

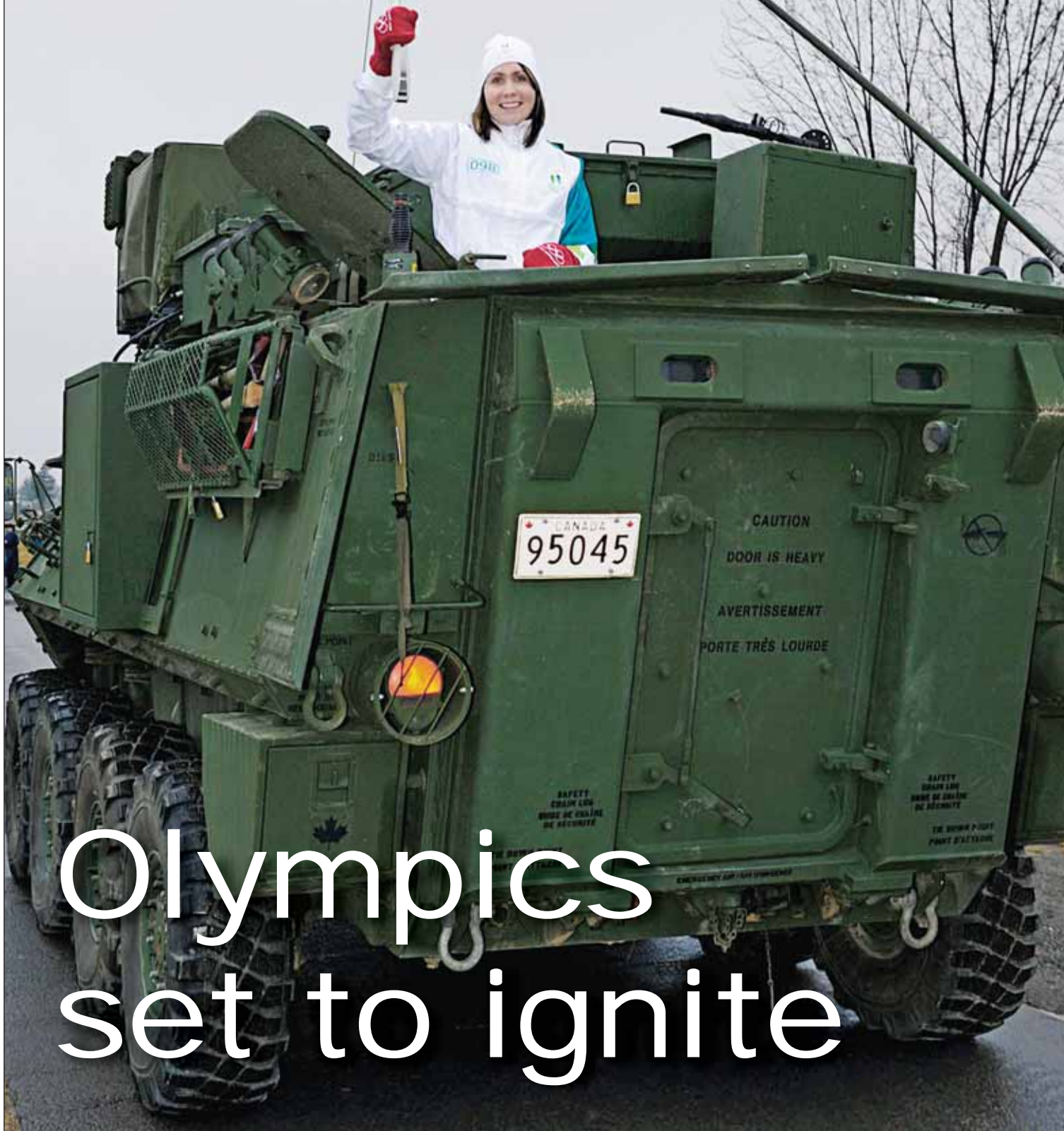
Volume 55 Number 5 | February 1, 2010

LOOKOUT



MARPAC NEWS CFB Esquimalt, Victoria, B.C.

Year of the Canadian Naval Centennial



Olympics set to ignite

Andrea Kelly carries the Olympic Torch while riding in a Bison from Tilley Ave to Champlain St. in Gagetown, NB. A team of 20 runners was chosen to run on the base during the 2010 Olympic Torch Relay. The Olympic Torch Relay has been crossing the country since Oct. 20 and will end on Feb. 12 in Vancouver.

Private Shellie Cyr, CF Imagery Technician

SUNLIFE DIRECT BILLING
 Have your claim back instantly!
 Proud to serve our community
 Just 3 minutes from the Base.
PHARMASAVE
 Esquimalt Plaza, 1153 Esquimalt Rd.
 250-388-6451

NEWS 6

Reservist has front seat at Olympics



FEATURE 8

Life and death a reality for rescue coordinators



FREE TICKETS

Lookout has 10 double passes to Dear John. Drop by our office (1522 Esquimalt Rd) on Feb. 1 for yours. First come, first served.

Tickets courtesy of Alliance Atlantis



Confidential **Military Home Evaluations**

-Quick, over the net, in days

CanadianMilitaryRelocation.com



Relocation Specialist for DND Esquimalt

Cell: (250) 882-3335
Toll Free: (800) 663-2121
Web: www.AlexBurns.ca



10 MINUTE OIL CHANGE
NO APPOINTMENTS NECESSARY



We offer those serving in the military & DND a Special Discount. Not valid with any other offer.

2988 Jacklin Rd. (Across from Westshore Town Centre) 250-474-7133 | 708 Bay St. Victoria (Douglas & Bay) 250-389-1326

NEW AND IMPROVED

NO INTEREST CREDIT PLAN | **CONVENIENT 12 Month Plan 24 Month Plan 36 Month Plan** | **NO MONEY DOWN NOT EVEN THE TAXES!**

* On approved credit on the CARDS No Interest Credit Plan. See Brochure for details.

AQUARIUS DIVE CLUB

Annual General Meeting

Naden building 33
(between Band building and BOR)

Friday, Feb. 5
18:30

For more information, contact
christopher.magee@forces.gc.ca



courses • special events • private boat dives and more

www.aquariusdiveclub.ca



Go blue. It's the right thing to do.

We're so committed to the environment that, at times, we've loaded our recyclables in oversized containers. But we've heard that lifting oversized containers has become an occupational health and safety issue for the people who pick them up.

So now we use only recognized blue boxes and blue bags for our recycling. It's the right thing to do for the environment. And for the people who work every day to make it better.

Find CRD Blue Box sales locations at www.crd.bc.ca/bluebox

www.crd.bc.ca

CRD



**Sunday, March 7
8:30am start**

Undulating course through three of Esquimalt's beautiful parks. Walkers & runners of all levels welcome.

Early Registration until Feb 15

Public	\$12
Military	\$9
TC 10K Training Clinic participant (city wide clinics)	\$9
TC 10K Training Clinic participant (Esquimalt Rec)	\$0

All registrants receive:

- Technical race shirt
- Race package
- Draw prize entry
- Day of refreshments

Late Registration Feb 16-Mar 7
ALL \$17

www.esquimalt.ca

Register:
Call 250-412-8500 or
in person at 527 Fraser St. or
online at www.runningroom.ca

Brought to you by



Olympic defenses



Sergeant Paz Quillé, Combat Camera

Above: Simulating an attack scenario on force protection members, MCpl Frédéric Tremblay (left), from Canadian Forces Support Unit Ottawa, demonstrates a self-defense technique against Cpl Jeff Frouws, from CFB Borden. The exercise was part of security training for military police working in Joint Task Force Support Element for Operation Podium, the CF contribution to overall security of the Vancouver 2010 Olympic and Paralympic Winter Games.

Below: LS David Leigh, a member of the Combined Operational Dive Team, checks the watery underbelly of Canada Place in Vancouver Harbour for dangerous items using "Scooter," the Dive Xtras CUDA underwater propulsion device.



MCpl Chris Ward, Combat Camera

Dial-A-Law



Do you need general legal information?

Access legal topics by telephone or visit www.dialalaw.org.

Available 24 hours a day, 7 days a week.

Lower Mainland: 604.687.4680 / Toll Free in BC: 1.800.565.5297

Lawyer Referral Service

Do you need help finding the right lawyer?

Receive a consultation with a lawyer for up to 30 minutes for \$25 + tax.

Monday to Friday 8:30 am to 4:30 pm

Lower Mainland: 604.687.3221 / Toll Free in BC: 1.800.663.1919

Funded by The Law Foundation of British Columbia
Public Services of the Canadian Bar Association, British Columbia Branch

Decorative plates celebrate military service

Carmel Ecker
Staff writer

A self-taught artist from Saskatchewan is using her talents to promote Canada's Navy.

Bonnie Saunders has spent the last year and a half creating unique art pieces that feature military badges and ship crests.

Her canvass is an eight-inch clear glass plate. Using decoupage and paint, she hand-makes each piece, which are framed in a shadow box lined with a rich red ultra suede.

A signed and dated bilingual certificate of authenticity is included with a custom-ordered plaque engraved with a name and rank or congratulatory message that is fixed to the bottom of the frame.

front of the plate smooth, providing depth to the art below.

With the images in place, Saunders begins several stages of painting and curing before the plate is sealed and framed.

Saunders' idea for the plates began when she saw a similar product on TV about 15 years ago. Once she decided to try it for herself, it took five years to perfect her technique.

She originally began her business with plates featuring her own coloured pencil artwork that were complemented by her trademark: a rich faux crackle background that she continues to use on the military plates.

As she goes through the process, which takes several days, Saunders must be dili-



"I'm a one person show so it's a lot to coordinate, along with the family life that includes two children and a husband, but it's worth it. I really enjoy it. I have met some wonderful people along the way, which makes it even more rewarding," she says.

Saunders first explored the use of commemorative plates while looking for a niche market to expand her sales. She asked the RCMP for permission to use their crest to make unique commemorative plates.

The success of these, often being purchased as graduation gifts for new officers or as retirement gifts, led Saunders to approach the Canadian Forces about making a similar product.

It took nine months to obtain a licensing agreement through Crown Copyright and Licensing, who is her liaison with the Department of National Defence. The approval process to obtain badge images has shortened immensely and now takes between two to four weeks.

As each badge request comes in, and is approved by the Commanding Officer of each unit or branch, it is added to her sizable repertoire that spans units across all three environments.

Some of her plates have ended up in prestigious hands.

Saunders presented her first military badge plate, the Canadian Forces Crest Plate, to Gen Rick Hillier

in June 2008 just before he retired as Chief of the Defence Staff.

Saunders says she was pleased he was the first recipient, since he is the creator of the Military Families Fund, a fund that Saunders supports with the sale of each CF badge plate.

"I never imagined I would be presenting it to him in person at a Military Families Fund Gala. He was so worthy to receive it - it was a very memorable occasion that I will cherish," she says.

Other notable people to receive her work include Prince Edward, Earl of Wessex; the Premiers of Western Canada; and hockey hall of famer Paul Coffey.

