





Healing Products





Ian Brown

Personal Real Estate Corporation

Т

Jonathan Gittins *Real Estate Consultant*

250.385.2033 www.thenewstandard.ca







re-location incentives available PRICES STARTING AT \$199,900 INCLUDING TAXES!

OPEN WED 4-6PM, SAT & SUN 1-4PM AT 2871 JACKLIN RD



Lampson School Daycare set to close doors for good

Kara Tibbel Staff Writer

Declining enrolment and financial losses have forced the Esquimalt Military Family Resource Centre (MFRC) to shut down its daycare service at Lampson School.

After Aug. 15, the MFRC will no longer offer daycare at this location. "It was a difficult deci-

"It was a difficult decision and we are very sad to see the daycare close," says Linda Scott, MFRC Program Manager. "But we are looking forward to having a good last summer with the kids."

Daycare is not a mandated service for the MFRC. In 2009, CFB Esquimalt leased Lampson School from the school board to fill a need for daycare services. However, since 2013, there has been a decline in enrolment of children aged three to five years old, and an increase in growing deficits from running the opera-

tion. "As a non-profit organization, our board of directors had to make the decision that this service is no longer financially viable for us," says Gaynor Jackson, MFRC Executive Director. "We understand that change is difficult and we are committed to assisting families throughout this process."

Due to annual transitions, the MFRC will be able to accommodate all families currently in Lampson's Infant Toddler program at their Colwood location. Some spaces will be available in their three to five-year-olds daycare in Colwood as well. Those not accommodated have been provided information on other daycares in the Esquimalt area that have vacancies for September.

The closure will also impact casual child care and children's deployment workshops at Lampson School; however, these services will continue at CPAC in Colwood.

Parents may contact the MFRC directly with questions or concerns or visit www.esquimaltmfrc.com for more information.



Padre René Roy and MGen (Ret'd) Alain Forand, of the Royal 22nd Regiment, with Pope Francis.

As part of the centennial of the Royal 22nd Regiment (R22eR), a delegation from the unit attended Pope Francis's general audience at the Vatican in Rome on May 14.

The soldiers asked the Holy Father to bless the regimental flags and their regiment.

Their stay in Italy also

included a visit to Casa Berardi, the site of the Dec. 14, 1943 battle, during which Captain Paul Triquet displayed the daring leadership that won him the Victoria Cross.

"In 1944, during the occupation of Italy, a delegation from the Royal 22e Régiment obtained an audience with Pope Pius XII here in Rome," said Major-General (Ret'd) Alain Forand, after meeting the Pope. "It is an honour for me and for soldiers from the regiment to come back here 70 years later to mark our unit's 100th anniversary and remember the sacrifices our brothers-in-arms made in support of a war effort that has marked human history."



First Nation's schoolchildren, parents receive crash course in Navy history

Jamie Cook MARPAC PA Office

Over 50 children, teachers and parents from the Shihiya School of the Splatsin First Nation, located near Enderby, B.C., received a first-hand lesson about Canada's naval history during a visit to CFB Esquimalt's Naval and Military Museum on June 3.

The 28 students, aged four to 13, and 34 adults were led on a tour by Maj Paul O'Reilly (Ret'd), a former naval helicopter pilot with over 34 years of service in the Canadian Armed Forces.

Maj O'Reilly shared his wealth of knowledge with the group, expertly recounting historical facts and figures as he led them through the various exhibits. The museum, constructed in the late 19th century, itself a piece of history, chronicles the development of the naval presence on Canada's West Coast.

Beginning with the Royal Canadian Navy's humble beginnings and British ancestry, the group progressed through the RCN's engagement in two World Wars, the conflict in Korea and beyond. "If you don't learn from history,

you'll repeat it," said Maj O'Reilly.

The group learned about the internal transformation of Canada's navy with displays highlighting the establishment of the Women's Royal Canadian Naval Service (WRCNS) and the Canadian Women's Army Corps (CWAC).

These visits from landlocked communities are an opportunity for children and adults to learn about the RCN, the service it provides to Canada, and its operations, both past and present.

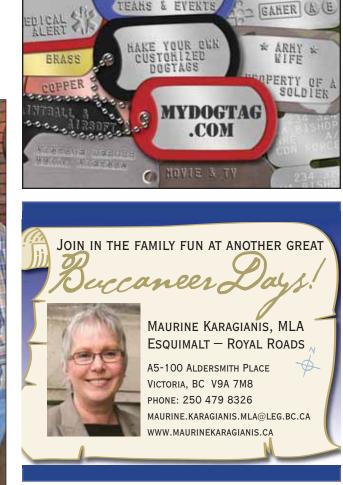
"It's about exposing them to opportunities they're not aware of," said Reidun Kopp, Head Teacher. "Getting them outside of their community and showing them what they can do in the future is so important."

With Canada's National Aboriginal Day approaching on June 21, the visit emphasized the importance of the CAF's relationship with Aboriginal communities and leaders, building bridges, and showing what the CAF has to offer.



Maj Paul O'Reilly (Ret'd) leads visitors from the Splatsin First Nation through exhibits chronicling the naval presence on Canada's West Coast.







PROUD Supporter salutes the

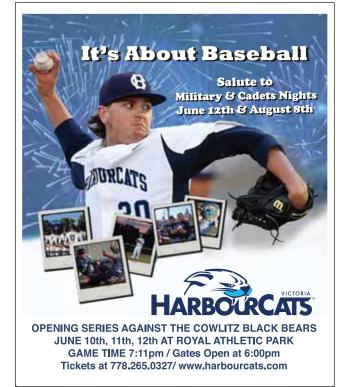


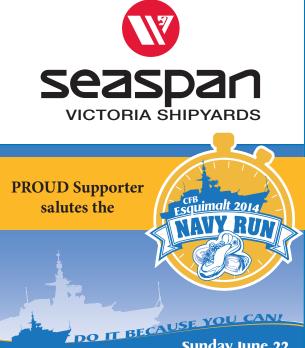


2 bedroom condo features an updated bathroom, tile flooring in the kitchen and fireplace in the living room. In unit laundry.

