



WITH DND ID,  
LIMITED TIME  
Esquimalt  
Location only

Enjoy a  
**FREE COFFEE**

with every  
sandwich,  
wrap or  
salad.



**redbarnmarket.ca**

OPEN 6AM-9PM MON-FRI,  
8AM-9PM SAT-SUN

• CELEBRATING 75 YEARS PROVIDING RCN NEWS •

Volume 63 Number 41 | October 15, 2018

# LOOKOUT

newspaper.com

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



LookoutNewspaperNavyNews



@Lookout\_news



LookoutNavyNews

**4 FOR 3**

**TIRE EVENT  
ON NOW**

ON SELECTED TIRES  
UNTIL OCTOBER 27<sup>th</sup>  
ASK FOR DETAILS.

**VICTORIA (LANGFORD)**

2924 Jacklin Road  
250.478.2217

fountaintire.com

**Fountain Tire**

GOODYEAR



We're  
on this road  
together.



Photo by LS Garipey

## HMC Ships Edmonton and Nanaimo depart for Operation Caribbe

"Let go one!" echoes through the harbour as crew aboard HMCS Edmonton and HMCS Nanaimo slip Y jetty as they begin their long journey South, hoping to return in the winter with more snowflakes on their bridgewings.



**BMO**



**David Vanderlee, CD, BA**  
**Canadian Defence**  
**Community Banking Manager**  
**Mortgage Specialist**

David.VanderleeCD@bmo.com  
M 250.217.5833  
F 250.727.6920

BMO Bank of Montreal, 4470 West Saanich Rd, Victoria, BC

*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

**The Home of  
the Full Refund!**

**3 Locations:**

Glanford Avenue  
Downtown-Queen's Avenue  
Quadra Street

**250-727-7480**

bottledepot.ca







A before and after sequence of graphics illustrating the Mustard Seed Food Bank before HeroWork began a Radical Renovation of the facility over the weekend and an artists depiction of what the new Mustard Seed Market will look like when work is completed in early November.

# ROYAL CANADIAN NAVY PITCHES IN FOOD BANK REBOOT

**Peter Mallett**  
Staff Writer

Sailors from the base rallied around Victoria charity HeroWork over the weekend as it embarked on another renovation of a local charity.

Three teams of approximately 20 volunteers each from HMCS Ottawa volunteered their time to HeroWork's latest 'Radical Renovation' project at The Mustard Seed Market Food Bank on Oct. 11, 13 and 14.

Volunteers from Base Logistics were also on scene with members of Ottawa last Wednesday and Thursday for the demolition and gutting process at the facility located on Queen St.

The sailors were mostly performing demolition

and carpentry work on the \$500,000 project aimed at converting Mustard Seed's food hamper program and warehouse into a facility that, when it is completed on Nov 4, will closely resemble a grocery store.

Since it was founded in 2010, HeroWork has contributed close to \$3-million worth of non-profit renovations in the Greater Victoria region. HeroWork Founder and Executive Director Paul Latour says that he has traditionally depended on volunteers from the Canadian Armed Forces as an important part of HeroWork's projects.

"CFB Esquimalt and the military continue to step up and deliver, bringing large groups of strong, smart and cooperative people to

bare on our projects," said Latour. "They do this at key times as the first weekend of a Radical Renovation is always important to push things forward and get the job done."

Latour says the main intent of the latest renovation project at the food bank is to reduce food waste and increase the dignity of recipients receiving food. Mustard Seed's current Food Hamper Program serves approximately 5000 people per month.

It involves volunteer members putting together pre-wrapped boxes of food for its clients but items outside of recipient's normal dietary choices often go unused.

"Being able to choose the food you want is a more

successful model so we are gutting the warehouse and transforming it into a food bank that has the look and feel of a real grocery store," said Latour.

Some of the work scheduled for completion during the renovation will include extending the upper floor of the building over the warehouse, the installation of large coolers, replacing the heating system and furnaces, and the running of new electrical lines.

Lieutenant (Navy) Colin Dudeck, a Marine Systems Engineering Officer on Ottawa, spearheaded his ship's recruiting effort and has been involved as the Base liaison during past Radical Renovations. It's the first time he's helped recruit volunteers while onboard a

Canadian warship and said things went better than he expected.

"It's been an awesome process, I did a few presentations and sent out a few emails and we had tons of people volunteering right away," said Lt(N) Dudeck. "That's because they realize that many people in the community are struggling to make ends meet and this is a good opportunity for members of the military who have been more fortunate to give back and help get people back on their feet."

Other Department of National Defence organizations are also stepping up to the plate on the HeroWork project. The Boomer's Legacy foundation is contributing a total of \$20,000 to pay for supplies

in both of HeroWork's 2018 projects in support of the Mustard Seed. Operated by Canadian Forces Morale and Welfare Services (CFMWS) through the Support Our Troops program, Boomer's Legacy distributes funds to people in need both domestically and abroad.

In June a \$10,000 donation helped HeroWork pay for supplies to build a food rescue kitchen at the Food Rescue Distribution Centre.

HeroWork is currently taking up a food drive to stock the shelves of the new food bank and is reaching out to area businesses and citizens for donations. For more information or how to volunteer on this and other future projects visit the HeroWork website at: <http://www.herowork.com>



**Robin&AJ**  
Good morning. Good times.







# HMCS CALGARY & NRU ASTERIX VOLUNTEER IN VIETNAM

After a couple of months at sea, *HMCS Calgary* and Naval Replenishment Unit (NRU) Asterix volunteered their time while alongside in Da Nang, Vietnam. The crew helped out a school and an orphanage in need, namely the Children Affected by Agent Orange and Da Nang Specialized Future School (for children with disabilities).

Volunteer work is often conducted by deployed ships, such as during *HMCS Vancouver's* recent deployment on Operation Projection.

In all, 24 volunteers visited the Children Affected by Agent Orange, 50 children and young adults aged from 10-25 greeted the sailors. There volunteers painted and provided building material to upgrade the facility with the help of the Boomer's Legacy Foundation.

At the Da Nang Specialized Future School, an orphanage housing 50 children aged 7-15, a separate group of 36 volunteer sailors helped paint and improve the school, while some sailors entertained the children.

At both sites, representatives from the Canadian Embassy gave gifts to the children, such as packs of balloons, soccer balls, coloring books, crayon boxes, and hats.

The crew from *Calgary* and *Asterix* handed out numerous stuffed animals, toys, soccer balls, basketballs, books, crayons, blankets, and mattresses. All items were contributed through the Boomer's Legacy Foundation.