Saunders says she is very proud to be able to provide her heirloom quality mementos to commemorate CF members' service to Canada.

"They are ideal for so many occasions, such as change of command gifts, graduation gifts, tributes to veterans and personal keepsakes, to name a few. My hope is that I am creating something that will be cherished and passed on to family members for generations. The testimonials I have received from recipients are very heartwarming."

Plates can be ordered through Saunders' website, www.forces-memorabilia.com.

My hope is that I am creating something that will be cherished and passed on to family members for generations.

-Bonnie Saunders
Artist

The whole package costs \$149.

Saunders is elusive about her 14-step process to make the plates and no one is allowed to enter her country studio, which is located in a century-old church in Frenchman Butte, SK.

"It's a unique trade secret so I can't give you the details," she says.

Sparse with the finer points, she says each piece starts with cutting out a paper copy of the high-resolution image, which is applied to the plate from the back.

"It's done in an upside down backward process," she says, which leaves the

gent to keep her studio at the right temperature and humidity. If either of those elements strays too far from ideal, it ruins her work and she has to start over.

But those aren't the only things that can go wrong. A simple dust speck or loose paintbrush fibre on the plate's surface can spoil it.

Because of this potential for disaster, when Saunders gets an order for a plate, she makes three at the same time so she has backups.

The learning process has been tedious at times, but Saunders says she enjoys it. She builds her own websites and does her own marketing.

SLOPS Kit Shop



CANADIAN NAVY
1910-2010

Authentic, high quality Navy Centennial Merchandise

Visit our website:
www.slopskitshop.com

SLOPS: a name given to ready-made clothes and other furnishings, for seamen, by Maydman in 1692



Victoria Village Squires

Barbershop Quartet will sing to your special one

Three Love Songs, One Rose, a Balloon and Card all for \$50

Available Feb. 12 to Feb. 14 from 9 am to 10pm

250-381-4675 or 250-382-5663

[or villagesquires@yahoo.com](mailto:villagesquires@yahoo.com)

BOOK NOW!

PERU: Inca Discovery

8 days from **\$1069+tax** (Land Only)



Highlights:
Cuzco, Sacred Valley, Inca Trail, Machu Picchu

Includes:
Guided tour of Sacred Valley, 4 day Inca Trail hike with local guide, cook & porters, Guided tour of Machu Picchu, 4 nights hotel, 3 nights camping, some meals

Per person, based on double. Taxes additional. Call for dates.

250-953-6640 **UNIGLOBE**
BaseTravel@Geo.ca Geo Travel

In the CANEX Building off Admirals Road

Maurine Karagianis

MLA, ESQUIMALT-ROYAL ROADS

Standing up for our Community.


ESQUIMALT-ROYAL ROADS COMMUNITY OFFICE

10am – 4pm, Mon. – Thurs.
and by appointment

A5 – 100 Aldersmith Place, Victoria
(in Nelson Square, north of Admirals Walk on Admirals Road)

250 479-8326

Maurine.Karagianis.MLA@leg.bc.ca
www.maurinekaragianis.ca



103-719 McCallum Rd
Victoria, B.C. V9B 6A2



Eric Coching 250-217-2326

The MORTGAGE Centre

SOUTH ISLAND

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

**phone 250-391-6191
fax 250-391-6192**

Convenient location
across from Home Depot below Costco

Thinking about consolidating consumer debt?

Now may be the time as mortgage rates are low. Give us a call for current rates and options!

Rates subject to change without notice

matters of OPINION

WHO WE ARE

MANAGING EDITOR

Melissa Atkinson 250-363-3372
melissa.atkinson@forces.gc.ca

STAFF WRITER

Shelley Lipke 250-363-3130
shelley.lipke@forces.gc.ca

PRODUCTION

Carmel Ecker 250-363-8033
Shelley Fox

ADMINISTRATIVE ASSISTANT

Kate King 250-363-3014
kate.king@forces.gc.ca

ACCOUNTS

Kerri Waye 250-363-3127
kerri.waye@forces.gc.ca

SALES REPRESENTATIVES

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

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

EDITORIAL ADVISOR

Lt(N) Michael McWhinnie 250-363-4371

Published each Monday, under the authority of Capt(N) Marcel Hallé, Base Commander. Le LOOKOUT est publié tous les lundis, sous l'égide du Capt(N) Marcel Hallé, Commandant de la Base.

The editor reserves the right to edit, abridge or reject copy or advertising to adhere to policy as outlined in CFAO 57.5. Views and opinions expressed are not necessarily those of the Department of National Defence.

Le Rédacteur se réserve le droit de modifier, de condenser ou de rejeter les articles, photographies, ou annonces publicitaires pour adhérer à l'OAF57.5. Les opinions et annonces exprimées dans le journal ne reflètent pas nécessairement le point de vue du MDN.

LOOKOUT
NEWSPAPER

Circulation - 4,500

One year subscription - \$35.31

Six month subscription - \$17.66

Three month subscription - \$11.77

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

E-mail: frontoffice@lookoutnewspaper.com

Web: www.lookoutnewspaper.com

Fax: 363-3015

Canadian Mail Product Sales Agreement 40063331



WHAT SAY YOU

Signals Operators: You can talk about us, but you cannot talk without us

Cpl Jeffery Stewart-Taylor
Joint Task Force Afghanistan

I laughed to myself when I read the basic requirements of a Signals Operator (Sig Op) on the Canadian Forces recruiting website some time ago.

Among the obvious requirements for this trade, such as good manual dexterity (typing), learning and retention skills, I thought the need to be "loyal" and "psychologically stable" were odd traits to state.

In fact, no other description of a CF trade that I could find on the website includes these qualities.

I didn't stop laughing until I reached Afghanistan and began to understand why these characteristics were required to be a good signaller in a combat zone.

From a technical perspective, the smooth transition of voice and information across the airwaves depends on our ability to maintain the various communications network systems, such as Combat Network Radios (CNR), telephone systems (VoIP), and computer hardware and software packages, to name a few. However, all this advanced technology is absolutely useless if the Sig Op is not mentally prepared to accept responsibility for staying calm and cool in the face of chaos. This is where psychological stability is an absolute must!

No matter where you are — whether you are maintaining the radio traffic logs in the Tactical

Operations Centre, monitoring frequencies and equipment in a remote radio-rebroadcast station, maintaining a communications link between a command post and a LAV III rolling down the highway in convoy, or under enemy fire while on a dismounted patrol — you must be able to stay focused on transmitting clear and accurate information at all costs.

Our own lives, let alone the lives of others, depend on it!

The loyalty aspect of the Sig Op trade could be said to be the same, being psychologically stable; in that in the face of diversity you are dependable on getting the message out. However, this trait goes beyond the ability to handle any given situation and still be mentally capable of functioning effectively.

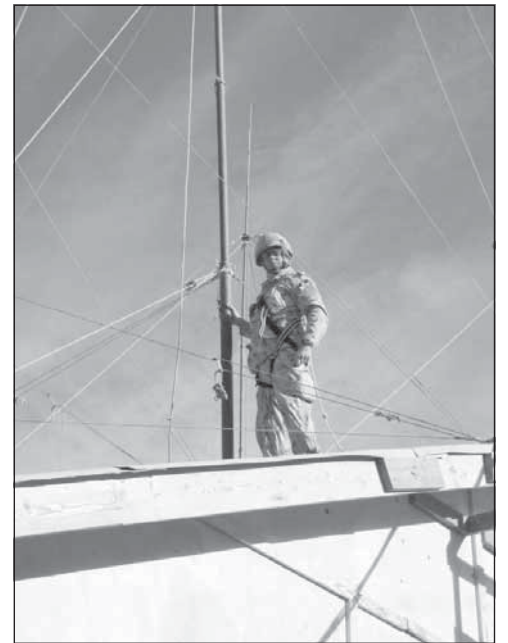
Loyalty is a further display of your faithfulness to the given and expected commitments and obligations, even in the face of certain peril.

The Sig Op is steady, firm, unwavering, dutiful and dependable. All the soldiers around him, from the highest ranking officer to the lowest ranking non-commissioned member, know that support for their lives and their mission are in the trustworthy hands of individuals who will, at all costs, get the message through.

Yes, ours is a service trade. We may not directly engage the enemy with munitions like our frontline brothers and sisters, but we are first and foremost soldiers and we are there in the thick of it all. We make sure that the right

people know exactly what is going on around us under any and all conditions.

Ladies and gentlemen, I give you the unsung heroes of the battlefield: the psychologically stable and loyal Signal Operator of the Canadian Forces! You can talk about us, but you cannot talk without us.



Cpl Jeffery Stewart-Taylor, JTF-Afg
A Signals Operator at work in Afghanistan performing antenna maintenance.

Cost effective ways Canadians can help Haiti

The best way for Canadians to help is to donate money - not clothing or food - to experienced humanitarian organizations. Canadians are invited to consult the DFAIT web site at www.international.gc.ca/humanitarian-humanitaire/earthquake_seisme_haiti_help_aide.aspx.

Cash donations are the fastest, most efficient way to get help to people affected by a disaster. They allow relief agencies to quickly purchase supplies based on the specific needs of the affected population.

Cash donations allow relief agencies to procure goods and services in the affected country or neighbouring areas. In other words, your financial contribution is helping to get assistance

to affected populations as quickly as possible, and restart the local economy, which may have been seriously affected by the disaster.

In most cases, it is more cost-effective to procure goods locally than to airlift supplies from far away, as fuel and aircraft costs can be very high. In addition, local goods can be procured in much less time than it takes to organize the logistics of an airlift from a distant country.

Culturally appropriate, locally procured goods can best respond to humanitarian needs, as well as provide a small sense of comfort or normalcy to traumatized and displaced populations, whereas foreign, unfamiliar goods may not.

In order to ensure that your donations help meet these urgent needs, we urge you to check to see if your preferred charitable organization is registered before you give by checking the Canada Revenue Agency website.

Donors are also encouraged to check with their registered charity of choice to verify they have launched a charitable campaign for Haiti. Eligible donations made in response to appeals for Haiti will be matched by the Government of Canada.

Canadians can get involved at home at the local level. Canadian NGOs or the local affiliates of international organizations may need assistance staffing phone lines during fundraising drives or organizing fundraising events

in your community. Check their websites regularly.

In order to ensure that your donations help meet these urgent needs, we urge you to consult the Canada Revenue Agency Charities Listings (www.cra.gc.ca/charities) to verify that the organization is a registered charity in Canada and to find additional information on how you can help - www.cra.gc.ca/charitieshaiti.

You can also verify a charity's registration by calling 1-800-267-2384. Our toll-free telephone service is available weekdays from 8 a.m. to 8 p.m. Eastern Time, Monday to Friday, and as a temporary measure, on weekends, from 9 a.m. to 5 p.m. Eastern Time.

