

**U-PAK** MOBILE STORAGE  
Storage that comes to you!

**15% Military Discount**

**250-381-8725**  
878 Viewfield Rd.  
[www.upakstorage.com](http://www.upakstorage.com)

Volume 58 Number 14 | April 8, 2013

# LOOKOUT

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

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



**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

102-1497 Admirals Road (Near Base)



# Busted!



Cpl Malcolm Byers, HMCS Toronto

**Above:** HMCS Toronto stands guard over a dhow during boarding operations in the Arabian Sea.

**Inset:** While on patrol in the Indian Ocean March 29, Toronto's naval boarding party searched a suspect vessel as part of ongoing maritime security operations. They recovered approximately 500 kilograms of heroin with an estimated street value of more than \$100 million. The ship is currently deployed on Operation Artemis, Canada's contribution to CTF150, combating terrorism in the Arabian Sea and Indian Ocean. Read the full story on page 3.

**CANEX** [www.canex.ca](http://www.canex.ca)

**No Interest Credit Plan**

**12 · 24 · 36**  
Month terms

**Plus**  
**NO MONEY DOWN**  
**NOT EVEN THE TAXES!**  
O.A.C.

**We proudly serve the Canadian Forces Community**

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

**MOLLY MAID**  
[www.mollymaid.ca](http://www.mollymaid.ca)

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

**PHARMASAVE Rewards**  
EARN POINTS & SAVE!

**15% off**  
Regular priced merchandise for Military members and their family

Pharmasave Rewards - earn points on your everyday purchases to spend in-store

101-1497 Admirals Rd.  
250-388-5051

**PHARMASAVE**

# Ship repair zone = safety and security

**Shawn O'Hara**  
Staff Writer

It's been decades in the making, but has finally come to fruition. Safety and security-oriented access rules have been defined around Fleet Maintenance Facility Cape Breton (FMF CB) buildings in what is now called the ship repair zone (SRZ).

It's the latest advancement in the massive facility consolidation project that began more than a decade ago. To improve safety and security of the area, the zone is now only accessible to FMF CB employees and those conducting business with the unit. The zone includes the main structure - D250, D252, D190A, D215, D149 and smaller outlying buildings.

"I have seen too often people wearing flip flops while using the FMF CB buildings as a shortcut to transit the yard - this is a safety issue, plain and simple," says Capt(N) Don Smith, Commanding Officer of the FMF CB. "Our number one concern is ensuring no one gets hurt, and to do that everyone needs to keep up with some simple safety regulations. Also we must control access to the weapons systems and classified information needed to sup-

port the operational capabilities of the Fleet."

People needing to enter the area must report to the commissionaires' desk in D250 with valid ID. They'll be given a visitor pass if they are not in possession of an access badge. Visitors with less than level two security, or without DND ID, will be escorted.

They will be required to don CSA approved hardhats, work boots, and safety glasses if entering any of the production work centres.

FMF CB employees working in or visiting the Ship Repair Zone will be required to carry their ID badge and have it displayed when in office areas. These double as electronic swipe cards to pass electronic check points at the various entry points of the building and other areas within the SRZ.

"This is a military industrial zone, and there are things here that need to be more regulated than they have been in the past," says Capt(N) Smith. "With this system we'll be able to keep tabs on who is in the building and why they are here - something that is important for security, safety and disaster response."

Capt(N) Smith says the ID badges make identifying authorized personnel a much simpler prospect.



"If someone doesn't have a badge, then we'll ask them who they are and where they're going," says Capt(N) Smith. "It makes it easier to know who should and shouldn't be somewhere."

Future plans for the follow-on phases of the SRZ have included fences, gates, and Commissionaire posts on the south side of D250.

However, these features were recently reconsidered as the location of the check points could choke the flow of sailors and stores to ships at C Jetty.

"It just didn't work with the overall flow of the base," says Capt(N) Smith. "We realized the SRZ needs to be implemented while being mindful of the

Formation needs. We are working with the Base to ensure we are implementing the most practical possible plan as the Dockyard undergoes a major infrastructure renewal. This change is showcasing the strength of our teamwork in the Formation as we focus continually on our core mission - support to operations."

A little junk in the trunk  
is a good thing.



Display it with pride. You know you're doing a good thing. There is a place for old electronics, unwanted furniture and other household items. Get the low-down at [myrecyclopedia.ca](http://myrecyclopedia.ca) and before you know it you're taking your reusable or recyclable items where they need to be. Look for the Jack FM Community Cruiser then let us know what sort of junk you see in the trunk by tweeting #junkit. You could win one of our weekly prizes.

PROUDLY SUPPORTED BY:



[www.crd.bc.ca](http://www.crd.bc.ca)



Hey Victoria... GET READY!

Mark your calendars, the countdown is on!

19 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](http://www.TeenExpo.ca)



Sponsored by:



# Toronto scores major drug bust

DND

HMCS Toronto successfully disrupted a massive narcotics shipment in the Indian Ocean on Friday, March 29 as part of counter-terrorism operations.

Toronto's naval boarding party searched the suspect vessel as part of ongoing maritime security operations.

While on board the team recovered a significant amount of narcotics with an estimated street value of more than \$100 million.

Australian Commander of Coalition Task Force 150 (CTF150), Commodore Charles McHardie said this seizure is proof coordinated efforts can have a significant impact on narcotics smuggling – thereby denying a source of funding to terrorist organizations.

"This is the largest maritime interception of narcotics in the Command Maritime Forces (CMF) area of operations, and one of the largest heroin seizures in the maritime environment."

Deputy Special Agent in Charge of the United

States Naval Criminal Investigative Service (NCIS) Transnational Crime Unit, Brian Curley, working with CTF150 on the operation, said, "Through our collaborative work, we know global and regional terrorist organizations, who threaten all of our security, finance their activities with proceeds from narcotics trafficking. This most recent seizure will significantly disrupt terrorist networks in the region and greatly assist in coordinated efforts to continue to map the way these organizations resource themselves."

CTF 150, a combined Canadian and Australian staff, works with CMF and other agencies to coordinate maritime security operations across their area of operations. The CMF mission is to promote security, stability and pros-

**This is one of the largest maritime seizures of heroin in history.**

-Brian Curley  
Deputy Special Agent in Charge NCIS Transnational Crime Unit



Cpl Malcom Buyers, HMCS Toronto

**Stacks of narcotics line the deck of a ship caught smuggling by HMCS Toronto.**

perity across the Arabian Gulf, the Gulf of Oman, the Red Sea and the Indian Ocean. The area encompasses some of the world's most important shipping lanes.

CTF150 targeted the region's historical narcotics smuggling route in coordination with regional authorities during Focused Operation Southern Sweep.

The smuggling of narcotics in the region is a recognized funding source for terrorist organizations. By

interrupting the narcotics trade, CTF150 is able to deny financial resources to extremist groups.

Commander David Patchell, Commanding Officer of Toronto, stressed the impact this will have on the international community.

"Seizing over \$100 million worth of narcotics is significant on many levels. It keeps it off the streets and out of the hands of criminals, but it also has a massive impact on the finances of international terrorist organizations. This seizure will have a sweeping impact on these organizations at all levels, and demonstrates Canada's commitment to our allies, and to ensuring the seas are used for legitimate purposes," he said.

## Construction brings detours to Admirals Road

The Town of View Royal and the District of Saanich are commencing the replacement of the Craigflower Bridge and upgrades to Admirals Road from Island Highway/Craigflower Road to Cowper Street.

The upgrades include the replacement of the 80-year-old Craigflower Bridge, construction of new sidewalks, bike lanes, safety features and road surface on Admirals Road, improvements to street lighting, installation of storm water treatment facilities and rain gardens, boulevard landscaping and improvements, a refurbished traffic signal at the intersection of Admirals Road and Gorge Road West, and replacement of the

sanitary sewer, storm drain and water mains on Admirals Road.

The project is anticipated to take eight months to complete.

For the duration of construction, Admirals Road will be closed to traffic between Island Highway/Craigflower Road and Cowper Street.

Some of the changes that will be made to the road network to facilitate travel are:

- Island Highway from Admirals Road to Six Mile Road will be temporarily designated as a truck route for the duration of the project;
- Traffic signal timing will be adjusted at the following intersections: Island Highway and Helmcken

Road, Island Highway/Craigflower Road and Admirals Road, Craigflower Road and Tillicum Road, Gorge Road West and Tillicum Road, Tillicum Road and Trans Canada Highway and Admirals Road and Trans Canada Highway

• Electronic message boards will be placed on primary approach roads and traffic advisory signs will be posted on applicable roadways.

In order to ensure the shortest closure time of Admirals Road as possible, the townships have offered a significant monetary bonus incentive to the contractor in order to have the road open to traffic by Dec. 1 of this year.

**FOR THOSE ABOUT TO RIDE WE SALUTE YOU.**  
MILITARY PERSONNEL TAKE \$1000 OFF THEIR PURCHASE OF ANY NEW VICTORY MODEL.

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

WWW.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

**Posted to Nova Scotia? Call me.**

**ROYAL LEPAGE Atlantic**  
GO BEYOND  
INDEPENDENTLY OWNED AND OPERATED Broker

Cell: 902-209-8690  
Geoffrey Martin • Sales Representative  
Office: 902-453-1700 • Fax: 902-455-6738  
GeoffreyMartin@royallepage.ca  
www.RoyalLepageAtlanticHalifax.com

**GROW YOUR SEVERANCE**

• REAL ASSETS • SOLID RETURNS

**FREE INVESTMENT REVIEW**

CALL OR EMAIL TODAY  
**250-388-0268**  
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's 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.

