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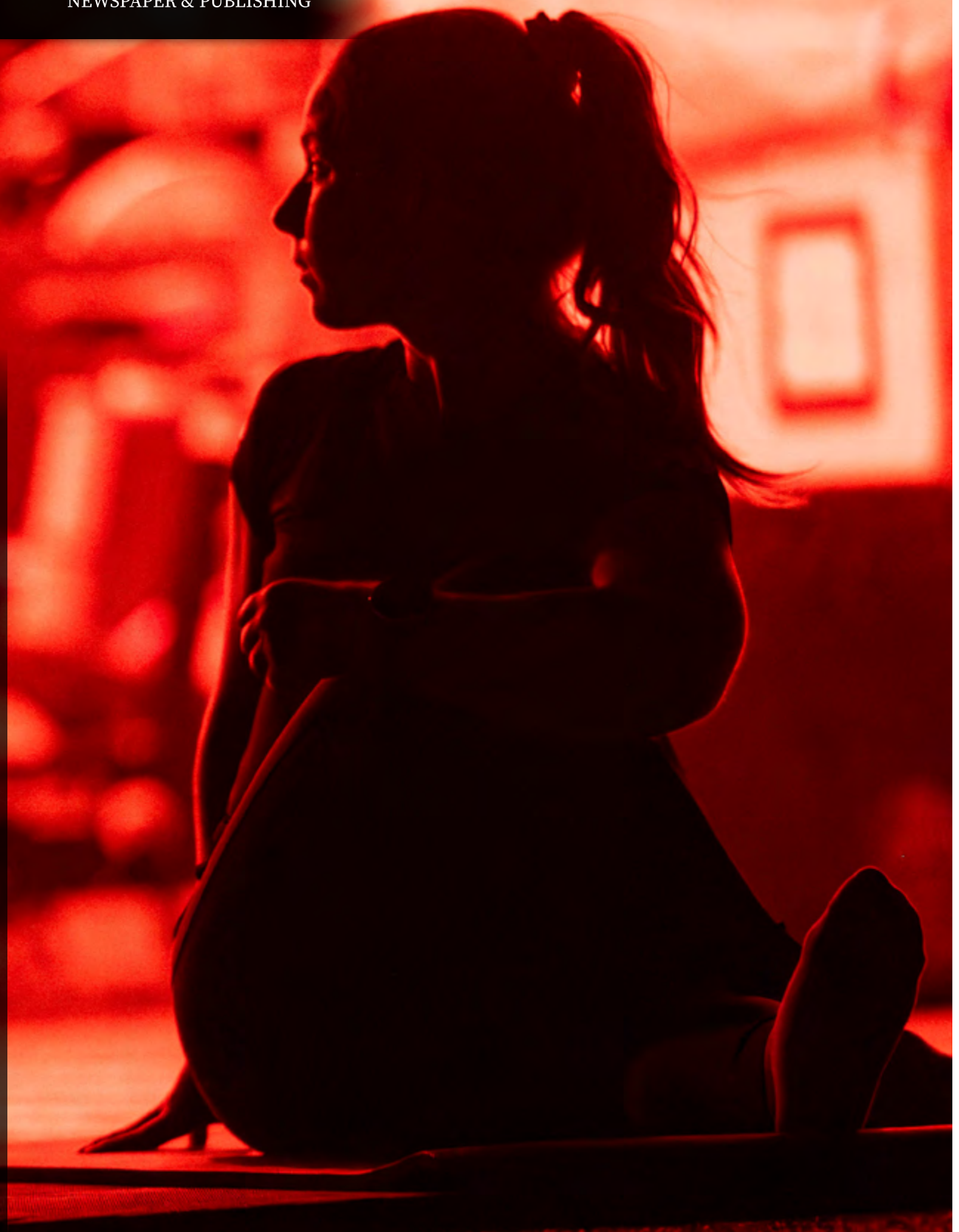
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Amelie Côté, HMCS *Margaret Brooke's* Personnel Support Programs (PSP) staff member, leads a starlight mobility class on the flight deck during Operation Projection 25-01.

