

CFB Esquimalt

CANEX Facebook

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

Nous orons 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 31 | August 2, 2016

LOOKOUT

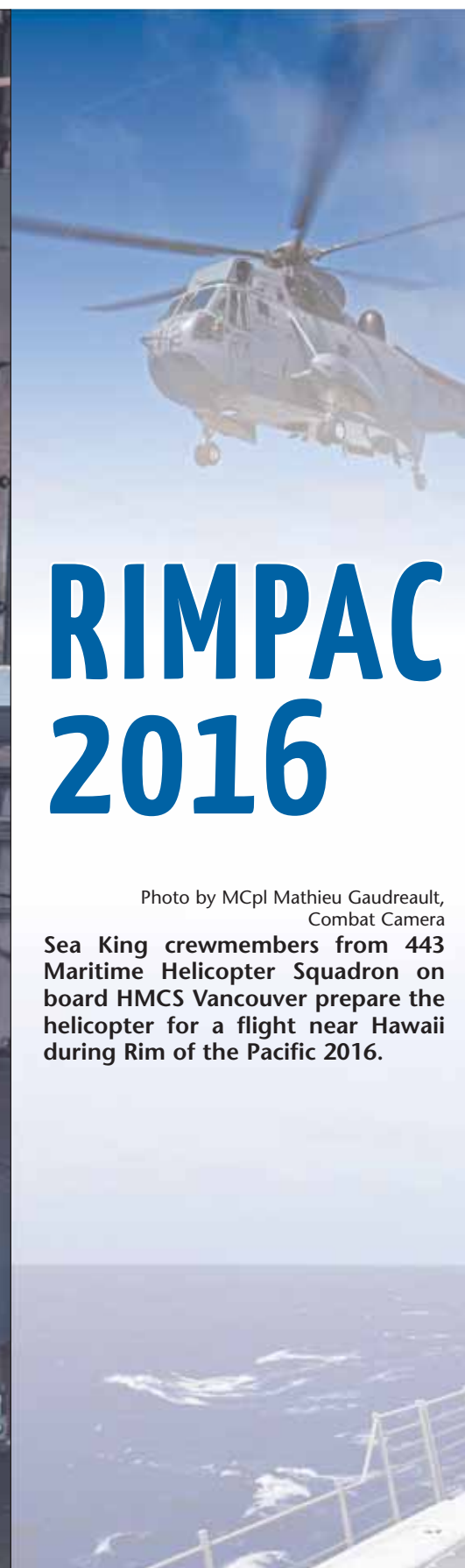
MARPAC NEWS CFB Esquimalt, Victoria, B.C



NEAR BASE

Newport Realty
 CHRISTIE'S

Nick Wise & Daniel Ross
 250-590-0790 • newportrealty.com
 Proudly serving Esquimalt & Vic West



RIMPAC 2016

Photo by MCpl Mathieu Gaudreault,
 Combat Camera

Sea King crewmembers from 443 Maritime Helicopter Squadron on board HMCS Vancouver prepare the helicopter for a flight near Hawaii during Rim of the Pacific 2016.



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

Yellowknife embarks Norwegian sailors and their mine-hunting technology HUGIN

**SLt Michael Van Vlaenderen
and MS André Bienvenu**
HMCS Yellowknife

When *HMCS Yellowknife* arrived in San Diego for Rim of the Pacific 2016 (RIMPAC), the ship's crew welcomed four members of the Royal Norwegian Navy and embarked their Autonomous Underwater Vehicle (AUV), also known as the HUGIN.

Developed over the last 15 years by Kongsberg Maritime and the Norwegian Defence Research Establishment, the HUGIN 1000 conducts autonomous, semi-autonomous and supervised mine hunting operations and can operate in waters as deep as 3,000 metres.

Embarking the HUGIN and its equipment involved configuring *Yellowknife*, a Maritime Coastal Defence Vessel, in such a way that had never been done before, including fitting two additional containers to the back of the ship. This meant that any response from the ship's company to commonly practiced emergency procedures, such as a man overboard or fire and flood control, had to be adjusted to fit the new layout.

"The ship's engineering department carefully analyzed the impact the new payload would have on the ship's stability, requiring them to make adjustments to the ship's ballast," said Chief Petty Officer Second Class Evan Mills, Chief Engineer. "Other considerations for the integration of the HUGIN system included running cabling and antennae to the bridge to ensure proper integration of HUGIN's command and control systems."

The HUGIN is launched off the stern of the ship, directly out of its container using a hydraulic launch and recovery system. Once in the water, the HUGIN begins travelling on its pre-programmed course. Within a few minutes, it dives below the surface, conducting a survey of the ocean floor with its high-resolution sonar, or identifying previously found objects with its onboard optical imaging system.

"While underwater, HUGIN finds its way using a state-of-the-art aided inertial navigation system, and relays its position to the ship using an underwater acoustic modem deployed from the ship," said Lieutenant Commander Helge Telle, Norwegian Officer in charge of HUGIN. "During the course of its mission, which usually runs for four to



six hours, HUGIN will surface several times at pre-programmed intervals to communicate with the ship via UHF radio, receiving an up-to-date position and updates to its mission plan."

To recover the HUGIN, the ship manoeuvres close to the AUV, which detaches its nose cone, then sailors attach a line to the AUV and use it to position the vehicle onto the launch and recovery system. Once the HUGIN is safely onboard, the team can begin its post mission analysis to read the data collected during the mission.

After its first few deployments, it quickly became apparent just how effective the HUGIN system is at detecting and identifying objects on the sea floor. In the first week of the exercise, HUGIN had identified nine simulated mines.

"This year's RIMPAC has proven to be an incredible learning experience in mine countermeasures for all members of *HMCS Yellowknife* and the Norwegian sailors onboard," said Lieutenant Commander Donald Thompson-Greiff, Commanding Officer of *HMCS Yellowknife*. "The crew

did an outstanding job with integrating the HUGIN system on this ship, and it is another example of how the Royal Canadian Navy works closely with our allies to ensure interoperability on any exercise or operation around the world."

Twenty-six nations, more than 40 ships and submarines, and over 200 aircraft and 25,000 personnel are participating in RIMPAC from June 30 to Aug. 4, in

and around the Hawaiian Islands and Southern California. The world's largest international maritime exercise, RIMPAC provides a unique training opportunity that helps participants foster and sustain the cooperative relationships that are critical to ensuring the safety of sea lanes and security on the world's oceans. RIMPAC 2016 is the 25th exercise in the series that began in 1971.



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

MARPAC marchers win Nijmegen award

Peter Mallett
Staff Writer

Sore feet aside, the Maritime Forces Pacific (MARPAC) Nijmegen marching team are elated to have won the prestigious Woodhouse Trophy at this year's Four Days International Marches Nijmegen, July 19 to 22.

The trophy is awarded to the top Canadian military contingent at the march who best represents the spirit of Nijmegen, and has the most positive impact on the Canadian contingent.

While it is an honour to win the award, office in charge of the contingent, Lt(N) Marianne Knai says the real victory is the camaraderie among all Canadian Armed Forces personnel that kept them united and crossing the finish line each day.

"We didn't compete for the trophy, but instead our focus was working together with all of the teams to achieve 100 per cent completion for the entire Canadian contingent," she says. "We also marched to remember the fallen and to connect with the locals who appreciate our presence."

The 11-member team representing MARPAC participated in the 100th version of the march through the Dutch countryside. They covered over 40 kilometres a day in hot and humid conditions alongside approximately 50,000



Members of MARPAC's marching team complete the last five kilometres of their journey during the Victory Parade on Annastaadt Street on day four of the 2016 International Four Days Marches Nijmegen.

other participants.

"The performance of the team was excellent and I could not be more proud," says Lt(N) Knai. "We dealt with extreme weather conditions with temperatures of 35 Celcius or above for three of the four days, and torrential rain on day four. We suffered heat exhaustion and other physical fatigue but managed to pull through and fulfill the Commander's intent of 100 per cent completion."

