

CFB Esquimalt

CANEX Facebook

Check back often for ongoing promotions, contests, events, new products and sales.

Nous offrons des nouveautés tous les jours: promotions et concours, événements, nouveaux produits et soldes.

Like us to stay in touch!
 aimez-nous et restez informés!

www.canex.ca

Volume 61 Number 23 | June 6, 2016

LOOKOUT

MARPAC NEWS CFB Esquimalt, Victoria, B.C

newspaper.com

HURRY! TIME IS RUNNING OUT! SUNDAY, JUNE 19
10k, 5k & Kids Fun Run Naden

Register now: www.navyrunesquimalt.com



NEAR BASE

Newport Realty
 Nick Wise & Daniel Ross
 250-590-0790 • newportrealty.com
 CHRISTIE'S
 Proudly serving Esquimalt & Vic West

THIS SATURDAY

Get to know your West Coast Canadian Armed Forces

Open to the public
 Bring your friends & family

- Displays • Ship Tours • Demonstrations
- Fly Past • Tug Boat Ballet
- Firebrand Water Show

See centre section for details

ROYAL CANADIAN NAVY MARINE ROYALE CANADIENNE

2 BURLEY MEN MOVING Ltd.

www.2BurleyMen.com

FREE DELIVERY • BOXES & SUPPLIES

10% OFF FOR DND

BURLEY CLEANING

A Division of 2 Burley Men Moving Ltd.

778-430-0303

RESIDENTIAL • CONSTRUCTION • COMMERCIAL

www.burleycleaning.ca

VICTORIA QUILTERS' GUILD MEETING

Lenore Crawford

Award winning quilter and author
from Minnesota
www.lenorecrawford.com

JUNE 14 • 7PM
4030 DOUGLAS ST., (NORTH OF MCKENZIE)

For more information:
www.victoriaquiltersguild.org



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




Local - Reliable - Safe

2925 DOUGLAS STREET VICTORIA, BC V8T 4M8
Also serving the WESTSHORE COMMUNITY
www.westwindtaxi.com • 250.474.4747

PRFP www.prfp.info
RADIO BROADCAST
PROMOTION ARTISTES & SPECTACLE



– PRESENTE/ PRESENT –

La super fête de la Saint Jean Baptiste
Super party / en vedette / performing

FRANCO CLIP SUR YOU TUBE
dj/vj tres franco musique du monde world music




Jaochim "Joe" Amouzou/zouk soukous/world music/musique du monde.3w.afrofusionentertainment.com

THE SAFARIE LEAGUE • 24 JUN JUNE 20 HEURE
BILLETTS \$20 ON SALE / EN VENTE

au Restaurant PETIT DAKAR/
CUISINE AFRICAINE
711 Douglas Victoria
Tel 250-380 3705
african cuisine



www.groupedenux.com
#3 - 772 Bay Street,
Victoria, BC, V8T 5E4
Canada

VICTORIA EDELWEISS CLUB • 108 Niagara Street • Victoria



Photo by MCpl Pat Blanchard, Canadian Forces Combat Camera

George Weber, CEO of The Royal Ottawa Mental Health Centre; Brigadier-General Colin MacKay, Surgeon General of Canadian Forces Health Services Group; The Honourable Kent Hehr, Associate Minister of National Defence; and Dr. Fakhreh Mirrashed, Manager of the Brain Injury Centre for The Royal, gather in front of a Positron Emission Tomography – functional Magnetic Resonance Imaging (PET/fMRI) machine. DND and the Ottawa Health Centre have united to study brain health.

High tech access available for mental health research

Peter Mallett
Staff Writer

A new investment in cutting-edge technology is poised to assist the Canadian Armed Forces (CAF) in mental health research and better military member support.

DND and the Royal Ottawa Mental Health Centre announced May 16 a four-year \$2.65 million agreement for DND to access their brain imaging scanning equipment.

The Centre recently installed a PET/fMRI scanner, the only one of its kind in Canada devoted entirely to brain and mental health research.

"I see this as a key investment in helping our Canadian Armed Forces members and veterans

who are fighting to overcome mental health issues," said General Jonathan Vance, Chief of Defence Staff. "This partnership will see experts at The Royal Ottawa Mental Health Centre and our military mental health professionals working together towards a common goal of developing a new understanding of the effects of mental illness on brain functions."

The cutting edge technology will allow clinicians and scientists from Canadian Forces Health Services and Royal Ottawa Mental Health Centre to examine the effects of various drugs used to treat depression, post-traumatic stress disorder and other mental illnesses on brain functions.

The CAF's Director of Mental Health, Col Andrew

Downes says the introduction of the scanner is a breakthrough for researchers because it combines two widely used pieces of technology into one device, offering a more accurate measurement or snapshot of a patient's brain.

The PET, or Positron Emission Tomography, identifies parts of the brain that are metabolically active using specially labeled molecules; while fMRI is a technique for measuring brain activity by detecting changes in blood oxygenation that occur in response to neural activity.

"For researchers across the globe mental illness is currently a poorly understood entity and treatment has a lot of subjectivity," said Col Downes. "We are hoping this innovation will shed light on what is going on at the structural and molecular level of the brain. When we better understand how the brain functions at these levels it will lead to new treatment."

The introduction of new brain imaging technology comes on the heels of a Nov. 10, 2015, call to action by Gen Vance on mental health and suicide prevention. In his statement, Gen Vance pledged to "continually strive to improve" suicide prevention programs in the wake of a Surgeon General Report that highlighted inflated suicide rates of deployed CAF personnel.

Suicide research will be one of the first tasks in which the scanner will be used says Col Downs.



Photo by MCpl Pat Blanchard, Canadian Forces Combat Camera
The Positron Emission Tomography – functional Magnetic Resonance Imaging (PET/fMRI) machine to be used in mental health research.

RIMPAC: Military gears up for large-scale maritime exercise in Hawaii area

Rachel Lallouz
Staff Writer

The Canadian Armed Forces will cooperate with 27 other nations this year for Exercise Rim of the Pacific (RIMPAC) 2016, the largest maritime exercise in the world.

Taking place in and around the Hawaiian Islands and Southern California from June 30 to Aug. 4, this year's exercise will mark Canada's 25th time participating in the biannual exercise.

Canada's maritime component will be *HMCS Calgary*, *HMCS Vancouver*, *HMCS Saskatoon*, and *HMCS Yellowknife*, along with a Royal Canadian Navy (RCN) dive team and Forward Logistics team.

"Having our ships and divers train with other countries fosters multinational cooperation, trust, enhances operability and naval professional engagement, and achieves our national objectives while building capable coalition partners in the Pacific Rim and beyond," says Lieutenant-Commander Matthew

Arthur, Royal Canadian Navy (RCN) Deputy Lead Planner for RIMPAC.

The 1,500 Canadian sailors, soldiers, and airmen and airwomen participating will work alongside multiple allies during the exercise, such as Australia, Chile, New Zealand and Singapore.

"Our ability to be leaders in this exercise is deeply important for Canada," says LCdr Arthur. "Fundamentally, we play a role organizing an exercise that is vast in scope of training, with 45 ships participating, five submarines, 17 different land force groups, over 200 aircraft, and over 25,000 people."

Participants will be challenged to complete training across a wide range of military capabilities, including humanitarian assistance, disaster response, dynamic maritime security, and complex warfighting operations.

In Hawaii, RIMPAC will begin with a harbour phase of briefings with all docked ships to ensure participating navies have the same level of knowledge.

Training will then focus on practicing joint live fire exercises, carrying out

a simulated maritime theatre missile defence, amphibious operations, counter piracy, anti-submarine warfare, and an assessment of satellite networking in degraded environments.

Hawaii will also be the backdrop in which the RCN tests their electronic warfare, says LCdr Arthur.

"We will be undergoing trials to complete advanced mine counter-measures systems with the use of an autonomous underwater vehicle (AUV) known as Hugin," says LCdr Arthur.

Off Southern California, training will concentrate on mine hunting, mine warfare, and amphibious operations.

"I know we will have carried out the exercise successfully when we meet our training objectives, which will enhance the overall interoperability of RIMPAC forces across a full spectrum of military operations," says LCdr Arthur.

Canadians will also hold key leadership positions. Rear-Admiral Scott Bishop will serve as Deputy Commander of the Combined Task Force and Brigadier-General Blaise Frawley will serve as the Air Component Commander.

Whitehorse, Oriole sail through Swiftsure

Rachel Lallouz
Staff Writer

HMCS Oriole cut through the waves at the Swiftsure International Yacht Race 2016, participating in the large-scale race over the May 28 weekend.

The ship participated in the Swiftsure Lightship Classic race with two other ships. Twenty newly trained crewmembers spent two days on the water in alternating four hour shifts to race the 138.2 nautical miles.

However, lack of wind hindered the sailing vessel.

"Though we did not finish the race, we were able to demonstrate to the public that the navy members can do their jobs well," says Commanding Officer of *Oriole*, Lieutenant-Commander Mike Wills.

Even for a veteran crew, simply finishing the race can be exceptionally tough as the winds traditionally die down in the Strait of Juan de Fuca, he says.

In a support role to *Oriole* and the other sailing vessels was *HMCS Whitehorse*, which took 40 guests on board and anchored at the race's start

location at Clover Point. The ship was responsible for providing the saluting cannon to start each of the four Swiftsure races.

"It was a great opportunity to showcase the RCN to the commu-

nity," says the Commanding Officer of *Whitehorse*, Lieutenant-Commander Shane Denny. "Our sailors got a chance to engage with the public and support our fellow mariners in the water space we both occupy."



Jon Pix, Contributor

HMCS Whitehorse starts off a Swiftsure International Yacht Race with the saluting cannon.

