

VICTORIA  
HARDWOOD  
FLOORS

Special Military  
Member Rates

See page 2



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

Volume 62 Number 15 | April 18, 2017

# LOOKOUT

newspaper.com

MARPAC NEWS CFB Esquimalt, Victoria, B.C.

f @LookoutNewspaperNavyNews @Lookout\_news

Call for our April Flea Treatment Special

**10% OFF**

On all services in gratitude  
for military and families,  
and DND personnel.



VIC WEST  
PET  
HOSPITAL

526 Esquimalt Rd • 778.265.4500  
[vicwestpethospital.com](http://vicwestpethospital.com)



## POSEIDON CUTLASS

Leading Seaman Harrison Fownes hoists 20mm ammunition dummy rounds to be loaded into the Close In Weapon System (CWIS) for training aboard HMCS Winnipeg. Winnipeg and HMCS Ottawa are currently deployed in the Indo-Asian region to exercise with regional partner navies and serve as floating Canadian Ambassadors to foster relationships in the area.

Photo by Cpl Carbe Orellana,  
MARPAC Imaging Services



**2**  
**BURLEY MEN**  
MOVING Ltd.

[www.2BurleyMen.com](http://www.2BurleyMen.com)

FREE DELIVERY • BOXES & SUPPLIES

**10%  
OFF  
FOR  
DND**

**BURLEY CLEANING**

A Division of 2 Burley Men Moving Ltd.

778-430-0303

RESIDENTIAL • CONSTRUCTION • COMMERCIAL

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



# Time capsule prematurely unearthed

**Peter Mallett**  
Staff Writer

Lloyd Mathews never expected to see a time capsule that he buried “way back in 1997” ever again.

But that all changed about three weeks ago when Mathews, a retired Fleet Maintenance Facility (FMF) worker, received a call from Rob Harman, one of his former co-workers.

Harman called to tell him that a two-foot-long by six-inch-wide metallic canister had been exhumed from the site of building DY215, which once served as FMF’s Weapons Shop.

The building was constructed in 1952, and in the fall of last year demolition began on the site as part of FMF’s growing modernization footprint in Dockyard. The canister was discovered during the razing process.

“I was surprised to pick up the phone and hear Rob’s familiar voice on the other end,” says Mathews, who retired five years ago. “I thought back to the moment we put the capsule in the ground and never thought

I would be alive when they opened it.”

In 1997, the building was renovated to accommodate a gun ring, an area where weaponry was maintained and dry tested. Mathews placed the cylinder a metre under the shop floor with aspirations that some young dockyard worker would find it many decades later and discover life three years before the millennial.

In February, construction company Quantum Murray Ltd. removed the time capsule from its shallow subterranean tomb.

“When we went to excavate the site and retrieve the time capsule we really didn’t know what we were going to find,” said Rick Johnston, a shop move coordinator for Ellis Don Kinetic. “There was quite a level of excitement amongst the labourers working on the site; they wanted to know the contents.”

A month later, Harman and Mathews carefully unscrewed the lid of the long silver cylinder and revealed its contents.

In near-perfect condition

were two issues of the Lookout newspaper; a copy of Mathews’ pay stub; a newsletter from the Canadian Forces Sailing Association, which Mathews had been a member of, and an Interbase Real Estate publication with many homes listed for sale in the Greater Victoria in the \$150,000 range.

The lead story in the Jan. 22, 1997, issue of the Lookout featured a visit to the base by newly-appointed Minister of National Defence Doug Young, while the Jan. 15 edition included several pages on the devastation caused by the Great Blizzard of 1996 and the official opening of the base’s new skating facility, the Wurtele Arena.

The recovery of the time capsule not only gave Mathews an opportunity to turn the clock back 20 years, but also get reacquainted with his co-workers.

“I was really pleased they had taken the time and care to think of and involve me in the opening up of the time capsule,” said Mathews. “It really shows they [FMF] care about their people.”



Lloyd Mathews, former FMF Weapons Shop worker, displays a Jan. 15, 1997, issue of the Lookout newspaper that he buried in a time capsule along with other items.

Photos by Peter Mallett, Lookout Newspaper

## Find Your Power

Highly Personalized Trauma Treatment  
NON-12 STEP SINCE 2008

### Treatment Shouldn't Feel Like Punishment

We are committed to our clients' transformations and helping them become healthy men who are inspired to live with a renewed sense of vitality and purpose.

Take Control

Get Connected

Find Your Purpose

Heal And Grow

### Canada's Leader in Men's Private Trauma, Drug Rehab and Alcohol Treatment

We are an approved addictions and mental health treatment provider for the Canadian Forces and Veterans Affairs Canada. We offer an intensive trauma program designed specifically for co-occurring occupational stress injuries and substance and alcohol use issues.

LEARN MORE ▼

register at schc.ca

Sunshine Coast Health Centre

2174 Fleury Road, Powell River, BC  
Canada V8A 0H8  
Admissions Toll Free 866.487.9010  
Administration Toll Free 866.487.9050  
Fax: 604.487.9012  
www.schc.ca | info@schc.ca

## At Victoria Hardwood Floors, our professionals cater to your future flooring project.

Whether it be hardwood, engineered, laminate, glue down, floating floors and vinyl, we are here to repair, install and refinish your floors to look their best.

Special rates available to our military members

**Victoria Hardwood Floors Inc.**  
Contact us now for your free estimate  
**778-967-1804**

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





A view of Dockyard Building 11 from the intersection of Plumstead Street and Dockyard Road south. DY11 and its neighbouring DY29 were built in the 1940s but are currently being prepared for demolition.

## Demolition project to start in dockyard

**Peter Mallett**  
Staff Writer

The first of two 1940s-era buildings in Dockyard are now in the preliminary stages of a \$1.3 million demolition project overseen by Real Property Operations Section, Esquimalt.

On April 3, workers from Ralmax Contracting Ltd. erected fencing around Dockyard Building 11 and began remediation work on the 36,000 square-foot two storey wooden frame building. It was constructed in 1941 to provide offices and naval training classrooms.

While preparatory remediation operations are currently underway, the full-scale demolition of DY11 won't begin until early May.

Work on neighbouring DY29, a 22,000 square foot building built in 1942 as an accompanying barracks, will see its demolition process begin this summer after DY11 is razed. The entire demolition project is targeting completion at some point in mid-autumn.

"The demolition project for Dockyard buildings 11 and 29 is part of the over-

all approach towards consolidating infrastructure, renewing facilities and seeking efficiencies within our current and existing [Real Properties] portfolio," said Major Mark Kierstead, Real Property Operations Section, Esquimalt Officer Commanding. "The project is now entering the implementation phase where the initial preparations for demolition are being carried out."

Maj Kierstead says a Facility Condition Survey, conducted over five years ago, determined the buildings were cost prohibitive, stating they were beyond life expectancy and no longer cost effective to operate, maintain or upgrade.

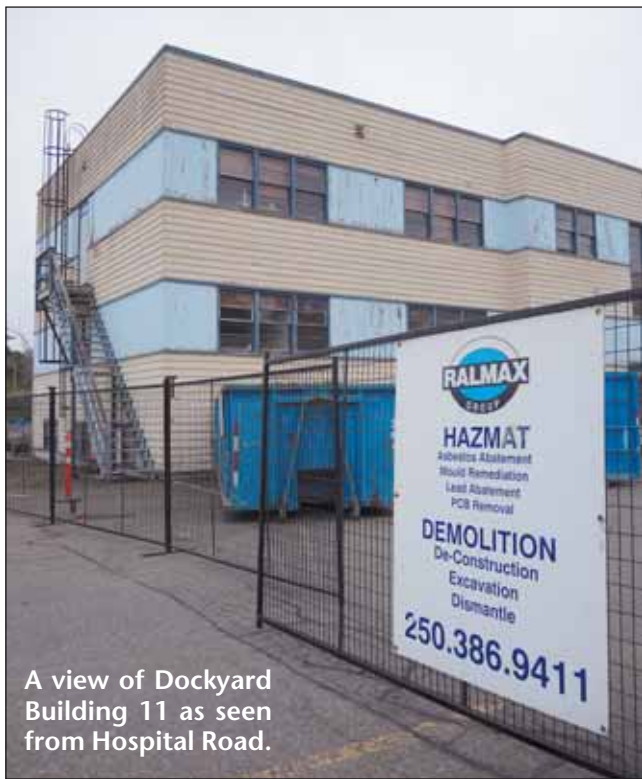
Remediation will include the safe removal of hazardous materials on the exterior siding, which contains lead paint, and interior asbestos-containing materials. It also includes establishing site safety, and putting other work processes in place to accomplish the demolition says Maj Kierstead.

