

Thank You For Shopping Locally!

PHARMASAVE
Esquimalt Plaza

FREE Blister Pack Service & Medication Reviews

250.388.6451
Free Prescription Delivery

Mon. To Fri. 9-7 Sat. 9-6 Sun. & Hol. 10-5

Volume 61 Number 3 | January 18, 2016

LOOKOUT

newspaper.com

MARPAC NEWS CFB Esquimalt, Victoria, B.C.

U-PAK MOBILE STORAGE

Storage that comes to you!

15% Military Discount

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

Photo credit: MCpl Robert LeBlanc, 5th Cdn Div PA
Cpl Thomas Fitzpatrick, a member from 2nd Battalion, The Royal Canadian Regiment, returns from Operation Provision and is reunited with his daughter Charlotte at 5th Canadian Division Support Base Gagetown, Jan. 12.

Daddy you're home!



FEED YOUR CRAVINGS.

10% OFF FOR ALL MILITARY PERSONNEL.*

Denny's

1845 ISLAND HIGHWAY, COLWOOD 250.391.5580

*Not valid on alcohol. Taxes and gratuity extra. Please provide valid ID.

NO \$\$ DOWN

ALEX BURNS & ASSOCIATES
RE/MAX Alliance
250-882-3335
alex@victoriarealestate.com

Modern Mortgage Group
Chris Cavaghan
Modern Mortgage Group
250-896-2589
ccavaghan@dominionlending.ca

CALL: 250-882-3335

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

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

thePersonal
Home and Auto Group Insurer

1-888-476-8737 canex.thepersonal.com



Brad Herd, AMP
I used to work for the Banks now I work for you.



Your Local and Trusted Mortgage Specialist
with over 17 years Experience.
Call me - You'll be glad you did.

ASK ME ABOUT:

- One Mortgage Application to 50+ Lenders
- 5% Cash Back Mortgage
- Free Mortgage Switch
- 35 Year Mortgage Amortization
- Home Equity Line Of Credit Available
- Purchases, Refinances, Consolidations
- Renewals, Revenue Properties & Credit Re-Establishment

Licensed and Accredited Mortgage Specialist 250-532-FUND (3863)

Admirals Walk Plaza 102-1497 Admirals Rd, Victoria, BC, V9A 2P8

www.bradherd.com | brad.herd@selectmortgage.com

The place to be
before downtown

We'll shuttle you!

Call for pick up 250-363-6028



UPCOMING EVENTS

**Pacific Fleet Club
is your social hub!**

Jan 21 & 28

Poker, Karaoke & Wings

Jan 27 - Paint Nite

Jan 24 - Kid's Movie

Feb 6 - UFC 196

Feb 7 - Super Bowl 50

Feb 13 - Valentine's Day Event



**WINGS
FROM 7PM! 25¢**



**Every Thursday IS
WING NIGHT!**

**Weddings, Birthday Parties,
Banquets & Corporate Events**
Contact the Events Coordinator at
250-363-3146



And don't forget to
check out our Facebook page:
[Facebook.com/ThePacificFleetClub](https://www.facebook.com/ThePacificFleetClub)



Stock photo

Navy identifies and solves welding issues

Rachel Lallouz
Staff Writer

The Royal Canadian Navy (RCN) is resolving an issue with quality assurance measures of a small portion of welds performed in its West Coast surface and sub-surface fleet.

In the fall of 2014, during a routine quality control inspection carried out by contractor Victoria Shipyards, an anomaly was identified in a small number of welds in Her Majesty's Canadian Ship (HMCS) Ottawa.

After identifying that the issue was a quality assurance matter, Victoria Shipyards articulated their findings to Babcock Canada Inc., since they were completing HMCS Chicoutimi's Extended Docking Work Period during the same period, and alerted the RCN to their findings.

A collective investigation by the RCN, Babcock Canada Inc. and Victoria Shipyards ensued to determine whether or not the weld quality assurance issues were isolated to HMCS Ottawa.

"As the senior engineer of the Formation, I was notified, and immediately began working in partnership with the other organizations to deter-

We took a very proactive and pragmatic approach to solve the problem, while continuously ensuring the requisite safety standards were maintained.

Capt(N) Christopher Earl,
Assistant Chief of Staff for
Naval Engineering and
Maintenance

mine the extent of the problem," said Captain (Navy) Christopher Earl, Assistant Chief of Staff for Naval Engineering and Maintenance. "Given the importance of the safety and security of our sailors, and any potential impact on operations, concerns such as these are taken very seriously and always investigated."

The review and subsequent investigations identified that the quality assurance checks conducted on welds inside frigates, and on the air and hydraulic pipes in submarines did not meet the high integrity standards of the RCN. Findings ultimately

revealed that the welding quality assurance issues also affected HMC Ships Vancouver and Winnipeg, as well as Maritime Forces Pacific's two submarines, Chicoutimi and Victoria.

A total of 684 welds were re-examined in the three frigates; as a result, 16 welds (2% of the total) were identified as requiring repairs.

The number of welds requiring re-inspection is relatively small in comparison to the total number of welds present on any given ship or submarine. Within HMCS Chicoutimi, for example, a few hundred welds are being examined, a small number considering a submarine contains tens of thousands of welds, explained Capt(N) Earl.

Pending the results of these checks, a robust risk-based approach was applied to the decisions about continued operations of the fleet. Meanwhile, East Coast frigates and HMC Submarines Windsor and Corner Brook are unaffected by this issue.

"We took a very proactive and pragmatic approach to solve the problem, while continuously ensuring the requisite safety standards were maintained," says Capt(N) Earl, who explains that the required welding work on the three frigates was completed in

May 2015.

The re-inspection and weld repair work onboard HMCS Chicoutimi begun in February 2015, and is being conducted under warranty by Babcock Canada Inc., the Victoria-class In-service Support Contractor. As the inspections continue, HMCS Chicoutimi will move into dry dock later this month where any required weld repair work will be done concurrently with other scheduled maintenance and upgrades. The intent is to have Chicoutimi back in the water by late spring of 2016.

The investigation into the weld quality assurance process in HMCS Victoria is ongoing, though it is too early in the process to provide further information about any scheduling or remedial actions in the submarine at this time.

"What's really important here are the partnerships between contractors in the industry and ourselves," says Capt(N) Earl. "Despite the obvious complexity of this situation, everybody is coming to the table with people, resources, and solutions to make sure the navy gets the vessels back to the operational state that we need, while ultimately ensuring that the safety and security of RCN sailors is maintained to the highest level."



