

Volume 64 Number 34 | August 26, 2019

LOOKOUT

newspaper.com

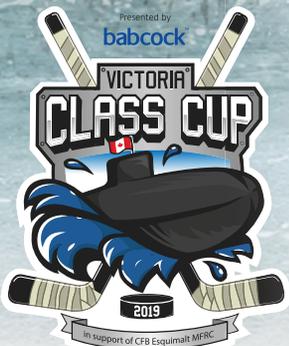
MARPAC NEWS CFB Esquimalt, Victoria, B.C.

f LookoutNewspaperNavyNews @Lookout_news LookoutNavyNews

OTTAWA IN TRAINING

Aviator Judith Crook-Nault, a supply technician, practices her first aid training on Corporal Marc-Andre Bertrand-Bigras, a medical technician, during a casualty clearing exercise on board HMCS Ottawa, which is currently deployed on Operation Projection.

Photo by Leading Seaman Victoria Loganov, MARPAC Imaging Services



FREE
Food and
Drinks!
FREE Door
Prizes! And
a **Good Ol'**
Hockey
Game!

YOU'RE INVITED!

BABCOCK BLUES VS SENIOR TRITONS

Join the fun at centre ice for a charity hockey game hosted by Babcock to support the Military Family Resource Centre.

1215 **BBQ** • 1250 **OPENING CEREMONY** • 1300 **PUCK DROP**



SEE
PAGE 5
FOR DETAILS

Fire displaces veteran family

Peter Mallett
Staff Writer

Two military veterans and their families were displaced last week when a fire gutted their Langford home.

The six-bedroom, three-story house located on Bear Mountain is owned by Master Corporal (Retired) Elder Pineda, a veteran who did two tours in Afghanistan, and his wife Catherine, a paediatric nurse at Victoria General Hospital. The couple resided there for three years with their two children, their service dog Lincoln, and Catherine's mother Diana and father Warrant Officer (Retired) Darren Scott, who occupied a ground floor in-law suite.

"We are still in a state of shock, have lost most of our personal belongings, but are very grateful and blessed that everyone is still alive, that's the important thing," said Elder Pineda.

The fire broke out at approximately 1 a.m. on Aug. 18 while the family was sleeping. Pineda was the first to awake to the smoke alarms and his first concern was making sure everyone got out.

A neighbour called 911 while the men tried unsuccessfully to control the blaze with a garden hose before it engulfed the upper floors, which were destroyed in the blaze. The ground floor was spared but sustained extensive smoke and water damage.

"No matter how hard we tried to fight the flames back it wasn't enough and there was nothing we could do," said Darren Scott, who works at Rocky Point Ammunition Depot as a civilian after a 30-year military career.

Pineda is in the final year of studies for his masters degree in communications at Royal Roads University. His final thesis project was stored on his computer, which was lost in the blaze. His graduation from the program has been pushed forward to 2020.

At press time, the cause of the blaze was still being investigated.

Scott was able to retrieve some of his late father-in-law's service medals, but all of Pineda's medals were lost in the fire.

Pineda was diagnosed with Post-Traumatic Stress Disorder, Operational Stress Injuries and anxiety from his tours in Afghanistan. He says coping with the stress of the ordeal immediately afterwards was difficult.

For the past week the family has been

living out of suitcases, first staying at a family friend's home in Belmont Park and later in the week at two different hotels. They have also relied on the generosity of neighbours who have donated food, clothing and other essential items.

Immediately after the fire, Scott's daughter, Master Corporal Andrea Lorinczy, who works at 4 Wing Cold Lake, flew to Victoria to assist the families. Both Pineda and Scott credit her with keeping everyone focused on the recovery operation and helping them plan and put their lives back together in the hours and days after the blaze.

The entire family believes the military training of Pineda, Scott and Lorinczy have been crucial in getting them through the ordeal.

"Learning basic survival skills and practising them over and over again enables you to deal with problems. No matter the level of stress, you can always rely on these skills to get you through tough times," said Pineda.

The family's next step is to rent or lease a house in Langford and return to what Pineda describes as "a sense of normalcy," as they await the insurance claim, which could take over a year.

In their spare time Scott and Catherine Pineda referee youth hockey games with the Juan de Fuca Minor Hockey Association. The association's Referee-In-Chief, Galen Brewer has set up a GoFundMe page to help the family: <https://www.gofundme.com/f/1q95635u60>



Photos by Peter Mallett, Lookout Newspaper



Above: Members of the Pineda and Scott family move groceries into their hotel room in Langford.

Left: MCpl (Retired) Elder Pineda unpacks a suitcase with his son Luka and daughter Mataeya in a hotel room in Langford on Aug. 20. The family was displaced from their Bear Mountain home after it was destroyed by a fire two days earlier.



**AFFORDABLE
OFF BASE LIVING!**

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

**ASK ABOUT OUR MOVE IN
BONUS FOR DND/CF!**

250.381.5084 CAPRENT.COM





CAPREIT



Vice-Admiral Haydn Edmundson, Acting Commander, Military Personnel Command, with the Special Service Medal he struck during a recent tour of the Royal Canadian Mint.

Mint tour showcases medal production

Courtesy Maple Leaf

Vice-Admiral (VAdm) Haydn Edmundson, Acting Commander Military Personnel Command (A/CMPC), accepted an opportunity to put his own stamp on things at the Royal Canadian Mint.

After receiving precise instructions, the newly minted Vice-Admiral activated the hydraulic press and produced a Special Service Medal. This “striking” performance took place during a recent visit to the historic facility at 320 Sussex Drive, Ottawa, where VAdm Edmundson was guided through the painstaking process required to produce medals at a consistent level of quality required for Canadian military honours and awards.

The tour offered a behind-the-scenes look at the many steps required to transform an intricate design into a medal.

Since 2007, the Royal Canadian Mint has been manufacturing the bulk of the medals and other forms of recognition—such as bars, medallions, and Memorial Crosses—presented to members of the Canadian Armed Forces (CAF) and employees of the Department of National Defence. The vast majority of the more than 16,000 medals issued by the Directorate of Honours and Recognition in 2018 were produced by the Royal Canadian Mint and then shipped across Canada to units for locally organized presentations.

As a gesture of thanks and appreciation, VAdm Edmundson presented the MPC Commander’s Coin to Eric Jodouin in appreciation of the Royal Canadian Mint’s steadfast support to the CAF.

“What the Mint has enabled us to do is to present medals to those who have earned it while they’re still deployed,

in the field,” explained VAdm Edmundson during the presentation. “There is a lot more meaning for our CAF members when they receive recognition in the theatre alongside their sisters and brothers in arms.”

Timely presentation of honours and awards has always been considered a key element to the honours and recognition process. Due in large part to production capacity at the Mint, Canada has achieved an unprecedented 98-plus percent delivery rate for medals while still in theatre.