A large quantity of wood framing will be salvaged and sold by the contractor.

After the demolition work is complete approximately 70 percent of the combined footprints of the two buildings will become flat, usable space that could be employed to assist future Dockyard construction projects, says Maj Kierstead. A Master Real Property

Development Plan review is currently underway and will eventually earmark the site for future development based on the infrastructure needs of the navy.

Both vehicle and foot traffic are asked to use caution while travelling near these areas.



A view of Dockyard Building 11 as seen from Hospital Road.

Photos by Peter Mallett, Lookout Newspaper

## The Home of the Full Refund!

3 Locations:  
Glanford Avenue  
Downtown-Queen's Avenue  
Quadra Street

250-727-7480

bottledepot.ca



Phone: 1-236-237-1225 4089 Quadra Street, Victoria  
sparrowcarrental.com info@sparrowcarrental.com  
Military and Student Discounts Offered



Discover how acupuncture can relieve pain, decrease stress, and increase vitality.

Located at Colwood Medical Center  
204a-1910 Sooke Road

**BOOK NOW**

Angela Berscheid RPharm, RAC  
A Gentle Caring Touch since 2002

Advanced Training in PTSD

Hoku Integrated Healthcare  
Acupuncture Clinic  
www.hokuhealth.com | 250-715-7900

## Mental health begins with Me

Providing therapeutic counselling services, board & management consultation, trauma interventions and educational programs. A registered Psychology Today therapist.



**impressions**  
Family Counselling Services  
P.O. Box 27002 Victoria, B.C. V9B 5S4

Craig Maguire,  
President & CEO  
Registered Social Worker/  
Mental Health Therapist

BY APPOINTMENT ONLY

Office: 778-557-8478 | Toll Free: 866-708-3501  
Email: admin@impressions-counselling.org

PRIVATE & DISCREET • IN-OFFICE OR VIDEO CONFERENCING  
ON-LINE SCHEDULING AVAILABLE

www.impressions-counselling.org



SHARE OUR POSTS

HELP US GROW

facebook.com/LookoutNewspaper NavyNews/

LOOKOUT

Vancouver Island Safety Council

MOTORCYCLE RIDER TRAINING

NOVICE & TRAFFIC PROGRAMS

EXPERIENCED RIDER COURSES

ICBC CERTIFIED COURSE

250-478-9584  
www.visafetycouncil.com

BIKE TO WORK WEEK BREAKFAST

WEDNESDAY, MAY 31 6-8:15 AM

Muffins, Coffee, fruit and water will be served to all Bikers entering base in celebration of Bike to Work Week.

TWO LOCATIONS: CANEX AND DOCKYARD MAIN ENTRANCE GATE

GET YOUR BIKE TWEAKED FOR FREE!

BY: MMT MARTY'S MOUNTAIN CYCLE

Count on us for FREE Banking!

New exclusive offers for the Canadian Defence Community.<sup>2</sup>  
Visit [bmo.com/cdcb](http://bmo.com/cdcb) for full details.

BMO We're here to help.

CDCB SBDC

<sup>1</sup>The monthly Plan fee is waived. You are responsible for all transaction, service and product fees not included in your Bank Plan. <sup>2</sup>Proof of CDCB eligibility is required. Offers may be changed or withdrawn at any time without notice.



# matters of OPINION

## WHO WE ARE

### MANAGING EDITOR

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

### STAFF WRITERS

Peter Mallett 250-363-3130  
peter.mallett@forces.gc.ca

### ACCOUNTS/CLASSIFIEDS/RECEPTION

Mary Lou Climenhaga 250-363-3127  
Mary.Climenhaga@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

Capt Jenn Jackson 250-363-4006  
James Vassallo 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 modi-  
fier, 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.

**LOOKOUT**  
NEWSPAPER

Circulation - 3,800  
plus 1,000 pdf downloads per week  
One year subscription - \$66.<sup>94</sup>  
Six month subscription - \$33.<sup>47</sup>  
Prices include tax.

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

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

Fax: 250-363-3015

Canadian Mail Product Sales Agreement 40063331



## WHAT SAY YOU

# Soldier with braids - identity, tradition, pride

## Sergeant Moogly Tetrault-Hamel

Indigenous Advisor to  
the Chaplain General

*Since the mid-1990s, the Canadian Armed Forces (CAF) has supported the right of Indigenous military members to wear their hair in a traditional braid while in uniform. The following story is my reflection on the spiritual and cultural significance of this practice.*

Growing my braid is a serious commitment. The traditional process is bound by many protocols, ceremonies and responsibilities.

I have had to cut my hair a few times for traditional reasons. It always was a hard process and felt like my spiritual connections were being severed.

When encountering other traditional Indigenous people, I feel a mutual sentiment of recognition, pride and respect based on the length of our braids. It sometimes feels like a badge of honour.

When visiting communities outside of one's family circle, for example,

a braid is a marker of pride and respect, often designating the wearer as a role model. But this respect is not free. To deserve this honour, one must always sincerely try to carry oneself properly and follow the guidance of the knowledge keepers and sacred teachings.

When one's hair reaches a certain length, the wearer then plays an even greater role in ceremonial practices, and is encouraged to share knowledge and to assist those in need. These are obligations not to be denied.

Together, my wife and I have four children: three daughters and one son. Our son has short hair because he understands the deep meanings and duties of growing traditional hair.

It will be my son's choice to grow his braid when he is ready, but it has to come from his heart. All I can do is try my best to show him the way.

As a father, it is most important for me to lead by example and show my children that no matter how much adversity I

have faced, I still stand tall and honour my ancestors and our way of life.

### Traditional Justice

For thousands of years, in many Indigenous cultures, when an individual would behave in ways that countered the values of the community, the family Elders could demand that his or her hair be cut or shaved off as a public sign of shame and dishonour of oneself and one's family, both living and dead.

In some cases, the accused would be asked to publicly apologize to the entire community, on his or her own behalf and that of his or her family or clan.

In more extreme situations, banishment from the community could occur.

When the individual was ready to walk on the right path again, he or she would be allowed to return with full support from his or her relatives. As the person's hair grew back, so too would the trust of the community, with honour and balance restored. Often, an individual would even take the initiative to cut off his or her hair deliberately as a sign of repentance.

### Ceremonial Haircuts

The family knowledge keepers advise on matters concerning the hair for both the day-to-day and ceremonial situations. Ceremonial hairstyles and haircuts are integral parts



of some union ceremonies, funerals phases, personal quests, rites of passage, healing processes, seasonal ceremonies and so on.

The ritual steps are limited to oral tradition and can often only be shared with the initiated few. Any explanation to someone who did not take part in those ceremonies would be limited to the personal perspective of the individual permitted to share it. Official definitions or explanations can only come from the knowledge keeper or visionary of a particular ceremony.

The honour and privacy of our Indigenous military members deserves our collective respect. CAF members who wear braids do not wear their hair that way simply because they can. Braids are part of their cultural identity and spiritual practice and are worn with great pride.

The CAF Indigenous Hair Policy is not an accommodation, but a right. For more information, reference the A-DH-265-000/AG-001 CAF Dress Instructions and DAOD 5516-3 Religious or Spiritual Accommodation.

