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# LOOKOUT

MORALE & WELFARE NEWS | CFB ESQUIMALT, VICTORIA, BC

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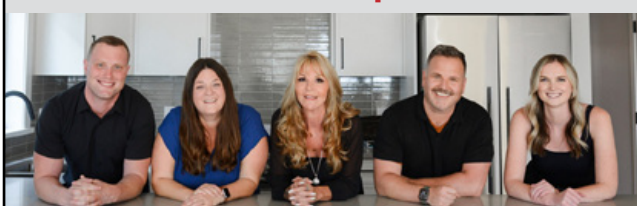


## Racing To NEW HEIGHTS

Sergeant Quinn Musgrave, Chief Cook of HMCS *Corner Brook*, joined his father, retired Corporal Mike Musgrave, to run the Everest Marathon.

Read the exciting story on page 3.

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# Esquimalt Submariner hailed for leadership excellence



Chief Petty Officer Second Class Michael 'Rob' Tibbetts is the recipient of the 2023 Vice-Admiral Mark Norman Leadership Award. Photos supplied

## Peter Mallett

Staff Writer

Outstanding professionalism, volunteerism and community work have earned one Esquimalt-based Submariner unexpected recognition.

Chief Petty Officer Second Class (CPO2) Michael 'Rob' Tibbetts, HMCS *Corner Brook* Coxswain, is the proud recipient of this year's Vice-Admiral Mark Norman Leadership Award of the Royal Canadian Navy Benevolent Fund (RCNBF).

CPO2 Tibbetts is the first Submariner honoured with the annual award and its fourth all-time winner.

Winning the award was completely unexpected, says CPO2 Tibbetts.

"My team at the Canadian Submarine Force (CANSUBFOR) excellently kept this as a complete secret and said my presence was needed at a ceremony to honour a different member," he said. "I was completely surprised by the nomination and very humbled and honoured to receive it."

Those attending the June 13 ceremony at the Submarine Shore Office in Dockyard included Vice-Admiral (VAdm) Angus Topshee, Commander Royal Canadian Navy, VAdm (ret'd) Mark Norman, Lieutenant-Commander (Ret'd) Tom Riefesel, the RCNBF President, the CANSUBFOR Team and members of the crews of HMC Submarines *Corner Brook* and *Victoria*.

When announcing his award at CANSUBFOR HQ in May, Rear-Admiral Christopher Robinson, Commander Maritime Forces Pacific, noted how CPO2 Tibbetts had been an active

member of the submarine and sports communities for many years, balancing athletic achievement, compassionate leadership and administrative responsibilities.

"He was instrumental in stabilizing a crewing situation when *Corner Brook* was recently reactivated, where acute planning and administrative acumen were backed up by a positive personal nature," RAdm Robinson said. "Especially important was developing relationships outside the unit, including with supporting key agencies responsible for maintenance and personnel management."

The successful nominee receives a cash award of \$5,000 and contributes the prize to an organization of choice that supports activities related to the well-being of naval veterans, serving members or military families.

CPO2 Tibbetts donated his award to three organizations: Broadmead Care, Veterans Memorial Lodge and Royal Canadian Legion Branch 161, Gaetz Brook, N.S., and Branch 13 in Corner Brook, Nfld.

In accepting his award, CPO2 Tibbetts credited those closest to him with enabling him to become a community leader and worthy award recipient.

"The support of my fiancée, family and friends directly enable the volunteer work I do as they are my support network and keep me out of the red and in the green," he said.

The RCNBF became a registered not-for-profit organization in 1942. It upholds a long tradition of providing financial assistance to Royal Canadian Navy sailors and their families with pressing needs. It derives its revenue from charitable donations from private individuals. For more information, visit rcnbf.ca.



## THE VICE-ADMIRAL MARK NORMAN LEADERSHIP AWARD

The Vice-Admiral (VAdm) Mark Norman Leadership Award was established in 2020. It recognizes selfless dedication to the betterment of the quality of life and service in the Navy, outstanding contributions to the overall well-being of the broader naval community and advocacy for physical fitness and mental health. VAdm (ret'd) Mark Norman is the award's first-ever champion. He supports the RCNBF in efforts to modernize operations and seeks more impactful ways to help naval veterans, serving sailors and their families. Nominations come from various units of the Royal Canadian Navy and are brought forward to the RCNBF Award Committee.

