

**Your South Island
Real Estate Experts**



south island
HOME TEAM
250-474-4800
www.southislandhometeam.com

• CANADIAN MILITARY'S TRUSTED NEWS SOURCE •

Volume 64 Number 43 | October 28, 2019

LOOKOUT

MARPAC NEWS CFB Esquimalt, Victoria, B.C.

LookoutNewspaperNavyNews @Lookout_news LookoutNavyNews



WALK TO BASE! \$799,900

Tired of the Westshore commute?
3 Bedroom + Den Esquimalt Home. You could be home by now! Beautiful 2006, Arts & Craft style executive home with a large, private, fully fenced back yard featuring patio, shed & beautiful landscaping ideal for entertaining guests & for kids & pets to play! A rare find!



Remax Camosun - Jeff Meyer
Cell 250-885-2047
jeff@jeffmeyer.ca



First poppies pinned

Able Logistics Supply Specialist Jana Ebbett from Her Majesty's New Zealand Ship Te Kaha receives a poppy from Sylvia Vink, poppy chair of Esquimalt Legion Branch No. 172 during a poppy pinning ceremony on October 25.

Photo by Leading Seaman Brendan Gibson, MARPAC Imaging Services

**McCONNAN
BION
O'CONNOR &
PETERSON**
Lawyers

Suite 420 - 880 Douglas St., Victoria
250.385.1383 • Toll Free 1.888.385.1383
www.mcbop.com

ASK ABOUT
MILITARY
DISCOUNTS

We offer
services in
Real Estate,
Wills and
Family Law

CALL US TODAY. 250.380.1602 www.seaspan.com

seaspan
VICTORIA SHIPYARDS

**Downtown
Dental Victoria**

Healthy Beautiful Smile!

Dr. Stephan Picard
250-382-1541

DowntownDentalVictoria.ca

En
Français
Aussi!



In Santa Isabel de Pichana, Lt(N) Place, the CO, and others were treated to a fine meal of fish, fruit, cassava and plantains by the cacique and his family.

Inset: Torrential rain and a low water level made accessing the ship difficult in some cases. A member of the embarked naval infantry detachment helps a woman cross the brow to visit the doctor.

RCN sailor visits Amazon

Lt(N) Sean Place

Late this summer, I had the privilege of being embarked in BAP Río Putumayo II, an Itinerant Social Action Platform (PIAS in Spanish) vessel of the Peruvian Navy or Marina de Guerra del Perú in Spanish. Río Putumayo II and her five sister ships, with seven more planned, provide an invaluable and unique service by bringing a great number of government facilities to small, remote communities in the Peruvian Amazon and Lake Titicaca.

The PIAS-class has been in Peruvian Navy service since 2015, and are mostly based in Iquitos, a city of 300,000 which is only accessible by river and air. The base in Iquitos provides convenient access to the Amazon, Putumayo, Napo, Tigre, Marañon, Yavari, and Ucayali rivers which form the circulatory system of the Loreto region of Northern Peru, which bor-

ders Colombia, Brazil, and Ecuador.

Each PIAS typically completes five 40-day deployments annually, with work periods of varying lengths between deployments. If that seems like a high operational tempo, it is. However, the crews often serve for only one year, and receive a financial bonus for service in the PIAS-class.

A typical community visited by a PIAS is five or six houses made of cedar planks with a roof of woven dried leaves, unglazed windows, no running water or flush toilet, a kitchen hearth, and one or two light bulbs hanging from the ceiling; a one-room schoolhouse with recycled textbooks and no modern technology; people fishing or hunting every day because there is no refrigeration to keep food from spoiling; and communication with the outside world only by expensive satellite phone, or sailing in open canoes to larger towns.

Travelling to larger communities to sell timber, fish, or game, the main legal industries, is expensive, time-consuming, and often impractical due to lack of refrigeration. Many people are lured into the cocaine industry either by promises of easy money, threats, or a combination of both.

In communities such as this, there is no access to medical care, pensions, services to assist with family or sexual violence, social insurance, or any ability for the government to assess the quality of the schools.

That is where the PIAS come in and provides services with the help of approximately 20 civilians embarked. There is an ATM to withdraw cash and a tiny bank branch to assist people in opening accounts, managing savings, and transferring money; small classrooms filled with children's books and educational materials; a dentist; a doctor's office with a laboratory and small

surgery; a vaccination clinic; an obstetrician; a pharmacy; and offices for the national pension, identification, and social insurance systems.

Additionally, representatives of the Ministry of Culture are embarked to ensure due regard is paid to the Kichwa and Murui Muinan+ indigenous cultures of these isolated communities. The PIAS program, which is a collaborative effort of seven government ministries, certainly cannot fix all the problems of the Peruvian Amazon, but it does measurably improve people's lives.

During my time in Río Putumayo II, I visited 22 different communities on the Putumayo or Amazon rivers for one or two days each, where I accompanied the CO in meetings with the cacique, or village leader, to discuss the individual problems faced by



their village. We frequently ate, played sports, and participated in cultural activities with the people of the communities, in order to build trust and good working relationships.

I also spent time working with many of the civilian crew members in their duties, such as by assisting in lessons to children about family violence. Many people were very interested in me because I was the first foreigner to visit their community, and I was treated with great hospitality to

succulent Amazonian meals such as crocodile, piranha, and wild pig.

During my six week Operation Regulus exchange in the Peruvian Navy, I learned a great deal about riverine navigation but even more about the realities of life in a remote part of the world. I was extraordinarily fortunate to witness the natural wonders of the Amazon and Putumayo Rivers, as well as the commendable work of the PIAS program, and it was an experience I will never forget.

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



Dr. Jim Boutilier retires from MARPAC

By SLt M.X. Déry
MARPAC PA Office

Dr Jim Boutilier has gone from a junior officer in the RCN Reserves on the East Coast to being a navigator for the Royal Navy in the UK, then teaching in Fiji to teaching at the then-Royal Roads Military College (RRMC) and ultimately helping West Coast MARPAC commanders understand their theatre of operations in the Asia Pacific region.

After travelling all over the world in many roles and jobs, Dr Boutilier is finally retiring. Unlike his previous transitions in employment, this one should be relatively simple.

At the tender age of 17 he began his Baccalaureate in history at Dalhousie and joined the RCN Reserve at HMCS SCOTIAN under the University Naval Training Divisions scheme. After completing his master's at age 22, he moved to the UK to begin his PhD at the University of London, where he joined the Royal Naval Reserve.

"They had a fleet of mine-sweepers and they navigated

from the English Channel up into the Baltic and much of that area was still dangerous in the 1960s due to mines from the Second World War," explained Dr. Boutilier. "That was a bit of a challenge for a young navigator."

Despite being from Bedford Nova Scotia and navigating the waters around Western Europe, Dr. Boutilier found himself teaching at the University of the South Pacific in Suva, Fiji, in 1969.

As luck would have it though, his naval background and his passion for history coalesced into a professorship at Royal Roads Military College in Victoria.

For the next 24 years, Dr. Boutilier helped create the future leaders of the CAF. "I loved teaching at the military college... I didn't like marking very much, but I loved teaching," he said. "It was very exciting to watch my one-time students advance through their careers."

