

# LOOKOUT



MARPAC NEWS CFB Esquimalt, Victoria, B.C.

www.lookoutnewspaper.com



**ATTENTION DND!!**



**NEW PRICE! \$370,000**

One of the best priced homes in Victoria. This updated 2 bedroom family home is a true gem. Fireplace, updated bathroom, large fenced yard. Includes separate bonus studio, as an office or extra accommodation. Near Naden. Welcome Home. MLS #311808

**Alex Burns & associates**  
VictoriaRealEstate.com • 250.882.3335



## New Fleet leader

**Above:** With pens in hand, departing Commander of Canadian Fleet Pacific (CANFLTPAC), RAdm Peter Ellis; Reviewing Officer, RAdm Bill Truelove; and the new leader of CANFLTPAC, Cmdr Scott Bishop sign the Change of Command Certificates Aug. 9 that officially transfer Fleet command responsibility to Cmdr Bishop.

**Left:** RAdm Peter Ellis receives a Shadow Box from CPO1 David Bliss.

Photos by Cpl Michael Bastien, MARPAC Imaging Services



**U-PAK** MOBILE STORAGE  
Storage that comes to you!

**15% Military Discount**

250•381•8725  
878 Viewfield Rd.  
www.upakstorage.com

**Veterans House Cleaning**

- VAC health identification cards accepted
- Bonded & Insured

Call today for a FREE ESTIMATE

www.merrymaids.com 250-598-6243

**merry maids**  
Relax. It's Done.®

**CANEX** www.canex.ca

**No Interest Credit Plan**

**12 • 24 • 36**  
Month terms

**Plus**  
**NO MONEY DOWN**  
**NOT EVEN THE TAXES!**

O.A.C.



522 Admirals # 250-384-3032

Breakfast from \$3.99  
Express Lunch from \$4.99  
Sushi, Soup, Sandwich, Bubble Tea

Open 8am - 3pm Tue - Sat  
Next to Vietnam Garden Restaurant

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

Trackside will be closed from August 3-19 for holidays and will be back open on the 20th.

Thanks to all our clientele for all their support over the past year, have a safe and wonderful summer holiday season.



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



www.facebook.com/lookout.newspaper

**GRAND OPENING NEW LOCATION**

6421 Applecross Rd. Nanaimo 250-390-1125

JOIN US IN CELEBRATING OUR NEW LOCATION IN NANAIMO BY SAVING BOTH LOCATIONS!

 <p><b>\$798</b></p> <p><b>LEATHER RECLINING SOFA</b> Matching pieces also on sale Available in chocolate or black</p>	 <p><b>\$698</b></p> <p><b>BEDROOM SET</b> Dresser, mirror, chest, 2 nite tables, and queen headboard, footboard, and rails</p>
 <p><b>\$298</b></p> <p><b>TABLE &amp; 4 CHAIRS</b></p>	<p><b>BUY A SERTA MATTRESS AND BOXSPRING SET OVER \$998 AND RECEIVE "FREE" SHEET SET, METAL BED FRAME, AND 2 FEATHER PILLOWS.</b></p> <p>Largest Independent Serta mattress gallery in Canada!</p> 

Our Huge 40,000 sq.ft. Warehouse means **FAST** Delivery on In-Stock Items!

• NO DOWN • NO INTEREST • INSTANT FINANCING

**DODD'S FURNITURE & MATTRESS**

**DODD'S Furniture & Mattress Ltd.**

Furnishing the Island since 1977 | Locally Owned & Operated

Follow & Join us for the latest commercials, promotions & monthly flyer!

Mon-Fri 9-9 • Sat 9-6 • Sun & Hol 12-5  
715 Finlayson St., Victoria • 250.388.6663 • www.doddsfurniture.com

# Long way down for charity

**Shawn O'Hara**  
Staff Writer

OS Dallas O'Dell plans to trade his Naval Combat Dress for something a little more, or less heroic.

On Sept.13, in a patchwork costume resembling the villain Boba Fett of *Star Wars*, he'll rappel down the side of the 13 storey CIBC building in downtown Victoria, all in the name of charity.

He'll be doing this as a part of the Easter Seals Drop Zone, an event that raises money to send children with disabilities to summer camp at Shawingan Lake.

As a member of the Canadian Forces, OS O'Dell feels it's important to become involved in the community.

"Working with the community is part of our job. It shouldn't just end at the base," he says. "I think that Drop Zone is a great cause. I'll take any chance I can to contrib-

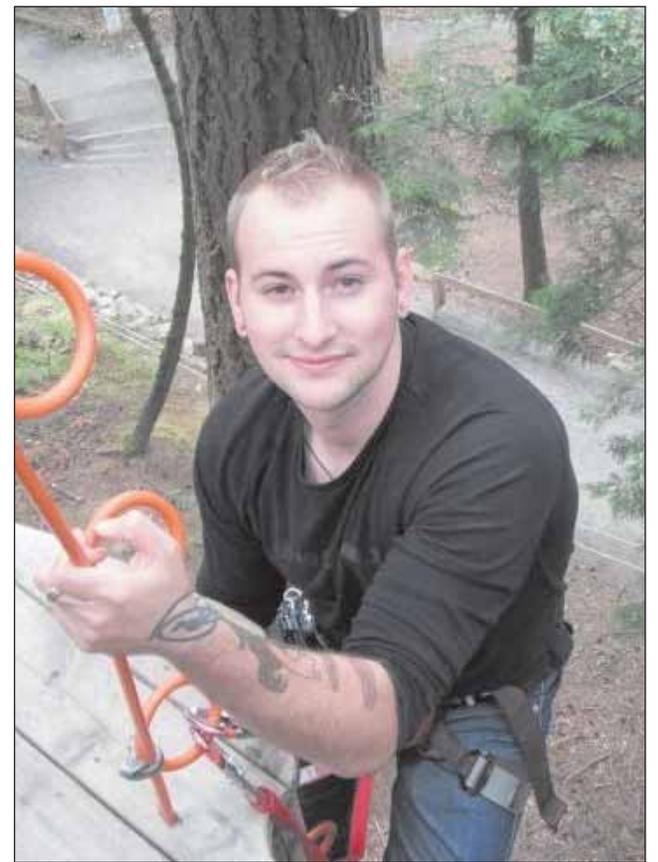
ute and be a super hero for a child in need. I think everyone, not just Canadian Forces members, should live by that."

While he admits rappelling down the outside of the towering office building is intimidating, he is just as afraid to not meet his fundraising goal of \$1,000, the minimum amount required to participate.

"This event is really important to me," he says. "To put all this effort and thought into it and not meet my goal would be a huge disappointment. It's for the kids after all."

OS O'Dell is well on his way, having collected more than \$300 to date, but he needs more to make the rappel in a quirky costume.

To donate, you can contact him directly in *HMCS Protecteur*, go to the donation page at [www.thedropzone.ca](http://www.thedropzone.ca), call 778-317-3991 or email [dallas.shears@yahoo.com](mailto:dallas.shears@yahoo.com).



OS Dallas O'Dell of HMCS Protecteur hopes to raise enough money so he can rappel down the 13 story CIBC building in downtown Victoria dressed as Boba Fett as a part of the Easter Seals Drop Zone charity event.

## Lawyers with a Canadian Forces Perspective



**Mel Hunt,**  
LCOL (Ret'd)  
Practicing Military Law for over 30 Years



**Dan Murphy**  
RADM (Ret'd)  
Extensive experience with Canadian Forces personnel issues

Military Grievances • Veterans Pensions • Personal Injury  
Summary Trials • Courts Martial • Appeals • Criminal Law

Call 250.478.1731



**Leigh Gagnon**  
Practicing Family and Real Estate Law for military members for 20 years.  
Call 250.381.2151

DINNING HUNTER  
LAMBERT & JACKSON  
BARRISTERS AND SOLICITORS

[info@DinningHunter.com](mailto:info@DinningHunter.com)

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



Photo by Raegan Elford, Lookout

With a Maritime Coastal Defence Vessel as back drop, command of Coastal Division was passed from Cdr James Sprang to Cdr Lorne Carruth in a change of command ceremony last Wednesday. A congratulatory hand shake sealed the passing of command.

# New leader for Coastal Division

**Shawn O'Hara**  
Staff Writer

Coastal Division said goodbye to a fine leader last Wednesday.

In a change of command ceremony on Y Jetty, command of Coastal Division was passed from Cdr James Sprang to Cdr Lorne Carruth.

Cdr Sprang will become Commanding Officer of HMCS Malahat.

At the podium, he addressed the assembled ships companies and reminisced on two years at the helm of Coastal Division.

"It feels like just yesterday

I was preparing to give the last speech, instead of the first," says Cdr Sprang. "It has been my privilege to be your Division Commander. I have been humbled by your character and perseverance as you embraced the navy's motto of ready, aye, ready, and I thank you for your service."

RAdm Peter Ellis, Commander of Canadian Fleet Pacific, was the Reviewing Officer for the ceremony, and took some time to say a few words about Cdr Sprang's service to the military.

"He is a true professional whose dedication to Canada and the navy

is inspiring. He's a great Canadian, and a tremendous leader. We all owe him a debt of gratitude for his leadership and his guidance."

RAdm Ellis then addressed Cdr Carruth, congratulating him on his new postings, and the new phase of his career.

"Lorne, you've got some huge shoes to fill, but I think you've got the focus and the determination to do this job," he said. "I'm sure under your guidance Coastal Division will continue to grow."

Following the address, the papers were signed, officially relieving Cdr

Sprang from the post of Commander of Coastal Division, making way for Cdr Carruth to address the officers and sailors of his new position.

"As I'm sure you've all heard at ceremonies like this, I've got big shoes to fill. My only concern is that the feet in those shoes are capable of executing a perfect roundhouse kick to the head if I screw this up," Cdr Carruth said jokingly to the crowd. "Thank you for the opportunity to fill those shoes. I plan on bringing the same level of quality out of Coastal Division, based on the high bar that Jim has set."

