

Fall

AUGUST-DECEMBER

2022

AN EVENT AND PROGRAM RESOURCE
FOR THE DEFENCE COMMUNITY
OF CFB ESQUIMALT

ACTIVITY GUIDE



Get ready... Formation Fun Day is fast approaching! Plus check inside for more MFRC and PSP events, activities and programs for the whole family.



A division of CF Morale & Welfare Services
Une division des Services de bien-être et moral des FC

MFRC
ESQUIMALT



By, for, and with the military.

Delivering a personalized, consistent and familiar shopping experience because we recognize, understand, anticipate and support their needs.



CANADA'S MILITARY STORE
LE MAGASIN MILITAIRE DU CANADA

canex.ca



Millstream SELF STORAGE

- Easy Drive Up Access
- High Tech Security
- Heated Storage Available
- Commercial & Residential
- Mail Boxes
- Competitive Rates
- Packing Supplies

Military Discount

GATE ACCESS: 7 DAYS A WEEK, 7 AM TO 10 PM

OFFICE HOURS: 9 AM TO 5 PM MON-SAT, 10 AM TO 2 PM SUN

2354 Millstream Rd. Ph: 250-478-6534 email: msstorage@shaw.ca www.millstreamselfstorage.com



READY TO LEAVE YOUR DEBT BEHIND YOU?

ZERO Upfront Fee

Your initial consultation is Free, and there is no obligation.

Licensed & Certified

We are Licensed Insolvency Trustees, the only way to gain legal protection under The Bankruptcy and Insolvency Act.

Personalized Service

We operate with respect, compassion, confidentiality and integrity to provide custom tailored expert advice.

Vancouver Island's Local Trustee

We started in Victoria, BC in 2005 and have helped over 5,000 people gain their financial FreshStart since.

WAGE GARNISHMENTS

TAX DEBT

STUDENT LOANS

CREDIT CARD DEBT

COLLECTION CALLS

CANADA REVENUE

TAX DEBT

Monday – Friday

8:30am – 4:30pm

Closed on Holidays



Live Debt Free – understand the difference between a consumer proposal vs bankruptcy.

FREE CONSULTATION CALL TOLL FREE 1-866-495-3328

www.freshstartbc.com

104 – 732 Cormorant Street
Victoria, BC V8W 4A5

This program guide is brought to you by:



WHO WE ARE: The Esquimalt Military Family Resource Centre (MFRC) is an independent non-profit, charitable organization that supports the military community. The MFRC is here to support the unique parts of the military lifestyle. This includes deployments, joining a new community, and providing social and mental wellness services so that families can stay well and military members can focus on their mission.



WHO WE ARE: Personnel Support Programs (PSP) in CFB Esquimalt is a dynamic

organization encompassing a wide spectrum of responsibilities: Fitness, Sports, Recreation, Health Promotion, Messes, Special Events, The Lookout Newspaper, Graphic Design and Sponsorship and Donations. Its primary responsibilities are to "Serve those who Serve" by defining, assessing and providing fitness and sport's needs, recreational needs, internal communication, health, well-being and overall quality of life for the military community and their families.

On the Cover



A young attendee checks out the cab of the CFB Esquimalt fire truck during Formation Fun Day 2021 at CFB Esquimalt.

Photo by Teresa Laird, Lookout Newspaper

Contents

ACTIVITY PROGRAMS

- Registration/Contacts 1
- Facilities..... 2
- Special Events..... 9
- Get Involved..... 12
- PSP Birthday Parties 13
- Early Years 15
- School Age 19
- Youth 25
- PSP Camps..... 31
- Shotokan Karate 35
- Adult 39
 - Music and Arts Programs..... 39
 - Health and Fitness 40
 - MFRC Work-related Absences/Deployment 42
 - MFRC Work-related Absences/Deployment Resources and Services..... 42
 - MFRC Community Integration..... 44
 - MFRC Community Integration Services..... 44
 - MFRC Social and Mental Wellness 45
 - MFRC Social and Mental Wellness Resources and Services..... 46
 - MFRC Francophone 47
 - MFRC Veterans 48
 - PSP Health Promotion..... 49
- Aquatics 51
- PSP Sports 55
- PSP Fitness 60
- PSP Clubs 65

EDITORIAL

- Invictus Games inspires paralympic dream 8
- CFB Esquimalt Naval Military Museum..... 37
- Big Chill: Sailor credits cold-water swimming for help with injury recovery 63

LEGEND

CPAC - Colwood Pacific Activity Centre **PSP** - Personnel Support Programs
MFRC - Military Family Resource Centre **SH** - Signal Hill MFRC
NAC - Naden Athletic Centre



DR. PAUL HENN

A Beautiful Smile needs Healthy Teeth

Open 6 days a week with evening appointments available.

Call to book an appointment (250) 386-3044
 #14 Esquimalt Plaza, 1153 Esquimalt Road

www.anchor dentalcentre.ca



PICTURE
Your

BEAUTIFUL SMILE

Treatment Shouldn't Feel Like Punishment

Addiction, Mental Health & Trauma Treatment

Powell River-based Sunshine Coast Health Centre and the Georgia Strait Womens Clinic provide highly personalized addiction, mental health and trauma treatment for male and female clients respectively. Get daily 1-on-1 inpatient or outpatient treatment tailored to your unique needs.

Services include 24 hour-medical service, psychiatric assessment, EMDR, rTMS, psychotherapy, hypnotherapy and much more.

Serving the Department of National Defence and Veterans Affairs Canada since 2009.



**Sunshine Coast
Health Centre**

A Non-12 Step Mental Health Program

Admissions Toll Free
1.866.487.9010

schc.ca

Georgia Strait

WOMENS CLINIC

Admissions Toll Free
1.866.487.9040

georgiastraitwomensclinic.ca

Registration & Cancellation

Registration Information

Registration for programs and/or services is important as we strive to provide quality programming. Registration helps us determine the number of participants to prepare for. Registration is on a first-come first-served basis and, at times programs fill up, so register early. Programs/Events that have a fee attached to them require payment at the time of registration. Payment can be made by cash, debit or credit card (during normal business hours and/or online at www.cafconnection.ca/esquimalt).

Cancellation Policy

IF WE CANCEL

Full refunds are issued when the MFRC/PSP cancels a program. Every effort is made to cancel courses in a timely manner (1-5 days prior to start date).

IF YOU CANCEL

MFRC programs: For refunds please contact Krista Granger at 250-363-3590.

PSP programs: Adult and Children/Youth Recreation Programs - Full refunds will be issued with a minimum 2 weeks' notice prior to the program start date. 50% refund will be issued one week prior to start of programming. Less than one week's notice will be on a case by case basis. Once a program has

started, refunds will not be provided.

Camps (including Pro D Days) – All camp registrations are subject to a 10% non-refundable deposit.

Full refunds (minus deposit) will be issued with a minimum 2 weeks' notice prior to the program start date. 50% refund (minus deposit) will be issued one week prior to start of programming. Less than one week's notice will be on a case by case basis. Once a program has started, refunds will not be provided.

Birthday Party Bookings – All birthday party bookings are subject to a 10% non-refundable deposit. Full refunds (minus deposit) will be issued with a minimum 2 weeks' notice prior to the program start date. 50% refund (minus deposit) will be issued one week prior to start of programming. Less than one week's notice will be on a case by case basis. Once a program has started, refunds will not be provided.

Recreation Clubs – Refunds for Club memberships, services or programs will not be granted unless approval from club has been received and the refund amount will be determined by the club.

In the event you are cancelling due to

COVID-19 symptoms or exposure please provide us with as much notice as possible. Full refunds will be provided pending the program has not started. If the program has already begun and is less than 50% over you will receive a refund for the remainder of the program. Should the event be over 50% completed no refund will be provided.

In the event of a medical/emergency circumstance prorated refunds may be granted for programs with multiple sessions (i.e. workshop series').

Refund Process

MFRC programs: For all MFRC program cancellations and refunds please contact Krista Granger at 250-363-3590.

PSP programs: All refunds will be given back to the individual by the method they paid. If the payment was completed by cash we will refund by Manual Cheque Request.

CONTACTS

Personnel Support Programs

Senior Manager PSP.....	250-363-8487
PSP Manager Administrative Assistant	250-363-8338
Deputy Manager PSP	250-363-8485
Deputy Manager PSP	250-363-3144
Special Events Coordinator	250-363-3672

Fitness & Sports

Naden Athletic Centre Kiosk	250-363-5677
Manager Fitness & Sports	250-363-4067
Facilities Coordinator / Bookings	250-363-4213
Sports Coordinator	250-363-4068
Sports & Athletics Assistant	250-363-4069
Sports Stores	250-363-4072
Fitness Coordinator	250-363-4495
FORCE Booking	250-363-4412
Dockyard Fitness & Wellness Centre	250-363-2074
Naden Athletic Centre Fitness Office	250-363-4485
Wurtele Arena.....	250-363-4297

Recreation

Colwood Pacific Activity Centre Kiosk	250-363-1009
Manager, Community Recreation / Clubs	250-363-1008
Community Rec Coordinator / Programs	250-363-2989
Community Rec Coordinator / RV Storage/ Front Desk	250-363-2648
Aquatic Supervisor	250-363-4070
PSP Recreation	recreationcpac@forces.gc.ca

Health Promotion Programs

Manager, Health Promotion.....	250-363-5680
Health Promotion Specialists	250-363-5532/5567
Administrative Assistant.....	250-363-5621

Lookout Newspaper & Sponsorship

Manager, Marketing, Communications and Sponsorship.....	250-363-3372
Advertising / Classifieds	250-363-3127

Military Family Resource Centre

MFRC Information Line	250-363-2640
Toll free.....	1-800-353-3329

Websites and Social Media:

Chief and POs' Mess	www.cafconnection.ca/Esquimalt/ChiefandPosmess
Lookout	www.lookoutnewspaper.com
.....	www.facebook.com/LookoutNewspaperNavyNews
.....	twitter@Lookout_news
MFRC	www.esquimaltmfrc.com
.....	www.facebook.com/esquimaltmfrc
.....	www.twitter.com/esquimaltmfrc
Naden Athletic Centre.....	www.facebook.com/pspesquimaltnaden
Navy Run	www.navyrunesquimalt.com
Personnel Support Programs.....	CAFConnection.ca/esquimalt
PSP Recreation	www.facebook.com/pspesquimaltspac
PSP Recreation Online Registration.....	https://bkk.cfmws.com/esquimaltpub/
Swim Team	www.navymasters.com
Wardroom	www.wardroom.ca

FALL 2022 ACTIVITY GUIDE

Views and opinions in this guide are not necessarily those of the Department of National Defence. Mailed under Publication Mail Agreement #40064821 Victoria B.C.

This product was produced by
Lookout Newspaper
a division of PSP

Facilities



PLEASE NOTE: Due to the COVID-19 pandemic, all MFRC and PSP programs and services are subject to change. We are sorry for any inconvenience this may cause.

Military Family Resource Centre (MFRC)



Colwood Pacific Activity Centre MFRC (CPAC)

2610 Rosebank Road, Colwood

Hours of Operation

Mon-Fri: 8:30am-4:30pm
Closed daily for lunch 11:45am-12:45pm
Closed on statutory holidays

Subject to change
(check esquimaltmfrc.com
for up-to-date hours)

Phone: 250-363-2640
Fax: 250-363-2677
Email: emfrc@shaw.ca

MFRC Out of School Care

720 Galiano Crescent, Belmont Park, Colwood

Signal Hill MFRC (SH)

1505 Esquimalt Road, Esquimalt

Hours of Operation

Mon-Fri: 8:30am-4:30pm
Closed daily for lunch from Noon-1pm
Closed on statutory holidays

Subject to change (check esquimaltmfrc.com
for up-to-date hours)

Phone: 250-363-3050
Fax: 250-363-3108
Email: emfrc@shaw.ca

Family Information Line

The Family Information (FIL) is a confidential, personal, bilingual and free service offering information, support, referrals, reassurance and crisis management to the military community. They serve Canadian Armed Forces members, Veterans and their families and are available 24 hours a day. Their counsellors are a team of helping professionals. As trained counsellors they are there to support you in a safe space. You are not alone! 1-800-866-4546



Personnel Support Programs (PSP)

Fleet Fitness and Wellness Centre (Dockyard)

Building 22, Dockyard

Hours of Operation

Mon to Fri: 5:30am – 6:00pm

Facility includes

- Weight Room & Cardio Equipment
- Change Rooms
- Showers
- Day Lockers & Rental Lockers (Ladies only)
- Flex/ Stretch space

Please provide Military/DND ID.

Patrons must respect all facility policies: Please see Naden Athletic Center (NAC).

The Fitness and Wellness Centre has a well-equipped facility and fitness programs for military and DND employees. See PSP Staff for updated schedules or call 250-363-2074 or email pspgymnac@gmail.com. Schedules may change without notice.

Please also check: <https://www.cafconnection.ca/Esquimalt/Facilities/Dockyard-Fitness-Centre.aspx>

Colwood Pacific Activity Centre (CPAC)

2610 Rosebank Road, Colwood (off Ocean Blvd)

CPAC is a community driven multi-purpose facility designed to accommodate our military and civilian communities. Our centralized location allows us to offer a large range of rental opportunities, from structured birthday parties to large conferences and weddings.

Hours of Operation

Check www.cafconnections.com/esquimalt for most up to date information.

September - December *subject to change

Monday – Friday: 9:00am – 4:00pm

Closed all Statutory Holidays

Facility Includes

- A large (dividable) auditorium & 12 ft. viewing screen (seating up to 250)
- Varied size multi-purpose rooms, designed to accommodate groups from 10-30 people
- Conference Room (up to 12 people)
- Kitchen

To inquire about a facility booking for your group, please contact 250-363-1008.

*Note: prices are subject to change without notice.

FACILITIES

Naden Athletic Centre (NAC)

Building 88, Naden

Hours of Operation

Mon to Thu: 5:30am - 9:30pm

Fri: 5:30am - 7:00pm

Sat & Sun: 8:00am - 6:00pm

Stat: 8:00am-1:00pm

**Schedule may change without notice.

Patrons must respect all facility policies including, but not limited to:

- Valid ID must be shown to facilities staff.
- Masks policy where applicable.
- Hands must be sanitized or washed upon entry to the facility.
- Patrons are responsible for sanitizing equipment before and after use, with products supplied, this will include lockers and shower knobs.

It is expected that all patrons will respect PSP staff and the directions they provide while in the facility.

If you have any questions relating to gym access, please contact the Naden Athletic Centre front desk at 250-363-5677 during operational hours or email pspgymnac@gmail.com

Please note that **masks** are required to access all DND facilities, as per CDS directive issued Sept. 24 2020.

The Naden Athletic Centre has numerous facilities and programs for military personnel, their families and DND employees and community members.

Facility includes

- One large gym floor
- One smaller gym floor
- Five-lane swimming pool (25 meter)
- Leisure wading pool
- One steam room
- Large hot tub
- Two weight-training rooms
- Cardio theatre
- Three squash courts
- Three softball diamonds
- One soccer pitch
- Two outdoor volleyball courts
- One CAF FORCE evaluation centre

Please also check: <https://www.cafconnection.ca/Esquimalt/Facilities/Naden-Athletic-Centre.aspx>

Sports Equipment

Military personnel may sign out equipment for most sports from the sports store, please contact the Sports Stores Person, Dan Peakman by email (Daniel.Peakman@forces.gc.ca) or call 250-363-4072 or call NAC Kiosk 250-363-5677

Swimming Pool

For Pool Schedule, see Aquatics section.

To Rent a Space

To make a booking for any Base Facility (i.e. sports fields, pool, gym) a written request is required. Please contact the Facilities Coordinator by e-mail (Matthew.Kingstone@forces.gc.ca) a minimum of 6 weeks prior to the event. Note: military training takes priority on all bookings. For all other inquiries, call the NAC Kiosk at 250-363-5677.



FACILITIES

Naden Athletic Centre Centre athlétique Naden

NADEN ATHLETIC CENTRE GYM MEMBERSHIP/DROP-IN FEES

CATEGORY	PERTAINS TO:	TYPE	12 MONTHS	6 MONTHS	3 MONTHS	1 MONTH
Regular	Canadian Forces Members Currently serving Reg and Res Forces and Cadets Foreign Military Currently serving with the CAF Veterans Former CAF members that have completed BMQ/BMOQ and have been honourably discharged	Regular Serving Member/Families	\$0	\$0	\$0	\$0
		Veteran	\$84.00	\$48.00	\$27.00	\$10.00
		Veteran Youth ** must be under the age of 19 and living in the home (unless a student, then 26)	\$90.72	\$51.84	\$29.16	\$10.80
		Veteran Spouse	\$96.60	\$55.20	\$31.05	\$11.50
		Veteran Family Maximum 5 persons living at home, children are under the age of 19 (unless a student, then 26)	\$207.69	\$118.68	\$66.76	\$24.73
Ordinary	DND Employees * Public Service; Staff of the Non Public Funds; Staff of MFRC; Staff of DRDC & DCC; and Retirees with 10+years of service with DND RCMP Currently serving or retired Canadian Coast Guard currently serving Honourary Colonels/Captains (Lieutenants) Currently serving or retired. *DND employees have free access with DND ID 5:30am-6pm, Monday-Friday	Employee	\$92.40	\$52.80	\$29.70	\$11.00
		Youth (13-18) must be under the age of 19 and living in the home (unless a student, then 26)	\$138.60	\$79.20	\$44.55	\$16.50
		Spouse	\$161.70	\$92.40	\$51.98	\$19.25
		Family Maximum 5 persons living at home, children are under the age of 19 (unless a student, then 26)	\$317.63	\$181.50	\$102.09	\$37.81
		Individual	\$462.00	\$264.00	\$148.50	\$55.00
Associate	Anyone who does not qualify in the above categories including Federal Government employees not specified above, Contractors, and Board of MFRC	Youth (13-18) must be under the age of 19 and living in the home (unless a student, then 26)	\$231.00	\$132.00	\$74.25	\$27.50
		Family Maximum 5 persons living at home, children are under the age of 19 (unless a student, then 26)	\$808.50	\$462.00	\$259.88	\$96.25
		Individual	\$462.00	\$264.00	\$148.50	\$55.00

10 Punch Pass

Adult	\$54.00
Youth (6-18) **	\$45.00
Family	\$108.00
Drop-In Fees	
Adult	\$6.00
Youth (6-18) **	\$5.00
Family	\$12.00

Punch Passes are valid for one year from time of purchase. Note: Drop-in Fees are valid for 4 hours from time of purchase.

Youth must be 13 years of age to access fitness facilities.

Full Time Students under the age of 26 can still qualify regardless of where they live.

Membership can be purchased at the Colwood Pacific Activity Centre or Naden Athletic Centre during regular business hours. For Military Families an MFID card is required to gain free access.

Prices are subject to change without notice.

For specific gym membership questions contact the front desk @250-363-5677 or email RecreationCPAC@forces.gc.ca

For updated schedules and information check out the following resources: www.facebook.com/NadenAthleticCentre or www.cafconnection.com/esquimalt.

All Gym Memberships/ Drop-In Fees INCLUDE tax.

FACILITIES

Wurtele Arena

Building 100, Naden – Across the street from the Naden Athletic Centre is the Wurtele Arena.

Hours of Operation (Subject to change)

For schedule, please visit Wurtele Arena online at www.cafconnection.ca/Esquimalt/Facilities

- There are no skate rental, no skate sharpening and no concession available at the arena.

Drop-In Skate:

- All Skaters are advised to wear CSA helmets, however, children, 5 and must to wear CSA approved helmets. Please be advised that **bike helmets are not permitted, no exceptions you will not be permitted to skate without proper helmets.** Helmets for Adults are recommended
- There are no pucks allowed at any time, sticks are optional however no individual drills or aggressive skating is permitted.
- Skating aids are available upon request.

Shinny:

- Come practice skills and/or engage in scrimmage sessions with other users if desired.
- This program is available to Adults over the age of 18.
- There are no restrictions on your ability.

Equipment Requirement:

- All users must wear appropriate protective equipment which includes full gear, CSA approved full face protection and a CSA approved neck guard please note, half visors are not permitted.
- Goalies are encouraged to wear neck shields when participating in these sessions. See arena staff if any more information is required.

Parents & Kids Sticks & Pucks:

- A family skate where parents and children 13 and under can practice their hockey skating and stick handling skills together.
- There are no nets and the puck is to remain on the ice during play time. No shooting is permitted during this program.
- No games are to be organized during this program.
- This program is not intended for adult only participation.

Equipment Requirement

- CSA approved Helmet with face shield for children 13 and under (**Bike helmets not permitted, no exceptions you will not be permitted to skate without proper helmets**) – Neck Guard, Stick, Gloves are required. Adults CSA Hockey helmets are mandatory with sticks and gloves

PLEASE NOTE: There are no skate rentals, no skate sharpening and no concession available.

