

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

FINAL FAREWELL TO AFGHANISTAN



The last Canadians involved in the NATO training mission in Afghanistan board an American Chinook helicopter on March 12 as they leave the International Security Assistance Force (ISAF) headquarters in Kabul, Afghanistan.

Inset: MGen Dean Milner, last Commander of the Canadian Contribution to the Training Mission in Afghanistan, hands over the Canadian flag to Deborah Lyons, Canada's Ambassador to the Islamic Republic of Afghanistan, as a symbol of the continued Canadian support to Afghanistan during the flag lowering ceremony.

Photos by Cpl Patrick Blanchard, Canadian Forces Combat Camera

CANEX www.canex.ca

No Interest Credit Plan

Plus
NO MONEY DOWN
NOT EVEN THE TAXES!

12 · 24 · 36
Month terms

O.A.C.

We proudly serve the
Canadian Forces Community

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

MOLLY MAID
www.mollymaid.ca

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

SELECT MORTGAGE CORP.

Did you hear?
CMHC premiums are going up May 1st
Call me for details
Best 5 Year Fixed at 3.09%

Rates subject to change without notice

250-888-8036

LORI LENAGHAN
LICENSED MORTGAGE PROFESSIONAL



Photo provided by Capt Chelsey Llewellyn

Capt Chelsey Llewellyn, a Sea King Helicopter pilot, conducts flying operations during the Rim of the Pacific Exercise on board HMCS Algonquin in the Hawaiian Islands.

Inset, top down: Boatswain LS Rebecca Charlesworth; Maritime Surface and Sub-Surface Officer Lt(N) Jana Steingass; Logistics Officer Lt(N) Quinn Cope; Resource Management Support Clerk and Coxswain CPO1 Janet Graham-Smith.

Smooth sailing for women in the CAF

Female crew in HMCS Regina weigh in on their role

Lucy Ellis
CJOC

Life in HMCS Regina has its challenges.

From stormy seas to the daily activities of Operation Artemis (the Canadian Armed Forces (CAF) maritime security operation in the Arabian Sea region) crew members are kept busy.

However, the one challenge not faced by the crew, in particular women aboard Regina, is their gender.

On March 8, Canada celebrated the United Nations International Women's Day, and one only needed to look at the formidable women onboard Regina to see the accomplishments Canada has made in terms of gender integration in the Royal Canadian Navy, and more widely in the CAF.

The meritocratic system allows women to pursue any role with equal consideration to their male counterparts.

CPO1 Janet Graham-Smith is Regina's Coxswain.

As such, she mentors and provides leadership to crew members of all ranks. She is the highest ranking non-commissioned member on board – a commendable position that is still relatively rare for women. The first female Coxswain of a major warship was CPO1 Jan Davis, appointed 2004.

CPO1 Graham-Smith's ambition and industrious attitude helped her overcome the challenges faced when she first entered the CAF 33 years ago. At that time, women did not serve on board warships, in the air or in the field.

She felt held back by the limited number of positions she could achieve. Despite that, a 19-year-old Graham-Smith informed her father that she would become a Coxswain in the navy. To which he replied, "That's impossible, they don't even let women serve on board ships. How in the world will you ever do that?"

The answer? Dedicated work and progressive changes in policy. He is

Nobody looks at me as the 'female coxswain'; I'm just the coxswain. That's progress.

-CPO1 Janet Graham-Smith
Coxswain, HMCS Regina

proud that she and the CAF proved him wrong.

Canada's developments throughout the mid to late twentieth century have allowed for complete gender integration and equality in the CAF. CPO1 Graham-Smith says, "Nobody looks at me as the 'female coxswain'; I'm just the coxswain. That's progress."

Lt(N) Jana Steingass is a Maritime Surface and Subsurface (MARS) Officer in Regina and says she is recognized for her work, not by her gender.

"I am proud to serve my country, and I happen to be a woman," says Lt(N) Steingass. "I didn't join the navy—or army originally—in order to make a political

statement. I joined the military for similar reasons as others: to serve my country, to see the world, to make a difference."

The adventurous decision to try something new led to an exciting role that includes driving the ship, acting as representative for the Commanding Officer, and assisting the Navigating Officer. She is also a member of the ship's dive team.

Capt Chelsey Ann Llewellyn, a Maritime Helicopter Crew Commander, has a background in biochemistry but fell in love with flying during a summer job with the British Columbia Ministry of Forestry. Encouraged by her family, she followed her passion and joined the

CAF as a pilot in 2006.

Capt Llewellyn has an appreciation for the women who paved the road towards an equal space "by establishing successful careers within the military... as well as the men who opened up their hearts and minds in the early days to train those women who showed up ready to learn and serve."

Women were first selected to be pilots in 1979.

LS Rebecca Charlesworth is a boatswain in Regina. Her work environment is heavily team based and includes activities such as leading exercises on the secure handling of firearms, man overboard recoveries, and the safe and effective transport of personnel or equipment.

In her 12 years of service, she has seen perceptions of women evolve past looking at gender to recognizing job performance as the most important metric for evaluation.

In terms of the international aspect, LS Charlesworth says, "In sev-

eral countries, women in uniform is now becoming a norm... It doesn't matter what the gender is, the question is can that member effectively carry out the task given to them by their command."

Abilities, commitment and effort – rather than chromosomes – determine success she says.

The physical aspect of working in the CAF can sometimes be difficult, but women have risen to the challenge. "It's about body mechanics and using the right equipment properly," says LS Charlesworth.

Women's advancement in the CAF was achieved through the collaborative efforts of both sexes; it grew from the combination of the strong women who persevered and the male allies who accepted them into their teams and who continue to foster an inclusive atmosphere.

Worldwide, women are gaining strength in military positions and are being recognized for their full capabilities.

Computer security - know the rules

Wendy Arthurs
Information Protection Officer

There is a policy in place that details what employees can and cannot do on any DND information system.

Those systems include all electronic devices that process, store or otherwise communicate electronic data.

The policy, DAOD 6002-2, defines in four broad terms what an employee can and can't do. It also specifies the consequences to be faced for ignoring or not knowing the rules.

