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Volume 62 Number 4 | January 30, 2017

# LOOKOUT

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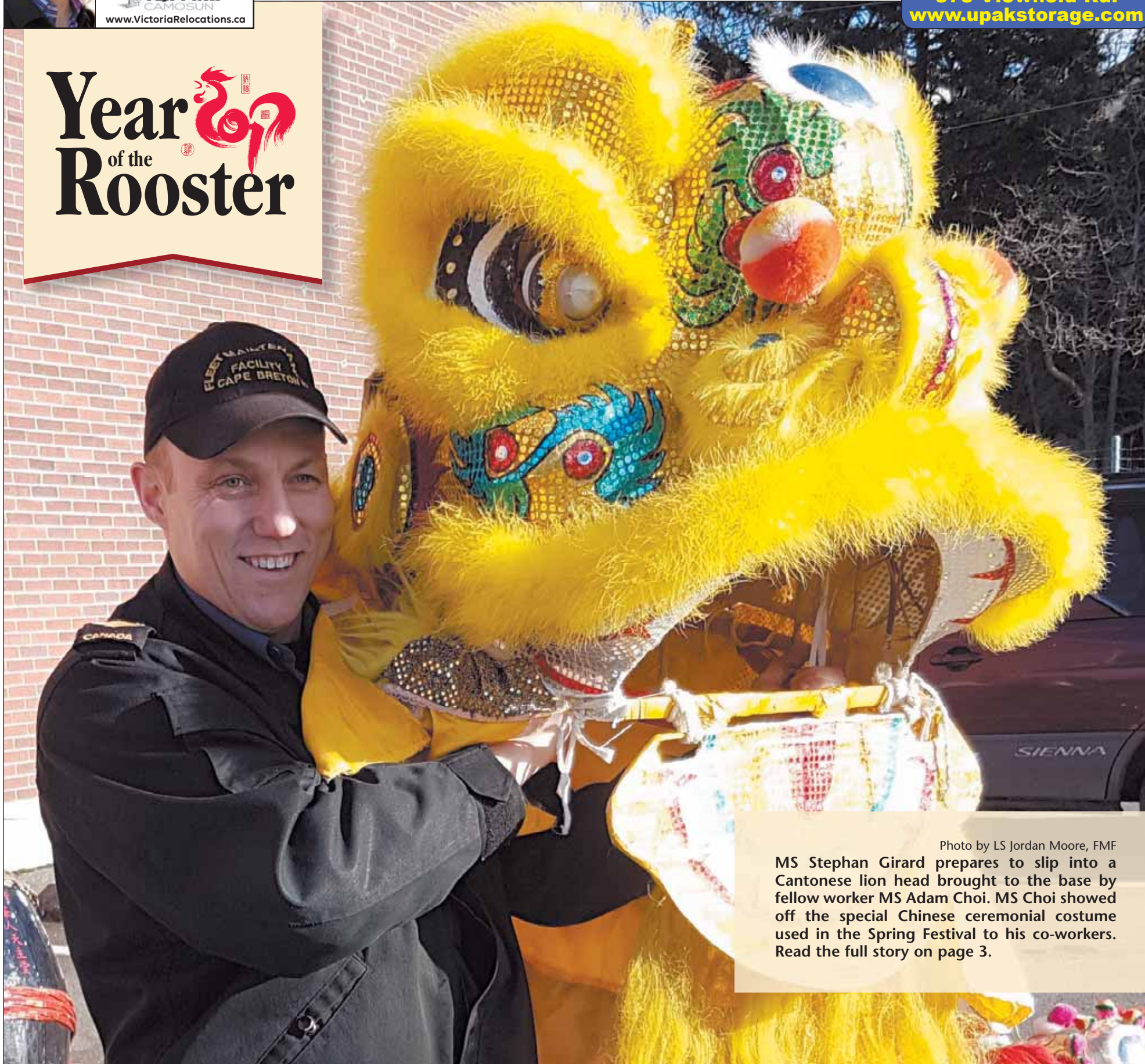


Photo by LS Jordan Moore, FMF  
MS Stephan Girard prepares to slip into a Cantonese lion head brought to the base by fellow worker MS Adam Choi. MS Choi showed off the special Chinese ceremonial costume used in the Spring Festival to his co-workers. Read the full story on page 3.

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# Malahat introduces life at sea to new recruits

**SLt Rudee Gaudet**  
HMCS Malahat PAO

On a mid-January weekend, members of Victoria's Naval Reserve Division *HMCS Malahat* took advantage of the mild West Coast climate by going to sea on board Patrol Craft Training (PCT) Grizzly.

It was the second sailing opportunity for *Malahat* sailors to refresh skills and introduce new members of

the unit to life at sea in an Orca Class vessel since the training year started in September.

Grizzly departed Esquimalt Harbour Saturday morning, crossed into U.S. waters and spent Saturday evening in Friday Harbor, San Juan Island, Washington. Among the 23 sailors on board for the weekend training were five of *Malahat's* newest recruits, going to sea for the

first time in a naval vessel. Training weekends are always jam-packed with events to maximize the sailors' opportunity to keep their skills sharp, and this weekend was no different.

By working through diver training, man overboard exercises, engineering drills and a simulated fire exercise, the new recruits had a solid idea of what to expect as they progress through their training in the coming months.

