

**U-PAK** MOBILE STORAGE



**U-PAK! U-SAVE!**  
**778-402-7902**

**15% MILITARY DISCOUNT**  
**WWW.UPAKSTORAGE.COM**  
878 VIEWFIELD RD. ESQUIMALT

Volume 63 Number 6 | February 12, 2018

# LOOKOUT

newspaper.com

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

f @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



# ST. JOHN'S OPERATION REASSURANCE

Leading Seaman Shamus King, of HMCS St. John's Combat Systems Engineering (CSE) department, works on the ship's Closed In Weapons System (CIWS) during Operation Reassurance on Jan. 27. See page 10 for more photos.

Photo by Corporal Tony Chand, Formation Imaging Services



**The Dockyard Barber Shop**

Welcomes you to YEAR TWO of the new location - Behind bldg #211, and THANKS to everyone for a fantastic Year One!

**Tel: 250-363-5069**

Open 6am - 2pm




**GET A FREE HOME EVALUATION**  
on your property



**JEFF MEYER**  
PERSONAL REAL ESTATE CORPORATION

RE/MAX CAMOSUN

CONTACT ME TODAY!  
**250.885.2047**

Jeff@MeyerProperties.ca  
www.VictoriaRelocations.ca

*We proudly serve the Canadian Forces Community*

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



**MOLLY MAID**  
www.mollymaid.ca

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

# Candidates wanted for Clearance Diver occupation

Canadian Armed Forces (CAF) members interested in becoming Clearance Divers will be able to learn more during information sessions being held at bases and wings across Canada during the month of March.

“Any CAF member interested in finding out how to become a Clearance Diver is invited to attend,” says Lt(N) Mike St-Pierre, Executive Officer of Fleet Diving Unit (Pacific).

It has never been easier to become a Clearance Diver as previous restrictions have been lifted. Voluntary Occupational Transfer is now open to any CAF member from

any trade, with or without dive training. Provided you are qualified in your current occupation, meet the medical and fitness requirements, and have 48 months’ continuous service, you are eligible.

Clearance Divers are the masters of the underwater domain, and their primary mission is to locate, identify and neutralize explosive devices. They operate in a variety of environments, from the deep sea to the rugged peaks of mountains to dry desert climates to the frigid waters of the Arctic, at home and abroad, and during times of peace and in war.

Clearance Divers operate in the most unforgiving environ-

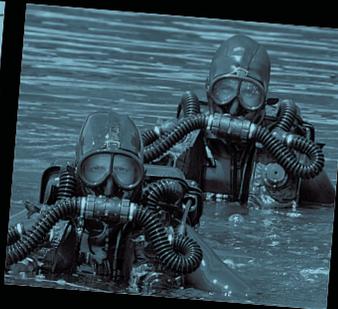
ments employing sophisticated equipment and the latest technologies to achieve their mission. They are highly trained specialists who undergo intense, rigorous training, selected from the few who have what it takes to endure extreme conditions to achieve mission success.

The Clearance Diver occupation has a long and storied history. The first units were formed during the Second World War to disarm sea mines throughout Europe and the South Pacific.

From their auspicious beginnings, Clearance Divers have been at the forefront of Royal Canadian Navy and CAF operations throughout the world, including operations in Afghanistan, Bosnia and Herzegovina, and most recently Ukraine.



**For more information:**  
**Information session schedule**  
[esquimalt.mil.ca/fdu/](http://esquimalt.mil.ca/fdu/)  
**Training requirements**  
[esquimalt.mil.ca/FDU/Training/howtobeCD.htm](http://esquimalt.mil.ca/FDU/Training/howtobeCD.htm)  
**Become a diver**  
[esquimalt.mil.ca/FDU/Training.htm](http://esquimalt.mil.ca/FDU/Training.htm)



## Sea by day, home by night



### Thinking of a rewarding second career after retirement?

BC Ferries was named one of BC’s top employers for a reason. We offer an established workplace for both deck and engineering and extensive training and comprehensive benefits. Come and be part of a safety focused team that nurtures innovation, while delivering exceptional customer service and satisfaction.

For more information on opportunities at BC Ferries, contact Dana Tremblay, Manager, Licensed Recruitment at [dana.tremblay@bcferries.com](mailto:dana.tremblay@bcferries.com)



## Come sail with us!

- ▶ Discounts for CAF and DND Families
- ▶ Open to Everyone... Any Level, All Ages!
- ▶ Racing, Cruising, and Family Programs!



**Canadian Forces Sailing Association**  
 1001 Maple Bank Rd., Victoria BC, V9A 4M2

WEB: [www.cfsaesq.ca](http://www.cfsaesq.ca)  
 EMAIL: [sailinginstructor@cfsaesq.ca](mailto:sailinginstructor@cfsaesq.ca)

Facebook.com/esquimaltsailing

HMCS CALGARY

# LOSES LIBATIONS

## IN SUPPORT OF CANCER FUNDRAISER

**SLt M.X. Déry**  
MARPAC Public Affairs

Some people ride bicycles for charity, while others prefer raising funds by growing mustaches, but on board *HMCS Calgary* the crew is foregoing libations for the B.C. Cancer Foundation.

The 4th annual "Lose the Booze" campaign by the B.C. Cancer Foundation is underway and the top fundraising team in the province is currently "Onward", the team created by *HMCS Calgary*, as three of their crew members have been battling cancer this year.

"I heard an ad for 'Lose the Booze' on the radio,"

said Lt(N) Sean Milley, the team's creator and one of its captains. "I didn't expect it to turn into what it did."

Lt(N) Milley was the Above Water Warfare Officer in *Calgary* when he was diagnosed with testicular cancer last year.

"The speed on being told to begin treatment was really fast," he says.

The cancer had been caught early and with rapid treatment Lt(N) Milley's long-term prognosis is good, and he is looking forward to returning to sea.

Warrant Officer Steven Lewington was the senior firefighter in *Calgary* when he was diagnosed last March with thyroid cancer.

"We were sailing and I

mentioned to the physician's assistant that I was sweating at night," he says.

Once ashore, it was obvious to his doctor that something was wrong in his neck.

"I never thought in a million years that I would have cancer," said WO Lewington.

Surgery took a few months, and treatment is still ongoing, but the situation is looking positive. When Lt(N) Milley asked him about creating "Onward" WO Lewington

agreed to be one of the captains.

"It seemed like the right thing to get into," said WO Lewington. "Especially with what was happening with Stephen."

Lt(N) Stephen Tomlinson, Lt(N) Milley's friend and colleague, was the Navigation Officer in *Calgary* when he also came down with testicular cancer at nearly the same time, but was asymptomatic, which delayed his seeking aid.

His cancer was extremely advanced when it was diagnosed months after Lt(N) Milley, but he is well on the road to recovery.

"[The cancer] would have been terminal a few years ago," said Lt(N) Tomlinson.

Unlike Lt(N) Milley's quick treatment, Lt(N) Tomlinson will require multiple surgeries to remove tumors throughout his body and hundreds of hours of high-intensity chemotherapy.

