

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

Volume 65 Number 4 | February 3, 2020

# LOOKOUT

newspaper.com

f LookoutNewspaperNavyNews  
t @Lookout\_news  
i LookoutNavyNews



## Pizza party on board HMCS Nanaimo



Esquimalt's Panago Pizza (Store #29) owner Jason Gray surprised the crew of HMCS Nanaimo last Thursday with complimentary pizzas. The goodwill gesture by Gray was a thank-you to the Royal Canadian Navy and the entire Defence Team on base for their good work keeping Canada and our international partners safe. Following the meal, the crew, Gray, and Lisa Church from the Military Family Resource Centre, who helped with the surprise visit, posed for a photo on the ship's fo'c'sle.

Photo by Peter Mallett, Lookout

**MARPAC HEALTH & WELLNESS expo**  
MORE THAN 130 VENDORS

**THURSDAY FEBRUARY 27 2020**  
NADEN GYM 10AM - 3PM  
Health, Fitness, Wellness, Education, Recreation & more!  
FOOD TRUCKS: KING KABAB OF VICTORIA & 4 BEACHES STREET PIZZA

Free SERIOUS COFFEE & PRIZES

FREE FOOD FOR FIRST 500 VISITORS

PROUDLY SPONSORED BY

**BOYD** AUTOBODY & GLASS

**TOGETHER WE CAN** Addiction Recovery & Education Society

**Sunshine Coast Health Centre** 15 Residential Addiction & Mental Health Treatment Services

Brought to you by **LOOKOUT** newspaper.com

*We proudly serve the Canadian Forces Community*

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

**MOLLY MAID**  
www.mollymaid.ca

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





Sam Tilson, centre, was surprised with a centre-ice promotion by his father Sam, and Commanding Officer of HMCS Victoria, LCdr Eric Isabelle, at the Grizzlies Military Appreciation Game Jan. 25. He is now Chief Petty Officer Second Class Tilson.

Photos by Kyle Robinson



## Chicoutimi, Grizzlies score with

# PUCK DROP SURPRISE

**Peter Mallett**  
Staff Writer

What was supposed to be a ceremonial puck drop transformed into an unexpected centre ice promotion for Chief Petty Officer Second Class Joel Tilson.

The *HMCS Chicoutimi* submariner was hand picked by his unit to start the Victoria Grizzlies military appreciation hockey night Junior 'A' game against the Salmon Arm Silverbacks at The Q Centre in Colwood on Jan. 25.

"This was my first time taking part in a professional hockey game's opening ceremony, so I was a little bit nervous as I walked out onto the red carpet and the stadium lights dimmed."

Greeting him on the ice was LCdr Eric Isabelle, *HMCS Victoria* Commanding Officer, and father Sam.

"I was in complete shock and had no idea this would be happening until about five minutes before the opening faceoff," said CPO2 Tilson.

His father and mother had secretly flown in from Kelowna to attend the game.

"It was a very unique way to promote someone and it was great the crew members were able to keep this a secret until game time," said CPO2 Jacob Underwood, Coxswain.

As LCdr Isabelle and Sam affixed the new epaulettes to Joel's uniform, the crowd cheered.

The military appreciation game served as a fundraiser for the Esquimalt Military Family Resource Centre (MFRC).

The Grizzlies also wore specially designed camouflage uniforms for the game. At the end of the game, a 6-2 victory for Victoria, the team jerseys were auctioned off. Members from *HMCS Chicoutimi* pitched in to buy Brady MacDonald's jersey for CPO2 Tilson, who autographed the jersey.

CPO2 Tilson's wife Oz, CPO2 Underwood, and CPO2 David Niezen organized the surprise promotion with the Grizzlies and the MFRC.

"It was a complete morale booster for me and all the other members of the Canadian Armed Forces," said CPO2 Tilson. "It is encouraging and incredible to see the amount of support we get from local sports teams in Victoria."



Above: Newly promoted CPO2 Tilson drops the puck to mark the start of the Victoria Grizzlies versus Salmon Arm hockey game at The Q Centre.



**Inset:** Oz Tilson, wife of CPO2 Tilson, receives the autographed military themed jersey from Victoria Grizzlies Brady MacDonald.

## AFFORDABLE OFF BASE LIVING!

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

**ASK ABOUT OUR MOVE IN BONUS FOR DND/CF!**

**250.381.5084 CAPRENT.COM**







A combined team from the Australian, New Zealand and Canadian Navies have united to fundraise for the Australian Red Cross Disaster Appeal.

## The Home of the Full Refund!

3 Locations:

Glanford Avenue  
Downtown-Queen's Avenue  
Quadra Street

250-727-7480

[bottledepot.ca](http://bottledepot.ca)



## Working for our community

**Mitzi Dean**

MLA, Esquimalt-Metchosin

250-952-5885

#104-1497 Admirals Road

[Mitzi.Dean.MLA@leg.bc.ca](mailto:Mitzi.Dean.MLA@leg.bc.ca) / [MitziDean.ca](https://www.facebook.com/MitziDean.ca)



## outshine SALON & SPA

Offering the best the beauty industry has to offer, we strive to meet our guests' needs above and beyond. We offer full hair and esthetic services by our talented team of professional stylists, barber and skin therapists.

Call us today to book!

**10% MILITARY DISCOUNT**

Discount applies to all retail products and services from participating service providers.

**250-383-5598**

880B Esquimalt Rd (at Head Street)

# Task Force fundraiser for Australia

**LCdr David Sinclair**  
Royal Australian Navy

Royal Australian Navy personnel deployed to Bahrain on Operation Manitou, within Combined Task Force 150 (CTF 150), are doing their part for the communities back home affected by the nationwide bush-fire emergency.

Although focused on the mission at hand - disrupting terrorist activities in the maritime environment - Australian members, along with Royal Canadian Navy and Royal New Zealand Navy, are fundraising for the Australian Red Cross Bushfire Disaster Appeal.

One activity, branded The Kangaroo Hop Home for Charity, has a team of 28 personnel walking, running, cycling or swimming the distance to Australia when the deployment is over. This includes

Operation Beaver Bypass for Canadians and Operation Kiwi Drop for the New Zealanders, following the most direct route from Bahrain to Halifax, Halifax to Auckland, and Auckland to Sydney, giving the team a combined total target of 27,022 kilometers to travel.

Each member is required to complete 7.5 km a day in one activity.

