

Rear-Admiral Bob Auchterlonie, Commander of Maritime Forces Pacific, and Babcock Canada's President Mike Whalley drop the puck for the opening faceoff between Babcock's Gord Szczepski and Capt(N) Jason Boyd, CFB Esquimalt Tritons. Read the full story on page 2.









Capt(N) Jason Boyd accepts the Victoria-Class trophy from Commodore Angus Topshee and Babcock Canada's President Mike Whalley.

Tritons submerge Babcock in charity hockey game



Jackie Carle, Esquimalt MFRC Executive Director, accepts a donation cheque from Babcock Canada's President Mike Whalley.

Peter Mallett Staff Writer

A successful hockey fundraiser played out last week at the Wurtele Arena raising \$5,500 for the Esquimalt Military Family Resource Centre (MFRC).

A near-capacity crowd filled the stands on Sept. 4 to watch the CFB Esquimalt Senior Tritons defeat Babcock Canada 8-2 and claim the inaugural Victoria-Class Cup title.

But the final score didn't seem to matter much to hockey fans, players and volunteers says the game's organizer Lisa Church, MFRC Community Engagement manager.

"I am so proud of the entire MFRC team, the CFB Esquimalt community, and Babcock Canada who came together to support this event," said Church. "Our intention was to create an event that would be enjoyed by all members of the defence community and their families and there is nothing like a good game of hockey to bring people together."

Photo by LS Bryan Underwood, MARPAC Imaging Services

Fans were treated to free soft drinks, barbecued hot dogs, and pizza before Commander of Maritime Forces Pacific, Rear-Admiral Bob Auchterlonie and Babcock Canada's President Mike Whalley conducted the game's ceremonial puck drop.

At the conclusion of the game, Whalley made a cheque presentation of \$5,000 on behalf of Babcock Canada to MFRC Executive Director Jackie Carle. Another \$500 was raised through the game's 50-50 draw and a Chuck-A-Puck contest.





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Sailor reaches milestone donation

Lt(N) Melissa Kia HMCS Malahat PAO

LS Robert Hull of *HMCS Malahat* eases into a donation chair at the Victoria Canadian Blood Services Clinic as if he's sitting down at his favorite park bench.

After 34 years of donating whole blood and platelets, he has achieved a milestone which few people reach.

Last Tuesday, Sept. 3, marked his 500th blood donation. LS Hull, unassuming about his feat, likens his bi-weekly donation to stopping off for a coffee with friends.

"After so many years it is just a habit to come down to the clinic and give," he says as the pumps whirl in the background.

When queried about how he got started, LS Hull says, "I guess I was just curious when I started donating. I still remember my first time, I was only 18 years old. I went down to the clinic in St. John's, NL, after my father was diagnosed with stage four cancer. Cancer took both of my grandfathers, so I wanted to do something to help."

Feeling like he could make a difference in the lives of cancer patients, and all Canadians who were in need of blood, kept LS Hull going back time and again for the next three decades.

"I learned that cancer patients desperately need blood and platelets as part of their treatment," he said.

Though his father beat the odds, and survived his bout with the disease, LS Hull was hooked on donating. Going back to give became a part of his lifestyle.

Patricia Willms, a spokesperson for Canadian Blood Services, could not overstate the importance of LS Hull's record donation.

"Though I don't have the national statistics on hand, I can assure you that very few Canadians ever reach a 500th donation," says Willms. "To reach such an achievement is a huge deal. For men, they can donate whole blood about six times a year, and platelets about once every two weeks maximum. They also have to pass a screening to ensure they haven't been to any countries which are considered malarial risks. Five hundred donations represents an incredible commitment on the part of the donor."

LS Hull says he is not interested in his donation count, but rather how many people he can help.

"Just think, if I donate 500 times, and each donation helps three people, that's 1,500 people. Ultimately, what I really hope is that someone else picks up my habit. Imagine if just



It's just another day at the blood bank for LS Robert Hull. What's unique is it is his 500th donation.

one person donated bi-weekly too, how exponential the effect could be in terms of helping others. After all it's right there in the slogan: It's in you to give."