RE/MAX FIVE STAR SERVICE

**BRAD MACLAREN**  
PERSONAL REAL ESTATE CORPORATION

TOP NEGOTIATOR  
SAVING YOU THOUSANDS!!!

123sell.ca  
250-727-5448  
BRADMACLAREN@SHAW.CA

How can you support  
**Habitat for Humanity Victoria?**

10% DND Discount with ID & coupon

- SHOP at the ReStore - New and gently used materials for a fraction of retail price
- DONATE home improvement, building materials and appliances - Drop off or arrange for a free pickup
- VOLUNTEER at the ReStore and the construction sites in our community - contact us for more details.

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

Habitat for Humanity Victoria  
**ReStore**

**MAKE THIS YOUR YEAR: RESOLVE TO RIDE!**

**Steve Drane Harley-Davidson®**  
2940 Ed Nixon Terr.  
Victoria, BC

SteveDraneHarley.Com 250-475-1345

**GIVING CANADA'S ELITE ATHLETES THE VISION TO SUCCEED**

**LASIK MD VISION** LASIK starting at **\$490** /eye\*

Paula Findlay, Triathlete  
5-time World Championships Series gold medalist;  
Olympic hopeful, London 2012; LASIK MD patient, 2011

FREE Consultation: 1-855-688-2020  
lasikmd.com/teamlasikmd

Ask about our SPECIAL MILITARY PRICING

\* Prices are subject to change without prior notice and vary based on prescription strength. Custom LASIK/PRK starting at \$990/eye. Applicable to surgery on both eyes only. Other conditions may apply.

# matters of OPINION

## WHO WE ARE

### MANAGING EDITOR

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

### STAFF WRITER

Shelley Lipke 250-363-3130  
shelley.lipke@forces.gc.ca

Shawn O'Hara 250-363-3672  
shawn.ohara3@forces.gc.ca

### PRODUCTION

Francisco Cumayas 250-363-8033  
production@lookoutnewspaper.com

Shelley Fox 250-363-8033  
projects@lookoutnewspaper.com

### ADMINISTRATIVE ASSISTANT

Kate King 250-363-3014  
kate.king@forces.gc.ca

### ACCOUNTS

Laura Spence 250-363-3127  
laura.spence@forces.gc.ca

### SALES REPRESENTATIVES

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

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

### CF APPRECIATION INFORMER

LS Melinda Urquhart 250-363-3422

### EDITORIAL ADVISOR

Sara Helmecci 250-363-4006

Published each Monday, under the authority of Capt(N) Bob Auchterlonie, Base Commander.

Le LOOKOUT est publié tous les lundis, sous l'égide du Capt(N) Bob Auchterlonie, Commandant de la Base.

The editor reserves the right to edit, abridge or reject copy or advertising to adhere to policy as outlined in CFAO 57.5. 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 à l'OAF57.5. Les opinions et annonces exprimées dans le journal ne reflètent pas nécessairement le point de vue du MDN.

**LOOKOUT**  
NEWSPAPER

Circulation - 4,500

One year subscription - \$37.<sup>36</sup>

Six month subscription - \$18.<sup>84</sup>

Three month subscription - \$12.<sup>56</sup>

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

E-mail: frontoffice@lookoutnewspaper.com

Web: www.lookoutnewspaper.com

Fax: 250-363-3015

Canadian Mail Product Sales Agreement 40063331



## WHAT SAY YOU

# MOVIE *Review* Spider-Man amazing indeed

**Jennifer Fielding**  
Contributor

The *Amazing Spider-Man* is the first film of the new franchise directed by Marc Webb.

I had low expectations for this film having become a Tobey Maguire and Kirsten Dunst fan in the last series of Spidey flicks.

My doubts were swept away as the story unfolded in cinematic perfection. The cast was excellent and the story had emotional depth.

Andrew Garfield (*The Social Network*) is utterly compelling in his portrayal of the young man with two sides: misfit Peter Parker struggling to find his place in the world until he puts on the mask of Spider-Man, which allows him the freedom to express himself, gaining the confidence to take risks and show true bravery in the face of danger.

Emma Stone (*The Help*) plays Peter's high-school classmate Gwen Stacy, who is attractive,

but also kind and intelligent. She shares his love of science and has a strong relationship with her family. She and Garfield have incredible chemistry.

Peter and Gwen's courtship dance, awkward at the start, is as genuine as it is endearing, and once their feelings for each other are made plain, their connection is electric. However, Emma's father is none other than Police Captain Stacy (the fiery Denis Leary), who erupts with animosity when Peter attempts to discuss Spider-Man. He believes the super hero to be a vigilante preventing the police from doing their job.

I found it deliciously amusing to witness Leary's characteristic impatience and irritation reach new heights as Peter tries to convince Stacy he knows who is the true hero and what is the true threat.

In flashbacks, we see a child Peter in his father's study, which has been broken into, and soon afterward, his parents spirit him

off to Uncle Ben (Martin Sheen, note-perfect) and Aunt May's (Sally Field, in a heart-wrenching turn). His parents are never to be seen or heard from again.

Now an adolescent with a passion for science, Peter looks through his father's files and finds scientific research that he was working on at Oscorp with Dr. Curt Connors (Rhys Ifans, *Anonymous*, with a quiet intelligence but an air of mystery). Peter figures out a way in to the company in order to find clues to his parents' disappearance. It is at Oscorp that he is bitten by a genetically modified spider, giving him his super abilities.

Peter gives Connors his father's notes and partners with him in new experiments. Infatuated with his newfound super abilities and discoveries, Peter unwittingly sets off a chain of events that culminates in Uncle Ben's fatal shooting by a robber.

Spider-Man's crime fighting career begins with Peter's obsessive search for his uncle's killer.

Garfield conveys beautifully the intense guilt visibly ravaging Peter and the terrible secrets burdening him that drive his quest.

His nemesis slowly becomes his father's partner Dr. Connors, who purposely uses a genetically altered serum that gives him a genetic advantage gone awry. Spider-Man must be the one to stop him, but he needs more than superpowers on his side; he also needs Police Captain Stacy's bravery and Gwen's scientific and technical know-how.

The only downside to this film was the length of the scenes where Dr. Connors, aka the "Lizard", is wreaking havoc. I felt the scenes where he is at Peter's school were unnecessary and too drawn out, and that the scenes downtown leading up to the climax were too long.

*Amazing Spider-Man 2* is forthcoming in 2014.

Rating: 9/10

## Opportunities abound for first-time home buyers

**Carl McLean**  
Contributor

If you've been thinking about purchasing your first home, but haven't yet made up your mind, now is an ideal time to think about taking the plunge into homeownership. Since Canada's currently in a buyers' real estate market and interest rates have dropped to historic lows, now is the perfect time to consider your mortgage options.

Your first step in the home-buying process should be to talk to a licensed mortgage professional. These experts have access to a vast array of lenders that enables them to negotiate the best possible mortgage products and rates on your behalf. In comparison, if you approach your bank with a mortgage request, they can only offer you a narrow choice – namely, their own products.

Thanks to the latest federal budget, there are a couple more reasons why

now is the optimal time to purchase your first home.

First, the budget proposes a \$5,000 increase to the RRSP Home Buyers' Plan, meaning first-time homebuyers can now withdraw up to \$25,000 from their RRSPs for a down payment – tax- and interest-free.

The budget also proposes a \$750 tax credit for first-time homebuyers to help with closing costs, such as legal fees, disbursements and land transfer taxes.

The tax credit is based on an amount of \$5,000 for first-time homebuyers who acquire a qualifying home after January 27, 2009 (ie, the closing is after that date).

An individual will be considered a first-time homebuyer if neither the individual nor the individual's spouse or common-law partner owned and lived in another home in the calendar year of the home purchase or in any of the four preceding calendar years.

## In Memoriam

**COOK, Kenneth January 22, 1933 - August 6, 2012**

After a valiant but tough struggle, Ken succumbed to Mesothelioma at home, surrounded by his loving family. Ken worked for 36 years in HMC Dockyard as an Electronics Technician (Radar/IFF), proudly serving his country from ashore. Predeceased in 2007 by his beloved wife of 49 years, Faye (nee Jamieson), Ken is survived by his four children; Terri (Jay) Watts, Leslie (Mark) Raines, Kevin (Bonnie) Cook and Vicki (Dave) Willis. He will also be remembered by his grandchildren; Cameron, Richard, Laura and Diana; Emily, Marlie and Gemma; Ashley, Brandon and Keiran; and Michael and Michelle. Ken was a beloved Husband, Father, Grandfather and Best Friend. Sadly missed but always loved. Special thanks to Dad's best friend and cousin Mike Hanna, special friends Bert and Betty Watts and nurses Catherine and Rosemary. There will be a Celebration of Life for Ken at the Esquimalt C & PO's Mess, Lyall St., on Sunday, August 26th, 2012 at 1 p.m. The family requests donations to the Victoria Hospice Society in lieu of flowers. Online condolences at [www.sandsvictoria.ca](http://www.sandsvictoria.ca)

**10% off**  
**any Truck**  
**Rate**

MILITARY  
DISCOUNT  
OFFERED



**Budget**  
Car and Truck Rentals

Call 250-953-5300

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

**AUTHENTIC THAI**  
**Friday Lunch Buffet**

• Lunch Combos • Full Dinner •



Dine In

Take Out

Thai dining at its Best!

1207A Esquimalt Rd. • 389-1845 • [www.zapthai.com](http://www.zapthai.com)

**SELECT**  
MORTGAGE CORP

**BEST 5 year fixed - 2.94 • BEST 10 year fixed - 3.89%**  
**BEST Variable Rate - 2.65% • BEST Rates! BEST Service!**  
**\*35 Year Amortization Still Available - Ask Me How!**

\*Some conditions apply/OAC/rates subject to change  
[www.mortgagesbylori.com](http://www.mortgagesbylori.com) • [lori.lenaghan@vericoselect.com](mailto:lori.lenaghan@vericoselect.com)



**VERICO**  
MORTGAGE CONSULTANT

Each VERICO broker is an independent owner operator

**Lori Lenaghan**  
MORTGAGE CONSULTANT  
**250-888-8036**



The HMCS Rainbow Tin containing an assortment of Rogers' truffles, miniature creams, and caramels.