"Many members within the CTF 150 team have friends and family back home who are currently living the harsh realities of this bush fire crisis," said Commodore Ray Leggatt, Commander of CTF 150. "Communities of people are struggling and many of our serving colleagues are working tirelessly to assist those in need. Even though we are deployed on the other side of the globe, we are

keen to assist in any way possible."

The Australian Red Cross has launched a disaster appeal to support communities across Australia affected by the devastating bush-fires. The disaster appeal will allow the Australian Red Cross to provide a sustained level of support to evacuees and emergency personnel as efforts transition into the recovery and building phases of this disaster.

The team is attempting to raise a total of \$10,000 through this and other fundraising activities such as through direct donations to the Australian Red Cross Disaster Relief Appeal by the end of March.

CTF 150 is asking for community support through donations via the fundraising page

<https://fundraise.redcross.org.au/fundraisers/ctf150/fundraise-for-disaster-relief-and-recovery>



## THE MILITARY LIFESTYLE

Subscribe for free wherever you get your podcasts!

LISTEN ON Spotify

Listen on Google Podcasts

Listen on Apple Podcasts

Produced with funding from the True Patriot Love Foundation



# matters of OPINION

## WHO WE ARE

### MANAGING EDITOR

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

### STAFF WRITERS

Peter Mallett 250-363-3130  
peter.mallett@forces.gc.ca

### PRODUCTION

Teresa Laird 250-363-8033  
production@lookoutnewspaper.com  
Bill Cochran 250-363-8033  
workstation3@lookoutnewspaper.com

### ACCOUNTS/CLASSIFIEDS/RECEPTION

Jennifer Barker 250-363-3127

### SALES REPRESENTATIVES

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

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

### EDITORIAL ADVISORS

Capt Jenn Jackson 250-363-4006  
Katelyn Moores 250-363-7060

Published each Monday, under the authority of Capt(N) Sam Sader, Base Commander.

Le LOOKOUT est publié tous les lundi, sous l'égide du Capt(N) Sam Sader, Commandant de la Base.

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

Le Rédacteur se réserve le droit de modifier, de condenser ou de rejeter les articles, photographies, ou annonces publicitaires pour adhérer Manuel des politiques des PSP. Les opinions et annonces exprimées dans le journal ne reflètent pas nécessairement le point de vue du MDN.

**LOOKOUT**  
NEWSPAPER

Circulation - 3,550  
plus 300 pdf downloads per week

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

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

Web: [www.lookoutnewspaper.com](http://www.lookoutnewspaper.com)  
Fax: 250-363-3015

Canadian Mail Product Sales Agreement 40063331



## WHAT SAY YOU

### People Talk

On Jan. 30 HMCS Nanaimo sailors were treated to a free pizza party courtesy Esquimalt's Panago Pizza store #29. With that in mind, Lookout asked:

**What is one topping that is completely indispensable on pizza or one that absolutely does not belong on pizza?**



I'm likely not the only one to say it, but pineapple does not belong on pizza. It's just completely wrong and should have nothing to do on any proper pizza.

**Sub-Lieutenant Jessica Pelletier,  
Naval Warfare Officer**



For me anchovies certainly don't belong on pizza. That fishy taste stays on your palate and the smell lingers forever, and I would never order it for myself.

**Petty Officer First Class  
Frank Lecours,  
Coxswain**



You absolutely must have that crumbly sausage and cubed pieces of ham on a pizza. It's my favourite way to have a meat lover's pizza. I think these ingredients also help keep the pizza stuck together so it doesn't fall apart when you are eating.

**Nick Walton, employee,  
Caird Mechanical  
Contractors Ltd**



I would say pepperoni is the one ingredient that you must have on a pizza; it's essential. Pepperoni is that classic ingredient. Cheese and pepperoni make any pizza good to go.

**Lieutenant (Navy)  
Miguel Perez,  
Deck Officer**

## WHAT SAY WE

# Class action lawsuit approved by courts

On Nov. 25, 2019, the Federal Court of Canada approved the Final Settlement Agreement (FSA) of a class action lawsuit related to sexual misconduct in the Canadian Armed Forces (CAF)-Department of National Defence (DND).

The settlement includes all former and current CAF members, DND employees, and Staff of the Non-Public Funds, Canadian Forces who experienced sexual assault, sexual harassment, and/or discrimination based on gender, sex, gender identity or sexual orientation in connection with their military service and/or employment.

"The approval of this settlement represents a significant milestone. We recognize how incredibly difficult it is to share such painful and personal experiences. We assure you that these stories have made an important and lasting impact on us, and have further strengthened our dedication to change," stated the Chief of the Defence Staff, General Jonathan Vance and Deputy Minister, Jody Thomas, in a joint message to all Defence

Team members.

The range of individual compensation for most eligible class members is \$5,000 to \$55,000. Compensation will depend on the type of sexual misconduct, an assessment of the harm suffered, and the number of class members that submit claims. Class members who experienced exceptional harm (and those who have previously been denied VAC benefits in respect of that harm) may be eligible for amounts up to \$155,000. The settlement also outlines changes to CAF and Veterans Affairs Canada policies and provides an opportunity for individuals to share their experiences through a facilitated restorative engagement process.

Eligible class members can learn more about their legal rights and options, as well as details about the settlement and the claims process, by checking the administrator's website where they can

find a copy of the final settlement agreement and other relevant documents. They can also contact the administrator:

Epiq Class Action Services Canada Inc.  
1-888-626-2611  
[info@caf-dndsexualmisconductclassaction.ca](mailto:info@caf-dndsexualmisconductclassaction.ca)

By mail:  
CAF-DND Sexual Misconduct Class Action  
c/o Epiq, P.O. Box 507, STN B  
Ottawa, Ontario, K1P 5P6



**Eric Coching**  
Broker/Owner | 250-217-2326  
[ecoching@shaw.ca](mailto:ecoching@shaw.ca)

## The MORTGAGE Centre

COCHING MORTGAGE

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

**Phone 250-391-6191 • Fax 250-391-6192**

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

CONVENIENT LOCATION ACROSS FROM HOME DEPOT BELOW COSTCO

**Thinking about  
consolidating  
consumer debt?**

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

Rates subject to change without notice



# Tech industry turns to veterans to fill jobs

**Peter Mallett**  
Staff Writer

Information technology executive Patrick Shaw says he has a solution for his industry's workforce shortfall: teach and then hire more Canadian Armed Forces (CAF) veterans.