Base-wide power grid fades to black at the end of January

Peter Mallett
Staff Writer

Vital upgrades and maintenance work to CFB Esquimalt's power grid will require a full 12-hour, base-wide shut down on Sunday, Jan. 31.

The work will be performed from 8 a.m. until 8 p.m. with all non-essential power fading to black in all buildings and structures in Dockyard, Signal Hill and Naden, along with all jetties and power supplies to berthed Royal Canadian Navy ships.

Critical buildings such as the CF Health Services Centre (Pacific) and outlying areas not located on the base, such as Work Point, Colwood, Albert Head and the armouries will not be affected by the outage.

DND employees and civilian staff

on base are being reminded by Real Properties Operations staff to shut down their computers before leaving the office for the weekend. Those with other electronic devices connected to the grid, such as small fridges and appliances, should take the necessary precautions ahead of the shutdown.

"We want to cause as little inconvenience as possible with this outage," says Dale Orr, supervisor with Real Operations Group.

The primary reason for the full shutdown is to replace an isolation switch. Orr noted the switch is vitally important to meet anticipated increased power demands of the future.

The outage required six weeks of planning to organize and is guaranteed to last the full 12 hours due to the nature of the work being

performed.

The power shutoff will also allow 16 support staff and over 20 contract workers to perform other electrical maintenance and upgrade work.

"It's all preventative maintenance, and many of the jobs involve making vital repairs and fixing old antiquated equipment that needs to be upgraded all over the base," Orr said.

Repairs to infrastructure in front of CANEX, dockyard's Base Information Services, Base Logistics, Fleet Mail Office, and Building 54, will also be performed during the outage. Orr also noted that the base's 25-megawatt capacity system is equal to that of a small city and has a greater power capacity than the grid for Victoria's downtown core.

The last time a base-wide shut down occurred was Aug. 23, 2015.

MARPAC looking for the best athletes to compete in upcoming Snow to Surf

Peter Mallett
Staff Writer

Ten spots in eight different sports are up for grabs as Team MARPAC returns to the Royal Le Page Comox Valley Snow to Surf Adventure Relay Race after a five-year absence.

Team manager LCdr David Dallin says he has 20 competitors who have shown interest for two upcoming tryout sessions, but says he expects that number to climb as tryouts approach.

He wants "the best of

our best" competing in this year's April 24 competition, which will involve up to 170 teams and 1,700 athletes competing in alpine skiing, snowshoeing, Nordic skiing, running, mountain biking, kayaking, road cycling and canoeing competitions.

"There are some talented athletes here in MARPAC, so that's why I'm trying to open up the field of competition for this team and encourage anyone who thinks they have what it takes to attend tryouts," said LCdr Dallin.

Gender or age won't be a factor in who makes the cut

for the team; only the raw testing scores from the CF fitness test will decide who makes the selection. Testing includes a 20-metre shuttle run, grip test along with sit ups and pushups, and will take place in the lower gymnasium at Naden Athletic Centre on Feb. 1 at 8 a.m. and Feb. 8 at 1 p.m.

Applications can be obtained from PSP fitness leader Brittany Schneider and must be completed no later than Jan. 27. Those dissatisfied with their initial performance or unable to attend the first tryout session are welcome to take

part in the second tryout.

LCdr Dallin was part of the 2010 MARPAC team that came in seventh place; Rear-Admiral Gilles Couturier was also a part of the team.

Due to a variety of factors, including the retirement of some team members and funding shortfalls, MARPAC hasn't fielded a team in the annual event since 2010. LCdr Dallin said an overwhelming interest from athletes along with funding availability to cover a portion of the expenses has led to MARPAC's returning to the event this year.

The Home of the Full Refund!

3 Locations:

Glanford Avenue
Downtown-Queen's Avenue
Quadra Street

250-727-7480

bottledepot.ca



FINANCING AVAILABLE - good credit or bad



Over 70 cars in stock
from \$2,995

2555 Government Street
checkautosales@hotmail.com

checkautosales.ca

(250) 590-2990

Mention this ad for
\$50 Military Discount
at the time of sale

E-FILE FROM \$57+GST

Top Shelf Bookkeeping Ltd.
Locally Owned & operated since 1994

2 CONVENIENT YEAR ROUND LOCATIONS

101-76 Gorge Road West
Victoria, BC V9A 1M1
250-388-9423

1253B Esquimalt Road
Victoria BC V9A 3P4
250-590-4050

ARE YOU BUYING A PROPERTY?

If you were to purchase any property listed by any full commission agent (Say a property selling for \$600,000) and you use me as your agent of choice.



I WILL GIVE YOU A \$5,000 REBATE

ARE YOU SELLING A PROPERTY?

If you list your home with me (Say a property selling for \$600,000) you would save \$14,100 compared to a listing with a full commission agent charging 6% for the first \$100,000 plus 3% on the balance.

RESULTS YOU CAN COUNT ON

RANJIT THIND

Licensed Residential Builder

250-507-0507

info@ranjitthind.ca

www.ranjitthind.ca

Bring me a
referral and receive
\$500 cash
upon signing!

ONE PERCENT REALTY

Jim Pattison Toyota victoria

★ Up to \$1,000
additional savings on Scion
for recent high school or
college graduates.

Military & DND Incentive Program



\$28,690
MSRP

2015 SCION FR-S

\$500 Incentive on all
new and used
vehicles in stock

10% OFF*

*Does not include accessories or Toyota tire price match guarantee.
**Service & Maintenance +
Free Car Wash & Vacuum**

JPToyotaVictoria.com

Tel: 1-888-464-9570

3050 Douglas Street

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

Lt(N) Nicole Murillo 250-363-4006
Sara Helmecci 250-363-7060

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

Le LOOKOUT est publié tous les lundi,
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 modi-
fier, 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.

LOOKOUT
NEWSPAPER

Circulation - 3,800
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

While out and about Lookout asked:

What was your proudest or most embarrassing athletic moment during your lifetime?



I grew up in a small town in Poland called Dabrowa Bial, and my proudest moment was being named team captain of the local boys soccer team that represented our town; it was a such a great honour for me to be named captain."

Waldemar Biernacki,
Commissionaire,
Military Police Unit Esq.



My most embarrassing moment occurred when I went to a high school for gifted athletes. I wasn't a gifted athlete but ended up playing for the school rugby team. The team clearly wasn't gifted either. I got injured and the team had a terrible win-loss record that season."

LS Courtney Beere,
Base Orderly Room



My most embarrassing moment was as an eight-year-old when I was playing in the local basketball league. I thought I had hit a brilliant half-court, buzzer-beater to win the game, but the only problem is I scored on my own basket and the other team won the game.

