

LOOKOUT

newspaper.com

MARPAC NEWS CFB Esquimalt, Victoria, B.C.

LookoutNewspaperNavyNews
@Lookout_news
LookoutNavyNews

CANADIAN MILITARY'S
TRUSTED NEWS SOURCE

CANEX

**WE ARE
BACK OPEN!
SAFETY MEASURES
IN PLACE!**

COME SHOP!

Mon to Friday 9am to 5pm
Sat / Sun 10 to 5pm



Farewell CPO1 Kelly

Outgoing Base Chief, CPO1 Ian Kelly stands with his son Naval Cadet Ryan Kelly at the Base Chief Change of Appointment ceremony July 9 at the Chiefs' and Petty Officers' Mess.

Below: Chief Kelly, Capt(N) Sam Sader, Base Commander, and incoming Base Chief, CPO1 Alden Darragh sign the change of appointment certificates.



Welcome CPO1 Darragh



Coffee
is ready!

6 am

A full array of coffee and tea, baked goods and sandwiches so you can grab lunch to go!

IN ADMIRALS WALK PLAZA ACROSS FROM THRIFTY'S
101-1503 ADMIRALS ROAD
Mon-Fri 6 am-4 pm Sat-Sun and Holidays 9 am-4 pm



P. 250.384.1417 **10% DISCOUNT FOR MILITARY AND VETERANS**



DHJL
DINNINGHUNTER JACKSON LAW

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

250.589.4571

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

danmurphy@dinninghunter.com • www.danmurphy.ca



Healthy Beautiful Smile!

Dr. Stephan Picard
250-382-1541

DowntownDentalVictoria.ca

En Français Aussi!



Message from the Base Commander



As the Base continues moving forward with our Business Resumption Plan, this past month has been one of the most challenging yet. Not just for the world at large as we navigate a pandemic, but also within our tightknit defence community.



In the wake of racial justice demonstrations, senior leadership at all levels of the Canadian Armed Forces have heard from our members that you too are experiencing this within our ranks. Recently, the Deputy Minister and Chief of the Defence Staff released a joint message to the Defence Team on racism and discrimination, which was followed by the Commander of the Royal Canadian Navy's Racism and discrimination have no place in RCN message. I encourage all members to read these and to hoist in their message that racism has no place here.

Senior leadership at all levels is committed to engaging in necessary conversations with our members. We are here, we are listening, and we won't stop until we reach a place where no member feels discriminated against.

It is a critical aspect of our people first culture.

As a leader in the RCN, it is troubling to hear that members of our Defence Team are experiencing racism in an institu-

tion that has several policies and diversity strategies aimed at preventing this. Yet, it has not been enough. Last week I participated in an interview with CBC Radio's *On the Island* to discuss racism in the RCN, and I wanted to share a few key messages from my interview with you:

- The RCN does not tolerate hateful conduct in any form. Racism, be it through words or actions, in biases, conscious or unconscious, is completely incompatible with our values, culture and military ethos.

- Our ability to operate as a unit is fundamentally dependant on the fact that everyone in this unit feels safe, feels trusted, feels respected, and feels included, and I'm a big proponent of the notion that diversity is our strength, myself being a visible minority and being honoured and privileged to be the Base Commander of CFB Esquimalt.

- First and foremost we need to have an open dialogue, we need to have a safe space where our members feel welcome and included, and safe to bring up issues, and I will continue to work closely with the Defence Advisory Groups to achieve this. We need to investigate, we need to deep dive into what are those issues, how do we improve them, and we need to continue to talk and not stop talking about those issues until they are fixed and the issue of racism is eliminated.

At the end of June, the province moved into Phase 3 of their B.C. Restart Plan in response to

successful efforts to control the spread of COVID-19. In conjunction with this, the Base continues to move forward with our conditions-based business resumption.

We are currently in our "scaling-up" phase, bringing more of our workforce back to the base in a controlled manner to meet the increasing demand from the Formation units that we are here to support. Base units are bringing back their teams in accordance with public health regulations while still meeting the needs of the fleet as ships get ready to sail for RIMPAC and other operations.

Likewise, Base units are closely coordinating with Fleet Maintenance Facility for materiel support and Naval Personnel Training Group to enable the training system with new requirements such as the Basic Military Qualifications course.

I continue to be impressed and filled with pride at how our Base Team is adapting to the new normal as we prepare for our next phase.

In line with provincial guidelines, members with an approved leave pass are now able to take leave outside the 250-kilometre restricted area, providing they follow their chain of command's directives and adhere to the specific COVID-19 restrictions for their travel destination. Remember to remain vigilant and to follow all recommended Protective Health Measures as COVID-19 is still present and there is still more work to do.

Last week we said good-bye to Base Chief CPO1 Ian Kelly as he moves to NPTG after two years as Base Chief Petty Officer. The superb leadership and guidance he demonstrated throughout his time here, particularly in these last few months as we navigated a pandemic-era way forward, will not be forgotten. Taking over as Base Chief is CPO1 Alden Darragh, formerly the AJAG Pacific Regional Chief. His experience and guidance will be an asset as we develop the Base's post pandemic-normal and I look forward to working with him.

For any of our Defence Team members posted out this summer, I want to thank you and your families for your dedication to the Base and to wish you good luck in your new endeavours. For those newly posted in this APS – welcome to our CFB Esquimalt family.

Again, I want to thank each and everyone of you for all of your hard work and dedication as we move through this unprecedented time together. I want to remind you that you aren't alone; managers and supervisors are here to help you. Communication is vital to our success moving forward; engage in those difficult conversations, and learn from each other. But most important, hear each other.

Stay healthy, stay ready to support, and keep crushing the curve!

Yours aye,
S. Sader
Captain (N)
Commander CFB Esquimalt



Millstream SELF STORAGE

GATE ACCESS: 7 DAYS A WEEK, 7 AM TO 10 PM
OFFICE HOURS: 9 AM TO 5 PM MON-SAT, 10 AM TO 2 PM SUN

- Easy Drive Up Access
- High Tech Security
- Heated Storage Available
- Commercial & Residential
- Mail Boxes
- Competitive Rates
- Packing Supplies

2354 Millstream Road • Ph: 250-478-6534 • email: msstorage@shaw.ca • www.millstreamselfstorage.com

Military Discount



HMCS Yellowknife ready for refit

Peter Mallett
Staff Writer

A team of sailors are preparing *HMCS Yellowknife* for a five-month maintenance project.

Led by Lieutenant (Navy) Jayson Scott-Westfield, 20 sailors and members of the D702 logistics branch have been removing and safely storing sensitive materials from the ship, such as computer hardware and software, for the past six weeks.

"Literally, every item on the ship that isn't bolted down or nailed down is being moved," he said.

Before items can be removed and packed for storage, each item is recorded and registered with its own tracking number.

The team is taking detailed notes of every step performed in order to create a Standard Operating Procedure (SOP) document for future refits involving the Kingston-Class ship. He says a procedural blueprint such as this will help the navy develop a phased plan for similar prep work, outlining requirements and timelines, and making recommendations to avoid any slowdowns.

With preparations completed, it was officially handed over to SNC Lavalin who will oversee all maintenance work.

On July 13, the ship will be towed to Point Hope Shipyards, located in Victoria's Upper Harbour, by two Queen's Harbour Master tug boats.

Like a standard seasonal tune-up for a car, *Yellowknife* will be cleaned and repaired or overhauled where needed, as part of a routine maintenance project to keep it operational in the years to come.

LCdr Colin Dudeck, Group Technical

Officer Coastal Forces Pacific, says this work is fundamental to preserving the lifespan of the six Kingston-Class vessels in the Pacific Fleet, and the six stationed on the Atlantic Coast.