Salty's Fish & Chips
We Salute The Forces
10% off Lunch
250-477-6555
this location only
1008 Craigflower Rd
(across from Gorge Vale Golf Course)

AUTHENTIC THAI
Friday Lunch Buffet
• Lunch Combos • Full Dinner •
Dine In **Zap** Take Out
thai restaurant
Thai dining at its Best!
1207A Esquimalt Rd. • 389-1845

VOTED VICTORIA'S BEST VIETNAMESE MENU
VIET NAM
Garden RESTAURANT
Ken & Shelley welcome you to their new location
524 Admirals Road 250-384-3033

on the front lines

Disaster response team in the thick of Haiti emergency

Capt Mark Peebles
Joint Task Force Haiti

Two weeks after an earthquake devastated parts of Haiti, and a week after arriving in the town of Jacmel, the Disaster Assistance Response Team (DART) is hitting its stride in helping Haitians.

DART commanding officer LCol Bruce Ewing says that, with their mission maturing, he will look to areas outside Jacmel to see how he and his soldiers can help Haitians in the countryside.

LCol Ewing and his reconnaissance team arrived in Port-au-Prince on Jan. 13, the day after the quake, and the advance team arrived the following morning. Almost instantly upon reaching the embassy, DART personnel set up facilities and started treating Canadians at the embassy who were injured during the quake and were looking to return to Canada.

While the command team met with Haitian officials and aid organizations to assess the situation, search and rescue technicians

searched for survivors and medics went out daily to a hospital in Port-au-Prince to treat the injured.

Less than a week later, helicopters began flying people and supplies into Jacmel, a beautiful seaside town that was rocked by the quake and needed medical assistance and clean water.

Jacmel had a population of about 25,000 in the city, and about 40,000 in the entire surrounding area. The estimate was almost 500 were killed.

As a CH-146 Griffon and a CH-124 Sea King shuttled between Port-au-Prince and Jacmel, DART personnel fanned out. Some went to the town jetty where shore parties from *HMCS Halifax* had just arrived. Others went to the Minustah compound by the airfield to set up operations, and a third group began setting up the main DART camp 10 km east of the town.

Within days, the air force had set up an operational aerodrome for CF, allied and civilian air personnel who unloaded supplies and humanitarian assistance to waiting aid organizations.

At the same time, sailors from *HMCS Halifax* were digging latrines at displaced persons camps and working with soldiers from the DART to provide security at a World Food Programme feeding station.

The DART's medical personnel started helping at the Hopital St. Michel in town almost upon arrival until the DART clinic was set up a few days ago. Since then, the numbers of Haitians treated by the medics at the clinic have risen sharply, and it is now operating near its capacity of 250 patients a day.

After some initial maintenance, the DART's well-known Reverse-Osmosis Water Purification Units (ROWPUs) are now pumping out clean water from the ocean at the jetty for distribution by aid organizations once the water is deemed

clean enough.

Engineers continue to clear rubble from town streets while firefighters survey buildings that remain standing for damage.

LCol Ewing says his team has had an effect since it first got on the ground, an effect that has grown bigger than its size.

"[The people of Jacmel] need our help and every little bit helps, and every member of my team, every member of *HMCS Halifax* who has come ashore to help, all the air crew that are helping to fly supplies in here, everybody is contributing to the greater good," he said. "So one person maybe can't do very much, but when we all work together we can have an effect on the ground."

LCol Ewing notes that as medical personnel become available he intends to get



Cpl Julie Bélisle, Combat Camera

Members of the Disaster Assistance Response Team (DART) make a human chain to carry rations to a food and water supply tent. The DART is providing relief to the population of Haiti. The effort is part of Operation Hestia, the Canadian Forces participation in humanitarian operations conducted in response to the catastrophic earthquake that struck Haiti, on Jan. 12.

mobile medical teams out to the communities in the mountainous areas in the region to help those who

can't get in to Jacmel where Canadian soldiers, sailors and air force personnel stand ready to help.

Engineers continue to clear rubble from town streets while firefighters survey the buildings that remain standing for damage.

ENCORE FREE HOT YOGA WEEKEND

The **HOTTEST THING IN FITNESS!**

HUGE SAVINGS on select packages

ALL CLASSES FREE

8 AM • 10 AM • 3:45 PM

Sat & Sun - Feb 6 & 7

Everyone Welcome Bring a Friend

Watch for our Valentine's announcement in next week's Lookout



250-391-1975 • www.BikramYogaLangford.com • 750 Goldstream Ave

HARRISON'S HAS EXPANDED

more to see



Your outdoor gear specialists:

- Hunting
- Fishing
- Camping
- Paintball

Military uniforms, boots & accoutrements

"Your Outdoor Gear Specialists"

We buy military and antique items

266 Old Island Hwy
(up the hill from 4 Mile Pub)
250-881-8388

Now that's...



Kool
107*3
Today's Best Music

For all of Today's Best Music from Maroon 5, Fergie, Gwen Stefani & more. Victoria's new #1 choice. Make the switch today.

TRACKSIDE AUTO SERVICE LTD. A FULL SERVICE AUTO REPAIR FACILITY

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

Ask about BG Protection Plan*
Where Dependability and Trust are a Priority... * under 80,000 km

784 Fairview Rd. • 250-383-5509

DIRECT BILLING IN WEST SHORE

Chris Kiiskila
Pharmacy Manager

Proud to offer DND:
• 10% off Pharmasave brand products
• Full service cosmetics department
• Specialized compounding pharmacy services
• Plus a Postal Outlet

at Millstream Village

WE ARE PLEASED TO OFFER DND DIRECT BILLING

Live well with **PHARMASAVE**

Millstream village
250-478-0123
Next to Milestones

Now Open til 9pm Mon-Fri
Ample parking

For all your RV needs

- New and Pre-owned
- Parts and Service
- Sani-station
- ICBC repairs
- Rentals and more

trianglerv.com
250-656-1122

CONSEIL SCOLAIRE FRANCOPHONE DE LA COLOMBIE-BRITANNIQUE / **FRANCOPHONE EDUCATION AUTHORITY OF BRITISH COLUMBIA**

AFFIRMEZ VOTRE FIERTÉ FRANCOPHONE : INSCRIVEZ VOTRE ENFANT DANS UNE ÉCOLE DU CSF !

VOUS CHERCHEZ UNE ÉCOLE FRANCOPHONE ?

Le Conseil scolaire francophone de la Colombie-Britannique (SD No 93) accepte les inscriptions dans l'ensemble de son réseau de 38 écoles publiques à l'étendue de la province.

- un programme d'enseignement public de la maternelle à la 12^e année ;
 - une maternelle à temps plein ;
 - services à la petite enfance ;
- un service de transport scolaire ;
- un programme d'anglais de qualité ;
- haut niveau de réussite scolaire ;
- des portables pour tous dès la 4^e année ;
- une variété de programmes sportifs et culturels et programme du diplôme du Baccalauréat International

LOOKING FOR A FRENCH PUBLIC SCHOOL?

The Conseil scolaire francophone de la Colombie-Britannique (BC's Francophone School District No. 93) is accepting registrations in its 38 public schools across BC.

- a publicly funded French-language program from kindergarden to grade 12;
- a full-day Francophone kindergarden;
- preschool services;
- school transportation system;
- a quality English program;
- superior academic results;
- laptop computers for all, starting in grade 4;
- a variety of sports and cultural programs and International Baccalaureate Program.

PORTES OUVERTES / OPEN HOUSE
MERCREDI - WEDNESDAY 10 FÉVRIER - FEBRUARY
VICTORIA
ÉCOLE VICTOR-BRODEUR
637 Head Street | 250.220.6010 | M/K - 12
http://brodeur.csf.bc.ca

9h00 à/to 12h00

Pour obtenir plus d'information ou pour inscrire votre enfant dans l'école de votre localité, communiquez avec :
For more information or to register your child in the Francophone school in your area, please communicate with :

LE CONSEIL SCOLAIRE FRANCOPHONE DE LA COLOMBIE-BRITANNIQUE (SD No 93)
180-10200 Shellbridge Way, Richmond, (C.-B.) V6X 2W7 | (604) 214-2600 or/ou 1-888-715-2200 | info@csf.bc.ca

COMMUNITY NEWS: 2010 OLYMPICS



Lt(N) Fiona Milne holds up her pass that will get her into the Olympic spotlight.

Shelley Lipke, Lookout

Reservist gets dream job

Shelley Lipke
Staff writer

When the biathlon competition gets underway at the Olympics in two weeks, the athletes will be closely watched by Lt(N) Fiona Milne.

The naval reservist won't be on the sidelines cheering. She'll be among those assigned to officiate the event.

As the athletes shoot at the target in their lane from a 50 metre distance, Lt(N) Milne, along with other officials, will record their results.

It's an exciting and adrenaline-charged sport to watch and judge, she says, and she's counting down the days for the games to begin.

For 20 years she's been active in the sport, coaching and officiating. For the past 15 years, as a reservist, she's taken on training Victoria, lower mainland and Calgary sea, air and army cadets in the sport.

"I have trained for this and now it's time to put it to the test," she says. "When it was announced that 2010 was awarded to Vancouver, I set my sights on working to be a part of this, and it's paid off."

For three weeks during

the games, she will join 400 other officials to assess the athletes' performance in biathlon.

Biathlon combines cross-country skiing and rifle shooting. The word "biathlon" comes from the Greek word for "two tests." Today, biathlon consists of 10 separate events that involve both cross-country skiing and target shooting. The objective is to complete the course in the least amount of time, hitting as many targets as possible to avoid time penalties.

"This sport involves cross-country skiing that has developed into skate skiing. It's faster, more powerful and involves a longer stride. You ski like crazy, come into the range, get your heart rate down, and fire clean. Ski and shoot. Ski and shoot. It's an extreme sport. You have a high cardiovascular performance and then must be able to drop your heart rate to fire accurately," she explains.

Each race varies in length based on age, gender and race category, but the idea is the same.

"Each competitor performs a lap of varied terrain ski course, and then in the range they remove the .22 calibre rifle from their

back to engage in small bore marksmanship."

The targets are different sizes: 115 centimetres while in the standing position, and 45 centimetres while shooting prone (lying down). "If the competitor misses a target they either get a time penalty or are assessed a penalty loop, dependant on the race," says Lt(N) Milne.

As an official she must remain impartial.

"I have eight firing lanes to observe and record, but each time a Canadian comes in I'll be holding my breath and hoping they they shoot clean."

During the Olympics she'll be joined by 11 other Cadet Instructor Cadre Officers (CIC) from across Canada to officiate the biathlon. These 12 officers were selected by the Directorate of Cadets in Ottawa.

Lt(N) Milne says without the support of her employers, Doug and Andrea Bateman and the Canadian Forces, she wouldn't be able to take time off to do this.

"I'm very thankful. I think it's finally starting to sink in that I am part of the 2010 Winter Olympics. I never thought I would do it, and I'm amazed and proud to be part of it."

Kuku's Take Out and Delivery

Family Combo \$18.95 Delivery extra

Includes Butter Chicken, Rice, 2 Naan, 4 Samosas, 4 pcs. Gulab Jamun

Fine East Indian Cuisine. We specialize in vegetarian.

