

Get your car
road trip ready.

10% Military Discount

VICTORIA (LANGFORD)
2924 Jacklin Road
250.478.2217
fountaintire.com

CANEX
Financing
Available

Fountain Tire

We're
on this road
together.

GOODYEAR

• CELEBRATING 75 YEARS PROVIDING RCN NEWS •

Volume 63 Number 31 | August 7, 2018

LOOKOUT

newspaper.com

MARPAC NEWS CFB Esquimalt, Victoria, B.C.

LookoutNewspaperNavyNews @Lookout_news LookoutNavyNews

SEA KING
RETIREMENT
CELEBRATIONS

NOV 30 - DEC 1



TICKETS
ON SALE NOW!

www.skr18.ca



RIMPAC

Photo by Corporal Trevor Matheson

Leading Seaman Murray Rankin assists LS Chad Downey in donning the Explosive Ordnance Disposal 9 bomb suit. Both sailors from Fleet Diving Unit Pacific were taking part in the Rim of the Pacific (RIMPAC) improvised explosive device countermeasure exercise. The exercise wrapped up last week, ending the world's largest maritime military exercise with over 20 nations.

FREE!

Celebrate NPSW with a free lunch and cake!

ANNUAL FORMATION
BBQ + 3 ON 3
Road Hockey

To sign up your team or for more details:
ESQ.SPORTS@forces.gc.ca or 3-4069

TEAM REGISTRATION NLT: 8 AUG 2018

August 15, 2018

1130 TO 1330 hrs @ Dockyard H Lot



Luigi Micco is presented the Unsung Hero Award by Deputy Minister Jody Thomas.



Dustin Williams is awarded the Emerging Leader Award by Deputy Minister Jody Thomas.

Photos by Cpl Michael MacIsaac, Canadian Forces Support Unit (Ottawa) - Imaging Services

Civilian employees receive prestigious award

Peter Mallett
Staff Writer

Two employees from Esquimalt's Real Property Operations Pacific (RPOps) have been recognized with the prestigious Deputy Minister Award for Excellence.

Electrician Luigi Micco of RPOps' electrical shop won this year's Unsung Hero Award, while Dustin Williams, manager of the unit's Water Fuel and Environment department took the Emerging Leader Award.

The Celebrating Excellence Awards Program represents the highest expression of recognition under the Department of National Defence (DND) Awards and Recognition Policy.

The pair were among 44 recipients honoured during

a June 15 ceremony at the Canadian War Museum in Ottawa with Deputy Minister of National Defence Jody Thomas and Chief of Defence Staff General Jonathan Vance among dignitaries. The award recipients received a scrolled certificate signed by Minister Thomas along with a piece of handcrafted Canadian art.

Micco, 57, has worked as an electrician for DND since 1984 and said he was "thrown aback" when he first opened an email earlier this year telling him he had won the award.

"I am just a little fish from Esquimalt who does his job and loves his work," said Micco. "If people are happy with the work I do then I'm happy. I never thought my work would be recognized with such a

prestigious national award."

He was nominated for the award by Gerald Bennie, RPOps A Electrical Systems Business Manager, who described Micco as a dedicated worker who has gone above and beyond the call of duty and is always ready to spring into action. That includes responding to calls about alarm problems at the base at all hours of the night or teaching himself how to repair new electrical devices and technology on his own time.

"I have a lot of great technicians working in RPOps electrical systems, but Luigi sets the standard for the way things should be done," said Bennie. "He mentors new employees and is always available to drop whatever he is doing to ensure operations, safety and

security are maintained."

The pair captured two of this year's awards for their unit, and that in itself is a remarkable feat says Master Warrant Officer Rony Granados, RPOps Section Sergeant Major.

"It is important to highlight the thousands of public service employees who work at bases across Canada, so to have two winners from the same unit from one base is truly a feather in our cap and we are so proud of Dustin and Luigi," said MWO Granados.

With assistance from Base Logistics, Williams' department oversees all of the waste water, drinking water, fuel lines and fuel containers at the base. MWO Granados nominated Williams for the award. He describes his co-worker as some-

one who embodies the spirit of the Award for Excellence Emerging Leader category.

"Dustin is a great leader who does whatever it takes to get it done and doesn't bat an eye or panic when the unexpected happens," said MWO Granados. "He's someone you can count on who understands the operational requirements and is quick to provide solutions to problems. He is definitely part of the Government of Canada's new wave of up-and-coming leaders."

For more information about the nomination process and the awards themselves, visit the Government of Canada web page: <http://intranet.mil.ca/en/res/awards-honours-recognition/awards-recog/celebrating-excellence/celebrating-excellence.page>

AFFORDABLE OFF BASE LIVING!

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

ASK ABOUT OUR MOVE IN DISCOUNT!

250.381.5084 CAPRENT.COM



Outgoing CFB Halifax Base Commander Capt(N) Paul Forget, left, and the new Base Commander Capt(N) David Mazur.

CFB Halifax welcomes new base commander

Ryan Melanson
Trident

It was 15 years ago that Captain (Navy) David Mazur was last posted to Halifax, serving in *HMCS Halifax* as the ship's Command Control Information Officer.

Since then, he has built a diverse resume that includes Canadian Fleet Pacific Operations Officer, Commanding Officer of *HMCS Vancouver*, and Commanding Officer of Sea Training Pacific.

His latest tasking will make full use of that experience as he settles in as Base Commander of Canada's largest military base.

He officially took command of CFB Halifax July 11 from Capt(N) Paul Forget.

"I couldn't be happier to be back in Halifax. I rec-

ognize the key role CFB Halifax plays in supporting the fleet and other operations, and it's clear that I'm taking over the helm of a very dedicated and professional team," he said during the change of command.

He thanked the outgoing Base Commander for his work and leadership in the position as well Rear-Admiral Craig Baines, Commander Maritime Forces Atlantic (MARLANT), for having confidence in him to lead the base through the coming years, and his family, including wife Marise and sons Kevin and Eric, who attended the ceremony.

Along with senior leaders and a cross-section of uniformed and civilian employees, the change of command was also attended by Arthur J. Leblanc, Lieutenant Governor of

Nova Scotia; Halifax Mayor Mike Savage; Halifax Regional Police Chief Jean Michel Blais; and other members of the wider community, highlighting the links that exist between the base and the Halifax Regional Municipality.

In his address RAdm Baines noted that being a good community neighbour and maintaining relationships with all levels of government is one of the ways the job differs from other command appointments.

"The job of base commander is a complex one, requiring a unique set of skills to manage the diverse portfolio and workforce that encompasses CFB Halifax," he said, while also expressing confidence in Capt(N) Mazur's abilities in his new role.

"The size and scale of this task is considerably larger,

but I know he's ready for the challenge and I know he'll make the best of this opportunity to hone his skills in areas that are atypical for a naval warfare officer."

