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Volume 58 Number 12 | March 25, 2013

LOOKOUT

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So you want to be a sailor

photo courtesy of PO2 Thandi Pilkey

Cody Bauml of Edward Milne Secondary practices the proper procedure for flipping a capsized life raft during HMCS Malahat's Sailor for a Week exercises last week at Naden Athletic Centre.

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O.A.C.

Cadets explore the military life during March Break

Shawn O'Hara
Staff Writer

Lined up on the hardwood floor of the Naden Athletic Centre gym last week, the row of cadets more closely resembled the ranks of disciplined Royal Canadian Navy sailors.

The group of 30 youth, under the tutelage of James Tosoff, were being given an overview on the basic rules of taekwon-do, kickboxing, and jujitsu.

"I've trained a few military personnel in my time, so I wanted to work with the kids who could be the future of our military," says Tosoff, owner and Chief Instructor at Westcoast Taekwon-Do. "This is a prime time in their lives, where the discipline and physical fitness learned through martial arts can impact their future."

Tosoff and his instructors gave the cadets demonstrations and theory lessons on the basic strikes, kicks, blocks, fighting stances and warm up exercise. They were also shown basic jujitsu grapples and kickboxing strikes.

"These techniques are building blocks for fitness and discipline," says Tosoff. "It's the lessons at the core of the techniques that are really important: patience, confidence, and

leadership."

The cadets were part of the 2013 Regional Inter-Divisional Seamanship Competition. The week-long event took place over spring break and tested the naval skills of select sea cadets from across British Columbia.

Part of the event included teambuilding exercises, such as the martial arts lesson, to strengthen leadership and cooperation.

"It was a lot of fun, and it was very enlightening," says PO1 Emily Roberts of Sea Cadet Corps 137 Kamloops. "We get to do a lot of things in cadets but this was a new experience for me."

She has been training in karate for 10 years, but says the opportunity to try a new style of martial arts was exciting.

"Even if it's just the basics it's still a new experience," she says.

PO1 Roberts says her time in martial arts has greatly benefited her time as a cadet, and the cross-over in skill sets shouldn't be over looked.

"I gained my basic leadership skills through karate, and they were enhanced by the cadets," she says. "The mindset of karate is very similar to the mindset of the cadets. I've gotten so much out of both."



Left: Sea cadets from across British Columbia practice basic Taekwon-Do striking techniques during the 2013 Regional Inter-division Seamanship Competition.

Below: MS Shianne Auger of 158 Grizzly Cadet Corps is instructed in striking techniques by James Tosoff.

Shawn O'Hara, Lookout



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BEFORE & AFTER

HMCS Protecteur a step closer to active duty

Photos courtesy of HMCS Protecteur

HMCS Protecteur has taken a major step towards resuming duties as the Royal Canadian Navy's Pacific Fleet oiler after completing the embarkation of fuel following a major refit period. Fuelling operations were completed between March 8 and 15, and the effects are rather obvious. Protecteur successfully embarked a total of 13,600 cubic metres (13,600,000 litres) of F-76 and F-44 fuel. The most noticeable change was in the ship's draught, which increased from 16 feet 4 inches before fuelling, to 31 feet after fuelling. Protecteur's displacement also increased - more than doubling from 12,000 to 25,600 tonnes.

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Cadets perform colours ceremony at Work Point

During March break cadets from across B.C. kicked off their week at CFB Esquimalt with a colours ceremony held at Work Point.

Left: PO2 Nancy Andrews rings the bell.

Right: PO1 Deryn Hotel, PO2 Kevin Daniel, PO2 Lyndsay Bodgener, and PO2 Nancy Andrews prepare to raise the Canadian flag.

Photos by Shelley Lipke, Lookout



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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'OAFCS 57.5. Les opinions et annonces exprimées dans le journal ne reflètent pas nécessairement le point de vue du MDN.



Circulation - 4,500

One year subscription - \$37.⁶⁷

Six month subscription - \$18.⁸⁴

Three month subscription - \$12.⁵⁶

Prices include tax.

A Division of Personnel Support Programs
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Canadian Mail Product Sales Agreement 40063331



People Talk

Lookout asked this question to students of Edward Milne Secondary School:
What has your favourite part of Sailor for a Week been and why?



My favourite part has been the Damage Control School. The burn rooms and flood chambers were very exciting.

Jeffery Alan



I really liked the tour of Dockyard. Seeing the Victoria-class ships gave me a real sense of awe. They're absolutely huge.

Travis Webb



I've really liked all of it. There's no one thing that I could pick because they've all been so fun.

Tanya Rawat



I really enjoyed the sea survival training. Learning how to flip a life raft or pull an unconscious swimmer along with you is something that doesn't just benefit me, but everyone.

Charles Walker



Getting to learn how to fix a ship in the Damage Control School was really interesting. Seeing that room flood was a new experience for me.

Cody Bauml

New at the Base Library

DVDs

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- *Hostile Shores* by Dewey Lambdin
- *Ascent of Women* by Sally Armstrong
- *The Dinner* by Herman Koch

- *Nigellissima: Easy Italian-Inspired Recipes* by Nigella Lawson
 - *How to Win Friends & Influence People in the Digital Age*
 - *Parenting Without Power Struggles*
- And many, many more...

