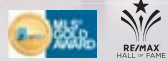


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Volume 64 Number 5 | February 4, 2019

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NRU ASTERIX PREPARES TO DEPLOY

Photo by SLt M.X. Déry

As NRU Asterix undergoes maintenance and fuels prior to departing on Operation Projection next week with HMCS Regina, much of the crew is saying farewell after months aboard. Lt(N) Gabriel Cayouette is the outgoing deck officer; he is heading to Quebec City to work at a reserve unit where he will be closer to his family on the Gaspé Peninsula.

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GOODYEAR

Hockey extravaganza coming to CFB Esquimalt

Peter Mallett
Staff Writer

Anticipation amongst sports fans at the base and throughout Victoria is mounting as the arrival of the Rogers Hometown Hockey event draws near.

CFB Esquimalt is one of 24 chosen locations to host the ultimate National Hockey League fan experience with Sportsnet hosts Ron MacLean and Tara Slone.

Naden will open to the public Saturday Feb. 16 and Sunday Feb. 17 for two afternoons of family-friendly fun with interactive activities, displays, entertainment, and an autograph session with former NHL goaltender Kirk McLean.

On Sunday afternoon, MacLean and Slone will broadcast a Hockey Night in Canada game from the Sportsnet Mobile Studio.

Live out-takes will be shown from the Wurlte Arena during the Montreal Canadiens and Florida Panthers game. The broadcast will also feature a segment of MacLean and Slone being taken aboard *HMCS Vancouver* for an intimate look at life in the navy.

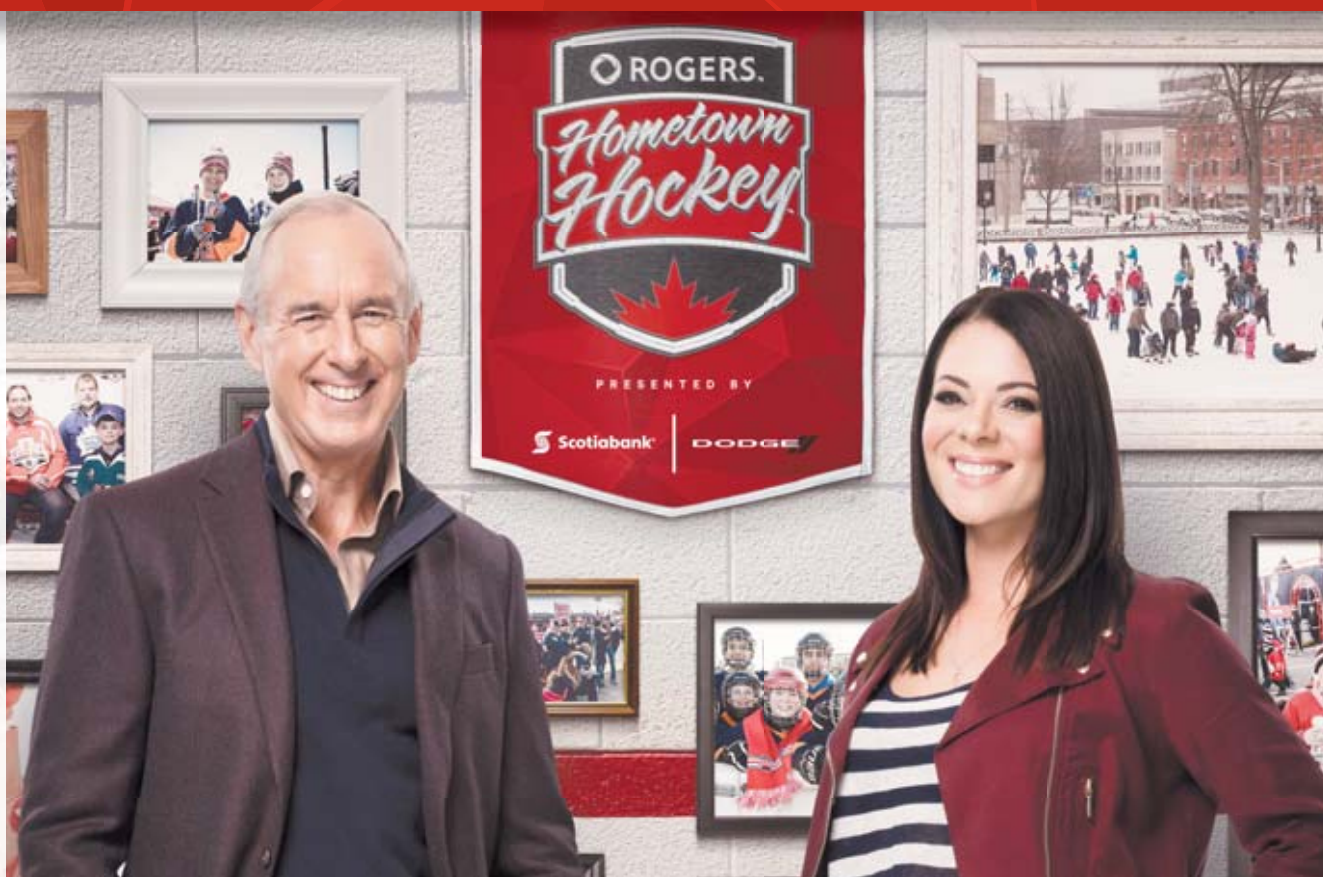
Base Commander, Captain (Navy) Jason Boyd will join Coach's Corner icon and former Boston Bruins coach Don Cherry as special guest during the broadcast. Capt(N) Boyd says that he, much like the rest of the hockey fans at the base, is excited by the outreach opportunity for the Royal Canadian Navy and the men and women of the Pacific Fleet.

