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Volume 66 Number 42 | October 25, 2021

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HMCS WINNIPEG AT SEA

Sailor Second Class Domenic Jacob secures a new rope to a kisbury ring on board HMCS Winnipeg while sailing in the East China Sea during Operation Neon.

Photo by MCpl Andre Maillet, MARPAC Imaging Services



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Clothing purchase options expanded

LCdr (Retired) Michael McWhinnie
Contributor

A small software update on a military clothing website is having a positive impact on Canadian Armed Forces (CAF) personnel across the country.

Since 1993, Logistik Unicorp has provided clothing solutions to CAF for non-operational dress. Until recently, when navigating the website for clothing, personnel were presented with one of two menu options where items correspond to gender.

Now, clients can toggle between the "male cut" and "female cut" menus to place an order.

This change is part of a measured transition from 111 years ago when the Royal Canadian Navy (RCN) was established by the Naval Service Act in 1910. Men and women were issued separate and distinct clothing items. But things began to change in 2012 when the Naval Dress Committee authorized male-pattern Distinctive Environmental Uniform (DEU) pants for wear by females.

"The navy has always been an institution that values tradition, but it's evolving to be more responsive to the views of its members," says CPO1 Al Darragh, Base Chief CFB Esquimalt. "Many women preferred the male pants and since then policies have advanced so that today females are also authorized to choose between two options for the peak cap (or bowler) and long sleeve DEU shirt."

Changes were furthered in 2019 when a women's sub-committee was added to the Naval Dress Committee to help shape policy based on the views of female personnel regarding

the design of "female cut" uniform items.

"Although policy permits women to wear male pattern pants, shirts, or peak caps, prior to the Logistik website change members had to submit a memorandum and have their online account updated to access those items. The [newest] change will reduce costs, time, and of course frustration," adds CPO1 Darragh.

S1 Charmaine Davison-Peer is a member of CFB Esquimalt's Defence Team Pride Advisory Organization. She sees the change as a positive step towards inclusion for transgender and non-binary CAF personnel.

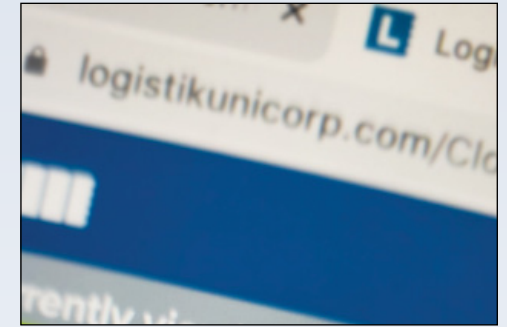
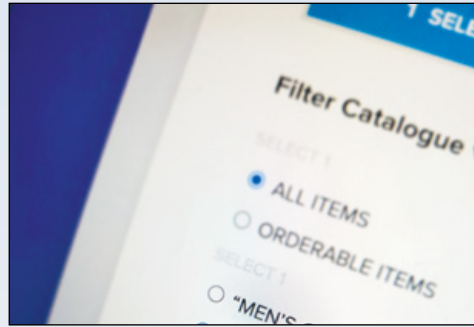
"Broadly speaking, I think this change aligns well with the CAF's stated aim of fostering a more inclusive and diverse workplace. I know several colleagues who are members of the LGBTQ+ community within the military who are happy with the change and how it will facilitate their gender expression."

She also welcomes the Logistik Unicorp change herself.

"As a female CAF member, the change impacts me in two ways. First, it makes my life simpler when ordering certain DEU items. But more importantly, it signals that the institution is trusting me to make appropriate choices based on my personal preferences."

The new website function does have one flaw; it is now possible for personnel to order uniform items they are not authorized to wear.

"Changes to the Dress Code are anticipated but members must always adhere to the current regulations that are in effect," says CPO1 Darragh.



Filter Catalogue ▾

SELECT 1

- ALL ITEMS
- ORDERABLE ITEMS

SELECT 1

- "MEN'S CUT" STYLES
- "WOMEN'S CUT" STYLES



"The navy has always been an institution that values tradition, but it's evolving to be more responsive to the views of its members."

– CPO1 Al Darragh,
Base Chief CFB Esquimalt

Above: CPO1 Al Darragh and S1 Charmaine Davison-Peer review the Logistik Unicorp website.

MILITARY POLICE TO CARRY CONDUCTED ENERGY WEAPONS

DND

Beginning in November, on Bases, Dockyards and Wings across the country, Military Police (MP) personnel will begin carrying Conducted Energy Weapons (CEW).