Some restrictions apply. Cannot be combined with other offers. No cash value. Discount not applicable to beverages. Must present coupon.

24 Burnside Road West (next to 7 Eleven) Victoria #778-430-5858 (KUKU)



Base Imaging Services Esquimalt

NEW LEADERSHIP FOR QHM AND POESB

Cdr Allen James assumed command of the Queen's Harbour Master and Port Operations and Emergency Services Branch from Cdr Tim Howard, who is retiring after more than 34 years of service. The handover took place on Dec. 18, 2009. Base Commander, Capt(N) Marcel Hallé (centre) was the reviewing officer.

Walmart
Save money. Live better.



We've got many services to offer you while you're in town
Pharmacy • Groceries • Automotive
1 Hour Photo Processing
Passport Photos • and much more...

OPEN 7
DAYS A WEEK
8AM - 10PM

860 Langford Pkwy Town & Country Shopping Centre
250-391-0224 250-475-3356



Official Supplier
to the
Federal Government

Advantage

Honoring 100 yrs
of local service

Andy McMahon
Account Manager

Staples Advantage
Victoria, BC V9B 4S2

Tel (250) 704-2797
Fax (250) 391-5725
Cell (250) 361-8459
andy.mcmahon@csxp.ca
www.staplesadvantage.ca

ISO 9001:2000
ISO 14001:2004

POETS COVE • PENDER ISLAND • BC

Valentine's Day...

...speak the language of love...
...no need for words

A romantic get-a-way says it all!
Call to reserve your get-a-way now

Poets Cove
RESORT & SPA

40 minutes by ferry from Swartz Bay
www.poetscove.com • 888.512.7638

Lyall Street Service Station

250-382-0015 • www.wix.com/lyallstreet/service

Member



- B.C. Safety Inspection Facility
- Warranty Approved New Car Service
- Brakes, Tune Ups
- Same Day Service
- Guaranteed Work
- Tires & Wheels



Locally Owned & Operated



1480 Lyall Street • 250-382-0015

NOW THREE TIMES THE SERVICE.



2935 Bridge Street, Victoria • 506 Esquimalt Road • 1746 Island Highway, Colwood
Craftsman's recent expansion gives you three great Victoria-area bodyshops to choose from. Each offers friendly, professional service, lifetime guarantee and exclusive AIR MILES® reward miles. So next time you need bodywork on your vehicle, you don't have to think twice.

©™ Trademark of AIR MILES International Trading B.V. Used under licence by LoyaltyOne, Inc. and Craftsman Collision Ltd.



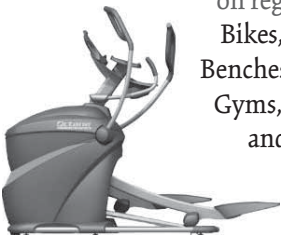
Get your military discounts
www.canexdiscounts.ca

**10% off
any Truck
Rate**



Call 250-953-5300
www.budgetvictoria.com

20% MILITARY DISCOUNT



on regular priced:
Bikes, Ellipticals,
Benches, Treadmills,
Gyms, Accessories
and Rowers



Everything in stock.

We also provide servicing, delivery and set up.

880 Attree Rd
in Langford,
beside Walmart
250-478-0225



#7-415 Dunedin
in Victoria
250-480-0222

www.aloyd.com

**FOR ALL YOUR BUILDING &
RENOVATION SUPPLIES**

- Hardware
- Lumber
- Plumbing
- Door Shop
- Building Materials
- Paint
- Housewares
- Electrical
- Kitchen



"Military Discount"

We're BIG on value

Mon-Fri: 7:30-7 • Sat: 8-6 • Sun & Holidays: 9-5

RONA

Bay West Home Centre

220 Bay Street (Bay at Wilson)

Call 250-595-1225 • Fax 250-595-8228



**YOUR LEGAL
DEFENCE
TEAM**

Mel Hunt BA (Hons), LLB Lieut Col (ret'd)

Leigh Gagnon BEd, BA, LLB

Mel Hunt practises military law, criminal law, and personal injury law, and is a former member of the Judge Advocate General's Branch in The Canadian Forces.

Leigh Gagnon practises family law, real estate law, and in the area of wills and estates.

We get results! A full service law firm.

*Dinning Hunter,
Lambert & Jackson*

1192 Fort St.
250-381-2151

On peut vous aider
en français

813 Goldstream
250-478-1731

Life and death:

A tough day at the Joint Rescue Co

Carmel Ecker
Staff writer

For most people, work is about deadlines, emails and pushing paper. No one's life is on the line when decisions are made.

But that isn't the case for those in the rescue business.

For search and rescue technicians at CFB Comox, and staff on the ground at the Joint Rescue Coordination Centre (JRCC), on any given day, death is a possibility.

Two weeks ago, rescuers faced two fatalities, and saved three lives during two extraordinary emergencies.

On Jan. 18, a man flying home to Castlegar crashed his plane in the barren winter landscape. Injured, cold, and alone he made a desperate call for help on his cell phone.

Just as search and rescue crews located the plane, three snowmobilers, surprised by an avalanche near Sicamous, tried to get a signal on their satellite phone and call for help.

"It was a rough day and a rough night," says Maj James Pierotti, Officer in Charge for the Joint Rescue Coordination Centre Victoria.

In the air

The alarm bells started to ring at 4 p.m., just an hour before the switch from day to night shift at the JRCC.

An aircraft in distress call came in from 911. Simultaneously, the Search and Rescue (SAR) satellite

system started relaying data from the aircraft's Emergency Locator Transmitter.

Soon after, the Vancouver Area Control Centre received a message from the pilot of a "high flyer" (a commercial airplane) that it looked like a plane was going down.

Capt Ridler, the day shift air coordinator at the JRCC, quickly ramped up from an investigative state to a distress state and told the crews of a Cormorant helicopter and a Buffalo airplane from 19 Wing Comox to get ready to hit the runway.

With search and rescue air crews preparing for action, the B.C. Ambulance Service called to confirm a plane had crashed between Nelson and Castlegar, B.C.

The pilot had called 911 on his cell phone and told them his plane had caught fire, and he crawled away suffering a broken leg and a broken jaw. Likely concussed and with shock setting in, he was also having difficulty communicating.

"He didn't know where he was, but he was on the side of a mountain," says Maj Pierotti.

Complicating matters, the plane's locator beacon had stopped transmitting, having been damaged either by the crash or the fire. So crews were working from the pilot's information and the last data the satellites received from the plane.

The two stories didn't match up.

The pilot said he was travelling from Nelson to Castlegar, but the

SAR Satellite pinpointed his last known location in the opposite direction, between Nelson and Kaslo.

Going on the pilot's word, ambulance and police crews from Nelson started driving up and down the roads, sirens blaring while the officer talking to the pilot listened for when the sirens sounded loudest through the phone. The tactic, along with the pilot's description of what



he could see from his position, helped them narrow down the search area.

With no time to lose, the Cormorant and Buffalo were on their way, but there was a tough choice to make.

The Buffalo had only enough fuel to get to the site and make one pass, launching a single flare to illuminate the search area. Refuelling would have taken an extra 20 minutes.

Capt Ridler and the Buffalo pilot decided speed was more important than fuel. Daylight was fading fast and there was only going to be one chance for the search and rescue technicians to parachute in before



Carmel Ecker, Lookout

Capt Aaron Twa, an air coordinator at the Joint Rescue Coordination Centre, says days like Jan. 18 are thankfully rare, but that doesn't make the job easy. It's difficult everytime the search and rescue teams aren't able to reach someone in time.

Coordination Centre



darkness fell. As they waited for the military aircraft, the RCMP chartered a private helicopter to search the area using the last of the daylight. "It was an outstanding idea," says air coordinator Capt Twa, who would soon relieve Capt Ridler. Heavy cloud cover forced the experienced pilot to stay higher than needed to find the small burned out white plane with only a speck of red to set it apart from the bleak win-



ter landscape. The pilot would later return to the site, and estimates he came within 200 vertical feet of the crash. The searchers aboard simply couldn't see it through the clouds and fog.

Though they didn't spot the wreckage, the air search did help. The RCMP member talking to the pilot could hear the helicopter getting louder and softer through the phone. Using that information the ground crew narrowed their search to one and a half square miles on the north side of the Kootenay River.

This is the scene Capt Twa walked into as he entered the JRCC just before 5 p.m.

Capt Ridler quickly briefed him and Capt Twa settled in for a three-hour ordeal.

As they scoured the area, ground crews reported smelling aviation fuel and knew they were close.

By 5:30 p.m. the Buffalo arrived and made a pass. Unable to locate the crash site in the fading light, they dropped a single flare, which parachuted to the ground and offered roughly five minutes of light for searchers.

Out of fuel, the crew headed to the Cranbrook airport to refill.

"We took a risk, but didn't pay off," says Capt Twa.

Further illumination would have to wait until the Cormorant arrived with its search light and the crew's night vision goggles.

The Cormorant arrived at 7 p.m. after battling 300 nautical miles of inclement weather. The crew was exhausted, having been on duty since 7 a.m. and flying for the past two-and-a-half hours with night vision goggles.

Air and ground crews worked together for the next 30 minutes before the Cormorant needed to refuel. As the helicopter crew headed to the tarmac in Castlegar, the ground

searchers stumbled onto the airplane, and the lifeless pilot.

A member of the ground crew began CPR, but suspecting their efforts were in vain, they contacted a local doctor who, after hearing the details on the pilot's condition, told them to stop.

Though disheartened, Capt Twa wasn't surprised. Two hours earlier, the RCMP reported they had lost contact with the pilot.

The heartbreaking part of Capt Twa's day was about to come.

The pilot had called his wife shortly after the crash and she had been checking in with the JRCC for updates. Now, Capt Twa had to give her the news.

"I get choked up just thinking about it," he says.

The RCMP's victim services went to the house, but she wouldn't let anyone in.

"That just left her and I," says Capt Twa. "She was quite upset, but at the same time she was so thankful. At the end of the conversation she just wanted me to thank everyone involved."

On the ground

As the search mission for the pilot was wrapping up, four snowmobilers enjoying the backcountry near Malakwa, about 20 kilometres North East of Sicamous, suddenly saw a wall of snow barreling toward them.

Stranded at the bottom of a mountain with one man dead and another with two broken legs, there was no hiking out of the situation. Without emergency locator beacons, no one knew they were in trouble, or where to find them.

With a satellite phone as their only hope, one of the two uninjured men set off on a four hour hike to the nearest ridge to get a signal.

Though JRCC is only responsible for aircraft and salt-water marine vessels, they often step in when B.C. Ambulance Service can't reach the victims.

"If they can't drive the ambulance there, then they need help," says Capt Twa.

Sending in ground searchers was deemed impractical. It would take 12 to 14 people to pack an injured person out of the backcountry, says Capt Twa, and given the unstable snow pack, rescuers could succumb to another avalanche.

"It was a good mission for a helicopter," says Capt Twa.