**Shanna Vargas** REALTOR®  
THE HELP YOU NEED FOR THE HOME YOU WANT!

**Relocating?**  
With Professionalism, Integrity,  
and Experience...  
**I will get you results!**

direct: 250.727.1766  
office: 250.744.3301  
email: [shannavargas@shaw.ca](mailto:shannavargas@shaw.ca)  
web: [www.shannavargas.com](http://www.shannavargas.com)

RE/MAX  
Camroslyn  
Each Office Independently  
Owned & Operated

# Parenting Programs

at the Boys & Girls Club Services of Greater Victoria



Boys & Girls Club  
Services of Greater Victoria



## PARENTING WITHOUT POWER STRUGGLES

(for parents of pre-teens)

Our next program starts Apr 20th 2017, Thursdays: 9:30-11:30am  
Harbourside Club – 410 Macaulay St., Esquimalt  
Contact us for details!

### REGISTER TODAY!

250.384.9133 ext 222  
[parentingprograms@bgcvc.org](mailto:parentingprograms@bgcvc.org)

A full description of Parenting Programs can be found at [www.bgcvc.org](http://www.bgcvc.org).  
Our Parenting Programs have been developed by staff and parents throughout BC and  
are administered under the auspices of Boys and Girls Clubs of Canada - Pacific Region.





Your Everyday Specialty Store

April 20-26 2017  
While Supplies Last

# Red Barn's Own Smokehouse



The Red Barn Market Smokehouse has always strived for excellence, whether it is in our customer service, competitive pricing, or our specialty products, we do our best to bring quality to your home. Our valued customers are the reason the Red Barn Smokehouse has just completed a 6 month renovation at our Vanalman location. We now have a 4000 sq ft facility fully outfitted with 3 Kerres German smokehouses, and state of the art equipment ranging from sausage stuffers, massagers and bacon slicers. Many of the recipes you taste today were developed by Roger Longstaff, the original smokehouse master, when the Red Barn Market first opened. Over 15 years and 110 products later the Red Barn is more than ever looking for ways to improve and create mouth-watering products. We have grown from a one man operation to a 12 member crew, producing a wide range of delicious quality products that our customers trust. Our line up of Red Barn's Own items include our famous Double Smoked Bacon and Smoked Cheese alongside a wide range of deli meats and sausages made from beef, pork, poultry and salmon. Just look for the black tag!

BC Grown  
**On-the-Vine Tomatoes**

**\$1.69**  
lb.  
\$3.73kg

Locally Grown  
**Leeks**

**\$1.99**  
lb.  
\$4.39kg

Imported  
**Organic Rainbow Chard**

**2/\$5.00**

California  
**Bunch Spinach**

**2/\$4.00**

Ruby Red Farms  
**Organic Blueberries**  
"Grown in North Saanich"

**\$4.99**  
each  
340g

6 Mile Bakery  
**Bagels**  
"Grown in North Saanich"  
All Varieties

**2/\$7.00**  
6 Pack

Mitchell's  
**Soups**  
"Made in the Cowichan Valley"  
All Varieties

**\$6.99**  
ea.  
341ml

Phillips  
**Natural Sodas**  
"Made in Victoria"  
All Varieties

**3/\$5.00**

Red Barn's Own  
**Boneless Maui Rib**

**\$2.19**  
ea.

Red Barn's Own  
**Smoked Turkey Drumsticks**

**99¢**  
100g

Red Barn's Own  
**Roast Turkey Breast**  
Smoked, Oven Roasted,  
Sundried Tomato

**\$2.79**  
100g

Spread Em' Kitchen  
**Cashew Spreads**  
Select Varieties

**\$6.49**  
183g  
100g

Find our flyer at [REDBARNMARKET.CA](http://REDBARNMARKET.CA)

WEST SAANICH  
5550 West Saanich Rd  
7:00am-8:30pm  
(250) 479-8349

MATTICK'S FARM  
5325 Cordova Bay Rd  
7:00am-7:00pm  
(250) 658-2998

VANALMAN  
751 Vanalman Ave  
6:30am-8:00pm  
(250) 479-6817

LATORIA WALK  
611 Brookside Rd  
6:30am-8:00pm  
(250) 590-8133

OAK BAY  
1933 Oak Bay Ave  
6:30am-9:00pm  
(250) 592-0424

ESQUIMALT  
1310 Esquimalt Rd  
6:00am-9:00pm  
(778) 265-0370



# Pilots wanted for new RC Flying Club

**Peter Mallett**  
Staff Writer

A dream of forming a radio-controlled flying club for military personnel and DND civilians is on the verge of taking flight.

Model airplane enthusiast PO1 Corey Howe and his co-worker PO2 Aaron Murray, who flies quadcopters, have 15 potential members, but are looking for more interest from the defence community before starting the official process of creating a club for electric powered radio controlled aircraft.

"We are hoping to have the club up and running by June or July, and the next biggest hurdle is acquiring a piece of land to fly our aircraft from, and making sure it meets regulatory approval," says PO1 Howe.

They have pitched their club idea to Personnel Support Programs and now require approval before the club takes off.

PO1 Howe started in the radio control hobby over 30 years ago, and began flying model fixed-wing aircraft six

years ago. He says his fascination with RC models is a "natural progression" from his life-long interest in aviation.

For PO2 Murray, his interest flying drones is more recent. For the last two years, he has competed in drone racing.

RC modeling goes beyond the radio controls and eyes to the sky. Many enjoy building and designing their crafts.

"You can buy these copters and planes readymade and get them airborne, but that takes most of the fun and challenge out of it," says PO2 Murray. "Most people are like us and enjoy the process of building our machines from scratch."

Modern technology is the way to go for PO2 Murray. He often uses a three-dimensional printer, costing around \$5 to stamp out quadcopter frames.

The two are looking to recruit members with experience operating radio-controlled flyers, but they also plan on making a training plane and drone, and lessons, available for the less experienced pilots.

Anyone interested in the club should contact corey.howe@forces.gc.ca



PO1 Corey Howe (left) and PO2 Aaron Murray, both support technicians who work at Fleet Maintenance Facility, display their flying machines. The two co-workers are currently in the application process of forming a club for model airplane and quadcopter enthusiasts. The proposed Pacific Model Aeronautics Club and its application is currently under review by Personnel Support Services staff.

**I VOTE.** ✕

**MAY  
2017**


## GENERAL ELECTION

### The provincial election is on May 9, 2017


#### You can vote if you are:

- 18 or older on May 9, 2017
- a Canadian citizen, and
- a resident of British Columbia for the past six months

#### Voter registration


 You must be registered to vote. If you are not already registered, you can register when you vote. Remember to bring your ID with you when you vote.

#### Make voting easy


 Look for your Where to Vote card in the mail and bring it with you when you vote. It will make voting faster and easier.

You can vote at any voting place in the province. Voting places are listed on your Where to Vote card and at [elections.bc.ca/wtv](http://elections.bc.ca/wtv). You can also call **1-800-661-8683** to find voting places near you.


#### Six days of advance voting

 Advance voting is available from 8 a.m. to 8 p.m. (local time) on April 29 and 30, and May 3, 4, 5 and 6. All voters can vote at advance voting and all advance voting places are wheelchair accessible.


#### General Voting Day

 General Voting Day is May 9. Voting is open from 8 a.m. to 8 p.m. (Pacific time).

#### What if I'll be away?


 Vote at your district electoral office from now until 4 p.m. (Pacific time) on May 9, or ask for a vote by mail package from Elections BC.

#### Becoming a candidate

 You can get a candidate nomination kit from your district electoral office or online at [elections.bc.ca](http://elections.bc.ca).

Completed nomination kits must be delivered to your district electoral officer by 1 p.m. (Pacific time) on Tuesday, April 18, 2017.

#### Questions?

 For more information visit our website, call us toll-free or contact your district electoral office.

