

Volume 65 Number 24 | June 22, 2020

LOOKOUT

newspaper.com

MARPAC NEWS CFB Esquimalt, Victoria, B.C.

LookoutNewspaperNavyNews
@Lookout_news
LookoutNavyNews

CANADIAN MILITARY'S
TRUSTED NEWS SOURCE

Your New Home Specialists
Helping You Buy or Sell



south island HOME TEAM
250-474-4800
www.WestshoreNewHomes.com
www.SouthIslandHomeTeam.com
Registered with Brookfield Global Relocation Services



HMCS Fredericton at work

Leading Seaman Ethan Hann (right) shows Master Seaman Andrew Hindy how to operate a Local Operating Panel aboard HMCS Fredericton during Operation Reassurance.

Photo by Cpl Simon Arcand, Canadian Armed Forces



Look Who Joined the McLean Real Estate Group!
A REALTOR® who has been in your boots.

KYLE DEVEAU LICENSED REALTOR®

250.744.5551

kyle@mcleanrealestategroup.ca

mcleanrealestategroup.ca



RE/MAX CAMOSUN
McLean
REAL ESTATE GROUP
PERSONAL REAL ESTATE CORPORATION



RE/MAX CAMOSUN
Each Office Independently Owned and Operated

Change is in the works for Base Administration



Commander Jason Barbagallo (middle), Base Administration Executive Officer, with his wife Chantal, is promoted to his current rank by Capt (Navy) Sam Sader, Base Commander, on June 16.

Photos by LS Kendric C.W. Grasby, MARPAC Imaging Services



Peter Mallett
Staff Writer

It's that time again, posting season, when military members are moved to new positions to gain experience, flex their skills, and make a difference in their unit.

That change of leadership will touch down at Base Administration July 16 when Commander Cory Foreman vacates the position, and Cdr Jason Barbagallo slides into the chair.

Before taking the job, he required a promotion to the rank of Commander, which took place last week. In a Spiderman-like move to avoid close contact, a firefighter dangled from a flagpole to deliver the new shoulder boards to Cdr Barbagallo's wife Chantal, who then assisted Base Commander, Capt(N) Sam Sader in the promotion. The unusual ceremony was in keeping with the fun, unique ways bases across Canada are handling COVID-19-era physical distancing promotions.

The physical move to the new position will be a short one – two steps across the hall, as Cdr Barbagallo is currently the Executive Officer of the branch.

"It's rather remarkable and unique to have an executive officer get pro-

moted and stay within the same organization instead of being moved to a new location," said Cdr Barbagallo. "My situation differs greatly from most incoming commanding officers because I am familiar with the workings of the unit itself and most importantly its people. I think it is rather advantageous to change positions while staying in the same organization."

The 44-year-old was born and raised in Montreal. His military career began in 1996 serving nine years in the army reserves before transferring to the Regular Force in 2005. He has deployed to Bosnia as a member of the Third Canadian Support Unit, to Africa, Asia, the Middle East, and most recently Belgium. There, he commanded a support detachment for Canadian Armed Forces members and their families in Belgium, France, Spain, and Luxembourg.

He earned his sea legs in HMCS Protecteur and HMCS Winnipeg, where he was the head of the Logistics Department from 2010 to 2012. Now he is preparing to command the largest branch at CFB Esquimalt. He will oversee crucial services required by military members, such as accommodations, food services, human resources, payroll, chaplain services, and fitness.

As Cdr Foreman's two years as

Base Administration Officer comes to an end, he says he is most proud of leading an outstanding team of dedicated individuals who have always risen to any challenge with a sense of "duty, determination and passion". The team's efforts, he adds, have ensured extremely important support was provided to the Base, Fleet, and Formation, and commanding Base Administration has been the highlight of his 23 year career thus far.

Cdr Barbagallo, he adds, will be a great fit to lead the organization and has a great team to support him.

"Jason is extremely mission-focussed, and people-oriented and Base Administration is very fortunate to have him take on this new leadership role."

His next career move is to attend the year-long French Language Training Program here in Esquimalt and then he hopes to be considered for deployment on Operation Kobold in Kosovo as the Task Force Commander.

"It's been a privilege working with so many great people in the unit and that is what I will miss the most," he says.

Chantal Barbagallo, wife of Commander Jason Barbagallo, is handed shoulder boards from a firefighter lowered by harness during a promotion ceremony to his new rank of Commander.





Operational pause of CH-148 Cyclone fleet lifted

DND

The Commander of 1 Canadian Air Division, Lieutenant-General Alain Pelletier, has lifted the operational pause on the CH-148 Cyclone maritime helicopter fleet.

The return to flying operations follows a thorough risk assessment that outlined mitigation measures to ensure aircrews understand the conditions that led to the Cyclone crash off the coast of Greece at the end of April that killed six military members, and how to avoid or resolve them.

“I truly appreciate the professional efforts of the Canadian Armed Forces airworthiness authorities who have contributed to both the investigation and risk assessment,” said LGen Al Meininger, Commander Royal Canadian Air Force. “I have the fullest confidence in their work, the Cyclone fleet, and our ability to safely return the maritime helicopter community to flying operations. We will do so in memory of our fallen.”

While the Directorate of Flight Safety investigation continues, information that the investigation uncovered to date — primarily from the Cyclone’s flight data recorder — allowed the investiga-

tive team to replicate the conditions in the CH-148 Cyclone flight simulator and rule out any mechanical failure.

This revealed that the aircraft’s flight director was set to hold a specific altitude and air-speed. Thus, during the complex manoeuvring turn to align with the ship, the pilot’s inputs were significantly different from the autopilot settings and the aircraft did not respond in a way that the crew was expecting. The investigative team has confirmed that this rare anomaly only occurred under a very specific and narrow set of circumstances. The crew would have had no previous exposure or experience on how to handle this situation.

With these circumstances now clearly understood, the RCAF has completed a detailed risk assessment and is implementing mitigation measures to allow for the safe resumption of flying operations.

Through the detailed risk assessment process, the RCAF is making a number of updates to training, publications, and operational maneuvering that together decrease the risk to an acceptable level to allow for the resumption of flying operations.

