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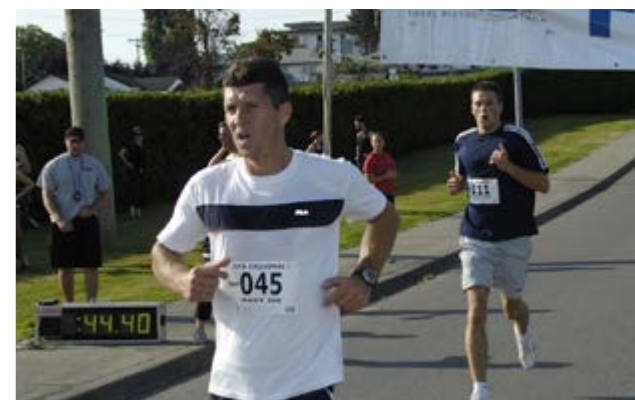
20 Years Running!

2006

2026

Read about the Navy Run's legacy and future on Page 5

LET'S GO! JUNE 20



Runners participate in the CFB Esquimalt Navy Run over the years. From the Lookout Archives

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CFB Esquimalt Fire Chief Geordie Douglas (left, on front) receives a commemorative pin from Langford Fire Chief Chris Aubrey on May 6. Photo: Rodney Venis, CFB Esquimalt Base Public Affairs



Fire Chief Geordie Douglas Honoured with Governor General's Commendation for Bravery

Archana Cini
Lookout Newspaper

Twenty-six years after responding to one of Vancouver Island's most volatile emergency incidents, CFB Esquimalt Fire Chief Geordie Douglas is recognized for his actions that helped protect a community in crisis.

On May 6, colleagues, firefighters, and Defence team members gathered at the Canadian Forces Base (CFB) Esquimalt Fire Hall as Fire Chief Geordie Douglas was presented with the Governor General's Commendation for Bravery. Approximately 25 fire department staff attended the ceremony, alongside Captain(Navy) Kevin Whiteside, CFB Esquimalt Base Commander.

The presentation was made by Langford Fire Chief Chris Aubrey – a fitting choice given that Chief Douglas earned the commendation for service during his time with Langford Fire Rescue following a propane tanker incident in 2000. More than two decades later, the incident remains an important example of successful emergency response in the region.

Late on the evening of July 17, 2000, a double propane tanker rolled off Highway 1 north of Goldstream Provincial Park, creating a dangerous situation for those in the region. The crash led to the driver losing their life and thousands of litres of fuel leaking from the vehicle. As a result, a cloud of propane vapour lingered around the crash site, creating the risk of an

explosion. Authorities closed the Malahat Highway, nearby rail lines, and electrical infrastructure in the area to prevent any potential ignition source. Residents were evacuated, vehicles were abandoned, and emergency personnel faced a situation that demanded both courage and careful decisions.

At the time, Chief Douglas was a Langford Fire Rescue firefighter and was part of the crew that responded to the high-risk incident. While the recognition commemorates a single act of bravery, those who know him say it also reflects a career built on service and dedication to others.

"Chief Douglas is a person who views the Fire Department and the Fire Service as an extended family and would do anything for his firefighters," said Ryan Hyland, Acting Deputy Fire Chief at CFB Esquimalt Fire Rescue.

Today, as the Fire Chief of CFB Esquimalt Fire Rescue, Chief Douglas continues to lead with that same people-first mindset. When asked what service means to him, his answer focused not on individual achievement, but on teamwork.

"Camaraderie amongst the members of our team," said Chief Douglas. "It means helping others throughout CFB Esquimalt, both civilian and military personnel."

For Hyland, celebrating acts of bravery like Douglas' is about far more than recognizing a single firefighter.

"Celebrating acts of bravery extends beyond recognizing individual achievements," said Hyland. "It plays a vital role in shaping organizational culture, inspiring future generations, reinforcing professional standards, and strengthening the fire service as a whole."