OS Matt McLellan,
Fleet School



I played youth soccer for the Vancouver Island Soccer team as a midfielder and won the team MVP award for two years in a row, and that is something I'm still proud of to this day.

Alannah Veenema,
PSP



My most embarrassing moment happened while I was playing basketball for RMC. We played a local correctional institute in an exhibition game and as I cut to the basket for a layup I was taken out from behind and got injured. My teammates joked I went in to prison to play basketball and came out with a limp.

Lt(N) Kevin Darling,
Fleet Diving Unit (Pacific)

Nijmegen call out and information brief

For those who wish to participate in the 100th Nijmegen March this year, the initial brief will take place on Jan. 27 at 1130 in the MSE Theatre.

Marchers must meet the following criteria :

- Nominated by the unit Commanding Officer as deserving of this unique opportunity to represent Canada internationally.
- Current FORCE Test.
- Be available for a rigorous team training programme commencing in spring 2016, and be prepared to complete approximately 1000 kilometres of workup marching. Training is normally in the early morning.
- Be available, without hindrance, to train and participate in Nijmegen during July 2016.
- Be able to smile through blisters and demonstrate esprit de corps.

Contact the Team Lead, Lt(N) Knai, for any questions via email or at 250-363-4411!



Taco Justice:

Beef Taco: Brutus the Barber - justice spiced ground beef, cheddar crisp, charred salsa, chipotle aioli, napa and watercress veg.

Deep fried Avocado Taco: Green Bastard - panko crusted avocado wedges, cheddar crisp, oh snap and chipotle aioli, charred salsa, napa and watercress veg. accompanied with a side of waffle fries and a beverage

Coast Lunchbox:

Beef & Cheddar Burger - 5oz Charred beef patty with lettuce, tomato, pickle and grainy Dijon aioli on a sesame bun

BBQ Chicken Chipotle Wrap - Glazed chicken breast, lettuce, tomato & cucumber in a grilled flour tortilla

Curried Chickpea Falafel Burger - Seasonal veggies & tzatziki sauce on a sesame bun

All items are served with a canned beverage

FREE FOOD
for the first
500 visitors
FOOD TRUCKS:
Taco Justice &
Coast Lunch Box

Compliments of PSP Sponsorship.



MARPAC
Health and Wellness
Strategy Team & Lookout
present:

HEALTH & WELLNESS EXPO

Health, Fitness, Wellness,
Education, Recreation
and more!

Live in the green

Thursday, Feb. 11, 2016
Naden Gym
10am-3pm

Prizes!

**Free
coffee!**

from Serious Coffee

**More
than 100
vendors!**

FREE FOOD
for the first
500 visitors

FOOD TRUCKS:
Taco Justice &
Coast Lunch Box

Brought to you by

CFB ESQUIMALT
LOOKOUT
NEWSPAPER & CREATIVE SERVICES

Sponsored by



**HOTEL
GRAND
PACIFIC**



**The Counting
Cottage Ltd.**
Building resilience
through numbers.



**Sunshine Coast
Health Center**
A Non-12 Step Program

DON'T DRINK & DRIVE.



Carpets That Are Clean, Healthy & Citrus Fresh!

ANY 3 AREAS \$149 REG \$177	ANY 4 AREAS \$196 REG \$236	ANY 5 AREAS \$245 REG \$295
--	--	--

Some restrictions apply.
"Serving all of Vancouver Island"

The Natural Choice!
Citrus-C
Carpet Care INC.

www.citruso.com 250.891.5448

Winnipeg command team leads physical fitness

HMCS Winnipeg

While physical fitness is a component of operational success, it can be difficult for sailors to maintain when at sea on deployment. However, on board HMCS Winnipeg the command team is setting the example of what is achievable.

To keep fit, Commander Pascal Belhumeur, the ship's Commanding Officer, has equipped his cabin with a stationary bicycle trainer and a heavy bag set-up.

"Being fit keeps us in control of our physical and mental well-being," says Cdr Belhumeur.

The command team has also brought on

The crew sees it and is inspired; we have the most actively fit crew that I have ever seen.

CPO1 Michel Vincelette, Winnipeg's Coxswain

board a fitness specialist from Personnel Support Programs.

"Canadian Armed Forces members are fortunate to have the support of Personnel Support Programs and the personal trainer has been a great asset to the crew," says Lieutenant-Commander Kevin Whiteside, the ship's Executive Officer.

Sylvain Verrier holds four fitness classes per day while at sea and provides the crew with daily workout programs and nutrition advice. LCdr Whiteside remains fit by faithfully attending the 6 a.m. class and frequenting the 4 p.m. class.

"I am proud to be a part of a command team that is so focused on fitness," says Chief Petty Officer First Class Michel Vincelette, Winnipeg's Coxswain. "The crew sees it and is inspired; we have the most actively fit crew that I have ever seen."

With Verrier's assistance, the Coxswain has been doing a cardio and weight intensive program that is

tailored to help his golf game; his handicap, however, remains a mystery.

Not only does Verrier have an effect on life at sea, but also alongside by organizing multi-national sporting events with our NATO allies, and the monthly five kilometre fleet runs in port at which the ship's company con-

tinues to clock some amazing times.

With only a month left in the ship's long deployment, the crew of HMCS Winnipeg continues to use physical fitness to maintain mission focus, and like many initiatives in the Royal Canadian Navy, this initiative is driven by the ship's leadership.



Cpl Stuart MacNeil - HMCS Winnipeg
Commander Pascal Belhumeur, Commanding Officer of HMCS Winnipeg, participates in the ship's Spin-a-Thon fitness challenge during Operation Reassurance in the Mediterranean Sea.

2016 Bike Show SPECIAL Starts NOW

HONDA
Super Savings on Packages

2015 CBR 1000
ORIGINALLY \$15,999 + PDI, FREIGHT \$800, \$199 DOCUMENTATION, \$10 TIRE LEVY
SALE PRICE \$14,599 + PDI, FREIGHT \$800, \$199 DOCUMENTATION, \$10 TIRE LEVY + FREE PACKAGE A OR B (ONE ONLY)
VALUE OF OVER \$1369 FREE!

PACKAGE A
APLINESTARS GP PRO 2PC RACE LEATHERS

PACKAGE B
SHOEI RF1200
SIDI ST BOOTS

SGpower
730 HILLSIDE AVE, VICTORIA BC V8T 1Z4
(250) 382-8291

SAVE \$1369 ON GEAR!
BOTH PACKAGES ARE NON NEGOTIABLE AND NON REFUNDABLE.