From the current Chief of Defence Staff to former heads of the RCN, many a commissioned officer took their history lessons from

Dr. Boutilier at Royal Roads Military College before it transitioned to Royal Roads University in 1995, during which he played a key role in saving the school.

After an exhausting 18 final months setting up Royal Roads University, Dr. Boutilier was asked by Rear-Admiral Bruce Johnston to join him at MARPAC as a policy advisor, the position he is retiring from at the end of the month.

"My job was to keep the senior staff informed about what was happening in their area of responsibility," he said. "I have a very broad mandate from Vladivostok all the way to Wellington and West as far as the Persian Gulf."

Although the role of advisor is not the same as teaching, Dr. Boutilier enjoyed the change of pace nonetheless. "I thoroughly enjoy the hands on approach necessary here at MARPAC. I enjoyed the opportunity to get back to sea and the demi-diplomatic dimensions of my job working with foreign diplomats, academics and naval personnel."

After being one of the first

policy advisors in Canada outside of Ottawa, Dr. Boutilier has managed to build his team over the years.

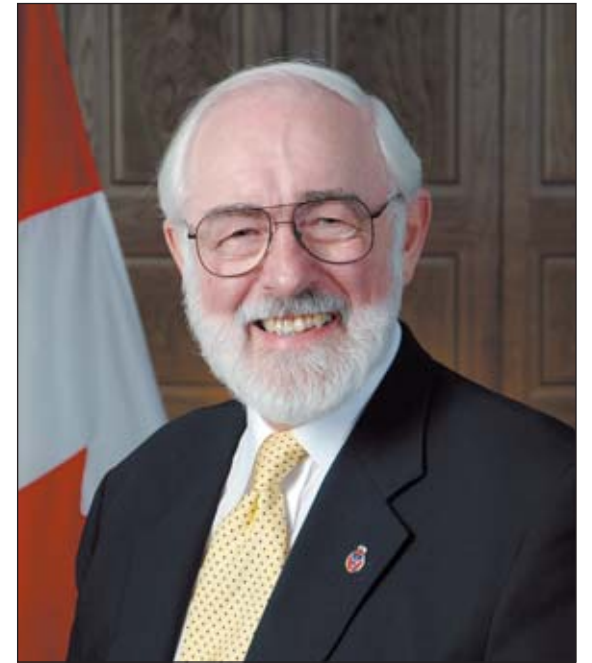
"I have a wonderful staff of young analysts who have been keen, and enthusiastic, and productive, and that has made my job particularly enjoyable. I have been lucky to be so ably supported."

After more than 60 years since he joined the RCN Reserve, Dr. Boutilier is leaving behind his staff and the millions of miles he travelled to talks and conferences, to sit at a big oak desk and attempt to tell his story.

"I'm immodestly going to write an autobiography," he said with a smile, while explaining that he will also be writing two other books.

"Time with my family is what is on the horizon. I have a young daughter who is a very talented musician. I look forward to spending more time with them."

Those wishing to celebrate with Dr. Boutilier before his departure are welcome to come to the Wardroom at 1400 Tuesday, 29 October, for an informal farewell.



I enjoyed the opportunity to get back to sea and the demi-diplomatic dimensions of my job working with foreign diplomats, academics and naval personnel.

Dr. Jim Boutilier

Thursday November 7 7:00pm
Dave Dunnet Theatre at Oak Bay High
admission by donation
tickets at ccpacanada.com or at the door
Proceeds to support the Military Family Resource Center and the Canadian Heritage Arts Society.

Book your Christmas Party at Six Mile Pub!

Let us take care of the cooking and cleaning so you can focus on the entertaining!

We cater to all group sizes - whether it be an intimate dinner for 2 or a Staff Party for 250. Whether you are celebrating Christmas with Family (yes, minors are welcomed at the Six Mile Pub & Eatery), Colleagues, Friends or Neighbours, we have the menus and the rooms to suit your needs!

Contact Marisa at party@6milepub.com or call (250) 478-3121 ext 4

250.478.3121
494 Old Island Hwy. at Six Mile Rd.
www.sixmilepub.com

Matters of OPINION

WHO WE ARE

ACTING EDITOR

Slt Michaël X. Déry 250-363-3372
michael.dery@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 Peter Fuerbringer 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.



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 WE



Cobble Hill Cenotaph Honour Guard

Janice Lee

On October 22, Bob Collins, James Baird, and Keenan Hayes stood on guard for 30 hours at the Cobble Hill Cenotaph in order to recognize Canadian Forces members that have fallen in a non-combative role.

Collins first stood on guard five years ago when Corporal Nathan Cirillo was killed in Ottawa. He refused to leave the cenotaph until Corporal Cirillo was buried and ended up standing guard for three days straight.

"We have to honour all Canadian military members, including the ones that have passed in a non-combative role,"

said Collins. This annual service has been a community effort where families, restaurants, and police have checked up on the men and women throughout the 30 hours.

The people who stand guard are veterans as well as current military members. Each year Hayes plans a trip from Saskatchewan to Vancouver Island to see his family, and part of his trip includes standing guard at the cenotaph in Cobble Hill.

"I have a sense of pride being a military member and I think it is very important to respect our brothers and sisters," said Hayes. From 1911 to present there

have been 2800 members that have lost their lives in non-combative roles, including training exercises and accidents, etc.

The weather is the biggest struggle when it comes to standing guard at the cenotaph. What gets them through the chilly night is knowing why they are there – to represent the fallen of Canada's military. "The fallen men and women are no less of a hero than those who went into conflict," said Baird.



"In Loving Memory of Ordinary Seaman Heidi Clow Oct 19, 1986 - Oct 4, 2009

"A Mind of Tribalism is a Pillar for Injustice and Corruption."

Dr. Mohammed Abad Al Razak

NDWCC OCTOBER/NOVEMBER EVENTS

<http://esquimalt.mil.ca/bcomd/ndwcc/events.htm>

thurs OCT 24	thurs OCT 31	fri NOV 1	tue NOV 5	thurs NOV 7	fri NOV 8	thurs NOV 14	fri NOV 15	wed NOV 20	thurs NOV 21	fri NOV 22	fri NOV 29
TEME Oil Change CivHR Darts	CivHR Bake Sale Halloween Costume Day	BBQ Naden Arena	CivHR Paint	Unit Chili	Base Soup	CivHR Movie	Formation Tug of War Contest/ BBQ: Naden	CivHR Soup Bowl Craft	BIS Bake Sale	Base Chili	BBQ Naden Arena

Trailblazing by making origami from metal

Ashley Evans
FMF

Five years ago Carmen Collins was hired at Fleet Maintenance Facility (FMF) Cape Breton as the first female apprentice in the sheet metal shop where she has worked hard to earn her Journeyman Certificate and Red Seal as a Sheet Metal Worker.

It was back in 2012 when Carmen first began her search for employment at FMF Cape Breton. This was where she wanted her career to be, but first she needed to decide on a school and a specialty. This led her to get in touch with the Trades Program Coordinator at Camosun College to ask if she could sit in on classes of the different trades' options to familiarize herself with each, allowing herself the opportunity to make an educated decision.

