

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



Cpl Michael Bastien, MARPAC Imaging Services

As part of their port visit to Manila, Philippines, members of HMCS Regina's crew hosted children from the impoverished Helping Land community. LS Lee Thibault shows the children how to use the ship's helm. Read the full story on page 3.

NEWS

6



Regina families spend Family Day at Government House

NEWS

8



Deployed crew trains for operation

NEWS

11



Hindu Society visits HMCS Calgary

SELECT MORTGAGE CORP.

WOW... LOOK AT THESE RATES!

BEST Variable Rate - 2.35%
BEST 5 Year Fixed - 3.09%
BEST 3 Year Fixed - 2.59%

BEST Rates, BEST Service, BEST Results

Rates subject to change without notice

LORI LENAGHAN
LICENSED MORTGAGE PROFESSIONAL

30+ YEARS IN THE MORTGAGE BUSINESS
250-888-8036 www.MORTGAGESBYLORI.COM

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.

Operation Caribe: Minor warships leave for major mission

DND

HMC Ships *Nanaimo* and *Whitehorse* departed Esquimalt last Monday for the Eastern Pacific Ocean to support Operation Caribe, Canada's contribution to the multinational campaign against illicit trafficking by transnational criminal organizations in the Americas and Caribbean.

Nanaimo and *Whitehorse* are Kingston-class Maritime Coastal Defence Vessels (MCDVs), designed for surveillance and patrolling. Their departure marks the beginning of several naval deployments scheduled for 2014 in support of Canada's commitment to Operation Martillo - a multinational, joint, combined, and interagency effort among Western Hemisphere and European nations. The operation is designed to deny transnational criminal organizations air and maritime access to the coastal regions of Central America.

Operation Caribe continues to help strengthen international partnerships and also demonstrates Canada's commitment to support efforts to address security challenges in the region, including illicit trafficking.

Quick Facts

The Canadian Armed Forces (CAF) have conducted Operation Caribe since November 2006, and remain committed to working with Western Hemisphere and European partners in successfully disrupting illicit trafficking operations in the region.

As part of Operation Caribe 2013, the Canadian Armed Forces contributed four CP-140 Aurora surveillance aircraft, four MCDVs (*HMC Ships Edmonton, Kingston, Summerside* and *Yellowknife*), two Halifax-class frigates (*HMC Ships Ottawa* and *Ville de Quebec*), one supply vessel (*HMCS Preserver*), and one Victoria-class submarine (*HMCS Victoria*) to combat transnational crime, resulting in the seizure or disruption of more than 5,000 kilograms of cocaine.

As part of Operation Caribe 2014, the Royal Canadian Navy will deploy a periodic rotation of warships from both the East and West Coasts, while the Royal Canadian Air Force will provide CP-140 Aurora aircraft from various long-range patrol squadrons, all in support of Operation Martillo. One CP-140 Aurora aircraft has already contributed to Operation Caribe 2014, completing a deployment this past January.

Operation Caribe is one of



Cpl Blaine Sewell, MARPAC Imaging Services

HMCS *Whitehorse* departs Esquimalt harbour on its way to Operation Caribe on Feb. 10.

the many activities undertaken by the Government of Canada and DND/CAF as part of Canada's broader commitment to engagement in the Americas. This annual operation directly

supports the CAF's mission to defend against threats and security challenges to Canada, North America, and our defence and security partners.

Crewed primarily by naval

reservists, Kingston-class vessels excel in surveillance and patrol of coastal waters. As such, these warships have regularly deployed in support of Operation Caribe since 2011.





COMMISSIONAIRES[®]

TRUSTED • EVERYDAY • EVERYWHERE

HIRING HEROES

More than job assistance. Commissionaires hires veterans and recognizes the valuable skills, training and experience they have gained. We provide meaningful and flexible employment opportunities in:

- Security services
- Enforcement and non-core police services
- Training
- Fingerprinting and identification services

Join the 20,000 Commissionaires working nationwide.

www.commissionaires.ca/veterans



Cpl Michael Bastien, MARPAC Imaging Services

Lt(N) Chris Horsman demonstrates how to use fire fighting hose pipe. Filipino children took part in a tour of HMCS Regina as part of the ship's outreach initiative in the community of Helping Land during a port visit to Manila, Philippines, on Feb. 2.



Overwhelmed with debt? Denied a Consolidation Loan?

Frustrated with banks? We can help!

- Get approved for our consolidation program
- Eliminate up to 80% of your total debt
- You'll have just one low monthly payment
- Credit improvement programs included



Turn your financial life around!
Call me for a free consultation.
250-882-5556 | 4PillarsVictoria.ca

All 4 Pillars® offices are independently owned and operated. 4 Pillars® and its associated trademarks are used under license.

Benjy Houser
Debt Relief Specialist

Children delighted with HMCS Regina tour

Lt(N) Mark Fifield
Op Artemis PAO

The busy seaport of Manila, Philippines, was HMCS Regina's third port of call during its Operation Artemis deployment; the city provided a welcome five-day break from operations at sea.

While on shore leave, a number of Regina sailors participated in community outreach activities in Manila.

Members of Regina's crew accompanied Irene Hansen-Reeder, wife of the Canadian Ambassador to the Philippines, and Project Pearl (a non-profit organization focused on ending child poverty) outreach workers during a guided tour of Helping Land and a community school in the area.

Helping Land is located on the outskirts of Manila and is home to hundreds of people who earn a living by recycling and re-purposing garbage from the city's landfills. Manila is one of the most densely populated cities in the world with approximately

12 million people inhabiting an area roughly the size of Edmonton, AB, which in comparison, has less than one million inhabitants.

Following the sailors' tour of Helping Land, children from the community were bussed back to Regina, given a tour of the ship, and enjoyed lunch in the crew café.

