

U-PAK MOBILE STORAGE
Storage that comes to you!

15% Military Discount

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

Volume 60 Number 26 | June 29, 2015

LOOKOUT

MARPAC NEWS CFB Esquimalt, Victoria, B.C.

newspaper.com



PUT EXPERIENCE to work for you!

Karen Jensen
1-800-663-2121
250-744-3301



RE/MAX CAMOSUN

KarenJensenRealEstate.com

RE/MAX Lifetime Achievement Award.
Residential real estate specialist since 1989.

More than 725 people tackled the Navy Run's 10 and five kilometer route through Esquimalt June 21. Marking the race start was the echoing boom from 5th (BC) Field Artillery Regiment's C3 Howitzer. See more photos on page 10-11, and race results at navyrunesquimalt.com



Photo courtesy Bob Vanderford

We proudly serve the Canadian Forces Community

As a military family we understand your cleaning needs during ongoing service, deployment and relocation.

MOLLY MAID
www.mollymaid.ca

(250) 744-3427
paula.whitehorn@mollymaid.ca

WIN BIG!!!
\$20,000
GAGNEZ GROS!!!

Get a home or auto insurance quote for your chance to WIN!

thePersonal
Home and Auto Group Insurer

sharkzcoins.ca

CUSTOM CHALLENGE COINS Victoria-based coin design experts

Visit The Sharkz Store!
101-1245 Esquimalt Rd, Victoria BC 250-479-5018



Cpl Brandon O'Connell, MARPAC Imaging Services
 RAdm Bill Truelove, Commander of Maritime Forces Pacific, presents Master Corporal Jeffrey Spriceniaks with the Sacrifice Medal, on June 25. He was then promoted to Sergeant.

Harrowing attack in Afghanistan earns Sacrifice Medal

Rachel Lallouz
 Staff Writer

With the blood pounding in his ears, Sergeant Jeff Spriceniaks pulled his battered partner out of the Tracked Light Armoured Vehicle (TLAV) in Kandahar, Afghanistan. While completing a re-supply mission as part of Operation Athena on Aug. 17, 2007, their vehicle hit a Taliban roadside improvised explosive device.

At a ceremony last Thursday, Sgt Spriceniaks received a Sacrifice Medal for injuries he sustained that day as a result of enemy action, and was promoted to his current rank.

He says that getting the medal brought back memories of what happened that day.

"After the loud pop of the explosion, we were flipped over about 30 metres off the road," he says. "Given that the vehicle is about 29,000 pounds, it was a pretty massive bump."

When they came to a stop, Sgt Spriceniaks, then a Master Bombardier, struggled to free himself from the driver's hatch of the TLAV. Despite injuries to his back and left ear, he managed to remove his co-driver from the vehicle.

"My initial reaction was to make sure the site was secure, so we wouldn't get ambushed," he says. "So after doing an initial check for the enemy, I gave him my pistol so he could cover us while I performed first aid on him, because he was definitely more banged up than I was. All our other weapons were destroyed."

Sgt Spriceniaks says his months and months of training took over.

"I didn't want to move him because it was possible he had spinal injuries, possible broken femurs, and he had a broken nose."

While stabilizing his co-driver, he waved up the next vehicle to conduct security. But due to the surrounding terrain, communications from the security vehicle were not possible. Sgt Spriceniaks then ran 100 metres to the next Canadian vehicle to call MEDEVAC before succumbing to his own injuries and shock.

"Once the helicopter was on its way, I started shutting down, and actually felt my injuries," he says.

The two soldiers were flown to the Role 3 Hospital at the KAF (Kandahar Air Field).

Sgt Spriceniaks was triaged, X-rayed, and bandaged up. He spent the next 10 days recovering in KAF before being flown back to his squadron to resume his duties in the field.

He returned to Canada at the completion of his rotation early September 2007.

"My injuries – the upper back issues and hearing damage – didn't manifest until after I got home, after the adrenaline wore off," he says. "But my injuries are not nearly as bad as most people who get hurt over there, so that's why it took me almost seven years to apply for the Sacrifice Medal."

"I was just doing my job," he adds. "And sometimes people get hurt while doing what they have to do."



PACIFIC MAZDA



Military & DND Incentive Program

\$500 Incentive on New & select Used vehicles in stock

10% OFF* Service and Maintenance
 Complimentary Car Wash with service (time permitting)

* cannot be combined with any other promotions, specials or coupons see service department staff for details

LOCATED AT 1060 YATES STREET | TEL: 250-385-1451 | MAZDAVICTORIA.COM



Photo by Duncan Ayre, MARPAC PA Office

With the hull of HMCS Calgary in the background, Cmdre Bob Auchterlonie hands over command of Canadian Fleet Pacific to Capt(N) Jeff Zwick. In the middle officiating the change of command is RAdm Bill Truelove.

New leader emerges for Pacific Fleet

Peter Mallett
Staff writer

After two years leading the Royal Canadian Navy's fleet on the west coast, Commodore (Cmdre) Bob Auchterlonie relinquished command of Canadian Fleet Pacific (CANFLTPAC) at a change of command ceremony last Wednesday.

Standing dockside with HMCS Calgary at his back, Cmdre Auchterlonie officially signed over command to Captain (Navy) Jeffery Zwick.

"When I took command we weren't talking about domestic terrorism, Russian aggression in the Ukraine, ISIS nor the potential collapse of the European Union," said Cmdre Auchterlonie during his address. "But all of that has come to pass with more events on the horizon – events that the Canadian Fleet Pacific is ready to respond to. The qualities of courage, superior training and leadership exist throughout this fleet,

and they will continue to guide us in the future regardless of the circumstances around the globe."

During a traditional two-year term at the helm of CANFLTPAC and the Canadian Naval Training System, Cmdre Auchterlonie has navigated the fleet through some stormy seas.

Only two months after taking command in July 2013, he was pressed into action after a collision involving HMCS Algonquin and HMCS Protecteur. Then in February 2014, Protecteur suffered a major, debilitating fire. The incidents led to the premature paying off of both ships.

In July 2014, he ordered HMCS Whitehorse home after three incidents of misconduct during naval exercises off San Diego.

"Bob, it has not been an easy two years, but you tackled every challenge with professionalism and composure demonstrating outstanding leadership abilities," said RAdm

Truelove, Commander Maritime Forces Pacific, who presided over the ceremony. "You and I have weathered a few storms together and I can't thank you enough for your personal friendship, support and solid advice."

There were bright moments for the Commodore and the fleet during his tenure, including the Pacific Fleet's participation in Operation Caribbe. In March of this year, HMCS Winnipeg assisted the U.S. Coast Guard in executing a highly successful drug bust off Costa Rica.

Cmdre Auchterlonie will now become Director General Plans with Strategic Joint Staff in Ottawa.

Both he and RAdm Truelove praised the qualifications and abilities of Capt(N) Zwick to guide CANFLTPAC into the future.

"I know that you will ensure the ships that sail from this great harbour to safeguard Canadians and their interests will

always be ready and well equipped," said RAdm Truelove. "Thanks for taking on this challenge, I know that you will excel."

Capt(N) Zwick joined the Canadian Forces in 1989 after receiving a Bachelor of Arts Degree in history at the University of British Columbia. While Commander of HMCS Montreal in 2007, he spearheaded a massive drug bust and seizure of 4.3 metric tonnes of cocaine in the Caribbean. He was promoted to Captain (Navy) in 2010 and served as the Director of Transformation and Strategic Planning in Ottawa, as well as Director Defence Force Planning.

"I now have a role ensuring that the RCN, through the Pacific fleet, remains a team that can train and develop sailors in the name of service to Canada," he said in his address. "I look forward to working with you all in taking the Pacific fleet into the future. Admiral Truelove Sir, I have the fleet."

The Home of the Full Refund!

