

Volume 60 Number 25 | June 22, 2015



# LOOKOUT

MARPAC NEWS CFB Esquimalt, Victoria, B.C.

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Linda Clark



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MS Jennifer Sheffar got a last hug from her daughter last Monday before embarking HMCS Winnipeg and heading out on a long deployment.

Read the full story on page 3

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# Man of Steele says farewell

**Peter Mallett**  
Staff Writer

Businessman and philanthropist Cedric Steele has been involved with countless charities and community groups over his life, but says his role as Honorary Captain (Navy) stands out as a great achievement.

Last Thursday, the 71-year-old honorary sailor bade farewell to his position, retiring after 18 years donning the officer uniform, (although his official retirement is December 2015).

"My job was to build a bridge between the community, the navy and the Canadian Forces," says Steele. "I think that bridge is secure, but it will always need polishing and upgrading, and I will always be there to continue with that job."

The successful real estate entrepreneur - originally from South Africa - has been instrumental in raising the navy profile in Victoria for over two decades.

His most visible legacies are the Homecoming Statue in Victoria's Inner Harbour as part of the Royal Canadian Navy's 100th anniversary celebrations in 2010, and the two highway signs that read: Welcome to Victoria, home of Canada's Pacific Fleet.

"At the end of the day it is the community that bought into the idea of supporting the navy," he says. "So many people were there to help; I was just the messenger."

He also championed bringing American aircraft carriers to the island as a way to boost Victoria's tourism economy and raise the profile of our American ally to Victorians. This earned him the U.S. Navy and Marine Corp Achievement Medal in 1999, and Gold Star in lieu of a second achievement medal in 2000 for his work with the aircraft carriers USS John C. Stennis and USS Abraham Lincoln.

His relationship with the Canadian military developed while serving as president of the Greater Victoria Chamber of Commerce in the early 1990s.

"I was invited to be part of the CFLC (Canadian Forces Liaison Committee), and help them encourage employers to give reservists time off," he says.

He was then invited to sail in *HMCS Regina* during its trip to Vietnam.

"All of it was at my own expense. This was my first real experience with the navy. I flew to Hong Kong and joined the ship. We were the first warship into Vietnam since the Americans left in 1976. There was quite a big to do at Ho Chi Min city," he recalls. "So I left with the impression that these navy people were pretty incredible. When I came back to Canada I thought how else could I help the navy."

When offered the Honorary Captain position, Steele accepted without hesitation.

"Throughout my 18 years, the objective was to show local people and Canadians the capabilities of the Royal Canadian Navy," he says. "At the end of the day, whatever credit I get is not mine; it belongs to the community because of the support from people who loved the idea of being involved. I was just the facilitator."

His Thursday farewell, held at the Wardroom, went beyond the normal depart with dignity function. Steele opted for a more humour-filled event, offering himself up for a roast.

"I wanted to keep things funny and light," says Steele. "I knew they were going to tell the stories about the mistakes I made and my physical shortcomings and I insisted upon it. I didn't want the serious stuff."

With his naval uniform hanging in his closet, and his rack of medals, including the Canadian Forces Decoration and the Meritorious Service Medal, tucked away, Steele now turns to his attention to retirement.

He announced recently that Prospect Lake Golf Course, which he owns, will close at the end of this year. He won't be selling the property though; in his true philanthropist style, he plans to make the facility available to special needs children.

As time progresses, his affiliation with the navy will dissipate, but it will never end.

"I will always have time for the navy," he says. "I will take every phone call. If they need me to work on a project for them, I will be there."

*"I am greatly impressed by the men and women of Canadian Forces, and especially their spouses and partners who keep the home fires burning while their loved ones are on deployment. I have learned an enormous amount from the people that I have met, they truly believe in 'mission before self'."*

- Cedric Steele



A look back...

MCpl Dan Mallette, CFB Esquimalt Imaging Services  
Honorary Captains(Navy) Wilson Knott and Cedric Steele aboard Orca vessel Wolfe in 2008.



CFB Esquimalt Imaging  
HCapt(N) Steele dances with RAdm Forcier's granddaughter during a reception at the Admiral's residence July 2004.



Cpl Charles A. Stephen, MARPAC Imaging ©2011  
HCapt(N) Steele climbs a ladder between decks of HMCS Victoria during a tour May 2011.



Ed Dixon, CFB Esquimalt Imaging Services  
HCapt(N) Cedric Steele had the opportunity to meet His Royal Highness, The Prince of Wales at the reception during the Royal visit to CFB Esquimalt in 2009.



# Safe travels HMCS Winnipeg

**Peter Mallett**  
Staff writer

Last Monday, tears, embraces, and heartfelt good-byes were exchanged between the crewmembers of *HMCS Winnipeg* and their family and friends.

Shortly after 10 a.m. the brow was removed and the lines hauled in as the warship set sail for a deployment that could last up to nine months.

Before plotting a course for the Mediterranean Sea where it will join Operation Reassurance, *Winnipeg* and crew will take part in Operation Caribe, a multinational effort to combat drug trafficking in the Caribbean Sea and east-

ern Pacific Ocean.

Prior to leaving Esquimalt, Commodore Bob Auchterlonie, Commander Canadian Fleet Pacific, addressed the crew.

"The level of support you are seeing right now will stay with you as you travel throughout the globe," he said. "You have an absolutely tremendous opportunity ahead of you. Many of you joined the navy to see the world and you are going to be doing that over the next eight months."

*Winnipeg's* Commanding Officer, Cdr Pascal Belhumeur praised the crew for its diligence and determination in preparing for a

mission that comes with a great deal of responsibility.

"My pledge to the families is I am going to take care of the people while we are deployed," he said. "Operation Reassurance is NATO's response to Russian aggression in the eastern Ukraine and it's important for us to show that Canada takes collective defence of NATO seriously, and to also show our NATO partners, who feel threatened by aggression, that we are committed to the mission."

*Winnipeg* will replace *HMCS Fredericton*, which is nearing the end of its deployment in the Mediterranean.

After leaving CFB Esquimalt, *Winnipeg* sailed past Clover Point off Dallas Road in Victoria where members of the public waved goodbye to the crew before they headed out into the great expanse of the Pacific to begin their mission.

Photos by:  
LS Ogle Henry, MARPAC Imaging Services  
LS Zachariah Stopa, MARPAC Imaging Services  
Rachel Lallouz, Lookout



The crew of HMCS Winnipeg said goodbye to their families last Monday prior to departing for Operation Reassurance.



# matters of OPINION

## WHO WE ARE

### MANAGING EDITOR

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

### STAFF WRITERS

Rachel Lallouz 250-363-3672  
rachel.lallouz@forces.gc.ca

Peter Mallett 250-363-3130  
peter.mallett@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 ADVISOR

Sara Helmecci 250-363-7060

Published each Monday, under the authority of Capt(N) Steve Waddell, Base Commander.

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

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

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Circulation - 4,000  
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

Web: www.lookoutnewspaper.com

Fax: 250-363-3015

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## WHAT SAY YOU

### People Talk

While at the 14th annual Formation Appreciation Barbecue, Lookout asked: *What is your fondest childhood memory of summer?*



We did a family trip every summer to Canada's Wonderland. But it wasn't just an excursion; we stayed there the whole day, from 10 a.m. until 10 p.m. at night. It was a full day and we did as many rides as we could.

CPO1 Colin Winkler  
Base Foods



My parents were originally from New Brunswick, so every year for about 20 years our family would have a cross-country road trip from our home in Prince George, B.C. It took us about five days to do the trip to the Maritimes, and we would stop along the way at a different camp sites every night.