"It was obvious from their smiling faces they had a wonderful experience, and if the kids had half as much fun as we did then the day was a huge success," said CPO1 Janet Graham-Smith, Regina's Coxswain. "This day would not have happened without the outstanding efforts of the ship's company who put their hearts and souls into this initiative."

The outreach activities continued until the end of the port visit when Regina's Padre, Capt Moley Mangana, encouraged the crew to donate unspent Philippine Pesos to charity. A total of 9,100 Pesos (\$200 U.S.) was gathered by the ship's company and distributed to a local medical centre.



Cpl Michael Bastien, MARPAC Imaging Services

LS Lee Thibault serves food to local children.

"I would like to express my thanks to the ship's company for their generosity . . . we made the lives of these people a little bit brighter," said Capt Mangana.

Helping constituents with Federal government programs and services.

Randall Garrison, MP
ESQUIMALT-JUAN DE FUCA
A2-100 Aldersmith Pl, View Royal
Monday-Thursday, 10am-4pm
250-405-6550
Randall.Garrison@parl.gc.ca
www.randallgarrison.ndp.ca

EASE YOUR DEBT BURDEN
No Interest • Low Payments
We'll help you get a fresh start!

FREE CONSULTATION 250-995-3122

ABAKHAN & Associates Inc.
Debt Restructuring Consultants
Trustees in Bankruptcy

414 - 1207 Douglas St.
Non-resident trustee
1120 - 625 Howe St.
Vancouver Head Office

Doris Minervini
Branch Manager

www.abakhan.com

GOOD PEOPLE TO KNOW IN TIMES OF TROUBLE

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

**West Shore
Lions Club**

Fleet Club-Junior Ranks Mess
Doors open 7:00

Dance

**Saturday
March 15, 2014**

Fundraiser for
LIONS
Local Community

Featuring non-stop-continuous dance by
Sutcliff's and Younger Than Yesterday
performing alternating music sets from 8:00 to 1:00am

Tickets \$15 (in advance) or \$20 at the door
Tickets available online at the West Shore Lions website:
<http://e-clubhouse.org/sites/westshorebc/index.php>

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

Kara Tibbel 250-363-3130

PRODUCTION

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

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

RECEPTION

250-363-3127

ACCOUNTS/CLASSIFIEDS

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 lundis, 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
réflètent pas nécessairement le point de vue
du MDN.

LOOKOUT
NEWSPAPER

Circulation - 4,800

plus 1,000 pdf downloads per week

One year subscription - \$66.⁹⁴

Six month subscription - \$33.⁴⁷

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 the question during the Legion Foundation day sail in PCT Wolf:
What did you learn about the military today that has changed your perceptions?



I didn't realize they were all just normal people. They're all really nice, without pretention.

Ian Atkinson



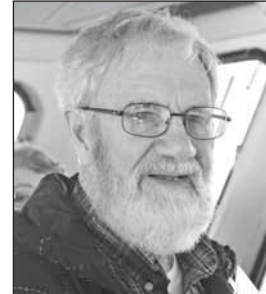
I had no idea these little Orca vessels were so fast. They really can zip around.

Bridget Preston



I didn't know they did all the at-sea training right here on the coast. I've lived here my whole life and I had no idea.

Mike McKay



I learned everything today. I was a trucker for years and didn't know anything but trucking. Now I've seen so much.

Jake Wieb



I didn't know they did things like day sails. They're a really great way to connect with the community. I've learned so much!

Pauline Minter

THE ITINERANT CHEF

A taste of Turkey: You can go back to Constantinople

I've been craving the exotic tastes of my youth lately, and that brings me to the Middle East. Nothing transports my mind back to Istanbul like kefta with yoghurt, and fattoush salad on the side. This combination may sound a bit eccentric, but trust me, one bite and you'll be booking your taste buds a direct flight to Turkey's enchanted ancient city.

Kefta

1 tsp olive oil
1 lb of lean ground lamb or beef
2-3 tsp fresh chopped parsley
1 tsp salt
½ tsp ground cinnamon
1 tsp ground cumin
fresh ground pepper
¼ tsp cayenne pepper
½ onion (diced finely)
1 egg
1 slice bread or pita (shredded)

For the topping

½ pomegranate
½ cup plain yoghurt
1-2 tsp mint leaves (chopped)
salt and pepper
a smattering of smoked, sweet paprika or cayenne

Put all the meat and fixings into a food processor and grind the lot to fine pumice. If you don't have a food processor, things are going to get personal since you will need to take your hands to the mix and show it who is boss.

After the blend has been beaten into submission, roll the individual kefta into

cigar shapes. Here's where you get some options. I like to stick the cigars onto soaked wooden skewers and prepare them on the barbecue. If you wish to do an indoors friendly version, change the shape and make the kefta into little meat balls and roast them in an oven at 425 F.

While the meat is browning, prepare the yoghurt topping. Simply chop the mint leaves and mix them with the yoghurt, salt and pepper. To plate the kefta, spoon the sauce over the meat, with a sprinkle of paprika (or something hotter if the urge strikes you) and finish the presentation with the beautiful gems of pomegranate fruit. The easiest way to get the fruit out of a pomegranate is to break the fruit in half, and then while holding the fruit in the palm of your hand over top a bowl, strike the peel of the fruit with a wooden spoon.

Fattoush Salad

For the Dressing

½ cup olive oil
The juice of two small lemons or one very large one
A generous 1-2 tbs of Sumac
Two or more mashed garlic cloves with salt

With a mortar and pestle place the chopped garlic and a pinch of salt together and then mash it to a paste. Juice the lemons, removing any seeds. Then mix all the ingredients together with a fork to incorporate them. Check that you like the seasoning. It should be tart.