For those interested in seeing what the Royal Canadian Mint does for Canada and the Canadian Armed Forces as it relates to medal and honours production, you are encouraged to visit their website at www.mint.ca or www.mint.ca/store/mint/visit-the-mint/ottawa-location-8900022 to learn more about their tours open to the public.

What the Mint has enabled us to do is to present medals to those who have earned it while they’re still deployed, in the field. There is a lot more meaning for our CAF members when they receive recognition in the theatre alongside their sisters and brothers in arms.

VAdm Edmundson, Acting Commander Military Personnel Command

PORTABLE METAL SHELTERS

Do-It-Yourself Kits include all components for installation



2.6" 14ga Square Tubing
★★★
26ga Metal Sheeting
★★★
177KM Wind Shear



Six Week Delivery - Call for a quote 250-871-7788
www.pacificrimtrailers.com

Each beer helps a veteran!



Black Hops is run by veterans, for veterans.

We donate partial proceeds to veterans' programs



www.v2vblackhopsbrewing.ca

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

Vancouver Island WORKS PROJECT

Training for both businesses, and individuals in the community who are looking to: Train staff, improve outdated skills, or gain new skills to succeed.

CALL US TODAY!

info@viwproject.com
Main: 778-433-8499
www.viwproject.com

PROVIDING TRAINING IN:

- Microsoft Office
- SharePoint
- MS Project
- Adobe Creative Suite
- Custom training available

 2014 Chevrolet Camaro 2SS 44,500 KM \$32,995 + \$595 Doc	 2013 Audi S4 Quattro 92,000 KM \$27,995 + \$595 Doc
 2012 BMW 650 Convertible 106,000 KM \$31,995 + \$595 Doc	 2013 Range Rover Evoque Premium 62,000 KM \$29,995 + \$595 Doc
 2013 Lexus GS 350 F SPORT AWD 73,000 KM \$29,995 + \$595 Doc	 2013 Mercedes-Benz GLK350 52,000 KM \$23,888 + \$595 Doc

\$200 MILITARY DISCOUNT WARRANTIES OF A YEAR OR LONGER

VAN ISLE AUTO BROKERS
www.vanisleautobrokers.ca

510 GORGE RD E, VICTORIA, BC DL 40221
(250) 384-1476

ESL classes for military families Mon, 9 Sep



Do you want to learn English or improve your English? Do you feel the need to improve your English to better communicate with your partner? The MFRC offers courses to CAF adult family members. The classes, taught by a professional, incorporate conversation, culture, grammar and writing to facilitate your integration into your community.

Call 250-363-2640 (toll free: 1-800-353-3329) to register.

BEGINNER

Location: St. Peters Church, Belmont Park MFRC
Mon, Tues & Thur
Sept 9 - Dec 12 | 9-11:30am

INTERMEDIATE/ADVANCED

Location: St. Peters Church, Belmont Park MFRC
Mon, Tues & Thur
Sept 9 - Dec 12 | 1-3:30pm

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 Cochrane 250-363-8033
workstation3@lookoutnewspaper.com

ACCOUNTS/CLASSIFIEDS/RECEPTION

Jennifer Barker 250-363-3127

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
Katelyn Moores 250-363-7060

Published each Monday, under the authority of Capt(N) Sam Sader, Base Commander.

Le LOOKOUT est publié tous les lundi, sous l'égide du Capt(N) Sam Sader, 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.

LOOKOUT
NEWSPAPER

Circulation - 3,550
plus 300 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

Dear Editor,
I would like to inform your readers about two very special medals that are available for our veterans. These are the National Order of the Legion of Honour from France and the Ambassador for Peace Medal from the Republic of Korea.



Ambassador for Peace Medal –
Republic of Korea

Our veterans of the Second World War and the Korean War have both fought hard and made tremendous sacrifices and they have both won the greatest level of respect and thanks we can give them. The Government of France is awarding their highest medal to all living Canadian veterans who directly helped to liberate their country between June 6 and Aug. 30, 1944.

The Republic of Korea is presenting its Ambassador for Peace Medal to all Canadian Veterans who participated in the Korean War and its peace keeping operations between 1950 and 1955. Living veterans or the families of veterans who

have passed away may be eligible to receive this special medal from Korea.

If you are a veteran, or know someone who might be eligible for one of these important medals, please contact me. I am an unofficial volunteer who is willing to help you with your application. There is no fee involved.

For more information please contact Mr. Guy Black C/O 515 - 95 Moody Street, Port Moody, BC V3H0H2 or email Korea19501953@yahoo.com and include the subject Veterans Medals.

Thank you,
Guy Black
Recipient, Minister of
Veterans Affairs
Commendation and the
Sovereign's Medal for
Volunteers



National Order of the
Legion of Honour -
France

Shooting for HMCS Malahat

When I joined the Naval Reserve in 2006 in Ottawa, Ont., I discovered a passion for shooting and marksmanship.

During my summers off from attending high school, and then Carleton University where I received a Bachelor of Arts in Psychology, I went on my boatswain trades courses, went to sea, and became familiar with various types small arms.

I learned how to handle a firearm safely and how to pass the basic qualifications for each one, but I never felt overly confident in my handling, marksmanship ability, or understanding of how weapons really function.

In 2012, I joined the Royal Canadian Navy Combat Shooting Team as a Leading Seaman in order to learn more about marksmanship and gain confidence in weapons handling. I participated in various shooting competitions and volunteered at the Canadian Armed Forces Small Arms Concentration (CAFSAC) held at Connaught Range outside of Ottawa.

CAFSAC is the pinnacle operational shooting concentration of the CAF, com-

prised of military and para-military participants from across Canada and abroad. The aim is to improve marksmanship and increase the operational effectiveness of the CAF. Immediately following CAFSAC, I stepped away from the shooting world to focus on my career as a junior sailor. I moved to Victoria, BC, and sailed for two years aboard *HMCS Yellowknife*.

On completion of that contract I went to school in Vancouver to become a Farrier (someone who shoes horses). Afterwards, I took an apprenticeship based in Victoria and became a member of *HMCS Malahat* in 2015. *Malahat* supported me through my apprenticeship, allowing me to work flexible hours during the day, and on training and admin at night.

Once settled in the Deck Department, I looked for every opportunity to continue to learn and improve my shooting ability. After returning from deployment on Operation Reassurance and Operation Artemis this spring, I had the opportunity to spend time training alongside members of 39 Canadian Brigade Group, learn-



ing from past CAFSAC competitors and winners.

After volunteering at CAFSAC seven years ago, I am finally able to return to Connaught Range outside of Ottawa as a competitor, and proud representative of *HMCS Malahat*.

PO2 Colleen McInnis

SHOWCASE THE TALENT OF CFB ESQUIMALT!

- Do you have a club that needs more awareness?
- Are you part of a dance team or a band?
- Do you have an impressive hobby or skill?

If yes, volunteer to be a part of this year's Defence on the Dock Talent Show.