Luckily for Lt(N) Tomlinson, on top of having the requisite dark sense of humour that is necessary for

life at sea, he has shipmates who are ready to help. Lt(N) Milley took on the role of designated assistant, to help with administrative matters, so that Lt(N) Tomlinson could have time to deal with his condition.

"I engaged the navy through it all," said Lt(N) Tomlinson. "The unit support I got was unequivocal."

As the third captain of the team, he believes the "Lose the Booze" campaign is a natural fit.

"Giving up drinking takes at least one thing off the list," he says, alluding to the link between drinking as a risk factor for testicular cancer.

"There is a stigma attached to this kind of cancer; men need to not be afraid to get checked," he adds.

"Lose the Booze" was modeled after the UK's Dryathlon and is meant to raise funds for cancer patient care and research.

"It is meant to be a bit tongue and cheek," said Rachel Mitchell, Special Development Officer for the B.C. Cancer Foundation.

"You don't need to have a specific skill set."

As cancer treatment evolves and new equipment is required for diagnostics and care, it can take some time for the government to adopt this new technology. By funding new equipment first, its utility can be proved, thus speeding up the process of mass adoption by the province.

One such item is the PET scanner, which was recently purchased for Victoria for \$5 million by the B.C. Cancer Foundation. Without this machine, patients needing a full body scan to detect trace amounts of cancer left in the body need to travel to the mainland, something that can be difficult for someone undergoing cancer treatment. Equipment, research and things that improve patients' quality of life are the foundations main concern.

"Every dollar raised goes to patient care and research," said Mitchell.

You can follow the progress of "Onward" online at [www.losethebooze.ca](http://www.losethebooze.ca)



Team captain Lt(N) Stephen Tomlinson and wife, Stephanie Tomlinson.



Team "Onward" on *HMCS Calgary*, 57mm main gun in the background. From left to right: Lt(N) Adam Thomson, Lt(N) Sonja Maul-Wilson, SLt Sean Place, Adam Checketts, Team captain Lt(N) Sean Milley, Team captain Warrant Officer Steven Lewington, Lt(N) Cass van Benthem Jutting, Dusty Johnston, and Lt(N) Alex Johnston. Absent: Third team captain Lt(N) Stephen Tomlinson, who is undergoing treatment.

## 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 ADVISORS

Capt Jenn Jackson 250-363-4006  
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

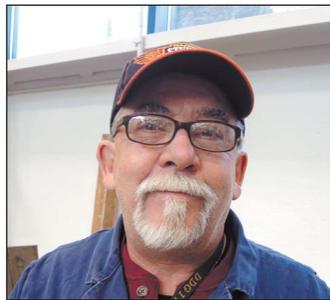


## WHAT SAY YOU

### People Talk

Lookout asked apprentice and journeyman members at Fleet Maintenance Facility Cape Breton:

*What is one of your favourite things at your workplace?*



The variety and types of machinery in the machine shop that you get to work on.

**Mike Cato,**  
Journeyman Machinist and  
Mechanical Fitter



The wow factor is huge. I have worked here for five years now but at least once a week I have to say "wow" about something incredible that I'm working on.

**Jordan Southgate,**  
Millwright



As an apprentice, the amount of support you are given, the time you are given to learn and the support from journeymen passing down their knowledge.

**Shawn Fiset,**  
Millwright Apprentice



How interesting the work is and the quality of work that is being done.

**Richard Turnbull,**  
Work Centre Manager of  
Machine Shop,  
Underwater Weapons

## LETTER TO THE EDITOR

Dear Editor,

As 2018 begins to take shape I wanted to take a moment to reflect on the incredible fundraising efforts last year from the crew of HMCS Ottawa under the command of Cdr Sylvain Belair. In particular, I wish to congratulate Sgt Michael Foulkes who was the driving force behind their successful fundraising.

In referencing the Perley and Rideau Veterans' Health Centre Foundation newsletter *Between Us*, the article celebrates a gift in the amount of \$15,480.54 subsequent to several other donations that were received through United Way. In 2017 HMCS Ottawa raised the extraor-

dinary total amount of \$15,642.25! The total cumulative donations from HMCS Ottawa over the last two years stands at \$22,192.25.

The 2017 donation went towards the overall cost of one therapeutic height adjustable bath system, which will transform one of the most challenging aspects of nursing into a safe and enjoyable experience for both residents and caregivers.

The Perley and Rideau Veterans' Health Centre is home to 450 seniors, 250 of whom are Second World War and Korean War veterans. The average age of the Veterans here at the Perley Rideau is now 95. No amount of money

can pay the invoice we owe these men and women who gave us the liberties we enjoy today.

We are a proud partner with HMCS Ottawa and its crew of dedicated members who, through their actions, have taken up the torch and have clearly stated the Veterans of long ago shall not be forgotten – we are grateful for their caring and for their service to our country.

*Daniel Clapin, ACFRE*  
Executive Director  
The Perley and Rideau Veterans' Health  
Centre Foundation



**E-FILE FROM \$59<sup>99</sup> + 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

**CALL US TODAY. 250.380.1602 www.seaspan.com**

**seaspan**  
VICTORIA SHIPYARDS

**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

# Base employees to tackle gruelling Wounded Warrior run

**Peter Mallett**  
Staff Writer

Four runners from CFB Esquimalt are about to set off on the 5th annual Wounded Warrior Run B.C. and face the physically gruelling task of running the length of Vancouver Island.

The team will begin pounding the pavement in Port Hardy Feb. 19 and conclude Feb. 25 at the provincial legislature in Victoria.

Organized by Wounded Warriors Canada, the purpose of the approximately 600-kilometre relay-style run is to raise public awareness about mental health and Post-Traumatic Stress Disorder (PTSD), along with financial support for programs that benefit affected military members and first responders.

Joining the seven-person Wounded Warrior team are Lieutenant Commander Simon Brown of Maritime Forces Pacific, Chief Warrant Officer Mark Dankwerth of Base Administration, Master Seaman Steve Deschamps of Canadian Fleet Pacific, and Matt Carlson, Personnel Support Services Community Recreation Coordinator.

## The Big Launch

Runners and support staff gathered at Jim Pattison Subaru Feb. 1 for the official launch event. They were flanked by first responders from the Colwood Fire Department, West Shore RCMP, a colour guard from the Royal Canadian Legion Branch No. 91, Colwood Mayor Carol Hamilton and members of the Victoria Grizzlies junior hockey team, who were there to show their support.

Run Director, Captain Jacqueline Zweng works as a Cadet Instructor at the Regional Cadet Support Unit at Work Point. She was a member of last year's Wounded Warriors team and shared her own her story of overcoming breast cancer, surgery, and a subsequent car accident to become a runner on last year's team. While not diagnosed with PTSD herself, she says the support she received from her

teammates and the community was essential to her success story and also to Wounded Warriors.

"I truly believe the work of Wounded Warriors Canada is allowing people suffering from mental health issues and PTSD to be okay, to move forward, and to get the support and help they need," said Capt Zweng. "We truly believe we are all in this together and we want to stand up for the people who stand up for us every day."