From the outset of their training Lt(N) Knai was quick to quash any talk of competing for the Woodhouse Trophy

Instead she wanted her team "fully focussed" on representing the Canadian Armed Forces, and the overall historical significance of the event. She wanted them focused on marching into the Groesbeek Canadian War Cemetery on day three, and their final five kilometre Victory Parade on Nijmegen's historic Annastaadt Street on day four, which commemorated Canadian soldiers who liberated the Netherlands from Nazi occupation.

"The experience is like no other experience I have been through since joining the CAF," she said. "From all

of the camaraderie [among the marchers] on opening day to the last leg of our march on day four, where the streets were lined with 100,000 people waving and cheering. The spectators carried us to the finish line. They provided us food, water and energy with their smiles, music and unending hospitality."

Lt(N) Knai encourages military personnel who are "team players with positive attitudes" and interested in the experience of a lifetime to consider trying out for a spot on next year's team when training begins in early 2017.



Photos submitted by Lt(N) Marianne Knai.

Members of MARPAC's marching team display the Woodhouse Trophy they were awarded after the completion of the Nijmegen March in Holland, July 19 to 22.

PLEASE SUPPORT
VICTORIA CRIME STOPPERS
1-800-222-8477

You remain anonymous, you do not have to testify in court, and you may earn a cash reward of up to \$2,000.00!



D H J L
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

**Like your college buddy,
we're here to help you move**

... but awake, on time and dependable!

FAIR PRICES.

**MOVING
BUDDY**
VICTORIA

NO SURPRISES.

• PROFESSIONAL MOVERS • FURNITURE DELIVERY & PICK-UP
• HAULING • BOX DELIVERY

MOVINGBUDDYVICTORIA.COM • 778-922-5825

**We specialize in caring
for all your Vision needs**



- Accepting New Patients
- Military Discount
- Direct Billing

**Admirals
Walk**
OPTOMETRY CLINIC

Dr. Rachel Rushforth and
Dr. Nicki Hewitt

NEAR BASE
106-1505 ADMIRALS ROAD
(250) 995-0449

NOW HIRING

**VIEW ROYAL
CASINO**

**SECURITY
SURVEILLANCE
CASHIERS
DEALERS
SERVERS**

**APPLY @ GUEST SERVICES
OR ONLINE @ GCGAMING.COM**

1708 ISLAND HWY. VICTORIA, BC 250.391.0311

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

The MORTGAGE Centre
COCHING MORTGAGE



Eric Coching
Broker/Owner | 250-217-2326

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

**phone 250-391-6191
fax 250-391-6192**

Convenient location
across from Home Depot below Costco

**Thinking about
consolidating
consumer
debt?**

Now may be the time as
mortgage rates are low.
Give us a call for current
rates and options!

Rates subject to change without notice

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

LOOKOUT
NEWSPAPER

Circulation - 3,800
plus 1,000 pdf downloads per week

One year subscription - \$66.⁹⁴

Six month subscription - \$33.⁴⁷
Prices include tax.

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

Web: www.lookoutnewspaper.com
Fax: 250-363-3015

Canadian Mail Product Sales Agreement 40063331



WHAT SAY YOU

People Talk

Lookout asked members of the women's CISM Basketball Team while at a training camp at CFB Esquimalt July 23, 2016:

What is your favourite part of being involved with CAF Sports?



Getting to meet people from all walks of life in the military that you otherwise wouldn't have a chance to get to know.

Lt Megan St-Aubin,
Personnel Selections Office



For me, because my role as team manager, it's seeing the development of a program from the beginning into a national program.

LCdr Quinn Cope,
CF Materiel Group,
ADM Materiel, DGMEPM
(Maritime Equipment Program Management)



It provides myself and other CAF athletes with an opportunity to travel, make new friends and see the world.

Naval Cadet Blaire Coffey,
(student at RMC)
HMCS Oriole



Being able to compete gives you something to work towards, and also travelling to different parts of the country and meeting women in different trades. Since I'm a logistician, unless I played basketball there is no way I would ever get a chance to become friends with someone like my teammate Lt Megan St-Aubin who is a Selections Officer.

Capt Kim Egert,
1 Canadian Air Division,
Winnipeg



Are you ready to get healthy?

We're looking for you!



L.E.A.R.N.

Lifestyle Education through Activity, Resilience & Nutrition

Hurry! Only 9 Participants Accepted!

L.E.A.R.N. PROGRAM LAYOUT • SEPT 12 - NOV 4			
DAY	TIME	SESSION	LOCATION
Monday	1400-1530	Group Exercise Session	NAC TATP area (black mat)/ Upper Gym
Wednesday	1330-1430	Group Classroom Session	NAC Classroom
Wednesday	1430-1530	Group Exercise Session	NAC Upper Gym
Friday	1400-1430	Group Classroom Session	NAC Classroom
Friday	1430-1530	Group Exercise Session	NAC Lower Gym

LEARN is an 8 week program that combines physical activity, nutrition, mental fitness/resilience training, stress management and conscious relaxation to help participants reduce their waist circumference and improve their overall fitness through both education and physical training modules. The program is delivered by the Regional Adaptive Fitness Specialist and Health Promotion Specialists and is endorsed by the MARPAC Health and Wellness Strategy.

The target population for this program is members who have an unhealthy waist circumference as defined by the World Health Organization (women over 88 cm and men over 102 cm), poor nutrition habits, and/or an unsuccessful FORCE test. The pilot group will start 12 September 2016.

Health Promotion in the Canadian Forces
Promotion de la santé dans les Forces canadiennes

To LEARN more about this program or to register please contact **Lyndal Greig** at Lyndal.Greig@forces.gc.ca or by phone 250-363-4372

Habitat for Humanity

Two locations

• SHOP • DONATE • VOLUNTEER



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

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



E-FILE FROM \$57+GST

Top Shelf Bookkeeping Ltd.
Locally Owned & operated since 1994

2 CONVENIENT YEAR ROUND LOCATIONS

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


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

AUTHENTIC THAI

Friday Lunch Buffet

• Lunch Combos • Full Dinner •

Dine In



Take Out

Thai dining at its Best!

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

FILMS FOR FORCES

ADVANCE SCREENING

CINÉ-FORCES

PRÉSENTATION EXCLUSIVE



Enter for your chance to win tickets
cfmws.com/filmforforces

Inscrivez-vous et courez
la chance de gagner des billets
sbmfc.com/ciné-forces



CISM Basketball opens up to CAF women for first time



Peter Mallett
Staff Writer

Two basketball players from CFB Esquimalt are helping the first-ever Canadian Armed Forces (CAF) CISM ((International Military Sports Council) women's basketball program take its first steps to international competition.

Lt Megan St-Aubin, who works at Base Administration's Personnel Selection Office, and Naval Cadet Blaire Coffey, from HMCS Oriole, were selected to play for the team and are currently in San Diego, California, for the CISM World Military Women's Basketball Championship.

Before departing for California Lt St-Aubin acknowledged she and her teammates are facing formidable opponents in China, United States, France, Germany and defending champion Brazil.

"I have been hearing all sorts of things about the experience and physical stature of our opponents in the [CISM] tournament," says Lt St-Aubin. "I know they are going to provide us with some tough competition, but I'm more about paying attention to what we can do as a team, follow what the coaches say and buy into their philosophy."

Lt St-Aubin, a forward, played collegiate basketball at Mount Allison, Red Deer College, and Saint Mary's University (SMU). An injury while

playing at SMU kept her off the court for eight years, but she is now recovered and back on the court.

"It's great to be playing basketball again, and while my mind is right there I'm not sure if my body is quite there yet," she said at a training camp held July 16 to 23 training camp at Naden Athletic Centre.

NCdt Coffey, a guard, said, despite their individual athletic abilities, all the players realize they are blazing a trail for CAF women's basketball. This has made it easier for them to bond and come together as a team.

"That can make a big difference during a game when the pressure is on," says NCdt Coffey.

The CISM women's basketball coach Capt Patrick Sullivan, a training development officer with ADM Materiel, acknowledges their opponent's deep talent pools that include players with Olympic and NCAA experience.

"We need to play controlled basketball, pick our spots and be the hard-working team because in our first tournament we are not going to be able to out-athlete the opposition," he says.