A walking beach is part of this package. Imagine contemplating life here, watching the sea birds or going for a canoe or kayak tour right from your very own beach front. Quality of life that's affordable! It's time to pick up the phone and give me a call!

MILITARY DISCOUNT OFFERED	Pemberton Holmes
	DISCOUNT





Sunday June 22 10k, 5k & Kids Fun Run

mattersofopinion

认 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

RECEPTION			
projects@lookoutnewspaper.com			
Shelley Fox	250-363-8033		
Francisco Cumayas	250-363-8033		
production@lookoutne	wspaper.com		

250-363-8033

250-363-3127

ACCOUNTS/CLASSIFIEDS

Heather Catte 250-363-3127 Heather.Catte@forces.gc.ca

SALES REPRESENTATIVES

57 1225 1121 1125 21117 1117	25
Ivan Groth	250-363-3133
ivan.groth@forces.gc.ca	
Joshua Buck	250-363-8602
joshua.buck@forces.gc.c	а

EDITORIAL ADVISORS

Capt Jenn Jackson	250-363-4006
Sara Helmeczi	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 CFA0 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 plublicitaires pour adhérer à l'0AFC57.5. Les opinions et annonces exprimées dans le journal ne réflètent pas nécéssairement 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



Spring: Time to celebrate the perfect tourtière

A/SLt Melissa Kia Base Public Affairs

Now that it's lovely out and we are becoming more active, we can get away with a little indulgence (safe in the knowledge that our next bike ride should burn off those extra calories). Or at least, that's what I like to tell myself when I'm craving my arrière grand-maman's delicious tourtière.

In a mixing bowl, sift the flour, salt and baking powder together to incorporate them and remove any lumps. Then cut in the butter with a fork until the mix looks like coarse sand. This technique is called "sabler". You can also do this with your kitchen mixer using the paddle attachment.

In a separate bowl, whisk together the water, egg yolk and white vinegar. Then pour the liquid into the dry "sabler" and knead the dough just until it becomes smooth. Smack the dough out into two equal disks and wrap them in plastic wrap to cool the refrigerator. This type of dough can stay in the fridge for up to a week, so you can make it in advance. If you're not up to making your own pastry, feel free to cheat and buy a frozen shell in the next grocery order. This recipe makes enough dough for a top and a bottom crust.

People Talk

Capture the flag was my

favourite game and most

definitely I would still play

it now, it would be awe-

LS Chris Swane

some.

The Pastry

2 cups flour ¼ tsp Salt 1 tsp Baking powder 1 cup Butter 1/3 cup cold water 1 Egg yolk 1 tsp White vineger

The Meat Filling 6 slices bacon 1 lb Lean minced pork ½ lb Lean minced veal or hamburger (I like veal) 1 Small diced onion ½ cup Boiling water 1 Clove minced garlic ¼ tsp Ground cloves 1 ½ tsp Salt ¼ tsp Black pepper ½ tsp Celery salt ¼ tsp Ground Sage 1 cup Mashed potatoes

While your pastry cools, you can make the filling for your tourtière. Start by dicing up the bacon and frying it in the bottom of a large pot. When it is golden, but not crisped, add the pork, veal (or hamburger), and diced onion and sear the meat until it browns. When the meat is golden, add the water and spices; mixing thoroughly. Cover the pot with a lid and allow the filling to cook on low for 45 minutes. In another pot make your mashed potatoes, (it takes about 4 or 5 small ones to get the right amount). Then smash them up and let them cool. When your meat mixture is fully cooked, remove it from the heat and mix in the potatoes. Then set the whole mix aside to cool while you roll out your pastry. Roll out the dough until you

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.

have enough to cover both the bottom, and the top, of a 8-9 inch pie pan. Place in the bottom layer of pastry then add the cooled meat filling, and cover the pie with the top layer of dough. Pinch the corners of the pastry shut and cut some decorative holes in the top to let the steam escape. Brush the top of your pastry with an egg yolk then place the whole tourtière in a 375 F oven for about an hour, or until it is golden, blond and delicious!

Serve your finished masterpiece with a side of your favorite salad to trick yourself into thinking that it's low fat, or if you are like my grandpapa just add ketchup and forget the greens! Get your bikes ready; you'll need them after this wonderful slice of Quebecois bliss.

In keeping with June is Recreation Month, Lookout asked: What was your favourite childhood game you played to keep active, and would you still play it now?



I wasn't a very active child, in fact I was pretty sheltered. I played with My Little Ponys as a kid and would not still play with them now. AB Kyle Whitmell



I played a ton of hockey growing up and oh yeah of course, I still play today

LS Mickey Lane



I played a lot of tennis as a kid and now todays I am a tennis pro on the side.

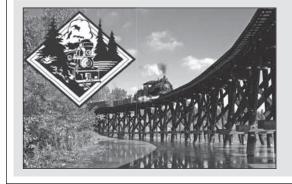
LS Lee Priftakis

.ane



Fighting with my brother kept us pretty active and I definitely still do that to this day!

LS Simon Dakin



Visit the BC Forest Discovery Centre anytime until Sept. 2nd, present your military ID and you and your family will be admitted for ½ the regular price.

This includes all special events and, of course, unlimited train rides, museum exhibits and our new Bloedel Fire display. 100 acres of discovery, education and fun.

Large groups welcome with advance notice.

