

**Buying or Selling?**  
**I CAN HELP! CHRIS**  
**ESBATI**  
 Knowledgeable, Trustworthy  
 and Dedicated Service

**RE/MAX** CAMOSUN  
**250.744.3301**  
 chris@victoriaforsale.ca  
[www.victoriaforsale.ca](http://www.victoriaforsale.ca)

• CANADIAN MILITARY'S TRUSTED NEWS SOURCE •

Volume 66 Number 12 | March 29, 2021

**LOOKOUT**  
 newspaper.com

**MARPAC NEWS** CFB Esquimalt, Victoria, B.C.

**NEED MORE SPACE?**

**ELITE SELF STORAGE**  
 LANGFORD

**50% OFF**  
 FOR 2 RENTAL PERIODS!

Ask about our military discount!

4402 Westshore Parkway, Victoria  
 (778) 817-1293 • [eliteselfstorage.ca](http://eliteselfstorage.ca)



# HMCS CALGARY AT SEA

Private (Basic) Alison Tso relays communications for coordination of the ship's departure from Apra Harbor, Naval Base Guam, on March 21.

Calgary, along with its embarked Cyclone helicopter and embedded Naval Tactical Operations Group boarding party, are deployed on Operation Projection Asia-Pacific, and is making its way to the Indian Ocean and Arabian Sea to participate in Operation Artemis as part of Combined Task Force 150, currently under the command of Cmdre Dan Charlebois.

Photo by Corporal Lynette Ai Dang, HMCS Calgary

**COUNTRY GROCER**  
 ISLAND OWNED AND OPERATED  
 SINCE 1984.

**VIEW OUR FLYER  
 IN THIS PAPER WEEKLY!**

CHECK OUT OUR NEWLY RENOVATED ESQUIMALT STORE

*We proudly serve the  
 Canadian Forces Community*

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

**MOLLY MAID**  
[www.mollymaid.ca](http://www.mollymaid.ca)

**(250) 744-3427**  
[paula.whitehorn@mollymaid.ca](mailto:paula.whitehorn@mollymaid.ca)

Beautiful smiles start here!

**CAPITAL PARK DENTAL**

**250-590-8566**  
 Français aussi!

**CapitalParkDental.com**  
 Suite 110, 525 Superior St, Victoria



# Chilly training for clearance divers

# ICEDIVEX



**Above:** A member of the ICEDIVEX 21 team works to cut through the ice on Sheridan Lake located in B.C.'s interior.

**Right:** Lt(N) Michael Allport of Fleet Diving Unit (Pacific) takes a break following a snowmobile training session with the 4th Canadian Ranger Patrol Group.



## Peter Mallett Staff Writer

Diving in icy waters might not appeal to most civilian divers but for the navy's Clearance Divers it is a must.

To maintain operational diving expertise in extreme cold and under-ice environments, they must train to operate in these harsh conditions and ensure their equipment works well.

This was tested the first week of March when nine Fleet Diving Unit (Pacific) Clearance Divers, four Port Inspection Divers, two Marine Technicians and one Physician

Assistant deployed to Sheridan Lake, B.C., for ICEDIVEX 21.

Divers, dressed head-to-toe in Ultra-Light Weight Surface Supplied diving equipment and sheltered underneath a modular tent situated on the lake, slipped into a carved-out hole in the ice to exercise in the frigid waters below.

Divers deployed in teams of two, with a third 'Standby Diver' remaining on the surface ready to respond in case of emergency. There is the potential for the umbilical, which provides communications and air between the surface and divers, to become severed and for the diver to then become lost in the cold and

murky water. As such, the divers all practiced anchoring themselves to the underside of the ice with an ice screw; the normal response to such a situation. This rescue procedure was practiced with the "lost" diver attaching themselves to the ice while the Standby Diver searched for them in the near-dark water. On the surface, another member remained in constant communication with the entire team.

"The water was quite cold and visibility was poor given our depth and the darkness under the ice," said Lt(N) Jesse Deason, an FDU(P) Clearance Diving Officer.

Before travelling on the lake,

the team underwent two days of Light Over Snow Vehicle training with members of the 4th Canadian Ranger Patrol Group. They learned how to operate the vehicles they would use to haul their gear to the site and how to determine unsafe ice conditions.

Using Light Over Snow Vehicles, they towed their diving equipment and an extensive inventory of cold weather gear out onto the ice: six snow sleds and trailers, augers and chain saws, an ice lifting device with hoist and chains, a snow blower, first aid kits and emergency medical supplies, kerosene heaters and generators and more.

"The kit list is incredibly important for this exercise; forgetting one small item could have made the execution a lot more difficult," said Lt(N) Deason.

When not on the lake, they were in cabins at a nearby fishing resort. Extra health and safety precautions were taken to mitigate COVID-19 and equipment was rigorously cleaned and disinfected in-between dives.

"This exercise enhanced the skill of all participants, especially our junior divers who hadn't yet had the opportunity to experience an ice dive exercise. That, and it was a lot of fun."

**Members of the ICEDIVEX 21 team pose for a group photograph at their dive site out on the lake.**

Photos by FDU(P)







# NEW BARGES TO BOLSTER HARBOUR OPS

**Peter Mallett**  
Staff Writer

A quartet of barges are set to make water-side ship maintenance a little easier.

Four Stevedoring barges, constructed by Canadian Maritime Engineering of Port Alberni, were towed to the base by tugboat, and became crown assets on March 12.

After the final certifying documentation is received from the contractor, there will be an official transfer of ownership from crown assets to Port Operations and Emergency Services Branch. Then, they will be put into use by Auxiliary Fleet crews.

"The new equipment will make our work easier as temporary work platforms currently being used are much larger and cumbersome," says George Morris, QHM Assistant Engineering Superintendent. "These new Stevedoring barges have the same purpose but are easier to manoeuvre in tight spaces near the jetties."

Each barge measures approximately 6 x 12 metres and features replaceable wooden deck tops. They are the replacement for the YC50 Series scows that have been out of service since 2016. The much larger 250 series barges have been used by work crews as a temporary fix since YC50 Series scows were phased out.

The new barges will be a platform for personnel working on a ship's hull; painting of anchors; repairs to the Cantass and Nixie equipment and the sonar and torpedo decoys towed by warships; transporting equipment across the harbour, including submarine casings, brows, stands, berthing equipment and other items; and used as fenders for visiting ships.

Their wooden deck tops are 20 centimetre thick and built to withstand the rigours of every Queen's Harbour Master and fleet evolution, says Morris.