"Local hockey, or any sport for that matter, is something the base wants to support because many of our military and civilian members devote so much of their time to the game. They coach, they officiate, they play, and they volunteer at every level of the game from Atom to Oldtimer."

Capt(N) Boyd has a strong connection to Canada's national sport. He excelled playing youth hockey in tiny Rosetown, Sask. He was originally recruited by the Canadian Armed Forces to play hockey at Royal Military College of Canada back in 1984.

Canadian Forces Morale and Welfare charity Support Our Troops has partnered with Rogers Hometown Hockey. Capt(N) Boyd says, "the event will help shine the spotlight on a national organization that does so much for members of the Canadian Armed Forces, veterans, and their families."

For more information about Rogers Hometown Hockey follow them on Facebook, Twitter or Instagram or visit hometownhockey.com



CATCH THE EXCITEMENT!

Saturday, Feb. 16 - noon to 6 pm; Sunday, Feb. 17 - 11 am to 7 pm



Fan Hub: interactive experiences that feature an autograph signing with NHL alumni Kirk McLean, video game stations, ball hockey and popcorn.



Virtual Photo Booth: Get close to your favourite NHL players through virtual technology, take photos with virtual images of NHL stars, show off your hockey skills to NHL stars and have a chance to win prizes.



The Hockey Circus Show: World renowned hockey acrobat Paz juggles everything from pucks to flaming hockey sticks.



Community Hockey Rink: A family-friendly outdoor ball hockey rink will have fans interacting with NHL alumni while playing some ball hockey. Scotiabank will donate \$15,000 to minor hockey associations in the community during this event.



Haul of Fame: Ram 1500, Hockey-Themed Obstacle Course allows fans to test their skills and win a \$5,000 prize for their local minor hockey association.



Live Entertainment: A variety of music featuring The County Lin and The Temps.



Ted Rogers Community Grants: Will be awarded to local and national organizations in support of educational programs.



Food and Drink: Sample a complimentary slice of Giuseppe Pizzeria pizza or Tim Hortons coffee and hot chocolate, or purchase a meal from one of two foods trucks Saltchuck Pie Company and Deadbeetz.