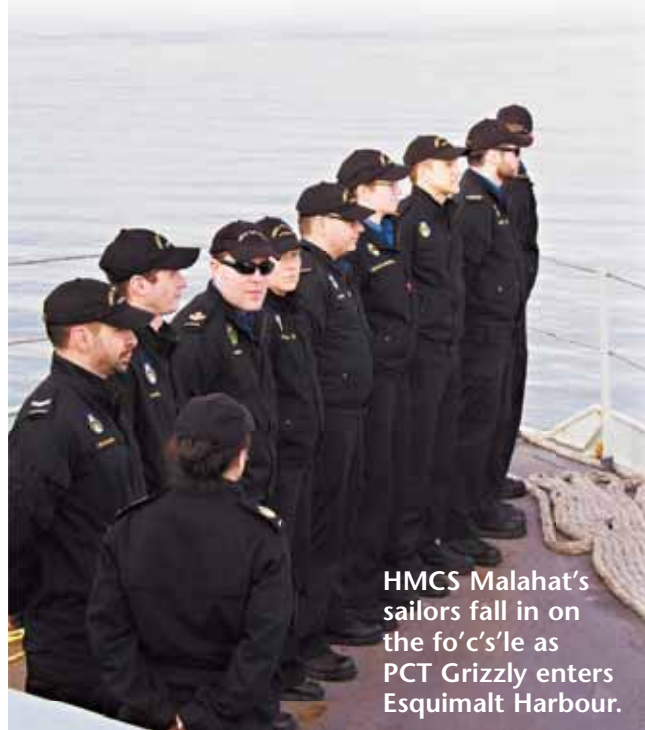
"I am keen to take every opportunity to get junior sailors to sea," said Lieutenant-Commander Michael Lawless, Commanding Officer *HMCS Malahat*. "The mandate of the Naval Reserve is to generate trained individuals and teams for Canadian Armed Forces operations. Training weekends at sea provide real-world experience, establishing a foundation of skills, which are further built upon throughout the year in classrooms and simulators."

For one recent recruit, Leading Seaman Christine Gatherum, a highlight of the weekend was the diver



Leading Seaman Christine Gatherum enjoys her first time at the helm of PCT Grizzly.

Photos by Lt(N) Anne Gardam



HMCS Malahat's sailors fall in on the fo'c's'le as PCT Grizzly enters Esquimalt Harbour.

training. LS Gatherum, a former Artillery Sergeant and Afghanistan veteran, loved diving so much that she transferred into the Naval Reserve as a Port Inspection Diver.

"The dive training and learning some new seamanship skills was amazing, but my favorite part of going to sea for the first time was the 10 a.m. soup," said LS

Gatherum. "What a wonderful navy tradition!"

PCT Grizzly with its *Malahat* crew embarked, departed Friday Harbor on Sunday morning, sailed through the San Juan Islands and crossed the international border en route to Esquimalt. As Grizzly returned home, morale among the crew was buoyed by ideal weather condi-

tions. While the majority of Canada remained in the grips of a deep winter freeze, the crew enjoyed calm seas and temperatures relatively balmy at around plus five degrees Celsius.

With another productive training weekend successfully completed, the *Malahat* crew were already looking ahead to their next sailing opportunity.



PO2 Scott Bell (right) prepares to dive while PO2 Colleen McInnis (left) supervises deck operations near San Juan Island, Washington.



NCdt Elizabeth Mifsud-Sweeney (right) discusses a lookout report with PO2 Class Colleen McInnis (centre) and LS Manuel Dussault-Gomez (left).



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Photo by LS Jordan Moore, FMF  
 LS Dinh Tran tries the ceremonial drum used in the Lion Dance Ceremony.

**Peter Mallett**  
 Staff Writer

A worker from Dockyard's Fleet Maintenance Facility introduced his co-workers to the magic of the Cantonese Lion Dance ahead of the Jan. 28 Chinese New Year's celebrations.

MS Adam Choi, who works as a Radar Maintainer in Fleet Maintenance Facility's Radar Shop, introduced the colourfully painted, shiny paper mâché and bamboo lion costumes and traditional ceremonial drums to members of his unit last week.

The informal gathering occurred just four days ahead of China's annual lunar festival, also known as the Spring Festival, and was an effort by MS Choi to share his cultural traditions.

"They were pretty intrigued," he said. "Most of them never had hands-on experience with the Lion before, and few people in

North America do because the ceremony is considered sacred and most people don't have access to it."

MS Choi says according to traditional beliefs in Southern China, lion dancing signifies courage, stability, superiority and can chase away bad spirits when performed with loud noises, such as fire cracker, cymbals and gongs or drums.

MS Stephan Girard, a Radar Maintainer who works alongside MS Choi, attended the gathering and climbed inside one of the two giant lion heads to try his hand at the dance. He said learning choreography involved in the ceremonial dance was both physically and mentally challenging, but highly enjoyable.

"Just to be able to try on the equipment and climb inside the lion head was very interesting for me," said MS Girard. "MS Choi showed us the positions and movements, you need to go left, right, move from

# SAILOR BRINGS LION DANCE TO LIFE

*According to traditional beliefs in Southern China, lion dancing signifies courage, stability, superiority and can chase away bad spirits.*

MS Adam Choi

a crouching position to tall while using your arms, back and legs; it was quite the workout and highly demanding just trying it out for a few minutes. There were even levers inside the head to control the opening and closing of the lions eyes while you are dancing."

MS Choi, 32, was born in Calgary and got his first taste of the Lion Dance from a church group he was part of as a youth, and was hooked for life. He hadn't participated in a Lion Dance for over 10 years but can't resist its allure every time he sees it performed.

"When I started watching lion dance videos on YouTube I would start itching to jump right on the screen and perform the dance with them," he said. "Then I realized what I really wanted was to perform Lion dancing with all of my friends in the navy and knew they too wouldn't be able to resist trying it."

While at his family home over the Christmas break MS Choi asked a Priest from his church group in Calgary to borrow the eye-catching felines and drums in an effort to "bring the lions to life in Victoria."

When his co-workers and curious onlookers saw the costumes, their eyes immediately lit up.