SPORTS trivia

by PO1 Bill Sheridan
Contributor

QUESTIONS?

1. What were the similarities of Sonny Werblin and Ben Hatskin?
2. What three events make a Triathlon?
3. What trophy did Marie Evelyn Morton present to the NHL?
4. Who has the most F1 victories?
5. Belair Stud and Calumet Farms are the owners of two farms to have horses win two of what?
6. What sports building's address is 300 Skipper Bowles Dr?
7. Who was Happy Chandler?
8. What team did Colonel Maurice Forget keep from moving?
9. Who was the Stratford Streak?
10. What hockey player came from Nokomis Saskatchewan?
11. Who was the last Canadian to win an Olympic Gold medal in singles figure skating?
12. Who was on the Uke Line?
13. What team became the Philadelphia Quakers?
14. Who holds the NBA record for most free throws?
15. What stadium was originally called Bears Stadium?
16. Who is awarded the Patty Kazmaier Award?
17. Who has the most outfield assists in baseball?
18. Who portrayed Billy Duke in the movie called Faceoff?
19. Howard Griffith of University of Illinois holds the record for most TD's in an NCAA game at how many?



- ANSWERS
1. They owned the jets in upstart leagues, Werblin owned the football jets whereas Hatskin owned the hockey jets and each owner signed a marquee player, Werblin signed Joe Namath and Hatskin signed Bobby Hull
 2. Run, Bike and swim
 3. Lady Byng Trophy
 4. Michael Schumacher
 5. Each farm had two Triple Crown winners in American thoroughbred NFL team
 6. Dean Smith Dome where the basketball Tar Heels play
 7. One of the first commissioners of Major League Baseball
 8. Habs were going to be sold and moved to Cleveland, he was part of the group of buyers who kept the team in Montreal
 9. Howie Morenz
 10. Elmer Lach
 11. Barbara Ann Scott
 12. Bronco Horvath, Johnny Bucyk and Vic Stasiuk
 13. Pittsburgh Pirates of the NHL moved to Philadelphia
 14. Karl Malone
 15. Mile High Stadium
 16. Female MVP of NCAA Hockey
 17. Tris Speaker
 18. Art Hindle
 19. Eight

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Advertorial

Questions to ask before you hire a real estate agent!



By Vanessa Roman

We're used to seeing interviewers on TV, from Piers Morgan to Jay Leno to Peter Mansbridge. Now it's time for you to sit in the interviewer's chair.

When you're looking to sell your home, you must quiz people in my line of work. Real estate agents are generally professionals trained in navigating the rapids of buying and selling homes, but not every one will necessarily be the right fit for you and your type of property. You need to make sure you trust the expertise and knowledge sit-

ting across from you. Be tough, because selling your home is a life-changing and momentous decision. If you choose your agent poorly, you might as well flush cash down the toilet.

What questions should you ask? Try my five-step plan:

How long have you been a licensed real estate agent?

Every agent had to start somewhere - I certainly did. But now that I've been in the game long enough, my sympathy is with you, the client, not the first-time agent. Let them cut their teeth with someone else's money. Experience does count for something in the housing market - stick to the agents with successful experience and you'll know their advice has a firm basis in reality, and realty.

What sets you apart from other agents in my area?

You probably think real estate agents are like lawyers - crawling around everywhere. What makes this one so special? What makes them uniquely qualified against all the others locally? If they're a good agent, they'll know the answer to this already, because otherwise, they'll be

A good real estate agent will always take time to answer all of your questions and also provide information you didn't think to ask.

struggling to compete. If they can't pitch themselves, can they really pitch your home?

How many houses have you sold in the last 12 months?

The market and the economy is tough, sure. But even an agent who has been licensed for years can be out of touch. If they're not selling at least 15 houses a year, something's wrong. This question also gives you a sense of an estate agent's understanding of the local market and how they're pitching them to buyers. That leads me on neatly to...

How are you going to market my property?

As I keep saying, the housing market is tough. Even in boom times, the competition would be stiff. So simply putting a

house on real estate websites and holding an open house or two isn't anywhere near enough anymore. An agent needs to think outside the box and get your home as much exposure as possible. It is perfectly reasonable to ask them what ideas and high-tech options are available, especially when it's your money at stake. Consider how you've noticed other people selling their homes and ask your potential agent about what works and what doesn't.

Get references.

This is a job interview, with a considerable financial factor, so get

references of three past clients. Be sure to call them, and ask what they say about your potential agent. It's not just whether their house sold, it's how it was sold, how quickly and how well. Any agent should be happy to show off successful case studies if they want your business, and any satisfied client should be equally happy to praise their agent.

These questions will easily make you a tougher interviewer than most you'll see on TV these days and it's worth the

effort. A good real estate agent will always take their time to answer all of your questions and also provide information you didn't think to ask. They want your business, so they should work for it. If they are in a hurry or disregard your questions, or dare to answer their phone while meeting with you - a personal pet peeve - then thank them for their time and move on. You've got to be able to trust the advice and information a real estate agent gives you later, so lay the groundwork with good questions first.