Open 7 days a week from 10-4:30

Just north of Duncan on the Island Highway



For more information visit www.bcforestdiscoverycentre.com or call 1-866-715-1113



Kids Fun Run

Sunday June 22 10k, 5k &



Coast Guard vessel named in honour of fallen soldier

A new Canadian Coast Guard vessel, named in honour of fallen soldier Capt Nichola Goddard, was launched from the Halifax Shipyard May 17 - the eighth anniversary of Cat Goddard's death.

Goddard, the first Canadian female soldier to die while in a combat role, was killed during a firefight in Afghanistan, May 17, 2006.

The vessel is the ninth and final Hero-class patrol vessel, also known as a midshore patrol vessel. Each of the nine vessels in the patrol vessel program was named after fallen personnel from the RCMP, Canadian Coast Guard, Department of Fisheries and Oceans and Canadian Forces who performed heroic acts during their service.

CCGS Captain Goddard M.S.M will now undergo further construction and finish work in preparation for sea trials in late summer. The final vessel is expected to be delivered to Canadian Coast Guard early this fall.

Lost Second World War Airmen of Avro Anson Aircraft found in British Columbia

The remains of four airmen from the crash of a Second World War training aircraft in British Columbia have been recovered during a collaborative operation with the British Columbia Coroners Service.

The four airmen, one from the Royal Canadian Air Force – Sergeant William Baird – and three from the Royal Air Force – Pilot Officer Charles George



This Hero-class patrol vessel, also known as a mid-shore patrol vessel, is named CCGS Captain Goddard M.S.M and after the fallen soldier.

Fox, Pilot Officer Anthony William Lawrence, and Sergeant Robert Ernest Luckock – were conducting a navigation training exercise aboard the Avro Anson L7056 aircraft in October 1942 when they failed to return from the mission.

DND and the CAF are working with the Commonwealth War Graves Commission and the Joint Casualty and Compassionate Centre in the U.K. to plan for an internment ceremony, in consultation with the airmen's relatives, to provide the airmen with a final honoured and appropriate resting place in a Commonwealth War Graves plot.

New Expedition Bar to the Special Service Medal

On May 26, David Johnston, Governor General and Commanderin-Chief of Canada, announced the creation of the new Expedition Bar to the Special Service Medal (SSM). It will provide formal recognition for the valued contributions of those women and men who offer critical support while deployed overseas, and who participate in the success of a number of missions.

The SSM was especially designed to recognize "service determined to be under exceptional circumstances, in a clearly defined locality for a specified duration," without a specific requirement for risk or hardship. The new bar also follows the logic of the recently created Expedition ribbons to the GCS, GSM and OSM.

The Expedition Bar will be awarded for an aggregate of 180 days of honorable service performed outside Canada, while deployed to participate in or to provide direct support on a full-time basis to approved operations beginning July 1, 2007, provided the service is not counted towards any other Canadian or foreign service medal. Canadian Forces Perspective

Mel Hunt,

for over 30 Years

Practicing Military Law

LCOL (Ret'd)



DO IT BECAUSE YOU CAN

Register at www.navyrunesquimalt.com

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

Lawyers with a

Call 250.478.1731





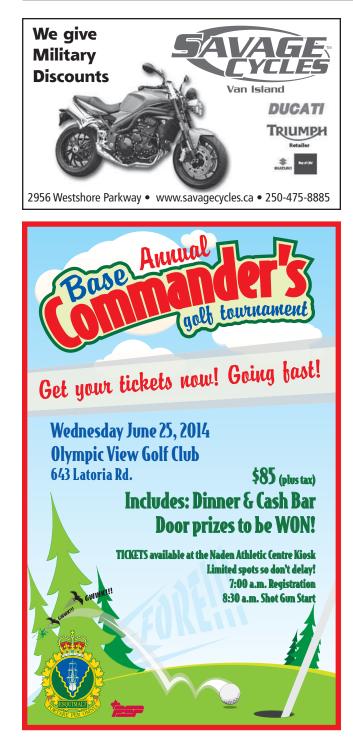
Facebook: on.fb.me/CFSA-group

1001 Maple Bank Road, Victoria BC



AT STEVE DRANE HARLEY-DAVIDSON ALL PAST AND PRESENT MILITARY PERSONNEL RECEIVE A 15% DISCOUNT ON PARTS, MERCHANDISE, AND CLOTHING IN NOVEMBER ALSO: ASK ABOUT OUR CANEX PROGRAM AND HOW IT CAN SAVE YOU UP TO SIOOO ON A NEW HARLEY-DAVIDSON MOTORCYCLE





Reservist brothers earn special award

Kara Tibbel Staff Writer

Two brothers, both military reservists and Victoria police officers, have exceeded expectations in keeping the roads safe by successfully enforcing the province's impaired driving laws.

That diligence has earned PO1 Graeme LeBlanc and Major Brendon LeBlanc an Alexa's Team Award from ICBC, the Justice Institute of British Columbia and the Alexa Middelaer family. They are two of 313 officers who formed the 2013 Alexa's Team in Surrey, Greater Victoria, Kelowna and Prince George.

"It's not about receiving an award, it's about recognizing hardworking officers who have gone above and beyond in contributing to the safety of Victoria," said PO1 LeBlanc, who works parttime at *HMCS Malahat*.

The award, named after a four-year-old who died at the hands of a drunk driver in 2008, honours British Columbian police officers who have arrested 12 or more impaired drivers over a year.

In 2010, the Middelaer family challenged the RCMP, municipal police officers, and the Ministry of Justice and Attorney General of British Columbia to reduce the number of deaths caused by alcohol impaired driving by 35 per cent by the end of 2013, the year Alexa would have turned 10 years old.

