

Volume 65 Number 28 | July 20, 2020

LOOKOUT

newspaper.com

MARPAC NEWS CFB Esquimalt, Victoria, B.C.

LookoutNewspaperNavyNews

@Lookout_news

LookoutNavyNews

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

CANADIAN MILITARY'S
TRUSTED NEWS SOURCE



— HMCS — FREDERICTON

Leading Seaman Cory Taylor, on board HMCS Fredericton, gets ready to engage a target during a small arms firing practice while on Operation Reassurance.

Photo by Cpl Simon Arcand, Canadian Armed Forces

CANEX

WE ARE BACK OPEN!
SAFETY MEASURES IN PLACE!

COME SHOP!

Mon to Friday 9am to 5pm
Sat / Sun 10 to 5pm

We proudly serve the
Canadian Forces Community

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



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

FOR RENT \$3,000 plus utilities - Sept 1/15

Happy Valley area of Langford. Spacious 4 BR with 9 ft ceilings on main floor, large family room off kitchen, deck, sunny backyard. Laminate flooring in main living area, carpets in bedrooms. Main bedroom has walk-in closet and 4-piece en-suite bathroom. Tenant responsible for 2/3 Water (separate meter).



- No Smoking, No Pets or Drugs
- Responsible for utilities, lawn
- One year lease - option to renew

CONTACT 604-728-7229



New policy defines and addresses hateful conduct

DND

The Canadian Armed Forces has released a new policy framework in the form of a Defence Administrative Order and Directive (DAOD) that addresses harassment, violence, and discrimination, including hateful conduct, within the institution.

Racism and discrimination exist and they continue to surface in violent and very tragic ways as has been witnessed with the violence experienced by Black and Indigenous persons recently in the news. This has prompted a discussion about where Canada is as a society in terms of respecting the dignity of every person, without prejudice based on race, colour, national or ethnic origin, or other prohibited grounds.

Equality is a human right; respect and dignity for all are core values of Canada. We must foster a safe and healthy workplace for all members of the Defence Team which means upholding the *Canadian Human Rights Act*. It is unacceptable for a Canadian Armed Forces member to participate in an activity or have membership in a group or organization that is connected with hate-related criminal activities, and/or promotes hatred, violence, discrimination, or harassment on the basis of a prohibited ground of discrimination as defined in the *Canadian Human Rights Act*.

Although a Military Police report for 2013-2018 cited that some CAF members were involved in incidents related to hate/racism during that period, discrimination, including systemic racism, continues to exist in the organization, and it is completely unacceptable.

We also know from Statistics Canada research studies that incidents related to hate/racism may be underreported by victims due to fear of retaliation, or the perception no action will be taken to hold the perpetrator(s) accountable.

Racism, discrimination, bullying and micro aggression in any form damage or are harmful to an individual, and also undermine the organization's operational effectiveness. The new DAOD addresses these behaviours and also defines what constitutes hateful conduct. The new policy framework provides a path forward to addressing unacceptable behaviour, with the goal of eliminating it from within the organization.

The Chief of the Defence Staff (CDS), General Jonathan Vance, has made it clear that hateful conduct will not be tolerated within the CAF. Vice-Admiral Haydn Edmundson, Commander Military Personnel Command, is on record as stating that hateful conduct, be it through words or actions, is completely incompatible with CAF ethics and values.

"The women and men who serve in the Canadian Armed Forces are held to the highest standard for their professional and personal conduct and are expected to exemplify Canadian values, including respect for diversity, whether they are here at home or abroad," he said. "Any instance of misconduct by a member diminishes our authority as a force for good in Canadian society, and around the world. Every member of the DND/CAF Team has a part to play here as we seek to eradicate racism and bias in all their forms, whether conscious or unconscious. We will listen, we will learn, we will act going forward; we expect measurable progress as we seek change."

The military and civilian leadership of the Defence Team have jointly coordinated their efforts so there is a shared understanding of the new policy framework for everyone within National Defence. National Defence remains committed to increasing the representation of visible minorities, Indigenous peoples, women and people with disabilities, both in numbers and in senior leadership roles.

Leaders are engaged and are having discussions with representatives from Employment Equity Defence Advisory Groups (DAG), which include the Defence Visible Minority Advisory Group, the Defence Indigenous Advisory Group, and the Defence Women's Advisory Organization,

Persons with Disabilities, and the Defence Team Pride Network. In addition to substantial training and awareness campaigns, the Integrated Conflict and Complaint Management (ICCM) Program assists CAF members and civilian personnel to identify, translate, and communicate the harmful effects of these behaviours between individuals and within DND workplaces. The CAF is also implementing a new system that will allow for systematically tracking and monitoring of any suspected incidents of hateful conduct within the organization. It will also have access to subject matter expertise through a network of researchers who specialize in radicalism and the extreme right in Canada and internationally.

Every member of the DND/CAF Team has a part to play as we seek to eradicate racism and bias in all their forms, whether conscious or unconscious. We will listen, we will learn, we will act going forward; we expect measurable progress as we seek change.

For more information on CAF policy on Hateful Conduct, visit the intranet page <http://cmp-cpm.mil.ca/en/support/hateful-conduct.page>.





SPARTAN HONOUR SERIES 2020

SPARTAN RACE CANADA INVITES ALL MILITARY AND FIRST RESPONDERS TO COMPLETE THE SURVEY BELOW.

We want to bring you a dedicated series that is exclusive to your communities and your feedback is important.

tinyurl.com/Spartan-English

SPARTAN RACE CANADA INVITE TOUS LES MILITAIRES ET LES PREMIERS RÉPONDANTS À RÉPONDRE AU SONDAGE CI-DESSOUS.

Nous voulons vous présenter une série dédiée qui est exclusive à vos communautés et vos commentaires sont importants.

tinyurl.com/Spartan-Francais







SPARTAN

SPARTANRACE.CA

Nina's HARMONY TAILORS 服装修改

Almost 20 years alteration and dry cleaning services in Victoria

From men suits, formal wear, dresses, wedding gowns to everyday garments. All custom tailored to fit.

Drop off dry cleaning:
 • Shirts • Suits • Wedding Gowns • Quilts, Duvets & Comforters

250-360-0038

Unit E1-456 Gorge Rd East Tues-Sat 11:00 am - 4:00 pm

FINDING THE PERFECT HARMONY BETWEEN PATTERN, DESIGN AND YOU.

First Responders & Military: \$19.00 Every Day!



