

Want to know what your Base Commander is up to?

Do you use Facebook? Twitter?



Follow Captain (N) Sam Sader @MayorCFBEsq and visit facebook.com/EsquimaltBase/

• CANADIAN MILITARY'S TRUSTED NEWS SOURCE •

Volume 64 Number 39 | September 30, 2019

LOOKOUT

MARPAC NEWS CFB Esquimalt, Victoria, B.C.

f LookoutNewspaperNavyNews @Lookout_news LookoutNavyNews

BLOG NDWCC FUNDRAISER

FALL OIL CHANGE

Open to CFB Esquimalt employees and their families

THURSDAY, OCTOBER 24, 2019

7:30 am until 3:00 pm, Bldg 1127 (Work Point) TEME Workshop.

SEE BACK PAGE FOR DETAILS!

Appointments will be taken until October 22, 2019.

Contact Janice Beljanski at 250-363-7208 or janice.beljanski@forces.gc.ca

Ottawa on the move



Leading Seaman Timothy Bee and Ordinary Seaman Austin Meyer escort HMCS Ottawa out of Dutch Harbor, Alaska, after a port visit on Aug. 13. Ottawa is deployed for a four-and-a-half month deployment to the Asia-Pacific region on Operations Projection and Neon. See more on pages 10 and 11.

Photo by Leading Seaman Victoria Loganov, MARPAC Imaging Services

ON SIDE FOR YOU

M'CONNAN BION O'CONNOR & PETERSON

Lawyers **ON SIDE FOR YOU**
www.mcbop.com

We thank you for your service

McCannan Bion O'Connor & Peterson Law Corporation
#420-880 Douglas Street, Victoria, BC Canada V8W 2B7
Tel: 250-385-1383 | Toll Free: 1-888-385-1383 | Fax: 250-385-2841

We proudly serve the Canadian Forces Community

As a military family we understand your cleaning needs during ongoing service, deployment and relocation.

MOLLY MAID
www.mollymaid.ca

(250) 744-3427
paula.whitehorn@mollymaid.ca


Downtown Dental Victoria

Healthy Beautiful Smile!

Dr. Stephan Picard
250-382-1541

DowntownDentalVictoria.ca

En Français Aussi!



Delicious

HAVE A SWEET DAY

PANCAKES

Join us for the annual
NDWCC
PANCAKE
BREAKFAST!

\$5 gets you pancakes and syrup, sausages, hashbrowns, coffee, tea and juice.

October 1 7 to 9a.m.
at the Chiefs' and Petty Officers' Mess



MESSAGE FROM THE BASE COMMANDER

NDWCC campaign launch

Team,
 To launch this year's National Defence Workplace Charitable Campaign (NDWCC), I would like to invite you all to partake in a breakfast at the Chiefs' and Petty Officers' mess this coming Tuesday Oct. 1 from 7 to 9 a.m. This event will serve as the kickoff for this year's NDWCC and all members are encouraged to attend to show their support for this worthy initiative. Cost will be \$5 and the Command Team will be on hand serving up a selection of pancakes and syrup, hashbrowns, sausages, tea, coffee and juice. Commuting attire will be permitted at the C&PO's for the duration of the breakfast.

Since the late 1990s, CFB Esquimalt has donated over \$10 million to local charities, helping to support those in need and making a significant impact in our community. Each year, the NDWCC is an essential part of our fundraising

efforts, as we work closely with United Way and HealthPartners to raise funds for a number of meaningful causes. I encourage all of you to find ways to contribute to this year's campaign, whether it be through a monetary donation or by volunteering your time in support of a charity close to your heart.

Please watch our social media channels and Base TV for more events and initiatives from across the Formation. Your donation matters and confirms that the defence community is #Readytohelp

Facebook: @EsquimaltBase
 Twitter: @mayorcfbesq
 Instagram: @mayorcfbesq

I look forward to seeing you on Tuesday morning to kick off the campaign!

Captain (N) / Capitaine de vaisseau
 Sam Sader, CD, MBA



98.5 OCEAN

Robin & AJ
 Good morning. Good times.



Rifleman Harold George.

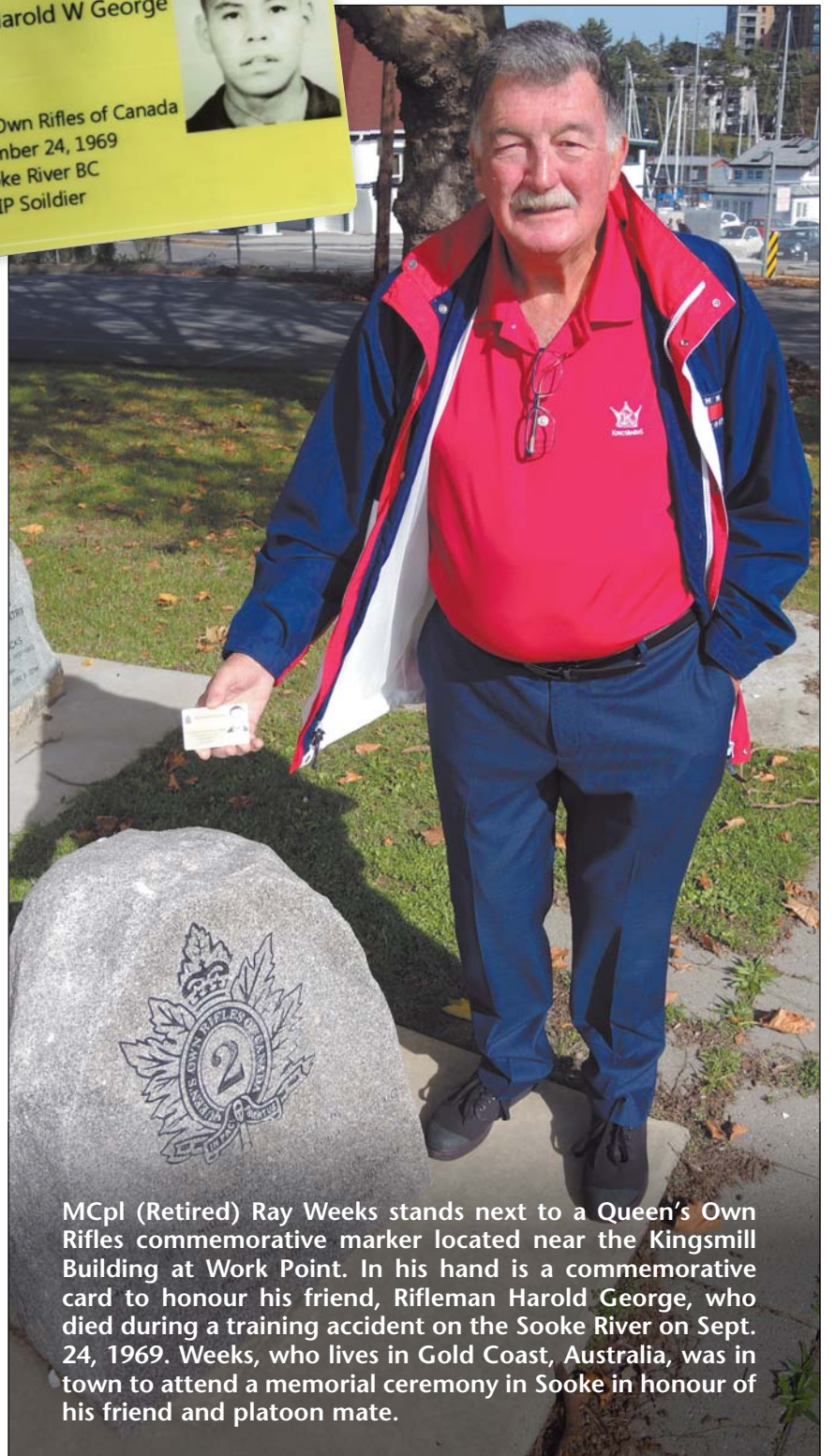
VETERANS REMEMBER

Fallen Comrade

OF 50 YEARS AGO



"He was a quiet type of guy who always seemed to keep to himself and did his job as a soldier extremely well."



MCpl (Retired) Ray Weeks stands next to a Queen's Own Rifles commemorative marker located near the Kingsmill Building at Work Point. In his hand is a commemorative card to honour his friend, Rifleman Harold George, who died during a training accident on the Sooke River on Sept. 24, 1969. Weeks, who lives in Gold Coast, Australia, was in town to attend a memorial ceremony in Sooke in honour of his friend and platoon mate.