In February, the Ministry of Justice announced there was a 52 per cent decrease in alcohol-related motor vehicle deaths, representing 190 lives saves. Alexa's Team members were responsible for almost 50 per cent of the impaired driving enforcement in B.C. in 2013.

PO1 LeBlanc was acting sergeant in the Integrated Road Safety Unit with seven officers in 2013. They were part of 80 Victoria police officers who formed Alexa's Team. "That is really what it's

all about. It is a team effort. Just do the math; if a total of 80 officers all took a minimum of 12 impaired drivers off the road, think of how much of a difference we made in the safety of people of British Columbia" said PO1 LeBlanc. "Alexa's Team keeps a spotlight on the problem and raises awareness on just how fatal impaired driving can be."

Being a part of the military community is not uncommon for police officers, says PO1 Leblanc.

"It is great to see so many police officers contribute their spare time to being a military reservist. I believe it betters their skill sets and traits when it comes to policing," he says.

Kara Tibbel, Lookout

Reservist PO1 LeBlanc shows his Victoria Police Department badge while sporting his military uniform.

Alexa's Story

On May 17, 2008, at approximately 5 p.m. a vehicle left a residential road in Delta, struck two pedestrians, a parked vehicle and finally came to rest on a power pole. One of the pedestrians, four-year-old Alexa Renée Middelaer died of her injuries. The driver,

a 56-year-old woman was later convicted of impaired driving causing bodily harm and death.

Historical data (2008-2012) shows that in an average year:

• Approximately 95 people will die in motor vehicle crashes involving impaired driving.

• Impairment is in the top

three contributing factors for fatal car crashes.

- Approximately 29 per cent of motor vehicle fatalities are related to impaired driving.
- Most impaired-related crashes (60 per cent) occur on a Friday, Saturday or Sunday.
- Almost half (45 per cent) of impaired-related crashes take place between 9 p.m. and 3 a.m.
- 16 to 25 year olds account for the highest number of impaired drivers in crashes (32 per cent).
- Males account for 72 per cent of all impaired drivers. (Source: ICBC Policereported five-year average from 2008 to 2012)

You give your best for us. Here's our best for you.

Start banking with BMO[®] and get up to \$300*.

Follow these three easy steps to \$300:

Step 1	Step 2	Step 3
Open a chequing account and set up a recurring deposit.	Set up a Pre-Authorized Payment, have it debited and sign up for and login to BMO Online or Mobile Banking.	Open a savings account and deposit at least \$3,000.
Get \$100	Get \$100	Get \$100

Offer ends August 31, 2014. Visit your local branch or bmo.com/cdcboffers



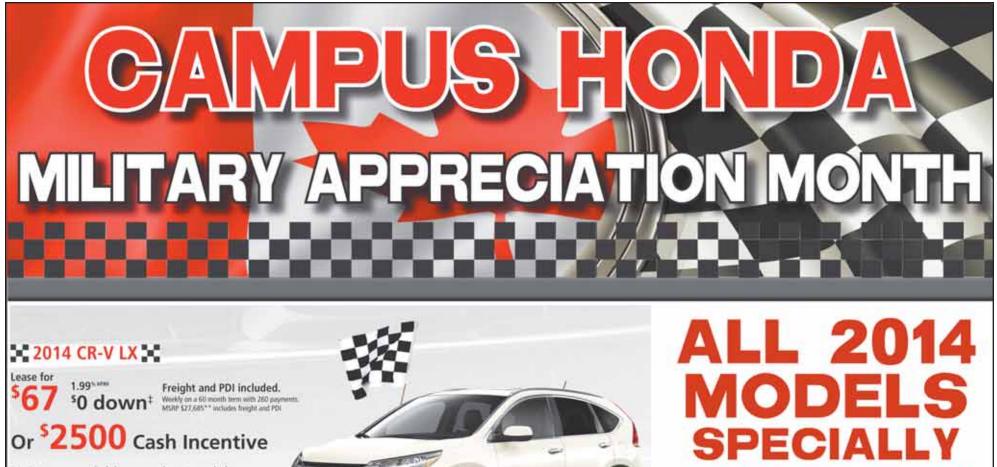
Bank of Montreal

BMO

Making money make sense®

*Additional terms and conditions apply. Full details are available at bmo.com/cdcboffers, or visit any BMO branch. Offer is available from June 1, 2014, – August 31, 2014. You have the opportunity to earn up to \$300 in cash bonuses when you open a new Chequing Account and Savings Account (defined below). To qualify for this \$100, cash bonus, you must open a new Primary Chequing Account") with a Plus, Performance or Premium Plan, make a deposit by August 31, 2014 AND set up a recurring direct deposit from your employer or pension and have a direct deposit transaction credited to the Chequing Account by October 31, 2014. To qualify for the second \$100 cash bonus you must set up a pre-authorized bill payment from the Chequing Account by October 31, 2014 AND sign up for and log in to BMO Online or Mobile Banking by October 31, 2014. (Both bonus offers collectively "Chequing Account Bonus") and additional \$100 cash bonus is available if you qualify for the Chequing Account Bonus and open a new Smart Saver Account or Premium Rate Savings Account (collectively "Savings Account") and maintain a balance of at least \$3,000 in the Saving Account with December 31, 2014. Cash bonus for the Chequing Account offer will be credited to the Chequing Account offer will be credited to the Chequing Account offer will be credited to the Chequing Account offer will be credited at any time without notice. * Registered trade-marks of Bank of Montreal.

