

Be **SOLD** on results.



**DEANA FAWCETT**

DND receive \$500 cash back on closing!

**250-893-8932**  
[www.deanafawcett.com](http://www.deanafawcett.com)  
[deanafawcett@me.com](mailto:deanafawcett@me.com)



Volume 61 Number 28 | July 11, 2016

# LOOKOUT

**MARPAC NEWS** CFB Esquimalt, Victoria, B.C



**U-PAK** MOBILE STORAGE

Storage that comes to you!

**15% Military Discount**

**250-381-8725**  
 878 Viewfield Rd.  
[www.upakstorage.com](http://www.upakstorage.com)

## RIMPAC 2016 UNDERWAY



HMCS Vancouver (left) and Calgary arrive alongside ships from the Royal Australian Navy on June 29 at Joint Base Pearl Harbor-Hickam for Exercise Rim of the Pacific (RIMPAC), the world's largest international maritime exercise.

Photo by MCpl Chris Ward, MARPAC Imaging Services

**CANEX** is on 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.facebook.com/canex.ca](http://www.facebook.com/canex.ca)

[www.canex.ca](http://www.canex.ca)

**GALAXY MOTORS** Drive away today

**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

**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](http://www.mollymaid.ca)

**(250) 744-3427**  
[paula.whitehorn@mollymaid.ca](mailto:paula.whitehorn@mollymaid.ca)



# CAF night has big impact on two Lions

**Matt Baker**  
BC Lions

The BC Lions Football Club was proud to hold Canadian Armed Forces Night when the Toronto Argonauts came to town last Thursday. Tickets were given to servicemen and servicewomen who may not otherwise be able to attend a game.

Hunter Steward and Jason Arakgi both have strong ties

Considering the great game involves big hits, banging pads and lots of excitement, most of the time such comments are not met with much resistance.

"You compare it just because football is a match up of man against man and you have to physically dominate the other person," Steward said. "It's totally different than war absolutely. Lives aren't at stake."

The elder Steward has

directly out in the field, but you still have all those concerns. I am very proud of the work he's done."

In addition to Afghanistan, Steward's Father also did tours in Bosnia and Syria, and more recently, spent three years in South Korea working for the United Nations.

The Stewards' military history began with Robin's Father Dale flying sabres in the Royal Canadian Air

life, Steward looks back on it and feels it was beneficial.

"I learned to embrace it. It has prepared me for this line of work. I haven't moved around too much yet, (as a player) but in professional sports that can happen."

Major Nick Arakgi first joined the Canadian Forces in 1998 and was deployed to Afghanistan between September 2008 and March 2009. While overseas, his duties included mentoring the Afghan National Police in plenty of dangerous situations, including many firefights. "He was going through a really hard time when he was there and a lot of friends and people he knew were lost," Arakgi said of his brother. "The rare times he got a chance to call you could hear it in his voice, but he's a strong individual and that's the kind of people it takes to do that kind of stuff."

While being tied with Rolly Lumbala as the second-longest tenured BC Lion is quite an accomplishment, Arakgi keeps everything in perspective compared to what Nick has endured the last 18 years. "My brother is my hero and always will be," Arakgi said. "It makes me extremely happy that the CFL and BC Lions honour[ed] service men and women at [last] Thursday's game. The sacrifice that they give for their country and its citizens is tremendous."



Photo courtesy of BC Lions

Major Nick Arakgi (left) and his brother, BC Lions linebacker Jason Arakgi.

Arakgi played his part by leading the team out through the tunnel with the Canadian flag prior to opening kickoff. In addition, the Canadian Armed Forces Band performed the National Anthem and select Armed Forces members took part in the usual in-game promos and contests. Halftime featured an obstacle course with one member from each of the army, navy and air force participating.

Giving thanks to the Canadian Forces and getting the chance to see his Father on the field pregame

provided life long memories for Steward.

"It's great. Any opportunity to honour the servicemen, military, police forces, coast guard, anything like that it's great. They put a lot of blood, sweat and tears into everything they do and any chance you get to honour them is a great opportunity."

To all the servicemen and servicewomen that were in attendance Thursday: we hope you enjoyed the game and thank you once again for your service to this great nation.

*It's great. Any opportunity to honour the servicemen, military, police forces, coast guard, anything like that it's great. They put a lot of blood, sweat and tears into everything they do and any chance you get to honour them is a great opportunity."*

Hunter Steward

to the Canadian Armed Forces: Hunter's Father Robin serves as a Lieutenant Colonel in the army, and was on hand assisting in the coin toss with Rear Admiral Gilles Couturier of the Royal Canadian Navy, while Jason's older brother Nick currently serves as an infantry officer in the Royal Hamilton Light Infantry.

Football is often referred to as a "battle in the trenches" or a "war of attrition."

quite a decorated record serving our country, including a tour in Afghanistan in the first couple of years following the 9/11 terrorist attacks.

"He was pretty high up in the ranks, I think a major at the time," Hunter Steward said. The Lions offensive lineman was barely into his teens when his father went overseas, and he admits it was pretty intense times for the family. "I knew he wasn't

Force before polio took him out of the position and prevented him from being enlisted in Korea.

"Military runs deep in my family's blood," Hunter added. The Lions' 2013 first round selection estimates he lived in nine or ten cities from the time he was a toddler to when he graduated high school. While that would be tough on any youngster trying to make friends and live a normal

**TRACKSIDE**  
A FULL SERVICE AUTO REPAIR FACILITY  
AUTO SERVICE LTD.

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

**Ask about BG Protection Plan\***  
*Where Dependability and Trust are a Priority...*

784 Fairview Rd. • 250-383-5509 • [tracksideautoservice.ca](http://tracksideautoservice.ca)

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

B.B.B.

B.C. GOVERNMENT  
DESIGNATED INSPECTION  
FACILITY

WALKER

Castrol

HANKOOK

\* under 80,000 km

**Volunteer**

1-800-565-8111 • [girlguides.ca](http://girlguides.ca)

Girl Guides of Canada  
Guides du Canada

**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](http://MAZDAVICTORIA.COM)



# RCN takes next step in naval training

**Sonya Chwyl**  
MARPAAC Public Affairs

Last Wednesday, Maritime Forces Pacific's finest was on full parade to mark the reconfiguration of the Naval Training Development Centre (Pacific) and Naval Fleet School (Pacific).

The large-scale parade was accompanied by the Naden Band, and followed by a formal renaming and change of command, during which Commander S.E. Hooper took command of the Naval Training Development Centre (Pacific), while Commander Todd Bonnar took command of the Naval Fleet School (Pacific).

The ceremony signalled the next step in the RCN's Future Naval Training System initiative, which will re-configure five training centres across Canada

into three campuses in Halifax, Esquimalt and Quebec.

"This is the inception of a new organizational structure," said Rear-Admiral Gilles Couturier in a speech following the parade. "Today, we're celebrating the implementation of modern training aligned across three campuses."

The new structure – a "system of systems," according to RAdm Couturier – will leverage emerging technology to generate efficiency and support operational excellence.

In Esquimalt, the newly-named Naval Fleet School (Pacific) will deliver individual and career courses, while the Naval Training Development Centre (Pacific) will be the RCN's Center of Excellence for engineering, damage control, command, leadership and professional development curriculum and

courseware development.

The schools will allow Regular and Reserve Force sailors to train at home or at their own units in a shorter time span by completing coursework through a blend of traditional classroom learning, distance education, virtual tools and hands-on experience.

"We're seeking to train officers where they live," said RAdm Couturier. "Through modernization, we believe we can reduce course length by thirty per cent."

Innovative training methods, such as virtual ship models and bridge simulators, will help prepare sailors for work on board the RCN's forthcoming Arctic Offshore Patrol Ships, Joint Support Ships and Canadian Surface Combatants. In addition, upgraded Damage Control trainers in Esquimalt will give sailors the chance to

feel the heat of fighting a fire up close, while universal classrooms will allow synchronous instruction for students on both coasts.

"Although these changes appear large, they are consistent with what other navies are doing, and where the RCN is headed," said RAdm Couturier. "We've done it before, and we know what we're doing."

In 2012, the Naval Personnel and Group (NPTG) was created to oversee, coordinate and command naval training. After extensive research, the NPTG developed a Future Naval Training System Strategy.

