

U-PAK MOBILE STORAGE
Storage that comes to you!

15% Military Discount

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

Volume 59 Number 14 | April 7, 2014

LOOKOUT

MARPAC NEWS CFB Esquimalt, Victoria, B.C.

www.lookoutnewspaper.com



Thank You For Shopping Locally!

PHARMASAVE
Esquimalt Plaza

FREE Blister Pack Service & Medication Reviews

250.388.6451
Free Prescription Delivery

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



DND

HMCS Regina successfully disrupted a narcotics shipment during a patrol in its designated area of operations in the Indian Ocean on March 31, as part of Operation Artemis.

Regina intercepted and boarded a dhow off the east coast of Africa and discovered over 100 packages of heroin weighing 132 kilograms in total.

"This successful drug seizure is a result of the patience and perseverance displayed by the ship's company of HMCS Regina throughout our participation in Op Artemis. It is also a credit to our collective capability to work together with our CTF 150 partners to respond in a timely and effective manner to threats to maritime security and commerce in the region," said Cdr Dan Charlebois, Commanding Officer of Regina

The illicit narcotics were subsequently seized, documented and later destroyed at

sea, thereby ensuring they would not reach their intended recipients.

This was the first drug seizure for Regina as part of its maritime security and counter-terrorism operations at sea in the Indian Ocean.

Op Artemis is Canada's contribution to Combined Task Force 150 (CTF 150), a multinational maritime task force combating terrorism across the Red Sea, Gulf of Aden, Indian Ocean and the Gulf of Oman.

"I congratulate the crew of HMCS Regina, who have certainly earned this success," said Commodore Daryl Bates, Commander of CTF 150. "They have worked tirelessly since taking over from HMCS Toronto in February. In conjunction with the recent efforts of warships from the French, United States and Royal Australian Navies, the Royal Canadian Navy has continued to prove that the national contributions to Combined Maritime Forces can have a real impact on terrorist organizations, by disrupting their lines of funding."



Cpl Michael Bastien, MARPAC Imaging Services

Top: HMCS Regina's naval boarding party prepares to board a dhow during routine maritime security and counter-terrorism operations off the coast of Africa as part of Operation Artemis.

Inset: Crewmembers from HMCS Regina catalogue and destroy 132 kg of seized heroin on the ship's quarterdeck.

CANEX www.canex.ca

No Interest Credit Plan

12 · 24 · 36
Month terms

Plus
NO MONEY DOWN
NOT EVEN THE TAXES!

O.A.C.

We proudly serve the Canadian Forces Community

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

MOLLY MAID
www.mollymaid.ca

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

SELECT MORTGAGE CORP.

WOW!
Look at these RATES!

BEST 5 Year Fixed - 2.89%
BEST 5 Year Variable - 2.35%

Rates subject to change without notice

250-888-8036

LORI LENAGHAN
LICENSED MORTGAGE PROFESSIONAL

DON'T DRINK & DRIVE.

great government rates

We are conveniently located at 898 West Broadway, near all major attractions and arenas. Ask about our Government rates.

parkinn.com/vancouverca 800-670-7275

park inn
by Radisson & suites

Working hard for working families

Maurine Karagianis
MLA, Esquimalt – Royal Roads



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



HMCS Calgary holds a wreath laying ceremony for OS Bryce Knor upon exiting Vancouver harbour.

HMCS Calgary conducts wreath laying ceremony for fallen shipmate

On April 1, *HMCS Calgary* departed North Vancouver for the third phase of its work-ups program, sadly having left one crew member behind.

After passing First Narrows Bridge, *Calgary* held a wreath laying ceremony to mark the absence of OS Bryce Knor who recently and tragically passed away.

Members of the ship's company were fallen-in to pay their respects to their fallen shipmate. Included in the ceremony was the reading of the Naval Prayer by Chaplain Capt Nnanna and the laying of flowers by several of Bryce's closest friends onboard in remembrance.

The thoughts and prayers of *Calgary*, as well as the wider Defence community in MARPAC, are with the family and friends of OS Knor during this difficult time.

Notifications of memorial services will be in accordance with the wishes of OS Knor's family, and will be published at a later date.

You deserve a great mortgage rate.

Take advantage of our special rate for the **Canadian Defence Community** on a 5-year fixed mortgage. Also, be sure to ask about our flexible mortgage options available through the Integrated Relocation Program.

Let us guide you to the right mortgage.
Visit your local branch or bmo.com/cddb to book an appointment.

2.99%*
3.01% APR*
Until April 17, 2014

Canadian Defence Community Banking
A program of CFMWS

BMO Bank of Montreal
Making money make sense®

* Available on the 5-year fixed (closed) mortgage. The Annual Percentage Rate (APR) is based on a \$350,000 mortgage, 25 year amortization and an appraisal fee of \$300, which may be required to complete your lending application. Mortgage funds must be advanced within 90 days from the date of application. Appraisal fees are subject to change. An increase in the appraisal fee may result in an increase to the APR. This offer may be changed, withdrawn or extended at any time without notice. Applications must be submitted by April 17, 2014 and are subject to meeting Bank of Montreal's usual credit criteria. Some conditions may apply. Proof of eligibility is required. This special offer is not available for the Homeowner ReadLine®. ®Registered trade-marks of Bank of Montreal.

Protecteur Captain recalls tough night

Shawn O'Hara
Staff Writer

With a few weeks now passed since HMCS *Protecteur's* fire, the ship's commanding officer reflects on the harrowing night he and his crew spent on the Pacific Ocean.

"It's never something you expect, but thankfully something we're always ready for," says Cdr Julian Elbourne of the fire that enveloped the aft engine room while sailing 600 nautical miles off the coast of Hawaii.

Around 7:17 p.m. he was notified of the fire that would eventually disable the ship's engines and generators, putting it dead in the water.

"I was on the bridge at the time and the team reacted as they had been trained," he says.

With the ship in an emergency state, Cdr Elbourne says the only way to operate was calmly.

"The ship's company understood we were in a fight with something bigger, meaner and that clearly had the upper hand on us," he says. "They

It took the efforts of the entire crew to fight the blaze, to supply those going in, and to have people staffing recovery stations for those going out to be treated.

-Cdr Julian Elbourne
Commanding Officer,
HMCS *Protecteur*

demonstrated courage, bravery and a remarkable team spirit that allowed us to overcome adversity and come out successful on the other end."

The inferno took out the ship's power, plunging the entire vessel into darkness. Donning headlamps and flashlights, emergency personnel fought the initial blaze for four hours, and then another seven hour were spent putting out smaller blazes.

"It took the efforts of the entire

crew to fight the blaze, to supply those going in, and to have people staffing recovery stations for those going out to be treated by medical staff. Everyone on board had a part to play, and they played it magnificently."

Following the containment of the fire, Cdr Elbourne says the situation aboard *Protecteur* became less than ideal. With no power, the ship was without lights, running water, cooking facilities, and ventilation.

"One toilet for 300 people isn't great," he says. "The United States Navy brought us water and food, but even then it was salt water showers and a lot of barbecuing on deck."

Cdr Elbourne says he is proud of his crew and the discipline and bravery they exhibited.

"Everyone had a part to play, and without them it could have gone very differently," he says. "It's a testament to the training and courage of our military personnel that no one on *Protecteur* was seriously injured or killed."



U.S. Air Force photo by Staff Sgt. Christopher Hubenthal/Released

Tug boats assist HMCS *Protecteur* to Joint Base Pearl Harbor-Hickam after receiving assistance from Hawaii-based USS *Chosin*, USS *Michael Murphy* and USNS *Sioux* following the fire.

