

LOOKOUT

MARPAC NEWS CFB Esquimalt, Victoria, B.C.

www.lookoutnewspaper.com



Thank You For Shopping Locally!

PHARMASAVE
Esquimalt Plaza

FREE Blister Pack Service & Medication Reviews

250.388.6451
Free Prescription Delivery

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



COLLISION AT SEA



Photos by Amanda Gagnard, Navy Public Affairs

Ships damaged during tow-ex

MARPAC PAO

On Friday, Aug. 30, at approximately 11 a.m. PST, HMC Ships *Algonquin* and *Protecteur* collided at sea while conducting exercise manoeuvres en route to Hawaii.

Algonquin sustained significant damage to the hangar on her port side while *Protecteur* sustained damage of a lesser degree to her bow.

There were no reported injuries, and both ships have returned to their home port of CFB Esquimalt.

The full details of the incident are not yet known but a thorough and rigorous damage assessment has commenced. The goal is to get both ships back to sea as soon as possible.

A Board of Inquiry will be convened to further investigate the incident and circumstances surrounding it, and will make recommendations as to how to prevent a similar event from occurring in the future.

The ships were conducting a towing exercise where *Algonquin* was required to make a close approach to *Protecteur* in order to pass the necessary gear to take her under tow, simulating a loss of propulsion onboard *Protecteur*.

This activity was being conducted as it is a routine training exercise. RCN ships may be called upon at anytime to conduct this evolution in any environment to aid a stricken vessel.

This training exercise is necessary so ships are prepared to respond to an emergency at sea in any environment.

Most navies maintain an ability to take another vessel under tow.

NEWS 3

Members travel ocean to ocean on motorcycle ride

NEWS 6

Rations get taste tested

SELECT MORTGAGE CORP

BEST 3 year Fixed - 2.94%
BEST 5 year Fixed - 3.39%
BEST 5 year Variable - 2.45%

*Some conditions apply/OAC/rates subject to change
WWW.MORTGAGESBYLORI.COM • LORI.LENAGHAN@VERICOSELECT.COM

VERICO
EACH VERICO BROKER IS AN INDEPENDENT OWNER OPERATOR

LORI LENAGHAN • 250-888-8036
LICENSED MORTGAGE PROFESSIONAL
30+ YEARS IN THE MORTGAGE BUSINESS

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

CANEX www.canex.ca

No Interest Credit Plan

12 • 24 • 36
Month terms

Plus
NO MONEY DOWN
NOT EVEN THE TAXES!

O.A.C.



Above: OS Cady Marie Fitzgerald (left) receives a Métis Sash from Lissa Smith, Minister responsible for Health and Veterans, and Métis elder Stella Johnson during a Metis Belting ceremony.
Left: Judith Guichon, Lieutenant Governor of B.C. (right), inspects Raven program graduates. With her are Lt(N) S. Kelly (left) and Base Commander, Capt(N) Luc Cassivi.



Above: LCdr Michelle Tessier (right), Division Commander of the Raven Program, and OS Michaelia Rose Drever (left) cut the Raven graduation cake.
Right: Raven graduates and their instructors march past LGov Judith Guichon on the dias.



Ravens Soar

The Raven program had its graduation parade and award ceremony at Work Point on Aug. 22.

Photos by Cpl Blaine Sewell, MARPAC Imaging

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.



Shawn O'Hara, Lookout

CPO2 Jamie Lone, Bob O'Blenis, Jack Panter, Richard Vandekamp, and Jim McEachern dip their tires into the Pacific Ocean following the 2013 cross country Military Police Motorcycle Relay Ride.

Ocean to ocean ride funds MP charity

Shawn O'Hara
Staff Writer

After an 8,338 kilometres trek in the saddle, CPO2 Jamie Lone was relieved to see the Pacific Ocean.

The Fleet School Hull Standards Chief returned Sunday Aug. 25 from a 20-day cross-country charity ride that began in Halifax as part of the 5th Annual Military Police National Motorcycle Relay Ride.

Flanked by his team of three West Coast riders, CPO2 Lone backed his rear tire in the ocean at Macaulay Point for a salty dip.

It was the finale to a ride that began Aug. 6 with a dip in the Atlantic Ocean in Halifax.

"We wanted to give ourselves a physical goal," he says. "Knowing the Pacific and home was waiting for us on the other side was a pretty great motivator."

As part of the relay, around 125 riders from provinces across Canada joined a leg of the journey,

We met a visually impaired girl who had recently applied for funding through the Military Police Blind Fund. She was such a smart, vibrant young girl and the kind of person we were helping with our ride.

-CPO2 Jamie Lone

but only four rode all the way across the country.

"We would meet provincial riders and they'd ride with us to the other side of their province," says CPO2 Lone. "It was awesome to have that level of support from riders we'd never met before."

Sleeping in bases and armouries, and eating in legions along the route, the four-member team met hundreds of supporters. Some drove home the reason they were on the ride.

"We met a visually impaired girl who had recently applied for funding through the Military Police Blind Fund," he recalls. "She was such a

smart, vibrant young girl and the kind of person we were helping with our ride."

To ensure they made their 20 day time frame, riders were on the road up to 12 hours; for two consecutive days they covered more than 1,500 km to cross northern Ontario.

"That was a long one. Sitting for 12 hours straight never feels great," he says. "Everyone was a little sore that day, but we agreed that it was worth it."

The team donated a \$35,000 cheque to Atlantic Provinces Special Education Authority (APSEA) just before their ride began, but donations

continued to roll in along the route.

"We were waiting at the ferry terminal to get back to the island and a little girl walked up with her piggy bank to give us a couple twoonies," says CPO2 Lone. "We tried to tell her she should keep it, but she said 'I want to help the kids'. That's what it's about."

With the ride, and the breadth of Canada behind him, CPO2 Lone is already looking forward to next year.

"It was a very emotional and enlightening ride," he says. "I'll definitely be back again next year."

From CPO2 Lone: On behalf of all the children of Canada whom we ride for, we wish to personally thank-you for believing in and supporting the Military Police National Motorcycle Relay Ride. Together we will continue making a difference in their lives. We salute you for your support and understanding while knowing:

A person never stands as tall as when they kneel to help a child.

DON'T DRINK & DRIVE.

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

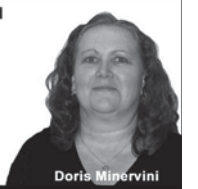
ABAKHAN
& Associates Inc.

Debt Restructuring Consultants
Trustees in Bankruptcy (non-resident)

www.BankruptcyBC.com



Richard Robinson



Doris Minervini

GOOD PEOPLE TO KNOW IN TIMES OF TROUBLE

**MAKE THIS YOUR YEAR:
RESOLVE TO RIDE!**



Steve Drane Harley-Davidson®

2940 Ed Nixon Terr.
Victoria, BC

SteveDraneHarley.Com

250-475-1345

**Working hard for
working families**

**Maurine
Karagianis**
MLA, Esquimalt-
Royal Roads



250-479-8326

www.maurinekaragianis.ca

Maurine.Karagianis.MLA@leg.bc.ca

Stay & Play
OCTOBER SPECIAL

\$99
pp/dble occ.

Includes one night in a deluxe fairway room and one round of golf for two with shared cart.

See our website for more details.

Quote L01 for this offer



399 Clubhouse Drive, Courtenay, BC V9N 9G3
Toll Free: 888-338-8439 | 250-703-5000

Come for a tee time, stay for a lifetime!

Visit us at
www.CrownIsle.com

matters of OPINION

WHO WE ARE

MANAGING EDITOR

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

STAFF WRITER

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

EDITORIAL ADVISORS

Capt Jenn Jackson 250-363-4006
Sara Helmecci 250-363-7060

Published each Monday, under the authority of Capt(N) Luc Cassivi, Base Commander.

Le LOOKOUT est publié tous les lundi, sous l'égide du Capt(N) Luc Cassivi, 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'OAF57.5. Les opinions et annonces exprimées dans le journal ne reflètent pas nécessairement le point de vue du MDN.



Circulation - 4,100
plus 1,000 pdf downloads per week

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



People Talk

Lookout asked this question:

If you could play professionally in any sport what would it be and why?



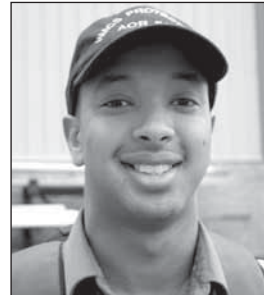
Golf. It's relaxing. It's like you're on a permanent vacation.

AB Shaw



Triathlon. I already compete in them. To get paid to do what you enjoy is pretty sweet.

Lt Cole



Basketball. It's my favourite sport.

LS Arte



Football. I used to play in high school. I would love to play for the Lions!

LS Stirler



Soccer, because you get to travel the world and make the most money.

