

# 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  
Stop a wage garnishment  
Deal with income tax debts

**778-403-4335**  
**FREE CONSULTATION**  
smytheinsolvency.com

Smythe Insolvency Inc. Licensed Insolvency Trustees

## We have a winner



Photo by Peter Mallett, Lookout

After a year of collecting entries, Victoria Hyundai drew a winner for their DND employee car giveaway. Receiving the keys to a new 2016 Hyundai Accent at the Industrial Supplier Trade Show from General Sales Manager Cole Coates is Evan Smith. Read the full story on page 18.



# 2 BURLEY MEN MOVING Ltd.

[www.2BurleyMen.com](http://www.2BurleyMen.com)

FREE DELIVERY • BOXES & SUPPLIES

10% OFF FOR DND

## BURLEY CLEANING

A Division of 2 Burley Men Moving Ltd.

778-430-0303

RESIDENTIAL • CONSTRUCTION • COMMERCIAL

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

# Galley Wars at Fleet Week earns ship chefs top trophy



MS DJ Fields, PO1 John Cross and PO2 Pierre Forget hold their Galley Wars award.



The crew lines the deck as HMCS Ottawa enters Los Angeles Harbour.

Once all the burgers were tasted, and fingers licked, the chefs of HMCS Ottawa were declared Galley War winners.

## SLt Matthew Mooney HMCS Ottawa

Just before the September long weekend *HMCS Ottawa* set sail for Los Angeles Fleet Week. Under the guidance of the new Commanding Officer, Commander Alex Barlow, ship and crew sailed down the west coast to southern California.

Accompanied by Sea Training Pacific staff, the crew participated in at-sea readiness trials in preparation for their follow-on mission of Operation Caribbe.

Upon arrival in the "City of Angels", the ship was greeted by USS Iowa, one of America's last battleships. Iowa welcomed *Ottawa* by firing a two-gun salute and flying Bravo Zulu as the frigate passed by.

Fleet Week was comprised of a series of events that brought the men and women of Canada's navy together with the sailors and marines of the United States. From football games to formal evenings, there was something for everyone.

One highlight of the week was "Galley Wars."

Galley Wars pitted chefs from all services against each other in a battle of barbecued burgers. Teams were assembled by the United States Coast Guard, Navy, and Marines, who faced off against the Royal Canadian Navy. Each crew was tasked with creating a specialized burger, two sides, and a dessert. The finest creations were prepped on board their respective ship, with the final cooking process and assembly conducted in one site, under the critical eye of celebrity judges. The distinguished Robert Irvine, a Food Network Chef; Mei Lin, Winner of Top Chef; and Steve Samson, a highly distinguished LA restaurant owner were ready to provide feedback on the creations.

The Canadian team came armed with a menu they were sure would impress the judges. PO1 John Cross, PO2 Pierre Forget, and MS DJ Fields worked together to craft a winning burger. The Canadian chefs used 60 per cent bison and 40 per cent lamb that was double ground and stuffed with homemade jalapeno bacon jam. They made their own brioche bun and topped their culinary creation with homemade Louisiana ketchup and poutine cheese.

Accompanying the burger was a mixed bitter green salad with fresh shredded Applewood cheddar cheese topped with homemade caper vinaigrette. For dessert, they made a fresh doughnut topped with Callebaut Chocolate, a pinch of sea truffle salt, and a sprinkle of rendered bacon reduction. Topping it off, they drizzled caramel topping. This was all washed down with a healthy portion of Canada's finest Moose Milk.

Once the menus were announced, it became clear the Canadian chefs were the ones to beat.

Once all the burgers were tasted, and fingers licked, the chefs of *HMCS Ottawa* were declared Galley War winners. They were followed by the U.S. Marines and the U.S. Coast Guard. For their outstanding performance, the judges awarded the chefs the coveted Galley Wars cutting board to commemorate their victory.



**We're Growing!**  
Now Open in Vic West

**BIG WHEEL BURGER**  
REAL. FAST. FOOD.

**10% OFF**  
TO ALL MILITARY & DND PERSONNEL\*



**FREE FRIES & FOUNTAIN POP!**  
WITH THE PURCHASE OF ANY BURGER  
with this coupon



11am-10pm Every Day  
Order ahead for your office lunch or catered event & receive 10% off orders over \$50.\*

Gateway Village  
703-711 Vernon Ave  
Phone: 778-265-5140

Cook St Village  
341 Cook St  
Phone: 250-381-0050

Westside Village Vic West  
210-172 Wilson St  
(Next to Save On) **OPEN NOW!**



Photo by: Leading Seaman David Gariepy, MARPAC Imaging Services  
**Commander Wes Golden, Commanding Officer of Maritime Forces Pacific (MARPAC) Headquarters, presents Lieutenant Commander Paul Seguna with the third clasp to the Canadian Forces' Decoration.**

## Rare achievement - 42 years of service

### MARPAC Public Affairs

In a rare presentation attended by friends, colleagues and his wife Eva, Lieutenant Commander Paul Seguna received the third clasp to his Canadian Forces Decoration at Maritime Forces Pacific (MARPAC) Headquarters Sept. 12.

The third clasp is unique in that it represents 42 years of continuous service to the Canadian Armed Forces (CAF).

In that time, he has served as a Reserve Radar Plotter from 1975-82 achieving the rank of PO2; Regular Force Maritime Surface Officer (MARS) from 1982-1992 at the rank of Lt(N); Regular Force Public Affairs Officer from 1992-2002 achieving the rank of LCdr; Reserve Public Affairs Officer from 2002-2012 achieving the rank of Cdr, and upon rejoining the Regular Force Public Affairs Branch in 2012 in the reverted rank of LCdr served to compulsorily retirement age 60 this September.

When asked to reflect upon the changes within the CAF over the length of his career LCdr Seguna offered a few insights.

"Looking back over the 42 years of my service there is no doubt the Forces have changed with Canadian society as exemplified by the greater diversity in the makeup of our armed services. In many regards the CAF, both organizationally and as individuals within it,

have for a variety of reasons found themselves in the forefront of adaptation to changes in Canadian society. Our armed services have always drawn individuals from the wide spectrum of our society and taught them to coexist while achieving a common aim in often difficult circumstances."

During his career, he served at sea in 13 ships of the Royal Canadian Navy and in one Italian ship visiting Canada during the 75th anniversary of the Canadian Navy. He served ashore as the MARPAC Flag Lieutenant and CFB Esquimalt Base Information/Public Affairs Officer.

While in this last position, he transferred to the Public Affairs Branch and served in various capacities in Canada including several major domestic operations training Public Affairs Officers, as the senior Project Public Affairs Officer for the Centennial

of the RCN, and overseas including supporting operations in Rwanda, Kosovo and Bosnia-Herzegovina.

