

FORMATION BBQ

Lunch is on us!

Get all the details
on page 9.

Volume 58 Number 22 | June 3, 2013

LOOKOUT

MARPAC NEWS CFB Esquimalt, Victoria, B.C.

www.lookoutnewspaper.com



U-PAK MOBILE STORAGE
Storage that comes to you!

15% Military Discount

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



Commander CJOC visits

LGen Stuart Beare, the Commander of Canadian Joint Operations Command (CJOC), chats with members of Canada's West Coast Navy, Army and Air Force during an inspection of a 50 person Guard of Honour at Duntze Head.

LGen Beare visited CFB Esquimalt for the first time in his official capacity since assuming command of CJOC in October 2012.

CJOC leads command in missions and operations conducted in Canada, North America and worldwide.

Cpl Blaine Sewell,
MARPAC Imaging Services

DISTINGUISHED VISITOR

CANEX www.canex.ca

No Interest Credit Plan

Plus

NO MONEY DOWN

12 • 24 • 36
Month terms

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

(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

East Coast warship scores fourth drug bust

HMCS *Toronto* successfully disrupted its fourth narcotics shipment in two months as part of ongoing counter-terrorism operations in the Arabian Sea.

During the search and inspection of a vessel by the ship's naval boarding team on May 23, *Toronto's* crew recovered approximately 300 kilograms of heroin. The narcotics were recovered without incident and will be destroyed.

"The success of this operation truly shows the level of cohesion between the ship and our partners," said Commander Jeff Hamilton, Commanding Officer of HMCS *Toronto*.

"*Toronto* continues to operate effectively with our Combined Task Force 150 partners to combat transnational criminal and terrorist organizations at all levels, ensuring the seas remain open and secure for legitimate purposes."

Since ship and crew departed Halifax in January, *Toronto* has recovered roughly 1,300 kilograms of narcotics. On March 29, a massive narcotics shipment in the Indian Ocean was disrupted when the ship's naval boarding team recovered approximately 500 kilograms of heroin. The crew recovered 317 kilograms on May 6, and an additional 195 kilograms on May 10.

Narcotics smuggling in the Arabian Sea and surrounding region is a recognized source of funding for terrorist organizations. By patrolling some of the world's most important shipping routes, coalition ships are denying financial resources to extremist groups, and helping to keep drugs off of Canada's streets. "I continue to be impressed with



Cpl Malcolm Byers, HMCS Toronto Lt(N) Greg Walker, Combat Systems Engineering Officer aboard HMCS *Toronto*, stands with seized narcotics primed for explosive destruction. The massive haul of seized narcotics is *Toronto's* fourth major interdiction in two months.

HMCS *Toronto's* efforts in the Arabian Sea region. Over the course of their deployment they have consistently made a valuable contribution to the international fight against terrorism," said Peter MacKay, Minister of National Defence. "Their dedication to Canada, allies and regional partners has been second-to-none."

Toronto is deployed on Operation Artemis, Canada's contribution to Combined Task Force 150, a multinational maritime task force combating terrorism across the Red Sea, Gulf of Aden,

Indian Ocean, and the Gulf of Oman. As part of this multinational force, *Toronto* works alongside coalition partners to promote security, stability, and prosperity in an area that spans over two million square miles, and encompasses some of the world's most important shipping routes connecting the Far East to Africa, Europe, and North America. The region hosts more than 23,000 shipping movements per year, and is one of three task forces commanded by Combined Maritime Forces, a naval partnership comprising 29 nations.

BUILDING FOR OUR FUTURE

seaspan
VICTORIA SHIPYARD

Tel: 250.380.1602
seaspan.com

BEACON LAW CENTRE
LAWYERS. NOTARIES

140-4392 West Saanich Rd, Victoria
104-9717 Third Street, Sidney
5-7115 West Saanich Rd, Brentwood Bay

Real Estate • Business Law
Wills & Estates

Kevin Scheuer | Lianne Macdonald | Del Elgersma

P 250.656.3280 | TF 877.295.9339 | www.beaconlaw.ca

Canadian Blood Services presents:
BLOOD DONOR CLINIC
One donation can save up to three lives

June 4 & 5
8:45 am - 16:45 pm
Chief & POs Mess

Appointments Call 1-888-2-DONATE.
Walk-ins also available. Please bring ID.

Recreation...
DISCOVER Your ADVENTURE

WWW.CF-REC.CA

June is Recreation Month

Celebrate the benefits of recreation and discover your adventure with...

- Operation Power Fit - starts June 4, 4:15-5:15 p.m. register by calling 250-363-1009.
- Intentional Wellness - starts June 4, 5-8 p.m. Register by calling 250-363-1009.
- Ball Hockey Tournament - June 5 in conjunction with Formation Appreciation Barbecue 11:30 a.m. – 1 p.m. Please submit your team including name and team members to David Lin 250-363-1082 or David.Lin@forces.gc.ca
- Petite Princess and Diva pampering - June 7, 4:30 - 9 p.m. Register by calling 250-363-1009.
- Free family swim - June 8, 1 - 2:30 p.m. Naden Athletic Centre pool.
- Canadian Forces Sailing Association Open House and Marine Garage Sale - 1001 Maplebank Rd - June 15, 1 - 4 p.m.
- MFRC Father's Day Barbecue at Goldstream Park – June 15 - noon- 3 p.m. Register with MFRC 250-363-2640.
- Navy Run including Kids Fun Run – June 23 8:30 a.m. register through www.navyrunesquimalt.com
- Base Commander's Golf Tournament - June 26, 8:30 a.m. Tickets on sale at the Naden kiosk or Lookout Newspaper Office on Signal Hill

Whichever activities you choose, your recreation adventure will leave you feeling rejuvenated and ready to tackle whatever tomorrow may bring.



LS Alex Croskery, MARPAC Imaging Services

Outgoing Commanding officer of HMCS Nanaimo, LCdr Michele Tessier; Reviewing Officer, Cmdre S. Bishop, Commander of Canadian Fleet Pacific; and incoming Commanding Officer, LCdr Jeffery Hopkins, sign Change of Command Certificates onboard HMCS Nanaimo.

Betterment of morale at heart of visit

Capt Jenn Jackson
Base PAO

Morale is often said to be one of the most important factors in determining the success of a military mission. In the Canadian Armed Forces, one of the primary deliverers of morale and welfare programs and services, aimed at improving the quality of life of CAF members and their families, is Personnel Support Programs (PSP), which falls under the larger Canadian Forces Morale and Welfare Services agency (CFMWS).

Last week, the base hosted three special visitors from CFMWS headquarters: the Director General of Morale and Welfare Services, Commodore Mark Watson; Peter Atkinson, Vice President Personnel Support

Programs; and CWO Donald Head, Director Casualty Support Management Chief Warrant Officer.