He plans on employing a classic Princeton offence, with the strategy

relying heavily on ball rotation, passes, picks and backdoor passes.

The team's fear of a mismatch against more experienced international opponents were realized in their opening games. Despite eight points and six rebounds from Lt St-Aubin, Canada fell 82-25 to the United States on July 25. NCdt Coffey scored nine points and five steals while Lt St-Aubin grabbed 10 rebounds in a 57-54 loss to Germany on July 26. Canada fell 65-43 to Brazil the following day with the results of remaining matches against China and France unavailable at press time.

But Capt Sullivan indicated their inaugural tournament isn't so much about wins and losses, but instead giving female basketball players a stage to compete.

"The overall point and focus here for the team and our program going forward shouldn't be the results but that people will now see another example of women competing in athletics in the military," said Capt Sullivan. "The big victory here is that this tournament makes other women aware they have a place to play and compete against athletes from around the world."

Photos by Peter Mallett, Lookout Newspaper
Left, Lt Megan St-Aubin and NCdt Blaire Coffey of the CAF CISM women's basketball team gather for a photo at the Naden Athletic Centre. Lt St-Aubin, a forward, and NCdt Coffey, a guard, are at Camp Pendleton in San Diego for the CISM World Military Women's Basketball Championship, July 23 to 31

Despite their individual athletic abilities, all the players realize they are blazing a trail for CAF women's basketball.

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

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

HMCS Brandon sailor wins national title

Peter Mallett
Lookout Staff

SLt Emily Wood claimed her second national sports title in less than a year after the sailor from *HMCS Brandon* captured first place at the CAF National Triathlon Championships.

The July 8 event, co-hosted by the municipalities of Ottawa and Gatineau, Que., brought together over 100 military triathletes from across the country.

SLt Wood finished with a top time of 2:23.42 for females competing in the Olympic Distance category, a gruelling race course that includes a 1.5 kilometre swim, 40 km cycling course and 10 km run.

SLt Wood, 25, who works as a bridge watchkeeper, was also a midfielder for the MARPAC's women's soccer team that captured the CAF national title at camp Borden in September 2015.

If that wasn't enough for the family trophy case, she also collected four gold medals at the CAF Swimming Nationals at Markham, Ont., in April 2016.

She says the latest victory came as a surprise because she had not raced in a triathlon for the past seven years since quitting the sport after high school, and had not done very much training for the race.

"It was pretty exciting when I found out I had won and was happy to see I still had something in me since I had been out of it for so long," said SLt Wood. "I used to do triathlons all the time but I have been taking a break because of school and work commitments, and also because it is hard to train for a triathlon while you are at sea. I didn't know I had won until the results were posted later that day because the weather was so



Photo by Michel Hurtubise
SLt Emily Wood on the bike portion of the CAF National Triathlon.

miserable and everyone had left the race site."

SLt Wood and the other nine competitors from the base were forced to contend with heavy rain and severe thunderstorms while competing in this year's event. According to team manager and triathlete A/SLt Sam Kehler, the torrential downpours that had occurred throughout the day and left a great deal of standing water on the cycling and running courses also helped make the victory even sweeter for the MARPAC team.

"We all knew Emily was a super fit and dedicated person and would do well at the event, but the race conditions were among the worst I have even seen," said A/SLt Kehler. "We were ecstatic for her when we found out she had won."

A/SLt Kehler, 26, who

is currently on his MARS III AT NOTC Venture, was recently voted Breakthrough Athlete of the Year at the 2015 base sports and athletic awards luncheon. He completed the Olympic distance course in 2:14.12, good for 12th overall and third in his age category. A/SLt Kehler then built on his success at the CAF nationals and recently captured first place overall in the Langford Triathlon on July 17 with a time of 2:09.18, his first ever triathlon victory.

AB Marjolaine Plante, *HMCS Ottawa*, who was named Female Athlete of The Year at the base sports awards, finished fourth overall amongst women with a time of 1:18.34 in the Sprint Category - which

involves shorter distances 750 m swim, 20 kilometres of cycling and a five km run.

Meanwhile in the men's Spring Category 2Lt Oliver Woodbridge - who previously worked at MARPAC HQ but was recently posted to 15 Wing Moose Jaw- completed the Sprint Course with a time of 1:08.14, good enough for fourth overall on the Sprint Course.

Most of the athletes from the base had a strong showing in the competition, said A/SLt Kehler, who was making his third appearance at the national triathlon competition, but was the first time he competed in the Olympic distance category.

"The results for our triathletes have been improving over the years and we are always looking for more athletes to come out and get involved," he said.

A/SLt Kehler said that the size of this year's team had doubled compared to participation numbers on the MARPAC team last year. He said the MARPAC team is currently in discussions with Personnel Support Programs and base officials for a training camp and sanctioned triathlon race for competitors on the West Coast ahead of next year's national triathlon competition.



Team manager and triathlete A/SLt Sam Kehler.



CALL US TODAY. 250.380.1602

www.seaspan.com

seaspan
VICTORIA SHIPYARDS

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!



August 12th – Live Music

Doors open at 7:00pm.
No Cover.

August 20th – UFC 202

Diaz vs McGregor 2! Free pizza!



August 31st – PAINTNITE!

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

August 28th – Sunday Kids Movie The Little Prince

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)

Garden Club

Do you have a green thumb?

The CFB Esquimalt Work Point Garden Club is currently seeking new membership.

Located on the corner of Anson and Munro St, we have expanded our space and are looking for people who want to garden. Available plots are 15ft x 15ft and have individual water service. Questions and applications can be directed to our Club Secretary at workpointgardenclub@gmail.com.



Call for Coaches Men's OT Hockey

The CFB Esquimalt Men's OT Hockey team is looking for a coach. If you are interested or know anyone that is please submit a notification of interest to Heather Catte, Sports Coordinator at heather.catte@forces.gc.ca. Please include any information that identifies your hockey coaching skills/abilities such as:

- 1) List of sport related experience/qualifications if applicable
- 2) List of related experience in sport administration or management
- 3) List of other related experience in administration or management

If you have any questions please email heather.catte@forces.gc.ca or call 250-363-4068.

Victoria's #1 GM Volume Retailer!

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

Your #1 Destination for Customer Satisfaction!



**Victoria's
#1 STOP
FOR
TRUCKS!**

Victoria's
ONLY 4 LINE GM STORE!
THE LARGEST SELECTION OF CARS, TRUCKS SUV'S AND CROSSOVERS



VICTORIA'S LARGEST TRUCK SELECTION BLOW OUT

2016 SIERRA
CREW CAB
4X4 1500



Stk. # 164P8816

MSRP
\$54,745

SAVE UP TO
\$11,446

PAY
\$43,299

OR AS LOW AS **\$261** BW **0%**

2016 SIERRA
DBL CAB
4X4 1500



Stk. # 164P5516

MSRP
\$45,835

SAVE UP TO
\$6,818

PAY
\$40,023

OR AS LOW AS **\$215** BW **0%**

2016 SILVERADO 1500
CREW CAB
HIGH COUNTRY
4X4



MSRP
\$70,950

SAVE UP TO
\$12,429

PAY
\$59,521

OR AS LOW AS **\$344** BW **0%**

2016 SILVERADO
DBL CAB
1500
2X4



MSRP
\$35,865

SAVE UP TO
\$6,259

PAY
\$30,606

OR AS LOW AS **\$163** BW **0%**

2016 SILVERADO HD
3500 CREW 4X4
DURMAX DIESEL
ALLISON
TRANSMISSION



MSRP
\$76,900

SAVE UP TO
\$15,442

PAY
\$62,458

OR AS LOW AS **\$393** BW **2.99%**

2016 GMC CANYON
SLT CREW CAB
4X4



MSRP
\$43,615

SAVE UP TO
\$3,050

PAY
\$41,315

OR AS LOW AS **\$239** BW **1.99%**

SUV / CROSSOVER BLOWOUT

2016 CHEVROLET
TRAVERSE



MSRP
\$35,955

SAVE UP TO
\$4,327

PAY
\$31,708

OR AS LOW AS **\$178** BW **0%**

2016 CHEVROLET
EQUINOX
LT



MSRP
\$33,500

SAVE UP TO
\$4,615

PAY
\$29,635

OR AS LOW AS **\$187** BW **0%**

2016 GMC
TERRAIN
SLE
AWD



MSRP
\$32,385

SAVE UP TO
\$3,825

PAY
\$29,310

OR AS LOW AS **\$184** BW **0%**

2016 CHEVROLET
TRAX



MSRP
\$24,295

SAVE UP TO
\$5,200

PAY
\$19,595

OR AS LOW AS **\$114** BW **0%**

ALL NEW
2016 BUICK
ENVISION



MSRP
\$54,785

SAVE UP TO
\$3,750

PAY
\$52,785

OR AS LOW AS **\$292** BW **0.99%**

2016 BUICK
ENCORE
AWD



MSRP
\$36,660

SAVE UP TO
\$4,100

PAY
\$33,060

OR AS LOW AS **\$179** BW **0%**

2013 AUDI Q7
PREMIUM

Power everything,
third seat, DVD,
panorama roof.
Was \$61,995. **SAVE \$13,000**