Updates to training and aircraft

publications will increase aircrews’ awareness of the possible risk identified by the Director of Flight Safety, how to avoid it during flying operations, and how to recover it if does happen. Changes to aircrew and aircraft publications will deal with specific procedures for aircrew to follow.

Aircrew will also receive ground training and go through simulator scenarios that will allow them to practice identifying specific flight conditions and taking recovery actions. Given the length of the operational pause, aircrew will also perform shore-based flight training to rebuild flying proficiency and regain currency.

Changes in operational maneuvering of the aircraft will further mitigate risk while not affecting the Cyclone’s ability to effectively conduct operations at sea.

These mitigation measures will prevent a similar accident from occurring in the future, while the investigation pursues a more complete assessment of the causes of the accident.

Once the investigation is completed, the RCAF will determine what, if any, additional longer-term mitigation measures may need to be implemented going forward.



I truly appreciate the professional efforts of the Canadian Armed Forces airworthiness authorities who have contributed to both the investigation and risk assessment. I have the fullest confidence in their work, the Cyclone fleet, and our ability to safely return the maritime helicopter community to flying operations. We will do so in memory of our fallen.”

– LGen Al Meininger, Commander Royal Canadian Air Force

FOR RENT

Bear Mountain Suite



\$1,695/Month Available July 1st

Large 2 bedroom suite, large master bedroom, level entry, large covered private patio/garden area, private entrance, off-street parking, F/S/Dw, in-suite laundry, gas fireplace, electric heat/hot water, garbage collection included. NS, NP. Unfurnished. Approx. 1500sq/ft.

Quiet suite / quiet area. Located 5 min. walk to North Langford Rec Centre, Westin Hotel, coffee shop, hiking, restaurants and golf club/spa. Millstream Shopping Centre 3.5 kms.

Email: rmpzi1@hotmail.com

SPECTACULAR PENTHOUSE AVAILABLE IMMEDIATELY - MUST SEE

Large, bright, spacious 2 bedroom plus den penthouse suite for \$3000.00 (includes 2 underground parking stalls). This unit has been completely renovated with new blinds, stainless steel appliances (fridge, stove, dishwasher & a bar fridge), quartz countertops, laminate flooring, carpet in bedrooms, 2 decks, in-suite laundry and a panoramic view of the ocean and mountains.

- Full fitness gym in the building.
- Includes heat and hot water
- Card operated laundry facilities open 24 hours.
- 100% smoke free building.
- Walking distance to Esquimalt Plaza, medical centres, Military base, Archie Browning Sports Centre, in the heart of Esquimalt.

ASK ABOUT OUR MILITARY DISCOUNT.

Pictures available upon request rentals@eyproperties.com

For more information or to book your own personal tour, please contact Kevin at 250-380-4663

Cascadia Seaweed is in search of an Aquaculture Operations Manager (AOM)

Experience with Seaweed farm mooring, construction and management is an asset.

A growing west coast commercial seaweed cultivator is looking for an Aquaculture Operations Manager. Based in Victoria, the AOM will be responsible to the management team for all aspects of farm design, procurement, installation, management and maintenance.

We are looking for an experienced leader and team member to seamlessly join our fast moving company. Bring your hands-on experience with ropes, boats and the sea to Cascadia Seaweed.

To learn more about this growing company and to read the full job description, please visit www.cascadiaseaweed.com/careers

CascadiaSeaweed
Ingredients for a healthy planet

Cut your debt by up to 80%!



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

CALL TODAY FOR A FREE CONSULTATION



4Pillars®

Canada's Debt Relief Specialists
Independently owned and operated, associated trademarks are used under license.

250-882-5556
DebtFree@DebtVictoria.com

DebtVictoria.com



matters of OPINION

WHO WE ARE

MANAGING EDITOR

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

STAFF WRITERS

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

PRODUCTION

Teresa Laird 250-363-8033
production@lookoutnewspaper.com

Bill Cochrane 250-363-8033
workstation3@lookoutnewspaper.com

ACCOUNTS/CLASSIFIEDS/RECEPTION
250-363-3372

SALES REPRESENTATIVES

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

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

Brad Schneider 250-880-2705
lookoutnews1@outlook.com

EDITORIAL ADVISORS

A/SLt Michelle Scott 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 lundis, 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.



Circulation - 3,000
plus many PDF downloads a 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
Fax: 250-363-3015

Canadian Mail Product Sales Agreement 40063331



WHAT SAY YOU

Step up and show us your Pride

DND

Early June typically kicks off the Pride season of festivals and celebrations from coast to coast that run until the end of August.

Participation with, and in, Pride celebrations is one of the ways the Canadian Armed Forces (CAF) show their respect to our team members from the lesbian, gay, bisexual, transgender, queer and 2-spirited (LGBTQ2+) communities. More importantly, it embodies the principle of inclusivity that is key to success in everything we do.

This year, despite COVID-19, we will not be deterred as we, in a safe and respectful manner, celebrate and show our individual and collective Pride.

The entire Defence Team is committed to the Canadian ideals of diversity, inclusion, and respect. By embracing diversity, we draw on all of the unique strengths and abilities of Canada's population, which enhances our operational effectiveness.

Inclusivity unites all of us as one team, and Pride celebrations are a reminder of how diverse we are and how we garner strength through diversity.

Sharing our Pride gives us unity of purpose, making each of us better as people and more relevant as an organization that reflects



Canadian values. Whether it's raising a flag on bases or wings, celebrating from home, virtually or abroad, we want you to show us your Pride 2020 in June and throughout the year.

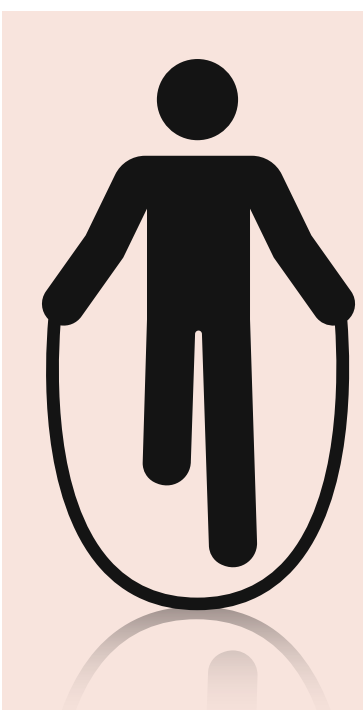
As part of your individual or group celebrations, we ask that you submit your photos and messages or quotes to: +Internal Communications internes@ADM(PA)@Ottawa-Hull. All photos must be accompanied by: sender's name, email, contact phone number, and rank, if applicable. Please use your @forces.gc.ca email address, if possible, or alternate email address.

