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Volume 63 Number 2 | January 15, 2018

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## Minister Visit

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Minister of Veteran Affairs, Seamus O'Regan visited Victoria last Monday, meeting with Rear-Admiral Art McDonald, Cmdre Marta Mulkins, and Capt(N) Clive Butler before heading off to the Integrated Personnel Support Centre. Later in the day he toured Veterans Affairs Canada where he met Jim Macmillian-Murphy from the Peacekeeping Veterans Association, pictured above.



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### Peter Mallett Staff Writer

As the last days of the workplace charitable campaign approach the Defence Team is being presented with what might be the ultimate test of military skill and public service expertise: A 'friendly' game of dodgeball.

Military and civilian employees are encouraged to showcase their best marksmanship, evasiveness, battlefield tactics, and diplomacy skills on Jan. 18 at the Naden Athletic Centre lower gymnasium between 11 a.m. and 1 p.m. Participation is by donation.

"There's a tradition in a number of cultures that the New Year marks an opportunity to air grievances, up to and including organized boxing," says James Vassallo, Base Public Affairs and event organizer. "While that may be a bit extreme for us, this is a great way to work out post-holiday stress, refresh our community going forward, and help out an organization - the Canadian Cancer Society - that works tirelessly on an issue that impacts every one of us."

Competition rules are simple and will work much like the game many people played as children. Players will be divided into two teams at opposite ends of the gymnasium floor. If a person gets hit with the ball, they are out; if a person catches a ball thrown at them or a teammate by an opponent, the person throwing the ball is out. The first team to get all of the opposing teams players out is declared the winner.

Last year donations enabled the Canadian Cancer Society to support 60 research projects in B.C., investing almost \$6.5 million. Recent statistics from the B.C. and Yukon chapter of the Canadian Cancer Society indicate the wide-reaching impact of the disease with an estimated 10,300 people in B.C. dying of cancer and 25,400 new cases diagnosed.

"It may seem a bit discordant to use something so silly, in the case of dodgeball, to tackle something so serious," says Vassallo. "But I've had family members diagnosed with cancer and my experience has been that it is the fun and silly things that help you get through the tough spots."

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# Pacific Fleet Club set to relocate

**Peter Mallett**  
Staff Writer

The Pacific Fleet Club has been home to the Junior Ranks Mess for the last four decades but will be closing its doors later this year due to structural concerns.

Located at the top of Lyall Street, the iconic seaside building currently serves as the primary social hub and gathering spot for over 1,200 non-commissioned sailors, soldiers and aviators.

The impending closure comes following the release of an engineering report in March 2016 that revealed flaws in beams that support the ocean-side portion of the building, estimating repairs to be upwards of \$8.5 million.

The decision to move the club was announced in a base-wide email by Captain (Navy) Jason Boyd, Base Commander, just ahead of the holiday break.

Capt(N) Boyd indicated the current building will continue to operate as the Junior Ranks Mess until its closure in late 2018, at which point Naden Building 40 will become

the temporary home of the Pacific Fleet Club.

"This move will be made in the interest of the safety and well-being of all club users, combined with the desire to be fiscally responsible, as the cost of repairs and maintenance to the existing facility have been found to be prohibitive," said Capt(N) Boyd.

He also noted the importance of the Pacific Fleet Club to the "morale and culture of the Canadian Armed Forces" and said options for a permanent replacement home are currently being considered.

Forty-two years ago the Club opened with its spectacular view of the Strait of Juan de Fuca and Olympic Mountains. The venue's two main rooms, the Okanagan Lounge and Bonaventure Room, can accommodate up to 325 guests.

It has been the primary spot for junior ranks and guests to unwind after work and on weekends, and over the years it has hosted events such as town hall meetings, conferences and seminars, weddings, dances,

musical performances, and the regular screening of major sporting events.

President Mess Committee, Master Seaman Daniel Clarke says the existing building will continue to serve that function for the foreseeable future, but they are no longer booking large events such as weddings and other private ceremonies due to uncertainty over the timeline of the move.