He added that honours such as the Governor General's Commendation for Bravery send an important message to younger firefighters entering the profession.

"Bravery, service, and dedication are central to the firefighting profession," said Hyland. "Those qualities are seen, respected, and celebrated."

Ultimately, Chief Douglas's recognition serves as a reminder that extraordinary actions often begin with ordinary people answering the call to serve. For the Chief, however, the honour belongs to more than one person. It belongs to the firefighters who stood beside him then, and to the team he continues to lead today.



The Governor General's Commendation for Bravery pin consists of a cluster of frosted maple leaves. It measures 30 mm long and 10 mm wide at its widest point.

The Governor General's Commendation for Bravery is accompanied by a gold-embossed scroll inscribed with the recipient's name and signed by the governor general.

Photo: MCpl Anis Assari, Rideau Hall © OSGG, 2023

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Reach out to us, we'd love to hear your feedback and story ideas!

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An Act of Remembrance: Candlelight Tribute Honours Service and Sacrifice

Archana Cini

Lookout Newspaper

As daylight began to fade, remembrance took its place.

Members of the Defence Team from Maritime Forces Pacific (MARPAC) and Canadian Forces Base (CFB) Esquimalt joined veterans, families, and members of the public at Veterans' Cemetery (God's Acre) on May 28 for the Candlelight Tribute.

Held annually as a powerful act of remembrance, the ceremony honoured both past and present Canadian service members who have served in the cause of peace and freedom. Throughout the evening, participants placed candles at gravesites across the cemetery, creating a quiet and powerful tribute that would continue burning until midnight.

We remember.

Moments from the Candlelight Tribute held at Veterans' Cemetery (God's Acre) on May 28.
Photos: S1 Jordan Schilstra, MARPAC Imaging



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Navy Run Celebrates 20 Years of Community, Health, and Connection

Model: OlegPhotoR / iStock Photo via Getty Images



Lindsay Groves
Lookout Newspaper

For two decades, the Canadian Forces Base (CFB) Esquimalt Navy Run has brought together Canadian Armed Forces (CAF) members, their families, veterans, and community members to share a morning of health and connection. What once began as a local running event in 2006 has since grown into one of the most anticipated annual traditions on the Defence community calendar, welcoming participants of all ages and abilities.

This year's event marks a significant milestone as the Navy Run celebrates its 20th anniversary. Scheduled for June 20, it continues its tradition of offering both a five-kilometre (km) and 10-km race alongside the popular Kids Fun Run.

"I've been fortunate to be part of this event for 17 of the past 20 years, including 10 as Race Director," said



Gillian Larsen, Co-Race Director of the Navy Run and Personnel Support Programs (PSP) Manager Community Recreation. "The Navy Run, originally the Navy 10K, began in 2006 as a way to bring the Greater Victoria community together with our local military – and that connection remains at the heart of the event today."

On June 20, the Navy Run will have united the CAF and Greater Victoria communities for the twentieth time at CFB Esquimalt, all while promoting wellness and community.

As the starting bell rings for the event, participants will not only be running through the streets of Esquimalt – they will be running through two decades of memories. Every km will represent the PSP staff and volunteers who made the event possible, families who cheered from the sidelines, and all the runners who have crossed the finish line and helped shape the Navy Run into the tradition it is today.

Here's to many more years and the future of the CFB Esquimalt Navy Run. Bravo Zulu for 20 years!

Online registration for the CFB Esquimalt Navy Run is now closed. Late registration will be open during race package pickup in person at the Naden Athletic Centre on June 18 and 19. Event day registration is unavailable.



A young runner participates in the CFB Esquimalt Navy Run. From the Lookout Archives



Tag @navyrunesquimalt on Instagram in your favourite race day moments with #20yearsrunning for a chance to be featured on the page!

