

Buying or Selling?



I CAN HELP! CHRIS
ESBATI

Knowledgeable, Trustworthy
and Dedicated Service



RE/MAX CAMOSUN 250.744.3301
chris@victoriaforsale.ca

www.victoriaforsale.ca

• CELEBRATING 76 YEARS PROVIDING RCN NEWS •

Volume 64 Number 9 | March 4, 2019

LOOKOUT

newspaper.com

MARPAC NEWS CFB Esquimalt, Victoria, B.C.

LookoutNewspaperNavyNews @Lookout_news LookoutNavyNews

BMO



David Vanderlee
CD, BA

Canadian Defence
Community
Banking Manager
Mortgage Specialist

David.VanderleeCD@bmo.com
M 250.217.5833
F 250.727.6920

BMO Bank of Montreal
4470 West Saanich Rd.
Victoria, BC



HMCS REGINA

OPERATION PROJECTION

Photo by Corporal Stuart Evans, Borden Imaging Services
Master Seaman Dean Harbert of HMCS Regina conducts a
Replenishment at Sea with NRU Asterix during Operation
Projection in the Pacific Ocean.



CALL US TODAY. 250.380.1602 www.seaspan.com

seaspan
VICTORIA SHIPYARDS

We proudly serve the
Canadian Forces Community

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



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



PRIVATE & COMMERCIAL
DESIGNATED PROVINCIAL
VEHICLE INSPECTION FACILITY

VICTORIA (LANGFORD)
2924 Jacklin Road
250.478.2217



fountaintire.com



We're
on this road
together.



 Send us your workplace photos... we'll share on our Instagram account! Email them to Melissa.Atkinson@forces.gc.ca



Steeve Lesperance
Motorcycle Sales Consultant
Barnes Harley-Davidson, Victoria

Ask me about the **Military/Veterans discount**

E: steeve@barneshd.com / 250-516-2024
P: 250-475-1345 W: www.barneshdvictoria.com
A: 2940 Ed Nixon Tce, Victoria



3 LOCATIONS to serve you in Greater Victoria

Military & DND Discount Offered

Special thanks and appreciation for all personnel at CFB who supported Esquimalt Bumper to Bumper.

We look forward to continuing the support at our downtown store.

- Colwood Langford..... 250-478-5538
- Downtown Victoria..... 250-384-9378
- Saanich Peninsula (B&B)..... 250-652-5277
- Body Shop Supplies..... 250-361-9136

Auto, Industrial & Marine Parts, Tools & Supplies bumpertobumper.ca

Social justice trailblazer sharing experience with base

Peter Mallett
Staff Writer

An RCMP officer who is best known for successfully challenging the Mounties' dress code to include turbans has an upcoming speaking engagement at the base.

Inspector Baltej Dhillon will discuss his career and life experience battling intolerance and racism at a public forum hosted by the Defence Visible Minority Action Group (DVMAG) at the Chief and Petty Officer's Mess, March 14, 9:30 to 11:30 a.m.

"In the armed forces, like our paramilitary force the RCMP, there are a lot of things that we share, and the fact that people in both organizations today are less troubled by someone serving in a turban goes to prove we have come a long way."

Dhillon currently works in Surrey, B.C., as Officer in Charge of Operational Readiness and Response for all British Columbia detachments.

His dress code battle began in 1988 at age 21 when he was wanting to join the RCMP. Standing in his way was a policy that forbade beards and turbans. Dhillon is Sikh, and the turban and beard are a part of his Sikh identity.

He challenged the policy, and it soon morphed into a heated national debate over dress code. Thousands of Canadians denounced any change to the dress policy, signing petitions that demonstrated their intolerance towards the Sikh community. Street vendors sold anti-turban pins and one Alberta business sold thousands of calendars satirizing a dress code that included turbans.

But in March 1990, after months of debate, Prime Minister Brian Mulroney's government introduced changes to the RCMP dress code, allowing for observant Sikhs to wear beards and turbans.

With the policy changed, Dhillon began his police training with the RCMP in Regina and graduated in 1991.

"Inspector Baltej Dhillon is a trailblazer and his precedent-setting battle enabled every culture in Canada to serve



Inspector Baltej Dhillon

while practicing their spirituality and faith," said Petty Officer Second Class Kanwar Nijjer, DVMAG Chair. "He fought for everyone at a time when it was a shock for many people to envision an RCMP officer wearing a turban; now this diversity is the norm in our society."

The public forum in CFB Esquimalt will commemorate International Day for Elimination of Racism and Discrimination.

Attention people of Maritime Forces Pacific

LET'S GET SOCIAL

Let your friends, family and followers in on what you do at work.

@RCN_MRC



@MARPAC_FMARP



@Maritime.Forces.Pacific



FOLLOW, SHARE, LIKE, & RETWEET

 **MILITARY DISCOUNTS**



TAX AND ACCOUNTING



AACT FINANCIAL SOLUTIONS

1353 Esquimalt Road 250-383-3834



www.aact.ca



Tritons hoopsters out but not down

Peter Mallett
Staff Writer

The scoreboard didn't reflect the success of the Men's Esquimalt Tritons at the end of Canada West regional basketball championship play in CFB Edmonton.

The LED lights glared a 74-51 victory for the hometown team, leaving Esquimalt in second place, and Edmonton heading to CFB Galetown to play for national gold in April.

Despite losing key players to naval deployments, and a last minute scrounge for players to fill the court, Esquimalt managed to beat five teams to take the championship tip-off against Edmonton.

Lead scorer Lt(N) James Byun said he and his teammates were surprised at their success against the rest of the teams but conceded the tournament champions outmatched them in both size and roster depth.

"A busy sailing schedule for our ships made it extremely difficult for us and we had just five players confirmed for the competition before the New Year. One of our key players, Leading Seaman Simon Dakin of HMCS Winnipeg announced at the last moment he would not be attending the Canada West tournament because of his ship's sailing schedule."

Esquimalt opened play with a two-point loss to the hosts on opening day but rebounded with a 50-44 win over Cold Lake in their second game. They then defeated CFB Winnipeg 76-62 before squeaking out a 48-46 decision in the

final game of the round robin with a victory over Moose Jaw when their opponent's game-tying basket was waived off because time had expired.

In their semi-final game, Esquimalt defeated Vancouver Island rival CFB Comox 59-57. A late-game fade-away jumper by Lt(N) Byun helped thwart a 20-point comeback bid by Comox. Lt(N) Byun had missed most of the second half after suffering an ankle injury but returned to the court in the last minute of play to sink the winning basket. That gave them an emotional lift that hasn't faded, he says.

"The team feels extremely proud of the accomplishment and very good about finishing runner-up against some very good teams in Western Canada. The confidence in our locker room mounted after every game we played. Our players gave everything, concentrating on every moment of every game."

Despite the loss in the final, two Tritons players aren't done with their CAF

basketball season. That's because under CAF championship rules, each regional champion is permitted to add two extra players from other bases to their roster. CFB Edmonton has chosen to take Lt(N) Byun and LS Dakin with them to Galetown.



Game MVPs from the Semi-final game against Comox Lt(N) James Byun and Cpl Edrian Vlaar.



For Every Occasion

Curated gift boxes

- Anniversaries
- Birthdays
- Valentines
- New Baby
- Deployment

www.boxedarrangements.com

Catriona Murray • 250-888-2625 • contact@boxedarrangements.com



Proud to support
Canada's fleet

Marine >
Land >
Aviation >
Cavendish Nuclear >

babcockcanada.com



First Responders & Military:

\$1700
Every Day!