"Initially some people were apprehensive to try the dance and put the costume on, but once they realized the detail and colour, the beating of the ceremonial drums used in the ceremony, and the intricacies of the costume and mechanics of the dance they were very enthusiastic."

MS Choi was encouraged by the level of interest from his co-workers and is currently in negotiations with Personnel Support Programs to form a Lion Dance club at the base with an aim to have the club perform at Chinese New Year's celebrations in 2018.

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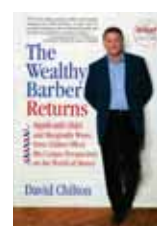
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# matters of OPINION

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## WHAT SAY YOU

### People Talk

Lookout asked this question:

*If you could transform yourself into any animal which one would it be and why?*



A wolverine because they are small, mighty and also one of the toughest and fearsome animals in the north.

SLt Jonathan Fields



Tyrannosaurus Rex because I could smash anything in my path just for fun.

Cdr Ted Summers



A panther because they are very intelligent and you don't notice them until they pounce.

Lt(N) Cory Mackay



A goldfish because I own them as pets and they are beautiful soothing creatures, and know how to handle problems because when they bump into each other they don't even care.

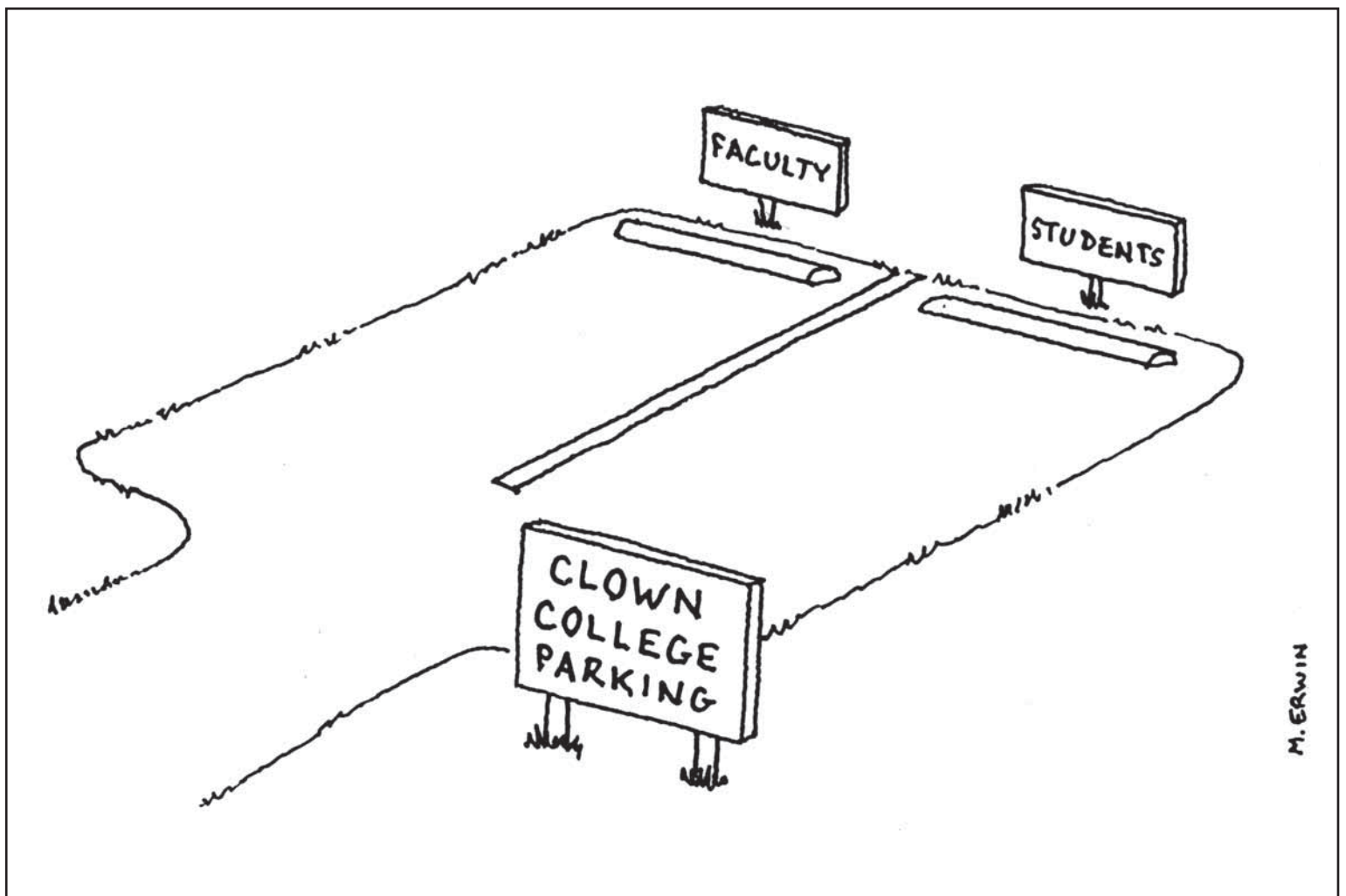
SLt Michael Dery



A sloth because they are natural smilers, naturally happy and hug everyone, and everything without a care in the world.

SLt Mike Harris

## WHAT SAY WE



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# ST. JOHN'S *All Sea*

Members of HMCS St. John's dive team prepare to dive off the starboard side for a routine inspection while the ship was in Augusta Harbour, Sicily, Jan. 23 during Operation Reassurance.



Ordinary Seaman Mark Martin, a Marine Engineer onboard HMCS St. John's, checks the oil levels in the propulsion diesel engine as the ship transits the Atlantic Ocean.



Lieutenant (N) Emily Anglin, a bridge watchkeeper, takes a relative bearing as she navigates the ship into Augusta Harbour, Sicily.

