

• CANADIAN MILITARY'S TRUSTED NEWS SOURCE •



SCAN ME

STILL TAKING DONATIONS!

2020 NDWCC

DONATE NOW THRU E-PLEDGE

Volume 65 Number 47 | November 30, 2020

LOOKOUT

MARPAC NEWS CFB Esquimalt, Victoria, B.C.

newspaper.com

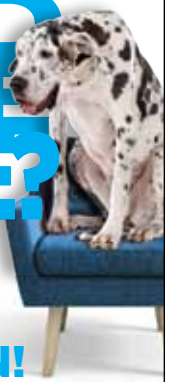
LookoutNewspaperNavyNews @Lookout_news LookoutNavyNews

NEED MORE SPACE?



NOW OPEN!

4402 Westshore Parkway, Victoria
(778) 817-1293 • eliteselfstorage.ca



HMCS WINNIPEG

OPERATION
PROJECTION/NEON



A CH-148 Cyclone helicopter and a CP-140 Aurora maritime patrol aircraft fly over HMCS Winnipeg as part of a photo exercise in the Asia-Pacific Region during Operation Neon on Nov. 15.

Photo by Sailor First Class Valerie LeClair, MARPAC Imaging Services

Gregory Schadt REAL ESTATE

m: (250) 634-2190
f: (250) 477-3328
e: gregory@ownvictoria.ca

110-4460 Chatterton Way, Victoria, BC V8X 5J2

ROYAL LEPAGE
Coast Capital Realty

Helping you is what we do. ownvictoria.ca

Coffee is ready! 6 am

A full array of coffee and tea, baked goods and sandwiches so you can grab lunch to go!

IN ADMIRALS WALK PLAZA ACROSS FROM THRIFTY'S
101-1503 ADMIRALS ROAD
Mon-Fri 6 am-4 pm Sat-Sun and Holidays 9 am-4 pm

P: 250.384.1417 **10% DISCOUNT FOR MILITARY AND VETERANS**

Beautiful smiles start here!

CAPITAL PARK DENTAL

250-590-8566 CapitalParkDental.com
Français aussi! Suite 110, 525 Superior St, Victoria

Trident Fury 20

In 2013, the United States Ship Spruance departed CFB Esquimalt for the beginning of Exercise Trident Fury 13. This year's exercise starts this week.

Photo by Sgt Norm McLean,
Canadian Forces Combat Camera



Capt Jenn Jackson TF20 PAO

Today marks the beginning of Trident Fury 20 (TF20). It is a joint and multinational naval exercise that will continue until Dec. 13 off the coast of western Vancouver Island, as well as in the vicinity of Constance Bank, and the southern Gulf Islands.

TF20 provides an opportunity for the Canadian Armed Forces to maintain operational readiness to deploy on joint operations in a rapid and effective manner alongside allies and other government organizations.

It will include participation

from the Royal Canadian Navy, Royal Canadian Air Force, U.S. Navy, and U.S. Coast Guard.

"Trident Fury 20 provides a full spectrum of air and sea tactical warfare training, with the aim of enhancing Canada's ability to respond to offshore threats and unlawful acts from within a coalition environment," says Commodore Angus Topshee, Commander Canadian Fleet Pacific and embarked Exercise Commander. "This exercise includes an array of events to enhance individual unit training and combat readiness including live fire, seamanship, maritime interdiction operations, anti-sub-

marine warfare, surface warfare, air defence, mine counter-measures, and small boat defence."

In addition, TF 20 supports pre-deployment training for *HMCS Calgary*, which is scheduled to depart for Operations Artemis and Projection in early 2021.

Even with the focus on *Calgary's* pre-deployment training, TF20 also supports the Royal Canadian Navy's domestic role. At home, maritime defence and security is the navy's first priority, helping ensure that Canada's maritime approaches are effectively monitored and protected.

"As virtually every Canadian depends on international mari-

time trade either for employment or for consumer benefits, exercises such as TF20 help ensure the continuing flow of goods by demonstrating our operational presence in the Northeastern Pacific," adds Cmdre Topshee. "This is integral to the mission of the Pacific Fleet and through close cooperation with CAF Health Services and the Fleet Support Medical Unit, Pacific Fleet ships have sustained that role throughout 2020."

In order to safely proceed to sea in the midst of the COVID-19 pandemic, members embarking on Pacific Fleet ships observed a pre-sail protocol designed to

mitigate the risk of bringing the virus on the ship. The protocols involved quarantine periods and COVID-19 testing.

"We kept a close eye on the increasing number of cases on the island in the month preceding the exercise, and increased and adapted our protocols dynamically on the advice of our Health Services staff," says Commodore Topshee. "These measures are constantly evolving as they are based on the latest scientific evidence and aim to ensure our sailors remain safe, healthy, and able to complete their mission throughout TF20 and into 2021."



Capt(N) Sam Sader, CFB Esquimalt Base Commander, joined Samantha Krzywonos and Leta Martin, members of the Esquimalt Military Family Resource Centre Board of Directors, to recognize Dr. Bonnie Henry for her kind and steadfast leadership during the COVID-19 pandemic. Her guidance assisted the MFRC in finding safe ways to continue to provide support to our military members and their families during these challenging times. The MFRC honoured Dr. Henry for her dedication by presenting her with a beautiful framed art piece by L. Gibbs that includes a plaque that reads: Thank You Dr. Bonnie Henry for leading the way to keep our Military Families safe.

Photo by Corporal Jay Naples,
MARPAAC Imaging Services

Sailors aid injured



Peter Mallett
Staff Writer

The discovery of an injured Barred Owl turned a relaxing hike into a rescue mission for Sailor First Class Madison Crawford and S1 Joseph Walker.

The two were trekking along the Nanoose Bay coastline when they spotted the bird on the ground.

"We had been hiking for about a half an hour when we came across an injured owl located well off the trail and under the tree," said S1 Crawford. "I noticed the owl moving in a clearing at ground level and initially thought it was scavenging on the ground for some animal but that was not the case."

He dropped a GPS (Global Positioning System) pin to mark their location on his cell phone and then called the North Island Wildlife Recovery Centre in nearby Parksville, B.C.

The centre dispatched a volunteer but they couldn't find the sailors.

After some back and forth with the Recovery Centre, the sailors decided to carry the bird to the nearest roadway. S1 Crawford had volunteered at the Rocky Point Bird Observatory's Pedder Bay Banding Station and knew how to handle the owl. He picked the bird up by its legs, supported its chest, and tucked its wings in for the journey.

"It seemed like the right thing to do and we had the

time to help. The bird was very docile and easy to handle once gripped, although it took a bit of care to pick it up off the ground."

Upon reaching Powder Point Road 30 minutes later, the sailors met up with the volunteer and a commissionaire from Canadian Forces Experimental and Test Ranges. The injured owl was placed in a crate and taken to the Recovery Centre.

Sadly, the owl didn't survive. Derek Downes, Animal Care Technician, said the owl had to be euthanized due to its injuries that included a compound fracture to its wing. The injury had partially healed but a portion of the humerus

was still protruding.

"The owl was also emaciated, which tells me it had been on the ground for an extended period of time, slowly starving," said Downes. "Sadly, in cases like this there is no reasonable prospect for flight or successful survival in the wild."

S1 Crawford was saddened to hear the news about the owl's fate, and noted the rapid decline of owl populations in many parts of Vancouver Island. He did not realize the extent of the owl's injuries but it made sense since the bird didn't put up much of a fight when he was picked up

from the forest floor.

Despite the outcome, Downes was quick to congratulate the sailors for their efforts.

"Even though the outcome is obviously not what anyone wanted, it is still extremely commendable what Madison did for the owl," said Downes. "If he had not rescued this owl it would have continued to starve and slowly, arduously perish and that is a terrible fate for any living creature."

For more information about the North Island Wildlife Recovery Centre and their work visit their website: www.niwr.org/

21st annual
Township & CUPE employees Christmas food drive
SUPPORTING
ESQUIMALT NEIGHBOURHOOD HOUSE

Drop it off!

Food donations will also be accepted **November 25 to December 18** at Township of Esquimalt Public Works Yard and the Esquimalt branch of the public library.

We'll pick it up!

- South side: Dec 7-11
- North side: Dec 14-18

Place non-perishable food in bags labelled "food drive."

A separate vehicle will pick up your donation.

Details at Esquimalt.ca



2011 MERCEDES GLK 350
\$15,998
125,000 km

ATTENTION MILITARY!
Ask about our exciting new financing options, with a down payment of \$1000 or even less, and bi weekly payments of \$129! No credit or bad credit? Not a problem.
THEY SAY NO, WE SAY YES!
We do things differently. We always work to get you the best financing with the best lenders with the lowest rates.

USED CAR CENTRE
sales@usedcarcentre.ca

OPEN 7 DAYS A WEEK
9:30am - 7pm Mon-Sat
Sunday from 11am - 3pm
1671 ISLAND HWY
250-590-8221

We are ready for the new normal! Find out more at:
www.usedcarcentre.ca

Capone's Chicken
100% LOCALLY OWNED

GRAND OPENING!
FEATURING CHESTER'S CHICKEN

DOOR CRASHER:

- 12 Piece Chicken Wedges
- Coleslaw
- Free 2 L Drink

\$39⁹⁵ plus tax

MILITARY RECEIVE 10% OFF WITH ID

4-612 Head Street Esquimalt
778-406-2222
DEBIT, VISA, MASTERCARD ONLY

HOURS: 11am - 11pm Sun to Thurs, Fri-Sat 11am - 1am

OPEN EVERY DAY • NO LIMITS • PLENTY OF PARKING

Bottle Depot
Return-It

FREE PICK-UP FOR BOTTLE DRIVES

FULL REFUNDS AT:

- GLANFORD AVE (NORTH OF VANALMAN)
- QUEENS AVE (DOWNTOWN OFF DOUGLAS)
- QUADRA ST (SOUTH OF MCKENZIE)

bottledepot.ca **250-727-7480**

matters of OPINION

WHO WE ARE

MANAGING EDITOR

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

STAFF WRITER

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

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

COVID-19 Circulation - 2,200
plus 350 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



WHAT SAY YOU

Infantry Padre Expands Sentinel Program on Vancouver Island

Captain Jeff Manney
Public Affairs Officer,
39 Canadian Brigade Group

Amid the dysfunction wrought by COVID-19 – masked faces, separation from loved ones, a persistent atmosphere of anxiety – it can be hard to see many positives.

But they're there, and thanks to people like Padre Ken Nettleton of the Canadian Scottish Regiment (Princess Mary's), they're increasing in numbers.

These particular positives can be found in the Sentinel Program, a peer care and support initiative created by the Royal Canadian Chaplain Services in 2007. Taking advantage of the extra personnel made available through Operation Laser, the Canadian Armed Forces' (CAF) response to the pandemic, and in conjunction with Op Laser, Padre Kenneth Lo Nettleton trained a cadre of more than 40 Sentinels throughout Army Reserve units on Vancouver Island. They now join more than 3,000 already across the country.

"One of the motivating factors of enlisting in the CAF is the desire to serve others," says Padre Nettleton. "So it's not surprising that many members would want to take this opportunity to be trained as a Sentinel."

Soldiers who have completed the Sentinel program are considered "trained, supervised

non-professionals."

Padre Nettleton says their role is to act as an "overwatch" within their units: keeping an eye out for those around them, confirming that someone is struggling with personal issues, and then working with the unit chaplain to access the resources available for them.

"Next to our families, the people that know us best are those we work with. The unique circumstances of military life, whether stressful or mundane, often make soldiers particularly close. It is in these moments that we unwittingly, casually, and deliberately let people see who we really are and where we are struggling."

Fellow unit member Sgt Ian MacPherson is one of Padre Nettleton's protégés and he is determined to be there for his troops.

"There's a peace of mind that comes from being ready for anything. The most serious situation in which I ever had to help some-



one, I was completely unprepared. It was pretty frightening. So what I like most about the role is knowing how to get resources to those in need," he said.

Sgt MacPherson, a Sentinel to several fellow soldiers already, says the key is being available. "That means being approachable, and able to listen, because sometimes that's all it takes. We are here to help. Keeping it in doesn't help anyone, asking for help doesn't hurt anyone."

Interested in becoming a Sentinel? Talk to your unit Padre.

DECEMBER 3

International Day of Persons with Disabilities



On Dec. 3, Defence Team members from all across the country will celebrate International Day of Persons with Disabilities.

On this day, we are reminded of our responsibility to better understand disability issues. We are also called to promote the rights and well-being of persons with disabilities in our communities. Our support is important so they can continue to make great contributions to the Defence Team and to all Canadians communities.

This year, the Defence Team is commemorating the day under the theme: "Not all disabilities are visible".

This theme allows us to open the discussion on the different challenges

encountered by the community. For every person with a visible disability, there are approximately four people with an invisible one. Disabilities can be cognitive, developmental, intellectual, mental, and physical. Invisible disabilities include learning disorders, hearing impairments, chronic pain, sleep disorders, post-traumatic stress disorder, mental illness, and numerous other health-related conditions. All of these conditions can disrupt everyday activities.

The past few months with COVID-19 have brought many challenges, forcing us to rethink the way we are doing things in our everyday life. This is even truer for persons with disabilities. On Dec. 3, people can join a conversation with Ashley Sullivan, National Deputy Co-Chair of the Defence Advisory Group for Persons with Disabilities (DAGPWD), and Paul Jones,

DAGPWD member, about the challenges and advantages faced by persons with disabilities during COVID-19 and how we can all be allies for them, especially for those with invisible conditions.

To join the discussion:

Date: Thursday, Dec. 3

Time: 11 a.m. to 12 p.m. (ET)

Location: MS Teams Live Events

Link: <https://bit.ly/IDPDJoin>

Please note: you cannot connect via DWAN or your T-DVPNI enabled laptop.

Len Bastien
Defence Champion
for Persons with Disabilities,
Assistant Deputy Minister
(Information Management), and
Defence Chief Information Officer

DHJL
DINNING HUNTER JACKSON LAW
Dan Murphy, RAdm (Ret'd)
Lawyer with a Military Perspective
250.589.4571
Grievances • Service Discipline • Notary • Pension Appeal
• Criminal Defence • General Practice • Real Estate
danmurphy@dinninghunter.com • www.danmurphy.ca

babcock
Proud to support
Canada's fleet
Marine ›
Land ›
Aviation ›
Cavendish Nuclear ›
babcockcanada.com

WCCMT
West Coast College of MASSAGE Therapy
We are proud to salute the Men & Women of our Canadian Forces.
20% OFF MASSAGE TREATMENTS
DND DISCOUNT
Call **250.381.9800 ext 221**
#100-818 Broughton Street
BECOME A REGISTERED MASSAGE THERAPIST
www.collegeofmassage.com



Participants in this year's National Workplace Charitable Campaign Tug-of-war held at the Naden Athletic Center volleyball court on Nov. 18.

Photos by S1 Mike Goluboff, MARPAC Imaging Services, Esquimalt

The Great NDWCC 2nd Annual Tug-of-War

Margo Cutcher
NDWCC Coordinator

Cold and an overcast sky could not dampen the spirits of Defence Team members as they clenched a lengthy rope to tug-fight for charity.

Seven teams met on the volleyball court outside the Naden Athletic Centre Nov. 18: defending champions Base Commander Executive, Base Administration, Naval Personnel Training Group (NPTG) HQ, three teams from Naval Fleet School (Pacific), and a NDWCC Team joined by Dave Ramsey from the United Way of Greater Victoria.

"This event is supposed to be fun, but the real reason we're doing this is for a great cause, our National Defence Workplace Charitable Campaign," said Capt(N) Sam Sader, CFB Esquimalt Base Commander.

Two teams were sponsored by local businesses Max Furniture and Ali Baba Pizza, growing the fundraising pot to over \$3,500.



Competition was fierce, but in the end NPTG HQ emerged with the first place victory.

Capt(N) Sader presented the coveted Tug-of-War trophy to Capt(N) Jason Boyd, A/SLt Balijet, A/SLt Miller, MS Harvey, and MS Dent.

He also recognized Personnel Support Programs staff for organizing the logistics and ensuring the event could go ahead safely in the current pandemic environment.

"We are well into our National Defence Workplace Charitable Campaign and we've had a number of events, despite all the challenges with COVID-19 this year. I'm so proud of the way the Formation has come through," said Capt(N) Sader. "This is what we're known for here in the community – for being tremendously generous despite all the challenges. We all have to be proud of this and I thank you for being part of it."

The Defence Team can continue to donate by e-Pledge, credit card, or Paypal until the end of February 2021.



ALI BABA PIZZA
LTD



- VICTORIA • LANGFORD
- SAANICH • UNIVERSITY OF VICTORIA
- TSAWWASSEN • DUNCAN • NANAIMO

www.alibabapizza.com

Looking for Stools?

Customize to suit your needs.

Come see our
New Larger Store
at 3460 Quadra St.

All on Sale!



One of Victoria's largest selections of **Canadian made** and imported stools.

from **\$119**

More styles to choose from in store and all on sale!

max
FURNITURE

3460 Quadra Street
250.590.7133
www.maxfurniture.ca
Locally Owned & Operated
Since 2008



Stress Management and Support on board HMCS Winnipeg

S1 Aaron Henry
Contributor

I have learned so much as a Sentinel while deployed on Operations Projection-Neon on board *Her Majesty's Canadian Ship (HMCS) Winnipeg*. Sentinels play a key role in the Canadian Armed Forces (CAF) by helping members of the ship's company connect to community and CAF resources that would provide them with help from various stressors or situations we all face in our work or in life in general. Sentinels on board *HMCS Winnipeg* promote mental health and personal well-being during our unique deployment through various creative means. Many ranks and trades are represented amongst our Sentinel team of 26. Training usually takes a half day to complete but the sail gave us an opportunity to meet weekly for further training and group discussion. Becoming a Sentinel has helped us to connect more with our fellow shipmates in meaningful ways. We have assisted them in managing their stress over this challenging deployment.

Throughout this deployment I and a fellow Sentinel, Master Sailor (MS) Erik Stirler, took on the challenge of promoting healthy ways for our shipmates to manage their stress and anger



during the deployment. We first accomplished this by delivering a Stress Management professional development presentation at a Command Update Brief; this presentation was so well-received that the Commanding Officer, Commander Mike Stefanson, asked us to deliver the same presentation to every mess on board. This helped to raise awareness of health and wellbeing among our fellow sailors, soldiers, and aviators.

The stress management presentation focused on the need to regularly do a self-evaluation of our stress levels. Exercise, relaxation techniques, sleep hygiene, spiritual practices, and hobbies

and pastimes were strategies that we presented to help manage stress levels. Some of those stressors include having little sleep due to shift work, sea sickness due to rough seas, being away from families and friends, and the challenge of being confined to ship throughout the deployment. The presentation also emphasized the need to seek further help from the Padre or our deployed medical professionals, like the Physician's Assistant (PA) or the Medical Technician, if we are not able to cope using these strategies. We also discussed the need for a supervisor to be aware of the stress faced by their subordinates so they are empowered to take

action to help them manage it appropriately.

MS Stirler took on the task of reminding our shipmates that anger is a normal stress reaction. There is a lot of stigma attached to the idea of being angry. The challenge is learning how to be constructive and not destructive with our anger. For example, we used constructive anger to aggressively and effectively respond to a fire, flood or casualty emergency exercise on the ship. This positive anger was crucial to the successful completion of Intermediate Multi-ship Readiness Training (IMSRT) during our first five weeks at sea. MS Stirler's main focus was the nega-

tive effects of destructive anger on our fellow sailors, soldiers, and aviators. Regular self-assessment helps decrease the chance of negative anger affecting our health, work performance and interpersonal interactions with our fellow ship mates, and learning to manage your anger through positive means is important. Throughout this deployment our shipmates dealt with anger in different ways. Our Sentinel team along with help from the PA, created a quiet space called the Chill Zone to give members an opportunity to proactively manage their stress through the practice of solitude. The Chill Zone is a place where members can detach from screens, read a book, write in a journal, pray or meditate, and do so in a private place.

Without a doubt, management of stress and anger in an operational environment is paramount to the success of any mission; however, *HMCS Winnipeg's* deployment was unique and asked more of the ship's company than is typical – to deploy for months at sea without the ability to leave the ship.

Through a coordinated effort by the ship's Command Team, as well as the medical, spiritual and stress management support offered on board, *HMCS Winnipeg* took on that challenge and won.

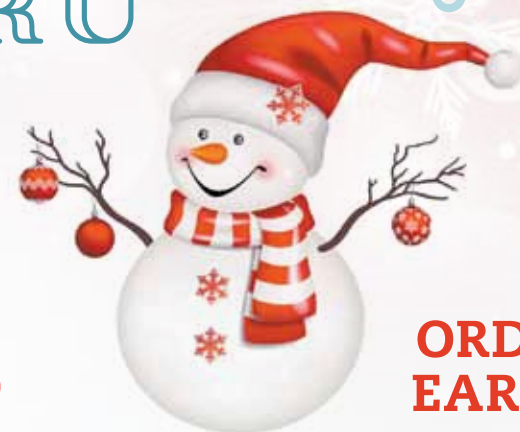
LANGFORD LEGION
761 STATION AVE

DRIVE-THRU
PICKUP
DINNER

\$20

DECEMBER 14, 2020

ORDER EARLY!



Cabbage rolls in tomato sauce
Perogies with the fixings
Sausage & Dessert

Name: _____
Phone #: _____
How many dinners? _____
Pick-up Time: _____

(Choose a pick-up time between 4:30-7:30pm)

Order your dinner by December 10, 2020 Phone: 250-478-1828 or website: rcl91.ca



Beloved Naval Centenarian

ONE OF VICTORIA'S MOST BELOVED NAVAL VETERANS,
 CDR (RETIRED) PETER CHANCE
 CELEBRATED HIS 100TH BIRTHDAY VIRTUALLY LAST WEEK

Peter Mallett
 Staff Writer

On Nov. 24, to celebrate the milestone occasion and his over 30-year naval career, the Naval Association of Canada - Vancouver Island (NAC-VI) organized a Zoom call with about 50 people. Bill Conconi, NAC President, served as host, and LCdr (Retired) Paul Seguna emceed the event.

It included a photo montage of his career coupled with important historical events that involved Chance. Signed birthday certificates were virtually presented from Her Majesty Queen Elizabeth II, Prime Minister Justin Trudeau, Governor General of Canada Julie Payette, and the Township of Sidney. Congratulatory letters from the Lieutenant Governor of British Columbia Janet Austin, and Commander of the Royal Canadian Navy, Vice-Admiral Art McDonald were read by LCdr (Retired) Gerald Pash and Bill Conconi respectively.

Chance also received video well wishes from RAdm Bob Auchterlonie, Commander Maritime Forces Pacific, and Capt(N) Sam Sader, Base Commander.

"I am overwhelmed, delighted, and over the moon with being able to interact with all my friends and receive well wishes from so many people," said Chance, who also noted his email inbox had been flooded with over 75 birthday greetings and messages of support.

During the event, Capt(N) (Retired) Kevin Carlé



announced, on behalf of the CFB Esquimalt Naval and Military Museum, that the museum's permanent Battle of the Atlantic display is to be named the Peter Godwin Chance Gallery in his honour

"I am stunned by this news. I hadn't the slightest idea this would be happening ahead of the ceremony. It's a great honour to be recognized in this fashion and I am completely flabbergasted," said the centenarian.

He was born in Ottawa on Nov. 24, 1920, and served in the Royal Canadian Navy during the Battle of the Atlantic in ships of the Royal Navy and Canadian Navy. These included HMC Ships St. Laurent, Skeena, Seacliff, Ottawa and Gatineau. After the war, he went on to serve in RCN ships, ranging from frigates

and destroyers to a cruiser and carrier. He commanded HMC Ships Outremont and Sioux in those years.

He was on board when Skeena ran aground off Iceland and sank during a fierce storm on Oct. 24, 1944, with the incident claiming the lives of 15 sailors.

Chance still lives independently at his home in Sidney but says he has been missing in-person interaction with his friends and lunch at his favourite ocean-side restaurant. He is eagerly waiting for the isolation and physical distancing requirements brought about by the COVID-19 to end.

He has written detailed accounts of his time aboard Skeena, the Battle of the Atlantic, and his impressive naval career in his biography entitled *A Sailor's Life*.

DND CIVILIANS - GET YOUR FREE FLU SHOT!
 Pre-register: Justine.Noordyk@forces.gc.ca by Nov. 27.

BARNES HARLEY-DAVIDSON
Steeve Lesperance, MMM, CD
Motorcycle Sales Consultant
 Barnes Harley-Davidson, Victoria

www.barneshd.com
 steeve@barneshd.com
 250-516-2024
 2940 Ed Nixon Tce, Victoria

ASK ME ABOUT THE MILITARY / VETERANS DISCOUNT

CREATIVE SOLUTIONS THAT PROVIDE RESULTS

Services We Offer

- Web Development
- SEO/Social Media
- SharePoint Training
- Content Creation
- Business Consulting
- Adobe CC Training
- Graphic Design
- Microsoft Training
- And much more
- MS Project Training

3450 Uptown Boulevard,
 Suite 323, Victoria, BC V8Z 0B9
 250-508-5774

manny@viwproject.com
 www.viwproject.com

First Responders & Military: \$19.00 Every Day!

Sullivan's BARBER SHOP

Seniors and Kids 12 and under Regular \$21
\$17.00

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

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

CANADA'S ULTIMATE STORY SPECIAL OFFER—HALF PRICE!

FEATURED REMEMBRANCE ISSUE

Bringing the stories of Canada to life like never before.

Each premium *Canada's Ultimate Story* issue is filled with captivating stories of Canadian events, fascinating people from our earliest days to present times and dozens of little-known facts relating to our great country.

Choose from **25+** special issues

SAVE 50%
 All back issues are half price!

JOHN McCRAE and the Battles of FLANDERS
 DOCTOR AND POET | WRITING "IN FLANDERS FIELDS" | THE POPPY'S LEGACY
 WITH A TRIBUTE BY Stephen Leacock

John McCrae and the Battles of Flanders—doctor, gunner and poet—was shaken by the battlefield death of a friend in May 1915, and wrote the poem "In Flanders Fields" in tribute. The poem took on a life of its own and remains a renowned symbol of remembrance.

Each 100-page, oversized, keepsake issue is filled with intriguing and compelling stories, rarely-seen photography and breathtaking illustrations.

REG. PRICE \$14.95-\$16.95 On sale from only **\$7.47** each + taxes and shipping

Use coupon code: **LOOKOUT50** at checkout* *Coupon expires Dec. 9, 2020

EXPERIENCE A PIECE OF CANADA IN EVERY ISSUE! VISIT **CANVETPUB.COM** TODAY.

SHOP canvetpub.com TOLL-FREE **1-844-602-5737**

CANADA'S ULTIMATE STORY

AN EVOLUTION UNLIKE ANY OTHER:

TRANSFERRING ESSMS IN THE TIME OF COVID-19

Captain Chelsea Dubeau
HMCS Winnipeg PAO

The morning of Aug. 31 was a hot one in Pearl Harbor. The Combat Systems Engineering Officer aboard *HMCS Winnipeg* stood on the flight deck, ready to give a safety brief. Another successful Rim of the Pacific (RIMPAC) exercise had just wrapped, where *Winnipeg's* Combat Systems Engineering (CSE) department figured quite significantly in the many gunnery exercises that took place.



Lieutenant (Navy) Julien St-Aubin led the Combat System Engineering department in transferring two empty Evolved Sea Sparrow Missile canisters and embarking three Warshot ESSMs while in Pearl Harbor.

For Lieutenant (Navy) Julien St-Aubin, the coming CSE evolution had been months in the making and it was not like any other he had done. In fact, on that day his team did something that hadn't been done in many years: led the evolution of transferring two empty Evolved Sea Sparrow Missile (ESSM) canisters and one spare Telemetric ESSM from *Winnipeg*, and embarked three Warshot ESSM from *HMCS Regina*. The ammunition transfer was part of *Winnipeg's* preparations in advance of its deployment on Operation Projection-Neon.

Ammunition safety protocols in normal times

Ammunition safety protocols, including the regulation of procurement, storage, transportation, inspection, maintenance, authorized modification, issue, use, and disposal of all ammunition and explosives with the Department of National Defence and the Canadian

Armed Forces are managed through the Director Ammunition and Explosives Regulation (DAER). What this means is that under normal circumstances *Winnipeg's* CSE team would only play a supporting role to the subject matter experts identified by DAER, who would be on-site in Pearl Harbor and led the transfer, comprised primarily of Canadian Forces Ammunition Depot (CFAD) Rocky Point staff.

"The Royal Canadian Navy's ship staff members haven't been in command of this type of evolution for decades," said Lt(N) St-Aubin.

COVID-19 times, a little different

But the circumstances at play were anything but normal.

Due to COVID-19 restrictions, flying CFAD staff out to Hawaii to oversee the missile re-arm, as is typical, was impossible.

"As the Pacific Fleet was directed to honour our commitment to participate in RIMPAC during a global pandemic, knowing most if not all auxiliary support would become a struggle, ship's staff were asked to conduct staff checks in order to support the potential

missions mandated to *Winnipeg*," said Lt(N) St-Aubin. "This prompted me to liaise with both the CSEO of *HMCS Regina* and CFAD staff to find out if *Winnipeg's* ship's staff could potentially load missiles ourselves.

"CFAD staff provided a lot of additional training and mentorship to both myself and my Fire Control Technicians; from understanding the composition of the ESSM canisters – including areas of concerns such as hard points for transport and inspection of the various connections – to key observations for the installation onboard HMC ships, which are crucial for system operability."

CFAD staff walked *Winnipeg's* CSE team members through several missile embarkations until they were ready to setup, crane aboard, and install several ESSM canisters themselves.

"CFAD staff wanted to ensure that not only did we install the canisters correctly by following their meticulous procedures, but also that we did it with safety in mind. There are many moving parts and personnel involved in the manipulation of the canisters themselves," said Lt(N) St-Aubin. The safety brief was delivered and Lt(N) St-Aubin's team set to work as the three canisters were first craned off of *Winnipeg*. It

was meticulous and intensely focused work, and once *Winnipeg's* canisters were off and secured for transport, the team moved over to *Regina's* jetty, just a short RHIB ride away. Time to get the Warshot ESSMs.

Helping to oversee the evolution was Chief Petty Officer Second Class (CPO2) Nels Jensen, a member of Sea Training Pacific who had been on board *Winnipeg* since the ship departed Aug. 1. *Winnipeg's* Intermediate Multi-Ship Readiness Training (IMSRT) program had been overlaid with RIMPAC, but on that day CPO2 Jensen wasn't there to evaluate a sea training exercise.

"In terms of this specific evolution, we're representing the Formation Ammunition Inspector to make sure that the ship is operating in accordance with safety and policy," said CPO2 Jensen. "So it's less about the sea training piece, and more about the safety piece."

The Warshot ESSMs were successfully craned off *Regina*; back at *Winnipeg*, they were craned on board. The transfer was complete.

Will this evolution be repeated

Even though this was a temporary capability, its training value cannot be underestimated.

"Our ability to do these things and adapt, like being able to transfer ESSM

without the support of other units, is a good example of how our technicians can quickly learn a skill and then put it into place and make it happen safely," said CPO2 Jensen.

Will this evolution be repeated? It will depend on COVID-19 mitigation measures in the future.

"We might have to do this again," said CPO2 Jensen. "And *Winnipeg's* CSE team will have expertise to lend support to another ship that may have to do it."

Throughout the evolution, from the planning right up to the execution, there were hurdles to be jumped and obstacles to overcome.

"We are constantly challenged with new problems to solve," said Lt(N) St-Aubin. "Understanding the task and the desired end state is key, while always ensuring that safety is maintained. We've had to be adaptive and flexible."

Winnipeg is deployed to the Asia-Pacific region on Operation Projection to conduct forward naval presence operations from September to December 2020. While deployed in the region, *Winnipeg* will also operate under Operation Neon, Canada's contribution to a coordinated multinational effort to support the implementation of United Nations Security Council sanctions imposed against North Korea.



"OUR ABILITY TO DO THESE THINGS AND ADAPT, LIKE BEING ABLE TO TRANSFER ESSM WITHOUT THE SUPPORT OF OTHER UNITS, IS A GOOD EXAMPLE OF HOW OUR TECHNICIANS CAN QUICKLY LEARN A SKILL AND THEN PUT IT INTO PLACE AND MAKE IT HAPPEN SAFELY."

– CPO2 JENSEN

Follow Naden Band's Facebook page to see this year's Christmas concert live on Dec. 19.

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 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

WESTSHORE U-LOCK MINI STORAGE

MILITARY DISCOUNT OFFERED



- ✓ Residential and Commercial storage
- ✓ Award winning, modern facility
- ✓ Individually alarmed lockers
- ✓ Easy monthly rentals
- ✓ Heated lockers
- ✓ Easy access

1621 Island Highway, 250-478-8767

selfstorage.ca

Honouring those who served.

Lest we forget.



Laurel Collins
MP for Victoria

1057 Fort Street,
Victoria, BC, V8V 3K5

Laurel.Collins@parl.gc.ca
250-363-3600

NDP

Facebook: /CollinsLaurel
Twitter: @Laurel_BC
Instagram: @laurelndp



Members of Fleet Diving Unit (Atlantic) will be supporting the Christmas Daddies Telethon and giving back to their community during the annual Navy Divers' Run on Dec. 5.
Mona Ghiz, MARLANT PA

FDU(A) gears up for Christmas Daddies

Ryan Melanson
Trident
Newspaper



Members of Fleet Diving Unit (Atlantic) are getting set to continue a long-running tradition that focuses on fitness, camaraderie, and giving back to the community.

Despite the continuing challenges presented by COVID-19, the annual Navy Divers' Run in support of the Christmas Daddies Telethon will still be taking place this holiday season.

FDU(A) personnel will run 50 kilometres on Dec. 5, completing laps around the unit's main building in Shearwater, rather than taking the event out into the community as usual.

"There are a handful of activities we do as a unit that really mean a lot to us and that we wanted to hold on to this year. This is one of them; so, we came up with some responsible ways to make this event happen," said LCdr Neville Lockyer, FDU(A)'s Commanding Officer.

"We've been working hard to find ways to do our jobs in the face of COVID and accomplish all that we would normally accomplish, while still abiding by all the risk mitigation measures and staying safe. As divers, we have no problem facing a challenge, and this is just another challenge."

With the divers staying close to their home base for the run, they also had to think outside of the box in terms of donations, and reaching members of the community to encourage them to contribute to the

fundraiser. The unit has established a Go Fund Me page for donations and will be doing the majority of canvassing virtually.

Since first getting involved with the telethon in 1983, the men and women of FDU(A) have brought in more than \$313,000 in donations through the Navy Divers' Run. Previous iterations have taken place through the streets of Halifax to Truro, and even across Halifax Harbour as a swimming event.

"We're an extremely busy group of people, but this is one of the ways each year that we can come together, do something good for others, and have some fun and enjoy the camaraderie at the same time," LCdr Lockyer said. "It's a great event for us. It's a worthy cause, we're helping out families and kids, and it feels good to be involved, so we wanted to make sure we could continue that this year."

Money raised for Christmas Daddies is used to provide toys, gifts, food, and other items for less fortunate children in the Halifax area, with distribution handled by The Salvation Army. According to the organizers, the telethon was able to help 14,000 Maritime children with funds raised from last year's event.

To support Christmas Daddies and the Navy Divers' Run, visit <https://ca.gofundme.com/f/navy-divers-50K>.

The 57th Annual Christmas Daddies Telethon will be broadcast on Dec. 5 from 11 a.m. to 6 p.m. on CTV, with a livestream on the web at <https://atlantic.ctvnews.ca/>.

"There are a handful of activities we do as a unit that really mean a lot to us and that we wanted to hold on to this year. This is one of them."
LCdr Neville Lockyer, FDU(A) Commanding Officer



BASE ADMINISTRATION'S Charity Champion S1 Barkauskas

National Defence Workplace
Charity Campaign (NDWCC) Representative



2Lt Jamie Boparai Base Administration

It's no surprise when the National Defence Workplace Charity Campaign (NDWCC) kicks off each year. But what was surprising this year was the environment that it had to operate under.

Even so, when tapped on the shoulder by the Base Administration's Executive Officer, Sailor First Class Barkauskas jumped at the opportunity to represent the unit as the NDWCC Representative.

"I knew it was going to be challenging this year with COVID-19. But I wasn't going to be persuaded from taking up the challenge."

He even upped the ante

with a \$5,000 fundraising goal.

The NDWCC is a yearly campaign, running from October to January, held on all bases across the country to raise money for various charities.

"One of the benefits offered by NDWCC is the ability to ensure your donation goes to the charity of your choice," explains S1 Barkauskas. "There are hundreds of organizations that are able to receive donations through the NDWCC and this lets members choose a charity or a cause that means something to them on a personal level."

He is the point of communication between the NDWCC organization, the command team, and

his seven sectional representatives within Base Administration.

"I ensure our sectional reps are current with ongoing events, campaign information, canvassing efforts, and tracking donations. We have a great team this year and they are helping make it a lot fun."

While the NDWCC offers an online service to donate through e-transfers or deductions directly off payroll, generally, a large portion of donations come from fun and creative events organized by the unit and section reps.

"Unfortunately, COVID has made this year's fundraising efforts much more challenging. Ideas that may have been successful in

other years are sometimes not viable because of provincial health restrictions and physical distancing measures. Parties, socials, and bake sales are just not practical this year."

While some might see this as daunting, S1 Barkauskas and his team were excited about the possibilities of trying new and unique tactics.

"I worked with our sectional reps to create new ideas and fun ways to raise money. We did a 50/50 raffle and auctioned off the Coxswain's parking spot, both of which were very successful. We were even able to get permission for members to donate to get nail and facemask chits."

These chits allow mem-

bers to temporarily stray from the dress regulations and paint their nails in unique and fancy patterns, as well as wear a face covering of their choice with interesting and colorful designs.

Unsurprisingly, Base Administration has blown past their goal of \$5,000 with time still remaining in the campaign.

"One thing that continues to surprise me is our members' enthusiasm to help the cause. People are constantly coming to me to bring new ideas and volunteer their time to organize events and help track donations."

S1 Barkauskas is employed as part of the unit's Basic Training List

while he waits for his Weapons Engineering Technician trade training.

"I joined in 2011 as a Hull Tech, but with the amalgamation of the Electrician and Marine Engineer trades [now called Marine Tech] I thought I would try something new."

His former trade is specialized in mechanical systems maintenance and operations while his new trade is focused on the combat systems on board ships.

"I am excited to begin my training in the New Year," say S1 Barkauskas. "But at the same time I am pleased to have been selected to help organize and run such an important campaign while I wait for my training."

Sparkling Hill
RESORT

Canadian Forces CFOne Perks at
Sparkling Hill Resort

Exclusive *Canadian Forces CFOne* Perks for overnight stays this
November and December.

Rates starting at \$213 per night midweek (Sun - Thurs) and
\$231 per night on weekends (Fri & Sat).

PROMO CODE:
CFONE

Located in the heart of B.C.'s Okanagan Valley.

Contact our Reservations Team at:

1-877-275-1556

reservations@sparklinghill.com

or use promo code *CFONE* when booking online at www.sparklinghill.com

Naden Band keeps Christmas Concert alive

Peter Mallett
Staff Writer

The show will go on for the Naden Band of the Royal Canadian Navy and their 42nd annual Christmas Concert.

Despite the cancellation of numerous holiday events across Victoria, the 34 full-time military musicians will continue their traditional fundraiser to benefit the Salvation Army Toy Drive. But instead of performing in front of sold out crowds at the iconic Royal Theatre, their festive musical montage will be recorded at the Chiefs and petty Officers' Mess and will be broadcast on CHEK TV Dec. 19 at 8 p.m. The concert can also be seen on the Naden Band and Salvation Army Facebook pages, and can be found later on YouTube.

"Our annual concert is a huge event for us and a highly popular one on Victoria's social calen-

dar," said PO1 Matthew McCrady, Naden Band Operations and Production Manager. "The band is trying to preserve as many traditions as possible and add a dose of normalcy to an extraordinarily abnormal year."

Their performance is being filmed by local production company Roll. Focus. Productions, who recently filmed online performances by the Victoria Symphony. PO1 McCrady noted that the band and its contractors have adapted the program to feature its small ensembles to adhere to physical distancing and all other provincial regulations.

The musical line-up includes a selection of traditional Christmas carols, multi-cultural songs, including an Israeli song for peace, and a performance by the Drum Group that combines Naden Band members with personnel from the Defence Aboriginal Advisory Group.

"Even though our audience can't be physically present with us this year, we really want to recreate the atmosphere and energy of a live show so that it feels like they're there with us," said PO1 McCrady. "When we perform we draw on the energy of the audience during our performances and that often pushes us to new places in our music making."

The annual concert also serves as a toy drive for underprivileged children, with concert goers dropping off toys at admission. Since people can't donate toys at the concert this year, the band is encouraging people to donate at the CHEK Christmas Drive-Thru event on Douglas St., Dec. 9 to 11 from 4 to 8 p.m. and Dec. 12 from 10 a.m. to noon.

More information about the concert and how to donate will be shared through Naden Band, CHEK TV, and Salvation Army social media.



Naden Band Christmas Concert at the Royal Theatre in Victoria in 2016.
Photo by Cpl André Maillet, MARPAC Imaging Services

There's a new FREE text-based support for all CAFkids in Canada.

Text CAFKIDS to 686868

Nous avons un nouveau service par texto GRATUIT pour les jeunesFAC au Canada.

Texte JEUNESFAC à 686868

Parents

Share the info with your kids.

Partagez l'info avec vos enfants.



Virtual Doctor Support for Military Families.

Need a safe and effective way to access routine healthcare from the comfort of your home?

Access Maple doctors virtually at the link below. Free for all dependents of CAF members living in Canada.

www.getmaple.ca/militaryfamily



Developed in partnership with Kids Help Phone



LOCKHEED MARTIN



Bravo Zulu

Awards and Presentations

Presented by Capt(N) Sam Sader, Base Commander Nov. 19.

Photos by S1 Mike Goluboff, MARPAC Imaging Services, Esquimalt



Chief Petty Officer Second Class Susan Frisby, accompanied by son Jaxson Frisby, is awarded the Clasp Bar to the Canadian Forces Decoration (CD1).



Acting Sub-Lieutenant Zhao Li is awarded the MARPAC Bravo Zulu Certificate of Achievement.



Petty Officer Second Class Josee Sulyma, accompanied by a family member, is awarded the Canadian Forces Physical Fitness Award for Aerobic Excellence Certificate.



Lieutenant-Commander (Navy) Judith Harlock receives the Base Commander Bravo Zulu Certificate of Achievement.



Corporal Justin Harris is awarded the Base Commander Bravo Zulu Certificate of Achievement.



Anna Yang, accompanied by friends, is awarded the Base Commander Bravo Zulu Certificate of Achievement.



Chief Petty Officer Second Class Marc Grimard is awarded the MARPAC Bravo Zulu Certificate of Achievement.



Petty Officer Second Class Justin Morrison is presented the certificate of Duties and Responsibilities of a Petty Officer following his promotion.



Corporal Patrick Bain, accompanied by family members, is awarded the Base Commander Bravo Zulu Certificate of Achievement.



Nicholas Prozorovsky-Halsall, accompanied by Raymond Halsall, is awarded the MARPAC Bravo Zulu Certificate of Achievement.



PO2 Justin Morrison, accompanied by a family member, is promoted to his current rank.

Bravo Zulu

Awards and Presentations



S1 Alexi Chirkov is promoted to his current rank by Cdr Colleen O'Brien, CAF Transition Unit BC Commanding Officer.



PO1 Tracy Dickerson, from Personnel Coordination Centre (Pacific), was awarded the Special Service Medal for Operation Reassurance and Exercise Resolute Response by Cdr Benjamin Seaby, Commanding Officer PCC(P).

Naden Band Spirit of Excellence Award

Photos by S1 Kendric C.W. Grasby, Canadian Armed Forces

Captain (Navy) Martin Drews, Commanding Officer Fleet Maintenance Facility Cape Breton, speaks on charity efforts at Fleet Maintenance Facility Cape Breton.



Major Gord Keyser is presented with the Naden Band Spirit of Excellence Award by Lisa Arora, United Way of Greater Victoria (UWGV) Board Member, with Capt(N) Drews and Dave Ramsey (left), Director, Donor and Partner Relations for UWGV.

Bravo Zulu

Naval Fleet School (Pacific) Awards

Cdr Annick Fortin, Commander Naval Fleet School (Pacific), handed out certificates to the graduates of Sonar Op RQLS 5's Course 0004 on Nov. 17.



S1 Jake Baxter



S1 Rafuse



S2 Wyatt Fehler



S1 Roy



S2 Nichelle Collett



S2 Joel Michaud

LOOKOUT Classifieds & Real Estate

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

REAL ESTATE FOR RENT

BRIGHT BACHELOR

Large, bright bachelor basement suite. Nice and clean with new rug, living room, dining room, and bedroom. Full kitchen with hot plate, separate entrance, parking in a driveway for 1 car. \$900 a month all inclusive. Nonsmoker and no pets.
Email islandbc1977@gmail.com or call 250-920-6739.

LARGE HOME

Unfurnished 4 bedroom family home situated on a quiet street in View Royal and only minutes from the ocean, shopping, schools and bike trail. Large sunny lot and a wonderful neighborhood. Full walk out basement with two 3-piece bathrooms. Available Feb.1, 2021. \$3,000 a month rent, does not include utilities. Tenant is not expected to do yard maintenance. C
Contact me at c.chernoff.3@gmail.com.

AVAILABLE DEC. 15

Saxe Point walking distance to dockyard, 3 Bedroom 2 bathroom upper flat, full dining room, living room with gas fireplace, washer and dryer, large wrap around deck, ocean view, parking for one car, on Munro Street bus route, pets okay with pet deposit negotiated, NO smoking; tenant leaving Nov 30th, will be painted throughout and ready to move in for Dec 15th. Rent \$2,350 plus utilities.
Text 250 213 9744

ITEMS FOR SALE

- Singer Sewing Machine with Embroidery options, excellent condition: \$250
- Centre Table - 40" x 20" - strong iron frame with design and glass top: \$100 OBO
- Dome Camping Tent - sleeps 8, like new - hardly used: \$100 OBO
- Black & Decker Work Bench: \$50 OBO
- Professional's Rolling Mop Bucket with wringer: \$40 OBO
- 1975 Honda CB500T Motorcycle: \$2,000 OBO
- Aquos Sharp 45" Flat Screen TV: \$300 OBO
- Original Oil Paintings by local artist, small 17" x 21"; large 36" x 46" framed to match: \$100 to \$500
- 2 Lazy Boy High Chairs dark brown with light shade cushions: \$40 each OBO
- T.V. Stand - 3 shelves glass - 52" x 23" x 18": \$60
- Queen size mattress with iron frame - hardly used - like new: \$300
- Queen size mattress with box spring - hardly used - like new: \$300
- Reclining patio chairs with sun shade (hood) for sun protection - folding for easy stacking or traveling when camping: \$30 each
- 2 Revolving bar chairs - steel frame - cushioned - with Backrest: \$40 each
- 2 tennis racquets - Wilson - hardly used: \$30 each

To view call: 250-588-5767



LOOKOUT is your award winning community newspaper!
LookoutNewspaper.com

Lookout Online is thriving. Join us for daily news, advertiser's specials and news releases.

www.lookoutnewspaper.com

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

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



THERE ARE OVER 1000 FOSTER CHILDREN ON VANCOUVER ISLAND!

Foster homes are needed!

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

fosterhope.ca

COVID-19 UPDATES FOR CFB ESQUIMALT

GO TO:
LOOKOUTNEWSPAPER.COM/COVID-19



MORTGAGE CONSULTANT



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

SERVICES OFFERED

VICTORIA PREGNANCY CENTRE

Free Services Include:

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

250-380-6883

#112 - 826 North Park Street | info@victoriapregnancy.org | www.victoriapregnancy.org

REDUCE THE SPREAD OF COVID-19. WASH YOUR HANDS.

1-833-784-4397
[@canada.ca/coronavirus](https://canada.ca/coronavirus)

Public Health Agency of Canada / Agence de la santé publique du Canada



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