## OUTSIDE CANSUBFOR

CPO2 Tibbetts has been team captain for both the Base hockey and slow-pitch teams, leading each to championship trophies.

His encouragement and organization helped HMCS *Corner Brook* post the highest turnout for a unit of its size at the 2022 Navy Run.

CPO2 Tibbetts was the second-highest overall fundraiser for the Navy Run in the formation.

He helped organize the CANSUBFOR's Victoria Cup Classic Tournament against Babcock Canada Inc., a Military Family Resource Centre (MFRC) fundraiser to kick off Formation Fun Days.

CPO2 Tibbetts is active with several volunteer organizations, including the Old Timers Hockey Organization, Juan de Fuca Minor Hockey Association, Hockey Canada, MFRC, Soldier On, and Together We Stand.



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# A trip from extreme depths to extreme altitude

A/SLt Gokhan Nas

MARPAC PA

Kateryna Bandura

Lookout Editor

When his father suggested they run one of the most brutal marathons on Earth, a Canadian Submarine Force (CANSUBFOR) submariner knew it would be a challenge.

Sergeant (Sgt) Quinn Musgrave, Chief Cook of HMCS *Corner Brook*, joined his father, retired Corporal Mike Musgrave, to run the Everest Marathon on May 29. The trek also allowed the pair to mark Mike's 60<sup>th</sup> birthday on May 28.

"Extreme hiking has always been the case with our family," Sgt Musgrave said. "I thought trying the Everest Marathon would be super cool, but, at the same time, I knew how tough it would be."

The father/son duo have run multiple marathons in the past and have added the World's Highest Marathon to their accomplishments.

Tenzing Hilary Everest Marathon is the highest marathon in the world, with the starting line at an altitude of 5,356m at the Khumbu Icefall. It passes through the highest elevation in the world through monasteries, monuments, suspension bridges, and spectacular landscapes. It also passes through a world-renowned heritage site: Tengboche Monastery.

The pair started the acclimatization trek on May 17 from Lukla,

Nepal, at an elevation of 2,860m up to the Base camp. It took 12 days. Both faced challenging moments during the race.

"You will get altitude sickness where the trees stop growing because there's less oxygen for them to grow," Sgt Musgrave said. "So, I learned to push myself through headaches while running and fighting with altitude to breathe."

Although Mike did not get altitude sickness, he did have a mild headache. Both also veered off the track once.

Of the 156 runners who came from all over the world, Sgt Musgrave completed the marathon in 70<sup>th</sup> place (8<sup>o</sup> 45' 24"), and his father finished in 81<sup>st</sup> place (9<sup>o</sup> 6' 3").

In 2013, Mike completed the Mount Everest Ultra Marathon to celebrate his 50<sup>th</sup> birthday with his wife, retired Captain Susan Musgrave, and decided to run again for his 60<sup>th</sup> birthday, this time with his son. He noted a lot has changed since then.

"This time, we had water stops and food stops, this time it was marked," he said. "I could not believe how far the Khumba Icefall receded in 10 years."

Mike was a vehicle technician in the Canadian Army. He completed runs in Africa and has run many races with the Canadian Military. He also hiked and ran a marathon at the bottom of Mount Kilimanjaro. He released in 2013.

The pair agreed that one of the biggest highlights of the adven-

ture was meeting the local people, experiencing their culture, hospitality and friendship, and enjoying the amazing scenery of Nepal.

"I've never met friendlier people than the Nepalese people," Mike said.

During their time in Nepal, they played soccer with the children at one of the villages they passed and bought them a new soccer ball and candy afterwards. Sgt Musgrave distributed CANSUBFOR stickers and ballcaps to the marathon guides. They also met two British-Nepalese Gurkhas (Nepalese soldiers) from Pokhara and Kathmandu on the way to the top, who were supporting the marathon. Sgt Musgrave traded patches with them, as well as tales of military life in Nepal and Canada.

Sgt Musgrave has been in the Canadian Armed Forces for over 18 years. He said his training prepared him for the challenges during the race.

"Having a military experience of tough situations really helps to deal with it because you're putting your focus on the mission, no matter what you're put through," he said.

This is not the end for extreme family adventures: Mike is already planning to return to Mount Everest for his 70<sup>th</sup> birthday, this time with Sgt Musgrave and his grandson, who is currently nine.

"I would like to have been faster; the competition is on next time," Mike said.