The Toronto-based tech industry consultant is turning his attention to the education sector to create this army of highly skilled IT and cyber security experts from veterans and transitioning members of the military.

"We envision developing their software skills through training in IT [Information Technology] and cyber security; it will have tremendous value for our industry and for Canada as a country," says Shaw.

With that in mind, he and his business partner Jeff Musson founder of tech networking group Northof41, launched a fast-track distance education learning program called Coding for Veterans. The program runs in partnership with Ontario's Durham College and the University of Ottawa. Students can attend similar classes in person elsewhere, but the course is entirely geared towards attending classes from locations across Canada through the computer application Moodle.

It's all about supply and demand. The information communication and technology sector needs approximately 182,000 staff by the end of the year to fill new cyber security analyst, software programmer, and data analyst jobs.

"We decided we could do something about this," says Shaw, noting the untapped market of the retiring military members.

In the last 15 years, approximately 140,000 military personnel have been discharged and transitioned to civilian life with another 25,000 more expected over the next five years.

The seed for the Coding For Veterans educational program was planted two years ago following a conversation Shaw and Musson had with a representative from the Canadian Security Intelligence Service (CSIS). The CSIS employee commented that transitioning forces members and veterans were "very well positioned" to support the IT field in the private sector.

Fast-forward to late 2019 and the program was ready to launch.

Coding For Veteran's syllabus says it "vows to provide men and women from the CAF with a unique opportunity to develop highly sought after technical skills, preparing them for success in the rapidly expanding innovation economy."

Ten students began their studies in December 2019. Each post-secondary institution's course is geared towards developing a different skill set.

The Durham College courses focuses on introductory software development and basic computer coding required for most computer programmer jobs, such as how to set up a network and ensure its security. Shaw says this instruction would be suitable for those people with limited experience in the field of information technology.

The course at University of Ottawa is more advanced and focuses on cyber security and its management.

Students in the Coding For Veterans program must undergo an introductory phase. At the end of their course work they enter a mentoring phase where they are assisted in finding employment.

The time commitment is

**CODING FOR VETERANS**

**HAVE YOU THOUGHT ABOUT A CAREER IN THE TECH SECTOR ?**

**182,000 JOB OPENINGS IN CANADA**

[WWW.CODINGFORVETERANS.COM](http://WWW.CODINGFORVETERANS.COM)

[INFO@CODINGFORVETERANS.COM](mailto:INFO@CODINGFORVETERANS.COM)

[1-800-317-0058](tel:1-800-317-0058)

roughly five hours a day for eight months, with course instruction on demand and viewable any time of day through the Moodle app.

"We designed our program this way because we wanted to take into account the specific needs of all veterans, including those with commitments at home and to their families, and also those with injuries or other medical issues whose ability to spend five continuous hours of studying may be limited."

They have already tipped off senior executives at some of Canada's largest corporations such as IBM and Toronto Dominion Bank that a new breed of IT employees is in the making.

"Most of the people we talked to at these companies immediately said 'yes, we will take everybody we can get from that program'," said Shaw.

For more information on Coding For Veterans visit their website: [codingforveterans.com](http://codingforveterans.com)

**TRANSIT**  
actionplan

**OPEN HOUSE**  
ONLINE SURVEY

## Shape the Future of Transit in Esquimalt/View Royal

We need your help prioritizing proposed service options to improve transit in the Esquimalt/View Royal area.

Visit us in-person at one of the locations below or provide your feedback through an online survey available until February 28, 2020.

<b>WED. FEB 5</b>	<b>3:00 – 6:00 pm</b>	Esquimalt Rec Centre 527 Fraser Street
<b>MON. FEB 10</b>	<b>6:00 – 8:30 pm</b>	View Royal Community Hall 279 Island Hwy
<b>FRI. FEB 14</b>	<b>1:00 – 4:00 pm</b>	Songhees Wellness Centre Boardroom 1100 Admirals Rd

Scan QR code or visit [bctransit.com/victoria/news](http://bctransit.com/victoria/news) and look for the Local Area Action Plan Survey news article to take part.

*Thank you in advance for your feedback!*



9379-4

[bctransit.com](http://bctransit.com)

Victoria Regional  
Transit Commission



**“IT'S NOT JUST THE CAMARADERIE. IT'S LIKE A FAMILY, TOO.**

I went from the military, straight to Commissionaires. It's a good way to transition into that civilian mindset.

— **Mark Stoecklein**  
(With daughter, Heidi),  
Contract Manager with our  
North Saskatchewan Division

**WE KNOW THE VALUE OF A VETERAN**  
Join Canada's largest private sector employer of veterans

1 877 322 6777 [beyondservice.ca](http://beyondservice.ca)





Left: The engraved slabs are pictured above the main entrance of Dockyard's former Ship Repair Unit (Pacific) prior to its demolition nearly 20 years ago.

Below: The restored slabs are now in front of Fleet Maintenance Facility Cape Breton.

Below: Former Dockyard Building 192 can be seen in the background of this image as well as the former Dockyard Fire Hall.



Right: Ordnance slabs as seen in a Signal Hill facility awaiting repatriation. Photos courtesy Real Property Operations

# Historic concrete slabs find new life

**Peter Mallett**  
Staff Writer

A piece of HMC Dockyard's rich ship repair past has been preserved on a feature wall within Dockyard's Ship Repair Zone.

Large concrete slabs engraved with the word "ORDNANCE", once part of the façade of long-demolished building D192, have

been incorporated into the landscape design delivered by the Fleet Maintenance Facility Cape Breton shop consolidation project. They are now displayed as a centre piece of a south-facing parkette located on Hospital Road.

D192, built in 1940, was the administrative headquarters for FMF's predecessor, the Ship Repair Unit (Pacific). The large concrete slabs were part of that

building's front entrance motif.

Project Director for the ongoing consolidation project Clive Orford, of NDHQ's Assistant Deputy Minister (Infrastructure & Environment) organization, says incorporating the slabs as part of the revamped ship repair complex celebrates CFB Esquimalt's rich ship building and repair past.

"There always is a lot of history and commemoration about ships

and sailors who wore the uniform, but very little in the way of a nod to the thousands of workers who have worn overalls and carried tool boxes, and performed the fundamental task of making sure our ships were seaworthy and ready for deployment," said Orford.

At the start of demolition for D192 in 2001, he asked that the slabs be retained and ultimately

repatriated to the site.