Capt(N) Forget was lauded for successes during his short time leading CFB Halifax, and his year spent as MARLANT Chief of Staff before that. This included spearheading Canada 150 events at the base in 2017, facilitating the handovers of Canadian Forces Station St. John's and Detachment Cape Breton to the Canadian Army, and working with the province on a new health care strategy to support military families in the region.

Capt(N) Forget has now taken a position with the Director Military Careers Administration in NDHQ.

The Home of the Full Refund!

3 Locations:

Glanford Avenue
Downtown-Queen's Avenue
Quadra Street

250-727-7480

bottledepot.ca



Surprise your loved one today!

FLOWERS • GIFT BASKETS • CHOCOLATES • TREATS

BROWN'S
The Florist

Since 1912

DOWNTOWN • SIDNEY • WESTSHORE

MILITARY DISCOUNT

DOWNTOWN 250-388-5545 WESTSHORE 778-433-5399

www.brownsflorist.com

babcock

Proud to support
Canada's fleet



Marine >
Land >
Aviation >
Cavendish Nuclear >

babcockcanada.com

**MAXED OUT YOUR
CREDIT CARD OR
LINE OF CREDIT?
NO PROBLEMS**

Let us pay off your balance
with rates from 3.1%
Bad credit or bankruptcy ok?

Eliminate your credit card debts today. call 1-800-790-9905

Supporting Veterans Independence



Premium home care service provider
serving Greater Victoria and
surrounding areas.

We help seniors and those with on-going health
conditions to remain in their homes and to be
as independent and safe as possible.

Our Services:

Personal Care:

- Bathing/Showering
- Grooming/Dressing
- Other Hygiene
- Incontinence Care
- Transferring/positioning
- Med Reminders

Companionship Care:

- Companionship
- Light Housekeeping
- Organizing
- Errands
- Meal Prep
- Light Gardening

It takes someone special to be a caregiver. We ensure our caregivers represent our ideals of loyalty, integrity and empathy.

250-580-5512

www.pacificviewhomesupport.ca



THE VANCOUVER ISLAND WORKS PROJECT

provides services to both businesses, and individuals
in the community who are looking to: start a business,
improve an existing business, or gain the skills
to succeed.

Call Us Today!

3011 Gosworth Road,
Victoria, BC V8T 3C7

Main: 778-433-8499
Message: 250-508-5774

info@viwproject.com

www.viwproject.com



VIW PROJECT SERVICES

- Consulting
- Entrepreneur
- Small Business Mentorship
- Business Solutions
- Digital Marketing
- Digital Strategy
- Content Marketing
- Search Engine Optimization - SEO
- Social Media
- Technical Skills

For more information on our services please visit our
website or contact us at 778-433-8499.

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

250-363-3372

SALES REPRESENTATIVES

Ivan Groth 250-363-3133
ivan.groth@forces.gc.ca

Joshua Buck 250-363-8602
joshua.buck@forces.gc.ca

Chuck Samson 778-557-5239
lookoutnewspapersales@gmail.com

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.

LOOKOUT
NEWSPAPER

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

Follow us on Facebook and join our
growing social media community.

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

Web: www.lookoutnewspaper.com

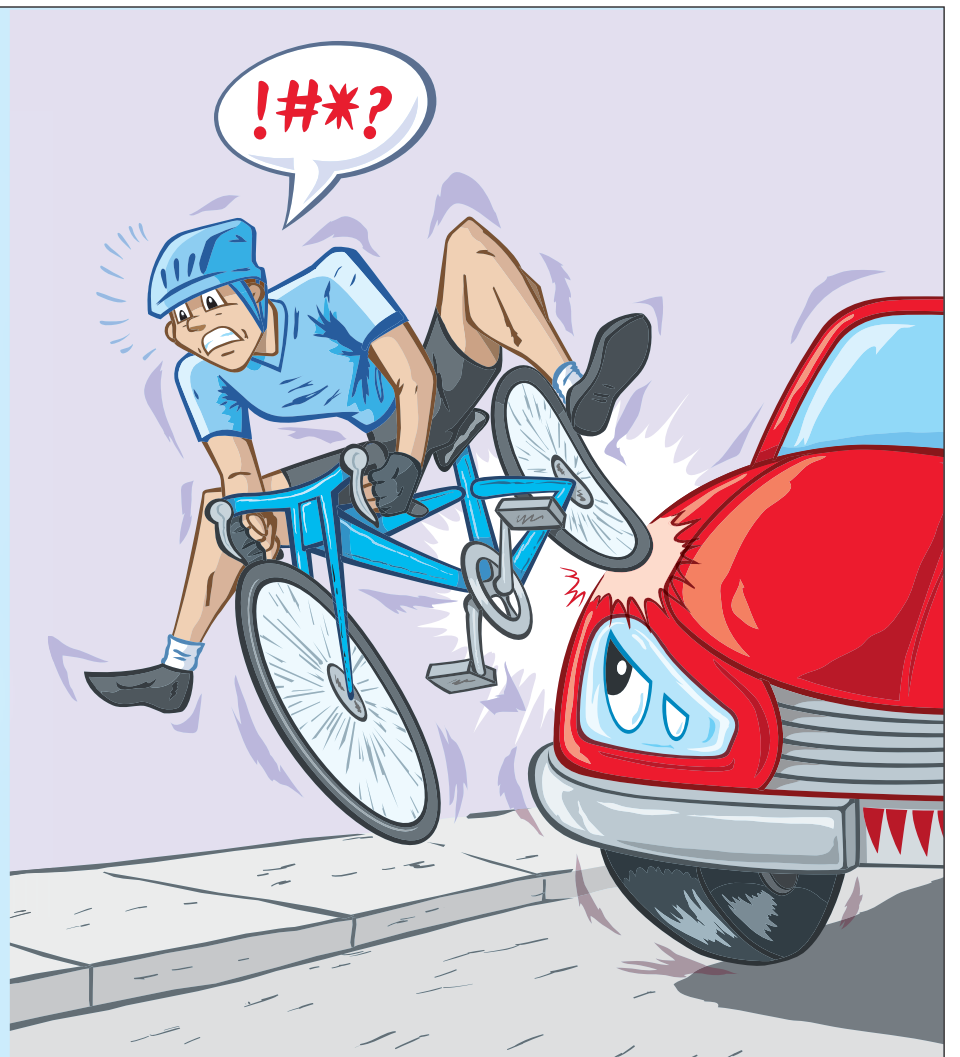
Fax: 250-363-3015

Canadian Mail Product Sales Agreement 40063331



WHAT SAY YOU

While avid cyclists agreed with my commentary on jaywalkers and the alarming frequency that they are nearly struck by vehicles passing them or cutting them off, readers seemed silent on the topic of stop signs. Many readers shared stories of near misses with motor vehicles in and around the base.



What grinds my gears: reader comments

M.X. Déry
Contributor

After a month of complaining in an open forum about drivers, e-bikers, cyclists and pedestrians, I have received several comments in person, by email and via Facebook about all of the above topics. I will also have to eat crow since I have made some minor errors in my rantings.

