

Volume 59 Number 29 | July 21, 2014

# LOOKOUT

MARPAC NEWS CFB Esquimalt, Victoria, B.C.

newspaper.com



**U-PAK** MOBILE STORAGE  
Storage that comes to you!

**15% Military Discount**

**250-381-8725**  
878 Viewfield Rd.  
[www.upakstorage.com](http://www.upakstorage.com)

## Taking aim during RIMPAC



Clearance Diver PO1 Rene St-Pierre, from Fleet Diving Unit Pacific, participates in room clearing drills during Rim of the Pacific Exercise 2014 in Hawaii. Follow us on Facebook (lookout.newspaper) and Twitter (Lookout\_news) for more photos and updates as the month-long international exercise continues.

MC2(DV) Taylor Smith, US Public Affairs

**CANEX** [www.canex.ca](http://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](http://www.mollymaid.ca)

**(250) 744-3427**  
[paula.whitehorn@mollymaid.ca](mailto:paula.whitehorn@mollymaid.ca)

**SELECT MORTGAGE CORP.**

**Short on Down Payment? I can help!**

**Just 2.5% minimum Down Payment Required**  
**Call Today for Details.**

Rates subject to change without notice

**250-888-8036**

**LORI LENAGHAN**  
LICENSED MORTGAGE PROFESSIONAL

# RMS clerk recognized for 43 years of helping people

**Shawn O'Hara**  
Staff Writer

When MWO (Ret'd) Bob Quann joined the military as a Resource Management Support (RMS) Clerk, he wanted to build a career helping people. He never imagined doing a job he loved would earn him a trip to Ottawa to receive an award.

Just a month prior to retiring from a 43 year career with the military and public service, Quann visited the National War Museum to accept a Deputy Minister's Commendation that recognized the passion, dedication, and excellence he's shown during his career.

*I guess I spent the last 43 years looking after others and never expected this type of recognition for myself. I'm going to miss being able to help people every day.*

-Bob Quann

Deputy Minister of National Defence Richard Fadden presented the award, which consists of a certificate signed by the deputy minister, a lapel pin and a gift of Canadian art.

The commendation recognizes work above and beyond normal duties, or community service that either benefits or brings credit to the Department of National Defence.

"I was truly honoured and humbled by

the award," says Quann, who retired July 18. "I was totally unaware that I was nominated, so when my boss, PO1 Andrew Chadwick, showed me the e-mail where I was awarded the DM Commendation, I was blown away, to say the least."

While his end-of-career recognition is welcome, the thought of awards never crossed his mind.

"I guess I spent the last 43 years looking after others and never expected this type of recognition for myself," he says.

While an outsider looking in may see the administrative work of an RMS clerk as just filing and paperwork, Quann found it to be much more than that.

"In this trade you've always got someone coming to you with a problem," he says. "Being able to get to the root of their problem and help find a solution for them is what I love best about this job. I'm going to miss being able to help people every day."

Quann enjoyed his work so much that he continued on as a civilian at CFB Esquimalt after his retirement from a 35-year military career seven years ago.

Born in Glace Bay, NS, Quann travelled all over the country and abroad during his military career with two tours at sea, postings in Halifax, Nova Scotia, Kingston, Trenton, Toronto, Canberra Australia, and many more before finding a permanent home in Victoria.

Since his arrival in Victoria 12 years ago, Quann has worked in units throughout CFB Esquimalt, including the Base Orderly Room, Release Section, and Maritime Forces Pacific Headquarters.

Joining the military at age 19 was a logical choice for Quann.

"Where I'm from in Cape Breton you either worked in fishing or the coal mines, and neither of those seemed too appealing to me," he says. "Plus my grand-



Deputy Minister of National Defence Richard Fadden presents MWO (Ret'd) Bob Quann with the Deputy Minister's Commendation. Quann received the commendation during the Corporate Awards in Ottawa for his dedication, passion, and excellence during his 43-year career as a Resource Management Support Clerk with the Department of National Defence.

father, father, and brothers have all been in the military so I thought I'd see where it took me. I never expected to be in uniform for 35 years, but I loved it."

The Quann family has over 350 years of collective military service since the Second World War.

While initially looking for a trade, Quann signed up with Communications Research. After finding the trade didn't suit him, he switched over to Admin Clerk and knew

he'd found the right match.

"I'd found a job where I was paid to help people," says Quann. "It was perfect."

As he retires, Quann plans to spend his time with family, relax and travel.

"I'll be glad to spend more time with my wife Margaret and family," he says. "We've got a grandchild on the way so this is a very exciting time in my life. I can't wait for what comes next."

## 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. <b>Get \$100</b>	Set up a Pre-Authorized Payment, have it debited and sign up for and login to BMO Online or Mobile Banking. <b>Get \$100</b>	Open a savings account and deposit at least \$3,000. <b>Get \$100</b>

Offer ends August 31, 2014. Visit your local branch or [bmo.com/cdcboffers](http://bmo.com/cdcboffers)

Canadian Defence  
**Community**  
Banking  
A program of CFMWS

BMO  Bank of Montreal  
Making money make sense®

\*Additional terms and conditions apply. Full details are available at [bmo.com/cdcboffers](http://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 the first \$100, cash bonus, you must open a new Primary Chequing Account ("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"). An 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 Savings Account until December 31, 2014. Cash bonus(es) for the Chequing Account offer will be credited to the Chequing Account by December 31, 2014. Cash bonus for the Savings Account offer will be credited to the Chequing Account by February 28, 2015. Offers may be changed, withdrawn or extended at any time without notice.  
®Registered trade-marks of Bank of Montreal.



James Utterson (second from right) presents his charitable donations to Mary Lynn McKenna, Executive Director at Esquimalt Neighbourhood House (left) and Gaynor Jackson, Executive Director of the Esquimalt Military Family Resource Centre (right), while Utterson and Ken Langdon, Olympic View Sales and Events Manager, hold the \$10,000 Hole-in-One cheque.

## HOLE IN ONE PRIZE BENEFITS LOCAL CHARITIES

On July 15, the Esquimalt Military Family Resource Centre (MFRC) received a \$1,000 donation from James Utterson, winner of the Second Annual Base Commander's Golf Tournament Hole in One, which took place on June 25. Gaynor Jackson, Executive

Director of the MFRC, accepted a cheque on behalf of the organization and indicated the money would be used to support the centre's deployment program. Utterson also donated \$2,000 to the Esquimalt Neighbourhood House (ENH) the same day.

The MFRC and ENH took the opportunity at the gathering to announce they will embark on a partnership in September in which ENH will provide space for the MFRC's casual childcare program, which is currently operating out of Lampson Street School.



James Utterson (right) accepts his \$10,000 cheque from Steve Baker, Director of Operations for Seaspan Victoria Shipyards, and Ken Langdon, Olympic View Sales and Events Manager.