For the Salad

1 large romaine (chopped)
1 handful of parsley (chopped)
1 handful of mint leaves (chopped)
1 handful of halved cherry tomatoes
¼ red onion (finely diced)
1 cucumber (any style), (large dice)
1 bunch of mâche leaves (optional)
Fresh feta
Olives (I like Kalamata ones)

Prepare the ingredients with the necessary chopping. Then toss all the veggies together with the dressing. Top the whole thing with the olives, feta and bread sticks.

I love the uninhibited and daring combinations of these dishes. It takes me on an expedition every time. I hope that you and your family will take the same culinary flight. Enjoy the ride. I know I will.

Your Itinerant Chef, A/SLt Melissa Kia

About Melissa: I grew up in a family with a large multicultural background. My Chinese grandfather owned his own restaurants in Halifax, and my French Grandmother was a Cordon Bleu graduate like me. I started cooking at the age of five under their tutelage, and continued on to my formal studies at Le Cordon Bleu after graduating from Université Laval with a B.Sc. in Kinesiology. Afterwards, I worked in many high-end bistros and restaurants before opening my own business in 2010. I ran a French pastry (Patisserie la Petite France) for two years before I joined the Forces.

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

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

10k, 5k & Kids Fun Run

Sunday June 22 • Start Time 8:30AM

Sign up now and SAVE!

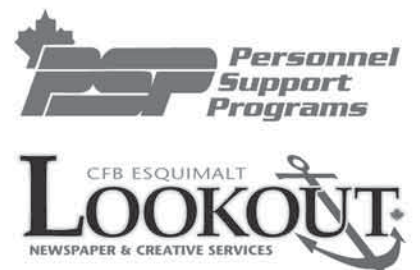


Get excited about being fit!
Make it a family experience.
Support those who serve by participating!
Do it because you can!

@ Navy10kEsq   EsquimaltNavy10K

*Free childcare is available for children over the age of two to runners during the race.
Pre-registration is required, please call 250-363-1009 to register.*

Our proud sponsors:



DO IT BECAUSE YOU CAN!

More info and registration at www.navyrunesquimalt.com

Regina families do Family Day

in style

Judith Guichon, Lieutenant Governor of British Columbia, helps the arts and crafts section during a reception held at Government House on Feb. 10. The reception was held for family members of sailors in HMCS Regina, which is away on a deployment to the Mediterranean Sea.



photos by LS Ogle Henry, MARPAC Imagery Services
Left: RAdm Bill Truelove, Commander of Maritime Forces Pacific (MARPAC), along with his wife Brenda, and Formation Chief CPO1 Paul Helston greets Jessica Weber, wife of Lt(N) Christopher Weber, and their daughter Ava.
Right: Family members gathered at the main hall of Government House for a group photo.



NOW is the time for CLEAR VISION!

Ask about our Military Discount!



VANCOUVER OFFICIAL LASIK SURGEON
JOSEPH W. KING, MD

kingLASIK

kinglasik.com

250.360.2141
VICTORIA • VANCOUVER

Warriors run across Vancouver Island for mental health

Shawn O'Hara
Staff Writer

Five Canadian Armed Forces members have undertaken an arduous journey this week, running from one end of Vancouver Island to the other in the name of mental health.

PO2 Allan Kobayashi, creator of the Wounded Warrior Run B.C., began the initiative following his own personal struggles with Post-Traumatic Stress Disorder (PTSD).

"I did everything they told me. I went to thera-

pists, support groups, psychiatrists, and doctors, but I never felt like it was enough," he says. "Once I got involved with Wounded Warriors I found there was an organization looking to help people just like me, and I wanted to do what I could to contribute back."

The six-day relay style run across Vancouver Island started Sunday in Port Hardy and will end Friday in Colwood.

"It's quite a distance," says PO2 Kobayashi before the run. "We're all experienced runners, so I think we'll be

just fine."

That being said, PO2 Kobayashi isn't looking to take any undue risks for the team. Runners will only be on the road during the day, and will be followed by support vehicles full of food, water, and medical supplies should any need arise.

"The only thing we had to worry about was packing on a few pounds before we ran," he says. "We'll be shedding more than our fair share of weight running that far."

Money gathered through

fund raising will go to Wounded Warriors Canada, a non-profit organization that helps Canadian Armed Forces members who have been wounded or injured in their service to Canada.

Founded in 2006, Wounded Warriors Canada helps injured CAF members with a wide range of programs and services, focusing on mental health and the effects of PTSD.

The run is an independent venture, with support coming from the Royal Canadian Legion Yukon Command. Legions across

the Island are lending a helping hand with fund raising and event support.

"They've been really instrumental in making people aware of the event," says PO2 Kobayashi. "Without them it would have been a lot harder to get the word out."

The event, at its heart, is one of thanks.

A former infantryman with the Princess Patricia's Canadian Light Infantry, PO2 Kobayashi went on several deployments including Kosovo and Afghanistan. Upon returning home he found himself changed, and with the help of programs

such as Wounded Warriors he has been making his way back.

"There are a lot of programs out there to help people suffering from work stress injuries and PTSD, and Wounded Warriors is one of them," says PO2 Kobayashi. "Untold number of military service members are going through the same struggles every day, and I want them to know they can come forward. If raising some extra money helps a few struggling people find their peace I'll be thrilled."

For more information, or to donate, visit www.woundedwarriorrunbc.com.

Women "influencers" tour CFB Esquimalt

Shawn O'Hara
Staff Writer

This week a group of women will catch a glimpse into naval life as part of a special all women Forces Influencer Event.

From Wednesday to Friday, 30 women, primarily from high schools and colleges around the community, will take part in day sails, presentations, tours of various base facilities, and meals at the Wardroom with various military representatives.

The event, created by the Canadian

Forces Recruiting Group (CFRG), hopes to educate them on employment opportunities available within the Canadian Armed Forces (CAF).

