

 **Follow RAdm McDonald on Twitter @comd_marpac**


to get updates on your Navy!



Volume 62 Number 8 | February 27, 2017

LOOKOUT

newspaper.com

MARPAC NEWS CFB Esquimalt, Victoria, B.C.

 @LookoutNewspaperNavyNews
  @Lookout_news

RELOCATING
To or From Victoria?

FREE HOME EVALUATIONS

YOUR BROOKFIELD APPROVED RELOCATION SPECIALIST

CONTACT ME TODAY

JEFF MEYER Personal Real Estate Corporation
250.885.2047
 Jeff@MeyerProperties.ca

RE/MAX
CAMOSUN
www.VictoriaRelocations.ca




HMCS Saskatoon deploys for Operation Caribbe

SLt Melissa Kia, MARPAC Public Affairs
 Fleet Chief CPO1 Derek Kitching (left), and Cmdre Jeff Zwick, Commander Canadian Fleet Pacific, salute the ship's company of HMCS Saskatoon as the ship passes Fisgard Lighthouse. HMCS Saskatoon deployed for Operation Caribbe, Canada's contribution to combat the international drug trade. Read more on page 2.



U-PAK MOBILE STORAGE
Storage that comes to you!

15% Military Discount

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

We proudly serve the Canadian Forces Community

As a military family we understand your cleaning needs during ongoing service, deployment and relocation.

MOLLY MAID
www.mollymaid.ca

(250) 744-3427
paula.whitehorn@mollymaid.ca

ARE YOU PAYING TOO MUCH FOR YOUR MORTGAGE?

Call me for a FREE MORTGAGE CHECKUP

VARIABLE RATE 2.20% • 5 YEAR FIXED @ 2.44%

Andrew Wade, DLC-Modern Mortgage Group
250-886-1959

Proud to be a part of the DND FMF Community



HMCS *Saskatoon* continues war on drug trafficking



Photo by SLt Melissa Kia, MARPAC Public Affairs

HMCS *Saskatoon* leaves Esquimalt Harbour, passing Fisgard Lighthouse for Operation Caribe, Canada's contribution to combat the international drug trade.

Peter Mallett
Staff Writer

HMCS *Saskatoon* deployed Feb. 20, beginning its latest contribution to Operation Caribe, Canada's decade-long contribution to the multinational campaign against illicit trafficking by transnational organized crime in the Caribbean sea and the eastern Pacific Ocean.

The Kingston-Class

Maritime Coastal Defence Vessel and its crew are fulfilling Canada's commitment to Operation Martillo – the United-States led multinational effort among Western Hemisphere and European nations aimed at drug interdiction and counter smuggling operations in the area.

"By preventing the flow of illicit drugs and denying unlawful access to the sea, our sailors are

effectively interrupting a major funding source for organized crime," said Lieutenant-Commander Todd Bacon, Commanding Officer HMCS *Saskatoon*. "Our mission success during these operations is a result of the continued support our sailors receive from their family, friends and colleagues back home."

It's the second time in 12 months *Saskatoon* has participated in Operation

Caribe. On March 19, 2016, *Saskatoon* assisted members of the United States Coast Guard in the seizure of 10 bales of cocaine weighing approximately 360 kilograms. The drugs had been dumped in the water by a fishing boat before it fled the scene. That bust was part of the Royal Canadian Navy's contribution to the seizure and disruption of 5,570 kg of cocaine and 1,520 kg of

marijuana in 2016, and 66 metric tonnes of cocaine and four metric tonnes of marijuana over the past 10 years.

Canadian warships deployed on Operation Caribe, along with CP-140 Aurora aircraft from the Royal Canadian Air Force, act in a support role, locating and tracking vessels of interest. The annual operation directly supports the Canadian Armed Forces' mission to defend against

threats and security challenges to Canada's international defence and security partners.

"Our people are amongst the most highly educated and trained sailors in the world; they are the competitive advantage in combatting terrorism and piracy, conducting fisheries patrols and drug interdictions," said Rear-Admiral Art McDonald, Commander Maritime Forces Pacific.

By preventing the flow of illicit drugs and denying unlawful access to the sea, our sailors are effectively interrupting a major funding source for organized crime.

Lieutenant-Commander
Todd Bacon,
Commanding Officer
HMCS *Saskatoon*



BACK ON DUTY

Commissionaires values your transferrable skills and your military, police or RCMP background. We're a not-for-profit organization dedicated to providing meaningful employment to veterans. Join Commissionaires and put your skills and experience to work ensuring the safety and security of people and property in a wide variety of environments, including healthcare, education, airports and seaports, and non-core police services.

JOIN COMMISSIONAIRES TODAY
877 322 6777 | commissionaires.ca/cfna

 **COMMISSIONAIRES**
TRUSTED • EVERYDAY • EVERYWHERE



Photo by Leading Seaman Ogle Henry, Formation Imaging Services

Romanian Naval Ship Ferdinand sails in-between HMCS St. John's and the Spanish frigate Juan de Borbon in preparation for replenishment at sea approaches during their transit on the Black Sea Feb. 8, during Operation Reassurance.

Black Sea deployment wraps up

Lt(N) Emily Anglin,
HMCS St. John's

The Port of Istanbul is always busy. Dozens of ferries sail across the harbour in all directions, moving locals and tourists alike between terminals along the ancient Bosphorus, which connects the Sea of Marmara to the Black Sea.

This trip gives the passengers a breathtaking view of the historic city.

On Jan. 31, they also had the opportunity to see HMCS St. John's transiting with Spanish frigate Almirante Juan de Borbon into the Black Sea, where the Canadian warship would conduct a three-week deployment.

While there, St. John's conducted Exercise Sea Shield during its deployment on Operation Reassurance. The frigate, which was recently upgraded, integrated seamlessly into a task

group of Turkish, Bulgarian, Romanian, American and Spanish ships, aircraft and submarines. The exercise had serials that worked every department on board St. John's: manoeuvres, replenishment at sea approaches, combined anti-submarine and air defence exercises, maritime interdiction and vessel boarding, search and rescue of a stricken submarine, and communications via radio, flashing lights and flags.

The work of the embarked sailors, soldiers and aircrew did not go unnoticed.

"I am exceptionally proud of the officers and crew of this ship," said Commander Sheldon Gillis, Commanding Officer of HMCS St. John's. "After steaming 4,500 nautical miles to the Black Sea and seamlessly integrating with units of Standing NATO Maritime Group 2, we proved to ourselves and

to our allies that we are a first class navy, ready to demonstrate Canada's commitment to our collective defence obligations."

While in the region, St. John's visited Istanbul, Turkey; Constanta, Romania; Varna, Bulgaria; and Samsun, Turkey. These visits allowed crew members to meet sailors from other ships and learn about their cultures, and also to give back to local communities.

While alongside Constanta, 21 of St. John's sailors volunteered at a local children's shelter, demonstrating their commitment to community, even when 4,500 nautical miles away from their own homes.

On Feb. 20, St. John's left the Black Sea to carry on its seven-month deployment in the Mediterranean, continuing to enrich the bond between Canada and all members of NATO.

After steaming 4,500 nautical miles to the Black Sea and seamlessly integrating with units of Standing NATO Maritime Group 2, we proved to ourselves and to our allies that we are a first class navy.

Commander Sheldon Gillis,
Commanding Officer of HMCS St. John's

The Home of the Full Refund!

3 Locations:
Glanford Avenue
Downtown-Queen's Avenue
Quadra Street

250-727-7480

bottledepot.ca



DHJL

DINNINGHUNTER JACKSON LAW

Dan Murphy, RAdm (Ret'd)

Lawyer with a Military Perspective

250.589.4571

Grievances • Service Discipline • Notary
Pension Appeal • Criminal Defence • General Practice

danmurphy@dinninghunter.com • www.danmurphy.ca

Drive away today **GET FINANCING NOW!**

GALAXY MOTORS

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

CALL US TODAY. 250.380.1602 www.seaspan.com

seaspan
VICTORIA SHIPYARDS

PEMBERTON HOLMES
ESTABLISHED 1887

Getting Posted?

For All Your Real Estate Needs

Kash Burley
Pemberton Holmes Ltd.

Call me!