Photos by LS Ogle Henry, Formation Imaging Services

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# Spartan youth football program touches down in Esquimalt

**Peter Mallett**  
Staff Writer

The Victoria Spartans youth football club have moved to Esquimalt and are looking to attract new players for the upcoming spring season; hopefully those in the military community.

The club will field teams for children in the Vancouver Island Canadian Football Association in the Atom age group (7 to 9) Pee wee (10-11), and Junior Bantam (12-13), to play eight Sunday games from April to June. Their fall program will also field teams in the Bantam (14-15) and Midget (16-18) age groups.

Spartans President Allen Lavoie says his club is still in the process of announcing a home playing field in Esquimalt, but says teams participating in the spring season will hold practices at L'École Victor-Brodeur beginning in March.

"We want to build a community-based football team in a community where we can

have reasonable hope that kids will stay with our programs until they are 18," he says. In Esquimalt we feel we can have a better chance of keeping older players on board, thus building better connections with the community."

Lavoie is encouraged by the level of interest since his club's arrival in Esquimalt, which so far has included sponsorship and volunteer offers. He said getting military families who work and live here is also crucial to building ties with the community.

The cost for the spring season is \$175 if players register with the club prior to March 1, and \$200 afterwards. The Spartans provide all players all equipment such as, uniforms, shoulder pads and helmets, but not footwear. Lavoie says parents who require financial assistance can find help through Jumpstart and KidSport Canada.

For more details about the Spartans, registration, rules and the upcoming season visit the club's website [www.spartans-football.ca](http://www.spartans-football.ca)



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Photo by Peter Mallett, Lookout  
Contractors from JJM Construction carry out dredging operations in the waters adjacent to the Fleet Diving Unit's F Jetty. The work is part of Esquimalt Harbour Remediation Project.

# Harbour remediation project moves to Colwood side

**Peter Mallett**  
Staff Writer

The next phase of remediation dredging operations in the Esquimalt Harbour is now underway in the waters adjacent to Fleet Diving Unit (Pacific) in Colwood.

Overseen by Formation Safety and Environment (FSE) and contracted through Public Works & Government Services Canada, the work is being performed by private contractor JJM Construction Ltd., of Delta, B.C., in coordination with the Queen's Harbour Master.

Excavation and removal of contaminants on the sea floor in the waters near A-Jetty wrapped up late last year; current dredging is focused around D Jetty, and between F and G Jetties in Colwood.

"The last 150 years of ship building and other industries have left their mark in the form of contamination, and we are finding through our efforts to remove the worst parts of the contaminated sediments that we are leaving the harbour in a better

state," said Deputy Project Manager Mike Bodman of FSE. "These contaminants present risks to human health and the environment; our overall intent is to make the harbour a safer place for everybody and everything that lives in and around the harbour."

The DND-led remediation projects cover 354 hectares of the harbour with the intent to remove and reduce the impact of 25 chemicals, including PCBs, arsenic, mercury, lead and cadmium.

These sediment remediation projects are part of the 15-year Federal Contaminated Sites Action Plan established in 2005. The remediation projects are also being completed concurrently with the A/B Jetty Recapitalization Project that will replace the aging jetties with more structurally sound, larger, and versatile berthing facilities.

Bodman says the dredging in Colwood is expected to be completed at the end of March with their work then shifting back to Dockyard and specifically B Jetty.

He says the work is carefully planned and highly time consuming because the ultimate goal is to ensure all the contaminated sediments are removed properly while minimizing the impact on the navy's operations.

The dredging process involves an excavator mounted to a barge that uses a clamshell bucket to scoop out the sediment. GPS equipment makes sure no area of the harbour is neglected. The excavator removes sediment and places it in a large hopper located on a second barge.

Once filled, the hopper barge unloads the sediments onto another barge that is equipped with a processing unit. The processing unit basically separates the material by size

and removes a significant amount of water. The water is treated and returned to the harbour. The processed sediment is moved to another barge where it is towed via tugboat to a disposal site located off-Island.

Bodman is doubtful this latest dredging will reveal the same cache of historical artifacts embedded in the soil during the A Jetty dredging. Service medals, uniform buttons, rings, cutlery, plates and other items were unearthed.

"Anecdotally we are finding less debris than we found at A Jetty and a lot more gravel," says Bodman. "It's a different era; D Jetty, for example, was built in the 1950s and the sediments reflects when the jetty was built and how it was used."

*The dredging in Colwood is expected to be completed at the end of March with their work then shifting back to Dockyard and specifically B Jetty.*



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Photo by Peter Mallett, Lookout

University of Victoria Student Emily McKee has won recognition by the Association of Professional Engineers and Geologists of British Columbia for a cost-saving initiative she developed for office printers and photo copiers while doing a co-op work placement at Fleet Maintenance Facility.

**Peter Mallett**  
Staff Writer

A co-op work placement at Fleet Maintenance Facility (FMF) Cape Breton is giving University of Victoria engineering student Emily McKee a new outlook on her career path after she graduates.

McKee, 21, is entering the final semester of her three-semester work placement with FMF's Information Technology and Information Management departments.

Her work has focused on a project to generate recommendations on how to reduce waste, duplication, and costs in the over 200 office printers and photocopying machines in the ship repair unit.

That work earned her the Summer of 2016 Engineering Associates Term Report Excellence Award Dec. 2 by the Association of Professional Engineers and Geologists of British Columbia at the Oak Bay Recreation Centre.

"Being nominated for the award was a complete surprise, but when I heard I'd won out of the work of hundreds of engineering students, I was completely floored," said McKee.

Her project was determined to be the best of all the submissions because it was detailed, thorough and used professional language that would contribute to a smooth process of implementation.

She developed a cost and

service contract evaluation of all of FMF's printers and copiers. She tracked usage and location of the machines, and consumption of materials such as paper, toner cartridges, that can cost close to \$800 to equip some of the many larger four-cartridge high-end machines.