Model: F82E2EEX



Features available on select models:

- HandsFreeLink[®] Bluetooth[®] (standard)
- intelligent Multi-Informational Display (i-Mid) (standard)
- · Multi-angle rearview camera (standard)
- Real Time AWD with Intelligent Control System
- Honda Satellite-Linked Navigation System"



2014 CIVIC DX

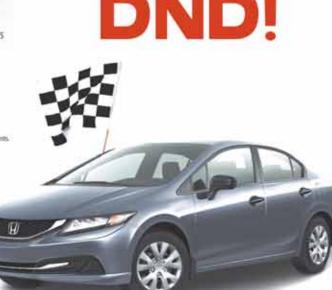


Freight and PDI included. ⁵0 down[‡] Weekly on a 60 month term with 260 pay MSRP \$17,185** includes fixight and POI

Or ^{\$1500} Cash Incentive

Features available on select models:

- · ECO Assist" and ECON mode (standard) · Display Audio system with 7" touch screen
- · LaneWatch" blind spot display
- · Multi-angle rearview camera
- · Proximity key entry with pushbutton start

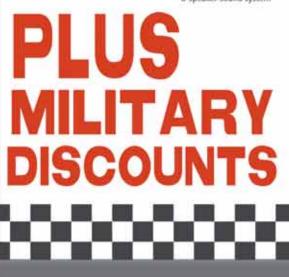


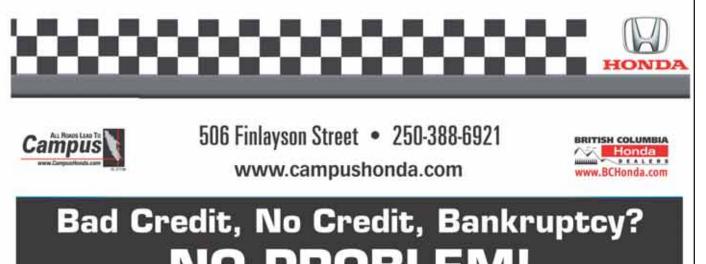


2014 FIT DX Lease for \$34 Solution Solution

Or ^{\$2500} Cash Incentive

Features available on select models: · 60/40 Split 2nd-Row Magic Seat® (standard) · 6 airbag system (standard) · HandsFreeLink* Bluetooth* · 6-speaker sound system





Now <u>YOU</u> Can Skip the Strip!

Campus Honda can help you get the car you deserve. High quality new and used vehicles for everybody!

Et andre to achieve \$0 down pagment. Geues will cover the cool of the Master y fax ar cooldoning that when applicable, environmente level and levels on the 2014 CR-V LX. Accord LX. Close DX and F4 DT only on bohard of the outpoment. Glumined time weekly takes of the based on a new 2014 CR-V LX. 2ND hoode RRENETEES will be according to the based on the takes. Down pagment of 80 OX find weekly pagment of 80 OX find weekly pagment. B 4 DE works and levels on the 2014 CR-V LX. Accord LX. Close DX and F4 DT only on bohard of the outpoment. Glumined time weekly takes of the based on takes of the based on the takes of the based on the takes of the based on take takes of the based on takes of the based on takes of the based

Honour House - Making military families feel at home

Shawn O'Hara Staff Writer

When military personnel are injured in the line of duty it doesn't just change their lives, but the lives of their families as well. In these times of need Honour House is there to help.

Founded in 2013, Honour House is a facility in New Westminster that provides lodgings for families of military members and emergency personnel receiving medical care in the area.

Based in a fully restored 10-bedroom heritage house on a quiet tree-lined street, Honour House lends a helping hand to military families when they need it most.

"When a family member is receiving treatment it's hard on the entire family," say Al De Genova, President of the Honour House Society. "Especially with all of the hard work and sacrifice the military gives to the people of Canada it's only right for us to give back any way we can."

The idea for Honour House came to De Genova, real estate agent and former Park Board Commissioner for Vancouver, one night while watching a documentary on Capt Trevor Greene.

Capt Greene suffered an axe wound to the skull that nearly killed him while serving in Afghanistan, putting him on a long road to recovery with his wife Debbie.

De Genova and his wife began talking about how the families of service members are impacted in situations such as this.

"We started talking about how there aren't really any



Honour House is a fully renovated heritage home with shared kitchen and other common spaces, plus 10 private bedrooms each with its own en-suite bathroom.

Honour House is the first of its kind, but we don't plan of keeping it that way. There's a lot of good work being done for military families in need.

-Al De Genova Honour House Society President

facilities available for the families of service members who are receiving treatment and medical care," says De Genova, also one of the founding members of

Ronald McDonald House that provides similar lodging for the families of children receiving care at B.C. Children's Hospital.

"We came up with the

idea of a place that would act as a sort of Ronald McDonald House, but for the families of military members receiving care. It was my wife who came up with the name Honour House. It fit perfectly."

Soon after the idea took root De Genova met with RAdm Bill Truelove, Commander Maritime Force Pacific, and Gen (Ret'd) Rick Hillier, former Chief of Defence Staff, to gauge military interest.

After explaining the idea

to them, Hillier took De Genova aside and shook his hand. Left in his palm was Hillier's challenge coin.

"He told me to make Honour House happen, and that he would do whatever he could to help me," says De Genova.

"I accepted the challenge. I carried that coin with me every day. It reminded me there was someone high up in my corner, and it helped me move forward."

From there the search was on for a suitable facil-

ity. After looking at various properties in the Greater Vancouver area, De Genova received a call from Wayne Wright, Mayor of New Westminster, who had a proposition.

"He said to me 'New Westminster wants Honour House, what can we do to help?'It was great, and the spot they had was absolutely perfect. From then on Honour House had a home."

With the success of the first Honour House increasingly evident, the idea for an Honour House in every province is on the horizon.

"Honour House is the first of its kind, but we don't plan of keeping it that way," says De Genova. "There's a lot of good work being done for military families in need, and there are families across the country. Hopefully as time goes forward we'll be able to reach out to everyone who needs us."