Arena Administration: 250-363-4297

To reserve the ice or for more information, call the Facility Coordinator at 250-363-4213.

To make a booking for any Base Facility (i.e. sports fields, pool, gym) a written request is required. Please contact the Facilities Coordinator by e-mail (Matthew.Kingstone@forces.gc.ca) a minimum of 6 weeks prior to the event. Note: military training takes priority on all bookings. For all other inquiries, call the NAC Kiosk at 250-363-5677.



Messes

Messes provide an environment for all CF members to promote the traditions and values of Canadian Forces duty. They promote courage, teamwork, discipline and honor. Messes serve to perpetuate the military ethos in the profession of arms and are an instrument of socialization to the members and their families. Messes foster morale in both peace and war.

Vision

Messes, universal in relevance, will be flexible and adaptive to their memberships and military communities' needs thus allowing all members to identify with the unique aspects of Canadian military life. Messes are recognized as an important and relevant part of their members' personal and professional lives. Messes are to be supported by all levels of CF leadership, and will be provided with public and non-public resources.

Junior Ranks Mess

Building 40, Naden

Pacific Fleet Club (PFC) has three large high definition TV screens that are regularly used to show sporting events, as well as: a pool table, darts, video games, and board games. PFC is a membership-only club for all Master Corporals/Master Seamen and below and approved associate members.

Phone: 250-363-3735

Location: Naden Building 40 by the small boat jetties.

The Chief and Petty Officers' Mess

1575 Lyall Street

The Chief and Petty Officers' Mess is located at 1575 Lyall Street, just before the dockyard gate. This building opened in 1994 and overlooks beautiful Esquimalt Harbour.

The Mess is a non-public entity and is designed for the social and professional use of the Chief and Petty Officers' and guests of Maritime Forces Pacific. With a mess member sponsor the mess is available for booking weddings, meetings, special events and fundraises. There are a variety of locations that can facilitate groups from 10 to 220 persons.

Hours of Operation

The mess office is open daily Monday to Friday 8:00am-3:00pm

Bar hours daily Monday to Friday 11:30am-1:00pm and 4:00pm-8:00pm

Evenings and Weekend are as required for events.

General information: 250-363-3167

Event Booking: 250-363-3180

Check our website for upcoming events.

<https://www.cafconnection.ca/Esquimalt/ChiefandPosmess>

Naden Wardroom

1586 Esquimalt Road

Also known as the Officers' Mess, this building was opened in April 2000 and overlooks beautiful Esquimalt Harbour located.

The Gunroom

1367 Victoria View Road

The Gunroom overlooks the beautiful Inner Harbour.

The Wardroom and Gunroom are a member club for all Officers. There are a number of spaces perfect for your upcoming Wedding, Banquets, Retirement, meetings etc. The spaces can accommodate anywhere from 10-220 ppl.

General information: 250-363-5322

Event Booking: 250-363-2689

Hours of Operation:

Check the website bar and lounge hours. Internet: www.wardroom.ca





Deputy Commanding Officer, Canadian Scottish Regiment, and Invictus Games athlete Major Patrick Lévis (right). Photo supplied

Invictus Games inspires paralympic dream

Peter Mallett
Staff Writer

A determined athlete from Canadian Forces Base Esquimalt is aiming for a spot on Canada's 2024 Paralympic team.

Since competing at April's Invictus Games in The Hague, Major Patrick Lévis has been spending up to 20 hours per week at Victoria City Rowing Club, working toward his new goal.

"With my results and steady improvement in training, for the first time I am beginning to believe a spot on Canada's Paralympic team can happen," he says.

Maj Lévis has served 30 years in the Canadian Army and is the Deputy Commanding Officer of the Canadian Scottish Regiment (Princess Mary's). He was diagnosed with PTSD following a deployment to Afghanistan in 2009. During a surgery to remove a cancerous tumour in his abdomen, his femoral nerve was damaged, and he was left with permanent mobility disability in his legs.

The diagnosis following surgery was like a bombshell, he says.

"I was cancer-free but missing out on my active lifestyle, the esprit de corps, and the camaraderie with other

members. This created a feeling of emptiness in me," he says.

Filling the Void

Instead of giving up on himself, Maj Lévis turned to Canadian Armed Forces (CAF) Soldier On program, which contributes to CAF members' recovery through recreational and creative activities. Soldier On also manages Canada's Invictus Games team.

Maj Lévis' first Soldier On experience was a scuba diving camp. Soon he learned he wanted more.

"I kept bothering Soldier On about the Invictus Games team, and it worked," he said. "They called last year and said they have an opening for me if I play wheelchair basketball and two other events. I was so happy."

Maj Lévis competed in five sports at this year's Games: wheelchair racing, wheelchair basketball, wheelchair rugby, sitting volleyball and indoor rowing. His experience did wonders for his mental and physical well-being.

"Walking out for the opening ceremonies made me feel incredibly proud to be Canadian. I surpassed my expectations in the competitions," he says.

Inspired by Invictus

The Invictus experience also strength-

ened his belief in his inner athlete. Maj Lévis won four gold medals in wheelchair racing and a bronze in the sprint competition. He also surpassed his personal best rowing time, finishing second at the indoor rowing competition, winning a silver medal.

"I was really pleased with the result, the strength, and determination to get there," he says. "With proper training, I believe I can get even better."

Maj Lévis' journey to recovery through adaptive sport has opened his eyes to the plight of other people with disabilities. Aside from work and training, he volunteers for the Defence Advisory Group as a Military Co-Chair.

In May, Maj Lévis attended the Rogers Arena in Vancouver as an Invictus ambassador, and shook hands with Prime Minister Justin Trudeau and John Horgan. Yet, the most memorable moment for Maj Lévis was meeting Prince Harry and his wife Meghan Markle during Invictus Games kickoff dinner.

"We shook hands, talked, and I thanked him for being the founder of the Invictus Games because it has helped so many members, including myself, overcome challenges in life, both mentally and physically."



Special Events

Register for any of the following MFRC Special Events and Programs

by visiting www.esquimaltmfrc.com

Register for any of the following PSP Special Events and Programs

by contacting PSP Recreation at 250-363-1009, or in-person at the Colwood Pacific Activity Centre (CPAC) or Naden Athletic Centre Kiosks.

PSP Recreation Online Registration
<https://bkk.cfmws.com/esquimaltpub/>

■ = MFRC ■ = PSP

Halloween Event

Bring the family to this fun and spooky day. Carve a pumpkin, play some games, and more! More information to come.

Location: Chief and Petty Officers' Mess

Date: Sun, Oct 30

Time: Two Sessions 9:30 – 11:30 or 12:30 – 2:30

Cost: \$7 per child / \$5 per adult / \$5 per pumpkin

Holiday Event

Come and enjoy a swim and skate with Santa! Build a gingerbread house and have some laughs. More information to come.

Location: Naden Arena & Naden Pool

Date: Sat, Dec 3

Time: Two Sessions 9:30 – 11:30 or 12:30 – 2:30

Cost: \$7 per child / \$5 per adult / \$5 per gingerbread house

SPECIAL EVENTS

Formation Fun Day

This non-profit event funded by Base Fund is set up fair style with rides, displays, marketplace, treats, hot dogs and activities for all ages. It is open to all CFB military members, veterans, DND employees and their families to attend.

Contact: Christine Farrington Christine.farrington@forces.gc.ca

Date: Sept 10

Time: 12 to 4 pm

Holiday Light Up

CFB Esquimalt lights up! Drive by Naden Base on Admirals Road and see the lights!

Date: Sat, Dec 3 – Jan 5

MFRC Annual General Meeting

Join the MFRC Board of Directors at the Annual General Meeting. The business meeting will review the 2021/22 fiscal year and present the new directors for the coming year. For more information, contact the MFRC at 250-363-2640 (toll free: 1-800-353-3329). Keep an eye on our website for more details.

Location: Esquimalt Gorge Park Pavillion

MFRC Wed, Sept 28

5-6pm

Forbes Pharmacy Flu Clinic

Forbes Pharmacy and the Military Family Resource Centre will hold their 3rd Flu Clinic at the Colwood Pacific Activity Centre in October/November. The clinic is open to Military Families, Veterans, DND employees and their families. Information will be posted on our website closer to the date.

Forbes Pharmacy
Your Ageless Living Specialists

Victoria Class Cup Championship Hockey Game

CALLING ALL HOCKEY FANS!!

Everyone Welcome! Cheer on the Babcock Blues and the MARPAC Selects. Join the fun at center ice for a charity hockey game hosted by Babcock to support the Esquimalt Military Family Resource Centre.

Babcock Blues VS MARPAC Selects

Thur, Sept 8

1215 Free BBQ

1250 Opening Ceremony

1300 Puck Drop

Fun intermission activities, 50/50 and Door prizes. Everyone Welcome! Come enjoy a Good Ol' Hockey Game and cheer on your favourite team!

Location: Wurtele Arena

MFRC Thur, Sept 8

12:15pm

Subject to date change or cancellation due to covid restrictions.



Military Family Appreciation Day

Join us to celebrate **your** Military Family! Watch our website for further details.

West Coast Welcome at Formation Fun Day!

Are you new to Victoria? Drop by our booth for a Welcome Package built just for you! We have information, games and swag! Hot Dogs and drinks are available by donation.

Location:

Naden

MFRC

Sat, Sept 10

12:00-4:00pm



Are you new to the area or
want to learn more about the services
at the Esquimalt MFRC?

12-4PM ON SATURDAY, SEPTEMBER 10, 2022!

DROP BY OUR BOOTH FOR A WELCOME PACKAGE AND AN OPPORTUNITY TO WIN SOME SWAG!

Registration not required

Orange Shirt Day

The annual Orange Shirt Day on September 30th opens the door to global conversation on all aspects of Residential Schools. It is an opportunity to create meaningful discussions about the effects of Residential Schools and the legacy they have left behind. This is a day for survivors to be reaffirmed that they matter, and so do those that have been affected. The Esquimalt Military Family Resource Centre ask you to join us and wear your orange shirt. Every Child Matters.



YOU'RE INVITED! SOYEZ DE LA PARTIE!

Presented by / Présenté par

babcock



Join the fun at centre ice for a charity hockey game
hosted by Babcock to support the Military Family Resource Centre.

Joignez-vous à la fête au centre de la glace à l'occasion d'un match de hockey de bienfaisance
organisé par Babcock au profit du Centre de ressources pour les familles des militaires.

BABCOCK BLUES

VS

MARPAC SELECTS

THURSDAY, SEPTEMBER 8 /
LE JEUDI 8 SEPTEMBRE 2022

NADEN ARENA /
CENTRE SPORTIF DE NADEN

*FREE Food and Drinks!
Door Prizes!
And a Good Ol' Hockey Game!*

*Nourriture et boissons gratuites!
Prix de présence!
...Et un bon vieux match de hockey!*

1215
1250
1300

FREE BBQ
BBQ GRATUIT

OPENING CEREMONY
CÉRÉMONIE D'OUVERTURE

PUCK DROP
MISE AU JEU



END OF GAME PRESENTATION
THE VCC TROPHY
AND THE ROB SNEATH
SPORTSMANSHIP TROPHY

PRÉSENTATION DE FIN DE MATCH
LE TROPHÉE DE LA COUPE DE LA
CLASSE VICTORIA ET LE TROPHÉE
POUR L'ESPRIT SPORTIF ROB SNEATH

babcockcanada.com

Get Involved

Volunteer at the MFRC

*Learn new skills, meet new people
and give back to the community!
Join the MFRC's volunteer team today!*

The MFRC also offers personal enrichment opportunities to our volunteer team. Here are some examples of volunteer roles we fill:



- 50/50 Ticket Seller
- Deployment Child Care Assistant
- Family Network Representative
- MFRC Board Member
- Photographer
- Special Events Assistant



Purchase a Commemorative Brick – Homecoming Statue



Support military families by buying a brick to honour your loved one's service at the Homecoming Statue in Victoria, BC. "The Homecoming" by sculptor Nathan Scott captures that magical and special moment when a sailor returns home to family and community. Each memorial brick celebrates our gratitude for the tens of thousands of Canadians who answered both the call of their country and of the sea through the first century of Canada's Naval Service. Dedicate a brick today. Call the MFRC at (250) 363-2640 for more information or order it directly from our website.

Family Network Volunteer Opportunities

Have fun while making connections with your community by becoming a Family Network Volunteer! Plan and facilitate Family Network events, and help keep others informed during deployments and work-related absences. Share your knowledge and experience while learning new skills.

Interested? We are currently seeking volunteers for several networks. For more information and to apply, check out the Get Involved section on our website.

MFRC Unit Liaison

Are you a military member looking for an opportunity to support members of your unit and their families? Consider becoming an MFRC Unit Liaison!

Relocation and work-related absences can be difficult at times for a family with military serving members, it can impact lifestyle, wellbeing and resilience. The Unit Liaison serves as an enabler to facilitate communication between units and the MFRC. The goal of the program is to keep units informed about MFRC programs and services and for units to provide feedback to the MFRC. As a Unit Liaison, you are in a unique position to interact with all levels of unit structure, from the most junior personnel to Command Leadership. In this capacity you are expected to serve as ambassador on behalf of the MFRC by providing information about our programs, services and also promote family activities. If you are interested in this role, please discuss and submit your request through your Chain of Command.

For further inquiries please contact
Sylvain Jaquemot, MFRC Base and Fleet Liaison
at sylvainjaquemot@emfrc.com

View the latest volunteer opportunities at
www.esquimaltmfrc.com

Volunteer orientation sessions are scheduled on-demand. Apply online today to become a MFRC volunteer.



Birthday Parties

Avoid disappointment
BOOK EARLY!

Book your birthday party with PSP Recreation

Book your child/youth's next Birthday Party with PSP Recreation. We offer a number of theme parties to choose from. Our Birthday Parties take place at CPAC and most of our Parties are on Saturday or Sunday, however, there are a few parties with flexibility.

All party bookings require full payment at the time of booking and we require your booking be a minimum of 2 weeks prior to the party date. Parties book up quickly so please plan at least two months in advance.

PSP Provides:

Rec Leaders as party hosts who will assist you with your set-up, provide activities, games and equipment for the party participants and the space.

Parents Provide:

The set-up and clean up, cutlery, napkins, tableware, decorations, the party food, drinks, and cake. Don't forget a lighter or matches for the candles.

Additional Time/Participants:

Over the 2 hour party time frame or requesting additional participants to attend (over the listed maximum of 20), are subject to additional fees.

Cancellations:

All birthday party bookings are subject to a 10% non-refundable deposit. Full refunds (minus deposit) will be issued with a minimum 2 weeks' notice prior to the program start date. 50% refund (minus deposit) will be issued one week prior to start of programming. Less than one week's notice will be on a case by case basis.

For details on our various party options and available dates

CALL 250-363-1009

or REGISTER ONLINE at

<https://bkk.cfmws.com/esquimaltpub/>

BIRTHDAY PARTIES

Bouncy Castle Birthday (All Ages)

Definitely our MOST popular, this party provides bouncy fun directed by two Rec Leaders and can accommodate up to 20 participants! Party also includes use of our kitchen and our multipurpose room for cake and presents. Also available is our AWESOME Obstacle Course Bouncy Castle!

BOUNCY CASTLE CHOICES	
Obstacle Course	\$ 160.00
Large Bouncy Castle	\$ 155.00
Small Bouncy Castle	\$ 155.00
Combo 1: Obstacle Course and 1 Bouncy Castle	\$ 190.00
Combo 2: Large and Small Bouncy Castles	\$ 190.00

Dodge in the Dark (7-14 Years)

Run, duck, dive and dodge the Glow in the Dark balls as they fling by! This exciting fast paced game will have the party goers running up an appetite! Follow up the fun with the snack food, drinks and cake you provide and you have a winning party! This is a fast paced party that can accommodate up to 20 youth and includes two Rec Leaders, use of our gymnasium, kitchen and party room. Recommended time for this party is 6:00 – 8:00pm due to levels of light in the facility.

Cost: \$160.00

Movie Theatre Party (All Ages)

You bring the DVD (child and parent approved), the popcorn, the food, drinks and decorations and we'll set up our big screen projector and mats on the floor for your own private movie theatre! Parties are encouraged to bring their own blankets and pillows too! This party is 2.5 hours to support watching the movie (averaged at a 1.5 hr movie) AND have time to open presents and eat cake! This party can accommodate up to 20 kids and includes one Rec Leader, use of our gymnasium, kitchen, and party room.

Cost: \$160.00

Sports Spectacular (All Ages)

This party is for the sports enthusiast with a passion for indoor soccer or floor hockey. We aim to have the kids tired out, no matter how much cake they've had! Your Sports Spectacular party package includes two Rec Leaders, full use of our kitchen, a large gymnasium with equipment, and a room to eat and open presents. Eye wear is required when playing floor hockey, so we recommend you bring your own pair if you have them, or use the ones we provide.

Cost: \$160.00

Party Theme by You (All Ages)

Have a great theme idea for your child's party? Are you the type who likes to organize it all? This is a parent facilitated birthday party in which you provide the theme, organize the games, and bring the food, the decorations, and the cake. We provide the space and staff person to help with the equipment you might need (i.e.: tables, chairs, basic toys and/or sports equipment). Included is full use of our large gymnasium, kitchen, and multi-purpose room to eat, play, and open presents. Remember, this is a parent facilitated birthday party.

Cost: \$115.00

Nerf Gun Wars Party (7-14 Years)

Have a child who loves to play with nerf guns? What better way to celebrate their birthday than with the Nerf Gun Birthday Party. We have targets, challenges, missions, shields and more. We will provide you with 20 nerf guns and the bullets. Children can bring their own nerf guns but we ask that all bullets be kept at home. Children must wear protective eyewear while playing. Protective eyewear is provided, but you are free to bring your own.

Cost: \$160.00

Master Chef Party (7-14 Years)

This party is perfect for those kids who love to cook! They will learn the basic knowledge surrounding cooking and baking. This small group will cook an appetizer, main meal and dessert – there will be two options for each to choose from. Our leader will pass their Food Safe knowledge on as they supervise the cutting, chopping, blending and mixing of ingredients in this jammed packed birthday extravaganza. This party is 2.5hrs to accommodate the length of time for cooking.

Appetizer Options: Fruit or Veggie

Entrée Options: Pizza or Pasta

Dessert Options: Cupcake Decorating or Ice Cream Sundaes

Cost: 5 Kids – \$150.00

10 Kids – \$200.00



Early Years

Children's Programs

■ = MFRC ■ = PSP

Register for any of the following MFRC Early Years Programs

by visiting
www.esquimaltmfrc.com

Register for any of the following PSP Early Years Programs

by contacting PSP Recreation at 250-363-1009 or in-person at the Colwood Pacific Activity Centre (CPAC) or Naden Athletic Centre Kiosks.

PSP Recreation Online Registration
<https://bkk.cfmws.com/esquimaltpub/>

123 Music & Me (0-5 years)

Have fun with music! This is one of our most popular programs, very lively and will be very enjoyable for you and your child. Through a partnership with Victoria Conservatory of Music, you and your child will listen to an Early Childhood Music Educator and have a chance to make your own music with a variety of instruments. Register on our website!

For parents and their child 0 to 2 years
MFRC Wed Sept 14-Dec 14, 1:00pm-1:30pm Free
 Location: Esquimalt (TBD)

Or
MFRC Fri Sept 16-Dec 16, 1:00-1:30pm Free
 Location CPAC

For parents and their child 0 to 5 years
MFRC Wed Sept 14-Dec 14, 1:30pm-2pm Free
 Location: Esquimalt (TBD)

Or
MFRC Fri Sept 16-Dec 16, 1:30-2pm Free
 Location: CPAC

Comfort, Play, and Teach (0-12 months)

Activity Program for Parents and Infants

This six-week program, created by Invest in Kids, offers great hands-on experiences for parents and their infants. You will learn new songs, activities, and crafts to enjoy with your baby. Program is facilitated by an early childhood educator. Watch our website for dates and times for this fall program!

Location: CPAC

MFRC TBD

Free

Growing Parents Baby Group

(Pregnancy-18 months)

Join us for a fun, supportive and educational group for new and expecting parents. We will have guest speakers and topics related to pregnancy and parenting babies up to 18 months of age. Make connections with other parents, share information and learn about community resources in this interactive, facilitated group discussion. Please watch for registration information on our website and social media. This registered program is for military connected families who are pregnant or parenting a child up to 18 months.

Location: Virtual

MFRC Tue Sept 27-Nov 29, 10:30-11:30am

Free

Stay & Play (1-5 years)

This parent & tot drop-in program is open to all military families! Join us for a morning of fun interaction with your child in a preschool-style setting. We will create art, sing songs, and most of all, play. This is also a great opportunity to meet other parents living the unique military lifestyle. This program is best suited to children 18 months to 5 years (though younger babies with siblings in this age range are always welcome). We will offer a snack and bring your favourite travel mug to pour yourself a coffee!