You wouldn't give a big tip to a waiter or waitress giving you lacklustre service. So why would you put your home into the hands of a real estate agent who doesn't meet expectations? If they give you what you want, you'll leave the table satisfied and the real estate agent will get their tip. Be tough, be fair and be a good interviewer

Vanessa Roman is the host of HGTV's Reno vs Relocate and a licensed real estate agent in Halifax, NS. Vanessa has made a name for herself as a woman with incredible energy, saucy wit and Maritime charm.



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Admiral joins Royal Roads Board

A former Commander of Maritime Forces Pacific will join Royal Roads University's board of governors. RAdm(Ret'd) Nigel Greenwood will begin his three-year term as a Royal Roads University board member April 15.

He retired last year after 37 years in the Royal Canadian Navy.

Navy Run Clinic

Prepare yourself for the June 23 Navy Run with this Personnel Support Programs-led specialized clinic. Learn to run and succeed from April 15 to June 20, 11:30 a.m. to 12:30 p.m. at the dockyard gym. For more information contact Matt Carlson at 250-363-2074, or matthew.carlson@forces.gc.ca.

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Dave Gallo award

Along with winning the "A" Event in the Logistics Bospiel, the Lidstone Rink were winners of the Aggregate trophy for league play in the Wednesday afternoon Intersection League. They won every league game but one tie over the course of the season.

The lead from the Lidstone Rink, Gail Snelling, was awarded the Dave Gallo Award for sportsmanship in the afternoon league.

The team was then invited to the Esquimalt Curling Club mixed championship one day "shorty spiel" and proceeded to win the Club Championship.

The Lidstone Rink team of lead Gail Snelling, second Christine Caines, third Clay Snelling, and skip Ken Lidstone are looking forward to next season and would like to invite both beginner and seasoned teams to join their group on Wednesday afternoons at 3:30 p.m. next October for another season of Intersection curling.

Charging station

The Township of Esquimalt has installed a new electric vehicle charging station at the Municipal Hall. The township received funding through the provincial Community Charging and Infrastructure Fund to cover a portion of the cost to install the Level 2 EV charging station. The goal of the CCI Fund is to install 570 stations across B.C.

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Above is a sample of the affordable housing units available to junior ranks being posted to Ottawa.

Affordable housing for CF members in Ottawa

While the summer months are generally quiet throughout the CF community, not everyone benefits from the relative downtime. For military housing organizations, the posting season is the busiest time of the year. This has certainly been the case for the Self-Help Housing Organization (SHHO), managed by Personnel Support Programs (PSP) Ottawa, which has been working this past season to help local CF personnel in their change of residence.

With its mandate to provide clean affordable housing to junior-ranked mili-

tary personnel, Self-Help Housing oversees 545 Residential Housing Units (RHU) consisting of 519 townhouses and 26 bungalows located at Uplands.

They ensure the best living environment possible for occupants and the affordability, convenient location and close to all amenities.

Despite the demand, units are still available to CF members that are being posted to the National Capital Region. Eligible members must be MCpl and below, OCdt, 2Lt, or Lt (not including Navy) posted to the NCR.

Class B or C Reservists are also eligible, provided they

are in possession of a year or more contract at the time of application.

Housing priority is given to military families, which includes single members with dependants. Single members are placed on a separate waiting list and are offered housing when all the family housing requirements have been met. SHH is also currently accepting application from Sergeants/PO2 class on a temporary basis.

For more information or availability on SHHO unit please visit at: www.pspot-tawa.ca/shho or call (613) 521-2696.

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CFB Esquimalt teams win al



Above: Men's Hockey Regional Champions

Left to right front row: Sgt Ryan Gow, MS Ray Moore, MCpl Marc Gagnon, LS Pat Mackernan, MS Marc Bibeau, PO2 Randy Collens, Lt(N) Adrian Deutekom; Back row: Cpl Mike Vogt (Assistant Coach), LS Chad Strickland, LS Keelan Cook, Slt Jeff Brooker, Slt Cam Chapman, LS Adam Parsons, MS Josh Adams, LS Ryan Boyda, LS Jeff Benson, LS Brian Soso and Roger D'Amour (Coach & General Manager).

Below: Old Timers Hockey Regional Champions

Left to right front row: Bell, Castonguay, Fletcher, Hedberg, Folk, White; Back row: Bowen, Fairfax, D. Johnston, Russell, Roach, Lefebvre, MacQueen, AJ. Johnston, Peats, Byers, Volf.



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CF Sports Regional Championships

January to March has been filled with big wins by CFB Esquimalt athletes. The following teams came out on top in their respective sports, and have competed or will compete at Nationals in Borden.

Men's Hockey Regionals

Jan. 20-23
1st place at Regionals
5th place at Nationals
March 1-8

Old Timer's Hockey Regionals

Feb. 12-15
1st at Regionals
Nationals March 15-22

Women's Hockey Regionals

Feb. 12-15
Augmentees to attend
Nationals March 22-29

Basketball

Feb 26-28
1st at Regionals
Nationals April 12-19

Volleyball (men's and women's) Regionals

March 8-10
1st Place at Regionals
Nationals April 26-May 1

Badminton and Squash Regionals

March 5-8
Teams to attend Nationals
May 3-10

Congratulations to all players, coaches and teams for a spectacular season so far.



Regional Squash Champions

Front Row: PO2 Keith Parsons, Lt(N) Karl Hoener, PO2 Vicky Killion; Back Row: Maj Miguel Bernard, Capt Grant Gilfillan, LS Kyle Weatherby, PO1 Andrew Sliwak, Capt Rock Bernard.



