

Let our experience guide you home.

60 years real estate experience
IRP approved

Bruce & Barbara Scott



COLDWELL BANKER
SLEGG REALTY

Cell 250-889-1045
www.BarbaraScott.ca
barbara@barbarascott.ca

Volume 58 Number 21 | May 27, 2013

LOOKOUT

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

Esquimalt Medical Clinic



New Walk-In Clinic Now Open!

Monday - Saturday
9:00 am - 5:00 pm
(778) 265-4305

Located between Country Grocer and Pharmasave in Esquimalt Plaza



Miss Canada Melanie Williamson (right) and Miss Canada 2003 Lorenza Sammarelli are all smiles after touring HMCS Calgary. They both thoroughly enjoyed the experience and said they had a better understanding of the navy and its importance to Canada. See more on page 12.
Photo by LCdr Desmond James, NPAO

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



CANEX www.canex.ca

No Interest Credit Plan

Plus

NO MONEY DOWN
NOT EVEN THE TAXES!

12 • 24 • 36
Month terms

O.A.C.

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)



Valcartier soldiers take salty dip in Pacific Ocean

Shelley Lipke
Staff Writer

During the May long weekend, army personnel from Valcartier, Quebec, joined local navy and air force elements to practice amphibious landings in a joint exercise (Joint Ex) designed to heighten interoperability between Canadian assets.

On May 18, more than 130 army soldiers deployed in Mark V Zodiac boats from *HMC Ships Ottawa* and *Algonquin* bound for a remote beach off William Head.

Once on shore their mission was to evacuate Canadian citizens from a mock hostile

environment scenario and then safely transport them to awaiting Maritime Coastal Defence Vessel *HMCS Saskatoon*.

"We are very excited to take part in this exercise as we have been training since March," said Battery Commander, Maj Sabastien Lemieux. "Amphibious operations involve taking a land element and projecting it to the shore. Usually we train on a unit level with army pretending to be navy. Since we have arrived on May 7 joining Trident Fury, we have learned the mechanics behind the maritime operations, and all the tactics and planning sequences of the maritime elements that need to be done in order to make the ship project the

force to shore."

The soldiers from Third Royal 22 Regiment Valcartier usually practice this type of training on the St. Lawrence River, and this is the first time it has been done using joint operations.

During the exercise Cmdre Scott Bishop and fleet staff sailed in *Algonquin* to oversee command of Joint Ex.

Sea King helicopters deployed from *Ottawa* and *Algonquin* monitored the situation on the ground.

"One challenge we have in an exercise like this is getting a ship to talk to an army unit ashore," said *Algonquin's* Executive Officer, LCdr Jeff Hutchinson. "We will

take lessons away from this to understand each other's challenges. It's interesting to see each other's cultures. We have different traditions, backgrounds, lingo and slang between navy and army. To put this all together makes for a very interesting exercise. Our objective is to identify strong and weak points of the operation and realize what we need to do to rectify those weaknesses."

"It's not just landing our troops on the shore; it's learning all the elements we are exposed to," said Maj Lemieux. "When you put everyone in the same room it opens our eyes to the difficulty of every aspect of the operation."



LS Paul Johnson indicates how close the Mark V Zodiac boat is to the shore as he helps bring a wave of Royal 22nd Regiment soldiers to land on a beach during Exercise Trident Fury 13 (JOINTEX).
Photos by Sgt Norm McLean, Combat Camera

Below: Cpl Marc-Andre Lauzon, a soldier from the Royal 22nd Regiment, CFB Valcartier, Quebec, watches the hills as he wades back into shore after helping place a drop zone marker in the water.



INTREPID THEATRE
SUNDAY, JUNE 9 AT 7:30PM

Victoria Welcomes Rip Van Finn

Victoria Welcomes Rip Van Finn Sunday, June, 9 at Intrepid Theatre. Join for an evening of eclectic folk music from Vancouver quartet Rip Van Finn. Featuring four time BC champion fiddle player Mike Sanyshyn, Newfoundland grown percussionist Curtis Andrews specializing in traditional rhythms of South India, Ghana, and Africa; principal songwriter, vocalist, bagpiper, and keyboardist Joseph McDonald, and noted Vancouver based session player Craig McGregor. Tickets are available for \$10 in advance at ripvanfinn.com or \$15 at the door!

For your chance to **WIN A PAIR OF FREE TICKETS**, be the fifth person to e-mail info@ripvanfinn.com and tell us what band member Curtis Andrews was doing in West Africa last week and receive two complimentary tickets to the show at Intrepid Theatre Sunday, June 9 at 7:30pm.

For more information visit us at ripvanfinn.com or connect with us on Facebook at Rip Van Finn.

All the info you will need is on our Facebook event page
*<https://www.facebook.com/events/246733858801613/>

**Prices just reduced
by \$340,000*
on the last 10 units!**

**No Rush Hour
Walk to the Base!**

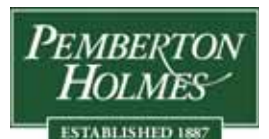
- 2 bdrms from \$289,000
- Amazing Ocean & Mtn Views
- Private Rooftop Patios
- Next to Base
- Pets & Rentals Allowed
- High End Finishing included
Hardwood Floors &
Granite Counters

**Call us now to arrange
your house hunting trip!**



OVATION

**Show suite Open Sat. & Sun.
from 2-4 @ 1315 Esquimalt Rd**



The Mark Imhoff Group
Pemberton Holmes-Menzies
250.590.1775 • HomeSalesVictoria@shaw.ca

* Total amount of reductions
between the remaining 10 units.

VICE-ADMIRAL PAUL MADDISON *Awarded the U.S. Legion of Merit*



U.S. Navy photo by Mass Communication Specialist 1st Class Peter D. Lawlor

Chief of Naval Operations, Adm Jonathan Greenert presents the Commander of the Royal Canadian Navy, VAdm Paul Maddison with the Legion of Merit award during a full honours ceremony at the Washington Navy Yard in recognition of his visit on April 26. VAdm Maddison was awarded the Legion of Merit during the ceremony for his dedication to superior maritime partnership and security cooperation efforts with the United States during his time as the commander of the Royal Canadian Navy.

How can you support

Habitat for Humanity Victoria?



10% DND
Discount
with ID & coupon

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

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

Landsharkzcoins.ca Custom Challenge coins

Victoria-based coin design experts



Base Commander's coin

Fleet School coin

helen@landsharkzcoins.ca
250-479-5018
www.landsharkzcoins.ca



Navy Ball

June 8, 2013

In celebration of the MFRC's 25th Anniversary

In the presence of
The Honourable Judith Guichon
Lieutenant Governor of British Columbia
at Government House

For ticket information, go to
www.esquimaltmfrc.com or phone: 250-363-2640

June 8th 7:00 pm

Join us for an elegant evening of delicious food, dancing and making memories all in honour of military families.

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

Social Media
Kate King 250-363-3014

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 - \$35.³¹

Six month subscription - \$17.⁶⁶

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



WHAT SAY YOU

People Talk

Lookout asked this question:
Do you think everything happens for a reason?