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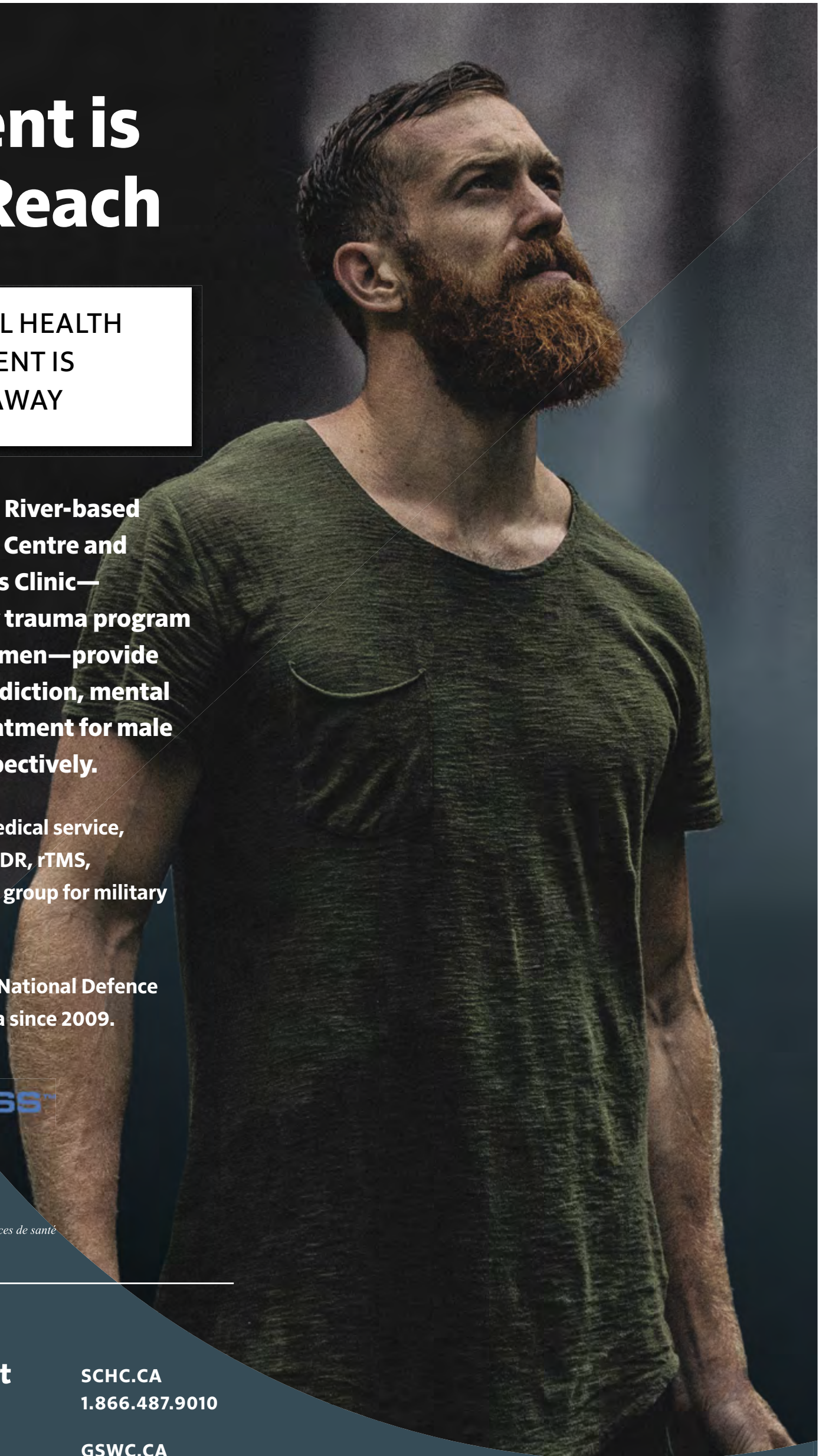


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Indigenous dancers performing in the Victoria Aboriginal Cultural Festival at the Royal BC Museum. Photo: Photoservice via Getty Images.

Indigenous Awareness Week *Sparks Learning and Joy* at CFB Esquimalt

Archana Cini
Lookout Newspaper

From sampling fresh bannock to the carving of the world's tallest free-standing totem pole, a period of celebration and education recently unfolded at CFB Esquimalt.

Traditionally held in the third week of May, Indigenous Awareness Week (IAW) in the Department of National Defence (DND) and Canadian Armed Forces (CAF) is a time to build deeper connections with Indigenous knowledge, history, and culture.