MS Boorman



FREE FOOD! at the Industrial Supplier Trade Show

from The Hungry Rooster

**while supplies last*

HAPPY HOMEBREWER

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

Come in and ask about our MILITARY DISCOUNT

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

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

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

CFB ESQUIMALT

SEPTEMBER 19, 2013

INDUSTRIAL

SUPPLIER TRADE SHOW

A.C.T. Equipment Sales Ltd
 Acklands Grainger
 Agenda Office Interiors
 Agilent Technologies
 Albrite Lighting
 Anixter
 Associated Fire & Safety
 Atlas Elektronik Canada Ltd
 Brock White Constructing Materials **NEW!**
 CANEX
 Castertown
 Cloverdale Paint
 Columbia Valve and Fitting
 Columbia Fire and Safety
 Conti Evolution
 Container West
 CommScope Canada **NEW!**
 CORCAN
 Costco
 CP Cases Inc
 Derma Science **NEW!**
 DGI Supply – a DoALL Company **NEW!**
 Dynamic Rescue Group of Companies **NEW!**
 E.B Peerless Ltd
 Edward Jones Sheena Magnotta **NEW!**
 Ergocentric Seating Systems **NEW!**
 EMCO
 Fastenal Canada Ltd
 Fenwick Bath
 Fisher Scientific
 Forbes Pharmacy
 SPONSOR: Gap Wireless **NEW!**
 Graybar Canada

Hazmasters
 High Speed Imaging
 Honeywell Safety Products
 Icom Canada
 Interstate Batteries
 Industrial Paint & Plastics
 Investors Group – Terry Wilcox **NEW!**
 Island Return It
 Island Office Equipment **NEW!**
 Island Superior Air Filter and Canada
 Battery Systems Ltd. **NEW!**
 Item Ltd.
 Klingspor **SPONSOR**
 Kal Tire
 King Lasik
 KMS Tools
 Landsharkz Coins
 Latitude Technology **NEW!**
 Levitt Safety
 LGI Industrial & Construction Supplies
 Nanaimo **NEW!**
 Lyreco Canada
 Macpherson Bradford Group Ltd
 MD Charlton
 Milwaukee Electric Tool
 Monks Office
 Multivista Construction
 Documentation **NEW!**
 Neilsen Clothing **NEW!**
 NexGen Hearing
 Office Max Grand and Toy
 Pacific Audio Works
 Pelican Products
 PPG Aerospace

Praxair
 Punch Tools **NEW!**
 Rousseau Metal
 SIMEX Defence Inc **NEW!**
 Sharps Audio Visual
 Snap On Industrial Tools **NEW!**
 Stanley Vidmar
 Taipan Canada Abrasive and Cutting Tools **NEW!**
 Tektronix Canada
 Thomas and Betts **NEW!**
 Troy Electric Sales & Service
 Uline Canada
 Victoria Battery Direct
 Van Isle Windows **NEW!**
 Walter Surface Technology
 Wartsila Canada Inc
 Western Equipment
 Wesco Distribution
 Wilson and Proctor Ltd

Special Outdoors Displays
 Makita's Tool Truck
 Snap On Tools Truck
 NexGen Hearing Truck
 Leavitt Machinery Display
 Harbour International Trucks
 Victoria Hyundai
 103.1 Jack FM

PLUS

FREE FOOD FROM HUNGRY ROOSTER FOOD TRUCK
 FREE COFFEE FROM SERIOUS COFFEE
 GCWCC-UW CAKE COURTESY OF COSTCO

10:30AM-3PM
NADEN DRILL DECK

- **100+ VENDORS**
- **\$5,000+ IN DOOR PRIZES**
- **GREAT FOOD!**



GCWCC
CAMPAIGN KICK OFF!

Big THANKS to our sponsors
Klingspor and Gap Wireless.



Hosted by **LOOKOUT**





Meal rations are being reviewed in the field by Ann Delaney (left), Edith Jutras (centre) and Julie Brooks (right).

Rations testing, a tasty improvement

Materiel Group
International
Communications

This fall, soldiers on exercises at various field units will be eating their lunch with the team from the PMO National Combat Rations Programme who will be hearing comments and opinions on the food and its packaging in an operational environment.

Edith Jutras, Manager of the Program, says ration packs used to have feedback forms inside, but the rate of return was extremely low.

She believes being in the

field with the troops will build an understanding of what soldiers like and don't like about their rations, and will help steer improvements in years to come.

"The troops will have a chance to meet and talk directly with us," she says. "In the past few years we have focussed our efforts on improving food taste and variety. Now we will evaluate the packaging in order to make it more in line with soldiers' needs. We've already cut down the number of loose items in the ration pack in response to soldier comments, and we're looking at switching to reusable packaging if possible."

able packaging if possible."

The PMO National Combat Rations Programme is part of the Directorate of Food Services in the DCOS division and is responsible for the shelf-stable packaged meals that are provided to soldiers in the field.

The small three-person team designs the rations and validates requirements, works with industry to develop recipes and new products, contracts for all the components, supervises production and assembly, conducts testing and quality validation, and provides expertise on stock management.

Combat rations must

adhere to NATO standards for nutrition and interoperability so allied soldiers can easily eat rations during joint operations.

The team works years ahead due to a long production and procurement process; currently they are developing menus for 2015.

Around one million Individual Meal Packs or IMPs are produced every year and close to 100,000 Light Meal Combat packs or LMCs every two years. Approximately 20,000 survival rations are also produced every five years. Each component is manufactured separately, then shipped to

We introduced poutine in the IMP that, although made with cooked, rather than fried potatoes, has chicken and cheese curds and a rich gravy. During the trials, soldiers loved it and are now even blogging about it.

-Julie Brooks
Technical Assistant

an assembler in Montreal who packages all the food and non-food items together to form the various ration packs. Other rations such as the Vegetarian/Halal/Kosher and survival rations for life rafts are purchased ready-made on a yearly basis.

The IMP main course is packaged in a retort pouch made from layers of flexible laminate. All food items need to have a shelf life of three years and be consumable straight from the pouch without adding water or heating.

The challenge says Ann Delaney, a Technical Assistant with the Programme, is to ensure that everything in the ration pack be eaten so that soldiers are getting optimal nutrition. She explains that packaged peaches are an example of a food that looks and tastes fine in a test situation, but doesn't work out so well in practice.

"The peaches are slippery and impractical to eat under field conditions. So we are currently looking for alternatives to this fruit."

Beef jerky, on the other hand, is ideally suited to the field. Included in a ration pack it can be slipped in a pocket and consumed whenever and wherever.

Delaney says the jerky is one of many additions and improvements that have been made to the IMP in recent years. A good protein bar and hot sauce have also been crowd pleasers. Chocolate bars are now

included with both lunch and dinner IMPs, and a new sliced bread product has been a welcomed addition.

"One of the refinements we're looking at is trail mix with nuts. Nuts are very good nutritionally but our challenge has been shelf life. We're looking at coated nuts as an option or a mix that is packaged with nitrogen instead of air," says Delaney.

In 2014 soldiers can look forward to an IMP hamburger and a vastly improved coffee that is espresso-based and much richer in flavour, says Julie Brooks, also a Technical Assistant with the Programme.

"Food is very important for morale. Soldiers want food that is familiar. We introduced poutine in the IMP that, although made with cooked, rather than fried potatoes, has chicken and cheese curds and a rich gravy. During the trials, soldiers loved it and are now even blogging about it," she says.

All three team members have degrees in food science, but agree that food is about more than science.

"Of course we need to ensure that our soldiers are getting the nutrition they need," says Jutras. "But it is also vitally important to us that the food is tasty, easy to eat and we include items soldiers want in their rations. We're really looking forward to sitting down with soldiers in the field and finding out what they think."



**NANCY
VIEIRA**

250-514-4750

**PEMBERTON
HOLMES**
ESTABLISHED 1887

1-800-665-5303
www.nancyvieira.com
info@nancyvieira.com

JB's  **Auto Parts Plus**

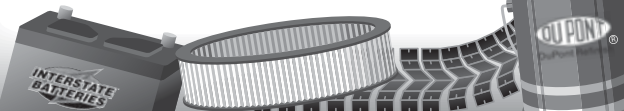
**Automotive
& Industrial**
parts, tools & supplies

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



**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

Enter the photo contest, win big

Jen Seipp
CFMWS

Whether it's for work or fun, we all love to take pictures.

But what makes a truly great photograph? Is it excellent technique, engaging subject matter, great timing or an emotional draw?

For 45 years it has been the job of the Canadian Armed Forces (CAF) Photography Contest judges to answer that question. Each year, highly qualified individuals from multi-disciplinary backgrounds are invited to judge thousands of contest submissions and use their expertise to select the best images of the year.

This year, MWO (Ret) Christian Coulombe will join the judging panel, bringing years of experience and a unique passion and perspective to contest.

"I look forward to the challenge of being a judge this year. Photography is important for the CAF as it forever captures what the soldiers, sailors, airmen and airwomen do," he says.

As a judge, what will he be looking for?

"The quality of the image itself, sharpness, and

structure of composition," he says. "Does the image display an angle or aspect never seen before?"

The context of the image and its emotional impact are also very important to MWO (Ret) Coulombe.

"I will look for images which depict an event so close to our heart that even without reading the caption, I am moved, disturbed, informed, or so close that I can feel the joy or pain that the people in the image actually feel."

Judging of the entries takes place Oct. 9 and 10 at the National Research Council Campus in Ottawa, and visitors are welcome.

Do you have a great image to share? There is still time to enter the contest and see if your photos will catch a judge's eye. The CAF Photography Contest is accepting submissions until Oct. 1. Photographers will be eligible to win a selection of great prizes, and each contest participant will also be entered into a grand prize draw for a round trip anywhere in Canada, courtesy of Via Rail.

For full contest rules, eligibility criteria, and to enter, visit www.cafphotocontest.ca.

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 **ReStore**

"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>	

CONCOURS DE PHOTOGRAPHIE DES FORCES ARMÉES CANADIENNES DE 2013

PARTICIPEZ ET COUREZ LA CHANCE DE GAGNER UN ALLER-RETOUR AVEC VIA RAIL!

www.concoursdephotodesfac.ca

Visitez le site Web pour connaître tous les détails, les règlements du concours, les critères d'admissibilité et les directives de participation.