\$48,995

2013 DODGE RAM
QUAD CAB 4X4

Low kms.,
power everything,
A/C.
Was \$31,995. **SAVE \$4000**

\$27,995

2011 FORD MUSTANG
CONVERTIBLE GT

5.0L V8, leather, heated seats,
plus much more.
Only 43 kms.
Was \$28,495. **SAVE \$4500**

\$23,995

2005 DODGE
DAKOTA SLT

Power everything,
A/C, auto.
Was \$10,995. **SAVE \$3000**

\$7,995

2010
MALIBU LS

Power everything,
A/C,
ST16MA12009A
Was \$11,995. **SAVE \$2000**

\$9,995

2014 BUICK
ENCLAVE CXL

Fully loaded,
low km.
Was \$49,995. **SAVE \$10,000**

\$39,995

2014 CADILLAC
ATS AWD

Fully loaded, low km.
3 to choose from.
Was \$37,995. **SAVE \$9,000**

\$28,995

2014 TOYOTA
SIENNA LE

Power everything, 8 passenger,
only 45 kms.
Stk. #PU0674
Was \$31,995. **SAVE \$2000**

\$29,995

**WHEATON
COLLISION
FULLY ACCREDITED
COLLISION REPAIR
FACILITY**

**We Repair All Makes
and Models**

- Lifetime Guarantee on All Repairs
- Courtesy Cars Available

**ATTENTION
MILITARY:
DID YOU
KNOW?**

**WHEATON
offers you a
CAF Appreciation
DISCOUNT**

\$1000 OFF

**ON ALMOST ANY
2015, 2016 OR 2017
CHEVROLET, BUICK,
GMC OR CADILLAC**

MANAGER'S SPECIAL



**2015 TO 2011
CHEVY CRUZE LT, LS**
Power everything, auto.

Starting at
\$10,995

Wheaton Chevrolet Buick Cadillac GMC

Like Us on



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



**NO PAYMENTS
FOR UP TO 90 DAYS***

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

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

Kick tires online at davewheatongm.com

*Conditions apply.

*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 Aug. 31, 2016.

DLMS701

Cadets get sweaty and soaked at Galiano

S/SLt Nathan Wong
HMCS Quadra

Thirty-eight Boatswain Mate Course Cadets from HMCS Quadra Cadet Training Centre participated in a firefighting and flooding introduction at Damage Control Training Facility (DCTF) Galiano, part of CFB Esquimalt, on July 21.

The purpose of the training was to familiarize the

cadets with basic damage control techniques, so they can respond to critical situations as a crew on board a ship.

"We were filled with excitement to be there, and to work with our division. We got so much closer as a team while learning new skills," says course cadet Tyler Reynolds, 17.

In the firefighting portion, cadets learned about the basic sciences of a fire,

and the different classes of fires. They had the opportunity to watch a demonstration of the various types of extinguishers, and took turns extinguishing a fire.

Cadets were also placed in a burn room (a mock-up sleeping quarter on a naval vessel), and then the instructors turned on the fire, which spread rapidly around the room. In the burn room, cadets prac-

ticed using thermal imaging cameras, which can easily detect casualties and hot spots in complete darkness.

"With the fire training, we really needed to exercise our communication skills to work together," says Reynolds.

Afterwards, cadets learned various fire hose handling techniques, and had fun in a Fire Hose Olympics, which involved knocking down pieces of wood and filling a bucket with the fire hose.

In the flood portion, cadets learned how to prevent water from entering the ship. The goal is to reduce the rate of water flowing into the ship so it is manageable by the ship's pumping systems. Cadets were shown ways to plug holes, reinforce broken doors and hatches, and practiced stopping a leak in a high pressure pipe.

Then cadets were placed in a flood tank, which is a full mock-up room on board a ship, complete with holes and damaged bulkhead where water flows in with the turn of a lever in the control room. Cadets



Riley O'Rourke and Anna Li work with their team to fix a simulated leaking pipe.

then tried to use available material to stop the leaks.

"I really liked being in the flood tank and we learned how to deal with emergencies on the ship, and learned how to plug holes," says course cadet Anna Li, 15. "There was a lot of water splashing around and it was an unforgettable experience."

To act as the Boatswain

Mate, these cadets must know how to ensure safety and respond wisely in case of emergencies, such as fires and flooding, the most dangerous emergencies a ship can experience at sea. These skills are all applicable on the Patrol Craft Training (PCT) vessels, which they get a unique opportunity to spend nine days on this summer.



Cadets on the Boatswain Mate Course gather together in the Flood Room for a group photo.



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.

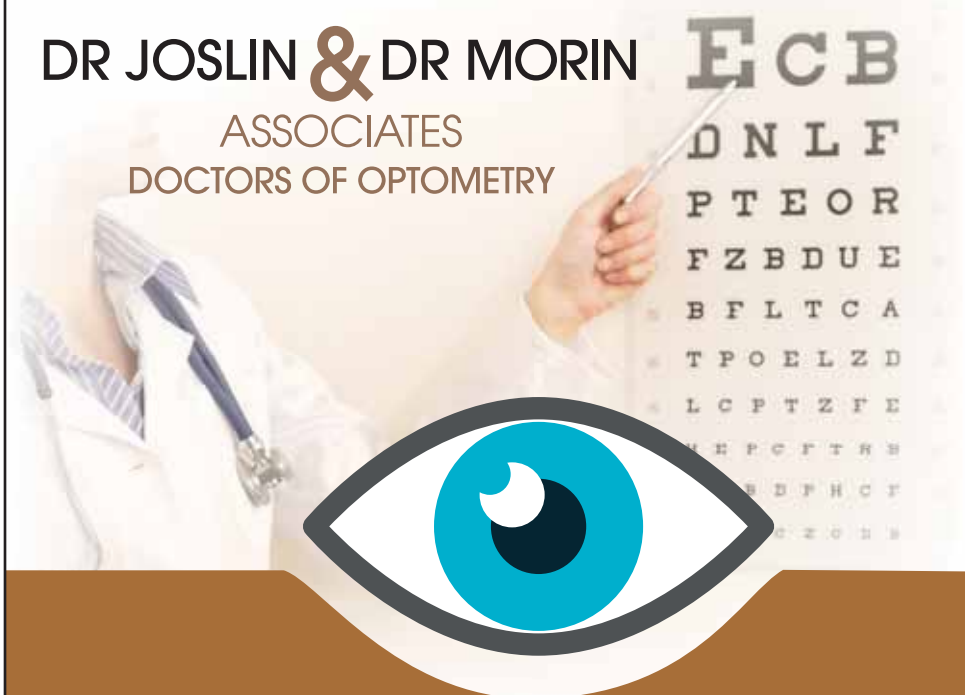
© / ™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada.

