

POSTED?
YOUR HHT SPECIALIST!
FREE HOME EVALUATIONS
YOUR BROOKFIELD APPROVED
RELOCATION SPECIALIST



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



www.VictoriaRelocations.ca

Volume 62 Number 28 | July 17, 2017

LOOKOUT

newspaper.com

MARPAC NEWS CFB Esquimalt, Victoria, B.C.

 @LookoutNewspaperNavyNews  @Lookout_news

Smythe
INSOLVENCY

Helping BC families become debt free
for more than 35 years.

WANT TO BECOME
debt free?

Talk to us today to see if a Consumer
Proposal is right for you.

Stop collection calls **778-403-4335**
Stop a wage garnishment **FREE CONSULTATION**
Deal with income tax debts **smytheinsolvency.com**

Smythe Insolvency Inc. Licensed Insolvency Trustees



SMOKE ON THE HORIZON

Photo by MCpl Gabrielle DesRochers, Canadian Forces Combat Camera
A Canadian Armed Forces Flight Engineer surveys the wildfires in
British Columbia from onboard a CH-147 Chinook helicopter during a
reconnaissance flight as part of Operation Lentus 17-04 in Kamloops,
July 12. Read the full story on page 2.

**Want to know
what your
Base Commander
is up to?**



Do you use
Facebook? Twitter?

Follow Captain (N) Jason Boyd @MayorCFBEsq
and visit facebook.com/EsquimaltBase/

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.



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



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

PEMBERTON HOLMES
 ESTABLISHED 1887

The place to be before downtown

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



PACIFIC FLEET CLUB
 JUNIOR RANKS MESS

UPCOMING EVENTS

Pacific Fleet Club is your social hub!



July 26 - Paint Nite
 Unleash your inner artist at the PFC. Doors Open at 6:00. Mess Members can purchase tickets at the PFC!

July 30th – Kids Movie: Boss Baby



The doors open at noon and the movie starts at 1:00pm. Popcorn and juice are provided

New Summer Bar Hours!

Mon	Tues	Wed	4pm to 11pm
Thursday			4pm to 12pm
Friday			4pm to 1am
Saturday			7pm to 1am

The PFC Lounge is open weekdays from 4pm

Weddings, Birthday Parties, Banquets & Corporate Events

Contact the Events Coordinator at 250-363-3146

f And don't forget to check out our Facebook page: [Facebook.com/ThePacificFleetClub](https://www.facebook.com/ThePacificFleetClub)



Photo by Cpl Jeffrey Clement, 19 Wing Imaging
 Members of 19 Wing Comox secure a fire rescue truck after loading it onto a C-130 Hercules aircraft at CFB Comox in support of Operation Lentus, which is providing support in fighting the wildfires in B.C.'s interior.

Military deploys to B.C. interior on Op Lentus

Lt(N) Melissa Kia
 MARPAC PAO

In response to the threats posed by the wildfire situation in the interior of B.C., the provincial government requested federal assistance from the Canadian Armed Forces (CAF) July 9. The CAF declared Operation Lentus active with its principal goal to assist with this provincial emergency. The CAF was well situated to quickly respond as there were already Royal Canadian Air Force (RCAF) aircraft pre-positioned in Kelowna and

CFB Comox in anticipation of this situation growing worse. Two aircraft, a CC-130J Hercules and a CC-177 Globemaster, are presently operating out of CFB Comox. Additionally, three CH-146 Griffon helicopters and two CH-147F Chinook helicopters are supporting the wildfire operations out of Kamloops. The operation has already provided much needed help to the province. Flights from CFB Comox have delivered essential firefighting equipment to Bella Coola, including a Comox fire truck and water distribution systems to battle the flames.

RCAF Griffon and Chinook helicopters stationed at Kamloops airport are providing air reconnaissance over Prince George and surrounding communities for provincial authorities, allowing them to better assess the needs of communities affected by the fires, and how best to fight the blazes. As of July 12, more than 14,000 people have been evacuated from their homes and over 33,000 hectares of land have been devastated by the wild fires in multiple regions in the Chilcotin

Plateau and Cariboo regions of B.C. The Canadian Armed Forces will continue to assist B.C. on Operation Lentus for the duration of the provincial need for assistance, and will remain in close communication with the province in order to ensure the response to the wildfires is as effective and efficient as possible. For more information on the provincial wildfire situation, please visit www.bcwildfire.ca or follow MARPAC on Twitter @MARPAC_FMARP for daily updates on Operation LENTUS activity.



A Hercules airplane takes off from CFB Comox with supplies bound for Bella Coola July 11.

Salty Fare at the Messes
 NELLES BLOCK - WARDROOM - VENTURE GALLEYS

Best Deal in Town
FISH & CHIP FRIDAYS
 July 21, 28, and Aug 4
\$5.75 for the Fish
\$1.50 for the Chips



How can you support  **ReStore**

Habitat for Humanity Victoria?

10% DND Discount with ID & coupon

SHOP • DONATE • VOLUNTEER

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

Ottawa, Winnipeg first to visit Kure, Japan

SLt Matthew Golding
HMCS Ottawa

While deployed on Exercise Poseidon Cutlass 17, Her Majesty's Canadian Ships *Ottawa* and *Winnipeg* became the first Canadian warships to visit Kure, Japan.

Kure, located near Hiroshima in the southern part of Japan, is a major shipbuilding city and the second largest naval base of the Japanese Maritime Self-Defense Force (JMSDF).

The Japanese military welcomed *Ottawa* and *Winnipeg* to Kure July 5 with a ceremony in the

hangar of Japanese Ship (JS) *Umigiri* where traditional gifts of flowers were exchanged.

Commodore J.B. Zwick, Commander Canadian Fleet Pacific, and the command teams of *Ottawa* and *Winnipeg* then met senior naval staff of the JMSDF at Kure Naval Base.

The visit continued over the following days with sailors from JS *Abukuma* and *Ottawa* touring each other's ship.