Requesting the presence of **Junior Ranks Members** for a **Mess Dinner** to commemorate the start of the First World War, 100 years ago

Tickets just \$20

Aug. 8

**Guests of Honour:**

- Retired RCN Commander who took part in mid-Atlantic convoy duty in 1944-45
- Former German soldier who at 17 years old was in command of a Tiger Tank during the Battle of the Bulge

Menu includes: Beef tenderloin, Lobster bisque and Tiramisu

**MOVING TO VICTORIA? FROM \$499K**



The New Standard

**Ian Brown**

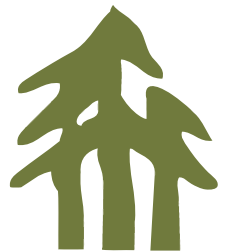
Personal Real Estate Corporation

**Jonathan Gittins**

Real Estate Consultant

**250.385.2033**

**www.thenewstandard.ca**



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

Ask about our **Military Discount!**



**DR. JOSEPH KING**

Over 85,000 procedures and 15 years experience

**250.360.2141**

**VICTORIA • VANCOUVER**

# matters of OPINION

## WHO WE ARE

### MANAGING EDITOR

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

### STAFF WRITER

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

### PRODUCTION

Carmel Ecker 250-363-8033  
production@lookoutnewspaper.com  
Shelley Fox 250-363-8033  
projects@lookoutnewspaper.com

### RECEPTION

250-363-3127

### ACCOUNTS/CLASSIFIEDS

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

### SALES REPRESENTATIVES

Ivan Groth 250-363-3133  
ivan.groth@forces.gc.ca

Joshua Buck 250-363-8602  
joshua.buck@forces.gc.ca

### EDITORIAL ADVISORS

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

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

Le LOOKOUT est publié tous les lundis, sous  
l'égide du Capt(N) Luc Cassivi, Commandant  
de la Base.

The editor reserves the right to edit, abridge  
or reject copy or advertising to adhere to  
policy as outlined in 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 publicitaires  
pour adhérer à l'OAFCS7.5. 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.<sup>94</sup>  
Six month subscription - \$33.<sup>47</sup>  
Prices include tax.

A Division of Personnel Support Programs  
CFB Esquimalt, PO Box 17000 Stn. Forces,  
Victoria, BC V9A 7N2

E-mail: frontoffice@lookoutnewspaper.com

Web: www.lookoutnewspaper.com

Fax: 250-363-3015

Canadian Mail Product Sales Agreement 40063331



## People Talk

Lookout asked this question: *What might people not know about the Personnel Coordination Centre (Pacific) (PCC(P)) that you want them to know?*



We are a team of incredibly dedicated people. We're here because we love our job and we want to put the personnel of the Canadian Armed Forces first.

PO1 Nathalie Scalabrini



We sacrifice every day to make sure CAF personnel are taken care of. After the HMCS Protecteur fire the division recalled itself. People were ready and on the clock without a word from anyone. We really do care.

CPO1 Robert Anderson



Everyone here is great and I've loved my time here so far.

LS Matt Nicolle



This is a great group of people who care very much about their jobs. You hear a lot of things based on people's bad experiences, but we really are just doing our best to help whoever we can.

LCdr Ellen Mariano



We actually do care despite what it may seem like from the outside. Sometimes the hard decisions have to be made, and unfortunately it's up to us to make them.

CPO2 Michael Banks

## The Itinerant Chef: It's Strawberry Season!

I have recently become addicted to the many farmer's markets that take over open spaces in the city on weekends.

On my last cycling odyssey, I noticed that the season is coming up red with local strawberries. Naturally, my mind wandered back to my pastry roots and I was inspired to share my recipe for an old favorite: Gâteau aux Angles aux Fruits Rouges.

### Gâteau aux Angles

500g Egg Whites (room temperature, you'll need about 12 eggs)  
250g Sugar  
3g Salt  
10ml Pure Vanilla  
Almond Extract (optional)  
Dry Portion  
250g Sugar  
190g Flour

Pre-heat your oven to 350 F. and make sure the middle rack is alone in the oven (your cake will rise and stick to the top rack so remove it).

Separate the dozen eggs. I separate the whites directly into the mixing bowl, then put the yolks into a sealable container for later use (they make great pudding, crème brûlée and crème caramel). Be sure not to "dirty" your whites with yolks or by using an oily bowl as they will not rise.

Using the wire whisk attachment on your mixer, start fluffing the whites to foam, then add the

first portion of sugar, salt, vanilla and almond extract. Continue whisking until the whites form stiff peaks. You can check this by removing the whisk and turning it upside down. If the dollop of white on the tip stands on its own, then the whites are the right consistency.

In another bowl, using a sieve, weigh out and sift the second portion of sugar and the flour. Fold the dry mix into your stiffened egg whites in two parts. Use a spatula and lift the whites from the bottom of the bowl to prevent them from deflating.

Pour your pastry into a non-greased fluted pan, and place it directly into the pre-heated oven.

Bake the cake until it starts to colour (about 20-25 minutes); then turn the oven down to 325 F and allow the cake to stiffen for another 15-20 minutes, or until it is golden blond and starts to pull away from the sides of the pan. The time for your cake to bake will depend on the relative humidity on the day you bake it.

### Crème Légère

250 ml Milk  
2 Egg Yolks  
50g Sugar  
25g Corn Starch  
Vanilla (pure extract or the seeds of ½ a real bean)  
A pinch of Salt  
250ml Heavy Cream

Crème légère is simply pastry cream that has been "lightened" with heavy cream. It is made in two steps. Pour the milk into a pot and bring it to a simmer. While the milk is heating, separate the yolks into a mixing bowl, and then add the corn starch, vanilla and sugar directly into them. Whisk them together until the yolks become a buttery yellow colour. This technique is known as "blancher" the yolks. When the milk steams, pour half of it over the yolk mix, and combine all of it with a spatula. Then pour the mixture back into the remaining milk, and place the pot back over medium heat. Combine the pastry cream with your whisk until it comes to a boil and thickens. Pour the pastry cream directly into a metal bowl and cover it with plastic wrap (make sure the plastic touches the surface so a skin does not form). Place it in the fridge to cool. When the pastry cream is cooled, whip it to a creamy texture with your whisk. Then, using your wire attachment, whip the heavy cream to soft peaks and fold it with a spatula into the pastry cream. Voilà! You now have crème légère. For even more strawberry taste, you can put some extra berries and their syrup directly in to the cream. If you're in a rush, make the cream

the night before.

To build your cake, slice the cooled Gâteau aux Angles into four to five tires, depending on how high yours has risen. Now, place the crème légère and macerated strawberries (strawberries with sugar water) onto each layer. If you are feeling extra decadent, you can ice the whole thing at the end with Chantilly Cream (heavy cream with icing sugar whipped to medium peaks). Decorate with more strawberries and serve.

For the time-compressed among you, you can cheat by buying your cake, or change up this recipe entirely by layering the crème légère and your strawberries with pound-cake, sugared and deep-fried wonton wrappers, or in little phylo cups.

Enjoy this taste of summer with your loved ones. Be careful though - they'll keep asking for it!

Your Itinerant Chef,  
A/SLt Melissa Kia



**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

**HARRISON'S**

Vancouver Island's Largest Selection  
of Military Clothing, Camouflage & Gear

**WE BUY MILITARY  
ITEMS & COLLECTABLES!**

**#1 in  
Paintball &  
Airsoft Supplies**

Hours: 10am-5pm • Closed Sun-Mon  
266 Island Hwy up the hill from 4 Mile Pub  
www.harresons.net • 250-881-8388

**EASE YOUR DEBT BURDEN**

No Interest • Low Payments

*We'll help you get a fresh start!*

**FREE CONSULTATION 250-995-3122**



**ABAKHAN  
& Associates Inc.**  
Debt Restructuring Consultants  
Trustees in Bankruptcy

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



www.abakhan.com

GOOD PEOPLE TO KNOW IN TIMES OF TROUBLE

# SOLDIERS, SAILORS & AIR PERSONNEL BRING FLOOD RELIEF

**Alycia Coulter**  
CJOC

When the Province of Manitoba declared a state of emergency due to flooding on July 4, Canadian Armed Forces (CAF) members were on the ground and ready to assist that very day.