So do you know which side of the can/cannot do line you're on? Not knowing could cost you your network account, or even your job.

Below is an overview of the four main categories.

Official Use

DND does not limit usage for official duties and functions that promote DND/CAF goals. This includes researching for DND/CAF purposes and communicating with authorized users, allies, other government departments and the private sector in the performance of official duties.

Authorized Use

However, Authorized Use is subject to limitations. Use may only be of "reasonable" duration. If you're not sure what "reasonable" duration is check with your manager.

Limited authorized use includes professional development, emailing friends and family, accessing news and other information sites (provided that access is not an unauthorized or prohibited use), personal banking and shopping. It also includes any activity that has been pre-authorized in writing by the commanding officer or manager such as union activity.

Please note that a supervisor or above may restrict or prohibit any authorized use if the use threatens the integrity of the information system, or if there is an operational or administrative reason.

Unauthorized Use

Unauthorized use is the catch-all for things that don't fall in the other three categories. Basically, if you're not sure you can do something, don't (or ask first).

Some activities that fall into this cat-

If you think it might bring embarrassment to DND/CAF then don't do it.

egory are: accessing or distributing any material with a focus on pornography, nudity, sexual acts or incitement of hatred; any authorized use that is not of reasonable duration and frequency, or interferes with someone else's ability to perform his or her duties; any authorized use that has been restricted or prohibited as mentioned above; any use that would result in personal profit such as electronic gambling or a business venture.

If you think it might bring embarrassment to DND/CAF then don't do it.

Prohibited Use

This category is clear cut. If the use/activity breaks any law, regulation or statute at any level it is prohibited. If

it could reasonably cause harm to others, it's prohibited. If it is an intentional act that could reasonably have jeopardized the integrity of a DND/CAF information system it is prohibited.

An example of an intentional act is attaching a router or modem without authority, or inserting a personal USB device that has malware on it. Personal devices are prohibited from connecting to DND/CAF devices.

Stay Safe


Make sure you know the rules and choose the correct side of the line. Choosing the wrong side can have serious repercussions. Consequences range from revocation of access to one or all DND information systems, to investigations that may result in charges being laid, to civil liability, to administrative or disciplinary action up to and including termination of employment or release.

Know the dos and don'ts. Make the right choice and stay safe!

Visit the DAOD site at <http://img.mil.ca/pi-ip/dao-doa/index-eng.asp> for the full policy.



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

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

**HARDWOOD FLOOR SANDING
REFINISHING & INSTALLATIONS**

- Eco-friendly Finishes
- Dustless Sanding System
- Installations

FREE ESTIMATES

250.880.0926 • www.doublenfloors.ca

POSTED TO HALIFAX?

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

**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


 **4Pillars®**

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


Benjy Houser
Debt Relief Specialist

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

Vancouver Island Safety Council



MOTORCYCLE RIDER TRAINING

NOVICE & TRAFFIC PROGRAMS

EXPERIENCED RIDER COURSES

ICBC CERTIFIED COURSE

250-478-9584
www.visafetycouncil.com

TAXES MADE EASY!

Proud to offer a Military discount

Just 2 blocks from CFB Esquimalt
Open Saturdays

AACT FINANCIAL SOLUTIONS INC.
1353 Esquimalt Rd • 250.383.3834
*Bilingual services

Working hard for working families

Maurine Karagianis
MLA, Esquimalt-Royal Roads



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

matters of OPINION

WHO WE ARE

MANAGING EDITOR

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

STAFF 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'OAFCS7.5. Les opinions et annonces exprimées dans le journal ne reflètent pas nécessairement le point de vue du MDN.



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



WHAT SAY YOU

Raven program more than a "summer camp"

I am writing in response to an article in the Feb. 17 edition.

I was pleased to see the article on our new Defence Champion for Aboriginal Peoples and his dedication towards military opportunities for young men and women from Aboriginal communities.

There is one point in the article that needs to be clarified, however.

As the Leadership Division Commander at Fleet School Esquimalt (CFFSE), I am

responsible for the Raven program. This is not a "summer camp" as indicated in the article. Raven (along with Black Bear and Bold Eagle) is a Basic Military Qualification (BMQ) course that requires the candidate to enroll in the Reserves and complete recruit training.

The CFFSE Raven program consists of a four-day Culture Camp run by Aboriginal elders and counsellors, where the students work around the clock learning about their

backgrounds, sharing their experiences and observing cultural traditions.

They are then handed over to Leadership Division for six weeks of military training. On successful completion, they attain a Reserve BMQ Land qualification and have the option of transferring to a unit, applying for Aboriginal Leadership Opportunity Year at Royal Military College or releasing from the Reserves.

LCdr Michele A. Tessier

People Talk

Lookout asked this question:

Would you rather go without a car or the internet for one month?



The internet. My car is a necessary convenience for me, and I think I could go without the day to day drivell filling the internet.

Danny Branchflower



I'd probably go with the internet. I have two young kids and I need to be able to get around quickly and efficiently.

MS Chris McGowan



My car. I'd be able to get more exercise, be healthier, and maybe even live longer in the long run.