Sullivan's

BARBER SHOP

Appointments Not Necessary

250 478 9424

Seniors and Kids 12 and under Regular \$21

\$17.00

756 Goldstream Ave.

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

Working for our community

Mitzi Dean

MLA, Esquimalt-Metchosin

250-952-5885

#104-1497 Admirals Road

Mitzi.Dean.MLA@leg.bc.ca / MitziDean.ca



NAVY CONSULTS ON CHANGES TO RANK DESIGNATIONS

DND

As the Royal Canadian Navy (RCN) maintains its momentum toward a more inclusive environment, an effort has been initiated to consider new rank designations for junior ranks that will result in more inclusive and gender-neutral terms rather than the current Ordinary, Able, Leading, and Master Seaman.

The navy is engaging currently serving and retired members, stakeholders, and other interested Canadians to receive their feedback on this initiative.

The potential alternative rank designations developed by a focus group of Non-Commissioned Members, and were reviewed by the Directorate of Gender, Diversity, and Inclusion using Gender Based Analysis +.

Options for consideration are:

Replacing "Seaman" with "Sailor" meaning ranks would be Ordinary Sailor, Able Sailor, Leading Sailor and Master Sailor and would maintain their current abbreviated titles (OS, AB, LS and MS); and Sailor classes such as Sailor 3rd Class (S3), Sailor 2nd Class (S2), Sailor 1st Class (S1) and Master Sailor (MS).

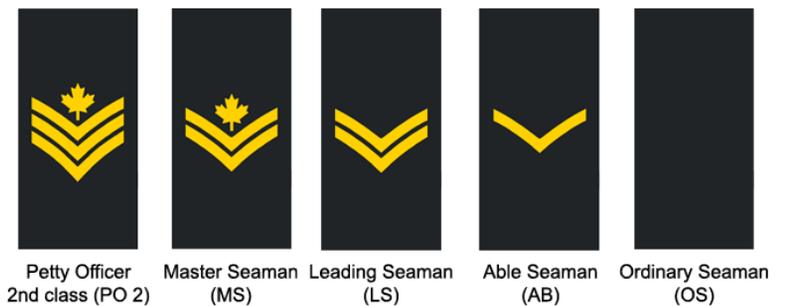
The RCN is an organization steeped in

history, and while traditions provide an important part of the culture, the service also needs to continuously evolve, and live up to the standing as a progressive service and, indeed, one of Canada's Top Employers (2019).

Sailors from across the Canadian Armed Forces will receive an emailed invitation to participate in the poll, and Social Media posts will invite retired members, stakeholders and interested Canadians to also participate. The engagement period runs from July 17, through to the end of the month.

There will also be an open feedback field to allow respondents to suggest alternative options for consideration.

The results of this poll will be considered before making the final decision to effect changes to these rank designations this fall, corresponding with the 110th Anniversary of the RCN and the 20th Anniversary of UNSCR 1325: Women, Peace and Security. This is an opportunity for the navy to reinforce its commitment to being an inclusive and diverse organization.



JOIN THE ROYAL CANADIAN LEGION

FREE one-year Membership

Any existing member of CF and or retired that are not current members can get a 1 year free membership. Come support your Local Legion during this time of crisis and help keep the Legion open.

Become a member today.

Legion

PRINCE EDWARD
BRANCH #91

Good. Bad. No credit. We can assist in financing.

DIDI AUTO GROUP
Used Car Sales

www.didicar.ca
All Vehicles with Certified Inspection and Carfax

Kirk Miller Email: sales@didiautogroup.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

ASK ABOUT OUR MILITARY DISCOUNT

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**

Good. Bad. No credit. We can assist in financing.

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

EDITORIAL ADVISORS

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 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 - 3,000
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
Fax: 250-363-3015

Canadian Mail Product Sales Agreement 40063331



New COVID-19 lingo

Peter Mallett
Staff Writer

Tony Thorne, a language consultant at King's College, London, recently told CBC's *The Current* that the COVID-19 pandemic has led to more than 1,000 new words or neologisms, a word in the process of entering common use.

The term COVID-19 was only coined in February when the World Health Organization announced the name of the virus.

Robert Lawson, a Sociolinguist at Birmingham City University, added to this, "The pace of linguistic change we are seeing has been unprecedented."

Online Resource

In an effort to achieve more consistent communication and avoid mixed messaging surrounding the COVID-19 pandemic, the Government of Canada recently launched an extensive online *Glossary on the COVID-19 pandemic* that contains no fewer than 242 terms and words for official usage. The online document contains almost everything one needs to know about COVID-19

language.

It was last updated on June 11 and contains definitions of more commonly known COVID-19 words, and terminology that may be unfamiliar.

The glossary reveals important word usage tips including confirmation that quarantine can be used correctly as both a verb and a noun, and the sometimes confusing difference between the one-word noun 'lockdown' and the two-word verb 'lock down.' It also gives precise definitions of previously underutilized but now widely used terms and word combinations such as: asymptomatic, elbow bump, cluster site, and superspreader.

More importantly it also reveals the precise meanings, definitions, and proper usage of several less commonly known words and terminology associated with COVID-19.

When Words Count

Here is an excerpt from the glossary and some of the words listed that many readers may find unfamiliar:

Indirect Contact Transmission: Involves the contact between a fomite

(inanimate object) and a person who becomes infected.

Zoonosis: An infectious disease that can be transmitted from animals to humans either directly or indirectly or by a vector (insect or parasite).

Seroprevalence: The number of people in which antibodies specific to an infectious disease have been detected in a given population over a specific period of time.

Plank the curve: Official Government of Canada terminology similar to the United States' version of 'flatten the curve' and meaning to take rigorous measures to drastically slow down the increase in number of cases of a disease to avoid overwhelming the health care system at the peak of an epidemic.

Warm Zone: A zone in a health care facility where suspect and probable cases of infectious disease involved in an epidemic are treated.

The *Glossary on the Covid-19 Pandemic* was prepared by Public Service and Procurement Canada's Translation Bureau and is available in both official languages. It can be accessed in English at: www.btb.termiumplus.gc.ca/publications/covid19-eng.html#a

Vancouver Island Safety Council

MOTORCYCLE RIDER TRAINING

NOVICE & TRAFFIC PROGRAMS

EXPERIENCED RIDER COURSES

ICBC CERTIFIED COURSE

250-478-9584
www.visafetycouncil.com



FOR RENT \$1,850 plus utilities - Sept.1/15

Happy Valley area of Langford. Lower Suite, bright 2 bed, 1 bath, ensuite laundry, private patio & parking. 2 parking spots close to suite entrance. Small patio off of family room for outdoor BBQ, sitting area. Washing machine, dryer, walk in closet and lots of storage. Tenant responsible for 1/3 Water (separate meter).