Linda Sullivan  
Formation Chaplain



All the great hunting and fishing trips where we would camp outside under the stars all week in the back country in Quebec. My greatest summertime memories for me were all about spending time in the great outdoors with my friends.

PO2 Pierre-Luc Potvin  
HMCS Regina



When my family lived on the mainland in Chilliwack. We would travel to Tofino every summer, and my friends and I would play in the waves no matter what the weather. We would have our boots and sometimes our coats on, and they would be completely filled with sand, but we didn't care because it was so much fun.

Samantha Patterson  
FMF CB



I spent many summers at the beach in Grand Bend, Ontario, on the banks of Lake Huron. Heading to the beach on a hot summer day and letting my troubles melt away. Eat 'till your full, lie back and sleep if you're tired, run around and play games in the sand as if you didn't have a care in the world.

Cdr Wes Golden  
Base Administration Officer

## WHAT SAY WE

### Winners in more ways than one

2015 May Health and Wellness Challenge prize winners are:

#### A/SLt James Lee, HMCS York

Prize: Obus form backpack, yoga mat, \$50 gift card to the Cactus Club and Android Tablet.

My unit is HMCS York which is a Naval Reserve Unit located in Toronto, ON. However, I am currently at NOTC until the end of August to complete my MARS III training. I am a full time business student back home in Toronto.

When it is not final exam period, I try to go to the gym on a regular basis because I believe staying physically active helps me think better and strengthens my mental health.

What I absolutely loved about the challenge was the social wellness section. In my opinion, we are too exposed to and dependent on social media these days. We forget to actually interact with our friends in person. During the challenge I tried to have real conversations with my friends over lunch and hang out with them on weekends, exploring Victoria. I recommend everybody to get off their mobile phones, and start talking to people around them.

#### Randy Alvarez, CFMETR

Prize: Obus form backpack, yoga mat, 1 Lifetrak Zone

My name is Randy Alvarez, a civilian CS with DND since 2001 and a Unit Health Promotion Rep since 2013. I've served as a Network Administrator, Project Manager, and, now, an Information Systems Security Officer.

Regardless of the role, there was one common thread: sitting at a desk for hours on end. Sitting at a desk for 14 years can create poor posture and sedentary habits that can be an ongoing challenge to overcome. A way I've helped mitigate the poor habits is by being more physically active, and the Health and Wellness Fitness Challenge assists in building health momentum.

The value that I received in completing the Challenge comes from its holistic approach to wellness; focusing not just on physical activity but on injury prevention, nutrition, and social health. Bringing wellness activities to the forefront helps create even better habits that build on a better quality of life.



#### SLt Konnor Brett, FDU(P)/JPSU

Prize: Yoga mat and \$50 gift card to the Cactus Club

I am already quite active as I do triathlons. I like the optional section where you can go out of your comfort zone and try new things. I also like the fact it gets some people out of the office and get active. I love seeing people get active.

#### 2Lt Oliver Woodbridge, JRCC

Prize: 1 Hamilton Beach Single Serve Blender and yoga mat

I did swimming and running nationals and I am just about to go to triathlon nationals. I have competed internationally in triathlons in water polo and I like to keep fit as much as possible. The challenge makes one look at oneself and if you are in the usual routine of work and exercise, then other things can be overlooked such as mental wellbeing. Also, making sure you keep in touch with people.

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HMCS Whitehorse fires a saluting canon timed with the playing of the 1812 Overture in Powell River on June 17. The ceremony was in commemoration of the 70th anniversary of the liberation of the Netherlands in 1945. Whitehorse and HMCS Yellowknife are conducting coastal operations to maintain readiness and ensure their sailors are well-trained on a wide range of naval tasks. During the operations, the ships are visiting B.C. communities such as Port Alberni, Masset, Prince Rupert, Campbell River, Vancouver, and Port Hardy. The Royal Canadian Navy has a long history of reaching out to communities at home and abroad in an ongoing effort to enhance relationships at all levels. Through day sails, community relations events, and port visits, Canadians gain a better appreciation and understanding of the roles and responsibilities of their navy. Crewed by both Regular and Reserve Force members, Whitehorse and Yellowknife are Kingston-class Maritime Coastal Defence Vessels (MCDVs) - multi-role minor war vessels with a primary mission of coastal surveillance and patrol, including general naval operations and exercises, search and rescue, law enforcement, resource protection, and fisheries patrols.

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# Music Fest celebrates Naden Band's 75th

**Rachel Lallouz**  
Staff Writer

The Naden Band of the Royal Canadian Navy's 75th anniversary is being honoured in style by the Esquimalt Township.

As the kick-off event to the Memorial Park Music Fest, the Township Community Arts Council of Esquimalt is throwing the band an anniversary party in Memorial Park on June 23, 6 to 7:30 p.m.

The event honours the generations of devoted military musicians.

Morlene Tomlinson, the founding President of the council, says she heard about the anniversary a few months ago, and knew

the township would want to celebrate it because of the special relationship between Esquimalt and the Naden Band.

"We're encouraging everyone to bring their families, neighbors and friends - and dancing shoes," says Tomlinson.

Warming the stage at 5:15 p.m. will be the Shoreline Middle School Jazz Band, Rock Heights Elementary Intermediate Concert Band, and the Esquimalt High School Senior Jazz Band.

"Music is a common language that we all share," says Lt (N) Matthew Clark, Director of Music for the Naden Band. "Our music appeals not only to military

members, but to all people. It touches everyone in the same deep way."

To prepare for the outdoor concert the Naden Band has been rehearsing light music and marches.

"Considering that it will be outside at a park, the event harkens back to the day when live bands were the main type of outdoor entertainment," he says.

Present at the event will be the Mayor of Esquimalt, who will make a commemorative presentation to Rear-Admiral William Truelove. A massive birthday cake donated by Capt(N) Steven Waddell will feed the hungry mouths of an estimated 400 guests.

This will be the second year that the Naden Band will perform at the Music Fest. Last year, Lt(N) Clark says the band played to a crowd of around 600 people.

Following this kick-off day will be the swing and jazz performance of the Capital City Syncopators on June 30, the blues style tunes of The Soul Shakers on July 7, the upbeat country music of Alive & Kickin' on July 14, and Virtual Elvis on July 21. Wrapping up the fest on July 28 will be the Cajun inspired music of Bijoux du Bayou.

For more information, please visit [www.townshiparts.org](http://www.townshiparts.org)

## Wanted: Loaned Reps for charity campaign

Now seeking nominations for two Loaned Representatives for the 2015 charitable campaign from Aug. 24 to Jan. 29, 2016. Successful candidates will be seconded full time to the Formation campaign office in dockyard.

These positions, open to both civilian and military personnel, are a vital part of the campaign team and provide a professional development opportunity. Preference will

be given to personnel with prior campaign experience.

Candidates will need outstanding communication skills and the ability to work effectively in a team environment. Strong time management and organizational skills are essential, as well as a working knowledge of Microsoft Office products. Additionally, reps should be willing to speak in public, possess a positive attitude, a willingness to learn new

skills and strong commitment to the job at hand. The position requires working flexible hours, a valid driver's license and vehicle.

Supervisors are to submit names of nominees to [kellsey.vd@forces.gc.ca](mailto:kellsey.vd@forces.gc.ca) no later than June 30, interviews can be scheduled.

