

Helping Military families make the right move!



Linda Clark



lclark19@shaw.ca - 250-213-7194  
SMART MOVE VICTORIA.COM

Volume 60 Number 31 | August 4, 2015

# LOOKOUT

MARPAC NEWS CFB Esquimalt, Victoria, B.C



**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)

**MASS NOTIFICATION SYSTEM TESTING THIS WEDNESDAY AT 11AM**



**Left:** Maritime Forces Pacific Team member, LS Justin Longhead, crosses the finish line at Charlemagne Field in Nijmegen, Netherlands, with gladiolus he collected along the Nijmegen Marches on July 24.

**Below:** MS Matt Lovejoy of the Maritime Forces Pacific Team runs across the finish line to officially complete the 2015 Nijmegen Marches.

Images by WO Jerry Kean, 5 Canadian Division Public Affairs

## FORMIDABLE FEAT



**We proudly serve the Canadian Forces Community**

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



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

CFB Esquimalt

**CANEX** is on est sur **Facebook**

Check back often for ongoing promotions, contests, events, new products and sales.

Nous offrons des nouveautés tous les jours: promotions et concours, événements, nouveaux produits et soldes.

"like" us to stay in touch! /likez-nous et restez informés!

[www.facebook.com/canex.ca](http://www.facebook.com/canex.ca)

[www.canex.ca](http://www.canex.ca)

Weekdays 10 - 10 • Weekends 9 - 10 • Brunch 9am - 2pm

**BEER BURGER & FRIES \$14 everyday!**

**BOLESKINE BISTRO**

Fully Licensed  
Reservations Recommended  
Hosting Private Parties for up to 60 people  
[www.boleskinebistro.ca](http://www.boleskinebistro.ca)

400 Bolskine Rd. Victoria • 778.265.7745 • Free Parking



# Vancouver hosts civilians to showcase the navy's might

**Peter Mallett**  
Staff writer

A group of visitors from across Canada and the UK got an up-close look at life onboard an RCN ship when they boarded *HMCS Vancouver* for a day sail on July 23.

With bright sunny skies, calm seas and a gentle Salish-Sea breeze fluttering, approximately 200 guests were treated to a four-hour sail around Esquimalt Harbour and the southern tip of Vancouver Island.

The event included an extensive guided tour of the upper and lower decks of the Halifax-class frigate, a man-over-board rescue exercise by clearance divers aboard a Sea King helicopter, and a demonstration of the ship's maneuvering capabilities.

"It's absolutely fantastic to be on this ship for the first time," said Dan Burneski of Surrey, B.C. "As Canadians we should be really proud of the RCN (Royal Canadian Navy) and what we have,

and also the pride the crew here on *HMCS Vancouver* take in their ship."

As the vessel completed a sharp turn and tipped on a 30-degree angle, Aaron Bence, a 15-year-old student from Royal Bay Secondary School, reflected on the fun factor of the day sail.

"I've never done anything like this before and it was cool seeing all the different exercises and drills they do. I also had no idea the ship was so complicated and there was so much high-tech equipment."

A group of 160 Commonwealth Parliamentary Association (CPA) members - some from as far away as Ghana, New Zealand, and Australia - made up the lion's share of the guests.

"I was really impressed by the crew and how welcoming and friendly they have been today," said Stirling Hinchliffe, an MP with state parliament in Queensland, Australia.

CPA members were

in Victoria for the 53<sup>rd</sup> Canadian Regional Conference and as they enjoyed a barbecue on the ship's stern, most seemed thrilled with the opportunity to sail away for a day with the RCN.

"When we go back to our hometowns, everyone here with the Commonwealth Parliamentary Association won't be talking about the time they had at the conference but their time on the ship and the great people we met and had a chance to talk to," said David Laxton, Speaker for the Yukon Legislature.

Ambassador for the CPA delegation, British Columbia Legislature Speaker Linda Reid, thanked the crew for their hospitality and presented Cdr Clive Butler with an Aboriginal stick carving by Squamish artist Jim Yelton.

"We are awed by the work you do," said Reid. "You and everyone on board your ship today had ambassadorial spirit - we are eternally grateful for this experience."



Images by LS Ogle Henry, MARPAC Imaging Services

**Above:** Guests on board *HMCS Vancouver* get a tour of the 57 mm weapon.

**Left:** Lt(N) Andrew MacGillvray, Officer in Charge of *HMCS Vancouver's* Boarding Team, explains the weapons and tactics used by Boarding Team members.



Image by LS Ogle Henry, MARPAC Imaging Services

**Max Thompson, great-grandson of Chief Petty Officer Max Bernays, acts as helmsman onboard *HMCS Vancouver* during a day sail around Victoria Harbour on July 23.**

## Day sail hosts war hero CPO Max Bernays' family members

**Peter Mallett**  
Staff Writer

Also included in the *Vancouver* day sail were nine family members of Second World War hero CPO Max Bernays, whose name was recently assigned to an upcoming Arctic/Offshore Patrol Ship.

Nearly 73 years have passed since the sailor courageously took the helm of *HMCS Assiniboine* while it was overcome with enemy fire and flames.

"It was such an amazing experience to be on *HMCS Vancouver* and honouring my father-in-law," said Marilyn Bernays, the daughter-in-law of CPO Bernays. "The children really got an education of life on a navy ship. They all knew their 'grandpy' was in the navy, but now they can really relate."

The day sail was another opportunity for the navy to celebrate CPO Bernays' legacy and show their appreciation to the family.

After being piped aboard and officially welcomed by Cdr Clive Butler, the Bernays family were given VIP status for their guided tour of the ship by CPO2 John Haggis.

"When the ship's coxswain said he was looking for a volunteer to show the Bernays family the ship, I stepped up right away," said CPO2 Haggis. "I am the oldest salt on board this ship and it was truly an honour for me to show them around."

He saved the biggest surprise during a tour of the ship's bridge when he allowed CPO Bernays' great grandson, 11-year-old Max Thompson to take control of the ship's helm.

"I was so surprised when it happened," said Thompson. "I really wasn't expecting to take command of the ship. It was awesome."

Marilyn Bernays concluded she and the rest of the family were "thrilled" with a chance to take part in the day sail when contacted by CPO1 Picard.



**(778) 747-3973**  
1701 Cedarhill Cross Road



Bentall Kennedy  
Residential Services

- Balconies
- Bicycle room
- Cable ready
- Car Wash Bay
- Indoor pool & hot tub
- Social room
- On-site staff
- Public transit & shopping nearby

**1 Bedroom from \$1175**  
**2 Bedroom from \$1430**



# Minor warships head North for Op Nanook

**Rachel Lallouz**  
Staff Writer

On Tuesday, *HMCS Nanaimo* and *HMCS Saskatoon* left the shelter of Esquimalt Harbour for six weeks of work in the ice laden waters of the Arctic.

The two ships will make the 3,500 mile journey to Tuktoyaktuk in the Northwest Territories for the annual Operation Nanook, where they will conduct surveillance and presence activities in the area.

Operation Nanook is the Canadian Armed Force's largest annual northern training and sovereignty activity, working alongside other government departments to establish a visible federal presence in our northern communities.

This year's operation marks the first deployment north of the 60<sup>th</sup> parallel for a Pacific Fleet ship since *HMCS Cedarwood* in 1949.

"This particular Operation Nanook is special," says Lieutenant-Commander Brad Henderson, Commanding Officer of *Saskatoon*. "In the past, ships participating in Operation Nanook left from the East Coast, so this is the first time we are entering the Arctic from the West."

The operation will help to prepare the stage for more extensive operations to be conducted in the future by Arctic Offshore Patrol Ships. Training in the northern environment is anticipated to iron out logistical and operating challenges posed by remoteness and harsher

environmental conditions in the North.

The exercise will also play a key role in establishing a federal presence in Canada's northern communities, which LCdr Jeff Hopkins, Commanding Officer of *Nanaimo*, says is integral to supporting Canada's Northern Strategy.

"But apart from that, we'll be providing valuable operating time for our sailors in a more challenging environment," says LCdr Hopkins.