Also include a brief caption that describes the photo and includes the location/date the image was taken.

A gallery of images will be created for all to access and share, which will be featured across our Defence Team communications platforms and all social media accounts.

Pride events celebrate diversity and the LGBTQ2+ communities, acknowledge their history and achievements, and continue the focus on fostering the rights and recognition that LGBTQ2+ Canadians deserve.

The road that led us to this point has been a long one. By continuing with our many diversity initiatives and goals, we continue to get stronger and more effective while ensuring we value what is most important to us – our people. Show us your Pride by showing off your rainbow colours. Deadline for photo submissions is Aug. 31.



June is Recreation Month!

CFMWS

Each June, Personnel Support Programs (PSP) marks June is Recreation Month by illustrating the benefits of recreational activities.

Physical distancing and closures have affected how we play, but that doesn't mean we can't have a little fun.

Now's the time to find creative ways to energize our mind, body, and soul. "PLAY Recreated" is how we can rethink the way we participate in recreational activities and stay active.

For Canadian Armed Forces (CAF) family members of all ages, postings, deployments, careers, and hectic family schedules can lead to periods of stress. Road to Mental Readiness (R2MR) training advises that engaging in things we enjoy actually gives us more energy to manage stress.

When under stress, we often stop having fun due to a lack of time or a decreased interest or drive. However, during stressful times it is even more important to schedule positive activities in our day in order to effectively manage the demands in our life.

"PSP makes playing easy and accessible," says Ben Ouellette, Director of Deployment Support, Recreation and Messes. "We have Recreated PLAY to offer a variety of virtual recreation services so you can stay safe and find fun ways to get out, get active, learn something new, stay connected and live better."

Visit www.PLAYwithPSPcontest.ca to learn more about how you can participate in June is Recreation Month celebrations. Be sure to enter the national contest for a chance to win a grand prize package valued at \$2,500.

Royal United Services Institute of Vancouver Island (RUSI-VI)
FOUNDED 1831, IN VICTORIA SINCE 1927
Our mission - To promote national defence and security issues through discussion and engagement

RUSI-VI is for retired and serving members of the CAF, police and civilians interested in defence and security issues. Members are kept informed on national defence issues through a newsletter and monthly luncheons with expert speakers. Topics cover national defence, terrorism, defence industry and military history. We are also a member of the national Conference of Defence Associations and sponsor an annual military history course at the University of Victoria.

Meetings are on the second Wednesday of each month, September through May. Single membership is \$40.00 per annum.

715 Bay Street • The Bay St Armoury • Victoria, BC V8T 1R1 www.rusivicda.org

Working for our community

Mitzi Dean
MLA, Esquimalt-Metchosin

250-952-5885
#104 - 1497 Admirals Road
Mitzi.Dean.MLA@leg.bc.ca / MitziDean.ca

First Responders & Military: \$1900 Every Day!

Sullivan's BARBER SHOP

Seniors and Kids 12 and under Regular \$21 **\$1700**

Appointments Not Necessary **250 478 9424**

Hot Shave Available **756 Goldstream Ave.**

NOW OPEN 8:30AM-6PM MON-TUES; WED-FRI 8:30AM-5PM; SAT 8:30-4PM



Canadian Rangers Jeremiah Dyke and Ryan Wolfe of the Fort Vermilion Canadian Ranger Patrol move a barricade into place on a road outside the Fort Vermilion Airport in Alberta on April 29, as part of the Canadian Rangers local flood relief efforts.



Canadian Ranger Frank Ferh walks with residents to assess damage to their homes due to recent flooding of the Peace River waters on May 2, in Fort Vermilion, Alberta.

Photos by Canadian Ranger Sergeant Tom Simpson

CANADIAN RANGERS SUPPORT

Alberta flood relief operations

Lieutenant Natasha Tersigni

4th Canadian Ranger Patrol Group Public Affairs Officer

When spring flooding forced more than 450 Fort Vermilion, Alberta, residents from their homes, members of the local Canadian Ranger Patrol answered a request to support relief operations.

The Rangers worked with municipal officials from April 26 to May 5 to carry out tasks such as setting up roadblocks and checkpoints, helping residents evacuate, monitoring flood levels and critical infrastructure, assisting with door-to-door evacuation notices, and staffing the community Emergency Operations Centre.

Once the floodwaters began to recede from the community, and the river began to stabilize to normal spring levels, the Rangers assisted with the clean-up and helped evacuated residents return home.

“As Canadian Rangers, we are ready, able and committed to serving our community,” explained Ranger Sergeant Tom Simpson, Patrol Commander

for the Fort Vermilion Ranger Patrol. “By assisting municipal officials with a variety of flood relief efforts, we are ensuring that our neighbours and fellow Fort Vermilion residents remain supported during difficult times.”

For their dedication and commitment during the 10-day operation, the Rangers were recognized by the Fort Vermilion RCMP detachment and given RCMP “K” Division commemorative coins.

The Canadian Rangers are a part of the Canadian Armed Forces (CAF) Reserve working in remote, isolated, and coastal regions of Canada. They provide lightly equipped, self-sufficient mobile forces to support CAF national security and public safety operations within Canada.

They regularly support domestic disaster and relief operations for floods, wildfires, and other disasters, under the Operation Lentus banner.