As the regional command for domestic operations in Alberta, Saskatchewan and Manitoba, the Joint Task Force West (JTFW) Commander tasked available units in the region to support the relief effort.

"It was through JTFW's high state of readiness that we were able to deploy quickly and work hand-in-hand with our federal, provincial and municipal

partners to deliver real effects on the ground," said BGen Christian Juneau, Commander 3rd Canadian Division/JTFW.

On July 5, more than 300 CAF soldiers were on the ground in Portage La Prairie for Operation Lentus 14-05.

The first soldiers to arrive were from the Immediate Response Unit (IRU) – an individual unit within each Canadian Army division that is designated as the first military presence during a domestic emergency. In this case, the IRU

that deployed was made up of soldiers from the 1 Royal Canadian Horse Artillery unit from CFB Shilo. Soldiers from 2nd Battalion, Princess Patricia's Canadian Light Infantry (2 PPCLI) at CFB Shilo supported the IRU troops.

The first deployment of troops assisted with sandbagging production, delivering sandbags to areas that were difficult to reach and constructing barriers to protect critical infrastructure.

The CAF presence grew to 500 on July 6. With the additional troops, Operation Lentus became a joint operation – all three environments had deployed members to provide the best level of support to

communities in Manitoba.

The second deployment of personnel came from Winnipeg. Members of the 38 Canadian Brigade Group, air personnel from 17 Wing and HMCS Chippawa Naval Reserve sailors augmented troops already on the ground with sandbagging operations.

The troops' efforts helped to save 350 homes in Fort La Reine, St Francois Xavier and Cartier. Their collaboration and teamwork meant that fortification efforts were also conducted at the Hoop and Holler Bend.

"It feels really good to see that people won't lose their homes or at least it won't be as bad," said Gunner Marie-Pier Patenaud, a deployed member of the

1 Royal Canadian Horse Artillery unit from CFB Shilo who participated in sandbagging production.

"There is a really good reaction to us being here. It feels amazing," she said.

By July 8, more than 212,700 sandbags had been produced and approximately 184,000 were delivered by CAF members, provincial authorities and volunteers to hold back the water.

"JTFW's Regular Force and Primary Reserve soldiers, sailors, airmen and airwomen, worked around the clock, in adverse conditions, slinging sandbags and fortifying dykes protecting homes and key infrastructure," said BGen Juneau.

Emergency reinforcement work conducted by the CAF along the Assiniboine River dikes between Portage La Prairie and Headingley was also critical as the river began to crest.

In the skies, four CH-146 Griffon helicopters conducted flights over the affected areas throughout the operation to provide better situational awareness of the flooding situation. At night, the helicopters used MX-15 units with infrared capability to provide con-

tinued reconnaissance of the flood diversion systems in place.

"The deployment of the Griffon supported the relief effort by providing a reconnaissance platform from which Brigadier-General Juneau, the Premier of Manitoba, Ministers and Emergency Management Officers could survey the affected areas," said Captain Benjamin Anderson, a Griffon Pilot deployed to Manitoba from 408 Squadron in Edmonton.

Once the Province of Manitoba was able to take over full flood operations, the deployed troops returned to their homes, bases and communities. Two Griffon helicopters and one CP-140 Aurora aircraft will remain in Manitoba to continue to provide surveillance capabilities until they are no longer required.

As many CAF members were deployed on Operation Lentus from units within Manitoba, the operation was a chance for them to give back locally.

"To be able to assist one's own community, to provide hope and relief to those who mean so much in one's life, is one of the greatest feelings of accomplishment a uniformed member can experience," explained BGen Juneau. "I'm extremely proud of the Canadian Armed Forces, and I wish all Manitobans my very best."



Cpl Andrew Reeve assists with sandbag recovery during Operation LENTUS in St. Francois Xavier, Manitoba on July 8, 2014.  
Sgt Bill McLeod, 17 Wing Imaging

A CH-146 Griffon helicopter investigates the flood damage by the Portage Diversion near Portage la Prairie, Manitoba during Operation LENTUS on July 7, 2014.  
Cpl Darcy Lefebvre, Canadian Forces Combat Camera



**Want to Change Your Life?**  
**Bridges Employment Program**  
Free to Eligible Women

Work toward Employment & Financial Independence  
One to One Counselling & Career Assessments  
Build Confidence & Self-Esteem

**bridges** BRIDGES FOR WOMEN SOCIETY

**Bridges WestShore Office**  
778-432-3790  
2830 Aldwynd Road, Langford  
www.bridgesforwomen.ca



Westshore Rebels Football is offering a **half price military discount** for single tickets up to a family of 4.

The National anthem and halftime show will feature the Albert Head Air Cadet 30 member Band.

The team will also be collecting donations for the food bank.

**50% off August 2**



Find help with pain & injury, PTSD, digestive issues, sleep problems, pregnancy & more

**Acupuncture**


**Free initial consultation**

Military members and veterans are covered with a doctor's referral

2349 Millstream Rd  
250-391-8811 • energyhealth.ca  
nicolegreenacupuncture.com

**energy**  
health clinic

**AUTHENTIC THAI**  
**Friday Lunch Buffet**  
• Lunch Combos • Full Dinner •



**Dine In** **Take Out**

Thai dining at its Best!

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

**We give Military Discounts**



**SAVAGE CYCLES**  
Van Island

**DUCATI TRIUMPH**  
Retailer

2956 Westshore Parkway • www.savagecycles.ca • 250-475-8885

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



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

SteveDraneHarley.Com 250-475-1345



Cpl Michael Bastien, MARPAC Imaging Services

The naval boarding party of HMCS Regina conducts tactical movement drill practice on the ship's upper deck off the coast of Africa on earlier this year during Operation Artemis.

## RCN enhances naval boarding capability

**Jamie Cook**  
MARPAC Public Affairs

The Royal Canadian Navy (RCN) is taking important steps toward tailoring its operations to confront and deter smaller, asymmetric threats with the standing up of a single dedicated unit that will provide an Advanced Naval Boarding Party (ANBP) capability.

"We are excited about the development, the stand-up of this new unit, and the unique and challenging opportunity it presents to all RCN personnel," said LCdr Wil Lund, the ANBP Capability Officer in Charge. "It represents an important milestone that will enable the RCN to combine over a decade of highly successful operational experience with the ingenuity and abilities of our own officers and sailors."

Right now, naval boarding parties are comprised of regular members from a ship's company who perform these duties in addition to their primary duty on board. Once fully operational, the new unit will deploy specialized teams

on any RCN platform operating in a high-risk environment.

Though traditional NBPs are capable of conducting basic obstructed boardings, the dynamic and evolving nature of RCN missions now calls for a new approach. The ANBP capability will allow for deployed vessels to meet the new level of risk and to provide other direct support when necessary.

With today's naval operations increasingly concerned with providing maritime security in the littoral (near-shore) environment, the need for an advanced, versatile force that can respond rapidly to threats such as pirates, drug smugglers or small, nimble fast attack craft is as salient as ever.

These operations require a highly trained team such as the ANBP. Through extensive specialized training and careful selection, the Maritime Tactical Operators from this unit will eventually employ a spectrum of advanced tactics, such as hand-to-hand combat, improvised explo-

sive device (IED) identification, close quarters battle, as well as tactical shooting and tactical questioning.