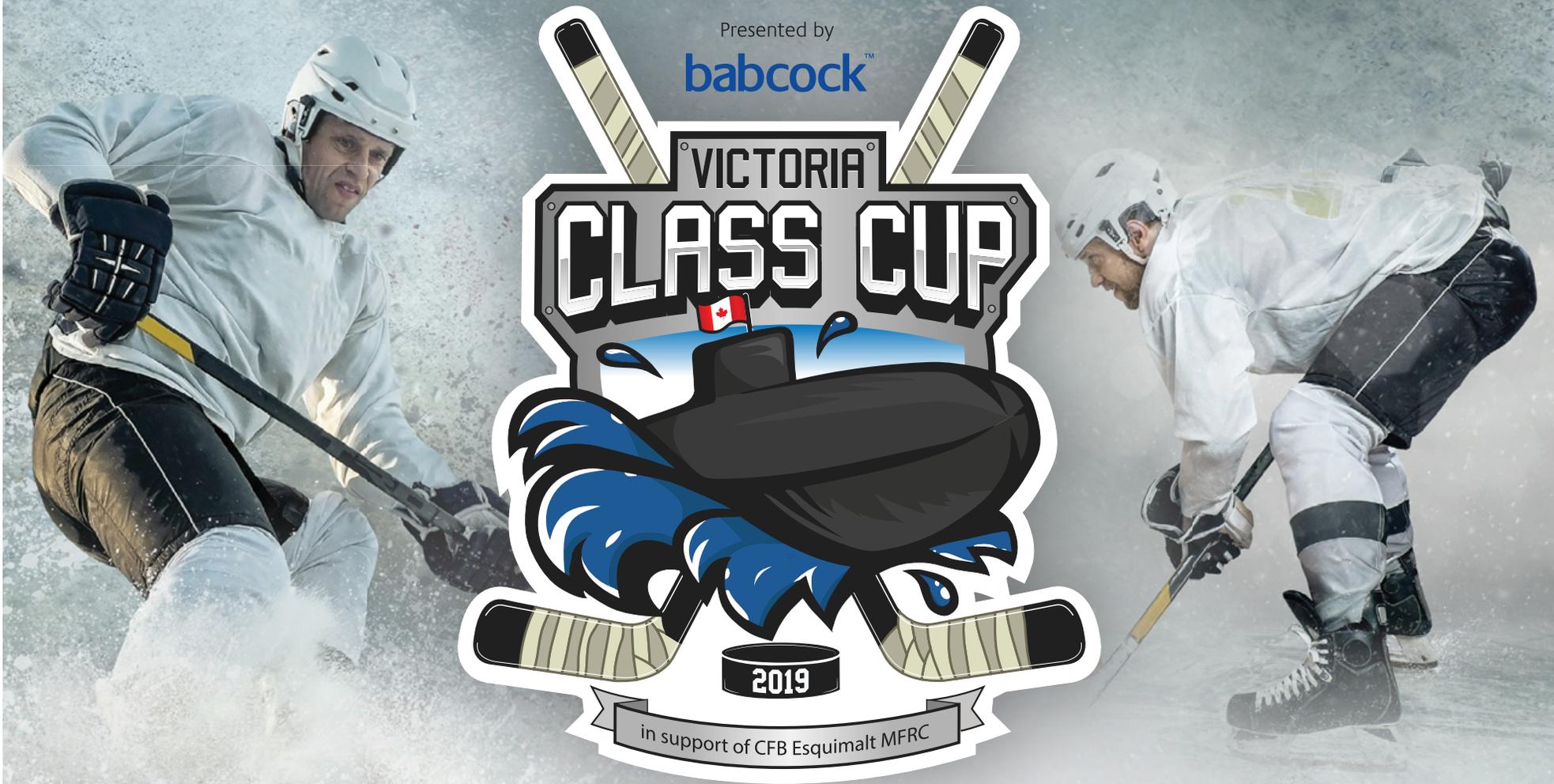
SEPT 15 • 10 AM TO 5 PM • OGDEN POINT CRUISE SHIP TERMINAL

CONTACT JOSHUA.EHNISZ@FORCES.GC.CA FOR INFORMATION

DEADLINE FOR SUBMISSIONS: AUGUST 30



YOU'RE INVITED!



Join the fun at centre ice for a charity hockey game hosted by Babcock to support the Military Family Resource Centre.

BABCOCK BLUES VS SENIOR TRITONS

WEDNESDAY, SEPTEMBER 4, 2019 | NADEN ARENA

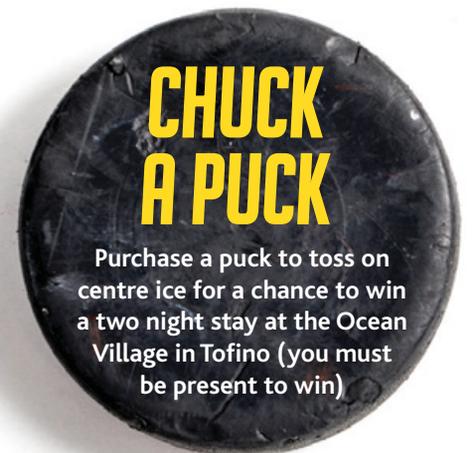
FREE Food and Drinks! FREE Door Prizes! And a Good Ol' Hockey Game!

1215	1250	1300
BBQ	OPENING CEREMONY	PUCK DROP

FREE Swag Bags! 50/50!

DOOR PRIZES

- ★ TEAM CANADA JERSEY
- ★ VICTORIA ROYALS JERSEY
- ★ VICTORIA GRIZZLIES JERSEY
- ★ OLYMPIC VIEW GOLF COURSE PASS
- ★ WILD PLAY ADVENTURE PASS
- ★ TIM CARD X2
- ★ 328 TAPHOUSE GIFT CARD X2
- ★ AND MORE!!!



CFB ESQUIMALT & SEASPAN VICTORIA SHIPYARDS

Present

FORMATION

FUN DAY

SEPT 7, 2019

NADEN - NOON TIL 4 PM



- ★ EAST COAST MUSIC WITH TOM MORRISSEY ★ TICKLES AND YOWSA ★
- ★ POPCORN ★ DONUT DELIGHTS ★
- ★ PIZZA BY DONATION PROCEEDS TOWARDS THE MFRC PROGRAMS ★

RETURNING FAVOURITES

- ★ CLIMBING WALL
- ★ FUN HOUSE MAZE
- ★ RHIBB RIDES
- ★ BUTTON MAKING with Base museum
- ★ PLAY THE HOSE GAME with the Base fire fighters and their fire truck
- ★ POLICE CAR DISPLAY
- ★ DECORATE A COOKIE
- ★ MUSICAL CLOWNS & BALLOON TWISTING

NEW THIS YEAR

- ★ BERRIES RIDE - MIDWAY STYLE RIDE SIMILAR TO TILT-A-WHIRL!
- ★ STILT WALKER, JUGGLER & HOOPSTER
- ★ DAY AT THE RACES - riders will have a blast hopping down a race track on horses
- ★ ARCHERY TAG is back
- ★ TRIPLE PLAY & ROCKET INFLATABLES
- ★ "BLAZING SADDLES" - with Base Model Railway Club - the old town horse and buggy days is back

DON'T FORGET TO BRING CASH FOR THE MARKET PLACE!