The motor-assisted cycle piece received the most reader approval, with all commenters agreeing that a 1300W scooter had no business in the bike lane.

While avid cyclists agreed with my commentary on jaywalkers and the alarming frequency that they are nearly struck by vehicles passing them or cutting them off, readers seemed silent on the topic of stop signs. Many readers shared stories of near misses with motor vehicles in and around the base.

The military police were quick to point out that headphones are another problem they see on base that I didn't mention. Another sore topic was the MP gate, with cyclists failing to dismount and follow the sentry's instructions. This may very well lead to that gate being shut permanently if cyclists can't obey the rules in the future.

The most vocal group were pedestrians, who, upon hearing any portion of my commentary was about them, said that I should write about bicycles burning through stop signs. Luckily, I could reply that I had covered that topic in the previous edition.

When talking about jaywalkers, I wrote that this was the top infraction MPs regularly ticket for, but I later learned that while it is the top infraction, they do not regularly ticket for this dreadful behaviour.

Another point of contention with readers was my statement that cyclists are supposed to remain one metre from the curb. Admittedly, the B.C. Motor Vehicle Act states that, with the exception of a few highways, bicycles are vehicles that can take up a whole lane like cars.

I contacted ICBC long before this series because the BC MVA is unclear about what I should do as a cyclist and I wanted to know my rights. They directed me to the ICBC website on cycling and bike sense (the BC Bicycle operator's manual) and in those references they recommend that a bicycle travelling slower than the speed limit should keep as far right as practicable without hugging the curb, approximately one metre.

The idea is to reduce the odds of dooring and give some room to manoeuvre in case a pedes-

trian steps out into the road without looking.

Getting reader feedback and stories about cycling has been cathartic, and I'd like to thank you for writing to me. In the last five weeks I've seen a drastic improvement on the roads, but sadly, just this morning I saw a motorist stop suddenly and turn right without indicating, forcing me to come to a complete stop just before the dockyard general parking.

After that, a fellow cyclist in front of me in dockyard burned through the stop near DY113 and didn't indicate that he was turning right.

There is still work to be done before my bike to work is safer, but for now I will wrap-up this biking rant. Perhaps next week I will talk about something less life and death and more fun: photography.

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**



Team Canada unveiled in Halifax

- FOR THE 2018 -

INVICTUS GAMES

Photo from Soldier On

The roster for Canada's 2018 Invictus Games team was unveiled at HMCS Scotian on July 25, with all team members and their families in Halifax in attendance for the announcement.



Ryan Melanson Trident Staff

The Invictus Games comes with all the excitement of a large international sporting event, including stadium venues, cheering fans, skilled competitors from around the world, and plenty of training beforehand.

Athletes, coaches and volunteers were in Halifax July 25 for the team's final group training camp before the 2018 Invictus Games, being held in Sydney, Australia, Oct. 20-27.

At the end of training Canada's 2018 team was

officially announced.

Team Captain, Maj (Retired) Robert Hicks, described the group as "representative of all three Canadian Armed Forces elements, with diverse backgrounds and different experiences with injury, illness and recovery."

"But what's shared is that everyone here has sacrificed in service of their country, whether their injuries were physical, or involved mental health, or a combination of the two," he said.

Venues for the training camp included the STADPLEX, Dockyard and Shearwater gyms, as well as MacDonald

Beach, the Royal Nova Scotia Yacht Squadron, and Beazley Field in Dartmouth.

BGen Mark Misener, Commanding Officer of the Joint Personnel Support Unit and Mission Head for Canada's Invictus team, was also in Halifax for the training camp, and said he's been inspired by the dedication shown from Team Canada. For some, being in Halifax among peers and overcoming social isolation is a success in its own right, with the physical training adding to the intensity of the week.

"These athletes have faced great adversity and they've

met that challenge. They've actively chosen to bolster their recovery through sport, and through reconnecting with family, peers and community," he said.

Canadians are encouraged to follow along with Team Canada on social media at www.facebook.com/TCInvictusEC as the athletes continue to prepare for October, and to tune in on television and online for the main event in Sydney this fall.

About Invictus

Founded in 2014 and with subsequent events in 2016 and 2017, The

Invictus Games is a multi-sport competition in which all participants are serving or retired military members who have overcome an injury or illness in order to participate. Canada's 40 athletes will compete against more than 500 competitors from 18 other nations, in adaptive sports like wheelchair rugby and basketball, cycling, track, sailing, archery, powerlifting and more. Canada's team in Australia, managed and selected through the Soldier On program from a pool of hundreds of applicants, will include 18 serving and 22 retired CAF members.



Robin&AJ
Good morning. Good times.






**SCHOLARSHIPS
FOR MILITARY
AND VETERANS.***

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

WESTSHORE U-LOCK MINI STORAGE

MILITARY DISCOUNT OFFERED



U-LOCK MINI STORAGE
selfstorage.ca

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

1621 Island Highway, 250-478-8767

Eye care for your family!

- Eye Health Examinations
- Contact Lens Specialists, Dry Eyes, Allergies, Eye Injuries
- Designer Eyewear Boutique
- And much more...

\$100 OFF PRESCRIPTION EYEWEAR FOR THE MONTH OF AUGUST

NEW! RAY BAN SUNGLASSES

CLOSE TO BASE!

ACCEPTING NEW PATIENTS - BOOK AN APPOINTMENT TODAY!

Military Discount and Direct Billing



Dr. Rachel Rushforth,
Dr. Nicole Sehn
and Dr. Darcy Dennis

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



Tritons rally for 'rare' ball hockey medal

Peter Mallett
Staff Writer

The Esquimalt Tritons overcame a winless start at the Canadian Armed Forces Ball Hockey Championship at CFB Borden to capture the tournament's silver medal.

The Canada West's representatives from Esquimalt suffered three consecutive losses in the tournament's round robin phase, but rallied with two playoff victories.

On Aug. 1 they scored an 8-4 win over CFB Kingston, who represented the Ontario Region, and then later that day got a 4-1 victory over CFB Greenwood of the Atlantic Region in the semi-final game.

In the Aug. 2 championship game the Tritons fell 5-2 to Quebec Champions from CFB Bagotville but still managed to capture the tournament's silver medal.

Player-coach Master Seaman John Helpard, says getting the team's

runner-up medal after the final buzzer was a special moment for him and five of his teammates, who have played with the Tritons for the past 11 years and have had little to crow about.

"This is the team's first appearance ever in a final since I've been playing and everyone is very excited to be going home with a silver medal," said MS Helpard, who works as combat instructor with the Naval Personnel Training Group. "This is a huge milestone for us. Our opponents from Quebec had an amazing team and deserve full credit for their victory."