VPS69865

21793 (07/2012)

OPTOMETRISTS

DR JOSLIN & DR MORIN
ASSOCIATES
DOCTORS OF OPTOMETRY



**EXPERIENCE THE PRECISION OF
CUSTOMIZED VISION**

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

LANGFORD

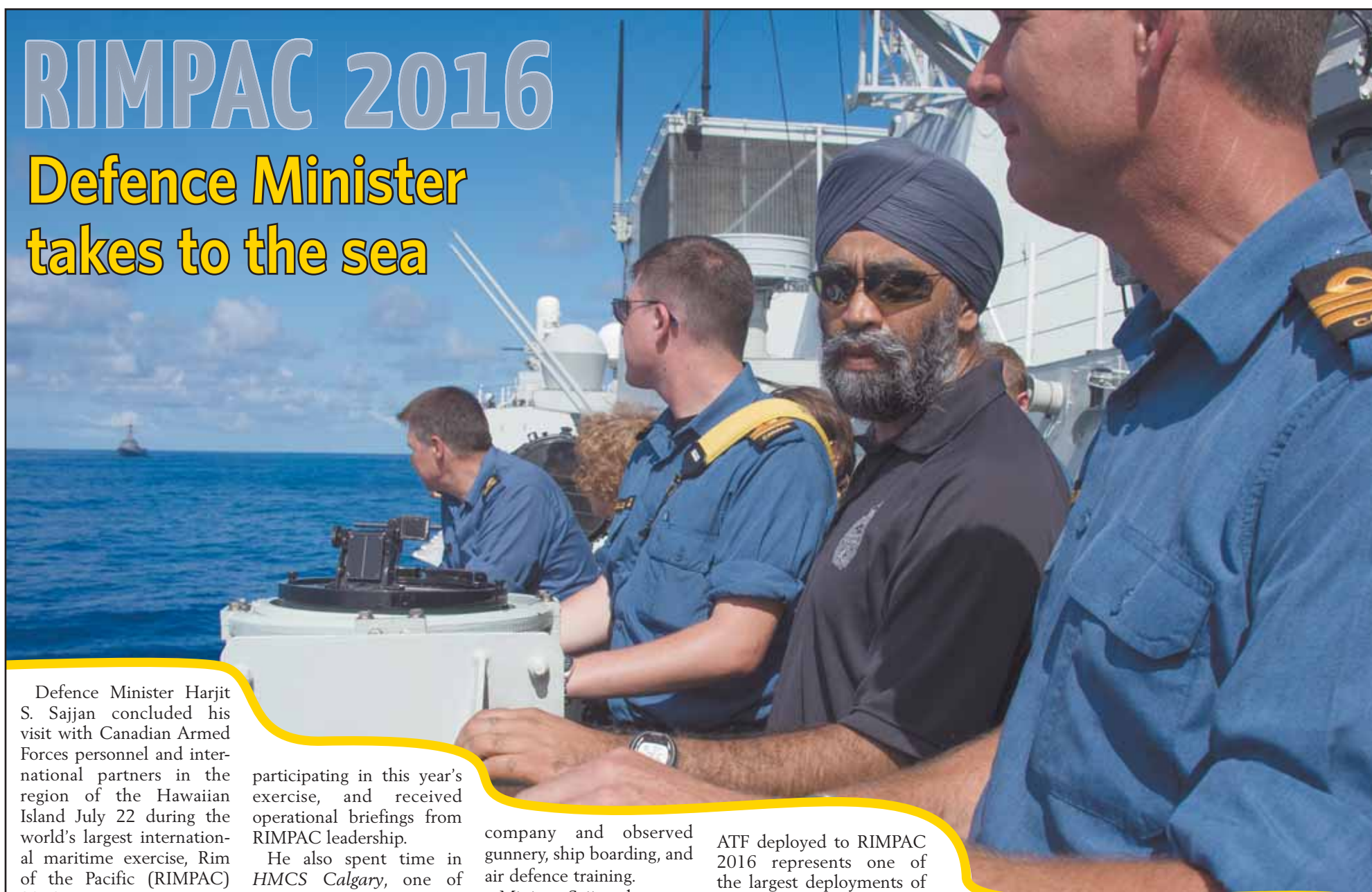
#105-814 GOLDSTREAM AVE.
PHONE: (250) 474-4567
www.langfordoptometrists.com

SOOKE

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

RIMPAC 2016

Defence Minister takes to the sea



Defence Minister Harjit S. Sajjan concluded his visit with Canadian Armed Forces personnel and international partners in the region of the Hawaiian Islands July 22 during the world's largest international maritime exercise, Rim of the Pacific (RIMPAC) 2016.

During his visit, he met with some of the 1,500 Canadian sailors, soldiers, airwomen, and airmen

participating in this year's exercise, and received operational briefings from RIMPAC leadership.

He also spent time in *HMCS Calgary*, one of two modernized Canadian Patrol Frigates currently deployed on the exercise. While at sea, Minister Sajjan met with the ship's

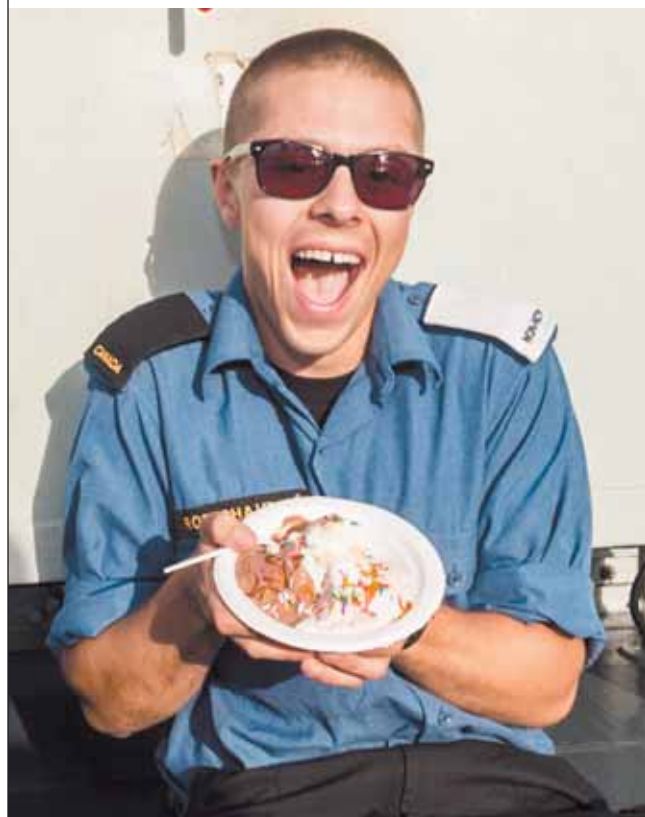
company and observed gunnery, ship boarding, and air defence training.

Minister Sajjan also spent time with Royal Canadian Air Force (RCAF) personnel deployed as part of the Air Task Force (ATF). The

ATF deployed to RIMPAC 2016 represents one of the largest deployments of RCAF assets to an exercise in recent history and is composed of elements from each of Canada's air combat capabilities.

Photo by MCpl Mathieu Gaudreault, CAF Combat Camera
Defence Minister Harjit S. Sajjan observes an exercise scenario on board HMCS Calgary in the Pacific Ocean.

Calgary sailors enjoy SUNDAES ON SUNDAY



Lt(N) J. Ryan Edgar
HMCS Calgary

Vanilla, strawberry and chocolate ice cream with a choice of toppings; this is the morale-boosting dessert sailors of *HMCS Calgary* can look forward to after Sunday suppers while at sea during Exercise Rim of the Pacific (RIMPAC) 2016 in Hawaii.

Sundaes on Sunday is a naval tradition that even the saltiest Chief remembers chowing down on from when they first joined.

Its origins are unknown but for many sailors on deployment it is used as a marker to help orient them to the day of the week. It is also a way to take time to socialize with fellow crew members and reflect on the hard work, challenges and achievements of the past weeks and those to come.

A sundae on a Sunday evening at sea is relied upon by all sailors as a time of camaraderie and cheer.



Photo by Kathryn Mussallem

Fitness challenge keeps crew in shape during deployment



Lt(N) Ji-Hwan Park gets his sweat on while at sea en route to Pearl Harbor, Oahu.

SLt Samantha Bayne
HMCS Calgary

While participating in RIMPAC 2016, HMCS *Calgary* is challenging its crew to their fourth consecutive fitness challenge.