#### Esquimalt-Metchosin

3-1905 Sooke Rd  
Victoria, BC  
(250) 952-4408

#### Langford-Juan de Fuca

111-2787 Jacklin Rd  
Victoria, BC  
(250) 952-5014

#### Oak Bay-Gordon Head

2780 Richmond Rd  
Victoria, BC  
(250) 952-5501

#### Saanich North and the Islands

1528 Stellys Cross Rd  
Saanichton, BC  
(250) 952-5056

#### Saanich South

370-4243 Glanford Ave  
Victoria, BC  
(250) 952-5824

#### Victoria-Beacon Hill

240-174 Wilson St  
Victoria, BC  
(250) 952-7819

#### Victoria-Swan Lake

205-3531 Uptown Blvd  
Victoria, BC  
(250) 952-7821

Hours of Operation  
Monday - Friday 9 a.m. to 5 p.m.  
Saturday 10 a.m. to 4 p.m.

[elections.bc.ca](http://elections.bc.ca) / 1-800-661-8683



**ELECTIONS BC**  
A non-partisan Office of the Legislature  
TTY 1-888-456-5448



# Children coping with deployment - help available

Maple Leaf

Military life can be stressful for children, especially when a parent deploys or the family has to relocate. As part of its continuing commitment to families, Chief of Military Personnel (CMP) recently asked Director General Military Personnel Research and Analysis (DGMPPRA) to investigate how children handle the stress of parental deployment and relocation.

"We found that most children were proud and happy to be part of a military family," said Dr. Alla Skomorovsky, a defence scientist who conducted the focus group research for DGMPPRA.

He added that children in military families do feel different from children in civilian families, but most believe being part of a military family is a good thing. Children also enjoy some of the benefits of being in a military family, such as seeing new places, meeting new people, and feeling safe.

Despite some of the enjoyments of being part of a military family, children admitted that parental deployment is one of the most stressful experiences in their lives. In large part, because they worry about the safety of their deployed parent.

"Not everything he does is safe, and I worry that he is going to get hurt," said a child from the focus group.

Deployment can also affect their emotions, physical health, and school performance. Some children had trouble sleeping and eating or concentrating in school, but having supportive and understanding teachers made a big difference.

"[My] teacher was aware [that my] Dad was deployed. When I broke down they were very supportive and understood," said another teen.

When a parent was deployed, children also reported changes in their responsibilities at home and having less time for extracurricular activities.

They also saw their at-home parent under more stress during deployments and their relationships with siblings sometimes changed. Some children reported fighting less with their siblings in order to support one another, while other children reported fighting more often.

"It's important for parents, teachers, and other adults to be aware of the effects of deployments and relocations on children from military families and to support them during these times," said Dr. Skomorovsky.

She added that parents need to be aware of the programs for children offered at Military Family Resource Centres (MFRC). The Children's Deployment Workshops are a great

example of MFRC programming, which can play a positive role in helping children cope with the stresses of military life.

The DGMPPRA researchers uncovered some effective strategies children use to deal with deployments and relocations—strategies that help them remain resilient in the face of these stresses:

**Social support.** Children seek social support from their friends, the at-home parent, relatives, and teachers. Some children commented that support groups with other children of deployed parents had been helpful. Children who had not attended showed interest in doing so.

**Healthy distractions.** Many children found it helpful to put things in perspective, remembering that others were going through the same thing. Others express themselves through music, dance, sports, or other activities. Some children distanced themselves from others, but admitted this caused problems when making friends and it took them longer to adjust to a deployment.

**Bonding with the at-home parent.** Spending more time with their at-home parent helped children cope with the absence of their deployed parent.

**Staying in touch with the deployed parent.** Children often talked with the deployed parent by

telephone or Skype, but some found this distressing. "I don't want to start crying and make him feel even worse," said one child. While difficult for some, most children said it was helpful being able to speak to their deployed parent.

Maintaining the psychological presence of the deployed parent. Several children said their deployed parent gave them a toy or another reminder of them before leaving. In other cases, children identified an object that could serve as a reminder of the deployed parent, such as a shirt or doll with the parent's picture on it. "It's easier sleeping, it's like he's there," said one child.

Researchers found other things parents can do to help their children cope with deployments. The first is to explain what a deployment is and what it means, because it helps children make sense of their experience. The second thing is to explain the normal responses to deployment, such as worrying, and to prepare children for changes in their roles and responsibilities. Lastly, parents can encourage children to seek social support from others.

For more information: An article about this research was recently published and can be found at <http://journals.sagepub.com/doi/pdf/10.1177/0095327X16670691>



**BARNES HARLEY-DAVIDSON**  
 Steve Lesperance  
 Motorcycle Sales Consultant  
 Barnes Harley-Davidson, Victoria  
 E: [steve@barneshd.com](mailto:steve@barneshd.com)  
 P: 250-475-1345 W: [www.barneshdvictoria.com](http://www.barneshdvictoria.com)  
 A: 2940 Ed Nixon Tce, Victoria BC V9B 0B2  
Motor Vehicle License #: 9894



**Jerad Daniels**  
*real estate consultant*  
 MLS Award Winning Realtor®  
**Military Relocation Specialist**  
[www.southvic.com](http://www.southvic.com) • 250-508-5723  
 PEMBERTON HOLMES  
ESTABLISHED 1887

**BIKE RENTALS AVAILABLE**

We give **Military Discounts**



**SAVAGE CYCLES**  
 Vancouver Island's only **DUCATI & TRIUMPH** dealer  
 2956 Westshore Parkway • [www.savagecycles.ca](http://www.savagecycles.ca) • 250-475-8885

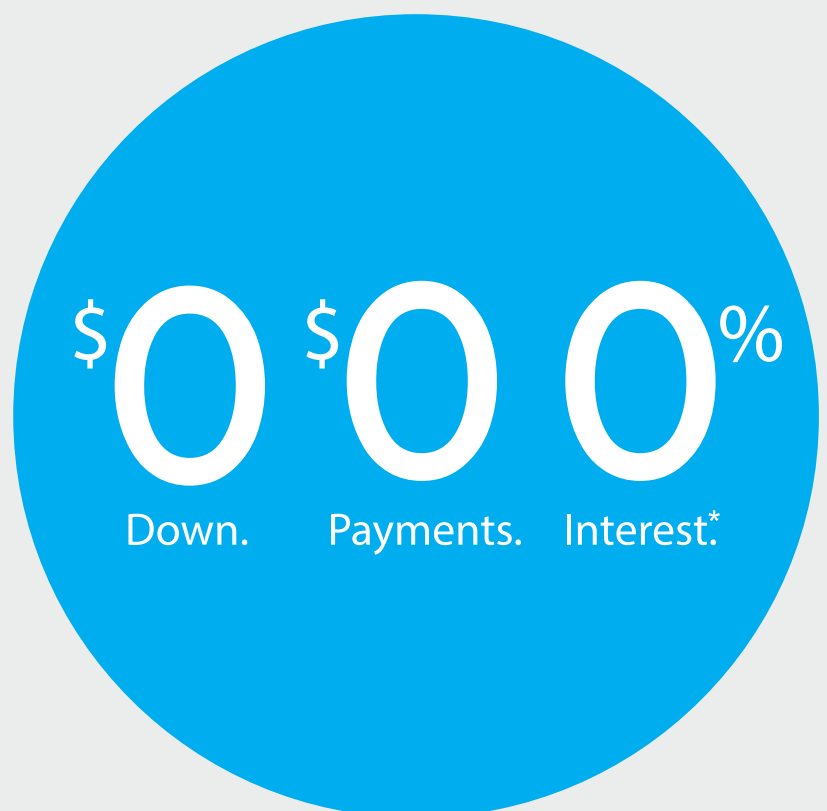


**babcock**  
 trusted to deliver™  
 Proud to support Canada's fleet  
[www.babcockcanada.com](http://www.babcockcanada.com)

**SEE NOW.  
 PAY LATER.**

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

**LASIK MD**  
 VISION



\$0 Down. \$0 Payments. 0% Interest.\*

\*Subject to credit approval. To be eligible, patients must complete the Custom LASIK/Custom All-Laser procedure (including Laser PresbyVision™ and lens implant procedures) for both eyes. Cannot be combined with any other offer or discount. Offer subject to change without prior notice.