"As I walked past one of our frigates at a jetty, having recently returned to the 'Home of the West Coast Fleet' after many years away, my mind wandered back to the ships of my sea-going days. I felt a sense of the continuity of the naval service in that others have followed those of my generation to serve in frigates today, just as we had taken the watch from our predecessors back then. So, although there has been much change in those intervening years, the foundational values have always been there - such as service above self, respect for what came before as reflected in the traditions of naval life, and most of all pride in the honour to serve Canada in uniform."

His most recent service in the Regular Force included

a posting as the Deputy Director of Army Public Affairs at Canadian Army Headquarters in Ottawa, and four years in a non-Public Affairs Officer position as Military Assistant to the Deputy Chief of Staff-Plans (a rotating Canadian and Portuguese Commodore position) at NATO's maritime headquarters in Northwood (London) UK. He was recently posted to MARPAC Headquarters while awaiting release.

"Having had the opportunity to visit the beaches of Dieppe and Normandy, attend at the Vimy centennial commemoration and see the many war cemeteries with the headstones of so many Canadians in ranks for perpetuity, including at the Brookwood Military Cemetery in the UK where members of HMCS Kootenay's ship's company killed in the 1969 engine room explosion are interred, leaves me with the sense that we are the beneficiaries and inheritors of a heritage and values that remain constant. Our serving military is a reflection of that heritage and those values, as exemplified by my recent experience serving alongside colleagues from NATO."

LCdr Seguna and wife Eva will retire to Vancouver Island. He will go into retirement with many happy memories of his shipmates and colleagues.

Asked what he will do next he responded somewhat cheekily, "Not come back!"

*The foundational values have always been there - such as service above self, respect for what came before as reflected in the traditions of naval life, and most of all pride in the honour of being of service to Canada in uniform remain fundamental.*

Lieutenant Commander Paul Seguna

## The Home of the Full Refund!

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

250-727-7480

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



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

10% off for Military

**The Sunnyside Cafe**  
 View full menu at [www.sunnysidecafe.ca](http://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**

ON SIDE FOR YOU

**McCONNAN  
 BION  
 O'CONNOR  
 & PETERSON**

We thank you for your service

*LAWYERS*

ON SIDE FOR YOU  
[www.mcbop.com](http://www.mcbop.com)

**McCannan Bion O'Connor & Peterson Law Corporation**  
 #420-880 Douglas Street, Victoria, BC Canada V8W 2B7

Tel: 250-385-1383 | Toll Free: 1-888-385-1383 | Fax: 250-385-2841

### We are accepting dental patients



Of all ages with a special interest in Children's Dentistry and Esthetics

**Dr. Teodora Russu, DMD, CD**

Retired LCol Teo Russu has 24 years of quality military dentistry experience.



**MOSS HEALTHCARE**  
 YOUR HEALTH. OUR PASSION.  
**778-406-1177**  
 143 MOSS STREET • VICTORIA

For more information visit [www.mosshealthcare.com](http://www.mosshealthcare.com)

## LEARN ABOUT VICTORIA'S PREMIER RETIREMENT COMMUNITY



**OPENS NOV 2017!**

### COME TO OUR INFO SESSIONS!

**Tuesday, October 3 | 2PM**  
**Gorge Vale Golf Course | 1005 Craigflower Rd**

**Thursday, October 12 | 2PM**  
**Crooked Goose Bistro | 4136 Wilkinson Rd**

**For Details Please Call 250-478-4431**

**Cherish**  
 AT CENTRAL PARK

**CONDOS & ALL INCLUSIVE RENTALS**

**2234 Sooke Road | [www.cherishliving.ca](http://www.cherishliving.ca)**

# 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  
Capt Jenn Jackson 250-363-4060

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.<sup>94</sup>

Six month subscription - \$33.<sup>47</sup>

Prices include tax.

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

Web: www.lookoutnewspaper.com

Fax: 250-363-3015

Canadian Mail Product Sales Agreement 40063331



## WHAT SAY YOU

### People Talk

Lookout asked members of HMCS Calgary ship's company this question:

**Why are you volunteering for HeroWork in the renovation of Anawim House?**



Because it's nice to give back to the community where we live. I get a good feeling doing volunteer work, I have heard about the good things Hero Work is doing so I thought I'd get involved.

**SLt Juliana Currie**



It's a good way to get out and involved in the community and I know there are a lot of homeless people in need of our help right now.

**SLt Logan Moore**



"I just moved from Ottawa and recently heard about the work they do at HeroWork and think it's great. It takes a certain type of person to put their country before self and this motivation to volunteer is huge in the RCN and I completely buy into that idea.

**Lt(N) Heather Macdonald**



It's important to support people in need and Anawim House does a lot of work to help at-risk people. The efforts by our ship to improve the building and infrastructure will help these people recover and move forward with their lives.

**Lt(N) Mikhail Smirnov**

## WHAT SAY WE

# SPORTS trivia Canadian running records

Questions by Tom Thomson, Contributor

### Questions

1. He holds the Canadian record in the now rarely-run men's 100-yard dash with a time of 9.41 seconds.
2. What is the longest-standing Canadian men's running record?
3. Who holds the longest-standing Canadian women's running record?
4. Who holds the Canadian record in the men's 100 metres?
5. Who holds the Canadian record in the women's 100 metres?
6. Who holds the Canadian women's marathon record?
7. Who holds the greatest number of individual Canadian running records?
8. Who holds the Canadian men's 200 metre record?
9. Who holds the Canadian women's 200 metre record?
10. He won the first Olympic gold medal in men's triathlon.
11. Who holds the Canadian men's one-mile record?
12. Who holds the Canadian women's one-mile record?
13. Who has the Fastest Known Time (FKT) for a male running the Juan de Fuca Marine Trail on Vancouver Island, a distance of 47 km?
14. Who has the FKT for a female running the Juan de Fuca Marine Trail?
15. He ran a world and Olympic record time of 9.79 seconds in the 100 metres at the Seoul Olympics in 1988 then failed the doping test. Who was this disgraced Canadian runner?
16. This Milton, Ontario octogenarian beat the 85-89 world age group record for the 5000 metres by 47 seconds. At the time of his death from prostate cancer on March 13, 2017 he held 36 world age class records on road and track from 1500 metres to the marathon.
17. In 1962 she placed eighth in the 880-yard run at the Commonwealth Games in Perth, Australia. In 1963 she won gold at the Pan-American Games, in 1966, gold at the Commonwealth Games and gold again in 1971 at the Pan-Am Games.