The implementation of this capability will be gradually phased in over several months, starting with the instructor training that commenced earlier this month to force generate the instructors required to train the first team. These instructors will develop an initial Enhanced Naval Boarding Party (ENBP) capability in the form of the first team of Maritime Tactical Operators. Once trained, this team will be ready to deploy, if needed, in 2015.

Utilizing the experience and lessons learned from this initial team, the unit will later develop a full ANBP capability and will be comprised of approximately 70-100 members from across the RCN, including both Regular and Reserve Force. Non-commissioned members and officers wishing to join will be put through a rigorous selection process before being invited

to challenge the Maritime Tactical Operator's course.

Selection for the Maritime Tactical Operator's course is scheduled to run from Sept. 29 until Oct. 3.

"What we'll be looking for most in candidates is that they're mature, physically fit, willing to learn and capable of making logical split-second decisions within a high-stress environment," said LCdr Lund.

On-going and highly successful operations, such as Operation Caribbe and Operation Artemis, are a testament to the evolving nature of the RCN's missions and the important work it does to support maritime security in the littoral arena.

LCdr Lund said the standing up of this unit marks an important milestone in the RCN and will be a vital asset to its future endeavours.

"The end product of the 'One Navy' concept will provide an advanced and highly flexible capability at sea that will continue to adapt to the uncertainty and risk of both present and future RCN missions."



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

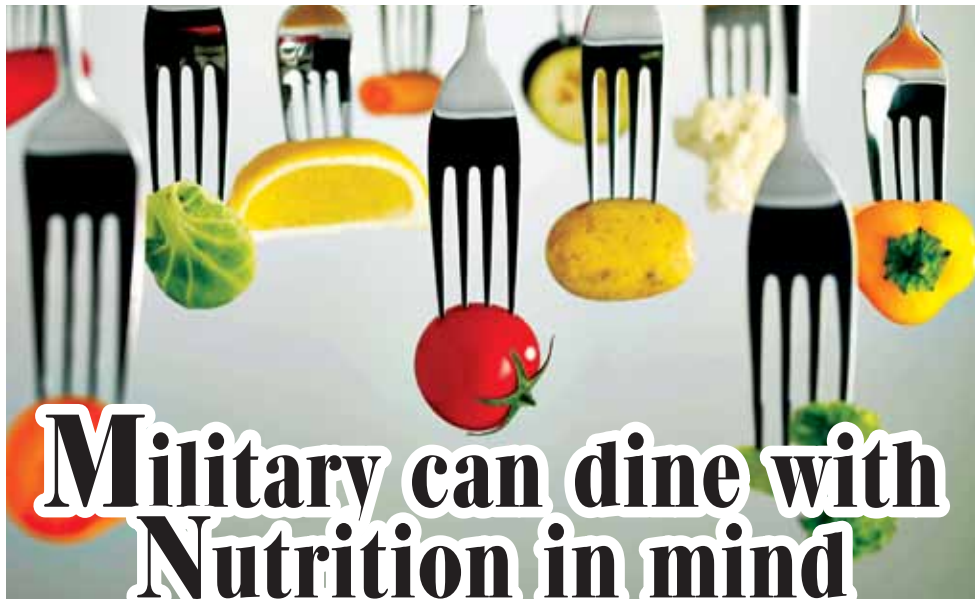
Just north of Duncan on the Island Highway



**50% OFF BC Forest Discovery Centre**

**A very special offer to all DND & Military Personnel**

For more information visit  
[www.bcfrestdiscoverycentre.com](http://www.bcfrestdiscoverycentre.com)  
or call 1-866-715-1113



# Military can dine with Nutrition in mind

## D Food Services

By now you may have noticed a change in menu options available in the base kitchens at CFB Esquimalt. Over the last few months Mat J4/D Food Svcs, in conjunction with numerous units across the Canadian Armed Forces (CAF) have been developing the National Standardized Cycle Menu (NSCM) and we are now in the midst of a 12 week trial.

This menu will eventually become the standard for all CAF nourishment in static and deployed operations. Some of the key drivers of this initiative are improving nutritional wellness, better accommodation of religious and spiritual requirements, as well as financial accountability.

By providing a variety of healthier and vegetarian options, CAF Food Services will be able to support optimal performance and the long term health of CAF members contributing to mission success.

Prior to the start of the 12 week NSCM trial there were concerns about limit-

ing choices, removing typical mess hall favourites or forcing diners to eat healthier or vegetarian choices exclusively. The trial has shown that there are ample options to choose from, the vegetarian options are very popular, the kitchen still provides old favorites and you still have a choice when you come into a CAF dining hall.

We have received an overwhelming 85 per cent positive diner feedback on the new choices being provided. This is surprising and exciting as it demonstrates that CAF members are interested in achieving and maintaining a healthier lifestyle.

Vegetarian choices have been very well received. Even if the thought of ingredients such as tofu, lentils and bulgur do not appeal to you, try the vegetarian option and you might be pleasantly surprised.

By and large, the new choices have been well received and diners are pleased. Food Services values your feedback. Choices that are proving unpopular, will be re-evaluated and either amended or removed.

As we near the end of the trial, it is crucial that we continue to receive feedback based on your dining experience. In the first week of the trial phase, we received on average 85 customer reviews from each base; however, in the second cycle we received significantly less feedback. The more feedback we get from diners, the better CAF Food Services will be able to respond and provide healthy, nutritious and appealing choices.

Your continued support in providing comments through the customer feedback forms will assist us in tailoring the menu to meet your expectations. Once the trial comes to an end, a survey will be available online or through your Smartphone so you will be able to give us your thoughts on your overall dining experience.

Thank you for your participation and feedback throughout the past few months. If you have any questions please contact Food Services and enjoy what the NSCM has to offer.

**VALHALLA PURE<sup>®</sup>**  
O U T F I T T E R S

The BEST Gear at the BEST Prices - G'teed!

Proud CANEX Supplier!

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

WANT A LOFT?

ONLY 5 LOFTS AVAILABLE

SELLER WILL PAY FOR FIRST YEAR OF STRATA FEES!

RE-LOCATION INCENTIVES AVAILABLE  
OPEN WED 4-6PM, SAT & SUN 1-4PM  
AT 2871 JACKLIN RD

utopiacondos.ca | 250-382-6636

THE CONDO GROUP  
CONDO EXPERTS  
BURR PROPERTIES LTD.

# FREEDOM LOOKS GOOD ON YOU.

Begin a new journey this summer without glasses or contacts.

Starting at **\$490** per eye\*

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

**LASIK MD**  
VISION

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.

(Left to right) Elizabeth Barret, Zoë Presby, James Boutilier, and Damian Pigeon join Cdr Gniffy, Albert Head CSTC gnome, at their mid-morning break after team-building games on July 7 at the provincial Air Cadet Summer Training Centre in Metchosin.



"The food is delicious," says Mya Swainson of Nelson as she eats her fish for lunch on July 7 at the provincial Air Cadet Summer Training Centre in Metchosin.

# Cadets converge for summer camp

A torrent of B.C. cadets took to car, bus, plane and ferry on the first Saturday of July to get to their respective summer camps.

In total, more than 3,000 teens aged 12 to 16 were on the move.