This year, IAW was observed from May 20-23 with the powerful theme of "The difference you make today, counts in all our tomorrows."

The Maritime Forces Pacific (MARPAF) Defence Indigenous Advisory Group (DIAG) united the local Defence community through a variety of events. This included the DIAG-hosted 'Bannock Bake Off', a flavourful celebration of a food deeply rooted across Indigenous communities. Participants sampled bannock and jams, made community connections, and explored the food's cultural significance.

According to research conducted by the New Brunswick Community College, bannock is much more than bread. An enduring symbol of resilience, the food was first adapted by Indigenous communities to survive hunting and harvesting restrictions imposed by colonists. To make bannock, families used the only ingredients available to them—flour, fat, and baking powder—and fried, baked, or cooked bannock over an open flame. Today, bannock also represents cultural continuity, and can be found in one of many variations at feasts and potlaches.

To DIAG civilian co-chair Marjolaine Bailey, traditional foods like bannock are connectors.

"Food is a universal communicator," she said, "and so is gathering with a purpose. My father is from Huron-Wendat, where feasts are common—so sharing food is how we pass on tradition and build community like we're doing at this celebration."

A platform for Indigenous Defence Team members to be seen, heard, and celebrated, the DIAG plays a critical role in promoting Indigenous cultural understanding across CFB Esquimalt.

"It's even allowed me to collaborate

with other Indigenous Indigenous Defence Team members reconnecting with their roots," shared Bailey. She also noted how valuable the leadership and support of Captain (Navy) Kevin Whiteside, Base Commander of CFB Esquimalt, has helped elevate the group's visibility and impact.

A 'Lunch and Learn' viewing of *Story Pole: Dedicated to Remembering Indigenous War Veterans* also drew eager crowds to the Collier Theatre, Fleet Maintenance Facility (Cape Breton) Theatre, and the CFB Esquimalt Naval and Military Museum during IAW. The film details the history of the MEE-qan (present-day Beacon Hill Park) story pole and Indigenous war memorial plaque at its base.

For DIAG Pacific Regional Civilian Co-Chair and event organizer Kenneth Hall, community events like these are essential to building unity. "Awareness weeks allow us to showcase the richness of the many diverse cultures within the Defence Team," he said. "Sharing Indigenous knowledge, food, and story is both healing and empowering—and leaves me very hopeful for the future."



*...bannock is much more than bread.
An enduring symbol of resilience, the food was first
adapted by Indigenous communities to survive...*

Compliments of the MARPAF DIAG a buffet of fresh, bannock and jams attracted steady crowds of eager CAF members on May 21.



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Stock Photo: JulieAlexK via Getty Images.

HOW TO STRETCH YOUR SUMMER GROCERY BUDGET

with Health Promotion

Archana Cini

Lookout Newspaper

As grocery prices continue to rise in British Columbia, CFB Esquimalt is helping Defence Team members both prioritize nutrition and make every dollar count.

One of several summer courses offered to the Defence community (CAF members, veterans, spouses, and civilian employees) *Essential Nutrition* is part of the highly popular PSP Health Promotion (HP) program. For over 23 years, CFB Esquimalt's HP team has served the Defence community by offering a steady lineup of briefings, workshops, courses, and presentations across four key focus areas: Active Living and Injury Prevention, Addictions Prevention; Healthy Nutrition; and Mental & Social Wellness. These free-of-charge offerings are known to provide a welcoming space across ranks and roles, fostering both judgement-free learning and real connection on Base.

According to HP Administrative Assistant Lisa Jeffery, programs in the nutrition and social wellness realm are particularly well-attended. "Participation has either stayed steady or increased through the past years," she shared. "We've also added courses over the years as needed." With attendance capped at 18 participants per session, each course provides a personalized, engaging experience to explore content and build camaraderie.