"Should one of the beams be damaged to the point of needing replacement, the process of making repairs is much easier."

The newly acquired Stevedoring are currently tied up alongside C4 jetty in Dockyard until the completion of the Small Boat Floats project in 2022.

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)

[bottledpot.ca](http://bottledpot.ca) 250-727-7480

## CFB Esquimalt Virtual Easter Sunday Worship Celebrations

*Come Celebrate the Risen Christ  
with your Chaplain team.*

St Peters Chapel is hosting  
an Easter-themed worship event,  
Dare to Dance Again,  
April 4, 10:30 am  
on the St Peters Chapel  
Facebook account.

It's been a long year since last Easter and for some not much to dance for or to feel hopeful about. As Easter people, we are called to dance our dances of freedom especially in times of difficulty. It's time for dances of hope, love, and justice.

**2006 GMC YUKON DENALI**  
**\$12,995**  
175K km  
Stk 1668

**USED CAR CENTRE**

**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](http://www.usedcarcentre.ca)



# 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

Lt(N) 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 - 2,000  
plus 300 pdf downloads per week

Follow us on Facebook, Twitter  
and Instagram and join our  
growing social media community.

A Division of Personnel Support Programs  
CFB Esquimalt, PO Box 17000 Stn. Forces,  
Victoria, BC V9A 7N2

Web: [www.lookoutnewspaper.com](http://www.lookoutnewspaper.com)  
Fax: 250-363-3015

Canadian Mail Product Sales Agreement 40063331



## WHAT SAY YOU

### LIFE AT SEA

By Lt Jeff Klassen,  
Public Affairs Officer



*I sailed in HMCS Regina earlier this year.*

*While there, I wrote about my experiences in a BLOG and this is a continuation of that.*

### SOUP AND UNIQUE NAVY WORDS

Navy culture is really quite different to the other environments. They do all sorts of unique things, some of them dating back hundreds of years. One tradition is "Soup".

Now you might think soup is a lunch-evening type of thing. But in the navy it's a morning thing.

Every day at 10 a.m. navy cooks serve soup; in fact, it's called "10 o'clock soup". At that time, a significant portion of the crew stops what they are doing and eats soup. I've heard it might be to help counter sea sickness, but I'm not sure. It seems to just be a thing.

Another thing about the navy is it has all sorts of special words and navy people love telling you about them.

Here's some of the ones I've discovered.

- Rack = Bed
- Deck = Floor
- Deck head = Ceiling
- Bulk head = Wall
- Hatch = Door
- Ship = Boat
- Most naval vessels are called ships and you shouldn't call them boats. For example, a frigate is a ship not a boat, but the small inflatable boarding vessels - called "RHIBs" - are boats.
- Life Preserver = Personal flotation device
- Galley = Kitchen
- Mess or cabin = Bedroom
- Gash = Garbage
- Heads = Toilets and Washrooms
- Duff = Dessert
- No Duff = You say this to mean that something is not a training exercise.
- Port and Starboard - If you're looking in the direction of the front of the ship, port

is left and starboard is right. I remember it by saying "p.s.".

- Jack = A type of flag.
- Boatswain = Pronounced something like "Bo-sun". This is a tradesperson who is sort of a boating jack-of-all-trades.
- Ping boatswain = Slang for sonar operator.
- Sin boatswain = Slang for a padre/chaplain.
- Baby doc = Medical Technician
- This is a medical professional who helps the physician assistant on board.
- Closed up = Ironically, this means "ready to start" because everyone is in position.
- Jackspeak - This is the term the navy uses for all its navy-specific words. Yes, that is correct, they even have a special word for all their special words.

In honour of the unique navy traditions, I've included a photo of a few junior officers eating soup at 10 o'clock.

**I Stage and I Sell!**

**SHELLY REED** Associate Broker  
Direct: 250-213-7444 Email: [sr@shellyreed.com](mailto:sr@shellyreed.com)  
[www.shellyreed.com](http://www.shellyreed.com)

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

**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](http://www.collegeofmassage.com)

**babcock**

Proud to support  
Canada's fleet

Marine ›  
Land ›  
Aviation ›  
Cavendish Nuclear ›  
[babcockcanada.com](http://babcockcanada.com)



**Are you a current or former CAF member, or current or former DND/SNPF, CF employee who experienced sexual harassment, sexual assault, gender or LGBTQ2S+ discrimination in a military workplace?**

You may be eligible for financial compensation and to participate in a Restorative Engagement program.

**Êtes-vous un(e) membre ou ex-membre des FAC ou un(e) employé(e) ou ex-employé(e) du MDN/PNPF, FC qui a vécu du harcèlement sexuel, une agression sexuelle ou de la discrimination genrée ou LGBTQ2S+ dans un milieu de travail militaire?**

Faites une demande d'indemnisation financière et participez à un programme de Démarches Réparatrices.



Learn more about the settlement and your legal rights and options

Renseignez-vous sur le règlement, vos droits légaux et vos options

**1-888-626-2611**

[www.caf-dndsexualmisconductclassaction.ca](http://www.caf-dndsexualmisconductclassaction.ca)  
[www.fac-mdnrecourscollectifinconduitesexuelle.ca](http://www.fac-mdnrecourscollectifinconduitesexuelle.ca)

The individual claims process component of the CAF-DND sexual misconduct class action settlement is well underway.

Current and former CAF members, and current and former employees of DND and the SNPF affected by sexual misconduct in the military workplace may submit a confidential claim for financial compensation and participate in a Restorative Engagement program until the period to file a claim closes on Nov. 24, 2021.

The claims process is confidential. All of the information and documents provided by claimants will not be disclosed to claimants' co-workers, supervisors, or DND/CAF/SNPF, CF leadership, except with the consent of the class member or as required by law.

The range of individual compensation for most eligible class members is \$5,000 to \$55,000. Class members with PTSD or other diagnosed mental or physical injuries directly arising

from sexual assault or sexual harassment may be eligible for additional amounts.

In the case of a CAF class member, these additional amounts are only available if they are ineligible for VAC benefits and their application for reconsideration is also denied.

DND/SNPF class members do not need to apply for VAC benefits, unless they also have CAF service.

In addition to the possibility of financial compensation, class members can also choose to participate in a Restorative Engagement program that aims to provide class action members safe and flexible options to share their experience of sexual misconduct, its causes, and impacts with Defence leadership - to be heard, acknowledged, and validated, and to contribute to changing the organizational culture.