**AFFORDABLE OFF BASE LIVING!**  
Bachelors, One Bedrooms, Two bedrooms, & Three Bedrooms available

**ASK ABOUT OUR MOVE IN DISCOUNT!**

**250.381.5084 CAPRENT.COM**

# 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'OAFCS 57.5. Les opinions et annonces exprimées dans le journal ne reflètent pas nécessairement le point de vue du MDN.



Circulation - 4,500

One year subscription - \$35.<sup>31</sup>

Six month subscription - \$17.<sup>66</sup>  
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 is your favourite song and why?*



"Ahead by a Century" by the Tragically Hip. I play guitar and it's one of my favourite songs to play. It's just really fun.

Kevin McLennon



"Diary of Jane" by Breaking Benjamin. It's a song about a guy living his life for a girl, and it really resonated with me when I was younger.

OS Alex Koller



"Don't Fear the Reaper" by Blue Oyster Cult. I always think songs could do with a little more cowbell, and this has just enough.

OS Sean Ewert



"Everything I Do I Do for You" by Bryan Adams. I listened to it a lot when I was in high school, which was around the time I met my wife. Over 20 years later we're still together.

MS Martin Couture



"Tiny Dancer" by Elton John. It reminds me of all the good times I had in high school.

Lt(N) Emily Salzer

## SPORTS trivia

by Bill Sheridan  
Contributor



Name the movie the character listed belongs to:

1. Skier Jill Kinmont
2. Reggie Dunlop & The Hansen brothers
3. Ty Webb & Danny Noonan
4. Roy MacAvoy & Molly Griswold
5. Rannulph Junuh
6. Roy Hobbs
7. Morris Buttermaker
8. Gordon Bombay
9. Jake Lamotta
10. Sonny Gilstrap & Pepper Lewis
11. Sidney Deane & Billy Hoyle
12. Velvet Brown
13. Red Pollard
14. Cole Trickle
15. Danny LaRusso
16. Lane Frost
17. K.C. Carr
18. Ray Kinsella & Moonlight Graham
19. Crash Davis & Nuke Laloosh
20. Thornton Melon & Coach Turnbull
21. Willie Mays Hayes & Roger Dorn
22. Jake Taylor & Ricky Vaughan
23. Larry Burrows
24. Tennessee Steinmetz & Jim Douglas
25. Harold Abrahams & Eric Liddell
26. Mike Oher & Leigh Anne Tuohy
27. Paul Crewe & Caretaker
28. Dorothy Boyd & Rod Tidwell
29. Billy Clyde Puckett & Marvin Tiller
30. Ruben Carter

1. Other Side of the Mountain
2. Slapshot
3. Caddyshack
4. Tin Cup
5. Legend of Bagger Vance
6. Natural
7. Bad New Bears
8. Night Ducks
9. Ragging Bull
10. Cowboy Way
11. White Man Can't Jump
12. National Velvet
13. Seabiscuit
14. Days of Thunder
15. Karate Kid
16. 8 Seconds
17. Kansas City Bomber
18. Field of Dreams
19. Bull Durham
20. Back to School
21. Major League 2
22. Major League
23. Mr. Destiny
24. The Love Bug
25. Chariots of Fire
26. The Blind Side
27. The Longest Yard
28. Jerry McGuire
29. Semi Tough
30. The Hurricane

ANSWERS

## SUDOKU PUZZLE

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

ANSWERS ON PAGE 18

Level: Beginner

## 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

**Lyall Street Service**  
1480 Lyall St. 250-382-0015

Locally Owned & Operated

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

Includes 50 point inspection

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



**10% off**  
**any Truck**  
**Rate**

MILITARY DISCOUNT OFFERED



Call 250-953-5300

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

**CARR BUCHAN & COMPANY**  
**LAWYERS**

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

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

520 Comerford Street | 250.388.7571

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

# CFB Esquimalt first to go live with new supply system

**Shelley Lipke**  
Staff Writer

A new supply tool will change the way the base procures parts and equipment.

Supply technicians, engineers, weapons technicians, and Base Logistics and Fleet Maintenance Facility Cape Breton staff will be able to access live supply details for every part they require.

On May 21, CFB Esquimalt will be the first base to go live with this new supply management tool.

This new tool will be added to the Defence Resource Management Information

System (DRMIS), which is currently used to track finance, material support, procurement, project planning and maintenance for army, navy and air force.

"It is much better for tracking everything we do," says Bill Schulte, Maritime Forces Pacific DRMIS support manager. "It will finally marry the engineer, supply and finance communities into one family. It will save time and money and be a better way to track inventory."

Previously, deployed ships couldn't track orders and outstanding requisitions for repair or maintenance parts.

"The new system will provide better asset management for Base Logistics, improved warehousing capabilities, and more visibility into where our assets are in transit and storage, as well as in use," says Schulte.

Training for the new system is currently underway and the old Material Information Management System (MIMS) will be phased out completely by December. Ships went live with the new system March 11.

Any questions about this new system should be directed to Bill Schulte at 363-4944.

## NEWS Nuggets

### Canadian Pilots Head to Iceland

Six CF-18 Hornets from the Royal Canadian Air Force will patrol the airspace around the Icelandic city of Kerflavik.

This overseas transfer is part of Operation Ignition, and will take place until the end of April.

Operation Ignition is part of Canada's periodic contribution to the North Atlantic Treaty Organization (NATO).

### Canadian Forces off to UK for Exercise Joint Warrior

More than 900 Canadian sailors, airmen and airwomen of the Canadian Armed Forces left last Tuesday for the United Kingdom to participate in Exercise Joint Warrior.

The exercise is a multinational NATO exercise taking place April 15 to 25.

It is the largest military tactical exercise in Europe and is designed to prepare NATO military forces to work together in a variety of missions, from providing humanitarian aid to full-combat operations.

Joint exercises allow participating forces to become familiar with each other's personnel and platforms.

### Arctic Ice Cracks Up

Ice in Canada's western Arctic experienced a massive fracturing event this spring that caused a wave of heaving ice across 1,000 kilometres of the Beaufort Sea.

Huge leads of water opened up from Alaska to Canada's Arctic islands as the massive ice sheet cracked.

It took seven days for the fractures to progress across the entire area from west to east.

The event has been described as "spectacular" to watch from Ottawa, where scientists track the ice with satellites.

Temperatures are so frigid in the Arctic the open water began refreezing as soon as the ice stopped moving. But the new ice will be much thinner – about 30 to 70 centimetres thick – than ice that has been growing all winter and is now more than a metre thick. Older multi-year ice can be several metres thick.

### U.S. Navy receives mobile landing platform ship

The U.S. Navy recently received the first of three Mobile Landing Platform (T-MLP) ships. The 34,500 tonne ships act as mobile harbours for times when there

are no friendly ports nearby.

The ships are reminiscent of container ships, with the main deck lowered to approximately the height of a dock. Ships pull alongside the T-MLP and moor just like they're at a dock. Each T-MLP costs \$134 million USD and is built to commercial ship standards and uses a civilian crew.

Each T-MLP has 2,322 square metres (25,000 square feet) of vehicle storage space and can carry over 1.5 million litres of fuel. The T-MLP is highly automated and only needs a crew of 34.



**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

# Being posted?

Join us for an info session you can't afford to miss.

Get answers from a Mortgage Specialist:

- How can BMO's mortgage feature under the Integrated Relocation Program (IRP) save me money?
- I'm a first-time home buyer – where do I get started in choosing a mortgage?

All military personnel and family members are invited to attend this seminar.

**Thursday, April 17 & 23, 12:00 - 12:30**

**Naden Athletic Centre Conference Room**

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

RSVP to:  
**Mark Phillips**  
Mobile Mortgage Specialist  
Tel: 250-818-9650  
mark.phillips@bmo.com

Canadian Defence Community Banking

BMO Bank of Montreal  
Making money make sense®

# Helping You Is What We Do



**ROYAL LEPAGE**  
Coast Capital Realty  
INDEPENDENTLY OWNED AND OPERATED

<p><b>SAANICH</b> (250) 477-5353 110-4460 Chatterton Way 1-800-461-5353 coastcapital@royallepage.ca</p>	<p><b>WEST SHORE</b> (250) 474-4800 501-1913 Sooke Road 1-866-806-0981 westshorerlp@shaw.ca</p>
<p><b>DOWNTOWN</b> (250) 384-7663 1075 Pandora Avenue 1-866-806-0982 rlpvictoria@royallepage.ca</p>	<p><b>SOOKE</b> (250) 642-6361 6739 West Coast Road 1-800-461-5353 coastcapital@royallepage.ca</p>
<p><b>OAK BAY</b> (250) 592-4422 1933 Oak Bay Avenue 1-800-263-4753 victoriabc@royallepage.ca</p>	

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

# Girl power - chance to sail in tall ship this summer

**Shawn O'Hara**  
Staff Writer

On the worn wooden deck of a tall ship named Unicorn, 12 young women will learn about sisterhood this summer in a program called Sisters Under Sail.

The program empowers young women ages 13 to 18 with confidence, independence, and identity through nautical adventures.

A dozen young women are chosen to take part in the two-week voyage across the Great Lakes.

This year's program focuses on girls from military families from both the U.S. and Canada.