3 Locations:
Glanford Avenue
Downtown-Queen's Avenue
Quadra Street

250-727-7480

bottledepot.ca



210-3375 Whittier Ave.
Victoria, BC V8Z 3R1
Office: 250.475.2665
Fax: 250.475.1957
Email: info@accutemp.ca

- Heat Pumps, Ductless Splits, Oil & Gas Furnaces
- Professional Installations
- Over 30 years experience
- Qualified Service & Maintenance
- 24 Hour Emergency Service
- Commercial/Residential
- Local Technicians
- Financing available

250-475-COOL (2665)

accutemp.ca

STAN BURNS
250.818.STAN

POSTED?
Sell Easy... Buy Smart...

818STAN.COM
RE/MAX
CAMOSUN
Victoria, BC

Brookfield IRP Approved

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 **ReStore**
250-386-7867
restore@habitatvictoria.com

FRANK WILLIAM FLOCK
Feb 5, 1943 – May 19, 2015
Born in Hamilton, ON

It is with great sadness I announce the passing of Frank Flock who passed peacefully in his sleep in Royal Jubilee Hospital at 5:30 a.m. May 19, 2015. A Celebration of Life will be held July 18, 2015, at 1:30 p.m. at the Royal Canadian Legion #172, 622 Admirals Road, Upstairs Lounge. In lieu of flowers donations may be made to the B.C. Cancer Foundation, 2410 Lee Avenue, Victoria, B.C. V8R 6V5

or the Royal Canadian Legion #172, Building Fund in Frank's name. To leave a Condolence please visit: www.earthoptions.com. I'd like to say a Big Thank You to the Royal Jubilee Hospital 4th Floor South nursing staff and doctors for their patience and good care they gave Frank in his last two weeks of life, with a Special Thanks to Dr. Rene Weir and Staff at the Kidney Dialysis Clinic.

FOR ALL OF YOUR REAL ESTATE NEEDS

<p>Andy Vickers Mortgage Broker The Mortgage Group</p> <p>avickers@mortgagegroup.com www.andyvickers.com Cell 250-507-0566 Toll Free 1-866-708-6828</p>	<p>Sandra Lomas Realtor Sutton</p> <p>sandra@sandralomas.com www.sandralomas.com 250-479-3333</p>	<p>Christian C. Hoy Lawyer McConnan Bion O'Connor & Peterson</p> <p>Choy@mcbop.com www.mcbop.com 250-385-1383</p>
--	--	--

matters of OPINION

WHO WE ARE

MANAGING EDITOR

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

STAFF WRITERS

Rachel Lallouz 250-363-3672
rachel.lallouz@forces.gc.ca

Peter Mallett 250-363-3130
peter.mallett@forces.gc.ca

PRODUCTION

Carmel Ecker 250-363-8033
production@lookoutnewspaper.com

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

RECEPTION 250-363-3127

ACCOUNTS/CLASSIFIEDS

Heather Catte 250-363-3127
heather.catte@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

EDITORIAL ADVISOR

Sara Helmecci 250-363-7060

Published each Monday, under the authority of Capt(N) Steve Waddell, Base Commander.

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

The editor reserves the right to edit, abridge or reject copy or advertising to adhere to policy as outlined in PSP Policy Manual. Views and opinions expressed are not necessarily those of the Department of National Defence.

Le Rédacteur se réserve le droit de modifier, de condenser ou de rejeter les articles, photographies, ou annonces publicitaires pour adhérer Manuel des politiques des PSP. Les opinions et annonces exprimées dans le journal ne reflètent pas nécessairement le point de vue du MDN.

Circulation - 4,000 plus 1,000 pdf downloads per week

One year subscription - \$66.⁹⁴

Six month subscription - \$33.⁴⁷

Prices include tax.

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

Web: www.lookoutnewspaper.com

Fax: 250-363-3015

Canadian Mail Product Sales Agreement 40063331



WHAT SAY YOU

People Talk

After returning home from sentry duty at the Tomb of the Unknown Soldier, Lookout asked these sailors:

What was your best memory guarding the Tomb of the Unknown Soldier?



For me it was Victory in Europe day. A parade of veterans came down to the tomb and laid poppies on it one by one.

LS Firat Ataman
Naval Electronic Sensor
Operator in HMCS
Vancouver



Standing vigil during the ceremony. It gave me time to reflect on what other people are going through.

LS Tom Eustace
Electrical Technician in
HMCS Vancouver



I got to see people of all walks of life, and it was an opportunity for us to educate people who don't know about the tomb. I felt so much honour and pride.

LS Rommel Billanes
Electrical Technician in
HMCS Calgary



It would definitely be seeing the parade of veterans who visited the tomb. But I have to say, when I was standing up there, I got to see the little kids saluting and that was amazing too.

MS Katlin Manion
MARPAK DRMIS Support

BLOCK WATCH INFO SESSION

Hosted by the Military Police

Save 15% on Home Insurance!

July 6, 1900 hours
Colwood Pacific Activity Centre (CPAC)

Get involved in your local Block Watch Program!



Images by LS Ogle Henry, MARPAK Imaging Services
Cdr Chris Hargreaves, Operations Officer at Fleet Maintenance Facility Cape Breton, serves up some hamburgers at the Formation Appreciation Barbecue held on the Sports Field parking lot in Dockyard June 6.



The FMF Ball Hockey Team "The Avengers" were the champions of the Formation Challenge Cup during the afternoon event.

AND BALL HOCKEY TOURNAMENT

See us for all your Car Care Needs!

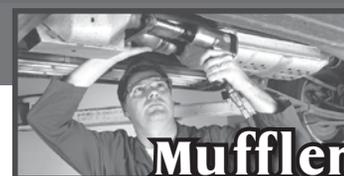
Fountain Tire

TRUST. FOUNTAIN TIRE

CANEX FINANCING AVAILABLE

10% Military Discount

Now servicing commercial trucks!



New! Wash & Detailing • 610 Herald St 250-382-6184 • 2924 Jacklin Rd 250-478-2217



Images by: LS Zachariah Stopa, MARPAC Imaging Services

Capt(N) Steve Waddell, Base Commander, was presented a Star Blanket during the event.



Spiritual Advisors/Elders Mary Ann Thomas of the Esquimalt Nation and Elmer George of the Songhees Nation open the event with a traditional blessing.

First Nations share through celebration

MARPAC PA Office

For the 18th consecutive year, the Commander of Maritime Forces Pacific (MARPAC) hosted a celebration in honour of National Aboriginal Day, June 25.

MARPAC celebrated its relationship with local First Nations communities with a traditional opening blessing by Spiritual Advisors / Elders Mary Ann Thomas and Elmer George, who welcomed guests onto the land. The blessing was followed by a welcome address from Rear-Admiral Bill Truelove.

"I am honoured to be here today spending time with our neighbours and friends. These celebrations are very important to me. I thank you from the bottom of my heart for everything that I have learned from you, and will take it with me in my new position."

Following his address, Admiral Truelove was presented with a kelp rattle and an Eagle feather by the formation's Employment Equity Defence Advisory Groups (DAAG), in honour of his support of Aboriginal peoples during his tenure at MARPAC. DAAG provides a forum for Aboriginal peoples to gather and support

one another as they exercise their unique cultural, spiritual and traditional identities within the Department of National Defence and the Canadian Armed Forces.

Base Commander and DAAG Champion, Capt(N) Steve Waddell was presented a Star blanket – which has healing properties and significance in Cree and Ojibway cultures.

Elder Dolly Pratt, who has 46 veterans in her family going back all the way to the Boer War, said, "I like what they do here to recognize Aboriginal people. I have been coming to take part in these celebrations for years."



Lawrence Goldsmith-Brown charmed the guests with his performance.



Members of a local First Nations group perform for guests.



frasertolmie.com



(778) 747-3973

1701 Cedarhill Cross Road



Bentall Kennedy Residential Services

- Balconies
- Bicycle room
- Cable ready
- Car Wash Bay
- Indoor pool & hot tub
- Social room
- On-site staff
- Public transit & shopping nearby

1 Bedroom from \$1175
2 Bedroom from \$1430



Peter Mallet, Lookout

Marchers meet veteran to learn Holland history

Peter Mallett
Staff writer

On a sun-drenched outdoor patio, members of the 2015 MARPAC Nijmegen Team gathered around Second World War veteran Maurice Hundleby.