I assume so. That's what my bosses tell me at least.
OS Bradley Strachan



That's a tough one. I like to think so, but if you say that everything happens for a reason that means that bad things as well, and that can be a tough sell for some people. Still, I like to think there's a bigger picture.
LS Duane Cutrell



Everything is absolutely happening for a reason. It's in the book.
PO2 Angela Jimmo



Of course it is. It's something that I tell myself when times are tough. Everything has to happen for a reason, but it'll all work out in the end.
Zhindra Gillis

Got an idea for a question we can ask? Email it to the Editor:

melissa.atkinson@forces.gc.ca

SPORTS trivia by PO1 Bill Sheridan Contributor

1. Who were the Ethiopian Clowns?
2. Who was on the Pony Line?
3. What is the lowest sweater number not retired by the Habs?
4. What was Wonderboy?
5. After Ripken, who has played the most consecutive games?
6. Where did the Dodgers move from?
7. Who has the highest slugging average in major league ball?
8. What is the 'Run for the Roses'?
9. Where is the Little League World Series held?
10. What pitcher has pitched the most no hitters?
11. What team did the NY highlanders become?
12. What was the last defunct team to the cup?
13. What is the Dominion Hockey Challenge Cup better known as?
14. What court is 94 by 50 feet?
15. In baseball scoring what number is the pitcher?
16. Who was the nickname for Carlton Fisk?
17. Where is the Basketball Hall of Fame?
18. What did Louis Meyer do to start a tradition?
19. What is the NBA championship trophy called?
20. What was Dale Earnhardt's final race?

Sports Trivia Answer

1. Originally from Miami, it was a Negro Leagues barnstorming team known more for their on-field shenanigans than their stellar play
2. Doug and Max Bentley, and Bill Mostenko
3. Six

4. Young Roy Hobbs plays baseball with his father on the family farm. Roy's father dies suddenly under a tree. That tree is split in half by lightning, and Roy carves a baseball bat from it and burns a lightning bolt on the barrel and calls it Wonderboy.
5. Lou Gehrig
6. Brooklyn
7. Babe Ruth
8. Kentucky Derby
9. Williamsport
10. Nolan Ryan
11. NY Yankees
12. Montreal Maroons
13. Stanley Cup
14. NBA
15. One
16. Pudge
17. Springfield, Mass.
18. Drank Milk after winning the Indy 500,
19. Larry O'Brien
20. 2001 Daytona 500

Results of standing court martial

On May 2 13 Capt Castle was tried by Standing Court Martial on the following charges under the National Defence Act (NDA):

a. charge 1: s. 93 NDA - behaved in a disgraceful manner

b. charge 2: s. 97 NDA - drunkenness

The accused pled guilty to both charges. The court sentenced the offender to a reduction in rank to Lieutenant and a fine in the amount of \$5,000.

10% off any Truck Rate MILITARY DISCOUNT OFFERED

Budget Call 250-953-5300
www.budgetvictoria.com

Triumph "Thank a Hero"
MILITARY DISCOUNT OFFERED
\$350 to \$750 off best price!

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

Floyds Barber Shop 250-893-1002
No Waiting
28 years experience

New - Call for an appointment - show up 5 minutes prior to your appointment time and leave 17 minutes later, looking great.

3 minute walk from Nelles Block
829 Admirals Road Unit D

Bike to Work Week Public pushes pedals

Shawn O'Hara
Staff Writer



It's time to park that car and push some pedals.

Bike to Work Week (BTWW) is an annual event that takes place from May 27 to June 2, in which people across B.C. are encouraged to walk or take a bike to work instead of driving.

Cpl Susan Anness of Base Logistics is taking part in BTWW for the second year in a row. She says the event is a great way to get some exercise and encourage discussions about alternatives to commuting.

"I tried it last year and I absolutely love it," she says. "It's a really great workout and it's a lot more fun than driving to work."

Cpl Anness' eight person team called Two Track, due to the inclusion of both biking and walking members is one of 525 registered

teams in Greater Victoria. Teams include members of the military, civilians, media professionals, businesses, and countless other organizations in the community.

"It's a great event for the community," says Cpl Anness. "It benefits all of us to find alternatives to driving everywhere, not just on a fitness level but an environmental level as well."

BTWW is coming to CFB Esquimalt with the Bike to Work Week Breakfast. The event, held by Personnel Support Programs (PSP)

Recreation, is taking place May 29 in the parking lot of CANEX at Naden. The free event goes from 6:15 to 8 a.m. and gives participants a chance to grab a coffee or juice, have something to eat, and meet up with other cyclists in the community.

"We thought it would be a good idea to give cyclist an opportunity to relax after the hard ride to work," says Danielle Sutherland, PSP Recreation Director. "When you've got an event as wide-ranging at BTWW it's always fun to meet people that have the same interests and dedication to fitness as you."

They will also feature free bike tune ups from Marty's Mountain Cycle, to make sure that participant's bicycles are in tip top shape.

Also, when you drop by enter into a draw to win one of 10 safety vests sponsored by Health Promotion.

Visitors welcome at CFB Esquimalt

Starting last Tuesday, the base opened its gate to visitors wanting to explore the rich history and current operational atmosphere of Canada's West Coast naval base through a free guided tour.

Until further notice, due to extensive construction in Dockyard, the base is only offering guided museum tours and walking tours of Naden and Dockyard.

Where: Museum Square Naden CFB Esquimalt

When: Weekdays at 11 a.m. until Aug. 23 (excluding July 1 and Aug. 5).

Length: approximately 90 minutes

To locate the museum, enter by Naden Gate at the intersection of Admirals and Woodway Roads and simply follow the blue lines painted on the road surface or the signs with the letter 'M' that mark the way.

Walking tours

Where: Main Gate of HMC Dockyard (end of Esquimalt Rd)

When: Saturdays at 11 a.m. to Aug. 24 (excluding June 29 and Aug. 3).

Length: approximately two hours

Custom Tours

Walking tours can be accommodated as practicable for groups wishing tours outside the regular schedule. Organizers are invited to submit requests by calling 250-363-2595 or by emailing cfbesquimalt@shaw.ca.

Valid photo identification is required except for children under 12 when accompanied by an adult. Walking tour visitors are required to wear closed-toe, sturdy footwear.

Photography is welcomed.

Please Note:

As of Monday May 27, all FORCE evaluation and practice tests will occur at the Wurtele Arena until further notice.

The Esquimalt MFRC Board of Directors is Seeking Applicants

The Esquimalt Military Family Resource Centre (MFRC) is a non-profit, charitable organization registered with the BC Societies Act. The MFRC has an active, involved and energetic volunteer Board of Directors whose vision and ideas guide the day-to-day operations of the MFRC through the Executive Director.