LIVE NOW. PAY LATER.[†]

\$0/\$0/0%
Down Payments Interest

LASIK MD
VISION

Starting at \$490/eye*

Book a free consultation
at 1-855-688-2020 or lasikmd.com

#lasiklife

*Subject to credit approval. To be eligible, patients must complete the Custom LASIK/Custom All Laser procedures (including Laser Presbyopia) for both eyes. Custom LASIK/Custom All Laser procedures are subject to change without prior notice and vary based on prescription strength. Applicable on a procedure for both eyes only. Standard LASIK starting at \$490 per eye and Custom LASIK at \$1,190/eye. Other conditions may apply.

Workshop helps children develop coping skills during deployments

Peter Mallett
Staff Writer

Discovering they're not the only ones missing a parent on the home front is a giant step forward for young children coping with the deployment of a mother or father.

"Realizing this is half the battle for my students, especially the younger ones," says Tracy Beck, Children's Deployment Workshops Facilitator with the Military Family Resource Centre (MFRC).

Through shared experiences and a number of interactive activities, Beck says how students attending the weekly workshops at the Colwood Pacific Activity Centre are able to "relate" and thereby "validate" their wide-ranging emotions and feelings when their parents leave home.

"When they go to school the children quickly realize most of their classmates moms and dads aren't away from home, but theirs are," says Beck. "But when they come in here and see eight others in the same situation they quickly realize these feelings are a shared experience."

Several of those attending the current workshops are children of parents deployed in Operation Reassurance aboard *HMCS Winnipeg*. On June 15, 2015, children and families of the crew gave their heart-felt, teary farewells to the crew before they headed to the Mediterranean for an eight-month, NATO-led mission.

Erin Goetz's husband MS Jeffrey Snook is an engineer aboard *Winnipeg*. Her three daughters, Hayley, 3, Jordyn, 5, and Avery, 7, started attending the sessions last June. She says that although they miss activities such as camping



Military Family Resource Centre Instructor Tracy Beck looks on as her students (left) Avery, 7, Jordyn, 5, Sarah, 6, and Conrad, 5, hold up pictures of themselves during a deployment workshop at the Colwood Pacific Activity Centre.

and bike riding with their father, the workshops allow them to still feel connected.

"My youngest daughter Hayley initially felt anxious about participating in social activities while Jeffrey was away, but now she looks forward to seeing Tracy at the workshops each week," says Goetz. "Feeling comfortable with the program has helped her adjust to other situations in life."

As the weeks roll by, Beck helps the children put the physical realities of the deployment into perspective by plotting the progress of *Winnipeg* on a giant map of the world. As the frigate stops in various ports of call, she teaches the children about the culture, geography and animal life in these nations to help them understand what their parent is experiencing.

During a recent class, the students created artwork and crafts that she will send to the ship. Beck noted they are also encouraged to bring with them any correspondence or items sent by their parent for show-and-tell presentations. From Australian boomerangs to lei flower necklaces (garlands) from Hawaii, Beck says the children truly delight in showing off their gifts and telling their peers what makes their parent great.

Beck became a firm believer in the program's merits through her own experience. The former military mother's two daughters once benefited from the program while their father was deployed in 2000.

"That's what really encouraged me to become

an instructor in this program, when I realized this really does help," says Beck. "It's hard for me to notice while I'm running the workshops, but a lot of parents have indicated the workshops help and they notice improvements in their child's behavior at home."

Interested parents still have time to register their children in the current round of workshops which began Jan. 5 and will run until mid February. The 75-minute sessions are broken into three age categories: three to five-years-old, five to eight, and nine to 12.

The MFRC also runs several programs for adults dealing with deployment. For more information go to their website www.esquimaltmfrc.com or contact them by phone at 250-363-2640.

AUTHENTIC THAI Friday Lunch Buffet

• Lunch Combos • Full Dinner •

Dine In



Take Out

Thai dining at its Best!

1207A Esquimalt Rd. • 389-1845 • www.zapthai.com

**We give
Military
Discounts**

**SAVAGE
CYCLES**

Van Island

DUCATI

TRIUMPH

Retailer



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

Every Set of Lost Keys Has a Story

"We lost our keys at a hockey game out of town, including our expensive-to-replace smart key for the car. Our War Amps key tag did its job when our keys were returned to us last week by courier, much to our relief."

— War Amps supporter

**The Key Tag Service – it's free
and it works. Nearly 13,000
sets of lost keys are
returned every year.**



Order key tags online.



The War Amps

1 800 250-3030

waramps.ca

The War Amps does not receive government grants.

Charitable Registration No.: 13196 9628 RR0001

AFFORDABLE OFF BASE LIVING!

Bachelors, One Bedrooms, Two bedrooms,
& Three Bedrooms available

**ASK ABOUT OUR
MOVE IN DISCOUNT!**

250.381.5084 CAPRENT.COM



Habitat for Humanity Victoria

• SHOP • DONATE • VOLUNTEER

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

331H Oak Street, Victoria
(250) 386-7867 • restore@habitatvictoria.com



ReStore

10% DND Discount
with ID & coupon

2016 Bike Show SPECIAL Starts NOW

Kawasaki



2016 RACING EDITION NINJA 1000

ORIGINALLY \$18,299 +
PDI, FREIGHT \$800,
\$199 DOCUMENTATION,
\$10 TIRE LEVY

SALE PRICE \$17,827 +
PDI, FREIGHT \$800,
\$199 DOCUMENTATION,
\$10 TIRE LEVY +
FREE PACKAGE A OR B (ONE ONLY)

VALUE OF OVER \$1369 FREE!



SG Power

730 HILLSIDE AVE, VICTORIA BC
V8T 1Z4
(250) 382-8291

PACKAGE A



APLINSTARS
GP PRO 2PC
RACE LEATHERS

PACKAGE B



SHOEI
RF1200

SIDI ST
BOOTS

SAVE \$1369 ON GEAR!

BOTH PACKAGES ARE NON NEGOTIABLE AND NON REFUNDABLE.



Father Daughter Sweetheart Dance

The most anticipated party of the year!

Dancing, Great Music, Prizes, Photo Booth

An event for fathers, father figures and daughters in the Defence Community who want to have some fun and spend some quality time together.