Part of HP's Healthy Nutrition pillar, the *Essential Nutrition* program is built by registered dietitians and teaches evidence-based strategies for eating well. While the course covers everything

from understanding nutrition labels to efficient meal planning, one of the timeliest modules focused on 'Stretching your Food Dollar.' The course delivers straightforward, actionable advice including

- **Compare unit prices.** Bigger boxes don't always mean better value—reading the small-print unit prices helps determine the best deal across different product sizes and brands.
- **Use and read flyers.** Focus on the front and back pages to find the best deals before entering the store, and learn the prices of items bought often to better spot real discounts.
- **Make and stick to your grocery list.** A well-thought-out list saves time and money, and helps prevent excessive impulse purchases that are more expensive and less nutritious.
- **Stock up when it's most affordable.** Buy in bulk when a product you know you'll use prior to expiry is on sale, or buy family-size, larger pack products more often.
- **Shop smart.** Seek out 'reduced for quick sale' items and racks in stores, look for near-expiry clearance produce and meats, and explore new stores for new deals.

To Vicky Doucette, Health Promotion Specialist and *Essential Nutrition* course instructor, letting go of perfectionism is vital. "I hope participants leave with the understanding that shopping for food, preparing food, and eating habits don't need to be perfect," says Doucette. "It's the small, realistic changes you make that can have a huge impact over time."



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Base Aquatics Program Becomes Community Cornerstone

Archana Cini
Lookout Newspaper

From a toddler's first splashes to three generations of memories, CFB Esquimalt's Aquatics Program is making waves in both the pool and the community.

A cornerstone of the Base's recreation offerings, the program has recently evolved into a trusted local space for military and civilian families to build skills and foster connection.

What began as a modest relaunch in 2023 has now grown into a full-scale Base aquatics program with increasing class waitlists, consistently high registration, and over 100 participants per season. Today, the program offers a variety of opportunities to engage for all ages and skill levels, ranging from parent-and-tot classes to beginner adult sessions. This summer, the pool will also offer full life-guard certification training with Bronze Medallion, Bronze Cross, and National Lifeguard courses available for the first time.

To Aquatics Supervisor Ligia Brolo, the program's community impact holds just as much value as the technical skills being taught.

"The pool has become the place where kids make friends, and where their parents then make friends through their kids," said Brolo. "I've even seen adult students

in our beginner classes planning practice sessions together outside of lessons. It's just so wholesome to witness friendships forming."

For some, the pool is more than just familiar— it's a part of family history. Gillian Larsen, Manager, Community Recreation shared personal stories that reflect the Aquatics program's presence in local community life often arise. "We have one student in particular who attends lessons here, and there have been many conversations on how even her grandmother used to take lessons in this same pool back in the early 70s," Larsen shared. "It's incredibly special."

With military families benefitting from one-week priority registration and notably distraction-free pool environments, the program offers an accessible alternative to busy municipal options. "Families are grateful, and we've received feedback that children prefer our swim lessons because the pool is quieter and groups are smaller," says Larsen. "Parents know their kids are getting safe, high-quality instruction and personalized care."

Looking ahead, new offerings will continue to support demand and the program's growth, ensuring that the pool continues to be a cornerstone of wellness, learning, and belonging for the local community.



Photos: Gillian Larsen, Manger Community Recreation, PSP Colwood Pacific Activity Centre



Background image: water waves in sunlight with copy space Photo: Pornthip Alounthong via Getty Images.



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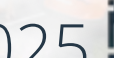
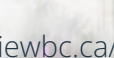
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HMCS Corner Brook Change of Command

On May 26, command of HMCS Corner Brook was handed over in an official Change of Command (CoC) ceremony witnessed by reviewing officer Captain(Navy) A.P.A. Kooiman Commander, Canadian Submarine Force. Signing of the documents confirmed the CoC from outgoing commanding officer, Commander (Cdr) J.M.É. Isabelle to incoming commanding officer Lieutenant-Commander (LCdr) C.R.B. Hubbard.

Originally from Montmagny, Québec, Cdr Isabelle joined the Canadian Armed Forces (CAF) in 2002 and has served on multiple overseas operations, deploy-

ments, exercises, and patrols. He was officially appointed in Command of HMCS Corner Brook on 15 April 2022, years after his first assignment as a Submarine Service volunteer on the same submarine.

Incoming commanding officer LCdr Hubbard joined the Royal Canadian Navy (RCN) in 2009 and has since served on multiple frigates and submarines. Following international training with other navies and roles like SONAR Officer and Executive Officer aboard various vessels, he is now in Command of HMCS Corner Brook.