Dawn Santamaria, owner of the 110-foot Schooner Unicorn with husband Jay, says military children are rarely acknowledged for the lives they lead on behalf of their parents.

"So often they're uprooted and moved to other parts of the world, or have their parents deployed to dangerous places. That can be very difficult," she says. "I wanted to honour these girls and everything they go through, and give them the tools they need to make it through what can be a very challenging life."

Applications from children of fallen or active status/active duty members in any branch of

the military, including National Guard, Reservists, or Coast Guard will be accepted until April 15.

Applicants must fill out an application downloaded from the Sisters Under Sail website at [www.sistersundersail.org](http://www.sistersundersail.org), write a 300 to 600 word essay on overcoming obstacles, and submit a letter of reference from a non-family member that speaks to the girl's strength of character. Applications are reviewed by the Sisters Under Sail Board of Trustees, who then choose the 12 sailors - six girls from Canada and six from the United States.

The program began eight years ago when the Santamarias saw the effects a life of sailing had on their four daughters.

"They became so confident, and strong in their opinions and decisions," says Dawn Santamaria. "I thought it could benefit other girls if only they had a chance to sail as my daughters had. I wanted to give them that chance."

During the two-week adventure, the girls are taught to sail as a cohesive team through confidence building exercises such as climbing rigging, seamanship courses, and nautical training.

"It's really amazing the effects that sailing has on these girls," says Santamaria. "Many of them come in meek and shy, but when they leave it's like they're

*I wanted to honour these girls and everything they go through, and give them the tools they need to make it through what can be a very challenging life.*

-Dawn Santamaria,  
Owner of the Unicorn

different people."

Unicorn's all female crew is unique, and Santamaria says it was a conscious choice.

"It seemed strange to be preaching empowerment for women and have the leadership positions be filled by men," she says. "This way the girls are exposed to positive female role models while learning those qualities themselves."

Since inception, Sisters Under Sail has put aboard more than 500 teenage girls and 250 women.

More information on Sisters Under Sail, as well as how to apply, can be found at [www.sistersundersail.org](http://www.sistersundersail.org).



Girls from the 2012 Sisters Under Sail program relax on the deck of Unicorn during some downtime.



The tall ship Unicorn will be the home of Sisters Under Sail for two weeks sailing on the Great Lakes.

## 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](http://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.



EXCITED TO OFFER  
**SPECIAL  
MILITARY  
PRICING**

After a 22 year career in the Canadian Forces, I was released medically and I have started an exciting new career at Ken Evans Ford in Duncan, BC.

The company has given me authorization to represent all military personnel. What that means for you is a direct contact to HUGE SAVINGS on new and used vehicles.

Please contact me for all the details on how to take advantage of this amazing offer, and let me help you through this sometimes frustrating experience.

**Trevor Waldron**  
**1-250-732-5849**





Photo by Tosha Lobsinger Photography

# Prepping for the *Pageant*

**Shelley Lipke**  
Staff Writer

The next Miss Universe Canada could be CFB Esquimalt's Fawnia Robitaille.

The 25-year-old works at Personnel Support Programs as administrative assistant to the manager.

Strutting down the runway in Canada's top pageant is familiar terrain for the brown-haired, brown-eyed beauty. She put herself under judge's scrutiny in 2010 in the same competition. While she didn't win, it didn't deter her from slipping on a gown again in hopes of a tiara, and a chance at the world title.

"Doing pageants builds character," she says. "It keeps me motivated to achieve a goal, whether it's to improve my fitness, to look good in a bathing suit, or to improve my public speaking during the interview with the judges."

The road to the May 25 competition has been a testament to self control.

Most after-work hours are spent at the gym – almost three hours, and every day she considers her meals, choosing small healthy choices to boost her metabolism over alcohol and fast food.

She'll know April 15 if it paid off when she gets fitted for her gown.

"The gown is sponsored by Victoria Bridal Boutique and after a meeting with them we mutually decided on a few dresses. I won't go into detail about the dresses so as not to spoil it, but they are gorgeous dresses and I am very excited to wear one of them during the Miss Universe Canada pageant. The bathing suit is the same for all delegates, and we receive those once we arrive in Toronto."

And which does she prefer – gown or bathing suit?

"Both. The gown is what iden-

tifies me and my flavour for fashion. Being in a bathing suit shows off the hard work I put in at the gym."

More than 60 Canadian beauties will compete in the week-long event in hopes of moving on to the Miss Universe International pageant held in Las Vegas in December.

"During the competition we are judged on swimsuit, formal gown and are interviewed by the judges on charity and humanitarian work we do," says Robitaille.

She is working hard to raise money for the pageant's two charities: Operation Smile, which provides surgeries for children with cleft lips and cleft pallets, and the SOS Children's Villages, a non-profit organization that provides a safe home environment for children.

"The delegate who will be crowned will promote these two charities during her run as Miss Universe Canada," she says.

Bikram Westshore is helping her in this charitable pursuit by donating funds from their next Karma Class on Friday, April 12 at 7 p.m. to help SOS Children's Village.

And what's it like to be judged on her appearance and poise?

"I keep focused and breathe. I'm lucky that I experienced it in 2010, so I know what to expect this May. But basically I need to have a clear mind and set goals so I'm not nervous when I am on the spot and being judged," she says.

For this part, she trains once a month in Vancouver with the regional director, and the Miss Universe Canada runway trainer flies in from Toronto to coach them on their walk and stances.

Of course, the toughest part of the competition, the one that has everyone holding their breath, is the question.

"The interview portion of the competition takes place

in Toronto. To prepare for the interviews, I will be reading the news to keep track of politics and other relevant world issues. I will also prepare with my public speaking skills by having my family and friends ask me questions and critique me on my answers."

Whether she wins or not, the journey is what she says she'll remember the most. And to those young women watching wide-eyed at the event on TV, dreaming of one day wearing a sash and gown, Robitaille says "compete with your whole mind and heart."

"It is a great growth opportunity for character growth. Also, ensure that you have fun leading to and during the competition, as it is a unique experience."

*The Victoria-born Robitaille is a University of Victoria graduate, earning a Bachelor of Science degree in Psychology with a minor in Public Administration. She is currently doing her Masters in Exercise Sciences at UVic.*

**Posted to  
PETAWAWA?**

You'll need to change your License & Registration  
Visit our **Chatroom @ MurphyFord.com**  
for more information.

**Call us to book your FREE  
safety inspections.**

**Ford  
MURPHY**  
Serving the Pembroke and Petawawa area for over 40 years.

613-735-6861 • 1341 Pembroke St. W., Pembroke  
www.murphyford.com

**Fountain Tire**  
*Home of the Tire Experts*

Ask about our  
**Military  
Discount**

**CANEX  
Financing  
Available**

**Quality Tires • Low Prices  
Complete Mechanical Repair  
610 Herald St • 382-6184**

**GOODYEAR** **DUNLOP**

**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 1987



# 1<sup>st</sup> Annual Base Commander's golf tournament

Wednesday June 26, 2013

Olympic View Golf Club  
643 Latoria Road

Thanks to our sponsors



## Win Prizes

**HOLE IN ONE**  
Sponsored by Seaspan

**LONGEST DRIVE**  
Ladies' and men's

**CLOSEST TO THE PIN**  
Ladies' and men's

**\$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**





# Vancouver heads into mid-life refit

**Shawn O'Hara**  
Staff Writer

When you reach middle age in the navy, it's time to get a little work done.

HMCS Vancouver has reached that half-way point, and will be handed over to Victoria Shipyard May 7 for upgrades, as part of the Frigate Life Extension Program (FELEX).

"A lot of work goes into preparing for something like FELEX," says Lt(N) Lucas Pang, engineering officer in Vancouver. "There are a million moving pieces that need to be accounted for."

About 30 percent of the crew has been posted out, bringing the total from 220 personnel to a modest 120. Most of the posted out crew are from "hard sea trades" such as boat-swains and combat operators.

"We really only need those trades when we're actively at sea, so when we're alongside they're not necessarily fully employable," says Lt(N) Pang.

During times of re-fit, hard sea trades sailors are either sent to other ships, or given time to upgrade their education.

"It's a better use of their time and their skills," says Lt(N) Pang.

While most of Vancouver's crew will be posted to other ships before the frigate returns to MARPAC's custody in 2014, a core group of personnel will be maintained at the shore office in Dockyard.

"It's more of a hands-off job for us at that point," says Lt(N) Pang, who will be working from the shore office. "Without the ship in our custody, it's more about ensuring the refit is going well and preparing for when the ship is back."

Lt(N) Pang and other engineering officers will still have a hand in ship's refitting, albeit in a less direct capacity.

"We'll attend weekly



meetings with Victoria Shipyard personnel to make sure the work is going according to schedule," says Lt(N) Pang.

With no crew to feed, the ship's supplies have to go somewhere too.

Canned goods, sealed alcohol, and non-perishable foods currently on the ship will be packed up and distributed among the fleet, ensuring little goes to waste.

The main focus of FELEX is to update the ship's capabilities to standards of the day. Some parts of the ship will be gutted, and equipment not being switched out will be packed in crates and shipped off to a warehouse at Work Point. "Every piece of equipment on the ship will be in that warehouse or returned to the stores system," says Lt(N) Pang. "Once we get the ship back in 2014 we'll bring all the bits and pieces back and fill the ship up again."

Lt(N) Pang says when the ship returns to the navy, with new equipment and capabilities, it provide new experiences for the ship's engineers.

"It's a chance to play with state-of-the-art equipment," he says. "Not just in the Canadian Fleet, but in the world. It's going to be really cool."