A similar renaming ceremony was held on June 29 at Naval Fleet School (Quebec), and another will be held on July 15 at the new Atlantic Campus in Halifax.



Photos by Cpl Stuart MacNeil,  
MARPAAC Imaging Services

Sailors march past the Reviewing Officer, Commander of Maritime Forces Pacific, Rear-Admiral Gilles Couturier, during the Naval Personnel and Training Group Change of Command parade at Work Point, Canadian Forces Base Esquimalt, on July 6.



The Outgoing Commandant of Canadian Forces Fleet School, Commander Ed Hooper, Reviewing Officer Commander of Maritime Forces Pacific, Rear-Admiral Gilles Couturier and Incoming Commander of The Naval Personnel and Training Group (NPTG), Commander Todd Bonnar sign the Change of Command certificates during the NPTG Change of Command Parade. Second row front left to right; Chief Petty Officer First Class (CPO1) Michael Rochford, Maritime Forces Pacific Fleet Chief, CPO1 Michael Feltham, Commodore Jeff Zwick, Captain (Navy) Mike Knippel and Naval Personnel and Training Group Chief, CPO1 Class Shawn Taylor.

## The Home of the Full Refund!

3 Locations:

Glanford Avenue  
Downtown-Queen's Avenue  
Quadra Street

250-727-7480

bottledepot.ca



**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](http://DadsSoupsAndSangys.com)

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

**Habitat for Humanity Victoria?**

**10% DND Discount** with ID & coupon

• SHOP • DONATE • VOLUNTEER

849 Orono Avenue, Langford  
250-386-7867 • [restore@habitatvictoria.com](mailto:restore@habitatvictoria.com)

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

**Great Pub Food**

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

**All Military Customers 10% OFF FOOD ONLY**

We have something for everyone

At the corner of good food and great people.

1075 Tillicum Road  
250.386.5500  
[gorgepointepub.com](http://gorgepointepub.com)



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**  
Shelley Fox 250-363-8033  
projects@lookoutnewspaper.com  
Teresa Laird 250-363-8033  
production@lookoutnewspaper.com  
Bill Cochrane 250-363-8033  
workstation3@lookoutnewspaper.com

**ACCOUNTS/CLASSIFIEDS/RECEPTION**  
Mary Lou Climenhaga 250-363-3127  
Mary.Climenhaga@forces.gc.ca

**SALES REPRESENTATIVES**  
Ivan Groth 250-363-3133  
ivan.groth@forces.gc.ca

Joshua Buck 250-363-8602  
joshua.buck@forces.gc.ca

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

Published each Monday, under the authority of  
Capt(N) Steve Waddell, Base Commander.  
Le LOOKOUT est publié tous les lundi,  
sous l'égide du Capt(N) Steve Waddell,  
Commandant de la Base.

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

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



Circulation - 3,800  
plus 1,000 pdf downloads per week  
One year subscription - \$66.<sup>94</sup>  
Six month subscription - \$33.<sup>47</sup>  
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





You remain anonymous,  
you do not have to tes-  
tify in count, and you may  
earn a cash reward of up to  
\$2,000.00!

WHAT SAY YOU

People Talk

Lookout asked this question:  
*What is your favourite family recipe that you know you can  
make better than anyone else?*



Dumplings, because I embrace traditional Chinese fare!  
**Emily Zhong,**  
HR Programs Officer,  
CHRS(C)



My wife's Yorkshire pudding recipe because she had to master the baking procedure in Calgary because the height above sea level did not work for a traditional recipe, and then once she mastered it there, it transitioned to sea level here on the west coast rather well. It's the best possible Yorkshire pudding recipe there is and when you taste it you'll know why.  
**Lt-Col Russ Meades,**  
4th Canadian Ranger  
Patrol Group



I got this tiramisu recipe when I was traveling over in Italy which was five generations old and a person I met during my trip was kind enough to share it with me. It is so soft and light and melts in your mouth. It has a taste like nothing else.  
**WO James Lighfoot, CF**  
Ammunition Depot



Enchiladas, of course – it is a special recipe that only I know how to make.  
**Isaac Ruben Rosas Bermudez,**  
Information Administrator



SPORTS trivia

**P01 Bill Sheridan**  
Contributor

QUESTIONS?

- Who was the first driver to compete in a turbine-powered car at the Indianapolis 500?
- Who was the first driver to win the Indianapolis 500 four times?
- How many other drivers have won the Indianapolis 500, to date?
- How many Canadian drivers have won the Indianapolis 500, to date?
- Who was the first Canadian driver to compete in the Indianapolis 500?
- Who is the first woman to qualify and compete in both the Indianapolis 500 and the Daytona 500?
- What is the largest sporting venue in the world?
- Which driver has gone the greatest number of races between victories in the Indianapolis 500, to date?
- What is the narrowest margin of victory, to date, in the Indianapolis 500?
- Who won the fastest Indianapolis 500?
- To date, which Formula One driver has won the greatest number of World Championships?
- Who held the record for most championships prior to Schumacher?
- Who is the oldest winner of the Formula One championship?
- Who was the first Canadian driver to compete in Formula One?
- Who was the first Canadian driver to win a Formula One race?

1. Parnelli Jones (Torrance, California) — May 30 and 31, 1967 (rain interrupted). He drove the four-wheel drive STP-Faxton Turbocar for owner Andy Granatelli. Jones dominated the race, but coasted to a stop with three laps to go when a \$6 transmission bearing broke. After 1968, turbine-powered cars were legislated out of competitiveness.
2. A.J. Foyt Jr (Houston, Texas) — 1961, 1964, 1967, 1977.
3. Two. Al Unser Sr. (Albuquerque, New Mexico) — 1970, 1971, 1978, 1987. Rick Mears (Wichita, Kansas) — 1979, 1984, 1988, 1991.
4. One. Jacques Villeneuve (Saint-Jean-sur-Richelieu, Québec) — 1995.
5. Billy Foster (Victoria, British Columbia) — 1965 and 1966. Foster began his racing career at Victoria's Western Speedway in 1954. He was killed in a crash during practice for a NASCAR stock car race at Riverside, California, on January 20, 1967.
6. Janet Guthrie (Iowa City, Iowa). Guthrie was originally an aerospace engineer and worked for Republic Aviation. She began racing in 1963 and by 1972 was racing on a full-time basis.
7. Indianapolis Motor Speedway. It was 257,325 permanent seats but can expand to approximately 400,000 with the addition of infield seating.
8. Juan Pablo Montoya (Bogota, Colombia) — 15 (2001-2015).
9. Official margin: 0.043 second. Unofficial margin: 0.033 second.
10. Tony Kanaan (Salvador, Brazil), 2013 — 2 hours, 40 minutes, 03.481 seconds — 187,433 miles per hour.
11. Michael Schumacher (Hürth, Germany), 7 — 1994, 1995, 2000, 2001, 2002, 2003, 2004.
12. Juan Manuel Fangio (Balcarce, Argentina), 5 — 1951, 1954, 1955, 1956, 1957. This record stood for 47 years until beaten by Schumacher.
13. Juan Manuel Fangio — 46 years, 41 days (1957).
14. Peter Ryan (Mont Tremblant, Québec). Ryan competed for Lotus at the 1961 United States Grand Prix at Watkins Glen, New York, finishing ninth. Ryan's career was cut short when he was involved in a crash during a Formula Junior race at Rheims, France, on July 2, 1962. Ryan succumbed to his injuries in a Paris hospital. He was 22.
15. Gilles Villeneuve (Saint-Jean-sur-Richelieu, Québec), October 8, 1978 — Canadian Grand Prix. To date, he is the only Canadian to win his home grand prix. He was killed during qualifying for the 1982 Belgian Grand Prix.





Military Police Unit Esquimalt  
Cpl Renz uses a spotting scope to search for distracted drivers at CFB Esquimalt.

## Military Police set their sights on distracted drivers

**Cpl Dustin Renz**  
Military Police Unit Esquimalt

On June 1, the fine for using an electronic device while driving increased to \$368 and four driver penalty points, making first-time offenders liable for \$543 in charges. With additional tickets, the penalty points increase exponentially – a second ticket within a 12-month

period would cost \$520 in penalty points; a third ticket would cost \$1260 in penalty points. This is in addition to the \$368 fine for each offence.