Looking for something?
Classifieds p.18-19

UNIVERSAL SUPPLEMENTS Now OPEN!
Westshore's #1 Supplement Store!
Top Brands. Best Prices. Military Discount!
universalsupplements
780 Goldstream Ave
universalsupplements.ca • 778-432-4787

BUILDING FOR OUR FUTURE
seaspan VICTORIA SHIPYARDS
Tel: 250.380.1602
seaspan.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

Rebecca Alleyne FAMILY LAW MEDIATION
Focusing on your future, rather than the fight
Resolving your family law case through mediation is the sensible and affordable decision for the future of your family. As a lawyer and mediator, I provide legal information and practical guidance to simplify the process of separation and divorce, so you can focus on what really matters.
Duncan & Faber Barristers and Solicitors MILITARY DISCOUNT AVAILABLE
302 - 852 Fort Street • 250-383-8038 • victoriamediation.ca

Some choices are hard. Some are easy.

craftsman collision AIR MILES
AIR MILES® AND BIGGER SMILES
CONSUMER CHOICE AWARD 2014 BUSINESS EXCELLENCE VANCOUVER 10 YEAR
@craftsmanshops • craftsmancollision.com

matters of OPINION

WHO WE ARE

MANAGING EDITOR

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

STAFF WRITER

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

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 lundi, sous
l'égide du Capt(N) Luc Cassivi, Commandant
de la Base.

The editor reserves the right to edit, abridge
or reject copy or advertising to adhere to
policy as outlined in CFAO 57.5. Views and
opinions expressed are not necessarily those
of the Department of National Defence.

Le Rédacteur se réserve le droit de modifier,
de condenser ou de rejeter les articles,
photographies, ou annonces publicitaires
pour adhérer à l'OAF57.5. Les opinions
et annonces exprimées dans le journal ne
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



THE ITINERANT CHEF

Lent - what perfect timing for sugar!

I have been asked often for my lemon tart recipe from my pastry days at Le Cordon Bleu. I am hesitant to give my pastry recipe out, not because I like to keep it top secret, but because of the measurement system we use. So get out your kitchen scales, and mixers because I promise you this one is worth the work.

Sweet Dough

200g sifted flour
100g unsalted butter (room temp.)
70g icing sugar
3 pcs egg yolks
4 ml milk
1 pc lemon zest
Pinch of salt

Sift the icing sugar into the mixing bowl, and then add the butter. Cream them together with the paddle attachment. Separate the yolks and whites into two bowls, preserving the whites for the meringue topping. Then add the yolks to the mix. Sift the flour into a bowl then add it in three parts to the mix. Add the zest and milk and salt at the end, then take the dough and make it into a flat disk on a piece of plastic wrap and place it, wrapped, in the freezer to set its texture. While your dough sets up, prepare the raw Almond Cream and Lemon Curd.

Almond Cream

60g sifted icing sugar
60g unsalted butter (room temp.)
60g almond powder
6g flour
1 pc egg
Vanilla

Grand Marnier or Triple Sec

Sift the icing sugar into a bowl and then whisk in the almond powder. Whisk in the rest of the ingredients until you have a smooth paste.

Lemon Curd

2 pcs lemon juice and their zests
100g sugar
100g butter (if you want)
3 pcs eggs

Juice and zest the lemons into a pot, then add the sugar and eggs and whisk the whole thing raw until it's smooth. Place the pot over a medium heat and whisk in the butter. Continue whisking until the curd boils and thickens. Remove it from the heat and then allow it to cool covered to avoid the formation of a skin.

For the assembly simply roll out the dough into a disk about ½ cm thick and place it into an 8 inch tart pan. Pierce the bottom of the dough and then add the raw almond paste. Bake the shell at 375 F until the shell and paste are golden brown. Allow it to cool then spread the curd over the top. Then pipe the whole thing with Italian meringue.

Italian Meringue

3 pcs egg whites
20 g sugar
240g sugar
80 ml water

In the mixer with the whisk place the whites and the 20g sugar and whisk them continuously on medium to create foam. While they are turning, place the 240g sugar

in 80g water in a pot and raise the temperature of the sugar to 115-121 C (soft ball). I usually check this with a laser thermometer, but you can also use a fork and dip it into the sugar to see if it forms a soft ball when the sugar drips into cold water. When the sugar is the right temperature, and while the whites are still turning, pour the hot syrup into the moving whites. Be very careful with this technique as it will burn you if you come in contact with the sugar! Whisk the meringue on med-high until the bottom of the bowl feels skin temperature, and the peaks of your meringue are stiff. Pipe or spoon the meringue over your tart and voilà!

I know you will have a hard time giving up sugar and sweets for Lent now that you have this recipe in your arsenal. If you're like me you'll give up coffee instead! Happy Spring and enjoy your tart.

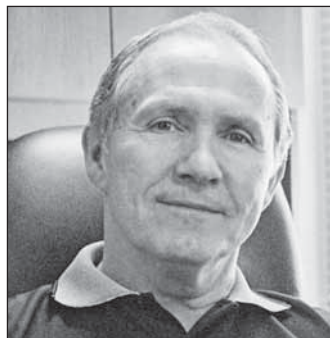
Your Itinerant Chef,
SLt Melissa Kia

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.

People Talk

Lookout asked this question:

What is the best April Fools Day prank you have ever pulled?



I created a crime scene out of a co-worker's desk area. I fenced it off using yellow crime scene tape and outlined dead body areas with white chalk. It scared the cleaners more than then my co-worker!

Les Alexander



I left a memo on someone's desk saying 'Mr. Bear called,' so they called the number asking for a Mr. Bear but the number I left was for a zoo.

OS Michael Monks



At my house you have to ring a buzzer to get in the front door and it gets directed to my cell phone; so I texted a bunch of people saying to come over for pizza and beer when I wasn't home. They sat outside my place for over an hour ringing the buzzer and pounding on the front door before they got yelled at by people in my building.

OS Lane Admiraal



I used to own Victoria Tree Service and I once told my new employee they cut the wrong part of the tree and we would have to glue it back on. So I sent them to go get Arborist glue meant for gluing trees back together, which they didn't know doesn't exist, so they were gone for hours looking for glue.

OS Dylan Gallant

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

Investments you need
and service you deserve



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

www.edwardjones.com
Member - Canadian Investor Protection Fund

Edward Jones
MAKING SENSE OF INVESTING

**10% off
any Truck
Rate**

MILITARY DISCOUNT OFFERED



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

The Esquimalt MFRC Board of Directors is Seeking Applicants

The Esquimalt MFRC is a non-profit, charitable organization registered with the BC Societies Act. The MFRC has an active, involved and energetic volunteer Board of Directors who provides governance and policy development for an organization dedicated to offering a range of programs and services to address the unique needs of military members and their families.

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

Learn more:

- Website: www.esquimaltmfrc.com
- Attend an Info Session on Monday April 14 from 7-8pm. Register by calling: 250-363-3080
- Email the Board Development Committee at: bodemfrc@gmail.com



A BIG THANK YOU



Sponsors
MFRC
RRU

to our supporters

Rebecca Gunderson, Knitting Instructor
Melanie Arscott, Victoria Genealogical Society

Donors

Harbour Towers Hotel
BMO
Chatters Mayfair
Vibes Fitness Oak Bay

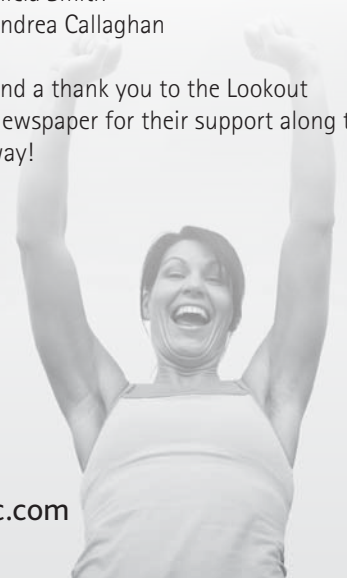
PWD Volunteers

Shelley Langille
Shafeela Gill
Nicki Reich
Sherra Hamer
Lori Payter
Alicia Smith
Andrea Callaghan

Presenters

West Coast College of Massage Therapy
Truffles Catering
Barrie Agar, RRU Gardens
Julia James, Certified Life Coach
Olga Minko, Communicate Unity
Julie Sweeney, Registered Professional Counsellor
PO1 Line Laurendeau
Nicola Greeley, MFRC Small Business Group
Christine Nikolic, Gaia College
Sonja Bidese, Success Fitness

And a thank you to the Lookout Newspaper for their support along the way!



www.esquimaltmfrc.com

Dedicate a Brick



Celebrate your military career

Pay tribute to a family member's military service

Honour a friend's life and service

DEADLINE FOR PURCHASE APRIL 25



Purchase a brick at the Homecoming Statue in Victoria's Inner Harbour.