## The Road Ahead

The team will cover combined distances of between 48 kilometres to 104 km over six days. Along the way they will make stops at community centres, legion headquarters, and other venues in an effort to help spread the word about PTSD and mental health issues that affect military members and first responders.

Two local businesses showed their support to this year's fundraising campaign, which has set a goal of \$100,000. Jim Pattison Subaru presented Capt Zweng with a cheque for \$3,000 and Tilray Canada Ltd. made a \$10,000 donation.

MS Deschamps, who works as a steward aboard Canadian warships, says the donations are an indication of the growing popularity of the run in Victoria and across Vancouver Island. A big reason for that, says MS Deschamps, is because almost everyone can relate to the cause.

"I have seen friends, neighbours and co-workers impacted by PTSD, so for me running in this event is a great opportunity to do something real and tangible to address the problem. It's all about reaching out to the community to capture their attention about PTSD and mental health because it affects everyone."

LCdr Brown, Executive Assistant to Rear-Admiral Art McDonald, is in the same boat. An ardent recreational runner, he says getting involved in this year's run was

an automatic for him.

"While I have not personally experienced PTSD myself, I think it's important that people who have not had that experience get involved to show those impacted that we care deeply about them and support them."

## Taking the Lead

Carlson is the team's lead runner for this year's event, and will determine what portions of the course each runner covers and the distances they run. Leading up to the race he has provided each member of the team support and advice in pre-event training. When they set off from Port Hardy he will provide them with guidance on how to approach the race course along with instruction for injury prevention.

"One of the key parts of my job is ensuring myself and the other runners stay on schedule so that we make our stops at various legions and community halls on time," says Carlson.

He's been an admirer of the event when it began five years ago and its founders Allan Kobayashi and Dan Boddien.

"When MS Deschamps came up to me a few months ago and asked me to be involved, I was honoured to even have been asked."

For more information about Wounded Warrior Run B.C. and how to donate or offer your support visit their webpage: <https://woundedwarriors.ca/ways-to-give/wounded-warrior-run-bc/>



Runners from the base left: Lieutenant Commander Simon Brown, Master Seaman Steve Deschamps, and Matt Carlson are joined by Wounded Warrior Run B.C. Director, Captain Jacqueline Zweng (second from right) for the launch event at Jim Pattison Subaru in Colwood Feb. 1.



Community groups and supporters gather with this year's Wounded Warrior B.C. Run team during a launch event at Jim Pattison Subaru in Colwood, Feb. 1.

## FREEDOM FROM GLASSES AND CONTACTS.

Life-changing laser vision correction is more affordable than you thought.

Book your free consultation at 1-855-688-2020 or [lasikmd.com](http://lasikmd.com)

Starting at  
**\$490**  
per eye\*

**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 \$1,990/eye. Other conditions may apply.

**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**

**Trust Noemi and Liz**  
for all your real estate and mortgage needs

**Buying or selling a home in the Victoria area?**

Contact:  
**NOEMI KLAUDIA**, Pemberton Holmes  
250-217-0005  
Email: noemi@noemiklaudia.com



**Need a new mortgage, or a renewal/refinance on your current mortgage, anywhere in BC?**

Contact:  
**LIZ**, Cutting Edge Lending  
250-634-0484  
Email: lizparadis@cuttingedgelending.com



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

**CLUB ANAVETS SIDNEY UNIT #302**

**FEBRUARY ENTERTAINMENT BANDS & EVENTS**

12th Family Day  
15th Flag Day  
16th Dance to Arf The Dog 7-11 PM  
17th Wii Night 7 PM  
23rd Dance to The Kingmixers 7-11 PM  
25th Fun Bowling 11 AM followed by Bingo 2-5 PM

**MEAT DRAWS**  
Wed., Fri. & Sat.  
5PM

BC Gaming Event Licences are renewed each year. Know your limit, stay within it!

**DROP-IN POKER** every Tues. at 7 PM  
**DROP-IN CRIB** every Thurs. at 1 PM  
**DROP-IN POOL** every Sat. 3-5 PM

For a calendar and details on each event visit  
**www.unit302.ca**  
Club: 250-656-3777  
Office: 250-656-2051  
9831 - 4th St. Sidney (By the Jet Plane)



**Call direct**  
**Shelly Reed**  
**250-213-7444**  
**I Listen and I Care!**

• DND IRP • Experienced Realtor  
sr@shellyreed.com

Your Brookfield Global IRP Registered Agent



HomeSold  
Real Estate Corporation  
The Atrium Building  
#301-1321 Blanshard St.  
Victoria V8W 0B6

**www.shellyreed.com**

**TWIN SISTERS**  
*twin*  
**path**  
IN THE RCN

Photo by Mona Ghiz, MARLANT PA

Lt(N) Stephenie Murray, left, and Lt(N) Andrea Murray, are twin sisters in the Royal Canadian Navy who are both currently Executive Officers on Kingston-class warships.



**Ryan Melanson**  
Trident Newspaper

If you come to HMC Dockyard in Halifax looking for a naval officer named Lt(N) Murray, you need to be very specific. Even if you know she's the Executive Officer of a Kingston-class ship, you'll still need more details.

That's because there are two Murrays.

Lt(N) Andrea Murray, Executive Officer of HMCS Kingston, and Lt(N) Stephanie Murray, Executive Officer of HMCS Glace Bay, are twin sisters, which is often news even to their dockyard colleagues. The two aren't identical twins, but the similarities while in uniform are close enough to create some confusion.

"There's a harbour pilot we've been working with for a decade who recently realized we weren't the same person, so we had to let him know. That happens all the time. We also get mistaken for each other on a daily basis," says Lt(N) Andrea Murray.

The two sisters have been members of the Royal Canadian Navy since 2005, and starting with Basic Training, which they completed together, their careers have progressed in lockstep with each other.

"We've actually done basically all our positions at the same time. We were Operations Officers together, we were Deck Officers, and now we're both XO's," says Lt(N) Andrea Murray.

Her sister added that growing up, their parents

worked hard to ensure they led independent lives, enrolling the sisters in different classes at school or signing them up for different sports teams and activities.

"And now here we are doing the same job, in the same place, in the same uniform," she jokes.

The Murrays come from a family with lots of military service history, and spent most of their childhood and high school years near 17 Wing Winnipeg. Like so many military children before them, they were adamantly against joining the Canadian Armed Forces as they grew up, but once their dad, a recruiter in the Royal Canadian Air Force, convinced them to give the Naval Reserve a try, things quickly changed.

"We ended up really enjoying it," Lt(N) Stephanie Murray says.

"We made great friends right from the start at Basic, and then we started sailing and the navy kept taking us to new and exciting places, so we never left," her sister adds.

So far, that list of places includes sailing to Bahrain, West Africa, Hawaii, up and down the Eastern Seaboard, Alaska, Canada's North, and more.

"The navy's taken me to places I never even knew I wanted to go," Lt(N) Andrea Murray says, recalling the serene beauty of the Arctic in particular. "That's been one of the most exciting aspects."

The sisters have also both just transferred to the Regular Force after more than a decade as Naval Reservists, following the lead of many in the Maritime Coastal Defence Vessel community who've made the switch as part of the navy's "Big Idea" initiative to expedite the transition of experienced Reserve sailors.