The trio were here to personally meet senior command, and hear from PSP members responsible for delivering morale and welfare programs on the base.

The purpose of each dialogue was to identify what's working, the issues and examine options to improve programming from the ground up.

"Morale and welfare is essential to the success of

any military," said Cmdre Watson. "It is through improving the delivery and awareness of our programs that we will improve morale and welfare, thereby improving mission success."

The two-day visit included tours of Lookout Newspaper, Creative Services and Sponsorship, CANEX, SISIP, MFRC, Recreation Department at the CPAC, and the Naden Athletic Centre sports and fitness team.

Their visit provided many opportunities to speak with

several of the approximately 210 non-public fund employees on the base, and listen to their thoughts on the programs being delivered, opening a dialogue for future improvements. In particular, was a town hall with Peter Atkinson and PSP staff.

Areas at CFB Esquimalt that sparked particular interest for Cmdre Watson and his team included the diversity and creativity of the *Lookout* newspaper, and the base's efforts to recognize NPF employees and the good work they do.

This visit is one of many as they make their way to all 17 bases in Canada. Their next stop was CFB Comox.

For more information on morale and welfare programming, visit www.cfpsa.com.

It is through improving the delivery and awareness of our programs that we will improve morale and welfare.

-Cmdre Mark Watson
Director General of Morale and Welfare Services

DON'T DRINK & DRIVE.

Miles of Smiles
NATURE JUNIOR KINDERGARTEN

Learning in Nature Rocks!
Ages 3-5

www.naturejuniorkindergarten.com

SELECT
MORTGAGE CORP

With No Prime rate changes expected until 2015
Variable Rate Mortgages are very attractive

Prime - .45% = 2.55% 5 year term

Call today to discuss your options

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

VERICO CANADA'S TRUSTED MORTGAGE EXPERTS
Each VERICO broker is an independent owner operator

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

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

**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

**Father's Day
BARBECUE BUFFET**

11am - 1pm • Sunday, June 16th

FREE for Fathers and children under 10
Moms: \$20
Kids over 10: \$10

Bouncy castle for the kids!

Tickets can be purchased Monday to Friday from 8am to 4pm at the Fleet Club.

NEED TOOLS IN THE CITY?

MILITARY DISCOUNT OFFERED

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

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

Working hard for working families

Maurine Karagianis
MLA, Esquimalt - Royal Roads

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

matters of OPINION

WHO WE ARE

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

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

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

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

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

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

ACCOUNTS
Laura Spence 250-363-3127
laura.spence@forces.gc.ca

SALES REPRESENTATIVES
Ivan Groth 250-363-3133
ivan.groth@forces.gc.ca

Joshua Buck 250-363-8602
joshua.buck@forces.gc.ca

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

Article didn't show downside of fluoride

Dear Editor,
RE: "What you should know about fluoride"

I am disappointed that both sides of the fluoride argument were not presented in the "anonymous" article in last Monday's issue.

Studies show that fluoride is of no benefit to infants, fluoride was never approved by the F.D.A., is banned from the drinking water in most civilized countries, is causing an oral hygiene problem (dental fluorosis) for poor people in large U.S. cities that have fluoride in their drinking water,

and most importantly, fluoride is toxic. The internet is full of pros and cons. I suggest Dr. Jay Gordon's video; Fluoride: What it is and why you won't want to use it.

Sincerely,
Peter Grant

People Talk

Lookout asked this question:

If you could choose only one, love or money, which would you choose and why?



I would pick love. The things you buy with money you'll get bored of quickly. You don't get bored of love.

Lt(N) Andrew Sutherland



Love. Love is not as replaceable as money is. You can always find more money, but it can be hard to find love.

Tracy Birtwistle



Love lasts longer.

John Misiner



I'd have to go with love. Love makes you feel a way that money never could.

OS Brandon Edmonds



I pick love. Without love I wouldn't have my beautiful wife and our two wonderful kids. You can't get that with money.

PO2 Patrick Robbins

New at the Base Library

DVDs

- Cloud Atlas
- Jack Reacher
- The Impossible
- Silver Linings Playbook
- Gangster Squad

Books

- *Paris* by Edward Rutherfurd
- *Inferno* by Dan Brown
- *Dead Ever After* by Charlaine Harris
- *The Hit* by David Baldacci
- *Z* by Therese Anne Fowler
- *A Delicate Truth* by John Le Carre
- *Decisive: How to Make Better Choices in Life & Work*
- *Let's Explore Diabetes with Owls* by David Sedaris
- *Dirty Wars: the World is a Battlefield*
- *Frozen in Time: an Epic Story of Survival ...*
- *Detroit: an American Autopsy* by Charlie LeDuff

SPORTS trivia

by PO1 Bill Sheridan
Contributor

1. What was the name of the rink where the new Ottawa Senators played their home games before moving to the Palladium?
2. Who owned the St Louis arena before the Blues received their franchise?
3. Who had Maple Leaf Gardens in Toronto built?
4. What is the largest stadium in North America?
5. The Consol Energy Center is the newest rink in the NHL, who plays their home games in the building?
6. Who played in Ebbetts Field?
7. Who currently plays in Wrigley field?
8. What NHL team played their home games at the Arena Gardens?
9. What's the oldest stadium in existence today in North American Professional Sports?
10. Who played their home games in Greenlee Field?
11. What rink held the first NBA game?
12. Where is the MECCA Stadium?
13. Which Canadian field had the first use of the single-shaft "goose-necked" field goal posts in the CFL?
14. Where was the First AFL-NFL World Championship Game, later known as Super Bowl I?
15. Marlins Park in Miami lays on the same spot as which stadium?
16. What is unique about the soccer field in Marina Bay, Singapore?
17. What ice surface held the lucky loonie?
18. The Ottawa baseball stadium used to go by what names?

- ANSWERS
1. Ottawa Civic Center
 2. The Norris Family (St. Louis was awarded franchise before owners were found)
 3. Conn Smythe
 4. Michigan Stadium in Ann Arbor at the University of Michigan
 5. Penguins
 6. Brooklyn Dodgers
 7. Chicago Cubs
 8. Toronto Arena, St Patricks and Maple Leafs
 9. Fenway Park
 10. Pittsburgh Crawfords & Homestead Grays of the Negro League
 11. Maple Leaf Gardens
 12. Milwaukee Exposition Convention Center and Arena
 13. Autostade
 14. LA Memorial Coliseum
 15. Orange Bowl
 16. Ft Floats
 17. Salt Lake City Delta Center which had to change its name for the Olympics as they don't allow corporate names on their buildings.
 18. Lynx Stadium (2003-2007)
Jeterm ark (1993-2002)

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

10% off any Truck Rate

MILITARY DISCOUNT OFFERED

Budget Car and Truck Rentals

Call 250-953-5300
www.budgetvictoria.com

CARR BUCHAN & COMPANY LAWYERS

NEAR BASE! Serving Esquimalt for over 28 years.