Information on the settlement, who is included, and how to submit a claim can be found here: [www.caf-dndsexualmisconductclassaction.ca](http://www.caf-dndsexualmisconductclassaction.ca)



For all your navy news visit  
**[lookoutnewspaper.com](http://lookoutnewspaper.com)**

**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



Ask about BG Protection Plan\*

Where Dependability and Trust are a Priority...

\* under 80,000 km

784 Fairview Rd. • 250-383-5509 • [tracksideautoservice.ca](http://tracksideautoservice.ca)

**UPCOMING**  
 AT THE  
**MFRC**

**Month of the  
 Military Child**

Join us in celebrating April with contests and more.

**APR 1-30**

**How to Get a  
 Government Job**

Learn how to join the public service. Choose from 2 sessions!

**FRI APR 9, 10AM-NOON**  
**THUR APR 15, 6-8PM**

**Music Bingo**

Get your groove on and win some great prizes.

**MON APR 12**  
**7:30-9PM**

**Wellness  
 Wednesdays**

This month's topic is mindful eating.

**WED APR 14**  
**7:30-9PM**

**Delicious  
 Deployment Dinners**

Cook a Thai coconut curry together as a group.

**MON APR 19**  
**7:30-9PM**

**Mystery Mondays**

Activity will be the Heads up Game!

**MON APR 26**  
**7:30-9PM**

**MFRC**  
 ESQUIMALT

Visit  
[esquimaltmfrc.com/events](http://esquimaltmfrc.com/events)  
 for more details.



**MILITARY DISCOUNTS**



**AACT Financial**  
 Your one stop financial shop

**TAX AND  
 ACCOUNTING**

**AACT FINANCIAL SOLUTIONS**

1353 Esquimalt Road 250-383-3834



**[www.aact.ca](http://www.aact.ca)**



# Firefighter's effort results in better health protection



Capt(N) Sam Sader, Base Commander, presents base firefighter Curt Morwick with a Bravo Zulu for his work to improve the occupational health and safety of his co-workers.

**Inset:** A view of one of the new protective particulate-blocking hoods now worn by Morwick and other firefighters when responding to fires and other emergencies.

Inset Credit: CFB Esquimalt Fire and Rescue

**Peter Mallett**  
Staff Writer

Sometimes all it takes is a little ingenuity and a desire to effect positive change to make a workplace better.

A year ago, firefighter Curt Morwick set about to improve the balaclava-style hood used by himself and other firefighters at CFB Esquimalt Fire and Rescue.

His team used disposable, single-use hoods to protect them when fighting a fire, or just out on an emergency. It is fitted between the firefighter's helmet, protective gear, and tucked into their clothing. Wearing it helps prevent harmful amounts of microscopic carcinogenic particles generated by burning materials from being absorbed by their skin. These particles can travel through traditional knitted hoods and accumulate on absorptive areas of the neck, jaw, and throat.

He knew, through a 2002 study by the United States Firefighter Cancer Support Network, that firefighters have a 61 percent greater likelihood of dying from cancer than the regular population. For every five degree Fahrenheit increase in body temperature, the skin contamination rate increases by 400 percent.

He and another firefighter bought and tested a Gray Particulate Blocking Hood from manufacturer Innotex. Their product offers two layers of protection, are thicker and larger than traditional hoods covering more of the firefighters face and upper body. It features an elastic sewn face opening that provides a better protective seal and has a longer drop to cover more of the chest, shoulder, and neck. The hoods are also machine-washable and can be reused up to 100 times.

Morwick, also on the unit's health and safety team, had them added to their standard kit of protective safety gear.

"I am glad we now have more protection," he says. "The members of our team all have families and children to go home to at the end of our shifts, so it is nice to have another protective measure that decreases our risk of contracting work-related cancer."

For his efforts, he was awarded a base Commander's Bravo Zulu and coin.

"We are very proud of Curt in spearheading this successful effort to help make our workplace safer," said Deputy Fire Chief Mark Crisp. "Our crews now have added piece of mind when responding to calls and it wouldn't have been possible without the diligence of Curt and other members of our firefighting team who made this happen."

# Triangle RV Centre celebrates 65 years



## 2.99%

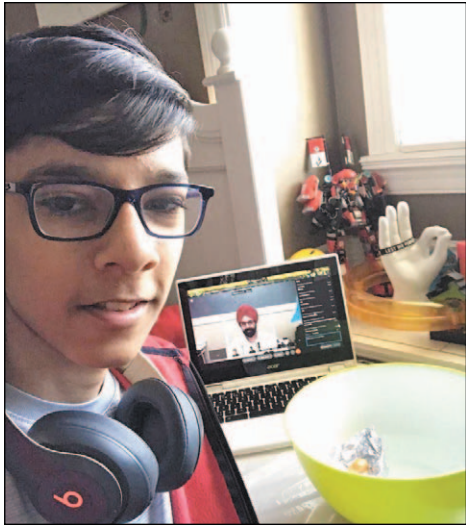
O.A.C. Ends March 31, 2021



10299 McDonald Park Road, Sidney, 250-656-1122

— Ask about our Military Discount —





## Cadets chose their own adventure during virtual spring break

**FSgt Jaskirat Singh**

888 Avenger RCACS, Vancouver

**WO2 Myranda Middleton**

848 Royal Roads RCACS, Victoria

**WO Harmannat Pabla**

3300 British Columbia Regiment Bhai Kanhaiya, RCACC, Surrey

Cadets in B.C. haven't been able to train in person since November 2020, but that hasn't stopped them from having unique experiences and opportunities.

Spring Break was no exception.

Throughout the two-week break, 225 sea, army, and air cadets logged onto WebEx each day to advance their skills, make new friends, and have fun virtually with through the Spring Break Cadet Activities Program.

Cadets had access to drop-in workshops ranging from boat and buoyancy basics, building shelters, human synergistics, photography, and music. Forty cadets also earned their Pleasure Craft Operator's Card by completing Module 1 of the Small Craft Operator Permit course.

A major highlight of the weekly program included a virtual CAF Familiarization

tour of Operation Palaci with Lt McGall, First Regiment Canadian Horse Artillery Shilo, Manitoba, and WO Ubbing from the 20th Field Regiment in Red Deer, Alberta.

They discussed how Op Palaci helps control avalanches in Rogers Pass and answered questions from cadets.

More than 70 cadets also participated in a virtual tour of 442 Transport and Rescue Squadron located at 19 Wing Comox led by Major Ryan Port, CC-115 Buffalo Flight Commander. Cadets were shown around a CC-115 Buffalo, and the systems that support it, and then talked to Maj Port about flying, search and rescue, and life at 19 Wing.

