

MARITIME FORCES PACIFIC

# ACTIVITY GUIDE

A Program Resource for the Defence Community of CFB Esquimalt



The Maritime Forces Pacific Activity Guide is a comprehensive book on all fitness, sports, recreation, health, children, family and other morale and welfare programs available to the DND community. It has a distribution of 3,500 copies, and is produced three times a year.



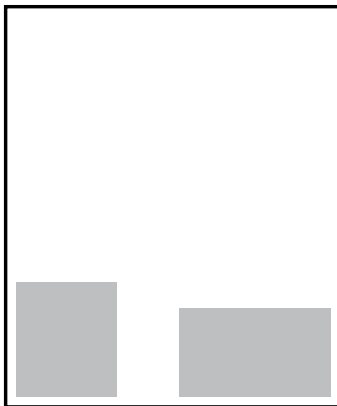
## RATE CARD SPRING 2020

Prices include layout, artwork and typesetting. A proof will be submitted to the advertiser for final approval. \* Prices do not include GST. **A signed ad insertion order is required.**

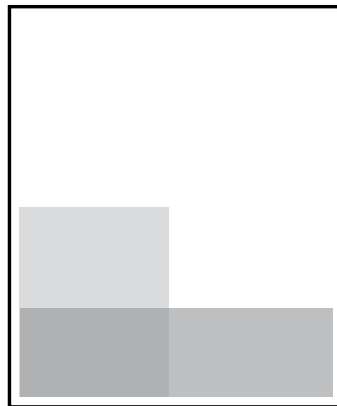
### BOOKING & ART DEADLINE March 6, 2020

Note: ads must be completed by March 16, 2020.  
Guide is distributed April 6, 2020.

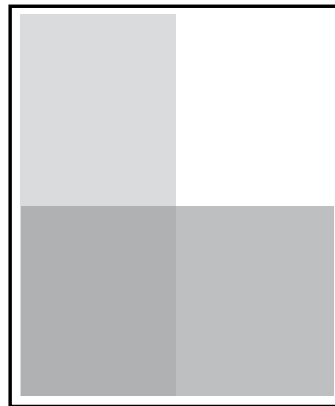
Glossy pages - Inside front, inside back & outside back	
Half Page	\$650
Qtr. Page - H/V	\$450
Full Colour Inside	
Full Page	\$700
Half Page	\$500
Qtr. Page - horizontal	\$300
Qtr. Page Banner	\$300
Half banner	\$200
Directory	
2.25" w x 2.75" h	\$125



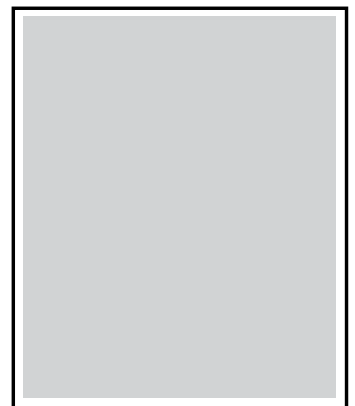
Directory • 2¼" x 2¾"  
Half Banner • 3½" x 2¼"



Qtr. Pg - Vert. • 3½" x 4½"  
Qtr. Pg - banner. • 7¼" x 2¼"



Half Page - Vert. • 3½" x 9½"  
Half Page - Horiz. • 7¼" x 4½"



Full Page • 7¼" x 9½"



CFB Esquimalt - PO Box 17000, Stn Forces, Victoria, B.C., V9A 7N2  
Fax: (250) 363-3015

[www.lookoutnewspaper.com](http://www.lookoutnewspaper.com)

To book your ad contact:  
**Melissa Atkinson**  
[melissa.atkinson@forces.gc.ca](mailto:melissa.atkinson@forces.gc.ca)  
**250-363-3372**