Creating Beautiful Smiles for the Whole Family

SERVICES WE OFFER:

- Dentistry for All Ages
- Cerec Crowns • Implants
- Cosmetic Dentistry
- Orthodontics
- Invisalign/ClearDent
- IV Sedation/Oral Sedation
- Zoom Bleaching

Westshore DentalCentre
Creating Beautiful Smiles

www.westshoredental.com

250-474-2296

2945 Jacklin Road (Westshore Mall)

Hours: Mon-Thur 7:30am - 7:00pm,
Fri 7:30am - 5:00pm, Saturday 8:00am - 5:00pm,
Now Open Sundays 9:00am - 4:00pm

Dr. Jas Sidhu
Dr. Shreya Gakhar
Dr. Lien Neale
Dr. Sabrina Ma
Dr. Brin MacMillan
Dr. Melinda Mo (Orthodontics)
Dr. Matt Pavlic
Dr. Victor Kasianov
Dr. Cleve Kim

DIDI AUTO GROUP

Used Car Sales

www.didicar.ca

All Vehicles with Certified Inspection and Carfax

Kirk Miller Email: sales@didautogroup.ca
 Phone: 778-430-3999 | Cell: 250-792-1201

DIDI AUTO GROUP

Car Rentals

www.didicar.ca

Long and Short Term Rental Available - Call for Quote

Phone: 778-430-3999 Pickup available upon request

DIDI AUTO GROUP

Vehicle Detailing

www.didicar.ca

Hand Wash/Dry, Interior Shampoo/Steam, Vehicle Wrapping/Wheel Protection - Call for Quote

Phone: 778-430-3999 or
 Drop By: 643 David Street, Victoria



ASK ABOUT
 OUR MILITARY
 DISCOUNT



NOW AVAILABLE

Veterans Benefits 2020 GUIDE

Do **YOU** qualify for disability coverage or a pension?



A value of \$19.99!

PLUS
Not satisfied? You can appeal Vocational training Jargon-buster

Tips on eligibility applying, coverage + MUCH MORE!

FREE
 for all veterans, veteran's families and currently serving military personnel

Go to legionmagazine.com/guide

Download your **FREE** guide today!

From the publisher of
Legion Magazine



CANADA'S MILITARY HISTORY MAGAZINE



PUBLISHED BY

During these times, thank you for keeping all of us healthy and safe.

As a token of our appreciation to COVID-19 heroes, we're taking \$5,000 off your next home purchase. This offer is available to:

- **FIRST RESPONDERS** (police, firefighters, EMT and paramedics)
- **HEALTH CARE PROFESSIONALS**
- **CANADIAN ARMED FORCES**
- **DRUG STORE EMPLOYEES**
- **GROCERY STORE EMPLOYEES**

It's easy - just bring your proof of employment and we'll take care of the rest. And most importantly, we thank you for doing what you do everyday!



EXPERIENCE A BETTER WAY TO BUY HOME

GableCraftHomes.ca

royalbay@gablecraft.ca
250.940.6472

GableCraft HomeStore

300 CASPIAN DRIVE | COLWOOD, BC

Monday to Thursday 12pm to 6pm
Closed Friday
Sat, Sun & Holidays 12pm to 5pm

GABLEcraft
HOMES™

When you're ready,
we're here.

*The developer reserves the right to change discounts and promotions with no notice required.

HMCS SASKATOON CHANGES LEADERSHIP



Lieutenant-Commander Sean Kelly, incoming Commanding Officer of HMCS Saskatoon, signs the formal Change of Command certificates.



Petty Officer First Class Kenneth Sparkes, incoming Coxswain, signs the formal Change of Appointment certificates

HMCS Saskatoon's ship's company mans the rails for the departure of Commander Anthony Lefresne, outgoing Commanding Officer, during the Change of Command Ceremony at Y Jetty June 16.



Commander Anthony Lefresne, outgoing Commanding Officer, signs the formal Change of Command certificates.



Chief Petty Officer Second Class Craig Elliott, outgoing Coxswain, signs the formal Change of Appointment certificates.



Commander Jeffrey Hopkins, Reviewing Officer, signs the formal Change of Command certificates.



The ship's company mans the rails for departure of Chief Petty Officer Second Class Craig Elliott, outgoing Coxswain of HMCS Saskatoon.

The 'unexpected' unfolds at CPO1 promotion

Peter Mallett
Staff Writer

CPO1 Tina Steeves was duped last week.

Her Commanding Officer, Major Giuseppe Ramacieri, informed her they were going to conduct a surprise promotion for the unit's Administration Officer that morning. As the Unit Chief, her presence is required at all of these events.

When she got to the venue, the foyer of the Canadian Forces Recruiting Centre (CFRC) in Ottawa, she saw her husband and knew something was up. A spark of hope interrupted her thoughts; could it be her promotion?

Then CPO1 David Steeves stepped forward with CPO1 slip ons in hand.

"I was in complete shock when I realized my husband was going to promote me."

Her husband was thrilled to spring the surprise on his wife.

"It was an emotional honour to be able to personally promote my wife," he said. "Although it isn't the first time this has happened, it was still an extreme privilege and pretty darn neat to see the two CPO1 Steeves side-by-side on the DWAN [Defence email list]."

Husband Steeves serves as the Royal Canadian Navy Chief Petty Officer; wife Steeves is the Recruiting Chief for Northern and Eastern Ontario. They have both reached



CPO1 Tina Steeves with husband CPO1 David Steeves.

the pinnacle rank in the non-commissioned officer rank system.

CPO1 David Steeves has spent 31 years in the navy, and CPO1 Tina Steeves has accumulated 28 years thus far. In six weeks, she will start a new posting, Commander Navy Comptroller, Divisional Chief Petty Officer First Class.

She says achieving the rank of CPO1 is a rarity that only one percent of those in the military ever attain and she is truly honoured to wear the rank.

"Achieving this is something I could never have imagined when I was a young reservist and is one of the proudest moments of my life," she said.

We are open for business!
761 Station Road • 250-478-1828

Special Friday Night Fish & Chips!!
PATIO NOW OPEN!

OPEN
TUESDAY-SATURDAY

KITCHEN HOURS:
4:30 TO 7PM DAILY
SAT 1:30 TO 5PM

MEAT DRAWS:
SAT 3 TO 5PM

Legion

PRINCE EDWARD
BRANCH #91

save on foods online shopping



Our online shopping is **fast**: you'll spend more time doing the things you love. It's **easy**: you can shop whenever and wherever works for you. And it's **fresh**: your personal shopper has the highest quality in mind as they handpick your order.

Free park and pick up

SaveOnFoods.com

Save-On-Foods Westside Village 172 Wilson Street #100, Victoria, BC, V9A 7N6

*Available at select Save-On-Foods locations only. Valid for new customers only. Minimum order \$40 excluding applicable taxes and fees. One offer per customer.