## 10<sup>TH</sup> ANNIVERSARY 2013 LANCER

\$20,898

INTRODUCTORY PURCHASE PRICE (INCLUDES \$800 CONSUMER CASH DISCOUNT\*)

\$2,500 IN NO-CHARGE EXTRA FEATURES\*

- 10<sup>TH</sup> ANNIVERSARY FEATURES
- LEATHER-WRAPPED STEERING WHEEL
- 5-SPOKE ALLOY WHEELS
- EXHAUST FINISHER
- POWER SUNROOF
- REAR SPOILER
- FOG LAMPS
- 10<sup>TH</sup> ANNIVERSARY LANCER VEHICLE BADGE

0% PURCHASE FINANCING FOR UP TO 84 MONTHS ON SELECT MODELS\*

DND Discount  
\$500 OFF  
\*see store for details

**2013 RVR ES Manual**  
**\$21,698**



0% PURCHASE FINANCING FOR 72 MONTHS

**2013 OUTLANDER ES 2WD**  
**\$27,698**



0% PURCHASE FINANCING FOR 84 MONTHS

**FULLY ELECTRIC 2012 I-MIEV**



\$24,698<sup>▲</sup> SELLING PRICE INCLUDES

\$5,000 RETAIL CREDIT\* PLUS GET AN ADDITIONAL
\$5,000 IN-EV GOVERNMENT REBATES\*

10 YEAR 160,000 KM POWERTRAIN LTD WARRANTY\*

\* & THE ALL-IN PRICE/SELLING PRICE (GUE) INCLUDES FREIGHT, PDI, AIR TAX, EHF AND PPSA, TAXES, REGISTRATION, INSURANCE, LICENSING AND DUTY ON NEW TRIS ARE EXCLUDED (AS-B/C/D). INCLUDES / MARITIMES/MB/S; EXCLUDES/ DESTINATION, DELIVERY AND FEES, TAXES, PPSA AND DEALER/ADMIN FEES OF UP TO \$599 ARE EXCLUDED.

(M/F)3 available on new 2012 and 2013 models purchased through participating dealers to qualified retail customers who purchase a new vehicle by XXX, 2013. Dealers may sell for less, some conditions apply. Offers are subject to change without notice. See dealer for complete details. 1 2013 RVR ES 4WD and GT S-AWC standard on Outlander XLS. \*20% (1.9% purchase financing available through Bank of Montreal for 72/84 months on all new 2013 RVR models and 0% purchase financing available through Bank of Montreal for 84 months on all new 2013 Outlander models (terms vary by model, see dealer for details). Representative example: 2013 RVR ES (254-4) 2013 Outlander ES 2WD (2045-5) with an MSRP of \$30,000/XXX,XXX/XXX financed at 0%/1.9%/0% for 72/84/84 months equals 156/182/182 bi-weekly payments of \$000/\$000/XXX for a total obligation of \$000,XXX/XXX/XXX and a cost of borrowing of \$000,XXX/XXX/XXX (GUE). Excludes taxes, registration, insurance, licensing and duty on new tris. (Rest of Canada) includes up to \$1,450 in freight, \$250 in PDI, \$100 in air tax, up to \$30 in EHF. Excludes \$15 duty on new tris, taxes, PPSA, registration, insurance, licensing, administration, up to \$599 in other dealer fees and any additional government fees. \* \$800 consumer cash discount applicable on 2013 Lancer 10th Anniversary Edition purchased between April 2, 2013 and April 30, 2013. Consumer cash discount will be deducted from the negotiated price before taxes and will take place of time of purchase. \* \$2,500 in no-charge extra features applies to 2013 Lancer 10th Anniversary Edition for vehicles purchased up to April 30, 2013. Based on dealer inventory. See your dealer for details. \* \$5,000/7,000 retail credit applicable to all 2012 Base I-MiEV/Premium I-MiEV models and will be deducted from the negotiated price before taxes and at time of purchase for vehicles purchased between April 2, 2013 and April 30, 2013. Can be combined with finance offers. Some conditions apply. Please see your participating I-MiEV Certified Dealer for further details. (ON) \$8,231 incentive is available on Mitsubishi Motors 2012 I-MiEV (16kWh Battery) and is applied after taxes. Full terms, eligibility requirements and application available at: <http://www.mto.gov.on.ca/regist/gov/vehicle/electro-vehicles.shtml>. (QUE) \$7,731 incentive is available on Mitsubishi Motors 2012 I-MiEV (16kWh Battery) and is applied before taxes. Full terms, eligibility requirements and application available at: <http://www.vehicule-electrique.gouv.qc.ca/>. (BC) \$5,000 incentive is available on Mitsubishi Motors 2012 I-MiEV (16kWh Battery) and is applied before taxes. Full terms, eligibility requirements and application available at: <http://www.cevbc.ca/>. © MITSUBISHI MOTORS, BEST BACKED CARS IN THE WORLD are trade-marks of Mitsubishi Motors North America, Inc. and are used under license. \*\* Whichver comes first. Regular maintenance not included. See dealer or [mitsubishi-motors.ca](http://mitsubishi-motors.ca) for warranty terms, restrictions and details. Not all customers will qualify.

QUALITY PRE-OWNED VEHICLES The latest additions to our pre-owned inventory - priced to move

<p style="font-weight: bold; color: red;">VALUED PRICED \$23,988</p> <p style="font-size: 0.8em; color: red;">SO DOWN ONLY \$174<sup>00</sup> BI-WEEKLY</p>  <p style="font-size: 0.7em;">Only 23,400 km, heated seats, alloy wheels.</p> <p style="font-weight: bold;">2012 Mitsubishi RVR-SE 4WD</p> <p style="font-size: 0.7em;">#BRV04332</p>	<p style="font-weight: bold; color: red;">VALUED PRICED \$15,988</p> <p style="font-size: 0.8em; color: red;">SO DOWN ONLY \$122<sup>00</sup> BI-WEEKLY</p>  <p style="font-size: 0.7em;">Low km, Rally grill, heated seats, alloy wheels, privacy glass, factory warranty until March 3, 2021 or 160,000 km (powertrain).</p> <p style="font-weight: bold;">2011 Mitsubishi Lancer SE</p> <p style="font-size: 0.7em;">#BLA606671</p>	<p style="font-weight: bold; color: red;">VALUED PRICED \$19,998</p> <p style="font-size: 0.8em; color: red;">SO DOWN ONLY \$154<sup>00</sup> BI-WEEKLY</p>  <p style="font-size: 0.7em;">Only 27,800 km. Rear back up camera, navigation, one owner, loaded - Must have been seen to compare!</p> <p style="font-weight: bold;">2008 Toyota Prius</p> <p style="font-size: 0.7em;">#3RV2153A</p>
<p style="font-weight: bold; color: red;">VALUED PRICED \$20,998</p> <p style="font-size: 0.8em; color: red;">SO DOWN ONLY \$164<sup>00</sup> BI-WEEKLY</p>  <p style="font-size: 0.7em;">Remainder of World's Best warranty (10 years), 43 mpg-hwy, heated seats, 4 wheel disc brakes, Bluetooth, A/C, and much more.</p> <p style="font-weight: bold;">2011 Mitsubishi RVR-SE 4WD</p> <p style="font-size: 0.7em;">#BRV03272</p>	<p style="font-weight: bold; color: red;">VALUED PRICED \$17,998</p> <p style="font-size: 0.8em; color: red;">SO DOWN ONLY \$144<sup>00</sup> BI-WEEKLY</p>  <p style="font-size: 0.7em;">Only 19,800 km, remainder of 10-year factory warranty, air conditioning, heated seats, alloy wheels, and more!</p> <p style="font-weight: bold;">2012 Mitsubishi Lancer SE</p> <p style="font-size: 0.7em;">#BLA605531</p>	<p style="font-weight: bold; color: red;">VALUED PRICED \$21,988</p> <p style="font-size: 0.8em; color: red;">SO DOWN ONLY \$164<sup>00</sup> BI-WEEKLY</p>  <p style="font-size: 0.7em;">Bluetooth, auto., heated seats, privacy glass, A/C, alloy wheels &amp; more. Save \$\$ from new. Only 440 km!</p> <p style="font-weight: bold;">2012 Mitsubishi Lancer SE</p>
<p style="font-weight: bold; color: red;">VALUED PRICED \$20,988</p> <p style="font-size: 0.8em; color: red;">SO DOWN ONLY \$158<sup>00</sup> BI-WEEKLY</p>  <p style="font-size: 0.7em;">Only 287 km! Fast key, save thousands from new! Leather heated seats, power sunroof, rear spoiler, Bluetooth, alloy wheels, privacy glass. Remainder of 10 year warranty.</p> <p style="font-weight: bold;">2011 Mitsubishi Lancer GT</p> <p style="font-size: 0.7em;">#BLA7732</p>	<p style="font-weight: bold; color: red;">VALUED PRICED \$23,998</p> <p style="font-size: 0.8em; color: red;">SO DOWN ONLY \$174<sup>00</sup> BI-WEEKLY</p>  <p style="font-size: 0.7em;">4WD, 4 cyl., heated seats, alloy wheels, privacy glass, Bluetooth, air cond., folding rear tailgate, remaining factory warranty.</p> <p style="font-weight: bold;">2012 Mitsubishi Outlander ES</p> <p style="font-size: 0.7em;">#B0U61098</p>	<p style="font-weight: bold; color: red;">NOW ONLY \$21,588</p> <p style="font-size: 0.8em; color: red;">SO DOWN ONLY \$169<sup>00</sup> BI-WEEKLY</p>  <p style="font-size: 0.7em;">Only 354 km! Save thousands from new! Leather heated seats, 6 speed manual, power sunroof, 18" alloy wheels, HID lights, dual exhaust and more!</p> <p style="font-weight: bold;">2011 Mitsubishi Eclipse GT-P</p> <p style="font-size: 0.7em;">#BEC1498</p> <p style="font-size: 0.7em; color: red;">NEW WAS \$35,199 SAVE \$12,610</p>

Sole Price/Payments exclude taxes/PPSA fees/Documentation fees up to \$495. Bi-Weekly finance payments based on sale prices using 5.99% fixed rate over a 96 month term with zero down On Approved Credit.