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## Celebrate 30 years with the museum

**Sarah Taylor**  
Naval and Military  
Museum Guide

The CFB Esquimalt Naval and Military Museum is holding an open house on Saturday, July 4 from 10 a.m. to 5 p.m. to celebrate its 30<sup>th</sup> anniversary.

Planned activities for the day include a heritage tea service and children's dress-up station. With the museum's open house a mere two weeks away, it seems like the perfect time to explore the history of the museum and how it came to be where it is today.

Originally built as an Officers' Ward, building 20 at Naden was the first permanent home of the museum when it opened in May 1985. The CFB Esquimalt Historical Society, which was formed in 1975, had been pushing since 1979 to use Naden 20 as a museum, but the building was occupied by école Victor Brodeur until 1984.

The grand opening for the museum was held May 5, 1985, with attendees including Rear Admiral Yanow, Maritime Commander Pacific Coast, and Rear-Admiral J.C. Hibbard, who had been instrumental in the formation of the first museum at Signal Hill.

The administrative offices for the museum occupied Naden 37, which is now the navy side of the CFB Esquimalt Naval and Military Museum, until 1998. Two years earlier, the combining of the two chapels into one building in Naden 35 had allowed the museum to take over the former chapel in Naden 39 as an exhibit space for

army history, which opened in 1998.

Museum offices were relocated to Naden 20, and a grand re-opening was held for the museum in July 1999. Rear Admiral Ron Buck entered the parade square in a 1967 Royal Canadian Jeep for the official re-opening. Over 1,000 visitors enjoyed the festivities that day that included historical re-enactors and a cake.

Plans for the museum's 30<sup>th</sup> anniversary are similar in nature to the re-opening. In addition there will be displays from local museums, food trucks, and children's activities.

Over the years the museum has produced a variety of exhibits including a travelling display for the Royal Canadian Navy's 75<sup>th</sup> anniversary, which was displayed around British Columbia.

Other permanent exhibits have opened over the years including the Oriole Children's Gallery in 2001, and the Submarine gallery in 2014.

The museum's newest gallery will officially open at the Open House on July 4.

From modern exhibits to a tremendous growth in museum space, it is clear a lot has changed at

the CFB Esquimalt Naval and Military Museum since its opening in 1985.

The 30<sup>th</sup> anniversary open house is an opportunity to honour the museum's past, and also its future. Come celebrate with the people who helped shape the museum over the years, and welcome the next generation of visitors and volunteers to explore all that the museum has to offer.



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# Local cadet receives national cadet commendation

## Regional Cadet Support Unit (Pacific)

A Sooke resident and local army cadet has been recognized with a national award for his decisive and immediate actions during a fire in 2014.

Cadet Master Warrant Officer (MWO) Nicholas Steffan, 18, was presented with the Cadet Commendation on Sunday, June 14 during the 2483 Royal Canadian Army Cadet Corps Annual Ceremonial Review (ACR) in Esquimalt.

“Without the quick thinking and brave actions of Cadet Steffan, we may have had a very different outcome,” said Commander Andrew Muir, Commanding Officer, Regional Cadet Support Unit (Pacific) “His community involvement as a volunteer firefighter, combined with leadership training as a cadet, has created an outstanding citizen.”

On March 17, 2014, during a Regional Cadet Expedition in Whistler, MWO Steffan was alerted to a fire that had started in the Whistler Athletes’ Centre. Experienced as

a volunteer firefighter with the Otter Point Fire Department, he assisted in evacuating the 19 other cadets and staff, located firefighting equipment and extinguished the fire, suffering minor smoke inhalation in the process.

MWO Steffan is an accomplished cadet. This summer he will travel to Scotland as part of the International Army Cadet Exchange, and in August will be one of two cadets from B.C. to attend a two-week National Expedition in Capt Breton, N.S. During the ACR, he was also presented with the Lord Strathcona Medal, the highest award cadets can receive for leadership, citizenship and physical fitness.

### Other achievements:

C/WO Philippe Asselin is one of 18 Canadian Army Cadets who competed and qualified for National Rifle Team representing Canada in Bisley, United Kingdom, this summer.

C/WO Skyler Kaplanchuck qualified and was selected to take part of the Canadian Armed Forces Basic Parachute training in Trenton, ON.



Cadet Master Warrant Officer Nicholas Steffan was presented with the Cadet Commendation from Cdr Andrew Muir, Commanding Officer, Regional Cadet Support Unit (Pacific), for his life-saving actions in 2014. Cdr Muir said, “Without the quick thinking and brave actions of Cadet Steffan, we may have had a very different outcome. His community involvement as a volunteer firefighter, combined with leadership training as a cadet, has created an outstanding citizen.”

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# Cadet program instrumental in career

**Deborah Morrow**  
 Contributor

At 21 years of age, Hailey McIntyre is on track to becoming the Prince Rupert Port Authority's first female Captain, and she credits the Royal Canadian Sea Cadets for her personal success.

On an overcast north coast day, as McIntyre capably handles the Prince Rupert Port Authority's patrol vessel Charles Hay in the picturesque Prince Rupert Harbour, she describes her humble beginnings as a 12-year-old New Entry Sea Cadet.

Joining Sea Cadets was not optional in the McIntyre family. Her mom told her she had to spend one entire year in Sea Cadets and then she could decide whether or not she would stay in the program.

Before that first year ended, McIntyre was hooked; the sea and Sea Cadets were in her blood. She knew her life's work would involve a maritime career.

She ended that first Sea Cadet year by attending summer camp at HMCS Quadra, a training centre in a stunning sea side location on Goose Spit in the Comox area on Vancouver Island.

A nice prerequisite for the Cadets is that they are all paid a stipend to attend their camp courses. Sea Cadets attend a basic course for the

first year of summer camp and can choose their 'trade' for the next few years. McIntyre chose sailing.

Years later, having graduated from the three years in the Sail Trade, she worked as a Staff Cadet for the following two summers before 'aging out' of Cadets at age 18. By then, she had saved enough money from the summer program to pay for her first year of university.

As McIntyre navigates through the harbour to Digby Island, she describes how she answered an ad for deckhands for the Prince Rupert Port Authority four years ago.

"There was stiff competition but I had real experience and skills from Sea Cadets and from volunteering with search and rescue."

McIntyre was hired by Capt(N) (Ret'd) Gary Paulson, Vice President of Operations at the Port Authority. Capt(N) Paulson believed in her abilities and has provided her with training opportunities ever since.

McIntyre is nearing completion of her Master Limited 60 Gross Tonne Mariner's ticket. The Port Authority leadership will continue to invest in her, and then she will work towards her 150 Gross Tonne ticket.

"I want to go as big as I can," she says. "I'm never going to stop. I would like to become a Master Mariner some day."

McIntyre has come a long way

from the days of sailing dinghy's and learning basic seamanship skills in the Cadet Hall of #7 Royal Canadian Sea Cadets Captain Cook. She attributes the Officers at the Prince Rupert Corps with providing the guidance, mentorship, skills and great fun it takes to become a well-rounded individual.

She feels she is an ordinary person who was given an extraordinary opportunity to spend time exploring maritime experiences as a youth.

"I wouldn't have known how much I liked it, if I hadn't tried it," she says. "Every aspect of my life is influenced by Cadets. I think about it every day. It was the best time of my life. When times were tough, Cadets was my third parent. There was such a lot of support and friendship - lifelong friendships."

McIntyre stops talking a moment to manoeuvre the patrol vessel towards a jetty to pick up a passenger.

"If I achieve my dreams, it will be because of Cadets. In truth, I don't even know who I would be if I hadn't been a Cadet."