A CEW is an electrical impulse device, commonly known as a Taser, that will assist MPs in gaining control of a subject in situations where the subject is assaultive, or where there is an imminent threat of serious bodily harm or death.

While never to be used as a substitute for de-escalation, the addition of the CEW will add flexibility to employ an applicable level force to successfully resolve an altercation while securing the safety of MP personnel and anyone being protected by them.

Only trained MP personnel are authorized to carry, deploy, and dis-



charge the CEW. All MP personnel receive initial qualification training on the CEW in accordance with standard practices by qualified instructors, which starts at the Canadian Forces Military Police Academy. In addition, all CEW users will be required to undergo a yearly re-certification.

"Military Police undergo knowledge, marksmanship, and scenario-based training on the CEW prior to being qualified to carry and use the weapon," says Sgt Eric Kellar, CEW instructor at the MP Detachment Kingston. "MPs are exposed to scenarios in which they must decide if and when it is appropriate to holster, display the warning arc, or discharge a cartridge into a subject. Military Police continue to use de-escalation techniques and the existing use of force training to control a potentially violent scenario."



Military Police unit members in Kingston, Ontario, armed with Conducted Energy Weapons train in accordance with standard police practices.

Below: Military Police in Canada have been issued a new vest capable of holstering the Conducted Energy Weapon.



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matters of OPINION

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Hello from your NDWCC Campaign Coordinator

Right now, your unit ambassadors starting conversations with you about donating to the NDWCC and if you want to take part in events that celebrate the spirit of the campaign.

I'd like to tell you a story about why it is important to make a meaningful E-Pledge donation

This is a true story. It involves a military family; a husband (sailor,) wife, and two children. The wife had severe depression and their oldest child had special needs. The relatives of this family lived out of province and could rarely visit. The wife had very few friends. Daycare was too expensive for her to work, so the family survived on only the member's income. Their marriage was strained and divorce was looming.

The husband was suddenly called away for a lengthy deployment. Once he departed, the wife found herself in a pit of emotional confusion and became even more depressed. Everything seemed hopeless, disorienting, and extremely lonely. The children became hard to manage alone and their home became frightening and overwhelming to her.

Then, one Sunday, her and the children attended a Sunday Session at the Military Family Resource Center. This was a program put on by MFRC Deployment Services to connect families to one another during deployment. There was childcare for the little ones so mom could watch the presentation. She had to leave halfway through the session due to her emotional stress; even then things seemed so sad and unending.

However, in the hallway she was approached by an MFRC social worker who was very empathetic and checked in with her. It was liberating to have someone to talk to about the struggles she was facing. The social worker encouraged her to attend more events and have more conversations. This led to the wife joining a military family Facebook group, using respite child care, getting counselling for depression, and connecting to a community liaison to help find supports for her oldest child.

This experience saved her. The counselling, child care, and community support at the MFRC helped her reconcile her marriage, gain confidence, connect to new lifelong friends, and become a more resilient woman and mother.

She began volunteering with the MFRC after that deployment to help others find the same support. She then began a career journey and connected to the Military Spouse Employment Initiative where she was hired to by the Department of National Defence.

Their children are now

experiencing successes where successes may not have been possible. Their journey has not been an easy one but the services and connections of the MFRC made success more of a reality.

Now here I am, Coordinator of your NDWCC! Without the support given each year to organizations such as United Way, HealthPartners, the MFRC and countless other charities of your choice, my story and stories like mine would not be possible. We need you to give so that programs, services, and policy can be developed to help those around us find their success story.

Melanie Tetreault

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Sailor First Class Hunter Johnson on board HMCS Winnipeg in the East China Sea during Operation Neon.
Photo by MCpl Andre Maillet, MARPAC Imaging Services

S1 Hunter Johnson

Part-time sailor joins HMCS Winnipeg for Operations Neon and Projection

S1 Hunter Johnson
HMCS Winnipeg

Who knew that signing up for a job that would land me in the middle of the ocean on a warship would be one of the best confidence boosters in my professional life?

The last time I stepped foot on a Canadian warship was for Rim of the Pacific 2018 in HMCS Ottawa. Since then, I finished my undergrad, completed my Naval Communicator course in Halifax, and deployed with my reserve unit, HMCS Prevost, located in London, ON, on two domestic operations for COVID-19 (Operation Laser and Operation Vector).