"The intention was to create a little enclave or intersection to provide a spot within Dockyard adjacent to the huge FMF complex, to commemorate this historical legacy," said Orford.

The Shop Consolidation Project began in 1988 and is nearing completion with the fifth and final phase expected to be completed later this year.

**98.5**  
OCEAN

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





# Sailor returns home from Baghdad deployment

**Peter Mallett**  
Staff Writer

A human resources supervisor from Naval Fleet School Pacific has returned home after a six-and-a-half-month deployment in Baghdad.

Petty Officer Second Class Kanwar Nijjer was greeted at Victoria Airport Jan. 27 with cheers, tears of joy, and a warm embrace from his wife Gurdeep and their 12-year-old daughter Sadbd. Three members from his former unit, 11 Field Ambulance (Victoria), were also there to greet him.

"It was the first lengthy deployment during my 25-year marriage, so it was a great feeling after being away from home for so long to finally be with my wife and daughter again, and to see members from my old unit greeting me," said PO2 Nijjer.

He was deployed with the Canadian Army as part of Operation Impact. He and other Canadian Armed Forces were stationed at the United States military's Union III Base in Baghdad. He says the base was close to the U.S. Embassy which was the target of an Iranian rocket strike, a retaliatory response from Iran following the death of Major General Qasem Soleimani of the Islamic Revolutionary Guard Corps who was killed by a U.S. drone strike on Jan. 3.

PO2 Nijjer adds many Canadian military members missed the strike

as they were moved to Kuwait earlier that day.

Late night rocket and mortar attacks have now become commonplace in Baghdad's green zone with the embassy being struck by three mortar shells on Jan. 27.

The 53-year-old father of three worked as a human resources supervisor during his deployment. He previously sailed aboard HMCS Restigouche, HMCS Kootenay, HMCS Mackenzie and HMCS Vancouver during his 25-year career in the Royal Canadian Navy. His son, Ordinary Seaman Udhay Nijjer recently joined the navy and is currently undergoing training at CFB Borden.

PO2 Nijjer says support from his family, his military training, regular physical exercise, and meditation helped him deal with the daily stresses of the deployment. He said the daily plight of Baghdad's civilians from economic, employment and political uncertainty, and overwhelming desire for peace and safety, was very concerning. The deployment reaffirmed the importance of the freedoms and overall sense of security many Canadians take for granted.

"I think in the end my experiences in Baghdad helped build my confidence, learn how to overcome adversity, personal weaknesses, and provided me with some good and positive growth," said PO2 Nijjer.



PO2 Kanwar Nijjer is greeted by his wife Gurdeep Nijjer and his daughter Sadbd Nijjer after returning from Operation Impact in Baghdad. Photo courtesy PO2 Kanwar Nijjer

*The deployment reaffirmed the importance of the freedoms and overall sense of security many Canadians take for granted.*

## OPTOMETRISTS

**DR JOSLIN & DR MORIN**  
ASSOCIATES  
DOCTORS OF OPTOMETRY

EXPERIENCE THE PRECISION OF  
CUSTOMIZED VISION

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

LANGFORD

#105-814 GOLDSTREAM AVE.  
PHONE: (250) 474-4567  
www.langfordoptometrists.com

## PACIFIC MAZDA

---

### MAZDA i-ACTIV ALL-WHEEL DRIVE EVENT

CX-9

**0% PURCHASE FINANCING**  
ON SELECT NEW MODELS

**OR**

**UP TO A \$4,000 CASH PURCHASE CREDIT**  
ON SELECT NEW MODELS

+ AN UNLIMITED MILEAGE WARRANTY\*  
STANDARD ON ALL NEW MODELS

## MILITARY & DND INCENTIVE PROGRAM

**UP TO  
+\$1,100**

Incentive on New & select Used vehicles in stock

**10% OFF\***

Service and Maintenance Complimentary Car Wash with service (line permitting) \* cannot be combined with any other promotions, specials or coupons see service department staff for details

LOCATED AT 1060 YATES STREET | TEL: 250-385-1451 | MAZDAVICTORIA.COM

DL8152



**WANT TO KNOW WHAT YOUR BASE COMMANDER IS UP TO?**  
 Follow Captain (N) Sam Sader @MayorCFBEsq and visit facebook.com/EsquimaltBase/

**POSTED TO OTTAWA?**

**Tessier Real Estate Team**  
 t 613.443.4300 | c 613.816.2561  
 luc@tessierteam.ca  
 LucBilodeau.com

**Luc Bilodeau**  
 Sales Representative  
 Agent Immobilier

**Habitat for Humanity ReStore**

**TWO LOCATIONS:**  
 849 Orono Avenue, Langford  
 3311H Oak Street, Victoria

**THIRD LOCATION NOW OPEN!**  
 50 Burnside Road West, Victoria

250 386-7867  
 restore@habitatvictoria.com [www.habitatvictoria.com](http://www.habitatvictoria.com)

**• SHOP • DONATE • VOLUNTEER**

**Vancouver Island WORKS PROJECT**

Training for both businesses, and individuals in the community who are looking to:  
 Train staff, improve outdated skills, or gain new skills to succeed.

**CALL US TODAY!**  
 info@viwproject.com  
 Main: 778-433-8499  
 www.viwproject.com

**PROVIDING TRAINING IN:**

- Microsoft Office
- SharePoint
- MS Project
- Adobe Creative Suite
- Custom training available

**E-FILE FROM \$69<sup>99</sup> + GST**

**Top Shelf Bookkeeping Ltd.**  
 Locally Owned & operated since 1994

**2 CONVENIENT YEAR ROUND LOCATIONS**

101-76 Gorge Road West Victoria, BC V9A 1M1 250-388-9423  
 1253B Esquimalt Road Victoria BC V9A 3P4 250-590-4050



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

250-514-4750  
 www.nancyvieira.com • info@nancyvieira.com  
 for Victoria & Southern Vancouver Island

**PEMBERTON HOLMES**  
 ESTABLISHED 1962  
 1-800-665-5303

# Legion offers free memberships

**Peter Mallett**  
 Staff Writer

The Royal Canadian Legion is encouraging eligible current-serving Canadian Armed Forces members to take advantage of a free membership for 2020.

The free membership dues are part of the Legion's Veteran's Welcome Program and all Canadian Armed Forces personnel are eligible, provided they are becoming first-time members.