HMCS Corner Brook awaits start of HOISTEX in Constance Bank on 14 March 2025
Photo: Sailor 1st Class A. Koller, MARPAC Imaging Services

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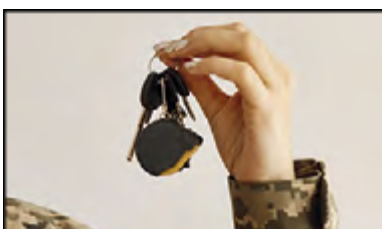


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Major Daniel Walton, Chaplain for the commissioning of HMCS Max Bernays addresses the members of the ceremony. Photo: Corporal William Gosse, MARPAC Imaging.

Spiritual Readiness:

Why it Matters in Military Life

Reverend Major Daniel Walton

Senior Fleet Chaplain, Royal Canadian Chaplain Service

The Canadian Armed Forces (CAF) often values the idea of *readiness* to effectively staff deployments that fulfill Canada's domestic and international commitments.

While CAF members consistently strive to improve their physical and mental readiness alongside maintaining personal responsibilities, spiritual readiness often remains undefined, underdeveloped, or unevaluated. Spirituality is crucial for understanding life, coping with difficulties, and nurturing our desire to live well. Spiritual readiness, in contrast, is often defined by chaplains as a proactive practice to establish a strong personal purpose and set of values to overcome hardship.

Austrian neurologist and psychologist Viktor Frankl famously shared, "If man has no more reason to live, he then begins to find reasons to die."

Spirituality encompasses our core convictions by providing us with meaning, morals, and more, and can be informed by science, philosophy, or religion. Thus, "some of us are religious, but all of us are spiritual," is a common understanding of spiritual readiness. Importantly, the key takeaway is that strengthening one's spiritual core is vital to withstanding life's challenges, especially in an organization committed to unlimited liability.

Assessing spiritual readiness involves utilizing the *Spiritual Health and Well-Being Continuum* that is similar in nature to the CAF's commonly leveraged *Mental Health Continuum*. Chaplains

can help Defence team members assess their spiritual readiness against the continuum's areas of focus, including the meaning and purpose, optimism and hope, and forgiveness modules. For further spiritual assessment, Koenig, Carey, and Zaben's "Spiritual Readiness: Essentials for Military Leaders and Chaplains" suggests using evidence-based assessments, like the SOCOM Spiritual Fitness Scale. This scale evaluates an individual's pursuit of meaning, purpose, values, and service for the greater good; for those who believe in a higher power, a third area is often assessed.

After assessing one's spiritual readiness, chaplains then act as coaches by helping individuals create plans to strengthen their personal spiritual commitments. Non-religious goals could include exploring philosophies like stoicism or existentialism, practising mindfulness, or volunteering. On the other hand, religious goals could involve scriptures, attending services, or engaging in rituals. Evidence-based research has shown that connecting to spiritual practices prepares us for challenges often experienced in the Defence community like separation, anxiety, or depression. Addressing deeper injuries connected to service, such as moral injuries, also can take place at the spiritual level. As a chaplain, I strongly encourage everyone in the Defence community to develop spiritual readiness as an additional, integral aspect of life.

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Archana Cini

Lookout Newspaper

Enjoying listening to the low brass section of the Naden Band of the Royal Canadian Navy (RCN) lately? Meet Petty Officer Musician (PO MUS) Fraser Robertson, from the Royal New Zealand Navy (RNZN), the Naden Band's first international ensemble member in a decade to make the 11,000 km journey to the island.

An accomplished tuba player in the Royal New Zealand Navy Band (RNZNB), PO MUS Robertson has temporarily joined the Naden Band as part of the Canada-New Zealand Exchange (CANZEX) program. Housed under Operation REGULUS, CANZEX strengthens international cooperation through hands-on personnel exchanges between the RCN and its allied navies. Exchanges can include everything from diving and navigation to logistics—and in this case, music.

Originally from the small town of Te Awamutu on New Zealand's North Island, PO MUS Robertson first picked up the tuba and his love for music in middle school. He then explored military performance in an educational placement with the New Zealand Army Band in his late teens before officially joining the RNZNB in 2012.

"I chose to join the Navy because it was musically aligned with my personal vision for the future," said PO MUS Robertson. "The Army band also does a lot of marching, which I learned isn't ideal when you carry a large instrument like the tuba!" he laughed.