Seniors and Kids
12 and under
Regular \$19
\$1500

Sullivan's
BARBER SHOP

Appointments Not Necessary **250 478 9424**

Hot Shave Available

756 Goldstream Ave.

NOW OPEN 8:30AM-6PM MON-TUES; WED-FRI 8:30AM-5PM; SAT 8:30-4PM



LEARN TO CODE

Web Tech & Digital Marketing
Graphic Design & Branding Fundamentals

Full-time semesters Spring, Fall, and Winter
Part-time, and accelerated formats start anytime

Upgrade your tech and/or business skills with custom one-on-one, or group training



250.298.5059 | info@qcollege.com
QCollege.com

IN-HOUSE FINANCING – we'll create a loan to suit you!

We put together loans for situations that don't traditionally qualify such the vehicle is too old to finance or you're new to the country. Ask us how to get the loan you want!



DLR 30897

"When you need a new vehicle and don't want to pay today."

FREE CAR WASH!

Visit our Colwood location and mention this Ad # 0225-3
Limited time offer. Exterior only. See dealer for details.

As always
\$750 DND DISCOUNT
on used vehicles
(see dealer for details)

www.galaxymotors.net **250-478-7603** 1772 OLD ISLAND HWY **VICTORIA**



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

PRODUCTION

Teresa Laird 250-363-8033
production@lookoutnewspaper.com
Bill Cochran 250-363-8033
workstation3@lookoutnewspaper.com

ACCOUNTS/CLASSIFIEDS/RECEPTION

250-363-3372

SALES REPRESENTATIVES

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

Joshua Buck 250-363-8602

joshua.buck@forces.gc.ca

EDITORIAL ADVISORS

Capt Jenn Jackson 250-363-4006

Published each Monday, under the authority of Capt(N) Jason Boyd, Base Commander.

Le LOOKOUT est publié tous les lundi, sous l'égide du Capt(N) Jason Boyd, Commandant de la Base.

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

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



Circulation - 3,800 plus 1,000 pdf downloads per week

Follow us on Facebook, Twitter and Instagram and join our growing social media community.

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

Web: www.lookoutnewspaper.com

Fax: 250-363-3015

Canadian Mail Product Sales Agreement 40063331



WHAT SAY YOU

SPORTS trivia

By Stephen Stone, Contributor

Questions

- Who is the most recent pitcher to hit an inside-the park grand slam?
- Which professional American football team suffered the greatest loss in a championship game?
- Which is the only NFL team to win consecutive Super Bowls twice?
- Which team is the only NFL team to cap a perfect season by winning the Super Bowl?
- Who was the second major league pitcher to hurl a no-hitter in the playoffs?
- Who was the last out in Don Larsen's perfect game in the 1956 World Series?
- Who was the first player in major league baseball's 40-40 club?
- Who is the most recent player to hit at least one homer in eight consecutive games?
- Who is the most recent player to complete an unassisted triple play in the major leagues?
- Which horse was the first to win the Triple Crown while being undefeated in previous races?

- ### Answers
- Mel Stottlemyer, July 20, 1965 - he hit the grand slam off Bill Monbouquette of the Red Sox in the fifth inning. Stottlemyer pitched a complete game for the win.
 - The Washington football club was mauled by the Chicago Bears 73-0 in 1940.
 - Pittsburgh Steelers 1974-75 and 1978-79.
 - Miami Dolphins won Super Bowl VII to complete the only undefeated season since the AFL-NFL merger.
 - Roy Halladay of the Philadelphia Phillies on Oct. 6, 2010, against the Cincinnati Reds in Game 1 of the National League Division Series.
 - Dale Mitchell struck out on a called third strike by umpire Babe Pinnell. Mitchell, who pinch hit for Dodger Sal "The Barber" Maglie, played 11 seasons, had 4,358 plate appearances and struck out only 119 times. He swears the called third strike wasn't a strike.
 - Jose Canseco hit 40 home runs and stole 40 bases in 1988, becoming the first player to do so.
 - Ken Griffey, Jr. He started the streak in Yankee Stadium on July 20, 1993, and it ended eight games later in Seattle against the Minnesota Twins.
 - Eric Brunetti, second baseman with the Phillies, did the deed on Aug. 23, 2009, in the ninth inning against the New York Mets. It was also the first National League game-ending triple play.
 - Seattle Slew

WHAT SAY WE



"ARE YOU THINKING WHAT I'M THINKING, BASKIN?"



Eric Coching
Broker/Owner | 250-217-2326

The MORTGAGE Centre

COCHING MORTGAGE

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

Phone 250-391-6191 • Fax 250-391-6192

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

CONVENIENT LOCATION ACROSS FROM HOME DEPOT BELOW COSTCO

Thinking about consolidating consumer debt?

Now may be the time as mortgage rates are low. Give us a call for current rates and options!

Rates subject to change without notice

Spread the word...
**CFB ESQUIMALT
 IS HIRING!**



2019 Maritime Forces Pacific

CAREER AND HIRING FAIR

Come dressed for success with resume in hand!

This is an excellent opportunity to meet prospective employers and even apply for a variety of full-time and part-time DND civilian jobs in one place.

The list of opportunities runs the gamut from business finance to ship repair, cooking to communications, and the list goes on!

DATE

MARCH 6

TIME

10 AM TO 3 PM

WHERE

**CHIEFS' AND
 PETTY OFFICER'S MESS
 RAINBOW ROOM**

1575 Lyall Street • Esquimalt

Explore your options with this well paid, unique industry that supports our military community and Canada's national security.

Available Positions

Mini-interviews will be conducted with interested candidates for the following positions:

- Financial Support Worker
- Food Service Attendant
- Cook
- Client Service Provider
- Configuration Management Technician
- Server Maintenance Technician
- Programmer Analyst
- Change Manager
- IM IT Security Officer
- Stores Person
- S&E Administrative Assistant
- Customer Services Clerk
- Remarketing Clerk
- LEMS Clerk
- Financial Management Assistant
- Formation Safety Programs Officer
- Environment Staff Officer
- Engineering Design Technologist

FMF positions:

- Welder
- Lagger
- Bench Rigger
- Electroplater apprentice
- Shipwright
- Pipefitter apprentice
- Pipefitter
- Mech fitter
- Electrician
- Electrician Apprentice
- Electronics Tech
- Millwright Apprentice
- Marine Labourer



f **LookoutNewspaperNavyNews**
Follow us and join the conversation!