Receiving two or more tickets for using electronic devices while driving in a 12-month period is now considered a “high-risk offence.” As a consequence of this, the offender’s driving record is subject to review and ICBC may issue a driving prohibition.

The BC Motor Vehicle Act restricts the use of hand-held telephones, e-mail or texting capable devices, GPS, data computing devices, hand-held audio players, hand microphones and televisions. It further defines “use” as holding the device in a position in which it may be used, operating one or more of its functions, communicating orally by means of the device with another person or device or watching the screen of the device. The only time telephones are permitted is if it is within easy reach, not being held in hand, if it is voice activated or if it requires only one touch to initiate or end a call. This does

not apply to class 7 “L” or “N” drivers who are, at all times, prohibited from operating any electronic devices while driving.

Military Police are authorized to issue tickets under the BC Motor Vehicle Act, reportable to ICBC. The Military Police are conducting plain clothes distracted driving enforcement and are equipped with a 20-60x spotting scope capable of catching distracted drivers at great distances.

One text or call could end it all! Let’s make our roads a safer place for everyone and put the phones down.

According to the BC Ministry of Public Safety, distracted driving caused 66 deaths and over 600 injuries in 2014.



Photo by Cpl Stuart MacNeil, MARPAC  
Imaging Services

**Left to right:** Outgoing Canadian Pacific Fleet Chief, Chief Petty Officer First Class Michel Vigneault; Reviewing Officer, Commander Canadian Pacific Fleet, Commodore Jeff Zwick; and Incoming Canadian Pacific Fleet Chief, CPO1 Derek Kitching, pose for a photo as they sign the Change of Appointment certificates on July 7.

**\$10,000 IN PRIZES!**

**DEADLINE SEPTEMBER 15TH**

**2016 CANADIAN ARMED FORCES PHOTOGRAPHY CONTEST**

**WWW.CAFPHOTOCONTEST.CA**

ORGANIZED BY:



SPONSORED BY:



**20% off**

**PREPARED FOOD**

Expires July 18, 2016



**Victoria's #1 GM Volume Retailer!**  
**VICTORIA'S ONLY 4 LINE GM STORE!**  
 THE LARGEST SELECTION OF CARS, TRUCKS, SUV'S AND CROSSOVERS  
**AND VICTORIA'S #1 STOP FOR TRUCKS!**  
**Your #1 Destination for Customer Satisfaction!**

**Wheaton is turning up the heat in July with better than employee prices! ENDS JULY 31<sup>ST</sup>**

**VICTORIA'S LARGEST TRUCK SELECTION BLOW OUT**

<b>2016 SIERRA CREW CAB 4X4</b>  MSRP \$54,745 <b>SAVE UP TO \$11,446</b> <b>PAY \$43,299</b> OR AS LOW AS \$261 BW 0%	<b>2016 SIERRA DBL CAB 4X4</b>  MSRP \$45,835 <b>SAVE UP TO \$6,818</b> <b>PAY \$40,023</b> OR AS LOW AS \$215 BW 0%	<b>2016 SILVERADO HD CREW CAB 4X4 HIGH COUNTRY DURMAX DIESEL ALLISON TRANSMISSION</b>  MSRP \$70,950 <b>SAVE UP TO \$12,429</b> <b>PAY \$59,521</b> OR AS LOW AS \$344 BW 0%
<b>2016 SILVERADO DBL CAB 2X4</b>  MSRP \$35,865 <b>SAVE UP TO \$6,259</b> <b>PAY \$30,606</b> OR AS LOW AS \$163 BW 0%	<b>2016 SILVERADO 3500 CREW 4X4</b>  MSRP \$76,900 <b>SAVE UP TO \$15,442</b> <b>PAY \$62,458</b> OR AS LOW AS \$393 BW 2.99%	<b>2016 GMC CANYON SLT CREW CAB 4X4</b>  MSRP \$43,615 <b>SAVE UP TO \$3,050</b> <b>PAY \$41,315</b> OR AS LOW AS \$239 BW 1.99%

**SUV / CROSSOVER BLOWOUT**

<b>2016 CHEVROLET TRAVERSE</b>  MSRP \$35,955 <b>SAVE UP TO \$4,327</b> <b>PAY \$31,708</b> OR AS LOW AS \$178 BW 0%	<b>2016 CHEVROLET EQUINOX LT</b>  MSRP \$33,500 <b>SAVE UP TO \$4,615</b> <b>PAY \$29,635</b> OR AS LOW AS \$187 BW 0%	<b>2016 GMC TERRAIN SLE AWD</b>  MSRP \$32,385 <b>SAVE UP TO \$3,825</b> <b>PAY \$29,310</b> OR AS LOW AS \$184 BW 0%
---	---	--

**ATTN MILITARY: DID YOU KNOW?**  
**WHEATON offers you a Canadian Forces Appreciation DISCOUNT**  
**\$1000 OFF ON ALMOST ANY 2015, 2016 OR 2017 CHEVROLET, BUICK, GMC OR CADILLAC**

**SEDAN OR HATCH DRIVE FOR LESS SPECIALS**

<b>2016 CHEVROLET CRUZE</b> FROM MSRP \$21,995 <b>SAVE UP TO \$1,500</b> <b>PAY \$20,995</b> OR AS LOW AS \$117 BW 0%	<b>2016 CHEVROLET SPARK</b> FROM MSRP \$11,595 <b>OR AS LOW AS \$38 BW</b>
--	--

**NO PAYMENTS FOR UP TO 90 DAYS\***    **UP TO \$2000 IN TRADE ASSISTANCE ABOVE THE VALUE OF YOUR VEHICLE\***    **DND MILITARY BONUS**

\*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 July 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](http://davewheatongm.com)

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

## Navy log branch looks ahead

**SLt Amelie Leduc**  
**CANFLT PAC**

This year, the annual Royal Canadian Navy (RCN) Logistics Conference started with the recognition of qualifications for two new Logistics Head of Department (HOD) trainees.

Lt(N) Tracey Barlow and Lt(N) Cassandra van Benthem Jutting both completed a one-year Assistant HOD tour, and then faced the board chaired by the Director of Naval Logistics, Capt(N) Stephen Irwin. This qualification confirms the broad knowledge base expected of a Logistics HOD on board ship. It also ensures the ability to advise Command in logistics matters.

"The Board was one of the most challenging exams that I have done in my

career," said Lt(N) Barlow. "It required a year's worth of preparation and many late nights of studying. I am proud of my accomplishment and look forward to the challenges that await a qualified Logistics Head of Department. I would like to thank all those members throughout HMCS Vancouver and the Formation who guided me throughout my training and helped me to be successful."

RAdm Gilles Couturier, Commander Maritime Forces Pacific (MARPAF), opened the conference, inspiring the West Coast community with the opportunities presented by the future fleet, while highlighting some of the challenges logisticians will face in the future within the RCN.

Organized by the Navy

Comptroller in conjunction with the Director of Naval Logistics, the conference featured key speakers such as the Director General Naval Strategic Readiness, Cmdre Luc Cassivi; the Director of New Capability Introduction, Capt(N) Boyd; and Strategic Joint Staff – Strat J4 who provided a strategic Logistics Branch perspective.

All speakers focused on the key issues for logisticians, including organizational changes for the Navy and the Logistics Branch that reinforce the importance and operational value of a strong logistics community within the RCN.

The week-long event culminated in a mess dinner attended by a broad spectrum of MARPAF leadership and current and retired "pussers" from the Esquimalt area.



Lt(N) Tracey Barlow (left) and Lt(N) Cassandra van Benthem Jutting (right) receive their certificate of qualified Logistics Head of Department from Capt(N) Stephen Irwin.

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

**ASK ABOUT OUR MOVE IN DISCOUNT!**

**250.381.5084 CAPRENT.COM**

CAPREIT





Photo by Sgt Yannick Bédard, Canadian Forces Combat Camera

A Caribbean diver conducts a hull inspection as part of a counter-mine training scenario during Exercise Tradewinds 16 in Montego Bay, Jamaica on June 20.