Suggested retail..... \$20  
Cost..... \$15  
Sold by the case of 6 ..... \$90



Rogers' Chocolate bars in milk or dark chocolate

Suggested retail..... \$ 4.50  
Cost..... \$ 3.00  
Sold by the case of 12  
..... \$36.00

# Charity Fund Raising?

## *Sell a sweet treat with Navy flair*

*The collectable Rogers' Chocolate HMCS Rainbow Tin and Canadian Navy Chocolate Bars*



**Sweeten your fundraising activities with products that are consumable, collectable and giftable.**



To place your order, email [melissa.atkinson@forces.gc.ca](mailto:melissa.atkinson@forces.gc.ca). Credit card required at time of order.

**LIVE. WORK. REST. PLAY.  
ALL NEW PRICING + BUYER INCENTIVES**



**PEMBERTON  
HOLMES**  
ESTABLISHED 1887



**low strata fees** pets allowed  
**rentals welcome** spacious floor plans  
**rooftop patios** ocean views  
**underground parking** storage lockers  
**on-site gym** unique layouts

**TheOvation.ca 1315 Esquimalt Road 250-590-1775**



Photo by MCpl Charlotte McShane, 12 Wing Imaging Services

**Christine Hines, Shearwater Aviation Museum Curator, thanks everyone involved in the acquisition of the Grumman Avenger.**

## Museum scores vintage plane

**Capt Tyrone Grande**  
12 Wing PAO

The Shearwater Aviation Museum acquired a vintage gem a few weeks ago and it landed on their doorstep.

Against blue skies with wispy cloud, a Grumman Avenger aircraft landed at 12 Wing Shearwater July 26.

The Avenger, known as Tanker #23, was formerly operated out of Forest Protection Ltd in New Brunswick. It was successfully signed over to the museum from the Museum Foundation to become the newest addition of its naval aviation collection.

“On behalf of the Shearwater Aviation Museum, we feel so lucky today to not only have a working Avenger to add to

our exhibit, but also for the wonderful folks at the Foundation who have been so generous,” said Christine Hines, Shearwater Aviation Museum curator.

12 Wing personnel and aircraft enthusiasts turned out to witness the landing of Avenger 23 at the Shearwater Heliport by pilot John Webber. It was followed by a brief announcement and the signing of the aircraft’s ownership to the museum, stories from veterans, and review of a static display.

The donated Avenger was originally delivered to the Royal Canadian Navy as aircraft 53610 in 1950 and served until January 30, 1958, after which it was procured and serviced by a number of airlines prior to finding its home with Forest Protection Ltd in 1976.

# WE'RE BUILDING DND CUSTOMERS FOR LIFE!

Victoria Hyundai is proud to service all employees of the DND, civilian and retired veterans. Our retired DND staff recognize your needs and will help you find the perfect vehicle regardless of your past/current credit.

- Comes with Air, cruise, heated seats, esc, traction control, power windows/locks, keyless entry.
- 0% financing for 84 mths.
- 0 down payment
- Free 7year-120,000 bumper to bumper warranty
- 90 days no payments
- 1000 Litre gas card
- \$500.00 discount over and above all these other incentives

*The payment is \$118 bi-weekly, taxes included. No gimmicks, admin fees or hidden fees.*

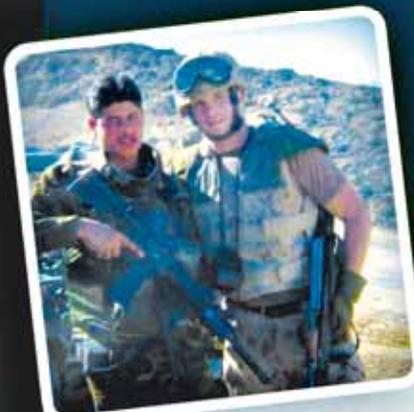
OWN IT  
**\$122**  
bi-weekly  
payment + tax

AND  
**\$0**  
down  
payment



City 10.1L/100km  
Hwy 7.4L/100km

**2012 Hyundai Elantra**  
Touring GL 5spd



**Sales Manager Macon Doublet**

As a retired Stralhcona, Sales Manager Macon Doublet is your DND liaison. Macon has all your in-store DND incentives and will ensure that your needs are met.

250.995.2984  
VictoriaHyundai.com

525 Gorge Rd East • Victoria, BC



# Artist sketches on display in Halifax

**Virginia Beaton**  
Trident

The Maritime Command Museum has a new display of sketches by Annapolis Valley-born artist Tom Forrestall.

The sketches are his preliminary work before painting HMCS Assiniboine, a mural-sized image that hangs on a wall in the Wardroom.

Forrestall was present for the official opening of the display and, with the

assistance of RAdm Dave Gardam, unveiled the focal artwork, an egg tempera painting of *Assiniboine* in battle with German submarine U-210 in August 1942.

Acting museum curator Rick Sanderson thanked the 76-year-old artist for his contribution of sketches.

“For me as a curator, it’s important to know the history that these sketches represent,” said Sanderson. “When you look at these sketches, there is a beauty to them. I find it a fascinating look into the mind of

an artist.” Each sketch was made in preparation for the mural-sized painting that depicts the painter’s view of a battle at sea.

“You have certainly captured the life of the mariner,” said RAdm Gardam. “Everything from the quality of light to the sea state contributes to the realistic and accurate effects. For those of us who have stood on the bridge [of a ship] you have captured our memories with precision.”

RAdm Gardam pre-

sented Forrestall with a MARLANT Certificate of Appreciation in acknowledgement of his service to the Royal Canadian Navy.

In his remarks, Forrestall thanked LCdr (ret’d) Doug Thomas, who acted as a consultant from 2004-05 during the creation of the painting. He also expressed his appreciation for the navy and their support of his work, and in particular, the *Assiniboine* mural that was unveiled during Battle of the Atlantic Weekend in 2005.



Commander Maritime Forces Atlantic, RAdm David Gardam, (right) and Thomas Forrestall, (left) unveil a painting as part of the official opening of his art exhibit.

Photo by MCpl Robin Mugridge, Formation Imaging Services



Make the most of life on the island. Stay fit with the *Activity Guide*. Available at all PSP and MFRC outlets

**The UPS Store**

110-174 Wilson Street (Westside Village)  
Victoria, BC V9A-7N7  
T: 250.389.6245  
Store242@TheUPSStore.ca  
\*www.theupsstore.ca/242

**SHIPPING SERVICES**

- UPS
- Greyhound
- DHL
- Canpar
- Same day (Lower Mainland)

**EXPERT HELP IN YOUR NEIGHBOURHOOD**  
*Tous les services sont éaglement disponibles en francais*

**We Print, Ship & More!**

- Mailbox Services
- Office Supplies
- Photo Restoration
- Packing
- Shipping Supplies
- Wide Format Printing
- B/W Copies
- Faxing
- Inkjet & Toner Refills
- Colour Copies
- Business Cards
- And Much More!

## UCLUELET- LONG BEACH, BC

# CANADIAN PRINCESS RESORT

### Whale Watching

Humpback, Gray and Orca as low as **\$75** per person



### Fishing Trips

Aboard Deep Sea Cruisers as low as **\$95** per person



### New for 2012

Exclusive charters aboard 20' Boston Whaler Outrages  
*Call for more information*



**ROOMS FROM \$99 • PACKAGES AVAILABLE**

*INCLUDES CONTINENTAL BREAKFAST*

ALL GUESTS ARE ELIGIBLE TO ENTER THE UCLUELET SALMON LADDER FISHING DERBY. CASH PRIZES TOTALLING **\$310,000.00**



**INFORMATION & RESERVATIONS: 1-800-663-7090**

1943 PENINSULA RD IN UCLUELET • [www.canadianprincess.com](http://www.canadianprincess.com)

OAK BAY MARINE GROUP CELEBRATING **50** YEARS

**Base Newspaper Advertising**

**Local or National**  
**Canadian Armed**  
**Forces Base**  
**Newspapers**  
**16 Bases - One**  
**contact**  
 250-363-8602 ext 2  
 Joshua.buck@forces.gc.ca

**RAPID DEBT RELIEF...**  
 No Interest • Low Payments  
*We'll help you get a fresh start!*

There is Special Government Legislation that allows you to reduce your DEBT by up to 100%

For a **FREE CONSULTATION**, call  
**250-995-3122**

**ABAKHAN**  
 & Associates Inc.  
 Debt Restructuring Consultants  
 Trustees in Bankruptcy (non-resident)

Richard Robinson Doris Minervini  
 www.BankruptcyBC.com

**GOOD PEOPLE TO KNOW IN TIMES OF TROUBLE**



**Laurence Johnson CD**  
 Lawyer

**Michael Lomax CD**  
 Lawyer/Mediator

- Family Law
- Mediation
- Wills & Estates

MILITARY DISCOUNT OFFERED

**250-385-5523**  
 MILTON, JOHNSON LAWYERS  
 202-895 Fort St., Victoria, BC



**NEED TOOLS IN THE CITY?**

**MILITARY DISCOUNT OFFERED**

**RONA** | **BayWest EXPRESS**  
 Hardware, Lumber, Paint, Plumbing, Housewares, Electrical, Door Shop, Kitchen, Building Materials & MORE!

OPEN M - F 7:30am - 7pm | SAT 8am - 6pm | SUN 9am - 5pm  
 BayWest RONA | 220 Bay St. Victoria, BC | P. 250.595.1225

**JOSEPH KING, MD**



When you are serving in our forces...  
 Good vision is the most important safety tool you have!

**MILITARY DISCOUNT OFFERED**

**Laser Vision Correction**  
 Nearsightedness  
 Farsightedness  
 Astigmatism

State of the Art technology including Blade-Free IntraLase, Advanced CustomVue and Iris Registration.