"Touring JS *Abukuma* was really interesting," said Sub-Lieutenant O'Rourke, a Maritime Surface and Sub-Surface Officer in

Ottawa. "They use much of the same equipment as we do; there were far more similarities than differences in the two ships."

Continuing the relationship building, the JMSDF invited the Royal Canadian Navy to join them for a baseball game. A joint team from *Ottawa* and *Winnipeg* started the game strong, scoring 11 runs in the first inning. The JMSDF team played well but in the end the Canadian team managed to pull off the victory.

"It was a great social sporting event," said Petty Officer First Class Dagenais, a boatswain from

Ottawa. "It was exciting to play baseball with the Japanese, laughing and having fun. After the game we all shook hands, bowed, and exchanged ship's hats."

After hosting the Canadian reception onboard *Winnipeg*, the Japanese hosted the ship's delegation with a reception on board JS *Umigiri*. Cmdre Zwick and the command teams of both warships were given traditional mallets for the ceremonial breaking of the casks of sake.

In addition to the official events, many Canadian sailors toured the nearby city of Hiroshima. The Hiroshima Peace Memorial Park was a poignant reminder of the importance of fostering relationships and peace between nations.

Ottawa and *Winnipeg* continued exercising with the JMSDF while en route to Tokyo, which will be their last Asian port of call prior to making their final turn east towards Esquimalt and an August homecoming.

Commander Sylvain Belair, Commanding Officer of HMCS Ottawa, receives flowers from the Japanese Maritime Self-Defense Force at a welcoming ceremony in Kure, Japan.



Sailors from the Japanese Maritime Self-Defense Force, HMCS Ottawa, and HMCS Winnipeg after a baseball game.

Photos by Royal Canadian Navy Public Affairs

FEED YOUR CRAVINGS

10% OFF FOR ALL MILITARY PERSONNEL*

*Not valid on alcohol. Taxes and gratuity extra. Please provide valid ID.

1845 ISLAND HIGHWAY & 3100 DOUGLAS STREET

ALL DAY BREAKFAST & LUNCH, FRIENDLY ATMOSPHERE, WALKING DISTANCE TO BASE!

10% off for Military

The Sunnyside Cafe

View full menu at www.sunnysidecafe.ca

Open 8 am - 3 pm 7 days a week **Dine in or call for take out**
101-1234 Esquimalt Rd 250.590.2412

Family Law MEDIATOR and ARBITRATOR
 Lawyer
 FOR OVER 33 YEARS
 "A better way to get things done"

C T

COX TAYLOR
BARRISTERS | SOLICITORS | NOTARIES

William Murphy-Dyson,
 B.A., LL.B.
 Barrister and Solicitor

250-388-4457 • barristerbill@coxtaylor.ca
 3RD FLOOR, BURNES HOUSE, 26 BASTION SQUARE, VICTORIA

Discover how acupuncture can relieve pain, decrease stress, and increase vitality.

Advanced Training in PTSD

hoku integrated healthcare acupuncture clinic

Colwood Medical Center
 204a-1910 Sooke Road
www.hokuhealth.com

Angela Berscheid RPharm, RAC
 Excellent results since 2002
BOOK NOW
 250-715-7900

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

AFFORDABLE OFF BASE LIVING!

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

ASK ABOUT OUR MOVE IN DISCOUNT!

250.381.5084 CAPRENT.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

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

James Vassallo 250-363-7060

Published each Monday, under the authority of Capt(N) Jason Boyd, Base Commander.

Le LOOKOUT est publié tous les lundis, sous l'égide du Capt(N) Jason Boyd, 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

Over the summer months, junior members of Naval Fleet School (Pacific) are enrolled in the Canadian Armed Forces Regular Officer Training Program. They have been learning basic sailing skills in Sail Training Vessel (STV) Goldcrest.

What do you like best about sailing in Goldcrest?



I like the freedom on the water because it gets you away from the cars and traffic. Taking part in this program gives me a feeling of gratification that I can learn to help support a vessel and its crew in the middle of nowhere.

OS Nick Granes



The team work that is involved because we all have different skills, backgrounds and are geared towards different naval trades. They put us all together and it helps us get to know each other and builds camaraderie out on the water.

OS Brendan McLoughlin



It's a great opportunity to build leadership skills. You are interacting with people on a small ship with a small crew and that's an important skill to be learning about as a MARS [Maritime Surface and Sub-Surface] Officer in training.

Naval Cadet Sara Dawe



It's something different for me to be doing while I'm awaiting further training. Being part of Goldcrest I learn all the applicable skills to be part of a crew and how to work together as a team.

OS Dustin Wellwood



I have only been here in Victoria for a few days but I like what I see in this program because I get to meet new people. Getting recognized sailing qualification and learning how to sail are great skills to have.

Naval Cadet Alex Gower

WHAT SAY WE

BIKE SAFETY

LS A.M.C. Noye

Community Relations – MPU Esquimalt

Summer is here, which means more of the defence team are commuting to and from the base on bicycles. School is also out, which means children are off for the sunny season, and a lot of them are riding their bikes in our neighborhood.

DID YOU KNOW?

When cycling, riders must obey the same rules that apply to motorists. Failure to do so can be dangerous and costly. Adult cyclists, whether on or off DND property, are subject to the BC Motor Vehicle Act, and MPs enforce the Act on DND property.

Local residential housing unit residents in Belmont Park and Work Point, and Military Police patrol personnel alike have observed children riding without a helmet or adult supervision, and a few near-miss incidents have occurred.

MPs will proactively approach youth displaying good cycling habits, and address those requiring

reminders about safety. For the last couple of years, MPs have issued "positive tickets" (a free entry to one of the CRD recreation centres), but will also step up prevention and enforcement of the BC Motor Vehicle Act (BCMVA).