The Board is accepting applications from interested military family members for Director's positions that will complement the skills of current board members. The Board is seeking committed, accountable, community-minded people with experience in the following areas: law, policy, finance, fundraising, human resources, community relations, or organizational operations. This volunteer opportunity is a terrific way to learn new skills and make a difference in the CFB Esquimalt military community.

Learn more:

- Website: www.esquimaltmfrc.com/about-us/joining-the-board.php
- Attend an Info Session on Tuesday June 18th from 7-8pm. Register by calling: 250-363-3080
- Email the Board Development Committee at: bodemfrc@gmail.com

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



EPIC

WARRETT

103.1 JACKfm

Playing whatever! Whenever!

1031jackfm.ca

Leading new leaders: a summer of change

SLt David Lewis
Contributor

The famous coach Vince Lombardi once said, "Leaders aren't born they are made. And they are made just like anything else, through hard work."

Lombardi's comment was in reference to football, but it holds true for the Canadian Armed Forces and the Naval Reserve.

If leaders are made then somewhere, someone is making them. That somewhere is the Basic Military Officer Qualification (BMOQ) course at Canadian Forces Fleet School Esquimalt, and those "someones" are MS Mia Lynch and PO2 Robert Templeman.

MS Lynch from HMCS Queen Charlotte in Charlottown, PEI, is in her second year instructing BMOQ. "It's a lot of work," she says, "But it is so rewarding seeing them on the parade square for their graduation and seeing the transformation."

As the students practice drill in the distance MS Lynch adds, "At first the students don't understand our insistence on the little things such as tucking in their shoe laces or not having threads hanging on their uniform. We're helping them create a mindset of paying attention to details."

A smile crosses her face as she

says, "If you can't handle the little things, you're not going to be able to lead a group of subordinates in a mission."

This is the first year instructing on BMOQ for PO2 Templeman. He is member of HMCS Nonsuch in Edmonton and is taking a break from his civilian job as an electrician. A 16-year veteran of the Naval Reserve, PO2 Templeman has served on ship and participated in domestic operations such as assisting Manitoba flood victims on Operation Lustre.

"Instructing young naval officers who are just beginning their careers is a definite change of pace," he says. "You really have to lead by example. I wouldn't expect or demand they do something I wouldn't or couldn't do myself. If I'm inspecting their uniform then mine better be flawless."

Both naval reserve sailors agree the most fundamental aspect of their job is caring about the individuals in their charge.

"Most of these kids are students who have given up their entire summer to be here," says MS Lynch. "They've sworn allegiance to Canada and are redirecting their lives. We owe them the best, our best."

The BMOQ course can be physically and psychologically demanding, and recruits undergo

tremendous physical and mental stress during the training. The course helps prepare future officers to effectively lead small teams in simple operations in both garrison and austere field conditions.

In 11 weeks, Naval Reserve

Divisions across Canada will receive back the raw recruits they sent. The apprehensive civilian will return as a fit, knowledgeable, and capable officer in the Canadian Armed Forces.

MS Lynch, PO2 Templeman, and all the other BMOQ instruc-

tors who work so hard, and care so much, will have done their job. Their results will be measured in the lives they have changed. The unseen residuals of their efforts will continue. Vince Lombardi would definitely be proud of this team.



Above: MS Mia Lynch discusses the leadership performance of NCdt Benjamin Mason of HMCS Scotian. NCdt Mason had just completed his tasking during the Leadership Potential Assessment Course during the Basic Military Officers Qualification, an 11-week course at Canadian Forces Fleet School Esquimalt.



Left: PO2 Rob Templeman observes students as they participate on the Leadership Potential Assessment Course during the Basic Military Officers Qualification course.

**ONLY 5
UNITS LEFT!**



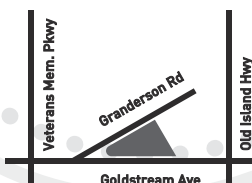
2 bedrooms - 2 bathrooms
Starting at \$254,900
Don't miss out!

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
PROPERTY MANAGEMENT

THE **GRANDERSON**

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

CFSA
Learn to
SAIL
Summer 2013

Learn to Sail at the Canadian Forces Sailing Association! We offer courses for Youth and Adults of all ages, from beginner to advanced. Our instructors are nationally certified through the Canadian Yachting Association (CYA) and trained in how to teach sailing, as well as first aid and boat rescue. We follow the CYA CANSail curriculum of instruction.

1001 Maple Bank Road
Victoria BC V9A 4M2
Candy Daily - Head Instructor • Tel: 250.857.2823
Registration is through the
Pacific Activity Centre, 250.363.1009

cfsatraining@gmail.com
www.cfsa.wordpress.com
Join our Facebook Newsfeed at:
www.facebook.com/groups/260909177281019/



Victoria Discovered



Members of the public were invited to tour HMCS Victoria on the weekend of May 18 - 21 on her inaugural namesake visit, the only one conducted so far in Canada's fleet of submarines. This visit was about raising awareness among Canadians who have never seen a submarine and might not understand exactly what role they play in today's security environment.



Above: Sonar Operator PO2 Nelson Harvey describes some of the complicated equipment on board HMCS Victoria.

Below: Visitors have a closer look at the equipment.



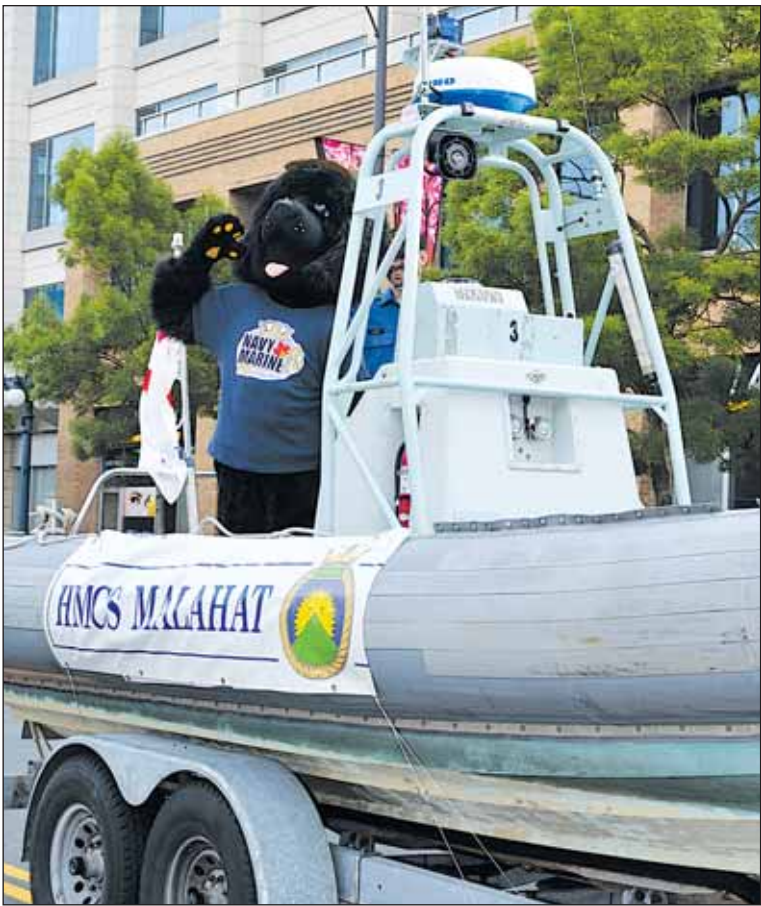
Left: An excited member of the public begins his tour in the submarine. Submariners met with Canadians and talked about the boat and the Royal Canadian Navy in order to strengthen relations with the public and the media.