To All Members and Guests of  
Army, Navy and Air Force Veterans Canada,  
Join us at

**Club ANAVETS  
Sidney Unit #302**

Friday, April 21  
**Band - City Slickers**

Saturday, April 22  
**Bingo with Music (7-10 pm)**

Friday, April 28  
**Band - Soul Shakers**



*Know your limit, stay within it!*

**9831 - 4th St. Sidney**  
(By the Jet Plane)

Club: 250-656-3777 • Office: 250-656-2051

**PEMBERTON  
HOLMES**  
ESTABLISHED 1967

**Getting Posted?**

For All Your  
Real Estate  
Needs



**Kash Burley**  
Pemberton Holmes Ltd.

*Call me!*

Telephone: 250-384-8124  
Cell: 250-213-6873

Email: kash@kashburley.com  
Website: www.kashburley.com

# Pacific Women's Day new date, lots of fun

**Jon Chabun**  
MFRC

For the last several years Pacific Women's Day has been held in the spring, but this year the Military Family Resource Centre (MFRC) is changing things up.

This year's event will take place Saturday Nov. 25 at Royal Roads University.

With Christmas just around the corner, the event will include a special Christmas marketplace featuring businesses owned by military members and friends of the defence community.

In one workshop, Royal Roads University's head gardener Barrie Agar will help participants create a spectacular seasonal arrangement.

Pacific Women's Day

will also celebrate Canada's 150th anniversary and the significant contribution women in the defence community have made over the years.

This year, the MFRC received a grant from Victoria Foundation to hold a special Canada 150th version of the event. You can expect exciting new workshops, more of the workshops that people love, and a special theme celebrating the long and significant history of women in the defence community in Canada.

Registration for the event will open in September. For more information on the event or to submit an application for a workshop or the marketplace, please visit the MFRC website at [www.esquimaltmfrc.com](http://www.esquimaltmfrc.com).

The Chief and PO's Mess Presents....

**SATURDAY NIGHT FEVER  
70's DANCE!!** SATURDAY  
APRIL 29



**PRIZES FOR BEST 70's OUTFIT**

- DJ Entertainment
- Delicious Eats
- Doors Open at 1900
- Bar Open Until Midnight

**Tickets: \$15 (Regular Members), \$20 (Lifetime Members)**  
Purchase at the mess front desk  
Taxi chit or night at the wardroom \$30 provided for your convenience

## Sexual assault charges laid

DND

On April 12, the Canadian Forces National Investigation Service charged a member of the Canadian Armed Forces with four counts of sexual assault under the Criminal Code of Canada.

The charges relate to reported sexual assaults by the accused against three other students undergoing basic training in March 2016 at the Canadian Forces Leadership and Recruit School located at the Saint-Jean Garrison in Saint-Jean-sur-Richelieu, Quebec.

Private Bryant Taylor faces four counts of Sexual Assault under section 271 of the Criminal Code of Canada, punishable under section 130 of the National Defence Act.

The matter is now proceeding in accordance with the military justice system for possible court martial at a date and location still to be determined.

The Canadian Forces National Investigation Service is a unit within the independent Canadian Forces Military Police Group whose mandate is to investigate serious and sensitive matters in relation to Department of National Defence property, Department of National Defence employees, and Canadian Armed Forces personnel serving in Canada and around the world.

**AFFORDABLE  
OFF BASE LIVING!**

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

**ASK ABOUT OUR  
MOVE IN DISCOUNT!**

**250.381.5084 CAPRENT.COM**






1ST ANNUAL



Presented by



NAVY  
BIKE  
RIDE

# 10K ride around the base JUNE 2 | 8:30 AM START

Join CFB Esquimalt for a DND family friendly, non-competitive 10k bike ride. All ages, all abilities welcome. Start and finish at Naden Drill Shed. Healthy snacks to follow.



Registration not required. Mandatory ID wrist band pick-up 7:15-8:15 a.m. - Naden Drill Shed.



Bike tune-ups  
available on site by  
Fort Street Cycle

Sponsored by:



trusted to deliver™



**WEEKLY SPECIALS**

**Tuesday:** Seniors Day, 8 choices for.....\$7.95 each  
**Wednesday:** Diner Classics Menu, 5 choices for .....\$9.99 each  
**Thursday:** All you can eat Cod and Chips .....\$9.95  
**Friday:** Prime Rib Dinner: .....\$18.95  
**Saturday:** Steak Dinner: .....\$15.95  
**Sunday:** Traditional Roast Turkey or Roast Beef...\$12.95 each

**10% Military Discount**

**Paula's MOTOR INN & RESTAURANT**  
 HOMESTYLE COOKING, FAMILY FRIENDLY & LICENSED  
**paulsmotorinn.com**  
 1900 DOUGLAS STREET | (250) 413-2775

**Uptown TAYLORANDCOLT.CA**

**MEET YOUR NEW MEN'S BARBERSHOP**

**10% OFF TO MILITARY & DND PERSONNEL**  
 778-265-9177 • 3571 BLANSHARD STREET  
 NEXT TO THE NEW WHOLE FOODS

**TAYLOR & COLT BarberSpa**

**2016 Winnebago Drop #24033**  
 MSRP \$30,600 **NOW ONLY: \$23,040**

Bi-weekly Payments of **\$82<sup>96</sup>**  
 .659% APR - 60 months 10% down

60T/240AM 10% down 6.59%. \$0 down option available, but will increase payment. Flexible payment/term options avail. NO PENALTIES to pay down or off early! Lower rate may be available. O.A.C.

**COME AND GET IT!!**  
 Or view it online at **TriangleRV.com**

We are a proud Military family and we Salute all who serve!  
 - Sylvia Thistle-Miller

**TRIANGLE RV CENTRE**  
 Phone: 250-656-1122  
 10299 McDonald Park Rd. Sidney, B.C.  
 Visit **TriangleRV.com**  
 Sales | Parts | Service | Financing | RV/Car Wash  
 Excellence in service since 1956

# 100TH ANNIVERSARY OF THE Battle of Vimy Ridge

1917-2017

Empty boots placed on the Canadian National Vimy Memorial represent the 3,598 soldiers that died at Vimy, France.

A replica aircraft from First World War battles the wind to land safely in Lens, France, a few days before the anniversary event. Five replica planes conducted a fly past on April 9 over the Vimy Memorial.



David Johnston, Governor General and Commander-in-Chief of Canada, and French President Francois Hollande review the Canadian Armed Forces guard during the signature ceremony for the 100th anniversary of the Battle of Vimy Ridge on April 9.



Canadian Armed Forces members along with Canadians salute during the signature ceremony.



Members of the Canadian Contingent at the Canadian National Vimy Memorial.

Photos by MCpl Jennifer Kusche, Canadian Forces Combat Camera

**Post Traumatic Stress Disorder and Trauma Care**

778-351-3727 PTSD and Trauma Care.com

**TRACKSIDE AUTO SERVICE LTD.**  
 A FULL SERVICE AUTO REPAIR FACILITY

Winner "2014 2nd PLACE" BEST OF THE CITY AWARDS Black Press

- Induction & Fuel Injection Service
- Oil service
- Out of Province Inspection
- Electrical
- Diesel Fuel Service
- Exhaust
- Brake service
- Tires

Ask about BG Protection Plan\*  
 Where Dependability and Trust are a Priority... \*under 80,000 km

784 Fairview Rd. • 250-383-5509 • tracksideautoservice.ca

**SPROTT SHAW COLLEGE**

**SCHOLARSHIPS FOR MILITARY AND VETERANS.\***

**WWW.SPROTTSHAW.COM**  
**VICTORIA: 250-384-8121**

**ESQUIMALT SQUADRON**

*Come Sail with us!*

Discounts for CAF, DND, Families and Early Bird (until June 1st)

Open to Everyone... Any Level, All Ages!

Racing, Cruising, and Family Programs!