They listened intently to Hundleby, 92, as he thumbed through his photo album and meticulously described his experiences as a Canadian soldier in the Netherlands more than 70 years ago.

"Just hearing these stories is great, it really helps get you in the mood to go overseas," said LS Michelle Howell. "This will be huge for me, marching over there (in Nijmegen) will be one of the highlights of my life."

The military marching team trekked more than 15 kilometres from CFB Esquimalt to the Lodge at Broadmead in Saanich to meet with Hundleby.

"I think this meeting is good for them; it lets the MARPAC team know what they are heading into and what went on [in Nijmegen] before," said Hundleby. "They

also need to visualize all the damage that was there during and after the war."

Hundleby, born and raised in Victoria, was stationed in Nijmegen during the Second World War. Time hasn't washed away his joyous memories of Holland's liberation in 1945, or the infamous Hunger Winter that preceded it. The German blockade of the Netherlands in the final months of 1944 cut off food and fuel resulting in an estimated 20,000 people dying from starvation.

"The kids were always asking the soldiers for something to eat because they were starving," Hundleby told the marchers. "I would scrounge around the mess tent at 2 a.m. for any scrap of food I could give them. Things were pretty desperate. I remember getting a parcel (with food in it) from home and giving it away to the kids."

The veteran has met with the MARPAC team for the last three years and says he greatly relishes the interaction with today's generation of military

personnel.

One of them, LS Justin Loughead of HMCS Ottawa, feels a strong personal attachment to the march because his grandmother was a Dutch war bride who immigrated to Canada in 1954.

"When I learned that I was going to Holland it triggered a lot of childhood memories that I thought were lost to me," said LS Loughead. "That's why being here today was very important to me."

The regional team, a mix of navy, army and air force from both the Regular and Reserve Forces, will be one of 14 Canadian Armed Forces teams trekking the four day march across the Dutch landscape.

The MARPAC team are defending champions of The Woodhouse Trophy, and have won the competition three of the last four years. Defending their title will be no easy feat says team leader Lt(N) Paul LePrieur.

"Being in shape is a good starting point, but until you

actually do all four days over there in the heat, you really don't know how your feet are going to withstand it. That is why a good training program is crucial and MARPAC has the best program out there," he says, having participated in the 2013 Nijmegen marches.

This year's MARPAC team began training in February, with 10 km marches on Mondays and Wednesdays before work, and a longer march on Fridays along the Galloping Goose Regional Trail. The Friday marches started as a regular 10 km and worked up to 40 km by early May. The team was whittled down from an original pool of 35 marchers as the length, intensity and frequency of their morning marches gradually increased.

The team will cover similar distances in Nijmegen, but this time in hot and humid conditions while wearing CADPAT uniforms and lugging rucksacks weighing a minimum of 10 kg.

The 99th annual International Four Day Marches Nijmegen, July 21 to 24, is the largest

event of its kind in the world and boasts over 47,000 participants, including approximately 5,000 military participants from around the world, and is viewed by approximately one million spectators.

Win or lose, the greatest prize for the marchers will be on the final day when a crowd of thousands lines St. Annastraat Street in Nijmegen for the five km Via Gladiola. Spectators crowd the edge of the street, sit in cafés, and hang out apartment windows to cheer the marchers through the last leg of their journey. Since Canada was instrumental in the liberation of their nation, the largest cheers are reserved for Canadian men and women in uniform, says Lt(N)LePrieur.

"The interaction with the crowd really hits home for us," he says. "From little kids to older people wheeled out in wheel chairs, they still get teary eyed when they see Canadians. We give them a hug and it's so real to them it's hard not to get wrapped up in the emotion."



Yellowknife welcomes new Captain, bids farewell to outgoing

Rachel Lallouz
Staff Writer

Outgoing Commanding Officer LCdr Alex Barlow of *HMCS Yellowknife* took part in the naval ritual of passing his command on to the next in line on June 19.

Incoming Commander of the Maritime Coastal Defence Vessel, LCdr Lucas Kenward was awarded the captainship in front of a crowd of loved ones and current crew members.

"I feel privileged to take command, and I recognize the scope of this responsibility is huge," said LCdr Kenward.

He attributes his rise up the ranks to strong mentorship.

"I had senior officers that believed in me, and that's made all the difference," he said. "Both Commander Jim Vasey and Commander Tony Evans, past *Yellowknife* COs, always pushed me to strive for more."

After more than five years of seafaring life on board *Yellowknife*, LCdr

Kenward refers to the ship as his "home away from home." He was trained as a Leading Seaman, Master Seaman, and Petty Officer on board this same ship. But says it's unusual for a sailor to serve on the same vessel for so long.

"It all worked out somehow – the ship just wouldn't let me go," he said.

During his command, the ship will conduct a hull transfer to *HMCS Edmonton*, and prepare for a deployment next spring in support of Operation Caribbe. One of LCdr Kenward's first goals is to implement the ambitious Tiered Readiness Program in *Edmonton*, in which the ship's personnel will be trained individually and collectively in preparation for deployment.

LCdr Kenward said the ceremony not only celebrated his new job, but also applauded LCdr Barlow's past year in command.

While in command of *Yellowknife*,

LCdr Barlow readied the ship for a Maritime Security patrol in August 2014. Two months later, the ship was on display at San Francisco's Fleet Week. By November of the same year, LCdr Barlow sailed the ship to the coast of Central America, where the crew carried out successful drug interdiction operations with the U.S. Coast Guard as part of Operation Caribbe. In his final two months as commanding officer, *Yellowknife* played an integral role in Exercise Trident Fury 15. Its final mission was a patrol of B.C.'s coast.

"I've been lucky to work on this ship with some of the best people I know," said Cdr Barlow, (promoted to Commander at the ceremony) in his final address. "I'm going to miss it, and I feel that now standing up here and looking at everybody, but I have full confidence in your new Captain, LCdr Kenward."



Images by LS Ogle Henry, MARPAC Imaging Services

LCdr Alex Barlow, outgoing Commanding Officer, Capt(N) James Clarke, Commander Maritime Operations Group 4, and LCdr Lucas Kenward, incoming Commander Officer, sign the Change of Command certificates at HMCS Yellowknife Change of Command Ceremony held at Y Jetty June 19.

Top image: Crew members row both commanding officers to the ship for the signing of the command certificates.

Age	Course	DND COST	NON-DND	Description
4 -7 years	Opti Wet Feet	\$230	\$270	Fun & safety on the water
Under 10 years	Opti Basic	\$230	\$270	Fun & safety with basic sailing in boats
	Opti Advanced	\$230	\$270	Building on basics with more independence
Youth 10-17 years	CANSail Basic	\$240	\$280	Intro to the sport of sailing & seamanship
	CANSail Advanced	\$440	\$480	Seamanship, sportsmanship and fun. Honing of skills

Week	MON	TUES	WED	THURS	FRI
A June 29 - July 3	29	30	July 1	2	3
	Opti wet feet		Opti basic		
	Youth CANSail Basic				
B July 6 - July 10	6	7	8	9	10
	Opti basic		Opti Advanced		
	Youth CANSail Basic				
C July 13 - July 17	13	14	15	16	17
	Opti wet feet		Opti basic		
	Youth CANSail Basic				
D July 20 - July 24	20	21	22	23	24
	Opti basic		Opti Advanced		
	Youth CANSail Basic				
E July 27 - July 31	27	28	29	30	31
	Opti wet feet		Opti basic		
	Opti Advanced		Youth CANSail Basic		
F Aug. 4 - Aug. 7	Aug. 3 Holiday Monday	4	5	6	7
	Opti wet feet		Opti basic		
	Youth CANSail Basic				
G Aug. 10 - Aug. 14	10	11	12	13	14
	Opti basic		Opti Advanced		
	2 Week course Youth CANSail Advanced				
H Aug. 17 - Aug. 21	17	18	19	20	21
	Opti wet feet		Opti basic		
	2 Week course Youth CANSail Advanced				
I Aug. 24 - Aug. 28	24	25	26	27	28
	Opti basic		Opti Advanced		
	Youth CANSail Basic				

SAIL

Children & Youth Summer Schedule



cfsaesq.ca

Register through Colwood Activity Centre
250-363-1009
Email: cfsatraining@gmail.com

ROYAL ROADS UNIVERSITY

MEDIA SPONSOR

TIMES COLONIST
Your Island, Your Newspaper

ANNIVERSARY PARTNER

Vaughan Bevan
Wealth Management Group

"MY DAD HAS FOND MEMORIES OF HIS TIME AT ROYAL ROADS MILITARY COLLEGE. I GREW UP KNOWING THIS WAS A PRETTY SPECIAL PLACE."