For more information about Navy Run, visit: cfmws.ca/esquimalt/esquimalt-navy-run

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Humans of CFB Esquimalt: S1 Sabrina Holmes



Archana Cini
Lookout Newspaper

Humans of CFB Esquimalt is a new series dedicated to the people who make up the Defence community on the West Coast. It captures and preserves unique stories of service, identity, learning, and living from both civilians and military members who work and move through the base.

If you are interested in sharing your story for a feature, please email archana.cini@forces.gc.ca.

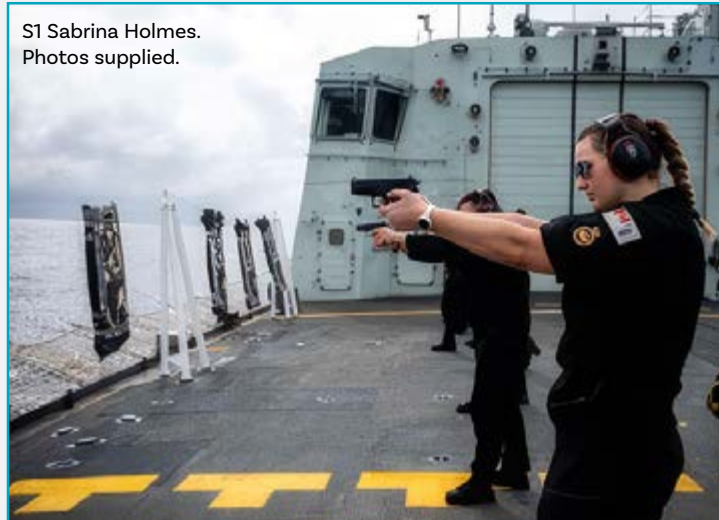
Some people move through their life belonging entirely to a single world. Reservist and artist Sailor 1st class (S1) Sabrina Holmes has always existed in two.

S1 Holmes grew up in Whitby, Ontario, far from the sea she now works near. However, water has always been a part of her life. S1 Holmes' parents met through the Naval Reserves at His Majesty's Canadian Ship (HMCS) *York*, where they served as marine engineers. Stories of sailing aboard gate vessels (naval training ships that opened and closed anti-submarine nets in major harbours to allow vessels to pass) and time spent at sea were never abstract; they were family history.

S1 Holmes' childhood was also shaped by water. She learned boating skills and rope work early by her father, and spent years in competitive swimming building comfort and safety around water. Eventually, that connection to the sea became something more than background – it became a path. At 16 years old, S1 Holmes joined HMCS *York* as a Naval Reservist. However, she also found herself gravitating towards another subject throughout her upbringing: art.

"I was always more inclined at school towards art class, and really focused my skill acquisition towards drawing for years," said S1 Holmes. "When the time came to start looking

S1 Sabrina Holmes.
Photos supplied.



at university, my parents encouraged me to explore applying to some fine arts programs as it would very likely make school more interesting."

Since then, she has balanced her academic years in uniform with summers spent serving across Canada's coasts – a balance, however, that has never been simple.

"It's not the workload that's hard," explained S1 Holmes. "It's existing socially in both spaces." In art school, she often found herself navigating assumptions about her military service.

"Art school largely has its predetermined opinion of the military and I really struggled to talk about it. Students and sometimes professors sometimes assumed the worst," she said. "It could even become hostile." In contrast, within the navy, she sometimes encountered confusion about her studies and artistic life. Over time, she learned to move carefully between both identities.

"I became very aware that these two spaces seemed to contradict each other," said S1 Holmes. But slowly, what could have been a divide became something else entirely: a bridge she began to build.

"I accepted that the two worlds are as they are,"

shared S1 Holmes. "To be in one does not exclude me from the other, so long as I take pride in the way I conduct myself and allow people to not understand, I will be okay. Being a bridge is tough, but ultimately, someone has to do it."