"After 10 years of loving the job, it seemed like the right time," Lt(N) Andrea Murray says, mentioning the extra opportunities for Regular Force members and doors that could be opened as their careers continue.

The immediate next career step, at least for Lt(N) Andrea Murray, is a deployment to West Africa on Operation Projection, which will see Kingston and Summerside participate in the U.S.-led Obengame Express exercise while also visiting communities and training with the navies and Coast Guards of different countries in the region.

The sisters may be split up for three months, but with Lt(N) Stephenie Murray having completed a similar deployment in 2017, she had lots of tips and advice during the run-up to the ships' departure on Jan. 26. It also helped to have a sister nearby during the hectic pre-deployment period, such as when crates of food arrived for Kingston at a moment when free hands were lacking.

"The next thing I know, Stephenie's people were all loading things into our fridge, which was a life-saver," Lt(N) Andrea Murray says. "It's been huge for us to have that person nearby that you can go to for some help or support."

They're not entirely opposed to the idea of eventually being posted to separate coasts or having their careers move in different directions, and say it's more by chance than design their progression has been so closely aligned thus far. That being said, both agree having the sibling connection has enriched their first decade of service, whether it's playing practical jokes on shipmates, using DWAN email to keep in touch while at sea, or just sharing the day-to-day challenges that come with being a young officer.

With all the support, however, also comes the regular squabbles of sibling rivalry.

"We can certainly drive each others nuts. I call her my best friend and my worst enemy," Lt(N) Andrea Murray says with a laugh. "I can't wait until I get Captain of a ship before she does."

**"We made great friends right from the start at Basic, and then we started sailing and the navy kept taking us to new and exciting places, so we never left."**

Lt(N) Andrea Murray

# DISPOSAL CONTRACT AWARDED FOR ATHABASKAN

**Ryan Melanson**  
Trident Newspaper

A contract has been awarded for disposal work on the former HMCS Athabaskan, which means the ship will soon be towed from HMC Dockyard to the Marine Recycling Corporation facilities in Sydney, Nova Scotia, to be dismantled.

Public Services and Procurement Canada announced the contract, worth \$5.7 million, on Jan. 18. Though Marine Recycling Corporation is headquartered in Port Colborne, Ontario, the entirety of the work, including demilitarization of equipment, remediation of hazardous waste, and recycling of any remaining

materials, will take place at the company's Cape Breton site.

The dismantling is expected to be completed by summer 2019.

HMCS Athabaskan was the last of the Royal Canadian Navy's four Iroquois-class destroyers in service when it was officially paid off in March 2017. The ships were constructed in the 1970s with highly advanced technologies at the time, including new sonar and infrared technologies and the ability to launch two maritime helicopters at once. Notable deployments for the ship included Operation Friction in 1991 during the Gulf War, as well as relief

work in the United States following Hurricane Katrina in 2005, and in Haiti after the country's devastating Earthquake in 2010.

The lack of destroyers in the fleet has created a temporary capability gap for the navy, but it will be restored with the construction of 15 Canadian Surface Combatants, with the first expected to be delivered in the mid-2020s.

*HMCS Athabaskan was the last of the Royal Canadian Navy's four Iroquois-class destroyers in service when it was officially paid off in March 2017.*



Photo by FIS Halifax  
Sailors line the bow of HMCS Athabaskan during the ship's paying off ceremony on March 10, 2017.

## REGISTER TODAY!

### SKI MT WASHINGTON

Enjoy a relaxing trip up island and a day on the mountain and leave all the driving to us!

- 5:45am
- Next Trip: Thursday, Feb. 22
- Pickup: Canteen Road General Parking Lot

### PRO D DAY CAMPS

- Location: CPAC
- Friday, Feb. 23: Futuristic Fun
- 9:00-4:00pm (before and after care available)
- Cost: \$37 R / \$42 O / \$47 A

### INDOOR MOVIE NIGHT

- For Ages 5 years+
- Location: CPAC
- Fri., Feb. 23 - Despicable Me 3
- 6:15-8:00pm
- Cost: \$10

### SPLASH & SWIM

- For Ages 10-14 years
- Location: CPAC
- Friday, Feb 16
- 5:00-8:00pm
- Cost: \$10.00

### Register for any of the programs

by contacting PSP Recreation at 250-363-1009 or by stopping into the Colwood Pacific Activity Centre or Naden Athletic Centre Kiosks. You can also SAVE TIME and MONEY by registering ONLINE

[www.cafconnection.ca/Esqumalt](http://www.cafconnection.ca/Esqumalt)



**1ST CLASS SERVICE**  
Backed With Knowledge

**HALEY LOPEZ**  
cell • 250.886.5312  
email • hlopez@sothebysrealty.ca  
752 Douglas Street Victoria B.C. V8W 3M6

Sotheby's | Canada  
INTERNATIONAL REALTY



**NDP**

Helping constituents with Federal government programs and services.

**Randall Garrison, MP**  
ESQUIMALT-SAANICH-SOOKE  
2904 Tillicum Road, Victoria  
Monday-Thursday, 10am-4pm  
250-405-6550  
Randall.Garrison@parl.gc.ca  
[www.randallgarrison.ndp.ca](http://www.randallgarrison.ndp.ca)



**Nancy Vieira** REALTOR®  
Personal Real Estate Corporation

250-514-4750  
[www.nancyvieira.com](http://www.nancyvieira.com) • [info@nancyvieira.com](mailto:info@nancyvieira.com)  
for Victoria & Southern Vancouver Island

PEMBERTON HOLMES  
ESTABLISHED 1887  
1-800-665-5303

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/EsqumaltBase/](http://facebook.com/EsqumaltBase/)

# LOGISTICS BRANCH

# 50TH ANNIVERSARY



A ceremony commemorating the 50th Anniversary of the Canadian Armed Forces Logistics Branch was held at the lower lounge of CFB Esquimalt's Wardroom on Feb. 1.



Preparing to cut the cake, from the left: Commander Sam Sader, Base Logistics Officer; Rear Admiral Art McDonald, Commander of Maritime Forces Pacific / Joint Task Force (Pacific); Jennifer Kingston; Ordinary Seaman Nicole Hardy; Captain (N) Jason Boyd, Commander CFB Esquimalt; and Cdr Jeanne Lesard, Base Administration Officer.



Photos by Leading Seaman Ogle Henry, MARPAC Imaging Services



DOWNTOWN • SIDNEY • WESTSHORE

# BROWN'S

## *The Florist*

Since 1912

# Surprise them!



*... with fragrant, and beautiful fresh flowers*

*Let Brown's surprise your valentine this February 14th*

DOWNTOWN

**250-388-5545**

Military Discount

SIDNEY

**250-656-3313**

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

WESTSHORE

**778.433.5399**

2972 Jacklin Road

# Navy programmers write unique ship-tracking software

**Scott Syms**  
Vessel Monitoring Services, CFB Halifax

A small navy software development group in Halifax is causing a big splash with NATO.

Halifax-based programmers with the Royal Canadian Navy wrote ship tracking software that has helped Canadian industry win NATO contracts worth millions of Euros.