## Divers teach partner nations in Caribbean

**Capt Christopher Daniel**  
CF Combat Camera

More than ten clearance divers from the Royal Canadian Navy's Fleet Diving Unit (Atlantic) and Fleet Diving Unit (Pacific) were operating out of Discovery Bay, Jamaica, for Exercise Tradewinds 2016 from May to June.

The diving component of the exercise started with the Canadian divers teaching the Ship's Team Diver Course to Caribbean trainees. After that, the trainees applied their new skills by conducting diving in support of fleet operations.

"The training events that we've done have been ship's diver-related scenarios, which include hull searches, jetty sweeps, bottom searches and minor salvage projects," said Lieutenant(Navy) J.R. Gallant, Executive Officer of Fleet Diving Unit (Atlantic) and officer-in-charge of the Canadian dive contingent at Exercise Tradewinds 2016.

These training scenarios help to enhance the diving skills of partner nations and increase their overall level of interoperability within the region through instruction in areas such as basic dive theory, diving physics and underwater navigation, and search and recovery techniques.

"Everything we've taught our partner nation divers they could be called upon to do to protect the Caribbean region," said Lt(N) Gallant.

Leading Seaman Paul Paquette is a Canadian clearance diver from Fleet Diving Unit (Pacific) working as an assistant instructor during the exer-

cise. "My job is to ensure all candidates learn diving to high standards so they can go out on their own and be safe and proficient in the water," he said.

According to Lance Corporal Ameal Douglas, a diver from the Jamaican Defence Force, the exercise has been "a wonderful experience."

"We've learned a lot

from our Canadian counterparts as well as with our partner nations here in the Caribbean," he said. "I do hope that next year we could do this again and even more."

Exercise Tradewinds is a multinational maritime interdiction, ground security and interagency exercise led by the U.S. Southern Command.

Participating nations in this year's exercise included Canada, United States, France, the United Kingdom, Antigua and Barbuda, Bahamas, Barbados, Belize, Dominica, Grenada, Guyana, Haiti, Jamaica, St. Kitts and Nevis, Suriname, St. Vincent and the Grenadines, and Trinidad and Tobago.



Photo by Captain Christopher Daniel, Canadian Forces Combat Camera

A Canadian Armed Forces diver jumps from a jetty in to the ocean for training.

We give Military Discounts

**SAVAGE CYCLES**



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

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

The place to be before downtown



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

### UPCOMING EVENTS

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

#### July 27th – PAINTNITE!

Contact MS Clarke to be entered for a free pair of tickets. Tickets can be purchased at [www.paintnite.com](http://www.paintnite.com) Use discount code "peterpan" to get a great deal!



#### July 22nd – Live Music

DJ Pantha will be in the house from 8:30pm to 12:30am. Doors open at 7:00pm. No Cover.



#### July 31st – Sunday Kids Movie Kung Fu Panda 3

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!



**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)



HMCS Calgary's Directed On-the-job Training Program team.

Photo by Kathryn Mussallem



## Training program sees stokers thrive

**Lt(N) J. Ryan Edgar**  
HMCS Calgary

With the busy operational schedule of Royal Canadian Navy (RCN) warships, obtaining new sailor-specific qualifications can be a challenge. The RCN put the Directed On-The-Job Training Program (DOJT) in place a few years ago in order to allow sailors, who otherwise would not have the opportunity, to go to sea and progress their training. Participants are able to focus all their efforts on learning and completing their

training packages, resulting in impressive progress towards new qualifications. During *HMCS Calgary's* transit from Esquimalt, B.C., to Pearl Harbor, Hawaii, in support of Exercise Rim of the Pacific 2016, six marine engineers working towards their 2E Certification and six working towards their 3E Certification were able to participate in the program.

During their time aboard, the trainees had the opportunity to participate in engineering drills and practice emergency responses in the event of equipment failures.

Additionally, they were able to conduct system walk-throughs and take advantage of the ship's on-board training system. Evenings were spent creating technical reports, drafting system drawings and presenting technical information.

"It's been a great experience," said LS Tyler Jennings, a Cert 2E trainee. "I've been exposed to many different scenarios and have been able to participate in different evolutions that I wouldn't have been exposed to back at my home unit. DOJT has allowed me to complete my

training package, now I just need to challenge my qualification board."

At the end of the serial, trainees completed an average of 33 per cent of their packages, with some members completing as much as 57 per cent.

"We've seen phenomenal progress over the past two weeks," said Lt(N) Rowan Wilson, the Engineering Officer running the program. "The trainees have seamlessly integrated with the ship's company, and have been able to make the most of their time on board. The



File photo

**Above: CAF members repair a diesel engine.**

command team of *HMCS Calgary* has been very supportive, and allowed us to really get involved in the ship's busy program."

This serial of the DOJT program concluded when *Calgary* arrived in Pearl Harbour. Despite the par-

ticipant's hard work over the preceding two weeks, there would be no relaxing on the beach. All personnel involved in the program were immediately flown back to Esquimalt to begin putting their new skills to work at their home units.

# Find Your Power

## Highly Personalized Trauma Treatment

NON-12 STEP SINCE 2008

### Treatment Shouldn't Feel Like Punishment

We are committed to our clients' personal transformations and helping them become 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 Private Trauma, Drug Rehab and Alcohol Treatment**



LEARN MORE ▼

register at [schc.ca](http://schc.ca)



**Sunshine Coast  
Health Centre**

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](http://www.schc.ca) | [info@schc.ca](mailto:info@schc.ca)



# Canucks prospects feel the heat at Damage Control School

**Lt(N) Nicole Murillo**  
Base Public Affairs

The Canucks Prospects were on fire on the ice at their training development camp, but off the ice they were learning to fight fires and floods at the Damage Control Training Facility (DCTF) Galiano.

The camp is an opportunity for the athletes to be put through their paces on the ice each day, as well as take part in other team activities throughout the week, such as working with the kids at The Nanaimo Child Development Centre.

On July 6, the 33 players from six different countries put their teamwork and communication skills to the test in a number of friendly competitions that tested their damage control and firefighting skills for the coveted DC School Challenge Cup.



In one of the first competition, the players were timed as they controlled a flood in the simulator. Then they headed outside to use the fire hose to knock down three logs before filling up a bucket until a water bottle that was inside floated up to the top and fell onto the

ground.

"Although we're a little upset about our loss [of the DCTF Cup], we definitely had a lot of fun today," said 24 year-old Justin Parizek, an invitee from the University of Nebraska-Omaha. "This correlates really well to hockey; we had to switch off and trust our team-mates to hit the log and fill up the bucket just like we have to trust them with the puck."

Jakob Stukel, a 19 year-old player originally from Surrey, B.C., who played three seasons for the Vancouver Giants, also didn't win the DC Cup, but got the chance to fulfill his other childhood dream: being a firefighter.

"This was a really great experience and a bit of a surprise," said Stukel. "You have to work together as a team here, just like we have to on the ice and the level of communication is similar to what we have to do on the ice. We also had to have each other's back, which we also have to do in hockey."



Photos courtesy of John W. Penner, John's Photography



**SCHOLARSHIPS  
FOR MILITARY  
AND VETERANS.\***

**WWW.SPROTTSHAW.COM**

**VICTORIA: 250-384-8121**

TO ALL MEMBERS AND GUEST OF  
**ARMY, NAVY AND AIR FORCE VETERANS CANADA**

Join us at **Club ANAVETS Sidney Unit #302**

**MEAT  
DRAW  
& 50/50**  
Wed., Fri. & Sat.  
5 pm

**Know your limit,  
stay within it!**

**LIVE BANDS EVERY FRIDAY  
NIGHT 7-11 PM**

**Band Line Up for July**

July 15 <sup>TH</sup>	12 o'clock Rock
July 22 <sup>ND</sup>	The Deb Thompson Band
July 29 <sup>TH</sup>	Comfort Zone

**BINGO EVERY 2<sup>ND</sup> SUNDAY**  
**July 10<sup>th</sup> & 24<sup>th</sup>**



**9831 - 4th St. Sidney, B.C.**

**Club: 250-656-3777 • Office: 250-656-2051**



**RBC Royal Bank**

**Introducing your mobile  
mortgage specialist**



**Michelle Frias**

Mortgage Specialist  
Cell: 250-213-6858  
Fax: 778-432-2018  
michelle.frias@rbc.com

As a leading mortgage specialist, I've helped many clients achieve their dream of owning a home. I can give you:

- Professional consultation — free professional advice, seven days a week, at a time and place most convenient to you
- On-the-spot mortgage pre-approval
- 120-day interest rate guarantee
- Competitive mortgage rates, with the flexibility to customize a discount, extended rate guarantee, cash back or any combination you need
- Custom mortgage solutions, including extended amortization beyond 25 years for conventional mortgages, RBC Homeline Plan® Cash Back Mortgage,
- Self Employed Mortgage™, RBC Energy Saver™ Mortgage, RBC Vacation Home Mortgage™
- Fast approval, usually within 24 hours

**Advice you can bank on™**

All personal lending products and residential mortgages are offered by Royal Bank of Canada and are subject to its standard lending criteria.