Below: The submarine's commanding Officer, Cdr Christopher Ellis speaks with reporters after taking them on a tour of the submarine.

Photos by LCdr Des James, NPAO



Military celebrate Victoria Day



Above: Sonar, the navy's mascot, enjoys a ride on a rigid hull inflatable boat from the naval reserve division HMCS Malahat.

Below: Victoria Mayor, Dean Fortin and CFB Esquimalt Base Commander, Capt(N) Bob Auchterlonie take the salute from the dais at Centennial Square as the Town Crier announces the start of the 115th Annual Victoria Day Parade.



The Canadian Scottish Regiment (Princess Mary's) march past the saluting dais. Victoria Day is a federal Canadian public holiday celebrated on the last Monday before May 25 in honour of Queen Victoria's birthday.



Above: The Naden Band of the Royal Canadian Navy provided stellar musical entertainment during the parade.

Photos by Ed Dixon, MARPAC Imaging Services



**AFFORDABLE
OFF BASE LIVING!**

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





**ASK ABOUT OUR
MOVE IN DISCOUNT!**

250.381.5084 CAPREIT.COM



Need access to your compensation information?

For civilian employees who have not yet enrolled to the Compensation Web Application (CWA) and would like some guidance or those who are facing difficulties with the CWA enrolment process, there will be information sessions held in the upcoming week to help.

The CWA Info Sessions will provide the opportunity for employees to set up the myKEY and enrol in the CWA, so they can access their personal compensation information on the CWA from their own, or shared computer workstations.

The info sessions will begin with a guided process, leading participants through the steps of creating the individual credential management file, the myKEY, which provides the secure personal identification code when using the CWA.

The second part of the sessions will walk participants through the process

of registering and accessing the CWA so they can view their individual up-to-date pay, pension, and insurance information. If time permits, participants have the opportunity to explore the various applications within the compensation website in more detail.

To fully engage in these sessions, participants must ensure they have access to their DWAN/MAN account with Outlook email, and bring their PRI #, date of birth and government email information, in order to create their personal identification code, the myKEY, and sign up for the CWA.

Next sessions will be held at the Learning and Career Centre (LCC) computer lab in Bldg N136 on the following dates and times. Please register through your Unit Training Coordinator.

- Tues 28 May 0830-1000 & Tues 28 May 1030-1200
- Wed 29 May 0830-1000 & Wed 29 May 1030-1200

WESTSHORE U-LOCK MINI STORAGE

MILITARY DISCOUNT OFFERED





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

selfstorage.ca

1621 Island Highway, 250-478-8767

“re-cycle”



Better the 2nd time around!

PITCH-IN CANADA
www.pitch-in.ca

We thank our brave Military men & women for their service.

Ask about up to \$250 FREE onboard spending-money for veterans, active, retired or disabled military personnel.



1 DAY sale

JUNE 1



PRINCESS CRUISES
escape completely

Book a Princess cruise on June 1 for two or more of the following EXPEDIA® EXTRAS:

- UP TO \$200 ONBOARD CASH CREDIT*
- UP TO \$100 BEVERAGE PACKAGE*
- \$200 REDUCED DEPOSIT*
- \$650 IN ONBOARD COUPONS*
- PLUS, UP TO 2,000 BONUS AEROPLAN® MILES*

PRE-REGISTER TODAY!

170 - 911 Yates Street, Victoria
(250) 381 7447

www.cruiseshipcenters.com/Victoria



ASK US ABOUT OUR CRUISE INFO NIGHT ON MAY 28

*Expedia Extras are in US dollars, are per stateroom based on double occupancy on select sailings for new bookings created and deposited June 1, 2013 and are subject to availability. Beverage Package is a choice between a wine tasting, specialty coffees or unlimited soda. *Aeroplan is a registered trademark of Aeroplan Canada Inc. Additional restrictions apply. Contact your Expedia CruiseShipCenters Vacation Consultant for full terms and conditions. ©2013 CruiseShipCenters International Inc. Ships' Registry: Bermuda.

CARR BUCHAN & COMPANY LAWYERS

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

520 Comerford Street | 250.388.7571
www.esquimaltlaw.com

NEAR BASE!
Serving Esquimalt for over 28 years.

FIND US ONLINE
LOOKOUTNEWSPAPER.COM

JB's Auto Parts Plus

Automotive & Industrial parts, tools & supplies

MILITARY DISCOUNT OFFERED

7 locations to serve you:

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

www.jbgroup.ca



His Royal Highness Prince Andrew, the Duke of York, accompanied by LCdr Gene Fedderly, takes a moment to speak with AB Tammy Tall during his review of the Royal Guard at Topaz Park.



Royalty and Royal Canadian Navy meet

Above: HRH Prince Andrew receives the Royal Salute from the Royal Guard during the opening ceremony for the 150th Victoria Highland Games and Celtic Festival. His Royal Highness attended as Chief of the Games at the invitation of the Victoria Highland Games Association.

Photos by Cpl Michael Bastien, MARPAC Imaging Services



HRH Prince Andrew addresses the Royal Guard and guests at Topaz Park.



HRH Prince Andrew, accompanied by RAdm Bill Truelove, shakes the hand of MS Mark Pyza on board PCT Renard. HRH Prince Andrew was given a tour from Dockyard through the Juan de Fuca Strait and into Victoria harbour on board Renard, an Orca Class Patrol Craft Training vessel.



**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
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.



Club offers diving delights

Shelley Lipke
Staff writer

The waters surrounding Vancouver Island have been rated by Jacques Cousteau as the second best dive destination in the world – second only to the Red Sea.

So if a member of the military community has a desire to discover this undersea world, they should join the CFB Esquimalt's Aquarius Dive Club.

With the waters warming under the spring sun, it's a perfect time to learn how to dive and take part in the many fabulous diving expeditions arranged by the club.

"The amount of life in Canadian waters can't compare to anywhere else in the world," says Aquarius Dive Club instructor, PO1 Shawn Falconer. "Hawaii has 300 types of fish, and we have 300 types of Sculpin, which is one type of fish. We have everything from eel grass, which supports the smallest life in the water, to giant octopus."

For more than 30 years DND has operated the base dive club, which last year had nearly 100 members.

PO1 Tony Brooks has been a diver with the club for three years and is passionate about the sport of diving.

"Just breathing underwater is phenomenal. You adjust your breath in the water and not only do you breathe because you need to, but

you adjust your depth with breathing. You fill your lungs to rise, and exhale to sink. Breathing becomes a conscious act and there is a peacefulness to it."