- Answers
1. Harry Jerome - set August 6, 1966 in Kingston, Jamaica.
  2. The marathon set December 7, 1975 by Jerome Drayton in Fukuoka, Japan in a time of 2:10:09.
  3. Marta Payne - 400 metres - set August 6, 1984 in Los Angeles, California in a time of 49.91 seconds and equaled by Jillian Richardson on September 25, 1988 in Seoul, South Korea.
  4. Donovan Bailey - 9.84 seconds - set July 27, 1996 in Atlanta, Georgia and equaled by Bruny Surin, August 22, 1999 in Seville, Spain.
  5. Angela Bailey - 10.98 seconds - set July 6, 1987 in Budapest, Hungary.
  6. Lanni Marchant - 2:28:00 - set October 20, 2013 in Toronto.
  7. Lanni Marchant - six - 20 km, 30 km, 35 km, 40 km road races and half marathon and marathon.
  8. Andre de Grasse - 19.80 seconds - set August 17, 2016 in Rio de Janeiro, Brazil.
  9. Crystal Emmanuel - 22.50 seconds - set July 18, 2017 in Cork, Ireland.
  10. Simon Whitfield - September 17, 2000 in Sydney, Australia.
  11. Kevin Sullivan - 3:50.26 - set July 28, 2000 in Oslo, Norway.
  12. Leah Pells - 4:23.28 - set August 14, 1996 in Zurich, Switzerland.
  13. Matt Cecil - 5:14:27 - July 5, 2014.
  14. Jen Segger and Jen Thiel - 7:49:00 - October 13, 2015.
  15. Ben Johnson.
  16. Ed Whitlock.
  17. Abigail "Abby" Hoffman.

# 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



# Sailors deploy for HeroWork at Anawim House

**Peter Mallett**  
Staff Writer

For the next three weekends personnel from HMCS Calgary will roll up their sleeves for a renovation project to benefit our community's financially disadvantaged.

Sailors from the Esquimalt-based, Halifax-class frigate will donate their spare time to assist local non-profit charity HeroWork, which is carrying out a \$250,000 renovation project at Anawim House.

Located northeast of the downtown core on Caledonia Ave., Anawim House serves as a day house and residence for Victoria's homeless and others living in poverty.

"Calgary has always been the best ship in the fleet for a variety of reasons, which includes the passion we have about being involved in communities," said Cdr Blair Saltel, Calgary's Commanding Officer.

"We are a self-contained unit and have many skilled trades working on board, such as electricians, carpenters, plumbers, and also those who know how to organize. We are taking the tasks we do on a day-to-day basis while at sea and transforming them into leverage for volunteer work."

Military personnel from Calgary, other base units, and personnel connected to the Boomer's Legacy Foundation will help HeroWork's Radical Renovation, covering a total of 50 eight-hour shifts. The work will take place over the next three weekends and includes construction of a nurse's room, a new office with separate counselling spaces, painting the inside and outside of the building, kitchen and storage area upgrades, a new outdoor patio deck, landscaping improvements, and the construction of a bike repair shop to facilitate the introduction of a bike program to provide affordable

transportation.

Paul Latour, HeroWork Founder and Executive Director, says his organization has always counted on a high level of support from the base since it began its second project, a Radical Renovation of the Mustard Seed Food Bank in 2013.

"For five of our projects the military has been there to answer the call to strengthen our program; it's been a big honour working with them and Boomer's Legacy Foundation," he says.

Pete Smither, HeroWork's Head of Project Management, says when military members show up on the construction site it's always a reassuring sign.

"You get an immediate sense that the work and the job is going to get done," says Smither. "They are a good bunch of skilled and well-trained workers who seldom show any sign of fatigue, and will work until they drop."

Corporal Patricia Hagans, who recently joined Calgary's crew, fits that

mold. Cpl Hagans says she jumped at the chance to get involved when she heard they were working on a project to benefit Anawim House.

"I'm new to the Calgary so when I saw the call go out for HeroWork I decided to dive in because it was a great way to help the community and feel like I was part of the crew," she says. "My family is involved with the Harbour Cats [baseball team] and I often see Anawim benefactors volunteering for game-day operations. Since I see people who were supported by Anawim House coming out to the games and giving back to their community, I immediately realized HeroWork was a cause I wanted to give back to."

For more information about volunteering, visit [www.herowork.com](http://www.herowork.com) and click on the Military Volunteers for Anawim link, or contact military liaison Lt(N) Colin Dudeck (Colin.Dudeck@forces.gc.ca) for more details.

Photo by: Peter Mallett, Lookout

It was all hands on deck for members of HMCS Calgary and HeroWork who came together for a group cheer to celebrate their involvement in an upcoming renovation project at Victoria's Anawim House.



**babcock**  
trusted to deliver™

Proud to support  
Canada's fleet

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

**BIKE RENTALS AVAILABLE**

We give  
**Military Discounts**

**SAVAGE CYCLES**

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

2956 Westshore Parkway • [www.savagecycles.ca](http://www.savagecycles.ca) • 250-475-8885

**government rates**

Great rates. Comfortable rooms. Convenient location. Rooms with balcony, fridge, microwave & WiFi. 898 W Broadway, Vancouver, BC, 604-872-8661

Adding Color to Life<sup>SM</sup>

[parkinn.com/hotel-vancouverca](http://parkinn.com/hotel-vancouverca)

**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](mailto:info@viocity.com)

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

DISCLAIMER: This communication is not an offer to sell or solicit for buyers, and under no circumstances should be construed as an invitation to make an investment in Viocity REIT. Viocity REIT is a newly declared REIT. PAST PERFORMANCE MAY NOT BE REPEATED. Investing in REIT Units can involve significant risks and the value of an investment may go down as well as up. The risks involved in this type of investment may be greater than those normally associated with other types of investments. Please refer to [www.viocity.com](http://www.viocity.com) for a further discussion of the risks of investing in Viocity REIT.

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

**ASK ABOUT OUR MOVE IN DISCOUNT!**

**250.381.5084 CAPRENT.COM**

**CAPREIT**

# Victoria Royals take to the ice at CFB Esquimalt's arena

**Will Chaster**  
Base Public Affairs Office

CFB Esquimalt had some special guests on Thursday, Sept. 7, when members from the Victoria Royals hockey team spent two hours practicing at Wurtele Arena.

From 9:45 to 11:45 a.m., the Royals performed a series of fast-paced drills under the watchful eyes of the coaching staff.

While there are a number of new players on the roster, there are also several new faces behind the bench. These include Head Coach Dan Price, Assistant Coach J.F. Best, and Consulting Coach Dwayne Roloson, a retired goaltender who played over 600 games in the National Hockey League.

All three are beginning their first year in their respective positions with the Royals.

Although not frequent visitors to the base, the Royals have been known to hold practices at the arena in special circumstances.

"The Royals have practiced

at Wurtele Arena a number of times over the years, usually when there's a concert or some other event that prohibits them from practicing at the Save-on-Foods Memorial Centre," said Kevin Zalba, Wurtele Arena and Sports Facilities Manager.

With the pre-season winding down, these practices are important in helping the Royals finalize their opening night roster.

While Coach Price is eager to get started with the regular season, he took a moment after the practice to reflect on what it is like to play here on Vancouver Island.

"I know we're all very excited for the opportunity to be here and we're grateful to be able to play in a city like Victoria," said Price.