LS Roger Cartagena



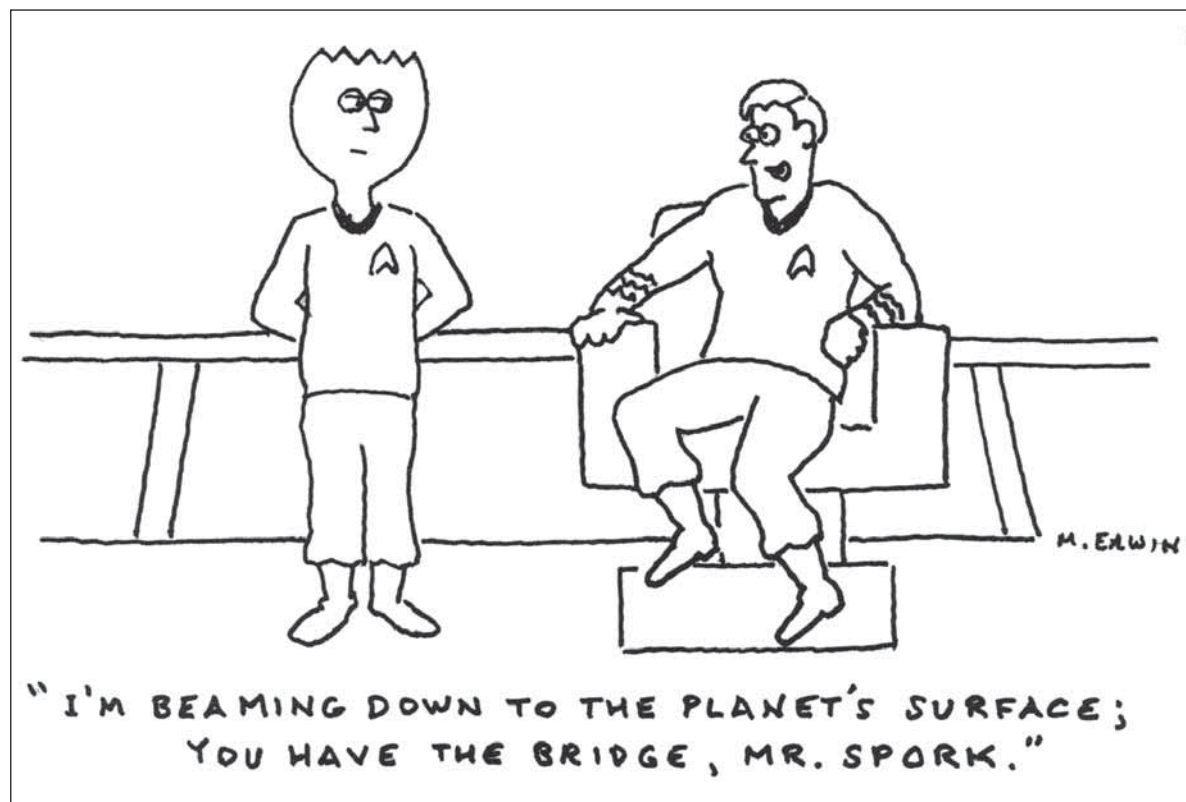
The internet. I use my car every day and I'd be lost without it.

OS Phil Prud'homme



The internet doesn't get me to work every day, so it's a pretty clear choice for me.

LS Phillip Tallack



SHINE A SPOTLIGHT ON YOUR BUSINESS

Advertise in the Lookout Classifieds.

250-363-3127

CRAFT YOUR MEMORIES

www.happyhomebrewer.com (250) 391-0830

The West Shore's largest selection of quality kits, equipment and supplies. On-premise fermentation services and homebrewing expertise.

HAPPY HOME BREWER
YOUR WINE YOUR WAY

10% off any Truck Rate

MILITARY DISCOUNT OFFERED

Budget Call 250-953-5300
www.budgetvictoria.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

FEBRUARY FLEET RUN

Hundreds of military and civilian personnel jet off from the start line in dockyard at February's Fleet Run.
Kara Tibbel, Lookout

Investments you need and service you deserve

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

Edward Jones
MAKING SENSE OF INVESTING

www.edwardjones.com
Member - Canadian Investor Protection Fund

VALHALLA PURE[®]

OUTFITTERS

The BEST Gear at the BEST Prices - G'teed!
Proud CANEX Supplier!

109-2401D Millstream Rd • Langford • 250-412-2356

Half Marathon • 10k • 1.5K

THE 25TH ANNUAL **TC 10K**
RUN • WALK • APRIL 27, 2014

Registration Now
www.tc10k.ca

NEED TOOLS IN THE CITY?

MILITARY DISCOUNT OFFERED

RONA BayWest **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

Moving to Ottawa?

I can help you find your perfect home

IRP - Brookfield Relocation specialist

250-363-TIPS (8477)

The Military Police have a tips line 250-363-TIPS.

The tips line will be regularly monitored by Military Police. All calls will be kept entirely confidential and anonymous. Military Police urge you to make the call, it helps our community!

Elizabeth **FORDE**

I love to help.

www.elizabethforde.ca
Cell: 613 853 9034
Office: 613 831 9287

ROYAL LEPAGE
Team Realty
Independently Owned and Operated Exchanges

Thinking about your next steps?

THIRDQUARTER HAS OPTIONS.

We are an online job service for people aged 45 and older. You can register for free while in the comfort of your own home and at your own pace. We use a skills-based matching system that links our applicants with jobs that fit. We know that you have much to offer and we advocate for mature workers.

www.thirdquarter.ca
www.skillsconnectinc.com
Toll Free: 1.855.286.0306

Looking for something?
 Lookout Classifieds p. 15-16

How can you support Habitat for Humanity Victoria?

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

10% DND Discount with ID & coupon

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

Habitat for Humanity Victoria
ReStore



Kara Tibbel, Contributor

Stacey Kaminski left and Tracey Jones right, interior stylists & stagers.

Spruce up your home before you sell

Kara Tibbel
 Contributor

One drawback to military life can be moving from one destination to the next in a short time frame. This can add stress for military members and their families.

It can also mean a need to sell a home quickly.

If you are putting a "for sale" sign on your Victoria home, you may benefit from what Tracey Jones and Stacey Kaminski have to offer.

The duo are interior stylists and home stagers with more than six years experience creating attractive spaces like those seen on HGTV shows.

Styling and staging, while similar, serve different purposes.

Real estate staging is the best asset for a military fam-

ily to sell their home rapidly, while interior styling makes a temporary living arrangement, such as a Residential Housing Unit, feel comfortable and homey.

"It's not necessarily about buying new things; people own lots of amazing stuff but don't know how to use it. Paint, throw pillows, greenery, vases, etcetera, we take what you have and either redesign it or add to it, to give the space the style it needs," says Jones.

"Anything is possible with just a little creativity," Kaminski adds.

Two options exist to create a space that will entice buyers to make an offer, says Jones. You can use your own furniture, or they can rent furniture for you from a local membership based company, such as HOUSE, to stage

the space.

The two interior stylists are overflowing with tips on how to redesign and style. The key is to keep it light. Packing every corner with odds and ends makes a room feel small and uncomfortable. Use or create storage with baskets, shelving and organizing drawers to hide your stuff.