The Welcome Program waives the annual \$50 membership dues. The new promotion is also open to employees of the Royal Canadian Mounted Police (RCMP).

Royal Canadian Legion BC/Yukon Vice President, Master Corporal (Retired) John Scott says the best time for potential new members to join is "right now" so they can reap the biggest rewards from the promotion: a full year of comradery, community leadership and volunteer opportunities, access to member benefits, and a one-year subscription to Legion Magazine.

Scott, who served 18 years in the Canadian Army, is the BC/Yukon



**Royal Canadian Legion BC/Yukon Vice President, MCpl (Retired) John Scott**

Legion's Membership Committee Chair. He says the free membership promotion is part of the Legion's efforts to reverse declining membership and the closures of Legion branches across the country.

In recent years, Canada's non-profit, ex-service organization has seen its

membership drop considerably. A 2018 story by The Globe and Mail reported that membership numbers had fallen from 604,000 members in 1984 to 275,000 members.

To combat the decline, the Legion has taken a new approach to its membership criteria. Until recently, membership was restricted to those who served and their immediate families, and graduated cadets. Today, members of the general public are also eligible to become members, advocate for veterans, and find meaningful community leadership and volunteer opportunities.

Scott says stronger membership numbers gives the organization a stronger voice in Ottawa when advocating for veteran's issues with organizations such as Veteran's Affairs Canada. "We advocate for improvement for veterans and their pensions, support services, the way veterans are treated, along with a host of other issues," said Scott. "The successful delivery of this message should also be of great concern for current-serving military members who will one day be veterans."

For more information on how to become a member of your local legion branch visit the webpage: [www.legion.ca/join-us/free-membership-caf-rcmp](http://www.legion.ca/join-us/free-membership-caf-rcmp)

## WURTELE ARENA HOSTING CANADA WEST HOCKEY REGIONALS

**Peter Mallett**  
 Staff Writer

This week, CFB Esquimalt Women's Tritons are "ready-aye-ready" to defend their Canada West Regional hockey title when action gets underway at Wurtele Arena.

The four-team tournament begins Feb. 3 at 8:30 a.m. with a rematch of last year's Canada West finale between Esquimalt and Edmonton.

Tritons defence, Corporal Alex Cape of Sea Training Pacific, says she and her teammates are upbeat, "pumped" and looking forward to

facing their rivals, and last year's tournament hosts, along with their other opponents Cold Lake and Winnipeg, on their own ice.

"We would really love to see the support of hockey fans at the base in the stands," said Cpl Cape. "Last year's regionals were really exciting. We ended up losing to Edmonton in round-robin play but beat them in overtime in the finale so that win was very satisfying."

In their second game, Esquimalt faces Winnipeg on Tuesday morning, and then concludes round-robin play the following day against Cold Lake with an opening faceoff at 2 p.m. The tournament semi-finals will take place on Feb.

6 with the championship game the following day at 9 a.m.

As is normally the case, the Tritons will be missing a few key players for the tournament because of ongoing deployments.

"It's just the reality of working on a navy base with so many of our players posted to sea-going units," said Cpl Cape.

The Canada West tournament is being held concurrently with the Canada East regionals being hosted by CFB Greenwood. Both tournaments serve as a qualifier for the 2020 Canadian Armed Forces national championship tournament, March 3 to 8 in Winnipeg.

**Vancouver Island Safety Council**

**MOTORCYCLE RIDER TRAINING**

**NOVICE & TRAFFIC PROGRAMS**

**EXPERIENCED RIDER COURSES**

**ICBC CERTIFIED COURSE**

250-478-9584  
[www.visafetycouncil.com](http://www.visafetycouncil.com)

**C&POS' MESS**

*Valentines Dinner*

**14 FEBRUARY 1730 HRS**

Members: \$ 45.00 pp; Member + One Guest: \$ 45.00 pp;  
 Non-Members: \$ 50.00 pp

Tickets at the Bar

**RSVP James.Swanbeck@forces.gc.ca**



THE MARPAC HEALTH & WELLNESS STRATEGY IN PARTNERSHIP  
WITH ESQUIMALT MFRC PRESENTS:

# The Power of Me Too

a captivating  
and uplifting talk  
about hope by  
Theoren Fleury

## About Theoren Fleury:

- Former NHL All-Star, Stanley Cup winner and Olympic Gold Medalist
- Healing motivator
- Person of great life experience
- Knowledge in the field of relational trauma
- Two-time bestselling author of *Playing with Fire* and *Conversations With a Rattlesnake*



In his presentation Theo reminds us that we are never alone in our struggles, because we have all faced adversity in our lives. From the greatest heights to the lowest depths, both professionally and personally, Theo shares a message about winning it all, losing it all, and reinventing himself all over again.

While Theo does enjoy his hockey memories and accolades, he feels honoured and blessed in what he does today. Theo's mission statement is to help as many people get to where they want to go. He is committed to daily transformation through personal growth, self-reflection, mindfulness and new action.

Learn more about Theo Fleury at [www.theofleury.life](http://www.theofleury.life)

Wednesday,  
26 February 2020  
Rainbow Room, CPOs  
10:00 to 11:00am

All welcome, pre-registration required!  
To register, email  
[Maryse.Neilson@forces.gc.ca](mailto:Maryse.Neilson@forces.gc.ca)

BROUGHT TO YOU BY





For all your navy news go to [lookoutnewspaper.com](http://lookoutnewspaper.com)

**TRACKSIDE AUTO SERVICE LTD.**  
A FULL SERVICE AUTO REPAIR FACILITY

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

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

BBB B.C. GOVERNMENT DESIGNATED INSPECTION FACILITY

Castrol WALKER HANKOOK

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

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

 **TOGETHER WE CAN**  
ADDICTION RECOVERY & EDUCATION SOCIETY

**VETERAN SERVICES**

COMPREHENSIVE & PERSONALIZED PROGRAMS SPECIALIZING IN:

- Addiction & Recovery
- Post Traumatic Stress Disorder
- Operational Stress & Injury
- Chronic Pain Management

**LOCATED IN VANCOUVER & VICTORIA** 

TEL: 604.451.9854  
TOLL FREE: 1.888.940.9854  
EMAIL: [info@twcrecoverylife.org](mailto:info@twcrecoverylife.org)

TO LEARN MORE:  
[www.twcrecoverylife.com](http://www.twcrecoverylife.com)




**CORONAVIRUS EXPLAINED**

**DND**

The following information is in reference to the 2019 novel coronavirus (referred to as 2019-nCoV), which was first identified in Wuhan, China, in late December 2019.