Buy your ticket by February 14 and be entered to WIN a **LIMO RIDE** to the dance.

courtesy of **LA LIMOUSINES**

Saturday, March 5, 2016
6 pm – 9 pm

Chief & Petty Officers' Mess
\$30 per father
(daughters attend for free)

Tickets available online:
www.esquimaltmfrc.com

BROUGHT TO YOU BY **MF RC**

SPONSORED BY **CHIEF & PETTY OFFICERS' MESS**

Quality

Remando's Moving Services

Courtney Clarke

Improved website: DFIT.ca

Take your training to the next level

Canadian Forces
Morale and Welfare
Services

New changes to the DFIT.ca website have greatly improved usability and broadened who can use the website.

This unique fitness planning and training tool launched by Personnel Support Programs (PSP) in 2012 is now more responsive to mobile devices. Plus it has a more intuitive website design that ensures faster response times.

Military families can take advantage of the online tool used by military members.

With the aim of expand-

ing its audience of users beyond serving military personnel, DFIT.ca for Families is a new online resource featuring general fitness and a more family-friendly, total lifestyle approach to active living.

Special features include parenting tips focused on active living, online personal trainers, program discounts and coupons, diet and weight loss guides, and much more.

The DFIT.ca mobile web platform now offers customizable fitness training plans, video demonstrations of hundreds of exercises, tips for injury prevention, nutritional informa-

tion, and online training journals.

DFIT.ca also features an online forum moderated by PSP fitness professionals who can provide helpful training advice and feedback.

Using their CFOne card number, military family members, veterans and their families can access the DFIT.ca module available for free until January 2017. Access to DFIT.ca is also available to all other categories of CFOne members, such as NPF employees, DND public servants, RCMP officers, pensioners, and their families, on a paid subscription basis.

Lose the Booze in February

Did you overindulge this holiday season? Get back on track.

The BC Cancer Foundation's 29-day alcohol-free challenge will have you trading your wine and pints for water while raising funds to support life-saving cancer research.

Not only will your wallet and waistline thank you, you'll also be making a tremendous impact to over 26,000 British Columbians who will be diagnosed with cancer this year.

You don't have to take on this challenge alone – create a team to join you. The more the merrier, as you'll be able to swap advice on the best mocktails and alcohol-free activities to help you along your way.

Take the challenge – register today at www.losethebooze.ca, or call 1-877-751-0111 for more information!

Bell Let's Talk Day - Eliminate the stigma

How members of the Defence Team can take part in Bell Let's Talk Day and help to end the stigma around mental illness.

DND

This event is supported by the MARPAC Health and Wellness Strategy. If you would like to organize a mental health discussion please contact the Mental and Social Working Group at 250-363-5567.

Bell Let's Talk day is an annual charitable campaign dedicated to eliminating mental health stigma.

This year, Jan. 27 marks the sixth year for the campaign and the third

year the Department of National Defence and the Canadian Armed Forces have been active partners in the campaign.

All CAF members and Defence Team employees are encouraged to take part in the day by talking, texting, and tweeting about mental health.

For every text message, wireless and long distance call made by Bell Canada and Bell Aliant customers, every tweet using #BellLetsTalk, and every Facebook share of

the Bell Let's Talk Day image found at Facebook.com/BellLetsTalk, Bell will donate five cents to Canadian mental health programs.

Commanders and Defence Team leaders are also encouraged to plan local activities that open discussions about mental health.

Use the Bell Let's Talk Conversation Guide to have a facilitated discussion or workshop with your unit: <http://letstalk.bell.ca/en/toolkit/>

<http://letstalk.bell.ca/en/toolkit/>



Food and fun while foraging in the forest

Peter Mallett
Staff writer

Not long after the first rainy days at the end of summer, a vast cornucopia of colorful mushrooms pop up at the base of trees and the duff of forest floors of the Pacific Northwest. Along with them comes an army of mushroom pickers.

One-by-one, armed with specially designed harvesting knives, they hike into the lush forests of Vancouver Island in search of the fruits of fungus.

For outdoor enthusiasts, mushroom picking not only provides a healthy outdoor activity, but also brings a greater understanding of the Island's diverse and sensitive ecosystem. With the right safety precautions, their harvest also provides them an unparalleled culinary delight.

"After a day of hiking and bushwhacking you begin to get the aroma of those Chanterelle mushrooms on your fingers," says CPO2 Yvan Vallières an instructor at Fleet School. "There is nothing like it, being outdoors and cooking a fresh batch of Chanterelle mushrooms that you have just picked."

The mushroom season is a short-lived one and typically runs from late August until mid to late November when the first hard frost arrives.

CPO2 Vallières and other mushroom seekers use specially designed Opinel mushroom knives and other similar blades to carefully separate the mushrooms from their stems in order to harvest their crops.

A life-long outdoor enthusiast originally from Gatineau, Que., CPO2 Vallières began mushroom picking 10 years ago and says he was "instantly hooked."

On fall weekends, he and his girlfriend Claudette Poirier hop in their camper van and "get away from it all." The pair travel to remote locations on Vancouver Island, set up camp, and spend their weekend hiking through the bush searching for some of the 30 varieties of edible mushrooms.

"After we are finished picking, the best part is unwinding at our camp," says CPO2 Vallières. "We love it, there is no connectivity with the outside world and normally not a single other camper in sight. It's the perfect place to relax and enjoy a glass of wine with a gourmet meal."

There is also a spring mushroom season. Morel mushrooms come to life in woodland areas devastated by forest fires and normally grow during April and May.

"So far I have not found a good spot for them, but I am confident I will," says CPO2 Vallières.

The love of mushroom picking has also grown on another outdoorsman and Fleet School instructor, PO2 Bertrand Larocque. PO2 Larocque grew up in the Montreal suburb of St-Bruno de Montarville and began picking when he moved to the Island in 2006.

For him, mushroom picking is a weekend outing for the whole family. His wife Janna Sagimbekova and their two children Milla, 6,

and Cassandra, 8, form a mushroom quartet. They comb the forest floor and tree bases mostly looking for Chanterelle, Pine, and Cauliflower mushrooms.

"It's a free source of food but it's also a good healthy activity for my whole family," says PO2 Larocque. "It gets us walking and hiking outdoors and since my wife and I both have a wild-life management degree we have always been into the outdoors."

But along with the feeling of adventure and exhilaration, being alone in the wilderness requires a great deal of knowledge, and both caution and sensitivity are prerequisites.

Mushroom pickers are encouraged to tread lightly to not disturb the forest floor and the complex root systems known as the mycelium, which is really the living organism which the mushrooms grow from.

By law, mushroom pickers are restricted from harvesting on federal or provincial parkland, federal defence lands, and protected and recreational areas, while permission is required to pick mushroom on leased public land, private land and First Nations reserve lands.