Most of the world's goods are carried by ocean-going vessels, and the greater need to track shipping to ensure global safety and security has generated more data than ever before.

But the increase in ship position data creates problems for officers such as LCdr Phillip Mundy, Director of the Regional Joint Operations Centre Atlantic.

"Our job is to keep an eye on the ship traffic off the coast of Eastern Canada. As we introduced more data, we had systems choking on millions of position reports; it was affecting our ability to track ships off of Canada's coasts."

To solve the problem, LCdr Mundy turned to a

technical support group embedded with the East Coast Navy.

"The amount of data available is outstripping older methods of processing it," says Alicia Hogue, a programmer with the navy. "To solve LCdr Mundy's problem, we had to re-think the whole process of gathering and storing data."

The group leveraged components from big data companies such as Google, Uber and LinkedIn. The resulting software is capable of processing hundreds of millions of position reports a day and is used on both coasts to manage and visualise ship data.

Hogue described Canada's efforts to colleagues overseas, and they were interested.

"All navies were struggling with the same set of problems brought about by new, high-volume data sources," she says.

The interest soon became an opportunity.

When MDA Systems approached the Royal Canadian Navy about licensing the software as the cornerstone of a bid for a multi-million dollar NATO contract, the navy jumped

at the chance.

"We knew there was an opportunity and government policy is quite clear that we're to make our software available to industry. Our licensing agreement with MDA ensures that additional modifications to the software are returned to the Crown," says Hogue.

"It's as if we've added 20 programmers to the effort at no cost. It benefits Canadians, and benefits Canadian industry," she adds.

The software competed well, and MDA Systems beat out industry leaders to build ship tracking software for the 29-country military alliance. The majority of the contract work will be done in Nova Scotia, and programmers will work in close partnership with navy expertise at MARLANT.

"Our success is the result of a close relationship between military staff and civilian expertise on the east coast," says Hogue. "It's one more example of how we build strength from diversity."

The navy's next programming challenge? Says Hogue, "We're already working on version 2.0!"

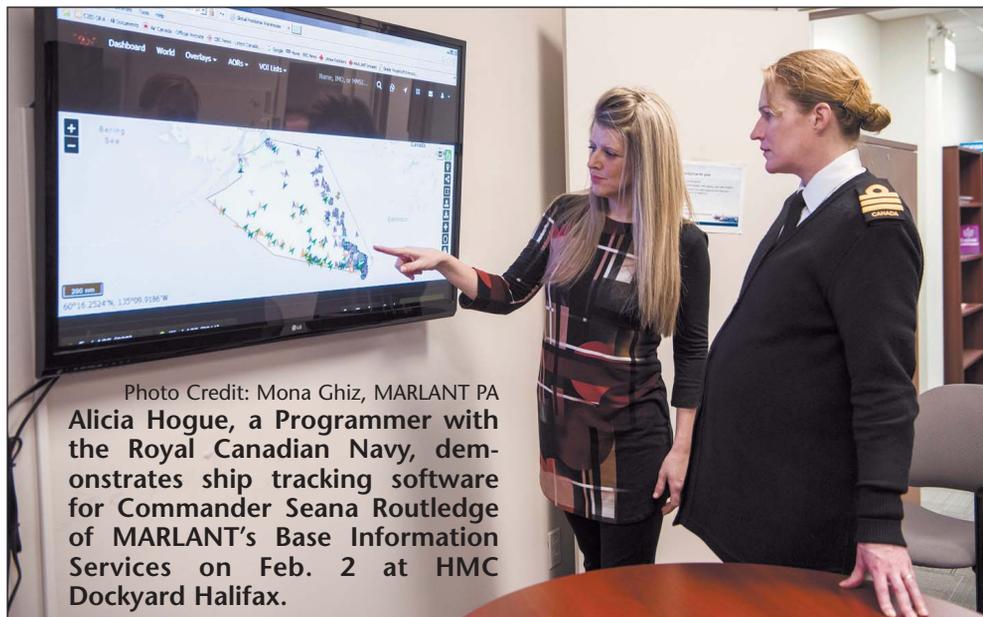


Photo Credit: Mona Ghiz, MARLANT PA  
Alicia Hogue, a Programmer with the Royal Canadian Navy, demonstrates ship tracking software for Commander Seana Routledge of MARLANT's Base Information Services on Feb. 2 at HMC Dockyard Halifax.

## THE SECRET MARATHON

# 3K

WED. MARCH 7TH, 6:30PM



On March 7th, the eve of International Women's Day, join a 3-km fun walk/run "The Secret Marathon" in solidarity with Afghan women who train and run in secret because women are not allowed to walk or run in public spaces, and in celebration of the right of everyone to be free to run.

**WHERE:** Running Room 1234 Government Street in downtown Victoria.  
**HOW:** Register online at [runningroom.com](http://runningroom.com) under Races.

## STAY CONNECTED

@LookoutNewspaperNavyNews

@Lookout\_news

## 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

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

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

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

\* under 80,000 km

## SCHOLARSHIPS FOR MILITARY AND VETERANS.\*

**[WWW.SPROTTSHAW.COM](http://WWW.SPROTTSHAW.COM)**  
**VICTORIA: 250-384-8121**

# PACIFIC MAZDA

## i-ACTIV ALL-WEATHER DRIVE EVENT

2017 CX-5 GX

GT model shown with available accessory roof rack

## 0% PURCHASE FINANCING\*

ON SELECT MODELS

GET A CREDIT ON WINTER TIRES<sup>2</sup> OR ACCESSORIES<sup>3</sup> ON ALL NEW MAZDA MODELS

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

▲ 0% APR Purchase Financing is available on select new 2017, 2018 Mazda models. Excluded on 2017 MX-5, 2018 MX-5, CX-5 and CX-9 models. Based on a representative agreement using an offered pricing of \$17,595 for the new 2018 Mazda3 GX (4X4) (8A400), with a financed amount of \$18,000 the cost of borrowing for a 60-month term is \$0, monthly payment is \$300, total finance obligation is \$18,000. Offer includes freight and P.D.E. of \$1,695 and \$100 air conditioning charge (where applicable). Offer excludes PST/GST/HST. 2 Winter Tire Credit Offer is available to qualifying retail customers who cash purchase/finance/lease a new, in-stock 2017 and 2018 Mazda model from an authorized Mazda dealer in Canada between January 3-31, 2018. Winter Tire Credit Offer value of \$425. Customer can substitute for a \$425 cash discount. Cash discount substitute applied before taxes. Winter Tire Credit will be deducted from the negotiated accessory item price before taxes. Winter Tire Credit Offer cannot be combined with Winter Accessory Credit Offer. Some conditions apply. See dealer for complete details. ▼ Winter Accessory Credit Offer is available to qualifying retail customers who cash purchase/finance/lease a new, in-stock 2017 and 2018 Mazda model from an authorized Mazda dealer in Canada between January 3-31, 2018. Winter Accessory Credit Offer value of \$425. Customer can substitute for a \$425 cash discount. Cash discount substitute applied before taxes. Winter Accessory Credit will be deducted from the negotiated accessory item price before taxes. Winter Accessory Credit Offer cannot be combined with Winter Tire Credit Offer. Some conditions apply. See dealer for complete details.