Get your brick today!
250-363-2640 • 1-800-353-3329
www.esquimaltmfrc.com

Esquimalt MFRC presents



Featuring the Naden Band of the Royal Canadian Navy

Buy your ticket by April 30 & enter to win a Hotel/Limo Package

Saturday June 7, 2014 • 7pm
Government House
1401 Rockland Avenue, Victoria
Purchase tickets online at www.esquimaltmfrc.com
Info: 250-363-2640





**SOOKE - BIG!
2br BEACH
OCEANFRONT**

\$169,900

Affordable water front living. Wonderful 2 bedroom condo features an updated bathroom, tile flooring in the kitchen and fireplace in the living room. Located in a family and pet friendly complex sitting on the shores of the Sooke Basin. This is an excellent starter home or investment property. You really get the sunshine facing south and a huge green space by your door step. Great place to live and very convenient to all the buses and shopping. Close to Victoria. Walking beach is part of this package and is a nice place to sit a while and enjoy the sea life or go for a canoe ride. With laundry inside your unit and the cost of living so low you can really appreciate the lifestyle of easy living. Lots of changes to the property exterior!

Nancy Vieira
Pemberton Holmes Ltd.
250-514-4750

MILITARY DISCOUNT OFFERED

PEMBERTON HOLMES
ESTABLISHED 1987

**STEVENSON
LUCHIES
& LEIGH**

Barristers & Solicitors

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

Some restrictions apply.

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



NEWS Nuggets

Scan seminar

The Base Personnel Selection Office (BPSO) will be facilitating a two-day Second Career Assistance Network (SCAN) transition seminar for eligible military personnel on April 15 and 16.

This seminar will be held at the Colwood Pacific Activity Centre (CPAC) in Colwood (2610 Rosebank Rd).

It will commence at 8:30 a.m. and end at 4 p.m.

Topics covered will include: release procedures, pay and pensions, SISIP and Veterans Affairs benefits, education opportunities and reimbursement, wills and estates, and health and welfare benefits post-release.

Retirement planning often involves the family; therefore members are encouraged to attend with their spouses.

Please mail, fax or drop off a registration form to the BPSO. This form can be found on the BPSO home page: <http://esquimalt.mil.ca/badm/bpsol/index.htm>.

All seats will be confirmed and members will be emailed the schedule one week prior to seminar.

Dress will be business casual

Morale and Welfare Services Directory

The Canadian Forces Morale and Welfare Services (CFMWS) have launched a new, simpler way to access information about its programs and services.

The Morale and Welfare Services Directory is a user-friendly online resource that provides a detailed catalog of all CFMWS services available to Canadian Armed Forces (CAF) community members.

CFMWS provides services to a wide-ranging group of beneficiaries,

including regular force personnel, reserve force personnel, veterans, members of the defence team, and the families of the above groups

To meet the needs of this diverse community, CFMWS provides a unique collection of programs and services, including casualty support management, deployment support, family services, financial services, fitness and sports, recreation, and retail services.

While all beneficiaries are eligible for some services, many CFMWS programs are tailored to meet the needs of a particular category of members of the CAF community, and accordingly, they are only available to the members of that group.

The Morale and Welfare Services Directory will help take the guesswork out of service eligibility by providing a simple reference point for all beneficiaries.

Community members simply select the category that best matches them (e.g., regular force member, military family member, veteran), and they will be directed to a list of services that may benefit them.

Each listing in the directory also provides a link to learn more about the individual program or service.

To use the morale and welfare services directory visit www.cfmws.com/yourservices.

MS Walk 2014

Three Canadians are diagnosed with Multiple Sclerosis every day. On Sunday April 13, from 9 a.m. to noon, at Willows Beach Park, lace up for someone you love and for people in your community touched by MS. Register today at mswalks.ca.

New boots

The Government of

Canada has awarded two contracts, one to Kodiak Group Holdings and the other to LP Royer for two types of new Canadian-made boots for the Canadian Armed Forces (CAF).

The Kodiak Group Holdings contract is for 28,000 pairs of one version. The boots will be manufactured in Harbour Grace, Newfoundland.

The L.P. Royer contract is for 52,000 pairs of a second version and will be manufactured onsite in Lac Drolet, Quebec.

The contracts include options to buy up to an additional 70,000 boots over four years.

Production of the new boots will commence in the late spring/summer of 2014 and will be ready for use in early 2015.

The boots are Canadian-made, and soldiers were consulted during the selection process and the final decision was based on user trials in Quebec, Ontario and Alberta.

CAF soldiers will soon have a choice as to which type of boot they wish to wear depending on the fit and features of each.

Pacific Fleet Club general mess meeting

The Pacific Fleet Club will hold their general mess meeting April 24 at 10:30 a.m. in the PFC upper lounge.

Attendance at the meeting shall be considered a parade and each unit, branch and/or section will provide designated representation from its MS and below. Commanding officers, branch heads and/or section heads will ensure that 14 percent of their MS and below, or one MS and below, whichever is greater attends the general mess meeting.

Agenda items are to be submitted no later than April 10 to the mess president, MS Brandon Ensom,

brandon.ensom@forces.gc.ca.

The agenda will be published at least two days prior to the mess meeting and posted on the Pacific Fleet Club website. The meeting will address the Pacific Fleet Club budget.

Chief and Petty Officers general mess meeting

Chief and Petty Officers mess meeting will hold their general mess meeting April 24 at 10:30 a.m. in the Rainbow Room.

Attendance at meeting shall be considered a parade and each unit, branch and/or section will provide designated representation from its Chief and POs. Commanding officers, branch heads and/or section heads will ensure that 14 percent of their Chief and POs, or one Chief and PO, whichever is greater, attends the general mess meeting.

Agenda items are to be submitted no later than April 14 to the mess committee secretary, Sgt Hadden at Formation Health Services.

The agenda will be published at least two days prior to the mess meeting and posted on the Chief and Petty Officers website.

The meeting will address the Chief and Petty Officers budget, which will be posted seven days prior to the meeting, the election of associate and social members and the election of constitution, advertising and sponsorship chairs.

In order to expedite the meeting the list of associate and social members will be provided to members upon request seven days prior to the meeting by contacting the membership chair. The vote on acceptance will be made by reading out the list of names at the meeting. Objections to nominated members may be made at that time.