Do's

- Always come to a full stop at stop signs and red lights. Failure to stop is illegal under the BC Motor Vehicle Act. The fine is \$167.
- Cycle in traffic safely and predictably. Signal before turning, and learn the skills needed to control your bike. Unsafe operation of a bicycle is subject to various parts of Section 144 of the BC Motor Vehicle Act, with fines ranging from \$196 to \$368.
- Yield to pedestrians crossing the street and to buses when they are leaving a stop. Failure to yield results in a minimum fine of \$168.
- Take care when passing parked cars to leave enough space for drivers and passengers to open car doors.
- Helmets must be worn at all times when cycling. Failure to wear your helmet can result in a \$29 fine. Safety vests or reflective clothing are also highly recommended.
- Lock your bike when on the Base. MP and Commissionaires are required to remove any unsecured bikes

found on DND property and secure them at the MP Unit until claimed by owners. Bicycles not claimed within 30 days are disposed.

- Have a warning bell and use front and rear lights on your bicycle after dark, as required by Section 183 of the BC Motor Vehicle Act.

Don'ts

- Do not ride on sidewalks or crosswalks unless posted signs allow you to. Walk your bicycle on a sidewalk or a crosswalk. Riding on a sidewalk can cost you \$81.
- Do not cycle while impaired. While not a specific violation of the BC Motor Vehicle Act, impaired cycling can still net you a careless driving ticket (\$196), as well as a Drunkenness and/or Conduct Unbecoming charge.
- Do not lock your bike to railings, fences, gates, etcetera. Use only the designated bike racks provided throughout the base.
- The use of headphones – including earbuds – can obstruct your hearing. They are not recommended when cycling and are not permitted in any area of Dockyard.

For safety tips, resources, and more information on your rights and responsibilities as a cyclist in British Columbia,

VISIT WWW.BIKESENSE.BC.CA

GALAXYMOTORS

DLR 30897

INTRODUCING...

In-house financing!

- Do you need a vehicle?
- Have you been told NO?
- New to the country?
- Told the vehicle is too old to finance?
- Hard to prove income?

WE ARE THE BANK

WE CAN HELP



VICTORIA 1772 OLD ISLAND HWY 250-478-7603 www.galaxymotors.net

Torch Award **FINALIST**



HMCS Sackville a big draw for summer tourists in Halifax

Ryan Melanson,
Trident

HMCS Sackville is one of the top destinations for tourists along the Halifax Waterfront and across the region, and they've got the certificate to prove it.

The last of Canada's Second World War Corvettes, now a museum ship under the care of the Canadian Naval Memorial Trust, recently received its 2017 Certificate of Excellence from Trip Advisor. These are awarded each year based on the attractions or businesses that get consistently strong reviews from the website's users, and Sackville has been chosen a number of years in a row.

"It shows that we're still getting good reports from guests, and we're pretty pleased to be included in the top 10 year after year, out of about 150 sites in the HRM," said Doug Thomas, the executive director of the Memorial Trust, after the vessel's first fully open day of the season on June 26.

Every summer, Sackville crewmembers meet visitors or cruise ship passengers who have family naval or Second World War connections, who are military or history buffs, or who are simply moved by touring such an impressive piece of Canadian history and getting a small look at what life was like for sailors during the Battle of the Atlantic.

"It's a place that is often a destination for people

when they get here. All of us have had people who come to the ship and describe it as being the main thing they want to see on their cruise or while they're in Halifax," Thomas said. "She's the last one, there simply are no more corvettes of her type."

For those who aren't planning on stepping on board Sackville before touring the waterfront, the imposing structure and its unique camouflage paint tends to capture attention, and the Trust has found the ship's visual presence downtown is also its most effective form of publicity.

"We've spent considerable sums through the years to advertise ourselves, but the best advertising seems to be the eye-ball itself," says Thomas.

The ship is now open for tours at the waterfront seven days a week from 10 a.m. - 4 p.m., and visitors can choose to explore Sackville on their own or get a guided tour. A few keen summer students are brought on for this purpose each year and one of the Duty Trustees, normally a serving or retired RCN member, is typically on board as well.

"We've got a very interesting group on board to show people around," Thomas said.

For more information about Sackville, the Canadian Naval Memorial Trust, or the ongoing Place of the Atlantic Project, visit <http://hmcssackville.ca>.



Photo by Ryan Melanson/Trident Staff
HMCS Sackville, Canada's Naval Memorial, is open for tours for the season, seven days a week from 10 a.m. - 4 p.m. on the Halifax Boardwalk.

WESTSHORE U-LOCK MINI STORAGE

MILITARY DISCOUNT OFFERED



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

LOOKOUT



Your award winning community newspaper!

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



Join our network, don't miss a thing!

www.lookoutnewspaper.com

LookoutNewspaperNavyNews
Lookout_news

DON'T PAY EVENT!
PLUS NO MONEY DOWN NOT EVEN THE TAXES.
Ask us for details. *O.A.C.

CF One DAY

19 JULY 2017

Discover the benefits.

Join us for a day of appreciation! CANEX recognizes the tremendous contribution of Canada's serving members. Always looking to give back, we're offering you this annual day of exclusive membership benefits.

Experience the VIP treatment with unbelievable mark downs on many of our most popular items!

Don't pay until October with the No Interest Credit Plan and take advantage of free shipping on CANEX.ca orders, for one day only.

Be prepared - Claim your CF One card today!