Over 55,000 procedures and 10 years in British Columbia

**FREE** CONSULTS & EXAMS FOR LASIK & PRK

**250.360.2141**  
 clearlylasik.com

100% LOCAL CARE • 201-3550 SAANICH RD, VICTORIA • \$0 DOWN 0% FINANCING





# THE FUTURE OF SHIP BUILDING

Office of the Asia-Pacific Advisor

*Royal Roads University, the Asia Pacific Center for Security Studies, and Maritime Forces Pacific will be holding the biennial Maritime Security Challenges conference in Victoria BC from October 1-3, 2012. One of the conference panel discussions will focus on developments in the naval shipbuilding industry. This article explores some key developments and challenges facing world navies in their plans to modernize their fleets. More information on MSC 2012 can be accessed at [www.msconference.com](http://www.msconference.com)*

Depending where you are, the state of shipbuilding is either looking promising or disappointing.

In 2012 the UK government announced its largest cuts in state spending since the Second World War, including USD \$6.6 billion from the Defence Ministry, a decision that has serious consequences for the Royal Navy (RN): for example, although two Queen Elizabeth-class aircraft carriers will be built, the RN will only operate one.

Although it will remain the world's foremost navy, the U.S. Navy (USN) cut its long-range naval construction plans this year to 300 ships from a planned expansion to 313. In its 2009 White Paper, Australia outlined ambitions to acquire 12 submarines, up to four air warfare destroyers, two new Landing Helicopter Docks, and completely replace its eight Anzac-class frigates (though there is some question about these plans being realized after Canberra cut \$5.2 billion from the defence budget in May).

Meanwhile, in Canada, the National Shipbuilding Procurement Strategy bidding process was completed in October 2011, with shipyards on both coasts selected for CAD \$33 billion worth of contracts for 28 navy and Coast Guard vessels. Furthermore, with the promulgation of the 2012-13 budget in February, up to \$5.2 billion more may be spent on Coast Guard vessels.

In addition to budget challenges, navies account for several trends that will also affect their procurement plans. One consideration is changing demographics and shrinking military-age labour pools. As baby boomers retire, the generations behind them are fewer in number, and may choose employment in areas other than the navy.

Another issue is the rising cost of fossil fuels. Upheaval in the Middle East, increasing demand from China and India, and deteriorating production in countries such as Mexico and Venezuela mean that the cost of fueling navies is almost certainly on an upward trajectory. Finally, the nature of naval weaponry is changing. Although kinetic weapons such as missiles will remain the norm, new systems, such as lasers, will require new shipboard support.

## CHANGING DEMOGRAPHICS

Canada's 2011 census revealed several demographic trends that have implications for the navy. The working age population (those aged 15 to 64) accounted for over two-thirds of the population, and of that segment, almost half are baby boomers (those aged 45 to 64). Meanwhile, the number of children aged four and under increased from 2006, but still lags behind the boomers numerically. These statistics suggest the Canadian Forces may face a shortage of young personnel between when baby boomers retire and when the newest generation reaches working age.

Australia's population is in a better workforce-related position, with the percentage of the population aged 20 to 44 the same or greater than that of boomers. This indicates that the Australian military should have less trouble maintaining - or even increasing - its numbers. However, such is not necessarily the case: the Royal Australian Navy (RAN)

has had difficulty recruiting and retaining personnel, especially skilled sailors, with the country's booming resource sector. The submarine force has been particularly hard-hit, with sufficient personnel to man only two of its six Collins submarines. As a result, the RAN is taking advantage of personnel cuts in the UK, such as resolving a shortfall of 200 engineers by targeting outgoing RN engineers.

Aside from seeking qualified personnel from foreign navies, a solution to fewer sailors is automation. The USN has already launched several ships that automate functions: USS Makin Island reduced engine equipment in its new hybrid design and integrated systems to be centrally monitored by computer, which requires fewer sailors. The Littoral Combat Ship (LCS) design prioritized automation so that at any one time, the ships require a "core" crew of 40, with an additional 35 sailors to operate the LCS' mission-specific module. Compared with the Royal Canadian Navy's 4,700-ton Halifax-class frigate, which has a crew complement of around 220, the 3,000-ton LCS represents approximately 100 fewer personnel, ton-for-ton.

Finally, Singapore's Endurance-class Landing Ship Tank features integrated bridge, navigation and communications systems that manage most on board platforms, and an Aircraft Ship Integrated Secure and Traverse (ASIST) system that eliminates the need for deck personnel when securing a helicopter upon landing. Despite being 50 percent larger than its predecessor class, the Endurances have half the crew, at 65 personnel.

## FUELING NAVIES

As First Lord of the Admiralty of the RN, Sir Winston Churchill made the transformational decision at the beginning of the 20<sup>th</sup> century to move RN battleships from coal fuel to oil, based on fuel efficiency, personnel savings, and greater possible speeds. Since then, with the exception of nuclear-powered aircraft carriers and submarines, navies have been propelled by petroleum.

Meanwhile, the cost of oil has increased dramatically from USD \$20 per barrel then to above \$60 a barrel since the mid-2000s, and sometimes breaching \$100 per barrel. This price increase is highly significant for navies' budgets; U.S. Secretary of the Navy Ray Mabus lamented that every \$1 increase in the price of a barrel of oil costs the USN \$31 million. As Western defence budgets face cuts to support government austerity, fuel costs should be minimized to maximize funds for operations and personnel.

A possible solution to rising fuel costs has been available in commercial automobiles for years: hybrids. The aforementioned Makin Island is a hybrid ship: she has gas turbines paired with an Auxiliary Propulsion system, which operates at lower speeds for up to 75 percent of the time. On her maiden sail, Makin Island saved an estimated 3.4 million litres of fuel worth \$2 million, and will save approximately \$250 million in fuel costs over the course of her life. Future shipbuilders also have several other fuel efficiency and alternative fuel options, such as bulbous bows and stern flaps, fuel cells, and solar panels.

## ACCOMMODATING FUTURE WEAPONS

Since the beginning of the age of sail, naval weapons have been kinetic: one ship launches a physical projectile at a target. The form of these projectiles has evolved over centuries, from arrows to cannonballs to missiles. The next stage of naval weapons includes weapons such as the electromagnetic railgun and lasers.

A railgun channels electromagnetic energy along

two parallel rails to "push" a projectile at far greater speeds and distances than current, conventional weapons propellants can. In December 2010, the USN's Office of Naval Research (ONR) fired a solid projectile with a railgun at over 1,600 metres per second, or at eight times the speed of sound. Such tremendously high speeds have the potential to fire projectiles at least 90 kilometres - an ONR goal by 2017 - well beyond five-inch main guns' 13-kilometre limit.

After decades of research, in March 2012 ONR said that the USN is within four years of having a working prototype of a ship-mounted laser capable of targeting planes, ships and missiles, including China's DF-21D anti-ship ballistic missile.

In April 2011, ONR successfully fired a 15-kilowatt laser from the decommissioned destroyer Paul Foster, which set fire to the outboard engine of a moving motorboat 1.6 kilometres away, disabling the boat. A 15-kilowatt beam is fairly weak, comparable to 140 desk lamps; the true success is sustaining a concentrated laser against a moving target. The baseline for what is considered to be a militarily useful laser is 100 kilowatts, with ONR working on a free electron-type laser with a potential output of a megawatt, or enough power to burn through six metres of steel per second.

These future weapons face several challenges before they become fully operational and integrated into ships, including the major issue of power generation and transmission. At the moment, prototype railguns use more energy than what Arleigh Burke destroyers, among the largest in the USN, can generate.

Furthermore, a large part of the difficulty is transferring sufficient power to the weapon; dedicated power generation could theoretically be added to ships to power these future weapons, but this is hampered by the low capacity of wiring in between the generator and weapon.

Finally, the electricity involved in firing a railgun is so great that it destroys projectile electronics, removing the possibility of firing advanced precision munitions, which reduces accuracy and in-flight re-targeting.

The USN is considering incorporating the physical capabilities for these weapons in their new ships. In particular, the next flight of Arleigh Burkes, which the USN aims to begin procuring in fiscal 2016, may be built with the physical space and equipment to allow for the addition of railguns and lasers if and when they become operational. Similar design allowances for totally new ships, such as the next generation of destroyers, big-deck amphibious ships, and Ford-class aircraft carriers are also under consideration.

## PREDICTING THE FUTURE

The Danish physicist Niels Bohr warned against making predictions, especially those based in the future. However, naval shipbuilders do not have the luxury of foregoing predictions; the task of planning future navies involves making educated guesses about naval requirements years - if not decades - in advance. Changing demographics, the rising cost of conventional fuels, and future weapons are all considerations that procurement managers must bear in mind when planning for future navies. At stake is, at the least, millions or billions of dollars in additional operational and/or refitting costs, and at the worst, being unable to effectively operate in a hostile situation.

*The views expressed in this article are those of the author only and do not reflect the policy of Canada's Department of National Defence or the Royal Canadian Navy. This article may be disseminated and/or reproduced free of charge, but only in its entirety.*

# Retired pilot, cancer survivor and charity advocate

**Christina Rogers**  
Contributor

He has flown the Royal Family, a Pope and the late Prime Minister Pierre Elliott Trudeau, but for retired Brigadier-General Jeffrey Brace, his time spent with people facing cancer is one of the most rewarding experiences of his life.

A distinguished member of the Royal Canadian Air Force, BGen Brace had a long and exciting career before being diagnosed with prostate cancer 10 years ago.

Bitten by the flying bug as a young air cadet in Montréal, Que., BGen Brace rose quickly through the ranks. He served as a crew member on the 1973 Trudeau mission to China; commanded 437 Transport Squadron, 8 Wing Trenton, ON., where he flew members of the Royal Family and Pope John Paul II; and served, not only as commander at Canadian Forces Base Trenton, ON., but also as commander of Canada's military air transport and search and rescue forces.