Naden Building 40, located behind the CFB Esquimalt Naval and Military Museum, currently serves as headquarters for three units including the Joint Personnel Support Unit. MS Clarke says the temporary home will be

slightly smaller and more intimate than its predecessor.

"The venue won't hold as many people as our current home, but we will likely see an increase in attendance because of its location," he said. "Several of our junior ranks either live or work on the Naden side of the base, and many people will now see the new venue as a closer and more convenient place to have a lunch break or to meet with friends."

The building will be re-worked to include a patio area, media room, and lower bar. Several items from the Lyall St. location, such as the Fleet Club's quartz-top bar and furnishings, art work, and historical artifacts will be moved to the location.



## FORCE drop-in testing ceases

PSP

As of Jan. 22, Personnel Support Programs (PSP) will no longer be accepting drop-in participants for FORCE testing.

FORCE testing, unlike other CAF Fitness Evaluations, is not conducive to allowing drop-ins due to the evaluation protocol.

Rest times set by FORCE testing protocol are stretched when there are more people than what PSP can accommodate, leading to unfair advantages and

disadvantages across the board.

In addition to this, PSP bases staffing levels off of the number of registered participants, and struggles to accommodate large influxes of drop-ins.

Each unit should have their own FORCE Test Coordinator, who takes on the role of booking members, and PSP encourages units to have a 2IC for this tasking.

Should a unit need to set up an IC or 2IC with access, they can contact PSP at either 250-363-4485 or 250-363-4412.

If a member is deploying and there are no open test spaces available, the unit is to contact the PSP Fitness Coordinator, Alyssa Jesson, at 250-363-4495. These circumstances will be assessed on a case-by-case basis, and the member/unit will be required to show the appropriate documentation (DAG sheet) in order to process the request.

If people have any questions, or would like a copy of the memo, please contact Fitness Coordinator Alyssa Jesson: alyssa.jesson@forces.gc.ca.

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# matters of OPINION

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## WHAT SAY YOU

### People Talk

As fierce winter storms and cold snaps continue to plague Central and Eastern Canada, Lookout asked military and civilian employees here the following question:

*What was the coldest winter weather experience you've ever endured?*



I'm originally from Hamilton, Ontario, but in 2004 I was posted to Cold Lake, Alberta. I spent two bone chilling years there and when they say "it's bitterly cold" in Cold Lake they mean it. I can remember it snowing in June on more than one occasion.

**Petty Officer Second Class  
Jennifer Ross, IPSC**



I was born and raised in Victoria but moved to Petawawa, Ontario, to work at the base there. Learning how to drive on snow-covered, icy or frozen roads was a frightening experience, and after lots of practice I truly learned how dangerous and unpredictable winter weather can be.

**Rita Hunt,  
CPOs Mess Manager**



We were living in Jasper, Alberta, when I was very young and one day it was so cold my six-year-old sister got her tongue stuck to a gate. It froze right to the post and she couldn't get it free until we put warm water on it to get her un-stuck.