Curtain walls if there is an awkward placed window or area; it adds a new dimension to the room.

Want to punch up a room? Add art and colour.

Want a room to seem larger? Hang mirrors.

Want to keep up with what's in style? Something raw, organic or distressed is very in right now; adding these elements will make your home feel real and not like a museum piece.

"I never would have thought of that." We hear this endlessly, but it is true," says Kaminski.

Jones and Kaminski share the same passion for interior styling and re-designing. For them, creating a room for people to enjoy is art. But the most rewarding part of their day-to-day job is the gratitude they get.

"It makes us feel so good when we've been a part of giving someone a home and not just someplace for them to live," says Jones.

If you are interested in Tracey Jones' and Stacey Kaminski's expertise, email them at remarkablere design@gmail.com or interior stylesbystacey@gmail.com

Be sure to check out Lookout Newspaper's Pinterest site for more DIY ideas on how to spice up your home.

NDP

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

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.

Regina fundraises for sick kids

Lt(N) Mark Fifield
Op Artemis Roto 4 PAO

Gourmet hot coffee, delicious baked goods and great live entertainment provided a memorable night in HMCS Regina's Master Seaman and Below Mess, affectionately called the Bushwacker's Club, during Operation Artemis off the coast of Africa on March 9.

The event, known as the Dave Barber Coffee Barge, is just one of many fundraising initiatives that support the Dave Barber Charitable Foundation, which is one of the official ship charities.

MS Dave Barber died from leukemia in 1999 and in the years since, the ship's company has held a series of events in his memory to raise charitable funds for the Child Life Department at the

Victoria General Hospital. In addition to the Coffee Barge, the Dave Barber Charitable Foundation organizes pizza nights, barbecues, fishing derbies, sports days and a memorial golf tournament at Metchosin Golf Course.

Funds are used to purchase items needed on the pediatric wards, pediatric surgical daycare unit, and emergency department, as well as the outpatient clinic areas such as the diabetes and oncology units. Items range from toys, crafts, stuffed animals, books, and games, as well as DVD's, DVD players, portable game systems and music players, and televisions.

Smaller items are given to sick children enduring a lengthy hospital stay, experiencing difficult treatments and/or procedures, or celebrating a

special occasion such as a birthday or the end of a long treatment for an acute illness.

Electronic items are used exclusively in the pediatric areas that bring entertainment and a welcome distraction to children and adolescents admitted to the hospital for a day's treatment or a lengthy hospital stay.

"It is a great feeling to see the smiles of those kids who have benefited from our fundraising efforts, and to know we have made their lives just a little bit better during their stay in the hospital," said PO1 Tracy Tkachuk. "The Dave Barber Charitable Foundation is very near and dear to the hearts of the ship's company, and we look forward every year to participating in these fundraising events that are held in Dave's memory."



Cpl Michael Bastien, MARPAC Imaging Services
PO1 Joseph Scheubel performs a song at the Dave Barber Coffee Barge event hosted on board HMCS Regina in support of Dave Barber Charitable Foundation.

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.B.B. 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

WESTSHORE U-LOCK MINI STORAGE

MILITARY DISCOUNT OFFERED

U-LOCK selfstorage.ca

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

1621 Island Highway, 250-478-8767

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

VICTORIA TAXI Go Green
LOCAL • RELIABLE • SAFE

Local - Reliable - Safe

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

NOW is the time for **CLEAR VISION!**

Ask about our Military Discount!

kingLASIK
kinglasik.com

VANCOUVER OFFICIAL LASIK SURGEON
JOSEPH W. KING, MD

250.360.2141
VICTORIA • VANCOUVER



Left: Anissa Paulsen, Director of Exhibits and Visitor Engagement, stands beside the CFB Esquimalt dry dock model.

Above: A close up of the ship in the dry dock model.
Below: Rum ration barrel.

Photos courtesy of the Maritime Museum of B.C.

B.C. Maritime Museum spruces up naval gallery

Chelsea Falconer
NPA Office

The Maritime Museum of British Columbia is making significant revisions to its naval gallery.

The gallery is being revitalized to “celebrate the story of the Royal Canadian Navy,” said Anissa Paulsen, the museum’s director of exhibits and engagement.

“The Naval Role in the Development of British Columbia is the working title for the new gallery, which will look at how the Royal Navy and the Royal Canadian Navy have both influenced the development and identity of British Columbia throughout history and today. During this project, the museum will explore ways to portray the experiences of current navy families within the context of Canadian naval history.

Re-development will occur in three stages, with the first stage focusing on the early history and

Esquimalt developed around the dockyard and the graving dock was huge part of that development.

-Anissa Paulsen,
Director of Exhibits and Visitor Engagement

significance of the Esquimalt Graving Dock. The second stage will feature the first Canadian naval vessel - HMCS Rainbow – as part of a tribute to the anniversary of First World War.

Part of the re-development plan is to include a more user-friendly approach to showcase local history so children and adults can engage with the exhibit. As a result, the third stage will include a “life at sea” section where visitors can better imagine life on

board a navy vessel; for example, through an interactive display.

The first stage of the gallery renewal is currently underway with plans to finish in June 2014. This stage will highlight the importance of the Esquimalt Graving Dock in the development of Esquimalt and the City of Victoria.