★★★ DOOR PRIZE - FREE ENTRY FOR A \$500 GIFT CARD ★★★





Members of the Naden Grappling Club pose for a group photo during a recent training session at the Naden Athletic Centre.

sailors grapple with CLUB

Peter Mallett
Staff Writer

Two navy grapplers are readying members of the newly formed Naden Grappling Team for national competition.

MS Lee Thibault, a four-time national military combatives grappling champion and Greco-Roman wrestler, and OS Connor Sher, a Brazilian jiu-jitsu player and bronze medalist at this year's national championships in Petawawa, are training military members in the discipline of submission wrestling, a unique martial art that borrows techniques from wrestling, Brazilian jiu-jitsu and judo in order to control and ultimately subdue an opponent.

The team was founded by OS Sher this past winter as a way to get fellow sailors

interested in grappling, the most important aspect of hand-to-hand combat.

"Being a proficient, confident grappler is one of the most important things we can learn as a functioning member of the military," says OS Sher. "Understanding how the human body works regarding its structural base, balance, leverage points and vulnerable areas is invaluable. When it comes to our military duties, being able to confidently de-escalate a situation with the least amount of force possible is always going to be priority number one. Whether it's controlling an aggressive civilian or detainee overseas or an active aggressor in a naval boarding scenario, its importance cannot be understated."

MS Thibault's enthusiasm for grappling is also

infectious, his optimism unparalleled.

"There are so many wrestlers, grapplers and mixed martial artists at the base who compete at their own private clubs, but what OS Sher and I are hoping to do is bring them together to train and fight under one banner."

Grappling teams have sprung up at other bases including CFB Edmonton, CFB Petawawa, CFB Gagetown and 12 Wing Shearwater. The Naden Grappling Team has approximately 20 members and trains three times a week at the Naden Athletic Centre.

Team members are now practicing their choke holds and joint locks in preparation for their first ever Canada West Regionals competition in September at CFB Edmonton.

"I want our team to make

history; I want the navy to win the whole competition," said MS Thibault.

Over his 12-year military career, MS Thibault has dedicated much of his free time training, defending his title, and promoting the sport and its health benefits to others.

"For me, seeing the sport of grappling officially recognized is like living a dream; something I have been waiting and hoping for since I first joined the navy."

MS Thibault won his fourth consecutive grappling title in the Military Combatives Grappling Concentration at Garrison Petawawa on June 22, striking gold in the Advanced Super-Heavyweight category. The competition brought together 111 competitors from across the country. Even though there were only two competi-

tors in his division, fighting fewer matches did not make winning this year's title any easier he says.

"In other years when there have been more competitors in my weight category and thus more matches, competitors would try to pace themselves and conserve their energy," said MS Thibault. "The grapplers in the advanced super-heavyweight category are the silver-backed gorillas of our sport, so when we knew we would only have two matches each, we tore each other apart when we competed, and really went at it."

His father, a former mixed martial arts competitor and military policeman, serves as coach when MS Thibault travels to Petawawa for nationals. His father built a gym in their family home which propelled MS

Thibault into success on the high school wrestling stage, while his brother Tyler once captured three consecutive titles at the Pan Asian Jiu Jitsu champion.

OS Sher also had a successful outing securing bronze in his Welterweight category, a deep division with over 14 competitors, winning five of his seven matches and subduing three of his opponents by armlock.

The Petawawa Military Combatives Grappling Concentration serves as the Canadian Armed Forces' de facto national championship since it was founded in 2013 by LCol Steve Burgess. It brings together all ranks from every service branch across the country to determine the best fighter in the CAF.

Caring for Smiles... BIG and little!



III Dr. C. Ross Crapo & Associates

Dr. C Ross Crapo & Associates, 4400 Chatteron Way, Suite 206, Victoria

778-402-4089 www.drcripapo.com



Ship barbershop gives Jumpstart a boost

Peter Mallett
Staff Writer



After a lengthy deployment, HMCS Regina sailors disembarking off the ship last week were some of the most well-groomed sailors in the Royal Canadian Navy.

Their expertly cropped crew cuts and neatly trimmed bangs were the work of Master Seaman Jeffrey Haines in his makeshift barbershop 'Greasy Clippers'.

For the past six-and-a-half months, the 34-year-old Marine Engineering Technician has been the ship's unofficial coiffeur performing his cuts from a corner of the ship's Stoker Shop, all in support of Canadian Tire Jumpstart Charities, a national charity dedicated to helping kids overcome financial and accessibility barriers to sport and play.

While most of the ship's company were reunited with their loved ones, MS Haines walked down the brow with an oversized cheque for \$9,412, which he presented to Katlyn Soanes, Regional Manager, Pacific for Canadian Tire Jumpstart Charities.

"Jumpstart is thrilled to accept this generous donation from Master Seaman Haines," she said. "We are very grateful for his fundraising efforts and for the support of all of our donors coast-to-coast who help get kids of all abilities off the sidelines and into the game."

Ryan Cane, Senior Manager

of Military Recreation and Community Services for Canadian Forces Morale and Welfare Services (CFMWS), also applauded MS

Haines for his "wonderful" efforts that will help support the children of military families in Esquimalt. Cane noted that Personnel Support Programs (PSP) has also partnered with Canadian Tire Jumpstart Charities to provide financial assistance to families with children ages four to 18 in accessing programs and equipment. Last year, \$34,000 of support from Jumpstart helped over 450 children from military families

MS Haines tipped his hat to his shipmates for their generosity and called their support "truly amazing." He says it wasn't too hard to drum up support for his initiative and he had many repeat customers over the course of the deployment.

"I can't emphasize enough the importance of sports for children," said MS Haines who is the father of two children, Emily, 2, and Lucas, 3. "No child should go without access to sports equipment or sports programs because of finances and no parent should have to carry the burden of not being able to give their child the opportunity to play sports."

For more information about Jumpstart and how to get involved visit their website: <https://jumpstart.canadiantire.ca>.



Photo by Peter Mallett, Lookout Newspaper

Above: MS Jeffrey Haines of HMCS Regina presents a cheque for \$9,412 to representatives from Canadian Tire's charity Jumpstart on Aug. 19 in Dockyard. MS Haines raised the money by performing hundreds of haircuts during his ship's six-and-a-half month deployment.

Right: MS Haines performs a haircut on OS Patrick Greenwood in his makeshift barbershop Greasy Clippers on Aug. 5.

Photo by Corporal Stuart Evans, Borden Imaging Services



GoodLife FITNESS
VICTORIA MARATHON

Presented by **new balance**

Marathon
Half Marathon
8K Turkey Trot
Thrifty Foods Kids Run

October 13, 2019

RunVictoriaMarathon.com

NEW PROGRAMS
Kinderskate (ages 3-6)
Kids Twilights
Synchro Team

REGISTER TODAY!