This September, McIntyre will become Naval Cadet McIntyre in the Captain Cook Corps where she began her maritime career. She will aspire to give extraordinary opportunities to others on their Cadet journeys as so many have given to her.



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## USNS Sioux Receives Commendation

Photo courtesy MCZ Alslerry

Cmdre Bob Auchterlonie, Commander Canadian Fleet Pacific, presents Capt Emigdia Esqueda, Master, USNS Sioux, with the Canadian Forces Unit Commendation for the vessel's role in aiding HMCS Protecteur following its major fire in 2014.

DND

The Canadian Forces Unit Commendation was presented June 16 to the United States Naval Ship (USNS) Sioux for exceptional support to the officers and crew of former HMCS Protecteur when they experienced a fire at sea last year.

Commodore Bob Auchterlonie, Commander, Canadian Fleet Pacific, presented the award on behalf of General Tom Lawson, Chief of the Defence Staff, during a ceremony at Naval Base San Diego.

On Feb. 27, 2014, Protecteur experienced a major engine room fire at sea while returning to its home port of Esquimalt,

British Columbia, after a two-month deployment in the middle of the Pacific Ocean. Protecteur was stopped in the water in challenging weather conditions 340 nautical miles northeast of Pearl Harbor, and needed assistance.

USNS Sioux rendered invaluable assistance by successfully taking the ship under tow back to Pearl Harbor. Working with damaged towing equipment, the crew demonstrated exceptional technical expertise and incredible seamanship.

United States Ship Michael Murphy, Navy Region Hawaii, and United States Ship Chosin were also awarded with the Canadian Forces Unit

Commendation in separate events in late May and early June for their support to HMCS Protecteur during its time of need.

The Canadian Forces Unit Commendation is a group award created to recognize distinguished service by personnel within a military unit.

Created by the Chief of the Defence Staff in 1980, the commendation is awarded to any formation, unit or sub-unit of the Canadian Armed Forces, or to any similar organization of a foreign armed force working with or in conjunction with the Canadian Armed Forces, that has performed a deed or activity considered beyond the demand of normal duty.

## Proposed changes to military justice act

DND

Jason Kenney, Minister of National Defence, introduced legislation June 15 to provide victims within the military justice system with the same rights as those contained within the Canadian Victims Bill of Rights.

This proposed legislation would ensure victims of service offences within the military justice system have the same rights to information, protection, participation and restitution that are already enshrined in the

Canadian Victims Bill of Rights, and makes changes to the Canadian Armed Forces' court martial and summary trial processes to enable victims of service offences to exercise their rights.

The proposed amendments to the National Defence Act will further enable the military justice system to fulfill its essential mandate of supporting the Canadian Armed Forces' operational effectiveness, while meeting the expectations of Canadians by contributing to the rule of law and to a just and safe society.

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	CANSail Advanced	\$440	\$480	Seamanship, sportsmanship and fun. Honing of skills

Week	MON	TUES	WED	THURS	FRI
<b>A</b> June 29 - July 3	29	30	July 1	2	3
	Opti wet feet				
	Opti basic				
	Youth CANSail Basic				
<b>B</b> July 6 - July 10	6	7	8	9	10
	Opti basic				
	Opti Advanced				
	Youth CANSail Basic				
<b>C</b> July 13 - July 17	13	14	15	16	17
	Opti wet feet				
	Opti basic				
	Youth CANSail Basic				
<b>D</b> July 20 - July 24	20	21	22	23	24
	Opti basic				
	Opti Advanced				
	Youth CANSail Basic				
<b>E</b> July 27 - July 31	27	28	29	30	31
	Opti wet feet				
	Opti basic				
	Opti Advanced				
	Youth CANSail Basic				
<b>F</b> Aug. 4 - Aug. 7	Aug. 3 Holiday Monday	4	5	6	7
	Opti wet feet				
	Opti basic				
	Youth CANSail Basic				
<b>G</b> Aug. 10 - Aug. 14	10	11	12	13	14
	Opti basic				
	Opti Advanced				
	2 Week course Youth CANSail Advanced				
<b>H</b> Aug. 17 - Aug. 21	17	18	19	20	21
	Opti wet feet				
	Opti basic				
	2 Week course Youth CANSail Advanced				
<b>I</b> Aug. 24 - Aug. 28	24	25	26	27	28
	Opti basic				
	Opti Advanced				
	Youth CANSail Basic				

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## Sentry duty stirs emotions in two Esquimalt sailors

**Rachel Lallouz**  
Staff Writer

For eight hours a day, seven days a week, a team of rotating military members guards the Tomb of the Unknown Soldier in Ottawa, Ontario, as part of the National Sentry Program from April 9 to Nov. 10.

Rain or shine, these members stand guard over the tomb of an unidentified Canadian soldier from the First World War who represents all who sacrificed their lives for the peace and freedom of Canadians.

Leading Seaman Firat Ataman and Leading Seaman Tom Eustace, both sailors from *HMCS Vancouver*, were two of seven CFB Esquimalt members chosen to guard the tomb in early May.

"I applied out of pure honour and pride," says LS Eustace. "I was just hoping I'd be able to get it."

LS Eustace, named after a family member who died in service during the First World War, says he applied to continue upholding the honour of his military family.

LS Ataman, who moved to Canada from Turkey 13 years ago, says he wanted to wear his military uniform in Canada's capital city.

After both made it through a competitive application and interview process, they were approved to attend in late March. From there, the sailors set about preparing for sentry duty.

"I started off by doing research on the tomb itself, so that I would have a stronger appreciation for what I was about to do," says LS Ataman.

Apart from learning the history of the tomb, the sailors had their uniforms freshly tailored, and got duplicates should they need a change of uniform. The large kit list filled four suitcases with boots, slacks, formal shirts, and even their gabardines.

The biggest preparation challenge was honing their sentry duty skills.

"We practiced drills constantly up at the Naden drill shed with navy members who guarded last year," says AB



LS Tom Eustace



LS Firat Ataman

Eustace. "I think we were both a little nervous about the drills, because that's not something the navy practices routinely."

From the moment they arrived at the 33 Brigade Headquarters in Ottawa on May 26, the 18 navy members from across Canada, including AB Eustace and LS Ataman, started drill practice non-stop for seven days.

"There were lots of tired nights," says LS Ataman. "But it was worth it because we were completely prepared to perform at the ceremony and during our guard rotations."

Apart from participating in the Battle of the Atlantic festivities, naval members were present as observers for a "Victory in Europe" wreath-laying ceremony at the National War Memorial. But both sailors agree the culminating event was guarding the tomb.

"The first day I was nervous," says LS Ataman. "I was just thinking about my drill and my uniform, and worrying about not making a mistake. There are lots of eyes watching you: tourists, military members. But after that, you start paying attention to the people visiting the tomb."

LS Ataman says his appreciation for guarding only continued to increase as he relaxed into his role, and began to observe the visitors.

"There are people who come by themselves, or with

their families, or in large school groups. There is everyone from currently serving members to veterans, to Afghanistan war survivors. Some of them kneel to pray, some laid out flowers. I ended up feeling what they were feeling," he says. "I felt their loss."

Both sailors stood guard for one hour, twice a day. They were paired with another navy member and positioned at ease at diagonal corners of the tomb. The two were not allowed to communicate with the public or move in any way, with the exception of the occasional, perfectly synchronised march. In order to communicate with their partner guard to initiate a march, guards used sound signals, like tapping their rifles on the ground, or hand motions.