# HMCS ST. JOHN'S

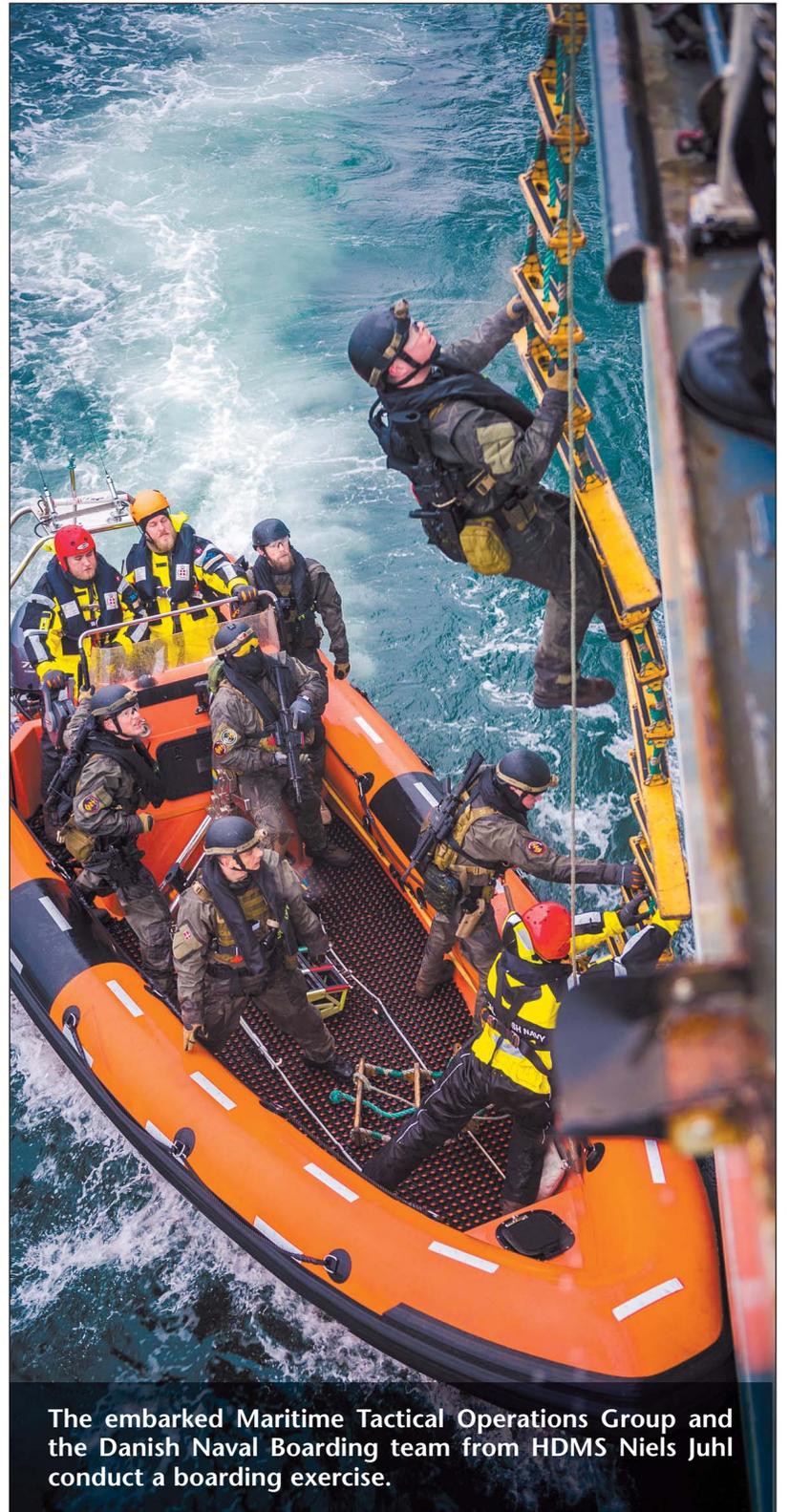
## OPERATION REASSURANCE

Lieutenant (Navy) Edward Woolley (left), and Lt(N) Paul Menard review navigational charts on the bridge while transiting the English Channel during Operation Reassurance Jan. 24.



The embarked Maritime Tactical Operations Group onboard HMCS St. John's performs close quarter combat training.

Photos by Corporal Tony Chand, Formation Imaging Services Halifax



The embarked Maritime Tactical Operations Group and the Danish Naval Boarding team from HDMS Niels Juhl conduct a boarding exercise.

### 2018 Winnebago Winnie Drop 1790

From  
**\$121.53**  
bi-weekly OAC

**Visit us  
for details**

**COME SEE US AT THE  
MARPAQ EXPO  
ON THURSDAY!**

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



Visit [TriangleRV.com](http://TriangleRV.com)

*Excellence in service since 1956*

Phone: 250-656-1122

10299 McDonald Park Rd. Sidney, B.C.

Sales | Parts | Service | Financing | RV/Car Wash

*Reconnect.*

**GREAT MILITARY RATES  
ON ROOMS & SPA TREATMENTS**

**VISIT OUR BOOTH FOR DETAILS!**

1155 RESORT DRIVE, PARKSVILLE, BC  
[TIGH-NA-MARA.COM](http://TIGH-NA-MARA.COM)

**TIGH-NA-MARA**  
SEASIDE SPA RESORT & CONFERENCE CENTRE

**1-800-663-7373**

# Visits and Protocol team earns prestigious award

**SLt M.X. Déry**  
MARPAC PA

The Visits and Protocol Office at Maritime Forces Pacific headquarters received some unexpected recognition from the Government of British Columbia last week: The Premier's Award for promoting innovation and excellence.

It was given to agencies that supported the 2016 Royal Tour.

Arriving unannounced and with a regular batch of mail, the package containing the award was unremarkable. Nevertheless, it was a pleasant surprise to the small office that has long moved onto planning other events.

Jamie Webb, Senior Protocol Officer, recalls planning for the Royal visit of the Duke and Duchess of Cambridge, more commonly known as Prince William and Kate, in the months prior to their eight-day tour of B.C. and the Yukon from Sept. 24 to Oct. 1, 2016.

Tours of this nature are the office's bread and butter. They coordinate VIP and royal visits regularly, as well as events such as the opening of the legislature, which require a military Guard of Honour.

Victoria is a regular recipient of Royal tours.

"There has been five Royal visits in the last seven years," says Webb.

From the Earl and Countess of Wessex to the Prince of Wales and Duchess of Cornwall, Visits and Protocol staff plans for them all.

Large events require significant planning for months, and involve stakeholders such as Rideau Hall, Provincial Legislature, Department of Canadian Heritage, Office of the Lieutenant Governor of B.C., Scotland Yard, and Buckingham Palace, not to mention the massive logistical support of aircraft and vehicles provided by the Canadian Armed Forces.

A CF-130 Hercules cargo plane was required just for the attached

media for the most recent Royal visit.