10% off any Truck Rate

MILITARY DISCOUNT OFFERED



Budget Car and Truck Rentals

Call 250-953-5300
www.budgetvictoria.com

Financial Services **SISIP RARM** Services financiers

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

HYUNDAI ADVANTAGE

- ✓ 0% FINANCING FOR UP TO 96 MONTHS ON SELECT MODELS
- ✓ LOW PAYMENTS
- ✓ WELL EQUIPPED VEHICLES
- ✓ 5 YEAR WARRANTY

WELL EQUIPPED:

- ✓ AIR CONDITIONING
- ✓ HEATED FRONT SEATS
- ✓ HEATED DOOR MIRRORS
- ✓ FRONT ACTIVE HEADRESTS
- ✓ FRONT, SIDE & CURTAIN AIRBAGS
- ✓ POWER WINDOWS & DOOR LOCKS
- ✓ AM/FM/CD/MP3/USB/iPOD® AUDIO SYSTEM WITH STEERING WHEEL AUDIO CONTROLS



2013 ACCENT 5 DR GL

HWY: 5.3L/100 KM
CITY: 7.1L/100 KM*

OWN IT FOR **\$83** BI-WEEKLY WITH **0%** FINANCING FOR 96 MONTHS INCLUDES **\$200** IN PRICE ADJUSTMENTS* SELLING PRICE: **\$17,199*** ACCENT 5 DR GL 6-SPEED MANUAL. \$200 PRICE ADJUSTMENT†. DELIVERY & DESTINATION INCLUDED.

NO MONEY DOWN



2012 BEST NEW SMALL CAR (UNDER \$21K)



GLS model shown



2012 CANADIAN AND NORTH AMERICAN CAR OF THE YEAR



Limited model shown

2013 ELANTRA GL

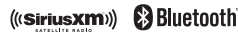
HWY: 5.2L/100 KM
CITY: 7.1L/100 KM*

OWN IT FOR **\$92** BI-WEEKLY WITH **0%** FINANCING FOR 96 MONTHS INCLUDES **\$750** IN PRICE ADJUSTMENTS* SELLING PRICE: **\$19,149*** ELANTRA GL 6-SPEED MANUAL. \$750 PRICE ADJUSTMENT†. DELIVERY & DESTINATION INCLUDED.

NO MONEY DOWN

WELL EQUIPPED:

- ✓ AIR CONDITIONING
- ✓ 6 AIRBAGS
- ✓ iPOD®/USB/AUXILIARY INPUT JACKS
- ✓ POWER WINDOWS & DOOR LOCKS
- ✓ SIRIUS XM™ RADIO WITH BLUETOOTH® HANDS FREE PHONE SYSTEM & STEERING WHEEL AUDIO CONTROLS
- ✓ CRUISE CONTROL
- ✓ HEATED FRONT SEATS



Limited model shown

WELL EQUIPPED:

- ✓ AIR CONDITIONING
- ✓ 7 AIRBAGS
- ✓ SIRIUS XM™ RADIO WITH BLUETOOTH® HANDS FREE PHONE SYSTEM
- ✓ VEHICLE STABILITY MANAGEMENT
- ✓ W/ESC & TRACTION CONTROL SYSTEM
- ✓ HEATED FRONT SEATS
- ✓ FOG LIGHTS
- ✓ ACTIVE ECO SYSTEM



2013 SANTA FE SPORT 2.4L FWD

HWY: 6.7L/100 KM
CITY: 10.1L/100 KM*

OWN IT FOR **\$139** BI-WEEKLY WITH **0.99%** FINANCING FOR 96 MONTHS INCLUDES **\$500** IN PRICE ADJUSTMENTS* SELLING PRICE: **\$27,759*** SANTA FE SPORT 2.4L FWD AUTO. \$500 PRICE ADJUSTMENT†. DELIVERY & DESTINATION INCLUDED.

OR STEP UP TO THE SANTA FE **XL** FOR ONLY **\$33** MORE BI-WEEKLY

NO MONEY DOWN



2013 CANADIAN UTILITY VEHICLE OF THE YEAR



5-year/100,000 km Comprehensive Limited Warranty**
5-year/100,000 km Powertrain Warranty
5-year/100,000 km Emission Warranty



HYUNDAI | NEW THINKING. NEW POSSIBILITIES.™
HyundaiCanada.com

MFRC events in September

Dealing with and Preparing for Deployment Workshop Series

Part 1 - Adult Session

Is your member already away on a work-related separation? Or are they getting ready to deploy for six weeks or longer? Are you prepared? Are you informed of MFRC services? Do you have an Emergency Child Care Plan? Would you like a chance to learn more about preparing for and dealing with a deployment? Have your questions answered by those "in the know." Free onsite childcare also available by request.

Location: CPAC
MFRC 650A
Mon Sept 16 & Nov 18
6:30-8:30pm
Free

on hand to answer questions and provide information. Participants are required to register 5 days in advance by calling 250-363-2640 (toll free: 1-800-353-3329). Free child care provided if required and booked a week in advance.

Location: CPAC
Wed Sept 18
6:30-8pm
Free

Living Life to the Full

Want to know how to feel better, right now?

Sleep better, feel happier, have more energy, gain confidence, get out more, enjoy better relationships, help others -- learn all that in eight, enjoyable 90-minute sessions.

Location: CPAC
Thursdays Sept 12-Nov 7
6:30-8pm
\$40 for course supplies

Please register by calling the MFRC at 250-363-2640 (toll free: 1-800-353-3329).

Part 2 - Parenting Session

Do you have children at home? Are you prepared to help your children deal with the challenges of having their parent away? Would you like a chance to meet other parents who are also facing the same challenges? Have your questions answered by those "in the know." Free onsite childcare also available by request. It is recommended that all participants take Part 1 of the Dealing with Deployment series prior to this session.

Location: CPAC
MFRC 650B
Mon Sept 23 & Nov 25
6:30-8:30pm
Free

Free FSL and ESL classes for family members.

English as a Second Language - Beginner
Mon, Tues & Thur Sept 16-Dec 5
9-11:30am

English as a Second Language - Intermediate/Advanced
Mon, Tues & Thur Sept 16-Dec 5
1-3:30pm

French as a Second Language - Level 1
Tues Sept 17-Dec 3
6:15-8:45pm

French as a Second Language - Level 2
Thur Sept 19-Dec 5
6:15-8:45pm

All participants are asked to register at least five days in advance by calling the MFRC at 250-363-2640.

Newcomer's Coffee Night

Connect with others at the weekly coffee night. Military families new to the area are welcome to join in, meet new people and learn more about the community. MFRC staff will be

Learn more on how to register at <http://esquimalt-mfrc.com/services/education/second-language.php>.

WIN
an
iPod Shuffle
with our weekly quiz

Only one ship in the Canadian Navy has ever carried the designation DDG (guided missile destroyer). Which ship is it?

ENTER ONLINE AT
VICTORIADND.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



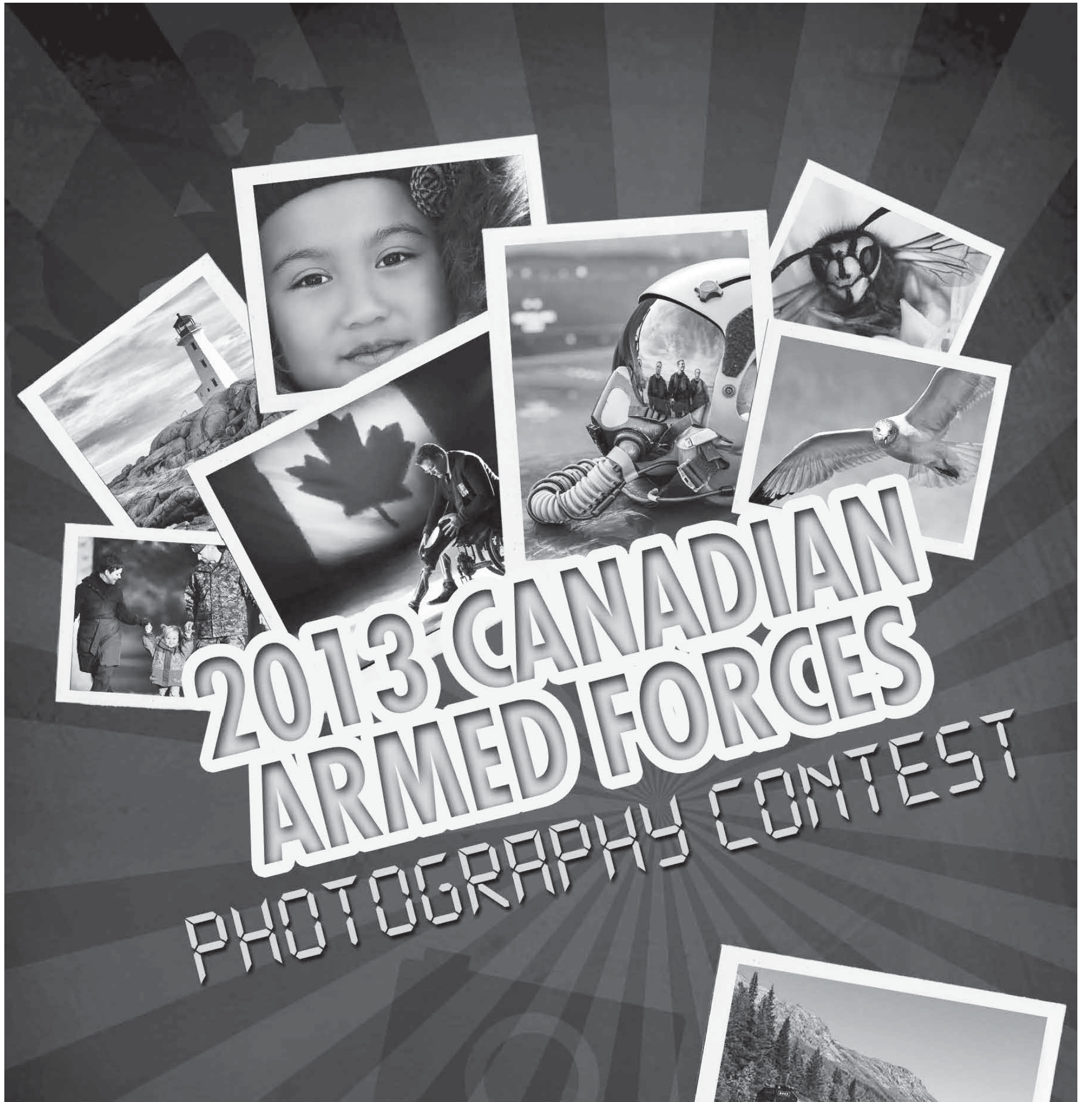
CAR FOR SALE

2004 Monte Carlo SS Coupe, 2 door, 3.8lt, V6 engine, 137,500 kms. Asking \$5,500 or best offer. Excellent condition.

Must see it to really appreciate it's style.