- No Smoking, no pets or drugs
- One year lease - option to renew

CONTACT 604-728-7229

I Stage and I Sell!



SHELLY REED Associate Broker
Direct: 250-213-7444 Email: sr@shellyreed.com

www.shellyreed.com

PEMBERTON HOLMES

#150-805 Cloverdale Ave.,
Victoria, B.C. V8X 2S9
250-384-8124



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

SAFE AND SLOW REOPENING OF GYM

Peter Mallett
Staff Writer

The Naden Athletic Centre (NAC) is continuing the implementation of its re-opening plan for military members this week.

On July 20, the outdoor sports fields and outdoor unit physical training (PT) classes became the latest to get the green light back into action.

This is part of a phased re-opening plan by Personnel Support Programs (PSP) that began June 22. It comes on the heels of a more than three-month full closure due to the COVID-19 pandemic. Programs and facilities remain closed to DND civilian employees and other non-military members of the community; however, access to DND civilian employees is expected Aug. 4.

While the Dockyard gym, arena, gym weight room, tactical training area, swimming pool, squash, and basketball courts remain shuttered for all individuals; access to individual training pods inside the NAC is currently available for military members.

Training pods are located in the upper gymnasium and cardio room of the NAC. They include kettle bells, dumbbells, fitness bikes, rowers, and other equipment through appointment only.

The NAC is currently open 8 a.m. to 4 p.m., Monday to Friday for military members. Training pod appointments can be booked within four one-hour time windows through an online reservation system.

"We are very excited to be reopening and see military members returning to the Naden Athletic Centre after a long closure, but things will look a lot different than they did before COVID-19," said Alyssa Jesson, Manager, Fitness and Sports "There has

been a lot of consideration, thought, and hard work going into our resumption of operations. The key here is that we aren't rushing into our restart and are implementing a plan to keep things safe for everyone."

Keeping it safe includes physical distancing of all fitness pods, sufficient spacing in classes and fitness tests, along with frequent cleaning of all sports equipment by PSP staff. Those using equipment, such as fitness bikes, rowing machines, or gym mats are encouraged to wipe them before and after use.

PSP staff are wearing non-medical face coverings whenever physical distancing is not possible inside the facility, and military personnel are encouraged to do the same when not exercising.

This week's facility openings include the soccer field and baseball diamonds adjacent to the base health clinic on Colville Road, and the volleyball court at the rear of the NAC. Use of the fields requires a booking through Facilities Coordinator Matthew Kingstone - Matthew.Kingstone@forces.gc.ca.

Also underway is FORCE fitness testing for deploying and newly recruited CAF members, environment-specific basic training, mission-essential training, and support for individual training.

Those unable to use the NAC or sports fields are encouraged to take part in online fitness classes. Most of these classes can be done in the home or office and require no special equipment. They are offered by PSP instructors in Esquimalt and across Canada through their Facebook page and can be viewed either live or on demand.

In the coming weeks, more openings are anticipated, with details to be announced through the Naden Athletic Centre Facebook page.



Come say hi!
WE ARE A CAF
VETERAN-OWNED
BUSINESS

Victoria has a new gourmet Donut Shop

- Irene's Bakery and Dynamite Donuts are **Veteran owned** by Aaron Daley and Sarah Bethune
- Victoria's newest gourmet donuts are at Uptown Mall in Victoria.
- Great selection of gourmet and classic donut flavours including our very own Dynamite Bites.
- Located in the Uptown Mall courtyard across from Starbucks

Uptown Mall. The donuts are made fresh every day at our bakery on Carey Rd at Glanford.

Dynamite Donuts offers a delicious assortment of gourmet donuts including our own creations like Pina Colada, Cookies and Cream, PB & J, as well as gourmet standards like the Maple Bacon and the strawberry dip (aka the Classic Homer). Come in and see our amazing street art mural and take a selfie in front of it for a chance to win free donuts.

An early 5 Star Google review from Jeremy W. said: "Amazing Donuts!!!!...I've had Voodoo Donuts in Portland and to be honest Dynamite Donuts is much better!"

Find Dynamite Donuts on Instagram @dynamite.donuts.yyj and on Facebook.

WARSHIP WELCOME ABOARD VIRTUAL STYLE

Peter Mallett
Staff Writer

The Royal Canadian Navy will showcase their warships to an American audience despite the cancellation of Seafair 2020 in Seattle.

Usually, the navy sends a few ships to represent Canada in the yearly July event, but with COVID-19 the event has been postponed.

The ship tour will now be virtual and available to everyone.

Two weeks ago, video footage of HMCS Calgary sailors was filmed by Cpl Jay Naples, MARPAC Imaging, as they walked through the ship. The edited film will join the United States Navy (USN) and United States Coast Guard (USCG) videos for Virtual Fleet Week that will feature vessels and aircraft that were to attend the live event, such as USS Omaha, USS Bunkey Hill, USS Dewey, USCG Cutter Elm, and USCG Cutter Active.

The approximately four minute video is hosted by Lieutenant (Navy)

John Longstaff, Calgary's Above Water Warfare Officer.