*Nanaimo's* crew will operate a towed side-scan sonar system, which will capture high definition images below the water. The device is used to efficiently create an image of large areas of the sea floor.

Once in the Arctic, *Saskatoon* will help recover hydrophone arrays left by scientists off Banks Island. *Saskatoon* will use a Bottom Object Inspection Vehicle (BOIV) to recover the arrays, which has cameras and robotic arm capable of manipulating objects underwater.

LCdr Henderson's ship will bring three divers from the Fleet Diving Unit (Pacific) to operate the BOIV, which will also be used to conduct surveillance of underwater topography.

To prepare for Operation Nanook, the commanders of both ships familiarized themselves with the environmental conditions of the Arctic. But they aren't too worried – August up north is similar to a Victoria winter, with temperatures ranging from five to 10 degrees Celsius.

"There will be the least

amount of ice when we're up there," says LCdr Henderson. "The ice will lock up on the shoreline in October. But we're still making sure we understand ice, how to operate in it, how to navigate through it, and the limitations that it can bring."

In terms of supplying the ship with goods and fuel, LCdr Henderson says there's isn't a big difference fueling the ship and stocking it with food and provisions than any other deployment, and with the moderate weather conditions, all gear needed for the crew falls under the standard scale of issue.

"The one thing we do is try to take on more rations than we normally would to ensure we won't have to rely on Northern supply chains," says LCdr Hopkins.

Other factors each ship is keeping in mind are the distance from shore to ship in Tuktoyaktuk. Extensive shallows mean the closest the ships will get to port is 10 miles, making for long lines of transit.

"The novelty of the Arctic is huge, and getting to operate that far North is rare. As the first ships from the West Coast heading up in roughly 60 years, we're looking forward to the challenge," says LCdr Hopkins.



Image by Rachel Lallouz, Lookout  
**Commanding Officer of HMCS Nanaimo LCdr Jeff Hopkins reviews an electronic map on board the ship's bridge in preparation for Operation Nanook.**



Stock photo

**DON'T DRINK & DRIVE.**

**sharkzcoins.ca**  
Victoria-based coin design experts

## CUSTOM CHALLENGE COINS

**Visit The Sharkz Store!**  
101-1245 Esquimalt Rd, Victoria BC 250-479-5018

**ACCUTEMP**  
210-3375 Whittier Ave.  
Victoria, BC V8Z 3R1  
Office: 250.475.2665  
Fax: 250.475.1957  
Email: info@accutemp.ca

- Heat Pumps, Ductless Splits, Oil & Gas Furnaces
- Professional Installations
- Over 30 years experience
- Qualified Service & Maintenance
- 24 Hour Emergency Service
- Commercial/Residential
- Local Technicians
- Financing available

**250-475-COOL (2665) accutemp.ca**

**JB's Auto Parts Plus**  
welcomes Esquimalt Auto & Marine to our family

Now **8** locations to serve you:  
Military & DND Discount Offered

JB's Esquimalt.....	250-386-8877
Formerly Esquimalt Auto Parts	
JB's Colwood Langford.....	250-478-5538
JB's Downtown Victoria.....	250-384-9378
JB's Machine Shop.....	778-426-0801
JB'S Saanich Peninsula (B&B).....	250-652-5277
JB's Body Shop Supplies.....	250-361-9136
JB's Salt Spring.....	250-537-5507
JB's Ladysmith.....	250-245-9922

**Auto, Industrial & Marine Parts, Tools & Supplies** [www.jbgroup.ca](http://www.jbgroup.ca)

**DIAMOND OPTICAL**  
DD RX Forms Accepted

*Designers at a Discount*  
**50% OFF ALL FRAMES**

**\$ BEST \$ CONTACT LENS PRICE IN TOWN**  
**EYE EXAMS**

VICTORIA  
RON BOYCE  
1320 Douglas St.  
250-380-6919

Victoria • Oak Bay • Nanaimo • Duncan  
[www.diamondeyecare.ca](http://www.diamondeyecare.ca)

How can you support  
**Habitat for Humanity Victoria?**  
• SHOP • DONATE • VOLUNTEER

**10% DND Discount with ID & coupon**

849 Orono Avenue, Langford  
250-386-7867 • [restore@habitatvictoria.com](mailto:restore@habitatvictoria.com)

**ReStore**  
Habitat for Humanity

CALL US TODAY. 250.380.1602 [www.seaspan.com](http://www.seaspan.com)

**seaspan**  
VICTORIA SHIPYARDS



# 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

Lt(N) Nicole Murillo 250-363-4006  
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.

Le Rédacteur se réserve le droit de modifier, de condenser ou de rejeter les articles, photographies, ou annonces publicitaires pour adhérer Manuel des politiques des PSP. Les opinions et annonces exprimées dans le journal ne reflètent pas nécessairement le point de vue du MDN.



Circulation - 4,000  
plus 1,000 pdf downloads per week

One year subscription - \$66.94

Six month subscription - \$33.47

Prices include tax.

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

Web: www.lookoutnewspaper.com

Fax: 250-363-3015

Canadian Mail Product Sales Agreement 40063331



## People Talk

While visiting HMCS Nanaimo and HMCS Saskatoon, Lookout posed this question:  
*What are you most excited to do or see while in the Arctic on Operation Nanook?*



It's a part of the world I've never been to. With my interest in photography, I want to see the new landscapes and the Northern Lights.

SLt Gillian Herlinger,  
MARS Officer



Getting to do a new exercise, taking the helm in a new territory through the ice, and getting to see the wildlife.

AB Eric Arabia,  
Boatswain



I'm excited to see icebergs for the first time, and for getting to work with this crew.

AB Bhupinder Jhagg,  
Naval Communicator



Well, it's a once-in-a-life-time opportunity to see the Arctic!

LS Ryan Mclean,  
Boatswain



I'm excited to go up to an isolated part of the world where not many people visit.

LS Dino Larizza,  
Marine Engineering  
Systems Operator

## Local win means national play for Pacific Region Champs

Lt(N) Antony Carter  
Contributor

The men's 2015 Pacific Region Soccer Championship was held at CFB Esquimalt from July 20 to 23. The men's soccer teams from 19 Wing Comox and CFB Esquimalt played a best-of-three series to determine which team would represent the Pacific Region at the men's National Soccer Championship held at CFB Borden in the Fall.

The tournament kicked off with introductory remarks by Capt(N) Steve Waddell, CFB Esquimalt Base Commander, who then performed the ceremonial "first kick" after the playing of the National anthem.

Game one was a physical game for both teams. The Esquimalt team struck first through LS Callan Power. This goal swung the momentum heavily in favor of the Esquimalt Tritons as they went on to score three more times through AB Asselin, a second from LS Power, and a final goal from LS Harmati.

The game ended Esquimalt 4 - Comox 0. LS Power led the Esquimalt Tritons offensively and was awarded match MVP.

The Esquimalt team continued their winning streak in game two with a 3-1 victory over Comox. In a tight game, Esquimalt scored first through a penalty kick by Lt(N) Landon Zeeman.

Comox responded midway



Team photo of the 2015 Pacific Region Champions, which marks the fifth consecutive year for the Tritons.

through the second half on a penalty kick of their own. At the end of regulation, the game was tied 1-1.

In extra time, Esquimalt scored on a stunning free kick to the top left corner of the net courtesy of Lt(N) Christian Walsh.

LS Amos Ayodele rounded out the scoring with a well-placed shot to the bottom corner of the goal. The goalkeeper for Comox was awarded MVP of the game, and Esquimalt's Lt(N) Landon Zeeman was named Player of the Tournament.

This victory marks Esquimalt's fifth consecutive year as Pacific

Region Champions.

The team was able to build on the momentum gained through league play in the local Vancouver Island Soccer League during the winter months and the Victoria Summer Soccer League during the summer months. This year-round league play allows players to continually hone their skills and build their fitness while playing against local community teams in a competitive, fun league.

For those players interested in playing for the base team, please contact team manager, Lt(N) Antony Carter.

### Elders Gathering outline correction:

Incorrect information appeared in the photo caption of our story on the Elders Gathering on Page 7, of Issue 30. Col David Awalt, Commanding Officer of 39 Canadian Brigade Group, was incorrectly identified as Lieutenant-Colonel. Lookout regrets the error.