Esquimalt qualified for the nationals after defeating Cold Lake in the Canada West regional qualifying tournament championship game on June 14 at CFB Wainwright. MS Helpard said the Tritons' playoff success at the nationals could be attributed to making use of their entire roster of players during the round robin phase. This was a game-changer

as the tournament wore on because it allowed his players to get the necessary playing time and jell together as a team, while also allowing key players to save their energy for the playoffs.

MS Helpard says the Tritons relied on some key individual performances to turn things around. Lieutenant (Navy) Braden Casper, was converted from centre to a key play-making winger for the tournament which significantly boosted their goal production. Also Lieutenant Olivier Demers of CFB Moosejaw, a goaltender, was able to join the team as a "pick-up" player after the Canada West Tournament. He shared his playing time in the opening games and won single game MVP honours in the final two games as a starter.

For more information, results and highlights of tournament action visit the Canadian Armed Forces Sports Facebook page at www.facebook.com/CAFSports

Cut your debt by up to 80%!



- Consolidate all your Debts into one new Lower Payment at 0% interest
- Avoid Bankruptcy, Repair Credit

CALL TODAY FOR A FREE CONSULTATION

4 Pillars
Canada's Debt Relief Specialists

250-882-5556
DebtFree@DebtVictoria.com

DebtVictoria.com

Independently owned and operated, associated trademarks are used under license.

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...

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

* under 80,000 km



HMCS Ville de Québec's embarked Helicopter Air Detachment is the first crew to deploy with the RCAF's new maritime helicopter, the CH-148 Cyclone. Photo by Mona Ghiz, MARLANT PA

HMCS Ville de Québec departs with embarked Cyclone for Operation Reassurance

Ryan Melanson
Trident Newspaper

A new milestone for Canadian maritime aviation was reached on July 18 when HMCS Ville de Québec set sail for Operation Reassurance along with an embarked CH-148 Cyclone helicopter and Helicopter Air Detachment.

The departure marks the first operational deployment for the new helicopter, and the result of more than three years of testing, evaluation, and training.

Col Sid Connor, Wing Commander at 12 Wing Shearwater, was on hand to speak with the air crew and support staff at the jetty before they left for the roughly six-month deployment, which will focus on supporting NATO assurance measures in Central and Eastern Europe.

"This is an amazing change for our air crews, and this is the start of the next chapter in maritime helicopter operations, working with the Navy wherever Canada chooses

to send us. It's a very exciting time," Col Connor said.

The Cyclone, manufactured by Sikorsky, comes with numerous technological improvements compared to the CH-124 Sea King fleet, including flight speed, distance, sensors and communications. The Cyclone flies from a frigate with the same four-person air crew as the Sea King, but with many tasks now being automated, personnel are free to do more to support the ship.

"What's changed is the types of tasks they'll do, the range of tasks they're able to do, and the amount of effectiveness the crews will get out of the equipment," Col Connor added.

The mission will mainly involve supporting NATO assurance and deterrence measures in the Baltic and Mediterranean. The ship is set to join Standing NATO Maritime Group 1, a naval force composed of ships from various allied countries, in the coming weeks, continuing in the role most recently filled by

HMCS St. John's. Ville de Québec and its embarked Cyclone will conduct surface patrols and subsurface surveillance, while also participating in training exercises meant to keep crews at high readiness and ensure the task group is combat capable.

"We want to maintain our proficiency as much as we can, at the very highest level, in case the government of Canada calls on us to do something or react to some sort of real-world event," said Cdr Scott Robinson, the ship's Commanding Officer.

He thanked those who helped his team reach their current readiness level, including personnel from Sea Training (Atlantic) and FMF Cape Scott, as well as the crew themselves, for putting in long hours and overcoming obstacles as they prepared to deploy.

"The ship and crew have come a long way since I took command almost a year ago. We're ready to help, ready to lead, and ready to fight."



Families watch from the jetty as HMCS Ville de Québec fades into the fog while departing Halifax on July 18. Photo by Ryan Melanson, Trident Staff

Working for our community

Mitzi Dean

MLA, Esquimalt-Metchosin

250-952-5885

#104 - 1497 Admirals Road

Mitzi.Dean.MLA@leg.bc.ca / MitziDean.ca



First Responders & Military Get \$200 OFF Wednesdays

'Sullivan's
FOR MEN OF ALL AGES

250 478 9424
Appointments Not Necessary

Hot Shave Available

Seniors and Kids 12 and under Regular \$18 **\$14.00**

756 Goldstream Ave. Open Mon-Fri 8:30am-5pm, Sat 8:30-4pm

\$1.39 Pizza by the slice
GET A 10% MILITARY DISCOUNT!
with military ID, on \$10 minimum order

PARTHENON PIZZA **778-440-6666**

NEAR BASE #4 - 612 Head St. **parthenonpizzas.com**

Cheapest and best in Victoria!
DINE IN • PICK UP • DELIVERY

Enjoy a Free Coffee
with every sandwich, wrap or salad.

WITH DND ID, LIMITED TIME Esquimalt Location only

OPEN 6AM-11:30PM / 1PM-6PM MON-FRI, 6AM-6PM SAT-SUN

redbarnmarket.ca

Habitat for Humanity Victoria

ReStore

10% DND Discount with ID

TWO LOCATIONS:
849 Orono Avenue, Langford
3311H Oak Street, Victoria
250 386-7867
restore@habitatvictoria.com www.habitatvictoria.com

• SHOP • DONATE • VOLUNTEER

The MORTGAGE Centre
COCHING MORTGAGE

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

Phone 250-391-6191 • Fax 250-391-6192
103-719 McCallum Road, Victoria, B.C. V9B 6A2
CONVENIENT LOCATION ACROSS FROM HOME DEPOT BELOW COSTCO

Thinking about consolidating consumer debt?
Now may be the time as mortgage rates are low. Give us a call for current rates and options!
Rates subject to change without notice