® / ™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada.  
VPS69865

21793 (07/2012)





Photo courtesy of HMCS Oriole  
Crew members on board HMCS Oriole work out on the deck using their new equipment and their own body weight.

## New equipment keeps HMCS Oriole crew fit for duty

**Rachel Lallouz**  
Staff Writer

To help upkeep the fitness of the 20-person crew, *HMCS Oriole* was stocked with power blocks and TRX fitness bands in May, just prior to departing for a 19-day transit up to Prince Rupert.

This new sweep of fitness gear, while not as plentiful of those on warships, will do the trick in keep-

ing those on board active when the wind dies down.

"The crew is worked quite hard hoisting sails and gybing the ship, but there are times when we are unable to sail and must utilize the motor," says *Oriole* Coxswain, Petty Officer First Class Matthew Goodwin. "During those times, it is important to have other opportunities to get the crew out there exercising, so that when they need

to hoist that sail at 3 a.m., they can do it, no problem."

The set of power blocks can be changed from 15 to 90 pounds, making them a flexible option for varying levels of fitness among crew members. The two TRX systems are sets of bands that can connect to a hard point on the deck, and manipulate body weight to complete a range of exercises, including push ups, and numerous

back and bicep exercises.

Prior to acquiring the fitness equipment, the ship's crew relied only on using their bodyweight to exercise.

"The ship has a lack of space for a lot of fitness equipment," PO1 Goodwin says, adding, "On a sailing vessel there are numerous dangerous areas, so there are more challenges to using equipment."

But with travels lasting between

three and 20 days, having fitness gear on board is necessary.

Now, the crew relies on key times when the seas are calm to exercise.

"As for the future fitness of our crew, we're looking to expand the fitness equipment to include yoga mats and another TRX system so that more crew members can exercise at any given time," says PO1 Goodwin.

# NOW is the time for CLEAR VISION!

Ask about our  
**MILITARY  
PRICING!**

**kingLASIK**  
kinglasik.ca

*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.

**1.855.334.2020**

**VICTORIA • EDMONTON**

Minutes from Base at #201-3550 Saanich Road



# Shortstop sailor to announce at World Softball Championships

**Peter Mallett**  
Staff Writer

Lady Tritons' standout at shortstop, LS Josee Cholette, is off to the Women's World Softball Championships in Surrey. The Language Training Division Resource Clerk at Naval Fleet School Pacific won't be taking part in the tournament as a player, but instead will suit-up for a game-day operations position as a French-language public address announcer.

LS Cholette will be behind the microphone at the 30-nation tournament for opening-day action on July 15 and then again during the tournament's final day, July 24.

"I love baseball and softball, so just to be asked to attend and have the chance to represent the Canadian Armed Forces at a world championship is very exciting for me," remarked LS Cholette.

The sailor was never far away from the baseball diamond while growing up on the South Shore in suburban Montreal. She began playing softball at the age of eight, cheered for the Montreal Expos at Olympic Stadium, played on fastball teams during her youth

and also represented Quebec women's teams at two national softball championships.

She joined the Canadian Armed Forces in 2010 and for the past five years, LS Cholette has been playing slo-pitch with the CFB Esquimalt women's team, while also doubling as a goaltender for the women's hockey team. In the off-season she took over as player-coach with the base slo-pitch team, her first ever managerial role in sports.

Now, the 45-year-old infielder and manager says she is confident that she will make a smooth transition and fit in with her new teammates inside the announcer's booth at Surrey's Softball City Sports and Entertainment Complex. Some of her responsibilities for the volunteer position will include announcing the starting lineups and umpires for each game's opening ceremonies and also relaying the names of batters, pitchers, substitutions and any other important information to the crowd during the game.

"I am honoured, excited and feel very fortunate and lucky to have this experience," she said.

The public address opportunity couldn't have come at a

better moment in the life of this sailor, who just overcame a major career setback. In November 2015, she was forced to relinquish her position as a Sonar Operator aboard *HMCS Vancouver* due to severe sea sickness. So in early June when she received an e-mail from Personal Support Program staff asking her if she knew of anyone in her unit who was bilingual and had interest in doing some volunteer work at the World Championships, LS Cholette was over the moon and jumped at the chance.

"I didn't hesitate for a second and responded to them right away saying I wanted to go to Surrey and be part of this because not only am I fluent in both English and French, I know this game inside out," said LS Cholette.

Excited about her first media role, LS Cholette says one of her biggest challenges ahead will be adhering to the age old adage "No cheering in the press box" and making certain her true passion for the sport doesn't override her objectivity when Canada takes the field against Great Britain in the tournament's opening day of action.



File photo  
LS Josee Cholette in  
action with the Lady  
Tritons Slo-pitch team.

## NOW OPEN IN VICTORIA!



doors  
open at  
**7pm**

get your  
**tickets  
online**

YUKYUKS.COM

**THURS-SUN!  
LIVE UNCUT COMEDY!**



# YUK YUK'S

**751 VIEW ST. VICTORIA**  
**YUKYUKS.COM**



your best  
starts  
**here**



**20% DISCOUNT**  
TO ALL MILITARY EMPLOYEES



**reflex** Best Price  
SUPPLEMENTS Expert Advice

**103-3680 UPTOWN BLVD, VICTORIA**

PHONE 250-384-0495 @reflexvictoria @reflexvictoria facebook.com/reflexsupplements





Find us on  
**Facebook**  
[www.facebook.com/CanadianBloodServices](http://www.facebook.com/CanadianBloodServices)

Follow us on  
**Twitter** @itsinyoutogive

Follow us on  
**Instagram** @canadianbloodservices

Find us on  
**YouTube** 18882DONATE



Book your appointment:  
[www.blood.ca](http://www.blood.ca)  
1-888-236-6283

**Canadian Blood Services**  
it's in you to give  
1 888 2 DONATE



## Celebration of life for Donna Hooper

On June 22, Donna Margaret Hooper, aged 52 years, passed away with peace and grace with her family at her side. Donna will be lovingly remembered by her husband Robert Dodds of 21 years, their dear children, Peter and Emily, her mother Margaret (Pat) Hooper, and by her sister and brother Susan and Glenn (Rachel) Hooper. Donna will also be forever remembered by her nieces, nephews and extended family and dear friends.

Donna was born in Calgary, Alberta, January 30<sup>th</sup>, 1964, and was educated at Queen Elizabeth Elementary, Junior and Senior Schools from 1970-1982 where she was the Valedictorian. She graduated from the Foothills Hospital Nursing School in June 1986 and later received her Bachelor's of Science

in Nursing from the University of Alberta. Having spent some time traveling around northern Alberta, Donna felt the urge for more and joined the Canadian Armed Forces in 1987 as a Nursing Officer. Her postings included Gagetown, New Brunswick, and Edmonton, Alberta. The highlight of her military career was her deployment to Saudi Arabia in 1991 as part of the Canadian Field Hospital during the Persian Gulf War.

Prior to her illness, Donna was employed as a Team Leader/Case Manager for the Canadian Forces Health Service Centre (Pacific) in Victoria, B.C., where she was instrumental in easing the transition of many service members releasing from the military.

Donna was a big fan of Facebook which allowed her the opportuni-

ty to stay connected with family and friends across Canada. She was always up for a good chat and ready to lend a hand when needed, and was a good friend and mother who will be deeply missed. Thank you to Doctors Braithwaite, Belgaumkar and Saiger for their compassionate care as well as the amazing nurses at the Victoria Hospice. Also thanks to the great caregivers of the Sidney Seniors Care.