The challenge aims to improve the general health and fitness of participants by having them measure and track their fitness activity.

Each activity, such as running, weightlifting or playing sports, is assigned point values and participants are attempting to do enough activities within the challenge window to meet the fitness challenge goal of 335 points (the same number as the *Calgary's* hull).

Earning points by working out is only one aspect of the challenge. By forgoing desserts and smoking, participants can net a higher number of daily points.

Additionally, while the ship is in port, sailors can earn more points by making healthier lifestyle choices, such as not consuming alcohol.

The challenge was first initiated on *Calgary* in 2015 by the ship's fitness coordinator Sergeant Steven Lewington.

"The aim of the fitness challenge is to allow the ship's company to set attainable fitness goals, which in turn entices sailors of all fitness levels to work out.

It also helps the crew deal with the stresses of sailing and increases work productivity," said Sgt Lewington.

The number of participants grows with each challenge, amassing to over 300 challengers over the past year. PT classes at the gym were arranged twice a week during the fitness challenge while the ship was alongside in home port. The crew were given more points to join these classes, which encouraged the crew to participate with their shipmates and build team cohesion.

Some members are doing it to challenge themselves or each other, but all are striving towards improving their general fitness and aim to lead healthier lifestyles.

While the ship was alongside in Pearl Harbor, Oahu, fitness challenge participants were awarded extra points for participating in RIMPAC sports events. The crew took part in friendly competition in a wide range of sports including basketball, golf, volleyball and bowling.

The fitness challenge program runs from June 13 to Aug. 12, culminating in the awarding of various prizes and awards for members of the ship following the completion of RIMPAC. Prizes include Fitbits and gift cards to various sporting stores.



Photo by MCpl Chris Ward, MARPAC Imaging Services
Master Seaman Jason Hendsbee (right), a sailor in HMCS *Calgary*, participates in a volleyball game with sailors from ROKS *Sejong The Great* (South Korea).

RIMPAC PHOTOS



MCpl Mathieu Gaudreault, CAF Combat Camera

Above: A sailor from HMCS *Calgary* observes the gun firing exercise.

Photo by LS Sergej Krivenko, HMCS Vancouver

Right: HMCS Vancouver's RAS (replenishment-at-sea) team forms up on the starboard bridge wing for a RAS with USNS Henry J. Kaiser.



MCpl Mathieu Gaudreault, CAF Combat Camera
A member of Fleet Diving Unit (Pacific) watches as a team member surfaces following an Explosive Ordnance Device exercise.



Federal Internship Program paves way for new immigrants

Rachel Lallouz
Staff Writer

From his office in Canadian Fleet Pacific Headquarters, Mexican national Isaac Rosas Bermudez recalls the motivation for him and his wife, Rebeca to come to Canada 10 years ago.

"My wife wanted to study a Master's Degree and I had long work days – 12 to 14 hours. I wanted a better quality of life. When we got engaged we decided to put our dreams together and move to Canada" he says.

His current job working on a military base as records management and information administrator for Canadian Fleet Pacific HQ would not have been possible without the Federal Internship for Newcomers Program (FIN).

The program is coordinated between immigrant support organizations, such as the Intercultural Association (ICA), or the Victoria Immigrant Refugee Centre Society

(VIRCS), the federal government and participating employers. Together they connect skilled permanent residents of Canada and Canadian citizens present in Canada for less than 10 years with jobs.

"When we first arrived in Canada we moved to Nanaimo where my wife began a Master's degree at Vancouver Island University, and I needed to find work," says Rosas. "But I couldn't secure a fixed and stable income."

The pair moved to Victoria in 2008 after Rebeca finished her degree, and though she was able to find work at a bank, Rosas wasn't so lucky.

"It was always tough for me to get a job," he says. "I was working downtown as a manager at a dollar store, but the franchisor ended up closing, and that's when I approached VIRCS for help."

VIRCS assigned Rosas to a case manager, who began to guide him through the FIN application process.

"We created a file profiling my language abilities in English, my education, and other pertinent characteristics. There were multiple interviews and screenings as well," he says.

Employers linked to VIRCS update the immigrant support organization when temporary, casual positions open up, which then become available for FIN program participants to send an application.

All FIN positions amount to 90 working days approximately – or about half a year of work – and are salaried.

By 2011, Rosas was hired to work his first job with the Department of National Defence, as an administrative clerk in records management at Fleet Maintenance Facility (FMF) Cape Breton.

"I really enjoyed the work and jumped right into it," he says. "To me, working at FMF was very interesting because I had never worked in a place with such mas-

sive infrastructure."

Personnel Services Coordinator Peggy Maher, Rosas' first supervisor at FMF, says it was his huge appetite for knowledge that made him such a strong employee.

"Isaac also made a point to take advantage of all networking opportunities, whether through various online sessions offered to FIN interns, or going to unit functions, and he tried to meet as many people as possible too," she says.

Through his work experience and with the help of a FIN mentor, Rosas began to develop skills in content management by taking courses at the Learning Career Centre to build on his new knowledge about information, cataloguing and archiving.

In-between his casual term contracts with FMF, Rosas worked part-time jobs in construction and gardening, but with his expertise in data management growing he knew he would be competitive for the full-time, permanent positions

available at DND.

He applied to at least seven permanent position pools, and was hired at CANFLTPAC around October 2015.

"Even though it was a long process, the FIN program makes a commitment to you. If you have the patience and perseverance, getting employment will happen," he says.

Now, Rosas and his wife, who currently works at the BC Ministry of Finance, are concentrating on raising their new baby. Rosas says his next goal is to learn French, which he anticipates will be a helpful skill to continue building his future with DND.

"Immigrants have this sense of uncertainty when they arrive to Canada, and the FIN program, especially for people who can speak English and who have some education, can be a solid road leading to a more permanent position with an organization," he says.

- The FIN program is a growing Government of Canada program
- MARPAC first implemented FIN in 2011
- The program receives overwhelmingly positive employer satisfaction by hiring managers
- It supports diversity objectives and response to a key barrier to labour market participation for newcomers by providing relevant Canadian work experience
- Over 20 FIN candidates were hired between 2011-2016 at MARPAC.
- Most FIN candidate find long-term and meaningful employment after completing the program

Federal Internship for Newcomers Program (FIN)

MARPAC started to support the FIN program seven years ago under the leadership of the MARPAC Chief of Staff at the time, Capt(N) Knippel, as part of a BC Federal Council initiative. He recognized the importance of the Royal Canadian Navy supporting new Canadians in the most concrete and positive way that we could, by giving them Canadian work experience. Since then, MARPAC has mentored several FIN interns and it is wonderful to see interns like Isaac returning to become part of the RCN Defence Team.

Margot Cutcher, Manager, Civilian Human Resources Service Centre (Pacific)



From left: Sgt James Brooks, Chief Clerk at Canadian Fleet Pacific Headquarters (CANFLTPAC HQ), Isaac Rosas Bermudez, an Information Officer and participant of the Federal Internship for Newcomers program, and Sub-Lieutenant Amelie Leduc, Administration Officer of CANFLTPAC HQ OR and supervisor of Rosas.



Bad Driver Award #177: Future Hood Ornament

It's tuned-out pedestrians like Hugo who bring us careful drivers like you. So watch out for guys like him (and never be one yourself)! And when you need collision repair, remember BC's favourite bodyshop, Craftsman Collision.



AIR MILES® AND BIGGER SMILES

Victoria • Esquimalt • Colwood • Duncan • Nanaimo

Pokemon Go players raise security concerns for DND

DND

Niantic, a subsidiary of Nintendo, released Pokemon GO in Canada on July 17. The popular app for mobile devices uses open source geolocation data, which means that players must travel to specific real-world locations in order to collect in-game items and Pokemon.

Because Department of National Defence and Canadian Armed Forces (DND/CAF) establishments have been embedded within the mapping for Pokemon GO, players have already started attempting to gain access to military bases for the purpose of gameplay.

To the uninitiated, these individuals may appear to act suspiciously.

While this poses a poten-

tial security risk to the CAF, players' game focus can also compromise their real-world situational awareness, putting them at risk for accident, injury or petty theft.