This initiative has followed Carmen throughout her career. She quickly knew that sheet metal – which she describes as origami for metal – was the trade for her. Carmen hadn't lost her desire to be hired on

at FMF Cape Breton, and while working in private industry during her 2nd year of school, she finally received the phone call she had been waiting for. There was a position open and she was asked to go in for an interview. She started her career at FMF Cape Breton shortly after, in 2014.

In the fall of 2018 Carmen graduated her apprenticeship and obtained her Journeyman Certificate and Red Seal as a Sheet Metal Worker shortly before being sent to Japan for three-weeks to work on one of the RCN's Canadian Patrol Frigates.

This was the opportunity of a lifetime, and one of her career highlights to date, second to obtaining her Journeyman Certification and Permanent Number at Fleet Maintenance Facility Cape Breton. "It was an incredible experience to be in a new country working for the RCN alongside another nation," she said of working in Japan.

"There is a real lack of women in trades – but there is huge incentive for the women who it is right for,"

said Carmen. Like men, women can begin in a trade and decide half-way through that it isn't for them. The success rate of women who enter a trade program is said to be 1 in 4, with a success rate of only 1-2 per cent. But that 1-2 per cent are dedicated and focused workers, Carmen says.

She may be the sole woman in her shop, however, Carmen feels that she has always been treated the same as anyone else, receiving continued support to integrate herself as a valued member of the FMF CB team, offered the same opportunities for career experience and growth as any other person, male or female.

"I love using my hands and the amount of time I am allowed to be creative. I am given the opportunity to design things from my own eye, and I love working with the guys in my shop and the Royal Canadian Navy (RCN)," she said.

"There is no question that a woman can do this job. From a biological standpoint, men and women



Carmen Collins with a sheet metal laser cutter.

think differently, but when put together work so well together," Carmen continued, "The integration of different races, backgrounds, sexes, and ideas bring together an even bigger and better idea."

While some may believe that women are required to be as strong as a man to get into the trades – especially metal trades – Carmen says

this isn't the case as guidelines for required lifting strength is determined by WorkSafe. "People are hired based on skillset and work ethic," Carmen said.

Carmen is an asset to Fleet Maintenance Facility Cape Breton, which has been shown through her dedication to completing her apprenticeship, obtaining her Red Seal, and seizing

the opportunity to define a role in her shop which didn't before exist, while saying yes to incredible opportunities afforded to her. "I love coming to work every day," says Carmen, "I love that I get to have my entire career here at Dockyard." While she looks up to the female trailblazers who paved the road for her, she is paving a big one of her own.



Resources for women looking into a career in the trades

Camosun Empowering Women in Trades

This is an initiative aimed at providing support for eligible students throughout their Red Seal Apprenticeship Trades Program that may be able to support trades training opportunities for women.

Supports include educational, living, transportation, and childcare costs, assistance with required tools and protective equipment, and mentorship.

More information can be found at: bit.ly/364Dwol

Women in Trades Training (WITT)

For more information, visit: bit.ly/2Pnsq8F

Vancouver Island Construction (ViC) Association

For more information, visit: bit.ly/2PgjbqA

Industry Training Authority

For more information, visit: bit.ly/2MKsrBz

emPOWER Women in the Trades

For more information, visit: bit.ly/2JkJcRj

BCIT Trades Discovery for Women

For more information, visit: bit.ly/32MG8Wu

Want to know what your Base Commander is up to?

Do you use Facebook? Twitter?

Follow Captain (N) Sam Sader @MayorCFBEsq and visit facebook.com/EsquimaltBase/

outshine hair design & esthetics

Offering the best the beauty industry has to offer, we strive to meet our guests' needs above and beyond. We offer full hair and esthetic services by our talented team of professional stylists, barber and skin therapists.

Call us today to book!

10% MILITARY DISCOUNT

Discount applies to all retail products and services from participating service providers.

250-383-5598
890E Esquimalt Rd (at Head Street)

42nd ANNUAL SHOW *Creative Craft Fairs™*

Wrap up your Christmas shopping

Outstanding Christmas Arts, Crafts, Imports & Demos
Over 125 Professional BC Exhibitors

HOURS
Nov. 8th: 11am to 7pm
Nov. 9th: 10am to 5pm
Nov. 10th: 10am to 4pm

Pearkes Rec Centre, 3100 Tillicum Rd, Victoria
www.creativecraftfairs.com • 250-658-0971

Free Tickets Pick them up at **Lookout**
Lookoutnewspaper.com Bldg. 522, Signal Hill



Nurse practitioners

join health clinic team

Peter Mallett
Staff Writer

Canadian Forces Health Services Centre (Pacific) recently announced the first-ever addition of nurse practitioners to its staff in an effort to enhance its service delivery.

France Murdoch, a health care professional with 23 years of experience working in the Ontario health care sector in the field of nursing became the first nurse practitioner to join the clinic health care team in September. Murdoch is the first of three nurse practitioners to join the three Integrated Health Teams (IHT) of CFB Esquimalt with two others coming onboard over the next few months.

According to the Canadian Nurses Association, nurse practitioners are registered nurses who have additional educational and nursing experience, which enables them to autonomously diagnose and treat illness, order and interpret results, prescribe medications, and perform medical procedures when required. Nurse practitioners arrived on the scene in Canada's health care sector in 2006 to address physician shortages and service delivery crunches. In 2018 there were 5,697 nurse practitioners in Canada with more than half of them working in Ontario and less than 500 in British Columbia, but their ranks are growing.

Since Murdoch is the first ever nurse practitioner to work at the base health clinic she understands that she needs to explain her role within the team.

"The big message I want to get across is that I am a nurse and not a doctor and I'm not there to fill their shoes or take over their jobs," said Murdoch. "I work collaboratively with doctors and nurses on staff, and nurse practitioners are a relatively new facet of health care service delivery so it's important for people to know who we are."

Nurse practitioners prescribe to a holistic-based approach says Murdoch, with the biggest part of her job being education. Once the nurse practitioner completes her patient interview and diagnosis, Murdoch says the next step is to educate the patient about their condition.

"The nurse practitioner is very patient centered and the patient is very involved in the decision-making process. They have a big say in their health care and treatment options during their appointment." The role of the nurse practitioner fits well within the clinic's Integrated Health Team concept. The key tenant of this concept puts the patient at the center of care surrounded by a team of medical and mental health providers. The skills and expertise of the nurse practitioner compliment this team exceptionally well.

Murdoch is a member of the base hospital's Integrated Health Team 3 (IHT 3). She is on duty Monday to Friday from 7:30 a.m. to 3:30 p.m. Her duties in the morning are focussed on the health clinic's sick parade that include patients with acute episodes. In the afternoon her focus shifts to booked appointments with patients.

In November the base hospital will welcome its second nurse practitioner to its staff, with a third to be added at a yet to be determined date. Deb Walker, a primary care nurse and Team Lead with IHT 3 says the arrival of Murdoch and future nurse practitioners will greatly improve service delivery.

"Their arrival has been a positive experience already because it makes it easier for military members to get quicker access to our services," said Walker. "With nurse practitioners like France on the job it allows the health team's doctors to focus on patients with a higher acuity."

Murdoch, 43, has undergone 14 years of nursing education throughout her career and received her nurse practitioners' qualification after doing her Masters in Nurse Practitioners at Athabaskan University. She joined the staff of IHT 3 eight weeks ago, marking her first ever experience working for Canada's military.