**We give Military Discounts**

**SAVAGE CYCLES**  
Van Island

**DUCATI TRIUMPH**  
Retailer

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

**E-FILE FROM \$57+GST**

**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

**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





## BMX - WAY TOO MUCH FUN!

RAVEN'S LIGHT

### Wynne Campbell Contributor

"Brutal, Mad, Xciting!" blared one newspaper headline after the 2012 summer Olympic men's quarter-finals in BMX racing resulted in 10 crashes involving 21 riders.

But that's not how members of the Greater Victoria BMX Association would describe their local version of the sport. Speaking with some of the civilian and military members of the club, the words you hear are inclusive, friendly, family-oriented and fun.

Yes, there are similarities between local racing and the extreme event.

While elite tracks ramp-up the level of difficulty, all tracks share the same basic features. They're about 1,000 feet long with an elevated start gate, banked switchback turns, and straights that present a variety of obstacles – hills, really – for riders to pedal over, "manual" on one wheel, or jump.

Each track also has a "rhythm section," a closely spaced series of small hills, or "rollers," designed to develop pumping skills. It's a compact course that demands riders use a whole repertoire of cycling techniques, all in the 30 to 40 seconds it takes to race one lap.

"It's just a great place for kids to learn, to be confident riders on their bikes, which translates to

commuting on the road or to any other cycling discipline. And they can learn these skills in a controlled environment," says Cam Smith, President of Greater Victoria BMX and storesman within the Environmental Materials Section of Base Logistics at CFB Esquimalt. "Even friends of mine who race bikes and know bikes can't believe how proficient our kids are at riding."

It's no surprise, he adds, that Sir Chris Hoy, one of Britain's most decorated track cyclists started in

BMX racing, as did mountain-biking champion Anne-Caroline Chausson, who returned to BMX for the sport's debut in the 2008 Olympics, winning gold for France.

Greater Victoria BMX has produced its own share of top riders, including Brandon Reid, a member of Canada's 2015 National BMX Team. The Church family is on its second generation of champions: mom Kathleen rode for Team Canada at the World Championships in Whistler, B.C., in 1985,

and now her 10-year-old daughter, Janel, ranks number one in her Canadian National Age Group.

Passing the torch to the young isn't what makes Victoria BMX racing unique; however, what's surprising is how often the passion to ride transfers the other way.

As Ian Parkinson, a civilian shipwright/joiner at CFB Esquimalt, explains it, "My son, Gavin, is a seven-year-old intermediate, and I'm a 37-year-old novice. Just by watching him, I got hooked."

Riding on practice nights was a slippery slope; once Parkinson was ID'd as a new recruit, it wasn't long before other riders in his age group had persuaded him to race.

SLt Gillian Herlinger tells a similar story. Her son Ian was five when he started riding at the track.

"I came out a couple of nights and watched him and thought, 'This looks like a lot of fun. I'm going to try it out!'"

That was four years ago, and SLt Herlinger, a MARS officer, is still willing to endure the Colwood crawl to ride BMX two or three times a week during the summer.

Even for parents who don't ride, there's a sense of community that keeps them at the track. Matthew Taylor, a naval communicator, doesn't ride often now that Theron, his 14-year-old

### CHECK OUT THE ACTION

Greater Victoria BMX, located behind the Q Centre arena, has over 200 members, ranging from toddlers to those near retirement. Spectators and new riders are welcome any time – check the track schedule at [www.victoriabmx.ca](http://www.victoriabmx.ca) – and one weekend not to miss is Aug. 7-9.

**Friday, Aug. 7** is Hot August Race Night a double-point race that will bring riders from other Island tracks.

**Saturday, Aug. 8** is the annual Race for Life, with all race proceeds going to the B.C. Children's Hospital Foundation for research into childhood leukemia.

**Sunday, Aug. 9**, Victoria BMX will host a DK Gold Cup Qualifier race for riders looking to place in the 2015 USA BMX and BMX Canada final.



son, trains with a team, but he still makes it out to most practices.

"This is something we do twice a week. I see all the same parents, all the same kids, so I think what happens is you start to form those bonds. And you're always engaged with something. Whether you're helping out on the track, or at the concession stand or helping fix a bike, you're always involved," he says.

That element has been especially important for SLt Herlinger since her son has Bardet-Biedl syndrome, a rare disorder that affects gross motor skills. For a time, he was also afflicted with Legg-Perthes disease, which caused him significant hip pain. The result was that Ian rode a strider bike until he was almost seven

years old, pushing up the hills with his one good leg.

"By the beginning of the season when he was seven, his hip was getting better, and he had to re-learn how to ride his bike. Some of the kids at BMX worked with him and re-taught him how to ride. He's nine now and still challenged by riding a bike, but it's been such an inclusive, helpful environment."

Is BMX like the 2012 Summer Olympics characterization: brutal and mad? No. But it is "Xciting!"

"I've got to say that the thing I like best about BMX is the actual 'doing' of it. It's like riding a roller coaster under your own power," says SLt Herlinger. "I mean, all the camaraderie, all the family, all the inclusiveness is great, but it's just downright fun."





## Sea Training (Pacific) 22nd annual dinner Thurs. Sept. 24, 2015

1830-2359hrs with  
Dinner commencing at 1900hrs  
CFB Esquimalt Wardroom - 1586 Esquimalt Rd  
NLT 15 september 2015

Victoria BCDinner is \$50 dollars - payable by cheque or cash to  
P01 Esquival. Dress for the event is business attire

# EXCITING Career Opportunities

We're growing... come grow with us!

Store Managers

Deli Managers

Produce Managers

Seafood Managers

Meat Managers

Bakery Managers

Home Decor Specialist

Coffee Bar Specialist

CALLING ALL  
FOOD  
PROFESSIONALS  
**START NOW!**

& hit the ground running  
when opportunities arise.

Are you looking to earn:

**\$40,000**

**\$50,000**

**\$60,000**

**and more?**

**Let's Talk**

BENEFITS • INCENTIVES • GROUP PLAN  
Quality@QualityFoods.com or drop off at your local store



**Quality  
FOODS**  
an Island Original.



## Charges laid against commanding officer

DND

The Canadian Forces National Investigation Service (CFNIS) has charged a member of the Canadian Armed Forces with multiple sex-related offences including an offence related to Breach of Trust by a Public Officer, all pursuant to the Criminal Code of Canada.

Lieutenant-Colonel Mason Stalker, 40, and Commanding Officer of the 1st Battalion, Princess Patricia's Canadian Light Infantry, Edmonton, AB, has been charged with:

- three counts of Sexual Assault in accordance with Section 271 of the Criminal Code of Canada;
- four counts of Sexual Exploitation in accordance with Section 153

of the Criminal Code of Canada;

- one count of Sexual Interference in accordance with Section 151 of the Criminal Code of Canada;
- one count of Invitation to Sexual Touching in accordance with Section 152 of the Criminal Code of Canada; and
- one count of Breach of Trust by a Public Officer in accordance with Section 122 of the Criminal Code of Canada.

This CFNIS investigation concerns a series of historical incidents that involve offences alleged to have occurred from 1998 to 2007 in Edmonton, AB, while the member was involved as a mentor with a local army cadet corps.

"These are serious and significant charges under the Criminal Code of Canada," said Lieutenant-Colonel Francis Bolduc, Commanding Officer of the Canadian Forces National Investigation Service. "Regardless of a member's rank and role in the Canadian Armed Forces, the Canadian Forces National Investigation Service works diligently and independently from the Canadian Armed Forces chain of command to protect individuals from those who violate the law."

If anyone has knowledge related to this investigation, they are asked to contact the Canadian Forces National Investigation Service Western Region tip line at: 1-877-233-6066.

## CAF member assists victims of accident

Peter Mallett  
Staff Writer

First aid training was crucial for CPO1 Alan McNaul and off-duty RCMP officer Victor Cunha in helping victims of a four-vehicle accident on the Pat Bay Highway, Tuesday July 28.