"We want to introduce them to women who are shining examples of the diversity of the CAF community," says Capt Vergie Charlery, Diversity Officer at the CFRG Headquarters at CFB Borden. "With past events we have been able to debunk some myths surrounding the CAF regarding women in the Forces, and open the eyes of those who never thought of enlisting, and we're hoping to do the same thing

this year."

With enrolment of women in the CAF at 14.8%, CFRG is hoping to get women thinking about a career in the CAF.

Capt Charlery says they've had great success in changing the opinions of their influencers during the last three years.

"What I've heard from many of them is if they knew about the CAF earlier they would have enrolled right away," she says. "That's our goal - education. If people know about their possibilities, they have more options. That's all we want."

Suicide awareness and response presentation

All civilians and military personnel of the MARPAC/JTFP, lodger, ship, integral, and reserve units are invited to attend a suicide awareness and response presentation from the Vancouver Island Crisis society. There are only 200 spots available so reserve your spot today.

February 19, 12:30 - 3:30 p.m.

Chief & Petty Officer's Mess - Rainbow Room

RSVP by email to Dwayne.boyd@forces.gc.ca

Free

(Ensure that you are approved by your supervisor to attend this three hour presentation.)


MILITARY SUPPORT OFFICE

YOUR DEGREE IS CLOSER THAN YOU THINK!

- UNIVERSITY CREDIT FOR MILITARY COURSES
- DEGREE PLANNING SUPPORT
- OVER 140 ONLINE COURSES

For further information contact the Military Support Office
1-888-216-7011 ext 9327 • military@umanitoba.ca

umanitoba.ca/military


UNIVERSITY OF MANITOBA
 Extended Education

Sailors train for all aspects of Operation Artemis

Lt(N) Mark Fifield
Op Artemis Roto 4 PAO

It is not everyday sailors wear gas masks and Individual Protective Equipment on the bridge of Her Majesty's Canadian Ships. However, this was the scene on board *HMCS Regina* as the ship's company conducted Chemical Biological Radiological Nuclear (CBRN) work-ups in January while transiting the Pacific Ocean in preparation for Operation Artemis.

This training ensures the crew are equipped and trained to survive and fight in a contaminated environment.

"Although the likelihood of being attacked by a CBRN threat is relatively low we must be capable of operating in parts of the world where the prevalence of toxic industrial materials is considerable," said Cdr Dan Charlebois, *Regina's* Commanding Officer. "CBRN workups provided the ship's company with valuable experience and increased confidence in the robust capabilities of our ship to deal with a CBRN threat environment."

There are many challenges associated with conducting operations at sea in a CBRN threat environment, such as wearing the gas mask and Individual Protective Equipment. Both can become uncomfortable, especially if working in a hot climate. Personnel will become exhausted quickly, which in turn requires them to be replaced more frequently.

Personnel exposed to contamination must decontaminate in one of the ship's two cleansing stations before they can enter the ship's interior. Additionally, the ship's numerous doors and hatches are closed in the event of an elevated CBRN threat level, which results in personnel requiring extra time and effort to move around the ship.

Despite these challenges, HMC Ships possess robust CBRN capabilities and countermeasures

such as:

- an airtight series of internal compartments (Citadel);
- an external sprinkler system (Prewet System) that prevents contaminants from adhering to the ship's exterior, two external cleansing stations for decontamination;
- four CBRN filter compartments that decontaminate air taken from the outside.

HMC Ships can also maneuver away from the threat to a safe distance.

"Conducting high intensity training at sea allows the crew to overcome the inherent fear factor associated with the CBRN threat so they can accomplish the mission at hand and stay in the fight," said Lt(N) Jeffrey Seburn, CBRN Staff Officer, who was embarked to supervise the training.



photos by Cpl Michael Bastien, MARPAC Imaging Services

LCdr Gordon Roy, Executive Officer of HMCS Regina, directs ship operations during Chemical Biological Radiological Nuclear (CBRN) pre-deployment training for Operation Artemis.



Above: A member of the naval boarding party conducts small arms training on the flight deck.

Right: Naval boarding party members conduct ladder training on the port boat deck.



AFFORDABLE OFF BASE LIVING!

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

ASK ABOUT OUR MOVE IN DISCOUNT!

250.381.5084 CAPRENT.COM

Charges laid in Wainwright

DND

The Canadian Forces National Investigation Service (CFNIS) have charged a former member of the Canadian Armed Forces (CAF) with five weapon-related and other offences, in relation to an incident that occurred at 3rd Canadian Division Support Detachment Wainwright on Feb. 5.

Dennis Charlong, a former Canadian Armed Forces member, who had served at 3rd Canadian Division Support Detachment Wainwright, was charged with:

- One count of possession of weapon for dangerous purpose contrary to section 88 of the Criminal Code of Canada

(CCC);

- One count of carrying concealed weapon contrary to section 90 of the CCC;

- One count of possession of prohibited or restricted firearm with ammunition contrary to section 95 of the CCC;

- One count of uttering threats contrary to section 264 of the CCC; and

- One count of possession of property obtained by crime contrary to section 354 of the CCC.

"Through strong criminal intelligence and decisive action by members of the Military Police, along with support from CAF personnel, a potentially devastating situation in Wainwright was averted," said Colonel Robert

Delaney, Canadian Forces Provost Marshal. "I commend the professionalism and diligence of the Military Police personnel involved in this incident ranging from off-duty personnel in Kingston to the Military Police members in Wainwright and the CFNIS Western Region investigation team. Their dedication to service and prompt response to this threat were instrumental in ensuring public safety and containing a dangerous situation."

The CFNIS is an independent Military Police unit with a mandate to investigate serious and sensitive matters in relation to National Defence property, DND employees and CF personnel serving in Canada and abroad.