Canadian Blood Services will be at the Chief's and Petty Officer's Mess on Monday, Nov.18 for a blood drive. Interested members can sign up to give by visiting www. blood.ca or by downloading the "Give Blood" app. Members can also call Canadian Blood Services at 1-888-2 DONATE (1-888-236-6283).

HMAS Brisbane III port visit



Australia's HMAS Brisbane III was in town last week on a port visit. It berthed at C Jetty in Dockyard and held a special friendship building event on board that included members from HMCS Calgary. It is the second of three new Hobart Class guided missile destroyers.



mattersofOPINION

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People Talk

The Esquimalt Military Family Resource Centre (MFRC) held a benefit hockey game between the CFB Esquimalt Senior Tritons and a team representing Babcock Canada. Lookout asked those attending the game the following question:

If you had a chance to meet any famous hockey player in the history of the game, alive or dead, who would it be and why?



Wayne Gretzky. I grew up watching him when I was a child living in Greenwood, N.S., There was nothing else to do when I was a kid but watch hockey. Gretzky went on to become an administrator, coach, and businessman.

Kelly Aucoin, Military Family Resource Centre Esquimalt



Lanny McDonald. He was such an icon in the game in the NHL

Greg Buckle

Miikka Kiprusoff because he got me interested in hockey and playing goaltender when I was 14-years-old. His style was completely different and unique, he wasn't like the other goalies

Cpl Katie Sawatzky, **Base Information Services**

Goaltender Mike Palmateer.

He was a smaller goaltender, moved around really quickly, and was agile. The pads and the rest of the goalie gear was smaller back then, so they actually had to stop the puck instead of just standing in front of it.

CPO1 Tim Blonde **Formation Chief Petty** Officer

and went out on top with a Stanley Cup win. Lanny played for a very long time with multiple teams and talking to him about his experiences in the hockey world, especially from his early days in the 1970s and 1980s, would be very interesting.

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James Southern,

Pacific

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NDWCC National Champion Message



I am once again privileged to be the Champion for the 2019 National Defence Workplace Charitable Campaign (NDWCC).

This year, we will be shining a light on the very real issue of veterans' homelessness. As a Defence Team, we can do our part to lend a hand to the men and women who once proudly served as members of Canada's military. Our donations will help to develop a better understanding of why and when a veteran becomes homeless

so that we can help prevent future veterans from falling victim to the same fate. We will work with registered Canadian charities who address the reality of homelessness among our veterans and offer services and support to former CAF members.

The Defence Team is the largest national contributor to the Government of Canada Workplace Charitable Campaign (GCWCC), and as such, the Defence Team holds a key place in supporting registered Canadian charities.

Each of us is able to support the causes that matter the most to us.

The NDWCC is a campaign of choice; you get to choose how, and where, your donations are made.

I invite you to be a part of this community, standing shoulder to shoulder for members of the Canadian Armed Forces, past, present, and future.

Chris Henderson, ADM(PA) 2019 NDWCC Champion



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The late, great Tim Horton because even though he was a talented hockey player he did guite well as a businessman. He had a wonderful personality, and was quite a respected person.

Historian to loan candid snapshots to base museum

Peter Mallett Staff Writer

In two weeks, Canadian naval historian Roger Litwiller will share his collection of 1,800 images with the CFB Esquimalt community.

He is loaning his collection to the CFB Esquimalt Naval and Military Museum, and conducting a lecture on naval history at the museum Sept. 18.

He began amassing unofficial candid photos of life in the navy when he was

researching for his first book White Ensign Flying - The Story of HMCS Trentonian.

"They really are intriguing pictures and accurately capture a day-in-the-life of a sailor," says Litwiller. "That is also the focus of my writing. I have always enjoyed sitting down with our veterans and hearing their stories of what life was like on board an RCN ship."

A favourite set of images is that of a mock wedding on board Trentonian in the days leading up to the Battle of Normandy in the Second World War. The light-hearted photo was taken on the gundeck, below the ship's bridge. It shows a sailor posing as a Justice of the Peace and two sailors being married, one playing the part of the bride and wearing a mop for a wig.