The two were travelling together north-bound on the highway at 6:45 p.m. when they came across the accident at the intersection of East Saanich Road.

"There was severe damage to two of the vehicles and smoke coming from the truck," says CPO1 McNaul, Coxswain in *HMCS Regina*. "I attended the injured man in the truck and my friend helped the injured woman in the vehicle."

Central Saanich Police confirmed a man in his late 40s was driving north on the highway when he hit a traffic sign and then collided with a vehicle waiting to turn left onto East Saanich Road, sending that vehicle spinning out of control and into oncoming traffic causing a chain reaction collision with two other vehicles.

"My victim was bleeding badly from a facial injury, and his lower lip was split in half to the bone from lip to chin," said CPO1 McNaul. "I found something in the vehicle to apply pressure to the wounds and assessed his injuries. He was fairly

coherent at times, but did not know what had happened."

Police say the driver of the vehicle that initiated the collision did not stop and continued north to Sidney where he struck one more vehicle on Beacon Avenue before coming to a stop.

Three of the drivers involved were taken to hospital, one with a bone fracture and two with less serious injuries.

"This wouldn't be the first time a member of the Canadian Forces has come to our aid," said Les Sylven, Chief of Central Saanich Police Service. "It's good to know when there are citizens out there who are trained for emergency situations, and when they come upon an accident like this they will help even when it's not convenient for them."

Upon hearing the news, the new Maritime Forces Pacific Commander, was quick to comment.

"My sincere congratulations to both CPO1 McNaul and Mr. Cunha for being true good Samaritans," said RAdm Gilles Couturier. "Their disregard for their own personal safety and their sense of the need to help people in need were key. It is nice to see that both of their emergency training kicked in and provided them with the skills to help the people in distress."

The  
**NO REPEAT WORKDAY**

WEEKDAYS  
9AM-5PM

**98.5  
Ocean**

Victoria's Perfect Music Mix



# Pan Am games hit the mark for local marksman

**Peter Mallett**  
Staff Writer

He didn't win any medals at the 2015 Toronto Pan Am Games, but his overall experience was golden says Capt Mark Hynes of Maritime Forces Pacific headquarters, and elite marksmen with a pistol.

The energy, anticipation and thunderous roar of the crowd as he walked out with the Canadian team for the Opening Ceremonies at the Rogers Centre is a memory he will never forget.

"It was a huge deal; you walk out of the tunnel [at the stadium] and everyone is cheering you on, waving flags, and the flash bulbs of hundreds of cameras are going off," he says. "That was the biggest crowd I have ever been in front of and I just enjoyed the moment."

Canada pulled off a record medal haul at this year's games, winning 217 medals, including 78 gold medals, finishing in second place behind the United States. In the shooting competition Canada's team finished in third place with three gold medals and one bronze.

Capt Hynes had a disappointing performance in the 10m Air pistol qualifying competition, finishing 25<sup>th</sup> in a field of 31; however, in the 50m pistol qualifying competition he posted an impressive 12<sup>th</sup> place finish amongst a field of 26 competitors, his best ever at a major international event.

He had missed out on a top eighth finish and spot in the final by just three points. The near-miss in the 50m was even more exasperating, says Capt Hynes, because the competition also served as a qualifier for the 2016 Rio Olympics.

"I knew I had the ability to be in the finals. It was so close and a little disappointing. There were several former Olympians I managed to beat, and those who qualified in the finals of the 50m competition weren't light years ahead of me."

The Pan Am shooting competition, held north of Toronto in Innisfil, ON, didn't receive much television coverage. So Capt Hynes' co-workers tracked his progress on the Internet.

"Just seeing him get there and represent us at the Pan Am Games made us so proud," said Capt James Eke.

His father Ray Hynes travelled from Newfoundland to cheer for him and the rest of Canada's shooting team. The senior Hynes, a former RCMP officer and competitive target shooter, introduced his son to the sport as a youth, and also coached him in the 1991 Canada Games air pistol competition.

Despite his natural ability as a marksman, Capt Hynes walked away from competitive shooting in 1999, shortly after joining the Canadian Armed Forces. Being away from the shooting range was hard; he eventually resumed the sport in 2008 with Canada's CISM (Council International de Sport Militaire) military shooting team.

"It was all about finding the time to train, and a location," says Capt Hynes. "My deployments and other work just kept me really busy. However, I had the itch and desire to get back into it."

Since his return to shooting, he has competed in the Military World Games and represented Canada as a civilian at two World Cups, two Continental Championships, and the 2014 Commonwealth Games in Glasgow, Scotland. He is also a member of the North Saanich Rod and Gun Club.

He is now busy practicing for his next competition, the National Pistol Championships in Camrose, AB, from Aug. 7 to 14.

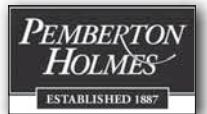


[www.lookoutnewspaper.com](http://www.lookoutnewspaper.com)



**NANCY VIEIRA**

250-514-4750



1-800-665-5303  
[www.nancyvieira.com](http://www.nancyvieira.com)  
[info@nancyvieira.com](mailto:info@nancyvieira.com)



Helping constituents with Federal government programs and services.



**Randall Garrison, MP**  
ESQUIMALT-JUAN DE FUCA

A2-100 Aldersmith Pl, View Royal  
Monday-Thursday, 10am-4pm  
250-405-6550

[Randall.Garrison@parl.gc.ca](mailto:Randall.Garrison@parl.gc.ca)  
[www.randallgarrison.ndp.ca](http://www.randallgarrison.ndp.ca)

# TAKE THE LEAP.

Don't let fear get in the way of your new life without glasses or contacts. Get all the facts at [lasikmd.com](http://lasikmd.com)

Starting at \$490/eye\*

**LASIK MD**  
VISION

Book a free consultation at 1-855-688-2020 or [lasikmd.com](http://lasikmd.com)



\*Prices are subject to change without prior notice and vary based on prescription strength. Standard LASIK starting at \$490 per eye and Custom LASIK starting at \$1,190/eye. Other conditions may apply.



**STAN BURNS**  
250.818.STAN

**POSTED?**  
Sell Easy... Buy Smart...

818STAN.COM  
**RE/MAX**  
C A M O S U N  
Victoria, BC

Brookfield IRP  
Approved



**PACIFIC FLEET CLUB**  
JUNIOR RANKS MESS

**The place to be before downtown**  
We'll shuttle you!  
Call for pick up 250-363-6028

**THURSDAYS August 6 -13 -20 -27**  
25¢ WINGS, POKER with prizes @ 7pm

**THURSDAYS 6,13,20**  
KARAOKE @ 8pm

**26 – Sunday Kids Movie – Home**  
Doors open @ 12:30pm movie starts @ 1pm. Lots of drinks & snacks provided and a chance to win the movie at the end of the showing!

**30 –Movie Night**  
Movie starts @ 7pm in the Okanagan Theatre. Come enjoy comfortable seating, free popcorn and 25¢ Wings!

**AUGUST EVENTS**

**WINGS FROM 7PM! .25¢**



**Every Thursday night come down for WING NIGHT!**

**P-R-I-V-A-T-E PARTY?**  
**ARRANGE YOUR EVENT**  
Call the Events Coordinator at  
**250-363-3146**

And don't forget to check out our Facebook page:  
[Facebook.com/ThePacificFleetClub](https://www.facebook.com/ThePacificFleetClub)



## Soldier, cancer survivor tackles bike ride

**Rachel Lallouz**  
Staff Writer

Warrant Officer Duane Bailey is tackling the second biggest challenge of his life when he cycles more than 200 kilometres in two days for the Ride to Conquer Cancer.

His greatest challenge was defeating colon cancer.

"I'm a colon cancer survivor, and this year I decided to do the ride in support of myself and a few others I know who have this horrible disease," he says.

From Aug. 29 to 30, WO Bailey, accompanied by PO1 Patricia King and Capt Gary Levesque, will cycle between five and six hours a day from Vancouver to Seattle alongside upwards of 2,000 other participants.

*For me, it's a really personal ride because of what I've gone through. I just think about how many people are affected by this terrible disease nowadays.*

WO Duane Bailey

Surgery to treat his 2013 cancer diagnosis kept him from saddling up for the ride last year.