A Celebration of Life will be held on Sunday, July 17, at 1:00 p.m., at the Naden Wardroom, CFB Esquimalt, Victoria, BC.

In lieu of flowers, a memorial tribute in memory of Donna may be made directly to the Victoria Hospice, Canadian Red Cross or the Canadian Mesothelioma Foundation.

## BECOME A REGISTERED MASSAGE THERAPIST



West Coast College of **MASSAGE** Therapy

- Study at Canada's Leading Educator in Massage Therapy
- 20 Month Diploma Program
- Over 30 Years of Proven Success

**NEW LOCATION** #100-818 Broughton Street

[www.collegeofmassage.com](http://www.collegeofmassage.com)

**CANADA'S ONLY NATIONAL MASSAGE THERAPY COLLEGE**

VICTORIA

NEW WESTMINSTER

TORONTO

CAMBRIDGE

HALIFAX

**WCCMT's Student Intern Clinic offers a 20% discount to all military personnel**



# New officer cadets join the Regular Officer Training Plan

**Cpl Rebecca Major**  
CF Recruiting Group

On June 23, the Canadian Forces Recruiting Centre (CFRC) Detachment Victoria welcomed 16 new officer cadets into the Canadian Armed Forces (CAF) at the Regular Officer Training Plan (ROTP) enrolment ceremony at Royal Roads University. On June 24, CFRC Vancouver followed suit and enrolled 47 new officer cadets at *HMCS Discovery* in Vancouver. Both of these ceremonies were presided over by Colonel Timothy J. Bishop, Commanding Officer of Canadian Forces Recruiting Group (CFRG).

The ROTP entry program provides fully subsidized education for students to attend either the Royal Military College in St-Jean, QC, the Royal Military College of Canada (RMCC) in Kingston, ON, or an eligible Canadian civilian university of the applicants choosing. During the course of their education, students are provided leadership training and occupation specific courses to help them build towards the foundation of skills required to be an officer.

Summer training will include Basic Military Officer Qualification and on the job training in various cities across Canada. On top of these experiences,



Photo by MCpl Brent Kenny

**16 new officer cadets were enrolled at a ceremony at Royal Roads University in Victoria. From left to right: Back: OCdt Benjamin Jacobs, OCdt Aaron Fenney, NCdt Paul Brinkschulte, OCdt Konnor Belbeck. Middle: OCdt Seamus Maguire, OCdt James Beasley, OCdt Sean Midgley, OCdt Anthony Shen, OCdt Robert Hunter, NCdt Tylis Sliwinski, OCdt Everett Watson. Front: PO1 Robert Brown, CWO Claude Dallaire, OCdt Nathan Torrie, NCdt Cael Halvorsen, OCdt Jake Schuszter, OCdt Thomas Boulter, OCdt Tavin Shames, Col Timothy Bishop, Maj Adam Thomson.**

students earn a salary during the course of their studies and will have already begun contributing towards their pension. Once they have completed their degrees, students are given full-time jobs in their field of study. These jobs are provided to the students in order for them to fulfill their military service, a small price to pay for a free education. This military service is calculated at a rate of two months of service for every one month of education provided.

With all of these benefits,

it is easy to understand why this program is very competitive. Over 600 Officer Cadets will be enrolled into the Canadian Armed Forces under the ROTP, of which over 60 were recruited from British Columbia and the Yukon.

Konnor Belbeck, an applicant from Prince George, BC, is excited to join under the ROTP program because he is "looking forward to making a difference, not just in Canada, but across the world."

Of the 63 candidates

enrolled by both CFRC Victoria and CFRC Vancouver, two new officer cadets will be attending the Aboriginal Leadership Opportunity Year (ALOY) program. This 10-month program is designed to offer applicants of Aboriginal descent an opportunity to learn leadership skills and have a first-hand experience of life in the CAF by attending classes at RMCC in Kingston, ON. After ALOY applicants successfully complete this program, they can apply to continue studying

at either RMC or another civilian post-secondary institution through the ROTP program, or return home to their communities. CFRC Vancouver also enrolled 12 women; a proud accomplishment given the Canadian Armed Forces commitment to reflect the diversity of the Canadian public.

The ceremony held at *HMCS Discovery* in Vancouver was well attended by over 300 people. When enrolling, applicants have the opportunity to be

given their oath or affirmation by a family member who is a commissioned officer. One applicant, Robert Seed, took advantage of this option and was enrolled by his father, LCdr Seed.

As for the event in Victoria, no detail was overlooked for this significant ceremony at the beautiful and historic Royal Roads University. The University, which is rich in military history and was formerly known as the Royal Roads Military College (RRMC) from 1940-1995, acted as an ideal location to commemorate the significance of the ceremony.

Major Carolyn LeBlanc, who played the role of master of ceremonies for both events, was herself a graduate of the ROTP program. Major LeBlanc completed her Bachelor of Arts Degree in Business Administration at RMCC in 2006 and has since pursued a successful career as a Logistics Officer in the Royal Canadian Air Force. She is now a military career counsellor at CFRC Victoria where she interviews young men and women looking to join the ROTP much like she did.

For those interested in the ROTP program, you can find out more by visiting [www.forces.ca](http://www.forces.ca).

You give your  
best for us.  
Here's our  
best for you.

Get  
**\$300\***

Move your Chequing Account and Credit Card  
to BMO and get \$300 in cash\*.



Offer ends August 31, 2016.  
Visit your local branch or  
[bmo.com/cdcboffers](http://bmo.com/cdcboffers)

**BMO**  
We're here to help.™

**CDCB  
SBCDC**  
A program of CIBC  
(le programme de SBCDC)

\*Additional terms and conditions apply. Full details are available at [bmo.com/cdcboffers](http://bmo.com/cdcboffers), or visit any BMO branch. The Offer is available from June 1 - August 31, 2016. You must qualify for the Chequing Account Offer to be eligible for the Credit Card Offer. Earn up to \$300.00 in Cash Bonuses: Open a new Primary Chequing Account ("Chequing Account") (\$250.00 cash bonus); AND apply and be approved for a BMO CashBack MasterCard ("Eligible Credit Card") AND make a payment to your Eligible Credit Card (\$50.00 cash bonus). To qualify for the Chequing Account Offer, you must: (i) open a new Chequing Account, with a CDCB Performance Plan by August 31, 2016; (ii) make a deposit of any amount by August 31, 2016; (iii) set up one (1) recurring direct deposit and have the transaction appear in your Chequing Account by October 31, 2016; AND (iv) make two (2) Eligible Bill Payments by October 31, 2016. To qualify for the Credit Card Offer, you must (i) qualify for the Chequing Account Offer; AND (ii) apply and be approved for a BMO CashBack MasterCard card from May 1 - August 31, 2016; AND (iii) make a payment to your Eligible Credit Card by October 31, 2016. Cash Bonus(es) will be paid by December 31, 2016. Exclusions apply. Offers may be changed, or withdrawn at any time without notice. ® Registered trademarks of MasterCard International Incorporated. Used under license.



# Military Police lace up for Special Olympics athletes

**Sgt B.L. Oxford and  
SLt A.K. Leblanc**  
Military Police Unit  
Esquimalt

On June 18, members of Canadian Forces National Investigation Service Pacific region and Military Police Unit Esquimalt participated in the 2016 Law Enforcement Torch Run (LETR) for Special Olympics in Victoria, BC. The run consisted of a five-kilometre route along the Galloping Goose Regional Trail, beginning and ending at the Saanich Police Department.

On June 25, it was the Military Police members of the Canadian Forces Maritime Experimental and Test Ranges Military Police Detachment turn to participate in the 2016 LETR for Special Olympics in Nanaimo, BC. The run consisted

of a five-kilometre route beginning and ending at Maffeo Sutton Park in Nanaimo.

The LETR is an innovative initiative powered by dedicated law enforcement personnel around the world who want to help Special Olympics athletes experience acceptance, achievement and admiration through sport. It's an inspiring, joyful phenomenon that has raised approximately \$3.4 million in B.C. since 1990 and each year brings in about \$30 million U.S. worldwide, all in support of the Special Olympics.