Eric Coching
Broker/Owner | 250-217-2326

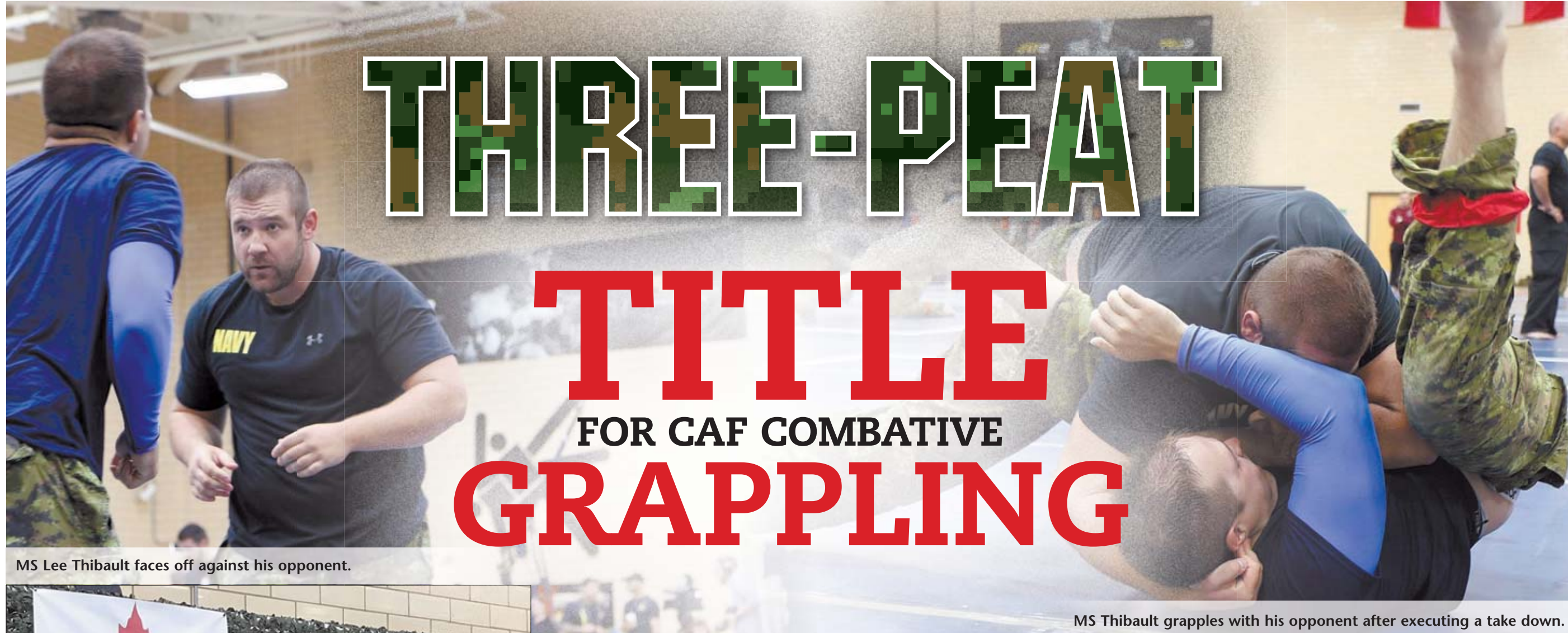
ROYAL LEPAGE
 250.477.5353
 info@AdkinsInnes.com
 www.AdkinsInnes.com
 JACKIE ADKINS & DEAN INNES
 BROOKFIELD RELOCATION SPECIALISTS

BARNES HARLEY-DAVIDSON
 Steeve Lesperance
 Motorcycle Sales Consultant
 Barnes Harley-Davidson, Victoria
 Ask me about the Military/Veterans discount
 E: steeve@barneshd.com / 250-516-2024
 P: 250-475-1345 W: www.barneshdvictoria.com
 A: 2940 Ed Nixon Tce, Victoria

CROWS RESTAURANT
20% DISCOUNT
FOR MILITARY & VETERANS
 For full menu and hours, visit crowsrestaurant.com.
 778-265-2762 | 123 Gorge Road East - in The Ramada Inn

Need a vehicle?
GOOD CREDIT, BAD CREDIT... WE DRIVE SOLUTIONS!
 APPROVED APPROVED APPROVED
 The CREDIT DOCTOR
www.creditdoctorvictoria.ca | 250-360-1111

KIDS EAT FREE
Denny's
 Tuesdays from 4pm to 10pm
 1845 Island Highway, Colwood 250.391.5580
 3100 Douglas Street, Victoria 250.382.3844
*Limit two free kids' entrees with the purchase of one adult entree. Kids meals limited to all entrees listed on the kids' menu.



THREE-PEAT TITLE FOR CAF COMBATIVE GRAPPLING

MS Lee Thibault faces off against his opponent.

MS Thibault grapples with his opponent after executing a take down.



MS Thibault receives his gold medal at the CAF Combatives Grappling Tournament.

A/SLt Jesse Grigor
 Contributor

Master Seaman Lee Thibault's elation and pride poured into each word as he detailed his impressive performance at the CAF Combatives Grappling Tournament in Petawawa, ON, in June, and the people who made it all possible.

His win in the heavyweight division, his third national title, was his toughest to date.

When asked how this title compared to the previous two, MS Thibault tipped his hat to his opponents and noted this was the toughest tournament he has competed in.

"The division was stacked," he acknowledged without any reservations.

This year's CAF Combatives Grappling Tournament surpassed previous tournaments in competitors and online viewers. The tournament was live-streamed and had approximately 80,000 watching online at any given time. In total, 164 men and women from the army, navy, air force, including special operations forces, from privates to lieutenant colonels, took to the mats to compete in the growing sport of combatives, also known as grappling or submission wrestling.

The tournament format was double-elimination - two losses and competitors were eliminated. Winning his first two matches on points, MS Thibault entered the

semi-finals undefeated, but came up short in a grueling semi-finals match. However, because his semi-final loss was his first, and each of his opponents had all lost a match heading into the semi-finals, he was able to enter the finals, only to face off against the opponent who beat him in the semi-finals.

"Because I was facing off against the guy who had just beat me I was mentally shaken and I needed to wake up," MS Thibault admitted.

His father and life-long coach, Mike Thibault, a retired military police, had been meticulously studying both his son and his opponent during their matches throughout the tournament and was a pillar of strength and focus for him heading into the final match. He remembers his father telling him after the semi-final loss, "Don't worry. We'll get him."

With renewed focus and critical observations from his father, MS Thibault was able to shake off the effects of his semi-final match and enter the finals to reassert himself as the heavyweight champion. After five minutes of exhausting hand-to-hand combat he emerged from the battle physically and mentally drained, but victorious.

"We won the gold medal together," MS Thibault said as he reflected on his championship with pride. "My father has been to all three of the CAF tournaments as my coach. It was just like it was when I was a teenager when we use to travel around to different competitions for me to compete at. He's always been in my corner."

Mike Thibault trained with former UFC fighter Gary Goodridge when his two sons were growing up. When many 10-year-olds were learning to play hockey, both brothers would instead accompany their father to the gym and learn how to take down an opponent.

Not only did both brothers fall in love with hand-to-hand combat sports, both also excelled to become champions in different disciplines. While MS Thibault has earned three golds at the CAF Grappling Tournament, his brother, Tyler, has claimed gold in Jujitsu at the Pan-Asian Games for the last three years while living and teaching in Hong Kong, China.

When asked what advice MS Thibault would give to those considering entering the sport or competing at the CAF Combatives Tournament, he exalted with unbridled passion that there are tons of opportunities on Vancouver Island to join gyms that safely teach people different hand-to-hand combat disciplines.

"The island is flooded with talent," he says, underscoring that each gym has beginner, novice and advanced levels so people can always feel comfortable competing against those at the same skill level. "My intention is to have a navy team represented in Petawawa each year, with sailors participating in all weight classes, and have them competing at the beginner, novice and advanced levels."

