.com](http://www.devonprop.com)

**LARGE SUITES**

**855 Ellery**  
2 BDRMS from \$825.  
Avail NOW & Apr 1st  
250-812-5234

**1180 Colville**  
2 BDRM \$895; 3 BDRM \$1,110  
Avail NOW & Apr 1st  
250-360-1983

**1198 Esquimalt**  
Bachs from \$710  
1 BDRM \$775  
Avail NOW & Apr 1st  
250-812-5234

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

**2 Bedroom 2 floor LOFT**  
\$1300/month Unique 1000sq/ft. plus balcony for bbq. NP/NS. Cat considered. Langford.  
Townhouse- living at Condo rent.

[Email Josh: yougojosh@gmail.com](mailto:yougojosh@gmail.com)

**LARGE 2 BEDROOM SUITE**

Main floor of new house available April 1st.  
Includes: stacking in-suite laundry, dishwasher, gas fireplace, microwave.  
Features: new carpeting, tiled kitchen/bathroom floors, bay window, plenty of storage and closets.  
No pets, absolutely no smoking.  
Free parking on street **\$1075 + \$125 utilities**  
Best suited for 1 or 2 adults. **Phone 250-881-5549**

**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**

# LOOKOUT Classifieds & Real Estate

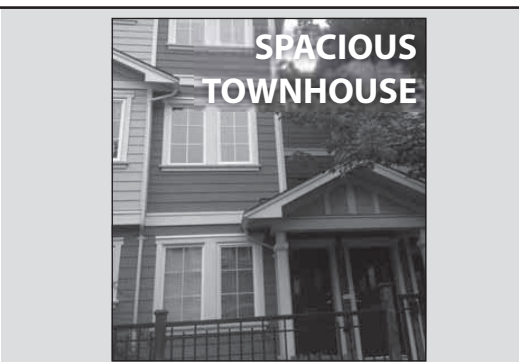
**RATES:** MILITARY and DND PERSONNEL: 25 words \$8.40 • ALL OTHERS: 20 words \$9.60 • Each additional word 19¢ • Tax Included • DEADLINE FOR CLASSIFIED Advertising: Thursday at 11a.m.

**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  
canadianmilitaryrelocation.com

**RE/MAX CAMOSUN**

**canadianmilitaryrelocation.com**

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

100 METER WALK TO LAKE. 3 bdrm, 1 1/2 bth, garage, full sized lot on a quiet cul-de-sac in Glen Lake area. Close to shopping, schools & transit. 2 story house approx 1100 sq.ft. down, 1200 top floor. w/d/f/s. Possible rent to own for military member. \$424,900, 250-217-9935

CONDO FOR SALE. 2 Bdrm, Near Esquimalt Road and Head Street. \$189,900. More info 250-388-9391

**Renovated 3 bdrm home! MLS 315054**



Malahat, approx. 20 minutes to Naden. Fully renovated & updated 3 bedroom homewith sundeck, jetted tub plus many extras. Family community next to a park - with swimming, fishing and more. This property is so nice we'd like to buy it. (Oh, we already did). Time to sell & retire close to our grandchildren.  
**Call Bill 250-888-2250**

**GORGEOUS HOME! WALK TO WORK! NO COMMUTE!**



Custom built designer home. Fenced yard & patio. Perfect for military family. 5 minute walk to base amenities, steps to bus stop. 3 bdrms, den, 3 baths. Jacoba hardwood on main, new carpeting upstairs, crown mouldings throughout, gourmet kitchen, spa-like ensuite. Priced at \$535,000 to sell quickly. MLS 320757. Call 250-474-4800 or 250-881-5998.

**Affordable Luxury**

Open House Sat/Sun 1-4 **Walk to the Base!**  
934 Craigflower



13 New Townhomes from \$389,000 - \$459,000 incl HST 3 Bdr/Garage

**NICOLE BURGESS WALT BURGESS**  
250.384.8124  
nicole@nicoleburgess.com

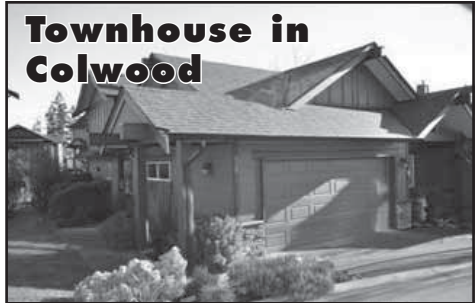
**BUYER'S CASH BACK Get 75% back**

from my commission by purchasing a home from MLS listings\*  
**for \$800,000 home, you get \$9150 back**  
**Ray Kong P. Eng**  
Realtor, Professional Engineer  
top 1% in sales among Victoria agents  
250-858-0099  
TotalRealtyDiscount.ca

**2 BEDROOM, 2 BATH \$309,900**

1120 Square Feet, quiet East/South Exposure at back corner of building, 2 decks, secure underground parking, Hillside Mall area.