E-FILE FROM \$64⁹⁹+GST

Top Shelf Bookkeeping Ltd.
Locally Owned & operated since 1994

2 CONVENIENT YEAR ROUND LOCATIONS

101-76 Gorge Road West Victoria, BC V9A 1M1 250-388-9423

1253B Esquimalt Road Victoria BC V9A 3P4 250-590-4050

ENTOURAGE HAIR

23 YEARS EXPERIENCE IN HAIR SERVICES FOR THE WHOLE FAMILY
Quality, Professionalism and Reasonable Prices

- Traditional and High Fashion for the Whole Family
- Gentlemen Military Hair Cuts, Beard Trims
- Casual and Formal Hair Setting / Blow-Dry Styling Iron, Up-do's
- Creative Colours, High-lights, and Permanent Texturing

www.entouragehair.ca | 100 Aldersmith Unit A6, View Royal | 250-590-2803
Hours: Tue., Thurs., Fri., Sat. 9:30am-6:00pm; Wed. 9:30am-5:00pm; Sun. 11am-5:00pm

DHJL
DINNINGHUNTER JACKSON LAW

Dan Murphy, RAdm (Ret'd)
Lawyer with a Military Perspective

250.589.4571

Grievances • Service Discipline • Notary
Pension Appeal • Criminal Defence • General Practice

danmurphy@dinninghunter.com • www.danmurphy.ca

Global Reach DND IRP RCMP

Local Experts for Military Relocation

"Ex Military Serving the Military"
Serving Nova Scotia since 1984

21 CENTURY 21 Trident Realty Ltd
Each office independently owned and operated

GARY CHAMBERS
1-902-452-2061
Gary.Chambers@c21.ca

LEE COLEY
1-902-402-6686
Lee.Coley@c21.ca

HMCS Kootenay survivor receives Wound Stripe 49 years after engine room explosion

Ryan Melanson
Trident Newspaper

Nearly 50 years after being badly injured at sea as a result of the 1969 HMCS Kootenay explosion, a member of that ship's company has been recognized for his sacrifice in service to his country.

AB (Retired) Allan "Dinger" Bell was awarded the Wound Stripe by VAdm Ron Lloyd, Commander Royal Canadian Navy, during a ceremony at Juno Tower on Feb. 8, with his family and former Kootenay shipmates in attendance.

AB Bell was working inside Kootenay's engine room on Oct. 23, 1969, when a gearbox explosion occurred during full power trials off the coast of England. He was one of three sailors inside the engine room who survived the blast; nine men were killed and more than 50 suffered burns or other injuries, as the explosion sent fire, smoke, hot oil and other dangerous substances throughout the ship.

AB Bell sustained burns to more than half of his body and required three surgeries through a difficult recovery process. The Kootenay explosion is now regarded as the navy's worst peacetime disaster.

In thanking him for his sacrifice and awarding him the Wound Stripe, VAdm Lloyd did not shy away from the fact the recognition has been long overdue, and he described the presentation as "righting a wrong."

"The good thing is that, as an organization, we've been able to make great progress since the tragedy that took place in Kootenay," VAdm Lloyd said, referencing the many changes to safety designs and protocols that came in the wake of the tragedy.

"But that doesn't make up for the fact that it took nearly 50 years of bureaucracy and challenges and obstacles to be able to recognize the service and sacrifice of one of our own in this way."

While the day was focused on remembering his own sacrifice, AB Bell spoke mainly about his shipmates and their families after receiving his award. He recalled his nine colleagues who died, along with the eight wives who lost husbands, and the 18 children who lost fathers on that day. Many of those who survived have struggled with PTSD because of what they witnessed and went through.

Those survivors, he added, are also worthy of recognition for their heroic actions in saving the ship and preventing an even greater tragedy from occurring.

As the 50th anniversary of the Kootenay tragedy approaches, AB Bell said it's his hope for the former crew to receive the Unit Commendation for their actions.

"Hopefully that will happen, because it's not just about me, it's about everybody. I would love to see the entire crew recognized officially for what they did."

He is the first Kootenay crew member to receive the Wound Stripe. His shipmate Al Kennedy, who was also in the engine room when the blast took place, is set to receive the same award soon once paperwork and other requirements are complete. A third shipmate who escaped the engine room alive, John MacKinnon, died in 2008, and the Wound Stripe unfortunately can't be awarded posthumously.

A ceremony marking 50 years since the Kootenay explosion is being planned at the Bonaventure Anchor Memorial in Point Pleasant Park, Nova Scotia, on Oct. 23 of this year.



Photo by AB John Iglesias, FIS
AB (Retired) Allan "Dinger" Bell, a survivor of the 1969 HMCS Kootenay explosion, was presented the Wound Stripe on by VAdm Ron Lloyd, Commander Royal Canadian Navy.

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

ASK ABOUT OUR MOVE IN DISCOUNT!

250.381.5084 CAPRENT.COM

CAPREIT

Deployment boxes offer long-distance love, support

Peter Mallett
Staff Writer

A Victoria entrepreneur has launched a new product line for military families wanting to send a care package to a loved one deployed on a Canadian warship.

Catriona Murray runs Boxed Arrangements, a small gift giving company that mails boxes brimming with thoughtfully chosen treats.

She introduced her newest product, Deployment Boxes, to the military community at the MARPAC Health and Wellness Expo on Feb. 21.

"It's all about showing you care and giving sailors something to look forward to when they are away from home," she said.

Box contents vary and can include snacks, chocolates, bonbons, magazines, crosswords, nuts, protein bars, shampoo, soap, lotion and a post card with a personal message. The packaging is simple and recyclable.

The deployment box cost is \$60 and can be designed specifically for a male or female sailor. Murray will also donate a portion of her revenue from the Deployment Box sales to the Military Family Resource Centre (MFRC), and through an arrangement with them the postage is waived.

Deployed members sending a gift box to their loved ones at home can receive a 10 per cent discount through a discount code. Local delivery within Victoria, B.C. is free; outside Victoria regular shipping charges apply.

She knows the importance of staying connected while deployed; her father, John Brens was a cook in the army and her husband's father was a member of the Royal Canadian Air Force.

To order a box go to www.boxedarrangements.com



Catriona Murray of Boxed Arrangements.

CFB ESQUIMALT
LOOKOUT
NAVY NEWS

FOLLOW US
STAY CONNECTED

- LookoutNewspaperNavyNews
- @Lookout_news
- LookoutNavyNews



**MOTORCYCLE
RIDER TRAINING**

**NOVICE & TRAFFIC
PROGRAMS**

**EXPERIENCED
RIDER COURSES**

**ICBC CERTIFIED
COURSE**

250-478-9584
www.visafetycouncil.com

**8' UNDEVELOPED
BASEMENTS**

Own a Single Family Home
in the master planned
community of Royal Bay –
Yes, it is within your reach!



**GABLEcraft
HOMES™**

NEW PHASE NOW SELLING

GableCraft Homes is a dynamic home builder committed to creating safe, sustainable and welcoming communities. Each home at Royal Bay is defined by timeless architecture and modern interiors, tailored for maximum livability. We have carefully planned each residence to make the most of the stunning seaside setting just a short walk away.

WITH HOMES STARTING
from the **mid \$600s**
INCL. GST

GableCraft HomeStore

3549 RYDER HESJEDAL WAY | COLWOOD, BC

Monday to Thursday 2 to 8pm

Closed Friday

Sat, Sun & Holidays Noon to 5pm



778.265.8350

REGISTER TODAY

GableCraftHomes.ca/RoyalBay

Naval officer receives Medal of Bravery for saving fellow sailor

Mike Avery
Contributor

An act of courage in a hazardous situation two years ago earned Sub-Lieutenant (SLt) David LeBlanc the third highest award for bravery in the Canadian system of honours - the Medal of Bravery. He received the medal last November at an official medal presentation in Rideau Hall.

The incident happened when he was serving in *HMCS Fredericton* Feb. 23, 2017, during a replenishment at sea with a foreign tanker. *Fredericton* had just begun receiving fuel from the tanker when the span wire connected to both ships snapped.