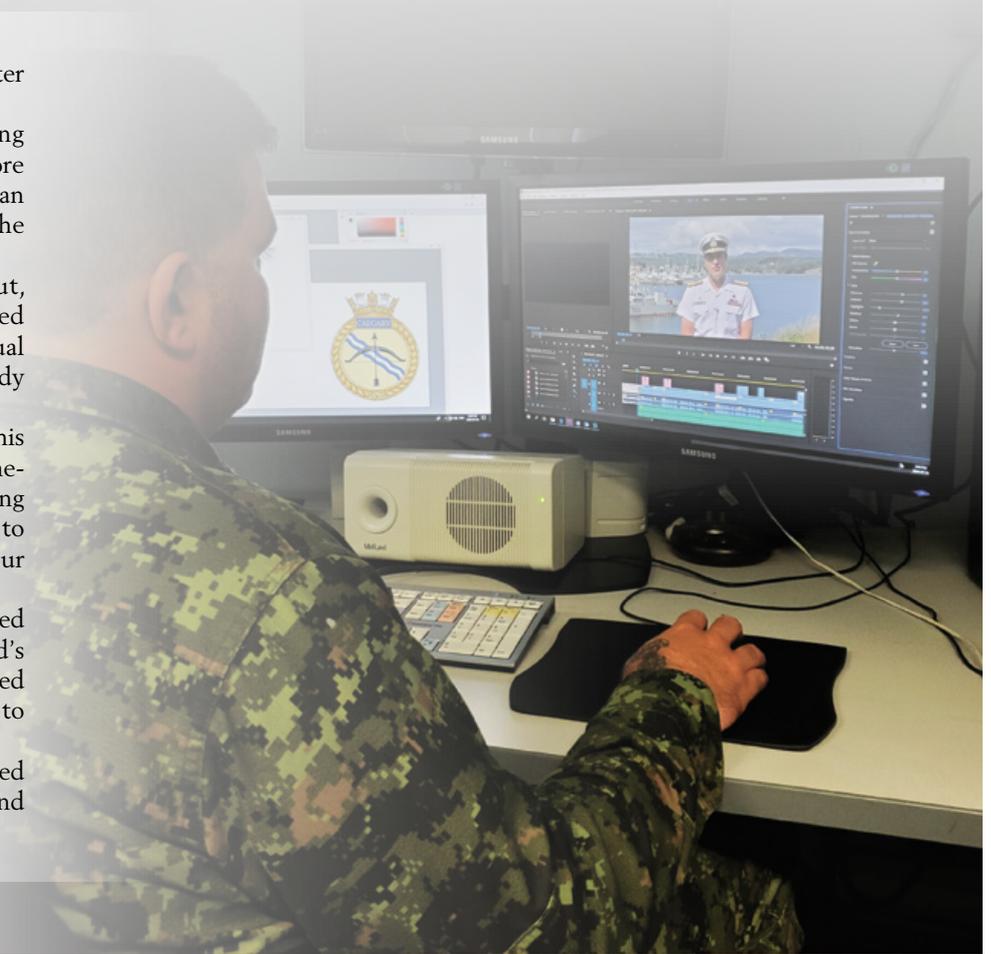
The video opens overlooking Esquimalt harbour with Commodore Angus Topshee, Commander Canadian Fleet Pacific, welcoming viewers to the Royal Canadian Navy.

Commander Lorraine Sammut, Calgary's Executive Officer, helped coordinate the production of the virtual tour despite the crew busy getting ready for an upcoming sail.

"Having Calgary showcased in this manner gives our sailors an extra something to be proud of while providing yet another fantastic opportunity to showcase our navy to Canadians and our partners," she said.

The video tour will also be shared with the USN's organizers of Portland's Rose Festival, an event normally attended by the RCN but also postponed due to COVID-19.

The virtual ship tours will be released daily starting July 27 on the Seafair and MARPAC Facebook pages.



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.

Crawl to Sail: RCN sail experience 2020

A/SLt Dale Lui

RCN Sail, Campus Support (Pacific)

Beneath the unwavering heat of the Pacific sun, sailors, both seasoned and new, are training in cadres this summer to learn hands-on seafaring skills.

Despite COVID-19 conditions, which threatened the continuation of this year's program, Royal Canadian Navy (RCN) Sail has managed to once again touch water, being made possible through the support of personnel-awaiting-training (PATs) leading from the helm. Passing on their skills and knowledge are weathered sailors such as CPO2 (Retired) John Haggis who are helping raise a new generation of mariners, skippers, and seafaring leaders.

"The number one goal of our mission statement here is to provide the sailing platform as means to give young, on-the-job officers, or non-commissioned members, and personnel-awaiting-training a chance to develop their leadership and teamwork skills. Sailing as a platform is absolutely perfect for that," he says.

A team at Naval Fleet School worked behind the scenes to get the program running in accordance with regulations and safety procedures for COVID-19.

"Everything that we did here at the school had to fit into the national picture," said Lt(N) Konnor Brett. "We had to fall within the orders of the Chief of Defence Staff – directly under those orders – and then determine what it would look like for Naval Fleet School to start working again. So much time and effort was put toward force protection measures and the Commandant's vision of what it was going to look like to get to a start point."

On the water

Whether it's aboard a dinghy or a CS36 sail boat, new sailors and experienced trainees rode both wave and wind in the vast ocean blue. With mariners and skippers syncing their efforts, teams let fly the foresail and main the instant the orders are barked.

Even though CS36s and dinghies are different from the warships of the fleet, the familiar lessons integral to every sailor's toolbox in the navy – leadership, communication, and competence – follow every trainee's session at sea.

"While we don't sail the frigates like we would a CS36, sailing teaches the same kind of trust and non-verbal communication the RCN uses as currency on operations," says A/SLt Matthew Ladouceur, Sail Training Coordinator for RCN Sail. "It gets to the point where you don't need to tell someone something. You can give them a look and a hand gesture and things are going to happen."

A/SLt Ladouceur had extensive sailing experience prior to his service. He obtained victories in inshore and ocean racing competitions, coupled with several years' experience as a sailing coach. His passion in sailing is matched by his familiarity with

the benefits of sailing.

"Sailing in the private sector is used as a teambuilding and professional development tool," he says.

The first group of PATs were sent to the Canadian Forces Sailing Association (CFSA), located at the mouth of Esquimalt Harbour, the first week of June. A dizzying scheme of maneuvers peppered the waters as sailors tacked across the waves in tight knit formations. Each dinghy consisted of a skipper and crew who coordinated their efforts in a bid to maximize their sail's performance according to the weather, and avoid crashing into another team or capsizing their boat.

As OS Harry Clements, one of the trainees on the course, attests, "If you have two people on the ship, if one person is in the wrong place – they're very light boats because they're very small – it's not hard for them to tip over, and it does take teamwork to get them back up as well."

He's no stranger to sailing; he knows the difference between a jib and a genoa and the dangers that come with the sport. He lived aboard a sailboat as a child. At age 12 he settled down in Ottawa before joining the navy. Despite having sailed from Alaska to Mexico, and then across the south Pacific to New Zealand and back, the course was still a new experience for him, having never raced dinghies before.