Citizenship is another aspect of the Cadet Program; cadets were treated to a tour of the British Columbia legislature, led by MLA Dan Davies, who is also a Cadet Instructor's Cadre Officer.

Cadets learned history of the Legislature and how bills are reviewed and voted upon. In addition, cadets asked Davies about aspects of his job and the government process.

Spring Break offered Year 5 workshops to senior cadets. In their last year of formal training, cadets choose a series of workshops to enhance their interests, personal development and leadership skills.

They had workshops such as time management, dynamic instruction, communication tools, and ethics. These skills are important when they become instructors in the program.

Many workshops were taught by senior cadets. Adult staff worked in the background to provide IT and administrative support. Highlighting workshops, schedule changes and the cadet experience on social media was managed by a team of Cadet Correspondents.

### QUICK ALL-DAY BREAKFAST & LUNCH

Visit us next to the shipyard!



829 A Admirals Rd  
250-361-3463  
thriveandshine.ca

THANK YOU FOR SUPPORTING  
LOCAL BUSINESS!

PICKUP WINDOW  
AVAILABLE!



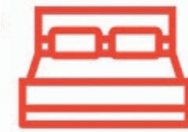
15<sup>TH</sup> ANNUAL  
CFB ESQUIMALT

**NAVY RUN**

SATURDAY 19 JUNE -  
FRIDAY 25 JUNE 2021

REGISTER TODAY  
NAVYRUNESQUIMALT.COM

LOCALLY OWNED  
AND OPERATED



**ZEDS**  
beds made easy

[www.ZEDSBEDS.ca](http://www.ZEDSBEDS.ca)

**5% MILITARY DISCOUNT**

**0% FINANCING**  
0 down  
0 payments for 15 months



Mattresses:	Frames:
Twins \$220-\$650	Twins \$220-\$600
Doubles \$240-\$800	Doubles \$270-\$700
Queens \$260-\$1,150	Queens \$290-\$900
Kings \$450-\$1,400	Kings \$310-\$1,000

ALL PRICES INCLUDE TAXES!!!



Financing available.

**FREE PARKING AROUND BACK**

#113-2854 PEATT RD., LANGFORD  
Adam Averill, CD: 250-894-ZEDS (9337)

OPEN:  
WED-SAT 11-5  
SUNDAY 11-3

**FREE HOME  
DELIVERY**



**FREE PHONE  
CONSULTATION**

### ATTENTION DND COMMUNITY

Come live in this  
**EXTRAORDINARY**  
apartment complex with the  
**BEST VIEWS** in Esquimalt.

**FOR RENT  
BRAND  
NEW!**

FROM **\$1790** /MO.



**You can walk to work!**

**Just steps from Naden, Dockyard and Work Point.**

Walk to Base from **BRAND NEW** 28 unit Admirals Apartments complex. Some units feature ocean and mountain views. Bright, spacious 1-3 bedroom units with in-suite laundry. Parking and bike storage available.

**Located on major bus routes just  
minutes from beaches, shopping, downtown and more...**

**Contact Admiralsapartments@gmail.com**

**VIRTUAL & PRIVATE TOURS AVAILABLE.  
ACT FAST AS LIMITED SUPPLY!**





# Celebrating DIVERSITY

## The new Defence Team Pride Network

The mission of the Defence Team Pride Network is to continue moving Maritime Forces Pacific (MARPA) forward in its goal of a more inclusive workplace by bringing LGBTQ2+ issues, including those that may be barriers to equity and diversity, to senior leadership.

It supports MARPA's effort to be a positive, inclusive, welcoming, and stimulating workplace, with a focus on the needs and aspirations of LGBTQ2+ members.

It seeks to assist the senior leadership cadre to position MARPA as an employer of choice, an institution where individuals are seen for who they are, and one that embraces their diversity to the enrichment of the Formation.



**Military Co-chair:**  
**MS Erin Rautenstrauch (she/they)**

I joined the Canadian Armed Forces in 2011 as a Naval Combat Information Operator and have taken a strong interest in supporting members who identify as LGBTQ2+. Through this, I have gained a passion for creating an inclusive environment within the Defence team.

The Defence Team Pride Network gives me the ability to foster an inclusive environment for all who identify within the pride community. Ever since coming out, I have been met with support from my peers and superiors. Being accepted and welcomed is an important part of our identity and everyone within MARPA should be free to express who they are.



**Civilian Co-chair:**  
**Steve Cleugh (he/him)**

I have been with Fleet Maintenance Facility Cape Breton since 2005, mostly as a Marine Industrial Labourer, but with forays into behavioural safety, supervisory positions, and most recently an EAP Referral Agent.

I decided that working with The Defense Team Pride Network was the most logical and important thing I could do, especially for my kids. I would like them to be able to go to a workplace, not just the federal government workplace, but any workplace, and have an inclusive attitude toward anyone. We miss out on so much potential when aspects of our workforce are not accepted.

I look forward to all we can do with this Defence Advisory Group.

**BECOME A MEMBER**

If you would like to become a member, contact one of the Co-Chairs

Military Co-chair : MS Erin Rautenstrauch (she/they)

Civilian Co-chair : Steve Cleugh (he/him)

Champion: Capt(N) Julian Elbourne (he/him)





**Positive Space Ambassador S1 Danielle Dewitt says it is an honour to raise one of the first-ever transgender pride flags at the base this week.**

# Raising the flag for transgender pride

Maritime Forces Pacific will make history Wednesday when it raises the Transgender Pride Flag in Dockyard, Work Point, and at Naden at 8 a.m.

The ceremony corresponds with International Transgender Day of Visibility that was founded by transgender activist Rachel Crandall in 2009 in reaction to the lack of recognition of transgender people. The annual event, held on March 31, is dedicated to celebrating the resilience and success of transgender people, and to raise awareness of discrimination faced by transgender people worldwide.

The flag-raising ceremonies demonstrate the West Coast formation's commitment to an inclusive workplace and this is an important step in showing that the CAF is not just accepting of the LGBTQ2+ community, but is proud to welcome members of all gender identities, expressions, and sexual orientations.

All provincial health and safety protocols will be in place for those wanting to attend and include physical distancing and the wearing of non-medical facemasks.

The flag-raising is an important step towards inclusiveness, says S1 Danielle Dewitt and CPO2 Lyne Edmondson, who both identify as transgender.

S1 Dewitt, 38, works as a Senior Boatswain in the Patrol Craft Training Unit and identifies as a woman. She was the first person to raise the Pride flag at CFB Halifax in 2017, and will take part in the first hoisting of the transgender flag at Duntze Head.