"These vessels have been getting a lot of use, logging a lot of sea time, and all while sitting in saltwater," he said. "Having the ship in dry dock for an extended period is really the only chance we get to see the ship out of water and access its hull and effect more invasive maintenance."

Work on *Yellowknife's* hull and upper deck will include grinding and removal of rust, followed by painting. Inside the ship, workers will replace broken or worn equipment, furniture, and tiling.

SNC Lavalin will complete the installation of new enhanced satellite communication technology - Joint Range Extensions Application Protocol. *HMCS Saskatoon* recently completed a similar refit in February.

Slowing down the overall project is COVID-19 with repeated cleaning and disinfection of surfaces, and physical distancing protocols.

Lt(N) Scott-Westfield was highly impressed with the efforts of his crewmates and logisticians.

"The members have been working a lot harder because of the circumstances, but everyone stayed strong and had positive attitudes about the situation. With the lack of senior leadership

posted to this project, it also became a good growth experience for senior Leading Seamen to manage people during this work."

The new SOP should be ready for the next refit, *HMCS Edmonton*.

Yellowknife is expected to be returned to the navy in December 2020.



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
250-363-3372

SALES REPRESENTATIVES

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

Joshua Buck 250-363-8602
joshua.buck@forces.gc.ca

Brad Schneider 250-880-2705
lookoutnews1@outlook.com

EDITORIAL ADVISORS

A/SLt Michelle Scott 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 lundis, 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 - 3,000
plus many PDF downloads a 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



Keeping Score

Corey Hargreaves
Financial Counselor SISIP Financial,
CFB Esquimalt

While most people have some idea of whether their credit score is good or bad, they really have little understanding of what goes into determining that score; hence, no way of knowing how to improve it, if needed.

There are two credit-reporting agencies in Canada, Equifax or TransUnion, and each of them calculates a score a little differently; so, a person may have two different scores depending on which one it is.

However, the main factors determining a credit score are pretty much the same:

- Payment history,
- Amounts owed,
- Credit history length,
- New applications for credit; and
- Types of credit.

Payment history

Payment history has the most impact on a credit score. Creditors want to know if they extend credit to you, you will pay them back. You must make sure you are making your debt payments by the due date, even for your cell phone.

Amounts owed

The next big impact would be utilization and total amounts owed. Utilization means the amount of credit used versus the total available. Divide all current balances by all the limits and multiply by 100. For example, you have two credit cards with \$5,000 limits and have \$4,000 charged on each; your utilization will be 80%. Ideally, you should stay below 25% utilization.

Credit history length

History length plays a part in your score as well. The longer you have had credit available to you helps your score, so long as it has been paid on time, of course. This is something to consider if you are closing any credit facilities/services; all things being equal you may want to keep the oldest credit facility open as it has the most history reported.

New applications for credit and types of credit

The last two factors are new inquiries and the types of credit you carry. New inquiries are applications made for credit. Typically, it is not a good idea to shop around, making multiple applications when you need a loan or other form of credit. Each time you

make a new application it can be registered to your Credit Report, thereby affecting your score.

As for the types of credit, these can provide some insight when it comes to how you have used money overall. It can help having an installment loan as well as revolving credit, such as a credit card. Ensuring you pay the balance each month will reflect positively on your score and show you are a responsible credit user.

Why credit score matters

Our credit patterns affect our ability to borrow money when needed and, very importantly, the cost (interest rate) of borrowing that money. We are better served by not solely focusing on our credit score; if we manage our money with a budget, using credit responsibly, and only when needed, the score will register that too.

If you have questions regarding credit or rebuilding credit, SISIP Financial is available exclusively to serving members, veterans and spouses. For an appointment, call 250-363-3301 or contact us online at <https://www.sisip.com/en/contact-us>

DHJL
DINNINGHUNTER JACKSON LAW
Dan Murphy, RAdm (Ret'd)
Lawyer with a Military Perspective
250.589.4571
Grievances • Service Discipline • Notary
Pension Appeal • Criminal Defence • General Practice
danmurphy@dinninghunter.com • www.danmurphy.ca

Coffee is ready! **6 am**
A full array of coffee and tea, baked goods and sandwiches so you can grab lunch to go!
IN ADMIRALS WALK PLAZA ACROSS FROM THRIFTY'S
101-1503 ADMIRALS ROAD
Mon-Fri 6 am-4 pm Sat-Sun and Holidays 9 am-4 pm
P: 250.384.1417 **10% DISCOUNT FOR MILITARY AND VETERANS**

Royal United Services Institute of Vancouver Island (RUSI-VI)
FOUNDED 1831, IN VICTORIA SINCE 1927
Our mission - To promote national defence and security issues through discussion and engagement
RUSI-VI is for retired and serving members of the CAF, police and civilians interested in defence and security issues. Members are kept informed on national defence issues through a newsletter and monthly luncheons with expert speakers. Topics cover national defence, terrorism, defence industry and military history. We are also a member of the national Conference of Defence Associations and sponsor an annual military history course at the University of Victoria.
Meetings are on the second Wednesday of each month, September through May. Single membership is \$40.00 per annum.
715 Bay Street • The Bay St Armoury • Victoria, BC V8T 1R1 www.rusiviccda.org

A bedazzling suggestion from Corporal Pete



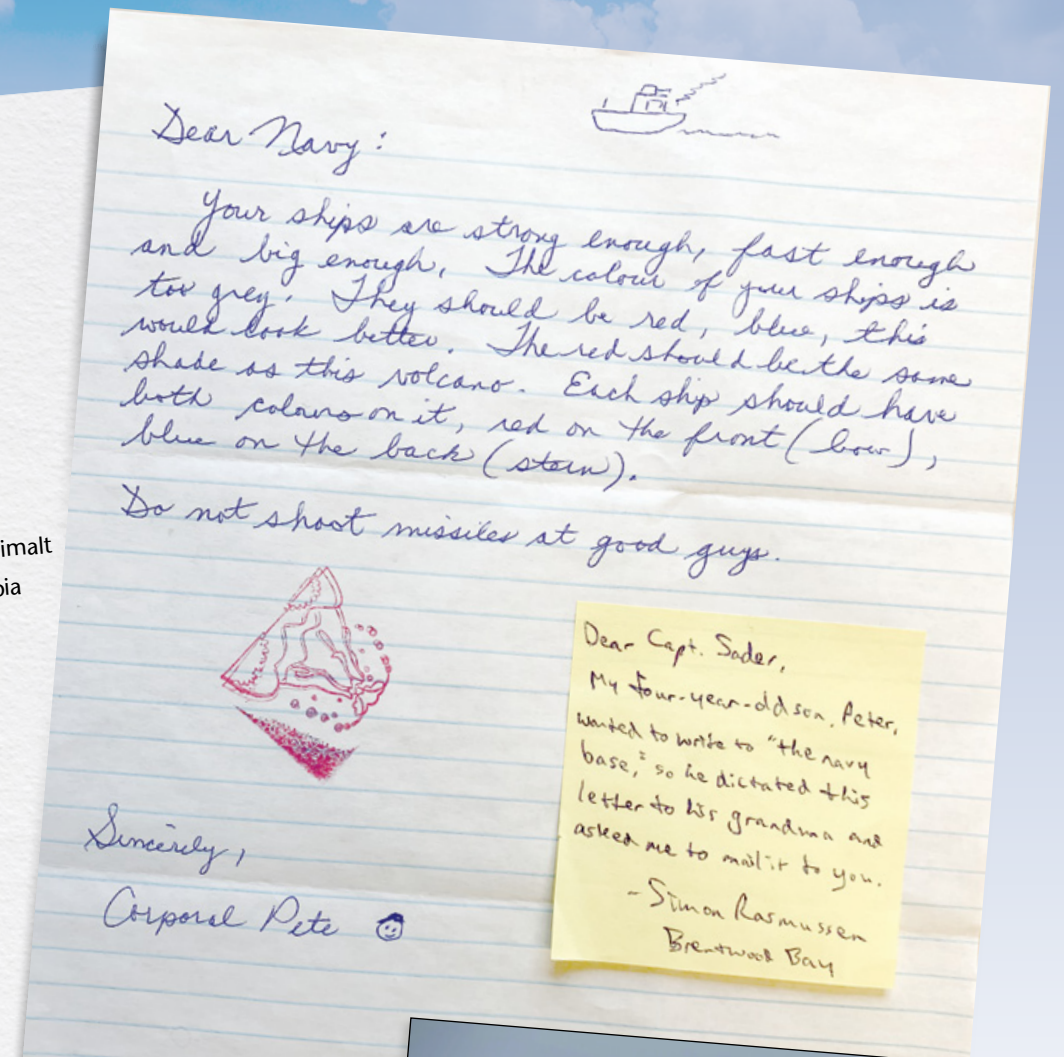
From the desk of the
Base Commander
Canadian Forces Base Esquimalt
Victoria, British Columbia