As a result of the reported behavioral influences Pokemon GO has on players, the Departmental Security Officer issued a Security Advisory advising Canadian Armed Forces members to increase their own awareness regarding potential security concerns related to Pokemon GO, and to exercise caution when using web applications in general.

DND/CAF discourages playing Pokemon GO (or other augmented reality games) on defence establishments.

If you do play, do so safely for yourself and for

those around you. Respect all applicable rules, regulations and laws that apply at DND/CAF installations.

In the interests of public safety, all Pokemon GO players, members of the Defence team or not, must refrain from attempting to access defence establishments without authorization for the purpose of searching for Pokemon.

Players who are found trespassing in unauthorized areas on defence establishments may face a range of consequences depending on the circumstances, from a simple warning to potential arrest, depending on the nature of the offence.

All CAF personnel are reminded to report suspicious activity to their local military police.

Canadian Armed Forces App now available for download

DND

Sailors and their families can now keep up with the Canadian Armed Forces (CAF) via their mobile devices with a new CAF Mobile App that launched July 1.

The new mobile aggregator features an update feed from CAF leaders, fully integrated social media, photo and video hubs, as well as easy access links to a variety of military resources.

The CAF Mobile app,

available for Android and iOS devices (with a Blackberry version soon to follow), is a bilingual platform for CAF members and their families.

Most importantly, the app's resource tab links users with a single touch to a variety of online resources, including: 24/7 member assistance, support and health services, pay, pension, compensation and benefits, family support programs, housing and relocations, bases and wings, education and training, legal services, morale and welfare services, international posting information, and Veterans Affairs Canada.

The app's soft launch provides users the opportunity to give it a try and provide feedback. Members are encouraged to review the app so developers can focus on in-demand features leading to the hard launch in September.

The aim for this app is to eventually become a customizable central aggregator for all DND/CAF social media accounts, with push notifications and embedded resources to better serve military members.

To find the free CAF Mobile App, search "Canadian Armed Forces" in app stores or in your web browser. Remember to let our E-Communications team know what you think by reviewing the app. Stay tuned for updates throughout the summer.



TRACKSIDE AUTO SERVICE LTD.

A FULL SERVICE AUTO REPAIR FACILITY

- ✓ Induction & Fuel Injection Service
- ✓ Out of Province Inspection
- ✓ Diesel Fuel Service
- ✓ Brake service

- ✓ Oil service
- ✓ Electrical
- ✓ Exhaust
- ✓ Tires

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



Ask about BG Protection Plan*

Where Dependability and Trust are a Priority...

* under 80,000 km

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



SCHOLARSHIPS FOR MILITARY AND VETERANS.*

WWW.SPROTTSHAW.COM

VICTORIA: 250-384-8121

VICTORIA QUILTERS' GUILD MEETING

Valerie Wilson

Award-winning

fibre artist from Winnipeg

valeriewilsonartist.com

AUGUST 9 • 7PM

4030 DOUGLAS ST., (NORTH OF MCKENZIE)

For more information:

www.victoriaquiltersguild.org



Sharkzcoins.ca Custom Challenge coins



Victoria-based coin design experts



BOATSWAIN
TRADE COIN



MARPAC / JTFP
COMMANDER COIN



**NOW VERY CLOSE
TO THE BASE**



sharkzcoins.ca
Custom challenge coins and pins

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



Volunteer
1-800-565-8111
girlguides.ca

Girl Guides of Canada
Guides du Canada

We give Military Discounts



SAVAGE CYCLES
Vancouver
Island's only
DUCATI & TRIUMPH
dealer

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

WE'LL HELP YOU GET THE CAREER YOU'RE AFTER

With 30 years of experience, we know what decision-makers are looking for.

- Resumes, Cover Letters, Career Counseling, Interview Preparation
- Specialists in Military to Civilian Career Transitions
- 10 Percent Military Discount



CALL FOR YOUR FREE CONSULTATION

Phone: (250) 383-3983
Email: success@resume-hut.com
www.resume-hut.com
743 View Street, Victoria BC V8W 1J9

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



Now **8** locations to serve you:

Military & DND Discount Offered

JB's Esquimalt.....	250-386-8877
Formerly Esquimalt Auto Parts	
JB's Colwood Langford.....	250-478-5538
JB's Downtown Victoria.....	250-384-9378
JB's Machine Shop.....	778-426-0801
JB'S Saanich Peninsula (B&B)	250-652-5277
JB's Body Shop Supplies	250-361-9136
JB's Salt Spring	250-537-5507
JB's Ladysmith	250-245-9922

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

Sailor wins bodybuilding championship

Rachel Lallouz
Staff Writer

Dressed only in a royal blue bikini, Petty Officer Second Class Chris O'Leary wowed the judges with his elegant posing routine, deeply tanned body, and well-defined muscles in the July 9 B.C. Amateur Body Building Association Championships.

Judges assessed his tan colour, condition, how crisp his poses were, how symmetrical he is, the flow of his routine, and his confidence. After the judges tallied their scores, the sailor was awarded first place in the welterweight division, earning him an extraordinarily large medal to add to his collection.

He has won seven provincial championship titles in four different provinces since he began competitive bodybuilding in his early twenties, starting in 1999.

"My competitive nature comes out when I'm on stage," he says. "I want to showcase my physique the best I can and put on an entertaining show for the audience. I absolutely love it. It makes the 12 to 16 weeks of hell worth it for just those three minutes of glory."

He refers to the human body as a clay sculpture, which, with a little persistence and discipline, can be pushed to new levels of achievement by adding a bit more muscle to those areas that require more balance.

"You identify your weaknesses and try to improve them through training to transform any weaknesses to strengths," he says. "The main goal is to improve the physique so that you can be the best version of yourself you envision, and can be."

Weightlifting has been a part of his life since his teen years. It wasn't until he caught the bodybuilding fever that his physique began to take shape, and compe-



PO2 Chris O'Leary is the winner of the B.C. Amateur Body Building Association Championships held on July 9. In the photos above he shows off his medal and award-winning physique.

tion became a reality.

To ready himself for a competition, he begins four months before show time.

In the first stage of his intensive training, PO2 O'Leary exercises six days a week, starting his workouts with 10 minutes of cardio on an inclined treadmill to warm up and get the blood moving throughout his system. He then lifts weights for roughly two hours a session.

Some days he works out circuit-style, completing a variety of exercises

You identify your weaknesses and try to improve them through training to transform any weaknesses to strengths.

PO2 Chris O'Leary,
Champion Bodybuilder

in sets using the different rep ranges, drop sets, super setting and training styles depending on how his body is reacting along the prep phase.

"Then you have the nutrition aspect of training, which is extremely regimented. I eat seven small meals a day, roughly every three hours, and depending on what phase I'm in for training; a day's worth of calories will be between 3,000 to 2,000, which varies depending on what phase of the prep I'm in."

In the final "depletion" phase, PO2 O'Leary concentrates on depleting his muscle cells of their sugar stores, spending between four and six days eating only proteins, green vegetables, and "good" fats for energy. He says it is crucial to consume sodium and keep his electrolytes in balance, as this is key for the muscle contraction needed when posing a routine.

He uses a method called refeeds or better known as cheat meals to speed up his metabolism along

his prep phase, which ends two weeks prior to competition. It provides a psychological reward for the bodybuilder and also spikes his energy which translates to a spike in insulin levels, tricking the body into getting overloaded with calories. Once the metabolism has been increased, it burns the newly ingested calories and then burns through additional calories from fat stores.

"The challenges of being a bodybuilder means that you go through a brutal last week of training, water loading and water depletion," he says. "And then there's all of the extra work on top of training – perfecting your routine, getting a song cut, booking your spray tan, and completing all necessary pre-show registration."

Being in the military can add an additional challenge when training for competition.

"If I'm deployed, I need to plan logistically for finding a gym wherever I go, and I need to take my food with me. But the military very much supports the fitness aspect of what I do."

With a neck full of medals from amateur competitions, PO2 O'Leary is looking to add one from a pro-card, a document awarding official competitor status that would give him the right to compete internationally.