ONLY THE BEST
can bring out their best

For information on registration and programs offered at Juan de Fuca Skating Club visit:
www.jdfskatingclub.com

or e-mail
registration@jdfskatingclub.com

JuandeFuca skating club
skatecanada.ca

SKATECANADA
CAN SKATE

Pacific Coastal AIRLINES

Canadian Forces member?
Check-in two bags free!

Learn more or book today
pacificcoastal.com/forces

Anahim Lake, Bella Bella, Bella Coola, Campbell River, Comox, Cranbrook, Kelowna, Masset, Port Hardy, Powell River, Prince George, Tofino, Trail, Vancouver, Victoria, & Williams Lake



Photo by MARPAC Imaging

HMCS Regina returns home

Photo by Peter Mallett, Lookout Newspaper

Peter Mallett
Staff Writer

The crew of *HMCS Regina* returned to Esquimalt after a six-and-a-half month deployment in the Asia-Pacific and Middle East regions.

A large gathering of family, friends and military personnel waved, cheered and flashed homemade signs, flags, banners and balloons as *Regina* came alongside C2 Jetty in Dockyard on Aug. 19 after

193 days at sea.

It was busy deployment for the Halifax-class frigate and its crew.

Regina departed Esquimalt on Feb. 6 where it worked with other navies to enhance military cooperation and partnerships in the Asia-Pacific as part of Operation Projection. It then sailed to the Arabian Sea and Indian Ocean and participated in Operation Artemis in support of a combined naval task force of 33 partner nations to deter terrorist organizations from using the high seas for smuggling.

Regina also participated in Operation Neon, Canada's contribution to supporting United Nations Security Council sanctions against North Korea.

"I am so impressed with the crew of *HMCS Regina* who represented the Royal Canadian Navy's spectrum of tasks across the globe throughout this deployment," said Commander Jacob French, ship's commanding officer. "It's a proud day for me seeing my crew reunited with their families after all they've accomplished."

The deployments also marked the first embarked CH-148 Cyclone detachment from 443 Maritime Helicopter Squadron, which Cdr French described as "an absolute bonus" and effective at conducting surveillance and searching out vessels of interest. The Cyclone was introduced on the Pacific coast at the start of 2019 as a replacement for the CH-124 Sea King.

A Naval Boarding Party from the Naval Tactical Operations Group also embarked *Regina* for Artemis,

assisting in four separate drug busts during the deployment.

Regina also made several port visits during its time away including stops in Guam, Hawaii, Japan, United Arab Emirates, Seychelles, Singapore, Oman and Australia. It also participated in Exercise Talisman Sabre, a biennial Australian and United States bilateral exercise designed to train partner military forces in planning and conducting Combined Task Force operations and to improve combat readiness and interoperability.

For all your navy news visit www.lookoutnewspaper.com

1 topping large pizza \$9.99
PICK UP OR WALK IN ONLY
GET A 10% MILITARY DISCOUNT! WITH MILITARY ID, ON \$15 MINIMUM ORDER

PARTHENON PIZZA  **778-440-6666**

NEXT TO BASE!

NEAR BASE #4 - 612 Head St. **BEST PIZZA IN VICTORIA!** parthenonpizzas.com
DINE IN • PICK UP • DELIVERY

Habitat for Humanity ReStore

TWO LOCATIONS:
849 Orono Avenue, Langford
3311H Oak Street, Victoria

THIRD LOCATION NOW OPEN!
50 Burnside Road West, Victoria

250 386-7867
restore@habitatvictoria.com www.habitatvictoria.com

10% DND Discount with ID

• SHOP • DONATE • VOLUNTEER

 **JOIN A CHAMPION GORGE SOCCER ASSOCIATION**

Registration is currently open for fall

- **Youth soccer: 4 – 17 years old**
- **Senior soccer: 17 – 70+ years old**

We are a community based soccer club providing all of its members with development, fun and a lifelong passion for the beautiful game.

We pride ourselves on being the oldest full service soccer club in Victoria, offering winter league play, free academies, spring league, winter futsal, and more! We are innovative, player-centric, responsive to our members' needs, community-minded, and accepting of all players. A player will never be turned away due to lack of fees (external and internal grants available).

Online registration Available at: www.gorgesoccer.ca
In-person Registration: Hampton Park Clubhouse (240 Hampton Road) Saturdays 9am-11am
Questions? info@gorgesoccer.ca



Warrior Games athlete pays it forward



Peter Mallett
Staff Writer

Following what he describes as an “unforgettable” Warrior Games experience, a Royal Canadian Navy Combat Systems Engineer is helping others with a generous act of chivalry.

Leading Seaman Desi Cozier has come to the assistance of the Gallant Knights Charity Sports Association, a newly created non-profit to help injured veterans and current-serving military pay for sporting goods and equipment.



Gallant Knights is organizing its first annual 2019 Soldier On

Motorcycle Ride and Classic Car Rally. The event will be held in 36 different regional routes in Ontario on Sept. 21 and 28. LS Cozier is selling raffle tickets for the event and hoping Victoria’s defence community will support this initiative.

“Now that I have completed my Warrior Games experience, I wanted to help others and give them same healing I enjoyed while at the same time spreading the word about the Soldier On program,” said LS Cozier. “Right now, I have established and organized a meeting with Victoria’s Mayor Helps office to assist with reaching out to community groups as well as MLAs. I’m reaching out to friends, family, CFB Esquimalt, social media and local businesses to buy tickets or help boost our sales in any way they can.”

He hopes some of the lucrative prizes in the raffle will catch the attention of motorcycle enthusiasts across the coun-

try. Motorcycle manufacturer Harley-Davidson has offered several prizes including an early bird prize of a \$2,500 cash credit to be used at its officially licensed motorcycle dealerships, a 2019 Triumph Speedmaster motorcycle, and a 2019 Harley-Davidson Street 750.

LS Cozier was among 39 athletes who represented Canada at the United States’ Department of Defence Warrior Games in Tampa June 21 to June 30. The Department of National Defence’s Soldier On program organizes Canada’s Warrior and Invictus Games teams and holds regional sports camps throughout the year.

He jumped at the chance to pitch in with the fundraising initiative when he was first approached by Gallant Knights organizer and fellow Warrior Games athlete Maj (Retired) Corey Moore during a Warrior Games training camp in Victoria last April.

PO1 (Retired) Joe Kiraly who works as a director with the Canadian Armed Forces Transition Group’s Soldier On program has been impressed by the “generous” efforts of LS Cozier and other athletes to support Soldier On as they continue to recover from injuries.

“Desi has proven himself to be a highly motivated and energetic fellow,” said Kiraly. “He and Corey Moore and other Warrior and Invictus Games athletes are helping us enhance our service delivery while at the same time telling Canada about the healing power of our programs at Soldier On.”

Soldier On currently offers sports equipment grants to its athletes but often times the funds aren’t enough to pay for the full cost of the equipment.