**New beginnings**

Upon his early retirement from the Canadian Forces in 1996, he became the executive director of the National Air Force Museum of Canada in Trenton until 2002. That year, he participated in a clinical trial for early detection of prostate cancer. The doctors found something.

BGen Brace admits it was "jaw-dropping" to discover he had cancer, but he quickly realized he needed a plan.

"When you face something like this, you don't run around in circles; you sit down and you lay out a plan, and you follow it," he says. "I know the military and its regi-

mented ways gave me the planning skills I needed to deal with something that, at the time, was a crisis in our family lives."

After he and his wife June assessed the risks, BGen Brace underwent surgery on the advice of his doctors.

Ten years later, he is cancer-free.

**Survivor who serves**

"Cancer still scares me to death," he says. "One of the things that really helps is working with people who have been diagnosed with cancer. That changes you."

BGen Brace has been actively involved with the Canadian Cancer Society for nine years. He has served as president of his local unit in Belleville, ON; as a peer support person helping other Canadians diagnosed with prostate cancer; and as a spokesperson for the cause to service clubs, government employees and even Queen's Park.

"Jeff's contribution to the cancer cause is significant and comprised of more than considerable time; Jeff has his heart in his volunteer work," says Heather Gray, manager of the Hastings-Prince Edward County unit of the Canadian Cancer Society. "He has provided great guidance to those around him. We are very lucky to have him."

**Annual charity campaign**

The Canadian Cancer Society is just one of the 15 Canadian health charities supported by payroll donations to Healthpartners in the fall Government of Canada Workplace Charitable Campaign, which takes place annually.

"Thousands of Canadians like Jeff have been helped thanks to payroll donations to Healthpartners by Government of Canada employees," said Eileen Dooley, national executive director of Healthpartners.

"Together, we have raised \$80 million to find cures, build awareness and run local support programs for people facing critical illnesses and their families."

**Making a difference**

BGen Brace's latest and most rewarding role has been facilitating a self-management course for post-treatment cancer patients and their caregivers called Living Well Beyond Cancer. Developed by Stanford University and licensed to the Canadian Cancer Society, the six-week course aims to help people with a long-term condition manage their symptoms and live healthy lives.

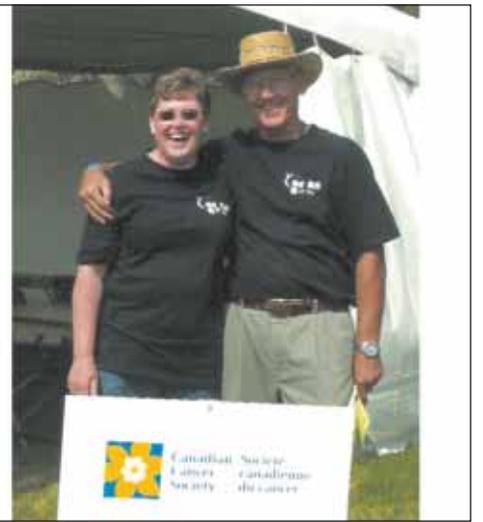
After his first course wrapped up in June, BGen Brace recalls the dramatic changes in

the participants.

"People who had been crying and reluctant to participate six weeks earlier were talking up a storm," he says. "Their whole demeanour had changed. They were interacting and were more positive – even those with stage-four cancer"

"Listening to their stories and hearing how they felt, I thought, 'I really am doing something that is helping,' and it truly feels good."

If you would like to make a donation to the Canadian Cancer Society or one of the 16 charitable organizations involved in the health field, consider donating this fall during the Government of Canada Charitable Workplace Campaign.



BGen (Ret'd) Brace (left) took his retirement from the CF in 1996. (Right) BGen (Ret'd) Brace was diagnosed with prostate cancer in 2002 and has since spent much of his time as a volunteer with the Canadian Cancer Society.

Vancouver Island  
Vacations

GREAT ROOMS STILL AVAILABLE

SUMMER SPECIAL

from \$69

per person per night based on dbl. occ.

Ocean view upgrades available

1-800-663-7090 • [www.painterslodge.com/summer](http://www.painterslodge.com/summer)

FREE PARKING AT  
PAINTERS LODGE WITH  
SCENIC SHUTTLE TO  
APRIL POINT RESORT

GUIDED FISHING

THE SPA AT  
APRIL POINT

OCEANFRONT DINING

WILDLIFE ZODIAC TOURS • SALMON FISHING • WHALE WATCHING • HEATED POOL & HOT TUBS • SPA PACKAGES

PAINTER'S LODGE

CAMPBELL RIVER • BC

APRIL POINT RESORT & SPA

QUADRA ISLAND • BC

OAK BAY MARINE GROUP CELEBRATING 50 YEARS



Photo by Cpl Alex. W. Croskery, MARPAC Imaging Services

LCol Woolley, outgoing Commander of Base information services (BIS) with Base Commander Capt(N) J.R. Auchterlonie and incoming BIS Commanding Officer, Cdr Allsopp sign Change of Command certificates on July 30 at CFB Esquimalt.



Photo by Cpl Alex. W. Croskery, MARPAC Imaging Services

CPO1 Devlieger, Major Thompson and Dora Jessen present LCol Woolley, outgoing Commander of Base Information Services, a certificate during the change of command ceremony.



LS Jeremy Snider from HMCS Protecteur is promoted to MS effective May 14. In the photo are LCdr Sheila Heffernan, Acting CO/Logistics Officer, and PO1 (Mark) Bateman, Acting Buffer.

## Faces of The Legion



**SERVICE IS OUR MISSION**

or call Toll Free:  
[www.LEGION.ca](http://www.LEGION.ca) / 1-888-556-6222

various photos: Combat Camera 2012



**AUG 15-19 2012**  
**BLUE BRIDGE**  
**COMEDY FESTIVAL**  
 ESQUIMALT - VICTORIA



**MARC MARON**  
 47 Conan O'Brien appearances  
 Host of 'WTF' podcast



**NIKKI PAYNE**  
 2 time female comedian  
 of the year



**BRENT BUTT**  
 Star of 'Corner Gas'

GET YOUR TICKETS AT [RMTS.BC.CA](http://RMTS.BC.CA) OR CALL 250-386-6121

GET YOUR VIP FESTIVAL PASS FOR \$65 (REG \$75, EARLY BIRD PRICING TILL AUG 3) AND GO TO AS MANY SHOWS AS YOU CAN. RESERVE SEATS ONLINE WITH THE VIP PASS. LIMIT ONE RESERVATION PER DAY.

**AUG 17, 2012**

**THE GALA SHOW WITH BRENT BUTT**  
**ESQUIMALT SPORT CENTRE**

- 1151 Esquimalt Road

**\$50**

with Marc Maron, Nikki Payne, Damonde Tschritter, Rob Pue and more.

★ ALSO FEATURING... ★

**AUG 15-19, 2012**

Johnny Bagpipes, Kristeen Von Hagen, Damonde Tschritter, Sean Proudlove, James Ball, Graham Clark, Rob Pue, Paul Myrehaug, Rob Pue and Kevin Banner.

FOR MORE INFORMATION VISIT [BLUEBRIDGECOMEDYFESTIVAL.COM](http://BLUEBRIDGECOMEDYFESTIVAL.COM)



# Whidbey Islands facility celebrates 25 years

**LS Grant MacDonald**  
NOPF Whidbey Island

Twenty five years ago – July 13, 1987 - a building at Naval Air Station Whidbey Island opened with the classified mission of providing long-range acoustic tracking of contacts throughout the Pacific Ocean.

Few people outside the unit had any idea of (then) Naval Facility Whidbey Island's purpose. In a wry twist, the secrecy, double fences, security cameras and female-dominated staff lead to its nickname "the women's prison." It's a name that endures within the Naval Air Station and local community despite the mission being declassified in 1991.

From the beginning, Naval Facility Whidbey Island was staffed with both U.S. Navy Ocean Systems Technicians and Canadian Forces Oceanographic Operators. This cooperative approach continues today with Canadian Sonar Operators and Acoustic Technicians providing personnel for both the maintenance and operations departments. This includes the watch floor and aboard USNS surveillance towed array sensor system ships deployed throughout the

Pacific Integrated Undersea Surveillance System area of responsibility.

This model of cooperation is unmatched within the Canadian Forces and provides a unique opportunity for our sailors to learn from the expertise and historical data available, and then apply those skills to real-time operations.

**Anniversary Ceremony**

The anniversary ceremony was marked in July with the return of several plank holders; former NOPF Commanding Officers; Commander Undersea Surveillance, Captain Scott Rauch; and Commander of Submarine Force U.S. Pacific Fleet; Rear-Admiral James Caldwell.

Canada's commitment to the mission of NOPF was evident by the presence of Consul General Denis Stevens; Chief of Staff Operations and Plans for MARPAC and JTF (P), Captain (N) Luc Cassivi; and Commander Andrew Muir.

Commanding Officer, Cdr Jason Vogt began the ceremony by highlighting that which has stayed consistent throughout the 25 years of NOPF Whidbey Island: team-work, cooperation, secrecy and Canadian commitment.

Captain Rauch explained how the facil-

ity had grown from its humble commissioning crew of 78 into the present complement of almost 400 personnel.

Rear-Admiral Caldwell had the misfortune to begin his speech just as the rain began to fall in earnest. In a well-timed attempt to raise spirits he explained that his original plan of having a bald eagle deliver a salmon was waylaid by the weather, only to have the local resident eagle perform a flawlessly timed fly-by. After a hearty laugh the ceremony concluded with Command Master Chief Hinshaw, USN (Ret) and the first Command Master Chief of NAVFAC Whidbey Island, accepting a statue of Poseidon dedicated to all plank holders and presented by Commander Vogt.

Attendees quickly retreated to a pavilion for the reception and cake cutting by Chief Warrant Officer 4th class Shawn Philp. He began his career as a Seaman at Whidbey Island in 1987. Now he is the QA Department Head where he serves as a role-model and mentor.