"It was a fun way for them to blow off steam and share a laugh in trying times. In multiple images that were captured of this event you can see the sailors were clearly laughing and grinning," said Litwiller. "The stunt clearly worked because when the corvette reached port the entire ship's company was given [shore] leave."

Litwiller's images are not original but rather scanned high-resolution images borrowed from veterans he interviews. He meticulously records as much information about each photo from the vet-

eran before scanning and returning them. He has shared his collection with other Canadian naval museums and the CFB Esquimalt museum is the last to receive the images.

The lecture is Sept. 18 in the museum's Delamere Room from 10:30 to noon.

For more information about Litwiller and his photography and writing visit his website: www.rogerlitwiller.com



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CANEX gaming series returns

Courtesy Trident Newspaper

Canadian Armed Forces sports are a way for military members to build camaraderie through friendly competition, and in the modern day that notion is expanding to include e-sports or competitive video gaming.

The CANEX Championship Gaming Series is back for its fourth year running from Oct. 25-27, and registration is now open, with early-bird prize draws available to those who sign up before Sept.12.

This year's contest features Rocket League, a popular multiplayer game described as a "high-powered hybrid of arcade-style soccer and vehicular mayhem", which won the most votes in an online poll of potential participants taken to choose this year's game.

Each team consists of three players and an alternate, with one player filling the role of Team Captain. All team members must already have, or be eligible to apply for, a CFOne Card, and be 19 years of age or older as of Aug.1. All games are played online and players can take part from any location.

Each member of the winning team will receive the first-place prize package, which includes an ACER 32" Curved Monitor and a MSI Urban Raider Backpack with Laptop Loot Box, keyboard skin, and gaming cap. The total first-place prize package is valued at more than \$900. Those who register before the early bird cutoff will be entered into a draw for two MSI and ASUS gaming laptops – these prizes will be awarded to randomly-selected individual players, rather than to the team as a whole.

Further prizes will also be given to the second-place team, as well as gift card draws open to all players, and for non players who check out the action as it streams live on Twitch, a selection of routers, controllers, keyboard sets, and gift cards will be handed out during the online Viewers' Draw. Organizers say the total value of prizes to be handed out is more than \$8,000.

For more information and to register a team, visit http://canex.ca/ccgs



Submitted photo This year's CANEX Championship Gaming Series will feature the game Rocket League. You can register a team to play or watch the action live on Twitch Oct. 25-27.

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Chief earns highest volunteer medal

Peter Mallett Staff Writer

Fifteen years of unpaid, behind-thescenes volunteerism has earned Chief Petty Officer First Class Paul Fenton a unique, prestigious medal – the Sovereign's Medal for Volunteers.

Last Thursday, Sept. 5, he was one of 44 British Columbia recipients to receive the honour from B.C. Lieutenant Governor Janet Austin in a ceremony at Government House.

CPO1 Fenton, 50, is currently in his 31st year of service with the Royal Canadian Navy (RCN) and was honoured for his years of volunteer work with Scouts Canada.

"It's an incredible honour to be recognized for my volunteering at the national level," said CPO1 Fenton.

The Medal for Volunteers is awarded annually in each province on behalf of the Governor General of Canada, Julie Payette. It is presented to individuals who have made significant, sustained contributions to their community in Canada or abroad. The award was created in 1995 by former Governor General Roméo LeBlanc and builds on the spirit of its predecessor, the Caring Canadian Award.

CPO1 Fenton began his involvement with Scouting in 2004 as Scout Leader when his children became members of the 1st Arbutus Scouts in Esquimalt. Today, he is Group Commissioner with the 33rd Greater Victoria Medical Scout Group. The scout group is for youth ages 15 to 26 and provides first aid services to local scouting events. He is also a member of the Greater Victoria training team for scout leaders.

A military colleague nominated the Chief. He was notified of his award on March 8 through an email from the Office of The Governor General of Canada.