**Canadian Forces Sailing Association**  
 1001 Maple Bank Rd., Victoria BC, V9A 4M2  
 WEB: www.cfsaesq.ca  
 EMAIL: sailinginstructor@cfsaesq.ca

Facebook.com/esquimalsailing





**SUNDAY, JUNE 18, 2017**  
**5K, 10K, & KIDS FUN RUN**

**HURRY!**  
**ENDS APRIL 30**

**REGISTER NOW TO**  
**GUARANTEE A T-SHIRT**

**EVERYONE WELCOME!**

The Navy Run - 10K, 5K and Kids Fun Run is an inclusive community event. Involve the children and discover a fitter family lifestyle. Get excited about improving your health. Do it because you can!

**FEES**

- ▶ Active & Retired Military & Dependants: \$30
- ▶ DND/NPF Civilians & Dependants: \$35
- ▶ Public: \$40
- ▶ Kids Fun Run: \$15

**START TIMES**

**Kid's Run Starts at 8:00 a.m.**  
**The 5k and 10k runs start at 8:45 a.m.**  
 Free childcare is available for children over 2.  
 Registration required:  
 Email [maryse.neilson@forces.gc.ca](mailto:maryse.neilson@forces.gc.ca)

*Fun family fitness!*



**Run with the military and show your support!**

**Register at [www.navyrunesquimalt.com](http://www.navyrunesquimalt.com)**

Our Proud Sponsors:





# Reservists up the ante in support of the Arthritis Walk

**Peter Mallett**  
Staff Writer

Sergeant Jayden Cormier is not unlike many of the participants in Victoria's 8<sup>th</sup> Annual Walk to Fight Arthritis, in that he has a personal connection to the Arthritis Society's annual fundraiser.

His mother Denise, is one of 4.6 million Canadians suffering from the debilitating disease. Simple daily tasks have been inhibited by frequent bouts of pain, he says.

"While online a couple of years back I noticed an

ad for the Arthritis Society, and The Walk immediately struck a chord with me because my mother has been battling Rheumatoid arthritis and Osteoporosis for the past 27 years," says Sgt Cormier.

After seeing the ad, Sgt Cormier rallied members of The Canadian Scottish Regiment (Princess Mary's) to assemble for a special 15 kilometre rucksack portion of The Walk to Fight Arthritis.

"When I phoned the Arthritis Society to explain our regiment's Junior Ranks' intent to ruck The Walk,

they were overjoyed," says Sgt Cormier.

This year he will continue this community outreach with the help of his new unit, the 5<sup>th</sup> (British Columbia) Field Artillery Regiment, RCA, who will submit a 10-person team.

"I think our participation in The Walk lets members of the public recognize the important role of Canadian Armed Forces personnel. By giving back to the community in this manner, it helps strengthen the ideology that we as CAF personnel are not only representatives of communities, but people within them."

Last year his team contributed approximately \$1,000 to the Walk to Fight Arthritis, which raised \$1.2 million nationwide from Walks held in 30 cities across Canada.

"Marching a 15km distance with the weighted ruck sacks was decided upon by the group, not only to bring in physical challenge, but it created a buzz about a good cause," says Sgt Cormier.

Because of his efforts last year, he was asked to become the sponsorship and marketing coordina-



**Sgt Jason Cormier gives a cheer as he and members from the Junior Ranks Mess of the Canadian Scottish embark on the 2016 Walk to Fight Arthritis.**



**Members of the Junior Ranks Mess of the Princess Mary's Canadian Scottish Regiment celebrate after their participation in the 2016 Walk to Fight Arthritis.**

tor for the Victoria Walk to Fight Arthritis. There is also a Walk taking place in Parksville on the same day.

Both commanding officers at the Bay Street Armoury, LCol Brendan B.Y. Leblanc, head of the 5<sup>th</sup> Field Regiment, and LCol Stephen Sawyer of the Canadian Scottish, have been fully behind his efforts to get reservists involved in

supporting the event and to strengthen community enrolment within their regiments.

"Everyone I speak to seems to know somebody who is suffering from arthritis and the support is snowballing this year. I am hoping the size of the team will triple," says Sgt Cormier.

Encouraging anyone and everyone to get involved

even includes his own mother. After undergoing reconstructive surgery to ease her symptoms, she agreed to become the coordinator for this year's Walk to Fight Arthritis in Parksville.

The Walk to Fight Arthritis happens on June 4 across the country. For more information or to register, visit [walktofightarthritis.ca](http://walktofightarthritis.ca)

**VANESSA ROMAN**  
REALTOR®

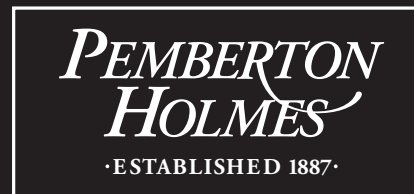
## Your Military Relocation Expert

- + Are you posted?**
- + Looking to buy a new home? Call me.**

CALL VANESSA AT  
250-589-7325

EMAIL: [vanessa@vanessaroman.com](mailto:vanessa@vanessaroman.com)  
WEBSITE: [www.vanessaroman.com](http://www.vanessaroman.com)

Vanessa Roman HGTV VanessaRomanTV





# Annual BASE COMMANDER'S GOLF TOURNAMENT



## 2 Ways to Play

COMPETITIVELY OR JUST-4-FUN

Individual Stroke Play • 4 Player Team Scramble

### REGISTER

At the Naden kiosk or by calling  
PSP Recreation at 250-363-1009

<b>\$70</b> plus tax	<b>\$75</b> plus tax	<b>\$95</b> plus tax
REGULAR	ORDINARY	ASSOCIATE
<small>Military members, Veterans, or Foreign Service Members</small>	<small>DND employees, RCMP, former NPF staff, and Honorary Captains/Colonels</small>	<small>Everyone else, including the general public!</small>

Includes Cart, Dinner and Cash Bar  
PLUS Chance for DOOR PRIZES!!

REGISTRATION  
AT 7:30 AM

SHOTGUN START  
AT 8:30 AM

## TICKETS ON SALE NOW!

PLUS order a Souvenir Golf Shirt  
for only \$30 plus tax



Annual BASE  
COMMANDER'S  
GOLF TOURNAMENT

MONDAY, JUNE 26

OLYMPIC VIEW GOLF CLUB, 643 LATORIA ROAD

MORE INFO: [WWW.LOOKOUTNEWSPAPER.COM/BASE-COMD-GOLF](http://WWW.LOOKOUTNEWSPAPER.COM/BASE-COMD-GOLF)

Our Proud Sponsors:





# SPORTS TRIVIA

By Stephen Stone & Tom Thomson

## Questions

1. These two skaters became the first women in Canadian figure skating to share the podium at the World Championships.
2. The New Jersey Devil's all-time leading scorer retired on Friday, March 31, 2017. Who is he?
3. The world championships are held in July, and the winner gets his wife's weight in beer. Name the sport.
4. What is zorbing?
5. Held annually in the spring at Cooper's Hill near Gloucester, England, the person who crosses the finish line first, gets a nine pound wheel of double Gloucester cheese.
6. The mud pit belly flop, hubcap-discus tossing, and bobbing for pig's feet are part of these games, held annually in East Dublin, Georgia.
7. Inspired by a book by A.A. Milne, this sport requires a stick and a bridge over running water. Each player drops a stick on the upstream side of the bridge; the winner is the first whose stick appears on the downstream side. The annual championships, held since 1984, take place at Day's Lock on the River Thames.
8. Which sport is played by two teams, each of which race around an oval course, where one member of each team is called the "jammer" and their job is to lap the members of the other team?
9. Compared to other sports on this list, it is very calm, but don't tell any serious participant they aren't a legitimate sportsman. (Hint: some would say 'Movember' is an example of this sport.)
10. Played all over South Central Asia, it is the national sport of Afghanistan. The goal of the sport: grab a carcass of a headless goat at full gallop, get it clear of other players, and pitch it across the goal line.
11. This is a sport involving a ball bounced off a walled space by accelerating it to high speeds with a hand-held device (cesta).