- 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

Bike to Work



Left to right: Capt Rebecca Sparkes, Keith Bruhm and Capt Thesa Wheaton enjoy complimentary coffee and snacks during Personnel Support Programs Recreation's Bike to Work Week Breakfast last Wednesday.

Navy Ball
25th Year Anniversary
June 8 at 7pm

LAST CHANCE TO BUY TICKETS!
Visit esquimaltmfrc.com or call 250-363-2460.

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.



MAKE THIS YOUR YEAR: RESOLVE TO RIDE!



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

"re-cycle"



Better the 2nd time around!

PITCH-IN CANADA
www.pitch-in.ca

Dial-A-Law *access free legal information*

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

www.dialalaw.org

Lower Mainland: 604.687.4680 / BC Toll Free: 1.800.565.5297

Lawyer Referral Service *find the right lawyer*

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

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

Lower Mainland: 604.687.3221 / BC Toll Free: 1.800.663.1919



THE CANADIAN BAR ASSOCIATION
British Columbia Branch

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

VICTORIA CRIME STOPPERS CRIME OF THE WEEK

SEXUAL ASSAULT

A sexual assault took place during an event known as the "Rock Fest" held at the Pacific Fleet Club located at CFB Esquimalt. A young lady was sexually assaulted by an unidentified male between 11:00 pm, October 3, 2009 and 1:00 am, October 4, 2009.

The male may have had an accomplice. The young lady was picked up and carried down a flight of stairs to an empty room located on the lower floor of the club where she was sexually assaulted.

The male is described as 30 years old, well built, approximately 5'10" tall, with short dark hair. He was wearing a dark coloured t-shirt with an alcohol brand symbol on the front, possibly "Jack Daniels".

Please support Greater Victoria Crime Stoppers
Call Crime Stoppers at 1-800-222-8477

or go online at

www.victoriacrimestoppers.com

You remain anonymous, you do not have to testify in court, and you may earn a cash reward of up to **\$2,000.00!**

CFB Esquimalt and
Seaspan Victoria Shipyards
present:

It's
free!

Formation FunDay

Saturday, July 6
Noon 'til 4pm Naden

Chrome 'n'
Wheels
Car, Truck &
Motorcycle
Show

The
Marketplace

Local Products &
Handmade Crafts
For Sale, Bring Cash!

Inflatables
Bouncers,
Obstacle Courses,
Rides & Slides

RHIB Rides!
Games!
Food Trucks!
Street Performers!
Face Painting!
Plus More!!



more info:



www.esquimaltmfrc.com



seaspan
VICTORIA SHIPYARDS

Legion



LOCKHEED MARTIN



BC Owned & Operated

THE KEG
STEAKHOUSE & BAR

park inn
& suites

Helijet

today's lite rock

Playing whatever! Whenever!

Home and Auto Group Insurance

PERSONNEL SUPPORT PROGRAMS

PERSONNEL SUPPORT PROGRAMS

Ammo techs get their sea legs

Shawn O'Hara
Staff Writer

The best way to learn is to do, or so a group of ammunition technicians from Canadian Forces Ammunition Depot (CFAD) Angus, at CFB Borden, learned when they crewed *HMCS Oriole* for Swiftsure 2013.

The group, here for adventure training, arrived at CFB Esquimalt May 20 and hit the water, many for the first time, the next day.

"I didn't think I'd ever be working on a sailboat, let alone racing one," said Cpl Dominic Pare, an ammunition technician. "As an army guy I'm used to working on dry land. Being out on a heaving boat has really changed how I see the navy and the kind of conditions they work in."

Cpl Pare was prepared for this year's Swiftsure Yacht Race alongside his fellow ammo techs with just three days of intensive, on-the-water training.

"It was a very challenging experience but very worthwhile," he says. "When everyone is working together and crewing their individual stations, it feels like a well oiled machine. It's a rewarding feeling."

LCdr Jeff Kibble, captain of *Oriole*, says this year's crew exceeded expectations.

"I've worked them hard but in three days they came together like a real crew," he



Shawn O'Hara, Outlook

Cpl Dominic Pare pauses for a photo at the helm of HMCS Oriole. The ammunition technician from CFAD Angus at CFB Borden was on Oriole for just three days before joining the crew for Swiftsure. Below: Oriole exits Victoria's Inner Harbour.

said. "We crammed 30 days of training into a three-day period, and the crew fared very well."

Following their quick trial-by-fire period, the newly minted crew was thrust into action. The Swiftsure International Yacht Race is a gathering of sailors from around the world. Participants take part in a number of races throughout the Juan de Fuca Strait. Challenges range from the Juan De Fuca Race that spans 79.7 nautical miles, to the Swiftsure Lightship Classic, a 138.7 nautical mile that begins and ends in Victoria.

This year's Swiftsure featured some of the lightest winds in the race's history.

While struggling to fill the sails and make progress, LCdr Kibble says the decision was made to play a risky tactic and take a load off. It paid off in a big way.

"We anchored in the

water's near Sooke and had some dinner," he said. "The currents were so strong and the wind was so light that we watched 20 or so boats go backwards in the water. They were sailing, but not faster than the current. By not sailing we ended up ahead of 20 or so other crews."

After dinner the crew picked up and attempted to take advantage of slightly stronger winds, sailing all through the night. But it still wasn't enough, and the ship withdrew from the race.

Although *Oriole* ended up not finishing the race, LCdr Kibble says his new crew performed exceptionally.

"I'm really impressed with how they did," he says. "For only having been on the water three days they sailed like a world class crew. I couldn't be more proud."

For Cpl Pare, the race was a source of invaluable experience.

"I've never done anything like that in my life," he says. "I think I did pretty well, and the whole crew really pulled their weight. I would do the race again in a heartbeat."



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

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

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

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
--	---

STEVENSON LUCHIES & LEGH

Barristers & Solicitors

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

Some restrictions apply.

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



Left: Jawad Ahmed and Maria Cheema listen to a presentation on the different occupations in the navy inside the bus.

Below: Jasjit Gill learns about various occupations currently available with the navy.

See the video at www.lookoutnewspaper.com.

High tech navy bus ready to roll

Shelley Lipke
Staff Writer

The Royal Canadian Navy (RCN) is looking to hire 500 regular force and 360 reserve sailors per year over the next three years.

To showcase the face of the navy to the public and help entice potential recruits to a career on the ocean, the RCN, coordinated through Naval Reserve Headquarters in Quebec City, uses five modified commercial buses for total-force naval attraction activities. This is in addition to, and augments the established

CF recruiting group organization.