Notification of military trial

A general court martial (GCM) has been ordered to try OS Cawthorne, from HMCS Algonquin. The GCM will take place at 9:30 a.m. on Feb. 24 in building 30-N, CFB Esquimalt.

OS Cawthorne has been charged with the following offences under the National Defence Act (NDA):

- Charge 1: s. 130 NDA - possession of child pornography

- Charge 2: s. 130 NDA - accessing child pornography

Spectators are encouraged to attend. Military spectators are to wear the dress of the day and are to be seated by 9:20 a.m.

The trial will be conducted in English.

Results of court martials

On Jan. 28 LS Schelder was tried by Standing Court Martial on one charge under the National Defence Act (NDA): s. 84 - striking a superior officer.

Following a judicial confession, LS Schelder was found \$2,500.

On Jan. 20 AB Hull was tried by General Court Martial on the following charges under the National Defence Act (NDA):

- charge 1: s. 125 NDA - wilfully made a false statement in a document signed by him that was required for official purposes

- charge 2: s. 117(f) NDA - an act of a fraudulent nature not particularly specified in sections 73 to 128 of the NDA

- charge 3: s. 117(f) NDA - an act of a fraudulent nature not particularly specified in sections 73 to 128 of

the NDA

- charge 4: s. 125 NDA - wilfully made a false statement in a document signed by him that was required for official purposes

The accused pled guilty to the third charge. Charges one, two and four were withdrawn by the prosecution prior to commencement of the GCM.

The court sentenced the offender to a reprimand and a fine in the amount of \$2,000.

The MFRC and Royal Roads University present:

Pacific Women's Day

25 yrs
A fine vintage

1990

2002

2013

EARLY BIRD DEADLINE:
March 1st
ENTER TO WIN
an \$800 makeover
Save \$5 off the cost of registration

Military member,
military spouse/
partner, DND civilian
•\$60 by March 1st
•\$65 after March 1st

250.363.2640
TOLL FREE
1.800.353.3329

Saturday March 29, 2014 • 8:30am to 4:00pm
Royal Roads University, Hatley Castle (2005 Sooke Road)
More info at www.esquimaltmfrc.com

BROUGHT TO YOU BY:

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

SPONSORED BY:

ROYAL ROADS
UNIVERSITY

HARBOUR
TOWERS
HOTEL & SUITES

EPIC

WARRIETY

103.1 JACK fm

Playing whatever! Whenever!

1031jackfm.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.



Cadets earn spot in national biathlon

Air, Army and Sea Cadets from across the province participated in the Provincial Biathlon Competition at Mount Washington on Saturday Feb. 1, and many walked away with medals.

While they were competing for medals, they were also looking to secure a place for the National Cadet Biathlon Championship that will be held in Aldershot, Nova Scotia, from March 2 to 7.

Biathlon is a sporting event made up of two disciplines: cross-country skiing and rifle shooting.



Proudly posing after receiving their medals are Anneliese McNish from 100 Sea Cadet (centre) who won gold, Kim Buller of 754 Air Cadet (left) who won silver and Paige Johnston of 848 Air Cadet (right) who won bronze.

Medals at provincial competition

Cadet Male Youth - 3.5 km Individual

- Joren Jackson of 828 Air Cadet - Gold
- Emile Vogel-Nakamura of 72 Army Cadet - Silver
- Taesan Kim of 205 Air Cadet - Bronze

Cadet Female Youth - 3.5 km Individual

- Anneliese McNish of 100 Sea Cadet - Gold
- Kim Buller of 754 Air Cadet - Silver
- Paige Johnston of 848 Air Cadet - Bronze

Cadet Male Sr - 3.5 km Individual

- Lucas Morissette of 754 Air Cadet - Gold
- Josh Lumley of 205 Air Cadet - Silver
- Evan Jacob Szabo of 848 Air Cadet - Bronze

Cadet Female Sr - 3.5 km Individual

- Sophie Vogel-Nakamura of 72 Army Cadet - Gold
- Nicole Tupy of 907 Air Cadet - Silver
- Destiny Underwood of 848 Air Cadet - Bronze

Cadet Male Jr - 2.8 km Individual

- Daniel William Niles of 89 Air Cadet - Gold
- Andrie Secu of 754 Air Cadet - Silver

- Kane Cracknell of 676 Air Cadet - Bronze

Cadet Female Jr - 2.8 km Individual

- Yimi Huang of 759 Air Cadet - Gold
- Silken Tschofen of 848 Air Cadet - Silver
- Sarah Ya Li Jiang of 89 Air Cadet - Bronze

Qualified For National

In total, 12 cadets will take part in the National Cadet Biathlon Championship in four different teams. Iver Jackson, Joren Jackson and,

Christopher Giau from 828 Air Cadet Squadron in Delta will make up the Male Unit Team.

Silken Tschofen, Destiny Underwood and, Paige Johnston of 848 Air Cadet Squadrons are part of the Female Unit Team.

The two composite teams are made up of Daniel William Niles, of 89 Air Cadet, Emile Vogel-Nakamura 72 Army Cadet and Lucas Morissette 754 Air Cadet, as well as Yimi Huang of 759 Air Cadet, Anneliese McNish of 100 Sea Cadet and Sophie Vogel-Nakamura 72 of Army Cadet.

How can you support Habitat for Humanity Victoria?



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

10% DND Discount with ID & coupon

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



Working hard for working families

Maurine Karagianis
MLA, Esquimalt – Royal Roads



250-479-8326

www.maurinekaragianis.ca

Maurine.Karagianis.MLA@leg.bc.ca



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



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 by Sudhakar Ganti, Hindu Society

Calgary's Logistics Officer, Lt(N) Jason Stewart is thanked by executives of the Victoria Hindu Society.