"It is always a pleasure to work with other protocol professionals," says Webb. "Each organization has distinct customs and traditions."

He adds Buckingham Palace is the easiest to work with.

However, getting all the personnel to their respective marks on the big day is only the beginning. When the Royals arrive there is always a Canadian Armed Forces presence to greet them. A 100-strong Guard of Honour, the Naden Band of the Royal Canadian Navy, cadets, veterans, and tens of thousands of spectators were set to greet Prince William and Kate on their last visit.

"We did a full dry run, which included the guard and Naden Band standing outside the legislature for hours so we could perfect the timings," says Webb.

What set this event apart from previous Royal tours was that it included the participation of little George and Charlotte, Prince William and Kate's children.

"You have to be mindful of the

From left to right: Marie Ormiston, Pierre Cayer, and Jamie Webb.



Photo by SLt M.X. Déry

*What set this event apart from the previous Royal tours was it included the participation of little George and Charlotte, the Prince William and Kate's children.*

scale of public interest," noted Webb. "I don't think I've ever seen so much media in my life."

It also marked the first time a wreath was laid at the cenotaph since it was modified to reflect the war in Afghanistan. Modifying the cenotaph posed its own set of issues; rarely are such monuments altered and the monuments to Canada's fallen are rarely the responsibility of a single office or person. It took some stick handling

to get it done. The most difficult part was the execution of the welcoming ceremony.

"It was very difficult to keep everything on time," says Webb. "No one draws a crowd this big." Luckily, the plans for inclement weather were not required.

"It only drizzled," added Webb. Over a year later, the office is helping to plan the opening of the B.C. Legislature on Feb. 13, hoping the weather will be equally cooperative.

## Best cadet biathletes compete at Mt Washington

**Capt Cheryl Major**  
RCSU

More than 80 Royal Canadian Sea, Army and Air Cadets competed in the Provincial Biathlon Competition at Mt Washington Feb 3-4, testing their fitness, skiing, teamwork and marksmanship skills against the best cadet biathletes in the province. The competition was in hopes of achieving a spot on the BC National Cadet Biathlon Team and attending the National Cadet Biathlon Championship March 5-10 in Charlottetown, PEI.

The following cadets were selected for the national team:

- From 861 Royal Canadian Air Cadet

Squadron in Abbotsford: Ethan Algra, William Tang, Sophia Algra, and Alyssa Chapman.

- From 907 Royal Canadian Air Cadet Squadron in White Rock: Kevin Shu, Lucas Gorini Rodrigues, Morgan Dyke, and Daniela Ursulesku.
- From 3066 Royal Canadian Army Cadet Corps in Golden: Douglas Caldwell and Molly Caldwell.

Biathlon is a combination of cross-country skiing (or running), marksmanship and physical fitness. Biathlon requires tremendous endurance and strength as well as skill and precision. Unpredictable elements, including weather and wind conditions, make this outdoor sport a fun and reward-

ing challenge that thousands of cadets participate in each year. Team Canada 2018 Olympic Biathlete Emma Lunder was first introduced to her sport through the Cadet Program in Vernon, B.C.

Over the Feb. 3 weekend, cadets raced in a patrol-style partner race, where they had to stay within 30 metres of each other, and in an individual sprint race.

The Cadet Program aims to develop youth ages 12 to 18 the attributes of good citizenship and leadership, promote physical fitness, and stimulate an interest in the sea, land and air activities of the Canadian Armed Forces. There are more than 7,500 cadets in more than 70 communities in B.C.



Photo by Captain Shirley Ho, Cadet Unit Public Affairs Representative



Photo by Sgt Joshua Jones, Cadet Correspondant



Photo by Captain Shirley Ho, Cadet Unit Public Affairs Representative

# Bravo ZULU



AB Hunter is promoted to her current rank by LCdr Cynthia Foley, Base Comptroller, with the assistance of AB Hunter's 94-year-old Grandmother, Esme McKenzie.



Master Seaman Nancy Daigle is promoted to Petty Officer Second Class by Cdr Geoffrey Everts, Commanding Officer of F3 Operations within Canadian Fleet Pacific headquarters, and CPO2 Mark Turchyn. She also received a Certificate of Appreciation for her work at the headquarters.



Chief Petty Officer Second Class Mark Turchyn receives the second clasp to his Canadian Forces' Decoration from Commander Alain Sauve, Commanding Officer Canadian Fleet Pacific headquarters.



OS Tyler Steffan is promoted to his current rank by Cdr Colin Matthews, Commanding Officer HMCS Regina, and PO1 Peat.

AJAG Pacific's Angela Lavergne recently received an "Above and Beyond Award" from the B.C. Premier's office. Angie volunteered last summer at an Evacuation Centre in an area impacted by the B.C. Wildfires. Pictured with her loyal search dog Moxxie, Angie has been a long standing member of the base's Urban Search and Rescue Team as well a member of several of local search and rescue groups.



**THE SPA**  
 AT OCEAN POINTE RESORT  
 CONTACT US! 250/360.5858 -OR-  
 THESPADELTAVICTORIA.COM

*Relax.*  
**WE'LL TAKE CARE OF YOU.**

A Garden for all Seasons

Open every day of the year

butchartgardens.com 250.652.5256

**The Butchart Gardens**  
 • OVER 100 YEARS IN BLOOM •  
 NATIONAL HISTORIC SITE OF CANADA

# REGISTER TODAY!



# SPRING BREAK CAMPS

(5-12 YRS)

## Fun Seekers Spring Break Camp! (5-10 years)

### Week 1

Join Spiderman, The Avengers, Iron Man and the Guardians of the Galaxy in the World of Marvel during this fun filled week. Flex your superhero powers with our week of sky-high challenges, swimming, out trips and take home activities. When registering your child will have a choice between a dance class or a geocaching block! These will run in the afternoon for 1.5hours each day excluding Wednesdays.

Location: CPAC W18REC228

March 19-23 (5 day camp) Theme: World of Marvel

MARCH 19-23 - 5 DAY CAMP	
Before care - 7:00-9:00am	\$35 Reg. / \$37 Ordinary / \$39 Assoc.
Regular - 9:00-4:00pm	\$165 Reg. / \$170 Ordinary / \$175 Assoc.
After care - 4:00-5:30pm	\$25 Reg. / \$27 Ordinary / \$29 Assoc.

\*Save \$5 by registering online

### Week 2

Shoot out in to space with this atmospheric week of aliens, rocket ships, and space food. There will be surprise out trips, outdoor games and swimming! Bring your friends and have a blast!

When registering your child will have a choice between a dance class or Art Attack block. These will run in the afternoon for 1.5hours each day excluding Wednesdays.

Location: CPAC W18REC230

Dates: March 26-29 Theme: Space is the Place

MARCH 26-29 - 4 DAY CAMP	
Before care - 7:00-9:00am	\$28 Reg. / \$30 Ordinary / \$32 Assoc.
Regular - 9:00-4:00pm	\$128 Reg. / \$133 Ordinary / \$138 Assoc.
After care - 4-5:30pm	\$20 Reg. / \$22 Ordinary / \$24 Assoc.