CANEX SuperMart (Naden)

FREE BBQ,
TIM HORTON'S COFFEE
1 100-1300

SPECIAL DEALS AVAILABLE ALL DAY

WILLE DODGE CHRYSLER JEEP

Jeep **SAVE UP TO 25% OFF MSRP**

Current Jeep Owners May Be Eligible for a **\$1000 Bonus Rebate!** **SAVE UP TO \$13,700**

Jeep **2017 Jeep Patriot**
75th Anniversary Edition 4x4

WAS ~~\$35,995~~ **SAVE \$9,000**
NOW **\$26,995** OR **\$74** WK



2017 Jeep Wrangler Sport
0% 36mo
NOW **\$29,998** OR **\$83** WK



2017 Jeep Cherokee Trailhawk SAVE 15%
WAS ~~\$40,755~~
SAVE \$6,113
NOW **\$34,642** OR **\$96** WK



2017 Jeep Grand Cherokee Limited 4x4 SAVE 15%
Leather, Sunroof, Blind-Spot/Rear Cross Path Detection, Tow Pkg., 20" Wheels & More.
WAS ~~\$58,885~~
SAVE \$8,887
NOW **\$49,998** OR **\$139** WK



2017 Jeep Grand Cherokee Laredo 4x4 SAVE 15%
3.6l V6, 8-Spd. Auto., Power Seat, Back-Up Camera, Dual Zone Climate Control, Spacious Interior & Much More!
WAS ~~\$46,065~~
SAVE \$7,067
NOW **\$38,998** OR **\$108** WK



Save up to **25% OFF MSRP** On Caravan & select RAM Trucks

2017 Dodge Grand Caravan Canada Value Package
Now Save **25% OFF MSRP**
FROM **\$22,998** OR CHOOSE **\$127** BW



2017 Dodge Grand Caravan SXT SAVE 25%
Full stop 'n go, back-up camera, rear DVD entertainment & more!
WAS ~~\$43,340~~
SAVE \$10,842
NOW **\$32,498** OR **\$89** WK



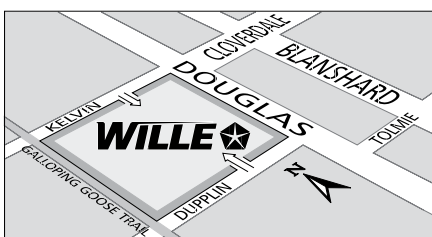
2017 Ram 1500 SXT Quad Cab SAVE 25%
WAS ~~\$43,960~~
SAVE \$11,962
NOW **\$31,998** OR **\$89** BW



2017 Ram 1500 SXT Crew Cab 4x4 SAVE 25%
5.7l Hemi V8, Auto., Bluetooth, Remote Entry, Power Group And A/C, Tow Pkg. & More!
WAS ~~\$48,985~~
SAVE \$12,497
NOW **\$36,488** OR **\$102** BW



Wille Dodge sale prices are net of all manufacturer incentives and bonus rebates and are for in-stock or in-transit new 2016 or 2017 models. Payment examples based on zero down payment, weekly @ 3.79% over 96 months. Includes new delivery detail and PDI. \$495 doc fee and taxes extra. Subject to credit approval.



WILLE **DODGE CHRYSLER JEEP**

The Wille Family serving Victoria for over 38 years

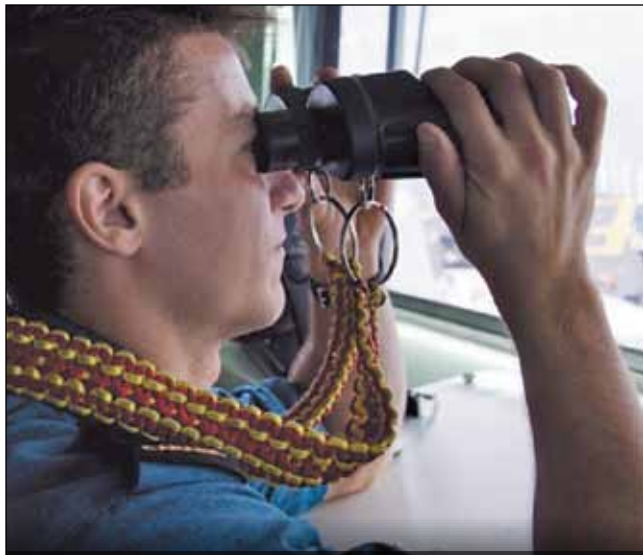
250-475-2313
3240 Douglas Street
willedodge.com

TIDDLY *Rope* WORK

SLt S.M. Anderson
HMCS Ottawa

The colourful yellow, blue and white lines hang from a hook on the deck head in the small room under the flight deck of *HMCS Ottawa*.

The lines and the sailor working on them, Ordinary Seaman Olivier Gingras, sway slightly with the



Ordinary Seaman Olivier Gingras uses binoculars with a decorative strap knotted by the Deck Department.

movements of the ship as he creates a new binocular strap for the ship's bridge. His fingers moving dexterously as he plaits the lines into a colourful, intricate whole, turning a simple binocular strap into a symbol of the history and tradition of the Royal Canadian Navy.

Naval rope work is as much a symbol of the navy as an anchor or the naval

crown. It is a mixture of unique knots and braids that form complex patterns and are used to cover items throughout the ship.

Functional rope work can be used to reinforce hawsers or keep lines from chafing, and is a necessary skill when out at sea, far from replacement ropes.

Decorative rope work with intricate patterns and colours that cover railings or bell pulls lends to the beauty and pride of a ship, and is an increasingly rare skill for modern sailors.

"Rope work has to do with pride on an individual level," says Chief Petty Officer Second Class John Kranz, Chief Boatswains Mate. "It identifies the ship's colours as well as how skilled the Deck department is."

From the intricately patterned binocular straps on the bridge to the elaborate knot work on the ship's paddles that hang in each of the messes, it is clear the art of rope work is alive and well in *Ottawa*.

Ornamental rope work or "tiddly rope work" as the boatswains call it, is a tradi-

tion dating back centuries. In the days of Vice Admiral Nelson, a sailing ship was judged on the decorative rope work on railings, oars and bells. The pride of a sailor in his rope work also emphasized pride in the ship and the excellence of her crew.

"Rope work is a lost art among boatswains," says CPO2 Kranz. "I teach rope work on board *Ottawa* in order to allow the sailors to express themselves and show their artistic side. Rope work gives the sailors pride in what they do and showcases their hard work to the ship and the wider community."