The fueling probe and receiver fell to the deck. The fueling hose began falling into the water and pulled the probe from the receiver, bending over metal barriers as it left the ship.

The light and heavy messengers, two lines that guide and support the fueling probe as it is heaved from the tanker to the frigate, had not been disconnected and were rapidly being pulled from the frigate into the ocean.

When SLt LeBlanc turned to make sure no one had been hurt, he saw a line handler tangled in the lines aft of the port deck crane.

The sailor was about to be dragged across the deck by the lines.

Without hesitation SLt LeBlanc sprinted the five metres, hurdled over the lines and pulled on them to create slack. Thanks to his quick thinking, the line handler was untangled without injury.

"I didn't really have time to consider my own safety. I just reacted to what I saw, someone in need of help."

His instincts coupled with training enabled him to react to the emergency.

"We are trained to respond to a number of emergency situations and if the time comes when you are in this situation you should also trust your instincts."

Soon after the event, he was contacted by Rear-Admiral Craig Baines and informed he would be awarded the Medal of Bravery.

"I feel honoured to have received such recognition for helping a fellow shipmate," he said after the ceremony.



Photo by Sgt Johanie Maheu
Sub-Lieutenant David LeBlanc receives the Medal of Bravery at Rideau Hall in Ottawa from Governor General Julie Payette.



Don't make
a move
without us.

Take advantage of these special offers for the **Canadian Defence Community**¹.

- Sign-up for **FREE**² **Banking** with the Performance Plan – no minimum balance required to waive fee.
- Then start saving with **BMO Employee Pricing** on a wide range of Mortgage options^{3,4}.

Visit your local branch or bmo.com/cdcb to book an appointment.

BMO  Official bank of the Canadian Defence Community



INTERNATIONAL WOMEN'S DAY

Better the balance,
better the world

#BalanceforBetter

MARCH 8, 2019 1300HRS

CHIEF'S AND POS' MESS RAINBOW ROOM



Join the Defence Women's Advisory Organization
in a professional networking event featuring

Keynote Speaker
Jennifer Gervès-Keen MA, MCEC

"Stepping into your power through Resilience"

- Expertise includes executive and performance coaching, leadership training, development and delivery of internal coaching programs, performance management, organizational development, learning and development consulting, HR trends and challenges and public speaking
- Named one of the top 100 outstanding consultancy experts across the globe in 2018 by CEO Today Magazine
- One of 20 executive coaches in North America to hold the Master Corporate Executive Coach Fellow designation
- Master's Degree in Learning and Development from the UK
- BA in History from the University of Victoria



Open to all members of the Defence Team Contact: Employment Equity Office 250-363-7856

MARCH IS NUTRITION MONTH!



DIETITIAN PRO TIP

Diana Steele RD
Vancouver, BC

Fueling your body with healthy snacks between meals can help maintain stable blood sugar levels and lead to more consistent energy throughout the day. Snacks can also curb your appetite and prevent overeating at meals. I have an afternoon snack every day. I always include a fruit or vegetable and a source of protein to anchor my energy. Some of my favorite snacks include blueberries with Greek yogurt and walnuts, or apple slices with peanut butter and bran cereal.

THE POTENTIAL TO FUEL

Stay energized by planning nutritious snacks into your day

Nutritious snacks, in the right portion sizes, can be part of a healthy eating plan. Almost half of all Canadians say that eating a balanced diet is challenging for them because they are so busy. They often skip meals, and close to 30 per cent of Canadians say they snack to stay fuelled in a busy day. Dietitians can help you unlock the potential of food by teaching you how to plan and choose snacks and meals. Just ask!

TRY THIS!



Honeydew, Apple and Avocado Smoothie



Avocado & Beet Wrap

Find all 10 feature recipes at www.NutritionMonth2019.ca



5 TIPS FOR Healthy Snacks

Snacks are foods or drinks that are consumed between meals. When you're on-the-run during a busy day, think of snacks as mini-meals that offer some nutritional value and an energy boost. These are different than treats, such as cookies, chocolate and chips, which are not nourishing. Here are five helpful snacking tips:

- 1 Plan ahead.** Keep a variety of healthy, ready-to-eat snacks on hand for when you get hungry. Being prepared helps you avoid less-healthy treats.
- 2 Be aware of portion sizes.** Instead of snacking from a large bag or box, take a portion and put it on a plate or bowl.
- 3 Listen to your hunger cues.** Ask yourself: am I truly hungry, or am I eating because I am bored, tired or stressed?
- 4 Skip distracted snacking!** Avoid munching while looking at a screen, driving or working. You may eat more than you need if you're distracted from your feeling of fullness.
- 5 Snack on vegetables!** About half of all Canadians don't eat enough vegetables or fruit. Snacking on them between meals is a great way to add more.

HEALTHY SNACK IDEAS

We asked dietitians about their favourite snacks. They recommend looking for snacks with some protein and fibre. Here are 11 great ideas!

- Carrots and peppers with hummus
- Almond butter on banana slices
- Greek yogurt topped with berries
- Whole grain toast with peanut butter
- Cheddar cheese and apple slices
- Small handful of trail mix made with nuts, seeds and raisins*
- Roasted chickpeas and popcorn mix*
- Whole grain cereal with milk
- Sliced vegetables with yogurt dip
- Tuna on crackers
- Whole grain toast with avocado and sesame seeds

*Great to keep in your bag, car or desk drawer

WANT TO UNLOCK THE POTENTIAL OF FOOD?

TALK TO A DIETITIAN

Dietitians are passionate about the potential of food to enhance lives and improve health. We will work with you to embrace food, understand it and to enjoy it while considering your overall objectives, needs and challenges. We look beyond fads and gimmicks to deliver reliable, life-changing advice.

Talk to a dietitian at www.dietitians.ca/fin. A dietitian is key.



Upcoming Events at CFB Esquimalt

\$1.00 salad days

Wednesdays, March 6, 13, 20, 27
At all galleys.

National pack your lunch day

Sunday, March 10
To celebrate come to the Naden or Dockyard gym on Monday March 11 and show us your packed lunch. The first 20 people at each location win a new lunch kit.

Lunch and Learn

Tuesday, March 26, 1200-1240
Naden gym classroom
Bring a packed lunch and learn about Canada's new food guide and what it means for your health!



DIETITIAN PRO TIP

Madonna Achkar MSc, RD
Montreal, QC

(Currently working in Iqaluit, Baffin Island, Nunavut)

Improving children's ability to prepare food can lead to healthier eating habits, including eating more vegetables and fruit. Cooking can expose children to fresh, healthy ingredients.



Get inspired with recipe ideas from Cookspiration.



Follow us:

[@MARPAC_FMARP](https://twitter.com/MARPAC_FMARP)

[@Maritime.Forces.Pacific](https://www.facebook.com/Maritime.Forces.Pacific)

MINT CHOCOLATE PUDDING



RECIPE PROVIDED BY:
Dairy Farmers of Canada

RECIPE SOURCE:
Cookspiration.com

RECIPE INFO

YIELDS: 4

PREPARATION TIME: 15 minutes

COOKING TIME: 5 minutes

INGREDIENTS

- 1/2 cup (125 mL) pitted dates
- 1/2 cup (125 mL) boiling hot water
- 2 cups (500 mL) milk
- 1/4 cup (60 mL) cocoa powder
- 3 tbsps (45 mL) cornstarch
- 1/8 tsp (0.5 mL) peppermint extract
- 1/8 tsp (0.5 mL) vanilla extract
- 8 fresh mint leaves

INSTRUCTIONS

STEP 1

In a small bowl, stir together dates and boiling water. Let sit for 10 minutes. Pour into a food processor and blend until smooth.