"I am incredibly honoured to be chosen to raise the flag and can't wait for this," says S1 Dewitt.

The feeling is mutual for CPO2 Edmondson who will also be involved in this week's watershed moment. A Weapons Engineering Technician by trade, she now works as the Staff Officer New Capability Integration, Detachment West.

CPO2 Edmondson has served 32 years in the Royal Canadian Navy (RCN) and is member of the MARPA Positive Space Working Group, formed in January 2020.

"I am grateful to be part of recognizing this important day. I drafted the briefing note that was sent to the Base Commander and Admiral. I believe that recognition, including this flag-raising ceremony, is among the important first steps that will lead to increased understanding and inclusion, which must continue to be embedded within all of our processes in the RCN."

S1 Dewitt and CPO2 Edmondson are also involved in the newly created Defence Advisory Group (DAG): the Defence Team Pride Network. It was established in February 2021 and is quickly growing in membership.

It is one of five designated DAGs founded within the legislation of employment equity as an effort to overcome discrimination in employment practices. DAGs are integral to a safe workplace and their work positively enhances the experiences of all employees. The four other groups on base represent the interests of Aboriginal peoples, visible minorities, women, and persons with disabilities. These groups all have the same mandate as the Defence Team Pride Network: to identify systemic barriers and provide advice and information to the Defence Team and leadership.

**CPO2 Lyne Edmondson, Positive Space Ambassador, drafted the briefing note for Wednesday's three flag-raising ceremonies at Duntze Head Work Point and Naden.**



## What is Positive Space?

LGBTQ2+ is an abbreviation that stands for: lesbian, gay, bisexual, transgender, queer (or sometimes questioning), and two-spirited. The plus-sign signifies a number of other identities, and is included to keep the abbreviation brief when written out; this acronym is fluid and open to change.

The concept of Positive Space has been around since the early 1990s, and was adopted by the Treasury Board of Canada in 2013. Within the Department of National Defence, this initiative is a joint partnership between Assistant Deputy Minister Human Resources Civilians and Chief of Military Personnel under the purview of the Director of Human Rights and Diversity and the Director Workforce Programs and Services. The Positive Space Program is designed to foster a safe and inclusive work environment for everyone, with emphasis placed on members of the LGBTQ2+ community.

**On base courses:**

- MARPA Positive Space Training Curriculum
- Informational Brief (1.5 hrs)
- Workshop (1/2 day)
- Ambassador Training (2 days)
- Facilitator Training (2 days)

## Positive Space Training

The Positive Space Working Group is a sub-working group of the Organizational Wellness Working Group of the MARPA Health and Wellness Strategy. The working group stemmed out of the Positive Space Initiative, which is designed to foster a safe and inclusive work environment for everyone, with emphasis placed on members of the LGBTQ2+ community.

Once Public Health measures allow, the Positive Space Working Group will be offering a two-day Ambassador's Course open to all military personnel and civilian employees. The intention of this professional development program is to educate participants about the objectives of the Positive Space Working Group, how to declare your workplace a "Positive Space", and basic information and terminology about gender identity and sexual orientation in the workplace and at home.

The course is a peer-based support program that helps members who are looking to support fellow employees, themselves, or a loved one (friend or family) who identifies as part of the LGBTQ2+ community.

"This course is also designed for work supervisors who are looking for basic information on how to learn pronouns and how to make LGBTQ2+ persons feel included in the workplace," says Alli Jones, Health Promotion Specialist.

Upon completion of the course, attendees will be given Positive Space Door stickers to place in their office as an identifier that this is a positive and safe work space for members of the LGBTQ2+ community.

Along with the Positive Space two-day Ambassador's Course, the working group also offers a half day Positive Space workshop, as well as a two day facilitator training open to those who have successfully taken the Ambassador Training and would like to facilitate the course.

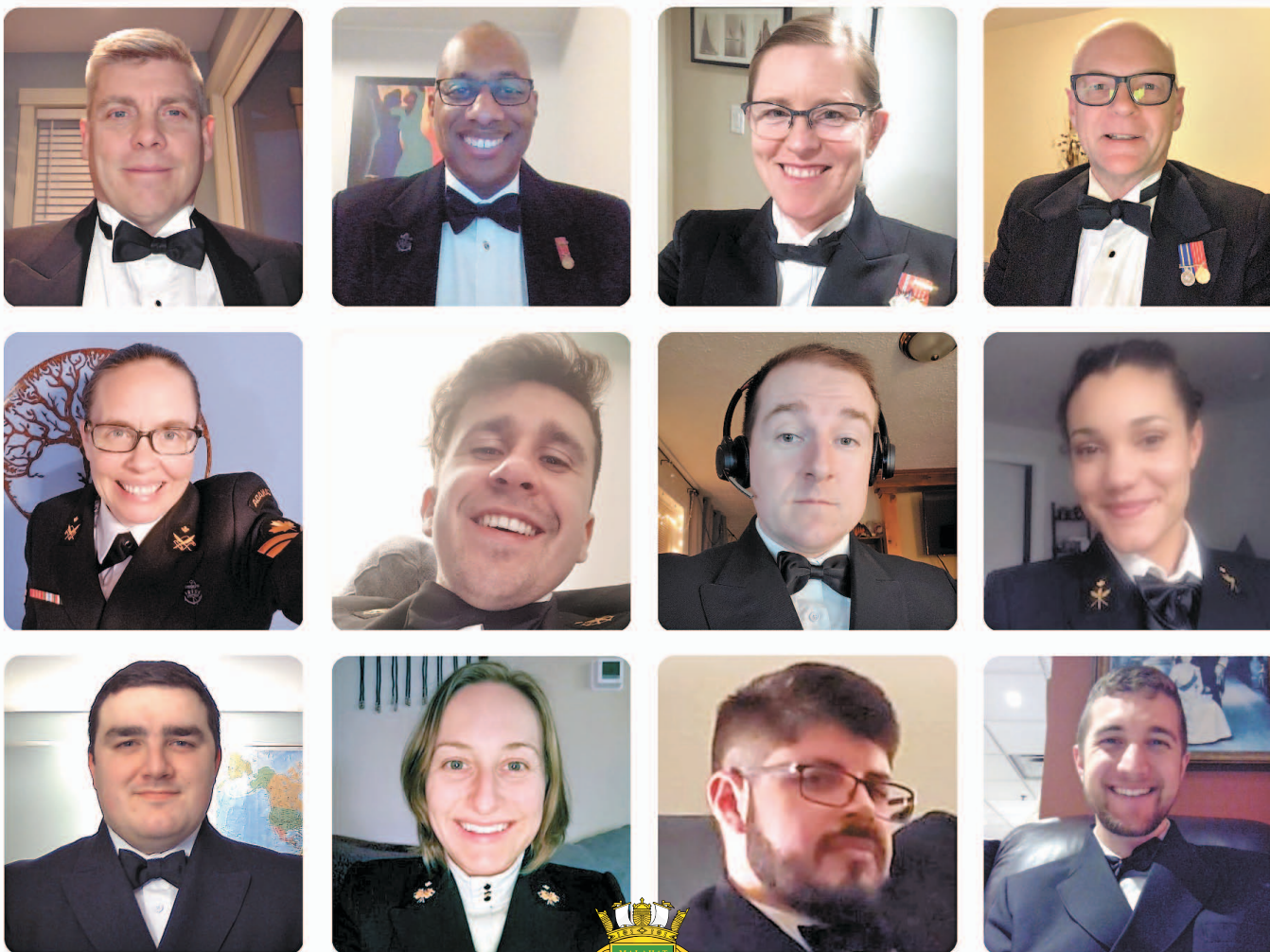
Currently, the Positive Space Working Group is offering a virtual 1.5 hour informational briefing via MS Teams. If you are interested in booking a briefing contact Alli Jones at Allison.Jones@forces.gc.ca