This will not be the only time the Royals will be at Wurtele Arena. With other events taking place

at the Save-on-Foods Memorial Centre later in the year, the Royals will be back on base Nov. 13, Jan. 22, and March 13 and 14 for more practices.

"We like to accommodate them given the chance; it's great to have them here," said Zalba.

The Royals will be also partner with the Canadian Armed Forces (CAF) for two further events in the coming months.

On Nov. 10, the team will host their annual CAF Appreciation Night with discounted tickets for CAF and DND members.

They are also working with CFB Esquimalt personnel to play in a scrimmage with hockey playing members of Maritime Forces Pacific sometime after Remembrance Day with proceeds going to the annual workplace charity drive.



Photo by Will Chaster

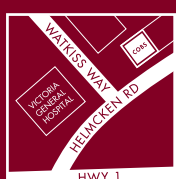
**Royal's practice schedule at Wurtele**  
**Nov. 13, Jan. 22 and Mar 13-14**  
**CAF Appreciation Night Nov. 10**



## OUR COMPLIMENTS

THIS CERTIFICATE ENTITLES THE HOLDER TO:

- |                                   |                      |                              |
|-----------------------------------|----------------------|------------------------------|
| 1 Pane Di Casa Loaf               | 2 Higher Fibre Loaf  | 3 Sourdough Loaf             |
| 4 French Baguette                 | 5 12 Dinner Buns     | 6 White/Whole Wheat Loaf     |
| 7 Continental Tin Pasta Dura Loaf | 8 Country Grain Loaf | 9 Pane Di Casa Half Baguette |



**COBS Bread**  
**EAGLE CREEK VILLAGE**  
31 Helmcken Rd  
View Royal, BC  
778 265 6282

**RETAIL VALUE**  
**\$40**

Only valid at COBS Bread Eagle Creek Village • One complimentary item per visit per day • Bring in certificate to receive offer • Not valid with any other offer • While daily quantities last • No cash value • Expires November 30, 2017

**MFRC** ESQUIMALT

## Annual General Meeting

Wednesday  
September 20  
5pm  
Pacific Fleet Club

EVERYONE WELCOME TO ATTEND

More info at:

250-363-2640 (1-800-353-3329)

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

# Joint Support Ships to be renamed after Protecteur and Preserver

DND

The Royal Canadian Navy (RCN) has announced the Joint Support Ships (JSS), its future Auxiliary, Oiler and Replenishment (AOR) vessels, will be known as Protecteur-class ships.

The renaming of the JSS to Protecteur and Preserver by the RCN recognizes the distinguished and remarkable service provided by past Protecteur-class ships that have carried these names. The renaming perpetuates the Battle Honours awarded to the forbearers of these ships and allows the future ships to add their own Battle Honours to the Preserver and Protecteur legacy.

In October 2013, the Government of Canada announced the Joint Support Ships would be named the Queenston-class. Since that announcement, the original purpose-built AORs, the former Protecteur and Preserver, were paid off and are no longer part of the RCN's fleet.

This fact presented the RCN, through its Ships Naming Committee, an opportunity to consider reusing the names of the original AORs, an option that was not available when the JSS were



originally named in 2013. This will be the second time in Royal Canadian Navy history that the name Protecteur will be used, and the third time for Preserver.

Battle Honours are awarded to provide public recognition and record a unit's active participation in battle against a formed and armed enemy. Preserver will perpetuate one Battle Honour: Arabian Sea, and Protecteur will perpetuate two Battle Honours: Gulf and Kuwait, and Arabian Sea.

The term "paying off" refers to the British age-of-sail practice of paying a crew their wages once a ship has completed its voyage. In the RCN, the tradition continues with the term paying off referring to the formal ceremony where the naval jack, ensign, and commissioning pennant are hauled down, the crew departs a ship for the last time, and the ship is then no longer referred to as Her Majesty's Canadian Ship (HMCS).

The Ships Naming

Committee is formed prior to any vessel joining the RCN fleet, and consists of a small group of senior Royal Canadian Navy personnel, naval historians and veterans who present their recommendations to the Government of Canada.

The last ships to bear the name Protecteur and Preserver were brought into service in 1969 and 1970, then paid off in 2015 and 2016 respectively.

The Joint Support Ships will provide at-sea replenishment capabilities, limited sealift capacity, and support to operations ashore. They will be among some of the first of the Royal Canadian Navy's ships to be built by one of the competitively selected Canadian shipyards, as part of the National Shipbuilding Procurement Strategy.

The previous intended names for the JSS were Queenston and Chateaugay, in recognition of the land battles of Queenston Heights and Chateaugay during the War of 1812.

STAY CONNECTED  
lookoutnewspaper.com



## TRACKSIDE AUTO SERVICE LTD.

A FULL SERVICE AUTO REPAIR FACILITY

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

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



Ask about BG Protection Plan\*

Where Dependability and Trust are a Priority...

\* under 80,000 km

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



# Let's get cooking!

1. Select your plan
2. Choose your meals
3. Order for Sunday delivery
4. Cook and enjoy!

First time orders for military members receive

**\$25 OFF**

COUPON CODE: RCN2017

Fresh ingredients. Perfectly portioned. Straight to your door.



GET STARTED WITH YOUR MEAL PLAN AT [LocalUrbanBites.com](http://LocalUrbanBites.com)

Start your **NEW** career in **Digital Technology**

**FULL-TIME COURSE**

**Web Development & Digital Marketing**

Certificate Program

**LEARN TO**

- Design and Code For The Web/Mobile
- Set Up/Maintain CMS
- Digital Marketing Strategies/Tools

**TOTAL OF 330 HOURS**

**INSTRUCTOR-LED GROUP LEARNING**

**12 WEEKS**

**MONDAY-FRIDAY: 9AM - 3PM**

**MAXIMUM OF 12 STUDENTS**



Phone: 1-250-298-5059  
Toll Free: 1-866-702-527  
Email: info@qcollege.ca  
Web: www.qcollege.ca

**CLASSES STARTING THIS FALL REGISTER TODAY!**

Gateway Village 303  
771 Vernon Avenue  
Victoria, BC V8X 5A7

\* Ask us about our custom one-on-one classes available

**Celebrate 150 Years!**

# Camp Canada

*Triangle RV salutes all those who serve!*



**\$76<sup>49</sup>**  
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



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.

**RV SALES ▼ PARTS ▼ SERVICE**

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



## LOCAL LEADERS WITH LOCAL KNOWLEDGE

**Put your leadership and management skills to work serving democracy in British Columbia.**

Elections BC is looking for local leaders to serve as District Electoral Officers and Deputy District Electoral Officers throughout B.C. These roles plan for and manage the administration of provincial elections, by-elections and related projects.

These management-level positions play a critical role in ensuring voters and stakeholders experience an impartial, fair, accessible and inclusive electoral process. We are seeking highly motivated leaders with strong administrative, human resource and project management skills.