Since then, PO MUS Robertson has toured overseas and performed in everything from public parades to diplomatic engagements with the RNZNB. He's now embracing every moment with the Naden

Band at CFB Esquimalt—alongside developing a fondness for true Canadian poutine.

"The welcome I've received has been incredible," says PO MUS Robertson. "I've felt completely at home with the Naden Band, and it's amazing how quickly you can form a bond with people through a shared background of service and music."

PO MUS Robertson has jumped into a busy summer schedule of rehearsals, performances, and parades since his arrival. To him, the exchange experience has given him not only fresh musical perspectives to take back to the RNZNB, but also strengthened bonds between the two navies.

"Working alongside Canadian musicians has proven to me that music really does bridge cultural gaps and build connection," he shares. "I'll be returning with a broader perspective of what service really means. Though our navies have such different traditions, I've discovered our core mission is the same."

PO MUS Robertson departs Canada on June 29, flying back to New Zealand with his tuba and a newfound sense of international camaraderie. But when it comes to what he wishes he could bring back, it's a local brunch filled with friendship and laughter from the Naden Band.



Top: Petty Officer Musician Fraser Robertson playing the Tuba alongside peers as an ensemble member of the Naden Band of the Royal Canadian Navy. The Naden Band of the Royal Canadian Navy marching through the streets of Esquimalt on Buccaneer Days weekend. Photos provided



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23-009	Bike, Men's	1
24-001	Knife	1
24-002	Multitool	1
24-003	Lighter.....	1
24-004	Can, Aerosol.....	1
24-005	Can, Aerosol.....	1
24-006	Plant Grinder.....	1
24-007	Rolling Papers.....	1
24-008	Case, Plastic.....	1
24-009	Knife	1
24-011	Cable, Black.....	1
24-017	Plant Grinder.....	1
24-018	Radio, Portable	1
24-019	Backpack	1
24-021	Hammer	1
24-022	Magnifying Glass.....	1
24-023	Screwdriver	1
24-024	Hatchet.....	1
24-025	Tape measure	1
24-026	Pliers	1
24-027	Ashtray	1
24-028	Tape.....	1
24-029	Metal Bar.....	1
24-030	Chalkline	1
24-031	Tire Fix Kit.....	1
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24-069	Hoodie	1
24-070	Fleece Top	1
24-071	Purse	1
24-072	Pants, Track	1
24-073	Jacket, Track	1
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24-095	Bike Lock	1
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24-101	Headphones	1
24-102	Flannel Top	1
24-103	Power Bank	1
24-104	Receiver.....	1
24-105	E-Device Wire.....	1
24-106	Purse	1
24-107	Laptop Computer.....	1
24-108	Ring, Men's.....	1
24-109	Trail Camera.....	1
24-110	SD Card	1
24-111	Wallet with Contents.....	1
24-112	Ring, Woman's	1
24-113	Earbuds.....	1
24-114	Keys	1
24-115	Wallet.....	1
24-116	Barbell Strap	1
24-117	Body Spray.....	1
24-118	Stapler.....	1

Item #	Description	Quantity
24-119	T-Shirt	1
24-120	Liquid Chalk.....	1
24-121	Weight Wraps.....	1
24-122	Weight Wraps.....	1
24-123	SD Card	1
24-124	Backpack	1
24-125	Cellular Phone	1
24-126	Credit/Debit Card	1
24-127	Earbud.....	1
24-128	Cellphone	1
24-129	E-Goggle.....	1
24-130	Duct Tape	1
24-131	Ratchet Wrench	1
24-132	Tablet.....	1
24-133	Knife	1
24-134	Call Box	1
24-135	Beard/Hair Trimmer.....	1
24-136	Knife	1
24-137	Virtual Reality Headset.....	1
24-138	Headset	1
24-139	Drone	1
24-140	Purse	1
24-141	Controller	1
24-144	Lighters, Assorted	1
24-145	Lockbox.....	1
24-146	Knives.....	1
24-147	Breadknife.....	1
24-148	Cleaver	1
24-149	Flashlight / Glove.....	1
24-150	Knife	1
24-151	Knife	1
24-152	Gate Latch	1
24-153	Jeans.....	1
24-154	E-Lock	1
24-155	Boots	1
24-156	Rifle Mount.....	1
24-157	Camera	1
24-158	Veh Winch.....	1
24-159	Screwdriver Bits	1
24-160	Blueray Player	1
24-161	Crowbar.....	1
24-162	Wire Cutter	1
24-163	Bicycle Pump	1
24-164	Items, Assorted (scissors, rope, headlamps, etc).....	1
24-165	Duffle Bag.....	1
24-166	Boat Hook	1
24-167	Padlock	1
24-168	Screwdriver	1
24-169	Trailer Hitch	1
24-170	Utility Blade	1
24-171	Knives.....	4
24-172	Steel Snake Cord	1
24-173	Backpack and Contents	1
24-175	E-Scooter	1
24-176	Ballcap.....	1
24-177	Helmet.....	1