- Answers**
1. Kaetlyn Osmond from Marystown, N.L. and Gabrielle Daleman of Newmarket, Ont. Kaetlyn won silver and Gabrielle achieved bronze.
  2. Patrik Elias ended his career with a total of 408 goals and 617 assists for a total of 1,025 points.
  3. Wife carrying (originated in Finland). The wife must weigh at least 49 kg, the course is 235.5 metres long and has three obstacles, two wet and one dry. There is a 15 second penalty for a dropped spouse.
  4. Zorbing is strapping yourself in an over-sized hamster ball and rolling down a hill.
  5. The annual Gloucester cheese race. The cheese gets a one second head start and gets speeds up to 112 km/h.
  6. The Red Neck Games.
  7. Poosticks.
  8. Rollerball.
  9. Moustache growing.
  10. Buzkashi.
  11. Jai Alai.

For MARPAC news around the clock visit [lookoutnewspaper.com](http://lookoutnewspaper.com)

A member of the  
**DEPARTMENT OF NATIONAL DEFENCE**  
 has an opportunity to win a brand new  
**2016 HYUNDAI ACCENT**



**ENTER NOW AT**  
[www.VICTORIAHYUNDAI.COM](http://www.VICTORIAHYUNDAI.COM)

DLR#: 30622  
**VICTORIA HYUNDAI 1.877.532.2024**  
 525 GORGE ROAD EAST VICTORIA, BC V8T 2W5

 **MILITARY DISCOUNTS**



**AACT Financial**  
 Your one stop financial shop

**TAX AND ACCOUNTING**



**AACT FINANCIAL SOLUTIONS**

1353 Esquimalt Road 250-383-3834



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



How can you support

# Habitat for Humanity Victoria?

10% DND Discount with ID & coupon

SHOP • DONATE • VOLUNTEER

849 Orono Avenue, Langford  
250-386-7867  
restore@habitatvictoria.com

331H Oak Street, Victoria  
(250) 386-7867  
restore@habitatvictoria.com

## Bravo Zulu

### Regional Cadet Support Unit (Pacific)

Sgt Barb Brennan is promoted to her current rank by Capt(N) Steve Jorgensen, her wife Carli Pearson, and daughter Meghan Rownd.

The place to be before downtown

We'll shuttle you!  
Call for pick up 250-363-6028

## UPCOMING EVENTS

**Pacific Fleet Club is your social hub!**

**April 25 - CFB Esquimalt Jr Ranks Coffee**  
Come down to enjoy some healthy and not so healthy snacks.  
10:00 - 11:00 in the Okanagan Room.

**April 26 - Paint Nite**  
Unleash your inner artist at the PFC. Doors Open at 6:00. Mess Members contact the PFC for tickets!

**April 30 - Kids Movie: Sing**  
Furry animals meet reality TV. What's not to like? Our doors open at noon and the movie starts at 1:00pm. Popcorn and juice are provided!

**May 14 - Mother's Day Brunch**  
The PFC is bringing back its annual Mother's Day Tradition. Treat the whole family to a delicious meal with music and an amazing view. Contact MS Michelle Schnob to register.

## Bravo Zulu

## Bravo Zulu

Photo by Cpl Blaine Sewell, MARPAC Imaging Services

Captain Stuart Irvine (right) is presented the Canadian Forces' Decoration First Clasp by the Chief of Staff for MARPAC Plans and Operations, Capt(N) Steve Jorgensen.

Lt Tzotzo receives her commissioning scroll from Cdr Ed Hooper, Commanding Officer Naval Training Development Centre.

## Bravo Zulu

## HMCS Malahat

HMCS Malahat conducted Ceremonial Divisions and an awards ceremony to mark the end of the training year. With Commodore Marta Mulkins, Commander Naval Reserve in attendance, Malahat formally recognized individual members who have accomplished significant personal and professional achievements over the past year.

PO1 John Fowler is presented the Canadian Forces' Decoration Third Clasp by Cmdre Mulkins.

Lt(N) Anne Gardam is presented a Bravo Zulu award by Cmdre Mulkins.

PO2 Frederick Godwin is presented the Wardroom Trophy by LCdr Greg Walker.

Lt(N) Andrew Janes is presented the Naval Officers Association Sword by Cdr (Ret'd) Bill Conconi.

**Weddings, Birthday Parties, Banquets & Corporate Events**

Contact the Events Coordinator at 250-363-3146

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





OS Katrina Koch-Underhill is presented the Commander Barbara Clerihue Scholarship by LCdr Michael Lawless.



Cdr Michael Lawless, Commanding Officer of HMCS Malahat, is promoted to his current rank by Cmdre Mulkins.



LS Ben Lenner is promoted to his current rank by Cmdre Mulkins.



OS Matthew McCue is presented the Captain G.A.V. Thompson Trophy by LCdr Michael Lawless.



PO2 Colleen McInnis is presented a Bravo Zulu award by Cmdre Mulkins.



PO2 Stephanie McRae is presented a Naval Reserve coin by Cmdre Mulkins.



LS Natalie Meens is presented the Captain R. Jackson Trophy by Capt(N) Pat Montgomery.



MS Jamie Newman is presented a Bravo Zulu award by Cmdre Mulkins.



MS Jamie Newman is presented the Coxswain's Memorial Trophy by CPO2 Graeme Leblanc.



MS Stephanie Noa is presented a Naval Reserve coin by Cmdre Mulkins.



PO2 Beth-Anne Salzer is presented the Chief Petty Officer Burch Trophy by CP01 Dave Arsenaault.



LS Bailey Toupin is presented a Naval Reserve coin by Cmdre Mulkins.



Lt(N) Emily Wood is presented the Victoria College Trophy by Capt(N) Pat Montgomery.



Lt(N) Kay van Akker is presented the Navy League of Canada Certificate of Appreciation by Cdr (Ret'd) Ron Hughes.



**PACIFIC MAZDA**



TAKE CONTROL WITH PREDICTIVE i-ACTIV AWD.

**0% PURCHASE FINANCING**  
ON SELECT MODELS

ZOOM-ZOOM

DL8152

**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

Greater Victoria

**BIKE TO WORK WEEK**

May 29 – June 4, 2017

**Bike it! You'll like it!**

Over \$25,000 worth in prizes!

**REGISTER FREE AT:** [-biketowork.ca/victoria](http://biketowork.ca/victoria)

**Vancity**  
Jordan Lapier - Account Manager

Sponsored by...

BRITISH COLUMBIA, CTV, CFAX 1070, Kool 102.5, University of Victoria

We acknowledge the financial assistance of the Province of British Columbia

island health, DOCKSIDE GREEN, O3B OAK BAY BICYCLES, CAMOSUN COLLEGE, Seairich, CRD, CITY OF VICTORIA

modis, Vancity, Colwood, team sales, OAK BAY, Starbucks, COBS BREAD

f BiketoWorkVictoria | @BiketoWorkVic

**REGISTER NOW! LIMITED ENROLLMENT**

**PSP FUN SEEKERS SUMMER CAMP!**

(6-12 YRS)

Children enjoy our Fun Seekers Camp and parents appreciate our prices! Our PSP Recreation camps combine excitement, adventures and activities kids want, and the safety and quality parents expect. Each week has a theme, and is loaded with activities. We incorporate physical activity, educational games, creative arts, exciting day trips, weekly swims and heaps of silly fun. Age groups are separated when possible to accommodate the 10-12 year-old camp participants looking for slightly different activities.