If your family is experiencing any kind of work-related absence, we will also be offering a chance for your child(ren) to attend our Supporting Children Through Absences program at Stay & Play! You can let us know you would like your child to be a part of this when you register.

**This program is not designed for child care providers bringing multiple children.*

Location: Out of School Care Building, 720 Galiano Cres

MFRC Thurs Sept 15-Dec 15, 10-11:30am

Free

Supporting Children Through Absence

(3-5 years)

Formerly Children's Deployment Workshops

Supporting Children Through Absence helps children adjust to a parent being away on a deployment or any other work-related absence. Workshops offer an opportunity for children to interact with other children who are going through the same experience. These workshops will help validate your child's feelings about a parent being away. This program will provide activities suitable for preschoolers, children aged 3-5 years old. Register on our website. Space is limited.

**Note there are workshops for children aged 5-12 listed in the School Age and Youth Sections*

Location: CPAC

MFRC Tues Sept 6-Oct 18, 9:30-10:45am

Free

or

MFRC Tues Sept 6-Oct 18, 1-2:15pm

Free

or

MFRC Tues Sept 6-Oct 18, 5:45-7pm

Free

MFRC Tues Nov 1-Nov 29, 9:30-10:45am

Free

or

MFRC Tues Nov 1-Nov 29, 1-2:15pm

Free

or

MFRC Tues Nov 1-Nov 29, 5:45-7pm

Free





Children's Deployment Workbooks and Parent Guide

Would you like to better support your child(ren) throughout their parent's deployment or work-related absence? The MFRC has workbooks for children 3 to 12 years of age and an easy-to-use parent guide for the at-home parent that includes tips and activities for the away parent. Pick up a copy from our CPAC MFRC location or order online through our website. *Ces cahiers de travail pour les enfants et le guide d'accompagnement des parents sont disponibles en français.*

Kindergym (All Ages)

Join us for an hour of fun! The gym will be full of our toys, scooters, and on some occasions our famous bouncy castle. Bring your coffee, friends and the kids to play inside away from the rain. Please note this is not a drop off program and parent supervision and attendance is required.

Location: CPAC

Time: 10:00am-11:00am

DATE	COST	BOUNCY CASTLE OR NO BOUNCY CASTLE	COURSE CODE
September 27	\$3.50	No Castle	WEL222317481A
October 11	\$3.50	No Castle	WEL222317481B
October 25	\$5.00	Castle	WEL222317481E
November 8	\$3.50	No Castle	WEL222317481C
November 22	\$5.00	Castle	WEL222317481F
December 6	\$3.50	No Castle	WEL222317481D
December 20	\$5.00	Castle	WEL222317481G

Art Sparks (Ages 4-7)

"The artist is not a special kind of person; rather each person is a special kind of artist."

– Amanda Coomaraswamy

This art class session is to provide young participants with different tools and mediums to create unique art pieces, through process of experimentation and collaboration. We will explore different materials; discuss techniques, use of tools and try to find out where do artists get their inspiration. The focus will be on trying something new, growing creative skills and simply enjoying making something beautiful. Projects will include painting on different surfaces, working with clay, creating multi-media collages, 3D sculptures, self-portraits from loose parts, etc.

Along the way we will talk about artists and history of art, our local community art installations and how we can use our creative skills to make this community even better.

Instructor: Irina Mielecka

Location: CPAC

Dates:

Session 1: Sept 20 – Oct 25

Session 2: Nov 8 – Dec 13

Time: 4:30pm-5:30 pm

Cost per session: R: \$65.00 O: \$70.00 A: \$75.00

Course Code Session 1: FIN2223078153AA

Course Code session 2: FIN2223078153BB

Children's Resources and Services

Casual Child Care

Parents need a break! Try Casual Child Care for a few hours of respite or to get things done without your "little helper." Take the time to de-stress yourself! Book up to 1 week in advance, maximum 2 times per week. Punch cards are available! Please pay the front desk at the CPAC MFRC prior to entering program. Call 250-363-2674 to book.

Ages 6-17 months

Location: CPAC

MFRC Tue-Fri, 9am-noon
\$15 per 3-hour session

Gradual entry required for new children

Ages 18 months-5 years

Location: CPAC

MFRC Tue, Thurs, Fri,
9am-noon
\$12 per 3-hour session
Tue, Thurs, 1-4pm

- *Casual Respite Childcare schedule is subject to change based on staff availability, licensing guidelines and direction from Island Health Authority regarding COVID-19 protocols.*
- *Priority spaces are reserved for children of members who are deployed or going through a work-related absence. Please see Respite Child Care During Absence section on page 39 for more information on free sessions.*
- *Every effort will be made by the MFRC to offer this service based on the above schedule.*
- *For up-to-date information on this program and current schedule, please refer to our website at <https://esquimaltmfrc.com/parent-child/casual-child-care/>*

Casual Child Care Punch Cards

Casual Child Care Punch Cards are available! Save a few dollars when you buy a \$65 card good for 6 sessions of child care. Cards are available at the MFRC and are available for children over 18 months of age.

Imagination Library

Funded by donations, this program enhances literacy and develops resilience in children as they experience the challenges of the military lifestyle. Families with babies born within the last 12 months to serving regular force members and class B/C reservists at CFB Esquimalt are eligible to register. Children will receive one book per month by mail until their fifth birthday. Please contact the MFRC for more information.

"Welcoming Your Baby" Kit

Expectant parents at CFB Esquimalt can receive this free "Welcome Baby" kit from the Military Family Resource Centre. Included in the kit is a sleep sack designed to promote safe sleeping as well as a special infant toy. The MFRC has also included resources with each package such as details on programs and activities, tips on parenting in the military lifestyle, an emergency child care plan, magnets for important resources, and information on breastfeeding and safe sleeping habits. This kit is for expectant parents and babies 6 months and younger.

To receive your FREE baby kit, drop by the MFRC at the Colwood Pacific Activity Centre or Signal Hill with military ID or military family ID card. Call 250-363-2640 for more information.

Important MFRC Daycare Waitlist Information

Our MFRC Day Care is a small, cozy centre that is licenced for 24 children - 16 spaces for 3-5 years old and 8 spaces for Infant/Toddlers. The program typically sees 6 to 8 openings per year as a result of children moving on into kindergarten and postings. Due to the size of our care, low turnover of children and extensive waitlist, it may take a minimum of 18 month to 2 years on our list before a family is offered a day care space - so get on our list early (prenatal is suggested)! Please be aware that we are not always able to predict when a spot will open to families on our waitlist.

MFRC Daycare

Every day is an adventure in learning at the MFRC Daycare - where imagination, fun and experiencing are always at the top of the agenda! Join us at our Colwood (CPAC) Daycare. Our bright facility offers both an Infant/Toddler and a 3 to 5 Year Old program. Call the MFRC 250-363-2640 for more information or check out our website www.esquimaltmfrc.com to join the waitlists. We offer quality care with an understanding of the military family lifestyle.

Parenting from Afar

Stay connected with your child during deployment. Grab a Children's Deployment Workbook and a Parent Guide at any MFRC location, and the Parenting from Afar booklet.





School Age

■ = MFRC ■ = PSP

Register for any of the following MFRC School Age Programs

by visiting
www.esquimaltmfrc.com

Register for any of the following PSP School Age Programs

by contacting PSP Recreation at 250-363-1009 or in-person at the Colwood Pacific Activity Centre (CPAC) or Naden Athletic Centre Kiosks.

PSP Recreation Online Registration
<https://bkk.cfmws.com/esquimaltpub/>

Children's Services

Out of School Care 2022-2023

Located in Belmont Park, we provide Before & After School Care with both drop-off and pick-up at **École John Stubbs Elementary School**. We can also accommodate children attending **Victor Brodeur** only if bus arrangements have been done. The program runs 6:30am to school drop-off and pick-up to 5:30pm during open school days only, including early dismissals. Spaces may still be available for current year or we are taking names for our waitlist.

To place your child on our waitlist simply visit our website at <https://connect.esquimaltmfrc.com/childcare/osc.php>



SCHOOL AGE

■ = MFRC ■ = PSP

Supporting Children Through Absence

(5-8 years)

Formerly Children's Deployment Workshops

Supporting Children Through Absence helps children adjust to a parent being away on a deployment or any other work-related absence. Workshops offer an opportunity for children to interact with other children who are going through the same experience. These workshops will help validate your child's feelings about a parent being away. This program will provide activities suitable for elementary aged children, 5-8 years old. Check out our website at www.esquimaltmfrc.com to register. Space is limited.

**Note there are workshops for children aged 3-5 listed in the Early Years section*

MFRC	Thur Sept 8-Oct 20, 3:30-4:45pm	Free
	or	
MFRC	Thur Sept 8-Oct 20, 5:45-7pm	Free
MFRC	Thur Nov 3-Dec 1, 3:30-4:45pm	Free
	or	
MFRC	Thur Nov 3-Dec 1, 5:45-7pm	Free

Supporting Children Through Absence

(9-12 years)

Formerly Children's Deployment Workshops

Supporting Children Through Absence helps children adjust to a parent being away on a deployment or any other work-related absence. Workshops offer an opportunity for children to interact with peers who are going through the same experience. These workshops will help validate your child's feelings about their parent being away. This program will provide activities suitable for children between 9 and 12 years old. Check out our website at www.esquimaltmfrc.com to register. Space is limited.

**Note there are workshops for younger children listed in the Early Years Section*

MFRC	Mon Sept 12-Oct 17, 5:45-7pm	Free
	or	
MFRC	Wed Sept 7-Oct 19, 3:30-4:45pm	Free
MFRC	Mon Nov 7-Nov 28, 5:45-7pm	Free
	or	
MFRC	Wed Nov 2-Nov 30, 3:30-4:45pm	Free



Children's Deployment Workbooks and Parent Guide

Would you like to better support your child(ren) throughout their parent's deployment or work-related absence? The MFRC has workbooks for children 3 to 12 years of age and an easy-to-use parent guide for the at-home parent that includes tips and activities for the away parent. Pick up a copy from our CPAC MFRC location or order online through our website. Ces cahiers de travail pour les enfants et le guide d'accompagnement des parents sont disponibles en français.

Friday Night Activities

Movie Nights (5-12 years)

Back by popular demand! Parents, do you want an hour or two to yourself? Drop your children off at CPAC for a movie, pizza, popcorn, and juice! Each movie night runs from 6:30pm - 8:00pm with drop off at 6:15pm. Bring pillows and blankets for each child so they are super comfy during the movie.

Location: CPAC Gym

Date: Fridays, 6:15pm - 8:00pm

Cost: \$8.50 per child

DATE	MOVIE	COURSE CODE
September 9	DC League of Superpets	FIN222307956A
September 23	Paws of Fury The Legend of Hank	FIN222307956B
October 7	Minions Rise of Gru	FIN222307956C
October 21	The Adams Family 2	FIN222307956D
November 18	Luck	FIN222307956E
December 9	Sonic the Hedgehog 2	FIN222307956F
December 23	The Ice Age Adventures of Buck Wild	FIN222307956G

If movie is longer than the time frame allocated, pick-up will be later or you can join in for the ending!

Fantastic Fridays! (5-12 years)

Let those kiddos loose, burn off some energy, and get their bodies and minds moving with this awesome Friday program. Drop your kids off for an hour and a half of fun while you relax, grab a bite to eat, or catch up with some friends. Each night has something new and exciting which will be sure to keep your kids occupied! Kids will also receive frozen juice boxes in this program.

Location: CPAC Gym

Date: Fridays

Time: 6:30pm - 8:00pm

Cost: \$8.00 per child

DATE	THEME	COURSE CODE
September 16	PSP Grocery Games	WEL222317555A
October 14	Bouncy Castle Night	WEL222317555B
November 4	Science of Superheroes	WEL222317555C
December 2	Gingerbread Creations	WEL222317555D

Your Community's Best Source of Child Care Information & Resources



SERVICES FOR PARENTS & FAMILIES

- ▶ Child care information & referrals
- ▶ Assistance with the Affordable Child Care Benefit
- ▶ Toys and resources for you and your child

SERVICES FOR CHILD CARE PROVIDERS

- ▶ Curbside delivery of toys and materials
- ▶ On site and virtual workshops
- ▶ Supportive relationship with a Consultant

Contact: Victoria 250-382-7000 or gov.bc.ca/ChildCareResourceReferralCentres



Ministry of
Education and
Child Care

SCHOOL AGE

■ = MFRC ■ = PSP

Splash and Swim (5-9 years)

Have a kiddo you can never get out of the water, this program is for them! Drop the kids off at the pool for 1.5 hours of splish splashing fun! After enjoying the fun in the water we will walk back to CPAC for a snack and games in time for pick up to go straight to bed. Pack a dinner for them and we will have a dedicated time for a quick meal.

Location:

Drop Off: Juan de Fuca Pool

Pick Up: CPAC

Date: Fridays, 5:15pm-8:00pm

Cost: \$9.50 per person

DATE	COURSE CODE
September 30	WEL222314555A
October 28	WEL222314555B
November 25	WEL222314555C
December 16	WEL222314555D
December 30	WEL222314555E

***Check out our youth section for the corresponding older age program. All children will be separated into age groups for the duration of the program to ensure all kids are with their peers.*

Cooking

Mini Master Chef

(6-8 years)

This program offers our young, future chefs a chance to gain age appropriate experience working with some super tasty foods all while exploring meal prep, simple recipes, and baking.

Location: CPAC

Date: Tuesdays

OR Thursdays

Time: 5:00pm - 6:00pm

Cost: R: \$75.00 / O: \$80.00 / A: \$90.00



DATE	THEME	COURSE CODE
Tuesday October 4 - November 8	Chocolate Creations	COO222302006A
Thursday October 6 - November 10	Chocolate Creations	COO222302006B
Tuesday November 15 - December 20	Pasta-Pasta	COO222302006C
Thursday November 17 - December 22	Pasta-Pasta	COO222302006D

General Programming

City Adventures (5-9 years)

Join us by dropping your child off at the below location for a couple hours of uninterrupted, supervised fun! All costs of the program are covered by the below price, what a steal!

Location: Drop off and pick up at Out Trip Location listed below

Date: Saturdays

Time: 10:00am-12:00pm

Cost: \$16.50 per person

***Check out our youth section for the corresponding older age program. All children will be separated into age groups for the duration of the program to ensure all kids are with their peers.*

DATE	THEME	COURSE CODE
September 24	Arcade	WEL222317555AAA
October 15	Corn Maze	WEL222317555AAB
October 29	4 Cats Studio	WEL222317555AAC
November 12	Ice Skating	WEL222317555AAD
November 26	Swimming at Oak Bay Rec	WEL222317555AAE
December 17	Board Game Cafe	WEL222317555AAF

Art Sparks (Ages 7-9)

"The artist is not a special kind of person; rather each person is a special kind of artist."

– Amanda Coomaswamy

This art class session is to provide young participants with different tools and mediums to create unique art pieces, through process of experimentation and collaboration. We will explore different materials; discuss techniques, use of tools and try to find out where do artists get their inspiration. The focus will be on trying something new, growing creative skills and simply enjoying making something beautiful. Projects will include painting on different surfaces, working with clay, creating multi-media collages, 3D sculptures, self-portraits from loose parts, etc.

Along the way we will talk about artists and history of art, our local community art installations and how we can use our creative skills to make this community even better.

Instructor: Irina Mielecka

Location: CPAC

Dates:

Session 1: Sept 20 – Oct 25

Session 2: Nov 8 – Dec 13

Time: 6:00pm-7:30pm

Cost per session: R: \$70 / O: \$75.00 / A: \$80.00

Course Code Session 1: FIN2223078153CC

Course Code Session 2: FIN2223078153DD

SCHOOL AGE

STEM Programs (5-8 years) Science, Technology, Engineering and Math

This program provides excellent experiential learning opportunities for your kids. They get to work for 4 weeks on a project, see the ideas being developed into a hard product they get to take home. See the descriptions below and pricing for each 4 week block focusing on a different theme.

Session 1:

Theme: Circuits

Dates: Sept 19, 2022 - Oct 17, 2022 (no session on the 10th)

Location: CPAC

Time: 5:00-6:00pm

Cost: \$60 Regular / \$65 Ordinary / \$70 Associate

Course Code: FIN222307571AA

Session 2:

Theme: High Tech Toys

Dates: Oct 24, 2022 - Nov 21, 2022

Location: CPAC

Time: 5:00-6:00pm

Cost: \$60 Regular / \$65 Ordinary / \$70 Associate

Course Code: FIN222307571BB

Session 3:

Theme: Magnetic Mysteries

Dates: Nov 28, 2022 - Dec 19, 2022

Location: CPAC

Time: 5:00-6:00pm

Cost: \$60 Regular / \$65 Ordinary / \$70 Associate

Course Code: FIN222307571CC



Up to
\$479
in annual
savings.¹

Plus, up to
\$80,000
in cash prizes
to be won.²

Save up to \$479 per year¹ in banking fees with the Performance Plan Chequing Account.

BMO recognizes the strength behind the uniform. That's why we also offer your spouse, immediate family members and friends in the Canadian Defence Community the same exclusive no monthly fee banking offer¹ that you enjoy. Plus, if they open an account between June 13 and September 30, 2022, they will automatically be entered into our customer appreciation contest.²

Spread the word. Share the savings. Sign up to win.

The summer customer appreciation contest runs until **September 30, 2022**, so enter now and don't miss out on your chance to win.

Visit bmo.com/summercontest, scan the QR code, or visit any BMO branch across Canada.



Official bank of the
Canadian Defence Community

¹The savings of up to \$479 is based on the following savings in a year: (i) \$203.40 for the Performance Plan Monthly Fee of \$16.95 per month for 12 months; (ii) \$155.88 for the retail value of OnGuard™ charged at \$12.99 per month; (iii) \$120 for the value of 5 debit transactions (\$2/each) per month using non-BMO ATMs on the Cirrus Network. ²Interac e-Transfer is a registered trademark of Interac Inc. Used under license. ³No purchase necessary. The 2022 CDCB Customer Appreciation Contest (the "Contest") begins on June 13, 2022, at 12:00:01 a.m. Eastern Time and ends on September 30, 2022, at 11:59:59 p.m. Eastern Time (the "Contest Period"). There are thirteen (13) prizes in total (each a "Prize"), with total prizes valued at \$80,000 available to be won. There will be one (1) Grand Prize of \$20,000 cash and an additional twelve (12) prizes of \$5,000 cash. Odds of winning depend on the number of eligible entries received. Before being declared a winner, a correctly answered mathematical question is required. Full contest details are available at bmo.com/summercontest. ⁴Registered trademark of Bank of Montreal.

Attn: Transitioning Military Members

WITH YOU WITH ME

WE'RE HIRING



About WYWM

We help transitioning military, veterans & families get into tech jobs, for free. If you know someone who can benefit, send them to WithYouWithMe.

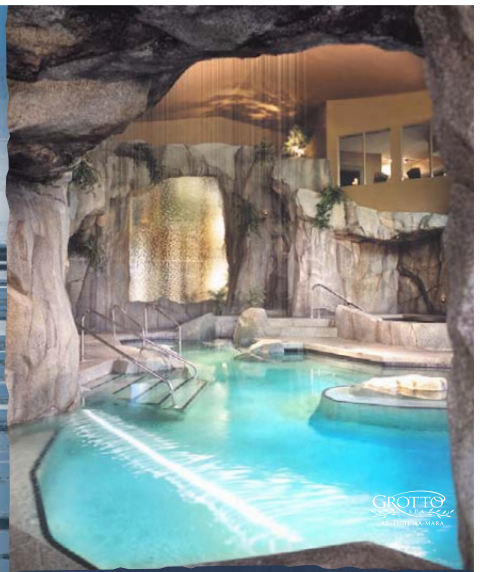
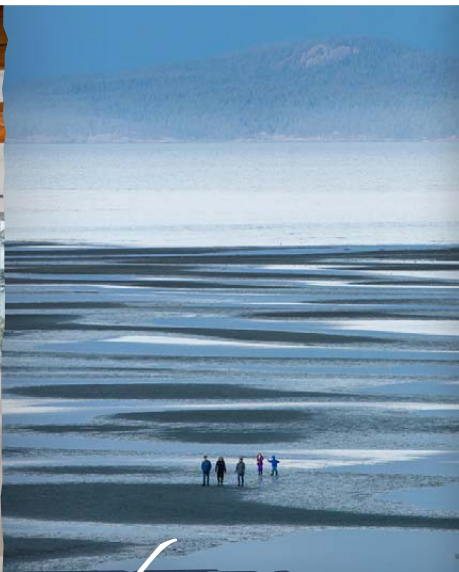
Benefits

Work from home

- ✓ No experience is required
- ✓ Be career ready in 100 hours
- ✓ Free tech courses for life
- ✓ Salaries from \$60K-\$120K



withyouwithme.com/caf



Reconnect IN THE HEART OF NATURE

BOOK YOUR GETAWAY NOW!