Claimants can contact Stephen Galipeau at Base Logistics, CFB Esquimalt
Monday to Friday during the hours of 0800-1200 and 1300-1530,
with a detailed description of the object to claim.

Stephen.Galipeau3@forces.gc.ca Tel: 250-363-5204 / CSN: 333-5204
or <https://collaboration-navy.forces.mil.ca/sites/blog/web/SitePages/Disposal-Warehouses.aspx>

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Victoria Day Parade LIGHTS UP Downtown Victoria

On May 19, the streets of Victoria were filled with sights and sounds of joy as locals gathered for the annual Victoria Day Parade. Always a highly anticipated early summer event, the parade brought the island community together in bright celebration of diverse culture, community groups and partners, marching bands, and more. 2025's parade boasted over 100 different entries for locals to enjoy.

The local Defence community brought no shortage of Canadian pride to the event, including the presence of Captain(Navy) Kevin Whiteside, CFB Esquimalt Base Commander, incredible music from the Naden Band of the Royal Canadian Navy (RCN), and Canadian Armed Forces (CAF) and Defence team members all participating in the event and parade.

Representatives of the RCN, CAF, and local Defence community participating in the annual Victoria Day Parade.
All images by Sailor 3rd Class Lucas Augustyn, MARIAC Imaging Services, CFB Esquimalt



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CMEA Beaver Cup Tournament Won by the Sappers

Consolidated by Archana Cini
with contributions by Krista Morgan

Lookout Newspaper



Congratulations to the Sappers, official winners of the annual Canadian Military Engineers Association (CMEA) Beaver Cup Hockey Tournament. Held on Apr 23-25 at the Wurtele Arena, the Sappers scored Gold against the Bandits with a 6-3 score following two days of round robin play. The Engineers took home bronze against the Pioneers after an 8-5 game.

Tournament MVP was awarded to the powerful 78-year-old Chief Petty Officer (ret'd) Butch Boucher, with each team also independently presenting MVP awards to:

- Jeremie Dulong, from the Sappers
- Arnie Steinhardt, from the Bandits
- Scott Sousa, from the Engineers
- Dan Kilgour, from the Pioneers

In commemoration of the CMEA's 122 anniversary, Real Properties Operations (RP Ops) hosted a well-attended BBQ between the bronze and gold medal games. Bravo Zulu to the Sappers, team and tournament MVPs, and all players on an incredible annual tournament!



The Sappers posing with their well-earned trophy after winning Gold at the 2025 CMEA Beaver Cup Hockey Tournament. Photo: Krista Morgan

Congratulations!

PO2 Addison Korb Promoted



Commander (Cdr) Matthew Hardy officiating Petty Officer Second Class (PO2) Addison Korb's promotion on May 9. Photo taken by P01 Tyler Grant

Congratulations to Petty Officer Second Class (PO2) Addison Korb, who was recently promoted from Master Sailor (MS) on Friday, May 9.

PO2 Korb was promoted by Commander (Cdr) Matthew Hardy, and presented with *Duties and Responsibilities of Chiefs and Petty Officers* by Chief Petty Officer Second Class (CPO2) Pavel Radutsky

THE LOOKOUT CLASSIFIEDS

FOR RENT

1 BEDROOM GROUND LEVEL SUITE AVAILABLE

Fully renovated 1 year ago. Great layout. Private entrance, nice kitchen with stone countertops, tons of storage, no dishwasher. Small bathroom with stand up shower. Bedroom with ceiling fan, large closet. In-suite laundry, large windows, outdoor space/patio area with covered awning, quiet neighbourhood. Off-street parking. Ideal for a single person or couple. No pets unfortunately. No smoking in suite or on property. Available May 15th. Asking 1700 per month. Utilities not included. Application available and other questions answered upon request. Contact Jeremy at 250 516 4861.