Victoria Hindu Society members visit HMCS Calgary

SLt Trivedi
HMCS Calgary

The Victoria Hindu Society is a socio-cultural charity with a temple in Saanichton catering to the religious needs of Hindus in Victoria.

Members of the Society toured *HMCS Calgary* on Saturday, Jan. 18 - the first time a Hindu group has toured the ship.

The tour was attended by 50 adults and children. The group was received at the dockyard gate by SLt Trivedi and SLt Chen and, after being welcomed and receiving a brief history of dockyard, walked down to C3 jetty.

On the way, the group had an opportunity to see Maritime Coastal Defence Vessels and appreciate the large Fleet Maintenance Facility Cape Breton structure.

Upon crossing the brow of *Calgary*, Lt(N) Stewart, the Officer of the Day, welcomed the members on board and gave them a safety brief. Leaders of the Victoria Hindu Society presented a flower bouquet and a thank you plaque, which was received by Lt(N) Stewart on behalf of the Commanding Officer.

The tour began with a brief from the flight deck about helicopter flying operations. Children took particular interest in fire-fighting and force protection kit. They were excited to know how the ship's company fights fires and floods on board and how they undertake force protection.

Moving through the port hangar lobby onto the port



A youth member of the Victoria Hindu society takes his command position on the bridge.

missile deck, the group learned about the harpoon and the ESSM missiles and their role in naval combat. They were also introduced to the ship's boats on the boat deck and how they are employed. Moving to the foc'sle, they saw the 57mm gun and the anchor. Also visible from the foc'sle was *HMCS Victoria*. The children in particular had a lot of questions about the role of submarines in the Royal Canadian Navy.

From here the group was divided into two - the first

Children were excited to know how the ship's company fights fires and floods on board.

group went up the bridge where SLt Chen and Lt(N) Stewart explained navigation equipment while the second group, led by SLt Trivedi, walked through two deck and had a look at cabins and offices to gain an appreciation for life in a warship.

The tour concluded on the flight deck where SLt Trivedi and SLt Chen thanked the group on behalf of the Commanding Officer, answered questions from the older kids about the Canadian Armed Forces (CAF) as a career option, and left them on the flight deck for some time to enjoy being a sailor. The group was guided to the dockyard main gate to conclude the tour.

Throughout the tour, Hindu Society members were amazed by the humanitarian work undertaken by Canada's sailors and the CAF in general.

Toll Free: 1-888-842-7111 Phone: 250-383-7111

Local - Reliable - Safe

2925 DOUGLAS STREET VICTORIA, BC V8T 4M8 Also serving the WESTSHORE COMMUNITY
www.westwindtaxi.com • 250.474.4747

WESTSHORE U-LOCK MINI STORAGE

MILITARY DISCOUNT OFFERED

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

selfstorage.ca 1621 Island Highway, 250-478-8767

Ocean & Mountain Views Walk to the Base

Ask us about Rent-to-Own rebate options.
New units from only \$218,888, including GST.
Minutes from downtown Victoria, the ocean and the base.

Check out our signage for the next OPEN HOUSE or call Donna Petrie at 250-686-1170 or email donna@theovation.ca for a viewing

250-686-1170 TheOvation.ca
1315 Esquimalt Rd, Victoria, BC

SHINE A SPOTLIGHT ON YOUR BUSINESS

Advertise in the Lookout Classifieds.

250-363-3127

10% off any Truck Rate MILITARY DISCOUNT OFFERED



Budget Car and Truck Rentals
Call 250-953-5300
www.budgetvictoria.com

MAKE THIS YOUR YEAR: RESOLVE TO RIDE!



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

Join the conversation

www.lookoutnewspaper.com
FB: lookout.newspaper
TW: Lookout_news

TRACKSIDE AUTO SERVICE LTD.
A FULL SERVICE AUTO REPAIR FACILITY

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

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

Castrol, WALKER, HANKOOK

Ask about BG Protection Plan*
Where Dependability and Trust are a Priority...
784 Fairview Rd. • 250-383-5509 • tracksideautoservice.ca

Lawyers with a Canadian Forces Perspective



Mel Hunt,
LCOL (Ret'd)
Practicing Military Law for over 30 Years



Dan Murphy
RADM (Ret'd)
Extensive experience with Canadian Forces personnel issues

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

Call 250.478.1731



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

DINNING HUNTER LAMBERT & JACKSON
BARRISTERS AND SOLICITORS

info@DinningHunter.com www.DinningHunter.com

Military member represents Canada at Paralympic Games

DND

Cpl Dominic Larocque will represent Canada with pride at the XI Paralympic Winter Games in Sochi, Russia, in March. "I would like to acknowledge and congratulate Cpl Dominic Larocque for making the Canadian National Sledge Hockey Team," said General Tom Lawson, Chief of the Defence Staff. "Cpl Larocque's drive and determination serves as an inspiring example for us all. This March I urge you to join me cheering on Cpl Larocque, and all of the men and women who will represent Canada as part of our Paralympic teams."



Cpl Dominic Larocque will be competing in the Paralympics in Sochi, Russia.

In 2007, Cpl Larocque was deployed with the 3rd Battalion, Royal 22e Régiment in the Panjwayi District of Afghanistan. While on patrol, he was wounded in an improvised explosive device attack. As a result, his left leg was amputated above the knee.

Following an extensive rehabilitation period, Cpl Larocque was introduced to the Soldier On Program and to the sport of ice sledge hockey.

"In 2010 I had the opportunity to visit Vancouver during the Paralympics. It really inspired me and I decided that I would like to be part of the national team in Sochi. I am extremely proud and excited that my dream has become a reality," says Cpl Larocque.