Boomer's Legacy began when Corporal Andrew "Boomer" Eykelboom, a Medical Technician, was killed in action by a suicide bomber in Afghanistan in 2006. Andrew spent his free time in Afghanistan helping those in need and he wrote home, "Mom, send me good things for the children, putting a smile on their face is the most important thing."

The Boomer's Legacy Foundation is a 100% Canadian charitable organization that was created to embody and perpetuate the passion Andrew had towards helping the people in need who he encountered while deployed. The goal of Boomer's Legacy is to empower all deployed Canadian Forces personnel by the raising and provision of charitable funds, thus helping them to help others.

In this way, they are able to carry on Andrew's legacy of providing humanitarian assistance to people where ever and whenever Canadian Forces members are deployed.

More information on Boomer's Legacy can be found at [www.boomerslegacy.ca](http://www.boomerslegacy.ca)



Crewmembers of *HMCS Calgary* entertained the children of a school and orphanage in Da Nang Vietnam while simultaneously helping to improve both sites with help from the Boomer's Legacy Foundation.



## 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

### EDITOR

SLt Michaël Xavier Déry 250-363-3372  
michael.dery@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 lundi, 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 modi-  
fier, 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](http://www.lookoutnewspaper.com)

Fax: 250-363-3015

Canadian Mail Product Sales Agreement 40063331



## WHAT SAY WE



## Gets me fuming: smokers in parks

**SLt M.X. Déry**  
Acting editor

The legalization of pot is finally upon us, and while I'm not a user myself, I'm glad that some of my friends will now have the freedom to engage in recreational use without fear of legal reprisal. No longer will they need to find a sequestered spot to purchase illegal drugs on the black market and then smoke them in hiding, usually somewhere outdoors like the woods or a park.

With the stigma gone, I shouldn't be walking in the park at sunset and come across yet another couple sharing a joint during their jaunt on the trails. Ended are the days where I push my son's stroller with the stench of marijuana permeating around the playground.

Nothing really gets me fuming like seeing people carrying bits of burning plant around a heavily wooded area after the worst wildfire season in BC history.

I'm not naïve and I know the transition won't be instantaneous, but pot smokers will need to re-learn where they can smoke. For years they've developed a routine of smoking away from house and home, avoiding their

landlords or children and smoking somewhere they could walk to, but not in plain sight where authorities could see them.

If you plan on trying cannabis for the first time on Oct 17, then I recommend you read the recently amended Capital Regional District (CRD) Clean Air Bylaw No. 3962, which makes all parks, playgrounds, playing fields, public squares and bus stops smoke free. The section outlining where you can't smoke is only half a page.

I can't remember the last time I spotted a tobacco smoker lighting up where they weren't supposed to, so if you don't want to read through the legalese, you could always ask your tobacco smoking friends where they smoke.

While you no longer face jail time for smoking pot, if you are caught smoking in a park or public space the fine is \$100. CRD enforcement over the last year has been focussing on education and awareness, but will result in fines as of Oct 20.

The amended bylaw also prohibits vaping, whether nicotine, cannabis or other, in the same areas.

While I agree that your maple and coconut flavoured vape juice doesn't smell as bad as

tobacco or cannabis, you still can't sit at the bus stop creating your own fog bank.

"We have the most reports of people not complying with the seven metre smoke-free buffer zones around doorways, windows, air intakes and bus stops," said Dr. Richard Stanwick, Island Health's Chief Medical Health Officer. "Other frequent complaints are related to the absence of a sign at building entrances. With the inclusion of cannabis under the bylaw, we expect similar reports."

New signs are being posted around the city with the hope of keeping the complaints down, but with the winter rain forthcoming, many a smoker will want to light up indoors. Perhaps they sell umbrellas with a lighter built in?

"There is no safe level of second-hand smoke - that includes cannabis, vapour products and tobacco," says Dr. Stanwick.

If you do want to try cannabis without all these headaches, edibles are only a year away. Until then, stay out of parks and playgrounds while smoking.

Those catching smokers where they shouldn't be smoking can contact an Island Health Enforcement Officer at 250-360-1450.

**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](http://www.galaxymotors.net)**

Torch Award **FINALIST**





# Tour de Rock riders roll through town

**Peter Mallett**  
Staff Writer

On the final day of their journey, a soggy and cold team of Tour de Rock riders warmed to a hero's welcome while making a brief stop at CFB Esquimalt Fire and Rescue on Oct 5. A Dixieland ensemble of Naden Band members struck up a rousing rendition of 'When the Saints Go Marchin' In' as a cheering crowd of approximately 150 well-wishers lined the inside of the Esquimalt Rd. fire hall. Then led by a police motorcycle escort, the team of 22 police and first responder cyclists rode

out of the rain and through the giant front bay doors and into the fire hall.

Dressed in transparent plastic rain slickers, the men and women were in the final hours of a gruelling, 15-day, 1,200 km cycling tour of Vancouver Island which began in Port Alice on September 22. The annual event serves as a fundraiser for pediatric cancer research and support programs and has raised over \$25-million since it began in 1998. This year's campaign raised over \$1.2-million in donations.

Esquimalt-based riders Matt Arnsdorf of CFB Esquimalt Fire and Rescue and Sub-Lieutenant Antoine LeBlanc of Military Police Unit Esquimalt were greeted with hugs, slaps on the back and high fives from friends, family members and co-workers after dismounting from their bikes. They then received an official welcome on behalf of the Base Commander's Office by Commanding Officer, Base Information Services (BIS), Cdr Nick Manley and Fire Chief Steve Mullen.

SLt LeBlanc and Arnsdorf both agreed the journey was physically taxing on the body but was well worth it in the end.

"It's been an unbelievable journey and really amazing to roll through all of these different communities on the island that have been touched by cancer," said Arnsdorf. "It's also been incredible to see the outpouring of support, not only through donations but also the cheering and [appreciative] honking from people on the side of the road or in their cars. This type of

support helps you quickly forget about all the pain and exhaustion in your legs."

SLt LeBlanc agreed and said the tour was emotionally uplifting despite the physically-grueling task.

"This is a bitter-sweet occasion for me," said SLt LeBlanc. "That's because my body will be happy when the tour ends because it will be getting a rest but the mind wants to keep going. It's easy to see this year's tour was a success and we have done a good job."