In the Deck Department Office, Able Seaman Timothy Bee is eager to display his latest project, a paddle covered in ornamental rope work in the colours of *Ottawa*: red, black and white. The intricate knot work that covers the handle is a testament to the patience and pride of the boatswain. Ordinary Seaman Brandyn-Alan Anderson, standing at the stern rail as life buoy sentry, reflects on his expe-



Photos by Royal Canadian Navy Public Affairs
Able Seaman Timothy Bee poses with a paddle cover he has knotted in the colours of HMCS Ottawa.

rience learning ornamental rope work.

"Rope work is a great way to pass the long hours at sea. It connects me to the traditions of the navy. This is my first sail and it has been an amazing experience to learn traditional rope work. It's just my opinion, but *HMCS Ottawa* is the best ship in the fleet."

Ottawa has been deployed in the Indo-Asia-Pacific for the last five months on Poseidon Cutlass 17, exercising with partner navies and building relationships across the region. In a few weeks, *Ottawa* will be homeward

bound for Esquimalt and the sailors will return to their families and friends; but the intricate rope work created by the boatswains during the deployment will remain on the ship to inspire new sailors coming on board.

"Rope work is a way that a sailor can leave a piece of themselves with the ship. History and tradition are important in the Royal Canadian Navy, and I mentor my subordinates the lost art of rope work hoping they will pass it on to their junior sailors someday and the tradition will continue," says CPO2 Kranz.

ATTENTION
TRANSITIONING FORCES!

Catalyst Paper
is hiring!

Make a bold move
to the career you've
always wanted.

Discover great jobs at:
catalystpaper.com/careers



Find Your Power

Highly Personalized Trauma Treatment

NON-12 STEP SINCE 2008



Treatment Shouldn't Feel Like Punishment

We are committed to our clients' transformations and helping them become healthy men who are inspired to live with a renewed sense of vitality and purpose.

Take Control



Get Connected



Find Your Purpose



Heal And Grow



**Canada's Leader in Men's Private Trauma,
Drug Rehab and Alcohol Treatment**

We are an approved addictions and mental health treatment provider for the Canadian Forces and Veterans Affairs Canada. We offer an intensive trauma program designed specifically for co-occurring occupational stress injuries and substance and alcohol use issues.



LEARN MORE ▼

register at schc.ca



Sunshine Coast
Health Centre

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

www.schc.ca | info@schc.ca



Viocity
Real Estate Investment Trust

Smart investing, made easy!

- Real Estate Investment Trust (REIT)
- \$5000 minimum investment
- Paying Investors 7% +
- RRSP & TFSA Eligible

Toll Free: 855.659.5959
Email: info@viocity.com

Viocity REIT is a Registered Exempt Market Product with the BC Securities Commission.

www.viocity.com

BIKE RENTALS AVAILABLE

We give Military Discounts



Savage Cycles

Vancouver Island's only
DUCATI
&
TRIUMPH
dealer



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



CALL US TODAY. 250.380.1602 www.seaspan.com

Town hall, open forum for mental health discussion



Maritime Forces Pacific (MARPA) hosted a town hall July 7 focussed on building a healthy, respectful, and supportive work environment. The forum, attended by approximately 350 Defence Team military and civilian members, was led by a five-person panel consisting of senior leadership and health care officials. They discussed the MARPA Health and Wellness Strategy, and described both successes and challenges of program delivery.

Keynote speaker Jody Thomas, Senior Associate Deputy Minister (SADM) and DND's Mental Health Co-Champion, emphasized the importance of getting people the help they need, and the critical role all members of the Defence Team have in achieving this, regardless of rank.

She added that communication and openness are critical in improving the delivery

of Total Health and Wellness programs and support for the ill, which is a key component in Canada's new Defence Policy.

"Hopefully, many of us will come away from today's discussion with an understanding that all of us must take a more robust role in raising the flag when someone in your department or unit is not well," said Thomas.

After a lively one-hour, open-microphone question and answer session, Thomas and the other panelists put pen to paper in signing a Mental Health Pledge as part of MARPA's Health and Wellness Strategy. Other panelists who signed the document were Commodore Marta Mulkins, Commander of Canada's Navy Reserves; Commander Charles Cross, Canadian Forces Health Services Centre Pacific; Jerry Ryan, the Federal Government Dockyard and Trades and Labour Council (East) President and DND Mental Health Co-Champion; and Tina Wagner-Kulak, Road to Mental Readiness (R2MR) Educator.

At the event, Cdr Cross noted the profound impact of mental health on the nation and how 20 per cent of Canadians will experience mental illness in their lifetime.

"That is why it's so important to create a dialogue and have that community-wide engagement. Check in with your colleagues at work and see how they are doing and feeling on a regular basis," he said.

On a positive note, Chief Petty Officer Second Class Mathew Goodwin, Regional Unit Chief for Joint Personnel Support Unit, has seen employees in his office and across the base remove mental health stigmas, and instead assist people in need.

For more information about mental health and support available across the Defence Team visit the Mental Health Services intranet site at <http://intranet.mil.ca/en/res/health-services/mental-health/index-page>.

For more information and support available at CFB Esquimalt and in the community visit the Military Family Resource Centre's webpage at http://www.familynavigator.ca/index.php/resources/mental_health_esquimalt_adult

Photos by Peter Mallett, Lookout



Photo by Peter Mallett, Lookout

Jody Thomas, Senior Associate Deputy Minister and DND Mental Health Co-Champion, signs a Mental Health Pledge during a Maritime Forces Pacific Town Hall Meeting on mental health July 7. Also signing the document were: (left) Jerry Ryan, Federal Government Dockyard and Trades and Labour Council (East); Commander Charles Cross, Canadian Forces Health Services Centre Pacific; Tina Wagner-Kulak, Road to Mental Readiness (R2MH) Educator; and Commodore Marta Mulkins, Commander Navy Reserves.