Since then, the Public Health Agency of Canada has been working with international partners, including the World Health Organization, provincial and territorial counterparts, and other federal departments and agencies to monitor and respond to this evolving situation.

As you know, Canada has identified suspected cases of coronavirus. This was not unexpected and reflects that our health systems are on alert and taking appropriate steps to limit the spread of the novel coronavirus in Canada. Our healthcare systems are well prepared to handle the virus and the risk to Canadians continues to be low.

Health Canada's Public Service Occupational Health Program (PSOHP) has issued a general advisory to federal employees. It advises employees to continue to take general precautions to reduce their risk of infection, such as washing their hands often with soap and water, coughing or sneezing into their arm or tissue, avoiding touching their eyes, nose or mouth with unwashed hands, and avoiding close contact with people who are sick. The PSOHP continues to work with federal departments and agencies to provide occupational health advice for federal employees working at points of entry (e.g., airports) and other key workplace settings.

If you are concerned about a potential exposure to 2019-nCoV and have had fever and either cough or shortness of breath within the 14 days of travel to China since January 1, 2020, please seek medical care promptly. Similarly, if you have been in close contact with a known 2019-nCoV patient and develop these symptoms, seek medical care promptly. In both cases, make sure to disclose your exposure to your health care provider as soon as possible after you get into care.

Since this is an evolving situation, visit [Canada.ca/coronavirus](http://Canada.ca/coronavirus) for the latest information. You can also follow Canada's Chief Public Health Officer, Dr. Theresa Tam, on [https://twitter.com/ACSP\\_Canada](https://twitter.com/ACSP_Canada) for up-to-date information.

 **LOCALLY OWNED AND OPERATED**

 **ZEDS**  
beds made easy

[www.ZEDSBEDS.ca](http://www.ZEDSBEDS.ca)

**5% MILITARY DISCOUNT**

Mattresses:	Frames:
Twins \$220-\$650	Twins \$220-\$600
Doubles \$240-\$800	Doubles \$270-\$700
Queens \$260-\$1,150	Queens \$290-\$900
Kings \$450-\$1,400	Kings \$310-\$1,000

**ALL PRICES INCLUDE TAXES!!!**

     
Financing available.

#113-2854 PEATT ROAD, LANGFORD  
FREE PARKING AROUND BACK  
ADAM AVERILL, CD - 250-894-ZEDS (9337)





# Tips to safely travel the New Year Road to Fitness



**Dr. Darrell Menard**  
CFMWS

Start out by setting goals that are achievable.

**Make the time**

Many of us live busy lives and trying to “find” the time to exercise doesn’t work. Try scheduling exercise into your day, just as you would all your other commitments. Select a time of day when you are the least likely to be interrupted - for many people this is first thing in the morning.

**Set a realistic goal**

If you can’t remember the last time you exercised, don’t set your sights on winning the 2020 Olympic Marathon. Not only is this impossible, but it will also put you at considerable risk of injury. Start out by setting goals that are more achievable, such as stationary cycling or walking for 30 minutes/day for three days/week. Succeeding with this initial goal will encourage you to do more.

**Slow down**

It took you a while to get out of shape and it will take you a while to get back into shape. The biggest mistake many people make when they decide to get fit is to start out working too hard. Waking up every morning feeling like you have been run over by a large truck is a clear sign that you are working way too hard.

**Don’t start off running**

Running is a high-impact activity and it takes time

for your body to adapt to doing this safely. Starting off with a walking program for the first few months will help prepare your body to better handle the demands of running. When you feel ready to try running – start by walking two minutes followed by running two minutes and repeat this cycle for your entire workout. As you feel more comfortable, progressively increase the amount of time you run for each cycle. It won’t take long before you are able to run your entire workout.

**Become an exercise thief**

I am not encouraging you to steal a treadmill from your local fitness centre. Rather, I’m recommending you take advantage of the many opportunities to exercise that present themselves throughout your day. Take the stairs, walk around the airport when your flight is delayed, park further away from work and then walk in, cycle to work once a week, incorporate physical activity into family night, get up from your desk and take regular movement

breaks. It all adds up.

**Keep it simple**

Don’t underestimate the value of starting with one small, consistent change. Over time, small changes can have a big impact. For example, committing to walking your dog 15 minutes/day has been shown to significantly reduce you and your dog’s risk of developing chronic medical problems such as diabetes, heart disease, cancer, high blood pressure and obesity. That is a big return for a very small investment of your time.

**Find a friend**

Get a buddy involved. Research shows that exercising with friends can help us to maintain our commitment to enjoying an active life. Research shows that exercising with friends can help us to maintain our commitment to enjoying an active life.

**Make it fun**

You are much more likely to stick with your fitness program if you are doing things you enjoy.

**Vary things up**

Doing the same workout everyday will get “old” pretty quickly and increase your risk of ‘overuse’ injuries. Incorporating a wide variety of activities into your program will not only keep things fresh, but you will also learn movement skills you can use to stay

active your entire life.

**Don’t give up**

Just because you miss a workout doesn’t mean that you and your fitness program are failures. Try thinking of these missed workouts as opportunities for some much needed rest/recovery. When you go to train after

missing a workout, don’t try to make amends by training harder than normal.

Following these 10 simple tips will greatly increase your chances of achieving your fitness goals for 2020 and they will also reduce your risk injury. Remember that “Exercise is Medicine!”

*Dr. Menard is the Surgeon General's specialist advisor in sports medicine and has worked extensively with athletes from multiple sports. As part of the Strengthening the Forces team he works on injury prevention and promoting active living. Strengthening the Forces is CAF/DND's healthy lifestyles promotion program providing expert information, skills and tools for promoting and improving CAF members' health and well-being.*



Research shows that exercising with friends can help maintain a commitment to enjoying an active life.



**HAVE DEBT??**  
**We have solutions.**



**250-386-8778**  
**www.cecraig.com**

**Free Consultation**



FEDERALLY LICENSED

**THE TC 10K IS  
LOOKING FOR VOLUNTEERS  
SUNDAY APRIL 26**

to assist with race course set up (including start line/finish line setup) starting at 5 a.m. continuing to 08:30 am.