Regional Women's Volleyball Champions

Front row: LCol Joane Simard, Capt Edith Boulanger, Capt Rebecca Sparkes; Back row: Capt Iphigenia Morales, Lt(N) Jody Dans, A/Slt Noelani Shore, A/Slt Alexandra Burton, Slt Krista Seguin, Lt(N) Sonya Roy, Capt Thesa Wheaton, Coach Keith Bruhm.



Regional Men's Volleyball Champions

Front row: Capt Dan Powell, Slt Steve Oxley, A/Slt Brent Fisher, OS Chris Cantin; Back row: MS John Fillis, OS Damien Wan, Coach Capt Rebecca Sparkes, LS Dan Kleer, LS Jay Hendsbee.



Above: Regional Badminton Champions
Left to right front row: OS Stephanie Nicol, Slt Stephane Girard, Pte Shahz Ahmed; Back Row: Lt Rob O'Brien, Cpl Amanda Reid, Lt John Slack, WO Rick Wright, Cpl Alex Turcotte, PO2 Edwards

Below: Regional Basketball Champions
Left to right front row: MS Tom Crocker, OS Kendison Derival, MS Ryan Pollard; Back row: Cpl Ryan Maclean, PO2 Mike Ironstand, OS Scott Hickey, MS Dan Larche.



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Pierre Goulet
SISIP Financial Services

Now that the RRSP season is behind us, Canadians turn their attention to the deadline for filing their 2012 income tax return—April 30, 2013.

Depending on your situation, here are a number of non-refundable federal tax credits that can help reduce your tax base, minimizing the amount of income tax you are required to pay for the 2012 fiscal year:

Home buyers' tax credit: A tax credit, for certain homebuyers who acquire a qualifying home in 2012. Calculated by multiplying \$5,000 by 15 per cent, for a maximum credit of \$750.

You will qualify for the HBTC if:

- You or your spouse or common-law partner acquired a qualifying home in 2012 and you did not live in another home owned by you or your spouse or common-law partner in the year of acquisition or in any of the four preceding years; or

- You are a person with a disability or acquired the home in 2012 for the benefit of a related person with a disability; the home must be acquired to enable the person with a disability to live in a more accessible dwelling or in an environment better suited to the personal needs and care of that person.

Pension Income Tax Credit:

Some pension income may qualify for a federal and provincial/territorial pension income tax credit.

This federal credit is worth \$300. (Calculated by multiplying \$2,000 by 15%)

Can be transferred to a spouse or common-law partner if it is not fully used by the taxpayer.

If a taxpayer elects to split up to 50 per cent of qualified pension income with their spouse or common-law partner, the latter will also be eligible for the pension tax credit, regardless of age.

At age 65, RRSPs can be converted to RRIFs, or used to purchase an annuity in order to generate

qualified pension income which qualifies for the pension tax credit and can also be split.

Spouse or Common-Law Partner Amount:

If your spouse or common-law partner earned less than \$10,822, follow the calculation on line 303 of your return to see what amount you can claim.

If you were single, divorced, separated, or widowed you can claim a maximum amount of \$10,822 minus the income for any dependent. This amount is called the "Amount for an eligible dependent" and is found on schedule 5 of your return.

Tax Credit for Public Transit:

To help cover the cost of passes for buses, streetcars, subways, commuter trains and local ferries.

Can be claimed by the taxpayer, their spouse or common-law partner, or their children under age 19.

The pass must display: duration (at least 20 days in a 28 day period), date or period of validity, name of the issuing transit authority/organization, amount

paid, identity of the rider (either by name or unique identifier).

Children's Fitness and Arts Tax Credits:

Available to individuals for registration and membership costs of up to \$500 for both fitness and arts per child who is, under 16 years of age at the beginning of the taxation year, or under 18 for a child with a disability.

The \$500 arts amount was new in 2011 and is available for prescribed programs of artistic, cultural, recreational, or developmental activities.

The \$500 amount for prescribed programs of physical activity must contribute to cardio-respiratory endurance of the child and to one or more of the following: muscular strength, muscular endurance, flexibility, and balance.

Each of these credits is worth a maximum of \$75 per child. (Calculated by multiplying \$500 by 15 per cent).

This article is for general information purposes only and is the opinion of the writer.

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Shawn O'Hara, Lookout

Paul Servos, co-owner of the Flag Shop, practices a technique called applique-sewing, in which an image is sewn onto both sides of a flag to give the impression of a flat image.

Flag Shop re-opens, ready to create military ensigns

Shawn O'Hara
Staff Writer

The flag-lined store front on Fort Street is suggestive of what is offered beyond its doors.

Inside the newly re-opened Flag Shop is a vast inventory of international flags, ensigns and anything flag related.

Owners Paul and Maggie Servos opened the Flag Shop, with the help of Mayor Dean Fortin, Feb. 15, National Flag Day. It's one of 13 Flag Shops across Canada, a franchise owned by Vancouver-based Textile Image Inc.

"I'd been looking for a small business and a friend of mine suggested I look into the Flag Shop," says Servos. "I've always had a strong connection to nautical life, so it seemed like a perfect fit."