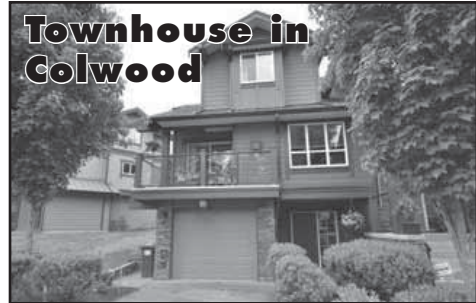
**www.victoriabchomes.com**  
**Wally Marcinkovic**  
Cell: 250-686-111



**Townhouse in Colwood \$414,900**

The moment you enter this level entry, end unit townhouse you will feel at home. From the vaulted ceiling in the livingroom with gas fireplace, through to the spacious kitchen with kitchen island, eating area and adjoining family room will be the centre of family gatherings. The Masterbedroom on the MAIN features ensuite with heated floors and walk in closet. Laundry room and 2 piece powder room also on the main.. Two more good size bedrooms (14x11)(13x13) and four piece bath up. Gleaming bamboo flooring throughout the main floor. Westridge Townhomes in Royal Bay is a natural setting with many walking trails nearby.

**Call today to view 56-486 Royal Bay**  
**LEAH VICTORIA WERNER**  
250-474-6003



**Townhouse in Colwood \$388,400**

This spacious 3 bedroom- 3bath END Unit Townhome located in Royal Bay boasts 2021 finished sq.ft. boasts NEW CARPETING & FRESHLY PAINTED. This three level townhome features bright open kitchen with abundance of cabinets & counterspace, convenient eating bar, eat in kitchen, adjoining familyroom, sliding doors to private patio surrounded by greenspace. Livingroom with gas fireplace, diningroom with patio doors to front balcony to enjoy glimpses of city/ocean views. Downstairs you will find an office/computer room and a tv/rec rrom for the whole family to enjoy. Minutes to Esquimalt Lagoon, Balance of 2-5-10 home warranty. Truly a must see.....

**Call today to view 19-486 Royal Bay**  
**LEAH VICTORIA WERNER**  
250-474-6003



**Townhouse at Latoria Walk \$539,900**

Must see this STUNNING, PRIVATE, END UNIT TOWNHOME at Latoria Walk. This bright & spacious, 3116 sq.ft. home features vaulted ceilings, floor to ceiling windows, open living concept for entertaining. Oak hardwood flrs, beautiful kitchen, granite counters, s/s appliances.. Masterbedrm, located on the MAIN LEVEL boasts spa like ensuite (soaker tub, separate shower, his&her sinks), walk in closet. The loft overlooks the living area is a perfect retreat for quiet moments or office space. The lower level you will find family room, games room, storage room & more. Outside entertaining can be enjoyed from the deck or private, garden area on lower level. Walk to Olympic View Golf Course, Red Barn market, enjoy the 40+ acre pristine parkland walking trails.