– Lara Rooke, RRU Alumna

Royal Roads is celebrating 75 years of changing lives. Share your story at changinglives.royalroads.ca

stories@royalroads.ca 250.391.2600 ext. 8540

1940 SERVICE TO CANADA 1984
75
ROYAL ROADS
1940 LIFE-CHANGING 2015

PSP FUN SEEKERS SUMMER CAMP



Starting June 29 to Aug. 28

Children love our Fun Seekers Summer Break Camp and parents love our prices! All PSP lead camps combine the excitement of camp with the safety parents expect. Each week has a theme loaded with activities, educational games, creative arts and crafts, exciting day trips, swims, marvellous music,

heaps of silly fun and much, much more. Does your 10+ year old want to have fun this summer? Register them for the Senior camp. Dates, times and themes are the same with different leaders and different rooms to hang out in.



LAST CHANCE TO REGISTER

Camp Hours & Cost

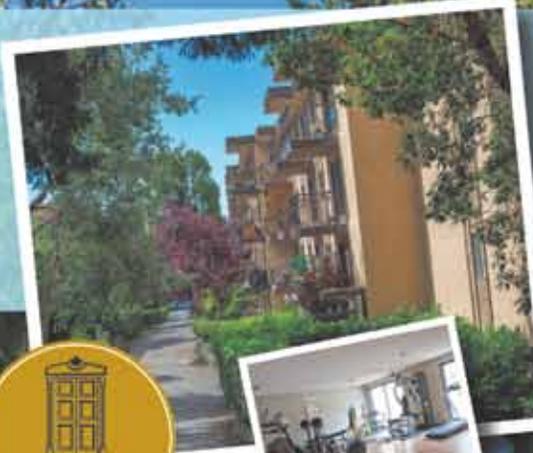
9am-4pm
 5 day camp cost:
 \$130 Reg/\$135 Ord/\$140 Assoc
 4 day camp cost:
 \$105 Reg/\$110 Ord/\$115 Assoc

Extended hours & Cost

AM: 7-9am,
 \$35 Reg/\$40 Ord/\$45 Assoc
 PM: 4-5:30pm,
 \$25 Reg/\$30 Ord/\$35 Assoc
 Location : CPAC

See page 23 of the Summer Activity Guide for camp themes.

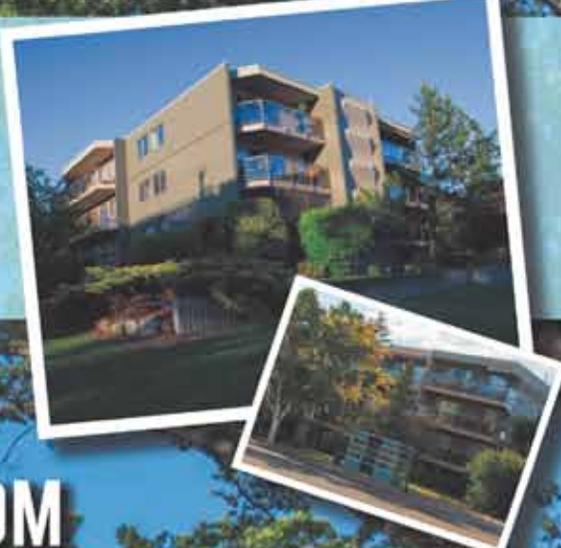
Call PSP Recreation at 250 363 1009 to register!



AFFORDABLE OFF BASE LIVING!
 Bachelors, One Bedrooms, Two bedrooms, & Three Bedrooms available

ASK ABOUT OUR MOVE IN DISCOUNT!

250.381.5084 CAPRENT.COM

NOW is the time for **CLEAR VISION!**

Ask about our **Military Discount!**



kingLASIK
kinglasik.com



DR. JOSEPH KING
 Over 85,000 procedures and 15 years experience

250.360.2141
VICTORIA • VANCOUVER

Family fun times!



CFB Esquimalt 2015 Navy Run Sunday, June 21

735 Registered Runners

5K Overall Winners:

Female:
 Cherie Lewis – 22:04
 Ellen Connor – 22:28
 Charlotte Farquharson – 22:46
 Male:
 Andrew Patterson – 16:44
 Andrew Dionne – 17:09
 Anthony Dionne – 17:29

10K Overall Winners:

Female:
 Jessica Loughhead – 41:57
 Sara Kelly – 42:18
 Brittany Carey – 43:56
 Male:
 Trevor O'Brein – 35:01
 Matthew Walsh – 35:17
 Felipe Edora – 35:55

Thanks to our sponsors:



trusted to deliver™



Photos courtesy Bob Vanderford and LS Ogle Henry, MARPAC Imaging Services



AND IT WAS FATHER'S DAY TOO!

Find your race time at www.navyrunesquimalt.com



Kid's Fun Run!



Sailor helps save a life

Rachel Lallouz
Staff Writer

PO1 Matthew Goodwin was winding his way through the crowded docks at the Portland Rose Festival's Fleet Week, when he noticed an elderly man in front of him starting to sway.

"The man kept staggering, and I didn't think much of it because it is a festival and some people get carried away with the fun. But then suddenly he fell down," says PO1 Goodwin, an HMCS Oriole crew member. The ship was in town for the festivities.

Within seconds, a young man dashed from the crowd and began first aid procedures. PO1 Goodwin offered assistance. The elderly man had no pulse, says PO1 Goodwin, and was cold and clammy.

"At that point we decided to carry out chest compressions for CPR. My adrenaline was pumping. I'd never seen anyone that far along before."

After continuous chest compressions, the elderly man regained consciousness, looking groggy and disoriented. As PO1 Goodwin and the young man checked the elderly man for further injuries, he informed PO1 Goodwin that he was a third year medical student.

"When he explained his medical background, I let him do his thing. I started organizing and scanning the area, trying to maintain a calm space as people began to circle around, taking photographs, and filming."

It was only after the man was loaded in an ambulance that PO1 Goodwin says he finally had time to process what happened.

"The hero in the end is the medical student who is almost a doctor, in theory," he says. "My job was simply to assist in the best way I knew how."

He thanks his well-practiced first aid skills cour-



Rachel Lallouz, Lookout PO1 Matthew Goodwin, onboard HMCS Oriole after returning from the Portland Rose Festival.

tesy of naval training for helping to save another's life so effectively.

"My actions were completely reactionary. I was working from physical body memory alone," he says.

After sailing back to Esquimalt Harbour on board Oriole, PO1 Goodwin arrived home to a frenzy of social media commending him for saving a life.

"Military personnel don't help in these situations to gain recognition," he says. "And most importantly, it was a team experience. His life would not be saved without the two of us working together."

Volunteer

1-800-565-8111 • girlguides.ca

Girl Guides of Canada
Guides du Canada

Triangle RV

YOUR WINNEBAGO SPECIALISTS!

Triangle RV is proud to offer

MILITARY DISCOUNT

15% OFF PARTS

Sale price

\$13,900

\$52.08 Bi-weekly OAC

VIKING 1906ST

Epic Tent Trailer

Reg. \$15,100 • Replacement value \$18,875

Motorhomes • Towables • Truck Campers • Rentals & more...