The hobby can also become a serious health hazard. Both PO2 Larocque and CPO2 Vallières say while mushroom pickers and hikers often take precautions against the threat of encountering wild animals such as bears and cougars by arming themselves with bear spray and weapons, the biggest threat to personal safety is often the

mushrooms themselves.

Of the estimated 18,000 mushroom species on Vancouver Island many are poisonous. Consuming the wrong species can cause a wide range of symptoms, from allergic reactions, stomach cramps, nausea and hallucinations, to liver and kidney damage or even death.

"I never pick or consume anything I can't identify immediately," said PO2 Larocque.

"Walking in the forest, you will see all kinds of beautiful mushrooms like the amanitas," said CPO2 Vallières. "Some are red, yellow or green with white sprinkles on top. They look beautiful but are very poisonous and should be left alone. Death cap is another one."

Each year there are also the news reports of mushroom pickers who get lost in the bush.

Larocque's wife Janna nearly became lost during a hike in the bush near Port Renfrew on Oct. 17. Thankfully his military training and work experience in a Z.E.C. as a Parcs Quebec worker kicked in and he was able to locate her.

"Little things can happen in the wilderness and become big things," says PO2 Larocque. "You are not used to the environment, so simple things like a cell phone, a GPS, a compass or a whistle could go a long way in saving your life."

The benefits far out weigh the dangers and PO2 Larocque concludes, "The best thing to do is use caution and common sense."



MUSHROOMS MAKE MONEY

Mushroom picking is not just a hobby or outdoor recreation. For some it's a commercial activity that nets huge cash payouts. Chanterelle mushrooms can fetch as much as \$20 per kilogram in the grocery store. Pine mushrooms, also known as Matsutake, are considered a delicacy in Japan and can command between \$90 to \$2,000 per kilogram depending on quality and the time of year.



Peter Mallett, Lookout

Above: PO2 Bertrand Larocque and his daughters Casandra and Milla show off a Fly Agaric mushroom they picked during a recent trip to a forest near Port Renfrew.



TRACKSIDE
A FULL SERVICE AUTO REPAIR FACILITY
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... * under 80,000 km

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

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

B.C. GOVERNMENT DESIGNATED INSPECTION FACILITY

Castrol

WALKER

Hankook

1,100 sq ft
Rockheights
\$189,900
MLS 359178

WALK TO THE BASE
Top Floor 2 Bedroom Corner Condo!

Nearly 1,100 square feet of living space. Water views from every window. Master with walk-in closet. In-suite storage room. **Bonus:** Hot water included, shared laundry is FREE!

To view, call Mike Pearce
250-382-6636
www.thecondogroup.com

THE CONDO GROUP
CONDO EXPERTS
YOUR PROPERTIES LTD.

NAC gym/pool facilities temporary closure

The Naden Athletic Centre POOL
will be closed Jan. 4 to Feb. 14, 2016.

During this time, you may gain access to the Esquimalt Recreation Centre pool with your Military ID or NAC Gym membership card.

The Naden Athletic Centre GYM
will be closed Jan. 18 to Jan. 31, 2016.

During this time, you may gain access to the Esquimalt Recreation Centre gym with your Military ID or NAC Gym membership card.

Sorry for the inconvenience and thank you for your cooperation

Management, Personnel Support Programs

Toll Free: 1-888-842-7111 Phone: 250-383-7111

VICTORIA TAXI GoGreen
LOCAL • RELIABLE • SAFE

Local - Reliable - Safe

2925 DOUGLAS STREET
VICTORIA, BC V8T 4M8

Also serving the WESTSHORE COMMUNITY
www.westwindtaxi.com • 250.474.4747

Weather office tailored to meet needs of CAF command

DND

The Canadian Forces Weather and Oceanographic Services (CFWOS), a meteorological and oceanographic information service, is available globally through one click, email or phone call.

CFWOS provides a number of methods to access weather information and briefing services by military users to meet their tactical, operational or strategic needs.

The first accessible method is the Canadian Forces weather office website (<http://met.forces.gc.ca>), which is available on the Internet, the DWAN and CSNI.

How does the CF weather office website differ from others?

It provides:

- General weather and oceanographic information for marine, public and aviation current conditions and forecasts;
- Weather products produced specifically tailored for a Royal Canadian Air Force wing, a Royal Canadian Navy ship, or a Canadian Army base;
- Operation-specific weather packages and information which are updated as new information arrives to ensure the most current information is available; and
- Allied forces weather information from around the globe.

Another way of accessing weather information to assist in operational

planning, or to arrange an operational weather briefing for a specific event is to complete a request for support form on the CAF weather office website. These include requests for air, naval or land exercises and deployments, flight-related weather data, climate information and other weather data.

Meteorological technicians are on duty to respond immediately and will arrange for the provision of weather briefing or the delivery of required information by phone, fax or email to the CF weather office.

If there is an urgent tactical or operational requirement, service users can phone the CFWOS at 1-800-996-3836.

TODAY February 4 16:47
MADRID 23° Party cloudy

TUE 32° ☀

WED 16° ☁

THU 27° ☁☀

FRI 24° ☁⚡

SAT 21° ☁

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

WANTED!!!

Volunteers needed - any age, any gender, any ability
At the world's largest outreach event to inspire female future leaders in Aviation, Aerospace, Marine & Defence

The Sky's No Limit – Girls Fly Too! unique annual outreach events change lives! Our events are fun, hands on and completely **FREE** to ensure no barriers to participation. Free flights are available to female first-time fliers of all ages. All participants - male & female - are encouraged to try their hand at many aviation, aerospace, marine and defence activities. Families welcome! Be a community leader and valued team member helping to raise awareness of the incredible opportunities available to women in Aviation, Aerospace, Marine and Defence

- Inspire future leaders - from shop floor to top floor
- Share your skills with others
- Learn new skills and be challenged
- Give back to the community

Join us March 12-13, 2016

9-5:30 at the

Abbotsford International Airport

For more information, and to sign up please visit:

www.girlsfly2.ca

(604) 210-4033



Spring Break Camps

March 14-24, 2016 • Ages 5 to 12 Call 250-363-1009 to register your children.

The Mockingjays

Monday March 14 to Friday March 18, 2016

Inspired by the latest Hunger Games movie, this week has games that fit the theme. Swim days for this week will be Tuesday and Thursday afternoon.

Location: CPAC – YAC

Camp Hours: 9 a.m. – 4 p.m.