The house is a fully renovated heritage home with 10 private bedrooms each with its own en-suite bathroom. It has a large shared kitchen, living room, a media room, sun rooms and other common spaces. It is also wheelchair accessible.

Honour House receives no direct funding and raises all of its operating costs through donations and fundraising.

The house has one full time and one part time member of staff. Almost all of the work needed to keep Honour House running is carried out by a board of directors and a team of volunteers.

To learn more about Honour House go to www. honourhouse.ca

FREEDOM LOOKS GOOD ON YOU.

Begin a new journey this summer without glasses or contacts.

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









D-Day remembered in silver

To mark the 70th anniversary of D-Day, the Royal Canadian Mint has produced a tribute to Canada's veterans of the Second World War and their enduring legacy of service and sacrifice in Normandy and beyond.

The silver collector coin was unveiled June 3 by Erin O'Toole, Member of Parliament (Durham), and Carman Joynt from the Royal Canadian Mint's Board of Directors at a special send-off for Canadian Second World War veterans set to attend D-Day memorial events in Normandy, France.

"On June 6, Canadians from coast to coast to coast will pause to remember the 70th anniversary of the Allied landing in Normandy, which was an important offensive that allowed Allied forces to establish a foothold in Western Europe and open up another battlefront, thus paving the way to Allied victory," said the Julian Fantino, Minister of Veterans Affairs at the unveiling. "Lest we forget the 340 Canadian heroes who gave their lives on this day, ensuring that future generations would enjoy peace and freedom."

Crafted from 99.99% pure silver, the Canada Post outlets.

coin's reverse image was designed by Canadian artist Maskull Lasserre and features a unique first-person perspective, depicting Canadian infantry soldiers in full battle gear as they disembark from a Landing Craft Assault vehicle and make their way to what's become known as Juno Beach.

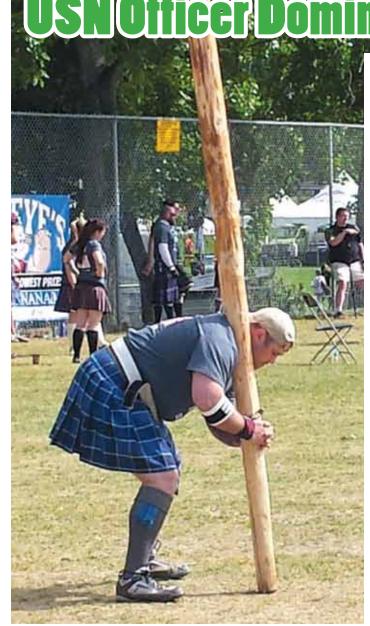
The angled horizon in the background recreates the rough sea conditions, as the transport vehicle and its occupants are tossed about by tall waves just off the shores of Normandy. The obverse of the coin features the effigy of the reigning monarch during the Second World War, King George VI.

The 2014 \$10 fine silver coin 70th anniversary of D-Day has a limited mintage of 8,000 and retails for \$49.95. It can be ordered today by contacting the Mint at 1-800-267-1871 in Canada, 1-800-268-6468 in the U.S., or online at www.mint. ca. The coin is also available at the Royal Canadian Mint's boutiques in Ottawa, Winnipeg and Vancouver, as well as through the Mint's global network of dealers and distributors, including participating Canada Post outlate











SLt Rudee Hastie MARPAC PA Office

For the second year in a row, LCdr Aaron Stanford, a United States Navy exchange officer with Maritime Forces Pacific Headquarters (MARPAC HQ), placed first overall in his division at the Victoria Highland Games Heavy Events on May 18.

LCdr Stanford secured another victory after competing in eight different events including the heavy and light hammer throw, and the iconic caber toss, in which athletes hoist and toss a log roughly the size of a telephone pole end over end.

Competing for the first time in 2013, a mere three weeks after his introduction into Scottish Throwing, he placed first overall in the Novice Division in the Victoria Highland Games International Heavy Events Challenge that year

When he was notified about being posted to Victoria he began searching for ways to become engaged in the local community.

"I came across the Victoria Highland Games Association website and through them the Vancouver Island Scottish Throwers Association (VISTA)," he says, adding that he started training while in Bahrain. "It's a really welcoming, open and friendly group of guys who like to throw heavy things. There's a real camaraderie here; it's part of the culture of Victoria."

LCdr Stanford is posted to MARPAC HQ as the Fleet Scheduling Officer. Prior to this posting he had been with the United States Naval Support Activity in Bahrain.

This year his wife and five children came out as spectators. The family enjoys the sport and his successes so much that his wife Katie has become hooked; she is planning to take part in the Women's Heavy Events Division.

Wearing the Official Tartan of the United States Navy, LCdr Stanford will continue to compete in the throwing events, all of which include a show of extraordinary strength.

Top left: Preparing for the caber toss. Athletes must hoist and toss a log roughly the size of a telephone pole end over end.

Left: LCdr Aaron Stanford showcases his winning swag from this year's competition in Scottish Heavy Events.

Above: The broad back of LCdr Stanford, an exchange officer from the US Navy, makes a great billboard for his name on the t-shirt worn with the official tartan of the US Navy.

STANFORD

LIGHTHOUSE



New! Wash & Detailing • 610 Herald St 250-382-6184 • 2924 Jacklin Rd 250-478-2217

June 9, 2014





The Honourable Lieutenant Governor Judith Guichon receives a Dive Certificate from Cdr Alex Kooiman, **Commanding Officer of HMCS** Victoria, to commemorate spending a day at sea with the Esquimalt-based submarine. "I was so impressed by the teamwork and professionalism of the submariners of HMCS Victoria," said LGov Guichon. "I would like to thank the crew for making me an Honorary Submariner and for taking me to a valley that so few experience - more than 100 metres below the surface. It was an unforgettable day."

kinglasik.com



NOW is the time for CLEAR VISION

Ask about our Military Discount!