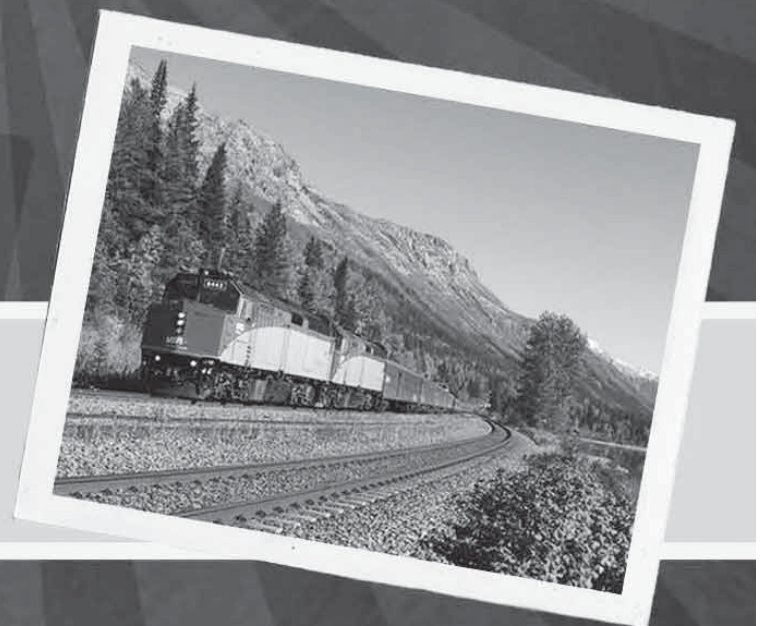
Call 250-385-1344

™The Hyundai names, logos, product names, feature names, images and slogans are trademarks owned by Hyundai Auto Canada Corp. All other trademarks are the property of their respective owners. *Finance offers available O.A.C. from Hyundai Financial Services based on a new 2013 Accent 5 Door GL 6-Speed Manual/Elantra GL 6-Speed Manual/Santa Fe Sport 2.4L FWD Auto with an annual finance rate of 0%/0%/0.99% for 96 months. Bi-weekly payments are \$83/\$92/\$139. No down payment required. Cost of Borrowing is \$0/\$0/\$1,126. Finance offers include Delivery and Destination of \$1,550/\$1,550/\$1,760. Registration, insurance, PPSA, fees, levies, charges, license fees and all applicable taxes are excluded. Delivery and Destination charge includes freight, P.D.E., dealer admin fees and a full tank of gas. Financing example: 2013 Elantra GL 6-Speed Manual for \$19,149 (includes \$750 price adjustment) at 0% per annum equals \$92 bi-weekly for 96 months for a total obligation of \$19,149. Cash price is \$19,149. Cost of Borrowing is \$0. Example price includes Delivery and Destination of \$1,550. Registration, insurance, PPSA, fees, levies, charges, license fees and all applicable taxes are excluded. †Fuel consumption for 2013 Accent 5 Door GL 6-Speed Manual (HWY: 5.3L/100KM, City 7.1L/100KM)/Elantra GL 6-Speed Manual (HWY: 5.2L/100KM, City 7.1L/100KM)/Santa Fe Sport 2.4L FWD Auto (HWY: 6.7L/100KM, City 10.1L/100KM) are based on Energuide. Actual fuel efficiency may vary based on driving conditions and the addition of certain vehicle accessories. Fuel economy figures are used for comparison purposes only. ‡Price of models shown: 2013 Accent 5 Door GLS 6-Speed Manual/Elantra Limited/Santa Fe Sport 2.0T Limited AWD are \$19,249/\$24,849/\$40,259. Prices include Delivery and Destination charges of \$1,550/\$1,550/\$1,760. Registration, insurance, PPSA, fees, levies, charges, license fees and all applicable taxes are excluded. †Price adjustments are calculated against the vehicle's starting price. Price adjustments of up to \$200/\$750/\$500 available on 2013 Accent 5 Door GL 6-Speed Manual/Elantra GL 6-Speed Manual/Santa Fe Sport 2.4L FWD Auto. Price adjustments applied before taxes. Offer cannot be combined or used in conjunction with any other available offers. Offer is non-transferable and cannot be assigned. No vehicle trade-in required. ††Offers available for a limited time, and subject to change or cancellation without notice. See dealer for complete details. Dealer may sell for less. Inventory is limited, dealer order may be required. †††Hyundai's Comprehensive Limited Warranty coverage covers most vehicle components against defects in workmanship under normal use and maintenance conditions.



2013 CANADIAN ARMED FORCES PHOTOGRAPHY CONTEST

ENTER FOR YOUR CHANCE TO WIN
A ROUND TRIP WITH VIA RAIL!



WWW.CAFPHTOCONTEST.CA


See web site for complete details, official rules, eligibility criteria and entry instructions.



It Starts with You!
www.pitch-in.ca
PITCH-IN CANADA!


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

1621 Island Highway, 250-478-8767

 **U-LOCK**
 MINI STORAGE
selfstorage.ca

Curb that fall spending frenzy

Tricia French
 SISIP Financial
 Counsellor

It takes savvy money management to survive the onslaught of fall expenses.

The good thing about the soaring expenses between September and December is they're predictable: kids always go back to school in September, Thanksgiving is always in October, and Christmas is always on of Dec. 25.

Fortunately, it's much easier to plan for events you know will happen.

How can you plan to not just survive but thrive?

Use these three steps to put together your plan: Review, Reflect, and Rework.

First, review your spending over the same time period last year by looking at receipts, cash withdrawal slips, and bank and credit card statements. We usually underestimate what we spend, so checking your previous year's spending helps you be accurate and realistic.

Second, reflect on whether you'll spend the same amount this year. If you were comfortable with the amount you spent, great. If spending got out of hand, strained your budget, or added to your debt load, then now's the chance to commit to a new spending limit. A spending limit ensures you don't carry costs of those events well into the New Year, often

costing hundreds of dollars in interest.

Once you've decided what you're going to spend, the final step is to rework your budget to set aside money for those expenses. It's much easier to save a little at a time over the year and it's never too late to get into the habit.

Try these reliable strategies for saving for planned expenses. Earmark a bank account specifically for savings for annual expenses like back-to-school costs, sports registrations, or holiday spending. Start an automatic deposit of a set amount into a savings account each pay using online banking or a pay allotment.

Don't feel you're a good saver?

Try these tricks that are hard to sabotage. Buy a gift a month to prepare for birthdays or Christmas. Buy gift certificates or gift cards from retailers throughout the year to help with the increased spending demands during the holidays. You can even set up an automatic withdrawal with your employer for Canada Savings Bonds and cash them annually to pay for your holiday expenses.

Setting up a system takes a bit of time and practice. Security comes from knowing you can afford what you and your family value without getting into debt.

This article is for general information purposes only and is the opinion of the writer.



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

æ ARBONNE®

Call for a free sample: 250-661-1269

Oceans of Opportunity



Experience Adventure

NLCC Admiral Rayner

For boys and girls aged 9 to 13
 Have fun in Band, Range and Range safety, swim, play sports/games, camp, participate in community events and march in parades.

RCSCC Rainbow

For young men and women aged 12 to 19
 Sail (CANSAIL program), Range, Band, First Aid, Food safe, Duke of Edinburgh Award, and up to 34 high school credits.

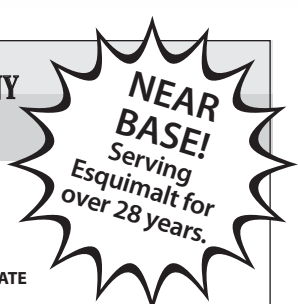
For more information about the programs and how to register visit our websites:

- admiralrayner.shawwebpace.ca
- www.victoriaseacadets.com



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



Top marchers

CPO1 Chris Koblun and the 2013 MARPAC Nijmegen Marching Team present RAdm Bill Truelove, Commander Maritime Forces Pacific, with the Woodhouse Trophy, which the team earned as the top Canadian contingent during the march this summer.



Gnaval flair

"Sometimes the Gnaden Band uses me as a their metroGnome," says the Gnavel Gnome. The little fellow joined the Naden Band of the Royal Canadian Navy at Transfer Beach in Ladysmith for Ladysmith Days.



Book launch

LOCAL MILITARY AUTHOR

Warrior Rising- A Soldier's Journey to PTSD and Back

Learn about one soldier's journey through PTSD. LCol Chris Linford has discovered the power and importance of being honest and frank with this injury and now speaks to others who are suffering and have not yet discovered what to do about it.

CANEX Esquimalt • Sept. 12 • Noon - 3pm

WALK to WORK!

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

- Starting at \$218,888
- Amazing Ocean & Mtn Views
- Private Rooftop Patios
- Close to Base
- Pets & Rentals Allowed
- High End Finishing included
Hardwood Floors &
Granite Counters

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



OVATION

**OPEN HOUSE HELD: SAT &
SUN 2-4PM & THURS 6-8PM**



Cliff Wettlaufer

Cell 250.589-7748 • Office 250-812-4120

www.theovation.ca | 1315 Esquimalt Rd

NOW is the time for CLEAR VISION!