Regular \$130/ Ordinary \$135/ Associate \$140

Before Camp Activities: 7 - 9 am – \$35 Regular /\$40 Ordinary /\$45 Associate

After Camp Activities: 4 - 5:30 pm – \$25 Regular/\$30 Ordinary /\$35 Associate

The Sherlocks

Monday March 21 to Thursday March 24, 2016

(No sessions on Good Friday)

Unlock the hidden detective in your child with a camp that involves a modern spin on Sherlock Holmes. Throughout the week, they will investigate the outdoors, unravel a bit of science, and even a few myth busters. Swim days for this week will be Tuesday and Thursday afternoon.

Location: CPAC – YAC

Camp Hours: 9 a.m. – 4 p.m.

Regular \$105/ Ordinary \$110/ Associate \$115

Before Camp Activities: 7 - 9 am – \$30 Regular /\$35 Ordinary /\$40 Associate

After Camp Activities: 4 - 5:30 pm – \$20 Regular /\$25 Ordinary /\$30 Associate



Register now!

Your kids will have fun playing games, creating art projects, and enjoying the outdoors with our action-packed Spring Break Camps.

Activities are planned around special themes each week and include a swim day, an outing, and a specialty group activity (dependant on registration numbers).

Before and After Camp activities also available.

Register early as space is limited.

More detailed schedules available February 2016.



Tritons advance to national hockey finals



Team CFB Esquimalt Tritons



Team CFB Comox Flyers

Peter Mallett
Staff Writer

The CFB Esquimalt Tritons have advanced to the CAF Men’s National Hockey Championship following a 2-0 series sweep over the CFB Comox Flyers at Wurtele Arena on Jan. 13. Capt Aaron Lee scored a goal and tallied two assists as the Tritons defeated the Flyers 5-1 in the Pacific

Regionals best-of-three series opening game last Wednesday morning. Capt Lee, a forward who works for the dental unit, was named Player of the Game following game one, and Tournament MVP of the series. Tritons goaltender PO2 Randy Collens of CF Fleet School was named Player of the Game following game 2 after turning aside 30 shots in his team’s 6-2 victory.

The result cemented the CFB Esquimalt Tritons in place to represent the Pacific Region at the CAF National Hockey Championships, which takes place at CFB Borden, March 5 to 10. The Tritons are now looking to improve on their 5th place finish last year at the annual championship tournament as they face their opponents from Quebec, Prairie, Ontario, and Atlantic Regions.



Base Commander, Capt(N) Steve Waddell drops the puck for game one of the regional championship. Facing off are team captains MCpl Brandon Betts, left, and Comox’s Cpl Robert Keeping.

Ski Mt Washington with PSP

Enjoy a relaxing trip up island and a day on the mountain and leave all the driving to us! Bus leaves from the Canteen Road - General Parking Lot at 6 am (please meet bus at 5:45am). Day parking is available in Canteen Road Parking Lot with appropriate parking pass. Bus returns at approximately 6 pm.

Return bus transportation from the base to Mt Washington costs \$35. Bus must have a minimum of 23 travellers in order to run. Register by phone at 250-363-1009 or in person at CPAC or NAC.

Registration code: PSP W16REC400

Dates: THURSDAYS Dec 17, Jan 14 & 28, Feb 11 & 25, Mar 10 & 24

Thursday Jan 28, Feb. 11 & 28, March 10 & 24, 2016

Adult	\$60	\$86	\$36	\$36
Youth (13-18)	\$48	\$74	\$36	\$36
Child (7-12)	\$35	\$61	\$19	\$19

Prices do not include GST.





Lt(N) Sprenkle receives her Canadian Forces Decoration from LCol Gordon Peckham, Commanding Officer of CF Health Services Centre (Pacific).



WO Mothus receives his promotion to Warrant Officer from LCol Gordon Peckham, Commanding Officer of CF Health Services Centre (Pacific).



WO Bowry receives her promotion to Warrant Officer from LCol Gordon Peckham, Commanding Officer of CF Health Services Centre (Pacific).



Sgt Pepin receives her Canadian Forces Decoration from LCol Gordon Peckham, Commanding Officer of CF Health Services Centre (Pacific).



Sgt Klimas receives his Canadian Forces Decoration from LCol Gordon Peckham, Commanding Officer of CF Health Services Centre (Pacific).



MS Martin is promoted by Lt(N) Classen and PO2 Clark from Patrol Craft Training Unit.

Seamanship competition



Photo by SLt Morgan Arnott

Cadets from 5 Rainbow Royal Canadian Sea Cadet Corps, along with their coach Paul Hillsden and the North Vancouver Island Area Cadet Instructor Cadre Officer, LCdr Don Irwin, show off the ceremonial paddle they created, and trophy they won at the Zone Inter-Divisional Seamanship Competition held in Comox Jan. 9-10.

Cadets from 5 Rainbow Royal Canadian Sea Cadet Corps (RCSCC) in Victoria will be competing this spring in the Regional Interdivisional Seamanship Competition after winning the zone competition held Jan. 9 and 10 at HMCS *Quadra* in Comox.

The 10-person team, along with 109 other cadets from Vancouver Island competed in a variety of seamanship skills: coiling and heaving heavy lines at targets, navigation, semaphore (communication with flags), whipping and splicing rope, knot work, naval trivia, creating a ceremonial paddle with

decorative knot work and constructing sheer legs (a mechanical boom to lift a load onto a ship's deck).

The aim of the event is to encourage cadets to increase their knowledge of seamanship and to provide friendly competition.

The 5 Rainbow RCSCC team was led by team captain CPO2 Alex Hillsden. The winning team was presented with a championship trophy.

They practiced between two and four hours each week to prepare for the event, and plan to continue meeting each week until the regional competition in March.

5 Rainbow RCSCC

recently moved from Esquimalt to the James Bay area at HMCS *Malahat*.

Also participating were Cadets from 54 Admiral DeWolf RCSCC in Campbell River, 64 Malaspina RCSCC in Powell River, 100 Admiral Mainguy RCSCC in Duncan, 109 Alberni RCSCC in Port Alberni, 136 Amphion RCSCC in Nanaimo, 189 Port Augusta RCSCC in Comox, 220 Admiral Budge RCSCC in Sidney, 263 Beacon Hill RCSCC in Langford, 296 Esquimalt RCSCC in Parksville, and 325 Admiral Waller RCSCC in Sooke.

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 **250-363-3127** to book your display or word ad

ANNOUNCEMENTS

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.

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.

Your ad here

For word or display ads, 250-363-3127

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
MON-FRI 9-5, SAT 10-4
#1-798 Fairview at Ellery

HEALTH

DETOX YOUR HOME!

Clean with water. No more chemicals in your home.