**Christine Crawley,  
Security Commissionaire**

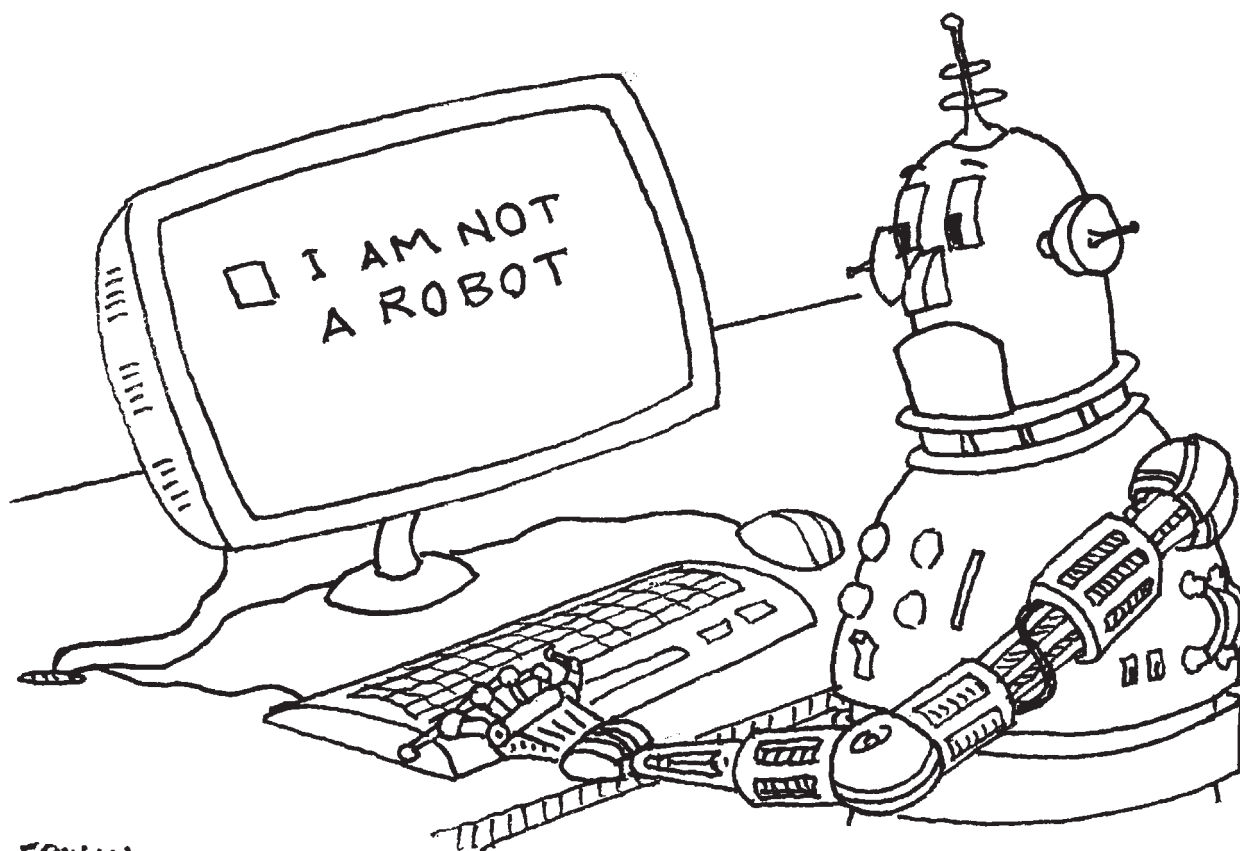


I'm from Hay River in the Northwest Territories and one day it was so cold it got down to -52 degrees Celsius, but with the wind chill it was -62. The cold was so bad people wouldn't set foot outside.

**Master Seaman  
Brandon Starcevic,  
Formation Augmentation Pacific**

Send your coldest winter story to melissa.atkinson@forces.gc.ca for publication in the next issue.

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# Reservist strides to help sick kids

**Peter Mallett**  
Staff Writer

A reservist is rallying the support of the running community around her cause: pounding the pavement to assist critically ill children.

Second Lieutenant Yana Hempler, a passionate member of the fitness community who works as a Logistics Officer with 39 Service Battalion, launched her new charity Run4Dreams late last year to provide financial assistance for sick children and their families.

This runner's charity is one with a unique twist. Monies are not raised the traditional way, through pledges in a formal race.

Instead, participants register, run five-kilometres on their own time, and record their results online.

"In a physical race, everyone has to be in one place at one time, so it really limits the amount of people you can get involved," said 2Lt Hempler. "In a virtual race, you get to run your own race at your own pace and time it yourself, or you can also submit your results from a local race."

In mid-October, Run4Dreams held their first-ever virtual race. It raised \$400 with 32 competitors in four Canadian cities paying registration fees of \$24.99 to take part.

"We had good feedback on the first Run4Dreams event and we are now in the growth stage and our registration is starting to pick up," she says.

Top finishers receive recognition in the form of bragging rights and cash prizes. Great swag, as well as draw prizes such as donated athletic equipment or gift certificates and race entries to other local events are also available to random entrants, she adds.