TIGH-NA-MARA
SEASIDE SPA RESORT & CONFERENCE CENTRE

MILITARY MEMBERS ARE ELIGIBLE FOR DISCOUNTED RATES

1-800-663-7373

1155 RESORT DRIVE PARKSVILLE BC
TIGH-NA-MARA.COM



Youth

Register for any of the following PSP Youth Programs

by contacting PSP Recreation at 250-363-1009 or in-person at the Colwood Pacific Activity Centre (CPAC) or Naden Athletic Centre Kiosks. You can also save time by registering online.

PSP Recreation Online Registration
<https://bkk.cfmws.com/esquimaltpub/>

Friday Night Activities

Movie Nights (5-12 years)

Back by popular demand! Parents, do you want an hour or two to yourself? Drop your children off at CPAC for a movie, pizza, popcorn, and juice! Each movie night runs from 6:30pm - 8:00pm with drop off at 6:15pm. Bring pillows and blankets for each child so they are super comfy during the movie.

Location: CPAC Gym

Date: Fridays

Time: 6:15pm - 8:00pm

Cost: \$8.50 per child

See next page for movies, dates and times



BACK TO SCHOOL

WITH SYLVAN LEARNING

Don't wait for your child to fall behind, or start to get stressed over homework. Start this year strong with a personal learning plan to fit your family's busy back-to-school schedule. Boost confidence and grades! Make a plan, with the help of Sylvan Learning.

Initial Assessment \$49
10% OFF Tuition with
Military ID

Expires 12/15/22. Not valid with any other offer. Only valid at participating centers. 10% off applies to monthly tuition only. Must mention at time of booking.

Sylvan of Vancouver Island
1-800-EDUCATE

Why hire a tutor, when you can hire a team!

SYLVANLEARNING.COM

YOUTH



Movie Nights, continued from previous page.

DATE	MOVIE	COURSE CODE
September 9	DC League of Superpets	FIN222307956A
September 23	Paws of Fury The Legend of Hank	FIN222307956B
October 7	Minions Rise of Gru	FIN222307956C
October 21	The Adams Family 2	FIN222307956D
November 18	Luck	FIN222307956E
December 9	Sonic the Hedgehog 2	FIN222307956F
December 23	The Ice Age Adventures of Buck Wild	FIN222307956G

If movie is longer than the time frame allocated, pick-up will be later or you can join in for the ending!

Fantastic Fridays! (5-12 years)

Let those kiddos loose, burn off some energy, and get their bodies and minds moving with this awesome Friday program. Drop your kids off for an hour and a half of fun while you relax, grab a bite to eat, or catch up with some friends. Each night has something new and exciting which will be sure to keep your kids occupied! Kids will also receive frozen juice boxes in this program.

Location: CPAC Gym

Date: Fridays

Time: 6:30pm - 8:00pm

Cost: \$8.00 per child

DATE	THEME	COURSE CODE
September 16	PSP Grocery Games	WEL222317555A
October 14	Bouncy Castle Night	WEL222317555B
November 4	Science of Superheroes	WEL222317555C
December 2	Gingerbread Creations	WEL222317555D



General Programming

Youth Excursions (9-14 years)

Join us by dropping your child off at the below location for a couple hours of uninterrupted, supervised fun! All costs of the program are covered by the below price, what a steal!

Location: drop off and pick up at Out Trip Location listed above

Date: Saturdays

Time: 10:00am-12:00pm

Cost: \$16.50 per person

DATE:	THEME	COURSE CODE
September 24	Arcade	WEL222317555BBE
October 15	Corn Maze	WEL222317555BBC
October 29	4 Cats Studio	WEL222317555BBG
November 12	Ice Skating	WEL222317555BBB
November 26	Swimming at Oak Bay Rec	WEL222317555BBF
December 17	Board Game Cafe	WEL222317555BBD

Splash and Swim (9-12 years)

Have a kiddo you can never get out of the water, this program is for them! Drop the kids off at the pool for 1.5 hours of splash splash fun! After enjoying the fun in the water we will walk back to CPAC for a snack and games in time for pick up to go straight to bed. Pack a dinner for them and we will have a dedicated time for a quick meal.

Location: Drop Off - Juan de Fuca Pool
Pick Up - CPAC

Date: Fridays

Time: 5:15pm-8:00pm

Cost: \$9.50 per person

DATE	COURSE CODE
September 30	WEL222314555AA
October 28	WEL222314555BB
November 25	WEL222314555CC
December 16	WEL222314555DD
December 30	WEL222314555EE

SKATECANADA

LEARN TO SKATE for ages 3-6
CANSKATE for ages 4 and up

JuandeFuca
Skating Club

Email admin@jdfskatingclub.com

ONGOING REGISTRATION AT
jdfskatingclub.com

YOUTH

STEM Programs (9-14 years) Science, Technology, Engineering and Math

This program provides excellent experiential learning opportunities for your kids. They get to work for 4 weeks on a project, see the ideas being developed into a hard product they get to take home. See the descriptions below and pricing for each 4 week block focusing on a different theme.

Session 1:

Theme: Circuits

Dates: September 19, 2022 - October 17, 2022 (no session on the 10th)

Location: CPAC

Time: 6:15pm-7:15pm

Cost: \$60 Regular / \$65 Ordinary / \$70 Associate

Course Code: FIN22230751A

Session 2:

Theme: High Tech Toys

Dates: October 24, 2022 - November 21, 2022

Location: CPAC

Time: 6:15pm-7:15pm

Cost: \$60 Regular / \$65 Ordinary / \$70 Associate

Course Code: FIN22230751B

Session 3:

Theme: Magnetic Mysteries

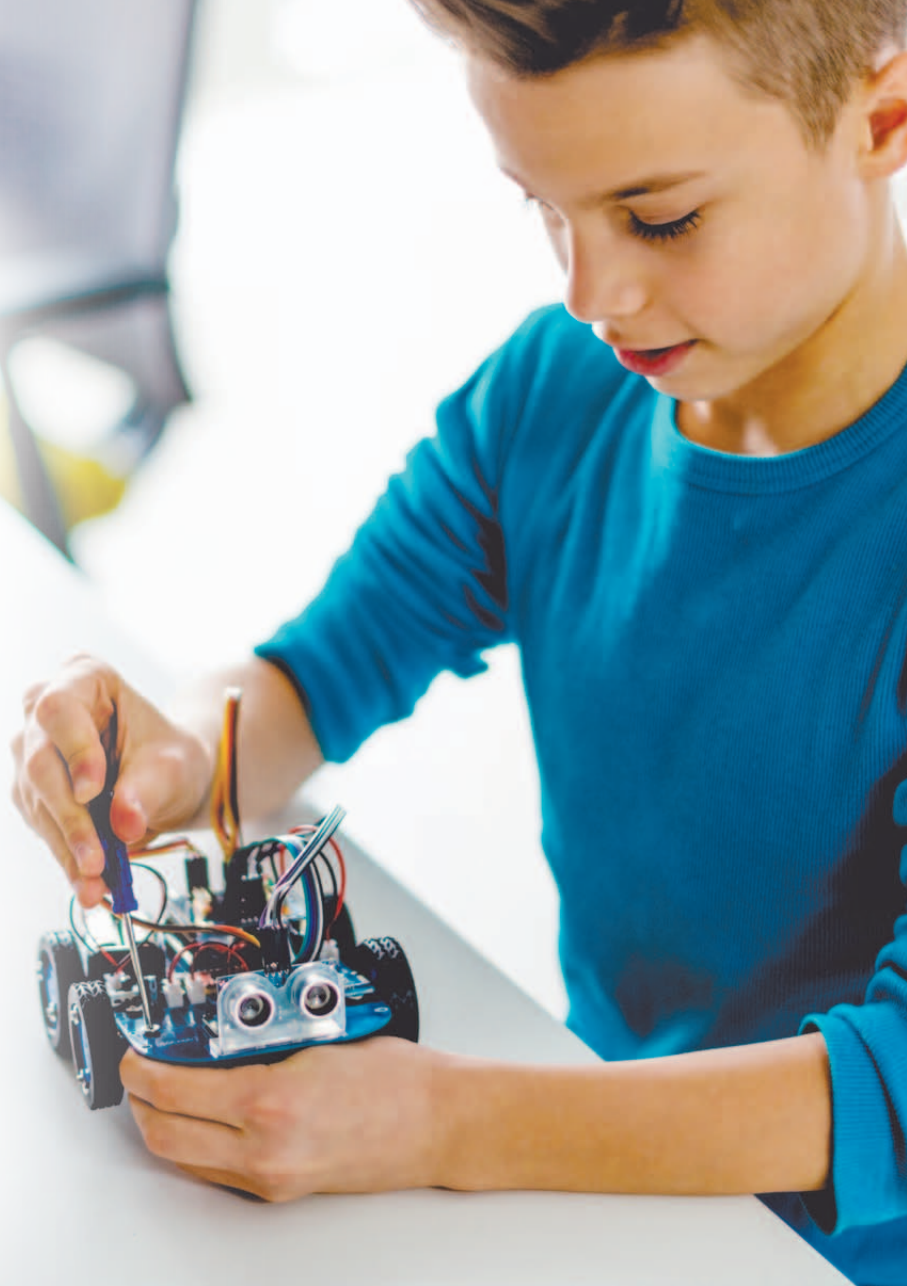
Dates: November 28, 2022 - December 19, 2022

Location: CPAC

Time: 6:15pm-7:15pm

Cost: \$60 Regular / \$65 Ordinary / \$70 Associate

Course Code: FIN22230751C



Cooking

Master Chef (9-14 years)

This program offers our young, future chefs a chance to gain age appropriate experience working with some super tasty foods all while exploring meal prep, simple recipes, and baking.

Location: CPAC

Date: Tuesdays OR Thursdays

Time: 6:30pm-8:00pm

Cost: R: \$80.00 / O: \$85.00 / A: \$95.00

DATE	THEME	COURSE CODE
Tuesday : October 4 - November 8	Chocolate Creations	COO22230512A
Thursday : October 6 - November 10	Chocolate Creations	COO22230512B
Tuesday: November 15 - December 20	Pasta-Pasta	COO22230512C
Thursday : November 17 - December 22	Pasta-Pasta	COO22230512D



Leadership

Jr. Leader Program

(Ages 12+ after completion of Leader in Training Program)

Want to gain more experience with working with children and youth? Have a passion for helping others? Need volunteer hours for school? This program is for you! Join us for our summer camps in a leadership role. You will learn what it takes to be a PSP Recreation Leader, gaining experience in leading a group through games and activities, learning policies and procedures and of course having fun doing it all.

Cost: \$25.00 per day

*Cost covers out-trips, staff shirt, swimming and additional resources

Time: 9:00am-4:00pm

Location: TBD on which camp they are with

Please contact Children and Youth Program Supervisor Katie Fast if interested in this program.

Katie.fast@forces.gc.ca

Babysitters Course

Join us for a course that will allow your child to learn the skills and knowledge to appropriately and confidently babysit for family and friends. They will learn about age appropriate games and activities, safety, preventing injuries, and creating fun environments.

Location: CPAC

Session 1: Sept 10

Session 2: Oct 1

Session 3: Nov 5

Session 4: Dec 3

Time: 8:30am – 4:30pm

Cost: R: \$50 / O: \$55 / A: \$60

Stay Safe

Join us for a course that will allow your child to learn the skills and knowledge to appropriately and confidently babysit for family and friends. They will learn about age appropriate games and activities, safety, preventing injuries, and creating fun environments.

Location: CPAC

Session 1: Sept 17

Session 2: Oct 8

Session 3: Nov 26

Session 4: Dec 10

Time: 9:00am-3:00pm

Cost: R: \$62 / O: \$67 / A: \$72

SD62 Blended Learning Program



Full-time Grades 6-8

- SD62 Full Credit Summer Learning
- Free Adult Graduation Programs
- Free Adult 10-12 Upgrading Courses

Register online www.westshorecentre.com

Register NOW for 2022-23



WestShore
Centre for Learning & Training

Arrange to meet our academic advisor today!

250-391-9002

Email: westshore@sd62.bc.ca



SOOKE 62
SCHOOLS
Blended Learning

101-814 GOLDSTREAM AVE., VICTORIA, BC • WESTSHORE CENTRE & JDFDL ARE SCHOOLS OF SCHOOL DISTRICT #62 (SOOKE)



It's never too late to change careers

WCCMT Victoria spoke with former CAF Member Allan Kobayashi. Allan decided to pursue a second career as a RMT after serving nearly 21 years in the Army. We chatted with him about his service:

Allan joined the Canadian forces (PPCLI) two weeks after graduating high school. After operational tours in Kosovo and Afghanistan, multiple natural disasters, and other deployments, Allan transferred to the RCN in 2004. During his service, Allan endured multiple injuries including broken bones, knee surgeries, and multiple concussions. He suffered additional injuries while

competing in high level sports, also during his service. As a result of those injuries, Allan discovered the benefits of Massage Therapy firsthand as a patient.

"I had been diagnosed with syndromes, chronic this and or that, and it was suggested that I try a session with an RMT. Historically, relief of pain after rehabilitation had eluded me; with great trepidation I agreed to try Massage Therapy. I received an extensive 90-minute treatment and I recognized the benefits immediately, both physically and mentally, adding monthly treatments to my training regime.

Allan's decision to pursue a career in Massage Therapy was easy for him to make – all it took was 90 minutes of hands-on experience to inspire him: "The thought of being able to directly help someone, to improve their quality of life invokes incredible feelings of happiness."

Allan's story is unique, but many of WCCMT's students enrol for the same basic reason – to help others. If helping your community inspires you, a career in Massage Therapy might be the right path.

For more stories and inspiration visit our WCCMT Facebook Page and website.

BECOME A REGISTERED MASSAGE THERAPIST HEALTHCARE PROFESSIONAL 20 MONTH PROGRAM



West Coast College of **MASSAGE** Therapy

Contact Admissions
by phone

250-381-9800 ext 227

or email

vicadmissions@collegeofmassage.com

www.collegeofmassage.com



BOOK YOUR MESSAGE NOW!



100-818 BROUGHTON STREET, VICTORIA



Camps

Register for any PSP Camp Programs

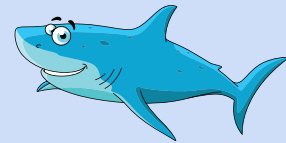
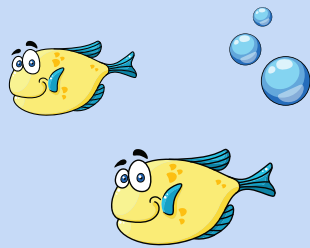
by contacting PSP Recreation at
250-363-1009 or by stopping into the
Colwood Pacific Activity Centre (CPAC) or
Naden Athletic Centre Kiosks.

PSP Recreation Online Registration
<https://bkk.cfmws.com/esquimaltpub/>

Join PSP for Pro D Days and camps full of adventures, laughter, fun and learning. There are plenty of themes to choose from plus out-trips and activities to fit your child. Your kids will have so much fun that they'll want to come back all summer long!



CAMPS PRO D DAY



Sun Seekers Pro-D Day Camps (5-7 Years)

Days off of school are for days filled with fun. Each camp day explores a new theme with activities, games and crafts to match! These days include various things, some of which may include surprise out-trips, swimming, outdoor play, or guests appearances.

Location: CPAC

DATE	COURSE CODE	TIME	COST
September 19: SD 62	CAM222303003AA	Before Care - 7:00-9:00am Camp Day - 9:00-4:00pm After Care - 4:00-5:30pm	\$7 Regular / \$9 Ordinary / \$12 Associate \$38 Regular / \$42 Ordinary / \$47 Associate \$9 Regular / \$11 Ordinary / \$13 Associate
September 23: SD 63, SD 61	CAM222303003BB		
October 21: SD 63, SD 61, SD 62	CAM222303003CC		
November 14: SD 63, SD 61	CAM222303003DD		
November 25: SD 62	CAM222303003EE		

Fun Seekers Pro-D Day Camps (7-9 Years)

Days off of school are for days filled with fun. Each camp day explores a new theme with activities, games and crafts to match! These days include various things, some of which may include surprise out-trips, swimming, outdoor play, or guests appearances.

Location: CPAC



DATE	COURSE CODE	TIME	COST
September 19: SD 62	CAM222303003FF	Before Care - 7:00-9:00am Camp Day - 9:00-4:00pm After Care - 4:00-5:30pm	\$7 Regular / \$9 Ordinary / \$12 Associate \$38 Regular / \$42 Ordinary / \$47 Associate \$9 Regular / \$11 Ordinary / \$13 Associate
September 23: SD 63, SD 61	CAM222303003GG		
October 21: SD 63, SD 61, SD 62	CAM222303003HH		
November 14: SD 63, SD 61	CAM222303003JJ		
November 25: SD 62	CAM222303003KK		

Adventure Seekers Pro-D Day Camps (9-14 Years)

Days off of school are for days filled with fun. Each camp day explores a new theme with activities, games and crafts to match! These days include various things, some of which may include surprise out-trips, swimming, outdoor play, or guests appearances.

Location: CPAC

DATE	COURSE CODE	TIME	COST
September 19: SD 62	CAM222303003A	Before Care - 7:00-9:00am Camp Day - 9:00-4:00pm After Care - 4:00-5:30pm	\$7 Regular / \$9 Ordinary / \$12 Associate \$38 Regular / \$42 Ordinary / \$47 Associate \$9 Regular / \$11 Ordinary / \$13 Associate
September 23: SD 63, SD 61	CAM222303003B		
October 21: SD 63, SD 61, SD 62	CAM222303003C		
November 14: SD 63, SD 61	CAM222303003D		
November 25: SD 62	CAM222303003E		

*Please note that if there are not sufficient numbers for each camp we will be merging age groups to ensure the program will run.



WINTER BREAK CAMPS



Sun Seekers Winter Break Camps (5-7 Years)

Days off of school are for days filled with fun. Each camp day explores a new theme with activities, games and crafts to match! These days include various things, some of which may include surprise out-trips, swimming, outdoor play, or guests appearances.

Location: CPAC

DATE	COURSE CODE	TIME	COST
December 19 - 23	CAM2223030012a	Before Care - 7:00-9:00am Camp Day - 9:00-4:00pm	\$7 Regular / \$9 Ordinary / \$12 Associate \$35 Regular / \$37 Ordinary / \$35 Associate
December 27 - 30	CAM2223030012b	After Care - 4:00-5:30pm	\$160 Regular / \$170 Ordinary / \$175 Associate \$9 Regular / \$11 Ordinary / \$11 Associate \$25 Regular / \$27 Ordinary / \$35 Associate

Fun Seekers Winter Break Camps (7-9 Years)

Days off of school are for days filled with fun. Each camp day explores a new theme with activities, games and crafts to match! These days include various things, some of which may include surprise out-trips, swimming, outdoor play, or guests appearances.

Location: CPAC

DATE	COURSE CODE	TIME	COST
December 19 - 23	CAM2223030012c	Before Care - 7:00-9:00am Camp Day - 9:00-4:00pm	\$7 Regular / \$9 Ordinary / \$12 Associate \$35 Regular / \$37 Ordinary / \$35 Associate
December 27 - 30	CAM2223030012d	After Care - 4:00-5:30pm	\$160 Regular / \$170 Ordinary / \$175 Associate \$9 Regular / \$11 Ordinary / \$11 Associate \$25 Regular / \$27 Ordinary / \$35 Associate

Adventure Seekers Winter Break Camps (9-14 Years)

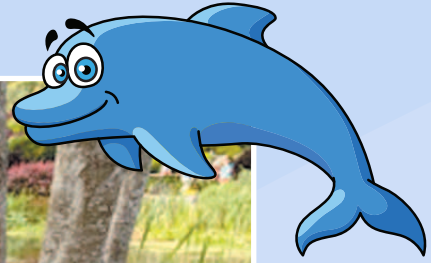
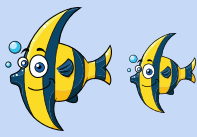
Days off of school are for days filled with fun. Each camp day explores a new theme with activities, games and crafts to match! These days include various things, some of which may include surprise out-trips, swimming, outdoor play, or guests appearances.

Location: CPAC

DATE	COURSE CODE	TIME	COST
December 19 - 23	CAM2223030012e	Before Care - 7:00-9:00am Camp Day - 9:00-4:00pm	\$7 Regular / \$9 Ordinary / \$12 Associate \$35 Regular / \$37 Ordinary / \$35 Associate
December 27 - 30	CAM2223030012f	After Care - 4:00-5:30pm	\$160 Regular / \$170 Ordinary / \$175 Associate \$9 Regular / \$11 Ordinary / \$11 Associate \$25 Regular / \$27 Ordinary / \$35 Associate



*Please note that if there are not sufficient numbers for each camp we will be merging age groups to ensure the program will run.