STEP 2

In a large pot over medium-high heat, whisk together date paste, milk, cocoa powder, cornstarch, peppermint extract, and vanilla extract. Whisk continuously until pudding is lightly simmering and thickened, around 5 minutes. Remove from heat once desired thickness has been reached. Enjoy hot or place in the refrigerator to enjoy cold later. Garnish with mint leaves.

TIP

If you like a bit more of a mint flavour in your desserts, add 1/4 tsp peppermint extract instead of 1/8 tsp.

THE POTENTIAL TO DISCOVER

Foster healthy eating habits in children by teaching them to shop and cook.

Starting from a young age, inspiring children to shop, cook and prepare food can set them up for a lifetime of healthy eating. Yet, a recent Ipsos survey found that 38 per cent of parents rarely or never let their child prepare a meal or snack. Dietitians can help you to shop for and prepare healthy meals, giving children the power to discover better health as they grow. Just ask!

FIVE TIPS FOR COOKING WITH KIDS

It's fun and rewarding to involve kids in meal preparation – whether it's at breakfast, lunch or dinner. Here are five tips for getting your kids involved:

- 1. Pick a recipe and shop together:** Children need to be part of the plan from the beginning, and it helps if they choose and prepare something that they love to eat.
- 2. Incorporate learning:** Build on lessons they learn in school, such as math, social studies, media literacy, spelling, science and reading. Younger children can practice fine motor skills.
- 3. Keep it fun!** Imaginative play helps children get deeply involved. Make a theme night or turn your kitchen into a restaurant.
- 4. Be a role model:** If you're excited, they will be too. Try a new food, describe the favour and be adventurous to inspire your kids to do the same.
- 5. Be cool about the mess:** Spills and accidental messes happen, and it's important to remain calm.

TRACKSIDE
AUTO SERVICE LTD.

A FULL SERVICE AUTO REPAIR FACILITY

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

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

BBB B.C. GOVERNMENT DESIGNATED INSPECTOR FACILITY

Castrol WALKER HANKOOK

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

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



Register for Boomers bike ride

CPO2 Ron Eccles
Boomers Legacy Ride

Bike Ride Formats:

The Boomer's Legacy Foundation bike ride — Boomer's Ride — is returning as a two-day charity event on Vancouver Island this spring.

The goal? To raise funds for the Boomer's Legacy Foundation, a part of Soldier On, a program that supports currently serving members and veterans to overcome physical or mental health illness or injury through physical activity and sport.

One local benefactor of the Boomer's Legacy Foundation is Vancouver Island Compassion Dogs (Qualicum Beach), an organization that trains and provides registered service dogs to military members, veterans and first Responders suffering from PTSD and mental health issues.

This year's Boomer's Ride takes place June 8-9 with the goal of having 100 cyclists set out to celebrate the life and legacy of Cpl Andrew "Boomer" Eykelenboom, a CAF medic who died during his service in Afghanistan.

"Helping Our Troops Help Others at Home and Abroad" is the motto of Boomer's Legacy. Funds raised during the Boomer's Ride are deposited into the Boomer's Legacy Foundation where they are held until requested by deployed CAF units wishing to conduct charity work or provide humanitarian aid when deployed.

Two road rides and one mountain bike ride. The first road bike portion will see the cyclists depart from CFB Comox and ride to Nanaimo on the Island Highway on June 8, then ride back to CFB Comox on June 9.

The second road bike ride will start from Victoria on June 8 and cycle to Nanaimo, and then join the first road bike ride to CFB Comox.

The mountain bike ride will have the cyclists depart from Port Alberni and ride to Nanaimo via off-road trails on June 8; the next day those cyclists will be transported back to Port Alberni and then ride to CFB Comox to meet up with the road cyclists, with all three groups finishing the ride en-masse at CFB Comox.

During the ride, all cyclists will have on their bikes at least one "Solidier Card" in tribute to a service member who has lost their life in the line of service to their country.

Registration can be done online at <http://boomerslegacybc.ca>; the registration fee is \$150, which provides a commemorative t-shirt, professional customized cycling jersey, food and refreshments during the ride (rest stop snacks, lunch), meals and overnight accommodations in Nanaimo.

There are limited spots for each of the three groups, so interested participants should register as soon as possible in order to be guaranteed a spot; all participants are required to raise a minimum of \$300.

NAME	DACEY, SUZANNE //
ENROL DATE	1989 //
RETIRED AS	PRIVATE // WAINRIGHT, AB //
LOCATION	VICTORIA //
TITLE	PROCESS SERVER //
SERVICE	2018-PRESENT //

WE KNOW THE VALUE OF A VETERAN

Join Canada's largest private sector employer of veterans

beyondservice.ca COMMISSIONAIRES

98.5 OCEAN

Robin & AJ
Good morning. Good times.

Tom Campbell proves never too old to join Navy

SLt M.X. Déry
MARPAC PA

Last Wednesday, as the evening sky settled over CFB Esquimalt, Tom Campbell powered off his computer, gave his bare office in the Naden Athletic Centre a quick once over, strolled down the hall, and exited the glass doors.

It was his final moment as a Personnel Support Programs (PSP) employee.

At 55 years old, most people would be walking towards retirement. But not Campbell. He's opted for a few years on board a warship.

The former PSP Facility Coordinator is now Ordinary Seaman (untrained) Campbell, an unlikely recruit in the Royal Canadian Navy.

"There's a good chance I'll be the oldest person with the lowest rank onboard," he said wryly.

In the weeks leading up to his departure for QL3 training for Naval Supply Technician, the newly minted Ordinary Seaman has endured lots of ribbing from his colleagues.

Most people were incredulous upon hearing of his choice for a second go in the military in the twilight of his professional life.

"It was the second hardest decision of my life," he said, referencing the decision to leave the military 22 years ago.

At 20 he joined the Canadian Armed Forces as an artillery gunner, and after several years, numerous postings, and attaining the rank of sergeant, he swapped trades to become a physical education recreation

instructor, also known to many as a PERI.

When the PERI trade disbanded, and the responsibility of physical fitness of the troops given to a civilian branch, Campbell decided to leave the military. He hoped to be hired by the civilian side once he left.

"The scary part about that decision is they didn't allow us to get our positions with PSP before we made our decision to leave the military."

As the years went by, he wondered if he made the right call.

"I always envied the ones that stayed in the military," he said.

But leaving the military led him to Victoria, and to his wife Kim, his partner for 20 years.

"We made this decision to re-join together. Although she thought I had lost my mind."

Due to his previous experience in the combat arms, the navy waved his need to redo his Basic Military Qualification.

"When I went through basic the oldest person in our platoon was 29, and we called him Grandpa," he said with a chuckle and a hint of relief.

He's now heading east for nine weeks training, and then back to a West Coast posting; his wife's fingers are crossed.