The Times Colonist 10K is Victoria's largest and most popular run of the year. The run regularly attracts a field of over 10,000 runners from all around the country and sees a number of top elites compete among the field of amateur runners.

For those really early risers, help set out the race course, accompanying a truck where one person hands cones to someone who lays it on the course, then picking them up once the race starts.

**Volunteers can contact Connie Hearty, Volunteer Coordinator either by email [Connie.Hearty@viha.ca](mailto:Connie.Hearty@viha.ca) or cell 250.896.6149.**



# Were you directly affected by sexual misconduct in a CAF-DND workplace?

**You may be eligible for compensation and to participate  
in a Restorative Engagement program**

The settlement includes former and current  
CAF members, DND employees, and Staff of the  
Non-Public Funds, Canadian Forces

Learn more about the settlement and your legal rights and options:

**[www.caf-dndsexualmisconductclassaction.ca](http://www.caf-dndsexualmisconductclassaction.ca)**

**1-888-626-2611**







## East Coast museum exhibit explores Arctic operations

**Above:** Cdr Corey Gleason, Commanding Officer of the future HMCS Harry DeWolf, speaks with Naval Museum of Halifax curator Jennifer Gamble about the new North of 60 exhibit. Pictured is a replica model of HMCS Labrador, as well as one of the mallets used to break ice on the ship.

Photo by Ryan Melanson, Trident Staff

**Ryan Melanson**  
Trident Newspaper

Cdr Corey Gleason, the first Commanding Officer of the RCN's first Arctic and Offshore Patrol Ship, has been preparing for his current role for more than a decade.

Ahead of being named the first CO of the future HMCS Harry DeWolf in 2014, Cdr Gleason studied Arctic navigation at Memorial University, sailed with the Canadian Coast Guard to gain practical experience in the region, and has since taken other steps to help the Navy develop its new standards for Arctic operations.

And while it was more than 60 years ago when HMCS Labrador made its Arctic voyages, from 1954 to 1957, Cdr Gleason said he was surprised to learn the ship's first Captain, T.C. Pullen, followed a very similar process, studying formally in the United States and sailing North with

American ships to develop his expertise.

"It's surprising how we've repeated many of the same steps that the captains of Labrador had done in the past, without even realizing it initially," he said.

As Cdr Gleason and his crew get set to take over the new vessel from Irving Shipbuilding in the coming months, a new exhibit at the Naval Museum of Halifax offers a chance to look back at some of the history that led to this moment. The displays cover events as far back as Sir John Franklin's doomed 1845 expedition, through to the story of the RCMPV St. Roch, the first Canadian ship to transit the Northwest Passage, and up to Labrador itself, which is the main focus. Titled North of 60, the exhibit had its grand opening on January 16, and is now open to the public each day during the museum's regular hours.

"There's a lot of history and connections to the

present in this exhibit. It's a great way to learn about some of the capabilities that Labrador had and the work the ship did back in the 1950s. We'll be picking up and carrying on with those efforts in the near future," Cdr Gleason added.

Along with a replica model of Labrador, the exhibit includes artifacts from the ship like an ice-breaking mallet, the builder's plaque and ship's bell, as well as a Labrador jacket that was given to members of the crew. Visitors can learn about Labrador's operations conducting hydrographic studies, being the first warship to transit the passage, and contributing to work on the Distant Early Warning line, but they can also get introduced to some of the people involved. The ship's first captain kept an extensive journal that offers glimpses into life on board, while well known RCN artist Cdr Anthony Law completed

some of his most famous paintings while onboard Labrador as XO. Some of those paintings are now in the museum's collection.

"While there were also the straightforward, operational aspects of these missions, there was also this human element with people learning how to live and navigate the North and trying to capture some of that natural beauty. I think our exhibit captures that aspect with the artwork, the artifacts and some of those personal experiences," said Naval Museum Curator Jennifer Gamble.

Members of the public are encouraged to visit the Naval Museum of Halifax and learn about the history of the RCN's Arctic operations. The museum is open Monday to Friday, from 10 a.m. - 3 p.m.

**Below:** The new exhibit focuses on the operations of HMCS Labrador, and includes a number of artifacts and mementos from the ship, including the shipbuilder's plaque, seen here.

Photo by Ryan Melanson, Trident Staff



HMCS Harry DeWolf





# Bravo ZULU

## HMCS Ottawa Change of Command

Photos by Leading Seaman Brendan Gibson, MARPAC Imaging Services



Outgoing Commanding Officer of HMCS Ottawa, Commander Alex Barlow is joined by Commodore Angus Topshee, Commander Canadian Fleet Pacific, and incoming Commanding Officer of HMCS Ottawa, Cdr Sam Patchell during the command handover ceremony Jan. 24.




As is customary in command changes, Cdr Patchell receives an Assumption of Command Plaque from Cmdre Topshee.



As a token of gratitude for his leadership work in HMCS Ottawa, Cdr Barlow is given a special gift from Cmdre Topshee.



The handover ceremony ended with Cdr Barlow receiving his Command Pennant from Petty Officer First Class Jeffery Carter.

Vice-Admiral (Retired) Ron Lloyd received the Legion of Merit from Vice-Admiral Art McDonald. Commander of the Royal Canadian Navy on Jan. 17 at the Wardroom.  
Photo by Leading Seaman Brendan Gibson, MARPAC Imaging Services



AB Emilie Poulin received her Special Service Medal – Expedition for operations with HMCS Winnipeg on Operation Projection from LCdr Bill Ansell, Transition Centre Esquimalt Commanding Officer.





# LOOKOUT Classifieds & Real Estate

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

**SERVICES**

**THERE ARE OVER 1000 FOSTER CHILDREN ON VANCOUVER ISLAND!**

**Foster homes are needed!**

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

**fosterhope.ca**

**REAL ESTATE FOR RENT**

**REAL ESTATE FOR RENT**

Updated single family home on the Westshore, 3 bedrooms, one bathroom. Front patio and backyard patio, enclosed side deck. Fenced in backyard. Custom built storage shed. 9,000 square foot lot. All appliances including dishwasher. Close to all amenities. Hydro included. \$2,300 per month. Available as of March 1.  
ginaduncan12@gmail.com or call 250-514-0453

**SAXE POINT AREA**

In Saxe Point area, this recently renovated/redecorated two-bedroom suite offers full kitchen with dishwasher, full bathroom, driveway parking, bicycle storage, patio space and yard access.  
Available from February 5th.  
\$1575 per month includes heat, electricity, shared laundry area.  
The suite is unfurnished, 900 sq ft, on a quiet residential street, ground floor level, in an older well-maintained home. We are seeking quiet, responsible tenants. Best suited for two people wanting a peaceful space.  
Easy walking distance to stores, waterfront, parks, Esquimalt Rec Centre, and bus routes. Very convenient for CFB Esquimalt.  
No smoking or vaping on the property. No pets.  
References required.  
Email [mjhfield25@gmail.com](mailto:mjhfield25@gmail.com) or call 250-740-1300.