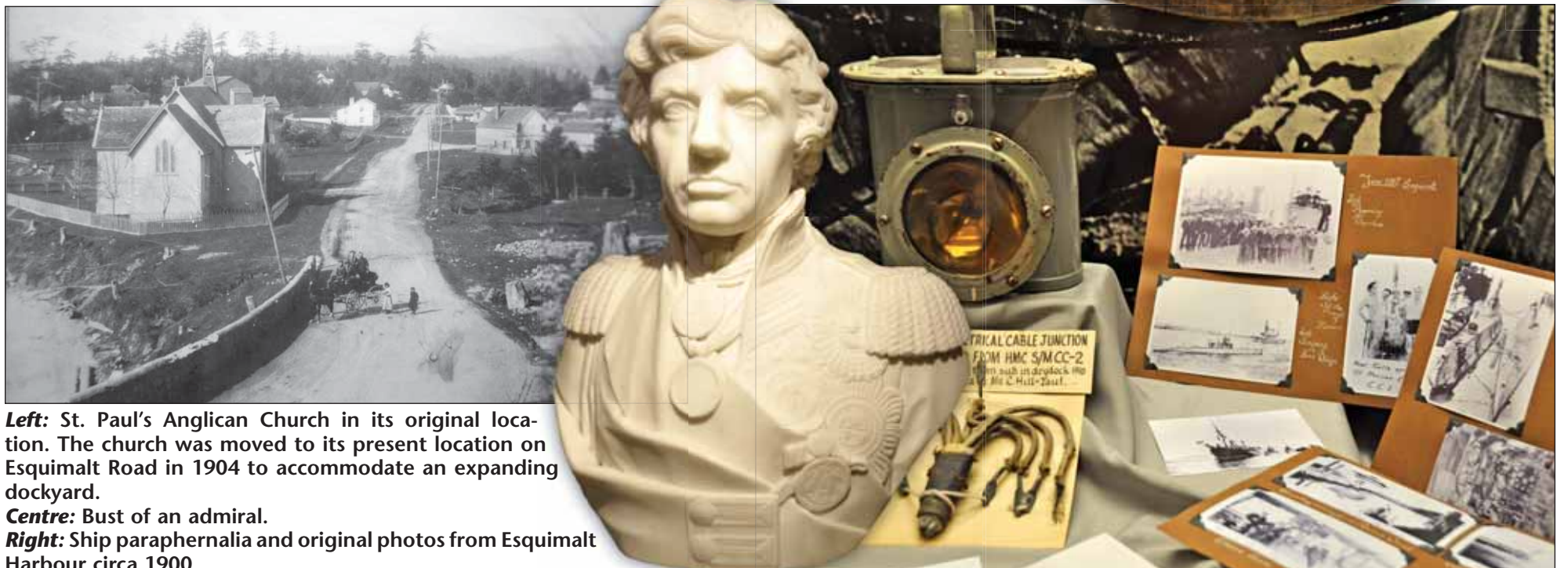
“Our historic interactions with the water are critical to our identity as British Columbians today,” Paulsen said. “Esquimalt developed around the dockyard and the graving dock was huge part of that development.”

The plan to update the naval exhibit began last year when the Naval Officers Association Foundation donated \$5,000 to the museum for this project. Paulsen has been connecting with the local naval community at CFB Esquimalt to establish a modern context for the exhibit. Retired Commodore Jan Drent, a long-time supporter and volunteer at

the museum, is advising Paulsen on naval aspects of the exhibit.

The museum is keen to embrace the local military community and will host a “Navy Night” to welcome navy families to the opening of the revitalized exhibit after stage two is completed later this summer.

The Maritime Museum – with a staff of seven - relies mainly on volunteers for exhibit renewals and they are hoping to find more people to contribute to this project. Interested parties can visit the website, www.mmbc.ca, for more information on volunteering.

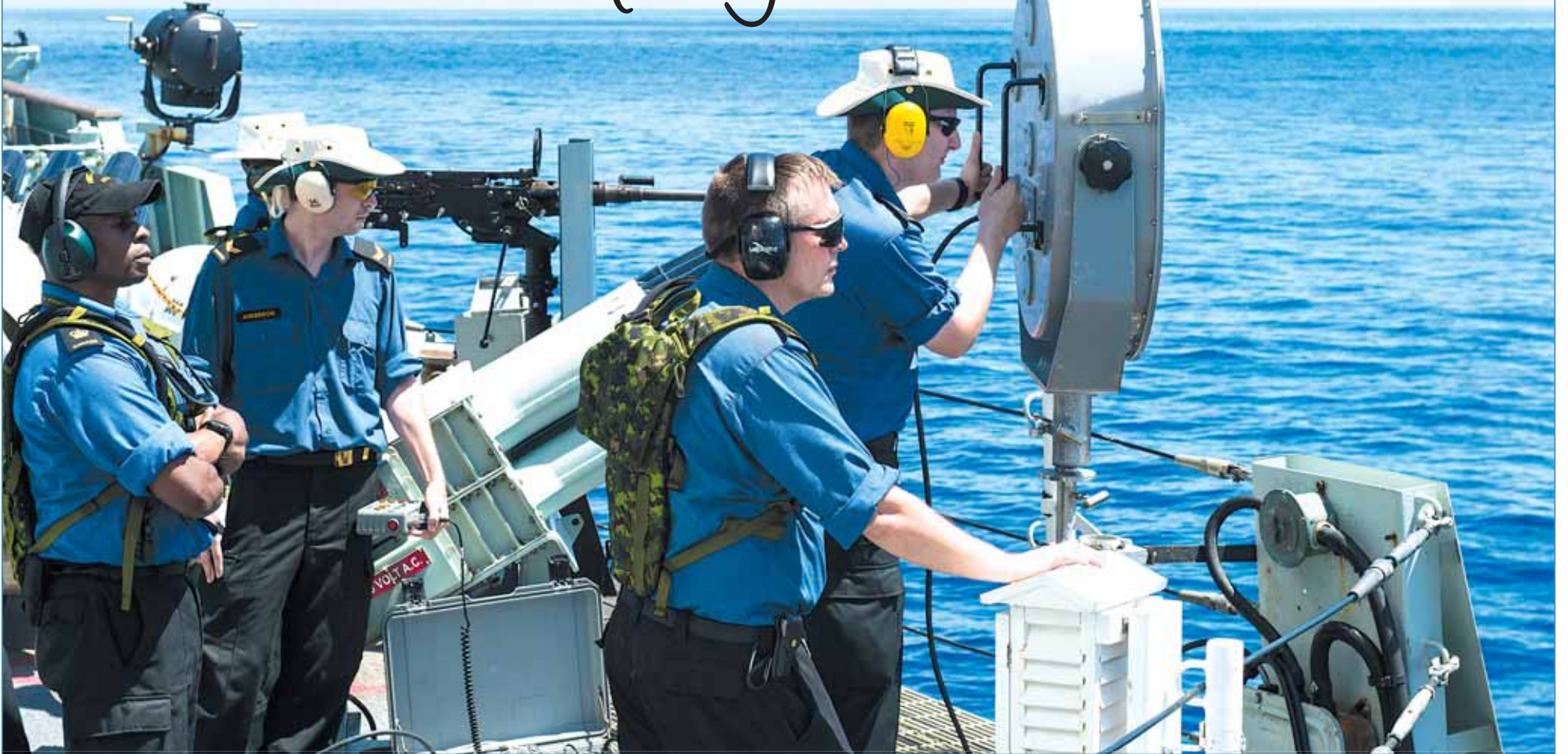


Left: St. Paul’s Anglican Church in its original location. The church was moved to its present location on Esquimalt Road in 1904 to accommodate an expanding dockyard.