PO1 Brooks can't think of anything better than observing ocean activity.

"One of the most amazing things about diving is to find a spot where there is something to look at; you sit there and watch the simplest thing like a barnacle feeding. The way the tentacles come out and move in the current and then suck back in."

The dive club is very active with lots of organized events including long weekend trips, shore dives and boat dives.

Each May long weekend, divers use the club's 24-foot boat and head to Telegraph Cove where they rent cabins and dive.

"It's a weekend that allows the dive clubs on the island to come together," says PO1 Falconer. "We run regularly scheduled boat trips to more than 50 local dive sites. It is by far the most affordable option at \$30 a day per person. We really cover the cost of our gas for the boat."

Military members, spouses, veterans and civilian employees are all members of the club.

Two week PADI dive courses begin at Naden in the classroom for theory and then practical classes are held in

the pool.

The pool portion focuses on taking masks off under water, handling out of air emergencies, untangling gear, beginning to encourage the neutral buoyancy and relaxed atmosphere in water.

"The skills in the pool are very simple and very easy, but in the cold water there is an added excitement as they are seeing things for the first time," says PO1 Falconer. "In the ocean we concentrate on the comfort of the diving and utilizing the skills we have learned."

The club has access to 100 local dive sites that are within a 40 minute drive, and they run a monthly open water course for \$500 that includes the first year membership and mask snorkel and fins.

The club also hosts night dives.

"There are fish that come out only at night and it's a very interesting experience. If you get 20 to 30 feet below your dive buddy and then shut your light off you can see his outline, and it is the most peaceful serene light in the world. You certainly feel a lot smaller on the planet when you dive. It's a world we haven't conquered. There was a time we knew more about the moon than the ocean," says PO1 Brooks.

To find out more about the PADI certified dive program or to join the club phone PO1 Falconer at 250-363-5067.



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



ACTION MOTORCYCLES
 The Motorcycle Guys
 1234 ESQUIMALT RD
 250.386.8364

ACTION-MOTORCYCLES.COM

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

**HARDWOOD FLOOR SANDING
 REFINISHING & INSTALLATIONS**

- Eco-friendly Finishes
- Dustless Sanding System
- Installations

FREE ESTIMATES

250.880.0926 • www.doublenfloors.ca

DON'T DRINK & DRIVE.

SELECT MORTGAGE CORP

Purchase a Vacation Home with just 10% down payment
 Purchase a Rental Property with 20% down payment
 Great time to consider investing in additional real estate
 UNLOCK your equity in your existing home OR
 How will you spend your severance?
 Don't DELAY...Call TODAY

WWW.MORTGAGESBYLORI.COM • LORI.LENAGHAN@VERICOSELECT.COM

VERICO CANADIAN TRUSTED MORTGAGE EXPERTS
 EACH VERICO BROKER IS AN INDEPENDENT OWNER OPERATOR

LORI LENAGHAN MORTGAGE AGENT
 30+ YEARS IN THE MORTGAGE BUSINESS
 250-888-8036

NEW LISTING! MLS 323627



Charming 4 Bed 2 Bath home w/ detached studio bachelor suite! Great location, just minutes to the base!
 \$489,900

400 Davida Avenue

Danielle Smith MILITARY SPECIALIST
 250.384.8124 | VictoriaPropertiesForSale.com | DanielleSells@shaw.ca

Working hard for working families



Maurine Karagianis
 MLA, Esquimalt–Royal Roads

250-479-8326
 www.maurinekaragianis.ca
 Maurine.Karagianis.MLA@leg.bc.ca



Miss Canada International 2013 winner, Melanie Williamson visited Canadian Forces Base Esquimalt Tuesday, May 21. She went on board *HMCS Calgary* with previous Miss Canada International 2003 winner Lorenza Sammarelli. Williamson showed up in *Calgary's* colours, blue and gold.

Williamson was born and raised in Kitchener, Ontario, and this was her first exposure to the navy. She was engaging and attentive and had a wonderful time experiencing the Royal Canadian Navy first-hand.

HMCS Calgary recently came out of refit from a mid-life upgrade and modernization Frigate Equipment Life Extension programme. The crew were happy to show off their new ship to both Miss Canada winners. They were taken to the flight deck, operations room and the bridge for a chance to see how *Calgary* runs and what the ship's crew do at work.



Photos by LCdr Desmond James, NPAO

Top: Melanie Williamson, Miss Canada International 2013, takes over as lookout.

Above right: At the end of the tour, *Calgary's* Commanding Officer, Cdr Paul Francoeur, surprised Williamson with a white Stetson, making her an honorary citizen of *Calgary*.

Below: *Calgary's* Executive Officer, LCdr Joshua Yanchus and Officer of the Day, SLt Sonja Maul-Wilson brought Williamson to the bridge to show off *Calgary's* new steering console.



Retired sailor pens fantasy novella

Shawn O'Hara
Staff Writer

Like many writers, new and exciting worlds percolate within the mind of Kenton Moore.

And within those worlds, characters evolve with every push on the computer keyboard.

It has now all come together in paperback for the ex naval supply technician and current Lockheed Martin employee. He has published a novella called "The Legend of the Sunlight Prince", which was released during a small event in Esquimalt in May.

It tells the story of the Kingdom of Hai'Leigh, which has been under the mercy of an evil wizard for generations. When a young girl named Lynn loses her younger brother Ben to the wizard's monsters, she undertakes a rescue mission that takes her on an adventure across her shattered land.

Moore wrote the story in 2009 as a birthday present for his daughter, which he penned while at sea in HMCS Ottawa over her birthday.

"I wrote it for her, and self-published a single copy," he says. "I wanted to come home with something more important than

a birthday gift I bought in a store, so I thought a story just for her would mean more to her. She loved it."

The completion of the novella seemed to get Moore's creative clock ticking. Last year he took part in the National Novel Writing Month, in which participants write a 50,000 word manuscript as an exercise in creativity and persistence.

Though he was unable to make the 50,000 word mark, what he did end up with was 35,000 words of a novel he has titled "Starfall", which follows the crew of an airship, sort of like an airborne frigate, in a fantasy world undergoing an industrial revolution.

"Actually writing the story fell into place very easily for me," he says. "So much of it was based on my time in the navy, so the terminology, lifestyle, and technology all came very naturally. I figured

Actually writing the story fell into place very easily for me

- Kenton Moore

ured with my experience aboard real naval vessels it

made perfect sense to write about airships."

Moore was approached by a local publishing company, Filidh Publishing, after reading an excerpt of "Starfall" at an open mic event.

"They told me they were interested in either mentoring me to self-publish or publishing the book themselves," he says. "I was astounded and overjoyed."

What started as a simple exercise became the first novel in a trilogy set to come out Sept. 6. Moore also decided to rewrite and release "The Legend of the Sunlight Prince" as a prequel to the series.

"I completely re-wrote the story, and destroyed the original files," says Moore. "My daughter's copy remains the only copy of the original story."