For more information and to register for your raffle tickets write LS Cozier at desi.gallantknights@gmail.com



ST. MARGARET'S SCHOOL

Confident girls. Inspiring women.

Discover the SMS All-Girls Advantage
An environment where girls gain confidence and discover their passions
stmarg.ca




All Girls
JK - Grade 12


Canada's First Girls'
STEM School


Boarding
Grades 7 - 12


Experiential Learning
Beyond the Classroom


Breathtaking
22-acre Campus



Photo by OS Alexandra Proulx, Director of Army Public Affairs
 General Jonathan Vance, Chief of the Defence Staff of the Canadian Armed Forces, hugs a fallen soldier's family member during the Kandahar Cenotaph Rededication Ceremony at the Afghanistan Memorial Hall located in the Carling campus in Ottawa, Ontario, on Aug. 17.

Grief, gratitude expressed in Kandahar Cenotaph rededication

Steven Fouchard
 Army Public Affairs

There was sadness and grief in the air as military leaders and government officials joined with the loved ones of Canada's Afghanistan Fallen to rededicate a memorial to their sacrifices, but also a clear message from the people of Afghanistan: it was not in vain.

The Kandahar Cenotaph was designed and built by Canadian soldiers in Afghanistan. It was returned to Canada in 2011 and is now permanently housed within the Afghanistan Memorial Hall at National Defence Headquarters (Carling) (NDHQ (Carling)) in Ottawa.

The skies over NDHQ (Carling) were appropriately overcast as events got underway at 11 a.m. on Aug. 17. The Governor General, Her Excellency Julie Payette; the Minister of National Defence Harjit Sajjan, and Chief of the Defence Staff General Jonathan Vance all offered thanks to hundreds of family members, friends and other invitees.

Richard Mills Jr., Deputy Chief of Mission with the United States Embassy in Ottawa, also offered his country's gratitude for Canada's partnership in the conflict, as did Fahim Ebrat, First Secretary of the Embassy of Afghanistan, which is also in Ottawa.

"To the families of the fallen heroes, on behalf of my nation, I say that there are no words that can adequately express how deeply

we appreciate and will forever remember the sacrifices of your brave men and women," said Mr. Ebrat. "It has not been in vain."

He spoke of Afghanistan's Kandahar Province, where Canada's forces were concentrated. While it was a highly volatile place during Canada's mission, Mr. Ebrat described today's Kandahar as "vibrant" thanks to the sacrifices of Canada's Fallen.

"Their names are etched here in this cenotaph so that we will never forget what Canadians and the fallen heroes have selflessly given us. Let me say loud and clear that their legacy is also indelibly etched in the living hearts of my people and is now forever part of our history. We see the sacrifices of your loved ones each time a girl is educated. Each time an Afghan citizen casts a vote. Each time a woman is elected to lead and in each stride Afghanistan takes toward securing its future."

"My parting message on behalf of the Afghan people and government," Mr. Ebrat concluded, "is to tell the families of those who have fallen, those who are wounded and those who served in Afghanistan that we will never forget your sacrifices."

Mr. Mills noted that Canada was there for its southern neighbour even in the immediate hours after the 9/11 attack that triggered the mission, offering sanctuary to travellers impacted.

"As everything seemed to be falling apart, we in the United States looked around and we saw our Canadian friends," he said. "You were

there in Gander and towns across Canada to welcome plane loads of Americans and international travellers when U.S. airspace had been closed. You are at our side in the hallways of NORAD in the Northern Command as our joint operation centres responded to this unthinkable event."

"Today I am very honoured on behalf of all Americans to join you in remembering the 158 Canadians who lay down their lives to ensure the safety and security of our great nations," Mr. Mills added. "The United States honours their sacrifices and we will never forget."

Gen Vance said he would often visit the Cenotaph to reflect during his two tours in Afghanistan, and that he finds it to be as much an object of hope as of grief.

"The cenotaph contains the grief but also carries the hopes and fears, the courage and vitality of those who died in the mission they were trying to accomplish and it feels very much alive."

In Kandahar, the Cenotaph was always in view of the missions' leaders to remind them of the heavy responsibility of command and Gen Vance said it will serve an equally profound purpose in its new home in Ottawa.

"It is contained within a place of permanent honour in a familiar spot beside the headquarters offering all who wish to visit the chance to remember not only the terrible cost of war but also the joy of military comradeship. The chance to see and maybe even hear the voices of those who gave everything and yet somehow keep giving."



Check us out on Instagram!
lookoutnavynews

For all your navy news go to www.lookoutnewspaper.com

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



Ask about BG Protection Plan*

Where Dependability and Trust are a Priority...

* under 80,000 km

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



**SCHOLARSHIPS
 FOR MILITARY
 AND VETERANS.***

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



HEARING CARE CLINIC

Your Personal Hearing Aid Provider

Attention Military Personnel



We are looking for Candidates who have worked in noisy environments to evaluate the latest in hearing aid technology. Call to see if you qualify!



NEAR BASE

- ✔ Part of WorkSafeBC Provider Network
- ✔ VAC Health Identification Cards Accepted

*Registered with CSHHPBC.

MILL BAY
250-929-4468
 360 - 2720 Mill Bay Rd.
 Mill Bay Centre,
 second floor



VIEW ROYAL
250-590-1118
 C3B - 100 Aldersmith Pl.
 Nelson Square,
 by Scotiabank



LOOKOUT
LookoutNewspaper.com



Your award winning community newspaper!

We bring to you advertising that supports the Canadian Military Community. Please show them your support...

Tell advertisers you saw them in the Lookout

Join us for daily news, advertiser's specials and news releases

Join our network, don't miss a thing!

www.lookoutnewspaper.com

LookoutNewspaperNavyNews
@Lookout_news
LookoutNavyNews

Need a vehicle?

GOOD CREDIT, BAD CREDIT...

WE DRIVE SOLUTIONS!

APPROVED APPROVED APPROVED

The CREDIT DOCTOR

www.creditdoctorvictoria.ca | 250-360-1111



CALL US TODAY. 250.380.1602 www.seaspan.com

seaspan
VICTORIA SHIPYARDS

Each beer helps a veteran!

Black Hops is run by veterans, for veterans.

We donate partial proceeds to veterans' programs



www.v2vblackhopsbrewing.ca

Supporting Indigenous veterans

Tim Bryant
Western Sentinel

The transition to life as a veteran after years in the armed forces is not always easy, and for Indigenous veterans, the challenge can be even greater.

It's for that reason the Aboriginal Veterans Society of Alberta (AVSA) has made it its mission to provide support for Indigenous veterans as they make their way through a post-service life.

The society was formed in 1983 by several Second World War and Korea veterans, explained John McDonald, past president of the AVSA.

"The mandate was to organize and unite all Aboriginal veterans for advocacy and support of each other," he said.

A large reason for creating the society was to work to improve the situation of veterans compared to how the federal government treated them.