From the Military Community: Naval Display Bus and Sonar (mascot); NTOG - interactive displays, large boat that attendees can step in/take photos, and a weapons display; PSP and MFRC - children's games and bouncy castle; SISIP and CANEX will have games and giveaways.

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Sailors hailed as heroes

Peter Mallett
Staff Writer

Two sailors transformed into holiday heroes for a family in Sooke after performing a water rescue just before Christmas that saved the lives of two young men.

The incident occurred Dec. 14 when the 20-year-old stepson of Leading Seaman Chris Moorhouse and his friend flipped their canoe in the frigid waters of Kemp Lake.

After capsizing, the canoe quickly took on water and sank leaving his stepson Corey and his house guest, who was visiting from the United Kingdom, stranded in the lake. The temperature that day was 4 Celsius, and LS Moorhouse says hypothermia set in minutes after they entered the water. The two, he adds, were not wearing life jackets.

Petty Officer Second Class Don Merlo and his friend Leading Seaman (Retired) Jon White had just arrived at the lakeshore to do some fishing when they saw the flipped canoe and its two occupants in the water.

"I spotted them and saw a splash and immediately pointed it out to Don," says White. "We both knew how to react and kept calm and collected, but we could see the kids were going into panic mode

and would need our help sooner than later."

They called 9-1-1 but concerned it might take the volunteer fire department too long to arrive, the two sailors hatched a plan. They were able to retrieve a kayak from a nearby cottage and set off to collect the two men.

"Within a few strokes of us getting into the lake they immediately started screaming for help, they were clearly panicking" said PO2 Merlo. "When we got to them the younger one [Corey] was coughing up water and struggling to keep his head above the surface. If we weren't able to get him out of the water everything would have gone bad very quickly."

White and PO2 Merlo managed to lift the victims onto the kayak and ferry them ashore.

Both were hypothermic. Corey lost consciousness three times, says PO2 Merlo.

They stripped the young men of their wet clothing and used blankets and their own dry clothing to keep them warm. When first responders arrived on the scene, the two men were transported to Victoria General



LS (Ret'd) Jon White (left) and PO2 Don Merlo.

Hospital where they were treated and eventually released.

A grateful LS Moorhouse said the pair became instant heroes to him and his family.

"The hero moniker is definitely warranted. It was really a huge stroke of luck that anyone at all was there to see the boys capsize. It is a credit to the training and skills provided by the navy that these two men were able to effect a successful water rescue with virtually no preparation or resources."

After thanking both men for saving the life of their child and his friend, the Moorhouse family invited PO2 Merlo and White to join them as the guests of honour for a Christmas Eve dinner.

All three men said this past Christmas was one they will never forget.

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Published each Monday, under the authority of Capt(N) Jason Boyd, Base Commander.

Le LOOKOUT est publié tous les lundi, sous l'égide du Capt(N) Jason Boyd, Commandant de la Base.

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WHAT SAY YOU

People Talk

With Rogers Hometown Hockey coming to CFB Esquimalt on Feb. 16 and 17, Lookout asked people at the base the following question:

Which current or former NHL player they would most like to meet?



Former Canucks forward Pavel Bure because of what he was able to do for the game and the Vancouver organization. He seemed to bring excitement to everything he did.

PO2 Chris Joyce,
HMCS Calgary



Former winger Lanny McDonald because he was such a character. He worked so hard on the ice and his efforts eventually paid off when he won a Stanley Cup with the Calgary Flames in his last season in the NHL.

Doug Hux,
Fleet Maintenance Facility



Johnny Bower – I even named my dog after him.