With the first full novel coming out later this year, and a cross-country book tour to follow, Moore's future is looking bright.

"I can't believe that I get to put my story out there for everyone," he says. "It's been a dream and I hope everyone loves reading these stories as much as I've loved writing them."

The Legend of the Sunlight Prince is available in print at www.amazon.com or through www.facebook.com/Cloudbreakers.



Photos courtesy of Alex Croskery photography

Ex-navy supply technician turned author Kenton Moore reads an excerpt from his novella "Legend of the Sunlight Prince" at a small book release in Esquimalt.



THE KEG
STEAKHOUSE & BAR
kegsteakhouse.com

500 Fort Street (250) 386-7789
3940 Quadra Street (250) 479-1651



What you should know about Fluoride

In the Province of British Columbia 3.7% of the total population receive fluoridated water.

Greater Victoria's drinking water has no fluoride added, but very low levels of fluoride are naturally present and come from the geological formations in the Sooke Lake Reservoir watershed.

The average amount of fluoride in the water is about 0.010 mg/L. This is well below the Canadian limit of 1.5mg/L. This small amount of fluoride in our water is considered inadequate for dental protection. The current optimal concentration of fluoride to promote dental health is 0.7 mg/L.

This lower level (0.7mg/L) of fluoride takes into consideration other sources of fluoride exposure, including toothpaste, mouth rinses and dental sealants. Consultation with your dental professional is suggested if fluoride supplements are required.

Fluoride is a natural element that is found in soil, water and various foods. Fluorides are released into the environment by weathering processes, volcanic activity and by various chemical manufacturing processes.

Fluoride can be delivered to the teeth in many ways. These include:

Fluoridated water – Some water supplies already naturally contain fluoride, for others, fluoride is added to the water supply.

Toothpaste – fluoridated toothpaste should be used daily. Look for the Canadian Dental Association "Seal of Acceptance" on the label when choosing a toothpaste.

Mouth rinse – These products are useful for children over 6 years of age and adults who are susceptible to cavities.

Fluoride gels – These products can be purchased over-the-counter and are useful for those who are highly susceptible to cavities. This could include people who:

- have a high incidence of root cavities
- experience an extremely dry mouth
- wear braces or orthodontic appliances
- have rampant or excessive cavities
- have tooth sensitivity

Professional fluoride application – These are stronger fluorides and are available only at a dental office. Not everyone is given a professional fluoride application as it depends on your dental health needs. They are commonly recommended for children and those listed above.

Supplements (tablet, lozenge, drop) – These products may be recommended for people at high risk for tooth decay. Ask your dental professional about supplements.

Considerations for Children

Fluoridated toothpaste should be used twice a day to brush teeth. As young children tend to swallow toothpaste when they are brushing, the following guidelines have been established to balance their risk of developing dental fluorosis with the dental health benefits of fluoride.

Children up to three years of age should have their teeth and gums brushed by an adult. A minimal amount (rice sized grain) of fluoridated toothpaste should be used if the child is at risk of developing tooth decay. It has been determined that use

of fluoride toothpaste in a small amount effectively balances between the benefit of fluoride and the risk of developing fluorosis (children consume excessive levels of fluoride in various ways). If the child is not considered at risk, it is recommended their teeth be brushed by an adult using a toothbrush moistened with water. Children three to six years of age should be assisted with brushing their teeth by an adult and use only a small amount (i.e., green pea-sized amount) of fluoridated toothpaste.

There are several steps that you can take optimal range for attaining the dental benefits.

Never give fluoridated mouthwash to mouth rinses to children under six years of age as they may swallow it.

Talk to your dental professional before using fluoridated mouthwash.

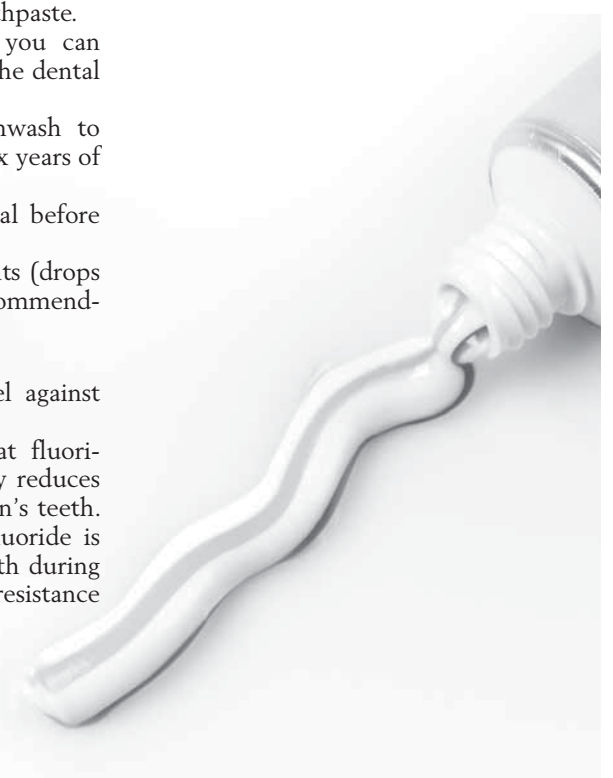
Do not use fluoride supplements (drops or tablets) unless specifically recommended by your dental professional.

Benefits of Fluoride

Fluorides protect tooth enamel against the acids that cause tooth decay.

Many studies have shown that fluoridated drinking water significantly reduces the number of cavities in children's teeth. Tooth decay is reduced when fluoride is incorporated into developing teeth during childhood years and his provides resistance to cavities into adulthood.

Fluoride is used in many communities across Canada, spanning most provinces and territories. About 45% of Canadians receive fluoridated water. Provincial and territorial governments regulate the quality of drinking water in their jurisdiction. The fluoridation of drinking water supplies is a decision that is made by each municipality, in collaboration with the appropriate provincial or territorial authority.



TRACKSIDE AUTO SERVICE LTD.
A FULL SERVICE AUTO REPAIR FACILITY

Induction & Fuel Injection Service
Out of Province Inspection
Diesel Fuel Service
Brake service

Oil service
Electrical
Exhaust
Tires

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

B.C. GOVERNMENT DESIGNATED INSPECTION FACILITY

BBB
B.G. PROTECTION PLAN
Castrol
WALKER
HANKOOK

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

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

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

Proudly sponsored by The Personal

PSP Fun Seekers Summer Camps!

Junior Camp 5-9yrs
Senior Camp 10-12yrs

thePersonal Home and Auto Group Insurance

Every child loves our Fun Seekers Summer Camps and every parent loves our prices! All PSP lead camps combine the excitement of camp with the safety parents expect. Each week is loaded with spectacular theme days, educational games, creative arts and crafts, exciting day trips, cool beaches, wet and wild swims, marvelous music, heaps of silly fun and much, much more. Camp hours are from 9am-4pm. Extended hours are available. HST not included in camp price. Call 250-363-1009 for details. Location: CPAC

Oh Canada Tues-Fri July 2-5	\$100	Hawaiian Luau Mon-Fri July 22-26	\$125	Fiesta Mon-Fri Aug 12-16	\$125
Stampede Hoedown Mon-Fri July 8-12	\$125	Sport Day Mon-Fri July 29-Aug 2	\$125	Fear Factor Mon-Fri Aug 19-23	\$125
Pirates Mon-Fri July 15-19	\$125	Superhero Tues-Fri Aug 6-9	\$100	Pajama Party Mon-Fri Aug 26-30	\$125

New Sponsor,
New PRICE!