Funds raised by Run4Dreams go to support the Help Fill A Dream Foundation, a non-profit that provides financial assistance and care for children under 19 suffering from life-threatening illnesses and their families.

Helping others in need is nothing new for the 27-year-old who grew up in Grande Prairie, Alta., and began volunteering for her town's soup kitchen and her school's recycling program at the age of 11. More recently 2Lt Hempler has volunteered for

events to benefit Mustard Seed, BC SPCA, Recreation Integration Victoria, and Wounded Warriors Canada. In addition to working a full-time civilian corporate job, she still manages to find time to volunteer.

When she suffered a knee injury in the first half of 2016 that kept her out of the local race circuit, she decided to channel her energy towards helping others during her down time from running.

The concept for Run4Dreams came to her in August 2017 during a daily training run on the trail that encircles Victoria International Airport.

"I'd seen virtual races starting to emerge in the United States, but at the time I hadn't seen any in Canada and wanted to organize one," she says.

Her concept took flight and she has since recovered from her injury and returned to competitive running, regularly covering half-marathon (21 kilometre) distances when she trains. On Jan. 7 she competed in the Harriers Pioneer 8k Race in Saanich and finished 37th overall in a field of 221 women.

The former high school track



**Second Lieutenant  
Yana Hempler**

and field and cross country running champion is a regular competitor in the Vancouver Island Racing Series and has completed six marathons including the Boston Marathon.

While she is confident she can catch the attention of more seasoned runners with Run4Dreams, she also wants to entice beginners and those with no competitive running experience to participate.

Registration is well underway and regular-priced registration (\$27.99) ends on March 15. Late registration ends on March 31 and the final result submission deadline is April 15. Group discounts are also available. For more information or to register visit the website [www.run4dreams.com](http://www.run4dreams.com)



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**Calling all Marchers**



The 2018 Nijmegen International March will take place in the Netherlands July 17-20.

A Joint Task Force Pacific contingent of 11 military volunteers will be assembled to reflect a diversity of units, ranks, trades, environments and gender.

Teams must complete the four day 160km (4 x 40km) march in CADPAT carrying a minimum rucksack load of 10 kg.

Interested volunteers are encouraged to attend an information brief at 9 a.m., Jan 26 in the MSE Theatre at NFS(P), building N92. Team training will start Feb 22.

For further information contact:  
Lt(N) Haley van Poorten, Tel: 250-363-2614

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# Steel cut on Max Bernays - Arctic and Offshore Patrol Vessel

**Ryan Melanson**  
Trident Staff

The Royal Canadian Navy (RCN) and Irving Shipbuilding marked another milestone on the road to building Canada's future naval fleet on Dec. 19, when officials gathered at Irving's Marine Fabricators facility in Dartmouth, Nova Scotia, to cut the first steel to be used in construction of the future HMCS Max Bernays.

Officials from Irving and senior RCN leaders were on hand, as well as Public Services and Procurement Minister Carla Qualtrough.

The ship will be named after Chief Petty Officer Max Bernays, a Canadian naval hero from British Columbia, known best for his time as Coxswain of HMCS Assiniboine during the Battle of the Atlantic.

CPO Bernays famously manned the helm by himself under heavy fire



from German submarine U-210 in August of 1942, surrounded by smoke and flames. He ordered his junior sailors to safety and sent more than 100 telegraph orders to the engine room while executing all helm orders on his own, maneuvering the ship in position to ram and sink the enemy boat after a long and extremely hard-fought operation, during which Assiniboine lost one sailor and 13 others were wounded.

He was awarded the Conspicuous Gallantry Medal by the British Admiralty.

Each ship of this class is being named after individuals who exhibited outstanding leadership and heroic service during wartime, and CPO Bernay's story is one that fits squarely within that criteria, making this a good opportunity for the navy to name a ship after an NCM for the first time.

To mark the occasion, a group of non-commissioned sailors from various ranks and trades across the Maritime Forces Atlantic formation, led by HMCS Harry DeWolf Coxswain CPO1 Gerry Doucet, and Formation Chief CPO1 Pierre Auger, were

also in attendance as the first steel was cut for HMCS Max Bernays.