For more information, visit [elections.bc.ca/jobs](http://elections.bc.ca/jobs).

**Apply now! Application deadline is October 1, 2017.**



[elections.bc.ca](http://elections.bc.ca)  
1-800-661-8683



### 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**

HOMESTYLE COOKING, FAMILY FRIENDLY & LICENSED

[paulsmotorinn.com](http://paulsmotorinn.com)

1900 DOUGLAS STREET | (250) 413-2775



## SCHOLARSHIPS FOR MILITARY AND VETERANS.\*

[WWW.SPROTTSHAW.COM](http://WWW.SPROTTSHAW.COM)

**VICTORIA: 250-384-8121**

# Hertel's

since 1963

COUNTRY FRESH, NATURALLY THE BEST!

## Double-Smoked Bacons & Hams, Premium Fresh Sausages

### Proudly Produced on Vancouver Island

**GLUTEN-FREE, DAIRY-FREE, NO MSG ADDED**

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

## Healthy smiles are happy smiles for the whole family

We are accepting patients of all ages, with a special interest in Children's Dentistry and Esthetics.

Our Facility is Certified to provide care under Inhalation (Nitrous Oxide) and Oral Sedation as well as IV Deep Sedation with a Medical Anaesthetist, including Oral and Periodontal Surgery.

#### Dr. Teodora Russu, DMD, CD

Recently retired LCol Teo Russu has 24 years of quality military dentistry experience, services include: cosmetic, implant, TMD and family dentistry. She was a regular guest lecturer at the Canadian Forces Health Service Training Centre.

#### Dr. Shaila Ramandev, DDS

Dr. Shaila joined private practice as a general dentist for patients of all ages, with a special interest in Children's Dentistry and Esthetics. Dr. Shaila has volunteered in impoverished areas and spends many hours on continuing education.

#### One-Stop-Health-Shop:

We are your centralized healthcare team. Allow us to be your choice for Chiropractic, Registered Massage Therapy, Naturopathy, Counseling, Registered Psychology, Custom Orthotics, Skin Esthetics and more...

#### Your Dentistry Solution:

Your oral health is more important than you might realize... we are here to handle all of your dental needs.



**MOSS HEALTHCARE**  
YOUR HEALTH. OUR PASSION.

**CALL TO BOOK TODAY!**

**778-406-1177**

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

143 MOSS STREET • VICTORIA



# Remembering and learning at Veterans cemeteries

**John Azar**  
Contributor

Visiting the Esquimalt Military Cemetery (God's Acre), or any other cemetery, is like walking into a library. Looking at the rows and rows of markers, can be compared to looking along bookshelf after bookshelf; each marker is like the cover of a storybook.

Most of the stories are known only to the families of the person buried there, and many stories are unknown to all. But when the stories are researched and told, a cemetery becomes a "remembering place." When we remember the stories, we are honouring the veteran and learning from their experiences.

Once a year, or by spe-

cial arrangement, some of these stories come to light during the annual Remembrance Week tour conducted at God's Acre for the Old Cemeteries Society of Victoria. On the Sunday closest to Remembrance Day (Nov. 5 this year) at 2 p.m. the stories of 10 to 12 people are told.

The tour includes stories about people buried at God's Acre and stories of veterans buried in other regional cemeteries. Many of the regional cemeteries do not have enough veteran burials and stories to fill a public tour.

Also, during the centenary years of the First World War, people with ancestors who served are invited to share their relative's story no matter where the person is buried.

## Invitation

If you would like to tell the story of a family member (grandfather, great-uncle, cousins, etc.) who served in the First World War, regardless of where they are buried or what country they served, please contact me: [jazar@wfapacificcoast.org](mailto:jazar@wfapacificcoast.org).

## Remembering Places of Those Who Served

Those who visited military cemeteries in Europe are awed by the rows of markers in well-tended cemeteries, or seeing thousands of names inscribed on memorials such as the Vimy Memorial in France or the Menin Gate in Ypres, Belgium. We tend to form the impression that all those who served have similar grave markers in similar cemeteries.

Unfortunately, that is not the case.

Most cemeteries where Canadian veterans are buried in Europe are operated by the Commonwealth War Graves Commission (CWGC). The burials in

CWGC cemeteries and the inscriptions on the memorials are restricted to those who are defined as "war dead" from the First and Second World Wars. A deceased person is "war dead" if he or she died within a defined period from the outbreak of war until a specified cut-off date after each war. These dates are:

- First World War: Aug. 4, 1914 – Aug. 31, 1921
- Second World War: Sept. 3, 1939 – Dec. 31, 1947

These dates apply to those who died in service, regardless of how or where they died. Many "war dead" did not go overseas. So, the enlisted man from Victoria who died in a hunting accident before going overseas is "war dead", while a decorated soldier who died after the cut-off date is simply a veteran. All who served are veterans, but only those who died within the defined dates are "war dead."

The families of veterans who died after the cut-off dates were generally left to their own devices for burials and place markers. Some

were able to take advantage of means-tested financial assistance through the Last Post Fund supported by Veterans Affairs Canada. (For information on the programs of the Last Post Fund, visit their website: [www.lastpostfund.ca](http://www.lastpostfund.ca))

But most veterans were buried in family plots with non-military markers, or no markers at all.

Looking only at the First and Second World Wars, approximately 658,000 Canadians served in the First and just over a million served in the Second for a rough total of 1,658,000. The number of "war dead" for the First World War is about 68,000 (10 per cent of those who served) and for the Second 46,000 (4.5 per cent of those who served) for a total of approximately 114,000 "war dead."

This means approximately 1,500,000 veterans from the First and Second World Wars are buried in over 2,500 non-military cemeteries throughout Canada. While some of these cemeteries have military sections, most veterans are buried in

family plots.

There are over 35 cemeteries in Greater Victoria and the Cowichan Valley (many are no longer active). Each cemetery is a remembering and honouring place with at least a few veteran's stories.

By telling a few of those stories at God's Acre, we promote this hidden jewel of a cemetery, while honouring veterans whose stories might otherwise not be told.

For more information on Nov. 5 tour, visit the Old Cemeteries Society of Victoria's website: [www.oldcem.bc.ca/tour.htm](http://www.oldcem.bc.ca/tour.htm)

John Azar is an amateur military historian and chair of the Western Front Association-Pacific Coast Branch that is focused on First World War history ([www.wfapacificcoast.org](http://www.wfapacificcoast.org)). He also leads military history tours for the Old Cemeteries Society of Victoria. He can be contacted at: [jazar@wfapacificcoast.org](mailto:jazar@wfapacificcoast.org)

*When we remember the stories, we are honouring the veteran and learning from their experiences.*

## A bright opportunity for downtown living.

There's a new brand of optimism downtown – with a rare opportunity to stake your claim in Victoria. Chard Development is pleased to introduce Vivid at the Yates, a bright and bold new concept in downtown condominium living. Built to Chard's exacting standards, Vivid at the Yates is central, vibrant, and priced at 8% below current market value.