Telephone: 250-384-8124
Cell: 250-213-6873
Email: kash@kashburley.com
Website: www.kashburley.com

TO ALL MEMBERS AND GUESTS OF ARMY, NAVY AND AIR FORCE VETERANS CANADA, JOIN US AT

Club ANAVETS Sidney Unit #302

- MEAT DRAWS & 50/50 EVERY WED, FRI & SAT 5-7 PM
- COMPLETE GAMES ROOM
Dart Boards, Pool Tables, Shuffleboard
- DROP-IN CRIB AND TEXAS HOLD'EM POKER EVERY THURSDAY
- BINGO EVERY SUNDAY
- LIVE MUSIC FRIDAYS
- FREE WI-FI EVERY DAY

Know your limit, stay within it!

9831 - 4th St. Sidney (By the Jet Plane)
Club: 250-656-3777 • Office: 250-656-2051

POSTED TO HALIFAX?

We specialize in serving the unique mortgage needs of our military families.

RATES as LOW as **2.10%**

We partner with Halifax's finest:
Realtors • Home Inspectors • Real Estate Lawyers

Get a pre-approved mortgage before you start house shopping.

IDEAL MORTGAGE **CALL TODAY**
902-453-2307
www.GetTheIdealMortgage.com

matters of OPINION

WHO WE ARE

MANAGING EDITOR

Melissa Atkinson 250-363-3372
melissa.atkinson@forces.gc.ca

STAFF WRITERS

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
James Vassallo 250-363-4311

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

Le LOOKOUT est publié tous les lundis, sous l'égide du Capt(N) Steve Waddell, Commandant de la Base.

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

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



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

One year subscription - \$66.94

Six month subscription - \$33.47

Prices include tax.

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

Web: www.lookoutnewspaper.com

Fax: 250-363-3015

Canadian Mail Product Sales Agreement 40063331



WHAT SAY YOU

People Talk

Lookout asked vendors attending the MARPAC Health and Wellness Expo on Feb. 16 at Naden Athletic Centre:

What is the most important thing a person can do for their health and wellness?



Moderation is the way to live your life. Going to the gym sometimes, but not being a gym nut about it. It's good to follow the same ideology with your diet; it's not good to be too restrictive but have some balance like some creamy, cheesy tortellini with your kale.

**Alyssa Talley, co-owner,
Local Urban Bites**



Just getting outside would be the number one thing you can do for yourself. Just being outside and enjoying some activity at your own pace with the fresh air is far superior to exercising in a gymnasium or health club.

**Chris Bowes,
Wildplay Element Parks**



Exercise and other aerobic activities because it creates balance, is an outlet for stress, and also helps regulate your body.

**Taneya Xing,
Dream Maker Dance Studio**



Pay attention to what you eat and put into your body. Think of your body as fueling a vehicle, you can either run it on alcohol, which is toxic, or a proper, healthy diet, which is good for you.

**MWO Noah Rombough,
3005 Royal Canadian Army
Cadet Corps,
11th Service Battalion**

WHAT SAY WE

SPORTS trivia Skiing

by Stephen Stone & Tom Thomson

Questions

- Who won all three men's alpine gold medals (slalom, giant slalom, downhill) at the 1968 Olympics in Grenoble, France?
- Who won the first men's World Cup alpine ski championship in 1967?
- Who won the first women's World Cup alpine ski championship in 1967?
- Who was the top women's alpine skier at the 1968 Olympics?
- Who is the only other men's alpine skier to win all three gold medals at a single Olympic Games?
- Who were the "Crazy Canucks"?
- Who is the only member of the "Crazy Canucks" to win an Olympic medal?
- Who was the first North American to win the World Cup title in men's downhill?
- Who is the only other Canadian to win a World Cup title in a men's alpine ski discipline?
- Since Nancy Greene's wins in 1967-68, who are the only Canadian women's World Cup champions in any alpine ski discipline?
- Who is the most successful World Cup alpine skier (all disciplines)?
- Who is the second most successful World Cup alpine skier (all disciplines)?
- Who has won the most Olympic medals in men's alpine skiing (all disciplines)?
- Who has won the most Olympic medals in women's alpine skiing (all disciplines)?
- Which country has won the greatest number of Olympic alpine skiing medals?
- Who is the most successful men's downhill skier?

- Answers**
- Jean-Claude Killy (France).
 - Jean-Claude Killy.
 - Nancy Greene (Rossland, B.C.).
 - Nancy Greene (gold in giant slalom, silver in slalom).
 - Tom Salter (Austria, 1956).
 - Jim Hunter, Dave Murray, Steve Podborski and Ken Read. They earned their reputation in the late 1970s and early 1980s for fast and seemingly reckless skiing in the downhill event.
 - Steve Podborski (Toronto, Ont.) - bronze, downhill 1980.
 - Steve Podborski - 1982.
 - Erik Guay (Mont Tremblant, Que.) - Super G, 2010.
 - Besty Clifford (Ottawa, Ont.) - Slalom, 1971; Marie-Michèle Gagnon (Lac-Etchemin, Que.) - combined, 2014.
 - Lindsey Vonn (United States) - 20 World Cup crystal globes.
 - Ingemar Stenmark (Sweden) - 19 World Cup crystal globes.
 - Kjetil Andre Aamodt (Norway) - eight: four gold, two silver, and two bronze.
 - Janica Kostelic (Croatia) - six: four gold, and two silver.
 - Anja Parson (Sweden) - six: one gold, one silver, and four bronze.
 - Austria - 114 (including 34 gold).
 - Franz Klammer (Austria) - five World Cup titles (1975-78, 1983) and Olympic gold (1976).

Jerad Daniels
real estate consultant
MLS Award Winning Realtor®
Military Relocation Specialist
www.southvic.com • 250-508-5723

E-FILE FROM \$59⁹⁹+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



February 23-March 1 2017
While Supplies Last

Esquimalt Now Open

1310 Esquimalt Rd 6am-9pm Daily



Imported
Long English Cucumbers



99¢
ea.

Imported
HH Tomatoes



99¢
lb
\$2.18kg

Imported
#1 Large Red & Yellow Peppers



\$1.99
lb
\$4.39kg

6 Mile
Bagels



\$3.99
6pack ea.

Deep River
Chips
All Varieties



2/\$5.00
142g

Terra
Chips
All Varieties



\$4.99
170g ea.

Level Ground Trading
Coffee
All Varieties



\$11.99
1lb ea.

Red Barn's Own
Whole Pork Tenderloin
Regular or Marinated



\$1.29
100g

Red Barn's Own
Marinated Pork Sirloin Kabobs



88¢
100g

Fresh is Best
Salsa
All Varieties



\$5.49
375ml ea.

Red Barn's Own
Roast Beef



\$2.79
100g

Find our flyer at REDBARNMARKET.CA

WEST SAANICH
5550 West Saanich Rd
7:00am-7:00pm
(250) 479-8349

MATTICK'S FARM
5325 Cordova Bay Rd
7:00am-7:00pm
(250) 658-2998

VANALMAN
751 Vanalman Ave
6:30am-8:00pm
(250) 479-6817

LATORIA WALK
611 Brookside Rd
6:30am-8:00pm
(250) 590-8133

OAK BAY
1933 Oak Bay Ave
6:30am-9:00pm
(250) 592-0424

ESQUIMALT
1310 Esquimalt Rd
6:00am-9:00pm
(778) 265-0370

NADEN BAND

and all that

Jazz



PO2 Katrina Bligh Naden Band

For years the Naden Band of the Royal Canadian Navy has pursued partnerships and collaborations with many cultural institutions in Victoria, including the Victoria Symphony, Victoria Philharmonic Choir, Royal BC Museum, University of Victoria Faculty of Music, and the Royal and McPherson Society.

The latest collaboration is with the Canadian College of Performing Arts for "All That Jazz", a matinee and evening concert at 2 and 7:30 p.m. respectively at the Royal Theatre March 18.

These concerts will feature Canadian College of Performing Arts students, who are some of the country's top emerging artists. They will be acting, dancing and singing to music played live by the Naden Band.

The Canadian College of Performing Arts has been owned and operated by The Canadian Heritage

Arts Society, a non-profit society, for over 20 years. Their commitment to excellence has propelled many alumni to careers in the performing arts. Graduates have starred on Broadway, Canada's Shaw, Stratford and Charlottetown Festivals, and major productions worldwide.