"There were days when it would be 36 degrees, or sideways rain, and it would actually be quite difficult to stand there without moving," says LS Eustace. "But you'd look down and see the tomb, and be just fine after that."

The tomb holds a marble sarcophagus, roughly six by four feet. Originally located in a graveyard in Vimy Ridge, France, the body was unearthed and repatriated back to Canada in May 2000, where it now rests before the National War Memorial in Confederation Square.

"The site doesn't just honour that one buried person," says LS Ataman. "But the thousands of people that have lost their lives in the Boer War, Korean War, World War One and Two, and Afghanistan."

Because many families of the fallen cannot travel to the original sites their loved ones are buried, the tomb is a place where they can pay their respects without travelling to Europe or the Middle East, or to any number of battle sites across the world.

"There's thousands dead just from World War One alone that have no known resting place," says LS Eustace. "And how many ships have sunk in the Atlantic whose shipwreck sites are not possible to travel to?" "It represents a lot of lives lost and a lot of broken hearts," adds LS Ataman. "We are so proud to be a part of that."



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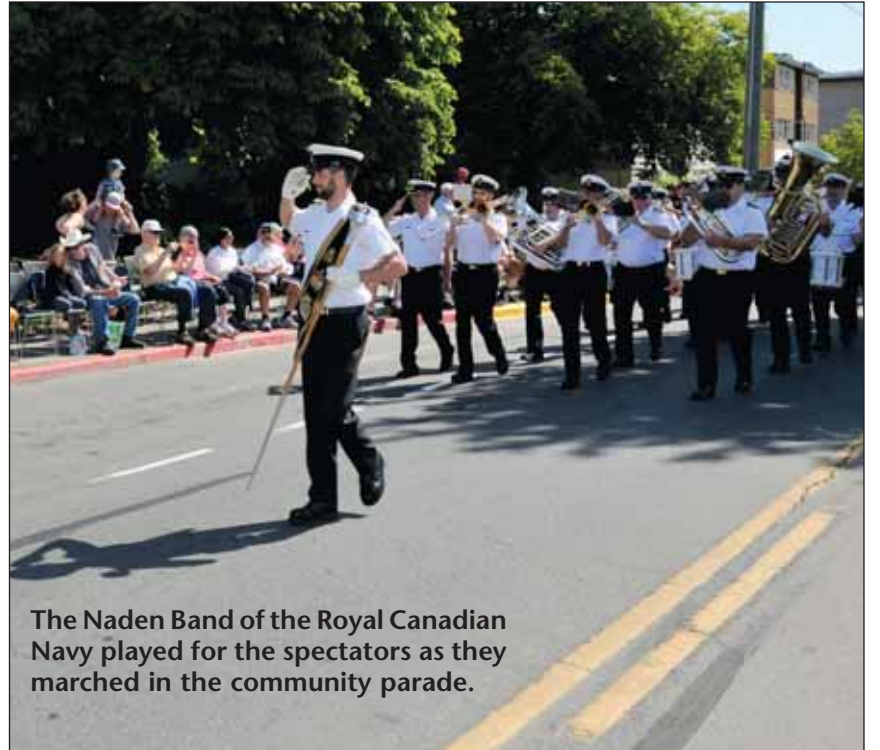
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**Left to right:** Bernard MacLean, President Royal Canadian Legion Branch 172; Olga Liberchuk, Counsellor Esquimalt Municipality; and Capt(N) Steve Waddell, Base Commander, take the salute from the dais as the Royal Canadian Legion Flag Party marches past during the June 13 Esquimalt Buccaneer Days Parade.



The Naden Band of the Royal Canadian Navy played for the spectators as they marched in the community parade.



**Left to right:** CPO1 Shawn Taylor, Base Chief Petty Officer, and Capt(N) Waddell arrive at the dais in a vintage jeep.

# Esquimalt Buccaneer Days

JUNE 13-14



**Right:** The Pride of Esquimalt float impresses spectators during the parade.




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## Divers transition to nutrient-rich between meal supplementation

**Rachel Lallouz**  
Staff Writer

Nutrition is now a part of the Clearance Diver QL5A course.

Meals and snacks given to divers while in training have recently been improved as part of Maritime Forces Pacific Health and Wellness Strategy to develop a healthier workforce.

Base Foods, Fleet Diving Unit (Pacific), and Health Promotion staff united to replace high sugar, high salt, often pre-packaged foods with nutritionally sound "between meal supplementation."

LS Matthew Kyte, Assistant Instructor for the Clearance Diver QL5A course, remembers gobbling down nutritionally devoid food when he was a student seven years ago. The effect of eating a high-sugar diet, he says, was a constant sugar high followed by a crash. While he admits sugary foods tasted good, they didn't keep him full for long, nor did they provide him enough energy for the task at hand.

"We were doing physically demanding work – spending our days wearing dive gear, working underwater, performing continuous PT – and not feeding ourselves properly," he says. "You need good nutrition to support that intensity level."

Not only is proper nutrition linked to increased performance and improved physical fitness, it also serves a role in safety, says Alli Jones, Health Promotion Specialist. Clearance divers need to be in peak physical condition to decrease the risk of decompression sickness.

"A fatigued body is more susceptible to decompression sickness," says LS James Butler, FDU (P). "As a result of increased water pressure with depth, inert gas can form bubbles, which usu-

ally end up in joints or the spinal column. The results include pain, loss of motor functions, and even paralysis or death."

A between meal supplementation trial was done to see what foods best meet the caloric requirement to keep the "engine" of a clearance diver student going.

"We tried options such as eggs, cheese, and avocados, and we started seeing the divers perform better during the course," says LS Butler. "Then we introduced low-sugar fruits, yogurt, and mixed nuts, and we kept getting good responses."

The current QL5A course is the first to have this nutrient-dense between meal supplementation.

"I'm seeing less injury, and better physical performance," says LS Kyte.

The timed run and swim completed under a tight time limit used to earn one or two divers a spot on a plaque at the Dive Unit. Now close to 70 per cent of divers are on the plaque.

"The biggest change here is motivation," says LS Butler. "With healthier food comes increased alertness, so divers are always trying to push beyond what they're asked to do."

Nutritious between meal supplementation is kept in the classroom to refuel the student's bodies after intense physical training, which significantly improves their attentiveness and alertness.

The change to a healthier life for the divers is all about education, says LS Butler, who adds, along with their diving skills, divers are learning life skills that will stick with them long after the course is over.

"We're giving them the tools to be leaders of nutrition in their own communities," he says.



**Above:** Samples of the new between meal supplements for divers training during the clearance diver QL5A course.  
**Below:** The snacks they received before the change.