Leadership

Jr. Leader Program

(Ages 12+ after completion of Leader in Training Program)

Want to gain more experience with working with children and youth? Have a passion for helping others? Need volunteer hours for school? This program is for you! Join us for our camps in a leadership role. You will learn what it takes to be a PSP Recreation Leader, gaining experience in leading a group through games and activities, learning policies and procedures and of course having fun doing it all.

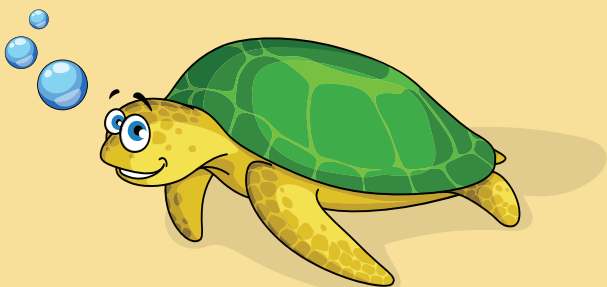
Cost: \$75.00 per week

***Cost covers our-trips, staff shirt, swimming each week and additional resources**

Time: 9:00am-4:00pm

Location: TBD on which camp they are with

Please contact Children and Youth Program Supervisor Katie Fast if interested in this program. Katie.fast@forces.gc.ca



SHOTOKAN KARATE

Register for PSP's Shotokan Karate

REGISTER for Shotokan Karate by contacting PSP Recreation at 250-363-1009 or in-person through the Colwood Pacific Activity Centre (CPAC) or Naden Athletic Centre Kiosks.

PSP Recreation Online Registration
<https://bkk.cfmws.com/esquimaltpub/>

Shotokan Karate Combo Class (Adult and Children)

Karate is a striking art using punching, kicking, knee and elbow strikes, and open-handed techniques such as knife-hands. The aim of the Karate program is to teach traditional Shotokan Karate and to foster the development of karate through seminars, tournaments, and exposure to world-class karate and other martial arts instructors. Such benefits of this karate program include:

- Many different training times and two different locations;
- Affordable way to learn or practice your karate skills;
- A fun way to work on your cardio, flexibility, coordination, stress relief, and quicken your reflexes while training in a safe and supervised environment.

Beginners are accepted throughout the year. All karate members are required to register through Karate BC (Adult \$35 and Child \$25) directly.

Cost: Unlimited classes September - December

Adult - \$210.25 Regular / \$232 Ordinary / \$253.75 Associate

Child - \$166.75 Regular / \$188.50 Ordinary / \$210.25 Associate

NADEN ATHLETIC CENTRE

Course Code: MAR222312707G

Training Sessions:

September 12 - December 21

(no class Oct 10)

Monday/Wednesdays, 6:30pm - 8:00pm

COLWOOD PACIFIC ACTIVITY CENTRE

Course Code: MAR222312707F

Training Session:

September 13 - December 20

Tuesday/Thursday, 6:30pm - 8:00pm

ADDITIONAL ADVANCED TRAINING AT NADEN ATHLETIC CENTRE

Fridays, 5:45-6:45pm

(no classes on Sept 30 & Nov 11)

Saturday, 8:00am-9:00am



CELEBRATING 25 YEARS IN BUSINESS!

GOOD & BAD CREDIT WELCOME RATES FROM 4.59% O.A.C.

Howie's CAR CORRAL
478-1128

SALES & SERVICE
The working folks car and truck store

250-478-1128 • 1658 Old Island Hwy
Take Hwy. 1 to Colwood Exit. First car lot on the right

Get social with us    

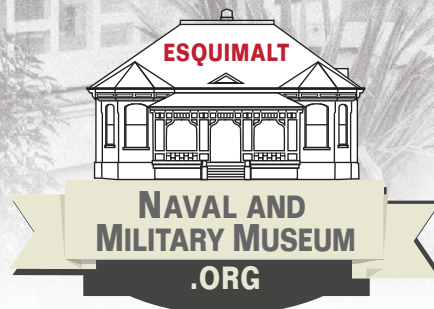
Shop & apply online
car-corrall.com

Three Time BBB Torch Award Winner 

DISCOVER VANCOUVER ISLAND'S Naval & Military History

Located within the heritage buildings of the museum precinct at CFB Esquimalt's Naden, you will discover galleries dedicated to:

- The early years of the Royal Navy and the Royal Canadian Navy in Esquimalt
- A children's gallery
- Battle of the Atlantic Gallery and WWII mess deck
- Submariner's gallery
- Model ships
- Women's Royal Canadian Naval Service and Canadian Women's Army Corps exhibits
- Temporary exhibits



FOR CURRENT HOURS VISIT NAVALANDMILITARYMUSEUM.ORG
GOVERNMENT ID REQUIRED FOR ADULTS | ADMISSION BY DONATION

ENTRANCE OFF ADMIRALS ROAD IN ESQUIMALT
250-363-4312 • 250-363-5655



CFB Esquimalt Naval and Military Museum

This may be the best museum you've never had a chance to visit
– especially for those interested in naval and military history.

We asked a CFB Esquimalt Naval Museum curator to talk about some of her favourite artifacts:

1950s UNITED NATIONS FLAG

The museum has a handmade flag that was used by HMCS Sioux while it was enroute to Korea in the 1950s. A yeoman, George Mannix, made it because they were sailing on a UN mission, yet the UN flag was so new they hadn't distributed flags yet. The fabric of the flag is blue wool bunting with white canvas applique made from whatever materials were to hand as there was no UN flag available on the ship.

WREN WINDBREAKER JACKET

It's really cool to see this commemorative Wren windbreaker jacket. The museum has a jacket worn by retired Wren Jessie Lane (Mablesen). The jacket is embroidered with all the WRCNS reunions that Ms. Lane attended, two ship badges are on the sleeves, Huron and Mackenzie; her nickname Jay is also on the jacket. It really shows how important being a Wren was to Jessie. The reunions were a way for Wrens to keep in touch and remember shared experiences.

A CARLEY FLOAT

The Carley float was an invertible life raft invented by Horace Carley (1838-1918). It was used in both World Wars and on many warships. It is made from a length of copper or steel tubing with compartments inside the tubing

to make it stay rigid and buoyant. The one we have is in great condition and you can see all the survival supplies they would have carried. These little vessels would increase survival rates at sea in the event of a ship sinking due to attack.

A SALVAGE DIVER'S SUIT, HELMET AND BOOTS

Our diver's suit is just really amazing to look at. The profession of a salvage diver is inherently risky due to the many variables present when diving underwater while wearing cumbersome gear. The extremely heavy brass, glass, and metal helmet that we have on display would have weighed heavily on the diver's shoulders and they would have required assistance to put on all that gear. It's great to see something like this, it looks like it is right out of a different time.

A VINTAGE SEXTANT THAT WAS USED BETWEEN 1900 AND 1950

This navigational instrument was used for taking celestial navigation sightings in a maritime setting. This one was made by Heath and Company in New Eltham, London, England, founded in 1845. What I love about this sextant is that it is a beautiful example of a precision scientific instrument. It is still an excellent backup for navigation when GPS or electricity fails aboard a vessel.

For more information about the museum, contact Curator Tatiana Robinson at 250-363-4312 or Assistant Curator Joseph Lenarcik at 250-353-5655.



DID YOU KNOW?

Mark's Commercial and DND – Maritime Forces Pacific partner each year to provide you with our **Pay-As-You-Go workwear program**.

We've worked together with Mark's stores so you only need to **show your employee ID**. Mark's stores will recognize your employee ID's and they will have your program information on-hand.

**10% DISCOUNT ON REGULAR PRICED MERCHANDISE
AT ANY MARK'S STORE**

QUESTIONS?

Please don't hesitate to contact Lisa Tonner,
Corporate Sales Manager if you have any questions.

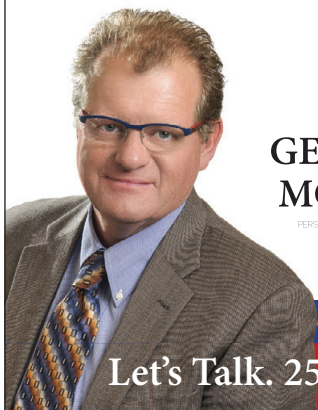


Lisa Tonner | Corporate Sales Manager | Mark's Commercial
250.661.0754 | lisa.tonner@marks.com

SO... IS IT TIME FOR YOU TO SELL?



Take advantage of our Free Market Evaluation service
and let's figure out if the time is right for you.



**GEOFF
MCLEAN**

PERSONAL REAL ESTATE CORPORATION



From left to right: Taylor, Darren, Geoff, Courtney, and Jodi.

Let's Talk. 250.744.5551 (office) geoff@mcleanrealestategroup.ca mcleanrealestategroup.ca





Adult

Register for any of the following MFRC Adult Programs

by visiting www.esquimaltmfrc.com

Register for any of the following PSP Adult Programs

by contacting PSP Recreation at 250-363-1009 or by stopping into the Colwood Pacific Activity Centre (CPAC) or Naden Athletic Centre Kiosks.

PSP Recreation Online Registration
<https://bkk.cfmws.com/esquimaltpub/>

Music and Arts Programs

Come make a drum with me! Drum making workshop

Traditional teaching regarding drumming, drum materials and proper care. Drumming songs to learn and sing together. PO1 Marielle Audet of the Naden Band and member of Defense Aboriginal Advisory Group will facilitate the drum making workshop.

Our consecration of the drums, a first event for people to join together with their drums, will be on CFB Esquimalt Orange Shirt Day for Truth and Reconciliation commemoration, Sep 29, 2022.

Location: CPAC

Date: Wednesday, Sept 13

Time: 6:30-8:30pm

Cost: \$110 includes all materials for drums

ADULT HEALTH AND FITNESS

Paint it!

Are you interested in having fun and learning a new skill at the same time? We have a strong belief that anyone can learn how to paint. Join us and enjoy the satisfaction of creating an art piece with step by step instruction. This is an adult learning experience and suitable for all skill levels. Bar service is available at the Chief and Petty Officer's Mess.

Location: Chief and Petty Officer's Mess

Instructor: Behni Moosavi-Shalmani

Dates: Fridays, 6:00pm - 8:00pm

Cost: \$35 per session

Paintbrushes are available for purchase at \$5 extra.

DATE	COURSE CODE
October 14	FIN22230712A
November 18	FIN222330712B
December 2	FIN222330712C

*** Paint it! is also available for Unit team building art sessions within the Defence Team Community. If you or your Unit is interested in privately booking a Paint it! night with Behni, please contact PSP Recreation Coordinator, Kamma Frederick at Frederick.Kamma@cfmws.com.

Paint it! Parties

Are you looking to get your friends together and learn a new skill? Plan to have a Paint it Party! Bar service is available at the Chief and Petty Officer's Mess. For more information contact PSP Recreation Coordinator, Kamma Frederick at Frederick.Kamma@cfmws.com.

Health and Fitness

Lunch Time Fitness BOOTCAMP

Challenge yourself during this 45 minute lunch time fitness bootcamp in a high-intensity interval workout that uses your own body weight as well as some fitness equipment. This class will aid in improving overall strength, core, cardio, balance & coordination. Modifications will be available as well.

Location: CPAC

Instructor: Willow McPeak

Course code: WEL222317433F

Dates: Tuesday, October 4 – November 29, 12:00-12:45pm

Cost: \$89 Regular / \$99 Ordinary / \$108 Associate

Evening Fitness BOOTCAMP

Challenge yourself during this 45 minute fitness bootcamp in a high-intensity interval workout that uses your own body weight as well as some fitness equipment. This class will aid in improving overall strength, core, cardio, balance & coordination. Modifications will be available as well.

Location: CPAC

Instructor: Willow McPeak

Dates: Wednesday, dates to be determined, 6:45-7:30pm

Cost: \$9.88 Regular / \$11 Ordinary / \$12 Associate

– Price per class

Yoga for Every Body

Do you think you can't do yoga? Then this class is for you! In this light-hearted, fun, body positive class, we will be modifying poses for all bodies, levels, and abilities. Taught by a large-bodied woman, this joyful movement practice is accessible and inclusive. Questions during practice are encouraged. Suitable for everybody and every body. All bodies welcome and celebrated in this space.

Location: CPAC

Instructor: Sonia Gray RYT, Water and Earth Yoga

Course code: WEL222317434Q

Dates: Thursdays, September 8 – October 27, 6:30-7:30pm

Cost: \$79 Regular / \$88 Ordinary / \$96 Associate

Location: CPAC

Instructor: Sonia Gray RYT, Water and Earth Yoga

Course code: WEL222317433R

Dates: Thursdays, November 3- December 8, 6:30-7:30pm

Cost: \$59 Regular / \$66 Ordinary / \$72 Associate

Yoga Nidra (iRest®)

Created for the military community, iRest Yoga Nidra combines the ancient teachings of Yoga Nidra with Western psychology and neuroscience. This guided meditation practice is accessible to all, regardless of experience. iRest is suitable for everyone, but is proven especially beneficial for folks living with post-traumatic stress, chronic pain, anxiety, and insomnia, affording its practitioners a profound sense of peace and well-being.

Location: CPAC

Instructor: Sonia Gray RYT, Water and Earth Yoga

Course code: WEL222317439F

Dates: Thursdays, September 8 – October 27, 7:45-8:45pm

Cost: \$79 Regular / \$88 Ordinary / \$96 Associate

Location: CPAC

Instructor: Sonia Gray RYT, Water and Earth Yoga

Course code: WEL222317439G

Dates: Thursdays, November 3- December 8, 7:45-8:45pm

Cost: \$59 Regular / \$66 Ordinary / \$72 Associate



Personal Training

Personal Training Packages

Register for our personal training packages and jump start your fitness program. Personal Training is designed using a 'results based' approach to help you achieve your fitness goals. Our qualified fitness trainers can customize a program to meet your needs whether you are a beginner, have specific training goals or a seasoned athlete. Choose from private sessions or book semi-private sessions for you and a friend or family member. For more information contact PSP Recreation Coordinator, Stefie Gray at Stefie.Gray@forces.gc.ca

FIT2222308102Z

One on One Private Training Sessions (1hr)

\$50 for 1 session

\$150 for 3 sessions

\$225 for 5 sessions

\$399 for 10 sessions

Have a small group that want to work out together? You pick the time, date, and style of workout you're looking for and we will connect you with a trainer.

FIT2222308102G

Semi-Private Training Sessions (1hr) 2 - 6 people

\$36 p/person for 1 session

\$108 p/person for 3 sessions

\$170 p/person for 5 sessions

\$299 p/person for 10 sessions



Fall Run Clinic

Challenge yourself in a four week run clinic led by top level Canadian runner Mariah Kelly, New Balance sponsored athlete. This is a run program built for people of all levels. The focus of this program is to enhance running performance but also to offer exercises designed to improve individual movement patterns and help prevent injuries. If you have participated in a Run Clinic with Mariah before, you will receive a 10% discount! Contact Community Recreation Coordinator, Kamma Frederick at Frederick.Kamma@cfmws.com for more information.

Location: Naden Athletic Centre Track

Dates: October 17 – November 7,

Time: Mondays, 6:00-7:00pm

Course code: WEL22231603W

Cost: \$49.99 R / \$52 O / \$54 A



ADULT

RESOURCES & SERVICES DURING ABSENCES

Work-related Absences/ Deployment



Family Networks

Family Networks are a great way to connect with other families going through the same experience. Participate in social activities and get the latest information and updates on your military member's deployment or work-related absence. Register with us to receive deployment and work-related absence support by becoming a part of your Family Network, connecting with the MFRC local to you, and/or receiving support in French. For more information visit our website or scan the above QR code on your mobile device.

Family Network Volunteer Opportunities

Have fun while making connections with your community by becoming a Family Network Volunteer! **Interested?** We are currently seeking volunteers for several Networks. For more information and to apply, visit our website.

Monthly Information Sessions for Deployed Ships

Get the latest information and updates about your military member's deployment with live Zoom updates from the ship's Command Team. Senior members of the Canadian Fleet Pacific Staff and the MFRC will be on hand to answer questions, address concerns, and provide updates on workshops and activities. Watch your Family Network page on our website for details and registration information.

Return and Reunion Extravaganza

Is your military member coming home soon? Join us for a family-friendly day of banner making and celebration as we prepare for their homecoming! Connect with others as you gain tools and tips to help with your return and reunion. Stay with us for a potluck lunch! Check out our website for registration information.

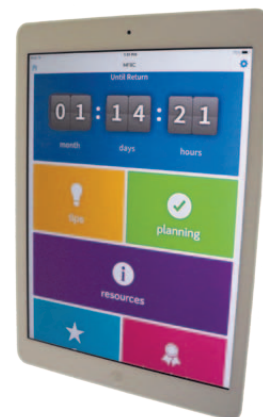
Sending Mail to Deployed Members

Did you know you could send morale mail to your deployed military member for free? The MFRC will accept letters and care packages at both our CPAC and Signal Hill locations during regular business hours, as well as during some evening programming. For more information, visit your Family Network page on our website or call the Fleet Mail Office at 250-363-2176.

Work-related Absences/ Deployment Resources and Services

MFRC Deployment App

Download the MFRC Deployment App to receive tips to guide you through all stages of your deployment or work-related absence. Customize your experience with tips, checklists, and a countdown clock. Downloads available for iOS and Android devices via the Apple App Store and Google Play.



The Everything Binder

The Everything Binder is a great tool to have on-hand anytime, especially when preparing for a deployment or work-related absence. With versions specific to single members, pets and kids, the easy to complete worksheets will help you keep track of EVERYTHING you may need at a moment's notice. Interested in building your own binder? Download a copy from our website!

Deployment Support Handbook

If you have a loved one deploying or away on a work-related absence out of CFB Esquimalt, this handbook is for YOU! With versions for sea, land, and submarine deployments, these handbooks contain tips, resources, and information specific to pre-deployment, deployment, and post-deployment periods. Pick up a copy from our CPAC MFRC location or download from our website. Les livres de soutien au déploiement sont également disponibles en Français

The Military Lifestyle Podcast

Hosted by the Esquimalt MFRC, this podcast explores deployments, postings, transitions and more through interviews with MFRC staff, experts in the community, military members and military-connected family members. Listen via your favourite podcasting app: Apple Podcasts, Google Podcasts, Spotify, iHeartRADIO, and Stitcher.

Supporting Children Through Absence

(3 to 12 years)

Formerly Children's Deployment Workshops

Supporting Children Through Absence helps children adjust to a parent being away on a deployment or work-related absence. Workshops offer an opportunity for children to interact with other children who are going through the same experience.

See sessions in Early Year and School Age section of this guide or visit our website to register.

ADULT RESOURCES AND SERVICES DURING ABSENCES

Children's Deployment Workbooks and Parent Guide

Would you like to better support your child(ren) throughout their parent's deployment or work-related absence? The MFRC has workbooks for children 3 to 12 years of age and an easy-to-use parent guide for the at-home parent that includes tips and activities for the away parent. Pick up a copy from our CPAC MFRC location or order online through our website. *Ces cahiers de travail pour les enfants et le guide d'accompagnement des parents sont disponibles en français.*

Supporting Children Through Absence Corner at Stay & Play

(18 months to 5 years)

Join us for fun crafts, games and activities to help your child(ren) adjust when their parent is away. This is also a great opportunity to meet others who may be preparing for or going through a deployment or work-related absence. For more information and to register, visit the Stay & Play page on our website.

Respite Child Care During Absences

Funded by donations to the MFRC, respite child care is available at no cost for deployments or work-related absences of 21 consecutive days or more. You are entitled to 1 free childcare session per week, up to 4 free sessions per month in our Casual Child Care program (6 months to 5 years of age). Book up to 8 days in advance by calling 250-363-2674. For more information, visit our website.

Parenting from Afar

Want to learn more about parenting in the military lifestyle? Learn how to maintain an active and vital role in the life of your child/youth from afar with this easy-to-read handbook. Discover strategies to help support the connection between the parent/caregiver at home and the parent who is away so that you can continue to parent together while you are apart. Pick up a copy from our CPAC MFRC location or download from our website.



A true Victoria experience!
World Famous Fish & Chips on Fisherman's Wharf
250.384.6515
Celebrating 38 years of Great Food



10% OFF
to ALL military & DND personnel

We proudly serve the Canadian Forces Community

While you're busy keeping the country safe, let us keep your family safe with our Healthy Home Cleaning System.