"The buses were initiated by the regular force in 2007 to better assist in reaching out to the public and to combat maritime blindness," says CPO2 Mike Babcock, One Navy Visibility and Attractions Regional Outreach Coordinator for B.C. and Alberta. "We use this piece of kit as a mobile information kiosk to tell the navy story."

Busses are rolling billboards whose interiors house a series of interactive computer systems that showcase the navy's many responsibilities, operations, and employment opportunities.

A 12-seat theatre in the rear plays a wide variety of video productions from the *Truth, Duty, Valour* series to the latest RIMPAC exercise. In the middle section, a push-button video display with headphones provides job-specific information about all naval occupations.

"It's a brilliant idea that allows people an inside look at what we do in the navy," said CPO2 Babcock. "Most people are quite surprised at what they find when they walk into the bus. The feedback we receive is very positive."

This summer CPO2 Babcock will travel to events across B.C.

Left: CPO2 Mike Babcock is the regional naval attractions co-ordinator for B.C. and Alberta. This summer he will travel with the bus to the Calgary Stampede, Klondike Days in Edmonton, the PNE in Vancouver and the Abbotsford Air Show.



and Alberta to connect with Canadians.

"When we go to the PNE in Vancouver I bring along up to 10 sailors from the fleet so they can engage the public about what they do."

On May 2, the bus parked in Victoria's Inner Harbour allowing visitors to come on board and experience a taste of navy life.

"I am happy to see this and find out more information as my son has been interested in joining the navy for the past few years," said Maria Cheema who happened to see the bus and stop in for a peak.

Also passing by was Jawad Ahmed, who is currently in the process of becoming a Canadian citizen.

"I would be interested in becoming a radiological technician as that would be ideal for me," said Ahmed. "I like the idea of life in the navy and would like to join once I become a Canadian citizen."

This summer the bus, along with a contingent of sailors from the fleet, will visit the Calgary Stampede, Klondike Days in Edmonton, the PNE in Vancouver, and the Abbotsford Air show.

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

IT'S THAT EASY!

WIN

AN IPOD SHUFFLE WITH OUR WEEKLY QUIZ

How many years did the First World War last for? What were the years?

ENTER ONLINE AT VICTORIAHYUNDAIDND.COM

VICTORIA HYUNDAI

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



FORMATION

June 5th 2013
1130-1300

B B Q

Dockyard H Lot
(behind D11)

PLUS
5 on 5
HOCKEY
Tournament!



AND
50/50
Draw

FREE
hot
dog
and
pop!



2013
Hyundai Veloster



Enter to WIN this car!

Victoria Hyundai will be on-site to take ballots

In celebration of Public Service Week

For more information contact:

David Lin @3-1082 or david.lin@forces.gc.ca



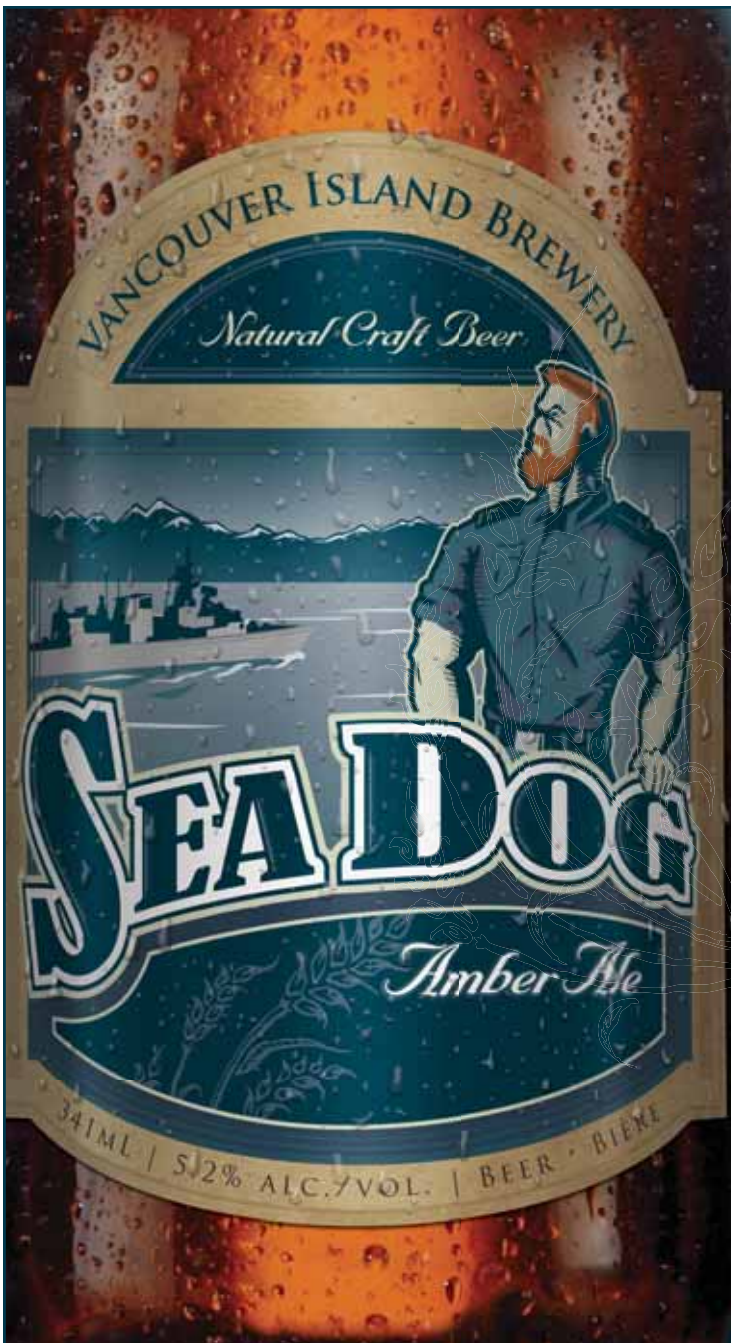
Regina changes leadership

Top left: Cdr Daniel Charlebois, incoming Commanding Officer, with Cmdre Scott Bishop, reviewing officer, and Cdr Jason Boyd, outgoing commanding officer, sign the change of command certificates for HMCS Regina. The change of command ceremony was held on C3 Jetty.

Far bottom left: Cdr Charlebois, and Cdr Boyd pull out the "big" knife to cut the cake.

Bottom right: PO1 Michael Sanderson presents Cdr Boyd with the ship pennant.

Photos by Cpl Michael Bastien, MARPAC Imaging Services



VANCOUVER ISLAND BREWERY

Proudly serving you!

Ready, Aye, Ready! We're proud that our brewery's hometown is also the base of *Canada's Pacific Naval Fleet*. We've crafted this unique amber ale as a tribute to our nation's strong Naval heritage and to celebrate over 100 years of service to our country.