She then made a series of 20 recommendations in her report to Information Technology staff on how to improve their existing system of printers and copiers. Half her recommendations have been implemented with more to follow.

Even though McKee is studying for a Bachelor's Degree in Biomedical Engineering in the electrical stream, which is the application of engineering principles and design concepts to medicine and biology for healthcare purposes, it's the problem-solving skills she has learned in her placement at FMF that has been highly beneficial.

"It gave me some experience outside the classroom in real-world engineering,"

said McKee. "The process enabled me to speak with employees of FMF who rely on these machines on a daily basis, so I could then understand what changes would work best and how they would impact operations."

McKee grew up in Parksville, B.C., and excelled at math and sciences in high school. As a teen she had thought about a career in medicine after volunteering at her local hospital, but she said that interest gradually morphed into a desire to study biomedical engineering.

Her placement at FMF has made her realize the skill set she is learning may provide her with career opportunities she hadn't previously imagined.

"It's given me a different perspective of what options are out there going forward," said McKee. "I'm grateful for the opportunity to work in FMF and the experience I gained has been invaluable for my education. I'm more confident and excited about my career as an engineer now."

*I'm grateful for the opportunity to work in FMF and the experience I gained has been invaluable for my education. I'm more confident and excited about my career as an engineer now.*

Emily McKee





Photo: DND Archives, PL-6907

According to the original caption to this photo, taken Feb. 25, 1942: "Aircraftman 2nd Class Milton Schmidt is the only member of the RCAF Flyers hockey team whose duties in the Air Force are similar to his spare time job as a hockey star. The Flyers' star centre man is becoming a physical training instructor, a job for which he appears admirably fitted."



Photo: Wikia

The Boston Bruins' "Kraut Line" exchanged their Boston Bruins jerseys for RCAF jerseys during the Second World War. From left to right are Milt Schmidt, Bobby Bauer and Woody Dumart.

Milt Schmidt, the last surviving member of hockey's famed "Kraut Line" and a former member of the Royal Canadian Air Force, passed away January 4, 2017, in Massachusetts.

## Boston Bruin legend, former RCAF member, remembered

**Major Mat Joost and Joanna Calder**  
RCAF

*Milt Schmidt, the last surviving member of hockey's famed "Kraut Line" and a former member of the Royal Canadian Air Force, died Jan. 4, 2017, in Massachusetts. He was 98, and the oldest living former member of the National Hockey League (NHL).*

It was an iconic moment in hockey history.

On Feb. 11, 1942, the "Kraut Line" led the Boston Bruins to an 8-1 victory over the Montreal Canadiens at the Boston Garden.

Then, as the crowd cheered and the Boston Garden's organist played "Auld Lang Syne", members of the rival Bruins and Habs teams hoisted the three members of the Kraut Line – Milton Conrad "Milt" Schmidt, Woodrow Clarence "Woody" Dumart and Robert Theodore "Bobby" Bauer – onto their

shoulders and carried them off the ice.

They were heading to the Royal Canadian Air Force and the war in Europe that summer.

The three long-time friends from Hamilton, Ontario, had been dubbed the Kraut Line when they joined the National Hockey League because of their German heritage.

"I don't think I'll ever forget what happened," said Schmidt in an interview before he died. "The players on both teams lifted the three of us on their shoulders and carried us off the ice and the crowd

gave us an ovation. A man couldn't ever forget a thing like that."

On July 23, Schmidt was posted to No. 1 Bombing and Gunnery School in Jarvis, Ontario. Three months later he and Woody Dumart were posted overseas to No. 6 Group (Royal Canadian Air Force), which was part of Bomber Command.

Even overseas, though, they couldn't leave hockey behind. Both played in the 12-team RCAF League – although as opponents. Dumart's RCAF Station Linton-on-Ouse team won the championship against Schmidt's RCAF Station

Middleton St. George team.

Schmidt was commissioned on Aug. 17, 1943, and held the rank of Pilot Officer. At this time, he was the Middleton St. George sports officer. Physical fitness was an important aspect of life on any station and as sports officer he oversaw many activities, including basketball, soccer and softball, recreational swimming at Thornaby Baths, as well as intra-unit sports. He was also involved in the station hockey team, which played one game in November 1943 and four games in December at the Durham ice rink.

In the 1943-44 RCAF Overseas hockey season, Pilot Officer Schmidt was on the same team as Bobby Bauer, who had arrived in the United Kingdom that summer. This time, Schmidt's team beat Dumart's. This was a special time for Pilot Officer Schmidt as he was promoted to the rank of flying officer on Feb. 17, 1944, and his team won the league

championship on March 9.

After the war came to an end, he was posted to No. 1 Repatriation Centre on Sept. 27, 1945, for return to Canada. He was released on Oct. 31, 1945.

Schmidt played with the Bruins for his entire career until he retired in 1955 at the age of 36. During that time, he played in 776 games.

Before going to war, he led the Bruins to two Stanley Cup victories in 1939 and 1941.

Following his return to hockey for the 1945-46 season, he went on to win the Hart Memorial Trophy as the NHL's most valuable player in 1951. After he retired he coached the team to the Stanley Cup finals in 1957 and 1958.

In 1966 he became assistant general manager and the following year was promoted to general manager. During his tenure in 1970 and 1972, the Bruins took home the Stanley Cup. He moved up to an executive

position but then, in 1974, he became the first general manager of the Washington Capitals.

Schmidt remained involved with the Bruins through their alumni team and their "Boards and Blades Club".

The day following his death, the Bruins honoured Schmidt's memory before a game against the Edmonton Oilers.