1 BED, 1 BATH CONDO - 826 ESQUIMALT ROAD - \$2,100 per month, utils not inc. Built in 2019, new appliances. Amenity room, bike lock up. In suite laundry, Walk-in closet, 1 dog or cat friendly, 680 ft², east-facing patio. Any interest can be directed to whitlo.forde@gmail.com

1 BEDROOM SUITE IN ESQUIMALT - \$1700 + utilities (Hydro and Internet). Full kitchen, dw, in-suite laundry. Close to Esquimalt town square and high rock park. Contact Peter at 250-580-6252 or email Petevanb@gmail.com

2 BED 1 BATH APARTMENTS - Available now - \$2200/month, 2 apartments available in 4-plex on second floor. 700+ sq ft. with storage, shared coin laundry, includes gas, heat, water, parking, no smoking, no dogs, no aquariums, cat negotiable. Walking distance to CFB Esquimalt, on base route. Call Donna - 250-812-6753.

HOUSE FOR RENT - 3 bed, 1 bath located in Esquimalt, B.C. \$3950 + utilities. Available July 1, 2025. Great location, large backyard. Close to CFB Esquimalt. Contact Peter 250 580 6252, Petevanb@gmail.com. for more information and photos.

FOR SALE

3 BEDROOM 2 BATH - TOWNHOME - 14 2190 Drennan St, Sooke. This move-in-ready townhome offers 3BD & 3BTH over 1,500 sq/ft of living space. Private, fenced, & SE facing patio. Tiled entryway, garage, laundry & pantry. Kitchen w/fresh white cabinets, sit-at bar, & eating area. Vaulted ceilings, large windows & gas FP. Formal dining area opens to deck. 2-piece bath adds convenience to main floor layout. Downstairs: main

BD w/4-piece ensuite, soaker tub & separate shower, and 2 BDRs & 4-piece bath. 2 parking spaces: 1 in garage & 1 outside. Ample storage, full-size crawl space. Beautifully landscaped. Conveniently located moments from transit, schools, rec center & town core.

LOCAL CLUBS

VICTORIA YOUTH PADDLING CLUB (VYPC)

We have programs as well as summer camps for youth to learn paddling techniques, try different types of water craft and generally have some fun with a good sweat. Contact Marianne at commodore@vyvpc.ca or (250) 744-8543

VOLUNTEER

BIG BROTHERS BIG SISTERS OF VICTORIA

Free clothing collections services. Protecting the environment and supporting local kids for over 20 years! Reduce, repurpose, do good. Drive thru donation station open 7 days a week, 10am-6pm at 230 Bay St. Visit bbsbvictoria.com

MAKE A DIFFERENCE

Become a Network Friend. You would be matched according to shared interests to

build a long term friendship with an individual who experiences a disability or mental health issue. Contact: volunteer@lnv.ca Learn more at www.lifetimenetworks.org

FOSTER HOMES ARE NEEDED - Visit www.fosterhope.ca

FRIENDS OF ASHTON ARMOURY MUSEUM

Is a non-profit society made up of volunteers with a passion for military history. We are seeking volunteers. If you are interested in helping out please contact Chris Preston, at (250) 479-7634, or prestoncm@shaw.ca.

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. Please contact us at info@witsprogram.ca for more information!

HABITAT FOR HUMANITY AND THE RESTORE

Are seeking volunteers to help out with customer service, warehouse and driver assistants. We are also looking for ambassadors for special events. Please contact Nancy at volunteer@habitatvictoria.com or 250-480-7688 ext. 105

OPPORTUNITIES

MARPAC & LOOKOUT SHIP-TO-SHORE INDUSTRIAL TRADE SHOW

- October 7, Naden Athletic Centre. Military and Private Sector Vendors, thousands of dollars worth of door prizes plus free food! Contact Leah.Pokocky@forces.gc.ca

BASE NEWSPAPER ADVERTISING. Local or National. Canadian Armed Forces Base Newspapers. 16 Bases - One contact. Call 250-363-8602 ext 2 or email Joshua.buck@forces.gc.ca

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