The ship will be the third of the Harry DeWolf-class Arctic and Offshore Patrol Vessels being built for the RCN by Irving Shipbuilding in Halifax, with HMCS Harry DeWolf set to be delivered in 2018, followed soon after by HMCS Margaret Brooke, and then Max Bernays in late 2019. The government has ordered six patrol ships in total, and Irving has indicated that all six are on track to be delivered by 2022, with the shipyard then set to begin construction on the Canadian Surface Combatant project.

"Today's start of construction of the third Arctic and Offshore Patrol Ship clearly shows that the National Shipbuilding Strategy is working very effectively," said Irving Shipbuilding President Kevin McCoy following the official start of the construction.

He added that unexpected issues and a learning curve for shipyard staff have factored into the construction process so far, but that lessons learned during construction of the first ship should result in faster construction timelines for the rest of the class.

As for Harry DeWolf, which now sits outside the shipyard with

its three mega-blocks fully assembled, McCoy said electrical cable is being installed in the ship now, and some of the first testing will begin in the spring.

Minister Qualtrough said the success of the program so far serves as an example of what can be achieved through cooperation between different levels of government, the Royal Canadian Navy, and private industry.

"Together we're achieving the goals of the Defence Strategy while ensuring the men and women of the Canadian Armed Forces have the equipment they need to do their jobs."



Photo by LS Dan Bard, FIS Halifax

Federal Procurement Minister Carla Qualtrough was on hand to officiate the start of construction on the future HMCS Max Bernays, the third Arctic and Offshore Patrol Vessel being built for the navy.

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MÊME PAS LES TAXES.**

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# Bravo Zulu



## RJOC Promotions



Cdr Alain Sauve, Canadian Fleet Pacific (CANFLTPAC) Headquarter Commanding Officer, receives the first clasp to his Canadian Forces' Decoration from Commodore Jeff Zwick, Commander CANFLTPAC.



LS Paul promoted to MS by Cdr Gresmak and LCdr Wilson.



MS Mansfield promoted to PO2 by Cdr Gresmak and LCdr Wilson.



Lt(N) Michelle Baranowski is promoted to LCdr by Cdr Michele Tessier.



MS Bryan Hanlan is promoted to PO2 by Cdr Michele Tessier.



# Bravo Zulu

## MARPAC Awards and Promotions



# Bravo Zulu

## Qualification Level 5A Graduation

Presented by Deputy Naval Feet School (Pacific) Deputy Commandant, Lieutenant-Commander Daniel O'Regan during Qualification Level 5A (QL5A) course graduation parade on Dec. 8.

Images by Corporal Blaine Sewell, Formation Imaging Services



Able Seaman Bouchard receives his certificate.



Leading Seaman Froebe receives the Top Student award.



Leading Seaman Froebe receives his certificate.



Leading Seaman Youn receives his certificate.



Able Seaman Van Dine receives his certificate.



Leading Seaman Smith receives his certificate.



Able Seaman Moon receives his certificate.



Able Seaman Betts receives his certificate.



Able Seaman Leroux receives her certificate.



Able Seaman Harris receives his certificate.



Able Seaman Gagne receives his certificate with support from family.



Leading Seaman Davis receives her certificate.



Leading Seaman Cramer receives his certificate with support from family.



Leading Seaman Clowater receives his certificate with support from family.



Ordinary Seaman Meanly is promoted to the rank of Able Seaman with support from family and Chief Petty Officer Second Class Bateman.



Ordinary Seaman Meanly receives his certificate with support from family.





# Boatswain Qualification Course Graduation

Presented by Reviewing Officer Lieutenant Commander Daniel O'Regan during the Boatswain Course Graduation Ceremony on Dec. 14.  
Images by Leading Seaman Ogle Henry, Formation Imaging Services



Ordinary Seaman K. Jackson with the Top Student Award.



Staff and students of Boatswain Qualification Course 0109 on completion of their graduation ceremony.



Ordinary Seaman K. Jackson receives the Top Student Certificate.



Ordinary Seaman K. Jackson receives her Certificate of Achievement.