Ask about our
Military Discount!

kingLASIK
kinglasik.com



OFFICIAL LASIK SURGEON

JOSEPH W. KING, MD

250.360.2141

VICTORIA • VANCOUVER

All Military Personnel 10% off

Free Panko Shrimp
with an order of fish & chips on Thursday
*not to be combined with any other promotion

Salty's
FISH & CHIPS

1008 Craigflower Open
250-477-6555 7 days

DEMO 2013 MODELS

FREE DEMOS / SPECIAL OFFERS / HELMETS PROVIDED

WHEN
MAY 16TH & 17TH, 2013

WHERE

1234 ESQUIMALT ROAD
250.386.8364

DOUBLE N Refinish Your Hardwood Floors
Without the Dust & Harmful Fumes

**HARDWOOD FLOOR SANDING
REFINISHING & INSTALLATIONS**

- Eco-friendly Finishes
- Dustless Sanding System
- Installations

FREE ESTIMATES

250.880.0926 • www.doublenfloors.ca

POSTED TO HALIFAX?

Cassandra Gagnon
110 Garland Ave., Dartmouth, NS
Cel: 902-440-8155
Fax: 902-442-0670
cgagnon@exitmetro.ca
www.exitwithcassandra.ca

Ask about our Military Discount!

Nightly, weekly, and long term rentals

Sooke Harbour
resort & marina

2 & 3 Bedroom townhomes
Phone: 250-642-3236
Toll Free: 1-866-616-3236

www.sookeharbourmarina.ca • reservations@sookeharbourmarina.ca
6971 West Coast Road, Sooke, BC, V9Z 0V1

Dieppe Aug. 19, 1942

In the Skies Above

Maj Bill March
Air Force History & Heritage

Some had slept. Probably the veterans, those fighter pilots and bomber crews who knew what it was like the night before a "big show." Others, new to the idea of going into combat, likely tossed and turned, thinking of the thousand and one details that had been briefed the day before, or trying not to think at all, lest their thoughts stray to the unthinkable.

It did not matter now. Fresh or tired, the crews donned their goggles, gloves, boots and Mae Wests as they made their way to their squadron areas. Perhaps someone made an off-hand joke about how the life preserver owed its nickname to the buxom movie star. Others may have spoken boastfully to their comrades of deeds to come, while others enjoyed the moments before dawn in thoughtful silence awed in part by what they had been told the day before.

It was Wednesday, the 19th of August 1942 and Operation Jubilee was about to commence.

The aircrew had been told that Jubilee was to be "raid in force" involving more than 6,000 soldiers and commandos, supported by naval and

air forces, and the target was the French port of Dieppe in Occupied France. It was to be a hit and run operation; a chance to "poke Jerry in the eye."

There were broader strategic and operational considerations, but if the airmen had been told that Jubilee would divert German attention from the beleaguered Russians on the Eastern Front, or acquire intelligence information and equipment, these considerations were well above their pay grade. These lofty considerations were for the likes of Air Marshal Leigh Mallory, the Royal Air Force (RAF) officer commanding 11 Group and their "boss" for Jubilee.

For the young men who would shortly climb into their Spitfires, or Mustangs or Boston and Blenheim bombers, the focus was hit the target, dominate the airspace, protect the assault force and "have a go at Jerry."

Aircrew tasked to fly the first sorties climbed into their aircraft as the ground crews purposefully went about making final checks. The airmen knew they had to be over the beaches by 0500 hours, the time of the initial assault.

Engine after engine sprang to life, shattering the early morning with aviation noise. Seventy-seven fighter and

bomber squadrons had been assembled for Jubilee – almost 1,000 aircraft manned by men brought together to defeat a common enemy. There were Poles, Czechs, French, Norwegians and others from German occupied lands. There were Americans whose fighter and bomber units had finally arrived in England and some, who came to the party early, in the uniforms of the RAF and Royal Canadian Air Force (RCAF).

Then there were the Canadians

Nine RCAF squadrons (400, 401, 402, 403, 411, 412, 414, 416 and 418) would take part in Jubilee, but as was always the case, there were many more Canadians scattered amongst the RAF units. For these pilots, gunners and observers, Jubilee had a more personal feeling as their countrymen, most from the 2nd Canadian Infantry Division, made up the bulk of the invasion force.

The first aircraft arrived over Dieppe just as dawn was beginning to break. A clear sky, deceptively calm, greeted the airmen. However, as the squadrons began their deadly tasks, the sky quickly filled with aircraft darting hither and yon, puffs of smoke from detonating anti-aircraft shells and the frighteningly beautiful lines of tracers arcing through it all.

As the day progressed, columns of smoke from burning naval craft, vehicles and buildings climbed ever upward like a forest of black, foul-smelling trees. Squadrons that took off later in the day used these columns as guideposts to where they should go.

Each airman, according to their aircraft and mission, would have had a very different impression of that day. Although surrounded by their comrades, each Spitfire pilot was alone, cocooned in his aircraft with only the roar of the engine and his own thoughts to keep him company. Occasionally a voice over the wireless (radio), sometimes calm, sometimes excited, sometimes frightened would interrupt these thoughts. Calm and excited voices were to be acknowledged or obeyed; frightened voices were to be ignored with a "thank God it's not me."

Depending on fuel and distance, actual time in the vicinity of Dieppe was often measured in minutes, but when German fighters appeared, each minute seemed like an eternity. Combat was brief, vicious, and demanding on both body and mind. Aircraft were thrown through the air in manoeuvres that tested the limits of both flesh and metal. Suddenly, the sky would be

full of aircraft, some with black crosses, moving at incredible speeds with each trying to close the gap between hunter and hunted to mere yards before firing. Shells from cannons and machine guns streaked through the air like nimble fingers seeking a vital spot in machine or man.

And then...it was over... and the sky empty as the pilot regained his bearings and sought the comfort of his wingman or squadron once again. A quick check of the aircraft to see if there was damage, then it was back to the airfield for a gulp of water, a hurried meal, and then back for a repeat performance two, three or four times.

Hurricanes and bombers

For aircrew in close support aircraft, the Hurricanes and bombers, their air war was slightly different. Their first attacks were made over pristine beaches and against untouched targets. By late morning they approached over broken and burning craft, the sprawled bodies of Canadian soldiers, and flew into the plumes of smoke that brought with it the bitter taste of defeat. View obscured, they raced through the ever present flak with only seconds to attack the designated target before they were through into deceptively welcoming clear skies harbouring enemy fighters. Then it was back to England to do it all over again.

Mustang pilots

Mustang pilots flew reconnaissance flights far from the battlefield keeping close watch on the approaches to Dieppe. Often with only a solitary wingman for company, they were to fight only as a last resort; knowledge was their primary weapon and speed and stealth their best defence. However, their missions brought them closer to enemy

fighters and when "bounced" it was often unexpected...with deadly results. Mustang pilots would suffer the largest percentage of air losses during the battle.

Enemy action was not the only thing to be feared on that day. The fog of war can deliver some nasty surprises. A 418 Squadron Boston aircraft joined the first sorties of the day, but a mistake by ground crew unfamiliar with this aircraft meant that an under-carriage safety bolt was not removed, and when airborne the aircraft's wheels could not be raised. Aborting the mission, the Boston became easy "meat" for a German fighter and was shot down – fortunately the crew survived. Not so lucky were Pilot Officers John Gardiner (23, Ottawa, ON) and Norman Monchier (19, Dartmouth, NS) with 403 Squadron who were killed when their Spitfires collided during combat over Dieppe.

Flak also claimed its share of victims such as Flight Sergeant Stirling Banks (19, Poplar Grove, PEI), flying a Hurricane with No. 3 Squadron RAF, who was killed attempting to ditch his damaged aircraft in the sea off Dieppe.

The vast majority of casualties suffered by the Allied air forces that day were inflicted by a determined and skilled Luftwaffe. Although total numbers are still debated, in 16 hours of combat approximately 106 aircraft were lost by the Allies as compared to 48 German. Still, the Allied air forces had succeeded in their primary mission – they had put up a virtually impenetrable air umbrella over Dieppe and the naval convoy. Attacks by the Luftwaffe were negligible with only one major ship damaged (it was later sunk by the Allies).

Sixty Allied airmen were killed of which 13 were



DND photo



Sooke Waterfront Condo \$174,500



Bright, open, 2 bedroom, top-floor oceanfront condo. New updates. Private open stairway leads to unit. Freshly painted, new flooring. Large living room features wood burning fireplace. Private balcony for BBQ's. Parking stall and storage locker included. Move in ready! Small pets welcome.

Lorraine Stundon Remax Camosun
250-812-0642 • lorraine@victoriahomeguide.com

2483 PRINCESS PATRICIA'S CANADIAN LIGHT INFANTRY ROYAL CANADIAN ARMY CADET CORPS

INTERACTIVE OPEN HOUSE - TUES. SEPT 20TH 7-8:30PM
949 Fullerton Avenue (High Point Church)
We parade Tuesday nights 6:30 to 9:15pm, Sept. through June

COME CHECK US OUT... IT'S FUN!
Paid for by Sponsoring Committee

**CHALLENGE
SELF RELIANCE
ADVENTURE**

Call us or email for more information: (250) 220-0658 2483army@cadets.gc.ca

External School Credits
No Registration Fees!
Personal, professional and social benefits!

AFFORDABLE OFF BASE LIVING!

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

ASK ABOUT OUR MOVE IN DISCOUNT!

250.381.5084 CAPRENT.COM

It's like winning an Oscar 12 years straight.

CONSUMER CHOICE AWARD 2013 BUSINESS EXCELLENCE VANCOUVER

Being voted best collision repair in Vancouver 12 years in a row is an honour – and proof that our quality, service and exclusive AIR MILES® reward miles at all 28 of our BC shops have made an impression. We thank our customers for so many encores. And expect our future performances to be even better.