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



Eric Coching
Broker/Owner | 250-217-2326

The MORTGAGE Centre

COCHING MORTGAGE

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

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

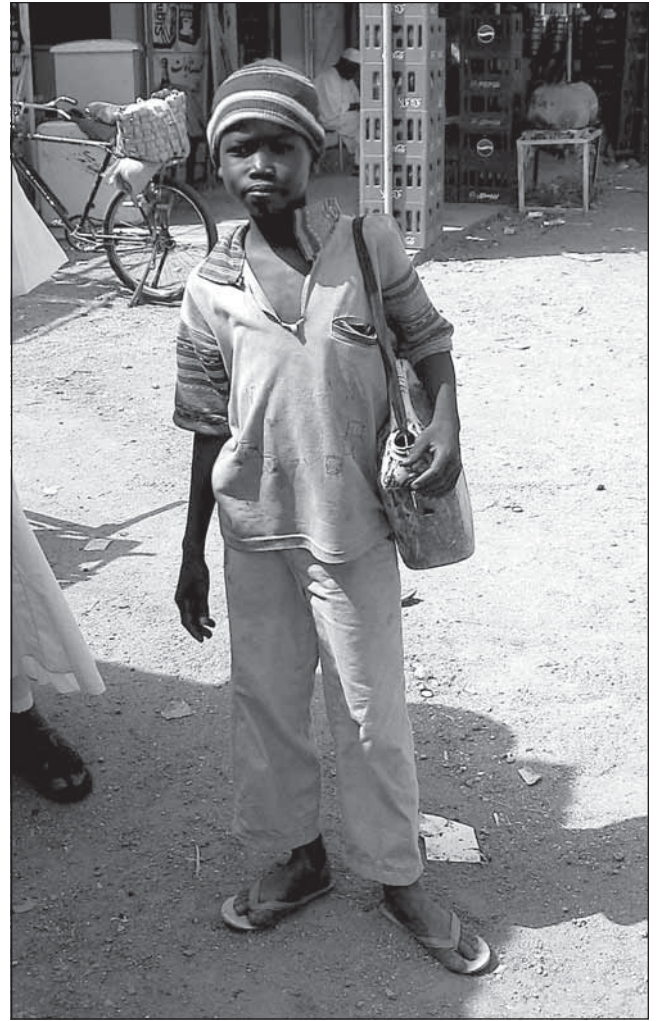
Convenient location
across from Home Depot below Costco

**Thinking about
consolidating
consumer
debt?**

**Now may be the time as
mortgage rates are low.**

**Give us a call for current
rates and options!**

Rates subject to change without notice



African children grace new photo book

Kara Tibbel
Staff Writer

Lt(N) Jim Parker and his partner, Dr. Heather Cairns, have created a photographic experience of Africa, one they invite you to embark on.

The couple recently produced *Children of Africa. A photographic journey*, an 80-page soft cover book documenting their many travels through the continent.

They say their point-and-shoot photographic approach provides a raw and emotional experience for their audience, as opposed to a professional photo approach that can diminish the candidness of the shot.

"It is not a flip-through book," the authors state at the start of the book. "This story requires your involvement...If you allow yourself to be drawn into these photographs and all that they represent, you will experience the book in the way we had hoped."

The book tells two stories, that of the authors' journey through many of Africa's 54 countries, and that of its people.

Fittingly, the forward is by Mende Nazer, a Sudanese author, human rights activist, and slavery survivor. At age 12 she was abducted by slave traders and bought by a wealthy family in Khartoum. She lived as a slave for eight years before escaping, and eventually getting British citizenship. This enabled her to travel back to her home in the Nuba Mountains.

In her honour, an interna-

tional charitable organization was formed – the Mende Nazer Foundation, which works with communities to construct primary schools, wells and water purification systems in the impoverished and war-torn Nuba Mountain region of Sudan.

In the forward, she tells the story of her "hardscabble life."

A portion of the book profits will be donated to the Mende Nazer Foundation.

The genesis of the book started in 2008 when Lt(N) Parker took a sabbatical from teaching at a private school in Victoria,

his journey. He took his camera everywhere he went.

"I knew then I wanted to share these photos to tell their story, I just didn't imagine it would be in a published book."

In the years following his deployment, he and Heather returned to the African continent several times, to further explore the people, culture and landscape.

Upon returning home to Canada from their most recent trip last year, the two decided to organize an overflowing amount of photographs that showcased their several years of African travels. When laid out before them, they saw a theme fall into place.

"The book really composed itself. I had no intention of creating this book until I saw that our photos were, for the most part, of children," Lt(N) Parker says.

The book offers a look at an impoverished people, in particular children, who none-the-less thrive with joy and smiles as they move about their lives.

"African children have such amazing stories, and the photos display this through their actions. We saw children as young as eight parenting and caring for their younger siblings. Every child has chores, work or responsibilities to contribute to family survival," says the naval reservist.

The book's cover is a testament to this, with a young child carrying her sibling in a sling on her back, his tiny face peaking over her shoulder.

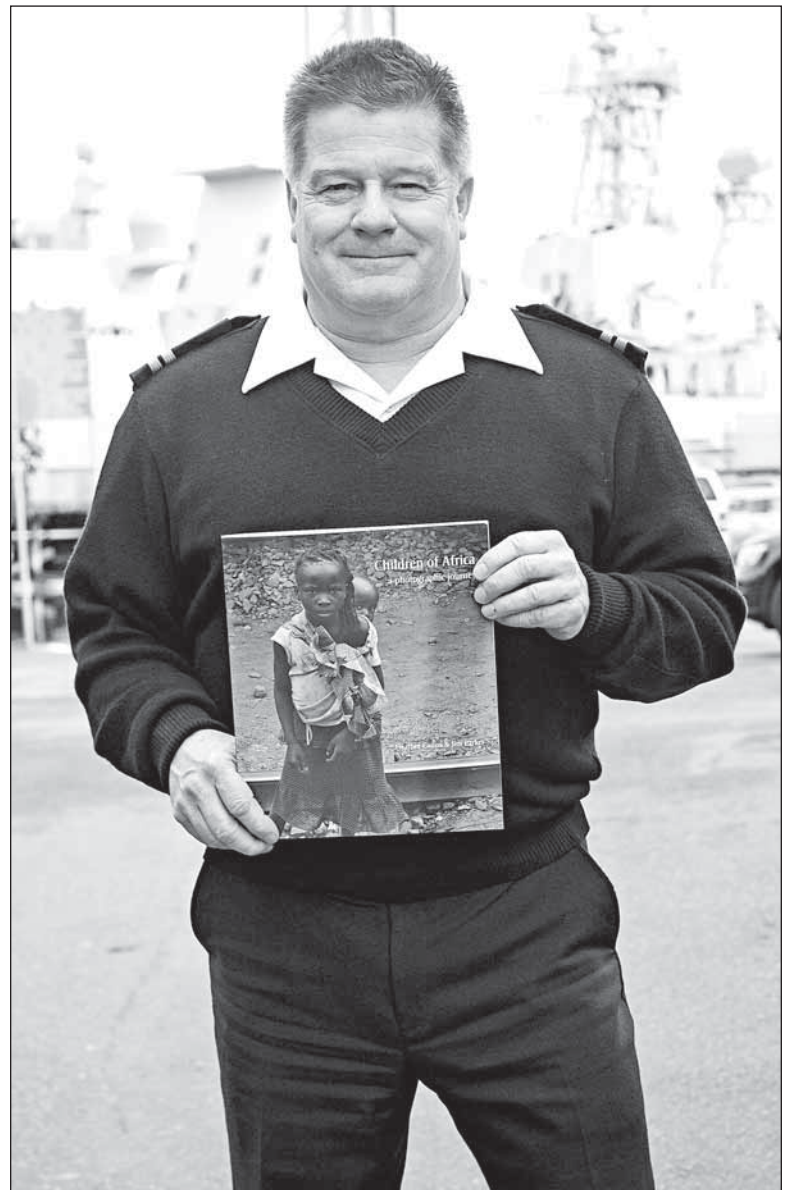
If you allow yourself to be drawn into these photographs and all that they represent, you will experience the book in the way we had hoped.

-Lt(N) Jim Parker

and deployed to Africa as a military observer with the United Nations.

"Going to Africa on a military mission was the first time I stepped foot on the continent, and I am so grateful for that experience. I fell in love with the people, culture and the land," he says. "I was able to leave – for the most part – my 'Canadian-ness' in Canada, and this made my deployment to Sudan, so much better, as I had few preconceived notions. These people are incredibly hardworking and filled with joy, as evidenced by their huge smiles."

As he gazed upon the landscape and the faces of Africans, he had an urge to document



Lt(N) Jim Parker holds the photographic book that chronicles his travels through Africa.

Lt(N) Parker thanks his team of editors, publishers and supportive contributors for making the book possible. His book is now available on Amazon and

Abe Books and can be linked via his website www.commondawg.com.

"I urge readers to not just read the book, but experience it!"