Centre: Bust of an admiral.

Right: Ship paraphernalia and original photos from Esquimalt Harbour circa 1900.

MILES AWAY but not forgotten



HMCS REGINA ON OPERATION ARTEMIS



Above: AB Craig Gagnon trains on the Long Range Acoustic Device while the ship sails off the coast of Africa.

Left: Cpl Caitlin Rielly, AB Joshua Rose and LS Joshua Krohn perform simulated first aid on PO2 Timothy Rose during a training exercise.

Bottom left: The ship's company move garbage ashore at the port of Dar es Salaam, Tanzania.

Right: The deck department prepares for the ship's arrival in the port of Dar es Salaam, Tanzania.

Cpl Michael Bastien,
MARPAAC Imaging
Services




Join the conversation
 FB: lookoutnewspaper
 TW: Lookout_news
 

TEARS & EVENTS
 MEDICAL ALERT
 BRASS
 COPPER
 MAKE YOUR OWN CUSTOMIZED DOGTAGS
 * ARMY WIFE *
 PROPERTY OF A SOLDIER
MYDOGTAG.COM
 MOVIE & TV

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

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
 www.abakhan.com
 Doris Minervini
 Branch Manager
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



Linesman PO1 Line Laurendeau (CFB Esquimalt), Referee Lindsay Hill (CFB Kingston), Referee MCpl Anita Zacher (CFB Cold Lake), and Linesman Capt Jackie Zacher (Cold Lake).

All female officials, first at CF National game

Shawn O'Hara
Staff Writer

A little piece of history was made at the 2014 Canadian Armed Forces (CAF) National Hockey Championships held March 1-7.

The women's semi-final game between CFB Esquimalt and CFB Halifax marked the first time a

national hockey game was called by all female officials.

"I was honored to be a participant in that pioneering event," says PO1 Line Laurendeau of CFB Esquimalt, one of the four officials involved in the semi-final game. "It's the first time it's happened, but hopefully it won't be the last time."

PO1 Laurendeau attributes the event to a recent increase in female officials.

"Before, a lot of women either didn't know this was an option or didn't get involved because it's traditionally a male dominated industry," she says. "Lately we've been seeing a lot more ladies coming out, and the other female officials and I couldn't

be happier."

In the semi-final game, CFB Halifax went on to defeat CFB Esquimalt 3-0, going all the way to the top after beating CFB Borden with a shattering 5-0.

The CFB Esquimalt ladies placed fourth in the round robin standings; Région Montréal was third, CFB Borden second, and CFB Halifax placed first.

Victoria Honorary Citizens Awards nomination

The City of Victoria is now receiving public nominations for its Honorary Citizens Awards. An Award nominee must meet the following criteria:

- Awards are given in recognition of an individual's service to the community or achievements;
- Honorary Citizens Awards nominees must be living residents or former residents of the region whose exceptional contribution to the community or personal achievement has benefited the City of Victoria (Capital



Region); and

- Those holding elected office, or those considering running for elected office in the 2014 local general election, will be excluded from nomination.

If you know of a worthy recipient, please return the completed Nomination Form by not later than Monday, March 31, 2014.

To get a nomination form go to: www.victoria.ca/EN/meta/news/news-archives/2014-archive/nominate-an-honorary-citizen.html

AFFORDABLE OFF BASE LIVING!
 Bachelors, One Bedrooms, Two bedrooms, & Three Bedrooms available
ASK ABOUT OUR MOVE IN DISCOUNT!
250.381.5084 CAPRENT.COM


10k, 5k & Kids Fun Run

Sunday June 22 • Start Time 8:30AM



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

**Early Bird
Deadline
March 31!**
**Register early
& save!**

@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!

For more info or to register visit www.navyrunesquimalt.com



MARPAC HQ Awards

Photos by Cpl Malcolm Byers, MARPAC Imaging Services



LS Matthew Chalovich (centre) is promoted to Acting Master Seaman by Capt Grant Whittla (left) and Cdr Lori McAllister.



LS Robert Morris (centre) is promoted to Acting Master Seaman.



PO2 Derek Dakai is presented with a meritorious unit commendation for his work at Naval Ocean Processing Facility Whidbey Island.



CPO1 David Bodie is presented with the second clasp to his Canadian Forces Decoration for 32 years of service.



PO2 Guy Tardif is presented with the second clasp to his Canadian Forces Decoration for 32 years of service.



WO Sean Baldwin is presented with the first clasp to his Canadian Forces Decoration for 22 years of service.



PO1 Michel Rouleau is presented with the first clasp to his Canadian Forces Decoration for 22 years of service.



Cpl Clint Eastman is presented with the first clasp to his Canadian Forces Decoration for 22 years of service.



LS John Curry is presented with his Canadian Forces Decoration for 12 years of service.



Cpl Blaine Sewell is presented with his Canadian Forces Decoration for 12 years of service.



LS Eduardo Quiroz-Borrero is presented with his Canadian Forces Decoration for 12 years of service.



SLt Brian MacMillan is presented with his completion certificate for his Officer's Professional Military Education.

Ottawa crew volunteers at shelter in support of Women's Day



HMCS Ottawa's volunteers gathered in the Cool Aid Society's newly cleaned storage locker that was previously packed with garbage bags full of donations.

Members of *HMCS Ottawa's* crew volunteered at the Victoria Cool Aid Society Emergency Shelter on Saturday, March 8.