"It is an honor and thrilling educational experience for our students to perform with the Naden Band," says Darold Roles, Artistic and Education Director for the college. "We have some of the top raw talent in the country and they are ready to be fused with one of the finest concert bands in Canada. Not many students can boast about this electric experience on their resumes."

Tickets for both shows are \$35 for the main floor and lower balcony, and \$28 for the upper balcony.

Vouchers, exclusively available for military members and their families, which give a savings of \$7.50 per ticket, are available for purchase at

the Canadian College of Performing Arts office from Monday to Friday 9 a.m. to 4 p.m. These vouchers can then be brought to the Royal or McPherson Box Office and exchanged for a ticket at no additional cost.

The Canadian College of Performing Arts is nestled between Theatre Lane and Poets' Corner on 1701 Elgin Road.

In conjunction with the concerts, the College is also holding a unique fundraiser on March 18 called POSH (a naval term Port Outboard Starboard Home) at CFB Esquimalt's Chiefs' and Petty Officer's Mess.

This special evening will include a ticket to the matinee concert, plus dinner and musical entertainment. All funds will go to support the College, their students and future productions.

Tickets may be purchased online via Eventbrite or from Colleen Youngblut, Donor Relations Manager donorrelations@ccpacanada.com

MARK YOUR
CALENDAR
FOR
MARCH 4



New Location

ATTENTION MILITARY!

FREE MASSAGES!

On March 4, 9 am to 4:35 pm, get a Complimentary Massage with Military ID. Military spouses welcome too. Excludes those with any open ICBC or WCB claim.



WCCMT

West Coast College of **MASSAGE** Therapy

TO BOOK AN APPOINTMENT
WITH ONE OF OUR
TALENTED STUDENTS CALL
250-281-9800 EXT 221
ASK ABOUT OUR SERVICES

#100-818 Broughton Street

www.collegeofmassage.com/victoria/

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

 **IN THE COURTS**

Drug trafficking charges laid against military member, brother in Petawawa

DND

On Feb. 7, the Canadian Forces National Investigation Service's National Drug Enforcement Team charged a Canadian Armed Forces member and his civilian brother with drug-related offences under the Controlled Drugs and Substances Act.

The charges relate to an investigation into illegal drug activity at 4th Canadian Division Support Base Petawawa. After an extensive investigation, members of the National Drug Enforcement Team searched a private residence on base Feb. 3, and arrested Corporal Philippe Serge Léveillé of 2 Combat Engineer Regiment, and

his civilian brother David Joseph Léveillé, who resides with him at the residence.

Both individuals face the following charges:

- two counts of Possession for the purpose of trafficking under section 5(2) of the Controlled Drugs and Substances Act; and

- two counts of Possession of a substance under section 4(1) of the Controlled Drugs and Substances Act.

"The National Drug Enforcement Team specifically targets drug offenders within the Canadian Armed Forces," said Lieutenant-Colonel Francis Bolduc, Commanding Officer, Canadian Forces National Investigation Service. "Their investigation of this case and

subsequent charges against these individuals speaks to the effectiveness of this specialized team to help prosecute drug offenders and eradicate illicit drug activity within the Canadian Armed Forces."

During the search of the residence, members of the National Drug Enforcement Team discovered about one ounce (28 grams) of suspected cocaine and 20 grams of suspected cannabis (marijuana), as well as packaging materials, a scale and other drug paraphernalia.

The matter is now proceeding in accordance with the civilian justice system. The case is scheduled to be brought forward in Ontario Provincial Court, Pembroke, Ontario, on March 7, 2017.

Sexual assault charge laid against retired military member in Manitoba

DND

On February 16, the Canadian Forces National Investigation Service charged a retired member of Canadian Armed Forces with the one count of sexual assault under the Criminal Code of Canada and three counts under the National Defence Act.

The charges relate to a reported sexual assault in May 2016 against a mem-

ber of the Canadian Armed Forces while the accused was based at Canadian Forces Base Shilo near Brandon, Manitoba.

Warrant Officer (retired) Jason Buenacruz, a former Regular Force member, faces the following charges:

- one count of sexual assault under section 271 of the Criminal Code of Canada, punishable under section 130 of the National Defence Act;


- two counts of abuse of a subordinate under section 95 of the National Defence Act; and


- one count of conduct to the prejudice of good order and discipline, punishable under section 129 of the National Defence Act.

The matter is now proceeding in accordance with the military justice system for possible court martial at a date and location yet to be determined.





skimtwashington
\$25 Lift Tix • March 15
Book: 250-363-1009



 **AACT Financial**
Your one stop financial shop

TAX AND ACCOUNTING
Payroll/GST/WCB...

 **MILITARY DISCOUNTS**

 **AACT Financial Solutions**
1353 Esquimalt Rd
www.aact.ca
250-383-3834

REGISTRATION OPEN!



5K, 10K & KIDS FUN RUN
JUNE 18

HURRY FOR EARLY BIRD PRICING!

navyrunesquimalt.com

time for work

time for my degree



 Our world-class, accredited programs offer you the flexibility to learn at your own pace, on a schedule that suits your lifestyle.

 Athabasca University
open. online. everywhere.
Athabascau.ca/military

Shanna Vargas REALTOR®
THE HELP YOU NEED FOR THE HOME YOU WANT!

Relocating?
With Professionalism, Integrity, and Experience...
I will get you results!

direct: 250.727.1766
office: 250.744.3301
email: shannavargas@shaw.ca
web: www.shannavargas.com



We give Military Discounts

SAVAGE CYCLES

Vancouver Island's only
DUCATI & TRIUMPH dealer



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

NDP

Helping constituents with Federal government programs and services.



Randall Garrison, MP
ESQUIMALT-SAANICH-SOOKE
2904 Tillicum Road, Victoria
Monday-Thursday, 10am-4pm
250-405-6550
Randall.Garrison@parl.gc.ca
www.randallgarrison.ndp.ca

Fleet school goaltender honoured with **SPORTSMANSHIP AWARD**

Peter Mallett
Staff Writer

Despite just one game win at this year's CAF Old Timers National Hockey Championships, the Pacific Region's Comox Totems team still scooped a big award – the Sportsmanship Award for goaltender CPO2 Ken Simoneau of Naval Fleet School (Pacific).

"It was certainly a surprise to receive this award," said CPO2 Simoneau, who works as a Primary Leadership Qualification Instructor. "Nobody said anything to me about being named for this honour prior to the awards ceremony at the conclusion of the tournament; so I was really

taken aback when my name was called."

He normally tends goal for the CFB Esquimalt's Tritons, who won the regional battle against Comox but did not have enough players to send to Nationals. Four Esquimalt players suited up for Comox Totems to represent the Pacific Region, including MWO Paul MacQueen, 443 Helicopter Squadron; MS Brett Poulin; Base Information Services; and MCpl Derek Scott, Canadian Fleet Pacific.

National tournament play took place Feb. 18 to 22 at CFB Borden.

CPO2 Simoneau also won his team's Most Valuable Player Award after capturing single-game MVP hon-



CPO2 Ken Simoneau of Naval Fleet School (Pacific) receives the CAF Old Timer's National Hockey Championship Sportsmanship Award from Jessica Taillefer.

ours in two of his team's four games.

The Pacific Region managed to defeat the Atlantic Region's representative 2-1 in a shootout, but dropped their other three games to Quebec (CFB Valcartier)

8-1, Ontario (CFB Trenton) 5-1 and the Prairie Region (CFB Edmonton) 1-0. "The end result was not exactly what we wanted, especially after coming so close to moving on to the semi-final round," said CPO2 Simoneau. "It's just so tough and competitive playing at the national level, and overall I think the team did well if you take into account we were short on the bench throughout and had some key players missing due to injuries and operational requirements."

Heading into this year's nationals the Valcartier Lions were three-time winners of the title after defeating the Petawawa Stags 5-1 in last year's championship, held at Wurtele Arena in March 2016. But the Lions from Valcartier had their title snatched, falling 7-4 to the 8 Wing Flyers from Trenton in this year's championship game on Feb. 22, with CWO Richard Plante of Trenton winning the tournament MVP award.