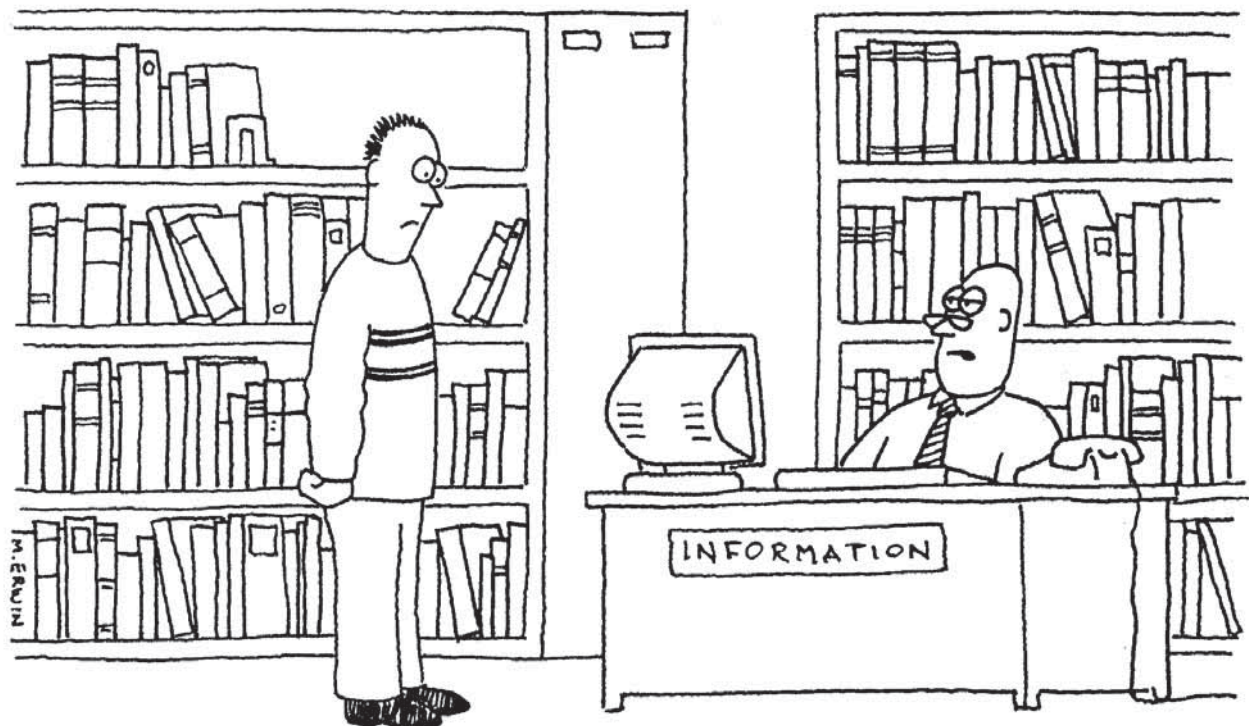
Lt(N) Brandon Mackenzie,
HMCS Chicoutimi



Former Leafs tough guy Tie Domi because he was just such a crazy hockey player to watch. I used to watch him fighting in Rock'Em Sock'Em hockey videos. He was a little guy but he would take on just about anybody.

MS Jason Muller,
HMCS Victoria

WHAT SAY WE



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Security Awareness Week Feb. 4-8

Cpl Cody Chan
Military Police Unit
Esquimalt

This year's slogan is: security is a team effort; play your part!

The goal of this year's campaign is to reduce security incidents to "zero" within DND/CAF. To achieve this goal, all members of the Defence Team have to "play" their part in safeguarding DND/CAF information, assets and resources.

A Unit Security Supervisor Symposium will be held at the Collier Theatre, Work Point 1094 on Feb. 19 and 20, for all unit security supervisors and command teams. A variety of security related subjects will be discussed including but not limited to: unit security supervisor roles and responsibilities, travel security, cyber security, webSCPS security clearance program, and security incident management.

Building Security

Building security is an integral part to a unit, ship and base's overall security posture. Many units have different levels of attractive assets within their unit lines, which could be compromised by leaving a door or window unlocked.

Do you leave the doors and windows to your home unlocked all night? Much like your own home, you make sure that all

doors and windows are secure before departing in order to safeguard your valuables inside.

This mindset should be brought to workplace building security as well, whether you are duty lock up responsible for securing the entire building at the end of the work day, or simply responsible for securing your office and items within.