### INFORMATION

For more information about how to foster a safe and inclusive workspace and how to use the Government of Canada's Positive Space Program visit the webpage: <https://www.canada.ca/en/departement-national-defence/maple-leaf/defence/2020/10/positive-space-program.html>





HMCS MALAHAT



HOLDS FIRST-EVER

# VIRTUAL TRAINING MESS DINNER

**SLt Donald Den**  
HMCS Malahat PAO

Since the onset of COVID-19, Victoria's Naval Reserve Division *HMCS Malahat* has "cracked the code" when it comes to conducting regular training.

*Malahat* has gotten members in boats, divers in the water, and held regular training nights since the pandemic began. When it comes to personnel readiness, *Malahat* and the Royal Canadian Naval Reserve are doing well.

However, people also join the Naval Reserve for the camaraderie, and maintaining that social aspect during a pandemic has

proved to be difficult to nurture. Social events and fairs have been put on hold and all the messes at *Malahat* remain closed under provincial health and safety regulations.

For the 2020 holiday season, *Malahat* conducted a small, virtual departmental Zoom session in place of a larger event, which is where the idea started for a 'Virtual' Training Mess Dinner.

It is one of the Royal Canadian Navy's most storied social events where members dress in their best formal wear and enjoy a meal together – all while observing a multitude of naval traditions.

"A Mess Dinner is full of pomp and circumstance, but it also

comes with strict protocols and ceremonial proceedings," says Lt(N) Roland Young. "It seemed daunting, but we wanted to see if we could do it."

Over several weeks, with members meeting safely in-unit at *Malahat* and virtually via Zoom, the event gradually began to take shape. It involved specified traditional roles that come with the Mess Dinner, such as President, Vice-President, and Secretary. It also required a full script, several walkthroughs, and even storyboarding to put it together in a virtual environment.

"We knew from experience that we had to be prepared for every eventuality, such as glitches or dropped calls. All plans work until they meet

reality," said Lt(N) Young, who coordinated the Mess Dinner and eventually took on the role of the Mess Secretary.

On the evening of March 6, with more than 30 members of the ship's company in attendance dressed in their best, *HMCS Malahat* successfully held its first virtual Training Mess Dinner. Thankfully, there was no overt glitches that disrupted the evening.

"A great deal of creativity went into the planning and coordinating of this Training Mess Dinner in a COVID-19 environment," said Lieutenant-Commander Anne Gardam, *Malahat's* Logistics Officer and Virtual Mess President. "I'm pleased that we were able to achieve

our goal of bringing members of *Malahat* together, albeit virtually, for an evening of fun, while maintaining naval tradition."

The painstaking effort by *Malahat* members to coordinate, organize, and hold the event was made worth it by providing that first real naval experience to some of the more junior members at the unit.

"It really is a way to socialize young sailors into some of those traditions of the Royal Canadian Navy," said Lt(N) Young. "For young recruits, there is that fear of the unknown – the navy has a significant legacy and history, and we wanted to give them the opportunity to learn and have fun, and really enjoy that Mess Dinner experience."

NOW AVAILABLE

## 2021 Veterans Benefits GUIDE

Do **YOU** qualify for disability coverage or a pension?

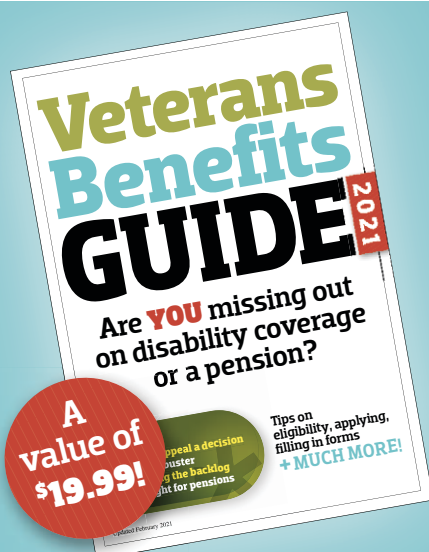
**FREE**  
to all  
veterans  
and their  
families

The 2021 guide includes helpful, up-to-date information on eligibility, applying, coverage **+ MUCH MORE!**

Download your digital guide today! Go to: [legionmagazine.com/guide](https://legionmagazine.com/guide)

**LEGION**  
CANADA'S MILITARY HISTORY MAGAZINE

PUBLISHED BY  
**CANVET**







Boarding teams from HMS Montrose approach a suspicious vessel in the Arabian Sea on March 12.

## HMS Montrose seizes third drug haul in five weeks

### Combined Maritime Forces

Royal Navy frigate HMS Montrose has struck success for a third time in less than five weeks.

In an operation lasting 10 hours, Montrose intercepted over 2,800 kilograms (6,100 lbs) of hashish and 50 kg (110 lbs) of heroin in the Arabian Sea, March 12.

The boarding team from the ship, operating in direct support of Combined Maritime Forces' Combined Task Force 150, seized the drugs – with an estimated wholesale value of over \$4.5 million – following searches of suspicious vessels whilst undertaking a counter-narcotics patrol.

This latest successful interdiction has further deprived criminal and terrorist networks of their ability to finance their operations through the transport and sale of illicit cargo.