Sergeant Quinn Musgrave (right), retired Corporal Mike Musgrave, and Greg Schnarr, family friend, get ready for the Tenzing Hilary Everest Marathon at the Khumbu Icefall, Nepal.





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## MANAGING EDITOR

**Jazmin Holdway** ..... jazmin.holdway@forces.gc.ca

## EDITOR

**Kate Bandura** ..... 250-363-3130  
..... kateryna.bandura@forces.gc.ca

## WRITER

**Peter Mallett** ..... mallett.peter@cfmws.com

## PRODUCTION

**Teresa Laird** ..... 250-363-8033  
..... production@lookoutnewspaper.com

**Leslie Eaton** ..... 250-363-8033  
..... workstation3@lookoutnewspaper.com

## ACCOUNTS/RECEPTION

**Trina Winters** ..... 250-363-3127

## ADVERTISING

**Joshua Buck** ..... 778-977-5433  
..... NEW military.base.advertising@gmail.com

## EDITORIAL ADVISORS

**Lt(N) Michelle Scott** ..... 250-363-4006  
**Rodney Venis** ..... 250-363-7060

## FRENCH EDITORIAL ADVISOR

**A/Slt Alexandre Springer**  
..... alexandre.springer@forces.gc.ca

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## The small victories in counselling



**Thomas Goenczi**  
Lookout Contributor

Everyone's therapeutic journey is distinct and can vary significantly from others. The duration of therapy, reasons for seeking help, severity, connection to oneself and therapist, and intentions differ from person to person. However, the small victories that inevitably occur in the counselling experience transcend all the variables.

Unassuming triumphs are present in each session. They are subtle and sometimes go unnoticed, but if we begin to recognize them and use them as kindling for something larger, the fire which burns for achieving our purpose in therapy rises significantly.

What is a small victory in therapy? First, let's rule out what it is not.

There are times in therapy – often early on or when struggles persist – when we find ourselves yearning for that one big moment where

it all comes together in a singular flash, where our struggles dissolve, and we are restored to a state of psychological equanimity.

When we pursue a moment of 'sudden therapeutic enlightenment', we become too attached to the idea of being cured by an external phenomenon. Moreover, when we have a misguided desire for such a moment, we can potentially create negative thought patterns. This could lead to self-loathing when that panacea moment doesn't materialize.

This isn't to denigrate those moments because they exist as a psychological fact. However, they may take away from the unrealized efforts we have been putting forth. If we have been developing our inner relationships and putting them into action via counselling and/or other self-care practices, we open ourselves up to the potential of having that numinous experience in therapy. Still, that moment where it all clicks is thanks to the unconscious accumulation of small victories.

The lesser wins matter, and they become valuable once we recognize they

assist in raising our self-esteem. The minor triumphs are often the moments where we are presented with an opportunity to continue with our old pattern of behaviours, but we choose courage and start anew.

### SOME MINOR VICTORIES INCLUDE:

- Showing up to counselling when you don't feel up for it;
- Making that extra appointment or pushing an appointment closer than originally scheduled, thus making sure you don't squander any of the work you've already accomplished;
- Being open and not allowing defensiveness or avoidance to get the best of you;
- Bringing up a topic that you need to address and embodying a sense of courage in doing so – this relates to the ideas, thoughts, or actions that you find disturbing, which can build into resentment or shame for yourself;
- Reflecting on the content that came up in the session afterwards and trying to gain a deeper understanding of the experience – what just

happened in the room, what worked, what leaves you thinking;

- Allowing emotion.

The minor victories are quintessential for a successful experience. When we bring them into our awareness, they help develop a sense of momentum and achievement. These smaller victories lead to grand triumphs, the ones where we stand on top of the mountain and scream, "I DID IT!" and, isn't that the ultimate goal? To reach that secure sense of achievement of developing your higher Self, which embodies the change necessary to become the best version you need to be, not just for yourself, but for everyone around you.

*Thomas Goenczi is an RCN Veteran and MA Clinical Counsellor with Private Practice: Well Then Therapy.*

*The content is not intended to substitute professional advice, diagnosis, or treatment. Always seek the advice of your mental health professional or other qualified health provider with any questions regarding your condition.*

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# New sailors cut their teeth at Van Isle 360

**Peter Mallett**  
Staff Writer

Training and military discipline can turn non-sailors into proficient racing team members.

This has been the case with two sailing teams representing the Royal Canadian Navy (RCN) in the 2023 Van Isle 360 Yacht Race.