**Vivid at the Yates – your home at a price that works.**

*135 Homes Coming this Fall*  
*One Bedroom Homes from \$261,280 - \$363,400*  
*Two Bedroom Homes from \$390,080 - \$528,080*

## VIVID at the yates

Learn more & see if you qualify.  
[vividvictoria.com](http://vividvictoria.com)





# TRANSFORM THE WAY YOU WORK

Cordless hammer drill / driver SF 6H-A22 ATC



**Performance. Safety. Value.** The Hilti SF 6H-A22 ATC cordless hammer drill delivers industry leading performance in a compact package. It's also the first cordless drill with Active Torque Control (ATC), which senses and reduces the risk of kick back when the tool binds. The unmatched technology of the SF 6H-A22 ATC lets you work in tight spaces and helps keep you safe and on the job.

### Applications and Advantages

- Tool is equipped with Active Torque Control to give the user additional safety and performance
- Compact size with industrial class performance



Hilti (Canada) Corporation  
1-800-363-4458  
www.hilti.ca



BC-10817



Sean Flood (left), Hilti Industrial and Government Account Manager, displays a Hilti rotary hammer while David Dixon, Hilti Program Manager, shows off a direct fastening tool.

# 2017 Industrial supplier TRADE SHOW

Thanks to our sponsors CANEX, Hilti and Boyd Autobody & Glass.



CANEX brought this Tim Hortons coffee truck to the show where they provided free coffee and smoothies.



An attendee talks to a representative from Honeywell Industrial Safety about protective eyewear displayed at their booth.



The traffic was brisk in aisle two as the Snap On Tools booth drew interest from many base tradespeople.



Helen Edley from Sharkcoins, located on Esquimalt Road, displays a Snowbird Canada 150 2017 Challenge Coin.



A lineup of visitors files into the 2017 Industrial Supplier Trade Show to fill out ballots for door prizes donated by vendors while also grabbing a complimentary shopping bag provided by Staples Business Advantage.

Photo by Will Chaster, Base Public Affairs

Photos by Peter Mallett, Lookout



**DND DISCOUNT**  
for all retail repairs

## REPAIRED CORRECTLY

### ICBC ACCREDITED VALET EXPRESS / GLASS EXPRESS

- Windshield replacement • Collision repairs
- Replacement vehicles • Lifetime Guarantee

540 John St. 250-384-0400 | 25-6809 Kirkpatrick Cres. 250-652-9833  
2663 Sooke Rd. 250-478-0021 | 103-2031 Malaview Ave. 250-655-3230





**Mark's**  
COMMERCIAL

Welcome to Canada's greatest line-up of industrial wear.

**Lisa Tonner, Corporate Sales Manager**  
 C 250.661.0754 E lisa.tonner@marks.com  
 210-777 Royal Oak Drive, Victoria, British Columbia V8X 4V1



**LOOKOUT**  
LookoutNewspaper.com

Your award winning community newspaper!


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

Tell advertisers you saw them in the Lookout

Join our network, don't miss a thing!

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

LookoutNewspaperNavyNews  
Lookout\_news



**MOTORCYCLE RIDER TRAINING**

**NOVICE & TRAFFIC PROGRAMS**

**EXPERIENCED RIDER COURSES**

**ICBC CERTIFIED COURSE**

**250-478-9584**  
[www.visafetycouncil.com](http://www.visafetycouncil.com)



## Air Force supports hurricane relief

DND

A Royal Canadian Air Force CC130J Hercules departed 8 Wing Trenton, Ontario, Sept. 3, for Lackland Air Force Base, Texas, carrying humanitarian supplies from the Government of Canada to aid in Hurricane Harvey relief efforts.

Relief supplies included baby

formula, blankets, cribs, and similar items.

In the wake of the hurricane, the Government of Canada offered to assist with relief efforts and the United States accepted this offer through its Federal Emergency Management Agency (FEMA).

The RCAF airlift is part of a Whole of Government response to the relief efforts in the wake of

Hurricane Harvey that has caused a mandatory evacuation of approximately 750,000 people with an additional 1.1 million people who are under a voluntary evacuation order along the Gulf Coast.

A CC130J Hercules is well-suited for disaster relief operations and humanitarian missions as it has a rear cargo ramp and rugged landing gear.

## A WORLD LEADER IN THRUSTER TECHNOLOGY

Sideshift is focused on one simple mission: **We take the stress out of docking your boat.** Our revolutionary bow and stern thruster technology sets the standard for affordable, powerful and easy-to-install thruster solutions for any type of boat.



Visit us at <https://sideshift.com>



# Student athletes from Regina tour namesake warship

**2Lt Chelsea Howard**  
Contributor

It was a special day for students and teachers from Regina's Martin Academy when they capped off an activity-filled visit to Victoria with a tour of *HMCS Regina* Sept. 12.

"Every year with our premier performance athletes we do a different field trip, and besides being a cross-training activity where we do different sporting activities, we try to make it educational as well," said Brent Adam, a strength and conditioning coach with the Academy, and chaperone. "Knowing we were coming to Victoria, and I have relatives that were in the navy, and currently in the navy, I thought it would be a perfect learning opportunity for our students. It was perfect timing that the frigate was docked here."

It was also perfect timing for one crew member in particular. PO1 Joseph Fogarty, *Regina's* Chief Clerk, is a Martin alumnus and just happened to be on deck when the tour group arrived.

"When hearing the pipe across the ship about the Martin Academy tour I was very surprised, so I proceeded to the flight deck to introduce myself. The stu-

dents reminded me of where I was at that point in my life at the school and the wonderful teachers I had," said PO1 Fogarty.

Martin Academy is a specialized school that offers students the opportunity to train for their chosen sport during the school day. Students can select one of four streams to pursue, including baseball, fast pitch, hockey, and the premier stream that focuses on non-mainstream individual sports such as dancing, martial arts and gymnastics. The 28 students on the trip ranged from Grades nine to 12, and were part of Martin Academy's premier stream. However, there's more to Martin Academy than sports.

"Pretty much close to 100 per cent of Martin Academy students go on to post-secondary. It's not just athletics - they're very motivated in their academics. There's a lot of life balance that is part of our program, so they're very driven academically as well," said Adam.

One such student is Sarah Spicer, a premier stream student whose chosen sport is dance.

"I do lots of competitions, about three big travelling competitions a year. We've gone to Edmonton,

Calgary, and all the big cities of Canada," she says.

When it comes to post-secondary she says, "I think I want to be a physiotherapist actually, to go into the medicine, muscular side of things. I've learned a lot from my own injuries and I feel I could help others with theirs."

No student tour is complete without a takeaway recruiting message, and with Martin Academy's focus on a healthy life balance and sports, the tour provided an opportunity for recruiting's PO2 Heather Smolinski to talk about the advantages of pursuing a paid education and career with the military. This included a question and answer period with *Regina's* Lt(N) Connor Duke, an ROTP graduate and Logistics Officer who continues to play sports through CISM.