Phone: 250-656-1122

10299 McDonald Park Rd. Sidney, B.C.

trianglerv.com

ABAKHAN
& Associates Inc.
abakhan.com

Life

AFTER DEBT

Debt Restructuring Consultants
Trustees in Bankruptcy

FREE

CONSULTATION

250.995.3122

by appointment

Victoria

1207 Douglas St., Suite 414

Vancouver

625 Howe St., Suite 1120

GRAND OPENING

25 Village Style Townhomes

1515 KEATING X ROAD

MOVE IN TODAY!

www.auravillage.com

THE FEATURES YOU WANT.
THE QUALITY YOU EXPECT.

- 4 bedroom
- 3 bedroom
- 2 bedroom rancher + Den
- quartz & marble counters
- gas fireplaces
- gas hot water
- window coverings
- stainless style appliances
- heated floor in ensuite

"ALL INCLUDED"

\$389,900 to \$415,900

net GST incl

ATTENTION MILITARY: OPEN HOUSE

Saturday & Sunday

1pm to 4pm

Bring the family and come meet your new neighbours!

Designed with energy efficiency in mind, Aura features the affordable luxury of natural gas water heating, gas fireplaces, barbeque outlets, and ranges.

Amarjeet Gill & Lyle Pelter
250-744-3301
email: sales@auravillage.com

GRAND OPENING

 **seaspan**
VICTORIA SHIPYARDS

PROUD SPONSOR OF

10k, 5k & Kids Fun Run
Sunday June 21, 2015 • Start Time 8:30AM



Look up your race time on the site
www.navyrunesquimalt.com

Going the distance, what it takes

Rachel Lallouz
Staff Writer

Master Seaman Mark Ritchie braces himself for the echoing boom of the Navy Run start signal.

He holds his body taut, left foot pointed in front of him, knees slightly bent. Around him are hundreds of runners frozen in similar stances. He focuses on breathing. Running through his mind is the 10 kilometre course, every turn and hill well studied and memorized beforehand.

During the past 30 years, the sailor has been a fixture at the start line of hundreds of races. In any given year he will run between five to 20 races.

"I started off on the high school track team in Grade 11," he said before the race. "But when school was over, there was no more track team, and I started racing on my own."

A few years later, in 1997, he joined the Army Reserve in Hamilton, ON, as a Diesel Mechanic. When he wasn't working, he was running all over the Ontario landscape,

training and competing.

"There's the attraction of being better every time you do another race, to see yourself improve," he says.

His main goal is always to run faster than his previous time. He says a big component of achieving that is his familiarity with his own running ability.

"You have to run at a precise pace, and maintain that pace from start to finish so you don't crash half way through," he says. "And you have to be aware of your endurance level throughout."

After moving to Victoria in 1999, and joining the Regular Force Navy, he found the temperate climate allowed him year-round racing. By 2012, he was running 10,000 metre races on the University of Victoria track with local elite runners. He also ran the entirety of the Galloping

Goose Trail, a 56-kilometre, 4.5 hour run.

He is familiar with the Navy Run, and the 10k route that winds through the streets of Esquimalt, having run it in years past.

As the 5th (BC) Field Royal Canadian Artillery gun fires, marking the race start, MS Ritchie springs forward, and is quickly swept up in the sea of runners.

As an experienced athlete, he soon leaves the pack behind. He crosses the finish line in 38 minutes and 28 seconds earning a second place finish in his age category.

"My qualifying times in other races, including my Navy Run times in past years, enabled me to apply for and enter the (military) Running Nationals," he says.

Each May, 20 military personnel from each region are sent to Ottawa for the CAF Running Nationals.

MS Ritchie has qualified and raced in Ottawa six of the past eight years.

"My training leading up to a race takes the form of running five or six days a week," he says. "Depending on the race I'm training for, and how close I am to running it, will determine the intensity of each run."

For a shorter five or 10 kilometre race, MS Ritchie will run anywhere from 30 minutes to two hours per training session. But if he's preparing for a 42 kilometre marathon, he could build up to 3.5 hours per workout, beginning three months ahead of the scheduled marathon day.

The night before a race, he loads up on carbohydrates.

On the morning of a race, MS Ritchie follows a strict routine, waking up exactly three hours beforehand, sipping water and eating nothing more than a banana and a bagel. Occasionally, he will forego food entirely, relying on the energy stores built the previous day.

"As I'm running, I'm focusing on my pace, my breathing, and my form," he says. "I'll look for the smooth road surface, and gauge my distance around corners. I'll also watch myself carefully as I move up hills, and sometimes tuck behind a group to slipstream."

He admits that by mid-course pain can be a challenge.

"A few years ago, at the Ottawa Marathon, I had a really rough time in the middle of the run. But I just kept putting one foot in front of the other to keep moving forward – to get to that finish line."

The Navy Run, he says, has proven to be a particularly challenging course, with multiple steep inclines.

"I'll turn it up, and when I see that finish line, I'll end strong. When you cross that line, you're breathing heavily, and there's a transition from being 100 percent switched on, to feeling normal again."

MS Ritchie attributes the military's encouragement of physical fitness to be a key factor in his success.

"There's something about the support that I get from my unit, and on a larger scale, the whole base – up through all of the ranks – that is so valuable in supporting my fitness and training," he says. "I plan on running forever. I have no plans to stop."



trusted to deliver™

PROUD SPONSOR OF



Look up your race time on the site
www.navyrunesquimalt.com



CFB ESQUIMALT NAVAL & MILITARY MUSEUM

The history of Canada's Navy & Military on Canada's west coast




We're turning 30 years old!

July 4, 2015
Birthday Party!
 10 a.m until 5 p.m.

Check out PPCLI and QOR of Canada

The CFB Esquimalt Naval and Military Museum is holding an open house on Saturday, July 4 from 10 a.m. to 5 p.m. to celebrate its 30th anniversary.

One of the museum's new dynamic displays includes a tribute and memorial to the Princess Patricia's Canadian Light Infantry and the Queen's Own Rifles of Canada. The displays showcase these two units, both stationed at Work Point Barracks, which served in the defence of Victoria and Esquimalt. Included are representa-

tions of all eras of the two units' histories, from the First World War to current NATO and United Nations involvements on behalf of Canada.

The museum's special 30th anniversary celebration will feature enhanced displays and video presentations about the Princess Patricia's Canadian Light Infantry and the Queen's Own Rifles of Canada, with both local Associations' members in attendance to field questions and share stories and reminiscences of their service.

- Historical re-enactors
- Children's games
- Brand new gallery **OPENING!**
- Food trucks
- Cake and heritage tea service
- Exhibitors that will inform and entertain you. **Don't miss out!**

For more information see our website at www.navalandmilitarymuseum.org
 Like our Facebook page or call us at 250-363-4312 or 250-363-5655

Reserves fulfill Admiral's intent 50 years later

SLt Jamie Tobin
HMCS Winnipeg

The 50th anniversary of the death of Rear Admiral Walter Hose, a Royal Canadian Navy (RCN) pioneer who is regarded as the father of the Naval Reserve, was observed June 23.

RAdm Hose knew the key to maintaining a strong naval force was to gain support from the Canadian public by bringing the navy to Canadians across the country. He did this by developing the Royal Canadian Naval Reserve (RCNR), a formation of professional part-time sailors that would conduct seamanship training aboard warships and in shore establishments. They would be used to augment the RCN as required and be a visible naval presence across the country.

Decades later, the Naval Reserves continues the tradition of part-time RCN service at the 24 Naval Reserve

From the very beginning of the Naval Reserve's history, reservists and regular forces members have worked cooperatively in support of the RCN mission.

Divisions in cities and communities across Canada, with an evolving role on board all navy ships at sea and with supporting roles ashore.

Each week, reservists conduct seamanship training, develop and maintain job-specific skills, hold training exercises and develop their leadership skills. This training and professional development is key to ensuring the naval reserves are well prepared to support the RCN on operations and exercises at home and abroad.

Fifteen reservists are part of the crew that deployed on board *HMCS Winnipeg* for Operation Reassurance June 15. Additionally, the ship

embarked the first Enhanced Naval Boarding Party (ENBP) with a naval reservist as its team leader. The ENBP capability will provide the RCN with the agility, flexibility and tactical expertise to confront and deter a variety of threats in high-risk operational environments.