Sailing Training Vessel (STV) Tuna, skippered by Master Sailor (MS) Ben Sproule of HMCS *Calgary*, finished fifth out of nine teams in the race's Division 3 Class standing.

STV Goldcrest, skippered by Lieutenant (Navy) (Lt(N)) Ellery Down of Naval Fleet School (Pacific), finished eighth.

To the casual observer, their placings in the standing do not seem like much to crow about. But the results need to be viewed with an understanding that the crews sailing under each skipper had little or no sailing experience and were recruited just five weeks before the race began, explains Lt(N) Down, Officer in Command of the event.

"I was extremely impressed with both crews," Lt(N) Down said. "This race provided an exciting opportunity for the junior sailors who are early in their careers."

Lt(N) Down added the odds of winning were also stacked against RCN teams because of the boats they crewed; Tuna and Goldcrest were the slowest-rated vessels in the race fleet, making it more difficult to navigate areas with stronger currents.

The 15-day race began June 3 and involved 40 teams and approximately 400 sailors competing in a challenging 580-nautical-mile course around Vancouver Island.

Before the race, both Lt(N) Down and MS Sproule said seeing the two teams complete the gruelling course would be a victory. When the two sailboats and their crews returned to the finish line in Nanaimo, both seemed fully satisfied with how things played out on the water.

Lt(N) Down and MS Sproule drew their teams exclusively from HMCS *Venture*, Naval Fleet School Pacific (NFS(P)) Officer Training Division.

Their pre-race training included in-class

instruction, daily sail training around southern Vancouver Island, races against boats of the Canadian Forces Sailing Association, overnight sail training in more challenging seas at the western edge of the Strait of Juan de Fuca, and Sea Survival and Crew Overboard training courses.

## OBSTACLES IN THEIR WAY

They faced wind speeds of over 35 knots (64 km/h) more than once, while wind gusts topped out at 50 knots (92 km/h) during one leg of the race. MS Sproule says the strong gusts resulted in large sea swells and waves of three to six meters, posing a huge challenge for Tuna.

At one point, the waves were coming at the boat from astern, picking the vessel up and turning it, forcing the sailor at the helm to keep up with them.

"The crews were exhausted, and some became sick, so both Tuna and Goldcrest anchored for the night," MS Sproule

said. "This added some distance to our leg, but we would not be at sea in the pitch black, unable to see the waves."

The Tuna made up for lost time the next day.

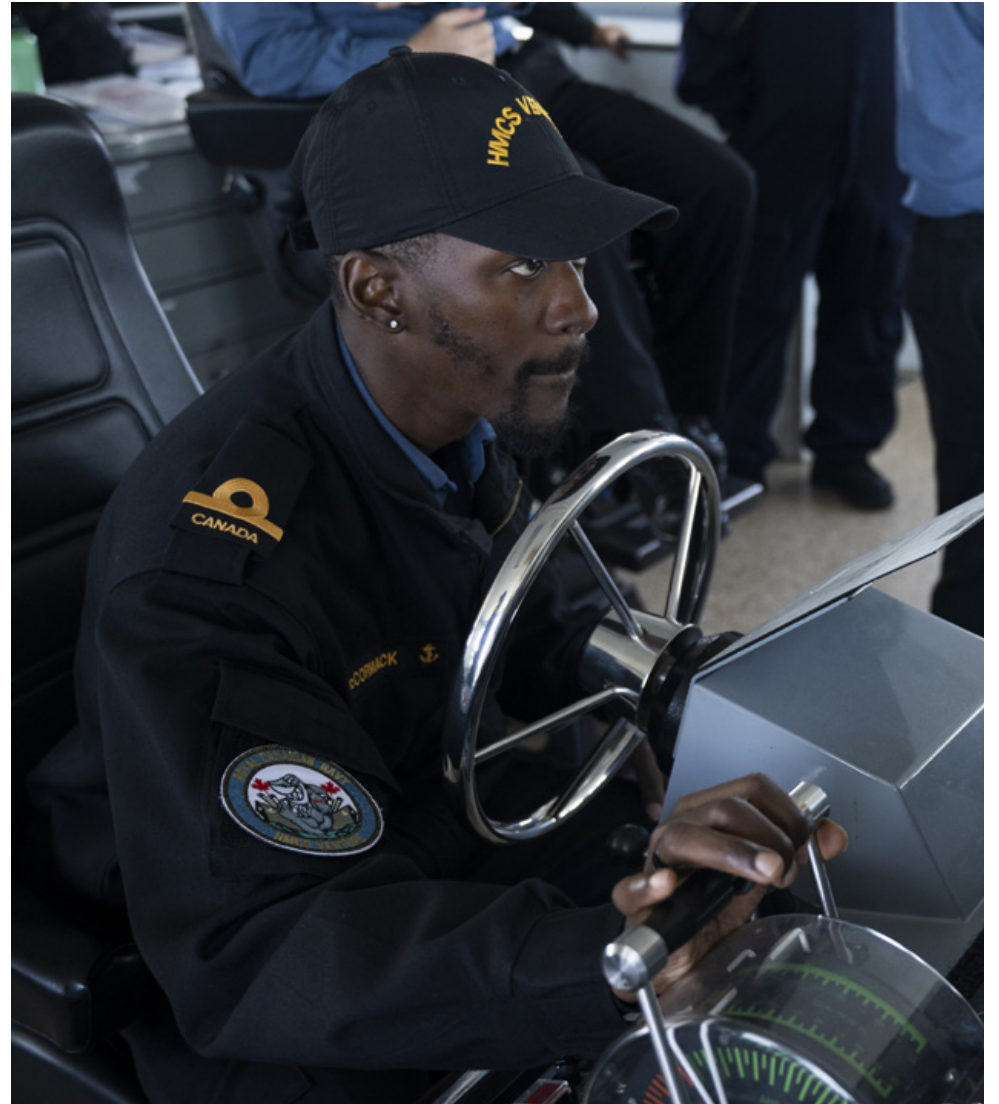
One of the big setbacks for Goldcrest was the loss of its port jib sheet block, critical for trimming head sails in heavy wind. The crew improvised with an alternative block onboard to take the heavy loads from the sails, said Lt(N) Down.