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





DND addresses the stigma of mental health

From the Minister of National Defence

DND

Alongside Canada's Chief of Defence Staff, I am pleased to present to you *Stigma*, the first installment in a series created to demonstrate that help is available to the men and women of the Canadian Armed Forces.

Within this series you'll find compelling testimonies from men and women in uniform with an important message: Help is available and coming forward for treatment is an essential, positive step.

We are all proud of the men and women who courageously shared their personal stories in this video. By doing so, I hope they encourage those of you needing help to come forward with confidence – the confidence of knowing that accessing your health care providers will have a positive effect on your personal well-being.



In one of several new videos addressing mental health, Honorary Colonel Rick Mercer appeals to all Canadian Armed Forces members dealing with mental illness to seek help.

I also thank Rick Mercer and Guy Lafleur for agreeing to join us in creating this important initiative for the Canadian Armed Forces.

As the Minister of National Defence, your health is an

important priority of mine. You have made us proud by serving our country, and our government is working hard to make sure you receive the support that you might require. I encourage you to reflect on the positive experiences of these courageous men and women and, if needed, to take advantage of the excellent medical care available to you.

The video can be found

at www.forces.gc.ca/en/caf-community-health-services/mental-health-resources.page.

Rob Nicholson,
 Minister of
 National Defence

NDP

Helping constituents with Federal government programs and services.



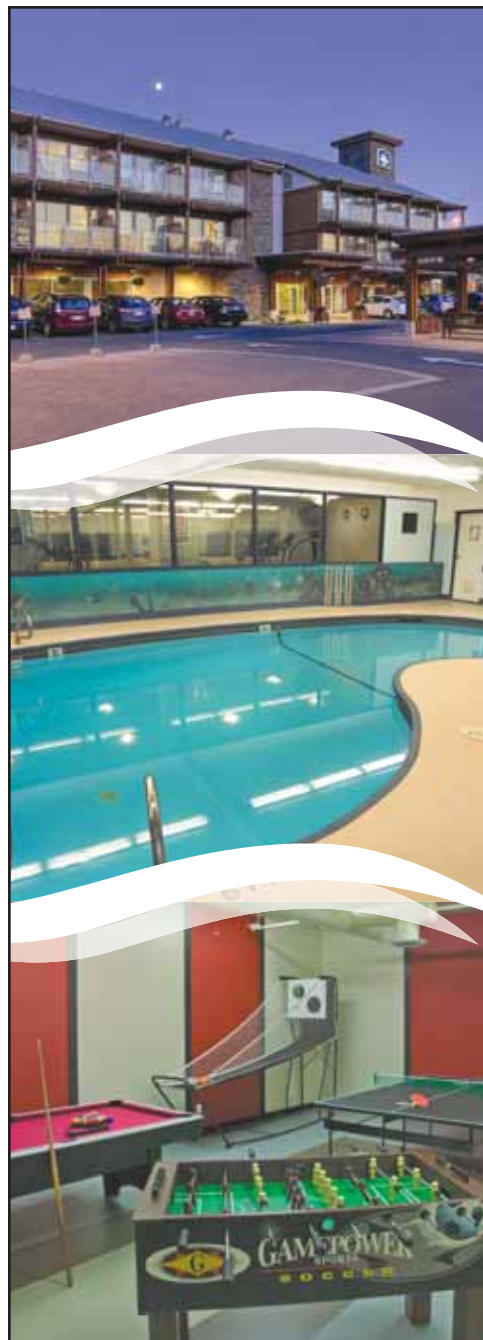
Randall Garrison, MP
 ESQUIMALT–JUAN DE FUCA
 A2-100 Aldersmith Pl, View Royal
 Monday–Thursday, 10am–4pm
 250-405-6550
 Randall.Garrison@parl.gc.ca
 www.randallgarrison.ndp.ca

Help is available and coming forward for treatment is an essential, positive step.

Naval Review available online

In the past, due to technical issues, the Canadian Naval Review Journal's website www.navalreview.ca and its online maritime defence and security discussion forum entitled "BroadSides" was not accessible to DND/CAF users on the government computing networks.

We are happy to report that this issue has been resolved and we therefore encourage all DND/CAF government computer users to visit the site and enjoy the professional content that is offered.



The Westerly Hotel & Convention Centre COURTENAY, BRITISH COLUMBIA

Courtenay's Only Full Service Hotel

- 140 Guestrooms & Suites
- Indoor Pool, Sauna & Hot Tub
- Games Room & Fitness Facility
- Complimentary Wireless Internet
- Team Menus Available
- The Westerly Family Restaurant
- Flying Canoe Pub & Liquor Store
- Chalk Billiards & Lounge
- Sports Team Locker Room Available
- Comox Valley's Favourite Sunday Brunch



and LIQUOR STORE

the WESTERLY
 FAMILY RESTAURANT




Toll Free: 1-800-668-7797 Direct: 250-338-7741

1590 Cliffe Avenue, Courtenay, BC thewesterlyhotel.ca

Enroll for Best Western Rewards® Guest Recognition Program

Each Best Western® branded hotel is independently owned & operated.



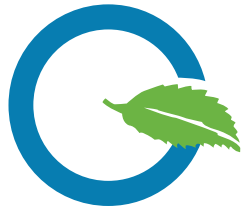
MOTORCYCLE RIDER TRAINING

NOVICE & TRAFFIC PROGRAMS

EXPERIENCED RIDER COURSES

ICBC CERTIFIED COURSE

250-478-9584
www.visafetycouncil.com



ocean grove™
Oceanside Living by Nature



1536 sq.ft.
2 bedroom/
2 bathroom homes from
\$444,900
(only \$290 psf)
Display Suite
Now Open

**ENTER
TO WIN A
CAR!**



Visit Our Display Suite
108 - 3234 Holgate Lane
Colwood B.C.
Open Daily Noon - 5pm
Except Fridays

** No purchase necessary for full terms and conditions visit oceangrove.ca*



OceanGrove.ca 250.381.6256



Right: A cadet from 195 RCSCC Bicknell in Richmond B.C., presents his boat to Judges for the boat building event Judges were (left to right): CPO2 M. Chapman, CPO1 S. Taylor, PO1 N. Scalabrini, Cdr A. Muir; and Capt(N) Luc Cassivi.

Below: Two Cadets from 136 RCSCC Amphion in Nanaimo, B.C., carefully piece together puzzle pieces during the trivia event as judge, WO B. Marriott watches.



B.C. cadets show off seamanship skills



Shawn O'Hara
Staff Writer

The Naden Drill Shed was a-buzz with activity on the weekend of March 22 when 88 Sea Cadets from across British Columbia, Alberta, Saskatchewan, and Manitoba gathered for the Provincial Seamanship Competition.

The annual competition saw the top eight Sea Cadet Corps from across Western Canada face off in naval knowledge, ingenuity, teamwork, and seamanship.

"It's always a great event and this year was no exception," says PO1 Line

We've got some of the most... skilled sea cadets in Canada here.

-PO1 Line Laurendeau, Event organizer

Laurendeau, event organizer. "We've got some of the most dedicated, enthusiastic, and skilled sea cadets in Canada here."

Competitions included knot tying, naval history quizzes, relay races, and rep-

lica ship building.

At the end of the competition, Royal Canadian Sea Cadet Corps 136 Amphion from Nanaimo took home top honours, including a trophy and bragging rights.

PO1 Laurendeau says while there is motivation within the organization for a national competition, so far the regional event is as far as things go.

"We've always wanted to do it, but it's a matter of resources," she says. "It would be great for the kids, and at the end of the day that's who this is for. We'll see what the future holds."

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.



Top: Senior CPO2 Staff cadet from the Alberta Region watches as a cadet from 136 RCSCC Amphion in Nanaimo, B.C., completes the flag station during the trivia event.

Above left: Two cadets from 63 RCSCC Kalamalka in Vernon, B.C., complete the flag station.

Above right: A cadet from 136 RCSCC Amphion, Nanaimo, B.C., completes the knots station.