Ordinary Seaman A. Webb receives his Certificate of Achievement.



Leading Seaman C. Watson receives his Certificate of Achievement.



Ordinary Seaman J. Palmer receives his Certificate of Achievement.



Ordinary Seaman C. Nightingale receives his Certificate of Achievement.



Ordinary Seaman D. Marcil receives his Certificate of Achievement.



Ordinary Seaman M. Lachance-Thibault receives her Certificate of Achievement.



Ordinary Seaman M. Hartley receives his Certificate of Achievement.



Ordinary Seaman M. Germain receives her Certificate of Achievement.



Ordinary Seaman J. Elinsky receives his Certificate of Achievement.



Ordinary Seaman R. Claveau receives her Certificate of Achievement.



# REGISTER NOW FOR THESE JANUARY PROGRAMS!

CFB ESQUIMALT PSP RECREATION

## YOGA FOR STRENGTH AND FLEXIBILITY

**New!**

Classes are sequenced to include postures that help build balance, strength, flexibility and range of motion.

- Location: Naden Athletic Centre
- Thursday's, January 11 - March 15
- 4:30-5:30pm
- Cost: \$80 R / \$85 O / \$90 A; Drop in: \$8 pp



## PRE-SCHOOL DANCE

An introduction to dance and movement skills for your preschooler. Music, games and fun all included!

- For Ages 4-5 years
- Location: CPAC
- Saturday's, January 20 - March 10
- 10:30-11:15am
- Cost: \$35 R / \$40 O / \$60 A



## SKI

### MT WASHINGTON

Enjoy a relaxing trip up island and a day on the mountain and leave all the driving to us!

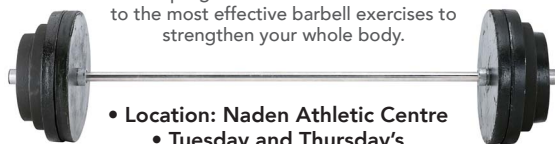
- Pickup: Canteen Road General Parking Lot
- 5:45am
- First Trip: Thursday, January 18
- Return Bus Cost: \$30; other ski costs additional



## BEGINNER'S BARBELL STRENGTH PROGRAM

**New!**

This program will be an introduction to the most effective barbell exercises to strengthen your whole body.



- Location: Naden Athletic Centre
- Tuesday and Thursday's
- January 16 - March 8 • 5:00-6:00pm
- Cost: \$230 R / \$235 O / \$240 A

## KIDS HIP HOP DANCE

Learn the basics and find your swagger!

- Location: CPAC
- Ages 5-7 years, 11:15-12:00pm
- Saturdays January 20-March 10
- Cost: \$35 R / \$40 O / \$60 A



## PAINT IT!

Enjoy the satisfaction of creating an art piece with step by step instruction. This is an adult learning experience and suitable for all skill levels.

- Location: CPAC
- Friday January 26
- 6:30-7:30pm
- Cost: \$30 R / \$35 O / \$40 A



**New!**

## ALL BOYS HIP HOP DANCE

Come bust a move in an all boys' class. Learn the basics of Hip Hop Dance and find your swagger!

- For Ages 7-10 years
- Location: CPAC
- Wednesdays
- January 17-March 7
- Time: 6:45-7:30pm
- Cost: \$35 R / \$40 O / \$60 A



## HIP HOP DANCE

Join this high energy, Co-ed class, where you will learn the basics of Hip Hop Dance and find your swagger!

- Location: CPAC
- Ages 8-11 years, 6:00-6:45pm
- Wednesdays January 17-March 7
- Cost: \$40 R / \$45 O / \$50 A



## OPERATION POWERFIT

Looking to fulfill your New Year resolution to get fit? Amp up your routine with this high energy, functional, total body conditioning lunch hour class!

- Location: CPAC
- Thursday's, January 18 - March 1
- 12:15-1:15pm
- Cost: \$35 R / \$40 O / \$45 A
- Drop in Cost: \$8 pp



**New!**

## DANCE FOR LITTLE ONES

An introduction to dance and movement skills for your little one. Parent participation required.