\*Save \$5 by registering online

## Register for any of the following PSP Camps

by contacting PSP Recreation at 250-363-1009 or by stopping into the Colwood Pacific Activity Centre (CPAC) or Naden Athletic Centre Kiosks. You can also SAVE TIME and MONEY by registering ONLINE <https://bk.cfpsa.com/esquimaltpub/index.asp>

## Adventure Seekers Spring Break Camp! (10-14 years)

This camp is jammed packed with awesome out trips and cool escapades! Each day campers will get to experience new and exciting activities especially picked for some of our older adventurers. Whether climbing, jumping, diving, balancing, target practice or splashing in the swimming pool your child will be bound to have a fantastic time.

### Week 1

Location: CPAC March 19-23 W18REC231

MARCH 19-23 - 5 DAY CAMP	
Before care - 7:00-9:00am	\$35 Reg. / \$37 Ordinary / \$39 Assoc.
Regular - 9:00-4:00pm	\$185 Reg. / \$190 Ordinary / \$195 Assoc.
After care - 4:00-5:30pm	\$25 Reg. / \$27 Ordinary / \$29 Assoc.

\*Save \$5 by registering online

### Week 2

Location: CPAC March 26-29 W18REC232

MARCH 26-29 - 4 DAY CAMP	
Before care - 7:00-9:00am	\$28 Reg. / \$30 Ordinary / \$32 Assoc.
Regular - 9:00-4:00pm	\$148 Reg. / \$154 Ordinary / \$159 Assoc.
After care - 4:00-5:30pm	\$20 Reg. / \$22 Ordinary / \$24 Assoc.

\*Save \$5 by registering online

## The "Definitive" Day Camp Experience! (5-14 years)

This 4 hour fun day camp allows caregivers who will attend the "Definitive" Craft Brewery Tour (see pg. 10 for registering details) the ability to drop their kids off while they get to revel in the event stress free. Kids will enjoy activities with our Recreation Leaders such as arts and crafts, free play in the gym and much more, allowing them to have a wonderful experience too! This ultimate day camp is also open to those not involved with the coinciding Craft Brewery Tour!

Location: CPAC W18REC233

SATURDAY MARCH 3	
1:30-5:30pm	\$18 Regular / \$19 Ordinary / \$20 Associate



# Discover a new tradition, **WEST COAST AFTERNOON TEA**

Enjoy a soothing cup of tea at our innovative made-to-order West Coast Afternoon Tea service. Our afternoon tea takes its inspiration from our wild West Coast while using local, sustainable ingredients.

**\$44** \* per person

**MAKE YOUR RESERVATION TODAY - 250.380.4458**

\*taxes & gratuity not included



THE  
**PACIFIC**

hotelgrandpacific.com   

# 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

**SERVICES OFFERED**

COULD YOU USE HELP getting organized in your personal or business life? Do you need help getting organized before or after your posting? Do you feel overwhelmed with all you need to accomplish in a day? AS Planned Virtual Assistant Services is here to help! Contact me today to discuss your project or assistance requirements. Call: 250-580-0197 or email info@asplanned.ca visit : www.asplanned.ca

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

VALERIE MACNEIL COUNSELLING by Valerie MacNeil M.Ed, RCC. New to Esquimalt I offer counselling for mental health, addictions, trauma, grief and loss and couples. Contact Valerie at 250-216-1105 or www.valeriemacneil-counselling.com

DEPLOYING? NEED SOMEONE TO HOUSE SIT? I am a mature, caring, responsible, trusting, non-smoking women. I have local references. Willing to come to Victoria and house/pet sit for you. Call: (613)266-7144 or email: paryar1955@gmail.com

**SERVICES OFFERED**

**VICTORIA PREGNANCY CENTRE**

Free Services Include:

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

250-380-6883

#112 - 826 North Park Street  
info@victoriapregnancy.org  
www.victoriapregnancy.org

**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

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. Website: 848royalroadsaircadets.com Contact: 848parentinfo@gmail.com or 250-590-3690

**MISCELLANEOUS**

MESS KIT FOR SALE Naval mess dress uniform for sale. Fits 32/33W and 38R chest. Cdr rank; masterfully tailored by Andrei in 2000. Excellent condition - includes pants, vest and jacket. phil\_menard@yahoo.com

HMCS TERRA NOVA WESTPLOY '73 REUNION Crew members of Terra Nova's Westploy '73 cruise, Operation Gallant, will be reuniting 01-03 May 2018 in Victoria for the 45th Anniversary of the mission. Terra Novans who made this cruise and wish to attend, or wish more information, are to contact John Appler at jeappler@gmail.com

FREEMASON and new to Victoria. Contact us at camsun60secretary@gmail.com. We meet the 2nd Monday of each month.

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.

**MISCELLANEOUS**

INTERESTED IN JOINING A coffee or social group for military veterans and military in Cowichan Valley? For information 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. Look under the Facebook Group: cowichan valley coffee

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 ..."

**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

**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



www.barrysmoving.com

**REAL ESTATE • FOR SALE**

Call direct  
**Shelly Reed**  
250-213-7444

- DND IRP
- Experienced Realtor

sr@shellyreed.com

HomeSold Real Estate Corporation  
The Atrium Building  
#301-1321 Blanshard St.  
Victoria V8W 0B6

www.shellyreed.com

**Base Taxi Service**  
for Naden, Dockyard & WorkPoint

Operates 7:30am to 3pm  
Monday to Friday.

Available for military-related appointments or meetings on base only.

Taxi Dispatch  
**363-2384**

ADVERTISE IN THE LOOKOUT CLASSIFIEDS

CALL  
250-363-3127

**Book your check up!**

Dockyard members and HMC Ships call 363-2310

Personnel at Naden, Black Rock, Colwood, FDU and Work Point call 363-4149

**AUTOMOTIVE**

**CITY DISCOUNT TIRES** .YER.COM  
FULL SERVICE AUTO REPAIR  
NEW AND USED TIRES

90 Day Used Tire Guarantee  
Visit us at www.citydiscounttires.ca

Military discount to all personnel at CFB Esquimalt with ID.

BBB A+ Rating

Victoria - #1-798 Fairview Rd at Ellery | 778-440-8473  
Nanaimo - 51 Terminal Ave. | 250-591-1522

**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

QR code

Tenant Referral Program  
Military Discount

**MORTGAGE CONSULTANT**

**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**

**SERVICES OFFERED**

THERE ARE OVER 1000 FOSTER CHILDREN ON VANCOUVER ISLAND!

**Foster homes are needed!**

- Become a foster parent
- Offer relief or respite
- Spread the word

**fosterhope.ca**

twitter.com/Lookout\_news  
www.facebook.com/lookout.newspaper



# Find Your Power

## Highly Personalized Addiction Treatment

NON-12 STEP SINCE 2008

### Private Drug Rehab and Alcohol Treatment

At **Sunshine Coast Health Center** we are committed to a client's personal transformation, the goal being healthy, thoughtful men who are inspired to live with a renewed sense of vitality and purpose.



### Canada's Leader in Men's Treatment

[LEARN MORE ▼](#)

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