Air cadets from squadrons around Creston, Cranbrook, Kelowna and Fort St. John flew to Vancouver, joined cadets from Lower Mainland squadrons, and then boarded a bus for Albert Head Cadet Summer Training Centre (CSTC).

Another bus took air and sea cadets to Regional Gliding School Pacific and HMCS Quadra CSTC in Comox.

"With family in Vancouver and Edmonton, I am used to long road trips," said Sgt Cory Cunningham, a senior cadet from 396 Squadron in Prince George, who has spent each of his past six summers at Albert Head CSTC. "For my first time away with Cadets, it was exciting - no parents for two weeks, and a road trip with my friends. On the ferry over to Vancouver Island, I immediately spent

my \$20 emergency fund at the arcade," he added with a grin.

Cadets from Terrace and Nelson had the longest journey, leaving the night before to catch their bus to the island.

Zoë Presby of Terrace, 14, didn't sleep before catching her 1 a.m. bus, and - although she checked the list of items to bring more than once - still had her father make runs home to collect forgotten items.

Some of the Terrace teens weren't so organized. Damian Pigeon realized he forgot his favourite runners soon after his bus left Terrace, and is now wearing footwear borrowed from a friend. But he has maintained a positive attitude despite his misfortune.

"Camp is more than I expected; lots of cool programming," he said of the scheduled activities, which included flying, swimming, and an introduction to survival training.

Soon after they finished their administration, the cadets were sent to their barracks to get some rest.

"I had a great sleep Saturday night,"

said Elizabeth Barret of Terrace. "On Sunday afternoon, I even got to have a nap."

Cory, Zoë, Damian, and Elizabeth are just four of the 140 cadets at Albert Head for the two-week General Training Course, which exposes cadets to summer training opportunities to help them plan their future goals in the Cadet Program.

"Congratulations and thanks to all those who worked so hard to ensure the safe arrival of Cadets from across British Columbia and beyond to our summer camps," said RAdm Bill Truelove, Regional Commander of the more than 7,000 air, sea and army cadets in B.C. "This reflects an incredible amount of work and strong leadership from across the Cadet organization within B.C., and is reflective of the strong partnership that exists between the Cadet units, Leagues, parents, volunteers and so many more - all focused on ensuring a safe, successful and enjoyable experience for the Cadets - Bravo Zulu."



**AFFORDABLE OFF BASE LIVING!**

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

**ASK ABOUT OUR MOVE IN DISCOUNT!**

**250.381.5084 CAPRENT.COM**












an  
ilet  
cial  
in

Nine Terrace air cadets upon arrival at Albert Head Air Cadet Summer Training Centre on July 5 in Metchosin. Photos by Sam Collins, senior cadet



Six Nelson air cadets upon their arrival at Albert Head Air Cadet Summer Training Centre, Metchosin on July 5.



"The bus ride was long, but it's worth it to be here," said Levi Vanderploeg of Terrace.

**CarFinder**  
Let us do the searching for you.

[Click Here](#)  
For More Information

Shop from home! Use our website to find exactly what you want.

Victoria: 250-382-6122 | Sales: 1-866-433-6289  
2735 Douglas Street | Service: 1-888-587-3611  
Victoria, BC V8T 4M4 | Parts: 1-888-584-7608

**VOLVO** Open Monday-Saturday  
8:30 - 6:00, closed Sundays

We thank the local base for their support and want to show the Royal Canadian Forces our appreciation by offering this \$1,000 gift certificate.

Redeemable at: **Jim Pattison Volvo of Victoria**  
\*Redeemable towards new or used vehicle purchase only - for a limited time. No cash value.

**Gift Certificate:** In the amount of **\$1,000.00**

Victoria's brand new dealership has the **LARGEST SELECTION of NEW AND USED VOLVOS** for sale.

View Over 1000 **Used Vehicles** For Sale

**Jim Pattison auto group**

**VOLVO WAGONS ON SALE**

STARTING AT JUST **\$7,888** CALL US NOW **1-866-433-6289**

Welcome to **Jim Pattison Volvo of Victoria**

[Click Here](#) For More Information

**Jim Pattison Volvo of Victoria**

**volvovictoria.com**  
**1-866-433-6289**

# Fun Fact

## Forecastle

The pronunciation for this word is fo'ksul. It's the forward part of the main deck and derives its name from the days of Viking galleys. Wooden castles were built on the forward and after parts of the main deck from which the men would shoot arrows and throw spears, rocks, etc.

# Naval and Military Museum salutes Canada's submarine service centenary

**A/Slt Kia BPAO**

2014 is an important year for Canada's submarine service. It represents the 100th anniversary of the first sub-surface ships to defend our coasts. To mark this important occasion, CFB Esquimalt's Naval and Military Museum staff have completed a new design for their submarine gallery.

The installation of the display was started in early July 2014, and will be officially opened for viewing on Aug. 8 at 1:30 p.m. by Capt(N) Luc Cassivi. Service members and the public are encouraged to attend the opening, and celebrate this important date in naval history.

The museum has put considerable resources, research and effort into creating the new display.

Previously, the museum's space devoted to the sub-

marine service was limited. To highlight the 2014 centenary, an entire room has been devoted to a permanent exhibit with models, plaques, artifacts and televised information.

Included in the new display is a beautiful model of Second World War submarine, HMCS Rainbow (SS75), built and donated by Ryan Cameron, a fire fighter with the City of Vancouver. His donation to the display was gratefully accepted on behalf of the museum by the Museum Exhibit Designer, Clare Sharpe.

A special temporary display of submarine related artifacts will be shown in a separate room until the end of the calendar year. These were generously loaned from private collector and former submariner, PO1 (Ret'd) George Cruickshank. He currently runs his own small muse-

um called The Battle of the Atlantic Museum, outside of Duncan.

"I served two years on SS75 HMCS Rainbow. I felt it appropriate to help celebrate the 'band of brothers' that make up Canada's submariner community. That's why I loaned my articles," said Cruickshank, who served in the Royal Canadian Navy for 35 years and spent four of them on board submarines.

The public and serving members are welcome to visit the museum from 10 a.m. to 3:30 p.m. Monday to Friday. The cost of a visit is a small donation. To find their location, follow the blue lines from Naden's main gate to Building N37, or look them up on Facebook: [www.facebook.com/navalandmilitarymuseum](http://www.facebook.com/navalandmilitarymuseum)

They also have their own web page at: [www.navalandmilitarymuseum.org](http://www.navalandmilitarymuseum.org)



**Left to right:** John Webber, a volunteer with The Battle of the Atlantic Museum in Duncan, and PO1 Todd Hinks prepare the submarine display at CFB Esquimalt's Naval and Military Museum.

## WESTSHORE U-LOCK MINI STORAGE

**MILITARY DISCOUNT OFFERED**



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

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

1621 Island Highway, 250-478-8767

Toll Free: 1-888-842-7111

Phone: 250-383-7111



**Local - Reliable - Safe**

2925 DOUGLAS STREET VICTORIA, BC V8T 4M8

Also serving the WESTSHORE COMMUNITY [www.westwindtaxi.com](http://www.westwindtaxi.com) • 250.474.4747

Host to the 2014 PGA Tour CDN Qualifier

**"WALK the Isle" Stay & Play**

Includes golf for two "walking" and one night in a deluxe fairway room.

Prefer to ride? Add \$30 per cart. See our website for more details.

From **\$132<sup>00</sup>** pp/dble. occ.