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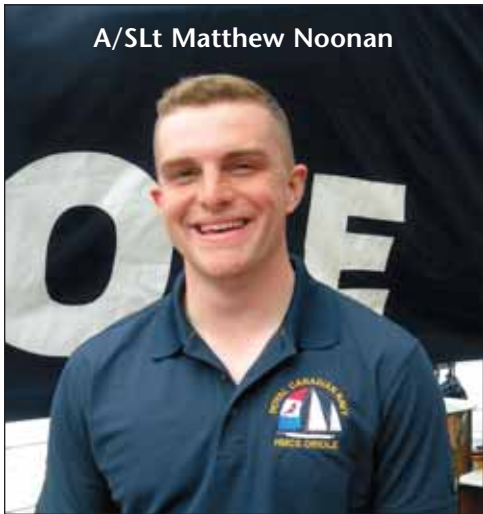
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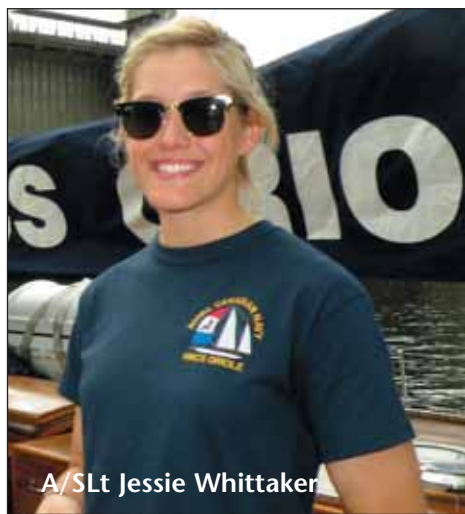
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A/SLt Noonan greets visitors to HMCS Oriole during the Portland Rose Festival.



A/SLt Matthew Noonan



A/SLt Jessie Whittaker

## RMC graduates set sail in HMCS Oriole

**LCdr Des James**  
**SLt Ellie Aminaie**  
MARPAAC PA

A/SLt Jessie Whittaker and A/SLt Matthew Noonan are two fortunate Royal Military College (RMC) graduates who are spending their summer learning the ropes in HMCS Oriole. They recently experienced their first foreign port visit in Portland, Oregon, while attending the Portland Rose Festival.

"People pay to sail in ships and I am getting paid to do the same thing. That is pretty cool," said A/SLt Whittaker, reflecting on her first week of life in the navy after graduating with a history degree. "Sailing in a vessel like HMCS Oriole, with such rich history, just makes it so much better."

As a recent graduate, A/SLt Whittaker said her fondest memories of RMC will be the friends she has made, although there are many other aspects of the university she will remember.

"I have learned how to be more responsible and I have become more mature."

She said students are often reminded they will someday be leaders who have the lives of others in their hands, and they have to think of that as they make decisions.

A/SLt Matthew Noonan, who hails from a Newfoundland seaside fishing town - population of 700 - has similar reflections of his time at RMC. When he got to the university four years ago, he said it was exactly what he expected, but with a few surprises.

"The military side was easy," he said while standing on the wooden deck of Oriole. "But the whole lifestyle was new to me. I was a big fish in a little pond at home and suddenly I was a small fish in a big pond. I guess everyone goes through that experience."

While he is looking forward to actively sailing and visiting different ports he says one should never forget where they came from. A/SLt Noonan, carries with him a rock from Trinity Bay, NFLD, just to make sure he doesn't forget.

The idea to join the navy came about at the age of 12 when he walked off HMCS St. John's after taking a tour.

"I said to my mother, this is what I'm going to do, and from then on I was focused on getting into RMC."

When it came time to fill out his military application, he made it very clear what he wanted.

"I didn't even put another choice. It was MARS, MARS and MARS."



Meet the Veterans Ombudsman / Venez rencontrer l'ombudsman des vétérans

A Town Hall session will also take place at CFB Esquimalt on Tuesday, June 23rd at 10:30 am at the Chiefs' and Petty Officer's Mess.

Une assemblée générale aura lieu à la BFC Esquimalt le mardi 23 juin à 10 h 30 au mess des maîtres et premiers maîtres.

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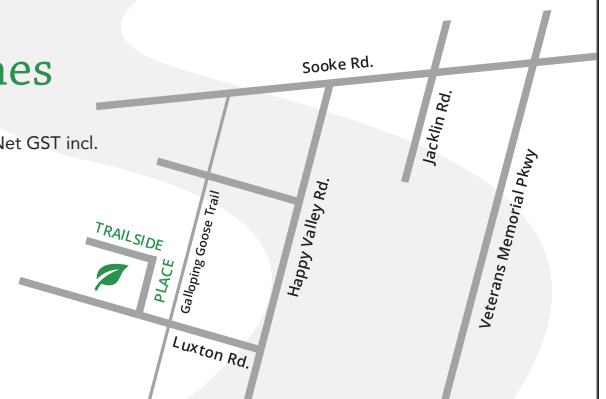
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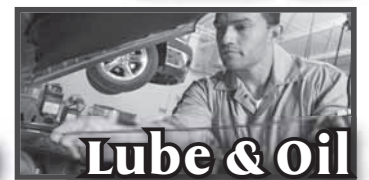
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**HIGHLIGHTS INCLUDE:**

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1330	1345	

Every year, National Aboriginal Day coincides with the summer solstice and many Aboriginal groups mark this day as a time to celebrate their heritage. Setting aside a day for Aboriginal Peoples is part of the wider recognition of Aboriginal Peoples' place within the fabric of Canada and their ongoing contributions. This annual event celebrates the unique heritage, diverse cultures, and outstanding achievements of the nation's Aboriginal Peoples. Join us in celebration!





## Have someone you want to acknowledge?

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Corporal Malcolm Byers, MARPAC Imaging Services  
**Rear-Admiral Ron Lloyd, Deputy Commander of the Royal Canadian Navy, presents Katelyn Moores with his coin during a visit to Maritime Forces Pacific Headquarters on June 11. Moores, a University of Victoria co-op student currently working at MARPAC Public Affairs, was presented the coin for her news article in the Lookout newspaper on the Enhanced Naval Boarding Party.**



Corporal Malcolm Byers, MARPAC Imaging Services  
**Walter Natynczyk, Deputy Minister for Veteran's Affairs, presents Nancy Smith, a Client Service Agent for Veteran's Affairs, with a certificate recognizing her 25 years of service to the Government of Canada during his visit to the Esquimalt detachment of the Integrated Personnel Support Centre at CFB Esquimalt June 16.**

## Canadian Scottish Regiment (Princess Mary's) Change of Command



**On May 30, the kilted ranks of the Canadian Scottish Regiment (Princess Mary's) filled the Bay Street Armouries in Victoria to bear witness to their change of command. Handing over the regimentsal colour, Lieutenant Colonel David Awalt passed command to the new commanding officer, Lieutenant Colonel Stephen Sawyer.**

### **2Lt Cameron Park** CanScot(Princess Mary's)

On May 30, the kilted ranks of the Canadian Scottish Regiment (Princess Mary's) filled the Bay Street Armouries to bear witness to their change of command.

Lieutenant Colonel David Awalt passed command to the new commanding officer, Lieutenant Colonel Stephen Sawyer.

As Commanding Officer for nearly two years, LCol Awalt saw the regiment shift from supporting operations in Afghanistan to training for a broader range of possible taskings. This was not without its challenges.

"Maintaining a high level of focus, training, and readiness were the main challenges as the unit transitioned from supporting overseas operations. The clear mandate of the reserves to be ready to support Canadians in the home game helped make the transition easier," said LCol Awalt.

LCol Sawyer brings extensive experience to his new command. He joined the Canadian Armed Forces in 1977, and served as an infantry officer in 1st Battalion and 2nd Battalion of Princess Patricia's Canadian Light Infantry. His numerous postings have included serving in the Sinai in Egypt, at National Defence Headquarters and at CFB Esquimalt. Most recently,

LCol Sawyer served as Operations Officer for The Canadian Scottish Regiment (Princess Mary's).

Looking ahead, LCol Sawyer sees the need for focused training to maintain readiness.