Servos has come out of early retirement to run the shop. In 2010 he stepped down as CEO of the Greater Victoria Harbour Authority and spent more than a year travelling the world. While he says the break was nice, it wasn't long before he got restless.

"When you spend most of your life working it's hard to just give it up," he says.

The shop was owned by

Jamie and Chantal Webb for 14 years. They sold it in 2009, but it closed shortly afterwards.

Under the encouragement of Webb, Servos seized the opportunity to bring a full service flag shop back to Victoria.

"Especially in a navy town like Victoria there is a huge market for flags," says Servos. "We hope that if the military needs flags made they'll come here."

Most businesses that sell flags are what Servos calls "catalogue shops"; the inventory is ordered in only when the customer needs it, which requires days to deliver.

His store is prepared for the customer's needs with a backroom full of sewing machines and bolts of fabric ready to create a flag, and a stock room with almost every flag imaginable.

"When someone comes here for a flag we want them to know they'll walk out with it," says Servos. "If they're looking for something unique, we can do that to."

The Flag Shop's full fabrication room produces custom flags using a process called applique-sewing. It involves sewing an image on to both

sides of a flag and snipping the seams to the thread so it looks like a flat image.

Servos has a very experienced seamstress in Carmen Thompson, who worked for past owners of the Flag Shop.

"It's not the kind of sewing that most people are used to," says Servos. "We're really lucky to have Carmen around because hand-making flags can be finicky work."

The Flag Shop has already had a few custom orders come through, including a Canadian flag in green instead of red, a few business logo flags, and a very specialized Australian flag.

"We made it for an Australian man who lives here," says Servos. "The Australian flag shows the stars most visible from the Southern Hemisphere, so we made him one with the Big Dipper on it to reflect his new home."

Servos says this kind of attention to detail and customer service is important to his business.

"We want our customers to be confident in our abilities," he says. "If they need something special we will be able to supply it. That's all that matters."

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U.S. General receives Canadian medal

Margaret Campbell
CJOC

General James Mattis, Commander of United States Central Command (USCENTCOM), was awarded the Meritorious Service Cross (MSC) on March 18 in Tampa, Florida.

The MSC was presented to Gen Mattis by Lieutenant-General Stuart Beare, Commander Canadian Joint Operations Command (CJOC), on behalf of His Excellency the Right Honourable David Johnston, Governor General of Canada and Commander-in-Chief of the Canadian Armed Forces.

The MSC recognizes a military deed or activity that has been performed in an outstandingly profes-

sional manner, according to a rare high standard that brings considerable benefit or great honour to the Canadian Armed Forces.

As his citation read, Gen Mattis received the MSC for "demonstrating unequivocal support and unwavering commitment to Canada." He did so while occupying key leadership positions within the United States Armed Forces and NATO between 2001 and 2012 where he directly and repeatedly contributed to the Canadian Armed Forces' operational success and achievements in Afghanistan.

Gen Mattis also championed Canadian participation in critical policy and training events and significantly strengthened Canadian-American relations.



Photo Credit: DND.

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Sgt Fredrick J. Coleman, USMC

Gen James Mattis, Commander of U.S. Central Command, is presented the Meritorious Service Cross by LGen Stuart Beare, Commander Canadian Joint Operations Command.

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GOODYEAR **DUNLOP**



A/SLt Alicia Fraser, Contributor

LS Kotelko, an RMS clerk from HMCS Unicorn stands duty as a lookout on HMCS Yellowknife.

Prairie sailors go to sea

A/SLt Alicia Fraser
PAO HMCS Unicorn

What better way to spend spring break than leaving the shovel behind and bidding "adieu" to Saskatoon's knee-deep snow for plus temperatures and liquid water?

This was the experience for members of the naval reserve division HMCS Unicorn who were in Victoria sailing in HMCS Yellowknife and conducting tours from Feb. 16-24.

This is the second year Unicorn took out a contingent of its ship's company to sail as part of a combined ship's crew on a Kingston class vessel.

Unicorn sailed in Yellowknife just days after LCdr Corey Gleason assumed command of the ship. The two crews from Yellowknife and Unicorn went right into the week's program with a man overboard drill shortly after slipping. They continued the day with manning checks and drills, followed by .50 caliber machine gun shoot for the Deck Department, and message processing and modem configuration for naval communicators.

This sail supported Unicorn sailors in several ways: for working on on-the-job performance record, maintaining skills, giving sailors in support trades the opportunity to sail on a MCDV and to see what could be achieved in a week on board ship.

"What wasn't a success?" said LCdr Karen Wallace, Commanding Officer of Unicorn. "From the non-qualified naval environmen-

tal training program, ordinary seaman to the bridge watch keeper qualified, maritime surface and sub-surface officer, each learned or honed skill sets."

Exercises continued through the week with boatswains conducting a timed deliberate firing on the .50 caliber machine gun - which had everyone in good spirits as their final times were announced; a pyrotechnics lecture and demonstration; light line approaches and transfer with HMCS Saskatoon; and preparing for a Cormorant helicopter with flying stations.

It turned out the Cormorant was not able to participate, but after the evolution was cancelled Yellowknife was tasked with a "no duff" search and res-

cue (SAR), with Yellowknife and Unicorn working together to secure the exercise and prepare to assist a vessel in distress. Although Yellowknife was relieved of assisting with the SAR, it demonstrated how quickly a crew is able work together in a common goal after only five days of sailing.