Military/sport connection

There is a long relationship between sports and military service in our country. Canadians serving in the First and Second World Wars, and the Korean War often took part in games days and other official and unofficial athletic contests. This military/sport connection has continued in the post-war years. Not surprisingly, some of these 'soldier-athletes' have worn both a military uniform and an Olympic athlete's uniform for our country.

Paralympic Games

The origins of the Paralympic Games are closely tied with military service. In the years after the Second World War, some allied servicemen and servicewomen who had been seriously injured in duty began turning to sport to help in their rehabilitation. This modest beginning has grown into the worldwide competition the Paralympic Games are today.

The peace and freedom we in Canada enjoy today is only a dream in many of the countries that compete in these international games. These privileges are ours because generations of Canadians, like the people mentioned here, have defended them over the years.


Soldier On: Using sport to improve the quality of life

Awareness of the importance that sport and other physically challenging activities can play in helping to rehabilitate and reintegrate injured servicemen and servicewomen has grown over the years. The Soldier On program is a highly visible and integral component of the Department of National Defence and Canadian Armed Forces' commitment and priority towards the recovery, rehabilitation, and reintegration of serving and retired CAF members with visible or non-visible illnesses or injuries.

Since 2006, the program has helped over 750 members to overcome their illness or injury such as Sgt (retired) Doug Brown and Capt Simon Mailloux, the first known Canadian soldier to return to Afghanistan after an amputation. The program has also helped ill or injured members such as Cpl Dominic Larocque and Sgt (retired) Steve Daniels obtain the necessary training and equipment to be selected to the national team in the respective sports and compete for Canada at the Paralympic Games.

Many ill and injured members credit Soldier On with helping them to accept their new normal and move forward in life.

Vancouver Island Safety Council



MOTORCYCLE RIDER TRAINING

NOVICE & TRAFFIC PROGRAMS

EXPERIENCED RIDER COURSES

ICBC CERTIFIED COURSE

250-478-9584
www.visafetycouncil.com

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

Bravo ZULU



CPO2 Christopher Robinson receives the Operational Service Medal from the Commanding Officer of CF Health Services Centre (Pacific), LCol Joane Simard.



LS Scott Morgan receives the Commanding Officer's Coin from LCol Simard.



Lt(N) Jody Young receives her Canadian Armed Forces Decoration from LCol Simard.



MCpl Andy Sache receives his Canadian Armed Forces Decoration from LCol Simard.



Patrol Craft Training Section's Commanding Officer, LCdr Henwood presents LS Grounds with his Canadian Armed Forces Decoration for 12 years of loyal and dedicated service.



Patrol Craft Training Section's Commanding Officer, LCdr Henwood presents LS Miller with his Canadian Armed Forces Decoration for 12 years of loyal and dedicated service.



Patrol Craft Training Section's Commanding Officer, LCdr Henwood presents LS Slazenger with his Canadian Armed Forces Decoration for 12 years of loyal and dedicated service.



Patrol Craft Training Section's Commanding Officer, LCdr Henwood presents LS Thiele with his Canadian Armed Forces Decoration for 12 years of loyal and dedicated service.



Cdr Wes Golden (left) and Cdr Lori McAllister (right) cut the birthday cake as the Logistics Branch celebrate 46 years at the Chief and Petty Officers' mess on Jan. 31.



Cdr Byron Derby was sworn as a new citizen on Jan. 31 by Citizenship Judge Gerald Pash. He is pictured here Judge Pash and retired Chief Inspector Michael O'Reilly.

Defence Aboriginal Advisory Group welcomes veteran Joe "Bingo" Thorne at February meeting

Military co-chair Sgt Tetrault-Hamel has invited local Aboriginal veteran Joe Thorne to speak at the Defence Aboriginal Advisory Group's (DAAG) Feb. 19 meeting. He will share his experience about military service and how it inspired and encouraged him in his life's work.

Thorne is a recipient of the

Queen's Diamond Jubilee medal, recognized for his service to Canada and to his community. With a long history of public service, Thorne remains active and has been serving as an elected member of Duncan City Council since 2008. He also serves as a member of the Cowichan Tribes Council, and is proud of his ancestry from

both Cowichan and Nuu-chah-nulth (Didaht) nations. He also helps with the 2924 (Khowutzun) Army Cadets corp that brings together First Nations youth in the spirit of public service.

With Thorne's dedication to his vision to create a community that embraces all cultures as "One Heart, One Mind"

(Nutsa Maat Shqqaluwun), he continues to inspire others with his efforts.

All are welcome to attend this meeting at the Naval and Military Museum in Naden on Feb. 19th at 1:15 p.m. For more information contact: Sgt Tetrault-Hamel at moogly.tetrault-hamel@forces.gc.ca or 250-363-3746.

LOOKOUT Classifieds & Real Estate

RATES: MILITARY and DND PERSONNEL: 25 words \$9.70 • ALL OTHERS: 20 words \$11.09 • 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.

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.

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.

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.

APPLIANCES

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

MOTORCYCLES

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

ADVERTISE IN THE LOOKOUT CLASSIFIEDS
 CALL 363-3014

REAL ESTATE • FOR RENT

3 BDRM UPPER SUITE AVAIL NOW \$1400 + UTILS. and 2 BDRM lower suite available. \$1000/mo + utils. NS/NP Walk to DND, Saxe Point and swimming pool. One year lease. References required. Phone after 5pm 250-595-7077.

2 BEDROOM CONDO FOR RENT ON Lampson St. in Esquimalt. Large, bright corner unit in quiet, well-maintained 19+ building. 4 minute drive/ 20 minute walk to CFB Esquimalt. \$1250/mo, hot water & hydro included. Please contact landlords for further details or to view. Call: 250-920-9012.