A few simple steps can help ensure building security



Push-Pull

Upon closing and locking a door or window, push the door or window then pull it in order to confirm that the locking mechanism has engaged.



Key control

Units should ensure that duplicate keys have not been cut in order to avoid signing them out. Where units do have multiple sets of keys, only members who are required should

have keys issued and signed for. This includes offices and any other locks or cabinets. Key control can assist in unauthorized persons accessing a building or office along with Unit Security Supervisor and Military Police investigations by providing a chain of custody.

Unit Security Supervisors should ensure that all DND 1063/1064s are up to date with correct names and contact numbers (not work locals) as building insecurities occur outside of working hours.

This ensures that in the event of an insecure building, the proper unit representative is contacted and can attend in a timely fashion. When a DND 1063/1064 is incorrect or absent, Military Police make all attempts to contact the appropriate unit representative. If this is not possible, the unit Coxswain, Executive Officer or other senior unit members are contacted to attend in order to confirm no unit assets are missing and to security the building.



Building walkthrough

Members of duty lock up should conduct a walkthrough of the building to ensure that no one else is inside. Duty lock up members should check all doors/windows to ensure they are secure. If you are working late or come in after hours, conducting the above-mentioned actions can help prevent building insecurities.

By preventing building insecurities, you help prevent the loss, theft or compromise of unit assets.

Security is everyone's responsibility.

The Rogers Court Society invites you drop by an

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(There will be short presentations at noon and 2 pm.)

The public is invited to view plans for the proposed physical connection between the Church and its new Ministry Centre building.

The plans being presented have been reviewed by the St. Peter/St. Paul Heritage Review Committee, established to provide guidance and recommendations for a connection between the Church and the new building.

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Photo submitted
Earlier in the year, Lt(N) Drake (left, foreground) led a casualty treatment exercise onboard MV Asterix. LS Stowell (right, foreground) applies a blood pressure cuff while MS Peer (left) and MS Robillard (right) look on.

Enhanced medical and dental capabilities return to the Royal Canadian Navy

Capt Chris Dare
Dental Officer,
NRU Asterix

Toothache while at sea? Naval Replenishment Unit (NRU) Asterix can take care of that.

Since the decommissioning of the last Auxiliary Oiler Replenishment vessel in 2016, the Royal Canadian Navy (RCN) has been without a ship-borne dental clinic or dental officer.

With the launch and deployment of Asterix in January 2018 and its embarked Canadian Armed Forces personnel, the RCN has re-established full medical and dental capabilities while at sea.

On the medical side, NRU Asterix employs a physician assistant, medical technician, and a medical officer. A doctor onboard, with their expanded scope of practice, allows for a greater ability to treat the many ailments that sailors may encounter over the course of their deployment. The medical officer also acts as the senior medical authority for the ships sailing in consort with MV Asterix, affording medical teams onboard nearby Canadian Patrol Frigates sound and timely advice.

The ship also has portable x-ray and ultrasound equipment that further enhance capabilities when a medical radiography technician is embarked.

Asterix features a well-designed and capable medical facility. In addition to two offices/examination rooms, there is a trauma bay, a five-bed hospital-style ward, x-ray suite and pharmacy. The trauma bay is designed to allow for a surgical team to embark and perform surgeries onboard, giving the platform further mission-specific capabilities.

Asterix is also capable of responding to humanitarian aid and disaster response operations.

In terms of dental services, MV Asterix features a full dental operator, complete with a dental x-ray, sterilization and dental lab space. On board, a dental team

comprised of a dental officer and dental technician can provide a wide range of dental treatment while at sea. Whether it is simple fillings, tooth extractions or root canals, the dental clinic is able to perform almost all of the services sailors would expect from a shore-based clinic. Being able to provide dental treatment at sea makes the fleet more operationally effective as sailors no longer have to endure dental problems until the next port.

As Asterix continues its operations in the Pacific and around the world, both Canadian sailors and allies can rest assured that NRU Asterix's medical and dental teams are ready to help.