DR. JOSEPH KING Over 85,000 procedures and 15 years experience



12 • LOOKOUT



LS Courtney Edwards, PO2 Nichola Hadwell and PO2 Dominic Lebel receive a PCC Pacific Merit award from Cdr Alistair Harrigan for their involvement with the Government of Canada Workplace Charitable Campaign.



Cpl Picklyk, PO1 Blanchard and PO1 Scalabrini Commissionaire Gerry Ratchford receives the receive a PCC Pacific Merit award from Cdr Alistair Harrigan for their involvement with the Government of Canada Workplace Charitable Campaign.



Formation Chief's Coin from CPO1 P. Helston.





CPO2 Arvid Lee receives his Canadian Forces Decoration second clasp from Cdr Alistair Harrigan.



Sgt Graham (centre), 2I/C Claims, was promoted to Warrant Officer by Cdr Wes Golden (right), Base Administration Branch Commanding Officer; and Lt(N) Adina Danila, BPAdmO.



NCdt MacLellan (right) was promoted to Sub-Lieutenant by Cdr Wes Golden (left).



LCdr Mark Shepard receives the rotation bar to his Southwest Asia Service Medal from Cdr Alistair Harrigan.



MWO McLaughlin (centre), D/ FoodsO, accompanied by his spouse, MCpl Jodie McLaughlin, was promoted to Chief Warrant Officer by Capt(N) Luc Cassivi, Base Commander.



PO1 Rick Derkacz is presented the Blue Seal to Scroll One of the Award for Aerobic Excellence by Acting Commanding Officer of Sea Training Pacific, LCdr Graham Roberts.



MWO Mike Windsor is presented the second clasp to the Canadian Forces Decoration by Acting Commanding Officer of Sea Training Pacific, LCdr Graham Roberts.



Operational Service Medal-Expedition from Cdr Alistair Harrigan.



PO2 John Beaulieu receives the LS McGreggor receives a PCC Pacific Merit award from Cdr Alistair Harrigan for work on the Government of Canada Workplace Charitable Campaign.



LS Ogle Henry, MARPAC Imaging Services **CPO1 Paul Fenton receives the Chief** Warrant Officer Scroll from RAdm Bill **Truelove, Commander Maritime Forces** Pacific/Joint Task Force (Pacific).

LS Ogle Henry, MARPAC Imaging Services CWO Marie GalBrand receives the Chief Warrant Officer Scroll from RAdm Bill Truelove, Commander Maritime Forces Pacific/Joint Task Force (Pacific).





Historic Spitfire headed to Quebec for final assembly

Capt Trevor Reid 19 Wing PAO

The Roseland (Y2-K) Spitfire, which has been under meticulous restoration in the "Heritage Hangar" at 19 Wing Comox for over a decade, is one step closer to taking to the skies.

After the completion of the uniquely shaped wings of the Second Word War-era fighter, the plane will now be moved by road to Vintage Wings of Canada's restoration facility in Gatineau, Quebec. Upon its arrival, technicians will complete final assembly and test flights, readying it for full operation as an ambassador of the Comox Valley and 442 Squadron to Canadians across the country.

"Vintage Wings is uniquely equipped in Canada to conduct final assembly of this complex and historic aircraft," said Col (ret'd) Terry Chester, Vintage Wings of Canada spokesman and President of the Royal Canadian Air Force Association. "The facility in Gatineau is purpose-built for restoring such aircraft and we have many resident technicians and a test pilot who are able to complete this project in a safe and effective manner."

The move of the Spitfire will enable the final phases of reconstruction to take place, thereby enabling the aircraft to take to the skies again after almost 70 years.

The reconstruction of the Spitfire has been a popular exhibit at the Comox Air Force Museum since 2000, when the museum used a Heritage Grant to begin the project.

Many volunteers worked on the project: working on the aircraft, running publicity events and raising money.

After eight years of reconstruction at the Comox Air Force Museum, the project was assumed by Vintage Wings of Canada in 2008.

The Wing Commander of 19 Wing recently signed an update to the original contract with Vintage Wings of Canada allowing the Spitfire to be moved to Gatineau. This is due to the complexity of the final reconstruction, as well as space constraints faced with working in the Heritage Hangar in Comox.

The move to the large, specialized and well-equipped hangar in Gatineau will enable Vintage Wings' technicians to attach the complex wings to the fuselage of the Spitfire. The wings were recently constructed and require special handling and care.

The move to Gatineau will also allow technicians to use the dedicated facilities to perform a number of complex tasks, such as painting the aircraft in its distinctive 442 Squadron colours, featuring the "Y2-K" call letters.

After final assembly, the Spitfire will be prepared for air worthiness certification and test flights will be conducted in Gatineau by a Transport Canada-certified test pilot.



Capt Trevor Reid, 19 Wing Public Affairs

Col Jim Benninger (centre), 19 Wing Commander, signs an update to the contract regarding the Roseland Spitfire, to enable the aircraft to be moved to Gatineau, Quebec, for final assembly. Joining Col Benninger are (left to right): Ken Hazell and Kevin Forbes of Vintage Wings of Canada; Col (ret'd) Fred Bigelow, Comox Valley Airport CEO; LCol Glen Watters, 19 Wing Administration Officer; Wing Commander (Ret'd) James "Stocky" Edwards; Col (Ret'd) Jon Ambler, Program Manager and Volunteer Coordinator Comox Air Force Museum; Col (ret'd) Terry Chester, President, Royal Canadian Air Force Association; and Captain Lynn Barley, Director of the Comox Air Force Museum.



MS Jamie Lewis is promoted to Petty Officer Second Class by LGov Judith Guichon and RAdm Bill Truelove on board HMCS Victoria.