The Sovereign's Medal for Volunteers is a 36mm in diameter medal with a suspension ring that depicts contemporary effigy of the Sovereign, with a circumscribed inscription in capital letters of the Canadian Royal Title and the word "Canada" separated by two maple leafs. The reverse side of the medal celebrates caring and generosity represented by two interlaced hearts, and five gold strips to evoke the fingers of a hand.

It is presented the Chancellery of Honours, part of the Officer of the Secretary to the Governor General. Nominations are carefully reviewed by an advisory committee that makes recommendations on recipients to the Governor General.

More information on the nomination process can be found at:

. https://www.gg.ca/en/honours/canadianhonours/sovereigns-medal-volunteers/ nominate-someone



Photo by LS Shaun Martin, MARPAC Imaging Services

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CPO1 Paul Fenton receives the Sovereign's Medal for Volunteers from Her Honour, the Honourable Janet Austin, Lieutenant Governor of B.C., in a ceremony at Government House.

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DND

The Royal Canadian Navy (RCN) is modernizing the sea command development and assessment process for Naval Warfare Officers (NWOs). During Executive Governance Week in Halifax in June, the Naval Board approved a new process for Command Development and Assessment (CDA) which will evaluate a NWO's command potential throughout his or her career, as opposed to focussing on singular events such as courses or the command review board.

The traditional system is designed so that as Naval Warfare Officers complete their Director (D-level) training and go on to attain a Surface Command Qualification (SCQ), they must pass a command-potential evaluation in the form of a 2-3 hour oral examination or "board". Beginning in 2020, a new Command Development and Assessment Process will be implemented which will borrow from the submarine community in introducing a Surface Command Potential Assessment Tool (SCPAT).

This Surface Command Potential Assessment Tool will be beta tested as a twopage form that allows the NWO to summarize his or her relevant shipboard experience. It will also contain an assessment of the NWO by his or her commanding officer against the four NWO pillars - Leader, Mariner, Warrior, and Manager - as well as providing a 360 perspective on their leadership style. To provide background information for the tool, all NWOs will be required to maintain a log book which will record their bridge and operations time and other relevant experiences at sea and in simulators. The log books are being developed by the Naval Personnel and Training Group and will be similar to those maintained by aircrews, and will be maintained throughout a NWO's career. The Deputy Fleet Commander or Fleet Commander will provide additional review and comment to ensure consistency across the fleets and identify any exceptional talent.

The first PDF-iteration of this new tool will be tested in fall 2019 on all D-level qualified NWOs in sea-going positions who are not yet in command appointments. After gathering feedback from reviewers and reviewees, the intent is to implement a digital tool when the process officially launches in 2020.

This new assessment tool does not replace the Personal Evaluation Report (PER) which will remain the formal assessment of an officer's overall performance and potential

Royal Canadian Navy modernizes approach to sea command development and assessment



within the RCN and Canadian Armed Forces. The new tool will be a developmental aid for NWOs and will provide input to the Naval Succession Planning Board (NSPB), the RCN's talent management governance body, which meets in November and April each year.

The intent will be to complete the form in the fall (September/October) to help differentiate it from the PER and to ensure that it provides timely feedback for the NSPB's November session. In order to benefit from the system, NWOs in shore postings who seek command development opportunities will also have an assessment form completed to cover any period when they are at sea, such as being an Orca officer in charge, or operating in the maritime domain, such as being part of a maritime staff at sea or ashore.

As the assessment of command potential

will be conducted over the length of a NWO's career, the traditional, stand-alone command board will no longer be required. As part of its assessment process, the Command Development Course (CDC) will continue to conduct an oral examination in a board-like format but it will not be pass/fail and instead provide CDC students with feedback on their strengths and weaknesses as a prospective commanding officer. The CDC course report and the annual Surface Command Potential Assessment will provide an extensive track record showing each NWO's progression along the path to command.

Effective April 1, 2020, the SCQ Part II will be granted to a NWO who has successfully completed the CDC and the Operations Room Officer (ORO) course, once he or she has 18 months of ORO experience in a sea-going position. Those officers who feel that their experience and performance warrant earlier qualification may apply to their respective fleet commanders to be granted the qualification after six months of ORO service. For reservists,

the requirement will be CDC and 12 months of leadership at sea (as an Orca officer in charge or an executive officer of a Maritime Coastal Defence Vessel).