## Victoria MITSUBISHI

761 Cloverdale Avenue  
**(250) 220-8100**  
[www.victoriamitsubishi.ca](http://www.victoriamitsubishi.ca)

HOURS OF OPERATION:  
MON - THURS: 8:30 AM - 7:00 PM  
FRI - SAT: 8:30 AM - 6:00 PM



REGISTER NOW



VICTORIA GODDESS

Presented by: **98.5 Ocean**  
today's life rock

Sunday, June 2<sup>nd</sup>, 2013



5 KM



10 KM



1/2 MARATHON

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

The Naden Wardroom presents

# CASINO ROYALE

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

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

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

**Ticket price: \$12 for members and dependants  
\$15 for serving non-members / \$18 for guests**  
Reservations to be made with Megan Illott at 250-363-2689  
For more event details, visit: [www.wardroom.ca](http://www.wardroom.ca)

## Mustard Seed at the heart of philanthropic endeavours

**Shawn O'Hara**  
Staff Writer

When it comes to helping the community, Paul Latour takes it to the extreme, and that's a good thing.

He and his program Hero Work are putting hammer to nail with a \$300,000 renovation for the Mustard Seed Food Bank.

"The Mustard Seed does so much for the people of Victoria that I thought it was time someone did something for them," says Latour.

The makeover begins May 24 and is expected to be done by June 2. Latour says no part of the Mustard Seed's downtown Victoria headquarters will go untouched.

The building will get an electrical overhaul, new floors, new lighting, a new

storage room, new furniture and appliances, and new reception areas and offices for staff.

During the planning phase of the renovation Latour went to the people who would know best what the food bank needed- the Mustard Seed staff

"We want to help make their jobs easier and more comfortable," he says. "By working with the staff to see what they needed, wanted, and deserved we're getting in position to really improve their ability to help those in need."

Latour is currently raising money, services, and supplies for the renovation through contributions from people and companies in Victoria.

"People have been so supportive of the project,"

says Latour. "The people of Victoria are really very selfless. It seems whenever there's work to be done there's no shortage of hands."

The renovation will go hand in hand with a fundraising project Latour calls the Convoy of Awesome. The convoy looks to raise monetary and food donations for the Mustard Seed, to be presented on the day of the renovation reveal.

"I didn't want to do all this work on the building, but still have them be on their own when it came to feeding 7,000 people next month," says Latour.

The convoy will happen June 1 at various sites around Victoria, ending at CFB Esquimalt's lower parking lot on Esquimalt Road at 11 a.m. Food donations will be loaded into a truck and presented to the Mustard Seed following the renovation.

"We wanted to give them a little added bonus as far as the donations go," says Latour. "The renovation is the real project. The donations are the icing on the cake."

If you are interested in volunteering or donating to the renovation or to the Convoy of Awesome, go to [www.herowork.com](http://www.herowork.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](mailto:sandy@sandyhines.com)  
[www.sandyhines.com](http://www.sandyhines.com)

**ROYAL LEPAGE**

Call or Email us Today  
Package in Mail Tomorrow

**HYUNDAI** NEW THINKING. NEW POSSIBILITIES.™

**DOUBLE SAVINGS EVENT**

**0%+ FINANCING FOR UP TO 84 MONTHS**  
ON SELECT MODELS

**SAVE UP TO 40¢/L UNTIL 2014\***

# WIN A HYUNDAI

IS THE DND STAFF GIVEAWAY GO TO  
[VICTORIAHYUNDAIDND.COM/WIN-A-CAR-DND](http://VICTORIAHYUNDAIDND.COM/WIN-A-CAR-DND)

**IT'S THAT EASY!**

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



**WIN**

AN IPOD SHUFFLE WITH OUR WEEKLY QUIZ

For what reason was the 'Belmont Battery' at Fort Rod Hill built?

ENTER ONLINE AT  
[VICTORIAHYUNDAIDND.COM](http://VICTORIAHYUNDAIDND.COM)

**VICTORIA HYUNDAI**

250-995-2984  
[VICTORIAHYUNDAI.COM](http://VICTORIAHYUNDAI.COM)  
525 GORGE ROAD EAST, VICTORIA

# GETTING READY FOR THE FORCE PROGRAM

Personnel Support Programs (PSP) staff are showing military members elements of the new Force Fitness evaluation for the month of April. On May 1 the evaluation will replace the EXPRES test.



Photos by Shelley Lipke, Lookout

**Above:** Fitness and sports instructor Alicia Whyte assesses Nicole Ker's pull ups as part of her training for the FORCE evaluation.

**Middle:** Fitness and sports leader Hilary Hodge assesses Michael Gribble's sand bag pull.

**Far right:** LCol Brenda Joy lifts sand bags.

**Right:** Whyte spots Chris Oliver on the bench press as he prepares for the FORCE evaluation.

Show Suite Open  
Sat & Sun 1 - 4

Amazing views  
Walk to the base



## SKYLINE

RESIDENCES

Brand New Water View Condos  
One and Two Bedrooms  
Military Incentive Program  
**\$249,900 - \$299,900**



(ACTUAL VIEW)

### (250) 384-8124

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

Sales By:  
**Ivica Kalabric**



# 10k, 5k & Kids Fun Run

June 23 • 8:30 a.m.

## REGISTER NOW!

And start training.

### REGISTRATION FEES

Military: \$20

DND Civilians & Dependents: \$30

Public: \$40

Kids Fun Run: \$5

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



Our proud sponsors:



@ Navy10kEsq   EsquimaltNavy10K

Free childcare is available to runners during the race.  
Pre-registration is required, please call 250-363-1009 to register.

# April is Oral Health Month

## Visit Nelles Block next Thursday

**WO Marla Buchanan**  
1 Dental Unit  
Detachment Esquimalt

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.

Research clearly links oral health to overall health. There are millions of bacteria in the mouth and ignoring oral health routines can lead to inflammation causing these bacteria to grow and spread at alarming rates and to find their way into the bloodstream. Unchecked plaque on your teeth can result in gingivitis, periodontal disease and tooth decay.

Research suggests that periodontal disease (bone loss around the teeth) is a risk factor contributing to serious life-threatening illnesses such as lung and heart disease, stroke and diabetes.

There are five easy steps to good oral health:

- 1) Brush your teeth at least twice a day with a fluoridated toothpaste,
- 2) Floss between your teeth daily,
- 3) Rinse using an antiseptic mouthwash,
- 4) Make healthy food choices (nutritious food low

in sugar is good for both oral and overall health), and

5) Visit your dentist and dental hygienist regularly.

The dental hygienists of 1 Dental Unit Detachment in Esquimalt will participate in this worthwhile event by having an oral health display at Nelles Block on Thursday, April 11 from 10 a.m. to 2 p.m.

Drop by our display and pick up some free gifts, plus enter our draw for a free Oral-B electric toothbrush.

Remember to brush, floss, rinse and eat healthy foods – every day.



# Winners of Nutrition Month

**Krista Durand**  
Health Promotion Manager

During the month of March, Health Promotion in conjunction with Food Services held a contest to promote Nutrition Month. This year's theme was "Plan, Shop, Cook."

Many people get overwhelmed when first thinking about making changes to their diet. The information and choices are plentiful. It is easier to eat nutritious meals when we prepare for it, because when we are hungry our brains go on automatic pilot and we grab what is available. Simple planning can make good choices

available for you and your family.

Formation employees were asked to submit a narrative that describes how they plan, shop and cook for health meals. Many great stories and tips were submitted and here are the winners of a Keg gift certificate: Cpl Amanda Willis, LS Jeffery Breadner, and Karen Thompson-Greif. Find their tips on the splash screen. Honourable mentions go out to Danielle Kobierski, Gloria McDormand, OS Kyle McCann, LS Amy Young, and Claire Grant.

If you would like further information about healthy nutrition choices please contact your Health Promotion Department, 250-363-5621.

**Say NO to toxic chemicals**  
in your personal care products

Botanically-based vegan products for the whole family.  
Baby care, men's and women's skin care, fitness supplements,  
aromatherapy and more...



ARBONNE. Call for free samples. 250-661-1269.

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



PEMBERTON  
HOLMES  
ESTABLISHED 1887



- 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**



**MY  
VISION  
IS  
WORTH  
\$ \_\_\_\_\_.**

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\***

Find out how we do it at [lasikmd.com](http://lasikmd.com)  
Free consultation: 1-855-688-2020

**LASIK MD**  
VISION

\*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.