From the very beginning of the Naval Reserve's history, reservists and regular forces members have worked cooperatively in support of the RCN mission. The Naval Reserves remain "Ready Aye Ready" to support all operations at home and abroad with one focus, one team and one mission, to ensure it is an effective part of "One Navy."



Commander Walter Hose
Photo source:
Victoria Maritime Museum

WANTED

VOLUNTEER

HISTORY EXPLORERS

- Do you like to build new skills?
- Interested in history?
- Need to develop your resume?

- Enjoy being part of a successful team?
- Love to learn and share your knowledge with others?

If you answered 'yes' to any of these questions, then you could be a great addition to the museum's volunteer group. If you're interested please call:
Clare Sharpe, Volunteer Coordinator (250) 363-4312

WRITERS • RESEARCHERS
HISTORY BUFFS • STUDENTS
MODEL SHIP BUILDERS
VETERANS AND MORE

THERE ARE SO MANY REASONS TO VISIT US!

- 17,000+ digitized images in the museum database;
- key publications, including the Naval List, and the first Crowsnest and Crow's Nest magazines;
- the Women's Royal Canadian Naval Service wartime newsletter *The Tiddley Times*;
- files on Canadian naval vessels;
- news cuttings and official ship histories;
- biographies of leading figures in the

ARCHIVES
Resources for researchers and the general public

- Canadian Navy;
- information about the history and development of what is now Canadian Forces Base Esquimalt;
- maps and charts;
- ship plans;
- plans for historic buildings at Work Point and CFB Esquimalt;
- official seamanship and naval trades training manuals;
- historical documents;
- diaries and personal journals.

www.navalandmilitarymuseum.org

Discover nature, live in comfort, experience **Trailside**

OPEN HOUSES | WEDNESDAY - SUNDAY 1 - 4

21 Gorgeous Craftsman Homes

Priced from **\$399,900** Net GST incl.

Nestled between beautiful ALR protected land and the famous Galloping Goose Trail. Located in the heart of the West Shore, close to parks, schools, recreation and all the amenities you can think of.

Roger Levesque* Realtor
CD, B.Sc., M.B.A.*Personal Real Estate Corporation

ROYAL LEPAGE ROYAL LEPAGE COAST CAPITAL REALTY

Where nature is your neighbour

Visit our showhome at 3499 Luxton Rd. | 250.380.8048 | trailsidehomes.ca

New federal health claims processes

DND

Following a competitive procurement process, Public Works and Government Services Canada has awarded the new federal health claims processing service (FHPCS) contract to Medavie Blue Cross.

This contract supports the delivery of health-related benefits, including medical, dental, pharmacy and medical equipment and supplies to approximately 65,000 members of the Canadian Armed Forces.

The new contract will enhance a number of services to improve quality and timeliness to members through the use of on-line tools and resources

such as:

- Portal access;
- Expansion hours of operation;
- Ability to order a new CAF member health identification card;
- Ability to track your own claim reimbursement;
- Easier access to locate a registered provider in your area;
- Direct deposit for member reimbursements, and
- Enhanced out of country support.

These improvements will ensure FHPCS is able to support CAF requirements into the future.

In the fall of 2015 each member will receive a new Health Identification

Card via their unit orderly room. This card will be delivered to the unit the member belongs to for distribution. Until you receive your new card, the one in your possession will still be valid for a period of time.

Please note that in accordance with QR and O 34.07, 34.11, 34.13, and 35.05 you may only self-refer to an outside provider if you have an urgent medical condition, or are in a location where there is no military medical or dental clinic available. If you do seek urgent services from an outside provider without a referral from the military clinic, you are required to report to, or contact your nearest military clinic as soon as possible after your visit.

Changes to public service act will bump injured veterans to the top of hiring pool

DND

The transition to civilian life can be a confusing time for Canadian Armed Forces (CAF) members.

Choosing a new career can be daunting for someone who has never held a civilian job, especially if they have been ill or injured. With this in mind, Veterans Affairs Canada, the Department of National Defence, and the Public Service Commission are working together to bring changes to the Public Service Employment Act.

One benefit of these changes is that veterans who are medically released due to a service-related injury or illness as determined by Veterans Affairs Canada (VAC), will become the top statutory priority and shall be considered before organizations initiate an appointment process. In other words, they will be considered for the job and, if they meet the qualifications for the position, they will be appointed before all others.

Veterans have five years from their final date of release from the CAF, or from the date of VAC's favorable determination, whichever is later, to activate their statutory priority entitlement. The entitlement period for those whose illness or injury has been deemed attributable to service will last five years from the date they are deemed to be fit to return to work, or from the date that VAC made a favorable determination, whichever is later.

The releasing CAF member can initiate the paperwork with a DND Human Resources (Civilian) office as early as two weeks prior to their final release date, but they cannot be considered as a priority person until their final paid day of

service has passed.

Currently, veterans who were released as a result of an illness or injury do have regulatory priority, but not top priority. This will change when the Veterans Hiring Act (VHA) comes into force on July 1, 2015.

The benefit of the VHA will be retroactively applied to those former members whose priority entitlement was active in the Priority Information Management System on or after April 1, 2012. In May 2015, part of this group, those whose priority entitlement had already expired, was contacted by the Public Service Commission. Anyone receiving this email should respond and, should they wish to do so, provide their consent to provide their per-

Currently, veterans who were released as a result of an illness or injury do have regulatory priority, but not top priority. This will change when the Veterans Hiring Act (VHA), comes into force on July 1, 2015.

sonal information to VAC, have their regulatory priority entitlement extended for an additional five years and

to apply for statutory priority. Delays in doing so after the VHA comes into force will impact the entitlement period given to the former member.

If you are a member who is in the process of releasing (or are thinking of releasing) due to an illness or injury sustained during service and you are interested in applying for priority entitlement, when the changes come into effect, your first point of contact should be the DND Director of Casualty Support Management (DCSM) at 1 (800) 883-6094 or DCSM-DGSB@forces.gc.ca.

For more official information on the VHA, contact Veterans Affairs Canada at 1-866-522-2122 (toll free).

lookoutnewspaper.com

We give Military Discounts



Van Island
DUCATI
TRIUMPH
Retailer

2956 Westshore Parkway • www.savagecycles.ca • 250-475-8885



The place to be before downtown

We'll shuttle you!
Call for pick up 250-363-6028

JULY EVENTS

2, 9, 16, 23 – THURSDAYS 25¢ Wings,

Poker with prizes @ 7pm

K Karaoke @ 8pm

11 – UFC - Wing King Night!

Doors open @ 6 pm.

26 – Sunday Kids Movie – Movie TBA

Doors open @ 12:30pm movie starts @ 1pm. Lots of drinks & snacks provided and a chance to win the movie at the end of the showing!

30 – Thursday Poker & Movie Night – Movie TBA

Movie starts @ 7pm in the Okanagan Theatre. Come enjoy comfortable seating, free popcorn and 25¢ Wings!

Every Thursday night come down for WING NIGHT! .25¢ wings from 7pm!



Kids m July 26, Sunday Kids Movie

TBA

Doors open @ 12:30pm. Movie starts @ 2pm. Lots of drinks and snacks provided and a chance to win the movie at the end of the showing.

M July 30, Thursday Movie Night

TBA

Movie starts @ 7:30pm in the Okanagan Theatre. Come and enjoy comfortable seating, free popcorn and 25¢ wings.

W-E-D-N-E-S-D-A-Y-'S
bring in any PS4 Xbox games you want to play or any movies you wish to watch!

For any inquiries please contact MS Ensom, or MS Fedoryshyn. And don't forget to check out our Facebook page.

A FULL SERVICE AUTO REPAIR FACILITY
TRACKSIDE
AUTO SERVICE LTD.

- ✓ Induction & Fuel Injection Service
- ✓ Out of Province Inspection
- ✓ Diesel Fuel Service
- ✓ Brake service
- ✓ Oil service
- ✓ Electrical
- ✓ Exhaust
- ✓ Tires

Ask about BG Protection Plan*

Where Dependability and Trust are a Priority...