Peter Mallett
Staff Writer

Three former members of the Queen's Own Rifles 1st Battalion gathered at Sooke Potholes last week to remember a fallen comrade who died in a training accident 50 years ago.

The memorial was organized by Master Corporal (Retired) Ray Weeks for his friend and platoon mate, Rifleman Harold George, who drowned in the fast-moving Sooke River during a training exercise.

Weeks, 72, travelled from his home in Gold Coast, Australia, to attend the ceremony. He was joined by two former platoon mates from 'A Company'.

"The memorial didn't have a sequence or a blessing or a padre. It just included members of the battalion who wanted to say goodbye to our friend," said Weeks. "I never got a chance to say goodbye to Harold back then because I was injured in the training exercise and in the hospital for weeks. The whole incident still weighs heavily in my mind, so I decided to do something about it."

On Sept. 24, 1969, George was 19 when the 12-foot rubber assault boat he was riding in capsized in the rapids, leading to his drowning death.

The soldiers had travelled from their unit's headquarters at the Work Point Barracks for a three-day Watermanship Training Exercise on the Sooke River above the potholes, located 40 kilometres west of Victoria. George was among 40 men riding in four rubber boats when the accident occurred.

Weeks was one of two soldiers who were injured in the accident. He suffered extensive bruising, a fractured skull and concussion and damaged inner ear.

George's body was recovered the next morning after an extensive overnight search by members of the Royal Canadian Mounted Police and his battalion.

A funeral service with the Battalion Burial Party was conducted at Forrest Lawn Memorial

Park the following week but Weeks was still recovering from his injuries in hospital and was unable to attend.

The two men were teammates on the Queen's Own Rifle soccer team and like many soldiers had what Weeks and other veterans describe as an "unbreakable bond."

"He was a quiet type of guy who always seemed to keep to himself and did his job as a soldier extremely well," said Weeks. "The Queen's Rifles were tight and its members did everything together in those days. That's why I thought it was so important to remember Harold."

The ill-fated exercise

Their doomed journey began six kilometres to the north of the Sooke Potholes. At some point on the river, boats overturned in the fast-flowing current and George disappeared under the water. Most platoon mates made it to shore safely. They were all wearing lifejackets, but not helmets.

George's death resulted from a series of miscues and mistakes according to Weeks and official accounts. A military inquest into his death was held in the months following the incident. The Victoria Daily Times reported in December 1969 that a military court of inquiry blamed the incident on a "lack of planning and forethought" by senior officers in the Queen's Own Rifles.

Two officers of the Battalion were charged under the National Defence Act with Neglect to Prejudice of Good Order and Discipline. Both men appeared before Summary Trials and were given reprimands for their actions.

"It still sits in my mind today," said Weeks. "When people grow older and age you start to think a lot more about things that happened in the past, so I decided to do something about it and remember Harold."

For more on the Queen's Own Rifles and a special web page dedicated to George visit their website: <https://qor-museum.org/soldiers-of-the-queens-own/george-harold-wayne/>

AFFORDABLE OFF BASE LIVING!

Bachelors, One Bedrooms, Two Bedrooms, & Three Bedrooms available

ASK ABOUT OUR MOVE IN BONUS FOR DND/CF!

250.381.5084 CAPRENT.COM

matters of OPINION

WHO WE ARE

MANAGING EDITOR

Melissa Atkinson 250-363-3372
melissa.atkinson@forces.gc.ca

STAFF WRITERS

Peter Mallett 250-363-3130
peter.mallett@forces.gc.ca

PRODUCTION

Teresa Laird 250-363-8033
production@lookoutnewspaper.com
Bill Cochrane 250-363-8033
workstation3@lookoutnewspaper.com

ACCOUNTS/CLASSIFIEDS/RECEPTION

Jennifer Barker 250-363-3127

SALES REPRESENTATIVES

Ivan Groth 250-363-3133
ivan.groth@forces.gc.ca

Joshua Buck 250-363-8602
joshua.buck@forces.gc.ca

EDITORIAL ADVISORS

Capt Jenn Jackson 250-363-4006
Katelyn Moores 250-363-7060

Published each Monday, under the authority of Capt(N) Sam Sader, Base Commander.

Le LOOKOUT est publié tous les lundi, sous l'égide du Capt(N) Sam Sader, Commandant de la Base.

The editor reserves the right to edit, abridge or reject copy or advertising to adhere to policy as outlined in PSP Policy Manual. Views and opinions expressed are not necessarily those of the Department of National Defence.

Le Rédacteur se réserve le droit de modifier, de condenser ou de rejeter les articles, photographies, ou annonces publicitaires pour adhérer Manuel des politiques des PSP. Les opinions et annonces exprimées dans le journal ne reflètent pas nécessairement le point de vue du MDN.



Circulation - 3,550 plus 300 pdf downloads per week

Follow us on Facebook, Twitter and Instagram and join our growing social media community.

A Division of Personnel Support Programs
CFB Esquimalt, PO Box 17000 Stn. Forces,
Victoria, BC V9A 7N2

Web: www.lookoutnewspaper.com
Fax: 250-363-3015

Canadian Mail Product Sales Agreement 40063331



WHAT SAY YOU

People Talk

Lookout asked those participating in National Sports Day at the Naden Athletic Centre on Sept. 20 the following question:

As a player, coach, fan or parent what is your proudest or most memorable sports moment?



My experience was as a fan when I attended a professional soccer match while travelling in Colombia. I saw two teams in Bogota square off and it was a fierce rivalry. The atmosphere was incredible, the fans were so passionate, and I will never forget it.

Shirley Choy,
Base Logistics



I am from a soccer family and my son made it to the Gold League championship and won while he was competing in Vancouver for the Gorge Soccer Club's elite team. It was easily my proudest and most memorable moment.

Kristina Maclean,
Base Administration



I used to play soccer while growing up in Ivory Coast. When I was in school in Abidjan I was a very good player and could play multiple positions on the field. I was selected to play for a town and we made it through the regional competition and then went on to the national championship.

SLt Francois Ouattara,
Canadian Submarine Force



My greatest sports moment was competing in a dance academy competition where we competed in tap, jazz, hip-hop and contemporary. I was selected to go to provincials eight different times and represented Victoria, and one time I got runner up.

Chelsea Schaddelee,
Fleet Maintenance Facility

WHAT SAY WE

WHAT GRINDS MY GEARS

Poor signaling



SLt M.X. Déry
Contributor

I recently saw someone use their right hand to signal a left hand turn while cycling. It was as jarring to me as seeing someone salute with the left hand.

I had decided to ignore it, but someone wrote to the Lookout on this topic, so perhaps others are confused about how to signal while cycling.

Most cyclists don't signal at all, let alone signal incorrectly. Using the left hand to signal comes from driving a left hand drive vehicle on the right hand side of the road. It is all about visibility. You can't stick your right hand out of the passenger side window, well, not safely.

If you're bored and want to look up the reference, article 172 of the Motor Vehicle Act explains hand signals for vehicles and for cyclists; it is article 183, subsection 17 b) (i).

Put simply, you are to use the left hand for right and left turns, and stopping. The right

hand can be used for right turns, and nothing else.

At least some cyclists are trying.

Every day I bike to work and see cyclists burn through stop signs, turn without signaling and ride on the sidewalk. Even if the cyclist incorrectly uses their right hand to signal that they are stopping, at least they are attempting to communicate their intent and actually stopping.

Pedestrians should be forced to indicate their intent too.

Walking across the road diagonally without shoulder checking is infuriating. Crosswalks don't create an invisible barrier between you and the dangers of the world. If I'm two feet behind you when you step out into the road, how can I stop in time?

More and more electric vehicles are on the road, so relying on your hearing and blind luck will eventually end with you riding the hood of a Tesla.

And how can it be safe to have a coffee in one hand and a cell phone in the other while

walking the wrong way down the bicycle lane next to the closed sidewalk? Have some situational awareness.

As it becomes darker, colder and damper, the fair weather riders vanish, but they are replaced by drivers who are all fighting over parking spots. Large SUVs park in small car parking spots, cars double park or pretend to be delivery drivers by parking in loading zones.

All these breaches of the rules are really just people believing they are the exception. "It is just for a minute," or "stop signs are for cars," or "I have the right of way," these are the same people who show up late, leave early and blame traffic for their poor planning and desire to get another 10 minutes of sleep.

They quote the rules when it suits them on lunch hours and disregard them when they become inconvenient. The rest of us (I'd say silent majority, but let's be honest, I'm not silent), left 10 minutes early, signal when we turn, and park in the right spots.

Don't be the exception.

Habitat for Humanity
ReStore

TWO LOCATIONS:
849 Orono Avenue, Langford
3311H Oak Street, Victoria

THIRD LOCATION NOW OPEN!
50 Burnside Road West, Victoria
250 386-7867
restore@habitatvictoria.com www.habitatvictoria.com

10% DND Discount with ID

• SHOP • DONATE • VOLUNTEER

Need a vehicle?

GOOD CREDIT, BAD CREDIT... WE DRIVE SOLUTIONS!

APPROVED APPROVED APPROVED

The CREDIT DOCTOR

www.creditdoctorvictoria.ca | 250-360-1111

Each beer helps a veteran!

Black Hops is run by veterans, for veterans.

We donate partial proceeds to veterans' programs

www.v2vblackhopsbrewing.ca

Together We Reimagine

**1-3 BEDROOM HOMES.
PREVIEWS BEGIN
IN OCTOBER.**

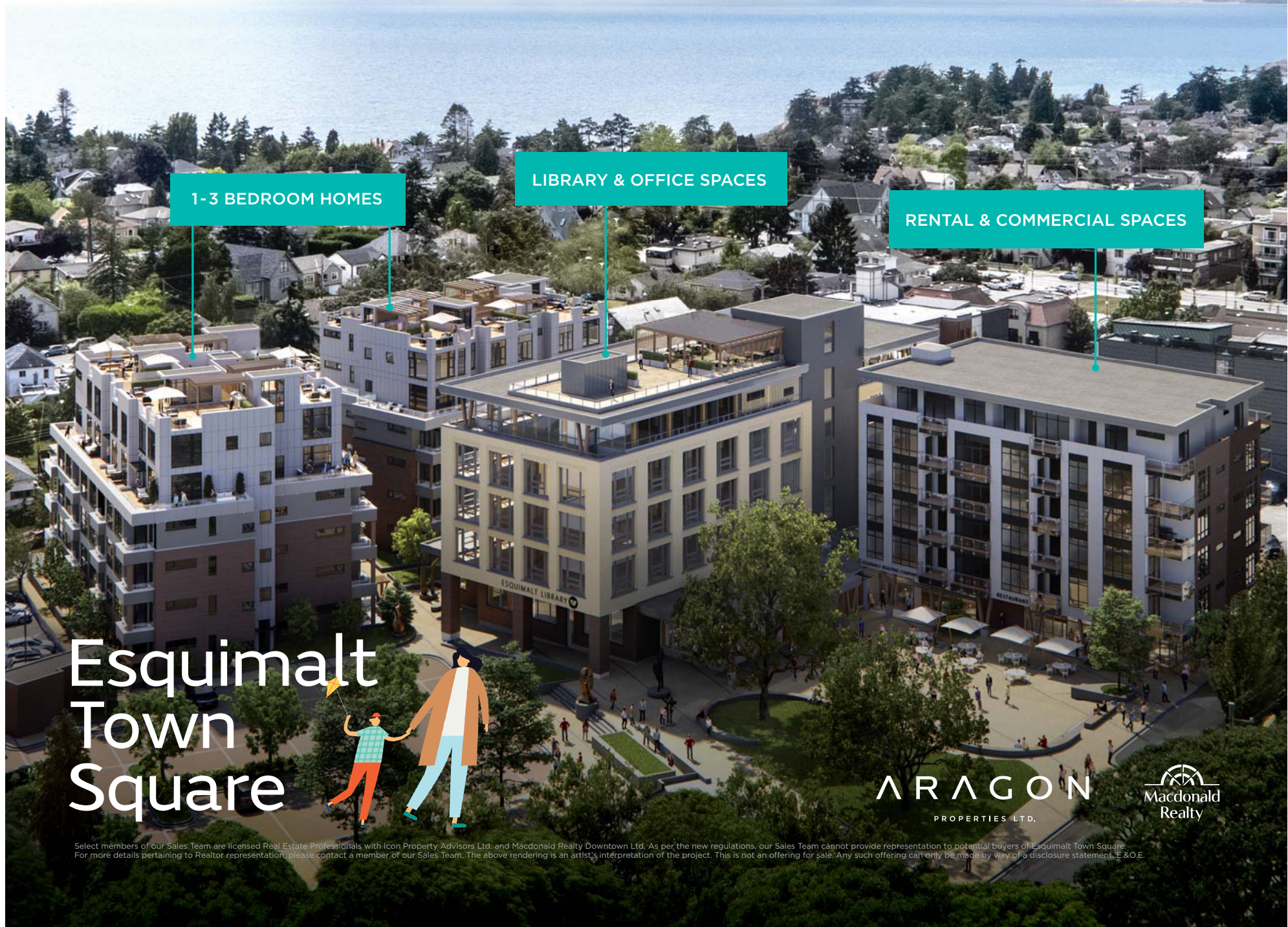
Located at Esquimalt Road and Park Place, Esquimalt Town Square is a transformed community core that proves the whole is greater than the sum of its parts—and that collaboration can yield extraordinary results. Visit our Discovery Centre today for more information about this exciting new community.

THINKFORWARD™
REGISTER TODAY ARAGON.CA/ETS

ARAGON DISCOVERY CENTRE
328 COOK ST., VICTORIA, BC
250.385.6665

OPEN DAILY
11AM - 4PM
CLOSED WEDNESDAY & THURSDAY

    #ARAGONFORWARD



1-3 BEDROOM HOMES

LIBRARY & OFFICE SPACES

RENTAL & COMMERCIAL SPACES

Esquimalt Town Square



ARAGON
PROPERTIES LTD.



Select members of our Sales Team are licensed Real Estate Professionals with Icon Property Advisors Ltd. and Macdonald Realty Downtown Ltd. As per the new regulations, our Sales Team cannot provide representation to potential buyers of Esquimalt Town Square. For more details pertaining to Realtor representation, please contact a member of our Sales Team. The above rendering is an artist's interpretation of the project. This is not an offering for sale. Any such offering can only be made by way of a disclosure statement. E.&O.E.

A Base Logistics employee and LS Darryl Forry of HMCS Regina deploy a containment boom from F Jetty during a spill response training exercise on Sept. 18 in Esquimalt Harbour.



Lorraine Crinkley, POESB Environment Officer, and Cain VanCadsand, FSE Environment Officer, oversee containment boom deployment record keeping during a spill response training exercise.

Fuel spill response put to the test

Peter Mallett
Staff Writer

A coordinated effort by civilian and military personnel at the base resulted in the successful execution of the first annual exercise of the Colwood Fuel Facility (CFF) Environmental Emergency (E2) Plan required under federal legislation.

Port Operations and Emergency Services Branch (POESB) led the day-long training and exercise held on Sept. 18.

The exercise simulated DND's response to a 32,000L marine spill at the Colwood Fueling Jetty, one of several environmen-

tal emergencies identified in the E2 Plan for the CFF. The training and exercise tested DND preparedness and response to such an emergency and involved approximately 20 individuals from POESB, Base Logistics (BLOG), Formation Safety and Environment (FSE), and sailors from HMCS Regina and HMCS Vancouver.

The E2 Plan and annual exercises are a requirement under the recently amended Environmental Emergency Regulations that came into force on Aug. 24 under the Canadian Environmental Protection Act. E2 Regulations establish minimum threshold concentrations and quantities for

249 hazardous substances. Under the regulations, organizations that own or manage a specified substance at or above the thresholds are required to officially notify Environment and Climate Change Canada, inform the public if they may be adversely affected, and develop, exercise, and maintain an E2 plan.

Participants spent the first portion of their day in the classroom learning about the regulations and the CFF E2 Plan, marine spill response, and familiarization of emergency response equipment.

The spill simulation took place in the afternoon and involved the deployment of approximately 2,000 feet of booms to contain

the mock spill, and the deployment of skimming devices that would be used to collect the fuel if a spill had actually occurred. A separate boom was also placed across the entrance of Dunn's Nook to protect the sensitive estuary.

While POESB already has a marine spill response plan in place for a number of base locations, this response plan is specific to a marine spill during fuel transfer at the CFF and involves a coordinated effort from multiple units.

Environmental Officers overseeing the exercise, Lorraine Crinkley of POESB and Cain Van Cadsand from FSE, congratulated the par-

ticipants for their "keen" interest in completing the exercise and providing several lessons learned to improve DND's response and to update the CFF E2 Plan.

"It was a strong team effort from everyone involved," said Crinkley. "This was a complicated scenario and it was great to see multiple units working together so effectively, which is what we would strive for in the event of a real spill of this scale."

For further information about the E2 Regulations please visit the FSE base intranet site link http://esquimalt.mil.ca/fse/Formation_Environment/Environmental_Emergencies/Environmental_Emergencies.HTM

EMPLOYMENT OPPORTUNITY

Attn: Career Transitioning Military

Peraton Canada Corp. (Peraton) is a leading provider of complete life cycle management and in-service support of complex electronic military systems. Our experienced team provides a broad range of services to the Department of National Defence including Engineering Services, Logistics Support Analysis, Electronic Systems Maintenance and Repair, and long-range planning for full fleet support. For more than 30 years, Peraton Canada has been a dedicated partner to the Canadian Armed Forces (CAF).

At Peraton Canada, the success of our sustainment model enables us to support our customer's mission and ensure the highest level of project performance and equipment availability every day. We are incredibly proud of the work we do, and we have a team of dedicated professionals who provide our customers daily with added value service.

We are currently recruiting for the following positions:

We are currently recruiting for a **West Coast Representative – Naval Combat Systems** to join our team in **Esquimalt/Victoria**. Reporting to the Senior Program Manager, you will be responsible for the day-to-day management and coordination of maintenance, scheduling and planning of repairs, materiel management of spares and consumables, and on-site liaison with Naval stakeholders. In addition to comprehensive past experience in Naval Combat Systems (ie. sensors/radars, and weapon systems), the successful candidate will have a thorough understanding of Project Management principles and demonstrated past experience in managing like-systems and equipment.

Mandatory Qualifications and Requirements:

- Possess 6 years' experience in the last 10 years performing systems engineering or maintenance of Canadian Naval combat systems
- Performing maintenance may include the management of; the organizing of; or the actual conduct of maintenance work

A **Senior Systems Engineer – Naval Combat Systems** to join our team in **Calgary**. Reporting to the Advanced Programs Manager, you will be responsible for oversight and coordination of Engineering Support Services, including; Engineering Changes, Engineering Investigations and Studies, Engineering Tests and Trials, and Maintenance Engineering Activities, for Naval Combat Systems. In addition to comprehensive past experience in Naval Combat Systems (ie. sensors/radars, and weapon systems), the successful candidate will have a thorough understanding of Project Management principles and demonstrated past experience in managing like-systems and equipment.

Mandatory Qualifications and Requirements:

- Registered to practice as a Professional Engineer in Canada
- Possess 8 years' experience in the last 10 years performing systems engineering work (ie. one or more of the following: systems integration, systems design, systems performance evaluation and testing, systems requirements analysis, development and implementation of engineering change) within the Defence Sector
- Possess a minimum of 4 years' combined experience in 2 or more of the following areas:
 - Naval radar systems integration
 - Naval radar systems design
 - Naval radar system performance evaluation and testing
 - Naval radar systems requirements analysis
 - Development and/or implementation of engineering changes for Naval radar systems
 - Naval radar post acquisition in-service support

At Peraton Canada, we offer:

- Competitive salary
- Benefits which include extended health, dental, vision and paramedical coverage
- RRSP plan that includes company matching on contributions of up to 6%
- Continual learning opportunities and professional development training to grow your talent and realize your aspirations and potential

Please submit your resume stating your academic qualifications and describing your experience in past projects, including period of time (start and end dates – month and year) worked on each project. Demonstrate through specific references to your resume where, when and how your experience meets the mandatory criteria of the position.

All resumes should be submitted electronically by email to: Canada@peraton.com

All successful applicants must be ITAR/Controlled Goods compliant and capable of obtaining and maintaining an Industrial Security Clearance. (http://www.pmdt.state.gov/regulations_laws/itar.html), (<http://ssi-iss.tpsgc-pwgsc.gc.ca/dmc-cgd/index-eng.html>)

Peraton Canada is an Equal Opportunity Employer committed to the principles of employment equity and inclusion. We encourage all qualified candidates to apply.

Peraton



A CH-148 Cyclone with its wheels down, prepares to land on HMCS Winnipeg.

HMCS Winnipeg practices SWOAD

SLt Wilson Ho
HMCS Winnipeg

The sound of a CH-148 Cyclone's rotor blades could be heard throughout *HMCS Winnipeg* as it made its first flypast.

It has been almost two years since a helicopter, less a Cyclone, had landed on the flight deck.

From Sept. 18 to 19, *Winnipeg's* crew practiced its Ship Without

Air Detachment (SWOAD) capabilities. SWOAD allows a ship without an embarked helicopter air detachment to land helicopters, and to perform other duties such as the transfer of personnel and cargo.

The CH-148 conducted multiple daytime and nighttime sorties throughout the two days. Under the watchful eyes of Sea Training (Pacific) and maintainers from the Royal Canadian Air

Force (RCAF), the deck crew practised lashing down and removing lashings on the helicopter, fuelling, and transferring personnel on and off the flight deck using the helicopter's winch.

This opportunity strengthened the bond between the CH-148 helo crew and *HMCS Winnipeg*, and brought the ship one step closer to deploy on the Rim of Pacific (RIMPAC) Exercise next year.



Deck crew prepare to fuel a CH-148 Cyclone on the flight deck of HMCS Winnipeg.

Want to know what your Base Commander is up to?
Follow Captain (N) Sam Sader @MayorCFBEsq and visit facebook.com/EsquimaltBase/

First Responders & Military: \$1700 Every Day!
Sullivan's BARBER SHOP
Seniors and Kids 12 and under Regular \$19 **\$1500**
Appointments Not Necessary **250 478 9424**
Hot Shave Available **756 Goldstream Ave.**
NOW OPEN 8:30AM-6PM MON-TUES; WED-FRI 8:30AM-5PM; SAT 8:30-4PM

Pacific Coastal AIRLINES
Canadian Forces member? Check-in two bags free!
Learn more or book today pacificcoastal.com/forces

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



HAVE DEBT??
We have solutions.

250-386-8778
www.cecraig.com

Free Consultation



FEDERALLY LICENSED

40th Annual GoodLife FITNESS VICTORIA MARATHON
Presented by **new balance**

Marathon
Half Marathon
8K Turkey Trot
Thrifty Foods Kids Run

October 13, 2019
RunVictoriaMarathon.com



CPO2 Chris Fraser displays the flash gear he will run in during the upcoming Goodlife Fitness Victoria Marathon. His run is a fundraiser for the Esquimalt Military Family Resource Centre. The gear weighs approximately 25 lbs and CPO2 Fraser hopes to set a Guinness Book of World Records marker with the feat.

Photo by Peter Mallett, Lookout

Sailor set to make Guinness Book of World Records

Peter Mallett
Staff Writer

Guinness Book of World Records here he comes.

Chief Petty Officer Second Class Christopher Fraser is getting ready to set a world record when he crosses the finish line at next month's Goodlife Fitness Victoria Marathon.

It won't be the fastest time though. Instead, he hopes to become a new Guinness Book of World Records record holder in the category of Fastest Runner Wearing a Fire Fighter's Uniform and Breathing Apparatus.

CPO2 Fraser will run the race as a fundraiser for Esquimalt's Military Family Resource Centre (MFRC).

His firefighting gear weighs approximately 25 lbs and is protective safety gear commonly worn by Royal Canadian Navy duty technicians, containment managers and boundary sentries for damage control purposes. Running the full distance of 42.2 kilometres will be a monumental challenge, says CPO2 Fraser.

"It's all about going slow," he said during a break from his training at the Dockyard Gym. "It's going to take time and patience and is certainly going to be a difficult challenge for me, but it's absolutely achievable and if I do this the Guinness Book record will be mine."

However, he has yet to learn if

his application has received approval from Guinness, but says he will run the race either way.

The gear consists of a support harness and an air tank and respirator. He will also run the race in his Naval Combat Dress, minus the baseball hat, and his military boots.

He knows his uniform and flash gear will slow his pace considerably from his previous marathon finish times, which he says average approximately three hours and 15 minutes.

His ambitious goal is to cross the finish line in five hours but acknowledges he would also be happy if he meets the Guinness minimum required time of seven hours.

"I am going to need frequent breaks at all water stations along the way because I am going to be doing a lot of exerting during this race," said CPO2 Fraser. "I am going to sweat profusely, so it's going to be all about the pace, and drinking lots of water."

The idea to run in flash gear came earlier this year when he heard the MFRC had been named a sponsor of the marathon. He wanted to help the non-profit out with their fundraising efforts and discussed some ideas with MFRC Community Engagement Manager Lisa Church.

"We realized that just running the marathon wouldn't catch people's interest and I needed a better plan," said CPO2 Fraser. "Lisa and I discussed running in a full uniform but


that has already been done. I came up with running it in flash gear and we both liked the idea."

CPO2 Fraser, 49, is a late bloomer in the sport of running. He took up the sport in 2005 and five years later started racing 5 and 10km races. In 2010, he qualified for the CAF's 5K race in Ottawa. He didn't run his first marathon until six years ago when he entered the Goodlife Fitness Victoria Marathon.

If you would like to support CPO2 Fraser in his fundraising efforts visit the race website and the link <https://raceroster.com/events/2019/19927/goodlife-fitness-victoria-marathon-2019/fundraising-organization/16888>

It's going to take time and patience and is certainly going to be a difficult challenge for me, but it's absolutely achievable and if I do this the Guinness Book record will be mine.

CPO2 Christopher Fraser




PACIFIC MAZDA


THE MAZDA CLEAROUT EVENT

0% PURCHASE FINANCING*

ON SELECT NEW MODELS



2019 MAZDA CX-5 GX



THE ALL-NEW
2019 MAZDA3 GX

RECEIVE A CLEAROUT BONUS*

MILITARY & DND INCENTIVE PROGRAM

DL8152

+\$500

Incentive on New & select Used vehicles in stock

10% OFF*

Service and Maintenance Complimentary Car Wash with service (time permitting)

* cannot be combined with any other promotions, specials or coupons see service department staff for details

LOCATED AT 1060 YATES STREET | TEL: 250-385-1451 | MAZDAVICTORIA.COM

FALL SALE



\$8868

WEEKLY OAC

0% DOWN, 6.99%, 60/240 STOCK #24505

2020 Winnebago MICRO MINNIE 2405RG

MSRP \$52,445 SALE **\$43,880**

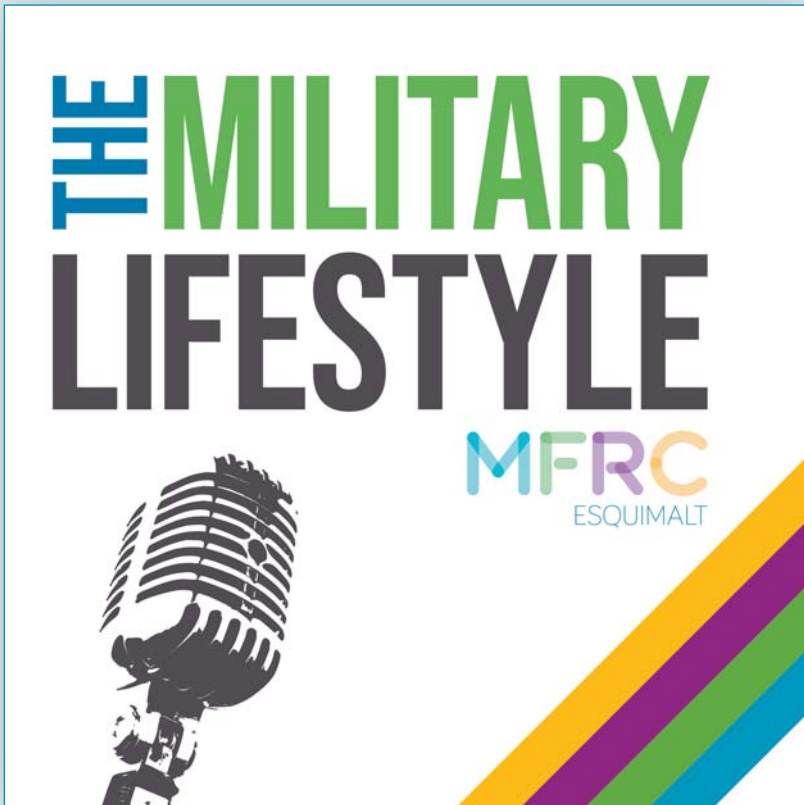
LESS MILITARY DISCOUNT \$500⁰⁰ !



Triangle RV Centre

Triangle RV received Winnebago Platinum Level Flying-W Dealer for 2019, one of the top six dealers in North America.

In Sidney Across from the New Canadian Tire ▼ www.trianglerv.com
- SUPPORTING THOSE WHO SERVE -



MFRC EXPANDS DIGITAL REACH WITH podcast launch

Peter Mallett
Staff Writer

A new podcast titled The Military Lifestyle focusing on the challenges facing today's military members and their families is coming to your smartphone, tablet or computer.

The first episode of a 14 episode first season will debut on Oct. 9 and is being produced by the Esquimalt Military Family Resource Centre (MFRC) with the help of local company Organized Sound Productions. The podcast will build on the Esquimalt MFRC's digital presence following the launch of its Deployment App in 2017.

"We are excited to offer a new way for people to experience and interact with the MFRC," said Jon Chabun, MFRC Esquimalt Communications and Marketing Coordinator.

Chabun will host the program and says creating the podcast was about meeting people where they live. The organization has seen how community members often live, stay connected and keep organized through their smart phones.

"People are busy and military families are increasingly living everywhere," said Chabun. "You don't have to worry about registering and getting to a workshop. You can download it, listen to it offline, on your schedule. We really hope to reach people that might not traditionally come through our doors or who don't have the time to get to a workshop at the MFRC."

Areas of discussion on The Military Lifestyle include deployments, postings, and transitions through interview with experts from their respective fields here at the base and across Greater Victoria.

The first episode looks at preparing couples for deployment with MFRC Deployment Coordinator Sandra Pinard.

Other episodes include an interview with military anthropologist Dr. Anne Irwin, who will discuss the challenges facing military personnel transitioning from the military to the civilian world, while another will focus on looking for work in a new community. Chabun says the MFRC is open to suggestions for future topics of the podcast.

Funding for season one of the podcast is being made available through a grant to the MFRC from the non-profit True Patriot Love Foundation.

The original idea for the podcast can be traced back to a discussion at a MFRC meeting on technology in June 2018. The idea received positive feedback from MFRC staff members when it was first proposed and just over a year later it is ready to take flight.

People can subscribe for free through popular platforms such as Apple Podcasts, Google Podcasts, Spotify or Stitcher by using the key search words MFRC and The Military Lifestyle.

For more information about the podcast with direct links, visit the MFRC's website at www.esquimaltmfrc.com/podcast.

TRACKSIDE AUTO SERVICE LTD.

A FULL SERVICE AUTO REPAIR FACILITY

- ✔ Induction & Fuel Injection Service
- ✔ Out of Province Inspection
- ✔ Diesel Fuel Service
- ✔ Brake service
- ✔ Oil service
- ✔ Electrical
- ✔ Exhaust
- ✔ Tires

Winner "2014 2nd PLACE" BEST OF THE CITY AWARDS Black Press



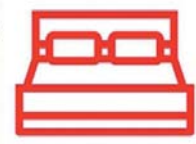
Ask about BG Protection Plan*

Where Dependability and Trust are a Priority...

* under 80,000 km

784 Fairview Rd. • 250-383-5509 • tracksideautoservice.ca

LOCALLY OWNED AND OPERATED



ZEDS
beds made easy

www.ZEDSBEDS.ca

5% MILITARY DISCOUNT

Mattresses:	Frames:
Twins \$220-\$650	Twins \$220-\$600
Doubles \$240-\$800	Doubles \$270-\$700
Queens \$260-\$1,150	Queens \$290-\$900
Kings \$450-\$1,400	Kings \$310-\$1,000

ALL PRICES INCLUDE TAXES!!!



#113-2854 PEATT ROAD, LANGFORD
FREE PARKING AROUND BACK
ADAM AVERILL, CD - 250-894-ZEDS (9337)

Take a day for yourself

- Keynote Speaker Dr. Lisa Gunderson
- Paint your own masterpiece
- Make your own seasonal planter
- Explore wine-food pairings
- Learn creative crocheting or collage
- ... and so much more!

Saturday
November 30, 2019
9 am to 4:30 pm
Royal Roads University, Hatley Castle
(2005 Sooke Road)

REGISTER ONLINE
www.esquimaltmfrc.com/pwd



PACIFIC WOMEN'S DAY

An Event for the Defence Community

SPONSORED BY:  BROUGHT TO YOU BY:  

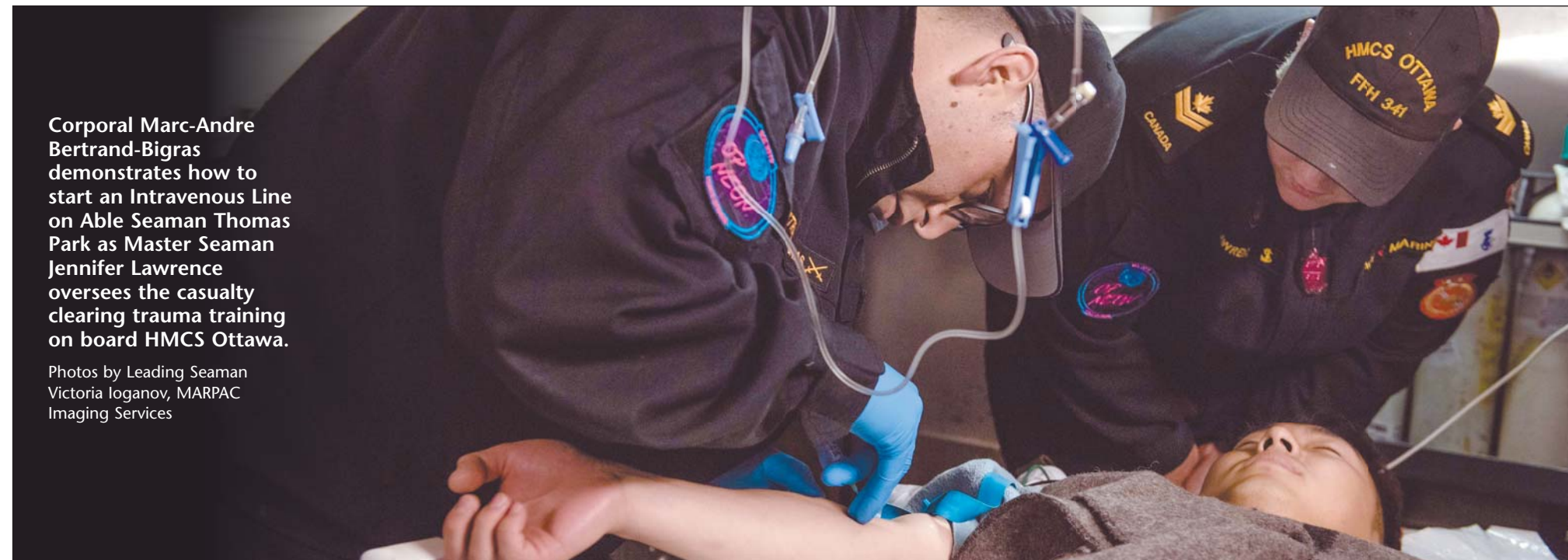
EARLY BIRD DEADLINE:
OCTOBER 27: \$75
AFTER OCTOBER 27: \$80



Padre Andrew Klinger spends time with a preschool class during a trip to the Father Ray Foundation on Sept. 17 in Laem Chabang, Thailand during HMCS Ottawa's deployment on Operations Projection and Neon. Photo by Ordinary Seaman Jaxson Boyd



Master Seaman Veronica Leslie interacts with a preschool class during a trip to the Father Ray Foundation. Photo by Leading Seaman Victoria Loganov, MARPAC Imaging Services



Corporal Marc-Andre Bertrand-Bigras demonstrates how to start an Intravenous Line on Able Seaman Thomas Park as Master Seaman Jennifer Lawrence oversees the casualty clearing trauma training on board HMCS Ottawa.

Photos by Leading Seaman Victoria Loganov, MARPAC Imaging Services

A MEANINGFUL ADVENTURE *HMCS Ottawa Crew Visits The Father Ray Foundation*

Leading Seaman Alix Bovair HMCS Ottawa

While alongside Pattaya, Thailand, on Sept. 14, during Operation Projection, a group of sailors from HMCS Ottawa made a few new friends at a local charity.

They spent the day at the Father Ray Foundation, a local non-profit organization that works to help over 850 children and adolescents in Thailand. They provide food, clothing, education, and most importantly a sense of family to those who may not have otherwise received it.

With the foundation's motto being "We never turn a needy child away", Ottawa's crew wanted to do anything they could to help the Father Ray Foundation. They began by providing a cheque from Boomer's

Legacy for \$10,000, which will ultimately go towards the purchase of new uniforms for the children.

For children originating from all sorts of impoverished areas and unfortunate circumstances, and for those who do not have a safe place to call home, The Father Ray Children's Home is a sanctuary.

Ottawa's crew was moved by the joy of the children at the Day Care Centre. They enjoyed lots of running, singing, dancing, and laughs with the energetic three and four year olds. Crew and youngsters took a whirlwind trip to a local fish pond, with music and dancing afterward; the energy of the toddlers was inescapable and contagious. Crew members couldn't help but leave with smiles.

The crew then moved to the vocational school for people with disabilities.

The foundation works directly with young adults with disabilities to assist them in obtaining skills and education in computer and business programs.

The Father Ray Foundation has aided in the convalescence of many who've gone on to graduate from university, work in their local community, and even medalled at the Paralympics. Over the years, they have helped hundreds of children and young adults go on to be fully contributing members of Thai society, despite their upbringing or disability.

At the school the sailors helped students practice speaking English, and after fun conversations and inquisitive questions from both the crew and students, they played a game of wheelchair basketball. Ottawa's crew was out of their element trying their

best to keep up with the talented students. Breathless and laughing, both teams were exhausted from the challenging game.

After a well-earned lunch, the crew travelled to The Father Ray School for Children with Special Needs. Energetic games of soccer and basketball were played, as well as a fast paced game of musical chairs, where the losers were covered in baby powder. As usual, music was played, and dancing ensued.

Half the crew members took time in the heat of the day to fix some play structures at one of the playgrounds. This included assembling a submarine climbing structure and slide.

For more information on the Father Ray Foundation visit www.fr-ray.org/ or "Father Ray Foundation" on Facebook.



HMCS Ottawa members build a playground. Photo by Ordinary Seaman Jaxson Boyd



Master Seaman Richard Tessier shakes hands with a Father Ray Vocational School student after a friendly game of wheelchair basketball. Photo by Leading Seaman Victoria Loganov, MARPAC Imaging Services



Above: Leading Seaman Danielle Halliwell secures the brow after coming alongside Laem Chabang, Thailand.

Left: Leading Seaman Connor Nijse helps unload and stow away dummy rounds for the Close-In Weapons System.

HMCS OTTAWA SAILOR SNAP SHOTS



LS JEFFREY FERGUSON, BOATSWAIN

Regular Force: 10 years

Career Highlight: Op Neon - taking part in an operation that has a global impact.

Deployment must have: At least 3 books.



LT(N) MARJORIE GAULIN-RIFFOU, LOGISTICS OFFICER

Regular Force: 13 years

Career Highlight: Meeting amazing people and discovering areas of the world I likely wouldn't have!

Deployment must have: My homemade quilt and my stash of candy!
"Sending lots of love to my family and friends back in Canada, especially Lucas and the kiddos <3."



MS KYLE TESSIER, MARINE TECHNICIAN

Regular Force: 9 years

Career Highlight: Volunteer and community work I have done in ports around the world.

Deployment must have: My mustache comb!
"To my boys Isaiah and Callum, Dada loves and misses you tons. Please don't drive your mother crazy while I'm gone."



PO2 CINDY MACKAY, 2ND IN CHARGE, GALLEY

Regular Force: 16.75 years

Career Highlight: Being chosen to fly on a Sea King helicopter for a 4-hour flight around Hawaii.

Deployment must have: My memory foam mattress topper.



Coffee is ready! 6 am

A full array of coffee and tea, baked goods and sandwiches so you can grab lunch to go!

IN ADMIRALS WALK PLAZA ACROSS FROM THRIFTY'S
101-1503 ADMIRALS ROAD
 Mon-Fri 6 am-5 pm Sat-Sun 8 am-4 pm

P: 250.384.1417 **10% DISCOUNT FOR MILITARY AND VETERANS**

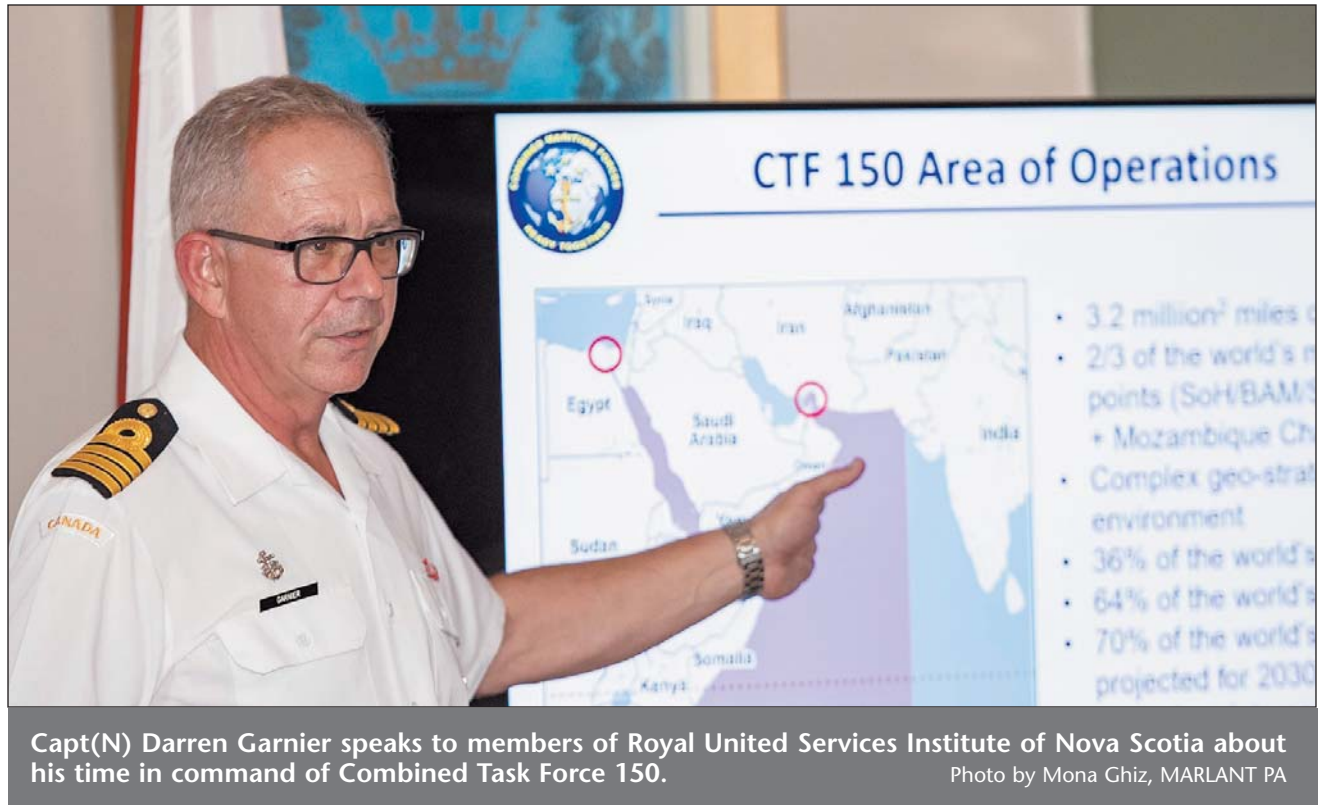


babcock

Proud to support Canada's fleet

Marine ›
 Land ›
 Aviation ›
 Cavendish Nuclear ›

babcockcanada.com



Capt(N) Darren Garnier speaks to members of Royal United Services Institute of Nova Scotia about his time in command of Combined Task Force 150. Photo by Mona Ghiz, MARLANT PA



Your Island Source for Cool Parts & Personalized Service

DRAG Specialties

SPECIALIZING IN CLASSIC AND CONTEMPORARY HARLEY DAVIDSONS

FORMERLY PHOENIX CYCLE, PROUDLY SERVING VICTORIA'S HARLEY RIDERS SINCE 1998

103-931 Dunford Avenue • Victoria
 Phone: 250-474-1111
 parts@duncanspeed.com
www.duncanspeed.com

CTF Command, deployment reflection

Ryan Melanson
 Trident Newspaper

Combined Maritime Forces (CMF) is a 33-nation naval partnership that has worked to promote security and stability in the Middle East since 2002.

While the coalition has had success combating terrorism, piracy, and other wrongdoing, the working relationship between countries isn't always simple.

The coalition is non-binding, meaning no nation can be forced to carry out operations under the CMF banner, and the variety of nations included means different ways of conducting military business and different sets of national values.

When Combined Task Force 150, one of CMF's three task groups, came under Canadian command from December 2018 - April 2019 under the leadership of Capt(N) (now Retired) Darren Garnier, the team adopted a Canadian way of doing things. Capt(N) Garnier established a Command Chief Petty Officer position to work alongside him in Bahrain at CTF 150 HQ, emphasizing the important role of senior non-commissioned members in the Canadian Armed Forces, and he also made sure his unit's six female officers were front and centre for tasks and meetings.

"It was something I wanted to establish; in some of the countries we visit in that part of the world, non-commissioned members and women members are sometimes not well valued by their militaries. We had a great team and part of our mandate was to empower them," he said.

The Canadian contribution to

CMF is known as Operation Artemis. Capt(N) Garnier, who recently retired from the CAF following the deployment, spoke to members of the Royal United Services Institute of Nova Scotia on Aug. 21, delivering a presentation that included results from this 12th rotation of Op Artemis, as well an overview of the difficulties that come from operating in the region.

It can be a high-stress environment, and that was made painfully clear during CTF 150, when news hit of the death by suicide of American VAdm Scott Stearney, who was Commander of CMF and the US Navy's 5th Fleet at the time of his death. The unfortunate incident was closely followed by the deaths of one American sailor and one Royal Navy sailor in theatre, also determined to be suicides. The incidents created an immediate need for the command team to focus on the mental wellbeing of their personnel and to offer support to American and UK colleagues dealing with the losses.

"This was a difficult position for leadership to be in, but we carried on," Capt(N) Garnier said.

"During our first month, we had a number of tactical successes at sea, and a number of drug busts, thanks to some good luck, good management, and good intelligence, which helped us get going and to begin recovering from some of that initial tragic news."

He noted the CTF 150 area of operations covers more than 3.2 million square miles of ocean, including major choke points such as the Straits of Hormuz, Bab el-Mandeb Strait, Suez Canal, and the Mozambique Channel. It's a complex geo-strategic area that

sees 64 per cent of the world's trade flowing through each year, along with illegal cargo like opiates, hashish, and illicit Somali charcoal.

Canada's recent time in command was supported by the Australian Defence Force, made clear by the kangaroo silhouette over the Maple Leaf on the official Op Artemis Roto 12 badge, and also saw participation from France and Pakistan, along with the aforementioned U.S. and U.K. forces. Canadian ships and aircraft for the deployment included *HMCS Regina* with an embarked CH-148 Cyclone, *MV Asterix*, and a CP-140 Aurora.

The highly successful deployment included 56 boardings of suspicious vessels and 18 narcotics interdictions, taking about \$41 million worth of illegal drugs out of busy shipping lanes.

In terms of capacity and trust building in the region, the Canadian leadership team visited five regional nations and conducted 25 visits with key leaders from 12 countries.

While drug busts generate headlines, these types of regional engagements are crucial to the continued success and growth of the CMF partnership and for generating understanding and goodwill between nations.

"There's a membership plan where we want to bring more nations in, and we're trying our best to create the conditions for success. We share information, we collaborate, cooperate, and we do training and have our ships work together," Capt(N) Garnier said.

Canada handed command of CTF 150 over to Pakistan on April 11, and Capt(N) Garnier officially released from the CAF on Sept. 3.