- For Ages 2-3 years
- Location: CPAC
- Saturday's, January 20 - March 10
- 10:00-10:30am
- Cost: \$35 R / \$40 O / \$60 A



## MINI MASTER & MASTER CHEF

This program offers our young future chefs a chance to gain age appropriate experience.

- Location: CPAC
- Tuesdays, January 16 - February 20
- Mini Master: 5-7 years, 4:30-5:30pm
- Cost: \$80 R / \$85 O / \$90 A
- Master: 8-12 years, 6:00-7:30pm
- Cost: \$90 R / \$95 O / \$100 A



## RESTORATIVE YOGA

### FOR MILITARY SPOUSES

Ease tension, release stress and calm the mind with long-held, gentle postures.

- Location: CPAC
- Tuesday's, January 9 - March 13
- 7:30-8:30pm
- Cost: \$75 R / \$80 O / \$85 A
- Drop in Cost: \$8 pp



[WWW.CAFCONNECTION.CA/ESQUIMALT/](http://WWW.CAFCONNECTION.CA/ESQUIMALT/)



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### ANNOUNCEMENTS

848 ROYAL ROADS AIR CADETS invite all youth aged 12 – 18 from Westshore and Sooke. Participate in gliding, marksmanship, weekend and summer camps, ground school, drill, band, and more! Join us on Tuesday from 6:30 – 9:00pm at 3041 Langford Lake Rd, Belmont Secondary. Find us on Facebook: Air Cadets - 848 'Royal Roads' Royal Canadian Air Cadet Squadron. Website: 848royal-roadsaircadets.com Contact: 848parentinfo@gmail.com or 250-590-3690

3005 11 SVC BN ARMY CADETS has a great, fun, safe, purposeful program. There is no cost and youth M/F 12-18 years of age are eligible to join. Weekend and Summer Camps, Band, First Aid, and Marksmanship are all offered. Thursday 6:30 - 9:00 pm, 724 Vanalman Ave Victoria. Call 250-363-3194 or email 3005PSC@gmail.com.

### ANNOUNCEMENTS

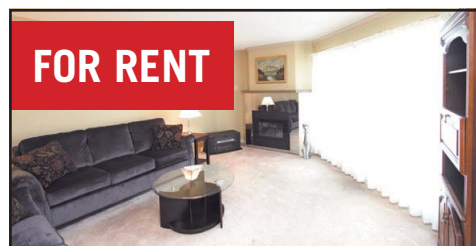
ATTENTION GENERAL PANET High School Alumni Camp Petawawa Ontario. The General Panet High School Reunion Committee is proud to be organizing one of the Largest High School Reunions from Friday May 18, 2018 – Sunday May 20, 2018. To register for this event please contact Keith Croucher at kcroucher57@eastlink.ca or go to on line registration site: <https://ticketbud.com/events/080449dc-801e-11e7-87bc-8b9a03e48f92>

### MISCELLANEOUS

FANTASTIC MID 40'S Fabulous mid 50's East Coast Ladies. Starting Biweekly Evening Socials. Join FB Group "Sassy Ole Scotians" to learn more about "Distressed Mess SOS".

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patioac@telus.net

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### MISCELLANEOUS

INTERESTED IN JOINING A coffee or social group for military veterans and military in Cowichan Valley? For info contact Bob Hedley on Facebook. The intention of the group is to meet-up with other veterans and present serving members to exchange stories and facilitate fun get-togethers. Facebook Group: cowichan valley coffee.