Then, on the last leg of the race, Goldcrest lost the functioning of its instruments for wind, water depth and Automatic Identification Systems (AIS) for vessel tracking.

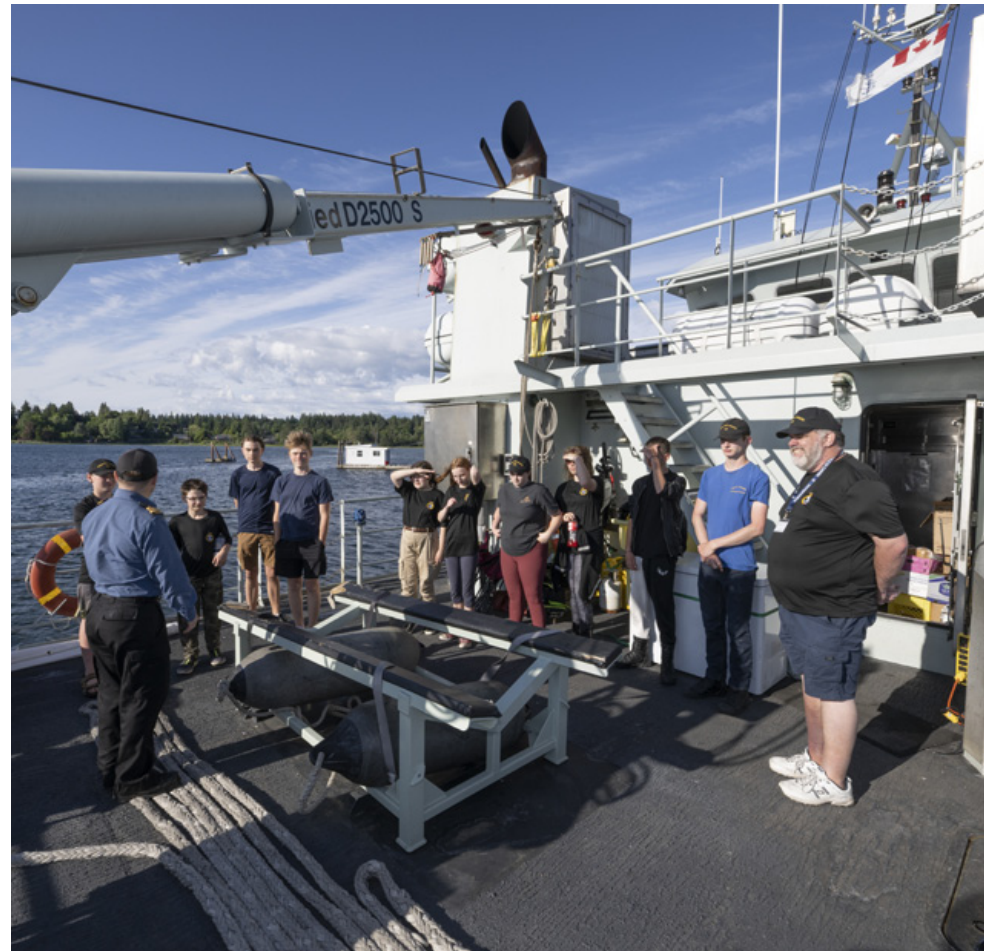
"This really took away our competitive edge when we needed it most on the final leg and meant we had to make more conservative navigational decisions to keep the vessel safe," he said.