Doctor's Funny Bone

Peter Mallett
Staff Writer

When COVID-19 travel restrictions ease this summer, Lieutenant-Colonel Andrew Currie and his family will pack up their Washington, D.C., home and head north-west to Victoria.

He will leave behind his CF Health Services Attaché Canadian Defence Liaison Staff (Washington) post to support CF Health Services Centre (Pacific) as Pacific Regional Surgeon.

Servicing the medical needs of military members is serious business, but LCol Currie's got a remedy to add smiles and chuckles.

He's a skilled cartoonist that tackles current day world issues such as pollution and COVID-19 with a comedic edge.

"I was always an incorrigible doodler and I still am today," he says.

Skewed is his cartoon series, once hand drawn in ink, but nowadays drawn digitally.

"I am of the opinion that we slowly start to lose our imagination as adults. But I never stopped drawing, even throughout my military career, and still get the same enjoyment out of it as I did when I was younger."

His path to a military career is far different than most in his profession. He was born and raised in Imperial, Saskatchewan - population 360. Intelligence and quick wit helped him graduate at the head of the class at the age of 17.

He surprised everyone when he rejected university and opted to train in Phoenix, Arizona, for a career as a motorcycle mechanic.

"I literally gob-smacked everyone when I decided not to go to university," he said. "I was good at taking apart clutches and fixing machines, in a round-about way it's related to medicine - diagnosis and treatment - and

I believe the work ethic I learned as a mechanic helped me later in life."

In 1989, he enrolled in Pre-Med at the University of Regina. Three years later, he enrolled in the Canadian Armed Forces Medical Officers Training Program during his first year of medical school at the University of Saskatchewan.

His fascination with art and mechanics would help him flourish in medical school.

"I loved anatomy and sports medicine and the whole idea of how the body worked," he said. "I would go home from school at night and redraw everything I had learned that day."

Upon graduation with distinction from the medical program,

his biography slowly expanded. He has deployed to Bosnia, then to Kosovo during the 1990s with the 1st Battalion, Princess Patricia's Canadian Light Infantry. He was Base Surgeon at CFB Borden in 2011. A year later he deployed to Kabul, and in 2015 was the Task Force Surgeon for Operation Provision. He is trained as a family physician with a master's degree in Occupational Health, Fellowship in Sport Medicine, and has Flight Surgeon and Basic Diving Medicine qualifications.

Coinciding with his military career was his art. He sketched and painted during his deployments. He even received the Surgeon General coin for keeping morale up with the cartoons. He was also lauded for his fundraising efforts to support a local women's art group in Kabul through his self-published book of cartoons entitled *Life on the Top Bunk*.

Like many comedians, he highlights the ludicrous in real world situations, and uses that in his cartoons.

"I think cartoons can be therapeutic. In times of political crisis, when you say a statement that many people have been thinking, it gives you a feeling of 'we are all in this together.'"

COVID-19 has been especially ripe with the absurd, although he was ahead of his time in 2016 when he began penning outbreak cartoons during a field epidemiology course taken through the Public Health Agency of Canada.

"I was sitting around with a bunch of students talking about a recent outbreak and I started drawing a cartoon about a bunch of people in a lifeboat," he said. "One side of the boat had people with spots while the other side was healthy, and the captain was confronting one of the stricken sailors. The caption read: *Samuels, how can we hope to contain this outbreak if you won't stay on your side of the lifeboat?*"

"I am constantly reminded of how life imitates art and in this case cartoon art."



Profile

Jeff Thomson

2Lt Travis Winship Base Administration

When Base Administration has an unusual project that needs doing, they turn to Jeff Thomson.

He works as an independent project manager, and knows how to take a concept all the way through to completion for any section under the branch.

Most of his projects focus on modernizing of the base.

He led transforming food safety in the messes, capturing the base's requirements for the new Junior Ranks accommodations building that will eventually replace Nelles Block, and developed the new customer feedback kiosks in the messes, to name a few.

Food safety modernization involved an automated food safety system that will enable continuous reporting and monitoring of food safety temperatures without manual labour.

The accommodation

project is a work in progress to ensure the junior ranks have an updated and modern building to live in, complete with a new galley and mess, in close proximity to their training.

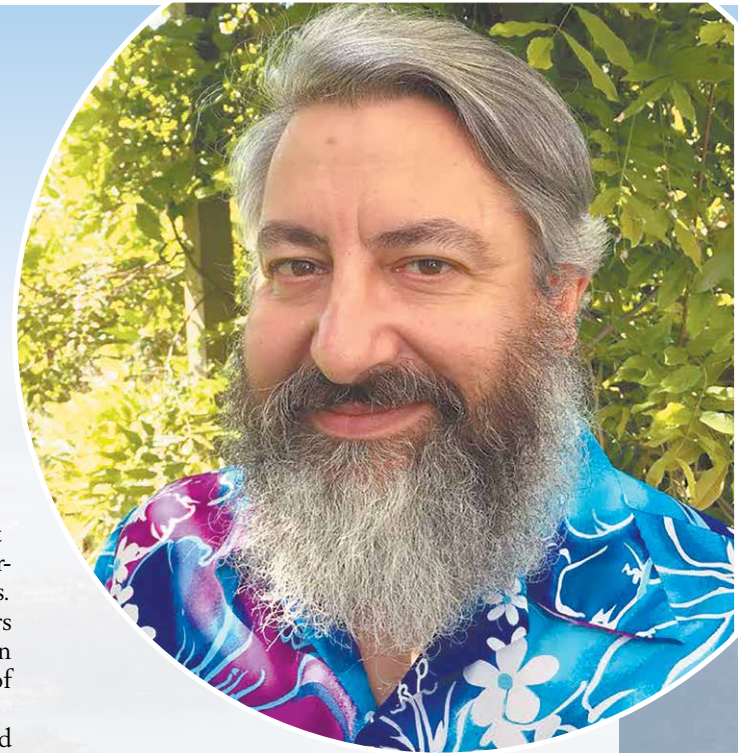
Because of COVID-19, Thomson has been working remotely from home. The family dining room table is his make-shift office, equipped with a DND laptop and personal laptop with Zoom for virtual meetings.

While communication with stakeholders has been slow, working from home has an upside. He can respond to emails anytime of the day, he says.