"I remember cutting the cake as the youngest sailor at NOPF in 1987; I never thought I might be cutting this cake again as the oldest."

The future of Royal Canadian Navy involvement with the Integrated Undersea Surveillance System is likely to be one of even greater involvement. An informal briefing with Canadian Detachment Commanding Officer, LCdr Nicholas Underhill, Capt(N) Luc Cassivi and Cdr Andrew Muir was held with all available Canadian personnel attending. Discussion revolved closely around the potential for RCN sailors to provide additional crew to USNS Surtass ships. These sea-going opportunities could be invaluable to increase and maintain the proficiency of Sonar Operators particularly as the Halifax-class frigates see reduced sea-time during the Halifax Class Modernization program.

Naval Ocean Processing Facility Whidbey Island began life as one small part of a large network of facilities providing undersea surveillance. Through advances in technology it now stands as the epicenter of the Integrated Undersea Surveillance System mission in the Pacific Ocean. From the Plank holders to our current members, NOPF Whidbey Island continues to be recognized for its cooperation, integration and acoustic excellence.



**Outgoing Commander Canadian Fleet Pacific, RAdm Peter Ellis presents Sandra Pinard with a Certificate of Acknowledgement for her outstanding deployment support to fleet personnel and their families.**



**RAdm Ellis presents Tracy Beck with a Certificate of Acknowledgement for her outstanding deployment support to fleet personnel and their families.**

Photos by Cpl Michael Bastien, MARPAC Imaging Services

# MFRC *News*

## Lampson services have relocated

**Jon Chabun**  
MFRC

The Military Family Resource Centre (MFRC) has officially moved out of the second floor of Lampson Street School. The building is once again in the hands of the school board and all MFRC office staff at Lampson now work out of either Signal Hill MFRC or the Colwood Pacific Activity Centre (CPAC).

A few key MFRC services will remain at the bottom floor of the Lampson School. The daycare, the preschool, casual child care, and children's deployment workshops will still be accessible in Esquimalt at this location.

Walk-in services for families in Esquimalt such as the issuing of military family identification cards, payments for daycare, and dropping off mail packages for deployed military members will be available at the nearby Signal Hill MFRC.

The Esquimalt ver-

sion of deployment coffee nights will be available at the St. Peter's and St. Paul's Anglican Parish. French as a second language classes are still finalizing a new location.

One social worker and the operations manager will move to Signal Hill.

The Francophone services coordinator, a couple of deployment staff, and a couple of information and referral staff will now operate out of the Colwood Pacific Activity Centre.

A few renovations took place at the Colwood Pacific Activity Centre to accommodate the changes. The MFRC reception desk is now located close to the main hallway. Behind the reception in the main office space are a couple new cubicle-styled offices. Three other offices are now located in two rooms across the hallway from the reception.

For more information, feel free to contact the MFRC at 250-363-2640.



## For women with single-track minds

Join us on the trails - beginner, intermediate and advanced rides.

Plus Clinics, getaways and shop discounts

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

# Helping You Is What We Do

**ROYAL LEPAGE**  
Coast Capital Realty  
INDEPENDENTLY OWNED AND OPERATED

**SAANICH**  
(250) 477-5353  
110-4460 Chatterton Way  
1-800-461-5353  
[coastcapital@royallepage.ca](mailto:coastcapital@royallepage.ca)

**WEST SHORE**  
(250) 474-4800  
501-1913 Sooke Road  
1-866-806-0981  
[westshorerlp@shaw.ca](mailto:westshorerlp@shaw.ca)

**DOWNTOWN**  
(250) 384-7663  
1075 Pandora Avenue  
1-866-806-0982  
[rlpvictoria@royallepage.ca](mailto:rlpvictoria@royallepage.ca)

**SOOKE**  
(250) 642-6361  
6739 West Coast Road  
1-800-461-5353  
[coastcapital@royallepage.ca](mailto:coastcapital@royallepage.ca)

**OAK BAY**  
(250) 592-4422  
1933 Oak Bay Avenue  
1-800-263-4753  
[victoriabc@royallepage.ca](mailto:victoriabc@royallepage.ca)

GRAPHIC DESIGN  
**101**

### Better to call us.

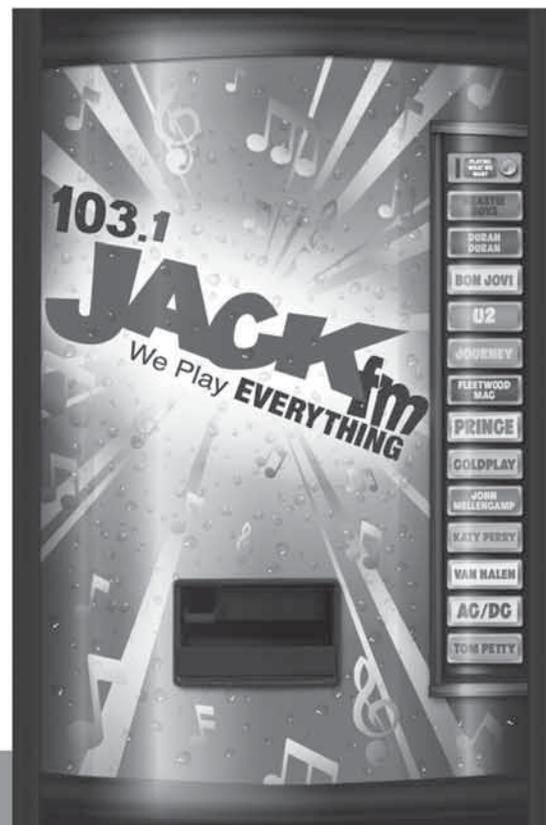
Lookout creates pamphlets, posters, business cards, booklets and even large format banners. Get creativity and corporate knowledge of DND for

comprehensive design, production and print. Make it look professional, make the call.

363-3014 or 363-3372  
[WWW.LOOKOUTNEWSPAPER.COM](http://WWW.LOOKOUTNEWSPAPER.COM)



# Now that's refreshing!



# LOOKOUT Classifieds & Real Estate

**RATES:** MILITARY and DND PERSONNEL: 25 words \$7.84 • ALL OTHERS: 20 words \$8.96 • Each additional word 17¢ • HST Included • DEADLINE FOR CLASSIFIED Advertising: Thursday at 11 a.m.

## Call 363-3014 to book your display or word ad

**ANNOUNCEMENTS**

**LIFERING ALCOHOL & DRUG ADDICTION SUPPORT GROUPS** has started new groups on Vancouver Island. Victoria, BC: Victoria Native Friendship Center on Thursday evenings 7:30pm @ 231 Regina Ave. Saanichton, BC: Tsawout First Nation on Thursday afternoon at 3pm at 7728 Tetayut Rd. Duncan, BC: 1 Kenneth Pl. on Friday evenings at 7pm. Nanaimo, BC: Vancouver Island Therapeutic Comm. on Sunday evening 7:15pm @ 10030 Thrid Street. General inquiries: Michael@LifeRingCanada.org

**CAREGIVING FOR SOMEONE with dementia?** The Alzheimer Society of B.C. has support groups for caregivers. Contact the Alzheimer Resource Centre at 250-382-2052 for info and to register.

**VIEW ROYAL READING CENTRE.** Conveniently located at Admirals Walk Shopping Centre. We have books, audios, videos, & DVD's for all ages. Internet is also available. For hours of operation and other information please call 250-479-2723.

**TREAT YOURSELF TO A VISIT FROM WELCOME WAGON! IT'S FREE.** Community service whose aim is to bring you greetings, gifts, and information regarding the area you live in. Call Welcome Wagon 1-866-518-7287 and arrange a short visit. I look forward to bringing you my basket of goodies!

**CALLING UNDEREMPLOYED WOMEN!** Do you want to kick-start your career? Are you unsure of who you are and what you want to do with your life? Our free career mentoring program will connect you with a supportive mentor to explore career & education options, develop life skills, and cultivate valuable relationships. Contact Bridges for Women 250-385-7410 or www.bridgesforwomen.ca

**3005 11 Svc Bn ARMY CADETS** has a great, fun, safe, purposeful program. There is no cost and youth M/F 12-18 years of age are eligible to join. Weekend and Summer Camps, Band, First Aid, and Marksmanship are all offered. Thursday 6:30 - 9:00 pm, 724 Vanalman Ave Victoria. Call 250-363-3194 or email 3005army@cadets.net.

**VOLUNTEER**

**SHARE YOUR RECREATIONAL INTERESTS** this fall by supporting a person with a disability to become more active! By donating only 1-2 hrs a week you have the opportunity to change someone's life while having a great time doing it. To get involved or for more info, please call Kim at 250-477-6314 ext. 15 or email volunteers@rivonline.org or visit http://www.rivonline.org/Volunteering.htm Mil or Civ

**WOMAN MENTORS WANTED!** Are you a working woman in the community and would like to share your knowledge, skills, & experience with another woman. By being a career mentor you will support women in building self esteem and working towards achieving economic self sufficiency. Contact Bridges for Women 250-385-7410 or www.bridgesforwomen.ca

**BUILD YOUR BUSINESS WITH LOOKOUT CLASSIFIEDS**  
CALL 363-3014 TO ADVERTISE

**APPLIANCES**

**WESTCOAST APPLIANCE CENTRE LTD.**  
**LARGEST SELECTION GREAT PRICES**  
• Reconditioned • New • Builder • In Home Services  
MILITARY DISCOUNT OFFERED  
Corner of Gorge Rd East & Jutland • 382-0242

**"re-cycle"**



**Better the 2nd time around!**

**PITCH-IN CANADA**  
www.pitch-in.ca

**ADVERTISE IN THE LOOKOUT CLASSIFIEDS**

CALL 363-3014

Lookout Classifieds Work. 363-3014

**REAL ESTATE • FOR RENT**

**LARGE 2 BDRM. SUITE** for rent. Avail Sept 1. Main level of house, private entrance, in-suite laundry. Cable and internet included. No smoking, no pets. \$1300/month. 250-385-1140 nancy.gregg@shaw.ca