Weeks before I signed up for Operations Neon/Projection in HMCS Winnipeg, I had just finished a year-long contract for a civilian job and was starting to look into sailing again to brush up on my skills, and to have a chance of getting out of the country for a little while.

Since sailing in Ottawa, I knew without a doubt I wanted to sail in a frigate again. The larger crew and platform is a personal preference and I have a lot of fond memories from RIMPAC.

With near perfect timing, my best friend (also a Reservist at HMCS Prevost) saw a few openings in HMCS Winnipeg and, of course, we had to sign up together. After just two weeks I was offered a spot in the Naval Communicator section, and my bestie was offered a position as a Human Resource Administrator.

Two weeks. That's all it took to have this amazing opportunity right in front of me. So, my home unit booked my flights and I started preparing to leave home for the four month deployment.

You're probably thinking, "Two weeks isn't a lot of time to prepare for four months of life at sea." But, you'd be surprised how quickly one can adjust to a different environment, and a good portion of that can be credited to the crew and how welcoming they are.

Although I was looking forward to exploring other

continents with new and old friends, there are currently limits to our port visits with the pandemic. However, where possible, we've still been able to experience other cultures, such as attending an eye-opening Canadian commemoration ceremony at the United Nations Memorial Cemetery in Busan. Honestly, even just having catered Korean fried chicken was worth the trip to South Korea.

From stargazing on the bridge top, to watching our own band play on the flight deck, to the Sub-Lieutenant's crafting Starbucks-esque drinks in the Wardroom, there is never a dull moment.

My crewmates are great at keeping morale high with various activities and events; have you ever had a Mario Kart or Poker tournament while transiting in the South China Sea? I never thought that would be something on my bucket list, but I added it just to cross it out.

Other than the stories I now have in my back pocket, one thing I've always loved about my time in the Reserve Force is the flexibility I get in building my career. Returning home with new and invaluable experiences and skills, and being able to use them in every facet of my life—whether it be exploring my passions in my civilian career, or taking on another full-time contract with the Reserves—is

a game changer. That is a huge part of why this particular deployment helped boost my confidence as an employee and as a junior manager. I am getting the best out of my experiences with the Royal Canadian Navy, knowing that I had a large hand in getting myself to my current position.

What I'm trying to get at here is if you are a reservist, consider taking up the challenge of augmenting the Regular Force, I'd highly encourage you to give it a shot. Jump right into sailing and see where it takes you. After all, you might end up in the middle of the ocean with one of the largest Carrier Strike Groups since the Second World War, and an unlimited supply of stories to tell friends and family when you return home.



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- 2 QUALIFIED ADVICE:** Buying a home can be overwhelming, especially if you do not have impartial advice you can rely upon. Allow us to help guide and explain to you all that you need to know so you can feel confident and empowered in your financial decisions.
- 3 ACCESSIBILITY:** Have you ever called a bank and got placed on hold, then transferred, just to be placed on hold again? We know your time is important. Our team is always available to help you with anything you may need throughout your approval journey. We are committed to the highest standard of customer satisfaction and have over three dozen 5-star Google Reviews!



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SEPTEMBER 2021

AJAG Pacific Monthly Discipline Results

Below is a list of all Summary Trials and Court Martials held in the month of August and September within the Assistant Judge Advocate General (Pacific) region. A description of the charges is included. Any queries can be directed to the AJAG(P) Chief Petty Officer, CPO1 R. DeProy, Robert.deproy@forces.gc.ca

S3 Lebeau from Naval Fleet School (Pacific), charged with the following offence:

Section 85: In that he, on or about 1115 hrs, Monday, Aug. 9 while attending the Base Orderly Room exhibited contemptuous behaviour towards PO1 Parsons by repeatedly yelling and refusing to provide reasonable answers when asked for his name, Unit, or Chain of Command.

Summary Trial: Guilty, fine \$220 and five days confined to barracks.

MS Miller from Base Administration charged with the following offences:

Section 90: In that he, at 0730 hours, Sept. 1 without authority, was absent from his place of duty at Nelles Block and remained absent until approximately 1053 hours Sept. 1.

Summary Trial: Guilty, three days extra work and drill.



Explanation of Charges

SECTION 85
Insubordinate Behavior

SECTION 90
Absent Without Leave

SUMMARY TRIAL: Normally held at the Unit level by a Presiding Officer who is delegated by the Commanding Officer or the Commanding officer them self.