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HMCS REGINA SET TO DEPLOY

Peter Mallett
Staff Writer

HMCS Regina is set to leave Wednesday morning for a multifaceted six-month deployment that will include the fuel and supply ship NRU Asterix and a CH-148 Cyclone helicopter.

The Halifax-class frigate and the Royal Canadian Navy's Naval Replenishment

Unit are heading from Esquimalt Harbour for the Indian Ocean.

Once in the region they will take part in Operation Projection, Canada's ongoing commitment to conduct training, exercises, and engagements with foreign navies and other international security partners.

This deployment marks the first embarked CH-148 Cyclone detachment

from 443 Maritime Helicopter Squadron. The Cyclone was introduced on the Pacific coast at the start of the year as a replacement for the CH-124 Sea King.

Regina's Commanding Officer, Commander Jake French is looking forward to the new capabilities of NRU Asterix and the Cyclone during the deployment.

"We'll be fortunate enough to be work-

ing with NRU Asterix so we can maintain a forward presence in the region, get through the long legs required in the Indo Asia Pacific for stores and fuel, increased medical facilities, and an expanded inventory of spare parts. Moreover, the CH-148 Cyclone, now part of *Regina*, will be an incredible asset for all the missions along the way, including surface surveillance, interdiction and anti-submarine warfare."



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Grizzlies give back

Captain (Navy) Jason Boyd, Base Commander of Canadian Forces Base Esquimalt, joins players from the Victoria Grizzlies hockey team for a group photo during the Military Family Appreciation Hockey Night at Q Centre, Colwood on Jan. 25.

Naden Band of the Royal Canadian Navy plays O Canada before the game.



Lance Black, president of the Victoria Grizzlies (left), Samantha Krzywonos, board chair of the Military Family Resource Centre Esquimalt (middle), and Capt(N) Boyd (right) gather together in the middle of the ice rink for a group photo.



Capt(N) Boyd drops the first puck between team captains Vincent Millette (left) of the Cowichan Valley Capitals, and Alex Newhook (right) of the Victoria Grizzlies.



SAILOR
PROFILE

Lt(N) Charlotte Farquharson

If you are ambitious, like challenges and want flexibility with your work, the Canadian Armed Forces (CAF) is the place to be, says Lt(N) Charlotte Farquharson.

"You can have it all: work that challenges you to grow, a team environment, travel and adventure at sea. And, when I chose to have a family, I had the flexibility of working in a land office to accommodate me, while continuing to grow my career at the same time."

Lt(N) Farquharson joined the military as a reservist in 2009 while attending Dalhousie University. This meant she had summer employment while going to school and did not have to join fellow students looking for employment every summer.

She completed Basic Training during her first summer and then Naval Warfare Officer Training (formerly known as Maritime Surface Officer), levels two, three and four the following three summers.

When Lt (N) Farquharson completed her fourth and final level of Naval Warfare Officer training in 2011, she graduated from university. Instead of being an unemployed graduate, she began her career as a sailor. She started as a navigating officer in *HMCS Summerside*, and in August 2011 she took part in Operation Nanook, Canada's largest military operation in the north.

In early 2012, she took part in Operation Caribbe – the CAFs' contribution to the elimination of illegal drug trafficking in the Caribbean Sea and the eastern Pacific Ocean under



the United States-led effort Operation Martillo. She also took part on a Great Lakes deployment later in 2012, her final one in eastern Canada.

When Lt(N) Farquharson and her husband moved to Victoria in 2012, she worked at Naval Reserve Division *HMCS Malahat*.

"I appreciate the flexibility of a career that provides me with great work wherever I move to," she said.

She completed the Fleet Navigating Officer course and became the Navigating Officer of *HMCS Whitehorse* in 2014. Two years later, she became the Naval Personnel and Training Group Administrative Officer. She

was also the Course Training Officer (instructor) at Naval Fleet School (Pacific) Venture Division at CFB Esquimalt for many years. This position included training Naval Warfare Officers at sea, which she did for three months in 2018.