"Yesterday, our Bruins family lost a man we have all come to know as the ultimate Bruin," the announcer said. "Milton Conrad Schmidt arrived here [at the Boston Garden] in 1936 and, in many ways, he never left... Milt Schmidt embodied everything we know about being a Boston Bruin and no one was prouder to represent the organization, as he had for more than 80 years."

"Uncle Milty", as some called him, was inducted into the Hockey Hall of Fame in 1961 and his No. 15 jersey was retired in 1980.

*The players on both teams lifted the three of us on their shoulders and carried us off the ice and the crowd gave us an ovation. A man couldn't ever forget a thing like that."*

Milt Schmidt

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# Badminton squad looking for gold birdie

**Peter Mallett**  
 Staff Writer

Ten badminton players representing the Pacific Region headed to Ontario over the weekend to whack some birdies and turn back-to-back silver medals into gold at the Canadian Armed Forces Badminton Nationals. The Pacific Region team consisting of six players from CFB Esquimalt, three from CFB Comox and one member from CFSU Colorado Springs will compete in both team and individual competitions Jan. 29 to Feb. 2 at CFB Borden.

PO1 William Crocker, a Weapons Engineering Officer with *HMCS Calgary*, is the team's coach and manager and says players have been holding weekly practice to stay sharp for the nationals. They also performed well at a recent post-holiday tournament in Campbell River. It's all part of an effort to unseat repeat champions Quebec from their No. 1 perch at this year's championship, says PO1 Crocker.

"The team has really come together the last three or four years since players started getting really serious and practicing and playing together on a regular basis," he says. "In the next couple of years we are expecting to become the next top team

in the nation and our talented rivals from Quebec should be worried about us."

PO1 Crocker is confident the team will perform well despite losing one of its top players, PO1 Andrew Buczynski, just days before the tournament was slated to begin.

Competition is broken into two categories: team competition, which determines the national champion, and a separate round of play to determine an individual national champion. The badminton team won the 'Top Team All-round Performance' award at the 2016 CFB Esquimalt Sports Awards held in Oct 2016.

The badminton competition is being held concurrently with the Canadian Armed Forces Squash Nationals also being held at Borden on the same dates.

Squash team captain CPO2 Timothy King says the Pacific Region's medal hopes in this year's tournament have been greatly reduced since they will be missing three players from their normal compliment of nine. Although CPO2 King noted his team will be forced to default matches and lose valuable points in the title-race he says the team's four members from Esquimalt and six from Comox are delighted to be competing in the event.

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## CAF members, veterans credited for advanced education at BCIT

**Capt Graeme Kaine**  
 39 CBG PAO

Military experience is being recognized through advanced education credits thanks to a new partnership between the British Columbia Institute of Technology (BCIT) and the Canadian Armed Forces, formalized Jan. 20, 2017.

The knowledge, skills and abilities acquired through military experience can now help students earn credits for placement towards a certificate, diploma or degree at BCIT.

The formal memorandum of understanding was signed at 39 Canadian Brigade Group Headquarters by Brigadier-General N. Stanton, Deputy-Commander of 3rd Canadian Division and Joint Task Force West, and Dr. K. Wainwright, head of BCIT's Legion Military Skills Conversion Program.

The BCIT program

underwent a seven-year pilot, resulting in 90 graduates and currently enrolls 160 students. Business, engineering and health sciences studies are part of the ever-expanding accredited offering. Bursaries to attend BCIT are also available courtesy of the Royal Canadian Legion/BC Yukon Command.

An increasing number of post-secondary institutions across Canada are taking part in this initiative. With support and funding of Employment and Social Development Canada (ESDC), BCIT was given the opportunity to take on a National Advanced Placement and Prior Learning (N-APPL) Project.

The goal is to help increase educational options for military members and veterans across Canada. For a complete list of partner institutions and potential pathways, please visit [military-appl.ca](http://military-appl.ca).



The ship's company of HMCS Ottawa take to social media on the ship's flight deck during the Bell Let's Talk campaign, which raised \$6.4 million and counting at press time in support of mental health initiatives.

## HMCS Ottawa talks mental health

On Jan. 25, the entire ship's company of *HMCS Ottawa* participated in the Bell Let's Talk campaign, which aims to raise awareness regarding the stigma associated with mental health.

For every social media post, Bell contributed 5¢ to mental health initiatives, and to that end, the

ship's company kept busy on the flight deck posting on various social media throughout the day, while enjoying some hot chocolate.

All three messes onboard the ship also hosted events, including a mental health seminar, discussions, and a "Mental Health Break

Station" that included calming music and hors d'oeuvres.

Overall, the day was of great significance to the ship's crew as it provided an opportunity to have an open dialogue regarding mental illness, which affects many Canadians, including members of the Canadian Armed Forces.



Lt(N) Carter from Health Services provides a presentation on mental health resources in the ship's Wardroom as part of the Let's Talk campaign.

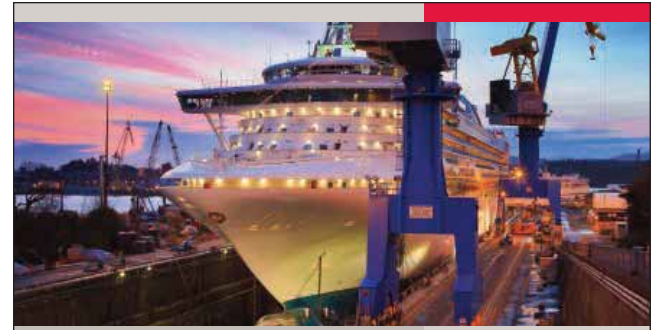


AB Bouchard and AB Comeau serve coffee and hot chocolate to the ship's company on the flight deck.



LCdr Chris Rochon, Executive Officer of HMCS Ottawa, and members of the Wardroom participate in the Bell Let's Talk campaign on the ship's flight deck.