The aim of the tournament is to

conduct the safe and competitive practice of modern hand-to-hand combat. MS Thibault noted that some people are afraid of the sport because they assume that grappling is just like UFC fighting. He stressed that, "Grappling is a controlled environment. It's extremely safe. Sportsmanship is key. We're not going UFC on people."

Lieutenant Colonel Burgess, tournament technical director and senior military combatives instructor, writes "...combatives is not only a life-saving military skillset, but is also the essence of the war fighter. It is the foundation for the development of the warrior mindset and forms the framework for our understanding for the warrior ethos."

MS Thibault has trained at Crusher Combat Sports in Langford, B.C., for the past eight years where he is also a wrestling instructor. In addition to the support he receives from his family and friends, MS Thibault recognizes the tireless hours Sensei Mike and Sensei Kerri from Crusher Combat Sports have invested in him. With heartfelt gratitude, MS Thibault acknowledges that they have continually supported him and have never allowed him to enter a tournament unprepared.

In addition to concluding a successful CAF Combatives Tournament, over \$4,000 was raised for Soldier On - a CAF program which assists serving and retired members with mental and physical illness through sport and physical activity.

Selling, Posted Ready to Move?
COLDWELL BANKER
 SLEGG REALTY
 Call Dave Kidd
 REALTOR®, RETIRED CD
 778.350.1099 dave@homesinvictoriabc.com
<https://homesinvictoriabc.com>

BIKE RENTALS AVAILABLE
 We give Military Discounts
SAVAGE CYCLES
 Vancouver Island's only **DUCATI & TRIUMPH** dealer
 2956 Westshore Parkway • www.savagecycles.ca • 250-475-8885

Chelsea Housekeeping Services
 • Full House Cleaning • Changing Linens
 • Laundry • Ironing • Special Requests
 • Customized Schedules
 FULLY LICENCED, BONDED, INSURED, GST & WORK SAFE BC REGISTERED
 info@chelseahousekeeping.ca 778.922.0199
www.chelseahousekeeping.ca
 A tidy house is a tidy mind

BEACON LAW CENTRE
 Proudly assisting our military families.
 140-4392 West Saanich Rd, Victoria
 104-9717 Third Street, Sidney
 5-7115 West Saanich Rd, Brentwood Bay
 Real Estate
 Business Law
 Wills & Estates
 P 250.656.3280 | TF 877.295.9339 | www.beaconlaw.ca

Have you considered working with us?
 You can find a job that fits with your schedule. We have casual, part-time and full-time positions.
 Who is CFMWS?
 CFMWS is committed to enhancing the morale and welfare of the military community, ultimately contributing to the operational readiness and effectiveness of the Canadian Armed Forces (CAF). We pride ourselves on being part of the Defence Team.
 What types of job opportunities do you have?
 • Health and Fitness – Ex: Facility clerks, fitness instructors
 • Retail – Ex: sales associates, home and electronics
 • Messes – Ex: bartenders, mess clerks
 • Accounting – Ex: accounting clerks, accounting managers
 • Newspaper – Ex: journalists, photographers
 Visit www.cfmws.com to find out more.

Naval officer set to compete in Miss Universe Canada

NCdt S.L. Delaney
MARPAC PA Office

A few months ago, Sub-Lieutenant Nimmi Augustine decided to join 54 other delegates to compete in the Miss Universe Canada pageant.

One of the requirements for delegates is to plan and host a fundraiser for a selected charity prior to the competition.

On Friday July 27, the naval officer hosted over 60 people at the Cool Aid community centre for a dance fundraiser in support of the Sandy Merriman House, an emergency shelter for homeless and at-risk women run by the Cool Aid Society's Shelter program.

She chose partner dance styles to showcase the unique connection that people can build through dancing together. The fundraiser raised over \$500 for the charity.

This idea of inclusivity and supportiveness is mirrored in SLt Augustine's platform for Miss Universe Canada.

"Community empowers community. We can do so much more when we foster connections and work together," she says.

She acknowledges that while the pageant is a competition, the contestants are all working towards a common goal. She says, "even as a group of aspiring leaders, we're team-players first. We all want to be representatives for our nation and do good in the world."

Miss Universe Canada delegates come together in Toronto from Aug. 11 to 18 to participate in preliminaries, training, and interviews. Of the 55 aspirants, 20 will be selected to continue their journey to the finals on Aug. 18.

To support SLt Augustine in her goals, visit www.missuniverse-canada.ca where you can vote for your favourite contestant.



Photo by Mason McCleod, CYWH Photography



SEAMLESS TRANSITION

CP connects veterans with competitive pay, benefits and potential advancement opportunities. **Connect to a rewarding career.**

Apply now at CPR.ca/Veterans



PACIFIC Mazda



50TH ANNIVERSARY EVENT CELEBRATING 50 YEARS OF DRIVING PASSION IN CANADA



7-PASSENGER
2018 CX-9 GS



GT model shown

WIN
YOUR
Mazda
50 VEHICLES
TO BE WON
ACROSS CANADA

0% PURCHASE FINANCING*
UP TO A \$750 ANNIVERSARY BONUS**
ON SELECT NEW MODELS

AJAC'S MOST AWARDED
AUTOMOBILE BRAND EVER



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

Nijmegen march a success despite hurdles

Peter Mallett
Staff Writer

A stomach virus that sidelined two members of the Maritime Forces Pacific (MARPAAC) Nijmegen marching team didn't stop the team from completing their mission in the Netherlands.

While blisters from the day-long marches and heat exhaustion from the hot and humid temperatures are common obstacles during the event, this year's team had to battle another enemy. On the final days of the marches approximately 20 members of the Canadian Armed Forces 170-person contingent were sickened by a stomach virus.

MARPAAC's team leader, Lieutenant (Navy) Haley van Poorten said her team had been performing exceptionally well for the first two days of the event. Overnight, shortly before the 03:45 start on Day 3, she experienced nausea and fever and was placed in isolation for over 48 hours. Then on the final day of the march a second member of the MARPAAC team began experiencing similar symptoms and was also placed in isolation. She described the bug as a "mystery" virus and more like a 24-hour flu.

"Anyone in the [Canadian] contingent who reported to the MIR with such symptoms was put in isolation as a precaution," said Lt(N) van Poorten. "It was a hard decision by the medical staff, but they had to consider the health and safety of the entire camp, which held over 5,000 military members and the other participants and onlookers."

The loss of the team's leader meant Second In

Command, Petty Officer First Class Rayon Murdock took over the leadership duties. Lt(N) van Poorten says the shakeup was disruptive for the team's well-practised marching formation.

"We have been conducting intensive training for this event since the end of February and this was a very tough setback for the team," said Lt(N) van Poorten. "In the end, everyone else on the team rallied and stepped up to the challenge, and they were able to cross the finish line and achieve our team medal."