Victoria Cool Aid Emergency Shelter, located on the Rock Bay Landing at 535 Ellice Street off of Gorge Road, is Victoria's largest emergency shelter. It offers 84 beds to the homeless, which are filled every night.

In an effort not to turn anyone away, the shelter has several mats they lay down in the main lobby for overflow people in need of a place to sleep.

When *Ottawa's* crew members showed up early Saturday morning they got to work orga-

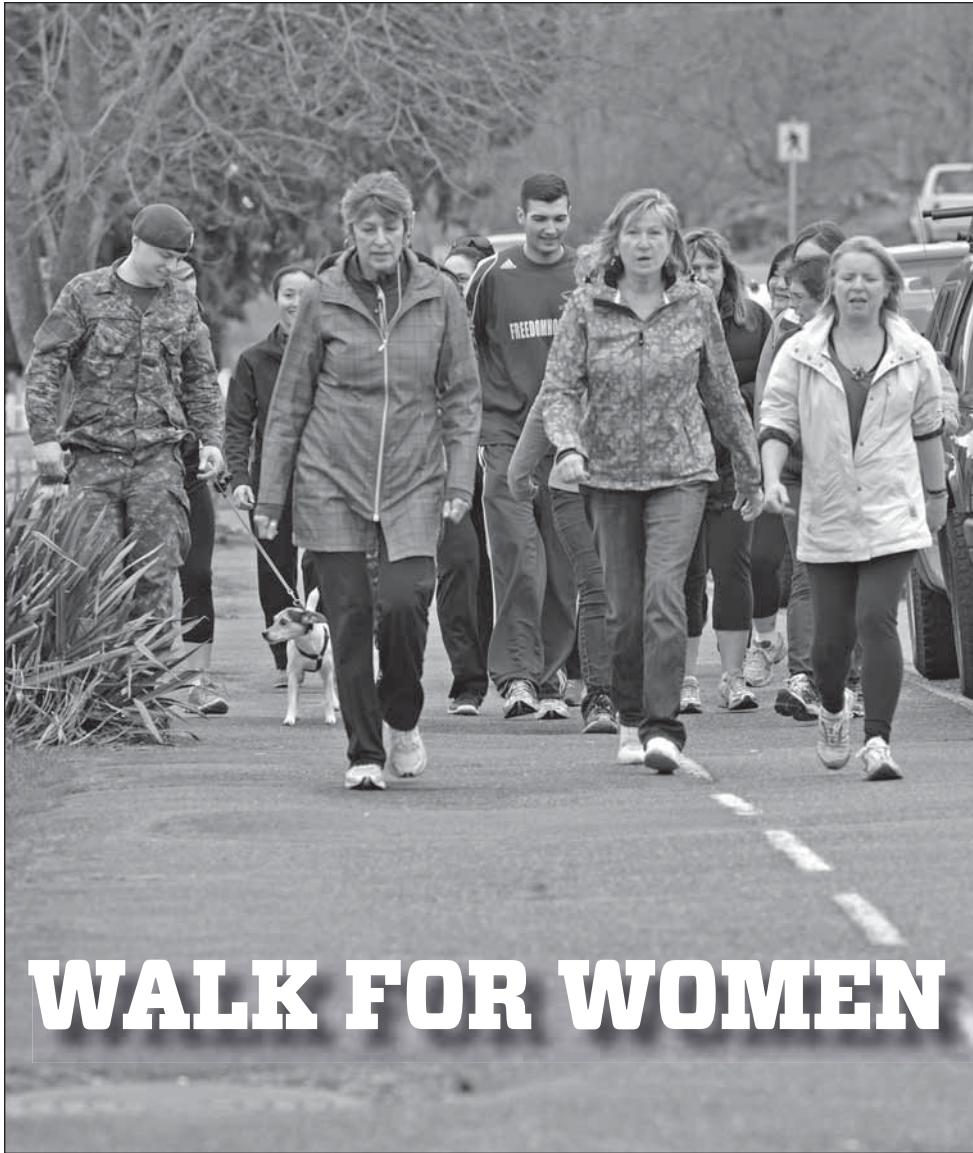
nizing the shelter's major storage area. Due to an overflow of donations, the storage area was packed. Ship volunteers sorted several garbage bags full of clothing, which was then stocked on shelves and offered for free to anyone in need.

The major goal was to sort the winter clothing from the summer clothing, and the male clothing from female clothing, so the shelter could easily identify what they had in their inventory. Sailors successfully cleaned the whole storage area, setting aside the summer clothing that will be needed in the upcoming months.

The shelter is run on a core staff, but relies on volunteer

workers to help operate the shelter on a daily basis. They accept food and clothing donations from the general public. Donations are then offered to people in need at no cost.

Other services offered to the homeless are the use of bathrooms, showers, laundry and storage lockers. As a result the shelter is always in need of toiletries such as towels, soap, shampoo, tooth brushes, tooth paste and razors, which it can offer to people seeking to use their facilities. Members looking to donate or for more information on the Victoria Cool Aid Society Emergency Shelter can visit their website at coolaid.org/join-us/



WALK FOR WOMEN

Cpl Malcolm Byers, MARPAC Imaging Services Maritime Forces Pacific's Defence Women's Advisory ORGANIZATION hosted a walk in support of women's health and International Women's Day on March 7. The leisurely five kilometre walk from HMC Dockyard to Saxe Point was attended by numerous defence team personnel.

THINGS TO DO:

- ✓ follow Lookout Newspaper on PINTEREST
- ✓ follow between today and April 3, 2014 to be entered in a draw to win 2 passes to WildPlay Element Parks!
- ✓ must be local to Victoria or surrounding areas to win

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


The MFRC and Royal Roads University present:

Pacific Women's Day

25 yrs
A fine vintage



1990




2013

REGISTER TODAY!
• \$65
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



103.1 JACK FM
Playing whatever! Whenever!

JACK'S MEXICAN GETAWAY

WIN

1 of 3 TRIPS TO

Cabo San Lucas

.....▶ **MEXICO** ◀.....

Details: 1031JACKFM.CA

BROUGHT TO YOU BY:
FLIGHT CENTRE
The Airfare Experts



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.

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.

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.