"For me, it's a really personal ride because of what I've gone through," says WO Bailey. "I just think about how many people are affected by this terrible disease nowadays."

He is half way to \$2,500 monetary goal, something all riders need to meet. Money raised by participants is donated to the B.C. Cancer Foundation.

"Apart from raising money, the ride will be an opportunity for me to reflect on what has happened and to give back to the B.C. Cancer Foundation," says WO Bailey.

On day one, cyclists will follow a route out of metropolitan Vancouver to the border, and then along hilly roads that wind through lush valleys and farmlands. Cancer survivors can don a flag from their bike that identifies them from the crowd of riders. WO Bailey will have one on his bike.

Their sleepover night will be spent under the stars at the Skagit County

Fairground in Mount Vernon, Washington. Present at the campsite will be entertainment, doctors, massage therapists, and food.

On day two, the throngs of cyclists will ride down country roads through coniferous forest to the Seattle finish line.

To prepare, WO Bailey has been cycling to and from work almost every day – a 40-kilometre-a-day feat – plus longer rides on the weekends.

"I think patience is something I have learned being in the military that will really help," says WO Bailey, a Traffic Technician with 34 years in the military. "It will allow me to stay focused on my ride."

To donate to the Ride to Conquer Cancer and to WO Bailey's ride, click on the "donate" button at [va15.conquercancer.ca](http://va15.conquercancer.ca).

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

**The MORTGAGE Centre**

COCHING MORTGAGE

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

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

Convenient location  
across from Home Depot below Costco



**Eric Coching**  
Broker/Owner | 250-217-2326

**Thinking about consolidating consumer debt?**

Now may be the time as mortgage rates are low.

Give us a call for current rates and options!

Rates subject to change without notice





Cadet Faith Bage sang the U.S. and Canadian national anthems.

# HarbourCats pitch appreciation to cadets

**Capt Cheryl Major**  
RCSU(P)

The Victoria HarbourCats baseball team hosted a Cadet Appreciation Day on Sunday, July 26 at Royal Athletic Park, providing free tickets for almost 400 cadets and staff from Albert Head Cadet Training Centre.

The cadets were from across Western Canada, and for many this was their only opportunity to see sport played at this level.

"The Cadet Program is a great organization for youth that makes a difference in communities. These cadets are always professional and we were happy to welcome them into our park to give them an experience they can't get anywhere else," said Jim Swanson, co-owner and General Manager of the Victoria HarbourCats.

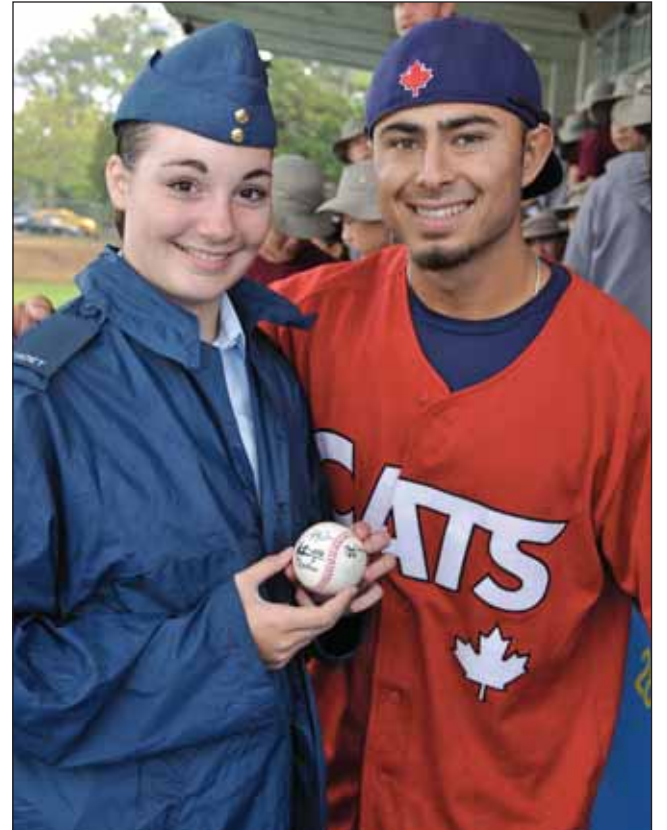
Their 90-piece combined cadet band impressed the crowd with their version of "Uptown Funk"; then they opened the game with the U.S. and Canadian national anthems, both sung by cadet Faith Bage from Winnipeg, MB.

Cadet Krista Thorn from Mission, B.C., stepped up to the mound to throw the first pitch of the game; she is attending the Drill and Ceremonial Instructor Course at Albert Head.

The game was rained out shortly after it began, but cadets enjoyed free hot dogs from Maple Leaf Foods and had a chance to meet players from the HarbourCats and Walla Walla Sweets teams.

Players were happy to sign uniform parts and even pretended to interview some of the cadets to learn what they were all about.

The HarbourCats are one



Cadets had a chance to meet the players and get autographs during the rain storm.

of only two collegiate-level teams in Canada. Many players on the team have already been recruited by professional clubs but chose to pursue education first, mostly at U.S. schools on scholarship, with another chance at being a draft pick once they finish college. The players are host-

ed with families in Victoria and play a gruelling 63 games in the 70 day summer season.

The Victoria HarbourCats also host Forces Friday games each season where Canadian Armed Forces members and their families can enjoy a game for only \$5 each.

## OPTOMETRISTS

**DR JOSLIN & DR MORIN**  
ASSOCIATES  
DOCTORS OF OPTOMETRY

### EXPERIENCE THE PRECISION OF CUSTOMIZED VISION

Canadian Forces member eye exams and glasses provided with designated paperwork!

MILITARY FAMILY DISCOUNTS AND SERVICES IN FRENCH AVAILABLE.

**LANGFORD**  
#105-814 GOLDSTREAM AVE.  
PHONE: (250) 474-4567  
www.langfordoptometrists.com

**SOOKE**  
#5-6726 WEST COAST RD.  
PHONE: (250) 642-4311  
www.sookeoptometrists.com

Discover nature, live in comfort, experience **Trailside**

**OPEN HOUSES | WEDNESDAY - SUNDAY 1 - 4**

## 21 Gorgeous Craftsman Homes

Priced from **\$399,900** Net GST incl.

Nestled between beautiful ALR protected land and the famous Galloping Goose Trail. Located in the heart of the West Shore, close to parks, schools, recreation and all the amenities you can think of.

**Roger Levesque\*** Realtor  
CD, B.Sc., M.B.A.\*Personal Real Estate Corporation

ROYAL LEPAGE ROYAL LEPAGE COAST CAPITAL REALTY

## TRAILSIDE

Where nature is your neighbour

Visit our showhome at 3499 Luxton Rd. | 250.380.8048 | trailsidehomes.ca



# Winnipeg integrates with NATO allies

**SLt Jamie Tobin**  
HMCS Winnipeg

After months of trials, high-readiness preparations, and many personnel and equipment related challenges, HMCS Winnipeg officially joined Standing NATO Maritime Group Two (SNMG2) in Palma de Mallorca, Spain, July 15.

Winnipeg joined the task group as part of Operation Reassurance, Canada's commitment to NATO assurance mea-

asures in Central and Eastern Europe. "Our team lives by the ship's motto 'one with the strength of many' and I am proud to say that Winnipeg's strength now extends to our NATO allies," said Commander (Cdr) Pascal Belhumeur, Commanding Officer of Winnipeg.

While in Palma de Mallorca, Winnipeg's crew and command team met with SNMG2 Command (flag) ship, Federal German Ship (FGS) Hamburg, as well as Spanish Ship (SPS) Cantabria and SPS

Santa Maria for the first time. In addition to holding planning meetings, FGS Hamburg crew hosted the task group's first diplomatic engagement event, and all SNMG2 ships were open for public tours to local residents and tourists.

"It was an honour to meet with all of the international SNMG2 ships that we will be working with," said Rear-Admiral (RAdm) Jorg Klein, Commander of SNMG2. "Our assembly in Palma de Mallorca marks the start of our efforts as

a team and I am certain that our working relationships will grow stronger over the coming months."