On that date, all Regular Force NWOs who have completed their ORO tours, remain in the surface command stream (i.e. have not transferred to the staff sub-occupation) and do not already have their command qualification will be granted their SCQ Part II as long as they have completed CDC and met the ORO Experience Quotient (EQ). NWOs who remain in the command stream and who do not meet these criteria may apply to Director General Navy Strategic Readiness for a "path to qualification" which will detail requirements based on individual circumstances.

While significant, the SCQ is only one of the indicators of readiness for command appointments, which remain the purview of the NSPB. The key factor is not that a NWO has the qualification but that he or she has been deemed suitable and ready for the command opportunity by NSPB (with the final decision made by the Commander Royal Canadian Navy). The new assessment tool will ensure that the NSPB has more and better information on which to base its decisions. Like merit boards, NSPB employs carefully considered scoring criteria to evaluate files equitably and discusses them in detail to choose the most suitable slate of appointments. The active role of Deputy Fleet Commanders in leading the command development and assessment process on both coasts will ensure equity and consistency in the process.

The new command development and assessment process will be effective April 1, 2020. The 2019 NSPB will continue with the current model and only those officers with a SCQ gained through the current board system will be eligible for appointment. Starting in 2020, the NSPB will consider all officers who are command qualified under either system with additional points given to NWOs who hold the legacy board qualification. A final surface command board will be conducted this fall prior to NSPB to afford a last opportunity for all NWOs with CDC to become qualified under the current system.

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First volunteer experience leaves sailor wanting more

Peter Mallett Staff Writer



A sailor from Base Information Services is raving about his first-ever community outreach experience at a youth biodiversity camp in Clayoquot Sound. Leading Seaman Matt Nicolle normally spends his workdays on a ship at sea or at a desk alongside. But

for two weeks in August the 29-year-old turned his attention to rolling up his sleeves and pitching in with cleaning and landscaping duties at the Cedar Coast Field Station on Vargas Island, located five kilometres north of Tofino, B.C.

"I want to tell the story about my experience because I believe it will help others see that they can get special leave allocated for community service, and that there are all sorts of organizations that can use the help of Canadian military personnel," he said.

LS Nicolle required written approval from the Base Commander's office to be allotted the necessary 14 calendar days of community affairs leave between Aug. 3 and 16. He then drove to Tofino and was ferried to the island. After arriving on the island, he assisted other field station support staff in running the summer camp program for approximately seven youths.

Cedar Coast Field Station's mission is to preserve ecological health through research and educa-

tion programs. The field station provides housing and accommodations, acting as a base camp for researchers, naturalists, artists, educators, and students to explore and observe the island and its surroundings, which is part of the region's UNESCO (United Nations Educational, Scientific, Cultural Organization) Biosphere Reserve.

Despite the beautiful oceanfront scenery, LS Nicolle admits most of his 60 hours of volunteer services were away from the ecological research and development. He cooked meals for campers and staff, did indoor custodial and cleaning duties, and helped with landscape maintenance projects on the trails and camp gardens.

He described his time as "an incredible experience" simply because of the mission of the field station.

LS Nicolle says, like many people, he strives to be more environmentally conscious in his day-to-day activities but wants to do more.

"It's one thing for people in the military to talk about biodiversity and environmental awareness but it's another thing to back it up with concrete actions," said LS Nicolle.

During his down time, LS Nicolle explored the island and its surroundings. He even witnessed gray whales breaching the surface of the ocean just off of Flores Island.

"I loved the experience because it was all about helping youth understand and appreciate biodiversity, but also because it was something completely different for me to do. I would love to go back there and help out again someday."





New submarine exhibit in East Coast museum

Ryan Melanson

Trident Newspaper

The Naval Museum of Halifax always has a team of helpful volunteers ready to lend a hand, but a group of retired submariners have taken it to a new level over the past 16 months. The result of their hard work is now officially on display for visitors to enjoy.

The museum held an official opening Aug. 8 for the exhibit focused on the history of Canada's submarine service. Titled "Diving Now! Diving Now! Submarines in the Service of Canada", the new room features a mix of physical artifacts and mementos, diorama-style recreations, and beautifully designed informative displays, stretching back from the very first CC-Class boats, through the Second World War and Cold War era, and up to the present with the Victoria-class fleet that currently serves.

"It's been a lot of hard work, but it's very rewarding to have the room ready for everyone to see today," said Brian Lapierre, a former submariner who sailed in both HMC Submarines Okanagan and Onondaga as an electrician during his 21-year naval career.

Lapierre, along with fellow retired submariner Jim Northtrup, led the creation of the new exhibit on the volunteer side, and the two were credited with putting in more than 500 hours at the museum since the project began.

"I used to come in on my time off and spend a couple days a week inventorying all the artifacts in the basement, but I could not have imagined it coming together with a project like this," he said.

Included in the exhibit are a recreated mess and sleeping quarters from an Oberon-class boat, a feature on the submarine escape hatch, handmade boat models, archival photos, documents like books, journals and design plans, and informative displays focusing on topics such as women in the service, noted submarine commanding officers, and

each class of submarine that Canadians have sailed in.

The room was packed with submariners for the official opening, from currently serving members of the Victoria-class subs all the way back to those who served on Royal Navy A-Class boats following the Second World War.

Museum Director Jennifer Denty said working with the many current and former submariners who contributed to the project was an educational experience that gave her a glimpse into their tight-knit community. She was also forced to brush up on her submarine lingo, and learn why 'skimmers' couldn't be trusted to properly tell the Canadian submarine story.

"The sense of community they've introduced us to has been so striking. Watching Brian and Jim work with younger submariners, as well as those who are a bit wiser in years, has shown that they have a strong, noble and fierce community,"

she said. "They take these moments from the history books and bring them alive. We're very proud to be able to present that history."

The museum team thanked the many people who helped make the project a reality, including their civilian



Photo by Cpl Thompson, Formation Imaging Services

Capt(N) David Mazur, CFB Halifax Base Commander, and CPO2 (Retired) Brian Lapierre, a former submariner, cut the ribbon to officially open the Naval Museum of Halifax's newest exhibit.

volunteers, members of MOG 5, *HMCS Windsor*, trainers from the Submarine Simulator, and students from NSCC's Graphic Design program, who developed engaging and creative displays for the wealth of information included in the exhibit.



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CPO2 Jake Underwood turned over HMCS Victoria Coxswain to CPO2 Etienne Langlois at the Change of Appointment ceremony held Aug.19. The ceremony was presided over by LCdr Eric Isabelle, Commanding Officer.



PO2 Detombe is appointed to NCdt by LCdr Isabelle and Lt(N) Zia.



CPO2 Ryan Gaudet is commissioned to Lt(N) by Cdr Paul Francoeur, Commander Sea Training Pacific, with the help of Gaudet's wife.



Registration is currently open for fall • Youth soccer: 4 – 17 years old • Senior soccer: 17 – 70+ years old

We are a community based soccer club providing all of its members with development, fun and a lifelong passion for the beautiful game.

We pride ourselves on being the oldest full service soccer club in Victoria, offering winter league play, free academies, spring league, winter futsal, and more! We are innovative, player-centric, responsive to our members' needs, community-minded, and accepting of all players. A player will never be turned away due to lack of fees (external and internal grants available).

Online registration Available at: www.gorgesoccer.ca In-person Registration: Hampton Park Clubhouse (240 Hampton Road) Saturdays 9am-11am Questions? info@gorgesoccer.ca



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Anahim Lake, Bella Bella, Bella Coola, Campbell River, Comox, Cranbrook, Kelowna, Masset, Port Hardy, Powell River, Prince George, Tofino, Trail, Vancouver, Victoria, & Williams Lake



Naval Fleet School Pacific awards and promotions

by Cdr Annick Fortin, Officer Commanding Venture



Lt(N) Quong is awarded the Canadian Forces' Decoration for 12 years of good and loyal service.



PO1 Marsh is awarded the Canadian Forces' Decoration Second Clasp for 32 years of good and loyal service.



PO2 Champ is awarded the Canadian Forces' Decoration First Clasp for 22 years of good and loyal service.



SLt Hopkins is awarded the Canadian Forces' Decoration First Clasp for 22 years of good and Decoration for 12 years of good and loyal service. loyal service.



MS Adams is awarded the Canadian Forces'



PO2 Granger is awarded the Canadian Forces' Decoration for 12 years of good and loyal service.



A/SLt Alaik is commisioned to his current rank by Cdr Fortin and LCdr Kennedy.



From left to right: Cdr Fortin, LS Gardiner, AB Broakmoeller, LS Thrun and CPO1 Conlon, NPTG Coxswain. LS Gardiner, AB Broakmoeller and LS Thrun each received a Bravo Zulu for their quick and positive action when a fellow member of the Defence Team experienced a medical emergency. Their actions have brought credit upon themselves and to Naval Fleet School Pacific.



Naval Warfare Officer Graduation

Photo by Leading Seaman Shaun Martin, MARPAC Imaging Services Students and course instructors pose for a group photo following the conclusion of the Naval Warfare Officer Phase IV graduation ceremony, held in the Dixon Building Drill Hall, at Work Point on Aug.23.



PO2 Warford is commissioned to the rank of SLt by Capt(N) Danny O'Regan and CPO2 Penner at Naval Fleet School Pacific.





LS Campbell is awarded a Maritime Pacific Bravo Zulu certificate by Cdr Fortin for distinguishing himself throughout the VAN Isle 360 deployment. While deployed in Renard as the senior cook supporting Sailing Training Vessels Tuna and Goldcrest, LS Campbell organized provision in remote locations throughout the Island in order to feed not only the crew on Renard, but also the two accompanying Sailing Training Vessels. His actions have brought credit upon himself, the ship, and Maritime Forces Pacific.

Recognize the great work of your employees here on the Lookout Bravo Zulu pages!

Send **high-resolution JPEGS** with a full caption to melissa.atkinson@forces.gc.ca





Email your Free Word Classified to melissa.atkinson@forces.gc.ca

VEHICLES FOR SALE

FOR SALE - 2011 MERCEDES BENZ E350 4MATIC SEDAN WITH ONLY 75,000 KM

This car has stayed local to BC and comes with lots of great features! The included Premium Package comes with a Panoramic Sunroof, HDD Navigation, DVD Changer, Media Interface, Rear Window Sunshade, Harman/Kardon Surround Sound, Electronic Trunk Closure, and Keyless Go. As well, the Driving Assistance Package comes with Passive Blind Spot Monitoring and Passive Lane Keeping Assist. Black on black. Asking price is \$19,500. Please call 250-812-3266 if interested.

MUSIC LESSONS Your Music **CASTLE CARY** PIPES & DRUMS Instruction FREE PIPING AND DRUMMING lessons Headquarters for military and civilian students. Experienced musicians welcome. bass Practices TUES 7 PM at Pro Pat Legion, 411 Gorge Road East. electronic keyboard Call Colin **ESQUIMALT MUSIC** 250-385-3982 or Ray 250.385.2263 250-721-4011. esquimaltmusic.com

REAL ESTATE FOR SALE

2 BEDROOM, 2 BATHROOM CONDO FOR SALE IN ESQUIMALT.

Southwest facing suite with secure underground parking. Over 1,000 square feet. Shared laundry (only \$0.50 per load). Small pets welcome; +21 age restriction. Call Jacci to view or bring your own realtor. 250-466-4246. **\$329,500**



REAL ESTATE FOR RENT

BRAND NEW EXECUTIVE LARGE 3 BEDROOM SUITE IN FOURPLEX IN SOOKE

Master bedroom, walk in closet, and en suite; 2 large bedrooms with separate full bath; laundry on bedroom level. Brand new appliances, open concept main floor living space and kitchen with powder room; 2 car drive, garage, ample storage, ocean views, fenced in yard, private road. Perfect for a family. \$2700.00/ month plus all utilities. Call 250-858-1315 or email forgetconstruction@hotmail.com for an appointment.

\$1800/MONTH. ENLISTED MILITARY WILL RECEIVE A DISCOUNT OF 10% OFF THE LISTED RENTAL COST

This street level suite was built in June 2017 with custom kitchen cabinetry and sturdy laminate flooring. The suite has a spacious front room with a good sized bedroom (full closet) plus a den or child sized bedroom. There is a large shared backyard with multiple gardens surrounding the property. Additional features: Inclusive of high speed internet access, hydro, water, dishwasher, and in suite laundry. Minutes walk away from Esquimalt Recreation Center, Saxe Point park, and Esquimalt Plaza (grocery store, liquor store, pharmacy, bank, etc). Perfect for young professional or couple. Must provide references. No dogs, cats considered. Call 778-855-9405 by cell or 250-544-0200 ext. for work.

AVAILABLE IMMEDIATELY

This bright, newly renovated suite has everything including amazing views of Sooke Hills and the Olympic Mountains. Treelane Estates is an adult-oriented community situated right on the banks of the Gorge waterway with waterfront access for swimming, kayaking and diving. Only 5 minutes from downtown Victoria Uptown, Tillicum, Mayfair and Hillside shopping centres. New upgrades include an open concept kitchen with stainless steel appliances, and a renovated modern bathroom. Building has a workshop, games room, outdoor BBQ area and a large common room for larger gatherings. There is covered parking, secure storage, lockup areas for bikes, motor-cycles and kayaks. Rent includes water, hot water, garbage and recycling removal, access to building amenities including a guest suite and maintenance. \$1550.00/ month Sorry, no pets. Email crdproperty@gmail.com or call 250-858-6793

UNFURNISHED 4 BEDROOM FAMILY HOME

Situated on a quiet street in View Royal and only minutes from the ocean, shopping, schools and bike trail. Large sunny lot and a wonderful neighborhood. Full walk out basement with two 3-piece bathrooms. Available October 1st. \$3,000 a month rent, does not include utilities. Tenant is not expected to do yard maintenance. Contact me at c.chernoff.3@gmail.com



REAL ESTATE FOR RENT

GORGE WATERWAY – 3 BR+ GROUND-LEVEL SUITE

Fantastic location, just off the beautiful Gorge Waterway, close to Galloping Goose Trail. Ideal for those who value health/active, nature-oriented and neighbourly. Community-minded house looking to rent ground-level suite in the house: the landlord lives upstairs & looking for compatibility (professional, arts/music/yoga friendly). Quiet family neighbourhood. Space can work well for couple or couple with young child. Great schools near-by. Two bedrooms regular sized, with a smaller third room suitable for storage or home office. Separate entrance looks onto large, shared backyard with covered patio. Shared laundry. Bedrooms newly carpeted, whole suite freshly painted, new blinds on all windows. Non-smoking (of any kind, in or on property). No pets.

October 1 or before. \$1900 – includes utilities: heat, hot water. Please describe who will be renting and what you are looking for in a home. Viewing by appointment – email julia@juliamenard.com.

AVAILABLE NOW

This bright, newly renovated beauty of a suite has everything. Best of all, it boasts an amazing panoramic view; spanning from Mt. Douglas, across downtown and the Gorge waterway, to the Sooke Hills (with the Olympic Mountains as a backdrop!)

Treelane Estates is situated right on the banks of the Gorge waterway. It has waterfront access for swimming, kayaking and diving, and is tucked away from traffic down its park-like private driveway. New upgrades include a new kitchen with stainless steel appliances, a renovated modern bathroom and hardwood flooring throughout. Included in the building are a workshop, games room, outdoor BBQ area and a large common room for larger gatherings. There is covered parking, secure storage, lockup areas for bikes, motorcycles and kayaks. The apartment has its own sunny balcony as well.

Rent includes water, garbage and recycling removal, access to building amenities and maintenance. \$1700.00/month Available for showing. Please email for details. crdproperty@gmail.com



September 9, 2019





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