Canadian Blood Services presents:
BLOOD DONOR CLINIC
 April 8 • 9 am - 2 pm
 Chief & POs Mess
 Appointments Call 1-888-2-DONATE.
 Walk-ins also available. Please bring ID.

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.

VALHALLA PURE
 OUTFITTERS

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

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

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

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

SteveDraneHarley.Com 250-475-1345

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

WESTSHORE U-LOCK MINI STORAGE

MILITARY DISCOUNT OFFERED





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

1621 Island Highway, 250-478-8767

Changes coming for public service health care plan

Treasury Board Secretariat

The government has approved a joint recommendation from the Public Service Health Care Plan Partners Committee regarding contribution rates and eligibility requirements for retired federal employees, as well as benefit enhancements for all Plan members under the Public Service Health Care Plan. It will result in significant savings for Canadian taxpayers.

This ensures that the Plan remains fair, competitive, and sustainable. All parties recognize the importance of continuing to offer a voluntary, supplementary health care plan to all members, which is in line with comparable private sector plans.

The Government of Canada thanked all parties for reaching a fair, fiscally responsible and sustainable agreement.

As announced in Economic Action Plan 2014, retired member contributions to the Plan will transition to equal cost sharing (50:50).

Further, the number of years of service required to be eligible to participate in the Plan in retirement will increase to six.

The Budget also indicated that the Government of Canada was prepared to consider reasonable plan improvements provided

they were fair to taxpayers.

This agreement has secured benefit enhancements for all plan members (not just retired members) for services that promote employee health and wellness, and offer coverage in areas of increased interest to plan members. The Plan remains comparable to plans of other mid-to-large employers in Canada.

Quick facts

Effective Apr. 1, 2015, retired members' cost sharing will gradually be increased from 75:25 (employer/retired member) to 50:50 over a four year period. Low income retired members will not be affected.

Effective Jan. 1, 2015, the annual deductible will be eliminated. Plan members will no longer have to pay the first \$60 for single coverage or \$100 for family coverage per calendar year.

Effective Oct. 1, 2014, benefit enhancements will be introduced including reimbursement for laser eye surgery with a lifetime maximum benefit of \$1,000 and an increase to the annual maximum benefit for psychological services from \$1,000 to \$2,000.

Effective April 1, 2015, new retired members, with certain exemptions, will require a total of six years or more of pensionable service to be eligible as a retired member under the Public Service Health Care Plan.

FINANCIAL DECISIONS?

Advice and investment expertise customized to the CAF Community!



Severance
 Payment in Lieu
 Pension Transfer Values
 Lump Sum Payments



A division of CFMWS
 Une division des SBMFC

www.sisip.com

CLEAR VISION IS PRICELESS.

But it doesn't have to be costly.

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



Laser vision correction starting at

\$490

/eye*



Ask about our military pricing

*Prices are subject to change without prior notice and vary based on prescription strength. Only applicable on a procedure for both eyes. Other conditions may apply.

Canada celebrates submarine service

Kara Tibbel
Staff Writer

The Submariners Association of Canada (SAOC) West, Central and East are preparing for a busy year of celebrations as 2014 marks 100 years of Canadians in submarines.

August has been pinpointed the month for west coast celebrations because 100 years ago on Aug. 5 Canada's first two submarines sailed into Esquimalt harbour.

The story is the stuff of Hollywood movies, filled with mystic, back room discussions, and secrecy.

At the outbreak of the First World War, Sir Richard McBride, Premier of British Columbia, feared for his province's safety with its vast unprotected coastline. He gambled on his political future with a plan to acquire two newly built submarines intended for the Chilean Navy - dubbed Chile 1 and Chile 2, or C1 and C2 for short.

The backdoor to negotiations opened when the Chilean government declared the boats did not meet their contract specifications and stopped payment to the Seattle Construction and Drydock Company. Over a lunch at

Victoria's Union Club, James Venn Paterson, president of the company who built the boats, brokered a deal to sell the boats to Canada.

On Aug. 5, 1914, hours after the exchange of payment was made at a clandestine rendezvous off Trial Island, the two submarines secretly made their way into Esquimalt harbor, unbeknownst to militiamen of the Fifth (BC) Regiment, Canadian Artillery.

Seeing two submarines approaching Victoria on the second day of war, a picket boat sounded its siren. Fortunately, the shore batteries contacted the dockyard before giving the order to open fire, and the two submarines proceeded safely to their new home at Esquimalt.

Initially the property of the British Columbia government, the boats were taken over two days later by the federal government, and on Aug. 7 were commissioned into the Royal Canadian Navy as HMC Submarines CCI and CC2.

From that point on, Canada has acquired a number of submarines, although there have been breaks in service.

Following the decommissioning of CCI and CC2

after the First World War, Canada commissioned two more submarines in 1918, CH14 and CH15, but they were short lived being removed from service for budgetary reasons in 1922.

After the Second World War, Canada commissioned two surrendered German U Boats - U190 and U889 - using them for trials and propaganda for two years.

It would be 14 years later before another submarine would again sail under the Canadian Ensign as HMCS Grilse SS71, and re-start Canada's submarine program during 1961.

"British Columbia has such a unique story, the west coast and Esquimalt being the location for both the birth and re-birth of submarines in the Canadian Navy," says submarine veteran Bob Emery of SAOC West.

His association has united with the Canadian Submarine Force, along with SAOC Central and East, to host events throughout Canada.

The week of Aug. 5 to 8 will see a west coast Submarine Week, starting Aug. 5 with a luncheon at the Union Club commemorating the acquisition of submarines CCI and CC2, and that evening a Meet and

Greet for visiting submarine veterans from across Canada, the U.S., Australia, the U.K and Slovakia.

During Submarine Week, the CFB Esquimalt Naval and Military Museum will feature a special exhibit detailing the Submarine Centenary, and be presented a 1:72 scale model of submarine HMCS Rainbow SS75.

There will also be a re-dedication of the Submarine Memorial Cairn in HMC Dockyard - dedicated to Canada's west coast submarines and to all who have and continue to serve in boats of the silent service. That evening there will be the Submarine Centenary Banquet at the Wardroom.

To help kick everything off is an informative keepsake in 2014 calendar format available now at CANEX with details and historical images of 100 years of Canadians in submarines.

"The Canadian Navy and submarines has grown drastically since 1914, and that is something worth remembering; especially because it happened locally here on our west coast. Being born of war is not something to celebrate, but most definitely something to commemorate, and that is what our centenary is about," says Emery.





PACIFIC FLEET CLUB
JUNIOR RANKS MESS

The place to be before downtown

WING NIGHT
Every Thursday at 7pm
ONLY 25 CENTS A WING

Kids Easter Party
Monday, April 21
Doors open at 11am
Food at noon
Easter Egg Hunt, Colouring Contest,
Ukrainian Easter Egg Demonstrations,
& More.
Register by April 16
Contact Rebecca, 250-363-3146

April 3 & 17 at 7pm
POKER TOURNEY
(No buy-in • Prize for winner)
PLUS **KARAOKE**

JONES vs. TEIXEIRA
UFC 172
JONES vs. TEIXEIRA
Starts at 1800

Free rides
from/to Nelles, Bernays
or Work Point Thurs-Sat
Call 363-6028

Join us for lunch
11am-1pm
every day.

Got an idea for an event?
We'd love to hear it.
Email brandon.ensom@forces.gc.ca

Host your next event at the PFC
Contact the event coordinator
Susan Michalko
at 250-363-3146 for rates.

AFFORDABLE OFF BASE LIVING!
Bachelors, One Bedrooms, Two bedrooms,
& Three Bedrooms available

ASK ABOUT OUR MOVE IN DISCOUNT!

250.381.5084 CAPRENT.COM





Are you HANDY?

Cedar Hill Handyman Company is looking for a reliable handyperson with a background in **building maintenance and repair**. Must have your own tools, vehicle and independence to do small jobs on your own and work with a partner on bigger projects.