Photos: Lt(N) Ellie Aminaie



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# Bravo ZULU

## Sailor of the Quarter

Photo: Ed Dixon, MARPAC Imaging Services

LS John Ingram, a Naval Combat Information Operator with Canadian Fleet Pacific (CANFLTPAC), currently on board HMCS Winnipeg, has demonstrated excellence in his performance, professionalism and contributed significantly to both his unit and to the community. He was awarded the CANFLTPAC Sailor of the Quarter for the Fourth Quarter of 2016.



## Base Information Services Promotions

Presented by Cdr Byon Derby, Commanding Officer Base Information Services, and Capt Joshua Weissbock, Operations Officers Base Information Services

# Bravo ZULU



PO2 Aimee Woytowich is promoted to her current rank.



PO2 Dean Kijek is promoted to his current rank.

# Bravo ZULU

## Awards and Promotions



LCdr Daniel O'Regan (left) and Lt(N) Colin Pilkey (right) promote A/SLt Omar Mindorff to Sub-Lieutenant.



LCdr O'Regan presents LS James Poirier with his Gun Metal Sea Service Insignia.



LCdr O'Regan presents LS Tim Noordam with the General Safety Award.



# Infantryman hits his mark with e-commerce outfit

**Peter Mallett**  
Staff Writer

A Canadian Armed Forces Reservist has transformed his military experience and knowledge of outdoor and tactical equipment into a thriving online business.

When MCpl Samuel Lockhart, an infantryman with the Canadian Scottish Regiment in Victoria, started Lockhart Tactical in 2012 he never thought it would turn into a full-time paying job. What started out as a part-time hobby, with a few sales every few months during his first year of operation, grew to over \$500,000 in sales last year.

"My main focus is to ensure all of our clients have a super easy and happy experience, and that all the information on our website is as up-to-date with what our manufacturers can provide. Customer service is everything to us," says MCpl Lockhart. "I need to make certain I have a strong and appealing online presence."

The Lockhart Tactical website features over 332 brands and 17,000 products, offering everything from military and tactical equipment, such as rifles, smoke grenades and protective body armour, to hunting, camping and outdoor survival gear.

He cautions his road to success wasn't an easy path.

"I built most of my first website myself, taught

myself some coding, and got technical assistance for anything I couldn't do. The learning process never ends," he says.

He adds if you can cope with being tied to a phone for most of the day or being pulled away from commitments with family and friends, it's this type of devotion that will help a person be successful.

"When most people think of work they think of something negative, but I love what I do and don't consider it work," he adds.

He immigrated to Canada with his family from Switzerland when he was two years old. His interest in operating a small business was nurtured by watching his father operate his own metal fabrication business. He joined the 744 Cowichan Air Cadets Squadron at age 12 and participated in the program until joining the Reserves. From a young age he was ready to try his hand at entrepreneurship, selling paintball equipment to his friends in the Air Cadets, school, and online.

Through this experience he realized the power of e-commerce. He learned that putting up some money and buying bulk shipments of popular and highly sought after paintball equipment could not only allow him to reduce the per-unit cost, but also get him many of the items he wanted for a greatly reduced cost.

When MCpl Lockhart

arrived at the Bay Street Armoury in 2009 as a Reservist, he noticed there was a great demand for military equipment that went beyond standard issued items.

"The Canadian Armed Forces does the best it can to provide equipment for its members, while being restricted by budget cuts," he says.

They provide the basics required, but many soldiers choose to purchase enhanced equipment to lighten their load and save valuable space in their rucksacks, such as lightweight half shelters, better sleeping mats, and compact sleeping bags.

He took what he learned from selling at a young age and began purchasing items for reservists and other outdoor enthusiasts. What began as a trickle of business - a measly few sales in 2012 - quickly grew the next year, and continued to grow to what it is now.

Despite the rosy financial report, he is also keeping a soldier's level head about his recent success.

"I'm proud of everything I have, but I still realize I'm not one of the major players in the industry yet; there is tons of competition. My goal is to continue releasing innovative products to the market. We really have something for everyone."

Anyone interested in his wares should visit [www.LockhartTactical.com](http://www.LockhartTactical.com)

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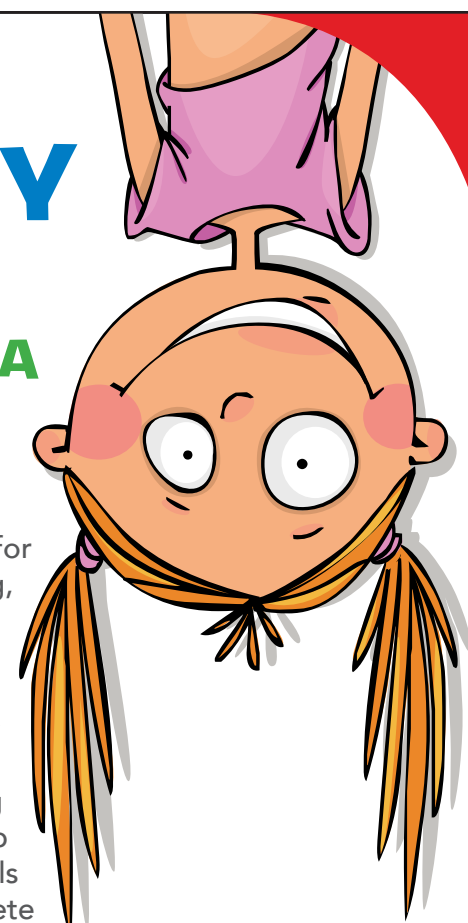
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**MISCELLANEOUS**