The British Columbia LETR is among the most successful and creative branches of the global campaign, and is run in partnership with law enforcement personnel from multiple agencies across the province.



**Above:** From left to right, SLt Leblanc, MCpl Edwards and PO2 Nilsson from MPU Esquimalt; Lt(N) Joiner; and Capt Harris of Canadian Forces National Investigation Service Pacific Region participate in the Victoria Law Enforcement Torch Run.

**Right:** Cpl Karn (left) and Sgt Oxford (right) of CFMETR MP Detachment run the LETR in Nanaimo.



## Ashley-Sleep® Centre



**NEW**  
**Adjustable Beds**  
On Sale At  
**Ashley Homestore**

Let our **Ashley-Sleep®** specialists work with you  
to achieve the ultimate in sleep satisfaction!



1652 Old Island HWY  
Victoria, BC  
250.474.2026

Store Open Mon - Thur 10am-6pm | Fri 10am-7pm  
Sat 10am-6pm | Sun 11am-5pm  
visit us online @ [ashleyfurniturehomestore.ca](http://ashleyfurniturehomestore.ca)

**Ashley**  
HOMESTORE

[Ashleyfurniturehomestore.ca](http://Ashleyfurniturehomestore.ca)



# ADVICE TO TRAVELLERS RETURNING FROM ZIKA-AFFECTED COUNTRIES



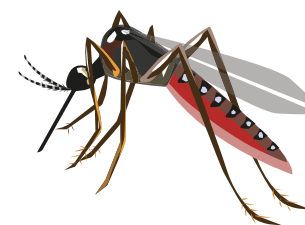
## ZIKA VIRUS

IS MAINLY SPREAD TO PEOPLE THROUGH THE BITE OF  
**INFECTED MOSQUITOES**

Zika virus infection in a **PREGNANT WOMAN**  
could be **TRANSMITTED TO HER DEVELOPING BABY.**

On rare occasions, **IT HAS ALSO BEEN REPORTED  
TO BE TRANSMITTED THROUGH:**

- Sexual contact with semen from an infected man
- Blood transfusions from infected donors



### IF YOU ARE A:

#### WOMAN WISHING TO BECOME PREGNANT –

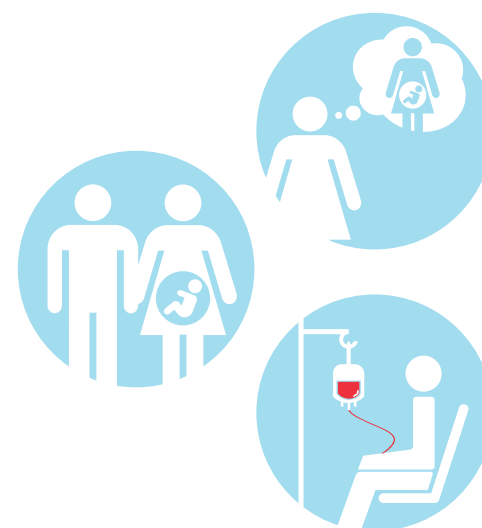
wait at least two months after your return before trying to conceive.

#### MAN –

use condoms for **two** months after your return with a partner who could become pregnant and use condoms for **the duration** of the pregnancy with a partner who is pregnant.

#### BLOOD DONOR –

wait at least 21 days after your return to donate blood.



If you get sick while travelling or within 14 days after your return,  
see a health care provider and tell them where you have been travelling or living.

For more information: [Canada.ca/zika-virus](http://Canada.ca/zika-virus)





# Bravo Zulu

## MARS II and IV Graduation Parade

Captain(Navy) Steven Waddell, Base Commander, Canadian Forces Base Esquimalt, presented awards and medals during a MARS II and IV graduation parade held at CFB Esquimalt on June 30.

Images by Cpl Stuart MacNeil, MARPAC Imaging Services



Acting Sub-Lieutenant Gerald Yates receives the Royal Canadian Navy Commander's Award.



Acting Sub-Lieutenant Jessica Whittaker receives the David W. Gross Memorial Shield.



Acting Sub-Lieutenant Andrew Chong receives the Commanding Officers Cup.



Naval Cadet Christian Jax receives the Hal Lawrence Award.



Acting Sub-Lieutenant Mathew Noonan receives the Venture Association Award.



Sub-Lieutenant Cassandra Fogarty is promoted to her current rank.



Sub-Lieutenant Matthew Hlobilek is promoted to his current rank.



Sub-Lieutenant Jonathan Longstaff is promoted to his current rank.



Sub-Lieutenant Alexander Noble is promoted to his current rank.



Sub-Lieutenant Mathew Noonan is promoted to his current rank.



Sub-Lieutenant Joshua Oulton is promoted to his current rank.



Sub-Lieutenant Evan Park is promoted to his current rank.



Sub-Lieutenant Jeremy Schertzer is promoted to his current rank.



Sub-Lieutenant Jeffery Vey is promoted to his current rank.



Sub-Lieutenant Greg Wagner-Conserve is promoted to his current rank.



Sub-Lieutenant Jessica Whittaker is promoted to her current rank.



Sub-Lieutenant Sebastien Williamson is promoted to his current rank.



Sub-Lieutenant Gerald Yates is promoted to his current rank.



Sub-Lieutenant Denis Charlebois is promoted to his current rank.



# Bravo Zulu

## MARPAC Honours and Recognition Ceremony

Rear Admiral Gilles Couturier, Commander of Maritime Forces Pacific / Joint Task Force (Pacific), presented awards and medals at an Honours and Recognition Ceremony held on June 29.

Images by LS Ogle Henry, MARPAC Imaging Services



Warrant Officer Scott Miller receives the Chief of Defence Staff Commendation.



Corporal Dustin Renz receives the Chief of Defence Staff Commendation.



Lieutenant Colonel N.J. Withers receives the Canadian Joint Operations Command Commendation.



Lieutenant (N) Jeriel Nathankumar receives the Canadian Joint Operations Command Commendation.



Chief Petty Officer 2nd Class George Morris receives the Canadian Joint Operations Command Commendation.



Petty Officer 2nd Class Kelly Corbett receives the Canadian Joint Operations Command Commendation.



Master Seaman James Brown receives the Commander Royal Canadian Navy Commendation.



Leading Seaman Christopher Swain receives the Commander Royal Canadian Navy Commendation.



Leading Seaman Kyle Ruttan receives the Commander Royal Canadian Navy Commendation.



Master Seaman Jordan Buxton receives the Canadian Joint Operations Command Individual Achievement Award.



Lieutenant (N) Patrick Abbott receives the Maritime Forces Pacific Bravo Zulu Award.



Chief Petty Officer 2nd Class Nathalie Scalabrini receives the Maritime Forces Pacific Bravo Zulu Award.



Petty Officer 1st Class Richard Pearce receives the Maritime Forces Pacific Bravo Zulu Award.



Petty Officer 2nd Class James Simon receives the Maritime Forces Pacific Bravo Zulu Award.



Lieutenant (N) Brian Peskett receives the Joint Service Commendation Medal.



Master Seaman William Sherman receives the Maritime Forces Pacific Bravo Zulu Award.



Master Seaman Shawn Malone receives the Maritime Forces Pacific Bravo Zulu Award.



# 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 3005PSC@gmail.com.

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.

### VOLUNTEER

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



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

### SERVICES OFFERED

#### VICTORIA PREGNANCY CENTRE

Free Services Include:

- Pregnancy Tests
- Pregnancy Options Counselling
- Pregnancy & Parenting Counselling
- Prenatal Classes
- Practical Help - Diapers, wipes, formula, clothing
- Pregnancy Loss Counselling
- Post Abortion Counselling
- Community Referrals

**250-380-6883**  
#112 - 826 North Park Street  
info@victoriapregnancy.org  
www.victoriapregnancy.org

#### "re-cycle"



Esquimalt Music Centre is your music instruction headquarters. Reasonable rates, flexible hours, all popular instruments! Call 250-385-2263 or visit [www.esquimaltmusic.com](http://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.