**Crown Isle** RESORT & GOLF COMMUNITY

*Come for a tee time, stay for a lifetime!*

[www.CrownIsle.com](http://www.CrownIsle.com)  
399 CLUBHOUSE DR., COURTENAY  
Toll Free: 1-888-338-8439

See us for all your Car Care Needs!

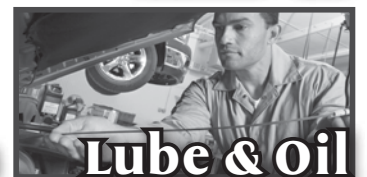
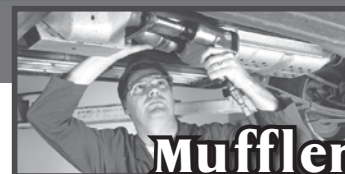
# Fountain Tire

**TRUST. FOUNTAIN TIRE**

**CANEX FINANCING AVAILABLE**

**10% Military Discount**

**Now servicing commercial trucks!**



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

# Former military cook finds solace in writing poetry

**Shawn O'Hara**  
Staff Writer

With only a few lines, a poet can evoke feelings of unrestrained love, heart-wrenching beauty, or crushing sadness.

For LS (Ret'd) Cora Dash, poetry is a method of coping, one she initially used following the death of her mother in 2010.

"I was trying to think of what to write for her eulogy, and it all just started pouring out of me," says the 48-year-old Chemainus resident. "I didn't know I'd enjoy poetry as much as I did. It allowed me to get a lot of thoughts and feelings out. It was very cathartic."

Dash's topics include the death of her mother, the idea of family, her years living on the streets of Vancouver as a teenager, and her 20 years of service as a military cook.

It was this last topic that led to her pen "The War Within", a poem that deals with the reality of Post-Traumatic Stress Disorder, mental illness, and the stress which goes hand in hand with military service.

"Spending that long working alongside so many different kinds of military personnel, and dealing with mental illness yourself can make military life difficult," she says. "I wanted to write this poem to

maybe help people see the topic of mental illness a different way, and let people know a lot of serving or retired personnel may be dealing with a lot more than someone might think."

The poem itself was written in a moment of inspiration, the words flowing out of Dash in only five minutes.

"I just let it come out and before I knew it was done," she says. "A few minutes of editing and it was a finished product."

Her main source of inspiration came from a six month period spent aboard *HMCS Ottawa* in the Gulf of Oman just weeks after the Sept. 11 terrorist attacks. During this time, she experienced the tension of a new conflict environment.

"It was tough. Everyone was on edge since we were in a new and potentially dangerous environment," she says. "Spending six months on the edge of your seat can really jangle your nerves and bring up bad feelings, reminding you of bad times in your past. It changes you mentally and that's what I wanted to evoke with 'The War Within'."

While she only writes her poetry for personal use, she hopes to distribute some of it to the military community.

"I know what people have been through, and hopefully with my poetry I'll be able to help some of them" she says.

## War Within

Day comes so does the war within.

Life goes on but the war within will stop it.

Sounds, lights, weather are parts of the war within.

I am on pins and needles most of the day because of the war within.

Sleep is the hardest because the war within comes to visit.

Dreams are real. The guns go off.

You hear the cries of your friends in the war within

Wake up; sweat pours down your face the war within

I pace the floor too scared to sleep the war within.

I had a respectable job—it's gone because of the war within.

I had great friends till the war within.

Nearby is help; societies want to support you but the war within goes on.

When will the feelings go away from the war within?

I live each day and pray that it will not come, the war within

It is your own war; it comes and goes the war within

When will it stop, the war within?

The war within is what I live with every day

and one day the war within may go away.

Until then I live with the war within.

Written by Cora Dash



**FORMATION Fun Day**  
A fall festival of friendly fun for everyone!  
NADEN NOON TIL 4PM  
SEPT. 20, 2014



**THE VERY BEST IN DOG & CAT SERVICES**  
**Your Pet Pals**  
250-360-1322  
10% Military Discount  
info@yourpetpals.com  
www.healthy-pets.ca  
Pet Foods, Resources Products and More...  
Near Base! Aldersmith Pl.  
Nelson Square - Just off of Admirals Road  
OPEN 7 DAYS PER WEEK



**TRACKSIDE AUTO SERVICE LTD.**  
A FULL SERVICE AUTO REPAIR FACILITY  
Winner of the "2010 BEST SERVICE AWARD" from Esquimalt Chamber of Commerce  
B.C. GOVERNMENT DESIGNATED INSPECTION FACILITY  
Castrol  
HANKOOK  
WALKER  
Ask about BG Protection Plan\*  
Where Dependability and Trust are a Priority...  
\*under 80,000 km  
784 Fairview Rd. • 250-383-5509 • tracksideautoservice.ca



**POST your property for 6 months for ONLY \$675.00!** (includes a website)  
**STOP** Paying HUGE Listing Commission  
Sell your home privately but still use the power of our listing system to find a buyer.  
**FF4M Property Postings Inc.**  
Licensed Real Estate Brokerage Operating throughout BC  
**250.382.2885**



**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  
**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  
Military Grievances • Veterans Pensions • Personal Injury Summary Trials • Courts Martial • Appeals • Criminal Law  
Call 250.478.1731  
info@DinningHunter.com www.DinningHunter.com





MS Louis Beaudet is promoted to Petty Officer Second Class by Cdr Wilson, Lt(N) Bobby Gilpin and CPO2 Jason Kitt.



PO2 Marc Buzzi receives his first clasp to the Canadian Forces Decoration from Cdr Wilson, CPO2 Frederic Torres and PO1 Justin Campbell.



PO2 Mathieu Cotnoir receives his Canadian Forces Decoration from Cdr Wilson, Lt(N) Nicolas Vergult and CPO2 Dean Ganttner.



MS Brian Nicol is promoted to Petty Officer Second Class by Cdr Wilson, Lt(N) Jeff Smith, CPO2 Mark Chambers and PO1 Brian Whitman.



SLt Ellie Aminaie receives her Bridge Watchkeeping certificate from Cdr Wilson.



A/SLt Tony Greenwood is promoted to Sub-Lieutenant by Cdr Wilson, LCdr Joshua Yanchus and Lt(N) Jeff Smith.



SLt Sonja Maul-Wilson receives her Bridge Watchkeeping certificate from Cdr John Wilson.



WO April Levigne receives her Canadian Forces Decoration from Cdr John Wilson and Lt(N) Jason Stewart.

## New leader at Base Logistics



Shawn O'Hara, Lookout

Cdr Trish Roberts (left) hands over command of Base Logistics to Cdr Nord Mensah (right), as Capt(N) Luc Cassivi presides over the July 17 Change of Command Ceremony.

## Baines new CO for Atlantic Fleet



Cpl Chris Ringius, Formation Imaging Services Halifax

Cmdre Scott E.G. Bishop (left), relinquished command of Canadian Fleet Atlantic to Cmdre Craig Baines (right). RAdm John Newton (centre), Commander Joint Task Force Atlantic (JTFA) and Maritime Force Atlantic (MARLANT), oversaw the Change of Command ceremony held on HMCS Iroquois July 11.

## Personnel Coordination Centre



MS Rajotte receives the award of Areobic Achievement for 6,000 units from Cdr Alistair Harrigan.



LS Douglass is appointed to Master Seaman by Cdr Harrigan (left) and CPO2 James Griffin.

## HMCS Protecteur



LS Granholm received his certificate for QL4 completion from HMCS Protecteur Commanding Officer Cdr Julian Elbourne.