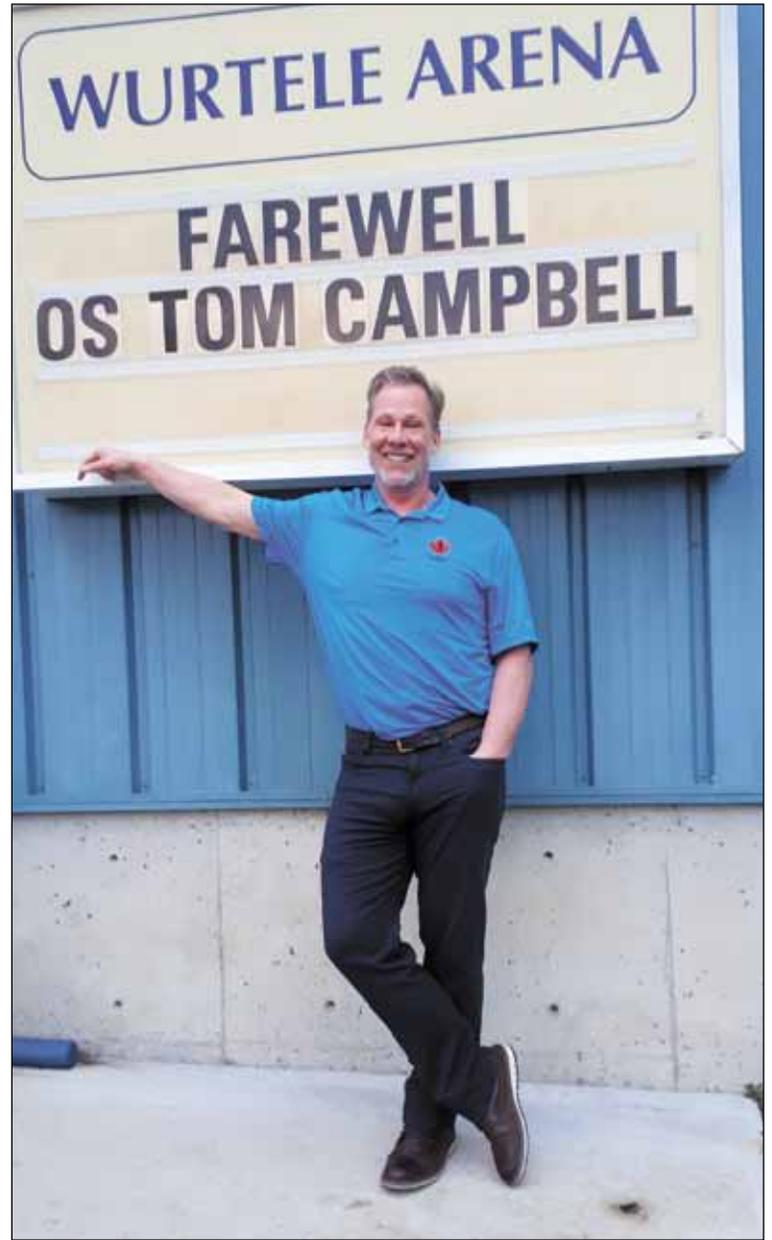
"They need people on the

West Coast, and they need people willing and able to sail."

He already has an idea of a secondary duty while serving in a warship, he says, something to do with fitness and sports.

I always envied the ones that stayed in the military.

Tom Campbell



OPTOMETRISTS

DR JOSLIN & DR MORIN
ASSOCIATES
DOCTORS OF OPTOMETRY

EXPERIENCE THE PRECISION OF CUSTOMIZED VISION

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

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

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

PACIFIC MAZDA

HARNESS THE POWER OF i-ACTIV AWD

WINTER DRIVE EVENT

0% Purchase Financing
+ up to a \$750 Winter Drive Credit
ON SELECT MODELS

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

Working for our community

Mitzi Dean

MLA, Esquimalt-Metchosin

250-952-5885

#104 - 1497 Admirals Road

Mitzi.Dean.MLA@leg.bc.ca / MitziDean.ca



Need a vehicle?

GOOD CREDIT,
BAD CREDIT...

WE DRIVE
SOLUTIONS!



The
CREDIT
DOCTOR

www.creditdoctorvictoria.ca | 250-360-1111

Attention people of
Maritime Forces Pacific

LET'S GET
SOCIAL

Let your friends, family and followers
in on what you do at work.

@RCN_MRC



@MARPAC_FMARP



@Maritime.Forces.Pacific



FOLLOW, SHARE, LIKE, & RETWEET

Gagetown sink Tritons for men's CAF hockey crown

Peter Mallett
Staff Writer

The Esquimalt Tritons' dreams of an upset win at the CAF Men's Hockey Championship in Edmonton were dashed in the third period of last Thursday's tournament final.

The Gagetown Warriors broke a 1-1 deadlock less than two minutes into the final period and went on to defeat their determined opponents from the Pacific Region by a score of 5-2. The Tritons carved an unlikely path to the championship game Feb. 28 after losing all three games in the tournament's opening phase and being outscored 19-12.

The Atlantic Region champions had already defeated Esquimalt 6-3 in the opening game of the tournament on Feb. 24. They then suffered a deflating 6-5 overtime loss to Quebec champs Valcartier on Feb. 25 before losing 7-4 to Ontario Region champions Petawawa on Feb. 26.

But the Tritons exacted their revenge on Valcartier in the semi-finals and advanced to the championship game with a 6-5 overtime win. Gagetown also advanced with a 6-5 overtime win when they beat Petawawa in their semi-final.

Esquimalt's berth in the CAF nationals came after defeating host CFB Edmonton 5-4 in the championship game of the Canada of the Canada West regional tournament on Feb. 1.

Women, Oldtimers prepare for battle

Our men's team isn't the only base hockey team enjoying a successful season and eyeing a shot at national glory.

The Old Timers and Women's hockey teams are both at CFB Edmonton this week for their championship tournaments that began March 2 and wraps up March 7.

Hockey fans interested in keeping up on all the action at the national finals can do so on Canadian Armed Forces Sports Facebook Page.



The Esquimalt Tritons display their silver medals won in the championship game of CAF Men's Hockey Championship in Edmonton.

EAGLES LACROSSE

Fly with the Eagles

REGISTER TODAY

Victoria Esquimalt Lacrosse Association
Serving Oak Bay, Victoria, Esquimalt, Vic West and View Royal

www.velacrosse.com
teamwork . friendship . fitness . commitment

The Humanitas Awards

March 15 | 7 pm | Baumann Centre

Join us in celebrating UVic Faculty of Humanities' inaugural Humanist of the Year Awards, which recognize those who strive to change the world for the better. The Honourable Roméo Dallaire, retired lieutenant-general, former senator and best-selling author, is our keynote speaker and recipient of our first-ever Public Humanist Award. Late science fiction writer Ursula K. Le Guin will receive the Historic Humanist Award. UVic alumna Ashli Akins will be honoured as our Emerging Humanist.

Buy tickets at events.eply.com/humanitas or call 250 853 3893.

brink events
www.brinkevents.co

humanitas
Humanist of the Year Awards

University of Victoria
Humanities

Siblings get wish of a lifetime

Last fall, Kerry Balcom, right, and his sister Anne Marie Pearle, visited the grave of their father, RCAF Sgt Gordon R. Balcom, in France, for the first time in more than 50 years. The trip was made possible by the charity Wish of a Lifetime Canada and their corporate partner Astellas Pharma Canada.

Photos submitted



Ryan Melanson
Trident Staff

Kerry Balcom was seven years old when his father, Sgt Gordon Balcom, suffered a heart attack in 1962 while on operations on the Mediterranean island of Sardinia with the Royal Canadian Air Force.