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**Jill Hooper**  
Disability Manager Advisor  
Department of National Defence

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## MARPAK HEALTH AND WELLNESS STRATEGY TEAM &amp; LOOKOUT

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# MARPAC HEALTH & WELLNESS expo



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**FEBRUARY 15 2018**  
**NADEN GYM 10AM - 3PM**

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

*Free*  
**COFFEE & PRIZES**  
**MORE THAN 120 VENDORS**

**Coffee**  
Serious Coffee

**Food**  
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## HERE'S A PEEK AT WHO'S COMING

### SCHOOLS

- Athabasca University
- Academy of Learning
- BCIT Legion Military Skills Conversion Program
- Brookes Westshore Campus **NEW!**
- Cambria College **NEW!**
- Camosun College
- Q College
- Royal Roads University
- Royal Military College of Canada
- St Margaret's School **NEW!**
- UVic, Division of Continuing Studies
- Victoria College of Art
- Westshore Centre for Learning and Training
- West Coast College of Massage Therapy

### HEALTH AND WELLNESS

- After Action Coaching **NEW!**
- Arthritis Society
- Amyotrophic Lateral Sclerosis Society
- Amica at the Gorge
- BC Schizophrenia Society of Victoria
- BC Responsible and Problem Gambling Program
- Big Brothers and Big Sisters
- Bridges for Women Society
- Canadian Cancer Society
- Do Terra Essential Oils
- Edgewood Health Network
- Epicure by Penny **NEW!**
- DND Employee Assistance Program
- Foster Parent **NEW!**
- Health Promotion
- Healthpartners
- Horizon Holistics **NEW!**

- iGalen **NEW!**
- 1UP Single Parent Resource Centre
- Island Hand Therapy Clinic
- Island Health Tobacco Prevention and Vapour Prevention & Control
- Island Prostrate Centre
- Lifetime Networks – Support for People with Disabilities
- Mary Kay Cosmetics
- MARPAC Health and Wellness Strategy
- MedPro Respiratory Care **NEW!**
- MFRC
- Miracle-Ear Canada **NEW!**
- Nature's Hair Care **NEW!**
- NexGen Hearing
- Pacific Centre Family Services **NEW!**
- PSP Sports and Fitness
- Stillpoint Acupuncture
- Success by 6 BC **NEW!**
- Quit Now – BC Lung Association
- Sunshine Coast Health Centre
- Toastmaster West Coast
- Together We Can Addiction Recovery & Education
- Vancouver Island Men's Trauma Counselling Society
- VIK 9 Consulting and Training
- Victoria Animal Crusaders
- United Way

### RECREATION

- Accent Inns and Hotel Zed
- BC Ferries **NEW!**
- Butchart Gardens **NEW!**
- The Spa at Delta Ocean Pointe
- Esquimalt Parks and Recreation
- Flight Centre

- Fort Street Cycle
- Hotel Grand Pacific
- IMAX Victoria
- Kgeez Cycle
- Pacific Coastal Airlines
- Ramada Vancouver
- Sandman Hotel Victoria
- Tigh-Na-Mara Seaside Spa, Resort & Conference Centre
- Olympic View Golf Course
- Union Club of BC **NEW!**
- West Jet
- The Westin Bear Mountain Golf and Resort Spa **NEW!**
- Wild Play

### BASE CLUBS

- Aquarius Dive Club
- CF Golf Club
- CF Sailing Association
- CF Model Rail Club

### FINANCIAL

- Balanced Bookkeeping **NEW!**
- Investors Group, Darlene Oudot
- Royal Bank of Canada
- Bank of Montreal
- Coast Capital Savings
- SISIP

### MILITARY

- BPSO
- Canadian Scottish Regiment
- (DND) Employment Equity
- BC/Yukon Command of the Royal Canadian Legion

### SPORTS AND FITNESS

- Navy Run
- TC 10K
- Victoria Goddess Run

### LOCAL BUSINESSES

- CANEX
- COSTCO
- Diversity Auto Film **NEW!**
- Ergotron
- GableCraft Homes
- Grand and Toy
- Barnes Harley-Davidson
- Hatley Memorial Gardens
- Hazmasters
- Hertel Meats
- Home Sold Real Estate Shelly Reed (**SPONSOR**)
- Elite Sportswear
- Legal Shield **NEW!**
- Mark's Commercial
- Melting Moments Catering
- Resumé Hut
- Select Mortgages Julie Charbonneau
- Sharkcoins
- Staples Canada
- Tupperware Sales
- Westshore U Lock Mini Storage
- Victoria Pet Hospital **NEW!**

### OUTSIDE

- Triangle RV
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