"One of the biggest challenges that I see is training to the point where battle drills are once again instinctive. There is no time in conventional warfare for formal orders to be issued at regular intervals at the battalion, company, platoon, and section level. Once launched into a mission, the orders that were issued provide enough information to last for untold hours, days or weeks with minimal opportunities for regular planning cycles at the unit level and below. While this may seem anathema to those who have trained and performed with sufficient planning time prior to departing FOBs, it was considered the norm during the Cold War and must be so again."

LCol Sawyer sees the experiences gained during operations in Afghanistan as something that will support this focus.

"The lessons of Afghanistan that will always be useful are cooperation with other nations' armies, working with high technology on the battlefield, combat stress, reaction under fire, casualty management, post-deployment debriefings, and management of PTSD. We can incorporate these lessons in the path to conventional warfare training."

# HMCS Algonquin's final awards ceremony



Before HMCS Algonquin was decommissioned, the ship held its final divisions May 29 where LCdr Jonathan Lafontaine presented members of the crew with bravo zulus, coins and promotions.



LCdr Kliem is promoted to her current rank. She was also awarded the Commanding Officer's Bravo Zulu.



MS Williams is awarded the Commanding Officer's Bravo Zulu.



Lt(N) Nellan is awarded the Commanding Officer's Coin.



Lt(N) Kang is awarded the Commanding Officer's Coin.



CPO2 Greer is awarded the Commanding Officer's Coin.



CPO2 Langelaar is awarded the Commanding Officer's Coin.



PO1 Bode is awarded the Commanding Officer's Coin.



PO2 Webb is awarded the Commanding Officer's Coin.



MS Renton is awarded the Commanding Officer's Coin.



LS Taggart is awarded the Commanding Officer's Coin.



OS Plante is awarded the Commanding Officer's Coin.



LS Smith is promoted to his current rank.



CPO2 Koblun is awarded the Commanding Officer's Coin.



Cpl Dupuis is awarded the Commanding Officer's Coin.



AB Langille is promoted to his current rank.



LCdr Kliem is awarded the OSM for her participation in Operation Caribbe in HMCS Yellowknife.



AB Soroka is awarded the OSM for his participation in Operation Caribbe in HMCS Athabaskan.



MS Kelly is awarded the Commanding Officer's Bravo Zulu.



PO2 Nelson is awarded the Commanding Officer's Bravo Zulu.



MS Braun is awarded the Commanding Officer's Bravo Zulu.



# Bravo ZULU

## Fleet School kudos given

Canadian Forces Fleet School Esquimalt Commandant, Cdr Martin Drews made special presentations to the students and staff at the school on June 4.



Mark Southem is presented his 35-year long service award.



Lynn Woelke is presented her 15-year long service award.



Lt(N) Gatt is presented with his OSM with rotation bar.



PO1 Baker is presented with his Canadian Forces Decoration First Clasp.



PO1 Simmonds is presented with his Canadian Forces Decoration First Clasp.



PO2 Dickerson is presented with his Canadian Forces Decoration First Clasp.



PO2 Valentine is presented with his Canadian Forces Decoration.



PO2 Hadley-Shaughnessy is presented with his Canadian Forces Decoration.



PO2 Switzer is presented with his Canadian Forces Decoration.



MS Garis is presented with his Canadian Forces Decoration.



MS Query is presented with his Canadian Forces Decoration.



LS Harding is presented with his Canadian Forces Decoration



PO1 Durdle is promoted to CPO2.



PO2 Crocker is presented with the Aerobic Award of Excellence. He was also promoted to PO1.



PO2 Crocker is promoted to PO1.



PO1 Young is promoted to CPO2.



PO1 Lightfoot is promoted to CPO2.

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### ANNOUNCEMENTS

**OAK BAY CLASS 1965 50th REUNION!!!** Did you graduated from Oak Bay High, Victoria BC in 1965? There is a 50th reunion July 24/25. Please send contact info (email, snail mail, phone #, significant other name) to obhs65@gmail.com. Check out our website at OBHS1965.weebly.com to find out more info about the reunion, newsletters, pictures and registration form. Look over our list of people we havent found yet, and if you have any ideas on how to contact them, direct them to our gmail. Thank you ~Doris (Higgs) Clemens Co-chair, reunion committee

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.

**VIEW ROYAL READING CENTRE.** Conveniently located at Admirals Walk Shopping Centre. We have books, audios, videos, & DVD's for all ages. Internet is also available. For hours of operation and other information please call 250-479-2723.

**STV TUNA IS LOOKING** for CF/Ex-CF/DND civilian members to join the forces offered sailing program. Any one interested in sailing or learning to sail is encouraged to join us. All skill levels are welcome. For more information about the program please contact Sgt Steve Wright 902-427-4417 or steven.wright@forces.gc.ca or check us out on facebook (STV Tuna) for more information.

**ROOMMATE WANTED!** Downtown large condo, your own bathroom, share shower, kitchen & living area. 935 Fairfield by Quadra. \$550 includes utils, unlimited hot water, WIFI and Netflex. Laundry in building \$1 wash, \$0.75 dry. Email gvbryant@telus.net or call/text 250-888-5611.

**B1 BDRM, NEWLY RENOVATED DUPLEX.** N/P, N/S. 1333 Sussex St. No commute, you can walk to work! Available now. \$825/month. Call Max at 250-386-2665 for more info.

**GREAT LOCATION!** Located in a quiet neighborhood, newly renovated (2012) modern 2 bdrm suite, 3 piece bath, full height ceiling, lrg kitchen w/ full fridge & stove. In suite laundry, priv. w/ separate entrance.

**Avail 1 Aug!** \$1100 incl cable and internet. Utils separate. Email ferarii@hotmail.com for more info http://www.usedvictoria.com/classified-ad/2-bedroom-suite-available-Aug-1-2015\_22487315

**LARGE BRIGHT, FUNKY 3** bedroom suite, top floor in character mansion. Next to Highrock Park, Es quimalt. Hardwood floors. Near base, ocean, downtown, NS/NP. Heat, hot-water, parking, laundry, internet incl. \$1850. Avail August 1st. 250-893-3343 or email ramonadivine@gmail.com.

**PRIVATE, FULLY FURNISHED** 1000 sq ft executive retreat with your own entrance, deck and water views on 1 acre of land. Located in North Saanich. A 5-minute walk to Schwartz Bay Ferry Terminal, Canoe Cove, and Westport Marina. \$1500/mth. Call 250-580-2869 for more information.



**Call Joe 250 686 3224**

**FOR RENT**  
Attention Military Families!

**NOW AVAIL - VICTORIA**  
3br 1700 sq ft - Garden walk out suite, yard, family friendly area only 15 min. to base  
**\$1500/month**

**JUMP START YOUR CAREER WITH LOOKOUT CLASSIFIEDS**  
CALL 363-3014

### OVARIAN CANCER



#### SYMPTOMS

- Abdominal discomfort
- Pelvic pain/backache
- Bloating/gas/swollen stomach
- Vaginal bleeding/painful intercourse
- Urinary urgency
- Ongoing fatigue
- Indigestion
- Weight loss/gain
- Change in bowel habits



*If you have been feeling a combination of these symptoms for longer than three weeks, visit your doctor and ask for a Ca125 blood test.*

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



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

Join the conversation

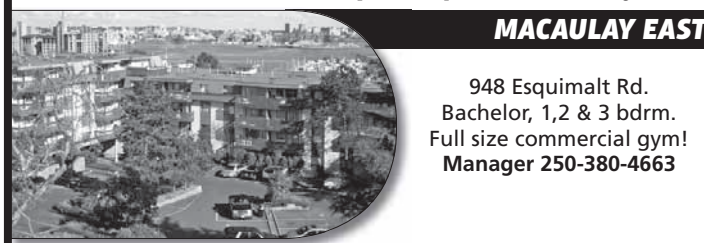
 Lookout\_news  
 lookout.newspaper

Find some **Stuff** you need.