Bookending the week on board Yellowknife, Unicorn sailors toured HMCS Calgary and learned more about the Joint Rescue Co-ordination Centre in HMC Dockyard.

As the week ended and planes were boarded for the return trip, what remained was a general feeling of success from members of Yellowknife and Unicorn, and optimism on the benefits of this type of sail happening in the future.



A/SLt Alicia Fraser, Contributor

LS Haffey (foreground) passes signals to HMCS Saskatoon as it participated in a light transfer with HMCS Yellowknife.



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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.

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LARGE TOWNHOMES
UVic/McKenzie Area House size townhomes 2 & 3 bedrooms, 1800-2100 sq ft. 3 levels, 1.5 bathrooms
New appliances and flooring, private backyard, surrounded by greenspace
Near schools, mall and on bus route
Call 250-686-2682

Extra spacious 1 & 2 bedroom!
Craigflower: large 1-2 bdr, free ht/hw, storage
Head: 1 bdr, free ht/hw, laundry
Cov. Park., mtn views, xlg balconies, walk dtwn, on bus routes. Military Discount.
Call 250-590-3055

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

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

3 BDRM HOUSE, JULY 1ST, Sunroom, garage, fireplace, 5 appls, 1600 sq.ft., Excellent location, close to military base, schools, park and ocean. NS/NP, Ref. Req. \$1650/mo. 250-383-8800.

SPACIOUS 3 BDRM UPPER suite, renovated, ample parking, near schools and mall, Colwood, \$1350/mo, avail NOW. 250-474-6835.

ESQUIMALT: 954 DINGLEY DELL. Crime free multi housing building. Lrg 2 bdrm apt & den. \$949/mo. Incls ht/hw & prkng. NS, neutered indoor cat okay. Nr bus, park, not far from base. Avail. May 1/13. Resident mgr. Contact Elizabeth at 250-479-9383 or meb@shaw.ca.

NEWLY PAINTED, 4 BDRMS, 2 BTHS, beautiful lg. recreation room with wood burning stove, on acreage. One yr lease, \$1200/mo. avail. April 1st, 2013. Pls call 250-516-4894.

ESQUIMALT: 954 DINGLEY DELL. Crime free housing building. Lg 2 bdrm apt with dw. Main floor corner suite. \$899 incls ht/hw & prkng. NS. Near bus/park, not far from base. Avail Now. Resident Manager Contact Elizabeth at 250-479-9383 or meb@shaw.ca.

100 METER WALK TO LAKE. 3 bdrm, 1 1/2 bth, garage, full sized lot on a quiet cul-de-sac in Glen Lake area. Close to shopping, schools & transit. 2 story house approx 1100 sq.ft. down, 1200 top floor. w/d/f/s. Possible rent to own for military member. \$424,900 250-217-9935.

HOUSE FOR RENT, Langford. \$1700/mo incl. utils. Top floor of 2007 home. 3 bdrms, 2 bth, living room, dining room, modern kitchen, laundry, Close to schools and yard backs onto Galloping Goose trail. NS, pets on approval. Refs req. Jay at 250-474-3457.

WWW.LOOKOUTNEWSPAPER.COM

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

LARGE 2 BEDROOM SUITE
Main floor of new house available April 1st.
Includes: stacking in-suite laundry, dishwasher, gas fireplace, microwave.
Features: new carpeting, tiled kitchen/bathroom floors, bay window, plenty of storage and closets.
No pets, absolutely no smoking.
Free parking on street
Best suited for 1 or 2 adults. **\$1075 + \$125 utilities**
Phone 250-881-5549

Devon PROPERTIES LTD.
www.devonprop.com
Esquimalt LARGE SUITES
855 Ellery
2 BDRMS from \$850 avail NOW & Apr 1
250.812.5234
1180 Colville
2 BDRM \$895 avail NOW!
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Bach \$730, avail NOW
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2 BDRM \$910 avail Apr 1
250.812.5234

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Bachelor, 1, 2 & 3 bdrm
Manager 250-380-4663
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PARAMOUNT
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One call does it all!
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LOOKOUT Classifieds & Real Estate

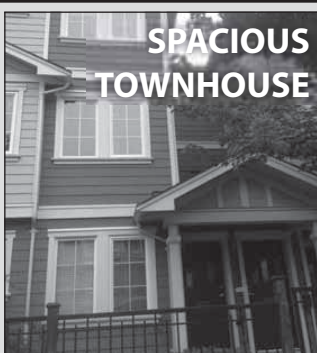
RATES: MILITARY and DND PERSONNEL: 25 words \$7.84 • ALL OTHERS: 20 words \$8.96 • Each additional word 17¢ • HST Included • DEADLINE FOR CLASSIFIED Advertising: Thursday at 11 a.m.

Call 363-3014 to book your display or word ad

REAL ESTATE • FOR SALE



TOWNHOME AT WATERFRONT NEAR BASE
Great views over Esquimalt working harbour, Fisgard Lighthouse, spacious 2 bdrm, 2 bthrm upper level unit (ground level entrance). Built in 1992. 1,500 sq ft. Very open plan, 3 balconies to use your BBQ on. Spacious grounds. Adult complex. Pets allowed. \$389,000.