"The Indigenous or the Aboriginal veteran has always been discriminated against after every war

Canada has participated in," McDonald explained. "We've never got a fair shake."

Although the AVSA cannot do everything to make up for a history of mistreatment, he said the society works hard to do whatever it can. This can be a challenge, because in many cases it can be difficult to find Indigenous veterans in need of assistance.

"The Aboriginal veteran is a very proud individual and he does not like advertising his situation," McDonald said, adding non-Indigenous veterans also have the same pride.

Among the many ways the AVSA seeks to help Indigenous veterans is to work to get them into living situations that are respectful and afford them the dignity they deserve.

"We find homeless veterans and we attempt to get them care and get them into a home where they can be looked after and live the remainder of their lives in dignity," McDonald said.

The society also tries to go out and find veterans who have been placed in nursing

homes by their families and essentially left there. Those veterans should be in veterans' hospitals, McDonald said, but it is often difficult to get them into those facilities.

In conjunction with the Royal Canadian Legion, the society's goal is to honour Indigenous veterans while they are still alive. And when they pass away, the AVSA shifts gears and works "to ensure future generations know the contributions made by Aboriginal veterans," he added.

In death, the AVSA also recognizes the service Indigenous veterans provided to Canada by working to provide the veterans with a dignified burial, cemetery plot and headstone. Many Indigenous groups do not use headstones, McDonald said, but for those individuals who want one, the AVSA will work to get one.

On the whole, McDonald said the AVSA wants to provide support to veterans, in any way it can.

"We support each other," he said. "We advocate [for] and support all veterans."

MAZDA

PACIFIC MAZDA

MAZDA SUMMER DRIVE EVENT

1.49% PURCHASE FINANCING
FOR 60 MONTHS ON 2019 MAZDA3 & 2019 MAZDA CX-5



2019 MAZDA CX-5 GX THE ALL-NEW 2019 MAZDA3 GX

RECEIVE UP TO A \$1,000 SUMMER DRIVE OFFER ON SELECT MODELS

MILITARY & DND INCENTIVE PROGRAM

DL8152

+\$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

Sexual Misconduct Response Centre launches Sexual Assault Centre Contribution Program

DND

Improving access to support services for military members and for the wider Canadian Armed Forces (CAF) community who have been affected by sexual misconduct is a top priority for the Department of National Defence (DND).

Last week, the Sexual Misconduct Response Centre (SMRC) launched the Sexual Assault Centre Contribution Program, as part of Canada's overall commitment to responding to gender-based violence.

This new initiative aims to ensure that affected people in the wider CAF community are better able to cope with the effects of sexual assault, and are better supported to access the services they need. This includes anyone associated with the CAF, including family members, civilian employees, contractors and others impacted by the CAF presence in their community. This program will fund projects proposed by community-based sexual assault centres operating near the 10 CAF bases with the

highest client base.

In addition to addressing gaps in support services for those affected, this contribution program will foster the development of collaborative working relationships between the sexual assault centres and CAF support services.

To be eligible for funding, the applicants must be incorporated Canadian not-for-profit sexual assault service providers and serve a community in the vicinity of one of the specified 10 CAF bases. The total funding amount available is \$2 million. Successful projects will be funded for up to \$50,000 a year for four years (until March 31, 2023) subject to periodic reporting to the SMRC.

The Sexual Assault Centre Contribution Program is part of *It's Time: Canada's Strategy to Prevent and Address Gender-based Violence*. It aligns with *Strong, Secure, Engaged, Canada's Defence Policy*, which recognizes that addressing the problem of sexual misconduct in the CAF is essential to supporting its uniformed members, their families and the wider Defence Team community.

The 10 preselected CAF bases are:

- Canadian Forces Base (CFB) Esquimalt, near Victoria, British Columbia
- CFB Edmonton, in Edmonton, Alberta
- CFB Borden, near Barrie, Ontario
- CFB Kingston, in Kingston, Ontario
- CFB Petawawa, in Petawawa, Ontario
- Canadian Forces Support Unit (Ottawa), in the National Capital Region (Ottawa/Gatineau)
- CFB St. Jean, near Montreal, Quebec
- CFB Valcartier, near Quebec City, Quebec
- CFB Gagetown, near Fredericton, New Brunswick
- CFB Halifax, in Halifax, Nova Scotia

The SMRC will assess project applications and administer the Sexual Assault Centre Contribution Program. More information on the application process and how to contact the SMRC is available on the program website <https://www.canada.ca/en/department-national-defence/programs/sexual-assault-centre-contribution.html>



HMCS Regina awards and promotions

Commander Jacob French, HMCS Regina's commanding officer, handed out awards and promotions to his sailors just before the ship returned home.

Photos by Corporal Stuart Evans, Borden Imaging Services



Petty Officer Second Class Angelo Aries is commissioned to Sub-Lieutenant by Cdr French and Lieutenant (Navy) Nicole Forbes.



Leading Seaman Richard Roundtree receives his Operational Service Expedition Medal from Cdr French.



Master Seaman Gilles Saucier receives his Operational Service Expedition Medal from Cdr French.



Lieutenant (Navy) Richard Barnes receives his Gun Metal Sea Service Insignia from Cdr French.



Ordinary Seaman Bradley Kerschbaum receives his Gun Metal Sea Service Insignia from Cdr French.



Sub-Lieutenant Mackenzie Labrecque receives his Gun Metal Sea Service Insignia from Cdr French.



Lieutenant Craig Bellamy receives his commissioning scroll from Cdr French.

BIS promotion



MS Gould is promoted to his present rank by Commander Nicholas Manley, Base Information Services Officer, and Petty Officer Second Class Gaun Cochran, Operations Watch Supervisor.

 **Want to recognize someone in your unit?**

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

@LookoutNewspaperNavyNews

Were you directly affected by sexual misconduct in a CAF/DND workplace?

Are you a current or former member of the CAF,
or a current or former employee of the DND or
Staff of the Non-Public Funds, Canadian Forces?

A proposed settlement may affect your rights.

Learn more about the lawsuit and proposed settlement,
including your legal rights and options at

caf-dnd-sexualmisconductclassaction.com

or call

1-888-626-2611.



LOOKOUT Classifieds & Real Estate

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

MUSIC LESSONS

Your Music Instruction Headquarters

drums
guitar
bass
piano
electronic keyboard

ESQUIMALT MUSIC
250.385.2263
esquimaltmusic.com

CASTLE CARY PIPES & DRUMS

FREE PIPING AND DRUMMING lessons for military and civilian students. Experienced musicians welcome. Practices TUES 7 PM at Pro Pat Legion, 411 Gorge Road East.

Call Colin
250-385-3982 or Ray
250-721-4011.

REAL ESTATE FOR RENT

BRAND NEW EXECUTIVE LARGE 3 BEDROOM SUITE IN FOURPLEX IN SOOKE

Master bedroom, walk in closet, and en suite; 2 large bedrooms with separate full bath; laundry on bedroom level. Brand new appliances, open concept main floor living space and kitchen with powder room; 2 car drive, garage, ample storage, ocean views, fenced in yard, private road. Perfect for a family. \$2700.00/ month plus all utilities. Call 250-858-1315 or email forgetconstruction@hotmail.com for an appointment.