"My favourite part of being in the RCN is having the opportunity to go to sea and enjoy some of the most beautiful landscapes our country has to offer. Days spent navigating around Desolation Sound and the Gulf Islands are amongst my favourite," she said. "Combine that with the challenging and rewarding leadership opportunities found onboard a ship and

it becomes an extremely exciting and enjoyable experience."

Lt(N) Farquharson joined the Naval Training Development Centre in September 2018 as Project Manager of new curriculums.

She recently challenged her Orca-class Officer In Charge qualifications and was successful. This allows her to take out Orcas for training weekends.

"I love challenges and doing new things, so being a Reservist with the Canadian Armed Forces is perfect for me," said Lt (N) Farquharson. "There is no limit to the new experiences and training I can take part in."

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Formation Run results

The following are results from the first Formation Run of 2019.

Overall Participation Numbers:

728 CAF and civilians

January's Recipient of the Formation Run Cup: Fleet Diving Unit(Pacific), with 73% unit participation

January Top 3 Female Runners

1. LS Daryl Bouchard
20:54
(BCOMPT/Base Exec)

2. PO2 Kasha Danigier
21:40 (FSP)

3. Lt(N) Chelsea Henderson
22:54 (NFSP)

January Top 3 Male Runners

1. PO2 John Gendron
16:50 (FDU)

2. LS Matt Walsh
17:33 (FDU)

3. LS Brian Ogle
19:08 (FDU)

The next Formation Run will be Feb. 22 – come on out to try and defend your title, or to try and overtake one of those coveted positions.

If units would like to confirm their unit strength with the PSP Fitness team, please send your respective information to Fitness Coordinator Alyssa Jesson: email Alyssa.Jesson@forces.gc.ca.



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Commendation

Cmdre Angus Topshee, Commander Canadian Fleet Pacific, presents a Chief of Defence Staff Commendation to Lt(N) Brittany Brown (Retired) for her dedication and hard work during the United Nations Peacekeeping Defence Ministerial in November 2017. Her mother, WO Gwendolyn Powell, and the Fleet Chief, Chief PO1 Sylvain Jaquemot, were also in attendance for the presentation.

Retirement

Hugh Dinsdale-Young started his career with the Royal Navy in the late 1970s and early 1980s. He then spent a number of years working commercially in the Arctic and Caribbean before being hired by the Canadian Coast Guard. In 1991, he joined Queen's Harbour Master where he worked as a Relief Master. In 1993 he became the 2nd Mate on the St. Anthony. This eventually led him to become the Master of the Glendyne from 1996-2010. In 2010, he accepted the job of Admiralty Pilot and Mooring Officer. He conducted over 2,500 vessel movements as Glendyne Master and Pilot. A retirement luncheon was held at the Jetty Services work shop on Jan. 22. His last day of work was Jan. 23.

Pictured: Hugh's wife, Cec; Hugh; Dan Walushka, Harbour Operations Officer; and Acting Commanding Officer LCdr Catherine Sands-Leith.



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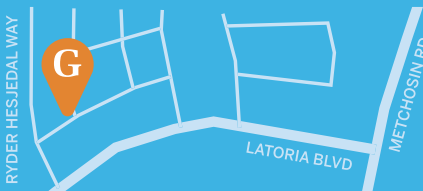
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Donation to Esquimalt Military Family Resource Centre

At the United Peninsula Masonic Lodge No. 24 Robbie Burns Supper on Friday Jan.25, members presented a cheque for \$5,000 to Sandra Pinard, Deployment Coordinator of the Esquimalt MFRC.

United Service Masonic Lodge was in Esquimalt for many years and in recent years amalgamated with Saanich Peninsula Lodge to form what is now known as United Peninsula Lodge No. 24.

In addition to special donations such as to the Esquimalt Military Family Resource Centre, the United Peninsula Masonic Lodge also provides annual post-secondary scholarships in the amount of \$1,500 each to four worthy students attending Stelly's and Parkside High School.