Photos by CFB Borden Base Imaging

RAdm Gilles Couturier and former Toronto Maple Leafs Captain Rick Vaive are set to drop the ceremonial puck for the opening game of the CAF Old Timers National Hockey Championships held at CFB Borden Feb. 18.

On the move?

Our dedicated mortgage experts are ready to help.

CIBC Group Mortgage Plan (GMP) is honoured to have served the Military for over 18 years. CIBC GMP offers mortgage solutions to meet the unique needs of the Military.

- **New!** Changes to mortgage penalty fees for relocations*
- MIB and MIS envelope options
- Simple and seamless remote process
- Expert advice on buydown and subsidy programs

For more information contact us today.

1 800 663-4819
IRP@cibc.com



Banking that fits your life.



*Eligibility: Client must be actively employed by the Canadian military, a borrower or co-borrower on the mortgage, relocating within or outside of Canada as initiated by the Canadian military, and the mortgage is being paid out or ported. Some conditions apply. Terms and conditions are subject to change without notice. CIBC Group Mortgage Plan is an administrative division of CIBC. CIBC Cube Design & "Banking that fits your life." are trademarks of CIBC.

LOOKOUT is your award winning community newspaper!
LookoutNewspaper.com



We bring to you advertising that supports the Canadian Military Community.

In turn, please show them your support...

Tell advertisers you saw them in the Lookout

Lookout Online is a thriving
Join us for daily news,
advertiser's specials and news releases
Join our network and don't miss a thing!

LookoutNewspaper.com

LookoutNewspaperNavyNews

Lookout_news



Come back to a great team!

DND - RCAF

Do you miss working with some of the greatest people and technology in the Canadian Armed Forces? Would you like to put your skills back to work for Canada and Canadians?

If so, there may be a place for you in the Royal Canadian Air Force (RCAF).

The RCAF has established the Air Force Intake and Liaison Team (AFI<) to work with the Canadian Forces Recruiting Group to actively attract and enroll former trained members of the Canadian Armed Forces.

Working together, the two teams are focused on supporting RCAF occupations that face particular personnel shortages, and can ben-

efit immediately from the return of individuals who have the skills and experience that the Air Force needs.

The AFI<, which is based in Ottawa, works to identify and put into action initiatives that improve the re-enrollment of skilled former members into the RCAF. The team works closely with the Recruiting Group and the career managers to streamline and expedite the re-enrollment process. In addition, they can provide individual support and guidance to each re-enrollee's file, which helps ensure the process moves forward as smoothly as possible.

There are many advantages to re-enrolling fully

qualified personnel.

The RCAF recognizes the qualities of leadership, maturity and experience that former personnel bring with them. Evidence has shown that these personnel can have an immediate and positive effect on Canada's aerospace capabilities – as well as on the health of stressed occupations. Returning members also contribute the fresh ideas and perspectives that they gain during the time they have spent outside of the military environment.

And as an added bonus, those returning also help to demonstrate to both the public and to serving personnel that the Canadian military remains an employer of choice.

If you are interested in receiving more information about this initiative, you can contact the AFI< through their website, by email or by telephone:

WEBSITE

www.airforce.forces.gc.ca/en/re-enrollment.page?

EMAIL

AFILT-EALFA@forces.gc.ca

TELEPHONE (IT'S A FREE CALL!)

Former officers 1-866-355-8195
Former non-commissioned members 1-877-877-2741

For general information on how to join the Royal Canadian Air Force, visit the Canadian Armed Forces recruiting website at:

www.forces.ca



WESTSHORE U-LOCK MINI STORAGE

MILITARY DISCOUNT OFFERED



U-LOCK MINI STORAGE selfstorage.ca



- ✓ Residential and Commercial storage
- ✓ Award winning, modern facility
- ✓ Individually alarmed lockers
- ✓ Easy monthly rentals
- ✓ Heated lockers
- ✓ Easy access

1621 Island Highway, 250-478-8767

Find your place in the lacrosse box

Community spirit can often times be attributed to sport. Like a stimulating activity or hobby, sport can help assimilate Canadian Forces members and their families into a new community.

There is no shortage of sports in the Westshore community, but its love affair with lacrosse runs deep. At the heart of it, lies the Belmont Park Lacrosse Box. For over 40 years it has been many military families' first exposure to this amazing team sport. The Belmont Park Box, located on the south side of John Stubbs Memorial Elementary School, is the former stomping grounds of Western Lacrosse Association's superstar Jesse King, a forward for the 2015 Mann Cup Champion's, the Victoria Shamrocks.

"Belmont box is one of the foundations to my box lacrosse career," King recalls. "I look back on practicing at Belmont and realize that it was a place where some of my greatest memories, and friendships were made. Two of my best friends to this day are two guys who I met at that lacrosse box. For this, Belmont lacrosse box is more than just a place to play lacrosse."

Being one of two outdoor lacrosse boxes in the Westshore community, Belmont comes to life during the April – June box lacrosse season, and even in the off-season, hosts many kids coming out to practice their skills.



Complete with the perfect concrete wall for practicing "wall ball", it is a great place for parents and siblings to watch the fun. In recent years, box lacrosse has become one of the fastest growing sports in North America. Although not widely known, the National Sports Act of Canada named lacrosse our national summer sport in 1994. Due to BC's mild climate, lacrosse is a sport that players can practice outdoors all year round. For families looking for an exciting sport, consideration should be given to enrolling their youngsters in lacrosse. Children as young as five years old can participate. For more information, check out your local Minor Lacrosse Association.

www.jdfilacrosse.com



I look back on practicing at Belmont and realize that it was a place where some of my greatest memories, and friendships were made.

-Jesse King, Victoria Shamrocks Forward

AFFORDABLE OFF BASE LIVING!

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

ASK ABOUT OUR MOVE IN DISCOUNT!

250.381.5084 CAPRENT.COM

March is Nutrition Month!



Dietitian Pro Tip

Nathalie Regimbal
MSc RD

- Keep mealtimes pleasant! Your child's attitude towards certain foods can be related to the mood in which it was served.
- Don't talk about picky eating while at the dinner table. Keep the conversation light.
- Take pleasure in tasting and discovering new foods; over time your children will imitate your behaviour. You have more influence than you think!

Find a dietitian in your area:
www.dietitians.ca/find

Try This!



No-Bake Coconut & Banana Lentil Energy Bites



Egg, Tomato and Cheese Breakfast Pizzas



Lemon Almond Sautéed Greens



Avocado and Grapefruit Winter Salad



Bean-Stuffed Cabbage Rolls



Indian Spiced Lentils

Find all 12 feature recipes at
www.NutritionMonth2017.ca

Take the Fight out of Food!

Visit NutritionMonth2017.ca



Eating and stress - Help! I eat when I'm stressed!



SPOT THE PROBLEM: Define what's causing your fight with food first. "When I'm stressed at work or frustrated at home, I turn to food for comfort. I want to learn better eating habits."

GET THE FACTS: Use facts from credible sources to decide what needs to be done to solve the problem.

Craving food when you feel stressed instead of hungry is called emotional eating. It can be helped with mindful eating, which includes learning to eat when hungry and stop when full.

Recognize your eating patterns:

- Eating too much without realizing it.
- Craving foods that are high in calories, fat and sugar.
- Feeling even more stress and anxiety after eating too much.

Learn about mindful eating as a way to manage eating habits. It involves paying attention to eating using all senses: really seeing, tasting, hearing, smelling and feeling food.

So instead of eating a whole bag of chips when stressed, learn to be more mindful of your choice – perhaps eat a smaller portion or choose a more nutritious snack. Mindful eating can help a person become more aware of the reason why they are eating, so eats when you feel hungry and stops when you feels full.

With the help of a dietitian, you can become more aware of your emotional and physical responses to food. With training, you can manage stress-related eating and pay more attention in the present moment when making food choices.

SEEK SUPPORT: Put the plan into action with support from a dietitian, family and friends. Many dietitians are coaches who offer mindful eating principles during individual or group counselling sessions. Find a dietitian at www.dietitians.ca/find to help with stress reduction techniques and mindful eating. Check out these healthy recipe www.cookspiration.com.

Upcoming:

Fruit to go

Wednesday, March 1
6:45 – 7:45 a.m.
Dockyard Gate, Naden Gate
and the Main Pedestrian Gate

Reap some Health Benefits at CANEX

A new food labelling initiative designed to assist Canadian Armed Forces personnel in making healthier food choices when shopping at CANEX stores across the country has been launched.