Thomson first joined the Canadian Armed Forces as a reservist supply technician. After eight years in the reserves, he transferred to the Regular Force. He went to university part-time on evenings and weekends. After he earned his degree, he became a naval logistics officer in 2004. He retired from the military three years ago, and took a civilian project manager position.

"Projects can take years to accomplish and the posting churn makes it hard to see success in projects."

Thomson says he can bring that success through continuity in the job.



When Base Administration has an unusual project that needs doing, they turn to Jeff Thomson.



Spring for a new ride!

Fort Street Cycle appreciates your service with great options for military personnel

- 15% discount on merchandise and services*
- 20% discount on accessories at time of bike purchase**
- Group discount on Cannondale & BMC bikes (contact us for details)
- 10% discount on bike repair classes at MissingLinkSchool.com
- Check out our great selection of Cannondale e-bikes!

* On Regular-priced merchandise, service and bikes over \$1,000.00 **Applies to all bike purchases

cannondale

BMC
DEVINCI

ORBEA

1025 Fort Street / 250-384-6665 / FortStreetCycle.ca



FORTST CYCLE

ASK THE EXPERT: GETTING FIT DURING PHYSICAL DISTANCING



Q I've been told to stay home as much as possible as part of the COVID-19 pandemic physical distancing strategy. Consequently, I have a lot of free time on my hands and I have decided to use some of that time to improve my fitness. It has been eight years since I last ran and I am looking for advice on how to safely start running again.
- Bored Barb

the number one reason people get injured when they try to get back into shape. It is much smarter to start slower to give your body the time it needs to adapt to the demands of exercise.

With the above in mind, don't begin by running during your workouts. Running is a high impact activity and your body tissues need to adapt and be "toughened up" before they can safely handle this load.

Instead, start with walking for the first four to six weeks. Try walking 30 minutes/day and as tolerated, gradually increase the length of your walks to 60 minutes/day.

Once you can comfortably walk 60 minutes/day, you are ready to start doing walk/run workouts. For these, warm up by walking the

first 10 to 20 minutes. For the next 30 minutes, alternate jogging one minute and walking one minute. Warm down by walking the last 10 to 20 minutes.

As you get fitter, progressively increase the time you jog to the point where you can eventually jog 10 minutes and walk one minute.

At that point, you are ready to try running 30 minutes every second day and to walk, cycle, swim, etc (called "cross training") on the other days. This approach allows your body time to recover from the impact loads of your running workouts.

It is important to note that you don't need to run to get fit. Walking is also an excellent way to improve and maintain your fitness. Walking is a low impact activity and has a much lower

injury rate than running.

The bottom line: Be sure you don't overdo it when you start your physical distancing fitness program. It took a while to get out of shape and it will take a while to return to being physically active and reach your fitness goals. Try the above strategies. They will not only reduce your risk of injury but they will also make your fitness program much more enjoyable. Train smart and remember "Movement is Medicine!"

**Dr. Darrell Menard OMM MD,
Dip Sport Med**

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 the CAF/DND's healthy lifestyles promotion program providing expert information, skills and tools for promoting and improving CAF members' health and well-being.

GREAT CANADIAN OIL CHANGE

\$10 OFF YOUR NEXT OIL CHANGE

CANADIAN MILITARY & DND DISCOUNT

10% OFF YOUR BILL OIL & SERVICES

**10 MINUTE OIL CHANGE | WARRANTY APPROVED
NO APPOINTMENT NEEDED | OPEN 7 DAYS A WEEK**



LANGFORD
872 Langford Pkwy
(250) 590-5678

VICTORIA
2353 Douglas St
(250) 748-2752

DUNCAN
2752 Beverly St
(250) 748-2752

MILLSTREAM
705 Treanor Ave
(250) 590-9079

NOW OPEN!

Redeem coupon at Langford, Duncan, Victoria or Millstream locations. Cannot be combined with other offers.

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

B.B.B. B.C. GOVERNMENT DESIGNATED INSPECTOR 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

BLACK HOPS BREWING CO. V2V

V2V Black Hops Brewpub

Mention the words 'Stand Easy' and get a free entrée of chips and salsa!

10% discount for all military, veterans and first responders when they visit the brewpub! (ID required)

Contact us!
Phone: 778-403-4104
Email: V2Vbrewing@gmail.com
Website: www.v2vblackhopsbrewing.ca

We Support Veterans!

COCKRELL HOUSE BC & ALBERTA GUIDE DOGS Can Praxis VETERANS • PTSD • HORSES

NEW LOCATION! 2323 Millstream Road, Langford, BC V9B 3R4



MS Stockie oversees a member of the Disaster Response Force as he sets up a pump to draw water for another section attempting to contain a wild fire.

Habitat for Humanity® Kamloops

2nd Annual Classic Car Raffle
Don't miss your chance to Win this beautiful 1968 Dark Cherry Red Beaumont Convertible!

Artist Rendering

Winning ticket will be drawn on Dec 16, 2020 at 12:15pm on the CFIC Midday Show.
460 Pemberton Terrace, Kamloops BC

FIND US: 28-1425 Cariboo Place Kamloops BC
Habitatkamloops.com
raffle@habitatkamloops.com

\$25 68 Beaumont Convertible with smoothies & babymoos caps!
350 motor 385 horsepower.
Dark Cherry Red!
Deep black leather interior!

Problem Gambling Help Line 1-888-795-6111 www.bcreponsiblegambling.ca Know your limit, Play within it. Chances are 1 in 50,000 (total tickets sold) to win grand prize! 19+ BC Gaming Event License # 126371

DISASTER RESPONSE FORCE

PO2 Jennifer Lawrence
Steward Instructor

Several months ago, the Disaster Response Force (DRF) was set up to assist with any major disasters facing Canada.

During the set up of this force, the team went through a Departure Assistance Group process to make sure members were fit and ready to be deployed on 24-hour

notice-to-move.

Most recently, the DRF took part in S-100 wildfire training. This course is a condensed, basic version of training that fire fighters would take to deal with the wild fires. Canada faces on an almost yearly basis.

During this training, members gained a better understanding of the overwhelming magnitude

of what wild fires are capable of doing.

All the members of the DRF successfully completed the training, completing a practical scenario in where members confined and put out a mock fire.

They now have a greater respect for the work fire fighters across the country do.