Throughout their ride, the riders made dozens of stops at schools, fire halls, and community centres where they were greeted with praise and financial support in the form of donations from countless community organizations. In Esquimalt, The Chief and Petty Officers Mess, Junior Ranks Mess, and the Wardroom made a cheque presentation of \$2,000 and local Branch 1009 of the International Association of Firefighters (IAFF) Union presented \$500. The spirit of giving was a two-way street as SLt LeBlanc and Arnsdorf presented supporters in the defence community with commemorative plaques for their support of the tour.

Their stop at the fire hall lasted just 20 minutes. Then it was time for the riders to strap on their helmets, climb back on their bikes and head back into the rain. Later that day after making stops in Saanich and Victoria, the team of 22 riders concluded their ride at Centennial Square for the Tour de Rock Grand Finale.

For more information on the Tour de Rock and this year's ride visit their website: <https://www.tourderock.ca/>



Photos by Peter Mallett, Lookout



**Top:** Tour de Rock riders roll out of CFB Esquimalt Fire and Rescue headquarters as they embark on the final leg of their cancer fundraiser. **Bottom:** A soggy SLt Antoine LeBlanc (Left) of Military Police Unit Esquimalt and Matt Arnsdorf of CFB Esquimalt Fire and Rescue react during their tour stop at the base.

## Chiefs and Petty Officer's Mess

presents



**DOORS:** 1800  
**MEAL:** 1900  
**TICKETS:** \$35 Mess Due paying Members + 1 Guest / Each  
\$45 All Others / Each

**ENTERTAINMENT:** Provided by: Tonemeisters plus DJ

**SPECIAL DRAUGHT OKTOBERFEST BEER**

Available for purchase while supplies last

**APPETIZERS:** German Pretzels, German Potato Skins Stuffed with Sausage, Sauerkraut

**MAINS:** Schnitzel - Chicken and Veal, Bratwurst German Sausage with Sauerkraut, Spitzie, Mixed Vegetables, Dinner Rolls, Bavarian Potato Salad, Green Salad

**DESSERTS:** Coffee, Tea, Bavarian Cream with Fresh Fruit, German Strudel

**ADVANCE TICKETS ONLY:**

[hunt.rita@cfmws.com](mailto:hunt.rita@cfmws.com)

## Find Your Power

Highly Personalized Trauma Treatment  
NON-12 STEP SINCE 2008



### Treatment Shouldn't Feel Like Punishment

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

Take Control



Get Connected



Find Your Purpose



Heal And Grow



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

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



LEARN MORE ▼

[register at schc.ca](https://www.schc.ca)



Sunshine Coast  
Health Centre

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

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





**TANIA GODARD**  
your local  
**Disney Specialist**  
CENTRE HOLIDAYS & CANADIAN MOUSETRIPS  
[tania@centreholidays.com](mailto:tania@centreholidays.com)  
[www.facebook.com/disneybytania/](http://www.facebook.com/disneybytania/)  
Dedicated to making your vacation magical.  
Customized itineraries to fit your family's need.  
No booking fees.  
Also available for all-inclusive, cruise, hotels, flights, car and excursion bookings.

*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](mailto:info@chelseahousekeeping.ca)  
[www.chelseahousekeeping.ca](http://www.chelseahousekeeping.ca) **778.922.0199**  
*A tidy house is a tidy mind*

**BARNES HARLEY-DAVIDSON**



**Steeve Lesperance**  
Motorcycle Sales Consultant  
Barnes Harley-Davidson, Victoria

Ask me about the  
Military/Veterans discount

E: [steeve@barneshd.com](mailto:steeve@barneshd.com) / 250-516-2024  
P: 250-475-1345 W: [www.barneshdvictoria.com](http://www.barneshdvictoria.com)  
A: 2940 Ed Nixon Tce, Victoria

Motor Vehicle License #: 8694

**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

*Need a vehicle?*

**GOOD CREDIT, BAD CREDIT... WE DRIVE SOLUTIONS!**



**APPROVED APPROVED APPROVED**

**The CREDIT DOCTOR**

[www.creditdoctorvictoria.ca](http://www.creditdoctorvictoria.ca) | 250-360-1111

**Working for our community**

**Mitzi Dean**  
MLA, Esquimalt-Metchosin

250-952-5885  
#104 - 1497 Admirals Road  
[Mitzi.Dean.MLA@leg.bc.ca](mailto:Mitzi.Dean.MLA@leg.bc.ca) / [MitziDean.ca](http://MitziDean.ca)




Photo credit DND  
The Victoria Island Military Museum in Nanaimo displays a 40mm gun from HMCS Nanaimo.

# Big Guns FIND New Life

**Peter Mallett**  
Staff Writer

Instead of being turned into scrap, the phased-out 40mm gun of Kingston-class warships will serve as monuments and tourist attractions in their namesake cities and other distinguished locations across the country.

Currently, some of the 40mm guns are in the process of being transferred to museums and public parks; one gun weapon system has landed on a golf course.

In 2014, the Department of National Defence decided that the 22 Second World War era 40mm NC 1 L 60 gun weapon systems had come to the end of their service life. However, the ships' Commanding Officers and Materiel Group organizations within DND and the federal government were able to re-purpose them into outreach tools.

"A key aspect of the disposal plan was to retain and preserve the unique maritime artifacts, as well as strengthen the relationship with the ships and their namesake cities," said

Lieutenant-Commander Kevin MacDougall, a Naval Combat Systems Engineering Officer who works at Ottawa's Director of Naval Combat Systems office. "The intent is part of the Navy's ongoing outreach efforts with the Canadian public. The process will get some of this reconditioned weaponry to far-away inland locations and allow people to see some tangible equipment and take a moment to think about the Royal Canadian Navy."

LCdr MacDougall says the initiative is also a morale booster for the sailors onboard the ships that have an overwhelming sense of pride for their namesake cities. He also notes the donation process is cheaper than the cost of destroying the weapons, which saves the Canadian taxpayer money.

He says this weaponry has been in the naval inventory since 1943 making them of historical value. The guns were used on Canadian warships during the Second World War, once saw service on Tribal-class destroyers in the 1960s, served as air field defence in the 1970s and 1980s, and were also

installed on Her Majesty Canadian Ships in support of the Gulf War.

Then after undergoing mechanical and hydraulic upgrades the guns were installed on the 12 Kingston-class warships during the 1990s. An additional ten units were reconditioned to support training at several naval reserve units across the country.

Preparation to turn the gun weapon system into a public artifact includes the physical demilitarization at either Fleet Maintenance Facility Cape Breton or Cape Scott where they weld the breach (the rear of the barrel) closed, plug its barrel and make sure there are no hazards that could be dangerous to the general public once on display. From there they are loaded onto transport trucks and shipped to far-off locations.

LCdr MacDougall notes that Maritime Forces Pacific has taken the lead on the initiative as three of the six Kingston-class weaponry that operate from Esquimalt have already found homes in their namesake cities. *HMCS Saskatoon* donated its gun to reserve unit

*HMCS Unicorn* in August; the gun from *HMCS Edmonton* was shipped off to the Edmonton Garrison Memorial Golf and Curling Club in April and is now part of an 11th hole tribute to the Battle of the Atlantic, while *HMCS Nanaimo's* gun is positioned near the entrance of the Vancouver Island Military Museum.

Three remaining West Coast vessels have yet to find homes for their guns but LCdr MacDougall says plans are currently in the works. *HMCS Whitehorse* is working with the territorial government's Highways and Public Works Department to find a home for its gun, while *HMCS Brandon* is working with the CFB Shilo Artillery Museum. *HMCS Yellowknife* has been unable to find a home for its gun in their namesake city, however they are currently in discussions with representatives in London, ON at *HMCS Prevost*.

Eventually, the former 40mm gun weapon systems from all West Coast Kingston-class warships will be in a position to show off Canadian Naval history across the country.

**babcock**

Proud to support Canada's fleet



Marine >  
Land >  
Aviation >  
Cavendish Nuclear >  
[babcockcanada.com](http://babcockcanada.com)

**ROYAL LEPAGE**

**250.477.5353**  
[info@AdkinsInnes.com](mailto:info@AdkinsInnes.com)  
[www.AdkinsInnes.com](http://www.AdkinsInnes.com)

JACKIE ADKINS & DEAN INNES

**BROOKFIELD RELOCATION SPECIALISTS**





## Unfounded Sexual Assault Internal Review results released

DND/CAF

The Canadian Forces National Investigation Service (CFNIS) has completed an internal review of all 2010-2016 Canadian Forces Military Police (CF MP) sexual assault files concluded as unfounded. CFNIS assigned a member that reviewed the 179 files from early 2017 until July 2018 revealing that:

- 113 cases remained as unfounded following this review;
- 43 cases had been misclassified; and
- 23 cases were identified for further investigation.

The Canadian Forces Provost Marshal and CF MP Group Commander directed the CFNIS to conduct the internal review following the Globe and Mail publication in 2017 of its two-year investigative report into unfounded cases of sexual assault.

"I was invited to conduct a review of our files as a means to assess the situation within the Military Police investigative files and take corrective action if necessary. This review was beneficial in many ways and we continuously assess best practices to ensure DND and the CAF communities receive the highest standard of policing service," said LCol Kevin Cadman, Commanding Officer, CFNIS.

The CFNIS is a unit within the independent CF MP Group whose mandate is to investigate serious and

sensitive matters in relation to Department of National Defence (DND) property, DND employees and CAF personnel serving in Canada and around the world.

From 2010-2016, the Military Police investigated 757 sexual assault cases. Following this review, 14 percent (113 cases) of those remain classified as unfounded from the original 23.6 percent (179 cases).

The CFNIS average unfounded rate from 2010-2016 has been declining with the rate dropping from 17.6 percent in 2010 to 8 percent in 2016, which is below the average unfounded rate of 19 percent for Canadian Policing.

The 43 misclassified cases have been re-coded to reflect more accurately the findings of the investigations.

CFNIS has re-opened the 23 cases identified for further investigation. In each case, investigators may require additional interviews, better documentation or the use of other investigative tools.

Following the CAF implementation of Operation Honour in 2015 and the Globe and Mail article of 2017, the Canadian Forces Provost Marshal directed the Canadian Forces National Investigation Service (CFNIS) to conduct an internal review of all sexual assault cases concluded as unfounded. Furthermore, he instructed the Commanding Officer of the CFNIS to act as sole approval authority for the conclusion of

unfounded criminal sexual offence investigations.

The Canadian Forces Military Police are in the final detailed planning stages of a Sexual Assault Review Program (SARP). This program will establish an open and transparent review process of all unfounded sexual assault cases. The SARP will give the external review team, consisting of three to five professionals from relevant fields, access to the entire case file in order to identify any inconsistencies or deficiencies in how the investigations were handled. This approach is expected to significantly enhance the transparency associated with the review and provide accountability to the victims of sexual assault and to the public at large. External reviewers are able to act impartially and offer unbiased assessments which will aid in providing additional means for the Military Police to ensure that investigative requirements were, and will continue to be, consistently met.

The SARP, which is to be launched in late Fall 2018, will commence with the external review team conducting an analysis of the work done by this internal review. Following the retrospective review of the investigations identified, the requirement to continue to conduct future reviews of all unfounded sexual assault cases investigated by Military Police will be assessed on a yearly basis.

## 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

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



\* under 80,000 km

## Cut your debt by up to 80%!



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

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

CALL TODAY FOR A FREE CONSULTATION



250-882-5556

DebtFree@DebtVictoria.com

DebtVictoria.com



**SCHOLARSHIPS  
FOR MILITARY  
AND VETERANS.\***

**WWW.SPROTTSHAW.COM**

**VICTORIA: 250-384-8121**

## New from Winnebago 2019



**Micro Minnie  
2306BHS**

As low as **\$8319** Weekly

0 down/5.99%/60/240 OAC



**Proudly Supporting those who Serve**  
10299 McDonald Park Road, Sidney ▼ 250-656-1122



## New REMUS 100 for the Royal Canadian Navy

Fleet Diving Unit (Atlantic) members have started training on two autonomous underwater vehicles REMUS 100 (Remote Environmental Monitoring Units). These vehicles will mostly be used for seafloor mapping, underwater surveying and searching, to include near and under ice. It will be the first time that the Royal Canadian Navy owns REMUS and FDU(A) members intend on deploying them on board of HMCS Glace Bay during Exercise Trident Juncture 18, in Norway, at the end of October. These vehicles are a great underwater situational awareness asset for the Royal Canadian Navy. Pictured are: LCol Patrick Fournier, FDU(A) CO; Dalton Sicard, Procurement Officer DMarP; Joseph Podrebarac, Section Head DNCS4; Nick Burchill, Subsea Sales Manager, Konsberg Maritime.



# Get Ready to Shake Out.



**October 18, 10:18 a.m.**



**IBC**

Insurance Bureau  
of Canada

Presenting Sponsor

 **BC Hydro**



**FORTIS BC™**

The Great  
British Columbia

**Shake  
Out™**

**Register at**

**[www.ShakeOutBC.ca](http://www.ShakeOutBC.ca)**



# BC Shakeout 2018

## October 18, 10:18 a.m.

On Oct. 18 at 10:18 a.m. CFB Esquimalt will take part in the 2018 BC Shakeout, a province-wide earthquake drill.

The goal of the drill is to improve awareness and preparedness for major earthquakes. It encourages everyone to be better prepared on what to do before, during and after an earthquake.

Vancouver Island sits next to the Juan de Fuca plate, which is subducting itself under the North American plate at the Cascadia subduction zone. This is the second largest tectonically active fault system in North America, and extends from northern California to Vancouver Island.

Though scientists are continually learning more about tectonic plates and the causes of earthquakes, they can't predict when the "Big One" will come.

This annual earthquake exercise provides an opportunity to check our preparations not only on base, but at home as well.

Prepare to be without resources for at least 72 hours and quite possibly longer in the event of a large scale disaster.

Prior to the exercise, all personnel should take the time to review the following procedures:

- Visit the BC Shakeout website for some great information, [www.shakeoutbc.ca](http://www.shakeoutbc.ca)
- Familiarize yourself with the location of your building's E-Box muster area. Locations are available on the DND intranet at: <http://esquimalt.mil.ca/bcomd/baseops/Diasters%20and%20Emergencies.htm>
- Ensure you have a personal emergency kit under your desk. Report any deficiencies to your Chain of command

When the exercise begins, personnel from Base Operations will activate the Emergency Operations Centre and take reports from the E-Boxes and outstations.

Information on preparedness, assessing personal risk, family reunification, and more can be found at Emergency Management BC: [www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery](http://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery).

**ON THE DAY OF THE SHAKEOUT, the exercise will be triggered by the mass notification system siren.**

*At that time, all personnel are to take the following actions:*

- 1. Drop, Cover, Hold On (Protect yourself)**
  - Duck under a desk or a table to protect yourself from falling objects
  - Curl into the fetal position to protect your vital organs
  - Wait for the earthquake to stop
- 2. Count to Sixty (Count out loud)**
  - Counting to sixty will allow any unstable objects or debris to finish falling
  - Counting out loud will confirm to others that you are nearby and conscious
- 3. Exit Building (Safe, orderly & expeditious)**
  - Exit the building in a safe and orderly manner
  - Ensure that you take your Personal Emergency Kit (red bag)
  - Do not delay your exit by taking personal belongings
  - Do not attempt to free trapped individuals, but note their exact location
- 4. Meet at Muster Point**
  - Report to Floor Warden/Building Warden
  - Report location of any trapped individuals to Floor/Building Warden
  - Remain on site until further notice
- 5. Report to E-Box**
  - Building Warden to lead all too designated E-Box
  - Report with your nominal roll and known status of employees
- 6. First Aid (As required)**
  - First Aid will be available for those in need
  - Rescue operations will commence by trained LUSAR members

# Join Us

## in the

# World's Largest

# Earthquake Drill.



If you're retired Public Service,  
Military or RCMP and you don't  
belong, you're missing out!



www.federalretireesvictoria.ca  
Email: service@federalretiree.ca  
Call toll-free: 1.855.304.4700

Habitat for Humanity  
Victoria

**ReStore**

TWO LOCATIONS:

849 Orono Avenue, Langford  
3311H Oak Street, Victoria  
250 386-7867

restore@habitatvictoria.com

www.habitatvictoria.com

• SHOP • DONATE • VOLUNTEER

10% DND  
Discount  
with ID

**John Nelson**

Family Law Lawyer

**John Nelson Law Corporation**

300-848 Courtney St., Victoria, B.C. V8W 1C4

Phone **250 940 3593** Fax 250 940 3587

Email john@johnnelsonlawcorp.com

www.johnnelsonlawcorp.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

**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  
& NON-PRESCRIPTION SUNGLASSES**

**NEW!  
RAY BAN  
SUNGLASSES**

**ACCEPTING NEW  
PATIENTS - BOOK AN  
APPOINTMENT TODAY!**

**CLOSE  
TO BASE!**

Military Discount and Direct Billing

**Admirals  
Walk**  
OPTOMETRY CLINIC

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

**NEAR BASE**

106-1505 ADMIRALS ROAD

**(250) 995-0449**



CFB Esquimalt Fire Department assist by filling a water bladder to be used by the burn team.

## Rocky Point prescribed burn

### Formation Safety and Environment

Department of National Defence worked in partnership with Natural Resources Canada and the BC Wildfire Service (BC Coastal Fire Center) to conduct a controlled prescribed burn at the DND Rocky Point Property on Sept. 27 and 28.

"The prescribed burn targeted 15 hectares of land and was the second prescribed burn successfully carried out under this partnership," said Tracy Cornforth, Formation Environment Officer at the base's Formation Safety and Environment (FSE) Branch.

DND's Rocky Point property is one of the largest remnants of Garry Oak Ecosystem in Metchosin and on Southern Vancouver Island. The 1100 hectare property contains notable populations of rare plants and animals which have attracted researchers from all across North America.

Forest fire suppression has had a major impact on the Ecosystem. Historically, deliberately set prescribed fires were used by First Nations to periodically sweep through Garry Oak meadows, burning off dry grass, shrubs and young trees less tolerant of fire than Garry Oaks.

These fires occurred frequently and prevented the accumulation of forest litter and reduced the overall fire risk.

Fire tolerant Garry Oaks would have survived these low intensity burns and native plants used by First Nations would vigorously re-sprout after these burns.

DND is using controlled prescribed burns to control invasive plant species and conifer encroachment into remaining high value Garry Oak meadows. This activity helps to reduce the overall fuel load, restore the ecosystem and makes areas more suitable for light military training.



Formation Safety and Environment conduct a controlled burn with BC Fire Services and Esquimalt Fire Department at Rocky Point.

Photos by Leading Seaman Valerie LeClair, MARPAC Imaging Services

### THE GLEN ON GLENTANA



From \$400,000s to \$600,000s

**PEMBERTON  
HOLMES**  
ESTABLISHED 1987

**BRAND NEW 50 SUITE CONDOMINIUM BUILDING** proposed on Glentana Road – off Admirals Road on a quiet cul de sac, behind Canadian Tire. Call for information on this luxury condominium featuring 1&2 bedroom units with under ground parking available.  
**Contact Rob Garry for more details!**

This is not an offering for sale. Such offering can only be made after filing a disclosure statement.



Call Rob! **250.384.8124**

Email: rob@robgarrealestate.com

Web: www.robgarrealestate.com

**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' entrées with the purchase of one adult entrée. Kids meals limited to all entrées listed on the kids' menu.



### First Arctic Offshore Patrol Vessel named

On Oct. 5, in Halifax, ship's sponsor Madame Sophie Grégoire-Trudeau broke a bottle of sparkling wine on the newly named Harry DeWolf to bestow good luck. The yet to be commissioned future HMCS Harry DeWolf, will now begin a year of acceptance trials before going into active service.





**DON'T MISS OUT ON THIS!**

## BLOG FALL OIL CHANGE

**THURSDAY, OCT 18 FROM  
7:30 A.M - 4 P.M. AT  
WP1127 (TEME WORKSHOP)**

### \$25 OIL CHANGE PKG

Correct amount of oil and appropriate filter must be provided by the customer.

Oil change package (including meal) and winter tire installations available.

Contact Janice Beljanski (250-363-7208) to make your appointment today!  
View the flyer at <http://esquimalt.mil.ca/bcomd/ndwcc/events.htm>.

## PACIFIC Mazda

UPGRADE TO

# Mazda



GT model shown

UP TO A

# 0% PURCHASE FINANCING + \$750 UPGRADE BONUS

ON SELECT NEW 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)

The Anglican Parish of St Peter and St Paul

Presents the

## Holly & Gnome Again Bazaar



**SATURDAY  
NOVEMBER 17TH  
10:00AM -2:00PM**

Lunch served from 11:00 - 1:00 PM

- ★ Silent Auction
- ★ Handmade Gifts
- ★ Baked Goods
- ★ Candy Shop
- ★ Attic Treasures
- ★ Mincemeat
- ★ Jams and Preserves

Wheelchair access, All Welcome

**1379 Esquimalt Rd**

## government rates

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

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

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



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



## MARPAK SUPPORTS A HEALTHY WORKPLACE



Week **3**  
OCT 14-20

- Conflict resolution
- Family violence awareness
- Financial wellness



## Conflict Resolution at CFB Esquimalt

**Celebrate Conflict Resolution Day:  
October 18, 2018**

**An Annual International Celebration  
Confident Communication  
(1 hr workshop)**

Join this one-hour workshop where we will discuss the topic of Confident Communication; the ability to express positive and negative ideas in an open, honest, and direct way. Confident Communication allows us to take responsibility for ourselves and our actions without judging or blaming other people and allows for a collaborative conversation. This interactive workshop will look at communication as a way to empower you to develop boundaries with people, allowing you to have your needs met without pushing others away or allowing yourself to feel anger or resentment. The goal of Confident Communication is to develop an environment of collaboration and growth.

**CFB Esquimalt  
Conflict Resolution Day Event:**

**Lunch & Learn – 18 Oct 18  
“Confident Communication”  
1200 – 1300  
Naden Athletic Centre N88**

Bring your lunch and join us for an interactive workshop on communicating confidently.

RSVP by 17 Oct 18 to:  
Kenneth.Ashdown@forces.gc.ca

**Online event:**

**“Improving the workplace,  
one conversation at a time!”  
Canadian Innovation Centre  
for Mental Health in the Workplace  
235 Queen St., Ottawa**

For registration information contact:  
Barbara.Rix@forces.gc.ca



Integrated Conflict and Complaint Management  
La gestion intégrée des conflits et des plaintes  
Find the way ahead • Trouvez la voie à suivre



# Family Violence Awareness

The “Take a Stand Against Family Violence” is a CAF/DND annual educational campaign that aims to end family violence in all forms.



## What is Family Violence?

Family violence means an abuse of power within a relationship of family, trust or dependency, and includes many forms of abusive behavior. Examples include emotional abuse, psychological abuse, criminal harassment, neglect, financial exploitation, destruction of property, injury to pets, physical assault, sexual assault and homicide.

Family violence has both short and long term effects. Children who witness violence in the home suffer emotional abuse as a consequence.

Abusive behavior often results in the person feeling afraid and controlled.

## Who is Affected by Family Violence?

Family violence happens in all cultural, racial, and religious groups and at all income and rank levels.

## Why Is the DND/CAF Concerned with the Issue of Family Violence?

Family violence in any form is a priority issue within the Canadian Armed Forces.

Family violence is a very private and emotionally charged issue. It is a difficult topic to talk about.

Individuals may still be too fearful to come forward and seek assistance for issues related to violence and/or abuse.

The unfortunate part of this scenario is that a problem left unaddressed, can escalate.

The Canadian Armed Forces is committed to raising awareness and strengthening its response to family violence through accessible resources, prevention and support services.

## Not Sure If You Need Help?

**Your relationship is abusive if either partner:**

- Dominates or controls the other
- Keeps the other isolated
- Uses insults or put-downs
- Damages the other's property
- Shows extreme jealousy or possessiveness
- Pushes, hits, throws things, chokes or physically restrains
- Forces sex
- Limits access to money

## Where To Go For Support in the CAF:

- Base/Wing Family Crisis Team
- Military Police
- Chaplains
- Social Work Officers
- Medical Officers
- CFMAP: 1-800-268-7708
- Family Info Line 24/7 1-800-866-4546

## Where To Go For Support outside the CAF:

- Military Family Resource Centre
- Emergency Services
- Shelters
- Victims Services
- Rape Crisis or Sexual Assault Support Centers
- Social or Family Service Agency
- Children's Aid Society
- Hospitals

Family violence is a very private and emotionally charged issue. It is a difficult topic to talk about. Take A Stand. Make the call. [All inquiries will be kept in strictest confidence]

**For more information, visit: <https://www.cafconnection.ca/National/Programs-Services.aspx>**

## Employee Assistance Program

The Employee Assistance Program (EAP) is a confidential, voluntary and neutral service available to civilian employees and their immediate family members when dealing with personal or professional issues.

The Civilian EAP is currently a hybrid program; services are provided through the following EAP Practitioners:

- Peer Referral Agents (RAs) – [hrciv-rhciv.mil.ca](mailto:hrciv-rhciv.mil.ca)
- Health Canada Mental Health Professionals (24/7 access 1-800-268-7708)

For more info: <http://hrciv-rhciv.mil.ca/en/m-employee-assistance-program.page>

For more information on Mental Health and Wellbeing tips, see the link to Roadmap to Optimum Mental Health: <http://hrciv-rhciv.mil.ca/en/m-mental-health-and-wellbeing.page>

## Financial Health

When our finances are not in order it can cause stress in our life and effect our overall well-being. Working in these four areas can build your financial wellness.

- **Budgeting**
- **Debt Elimination**
- **Saving for Emergencies**
- **Retirement Planning**

**SISIP FINANCIAL** Understanding the realities of military lifestyle, we are the exclusive and trusted provider of financial products and services to Canada's military community. <https://www.sisip.com/en/>

**BANK OF MONTREAL** BMO Bank of Montreal is proud to be the official bank of the Canadian Defence Community, in partnership with Canadian Defence Community Banking (CDCB). <https://www.bmo.com/main/personal/canadian-defence-community-banking#>

**CREDIT COUNSELLING SOCIETY** - We provide free, confidential, non-judgmental credit counselling to help you get your finances back on track. <https://www.nomoredebts.org/canada/bc/victoria/credit-counselling.html>



**Cannabis will be legal  
on Oct 17th 2018**



**Keep our defense community safe, get the facts:**

GetCannabisClarity.ca

Defence Administrative Order and Directive:

DAOD 9004-1, Use of Cannabis by CAF members

DAOD 2007-2, Use of Cannabis by DND Employees

**For more information: [www.cafconnection.ca](https://www.cafconnection.ca)**

[https://www.cafconnection.ca/Esquimalt/Adults/2018-PSP-Health-Promotion/October-is-Healthy-Workplace-Month-\(OHWM\)-2018.aspx](https://www.cafconnection.ca/Esquimalt/Adults/2018-PSP-Health-Promotion/October-is-Healthy-Workplace-Month-(OHWM)-2018.aspx)



# Bravo Zulu

## MARPAC HQ Awards

Photos by LS Sisi Xu, MARPAC Imaging Services



MCpl Brent Kenny, MARPAC Image Technician, is presented a Certificate of Achievement for Operation Lentus by Capt(N) Steve Jorgensen.



LS Daniel-James Gendron, MARPAC Intelligence Operator, is presented a Certificate of Achievement for Operation Lentus by Capt(N) Jorgensen.

# Bravo Zulu



LS Nicholas Keeping (centre) receives his hooks from Capt Mike Dailey (left) and CPO2 Matthew Goodwin.



MCpl Jennifer Gracey is promoted to her current rank by Base Comptroller LCdr Cynthia Foley, and sister-in-law Meghan Gracey.



Fleet Diving Unit (Pacific) Ship's Team Diver course 0221 graduation, Oct. 2.

# Bravo Zulu

## Fleet Maintenance Facility Awards

Rear Admiral (RAdm) Bob Auchterlonie, Commander of Maritime Forces Pacific (MARPAF), presented awards during the Fleet Maintenance Facility (FMF) Cape Breton Awards Ceremony, Oct. 9.

Photos by LS Valerie LeClair, MARPAC Imaging Services



CPO2 Patrick Lavallee receives the Special Service Medal for Operation Reassurance.



CPO1 Christopher Koblung receives the Canadian Forces' Decoration clasp.



Cdr Amit Bagga receives the Commander Royal Canadian Navy Commendation.



PO1 Francois Lecours receives the Commander Royal Canadian Navy Commendation.



Jeffery McDonald receives the Commander Royal Canadian Navy Commendation.



# Bravo Zulu

## Fleet Maintenance Facility Awards



Ron Braithwaite receives a MARPAC Bravo Zulu certificate.



Andre Guerard receives a MARPAC Bravo Zulu certificate.



Brett Hood receives a MARPAC Bravo Zulu certificate.



Hope Hunt receives a MARPAC Bravo Zulu certificate.



Lachlan Palmer receives a MARPAC Bravo Zulu certificate.



SLt Cui is promoted to Lt(N) by FMF Commanding Officer, Capt(N) Ed Hooper.



Ben Henderson receives a MARPAC Bravo Zulu certificate from Capt(N) Ed Hooper.



Gordon Sutherland receives a Certificate of Apprenticeship from Capt(N) Ed Hooper.



Dustin Ross receives a Certificate of Apprenticeship from Capt(N) Ed Hooper.



Christopher Mackenzie receives a Certificate of Apprenticeship from Capt(N) Ed Hooper.



Tyson Jane receives a Certificate of Apprenticeship from Capt(N) Ed Hooper.



Stephen Fish receives a Certificate of Apprenticeship from Capt(N) Ed Hooper.

Greater Victoria



**FALL  
BIKE TO  
WORK  
AND SCHOOL  
WEEK**

OCTOBER 22-28, 2018



**GRAND PRIZE  
CYCLING TRIP  
FOR 2  
TO ITALY!**

FREE REGISTRATION AT [BIKETOWORK.CA/VICTORIA](http://BIKETOWORK.CA/VICTORIA)

SPONSORED BY



f [BiketoWorkVictoria](https://www.facebook.com/BiketoWorkVictoria) t [@BiketoWorkVic](https://twitter.com/BiketoWorkVic) i [@BiketoWorkVic](https://www.instagram.com/BiketoWorkVic)



# LOOKOUT Classifieds & Real Estate

Email your Free Word Classified to [melissa.atkinson@forces.gc.ca](mailto:melissa.atkinson@forces.gc.ca)

HELP WANTED	VEHICLES FOR SALE	ANNOUNCEMENTS	FOR RENT	SERVICES OFFERED	SERVICES OFFERED
<p><b>Make a Difference!</b></p> <p><b>A Rewarding Volunteer Opportunity is Available for You!</b></p> <p><b>Become a Network Friend.</b></p> <p>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.</p> <p><b>Contact:</b> volunteer@lnv.ca <b>Learn more:</b> <a href="http://www.lifetimenetworks.org">www.lifetimenetworks.org</a></p> <p><b>LIFETIME Networks</b> FRIENDSHIP • SUPPORT • COMMUNITY</p>	<p>2012 DODGE RAM 1500 Sport/Quad Cab Loaded. Mileage: 106,000 km. Color: White. Interior: Black Leather. Price: \$24,999. Brand New Winter Tires: \$1000. Excellent Condition/No Accidents/ Fully Loaded. Call 250-217-4275</p> <p>CLASSIC 1994 XJ (X300). 6-cylinder 4-door red Jaguar. \$2,700. Call 250-881-1112.</p>	<p>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.</p> <p>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</p>	<p>1 LG BR NEWLY RENO suite \$1,200 in a quiet neighborhood 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. Contact shonar@shaw.ca or 250 514-1349.</p> <p><b>STORAGE</b></p> <p><b>BARRY'S</b> Since 1975 MOVING &amp; STORAGE LTD.</p> <p><b>Award winning service you can trust!</b></p> <p><b>Phone: 250-475-0022</b> <b>Toll Free: 1-877-475-0022</b> <b>Email: info@barrysmoving.com</b></p> <p><b>www.barrysmoving.com</b></p> <p><b>MILITARY DISCOUNT</b> FOR RESIDENTIAL MOVES</p>	<p>LOOKING FOR CHANGE? Do you have insomnia or sleep disturbances? Do you have random mood swings? Are you looking to regain control of your life? If you answered YES, I am offering at a very low cost, an hour session called ACCESS BARS. It is a gentle therapy that changes brain waves to give you more ease with life. For more information call or text Vanessa 778-677-0180.</p> <p>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 <a href="http://www.valeriemacneilcounselling.com">www.valeriemacneilcounselling.com</a></p> <p>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</p> <p>CAREER TRANSITION COACH &amp; Resumes Writer, former SCAN Coord Judy Marston; 10% Military Discount, <a href="http://www.resume-coach.ca">www.resume-coach.ca</a> or 250-888-7733</p>	<p><b>THERE ARE OVER 1000 FOSTER CHILDREN ON VANCOUVER ISLAND!</b></p> <p><b>Foster homes are needed!</b></p> <ul style="list-style-type: none"> <li>• Become a foster parent</li> <li>• Offer relief or respite</li> <li>• Spread the word</li> </ul> <p><b>fosterhope.ca</b></p>
<p><b>SERVICES OFFERED</b></p> <p><b>OVARIAN CANCER</b></p> <p><b>WOULD YOU KNOW IF YOU HAD IT?</b></p> <p><b>SYMPTOMS</b></p> <ul style="list-style-type: none"> <li>• Abdominal discomfort</li> <li>• Pelvic pain/backache</li> <li>• Bloating/gas/swollen stomach</li> <li>• Vaginal bleeding/painful intercourse</li> <li>• Urinary urgency</li> <li>• Ongoing fatigue</li> <li>• Indigestion</li> <li>• Weight loss/gain</li> <li>• Change in bowel habits</li> </ul> <p>If you have been feeling a combination of these symptoms for longer than three weeks, visit your doctor and ask for a Ca125 blood test.</p>	<p><b>SERVICES OFFERED</b></p> <p><b>VICTORIA PREGNANCY CENTRE</b></p> <p><b>Free Services Include:</b></p> <ul style="list-style-type: none"> <li>• Pregnancy Tests</li> <li>• Pregnancy Options Counselling</li> <li>• Pregnancy &amp; Parenting Counselling</li> <li>• Prenatal Classes</li> <li>• Practical Help - Diapers, wipes, formula, clothing</li> <li>• Pregnancy Loss Counselling</li> <li>• Post Abortion Counselling</li> <li>• Community Referrals</li> </ul> <p><b>250-380-6883</b> #112 - 826 North Park Street <a href="mailto:info@victoriapregnancy.org">info@victoriapregnancy.org</a> <a href="http://www.victoriapregnancy.org">www.victoriapregnancy.org</a></p>	<p><b>Bring ATTENTION to your business</b></p> <p>Lookout Classifieds 250-363-3127</p>	<p><b>ANNOUNCEMENTS</b></p> <p><b>NOW IN COOK STREET!</b></p> <p><b>Adult Self Defence Classes</b></p> <p>Classes available year round. Serious Self Defence for yourself, your loved ones, or for your country.</p> <p><b>LEARN, PRACTICE, MASTER</b></p> <p><b>GENBUKAN HAND TO HAND COMBAT SCHOOL</b> Cook Street Activity Centre 480 Cook Street</p> <p><b>www.genbukan.black 250 889 8807</b></p>	<p><b>MORTGAGE CONSULTANT</b></p> <p><b>BMO</b></p> <p><b>David Vanderlee, CD, BA</b> Canadian Defence Community Banking Manager Mortgage Specialist</p> <p><a href="mailto:David.VanderleeCD@bmo.com">David.VanderleeCD@bmo.com</a> M 250.217.5833 F 250.727.6920</p> <p>BMO Bank of Montreal, 4470 West Saanich Rd, Victoria, BC</p>	<p><b>REAL ESTATE • FOR RENT</b></p> <p><b>250-361-3690</b> <b>Toll Free 1-866-217-3612</b></p> <p><b>FREE Heat &amp; Hot Water - Card operated front load laundry/24hrs</b></p> <p><b>MACAULAY EAST</b></p> <p>948 Esquimalt Rd. Bachelor, 1,2 &amp; 3 bdrm. Full size commercial gym! Manager 250-380-4663</p> <p><b>MACAULAY NORTH</b></p> <p>980 Wordsley St. 1 &amp; 2 Bedroom Manager 250-384-8932</p> <p>To view these and other properties, visit <b>www.eyproperties.com</b></p> <p><b>Tenant Referral Program</b> <b>Military Discount</b></p>





## Military members can now pre-purchase their "right" to casual Fridays

**FOR THE LOW PRICE OF \$100**  
(via one-time payment or pay allotment)

You don't have to worry about scrounging for a toonie every week! \*Includes the 12 days of Christmas civilian dress period 2018. For more information, visit <http://esquimalt.mil.ca/bcmd/ndwcc/events.htm>.





# CAF NATIONAL SPORTS DAY

AT CFB ESQUIMALT - NADEN

CELEBRATE THE POWER OF SPORTS!

**FRIDAY, OCTOBER 19**

**2018**

**TWO 5K RUNS** 1030 & 1330  
Starts at Naden  
1200-1300 Flexibility Class

*FOLLOWED BY*

**MINI TOURNAMENT  
& SPORT SKILLS**

**SKILLS/TOURNAMENTS  
TIME: 1000 - 1400**

*Participation numbers to:*

**RYAN.ELBORNE@FORCES.GC.CA**

*Participation counts towards Unit Cock of the Walk points*

## **SPORT SKILLS:**

**BASKETBALL, FLOOR  
HOCKEY, INDOOR SOCCER,  
SQUASH, SWIMMING**

**DROP IN:**

No registration required.  
Naden Athletic Centre

## **TOURNAMENT:**

**3 vs. 3 HOCKEY**

*Must register by Oct. 16*

**RYAN.ELBORNE@FORCES.GC.CA**

## **REC SPORT:**

**DROP IN VOLLEYBALL**

***Sandwich platter and coffee  
WILL BE AVAILABLE!***