LCdr Stephane Beaudoin received his new rank from Cdr Elbourne



OS Parkinson received her certificate for QL4 completion from Cdr Elbourne.



OS Waller received his certificate for QL4 completion from Cdr Elbourne.

# 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**

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.

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.

**APPLIANCES**

**WESTCOAST APPLIANCE CENTRE LTD.**  
**LARGEST SELECTION GREAT PRICES**  
 • Reconditioned • New • Builder • In Home Services  
 MILITARY DISCOUNT OFFERED  
 Corner of Gorge Rd East & Jutland • 382-0242

**MISC. FOR SALE**

GUARANTEED TIRES FROM \$10.00. WE SELL New and Used Tires. Full service auto repairs. 1 -798 Fair View at Ellery. Proud members of the Military Discount program. 778-440-8473 Open M-F 9-5 Sat 10-4 citydis-counttires.ca.

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. \$5900 or open to offers email: willnesling@shaw.ca Call: 250-598-8807.

**MOTORCYCLES**

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

**RELIGIOUS**

O most beautiful flower of Mount Carmel, fruitful vine, splendor of heaven, blessed mother of the son of God, immaculate virgin, assist me in my necessity. O Star of the Sea, help me and show me that you are my mother, O, Holy Mary Mother of God, Queen of heaven and earth, I humbly beseech you from the bottom of my heart to help me in my necessity. (Make your request.) There are none that can withstand your power. "O Mary conceived without sin, pray for us who have recourse to you." (Three times.) "Holy Mary place this prayer in your hands." Say this prayer three consecutive days and then publish it and it will be granted you. JK

Lookout Classifieds Work. 363-3014

**REAL ESTATE • FOR RENT**

AVAILABLE NOW - Beautiful ground level, fully furnished 1 bdrm executive suite in Rockheights just minutes from CFB Esquimalt and downtown Victoria. 1100sqft incl private entry, in-suite laundry, w/b fireplace, 5 appliances w/ private yard. N/S N/P \$1500/month call: 250-920-5007 pictures @ http://victoria.en.craigslist.ca / apa/4537722884.html.

NEWLY BUILT 2 bdrm suite, located 5 min from DT. Great access to all bus routes, highways & CFB Esq. 950sq.ft w/lots of storage and parking spot! Separate entrance, washer/dryer, full kitchen w/ dishwasher, large bathroom w/ tub and shower. Includes: internet, cable, personal phone line, hot water. Separate hydro meter. NP. Email: deekaylee@gmail.com AVAIL 1 AUGUST \$1500/mth for this natural, bright suite.

1 Bdrm w/ patio near Work Point. New kitchen w/DW. Available 1 August. \$900/month inclusive! Call: 250-384-6298 for more info. NS/NP.

Furnished 1 bdrm cottage close to Sooke Village Centre. Well equipped kitchen, fireplace, TV/ DVD/VCR, ensuite bath w/ jet tub, patio w/BBQ, priv parking, close to bus route. \$1250/mth incl all utils, cable, wifi. Suitable for professional couple or single. NS/NP. 3 month min rental. Call 250-642-3041.

**NEED TO CLEAN OUT THE CLOSET?**  
 Advertise your quality used items in the classifieds  
 Call 250-363-3014

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](http://www.eyproperties.com)

Military Discount Tenant Referral Program

**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.

**! 10% ! Military Discount**  
 CANADIAN FORCES  
 You are most welcome AT THE

**ROSALAMA**  
 841 ESQUIMALT ROAD

**SUNSET MANOR**  
 801 ESQUIMALT ROAD

**BACHELOR APARTMENTS TO 3 bedroom SUITES**  
 2 Bdrm plus den

Larlyn Property Management Ltd. **250-217-1969** [www.larlyn.com](http://www.larlyn.com)

**1239 PARK TERRACE**  
 2 Bdrm, \$895  
 heat, hot water, parking included, quiet adult building,  
 Call resident manager  
**250-888-1212**

**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

**3 BR UPDATED APARTMENT**

AVAILABLE AUG. 1ST

Enjoy morning coffee on your deck overlooking the gorge, watching boats sail by. New carpets.  
 Nancy 250-857-8288 [nancyk.atc@gmail.com](mailto:nancyk.atc@gmail.com)

**Devon PROPERTIES LTD.** No Pets allowed in any building  
[www.devonprop.com](http://www.devonprop.com)  
**LARGE SUITES**  
**924 Esquimalt Rd.**  
 Skyline Condo – Top Floor, Corner  
 1Bed plus Den (1.5 bathrooms)  
 \$1525/month  
 250-595-7000

**404 Dundas**  
 1 BDRM from \$755  
 250-812-5234

**1180 Colville**  
 2 BDRM from \$895 Avail Now  
 250-360-1983

**Base Library Catalogue Online**  
<http://library.esquimalt.mil.ca>  
 Unfortunately, holds cannot be processed online at this time. If an item you want to borrow is out, call 363-4095 or email [irwin.sl@forces.gc.ca](mailto:irwin.sl@forces.gc.ca) to place a hold.

Take advantage of the many advertising opportunities available at Canadian Forces Base Esquimalt.

Ivan Groth Sales  
 Serving clients for over 14 years!  
**Customer Service Specialist**

For more information on any of our products or to book an ad in the Lookout Newspaper contact Ivan Groth 250-363-3133 [ivan.groth@forces.gc.ca](mailto:ivan.groth@forces.gc.ca) [www.lookoutnewspaper.com](http://www.lookoutnewspaper.com)

**See it ALL ONLINE**

LOOKOUT

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

Bring ATTENTION to your business  
 Advertise: 363-3014

Join the conversation

Lookout\_news  
 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 11 a.m.

## Call 363-3014 to book your display or word ad

**REAL ESTATE • FOR SALE**

**R**

**SERVICES OFFERED**

EXCELLENT STARTER HOME built in 1981 moments to town & shopping. 1400 sqft home features wood & carpet floors, new windows, 3 bdrms up plus den area with adjacent south facing deck & attached garage w/ bonus storage area above. 1/2 duplex garage with bonus storage area above. 1/2 Duplex \$335,000 704 Stancombe Pl. Call: 250-479-1413.

DETACHED and QUITE 3 or 4-bed, 4 bath family home on 3 floors. Royal Roads University and Galloping Goose Trail are right there. Just \$409,900! Colin Moorman, Duttons & Co. 250-383-7100 MLS 339005



**Sell your home in the Lookout**

**Call 363-3014 to advertise**

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

## Beautiful & Convenient



**\$509,900**

**Pick the finishing**  
Free hold lots - NO STRATA  
Corner of Selwyn & Mill Hill Rd.  
Beautifully landscaped & fully fenced for privacy

**Keith Ferguson**  
250-744-3301  
victoriahomesforsale.com



## Make the most of life on the island.



**Stay fit with the Activity Guide.**

Available at all PSP and MFRC outlets

VictoriaPropertySpecialists.com \$559,900



Listing ID: 337469

**Wonderful family home plus a 2 bedroom mortgage helper!**

Nicely maintained home on cul-de-sac in the Parklands area. 6 Bedrooms, wood floors, heat pump, newer roof, lovely private yard. Details on website.

**Ronan O'Sullivan**  
RE/MAX Camosun  
4440 Chatterton Way  
250-744-3301

## Unique Opportunity

15 minutes to the base, lots of potential for equity increase if you are handy! Garage, Workshop, character 1/2 duplex. Private, quiet setting, perfect for relocating family, lots of room for pets & children.