Second World War diaries and maps come to life online

Moira Farr
Army Public Affairs

There is a new ground-breaking interactive tool Canadians can use to gain insights into the lives of Second World War Canadian soldiers as they embarked on harrowing journeys across Europe to help bring an end to the war.

Project '44, co-created by Nathan Kehler and Drew Hannen of the Ottawa-based Canadian Research and Mapping Association (CRMA), with sponsorship from Veterans Canada, have digitized the daily logs, also known as war diaries, kept by each Canadian unit during the war. They have previously only been available to researchers in their original form at the Library and Archives of Canada.

The project also digitized

detailed maps that plot these soldiers' movements across Europe toward victory.

Now, historians in Canada and around the world, students at every level, and family detectives wishing to learn more about their relatives' wartime experiences have access to a trove of primary-source information, without leaving home.

"It's really nice to see this animated in a certain way; it's just the bare bones as it was recorded, the maps that were used, so you can start your research with a statement of the facts," says Hannen.

A resource for all Canadians

The website brings to public view thousands of war diary pages, painstakingly transcribed, edited and scanned by more than 40 volunteers over the course of nearly three years. It also

includes detailed digital maps, intelligence reports, and aerial imagery of the Allied forces' advance.

The website currently documents the Normandy Campaign and the movement of Canadian units across northwest Europe; this summer, it will complete its trilogy with the Italian campaign, going back to 1943.

The task of bringing all of this material together online required diligence and an array of digital tools that both Kehler and Hannen, as cartographers who specialize in historical geo-spatial data and web mapping, were keen to employ and experiment within a military-history context.

"You take 125 war diaries from D-Day to the end of the war, and it tells you what each unit was doing, every single day," says Kehler. "They also give a geographical location. These have a military grid reference. That allows you, with a paper

map, to figure out exactly where they were, within 100 metres. With that intersection now, we can make a web map and show all of that."

Along with the maps, the war diaries have been converted into Word documents "for people who like to read and enjoy the linear story of the campaign," Hannen adds.

The site also features "story maps" that recount the experiences of notable individual soldiers in depth, an initiative launched in conjunction with Defining Moments Canada and the Juno Beach Centre, as they developed teaching materials for Canadian schools. These soldiers include Phillip Pochailo, Charles Henry Byce, and George Pollard, one of 20 Canadian soldiers killed in the Ardenne Abbey massacre shortly after D-Day.

Another eminent Canadian profiled is Mona Parsons, who aided Dutch resistance fighters,

spent years as a prisoner of war, and made a daring escape, eventually returning to Canada.

The potential for expanding the site and working with other countries wanting to do something similar is exciting to its creators. They have already created a map for the 75th anniversary of Iwo Jima, at the request of personnel from the U.S. Marine Corps historical section.

"What's fantastic is that what you see at the front end is the web map. What you don't see is this massive database we've built. That's going to allow us to map out all those other countries, to have volunteers come and crowd source and map out their units. So if there's someone who's an expert on the Guards Armoured Division in the UK, and they have the war diaries, they can map out with the same fidelity we have," says Kehler.

Discover the website here: <https://www.project44.ca/>

Bravo Zulu



CPO1 Yvan Vallières is presented with his current rank by Cdr Annick Fortin, Commanding Officer Naval Fleet School Pacific, and his wife Claudette.



MS Sabrina Wyns is promoted to her current rank by SLt(N) Nelson and PO1 Beaulieu on board HMCS Winnipeg.

Bravo Zulu



Chief Petty Officer First Class Alden Darragh is appointed Formation Chief Petty Officer First Class by his wife Tamara Darragh on behalf of the Commander of Assistant Judge Advocate General June 16.

Photo by Leading Seaman Brendan Gibson, MARPAC Imaging Services



Lieutenant Commander William Vanderstelt promotes Sub-Lieutenant Nicholas White to his current rank at a ceremony held at MARPAC HQ on June 15.

Photo by Corporal Jay Naples, MARPAC Imaging Services



Robin&AJ

Good morning. Good times.



LOOKOUT Classifieds & Real Estate

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

REAL ESTATE FOR RENT

2 BEDROOM BASEMENT SUITE
\$1,090 per month – Utilities included (does not include cable). Available Sept. 1. No pets / No smokers. Location in Sunriver Estates in a newer home in Sooke, B.C. Bright and clean with gas fireplace. Looking for a tenant that is relatively quiet.
For more info, pictures and details please contact Paul at: poraz38@gmail.com or 705-256-9333(C)

NEW: 2BDR BASEMENT SUITE
Available July 15 or Aug. 1. Within walking distance to CFB Naden Base in Esquimalt, BC. Pet considered, in-suite laundry, private yard, additional storage space, separate entrance, parking available/on direct bus route, close to all amenities, completely renovated. \$1900 all utilities included (including WIFI). Base discount considered. Please contact Graham or Alannah for additional information at 250-818-3534 or email Roscoe.alannah@gmail.com to set up a viewing.

REAL ESTATE FOR SALE

SAXE POINT HOME FOR SALE BY OWNER
5 bdrm, 2 bath home on cul de sac, 8600+ sqft lot. Large, private SW facing backyard, basement suite potential, walking distance to CFB Esq, parks, rec center \$979,900.
For more info call 250-380-3020.

SERVICES

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



REAL ESTATE FOR RENT

SPECTACULAR PENTHOUSE Available Immediately - Must See
Large, bright, spacious 2 bedroom plus den penthouse suite for \$3000.00 (includes 2 underground parking stalls). This unit has been completely renovated with new blinds, stainless steel appliances (fridge, stove, dishwasher & a bar fridge), quartz countertops, laminate flooring, carpet in bedrooms, 2 decks, in-suite laundry and a panoramic view of the ocean and mountains.
• Full fitness gym in the building.
• Includes heat and hot water
• Card operated laundry facilities open 24 hours.
• 100% smoke free building.
• Walking distance to Esquimalt Plaza, medical centres, Military base, Archie Browning Sports Centre, in the heart of Esquimalt.
ASK ABOUT OUR MILITARY DISCOUNT.
Pictures available upon request
rentals@eyproperties.com
For more information or to book your own personal tour, please contact Kevin at 250-380-4663