WE'VE GOT IT GOOD

vibrewery.com

2330 Government St, Victoria BC
250.361.0007

Military Discount

Receive a **FREE** glass Growler with purchase of a beer fill up.

Limit 1 per person.
Must show valid military ID.
(Growler value \$5, fill up cost \$10)



Shelley Lipke, Lookout

The new Royal B.C. Museum Exhibit, Race to the End of the Earth, features the flag pennant of British Naval Officer Cecil Meares, and equipment used by his team in their quest to reach the South Pole.

Museum's latest exhibit features triumph and tragedy of exploration

Shelley Lipke
Staff Writer

Imagine 100 years ago racing to be the first team to plant a flag at the South Pole – one of the most difficult and dangerous places on Earth to reach.

Only to find when you arrived that another team beat you to it by nearly a month.

This was the case when Captain Robert Falcon Scott's British Royal Navy expedition fought the elements in a 3,900 kilometre race with Roald Amundsen's Norwegian team.

Not only did Captain Scott's expedition fail to be the first at the pole, but his men reached a tragic fate-dying on the return journey to civilization.

In honour of these early explorers, The Royal British Columbia Museum is hosting The Race to the End of the Earth Exhibit, which opened in early May and continues through Oct. 14.

This exhibit showcases the lives of the team members, their strategies and a timeline of events for those

en route to the South Pole. "It was all about extreme adventure and strong willed personalities," said Museum curator Lorne Hammond. "People had been trying since 1900, but in 1910 they launched the series of attempts known as the Race to the End of the Earth to reach the South Pole."

The exhibit features examples of clothing, shelter and food the men used in their race, and while both teams utilized dog teams and sleds, they tackled the journey using different strategies. Scott's military team took the race on as a research and scientific expedition, studying polar magnetism and zoology.

Among Scott's men was British Naval Officer Cecil Meares, who survived and later became a resident of Victoria.

"Cecil Meares was hired to go to Siberia and collect ponies and dogs to pull the sleds for Scott's team," said Hammond.

During the expedition, Meares' father fell ill and he left the expedition to return home. He left short-

ly before Scott's team perished on the ice due to lack of food and freezing temperatures.

Meares eventually settled in Victoria in the 1920s. His pennant, sword, medals and many other materials and documents came to the collections of the Royal BC Museum and BC Archives in the 1970s, via his wife's estate.

Textile Conservator Colleen Wilson repaired Meares' sledge pennant for display in this exhibit.

The exhibit includes full recreation of the buildings they lived in and interactive displays about zoology, penguins of the Antarctic, and problems with magnetism.

Also included are the last letters from Scott's expedition members who died on March 29, 1912, and a video of their hut, which is currently left in its original state in Antarctica.

Running concurrently with the Race to the End of the Earth exhibit is the film *Shackleton's Antarctic Adventure* at IMAX about the later 1914-1916 tale of survival.

WESTSHORE U-LOCK MINI STORAGE

MILITARY
DISCOUNT
OFFERED



selfstorage.ca



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

1621 Island Highway, 250-478-8767

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



* Total amount of reductions
between the remaining 10 units.



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



AFFORDABLE OFF BASE LIVING!

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

**ASK ABOUT OUR
MOVE IN DISCOUNT!**

250.381.5084 CAPRENT.COM



Base Taxi Service

for Naden, Dockyard & Work Point

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

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

For military-related appointments/meetings on base.



Randall Garrison, MP ESQUIMALT-JUAN DE FUCA



Constituency office
is now open to serve
constituents:

ADDRESS:

A2-100 Aldersmith Place
Victoria V9A 7M8

HOURS:

10am-4pm
Monday-Thursday
or by appointment

PHONE:

250-405-6550

EMAIL:

Randall.Garrison@parl.gc.ca

FAX:

250-405-6554

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

Ocean explored during fair

Shelley Lipke
Staff Writer

The Maritime Museum of B.C. has partnered with Ocean's Network Canada and the University of Victoria's Research department to present the second annual World Oceans Day Sea Fair June 8 and 9.

A series of educational booths, including one from Formation Environment, will be set up in Bastion Square to help inform the public on different aspects of living in a seaside community.

"The event celebrates the waters around us, and local businesses in close partnership with the water and tourism. We are hoping to bring together people who are interested in protecting the ocean and learning more about it," said Kelsey Wood-Hrymkiw, program coordina-

tor Maritime Museum of BC.

DND's Formation Environment booth have education and outreach material on marine pollution prevention programs used at CFB Esquimalt.

"We are there to answer questions the public may have about how we protect the marine environment," said Formation Environment officer Danielle Smith. "Most people have no idea the depth of our policies to protect the environment, and that everything we do is run on an environment management system that requires us to evaluate our activities. This event builds goodwill within the community and general for understanding what we do, and the role MARPAC plays in protecting our oceans."

A children's craft area will allow kids to paint and showcase their marine related art,

and Let's Talk Science will host biology related activities for children.

Other booths include Cetus, Springtide, the Sierra Club of Canada, and the Underwater Archeological Society, with each focusing on their connection to the ocean.

Entry to the museum is by donation to Celebrate World Oceans Day.

At 7 p.m. UVic Environmental Studies graduate Valerie Mucciarelli will speak in the Maritime Museum courtroom about her film "Watching a reef come to life: Reef Balls at Ogden Point, BC", which will also screen June 9 at UVic's Cinecenta as part of the Vancouver Festival of Ocean Film Festival screening.

Details for show times and films can be found at www.cinecenta.com.

Reserve mechanics on course

Sgt Les Gardner
39 Service Battalion

On almost every weekend for the past three months, junior mechanics from 39 Service Battalion have been heading to Ashton Armoury to receive instruction on the fundamentals in becoming an Electrical Mechanical Engineering (EME) technician in the Canadian Forces Army Reserves.

Upon completion, these students will be course loaded for their next training phase at the Canadian Forces Electrical Mechanical Engineering School located at CFB Borden, Ontario. Currently, five students are being taught in the Armoury's Maintenance workshop area. The next course slated for January 2014 already has a course load of 12.

The technology-related subjects included workplace documentation, shop safety, main-

taining personal tools and workshop equipment, performing precision layouts, and utilizing oxy-acetylene equipment. In addition to time in the shop, students are assigned a hefty homework load.

39 Service Battalion was formed one year ago through the amalgamation of two sub units, 11 (Victoria) Service Battalion and 12 (Richmond) Battalion. The main focus is to provide real-time support for other army reserve units in British Columbia. Services provided include vehicle and weapon maintenance, food services and supply services and human resources and transportation support.