# Support these businesses that support you!

## ACCOMMODATION

### ACCENT INNS

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

### BEST WESTERN PLUS WESTERLY HOTEL & CONFERENCE CENTRE

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

### ENGLISH INN RESORT

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

### E Y PROPERTIES LTD

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

### HOLIDAY INN VANCOUVER AIRPORT

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

### PARK INN & SUITES

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

### QUEEN VICTORIA HOTEL & SUITES

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

### SWANS HOTEL & BREWPUB

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

## AUTOMOTIVE

### ALL BATTERY

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

### BULL FROG TRANSMISSION

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

### FOUNTAIN TIRE

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

### GREAT CANADIAN OIL CHANGE

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

### HORNBY'S CANOPY CITY

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

### ISLAND HIGHWAY AUTOMOTIVE

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

### INTERSTATE ALL BATTERY CENTER

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

### JENNER CHEVROLET BUICK GMC

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

### PENNZOIL/ONE MINUTE OIL CHANGE

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

### PROGRESSIVE AUTO REPAIR

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

### VICTORIA BATTERY DIRECT

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

### WHEATON GM

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

## CHILDREN SPORTS

### SPORTBALL

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

## COMPUTERS

### SNEAKERS COMPUTERS

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

## ENTERTAINMENT

### IMAX VICTORIA

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

### ROYAL BC MUSEUM

20% off a Public Adult/Senior/Youth/Child (Up to a maximum of 4 per valid military ID)  
675 Belleville St, Victoria 250 886-2521  
[www.royalbcmuseum.bc.ca](http://www.royalbcmuseum.bc.ca)

## WILDPLAY ELEMENT

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

## FINANCIAL

### AACT FINANCIAL SOLUTIONS

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

### TOP SHELF BOOKKEEPING LTD

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

## HEALTH

### EYE ETIQUETTE OPTICAL

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

### FUEL SVN

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

### HEALTH ESSENTIALS SUPPLEMENTS

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

### MAYFAIR OPTOMETRIC CLINIC

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

### POPEYE'S SUPPLEMENTS VICTORIA

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

### SOLUTION INNOVATORS

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

### SOLUTION INNOVATORS

Free Wellness Consultation and 15% off a wide range of Advanced Wellness products.  
1159 Finlayson St, Victoria 250 380-0702  
[www.nikken.com/holistic](http://www.nikken.com/holistic)

## LAWYERS

### SPIER & COMPANY LAW

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

### VELLETTA & CO.

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

## LIQUOR/WINE

### TUDOR HOUSE LIQUOR STORE

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

### WINE KITZ ADMIRALS

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

## MOTORCYCLES

### PHOENIX CYCLE LTD

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

## PERSONAL SERVICES

### DRIVE SMART DESIGNATED DRIVERS

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

### INCENDIARY TATTOOS

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

### OUTSHINE SALON & SPA

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

### THE RESUME HUT

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

### UNIVERSAL TATTOOING

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

# Support these businesses that support you!

## RESTAURANTS

### AMPLE EATERY

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

### LOCAL KITCHEN

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

### MONTANA'S COOKHOUSE & SALOON

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

### SIX MILE PUB

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

### THE MOON UNDER WATER

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

### THE REEF CARRIBEAN RESTAURANT

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

### THE SUNNYSIDE CAFE

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

## REAL ESTATE

### 2 FOR 1 HOMESALES

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

### BOARDWALK RENTAL COMMUNITIES

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

### LAWLESS BROWN

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

### PEMBERTON HOLMES BRANDON MAY

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

### DANIELLE SMITH

\$500 discount for Sellers or \$500 cash back for buyers. Must be mentioned prior to starting a working relationship.  
150 - 805 Cloverdale Ave, Victoria  
250 384-8124  
[victoriapropertiesforsale.com](http://victoriapropertiesforsale.com)

### KAREN TABER

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

### RE/MAX CAMOSUN ALEX BURNS

1 Night Free Stay at the Grand Pacific Hotel with a signed buyers contract.  
4440 Chatterton Way, Victoria 250 744-3301  
[www.alexburns.ca](http://www.alexburns.ca)

### TRACEY FOZZARD

Cash back for buyers & sellers plus donation of \$500 to "soldier-on" for every successful transaction.  
4440 Chatterton Way, Victoria 250 812-8452  
[www.tracyfozzard.com](http://www.tracyfozzard.com)

### SUNRIVER ESTATES

Sunriver Estates Ltd & Citta Construction Ltd will pay any Canadian Forces member, retiree or Veteran a total of \$5000 towards the purchase of a newly built home or townhouse in Sunriver Estates.  
2350 Sunriver Way, Sooke 250 642-2233  
[www.sunriverestates.com](http://www.sunriverestates.com)

### VERICO SELECT - ANNE FLYNN

Cash back on mortgage closing \$100 per \$100,000 of mortgage amount.  
102 - 1497 Admirals Rd, Victoria  
250 516-5262  
[www.anneflynn.ca](http://www.anneflynn.ca)

### WINONA REINSMA

Exclusive DND mortgage pkg. 0.05% discount on 1-5yr fixed. No IRD penalty if transferring or relocated.  
63 20881 87th Ave, Langley 604 882-3643  
[www.winonareinsma.com](http://www.winonareinsma.com)

## RETAIL

### BROWN'S THE FLORIST

10% on local product. \*Not applicable to out of town orders or delivery cost.  
757 Fort St, Victoria 250 388-5545  
[www.brownsflorist.com](http://www.brownsflorist.com)

### CAPITAL IRON

15% off on reg priced products with proof of valid Military ID. Exceptions May Apply  
Store St, Victoria 250 893-4766  
[www.capitaliron.net](http://www.capitaliron.net)

### COSTCO WHOLESALE

\$10.00 Costco cash card to all base personnel when joining as a new member.  
799 McCallum Rd, Langford 250 391-1151  
[www.costco.ca](http://www.costco.ca)

### DJ WALKER POWER EQUIPMENT

10% discount off retail prices on whole good items. 10% off labour.  
1112 Goldstream Ave, Langford 250 590-5855  
[walkerpowerequipment.com](http://walkerpowerequipment.com)

### DOUBLE N HARDWOOD FLOORS

5% Military Discount  
1937 Newton St, Victoria 250 880-0926  
[www.doublenfloors.ca](http://www.doublenfloors.ca)

### JOCKEY PERSON TO PERSON

25% off any purchase or purchase 2 items @ reg price and get 3rd @ 70% off!  
1032 Valewood Trail, Victoria 250 658-3326  
[myjockey2p.ca/heleneshaw.victoria](http://myjockey2p.ca/heleneshaw.victoria)

### NEW BALANCE

15% off "The worlds best MILITARY deserves the worlds best fit!"  
1205 Government St, Victoria 250 382-9327  
[www.newbalancevictoria.com](http://www.newbalancevictoria.com)

### PAPER DOLL FORMALS

Free basic boutique & \$75 toward 1 (one) Wedding dress or up to 3 (three) Bridesmaid dresses for all Military (retired and currently serving), DND employees, dependants and their fiancee's! ID must be shown.  
#104-109 Trans Canada Hwy, Duncan 250 597-2737  
[www.paperdollformals.com](http://www.paperdollformals.com)

### PICTURE PERFECT GALLERY

15% off everything!  
3980 Shelbourne St, Victoria 250 721 1313  
[pictureperfectgalleryvictoria.com](http://pictureperfectgalleryvictoria.com)

### RONA BAY WEST CENTER

7% off regular priced items \*some exceptions apply  
220 Bay St., Victoria 250 595-1225  
[www.ronavictoria.ca](http://www.ronavictoria.ca)

### RONA HOME & GARDEN LANGFORD

Get 10% off all your purchases upon presentation of DND ID Card. \*\*Some conditions may apply. See store for details!  
850 Langford Parkway, Langford 250 478-6680  
[www.rona.ca](http://www.rona.ca)

### SKYVIEW SPA'S AND SOLARIUM

20% off retail or list. 5% off sale prices on all hot tubs & water care products  
1-6721 Butler Cres, Saanichton 250 652-0888  
[www.sunspaces.com](http://www.sunspaces.com)

### UC BABY VISION

10% off any package  
202-4489 Viewmont Ave, Victoria 250 888-2625  
[www.3dbabyvictoria.com](http://www.3dbabyvictoria.com)

### WEST SHORE RC

10% off.  
2304 Belair Rd, Langford 250 590-9344  
[www.westshorerc.ca](http://www.westshorerc.ca)

### YOUR PET PALS

10% off everything!  
#4-100 Aldersmith Place, Esquimalt 250 360-1322  
[www.yourpetpals.com](http://www.yourpetpals.com)

## SPORT EQUIPMENT

### COASTAL CYCLES

10% off parts/accessories/ CANEX financing available (without discount).  
1-1610 Island Hwy, Colwood. 250 391-1980  
[www.coastalcycle.com](http://www.coastalcycle.com)

### OAK BAY BIKES - WESTSHORE

10% off bikes & 15% off accessories & parts  
104 - 800 Kelly Rd, Langford 250 590-6960  
[www.oakbaybikes.com](http://www.oakbaybikes.com)

### SCUBA STU'S

10% off most regularly priced merchandise  
\*some exceptions apply  
2078 Ludlow Rd, Victoria 250 642-7507  
[www.scubastu.com](http://www.scubastu.com)

### SOCCERWORLD

15% off regular price soccer & rugby merchandise  
831 Vernon Ave, Victoria 250 475-3777  
[www.worldofsoccer.ca](http://www.worldofsoccer.ca)

## STORAGE

### WEST COAST SUPER STORAGE LTD

15% Military Discount with Valid DND ID.  
210-2780 Veterens Memorial Parkway, Langford.  
250 391-9646  
[www.westcoastsuperstorage.com](http://www.westcoastsuperstorage.com)

### WEST SHORE U-LOCK

10% discount on locker rental  
1621 Island Hwy, Colwood 250 800-0028  
[www.selfstorage.ca](http://www.selfstorage.ca)

**CFappreciation.ca**  
Community • Strength • Savings

**ReconnaissanceFC.ca**  
Communauté • Force • Économies



Make the most of life on the Island

Stay fit, get active and get outside this summer with the Activity Guide.