EMPLOYMENT OPPORTUNITY

E P I C U R E™
WE'RE HIRING!
SEVERAL OPERATIONS POSITIONS AVAILABLE
• Machine Operator—Sachet/Blending
• Production team member
• Distribution team member
THE SAFETY OF OUR TEAM MEMBERS COMES FIRST!
• Mandatory temperature checks for all team members.
• PPE required and provided.
• Physical distancing in place at all times.
WE OFFER
• Competitive wages
• Great benefits
• Opportunities to learn and grow
• Shifts available 7 days per week!
10555 WEST SAANICH RD. NORTH SAANICH B.C.
HOW TO APPLY: Submit your resume in person or by email to amazingjobs@epicure.com
FIND OUT MORE AT
epicure.com/en-ca/careers

REAL ESTATE FOR RENT

885 OLD ESQUIMALT RD
1 bdrm corner suite for rent. \$1,170 per month. Quiet building, controlled entrance, elevator, bus stop in front of building, laundry on main floor. No smoking and no pets. Viewing by appointment only. Please call 250-216-3930 or 250-386-3448 or 250-652-3913 if interested. Available July 1. If you have any questions please contact amarjittakhar@live.com
OCEAN VIEWS OF SAANICH INLET, ON TOP OF THE MALAHAT
3 bedroom 2 bathroom house for rent. Located on top of the Malahat on a quiet street. Washer, dryer, fridge, granite counter tops, gas stove, gas fireplace, hardwood floors throughout, huge deck, and recently renovated. Very private and quiet street. \$2,700 a month plus utilities. Available now.
gordongetejanc@gmail.com, or text / call 250-588-0124
BEAUTIFUL SAXE POINT – AVAILABLE NOW
One Bedroom Self -Contained Fully Furnished Suite: Utility Room, Storage. Immaculate, new furniture, TV, washer/drier, dishwasher, everything/linen etc Walking Distance To Naden, Work Point, Dockyard. 4 Blocks to: Shopping, Medical clinic, Recreation Center, Arena/sports fields, 1.5 blocks to ocean front: Kayaking/paddle boarding, hiking paths, 1 km to rail trail/cycling, 1 block to bus \$1,450 includes Hydro, water, heat, parking NO Smoking. No Pets. Available May 15. Text or call 250-216-9030

NEWLY BUILT 2 BEDROOM

2 bedroom, 1 bath, 1,000sqft, bright, above-ground suite in North Saanich for rent on a quiet acreage near North Hill Park. Private landscaped garden entrance, all new appliances, heated bathroom floors, walk-in closet in the master bedroom, two decks and dedicated parking space. Seven km to 443 Squadron, close to ferry, airport, walking and hiking trails. \$1,800/month + utilities. Garbage/compost removal, yard maintenance, water included. No smoking, no pets. Call 604-617-8988 for viewing.

4406 TORQUAY DRIVE – DISCOUNT FOR MILITARY

Situated in a quiet residential neighbourhood of Saanich East, close to the University of Victoria. It is an enjoyable 10k bike ride on the Galloping Goose bike trail or 15k by vehicle drive to the Base. This small private patio with gas BBQ leads you through your private entrance into your furnished apartment. The TV and couch area blends into the full kitchen with heated floors, full size stove, fridge and microwave. Monthly rate of \$1,100 per month includes water, garbage, green bin and parking. This charming home is owned by a retired Navy Chief. We are offering a discount of \$200 a month to military members, suite usually rents for \$1,300/month. Available for immediate rental. Contact Tasha MacIntyre, Property Manager, Direct: 250-294-7258 or email: tashamacintyre@brownbros.com

\$1125/MONTH 1 BEDROOM TOP FLOOR SUITE IN ESQUIMALT
Quiet, clean adult building available now. Great location, close to all amenities and downtown Victoria! Near Esquimalt Plaza Shopping Centre, gym, library, Naval Base, and bus routes. Must provide references/Cats allowed. Booking appointments for Wednesday of every week.
Please call 250-888-1212 between 9AM-4PM (no texts)

Follow us!
 @Lookout_news
@LookoutNavyNews
LookoutNewspaperNavyNews

ROOM TO RENT

PRIVATE, FULLY FURNISHED WITH SEPARATE ENTRANCE AVAILABLE NOW
Separate room with Kitchenette. Includes sink, mini fridge, microwave, rice cooker, toaster oven, dishes and a full sized washer and dryer. Very comfortable twin bed and other furnishings. Patio with evening sun. Ceiling fan and electric heat. Shared bathroom. Use of main kitchen, living room and Kayaks to be discussed. Close to Thetis Lake, RRU, CFB Esquimalt.
Or beautiful room in main part of house. Shared full kitchen, bathroom and huge living room with leather furnishings. Deck with BBQ etc. call 250-532-3040 or email kwwhite4515@live.ca

REAL ESTATE FOR RENT

BEAUTIFUL TWO BEDROOM - \$1,500
Located in Westhills area in Langford. Two bedroom suite, full size range stove/oven stainless steel, full size fridge stainless steel, hood fan with microwave, On-site laundry, 1 parking spot, 2 bedrooms with full size closets, large bathroom tub/shower with lots of storage. New updated LED track lighting and ceiling fans. Private entrance. Available July 1 (possible early move in mid-June). Ideal for 1 - 2 people / 12 month lease / No sublets. Includes: Hydro - Water - Garbage/recycling/compost. Cable & Internet not included. No pets of any kind. No smoking or vaping on premises.
For further details, please email contact gagneyan@hotmail.com or text/call 514-887-5558

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

Tenant Referral Program
Military Discount

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

WE ARE OPEN

CANADA'S FIRST WOMEN'S ONLY
RESIDENTIAL TRAUMA PROGRAM

Georgia Strait | WOMENS
CLINIC

1.886.487.9040 | 2174 Fleury Road, Powell River, BC, Canada V8A 0H8 | www.schc.ca | info@schc.ca

Find Your Power

Highly Personalized Addiction Treatment

NON-12 STEP SINCE 2008

At Sunshine Coast Health Centre we are committed to a client's personal transformation, the goal being healthy, thoughtful men who are inspired to live with a renewed sense of vitality and purpose.

LEARN MORE ▼

register at schc.ca

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



Sunshine Coast
Health Centre
A Non 12-Step Program