

Volume 61 Number 14 | April 4, 2016

LOOKOUT

MARPAC NEWS CFB Esquimalt, Victoria, B.C.

newspaper.com

Mission Accomplished



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

X Ship leads the way
..... 3



**Vancouver crosses
Protecteur's path**
..... 6



**Cartoonist celebrates
20 years**
..... 10-11



Cadets tour dockyard
..... 13



**MFRC offers positive
parenting**
..... 15

Photo by Public Affairs, HMCS Summerside
Members of the United States Coast Guard Law Enforcement Detachment depart HMCS Summerside on March 29, as the ship concludes its participation in Operation Caribe, Canada's contribution to the multinational campaign against transnational criminal organizations in the Pacific Ocean and the Caribbean. See more on page 2.

**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

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

SPROTT SHAW COLLEGE

**SCHOLARSHIPS
FOR MILITARY
AND VETERANS.***

WWW.SPROTTSHAW.COM
VICTORIA: 250-384-8121

HMCS Saskatoon doles out smuggler blues

Peter Mallett
Staff Writer

Sailors on board *HMCS Saskatoon* have just made the life of drug smugglers and organized crime a little less lucrative after participating in a sizable drug seizure in the Eastern Pacific.

The Maritime Coastal Defence Vessel with its crew of 38 and a United States Coast Guard Law Enforcement Detachment seized 10 bales of cocaine weighing approximately 360 kilograms on March 19.

The operation off the coast of Central America is part of Operation Caribbe, part of Canada's contribution to a multinational effort against transnational criminal organizations in the Pacific Ocean and Caribbean Sea dubbed Operation Martillo.

"It's not just getting drugs off the street in Canada and the United States; Operation Caribbe is also about keeping the money out of the pockets of bad people who are destabilizing the governments of nations in South and Central America," said Lieutenant-Commander Todd Bacon,

Saskatoon's Commanding Officer.

The seizure came about when occupants on a panga-style fishing boat jettisoned their illicit contraband in the water before fleeing at a high speed.

Saskatoon approached the smugglers and deployed the U.S. Coast Guard Law Enforcement Detachment team in rigid hull inflatable boats (RHIB) to board the vessel.

The seizure by *Saskatoon* brings the total cocaine seized by Canadian warships in the month of March to nearly 700 kg. Earlier this month, the Halifax-based *HMCS Summerside* was involved in the boarding of a 12-metre vessel in the international waters off the coast of Nicaragua that led to the seizure of 16 bales of cocaine weighing 324 kg.

Four Royal Canadian Navy ships were deployed in early February and included *HMCS Edmonton* and *HMCS Moncton*, which concluded its deployment on March 26.

LCdr Bacon said that the latest drug seizure is another example of multi-national teamwork and cooperation

It's not just getting drugs off the street in Canada and the United States; Operation Caribbe is also about keeping the money out of the pockets of bad people who are destabilizing the governments of nations in South and Central America.

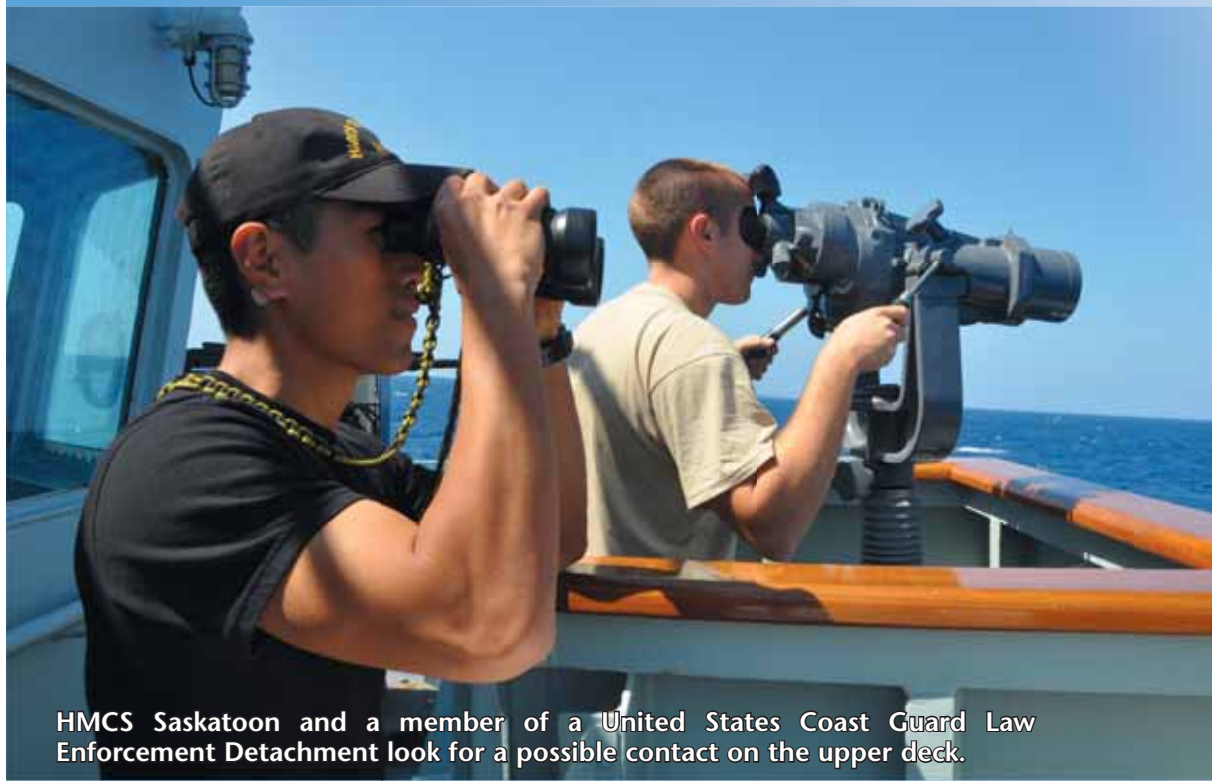
LCdr Todd Bacon,
Commanding Officer

between governments.

"There wasn't one specific individual who stood out in the seizure, but it really was a complete team effort," he says. "The integration of law enforcement, intelligence and communications and support staff onboard our vessel and onshore has been seamless."



Sailors on *HMCS Edmonton* await orders during a training exercise for Operation Caribbe.



HMCS Saskatoon and a member of a United States Coast Guard Law Enforcement Detachment look for a possible contact on the upper deck.



Photo by U.S. Coast Guard

Bales of cocaine jettisoned from a suspected smuggling boat and retrieved from the Eastern Pacific Ocean lie stacked aboard *HMCS Saskatoon*. The bales were seized by a U.S. Coast Guard Law Enforcement Detachment embarked on *Saskatoon*.

Jim Pattison
Toyota victoria

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

Military & DND Incentive Program



2015 SCION FR-S

\$28,690
MSRP

\$500

Additional 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

X-Ship leads the way to innovation

Darlene Blakeley
Public Affairs Ottawa

For the next five years, *HMCS Montréal* will have a new role to fill along with its regular naval requirements.

Montréal has been named the Royal Canadian Navy's Experimental Ship – or "X-Ship" – a program designed to advance innovative and leading-edge naval concepts in all areas of warship deployment, crewing and sustainment.

"To do this, we have been allotted a five-year period within which to build and execute a program that builds on existing trial concepts and develops new ones," says Lieutenant-Commander Lorraine Sammut, Senior Staff Officer Operations at the New Capability Introduction Detachment in Esquimalt, B.C. "Specifically, X-Ship will be tasked to conduct experiments that fall outside of normal fleet development activities, and be focused on supporting future classes of ships such as the Canadian Surface Combatant and Joint Support Ship."

In the short term, many of the trials conducted will focus on human factors such as variations of crew size and impacts on crew rest and performance, as well as some operational trials.

"One of the driving tenets behind X-Ship is to explore

crew modelling initiatives – future practices – that are forecasted to be employed in our next classes of ship," explains LCdr Sammut. "One of the challenges we face is forecasting the level of human effort required to conduct a certain task, given that future ships will have increased levels of automation. To forecast the baseline, the navy, in partnership with Defence Research and Development Canada, uses a crew modelling prediction software and inputs what we already know to be true."

Medium and long term horizons will see an increased focus on operational and technical type trials, including structural health monitoring, environmental effects on the ship and information systems trials.

"In the long term, we anticipate that the conduct of naval operations will be shaped by the data collected from these experiments and trials," says LCdr Sammut. "As we move towards new ship design, one emerging trend is the shift to increased automation across a variety of systems. By default, increased automation equals decreased crew size and a requirement to employ specialized teams depending on the mission at hand."

Crewing configuration will vary over the five-year program and is dependent on the crewing experi-

ment being conducted at the time. Notwithstanding, X-Ship will remain crewed by Canadian Armed Forces personnel, and outside of the crew experiments being conducted, *Montréal* will be crewed as usual for Halifax-class frigates.

In support of future platforms like Canadian Surface Combatant where crew size is forecasted to be smaller than the current frigate model, one crewing concept being tested early in the program is a reduced crew complement.

"The goal behind any crewing model is to arrive at an appropriate and sustainable complement to execute the variety of normal readiness tasks encountered during naval operations," says LCdr Sammut.

The innovative X-Ship program will benefit the Royal Canadian Navy (RCN) in many ways as streamlining capabilities and finding new efficiencies allows increased effectiveness across a wide array of naval operations.

"In the same vein, it also allows the RCN to determine, with some empirical accuracy, where certain concepts fall short and the diversity of operational effectiveness is potentially compromised, thus requiring further work," explains LCdr Sammut. "Either way, providing a platform to advance innovative efforts

is a tremendous win in the eyes of force developers and our operational community. Likewise, and on the heels of our successful modernization of the Halifax Class, it allows the RCN to align itself with those successful advances made by our allied partners."

Although X-Ship will have a dedicated trial program, it will not be completely removed from everyday naval requirements and will continue to participate in scheduled engineering repair, docking work periods, fleet training exercises and support to the new shipborne Cyclone helicopter.

"In fact these opportunities lend a considerable hand in providing the appropriate test environment for many of the trials to be conducted," says LCdr Sammut.

In recognition of the unique nature of the program, Vice-Admiral Mark Norman, Commander of the RCN, has directed that a special badge be designed for X-Ship. Details about the badge and what it will look like are expected to be announced in the coming months.

It's a busy and exciting time for *Montréal* crew members and supporting staff ashore as the frigate moves forward with the X-Ship program, leading the RCN in ground-breaking experiments and trials.



Photo by Cpl Anthony Lavolette
A Cyclone helicopter prepares to land on the flight deck of *HMCS Montréal* off the coast of Halifax March 3.

The Home of the Full Refund!

3 Locations:

Glanford Avenue
Downtown-Queen's Avenue
Quadra Street

250-727-7480

bottledepot.ca



CALL US TODAY. 250.380.1602

www.seaspan.com

seaspan
VICTORIA SHIPYARDS

How can you help your newspaper?

Advertising pays for your paper so please:

- Let our advertisers know you saw them in the Lookout
- Tell other businesses about your newspaper.



your newspaper...
LOOKOUT

lookoutnewspaper.com / forcesadvertising.com

CFB Esquimalt

SHOTOKAN KARATE CLUB



CLASSES IN 2 LOCATIONS

Naden Upper Gym:

Mon. / Wed. 1830 to 2000

Fri: 1800 to 1915 - ADVANCED

Colwood Pacific Activity Centre:

Tue. / Thurs. 1830 - 2000

FREE Introductory Class (7 years and older)

Monday April 11, 2016 - 1830 to 1930

Naden Athletic Centre Upper Gym

BEST RATES IN THE CITY

For more info - cfb.esq.karate@gmail.com



NANCY VIEIRA

250-514-4750



1-800-665-5303

www.nancyvieira.com
info@nancyvieira.com

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

We give Military Discounts

SAVAGE CYCLES



Vancouver
Island's only
DUCATI
&
TRIUMPH
dealer

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

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 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.

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



April is Oral Healing Month

Effects of lemon water on your teeth

Lemon water does have health benefits, such as it aids in digestion, boosts immune system, dissolves gallstones, provides antioxidants that nourish the skin, reduces hunger cravings, and freshens breath.

The acid in lemon juice and other drinks will erode tooth enamel. Enamel is the strongest substance in the human body and when it erodes teeth can become sensitive and prone to decay.

Lemon juice (pH of 2 to 2.6) and other fruit juices (especially Cranberry, orange, grapefruit and pineapple) are acidic. Sodas,

sports drinks and some wines fall into this category, does vegetable juices (especially tomato). Any drink with a pH under 5.5 can erode tooth enamel.

How to preserve tooth enamel:

- Reduce amount of lemon juice added to water. One quarter to one eighth of a lemon will provide health benefits.
- Diluted lemon juice is better for tooth enamel. Drink eight or 12 ounces of water with lemon juice.
- Use a straw as this will bring the liquid more toward the back of the mouth away

from your teeth.

- Drink lemon water quickly, so your teeth are not continuously exposed to the acid throughout the day. After you finish drinking the lemon water, rinse your mouth with plain water to help normalize saliva.
- Eat foods like dairy to help to neutralize the acid.
- Do not brush your teeth for at least one hour after drinking lemon water or any acidic drink. Or brush your teeth before you drink lemon water.

Author of Warrior Rising speaks at lunch presentation

Royal Roads University is pleased to welcome LCol (Ret'd) Chris Linford, author of "Warrior Rising", and his wife Kathryn to the Royal Roads campus for a special lunch hour presentation, "PTSD – A Family Journey".

LCol (Ret'd) Linford and Kathryn have been living with PTSD in their home since 1994. After he returned from Rwanda he found himself profoundly changed - angry all the time and extremely hypervigilant. Together they speak of what it is like to live with PTSD and the impact it had upon their family of five. PTSD often goes unspoken of in many circles, but we have learned much over the past

decades about how it happens, why it happens and how we might best manage it. Chris and Kathryn share their story openly including what they did right and wrong over the years. They do this so that others might benefit and just maybe create their own plan to manage PTSD within their relationships.

Date: Tuesday, April 26

Time: 12 – 1:30 pm (bring your lunch and refreshments) – 1-hour presentation followed by Q & A

Place: Royal Roads University Quarterdeck

Please RSVP by April 22 to shelley.langille@royalroads.ca

SPORTS trivia

By Stephen Stone & Tom Thompson

1. Which player was red-carded and sent off for head-butting an opponent in the final of the 2006 FIFA World Cup?
2. Which player received a nine-match suspension for biting an opponent in the 2014 FIFA World Cup?
3. What is the greatest number of own goals ever scored in a single soccer match?
4. Which golfer submitted an incorrect scorecard costing him the opportunity of a playoff in the 1968 Masters Tournament?
5. At the 2008 LPGA State Farm Classic, this player shot 67, 65, and 67 in her first three rounds. She forgot to sign her scorecard and was disqualified. Who was she?
6. Which golfer was leading the 1985 U.S. Open on the final day by four strokes, double-hit a chip shot on the fifth hole scoring a quadruple bogey eight and lost the tournament by one stroke?
7. Which LPGA golfer had to make a one-foot putt on the 72nd hole to seal her first major title at the 2012 Kraft Nabisco Championship, had the putt lip out, and lost the title in a playoff?
8. Which golfer's infidelity is estimated to have cost shareholders in companies he endorsed between 5 and 12 billion dollars in lost share value?
9. Which golfer needed a double bogey six to win the 1999 Open Championship at Carnoustie, Scotland and become the first Frenchman to win the tournament since 1907?

1. Zinedine Zidane of France was sent off for head-butting Marco Materazzi of Italy.
2. Luis Suarez of Uruguay bit Giorgio Chiellini of Italy hard enough to leave teeth marks. Suarez was also banned from any football-related activity for four months and fine 100,000 Swiss Francs over the incident. It was his third biting offence.
3. In October 2002, SO'Emy scored 149 own goals in a match against AS Adema against DSA Antananarivo during which the referee awarded a late and disputed penalty. The draw knocked SOE out of the title race. SOE decided to protest in their next match by kicking the ball into their own goal after each kick-off while the AS Adema players stood looking bemused. It was reported that spectators descended on the ticket booths to demand a refund. It's in the Guinness Book of World Records.
4. Rober DeVicenzo of Argentina. DeVicenzo scored a birdie three on the 17th hole of the final round, but playing partner Tommy Aaron incorrectly marked a him out of a tie with Bob Goalby. It was Goalby's only major championship. On discovering his mistake, DeVicenzo's comment was, "What a stupid I am."
5. Michelle Wie.
6. T.C. Chen of Taiwan earned the nickname "Two-Chips Chen" for the shot and lost to American Andy North. Chen also scored the first ever double eagle in U.S. Open history in the tournament.
7. K. Kim of Korea lost the championship to Sun-Young Yoo, also of Korea, who won with a birdie on the first extra hole.
8. Eldrick Tont "Tiger" Woods.
9. Jean Van de Velde held a three-stroke lead going into the 72nd hole but shot a triple bogey seven to send the Open into a four-hole playoff with Paul Lawrie of Scotland and American Justin Leonard. Lawrie won his only major title after coming back from a ten-shot deficit at the end of the third round.

ANSWERS

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

Habitat for Humanity
Victoria

ReStore

5th (BC) Field Regiment
Royal Canadian Artillery Band
17th Annual Spring Concert

Sunday April 10, 2016 @ 2:30pm

General Admission by cash donation

Alix Goolden Performance Hall, Victoria Conservatory of Music

Located at Quadra and Pandora

www.5fieldband.ca



Navy talks marine mammal mitigation at symposium

Katelyn Moores
MARPAF PA Office

"You have to remember our sailors come from all across Canada and are often just as excited about seeing whales as you are," said Danielle Smith, Maritime Forces Pacific Fleet Environment Officer, to a room full of researchers, naturalists and advocates at the 2nd annual Pacific Whale Watch Association International Symposium last month in Anacortes, Washington.

Smith was one of 17 presenters at the symposium, and explained the Royal Canadian Navy's Marine Mammal Mitigation Policy

and the navy's commitment to following the policies and procedures put in place to help protect marine life.

The RCN's Marine Mammal Mitigation Policy is a comprehensive order for all naval vessels that includes, but is not limited to, constant visual surveillance of the area by watch officers and lookouts, monitoring of passive acoustics and radar systems as a means to detect marine mammals, as well as the use of mitigation zones that will cease all sonar operations if marine mammals come within a certain range.

Smith advises Canadian Fleet Pacific on a variety

of environmental factors, such as the location of local marine mammal habitats, migration routes and breeding areas, which are all taken into account when planning Fleet operations and exercises.

During her presentation, she discussed the success the RCN has had collaborating with external partners, including the Vancouver Aquarium's B.C. Cetacean Sightings Network, the Department of Fisheries and Oceans, the Marine Environmental Observation Prediction and Response Network, and a number of other non-governmental organizations.

By working in concert

with other organizations and navies the RCN is helping to ensure their policies and procedures are current, effective, and collaborative, she says.

So far, these partnerships have led to a number of benefits, including the ability to share and receive acoustic data, and to provide sailors with marine mammal identification training, while also working towards developing methods for real-time detection of marine mammals.

In addition, the RCN has actively participated in the development of Marine Protected Areas off the West Coast of Canada and continues to play a

key role in establishing a protected areas network with the Department of Fisheries and Oceans.

"Participating in this symposium reinforced the Royal Canadian Navy's commitment to work with partner agencies to ensure that we are doing everything we can to mitigate our impact on marine life," Smith said. "It really is an open-door policy, and that might not be something they are used to, but it's the type of environment we want to build."

It was a message that many attendees were quite receptive to, and one that will no doubt lead to beneficial partnerships in the future.

Participating in this symposium reinforced the Royal Canadian Navy's commitment to work with partner agencies to ensure that we are doing everything we can to mitigate our impact on marine life.

Danielle Smith, Maritime Forces Pacific Fleet Environment Officer



Photo courtesy of Selena Rhodes Photography, Victoria, BC



SALAZAR
PROPERTIES

Posted to OTTAWA?

- Brookfield Relocation Specialist
- Bilingual / Bilingue
- Retired Service member
- I've been on 4 HHT's myself
- I understand your sense of urgency
- Reply within 1 hr - **GUARANTEED**
- **CERTIFIED NEGOTIATION EXPERT**
- Several Satisfied Military clients

Testimonials:
www.salazarproperties.ca/testimonials



OTTAWA
PROPERTY SHOP
REALTY INC. BROKERAGE

Joe Salazar CD1
Sales Representative
Dir: 613-218-6714
Off: 613-695-2525
Email: JoesHomes@me.com
Web: SalazarProperties.ca





Come out and SAIL with us!

- open to all past & present CF, DND & families.
- racing & cruising program with weekend races!
- open to any level, all ages.

Summer 2016
program info
now online at
www.cfsaesq.ca

Facebook.com/groups/CFSAEsqTraining or on the web at www.cfsaesq.ca



1001 MAPLE BANK RD., VICTORIA BC, V9A4M2
www.cfsaesq.ca

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.

The place to be before downtown

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

PACIFIC FLEET CLUB
JUNIOR RANKS MESS

UPCOMING EVENTS

Pacific Fleet Club is your social hub!

April (date to be decided) - Paint Nite
Email michele.schnob@forces.gc.ca to be entered for a free ticket! Want to bring a friend? Tickets can be purchased at www.paint-nite.com. Use discount code "peterpan" to get a great deal!

April 22 - PFC General Mess Meeting
10:30 am. Come support your mess and enjoy lunch on us @ noon

April 23 - UFC 197
PFC doors open at 6pm. Come enjoy great seating and free pizza.

April 24 - Sunday Kids Movie
Norm of the North
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

April 29 - Live Music!
Consenting Adults will be playing from 9pm - midnight

Come take advantage of our large projector screens & comfy seats. Bring in any PS4 or Xbox games you want to play or movies you want to watch. We'll make the popcorn!

Check out our new Website at:
www.pacificfleetclub.ca

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)

An emotional meeting for sailors

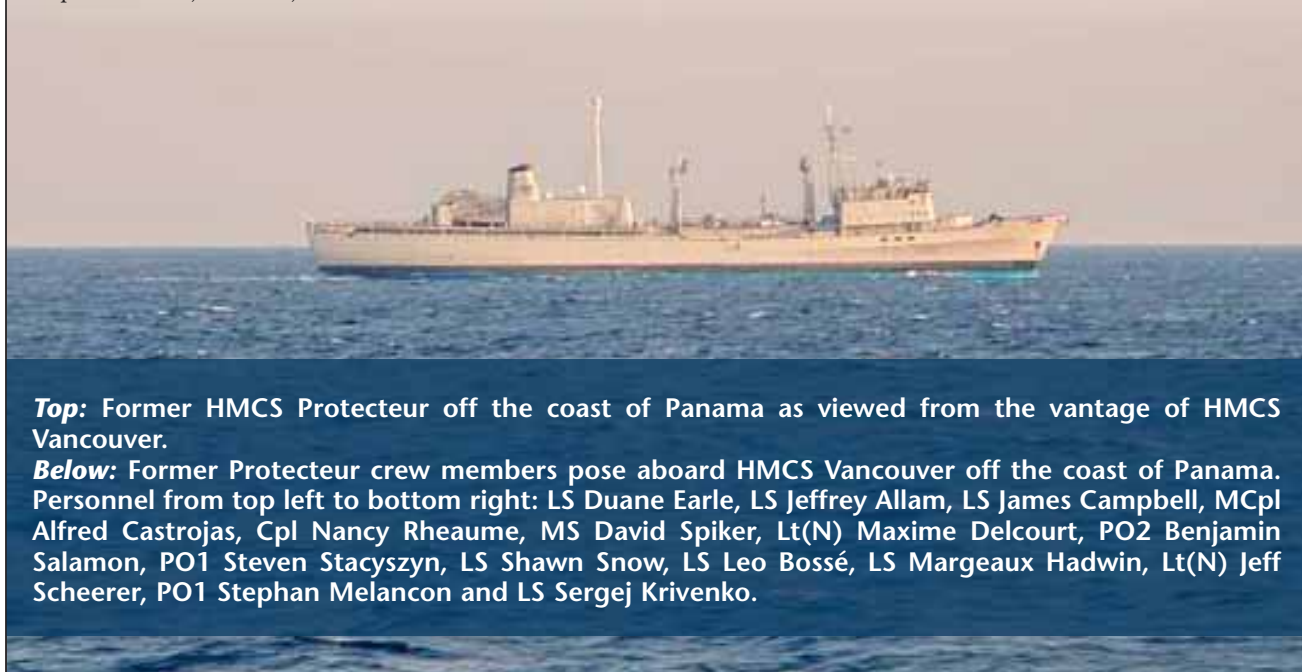
Commander Clive Butler
HMCS Vancouver

On the morning of March 16, after having completed a brief fuel stop in Balboa, Panama, about 100

nautical miles (185 km) south-west of Panama, *HMCS Vancouver* came across the former *Protecteur* during the proud old vessel's final trip to Nova Scotia.

A number of personnel currently

serving aboard *Vancouver* served in *Protecteur* during the fateful fire that ended its career. The encounter was a surprisingly emotional moment for many of them. *Vancouver* saluted its old comrade-in-arms out of respect.



Top: Former HMCS *Protecteur* off the coast of Panama as viewed from the vantage of HMCS *Vancouver*.

Below: Former *Protecteur* crew members pose aboard HMCS *Vancouver* off the coast of Panama. Personnel from top left to bottom right: LS Duane Earle, LS Jeffrey Allam, LS James Campbell, MCpl Alfred Castrojas, Cpl Nancy Rheame, MS David Spiker, Lt(N) Maxime Delcourt, PO2 Benjamin Salamon, PO1 Steven Stacyszyn, LS Shawn Snow, LS Leo Bossé, LS Margeaux Hadwin, Lt(N) Jeff Scheerer, PO1 Stephan Melancon and LS Sergej Krivenko.



PLEASE DONATE TODAY – HELP GET OUR VETERANS OFF THE STREETS.

He once fought for our country. Now he fights just to survive.

You can help.
VETS Canada is a federally registered charity that provides aid and comfort to Canadian veterans that are in-crisis. Your donation could help a veteran in need of assistance. For more information please visit our website.

VETERANS EMERGENCY TRANSITION SERVICES

1-888-228-3871 VetsCanada.org

VETS CANADA IS A VOLUNTEER-LED, APOLITICAL, NONPROFIT CORPORATION.

10k, 5k & Kids Fun Run

Sunday June 19, 2016 • Naden

Do it because
you can!



FUN FAMILY FITNESS

Run with the military and show your support!

EVERYONE WELCOME!

The Navy Run - 10k, 5k and kids fun run is an inclusive community event. Involve the children and discover a fitter family lifestyle. Get excited about improving your health. Do it because you can!

REGISTRATION FEES

Active & Retired Military
& Dependants: \$30
DND/NPF Civilians & Dependants: \$35
Public: \$40
Kids Fun Run: \$15

START TIMES

Kid's Run Starts at 8:00a.m.
The 5k and 10k runs start at 8:45a.m.

Free childcare is available. Please call 250-363-1009 to register.
LATE CHARGES applicable for registering after June 15, 2016.

Register at www.navyrunesquimalt.com

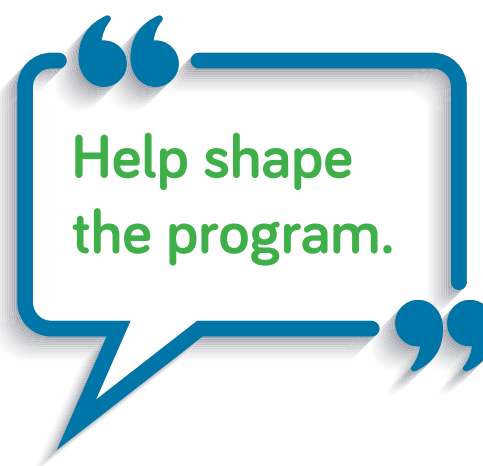
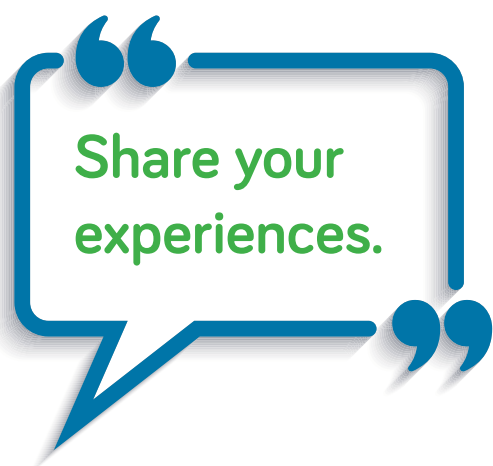
Our Proud Sponsors:





Join the Conversation on Transition

The MFRC in partnership with the University of Victoria invite you to be part of this solution-focused community conversation on transitioning from the CAF to share your experiences and inform future programs and services. Help identify what has worked for people during this transition period and some of the challenges people face.



Saturday May 7, 2016
10am-2pm
Chief and Petty Officers' Mess
1575 Lyall Street, Esquimalt

Register online by May 1 at esquimaltmfrc.com

Call 250-363-2640 for more information.

Light refreshments and lunch included.

Childcare reimbursement available on request.

Presented by

MFRC ESQUIMALT

in partnership with



University of Victoria

Saskatoon native tackles Caribbe

Lt(N) Linda Coleman
HMCS Saskatoon PAO

A Lieutenant-Commander in the Royal Canadian Navy from Saskatchewan is second-in-command of a ship named after his hometown.

LCdr Jason Bergen, a proud native of Saskatoon and graduate of Walter Murray Collegiate Institute, is the Executive Officer of *HMCS Saskatoon*. The ship and its crew are currently on Operation Caribbe in the eastern Pacific Ocean, conducting maritime interdiction operations to counter illicit trafficking.

"I am honoured by the opportunity to represent *HMCS Saskatoon* and my country as we work with our allies countering transnational crime," says LCdr Bergen.

Growing up in Saskatoon, a career in the navy was not necessarily a childhood dream, but the influence of a friend.

"A friend of mine joined

the Canadian Armed Forces and went to Chilliwack, B.C., for basic training. Hearing her stories piqued my interest and I wanted to do something adventurous while still making money for my university tuition.

The first time I flew on a plane was when I went to Saint-Jean, Que., for my own basic training."

That first flight was just the beginning of a career that would end up taking him all over the world.

LCdr Bergen joined the Canadian Armed Forces in 1997 through his Naval Reserve unit in Saskatoon, *HMCS Unicorn*. While working part-time with the Reserves, he graduated from the University of Saskatchewan.

"Working at *HMCS Unicorn* while attending university kept me engaged, and I felt like I had accomplished something significant in my life while earning money for school," he says.

After university, he decided to stay in the Reserves as a Maritime Surface

and Sub-Surface (MARS) Officer, which would take him to Victoria, home of Maritime Forces Pacific.

Since then, LCdr Bergen has been busy holding various positions within the navy's fleet of Maritime Coastal Defence Vessels, such as Navigation Officer of *HMCS Brandon*, Operations Officer of *HMCS Whitehorse*, Executive Officer of *HMCS Yellowknife* and *HMCS Edmonton*, and now the Executive Officer of *Saskatoon*.

He has deployed to the Arctic on Operation Nanook, provided support to the RCMP-led Integrated Security Unit at the 2010 Olympic Games during Operation Podium, and is currently on his second Operation Caribbe.

Despite his busy sailing career, LCdr Bergen always makes time to keep in touch with family and friends in Saskatoon.

"My parents and grandparents still live in Saskatoon, along with various uncles,

aunts and cousins. I know I don't get back to Saskatoon as much as my mom and dad would like me to, but both my parents understand the ship's busy sailing schedule and they support me unconditionally."

Even though LCdr Bergen hasn't been back to his naval roots at *HMCS Unicorn* in a while, he makes sure to keep in touch. "I always try to keep up with what's going on at my former unit and it's wonderful to see my old friends and colleagues mature and become the strong senior leadership of *Unicorn*."

LCdr Bergen, his wife (a Reserve Captain in the Health Service Reserve), and their two children have called Victoria home for the past 13 years. Rest assured, he and his family are still avid Saskatchewan Roughriders fans.

Following his tour as executive officer of *Saskatoon*, LCdr Bergen will be posted to Minor War Vessel Sea Training Pacific in Esquimalt, B.C.

Make a difference
in the lives of girls

Volunteer
1-800-565-8111
girlguides.ca

Girl Guides of Canada Guides du Canada

Dad's
Homemade Soups and Sangys

Military Discount

Wale Road - 310 Wale Road - 250-391-0689
Jacklin Road - 2806 Jacklin Road 778-432-3900
DadsSoupsAndSangys.com

DHJL
DINNINGHUNTER JACKSON LAW

Dan Murphy, RAdm (Ret'd)
Lawyer with a Military Perspective
250.589.4571

Grievances • Service Discipline • Notary
Pension Appeal • Criminal Defence • General Practice
danmurphy@dinninghunter.com • www.danmurphy.ca

JB's Auto Parts Plus
welcomes Esquimalt Auto & Marine to our family

Now **8** locations to serve you:

Military & DND Discount Offered

JB's Esquimalt 250-386-8877
Formerly Esquimalt Auto Parts

JB's Colwood Langford 250-478-5538

JB's Downtown Victoria 250-384-9378

JB's Machine Shop 778-426-0801

JB's Saanich Peninsula (B&B) 250-652-5277

JB's Body Shop Supplies 250-361-9136

JB's Salt Spring 250-537-5507

JB's Ladysmith 250-245-9922

Auto, Industrial & Marine Parts, Tools & Supplies www.jbgroup.ca

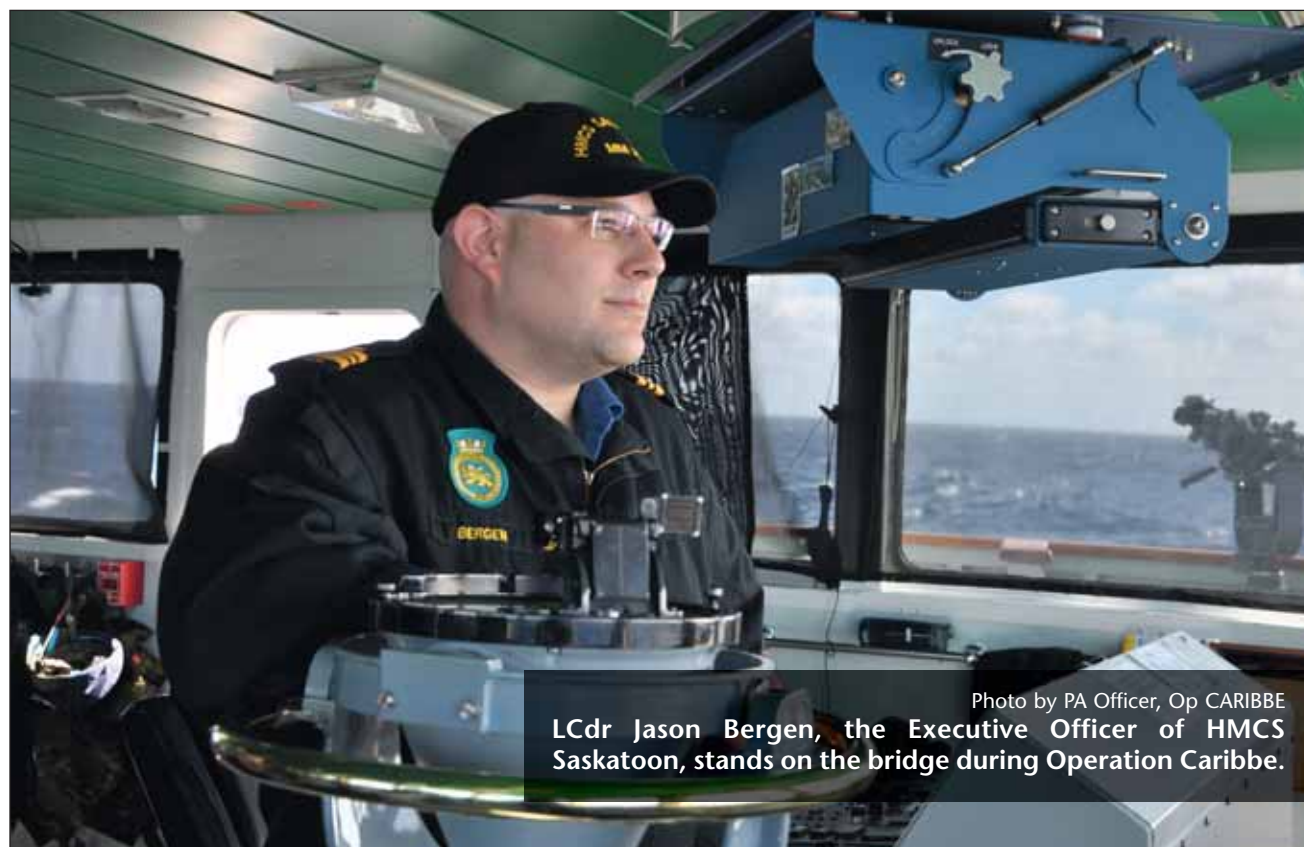


Photo by PA Officer, Op CARIBBE
LCdr Jason Bergen, the Executive Officer of *HMCS Saskatoon*, stands on the bridge during Operation Caribbe.

[age less]

LASER CENTRES

Healthy Aging for Face & Body

ENHANCE HOW YOU LOOK! Military Friends & Family Specials

FUNGAL NAIL - LASER THERAPY* SAVE Up To 50%
On All Nails - 40% ON 5 Nails
- 30% On Less Than 5 Nails

PERMANENT MAKE-UP *
SAVE \$100.00 per procedure
Brow Fill, Brow Design,
Eye Liners, Lip Liners,
Lip Shading, Lip Volumizing

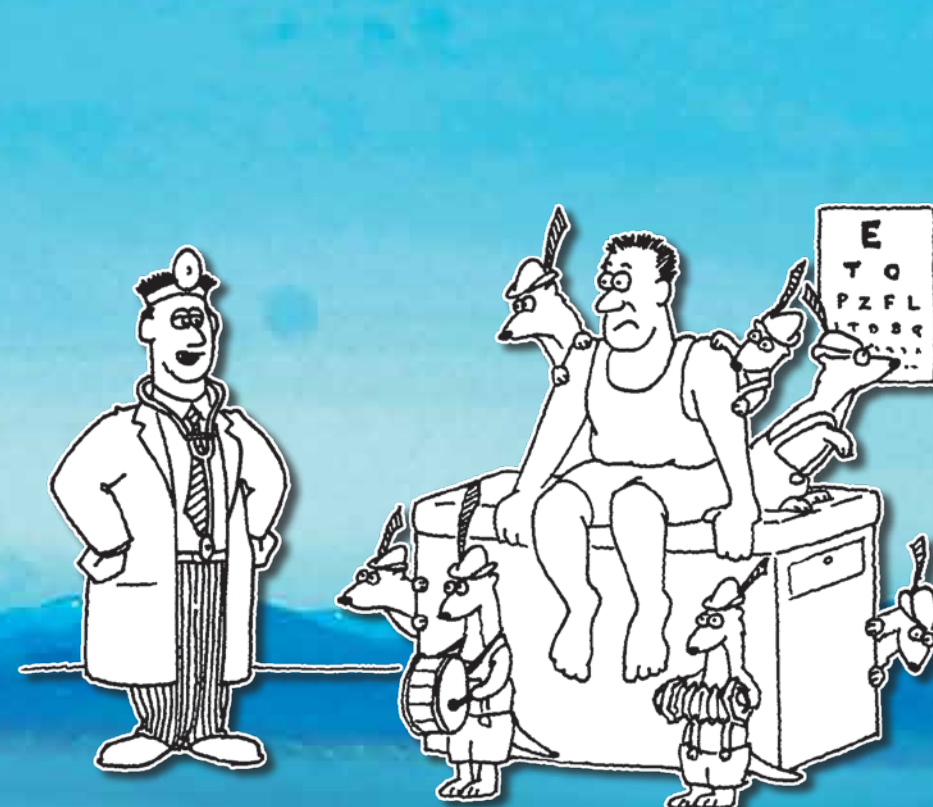
TATTOO REMOVAL*
SAVE 20% OFF of
Any Series of 4 sessions
(Exceeding 2 Square Inches)

*Limited Time - Limited Quantity Specials

Enjoy your **FREE Consultation** (all visits are by Appointment Only)
#200- 4500 West Saanich Rd in Royal Oak- Ample Free Parking

778-433-8300

agelesslasercentres.com



"WELL, THERE'S NO DOUBT MR. BLOCCINS;
YOU HAVE GERMAN WEASELS."