This balance, between land and sea and the worlds S1 Holmes was determined to coexist in, came into sharp focus during her time at sea. During a year-long attachment posting with HMCS *Regina*, S1 Holmes found herself documenting more than she expected. The ocean became both a workplace and a subject.

"Sailing for long stretches of time can be extremely isolating if you let it. Though we find ways to connect with our peers, working with people who don't paint made this tougher for me. Interestingly, this forced me to be an artist when I was chronically away from art," said S1 Holmes.

At sea, S1 Holmes spent free time planning new work, taking reference photographs, and returning to

drawing. Importantly, those reference photos, often taken instinctively by sailors capturing fleeting moments of sky and water, became the foundation of her final thesis project.

The result? *Wash Your Heart*, an eight-piece series of large-scale oil paintings, each approximately four-by-four feet. Created over nine months of near-daily studio work, the pieces are based on her lived experience at sea. The scale of the works was intentional. Cropped and immersive, they are designed to place viewers on the ship itself – to stand, in a sense, where sailors stand, and see what they see.

"I wanted people who aren't in the Navy to feel like they're being let into it," she explained. "And I wanted people who are in it to feel represented."

To S1 Holmes, the series is both storytelling and documentation. To those who serve, her work is documentation; for others, it's a story. "But both are equally important," said S1 Holmes.

Looking ahead, S1 Holmes hopes to continue both her naval career and her artistic practice, ideally in tandem with time at sea. "I don't think this work is done yet," she said. "I work with what opportunities I have in front of me. That's the human experience I'm in right now."

For those in uniform who carry creative ambitions of their own, her advice is simple. "The military can be your how," said S1 Holmes. "But let your creative passion be your why."



Background and Inset: Oil paintings made by artist and RCN sailor S1 Sabrina Holmes as part of an eight-painting series, *Wash Your Heart*.



Chisholm Sword Awarded to Sub-Lieutenant Mark Shellard

Lookout Newspaper, with contributions by the Naval Association of Canada (Vancouver Island Branch)

Bravo Zulu to Sub-Lieutenant (SLt) Mark Shellard, recipient of the Merritt Chisholm Sword for *Espirit de Corps* and *Perseverance*.

Awarded to SLt Shellard on May 12, the sword was presented by Lieutenant-Commander (LCdr) retired (ret'd) Todd Dupuis of the Naval Association of Canada (Vancouver Island Branch) and Reviewing Officer Commander (Cdr) Tyler Smith, Commanding Officer of His Majesty's Canadian Ship (HMCS) *Venture*.

The sword, presented alongside a Naval Association of Canada book prize, is traditionally awarded at

a Naval Warfare Officer (NWO) course graduation. Its recipient is one who has been nominated by peers for their ability to generate morale, camaraderie, inclusion, resilience, conflict resolution, perseverance, adaptability, and resilience.

A longtime Vancouver Island resident, SLt Shellard graduated from the University of Victoria with a Bachelor of Science following his attendance at Reynolds Secondary School in Saanich. Having now completed the eight-month Basic Naval Warfare Officer (NWO) course at HMCS *Venture*, SLt Shellard will continue training with the Pacific Fleet in the role of Information Warfare Officer. He is the son of the late Douglas Shellard and Aem Suebsees.



SLt Mark Shellard (centre) receives the Merritt Chisholm Sword for *Espirit de Corps* and *Perseverance* from LCdr Todd Dupuis (right) and reviewing officer Cdr Tyler Smith (left). Photo: Gerald Pash



Moments from the HMCS *Malahat* Change of Command ceremony observed on June 2. Photos: Cpl Conor R.G. Munn, CAF Imagery

Change of Command at HMCS *Malahat*

On June 2, the company of His Majesty's Canadian Ship (HMCS) *Malahat* conducted a change of command ceremony. During the ceremony, leadership passed from Lieutenant-Commander (LCdr) Anne Gardam, outgoing Commanding Officer (CO), to LCdr Andrew MacInnis, incoming CO.