Available at all PSP and MFRC outlets

**SELECT MORTGAGE CORP**

**Need to REFINANCE to 85% of Value?**  
**Did your Bank say no?**  
**I Can Help! 5 year term at 4.99%**

\*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**

**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

A FULL SERVICE AUTO REPAIR FACILITY

**TRACKSIDE AUTO SERVICE LTD.**

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

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

B.C. GOVERNMENT DESIGNATED INSPECTION FACILITY

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



MCpl Tricia Morley, Records Clerk for RCSU(Pac), displays her new rank with her partner PO1 Jeff Hagans (left) and commanding officer RCSU(Pac), Cdr Bates.



# Bravo Zulu HMCS Vancouver



AB Jessica Spence is promoted to Leading Seaman by Cdr Dave Mazur, Commanding Officer of HMCS Vancouver, and CPO2 John Clairmont, Supply Chief.



LS Dan Sanders is promoted to Master Seaman by LCdr David Coulombe, Executive Officer of HMCS Vancouver, and CPO2 Chris MacDonald, Chief Boatswain's Mate.



LS Bryan Hanlan is promoted to Master Seaman by Cdr Dave Mazur, Commanding Officer of HMCS Vancouver, and Lt(N) Clayton Erickson, acting Combat Officer.



AB Cuyler Narraway is promoted to Leading Seaman by Cdr Dave Mazur, Commanding Officer of HMCS Vancouver, and Lt(N) Curtis Pang, Engineering Officer.



OS Geoff Harris receives his Cert 1 Machinery Watchkeeping Certificate from Cdr Dave Mazur, Commanding Officer of HMCS Vancouver.



PO2 Greg Buckle receives his Cert 3E Machinery Watchkeeping Certificate from Cdr Dave Mazur, Commanding Officer of HMCS Vancouver.



MS Amanda Dagenais is promoted to Petty Officer Second Class by Cdr Dave Mazur, Commanding Officer of HMCS Vancouver, and Lt(N) George Szabo, Deck Officer.



SLt Rowan Wilson receives his Phase VI MSE Watchkeeping Certificate from Cdr Dave Mazur, Commanding Officer of HMCS Vancouver.

*Dedicate a Brick*

**Celebrate your military career**  
**Pay tribute to a family member's military service**  
**Honour a friend's life and service**

**The Homecoming Statue**

**DEDICATION BRICKS**

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

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

Proceeds from dedications go to support military families.



# Conference explores pharmacists' role in emergencies

**Capt Sadie Quintal**  
Contributor

In early October 2012, one of CFB Esquimalt's Pharmacy Officers had the opportunity to participate in the International Pharmaceutical Federation's (FIP) Centennial Congress. FIP holds an annual conference in which pharmacists from various countries and backgrounds congregate to share experiences, discuss the future of pharmacy and work together to ensure that patients in all parts of the world benefit from the best pharmaceutical care available.

Capt Sadie Quintal of Canadian Forces Health Services Centre (Pacific) attended the congress as a member of the Military and Emergency Pharmacy section (MEPS), a small and specialized section of FIP. Also present was the Pharmacy National Practice Leader for the Canadian Forces, Cdr Sylvain Grenier.

During humanitarian crises, emergency response pharmacists and military pharmacists often work in collaboration with international relief organizations

such as the Red Cross, Pharmacists Without Borders or Doctors Without Borders. The annual MEPS meeting and working groups provide a valuable venue for information exchange and co-operation between the pharmacy arms of these organizations and nations.

The many presentations given by MEPS members focused on the role of the pharmacist in emergency response and in the provision of humanitarian services. Access to medication and medical supplies in times of emergency is an important topic for Canadians and the Canadian Forces alike; at any time, Canada may have to respond to situations at home or outside our borders. Domestically, the floods in Manitoba and the risk of tsunami off Vancouver Island serve as salient examples, and one of the hallmarks of disaster is its unpredictable nature.

MEPS hopes to facilitate the development of a National and Global Emergency Response Plan for pharmacists and pharmacies as a framework upon which to ensure individual countries are pre-

pared in the event of an emergency. Information sharing between countries is imperative so that we can apply international lessons learned to our own operations.

Canada is also well known for providing humanitarian relief in the event of international disasters. The Canadian Forces Disaster Assistance Response Team's (DART) most recent mission was in Haiti, where they delivered basic medical care, provided safe drinking water and helped repair basic infrastructure. The Pharmacy Officer on deployment with DART has an important role to play as a medical logistician. He or she must allocate and organize medical supplies, liaise with non-governmental organizations or foreign military forces and oversee the clinical aspects of pharmaceutical care.

The opportunity to learn from the experiences of other emergency response pharmacists, such as those working for the Red Cross or the militaries of other nations, is invaluable to ensure that our Forces are enhancing the care that we



**Forging New Friendships: Pharmacy officers Captain Quintal (CAN) and Major Bartz Cashmore (USA) enjoy the warm hospitality and new friendship of Major van der Linden from host country The Netherlands.**

can provide in the event of an emergency.

What can you do to minimize the impact of a potential disaster on your own medical care?

Always carry a current list of your medications and their directions in your wallet or purse. In the event of a disaster, computer systems may fail, leaving your care provider unaware of your

current medications.

Medical Alert bracelets can be worn to ensure that emergency personnel are aware of any existing conditions in the event that the individual is unable to speak, or in the case of a child who is not old enough to explain.

Educate yourself and your family about any existing medication condi-

tions, medications or special needs, as they may be your only immediate help in an emergency.

*Capt Sadie M Quintal attended UBC's Bachelor of Science in Pharmacy Program, enrolling in the CF in 2009. She has served as Pharmacy Officer for 33 CF H Svcs C Kingston and most recently, CF H Svcs C (P) Esquimalt.*

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

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

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

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

Habitat for Humanity Victoria  
**ReStore**

**MOVE IN TODAY!**

**ACT NOW - AMAZING new year PRICES UP TO \$25,000 IN SAVINGS before the end of February, 2013\***

**LIVE AT LANGFORD'S NEW LANDMARK ONE BDRM + DEN, TWO BDRM HOMES**

- ✓ Spacious Open Concepts
- ✓ Secure Underground Parking
- ✓ Great Central Location
- ✓ Generous Storage Lockers

**Show Suite**  
662 Goldstream Avenue  
Open 1 - 4pm, Thurs - Sun

theGranderson.com  
**250.391.8484**

BUILT BY **GRANDERSON DEVELOPMENTS LTD**  
SALES BY **KAHL REALTY**

**THE GRANDERSON**

\*See sales staff for full details. Prices and incentives are subject to change without notice. E. & O. E.

**Posted to Kingston in 2013?**  
Don Wyld CD Military Authorized Realtor

If a posting to our beautiful "Limestone City" of Kingston is where you are headed, please give me a call at the Toll Free number and I will send you a **Worry-Ender Relocation Kit.**

Together we can make your move stress free, successful and even enjoyable!

RE/MAX Hall of Fame 1990  
RE/MAX Lifetime Achievement - 1994  
Century 21 Hall of Fame - 2004

**Don Wyld, CD Sales Representative**  
Century 21 Town & Country Realty Brokerage Inc.  
Kingston, Ontario • K7L 5H6  
Office: 1-613-545-3333  
Mobile: 1-613-561-9953  
Fax: 1-613-545-1101  
Toll Free: 1-800-663-0078  
www.c21wyld.com  
www.InterBaseRealEstate.com  
Email: donwyld@kos.net

- Map of Kingston and Area
- Key to Kingston Magazine
- Kingston Real Estate Book Magazine
- List of homes for sale that meet your HHT Criteria
- Kingston School Boards information
- My guarantee of 1000 Air Miles or a \$500 gift card
- New listing updates (via email)
- Personalized information, please specify
- Video of 1000 islands

**Don's Worry Ender Relocation Kit**

Everything you need to make your house-hunting stress free and enjoyable

Buy your home with me and receive 1000 Air Miles or a \$500 gift card (DND funded)

**1000 Bonus miles**

**Century 21 Town & Country Realty Brokerage Inc.**

**#1 in all of Canada for 6 Consecutive Years for Most Properties SOLD!!!**  
Each office is independently owned and operated for Century 21 Canada 1999-2004.

# 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**

**Get Home Safe!**  
Drive Smart Designated Drivers  
**250.661.0181**  
YOU AND YOUR CAR, HOME.  
6PM to late

**St. John Ambulance** SAVING LIVES at work, home and play  
Proudly serving the community for over 100 years!  
**First Aid & CPR Saves Lives!**  
www.sja.ca/BC  
For info or to register call 250-388-5505 • 63 Gorge Rd East

**NEED A BUILDER?**

**PARAMOUNT PROJECTS LTD.**

- Additions
- Renovations
- General contracting

One call does it all!  
**250.813.3448**

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

TEACHER WITH OVER 30 YEARS EXPR. 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 musiciswaycool.com.