COURT MARTIAL: All Court Martials are presided over by a military judge. There are two court martials: a General Court Martial (GCM) and a Standing Court Martial (SCM). A GCM will have a panel (jury) and the SCM will be decided by judge alone.

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Madame Anna Guerin, inspired the
adoption of the poppy as Canada's symbol
of remembrance (1921).

Ghosts at the Halifax Naval Museum

Museum staff share stories about the spirits of Admiralty House

Joanie Veitch
Trident Newspaper

The lady with the long white hair on or near the main stairs is the most common sighting reported to Naval Museum of Halifax staff. They've also had reports of people hearing water running, and another from someone who heard the clang of a metal bucket.

Even without visitors in the building, the museum is never silent. More than 200 years old, Admiralty House creaks and groans from time to time — as old buildings do — making it easy to imagine how a small noise or sudden movement could play on the mind.

Could it be a ghost?

"We've heard lots and lots of ghost stories," says Lisa McNiven, archivist at the museum.

Sightings of a lady with white hair and the sound of water running are most likely connected to the story of Mary Gray, a servant who worked at Admiralty House in the mid-1800s, McNiven says.

"The story that has been passed down is that late at night the lady of the house called for water. Mary was either the lady's maid or some other house servant and she went upstairs to deliver the water — it would have been in a bucket — and she fell down the stairs on her way back."

Mary Gray died that night in 1858, and although the inscription on her grave has eroded, museum staff say her gravestone is in the old cemetery, the Royal Naval Burying Ground, tucked away at the lower part of the base.

Before COVID-19 safety precautions closed the museum to the public, a medium who visited the Naval Museum of Halifax as part of a paranormal investigation team estimated there were as many as 14 spirits in the house.

"Pre-COVID we had a daycare visiting and one little guy, he would have been about four years old, asked why the lady in the mirror wasn't talking to him," McNiven recalls, gesturing to a mirror in the front room. "He said she had long white hair and she was leaning out of the mirror and looking at him, but she wasn't saying anything."

Jennifer Denty, museum director, has heard the stories too. She's never personally experienced anything more than a noise that turned out to be a loose gutter, but reports of hearing or seeing "something" are persistent, coming from past and present museum staff and volunteers, commissionaires and visitors.

"Before COVID we used to do events in the evenings, so if someone was here late at night closing up, that was when things would get reported," she says. "It can get a little creepy, I'll admit."

Construction of Admiralty House began in 1815 and con-

tinued through to 1819. The grand three-storey house served as the British Admiral's summer residence at what was then known as the Royal Navy's North American Station from 1819 until 1904.

While the Admiralty spent winters in the more temperate climate of Bermuda, the house was not empty. Over the years various workers, and sometimes their families, would spend the winter months looking after the house.

One such family was the Lows, a husband and wife who lost four of their children in less than a week in late December 1884.

According to McNiven, who has researched the family's story, the father was the gardener and had been hired to keep the coal running in the winter. Six-year-old William died on Christmas Day, followed by Alice, aged four, on Dec. 28, and three-year-old Samuel the following day. The youngest, Albert, died on Dec. 31 at just 18 months of age.

"We don't know for sure what they died of but cholera was running through the Dockyard at that time, so we assume that was what happened," says McNiven. "That poor woman losing her children, I believe that kind of trauma lingers on. It has to."

Another incident involving a mother and child took place during the Halifax Explosion. "The mother was up in the attic holding her baby and looking out one of the top windows," says McNiven. "She was likely looking down toward the harbour to see what all the commotion was about when the explosion happened and the window blew in. Both she and the baby were killed."

Working alone in the house one day, McNiven said she distinctly heard a door slam upstairs in the attic. It was loud and the noise reverberated down to where she was working on the second floor. She stopped to listen but it didn't happen again.

"There are no doors in the attic. There are different rooms with doorways but no doors."

Other reports include a young cadet who said she saw a man down on the lower level wearing an "old-time" suit. Like the young boy who saw the woman in the mirror, the cadet asked why the man wouldn't come out and talk.