Each ship sailed into Palma harbour on July 15 as individual units, and on July 20, SNMG2 sailed out of Palma harbour as a well-disciplined and professional NATO task group. SNMG2 is now in the Mediterranean Sea conducting fleet integration training to build team cohesiveness and they stand ready to provide necessary support to our NATO Allies.



The Enhanced Naval Boarding Party from HMCS Winnipeg clears the upper deck on the Spanish Ship Cantabria while conducting training with Standing NATO Maritime Group Two during Operation Reassurance  
Images by Cpl Stuart MacNeil



Lt(N) Sara Kucher, an Officer of the Watch, takes a bearing during manoeuvres.



Air Detachment cleans the ship's CH-124 Sea King helicopter.



Lt(N) Ben Roberts, Navigation Officer, checks a bearing.



SLt Nathan Schnarr, a Marine Systems Engineering Officer, at work.

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

**ASK ABOUT OUR MOVE IN DISCOUNT!**

**250.381.5084 CAPRENT.COM**

**Jim Pattison Toyota victoria**

**Up to \$1,000** additional savings on Scion for recent high school or college graduates.

**Military & DND Incentive Program**

**\$500** Incentive on all new and used vehicles in stock

**10% OFF\*** Service & Maintenance + Free Car Wash & Vacuum

JPToyotaVictoria.com | Tel: 1-888-464-9570 | 3050 Douglas Street



## Make a difference

in the lives of girls

# Volunteer

1-800-565-8111  
girlguides.ca

Girl Guides of Canada Guides du Canada

# Share memories with Royal Roads

## Royal Roads University

What does a Korean War veteran, a former member of Parliament, and a second-generation Royal Roads alumna have in common?

They all have a life-changing story about their time at Royal Roads.

As part of Royal Roads' 75th anniversary celebrations, the university is calling on alumni, ex-cadets, faculty, staff and community members to share their memories and personal stories of Royal Roads.

For 55 years, Royal Roads served as a training institution for military officers. Originally opened to train naval reserve officers for service in the Second World War, it expanded to provide an academic and military education for all three military services. In 1995, Royal Roads University opened its doors as a public applied research



Oct. 15, 2015, when a prize will be awarded to a randomly-selected participant.

Stories can be shared directly online: [changinglives.royalroads.ca](http://changinglives.royalroads.ca)  
Email: [stories@royalroads.ca](mailto:stories@royalroads.ca)  
Phone: 250.391.2600 ext. 8540

Royal Roads University, a public university established in 1995, offers a progressive model of post-secondary education, delivering applied and professional programs through the faculties of management and social and applied sciences. The university offers its students a unique blended learning experience, combining online and on-campus instruction, as well as full time intensive on-campus instruction in undergraduate, graduate and doctoral degrees, certificates and diplomas. It also offers progressive executive, custom and continuing studies programs.

university.

Today, that legacy is reflected in the stories of the people of Royal Roads.

"The story of Royal Roads has many authors," says Katharine Harrold, Royal Roads Vice-president Communications and Advancement. "Our 75-year history is a constellation of individual stories and life-changing moments experienced by people who have lived, worked and studied here."

The Royal Roads Changing Lives Story Project is accepting written or recorded submissions until

A FULL SERVICE AUTO REPAIR FACILITY

## TRACKSIDE

AUTO SERVICE LTD.

- Induction & Fuel Injection Service
- Out of Province Inspection
- Diesel Fuel Service
- Brake service

- Oil service
- Electrical
- Exhaust
- Tires

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

\* under 80,000 km

784 Fairview Rd. • 250-383-5509 • [tracksideautoservice.ca](http://tracksideautoservice.ca)

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

## VICTORIA TAXI

LOCAL • RELIABLE • SAFE

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

## WESTSHORE U-LOCK MINI STORAGE

MILITARY DISCOUNT OFFERED

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

1621 Island Highway, 250-478-8767

# Cigarette-caused fires preventable

Over the past 10 years, Canadian Armed Forces (CAF) fire departments have responded to nearly 300 structure fires that were determined to be cigarette-caused.

Fires caused by careless disposal of smoking material continues to be a leading cause of fires, both inside and outside of the home.

Cigarettes disposed in planter boxes or in an improper receptacle can smolder and spread to your home and your neighbour's home.

These fires represent more than \$3.4 million in fire loss. A study conducted by the Canadian Forces Fire Marshal (CFFM) office indicates that 14.5 per cent of fires and more than \$1 million in public money loss are now related to improper disposal of smoking material, more commonly cigarettes.

Additional data from the CFFM office shows that 72 per cent of cigarette fires at residential properties originate outside, and nearly one in four of these become structure fires, which extend to the inside of homes.

### Safety and Prevention Tips:

- Smoke in areas away from things that burn, such as potted plants, combustible

vegetation and planters.

- Safely dispose of cigarette butts in a non-combustible container filled with water or sand.
- Never empty smoking material directly into a trash can.
- Place ashtrays or metal cans away from anything that can burn.
- Develop guidelines for smoking on your property and enforce them.
- Provide designated smoking areas and suitable disposal containers.
- Consider no-smoking policies.
- Be alert and investigate unusual smoke smells.
- Take an active role in ensuring smoking safety, whether you smoke or not.
- Keep matches and lighters away from children.
- Remind those who use home oxygen not to smoke.
- Test your smoke alarms monthly.
- Develop and practice a plan to escape your home.

# The brightest lights.

@craftsmanshops • [craftsmancollision.com](http://craftsmancollision.com)

Our laser measuring system highlights damage to within ultra-precise tolerances – so we can safely restore your car's frame to its original factory specifications. Together with our unbeaten technical expertise and first-class service, it's why we get such glowing reviews.



©™ Trademark of AIR MILES International Trading B.V. Used under licence by LoyaltyOne, Inc. and Craftsman Collision Ltd.

Victoria • Esquimalt • Colwood • Duncan • Nanaimo





Owners of Sharkz Coins, Chris and Helen Edley.

# Sharkz Coins expands to Esquimalt store front

**Rachel Lallouz**  
Staff Writer

After almost nine years working out of their home office, coin and sign designers Chris and Helen Edley have finally opened a brick and mortar operation.

Located on the ground floor at #101 - 1245 Esquimalt Road, the new Sharkz Store is a sleek, modern storefront space with their specially designed coins artfully on display in a black velvet-lined glass case. Dangling from the artfully logoeed glass window

are large mobile coins; more samples of their work line the walls inside.

Esquimalt seemed like the best location because CFB Esquimalt is one of their major coin clients, says the couple.

As a retired naval officer, Chris says the 14 years he spent in the military as a Marine Engineer Officer provides the understanding and knowledge needed to satisfy a military client.

"My connection to the navy really helps when people aren't sure what to put on their coins," he says. "But

I understand the history, the terminology, the language, and the rank structure because I'm part of it."

The two began coin designing in 2006 after volunteering to create a coin to commemorate the British Columbia Geocaching Association, of which they are active members. Chris, who took over his father's sign making business, found designing and producing coins to be a natural step from designing signs.

A number of their designs are for "geocoins" – collectible coins that are hidden in

geocache containers around the world to be hunted and found. Coins, or "trackables", are engraved with a metal tracking number and have art chosen by geocachers or a business. They are then activated and placed in a geocache to begin their adventures. Users can trace the travels of their coins and trackables online.

The Edley's employ five people to carry out the process of coin and sign design and managing manufacturing.

"People will come to us with an idea or image

sketched on a piece of napkin, even a written description, word file, or PowerPoint," says Chris. "They might give us specific images, ideas, or symbols they want included, like mountains, or a certain crest or type of ship or airplane."

Chris works with his staff graphic designer Monique to draw up a sample coin for the client.

Designs may include colored portions and can be raised to create a two or three dimensional effect. The art is then sent to a factory to cut dies, stamp, paint

and plate the coins.

Liquid paint, applied by hand with a syringe, is painted onto the coin before being fired. Coins can be produced upwards in the hundreds, to commemorate an event such as a ship's commissioning, a mission, or simply for a unit kit shop or a school.