Both vessels relied on RCN Patrol Class Training Vessel Raven as their supply vessel; all boats competing in the race could also depend on the Raven as their Support Vessel for emergencies on the water. Raven also provided public outreach through guided tours of the ship in port towns along the race course.

Bravo Zulu to the participants!



Crew of Royal Canadian Navy Patrol Craft Training Vessel Raven conduct emergency steering drills while sailing in support of Van Isle 360, in COMOX. Photos: Master Corporal Andre Maillet, Maritime Forces Pacific Imaging Services



Various Royal Canadian Cadet groups visit Royal Canadian Navy Patrol Craft Training Vessel Raven while sailing in support of Van Isle 360.

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# Raven takes flight



Cultural artifacts play an important role in Raven Indigenous Summer Program ceremonies: staff members Master Sailor Carson Lampman (left) and Sailor First Class Kenidson Derival (right) transport two such items. Photo: Michael McWhinnie

**Sonia Ng**  
NTG Communications

This summer's iteration of the Royal Canadian Navy's (RCN) Raven Indigenous Summer Program began in earnest Wednesday morning, Aug. 12, when 38 First Nation, Inuit, and Métis candidates from across Canada convened in the Collier Building theatre to undergo the first undertaking of their training: the Swearing-In Ceremony.

As candidates awaited the ceremony's start, a mixture of excitement and curiosity was reflected in the fidgeting and leg-shaking amongst the seated group. Proceedings began with a greeting.

"You're about to embark on an adventure that relatively few people get to experience," said Petty Officer First Class (PO1) Michelle Howell, the Indigenous Program Coordinator at HMCS *Venture*, the training establishment responsible for conducting the training. "You are here today because you took a step that required a certain kind of courage, and for that I congratulate you. Welcome!"

The Raven Program began in 2003 and is marking its 20<sup>th</sup> anniversary this year. It is one of five Indigenous Summer Programs offered by the Canadian Armed Forces (CAF) and is open to any Canadian who identifies as Indigenous and is between the ages of 16 and 57. The training is a unique blend of Indigenous teachings, military training, and naval influence. Upon successful completion of their Basic Training Qualification, the recruits are offered the opportunity to continue with part time employment or a fulltime career with the CAF.

The swearing-in was presided by Captain Ryan Clarke and Lieutenant Shaun Lindner from Canadian Forces Recruiting Centre

Detachment Victoria. Two by two, candidates came forward and either swore an oath or made a solemn affirmation of allegiance before the officers. The ceremony was the prelude to a six-week journey that will begin with a cultural experience followed by military training based on the Canadian Army Reserve Basic Military Qualification (BMQ) Training Plan.

Over her six-year involvement with Raven, PO1 Howell has progressed from instructor to coordinator. Her enthusiasm for the program is apparent.