CFB Esquimalt

Find us on Facebook

WE WILL MATCH...

advertised prices on electronics, cameras, computers & major appliances. Details are available in-store or online at www.canex.ca

www.canex.ca

BEACON LAW CENTRE

LAWYERS NOTARIES

140-4392 West Saanich Rd, Victoria • 104-9717 Third Street, Sidney
5-7115 West Saanich Rd, Brentwood Bay

Del Elgersma

Lianne Macdonald

Kelvin Scheuer

Real Estate
Business Law
Wills & Estates

P 250.656.3280 | TF 877.295.9339 | www.beaconlaw.ca

Great Pub Food

With a weekly features menu focused on **Fresh, Local, Seasonal ingredients** and 22 beers on tap

At the corner of good food and great people.

1075 Tillicum Road
250.386.5500
gorgepointepub.com

We have something for everyone

★ Up to \$1,000

additional savings on 2016 Scion FRS for recent high school or college graduates.

\$28,690

MSRP

Military & DND Incentive Program

2016 SCION FRS

\$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

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.



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



People Talk

While out and about Lookout asked this question:

Victoria is a city blessed with a wide variety of restaurants and international cuisine. What is your favourite type of cuisine or dish to eat and why?



East Indian food and especially a creation by a local restaurant near Tillicum Mall that serves a dish called a Naanwich. I really like it because you can wrap anything you want in the warm soft fluffy bread, like curried chickpeas or goat or whatever you want to have.

Steve Sawatsky,
Parking Commissionaire



Middle Eastern, Moroccan or Arabic food because of the varying spices involved. You can get mild or hot, but many of the dishes have that heat balanced out by adding creamy yogurt.

OS Robert Thrun,
HMCS Regina



My favourite is Italian food and especially meatballs. I really like the way a restaurant downtown called the Fiamo Italian Kitchen does their meatballs. They combine great cuisine at a family oriented restaurant so eating there also becomes a social thing.

SLt Perry,
HMCS Regina



For me it's all about Indian food and this great restaurant in town called the Sizzling Tandoor. I spent six weeks in India when I graduated from University and got to try all the food. This restaurant is about as close as you can get in Canada to being 100 per cent authentic.

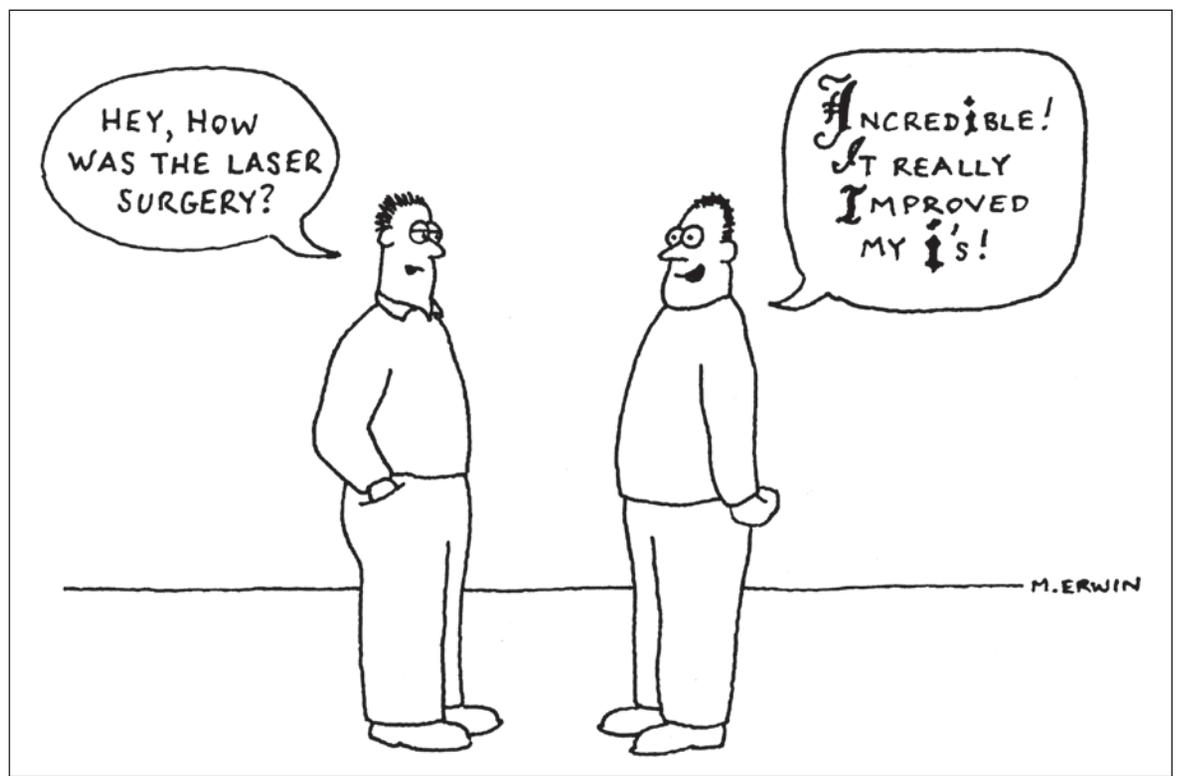
Lt(N) Cory J. McKay,
HMCS Regina



I really like traditional British fare and especially meat pies. I think its because the food really pairs well with our cool and damp maritime weather that is very similar to the climate in the United Kingdom.

PO2 Rebecca Hissen,
Naden Band

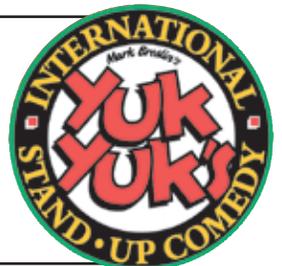
the fish store
FISHERMAN'S WHARF
20% off
PREPARED FOOD
Expires June 13, 2016



Easy peasy!
3 PAIRS OF TICKETS
UP FOR GRABS



Win tickets for 2 to the Yuk Yuks Victoria Grand Opening performance featuring Nikki Payne Friday, June 10 • 10:30 pm show • 751 View St To enter the contest, like Lookout's Facebook page and send an email with the subject line: "I have liked you from the start" to melissa.atkinson@forces.gc.ca. Draw will take place June 9 @ noon.



CALL US TODAY. 250.380.1602 www.seaspan.com
seaspan VICTORIA SHIPYARDS

E-FILE FROM \$57+GST
Top Shelf Bookkeeping Ltd.
Locally Owned & operated since 1994
2 CONVENIENT YEAR ROUND LOCATIONS
101-76 Gorge Road West 1253B Esquimalt Road
Victoria, BC V9A 1M1 Victoria BC V9A 3P4
250-388-9423 250-590-4050

AUTHENTIC THAI
Friday Lunch Buffet
• Lunch Combos • Full Dinner •
Dine In Zap that restaurant Take Out
Thai dining at its Best!
1207A Esquimalt Rd. • 389-1845 • www.zapthai.com

YOUR COURAGE DRIVES US FORWARD. WE'D LIKE TO RETURN THE FAVOUR.

At Honda, the Power of Dreams drives us to innovate and create. These dreams would not be possible without your daily service and sacrifice for Canada and its citizens. As a token of our thanks, past and present members of the Canadian Armed Forces get a \$500 rebate* off all 2016 models.



HONDA



\$500^{OFF*}
All 2016 Honda models

**CANADIAN FORCES
APPRECIATION OFFER**

*A \$500 after-tax rebate is available for personal, non-commercial use only to current, active or retired members of the Canadian Armed Forces, a current Department of National Defence employee, or a current member of the CF Appreciation Program (card member codes: CF, V, D). The following cards shall constitute valid proof of identification and are required upon redemption: CF One (code: CF, V, D); NDI 10 - Temporary ID Card; NDI 20 - Permanent ID Card; or NDI 75 - Record of Service Card. Offer limited to any new and previously unregistered 2016 Honda vehicle (demonstrators accepted) that is a cash purchase or leased or financed through Honda Financial Services (HFS), on approved credit. Offer valid until 31 December 2016. Offer can be combined with existing loyalty programs and applied to one purchase of a qualified Honda vehicle per calendar year. Offer may be transferred only to any member within a household. No cash redemption value. Offer cannot be applied to past transactions. Offer is subject to change or cancellation without notice. Valid only in Canada at participating Honda dealers. Visit your Honda dealer for full details.



Annual Formation BBQ & 3 on 3 Ball Hockey Tournament

15 JUNE

1130-1330hrs
Dockyard H
(Behind Building DY11)
Parking Lot

Celebrate with cake and cheer on your co-workers in a friendly game of double elimination round-robin hockey.

Team Registration: NLT 9 JUNE

We are looking for teams of 5 (including a goalie)

Equipment will be supplied. Games will be short and fun!

Win the coveted hockey trophy!

Sign up your team

or to get more information contact:

ESQ.sports@forces.gc.ca

or 363-4069



CANDLELIGHT VIGIL HONOURS VETERANS



Photos by LS Ogle Henry, MARPAC Imaging Services

Above: Veterans from the Second World War and Korean War sit in attendance prior to the commencement of the Veterans Candlelight Tribute, held at God's Acre Veterans' Cemetery on May 26.

Right: Members of the Colour Party and Guard of Honour march at the beginning of the event.



Left: A veteran and a member of the Navy League of Canada pay their respects at a grave marker.

Right: A young spectator places a candle by a grave marker.

Below: Dignitaries stand and salute during the playing of the National Anthem. From left: Captain(Navy) Steven Waddell, Base Commander; Rear Admiral Gilles Couturier, Commander Maritime Forces Pacific/Joint Task Force (Pacific); RAdm (Ret'd) Elizabeth Stuart, Assistant Minister of Veteran Affairs; RAdm (Ret'd) Robert Yanow, event co-chair; and Judith Guichon, Lieutenant Governor of British Columbia.



Egg addling: controlling the non-native species on base

Lorraine Crinkley
Formation Environment

CFB Esquimalt has a large population of non-native, non-migratory Canada geese. These geese were introduced locally approximately 50 years ago for hunting purposes, but changes in hunting regulations and a lack of natural predators have allowed their populations to increase exponentially.