Part-time
Starts at \$18/hour
WCB is provided

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

Hats off to Afghanistan veterans

Shawn O'Hara
Staff Writer

A commemorative ball cap is available for pick up by veterans of Afghanistan from the Base Regulating Chief Petty Officer.

The hats, which read "Afghanistan Veteran" on a desert-toned Canadian Disruptive Pattern (CADPAT) background, were donated by Royal Canadian Legion Dominion Command, and were to be given out by Royal Canadian Legion Esquimalt Dockyard Branch 172.

The branch hosted an appreciation event for servicemen and women who served in Afghanistan a while ago, but not all of them were given away.

"We gave out as many as we could at the event, but a lot of people didn't get theirs," says CWO (Ret'd) Neil Townsend, Branch manager for the Legion 172. "We thought maybe they'd have a better chance of getting them out at the base, so we passed them off to them."

Townsend says the hats easily could have gone into storage, but the Legion was not about to overlook honouring the work and sacrifice of all local Canadian Armed Forces members.

"We have to acknowledge there are people out there every day putting their neck out for us," he says. "They're making the ultimate sacrifice for our safety and the safety of people around the world, so even small things like this mean a lot."

About 100 hats have made their way to the Base Regulating Chief Petty Officer.

For those interested in acquiring a hat, please contact Base Regulating Chief Petty Officer, CPO2 Paul Parent at 250-363-4020.



Shawn O'Hara, Lookout

Sgt Ray Learmonth sports the Afghanistan Veterans hat donated by Royal Canadian Legion Dominion Command.

JB's Auto Parts Plus

Automotive & Industrial
parts, tools & supplies

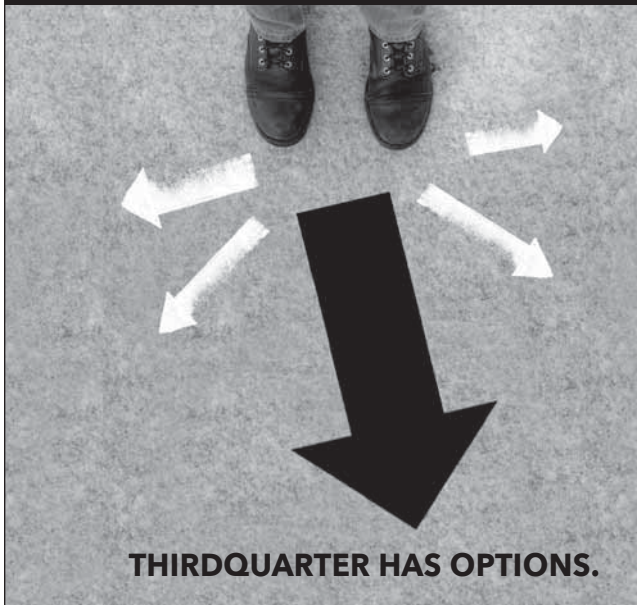
MILITARY DISCOUNT OFFERED

7 locations to serve you:

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

www.jbgroup.ca

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



Helping You Is What We Do

ROYAL LEPAGE
Coast Capital Realty
INDEPENDENTLY OWNED AND OPERATED

SAANICH
250.477.5353
110-4460 Chatterton Way
1-800-461-5353
chatterton@royallepage.ca

WEST SHORE
250.474.4800
132B-2945 Jacklin Road
1-866-806-0981
westshorerlp@shaw.ca

OAK BAY
250.592.4422
1933 Oak Bay Avenue
1-800-263-4753
victoriabc@royallepage.ca

SOOKE
250.642.6361
6739 West Coast Road
1-800-461-5353
rlpsooke@royallepage.ca



Cpl Aydyn Neifer, Combat Camera

Capt Bryan Sullivan, Capt Lee Burrows (left), Cpl Brian Peers (second from right), and Lt(N) Joel MacDonald (right), dig out fuel barrels from a snow-covered fuel cache located at Mould Bay, NWT, during Operation Nunaliut 2013.

Personnel deploy to arctic

DND

Operation Nunaliut 2014, one of Joint Task Force (North)'s premier High Arctic operations began April 2 in the area of Resolute Bay, Nunavut.

Joint Task Force (North) is conducting Operation Nunaliut 2014 from April 2 until May 3, with the majority of personnel deploying from April 16 to 24. This operation includes both combined and joint operations exercising interoperability and Arctic skill-sets.

Quick Facts

Operation Nunaliut will be conducted in three distinct locations:

- The Task Force Headquarters will operate out of Resolute Bay, NU;
- A Company (minus) from 1st Battalion, Royal 22e Régiment, based at CFB Valcartier, will be conducting a patrol around Bathurst Island, approximately 500

Through Operation Nunaliut, the CAF demonstrates its readiness and ability to operate effectively in the challenging Arctic environment.

km northwest of Resolute Bay; and

- A Combined Dive Team, consisting of divers from the Royal Canadian Navy and U.S. Navy will conduct operations near Gascoyne Inlet, approximately 100 km east of Resolute Bay.
- 440 (Transport) Squadron, based in Yellowknife, and 109th Airlift Wing, from the New York State Air National Guard, will provide tactical airlift, resupply, surveillance,

reconnaissance and mission support.

- Throughout this operation, Canadian Rangers from 1 Canadian Ranger Patrol Group will guide and mentor southern troops and conduct predator control.
- The Canadian Armed Forces (CAF) exercises Canada's sovereignty in the North by conducting several major operations each year. Through Operation Nunaliut, the CAF demonstrates its readiness and ability to operate effectively in the challenging Arctic environment.

The CAF have been present in the North for decades, conducting surveillance and sovereignty operations and contributing to a more visible government presence. Then and now, in the context of the Canada First Defence Strategy, the CAF's primary mission is the protection of Canada, including its most northern regions.

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

"litter-less"

Every community has



...let's show it!

www.pitch-in.ca

LOOKOUTNEWSPAPER.COM

A FULL SERVICE AUTO REPAIR FACILITY
TRACKSIDE AUTO SERVICE LTD.

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



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



Ask about BG Protection Plan*

Where Dependability and Trust are a Priority...

* under 80,000 km

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

Does this make sense to you?



Floyds Barbershop
829 Admirals Road

250-893-1002

Then why does this?



Save your time!

Call for Priority Service

250-893-1002

Now open 7 days a week

Mon - Sat 9am - 7pm
Sunday 10am - 4pm

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

SHINE A SPOTLIGHT ON YOUR BUSINESS

Advertise in the Lookout Classifieds.

250-363-3127

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



Lt(N) Nicole Robichaud is promoted to Lieutenant Commander by Cmdre Bob Auchterlonie, Commander Canadian Fleet Pacific.



LS Ogle Henry, MARPAC Imagery Services. MCpl Lorie Starling, a Resource Management Services Clerk at Maritime Forces Pacific Headquarters, is promoted to her current rank by Cdr Lori McAllister, Commanding Officer of MARPAC Headquarters.



Liz Orosz (centre) receives her certificate of completion alongside her supervisor Albert Anderson.



Xuefei (Jenny) Zhang (centre) receives her certificate of completion alongside her supervisor Albert Anderson.



Liliane Lucarevski (centre) receives her certificate of completion alongside her supervisor Victoria Manuel.

FMF recognizes FIN program participants

Cpl Blaine Sewell, MARPAC Imaging Services Commanding Officer of Fleet Maintenance Facility Cape Breton (FMF CB) Capt(N) Earl presented certificates of completion for Maritime Forces Pacific's Federal Internship for Newcomers (FIN) program to participants.



Mariam Charania (centre) receives her certificate of completion alongside her supervisor.



Augustina Manguerra (centre) receives her certificate of completion alongside her supervisor Mathilde Belanger.



The French speaking crew members on board HMCS Regina pose for a group photo to celebrate The International Day of La Francophonie (Journée internationale de la Francophonie) on the ship's flight deck off the coast of Africa on March 20 during Operation Artemis.