28 BC locations including 506 Esquimalt Rd., Victoria • 250.384.8808

AIR MILES® AND BIGGER SMILES



443 MH Squadron has a new leader



Top left: Outgoing Commanding Officer LCol Steve Maude, Reviewing Officer Col Lise Bourgon, and incoming commanding officer LCol Patrick MacNamara sign the Change of Command Certificates for 443 Maritime Helicopter Squadron on Aug. 22.

Above: Maj Jennifer Kennedy (right) and Maj Donald Leblanc (left) present LCol Maude with a departure gift.

Left: Reviewing Officer Col Lise Bourgon returns the General Salute during the Change of Command.

Photos by Cpl Michael Bastien, MARPAC Imaging Services

VANCOUVER ISLAND BREWERY

Lucky Lager
15 cans \$19.99

Silent Sam Vodka
\$23.95

*Victoria's Largest
Craft Beer Selection!*

ON SALE AT FOUR MILE LIQUOR STORE

fm **Four Mile Liquor Store**

**Now offering
A MILITARY
DISCOUNT**

Four Mile
Admirals Walk Shopping Centre
250-479-0726 • Open 7 days/week

BACK TO SCHOOL SAVINGS



PIAGGIO
TYPHOON 49cc



PIAGGIO FLY
49cc



PISTER PRO
"CLASSIC" 125cc



APRILLIA SR
MOTARD 49cc



YOUR CHOICE

\$1999*

PLUS \$300 FRT/PRI AND \$149 DOC FEE
FOR A TOTAL OF \$2449 PLUS TAXES



APRILLIA SPORT CITY 49cc



HONDA GIORNO 49cc

YAMAHA VINO
49cc



YAMAHA BW
49cc



MOTORCYCLES • ATV'S • SCOOTERS
SALES • SERVICE • PARTS

730 Hillside Ave.

web: www.sgpower.com

Serving Victoria for over 40 years!

250-382-8291

email: andy@sgpower.com



DL#8040



Congratulations divers

The latest Fleet Diving Unit (Pacific) QL5 Graduation ceremony was held at FDU(P) on Aug. 9.

Cpl Michael Bastien, MARPAC Imaging Services



Lt(N) Kevin Okihiro (left) receives his certificate of Completion from Capt(N) Bradley Peats.



CPO2 Robert MacKay (left) receives the second clasp to his Canadian Forces Decoration (CD) for 32 years of services from Capt(N) Bradley Peats.



MS Nick LePage is promoted to Petty Officer Second Class by LCdr Todd Bacon (left) and Capt(N) Bradley Peats (right).



PO2 Mike Hales is promoted to Petty Officer First Class by LCdr Todd Bacon (left) and Capt(N) Bradley Peats (right).



PO1 Don Morris is promoted to Chief Petty Officer Second Class by LCdr Todd Bacon (left) and Capt(N) Bradley Peats (right).



CPO2 Rob DeProy is promoted to Chief Petty Officer First Class by his father and Capt(N) Bradley Peats (right).



Tom Essery (right) presents Lt(N) Kevin Darling with his Course Certificate and Clearance Diver Dolphins.



Henry Mark presents SLt Mulcahy with his Course Certificate and Clearance Diver Dolphins.



Dirk Van Ek presents LS Shaun Charpentier with his Course Certificate and Clearance Diver Dolphins.



Charlie Savard presents LS Hector Ladron De Guevara with his Course Certificate and Clearance Diver Dolphins



Marketa Lund presents LS Mark Littler with his Course Certificate and Clearance Diver Dolphins.



Mark Oliver presents LS Raphael Marcouiller with his Course Certificate and Clearance Diver Dolphins.



Mark Paton presents LS Adam Mullin with his Course Certificate and Clearance Diver Dolphins.



Sean Williams presents LS Marc-Andre Ouimet with his Course Certificate and Clearance Diver Dolphins.



Bruce Irwin presents LS James Rolfe with his Course Certificate and Clearance Diver Dolphins.



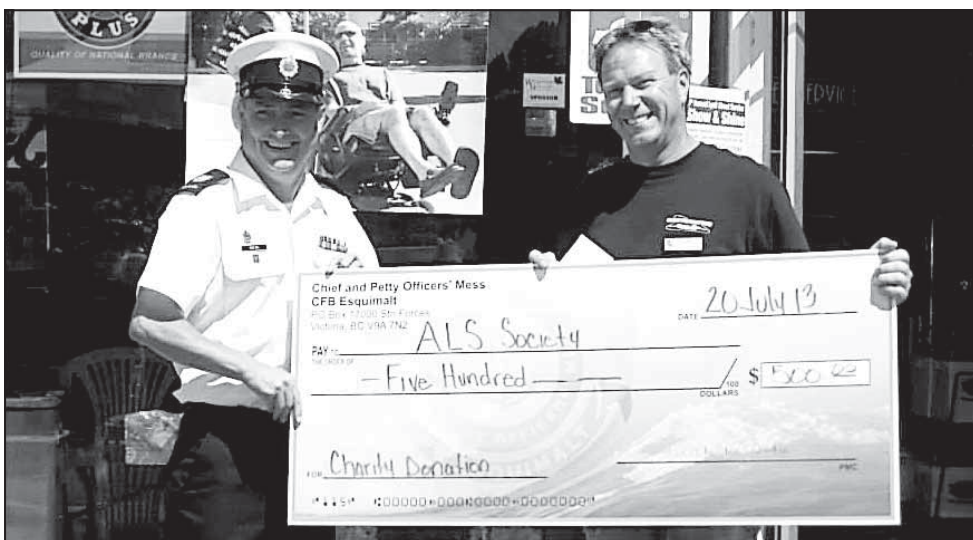
Hayley John presents LS Raphael Marcouiller with The Joseph Lucien Gilles DeChamplain memorial award, which is presented to the student who demonstrates Superior Fitness throughout the course.



LCdr Todd Baccon presents Lt(N) Kevin Darling with The Stephan Flynn Academic Achievement Memorial award, which is presented to the student who attains the highest Academic standing throughout the QL5A/CLDO Clearance Diving courses.



Capt(N) Bradley Peats presents SLt Mulcahy with the Top Student award, which is presented to the Clearance Diver Student who demonstrated a consistent outstanding performance in all areas of the year-long course.



CPO2 Dale Crewe presents a \$500 cheque on behalf of the Chief and Petty Officers' Mess to Peter Grant, Lyall Street Service Station, during a recent ALS Fundraiser.



PO1 D. Simpson is promoted to Chief Petty Officer Second Class by Cdr C.J. Hargreaves, Acting Commanding Officer of Fleet Maintenance Facility Cape Breton, and spouse, Kerri Simpson on Aug.21.

"A live-action zombie paintball scenario game complete with professional actors, creepy locations and nightmarish costumes that look all too real!"

COMING TO VANCOUVER ISLAND OCTOBER 2013!

COMPANY

ZOMBIE PAINTBALL ADVENTURES

BOOK YOUR HALLOWEEN PARTY NOW!

THE APOCALYPSE BEGINS

FRIDAY OCTOBER 4TH 2013!

- GROUPS OF 8 TO 12 PEOPLE PLAY AT ONCE!
- RATES AS LOW AS \$50.00 PER PERSON!
- INCLUDES PAINTBALL GUN & AMO & EYEWEAR!
- BOOK TOURS BY PHONE: 250.361.5124 OR ONLINE @

companyzpaintball.com

TRACKSIDE
A FULL SERVICE AUTO REPAIR FACILITY
AUTO SERVICE LTD.

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

Oil service
Electrical
Exhaust
Tires

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

B.C. GOVERNMENT DESIGNATED INSPECTION FACILITY

Castrol
WALKER
Hankook

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

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

www.lookoutnewspaper.com

THETIS EDGE
CONDOMINIUM RESIDENCES



48 spacious 2/3 bedroom 2 bath condos
Contemporary stylish interiors

- Entertainment size balconies/patios
- Secured parking and pet friendly

2 BED/2 BATH (872 Sq ft) \$289,900	3 BED/2 BATH (1098 Sq ft) \$339,900
--	---

Presentation Centre Open 1 - 4 pm Tues to Sun or by appointment
Just 12 minutes from downtown Victoria
Trans Canada Hwy > Colwood/View Royal Exit > Six Mile Road

Peter Gaby
Personal Real Estate Corporation
250-477-7291
www.thetisedge.com



National Home Warranty

Veteran and dog walk to raise money for PTSD treatment

Sarah Kester
Trident

As part of a fundraising initiative called Paws Fur Thought- Long Walk to Sanity, Capt (Ret'd) Medic Cousineau and his service dog Thai have embarked on the first steps of their 50-day journey.

The walk is to raise money for Post-Traumatic Stress Disorder (PTSD) treatments.

Dog and man are walking from 12 Wing Shearwater to Ottawa to raise \$350,000, and pair 50 veterans who suffer from PTSD with 50 service dogs.

Destination stops include Truro, Gagetown, Quebec, Trenton and Toronto.

Over the past several years, service dogs have built a positive reputation for their role in improving PTSD symptoms.

According to the Canadian Mental Health Association, PTSD will affect one in 10 people, and the cases of the disorder can be more common in former or current members of the military.

Cousineau, a sufferer of PTSD for almost 27 years, is hoping to "put down the stigma."

A ceremony was held in Cousineau's honour at MacCormack's Beach in Eastern Passage on Aug. 1. Civilian and military supporters attended the event to witness Cousineau and Thai take the first steps on their journey.

"I know you don't consider yourself to be this, but you truly are a hero," said MLA Becky Kent.