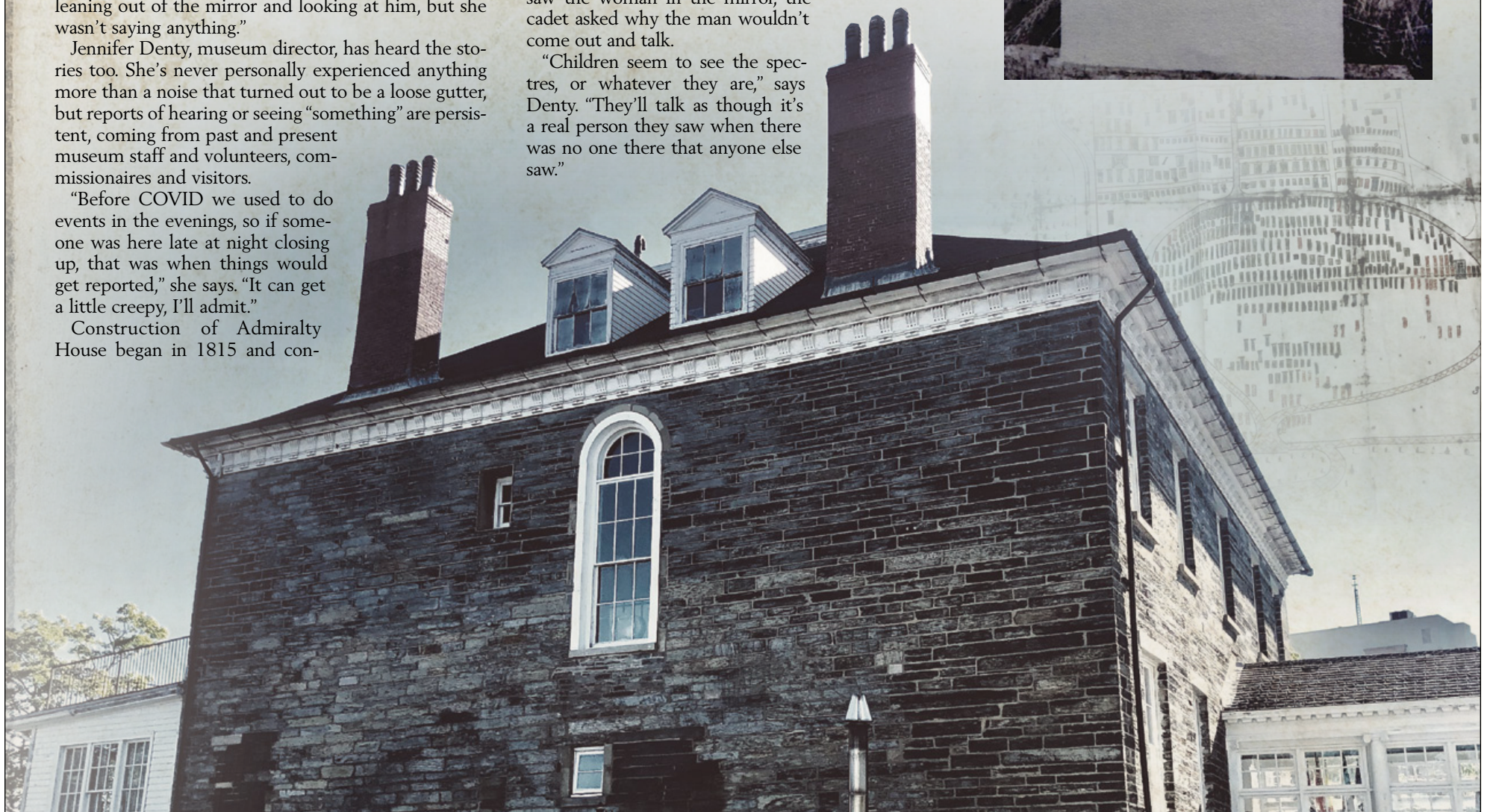
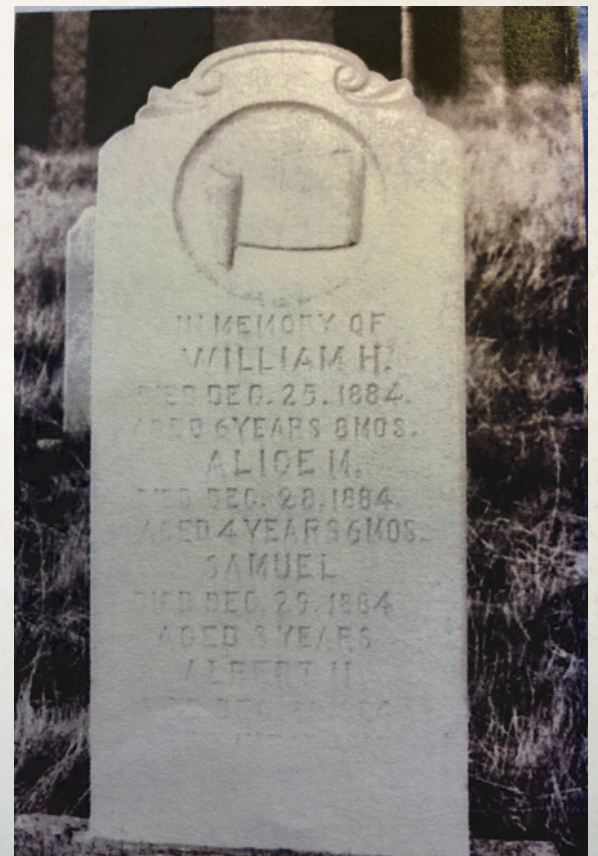
"Children seem to see the spectres, or whatever they are," says Denty. "They'll talk as though it's a real person they saw when there was no one there that anyone else saw."