This will mean switching weight divisions from welterweight to men's classic physique, and a focus on aesthetics and the balance of the muscles and muscle groups.

"Although this isn't for everyone, I believe that anyone can do this if they put their mind to it," says PO2 O'Leary. "The mind is the biggest tool. Training is only 10 percent of it; the other 90 percent is determination and drive."

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

ASK ABOUT OUR MOVE IN DISCOUNT!

250.381.5084 CAPRENT.COM



Bravo Zulu



Photo by Ed Dixon, Rideau Hall, OSGG

Above (left): AB Marjolaine Plante has been awarded the CANFLTPAC Sailor of the Quarter for the Second Quarter of 2016. Above (right): Real Property Operations Project Manager Dean Steinke receives a presentation from RP Ops Acting Commanding Officer, Maj Mark Kierstead on the occasion of his retirement after 35 years of service to the Department of National Defence.



Pte Andrew Kieu receives his first chevron and promotion to Private (Trained) from Acting Base Administration Officer LCdr Colleen O'Brien and BOR Supervisor MWO Mark Dankwerth.



Bill Barnes receives his 35 year Long Service Award from Cdr Jeffrey Watkins, Commanding Officer Base Logistics Branch.



PO2 Haycock was promoted to PO1 by his wife Chantal and Cdr Hooper.



MS Howell is promoted to her current rank by Cdr James and CPO2 Robb from Personnel Coordination Centre (Pacific).

NOW is the time for
CLEAR VISION!

Ask about our
MILITARY
PRICING!



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




Did You Know...


ONE STOP FOR

 Cadillac


 Chevrolet


 Buick


 GMC

 **Victoria's #1 GM Volume Retailer**

 **Victoria's Largest Volume Truck Retailer**

 **DND Military Bonus**

 **Drive Thru Quick Lube**
with Experienced Tech of 40 years

 **Largest Selection of Preowned Vehicles**

ATTN MILITARY: DID YOU KNOW?

WHEATON offers you a Canadian Forces Appreciation DISCOUNT \$1000 OFF

ON ALMOST ANY CHEVROLET, BUICK, GMC OR CADILLAC

Wheaton

Chevrolet Buick
Cadillac GMC





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

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

Like Us on 

Kick tires online at davewheatongmc.com

*Conditions apply.

Bravo Zulu



Photo by MCpl Brent Kenny, MARPAC Imaging Services
Marie Ormiston from the MARPAC Visits and Protocol Office was presented a MARPAC Bravo Zulu by Rear-Admiral Gilles Couturier. It was in recognition of her stellar work coordinating Westshore Navy Day, Canada Day in Vancouver and other key community outreach events.



Photo by Cpl Andre Maillet, MARPAC Imaging Services
Cdr Stephan Gresmak is promoted to his current rank by Rear-Admiral Gilles Couturier.



Cpl Darren Karn is promoted to the rank of Master Corporal by Major Victor Ethier, Military Police Unit Esquimalt.

Bravo Zulu



CPO2 Koblun is promoted to CPO1 by Commanding Officer Fleet Maintenance Facility Capt(N) Earl and Cdr Horan.



CPO2 Tremblay is promoted to CPO1 by Commanding Officer Fleet Maintenance Facility Capt(N) Earl, CPO1 Rene Tremblay and mother of CPO1 Tremblay.



Lt(N) Kang is promoted LCdr by Acting Commanding Officer Fleet Maintenance Facility Cdr Solomon.



LCdr Marquis is awarded his Canadian Forces Decoration second clasp by Acting Commanding Officer Fleet Maintenance Facility Cdr Solomon.



PO1 Fraser is awarded her Canadian Forces Decoration by Acting Commanding Officer Fleet Maintenance Facility Cdr Solomon.



PO1 Fraser is also awarded her SSI Gunmetal by Acting Commanding Officer Fleet Maintenance Facility Cdr Solomon.

Bravo Zulu



Photo by MCpl Vincent Carboneau, Rideau Hall, OSGG
His Excellency the Right Honourable David Johnston presents the Member (M.M.M.) insignia of the Order of Military Merit to Chief Petty Officer First Class Norman William Cawthra, M.M.M., C.D.



Photo by Wayne Emde
Lieutenant-Governor of British Columbia Judith Guichon inspects the Guard of Honour upon her arrival at Vernon Cadet Training Centre. Joining her for the inspection are, from left: Regimental Sergeant Major Chief Petty Officer David Bliss, Guard Commander Lieutenant Kayla Lum Black, and VCTC Commanding Officer Lieutenant Colonel Judy Peter.



OS Eric Best is promoted to the rank of AB by Cdr Julian Elbourne, Commanding Officer of HMCS Calgary.



LS Matthew French is promoted to the rank of MS by Cdr Julian Elbourne, Commanding Officer of HMCS Calgary.



AB Isaac Hossie is promoted to the rank of LS by Cdr Julian Elbourne, Commanding Officer of HMCS Calgary.



Attention DND Civilian and Military Workforce

Help us help you find a
better way to get to work!

Please take a minute to complete our brief
transportation survey. Email your answers to
LCdr Bill Ansell, Base Operations Officer.

► Bill.Ansell2@forces.gc.ca

survey

- How often do you commute to work?
- Where are you commuting from?
- What time do you start/finish work?
- Where do you work?
(Naden, Dockyard, Colwood, Work Point, other)

- If you had the choice which commuting
method would you prefer in order of
preference, understanding that all three
options would have an associated cost:
 - ① Public Transit
 - ② Private Commuter Service
 - ③ Blue Boat Type Service

If you would not use these services, please tell us why
and/or how we could modify it so that you would.

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

See it ALL ONLINE

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

lookoutnewspaper.com

SERVICES OFFERED

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.

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.

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

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

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

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

PET STORES

PET FOODS, RESOURCES
Your Pet Pals
250-360-1322
10% Military Discount
info@yourpetpals.com
www.healthy-pets.ca
NOW AT ADMIRALS WALK

Lookout Classifieds Work.
250-363-3127

AUTOMOTIVE

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

APPLIANCES

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

FOR RENT

1 BDR PLUS LOFT near the Royal Jubilee. \$1500 plus utilities, no pets, six appliances, underground parking. Available immediately. Contact Andrew Cho at 250-915-8888 ext 451.

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**

THE MUSTARD SEED
TAKE THE FB/TWITTER CHALLENGE
Donations drop off in summer but food is still very much needed. We encourage you to post an image of your food donation on social media then challenge friends to do the same!

REAL ESTATE • FOR SALE

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
I know military, I was military.

YOUR LOCAL REALTOR
AWARD WINNING / TOP PRODUCER
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

ROYAL LEPAGE
Coast Capital Realty

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

ONE LEVEL
Are you retiring this year?
Beautiful one level townhouse built in 2012, end unit at Sunriver in Sooke. Require closing date End of November \$389,900, call Shelly direct for details or visit her online:
www.shellyreed.com
CALL DIRECT 250-213-7444
Shelly Reed
For more info
www.shellyreed.com
Sutton GROUP West Coast Realty

HOME APPRAISAL

Your Complete **Residential Appraisal** choice!



PROMPT PROFESSIONAL PRECISE

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

IRP APPROVED

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.
VISA MasterCard
• 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

CFB ESQUIMALT & SEASPAN VICTORIA SHIPYARDS PRESENT



Formation FunDay

NADEN

NOON TIL 4PM

SEPT. 17, 2016

IT'S
FREE!

A FALL FESTIVAL OF FANTASTIC FUN

STORMIN' NORMAN
**PAINTBALL
ADVENTURES**

FUN TIME
INFLATABLES

ENJOY THE
RHIB RIDES

TIGER LILY FARMS
**PONY RIDES
& PETTING ZOO**

ROMPER ROOM INDOOR
CLIMING CENTRE

BUILD A HOME HARDWARE
BIRD HOUSE

Vic Lug
LEGO

LIVE MUSIC BY
HIKOMMAND

SHOP THE
**MARKET
PLACE**

BRING CASH!

**EAT
MACHINE**
**GREEK ON
THE STREET**

JUDY'S
**SNACK
TRUCK**

THANKS TO
OUR SPONSORS:

