

The CFB Esquimalt's decorating team takes a breather after adorning the tree with ornaments that are representative of the base - including the deer. CFB Esquimalt won third in the Annual Festival of Trees in the Judge's Choice Competition at the Bay Centre, which is a fundraiser supporting the B.C. Children's Hospital. From left to right: MCpl J.N. Bowerman, Lt(N) M.J Kia, Lt(N) Z. Bouchedid, Marie Amoto (front), LS K. Roth with his daughter Sarah Roth, and MS C. Schnare. Not pictured OS C. Wood.



VICTORIA (LANGFORD) 2924 Jacklin Road 250.478.2217

Fountain Tire



**PRIVATE & COMMERCIAL** 

DESIGNATED PROVINCIAL



1900 Store St.



## 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

# **Veteran discovers Dad's poem from the trenches**



Photo by Peter Mallett, Lookout LS (Retired) Wayne Archibald displays the medals of his father Private Issac Archibald of Truro, N.S., who fought for Canada in France during the First World War.

## Peter Mallett Staff Writer

Canadian First World War survivor Private Issac Jackson Archibald died four decades ago but his recollections of war and life in the trenches live on through his poetry.

On Nov. 9, as Victoria prepared for Remembrance Day and the 100th Anniversary of the Armistice, 82-year-old Leading Seaman (Retired) Wayne Archibald made a surprise visit to the Lookout's headquarters on Signal Hill to share his father's gift of poetry with our readers.

He wanted to share the heartfelt and descriptive first-hand accounts by his father and his hand-written verse entitled *Somewhere in France 1917*.

"This poem is very special to me, so I thought I would share it," said Archibald. "My dad was one of the lucky ones and made it home from the war safe. He penned the poem in France, but we don't know the exact date and are unsure of the precise location. The only thing we know was that it was written at some point during the last year or so of the war."

The poem was penned somewhere on the battlefield during a break in the fighting, but Archibald says his father's regiment and the battles he fought in remain unknown.

The poem was recently discovered in a storage box earlier this year.

The scant details of his father's military service are not dissimilar to other sons and daughters of the survivors of 'The War to End All Wars', a bloody conflict that killed approximately 60,000 Canadian soldiers and changed the lives of countless others.

"My Dad never talked about the war, it was very upsetting to him," said Archibald.

Issac's brother William died while fighting in the same line of trenches located less than a quarter of a mile away from him.

"He didn't find out his brother had died until six months later," said Archibald.

Issac was born in Truro, N.S., in 1898 and was employed as a lumberjack supplying fire wood for the steam engines of CP Railway. After the war he moved Wayne and the family to Manitoba to take up farming. During the Second World War, Wayne says his father found employment guarding the main bridge in Rainy River, Ont., from possible attack by the enemy.

Isaac died in 1985, but his memory lives on through his poem.

## Somewhere in France, 1917

I'm lying on the hillside Midst the fields of purple clover, Dreaming in the Twilight, Of a perfect summer's day Of the land I left behind me When I enlisted and went over Yes I left my heart behind me in the land so far away

Now I'm lying in the moonlight, And the air is filled with humans, As our bombing planes skim over, With their tiny lights aglow. And below me in the distance are some soldiers homeward strolling, And the mist rises from the river And the valley lies at rest

Now I picture in my fancy how that same old moon is shining, On a lonely pine clad valley, Where the Cyclus River flows, Not a sound to break the stillness, Save the night wind softly whining, And the murmur of the water, As it swiftly lakeward goes.

Now I've had my fill of Khaki, And I'm tired of war and scraps, There's a little moss grown cabin In a winding northern bay Where I loafed away the summer, And in winter go trapping, And it's there my heart is waiting, For my coming back some day.

- Issac Jackson Archibald





Together we will ensure the veterans and seniors at Broadmead Care receive the best in comfort and care.

Rudi is a long-time benefactor of Broadmead Care, a WWII Veteran, ex-prisoner-of-war and survivor of the atomic bomb in Nagasaki. To honour our Canadian veterans and seniors served through Broadmead Care your donation will be matched by Rudi to a total of \$100,000.



Donate Online at: www.broadmeadcare.com Call the Donations Office: 250-658-3274 Broadmead Care Society is a registered charity: #129290383 RR0001 Mail Donations to: Broadmead Care 4579 Chatterton Way Victoria BC V8X 4Y7



# A real homecoming at Victoria memorial

Peter Mallett Staff Writer

As 88-year-old Sheila Moilliet gazed upon the red bricks at the Homecoming Statue bearing the names of her deceased husband and son, she felt a deep satisfaction knowing she had brought them home.

"My husband David had always described Vancouver Island as 'god's country' and always wanted to go back, and Michael was born in Victoria," said Sheila Moilliet. "When I first heard about the brick initiative – I exclaimed 'that's it' I can bring this full circle and take them and their memory home."

Husband, Lieutenant-Commander (Retired) David Moilliet died in 2017, and son, Leading Seaman (Retired) Michael Moilliet, died almost a decade ago. Their names are now a permanent part of the downtown memorial that honours the military.

On Friday Nov. 9, the

family matriarch travelled from Ottawa with her three children to visit the newlyinstalled brick bearing the names of her loved ones.

"This is such a great moment for me and the family, to dedicate this brick is such a moving experience," said Sheila. "Seeing their names on the bricks is very emotional for me and the family."

The homecoming statue was created by artist Nathan Scott and is part of an outdoor memorial paying tribute to the 100th anniversary of the Royal Canadian Navy (RCN). Scott's statue depicts a kneeled sailor as his daughter leaps into his arms; it captures the moment when a sailor comes home to their family after a long deployment at sea.

Sheila said the occasion felt like a homecoming for the Moilliet clan. She made the trip with daughters Alizon Thuot and Wendy Lamble, and son Deric Moilliet. The next day the family travelled to Parksville to scatter the ashes of David Moilliet at an oceanside beach where David once played as a child. They then returned to Victoria for Remembrance Day ceremonies before returning home to Ontario.

LCdr David Moilliet enjoyed a 16-year career in the RCN from the early 1950s to mid 1960s and was stationed in Cornwallis, Halifax, Ottawa and Victoria. As the Unification of the Canadian Armed Forces was taking shape, he moved on to a career with the Federal Government.

LS Michael Moilliet, like his father, also enjoyed an RCN career with the Naval Reserves and *HMCS Carleton*.

In 2010, the Esquimalt Military Family Resource Centre began selling bricks located adjacent to the statue as a fundraising initiative. Donors have the option of purchasing two sizes of bricks, \$200 for standard size or \$350 for a larger one, that have the names of their loved ones inscribed. The bricks are then installed in the walkway by the statue in either November, ahead of Remembrance Day, or in May to commemorate The Battle of the Atlantic.

For more information about purchasing a brick at the homecoming statue, visit the MFRC webpage at support.esquimaltmfrc.com.

## For all your MARPAC navy news check out lookoutnewspaper.com

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





Web Tech & Digital Marketing Graphic Design & Branding Fundamentals

Full-time semesters Spring, Fall, and Winter Part-time, and accelerated formats start anytime Upgrade your tech and/or business skills with custom one-on-one, or group training





WHO WE ARE

WHAT SAY YOU

#### MANAGING EDITOR

Melissa Atkinson 250-363-3372 melissa.atkinson@forces.gc.ca STAFF WRITERS 250-363-3130 Peter Mallett

#### peter.mallett@forces.gc.ca

PRODUCTION 250-363-8033 Teresa Laird production@lookoutnewspaper.com Bill Cochrane 250-363-8033

#### workstation3@lookoutnewspaper.com 250-363-8033 Shellev Fox 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 modifier, de condenser ou de rejeter les articles, photographies, ou annonces plublicitaires pour adhérer Manuel des politiques des PSP. Les opinions et annonces exprimées dans le journal ne réflètent pas nécéssairement le point de vue du MDN.

# LOOK

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



VICTORIA



## WHAT SAY WE

5 trivia INDIVIDUAL CANADIAN UNIVERSITY FOOTBALL By Stephen Stone and Tom Thomson, Contributors

Here is a little quiz for those who follow Canadian University Football. I know there must be a few of us still around. I'll provide the question. All you need do is supply the player and university.

- Questions In the AUS (Atlantic University 1. Sports) who holds the single game
- scoring record in football? He threw 30 touchdown passes 2. in the 1989 season and led the AUS in TDs in three consecutive years - 1988-90. He also won the Hec Crighton Trophy (most outstanding Canadian player)
- those same three years. 3. Who holds the AUS record for most interception return yards in a
- three-vear career? Who holds the Réseau du sport 4. étudiant du Québec (RSEQ) football record for points scored
- in a season? Who is the RSEQ record holder 5. for yards rushing in a single game?
- 6. Who holds the RSEQ record for pass completions in a single game?
- Who holds the RSEQ record for 7. most field goals in a game?

- Which OUA (Ontario University 8. Athletics) football team holds the record for most points scored in a single game?
- 9. In a seven-game season, which OUA team allowed the fewest points?
- 10. Which player and future CFL great scored the most points in an OUA season?
- 11. Who is the OUA record holder for touchdowns in a game?
- 12. In the CW (Canada West Universities Athletic Association), who holds the record for the longest field goal in the playoffs?
- longest field goal in a regular season game?
- CW record for passing yards in a career.

15. Noah Picton - 11,494 - Regina

**Y FOOTBALL RECORDS** 

- 14. Dominic Zagari 48 Manitoba Oct. 18, 1986 against Mount Allison
- 13. Jerry Foster Saint Mary's 57 yards Nov. 11, 2017 against UBC
  - 12. Nick DiFonte- Calgary 59 yards against Guelph
- 11. Jim Reid 6 Laurier Oct 22, 1977
- 10. Neil Lumsden 148 Ottawa 1975 75791 - 44 - 1975 Windsor - 34 - 1975 .6
  - YOTK
- Laurier 90 Oct. 19, 1974 against .8 2006 against Saint Mary's
- Warren Kean -Concordia 9 Oct. 21, ٢. 15, 2012 against Saint Mary's
- Jeremi Roch Sherbrooke 41 Sept. .9 Sept. 19, 2008 against McGill Jamall Lee – Bishop's – 391 yards – .δ
- Christopher Milo I I Laval 2008 .4 1972-74
  - Al Charuk Acadia 396 yards .5 Chris Flynn – Saint Mary's .2
  - against Dalhousie Xavier University - Oct. 20, 1967
  - Paul Brule 48 points Saint Francis Ί
    - **STOWERS**



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



- 14. Which CW player holds the record
- for most touchdowns in a career? 15. This outstanding QB holds the

13. Who holds the record for the

# Customer Appreciation BARBECUE

**NOVEMBER 21 2018** 

# **FREE BBQ LUNCH 1100 TO 1330**

CANEX NADEN 1343 WOODWAY RD STORE HOURS 930 TO 1730

Lots of great deals, prizes and give aways.



**CANADA'S MILITARY STORE** LE MAGASIN MILITAIRE DU CANADA



# A little monkey business earns photographer second place

Peter Mallett Staff Writer

A military photographer says he never dreamed his picture of a female monkey nursing her offspring in the jungles of Vietnam was worthy of a national award.

The judges at this year's Canadian Armed Forces (CAF) Imagery Contest thought different.

Leading Seaman David Gariepy, a photographer with MARPAC Imaging Services, claimed Second Place in the Advanced Level, Animal Category for his submission entitled *Mother Ape*.

"To be honest I was surprised the photograph was recognized at all. I submitted eight photographs for this year's contest and I really thought my other submissions would stand a better chance of winning."

LS Gariepy took the photo while he was on vacation in March 2018 as he hiked through a national park near Saigon. He had been planning to take photographs of crocodiles during his visit to the park. But as he made his way along a well-travelled trail, he spotted a large group of monkeys, what he thinks were Long-tailed Macaques, swinging in the trees overhead.

The normally curious monkeys came in for a closer look at LS Gariepy, who was equally as interested in the primates. Then, moments later the nursing mother emerged from some branches closely clutching her baby. She was about five metres from LS Gariepy when the pair looked directly at the camera and he began snapping his shutter feverishly.

"When I saw the mother come with the baby, I turned my attention and lens towards them," said LS Gariepy. "Then I noticed this cute little monkey chewing and suckling on her mother's nipple. It's not something the average Canadian sees in everyday life, so I was enthralled by the chance of capturing this moment on my vacation."

A friend encouraged him to submit the photograph for the contest. It was voted one of the top submissions at this year's photo contest that included 1,418 entries from 259 participants. The two-day judging session took place on Oct. 10 and 11. LS Gariepy and other award winners in the contest will be recognized at an awards ceremony at the National War Museum in Ottawa on Nov. 28.

It's not the first time his work has been recognized. In last year's contest, before LS Gariepy officially re-mustered from his former trade of Medical

Technician to Image Technician, he took third spot in the Novice Environment category for his submission Midnight Pollution, an industrialthemed black and white image depicting a pulp and paper mill in his home town of Quebec.

He wasn't the only photographer from the base to be recognized in this year's contest. Leading Seaman Rommel Billanes of Canadian Forces Fleet School captured two honourable mentions in the Advanced Categories. His submission Lost At Sea was acknowledged in the Environment category. The view of Mount Baker poking through clouds over the Strait of Juan de Fuca was shot from the backyard of his former home in Work Point in 2016. He also received an honourable mention in the Open category for his photograph entitled Sainte Chapelle. It depicts the

Sainte Chapelle. It depicts the Royal Chapel that served the Kings of France during the 14th Century and is located on the banks of the River Seine in Paris.

It was the eighth consecutive year the Marine Technician has been honoured by the contest. In 2016 he was recognized as Photographer of the Year in the Advanced Category.

The overall winners in this year's contest included Corporal Albert Law, an Image Technician from Vancouver 39 Canadian Brigade Group, who won the



The CAF Imagery contest has operated since 1968 and is an effort to celebrate the many facets of military life through recognizing excellence in the art of photography. The contest is organized by the CAF Imaging Systems Program Management and Canadian Forces Morale and Welfare Services, and has seen well over 20,000 photos submitted from over 4,000 participants since 1999. Last year it moved to a digital format, which greatly increased the number of entries.

For more information and to view all of the award winners and honorable mentions visit the website: https://www.cafconnection.ca/National/Get-Involved/CAF-Imagery-Contest/2018-Contest.aspx



*Above: Lost At Sea,* honourable mention, environmental category. *Below: Sainte Chapelle,* honourable mention. Both photos are by Leading Seaman Rommel Billanes.





# I GIVE TO NDWCC BECAUSE...

## Margaret Conway CFB Halifax Base PAO

and his spouse Nathalie stood face-to-face in room 505 at the IWK children's hospital

CPO1 Hardy's best 'man' was a nurse who'd just started her shift; Nathalie's maid of honour was another nurse working in the same unit. With the minister from their church present, and two rings that had been picked out and delivered by a family member, the two were married in the simplest of ways.

A wedding is a happy occasion, of course. But at the time of their union, CPO1 Hardy and Nathalie were facing the most challenging time in their lives. They wanted to be married in the presence of their two daughters and had been planning a formal ceremony to be attended by close family and friends. Unfortunately, a scary medical prognosis meant their youngest daughter might not live to witness that special day.

A wedding in room 505 allowed CPO1 Hardy and Nathalie to exchange their vows, as they'd wished, with their two daughters by their side.

Not long before they were married in that hospital room, their three-month-old daughter Elizabeth was diagnosed with a rare liver disease. Her diagnosis was followed by seven months of continuous hospitalization during which she endured in excess of 90 blood transfusions, 13 surgeries, a transplant and two life flight airplane trips between their home in Halifax and a hospital in London, Ontario.

For three and a half months of that hospital stay, Christmas included, CPO1 Hardy and Nathalie lived at the Ronald McDonald house in London while their two-year-old daughter Sarah remained in Nova Scotia under the care of family and friends.

"During those seven months in the hospital and support centres, the amount of support we received from outside agencies was amazing," says CPO1 Hardy. "The amount of giving was phenomenal."

He also makes special mention of the help he and Nathalie received from their families and the incredible care shown by the defence community as they - both CAF members at the time - navigated the challenges of life with a sick child.

Today, 12-year-old Elizabeth attends regular check-ups, or her routine "oil, lube and filter change" as CPO1 Hardy likes to call them, to ensure her liver is functioning properly. There is no cure for her illness, and she will take medication and visit the hospital for tests and check-ins for the rest of her life.

"Life with Elizabeth is not a game of cards that you can fold if you have a bad hand," says CPO1 Hardy, going on to explain that despite the challenges, this is simply the life his family knows and is one they cherish and enjoy.

The realities of her life as a transplant recipient certainly haven't slowed Elizabeth down. She plays volleyball and lacrosse

and competes on a PeeWee AAA boys hockey team. She also swims, attends Girl Guides and volunteers weekly with a local recreational skating program.

"To date, she's overcome every obstacle," says CPO1 Hardy. "Without the support of others, we wouldn't have her today. Nathalie and I could never have done it alone."

All of that support has inspired the Hardy family to continue giving back to their community. CPO1 Hardy is now in his 20th year as a volunteer firefighter with the Lawrencetown and District Volunteer Fire Department. His wife is a Girl Guide leader and taught Sunday School for several years. As a family, the Hardys have volunteered at the IWK Telethon and continue to speak at fundraisers and galas to support charities related to Elizabeth's illness, including Canadian Blood Services.

"We keep giving because of what has been given to us. There was no way Elizabeth could have survived without the medical care and support we received. You really don't know what support is out there until you need it, and you never know what the person sitting next to you is experiencing or has experienced." Gift of a Lifer Elizabeth Hardy participates in an event for an save the Canadians Transplant Association.mprove of life for up to 75 p

& TISSU.

The Hardy family: Sarah (left), Ed, Elizabeth and Nathalie.

> Photos submitted



# Exclusive offers for the **Canadian Defence Community**<sup>2</sup>

**FREE Banking**<sup>1</sup> with the Performance Plan

- No monthly plan fee<sup>1</sup>
- No minimum balance required
- Unlimited everyday banking transactions

## BMO<sup>®</sup> Support Our Troops AIR MILES<sup>®†</sup> Mastercard<sup>®\*</sup>

- No annual fee\*
- Get up to 800 AIR MILES Bonus Miles\*
- Get a 1.99% introductory interest rate on Balance Transfers for 9 months with a 1% transfer fee\*

Visit **bmo.com/cdcbnofees** for details.





<sup>1</sup>The monthly Performance Plan fee is waived. You are responsible for all transaction, service, and product fees not included in the Plan. <sup>2</sup>Proof of CDCB eligibility is required. <sup>\*</sup>Terms and conditions apply. Visit **bmo.com/cdcbnofees** for complete details. <sup>\*†</sup>AIR MILES is a trademark of AIR MILES International Trading B.V. Used under license by LoyaltyOne, Co. and Bank of Montreal. <sup>\*\*</sup> Mastercard is a registered trademark, and the circles design is a trademark of Mastercard International Incorporated. Used under license.



LE MAGASIN MILITAIRE DU CANADA **1 OCTOBER/OCTOBRE -31 DECEMBER/DÉCEMBRE 2018** 

**NOW ON!** DON'T PAY UNTIL MARCH 2019 PLUS NO MONEY DOWN NOT EVEN THE TAXES.

Ask us for details. \*O.A.C.

# **EN COURS! NE PAYEZ RIEN AVANT**



PLUS /// MÊME PAS LES TAXES. **NE VERSEZ AUCUN ACOMPTE** 

Demandez-nous les détails. \*S.A.C.



*Right:* Boatswains on board HMCS Nanaimo attach a centre line black slip during at-sea-operations.

*Below:* Lt(N) Mike Ronaldson, Executive Officer, Petty Officer First Class Trevor Linfoot, and Lieutenant-Commander Jason Bergen, Commanding Officer of HMCS Nanaimo salute as the last post is played during their Remembrance Day Ceremony.

HMC Ships Nanaimo and Edmonton and their crews are participating in Operation Caribbe, an international operation that facilitates the interdiction of illicit trafficking of drugs, weapons, money and people.

Photos by Capt Jennifer Jackson





#### Attention Career-transitioning Staff

MDA, a Maxar Technologies company, is an internationally recognized leader in space robotics, satellite antennas and subsystems, surveillance and intelligence systems, defence and maritime systems, and geospatial radar imagery. MDA has a number of challenging, exciting overseas opportunities in the leading edge field of Unmanned Aerial Vehicles (UAVs).

These roles will be in direct support of the Canadian Armed Forces on land and at sea: Personnel will be expected to provide embedded support to the CAF's deployment needs. Personnel will receive substantial time off annually and a comprehensive compensation package.

Unmanned Aircraft Operators (UAOs)/Unmanned Payload Operator (UAPO) Operators will be trained to operate both the UA and the payloads. These roles will oversee mission planning tasks to meet CAF requirements, operate the UA and installed sensors, conduct post-flight briefings, and serve as MDA's assignment manager when assigned that role.

#### Unmanned Aircraft Technicians (UATs)

UA Technician roles will provide critical daily support for all aspects of the UAV Systems and support services when deployed. This includes the UA, sensors, payloads, ground systems and specialized ground equipment.

Apply online today to: Niall.Caden@mdacorporation.com



## THE GLEN ON GLENTANA



**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.

703



## Call Rob! 250.384.8124

Email: rob@robgarryrealestate.com Web: www.robgarryrealestate.com





## Tuesdays from 4pm to 10pm

1845 Island Highway, Colwood 250.391.5580 3100 Douglas Street, Victoria 250.382.3844

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







# LIFE RENEWED AFTER MILITARY CAREER

#### Peter Mallett Staff Writer

Stall Writer

Lieutenant (Navy) (Retired) Amanda Kihn says the care she delivers to people in her new civilian career also helped ease her own mental health ills.

The 35-year-old mother of two, a former Naval Warfare Officer, carved out a new career as a Registered Massage Therapist following her 2016 medical discharge after a nineyear military career. She left because, until recently, she was struggling to cope with symptoms of Post-Traumatic Stress Disorder (PTSD).

"There is finally a light at the end of the tunnel for me now, but the first two terms of my training were really rough. The transition wasn't so easy. I was like a fish out of water socially and interacting with people in a classroom setting was

so different, even though my classmates knew I had PTSD and were very supportive."

Kihn says her "dark days" of PTSD were filled with stress, depression and anxiety. She learned how to manage her triggers through the help of a psychologist and stress-relieving massage therapy sessions provided by the military, and then after her discharge provided by Veterans Affairs Canada.

Those massage sessions are what spurred her to seek that career path.

She enrolled in an introductory massage therapy course at West Coast College of Massage in 2017. After that, she applied to the college to get her diploma. Her schooling was paid for through the Manulife-CAF Vocational Rehabilitation Program offered through SISIP Financial. The program's objective is to prepare exiting service members return to the workforce. Twenty months later, after intensive study and testing, Kihn has done just that. Her diploma in massage therapy now hangs on the wall in her treatment room at Refined Health on Esquimalt Road.

#### Life in the Navy

Lt(N) Kihn joined the navy in 2007 and fondly remembers her initial experiences of being a young woman working aboard warships as "truly wonderful." During deployments she relished each opportunity to visit ports of call on the Pacific Coast from Alaska to Chile.

Highlights of her nine-year naval career include RIMPAC and SOUTHPLOY exercises and receiving an Operational Service Medal in 2010 for her work in a drug interdiction off the coast of Panama.

Below the surface her mental health wasn't right, stress was the culprit. There was mounting anxiety



Lt(N) (Retired) Amanda Kihn

in juggling a career, constant training, and becoming a new parent. In addition, she and her husband, Petty Officer Second Class Clayton Kihn, a Radar Technician in *HMCS Regina*, were often deployed at sea.

"After I became pregnant with my second child, the navy offered me a contract of four more years," she recalls. "I looked at the offer and said 'no', I will live out my eight years in the navy and then I am done. I couldn't juggle it all, my career, marriage and young children, it was just too much."

In 2016 she was diagnosed with Post-Traumatic Stress Disorder (PTSD) and medically released from the Canadian Armed Forces later that year.

## A New Beginning

"The future is much brighter for me and my family today," says Kihn.

Kihn successfully challenged her Registered Massage Therapy board examinations in September. She proved her resilience by "soldiering on" through a different kind of stress, and now she looks forward to adding three "beautiful" letters to her signature block: RMT. She plans to take continuing education courses in craniosacral therapy and lymphatic drainage.

Kihn describes her abilities as a massage therapist as a "gift" and her true calling in life. It's a gift she says wants to share with other military members who are going through similar stresses in the workplace and life.

"It's nice to be able to share an innate part of myself that cares about people, and I want to be the person that can help them let go," said Kihn. "I am a facilitator of ease and I know my clients will leave my massage table and walk away feeling better."



# Sailors forge ties with namesake city



## Courtesy HMCS Ottawa

During the last week of October, members from HMCS Ottawa took part in their annual namesake city visit.

While visiting the City of Ottawa, sailors participated in numerous events and engagements. These events involved meeting with the Mayor of

Ottawa, a visit to Parliament Hill, and volunteering at the Ottawa Mission. Sailors also had the opportunity to visit both the 3rd Orleans Scout Group, whom they sponsor, and the Perley Rideau Veterans' Health Centre, the ship's designated charity.

During the visit to the Perley Rideau Centre, Commander Alex Barlow, Commanding

Officer HMCS Ottawa, presented a cheque for \$14,127 to the foundation along with a ceremonial kisby ring. This donation was a culmination of four months of fundraising done by the crew throughout RIMPAC 2018.

Other engagements included visiting the Naval Reserve Division, HMCS Carleton, to give a presentation to sea cadets

and newly enrolled recruits.

Sailors also had the opportunity to visit the Canadian War Museum. This visit, being so close to Remembrance Day, solemnly renewed the appreciation to previous generations of Canadian soldiers, sailors, and air men and women who sacrificed in service of their country. The namesake city visit was

topped off with two flag party

demonstrations during both the Ottawa Senators game against the Buffalo Sabres and the Ottawa Redblacks last regular season game against the Toronto Argonauts. The precision drill of the flag party was well received and seemed to have given good luck to the home teams, as both the Senators and Redblacks won their respective games.

## **ATTENTION MILITARY PERSONNEL & SPOUSES**

## **PLOT AND PLAN** like all good generals

JOIN US FOR THE:

## Long Term Planning (LTP) Seminar



Wednesday, November 21st 2018, 8:30 am to 3:30 pm

Chiefs' and Petty Officers' Mess, **Rainbow Room** 

Regular and full-time Reserve Force members, with 2 to 10 years of service and spouses

Long-term planning for education, career, financial and personal goals

HISTORY

FUTURE

## **TOPICS:**

- · CAF career programs, education benefits and
- BPSO services;
- · Personal administration (terms of service, retirement age, M
- XL UL KIII), • MFRC services and Family Care Plans;
- Wills and power of attorney;
- Financial planning and insurance;
- Banking services and mortgages;
- Health promotion and sports.

## "A goal without a plan is just a wish."

No prior registration required. Sign in upon arrival. Full schedule information can be found on the BPSO website: http://esquimalt.mil.ca/badm/BPSO/General%20Information/upcomingevents.htm WESTBAY QUAY VICTORIA'S OCEANSIDE NEIGHBOURHOOD



A stunning collection of 85 homes found at the foot of a dynamic marina community fully outfitted for the best in life.

## SPECIAL MILITARY INCENTIVES

VISIT OUR SALES CENTER ON LOCATION AT 453 HEAD STREET MONDAY TO WEDNESDAY 11–4 AND SATURDAY TO SUNDAY 12-CALL 250-384-2771 | WESTBAYQUAY.COM



Rear-Admiral Bob Auchterlonie (left), Commander MARPAC/JTFP, and, Chief Petty Officer First Class David Steeves (right), Formation Chief Petty Officer, salute during the National Anthem on Remembrance Day at the B.C. Legislature. Photo by Leading Seaman Valerie LeClair, MARPAC Imaging Services



Lieutenant Commander Malcolm Girard-Leblanc of Maritime Pacific Headquarters salutes at the Cenotaph during the Remembrance Day Ceremony held in Esquimalt. Photo by Leading Seaman Shaun Martin, MARPAC Imaging Services



Lieutenant-ColonelWilliam Cessford (left) and Chief Warrant Officer Gary Newcombe (right) of the Canadian Scottish Regiment (Princess Mary's) lay a wreath during the Remembrance Day Ceremony at the B.C. Legislature.

Photo by Leading Seaman Valerie LeClair, MARPAC Imaging Services





Captain (Navy) Jason Boyd, Base Commander Canadian Forces Base Esquimalt, along with Chief Petty Officer First Class Ian Kelly, Base Chief Petty Officer, and Honorary Captain (Navy) Mandy Farmer, presi-dent and Chief Executive Officer of Accent Inns, salute at the Cenotaph during the Remembrance Day Ceremony held in Esquimalt.





The Colour Party prepares to march in the Remembrance Day Parade at the B.C. Legislature. Photo by Leading Seaman Valerie LeClair, MARPAC Imaging Services

LOOKOUT • 13



Lest we forget

Willie Goss salutes at the Esquimalt Cenotaph after laying a wreath in memory of Bass Goss. Photo by Leading Seaman Shaun Martin, MARPAC Imaging Services



Lieutenant Commander Michael Erwin salutes while the National Anthem is played during the Remembrance Day Ceremony at the B.C. Legislature. Photo by Leading Seaman Valerie LeClair, MARPAC Imaging Services



Private Joshua Gonzales of 443 Military Helicopter Squadron stands as sentry at the Esquimalt Cenotaph. Photo by Leading Seaman Shaun Martin, MARPAC Imaging Services

Photo by Leading Seaman Shaun Martin, MARPAC Imaging Services



## DHJL

DINNINGHUNTER JACKSONLAW Dan Murphy, RAdm (Ret'd) Lawyer with a Military Perspective

## 250.589.4571

Grievances • Service Discipline • Notary Pension Appeal • Criminal Defence • General Practice

 $danmurphy @dinninghunter.com {\ \bullet\ } www.danmurphy.ca$ 





## Charlottetown crew honours HMCS Skeena

### SLt James Melville HMCS Charlottetown

Crewmembers from *HMCS Charlottetown* paid a sombre visit to Videy Island, near Reykjavík, Oct. 20.

The Icelandic island is home to the memorial for HMCS Skeena, overlooking the site where the ship ran aground nearly 74 years to the day in 1944. The memorial stands near the site of the grounding and is marked by the ship's propeller, whose blades were destroyed during the foundering.

HMCS Skeena was a River-class destroyer, commissioned into the Royal Canadian Navy (RCN) on June 10, 1931. One of the first two ships built specifically for the RCN, it won battle honours for duty in the North Atlantic, actions against the enemy in the English Channel, and for its role during the landings in Normandy. While escorting convoys during the Battle of the Atlantic, HMCS Skeena recorded its first victory, sinking German submarine U-588 in 1942. Ship and crew escorted a total of 31 convoys, the majority between Northern Ireland and Newfoundland, prior to meeting her tragic fate.

While seeking refuge from a storm on the night of Oct. 24,1944, HMCS Skeena was anchored in Reykjavík Harbour. Despite maintaining a vigilant anchor watch, worsening conditions and a loose seabed caused the anchor to drag. This led to the ship's grounding a mere 100 yards off Videy Island. Fifteen crewmembers lost their lives during subsequent efforts to abandon ship, an order revoked shortly after its issue. The remaining 198 sailors were rescued in an effort led by Icelandic sea captain Einar Sigurosson. Coincidentally, Einar's own niece was among the guests present during HMCS Charlottetown's reception held while alongside Reykjavík. Her husband serves as Iceland's Ambassador to Canada.

Canada's Ambassador to Iceland. Anne-Tamara Lorre; Global Affairs Canada's Senior Arctic official, Alison LeClaire; Canada's Defence Attaché to Iceland, Colonel Darcy Molstad; and representatives from Charlottetown visited HMCS Skeena's memorial during the port visit. Travel to the memorial requires a boat ride and a hike across the nearly barren island. It was there that Commanding Officer, Cdr Nancy Setchell led a service in honour of those who lost their lives. Following the ceremony, the weather took a turn for the worse, and the boat ride back from Videy Island was quite rough through the waves.

"It was very fitting on a cold and rainy day to honour shipmates lost in Skeena," said Cdr Setchell. "To have met the niece of the man who saved so many Canadians that night was particularly meaningful. His actions are legendary in his own family and in the RCN's history. It was a privilege to pay our respects."

Anne-Tamara Lorre, Canadian Ambassador to Iceland; Alison LeClaire, Senior Arctic Official DG Nordics; Cdr Nancy Setchell, Commanding Officer HMCS Charlottetown; and members of the crew of HMCS Charlottetown, at HMCS Skeena monument, the shores of Videy Island during a memorial ceremony.

Photo by Jacek Szymanski

Attention people of

LET'S GET

SOCIAL

Let your friends, family

and followers in on what you do at work.

**Maritime Forces Pacific** 



## Randall **Garrison**, MP esquimalt-saanich-sooke

2904 Tillicum Road, Victoria Monday-Thursday, 10am-4pm 250-405-6550 Randall.Garrison@parl.gc.ca www.randallgarrison.ndp.ca



@RCN\_MRC

@Maritime.Forces.Pacific

@MARPAC\_FMAR

FOLLOW, SHARE, LIKE, & RETWEET



# Museum releases free video on West Coast naval history

### Peter Mallett Staff Writer

A short documentary film celebrating the history of naval operations on Canada's West Coast is now available from the base museum.

The film entitled Our Seas, Our Coast, Our Navy was produced by the CFB Esquimalt Naval and Military museum in cooperation with MARPAC Imaging Services.

The script for the production was written by noted maritime historian Dr. Barry Gough.

The film details the history of Victoria's naval base at Esquimalt from its beginnings in the 1860s as a colonial outpost of Britain's Royal Navy to present day using archival photos and video.

Topics explored include the birth of the Royal Canadian Navy in 1910 and its role in Pacific naval security; the Royal Canadian Navy's first ships including HMCS Rainbow and submarines CC1 and CC2; the role of women through the years in the RCN; and the contributions of Royal Roads Military College and the Naval Officer Training Centre Venture.

"We were very fortunate in receiving the support of MARPAC Imaging for the project, and in particular MCpl Stuart MacNeil, who invested 200 hours of work in creating and finalizing the video for dissemination and release," said Clare Sharpe, the film's producer and Museum Exhibit Designer.

"The resulting video, at 12 minutes and 33 seconds running time, is an ambitious project, but one that we hope will serve to enhance understanding of the long history and strategic importance of Canadian Forces Base Esquimalt."





# VISION

## Let's make it top priority.



Hello, my name is Sang Suh. I am a licensed dispensing optician and owner of Hudson Optical. I once served in the Korean military for 30 months. Without eyeglasses it was impossible to complete any of my daily assignments. As a veteran, I know how important eyeglasses and contact lenses are for military like you. Thank you for your service! I hope I can have an

All prescription eyeglasses



For military and veterans. Some conditions apply.

HUDSON OPTICAL

opportunity to serve you, too.

2-1701 Douglas Street, Victoria • 778-433-7789



Parking	St.	Blanshard St.	E
We are here ->X Royal Bank	Fisgard		N ——— S
Royal Bank	Ë	Douglas St.	w
	Parking		

# New interceptor boats for NTOG coming soon

### **Courtesy Maple Leaf**

New lightweight high-performance boats for the Royal Canadian Navy's (RCN) Naval Tactical Operations Group (NTOG) are on their way.

The Special Operations Rigid-Hull Inflatable Boat, a 24-footer known to sailors as the SO RHIB, is extremely fast, highly versatile, and light enough to be easily craned on and off of a Halifax-class frigate.

The new boat will primarily be used for medium range interdiction missions by NTOG.

Dan Farmer at the Maritime Equipment Program Management division in the Materiel Group has conducted factory acceptance trials for the new SO RHIB at Zodiac Hurricane's facility in Delta, B.C. These new boats are equipped with state-of-the-art communication and navigation systems. The advanced equipment on board the new RHIB will make the navy's long-held goal of reliable long range, over-the-horizon maritime interdiction capability an operational reality.

With the SO RHIB, the RCN is entering a new era in maritime interdiction operations. The new RHIB will further enable the RCN to respond in all threat environments, both domestically and internationally, to meet the Defence Strategy's Strong, Secure, Engaged obligations.

The boats being replaced by the SO RHIB are known to deliver a very bumpy ride in the ocean for the crew. The new boats are equipped with suspension seating that will provide improved comfort and safety for the boat's crew.



From top left: Dan Farmer, DND Small Boat Technical Authority; and Jeremy Langdon, PSPC Contracting Authority. Bottom: John Mackillop, Zodiac Hurricane Technologies Sales and Marketing Manager.



## **Dress with a Difference**

For the first time, members have the opportunity to purchase their "right" to wear those jeans and Hawaiian tee-shirts (or other civilian attire of course) effective Sept. 28, 2018, to Sept. 27, 2019. For \$100 (either a one-time payment or via pay allotment starting January 2019), you receive a special card that certifies your special participation in Dress with a Difference, and includes every casual Friday as well as the 12 Days of Christmas civilian dress period for 2018. To participate, speak to your Unit Representative.

## **Weekly Soccer Match**

Starting Oct. 31st, each Wednesday at 2 pm people can join a pick-up soccer match at the base field (by the hospital).

• Pre-registration is \$2 • Drop-in fee is \$5. Register with Nicole Harris by email nicole.harris@forces.

gc.ca or by phone (250-363-4471).

## MARPAC Imaging Services Portraits

Have your portrait taken by MARPAC Imaging Services in support of NDWCC.

- \$20 individual/\$30 family (max 6)
- Pets are welcome
  Cash only

• Wear military dress or civilian attire Located at the D25 studio (across from Dockyard gym) Saturday Nov. 17th (0900-1400) and every Tuesday and Thursday to Nov. 20th (1300-1500),

### **FMF Chest Raffle**

You could win a custom-made, one-of-a-kind, handmade chest.

• Tickets: \$2 each, or three for \$5 To purchase, contact MCpl Thomson or PO1 Richardson or your NDWCC unit rep. Draw date is Nov. 23.

### **Epicure**

40% of the sales will go to NDWCC as part of CFB Esquimalt's contribution. These collections are a great way to sample Epicure's options for great meals and desserts for yourself or gift to family and friends.

- Extraordinary Trio \$25
- Weeknight Dinners \$20Healthier Desserts \$20
- (\*\*cost includes taxes and shipping)

To order please contact healthychoices.penny@gmail.com

## **PSP Spin-a-thon**

Nov. 20, Naden Athletic Centre, 0545-1545 hrs PSP Staff will spin for donations. For more information call Alyssa at 250-363-4495 or email Alyssa.Jesson@ forces.gc.ca



## 29 NOVEMBER 2018 @ 1500

# Maple Leaf run boosts Wounded Warrior campaign

Peter Mallett Staff Writer

An Esquimalt woman fulfilled her dream of launching a successful charity run on behalf of Wounded Warriors Canada and in the process raised over \$4,000 of support.

On Nov. 10, approximately 140 runners participated in the inaugural Maple Leaf Run held on the grounds of Victoria International Airport. The run was organized by Esquimalt resident Drena Hill and her husband Michael Hill and had three distance categories: 10K, 5K and a children's 1K.

Hill says she hatched the idea for the race three years ago when she visited the site and thought walking and cycling trails at the airport were the perfect spot for such a fundraiser. The monies raised came from runner registration fees of \$35 and private donations.

"I am just overwhelmed by the gratitude of the people pitching in to support our efforts and the people who came out to run the race," said Hill. "This is amazing and awesome."

The run was intended to be non-competitive and there was no official timekeeper, or first place medals handed out. The run also had a virtual runner's category where registrants could participate and run their distances from remote locations.

She hailed the success of the Maple Leaf Run as a complete "team effort" involving many

people in the community, giving special credit to Chris and Helen Edley, owners of Sharkz Coins, who built the website and designed and printed the participant medals for the run.

Money raised by the run was an effort to boost the fundraising campaign for the 2019 Wounded Warriors Run BC. That annual relaystyle run happens each February and covers the length of Vancouver Island from Port Hardy to Victoria. The national non-profit raises funds to support injured and ill veterans, currently serving military and first responders and awareness about Post-Traumatic Stress Disorder (PTSD). Last year's run raised close to \$90,000.

Hill has been involved in Wounded Warriors Run B.C. since 2014 as part of its planning committee and last year ran a five kilometre leg of the race near Chemainus, B.C. Race Director, Captain Jacqueline Zweng, Cadet Instructor at the Regional Support Unit, says Hill's latest effort is a testimony to her character.

"We are extremely impressed with Drena's incredible and tireless efforts to raise funds for Wounded Warriors," said Capt Zweng. "She approaches every mission with a positivity that draws people to her and gets them involved."

Hill plans on making the run an annual tradition, building on this year's support at next year's event. For More information about the Maple Leaf Run visit their website: www.mapleleafrun.ca



Runners navigate the course on the grounds of Victoria International Airport during the inaugural Maple Leaf Run Nov. 10.



Runners set off from the finish line.







Maple Leaf Run organizers Michael and Drena Hill make a cheque presentation to Wounded Warriors Race Director Captain Jacqueline Zweng at the conclusion of the charity run.







Lt(N) Steingass receives her Canadian Forces' Decoration by LCdr Judith Harlock. Assisting are Gilda Shannon, Lt(N) Mike Makow and CPO2 Matthew Goodwin.



AB Emilie Poulin (centre) is promoted to her current rank from LCdr Judith Harlock (left) and PO2 Pat Buckoll.



PO2 Sean Barrett is presented the 2018 Rheinmetall Award for his outstanding performance as a Weapons Engineering Technician. Presented by François Desmarais of Rheinmetall Canada.



MS Dale Earl Armstrong is awarded a Commander Royal Canadian Navy Commendation by Capt(N) Martin Drews, Commander Naval Pacific Training Group. Joining MS Armstrong is his common law partner Kylie Davis.



# Want to recognize someone in your unit?

Send your BZs to melissa.atkinson@forces.gc.ca





Photo by LS Billanes, NFS (P)

Able Seaman John Gaetz is promoted to his current rank by LCdr Eric Poulin, MSE Division Commander, and CPO2 Robert Eadie, MARTECH OCC Advisor (West).



# **MARTECH Graduation**

Lieutenant Commander Daniel O'Regan, Deputy Commanding Officer of Naval Fleet School Pacific, presents certificates during the Marine Technician course ceremony.

Photos by LS Billanes, NFS (P)



OS Choi receives a Certificate of Completion.



OS Irving receives a Certificate of Completion.



OS Wamboldt receives the Top Student award.



OS Thorvaldson receives a Certificate of Completion.



OS Cordari receives a Certificate of Completion.



OS Pilkey receives a Certificate of Completion.



OS Dupuis receives a Certificate of Completion.



LS Henry receives a Certificate of Completion.



OS Rempel receives a Certificate of Completion.



LS Tae receives a Certificate of Completion.



OS Verner receives a Certificate of Completion.



OS Wamboldt receives a Certificate of Completion.



OS Hillsden receives a Certificate of Completion.



## Electrical Technician Junior Electrical Maintenance Technician Graduation

Lieutenant Commander Daniel O'Regan, Deputy Commanding Officer of Naval Fleet School Pacific, presents certificates during the ETech Junior Electrical Main. Tech. course ceremony.

Photos by LS Billanes, NFS (P)



LS Yliruusi receives a Certificate of Completion.



AB Whiteway receives a Certificate of Completion and the Top Student Award.



OS Brown receives a Certificate of Completion.



LS Caci receives a Certificate of Completion.



OS Cochrane receives a Certificate of Completion.



AB Gaetz receives a Certificate of Completion.



OS Tong receives a Certificate of Completion.



OS Defosses receives a Certificate of Completion.



OS King receives a Certificate of Completion.



LS Vick receives a Certificate of Completion.



AB Chung receives a Certificate of Completion.



LS Dionisio receives a Certificate of Completion.



OS Mason receives a Certificate of Completion.



AB Wynne receives a Certificate of Completion.

RENEE JAMES PRODUCTIONS PRESENT A World Premiere Concert Production

Aristmas with Starring Dane Warren

An intimate and elegant evening celebrating the music of the legendary Frank Sinatra. "Christmas with Sinatra" is sure to transport audiences back to the hey-day of the crooner era

> TICKETS ON SALE NOW

# THURSDAY DEC 13th • 8:00pm Alix Goolden Hall • 907 Pandora Ave.

FOR GENERAL TICKETS, VIP PACKAGES, GROUP RATES AND SPECIAL DISCOUNTS, PLEASE VISIT THE ALIX GOOLDEN HALL BOX OFFICE (900 JOHNSON STREET) OR ONLINE AT WWW.TICKETFLY.COM









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

#### **SERVICES OFFERED** ANNOUNCEMENTS **ANNOUNCEMENTS** SERVICES OFFERED coversation Lookout news Join the duit Self Defence Class LOOKING FOR CHANGE? WANTED: A FEW GOOD MEN. THERE ARE Vicwest Soccer association Do you have insomnia or **OVER 1000 FOSTER CHILDREN** is looking for players for their MENS 48+ team. Now in Cook Street! sleep disturbances? Do you have random mood **ON VANCOUVER ISLAND! GENBUKAN HAND TO HAND** Assorted positions availswings? Are you looking COMBAT SCHOOL able. Clubhouse located at to regain control of your **Cook Street Activity Centre** Tennyson Ave. Great home life? If you answered 480 Cook St turf field at Finlayson Park. **Foster homes** YES, I am offering at a Approx 25 games from Sept Classes available year round. very low cost, an hour 2018 to March. Contact session called ACCESS are needed! www.genbukan.black Ken McColl (250)858-0667. 250 889 8807 BARS. It is a gentle therkmccoll@islandbmw.ca apy that changes brain waves to give you more **HELP WANTED** SERVICES OFFERED 3005 11 SVC BN ARMY CADETS Become a foster parent ease with life. For more has a great, fun, safe, purposeinformation call or text ful program. There is no cost Offer relief or respite Make a **VICTORIA** Vanessa 778-677-0180. and youth M/F 12-18 years of age are eligible to join. Weekend **Difference!** Spread the word PREGNANCY and Summer Camps, Band, First Lookout CENTRE Aid, and Marksmanship are all **Classifieds Work. A Rewarding** offered. Thursday 6:30 - 9:00 Free Services Include: 250-363-3127 pm, 724 Vanalman Ave Victoria. Volunteer Pregnancy Tests Call 250-363-3194 or email Opportunity Pregnancy Options 3005PSC@gmail.com. is Available Counselling 848 ROYAL ROADS Air Cadets for You! invite all youth aged 12 – 18 from Pregnancy Become a Westshore and Sooke. Participate & Parenting **Network Friend.** in gliding, marksmanship, week-Counselling end and summer camps, ground You would be Prenatal Classes matched according school, drill, band, and more! Practical Help -Join us on Tuesday from 6:30 to shared interests Diapers, wipes, to build a long 9:00pm at 3041 Langford Lake formula. clothing term friendship Rd. Belmont Secondary, Website: Better the with an individual Pregnancy Loss 848rovalroadsaircadets.com who experiences a 2nd time Contact: 848parentinfo@gmail. Counselling disability or mental com or 250-590-3690 Post Abortion around! health issue. Counselling MISCELLANEOUS Contact: volunteer@Lnv.ca **Community Referrals PITCH-IN CANADA** POSTE DY Learn more: www.lifetimenetworks.org INTERESTED IN JOINING A www.pitch-in.ca 250-380-6883 coffee/social group for mili-WE OFFER: tary veterans and military in Metworks #112 - 826 North Park Street **BUILD YOUR** Cowichan Valley? For info coninfo@victoriapregnancy.org tact Bob Hedley on Facebook. **BUSINESS WITH** www.victoriapregnancy.org The intention of the group is *Lоокоит* to meet-up with other veterans and present serving mem-CLASSIFIEDS STORAGE bers to exchange stories and CALL 250-363-3127 facilitate fun get-togethers. FB TO ADVERTISE Group: cowichan valley coffee. **Award winning** Since 1975 1.800.991.7993 service you BARRYS can trust! MOVING & STORAGELTD. Phone: 250-475-0022 MILITARY WOULD YOU KNOW IF YOU HAD IT? Toll Free: 1-877-475-0022 PROPERTIES OWNED AND MANAGED BY DISCOUNT Email: info@barrysmoving.com FOR RESIDENTIAL www.barrysmoving.com Urinary urgency Ongoing fatigue Indigestion Check the ACTIVITY GUIDE • Weight loss/gain Fall 2018 • Change in bowel habits (CTIVIT) If you have been feeling a combination of these symptoms for longer GUIDE than three weeks, visit your doctor and ask for a Ca125 blood test. for upcoming ME GE programs W Habitat for Humanity Available at ReStore **CPAC, MFRC, NAC** 10% DND Discount and online! with ID INO LOCATI

**OVARIAN CANCER:** 

## **SYMPTOMS**

- Abdominal discomfort
- Pelvic pain/backache
- Bloating/gas/swollen
- stomache Vaginal bleeding/painful
- intercourse

• 849 Orono Avenue, Langford • 3311H Oak Street, Victoria

THIRD LOCATION NOW OPEN: 50 Burnside Road West, Victoria

250 386-7867 | restore@habitatvictoria.com

SHOP • DONATE • VOLUNTEER

www.habitatvictoria.com

## fosterhope.ca

## SERVICES OFFERED

MACNEIL VALERIE 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 SOME-ONE 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.resumecoach.ca or 250-888-7733

> Visit lookoutnewspaper.com to download your copy today!





Own a Single Family Home in the master planned community of Royal Bay – Yes, it is within your reach!

## **NEW PHASE NOW SELLING**

**GableCraft Homes** is a dynamic home builder committed to creating safe, sustainable and welcoming communities. Each home at Royal Bay is defined by timeless architecture and modern interiors, tailored for maximum livability. We have carefully planned each residence to make the most of the stunning seaside setting just a short walk away.

WITH HOMES STARTING from \$639,900

## GableCraft HomeStore

3549 RYDER HESJEDAL WAY | COLWOOD, BC Monday to Thursday 2 to 8pm Closed Friday Sat, Sun & Holidays Noon to 5pm



778.265.8350

REGISTER TODAY GableCraftHomes.ca/RoyalBay

Pricing, availability, features, exterior and promotion (if available) may change without notice. Photos and renderings may not reflect actual final product. The developer reserves the right to make changes to the information contained herein. Please see our sales representative for full details. E. &. O. E.