His family was living on an air base in Germany at the time, but Sgt Balcom was flown to France for medical care. He died a short time later from complications.

In the weeks that followed, Kerry and his sister Anne Marie Pearle, who was 15 at the time, were moved off base with their mother, and sent temporarily to their mother's homeland of England.

The siblings did not attend their father's burial, but did have a quick visit to his grave site in France a year later before returning to Canada.

For decades they've both felt a lack of closure around their father's death.

"Everything happened so quickly, we never really said goodbye. We felt quite sad about it for many years," Balcom said.

They had long wished to return to their father's grave site in the French village of Choloy-Ménillot, but for financial reasons it never happened. Balcom, 64, and his sister, 72, thought the trip to France would always be out of reach.

This was until Balcom connected with the charity Wish of a Lifetime Canada in 2017



The siblings had a brief chance to visit their father's grave a year after his death.

"They were amazing, we can't thank them enough," Balcom said of the charity and their sponsorship partner. "They made our dream come true and this was truly a life-changing moment for us."

He and his sister spent four days in the area; they visited the cemetery each day, left mementos, met with other relatives, and enjoyed reconnecting with the memory of their father.

"The day that we walked into the cemetery and through those gates was everything I could have ever imagined. It was an incredible relief and a wonderful feeling to finally be there."

Wish of a Lifetime Canada grants wishes to older Canadians to create meaningful experiences and combat isolation, and they focus on wishes that involve fulfilling lifelong dreams, reconnecting loved ones, renewing and celebrating passion, and commemorating service.

Balcom said he came across the charity by chance and didn't expect his wish to be granted, so he encourages others to visit the website - <http://wishofalifetime.ca> - to learn more about the organization does and submit a wish.

Everything happened so quickly, we never really said goodbye.

Kerry Balcom

and shared his family's story. After an interview, he was given a life-enriching wish by the organization. Wish of a Lifetime, along with corporate partner Astellas Pharma Canada, funded a trip to France for the siblings last fall, where they were able to visit Royal Canadian Air Force Cemetery Choloy and pay proper respects to their father, nearly 60 years after his passing.



SCHOLARSHIPS FOR MILITARY AND VETERANS.*

WWW.SPROTTSHAW.COM

VICTORIA: 250-384-8121

WESTSHORE U-LOCK MINI STORAGE

MILITARY DISCOUNT OFFERED



selfstorage.ca

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

1621 Island Highway, 250-478-8767

The Spyder is back



2020 Spyder toy hauler model 28KS



TriangleRV.com

— Supporting all those who serve —

▼ NEW, USED & CONSIGNMENT SALES ▼ SERVICE ▼ PARTS ▼ RENTALS ▼
10299 McDonald Park Road, Sidney ▼ 250-656-1122



QL5 Hull Technician Graduation

Cdr Julian Elbourne, Commanding Officer of Naval Fleet School Pacific, presented certificates during the QL5 Hull Tech course ceremony.

Photo by LS Billanes RS, NFS (P)



LS Byrne receives a Certificate of Completion.



AB Dulisch receives a Certificate of Completion.



LS Halliwell receives a Certificate of Completion.



LS Haugen receives a Certificate of Completion.



LS Nestor receives a Certificate of Completion.



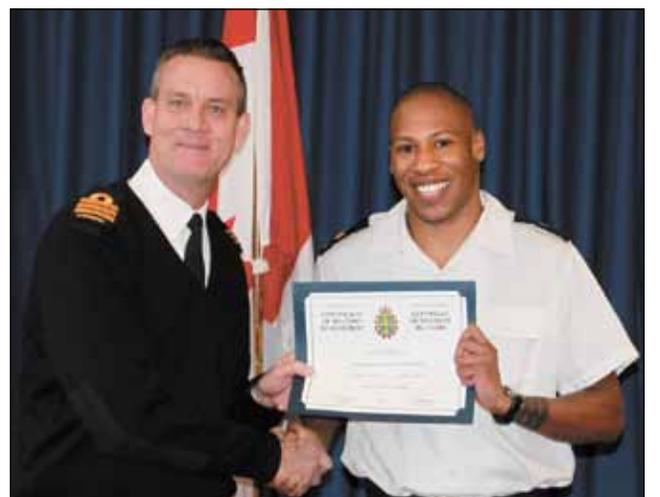
AB Norgaard receives a Certificate of Completion.



LS Sayers receives a Certificate of Completion.



LS Stanley receives a Certificate of Completion.



LS Thompson receives a Certificate of Completion.



AB Dulisch receives the Top Student Award.

Want to recognize someone in your unit?

Send your BZs to melissa.atkinson@forces.gc.ca

[@LookoutNewspaperNavyNews](https://twitter.com/LookoutNewspaperNavyNews)



5KM FORMATION RUN

WHEN
29 MARCH
 - 26 April
 - 31 May
 - 28 June
 - 26 July
 - 30 August
 - 27 September
 - 25 October
 - 29 November

WHERE Close to Y-Jetty,
 CFB Esquimalt

TIME 0815hrs for warm-up,
 0830hrs start time

PLEASE BE AWARE RUNNERS WILL NEED TO BRING THEIR MILITARY/DND IDENTIFICATION TO THE FORMATION RUN AND HAVE IT ON THEM DURING THE RUN FOR RE-ENTRY INTO THE GATE.

GET YOUR UNIT TOGETHER AND SHOW YOUR
NAVY PRIDE
 The Formation Run Cup will be awarded to the unit with the highest participation (based on percentage)

THE FOLLOWING RESULTS WILL BE PUBLISHED, SHOW YOUR
NAVY GRIT
 ★ Top 3 Male Athletes Results
 ★ Top 3 Female Athletes Results
 ★ Top 3 Units with most attendance



WALK OR RUN | GET FIT | BE HEALTHY
 COME OUT AND PARTICIPATE – EVERYONE WELCOME!

FEBRUARY FORMATION RUN RESULTS:

OVERALL PARTICIPATION:
 606 CAF and civilians
 February's Recipient of the **FORMATION RUN CUP:**
 HMCS Vancouver, with 31% unit participation

TOP 3 FEMALE RUNNERS
 LS Daryl Bouchard 22:05 (BCOM)
 SLt Kayla Horvat 24:33 (NTDC)
 Lt(N) Jackie Geiger 25:20 (HMCS Vancouver)

TOP 3 MALE RUNNERS
 LS Carson Witts 18:46 (NFSP)
 A/SLt Dmitriy Shulga 18:57 (NFSP)
 OS Ben Puszka 19:17 (HMCS Winnipeg)

The next Formation Run will be March 29th – come on out to try and defend your title, or to try and overtake one of those coveted positions! If Units would like to confirm their Unit Strength (for future months) with the PSP Fitness team, please send your respective information to Fitness Coordinator Alyssa Jesson Alyssa.Jesson@forces.gc.ca

ANY QUESTIONS, PLEASE CONTACT THE FITNESS CELL AT 3-4485

THE BEST OF EVERYTHING CANADIAN PACK

The Best of Everything Canadian Pack includes:

- 1-year subscription (4 issues) to *Canada's Ultimate Story*
- Adjustable maple leaf ball cap
- Stainless steel water bottle
- Beautiful enamel maple leaf pin
- The premium special issue: *O Canada – The Best of Everything*

Includes maple leaf pin!