"This was a really eye-opening experience for the kids," said Adam. "They had no idea what to expect on the tour; all they knew was we were coming to a navy base and going on a boat, and so to see all that goes on, as well as learn about the educational components that are possible for them, and career choices, it's truly been a worthwhile part of our tour."

*It's not just athletics - they're very motivated in their academics. There's a lot of life balance that is part of our program, so they're very driven academically as well.*

Brent Adam, Strength and Conditioning Coach, Martin Academy

**Habitat for Humanity**  
**Two locations**

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

Habitat for Humanity  
**ReStore**

The place to be before downtown



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

**UPCOMING EVENTS**

*Pacific Fleet Club is your social hub!*

**Sept 24 – Kids Movie: Beauty and the Beast (Live Action)**

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



**Sept 27 – Paint Nite**

Unleash your inner artist at the PFC. Doors Open at 6:00. Mess Members can purchase tickets at the PFC!



**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



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



# Artisan Market

## Building strong community

Come and share with us the fun, the skills and the strength of our community.

**SEPTEMBER 23 2017**  
**4PM-7PM**

**FREE EVENT! EVERYONE WELCOME!**

**CANEX X-MART**  
177 Belmont Road

**Free BBQ**  
4-6pm

**Fun for everyone!**  
Face painting  
by MFRC

**Battle CANEX**  
Pokémon champion and  
enter our draw

**Artisan**  
tables with  
items for sale

## PACIFIC MAZDA



THE ALL-NEW 2017 CX-5

GET AN  
UPGRADE BONUS  
OR  
WINTER TIRE CREDIT



## MILITARY & DND INCENTIVE PROGRAM

DL8152

**+\$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

## 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



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

# Bravo ZULU

## Clearance Divers Course Graduation Ceremony

Graduates received awards and promotions during the clearance diver graduation course at the Fleet Dive Unit (Pacific) Aug. 25.

Photos by MCpl Carbe Orellana, MARPAC Imaging Services



MS Bryan Williams receives his certificate for Machinery Watchkeeping from Capt(N) Martin Drews.



LS Matthew Dawkins receives his Canadian Forces' Decoration from Capt(N) Martin Drews.



LS Tyler Newman receives his Operational Service Medal Expedition from Capt(N) Martin Drews.



LS Chris Shepard receives his Operational Service Medal Expedition from Capt(N) Martin Drews.



PO2 Brisson is presented the Special Service Medal with the expedition bar for Operation Unifier from Capt(N) Martin Drews.



MS Matthew Dawkins is promoted to his current rank by Capt(N) Martin Drews and LCdr Richard Kappel.



SLt Esther Henry-Lemieux receives the General Campaign Star - South West Asia from Capt(N) Martin Drews.



MS Tyler Newman is promoted to his current rank by Capt(N) Martin Drews and LCdr Richard Kappel.



CPO2 David Duff is promoted to his current rank by Capt(N) Martin Drews and LCdr Richard Kappel.



Lt(N) Slava Khabian receives his Clearance Diver "Dolphin" pin from Cdr (Retired) Rich Dowker.



Lt(N) Justin Campbell receives his Clearance Diver "Dolphin" pin from LCdr (Retired) Tim Flath.



Capt(N) Martin Drews joins Lt(N) Justin Campbell and his guests after receiving his Clearance Diver "Dolphin" pin.



Capt(N) Martin Drews joins Lt(N) Stephen Stack and his guests after receiving his Clearance Diver "Dolphin" pin.



LS Patrick Kory receives his Clearance Diver "Dolphin" pin from PO2 Roy Theile.



Capt(N) Martin Drews joins LS Patrick Kory and his guests after receiving his Clearance Diver "Dolphin" pin.



LS Charles Chamberlain receives his Clearance Diver "Dolphin" pin from CPO (Retired) Mark Oliver.



Capt(N) Martin Drews joins LS Charles Chamberlain and his family after receiving his Clearance Diver "Dolphin" pin.



LS Luke Kozuch receives his Clearance Diver "Dolphin" pin from PO2 (Retired) Drew Bremner.



LS Matthew Morgan receives his Clearance Diver "Dolphin" pin from LS (Retired) Ross Brand.



Capt(N) Martin Drews joins LS Matthew Morgan and LS (Retired) Ross Brand after receiving his "Dolphin" pin.



LS Stephen Coleman receives his Clearance Diver "Dolphin" pin from LS (Retired) Tim Topliffe.



Capt(N) Martin Drews joins LS Steve Coleman and his guests after receiving his Clearance Diver "Dolphin" pin.



LS Patrick Kory receives the Joseph Lucien Gilles Deschamplain Memorial Superior Athlete Award from CPO2 Robert DeProy.



LS Stephen Coleman receives the Stephan Flynn Memorial - Academic Achievement Award from CPO1 Derek Kitching.



LS Stephen Coleman also received the Top Clearance Diver Student Award Overall.



Lt(N) Stephen Stack receives the Top Student Award from Capt(N) Martin Drews and LCdr Richard Kappel.



Group photo of the graduating clearance divers and instructors for the QL5A course.



Group photo of the graduating clearance divers and instructors for the QL5A course.

**Bravo Zulu**

**CANFLTPAC Awards and Promotions**



Pte (T) Corral is promoted to his current rank by Cdr A. Sauve, CANFLTPAC Headquarters Commanding Officer.



Lt(N) Thiessen is promoted to his current rank by Cdr A. Sauve, CANFLTPAC Headquarters Commanding Officer.



Lt(N) Thiessen is awarded his Phase VI Engineering certification from Cdr A. Sauve, CANFLTPAC Headquarters Commanding Officer.



**Naval Personnel and Training Group Chief Petty Officer Change of Command**

Capt(N) Martin Drew, Commander Naval Personnel and Training Group, (center), signs the change of command certificates for the Incoming Group Chief Petty Officer, CPO1 Mike Miller (right), and the Outgoing Group Chief Petty Officer CPO1 Shawn Taylor (left) at NPTG Headquarters Sept. 7.

**Bravo Zulu**

**Real Property Operations Unit (Pacific)**



Cpl Sirois-Cowles is promoted to his new rank by Major Andrew McLachlan, from Real Property Operations Unit (Pacific).



MCpl Ford is promoted to his new rank by Major Andrew McLachlan, from Real Property Operations Unit (Pacific).



**Want to recognize someone in your unit?**

Send your BZs to:  
[melissa.atkinson@forces.gc.ca](mailto:melissa.atkinson@forces.gc.ca)



**Bravo Zulu**

**HMCS Regina**



AB Orr is promoted to his current rank by Cdr Matthews, Commanding Officer HMCS Regina, and Lt(N) Yakinovich, Executive Officer.