Geese can live and breed for up to 20 years, and each year a nesting pair can produce an average clutch of five eggs.

Due to their population growth, a long-term population control program has been developed through the Capital Regional District's Canada Goose Management Strategy. This strategy aims to reduce impacts of non-migratory resident Canada geese to prevent conflict between geese and human activities.

Suggested mitigation techniques include habitat modification that makes an area less desirable to geese; water management, which addresses the location and

characteristics of water features such as irrigation ponds that attract geese; hazing, which scares geese away from conflict areas; temporary relocation; and population control such as egg addling and strategic hunting.

CFB Esquimalt has participated in egg addling since 2008.

Egg addling involves removing eggs from the nest and shaking them, which disrupts the membrane and stops embryo development. The eggs are marked and put back into the nest so the female goose will continue to sit on the eggs. At the end of the season the eggs will simply not hatch. Eggs cannot be removed or destroyed as the female will just produce another clutch.

Both migratory and non-migratory Canada geese are protected under Environment Canada's Migratory Bird Act, and all addling activities at CFB Esquimalt are conducted under Federal permit and require annual reporting.

I managed the 2016 addling season within

Formation Safety and Environment (FSE). I am a Wildlife Technician and co-op student. The 2016 addling season was a success with a total of 65 nests located throughout the Work Point, Dockyard and Naden properties.

Fieldwork is particularly enjoyable, as you never know what you are going to see or find. The addling team observed several nests with golf balls and one with an orange road hockey ball that geese had found and rolled into their nests. It is common for geese to roll displaced eggs back in their nests to keep them safe. This is a fixed action, so geese will attempt to roll any object in their nest that resembles an egg such as golf balls, doorknobs or eggs from other bird species.

Predation of goose eggs is quite common especially on the islands around CFB Esquimalt. Predators include river otters, mink, crows, ravens and birds of prey. When distinguishing a predated egg from a hatched egg there are a few things to look for: hatched eggs don't contain any yolk



Wildlife Technician Lorraine Crinkley documents the number of eggs added for reporting to Environment Canada.

or egg white and the two sides of the egg are found close together in close proximity to the nest. If a gosling hatches in the nest the parent goose will remove the shell halves, often carrying one half of the egg inside the other. Predated eggs contain remanence of yolk or egg white and will

often be found a distance from the nest. If the predator is another bird the egg will contain a hole where the predator has drained the contents.

During field days, the addling team got to explore areas of DND that are off limits to the general public, and we often found

interesting treasures such as derelict buoys, animal bones, native plants such as camas, and local wildlife, including river otters, seals, herons and noisy oyster catchers.

seaspan
VICTORIA SHIPYARDS

PROUD SPONSOR OF

10k, 5k & Kids Fun Run
Sunday June 19, 2016 • Naden

Do it because you can!



REGISTRATION FEES

Until June 15, 2016

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



Saturday June 11, 2016
7pm • Government House
1401 Rockland Avenue, Victoria
Featuring the Naden Band
of the Royal Canadian Navy



Purchase tickets online at esquimaltmfrc.com

Ticket includes high-end buffet and beverage service

Info: 250-363-2640



The Naden Band of the Royal Canadian Navy performs at last year's Memorial Park Music Festival in Esquimalt.

Naden Band returns to local Memorial Park Music Festival

Peter Mallett
Staff Writer

The Naden Band of the Royal Canadian Navy will ring in the first day of summer by headlining opening night at the Township of Esquimalt's Memorial Park Music Festival.

The naval band will help kick off the township's annual series of six Tuesday night concerts with a free performance on June 21 between 6 to 7:30 p.m. at the historic park located at 1212 Esquimalt Rd.

The Esquimalt High School Band will open with a performance at 5 p.m.

Flutist PO1 Marie-Perle Broadley and Assistant Director of Music CPO2 Brayden Wise will program and conduct part of the Naden Band's performance. "We love playing for the

public, it's one of our greatest joys and some of our biggest fans live right here in Esquimalt," says PO1 Broadley. "The venue has a very laid back atmosphere in a park setting, and many

We love playing for the public; it's one of our greatest joys and some of our biggest fans live right here in Esquimalt.

-PO1 Marie-Perle Broadley

people bring their families and are normally equipped with blankets, lawn chairs and food."

PO1 Broadley says some of the compositions the band will perform include *The Vanished Army* by Kenneth J. Alford; *Scottish Rhapsody* in a tribute to legendary Canadian composer Howard Cable who died on March 30; and an undecided piece of music celebrating Quebec holiday Saint-Jean-Baptiste Day, which falls on June 24.

"It's a very family-oriented event so we try to cater to everyone and play a little bit of everything," says PO1 Broadley.

The music festival will also feature headline acts The Soul Shakers (June 28), Bobby Dazzler (July 5), Deb Thomson Band (July 12), Virtual Elvis (July 19) and Bijou du Bayou (July 26).



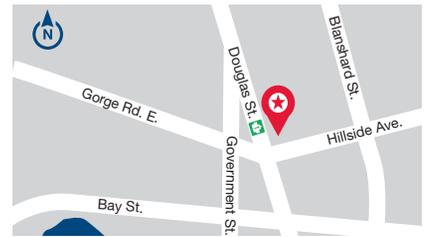
Arrrr...T'was a good day for a parade

Image by Cpl Brent Kenny, MARPAC Imaging Services
Members of the Navy League Cadet Corps Admiral Rayner march past the parade dais during the Buccaneer Day Parade held on May 14 in Esquimalt.

Jim Pattison Volvo of Victoria



Like Jim Pattison Volvo of Victoria on Facebook for additional savings and exclusive offers!



Mon-Thurs: 8:30 a.m. – 7:00 p.m.
Fri-Sat: 8:30 a.m. – 6:00 p.m.
Sun: 11:00 a.m. – 4:00 p.m.

2735 Douglas Street, Victoria, BC
JPVolvoofVictoria.com | 250-382-6122



3 TO CHOOSE

2016 VOLVO S60 T5 AWD SPECIAL EDITIONS

Incredible value, AWD, well appointed

Stock# 16020
Stock# 16021
Stock# 16030

SAVE \$7,500 off MSRP

FROM \$47,265

MILITARY SPECIAL SAVINGS



2011 Mercedes B200 Turbo

Local, well appointed, low kms, no accidents

Stock# 86641-1

Priced right at

NOW \$18,990



2012 Volvo XC60 T6

AWD Loaded, gorgeous vehicle, no accidents

Stock# 86622-1

Local priced right at

NOW \$33,990



2015 Volvo XC70

Nicely equipped, spacious classic iconic wagon, Certified Pre Owned 6yrs/160,000kms warranty and low finance from 0.9%
Stock# 86623

was \$44,990
NOW \$43,990



2012 VW Tiguan

4 motion AWD, well appointed, leather, moonroof

Stock# 86625

was \$25,990
NOW \$22,997



Volvo Certified Pre-Owned Platinum Program, 6-Year/160,000km full warranty, finance rates from just 0.9% OAC, complete comprehensive inspection included.

* with applicable DND ID

Ask Us About DND INCENTIVE PRICING on all of our inventory!

Dealer #10900. Prices are valid until May 15, 2016, subject to change without notice. Prices do not include fees and taxes. Please see Jim Pattison Volvo of Victoria for complete details.

Financing Your Vehicle? Dealer rate finance available, rates from 4.99% OAC. Volvo Certified Pre-Owned Rates from 0.9%



Base Taxi Service
for Naden, Dockyard & Work Point
Monday to Friday 7:30am to 3pm

Taxi Dispatch
250-363-2384

Available for military-related appointments on base.

Sharkzcoins.ca
Custom Challenge coins

Victoria-based coin design experts



MARPAC / JTFP
COMMANDER COIN

BOATSWAIN
TRADE COIN

**NOW VERY CLOSE
TO THE BASE**

#101, 1245 Esquimalt Rd
250-479-5018 or
helen@sharkzcoins.ca



sharkzcoins.ca
Custom challenge coins and pins



Jean-Claude Siew, Vice President of Technology and Simulation at Bluedrop Training & Simulation shows Kevin McCoy, President of Irving Shipbuilding and Fleetway Inc., Bluedrop's newest virtual reality training device.

Contract awarded for new ship training programme

Rachel Lallouz
Staff Writer

Halifax-based Bluedrop Training & Simulation has won a \$15 million contract to design and implement the training plans for the Royal Canadian Navy's (RCN) new Harry DeWolf class of Arctic Offshore Patrol Ships (AOPS).

The company is known for its design and development of advanced training solutions including highly interactive courseware and state-of-the-art training and simulation products.

Fleetway and Irving Shipbuilding, companies hired to build the new class of patrol ships for the navy,

awarded the contract.

Bluedrop will design the training qualification standards, a training programme plan, and performance objectives, and will deliver some components of the training.

"Ships have many different components and systems, so there is a lot of training that must be planned before they can be operated," says Jean-Claude Siew, Vice President of Technology and Simulation at Bluedrop. "Our work will ensure the right people get the right training and are ready to execute their jobs efficiently when it becomes time to board the vessel."

Siew says the training will

limit traditional classroom and lecture style training, and veer more toward the digital platform.

"Training has evolved a lot," he says. "We will deliver blended training that combines traditional training and self-based training in which a member can interact directly with the lessons."

This online training will feature animation and three-dimensional content to engage the student.

The contract term is three years, but Siew anticipates the company will have work after that time frame as they update and evolve training course material.

Calgary's Cowboy Up unites ship, crew with namesake city

LS Stephanie Nicol
HMCS Calgary

HMCS Calgary celebrated 21 years since joining the Royal Canadian Navy May 14 with the annual Cowboy Up, an event that allows stakeholders from their namesake city to come to Esquimalt and meet the crew of the ship.

This event showcased great music, tasty food, a silent auction, and El Diablo, the mechanical bull.