"It was a big career shift for me but I don't feel like an outsider," said Murdoch. "With the support and encouragement of my new coworkers, the learning I have done in the past eight weeks has been incredible."



GOT DEBT?

We Can Solve Your Debt Puzzle

LOCAL – RELIABLE – OVER 20 YEARS IN VICTORIA

WE'VE HELPED THOUSANDS OF PEOPLE ELIMINATE THEIR DEBT WITH FEDERALLY REGULATED PROGRAMS.

Let us help you too!

FREE CONSULTATION

250-386-8778

www.cecraig.com



FEDERALLY LICENSED

Want to know what your Base Commander is up to?
Follow Captain (N) Sam Sader @MayorCFBESq
and visit facebook.com/EsquimaltBase/



GET LIT THIS WEEKEND

Making Scents of it all!

BEARD FOR GEN
BATTLE RATTLE CANDLE COMPANY
scented candle - bougie parfumée

ISAF-UCCINO
BATTLE RATTLE CANDLE COMPANY
scented candle - bougie parfumée

ACTIVE PASS
BATTLE RATTLE CANDLE COMPANY

BATTLE RATTLE CANDLE COMPANY.COM



Naval and Military Museum launches new website

CFB Esquimalt Naval and Military Museum has just launched a dynamic new version of its informative website at www.navalandmilitarymuseum.org

It features new content, new resources for researchers, and a brand new look and feel.

This is the third iteration of the museum site, which is now in its 19th year. During that period, millions of people have visited the website to learn about the history and heritage of the naval presence on Canada's West Coast, and

of the military on Southern Vancouver Island.

The latest rollout of the site follows months of intensive effort by Ardent West Creative Directors Denis Eve and Olivia Hernandez, in cooperation with the museum's webmaster and exhibit designer, Clare Sharpe.

Sharpe has worked on the museum's online presence consistently since 2000, when the first website for CFB Esquimalt Naval and Military Museum was designed by volunteer Wayne Lidstone. In 2013, the site was redesigned again, by

Joseph Kotopski, a graduate student from Q College, and served the museum well for several years.

Sharpe is delighted with the Mark III reorganization and redevelopment of the site, and says its usefulness has already been demonstrated: "We're getting a strong positive response to the new site, in just a few short days of going live."

The fact that it now includes effective contact forms and artifact donation forms is enabling museum staff to communicate well with our visitors

and potential donors, and has enhanced our accessibility."

The fact that the site has been fully optimized for mobile devices, with a strong and engaging visual aesthetic, is another big plus. "Obviously, the look and feel of the website is very important, and we love its style, appearance and layout," Sharpe commented.

She notes that the old web site, being from the era it was, "was at best mobile friendly-ish." But the new website is completely responsive in layout and design for all potential plat-

forms and devices. All images and pdf downloads are organized, named and presented in a significantly improved user-friendly manner to enhance the experience of the users and to maximize their searchability on Google. In addition, the navigational structure and architecture ensures that users will find it much easier to retrieve content and documentation relevant to their interests.

"We believe it's a major step forward in sharing our museum and archives with a wider online community," says Sharpe.

For all your MARPAC navy news visit lookoutnewspaper.com

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
• SHOP • DONATE • VOLUNTEER

Working for our community
Mitzi Dean
 MLA, Esquimalt-Metchosin
 250-952-5885
 #104-1497 Admirals Road
Mitzi.Dean.MLA@leg.bc.ca / MitziDean.ca

Treatment Shouldn't Feel Like Punishment

Serving the Department of National Defence and Veterans Affairs Canada since 2009

Our highly personalized addiction and trauma program is designed exclusively for mature, successful men who expect—and deserve—our utmost respect. That is why we guarantee daily 1-on-1 treatment tailored to a client's unique needs. If you or your client aspires to something more than mere sobriety, call us today.

Canada's Leader in Men's Addiction and Trauma Treatment

24-hour medical services, psychiatric assessment, group and 1-on-1 psychotherapy, EMDR, hypnotherapy, and more. Inpatient services only.

ACCREDITATION CANADA / AGRÈMENT CANADA
 Driving Quality Health Services / Force motrice de la qualité des services de santé

BLUE CROSS

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

www.schc.ca | info@schc.ca

register at schc.ca

TRAVELLING FLU CLINICS

(Immunization Clinic closed during these times)

Fleet Diving Unit Sick Bay.....30 Oct 1230 - 1400
 Albert Head AH1075.....15 Nov 1000 - 1200

Proud to support Canada's fleet

Marine >
 Land >
 Aviation >
 Cavendish Nuclear >
babcockcanada.com

Emergency Preparedness Fair

MFRC
 ESQUIMALT

EMERGENCY RESPONSE
 INTERVENTION D'URGENCE

Wed Nov 6

6-9pm
 Colwood Pacific Activity Centre
 RSVP: esquimaltmfrc.com/epf

Q College
 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

Q College
 LEARN TO CODE

250.298.5059 | info@qcollege.com
QCollege.com

HMCS OTTAWA PARTICIPATES IN KAEDEX

Captain Jenn Jackson
 HMCS Ottawa, PAO

Her Majesty's Canadian Ship (HMCS) Ottawa recently operated with the Japan Maritime Self-Defense Force (JMSDF) in KAEDEX, a bilateral exercise, alongside and near Yokosuka, Japan while deployed on Operations Projection and Neon.

Held annually in the Asia-Pacific region since 2016, this exercise includes serials conducted alongside and at sea and focuses on strengthening interoperability between the two allies. The name "KAEDEX" was a mutually agreed upon name between the RCN and JMSDF as "KAEDE" is the Japanese word for maple tree. The JMSDF proposed this name to honour the RCN's involvement.

"Despite having to scale back some serials due to the aftermath of super-typhoon Hagibis, KAEDEX provided Ottawa and her crew an opportunity to work with one of our close allies in a number of different scenarios, including cooperative development of Naval Boarding Party skills and Anti-Submarine Warfare," said Commander (Cdr) Alex Barlow, Ottawa's Commanding Officer.

Super-typhoon Hagibis passed over Yokosuka, Japan on October 12, 2019 causing wide-spread destruction. It also delayed Ottawa's arrival and planning for KAEDEX; however despite the delay and the shorter window to operate, the KAEDEX was completed.

Ottawa Deck Officer, Lt(N) Gill Herlinger coordinated the alongside Naval Boarding Exercise which took

place on October 16 prior to all three ships departing for sea.

"KAEDEX was a great opportunity for my team to see how another nation's boarding team operates. We got the chance to demonstrate and talk about some basic boarding tactics with the teams from Chokai and Shimakaze," said Lt(N) Herlinger.

"So much that we do nowadays happens through email, or messages that it's really great when you get those face to face opportunities to actually meet people in a setting where you have lots of time to discuss details to enhance training."

Both teams simulated a boarding with members from Ottawa's crew acting as civilian sailors on a vessel of interest. Following this, demonstrations on subduing, searching, and other boarding party tactics rounded out the exercise.