O Canada
 WITH AN INTRODUCTION BY **RON JAMES**
THE BEST OF EVERYTHING
 Canadian people, places, wildlife, cities, culture, feats and innovations

Plus!
 1-year subscription to **CANADA'S ULTIMATE STORY** (4 issues per year)

Available for only **99⁹⁹** + shipping and taxes

CANADA'S ULTIMATE STORY Call toll free: **1-800-645-8106**
 Order online: legionmagazine.com/shop

ATTENTION ALL VETERANS!

Veterans Affairs Canada and the Royal Canadian Legion Branch #134 are hosting a

TOWN HALL MEETING

at the RCL Malahat District Branch
 1625 Shawnigan Lake – Mill Bank Rd.
 (next to the Fire Hall)

Thursday March 14, 2019
1730-1900

If you have questions or concerns about the

PENSION FOR LIFE Canadi

PLEASE ATTEND and get them answered!

40

40th Annual

Victoria BC, Canada

Marathon

Half Marathon

8K Turkey Trot NEW

Kids Run

GoodLife FITNESS
VICTORIA MARATHON

Presented by **new balance**

October 13, 2019

Photo: Matt Cecill

Register Now - RunVictoriaMarathon.com

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

LOOKOUT Classifieds & Real Estate

Email your Free Word Classified to melissa.atkinson@forces.gc.ca

SERVICES OFFERED

LOOKING FOR CHANGE? Do you have insomnia or sleep disturbances? Do you have random mood swings? Are you looking to regain control of your life? If you answered YES, I am offering at a very low cost, an hour session called ACCESS BARS. It is a gentle therapy that changes brain waves to give you more ease with life. For more information call or text Vanessa 778-677-0180.

MISCELLANEOUS

INTERESTED IN JOINING A coffee/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. FB Group: Cowichan Valley Coffee.

HELP WANTED

Now Hiring
Team Members Wanted!
There's a position and shift to fit your schedule. Overnights, early mornings, evenings full time and part time. Let us know what you are looking for. Growth opportunities – build your career with us. Fun and fast-paced environment. Benefits offered after 6 months of employment. Wage starts \$12.85/hr part time and \$13.15/hr for fulltime. Graveyard rate \$16
Apply in person at 1820 Island Hwy Victoria BC or email your resume to sbmcholdings@yahoo.ca
Tim Hortons
Serving the neighbourhood

Lookout Classifieds Work. 250-363-3127

FREE LESSONS

CASTLE CARY PIPES & DRUMS
FREE piping and drumming lessons for military and civilian students. Experienced musicians welcome. Practices WED 7 PM at Pro Pat Legion, 411 Gorge Road East. Call Colin 250-385-3982 or Ray 250-721-4011.

MARTIAL ARTS

Adult Self Defence Classes
Now in Cook Street!
GENBUKAN HAND TO HAND COMBAT SCHOOL
Cook Street Activity Centre
480 Cook St.
Classes available year round.
www.genbukan.black 250 889 8807

PET HELP

Rescue cats and kittens, as well as special-needs / senior rescue kitties, looking for permanent and foster homes. Please call 250-881-1112 if you can help.

HELP WANTED

Make a Difference!
A Rewarding Volunteer Opportunity is Available for You!
Become a Network Friend.
You would be matched according to shared interests to build a long term friendship with an individual who experiences a disability or mental health issue.
Contact: volunteer@lnv.ca
Learn more: www.lifetime networks.org
LIFETIME Networks
FRIENDSHIP • SUPPORT • COMMUNITY

SERVICES OFFERED

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

FOR SALE

NAVAL MESS DRESS. Full rig including dark jacket, tin pants, white vest, summer white jacket. Plus high collar white jkt. 155 – 175 pounds, 5' 10" to 6'. Good condition, seldom worn.
Call 250-480-8892, or email barrysaladana@hotmail.com

FORMER MILITARY/CIVILIAN test pilot selling four flight suits: two orange USN style Nomex suits, one Nomex blue suit, one U.S. army style khaki suit. All in good condition. \$50 each OBO.
Email lesbeteast@hotmail.com.

APARTMENT WANTED

MATURE FEMALE SEEKING a suite or apartment for rent in the Victoria/Esquimalt area. DND permanent employee, non-smoker, no pets, no kids, quiet and respectful. Max rent \$1,000.
Call or text 250-580-5093.

ROOMMATE WANTED

LOOKING FOR A NEW ROOMMATE to share 2-bedroom apartment in Esquimalt. \$800 a month includes internet and hydro. Cable extra. Must be mature, neat, likes animals, and friendly. Bedroom is furnished and comes with a locking door for privacy. House is fully furnished including apartment-size dryer. Available March 1. Call or text 236-800-8022. References required please.

MORTGAGE CONSULTANT

BMO
David Vanderlee, CD, BA
Canadian Defence Community Banking Manager Mortgage Specialist
David.VanderleeCD@bmo.com
M 250.217.5833
F 250.727.6920
BMO Bank of Montreal, 4470 West Saanich Rd, Victoria, BC

CONDO FOR RENT

"PACIFIC VIEW" • Belmont Rd. • COLWOOD
1 Bdrm CONDO For Rent
• 3-year-old adult oriented building in quiet area
• Pet friendly
• Heat pump/Air conditioning in each unit
• Hot water included
• Underground secure parking
• In-suite laundry
• Fridge, stove, washer/dryer, microwave, dishwasher

Rent \$1,400/month
250 883-8685
angusstanfield@shaw.ca

REAL ESTATE • FOR RENT

BRAND NEW WATERFRONT EXECUTIVE 2 BEDROOM WALK-OUT GARDEN SUITE
Located on the end of a no through street in a great neighbourhood on the portage inlet/Gorge waterway. Launch your kayak or paddleboard right from your own back yard. Full top to bottom renovation with brand new KitchenAid stainless appliances, quartz countertops, beautiful new floors and high end fixtures. In-suite front load laundry. New soundproofing, heating and LED lighting. Hot water included. Close to all amenities and a short 10-minute commute to downtown. Small pets considered. \$2300 plus utilities (minus hot water). Available immediately. Call 250-216-2050 Email Ross1081@hotmail.com


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
QR Code
Tenant Referral Program
Military Discount

MORTGAGE CONSULTANT

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

FOR SALE

QUALITY FIREWOOD FOR SALE
Fir, maple and arbutus. Reliable delivery.
Call 250-812-0310

MOVING & STORAGE

Since 1975 **BARRY'S** MOVING & STORAGE LTD.
Award-winning service you can trust!
Phone: 250-475-0022
Toll Free: 1-877-475-0022
Email: info@barrysmoving.com
MILITARY DISCOUNT
FOR RESIDENTIAL MOVES
www.barrysmoving.com

Westhills



A PLACE TO CALL HOME

The Westhills community is the ideal place to call home. Located 15 minutes from CFB Esquimalt, we have a home style to fit your life. Choose from our modern or traditional single family homes, large family townhomes, duplexes, & lofts. Starting in the mid \$500,000's (Incl. NET GST).



1274 SOLSTICE CRESCENT | OPEN DAILY 12 PM - 4 PM | 250 474 5899

THIS ADVERTISEMENT IS FOR INFORMATIONAL PURPOSES ONLY AND NOT AN OFFERING FOR SALE. E&OE.

REGISTER NOW AT WWW.WESTHILLSBC.COM FOR MORE INFORMATION.