Would you like to apply to become part of our growing Army Reserve unit? Contact 11 Service Company Recruiting at 250-363-8337. Apply online at <https://www.recruiting-recruitment.forces.gc.ca/public/index.aspx?lang=eng>

Campus
NISSAN
ALL ROADS LEAD TO CAMPUS



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

Support Our Troops
Vehicle Purchase Program



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

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

Campus
INFINITI
ALL ROADS LEAD TO CAMPUS



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

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



Photos courtesy of PO2 Lisa Nilsson
Cpl Jason Gordon paints the railing in front of the Mustard Seed.

HMCS Winnipeg lends a hand

LS Malisa Ogunniya
HMCS Winnipeg

Not many people can say they took part in a real "Extreme Makeover."

But last week that's just what took place at the Mustard Seed, with 15 crew members from *HMCS Winnipeg*, and members from 11 Field Ambulance, the Base Orderly Room and 4 CRPG taking part in Hero Work.

Hero Work is a program that brings members of the community together to organize community-based extreme renovations for worthy causes. On May 24, CAF members worked side by side with local business community members in an eight-day renovation of the Mustard Seed Street Church and Food Bank's 5,000 square foot building, located on 625 Queen Avenue.

Their main tasks were exterior and interior painting of the building, minor construction and assembling shelves. The efficiency and professionalism of CAF members quickly put the Mustard Seed's renovation ahead of schedule.

Renovations wrapped up June 1 with a food and fundraising campaign that Hero Work is calling the Convoy of Awesome. A Mustard Seed truck along with a large group of decorated vehicles made stops in



Above: LS Amber Oldland, Cpl Gordon, MCpl Thomas, and SLt Tyson King touch up the railing.

Below: SLt Tyson King with his son, unnamed volunteer, MCpl Thomas, PO2 Lisa Nilsson, Cpl Jason Gordon, LS Amber Oldland, Sgt Laroche, and CPO1 Janet Graham-Smith.



five destinations in Victoria, collecting food donations to present at the big reveal the next day.

The big reveal was Sunday, June 2 in front of the

Mustard Seed building.

For more information on Hero Work and the Convoy of Awesome check out the following website www.herowork.com/convoy.

You deserve a great mortgage rate.

Take advantage of our special rate for the Canadian Defence Community on a 5-year fixed mortgage. Plus, ask about our Integrated Relocation Program with flexible mortgage options to help with transitions when moving.

Visit your local branch or bmo.com/cdcboffers

2.89%
APR¹
Until June 29, 2013



¹The Annual Percentage Rate (APR) for the 5-year fixed closed mortgage is 2.89%. APR assumes no fee(s) apply. If we require you to obtain an appraisal, the appraisal fee would increase your APR. Funds must be advanced within 90 days from the date of the application. Offer may be changed, withdrawn or extended at any time without notice. Applications must be submitted by June 29, 2013 and are subject to meeting Bank of Montreal's usual credit criteria. Some conditions may apply. This offer is not available for the Homeowner ReadLine®. ®Registered trade-marks of Bank of Montreal.

Looking for financial independence?

Learn how a career with Arbonne can set you free!

Great products. Great team. Amazing success.
www.arbonne.ca

Information session June 5 @ 7pm
Earl's Restaurant, 1199 Government St.
RSVP to 250-661-1269

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

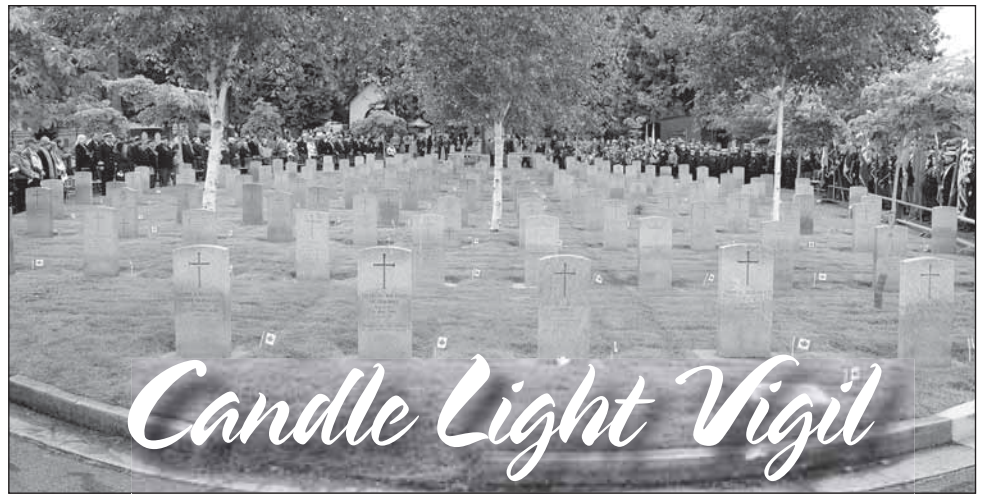


Leigh Gagnon
Practicing Family and Real
Estate Law for military
members for 20 years.
Call 250.381.2151

DINNING HUNTER
LAMBERT & JACKSON
BARRISTERS AND SOLICITORS

info@DinningHunter.com

www.DinningHunter.com



Photos by Cpl Michael Bastien,
MARPAC Imaging Services

Above: People gathered in the middle of God's Acre Veterans' Cemetery on May 30 for the Candle Light Vigil tribute to military veterans. More than 3,000 candles – at least one for each grave stone – illuminated the evening.

Right: A veteran sits the Canadian Flag at the beginning of the Candle Light Vigil Tribute.



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/



Enjoy the benefits of June recreation

Ryan Cane
CFMWS

Personnel Support Programs (PSP) is celebrating recreational activities that may feel like time-off, but are actually an essential part of a healthy, well-balanced lifestyle.

Use these tips to add more recreation to your routine, and stay active throughout postings, deployments, and everything in-between.

Going through a stressful time? Schedule in some fun.

Unlike other activities that may strip us of our energy, engaging in things we enjoy actually gives us more energy to manage stress. During stressful times such as deployments, families may stop having fun due to a lack of time or a decreased interest; however, it's even more important to schedule positive activities into stressful days to effectively manage the demands in our life.

Whether it's a morning walk with a neighbour or a Tuesday evening softball game, when life gets busy, block off some non-negotiable time for recreational activities you enjoy.

Choose your unique path to relaxation

Recreational activities should encourage stress reduction, not stress creation. Choose activities that relax you – whether that's rock-climbing or meditation, samba lessons or band practice. There are no wrong answers – if

you're clearing your mind and moving your body, recreation will leave you feeling rejuvenated.