The following day at sea, Ottawa and JS Chokai and JS Shimakaze conducted manoeuvres together, including practicing Replenishment-at-Sea (RAS) approaches, with each taking turns at being the guide ship.

"The Officer of the Watch manoeuvres serial and RAS approaches with our two consorts was excellent training for our Bridgeworkers," says Lt(N) Tom Gray, Ottawa's Navigating Officer, and coordinator for the manoeuvres serial of the exercise.

"They were able to practice their relative velocity solutions and giving block reports to the captain. This assists in preparing them for the upcoming multi-ship ANNUALEX in November."

After manoeuvres, KAEDEX

continued with a cooperative anti-submarine warfare (ASW) exercise that provided an opportunity for all three ships to practice their ASW in a multinational environment.

"The ASW exercise was a great opportunity to practice tactics and procedures with our allies in the region," says Lt(N) Will Chong, Ottawa's Operations Officer and ASW Exercise coordinator. "Although there was a language barrier, a lot of our practices were similar and it gave the operations team an excellent challenge in deciphering communications and understanding how the JMSDF defends against submarines."

With all serials completed, it was time for Ottawa to say good-bye to JS Chokai and JS Shimakaze. For the final manoeuvre of the day, Chokai and Shimakaze conducted a sail past on Ottawa, who played "Not Ready to Go" by the Trews over the loudspeaker, while all three crews waved their farewells before departing into the sunset.

Upon completion of KAEDEX, Ottawa's mission shifted from Operation Projection, conducting forward naval presence operations in the Asia-Pacific region as well as conducting cooperative deployments and participating in international naval exercises with partner nations, to supporting Operation Neon, Canada's contribution to the enforcement United Nations Security Council Resolutions 2375 and 2397.



Right: Commander Alex Barlow, Captain of HMCS Ottawa, waves goodbye to JS Chokai and JS Shimakaze on October 17 at the conclusion of KAEDEX.

Below: Sub-Lieutenant Riley Perrior discusses Ottawa's Boarding Party techniques with members of the Japan Maritime Defense Force during a joint naval boarding party exercise onboard HMCS Ottawa on October 16 alongside Yokosuka, Japan while deployed on Operations Projection and Neon.

Photos by Leading Seaman Victoria Loganov



OTTAWA SAILOR SNAPSHOTS



LS BRAYDEN HART-YOUNG AND LS SARAH GUNDERSON, NAVAL COMBAT INFORMATION OPERATORS

Regular Force: 3.5 years

Career Highlight:

LS Hart-Young: All of the opportunities for travel and adventure with friends, specifically the many months of all expenses paid vacation to CFB Halifax!

LS Gunderson: I enjoy all the travel I get to do, especially visiting Shanghai, Thailand and Hawaii. Also getting the opportunity to do an open water dive in the Sea of Japan.

Deployment must have: each other cause we are best pals!

"Dear our beloved JC. We hope you are surviving at home without us. Send our love to our God Children. We will be home soon!"



SGT RODNEY WIEBE, SUPPLY/WAREHOUSE SUPERVISOR

Regular Force: 16 years

Career Highlight: I have found that the comradery within a unit is a living entity, always changing as member are posted in and out. With that and due to the challenges of growing in the military, I have discovered lifelong friendships that would not have been if I had not joined the CAF.

Deployment must have: my camouflage hat (and clean underwear, thanks mom).

Ottawa conducts ship manoeuvres with JS Chokai and JS Shimakaze.



LT(N) CHRIS SHOOK, COMMUNICATIONS AND INFORMATION SYSTEMS OFFICER

Regular Force: 13 years

Career Highlight: Deploying on five Operations and having the opportunity to sail on different country's ships and see how they operate.

Deployment must have: books, and with an e-reader it is easy to bring a lot more books with you.

"To my wife Diana, I miss you and I will see you soon."



AB JULIAN NHAN, NESOP

Regular Force: 3 years

Career Highlight: Deploying and doing this Sailor Snapshot Profile. I've always wanted to be part of the propaganda machine!

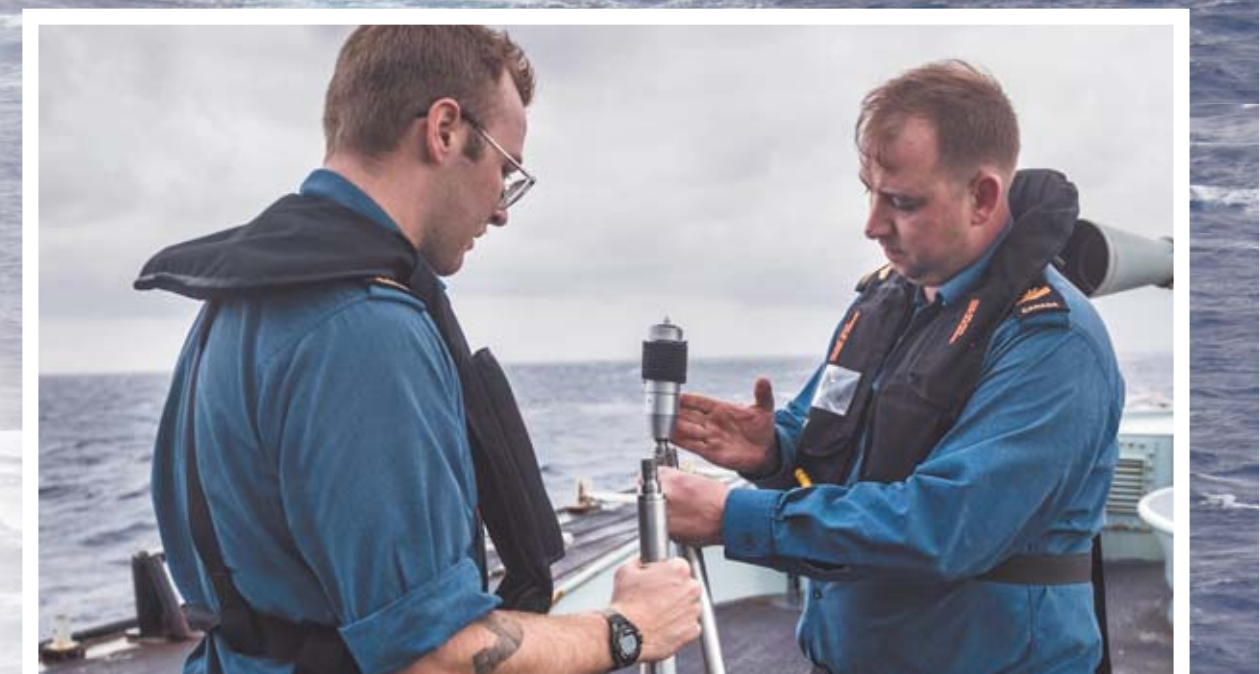
Deployment must have: a positive attitude

"Hello family, I miss you but I am making mad money out here!"



Above: Japan Maritime Self-Defense Force Boarding Party team members carry out a simulated boarding during a joint naval boarding party exercise on board HMCS Ottawa.

Right: Weapons Engineering Technicians Master Seaman Travis Hadwin and Able Seaman Elliot Poole prepare to clean the barrel of the 57-millimeter gun as part of pre-fire maintenance.