Then there's the crypt. Formerly a cold storage area in the basement of the house. It has twice acted as a morgue, first in the mid to late 1800s when a magazine exploded and killed a number of people, and again following the Halifax Explosion.

"People have said they heard voices down there, I've never heard anything but who knows?" says McNiven.

Although the museum remains closed to the general public at present, it is open to anyone who works on the base. Museum staff say they would be happy to arrange a tour and talk about the various ghost stories of the house, or any other historical subject of interest.

For more information call 902-721-8250 or email: navalmuseumofhalifax@forces.gc.ca





CAF SPORTS DAY REBOOTS FOR 2021

Peter Mallett
Staff Writer

Military members and civilian staff celebrated the return of Canadian Armed Forces Sports Day on Oct. 20.

There was a strong showing for a wide range of team sports and other drop-in fitness-related activities hosted by Naden Athletic Centre staff. Throughout the day dozens of participants brought their 'A' game to indoor soccer, floor hockey, dodgeball, volleyball, spikeball, length swims, aquafit, and spin classes. At the Wurtele arena they did lap skates and outside ran a five kilometre route.

Participants were required to follow COVID-19 protocol, providing proof of vaccination and wearing a mask when entering, exiting, and transiting through the facilities. They also received a free Sports Day t-shirt and lunch.



[1]



[3]



[4]



[5]



[6]



[2]



[1] S1 Joseph Zwieck takes a freethrow during action on the basketball court. [2] Participants in a volleyball match get set for the opposing team to serve. [3] A participant reacts during action on the volleyball court. [4] Floor hockey goaltender S2 Sebastian Bienvenue of HMCS Donnacona takes a water break. [5] Troy Grinder of Personnel Support Programs (PSP) and PO2 Ray Moore of HMCS Regina practise their skills at floor hockey. [6] Bianca Hood of Base Administration takes laps in the Naden pool. [7] S2 Aron Kim and S2 Maxime Vandal of HMCS Ottawa display their free Sports Day t-shirts.



[7]

Victoria Royals Canadian Armed Forces Appreciation Night



Peter Mallett
Staff Writer

As Remembrance Day draws near, one local organization is set to honour past and present military members, DND civilians, and their families in a slick way.

Local professional hockey team the Victoria Royals have made their Nov. 6 game against the Kamloops Blazers a Canadian Armed Forces Appreciation Night. Working with CFB Esquimalt, the evening will showcase the military and pay tribute to its successes.

"This event was a huge achievement in 2019, pre-pandemic, and we are very excited to bring it back this year," says Matt Carlson, who is helping support the event from the Base Public Affairs side. "Before, during, and after the game, the public will have opportunities for interactions with various CAF and DND assets and personnel with the intent

to raise CFB Esquimalt's visibility within the local community."

The military will provide dynamic and interactive exterior and interior displays at the Save-On-Foods Arena. There be a ceremonial puck drop involving Canadian Armed Forces (CAF) members and a colour party while the Naden Band of the Royal Canadian Navy performs the national anthem.

Victoria Royals players will don a special Royal Canadian Navy-themed jersey for the game to be unveiled by the team in the coming days.

In a recent announcement by provincial health officer Dr. Bonnie Henry, sports events are permitted to operate at 100 per cent capacity commencing Oct. 25

Those attending are required to provide proof of COVID-19 vaccinations and masks will be mandatory for spectators. Facial coverings can be taken off when eating and drinking.

Complimentary tickets will be distributed through units to CAF personnel and DND civilian staff. Others can purchase discounted tickets at the team's box office and on the team's website www.victoriaroyals.com with a discounted promotional code to be released through interal channels.