The snowmobilers were lucky there was a secondary Cormorant available to take the mission, as the crew from the earlier plane crash was out of crew day and was grounded in Castlegar.

Secondary aircraft aren't always available due to repairs or other mis-

sions, says Capt Twa. The two aircraft from Comox deployed: a Buffalo tasked with finding the snowmobilers and marking their position, and the Cormorant to pick them up.

But, finding them was going to be tricky.

By the time the hiker got a signal it was 11 p.m. and pitch black. He was calm as Capt Twa asked him questions about his position, but he didn't have a GPS location and didn't know the number to the satellite phone, meaning Capt Twa couldn't call him.

Trying to find one guy in the dark in the woods with an airplane is difficult. I can't even describe how difficult that is.

-Capt Aaron Twa
JRCC Air Coordinator

"Trying to find one guy in the dark in the woods using an airplane is difficult. I can't even describe how difficult that is," says Capt Twa.

But he had an idea to overcome the obstacle - a conference call between hiker, the Buffalo and the JRCC.

Capt Twa instructed hiker to call the JRCC when he heard the Buffalo and direct the pilot to his position.

"It's really cool. We're talking on satellite phones and conference calling to another satellite phone," says Capt Twa.

The plan worked. The other uninjured snowmobiler had lit a bonfire, which was easily visible with night vision goggles.

As soon as the Cormorant arrived, the two survivors at the bottom of the avalanche were hoisted to safety and the hiker was directed toward a cabin.

By the time Capt Twa finished his 14-hour shift, he had mixed feelings about the day.


"It was a bad good kind of night," he says.

He just knows that a few years ago it could have been all bad news. Technology has changed the success rate for search and rescue.

Flying Labrador helicopters shortly after he joined search and rescue 20 years ago, there were no cell phones, no satellite phones, no night vision goggles, no GPS.

Now someone can be patched straight through from 911 to the JRCC, which coordinates all the available resources.

"Technology has completely changed how we do business," he says.



Family and
Cosmetic Dentistry

abacus
Dental Centre

*New patients & Emergencies
welcome.
Cleanings available.*

Dr. Paul Henn • 250-386-3044

Jim Pattison
cars
unlimited

Financing on site • Fast Approval
Great % rates

Let us find a car for you!

250-360-2271 View inventory online:
carsunlimitedvictoria.com

SELECT
MORTGAGE CORP

3.74% Best Fixed Rate
5 year term

1.85% Best Variable Rate Mortgage

www.mortgagesbylori.com



VERICO
CHARTERED MORTGAGE BROKERS


Each VERICO broker is an
independent owner operator

Lori Lenaghan
MORTGAGE CONSULTANT
C. 250-888-8036

New Location!



2940 Ed Nixon Terrace
off Westshore Parkway, off Trans Canada
between Spencer Rd & Goldstream Park



Steve Drane Harley-Davidson®

250-475-1345 • stevedraneharley.com

Automotive
& Industrial

parts, tools & supplies

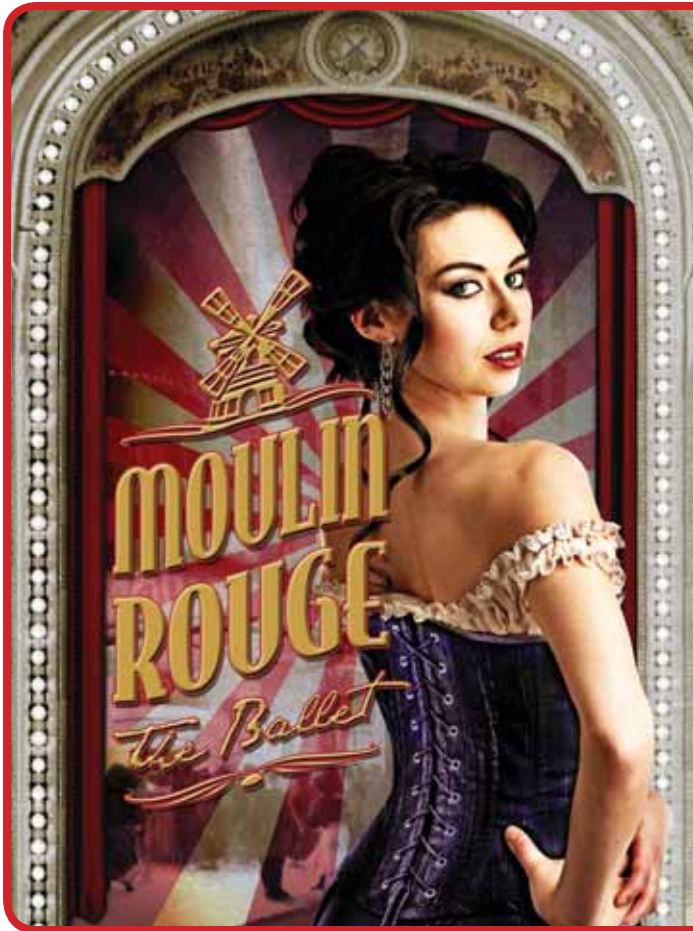




7 locations to serve you:

Colwood Langford Auto Supply	250-478-5538
JB's Downtown	250-384-9378
JB Precision/Machine Shop	250-475-2515
B&B Auto Supply	250-652-5277
JB Body Shop Supplies	250-361-9136
Salt Spring Auto Parts	250-537-5507
JB's Ladysmith	250-245-9922





WIN TICKETS

Answer this question:
When was the Royal Winnipeg Ballet founded?
Email your answer to kate.king@forces.gc.ca for your chance to win 2 tickets to see Moulin Rouge The Ballet.

The most famous cabaret in history, the Moulin Rouge has been the subject of many books, paintings, movies and musicals - birthplace of the Cancan and home to a cast of outrageous dancers known as the Diamond Dogs. When the Moulin opened, Paris was a city of exquisite contradiction; art was both elevated and abused, pomp and excess ran hand in hand with poverty and hardship, and the heady elixir of personal freedom bred lifestyles that were often reckless and addictive. Drawn to Paris by the city's passion, Matthew and Nathalie tempt the fates as they seek love and destiny in the infamous cabaret.

Feb 9th - Feb 11th
Royal Theatre

Tickets start as low as \$40.50, a 15% discount when you say the password "CANCAN" after calling in to buy tickets

For tickets call: 250-386-6121 or 1-888-717-6121



More growth in dockyard

Shelley Lipke
Staff writer

More construction is about to develop in dockyard as the consolidation of ship repair units advances.

D141 is set to come down this year as part of Phase IV of the Fleet Maintenance Facility (FMF) Cape Breton Shop Consolidation Project.

"This building is currently being used as a storage area for submarine parts and also by the group working on HMCS Victoria's extended docking work period," says facilities project coordinator Mark Corkery.

Fabricators, electricians, material management staff, and mechanical and diesel fitters working on the submarine refit will be relocated in preparation for the teardown.

"The deconstruction begins Feb. 28, and two things will happen with this move," explains Corkery. "Building D527, near the corrosive fluids facility on the top of Signal Hill, has been renovated and will be used to store the majority of the materials and submarine parts stored at D141. And workers from Base Construction Engineering (BCE) have been retro-fitting D83 over the past six weeks and the groups will

move into this building." People travelling through dockyard should be wary of traffic and sidewalk changes.

"Some walkways will be blocked off on one side of D250 and fences will go up around the site," says Corkery.

Replacing D141 will be a new section of the ever-growing D252 that will accommodate shipwrights, inside riggers, life raft, boat repair, and canvas work-cells.

Phase IV also includes a modernized CANEX facility, a rooftop antennae farm, and the deconstruction of D213, D264 and D265.

The housing of ship repair shop under one roof is a 20-year project and is expected to be completed in 2018.

Upon completion, the production workforce at FMF will be divided into five work centres.

D252 will house independent work centres such as life raft repair, canvas fabrication, shipwrights, furniture painting, and bench rigging.

Shops that work together on ship repair will be in D250.

"The idea is to consolidate FMF into a single ship repair zone," says Corkery.

EXCEPTIONAL VALUE!

from \$219,900



- Just 2 Minutes to Base
- Granite Counter-tops
- Stainless Steel Appliances

- Mountain & Ocean Views
- Underground Parking
- Health & Fitness Gym
- Hardwood Flooring



Come View Our Showsuites

1315 Esquimalt Rd. or call 250-595-0004
Mon - Fri 2pm-4pm • Sat - Sun 1pm -4pm

Register Today!
THEOVATION.CA

Call Now!
250.595.0004



1315 Esquimalt Road

March 1st I Quit is Back! Are You Up for the Challenge?

Apply, with two non-smoking supporters, using the website at <http://hr.ottawa-hull.mil.ca/health-sante/iQuit-jarrete/>

Deadline to register: Feb. 28.

Open to military & civilian DND members.

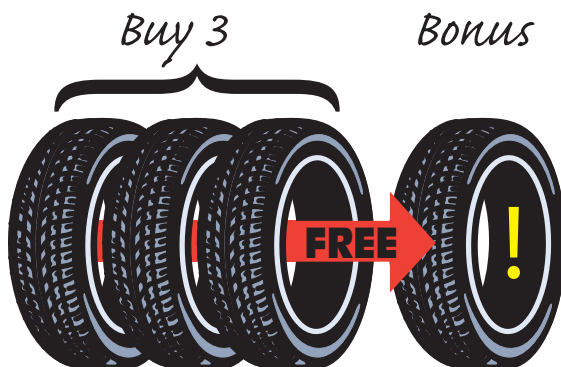
Non-smoking supporters are also eligible to win prizes.

Visit the website and QUIT!



20% off

ALL PARTS AND SERVICE



Ensign Chrysler

1061 Yates Street • www.ensignchrysler.com

WIN Olympic hockey playoff tickets!

For every booked service appointment and test drive your name will be entered to win Olympic playoff tickets.



250-386-2411

Crew practices working in reverse

Lt(N) Laurene Drapeau and Lt(N) Nick Kovacs
HMCS Algonquin

The sun was cresting the horizon on a clear bright morning two weeks ago as HMCS Algonquin closed up special sea dutymen, part ship hands, and force protection for entering Esquimalt harbour.

Having just successfully completed air work-ups, the crew was eager to get back home. However, before Algonquin could throw for all lines and double up for the weekend, there was still one more seamanship evolution to conduct, a med moor (Mediterranean mooring) on F Jetty.

A Med Moor is when the ship backs up to the jetty, using the anchor to steady the bow, so that only the stern is along the jetty face as opposed to coming along the side of the jetty, which takes up a lot more space. Once the stern is secure and up against the jetty, the brow is sent out to permit shore access. Normally this type of moorage is used in places where jetty space is at a premium.

Planning for the evolution was intense. Numerous ideas were discussed between the ship's Deck Officer, Lt(N) Nick Kovacs, the ship's Chief Bos'n Mate, CPO2 Scott Morley, and the Sea Training Pacific Chief Bos'n Mate, CPO2 David Morse. Weather proved to be the deciding factor as a single plan was agreed upon and presented to the Captain at the Navigation and Seamanship brief. As the Captain looked over the plan he stated, "If we can do this, we can do any kind of seamanship evolution."