The event included members of the Royal Canadian Navy (RCN) presenting arms, a formal parade, audience addresses by both the incoming and outgoing COs, and the presentation of a commemorative paddle created by Petty Officer 2nd class (PO2) Daniel Cramer and given to LCdr Gardam as a departing gift.

Thank you for your leadership and service, LCdr Gardam, and welcome, LCdr MacInnis!





Community Spirit on Display at 2026 CFB Esquimalt Navy Bike Ride

Archana Cini
Lookout Newspaper

Cyclists, families, volunteers, and supporters came together on May 30 for the 2026 CFB Esquimalt Navy Bike Ride.

A growing tradition of community connection and fundraising for Support Our Troops, Soldier On, and The Navalis Foundation, three organizations dedicated to the well-being of current and former Royal Canadian Navy (RCN) sailors and their families, the event welcomed over 160 registered participants riding through either an

18-kilometre or 36-km route. This year's ride saw both an increase in overall riders, as well as a notable increase in riders taking on the longer 36-km route.

Beyond the ride itself, the impact of the Navy Bike Ride extends well beyond the kilometres travelled. As of mid-June, participants had raised over \$35,000 through peer-to-peer fundraising efforts, already surpassing the total raised during the 2025 campaign. [Donations will continue to be accepted until June 30.](#)

For many participants, however,

the event's greatest success was the atmosphere of the day itself.

"This community-building event had great energy," said Matthew Carlson, CFB Esquimalt Navy Bike Ride Director. "People were smiling, enjoying the music, and connecting with supportive vendors. Overall, participants experienced a warm community atmosphere on a perfect day to ride."

This sense of connection has long been at the heart of the Navy Bike Ride, which has brought together cyclists of varying experience levels for years.

The annual CFB Esquimalt Navy Bike Ride could not have been a success without the support and efforts of the entire Navy Bike Ride Committee, its director Matthew Carlson, and co-director Acting Sub-Lieutenant (ASLt) Michael Samuels, in addition to all volunteers and vendors who donated their time to support this event.



Highlights from the 2026 CFB Esquimalt Navy Bike Ride on May 30. Photos: S1 Kyle Maguire, MARPAC Imaging



SPORTS CORNER



Highlights from the CAF National Running Championship from May 22 to 24. Photos supplied.

Big wins, big plays, and even bigger team spirit. Here's a look at some of the teams and athletes from Canadian Forces Base (CFB) Esquimalt who made waves in May.

- Fifteen runners from CFB Esquimalt represented Canada West at the CAF National Running Championship (May 22-24), bringing home an outstanding four gold, three silver, and four bronze medals
- This year's Golf Playdowns (May 8-9) saw 38 participants compete, with seven athletes selected to represent CFB Esquimalt at the upcoming Canada West Regional Gold Championship
- The three-session Women in Sport Golf Clinic introduced 10 participants to golf while building confidence and skills in the sport



The Women in Sport Golf Clinic hosted in May. Photo supplied.



Photo: Drazen Zigic / iStock Photo via Getty Images

House Hunting for Defence Families

SISIP Financial
Esquimalt Team

Buying a home is one of the biggest financial decisions most people make. For Defence team members and their families, it comes with an extra layer of complexity: postings, uncontrollable timelines, and uncertainty around settling into a new community. However, this doesn't mean owning a home is out of reach.

Understand the timing of making a purchase: If another posting could be on the horizon, renting might offer better flexibility and limit the future stress of a resale. For families who expect to stay for several years, buying could make more sense.

Look beyond the house itself: While it can be easy to become absorbed in the features of a house, the neighborhood and community lifestyle will shape daily life just as much. Consider commute times, access to services, and nearby education and childcare options.

Know what you can afford: A bank can sometimes approve more than what can be comfortably afforded; while it is based on income and debt ratios, approvals are not based on a family's actual monthly life (groceries, childcare, car payments, etc.) As a result, take the time to build a realistic budget based on what's actually sustainable month to month.