Help children reduce stress through passions and pastimes

To help children and teens unwind and keep active during stressful periods, PSP Recreation Programs are available in Canadian Armed Forces communities from coast-to-coast. Parents, take note: PSP recreation employees are also certified in HIGH FIVE® Healthy Minds for Healthy Children, which equips them to recognize common mental health challenges children may face, and nurture resiliency to help children stay strong and healthy in body and mind.

Put excuses away – join in on the fun!

Schedule too packed for a regular activity? Attend a special event instead. Family days, barbecues, dances, race days... there are no shortage of options at your local base or wing. The next time an event sparks your interest, put excuses aside and say "yes". You'll meet new people and build a stronger community, just by taking part. Visit www.cfgateway.ca to learn more about local events.

Reconnect with a family getaway

A vacation doesn't have to be an elaborate or expensive affair. Get away with your family for a day, a weekend or longer and take the time to strengthen family bonds.

103-719 McCallum Rd
Victoria, B.C. V9B 6A2

The MORTGAGE Centre

COCHING MORTGAGE



Eric Coching
Broker/Owner | 250-217-2326

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

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

Convenient location
across from Home Depot below Costco

Thinking about consolidating consumer debt?

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

Rates subject to change without notice



Contributing to the financial well-being of the Canadian Forces community!



Nous contribuons au bien-être financier de la communauté des Forces canadiennes !



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

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

Formation Fun Day
It's back and better than ever!
Visit page 6 for details.
Saturday, July 6
Noon 'til 4pm Naden

"MAJOR CASH"
PAYDAY LOANS
only \$17 on \$100
250-384-1001
#204-941 Esquimalt Rd
Lic. #49745

UPSTAIRS

ROYAL LEPAGE
Coast Capital Realty
INDEPENDENTLY OWNED AND OPERATED

Helping You Is What We Do

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

Officers graduate

Capt Amélie Leduc
Contributor

Two weeks ago, 21 naval officers of the Puncher Division graduated the Maritime Surface/Sub Surface (MARS) IV training at the Naval Officer Training Centre.

During this special graduating ceremony on May 17, Base Commander, Capt(N) Bob Auchterlonie congratulated the graduates and emphasized to the audience that “these officers have big shoes to fill. They are the future leaders and captains of our navy.”

Many officers were promoted to the rank of Sub-Lieutenant, and three graduates received special awards.

The Commander Royal Canadian Navy Award was presented to A/SLt Fisher for top overall student.

A/SLt Smirnov received the Venture Association Award for demonstrating the best professional leadership qualities throughout the course including the sea phase.

The last award, the David W. Groos Memorial Shield, is in recognition of the candidate achieving the highest standing in professional achievement. It was presented to A/SLt Burton.

Last MARS IV training of its kind

The graduation ceremony marked a change in MARS IV training.

MARS IV training starts with the six weeks classroom instruction that covers radar theory, ship handling, engineering, ship’s stability, col-

lision regulations and radar navigation. Followed by the damage control/fire fighting leadership module conducted at Canadian Forces Fleet School Esquimalt where officer of the day and fire leader competencies were developed, and five weeks spent in the Navigation and Bridge Simulator (NABS).

The first three of those five weeks in NABS students learned how to conduct manoeuvres as an Officer of the Watch and as a member of the bridge team. The following two weeks were spent refreshing their skills as Officer of the Watch, Navigating Officer and Second Officer of the Watch prior to heading to sea. The last six weeks of the course were spent on the West Coast at sea in Orca class training vessels where the students were assessed in high speed manoeuvring, navigation and Officer of the Watch skills.

There is now a new training system where students will cover all aspects of naval life from administration, seamanship, and warfare. From the practical perspective, there will no longer be five weeks in the NABS and a six-week sea phase. Instead, students will undergo two weeks of navigation training in the NABS, then two weeks at sea. The final sea phase for the course is a three week exercise in which the students will be challenged to master acting as Officer of the Watch and executing “charge” over a program and the ship.



A/SLt Fisher receives the Commander Royal Canadian Navy Award for top overall student of MARS IV from Capt(N) Bob Auchterlonie and LCdr Rocheleau (Ret’d). He was also promoted to sub-lieutenant.



A/SLt Smirnov is presented with the Venture Association Award for demonstrating the best professional leadership qualities from Commodore Doug McClean (Ret’d). He was also promoted to sub-lieutenant.



A/SLt Burton is presented with the David W. Groos Memorial Shield for achieving the highest standing in professional achievement at sea by Capt(N) Auchterlonie in conjunction with Hilary Groos.



A/SLt Cayouette receives his promotion to sub-lieutenant.



A/SLt Chamberlain receives his promotion to sub-lieutenant.



A/SLt Dalton receives his promotion to sub-lieutenant.



A/SLt Lyon receives his promotion to sub-lieutenant.



A/SLt Flynn receives his promotion to sub-lieutenant.



A/SLt Frederick receives his promotion to sub-lieutenant.



A/SLt Xu receives his promotion to sub-lieutenant.



A/SLt Hudson receives his promotion to sub-lieutenant.



A/SLt Jolly receives his promotion to sub-lieutenant.

Bravo ZULU



Above: Pte(B) Frame was promoted to the rank of Pte(T) by Cdr Tim Allan, Base Administration Officer.

Below: AB Morris (centre) was promoted to the rank of LS by Cdr Tim Allan. Lt(N) Lynda Hinch, Base Foods Officer, assists.



M.J. Killian, Electronics Technician 1st Class, United States Navy
(Left to right) Back row: CPO2 Proulx (CanDet Coxn), Lt Walker, LS McMaster, PO2 Kovacs (Instructor), LS Suley (Top Student), PO2 Thurrier (Instructor), STG1 Saddler, STG1 Riha, and LCdr Underhill (CanDet Comd). **Front row:** STG2 Dillion, STG3 Rushen, STGSN McFadden, STG3 Covich, and LS McDonald.

Advanced Acoustic Analysis Course

LS J McMaster Contributor

From April 29 to May 10, the RCN held an Advanced Acoustic

Analysis Course (AAAC) at Naval Ocean Processing Facility Whidbey Island (NOPFWI) located in Washington State, USA.

AAAC is provided by

Canadian Sonar Operators from ADAC. This spring's course was taught by PO2 Thurrier from Halifax and PO2 Kovacs from Victoria with Canadian and

American sailors participating. All of the students were successful in passing the course, with LS Suley receiving the award for top student.

New generation of officers promoted

Continued from page 16.

Base Commander Capt(N) Bob Auchterlonie awards promotions to sub-lieutenant to the following sailors during the MARS IV Graduation May 17.



A/SLt Khabian receives his promotion to sub-lieutenant.



A/SLt Lapointe-Desjardin receives his promotion to sub-lieutenant.



A/SLt Robert receives his promotion to sub-lieutenant.



A/SLt Roberts receives his promotion to sub-lieutenant.