Call Michelle at 250-516-7338, Independent Sales Consultant
GreenHomeCleaning.ca

NORWEX

REC VEHICLES

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

Your ad here

For word or display ads, 250-363-3127

HELP WANTED

Advertising sales rep for Lookout Newspaper

Commission only.

Are you energetic? Want to be involved with the military community? Do you love people, enjoy sales, and are a marketing savvy person?

WE WANT YOU!

Send résumés to melissa.atkinson@forces.gc.ca

REAL ESTATE • FOR RENT

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

**ALL NEW SEASON
ALL NEW COMMUNITY GUIDE**

**SPORTS • RECREATION
HEALTH • EDUCATION**

AVAILABLE AT ALL PSP & MFRC OUTLETS

OCEANFRONT 1 BDR SUITE IN NEW home – paddle to work! <http://snr.shawweb-space.ca> \$1,600 furnished or \$1,500 unfurnished. Available Feb 1 Call 250-216-7672 or janice.heckl@gmail.com

3 BDRM 2 BATH NEWER HOME for rent in Langford from Feb. 1st to June 30th. Single Car garage, large yard with shed. Close to elementary and high schools and easy access to transit and the Galloping Goose. Great for IR postings! Non-Smoking. Email pjmontreuil@icloud.com for info.

Lookout Classifieds Work.
250-363-3127

Devon PROPERTIES LTD. No Pets allowed in any building

www.devonprop.com

LARGE SUITES

Ellery Manor 855 Ellery Street

1 BDR \$830.00

2 BDR From \$930

Avail Dec 01

250-812-6849

Gorge Vale 1180 Colville Road

BACH \$740

Avail Nov 10

250-360-1983

Esquimalt



PROPERTIES OWNED AND MANAGED BY
EY PROPERTIES LTD.

250-361-3690

Toll Free 1-866-217-3612

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

MACAULAY EAST



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

MACAULAY NORTH



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



To view these and other properties, visit
www.eyproperties.com



SERVICES OFFERED

Register now for music lessons at Esquimalt Music Centre. Reasonable rates, flexible hours! Call 250-385-2263 or visit www.esquimaltmusic.com for more info.

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.

Lookout Classifieds Work.
250-363-3127

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

PIANO LESSONS

1st month FREE
for beginners

All ages and levels. In-home teaching available. References available 250-881-5549
musiciswaycool.com



ADVERTISE IN THE
LOOKOUT CLASSIFIEDS
CALL
250-363-3127

LEARNING Love & Respect between couples

Over 5 Sundays
6 - 8 p.m.

Visit online - LoveAndRespect.com

5 EVENINGS
Jan 31 - Feb. 28

Location:
886 Craigflower Rd.

Register:
250-888-2409

Or loveandrespect-esquimalt@gmail.com

CADETS

Does your teenager (12-18) crave exciting outdoor activities where their personal limits as individuals and team-members will be tested? The outdoor-oriented will love the challenge! Army cadets develop abilities in the use of map and compass, GPS technology, orienteering, first-aid, camping and survival skills, canoeing, trekking and more. As they get more experienced, some will be selected for parachuting, white-water rafting and glacier climbing! They will also learn to become outdoor leaders. Learn more at the 2136 C Scot R Army Cadets Open House at 7:00 pm on Thursday, January 7, 2016 at the Bay Street Armouries, 715 Bay Street Victoria. PHONE: 250-363-8005 (at Armouries) WEB: www.2136cadets.ca Contact Captain Stephan Jones email: communications@2136cadets.ca

JUMP START YOUR CAREER WITH LOOKOUT CLASSIFIEDS
CALL 250-363-3127

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

Base Library Catalogue Online

<http://library.esquimalt.mil.ca>

Unfortunately, holds cannot be processed online at this time. If an item you want to borrow is out, call 363-4095 or email irwin.sl@forces.gc.ca to place a hold.



Reach a market that's always on the move.

Call 250-250-363-3127 to advertise your home in the Lookout Classifieds

Your Complete Residential Appraisal choice!



PROMPT
PROFESSIONAL
PRECISE

Andrea Skinner

250-388-9151 • appraisals@coastappraisals.com
www.coastappraisals.com

IRP APPROVED

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 **250-363-3127** to book your display or word ad

REAL ESTATE • FOR SALE


Reduced to 199,900

REDUCED FROM \$224,900
1725 CEDAR HILL X RD • \$199,900
 2 bed + Den, 2 bath, FP, under bldg parking,
 large storage locker. Near UVic. Suite 203.

CALL DIRECT 250-213-7444
Shelly Reed
 For more info
www.shellyreed.com

Sutton
 GROUP
 West Coast Realty

Relocating in Victoria?
For trustworthy service, choose Ann


Ann Watley

"She sincerely made the whole process of buying and selling as pleasant and non-stressful as possible."
 - Michael and Gina

Ann Watley 250-656-0131
 Personal Real Estate Corporation
www.annwatley.com

DFH
 REAL ESTATE LTD.

**See it
ALL
ONLINE**



**Read the
"paperless"
newspaper.
Download
the PDF
online.**

lookoutnewspaper.com

We need mentors

Be the difference...
 More than 600 children look for support
 from Big Brothers Big Sisters of Victoria
 each year.
 You can help them reach their
 full potential.

MENTORING

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



CANEX
 A division of CFMWS
 Une division des SBMFC

CANADA'S MILITARY STORE

Hold me now...
I'm closer than ever.

**NOW SERVING
Tim Hortons Coffee
At the CANEX Expressmart**
 Esquimalt CANEX EXPRESSMART - 177 Belmont Road

**Monday to Friday open at 6:30 a.m. - 10 p.m.
 7 a.m. - 10 p.m. on weekends**

CANEX
 A division of CFMWS
 Une division des SBMFC

Express Mart

Have some
Stuff
to sell?

**Look to the
Lookout
Online**

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

Find some
Stuff
you need.

**Look to the
Lookout
Online**

Browse us weekly
to find your new
rental, hairdresser, or
mortgage broker!
Find your Stuff!

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



**Want to make a
difference?**

Come and see what is going on at your Legion!
 A Legion membership offers fun social events,
 exciting sports, and an opportunity to give back.

**Join your local Legion Branch and help make
your community a better place.**

Legion 
 BRITISH COLUMBIA/YUKON
 COMMAND

legionbcyukon.ca

REMEMBER • JOIN • GIVE



TAKE YOUR WORKOUT TO THE NEXT LEVEL

DFIT.CA • CPHYSD.CA

PASSEZ AU NIVEAU SUPÉRIEUR



National
Defence

Défense
nationale

Canada