MISC. FOR SALE

WANTED: LATEST OR PREVIOUS copy of a Canada Post Postal Code Book for purchase. Please contact: Aron at 250-388-4164 or the Lookout at 250-363-3127.

MOTORCYCLES

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

MORTGAGE CONSULTANTS

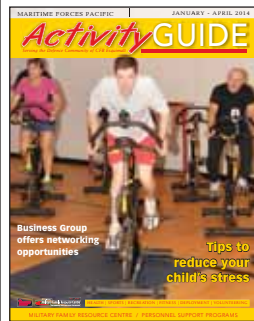


Sandy Higgins, AMP
890 Short Street, Victoria
T: 250.658.9315 Ext 1
C: 250.589.9244
sandyhiggins@telus.net
www.ipmortgages.ca



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

Make the most of life on the island.



Stay fit with the Activity Guide.

Available at all PSP and MFRC outlets

REAL ESTATE • FOR RENT

ESQUIMALT: 954 DINGLEY DELL LRG RENOVATED 1 bdr on 3rd floor. New kitchen & bathroom, cupboards, freshly painted & new rugs throughout. \$875 incl ht/hw & prkg. Near bus, base and park. Avail March 1st or ASAP. No Smoking. Contact Elizabeth at 250-479-9383 or meb1@shaw.ca.

FAIRFIELD, SEMI-DETACHED 1/2 DUPLEX 1 bedroom plus den. Monthly rental. Furnished. Weekly linen and housekeeping included. \$2450. For more details: 250-888-1232 or apchablis.com



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

PROPERTIES OWNED AND MANAGED BY **EY PROPERTIES LTD.** 250-361-3690
Toll Free 1-866-217-3612
FREE Heat & Hot Water - Card operated front load laundry/24hrs

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

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

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

Tenant Referral Program
Military Discount

BROWN BROS SINCE 1918 250-385-8771

\$775/month 1 Bedroom
837 Ellery St.
Top Floor. Available April.
Manager 250-217-1718

Ask about our Move in Bonus

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

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

LARGE SUITES

855 Ellery
1 BDRM \$760 Avail Mar 1
2 BDRMS from \$830 Avail NOW
250-812-5234

1180 Colville
1 BDRM from \$750 Avail Mar 1
2 BDRM \$875 Avail Now
250-360-1983

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

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

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

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
250-744-3301
victoriahomesforsale.com



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**
250-642-6361
marlenearden@sookelistings.com



Registered With Brookfield Global Relocation Services



Reach a market that's always on the move.

Call 250-363-3014 to advertise your home in the Lookout Classifieds

SERVICES OFFERED

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 musicwaycool.com.

GUARANTEED TIRES FROM \$10. 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.

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

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.

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

VOLUNTEER

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.

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

We need MEN for MENToring.

Getting together is a great time for everyone and doesn't require a special occasion or expensive activities.

- Receive tickets to sporting events
- Participate in a variety of activities
- Meet twice a month for 6 months



www.bbbsvictoria.com

Base Library Catalogue Online

<http://library.esquimalt.mil.ca>

Unfortunately, holds cannot be processed online at this time. If an item you want to borrow is out, call 363-4095 or email irwin.sl@forces.gc.ca to place a hold.

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

outshine salon & spa



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

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

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

Join the conversation

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




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

Hosted in Langford

RUN VICTORIA GODDESS

Presented by: 98.5 Ocean

Sunday, June 1, 2014

Westhills Stadium
5k, 10k, Half Marathon
Lipstick Station
Sporty Jewels Necklace
Kids Zone

Weekend of Events May 30th - June 1st
New this year at
The Westin Bear Mountain Resort & Spa,
Yoga at Sunset, Bathrobe Run & Kids/Family Run

@victoriagoddessrun /Victoria Goddess Run & www.victoriagoddess.com

SKM 10KM 1/2 MARATHON

CFB Esquimalt gets a taste of world cuisine

Shawn O'Hara
Staff Writer

On Wednesday, diners at Nelles Block and Venture's galley can stick their forks into some international cuisine.

A special menu has been created by Base Foods staff to support International Day for the Elimination of Racism.

"It's a good opportunity to give people something new to try dur-

ing their lunches, as well as a way to support a good cause," says MWO David McLaughlin, Deputy Base Foods Officer. "Base Administration is committed to supporting causes like this, and we thought this would be a fun and unique way to throw our hat in."

The menu includes Szechuan Pork Stir Fry, Lahori Red Chicken Karahi, and Mexican Vegetarian Corn.

"We tried to pick foods from all across the globe, instead of just one continent or country to give people lots to choose

from," says MWO McLaughlin. "It's nice to be able to use the unique skills of Base Food staff."

The menu is also an opportunity for the cooks at Base Foods to showcase their cooking skills.

"The cooks get a chance to make things they don't get to make every day," he says. "With the creativity involved in preparation and the unique choices for people dining at the mess halls, on top of supporting something we care about, it's a win-win all around."



LS Dave Eason serves up hot food at the Nelles Block service line.

Inset: Pte Andrew Fitzpatrick prepares mise en place in the Nelles Block kitchen.

Make a difference
in the lives of girls

Volunteer
1-800-565-8111
girlguides.ca

Girl Guides of Canada / Guides du Canada

Esquimalt MFRC presents

Navy Ball

Saturday June 7, 2014 • 7pm
Government House
1401 Rockland Avenue, Victoria

For ticket information, go to www.esquimaltmfrc.com
To charge by phone, call 250-363-2640

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

Mortgage rates that command your attention.

Moving soon? Get on board with a special mortgage rate* exclusively for the Canadian Defence Community. Also, be sure to ask about our flexible mortgage options available through the Integrated Relocation Program.

Let us help make your next move a smooth one.
Visit your local branch or bmo.com/cdcb to book an appointment



*Offers may be changed, withdrawn or extended at any time without notice. Applications are subject to meeting Bank of Montreal's usual credit criteria. Some conditions may apply. These special offers are not available for the 5 Year Low Rate Fixed Closed mortgage, the 10 Year Low Rate Fixed Closed mortgage or for Homeowner ReadLine®. ®Registered trade-marks of Bank of Montreal.