1st 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

\$85 (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

Buy Now Don't Delay!



RAPID DEBT RELIEF...
 No Interest • Low Payments
We'll help you get a fresh start!

There is Special Government Legislation that allows you to reduce your DEBT by up to 100%

For a **FREE CONSULTATION**, call
250-995-3122

ABAKHAN
 & Associates Inc.
 Debt Restructuring Consultants
 Trustees in Bankruptcy (non-resident)
 www.BankruptcyBC.com

Richard Robinson Doris Minervini
GOOD PEOPLE TO KNOW IN TIMES OF TROUBLE

ActivityGUIDE
 Do it because you can!
 Navy Run June 23, 2013

Make the most of life on the Island
 Stay fit, get active and go outside with the Activity Guide.

Available at all PSP and MFRC outlets

We Welcome our Defense Community Sleep well. Live well.

Park Inn & Suites Vancouver Broadway is pleased to offer our Government-Military rate to our Defense Community. The rate is \$139 per night, based on single and double occupancy and valid from May 1, 2013 until September 30, 2013. Rates are based on availability.

www.parkinn.com/vancouverca - 800-670-7275

Park Inn & Suites Vancouver
 898 West Broadway
 T: 604-872-8661 F: 604-872-2270
 reservations@parkinn-vancouver.ca

park inn.
 & suites

MAKE THIS YOUR YEAR: RESOLVE TO RIDE!



Steve Drane Harley-Davidson®
 2940 Ed Nixon Terr.
 Victoria, BC

SteveDraneHarley.Com 250-475-1345

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, no restrictions. More information and photos at www.nancyvieira.com.

Nancy Vieira
 Pemberton Holmes Ltd.
 250-514-4750

MILITARY DISCOUNT OFFERED

PEMBERTON HOLMES
 ESTABLISHED 1987

Bravo
ZULU



OCdt Vervey was promoted to the rank of 2Lt by Cdr Tim Allan, Base Administration Officer, and 2Lt Vervey's spouse Sgt Dave Vervey and daughter Maeve Vervey on May 17.



OCdt Williams was promoted to the rank of 2Lt by Cdr Tim Allan and SLt Anne Dupuis, PSO, May 17.

The PGA Tour Canada and the CF Appreciation Program have recently partnered to provide members of the **CF with free access** to all stops on the Canadian Tour through their Military Outreach Program. The special offer goes out to all currently serving members and their families*, as well as veterans and their families (offer is available for up to 2 accompanying family members). In order to receive your complimentary admission to the Tour, simply show up to the host course and present your CF Appreciation Program Membership Card at the ticketing kiosk. For those without our card, the NDI 10, 20 and 75 ID cards will be accepted.

- PGA TOUR CANADA EVENTS:**
- June 3-9 Times Colonist Island Savings Open Uplands Golf Club, Victoria, British Columbia
 - June 17-23 ATB Financial Classic Presented by TELUS Country Hills Golf Club (Talons Course), Calgary, Alberta
 - July 1-7 Dakota Dunes Open Dakota Dunes Golf Links, Saskatoon, Saskatchewan
 - July 8-14 The Syncrude Boreal Open Presented by AECON Fort McMurray Golf Club, Ft. McMurray, Alberta
 - July 15-21 The Players Cup Pine Ridge Golf Club, Winnipeg, Manitoba
 - Aug. 19-25 The Great Waterway Classic Upper Canada Golf Course, Morrisburg, Ontario
 - Sept. 2-8 Cape Breton Celtic Classic The Lakes Golf Club, Ben Eoin, Nova Scotia
 - Sept. 9-15 Tour Championship of PGA TOUR Canada, Sunningdale Golf & Country Club, London, Ontario

For more information on the Tour, please visit their website at www.pgatourcanada.com

See it ALL ONLINE



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

lookoutnewspaper.com

10k, 5k & Kids Fun Run

June 23 • 8:30 a.m.

REGISTER NOW!

And start training.

REGISTRATION FEES

Military: \$20

DND Civilians & Dependants: \$30

Public: \$40

Kids Fun Run: \$5

**Register Now
to Guarantee a
T-Shirt!**

Register at 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.

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

ANNOUNCEMENTS

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

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

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

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

VOLUNTEER

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

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

SERVICES

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

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

HAULING

Father & Son need work, we'll do the job the others won't. Trash hauled from \$5. Plus dump fee. No job too small. OAP rates
 • Any weather
 • Demolition
Refuse Sam
250-216-5865 or **250-475-0611**
 SAME DAY SERVICE

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

REAL ESTATE • FOR RENT

BRAND NEW LARGE 1BDRM overlooking ocean. Central Esquimalt. F/S, H/ HW incl. NS/NP. \$875/mo avail immed or 1 July. 250-507-2891

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

LARGE 1 BDRM SUITE in quiet, family neighbourhood. Rent includes electricity, H/W, garbage, one parking spot, shared laundry, brand new fridge, nice backyard, bright with lots of windows. Close to Florence Lake, walking trails, Costco & home depot NS, small indoor pet negotiable with deposit. 250-595-1140 \$800/mo

SHORT TERM FULL FURNISHED suite. Brand new 1 bdrm suite in charming, quiet, Old Esquimalt neighbourhood. Walk to work! Bright, 950 sq feet, above ground, free parking. F/S/W/D and dishwasher NS/NP \$1100/mo includes utils. Available May 15 250-388-6314

VICTORIA 2BDRM 1BATH 1000 SQ FT Non-furnished, lower suite \$1150/mo Available June 1. rented by owner. Own entrance laminate floors Repainted, new carpets. 4 appliances. NS/ NP Some yard work. One car parking. w/ extra street parking if needed. View of Olympic Mountains from back deck. Call 403-936-6179 in evening to view.

3BDRM 2BATH 1900 SQ FT HOME in Victoria Available June 1. Wood burning FP 5 appliances. Tile & laminate flooring, new carpets & paint. Some lawn maintenance req. Large deck overlooking olympic mountains. 2 car garage. close to bus route & shopping. No pets. \$1800/mo Call 403-936-6179 in evening to arrange viewing.

5 BDRM 3 BATH HOME IN VICTORIA - \$2500/mo. Including in-law suite with private entrance. Wood burning FP 5 appliances, laminate, tile new carpet and repainted. NS/NP. Some yard maintenance req. 2 car garage. Close to bus routes & shopping. Call 403-936-6179 in evening to arrange viewing.