As the ship entered the harbour, the ship's Navigating officer, Lt(N) Matt Arthur, sighted his anchorage position. He knew this would not be like a regular anchorage as it called for ship to pivot in position then drop her anchor.

"Let Go," was finally given and a quick rumble resonated throughout the ship as the anchor dropped. Then the Captain began to back the ship up to F Jetty, ensuring the ship's anchor chain or cable was properly laid out on the bottom of the harbour.

On the flight deck, the ship's Executive Officer, Cdr Lorne Hartell, waited patiently. He could see F Jetty clearly and passed on updates to the Captain on how Algonquin was doing.

Slowly Algonquin began to close in on the jetty. As



Sailors work the lines as the crew performs a Mediterranean mooring at F Jetty.

the ship closed, recommendations for engine movements began to fly back and forth. Suddenly a shot was heard as the quarterdeck line throwing gun launched a gun throwing line over to the eagerly awaiting berthing team. Sailors on the quarterdeck continued to check away hand over hand as the first line went to the jetty bollard. Next came the second line, and finally the third line.

Though everything was proceeding as planned, there was a slight problem; Algonquin was not flush with the jetty. The ship was crooked. More discussion ensued. Lines were heaved in under power, straining to bring the bow around and opposing engines movements were tried, but no luck. Algonquin was stuck.

Before all hope was lost, the Captain had an idea. "What if we try to use the anchor chains to steady us out?"

The order was given and slow clunking of the anchor chain being brought back on board was heard. Suddenly the ship's bow began to



come around. Algonquin was now flush with the jetty and in position.

Afterwards, as Algonquin prepared to leave F Jetty, the Commanding Officer of Sea Training Pacific, Cdr Hugh Fitzpatrick commented that this evolution would be useful in such places as Port au Prince, Haiti, where jetty access may be limited or not stable enough for the entire

length of the ship. CPO2 Morse also stated that to the best of his knowledge, Algonquin was the first ship to successfully complete a Med Mooring since F Jetty was rebuilt. As a Med Mooring is part of any ship's work-ups program, sailors should expect to see more ships tied up outboard of F Jetty, bow out, stern in, moored the Mediterranean way.

ATTENTION: Satellite/Cable Viewers

Watch Shepherd's Chapel - G6 Transponder 16 (24hrs)
Also on small dish networks, OMNI TV 5am-6am Weekdays
www.shepherdschapel.com



KELLER WILLIAMS
OTTAWA REALTY LTD.

Louise Aubin
The L.A. Team
Broker/Courtier

Office: 613-236-5959 • Fax: 613-788-7457

Not intended to solicit properties currently listed for sale.

Direct 1-877-841-0313 • www.OttawaHomesList.com

OUR BIGGEST SALE EVER!

Toyota • Honda • Nissan • Hyundai • GM • Ford • Chrysler

2010 IS HERE HUGE SELECTION NOW!

0 Down Payment! 0 Payments for 6 Months To Qualified Buyers

Every Vehicle Inspected by **BCAA**

ON THE SPOT DELIVERY! 5 MINUTE APPROVAL!

Balance of Factory or Up to 7-Year Warranty Available by Old Republic Insurance Co.

WOW! 30-DAY MONEY BACK GUARANTEE!

OVER 1200 TO CHOOSE FROM!

SMALL EXAMPLE OF CARS, VANS, SPORT UTILITIES & TRUCKS

CARS

- 09 Corolla #084
- 09 Matrix #005
- 09 Yaris 5 DR #101
- 09 Camry #071
- 09 Camry Hybrid #011
- 09 Fusion SEL #082
- 09 Crown Victoria #017
- 09 Focus SEL #106
- 09 Kia Rio sdn #039
- 09 Pontiac G5 Cpe. #019
- 09 Suzuki Swift #088
- 09 Suzuki SX4 H/B #050
- 09 Sebring Touring #020
- 09 Dodge Charger #055
- 09 PT Cruiser #020
- 09 Hyundai Elantra #009
- 09 Hyundai Sonata Spt. #105
- 08 Nissan Sentra #118
- 08 Nissan Versa Sdn #113
- 08 Nissan Versa H/B #117

09 COROLLA by TOYOTA
AC, ABS, CD, air, radio, cruise, etc. #088
\$14,980

TRUCKS, VANS, SUVs

- 09 Dodge Journey SXT #054
- 09 Jeep Patriot 4x4 #097
- 09 Dodge Nitro 4x4 #088
- 09 Ford Flex Limited #090
- 09 Ford Escape 4x4 #094
- 09 Jeep Wrangler X #077
- 09 Nissan X-Terra #055
- 09 Mazda CX7 GT #104
- 07 Ford Escape 4x4 #066
- 06 Chev Trail Blazer #085
- 06 Cadillac SRX AWD #119
- 09 Dodge GR. Caravan #099
- 09 Ford E-350 12 Pass. #100
- 08 Pontiac Montana SV6 #018
- 08 Chev 1 Ton Gas Cube #122
- 08 Honda Odyssey 7 Pass. #114
- 07 Mazda 5 GT #086
- 07 Ford 1 Ton Cargo #096
- 07 Pontiac Montana SV6 #383
- 05 Ford 1 Ton Dsl. Cube #116
- 08 Dodge 1500 Quad 4x4 #103
- 07 Chev LTZ Ext. 4x4 #031
- 07 Chev LT Crew 4x4 #057
- 07 Ford F150 3/Crew 4x4 #284A
- 07 Ford F150 S1 Cab 4x4 #093
- 07 Ford Ranger Spt/Canopy #052
- 07 Ford Ranger FX4 #083
- 07 GMC Canyon 4x4 Ext. #089
- 07 Dakota Quad 4x4 #110
- 06 F150 3/Crew 4x4 #091
- 06 Chev H/D 3/4 Ton reg. cab. #115
- 05 Ford Ranger Edge #029

Canada's Largest Independent Used Car Dealer!

Budget Car Sales

CALL 250-953-5353 • 2224 Douglas St. One Block South of Bay Street in Victoria

WIDE OPEN
MOR-FINANC. Sun-Fri
PRL Sun-Fri
SAT. Sun-Fri
SUN. 11am-5pm

CALL TOLL FREE 1-866-955-5353
www.budgetcarsalesvictoria.ca

GALAXY MOTORS

Vancouver Island's Largest Independent Used Car Dealer

DOWNTOWN
2555 Government
250-381-1144
DL#28842

COLWOOD
1764 Island Hwy
250-391-5738
DL#30897

LANGFORD
888 Attree Ave
250-478-7603
DL#30516

NANAIMO
4777 Island Hwy
250-729-7991
DL#30917

Vancouver Island's Finance Experts



Good Credit
Bad Credit
No Problem



Apply Today, Drive Today
Apply Online

WWW.GALAXYMOTORS.NET



Bravo ZULU

Base Commander Capt(N) Marcel Hallé made several presentations during Ceremonial Divisions at the Naden Drill Deck on Jan. 21.

Photos by Pte Malcolm Byers, Esquimalt Imaging Services



CPO1 Peter Ford accepts the second clasp of the Canadian Forces Decoration for completion of 32 years of loyal service.



WO Bill Cameron receives the first clasp of the Canadian Forces Decoration for completion of 22 years of loyal service.



Cpl Alex Croskery, an Imagery Technician at CFB Esquimalt Imaging Services, receives certificates recognizing his achievements with the 2009 DND Photo Contest. Cpl Croskery received first place in the Amateur - Military Life category for his work entitled "Workin' the Bird." He took the photo while employed in his previous trade as a supply technician.



Major Steve Sawyer, Base Operations Officer, receives the Base Commander's commendation in recognition of his initiative, dedication and professional ethos that are in keeping with the highest standards of our profession, which directly contributed to a highly professional and respectful farewell to Lt Nuttall, a fallen comrade.



Mark Hill, a civilian with Base Construction Engineering, receives the Base Commander's commendation for his willingness to go beyond normal duty requirements in order to ensure the proper coordination of various special events/projects as the BCE Special Events/Projects Coordinator.



Graham Smith, a civilian with Formation Safety and Environment, receives the Base Commander's commendation in recognition of his outstanding commitment and support as the Acting Formation Safety and Environmental Officer.



2Lt Trevor Reid accepts certificates recognizing his achievement with the 2009 DND Photo Contest. 2Lt Reid received second place in the Amateur - Military Life Category for his work entitled "Watch on the Mudwall." He was also awarded an honourable mention in the Amateur - Military Life Category for his work entitled "Night LAVs."



PO2 Stephen Curtis receives the first clasp to the Canadian Forces Decoration for completion of 22 years of loyal service.

Spring Specials Are HERE!

Battery Special



from **\$69.95**

Charging system check **\$29.95**

TIRE Special



from **\$79.95**

Timing Belt Special



from **\$269.95**

Reg Midgley Since 1964

We service all makes and models

Reg Midgley Discount Lube & Repair

1772 Island Hwy (next to A&W) 250.478.9766

GUTTER PROTECTION SYSTEM

- Gutterguard & Gutter Topper
- Custom 5" Continuous Gutter Lengths
- Downpiping, Elbows, Accessories and more





PRO-TECH
Exterior Products Ltd.

327 Harbour Rd, Across the Johnson Street Bridge
382-5885

"One stop shopping with friendly advice."

"re-cycle"



Better the 2nd time around!

PITCH-IN CANADA


www.pitch-in.ca

Base Taxi Service

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

Try to use Base Rounders before calling the Base Taxi to reduce wait times.

for Naden, Dockyard & Work Point



For military-related appointments/meetings on base.

363-2384

THIS WEEK IN *history*

- February 8, 1943 - The Flower class corvette HMCS Regina (K234) sinks the Italian submarine Avorio in the Mediterranean off the coast of Algeria.
- February 8, 1944 - The "F" class destroyer HMCS Qu'Appelle (H69) commissions into the Royal Canadian Navy. She is paid off Oct. 11, 1945.
- February 10, 1942 - The Flower class corvette HMCS Spikenard (K198), senior ship of the escort for convoy SC.67, was torpedoed and sunk by the submarine U-136 south of Iceland, with a loss of 77 of her crew.
- February 11, 1957 - The aircraft-carrier HMCS Magnificent (21) arrives in Port Said, Egypt, carrying Canadian personnel, vehicles and store to aid United Nations in controlling the Israeli and Egyptian border conflict.
- February 14, 1945 - Most vessels of the 29th Motor Torpedo Boat Flotilla, based at Ostend, Belgium, and commanded by Lieutenant-Commander Tony Law, Royal Canadian Navy Volunteer Reserve, were destroyed by an accidental fire and explosion. Only three boats were saved, 12 boats were lost and over 60 members of their crews were killed.
- February 15, 1965 - At noon the White and Blue Ensigns were lowered for the last time in Her Majesty's Canadian Ships and shore establishments, and officially retired. They were replaced by the new Canadian Flag that was used both as ensign and Jack. The new Maritime Command Jack was introduced in 1968.