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

Winner of the "2010 BEST SERVICE AWARD" from Esquimalt Chamber of Commerce



WALKER HANKOOK

* under 80,000 km

WESTSHORE U-LOCK MINI STORAGE

MILITARY DISCOUNT OFFERED



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



selfstorage.ca

1621 Island Highway, 250-478-8767

Canadian Forces Fleet School Esquimalt

Commandant, Cdr Martin Drews presents promotions to the following individuals:



PO2 Ensor is promoted to PO1.



CPO2 Jaquemot is promoted to CPO1 by his son, and Cdr Drews.



PO1 Yalden is promoted to CPO2 by his family.



PO1 Bishop is promoted to CPO2.



PO2 Whitehouse is promoted to NCdt.



Cdr Drews is promoted to Capt(N) by his wife Lyne, and Cmdre Bob Auchterlonie.



OS Angus MacLean receives his submariner dolphins from Cdr Alex Kooiman, Commanding Officer of HMCS Victoria, after successfully challenging the Submarine AILS Board.



LS Anna Whiten receives her submariner dolphins from LCdr Tim Markusson, Commanding Officer of HMCS Chicoutimi, after successfully challenging the Submarine AILS Board.

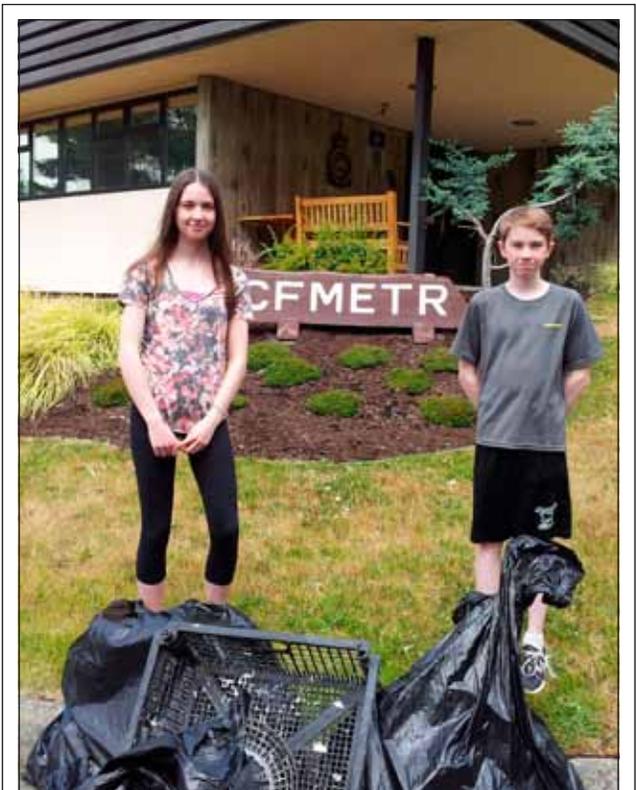


Photo by Mike Marshall, CFMETR

Several kilometers of Nanoose Bay/DND shoreline at the Canadian Forces Maritime Experimental and Test Ranges are much cleaner thanks to the volunteer efforts of two young athletes. Rebecca and Alexander Marshall are working towards Taekwondo black belts at Parksville Taekwondo Academy. Part of the qualification process requires them to do community service. On Sunday, May 31, they walked the isolated beach between Ranch Point and Wallace Point collecting all manner of manmade flotsam that had washed up with the tide. They spent about 15 hours collecting four large garbage bags, as well as several large items including large oyster set baskets and long metal pipes.



PO2 Darrell Garbella is promoted to his current rank by LCdr Darryl Gervis, Combat System Engineering Officer of HMCS Victoria, and Cdr Alex Kooiman, Commanding Officer of HMCS Victoria.



Sgt Evan Arsenault is promoted to his current rank by LCdr Tim Markusson, Commanding Officer of HMCS Chicoutimi.



New sailors enrolled into Naval Officer Training

Capt(N) David Mazur presented certificates of enrolment into the Canadian Armed Forces to several new cadets at the Naval Officer Training Centre building on June 17.

Photos by MCpl Michael Bastien, MARPAC Imaging Services



Officer Cadet Jonathan Ardell



Officer Cadet Torin O'Brien



Naval Cadet Nicholas Bell



Officer Cadet Matthew Chung



Officer Cadet Behnam Ghassemi



Naval Cadet Scott Hamar



Officer Cadet Jared Heavener



Naval Cadet Nikita Ivanov



Officer Cadet Christopher Mack



Naval Cadet Delaney MacPhee



Naval Cadet Eric Mazur



Naval Cadet Cole Milne



Naval Cadet Seamus Ryan-Lloyd



Officer Cadet Kriston Somerton



MS Sherman is promoted to the rank by CPO2 Mehlmann and PO2 Welda.

Fleet Maintenance Facility promotions



Lt(N) Salzer is promoted to LCdr by Capt(N) Chris Earl, Commanding Officer of Fleet Maintenance Facility Cape Breton, and Maj Ve.



PO1 Wright is promoted to CPO2 by Capt(N) Chris Earl, Commanding Officer of Fleet Maintenance Facility Cape Breton, and CPO2 Sheals.



PO2 Solyom is promoted to PO1 by Capt(N) Chris Earl, Commanding Officer of Fleet Maintenance Facility Cape Breton, and LCdr Chouinard-Prevost.

LOOKOUT Classifieds & Real Estate

RATES: MILITARY and DND PERSONNEL: 25 words \$9.70 • ALL OTHERS: 20 words \$11.09 • Each additional word 19¢ • Tax Included • DEADLINE FOR CLASSIFIED Advertising: Thursday at 11a.m.

Call 363-3014 to book your display or word ad

ANNOUNCEMENTS

OAK BAY CLASS 1965 50th REUNION!!! Did you graduated from Oak Bay High, Victoria BC in 1965? There is a 50th reunion July 24/25. Please send contact info (email, snail mail, phone #, significant other name) to obhs65@gmail.com. Check out our website at OBHS1965.weebly.com to find out more info about the reunion, newsletters, pictures and registration form. Look over our list of people we havent found yet, and if you have any ideas on how to contact them, direct them to our gmail. Thank you ~Doris (Higgs) Clemens Co-chair, reunion committee.

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.

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

STV TUNA IS LOOKING for CF/Ex-CF/DND civilian members to join the forces offered sailing program. Any one interested in sailing or learning to sail is encouraged to join us. All skill levels are welcome. For more information about the program please contact Sgt Steve Wright 902-427-4417 or steven.wright@forces.gc.ca or check us out on facebook (STV Tuna) for more information.

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.

MOTORCYCLES

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

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

AUTOMOTIVE

GUARANTEED TIRES from \$10
 We sell NEW & USED
Full Service AUTO REPAIR
 778-440-8473 MILITARY DISCOUNT
 MON-FRI 9-5, SAT 10-4
 #1-798 Fairview at Ellery

HELP WANTED

Would you like \$600.00 / month and free tickets to watch Junior Football at Westhills Stadium? This could be yours if you host a Rebel during the 2015 Season. Want to be involved? Contact : billets@westshorerebels.ca

REAL ESTATE • FOR RENT

Lrg furn. 1 bdrm suite avail 1 July w/patio looking out on priv gardens w/ harbour and mntn views. Dishwasher & W/D. LR w/ couch that folds into double bed. Very lrg bdrm w/ queen bed & 3pce bath. Great loc - CFB Esquimalt & Naden, Royal Roads, Cam. Interurban, 15mins to downtown, walk to Four Mile Pub w/ beach access. Quiet cul-de sac. \$1200 incl internet, cable, hydro, water, garbage, sep.parking. Email diamond2@shaw.ca.

Roommate Wanted! Downtown large condo, your own bathroom, share shower, kitchen & living area. 935 Fairfield by Quadra. \$550 includes utils, unlimited hot water, WIFI and Netflix. Laundry in building \$1 wash, \$0.75 dry. Email gvbyrant@telus.net or call/text 250-888-5611.