MOLLY MAID
mollymaid.ca

Healthy Home Cleaning  **250.744.3427**
paula-whitehorn@mollymaid.ca

ADULT COMMUNITY INTEGRATION

Community Integration

NEW! - Military Lifestyle 2.0

Has your loved one recently joined the military? Are you new to CFB Esquimalt? What are all of these acronyms?! Come join us for brunch and learn some military lingo, what programs and services MFRC offers, as well as hear experience from others in your community! Any questions you have around deployment, relocation and communication will be answered. Walk away with confidence in your new military environment, knowing that others are walking the same path with you and that there are supports available along the way. Childcare is offered for this event.

Location: CPAC

MFRC

Sat Oct 1, 10am-noon

Free

Employment and Education Support

If you need employment assistance related to being a military family member new to the area, the MFRC has community partners who can provide guidance on gaining meaningful employment. There are also employment workshop and employer information sessions hosted at the Colwood Pacific Activity Centre. Call 250-363-2640 for more information.

Work BC Orientation

Are you looking for work in the Greater Victoria area? Come learn more about the services that WorkBC offers to assist you in your job hunt. This is an interactive, virtual event and there will be time for any questions you might have.

Location: Virtual

MFRC

Mon Oct 17, 1-2pm

Free

English as a Second Language

Do you want to learn English? Do you feel the need to improve your English to better communicate with your partner? The MFRC offers courses to CAF adult family members. The classes, guided by a professional, incorporate conversation, culture, grammar and writing to facilitate your integration into your community. The class consist of an online learning component in addition to a weekly in class session with our ESL teacher. Call 250-363-2640 to register.

Location: CPAC/Virtual

MFRC

Thur Sept 8 - Dec 8, 6-8pm

French as a Second Language – Rosetta Stone

Are you posted to a bilingual base or Francophone community? Do you feel the need to develop your second language to better communicate with your partner? The MFRC offers the opportunity to access online Rosetta Stone language training to CAF adult family members. Rosetta Stone uses a method that combines listening, reading, speaking and writing. Call 250-363-2640 (toll free: 1-800-353-3329) to enquire about the current availability of licenses.

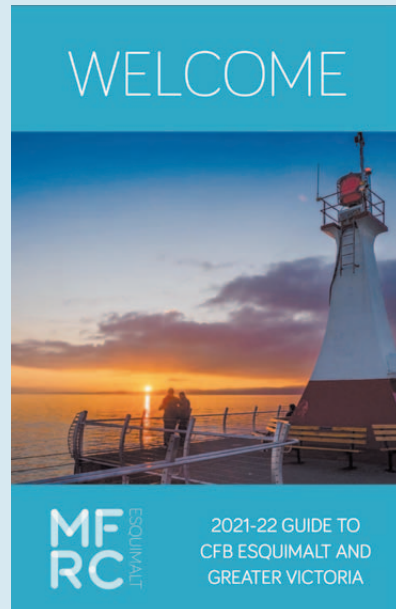
Community Integration Services

MFRC Information Line

MFRC staff members are ready to take your call. They can answer your questions, provide assistance or do the research to find the information you need. Call 250-363-2640 (toll free: 1-800-353-3329).

Military Family ID Card

It takes just 10 minutes to get this valuable ID card. The card is available to all regular and reserve Class B&C military family members. Use it to access base services such as the Naden Athletic Centre, to access Dockyard and Colwood by vehicle for pickups and drop-offs, and to receive discounts from local businesses. The CAF member must be present to sign the card at the time of issue and present their MPRR. The MFID is available at Signal Hill MFRC and CPAC MFRC.



Welcome Resources

When you arrive in Victoria, be sure to pick up your Welcome Bag from either MFRC location.

In it, you will receive:

- The MFRC's Welcome Book – a comprehensive guide to CFB Esquimalt and Greater Victoria
- Accessing Health Care Book
- Area maps including bike and trail maps
- Visitor guides for the Greater Victoria area
- MFRC swag and more!

Many resources, including the Welcome Book, are also available for download at www.esquimaltmfrc.com/relocation.

Social and Mental Wellness

NEW! – Coffee Connections

Are you looking for an opportunity to meet others and get a break from the routine with an evening out? Join us for coffee and conversation while meeting others from the military family community! MFRC staff and volunteers will be on hand to provide any requested information about programs and services in their areas. There is also an opportunity to drop-off care packages if you have a loved one on a deployment. Watch our website and social media for dates and times. Sessions at Colwood and Esquimalt locations are being offered.

**If you have a child between the ages of 5-12 years, register them in our children's program on Wednesday nights at the same time!*

Location: CPAC & Signal Hill

MFRC TBD, 6-8pm Free

NEW! Community Dinner

Join us for monthly dinners to meet others in the military family community! This is an opportunity to let us take care of the food while you enjoy a meal with your community to share and learn tips about living the military lifestyle. MFRC staff and volunteers will be on hand to provide any requested information about programs and services. After dinner, there will be a separate space set-up with activities for children. Watch our website and social media for dates and times. Suggested donation of \$5 per family.

Location: Esquimalt Gorge Park Pavilion

MFRC Sept 28, Oct 20 and Nov 17, 6-7:30pm

Join us at 5pm at the Sept 28 dinner for the MFRC's Annual General Meeting!

Growing Parents Baby Group

(Pregnancy-18 months)

Join us for a fun, supportive and educational group for new and expecting parents. We will guest speakers and topics related to pregnancy and parenting babies up to 18 months of age. Make connections with other parents, share information and learn about community resources in this interactive, facilitated group discussion. Please watch for registration information on our website and social media. This registered program is for military connected families who are pregnant or parenting a child up to 18 months.

Location: Virtual

MFRC Tue Sept 27-Nov 29, 10:30-11:30am Free



Better Training,
Safer Diving

**LOCAL & EXOTIC
DIVE TRIPS**

Beginners to Technical

SALES, REPAIRS, COURSES
250-478-4488
WilsonDiving@telus.net

WILSON DIVING

SCUBA & SNORKEL CENTRE
1790 ISLAND HWY, VICTORIA

WilsonDiving.com

ADULT SOCIAL AND MENTAL WELLNESS



ADULT SOCIAL AND MENTAL WELLNESS

Social and Mental Wellness Resources and Services

Emergency Family Plan

It's important that we plan ahead for the unexpected. If something happened to the at-home family member during a military related absence, you may need to have a workable emergency family plan. The MFRC can help you develop your plan, look at ways to build your support network and possibly able to provide some assistance upon assessment. Call the MFRC at 250 363 2640 for details. You can also contact the MFRC intake line directly at 778 533 7736 or intake@emfrc.com.

Youth & Mental Health

The MFRC is committed to supporting youth and family wellness. Staff at the centre can assist with navigating mental health systems, helpful referrals and resources.

Extra/Diverse Support Needs

The EMFRC can provide support to families needing to get connected to resources and services for their children, youth or family member. We provide quality referrals to local social service agencies and help you navigate needed supports in your community. Call or email our intake line at 778-533-7736 to get connected to a Social Worker on our team for 1-1 support.

Short-term Counselling

Individuals, couples and families can access short-term counselling sessions at the MFRC in a confidential atmosphere of support. Registered social workers and counsellors provide support with stress, relationship issues, parenting challenges, the military lifestyle plus much more. The MFRC also provides quality referrals to outside counselling resources and specialized support services. Sessions can be done on-site or virtually via your computer, smartphone or tablet. Call 250-363-2640 for details. You can also contact the MFRC intake line directly at 778-533-7736 or intake@emfrc.com.

Strongest Families

Families can self-refer or social workers/counsellors can also make a referral to "Strongest Families" on behalf of families who want to acquire parenting assistance. Supports are available for children/youth ages 3-17 who require strategies to address anxiety and behavioural issues. Additional supports can also be provided to address concerns associated with aspects of the military lifestyle. Parents can access more support through coaching by telephone. Some resources for adults are also available. See www.strongestfamilies.com or call the MFRC intake line directly at 778-533-7736 or intake@emfrc.com for more information.



Francophone

Nouveau! – Le Brunch Francophone

Venez nous rejoindre pour un brunch pour toutes les familles militaires francophones! Nous aurons des activités pour les enfants et un espace pour vous connecter et converser les uns avec les autres. Cet événement a lieu le week-end d'Halloween, c'est donc le moment idéal pour se réunir. Nous sommes impatients de vous accueillir à nouveau dans les programmes en personne.

Location: Esquimalt Gorge Park Pavilion

CRFM Oct 30 11h00 – 13h00

Gratuit

Cours de langue seconde

Aimerez-vous apprendre l'anglais? Sentez-vous le besoin d'améliorer votre anglais pour mieux communiquer avec votre partenaire? Le CRFM offre des cours aux membres adultes de la famille des FAC. Les classes, dispensées par un professionnel, intègrent la conversation, la culture, la grammaire et l'écriture pour faciliter votre intégration dans votre communauté. Les classes consistent d'un apprentissage en ligne et d'une classe par semaine en groupe.

Lieu : Colwood Pacific Activity Centre (CPAC)

CRFM jeudi sept 9 – dec 9, 18h00 à 20h00



Répertoire des ressources francophones

L'intégration à une nouvelle communauté dont la langue principale est différente de notre langue maternelle peut s'avérer être tout un défi! C'est pourquoi le Centre de ressources pour les familles des militaires souhaite mettre à la disposition des francophones une ressource supplémentaire afin de vous permettre d'obtenir des services divers dans votre langue maternelle.

Le CRFM vous propose un outil de référence pour les francophones et les francophiles à la recherche de produits et services en français dans la région de Victoria. Certains organismes dont le nom figure sur la liste offre l'ensemble de leurs services en français, tandis que d'autres n'offrent qu'une partie des services par l'entremise d'un membre du personnel ou d'un interprète. Pour obtenir une copie de ce répertoire, visitez notre site Web ou présentez-vous à l'un de nos emplacements.



MILITARY MEMBERS 14% OFF*

Must present Military ID at time of purchase.
*10% Off + Popeye's Bucks!
Discount can only be applied to regular priced products.

2500 DOUGLAS STREET (AT BAY STREET) • 250-474-3883
MONDAY-FRIDAY 10AM-7PM • SATURDAY 10AM-6PM • SUNDAY 11AM-5PM





ADULT VETERANS

Veteran Family Program

The MFRC supports medically-released veterans, medically-releasing CAF members, and their families as they transition to post-service life. There is no formal registration for this program. If you need support, call the Veteran Family Program Coordinator at the Esquimalt MFRC at 250-363-2640. There are a variety of services to meet your unique needs:

- One-to-one support navigating the civilian health care, employment, and mental health systems
- Help finding appropriate community resources for yourself and your family members
- Transition programs and workshops
- Short-term counselling and social work services

Transition Programs and Resources

Financial Planning Workshops

To support transitioning members and their families, SISIP offers a financial planning workshop to help individuals and families plan their finances as they approach their release and prepare for their transition to post-service life. Topics may include tax planning, CAF pensions, investments, insurance coverage, and disability awards.

Mental Health First Aid

In support of the Veteran Community, a customized version of the Mental Health First Aid course is available for members of the Veteran Community. Mental Health First Aid is the assistance provided to a person who is experiencing a mental health concern or who is in a mental health crisis. Members of the Veteran Community will receive this training at no cost. This course teaches participants to understand, identify, and respond to signs of mental health and substance use concerns. Seats are limited and registration will be on a first-come, first-serve basis.

Transitions Book

Military families experience many changes in their lives from relocations to deployments to the transition out of the military. The Transitions book will teach you about the stages of transition and help you to learn how to effectively work through those changes. Get a copy at your local MFRC location or online at esquimaltmfrc.com.

Veteran Family Journal

The Veteran Family Journal is a tool designed to assist medically releasing CAF members, medically released Veterans, and their families to make a successful transition from military life to civilian life. This tool can help you and your family identify your unique needs and plan for the future. Within this journal you will find relevant information about the transition process, reference materials, worksheets, and family care plans. Pick up a copy at your closest MFRC location.

Strengthening the Forces offers Health Promotion Programs designed to assist Canadian Forces members, their spouses, and civilian employees to take control of their health and well-being. Maintaining a high level of health improves one's ability to perform effectively and safely on CAF operations, and contributes to a higher quality of life for everyone.

Health Promotion courses are available free of charge to adult members of the Defence Team.



Health Promotion Programs

Creating an Addictions Free Workplace: Supervisor's Training (Mite 117733)

This program is designed specifically for the Canadian Forces and for personnel in leadership positions (MS and above). The course is designed to assist leaders to promote an addiction free culture in their workplace. Participants learn about substance misuse, warning signs, effective interviewing skills, active listening skills, enabling, and how to challenge and change unhealthy workplace cultures.

November 22 8:30 am – 4:00 pm AND

November 23 8:30 am – 12 noon

(course includes both sessions)

INTER-COMM: Dealing with Conflict and Improving Communication in Personal Relationships

This course is for participants who are interested in learning how to deal with conflict and improve communication in their relationships at home and at work.

November 17, 24 AND December 1 & 8

8:30 am – 12 noon

(course includes all four sessions)

Managing Angry Moments (MAM)

MAM helps participants learn how to use anger constructively. It is a course intended for everyone as we all feel anger at various times. Participants gain a better understanding of their relationship with anger. This course is not anger management counselling and is not appropriate for individuals with severe anger management problems.

October 4, 11, 18 & 25 8:30 am – 12 noon

(course includes all four sessions)

Mental Fitness and Suicide Awareness for Supervisors (Mite 119531)

MF&SA is designed specifically for the Canadian Armed Forces. The purpose of the program is to prepare personnel to promote mental fitness and to mitigate the incidence of mental health injuries including deliberate self-harm and suicide within the military community. Participants learn and practice important Mental Fitness Exercises as well as the ACE Suicide Awareness model.

September 13 8:30 am – 4:00 pm OR

November 15 8:30 am – 4:00 pm

ADULT HEALTH PROMOTION

Respect in the Canadian Armed Forces

Respect in the CAF is a workshop that explores sexual misconduct in the military culture and how to stop it. Three modules are covered: The nature and magnitude of sexual misconduct in the CAF; Bystander Intervention; and Victim Support.

September 14 8:30 am – 4:00 pm OR
September 28 8:30 am – 4:00 pm OR
October 5 8:30 am – 4:00 pm OR
October 19 8:30 am – 4:00 pm OR
November 9 8:30 am – 4:00 pm OR
November 16 8:30 am – 4:00 pm OR
December 7 8:30 am – 4:00 pm

Stress Take Charge

Stress is the #1 workplace disability issue today and appears to be a growing problem. Stress Take Charge is a course for people who want to gain a better understanding of their stress reaction, how to increase their resiliency in stressful situations, and how to learn proven coping skills for managing their stress response more effectively.

September 15, 22, 29 AND October 6 8:30 am – 12noon
(course includes all four sessions)

NEW COURSE: Suicide Awareness

Suicide Awareness takes participants through the ACE Model of Suicide Awareness and helps participants increase their comfort and confidence in asking about suicide and supporting the person at risk.

September 19 8:30 am – 12:30 pm OR
October 17 8:30 am – 12:30 pm OR
November 21 8:30 am – 12:30 pm

Top Fuel for Top Performance

The foods you eat everyday have a great effect on your mental and physical performance and on your training. The morning session looks at everyday eating and the afternoon looks at fine tuning eating, fuel for training and recovery, and body composition and sport supplements. Participation in the full day is required.

October 26 & 27 8:30 am – 4:00 pm
(course includes both sessions)

For more information on these courses, contact the Health Promotion Office: 250-363-5621.

To register for Health Promotion Programs you must register through your Unit Training Coordinator.





Aquatics

Fall Pool Schedule

MON	TUES	WEDS	THURS	FRI	SAT / SUN
Swim Club 06:00-07:30	Morning Lap Swim 06:00-07:30	Morning Lap Swim/Club 06:00-07:30	Morning Lap Swim 06:00-07:30	Swim Club 06:00-07:30	Bookings Only
		Military Training 07:30 – 11:00			
Afternoon Lap Swim 11:00-13:00	Leisure & Lane 11:00-13:00	Afternoon Lap Swim 11:00-13:00	Leisure & Lane 11:00-13:00		
	Aqua Fit 12:05-12:50		Aqua Fit 12:05-12:50	Lap Swim 12:00-13:00	
		Military Training 13:15-15:15pm			
		Open Swim 16:00-19:00			

*SCHEDULE MAY CHANGE WITH NO NOTICE,
CALL OUR KIOSK TO CONFIRM TIMES 250-363-5677



AQUATICS

Swim Descriptions

Swim Club

Open to members of the Masters Swim Club, to join please contact Ryan Elborne 250-363-4068.

Leisure Pool, Hot Tub, and Steam Room open to general admission.

Morning Lap Swim

5 Lap Lanes available in slow, medium, and fast levels. Leisure Pool, Hot Tub and Steam Room open.

Morning Lap Swim/Clubs

One double lane open for lap swimming, remainder of lanes reserved for swim club.

Afternoon Lap Swim

11:00-12:00 – 2 lap lanes available for lap swimming. Remainder of lanes reserved for PSP programming.

12:00-13:00 - 5 Lap Lanes available in slow, medium, and fast levels.

Leisure Pool, Hot Tub and Steam Room open.

Leisure & Lane

11:00-12:00 – 2 lap lanes available for lap swimming. Remainder of lanes reserved for PSP programming.

12:00-13:00 – 2 lap lanes available for lap swimming. Deep end is open for leisure activity. Shallow end reserved for Aqua Fit.

Leisure Pool, Hot Tub and Steam Room open.

Aqua Fit

Cardio conditioning, muscular strength and endurance using buoyancy and the resistance of the water giving you a safe, effective and fun workout.

Open Swim

Bring the family and come swim, splash, and enjoy the likes of our Main Pool, Leisure Pool, Hot Tub, and Steam Room. Two lap lanes available in medium and fast paces. Toys and pool mats available! Please note, children under the age of 7 years must remain within arm's reach of an adult at all times.

Military Training

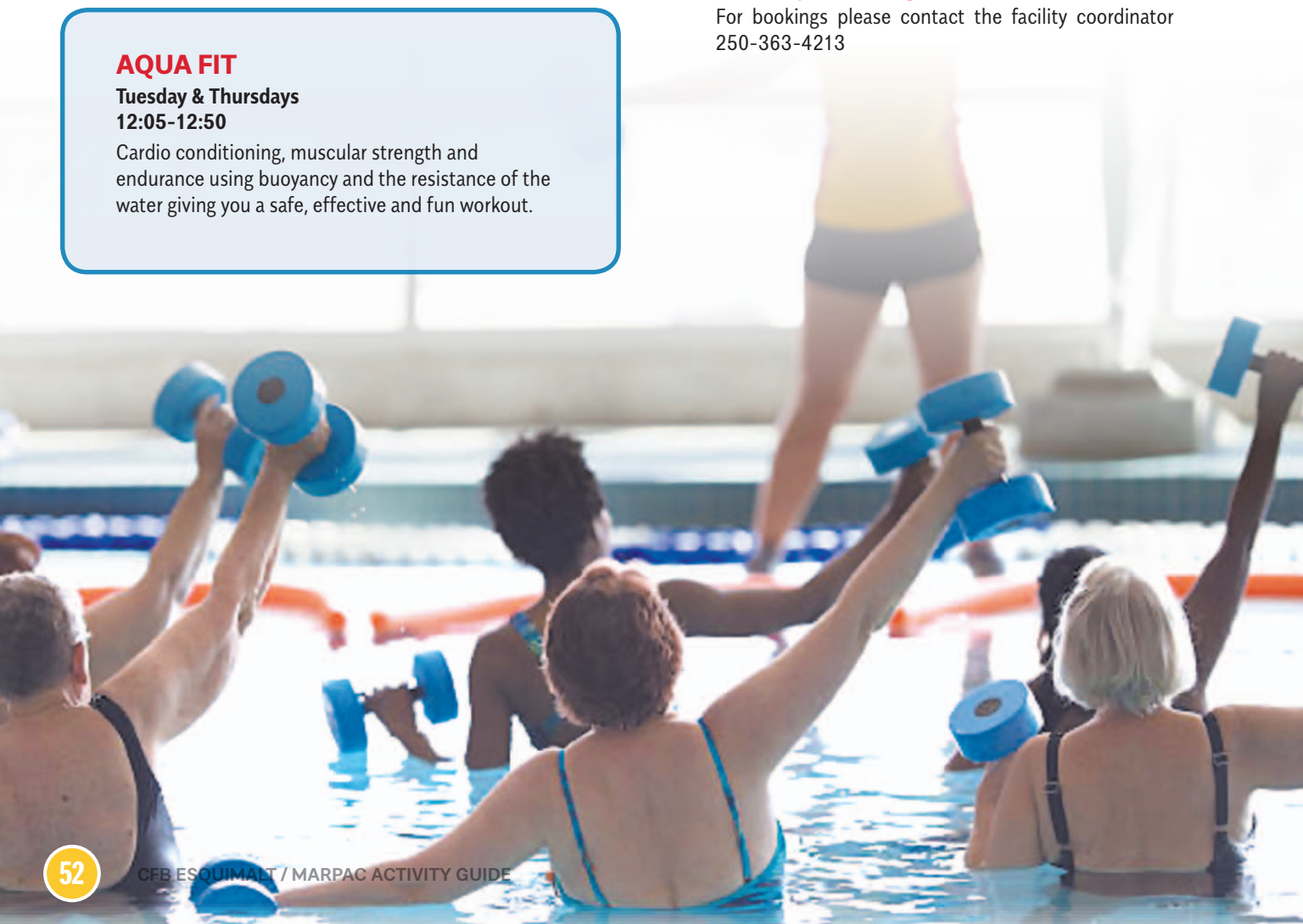
For bookings please contact the facility coordinator 250-363-4213

AQUA FIT

Tuesday & Thursdays

12:05-12:50

Cardio conditioning, muscular strength and endurance using buoyancy and the resistance of the water giving you a safe, effective and fun workout.