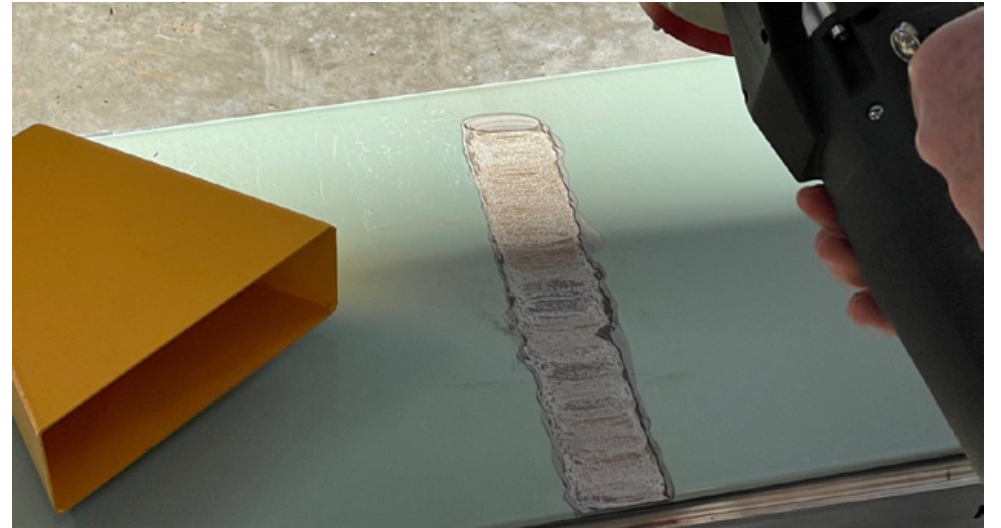
"This is an exciting time for the candidates," she said. "For many, it is their first time away from home or even travelling by air."

The program promotes the development of attributes that are highly valued beyond their military application, including self-confidence, respect, working with others, time management, and physical fitness.

"Raven is a richly rewarding program for the participants; however, it is equally gratifying for the staff who manage the training," PO1 Howell said. "To watch the recruits grow in confidence, form friendships within their platoon, overcome challenges together, and ultimately support one-another in the achievement of their common goal is very fulfilling professionally."

Even after two decades, the goal of the Raven Indigenous Summer Program has stayed the same, to build bridges within the Indigenous Communities throughout Canada. The program encourages participants to find out more about themselves and what they can achieve through hard work, perseverance, and teamwork. Whether or not they decide to pursue a career with the CAF, the experiences and skills gained through the Raven Program remain with participants for life.

# Introducing laser surface preparation systems at FMF Cape Breton



The new laser will prepare surfaces for cleaning and repainting. Photo supplied

**Gabrielle Brunette**  
FMF Cape Scott

Alan McNaul, Work Center Manager Group 1, has been working hard to establish new capabilities for the Fleet Maintenance Facility Cape Breton (FMF CB).

His latest goal is to introduce Laser Surface Preparation Systems.

"The equipment represents a technology long used in the medical field but only recently adapted for more industrial types of surface cleaning and preparation," McNaul said.

While FMF Cape Scott (FMF CS) in Halifax has also purchased the equipment, Cape Breton would be the first to see it implemented. It will replace high-impact tooling, which can damage substrates and affect workers' health and well-being.

McNaul explains the P-Laser 1000-Watt unit is a laser device used to surgically remove tissue to create a clean, paintable surface or one suitable for inspection. The technology can be used on most materials, although McNaul notes it is most effective on thinner coatings and corrosion.

The equipment was purchased three years ago but underwent long testing and approval processes to be deemed safe to bring into service.

"As it is new and has had relatively lit-



tle research conducted, we had to address a few laser safety and respiratory health and safety concerns before implementing it within the Department of National Defence (DND)," McNaul said.

Multiple organizations need to be satisfied with the safety of the laser, given its designation as a Class 4 laser device – the highest rating according to the International Electrotechnical Commission (IEC) standards. McNaul worked closely

with the National Defence Laser Safety, Director of Force Health Protection, DND Preventive Medicine, and all internal FMF Safety and Health agents. He also contracted external health and safety testing laboratories.

Once the equipment is ready, it will be packed into containers for placement on the upper decks of the ships.

McNaul and other agencies in DND have put approximately 1,500 hours of work into getting these devices approved to go onto the vessels, with about 400 more hours of work left. He hopes the project will be completed within the year.

McNaul said the work he has put into implementing this device has been gratifying.

"The new technology will benefit not only FMF CB and FMF CS, but also the larger DND/CAF community across all elements," he said.

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# MARLANT HQ gets a revamp



**Mikela Thoms**  
Federal Student Work  
Experience Program (FSWEP)

The journey to upgrade and renovate the Maritime Forces Atlantic (MARLANT) Headquarters building (D-201) is nearly complete.

Mike Wilson, Project Manager with Real Property Operations Unit (Atlantic) (RPOU(A)), says it took a village.

“It took a team to make this happen, and it highlights our people are the most important asset in our organizations,” he said.