The event began the previous day by going to sea. This provided an opportunity for stakeholders from the City of Calgary, as well as friends and family of the crew, to become sailors for a day. The day sail showcased Calgary's capability, as well as its crew, as they went through a few exercises, such as high-speed manoeuvres and a man-overboard simulation. Guests were given guided tours of the ship and enjoyed lunch on the flight deck. A fly by from a Sea King

helicopter offered a neat spectacle.

The night of Cowboy Up was a busy one. In between eating delicious food, socializing, listening to great music by Jesse Roper, and the bull riding competition, crewmembers fundraised for the Foothill's Burn Unit in Calgary. Thanks to donations at the door, a 50/50 draw, the silent auction and fundraising throughout the year, Cdr Julian Elbourne, the Commanding Officer of Calgary, presented a cheque for \$20,000 to a representative of the Foothill's Burn Unit.

Cdr Elbourne gave away more than just a cheque that night. He presented the coveted white cowboy hat, courtesy of the City of Calgary, to RAdm Gilles Couturier, Commander Maritime Forces Pacific/Joint Task Force. The symbolic gesture on behalf of the Mayor of Calgary makes the wearer an honorary member of the city. These hats are also what makes the crew stand out in every foreign port visit.



CFSA
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](https://www.facebook.com/groups/CFSAEsqTraining) or on the web at www.cfsaesq.ca



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

Ace pilot encourages air cadets

Peter Mallett
Staff Writer

Former Snowbird and Royal Canadian Air Force (RCAF) pilot Robert "Scratch" Mitchell inspected a squadron of Westshore air cadets last Tuesday, and encouraged them to seize the moment in their journey through life.

Mitchell, a retired Lieutenant-Colonel with 20 years in Canada's air force, was the Reviewing Officer for the 848 Royal Roads Royal Canadian Air Cadet Squadron during their 39th annual Ceremonial Review Ceremony at Belmont Secondary School in Langford on May 31.

After inspecting the youth the Victoria native took to the microphone and recalled some exhilarating moments of his career, including piloting CF-18s and commanding Canada's famed aerobatics team.

"When you are going through this kinetic experience called life try to find those moments, whether you are flying air planes, becoming doctors or the next internet sensation, find those magical moments because I think that is one of the gifts in life that we are given."

He recalled one such moment when he led his Snowbirds in a tight diamond formation down the northern glacial slope of Mount Baker as they flew towards Abottsford, B.C. As Mitchell and the Snowbirds "tobogganed" down the slope, a beautiful sunset turned the sky a hue of purple and pink and Mitchell described the

memory as both unforgettable and surreal.

"This was one of those 'moments', not only because of the incredible setting, but because there was such a perfect connection amongst all of the pilots; it felt like we were all in the same plane," he said.

Mitchell acquired the nickname Scratch during a midair refueling exercise when the canopy of his plane was scratched and badly damaged. The name stuck.

He retired from the RCAF in 2010 and currently flies with the Patriots, a United-States based aerobatics team, and is an actor, producer and director in the film and television industry.

Following his words of encouragement, Mitchell was given a rousing ovation that closed out the ceremony.

"I am an aspiring pilot so it was great having an accomplished pilot like him come and speak with us," said 848 Squadron's Cpl Ian Tyree. "His speech was very inspirational for me especially when he spoke of finding your moment."

Cadets performed their precision parade drill, a rifle drill presentation and first aid demonstration in front of a gathering of approximately 100 family, friends, military officials and volunteers in the school's gymnasium. The 848 Colwood Squadron offers youth aged 12 to 18 an opportunity to develop leadership skills in citizenship, physical fitness and learn about the activities of the Canadian Armed Forces.



Photos by Peter Mallett, Lookout

Above: Robert "Scratch" Mitchell, a retired Lieutenant-Colonel who served for 20 years in Canada's Air Force, looks on during a first aid demonstration by the 848 Royal Roads Royal Canadian Air Cadet Squadron during their 39th annual Ceremonial Review at Belmont Secondary School in Langford.

Bottom left: Mitchell inspects members of the Squadron.

Bottom right: Members of Victoria's 3005 Army Cadets Corp band perform during the 848 Royal Roads Royal Canadian Air Cadet Squadron annual ceremonial review.

Perhaps Mitchell's instant connection with the cadets was because the RCAF runs deep in his blood. His grandfather flew Spitfires for the RCAF during the

Second World War and his father was also an air force member, flying the F-101 Voodoo during the 1960s.

Although Mitchell says he was "regrettably" not a

member of the air cadets while growing up, he worked closely with them as a member of the Snowbirds.

But his family continues to plant more roots in

the RCAF. His 13-year-old daughter Charlotte Mitchell, who accompanied him to the event, is a member of the air cadets 103 Squadron in Vancouver.



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

royalroads.ca

Royal Roads UNIVERSITY

BUILDING FOR OUR FUTURE

seaspan
VICTORIA SHIPYARDS

Tel: 250.380.1602
Seaspan.com

DR JOSLIN & DR MORIN
ASSOCIATES
DOCTORS OF OPTOMETRY

OPTOMETRISTS

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

MCKAYS
ELECTRONIC EXPERTS
we're islanders too

www.madmanmckay.ca

NANCY VIEIRA
250-514-4750

PEMBERTON HOLMES
ESTABLISHED 1987

1-800-665-5303
www.nancyvieira.com
info@nancyvieira.com

IMAX
VICTORIA

NOW FEATURING IMAX WITH LASER

250-480-4887 • visit www.imaxvictoria.com

Maureen McDowell Law

- Family Law & Divorce
- Accredited Family Law Mediator
- In person, telephone or Skype consultations available

317 - 877 Goldstream Ave
250-391-7777
maureenmcdowelllaw.ca

THRIFTY FOODS

We pick BC first

Customer Care: 1.800.667.8280 | thriftyfoods.com

NDP

Thanks to the Royal Canadian Navy for bringing us Westshore Navy Day!

Randall Garrison, MP
ESQUIMALT-SAANICH-SOOKE
Critic for National Defence
250-405-6550 / Randall.Garrison@parl.gc.ca

Sea Dog
AMBER ALE

From your friends at VTB -- Enjoy Navy Day!

ISLAND HIGHWAY AUTOMOTIVE IS NOW

BIG TIRES
WEST SHORE

Same friendly staff. Good old fashioned service with modern technology

Scheduled Service | Tires | Wheels | Auto Repairs

250-474-6611, 1701B Island Highway
www.bigtireswestshore.ca

YUK YUK'S VICTORIA

Featuring **NIKKI PAYNE**

751 View St.
Free parking after 6pm at View St Parkade

Tickets available online at **YUKYUKS.COM**

Discover your West Coast Canadian Armed Forces June 11 on the Westshore

Legend

- S = Shuttle: Shuttles will run approx. every 20 minutes from:
 - View Royal Casino
 - Royal Roads University
 - Westshore Bus Loop
 - Belmont Park Firehall
- BL = Bicycle Lockup: Bicycle lockup is available at CPAC off Rosebank Rd.
- St John Ambulance
- P = Parking
- D = Displays

Westshore NAVY DAY



ADMIRAL'S MESSAGE

Come discover your Royal Canadian Navy and Canadian Armed Forces

I invite you to join me at Westshore Navy Day on June 11, 2016, so that you can get to know your local Canadian Armed Forces. As the Commander of your West Coast

Royal Canadian Navy and Joint Task Force (Pacific), it is my great privilege to lead such a diverse group of highly skilled people. Every individual, whether civilian, sailor, soldier, regular force, reserve force, or aircrew, contributes to our primary mission of maintaining the security of our nation domestically and overseas.

It has been 10 years since our last open house event when thousands of people joined us at Ogden Point. This year will mark the first time that we open our doors on the Westshore. We are excited to share with you a glimpse into a section of the base that is not normally accessible to the public. We will have an array of displays including ships' tours, band performances, a tug boat ballet, search and rescue demonstration, and interactive displays such as selfie stations and boat rides. We'll even have food trucks! I hope to see you and your family at this free, fun community event.

Gilles Couturier
Rear-Admiral
Commander Maritime Forces Pacific/Joint Task Force Pacific

Schedule of Events

- 10:15 a.m. Shuttle bus service begins from parking and transit areas (see map).
- 10:30 a.m. Westshore Navy Day Opens.
Naden Band Quintet 'Prevailing Winds' Performance.
- 11 a.m. Welcome Ceremony.
- 11:15 a.m. CP 140 Aurora Fly Past.
- 11:30 a.m. Damage Control Demonstration.
- Noon Search and Rescue Demonstration.
- 12:30 p.m. Tug Boat Ballet.
- 12:40 p.m. Naden Band Quintet Performance.
- 1 p.m. Firebrand Water Show.
- 1:15 p.m. Damage Control Demonstration.
- 1:45 p.m. Naden Band Quintet Performance.
- 2 p.m. Last shuttle bus to the event departs parking areas.
- 3 p.m. Westshore Navy Day Concludes.
Shuttle buses return guests to parking areas and transit stop.



For more information check out our event page [facebook/esquimaltbase](https://www.facebook.com/esquimaltbase)

POPEYE'S
SUPPLEMENTS LOWEST PRICES
www.popeyescanada.com

MILITARY MEMBERS 14% OFF!*

2500 Douglas Street 250-474-3883
Mon, Tue & Sat 10-6 • Wed-Fri 10-8 • Sundays 12-5

BRING HOME THE BACON!

Hertel's
COUNTRY FRESH. NATURALLY THE BEST!

www.hertelmeats.ca

Proud supporter of the Royal Canadian Navy

DIGITAL DIRECT PRINTING
Victoria's Award Winning Printer
www.digitaldirectprinting.com

564 Hillside Avenue
Victoria, BC V8T 1Y9
Tel: 250.388.7082

JULIE CHARBONNEAU
Mortgage Professional
250.818.4821
julie@mortgagecoordinator.ca

MORTGAGECOORDINATOR.CA

WE PROUDLY SALUTE NAVY DAY!