Look to the **Lookout ONLINE**

Browse us weekly to find your new rental, hairdresser, or mortgage broker!  
*Find your Stuff!*

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)

**Devon PROPERTIES LTD.** No Pets allowed in any building

[www.devonprop.com](http://www.devonprop.com)

**LARGE SUITES**

**1180 Colville**  
2 BDRM \$885  
Avail July 1  
250-360-1983

**855 Ellery**  
2 BDRM FROM \$890  
Avail July 1  
250-812-5234

**ON THE OCEAN**



**Princess Patricia APARTMENTS**

NEW BALCONIES • EXERCISE ROOM  
14TH FLOOR LOUNGE

703 Esquimalt Road  
250-382-2223

**Now Renting:**  
Bachelor • 1 BDR Suite

**JUMP START YOUR CAREER WITH LOOKOUT CLASSIFIEDS**  
CALL 363-3014

**ALL NEW SEASON ALL NEW COMMUNITY GUIDE**  
AVAILABLE AT ALL PSP & MFRC OUTLETS

### CONTRACTORS

**CBS STONWORKS**  
Quality is our guarantee!  
CONCRETE • BRICK • STONE • TILE

Adrian M. Sims  
Cel: (250) 380-8246  
adrian@cbsstoneworks.com  
Liscenced and Insured Contractor



**BUILDING OR RENOVATING?**

**CAPAX CONTRACTING LTD**  
Residential & Commercial Roofing  
Bins & Hauling

*We are proud to serve those who serve!  
Ask about our Military Discounts.*

Joe Murray 250-893-8391  
[www.capaxcontracting.com](http://www.capaxcontracting.com)

COLIN AMEY 250-709-7473  
Licensed Residential Builder

**CA COASTAL CONSTRUCTION LTD**  
When quality matters!

- New home construction
- Additions
- Project Management & more...

**2-5-10 Year Warranty**  
Bonded and Insured

Have some **Stuff** to sell?

Look to the **Lookout ONLINE**

Classifieds are where to get your stuff found and sold.  
*Sell your Stuff!*

# 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

**AUTOMOTIVE      APPLIANCES      REAL ESTATE • FOR SALE**

**GUARANTEED TIRES from \$10**  
We sell NEW & USED  
**Full Service AUTO REPAIR**  
778-440-8473 MILITARY DISCOUNT  
MON-FRI 9-5, SAT 10-4  
#1-798 Fairview at Ellery

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

**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

**NO STRATA FEES!**  
**CUTE MICRO HOUSE ON A LOVELY LOT**  
Plenty of parking, rebuilt in 2005  
Quick Possession Possible.  
**391 Selica Road - \$309,900**  
CALL DIRECT 250-213-7444  
**Shelly Reed**  
For more info   
www.shellyreed.com West Coast Realty

**933 Admirals Rd.**  
Paying \$1500+/Month in rent?  
Own this home today and reduce monthly costs!  
Just down the water from the Navy/Shipyards,  
933 Admirals is the ideal 3bdr/2bath family home.  
CONTACT US TODAY! MLS#: 351741  
**\$349,900**  
250.477.1100  
info@farupscott.com  
www.farupscott.com  
**farupscott**  
Chris Scott & Jodie Farup  
"Expertise You Deserve...  
Guidance You Can Trust"  
  


**"re-cycle"**  
  
**Better the 2nd time around!**  
PITCH-IN CANADA  
www.pitch-in.ca



**SERVICES OFFERED**  
**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.  
**RESUMES & CAREER TRANSITION PREP/COACHING** with a former SCAN Coord Judy Marston. 10% Military Discount, www.resumecoach.ca or 250-888-7733  
**PIANO TEACHER WITH MORE THAN 30 YEARS EXPR.** Lessons are offered to all ages and levels. In home teaching is available. Celebrate your time! Or give a gift that lasts a lifetime! One month free to beginners. References are available. Phone 250-881-5549, and find me at musiciswaycool.com

**VICTORIA PREGNANCY CENTRE**  
Free services provided: pregnancy tests & counselling, prenatal classes and Doula referral, baby clothes & supplies, family support counselling, school & community presentations, post abortion & pregnancy loss counselling for men & women.  
**250-380-6883**  
#112 - 826 North Park Street  
info@victoriapregnancy.org  
www.victoriapregnancy.org



**REC VEHICLES**  
**S G Power A.T.V. CENTER**  
Honda, Yamaha, Kawasaki  
**382-8291 - 730 Hillside Ave.**  
**Sell your home in the Lookout**  
Call 363-3014 to advertise

**SPACIOUS TWO BEDROOM, 1 BATHROOM CONDO IN A CENTRAL AREA.**  
Enjoy the afternoon sun on your west facing balcony which allows BBQs  
**206 - 859 Carrie Str. - Old Esquimalt**  
**\$149,000 - View now!**  
MLS® Num: 350053  
Tasha Noble & Saira Waters  
Modern Real Estate Team  
Royal LePage Coast Capital Realty  
t: 778.432.4611 e: team@modernrev.com  
w: modernrev.com

**Your ad here**  
For word or display ads, call 363-3014

**Relocating in Victoria?**  
For trustworthy service, choose Ann  
  
"She sincerely made the whole process of buying and selling as pleasant and non-stressful as possible."  
- Michael and Gina  
**Ann Watley 250-656-0131**  
Personal Real Estate Corporation  
www.annwatley.com  


**\$363,000**  
**A MUST SEE TOP FLOOR, SOUTH EAST CORNER UNIT**  
270 degree panoramic view of mountains, city and ocean. Features include quality appliances and furnishings, a well-equipped gym, large locker close to unit as well as storage space in suite. 2 spacious decks and more. Just move in and enjoy.  
Purchase or rent-to-own. **418 - 1315 Esquimalt Rd, Victoria BC**  
**For a private viewing call 778-430-2121 or 778-406-1175**

**FAMILY DENTAL**  
**Former Dental Captain, Dr. Paul Neate** has opened a **Family Dental Practice** on Pandora, near Oak Bay Junction.  
  
**250.595.5225**  
1516 Pandora Ave.  
**neatedental.com**  


**THE MUSEUM IS LOOKING FOR VOLUNTEERS!**  
**WANTED**  
  
**VOLUNTEER**  
HISTORY EXPLORERS  
• Do you like to build new skills?  
• Interested in history?  
• Need to develop your resume?  
• Enjoy being part of a successful team?  
• Love to learn and share your knowledge with others?  
If you answered 'yes' to any of these questions, then you could be a great addition to the museum's volunteer group.  
If you're interested please call:  
**Clare Sharpe, Volunteer Coordinator (250) 363-4312**

**CARPET CLEANING**  
**WHY GET SOAKED?**  
Deep cleaning without chemicals or perfumes.  
Dry in just 30 - 90 minutes. Military Discount  
  
Carpet & Upholstery Care  
**Call 250-475-2468**  
**Text 250-686-6991**  
**www.Dri-Way.ca**  
**10% OFF - DND DISCOUNT**

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

# FINISH EVERY WORKOUT RIGHT



- POST WORKOUT PROTEIN
- GRAB-N-GO NUTRITION
- SUSTAINED ENERGY
- GREAT TASTE

**GENUINE**  
**MUSCLE MK**™ BRAND