"The whole process embodies pride in the product. We take the same pride in making them as our clients' later feel when handing them out," says Helen. "They are our business cards. If they don't look great, we aren't happy."

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



# Bravo ZULU MARPAQ HQ

Cdr Geoffrey Everts presented several awards to members at Maritime Forces Pacific Headquarters on July 27.

Images by Cpl Blaine Sewell, MARPAQ Imaging Services



Lt(N) Blume (right) receives the Canadian Forces Decoration for 12 years of service.



LCdr Lahay (right) receives the pewter Sea Service Insignia.



Lt(N) Monsour (right) receives the pewter Sea Service Insignia.



Lt(N) St. Aubin (right) receives the pewter Sea Service Insignia.



Lt(N) Joiner (right) receives the pewter Sea Service Insignia.



Image by Cpl Brandon O'Connell, MARPAQ Imaging Services  
LS Joseph Brown receives the Canadian Forces Decoration for 12 years of service to the Canadian Armed Forces from LCdr Colleen O'Brien, Maritime Forces Pacific Headquarters Acting Commanding Officer.



Image by Cpl Brandon O'Connell, MARPAQ Imaging Services  
AB Shawn Snow is promoted to Leading Seaman by LCdr O'Brien and Lt(N) Esther Nightingale.



Image by Cpl Brandon O'Connell, MARPAQ Imaging Services  
Aviator (Avr) Desrochers is promoted to Corporal Cpl by LCdr O'Brien and WO Wayne Donner.



## PACIFIC MAZDA



### Military & DND Incentive Program

# \$500

Incentive on New & select Used vehicles in stock

# 10% OFF\*

Service and Maintenance  
Complimentary Car Wash with service (time permitting)

\* cannot be combined with any other promotions, specials or coupons see service department staff for details

LOCATED AT 1060 YATES STREET | TEL: 250-385-1451 | MAZDAVICTORIA.COM





**HMCS Brandon**  
*Change of Command*

Image by LS Zachariah Stopa, MARPAC Imaging Services

**Left to right:** LCdr Landon Creasy, Incoming Commanding Officer; Capt(N) James Clarke, Reviewing Officer; and LCdr Lawrence Moraal, Outgoing Commanding Officer, sign certificates during HMCS Brandon's Change of Command Ceremony on July 27.

# Base Information Services



MS Aird is promoted to her current rank by BIS Commanding Officer Cdr Byron Derby and and Capt Mark MacFaddyen.

## Cadet Camp awards



Image by Capt Angela Sargent



Image by Wayne Emde

**Above:** Maj Ken Prince presents Cadet William Credicott with his award as the Best Cadet in 23 Platoon during the first Intake of the Basic Expedition Course after the Graduation Parade for the first intake of Basic Training cadets at Vernon Army Cadet Summer Training Centre.

**Left:** Private Trained McKay receives his promotion from LCol Johnston, Commanding Officer of Albert Head Cadet Training Centre, assisted by Maj Christian Borland.



MS Charpentier is promoted to his current rank by Cdr Derby and and Capt MacFaddyen.



MS Clarke is promoted to his current rank by Cdr Derby and and Capt MacFaddyen.



LS Kevin McCall is promoted to Master Seaman on board PCT Moose by Commanding Officer, LCdr Richard Cobb, and Coxswain CPO2 David Bisal.



PO2 Cantwell is promoted to his current rank by Cdr Derby and Capt Magagnin.





# Primary Leadership Qualification Course Graduation

Reviewing Officer, MGen Eric Tremblay, presented graduation certificates and special guests presented achievement awards to students from the Primary Leadership Course (PLQ) 0061 on July 28.

Images by Cpl Blaine Sewell MARPAC Imaging Services



MS D. B. Block (right) receives the course 0061 Top Student Award from the Chief and Petty Officers' Association representative, Dale Crewe.



MS M. Van Delft (right) receives the PLQ course 0061 Drill Award from CPO2 Scalabrini.



MS A.P. Fisher (right) receives the Formation Chief Petty Officer's Award for displaying leadership and integrity, as voted by his peers from CPO1 Mike Feltham.



LS P. Wong (right) receives his Primary Leadership Qualification course graduation certificate from MGen Tremblay.



MCpl T. Bauder receives her Primary Leadership Qualification course graduation certificate.



Cpl M. A. Belmonte receives his Primary Leadership Qualification course graduation certificate.



MS J. S. Bonneville receives his Primary Leadership Qualification course graduation certificate.



LS K. Braithwaite receives her Primary Leadership Qualification course graduation certificate.



Cpl V. S. Clarion receives his Primary Leadership Qualification course graduation certificate.



LS B. Dagar-Magnan receives his Primary Leadership Qualification course graduation certificate.



LS M. J. Francoeur receives his Primary Leadership Qualification course graduation certificate.



Cpl R. P. C. French receives his Primary Leadership Qualification course graduation certificate.



LS J. L. Helpard receives his Primary Leadership Qualification course graduation certificate.



MS M. Kim receives his Primary Leadership Qualification course graduation certificate.



LS D. Merlo receives his Primary Leadership Qualification course graduation certificate.



MS J. Nadeau receives his Primary Leadership Qualification course graduation certificate.





LS A. J. C. Nicholson receives his Primary Leadership Qualification course graduation certificate.



MS R. Pittet receives his Primary Leadership Qualification course graduation certificate.



MS D. Spiker receives his Primary Leadership Qualification course graduation certificate.



MS D. St-Jacques receives her Primary Leadership Qualification course graduation certificate.

## CFAD Rocky Point Change of Command and award presentations



Images by Cpl Blaine Sewell MARPAC Imaging Services  
**Above:** Outgoing Commanding Officer of the Canadian Forces Ammunition Depot Rocky Point (CFAD), LCdr Chenney (left), signs over command to Maj Rioux (right), while Col Tattersall (centre), Commander Material Support Group, oversees the Change of Command ceremony at CFAD Rocky Point on July 23.

**Left:** LCdr Chenney (left) receives a CFAD Rocky Point Service Plaque from Amy Markham on behalf of all employees at CFAD.



Ted Davies (centre) receives the Canadian Joint Operational Command Commander's Commendation on behalf of Al Carter from Col Tattersall, Commander Canadian Material Support Group (left), and CWO Cartier (right).



Drew Natland (centre) receives the certificate of completion for the Civilian Ammunition Technician level 3 course from Colonel Tattersall, Commander Canadian Material Support Group (left), and CWO Cartier (right).



## Base Administration promotions

**Left:** MCpl Robyn Lalonde is presented with her current rank from Cdr J.W. Golden and MWO M.W. Dankwerth.

**Right:** MCpl Colin McGregor is presented with his current rank from Base Administration Officer, Cdr J.W. Golden and MWO M.W. Dankwerth, BOR Supervisor.





# 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 **250-363-3127** to book your display or word ad

**ANNOUNCEMENTS**

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.

**APPLIANCES**

**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

**VOLUNTEER**

SHARE YOUR RECREATIONAL INTERESTS by supporting a person with a disability to become more active. By donating 1-2 hrs a week you can change someone's life and have a great time doing it. To get involved or for more info, call Kim at 250-477-6314 ext. 15 or email volunteers@rivotonline.org or visit www.rivotonline.org/Volunteering.htm

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

**CONSIGNMENT**

*Pretty Women Plus Size*  
 694 Goldstream Ave. High End Consignment  
 Sizes 0 to 6x  
 Bunny Malones 778-977-5167  
 Pretty Women Plus Sizes 250-590-8440

**AUTOMOTIVE**

**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

Your ad here  
 For word or display ads, 250-363-3127

**FOR SALE**

Twin bunk beds for sale! \$550 OBO w/ mattresses. Beds new were \$900 and mattresses were \$300 & \$150. Beds can also be apart. Upper bunk is higher to give lower bunk more head room. Beds and mattresses are in almost new condition. email mavridisc@shaw.ca for more info.