\$1800/MONTH. ENLISTED MILITARY WILL RECEIVE A DISCOUNT OF 10% OFF THE LISTED RENTAL COST

This street level suite was built in June 2017 with custom kitchen cabinetry and sturdy laminate flooring. The suite has a spacious front room with a good sized bedroom (full closet) plus a den or child sized bedroom. There is a large shared backyard with multiple gardens surrounding the property. Additional features: Inclusive of high speed internet access, hydro, water, dishwasher, and in suite laundry. Minutes walk away from Esquimalt Recreation Center, Saxe Point park, and Esquimalt Plaza (grocery store, liquor store, pharmacy, bank, etc). Perfect for young professional or couple. Must provide references. No dogs, cats considered. Call 778-855-9405 by cell or 250-544-0200 ext. for work.

AVAILABLE IMMEDIATELY

This bright, newly renovated suite has everything including amazing views of Sooke Hills and the Olympic Mountains. Treelane Estates is an adult-oriented community situated right on the banks of the Gorge waterway with waterfront access for swimming, kayaking and diving. Only 5 minutes from downtown Victoria Uptown, Tillicum, Mayfair and Hillside shopping centres. New upgrades include an open concept kitchen with stainless steel appliances, and a renovated modern bathroom. Building has a workshop, games room, outdoor BBQ area and a large common room for larger gatherings. There is covered parking, secure storage, lockup areas for bikes, motorcycles and kayaks. Rent includes water, hot water, garbage and recycling removal, access to building amenities including a guest suite and maintenance. \$1550.00/ month Sorry, no pets. Email crdproperty@gmail.com or call 250-858-6793

UNFURNISHED 4 BEDROOM FAMILY HOME

situated on a quiet street in View Royal and only minutes from the ocean, shopping, schools and bike trail. Large sunny lot and a wonderful neighborhood. Full walk out basement with two 3-piece bathrooms. Available October 1st. \$3,000 a month rent, does not include utilities. Tenant is not expected to do yard maintenance. Contact me at c.chernoff.3@gmail.com

REAL ESTATE FOR SALE

FIND YOUR DREAM HOME!

HOMEVICTORIA.COM

Pemberton Holmes • Diana Winger • 250-588-8839

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

REAL ESTATE FOR RENT

AVAILABLE SEPT 15

Newer large two bedroom, two bath corner unit in View Royal. Partially furnished. Includes 5 appliances, 2 underground parking spaces and storage locker. Hot water included. No smoking, no pets. \$2200 per month. 250 888-3540.

SEMI-FURNISHED TWO-BEDROOM PENTHOUSE CONDO AVAILABLE FOR RENT SEPT. 1

Condominium walking distance to downtown Victoria. 16th floor unit faces south with amazing views of the Strait of Juan de Fuca, the Olympic Peninsula and Sooke hills. There are terraces off each bedroom for morning coffee and watching the sunset over the mountains in the evening. The unit is semi-furnished, includes one bathroom, washer/dryer and kitchen comes with convection oven and microwave. Master bedroom has built-in desk and dresser; the second has built in shelving. A gardener is included in the \$2,700 monthly rent plus a parking spot is available for an additional \$80 per month. Cat OK. Contact Doug Baker at dbaker01@telus.net for any further information or interest in renting the unit.

AVAILABLE NOW

This bright, newly renovated beauty of a suite has everything. Best of all, it boasts an amazing panoramic view; spanning from Mt. Douglas, across downtown and the Gorge waterway, to the Sooke Hills (with the Olympic Mountains as a backdrop!)

Treelane Estates is situated right on the banks of the Gorge waterway. It has waterfront access for swimming, kayaking and diving, and is tucked away from traffic down its park-like private driveway. New upgrades include a new kitchen with stainless steel appliances, a renovated modern bathroom and hardwood flooring throughout. Included in the building are a workshop, games room, outdoor BBQ area and a large common room for larger gatherings. There is covered parking, secure storage, lockup areas for bikes, motorcycles and kayaks. The apartment has its own sunny balcony as well.

Rent includes water, garbage and recycling removal, access to building amenities and maintenance. \$1700.00/month Available for showing. Please email for details. crdproperty@gmail.com

REAL ESTATE FOR SALE

2 BEDROOM, 2 BATHROOM CONDO FOR SALE IN ESQUIMALT.

Southwest facing suite with secure underground parking. Over 1,000 square feet. Shared laundry (only \$0.50 per load). Small pets welcome; +21 age restriction. Call Jacci to view or bring your own realtor. 250-466-4246. **\$329,500**



WALK TO BASE \$329,500

LARGE 2 BEDROOM 2 BED CONDO

Secure underground parking. Over 1000 sq/ft. Third floor – corner unit with enclosed balcony. New flooring throughout, shared laundry and workshop, pets allowed (see bylaws), 21+ building. Bonus: heat & hot water included in monthly strata fee! MLS 414074

Jacci Migowsky
250-466-4246
jaccirae.ca

PEMBERTON HOLMES Pemberton Holmes Real Estate

MASONRY

Chimney repairs, Brick, Block and Stone.



Curtis Masonry

778-676-8057
curtismasonry@outlook.com

SELL IT FAST IN THE CLASSIFIEDS!

250-363-3127

www.lookoutnewspaper.com/classifieds/

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

Tenant Referral Program
Military Discount

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

DEFENCE
on the **DOCK**



DÉFENSE
sur le **QUAI**

**BRINGING
CFB ESQUIMALT
TO YOU**

**LA BFC ESQUIMALT
S'INVITE CHEZ VOUS**



WIN

**A TOUR ON A
SUBMARINE!**

COUREZ

**LA CHANCE
DE VISITER UN
SOUS-MARIN!**



 bit.ly/2019DOTD

**SUNDAY/LE DIMANCHE
SEPTEMBER 15
OGDEN POINT
10 AM - 5 PM**

**SAR DEMOS
HELICOPTER DISPLAY
WARSHIP TOURS
MILITARY BANDS
MILITARY VEHICLES
FOOD TRUCKS**

**DÉMONSTRATION DE SAR
EXPOSITION D'HÉLICOPTÈRES
VISITES DE NAVIRES
MUSIQUE MILITAIRES
VÉHICULES MILITAIRES
CAMIONS-RESTAURANTS**

See the Trades People and Civil Servants of CFB Esquimalt
Faites la connaissance des gens de métiers et des fonctionnaires de la BFC Esquimalt

Live entertainment and talent showcase brought to you by members from CFB Esquimalt
Spectacle et numéros présentés par les artistes de la BFC Esquimalt

GO GREEN / SOYONS ÉCOLO

-  Water refill stations
Postes de ravitaillement en eau
-  Bicycle parking
Stationnement pour vélos
-  Take the Bus
Parcours d'autobus