MP and Official Critic for Veterans, Peter Stoffer, also spoke, saying, "Medric is one more shining example of what it takes to stand up,

be accountable and do the right thing."

Cousineau, a former Air Force Navigator, began his battle with PTSD following a rescue mission of two American fishermen.

He received the Star of Courage for his brave act; however, he sustained a serious injury and returned to ordinary life as a different person. Along with PTSD, which Cousineau describes as a "living hell," he has also experienced periods of addiction, depression, panic, anxiety and anger.

"I will continue to fight my PTSD daily for the rest of my life, but now I have something that was so desperately missing—I have hope. And that hope is spurring me on to get others help."

Last year, with the help of Branch 164 of the Royal Canadian Legion and the Canine Assistance Rehabilitation Education Services (CARES) program, Cousineau was paired with his service dog.

"The three most important things that she does is nightmare intervention, watching my back in public, and flashback dissociative recall," says Cousineau. "She's truly my best friend."

With the walk now underway, the two expect to reach their destination Sept. 19.

To donate or find updates on Cousineau's journey, visit www.pawsfurthought1.com or check out the Paws Fur Thought Facebook page.




LEP I C

W A R R E T Y

103.1 JACK fm
Playing whatever! Whenever!

1031jackfm.ca





Shawn O'Hara, Lookout

Secondary Student Apprenticeship program student Janae Sjerven spray paints a decorative crown in the Fleet Maintenance Facility Paint Shop.

Apprenticeship program gives youth hands-on experience

Shawn O'Hara
Staff Writer

Up until last year, Janae Sjerven, 18, had no idea what career to pursue.

But when her older brother got involved with the Secondary School Apprenticeship (SSA) program, the options started presenting themselves.

"I was still in high school and he was doing all this work with the electrician shop," says Sjerven. "Seeing him go through this whole program and come out on the other side with a job made me reconsider my options."

The SSA program is a partnership between Industry Training Authority (ITA) and the B.C. Ministry of Education. SSA lets students begin the work-based training component of an apprenticeship program while still in high school. Students 'earn while they learn' getting dual credits toward both

their high school diploma and apprenticeship on-the-job training.

SSA provides a smoother transition from school to trade certification, while also earning a paycheck.

Since early July, Sjerven has been trialling jobs in the paint, electrical, lagging, shipwrights, rigging, and sail loft shops.

"It's been really interesting seeing what goes into each shop," she says. "I've met a lot of people who have taught me a lot of things."

Sjerven's most recent and final job was in the paint shop where she learned how to paint with pressurized spray, make decals and signs, and create logos.

"It's been awesome," she says. "The minute I stepped in the shop I felt welcome. They've really helped me feel comfortable."

With so many trade options to explore, Sjerven says the paint shop was the most interesting.

"I was really excited to get there. The other shops were cool but I was waiting for painting," she says. "I like that it's kind of artsy, and everything you make has a real and practical use."

Sjerven hopes to take what she has learned with the SSA program and turn it into a career.

"I feel like I've learned so much and have a good handle on any trade I'd want to do," she says. "I would love to come back to the base and work. It's such an open, welcoming atmosphere."

Secondary School Apprentices receive on-the-job training as a registered youth apprentice with a sponsor employer. SSA students complete up to 480 hours of work experience that counts toward their apprenticeship and 16 graduation credits.

Those interested in next year's SSA program can find more information at www.itabc.ca.

Base Taxi Service

for Naden, Dockyard & Work Point

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

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

For military-related appointments/meetings on base.



Lawyers with a Canadian Forces Perspective



Mel Hunt,
LCOL (Ret'd)

Practicing Military Law
for over 30 Years



Dan Murphy
RADM (Ret'd)

Extensive experience
with Canadian Forces
personnel issues

Military Grievances • Veterans Pensions • Personal Injury
Summary Trials • Courts Martial • Appeals • Criminal Law

Call 250.478.1731



Leigh Gagnon

Practicing Family and Real
Estate Law for military
members for 20 years.

Call 250.381.2151

DINNING HUNTER
LAMBERT & JACKSON
BARRISTERS AND SOLICITORS

info@DinningHunter.com

www.DinningHunter.com

Randall Garrison, MP ESQUIMALT-JUAN DE FUCA



Constituency office
is now open to serve
constituents:

ADDRESS:
A2-100 Aldersmith Place
Victoria V9A 7M8

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

PHONE:
250-405-6550

EMAIL:
Randall.Garrison@parl.gc.ca

FAX:
250-405-6554

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

See you at the...
 CFB ESQUIMALT
 SEPTEMBER 19, 2013

INDUSTRIAL

S U P P L I E R T R A D E S H O W

INITIATIVE PETITION

An initiative to amend the *Police Act*
KNOW THE RULES

If you plan to participate in the initiative campaign, it's important that you know the rules.

- The *Recall and Initiative Act* allows registered voters to propose new laws or changes to existing laws.
- On Monday, September 9, 2013, petition sheets for the initiative to amend the *Police Act* will be issued to the proponent, Dana Larsen.
- The proponent has 90 days to collect signatures from at least 10% of the registered voters in each of the province's 85 electoral districts. The petition must be returned to the Chief Electoral Officer by Monday, December 9, 2013.
- To sign the initiative petition, a person must be a registered voter on September 9, 2013 and may sign the petition only for the electoral district in which they are currently registered.
- A person may sign the initiative petition only once.
- Only registered canvassers may collect signatures.
- Initiative advertising may be conducted only by the proponent or a registered advertising sponsor.



Elections BC is a non-partisan Office of the Legislature responsible for the administration of the *Election Act*, *Recall and Initiative Act*, and conduct of referenda under the *Referendum Act*.

elections.bc.ca / 1-800-661-8683

Join us for your morning coffee...

as we warm up to the
 2013 Government of Canada
 Workplace Charitable Campaign

Sept 9th to 18th
7 - 8:30am
 (excluding Sep 14&15)

TOONIE coffee
Dockyard Main Gate
 Proceeds go to the
 GCWCC-UW campaign

2013 GCWCC Campaign officially
 kicks off Sept 19 at the
 Annual Industrial Supplier Trade Show
 at the Naden Drill Shed

FREEDOM LOOKS GOOD ON YOU.

Begin a new journey this summer
 without glasses or contacts.

Starting
 at \$490
 per eye*

Book a free consultation
 at 1-855-688-2020
 or lasikmd.com



*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.

Vigilant Eagle - protecting airspace

DND

North American Aerospace Defense Command (NORAD) and the Russian Federation Air Force (RFAF) conducted their third cooperative live-fly air defence exercise from Aug. 26 to 30 over the Bering Sea.

The exercise, named Vigilant Eagle, began as a jointly pursued initiative between the United States and Russia to improve cooperation and response to a hijacking scenario involving commercial aircraft and involves RFAF, Royal Canadian Air Force and

American military personnel and aircraft operating in Russia and the United States.

This year's exercise consisted of aircraft simulating two international flights: one originating in Alaska and travelling into Russian airspace, followed by one originating in Russia and travelling into U.S. airspace.

In the exercise scenario, a foreign flagged commercial air carrier on an international flight was seized by terrorists and did not responding to communications. This situation required both the RFAF and NORAD to launch or divert fighter air-

craft to investigate and follow the commercial carrier. The exercise focused on the cooperative hand-off of the aircraft across boundaries by the participating nations.

Vigilant Eagle exercise series has been conducted four times since its inception. It started in 2008 with a computer-simulated exercise, followed by the first live-fly exercise in August 2010, which included interceptors, tankers and AWACS aircraft from both sides. This event marked a significant milestone in Canada's continued cooperative efforts to keep international boundaries safe. It was followed by

another successful live-fly in 2011. In 2012, an additional computer simulated exercise was conducted at the request of the RFAF.

These exercises continue to foster the improved cooperation between the RFAF and NORAD in their ability to respond quickly to threats of air terrorism.

Working side-by-side allows further opportunities for Russia, Canada and the U.S. to enhance their international partnership and to cooperatively detect, track, identify, intercept, and follow a simulated hijacked aircraft as it proceeds across international boundaries.



Photo by Cpl Vicky Lefrancois, DAirPA

A CF-18 Hornet from 409 Tactical Fighter Squadron in Cold Lake, Alberta, flies in the Alaskan airspace in preparation for Exercise Vigilant Eagle 13 on Aug. 25.

Getting a severance package? Know your options.



Sheena Magnotta
Financial Advisor
3960 Quadra Street
Unit 105
Victoria, BC V8X 4A3
250-658-1299

www.edwardjones.com
Member - Canadian Investor Protection Fund

Edward Jones
MAKING SENSE OF INVESTING

AUTHENTIC THAI
Friday Lunch Buffet

• Lunch Combos • Full Dinner •



Dine In

Take Out

Thai dining at its Best!

1207A Esquimalt Rd. • 389-1845 • www.zapthai.com

STEVENSON
LUCHIES
& LEIGH

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

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 cur-
rent rates and options!

Rates subject to change without notice



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

ANNOUNCEMENTS

C A L L I N G U N D E R E M P L O Y E D W O M E N! 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

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. Nanaimo, 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.

VOLUNTEERS

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

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>

REAL ESTATE • FOR RENT

1 BEDROOM GROUND LEVEL SUITE IN ESQUIMALT NEAR ADMIRALS WALK. Located on a quiet cul-de-sac. Close to all amenities, Naden, The Gorge Waterway, and bus routes. Shared laundry, off road parking for one vehicle. Hydro included in rent. NS/NP. Suitable for one person. \$800/mo. If interested please call 250-216-1212

MARIGOLD AREA BRIGHT 1 BDRM suite close to schools and shopping. Available now \$800/mo + shared utils. Free parking available NS/small pet ok Call: 250-882-5251 or 250-475-0807 for appointment.