LRG 2 BDRM & DEN APT ESQUIMALT: 954 Dingley Dell \$950 incl ht/hw & parking. No smoking. Near bus, park, not far from base. Avail. now. Resident Manager. A CRIME FREE MULTIHOUSING BUILDING Contact Elizabeth at 250-479-9383 or meb1@shaw.ca

JUNE 1st 3 BDRM 1 BATH suite 1100sq ft main floor of house in a quiet neighbourhood. Brand new kitchen. Shared laundry. 3 blocks to rec ctr, library grocery, ocean. 2 minute drive to Naden. \$1500/m plus percentage utils. NP 250-381-7071

SHARED ACCOMMODATION SHAWNIGAN LAKE lower floor. 2 BDRM 1 BATH, LR, private entrance. Shared kitchen, laundry, hot tub. \$675/mo. All inclusive. Reduced rent while at sea. 250-514-8860

FOR RENT CLEAN & bright 1 bdrm garden suite on Wurtele Place, high ceilings. Util & wifi incl, pay own ph/cable. Shared laundry. NS, small pets welcome. Phone 250-475-7516 Karen or Rose

COLWOOD BRIGHT 2 BDRM Suite \$980/ mo includes utils. Shared laundry, DW/AC/NS/NP Internet & cable. References required. Close to Royal Roads. 250-391-7915

Large 1 bedroom waterfront. Close to DND. Pet welcome, laundry, walkin closets, patio, sunsets, lovely. July 1st. \$1245/mo + shared utilities. 250-857-4134

Your ad here

For word or display ads, call 363-3014

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

BROWN BROS SINCE 1918
250-385-8771
 837 Ellery St.
Very large 1 bdrm avail July 01 \$850/mo \$940 - 2 bdrm. Avail Now Heat/HW. No pets.
 Manager 250-217-1718 **Move in Bonus**

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, xlr balcony, walk dtwn, on bus routes. Military Discount.
Call 250-590-3055

Devon PROPERTIES LTD. No Pets allowed in any building
www.devonprop.com
LARGE SUITES
855 Ellery
 1 BDRM \$790
 2 BDRMS from \$825
 Avail NOW & June 1st
 250-812-5234
1180 Colville
 2 BDRM \$875
 3 BDRM \$915
 Avail NOW
 250-360-1983
1198 Esquimalt
 Bachs from \$710
 2 BDRM \$935
 Avail NOW
 250-812-5234

Sell or rent your home through the Lookout
call 363-3014 to advertise

APPLIANCES

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

AUTO TRANSPORT

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

HELP WANTED

EMPLOYMENT OPPORTUNITY

Cedar Hill Handyman Company is a 2 man operation located in Victoria. We need a handy person with a background in building maintenance and repair to help us with our summer work schedule. The handy person must have their own tools, vehicle and independence to do small jobs on their own and also work with a partner on bigger projects. This is a part-time position starting at \$18.00/hour, WCB is provided.

Contact:
 Scott McNally
 250.477.7676
 chandyman@gmail.com
 www.cedarhillhandyman.com



LARGE TOWNHOMES
 UVic/McKenzie Area New appl. & flooring, pte backyard
 House size townhomes
 2 & 3 bedrooms, Near schools, on bus route
 1800-2100 sq ft. Free Internet or Optik TV for 1 year
 3 levels, 1.5 bathrooms
 From \$1,595 • Call 250-686-2682

WWW.LOOKOUTNEWSPAPER.COM

Ask about our DND Discount!

Christie Point Apartments

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

2951 Craigowan Road
250-405-3450

www.bwalk.com



LOOKOUT Classifieds & Real Estate

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

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

REAL ESTATE • FOR RENT

PROPERTIES OWNED AND MANAGED BY
EY PROPERTIES LTD.

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

FREE Heat & Hot Water - Card operated front load laundry/24hrs

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

New building corner of Tillicum & Burnside coming Sept/13
To view these and other properties, visit
www.eyproperties.com

Tenant Referral Program
Military Discount



REAL ESTATE • FOR SALE

1 Bedroom Unit - Near Base!

1 Bedroom Unit offers gas fireplace, murphy bed in den area, in-suite laundry, and walk-in closet in master bedroom. All appliances included. Secure underground parking, BBQ's allowed. Great floor plan. Smart investment or rental property. Great time to buy! Priced well below assessment for quick sale. **\$159,900**

I.R.P. Approved

"Modern Tools & Old Fashioned Service"

Andrew Plank PEMBERTON HOLMES

www.andrewplank.com | 250-360-6106

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

PEMBERTON HOLMES
ESTABLISHED 1887

Executive Home with Legal Suite

\$639,000

Gorgeous 2004 built, 2900 square foot home in Greater Victoria (Royal Bay). Suite w/ sep. laundry/entrance rents for \$1000/month.

Jason Craveiro
Royal LePage Coast Capital Realty
T: 250.474.4800
E: info@talktojason.ca
W: talktojason.ca

ROYAL LEPAGE
COAST CAPITAL REALTY

2 BEDROOM, 2 BATH

1120 Square Feet, quiet East/South Exposure at back corner of building, 2 decks, secure underground parking, Hillside Mall area. **\$299,900**

www.victoriabchomes.com

Wally Marcinkovic
Cell: 250-686-1111

Sutton

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

HAIR STYLIST

outshine salon & spa

10% MILITARY DISCOUNT

- HAIR & ESTHETICS:
- MEDICAL ESTHETICS
- SKIN & BODY TREATMENTS
- JACUZZI SPA PEDICURES
- WEIGHT LOSS

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

Lookout Classifieds Work.
363-3014

BE A MENTOR

We need mentors.
More than 600 children look for support from Big Brothers Big Sisters of Victoria each year.
You can help them reach their full potential.

MENTORING

Be Constructive in a youth's life!
Contact us at: www.bbbsvictoria.com

Big Brothers Big Sisters

For women with single-track minds



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

Dirty Girlz Bike Club
www.dirtygirlzbikeclub.ca



twitter.com/Lookout_news

www.facebook.com/lookout.newspaper

MOTORCYCLES

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

Bring **ATTENTION** to your business

Lookout Classifieds
363-3014

Base Newspaper Advertising

Local or National

Canadian Armed Forces Base Newspapers
16 Bases - One contact

250-363-8602 ext 2
Joshua.buck@forces.gc.ca





April iPod Winners!



See you at the
FORMATION BBQ
JUNE 5, THE NAVY
RUN JUNE 23 &
FORMATION
FUN DAY JULY 6!

LOWER PAYMENTS

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

PLUS **0** DOWN PAYMENT
ON SELECTED MODELS

WIN

AN
IPOD SHUFFLE
WITH OUR WEEKLY QUIZ

When the Second World War broke out,
how many vessels did Canada have?

ENTER ONLINE AT
VICTORIAHYUNDAIDND.COM

WIN A HYUNDAI

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

IT'S THAT EASY!



250-995-2984
VICTORIAHYUNDAI.COM
525 GORGE ROAD EAST, VICTORIA