BROWN BROS SINCE 1918
250-385-8771
\$785/month 1 Bedroom 837 Ellery St.
 Very large suite, heat, ht water, no pets. Avail now.
 Manager 250-217-1718

Ask about our Move in Bonus

Devon PROPERTIES LTD. No Pets allowed in any building
www.devonprop.com
LARGE SUITES
855 Ellery
 2 BDRMS from \$825. Avail Now & Dec 1
 250-812-5234
1180 Colville
 Bachelor \$675. Avail Now
 2 BDRM from \$875. Avail Now & Dec 1
 3 BDRMS from \$995, avail Dec 1
 250-360-1983
1198 Esquimalt
 1 BDRM from \$775. Avail Now
 250-812-5234

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

ON HHT? ON COURSE? POSTED-IN? LOCATION, LOCATION, LOCATION!
 Need a vacation? Checkout our fully furnished condos. Available for daily, weekly or monthly rental!


OVATION Call or email Donna Petrie
 250.686.1170 • donna@theovation.ca

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

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
 Bring ATTENTION to your business
 Lookout Classifieds 250-363-3127

Make the most of life.
 Stay fit with the **Activity Guide.**
 Available at all PSP and MFRC outlets

 Business Group offers networking opportunities
 Tips to reduce your child's stress

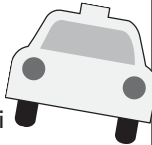
REAL ESTATE • FOR SALE

Beautiful & Convenient

\$509,900
 Pick the finishing
 Free hold lots - NO STRATA
 Corner of Selwyn & Mill Hill Rd.
 Beautifully landscaped & fully fenced for privacy
Keith Ferguson RE/MAX CAMOSUN
 250-744-3301 victoriamhomesforsale.com

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

Base Taxi Service
 for Naden, Dockyard & WorkPoint
 Operates 7:30am to 3pm Monday to Friday.
 Try to use Base Rounders before calling the Base Taxi to reduce wait times.
 Available for military-related appointments or meetings on base only.

Taxi Dispatch 363-2384

LOOKOUT Classifieds & Real Estate

RATES: MILITARY and DND PERSONNEL: 25 words \$9.70 • ALL OTHERS: 20 words \$11.09 • Each additional word 19¢ • Tax Included • DEADLINE FOR CLASSIFIED Advertising: Thursday at 11a.m.

Call 363-3014 to book your display or word ad

REAL ESTATE • FOR SALE

www.townsendwalksooke.ca
\$319,900 GST INCLUDED

Townsend Walk
 2253 Townsend Rd., Sooke, BC

3 Bedrooms, 2½ Baths
 Designer Interiors, 9ft. Ceilings
 Full Appliance Package
 Short Walk To Schools

Covered Front & Rear Porches
 Garage, Fenced Yard
 Located on Municipal Trail
 Built By QUALITY Local Builder

Sales By: *Marlene Arden*
 Personal Real Estate Corporation

250-642-6361
 marlenearden@sookelistings.com

ROYAL LEPAGE
 Coast Capital Realty

Registered With Brookfield Global Relocation Services

SERVICES OFFERED

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

GUARANTEED TIRES FROM \$10.00. WE SELL New and Used Tires. Full service auto repairs. 402B Esquimalt Road - corner of Mary. Proud members of the Military Discount program. 778-440-8473 Open M-F 8-5 Sat 10-4 citydiscount-tires.ca.

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.

outline 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)

VOLUNTEER

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

HABITAT FOR HUMANITY AND THE RESTORE are seeking volunteers to help out with customer service, warehouse and driver assistants. We are also looking for ambassadors for special events. Please contact Hazel @ volunteer@habitatvictoria.com or 250-480-7688 ext. 103.

For women with single-track minds

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

www.dirtygirlzbikeclub.ca

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

NOTARIES ON DOUGLAS

Services Provided:

- Real Estate Transactions
- Mortgage Refinancing
- Wills + Representation Agreements
- Powers of Attorney
- Statutory Declarations
- Travel Letters
- and more...

W: notariesondouglas.com
 P: 250.382.8880
 F: 250.382.8883
 201-2610 Douglas St.

Sandy Higgins, AMP
 890 Short Street, Victoria
 T: 250.658.9315 Ext 1
 C: 250.589.9244
 sandyhiggins@telus.net
 www.ipmortgages.ca

The Mortgage Centre
 We work for you, not the lenders.

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

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

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

ESTABLISHED 1885
Rogers' CHOCOLATES



Belmont students ready to combat bullying

Belmont Secondary School students (left to right) Alexis Rourke, Ashliegh Burton, Erin Kay and Cassidy Kennedy (kneeling), pose in their anti-bullying t-shirts with MCpl Kyle Mitchell at the school lobby on Feb. 7.

MCpl Mitchell represented the Pacific Fleet Club and donated \$1,000 to the school's anti-bullying campaign. Feb. 26 is Anti-Bullying Day and this is the second year CFB Esquimalt and the defence team is authorized to participate by wearing the pink shirts as part of dress with a difference day.

photo by LS Ogle Henry, MARPAC Imaging Services

Feb. 26
Stand up
to bullying
with



Pink Shirt Day

HOW CAN YOU PARTICIPATE?

- Wear something pink, like a shirt or a tie!
- Purchase and wear a pink t-shirt from the EAP office, building D29, room 103/105, or from London Drugs.
- Pick up and wear one of the stickers distributed at the front gates of Dockyard on Feb. 26.
- Challenge others in your group to participate.
- Send a high resolution picture of you and your group to production@lookoutnewspaper.com to be posted in the Lookout.
(if you are emailing your photo from a MAN account, turn off the NX Powerlite in Outlook)
- Check out the EAP website for resources on base and in the community, at <http://esquimalt.mil.ca/eap/index.htm>.

Find out more about the national Pink Shirt anti-bullying campaign, or donate directly, by visiting: <http://shop.pinkshirtday.ca>.