**SUDOKU ANSWERS**

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

PUZZLE ON PAGE 4

**REAL ESTATE • FOR RENT**

HOUSE FOR RENT, Langford. \$1700/mo incl. utils. Top floor of 2007 home. 3 bdrms, 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 or jm\_harper@telus.net

MAY 1ST, 2 BDRM SUITE for rent. Small quiet family complex by the ocean. Fireplace, F/S, portable DW. NS, small quiet pets considered. Laundry on-site. \$850/mo. + hydro. 250-360-6714

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 needed. Pets to be discussed (cats are okay - purrr) pls. call: 613-883-7222

AVAILABLE NOW - LANGFORD AREA - Crystalview - 2 bdrm, 1bath suite for rent. Insuite W/D, parking, patio. \$925/mo. + \$75 for utils. (not cable/phone) NS/NP. 250-478-7252 or www.phpm.ca [Rentals]

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, fireplace, 5 appls, 1600 sq.ft., Excellent location, close to military base, schools, park and ocean. NS/NP, Ref. Req. \$1650/mo. 250-383-8800.

FRESHLY RENOVATED COLWOOD 3 Bdrm, 2 Bth upper/main. Near Thrifys & Galloping Goose. No pets. Mil Discount, Mil discount, \$1250/mo. Avail now. 250-661-6422

NEW ONE BDRM suite just a short walk to Saxe Point & Base. Utils and water incl. Pvt laundry and entrance. \$950/mo. Email tripleplaysc@hotmail.com

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

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

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

ON THE OCEAN

**Princess Patricia APARTMENTS**

NEW BALCONIES • EXERCISE ROOM  
14TH FLOOR LOUNGE

703 Esquimalt Road  
**250-382-2223**

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

FIND US ONLINE  
WWW.LOOKOUTNEWSPAPER.COM

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

**\$750 \* 837 Ellery St.**  
1 bdrm. Avail May 1  
Heat/HW. No pets.  
Manager 250-217-1718

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

**Esquimalt**

**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

**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**

**Extra spacious 1 & 2 bedroom!**  
Craigflower: large 1-2 bdr, free ht/hw, storage  
Head: 1 bdr, free ht/hw, laundry  
Cov. Park., mtn views, xlg balconies, walk dtwn, on bus routes. Military Discount.  
**Call 250-590-3055**

**LARGE TOWNHOMES**  
UVic/McKenzie Area House size townhomes 2 & 3 bedrooms, 1800-2100 sq ft. 3 levels, 1.5 bathrooms  
New appliances and flooring, private backyard, surrounded by greenspace  
Near schools, mall and on bus route  
**Call 250-686-2682**

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

**MACAULAY EAST**  
948 Esquimalt Rd. Bachelor, 1,2 & 3 bdrm. Full size commercial gym!  
Manager 250-380-4663

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

**FREE Heat & Hot Water - Card operated front load laundry/24hrs**  
New building corner of Tilicum & Burnside coming Sept/13  
To view these and other properties, visit [www.eyproperties.com](http://www.eyproperties.com)

MILITARY DISCOUNT OFFERED  
Tenant Referral Program

**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)

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

# LOOKOUT Classifieds & Real Estate

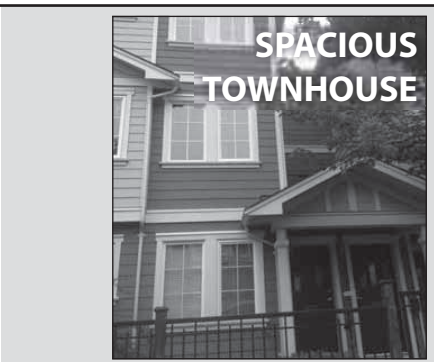
**RATES:** MILITARY and DND PERSONNEL: 25 words \$8.40 • ALL OTHERS: 20 words \$9.60 • Each additional word 19¢ • Tax Included • DEADLINE FOR CLASSIFIED Advertising: Thursday at 11 a.m.

**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**

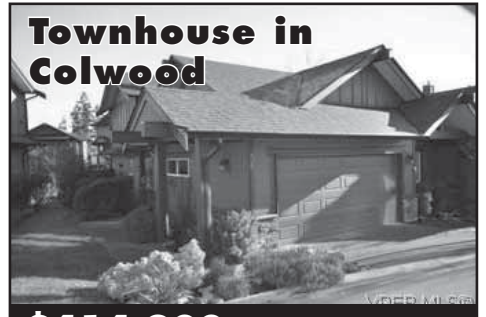
**canadianmilitaryrelocation.com**

**POSTED to Victoria? \$354,900**  
103E-1115 Craigflower Rd.



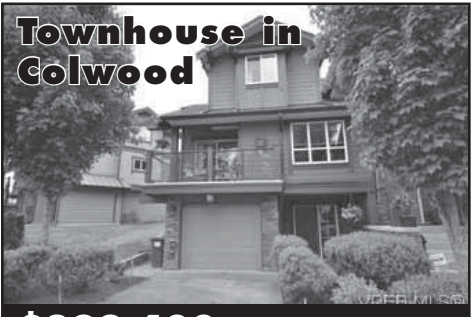
Gorgeous condo overlooking golfing greens, quick access to the base, on bus route. Quality built in 2005, 2 bed + Den w/g pkg, storage lkr.

**Shelly Reed**  
I listen and I care!  
CALL DIRECT 250-213-7444  
West Coast Realty  
For open house & photos: www.shellyreed.com



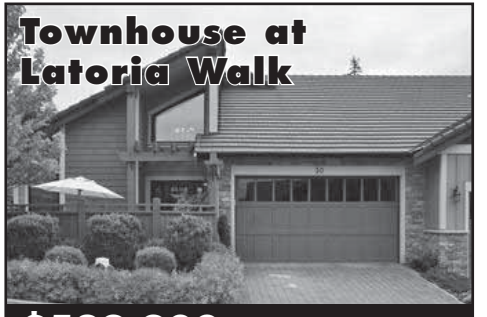
**Townhouse in Colwood**  
**\$414,900**  
The moment you enter this level entry, end unit townhouse you will feel at home. From the vaulted ceiling in the livingroom with gas fireplace, through to the spacious kitchen with kitchen island, eating area and adjoining family room will be the centre of family 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 room 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

OWN A PIECE OF PARADISE! 54 ACRES, 28K OBO. East Coast N.S., South Shore. Great for hunting and fishing! Listing #: B-8977, 2012 new survey. Call Monica toll free: 1-877-637-2553, or, 1-902-637-2553 or fax: 1-902-637-3797

**Renovated 3 bdrm home! MLS 315054**



Malahat, approx. 20 minutes to Naden. Fully renovated & updated 3 bedroom home with 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. **Asking \$120,000**  
Call Bill 250-888-2250

TOWNHOME, VIEW ROYAL, \$372,900, # 18-300 Six Mile Road. 3 bdrm, 2-4pc bths, views of bay and mountains, more info call: 250-900-7311 or www.townhomesvictoria.com

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

Lookout Classifieds Work. 363-3014

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

www.lookoutnewspaper.com  
Download this week's issue, book a classified ad, browse CFPSA job openings

**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**

**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

**WWW.LOOKOUTNEWSPAPER.COM**

# Attention ship crews! Bragging rights at Navy Run



**Shelley Lipke**  
Staff Writer

To encourage unit participation and esprit de corps, organizers of the Navy Run have developed a Fleet Challenge for the June 23 event.

"The message we want to get out is involvement and participation," says Fleet Challenge coordinator PO1 Chris Fraser. "The Fleet Challenge is a contest to see which unit can demonstrate the best participation, team spirit and the best support and camaraderie."

Points will be awarded on the percentage of unit participation, plus there are categories for best costume and best team spirit.

"We are hoping people will come up with a unit-oriented aspect to their costumes. It's about going out and feeling as if you are a part of a team," said PO1 Fraser.

The annual run was formerly known as the Navy 10K, but was changed to the Navy Run as it offers both 10 and five kilometre distances, and a children's fun run.

Participants are encouraged to go at their own pace, be it walking or running.

One other added element to the run is Cock of the Walk, where units and ships compete for end of year sports champion bragging rights.

"Fastest times will be



used towards the Cock of The Walk, while the Fleet Challenge is based more on involvement," said PO1 Fraser.

Each team will receive their own colour Navy Run t-shirt, a separate colour from general entries.

"We are hoping team members can help motivate and encourage each other to achieve their best and have fun at the same time," he said.

Many units signed up already and each unit has their own representative responsible for promoting and collecting registrations.

To find your unit representative contact PO1 Chris Fraser 363-2430.


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


Join our pages  
 FB: lookout.newspaper  
 TW: Lookout\_news

## WE'LL DO YOUR TAX RETURN

**MILITARY DISCOUNT OFFERED**

Starting at **\$45** + tax

**AACT FINANCIAL SOLUTIONS INC.**

1353 Esquimalt Rd  
• Just 2 blocks from CFB Esquimalt •  
250-383-3834

Bilingual services

## Looking for a great treat with Navy flair?

*The collectable Roger's Chocolate HMCS Rainbow Tin and Canadian Navy Chocolate Bar*

Buy them at



**GANEX**  
CFB Esquimalt

Sweeten your fundraising activities with the product that is consumable, collectable and giftable.



ESTABLISHED 1885  
**Rogers' CHOCOLATES**

### 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

# 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

**www.utopiacondos.ca • 250.661.9020**

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