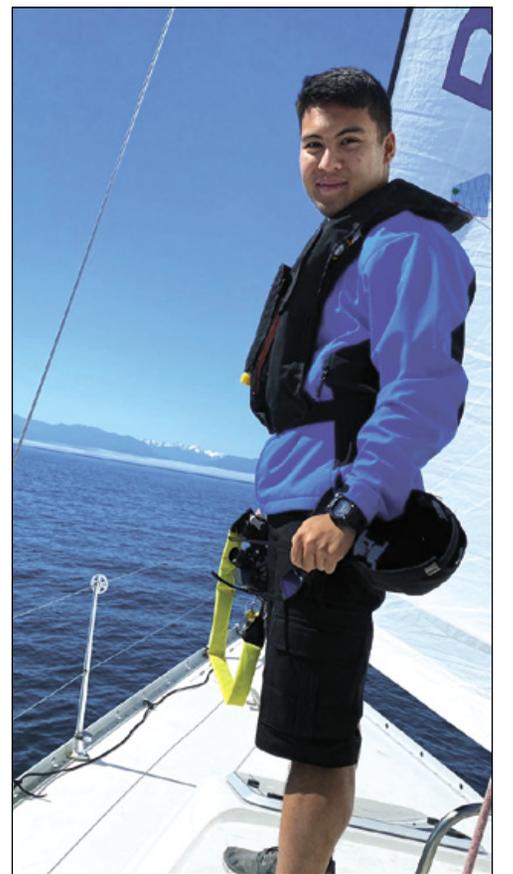
"Everything you're doing at every point requires communication and if you don't have that communication it's actually quite dangerous. Especially when your skipper needs to be in contact with you at any point in time, because any small movement he makes on the tiller results in the boat moving. If you're going fast enough, you could get hit in the head with the boom, you could end up overboard if you're not ready for it, or you could end up capsized because you didn't shift your bodyweight properly."

Beyond just sailing, RCN Sail offers exposure to the overall culture and organization of the navy. It provides valuable experience that serves sailors for the rest of their careers.

Sailing involves more than just taking a boat out on the water. It starts in the office where a set of orders is created for the crew. It takes place on a desk where a course is charted depending on the wind and current on that particular day. Finally, it takes place in the supermarket figuring out the best provisions to take to sea.

"Sailing is something you can do your whole life," says Haggis. "It's a great sport, it keeps you sharp. If you own a boat, you might be the captain, but you're not just the captain. Lots of times you're the crew, the engineering officer, the logistics officer, and the navigator. It's just great fun, great for the family. If it's something you want to try, come on down, we'll get your name on a list, get you a part of the program – it's not just a sport, it's a lifestyle."

For anyone interested in participating in the program as a trainee, contact your chain of command about joining one of the courses this summer and follow RCN Sail on Facebook or Twitter with the hashtag #RCNSail.





ENGAGE WITH US AT HOME

While we're closed, we've got plenty of ways for you to explore BC's natural and human history. Our online programs, designed for learners of all ages, offer something new each week.

Check out our **RBCM@HOME**, **RBCM@HOME KIDS** and **RBCM@OUTSIDE** series online.

Visit rbcm.ca/online and sign up today!



- Battle of the Atlantic Heroes -

Fraser McKee recalls service

**By Ordinary Seaman
Fraser McKee**

I joined the Royal Canadian Naval Volunteer Reserve (RCNVR) as an ordinary seaman in 1943 because my father had been in the Non-Permanent Active Militia all his life; soldiering was a tradition in our family. His uncle had commanded the 48th Highlanders in the First World War.

I'd sailed a lot and been around boats most of my youth at a cottage in Pictou, N.S., and had been impressed with His Majesty's Canadian Ship (HMCS) Saguenay's annual visit to a festival each summer.

I didn't join my father's outfit, the Signals, as if I got anywhere I thought people would figure it was just my father helping me along, since by then he was a colonel.

My early days in training were easy as I'd been a cadet and eventually a drill sergeant in a Corps at school, which I much enjoyed. It made naval training easier by far.

After training from March 1943 until February 1944, I went to sea as an ordinary seaman in the armed yacht HMCS Vision, out of Digby, N.S. and then anti-submarine escort duty for the Canadian Pacific Railway ferry Princess Helene, Digby to Saint John, N.B., and back.

I sailed one passage in a destroyer from Halifax to Cornwallis, N.S., in a February gale. I thought we were done for when the alarm bells went off due to a short circuit. My only feeling was "well, we're all going to drown for sure, but that's the chance you take. My poor mother – my father away for four years fighting in Italy and I'm drowned at sea!"

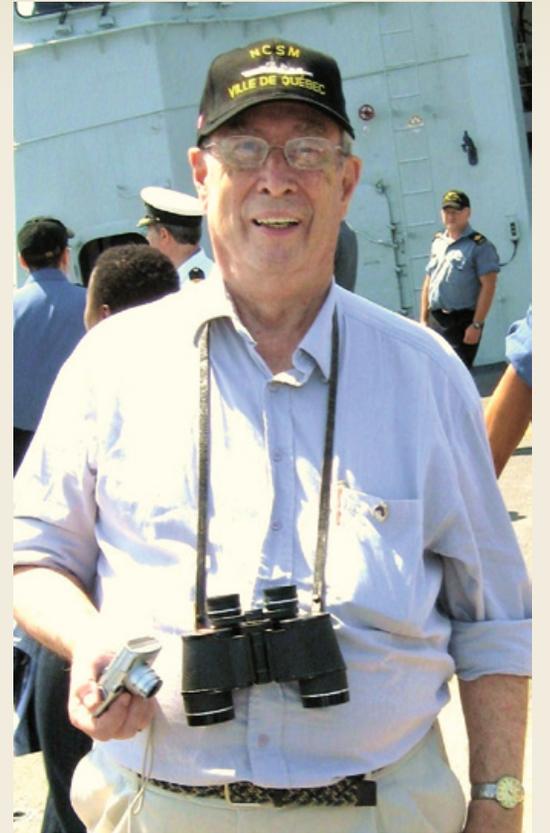
During the war I received letters from my mother, brother and sister once or twice a week, and from my father about monthly, and care packages – chocolate, snacks and clothing items like socks, sweaters, scarves and other things knitted by my industrious grandmother who lived with us. Occasionally, cigarettes for trading (I didn't smoke) or later pipe tobacco when I smoked a pipe at sea. My mother wrote my father twice a week for over five years.

My mother was worried about my health and safety, although she never said a word about it so it wouldn't bother me.

I ended the war in May 1945 in the escort HMCS Wallaceburg operating out of Halifax. We brought in the last west-bound convoy of the war to New York, picked up at sea from the mid-ocean. I still have the White Ensign we flew.

I stayed in the Reserves until 1978 specializing in anti-submarine warfare and retired as a commander after 35 years of service.

I am the author/co-author of six books on Royal Canadian Navy and Merchant Navy history, and write book reviews and articles for several journals on naval subjects. I was national president of the Navy League of Canada and have been the editor of several newsletters.



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

Pen and pun perfection

Peter Mallett
Staff Writer

Chief Petty Officer Second Class Chris Fraser is making us giggle by releasing his private collection of single-pane pen-and-ink cartoons.

Cartooning, he says, comes easily because humour abounds in everyday life and he doesn't need to look too far to find it.