While the team performed very well on all days of the event, interacting with the crowds, being the first CAF team to finish on Day 2, pushing through heat exhaustion on Day 3 and 4, they did not win the Woodhouse Trophy. The trophy was given to 33 Service Battalion this year, as chosen by the Contingent Command Team, in recognition of their outgoing spirit and teamwork, both amongst themselves and toward their fellow Contingent members, and professionalism throughout the deployment.

But the Nijmegen marches are less about a trophy or competition and more about the experience, says Lt(N) van Poorten.

A day ahead of the marches, the CAF contingent attended a memorial service at Groesbeek Canadian War Cemetery, a site where 2,338 Canadians are buried. These soldiers gave their lives to liberate the Netherlands from the Nazis during the Second World War.

The Canadian contingent was led by Colonel Geoff Abthorpe. He



Photo by Combat Camera
MARPAAC Team arrives into Camp Heumensoord at the end of the day's marching on July 17.

and the marchers also attended ceremonies at the Canadian National Vimy Memorial. In Belgium they attended a ceremony at the St-Symphorien Military Cemetery and a parade and remembrance service in Mons.

"The Canadian Armed Forces participation in the International Four Days Marches brings pride to our whole country," said Commander Military Personnel Command, Lieutenant-General Charles

Lamare. "Our participation also allows us to commemorate the sacrifices made by two generations of Canadians who fought for the rights and freedoms we have today."

Lt(N) van Poorten was equally moved by the experience and said attending these battle sites and memorials in uniform was unforgettable.

"In Mons it was quite an emotional moment for me to see the entire town stop what they were doing

and focus their attention on the military contingent as they marched through the cobblestone streets and narrow roadways of the town," she said. "Everyone on the team felt our entire trip was a positive experience, even despite the setbacks, and glad they had the opportunity."

This year's MARPAAC marching team included: Lt(N) Haley van Poorten, Team Leader; PO1 Rayon Murdock, 2IC; Cpl Rhys Murphy, medic; Capt Gary

Leblanc; Lt(N) Rebecca Garnham; A/SLt Ashvin Chawla; CPO2 Armand Reelick; WO Nathan Verhoog; MS Kevin Simons; LS Luke Froebe; Cpl Javier Sanchez-Bringas. Alternates (substitutes): Lt(N) Mike McKenna; A/SLt Soheil Nasira.

The march, held July 17 to 20, brought together approximately 51,000 military and civilian participants from 50 countries who march over 40 kilometres for four consecutive days.

2018 Winnebago Micro Minnie

Sale Price
\$29,900
MSRP \$37,953

**Visit us
for details**



We are a proud Military family and we Salute all who serve!

- Sylvia Thistle-Miller

• TRADE-INS • RENTALS • PARTS • SERVICE • FINANCE & much more...

Phone: 250-656-1122

10299 McDonald Park Rd. Sidney, B.C.

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



Visit TriangleRV.com

Excellence in service since 1956

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

LookoutNewspaperNavyNews
Lookout_news
LookoutNavyNews

Vancouver Island Safety Council

MOTORCYCLE RIDER TRAINING

NOVICE & TRAFFIC PROGRAMS

EXPERIENCED RIDER COURSES

ICBC CERTIFIED COURSE

250-478-9584
www.visafetycouncil.com



Bravo Zulu

Naden Band Change of Command

Lieutenant (Navy) Vincent Roy (left), Outgoing Commanding Officer, Captain (Navy) Brian A. Costello (centre), Reviewing Officer, and Lieutenant (Navy) Catherine Norris (right), Incoming Commanding Officer, sign the Change of Command certificates during the Naden Band Change of Command ceremony on July 6.

Photo by LS Valerie LeClair, MARPAC Imaging Services

Bravo Zulu

Sea Training Change of Command

Commander Chris Peschke (left), Incoming Commanding Officer, Commodore Craig Skjerpen (centre), Canadian Fleet Atlantic Commander, and Captain (Navy) Sylvain Belair (right), Outgoing Commanding Officer sign the Change of Command certificates during the Sea Training (Pacific) Change of Command ceremony on July 19.

Photo by LS Mike Goluboff, MARPAC Imaging Services



Bravo Zulu

Naval Fleet School (Pacific) Promotions



SLt Read is promoted to Lieutenant (Navy) by Cdr Elbourne and CPO1 Conlon.



A/SLt Asselin is promoted to Sub-Lieutenant by Cdr Elbourne and Lt(N) Perry.

Bravo Zulu

MARPAC Headquarters Promotions



PO2 Douglas Mansell, with family, is promoted to his current rank by Cdr Jeffery Watkins (left), Commanding Officer of Maritime Forces Pacific (MARFAC) Headquarters, and Lt(N) Sarah Thomas.



Photos by LS Victoria Loganov, MARPAC Imaging Services

MS Trevor Rempel is promoted to his current rank by Cdr Jeffery Watkins (left), Commanding Officer of Maritime Forces Pacific (MARFAC) Headquarters, and Lt(N) Sarah Thomas (right).

Bravo Zulu

MARPAC Headquarters Awards

Commander Jeffery Watkins, Commanding Officer of Maritime Pacific (MARPAAC) Headquarters, presented awards on July 24.

Photos by LS Mike Goluboff, MARPAAC Imaging Services



Maj Nicholas Bouchard is awarded the Canadian Forces' Decoration.



Lt(N) Tyson Babcock is awarded the Canadian Forces' Decoration.



MCpl Payam Karimi is awarded the Canadian Forces' Decoration.



MCpl Misty Rivard is awarded the Canadian Forces' Decoration.



LS Valerie Leclair is awarded the Canadian Forces' Decoration.



MS Sarbpreet Boparai is awarded the Canadian Forces' Decoration.



MS Sarbpreet Boparai is awarded the Operational Service Medal - Expedition.



Senior Chief Petty Officer Johann Tonnessen is awarded the Bravo Zulu Certificate of Achievement.



MS Simon Madgin is awarded the Bronze Sea Service Insignia.



MS Phillip Tallack is awarded the Gun Metal Sea Service Insignia.

BZ CANFLTPAC



Cpl Richard Curl is appointed MCpl by Cdr Jeffery Watkins.

Become a Registered Massage Therapist



West Coast College of MASSAGE Therapy

- Study at Canada's Leading Educator in Massage Therapy
- 20 Month Diploma Program
- Over 30 Years of Proven Success

#100-818 Broughton Street

www.collegeofmassage.com

CANADA'S ONLY NATIONAL MASSAGE THERAPY COLLEGE

For more information about our Public Student Intern Clinics please call us at: 250.381.9800 ext 221

VICTORIA

NEW WESTMINSTER

TORONTO

CAMBRIDGE

HALIFAX

Bravo ZULU

Personnel Coordination Centre awards and promotions

Cdr Goodwin, Commanding Officer of Personnel Coordination Centre, presented awards and promotions.

Photos by Cpl Imanshah



PO2 Barrie is promoted to his current rank.



LS Lefebvre is promoted to his current rank.