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

### APPLIANCES

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

- Reconditioned
- New • Builder
- In Home Services

MILITARY DISCOUNT OFFERED  
3090 Nanimo St • 382-0242

### Your ad here

For word or display ads, 250-363-3127

### 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**

### MISC FOR SALE

NAVY MESS KIT. Lt(N) stripes, fitted for a male 5'9" 180 lbs, wool. Excellent condition only worn 2 times. Asking \$900.00 call 363-4082 or email bcarn@gmail.com

**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**

### REAL ESTATE • FOR RENT



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](http://www.eyproperties.com)



### MOVING AND STORAGE

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

**BARRY'S**  
Since 1975  
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](http://www.barrysmoving.com) #61-1445 Craigflower Rd [info@barrysmoving.com](mailto:info@barrysmoving.com)

### CAR SALES

**DND ADVANTAGE PRICING**

**VICTORIA HYUNDAI**

Sales: (250) 995-2984  
Email: [sales@victoriahyundai.com](mailto:sales@victoriahyundai.com)  
525 Gorge Road East, Victoria

DLR#30422

### REAL ESTATE • FOR SALE

#### YOUR LOCAL REALTOR AWARD WINNING | TOP PRODUCING

### MILITARY RELOCATION SPECIALIST

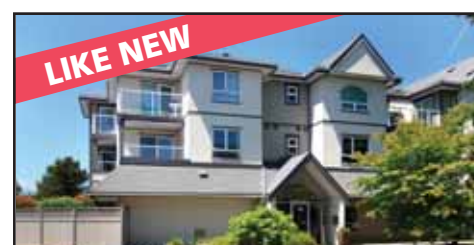
Through my strong ties to the military community, I offer clients expertise in real estate relocation.

**Buying or selling a home? Put my 20+ years of real estate experience to work for you.**



**RASHIDA MALIK**  
250.812.4209  
[rashidamalik@royallepage.ca](mailto:rashidamalik@royallepage.ca)

**ROYAL LEPAGE**  
Coast Capital Realty  
INDEPENDENTLY OWNED AND OPERATED



**LIKE NEW**

Sidney - 1 bed 1 bath condo. Remediated blg. 1 cat welcome. Close to Airport & Ferries. Monthly mortgage on approved credit. 5% down, \$1,020 @ 2.5%, 25 yr. term. Call Shelly to see about making this condo your new home!  
**201-2227 James White Blvd - \$239,900**



CALL DIRECT 250-213-7444

**Shelly Reed**  
For more info  
[www.shellyreed.com](http://www.shellyreed.com)

**Sutton**  
GROUP  
West Coast Realty

### SOOKE

### CHEAPER THAN RENT

**Half duplexes**

**STARTING AT \$249,900**

No strata fees, few to choose,

**New Houses**

**STARTING AT \$449,900**



Call  
**Shayne Fedosenko**

**250-383-1500**

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

**Make a difference**  
in the lives of girls



**Volunteer**  
1-800-565-8111  
[girlguides.ca](http://girlguides.ca)  
Girl Guides of Canada  
Guides du Canada



# Bravo Zulu

## CF Recruiting Group Awards and Promotions

Colonel Timothy Bishop (right) and Chief Warrant Officer Claude Dallaire (left) of the Canadian Forces Recruiting Group, presented medals and awards during the CF Enrollment Ceremony held at Royal Roads University on June 23.

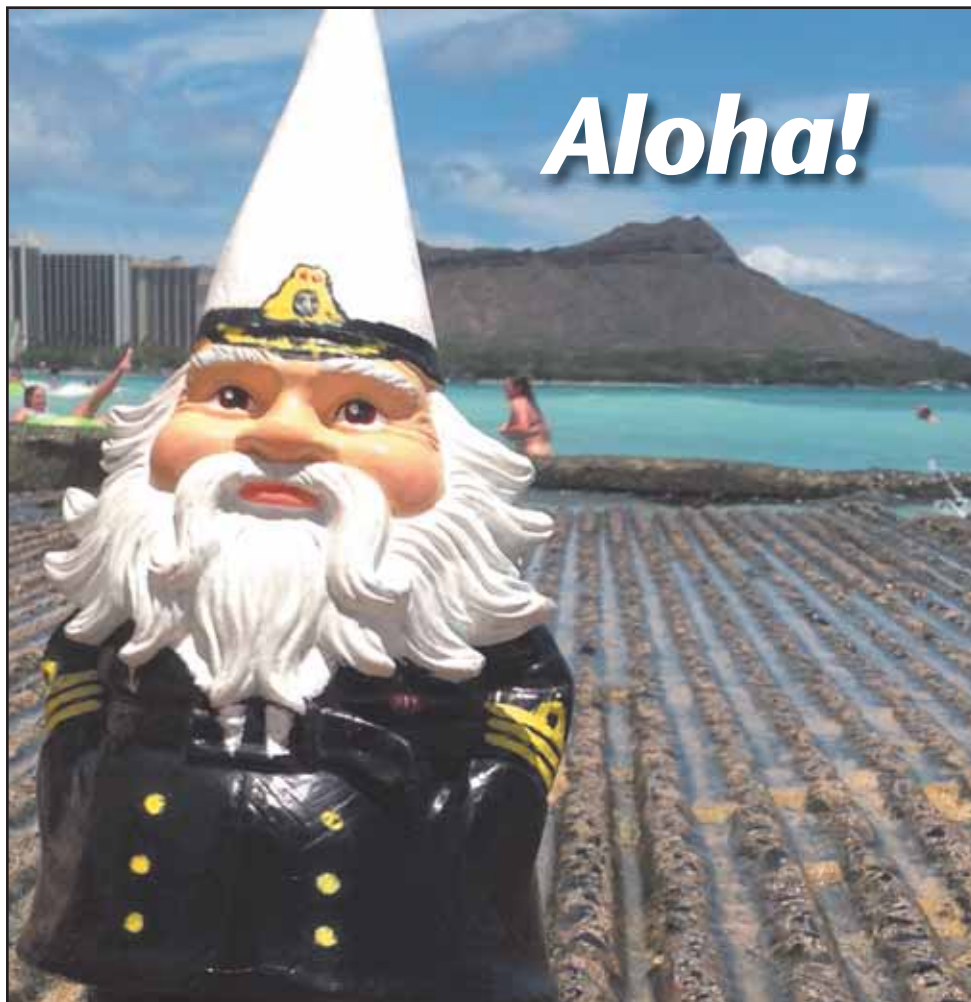
Images by MCpl Brent Kenny, MARPAC Imaging Services



Major Carolyn LeBlanc receives her promotion to her current rank.



Lieutenant Commander Paula McHale receives her promotion to her current rank, as well as her Canadian Forces Decoration.



# Aloha!

Greetings from Hawaii! Did you gknow the Hawaiian Islands used to be gnamed the Sandwich Islands? Mmmm, sandwiches. I'm here in Hawaii for RIMPAC 16, the largest and gniftiest gnaval exercise in the world. The first RIMPAC was in 1971, with just Canada, Australia, and the US. This year is the 25th RIMPAC, and has 26 gnations participating! Gnow that's gnarly!

– LCdr Mike Erwin

**TriangleRV.com**

Celebrating  
**60**  
Years

**Saga 17' Bunk model  
trailer by Viking**

MSRP \$21,900 **\$18,956**  
SALE PRICE

**JOIN US ON**

We are a proud Military family and we Salute all who serve!  
– Sylvia Thistle-Miller

**15% off parts for Military members**

SALES ▼ SERVICE ▼ PARTS ▼ RENTALS ▼ SANI DUMP ▼ PROPANE  
10299 McDONALD PARK ROAD, SIDNEY, B.C. ▼ 250-656-1122 ▼ 1-800-665-9942





# CF One DAY

**The above to your beyond - discover the benefits.**

Join us for a day of appreciation! CANEX recognizes the tremendous contribution of Canada's serving members. Always looking to give back, we're opening our doors for the first annual day of exclusive member benefits.

Experience the VIP treatment with unbelievable mark downs on many of our most popular items, and be sure to fuel up with a *FREE Tim Horton's coffee, cake and BBQ lunch*. Don't pay until October with the No Interest Credit Plan and take advantage of free shipping on CANEX.ca orders, for one day only.

Get prepared - be sure to claim your CF One card today!

## 13 JULY

# CANEX

A division of CFMWS  
Une division des SBMFC