**REAL ESTATE FOR RENT**

**FURNISHED 2 BEDROOM TOP FLOOR CONDO**  
**WALK TO BASE**

1,300sq, southern exposure. Features incl: wood burning fireplace, in-suite laundry, walk-in pantry, separate kitchen from dining/living rooms, front & back doors, large balcony with ocean glimpses, covered parking. Easy walk to Red Barn, CFB Esq, Naden, Esq Rec Ctr, library, beach coves, bus stops within 1/2 block. NS, NP, refs reqd. \$2,000/month. Call 250-474-5357

**YOUR AD HERE!**

ADVERTISE DIRECT TO MILITARY AND FAMILIES.

- Base Signage
- Activity Magazine
- Lookout Newspaper and more...

[www.BaseNewspaper.com](http://www.BaseNewspaper.com) or contact Josh at 250-363-8602

**Make a Difference!**

**A Rewarding Volunteer Opportunity is Available for You!**

**Become a Network Friend.**

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

Contact: [volunteer@lnv.ca](mailto:volunteer@lnv.ca)  
Learn more: [www.lifetimenetworks.org](http://www.lifetimenetworks.org)

**LIFETIME NETWORKS**  
FRIENDSHIP • SUPPORT • CONNECTIONS

**VICTORIA PREGNANCY CENTRE**

**FREE SERVICES INCLUDE:**

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

**250-380-6883**  
#112 - 826 NORTH PARK ST.  
[info@victoriapregnancy.org](mailto:info@victoriapregnancy.org)  
[www.victoriapregnancy.org](http://www.victoriapregnancy.org)

**FOR SALE**

**QUINPOOL TAILOR MALE MESS KIT FOR SALE**

Mess kit is made of doe-skin and is in EUC. Only worn 2-3 times before unexpected short notice retirement. Current owner is 6'4", off season weight of 250lbs, waist 40", chest 52". Currently has Lieutenant-Commander rank with Ship's Team Diver badge attached.  
If interested, please contact Steven Shute at 778-350-0721 or email [airshute@hotmail.com](mailto:airshute@hotmail.com). Price \$750 OBO. Includes, jacket, pants, vest, cummerbund. Easy to have it tailored smaller, impossible to make bigger.

**MARPAC HEALTH & WELLNESS expo**

**THURSDAY FEBRUARY 27 2020**  
NADEN GYM 10AM - 3PM

Health, Fitness, Wellness, Education, Recreation & more!

Brought to you by **LOOKOUT**

**Free COFFEE & PRIZES MORE THAN 130 VENDORS**

**COFFEE** SERIOUS COFFEE  
**FOOD** KING KABAB OF VICTORIA 4 BEACHES STREET PIZZA

PROUDLY SPONSORED BY **BOYD** AUTOBODY & GLASS, **Sunshine Coast Health Centre**, **TOGETHER WE CAN** Addiction Recovery & Education Society

**MUSIC LESSONS**

**CASTLE CARY PIPES & DRUMS**

FREE piping and drumming lessons for military and civilian students. Experienced musicians welcome. Practices Tues 7 PM at Pro Pat Legion, 411 Gorge Road East. Call Colin 250-385-3982 or Ray 250-721-4011.

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

**FREE Heat & Hot Water - Card operated front load laundry/24hrs**

**MACAULAY EAST**

948 Esquimalt Rd.  
Bachelor, 1,2 & 3 bdrm.  
Full size commercial gym!  
Manager 250-380-4663

**MACAULAY NORTH**

980 Wordsley St.  
1 & 2 Bedroom  
Manager 250-384-8932

To view these and other properties, visit [www.eyproperties.com](http://www.eyproperties.com)

Tenant Referral Program  
Military Discount

**We're on the Gorge!**

Call or text for your vehicle today:  
**GARRY GROTH**  
OFFICE (250) 384-1476  
MOBILE (250) 886-0129  
[garry@vanisleautobrokers.ca](mailto:garry@vanisleautobrokers.ca)

**VANISLE AUTO BROKERS**  
[www.vanisleautobrokers.ca](http://www.vanisleautobrokers.ca)

**MORTGAGE CONSULTANT**

**MORTGAGE FORCES.CA**

**POSTED? GET PRE-APPROVED BEFORE YOUR HHT**

**WE OFFER:**

- Military clause for some mortgages
- A six-month mortgage protection plan, paid by us
- Instant pre-approvals • A one-year home system warranty

**SPECIAL DND OFFERS AVAILABLE. CALL TODAY!**  
Use the "Support Our Troops" Promo code for a .10 rate cashback on your approved rate. OAC.

**1.800.991.7993 • MORTGAGEFORCES.CA**

**CFB ESQUIMALT LOOKOUT NAVY NEWS ONLINE**

**BZ**

**Want to recognize someone in your unit?**

Send your BZs to [melissa.atkinson@forces.gc.ca](mailto:melissa.atkinson@forces.gc.ca)  
@LookoutNewspaperNavyNews



MARPAC  
Health and Wellness Strategy Team & Lookout

PRESENT:

# HEALTH & WELLNESS expo

EVERYONE IN THE DEFENCE COMMUNITY IS WELCOME!



**THURSDAY**  
**FEBRUARY 27 2020**  
NADEN GYM 10AM - 3PM

Health, Fitness, Wellness,  
Education, Recreation & more!

*Free*  
**COFFEE & PRIZES**  
BY SERIOUS COFFEE

MORE THAN  
**130 VENDORS**

FOOD  
KING KABAB  
4 BEACHES STREET PIZZA



**CATCH THE  
ROUNDERS BUS**

Pickup starts 9:15 a.m. at Dockyard Main Gate with drop off to the Naden Gym. Last run is 3 p.m. from Naden.

Colwood pickup Building 66, starting at 9 a.m. Last drop off 1 p.m.



Sponsored by