Look for the BeneFit labelling system to help you determine a food product's nutritional value based on protein, fibre, vitamins, calcium, calories, sodium and fat.

Join the Nutrition and Weight Wellness Working Group

Contact joanne.baxter@forces.gc.ca

Buck-a-salad Wednesdays at the messes!

Enjoy a fresh salad from the NOTC, Nelles, and Wardroom salad bars for \$1 on Wednesdays during the month of March!

Get involved

- Nutrition Month displays at Nelles Block and the Naden Athletic Centre!
- Fleet Run recovery snack - March 31
- Lunch and Learn with Dani Van Schaick. Get the facts on good health - March 14 1-2 p.m. Location: NAC Conference Room
- Lunch kits to the first 50 people! Watch the Notice Board for date/time.



Track eating and activity on the go with **eaTracker**.
Get inspired with recipe ideas from **Cookspiration**.

Find all 12 feature recipes at www.NutritionMonth2017.ca



Spicy Avocado Hummus

Recipe Provided By: Avocados from Mexico
Recipe Source: Cookspiration.com

Take the Fight out of Food!

Eating should be joyful, not a source of everyday frustration and confusion. If you're fighting with food, try this three-step approach:

1. Spot the problem.

Define what's causing your fight with food first.

2. Get the facts.

Use facts from credible sources to decide what needs to be done to solve the problem.

3. Seek support.

Put the plan into action with support from a dietitian, family and friends.

Victoria's #1 GM Volume Retailer!

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

Your #1 Destination for Customer Satisfaction!

Largest Selection of **PREOWNED PREMIUM CERTIFIED VEHICLES** | **WHEATON COLLISION FULLY ACCREDITED COLLISION REPAIR FACILITY** We Repair All Makes and Models • Lifetime Guarantee on All Repairs • Courtesy Cars Available | **QUICK LUBE NO APPOINTMENT NECESSARY!**

WHEATON GM

Victoria's #1 STOP FOR TRUCKS! **VICTORIA'S LARGEST TRUCK SELECTION**

CARS/SUVS

2017 CHEVROLET VOLT  \$35,684 PAYMENTS OF \$82⁹⁹ WEEKLY	2016 CHEVROLET CRUZE LT  \$17,595 PAYMENTS OF \$44⁹⁹ WEEKLY STK. # 17CR4718
2017 BUICK VERANO  \$33,365 PAYMENTS OF \$82⁹⁹ WEEKLY STK. # 17VE4960	2016 CHEVROLET SPARK  \$11,888 PAYMENTS OF \$34⁹⁹ WEEKLY STK. # 17SP9575

NEW TRUCKS!

2016 GMC SIERRA 1500 DOUBLE CAB 4X4  MSRP \$51,690 \$49,690 PAYMENTS OF \$122⁹⁹ WEEKLY STK. # 16Y7015	2016 GMC CANYON EXT CAB 4X4  MSRP \$33,870 \$29,870 PAYMENTS OF \$96⁹⁹ WEEKLY STK. # 16C4864
2016 GMC SIERRA 1500 CREW CAB  MSRP \$53,440 \$42,440 PAYMENTS OF \$131⁹⁹ WEEKLY STK. # 16Y9738	2017 GMC SIERRA 1500 SLT  WAS \$67,115 \$60,615 PAYMENTS OF \$166⁹⁹ WEEKLY STK. # 17Y2887

NEW! NEW! NEW!

2015 CADILLAC ATS  MSRP \$53,155 \$43,654 SAVE \$9,401 STK. # 15C03507	2014 CADILLAC XTS  MSRP \$75,545 \$54,980 SAVE \$20,565 STK. # 14C08423
-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

ALL CARS ARE PLUS TAXES, FEES OF \$375 (DUC)



Photo courtesy LCdr Christopher Holland
Naden Band musician PO2 Savich was able to fulfill a dream prior to retirement by joining the crew of HMCS Chicoutimi during sea trials near Victoria.

Celebrate women - be bold for change

International Women's Day (IWD) is an annual celebration that takes place March 8 to commemorate women for their economic, political, and social achievements.

Maritime Forces Pacific (MARFAC) will celebrate the event under the International Women's Day theme: "Be Bold for Change", and the DND theme: "Change begins with you. Change begins with all of us."

Both themes focus on the importance of embracing change. In order to commemorate the day, MARFAC and the Defence Women's Advisory Organization (DWAO) will host events on March 7 and 8.

All defence team members and their families are welcome to attend.

March 7

The event will begin with a women's day walk at noon in front of the Pacific Fleet Club and then on to Saxe Point and back. Attendees are encouraged to bring co-workers and friends.

March 8

Celebrations continue with a presentation and panel discussion in the Rainbow Room at the Chiefs' and Petty Officers' Mess from 10 a.m. to noon with key note speaker Honorary Capt(N) Mandy Farmer. The TedTalk "So We Leaned in, Now What?" by COO of Facebook Sheryl Sandberg will also be shown, and a panel discussion will follow.



OVER 100 QUALITY, CERTIFIED USED VEHICLES TO CHOOSE FROM
YOU'RE APPROVED • YOU'RE APPROVED • YOU'RE APPROVED

ATTENTION MILITARY:
 PLUS, RECEIVE:

\$1000 OFF

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

DID YOU KNOW?
WHEATON offers you a CAF Appreciation DISCOUNT

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 without notice.

MANAGER'S SPECIAL
2013 CHEVROLET TRAVERSE
 62,000 kms.

 Was \$26,888 **NOW \$24,888**
 17AC6904A

MANAGER'S SPECIAL
2010 GMC CANYON
 103,000 kms.

 Was \$17,888. **NOW \$15,888**
 PU0822

MANAGER'S SPECIAL
2011 CHEVROLET CRUZE
 61,000 kms.

 Was \$14,888 **NOW \$11,888**
 PU0544B

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

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

TRACKSIDE AUTO SERVICE LTD.
 A FULL SERVICE AUTO REPAIR FACILITY

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

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

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

784 Fairview Rd. • 250-383-5509 • tracksideautoservice.ca * under 80,000 km



Spread the word and enter contest

As the Canadian Forces Morale and Welfare Services (CFMWS) 20th Anniversary celebrations come to a close, they have launched one last activity – a contest entitled “Be one of a million!”

The purpose of the contest is to grow the CFOne membership by challenging cardholders to spread the word and refer other eligible community members. The CFOne Card gains access

to tailored morale and welfare services and benefits such as CANEX and the CF Appreciation Program.

For the month of March new registrants and those who referred them have a chance to win a prize valued at \$7,000.

Further information about the contest and prize, and how to register for the contest can be found at www.cf1fc.ca after March 1.

VICTORIA SPARTANS
FOOTBALL ASSOCIATION

\$175
EARLY
REGISTRATION

Cost of Registration after March 1st: \$200

Atoms (2007-09),
Pee Wees (2005-06),
Junior Bantoms (2003-04)

ALL GEAR PROVIDED

Practices
Mon. & Wed.

NOW IN ESQUIMALT

Register at:
spartansfootball.ca
or at:
Esquimalt Rec Centre
Saturday, March 4 & 11
noon to 2 p.m.

A member of the
DEPARTMENT OF NATIONAL DEFENCE
has an opportunity to win a brand new
2016 HYUNDAI ACCENT

ENTER NOW AT
www.VICTORIAHYUNDAI.COM

DLR#: 30622
VICTORIA HYUNDAI 1.877.532.2024
525 GORGE ROAD EAST VICTORIA, BC V8T 2W5

**SEE NOW.
PAY LATER.**

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

Down. Payments. Interest.*

*Subject to credit approval. To be eligible, patients must complete the Custom LASIK/Custom All-Laser procedure (including Laser PresbyVision™ and lens implant procedures) for both eyes. Cannot be combined with any other offer or discount. Offer subject to change without prior notice.

Navy set to celebrate **Canada 150**

Darlene Blakeley
Editor Crowsnest
Magazine

A regatta of tall ships. An international tattoo. Naval boarding party demonstrations. A navy bike ride.

These are just some of the events that will take place as the Royal Canadian Navy (RCN) celebrates the 150th anniversary of Confederation this year. Focusing on events from coast to coast, community involvement will be a special part of the festivities.