PRIVATE, FULLY FURNISHED 1000 sq ft executive retreat with your own entrance, deck and water views on 1 acre of land. Located in North Saanich. A 5-minute walk to Swartz Bay Ferry Terminal, Canoe Cove, and Westport Marina. \$1500/mth. Call 250-580-2869 for more information.

1 BDRM, newly renovated duplex. N/P, N/S. 1333 Sussex St. No commute, you can walk to work! Available now. \$825/month. Call Max at 250-386-2665 for more info.

GREAT LOCATION! Located in a quiet neighborhood, newly renovated (2012) modern 2 bdrm suite, 3 piece bath, full height ceiling, lrg kitchen w/ full fridge & stove. In suite laundry, priv. w/ separate entrance. Avail 1 Aug! \$1100 incl cable and internet. Utils separate. Email ferarii@hotmail.com for more info http://www.usedvictoria.com/classified-ad/2-bedroom-suite-available-Aug-1-2015_22487315

Call Joe 250 686 3224

FOR RENT
 Attention Military Families!

NOW AVAIL - VICTORIA
 3br 1700 sq ft - Garden walk out suite, yard, family friendly area only 15 min. to base
\$1500/month

Lookout Classifieds Work.
 363-3014

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

FREE Heat & Hot Water - Card operated front load laundry/24hrs

MACAULAY EAST
 948 Esquimalt Rd.
 Bachelor, 1,2 & 3 bdrm.
 Full size commercial gym!
Manager 250-380-4663

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

New building corner of Tillicum & Burnside coming Sept/13
 To view these and other properties, visit www.eyproperties.com

Tenant Referral Program
 Military Discount

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

CARPET CLEANING

WHY GET SOAKED?
 Deep cleaning without chemicals or perfumes.
 Dry in just 30 - 90 minutes. Military Discount

Dri-Way.ca Carpet & Upholstery Care

Call 250-475-2468
 Text 250-686-6991
www.Dri-Way.ca

10% OFF - DND DISCOUNT

1239 PARK TERRACE

2 Bedroom \$895
 heat, hot water, parking included,
 quiet adult building,
 Call resident manager
250-888-1212

Have some **Stuff** to sell?

Look to the **Lookout ONline**

Classifieds are where to get your stuff found and sold.
Sell your Stuff!

STORAGE

WESTCOAST Super Storage
 STORAGE & MOBILE STORAGE
 250-642-5551

250-642-5551

HALF PRICE STORAGE
 DRIVE A LITTLE SAVE A LOT

RV \$49/mo **BOAT \$49/mo**
LOCKERS from \$49/mo **VEHICLE \$49/mo**

- 24 hr SECURE Storage
- BEST rates in town
- DRIVE UP container access
- GREAT customer service

Now offering mobile storage

WESTCOASTSUPERSTORAGE.COM

Devon PROPERTIES LTD. No Pets allowed in any building
www.devonprop.com

LARGE SUITES

1180 Colville
 2 BDRM \$885
 Avail July 1
 250-360-1983

855 Ellery
 2 BDRM FROM \$890
 Avail July 1
 250-812-5234

Esquimalt

LARGE TOWNHOMES

UVic/McKenzie Area
 On-site manager 24/7
 2 & 3 bedrooms,
 1800 & 2100 sq ft.
 3 levels, 1.5 bathrooms

New appl. & flooring, pte backyard
 Near schools, on bus route
 Free Internet or Optik TV for 1 year

From \$1,595 • Call 250-686-2682

LOOKOUT Classifieds & Real Estate

RATES: MILITARY and DND PERSONNEL: 25 words \$9.70 • ALL OTHERS: 20 words \$11.09 • Each additional word 19¢ • Tax Included • DEADLINE FOR CLASSIFIED Advertising: Thursday at 11 a.m.

Call 363-3014 to book your display or word ad

REAL ESTATE • FOR SALE

NO STRATA FEES!



CUTE MICRO HOUSE ON A LOVELY LOT
Plenty of parking, rebuilt in 2005
Quick Possession Possible.
391 Selica Road - \$309,900

CALL DIRECT 250-213-7444
Shelly Reed
For more info www.shellyreed.com
Sutton GROUP West Coast Realty



Sell your home in the Lookout

Call 363-3014 to advertise

2 minutes from the base



Townhome in private area of Parklands. 2 bdrm + den, 2 full baths. Open concept kitchen, dining, and living room. Lots of cupboards, counter space and eating bar, modern appliances. Murphy bed in 2nd bdrm. En-suite bathroom in master. Sunny private patio. Attached garage with 2nd parking spot. Low \$275 monthly strata. Pets welcome.

Priced to sell \$369,000
MLS 350105

Sutton GROUP
Blake Moreau, BComm
Realtor - Sutton Group West Coast Realty
250.881.0423
www.movetovictoria.com

twitter.com/Lookout_news
www.facebook.com/lookout.newspaper

\$363,000



A MUST SEE TOP FLOOR, SOUTH EAST CORNER UNIT
270 degree panoramic view of mountains, city and ocean. Features include quality appliances and furnishings, a well-equipped gym, large locker close to unit as well as storage space in suite. 2 spacious decks and more. Just move in and enjoy.
Purchase or rent-to-own. **418 - 1315 Esquimalt Rd, Victoria BC**
For a private viewing call 778-430-2121 or 778-406-1175

SERVICES OFFERED

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.

RESUMES & CAREER TRANSITION PREP/COACHING with a former SCAN Coord Judy Marston. 10% Military Discount, www.resumecoach.ca or 250-888-7733.

PIANO TEACHER WITH MORE THAN 30 YEARS EXPR. Lessons are offered to all ages and levels. In home teaching is available. Celebrate your time! Or give a gift that lasts a lifetime! One month free to beginners. References are available. Phone 250-881-5549, and find me at musiciswaycool.com.

"re-cycle"



Better the 2nd time around!

PITCH-IN CANADA
www.pitch-in.ca

VICTORIA PREGNANCY CENTRE
Free services provided: pregnancy tests & counselling, prenatal classes and Doula referral, baby clothes & supplies, family support counselling, school & community presentations, post abortion & pregnancy loss counselling for men & women.
250-380-6883
#112 - 826 North Park Street
info@victoriapregnancy.org
www.victoriapregnancy.org

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>.

HABITAT FOR HUMANITY AND THE RESTORE are seeking volunteers to help out with customer service, warehouse and driver assistants. We are also looking for ambassadors for special events. Please contact Nancy @ volunteer@habitatvictoria.com or 250-480-7688 ext. 105

WWW.LOOKOUTNEWSPAPER.COM

CONTRACTORS

BUILDING OR RENOVATING?



Residential & Commercial Roofing
Bins & Hauling

*We are proud to serve those who serve!
Ask about our Military Discounts.*

Joe Murray 250-893-8391
www.capaxcontracting.com

COLIN AMEY 250-709-7473
Licensed Residential Builder



When quality matters!

- New home construction
- Additions
- Project Management & more...

2-5-10 Year Warranty

Bonded and Insured

CBS STONEWORKS

Quality is our guarantee!

CONCRETE • BRICK • STONE • TILE

Adrian M. Sims
Cel: (250) 380-8246
adrian@cbsstoneworks.com
Licenced and Insured Contractor

CONSIGNMENT

Pretty Women Plus Size

694 Goldstream Ave.

High End Consignment

Sizes 0 to 6x

Bunny Malones 778-977-5167
Pretty Women Plus Sizes 250-590-8440

We need MEN for MENToring.

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 twice a month for 6 months

Big Brothers Big Sisters
www.bbbsvictoria.com

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

FAMILY DENTAL

Former Dental Captain, Dr. Paul Neate has opened a **Family Dental Practice** on Pandora, near Oak Bay Junction.

250.595.5225
1516 Pandora Ave.
neatedental.com






Thank you



- Clockwise from bottom left:
- Coldwater Divers
 - Sharkz Coins
 - Muscle MLK
 - Absolute Therapy

- Township of Esquimalt 5K
- New Balance
- 98.5 The Ocean
- CANEX



Many thanks to our SPONSORS