New Zealand Sailor, AMT(L) Cole Rumsey promoted to his current rank by LCdr Graham and PO1 Gapotcaenko aboard HMCS Regina.



LS Sharma promoted to his current rank by Cdr Matthews, Commanding Officer HMCS Regina, and the Deck Officer, Lt(N) Greenwood.



# VICTORIA HYUNDAI GIVES AWAY NEW CAR



Photo by Peter Mallett, Lookout

**Peter Mallett**  
Staff Writer

A civilian employee with Real Property Operations (RP Ops) was handed the keys to a new 2016 Hyundai Accent at the Industrial Supplier Trade Show Sept. 14 in the Naden Drill Shed.

Evan Smith, an electrician with RP Ops, was the winner of Victoria Hyundai's vehicle draw, and was presented the prize from the dealership's General Sales Manager Cole Coates.

Only two nights earlier Smith was enjoying a get together with friends and family at his Victoria home when he received an unexpected call from the dealership. Smith said he was in disbelief to hear he had won and thought the call was a hoax.

"I didn't believe them at first and thought it was some kind of a crank phone call or scam," he says. "It was a pretty cool feeling when I finally realized I had won the car. It's my first Hyundai I have ever owned, so I'm excited about trying it out."

The contest opened Sept. 5, 2016, and closed Sept. 9, 2017. It was open to all Department of National Defence employees who were at age of majority at the time of entry and were legal residents of Victoria.

This is the third car giveaway by Victoria Hyundai to a base employee.



**BACK IN ACTION IN THE BLINK OF AN EYE.**

With LASIK, see clearly in only 10 minutes and experience virtually no downtime.



**Starting at \$490/eye\***  
Book a free consultation at  
1-855-688-2020 or [lasikmd.com](http://lasikmd.com)

**LASIK MD**  
VISION

\*Prices are subject to change without prior notice and vary based on prescription strength. Standard LASIK starting at \$490/eye and Custom LASIK starting at \$1,790/eye. Other conditions may apply.

# 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.

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 3041 Langford Lake Rd, Belmont Secondary. 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

THE JUAN DE FUCA ARTS & CRAFTS GUILD is still accepting vendors for our 42nd Annual Holiday Gifts Galore Christmas Craft Sale. Please send photos of your work with a short description to the following contact email address and information will be provided to you: holidaygiftsgalore@gmail.com <mailto:holidaygiftsgalore@gmail.com>

**ANNOUNCEMENTS**

THE 42ND ANNUAL CHRISTMAS Craft Sale of the Juan de Fuca Arts & Crafts Guild and friends. Free admission, door prize, wheelchair accessible, free parking, on bus route. New vendors as well as traditional favourites. Saturday, November 11, 2017 from 9 a.m. to 4 p.m.; Sunday, November 12, 2017 from Noon to 4 p.m. St. Joseph's School Gym, 757 Burnside Road West, Victoria, BC Facebook page is: <http://www.facebook.com/Juan-de-Fuca-Arts-and-Crafts-Guild> <<http://esfseceev-ty3013>>

**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!

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

**HOUSE FOR RENT**

ENTIRE HOUSE long-term lease! Immaculate 964sf one-level. Sunny yard. Single garage-shed. Walk to beach. \$2345 per month, utilities extra. Unfurnished. No pets. No smoking. dryfehouse4lease@gmail.com

**WHOLE HOUSE FOR RENT:**  
 4 bedroom freshly updated character home located steps from downtown Victoria and 10 minute drive from CFB Esquimalt. Newly landscaped back yard. Garbage/water included. \$2500/month + utilities. 1 yr lease. Ready immediately! Contact Josh @ capitalcityholdings@gmail.com

**HEALTH**

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

**MISCELLANEOUS**

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.

VIEW ROYAL READING CENTRE. 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.

**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

**SERVICES OFFERED**

CAREER TRANSITION Coach & Resume Writer, former SCAN Coord Judy Marston; 10% Military Discount, [www.resumecoach.ca](http://www.resumecoach.ca) or 250-888-7733

**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](mailto:info@victoriapregnancy.org)  
[www.victoriapregnancy.org](http://www.victoriapregnancy.org)

**MOVING AND STORAGE**

Since 1975  
**BARRY'S**  
 MOVING & STORAGE LTD.  
 Award winning service you can trust!  
 Phone: 250-475-0022  
 Toll Free: 1-877-475-0022  
 Email: [info@barrysmoving.com](mailto:info@barrysmoving.com)  
  
  
[www.barrysmoving.com](http://www.barrysmoving.com)

**REAL ESTATE • FOR SALE**

**NEW LISTING!**  
 Development potential, Lagoon, 2 lot or keep house & create panhandle **\$899,900**

**NEW LISTING!**  
 2 bed + den, 3 bath, 2 level condo in Sidney **\$579,900**

**Call direct 250-213-7444 Shelly Reed**  
 • DND IRP  
 • Experienced Realtor  
[sr@shellyreed.com](mailto:sr@shellyreed.com) West Coast Realty  
**www.shellyreed.com**

**WANTED TO PURCHASE**  
 Rancher in Langford area under \$500K

**AUTOMOTIVE SERVICE**

**ONE-STOP AUTOMOTIVE SHOP!**

**VI AUTO EXCHANGE**  
 AUTO SALES  
 1-778-432-2299  
 NEAR BASE! 480 ESQUIMALT RD.

**Motor City Mechanics**  
 SERVICING ALL VEHICLE MAKES & MODELS  
 • Honest • Reliable  
 FREE CAR LOANERS  
[viautoexchange.ca](http://viautoexchange.ca)

ASK ABOUT OUR MILITARY DISCOUNTS!

**MISCELLANEOUS**

**For women with single-track minds**

**Dirty Girlz Bike Club**  
[dirtygirlzbikeclub.ca](http://dirtygirlzbikeclub.ca)

**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](mailto:DebtFree@DebtVictoria.com)  
 Debt Relief Specialists for 16 years  
  
 independently owned and operated, associated trademarks are used under license.

**EMPLOYMENT OPPORTUNITIES**

Canadian Forces Morale and Welfare Services (CFMWS)

**A place where you can grow**

**CFMWS is always hiring.**  
 Have you considered working with us?

For a list of our current opportunities, please visit us at [www.cfmws.com](http://www.cfmws.com) or submit your resume directly to [NPFHResquimalt@cfmws.com](mailto:NPFHResquimalt@cfmws.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**

  
 Tenant Referral Program  
 Military Discount



**MILITARY  
DISCOUNT**

**5% OFF**

**all menu items**

Small 1 Topping Pizza **\$5.99**



Med 2 Topping Pizza **\$8.99**



XLG 2 Topping Pizza **\$11.99**



Limited time 11:30 am -1am ALL locations

**Call Us Today: 250 - 480 - 1222**

*Pick-Up Specials Only. Valid For A Limited Time. 11am - 12am*

**NEAR BASE: #103-15050 Admirals (Admirals Walk)**