**\$319,900**



**CALL DIRECT 250-213-7444**  
**Shelly Reed**  
I listen and I care!  
For open house & photos:  
www.shellyreed.com



## VOLUNTEER

The Self-Transcendence Triathlon is now enlisting volunteers for Sunday 3 August for the Run Route, On Site and Cycle Route as Marshalls and Water table helpers. All volunteers receive a GOODIE BAG including a FREE T-SHIRT and FULL BRUNCH on site! Please call: 250-592-6211 or email: narmadagat1@gmail.com for more info.

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 Nancy @ volunteer@habitatvictoria.com or 250-480-7688 ext. 105.

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

## We need MEN for MENToring.

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

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

**Big Brothers Big Sisters**  
www.bbbsvictoria.com

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.

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.

## 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

Affordable Cleaning Service! 3 bedroom \$90 SPECIAL! We do it all for prices that cannot be beat! Email: kingscleaning06@yahoo.com or Call: 706-944-0231 or 423-991-4015

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

**outshine salon & spa**

**10% MILITARY DISCOUNT**

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

Phone: 250-383-5598 • 8808 Esquimalt Rd (at Head Street)

## TLC Massage & Wellness

Conscious Touch  
Relaxation Massage

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

**The SELF-STORAGE PLACE**

242 Mary St. Victoria  
250-386-4144  
Fax: 250-381-3904

**STORAGE NEAR BASE!**

**MILITARY DISCOUNT**  
Ask about price reduction on indoor parking spaces

[www.theseelfstorageplace.com](http://www.theseelfstorageplace.com)  
theseelfstorageplace@shaw.ca

## 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**  
[dirtygirlzbikeclub.ca](http://dirtygirlzbikeclub.ca)

**Better the 2nd time around!**

**PITCH-IN CANADA**  
[www.pitch-in.ca](http://www.pitch-in.ca)

**RESULTS PREDICTED!**  
with Classified Word Ads  
DND 25 words or less \$9.70  
Civilian 20 words or less \$11.09

**363-3014** DEADLINE Thurs. 11am

**WEST COAST SuperStorage**  
STORAGE & MOBILE STORAGE  
250-642-5551

**DRIVE A LITTLE, SAVE A LOT**

**Victoria's most affordable storage**

Storage at the lowest prices  
**Storage units starting at \$49.95**  
Door to Door Mobile Storage  
RV, Boat & Vehicle Storage \$45/mo.

**westcoastsuperstorage.com**

3220 Otter Point Road, Sooke  
westcoastsuperstorage@gmail.com

twitter.com/Lookout\_news  
[www.facebook.com/lookout.newspaper](http://www.facebook.com/lookout.newspaper)



Veteran Marina Libro receives assistance from teammates on a steep climb June 28.

# CFB Esquimalt airman rides from Ottawa to Capitol Hill for wounded vets

**Shawn O'Hara**  
Staff Writer

For dedicated athlete and Royal Canadian Air Force (RCAF) member Sgt Dan Bodden, no distance is too great when it comes to helping wounded veterans.

The Joint Rescue Coordination Centre (JRCC) Assistant Air Controller recently returned from the inaugural Can/Am Veteran's Challenge, a 1,200km 18-day bicycle ride that took 16 wounded Canadian, American, and Danish military veterans, as well as nine civilian riders, from the Parliament Buildings in Ottawa, ON, all the way to Capital Hill in Washington, D.C.

The ride was conceived by non-profit organization World TEAM Sports as a way to show injured veterans, as well as the civilian population, that being injured or disabled doesn't mean you stop being active.

"The team I was riding with came from all walks of life, all different parts of Canada and the U.S., as well as a few riders from around the world, and they all showed the same fierce spirit," says Sgt Bodden. "It was a very inspiring experience. They showed me that getting on with your life is as much as part of rehabilitation as any surgery or medicine."

When it comes to going the distance for wounded veterans Sgt Bodden is no slouch.

Just this past February, he co-founded the Wounded Warriors Run BC and his team ran from Port Hardy to Victoria.

"As a member of the Canadian Armed Forces (CAF) it's my duty to aid and support my fellow service men and women any way I can," he says. "When I heard there was an opening for the Veteran's Challenge there was no way I would pass it up."

His dedication went as far as physically helping a fellow cyclist during the Can/Am ride.

During the journey Sgt Bodden rode alongside US Army Master-Sergeant (Ret'd) Marina Libro, who was riding a recumbent bicycle. On the steeper, steadier climbs Libro got an extra push with the "barber pole" – a seven foot red-white-and-blue pole, which Sgt Bodden would hold to push Libro ahead of him.

"It was just about being a team. If I ever got tired pushing Libro, someone would come and push me, and someone would come and push them. All of a sudden there are four or five riders in a row helping each other up the hill," he says. "We really were a team. When you're riding that far you need people you can depend on."

As the team made its way through Ontario, New York State, Pennsylvania,

Maryland, and Virginia, Sgt Bodden says the American people came out in droves.

"Once people heard what we were doing it became a thing," he says. "We drew a crowd everywhere we went and people were very quick to buy us extra food or donate a few dollars to World TEAM Sports. They were all so kind."

Upon reaching Capitol Hill Sgt Bodden and the team were welcomed to the Canadian Embassy by Canadian Ambassador Gary Doer and treated to a sweeping view of the city from the embassy's top floor.

"It was a really great end to a very inspiring trip," he says. "I wouldn't hesitate to do it again. I'm always glad to lend a helping hand where I can."

More information on World TEAM Sports and the Can/AM Veteran's Challenge can be found at [canamveterans.org](http://canamveterans.org).

**Make a difference**  
in the lives of girls

**Volunteer**  
1-800-565-8111  
[girlguides.ca](http://girlguides.ca)

Girl Guides of Canada / Guides du Canada

TEARS & EVENTS

MAKE YOUR OWN CUSTOMIZED DOGTAGS

**MYDOGTAG.COM**

PROPERTY OF A SOLDIER

**JCPD Photography**  
David Couture

[jcpdphotography@shaw.ca](mailto:jcpdphotography@shaw.ca)

[jcpdphotography.shawwebsitespace.ca](http://jcpdphotography.shawwebsitespace.ca)  
[www.facebook.com/jcpdphotography](http://www.facebook.com/jcpdphotography)  
DC of Lens and Lather

250-382-2473

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

**HARDWOOD FLOOR SANDING  
REFINISHING & INSTALLATIONS**

- Eco-friendly Finishes
- Dustless Sanding System
- Installations

**FREE ESTIMATES**

250.880.0926 • [www.doublenfloors.ca](http://www.doublenfloors.ca)

**BROWN'S**  
*The Florist*  
Since 1912

**Our Third Location is NOW OPEN!**

Located at 2972 Jacklin Road  
by Starbucks Drive-thru and Whitespot

**Downtown**  
250-388-5545

**Sidney**  
250-656-3313

**Westshore**  
778.433.5399

[brownsflorist.com](http://brownsflorist.com)  
Military Discount

**We salute our Men & Women in uniform**

**103.1 JACK fm**  
Playing whatever! Whenever!  
[1031JACKFM.CA](http://1031JACKFM.CA)

**VIVA JACK VEGAS**

**GOLDEN NUGGET**  
LAS VEGAS

**WESTJET**  
vacations