Location: YAC & CPAC  
Camp Hours: 9am-4pm  
Before Camp Care Hours: 7-9am  
After Camp Care Hours: 4-5:30pm  
Camp Fees: Regular \$130 / Ordinary \$135 / Associate \$140  
4 Day Camp Fees: Regular \$105 / Ordinary \$110 / Associate \$115  
Before Camp Care / Week: Regular \$35 / Ordinary \$40 / Associate \$45  
After Camp Care / Week: Regular \$25 / Ordinary \$30 / Associate \$35  
4 Day Camp Before and After Care Fees Discounted at 20%

Weekly Dates and Themes:

Wk 1:	* Tues-Fri July 4-7	Happy birthday Canada 150th	SS17REC221
Wk 2:	Mon-Fri July 10-14	Mighty Micro	SS17REC222
Wk 3:	Mon-Fri July 17-21	Under The Sea	SS17REC223
Wk 4:	Mon-Fri July 24-28	I Can Dig It	SS17REC224
Wk 5:	Mon-Thur July 31-Aug 4	How Things Work	SS17REC225
Wk 6:	* Mon-Fri Aug 8-11	GI Joe and GI Jane	SS17REC226
Wk 7:	Mon-Fri Aug 14-18	Welcome To The Jungle	SS17REC227
Wk 8:	Mon-Fri Aug 21-25	Beautiful BC	SS17REC228
Wk 9:	Mon-Thur Aug 28-Sept 1	Don't Get Chopped	SS17REC229

**BOOK TODAY!**  
**250-363-1009**



# 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 3005PSC@gmail.com.

FREEMASON AND NEW to Victoria. Contact us at camosun60secretary@gmail.com. We meet the 2nd Monday of each month.

848 ROYAL ROADS AIR CADETS invite all youth aged 12 - 18 from Westshore and Sooke. Participate in gliding, marksmanship, weekend and summer camps, ground school, drill, band, and more! Join us on Tuesday from 6:30 - 9:00pm at 1289 Parkdale Dr., Langford (Lighthouse School). Find us on Facebook: Air Cadets - 848 'Royal Roads' Royal Canadian Air Cadet Squadron. Website: 848royalroadsaircadets.com Contact: 848parentinfo@gmail.com or 250-590-3690.

**ANNOUNCEMENTS**

STV TUNA IS LOOKING for CF/Ex-CF/DND civilian members to join the forces offered sailing program. Any one interested in sailing or learning to sail is encouraged to join us. All skill levels are welcome. For more information about the program please check us out on facebook (STV Tuna).

**HOUSING WANTED**

RELEASING CANADIAN Forces member is seeking a two or three bedroom suite for a young family in Esquimalt. We are long-term Victoria residents with excellent references. We are happy to sign a one-year lease. Please call 250 896 4528.

**HEALTH**

Attention: Military Spouses

**EARN EXTRA INCOME**  
Selling CHEMICAL FREE CLEANING PRODUCTS

**NORWEX**  
GreenHomeCleaning.ca  
Michelle: 250-516-7338

**FOR RENT**

2 BD 1 BATH BRIGHT basement suite for rent. Includes in-suite laundry and a private backyard located in Esquimalt. \$1200/month utilities separate 12 month lease No pets/no smoking. References required. Contact: tylerslobodan@hotmail.com phone 250-893-8423

SHORT TERM RENTAL, May 15-September 30, fully furnished, 2 bedroom, 1.5 bathroom townhouse. Saxe Point, Esquimalt. Dog welcome. Non-smokers. Parking avail. \$2000.00 utilities included. Contact michaeldupuis@shaw.ca

2 BEDROOM GROUND Level Basement Suite - Near Royal Roads - \$1750./mth avail 16th March. No smoking or Pets. Call Kym for info & showings 250-882-2873 kymgriffin@gmail.com

**Lookout Classifieds Work!**  
Call 250-363-3127 to advertise.

**SERVICES OFFERED**

CAREER TRANSITION Coach & Resume Writer, former SCAN Coord Judy Marston; 10% Military Discount, www.resumecoach.ca or 250-888-7733

**VICTORIA PREGNANCY CENTRE**

Free Services Include:  
• Pregnancy Tests  
• Pregnancy Options Counselling  
• Pregnancy & Parenting Counselling  
• Prenatal Classes  
• Practical Help - Diapers, wipes, formula, clothing  
• Pregnancy Loss Counselling  
• Post Abortion Counselling  
• Community Referrals

**250-380-6883**  
#112 - 826 North Park Street  
info@victoriapregnancy.org  
www.victoriapregnancy.org

**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

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

**BRING ATTENTION TO YOUR BUSINESS**  
Lookout Classifieds  
250-363-3127

**MISCELLANEOUS**

VIEW ROYAL READING CENTRE. New location 266 Island Hwy. 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.

**MISCELLANEOUS**

FANTASTIC MID 40'S Fabulous mid 50's East Coast Ladies. Starting Biweekly Evening Socials. Join FB Group "Sassy Ole Scotians" to learn more about "Distressed Mess SOS...-.-.."

lookoutnewspaper.com

**VOLUNTEER**

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

**MOVING AND STORAGE**

**AWARD WINNING SERVICE YOU CAN TRUST**  
Proud Winner of the BBB Torch Awards in Victoria



Since 1975  
**BARRY'S**  
MOVING & STORAGE LTD.

- Locally Owned and Operated
- Residential & Commercial Moving
- Piano Moving & Packing Services
- Short & Long-Term Storage
- DND Security Clearance for on-base moves
- Fully Bonded & Insured
- Free Written Estimates
- Lift-Equipped Trucks
- 7 Days a Week & Holidays

**250.475.0022 Toll Free: 1.877.475.0022**  
www.barrysmoving.com #61-1445 Craigflower Rd info@barrysmoving.com

**MILITARY DISCOUNT** for residential moves

**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)

QR Code

Tenant Referral Program  
Military Discount

**AUTOMOBILE SALES AND REPAIR**

**ATTENTION: MILITARY & FAMILIES!**

**VI AUTO EXCHANGE** **Motor City Mechanics**

ASK ABOUT OUR MILITARY DISCOUNTS! **SERVICING ALL VEHICLE MAKES & MODELS**

• Honest • Reliable • Quick Service  
FREE CAR LOANERS AVAILABLE TOO

**NEAR BASE! 480 ESQUIMALT RD. 1-778-432-2299 viautoexchange.ca**



**For women with single-track minds**

Join us on the trails - beginner, intermediate and advanced rides. Plus Clinics, getaways and shop discounts

**Dirty Girlz Bike Club**  
[www.dirtygirlzbikeclub.ca](http://www.dirtygirlzbikeclub.ca)

**MORTGAGE CONSULTANTS**

**MORTGAGE FORCES.CA**

**POSTED? GET PRE-APPROVED BEFORE YOUR HHT**

**WE OFFER:**

- Military clause for some mortgages
- A six-month mortgage protection plan, paid by us
- Instant pre-approvals • A one-year home system warranty

**SPECIAL DND OFFERS AVAILABLE. CALL TODAY!**  
Use the "Support Our Troops" Promo code for a .10 rate cashback on your approved rate. OAC.

**1.800.991.7993 • MORTGAGEFORCES.CA**

**REAL ESTATE • FOR SALE**

**Free Home Evaluation**

DND IRP EXPERIENCED REALTOR

**At your service, I listen and I care!**

CALL DIRECT **250-213-7444**

**Shelly Reed**  
[www.shellyreed.com](http://www.shellyreed.com)  
sr@shellyreed.com



**Sutton GROUP**  
West Coast Realty

**BIKE TO WORK WEEK BREAKFAST**  
WEDNESDAY, MAY 31  
6-8:15 AM

Muffins, Coffee, fruit and water will be served to all Bikers entering base in celebration of Bike to Work Week.

**TWO LOCATIONS: CANEX AND DOCKYARD MAIN ENTRANCE GATE**

**GET YOUR BIKE TWEAKED FOR FREE!** BY: **veTofix**





# #Let's talk more

MENTAL HEALTH AWARENESS WEEK MAY 1-5

## Empowering leaders at all levels

Join us  
on May 3rd,  
0900-1100  
at the CPOs Mess,  
Rainbow Room  
for a:



## Mental Health Resource Q&A opportunity and mini-expo with MARPAC panellists

### Discover the WELLth of resources

MFRC, Health Promotion, CF Mental Health Services, JPSU, EAP, MPs  
MARPAC Command, CHRSC (Pac), Sexual Misconduct Response Centre,  
Chaplains, LCC, Family Crisis Team, SISIP, and more.