3 SUITES AVAILABLE: 2 BDRM, 2 BDRM & 3 BDRM util. incl. for quiet NS tenants. Indoor cat ok. Gorge & Oaklands. Call: 250-813-2738

DIRECTLY ACROSS FROM NADEN Wurtele arena, 741 Admirals' Rd. Recently reno'd 2 bedroom + den suite. Second floor. Heat and HW inclu. On site laundry avail. Avail. Sept 1 \$1000/mo. 250-891-8053

SOOKE LARGE 3BDRM UPPER with 2 bedroom in-law suite. Each has own laundry. \$2100/mo Willing to rent upper separately for \$1300/mo and lower bedroom for \$900/mo. Call: 250-883-7327

NICE BRIGHT 1 BEDROOM SUITE TO RENT, available immediately \$800 a month to a single (couple considered) non-smoker/non-pot smoker! Pets considered with pet deposit, damage deposit mandatory. Includes garbage/recycle pick up/shared backyard, countertop dishwasher, and hanging pot rack. Heat/HW/ cable/parking. New laminate floors and freshly painted throughout. New lino in bathroom, new low flush toilet, ceramic tile in kitchen and entrance. Fridge has internal water dispenser and ice maker. Stove has convection or standard oven option. Call 250-360-1512.

ON THE OCEAN



Princess Patricia APARTMENTS

NEW BALCONIES • EXERCISE ROOM
14TH FLOOR LOUNGE

703 Esquimalt Road
250-382-2223

Now Renting:
Bachelor • 1 BDR Suite

FIND US ONLINE
WWW.LOOKOUTNEWSPAPER.COM

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

MOTORCYCLES

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

APPLIANCES

WESTCOAST APPLIANCE CENTRE LTD.
LARGEST SELECTION GREAT PRICES

- Reconditioned
- New • Builder
- In Home Services

MILITARY DISCOUNT OFFERED
Corner of Gorge Rd East & Jutland • 382-0242

VEHICLES FOR SALE

96 SAAB 900SE CONVERTIBLE 2.0 LITER TURBO, five speed manual transmission. 1443xx MILES. Recently replaced clutch. Power leather seats. AC works and blows cold; feels decadent to use with the roof down. Transmission leaks some oil; but I have made a point of keeping the car maintained. Synthetic engine oil, recent O2 sensor, etc. Otherwise the car is in good mechanical condition. Driver's seat leather could be newer but is quite comfortable. Steering wheel leather and shifter knob are slowly deteriorating, but still quite serviceable. Remainder of the interior is in very good condition. The dash consists of a large slab of what is almost certainly veneer. The car is a ostentatious copper colour. The body looks good, but has a few dings/scratches. The rear reflector is cracked. However, I feel that these factors alleviate the terror of driving a pristine car on the roads. The automatic roof works, and I'm certain that this is the most entertaining car you can get in this price range. \$1800 OBO Call 250-480-9067

MISC. FOR SALE

Male MARS officer mess kit. Excellent condition. \$1000 OBO, call 250-686-5911

See it ALL ONLINE

lookoutnewspaper.com

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

ADVERTISE IN THE LOOKOUT CLASSIFIEDS
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

866 Craigflower Rd.
\$695 & up - 1 BR. & 2 BR., Avail. Imme.
Manager 250-507-5707

\$745 & up * 734 LAMPSON ST. - 1 BR., Sept. 1, very clean, well maintained suites, MGR 415-5597

\$875/month * 837 Ellery St.
1 Large bdrm, H/W, No pets, avail. Sept 1
Manager 250-217-1718

Ask about our Move in Bonus

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

Esquimalt LARGE SUITES
855 Ellery
1 BDRMS from \$785. Avail NOW & Sept 1
2 BDRMS from \$825. Avail NOW
250-812-5234

1180 Colville
Bachelor \$695. Avail NOW
2 BDRMS from \$850. Avail NOW
3 BDRMS \$1,025. Avail Sept 1
250-360-1983

1198 Esquimalt
Bach \$725. Avail NOW
1 BDRM from \$850. Avail Sept 1
250-812-5234

Better the 2nd time around!

PITCH-IN CANADA
www.pitch-in.ca

OCEAN PARK MANOR

Walk to work!
1 & 2 bedroom units
Includes heat & hot water
No pets
Call 250-380-0800

Ask about our Military Special

885 Dunsmuir & Head

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

Military Discount
Tenant Referral Program

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

SERVICES OFFERED

GUARANTEED TIRES FROM \$10.00 plus full service auto repairs. 402B Esquimalt Road - corner of Mary. Ask about our Military discount. 778-440-8473 Open M-F 9-5 Sat 10-4 victoriadiscounttires.ca

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

PIANO TEACHER WITH MORE THAN 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

WWW.LOOKOUTNEWSPAPER.COM

Get Home Safe!
Drive Smart Designated Drivers
250.661.0181
YOU AND YOUR CAR, HOME.
DND 20% Off
MasterCard VISA American Express
6PM to late

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)

NOTARIES ON DOUGLAS
Services Provided:
• Real Estate Transactions
• Mortgage Refinancing
• Wills + Representation Agreements
• Powers of Attorney
• Statutory Declarations
• Travel Letters
W: notariesondouglas.com
P: 250.382.8880
F: 250.382.8883
201-2610 Douglas St.

Give your business a **BIG BOOST** for a **SMALL PRICE**
Lookout classified ads offer great value for your small business.
Call 363-3014 for information about rates and advertising packages available.

Take advantage of the many advertising opportunities available at Canadian Forces Base Esquimalt.
Josh Buck Sales
Specializing in NATIONAL CFN ADVERTISING
For more information on any of our products or to book an ad in the Lookout Newspaper contact Joshua Buck 250-363-8602
joshua.buck@forces.gc.ca
www.lookoutnewspaper.com

REAL ESTATE • FOR SALE

Posted and need a bargain?
Gorgeous condo for RENT
2 bed, 2 bath corner unit near Thetis Lake, \$1,400/mo., 997 sqft., storage locker, 2 car secure parking. Avail Sept 1st.
Large 2 bed, 1 bath condo
Reduced to \$209,900
2 cats ok. 10 mins to the base.
3 bed, 1 bath rancher near Uptown
Reduced to \$419,998
15 mins to base. You will see the VALUE!
4 bed, 1 bath. Suite potential.
\$469,900
Close to Camosun. 20 mins to the base.
Visit my website for open house postings on these properties: shellyreed.com
Shelly Reed
I listen and I care!
CALL DIRECT 250-213-7444
Sutton GROUP West Coast Realty

STORAGE
The SELF-STORAGE PLACE
242 Mary St. Victoria
250-386-4144
Fax: 250-381-3904
10% Military Discount
Ask about price reduction on indoor parking spaces
www.theseelfstorageplace.com
theseelfstorageplace@shaw.ca

Make the most of life on the island.
ActivityGUIDE
25 YEARS OF SERVICE
Stay fit with the Activity Guide.
Available at all PSP and MFRC outlets

twitter.com/Lookout_news
www.facebook.com/lookout.newspaper

At the Greenside. Quiet complex, secure parking, in-suite laundry, engineered hardwood floors. Large master with oversized walk-in closet and full en-suite. Short commute to town or the base. Well-run building with a live-in caretaker. Close to everything: shopping at Tillicum, shops in Esquimalt, Cairn Park with views over the city. Good access to Pat Bay and Trans-Canada. MLS 325901 **\$259,000**
COLDWELL BANKER Tiffany Self 250-858-3954
Perfect patio suite

Real Estate Experience ON YOUR SIDE
John McVie
Sales Representative
ROYAL LEPAGE
Coast Capital Realty
250.592.4422
1933 Oak Bay Avenue, Victoria
www.johnmcvie.ca • jmcvie@shaw.ca

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

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

Fabulous condo! Bright and cheerful 2 bedroom condo. Laminate and tile flooring, large living room. Closet organizers, lots of storage. Good access to downtown by bus or by foot. Small pets allowed. Most reasonable 2 bedroom in Esquimalt. Close to base, shops and restaurants. Rentals allowed in building. MLS 325970
\$159,500
COLDWELL BANKER Tiffany Self 250-858-3954

Walking Distance To Base!
Esquimalt condo. Located within walking distance to naval base. Corner suite offers, master and guest bedroom, updated kitchen and bath, in-suite storage, large living and dining area, one parking stall and a view of the water. The suite is ideally situated close to transit, parks, ocean, recreation center, shopping and entertainment. Great opportunity for first home purchase or for retirement. One small pet allowed. **\$149,900 MLS#321349**
Jacqueline Baker 207-1351 Esquimalt Rd 250-384-8124

NEW HOMES FROM \$385,900!
BECOME A PART OF THE COMMUNITY
MIKKO IKONEN www.islandlots.ca
Sutton Group - West Coast Realty
Cel: 250.889.2218 • mikko@sutton.com
Ocean Park Estates
"Your Dream Awaits..."

Customize This Home!
1575 Sqft 3 bedroom rancher and 2 car garage on a large serviced lot, pick your finishes & colors. Some lots have Ocean Views! Located ocean side in Mill Bay next to parkland, walk to the beach. New marina, bistro and shopping within 2 mins. Or choose a Building Lot from \$149,900 offering space for a large yard. WE CAN BUILD YOUR NEW HOME for 5% down O.A.C. or bring your builder. Make Your New Home in Friendly Mill Bay. Contact Mikko today!

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

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



Rainbow Tin of luxury Roger's Chocolate truffles

Suggested retail..... \$20
Cost..... \$15

Sold by the case of 6
..... \$90



Roger's Chocolate milk or dark chocolate bars

Suggested retail..... \$ 4.50
Cost..... \$ 3.00

Sold by the case of 12
..... \$36.00

Enjoy a sweet treat with Navy flair

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

Buy them at **CANEX**
CFB Esquimalt