"The RCN is proud to commemorate Canada's strong naval heritage with Canadians from all backgrounds as part of this year's celebrations," says Vice-Admiral Ron Lloyd, Commander RCN. "As we mark this special year, we remember and honour the bravery of generations of sailors who fought to defend Canadian values at home and abroad."

Rendezvous 2017

A signature event marking celebrations will be Rendezvous 2017 (RDV 2017), when more than 40 tall ships will sail Canadian waters from June 30 to Aug. 20.

Québec City, home of Canada's Naval Reserve Headquarters, will be the main rallying point on the tour. The tall ship fleet, along with over 3,000 crew members and youth trainees, will be in the Port of Québec for a grand celebration from July 18 to 23. A host of free activities is planned for families and visitors, showcasing local and national culture as well as Canada's proud maritime heritage.

"RDV 2017 will bring Canadians to cities, towns and villages along the St. Lawrence River and help to promote a greater understanding of these communities and the vital role this iconic Canadian waterway played in the creation and development of our country," says Lieutenant-Commander Kevin Jutras, Naval Reserve Coordinator for RDV 2017.

The Québec City rallying point is one stop along a transatlantic race of 7,000 nautical miles taking place over the course of five months in 2017. The race starts at the port of Royal Greenwich in Great Britain on April 13 and finishes in the port of Le Havre, France. There will be stops in Portugal,

Bermuda, the United States and Canada along the way.

The tall ships are scheduled to stop at 30 different ports in Ontario, Québec and the Maritimes during the tour, giving thousands of Canadians the opportunity to admire the majestic beauty of these cathedrals of the seas.

Canada Day at Canada Place

2017 marks the 10th consecutive year that Joint Task Force Pacific and Maritime Forces Pacific have participated in Canada Day at Canada Place in Vancouver, the largest Canada Day celebration outside the nation's capital.

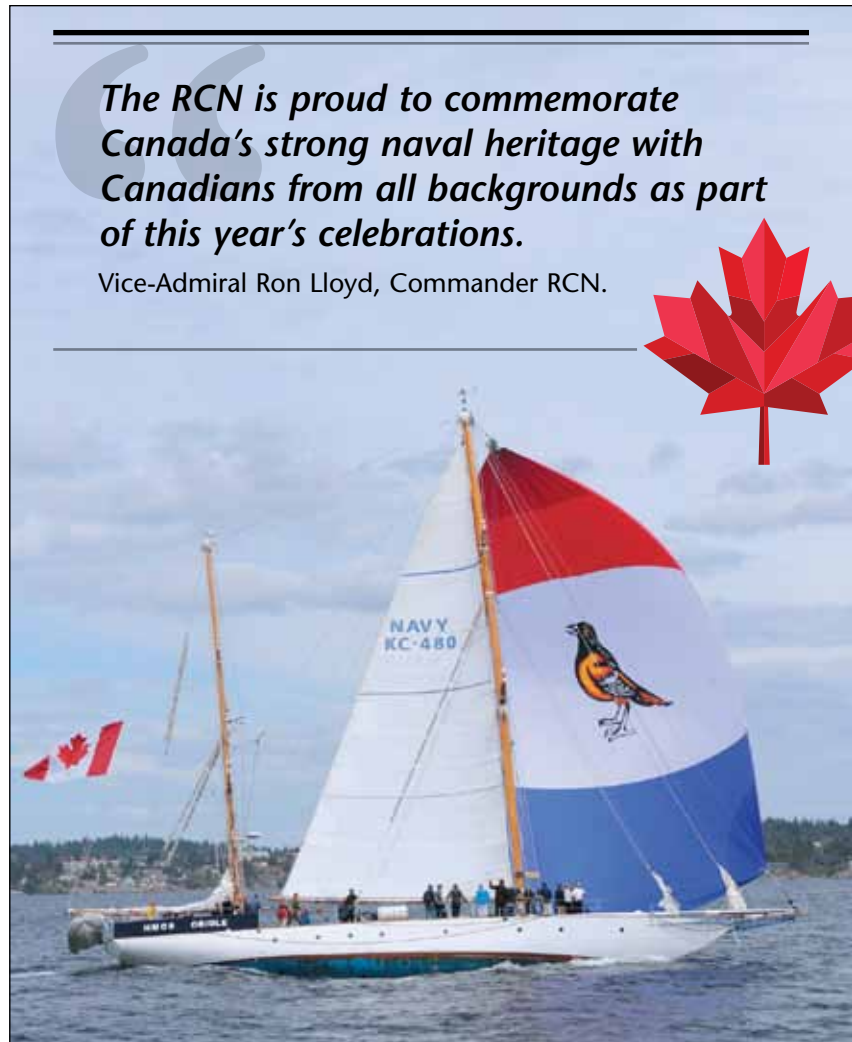
This year a keepsake photo postcard of visitors with Canadian Armed Forces (CAF) members will provide a lasting memory with the wording. "I'm celebrating Canada 150 with the Canadian Forces."

The CAF Zone will consist of 17 unit displays, a Halifax-class frigate and two Orca Patrol Craft Training ships. A Fun Force Fitness Test will challenge participants to test themselves to see if they have the right stuff for the CAF. A fog-filled tent

continued on page 15

The RCN is proud to commemorate Canada's strong naval heritage with Canadians from all backgrounds as part of this year's celebrations.

Vice-Admiral Ron Lloyd, Commander RCN.



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

Continuing EDUCATION
Classes starting every day, evening and weekend.

Register now 250-370-3550 (2)

CHANGE EVERYTHING.
camosun.ca/ce

CFSA
Come out and SAIL with us!

- Discounts for CF, DND, Families and Early Bird (until June 1st)
- Open to Everyone... Any Level, All Ages!
- Racing, Cruising, and Family Programs!

Summer 2017 program info now online at www.cfsaesq.ca

[Facebook.com/groups/CFSAEsqTraining](https://www.facebook.com/groups/CFSAEsqTraining) [Facebook.com/esquimaltsailing](https://www.facebook.com/esquimaltsailing)

1001 MAPLE BANK RD., VICTORIA BC, V9A4M2
www.cfsaesq.ca
EMAIL: sailinginstructor@cfsaesq.ca

We have many wonderful activities planned for this special year, and I hope that all Canadians will have the chance to celebrate this milestone alongside members of the RCN.

Vice-Admiral Ron Lloyd, Commander RCN.



Photo credit: LS Peter W. Frew

Canada 150 continued from page 14

will allow participants to use a thermal imaging camera to find hidden personnel. Visitors over 19 years of age can try the firearms training simulator.

Live demonstrations will include the rarely seen naval boarding party demonstrations, performed on three custom-painted, stacked sea containers. Visitors will be able to try on a bomb suit and equipment used by the Maritime Tactical Operations Group – the specialized unit designed to manage high-risk threats at sea.

The Canadian Army will provide a selection of vehicles as well as a forward operating base with a “selfie station” for guests. The Royal Canadian Air Force will invite visitors to learn

about search and rescue, and airframe maintenance. Overhead, two parachuting SkyHawks will appear to be making their approach virtually over the CAF Zone.

Visitors can attend one of several live performances by the Naden Band of Maritime Forces Pacific, one of which will provide musical support for the live broadcast of a citizenship ceremony, presided over by Rear-Admiral Art McDonald, Commander Joint Task Force Pacific.

Royal Nova Scotia International Tattoo

The 2017 Royal Nova Scotia International Tattoo (RNSIT), held in Halifax from June 29 to July 6, will also be a signature event in support of the Canada 150 celebrations. Approximately 295 personnel, including 50 cadets, will be employed in

support of this year’s event.

“The RNSIT is a public spectacle which provides the CAF the opportunity to showcase personnel and their specialized skills,” says LCdr Sidney Green, Executive Officer RNSIT. “As this is a multinational event, it also provides the opportunity to build upon already established relationships with not only the community, but with other nations as well.”

This year’s Tattoo will be one of the biggest yet as it celebrates how Canada’s diverse landscape and culture define the nation on its 150th birthday. “From the moment the opening note rings out and until the final note fades, the Tattoo will recognize Canada as the strong nation it is,” says LCdr Green.