SPACIOUS TOWNHOUSE
Family friendly townhouse in East Langford. Close to hwy for base commuters, but far enough away for quiet living. Spacious floor plan features 2 bdrms and 3 bthrms. Modern kitchen and lge master bdrm with double closets. Plenty of parking. A popular complex. Only \$272,000!



SPECTACULAR PANORAMIC VIEWS
Immaculate Langford 4 bdrm Home. View from every floor. Bright with lots of windows. Features hot tub, new hardwood floors, 3.5 bathrooms, upgraded gas fireplace, alarm system, surround sound. A must See! \$574,900

ALEX BURNS & ASSOCIATES

Cell: (250) 882-3335
Toll Free: (800) 663-2121
Web: www.AlexBurns.ca
canadianmilitaryrelocation.com

RE/MAX CAMOSUN

canadianmilitaryrelocation.com

54 ACRES, 28K OBO. East Coast N.S., South Shore. Great for hunting and fishing! Listing #: B-B977, 2012 new survey. Call Monica toll free: 1-877-637-2553, or, 1-902-637-2553 or fax: 1-902-637-3797

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

2 BEDROOM, 2 BATH
1120 Square Feet, quiet East/South Exposure at back corner of building, 2 decks, secure underground parking, Hillside Mall area.
\$309,900

www.victoriabchomes.com
Wally Marcinkovic
Cell: 250-686-111

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Call 363-3014 to advertise

Brand New Unit Reduced \$30,000 for final sale
\$299,900

Contemporary 2 Bdrm 2 Bthrm unit with walnut wood flooring in main living areas, quartz countertops and soft close cabinets in the kitchen and bathrooms. Kitchen includes floor to ceiling under lit cabinets, glass tile back splash and Whirlpool appliances. Located close to Gorge Vale Golf Course, Kinsmen Park, Naden Base and all shopping malls, including downtown Victoria. NET HST INCLUDED

JONES CO REAL ESTATE INC
Brad Walker
250.588.7535

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Affordable Luxury
Open House Sat/Sun 1-4 **Walk to the Base!**
934 Craigflower

13 New Townhomes
from \$389,000 - \$459,000 incl HST
3 Bdr/Garage

NICOLE BURGESS
WALT BURGESS
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nicole@nicoleburgess.com

POSTED to Victoria? \$354,900
103E-1115 Craigflower Rd.



Gorgeous condo overlooking golfing greens, quick access to the base, on bus route. Quality built in 2005, 2 bed + Den w/g pkg, storage lkr.

CALL DIRECT 250-213-7444
Shelly Reed
I listen and I care!
For open house & photos:
www.shellyreed.com

Sutton GROUP
West Coast Realty

VOLUNTEER

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.

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>.

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

MOTORCYCLES

S G Power A.T.V. CENTER
Honda, Yamaha, Kawasaki
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730 Hillside Ave.

We need "MEN for MENToring." Male mentors will be matched with a youth. Getting together is a great time for everyone, and doesn't require a special occasion or expensive activities.

- Receive tickets to sporting events
- Participate in a variety of activities
- Meet 2+ times/month for 6 months