About the United Peninsula Masonic Lodge

In the early days a group

calling itself "The Masonic Brethren of the Fleet" met at the Globe Hotel in Esquimalt on Oct. 31, 1893, to consider forming a Lodge at Esquimalt. The lodge was constituted on July 18, 1894. Worshipful Brother Hickey was proposed as its first Worshipful Master and Bro Muir as Senior Warden. It is believed the Lodge was named after United Service Lodge #134 in Hong Kong.

The committee recommended renting the upper part of the Blue Ribbon Hall for \$10 a month.

Founding members came from the Dockyard, and 12 from HMS Royal Arthur. Their occupations were carpenters, cooks, boatswain and members of the Royal Marine Light Infantry.

Lodge membership was greatly reduced in 1896 with the sailing of HMS Royal Arthur and again in 1905 with the withdrawal of the Royal Navy and the

Imperial Army. By 1931 most members came from Work Point barracks.

With the amalgamation of United Service to United Peninsula Lodge, membership has grown and now includes members from many walks of life, including people from the military, dockyard, government, professional services [law, accounting, medicine], education and other walks of life. There are many members of United Peninsula Lodge who are or have been members of the Canadian military service, as well as first responders – BC Ambulance, police and fire departments.

United Peninsula Lodge has had a presence in the Saanich Peninsula since 1920 when the Mount Newton Lodge No. 89 was established.

Further information is available at the Lodge web site www.unitedpeninsula.ca

RCAF Airwomen planning June reunion

How the reunion began

Thousands of Canadian women served in the Second World War; there were 4,480 Nursing Sisters and, in 1941, the Royal Canadian Air Force's (RCAF) women's division was created. There were 50,000 women in the Canadian Armed Forces, of which approximately 17,000 served in the RCAF, working in both traditional and non-traditional trades.

In 1951, the Canadian government declared women would be recruited into the RCAF, as it needed greater numbers of personnel because of the construction of three radar lines across the country: the Distant Early Warning Line, the Mid-Canada line and the Pinetree line.

On July 3, 1951, the first 80 enlisted women arrived for basic training at St. Jean, Quebec. By 1953, the number of women had increased to 3,133 and, by 1955, the number had dropped to 2,903. By the early 1960s changes in radar technology meant the RCAF's personnel needs had dropped considerably and it decided to stop recruiting women.

A happenstance reunion

One day in Vancouver in 1988, RCAF veterans Diane White and Shirley Duff

met at a department store "by chance" and made a luncheon date to talk over old times. During that luncheon, they thought it would be a great idea to hold a reunion of all airwomen from the 1951 to 1966 era. They set about planning a reunion and held a very successful one in Vancouver in June 1990, attracting women from across Canada, the United States and Mariana Islands. A second reunion was held in Ottawa in June 1993.

After that, it became a periodic occurrence. These RCAF Airwomen reunions have attracted anywhere from 200 to 450 ex-airwomen, renewing old friendships and making new ones.

Reunions continue every second year. This year's reunion is June 7 to 9 at the Marriott, 100 Kent Street, Ottawa.

Visit www.rcfairwomen.ca to join and register for the reunion. You'll also receive our monthly newsletter.

If you were a member of the Royal Canadian Air Force's women's division, or an airwoman in the Canadian Armed Forces, retired or not; you may join the RCAF Airwomen. Get to know many of the ladies who lived history, including Second World War veterans, and hear from women in active roles in today's RCAF.

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MISCELLANEOUS

INTERESTED IN JOINING A coffee/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. FB Group: cowichan valley coffee.

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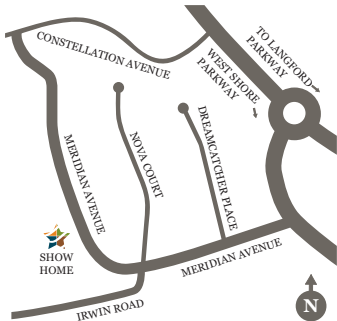
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