Build a strategic down payment: A First Home Savings Account (FHSA) and an RRSP

Home Buyers' Plan are both accounts that help a down payment go further. Used together, these two programs can meaningfully accelerate your timeline.

Take advantage of military banking benefits: BMO is the official bank of the Canadian Defence community; as such, eligible Canadian Armed Forces (CAF) members can receive employee discounts on mortgage options and added the flexibility to break a mortgage without penalty when posted through the CAF Relocation Directive.

Understand the cost of ownership: Importantly, the purchase price of a house is only part of the picture. Legal fees, moving bills, furniture, upgrades and renovations, and other ongoing costs should also be taken into account. Additionally, Defence families can also take advantage of CANEX for furniture, goods, and appliances, in addition to the No Interest Credit Plan (NICP) to spread the cost of certain purchases over time without paying interest.

Talk it through before committing: An SISIP advisor is qualified and able to provide financial aid when it comes to all the financial decisions, analyses, and factors that affect the purchase of a house. An advisor can help review budgets; reveal unknown costs; support strategic down payments and account management; prepare for a future move; discuss the purchase of a house alongside other financial properties; and provide other additional support.

Book an appointment with a SISIP Financial Advisor now or call your local office at 250-363-3301.

Preserving Naval Reserve Relevance at Sea

Interim Class C Employment Rules and Future of Canada's Total Force Navy

The Royal Canadian Navy (RCN) has long defined itself as a Total Force Navy, integrating full-time and part-time sailors into a single professional maritime team. This construct has enabled Canada to generate credible naval power at home and abroad while drawing on the depth, flexibility, and regional presence of the Naval Reserve.

Recent changes to Fleet structure, however, have necessitated a deliberate reassessment of how Naval Reservists access sea-going employment particularly under Class C service. In response, an Interim Direction to establish Class C Employment Business Rules has been issued and are effective immediately. These interim measures are intended to preserve operational relevance, sustain workforce integration, and inform the development of enduring personnel policy.

A CHANGING FLEET, A PERSISTENT REQUIREMENT

The divestment of the Kingston-Class Maritime Coastal Defence Vessels marked a significant transition for the Naval Reserve. For decades, these platforms provided a reliable mechanism to generate sea experience, deliver continuation training, and sustain public visibility across Canada's coastal and inland communities. Their paying off has reduced the number of platforms traditionally available for Reserve employment and training.

At the same time, the requirement for experienced, sea-qualified sailors remains unchanged. At-sea employment continues to be fundamental to training, attractions, recruiting, retention, and professional development delivered by the Naval Reserve. Naval Reserve Divisions (NRDs)

remain visible and vital components of the Navy's public interface and play a significant role in Regular Force recruiting, with many members transferring to and from the Regular Force as part of their service career.

INTENTION OF THE INTERIM DIRECTION

The intent of the interim Class C Employment Business Rules is to:

- Ensure seagoing experience with the delivery of operations at sea remains core to the readiness and availability of the RCN's uniformed workforce, and the delivery of all lines of effort across the RCN enterprise;
- Preserve opportunity for part-time members of the RCN to gain full-time experience at sea;
- Provide a path within the Regular Force for reservists seeking a career of full-time employment in the RCN's coastal Fleets; and
- Support efforts to better align generations of both part-time and full-time sail.

Together, these objectives recognize that Class C employment is not solely a short-term staffing mechanism, but a strategic tool for force generation and integration.

CLASS C EMPLOYMENT FOR OFP HARD SEA TRADES

Under the new rules, Naval Reservists, who have reach Operational Functional Point (OFP) in hard sea trades may be offered a one multi-year Class C employment opportunity within a Halifax-class frigate, Harry DeWolf-class Arctic and Offshore Patrol Vessel or Protecteur-class Joint Support Ship.