Lt(N) Mark Fifield, Public Affairs Officer

Bonne Journée internationale
de la Francophonie

TAKE the Challenge! The CAF Health & Wellness Challenge is open for registration! All rules, forms, and the tracker are available online. Print your registration form and email, fax, mail or drop off at the Health Promotion Office in the NADEN ATHLETIC CENTRE before May 1!

Maryse Neilson
Maryse.Neilson@forces.gc.ca
Fax: (250) 363-4315
Naden Athletic Centre
1200 Woodway Rd,
Esquimalt, BC V9A 7N2

LET'S GET STARTED PARTONS DU BON PIED

Strengthening the
Forces presents

THE CAF
HEALTH
AND
WELLNESS
CHALLENGE

Énergiser les
Forces présente


LE DÉFI
DE LA SANTÉ
ET DU
MIEUX-ÊTRE
DES FAC

Rise to the Challenge

[http://www.forces.gc.ca/
healthchallenge-defisante](http://www.forces.gc.ca/healthchallenge-defisante)

Soyez à la hauteur du Défi



 National
Défence

Défense
nationale

Prizes are provided by CANEX and SISIP Financial Services /
Les prix sont offerts par CANEX et les Services financiers du RARM



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.

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.

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.

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>

WANTED

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

1 BDRM FULLY FURNISHED condo \$1375/mo. Avail May 1. - 1 year lease. Newly renovated unit in Wilden Lofts bldg. Close to CFB Esquimalt. DW, in-suite laundry and underground prkg incl. Water and electricity included. Pets considered. NS building. See Used Victoria ad #2182307 for more info. E-mail: Krysta.gvdw@gmail.com

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

3 BDRM two-level condo. Fully-equip kitchen. In-suite laundry. New carpet, large balcony. Close to military base, 2 schools, shops and buses. \$1,200/mo. Parking incl. No pets. Utilities not incl Ref req'd. Contact: 250-893-3280 Available May 1



LARGE TOWNHOMES

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

BUILD YOUR BUSINESS WITH LOOKOUT CLASSIFIEDS
CALL 363-3014 TO ADVERTISE

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



Better the 2nd time around!

PITCH-IN CANADA
www.pitch-in.ca

REAL ESTATE • FOR RENT

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



MACAULAY EAST

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



MACAULAY NORTH

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

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



FIND US ONLINE

WWW.LOOKOUTNEWSPAPER.COM

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

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

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

Lookout Classifieds Work. 363-3014

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

NEWLY RENOVATED STUDIO, 1 & 2 BED RENTALS

The Q
APARTMENTS

655 DOUGLAS ST VICTORIA
250.920.8927

TheQLeasing@ConcertProperties.com

THEQAPARTMENTS.COM **CONCERT™**

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

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

WOW! Get 2/3 back
 from our commission by purchasing a home from MLS listings.*
 For \$800,000 home, you get \$8,000 back!

Full MLS* listing service for \$6900 (under \$600K)
 No. 1 Discount Real Estates agents
 250.590.7011 • 250.812.4910
 TotalRealtyDiscount.ca



Victoria Real Estate Service and Sales
 HELPING SEA LEGS FIND SOLID GROUND!

FOR SALE 653 GRENVILLE AVE, ESQUIMALT
 Quiet custom 1919 sqft 3-bed half duplex. Gourmet kitchen, big master/ensuite, wood floors, 3 gas FP, hot tub, fenced yard, water peeks. Only 2 min to CFB. **\$474,500**

JEROME PEACOCK **PEMBERTON HOLMES**
 PeacockProperties.ca • ESTABLISHED 1887 •
 250-888-0326

Fantastic opportunity!
ESQUIMALT with VIEWS \$189,900
 2 bdm 2 bath condo quiet side of the building. Newer bamboo. Large master bdrm. Lovely views of the inner harbour and city. Underground secure parking, storage. WALK TO BASE

Roxanne Brass RE/MAX Camosun
 (250) 744-3301

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.

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

PIANO TEACHER WITH MORE THAN 30 YEARS EXPR. Lessons are offered to all ages and levels. In home teaching is available. Celebrate your time! Or give a gift that lasts a lifetime! One month free to beginners. References are available. Phone 250-881-5549, and find me at musiciswaycool.com

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
 victoriamhomesforsale.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**
 Personal Real Estate Corporation
 250-642-6361
 marlenearden@sookelistings.com
 Registered With Brookfield Global Relocation Services

HAULING

Father & Son
 need work, we'll do the job the others won't. Trash hauled from \$5. Plus dump fee. No job too small. OAP rates

- Any weather
- Demolition

Refuse Sam
 250-216-5865 or 250-475-0611
 SAME DAY SERVICE

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

outshine salon & spa

10% MILITARY DISCOUNT

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

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

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.



Reach a market that's always on the move.
 Call 250-363-3014 to advertise your home in the Lookout Classifieds

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

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

Discover Kenya!
 Now booking
 The Great Wildebeest Migration Tour October 1-7



CALL TOLL FREE:
 1-855-7-Safari (72-3274)
 www.Odaktours.com
 Join your fellow Sailors
 5% off for DND
 2% of proceeds benefit local schools in Kenya

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

Payment in arrears system coming for public servants

In April 2014, the Government of Canada will implement payment in arrears for public service salary payments.

The transition to payment in arrears is part of a transformation initiative that will replace the pay system, and also streamline and modernize pay processes.

Currently, pay is calculated and processed two weeks in advance of the work being performed and, therefore, your pay may not reflect changes in a timely manner, such as leave without pay or salary increases.

Adopting payment in arrears means that you will be paid for the period that concluded two weeks before the payment is issued.

More importantly, it means that your pay will more accurately reflect the actual time worked and thus reduce the likelihood of any overpayments that would require recovery.

Please note that you will continue to be paid your regular salary every two weeks.

When payment in arrears is implemented at the end of April 2014, Public Works and Government Services Canada will make a transition payment in the pay system and from that point forward, your pay statement will indicate the period ending two weeks prior to the issuance of payment.

Since there will be no disruption in your bi-weekly salary payments, you will not be entitled to an

additional salary payment two weeks after you have departed from the Public Service. However, a final payment will be made to you to take into account the difference between your salary at the time of the transition payment (i.e. May 21, 2014) and your salary on departure and to reflect any required adjustments.

New employees not on the payroll on April 23, 2014, will be directly placed on payment in arrears and will not receive a transition payment.

Please read the Payment in Arrears – Questions and Answers www.tpsgc-pwgsc.gc.ca/remuneration-compensation/paye-centre-pay/arr-questions-eng.html, which explains how this change may impact you.

Esquimalt housing online survey needs your input

The Township of Esquimalt is considering an application for a new housing development in the township, and is interested in learning about the needs of those who work in Esquimalt. Whether you live in Esquimalt or elsewhere, they are interested in your opinions.

The survey will take about five min-

utes to complete. All responses are anonymous and confidential and being tabulated and analyzed by an independent market research company (Mustel Group).

If you are interested in participating please complete the survey at <http://surveys.givingopinions.ca/s/b555> by April 20.

Women's slo-pitch starting

Colville Field

Tuesdays and Thursdays 4-6 p.m.

Please contact Switch Rousseau at switchrousseau@gmail.com or 250-686-0409 for more information.



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*



Accelerate your career in 2 days!



University of Victoria

PETER B. GUSTAVSON

School of Business

Executive Programs

The world looks different from here.

Thriving on Change

April 22 – 23, 2014

Learn skills of navigating and leading change in the workplace by building trust, resilience and adaptability. \$1195

Introduction to Project Management

May 12 – 13, 2014

Discover essential tools for new project managers and team members to deliver successful projects on time, on budget and in scope; covers the complete project lifecycle. \$1195

8 Moments of Power

May 14 – 15, 2014

Discover how to shape and direct relationships and projects through relatively unknown human behaviour and business principles. Understand key behaviours of yourself and others to win customers and keep them. \$1195

For details visit: www.uvic.ca/gustavson/accelerate

Call UVic Executive Programs at 250-721-6429

Seating is limited! Early bird discounts available.