Photo by MARPAC Imaging Services

Victoria Royals forward Ty Yoder chases the puck during the Canadian Armed Forces Appreciation night on Nov. 10, 2018.

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"There is no love sincerer than the love of food." – George Bernard Shaw

FLEET MAINTENANCE FACILITY CAPE BRETON: STUDENT TALK

Student Questions and Answers

Name: Josie Shasko

School Info: Third-year Chemistry & Math student at the University of Victoria

FMFCB Shop Info: Safety & Environment 420



Why did you decide to study Chemistry & Math?

Ever since high school I really liked the labs and the hands-on part of school. So, I decided on chemistry and math because it allowed me enjoy both the analytical side and the hands-on side.

Why did you choose to do you co-op with the DND/FMFCB?

Working on projects and specifically with the safety and environment division sounded really interesting to me. I felt like it would be more interesting than being in a lab and doing the same tests over and over again. I almost didn't apply because I didn't think my educational background would qualify me, but I'm happy I did.

What kind of projects have you been working on?

I've been working on updating the logs for discharge permits for waste water in all the shops, assuring tanks are not overflowing, sampling to assure standards are being met, and responding to spills at the facility.

What is your favourite part of your job?

My favourite part of my co-op has to be the variety of hands-on projects I get to experience, and learning about regulations that apply to the operations at FMFCB.

What have you learned from your co-op experience?

It's been really interesting to learn about the big picture at FMFCB and how all the shops operate and work together.

What advice would you give to future co-op students/apprentices?

Go for it and apply. I almost didn't apply because I was intimidated. I'm really glad I did, it's been a great experience.

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Natasha McKinnon
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NDP

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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.

Laurel Collins
MP for Victoria

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

/CollinsLaurel
 @Laurel_BC
 @laurelndp



HMCS VICTORIA

Medals and qualification badges were presented by by LCdr Eric Isabelle, Commanding Officer HMCS Victoria.

About the Sea Service Insignia: It is awarded to CAF personnel for recognition of time at sea. There are four levels of insignia: gun metal, bronze, silver, and gold. The level of insignia that is presented is dependent on the amount of time spent at sea, as determined by the RCN.



S1 Barry is awarded the AILS (Submarine Qualification).



MS Gallant is awarded the Gunmetal Sea Service Insignia.



S1 Santisteban-Bazan is awarded the Gunmetal Sea Service Insignia.



S1 Baillie, S1 McGrath and S1 Luo are awarded their AILS (Submarine Qualification).



S1 Arce is awarded the Gunmetal Sea Service Insignia.



PO1 Pope is awarded the Bronze Sea Service Insignia.



CPO2 Johnston is awarded the Gold Sea Service Insignia.



S1 Lutyk and S2 Bisson are awarded their AILS (Submarine Qualification).



S1 St-John is presented the Special Service Medal.



S1 Gatez is awarded the AILS (Submarine Qualification).

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MARTECH GRADUATION

LCdr Joseph Rotchford, Engineering Division Commander of Naval Fleet School (Pacific), presented certificates of completion during the Marine Technician course ceremony RQS3 0057 on Oct. 7.

Photos by S1 Lafleche, NFS(P)



S3 Bowman receives a Certificate of Completion.



S3 Dirks receives a Certificate of Completion.



S3 Harris receives a Certificate of Completion.



S3 Kully receives a Certificate of Completion.



S3 Nagel receives a Certificate of Completion.



S3 Nava receives a Certificate of Completion.



S3 Oliver receives a Certificate of Completion.



S3 Parker receives a Certificate of Completion.



S3 Peters receives a Certificate of Completion.



S3 Sorichetti receives a Certificate of Completion.



S3 Thomson receives a Certificate of Completion.



MARTECH GRADUATION

Lt(N) Murphy, Deputy Engineering Division Commander of Naval Fleet School (Pacific), presented certificates of completion during the Marine Technician course ceremony on Oct. 15.

Photos by S1 Lafleche, NFS(P)



S1 Duguay receives a Certificate of Completion.



S1 Gibson receives a Certificate of Completion.



S1 Haysey receives a Certificate of Completion.



S1 Lefebvre receives a Certificate of Completion.



S1 McLaughlin receives a Certificate of Completion.



S1 McLellan receives a Certificate of Completion.



S1 Morier receives a Certificate of Completion.



S1 Oriet receives a Certificate of Completion.



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S2 Ferris receives a Certificate of Completion.