**DUPLEX, NEAR SAXE POINT.** Walking distance to DND, 5 Bdrm/3 Bth one side, 2 Bdrm suite on other side. NS/NP. Lease. Ref req. Phone after 5pm. 250-595-7077

**COMPUTERS**

**Mobile Computer Tech**

13 years of honest, reliable computer service in Victoria and surrounding areas. Business and personalized in-home services. If you need fast and efficient technical support, please call;

**Michael Daniels (Keystroke Computers)**  
T: 250-881-5394  
E: keystrokes@shaw.ca



**MOTORCYCLES**

**S G Power A.T.V. CENTER**  
Honda, Yamaha, Kawasaki  
**382-8291 - 730 Hillside Ave.**

**HAULING**

**Father & Son** need work, we'll do the job the others won't. Trash hauled from \$5. Plus dump fee. No job too small.  
OAP rates  
• Any weather  
• Demolition  
**Refuse Sam**  
250-216-5865 or 250-475-0611  
SAME DAY SERVICE

**Lookout Classifieds Work!**  
Call 363-3014 to advertise.

**SOOKE, AFFORDABLE OCEAN-FRONT** large two-bdrm, no step condo. Fireplace, patio, f/s/dw, laundry, parking, bus. NS/NP, references. \$995/mo. 250-380-1718

**\$600 SHARE 3BR** updated character house. Large deck/yard, utils, cable, internet, parking, laundry. No smokers. No partiers. 250-472-1310

**NEW & BRIGHT, WALK OUT 2 Bdrm** Garden Suite. 1 Bath, 6 new appls. NS. Avail now. \$875/+ utils. 250-884-6796

**FULLY FURNISHED 10 FLR. CONDO** \$1595 mo. Incl. cleaning service, cable, wireless, local and long distance calling, parking w/d. 4 km from base. 250-661-7604

**FAIRFIELD (COOK STREET VILLAGE)** Recently renovated one bdrm suite on third floor. refinished hardwood floors, quiet, clean well maintained building. Heat, HW, and parking incl. NS/NP, one year lease, avail. Sept. 1st. \$900/mo, 250-588-5457

**BRIGHT, QUIET, WARM** one bedroom cottage backing onto Esquimalt's Cairn Park. Close to bus routes and downtown. Utils., laundry, and garden, maintenance incl. Non smoking, Sm pet considered. Avail. Immed. \$1200/mo. Call Stephanie 250-588-7255

**ESQUIMALT, 3BDRM/2BTH HOUSE,** newly renovated, all new appls. 10 mins to base, close to shopping, schools, busses. NS, pets neg. \$1500/mo. 250-818-7611

**AVAILABLE NOW \$1,295** Townhouse design suite. Bear Mountain, patio, in-suite laundry, utils incl, 3 service cable. NS/NP View on Kijiji Victoria - (search: dianastele@gmail.com to view) 250-896-4081

**POSTED TO ESQUIMALT ON IR?** Fully furnished 1Bdrm oceanfront suite, Esquimalt Harbour: 6 min drive to Dockyard or paddle to work! All inclusive, Aug. 15th http://snr.shaw-website.ca (250)889-2920 or snr@shaw.ca

**Extra spacious 1 & 2-bedroom!**  
Craigflower: large 1-2 bdr, free ht/hw, storage Cov. Park., mtn views, xlr balconies, walk dtwn, on bus routes.  
Call 250-216-3333

**ON THE OCEAN**

**Princess Patricia APARTMENTS**

NEW BALCONIES • EXERCISE ROOM  
14TH FLOOR LOUNGE

703 Esquimalt Road  
250-382-2223

**Now Renting:**  
Bachelor • 1 BDR Suite

**MILITARY DISCOUNT OFFERED**

## Near Base

**ASK ABOUT OUR MOVE-IN BONUS!**

**It doesn't get better than Capreit**

**Sentinel Apartments • 625 Constance Avenue, Esquimalt**  
Well-maintained mid-rise building close to Base. Easy access to surrounding amenities and overlooks the Esquimalt harbour. Close to restaurants, shopping, schools and public transit. The four-storey building is also wheel-chair accessible.

**Call NOW!**

250-381-5084 • rentals@capreit.net  
www.capreit.com

**Ask about our DND Discount!**

**Christie Point Apartments**

- 2 & 3 bedroom suites
- 3 bedroom townhomes
- Heat included
- Beautiful ocean views
- Close to CFB Esquimalt

2951 Craigowan Road  
250-405-3450

**www.bwalk.com**

PROPERTIES OWNED AND MANAGED BY **EY PROPERTIES LTD.** 250-361-3690  
Toll Free 1-866-217-3612

**MACAULAY EAST** 948 Esquimalt Rd. Bachelor, 1,2 & 3 bdrm Manager 250-380-4663

**MACAULAY NORTH** 980 Wordsley St. 1 & 2 Bedroom Manager 250-384-8932

**FREE Heat & Hot Water**

To view these and other properties, visit [www.eyproperties.com](http://www.eyproperties.com)

**MILITARY DISCOUNT OFFERED**

**Base Taxi Service**

for Naden, Dockyard & WorkPoint  
Operates 7:30am to 3pm Monday to Friday.  
Try to use Base Rounders before calling the Base Taxi to reduce wait times.  
Available for military-related appointments or meetings on base only.

**Taxi Dispatch 363-2384**

# LOOKOUT Classifieds & Real Estate

**RATES:** MILITARY and DND PERSONNEL: 25 words \$7.84 • ALL OTHERS: 20 words \$8.96 • Each additional word 17¢ • HST Included • DEADLINE FOR CLASSIFIED Advertising: Thursday at 11 a.m.

**Call 363-3014 to book your display or word ad**

**REAL ESTATE • FOR RENT**

**Devon PROPERTIES LTD.** No Pets allowed in any building  
 www.devonprop.com  
**LARGE SUITES**  
**741 Admirals**  
 1 BDRM \$825  
 Avail NOW • 250-889-3463

**Esquimalt**

**855 Ellery**  
 1 BDRMS from \$795 Avail NOW & Aug 1  
 2 BDRM \$895 avail NOW  
 250-382-2157

**1198 Esquimalt**  
 1 BDRMS from \$825, Avail Now.  
 250-812-4363

**1/2 month FREE**  
**with one year lease**  
**1239 PARK TERRACE**  
**2 bdrm, \$895, heat,**  
**hot water + parking**  
**included, quiet**  
**adult building, call**  
**resident manager**  
**250-888-1212**

**SERVICES OFFERED**  
 RESUME'S & CAREER TRANSITION PREP/COACHING with a former SCAN Coord Judy Marston. 10% Military Discount, www.resumecoach.ca or 250-888-7733

**St. John Ambulance** SAVING LIVES at work, home and play  
 Proudly serving the community for over 100 years!

**First Aid & CPR**  
**Saves Lives!**

www.sja.ca/BC  
 For info or to register call 250-388-5505 • 63 Gorge Rd East

Take advantage of the many advertising opportunities available at Canadian Forces Base Esquimalt.

**Josh Buck**  
 Sales  
 Specializing in NATIONAL CFN ADVERTISING

For more information on any of our products or to book an ad in the Lookout Newspaper contact Joshua Buck 250-363-8602  
 joshua.buck@forces.gc.ca  
 www.lookoutnewspaper.com

**REAL ESTATE • FOR SALE**

FABULOUS SWEEPING OCEAN VIEWS. Looking for an incredible low maintenance home with minimal yardwork, amazing views & move-in ready? Beautiful 2 bdrm + lg den, two sunrooms, two decks, hardwood flrs, gas fp, skylights, 2.5 baths, garage + more. Built for view & privacy. 2200 sq. ft. Dead-end, quiet street steps to the beach. Saxe Point area. \$575,000. seasidovic-toria@gmail.com or 250-383-0206, 250-382-7890

**AFFORDABLE LUXURY Walk to the Base!**  
 13 New Townhomes from \$379,000 - \$499,000 incl HST • 3Bdr/Garage

Open Fri/Sat/Sun 1-4  
 934 Craigflower

**PEMBERTON HOLMES**  
 ESTABLISHED 1887

**Nicole Burgess / Walt Burgess**  
 250-384-8124 | E: nicole@nicoleburgess.com

Give your business a **BIG BOOST** for a **SMALL PRICE**

Lookout classified ads offer great value for your small business.

Call 363-3014 for information about rates and advertising packages available.

**FRED LERCH B.A.**  
 Associated Broker (P.R.E.C.)

**RELOCATION MADE EASY!**  
 \*Over 1500 Satisfied Clients  
 Call Toll Free: 1-866-973-8168

Call Fred Lerch Direct: 1-250-889-2528  
 Email: flerch@sutton.com  
 www.fredlerch.com

SUTTON GROUP - WEST COAST REALTY  
 #1 - CANADA'S LARGEST BROKERAGE

**3587 SUN GROVE \$2650 AVAILABLE NOW!**

Beautiful 5 bedroom, 3 bath Triangle Mt. home with fabulous views. Approx. 2400 sq. ft., quiet cul-de-sac. The main (upper) level features large living room with open-concept kitchen with Jatoba floors. Also on this level is 3 bedrooms and a full bath. Large master with en suite, soaker tub and separate shower. Full laundry on both floors. Downstairs has 2 bdrms, rec room & separate kitchen for inlaw/nanny suite if needed. Two car garage. No subletting permitted. This is for a family or extended family only. Immediate possession. NS. NP. One year Agreement.