10k, 5k & Kids Fun Run Sunday June 22 • Start Time 8:30AM For more info or to register visit www.navyrunesquimalt.com



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

YOUR HALIFAX RELOCATION CONNECTION

HELEN PARKER 902.499.1975 helenparker@royallepage.ca



KIRK BROWN 902.789.3039 kirkbrown@royallepage.ca Serving Halifax, Dartmouth, Bedford, Sackville, and surrounding areas

Professional award winning real estate services. 902.499.1975 www.HelenParker.ca





Call 363-3014 to book your display or word ad

! 10% !

Military Discount

CANADIAN FORCES

You are most welcome

AT THE

ROSALAMA

841 ESQUIMALT

ROAD

801 ESQUIMALT

ROAD

BACHELOR

APARTMENTS

то

3 bedroom

SUITES

2 Bdrm plus den

Larlyn Property

Management Ltd.

250-217-1969

www.larlyn.com

LOOKOUTNEWSPAPER.COM

ANNOUNCEMENTS

LIMITED TIME OFFER! Join a fantastic team w/ company renowned for great beauty prod. + more. Great discounts, free prod. and earn extra \$\$! Email Joanne - jkimm@shaw.ca. STV TUNA IS LOOKING for CF/Ex-CF/DND civillian 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



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



SERVICES OFFERED

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

www.theselfstorageplace.com theselfstorageplace@shaw.ca

2 BDRM upper level central-CAREGIVING FOR SOMEONE with dementia? ly located, walk to Uptown The Alzheimer Society of and bus rts to DKYD, in-B.C. has support groups suite laundry, 2 parking spots, big yard, deck, near parks. NS/Pets considered. for caregivers. Contact the Alzheimer Resource Centre at 250-382-2052 for info \$1500/mnth avial immediately 250-857-0221 and to register.

BRAND NEW 2 Bdrm,

above grnd 750 sqft suite.

Wood floors, large kitchen

w/ granite counters, stain-

less steel appl. priv washer/

dryer, storage, security sys,

9' ceilings, 1 parking spot,

10 min car ride to DND

base, \$1350 + utils 1 yr

lease pref. N/S pets negotia-

ble. 281 pallisier ave. Email

mazza@uvic.ca.

MISC. FOR SALE

Grmpian 26 sailboat! Loaded with equipment ready to cruise. Located at CF Sailing Club in Esquimalt, possible moorage for service member. More info @ usedvictoria. com. \$7900 obo email: willnesling@shaw.ca

Large 1 bedroom. Beautiful views. Furnished or not. MOTORCYCLES Fireplace, laundry, large sun deck, WIFI and utils included. \$845/month. Swimming G Powe nond close N/S N/P email. mjosieflick@shaw.ca. **A.T.V. CENTER** 2 Bdrm suite for rent. Avail Honda, Yamaha, Kawasaki July 1st. View Royal, close to 382-8291 · amenities. \$1250 all inclusive. Bright, clean, spacious 730 Hillside Ave. w/ bright covered deck. Email: gerald_a2@hotmail. com. EFFECTIVE 2 storey, 3 BRDM town-house w/ small private **ADVERTISING** backyard. Galley kitchen & Local or National extra storage, close to the base!! N/S Contact Coast **Canadian Armed Forces** Pacific Property 250-338-6900 **Base Newspapers** 17 Bases - One contact 250-363-8602 ext 2 Joshua.buck@forces.gc.ca

\$2000 Beautiful home for rent in Colwood! 24-2210 Sooke Rd Pets & children welcome! Avial immediately. Beautiful family orientated, 2.5 lvl home w/3 bdrms 3 bath is located in quiet Hatley Ridge in Colwood. Utils, cable, WiFi included.

Call: 250-478-7252.





Susanne • 250-888-1244 Downtown Victoria 8am - 8pm

REAL ESTATE • FOR RENT 2 BDRM lower floor centrally located, walk to Uptown and bus rts to dkyd, in-suite laundry 2 parking spots, big yard, near parks. NS/Pets considered. \$900/month avail immediately 250-857-0221

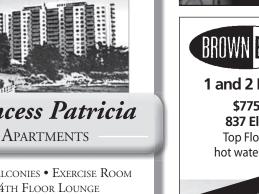




NEW BALCONIES • EXERCISE ROOM 14th Floor Lounge

250-382-2223 Ч Now Renting:

Bachelor • 1 BDR Suite Ъ



703 Esquimalt Road 歫



1239 PARK TERRACE

2 Bdrm, \$895

heat, hot water, parking included,

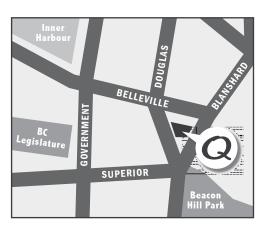
quiet adult building,

Call resident manager

250-888-1212

SINCE 1918

NEWLY RENOVATED RENTALS 2 BED





655 DOUGLAS ST VICTORIA 250.920.8927

TheQLeasing@ConcertProperties.com

THEQAPARTMENTS.COM

CONCERT





MARPAC CELEBRATES

MANY PEOPLES, ONE VOICE



2014 National Aboriginal Day Thursday, June 19 11:30 - 1:30 pm Work Point Gunroom

Standing Nation Drum Round Dance Artisan Marketplace (cash only) Visit the tipi for story time Free BBQ Salmon & Bison Burgers Transportation from Naden & Dockyard available

Connecting Many Peoples through Art

In commemoration of Aboriginal Awareness Week 2014, please visit the Cultural Contributions Exhibit at the Naval and Military Museum, Bldg N37.

On display until June 30.

Event OPI: Helene Stevens 250-363-7855