DND Discount
REAL Breakfast
24/7 **20% off**

Discount for DND with ID. 20% off any regular entrée. Not valid with any coupon or promotional offer. Taxes & gratuities extra. Excludes Alcohol.

3100 Douglas Street • 250-382-3844
Open 24 Hours

"MAJOR CASH"

PAYDAY LOANS

250-384-1001
#204-941 Esquimalt Road
Lic. #49745

Naval Centennial Giftware



Available from CANEX online at www.canadiannavalcentennial.ca and at selected CANEX stores across the country: Halifax, Valcartier, St. Jean, Ottawa, Kingston, Borden and Esquimalt.




Military Family and Real Estate
Agents providing top quality professional service in Victoria and area. If you are looking to buy or sell, call Semira and Danielle.

PEMBERTON HOLMES
ESTABLISHED 1887

Danielle Smith **Semira Brown**

www.danielleseells.ca • www.semirashomes.com

P: 250-384-8124 E: sdteam@shaw.ca
F: 250-380-6355 105-805 Cloverdale Ave.



MOTORCYCLE RIDER TRAINING
VEHICLE DRIVING LESSONS

VANCOUVER ISLAND SAFETY COUNCIL

NOVICE & TRAFFIC PROGRAMS

EXPERIENCED RIDER COURSES

WEEKDAY & WEEKEND COURSES

250-478-9584
www.visafetycouncil.com



Michael Lomax cd
Lawyer/Mediator

- Family Law
- Mediation
- Wills & Estates

250-385-5523
MILTON, JOHNSON LAWYERS
202-895 Fort St., Victoria, BC

Helping You Is What We Do



SAANICH
(250) 477-5353
110-4460 Chatterton Way
1-800-461-5353
coastcapital@royallepage.ca

DOWNTOWN
(250) 384-7663
1075 Pandora Avenue
1-866-806-0982
rlpvictoria@royallepage.ca

OAK BAY
(250) 592-4422
1933 Oak Bay Avenue
1-800-263-4753
victoriabc@royallepage.ca

WEST SHORE
(250) 474-4800
501-1913 Sooke Road
1-866-806-0981
westshorerlp@shaw.ca

SOOKE
(250) 642-6361
6739 West Coast Road
1-800-461-5353
coastcapital@royallepage.ca




Let us put your financial pieces together!

We have financial planners (CFP/ F.P.I.) who can provide you with:

- Advice tailored to your military lifestyle
- Access to no load (no sales fees) mutual funds.

AND

Benefit from our expertise to see why you should contribute to a *RRSP!

* Deadline for RRSP contributions March 1, 2010

Dedicated exclusively to the Canadian Forces community!

La planification financière sans casse-tête!

Nos planificateurs financiers agréés (CFP, PI. Fin.) vous offrent :

- des conseils adaptés au mode de vie militaire
- des fonds de placement sans frais d'acquisition (c.-à-d., sans frais de vente)

ET BIEN PLUS...

Mettez à profit notre expertise et découvrez l'avantage de contribuer à un *REER!

* La date limite pour cotiser à un REER est le 1^{er} mars 2010

Dévoués exclusivement à la communauté des Forces canadiennes!

1-800-267-6681 • www.sisip.com • Esquimalt: 250-363-3301

LOOKOUT Classifieds & Real Estate

RATES: MILITARY and DND PERSONNEL: 25 words \$7.35 • ALL OTHERS: 20 words \$8.40 • Each additional word 15¢ • GST Included • DEADLINE FOR CLASSIFIED Advertising: Thursday at 11 a.m.

Call 363-3014 to book your display or word ad

ANNOUNCEMENTS

3005 11 Svc Bn ARMY CADETS has a great, fun, safe, purposeful program. There is no cost and youth M/F 12-18 years of age are eligible to join. Weekend and Summer Camps, Band, First Aid, and Marksmanship are all offered. Thursday 6:30 - 9:00 pm, 724 Vanalman Ave Victoria. Call 250-363-3194 or email 3005army@cadets.net.

ADVERTISE IN ANY or all 16 Canadian Forces Newspapers (CFN) published on 16 Bases and Wings across Canada, representing the three CF environments: Army, Air force, and Navy. One point of contact, Joshua Buck at CFB Esquimalt, call 250-363-8602 or joshua.buck@forces.gc.ca Advertise your business and reach more than 80,000 military members, DND civilian employees, retired members and all their families.

CONQUER YOUR FEAR of public speaking at toastmasters. Frightened speakers become confident speakers. Toastmasters can help! Visit www.victoria-toastmasters.com for details.

VIEW ROYAL READING CENTRE. Conveniently located at Admirals Walk Shopping Centre. We have books, audios, videos, & DVD's for all ages. Internet is also available. For hours of operation and other information please call 250-479-2723

TREAT YOURSELF TO A VISIT FROM WELCOME WAGON! IT'S FREE. We are a community service whose aim is to bring you greetings, gifts, and information regarding the area you live in. Call Connie at 250-380-9042 to arrange a short visit. I look forward to bringing you my basket of goodies!

VOLUNTEERING

VOLUNTEERS ARE NEEDED to assist individuals with disabilities to get out and be active! By devoting as little as one hour a week, you have the opportunity to participate in an activity you enjoy while giving back to the community. Males needed especially! For more information or to volunteer please call the Leisure Assistant Coordinator at 250-477-6314 ext. 15 or volunteers@risonline.org.

BECOME A PART OF AN AMAZING Crisis Line Worker Team. & make your Volunteer hours really count! Personally, in your community, and on your resume. Please call: 386-6328 or visit our website at www.needcrisis.bc.ca.

CHILDCARE

BRIGHT STARS QUALITY in-home childcare. EccE certified, first aid, & references. Two full time spots available for 19mo. - 4.5 yr. old. Educational prog. in place. For more info contact Daniella at brightstars@shaw.ca or 250-294-8534

MOTORCYCLES

SG Power A.T.V. CENTER
Honda, Yamaha, Kawasaki
382-8291 - 730 Hillside Ave.

Lookout Classifieds Work.
363-3014

REAL ESTATE • FOR RENT

WATERFRONT LIVING

Visit our rental office: **215 Gorge Road E**

Short leases available, 1 & 2 bedrooms.
Close to Mayfair Shopping Centre.
Access to Gorge Waterway
near Galloping Goose Regional Trail.

Military Discount Available

www.caprent.com • (250) 381-5084
MOVE IN BONUS. Call for details

HEALTH

health = energy



Stephanie Dempsey
Certified athletic therapist

20% DND discount
First 3 appts only

101-2349 Millstream Rd
250-391-8811
stephanie@energyhealth.ca

energy health clinic

FREE military home evaluations

Find out online, -FREE
-Confidential
-Over the net with no obligation



www.CanadianMilitaryRelocation.com

PACIFIC VILLAGE II

1445 CRAIGFLOWER ROAD

SPACIOUS 1, 2, 3 BEDROOM TOWNHOUSES
1 & 2 BEDROOM APARTMENTS

RENTALS CENTRALLY LOCATED

PARKING INCLUDED
FRIDGE/STOVE INCLUDED
ON MAIN BUS ROUTES
PETS: CATS ONLY

CLOSE TO SCHOOLS, ADMIRALS WALK,
GORGE & CFB ESQUIMALT

385-2250

Devon PROPERTIES LTD. No Pets allowed in any building
www.devonprop.com

Esquimalt 1180 Colville
Bach \$690 avail Feb. 1.
2 Bdrms from \$1,005, avail NOW.
3 Bdrms \$1075, avail NOW.
Large suites. Mgr 250-360-1983
855 Ellery
2 bdrms from \$925, avail NOW.
Clean, quiet building. Mgr 250-392-2157

APPLIANCES

WESTCOAST APPLIANCE CENTRE LTD.
LARGEST SELECTION GREAT PRICES
• Reconditioned
• New • Builder
• In Home Services
#3-370 Gorge Rd East
382-0242

Your ad here

For word or display ads, call 363-3014

HAULING

Father & Son need work, we'll do the job the others won't. Trash hauled from \$5. Plus dump fee. No job too small.
OAP rates
• Any weather
• Demolition
Refuse Sam
250-216-5865 or 250-475-0611
SAME DAY SERVICE

QUIT SMOKING

in just ONE HOUR - only \$299 INCL. DETOX

• Drug & Alcohol Addictions
• Weight Control & Stress

Private, Safe, Painless, Drug Free, Confidential.



PH: (250) 477-0737
550-2950 Douglas Street
www.imaginelasers.com

Luxury rental properties

New luxury rental properties available
Studio condos starting from \$900
1 & 2 bdrm condos starting from \$995-\$1395
2 bdrm + den condos starting from \$1450
3 bdrm+den houses starting from \$1795
Stainless steel appliance, washer & dryer.
Bear Mountain & Langford area.

S. Martin Properties & Rental Services Inc.
250-661-7747
ssmartin@shaw.ca

Call today for complimentary placement

DALTON HOTEL downtown
FREE cont. breakfast
15% off dinner
Military/Veteran Rates
1.800.663.6101
759 Yates | daltonhotel.ca

FREE Hot Water & Heat
MACAULAY NORTH
980 Wordsley St.
1 & 2 Bedroom
Manager 250-384-8932

MACAULAY EAST
948 Esquimalt Rd.
Bachelor, 1, 2, 3 Bedroom
Manager 250-380-4663

PROPERTIES OWNED AND MANAGED BY EY PROPERTIES LTD.
250-361-3690
Toll Free 1-866-217-3612
www.eyproperties.com

WWW.LOOKOUTNEWSPAPER.COM

PLUMBING

Plumb Perfect
PLUMBING SERVICES
10% military discount
250-833-7270

The Seagate

Apartments
707 Esquimalt Rd

Ocean front, Olympic mountain views, seawalk to downtown, spacious and clean.

Bachelor, 1, 2 & 3 bedrooms

Rent includes:
• Hot water
• Heat
• Secured parking
• Squash court
• Indoor pool/hot tub
• Fitness centre
• Games room

Building is wired for Shaw@home.

Reasonable rent in a very quiet building.

Call to view

383-1731

BARBERSHOP

\$12 hair cut

military special

Open 7 days a week

414 Craigflower Rd.
across from Chicken on the Run
beside Spiral Café

250-590-4284



STORAGE

SELF STORAGE RESIDENTIAL & COMMERCIAL
• 5'x5' - 20'x34' units
• Lit and Fenced
• 7 Day Computerized Access & Security System
VERY COMPETITIVE RATES

ARDEN'S SELF STORAGE
642-6363 (WEEKDAYS)
2059 IDLEMORE RD., SOOKE



SINCE 1918
250-385-8771

\$980 - Foster Street
2 bdrm, sxs duplex completely reno'd,
W/D hookups, near dockyard.
NS/NP, Imme., lease

\$750 - 795 Fairview Road
1 bdrm - Avail Feb. 1

FIND US ONLINE

WWW.LOOKOUTNEWSPAPER.COM

LOOKOUT Classifieds & Real Estate

RATES: MILITARY and DND PERSONNEL: 25 words \$7.35 • ALL OTHERS: 20 words \$8.40 • Each additional word 15¢ • GST Included • DEADLINE FOR CLASSIFIED Advertising: Thursday at 11 a.m.