Left: Jim Diack and the Honourable Janet Austin. Photo by Rachel Rilko, Government House



THE FIRST POPPY PRESENTATION IN BRITISH COLUMBIA

The Honourable Janet Austin was presented the First Poppy by Jim Diack, Command Treasurer from the BC/Yukon Command of the Royal Canadian Legion on 18 Oct at Government House.

This symbolic gesture marks the start of the 2019 Poppy Campaign, a fundraiser in support of programs and services for veterans and their families.

From the last Friday of October to November

11, tens of millions of Canadians wear a Poppy as a visual pledge to honour Canada's Veterans and remember those who sacrificed for the freedoms we enjoy today. While the Poppy is distributed freely to all who wish to wear one, the Legion gratefully accepts donations to the Poppy Fund.

Along with the first poppy, the Poppy Fund also presented Her Honour with a poppy scarf.

Tree Decorating Contest

Hurry! Decorating starts Nov 25. To register contact Christine Farrington at christine.farrington@forces.gc.ca or 3-2648.



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



Helping Military Veterans

Reclaim Their Health

Though you served as part of a team, each of you left the military with unique experiences that call for individualized treatment and care.

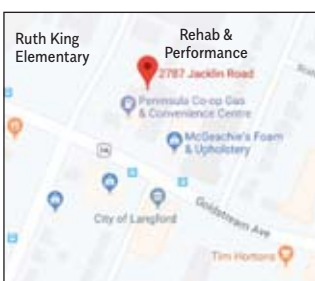
We offer programs that are tailored to you, in a welcoming and supportive Veteran only facility.



Our Programs include:

- Physiotherapy
- Kinesiology
- Massage Therapy
- Pain Education
- Dietitian Services
- Discharge Planning

✓ Military Veteran / RCMP Only ✓ Small Groups ✓ Funding Available



For information regarding funding and enrollment please contact us at:
778-535-5312
info@rehabandperform.com

Langford: #107 2787 Jacklin Road
veteranrehabandperform.com



SCHOLARSHIPS FOR MILITARY AND VETERANS.*

WWW.SPROTTSHAW.COM

VICTORIA: 250-384-8121

Men's Cuts Military Discount



SAME DAY APPOINTMENTS CALL OR TEXT ANGELA:

FUSION HAIRWORKS

(250) 413-7972

257 GLENAIRLIE DR. (JUST MINUTES FROM BASE!) DRIVE IN OR RIDE IN Accessible off the E&N Trail

Naval Association of Canada presents museum with donation

At the offices of the CFB Esquimalt Naval & Military Museum the Naval Association of Canada's National President Bill Conconi presented a cheque for \$2000 from the Association's Endowment Fund to the museum's curator Debbie Towell. Also present was Paul O'Reilly, a museum volunteer who supports the museum's archiving function.

The funds will be used to support the museum's Digital Imagery Archiving Project which is an ongoing effort by the museum to digitally scan photographs held in their archives or donated to the museum.

The digitized images are catalogued and filed using specialized software that allows for the preservation of these historically valuable images related to our local naval and military history.

"This donation will help us to add more images to our archives

in a way that will preserve them for posterity and allow historical researchers and the general public greater access to those images" stated Debbie Towell.

The museum funds this effort through monies received from admissions donations at the door, research fees and donations by individuals and organizations like the Naval Association that understand the value of the project.

"Images from our past are very valuable in our understanding of our naval and military history and the Naval Association of Canada is delighted to be able to support the important efforts of the museum in this respect", stated Bill Conconi.

The museum is open during winter visiting hours from Monday to Friday 10:00 to 3:30. For more information see the museum website at: www.naval-military-museum.org

The CFB Esquimalt Military and Naval Museum offices the Naval Association of Canada (NAC), represented by National NAC President Bill Conconi (R) presents a cheque for \$2000 from the NAC Endowment Fund to curator Debbie Towell (C) in support of the museum's digital imagery project. Also in attendance was Paul O'Reilly (L), a museum volunteer, who supports the project.

Photo by Paul Seguna, NAC-VI



This donation will help us to add more images to our archives in a way that will preserve them for posterity and allow historical researchers and the general public greater access to those images.


Debbie Towell, Museum Curator



PACIFIC MAZDA

THE MAZDA CLEAROUT EVENT

0% PURCHASE FINANCING*
ON SELECT NEW MODELS



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

RECEIVE A CLEAROUT BONUS

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



GUARANTEED ACCEPTANCE
Critical Illness Insurance
Assurance maladie grave
À APPROBATION GARANTIE

PROTECTION FOR THE ENTIRE FAMILY
UNE PROTECTION POUR TOUTE LA FAMILLE



LIMITED TIME OFFER ENDS
NOVEMBER 30TH, 2019
CETTE OFFRE D'UNE DURÉE
LIMITÉE SE TERMINE LE
30 NOVEMBRE 2019



Exclusively for the Canadian Armed Forces



Assurance offerte exclusivement aux Forces armées canadiennes



No medical questions, no examinations

Financial protection for 25 common critical illnesses (up to \$50,000 of coverage)



Aucune question d'ordre médical ni examen

Une protection financière pour 25 maladies graves courantes (jusqu'à 50 000 \$ de couverture)

Contact your local SISIP Financial Advisor or visit sisipci.ca/promo
Communiquez avec votre conseiller financier local de la Financière SISIP ou visitez sisipci.ca/cipromo

NOTE: If you already have \$50,000 of Guaranteed Acceptance Critical Illness Insurance under this plan, you may not apply for more under this offer. If you have \$25,000 you may only apply for an additional \$25,000. If you have previously received a Covered Condition Benefit payment under this group policy, you may apply but the covered condition for which you received payment, as well as any related Multiple Event Covered Conditions, will be excluded from your coverage. **REMARQUE :** Si vous avez déjà souscrits à 50 000 \$ de couverture à approbation garantie d'assurance sous ce régime, vous n'êtes pas éligible pour cette offre. Si vous avez présentement un montant de 25 000 \$ d'assurance maladie grave à approbation garantie aux termes du présent régime, vous pouvez soumettre une demande de couverture additionnelle de 25 000 \$. Si vous avez déjà reçu une prestation d'assurance maladie grave aux termes du présent régime, vous pouvez soumettre une demande mais la maladie ou affection couverte pour laquelle vous avez reçu une prestation, ainsi que toute maladie ou affection couverte aux termes de la garantie protection MultiPrestations reliée, sera exclue de votre couverture.





IA Financial Group is a business name and trademark of Industrial Alliance Insurance and Financial Services Inc.
IA Groupe financier est une marque de commerce et un autre nom sous lequel l'Industrielle Alliance, Assurance et services financiers inc. exerce ses activités.



About Christ Church

Christ Church Cathedral, located on the traditional lands of the Lekwungen peoples, is the episcopal seat of the Bishop of the Anglican Diocese of British Columbia, which includes Vancouver Island and the Gulf Islands. The cathedral has a large parish community and contributes to the cultural, social and spiritual life of Capital Regional District residents and visitors. The Gothic cathedral, one of Canada's largest churches, was designed in 1896.

For more information go to: www.christchurchcathedral.bc.ca

The sacrifices made by men and women during wartime, peacekeeping and other missions loom large in our collective memory. Christ Church Cathedral will make them loom larger this year through a new project called Remembrance Illuminated. For four evenings leading up to and including Remembrance Day (Nov. 8-11), photos of Victorians and other Canadians will be projected several stories high onto the south tower of the cathedral.

The public can view the 20-minute show from the south green space known as Cathedral Commons (Burdett and Quadra) for two hours each evening. There will be hot chocolate provided and people are welcome to explore the wartime display inside the cathedral.

What: Remembrance Illuminated. 20-minute show
When: Nov. 8, 9, 10, 11
Time: 7 pm to 9 pm
Where: Christ Church Cathedral, 930 Burdett Ave.

Note: an additional family-friendly concert is in the cathedral on Nov. 10, at 6.00 pm. Saint-Saëns' Carnival of the Animals, is a humorous orchestral suite performed by Orchestre Symphonique de Montreal organist Jean-Willy Kunz. He will be joined by broadcaster and poet Bill Richardson reading his own comic narrative texts. Admission by donation for the one-hour concert.

"This illumination is intended as a gift

to the community – an artistic reminder of Canadians' role in international conflict from World War I and II through peacekeeping missions and Afghanistan," said Michael Utgaard, who leads the creative team for the event.

Coordinated by the Friends of Christ Church Cathedral, the event is also supported by the Canadian Scottish Regimental Museum and the Regimental Pipe Band. "This illumination project offers a chance for families to reflect on the sacrifices made by our community members and others," said Ansley Tucker, dean of Christ Church Cathedral. "The Cathedral Commons is a natural gathering place for the immediate neighbourhood and beyond. We welcome people to join us."

**THE NADEN BAND
OF THE ROYAL CANADIAN NAVY**



Presented by



In support of



Bravo Zulu

Naval Fleet School (Pacific) PLQ 0217 Graduation

Commander Cory Foreman, Base Administrative Officer, presented Certificates of Military Achievement during the Naval Fleet School (Pacific) Primary Leadership Qualification Course 0217 Graduation Ceremony on Sept. 27.

Photos by LS Sisi Xu, MARPAC Imaging Services



MS Beaton receives his certificate.



LS Bernier receives his certificate.



LS Brisley receives his certificate.



MS Castellan receives his certificate.



LS Cunningham receives her certificate.



LS Davis receives his certificate.



MS Dawkins receives his certificate.



MS Dunlop receives his certificate.



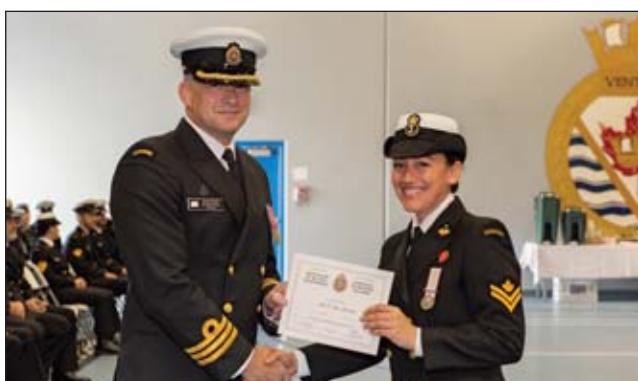
MS Gozzola receives his certificate.



Corporal Kenny receives his certificate.



MS Leeson receives his certificate.



MS Mac Andrew receives her certificate.



LS McCarty receives his certificate.



MS Moro receives his certificate.



MS Nadeau receives his certificate.



MS Pearson receives his certificate.

Bravo ZULU

Naval Fleet School (Pacific) PLQ 0217 Graduation

Photos by LS Sisi Xu, MARPAC Imaging Services



MS Rautenstrauch receives her certificate.



MS Schultz receives her certificate.



MS Semeniuk receives his certificate.



MS Soto receives his certificate.



LS Stone receives his certificate.



MS Tipper receives her certificate.



MS Stone (right) is promoted to his current rank by LCdr Chris Maier, Commander of the Campus Support Division.



MS Dunlop (right) receives the Chief and Petty Officer's Association Award, presented to the top student, from CPO1 David Morse, Unit Chief of Fleet Maintenance Facility Cape Breton.



MS Beaton (right) receives the Formation Chief Petty Officer Award from CPO1 Ian Kelly, Base Chief Petty Officer.



MS Nadeau (right) receives the Primary Leadership Esprit De Corps Award from CPO2 Jason St-Jean, School Regulation Chief.



MS Dunlop (right) receives the Primary Leadership Qualification Drill Trophy from CPO2 Carl Dixon, the Leadership Chief Petty Officer.

Bravo ZULU NPTG Awards and Promotions



Lt(N) Angelo Aires receives his commission by Cdr Fortin.



A/SLt De Leon Caballero is promoted to his current rank by Cdr Fortin and LCdr Todd Kennedy.



A/SLt Unger is promoted to his current rank by Cdr Fortin and LCdr Todd Kennedy.

LOOKOUT Classifieds & Real Estate

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

MUSIC LESSONS

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.

SERVICES

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.lifetimenetworks.org

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

THERE ARE OVER 1000 FOSTER CHILDREN ON VANCOUVER ISLAND!

Foster homes are needed!
 • Become a foster parent
 • Offer relief or respite
 • Spread the word
fosterhope.ca

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. 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. \$2,700 a month plus all utilities. Call 250-858-1315 or email forgetconstruction@hotmail.com for an appointment.

BRAND NEW ONE BEDROOM SUITE IN SOUTHPOINT
 New one-bedroom suite for \$1,250 per month. The suite has nine-foot ceilings, new kitchen, laminate wood floors, new washer dryer, over 640 sq. ft. with access to sunny back yard. Just off Leigh Road for easy access in and out of town. Includes water and unlimited internet, electricity is extra. A credit check is required. Available Nov 1. Contact Scott at 250-208-5454.

FURNISHED OR UNFURNISHED 1 BEDROOM GROUND LEVEL CONDO FOR RENT @ 1315 ESQUIMALT RD.
 Street access to front door. Available Jan. 1st. Furnished \$1900 or Unfurnished \$1,600, cat friendly, full size appliances, electric fireplace, in-suite laundry, large patio, laminate floor throughout, 9ft ceilings, full gym access, full sized utility shed for storage, secure underground parking, direct bus to downtown or UVic, hot water included, 6 month lease, references required. Across the street is Red Barn grocery store, Tudor House liquor store & 24hr convenience store. Walking distance to all amenities. Serious inquiries only pls. Call or text 250-812-8590



NOW RENTING - ELEVATED APARTMENTS
 New construction, views. 665 Redington Ave. next to Millstream Village.
 1 bdm - \$1,475. Now and Nov. 1st. (250) 532-0226. www.terraalta.ca

MOVING & STORAGE

Since 1975
BARRY'S
 MOVING & STORAGE LTD.
 Phone: 250-475-0022
 Toll Free: 1-877-475-0022
 Email: info@barrysmoving.com
MILITARY DISCOUNT
 FOR RESIDENTIAL MOVES
www.barrysmoving.com

VEHICLES

We're on the Gorge!
 Call or text for your vehicle today:
GARRY GROTH
 OFFICE (250) 384-1476
 MOBILE (250) 886-0129
garry@vanisleautobrokers.ca
VAN ISLE AUTO BROKERS
www.vanisleautobrokers.ca

REAL ESTATE FOR RENT

ONE BEDROOM BSMT SUITE AVAILABLE DEC. 1, IN ESQ.
 One year lease \$1,450/mo
 Includes: Hydro, Heat, Water, Fridge, Stove, Gas F/P, W/D, storage, 1 parking spot.
 Private entrance.
 No smoking/No pets.
 References required.
 Call 250-888-8006 or stephen.hussey@shaw.ca

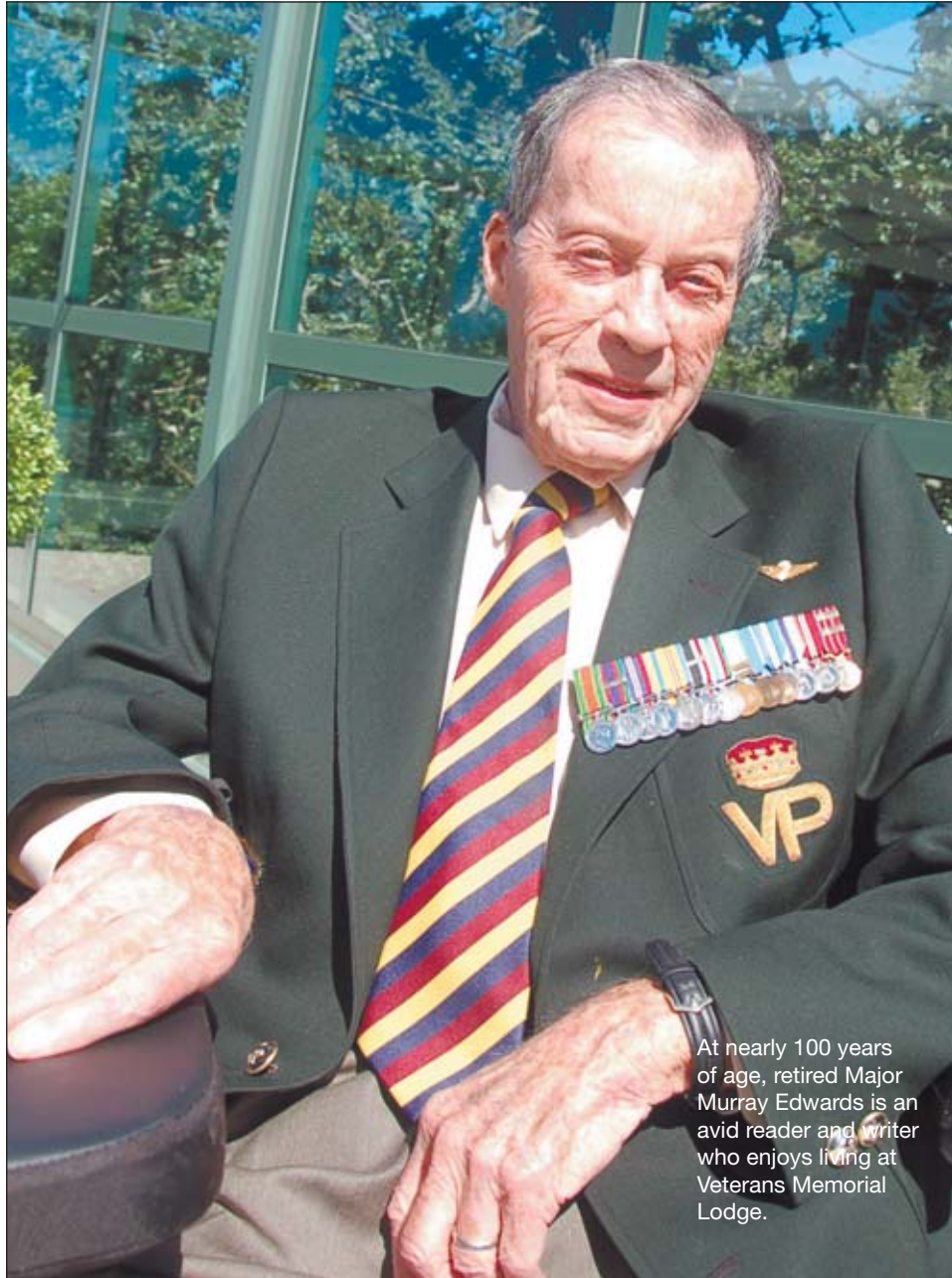
2 BEDROOM TOP FLOOR SUITE
\$1325/MONTH • ESQUIMALT
 Quiet, clean adult building available November 15, 2019. Great location, close to all amenities and downtown Victoria! Near Esquimalt Plaza Shopping Centre, gym, library, Naval Base, and bus routes. Must provide references/Cats allowed.
Please call 250-888-1212 between 8AM-4PM (no texts)

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

FIND US ONLINE WWW.LOOKOUTNEWSPAPER.COM

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



At nearly 100 years of age, retired Major Murray Edwards is an avid reader and writer who enjoys living at Veterans Memorial Lodge.

We will remember them.

At Broadmead Care, we consider it a privilege to care for those who gave so much for us.

We respect and honour our veterans through our Legacy Fund.

Help us remember them by donating today at www.broadmeadcare.com/donate.

BECKLEY FARM LODGE | HARRIET HOUSE | NIGEL HOUSE
REST HAVEN LODGE | VETERANS HEALTH CENTRE
VETERANS MEMORIAL LODGE

Broadmead Care
4579 Chatterton Way
Victoria BC V8X 4Y7
Tel: 250.658.0311

Broadmead Care Society is a registered charity. #129290383 RR0001



CELEBRATING 44 YEARS OF LIVE THEATRE
PRESENT

NOVEMBER 14TH - 23RD, 2019

7:00 PM & 2:00 PM PERFORMANCES

The Ridge Playhouse
(Claremont Secondary)
4980 Wesley Victoria BC

Tickets: \$12.00 - \$25.00 + s/c | Group Rates Available

Online: www.rmts.bc.ca
In Person: #3 Centennial Square
Tel: 250.386.6121



A MUST SEE
VANCOUVER ISLAND
PREMIERE



ROALD DAHL'S
Matilda
THE MUSICAL

STARRING

Samantha Madill as MATILDA
Matthew Paxman as MISS TRUNCHBULL
Jessica Paxman as MISS HONEY
Jim Goodman as MR. WORMWOOD
Jennifer Wilde as MRS. WORMWOOD
Oliver Paxman as MICHAEL WORMWOOD
Tenyjah McKenna as MRS. PHELPS
Kate Niedjalski as LAVENDER
Hayden Paxman as BRUCE

Produced By: TONY JAMES
Stage Direction by: SARAH & BRET NEWTON
Musical Direction by: KATHY MIDDLETON
Lead Choreography by: MARY ALICE JENKINS
Costumes by: KRISHNA BUYSSCHAERT / EDEN KARLSSON
Scenic Design by: MIRELLA STANDBRIDGE & TERESA LINDSAY
Properties by: HUNTER BOUCHER
Stage Management by: ANDREA BLACK

Winner of 50 international awards including 4 Tony Awards ® and a record-breaking 7 Olivier Awards ® including Best Musical



www.fsmtheatre.ca