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**MISCELLANEOUS**

KIDS MEGA SALE Sat, February 4th from 09:30 - 12:30. Pearkes Rec Centre, 3100 Tillicum Road. Gently used baby and children's clothing, toys, equipment and maternity. If interested in selling, please email: kidsmegasale@gmail.com. Facebook: https://www.Facebook.com/KidsMegaSale

**MISCELLANEOUS**

INTERESTED IN JOINING A coffee or social group for military veterans and military in Cowichan Valley? For info contact Bob Hedley on Facebook. The intention of the group is to meet-up with other veterans and present serving members to exchange stories and facilitate fun get-togethers. Facebook Group: cowichan valley coffee

**MISCELLANEOUS**

Come join us at our Neighbourhood Hootenanny Time Machine all ages Dance Party of Awesome! Snacks, Live Musicians, only \$5/human. Sundays, 3 to 4:30 pm at Rainbow Kitchen at Esquimalt United Church, 500 Admirals Rd. fb group: Neighbourhood Hootenanny Time Machine

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# MARPAC HEALTH AND WELLNESS STRATEGY TEAM & LOOKOUT

PRESENT:

# MARPAC & HEALTH & WELLNESS expo

**THURSDAY**  
**FEBRUARY 16 2017**  
**NADEN GYM 10AM - 3PM**  
Health, Fitness, Wellness,  
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## HERE'S A PEEK AT WHO'S COMING

### SCHOOLS

- Academy of Learning and VIPAC
- BCIT Legion Military Skills Conversion Program
- Camosun College
- Q College
- Royal Roads University
- Royal Military College of Canada
- Sprout Shaw
- University of Manitoba
- UVic, Division of Continuing Studies
- University of Athabasca
- VIMA - Vancouver Island Montessori Association
- Vancouver Island University
- Victoria College of Art
- Westshore Centre for Learning and Training
- West Coast College of Massage Therapy

### HEALTH AND WELLNESS

- Another Brick in Nepal – Canada
- Body Logic Clinic NEW!
- BC Schizophrenia Society of Victoria
- BC Responsible and Problem Gambling Program
- Big Brothers and Big Sisters
- Bridges for Women Society
- Canadian Diabetes Association
- Edgewood Health Network NEW!
- Do Terra Essential Oils
- Dream Maker Dance Studio NEW!
- EAP
- Fort Street Cycle
- Float House Victoria - Floatation Therapy NEW!
- Greater Victoria Bike to Work Society
- Health Promotion
- Hearing Life Canada
- Inbalance 4 Life
- Island Hand Therapy Clinic

- Island Health Tobacco Prevention and Vapour Prevention & Control
- Island Prostrate Centre
- King Cobra Fit Personal Training and Group Fitness NEW!
- Local Urban Bites – Healthy Meal Plans NEW!
- Lifetime Networks – Support for People with Disabilities NEW!
- MARPAC Health and Wellness Strategy
- Michael Walsh Addiction Recovery Solutions NEW!
- MFRC
- Norwex Chemical Free Products
- Orange Theory Fitness NEW!
- Progressive Chiropractic
- Quit Now – BC Lung Association
- Pacific Fleet Club
- Popeye's Supplements
- Saanich Volunteer Services Society
- Sunshine Coast Health Centre (Sponsor!)
- Thetis Massage Therapy New!
- Together We Can Addiction Recovery & Education (Sponsor!)
- USANA Health Sciences
- Vancouver Island Men's Trauma Counselling Society NEW!

### RECREATION

- Accent Inns and Hotel Zed
- Delta Victoria Ocean Pointe Resort and Spa
- Esquimalt Parks and Recreation
- Harbour Towers
- Hotel Grand Pacific
- IMAX Victoria
- Kgeez Cycle
- Sandman Hotel Victoria
- Tigh-Na-Mara Seaside Spa, Resort & Conference Centre
- Olympic View Golf Course

- West Jet NEW!
- Wild Play Element Parks
- Villa Eyrie Resort NEW!

### BASE CLUBS

- Aquarius Dive Club
- CF Golf Club
- CF Sailing Association
- TriForces Esquimalt
- Triathlon Club
- Work Point Garden Club
- MARPAC Riders Motorcycle Club

### FINANCIAL

- Royal Bank of Canada
- Scotia Bank – Nelson Square Branch
- SISIP

### MILITARY

- 3005 11 Svc Bn RCACC
- BPSO
- CHRSC (P) - LCC
- (DND) Employment Equity
- BC/Yukon Command of the Royal Canadian Legion
- CFHSC(P)

### SPORTS AND FITNESS

- Esquimalt Parks & Recreation
- Navy Run
- TC 10K
- Victoria Goddess Run
- TheFitYou.ca

### LOCAL BUSINESSES

- 4Pillars Consulting
- Aloyd Fitness
- Barry's Moving and Storage NEW!
- CANEX

- COSTCO
- Gablecraft Properties NEW!
- Harley Davidson – Steeve Lesperance NEW!
- Hatley Memorial Gardens
- Hertel Meats
- Hazmasters
- Ideal – MBM & Monks NEW!
- Investors Group Darlene Oudet NEW!
- K9 Training and Supplies
- Keycorp Development and Marketing
- Longshot Technologies NEW!
- Marks Commercial
- Mary Kay
- Melting Moments Catering NEW!
- Remax Jeff Meyer NEW!
- Resume Hut NEW!
- Rhino Labour Temp Services NEW!
- Royal Bay Properties NEW!
- Select Mortgages Julie Charbonneau NEW!
- Slegg Building Materials NEW!
- Smythe Insolvency Inc NEW!
- Keep Your Licence B.C. NEW!
- TMG Mortgage Laurel Loxam NEW!
- Tupperware Sales
- Westshore U Lock Mini Storage

### OUTSIDE

- Triangle RV
- Hyundai Victoria DND Raffle Car
- Fiat Victoria NEW!
- Mini Victoria NEW!

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