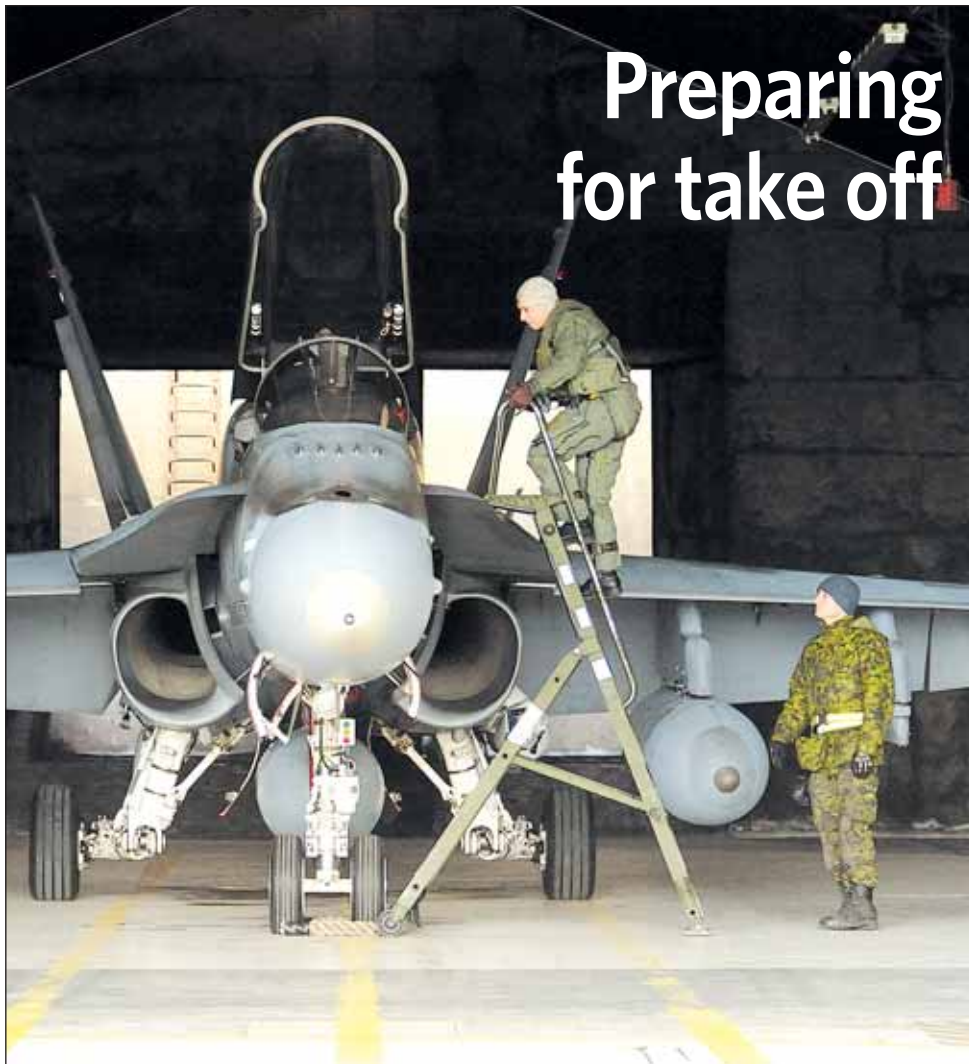
**Call today to view 30-360 Brookside Rd.**  
**LEAH VICTORIA WERNER**  
250-474-6003

**Brand New Unit Reduced \$30,000 for final sale**



**\$299,900**  
Contemporary 2 Bdrm 2 Bthrm unit with walnut wood flooring in main living areas, quartz countertops and soft close cabinets in the kitchen and bathrooms. Kitchen includes floor to ceiling under lit cabinets, glass tile back splash and Whirlpool appliances. Located close to Gorge Vale Golf Course, Kinsmen Park, Naden Base and all shopping malls, including downtown Victoria. NET HST INCLUDED

**JONES CO REAL ESTATE INC**  
**Brad Walker**  
250.588.7535



# Preparing for take off

Cpl Pierre Habib, 3 Wing Bagotville  
 Cpl Corey Mitchell and Cpl Christian Parker supervise the start on a CF-18 aircraft before takeoff during Operation Ignition 2013. Operation Ignition is Canada's periodic participation in the North Atlantic Treaty Organization (NATO) patrol of Iceland's airspace. The Canadian contingent comprises about 160 personnel, six CF-18s plus a support element at Keflavik Air Base.



Join the conversation



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

## 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

## Randall Garrison, MP ESQUIMALT-JUAN DE FUCA



Constituency office  
 is now open to serve  
 constituents:

ADDRESS:  
 A2-100 Aldersmith Place  
 Victoria V9A 7M8

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

PHONE:  
 250-405-6550

EMAIL:  
 Randall.Garrison@parl.gc.ca

FAX:  
 250-405-6554

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

# Domino's Pizza



**Military  
 Discount!**  
**15%** order code: mil



**902 Esquimalt Rd  
 250-405-2858**

**Order code and Valid ID required to redeem offers**  
 Discount available to Military and DND Personnel. These offers are valid for delivery or  
 carryout "ONLY" from the Domino's Esquimalt Rd location. Limited delivery area.  
 Offer applies to Regular Menu Pricing and can not be combined with any other offer.

**Also introducing!**

## Military Monday!

**50%** off Pizza!  
 Second Monday of every month

limit: 25

order code: mil50