Above: Jody Thomas addresses the audience during the town hall.

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

Loud noise alert

Demolitions Training on Bentick Island
July 31 to Aug. 4
Detonations throughout each day

TRACKSIDE AUTO SERVICE LTD.
A FULL SERVICE AUTO REPAIR FACILITY

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

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

Castrol, WALKER, HANKOOK

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

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

SHARE OUR POSTS HELP US GROW

facebook.com/LookoutNewspaperNavyNews/

SPROTT SHAW COLLEGE

SCHOLARSHIPS FOR MILITARY AND VETERANS.*

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

WEEKLY SPECIALS

- Tuesday: Seniors Day, 8 choices for.....\$7.95 each
- Wednesday: Diner Classics Menu, 5 choices for\$9.99 each
- Thursday: All you can eat Cod and Chips\$9.95
- Friday: Prime Rib Dinner:\$18.95
- Saturday: Steak Dinner:\$15.95
- Sunday: Traditional Roast Turkey or Roast Beef:..\$12.95 each

10% Military Discount

Paula
MOTOR INN & RESTAURANT

HOMESTYLE COOKING, FAMILY FRIENDLY & LICENSED
paulsmotorinn.com
1900 DOUGLAS STREET | (250) 413-2775

PACIFIC MAZDA



TAKE CONTROL WITH PREDICTIVE i-ACTIV AWD.

0% PURCHASE FINANCING
ON SELECT MODELS
ZOOM-ZOOM

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)

LOCATED AT 1060 YATES STREET | TEL: 250-385-1451 | MAZDAVICTORIA.COM

Military Police member puts “Best” foot forward for charity

Will Chaster
MARPAC Public Affairs

Riding 1,100 kilometres from one end of Vancouver Island to the other isn't relaxing, but it does generate plenty of goodwill.

That's what Corporal

Matthew Best of the Military Police Unit Esquimalt and his 23 co-riders are preparing to do when they take part in the Canadian Cancer Society Cops for Cancer Tour de Rock bike ride from Sept. 23 to Oct. 6.

Tour de Rock is a nation-

wide event that raises awareness and money for cancer patients and cancer research, and has been taking place annually over the past 20 years

The Vancouver Island segment of the Tour de Rock raises millions of dollars every year, with most of the proceeds going towards helping children affected by cancer attend Camp Goodtimes, a camp that provides these children and their families with a fun, medically supervised experience.

Snaking its way from Port

Alice all the way down to Victoria, the ride seeks to reach as many communities as possible.

“This is about getting all of Vancouver Island involved,” says Cpl Best.

In an effort to visit as many communities as possible, Tour de Rock takes a winding route, with riders cycling between 40 to 140 kilometres in a day.

This year's riders are a diverse group. In addition to Cpl Best, there is another MP from CFB Comox on the ride, plus three Saanich police officers, one Victoria

Reserve Constable, RCMP officers, media and corporate riders, and, new to this year, firefighters and paramedics.

They have been training since March 5, but are aware there is still a lot more training to do.

“There are three groups: a northern, a middle, and a southern Island group, which train separately three days a week. Here in Victoria Tuesdays are hill nights, Thursdays are speed nights, and Sundays are focused on distance; it's a lot of work,” says Cpl Best.

Training has been grueling, but seeing the team's progress is making it rewarding.

“As individuals, this training is preparing us for those long days in the saddle. We're learning all about the techniques of riding as a group, such as how to draft or change positions properly. It's tough but a lot of fun,” he says.

Despite the time and effort, Cpl Best says it's all worth it because of who the ride helps. Every rider in the Tour de Rock has been assigned a “Junior Rider” from the Canadian Cancer Society. These are children fighting cancer and Cpl Best

says he takes inspiration from his own Junior Rider Roane Abbott-Haines, age five.

“My family has been affected by cancer so that motivated me to participate, and when I see what these kids go through, I had to join. I felt that since I could help, I had to. Sometimes people assume someone else will help, well this time I'm that someone else.”

While each rider must raise a minimum of \$5,000, Cpl Best has set his goal at \$10,000. He plans to raise money at car washes and a spin-a-thon, and has more events planned throughout the summer.

“I want to host some events at CFB Esquimalt. Because this ride is such an important Vancouver Island event, I really feel like the military can take a leading role in order to show how we support the Island, our community, and our neighbors,” he says.

Cpl Best is joining a long line of MPU members who have participated in this cause.

In order to stay updated on his events and to donate to his ride, visit www.tourderock.ca/matthewbest.

Tour de Rock is a nation-wide event that raises awareness and money for cancer patients and cancer research.



Corporal Matthew Best, Military Police Unit Esquimalt poses with a Tour de Rock jersey.

Despite the time and effort, it's all worth it because of who the ride helps.

Corporal Matthew Best

Celebrate 150 Years!

Camp Canada

Triangle RV salutes all those who serve!

54 X 80
FLIP-UP BED
W/STORAGE

REFRIG

CHINETTI
TABLE

STORAGE

\$76⁴⁹
BI-WEEKLY

2017 VIKING LEGEND

Grab the gang, hit the road and experience the wonders of Canada! This Legend Fold-Down is easy to tow, loaded with great features and available at special Canadian Forces Pricing for a limited time only. #24209

CANADIAN FORCES PRICE
\$21,150

MSRP \$24,642 SALE PRICE \$22,300

TriangleRV.com

60T/240AM 10% down 6.99%. \$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.

RV SALES ▼ PARTS ▼ SERVICE

10299 McDonald Park Rd, Sidney ▼ 250-656-1122

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

Bravo ZULU

HMCS Brandon Change of Command

Reviewing Officer, Commander Michele Tessier, (centre) presides over the Change of Command ceremony between the Outgoing Commanding Officer of HMCS Brandon, Lieutenant Commander Jolene Lisi (right), and the Incoming Commanding Officer, Lieutenant Commander Collin Forsberg July 7.