Advanced Aquatic Courses

Bronze Medallion 13 YRS +

Bronze Medallion, as our flagship certification, teaches an understanding of the lifesaving principles embodied in the four components of water rescue education: judgment, knowledge, skill, and fitness. Bronze Medallion challenges the candidate both mentally and physically. Judgment, knowledge, skill and fitness – the four components of water rescue – form the basis of Bronze Medallion training. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on and around the water. Bronze Medallion is a pre-requisite for Assistant Lifeguard training in Bronze Cross. 100% attendance required.

Cost: \$165.00 + tax

Dates: August 15, 18, 19 – 11:00am-6:00pm

**Call our aquatic office for more information
250-363-4070**

Bronze Cross 13 YRS +

Bronze Cross is designed for lifesavers who want the challenge of more advanced training, including an introduction to safety supervision. The Lifesaving Society's Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as Assistant Lifeguards. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies. Bronze Cross is a prerequisite for advanced training in the Society's National Lifeguard and leadership certification programs. 100% attendance required.

Cost: \$165.00 + tax

Dates: August 22, 24, 26 – 11:00am-6:00pm

**Call our aquatic office for more information
250-363-4070**

Pre-requisite: Bronze Medallion

National Lifeguard – Pool Option 15 YRS +

The National Lifeguard Pool certification is designed to develop the fundamental values, judgment, knowledge, skills and fitness required by lifeguards. The National Lifeguard course emphasizes the lifeguarding skills, principles and practices, and the decision-making processes which will assist the lifeguard to provide effective safety supervision in swimming pool environments.

**Dates: September 2022 – dates to be confirmed,
call our aquatic office for more information
250-363-4070**

Pre-requisite: Bronze Cross, Standard First Aid, CPR-C

Cost: \$375.00 + tax



Private Swimming Lessons

October 2022 – Private Swimming Lessons for Children and Adults!

Swimming lessons are not just about building techniques and endurance; it's about learning a lifesaving skill while developing confidence, and creating a positive experience that will last a life time!

For information on Private Swimming Lessons please contact our aquatics office. 250-363-4070



St. Anthony's Dental Clinic

Dr. Anastasia Loumbardias*

St. Anthony's Medical Centre
110-582 Goldstream Ave.

Victoria, B.C., V9B 2W7

Bus: 250-474-4322

*denotes
Corporation



CAMPER TIE DOWNS & TOWING ACCESSORIES

- TOOL BOX
- HITCHES
- HEADACHE RACKS
- LIFT KITS
- LED LIGHTING



VICTORIA'S LARGEST TRUCK ACCESSORY SELECTION



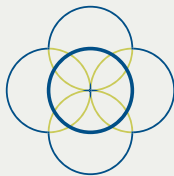
CAP-IT VICTORIA

106-2374 Millstream Road, Victoria
250-474-7670

www.cap-it.com



Beautiful smiles
start here!



CAPITAL PARK
DENTAL

250-590-8566

Français aussi!



CapitalParkDental.com

Suite 110, 525 Superior St, Victoria



Sports

Formation Sports

Esquimalt Formation Sports organizes sports teams, leagues, and tournaments from the Formation/Base level to international competition. The programs offered are:

- Intramural Sports (Unit Competition)
- Formation Teams (Canada West Regional and CAF National Championships)
- CISM (International Sports)

Formation Teams (CFB Esquimalt Tritons)

Esquimalt Formation Sports teams are comprised of Canadian Armed Forces (CAF) members that are Regular Force or Class A, B or C Reserve Force and belong to CFB Esquimalt in full capacity or are Attached Posted here. The Tritons represent CFB Esquimalt at Canada West Regional Championships for various sports, and if they win at the Canada West Regional Championship move on to represent Canada West Region at the National Championships. Full time DND or NPF civilian personnel may coach, manage, or officiate a sport with appropriate documentation. For more information contact the Formation Sports Office at 250-363-4068/4069.

Intramural Sports

Intramural Sports is a program that has grown to include both fleet and base units. The base units and fleet units will compete in a variety of sports to obtain points throughout the year. Your unit Sports Rep will be provided a schedule of events. If you do not know who your unit Sports Rep is or to register yourself as the Sports Rep for your unit please contact the PSP Sports Coordinator, Ryan Elborne at 250-363-4068

CISM (Conseil International du Sport Militaire/International Military Sports Council)

CISM is an international sports association composed of, and open to, the armed forces of participating nations. The fundamental aim of CISM is to promote sport activity and physical education between armed forces across the globe as a means to foster world peace. This ideal is encapsulated in the CISM motto "FRIENDSHIP THROUGH SPORT." For more information about CISM events check out the official CISM website at www.cism-milsport.org or contact the Sports Office – 250-363-4068 / 4069.



SPORTS

Yearly Sports Overview 2022-2023

The Formation Sports Office will continue to provide local sport opportunities for units while following Provincial Health Guidelines

SPORT	CAN WEST REGIONAL	CAF NATIONALS
Badminton	✓	
Ball Hockey		
Basketball	✓	✓
Curling	✓	
Golf	✓	✓
Grappling	✓	
Ice Hockey	✓	✓
Rugby 7's		
Running		✓
Slo-Pitch	✓	✓
Soccer	✓	✓
Squash	✓	✓
Swimming	✓	✓
Triathlon		✓
Volleyball	✓	✓

Badminton/Squash

The Formation Badminton and Squash teams offer drop-in sessions at noon hour at the Naden Athletic Centre to prepare for the Base Play-Downs, which are conducted in January, for selection to represent CFB Esquimalt at the Canada West Regional Championships.

Contacts:

Badminton: Lt(N) Mikail Uddin - Mikail.Uddin@forces.gc.ca

Squash: CPO1 King - timothy.King2@forces.gc.ca

PSP- Esq.sports@forces.gc.ca

Ball Hockey

The Tritons Ball Hockey Team is always looking for interested players to join the team. The team begins participation in a civilian ball-hockey league in late April to prepare for the Canada West Regional Ball Hockey Championships.

Contact: PO1 Curtis Gillies (Curtis.gillies@forces.gc.ca)

PSP- Esq.Sports@forces.gc.ca

Basketball

The Men's Tritons Basketball team practice at Naden Athletic Centre beginning in October to prepare for the Canada West Regional Championships which typically run in late January. Women's Development Camps are dependent on interest, female athletes should submit interest to the PSP Sports Office. Female athletes are welcome and encouraged to come out and practice alongside the men.

Contact: Lt(N) Kevin Chung (InSlk.Chung@forces.gc.ca)

PSP- Esq.sports@forces.gc.ca

Golf

The Canada West Regional Golf Championship typically runs in the summer months. Base Play-Downs are conducted prior to the Championship at a local course in order to determine a CFB Esquimalt golf team, which is comprised of the top 6 scoring males and top 3 scoring females.

Contact: Capt Kevin Doyle (kevin.doyle@forces.gc.ca)

PSP- Esq.Sports@forces.gc.ca

Grappling

Grappling is a new addition to the CAF sports program. Members of all experience levels are welcome to join and experienced grapplers will teach new techniques.

Contact: MS Lee Thibault (Lee.Thibault@forces.gc.ca)

PSP - esq.sports@forces.gc.ca

Ice Hockey

The Esquimalt Tritons Men's, Women's, and Old-timer's teams are practicing at Wurtele Arena. Canada West Regional Championships are typically held early in the New Year, however 2022 Regionals have been cancelled. All CFB Esquimalt Ice Hockey teams are competitive in the Canada West Region.

Team Contacts:

Men - PO1 Curt Gillies (Curtis.Gillies@forces.gc.ca)

Women - Cpl Laine-Farrell (Jennalf303@gmail.com)

Old Timers - CPO2 Michael (Rob) Tibbetts
(michael.tibbetts@forces.gc.ca)

PSP - Esq.sports@forces.gc.ca





Rugby

Rugby 7's is a new Canada West CAF Sport! The first Regionals was scheduled to be hosted in September 2020 but was cancelled due to COVID-19. In an effort to continue gathering interest on base, all interested players are encouraged to send notices of interest to the PSP sports office, including years of playing experience.

Contact: PO1 Jay Jimmo- James.Jimmo@forces.gc.ca

PSP – esq.sports@forces.gc.ca

Slo-Pitch - Men's and Women's

The Men's and Women's Slo-Pitch teams participate in civilian league play and practice April through August in preparation for the Canada West Regional Championships. Both teams are always looking for interested players, so please contact the respective coaches.

Team Contacts:

Men – CPO2 Michael (Rob) Tibbetts (michael.tibbetts@forces.gc.ca)

Women – MS Layton Theriault (Layton.theriault@forces.gc.ca)

PSP - Esq.sports@forces.gc.ca

Soccer - Men's and Women's

The teams participate in civilian league play typically beginning in February and practice to compete at the Canada West Regional Championships in the summer. The Men's and Women's teams are currently practicing and are always looking for interested players, so please contact Coach Pat.

Contacts:

Men & Women: PO1 Robbins (patrick.robbins@forces.gc.ca)

PSP- Esq.sports@forces.gc.ca

Swimming

Swimmers practice Monday, Wednesday and Friday mornings from 0600-0715hrs at the Naden Athletic Centre Pool. Formation swimmers may submit qualifying times in sanctioned swim meets in order to represent the Pacific Region at CAF Swimming Nationals in March, submissions are typically due in January of the competition year. The status of the 2022 Swimming Nationals has not been determined.

Contact: John McManus swimbikerun@hotmail.ca

PSP- Esq.sports@forces.gc.ca

Running

The Canadian Forces National Running Championship is typically held in Ottawa in late May. In order to qualify for the CAF Running nationals, Military runners are required to provide qualifying race times from sanctioned races (5km, 10km, half and/or full marathon) within 14 months of the national championship. Deadline for submissions is in January of the competition year, however, due to COVID-19 the status of the 2022 Running Nationals has not been determined at this time. Below are new qualifying times for 2021 season. For more information on Running qualifying times contact the Sports Office 3-4068/4069.

PSP - Esq.sports@forces.gc.ca

RUNNING								
DISTANCES	MARATHON		HALF MARATHON		10 KM		5 KM	
AGE CATEGORIES	MALE	FEMALE	MALE	FEMALE	MALE	FEMALE	MALE	FEMALE
20-24	3:15:10	3:34:57	1:32:40	1:44:17	42:24	48:09	20:37	23:26
25-29	3:15:10	3:34:57	1:32:40	1:43:30	42:24	48:09	20:37	23:26
30-34	3:15:10	3:34:57	1:32:40	1:43:31	42:24	48:09	20:40	23:26
35-39	3:16:08	3:36:34	1:33:09	1:44:31	42:48	48:30	21:03	23:26
40-44	3:20:41	3:41:37	1:35:17	1:47:04	44:00	49:35	21:46	24:04
45-49	3:28:44	3:50:41	1:39:08	1:51:23	45:46	51:30	22:34	24:57
50-54	3:37:47	4:04:22	1:43:25	1:57:42	47:42	54:23	23:25	26:13
55 & over	3:47:40	4:20:40	1:48:07	2:05:10	49:47	57:50	24:20	27:43

SPORTS

Triathlon

Triathletes are required to provide qualifying race times from sanctioned races (Sprint, Olympic, Half -70.3, and Full) in order to qualify for the CAF Triathlon Nationals. Triathletes must meet their respective qualifying times within 14 months of the CAF National Triathlon Championship typically held in July. Contact the sports office for more details 3-4068/9.

Contact: LCdr David Dallin (david.dallin@forces.gc.ca)

PSP - esq.sports@forces.gc.ca

TRIATHLON QUALIFYING TIMES				
RACE DISTANCE	OLYMPIC		SPRINT	
AGE CATEGORIES	MALE	FEMALE	MALE	FEMALE
Under 19	2.50:00	2.59:00	1.25:00	1.30:00
20-24	2.50:00	2.59:00	1.25:00	1.30:00
25-29	2.50:00	2.59:00	1.25:00	1.30:00
30-34	2.50:00	2.59:00	1.25:00	1.30:00
35-39	2.50:00	2.59:00	1.25:00	1.30:00
40-44	3.00:00	3.10:00	1.25:00	1.30:00
45-49	3.00:00	3.10:00	1.30:00	1.35:00
50-54	3.10:00	3.20:00	1.40:00	1.45:00
55 & Over	3.20:00	3.40:00	1.50:00	1.55:00

Volleyball

The Men's and Women's volleyball teams have been approved to begin practicing at Naden Athletic Centre in preparation for the CAF Canada West Regional Championships and the National Championships. Due to COVID-19 the status of the 2022 Regional and National Championships has not been confirmed. In 2019 the CFB Esquimalt Men's team were Regional Champions and National Champions. Both teams are always looking for interested players to join the team, so please contact the Sports Office for more information!

Team Contacts:

Women – LCdr Noelani Shore (noelani.shore2@forces.gc.ca)

Men – PSP (esq.sports@forces.gc.ca)



Canwest Regional and CF National Sports Championship Schedule 2022/23

*Schedule subject to change

SPORT	CANADA WEST	NATIONAL
Basketball (M)	TBC	Week of Nov 14, 2022
Basketball (W)	TBC	N/A
Volleyball (M)	Nov '22	Week of Jan 30, 2023
Volleyball (W)	Nov '22	Week of Jan 30, 2023
Badminton	Dates TBC Esquimalt	Week of Feb 6, 2023
Squash	Dates TBC Esquimalt	Week of Feb 6, 2023
Slo-Pitch (M)	21 – 26 August 2022 Wainwright	19 – 23 September 2022 Edmonton
Slo-Pitch (W)	21 – 26 August 2022 Wainwright	19 – 23 September 2022 Edmonton
Golf	9 – 13 July 2022 Shilo	27 Aug – 1 Sept 2022 Borden
Soccer (M)	14 – 19 August 2022 Edmonton	Week of Sept 26, 2022
Soccer (W)	14 – 19 August 2022 Edmonton	Week of Sept 26, 2022
Grappling	2 – 6 October 2022 Edmonton	N/A
Hockey (W)	29 Jan – 3 Feb 2023 Winnipeg	TBC 2023
Hockey (OT)	January 2023 Esquimalt	TBC 2023
Hockey (M)	15 – 20 January 2023 Edmonton	TBC 2023

For information regarding any sporting events, please contact:

PSP Sports Coordinator – Ryan Elborne: 250-363-4068

PSP Sports and Athletics Assistant – Gena Bannerman: 250-363-4069

Follow us on Instagram @Esq_Tritons

Visit our website: <https://www.cafconnection.ca/Esquimalt/Adults/For-Military-Personnel/Sports.aspx>

Check the **MARPAC Notice Board** and the **Sports Bulletin Board** at the Naden Athletic Centre regularly for current and upcoming sports information.



SLEGG

BUILDING MATERIALS

Slegg would like to thank the men and women of the military for their service

In appreciation we offer a

Military Discount

at all of our locations,
for more information visit
www.slegg.com



First Responders & Military:

Seniors **\$18**
Kids **\$19**
Regular **\$23**

\$20 EVERY DAY!



Appointments Available

'Sullivan's

BARBER SHOP

250 478 9424

756 Goldstream Ave.

NOW OPEN:

MON 10-4; TUES-FRI 8:30-5; SAT 8:30-3

NOW HIRING

VOTED #1 IN VICTORIA

NO APPOINTMENT
NECESSARY

CANADIAN MILITARY
& DND DISCOUNT

10%



VICTORIA
2353 Douglas St

LANGFORD
872 Langford Pkwy

DUNCAN
2752 Beverly St

MILLSTREAM
705 Treanor Ave



Fitness

DOCKYARD ATHLETIC CENTRE FITNESS SCHEDULE (D22)					
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
0900-1000	Formation Unit PT				Formation Unit PT
1100-1145	Battle-Fit		Battle-Fit		Battle-Fit
1205-1250	HIIT	Spin	Cardio Fit	Mobility	Functional Strength



Battle-fit

A combination of cardiovascular, core, and muscular strength/endurance work are mixed for a high intensity class. These classes change each week with emphasis on different components of fitness. All levels welcome. Come prepared to work indoors or outdoors.

Cardio Fit

You want to sweat? Come to this class! This class is focussed on increasing your cardiovascular endurance through long periods of work with minimal rest time. The key is to keep your heart rate up and sustain the work through the whole class.

Formation Unit PT

This class is offered to any groups who are looking to increase their overall level of fitness. Any unit with smaller numbers or individuals are free to drop in.

Functional Strength

Prepare for a full body workout with a variety of movements aimed at giving you a level of athleticism in your everyday life. You will increase your strength and confidence through resistance training, safe lifting techniques, and core stability exercises.

HIIT

This class is focussed on High Intensity Interval Training, where the work phases are intense bursts of exercise followed by short rest periods. Be ready to get your heart rate up while you work hard to increase your cardiovascular fitness and burn those Calories!

Mobility

Have aches and pains? Looking to improve flexibility? Want to increase your range of motion? You've found the right class! From yoga to rolling techniques and stretching, this class is designed to move the body through its full range of motion to help you get the most out of every work out.

Spin

Cycle your way to better health with motivating instruction and music. You control the intensity of the class through tension adjustments. Please bring a small towel and a water bottle.



2022 Veterans Benefits GUIDE

Go to: legionmagazine.com/guide
Download your **FREE** digital guide today!

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

The 2022 guide includes helpful, up-to-date information on eligibility, applying, coverage **+ MUCH MORE!**

A value of **\$19.99!**

FREE for all veterans and their families



LEGION
CANADA'S MILITARY HISTORY MAGAZINE

PUBLISHED BY
CANVET

FITNESS



NADEN ATHLETIC CENTRE FITNESS SCHEDULE (N88)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
0630-0715	FORCE PT – Strength	FORCE PT – Conditioning	FORCE PT – Strength	FORCE PT – Conditioning	FORCE Familiarization
0730-0830				Formation Unit PT	Formation Unit PT
0800-0930	FORCE EVAL	FORCE EVAL	FORCE EVAL	FORCE EVAL	FORCE EVAL
0930-1100	FORCE EVAL	FORCE EVAL	FORCE EVAL	FORCE EVAL	FORCE EVAL
*FORCE Evaluation does not run daily – tests are booked through CAF Unit FORCE Coordinators					
1205-1250	Spin	Aqua-fit	Functional Strength PT	Aqua-fit	HIIT PT

Aqua-Fit

Get moving with a 45 minute, moderate level aquatic workout to improve strength, flexibility, and stamina. Work on core stability while getting an excellent cardio and strength workout. This class uses aqua-jogger belts, foam dumbbells, and pool noodles for a low-impact, high-energy workout.

FORCE Familiarization

The first Friday of every month will be a practice FORCE test where you are able to have each test component evaluated by a PSP Fitness Staff. Other Fridays will be FORCE-specific training. Open to all personnel of all fitness levels.

FORCE PT

Practice and receive feedback on training methods, evaluation protocols, and techniques for different components of the FORCE test. Strength days will focus on progressive resistance training and using equipment such as dumbbells, kettlebells, sandbags, and TRX. The Conditioning days will get your heart pumping with a variety of cardio training on treadmills, ellipticals, and rowing machines.

FORCE Evaluation

FORCE Testing is open to all CAF members with priority booking for deployment, essential training, recruitment, and those expired +1 year. CAF members will book their tests through their CAF Unit FORCE Coordinators. Drop-ins will not be allowed.

Units without a Unit FORCE Coordinator should contact pspcf-besquimalt@gmail.com or call 250-363-4412 to have a member appointed.

Functional Strength PT

Prepare for a full-body workout with a variety of movements aimed at giving you a level of athleticism in your day-to-day life. You will increase your strength and confidence through resistance training, safe lifting techniques, and core stability exercises.

HIIT PT

This class is focused on High Intensity Interval Training where the work phases are intense bursts of exercise followed by recovery periods. Be ready to get your heart rate up while you work hard to increase your cardiovascular fitness and burn those calories!