MENTORING

Be Constructive in a youth's life!
Contact us at:
www.bbbsvictoria.com

Big Brothers Big Sisters

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

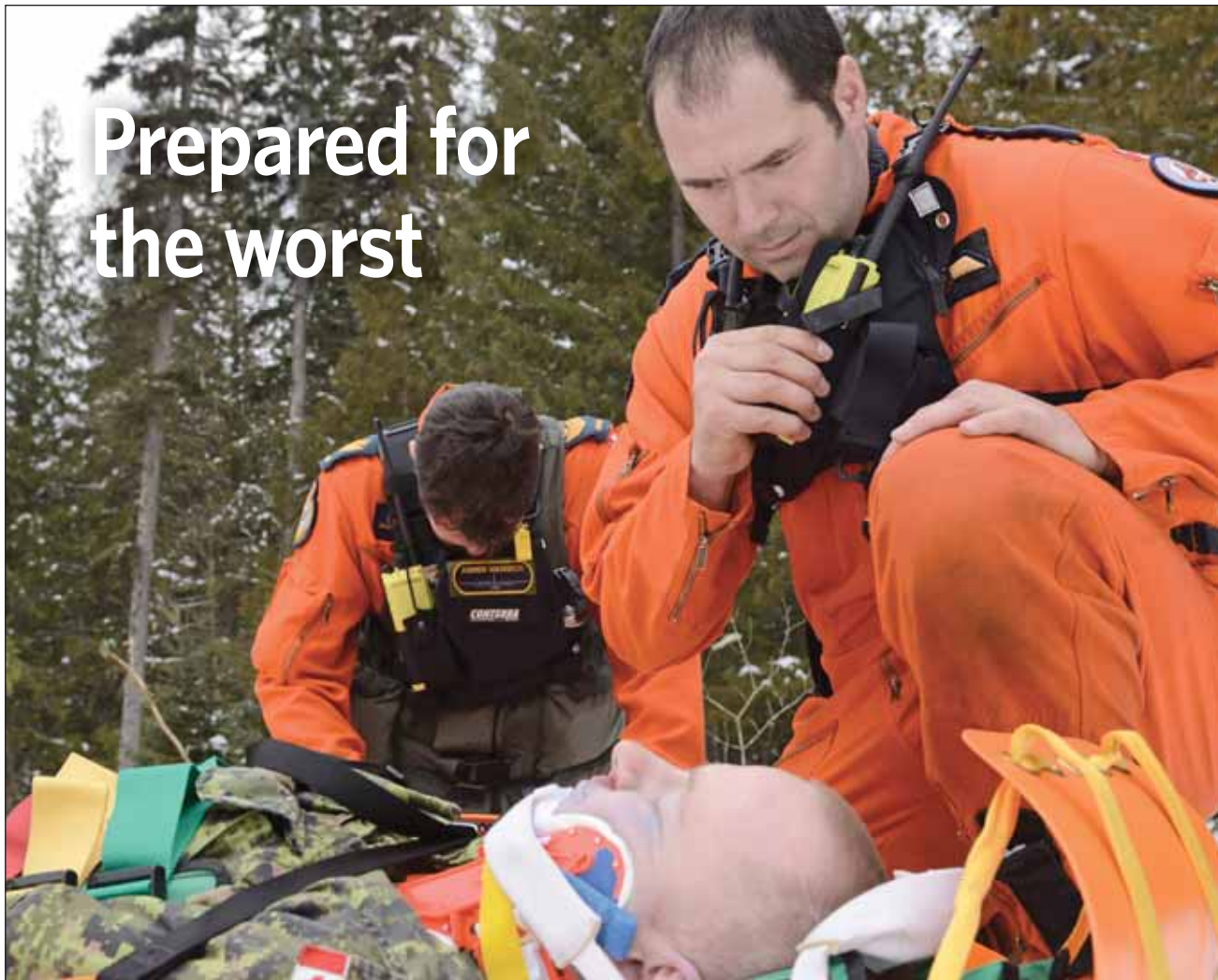
10% DND Discount with ID & coupon

- **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 **Habitat for Humanity Victoria**
250-386-7867
restore@habitatvictoria.com **ReStore**

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



Prepared for the worst

Capt Trevor Reid, 19 Wing Public Affairs

Sgt Andrew Mackenzie (left) checks the vital signs on a simulated casualty, while MCpl Patrick Guitard (right) uses a radio to communicate with the crew of a CC-115 Buffalo aircraft circling overhead. Both men were among 60 search and rescue technicians from 442 Transport and Rescue Squadron, 19 Wing Comox, taking part in an exercise held in Kelowna, B.C. from March 18-22.

The exercise simulated an aviation incident. Search and rescue crews were deployed to the Kelowna Airport to practice setting up field operations. As in real life situations, the search headquarters staff were supported by volunteers and aircraft from the Civil Air Search and Rescue Association (CASARA).

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FIRST TIME BUYER ALERT

\$134,900

Imagine oceanfront living in your 2 bedroom, 1 bath level entry home. Master bedroom is large. Home also boasts gleaming newer bathroom, thermal windows, and gas fireplace. Freshly painted with a spacious patio for entertaining. Kitchen updates with in suite laundry added. This well maintained complex on the Victoria side of Sooke is perfect for a first time buyer or anyone wanting to downsize. The location is quiet with ocean access at your door. Walking distance to all levels of school and bus. Payments lower than renting; get in to the market now! Bring your pets! POSSESSION NEGOTIABLE. Low strata fees, boat access. More information and photos at www.nancyvieira.com.

Nancy Vieira
Pemberton Holmes Ltd.
250-514-4750

MILITARY DISCOUNT OFFERED

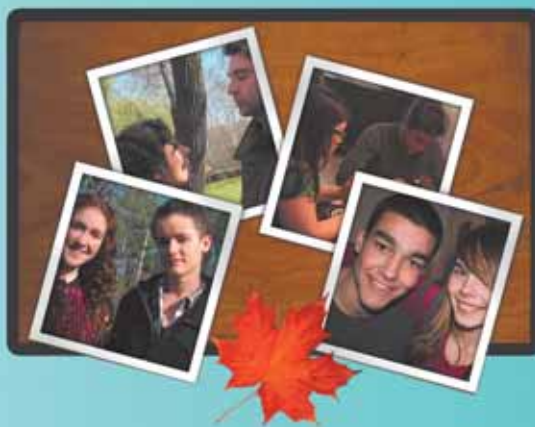


The Mind's the Matter

Le pouvoir de l'esprit

A video series providing real life solutions for spouses and teens living with a family member who has an Operational Stress Injury (OSI):

- First-of-its-kind, web-based, interactive tool for Canadian Forces families
- Enables you to develop strong life skills and coping strategies
- Provides resources, tools, and organizations to contact if you have further questions



Une série de vidéos fournissant des solutions réelles pour les conjoints et les adolescents vivant avec un membre de la famille qui a une blessure de stress opérationnel :

- Un outil interactif, sur le Web, et unique en son genre destiné aux familles des FC.
- Permet de développer des compétences de vie et des stratégies d'adaptation importantes.
- Fournit des ressources, des outils, et des organisations à contacter si vous avez d'autres questions

familyforce.ca
forcedelafamille.ca

The Le **Royal**
Mental Health - Care & Research
Santé mentale - Soins et recherche