Bravo ZULU

Naval Fleet School (Pacific) Change of Command

Reviewing Officer, Capt(N) Mike Knippel (center), signs the Change of Command certificates for the leadership change between Naval Fleet School (Pacific) Outgoing Commanding Officer, Cdr Todd Bonnar (left) and Incoming Commanding Officer, LCdr Daniel O'Regan June 28.

Photo by LS Valerie LeClair, MARPAC Imaging Services

Bravo ZULU

Naval Training Development Centre (Pacific) Change of Command

Reviewing Officer, Capt(N) Mike Knippel (centre), Outgoing Commanding Officer of Naval Training Development Centre (Pacific), Capt(N) Ed Hooper (right), and Incoming Commanding Officer, Cdr Tanya Koester (left), sign the Change of Command certificates June 29.

Photo by LS Valerie LeClair, MARPAC Imaging Services



Bravo ZULU

Fleet Diving Unit (Pacific) Change of Command

Outgoing Commanding Officer Fleet Diving Unit (Pacific) Cdr Chad Naefken (left), Reviewing Officer Cdr Michele Tessier (centre), and Incoming Commanding Officer LCdr Rick Kappel (right) sign certificates during the Change of Command Ceremony July 6.

Photo by MCpl Brent Kenny, MARPAC Imaging Services



HMCS Regina Awards and Promotions

Lieutenant Governor of Saskatchewan Vaughn Solomon Schofield awarded Lieutenant Governors pins and coins to Regina sailors while visiting the ship on Canada Day.



Lieutenant Governor Schofield (left) is presented with a shadow box by Cdr Colin Matthews, Commanding Officer HMCS Regina.



Cdr Matthews is awarded the Lieutenant Governor coin.



CPO1 Goulding is awarded the Lieutenant Governor coin.



LCdr Graham is awarded the Lieutenant Governor coin.



PO2 Danforth is awarded the Lieutenant Governor's Military Service Pin.



SLt Deason is awarded the Lieutenant Governor's Military Service Pin.



PO2 Kihn is awarded the Lieutenant Governor's Military Service Pin.



LS Lafaber is awarded the Lieutenant Governor's Military Service Pin.



LS Reynolds is awarded the Lieutenant Governor's Military Service Pin.



Lt(N) MacMillan is awarded the Lieutenant Governor's Military Service Pin.



LS Narraway is awarded the Lieutenant Governor's Military Service Pin.



MS Noonan is promoted to his current rank by Cdr Matthews.



PO2 Peel is awarded the Lieutenant Governor's Military Service Pin.



OS Poznikoff is awarded the Lieutenant Governor's Military Service Pin.



PO2 Neufeld is promoted to his current rank by Cdr Matthews.



HMCS Regina Awards and Promotions



LS Savola is awarded the Lieutenant Governor's Military Service Pin.



OS Dagley is awarded the Lieutenant Governor's Military Service Pin



LS Ignatsecu is awarded the Lieutenant Governor's Military Service Pin.



MARS IV Officer Graduation

Base Commander of CFB Esquimalt, Captain (Navy) Jason Boyd presented awards during a Maritime Surface and Sub-surface (MARS) IV Officer graduation parade July 7.

Photos by Cpl Blaine Sewell, MARPAC Imaging Services



A/SLt Anna Childerhose is awarded the Royal Canadian Navy Commander's award for top student by Capt(N) Jason Boyd (right) and Cdr (Retired) Rod Hughes (left).



A/SLt Sophie Cormier is awarded the Pullen Cup by Capt(N) Jason Boyd (right) and Capt(N) (Retired) Ken Scotten (left).



A/SLt Matthew Mooney is awarded the David W. Groos Memorial Shield for top student at sea by Capt(N) Jason Boyd (right) and Hillary Groos (left).



Base Logistics Awards and Promotions

Base Logistics Officer, Commander Jeff Watkins, presented awards and promotions June 29.

Photos by Cpl Blaine Sewell, MARPAC Imaging Services



WO Jeff Liefhebber receives his Canadian Forces' Decoration by Cdr Watkins.



LS Darin Cavelle is promoted to his current rank by Cdr Watkins (left) and Dale Tallyn.



Cpl Emilie Dupuis is promoted to her current rank by Cdr Watkins (left) and PO1 Patricia King (right).



Cpl Dylan Lefebber is promoted to his current rank by Cdr Watkins (left) and MWO David Allaway (left), alongside Cpl Lefebber's spouse (right).



Cpl Robert Shirley is promoted to his current rank by Cdr Watkins (left) and MWO Michael Gallichan (right).

Bravo ZULU

Base Administration Promotions

Commander Jeanne Lessard, Base Administration Officer, presented promotions June 28.
Photos by MCpl Brent Kenny, MARPAC Imaging Services



Cpl Andrew Kieu is promoted to his current rank by Maj Tina Verbenkov (left) and Cdr Jeanne Lessard (right).



MS Tommy Poliquin is promoted to his current rank by Maj Tina Verbenkov and Cdr Jeanne Lessard.



MCpl Sarah Thomson is promoted to his current rank by Lt(N) Amy Mahar (left) and Cdr Jeanne Lessard.



PO2 Kanwar Nijjer is promoted to his current rank by Cdr Jeanne Lessard and wife Gurdeep Nijjer (left).



CPO2 Pamela Salter is promoted to his current rank by Lt(N) Amy Mahar and Cdr Jeanne Lessard.



PO1 Jeremy Wood (center left) and twin brother PO1 Stephen Wood both receive promotions to their current ranks by Maj Tina Verbenkov, Cdr Jeanne Lessard, Cdr Amit Bagga (second from right), and LCdr Mathew Webb (right).

Bravo ZULU

HMCS Quadra Awards and Presentations



Cdr Martin Packer, Commanding Officer HMCS Quadra Cadet Training Centre (left), is presented the Canadian Forces' Decoration First Clasp from Cdr Ben Henderson, Regional Commanding Officer Pacific Cadets.