LS Liu is promoted to his current rank.



MS Styles receives the Canadian Forces' Decoration.



PO1 Reid receives the Canadian Forces' Decoration First Clasp.

OPTOMETRISTS

DR JOSLIN & DR MORIN
ASSOCIATES
DOCTORS OF OPTOMETRY

EXPERIENCE THE PRECISION OF CUSTOMIZED VISION

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

<p>LANGFORD #105-814 GOLDSTREAM AVE. PHONE: (250) 474-4567 www.langfordoptometrists.com</p>	<p>SOOKE #5-6726 WEST COAST RD. PHONE: (250) 642-4311 www.sookeoptometrists.com</p>
--	--

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.

<p>Take Control</p>	<p>Get Connected</p>	<p>Find Your Purpose</p>	<p>Heal And Grow</p>
---------------------	----------------------	--------------------------	----------------------

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 sch.ca

Sunshine Coast Health Centre

2174 Fleury Road, Powell River, BC
Canada V8A 0H8
Admissions Toll Free 866.487.9010
Administration Toll Free 866.487.9050
Fax: 604.487.9012
www.sch.ca | info@sch.ca

LOOKOUT Classifieds & Real Estate

Email your Free Word Classified to melissa.atkinson@forces.gc.ca

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

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.

FOR SALE

1949 ENCYCLOPEDIA BRITANNICA. Mint condition. \$10,000 OBO. Call 250-995-0018.

VEHICLE FOR SALE

2007 COUGAR 5TH WHEEL 276RLS - with Polar Package (Length 28.9'). Includes solar panel, fantastic fan, bike rack, new tires. Hitch included. One owner, non-smoking. \$19,000. Phone 250-478-3357.

SERVICES OFFERED

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.valeriemacneilcounselling.com

DEPLOYING? NEED SOMEONE TO HOUSE SIT? I am a mature, caring, responsible, trusting, non-smoking woman. Willing to come to Victoria and house/pet sit for you. Call: (613)266-7144

CAREER TRANSITION COACH & Resumes Writer, former SCAN Coord Judy Marston; 10% Military Discount, www.resume-coach.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
www.victoriapregnancy.org

HELP WANTED

Make a Difference!

A Rewarding Volunteer Opportunity is Available for You!

Become a Network Friend.

You would be matched according to shared interests to build a long term friendship with an individual who experiences a disability or mental health issue.

Contact: volunteer@lnv.ca
Learn more: www.lifetime-networks.org



WANTED TO RENT

1 BEDROOM apartment wanted. Older guy (ex-navy) looking for an unfurnished 1 bedroom apartment preferably in Esquimalt. Very clean and quiet. Would like main floor of a four-plex or similar. I smoke cigarettes, but never inside. So, need a patio or backyard entrance. Have moderate budget. Looking for something for long term and require by September 1st. Please email to: brendonstiles@telus.net or call me @ 250 427 0642.

Lookout Classifieds Work. 250-363-3127

"re-cycle"



Better the 2nd time around!

PITCH-IN CANADA www.pitch-in.ca

REAL ESTATE - RENT

NEW 1 BDRM SUITE between Dockyard and Workpoint for Sep 1. No smoking, no pets, street parking. Looking for a responsible, quiet individual. References required. \$1250 plus utilities. 250-881-1121 or pgw33@telus.net

1 LG BR SUITE \$1200 in North Saanich. All utilities included w/Parking. Shared Laundry. Close to Rec Center and airport, 30 minutes to Naden. Single working person only. Available immediately. E-mail alrobert@shaw.ca

GREAT FAMILY HOME to rent! Spacious 4-bedroom house, 2300 Sq Ft on 1/3 Acre in Langford. Newly renovated Ensuite Master bathroom, and much more. \$2,950 call (250) 588-2811.

2 BED, 2 BATH condo in the Ovation, 5 min walk from CFB Esquimalt. Large kitchen w/ stainless appliances, granite countertops and hardwood/laminate floors throughout. Balcony w/ ocean and mountain views. In suite laundry, secure underground parking, storage locker and commercial gym. No smoking, no pets. \$2000 a month utilities extra. Available September 1st. Contact Matt Oldroyd moldroyd@gmail.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

Military Discount, Tenant Referral Program

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

Volunteers WANTED

The MS Society is looking for volunteers to help at the MS Bike - Cowichan Valley on Aug. 10 to 12. The ride begins at Camp Pringle and tours through the beautiful scenery of the Cowichan Valley. Spend the afternoon at a winery or help us at our banquet; we're sure to have a role that fits your skillset

To sign up, email [Jenessa Noviello](mailto:Jenessa.Noviello@mssociety.ca)
Jenessa.Noviello@mssociety.ca

CALGARY DEPARTS FOR OPERATION PROJECTION

HMCS Calgary sailed out of Esquimalt Harbour July 31 and onward to the Asia-Pacific region for Operation Projection, a five month deployment. The ship will conduct naval presence operations in the region. It will also support international naval exercises with partners, and make port visits in five countries. These visits support Canada's diplomatic efforts in the region.

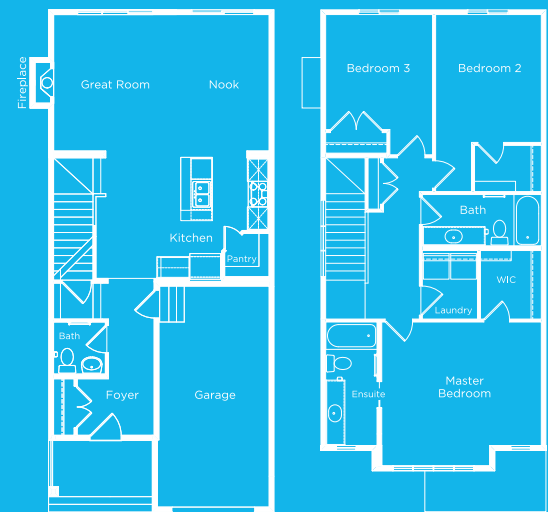


Photo by Leading Seaman Mike Colboff, MARPAC Imaging Services

Photo by SLt M.X. Déry



CORNELL
1,726 SQ. FT.
3 BEDROOMS + 2.5 BATHS
(+ UNFINISHED BASEMENT)



**MOVE IN
FALL 2018**

SUMMER SALE EVENT!

Don't miss out on our summer sale event! Limited opportunities available. Owning your own single-family home in the beautiful master-planned community of Royal Bay is within your reach! With just a short walk to the ocean, could life get any better? Visit our HomeStore for more information.

SINGLE-FAMILY HOMES

From **\$599,900** Incl. GST

**GABLEcraft
HOMES™**

GABLECRAFT HOMESTORE
3549 Ryder Hesjedal Way
Colwood, BC
Open 11AM-5PM
Tuesdays-Sundays
778.265.8350



REGISTER NOW
GABLECRAFT.CA/ROYALBAY