The 100th anniversaries of Vimy Ridge and the

Halifax Explosion will also be commemorated. From the bravery and courage exhibited by soldiers at the battle of Vimy Ridge to the military personnel and first responders rushing to help after the Halifax Explosion, Canadian history and honour will be on full display.

The RCN will have a strong presence at the Tattoo with the Stadacona and Naval Reserve bands on hand, and will proudly showcase its Maritime Tactical Operations Group. The navy will also compete in the ever popular CAF Obstacle Race.

Navy Bike Ride

As part of its Canada 150 celebrations in the National Capital Region, the RCN will be hosting the inaugural Navy Bike Ride. It will take place May 20 with the option of doing either

a 10km ride or 30km ride around downtown Ottawa and in Gatineau Park. Registration is open to both avid and recreational cyclists of all ages.

“There are many avid cyclists within the navy community, myself included, and I look forward to leading the first-ever Navy Bike Ride through Canada’s Capital Region during our nation’s 150th birthday,” says VAdm Lloyd.

MacKenzie River Run

In the North, the RCN will operate small boats on Great Slave Lake in July. Two boats will potentially circumnavigate Great Slave Lake, while an additional two boats will proceed from Hay River up the MacKenzie River to Tuktoyaktuk.

Using Joint Task Force North’s Operation Nunakput, an annual sur-

veillance and presence operation, as a backdrop, the RCN will gain valuable insight into small boat internal water operations and Canadian Ranger cooperation. Sailors will celebrate Canada 150 as modern-day voyageurs of Canada’s internal waters.

These signature events are just a sample of what the RCN has planned for the year, as a host of other events will be held in communities across the country from ships’ visits to maritime galas to participation in the Invictus Games.

“This is an exciting time to be a Canadian and part of the navy,” says VAdm Lloyd. “We have many wonderful activities planned for this special year, and I hope that all Canadians will have the chance to celebrate this milestone alongside members of the RCN.”

PACIFIC MAZDA

TAKE CONTROL WITH PREDICTIVE i-ACTIV AWD.

0% PURCHASE FINANCING
ON SELECT MODELS

zoom-zoom

DL8152

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

TriangleRV.com

Celebrating Over **60** Years

MSRP ~~\$45,808~~
NOW ONLY \$29,845

Bi-weekly payments: \$107²³

• 10% down • 6.59% APR • 60 months

Stock #23916 Price \$29,845.00. Bi-Weekly payments \$107.23. 60T/240AM 10% down 6.59%. \$0 down option available, but will increase payment. Flexible payment/term options avail. NO PENALTIES to pay down or off early! Lower rate may be available. O.A.C.

Proud to be from a Military family. From our family to yours, thank you for your sacrifices, past, present and future!
- Sylvia Thistle-Miller

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



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 Browning Sun



Kick tires online at davewheatongm.com

*Conditions apply.

Bravo Zulu

Naval Fleet School (Pacific) Divisions Presentations and Awards

Commander Todd Bonnar presented awards during the Naval Fleet School (Pacific) Divisions Presentations and Awards ceremony Feb. 17.

Photos by MCpl Brent Kenny, MARPAC Imaging Services



Lt(N) Andre Bard is presented the Canadian Forces' Decoration First Clasp for 22 years of service.



Lt(N) William Corbett is presented the Canadian Forces' Decoration for 12 years of service.



Lt(N) Meghan Lobb is presented the Canadian Forces' Decoration for 12 years of service.



Lt(N) Julien St-Aubin is presented the Canadian Forces' Decoration for 12 years of service.



PO2 Donald Saunders is presented the Canadian Forces' Decoration for 12 years of service.



LS Eric Keen is presented the Canadian Forces' Decoration for 12 years of service.



PO1 Gordon McGee is presented the Operational Service Medal – Expedition 1st Rotation Bar.



PO2 Erwin Alexander is presented the Operational Service Medal – Expedition 1st Rotation Bar.



Lt(N) Gregory Atkinson is presented the General Campaign Star – South-West Asia Service Medal.

Bravo ZULU Naval Reserve Headquarters



LS Pilouzoué is presented a Commander of the Naval Reserve Coin from Cmdre Mulkins (right), Commander Naval Reserve, and LCdr Jacques (left).



Lt(N) Simard (middle) is promoted to Lt(N) by Cmdre Mulkins, Commander Naval Reserve, and Cdr Findlater.



MS Pelletier is presented a Commander of the Naval Reserve Coin and promoted to MS by Cmdre Mulkins, Commander Naval Reserve, and LCdr Jacques.

Bravo ZULU HMCS Regina



AB Morrison is promoted to his current rank by LCdr Graham, Regina's Executive Officer.



AB Sayer is promoted to his current rank by LCdr Graham, Regina's Executive Officer.



AB Valade is promoted to his current rank by LCdr Graham, Regina's Executive Officer.



LS Clowater is promoted to his current rank by LCdr Graham, Regina's Executive Officer.



LS Park is promoted to his current rank by PO2 Wright and LCdr Graham, Regina's Executive Officer.



MS Bish is promoted to his current rank by LCdr Graham, Regina's Executive Officer.

Bravo ZULU Promotions and Awards



LS Bocanegra-Beltran is promoted to his current rank by WO April Levigne and Cdr Jeff Watkins, Commanding Officer Base Logistics.



AB Paradis is promoted to his current rank by Lt(N) Krista Seguin and Cdr Jeff Watkins, Commanding Officer Base Logistics.



Maj (Ret'd) Yvonne Pratt is presented with her Engineer Branch certificate from LCol Honorio after serving the Canadian Military Engineer Branch for over 27 years.

WHIDBEY ISLAND NAVAL AIR STATION

eyes & ears

OF THE PACIFIC

SLt Rudee Gaudet
Contributor

At Naval Air Station (NAS) Whidbey Island in the San Juan Islands, a group of Royal Canadian Navy (RCN) personnel, embedded with the United States Navy (USN), dili-

gently analyze a continuous flow of acoustic data, as they hunt for the telltale signs of submarines.

Operating out of a secure building dubbed by locals as the "prison" for its secure gates and barbed wire fences, they, along with their USN counterparts, are the

eyes and ears of the Pacific Ocean.

The prison is the Naval Ocean Processing Facility Whidbey Island (NOPFWI), one of two highly secure USN Integrated Undersea Surveillance Systems (IUSS) facilities in the United States.

A detachment of 37 Canadian Armed Forces (CAF) personnel, consisting of operators, maintenance technicians, and a support cell, work alongside the USN to accomplish the mission of continuous maritime domain awareness.

To achieve their mission,

acoustic data is supplied real-time to the NOPFWI watch floor by permanent acoustic sensors on the ocean floor, allied ships, submarines and long-range anti-submarine aircraft around the world.

"Finding a submarine is a big deal here. The entire team on the watch floor is focused on it. From the ships, planes and acoustic sensors to the watch floor, we are using real-time assets to find and track threat submarines 24-hours a day, 365 days a year," said MS Angelo Aires, a Sonar Operator nearing the end of his posting at NOPFWI.

The CAF has been directly involved in IUSS with allied nations since the 1950s, with joint USN and CAF acoustic processing facilities in Argentia, Nfld., and Shelburne N.S. These were two of over a dozen such facilities in the early days of IUSS, tracking Soviet submarines in the North Atlantic. The facilities would eventually be shut down following the end of the Cold War with service re-directed to other facilities such as NOPFWI.

The RCN has been co-manning NOPFWI since its beginning in 1987.

"RCN members are highly valued here. They arrive with years of exceptional training and experience under their belt," said LCdr Graham Collins, Commanding Officer of the Canadian Detachment. "NOPFWI located and tracked many threat submarines last year, and when a threat submarine is found, that information is shared with the Regional Joint Operations Centre Pacific."

The majority of the NOPFWI Canadian Detachment consists of 28 Sonar Operators between the ranks of Leading Seaman (LS) and Petty Officer First Class (PO1) and two Maritime Surface and Sub-Surface (MARS) Officers who serve as Tactical Watch

Officers. These 30 RCN members are fully integrated with the USN, staffing the watch floor in various positions.

"Sonar operators will start as sensor operators, the first step in the tracking process. They have the opportunity to move up into different roles such as track reporter and watch supervisor throughout their posting," explains MS Aires who is currently part of a team of six in the Standards and Evaluation Department of NOPFWI, separate from the watch floor. His job is to implement training simulations and assess both USN and RCN operators in their qualifications.