Your DND Relocation Specialists!
\$250 charitable donation to MFRC on close of sale

Victoria Property Group
JEFF MEYER & ANDREW HOLENCHUK

RE/MAX CAMOSUN
250-885-2047
www.EsquamitProperties.com

Free \$5.00 Slot Play
*Valid for all Military with ID. One per person. Expires June 18.

Where the fun starts!
VIEW ROYAL CASINO

Visit Guest Services for details on all promos • www.viewroyalcasino.com
Sun-Wed: 10am-2am • Thu-Sat: 10am-4am • 250.391.0311 • 1708 Island Hwy

bccl Don't borrow money to play. GameSense 19+

IF YOU HAVE A PASSION WE'VE GOT A CLASS FOR IT.

CHANGE EVERYTHING.
camosun.ca/ce

Continuing EDUCATION
January to August 2016
camosun.ca/ce 250-370-3550 (2)

Sharkcoins.ca
Custom Challenge coins

Victoria-based coin design experts

MARPAC / JTFP COMMANDER COIN BOATSWAIN TRADE COIN

sharkcoins.ca
#101, 1245 Esquimalt Rd
250-479-5018 or helen@sharkcoins.ca

NOW VERY CLOSE TO THE BASE

10k, 5k & Kids Fun Run
Sunday June 19, 2016 • Naden

Active & Retired Military & Dependents: \$30
DND/NPF Civilians & Dependents: \$35
Public: \$40 • Kids Fun Run: \$15
Kid's Run Starts at 8:00 a.m.
The 5k and 10k runs start at 8:45 a.m.
Free childcare is available. Please call 250-363-1009 to register.

Register at www.navyrunesquimalt.com

KEYCORP

Developing Communities

Land Development, Residential and Commercial

250-384-8024 Keycorp.ca

MILITARY DISCOUNT OFFERED

- DND Rx forms now accepted
- Direct billing to most insurance plans
- 15+ years as a Military supplier & consultant
- Open 6 days a week with an onsite lab
- Located across from Mayfair Mall, free parking

We welcome DND employees and their families.

Mayfair Optometric Clinic
Leading Experts in Eyecare
MayfairOptometric.com 3196 Douglas St (250) 361-4444

Vancouver Island **Westhills Y Now Open**

The Westhills YMCA-YWCA/Langford Aquatic Centre offers a state-of-the-art fitness facility, fitness studios, multi-purpose space, teen centre, licensed child care services and a remarkable Aquatic Centre with a lazy river, pool slide, lap pool, warm water therapy pool and wave pool.

www.vancouverislandY.com

A FULL SERVICE AUTO REPAIR FACILITY

TRACKSIDE AUTO SERVICE LTD.

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

Ask about BG Protection Plan*
Where Dependability and Trust are a Priority... * under 80,000 km

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

Winner "2014 2nd PLACE" BEST OF THE CITY AWARDS Black Press

B.C. GOVERNMENT DESIGNATED INSPECTION FACILITY

Castrol WALKER HANKOOK

GREATER VICTORIA **CRIME STOPPERS**

We want your information - not your name!

1-800-222-TIPS (8477)

[facebook.com/GreaterVictoriaCrimeStoppers](https://www.facebook.com/GreaterVictoriaCrimeStoppers)
twitter.com/VicCrimeStop

victoriacrimestoppers.ca

YUK YUK'S

751 View St. VICTORIA

YUKYUKS.COM
 40th Anniversary
 SINCE ESTABLISHED 1976

GRAND OPENING

NIKKI PAYNE
JUNE 9-11
 Doors at 7PM Thurs - Sat
 BUY YOUR TICKETS ONLINE
YUKYUKS.COM

RCAF marks 60th anniversary of Canuck crash in Ontario

Alexandra Baillie-David
 RCAF

About 60 veterans and members of the Royal Canadian Air Force (RCAF) gathered on Sunday, May 15 to remember the lives lost when a CF-100 Canuck aircraft crashed into a convent in Orleans, Ontario, exactly 60 years ago.

"It is important to remember our roots, to remember this disaster and the community's efforts in the aftermath," said Brigadier-General Lise Bourgon, Chief of Staff Operations - CJOC. "Ceremonies like this give us the opportunity to honour the servicemen and sisters who died in that crash."

Just after nine o'clock on the evening of May 15, 1956, a Canuck from 445 Squadron took off from RCAF Station Uplands, just outside of Ottawa, for a routine night intercept exercise. Upon reaching a cruising altitude of 33,000 feet (10,058 metres), the pilot, Flying Officer William Schmidt, requested to intercept two other Canuck aircraft that were traveling south at 35,000 feet (10,668 metres).

When permission was denied, Flying Officer Schmidt spoke briefly with ground control and continued going west. The ground controller then turned away from

the radar screen before noticing the single track had suddenly disappeared.

In just one minute, Canuck 18367 had fallen from 33,000 feet and crashed into Villa St. Louis, the home of the Sisters of Charity of Ottawa. Fifteen people were killed, including the pilot and navigator, 11 nuns, a kitchen assistant and a navy chaplain.

The cause of the crash is unknown, but the accident report states three possibilities. The first is the pilot flew through the jet wash of the two other aircraft and lost control. The second possibility is the pilot attempted to descend VFR (visual flight rules) through a "sucker hole" (a gap in the overcast layer), exceeded Mach 1 (the speed of sound) and experienced "tuck-under" (when the nose of the aircraft is forced downwards during supersonic speed). The third possibility is the crew experienced anoxia, a sudden loss of oxygen.

Veterans from the "Knights of the Round Table", a group of ex-RCAF airmen, and Branch 632 of the Royal Canadian Legion organized the memorial event. Friends and relatives of the victims were also present and paid tribute to their loved ones during the Piper's Lament ("Flowers of the Forest") and a reading of "High Flight".



Photo by Alexandra Baillie-David, Contributor

A memorial cross was built at the exact area of the crash, which is located behind the Bruyère Village Retirement Home in Orleans, Ontario.

Reservists prepare to tackle mountain of mud

Peter Mallett
Staff Writer

Reservists from the 5th (BC) Field Artillery Regiment are gearing up a full-on mud treatment in the resort town of Whistler.

But the mud they seek isn't found in the spas or health clubs. Instead the reservists will be getting down and dirty in the Tough Mudder event at Whistler Olympic Park June 18 and 19. The two-day event is for those military and non-military souls brave enough to navigate through more than 20 obstacles over an 18-kilometre stretch of rugged mountainous terrain.

"It's all about team work and camaraderie and facing a challenge beyond what most people would normally attempt," said Team Leader OCdt Chris Life.

Tough Mudder was founded in 2010 by Will Dean and Guy Livingston, drawing inspiration from British Special Forces training. The first event was at Bear Creek Ski Resort near Allentown, Pa. The concept has grown exponentially since then, with this year's seven-country tour boasting 57 separate events in 37 cities.

The trip to Whistler is part of the Regiment's adventure training; the unit has already participated in one previous Tough Mudder event. The aim of adventure training is to develop, through challenging outdoor pursuit, leadership and other qualities that



Above: Members of the 5th (B.C.) Field Regiment pose for a group photo during the 2015 Tough Mudder at Whistler Olympic Park.

Below: Pte Foreman runs through the Shock Therapy obstacle course in the 2015 race.



enhance the performance of CAF members.

Regiment commanding officer, LCol Brendan LeBlanc says one of the many benefits of Tough Mudder is that it allows personnel to work together towards a common goal.

"Events like this are a good test of what you are made of – things that troops have

had to endure during their training but now done to boost teamwork, esprit de corps and the challenge of a different kind of fitness that makes sense for the Canadian Forces," he says.

In April, the reservists began daily cardio and endurance training sessions in preparation for the event. OCdt Life emphasized that

Tough Mudder is not a highly competitive athletic event; there is no overall champion declared. The event is really about challenging oneself and finishing the highly challenging course.

"There is a nervous tension that prevails for most participants before the event who ask themselves questions like 'am I going to be able to do this?' But you quickly realize there are hundreds of people there to help you," he says.

Some of the obstacles on the course include Artic Enema, where participants plunge into a giant dumpster filled with ice water; Funky Monkey, a set of greased and muddied inclining and declining monkey bars suspended over cold water; Electric Eel, where participants slide on their stomachs through mud and water with live low voltage electric wires hanging overhead, and the Berlin Wall, an eight to 12 foot wall that participants must scale.

Event organizers emphasize safety on their website and remind participants they are free to skip any obstacle course they feel they cannot complete safely.

While Tough Mudders boast a 78 percent completion rate on their website, OCdt Life says the biggest reward for his group will be ensuring all his team members cross the finish line.

"I can't guarantee you 100 per cent completion for our group, but we will start as a team and finish as a team and leave no one behind," he said.

Drive away today
GALAXY MOTORS GET FINANCING NOW!
DND-MILITARY DISCOUNT PROGRAM* **\$750**
* Not to be combined with any other offer. Present this ad & military ID to qualify.
VICTORIA MEGA CENTRE • (250) 478-7603
1772 Old Island Hwy, Victoria, BC

DHJL
DINNING HUNTER 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

BUYING OR SELLING?
DND EMPLOYEES will receive up to **\$750** referral fee paid upon closing
COLDWELL BANKER SLEGG REALTY
GREG KILLIP Realtor@gregk@sleggrealty.com
C. 250. 516.9898
O. 250. 383.1500
TF. 1.866. 383.6015
3194 Douglas St., Victoria
www.sleggrealty.com

BUYING? I will give you a \$5,000 REBATE*	SELLING? I will save you \$1,000's OF DOLLARS
If you purchased a property listed by any full commission agent (example price \$600,000*) and I am your agent of choice.	If you list your home with me (example price \$600,000*) you will save \$14,100. Any other full commission agent cannot beat that.
RESULTS YOU CAN COUNT ON	
Bring me a referral and receive \$500 cash upon signing!	
RANJIT THIND Licensed Residential Builder 1% ONE PERCENT REALTY	
***** 250-507-0507 ***** info@ranjitthind.ca • www.ranjitthind.ca	

103-719 McCallum Rd
Victoria, B.C. V9B 6A2 **The MORTGAGE Centre**
COCHING MORTGAGE

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 current rates and options!

Rates subject to change without notice

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

ASK ABOUT OUR MOVE IN DISCOUNT!

250.381.5084 CAPRENT.COM

CAPRENT

TOUCHING THE STONES

David Lewis

Naval Association of Canada
(London)

The Battle of the Atlantic Memorial is a tribute to the ships and men of the Royal Canadian Navy, lost in the longest running battle of the Second World War. It is a stunning and moving memorial, created with extreme gratitude for those who made the supreme sacrifice and whose final resting places cannot be marked by graves.

The memorial is built into the grass hillside at *HMCS Prevost*.

A series of 25 blue granite stones traverse the hillside. Each stone is engraved with the name, the image, the hull number and the date the ship lost during the Battle of the Atlantic.

There is also a stone honouring the sacrifice of the Merchant Navy.

The memorial rests in central Canada as the sailors represented here, who were lost with their ships, came from small towns and large cities, from every province across this great country.

As much as we remember the ships and the gallant names of Valleyfield, Albeni, Louisburg and others, it is not the steel and iron we commemorate. It is the sons and fathers, the brothers and friends, the grandsons loved and lost. It is their service, their sacrifice that permeates this memorial.

The memorial remembers the 18-year-old sailor bundled heavily against the bitter cold. He's standing watch on the open bridge of an RCN

Corvette. Around him is the freezing North Atlantic and in the moonlight are the many plodding hulls of the convoy he's protecting. It remembers the blinding flash, being hurled into the air, and slamming down into the icy water. It remembers the struggle to surface and the weight of the black Arctic water slowly over-whelming. It also remembers the Sunday morning knock on the door, the telegram, the words "deeply regret to inform you..."

If only one ship was lost and only one young Canadian life was given, this memorial would still not be enough to recognize the sacrifice. There are thousands of other stories that left no community untouched and few families unscarred.

As much as the Battle of the Atlantic Memorial has become a place of remembrance, it has also become a place of healing. It is a destination for those who, for over 70 years, have had no destination. No grave. No marker.

The stones touch those who visit, and those who visit touch the stones.

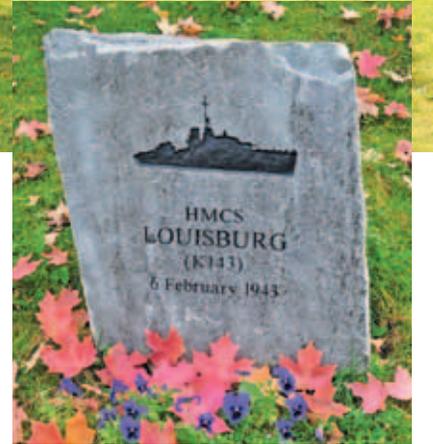
Two sisters from small town Quebec had their great-granddaughter drive them to *HMCS Prevost* to visit the memorial. In November of 1944 their 19-year-old brother was lost with *HMCS Shawinigan*. Tears streamed down each face as their aged hands caressed the *Shawinigan* stone. There was the elderly gentleman who literally clawed his way up the hill to touch the *Regina* stone. He had been on *Regina*. The 93-year-old gentleman in a Legion jacket was accompanied by three vans of fam-



Photos by David Lewis

Above: The Battle of the Atlantic memorial receives a constant flow of visitors. Many are veterans with mobility issues which makes access difficult or limited.

Right: *HMCS Louisburg* stone. One of 25 memorial stones that make up the memorial.



ily members who wanted to see the *Spikenard* stone. He had been on another ship in convoy and had witnessed the *Spikenard*, with his best friend on board, torpedoed and sunk.

With these memories and these visitors in mind, the Naval Association of Canada (London) has launched into an aggressive landscaping project. Where these visitors once struggled on foot, or walker, or wheelchair to get across the grassy lawn to their memorial, they will now have an even level pathway. The slippery, dangerous grass hillside is

being replaced with a safe solid stairway. It is a huge undertaking but it will truly enhance the accessibility to the site for generations to come.

Standing at the memorial and viewing these granite symbols of sacrifice, the words of Abraham Lincoln come to mind: "We cannot dedicate, we cannot consecrate, we cannot hallow this ground. The brave men, living and dead have consecrated it far above our poor power to add or detract."

His words ring true today. We

do not know what constitutes 'hallowed' ground, but we do know that this grassy hillside at *HMCS Prevost* has changed forever.

Editors Note: The Naval Association of Canada (London) has set up a gofundme page for those who would like to assist them in the dramatic improvements being made at the Battle of the Atlantic Memorial. The page may be found at www.gofundme.com/battleatlanticmem



de Goutière Jewellers

Custom, handmade jewellery.

•

Repair & appraisal services

2542 Estevan Ave.
Victoria, B.C.
250 592-3224
www.degoutiere.com


 established 1960

Investigative prowess rights historical wrongs

Peter Mallett
Staff Writer

For the past 16 years, Bart Armstrong, 67, a former military reservist, has spent his days pouring over historical records, microfilm and Internet sources to dig deep into our nation's military past in order to right many historical wrongs.

Armstrong says his research has uncovered 109 recipients of the Victoria Cross with connections to Canada as opposed to the previously accepted number of 94, and determined there are 109 Medal of Honor recipients with connections to Canada who served for the United States as opposed to the recorded 69.

He is also big on pointing out that 50,000 Canadians served in the U.S. during the Civil War, something most Canadians are "completely oblivious to."

"I am just scratching the surface with my work; there is so much out there about Canada's military history, and, as a prominent genealogist recently claimed, an estimated 95 per cent of that information has yet to be revealed," he says.

His most recent work resulted in the proper grave marker for U.S. Medal of Honor recipient Joseph Noil, an African-Canadian who travelled from his Nova Scotia home to join the U.S. Navy during the Civil War. A series of unfortunate errors led to the sailor being buried without the prestigious head stone.

On the home front he worked with others to have a more prominent marker placed in honour of former *HMCS Malahat* Commander Rowland R.L. Bourke, the only known holder of the Victoria Cross and France's Legion of Honour Medal from the First World War. Cdr Bourke received his medals for saving the lives of 41 servicemen during the 1918 spring raids at the Belgium ports of Ostend and Zeebrugge.

The history buff doesn't mince words in his more than 400 "Sunday Evening" blogs on his website www.canadianmedalofhonor.com. The site



Peter Mallett, Lookout

Military historian Bart Armstrong conducts research in his Saanich home.

is home to a comprehensive digital archive of graves, memorials and medals information, easily searchable, and available for other researchers and historians to access.

"You can type in the name of any soldier, sailor, aviator, ship or military institution and find out what I have written about," says Armstrong. "Most of the material is related to The Medal of Honor, the Victoria Cross, and also The Great Escape, one of my other preoccupations."

His investigative sense comes from years working as a police officer, in the private investigation and security fields, and also as a journalist and advocate. His love of military

comes from his own service in three different regiments of the Canadian Armed Forces Reserves, and a long legacy of military service in his family lineage.

Add to his already brimming resume, he served as president of the Victoria Genealogical Society, and is the only Canadian member of the "Medal of Honor Historical Society of the United States". In humour, they refer to his home office as the group's "Canadian satellite office."

When the errors are corrected and result in high profile events such as the April 29 Noil ceremony in Washington, DC, which brought out top U.S and Canadian military and civilian officials, very few were aware of his and others' work behind it.

However, he has received a few prized letters of praise from both U.S. and Canadian statesmen.

"More Canadians need to be aware about the importance of researching Canada's history themselves," says Armstrong. "If they did this work they would eventually come to the conclusion our country's strong, intricate ties to the historical legacy of the United States are something that needs to be celebrated."

I am just scratching the surface with my work; there is so much out there about Canada's military history.

-Bart Armstrong
Military Historian

We give Military Discounts




Vancouver Island's only **DUCATI & TRIUMPH** dealer

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

Habitat for Humanity Victoria?

• SHOP • DONATE • VOLUNTEER



10% DND Discount with ID & coupon

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

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




NANCY VIEIRA



1-800-665-5303
www.nancyvieira.com
info@nancyvieira.com



ENJOY THE VIEW.

Live life to the fullest with high-quality LASIK and the lowest price. Guaranteed.†

LASIK MD
VISION

Starting at \$490/eye*
Book a free consultation at 1-855-688-2020 or lasikmd.com

†Conditions apply; see lasikmd.com/lpg. Prices are subject to change without prior notice and vary based on prescription strength. Standard LASIK starting at \$490 per eye and Custom LASIK starting at \$1,190/eye. Other conditions may apply.

Wheaton 2015 CLEARANCE EVENT!

DND MILITARY BONUS

Victoria's #1 Shop for Trucks!

2015 CHEVY CANYON EXTENDED CAB

Only 3 Left!



Starting from MSRP \$35,145

as low as **\$199** b/w OAC*

Price includes 2 years complimentary oil changes!

You pay **\$32,408****

SAVE \$2,737

2015 GMC SIERRA DOUBLE CAB 4X4

LAST ONE!!



Starting from MSRP \$44,600

as low as **\$236** b/w OAC*

Price includes 2 years complimentary oil changes!

You pay **\$34,077****

SAVE \$10,523

2016 GMC SIERRA CREW 4X4



Starting from MSRP \$43,050

as low as **\$216** b/w OAC* 0.99% for 84^{mo} OAC

Price includes 2 years complimentary oil changes!

You pay **\$38,203****

SAVE \$4,847

2016 CHEVY SILVERADO 3500 LT CREW 4X4 DURMAX DIESEL



Starting from MSRP \$76,900

as low as **\$353** b/w OAC* 3.99%

Price includes 2 years complimentary oil changes!

You pay **\$63,158****

SAVE \$13,742

2015 CITY EXPRESS

6 to choose from



Starting from MSRP \$30,995

as low as **\$155** b/w OAC*

Price includes 2 years complimentary oil changes!

SAVE \$5,176

You pay **\$23,604****

2015 CADILLAC ATS SEDAN

Only 8 Left!



Starting from MSRP \$48,010

as low as **\$250** b/w OAC*

Price includes 2 years complimentary oil changes!

SAVE \$9,913

You pay **\$38,097****

2016 CHEVY SILVERADO DBL CAB 4X4 Z71 2LT



Starting from MSRP \$51,490

as low as **\$248** b/w OAC*

0.99% for 84^{mo} OAC

Includes 4 years Cadillac premium care maintenance

SAVE \$7,674

You pay **\$43,816****

2016 CHEVY COLORADO CREW CAB



Starting from MSRP \$31,000

as low as **\$181** b/w OAC*

Includes 4 years Cadillac premium care maintenance

SAVE \$1,445

2.99% for 84^{mo} OAC

ALL NEW LOOK FOR 2016!

2016 CHEVY CRUZE



4 to choose from

Starting from MSRP \$21,995

as low as **\$122** b/w OAC*

2016 CHEVY CAMARO SS COUPE



3 to choose from

MSRP

\$56,030

ALL NEW LOOK FOR 2016!

2016 CHEVY SPARK



5 to choose from

From **\$11,595**

2017 CHEVROLET VOLT PREMIER

2 to choose from



MSRP \$46,015

You pay **\$41,015****

SAVE \$5,000



Victoria's #1 GM Volume Retailer!

"We at Wheaton GM deliver professional service and provide our customers with ALL the information to make an Informed Intelligent Decision."

*Conditions apply. **Price and payments reflect all available programs, rebates and incentives. Payments not including tax. See dealer for details.

Images shown are for illustration purposes only and may not necessarily represent the configurable options selected or available. Offer ends June 30, 2016.

Wheaton Chevrolet Buick Cadillac GMC

Like Us on



2867 douglas street at topaz
250-382-7121 • 1-800-890-3338

Kick tires online at davewheatongm.com

*Conditions apply.

Sales Dept
8:30 - 8 PM Mon-Thurs
8:30 - 6 PM Fri-Sat
Closed for Browsing Sun



DL#5701

NO PAYMENTS FOR UP TO 90 DAYS*

UP TO \$2000 IN TRADE ASSISTANCE ABOVE THE VALUE OF YOUR VEHICLE*

DND MILITARY BONUS



Peter Mallett, Lookout

A member of the CFB Esquimalt Men's Tritons tags a runner from the Comox Totems in game two of their Pacific Regional Slow Pitch Championship Series at the baseball fields on Colville Road.

Tritons score slo-pitch sweep

Peter Mallett
Staff Writer

The CFB Esquimalt Tritons advanced to the CAF Men's Slow Pitch National Championships with a series sweep of the Comox Totems in their Pacific Regional Qualifying tournament.

The Tritons grounded their RCAF rivals from up island by a combined score of 51-13 over two games in their best-of-three series held at the Colville Road baseball fields on June 1.

The Tritons scored a 22-7 win in Game 1 and followed it up with a 29-6. Esquimalt now moves on to the CAF Slow Pitch Nationals at CFB Borden Aug. 25 to 28.

"Comox came out ready to play and made a lot of hard contact with the ball especially in the first game of the series, but we made them pay for a lot of their mistakes and made the most of our chances," said Tritons coach PO2 David Webb, an instructor with Fleet School. "They were good competition, but we are now looking forward to the nationals in August."

Tritons' Cpl Jarvis Beach, from 443 MH Squadron, earned game one, and the series, Most Valuable Player (MVP) honours

for the Tritons, while LS Daniel Richard, HMCS Ottawa collected the MVP award for game two.

Results

Game 1: Esq 22 vs Comox 7

- Player of the Game Esquimalt: Cpl Jarvis Beach
- Player of the Game Comox: Cpl Trevor Zoney
- Home plate umpire: Brian Tucker
- Base Umpire: Rick Dacey

Game 2: Esq 29 vs Comox 6

- Player of the Game Esquimalt: LS Danny Richard
- Player of the Game Comox: Sgt Mike LeBlanc
- Home plate umpire: Rick Dacey
- Base Umpire: Brian Tucker

- MVP of the tournament: Esquimalt's Cpl Jarvis Beach
- Chief Official for tournament: Dan Walushka
- Acting BAdMO presenting awards: LCdr Keoughan

IT'S ALMOST TEE TIME!
Get your ticket at the Naden Athletic Centre kiosk

MONDAY, JUNE 27
Registration starts at 7:30 a.m
Tee off time will be 8:30 a.m

OPTOMETRISTS

DR JOSLIN & DR MORIN
ASSOCIATES
DOCTORS OF OPTOMETRY

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

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

Bad Driver Award #623: Keep 'em Guessing
Trixie Turner

Bad Driver Award #623: Keep 'em Guessing

Bad drivers like Trixie bring us *good* drivers like you. So watch out for people who don't signal (and don't forget to signal 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



Primary Leadership Qualification (PLQ) Graduation Ceremony

Work Point Parade Square, CFB Esquimalt, May 17.

Images by LS Ogle Henry, MARPAC Imaging Services



Leading Seaman (LS) Sheldon Halliman receives the Formation Chief Petty Officer's Award from Chief Petty Officer First Class (CPO1) Mike Feltham, Formation Chief Petty Officer.



LS Matthew Taggart receives the PLQ Drill Award from CPO2 Nathalie Scalabrini, PLQ Senior Instructor.



Master Corporal (MCpl) Ketrina Newell receives the PLQ Top Student Award from Don Cook of the Chiefs and Petty Officers Association.



Corporal (Cpl) Richard Wood receives his PLQ certificate from the Reviewing Officer, Captain(Navy) James Clarke.



MS Ashley Wilson receives her PLQ certificate from the Reviewing Officer, Capt(N) James Clarke.



LS Roy Styffe receives his PLQ certificate from the Reviewing Officer, Capt(N) James Clarke.



LS James Sinclair receives his PLQ certificate from the Reviewing Officer, Capt(N) James Clarke.



MCpl Meaghan Richards receives her PLQ certificate from the Reviewing Officer, Capt(N) James Clarke.



LS Giovanni Onucky receives his PLQ certificate from the Reviewing Officer, Capt(N) James Clarke.



Cpl Christian Navratil receives his PLQ certificate from the Reviewing Officer, Capt(N) James Clarke.



Cpl John McMurray receives his PLQ certificate from the Reviewing Officer, Capt(N) James Clarke.



MS Bryce Mcauley receives his PLQ certificate from the Reviewing Officer, Capt(N) James Clarke.



Cpl Stuart Lowe receives his PLQ certificate from the Reviewing Officer, Capt(N) James Clarke.



Cpl Caroline Livesey receives her PLQ certificate from the Reviewing Officer, Capt(N) James Clarke.



LS Paul Johnston receives his PLQ certificate from the Reviewing Officer, Capt(N) James Clarke.



LS Dean Harbert receives his PLQ certificate from the Reviewing Officer, Capt(N) James Clarke.



MS Mike Grobov receives his PLQ certificate from the Reviewing Officer, Capt(N) James Clarke.



MS E.M. Gagnon receives his PLQ certificate from the Reviewing Officer, Capt(N) James Clarke.



LS S.R. French receives his PLQ certificate from the Reviewing Officer, Capt(N) James Clarke.



LS Brock Elinsky receives his PLQ certificate from the Reviewing Officer, Capt(N) James Clarke.



Primary Leadership Qualification (PLQ) Graduation Ceremony

Work Point Parade Square, CFB Esquimalt, May 17.

Images by LS Ogle Henry, MARPAC Imaging Services



MS Ann-Marie Aird receives her PLQ certificate from the Reviewing Officer, Capt(N) James Clarke.



MS Courtney Edwards receives her PLQ certificate from the Reviewing Officer, Capt(N) James Clarke.



Cpl Nancy Downey receives her PLQ certificate from the Reviewing Officer, Capt(N) James Clarke.



MS Andrew Clark receives his PLQ certificate from the Reviewing Officer, Capt(N) James Clarke.



LS A.M. Cinco receives her PLQ certificate from the Reviewing Officer, Capt(N) James Clarke.



MS Shaun Charpentier receives his PLQ certificate from the Reviewing Officer, Capt(N) James Clarke.



LS Ralph Chamberlain receives his PLQ certificate from the Reviewing Officer, Capt(N) James Clarke.



LS R.A. Caughill receives his PLQ certificate from the Reviewing Officer, Capt(N) James Clarke.



Left: LS Abel Bouchard receives his PLQ certificate from the Reviewing Officer, Capt(N) James Clarke.

Right: Cpl Jacob Bonvie receives his PLQ certificate from the Reviewing Officer, Capt(N) James Clarke.



**Go the extra mile!
Send your BZs to
the Lookout.**

Email melissa.atkinson@forces.gc.ca with full names, ranks and awards.

Maritime Forces Pacific presentation ceremony

Images by MCpl Michael Bastien, MARPAC Imaging Services



Able Seaman San Le is promoted to his current rank by Lieutenant Commander Colleen O'Brien.



Petty Officer First Class Lisa Peverelle receives the South West Asia Service Medal Afghanistan Bar First Rotation from LCdr Colleen O'Brien.



Petty Officer First Class Gary Wickstrom receives the Article 5 Nato Medal Active Endeavour from LCdr Colleen O'Brien.



Lieutenant(Navy) Etienne Laurier receives the Operational Service Medal Expedition from LCdr Colleen O'Brien.



Photo by LS Ogle Henry, MARPAC Imaging Services

LCdr Steve Shute is promoted to his current rank by Capt(N) Jason Boyd at MARPAC HQ with his father-in-law and mother-in-law Allan and Jean Bedford, wife Colleen Shute, and daughter Harmony.



Photo by LS Ogle Henry, MARPAC Imaging Services

Lt(N) Kristy Jinnouchi is promoted to her current rank by Cdr Wes Golden, MARPAC HQ Commanding Officer. Also present is Lt(N) Jinnouchi's husband, MS Eric Simard.



Lt(N) Francois Gaudreault is awarded the Operational Service Medal Expedition Operation Caribbe by LCdr Colleen O'Brien.



Master Warrant Officer Denise Jones receives her Canadian Forces Decoration Second Clasp for 32 years of service from LCdr Colleen O'Brien.

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 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.

848 Royal Roads Air Cadets invite all youth aged 12 - 18 from Westshore and Sooke. Participate in gliding, marksmanship, weekend and summer camps, ground school, drill, band, and more! Join us on Tuesday from 6:30 - 9:00pm at 1289 Parkdale Dr., Langford (Lighthouse School). Find us on Facebook: Air Cadets - 848 'Royal Roads' Royal Canadian Air Cadet Squadron. Website: 848royalroadsaircadets.com Contact: 848parentinfo@gmail.com or 250-590-3690.

RESULTS PREDICTED!
with Classified Word Ads
DND 25 words or less
\$9.70
Civilian 20 words or less
\$11.09
363-3127 DEADLINE Thurs. 11am

APPLIANCES

WESTCOAST APPLIANCE CENTRE LTD.
LARGEST SELECTION GREAT PRICES
• Reconditioned • New • Builder • In Home Services
MILITARY DISCOUNT OFFERED
3090 Nanimo St • 382-0242

STORAGE

DETOX YOUR HOME!
Clean with water. No more chemicals in your home.
Call Michelle at 250-516-7338, Independent Sales Consultant
GreenHomeCleaning.ca
NORWEX

MISC FOR SALE

VIEW ROYAL READING CENTRE. New location 266 Island Hwy. 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.

ActivityGUIDE
TEE TIME WITH THE BASE COMMANDER
Available at all PSP and MFRC outlets

REAL ESTATE • FOR RENT

For Rent. Brand new beautiful 1 bedroom basement suite. Close to the base on Herward Rd. Bright and spacious. Concrete countertops, own laundry. Renos will be complete by the beginning of July. 250-588-6840.



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

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

Military Discount, Tenant Referral Program

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 Kaitie at 250-477-6314 ext. 205 or email volunteers@rivonline.org or visit <http://www.rivonline.org/Volunteering.htm>.

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

WWW.LOOKOUTNEWSPAPER.COM

See it ALL ONLINE
LOOKOUT
Read the "paperless" newspaper. Download the PDF online.
lookoutnewspaper.com

REAL ESTATE • FOR SALE

TWO LEVEL SUITE NEAR BASE!
Best location in the building! Top floor bright and airy 2 Bedroom & den near Gorge waterway. Quiet & private, upgraded kitchen, laundry room/pantry and 2nd bathroom, generous sized deck. Pets welcome, MLS # 365743

30-840 Craigflower **\$230,000**

Patricia Parkins
250-385-2033 • newsportrealty.com

VALUE PRICED

Awesome buy for relocation employees, no strata fee, built in 2009, 3 bed, 3 bath, single garage. 15 minutes to the base, close to shopping, bus, schools & new YMCA, Sports Arena, Ball Fields & bordering Langford Lake!

3088 Alouette - \$379,900

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

"re-cycle"

Better the 2nd time around!
PITCH-IN CANADA
www.pitch-in.ca

Make a difference in the lives of girls
Volunteer
1-800-565-8111 girlguides.ca
Girl Guides of Canada / Guides du Canada

Base Tax Service

for Naden, Dockyard & Work Point
Monday to Friday
7:30am to 3pm

Available for military-related appointments on base.

Taxi Dispatch
250-363-2384

Lookout Classifieds Work.
250-363-3127

SERVICES OFFERED

Esquimalt Music Centre is your music instruction headquarters. Reasonable rates, flexible hours, all popular instruments! 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.

Scouse Home to Home Computer Repair. Residential laptop or desktop repair, wireless setup. Convenient and friendly A+ cert computer tech will come to your residence. www.residentialcomputerrepairs.com 250-294-5071.

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

Your Complete Residential Appraisal choice!

PROMPT PROFESSIONAL PRECISE

Coast APPRAISALS

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

IRP APPROVED

VICTORIA PREGNANCY CENTRE
Free Services Include:
• Pregnancy Tests
• Pregnancy Options Counselling
• Pregnancy & Parenting Counselling
• Prenatal Classes
• Practical Help - Diapers, wipes, formula, clothing
• Pregnancy Loss Counseling
• Post Abortion Counseling
• Community Referrals
250-380-6883
#112 - 826 North Park Street
info@victoriapregnancy.org
www.victoriapregnancy.org

STORAGE

AWARD WINNING SERVICE YOU CAN TRUST
Proud Winner of the BBB Torch Awards in Victoria

Since 1975
BARRY'S
MOVING & STORAGE LTD.

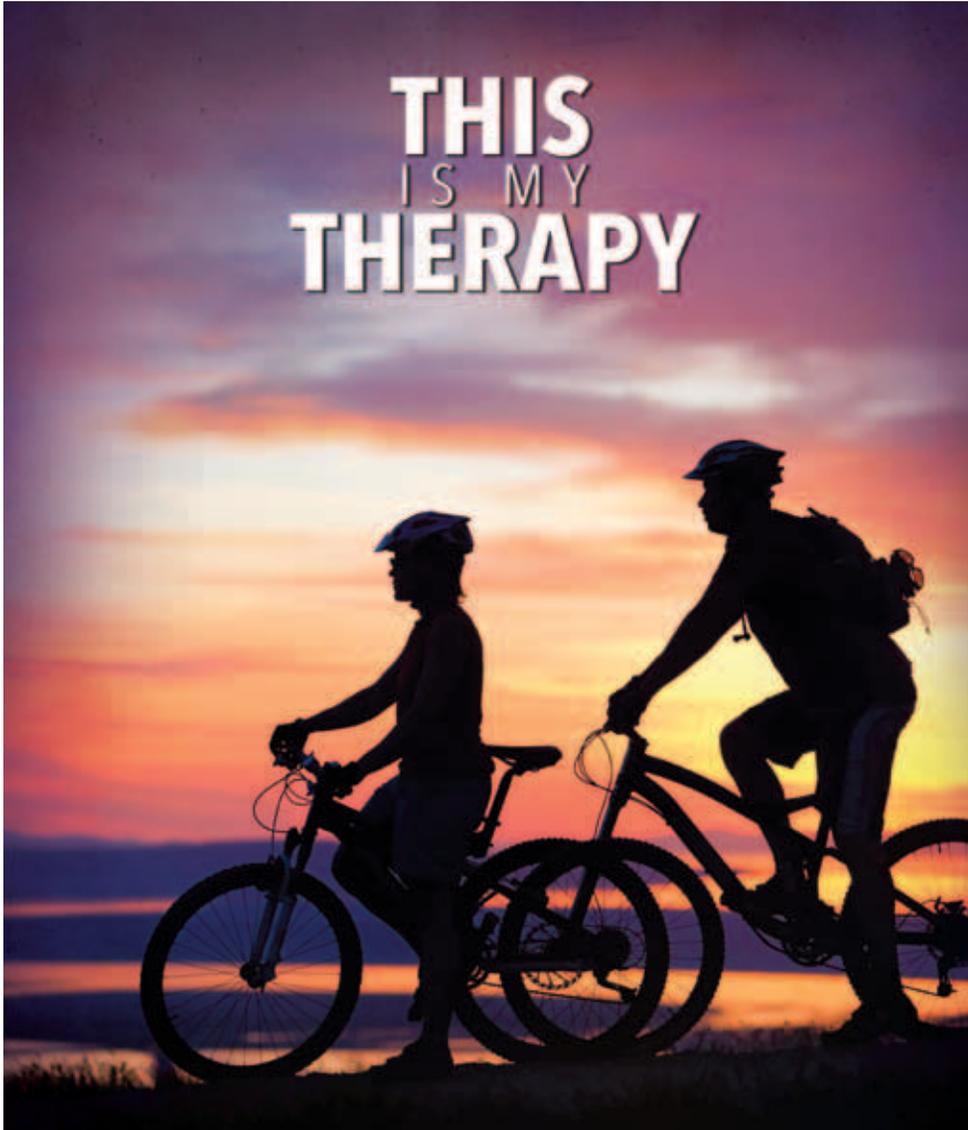
• Locally Owned and Operated
• Residential & Commercial Moving
• Piano Moving & Packing Services
• Short & Long-Term Storage
• DND Security Clearance for on-base moves

• Fully Bonded & Insured
• Free Written Estimates
• Lift-Equipped Trucks
• 7 Days a Week & Holidays

MILITARY DISCOUNT for residential moves

250.475.0022 Toll Free: 1.877.475.0022
www.barrysmoving.com #61-1445 Craigflower Rd info@barrysmoving.com

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



THIS IS MY THERAPY

JUNE IS RECREATION MONTH
CFMWS.COM/JRM




ATTENTION MILITARY FAMILIES NEED RV STORAGE?

Limited spots still available for the **NEW RV STORAGE COMPOUND**



at CFB Esquimalt Compound directly across from the CPAC at **2610 ROSEBANK ROAD**

\$33-\$74²⁵
per month based on size




Call the PSP Recreation to reserve
250-363-1009

PAY FOR A WHOLE YEAR & SAVE AN ADDITIONAL 10%



FUN-SEEKERS PSP SUMMER DAY CAMPS

9 weeks of fun for kids aged 5-12

Weekly themes include:
Legends of the Jungle • Ghostbusters
Jedi Padawan's • Watermania • Fantastic Forts
and more!

Call **250-363-1009** to register.





STRONGER EVERYDAY



Muscle MLK Canada



@musclemlkcan



@musclemlkcan

MUSCLE MLK[®]

www.musclemlk.ca



Products are available at the CANEX store on the Canadian Forces Base in Esquimalt