**REC VEHICLE**

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

JUMP START YOUR CAREER WITH LOOKOUT CLASSIFIEDS  
 CALL 250-363-3127

**ALL NEW SEASON ALL NEW COMMUNITY GUIDE**  
**SPORTS • RECREATION HEALTH • EDUCATION**  
 AVAILABLE AT ALL PSP & MFRC OUTLETS

**REAL ESTATE • FOR RENT**

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

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

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

To view these and other properties, visit [www.eyproperties.com](http://www.eyproperties.com)

Military Discount Tenant Referral Program

LRG 2 BDRM LOWER SUITE avail Aug 15 or Sept 1. Recent paint& lam. floor. Pvt in-suite laundry. Street parking. 5 min walk to Country Grocer plaza, 10min to ocean/parks. 5 min walk to the base. #15 & #25 bus stop nearby. \$1350/month includes hydro/hot water. Esq Rd @ Admirals is nearest major intersection. Contact 250-888-3383 or tuneinandrockout@gmail.com if interested.

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

**Devon PROPERTIES LTD.** No Pets allowed in any building  
[www.devonprop.com](http://www.devonprop.com)  
**LARGE SUITES**

**1180 Colville BACH \$710**  
 Avail Now  
 250-360-1983

**855 Ellery 2 Bd from \$945**  
 Avail Now  
 250-812-5234

**DAYCARE**

Learning in Nature Rocks!  
 Ages 3-5  
 Registration open now for limited spaces.  
[www.naturejuniorkindergarten.com](http://www.naturejuniorkindergarten.com)

**Miles of Smiles NATURE JUNIOR KINDERGARTEN**

**HELP WANTED**

**ATTENTION: Career Transitioning Military RV SALES CONSULTANT WANTED**  
 Looking for a team player who can be a positive force within our RV dealership. RV SALES CONSULTANT duties include:  
 • maintaining sales lot  
 • being well organized  
 • being self-motivated

Air Brakes and Forklift are a plus. VSA licence required. Email résumé to [accounting@trianglerv.com](mailto:accounting@trianglerv.com)

**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

**DENTIST**

**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](http://neatedental.com)

**Base Library Catalogue Online**  
<http://library.esquimalt.mil.ca>

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



# 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 **250-363-3127** to book your display or word ad

**SERVICES OFFERED**

**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

**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

**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

**COLIN AMEY 250-709-7473**  
Licensed Residential Builder



**When quality matters!**

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

Bonded and Insured

**BUILDING OR RENOVATING?**



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

**CBS STONENWORKS**


*Quality is our guarantee!*

CONCRETE • BRICK • STONE • TILE

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

**REAL ESTATE • FOR SALE**

**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



**This two level, 2 BDR condo next to Signal Hill means walking to work, shopping, schools & transit. LIVE CAR FREE!**  
**SIMPLICITY - COMMUNITY - FAMILY**  
**ALL AGES, RENTALS & PETS OKAY!**  
With attached garage and private entrance it's like a townhouse! Bonus is roof top patio with views.  
\$339,900 MLS 353800



**Sandy McManus** PREC  
Cascadia Real Estate Team  
DFH Real Estate Ltd. 3914  
Shelbourne St. Victoria, BC  
**250-477-7291**  
SandyMcManusRealty  
@shaw.ca



**OPPORTUNITY TO EARN SOME SWEAT EQUITY!**  
2 bed 2 bath corner condo, 1214 sq.ft. 2 enclosed balconies

CALL DIRECT 250-213-7444



**Shelly Reed**  
For more info  
www.shellyreed.com

**Sutton GROUP**  
West Coast Realty

**Buying or selling real estate?**  
**Call Gunnar**  
**250-884-0933**



**PEMBERTON HOLMES**  
ESTABLISHED 1887

150-805 Cloverdale Ave  
Victoria, BC • V9X 2S9  
GunnarStephenson@hotmail.com



**Sell your home in the Lookout**  
**Call**  
**250-363-3127**  
**to advertise**

Join the conversation

 **Lookout\_news**

 **lookout.newspaper**

**NEED A DRIVER?**



**WINE TOURS**  
**WEDDINGS**  
**AIRPORT TOURS**

**15% DND DISCOUNT**  
Call Nima 250-884-8455  
Ex-military at your service

**RENOVATIONS**

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

**HARDWOOD FLOOR SANDING  
REFINISHING & INSTALLATIONS**

- Eco-friendly Finishes
- Dustless Sanding System
- Installations

**FREE ESTIMATES**

250.880.0926 • www.doublenfloors.ca

**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



**Better the 2nd time around!**

**PITCH-IN CANADA**  
www.pitch-in.ca

**OVARIAN CANCER: WOULD YOU KNOW IF YOU HAD IT?**


**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.*

**Base Taxi Service**

for Naden, Dockyard & Work Point  
Monday to Friday 7:30am to 3pm  
Available for military-related appointments on base,  
**Taxi Dispatch 250-363-2384**



**Make the most of life on the island.**



**Stay fit with the Activity Guide.**

New guide available Aug. 10



GREAT FOOD!  
100+ VENDORS  
DOOR PRIZES

CFB ESQUIMALT

# INDUSTRIAL SUPPLIER TRADE SHOW

SEPTEMBER 17, 2015

THURSDAY, SEPTEMBER 17  
10 AM-3 PM  
NADEN DRILL DECK

*Mark your calendar!*

**Comox AIR SHOW**

**WIN TICKETS**

**LOOKOUT!**

All Canadian Armed Forces members in uniform will receive free admission.  
Offer available at the gate only.

Lookout Newspaper has FREE tickets to see the COMOX AIR SHOW on August 15. To enter the draw, correctly answer: **Which act at this year's Comox Air Show is the only one that features an un-powered aircraft?**  
Send your answer to heather.catte@forces.gc.ca by Thursday August 6 at noon.

AUGUST 15 2015 | SALUTING THE COMMUNITY WE SERVE

COMOX ARMED FORCES DAY AND AIR SHOW  
JOURNÉE NATIONALE DES FORCES ARMÉES ET SPECTACLE AÉRIEN

comoxairshow.ca | facebook.com/comoxairshow

Hide the Bus to the Comox Air Show  
Sponsor 2015 | ACTRAWEST

PLATINUM: THRIFTY FOODS, MyTechGuys, COMOX VALLEY, McDonald's, COAST, Shaw, WAVE, WAVE, PEARL, CANEX, I'm lovin' it

MEDIA: CTV, COMOX VALLEY ECHO, RE/MAX, CANEX

GOLD: COMOX VALLEY, ILS CORP, COAST OUTDOOR, MCKAYS, WAVE, WAVE, PEARL, CANEX

SILVER: LINGLOBE, SLEGG, HARBOR AIR SEAPLANES, WESTJET, PARTY SHOP event rentals, COMOX VALLEY

BRONZE: AMBASSADOR, SLEGG, HARBOR AIR SEAPLANES, WESTJET, PARTY SHOP event rentals, COMOX VALLEY

**TEST THIS WEEK**

 **CFB Esquimalt Mass Notification System Monthly Test**  
11 a.m. on the 1st Wednesday of each month

[www.navy-marine.forces.gc.ca/en/about/structure-marpac-units.page](http://www.navy-marine.forces.gc.ca/en/about/structure-marpac-units.page)  
Click on MNS tab

 National Defence / Défense nationale

---


**TEST PRÉVU CETTE SEMAINE**

 **Essai mensuel du système de notification de masse de la BFC Esquimalt**  
à 11 h le premier mercredi de chaque mois

[www.navy-marine.forces.gc.ca/fr/apercu/organigramme-fmar-p-unites.page](http://www.navy-marine.forces.gc.ca/fr/apercu/organigramme-fmar-p-unites.page)  
et cliquez sur l'onglet du système (SNM)

 National Defence / Défense nationale

**Vancouver Island Safety Council**



**MOTORCYCLE RIDER TRAINING**

**NOVICE & TRAFFIC PROGRAMS**

**EXPERIENCED RIDER COURSES**

**ICBC CERTIFIED COURSE**

**250-478-9584**  
[www.visafetycouncil.com](http://www.visafetycouncil.com)

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

Ask about our **Military Discount!**



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

**kingLASIK**  
kinglasik.com

**250.360.2141**  
**VICTORIA • VANCOUVER**