Upon receipt of a member expressing availability, while subject to confirmation of readiness requirements such as Force Test, MELs, and security clearance, Personnel

Coordination Centre-Quebec (PCC(Q)) will coordinate with the coastal PCC and DNFW to establish a Class C position in the Fleet.

Coastal occupational Advisors and teams in coastal PCCs will continue to manage and prioritize sea going and alongside training opportunities for all OFP sailors. The generation of Regular Force personnel remains the priority, ensuring that Reserve employment supports Fleet readiness rather than competes with it.

ENABLING COMPONENT TRANSFER AND CAREER TRANSITION

Acknowledging the close linkage between Fleet experience and CT decisions, the interim direction deliberately aligns Class C employment with Regular Force integration, Naval Reservists, employed on Class C, who initiate a CT will be prioritized for sea going opportunities and training, including trade coursing at the same level as Regular Forces members for the duration of the CT process.

Reservists may initiate a CT at any time and will be formally encouraged to consider a CT no less than annually through the divisional system. This will be documented as a PaCE feedback note and acknowledged by the member. Command teams and divisional staff are encouraged to reinforce CT opportunities throughout the year.

At the completion of the initial Class C contract, members may:

- Request a CT to the Regular Force;
- May seek Class C employment opportunities at Patrol Craft Training Unit (PCTU) through their career manager;
- Pursue Class B employment aligned with RCN priorities, including positions at NAVRESHQ, Regional HQ or NRDs; or
- Return to Class A service at an NRD.

To maintain sustainability and avoid unintended reliance on Reserve Class C employment within the Fleet, a second multi-year Class C contract outside of PCTU will not normally be offered. Members currently employed in the Fleets beyond OFP will be actively career managed, with exceptional extensions considered on a case-by-case basis.

SUPPORT TRADES AND WORKFORCE CONTINUITY

Support trades are currently in high demand in coastal Fleets, and reservists in support trades are encouraged to request full-time employment opportunities on the coasts. In the case of support trades, based on RCN requirements on the coasts, multiple multi-year Class C employment in coastal Fleet units may be offered. Follow on full-time employment will be based on PCC and Fleet assessments of coastal support requirements. Initial priority is the cook occupation.

Existing Class C constructs remain unchanged. CFTPOs and backfills will continue as required by the RCN to preserve workforce capability. Likewise, Class C positions with FDU and PCTU will continue to be managed by the career managers.

With the current modernization of platforms and capabilities, the RCN must continue to focus on reconstitution efforts and future expiration of its workforce to meet the needs of Canadians both domestically and internationally of which the Naval Reserve is a vital component of the RCN.

A monitoring period of approximately twelve months will allow lessons learned and feedback to be considered prior to the release of a Naval Personnel Instruction (NPI).



HMCS Winnipeg sail with their embarked Royal Canadian Air Force CH-148 Cyclone helicopters Aug 6, 2020. Photo: MS Dan Bard, Canadian Forces Combat Camera



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HAVEN: If you are in an unexpected pregnancy our qualified healthcare personnel can equip you with the free services you need to make an informed decision. We provide decision-making resources, pregnancy tests and support to allow you to make your best decision around your sexual health and unexpected pregnancy, and support after abortion. Contact us today. www.havenpsc.ca

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@vypp.ca OR (250) 744-8543

VOLUNTEERS NEEDED

ASHTON ARMOURY: "The friends" of the Ashton Armoury Museum is a non-profit society made up of volunteers with a passion for military history. We assist the Museum by promoting the collection and display of Logistics, Medical Service, Military Police, and Communications Branch history. At present we are seeking volunteers interested in becoming Executive Board members, particularly serving in the capacity of Treasurer and/or Secretary. If you have the passion and are interested in helping out please contact Chris Preston, at (250) 479-7634, or prestoncm@shaw.ca for details.

BECOME A NETWORK FRIEND: 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

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