S2 Fueler receives a Certificate of Completion.

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For Rent Available Jan. 1, 2022. Possession may take place a few days earlier. Large 1 bedroom 2 bathroom furnished condo in a 19+ quiet building. In-suite laundry, large bedroom with King sized bed (or Queen can be switched out) and walk in closet. 1 secure, heated underground parking spot and lots of free and visitor parking in our lot. Gas fireplace, electric heat, and in-suite hot water tank. Gas and hydro not included. Conveniently situated across the street from Westshore Mall and walking distance to 4 grocery stores, and a huge variety of amenities. Very close to bus, Galloping Goose trail is 1/2 block away! Looking for a minimum 6 month lease which can be extended to up to 2 years.

\$1700 per month for Military personnel.

For more information please email: jp-milano@hotmail.com

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 – ALBERT EINSTEIN

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VOLUNTEER CALLOUT

WITS PROGRAMS FOUNDATION

The WITS Programs Foundation is looking for a volunteer who is fluent in French with a background in elementary education to edit and review French translations of materials. The WITS® group of programs bring together schools, families, and communities to help elementary school children deal with bullying and peer victimization. Please contact us at info@witsprogram.ca for more information!

1 BEDROOM GROUND LEVEL SUITE

1BR ground level suite/w/patio in a quiet cul-de-sac in Esquimalt close to base near Admirals and Craigflower. Includes utilities, cable, Wi-Fi and parking. No pets. Very short distance to mall and other amenities. \$1,200 available now. Phone: 250-380-7727 or email acjay44@hotmail.com

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BRING YOUR DOG TO WORK DAY

WEDNESDAY, NOVEMBER 3
Part of the Fundraising Fun Week Nov 1-5

RULES ARE SIMPLE, BUT VITAL TO THE SUCCESS OF THE EVENT:

- Supervisor approval required.
- Clean up after your pet.
- No aggressive behaviour.
- Limit of one dog per person.
- No dogs in hazardous work spaces.
- Ensure your coworkers are ok with you bringing a dog, especially in a shared workspace.
- Pet proof your office, where necessary, including limiting access to hazards and fragile items.
- Supervision of pets required at all times.
- Dogs must be comfortable around people and other animals.
- Come prepared; doggie bags, treats and whatever else your pet requires for the day.
- Pets must be on a leash while on CFB Esquimalt property.

PRICE \$10
Paid to your Unit Rep

SCAN HERE TO MAKE A DONATION OR VISIT <https://uwco.ca/GCWCC/donate>

WATCH FOR THE DOG PARADE - CHECK FOR DETAILS WITH YOUR NDWCC AMBASSADOR!





POKER DERBY

NOVEMBER 5
1100-1300

NDWCC WILL BE HOSTING A POKER DERBY FRIDAY, NOVEMBER 5TH, 2021

- ♦ Time: 1100-1300
- ♦ Cost: \$25/Hand. Can purchase multiple hands. Winner gets half of the pot.
- ♦ Go to each location to Draw your card, or if you can't attend in person, you can have a random hand drawn for you.
- ♦ Part of the Fundraising Fun Week, Nov 1-5
- ♦ In the event of a tie, there will be a draw for High Card to determine the winner.

THE POKER DERBY WILL CONSIST OF 5 LOCATIONS:

- ♦ Nelle's Block
- ♦ CFB Esquimalt Naval & Military Museum
- ♦ Pacific Fleet Club
- ♦ Naden Gym
- ♦ Chief and PO's Mess

SCAN HERE TO MAKE A DONATION OR VISIT <https://uwco.ca/GCWCC/donate>





BRING IT!

Want to get rid of your empty bottles AND support the NDWCC?

Then drop off your refundables with the NDWCC Volunteers who will sort and donate them on your behalf. 100% of contributions goes to support the NDWCC.

PLUS each bag qualifies for an entry into a **PRIZE DRAW!**

This event is part of a greater Fundraising Fun Week Nov 1-5 featuring Bring your Dog to Work Day and a Poker Derby.

WATCH FOR THESE SPECIAL EVENTS!

WHEN: MONDAY, NOVEMBER 1 6:30 - 10:00 AM

WHERE: SMALL CANTEEN ROAD PARKING LOT In front of the condos

Things to Know: Milk containers and non-deposited containers are not accepted (jam jars, pickle jars, etc.)




SCAN HERE TO MAKE A DONATION

CFB ESQUIMALT NDWCC 2021

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