"We (Sonar Operators) come to NOPFWI from an environment of mostly simulated exercises and training in the RCN, so we have a different level of focus and attention to detail when we have the opportunity to track a real target. We will find and track more submarines in a year at NOPFWI than for the rest of our careers in the RCN; it's an incredibly rewarding challenge."

The joint manning of NOPFWI is specifically designed to share oceanographic expertise, experience, assets and professional knowledge between the USN and the CAF.

On the East Coast, south of Virginia Beach, is sister site NOPF Dam Neck, where the USN works with the navy, listening to the Atlantic and sharing information with RJOCC Atlantic.

When asked about the importance of underwater surveillance, LCdr Collins compared it to the North American Aerospace Defence Command (NORAD).

"The NOPF sites are the NORAD of the Pacific and Atlantic oceans, just as NORAD knows who is flying in our airspace, we know who is sailing under our oceans."

OPEN DURING CONSTRUCTION

NEW IS COMING!

变化即将来临

CONSTRUCTION SPIN2WIN

Win Up to \$50 in Free Play

One per person per day. Requires Encore Card. Expiry 3/31/17.

Where the fun starts!

**VIEW ROYAL
CASINO**



VIC-NewsComing (LO)

Please visit Guest Services for details on all promotions.
Sunday-Wednesday: 10AM-2AM • Thursday-Saturday: 10AM-4AM
1708 Island Hwy, Victoria • 250.391.0311 • viewroyalcasino.com

Sonar operators will start as sensor operators, the first step in the tracking process. They have the opportunity to move up into different roles such as track reporter and watch supervisor throughout their posting.

MS Aires

bclc

Know the odds of the game. **GameSense**

19+

LOOKOUT Classifieds & Real Estate

RATES: MILITARY and DND PERSONNEL: 25 words \$9.70 • ALL OTHERS: 20 words \$11.09 • Each additional word 19¢ • Tax Included • DEADLINE FOR CLASSIFIED Advertising: Thursday at 11 a.m.

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

ANNOUNCEMENTS


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.

FREEMASON AND NEW to Victoria. Contact us at camosun60secretary@gmail.com. We meet the 2nd Monday of each month.

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).

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.

Follow the Lookout



FOR RENT

1 BR GROUND LEVEL SUITE with appliances. Heat and shared laundry included. Parking for 1 vehicle. No pets and non-smoker. Available 15 Feb 2017 900.00/month. Langford close to Costco in Thetis Lake Heights. Call 250-478-6830.

1500 SQ FT RANCHER WITH two bedrooms & two baths in Gordon Head. Beautiful landscaped private yard with front and back privacy. Wheelchair friendly. Parking for two vehicles. Gazebo in front yard. Security system, fireplace, new stove, dishwasher, new washer and dryer. Fireplace room area can be closed off for a guest third bedroom. Cats OK no dogs. Available March 1st. Please email me at scottaitkenbc@gmail.com for further information.

3 BDRM - 2 BATH 1950's Bungalow - appliances incl, lg fenced yard in a quiet Residential Esquimalt Area. Families are welcome, pets negotiable. Located south of Lyall St. less than 10 min to the base, \$1300.00/month avail mid-February 2017. Interested applicants should submit a hand written letter, provide employment and career history with references. Send to: PO Box 8036 Victoria BC V8W 3R7

2 BEDROOM FOR RENT in Colwood. \$1300 includes all Utilities except TV/Internet. Newly renovated. In-Suite laundry. Suite suitable for couple or roommates only. No pets. Phone or e-mail to enquire. References and background check required. bmikulas723@gmail.com phone: 250-507-2890

FOR RENT

BRIGHT 2 BEDROOM, 1 Bath Garden Level suite is available for March 1st 2017. Located in the beautiful, Sunriver Estates. Completely self contained, approx. 850 sqft, ground level suite. 8'0" ceilings, large windows with a French door leading to the west facing backyard. Looking for mature, non smoking, professional tenants willing to share the home and the fully fenced, shared backyard with a young family with 2 kids and a dog living upstairs. Small pets are negotiable. Please call Mariann at 250-884-6796

SUNNY, 2 BDRM CONDO. Walk up, close to Naden, buses, Dockyard. No smoking, no pets, no subleasing. \$1500/month. Ready for early March. mastercraft-er1@gmail.com

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

SERVICES OFFERED

CAREER TRANSITION Coach & Resume Writer, former SCAN Coord Judy Marston; 10% Military Discount, www.resumecoach.ca or 250-888-7733

Classifieds Work. 250-363-3127

DEBT SOLUTIONS

Cut your Debt by up to 80%

- Consolidate all your Debts into one new Lower Payment at 0% interest
- Avoid Bankruptcy, Repair Credit
- Most effective Debt Consolidation Program in Canada



CALL TODAY FOR A FREE CONSULTATION
250-882-5556
DebtFree@DebtVictoria.com
Debt Relief Specialists for 16 years

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

MORTGAGE CONSULTANTS

POSTED? GET PRE-APPROVED BEFORE YOUR HHT

WE OFFER:

- Military clause for some mortgages
- A six-month mortgage protection plan, paid by us
- Instant pre-approvals • A one-year home system warranty

SPECIAL DND OFFERS AVAILABLE. CALL TODAY!
Use the "Support Our Troops" Promo code for a .10 rate cashback on your approved rate. OAC.

1.800.991.7993 • MORTGAGEFORCES.CA

MISCELLANEOUS

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.

MISCELLANEOUS

INTERESTED IN JOINING A coffee or social group for military veterans and military in Cowichan Valley? For info contact Bob Hedley on Facebook. The intention of the group is to meet-up with other veterans and present serving members to exchange stories and facilitate fun get-togethers. Facebook Group: cowichan valley coffee

COME JOIN US AT OUR Neighbourhood Hootenanny Time Machine all ages Dance Party of Awesome! Snacks, Live Musicians, only \$5/human. Sundays, 3 to 4:30 pm at Rainbow Kitchen at Esquimalt United Church, 500 Admirals Rd. fb group: Neighbourhood Hootenanny Time Machine

APPLIANCES

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

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

TIRES

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

Base Newspaper Advertising
Local or National Canadian Armed Forces Base Newspapers
16 Bases - One contact
250-363-8602 ext 2
Joshua.buck@forces.gc.ca

Find some **Stuff** you need. Check out the Lookout online Browse us weekly to find your new rental, hairdresser, or mortgage broker!
Find your Stuff!

MOVING AND STORAGE
AWARD WINNING SERVICE YOU CAN TRUST
Proud Winner of the BBB Torch Awards in Victoria
Since 1975
BARRY'S
MOVING & STORAGE LTD.
• Locally Owned and Operated • Fully Bonded & Insured
• Residential & Commercial Moving • Free Written Estimates
• Piano Moving & Packing Services • Lift-Equipped Trucks
• Short & Long-Term Storage • 7 Days a Week & Holidays
• DND Security Clearance for on-base moves
250.475.0022 Toll Free: 1.877.475.0022
www.barrysmoving.com #61-1445 Craigflower Rd info@barrysmoving.com

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**




POSTED OUT?
ASK FOR A FREE HOME EVALUATION
DND IRP EXPERIENCED REALTOR



CALL DIRECT 250-213-7444
Shelly Reed
sr@shellyreed.com
www.shellyreed.com West Coast Realty

At your service, I listen and I care!

**CATCH
THE
EARLY
BIRD
RATE!**



**REGISTRATION
NOW
OPEN!**

SUNDAY, JUNE 18, 2017

**5K, 10K
& KIDS
FUN RUN**

EVERYONE WELCOME!

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

START TIMES

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

Free childcare is available.
Registration required: Call 250-363-1009

EARLY BIRD* FEES

- ▶ Active & Retired Military & Dependants: \$25
- ▶ DND/NPF Civilians & Dependants: \$30
- ▶ Public: \$35
- ▶ Kids Fun Run: \$15

* Early Bird until March 31, 2017

Fun family fitness!

**Run with the military
and show your support!**



REGISTER BEFORE APRIL 30, 2017 TO GUARANTEE A T-SHIRT

Register at www.navyrunesquimalt.com