"DO YOU EVER WONDER IF THERE'S LIFE ON OTHER DOGS?"

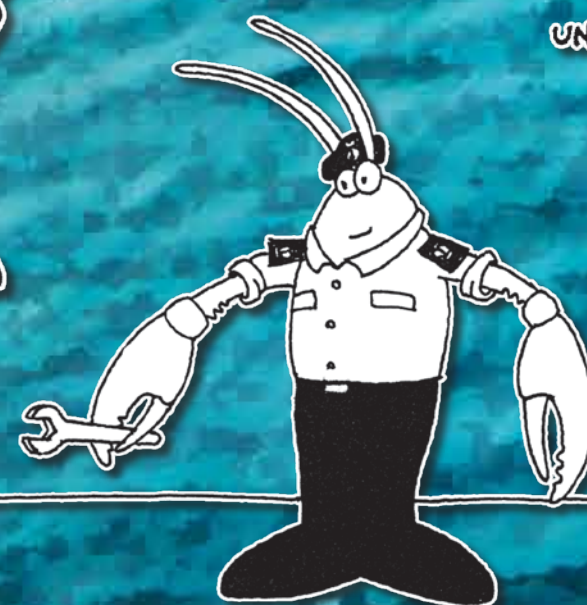


"HMM YES, YOU SEEM TO BE STUCK IN LIMBO."

20 Years of Cartoon Capers



"GOOD NEWS, SIR; WE'VE FINALLY FOUND SOMEONE
UNTAINED BY SCANDAL TO TAKE THE CDS JOB -
AND HE'S TICKLED ABOUT IT!"



NO ONE WAS MORE RELIEVED THAN LARRY WHEN THE FLEET FINALLY GOT RID
OF ALL THOSE BOILERS.



"YOU'D BETTER NOT GET TOO CLOSE;
THE DOG SAYS I'M A CARRIER."

"YIKES, A CATAPULT!"

Two decades ago, in 1996, the Lookout newspaper ran a cartoon submitted by a local officer, then serving at VENTURE, The Naval Officers Training Centre. That cartoon was the first of hundreds that would appear on page four of the Lookout over the next 20 years, and are still being periodically submitted by LCdr Michael Erwin. The cartoons, always in a 4 in by 6 single frame format, have dealt with a broad range of topics, from ships wandering into "mime" fields, to aardvarks buying "A's" on Wheel-of-Fortune, to fleas wondering if there is life on other dogs. Some have even gone on to appear in Reader's Digest and the Weekly World News. Over the years, the Lookout received the cartoons from deployed ships, overseas operations, and NDHQ, wherever LCdr Erwin was serving at the time. When asked to comment on the longevity of his submissions, LCdr Erwin,

who now works in the field of naval communications, replied, "Cartoons...yay." In keeping with the notion that humour is an important stress reliever and morale builder, we hope you enjoy this selection of favourites from the past two decades.



TRACKSIDE
A FULL SERVICE AUTO REPAIR FACILITY
AUTO SERVICE LTD.

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

B.C. GOVERNMENT
DESIGNATED
INSPECTION
FACILITY

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

OPTOMETRISTS

DR JOSLIN & DR MORIN
ASSOCIATES
DOCTORS OF OPTOMETRY

**EXPERIENCE THE PRECISION OF
CUSTOMIZED VISION**

Canadian Forces member eye exams and glasses
provided with designated paperwork!

MILITARY FAMILY DISCOUNTS AND SERVICES IN FRENCH AVAILABLE.

LANGFORD
#105-814 GOLDSTREAM AVE.
PHONE: (250) 474-4567
www.langfordoptometrists.com

SOOKE
#5-6726 WEST COAST RD.
PHONE: (250) 642-4311
www.sookeoptometrists.com

Weather specialist aids ship safety



While on the bridge, Private Halmich briefs the Commanding Officer of HMCS Ottawa, Cdr Sylvain Belair.

A/SLt Kyle Reed MARPAF PA Office

Private (Pte) Ryan Halmich served as a Tactical Weather Specialist on board HMCS Ottawa from Feb. 22 to March 4.

Pte Halmich shared the responsibility of ensuring the ship's Commanding Officer, Commander Sylvain Belair, was well-informed and up-to-date on the weather patterns that affect the safety and stability of the ship.

Now that his time with Ottawa is complete, he has returned to shore to do the same job for the Commander of Maritime Forces Pacific, Rear-Admiral Gilles Couturier.

"I always wanted to be in a role where my position was respected and the information I provided was

valued," said Pte Halmich. "That is definitely the case now that I am a Tactical Weather Specialist. I've been involved with operations where crucial decisions were based directly on the weather impacting the operational assets deployed."

Pte Halmich joined the Canadian Armed Forces in September 2012, but long before that he was involved with the aviation industry.

After graduating high school in 2010, he went to work at the Vancouver International Airport as a handler in cargo operations; he hoped that some immersion would contribute to a future career working with aircraft.

Even before graduating, Pte Halmich expressed an interest with the Royal

Canadian Air Force (RCAF) having served as an Air Cadet at 754 Phoenix Royal Canadian Air Cadet Squadron in Port Moody.

"I recognized that joining the RCAF was something of great interest to me down the line, and I thought working with aircraft would be a good place to jump-start a career," he says. "I wouldn't have told you five years ago that I saw myself as a Tactical Weather Specialist, but that's the beauty of the Canadian Armed Forces: there are more opportunities than you can ever imagine. You can serve with the army, air force, and navy in a diverse assortment of places with a variety of equipment. I am happy to be posted to a unit where all three elements have the opportunity to work in unison."

The opportunities continue to grow for Pte Halmich. In addition to his primary job, he has also had the opportunity to stand as a cenotaph guard at the BC Legislative Grounds in Victoria during the 2014 Remembrance Day ceremonies, and has supported multiple ships and aircraft from the Royal Canadian Navy, the RCAF, and the Canadian Coast Guard.

Pte Halmich is hoping to go on his Forecasting Course within the next year, which will qualify him for a promotion to Corporal along with new assignments and responsibilities.

"I had no doubts or uncertainties; I wanted to be part of a well-organized team in a capacity that would allow me to help people, and I am very proud of what I have accomplished and continue to accomplish."

If you want to learn more about Meteorological Technicians and what they do in the military, please go to www.forces.ca/en/job/meteorologicaltechnician-10

Bad Driver Award #237: Fatal Distraction

Bad drivers like Dexter bring us good drivers like you. So watch out for texters (and don't be one yourself!) And when you *do* need collision repair, remember BC's favourite bodyshop, Craftsman Collision.



AIR MILES® AND BIGGER SMILES

Victoria • Esquimalt • Colwood • Duncan • Nanaimo



© TM Trademark of AIR MILES International Trading B.V. Used under license by LoyaltyOne, Inc. and Craftsman Collision Ltd.

Cadets get insider view of Dockyard

Peter Mallett
Staff Writer

Teens from the Royal Canadian Army Cadet Corps (RCACC) marvelled at the Royal Canadian Navy's Pacific Fleet and Dockyard's rich naval history during a morning tour March 24.

Thirty-five cadets from the lower mainland Corps were given a three-hour guided tour of the base as part of a two-day Citizenship Tour of Victoria.

The morning itinerary included stops at the Fleet Maintenance Facility Cape Breton, the dry dock, Duntze Head battery, the Admiral's House, and a chance to board submarine HMCS Victoria.

"The purpose of this and

all the tours at the base is to help the community connect with our military," said tour guide, SLt Louis Pierre Gosselin of Maritime Forces Pacific's Visits and Protocol office. "The cadets all seemed genuinely interested in the many stories and historical anecdotes we have about Dockyard."

Cadets came from four different units: two from Vancouver's 2290 RCACC (the 101 Duke of Connaught's Own Rifle) and the 2472 RCACC (15th Field Artillery), the 3300 RCACC (Bhai Kanhaiya) Surrey, and the 1838 RCACC from Maple Ridge, B.C.

Wet and blustery conditions didn't seem to dampen their enthusiasm about getting an up-close look

at the home of the Pacific fleet.

"I thought there were a lot fewer ships here than there actually are. All of us [cadets] seem to be having a good time and learning a lot about the RCN today," said MWO Andrew Kim, an 18-year-old student from Vancouver's Magee Secondary School. "For me it was incredible to get a tour of the HMCS Victoria submarine and see how the RCN managed to utilize every single inch of space in the vessel."

During their trip to Victoria, cadets visited the British Columbia Legislative Building, the Legislative Assembly of British Columbia, the Bay Street Armoury, and Work Point.

Helping conduct the tour

was the 2290 RCACC commanding officer, Maj James Barrett, a former high school history teacher. He seemed to relish the chance to impart his vast knowledge of the "living history" that exists in Dockyard and its many historical sites.

"It's really great to have the opportunity to give the cadets a look at the military base here in the city, specifically CFB Esquimalt, the birth-place of the province's naval roots, and the British Columbia Regiment of Royal Garrison Artillery," he said.

Towards the end of their tour students enjoyed a boxed lunch on C Jetty before heading to their final destination, a tour of the national historic site, Fort Rodd Hill.



Maj Jim Barrett guides members of Vancouver's Royal Canadian Army Cadets in a tour of Duntze Head Battery and Dockyard, March 24.

Peter Mallett, Lookout

government rates

Great rates. Comfortable rooms. Convenient location. Rooms with balcony, fridge, microwave & WiFi. 898 W Broadway, Vancouver, BC, 604-872-8661

Adding Color to LifeSM

parkinn.com/hotel-vancouverca

park inn
by Radisson & suites

TIM AND FRIENDS IN CONCERT



Acclaimed musician
TIM OLMERT
AND HIS FRIENDS

Sunday April 10 at 2:00pm

Gordon United Church 935 Coldstream Ave
By Donation

Join us as we kick off our 60th Anniversary Celebrations with this much anticipated musical afternoon.

Proceeds of the concert will go to Gordon United's Syrian Refugee Project and 60th Anniversary Celebrations. For more info contact Ron At 250-385-8666

\$0 Down, 0% Financing See Better Today!

Ask about our
**SPECIAL MILITARY
PROGRAM!**

kingLASIK
kinglasik.com

If you want to experience freedom
from glasses and contact lenses, now is the time!

Individual results may vary.



Dr. Joseph King
One of Canada's most trusted surgeons
with over 100,000 procedures
and 15 years experience.

250.360.2141

VICTORIA • SURREY

Minutes from Base at #201-3550 Saanich Road



twitter.com/Lookout_news

www.facebook.com/lookout.newspaper



103-719 McCallum Rd
Victoria, B.C. V9B 6A2

The MORTGAGE Centre

COCHING MORTGAGE



Eric Coching
Broker/Owner | 250-217-2326

*Finding the right home is hard.
finding the right mortgage is easy.*

phone 250-391-6191

fax 250-391-6192

Convenient location
across from Home Depot below Costco

Thinking about consolidating consumer debt?

Now may be the time as
mortgage rates are low.

Give us a call for cur-
rent rates and options!

Rates subject to change without notice

What's in box 43?

Pierre S. Goulet
SISIP Financial

Back in 2004, legislation was passed awarding tax exemptions to Canadian Armed Forces (CAF) members on hazardous and moderate to high-risk missions.

At the time of its introduction, some 3,000 CAF members and police officers qualified for this tax break; the goal being to improve "quality of life" for those who risk theirs, in defence of Canadian interests.

For personnel deployed on high-risk missions (those assessed by the Department of National Defence as carrying a risk score between 2.50 and 4.00), tax relief is automatically provided for the period during which the mission is assessed as being "high-risk." For moderate-risk missions (carrying a risk score between 2.00 and 2.49) tax relief is provided when the mission has been designated as such by the Minister of Finance, and only for the period during which the mission is assessed as being "moderate-risk."

For eligible CAF members (those who fit either of these two mission categories) this means that they may claim a deduction against their taxable income in respect of income earned. In other words, the income earned during the members at risk mission is deemed non-taxable (tax-free).

As such, the amount shown in Box 43 of your

T4 slips will be deducted from earned income and therefore they will have less income tax to pay.

For Quebec residents, the same amount should appear in Box A-7 of your RL-1 slip.

The resulting surplus in funds is a great boon and provides members with considerable savings opportunities to plan for their future.

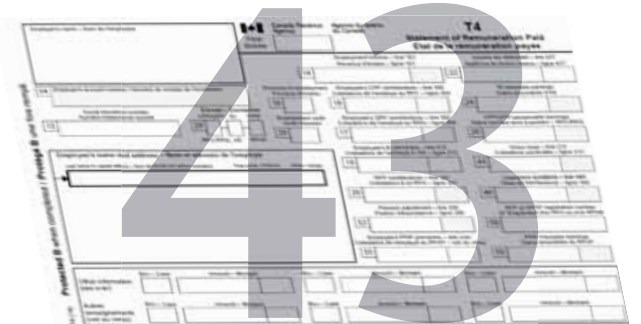
For planning strategies to fit your financial needs, consider a visit to your on-base/wing SISIP Financial advisor or online at www.sisip.com

Did you know?

If you file online using certain NETFILE software products, certified by the Canada Revenue Agency (CRA), and are fully registered for My Account, you can use the new "Auto-fill my return" service making the online filing process that much simpler. The "Auto-fill my return" is meant to simplify the online filing process, by automatically filling in certain fields of your income tax return for you, it does not file your taxes for you.

CRA online services are fast, easy, and secure. You can use them to help file your income tax and benefit return, make a payment, track the status of your return, register for online mail, apply for Child Benefits and more.

Access the CRA's full suite of self-service options – register for My Account today, and start managing your tax matters online!



382-8291 ■ 730 Hillside Avenue

Demo Days

Starting April 16TH
from 10 a.m. to 2 p.m.

For the best Military Discount call **250-382-8291**



Yamaha FJ-09



Yamaha FZ-07



Moto Guzzi V-7



Honda CBR300R



Yamaha R3



Kawasaki Ninja 300



Vespa 50 Scooter

For Demo Details call **250-382-8291**



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



Positive parenting models at the heart of MFRC program

Rachel Lallouz
Staff Writer

Military parents seeking support and guidance for dealing with emotional and behavioural challenges with their children can turn to the Military Family Resource Centre's Triple P Positive Parenting Program. The Military Family Resource Centre (MFRC) offers a Triple P suite of services that provides military families with opportunities to engage in conversations regarding the unique challenges of raising children within the military lifestyle.

"This program is based on creating strong, nurturing relationships and positive communication between children and parents," says Pauline Sibbald, MFRC social worker.

Triple P is an evidenced-based program that incorporates five core principles: promoting a positive learning environment, ensuring a safe and engaging environment, providing effective discipline, maintaining reasonable expectations for both parent and child, and

taking care of oneself as a parent.

The Triple P program has five intervention levels and parents determine for themselves how much help they require.

"This multi-level parenting and family support strategy allows the program to be tailored to meet individual family needs," says Sibbald.

Parents may choose to attend one-on-one sessions with a Triple P practitioner, register for interactive seminars or participate in a group course.

"Because the system is flexible, it's adaptable and responsive to lifestyle needs and challenges. A parent might just be feeling overwhelmed or frustrated with a situation and may want some parenting tips, or may be dealing with ongoing behavioural challenges," says Sibbald.

Family Transitions is a new parenting program for separated/divorced parents who are experiencing challenges that are impacting or complicating their parenting. It takes time to

build a new family identity and work through feelings related to the end of a relationship.

"You may be concerned about frequent arguments with your ex or new partner, concerned about finances and worried about your child being caught in the middle and the impact this may have on your child's behaviour or emotions," says Sibbald. "Divorce is a major life transition for parents and children. Family Transitions can help individuals enhance their problem-solving skills to begin to manage and resolve conflict and improve their ability to cope with strong emotions, stress and change."

"There are unique stressors to parenting in the military lifestyle including relocation, frequent deployment, and work-related separations that we want to provide family support and resources for," says Sibbald.

For more information, or to sign up for any of the Triple P programs, please contact MFRC at 250-363-2640.



VI AutoExchange
salesviautoexchange@gmail.com
778-432-2299

**BUY
SELL
TRADE**

- Proud to support our troops
- Free pick up & drop off
- Free Carfax
- 2 locations

480 Esquimalt Road • 850 Johnson Street

**Better the
2nd time
around!**

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

1621 Island Highway, 250-478-8767

selfstorage.ca

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

CAF Savings Plans

Régimes d'épargne FAC

Earning more?
Save more with CAF Savings Plans!

Vous gagnez plus?
Épargnez davantage grâce aux Régimes d'épargne des FAC!

Make an appointment with a Financial Advisor
SISIP.com
Prenez un rendez-vous avec un conseiller financier

THE
Great-West Life
ASSURANCE COMPANY
Investments provided by • Placements offerts par

Fraser Division MARS IV Graduation Parade



Photos by Cpl Brent Kenny,
MARPAAC Imaging Services

Commander Todd Bonnar, Commanding Officer of VENTURE, The Naval Officer Training Centre (NOTC), presents awards during a graduation parade.



Cdr Todd Bonnar and Cdr Rod Hughes (Ret'd), present the Chief of Maritime Staff (CMS) Award to A/SLt House (right). The CMS award is presented to the top overall MARS IV student.



Cdr Bonnar and Capt(N) Ken Scotten (Ret'd) (left), present the VENTURE Association Award (Pullen Cup) to A/SLt Wylie (right).



Cdr Bonnar and Madeline Humer present the David W. Groos Memorial Shield to A/SLt Thow (right). The David W. Groos Memorial Shield is presented to the Top MARS IV student at sea.



A/SLt Wylie receives his graduation certificate.



A/SLt Collings receives his graduation certificate.



A/SLt Granta receives his graduation certificate.



A/SLt Heon-Mioussé receives his graduation certificate.



A/SLt House receives his graduation certificate.



A/SLt MacNeil receives her graduation certificate.



A/SLt Michels receives her graduation certificate.



A/SLt O'Rourke receives her graduation certificate.



A/SLt Place receives his graduation certificate.



A/SLt Thow receives his graduation certificate.



SLt Place receives the promotion to his present rank.



SLt Grant receives the promotion to his present rank.



SLt Heon-Mioussé receives the promotion to his present rank.



SLt House receives the promotion to his present rank.



SLt MacNeil receives the promotion to her present rank.



SLt O'Rourke receives the promotion to her present rank.



Photo by Deanne Gillespie

A recent professional development day at Canadian Forces Maritime Experimental and Test Ranges (CFMETR) in NanOOSE Bay, B.C. proved to be more than just typical classroom training. Civilian and military members teamed up for a grueling match of outdoor ball hockey. Workplace wellness and team camaraderie were high ranking for the unit on the warm, West Coast spring day. From Left to right: LCdr T. Nichols, N. Burgess, B. Cooper, J. King, LS B. Bennekou, C. Doward, D. Hildbrand, K. Maude, O. Taylor, MS R. Moore, Sgt. B. Oxford, S. Carnie and LS C. Ashcroft.



LS Jeffery Anderson and MS Scott Landry receive their Submarine AILS qualification "dolphins" .



AB Adrian Hebert is promoted to his current rank of Leading Seaman by LCdr Jean Ouellet, HMCS Victoria Commanding Officer. Also present is HMCS Victoria Combat Officer, Lt(N) Regina Campbell from the Royal Australian Navy.



CPO1 Lorway MacDougall receives his CPO1 Warrant Scroll from CPO1 Paul O'Keefe, Base Logistics.



Cpl Christopher Viveash receives a Flight Safety for Professionalism Award from Cdr Watkins, Base Logistics Officer, and CPO1 O'Keefe.

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

APPLIANCES

WESTCOAST
APPLIANCE
CENTRE LTD.
**LARGEST SELECTION
GREAT PRICES**

- Reconditioned
- New • Builder
- In Home Services

MILITARY
DISCOUNT
OFFERED

3090 Nanimo St • 382-0242

Lookout
Classifieds Work.
250-363-3127

Join the
conversation

Lookout_news

lookout.newspaper

ANNOUNCEMENTS

CONCERT!
NEWFOUNDLAND'S OWN
SHANNEYGANOCK at the
Langford Legion March
20th!! For tickets@ the
Legion, and 250-479-3327.
Email nlclubvictoria@
gmail.com or visit www.
nflclubvictoria.org Only
300 tix so get them while
you can!

Royal Canadian Sea Cadet
Corps 263 BEACON HILL
All youth 12 – 18 years
of age are eligible to join.
948 Dunford Ave, Langford
Parade nights: Thursdays
6:30 – 9:30 pm Telephone:
250-478-7813 Email:
263Sea@cadets.gc.ca or
263BeaconHill@gmail.com

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.

SERVICES OFFERED

VICTORIA PREGNANCY CENTRE
Free services provided:
pregnancy tests & counsel-
ling, prenatal classes and
Doula referral, baby clothes
& supplies, family sup-
port 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

**ESQUIMALT MUSIC
CENTRE** IS your music
instruction headquarters.
Reasonable rates, flexible
hours, all popular instru-
ments! Call 250-385-2263
or visit www.esquimaltmu-
sic.com for more info.

LICENSED DAYCARE spaces
available for 3-5 year olds.
Lampson Street. Open 7am
to 5pm. Please call 250-
686-2182 for more infor-
mation

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
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

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

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 oppor-
tunity to change some-
one's life while having a
great time doing it. To get
involved or for more info,
please call Kaitie at 250-
477-6314 ext. 205 or email
volunteers@rivotonline.org
or visit http://www.rivot-
online.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 @ volun-
teer@habitatvictoria.com
or 250-480-7688 ext. 105

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.

TIRES

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

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



Better the
2nd time
around!

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



IN SEARCH OF

WANTED TO BUY

3 bedroom home in Esquimalt or Vic West

~1600 - 2200 sq-ft (3 bdrm) or ~2200 - 3000 sq-ft (3 bdrm + suite)

Our preferences include:

Quiet street, garage and/or workshop, nice outdoor living space

Don't worry about cleaning and de-cluttering,
we can look past all that and save you the effort

Chris and Helen 250-514-9994

Private sale is OK - we have an agent showing us what's listed

HOME APPRAISAL

Your Complete Residential Appraisal choice!



PROMPT
PROFESSIONAL
PRECISE

Andrea Skinner

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



www.bbbsvictoria.com

MENTORING

Be Constructive in a youth's life!
Contact us at:

See it
**ALL
ONLINE**

lookoutnewspaper.com

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

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

Lookout classified ads
offer great value for
your small business.

Call 250-363-3127
for information about
rates and advertising
packages available.

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

REAL ESTATE • FOR SALE



2386 SPARROW COURT, \$549,900

Bright 5 bed 3 bath family home Lower level offers 1 bed inlaw suite LG landscaped private yard. D. Garage

Call Shelly direct to view today!




CALL DIRECT 250-213-7444

Shelly Reed
For more info
www.shellyreed.com

Sutton
GROUP

West Coast Realty

Women's Basketball Get in the game...



For all those interested in playing basketball, the Tritons Women's Basketball team will be having practices Tuesdays @ 1630-1800.

Any inquires please contact:
Ryan.Maclean@forces.gc.ca
Connor.Duke@forces.gc.ca

Every Set of Lost Keys Has a Story

"I want to thank the person who found my keys and called the number on the back of my War Amps key tag. The War Amps returned them to me by courier, free of charge, and saved me hundreds of dollars in replacement costs!" – Alex

Every year,
The War Amps
Key Tag Service returns
approximately 13,000
sets of lost keys.

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

Make the most of
life on the island.



Stay fit with
the Activity
Guide.

Available
at all PSP and
MFRC outlets



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



For women with single-track minds

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

Plus Clinics, getaways and shop discounts

Dirty Girlz Bike Club
www.dirtygirlzbikeclub.ca

Find Your Power

Highly Personalized Addiction Treatment

NON-12 STEP SINCE 2008



Private Drug Rehab and Alcohol Treatment

At Sunshine Coast Health Center we are committed to a client's personal transformation, the goal being healthy, thoughtful men who are inspired to live with a renewed sense of vitality and purpose.

Take Control



Get Connected



Find Your Purpose



Heal And Grow



Canada's Leader in Men's Treatment

LEARN MORE ▼

visit schc.ca



**Sunshine Coast
Health Center**

2174 Fleury Road, Powell River, BC
Canada V8A 0H8
Admissions Toll Free 866.487.9010
Administration Toll Free 866.487.9050
Fax: 604.487.9012

www.schc.ca | info@schc.ca