For appointment to view, call **Duttons & Co.** at 250-389-1011  
 Toll free 1-800-574-7491

**HAIR STYLIST**

**outshine salon & spa** 10% MILITARY DISCOUNT

FULL SERVICE HAIR SALON & DAY SPA  
 MED SPA FOCUSING ON:  
 • LASER HAIR REMOVAL  
 • NON-INVASIVE SKIN TREATMENTS  
 NOW OFFERING WEIGHT LOSS PROGRAM

Phone: 250-383-5598 • 880B Esquimalt Rd (at Head Street)

**BROWN BROS** SINCE 1918 250-385-8771

**MOVE IN BONUS!**  
**837 Ellery Street**  
 1Bdrm, Heat H/W included, no pets, close to CFB Esquimalt, \$750 /month Available Aug. 1  
 2 Bedroom, \$950/month, Aug. 1  
**250-217-1718**

**BUYER'S CASH BACK**  
**Get 70% back**  
 from my commission by purchasing a home from MLS listings\*

for \$700,000 home, you get \$7505 back

**Ray Kong P. Eng**  
 Realtor, Professional Engineer  
 top 1% in sales among Victoria agents  
 250-858-0099  
 TotalRealtyDiscount.ca

**Paul Holland**  
 T: (250)592-4422  
 Toll: 1-800-263-4753  
 E: paulholland@royallepage.ca

**ROYAL LEPAGE**  
 Coast Capital Realty  
 PROFESSIONAL OWNED AND OPERATED

• Top floor, corner suite  
 • 2 bed, 2 bath for \$249,900  
 • Walking distance to dockyard  
 • Details at www.paulholland.ca/106

**www.LOOKOUTNEWSPAPER.COM**

**Sell your home in the Lookout**

Call 363-3014 to advertise

**HOME RENOVATION**

**HARDWOOD REFINISHING SPECIALISTS**

- Eco-friendly finishes
- Dustless sanding system
- Victoria owned and operated

5% Military discount on Installations

**FREE ESTIMATES**

**DOUBLE N HARDWOOD FLOORS INC.**

1937 Newton Street  
 Saanich  
 250-880-0926

twitter.com/Lookout\_news  
 www.facebook.com/lookout.newspaper

**Base Newspaper Advertising**

**Local or National**  
**Canadian Armed Forces Base Newspapers**  
**16 Bases - One contact**

**250-363-8602 ext 2**  
**Joshua.buck@forces.gc.ca**

# Got some spare time? Consider a base tour

**Drew Danelesko**  
**Elena Lopez**  
Contributor

Hundreds of visitors have taken advantage of CFB Esquimalt's free summer tours in order to get a better glimpse of life on the naval base. Since late May, University of Victoria co-op students have been guiding the public on walking and bus tours throughout Naden and Dockyard. Until August 24<sup>th</sup>, locals and tourists alike are invited to experience the extensive history and modern-day operations of the Royal Canadian Navy.

The first permanent naval establishments in Esquimalt were three hospital huts built in 1855, designed to care for British sailors and soldiers wounded in the Crimean War. Only one sailor suffering from scurvy used the facilities. However, the Royal Navy soon made greater use of the site by transferring the Pacific Headquarters from Valparaiso, Chile, to Esquimalt in 1864.

Since 1910, the Royal Canadian Navy has called Esquimalt home. Its history is reflected in the many heritage buildings still standing. Unsurprisingly, there are a couple ghost stories connected to the base, including the ill-fated Lt. Reginald Scott who is purported to haunt the Commodore's Residence.

Contrasting the historical aspects of CFB Esquimalt is its modern facilities and navy vessels. The Fleet Maintenance Facility Cape Breton, the second largest integrated industrial complex in North America, undertakes major repairs

to the ships. The vessels docked on base serve as an imposing reminder of Canada's commitment to naval defence.

Visitors also experience first-hand the atmosphere of military life. Marching groups saluted greetings, and snappy uniforms are all common sights on base. By offering these tours, CFB Esquimalt is trying to create a better understanding within the public community of the work the Royal Canadian Navy carries out, both at home and abroad.

So far, there have been many diverse visitors to the base. They vary from cadets eager to gain more information on the Royal Canadian Navy, photography enthusiasts looking for interesting sights, tourists visiting from near and far, and military families newly posted to CFB Esquimalt. Visits by school groups and summer camps have introduced the younger generation to the military base. As well, many retired military members made the visit in order to see how CFB Esquimalt has changed over time, and often provide fascinating tales about its past.

The free summer tours of CFB Esquimalt are a great opportunity for an up-close and personal visit. Be sure to plan a visit before summer is over! Bus tours leave daily from Museum Square at 11 AM. Walking tours leave Saturdays from Dockyard Main Gate at 11 AM. Photo identification is required for those over 16 years old. Closed-toe shoes required for walking tours. For more information or to book a custom tour, call 250-363-2595 or email [cfbesquimalt@shaw.ca](mailto:cfbesquimalt@shaw.ca).

# TAILPIPE NOT INCLUDED.



**EMISSION-FREE. GASOLINE-FREE. GUILT-FREE.**  
**THE FULLY ELECTRIC 2012 MITSUBISHI i-MiEV.**

**WINNER OF THE 2012 ecoENERGY AWARD FOR THE MOST FUEL-EFFICIENT CAR IN ITS CLASS.**

[mitsubishi-motors.ca](http://mitsubishi-motors.ca)



**IN STOCK AND READY TO TEST DRIVE!**

## 100% ELECTRIC 2012 MITSUBISHI i-MIEV

# \$29,698

Priced from net of rebates

- \$5,000  
Government  
Rebate



**QUALITY PRE-OWNED VEHICLES** The latest additions to our pre-owned inventory - priced to move

<b>VALUED PRICED</b> <b>\$20,988</b>  <small>Only 54,799 km, power sunroof, last key, remainder of 10-yr Factory Warranty, 7 passenger.</small> <b>2008 Mitsubishi Outlander LS 4WD</b> #20V14673A	<b>VALUED PRICED</b> <b>\$24,988</b>  <small>Only 30,100 km, 4 cyl, 4WD, fantastic condition, remainder of 10-yr Factory Warranty. Must be seen to compare.</small> <b>2011 Mitsubishi Outlander ES 4WD</b> #80V1462	<b>VALUED PRICED</b> <b>\$19,988</b>  <small>Only 51,000 km, one owner, local vehicle, 4 new tires, remainder of 10-yr Factory Warranty. Must be seen to compare.</small> <b>2009 Mitsubishi Outlander ES 4WD</b> #80V16961A	<b>VALUED PRICED</b> <b>\$24,988</b>  <small>Only 19,995 km, rare bronze metallic, 4 cyl, save thousands from new, remainder of Mitsubishi 10-yr warranty. A must see.</small> <b>2011 Mitsubishi Outlander ES 4WD</b> #80V1236	<b>VALUED PRICED</b> <b>\$23,988</b>  <small>Only 26,200 km, like new condition, heated seats, fog light, alloy wheels &amp; much more. Remainder of 10-yr Factory Warranty.</small> <b>2011 Mitsubishi RVR SE 4WD</b> #8BV14061
<b>VALUED PRICED</b> <b>\$24,988</b>  <small>Only 21,500 km, loaded, leather, power sunroof</small> <b>2010 Dodge Challenger SXT</b> #2RV2557A	<b>VALUED PRICED</b> <b>\$12,998</b>  <small>Auto, low kms, local car.</small> <b>2005 Nissan XTrail 4x4 XE</b> #PN11095	<b>VALUED PRICED</b> <b>\$9,888</b>  <small>Only 33,000 km, power sunroof, alloy wheels, A/C, power group.</small> <b>2006 Kia Spectra 5</b> #21M2947A	<b>VALUED PRICED at only</b> <b>\$23,988</b>  <small>Only 21,000 km, All Wheel Drive, HID lights, Recaro Sports seats 18" alloy wheels, Paddle Shift transmission, 237 HP-255 Ft-LBS-Torque. Remainder of factory warranty and much more.</small> <b>2010 Mitsubishi Lancer Ralliart AWC</b> #PM14870	<b>VALUED PRICED</b> <b>\$21,988</b>  <small>Only 26,028 km, great condition, remainder of 10-year warranty, 4WD. A must see.</small> <b>2011 Mitsubishi RVR SE 4WD</b> #8M15468
<b>VALUED PRICED</b> <b>\$21,988</b>  <small>Only 13,800 km, leather heated seats, power sunroof, manual transmission, 710 watts Rockford Fosgate sound system, remainder of 10-year warranty.</small> <b>2010 Mitsubishi Lancer GTS</b> #8M15334	<b>VALUED PRICED</b> <b>\$23,988</b>  <small>Very rare XLS, low km, leather heated seats, power sunroof, 18" Alloy wheels, 4WD, remainder of Factory 10-Year warranty and much more.</small> <b>2009 Mitsubishi Outlander XLS</b> #80U0855	<b>VALUED PRICED</b> <b>\$18,988</b>  <small>Auto., heated seats, remainder of factory 10-year warranty, low km., save thousands from new.</small> <b>2011 Mitsubishi Lancer SE</b> #8M11533	<b>VALUED PRICED</b> <b>\$15,988</b>  <small>Low km, automatic, rear spoiler, privacy glass, remainder of 10-year warranty.</small> <b>2009 Mitsubishi Lancer</b> #21M9360A	<b>VALUED PRICED</b> <b>\$24,988</b>  <small>Auto, only 16,000 kms, remainder of 10-year warranty.</small> <b>2009 Mitsubishi Spyder</b>



## Victoria MITSUBISHI

761 Cloverdale Avenue  
**(250) 220-8100**  
[www.victoriamitsubishi.com](http://www.victoriamitsubishi.com)

HOURS OF OPERATION:  
MON - THURS: 8:30 AM - 7:00 PM  
FRI - SAT: 8:30 AM - 6:00 PM



Hosted by LOOKOUT

# CFB Esquimalt INDUSTRIAL TRADE Show

**SEPTEMBER 20  
10:30am-3pm  
Naden Drill Deck**

**CATCH THE BASELINER OR THE ROUNDERS BUS...**

The route encompasses HMC Dockyard, Naden and Work Point.

**VENDORS  
FOOD  
DOOR PRIZES**

**PLUS 2012! GCWCC  
CAMPAIGN KICK OFF!**

**COMING SEPT. 20  
MORE TO FOLLOW!**