"My art work is really about the process of looking around at the world in front of me in Dockyard, being well versed in common puns, and being able to twist them into a naval situation to add some levity," he says. "The navy has its own language and sometimes it's easy to take some of the words, names, and acronyms and make them humorous."

On his list of influencers is legendary cartoonist Gary Larson and his

The Far Side comic strip, and classic British comedy television shows Monty Python and Allo Allo!

Most of his humour has a "naval, but certainly not a navel" bent, he quips.

He's let his artistic talent be known in the past; in 2005, while working aboard *HMCS Whitehorse*, the commanding officer selected CPO2 Fraser's artwork to appear on the gun shield of the Kingston-Class ship. He has also designed morale patches, crossing the line ceremony certificates, and tattoos.

Cartoons are a recent addition stemming from stay-at-home orders because of the COVID-19 pandemic. During his off-time, because he couldn't get out and socialize, he worked his imagination and art skills.

"Other than my family nobody else has seen my drawings. Whenever my son Andriy takes a look he knows right away it's just my sense of humour or what he calls 'Dad jokes.' Meanwhile, my wife [Natalia] isn't as enthusiastic and normally just rolls her eyes, shakes her head, and walks away."

The 50-year-old says drawing cartoons helps him relax after a hard work day or even a gruelling workout.

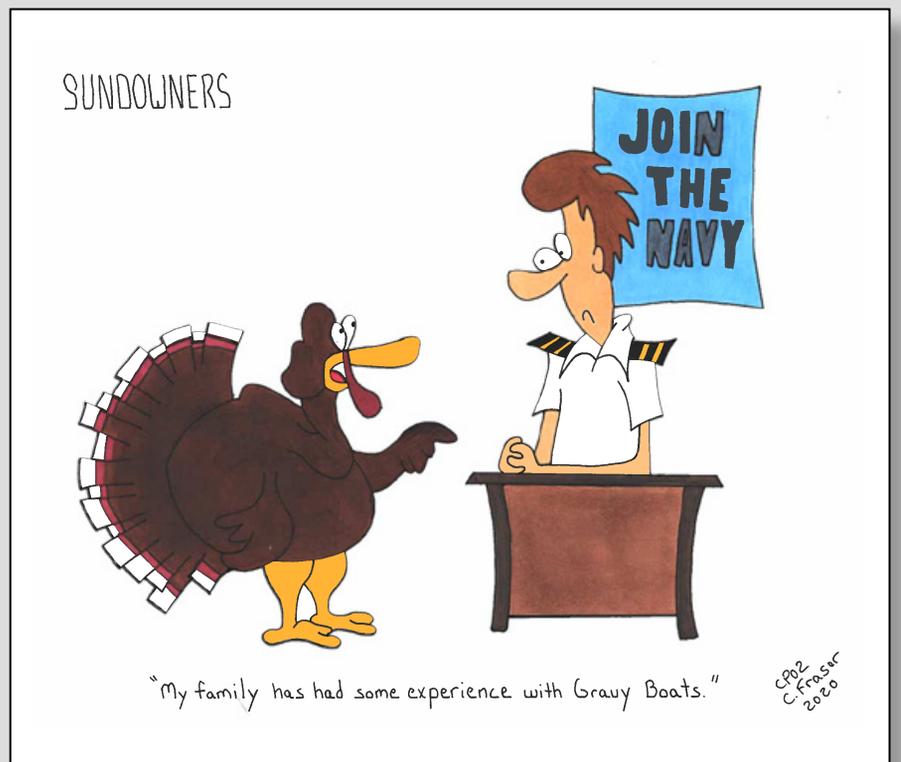
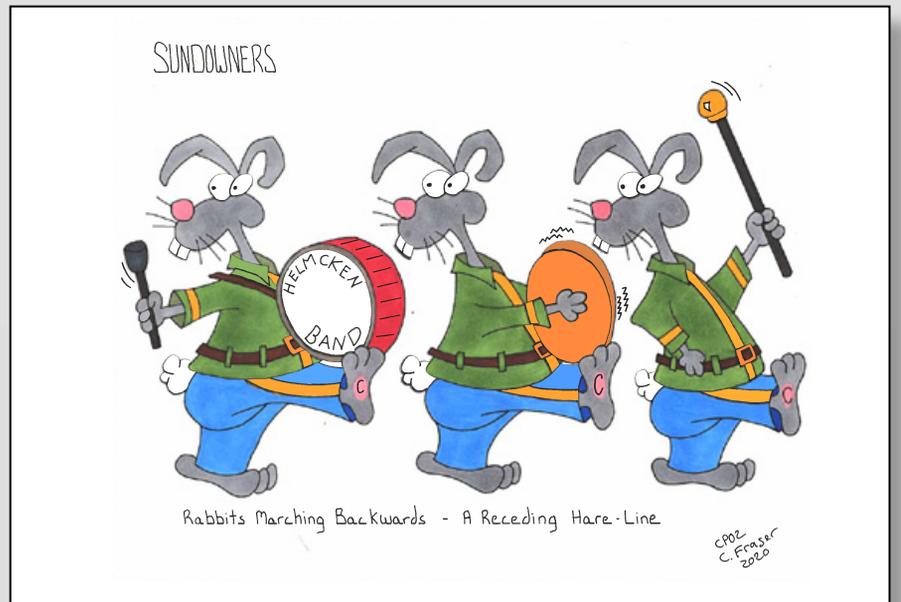
He's a seasoned athlete, primarily a marathon runner. Last year, he ran the Goodlife Fitness Victoria 42.2 km Marathon in full firefighting gear including a heavy breathing apparatus and oxygen tank as a fundraiser for the Esquimalt Military Family Resource Centre.

His cartoon series is called *Sundowners*, but he hopes they inspire the opposite reaction.

"Even if it's a different form of artwork from the usual portraits and landscapes, it has the potential to entertain people and pick up their spirits," he says.



CPO2 Chris Fraser draws his next cartoon.



Veteran-owned brewery flying high with new ales

Peter Mallett
Staff Writer

A veteran-owned microbrewery in Victoria continues to expand its operations and delight the taste buds of beer connoisseurs despite uncertain economic times.

V2V Black Hops Brewing recently released two new brands to its line-up of Canadian military-themed craft beers with *Sea King IPA* and *Gunpowder Stout*. The two new brews are already making their way into liquor stores.

The company is owned by Capt (Retired) Graham Hafey, a former Royal Canadian Air Force (RCAF) pilot. He has a soft spot for *Sea King IPA*, not only because he logged over 1,200 hours flying the now retired helicopter, but also because of the beer's unique taste.

"It's a west-coast style India Pale Ale, which means it tastes a little more delicate than the standard British IPA," he says. "The hops have given it a really nice citrus-like finish and it tastes great."

Gun Powder Stout, like their *Victory Ale*, is dedicated to the First Responders and anyone battling PTSD. The beer is not as heavy in taste like traditional Irish stouts, but is dark in colour, sweeter to the taste, and still a full-flavoured brew.

The science behind his beer comes from his civilian Brewmaster, Duncan Blackman, former owner of Langford's Happy Homebrewers U-brew, who Hafey says has an impressive resume of awards and recognition in provincial brewing competitions.

The duo now have high hopes they can make further in-roads in the craft beer market with their latest offerings, but are also painfully aware of the recent pandemic-related economic slump. Early 2020, they purchased the 3,900 square foot Axe and Barrel brew pub in Langford and expected to open this year. But that went on hold with the pandemic.

"The timing of the opening couldn't have been worse; it was planned weeks

in advance and we had no idea how intense the ramifications of the pandemic would be at a local level until just days in advance," said Hafey.

They use the facility to brew keg, can, and bottle their line of beers, and sell them in the retail store attached to the pub. Blackman oversees the brewpub's massive 1,200 litre and 2,400 litre brew system that provides beer for his eight draft beer taps. They also can and bottle his products onsite, making six packs and various sizes of beer growlers for purchase or refill.

The beer company is only two years old, starting with *Victory Ale* and then *The Brig Blonde Ale*, a Pilsner/Kolsch. Both beers earned customer loyalty and are now sold in 35 liquor stores across B.C. and Alberta, with plans to expand to Ontario.

"We have come a long way in a short time, but it took some incredibly hard work," said Hafey. "We are different than other microbreweries because we have a purpose, not only because we are veteran run, but also because our initial support came largely from military members,

veterans, and first responders."

V2V supports veterans, military, and first responder charitable organizations with cash donations. Some beneficiaries are Cockrell House, a transitional facility for homeless veterans that provides social services and housing, Can Praxis, an equine-based mental health therapy provider for veterans and first responders, and the BC/Alberta Guide Dogs, a charitable organization that provides Service Dogs to both veterans and first responders who suffer from PTSD. Black Hops has recently joined forces with CannaConnect, which provides access for veterans to medical cannabis products.

The pub and adjacent patio finally opened in late May, but under strict health and safety guidelines and limitations on the number of patrons.

"It's been very difficult for us and others in the hospitality industry; we are all greatly impacted by COVID-19," said Hafey. "The wholesale and draft beer market essentially collapsed for several weeks and when other bars and pubs who also carry our beer shut down our sales took a direct hit. Things are gradually starting to rebound, but for now the future is very uncertain."

V2V is currently offering free delivery to customers on the West Shore for orders over \$40 and charges a \$5 delivery fee to other customers in the Greater Victoria area. An added kick to the service is their Canadian Army LSVW truck and U.S. Army Humvee that make the deliveries.

"Our customers get a big charge seeing these vehicles roll up on the scene," he says. "The delivery service is aimed at a number of people who aren't yet ready to return to the bar and the restaurant scene."

For updated information about V2V's full line of products, their pub menu, hours of operation, or to place a delivery order, follow their Facebook page or visit their website <https://v2vblackhopsbrewing.ca>





Base Administration Change of Command

Reviewing officer Capt(N) Sam Sader, centre, joins outgoing Commanding Officer of Base Administration, Cdr Cory Foreman, left, and incoming Commanding Officer, Cdr Jason Barbagallo, right, in signing the official change of command certificates at the Wardroom last Thursday.

Photo by Leading Seaman Mike Goluboff, MARPAC Imaging Services

BEACON LAW CENTRE
Proudly assisting our military families.

140-4392 West Saanich Rd, Victoria
104-9717 Third Street, Sidney
5-7115 West Saanich Rd, Brentwood Bay

Real Estate
Business Law
Wills & Estates

P 250.656.3280 | TF 877.295.9339 | www.beaconlaw.ca

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

Proud to serve Esquimalt-Saanich-Sooke

Randall Garrison, MP

2904 Tillicum Road, Victoria BC V9A 2A5
10 am – 4 pm, Monday–Thursday or by appointment
250-405-6550 Randall.Garrison@parl.gc.ca
www.RandallGarrison.ndp.ca

Lost property ▼

The Military Police Unit (Esquimalt) is holding various items of Unclaimed Found Property. Items appearing on the following list are available to be claimed by their rightful owners by contacting the Military Police Property Custodian MS Carper at 250-363-4366 or 250-363-4032.
GO # 20-6254 Bike | GO # 20-13752 Bike

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
COMING SOON TO
705 TREANOR AVE

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



#104-800 Kelly Rd.,
Langford
250.590.6960

westshore@oakbaybikes.com

"E-BIKES - commute with a smile..."

- Full service department
- Two day turn around on repairs
- Complete line of parts & accessories
- Norco Bikes
- Specialized Bikes
- Yakima Racks
- Men's and women's clothing
- Kids bikes & accessories

Military & DND:
10% off
bikes, accessories,
and new parts

E-BIKES • BIKE RENTALS

Regional Cadet Support Unit (Pacific) Change of Appointment



Reviewing Officer, Commander Brad Henderson, Commanding Officer of the Regional Cadet Support Unit (Pacific), signs the Change of Appointment certificates with outgoing regional Chief, Chief Petty Officer First Class (CPO1) Dave Bliss (left), and incoming regional Chief, CPO1 Michael Miller (right) during the Regional Cadet Support Unit (Pacific) Change of Appointment Ceremony held at Work Point Barracks on July 15. CPO1 Bliss has been appointed to the position of Formation Chief at the National Cadet and Junior Canadian Rangers Support Group in Ottawa.



CHRISTMAS HILL GREEN IS MOVE-IN READY!

Only a 12 minute drive from Naden!



**Studios, 1 & 2
Bedrooms
From \$264,900**

Promo Code: Forces2020

Contact Kevin Jones* at The Condo Group Real Estate Ltd. today:

E kevin@thecondogroup.com

P 250.382.6636

thecondogroup.com

*Personal Real Estate Corporation

This is not an offering for sale which can only be made in conjunction with the delivery of a Disclosure Statement.

THE
**CONDO
GROUP**

REAL ESTATE LTD

Base Admin Honours & Awards

2Lt Justin Leong Base Administration

A few Royal Canadian Navy sailors were recognized for their hard work and dedication while deployed at sea in Her Majesty's Canadian Ships.

The Canadian Armed Forces (CAF) recognizes deserving members with medals, signifying the individual has taken part in activities and operations under exceptional circumstances.

Medal awarding ceremonies have been adjusted to respect the physical distancing guidelines, keeping the health and safety of CAF members at the forefront. Therefore, it was with the help of family members and close friends that the following medals were presented on July 6.

LS McDavid

For his deployment with HMCS Winnipeg during Operation Projection in 2017, LS McDavid was awarded the Special Service Medal (SSM) Expedition Bar, presented to him by his wife Colleen and daughter Grace.



2Lt Rios



2Lt Assefa



LS McDavid



MS Lye

LS Guy

For her deployment with HMCS Regina during Operation Projection in 2019, LS Guy was awarded the SSM NATO Bar, presented to her by her parents Peter and Annette.

MS Lye

For his deployment with HMCS Vancouver during Operation Projection in 2018, MS Lye was awarded the SSM Expedition Bar, presented by his mother, Erin.

SLt Lomas

The Canadian Forces' Decoration (CD) is awarded to Officers and Non-Commissioned Members of the CAF who have completed 12 years of service with a good record of conduct.

For her service, SLt Lomas was awarded the CD, presented to her by her friend, CPO2 Sayeau.

2Lt Beasley, 2Lt Assefa and 2Lt Rios

Whether a member is commissioning from the ranks or enrolled as an officer, being commissioned has a significant meaning and comes with tremendous responsibility. When an officer is commissioned, they receive a Commissioning Scroll from Her Majesty Queen Elizabeth the Second, conferring the rank of Officer.

The scroll begins by stating: "We, reposing especial Trust and Confidence in your Loyalty, Courage and Integrity, do by these Presents Constitute and Appoint you to be an Officer in our Canadian Armed Forces."

The scroll continues to outline the duty bestowed upon the officer and is signed by the Command of His Excellency The Governor General and the Minister of National Defence.

Congratulations to the three Officers who received their commissioning scrolls. It was with the help of his wife Kathryn, that 2Lt Beasley was presented his scroll, and through the teamwork of two very close friends, 2Lt Assefa and 2Lt Rios received their scrolls.



SLt Lomas



LS Guy



2Lt Beasley

Bravo ZULU



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.

AVAILABLE AUGUST 1

1 Bedroom ground level suite/w/patio in a quiet cul-de-sac in Esquimalt close to base, near Admirals and Craigflower. Includes utils, cable, Wi-Fi and parking. No pets. Very short distance to mall and other amenities. \$1150 Phone: 250-380-7727 or email acjay44@hotmail.com

TWO BEDROOM HOUSE

Two bedroom house for rent near Uptown Shopping Centre, completely renovated; new appliances plus washer, dryer, and gas fireplace. No pets. Available for September 1. \$1,725 per month. Call John 250-885-1652.

WALKING DISTANCE TO BASE

2 bedroom basement suite for rent. Available July 15 or Aug. 1. Within walking distance to CFB Naden Base in Esquimalt. Pet considered, in-suite laundry, private yard, additional storage space, separate entrance, parking available/on direct bus route, close to all amenities, completely renovated. \$1,900 all utilities included (including WIFI). Base discount considered. Contact Graham or Alannah 250-818-3534 or email Roscoe.alannah@gmail.com to set up a viewing.

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

REAL ESTATE FOR RENT

AVAILABLE AUGUST 1

Very quiet suite. Located in Westhills; 15 minute walk to Westshore Town Centre. This area is on a regular bus route. NO smoking of any kind in the suite. NO CATS AT ALL. A SMALL dog will be considered. Hydro, water, heat included; however the internet will be the tenant's responsibility. \$1,300 will be required at time of possession along with the \$650 damage deposit. 3 very solid references required. Call 250-686-2251.

CLOSE TO BASE

Unique 1 bedroom in Vic West. Only \$1,050 a month. Extremely clean, quiet apartment in well maintained building. From this lovely apartment you can walk to downtown, walk a block or 2 to several bus routes. Small shopping mall only a 3 minute walk. New paint, electric fireplace, oak floors, private patio, private entrance, ground floor, shared laundry. Bathroom has shower unit. Strictly non-smoking. 6 minute drive to Naden Base. Available August 1. Furnished or Unfurnished – both options are available! Call 250-885-1675.

ROOM TO RENT

FURNISHED 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. Twin bed & other furnishings. Shared bathroom. Use of main kitchen, living room. Close to Thetis Lake, or rent beautiful room in main part of house. \$650 a month. Call 250-532-3040 or email kwhite4515@live.ca

ROOM FOR RENT AVAILABLE NOW

Home is conveniently located close to Royal Roads University, on a major bus route, and 10 minutes to shopping and grocery store. The room is fully furnished with a double-size bed, dresser, closet, desk and chair, and shared bathroom, laundry, and kitchen. All utilities and Internet included. Looking for a quiet, respectful individual, no parties, no pets, no illegal drugs or marijuana. Half month's rent as damage deposit required on move in. In-person meeting and references required. Call 250-514-3833 to view. \$850 all inclusive.

REAL ESTATE FOR RENT

FOR RENT \$1,850 plus utilities - Sept 1/15

Happy Valley area of Langford. Lower Suite, bright 2 bed, 1 bath, ensuite laundry, private patio & parking. 2 parking spots close to suite entrance. Small patio off family room for outdoor BBQ, sitting area. Tenant responsible for 1/3 Water (separate meter). Washing machine, dryer, walk in closet and lots of storage.

- No Smoking, No Pets or Drugs
- One year lease - option to renew

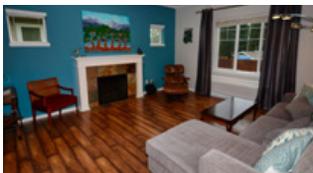


CONTACT 604-728-7229

FOR RENT \$3,000 plus utilities - Sept 1/15

Happy Valley area of Langford. Spacious 4 BR with 9 ft ceilings on main floor, large family room off kitchen, deck, sunny backyard. Laminate flooring in main living area, carpets in bedrooms. Main bedroom has walk-in closet and 4-piece en-suite bathroom. Tenant responsible for 2/3 Water (separate meter).

- No Smoking, no pets or drugs
- Responsible for utilities, lawn
- One year lease - option to renew



CONTACT 604-728-7229

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 Esquimalt, parks, rec center \$979,900.

For more info call 250-380-3020.

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.
Call 250-216-3930 or 250-386-3448 or 250-652-3913 if interested. Available now.



REAL ESTATE FOR RENT



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



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

Search for Lookout Newspaper on the following platforms:



STAY CONNECTED!

Remember to social distance.



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](http://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