A/SLt Nancy Andrews is promoted to her current rank by HMCS Quadra Commanding Officer Cdr Martin Packer.



A/SLt Gregory Judas is promoted to his current rank.



Bravo ZULU

CFPHQ Promotion

Left: CWO Mark Dankwerth (centre) is promoted to his current rank by Cdr Tanya Koester (left), Commanding Officer Canadian Fleet Pacific Headquarters, and Lt(N) Sam Mayo (right).

MARPAC HQ Promotion

Right: Lieutenant-Commander Jeff Hopkins (centre), is promoted to Commander by Commodore Marta Mulkins, Commander of the Naval Reserve (left), and Chief Petty Officer First Class Christopher Shepperd (right), July 6.



Photo by LS Mike Goluboff, MARPAC Imaging Services

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

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.

ANNOUNCEMENTS

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.

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).

SERVICES OFFERED

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

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 Counseling
• Post Abortion Counselling
• Community Referrals
250-380-6883
#112 - 826 North Park Street
info@victoriapregnancy.org
www.victoriapregnancy.org

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.

FANTASTIC MID 40'S Fabulous mid 50's East Coast Ladies. Starting Biweekly Evening Socials. Join FB Group "Sassy Ole Scotians" to learn more about "Distressed Mess SOS....."

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.

APPLIANCES

WestCoast Appliance
Ask about our military discount
100's of appliances in stock
Locally owned and operated
3090 Nanaimo Street
250-382-0242
We service what we sell!

HEALTH

Attention: **Military Spouses**
EARN EXTRA INCOME
Selling **CHEMICAL FREE CLEANING PRODUCTS**
NORWEX
GreenHomeCleaning.ca
Michelle: 250-516-7338

FOR RENT

Two bedroom house for rent. \$1800/month. Eight minutes from DKYD. Looking for long term renters, 1-2 years. Short walk to Up-Town and Tillicum malls. Military work references required. No dogs allowed. Lawn care expected of tenant. Available 1 August. Call 250-883-6090 to book a viewing

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

Lookout Classifieds Work.
250-363-3127

OVARIAN CANCER

WOULD YOU KNOW IF YOU HAD IT?

- SYMPTOMS**
- Abdominal discomfort
 - Pelvic pain/backache
 - Bloating/gas/swollen stomach
 - Vaginal bleeding/painful intercourse
 - Urinary urgency
 - Ongoing fatigue
 - Indigestion
 - Weight loss/gain
 - Change in bowel habits

If you have been feeling a combination of these symptoms for longer than three weeks, visit your doctor and ask for a Ca125 blood test.

STORAGE

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

Since 1975
BARRY'S
MOVING & STORAGE LTD.

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

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

MILITARY DISCOUNT for residential moves

Toll Free: 1.877.475.0022
www.barrysmoving.com 250.475.0022 info@barrysmoving.com

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

REAL ESTATE • FOR SALE

Posting In or Out, I've Got You Covered

A portion of the proceeds from Military, Govt. and RCMP personnel transactions is donated to the Canadian Wounded Warriors Society.

Devin Bhandar
MILITARY & GOVT. RELOCATION
ROYAL LEPAGE
Coast Capital Realty
O: 250.477.5353 C: 250.508.8948
Devinbhandar@royallepage.ca www.devinbhandar.realtor

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

Tenant Referral Program
Military Discount

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

DebtVictoria.com

CALL TODAY FOR A FREE CONSULTATION
250-882-5556
DebtFree@DebtVictoria.com
Debt Relief Specialists for 16 years
independently owned and operated, associated trademarks are used under license.

REAL ESTATE • FOR SALE

ON HHT?
FOR A SMOOTH POSTING CALL DIRECT
250-213-7444
Shelly Reed
• DND IRP • Experienced Realtor
sr@shellyreed.com
www.shellyreed.com

Sutton GROUP
West Coast Realty

At your service, I listen and I care!

MORTGAGE CONSULTANT

MORTGAGE FORCES.CA

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



Your Everyday Specialty Store

July 20th-26th 2017
While Supplies Last

BC Grown
Blueberries



1lb 454g

2/\$7

BC Grown
Cherries



\$6.59kg

\$2.99 lb.

BC Grown
Long English Cucumbers



2/\$3

BC Grown
On-The-Vine Tomatoes



\$3.73kg

\$1.69 lb.

Santa Cruz
Lemonades
All Varieties



946ml

2/\$5

Kettle
Chips
All Varieties



170-220g

2/\$5

Portofino
Whole Wheat Pan Loaf
"Made in Central Saanich"



720g

\$2.99 ea.

Red Barn
Coffee
"Roasted in Vancouver"



340g

\$8.99 ea.

Red Barn's Own
Prime Rib Burgers



\$1.69 100g

Red Barn's Own
Turkey Breast Kabobs



\$1.69 100g

Red Barn's Own
Jalapeno Cheddar Sticks



2/\$4

Gourmet Chef
Thai Noodle or Orzo Wild Rice Salad



99¢ 100g

BC & Island Grown Enjoy the Summer Harvest

The summer growing season is in full swing in British Columbia, look for delicious locally grown produce arriving every week at Red Barn Market. Get em' before they're gone!

Blackberries · Strawberries · Raspberries · Cherries · Apricots · Long English Cucumbers · Tomatoes · Beets · Zucchini · Early Nugget · Potatoes · Carrots · Lettuce · Basil · Rhubarb · Kale · Leeks · Spinach and much more!



Find our flyer at REDBARNMARKET.CA

WEST SAANICH
5550 West Saanich Rd
7:00am-8:30pm
(250) 479-8349

MATTICK'S FARM
5325 Cordova Bay Rd
7:00am-8:00pm
(250) 658-2998

VANALMAN
751 Vanalman Ave
6:30am-8:30pm
(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