Dear Corporal Pete,

Thank you for your very thoughtful letter and excellent suggestion for a new dazzle colour ship scheme. You should keep an eye on our Navy newspaper as it might get published in *The Lookout* :) I am also impressed by your use of naval terminology and would like to promote you to Chief Petty Officer Pete!

Yours aye,

Captain (N) Sam Sader



Dear Navy:

Your ships are strong enough, fast enough and big enough. The colour of your ships is too grey. They should be red, blue, this would look better. The red should be the same shade as this volcano. Each ship should have both colours on it, red on the front (bow), blue on the back (stern).

Do not shoot missiles at good guys.



Sincerely,

Corporal Pete 🐼

Dear Capt. Sader,
My four-year-old son, Peter, wanted to write to "the navy base," so he dictated this letter to his grandma and asked me to mail it to you.
- Simon Rasmussen
Brentwood Bay



Graphic rendering of Cpl Pete's idea.

NEW MEDICAL CAPABILITY COMES TO CFB HALIFAX

Elizabeth Sharpe
CFB Halifax PA Intern

A few weeks ago, a containerized Deployable Computer Tomography Scanner (CT scanner) arrived in the parking lot of CF Health Services Centre (Atlantic), the Canadian Armed Forces (CAF) medical clinic at CFB Halifax.

There has not been a CT scanner in-house at the clinic since 2015, when the computer in the initial machine purchased in 2007 was deemed obsolete and parts could not be obtained to fix it. Currently, any patients requiring a CT scan are redirected outside of the unit for service. Based on the number of patients who required a CT Scan in 2015 when the machine was operational, and on the 820 patients in the Atlantic region in 2018, LCol Rochelle Heudes, Commanding Officer at CF H Svcs C(A), requested that a Deployable CT scanner be sent to Halifax instead of CFB Petawawa.

This request was also

supported by the Chief of Radiology, since the machine would be used more in Halifax as a result of the two civilian radiologists employed at the clinic.

"The placement of the CT scanner will benefit CAF members in the Atlantic region by provid-

ing enhanced patient care opportunities, while maintaining the standard of care that patients have grown accustomed to receiving," explains LCol Heudes.

A CT scanner is used to take multiple X-ray images of the body from different angles, and can be used

for examining internal injuries from a trauma, diagnosing diseases, and planning for medical treatments such as surgery or radiation treatment.

CFB Halifax has one of the largest clinics in the Canadian Forces Health Services Group Canada-

wide. The team at CF H Svcs C (A) has the resources in-house to use the CT scanner to its fullest potential, which was a major factor in the request for it to be moved to Halifax.

CF H Svcs C (A) currently employs six Medical Radiology Technicians, four

of whom are qualified on the CT scanner.

"Having a scanner in-house is going to significantly reduce the utilization of civilian resources," said Maj Danielle Stacey, Director of Pharmacy Services at CF H Svcs C(A). "While some patients may still need to be sent off-unit, 75 percent or more of the scans will be done here on the base. Units across Atlantic Canada will [also] be able to utilize the scanner."

Testing on the scanner will take place between July 14 and 17, and physicists will be on-site conducting radiation testing the following week. The official deployment of the CT scanner is set for July 24. Although the machine will be ready for use on this date, no patients will be treated until all staff are sufficiently trained. As this machine is a CAF asset, the main purpose of the CT scanner will continue to be deployment in support of 1 Canadian Field Hospital Operations.



A crane places the CT scanner onto the parking lot of CF Health Services Centre (Atlantic) at Stadacona, CFB Halifax on June 19.

Photo courtesy
Trident Newspaper

During these times,
thank you for keeping
all of us **healthy and safe.**

As a token of our appreciation to COVID-19 heroes, we're taking **\$5,000 off** your next home purchase. This offer is available to:

- **FIRST RESPONDERS** (police, firefighters, EMT and paramedics)
- **HEALTH CARE PROFESSIONALS**
- **CANADIAN ARMED FORCES**
- **DRUG STORE EMPLOYEES**
- **GROCERY STORE EMPLOYEES**

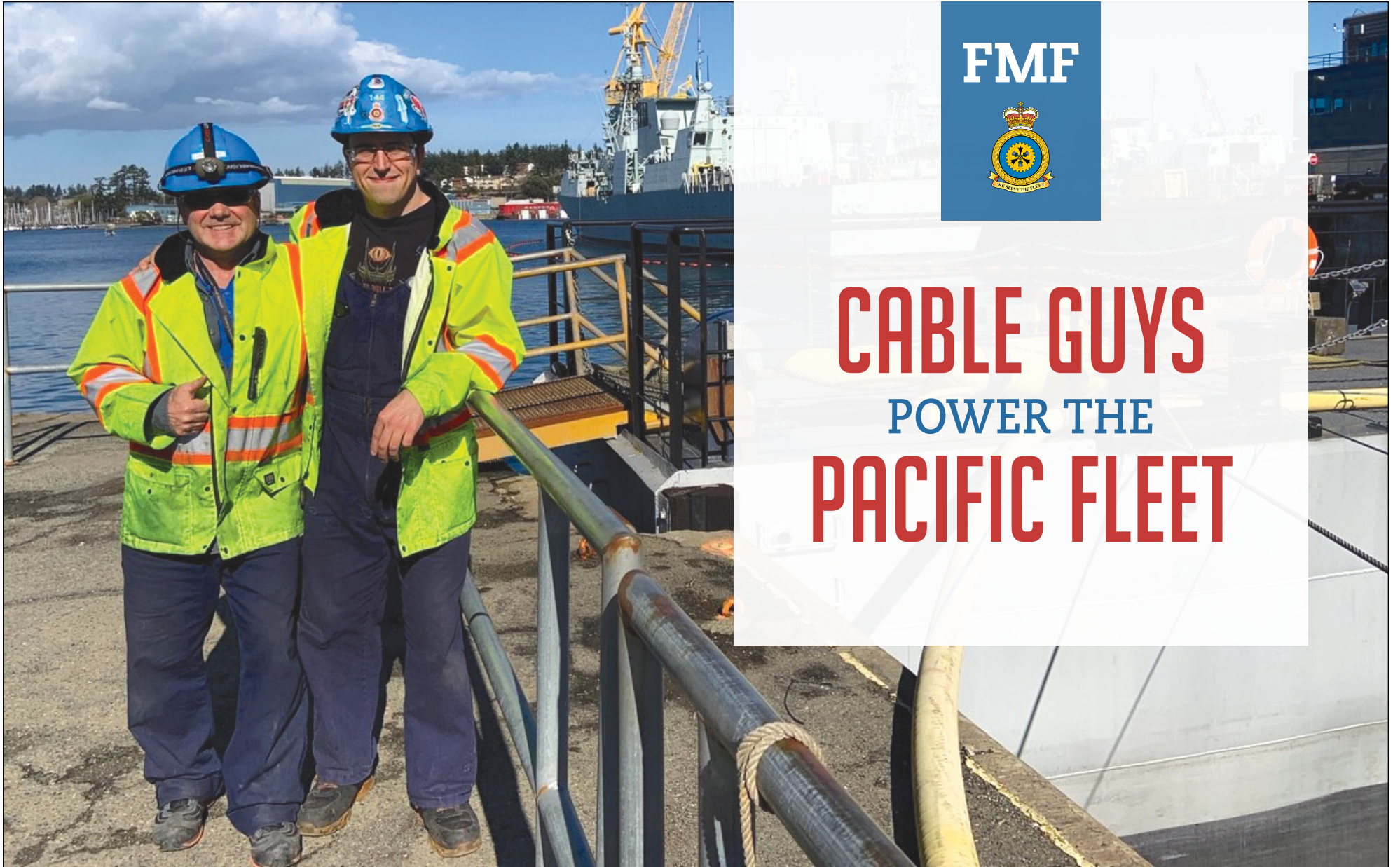
It's easy - just bring your proof of employment and we'll take care of the rest.
And most importantly, we thank you for doing what you do everyday!

EXPERIENCE A BETTER
WAY TO BUY HOME
GableCraftHomes.ca
royalbay@gablecraft.ca
250.940.6472

GableCraft HomeStore
300 CASPIAN DRIVE | COLWOOD, BC
Monday to Thursday 12pm to 6pm
Closed Friday
Sat, Sun & Holidays 12pm to 5pm

GABLEcraft
HOMES™

When you're ready,
we're here.



Peter Mallett
Ashley Evans
Staff Writer

Larry Fletcher and Steven Faust are usually the first friendly faces returning sailors or visiting sailors see when their ship comes alongside a jetty in HMC Dockyard.

They have dubbed themselves the “electrical ambassadors” because they are the ones who hook the ships up to on-shore power.

“Larry and I are the first faces sailors meet when they return home. We also really enjoy interacting with visitors from other countries, making the most unique aspect of our job customer service,” says Faust. “We take pride in being the electrical ambassadors for the base, and making shore power hook-ups as easy and efficient as possible.”

The two electricians work in the Electrical Shop of Fleet Maintenance Facility (FMF) Cape Breton and provide, maintain, and repair shore power for HMC Ships and those of visiting navies.

Fletcher, 54, joined FMF three years ago after working several decades as a technician in the data communications, and film and television industry. He made his way to FMF in 2017 after working five years at Seaspan Shipyard where he became a qualified electrician and earned his ticket with the local branch of the International Brotherhood of Electrical Workers.

Faust, 39, carved a much quicker path to FMF. After graduating from Camosun College, he worked as a commercial electrician for office buildings and also installing power and data at the University of Victoria with a private company. He upped his credentials by joining FMF’s apprenticeship program.

The biggest part of their job is maintaining, testing, repairing, and even manufacturing cables inside the Electrical Shop’s cable repair facility.

They have a large inventory of 40 different cables to maintain because the cable requirements for each vessel in the navy and

other navies are different. A frigate, for example, needs 12 individual cables organized in four sets. Each cable is approximately 300 feet long.

Getting the cables on board is no easy task, and is normally performed by a team of sailors. It is their job to haul the lengths of heavy cable up from the jetty to the deck of the ship. This can be gruelling work, notes Fletcher, who says each 50 feet of cable weighs approximately 150 lbs.

Cables are stored on the many jetties at the base. Each cable contains at least three sets of wires, approximately one inch in diameter per cable bundle in each set.

They are weather proof and have a durable rubber boot coating on the outside of the wires. Fletcher notes that over time the hot and cold temperatures and ultraviolet rays do a lot of damage to the boots that protect the cables and they often need to be replaced.

“Unlike many jobs in the private sector, the quality of work we do

at FMF comes not from speed, but from being thorough and deliberate,” says Fletcher.

They also construct cables when they need to be replaced or upgraded.

Other sets of cables with different voltage requirements are at the ready for visiting ships who often have different connectors and voltage requirements. If need be, the two will make unique cable sets from scratch using pre-supplied wires and other electrical materials.

Constructing cables includes priming and vulcanizing the protective rubber boot material to the metal wires that carry the current using an eight-ton hydraulic crimping tool, and then connecting them to the plugs that look like a giant wall prong plugs.

“Excuse the pun, but it works well despite many pluses and minuses,” says Faust. “The connectors and cables we build can be very difficult to construct, its half chemistry and science, and half art. This is something I wasn’t taught in school.”

Powering the fleet is not just about them. Both men acknowledge they are one piece of a large team that gets ships in and out of port safely. They work closely with Queen’s Harbour Master crews who run the escort tugs to guide ships into port, and, dressed in yellow safety vests, throw the ropes to returning sailors to attach their vessel to the jetty.

There are also FMF pipe fitters who work to hook up the water and sewage for the ships, and many other individuals behind the scenes people that make the completion of their work possible.

In the end, both Fletcher and Faust say they wouldn’t trade their job, and still marvel at the work they do as they enter Dockyard.

“I love the fact that as an electrician I am probably working in the best place in the world,” says Fletcher. “Walking in to Dockyard and seeing these giant ships and submarines in the harbour that I help maintain is inspiring and makes me very proud of the work I do every day.”

OPEN 7 DAYS A WEEK!

Need a Loan? We can Help!

Good & Bad Credit Welcome, Rates from 4.59% o.a.c.

Shop & apply online car-corral.com

Howie's CAR CORRAL

SALES & SERVICE
The working folks car and truck store

Get social with us

Three Time BBB Torch Award Winner

250-478-1128 • 1658 Old Island Hwy
Take Hwy. 1 to Colwood Exit. First car lot on the right

www.car-corral.com

DROP IN VIRTUALLY!
CFB ESQUIMALT
NAVAL MILITARY MUSEUM



navalandmilitarymuseum.org

Enjoy your Epic Staycation from here

Comfortable guest rooms with balconies, free underground parking, wifi and To-Go Breakfast. Minutes from Playland.



15% discount
off rate of the day to the CF community.




Toll free: 1-888-428-7486
Reservations@atriuminn.ca
www.atriuminn.ca
2889 EAST HASTINGS STREET, VANCOUVER



VACATION Staycation

Yes, we're in a pandemic, but you still need a vacation. Kick back, relax, and vacation near home while flattening the curve. Check out these businesses who are ready to welcome you!




NOOTKA GOLD in Tahsis, BC

"All that is gold does not glitter; not all those who wander are lost."
— JRR Tolkien

Offering Guest Accommodation since 2010
523 ALPINE VIEW ROAD | TAHISIS, BC
250 934 7979
INFO@NOOTKAGOLD.COM
WWW.NOOTKAGOLD.COM
f /NOOTKAGOLD



Come Relax at the Lake!
Beaver Lake Resort
Lake Cowichan, BC



\$475/mth
ANNUAL DISCOUNT RATE
FOR SERVING OR RETIRED
MILITARY MEMBERS
RENT-TO-OWN
OPTION AVAILABLE!
Please contact us
for details and restrictions.

Contact: Breanne 250-749-7792 blcamp@islandnet.com
Check us out on Facebook @BLCampground

QUEST REALITY GAMES

EXPERIENCE A WHOLE NEW ADVENTURE!

- Four premium 60-minute private **Escape games**,
- Cluativity** - an outdoor GPS-based treasure hunt game with augmented reality technology, **OR**
- Solve a mysterious death in our new **Case Solving Investigators** game.


WALK INS WELCOME
BOOK ONLINE TO RESERVE YOUR QUEST
questrealitygames.com
OR CALL 250-800-1008

1211 Wharf Street (BY BASTION SQUARE)
SEE OUR NEW COVID-19 MEASURES: questrealitygames.com/faq



GO DEEPER

Uncover a century of mining history and watch it come to life at **BOOM!**, the educational live-action, special-effects show that takes you back in time.



BRITANNIA MINE MUSEUM
BritanniaMineMuseum.ca

Visit the CF Appreciation Website for more details. Proof of membership will be required upon entry. Please note that new safety protocols require limited site capacity. Booking online prior to your tour is highly recommended to avoid disappointment.

CAMPING WITHOUT A RESERVATION

Courtesy FarOut Wilderness

If you were not one of the lucky few to secure a reservation at a Provincial Park Campsite, do not despair, summer is still here and there are still lots of ways to enjoy camping on Vancouver Island.

Take advantage of provincial park campgrounds that have designated first come first serve sites

If camping at a provincial park is the thing you want to do this summer, then there are still options for you. The Discover Camping Reservation Service is operating on a two month window, so if you are planning for September then the opportunity is there, but if like most of us you are aiming for July and August then identifying campgrounds that have designated first come first serve (FCFS) sites may be the way to go. Sites that are designated FCFS are literally that, if it is available when you arrive,

then you can occupy it and pay nightly for the site.

WE RECOMMEND:

- Do your research:** Determine which campgrounds have FCFS sites and if possible determine how many sites they have on this basis. This season you also need to check out the latest COVID-19 measures being taken by BC Parks as this may impact whether the campground is offering FCFS.
- Have a back-up plan (or plans):** If you have children or if you do not like the thought of not knowing where you may be sleeping that night, then bring comfort to yourself / to others in your party by creating a number of back-up options.

Take advantage of the Island's rec sites

Vancouver Island has a wealth of rec sites, these provide a great rustic camping experi-

ence. The sites are generally located in more remote areas that are accessed by gravel forestry roads. They provide basic facilities but can vary widely. Rec sites generally work on a FCFS system so they are our TOP recommendation for those of you without a reservation this summer!

WE RECOMMEND:

- Use the Backroads Mapbook to choose an area where you have a few options:** Not all rec sites are maintained to the same standard and sometimes access to the site may have been affected so aim to choose two or three options and then check them out.
- Prepare to be self-sustaining:** do not expect potable water and take your own grill for the fire pit!

Head out into the Backcountry

Use the Backroads Mapbook to locate unrestricted crown land you are allowed to camp

up to 14 consecutive days. Finding a spot to wild camp is part of the adventure, be prepared to amble along the forest service roads and try out a few turns here and there.

WE RECOMMEND:

- Taking your time:** Finding a spot to camp needs to be one of the activities of the day, don't leave it until 5pm when everyone is a bit hangry and tired to start looking!
- Being prepared and being safe:** Expect to be self-reliant, expect no cell phone signal and make sure you take first aid equipment and a GPS Messenger / SOS Device.

Wherever you find yourself camping this summer, please remember to follow the principles of leave no trace camping.

Disclaimer: The recommendations expressed by the authors were developed using available information at the time of writing and are for informational purposes only.

FAROUT WILDERNESS

We are an outdoor adventure travel company specializing in overland vehicle rentals and tailor-made itineraries in British Columbia. We use our local knowledge and experience to transform your ideas into an authentic and unique adventure. Our self-drive itineraries allow you to explore off the beaten track at your own pace. We provide you with the resources to re-connect with nature and most importantly each another. All our vehicles are fully insured for driving on unpaved roads and are equipped with a rooftop tent, camping equipment and GPS Messenger service.

Find us online:
www.faroutwilderness.com



Email: adventure@faroutwilderness.com Call: 778-887-0396

Sailing Day Tours
Aboard The Classic Wooden Schooner *Passing Cloud*



outershores.ca 1-855-714-7233

Departures From Mill Bay Marina

IMAX® NOW OPEN

with Laser

GREAT BEAR RAINFOREST • SEA LIONS: LIFE BY A WHISKER • RAIDERS OF THE LOST ARK • AND MORE

New showtimes and a full schedule at imaxvictoria.com

IMAX Victoria 250-480-4887 imaxvictoria.com
In the Royal BC Museum IMAX® is a registered trademark of IMAX Corporation

Fast Time Amusements
Outdoor **NASKart** Experience

Archery Tag
"It's A Hit!"

KARTING
ARCHERY TAG
AXE THROW

1460 SPRINGHILL RD
PARKSVILLE, BC
OPEN 7 DAYS / WK 11AM-8PM




HAVE A QUESTION? CALL US AT 250.668.9135 OR VISIT WWW.FASTTIME.CA



HMCS Vancouver Change of Appointment

Reviewing Officer, Lieutenant-Commander Robert Hooper, Commanding Officer of HMCS Vancouver (center), signs the Change of Appointment certificates with the Outgoing Coxswain, Chief Petty Officer First Class (CPO1) Steve Wist (right), and Incoming Coxswain, CPO1 Andrew Ferguson (left) during HMCS Vancouver's Change of Appointment ceremony held at the Gun Room in Work Point Barracks on June 26. Images by Leading Seaman Mike Goluboff MARPAC Imaging Services



CPO1 Wist presents to CPO1 Ferguson the HMCS Vancouver Chiefs' and Petty Officers' mess plaque.



CPO1 Class Steve Wist, Outgoing Coxswain.



CPO1 Andrew Ferguson, Incoming Coxswain.



LCdr Hooper (far left), and CPO1 Sylvian Jaquemot, Canadian Fleet Pacific Fleet Chief, addressed the audience during the ceremony.



The Veterans Channel launches its first Original Music Challenge



VETERANS
MUSIC
CHALLENGE



Song-writing veterans can win the chance to record with a Canadian pop icon

Veterans Media Corporation Inc, the first and only global media platform for veterans and first responders, has partnered with Radar Love Records to launch a music challenge for veterans globally who express themselves through song.

The VMC team has encountered veterans from all over the world with many gifts and talents. One of the most admirable is song. Between now and Sept. 1, any veteran, of any branch of service (including first responders), from anywhere in the world, is encouraged to submit their own **original** music composition.

Each submission must include either a video, an audio clip, or the song lyrics, along with the veteran's name and a short description about themselves and their composition. All submissions will be posted to a dedicated music page on VMC's The Veterans Channel website www.theveteranschannel.com.

"From veterans who play acoustic guitar around the campfire to those playing on a stage in a four-piece band or sitting solo behind a grand piano... all have shown us that they seek to find peace, love, and

healing through their own original music," said Henah Hannah, Founder and Chair of VMC. "We are creating the first musical 'hub' of its kind for veterans to share their own songs, and to have their message seen and heard worldwide, loud and clear."

But it's not just about sharing music. All submissions will also be considered for two awards:

Best Original Song (the writer or any chosen vocalist may sing)

Best Original Song with Vocal (the writer must also sing)

The winners will be announced on Sept. 1. With both awards, the winning songwriter will be invited to have their song fully arranged and produced in Toronto at Radar Love Record's Altravox Studios by 5-time Juno Award winner and Grammy-nominated Producer Michael Hanson. He is founder and original member of Canada's multi-Platinum band Glass Tiger.

For instructions on how to enter, please visit:

<https://theveteranschannel.com/2020/04/08/the-veterans-original-music-challenge/>

MOVE IN READY!

Christmas Hill Green | 4050 Douglas Street



Studios, 1 & 2 Bedrooms
From \$264,900
Promo Code: Forces2020

Contact Kevin Jones* at The Condo Group Real Estate Ltd. today!

E kevin@thecondogroup.com

P 250.382.6636

thecondogroup.com

*Personal Real Estate Corporation

This is not an offering for sale which can only be made in conjunction with the delivery of a Disclosure Statement.

THE
CONDO
GROUP

REAL ESTATE LTD



I Stage and I Sell!

SHELLY REED Associate Broker
 Direct: 250-213-7444 Email: sr@shellyreed.com
www.shellyreed.com

PEMBERTON HOLMES #150-805 Cloverdale Ave.,
 Victoria, B.C. V8X 2S9
 250-384-8124

BARNES HARLEY-DAVIDSON

Steeve Lesperance, MMM, CD
 Motorcycle Sales Consultant
 Barnes Harley-Davidson, Victoria

www.barneshd.com
 steeve@barneshd.com
 250-516-2024
 2940 Ed Nixon Tce, Victoria

ASK ME ABOUT THE MILITARY / VETERANS DISCOUNT

Welcome to Westview Ford
 • Sales • Service • Parts • Accessories •

MILITARY APPRECIATION

WE ARE PROUD TO OFFER YOU
\$1000 BONUS CASH
 Off eligible New & Used Ford Vehicles

PLUS UP TO **20% OFF** PARTS & SERVICE*

WESTVIEW FORD
 4901 N. Island Hwy
 Courtenay, BC
 250-334 3161
www.WestviewFord.ca

*with presentation of valid Military ID. Excludes the Works Service and oil changes.

Duncan's Speed & Cycle

PARTS, ACCESSORIES & SERVICING FOR RIDERS OF CONTEMPORARY AND CLASSIC HARLEY-DAVIDSONS

www.duncanspeed.com
 Email: parts@duncanspeed.com
(250) 474-1111
#103-931 DUNFORD AVE, VICTORIA, BC

Best Lil Chopper Shop in Langford



14 Wing Imaging Imagery Technicians Leading Seaman Louis Dube and Corporal Jessica Fox pause during editing work on the first in a set of 14 Wing Greenwood workplace, housing and community virtual tour videos.
 Photo by Master Corporal R. Wilson, 14 Wing Imaging

In the 'hood, virtually at CFB Greenwood

Sara White
 Greenwood Aurora
 Newspaper

14 Wing Greenwood has launched a series of virtual tours of base facilities, housing neighborhoods, and community highlights.

The project has been on the radar for a long time, but with COVID-19 travel and access restrictions to the base, the video project has moved forward.

The first three videos are “in the can,” shot and edited by 14 Wing Imaging Technicians and are available via links at CAFConnection.ca/greenwood.

Included in this first phase are tours of the Greenwood Military Family Resource Centre (GMFRC), Community Recreation, and the Fitness and Sports Centre. More videos will showcase the Residential Housing Units’ neighbourhoods, with street views and home tours, plus driving tours of both the support and operational sides of the base, a look at nearby Greenwood and Kingston neighbourhoods and

commercial districts, key locations near the base and just further afield.

“Right now, there are families coming who’ve never been here, or it’s been years since they were here last,” says Lieutenant-Colonel Dale King, Deputy Wing Commander. “Virtual or member-only househunting trips are the options this posting season. The first time many folks will see the base is when they come with their moving truck.”

The GMFRC is a must-visit place for military members and their families arriving in the community, and has a solid inventory of maps, shopping tips, school information, services and resources. Accessing some of that has been affected by reduced access to the centre and, more importantly, a chat with centre staff.

“We love to help you navigate your new home,” says Margaret Reid, the GMFRC executive director. “Staff has stories of the best places to eat seafood, hike, pick apples, beach-comb, see a lighthouse and on it goes. We maintain a community database of services and resources to help you connect in your new community.”

Despite facility closures in recent weeks, the GMFRC remains responsive by phone, email and social media as staff work from home.

“Please do not hesitate to reach out,” Reid says. “It won’t be long until we can welcome you in person. We look forward to meeting you and making sure you are finding your way and uncovering all of the gems this posting has to offer.”

LCol King is pleased with the initial steps in this project, but knows there is more work ahead.

“It is spread out over phases, and Wing Imaging has the lead and is running with it,” he says. “They’re taking footage and adding pictures; then, they’ll go back and update the videos with new imagery as facilities open again and there are people and programs to show. This will create a growing inventory of the wing to be added to and updated over the years to come.”

Incoming families in particular will be provided the links to the video collection. They may also be found via the CAFConnection.ca/greenwood website.

Eat your way to a healthier immune system

(NC) Are your healthy eating habits taking a break during lockdown? Many of us turn to cravings like ice cream and chips during this stressful time, but we need to eat well to stay healthy. Nourishing meals can boost our immune system and help prevent us from getting sick.

Look for foods containing nutrients that fortify your defences and support physical and mental health. Zinc, vitamin B6, selenium and iron can build resistance to infection. Nutrients that keep your energy up include iron, protein, vitamins B12 and B6, and niacin. For strength, protein, potassium,

magnesium, phosphorus and zinc are essential.

A great option for getting many of these immune-boosting nutrients is red meat, which plays an important role in overall health and is a key protein food in Canada's food guide. Beef and pork are efficient, providing many essential nutrients in a modest portion size with few calories.

For a delicious way to incorporate more red meat into your diet, try this tasty barbecue flank steak meal that pairs powerful protein with a seasonal peach and quinoa salad. It's the perfect summer meal the whole family will enjoy.

Marinated Flank Steak and Summer Peach Quinoa Salad

Prep time: 15 minutes
Cook time: 15 minutes
Serves: 4



INGREDIENTS

- ¼ cup olive oil
- ¼ balsamic vinegar
- 1 tbsp honey
- 2 tsp grainy Dijon mustard
- 1 lb (500 g) flank marinating steak
- 3 cloves garlic, crushed
- ¾ tsp salt, divided
- ¾ tsp freshly ground black pepper, divided

SALAD

- 2 peaches, cut into wedges
- 6 cups mixed greens
- 2 cups cherry tomatoes, halved
- 1 cup thinly sliced cucumber
- ¼ cup thinly sliced red onion
- 2 cups cooked red quinoa (approx. 1 cup raw)
- ½ cup torn basil leaves
- 2 tbsp sunflower seeds
- 5 oz burrata cheese, drained (optional)

DIRECTIONS

1. Whisk oil with vinegar, honey and mustard. Place half into a plastic re-sealable bag; reserving remaining portion. Pierce steak all over with a fork and add to bag along with crushed garlic; massage to coat. Marinate in refrigerator for at least 30 minutes or up to 12 hours.
2. Remove steak from marinade; pat dry with paper towel and discard excess marinade. Season steak all over with ½ tsp each salt and pepper.
3. Grill over medium-high heat, turning at least twice, for 8 to 10 minutes or until an instant-read thermometer registers 145°F (63°C) for medium rare when inserted sideways into steak. Transfer to a plate. Loosely tent with foil. Rest for 5 minutes.
4. Meanwhile, lightly brush peaches with some of the oil. Place in grilling basket; grill for 2 minutes per side or until well-marked but still firm.
5. Whisk remaining salt and pepper into reserved dressing. Toss with mixed greens, tomatoes, cucumber and onion until well coated. Add quinoa and basil; toss to combine.
6. Arrange salad on a shallow serving platter. Top with grilled peaches, burrata and sunflower seeds. Carve steak, against the grain, into thin slices and serve with salad.

Check out the Healthy Plates. Inspiring Meals. guide for more recipe inspiration, available at canadabeef.ca/mycanadianbeef.

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

WESTSHORE U-LOCK MINI STORAGE

MILITARY DISCOUNT OFFERED



selfstorage.ca

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

1621 Island Highway, 250-478-8767

LOOKOUT

LookoutNewspaper.com

Your award winning community newspaper!



Tell advertisers you saw them in the Lookout



Lookout Online is a thriving. Join us for daily news, advertiser's specials and news releases

Join our network

- [LookoutNewspaperNavyNews](https://www.facebook.com/LookoutNewspaperNavyNews)
- [@Lookout_news](https://twitter.com/@Lookout_news)
- [LookoutNavyNews](https://www.instagram.com/LookoutNavyNews)

www.lookoutnewspaper.com



Robin&AJ
Good morning. Good times.



LOOKOUT
NAVY NEWS ONLINE

Want to recognize someone in your unit?

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

BEACON LAW CENTRE
Proudly assisting our military families.

140-4392 West Saanich Rd, Victoria
104-9717 Third Street, Sidney
5-7115 West Saanich Rd, Brentwood Bay

Real Estate
Business Law
Wills & Estates

P 250.656.3280 | TF 877.295.9339 | www.beaconlaw.ca



CPO2 Derek Whiten is promoted to his current rank by Lt(N) Giraldo-Mejia, and LCdr Isabelle, Commanding Officer HMCS Victoria.



Lt Cat Mason is promoted to Captain by her husband Cpl Andrew Mason and Cdr Alain Sauve, Commanding Officer NTDC(P).



Cut your debt by up to 80%!

- Consolidate all your Debts into one new Lower Payment at 0% interest
- Avoid Bankruptcy, Repair Credit

CALL TODAY FOR A FREE CONSULTATION

4Pillars
Canada's Debt Relief Specialists
Independently owned and operated, associated trademarks are used under license.

250-882-5556
DebtFree@DebtVictoria.com

DebtVictoria.com

BBB

MIDAS

OPEN TO ALL CFB PERSONNEL
We do full mechanical repairs, brakes, tires, oil changes and maintenance services.

TWO LOCATIONS TO SERVE YOU

- **Colwood**
1830 Old Island Highway ▪ 250.474.2148
- **Brentwood Bay**
6739 West Saanich Road ▪ 250.652.3144

Canadian submariners during the Second World War

Brian Lapierre
Volunteer, Naval Museum of Halifax

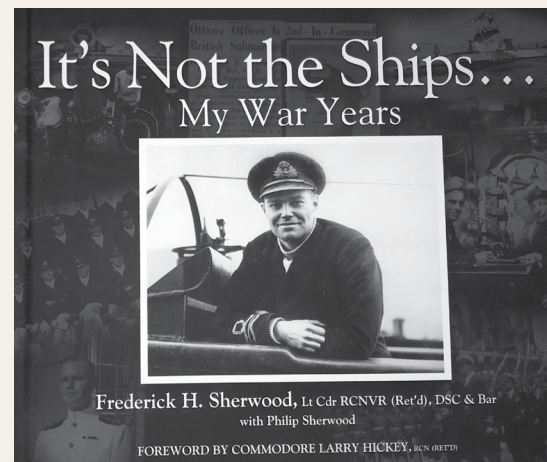
Did you know that Canadians played a significant role in the Submarine Service during the Second World War?

Between the First World War and the Second World War, Canada only commissioned two H-Class submarines: CH14 and CH15. They served for a short period of time in the 1920s and were paid off in 1922 and scrapped in 1927.

Although Canada did not have any submarines during the Second World War, Canadians continued to serve in the Submarine Service. Up until 1939, trained submariners served with the Royal Navy in their Submarine Service. An accurate count has been hard to determine but around 34 Canadians served in Royal Navy submarines while Canadian officers would command 15 British submarines. Service in the Submarine Service was harsh and hazardous whether you served in the British home waters, the Far East, the Mediterranean, Caribbean, or in the North Atlantic.

Dealing with the U-Boat menace in itself was challenging and many a submarine was sunk on both sides. Submarines were sunk on all corners of the oceans throughout the world and many to this day have never been found.

Author Julie Ferguson has written a fascinating history of Canada's



Submarine Service in Through a Canadian Periscope: The Story of the Canadian Submarine Service, and subsequently Deeply Canadian: New Submarines for a New Millennium.

Her descriptions, whether describing ocean-going submarines, the midget submarines, or X-Craft and the men who served in them, depict the many challenges and dangers associated with their operations. They served with determination and skill and a few did so with gallantry. A handful lost their lives. Everyone is remembered on the Honour Roll of the Canadian Submarine Service in Halifax.

One of the officers in the Submarine Service during the Second World War was Fred Sherwood. He joined the The Royal Canadian Navy Volunteer Reserve in 1933 and was one of the first Canadians to go overseas to serve with the Royal Navy. He served in various Royal Navy submarines dur-

ing the war. He was awarded the Distinguished Service Cross in 1942 while serving in HMS P211 (Safari) as 1st Lieutenant.

In December 1942 to March 1943 he took the Commanding Officers Qualifying Course and on completion was in command of HMS P556 and later HMS Spiteful. It was there that he was awarded the Bar to his Distinguished Service Cross. You can read more about Fred Sherwood's career in his book *It's Not the Ships ... My War Years*. The book

is available at the Naval Museum of Halifax.

In 1945, the Royal Canadian Navy took over two surrendered German U-boats - U-889 and U-190. U-889 was transferred to the United States Navy early in 1946 after supporting equipment trials by the RCN. U-190 lasted until October 1947 when, due to her deteriorating state, she was sunk as a target off Halifax near the spot where she had sunk HMCS Esquimalt in April 1945.

After the Second World War and the sinking of U-190, Canadians continued to serve in submarines with the Royal Navy around the world and some eventually with the US Navy to augment the training requirement when Canada acquired the USS Burrfish and renamed it HMCS Grilse. Acquiring HMCS Grilse in 1961 began the long career of having submarines again and a Submarine Force as we know it today.

LOOKOUT Classifieds & Real Estate

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

REAL ESTATE FOR RENT

2 BEDROOM BASEMENT SUITE
\$1,090 per month – Utilities included (does not include cable). Available Sept. 1. No pets / No smokers. Location in Sunriver Estates in a newer home in Sooke, B.C. Bright and clean with gas fireplace. Looking for a tenant that is relatively quiet. For more info, pictures and details please contact Paul at: poraz38@gmail.com or 705-256-9333.

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: info@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
info@victoriapregnancy.org
www.victoriapregnancy.org

REAL ESTATE FOR RENT

885 OLD ESQUIMALT RD
1 bdrm corner suite for rent. \$1,170 per month. Quiet building, controlled entrance, elevator, bus stop in front of building, laundry on main floor. No smoking and no pets. Viewing by appointment only.
Please call 250-216-3930 or 250-386-3448 or 250-652-3913 if interested. Available now.

WALKING DISTANCE TO BASE
2 bedroom basement suite for rent. Available July 15 or Aug. 1. Within walking distance to CFB Naden Base in Esquimalt. Pet considered, in-suite laundry, private yard, additional storage space, separate entrance, parking available/on direct bus route, close to all amenities, completely renovated. \$1,900 all utilities included (including WIFI). Base discount considered.
Please contact Graham or Alannah for additional information at 250-818-3534 or email Roscoe.alannah@gmail.com to set up a viewing.

SPECTACULAR PENTHOUSE Available Immediately - Must See
Large, bright, spacious 2 bedroom plus den penthouse suite for \$3000.00 (includes 2 underground parking stalls). This unit has been completely renovated with new blinds, stainless steel appliances (fridge, stove, dishwasher & a bar fridge), quartz countertops, laminate flooring, carpet in bedrooms, 2 decks, in-suite laundry and a panoramic view of the ocean and mountains.

- Full fitness gym in the building.
- Includes heat and hot water
- Card operated laundry facilities open 24 hours.
- 100% smoke free building.
- Walking distance to Esquimalt Plaza, medical centres, Military base, Archie Browning Sports Centre, in the heart of Esquimalt.

ASK ABOUT OUR MILITARY DISCOUNT.
Pictures available upon request
rentals@eyproperties.com

For more information or to book your own personal tour, please contact Kevin at 250-380-4663

REAL ESTATE FOR SALE

SAXE POINT HOME FOR SALE BY OWNER
5 bdrm, 2 bath home on cul de sac, 8600+ sqft lot. Large, private SW facing backyard, basement suite potential, walking distance to CFB Esquimalt, parks, rec center \$979,900.
For more info call 250-380-3020.



\$899,900
505 Comerford St., Esquimalt
Welcome to this 3 bed, 3 bath home, blending modern living with an easy, central location! TWO fireplaces, plenty of storage, and quality elements, including a gas stove, hardwood flooring throughout & stainless steel appliances. Spacious patio, fenced backyard, a den, powder room and laundry. Electric fireplace, 4pc ensuite and walk-in closet in the master bedroom. All amenities, restaurants, cafes, groceries and schools, are within walking distance.

This will go fast - contact to view today!
Andrew Hrushowy
(250) 382-6636
www.thecondogroup.com

REAL ESTATE FOR RENT

NEW TWO BEDROOM HOUSE FOR RENT
Two bedroom house for rent near Uptown Shopping Centre, completely renovated; new appliances plus washer, dryer, and gas fireplace. No pets. Available for September 1. \$1,725 per month.
Call John 250-885-1652.

AVAILABLE AUGUST 1
Very quiet suite. Located in Westhills; 5 minute walk to YMCA and Langford Lake, and a 15 minute walk to Westshore Town Centre. There is a Tim Hortons in the neighbourhood that is also a 5 minute walk away. This area is on a regular bus route. NO smoking of any kind in the suite. NO CATS AT ALL. A SMALL dog will be considered. The hydro, water, heat will all be included, however the internet will be the tenants responsibility. \$1,300 will be required at time of possession along with the \$650 damage deposit. 3 very solid references required.
Call 250-686-2251.

YOUR NEW HOME
Unique 1 bedroom – outstanding Patio – must see in Vic West. Only \$1,050 a month. Remarkable value and unbeatable location! Extremely clean, quiet apartment in well maintained building. Beautiful tree-lined street in quiet neighbourhood. From this lovely apartment you can walk to downtown, walk a block or 2 to several bus routes, and you are minutes to the ocean & Galloping Goose Trail. To top it off there is a small shopping mall which is only a 3 minute walk. New paint, electric fireplace, oak floors, private patio, private entrance, ground floor, shared laundry. Bathroom has shower unit. Please note that it is strictly non-smoking. 6 minute drive to Naden Base. Available August 1. Furnished or Unfurnished – both options are available! Call 250-885-1675.

BEAUTIFUL SAXE POINT – AVAILABLE NOW
One Bedroom Self-Contained Fully Furnished Suite: Utility Room, Storage. Immaculate, new furniture, TV, washer/drier, dishwasher, everything/linen etc Walking Distance to Naden, Work Point, Dockyard. 4 Blocks to: Shopping, Medical clinic, Recreation Center, Arena/sports fields, 1.5 blocks to ocean front: Kayaking/paddle boarding, hiking paths, 1 km to rail trail/cycling, 1 block to bus \$1,450 includes Hydro, water, heat, parking NO Smoking. No Pets. Available May 15. Text or call 250-216-9030

\$1125/MONTH 1 BEDROOM TOP FLOOR SUITE IN ESQUIMALT
Quiet, clean adult building available now. 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. Booking appointments for Wednesday of every week.
Please call 250-888-1212 between 9AM-4PM (no texts)

ROOM TO RENT

ROOM TO RENT: PRIVATE, FULLY FURNISHED WITH SEPARATE ENTRANCE
Available now. Separate room with Kitchenette. Includes sink, mini fridge, microwave, rice cooker, toaster oven, dishes and a full sized washer and dryer. Very comfortable twin bed and other furnishings. Patio with evening sun. Ceiling fan and electric heat. Shared bathroom. Use of main kitchen, living room and Kayaks to be discussed. Close to Thetis Lake, RRU, CFB Esquimalt. Or beautiful room in main part of house. Shared full kitchen, bathroom and huge living room with leather furnishings. Deck with BBQ etc. \$650 a month. Call 250-532-3040 or email kwhite4515@live.ca

REAL ESTATE FOR RENT

AVAILABLE AUGUST 1
1 Bedroom ground level suite/w/patio in a quiet cul-de-sac in Esquimalt close to base, near Admirals and Craigflower. Includes utils, cable, Wi-Fi and parking. No pets. Very short distance to mall and other amenities. \$1050.00 Phone: 250-380-7727 or email acjay44@hotmail.com

LOOKOUT newspaper.com
LookoutNavyNews @Lookout_news
LookoutNewspaperNavyNews

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

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

Entertainment Corner


Are you looking for something fun and different?

Challenge yourself with one of the fun contests below or make it a drive-in movie night... for FREE!
Better hurry though, time's running out!

ENTER YOUR TALENT ON THE CFB ESQUIMALT

GOT TALENT

VIRTUAL TALENT SHOW



Open to all CFB Esquimalt CAF members, DND employees, veterans and their families. Must upload entries no later than midnight on 31 July 2020. Prizes awarded to top three entries based on most votes. Enter here: woobox.com/oov6c

- 1ST PRIZE**
\$300 CANEX Gift Card
- ***
- 2ND PRIZE**
\$200 CANEX Gift Card
- ***
- 3RD PRIZE**
\$100 CANEX Gift Card

SPONSORED BY



HOW TO ENTER: To submit a video, create a URL using one of the following platforms: YouTube, Vimeo or Instagram. Then go to woobox.com/oov6c to enter. Entries to be no longer than 30 seconds and can include all appropriate talents such as singing, dancing, playing a musical instrument, skits, artwork, crafts, comedy acts, sports. Must submit name and unit with entries. Entries must be appropriate for all ages. Good luck!

How well do you know your Royal Canadian Navy ships?

TEST YOUR NAVY KNOWLEDGE IN THE

KNOW YOUR WARSHIP

CONTEST!

YOU COULD WIN ONE OF THREE \$50 CANEX GIFT CERTIFICATES

Open to all CFB Esquimalt CAF members, DND employees, veterans and their families.

To receive your questions:

Email Christine Farrington at Christine.Farrington@forces.gc.ca then email your answers back on or before midnight August 5 2020 to be eligible to win one of three \$50 CANEX gift cards.

SPONSORED BY



GET YOUR QUESTIONS TO WIN!

Email Christine Farrington at christine.farrington@forces.gc.ca

Free DRIVE-IN movie

Stay in your car and observe physical distancing while enjoying a family movie night!

- ★ FREE PRE-PACKAGED SNACKS PROVIDED!
- ★ ALL AGES



Movie: Star Wars: The Rise of Skywalker

Date: Sunday, July 26, 2020

Timings: Arrive at 8:30 p.m.

Location: Canteen Road – Large parking lot

TO REGISTER CALL 250-363-1009

FOR MORE INFO EMAIL CHRISTINE.FARRINGTON@FORCES.GC.CA

ONLY 50 CARS ALLOWED – FIRST REGISTERED, FIRST SERVED.