"It is purely coincidental that this operational success falls on my

last day at sea in Command," said Commander Ollie Hucker, HMS Montrose Commanding Officer. "Be it the first day or the last day, these results only happen because of the collective effort and skill of the incredibly professional, highly trained and dedicated people that the Royal Navy employs, and that I have the privilege to command."

This is the latest in a string of successful counter-narcotics operations since the Royal Canadian Navy assumed command of CTF-150 in late January 2021. CTF-150, one of three Combined Maritime Forces task forces, is operating in the region to disrupt criminal and terrorist organizations and to prevent the illegal trade of drugs and weapons.

As part of this, Montrose alone has intercepted a combined haul of more than 5,220 kg (11,510 lbs) over the ship's last three interdictions, striking a tangible blow in the war against illegal drug trafficking. This is in addi-

tion to seizures by the US Navy and French Marine Nationale. Their collective success has directly contributed to maritime security operations in the Middle East.

"HMS Montrose displayed the spirit and dedication to mission that every commander dreams of in a supporting unit. Extremely well-led, professional, and with an unmatched enthusiasm to achieve mission success; Montrose was like a thoroughbred chomping at the bit," said Commodore Dan Charlebois, Commander of CTF-150. "They came ready for operations, achieved two immediate successes at sea, in the form of substantial drug seizures, and fittingly, achieved a final seizure of illicit narcotics on their final day in support of CTF-150 before a very well deserved rest and maintenance period. Their contributions to maritime security in the CMF area of operations during their tenure of support cannot be overstated, and were greatly appreciated."



Royal Navy and Royal Marines from HMS Montrose stand with more than 2,800 kilograms of narcotics seized from a vessel in the Arabian Sea on March 12.

Photo: AET Josh Edwards RN

### Want to know what your Base Commander is up to?

Follow Captain (N) Sam Sader @MayorCFBESq and visit facebook.com/EsquimaltBase/



Your award winning community newspaper!

We bring to you **advertising** that supports the **Canadian Military Community**.

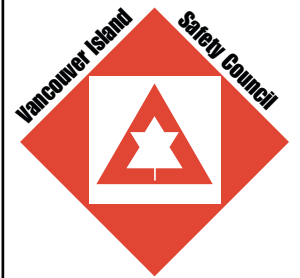
Tell advertisers you saw them in the Lookout



Join our network, don't miss a thing!

www.lookoutnewspaper.com

f LookoutNewspaperNavyNews  
t Lookout\_news



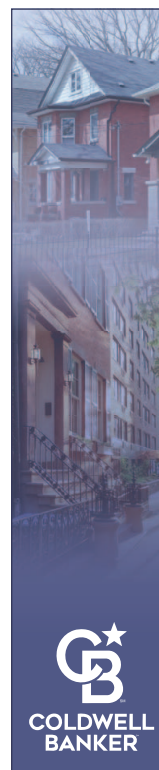
MOTORCYCLE RIDER TRAINING

NOVICE & TRAFFIC PROGRAMS

EXPERIENCED RIDER COURSES

ICBC CERTIFIED COURSE

250-478-9584  
www.visafetecouncil.com



**Elysia Allen, Realtor**  
Coldwell Banker Oceanside

**250-882-8938**

Elysia@ElysiaAllenHomes.com  
www.ElysiaAllenHomes.com

## My team is here to provide the assistance you need.

Contact my office with your questions about:

- Phoenix payment issues
- Veterans Affairs Canada
- Service Canada and CRA
- Local and provincial contacts
- Immigration-related issues
- Federal COVID-19 benefits for individuals, businesses, non-profits.

f /CollinsLaurel  
t @Laurel\_BC  
@laurelndp  
NDP

**Laurel Collins**  
MP for Victoria

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



## Connect with people who understand.

The Onward Cancer Support Network connects Canadian Armed Forces families who are or have battled cancer.



FIND US ON FACEBOOK to connect with current/past serving cancer survivors for advice and services available to CAF members.



## Double C Bookkeeping

Full service Bookkeeping and Income Tax

**Individual and Small Business**

REGISTERED EFILER WITH CRA

101 - 360 GOLDSTREAM AVE., VICTORIA, BC V9B 2W3

Charles Cornforth, Owner

**250-514-3833**

doublecbooks@shaw.ca



# Bravo Zulu



S3 Tabby Morris was promoted to Sailor Second Class by Cdr E. Mariano, MARPAC HQ Commanding Officer. Also present was WO Brad Axworthy.



WO Benoit Simard was promoted to MWO by Capt(N) J. Elbourne, Chief of Staff Operations MARPAC/JTFP/MCE(W). Also present was Ulrich Suesser, and Lt(N) Josée Belcourt.



PO1 Gamble was promoted to his current rank by LCdr Hawke, MOG 4 Logistics.



S1 Aaron Guest was promoted to Master Sailor by Capt(N) J. Elbourne, Chief of Staff Operations MARPAC/JTFP/MCE(W). Also present were Lt(N) Sean Bruce and PO2 Steffen Zarate.

## NFS(P) NAVCOM QL6B Session 0031 Graduation Ceremony

Presentations by Lieutenant-Commander Roy Blume, Campus Support Division Commander

Photos S1 Mike Goluboff, MARPAC Imaging Services



Petty Officer Second Class Mathieu Blais receives the Certificate of Military Achievement.



Petty Officer Second Class Nancy Daigle receives the Certificate of Military Achievement.



Petty Officer Second Class Elisabeth Morin-Fortin receives the Certificate of Military Achievement.



Petty Officer Second Class Christian Pelchat receives the Certificate of Military Achievement.



Petty Officer Second Class Carrie Sorensen receives the Certificate of Military Achievement.



Petty Officer Second Class David White receives the Certificate of Military Achievement.



# Bravo Zulu

## NFS(P) NAVCOM QL3 Session 0003 Graduation Ceremony

Presentations by Lieutenant-Commander Roy Blume, Campus Support Division Commander  
Photos S1 Mike Goluboff, MARPAC Imaging Services



Sailor Third Class Coady Caren receives the Certificate of Military Achievement.



Sailor Third Class David Ficht receives the Certificate of Military Achievement.



Sailor Third Class Zachary Fouquet receives the Certificate of Military Achievement.



Sailor Third Class Kenan Grosse receives the Certificate of Military Achievement.



Sailor Third Class Chih Chen Hsu receives the Certificate of Military Achievement.



Sailor Third Class Marc Kingsbury receives the Certificate of Military Achievement.



Sailor Third Class George Magdalek receives the Certificate of Military Achievement.