Cpl Sutherland was promoted to the rank of MCpl by LCol Matthew Johnsen, Joint Task Force Pacific - Joint Engineer.



Lt(N) J. Aucoin was presented the Article 5 NATO Medal for service in Operation Active Endeavour while serving on board HMCS Vancouver.

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.

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. Naniamo, BC: Vancouver Island Therapeutic Comm. on Sunday evening 7:15pm @ 10030 Thrid Street. General inquiries: Michael@LifeRingCanada.org.

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

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.

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

O most beautiful flower of Mount Carmel, fruitful vine, splendor of heaven, blessed mother of the son of God, immaculate virgin, assist me in my necessity. O Star of the Sea, help me and show me that you are my mother, O, Holy Mary Mother of God, Queen of heaven and earth, I humbly beseech you from the bottom of my heart to help me in my necessity. (Make your request.) There are none that can withstand your power. "O Mary conceived without sin, pray for us who have recourse to you." (Three times.) "Holy Mary place this prayer in your hands." Say this prayer three consecutive days and then publish it and it will be granted you. JK

MOTORCYCLES

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

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@rivotline.org or visit http://www.rivotline.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

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

HAIR STYLIST

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

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.

VIEW ROYAL LOWER SUITE 2 BDRM 1 BATH. Living/ Dining Room. Shared laundry. N/S 1 small pet ok. \$1200/mo includes hydro/ water. Call: 250-658-4735.

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

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.

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.

House for Rent, Langford. \$1675 including utilities. Top floor of 2007 home. 3 bedrooms, 2 bath, living room, dining room, modern kitchen, laundry. Close to schools and yard backs onto Galloping Goose trail. No smoking, pets on approval. Refs required. Jay at 250-474-3457.

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.

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.

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

3 BDRM 2 BATH upper level suite in modern Saanich house. New Laminate flooring, custom wood blinds, Gas F/P. Partial furnishings negotiable. Shared laundry & utils. Short drive to CFB Esquimalt. On bus routes 8 & 21. \$1650/mo. Military discount available. Call: 778-350-0603.

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.

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

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

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



BROWN BROS SINCE 1918
250-385-8771
837 Ellery St.
Very large 1 bdrm avail July 01 \$850/mon
\$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, xlg balconies, walk dtwn, on bus routes. Military Discount.
Call 250-590-3055

X-LARGE TOWNHOMES
UVic/McKenzie Area
On-site manager 24/7
2 & 3 bedrooms,
1800-2100 sq ft.
3 levels, 1.5 bathrooms
New appl. & flooring, pte backyard
Near schools, on bus route
Free Internet or Optik TV for 1 year
From \$1,595 • Call 250-686-2682

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

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

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

SERVICES OFFERED

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

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

Lookout Classifieds Work. 363-3014

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

DND 20% Off



Shaw) Call for Best Available Promotions

SAME DAY SERVICE!
 Digital TV • Internet • Phone

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

REAL ESTATE • FOR SALE

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



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


REAL ESTATE • FOR SALE

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



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

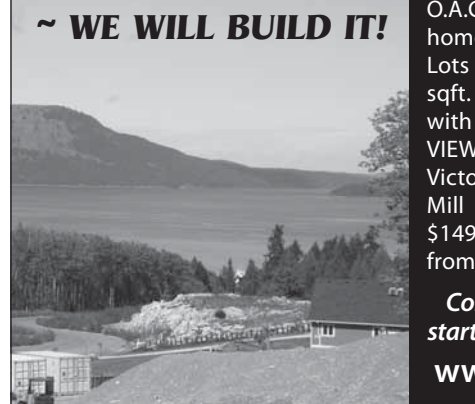
"Modern Tools & Old Fashioned Service"

Andrew Plank PEMBERTON HOLMES



www.andrewplank.com | 250-360-6106

DESIGN YOUR HOME ~ WE WILL BUILD IT!



As little as 5-10% down O.A.C. Custom designed homes, choose from Large Lots approx. 10,000-26,000 sqft. Fully serviced, many with unobstructed OCEAN VIEWS! Just 25-mins to Victoria, in Gorgeous Mill Bay. Lot pricing from \$149,900. Ocean view lots from \$179,900.

Contact Mikko today to start planning your dream!
www.islandlots.ca

MIKKO IKONEN
 Sutton Group - West Coast Realty
 Cel: 250.889.2218 • mikko@sutton.com



Sell your home in the Lookout

Call 363-3014 to advertise

EPIC VARIETY 103.1 JACK fm

Playing whatever! Whenever!



1031jackfm.ca

First responders honoured for quick action following dive accident

Shawn O'Hara
Staff Writer

Six individuals were recognized May 30 for heroism in a small ceremony held at the headquarters of St. John Ambulance in Victoria.

Richard Parker, Debera Rosset, Dakota Darling, Andre Rosset, Lexe Rosset, and Bradyn Rosset were recognized for attempting to save the life of CPO1 Richard Boileau during a recreational dive gone wrong. Unfortunately, Chief Boileau lost his life in the May 19, 2012, diving accident.

"These people reacted with speed, certainty, and skill, with no regards for their own safety," said Karen McPherson, Chief Executive Officer of St. John Ambulance, Yukon and B.C. "That is the true

mark of bravery, and for their efforts they will be commended."

On hand to deliver the awards were the Honourable Judith Guichon, Lieutenant-Governor of British Columbia, and Ross Nichols, from St. John Ambulance.

Parker, Debera Rosset and Darling each received the Silver Lifesaving Award, and Andre Rosset, Lexe Rosset and Bradyn Rosset were given Awards of Merit.

"The high calibre of training that St. John Ambulance provides has led to people such as these, prepared to react to dangerous situations at a moment's notice," says LGov Guichon. "It is so important that we as citizens be prepared to help our fellow human beings, and these people are evidence of that need."



Richard Parker



Debera Rosset



Dakota Darling



Andre Rosset



Lexe Rosset



Bradyn Rosset

Thanks to our sponsors



TOURNAMENT SPONSOR



Win Prizes

2 HOLES IN ONE
\$10,000 EACH!

Sponsored by Seaspan

LONGEST DRIVE
Ladies' and men's

CLOSEST TO THE PIN
Ladies' and men's



1st Annual Base Commander's golf tournament

\$85 (includes taxes)

Includes: Dinner, Golf Cart & 18 holes

Door prizes to be WON!

Wednesday June 26, 2013

Olympic View Golf Club

643 Latoria Road

TICKETS available from Laura Spence, 250-363-3127 or laura.spence@forces.gc.ca

OR get them at the Naden Athletic Centre Kiosk. Credit Card or Cash.

Limited spots so don't delay!

7:00 a.m. Registration - 8:30 a.m. Shot Gun Start

Tickets going fast. Get them before they're gone!