D-201 is the hub of all MARLANT output, and the 3,365-m<sup>2</sup> building now benefits from significant upgrades to its outer envelope.

The sleek new design, meant to resemble the bow of the new Arctic and

Offshore Patrol Ships, brings vast improvements to safety, efficiency and security. The \$9.7 million renovation encompassed a complete removal of the previous brick veneer, followed by the installation of new panels, doors, and windows, along with



ity measures.

According to Craig Mosher, an architecture consultant, the building was leaking because the weather

D-201's old brick veneer has been replaced with new panels, windows, roofing and other upgrades to improve efficiency and end a frustrating issue with leaks in the building. (inset) A small gathering outside D-201 on June 12 marked the final days of work on the extensive renovations completed to the outside of the building. Photos: Sailor First Class Bryan Underwood

all the necessary interior adjustments. The project also brought a brand-new roof, revitalized landscaping, and enhanced security measures.

barriers were installed improperly. He helped complete a report that outlined the full scope of the issues and how to correct them, and then Wilson and his team put an end to it.

“The building has not leaked since we installed the beautiful envelope that you currently see,” Wilson said.

Rear-Admiral (RAdm) Brian Santarpia, former

Commander of MARLANT and Joint Task Force Atlantic, highlighted the important work inside D-201.

“This is probably the most joint operational headquarters in the Canadian Forces,” RAdm Santarpia said. “And this was a great project to ensure Canada has this capability for decades, maybe a century to come. It’s an incredible job and looks like a million bucks.”

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## Padre, chaplain and aumônier:

where do these names come from?

Padre (Captain) Éric Généreux

### Chaplains have been serving the military community for a long time.

The oldest documented military Chaplain is Sulpice the Pious, Archdeacon of Bourges, France. He was asked by Clotaire II (584-629), King of the Franks, to serve as Abbot in the royal military camp. His mission was to keep and show the troops the mantle (a *chape*, in French) of Saint Martin de Tours, who died in 397. In French, he was designated as *chapelain* (the one who keeps the mantle), which gave rise to the name of Chaplain. Having also to distribute to people experiencing poverty the King's alms (the *aumône* in French), this role gave rise to the French ever-used name of *aumônier*. How times have changed ...

The word *padre*, from Spanish and Italian, is also used to designate a Chaplain. *Padre* comes from the word *Pater*, father, meaning the one who cares for others.



Padre Krystal Sheremeta recites a prayer to the crew of HMCS Fredericton during a Remembrance Day ceremony on November 10, 2021 in the Baltic Sea. Photo: Cpl Laura Landry, Canadian Armed Forces photo



Lieutenant (Navy) Aaron Roberts is awarded the Canadian Forces' Decoration (CD).



Lieutenant (Navy) Sarah Kiervin is awarded the Combat System Engineering Assistant Head of Department Certificate of Competency.



Master Sailor Matthew McNeil promoted to current rank.



Petty Officer First Class Jonathan Lacasse awarded the Canadian Forces' Decoration (CD).



# CANSUBFOR GO SUBS!

The promotion happened June 23, carried out by Commander Eric Isabelle, HMC Submarine *Corner Brook* Commanding Officer.

## CLASSIFIED ADS

### RENTALS

850 sqft, 2 bed, 1 bath, ground-level suite \$2,300 a month (double occupancy or negotiable for single or additional occupants). Available August 1 or possibly July 15.

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- Private side entrance.

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Suite available for rent (Fernwood) \$2,400 Large bright, clean, spacious 2 bedroom character suite in Fernwood is available for July 1,

or August 1. Approximately 1,000 sq. ft. main level, recently painted. Vinyl and fir flooring. Full bathroom. Shared coin-op laundry on suite with 2 other suites. Garbage, sewer, water, hydro included. Tenant pays for own heat. Street parking. Suitable for 2 people. No pets, no smoking on property.

2 bed, 2 bath, 815 sq ft condo for \$2,300 / month in, "The Ovation" on the corner of Esquimalt and Admirals. On the quiet side of the building. Walk to Naden or Dockyard. Public transportation around the corner. Pets allowed, En suite laundry, one parking spot, storage locker on same floor. No smoking, must have rental insurance. Features: workout room, common area, bike lock-up cage on parking level, water, garbage, and recycling all included

Unit Available August 1. Contact: dmwilde-man@shaw.ca

Email your

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Provided by Andrew Currie

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