Sailor Third Class Neil Parulan receives the Certificate of Military Achievement.



Sailor Third Class Connor Paton receives the Certificate of Military Achievement.



Sailor Third Class Joseph Wright receives the Certificate of Military Achievement.



Sailor Third Class David Ficht receives the Top Student Award Plaque.



Sailor Third Class Patrick Barrington receives the Certificate of Military Achievement.



Sailor Third Class Katharine Burnard receives the Certificate of Military Achievement.





**UNLOCK** your  
**POTENTIAL**  
with **GOOD**  
**NUTRITION**

# March is Nutrition Month



Join master chef **Alli Jones** in this week's **Salad Cam** as she features a great recipe weekly from the Dietitians of Canada recipe book.

**SHARE A  
PHOTO**  
OF YOUR  
**DELICIOUS CREATIONS**



**WIN A  
PRIZE!**

Follow us on Facebook @pspesquimaltnaden

Keep the kitchen party going and join the virtual Nutrition Month celebration coast-to-coast. To get involved in online events happening across the country, check out the National Nutrition Month calendar:

<https://www.cafconnection.ca/National/Virtual-Services/Health-Promotion-Webinars/Nutrition-Month.aspx>

<https://www.connexionfac.ca/Nationale/Services-virtuels/Webinaires-Promotion-de-la-sante/Mois-de-la-nutrition.aspx>



#### DIETITIAN TIP

Lynn Weaver RD  
Dietitian with CanolaEatWell.com

A simple ending to a wonderful meal. The crunch and colour of the pistachios make it extra special. Medjool dates are rich in natural sugars, Fibre and several vitamins and minerals. Fats and oils like canola oil aid in the absorption of fat soluble vitamins A, D, E, and K. Canola oil is low in saturated fat, a source of plant-based omega-3 fat and also contains vitamin E an antioxidant, and vitamin K which is needed for normal blood clotting. CanolaEatWell.com is a sponsor of Nutrition Month 2021.



## Pan-Fried Dates with Cardamom Yogurt



**Preparation Time: 5 mins**  
**Cook Time: 2 mins**  
**Serves: 6**

#### Ingredients

- 1 cup (250 mL) plain 0% Greek yogurt
- 3/4 tsp (4 mL) ground cardamom or cinnamon
- 1 tbsp (15 mL) canola oil
- 12 Medjool dates, pitted
- 1/4 cup (50 mL) chopped pistachios (optional)

#### Directions

1. In a small bowl, whisk together yogurt and cardamom. Cover and refrigerate until ready to use.
2. In a small non-stick skillet, heat oil over medium heat. Add dates and panfry for about 2 minutes, turning to blister dates (become golden) and heat through.
3. Divide yogurt among 6 dessert plates and top each with 2 dates. Sprinkle with pistachios to serve.

Recipe Provided By: CanolaEatWell.com  
Recipe Source: Cookspiration.com

**GOOD FOR YOU!**

Dietitians Help **You** Find **Your** Healthy





# LOOKOUT Classifieds & Real Estate

Email your Free Word Classified to [melissa.atkinson@forces.gc.ca](mailto:melissa.atkinson@forces.gc.ca)

## REAL ESTATE FOR RENT

### \$3695 - AVAILABLE MAY 1, FAMILY HOUSE

3 Bedroom + 2 bath in main living area PLUS self contained 1 Bedroom suite in lower level.

Situated in the quiet residential Gordon Head neighbourhood.

The Main house, upstairs has a sunny bright updated kitchen with french doors off dining area leading to 2 outdoor decks. Gas fireplace in living room. 2 bedrooms upstairs with 3rd bedroom and 2nd bathroom downstairs. Heated floors in main bathroom. Parking for 3 vehicles included and large storage area in basement.

Backyard is fully landscaped and includes area to plant your own veggie/flower garden. Gardening, water and garbage included.

Rent out the 1 bedroom suite to family, friends, UVIC student. Suite has a small private patio which leads you through your private entrance to your bright 1 bedroom apartment. Full size kitchen and extra storage area in the suite. Heated floors in kitchen and main living area. Shared laundry room.

Gas furnace heats main house and electric baseboard heating in the basement. Hydro, gas and internet are not included.

Perfect for a young family with Torquay Elementary school across the street. Close to parks, GH Rec centre, grocery stores, Home Depot, coffee shops, Mount Douglas, beaches and bus routes.

Must be seen to be appreciated. Pets will be considered.

Ron Mierau, 250-589-1369, rmmierau@gmail.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](mailto:rentals@eyproperties.com)

For more information or to book your own personal tour, please contact Kevin at 250-380-4663

## INCOME TAX

### MILITARY DISCOUNTS



**AACT Financial**  
Your one stop financial shop

**TAX AND ACCOUNTING**

**AACT FINANCIAL SOLUTIONS**

1353 Esquimalt Road  
250-383-3834

**www.aact.ca**

## REAL ESTATE FOR SALE



**POSTED? Let me help!**

**holly**  
COURTRIGHT  
Real Estate Advisor

Esquimalt Area Specialist  
Let me help you make Esquimalt home.



p: 250.888.6953 e: [holly@courtright.co](mailto:holly@courtright.co) w: [courtright.co](http://courtright.co)

## 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**



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](http://www.eyproperties.com)**



## FOR SALE



### FOR SALE

Grampian 26. Spinnaker, furling foresail 9.9 Honda outboard. Two burner propane stove and a recent VHF radio. A very competitive racer. Moored at CFSA, (C25) if you want to have a look, so no waiting for a slip.

\$5,000 Call Mike Becevel - 250 893 5281

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

## FOR SALE

**For sale – take the whole lot!**

**All items must go! Make me an offer.**

Remaining items from L & G Quartermaster Store, Esquimalt

**Contact Linda Dobson:**

**250-755-1502 / [l.dobson@shaw.ca](mailto:l.dobson@shaw.ca)**





# ESQUIMALT LIONS FREE Easter Drive Through

**April 4, Noon-2 pm  
Archie Browning Arena  
(Rear Parking Lot)**

COVID 19 health and safety protocols in place,  
sorry no walk throughs.



**To receive your questions email [Christine.Farrington@forces.gc.ca](mailto:Christine.Farrington@forces.gc.ca)**

Then email your answers back to her between April 6 and midnight April 30, 2021 to be eligible to win.

Open only to CFB Esquimalt CAF members, DND employees, veterans and their families.

SPONSORED BY

**babcock**<sup>™</sup>

**seaspan**  
VICTORIA SHIPYARDS