Spin

Cycle your way to better health with motivating music and instruction. You control the intensity of the class through resistance adjustments on the bike. Please bring a water bottle and small towel.

Unit PT

PSP fitness instructors are offering unit PT to any groups who are looking to increase their overall levels of fitness. Sessions can be offered either at NAC or DKYD facilities. Contact PSP Fitness Coordinator at 250-363-4495 if you have **confirmed** interest from your unit to organize your booking time.

Limited slots available.

Online classes

Looking for ways for you and your family to remain active while at home or away from the gym? Enjoy a variety of fitness classes from mobility to FORCE prep to strength training whenever is convenient for you! Use the link below to see the extensive library of options! <https://www.cafconnection.ca/National/Virtual-Services/PSP-Virtual-Fitness-Schedule.aspx>

BIG CHILL

Sailor credits cold-water swimming for help with injury recovery

Joanie Veitch
Trident Staff

June 2021, Sailor First Class Marie-Neige Dupuis-Carbonneau, a clarinetist with the Stadacona Band, was hit by a pick-up truck while riding her bike home from work. As captain of her unit's Navy Bike Ride team, she would ride about 300 kilometres most weeks. The accident changed everything.

Just minutes away from her home in Halifax, S1 Dupuis-Carbonneau was cycling alongside Lake Banook when the construction truck struck her.

"He had no clue I was on his bumper," she says.

She spent four days in a hospital. Among many injuries, she had torn ligaments and damaged cartilage in her chest. Later, she learned

she had a significant shoulder injury that may require surgery.

Before the accident, S1 Dupuis-Carbonneau was fit and active. She cycled to the band office at Windsor Park most days, often adding an extra 50 to 60 kilometres to her commute. A runner too, she'd qualified for Canadian Armed Forces nationals in both swimming and triathlon.

After the accident, S1 Dupuis-Carbonneau could barely move. Her parents slowly nursed her back and in mid-July, she was able to walk with crutches and an articulated leg brace. Knowing her love of the water, her father promised to take her to the beach.

"I couldn't do much but it was enough just to be able to sit on the beach and be outside. That was the first time I

had a sense that I was going to heal," she said.

By the end of August, S1 Dupuis-Carbonneau was meeting up with some members of the Navy Tridents Triathlon Club during their training swims. She could feel she was beginning to build up her strength. When summer turned to fall and the lake got colder, she continued her outdoor training with an inflatable swim buoy for safety. As the temperatures dropped, she added extra gear – a wetsuit, a neoprene swim cap and surf gloves. Swimming wasn't just making her feel stronger physically, the cold water was helping in other ways too.

"Swimming in cold water has helped me so much. It's like mediation because it forces you to focus on your breathing while your body adapts to the water. All you

can think about is regulating your breathing and being right there, in that moment," she says.

In April, S1 Dupuis-Carbonneau got back on her bike for the first time since the accident. After cycling with her family on the Salt Marsh Trail in Cole Harbour, she knew she could get back to occasionally cycling her former 12-kilometre commute to work.

"I set small, short-term goals so I don't get disappointed," she says. "I would like to be able to run a slow 5-kilometre route by the end of the summer. I think I can do it, but I'll have to take it gradually."

In August, S1 Dupuis-Carbonneau and her family will be moving to Ottawa for her new posting with the Central Band.



Sailor First Class Marie-Neige Dupuis-Carbonneau, a member of the Stadacona Band, has been recovering both physically and mentally after being struck by a vehicle while on her bicycle last year.

Photos submitted

Creating Beautiful Smiles for the Whole Family



SERVICES WE OFFER:

- Dentistry for All Ages
- Cerec Crowns • Implants
- Cosmetic Dentistry
- Orthodontics
- Invisalign/ClearDent
- IV Sedation/Oral Sedation
- Zoom Bleaching

**Westshore
DentalCentre**
Creating Beautiful Smiles
www.westshoredental.com

250-474-2296

2945 Jacklin Road (Westshore Mall)

Hours: Mon-Thur 7:30am - 7:00pm,
Fri 7:30am - 5:00pm, Saturday 8:00am - 5:00pm,
Now Open Sundays 9:00am - 4:00pm

Dr. Jas Sidhu Dr. Brin MacMillan
Dr. Shreya Gakhar Dr. Cleve Kim
Dr. Lien Neale Dr. Harsabib Sandhu
Dr. Sabrina Ma Dr. Amber Lipsett

There's a new FREE text-based support for all CAFkids in Canada.
Text CAFKIDS to 686868

Nous avons un nouveau service par texto GRATUIT pour les jeunesFAC au Canada.
Texte JEUNESFAC à 686868

Parents
Share the info with your kids.
Partagez l'info avec vos enfants.



Developed in partnership with
Kids Help Phone





Clubs

PSP Club Contact List

Aquarius Dive Club		info@aquariusdiveclub.com
Auto Hobby Club	250-480-0191	CFBEsqAutoClub@gmail.com
Golf Association		steve.wist@forces.gc.ca
Kayak Club		info@pfkc.ca
CFB Esquimalt Model Railway Club	778-677-1953	p.boucher@telus.net
CFSA Sailing	250-385-2646	sailinginstructor@cfsaesq.ca
Naden Hockey Club		nadenhockeyclub@gmail.com
CFB Esquimalt Power Boat	250-360-0905	president@boatclub.ca
Work Point Garden Club		workpointgardenclub@gmail.com
CFMETR Boat Club		cfmetr.boatclub@gmail.com
CFB Esquimalt Sports Shooting Club		esquimaltsportshootingclub@gmail.com

Please contact the club you are interested in for rates.



CLUBS

Aquarius Dive Club

No pagers, no phones, no boss! At 90 feet it's a different kind of pressure.

After 25 years, Aquarius has grown to become one of the largest active dive clubs in the Canadian Forces. With the Aquarius Dive Club, divers can take advantage of all the premiere dive sites Vancouver Island has to offer.

Unrestricted by geography, you can regularly find Aquarius Dive Club on the Boeing 737 sunk in Chemainus, HMCS Cape Breton and HMCS Saskatchewan in Nanaimo, HMCS Columbia in Campbell River. You will find us

on our annual Labour Day weekend trek up island for a fantastic weekend of diving and good times. You can join us for our overnight camping & dive trips to China Creek, diving the water-filled missile silo in Washington and diving in other waters further afield. You can also simply enjoy one of our many wonderful local dive sites in the pristine BC waters.

As a club, we're able to take advantage of special pricing on dive charters, gear and dive travel adventure. In the Aquarius Dive Club, you may find yourself travelling with members on our annual tropical trips to places

such as the beautiful warm waters of Cozumel, Roatan and The Bahamas.

We have valuable assets such as a portable compressor and trailer, our own building as well as a great group of divers always on the lookout of the next adventure; we make diving affordable and fun no matter what your skill levels are.

Find out more:

www.aquariusdiveclub.com

<https://www.facebook.com/groups/aquarius-diveclub>

info@aquariusdiveclub.com

Auto Club

The CFB Esquimalt Auto Club is a communal workspace for members who want to save money on automotive maintenance, repair, and modifications. With tools for quick oil changes to engine rebuilds, we cater to a wide variety of vehicles from motorcycles to muscle, European, JDM, track, and classic cars and even trucks, and 4x4. Come build new friendships, learn new skills and trade stories of automotive adventures and avoidable mechanical mishaps.

Our facility is a heated and dry, well-provisioned shop which offers three indoor bays, each equipped with common tools and a car hoist, two movable motorcycle hoists and two new outdoor shelters for painting and extra work space outdoors. Specialized tools such as engine crane and support bars, car jack, and power tools are available to help with your projects and repairs. If your project is taking a little longer than expected, no worries! For a fee, the facility can arrange monthly fenced off vehicle or parts storage.

Our membership takes anyone ranging from novice wrenchers to former mechanics and highly encourage to knowledge share and assist

with helping others. Members are expected to perform their own maintenance and wrenching, though other members are often willing to assist if you're stuck. The facility is staffed by an on-duty custodian during business hours, who can help you find the tools and equipment you need to get the job done, arrange for vehicle storage and take payment.



Wanting a second opinion on a repair quote from an in-town mechanic or assistance with your project? Our helpful community and custodians are willing to offer guidance if the project can be done by yourself or work best left to a professional, saving your time, money and sanity. Our custodians are happy to help with questions about tools and equipment, but their primary focus is to ensure the safety of the club members, proper operations of the equipment and collecting payments.

We are located at Work Point, behind 410 Macauley St. and open Monday, Thursday, and Friday 1800-2200, Sat and Sun 0900-1700.

Check out our web and Facebook page CFBESQAutoClub, email us at CFBESqAutoClub@gmail.com or contact us during business hours at 250-480-0191 for more information.

SERVING CFB ESQUIMALT FOR 33 YEARS

- Tune-ups, oil changes, brakes & alignments
- Lifetime Walker Mufflers
- Guaranteed work
- Government inspection facility
- Driveability & Computer diagnostics
- Towing available

LYALL STREET SERVICE

www.lyallstreetservice.com

1480 Lyall Street

250-382-0015



CFB Esquimalt Golf Association

Looking to play a game in which you yell “fore,” shoot seven, and write down five? Then the CFB Esquimalt Golf Association (CFBEGA) is the club for you, not that we condone dishonourable and dishonest scoring! This club boasts one of CFB Esquimalt’s largest memberships with over 550 members! CFBEGA has contracts in place at two local golf courses that provide reduced green fees to its members. In addition, thanks to other local golf courses, CFBEGA members enjoy reduced green fee rates. Some benefits of this club include:

- Members receive the benefits of club membership at a variety of courses, while the participating golf clubs receive our patronage and spin off business year-round;
- Participation in multiple club tournaments and events such as our Season Opener, Road Trip, Club Championship and Fall Fiasco;
- Golf Canada Gold membership with benefits including maintaining a Handicap Factor, up to \$6000 in Incident Protection cover-

age, discounts on events and merchandise;

- Completely member funded and non-profit; and
- For the 2022/2023 year, our contracts at Olympic View allows between 12-20 maximum rounds per day, and Arbutus Ridge up to 10 rounds per day. We also have special CFBEGA rates at the following golf courses: Highland Pacific (Military discount), Cordova Bay, Cowichan, Metchosin, and March Meadows.



CFBEGA provides the opportunity for members of the Defence Community to play golf at a number of local courses at reduced rates. CFBEGA services are particularly important to serving military members who sail or deploy, and may not be able to maintain full golf course memberships. Check out our web site at www.cfbega.ca for all the details or contact the Club President, CPO1 Steve Wist, via email at Steve.Wist@forces.gc.ca

Kayak Club

Do you like hanging out with seals and whales? Enjoy the benefit of living on the west coast with the CFB Esquimalt’s Pacific Fleet Kayak Club! There are tons of opportunities to explore the beautiful island we live via kayaks or paddle boards!

Some of the benefits include:

- Paddle Canada courses in ocean kayaking and stand-up paddle boards with an emphasis on safety and rescue techniques

including Basic Skills, Level 1 and Level 2 courses.

- Signing out a kayak or paddle board from our fleet of 20+ at any time free of charge.
- Use of club dry suits for additional rental fee.
- Membership is IAW with the PSP policies on recreational clubs. Paddle Canada course required to use club equipment

Please contact us info@pfc.ca

CFB Esquimalt Sports Shooting Club

This club is designed for military members who have their own guns and ammunition and want to shoot on base ranges with like-minded firearms enthusiasts. For more information and to know more about the rules and regulations of the club, send an email to esquimaltsportshootingclub@gmail.com

CFMETR Boat Club at Ranch Point Power & Sail

The CFMETR Boat Club is set in quiet Nanoose Bay, home to the Canadian Forces Maritime Experimental and Test Ranges. The Club is open to active or retired Canadian Forces members, DND or DOD civilians, and the RCMP. Club members enjoy:

- Safe and enjoyable boating;
- Beautiful scenery;
- Great fishing and
- Very affordable moorage and membership fees

All of our 255 foot dock space is currently spoken for but changes annually. Prospective Members wishing to join the club and moor a vessel need to make an application to the executive to be added to a wait list. For more information contact cfmetr.boatclub@gmail.com 250-228-1851 (Pony Moore - Club Secretary)





Canadian Forces Sailing Association

Come join one of the most active sailing clubs in Canada. CFSA is known as one of the friendliest and welcoming sailing clubs around, and one of the most competitive. Join now and enjoy the wind and sea.

We offer:

- Adult and junior CAN Sail approved training courses
- A Junior Racing team that participates in the BC Circuit
- Moorage for CAF and Defence Team members
- Full service and licensed Club House
- Club reciprocals with other yacht clubs around the world.
- A full calendar of social activities
- Club and inter-club racing
- Maintenance yard with bi-weekly haul outs

Our keelboat racing programme is the 'winningest club' in the Vancouver Island Race Series. Our club racing occurs on Sundays (winter) and Wednesday (summer) and we never leave willing crew on the dock – show up and sail. We have sailing dinghies available for member use as well as a Sonar Racing keelboat.

We are located at Lang Cove. Our memberships are very reasonable and CFSA is a great place to get involved with sailing, a sport that will last a lifetime. Please visit the CFSA website for all the details. If you would like a tour or more information contact the Club Commodore, at commodore@cfsaesq.ca. Membership enquiries at membership@cfsaesq.ca; sailinginstructor@cfsaesq.ca or visit our website at www.cfsaesq.ca



CFB Esquimalt Power Boat Club

Are you interested in power boats, fishing or just something social to be involved with family and friends? If so consider the CFB Power Boat Club. Sign up to experience the thrill of catching some delicious Salmon or try something a bit larger with Pacific Halibut. If cruising is more your style, no problem, the Gulf and San Juan Islands, scenery is second to none, which people pay thousands of dollars to visit. All just minutes from our first rate 100 berth facilities located at Work Point.

If you are new to boating, no problem, we have centuries of experience within our club members. The benefits of being a member include:

- The use of the club house;
- Mooring slips;
- Docking ramp;
- Storage compound; and
- Fully equipped service bays with engine hoist, power tools and a paint booth.

The Club sponsors five family-oriented fishing derbies and BBQs per year, with cash prizes and other awards. There is no entry fee for the derbies and no charge for the BBQs. Serving CF members have priority for berthing and other members are placed by seniority in the club. For further information, visit our website at www.boatclub.ca, call the clubhouse at 250-360-0905 (Thursday forenoons are the best time to call) or e-mail workpointboatclub@gmail.com "Tight Lines and Happy Cruising to All"

Work Point Garden Club

HAVE YOU A GREEN THUMB? Want to grow your own organic food year round? Whether you are an enthusiast or wish to learn the basics, the Garden Club can provide you with:

1. Your own plot to work
2. Tools and equipment for working your plot
3. Fenced against deer and pets
4. On-site water
5. Available at any time of the day that suits you best

Considering joining the club but want more information? Contact the club at workpoint-gardenclub@gmail.com



TALK TO A LICENSED OPTICIAN

- Military Family Discounts
- DND RX Forms Accepted

FULL EYE EXAMS AVAILABLE
CALL TO BOOK TODAY!

eye etiquette
OPTICAL BOUTIQUE

189-2401C Millstream Road,
Millstream Village

250-474-1941  
www.EyeEtiquetteOptical.ca



EVATIK
THE EYES HAVE IT

**STORE #2
NOW OPEN**

119-3039 Merchant Way
(Langford)
778-432-3344

LET'S GET SOCIAL

Let your friends, family and followers in on what you do at work.

 @RCN_MRC

 @MARPARC_FMARP

 @Maritime.Forces.Pacific

Follow,
Share,
Like, and
Retweet!



Model Railway Club

The model Railway Club started as an N Scale (1/160) NTRAK modular layout in December 1997. Currently the layout has 31 different modules, that when attached, represents approximately 536 ft. of continuous running track. These modules are

- continuously updated as new techniques and experiences are gained including Digital
- Command Control (DCC) systems.

The HO Scale (1/87) modular layout has 29 different modules that represents approximately 270 ft of continuous running track. Both scale layouts have the ability to operate in both DCC and DC modes. Some of these modules depict logging operations, mining operations and a locomotive servicing facility.

Both of these layouts have been on public display and have won multiple awards as "Best Operating Layout", "Favourite Operating Layout"; and "Best Module" at train shows in Victoria and Nanaimo. The Club actively participates each year in the Victoria Train Show, Nanaimo Regional Train Show, Esquimalt Buccaneer Days, MARPAC Expo, Luxton Fall Fair and the West Coast Welcome.

Our members are all rail buffs and hobbyists that are constantly working to enhance and improve the train modules. Some members enjoy painting the backdrops, working on electronics, installing lighting or creating some form of animated scene. Other members enjoy construction of scenery while others enjoy train operations in either or both scales.

Scale model Railroading is considered to be one of the most popular hobbies worldwide and can challenge our creativity and imagination.

All Active or retired military members, DND and other Government employees are welcome and invited to join the CFB Esquimalt Model Railway Club. We also are allowed limited numbers of others who do not meet the previously noted requirements as well as junior members providing the parent is an active member.

The Club currently meets every Wednesday from 1300-1630 hours and Saturday mornings from 0830-1200 hours in the basement of Building 1031 Work Point Power Boat Club.

Like us on Facebook at www.facebook.com/EsquimaltMRRC. For further information please contact Pierre Boucher at 778-677-1953 or Ken Silvester at 250-474-1316.



PRICES
Lock & Safe
TRUSTED SINCE 1895
www.PricesLock.com

**Installation,
sales, and service
of all things key,
lock and safe.**

*All Military Discounts
honoured on hardware*



DIRECT SERVICE LINE
250-384-4105

Saanich
#8-601 Boleskine Road
250-384-4105

Downtown
1119 Blanshard Street
250-940-1626

Westshore
120-2806 Jacklin Road
250-391-5557

MFRC ESQUIMALT

The Esquimalt MFRC is an independent, non-profit charitable organization that counts on your support.

Consider giving back by pledging to the MFRC.

Charitable Reg. #: 13807 0578 RR0001

Please go to support.esquimaltmfrc.com

FORMERLY BATTERY DIRECT



WE HAVE BATTERIES FOR EVERYTHING!

15% MILITARY DISCOUNT OFF EVERYTHING

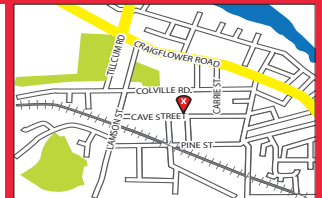
YOUR ONE STOP SHOP FOR:

- | | | |
|----------------|-----------------|--------------------|
| — ALKALINE | — INSTALLATIONS | — THERM OIL |
| — AUTOMOTVE | — MARINE/RV | — SEALED LEAD ACID |
| — CABLES | — MOTORCYCLE | — TWO WAY |
| — CELLULAR | — NICAD | — WATCH |
| — CUSTOM PACKS | — PHOTO | — LAPTOP |
| — CAMCORDER | — NIMH | — INVERTERS |
| — DEEP CYCLE | — LITHIUM | — AND MORE... |
| — DIAGNOSTICS | — SOLAR | |

250-361-3933

WWW.CDNRG.COM

**CLOSE TO THE BASE
791 CAVE ST.**



Communication Breakdown?

Help a friend or family member hear what they've been missing.

Book a Free Hearing Test Today!



NexGen Hearing is proud to be a Member Benefits Program Partner with the **Royal Canadian Legion**.

Ask about our *special discounts* for Legion Members and their Families.

VIEW ROYAL 778.433.3911

130-29 Helmcken Road

VICTORIA DOWNTOWN 250.590.1121

617 Fort Street

ROYAL OAK 250.590.6569

201-4500 West Saanich Road

NEXGEN HEARING
nexgenhearing.com

outshine
SALON & SPA

10% MILITARY DISCOUNT

Discount applies to all retail products and services from participating service providers.

Offering the best the beauty industry has to offer, we strive to meet our guests' needs above and beyond. We offer full hair and esthetic services by our talented team of professional stylists and skin therapists.

Call us today to book!

250-383-5598

880B Esquimalt Rd (at Head Street)

www.outshinesalonandspa.ca



10% off
regular priced
footwear, jerseys
and jackets

www.soccerworldvictoria.com



SoccerWorld

THE PLAYER'S STORE

SAANICH PLAZA 250-475-3777

Our food, like our friendships
are **real** and
enduring...

BUY SIX MILE
E-GIFT CARDS
ONLINE

Families
with minors
welcomed.



... full of **flavour**
and **texture.**



SIX MILE
PUB & EATERY

SUSTAINABLE • LOCAL • COMMUNITY est. 1855

VOTED
#1 PUB
TIMES COLONIST
READERS' CHOICE
Award
WINNER

EAT Readers' Choice Awards
Smart, Local, Delicious.
2020 WINNER
BEST PUB
TO TAKE A KID

250.478.3121 • 494 Old Island Hwy. at Six Mile Rd.

www.sixmilepub.com