Call 363-3014 to book your display or word ad

REAL ESTATE • FOR SALE

www.CanadianMilitaryRelocation.com

Private web access, no obligation...

- Bank Foreclosures
- Luxury Homes
- Fixer uppers
- Estate Sales



HOW TO BUY WITH ABSOLUTELY NO MONEY DOWN

www.gotoyourteam.com

GLEN GLOWINSKI 250-217-1205
SHELLEY STANCIN 250-857-3044



2 HOMES FOR THE PRICE OF 1

Perfect for investor or someone looking for a mortgage helper. This up/down revenue duplex offers 3 bdrms on the upper level and 2 or 3 bedrooms on the lower level. Power smarted, with R40 in the attic. Plenty of parking. On sewer. Easy stroll to all amenities of popular downtown West shore. This area slated for MU1 zoning (mixed use) in the future so provides great opportunities for you to invest now.



Only \$529,000

Colleen Milne
DFH Milne Realty

Jean Omelchenko
DFH Real Estate Ltd. PREC

www.milnerealty.com Call Jean Now to View!
MLS# 271072 250-478-8326

STRESSED BY MONEY PROBLEMS?
We'll help you get a fresh start!

There is Special Government Legislation that allows you to reduce your DEBT by up to 100%

For a **FREE CONSULTATION**, call
250-995-3122

Abakhan & Associates Inc.
Debt Restructuring Consultants
Trustees in Bankruptcy

Richard Robinson Doris Minervini
www.BankruptcyBC.com
GOOD PEOPLE TO KNOW IN TIMES OF TROUBLE



**SHAREN WARDE
LARRY SIMS**
YOUR VICTORIA REAL ESTATE CONNECTION

"Helping You Is What We Do"

PH: (250) 592.4422
TOLL FREE: 1.877.812.6110
WWW.WARDESIMS.COM



MORTGAGE CONSULTANTS

Get pre-approved now!

Take advantage of historically low mortgage rates!

LAWLESS ▲ BROWN
MORTGAGE TEAM

Krista Sherri
250-656-0855 • 1-866-656-0858
lawlessbrown.com



Address Realty RELIABLE TRUSTWORTHY SERVICE
11 years service with Canada's Pacific Naval Fleet

1008 Russell Street
Victoria, BC V9A 3X9

tel: 250-391-1893
cel: 250-891-3025

www.addressrealty.com
adam@addressrealty.com

"for faster sales call Adam Hales"



YOUR HOME

I never compromise service or value. **SOLD QUICKLY**

I've listened. NOW bigger military incentives!
visit www.erinkenny.ca

Erin Kenny
DFH Real Estate Ltd.
250-477-7291
www.erinkenny.ca



LOOKOUT
NAVY NEWS ONLINE

Join our pages

www.lookoutnewspaper.com



**2483 PRINCESS PATRICIA'S CANADIAN LIGHT INFANTRY
ROYAL CANADIAN ARMY CADET CORPS**

CHALLENGE SELF RELIANCE ADVENTURE

We parade every Tues, night
6:45 to 9:00pm
Sept. thru June

Ph: (250) 220-0658
2483army@cadets.gc.ca

CHECK US OUT ... IT'S FUN!



PAID FOR BY SPONSORING COMMITTEE

Posted to Halifax?



Melva Reid
Real Estate Professional

cell 902.403.5420
mreid@exitoptimum.com
www.exitwithmelva.com



Base Library Catalogue Online

<http://library.esquimalt.mil.ca>

Unfortunately, holds cannot be processed online at this time. If an item you want to borrow is out, call 363-4095 or email irwin.sl@forces.gc.ca to place a hold.

Your Western Communities & Sooke Taxi Company
24 HR. SERVICE

250-474-4747 250-642-7900



Westwind Taxi

2925 DOUGLAS STREET VICTORIA, BC V8T 4M8 OFFICE: 250-383-6123 FAX: 250-380-7111

Sell your home in the Lookout
363-3014 to advertise



OVARIAN CANCER: WOULD YOU KNOW IF YOU HAD IT?

SYMPTOMS

- Abdominal discomfort
- Pelvic pain/backache
- Bloating/gas/swollen stomach
- Vaginal bleeding/painful intercourse
- Urinary urgency
- Ongoing fatigue
- Indigestion
- Weight loss/gain
- Change in bowel habits

If you have been feeling a combination of these symptoms for longer than three weeks, visit your doctor and ask for a Ca 125 blood test.

Looking to Buy or Sell?
Take the Stress Out of Your Next Move!
Inquire about my Real Estate Concierge Service

Deborah Kline, MM
Real Estate Professional
150-805 Cloverdale Avenue, Victoria
Direct: (250) 661-7680
www.1stinVictoria.com
Email: deborah.kline@shaw.ca



PEMBERTON HOLMES
ESTABLISHED 1887

COMMUNITY NEWS: NAVY CENTENNIAL

Everything's rosey for the Navy's 100th

Brad Densmore
Contributor

The arrival of spring will be marked by the new Canadian Naval Centennial Rose's arrival at greenhouses across the country.

The rose was selected by the Wren Association of Toronto and named "Navy Lady" to recognize thousands of Canadian women who served in the Women's Royal Canadian Naval Service – nicknamed "Wrens," after the similar British auxiliary.

Naval Rose committee member Joan Balch of Wrens Toronto saw an opportunity to engage Canadians on the Navy's 100-year birthday. "As a tribute to the naval community, we hope to emphasize the role of women in the naval forces, both historically and in the present," she says.

Developed by Agriculture and Agri-Foods Canada for May 4, 2010, the date of the Canadian Naval Centennial, the flower is dark red, has a mild fragrance and several bloom cycles throughout the summer. Balch anticipates Navy Lady blossoms bringing the navy to the gardens of Canadians for years to come.

The rose bush is grown exclusively by J.C. Bakker Nurseries in St Catharines, Ontario, and will be distributed by nurseries across

the country. Balch hopes to see the rose planted alongside all major Centennial celebrations. "The navy community can plant the rose at commemorative ceremonies in 2010 and continue to plant the rose in years to come."

The Second World War saw 6,781 women from across Canada enlist voluntarily as Wrens. They provided non-combatant duties in 39 occupations including servicing anti-submarine equipment, aircraft maintenance, ciphers, communications, signalling, wireless telegraphy and driving. While they were recruited for the purpose of reallocating manpower for sea-duty, the Wrens did the same work as men and were recognized for their invaluable service.

Training at HMCS Conestoga at Galt, ON, (now Cambridge), their commander was Lieutenant Commander Isabel Macneill – the first female Commonwealth officer entitled to a captain's reception during formal engagements. While the Wrens were demobilized at war's end, their mark had been made and in 1951 the Women's Reserve was established. Balch is a member of one of five Wren organisations across Canada.

A current list of distributors can be seen at www.thewrens.com

We offer ADDITIONAL SAVINGS to Canadian Armed Forces.

0% PURCHASE FINANCING FOR UP TO 48 MONTHS ON SELECT 2010 LANCER MODELS*



BEST BACKED CARS IN THE WORLD*



STK#MLA2932

MITSUBISHI MOTORS
RALLY DAYS

2010 MITSUBISHI LANCER SE

MSRP

\$22,018 OR **\$129/Bi-weekly for 84 months @ 2.8% with \$2,500 down**

Price includes Freight & PDI



Drive@earth

0% APR FOR 60 MONTHS

ONLY ONE LEFT IN STOCK!!



STK#9GA1485

2009 MITSUBISHI GALANT ES

MSRP **\$25,493** Price includes Freight & PDI

OR **\$149/Bi-weekly for 84 months @ 2.8% with \$2,500 down**

0% APR FOR 60 MONTHS

NO PAYMENTS FOR 60 DAYS!†



STK#9EC2359

2009 MITSUBISHI ECLIPSE GS

SALE PRICE **\$27,653** Price includes Freight & PDI

OR **\$149/Bi-weekly for 84 months @ 2.8% with \$4,000 down**

0% APR FOR 36 MONTHS

2010 MODELS ARE HERE!



STK#MOU2284

2010 MITSUBISHI OUTLANDER XLS

MSRP **\$36,158** Price includes Freight & PDI

OR **\$199/Bi-weekly for 84 months @ 3.8% with \$5,000 down**



Victoria MITSUBISHI

761 Cloverdale Avenue
(250) 220-8100

www.victoriamitsubishi.ca

MON - THURS: 8:30 AM - 7:00 PM
FRI - SAT: 8:30 AM - 6:00 PM



Fountain Tire
Home of the Tire Experts

10% Military Discount

CANEX Financing Available



**Quality Tires • Low Prices
Complete Mechanical Repair
610 Herald St • 382-6184**



Smart customers always read the fine print. *2010 Lancer SE available for \$22,018, * with purchase financing of 0% for 48 months or \$129 bi-weekly for 84 months at 2.8% with \$2,500 down and \$2,091.54 finance charge. *2009 Galant ES available for \$25,493, *with purchase financing of 0% for 60 months or \$149 bi-weekly for 84 months at 2.8% with \$2,500 down and \$2,447.86 finance charge. 2009 Eclipse GS available for \$27,653, *with purchase financing of 0% for 60 months or \$149 bi-weekly over 84 months at 2.8% with \$4,000 down and \$2,515.30 finance charge. †No payments for 60 days offer only available on 2009 Eclipse GS models. 2010 Outlander XLS available for \$36,158, * with purchase financing of 0% for 36 months or \$199 bi-weekly for 84 months at 3.8% with \$5,000 down and \$4,376.34 finance charge. Prices include Freight and PDI. Customer is responsible for the following expenses ordinarily due at purchase or signing: license, registration, insurance, taxes, inspection, gas and any additional delivery or preparation charges. For all purchase financing offers, customers must sign contract and take delivery from dealer by January 31, 2010. Purchase financing at 0% credit rate available on select new 09 models through Bank of Nova Scotia and Bank of Montreal through participating dealer, to qualified retail customers in Canada, on approved credit. *Whichever comes first. Regular maintenance not included. New Vehicle Limited Warranty covers most vehicle parts under normal use and maintenance. Warranty applies to 08/09 vehicles (Lancer Evolution and Ralliart excluded). See dealer or Mitsubishi-motors.ca for warranty and Education Edge terms, conditions, and other details. ‡ Limited time offer through participating Mitsubishi Motor Sales of Canada Inc. dealers to qualified retail customers only. © MITSUBISHI MOTORS, BEST BACKED CARS IN THE WORLD are trade-marks of Mitsubishi Motors North America, Inc. and are used under license. Dealer #30693. Ad# 1121_10-02-01.