2013 Range Rover Evoque 126,288 kms
 Stk # V2192 **\$25,888** + \$595 Doc

2013 Range Rover Evoque 62,621 kms
 Stk # V0223 **\$29,995** + \$595 Doc

2014 Subaru WRX TSURUGI Edi. 67,012 kms
 Stk # V2100 **\$30,995** + \$595 Doc

2014 Chevrolet Camaro 2SS 44,502 kms
 Stk # V1602 **\$32,995** + \$595 Doc

2013 Lexus GS 350 F Sport 72,974 kms
 Stk X V1101 **\$29,995** + \$595 Doc

2013 Lexus RX 350 Premium 85,770 kms
 Stk # V5759 **\$25,888** + \$595 Doc

EASY FINANCING DONE ON SITE!!

VAN ISLE AUTO BROKERS
www.vanisleautobrokers.ca

510 GORGE RD E, VICTORIA, BC DL 40221
(250) 384-1476



BARNES HARLEY-DAVIDSON

Steve Lesperance
 Motorcycle Sales Consultant
 Barnes Harley-Davidson, Victoria

Ask me about the Military/Veterans discount

E: steve@barneshd.com / 250-516-2024
 P: 250-475-1345 W: www.barneshdvictoria.com
 A: 2940 Ed Nixon Tce, Victoria

Motor Vehicle License # 8594



DHJL
 DINNING HUNTER JACKSON LAW

Dan Murphy, RAdm (Ret'd)
 Lawyer with a Military Perspective

250.589.4571

Grievances • Service Discipline • Notary
 Pension Appeal • Criminal Defence • General Practice

danmurphy@dinninghunter.com • www.danmurphy.ca



Left: Participants practice jabs and stance during a boxing class.

Photos by Peter Mallett

Inset: The blues battled the reds during an indoor soccer scrimmage in the lower gym.



CAF ATHLETES shine at National Sports Day

Peter Mallett
Staff Writer

C **FB ESQUIMALT** celebrated the power of sport by kicking, stick-handling, punching, diving, spik-

ing, blocking and shooting at the annual Canadian Armed Forces (CAF) National Sports Day.

Canadian military members and Department of National Defence civilians took part in this year's national celebration of sport, intended to promote a culture of fitness in the CAF.

A full slate of games and activi-

ties took place inside and outside the Naden Athletic Centre (NAC) and at Wurtele Arena on Sept. 20. Action included rugby, indoor soccer, floor hockey, dodgeball, swimming, squash, boxing class, 5 kilometre run and walk, sledge hockey and beach volleyball.

Sports Day began in 2017 and turnout for this year's event saw

approximately 250 participants locally.

"Sports Day is a great way to test your skills in a sport or activity that you are familiar with or learn something completely new," said CFB Esquimalt Sports Coordinator Ryan Elborne. "I have only heard positive feedback about this year's event and

participants and volunteers have told me that boxing and beach volleyball were among the most successful activities."

Elborne says he and other NAC staff are already reviewing the lineup for next year's event and looking at new sports or activities that target different athletic skills and increase participation levels.

Hear speech clearly with discreet and rechargeable hearing aids

Introducing the new Oticon Opn S™

The biggest challenge for people with hearing loss is being able to thrive in noisy environments with many people speaking at the same time. Oticon Opn S is proven to give you even better speech understanding with less effort in noisy environments than the previous generation of Oticon Opn.* So now, you can thrive and take active part in difficult listening situations, just like people with normal hearing.**



VICTORIA DOWNTOWN
250.590.1121 617 Fort St.

VIEW ROYAL 778.433.3911
130-29 Helmcken Rd.

NEXGEN HEARING

WorkSafeBC and other Provincial WCB Networks, VAC, BCEA and NIHB accepted
Registered under the College of Speech and Hearing Health Professionals of BC

*Juul Jensen 2019, Oticon Whitepaper Oticon Opn S 1 **Juul Jensen 2018, Oticon Whitepaper Oticon Opn S 1
For people with typical hearing loss and well-fitted hearing aids, in noisy situations

CUTLASS FURY 19 RIDES OUT HURRICANE

Ryan Melanson
Trident Newspaper

Communities across Nova Scotia were impacted when the destructive post-tropical storm Dorian made landfall Sept. 7, and the Canadian Armed Forces community was no exception.

The storm came at a particularly inopportune time for Maritime Forces Atlantic, with NATO partners from seven nations arriving just days ahead of Exercise Cutlass Fury, a joint multinational maritime engagement taking place off Nova Scotia and Newfoundland.

Public events planned for the weekend, including ship tours and a soccer match, were called off as 15 ships headed to sea to ride out the storm in sheltered waters. Damage to the Halifax boardwalk and the scale of power restoration efforts meant the planned sail past and fly past on Sept. 9 was also called off.

"There was disappointment on all sides. The staff I worked with had been pre-

paring for this exercise for more than a year now, and everyone was very much looking forward to this part of it, welcoming the public to the dockyard to see these ships," said Capt(N) Matthew Bowen, Exercise Director for Cutlass Fury 19. He added the changes to the schedule and cancellation of some activities were necessary to protect naval equipment, the sailors themselves, and members of the public.

The bulk of Cutlass Fury, however, continued as planned.

The exercise task group sailed out on the afternoon of Sept. 9 to begin exercising off the coast of Nova Scotia. HMC Ships *Fredericton*, *Ville de Quebec*, *St. John's*, *Shawinigan*, and *Glace Bay* participated, along with MV Asterix, and RCAF aircraft including CP-140 Auroras, CC130T Hercules, CC-150T Polaris air-to-air refuellers, CH-148 Cyclone maritime helicopters, and CF-18 Hornet fighter jets.

Visiting ships included members of Standing



Sailors practice refueling at sea during the opening days of the exercise. MARLANT PA

NATO Maritime Group 1 from the Dutch, Portuguese, Norwegian, and Belgian Navies, as well as others from the United States Navy, Royal Navy, and Royal Danish Navy. In total, the exercise included 2,800 participants, 20 ships, and 36 aircraft.

Scenarios were based

around a multi-threat environment, with a strong emphasis on air elements, air-maritime integration and support, anti-air defence, air coordination, and air-on-air warfare, including participation in a NORAD exercise called Amalgam Dart 19-2.

Capt(N) Bowen said

exercises at sea focused on sailors' and ships' ability to work with their counterparts from other countries.

"It was an opportunity to go to sea and practice not-only warfare skills and interoperability with our NATO partners, but also making sure all our procedures are aligned, making

sure all our crew were prepared to work together, talk to each other, and understand each other, despite language barriers or potential differences in how different navies do things."

Cutlass Fury concluded on Sept. 20 when participating ships came alongside in St. John's, Newfoundland.



ST. MARGARET'S SCHOOL

Confident girls. Inspiring women.

Discover the SMS All-Girls Advantage
An environment where girls gain confidence and discover their passions
stmarg.ca



All Girls
JK - Grade 12

Canada's First Girls'
STEM School

Boarding
Grades 7 - 12

Experiential Learning
Beyond the Classroom

Breathtaking
22-acre Campus

VANCOUVER ISLAND'S ONLY ALL-GIRLS, INDEPENDENT DAY AND BOARDING SCHOOL • VICTORIA, BRITISH COLUMBIA, CANADA



Learning a second language through the GCcampus

DND

As Canada celebrates the 50th anniversary of the Official Languages Act, it's a great time for Defence Team members to make improving your second language skills a priority.

The Canada School of Public Service offers useful online courses, practice tests, and study aides to help improve your French or English skills, and prepare for language evaluations.

Department of National Defence (DND) employees and Canadian Armed Forces members can access the full suite of Canada School online courses anytime, anywhere by logging in to their GCcampus account (<https://idp.csps-efpc.gc.ca/idp/Authn/UserPassword>). The courses are free, self-paced, and available on your schedule. Topics include:

- Language Maintenance Courses
- Public Service Commission Language Tests Preparation
- French as a Second Official Language
- English as a Second Official Language
- Official Language Courses
- Job Aids / Videos

Learning a second official language is a shared responsibility: you have an important role to play in dedicating your time and energy to learning, while the organization supports you by providing access to information, training, and resources. ADM(HR-Civ) offers second language training opportunities to DND employees to ensure compliance with the Official Languages Act and the Treasury Board Secretariat Directive on Official Languages for People Management. Some groups and commands also provide second language training to civilian employees within their organizations for professional and career development purposes.

Make sure to discuss your second language learning plan with your manager and discuss the support that may be available to help you meet your goals. For more information about official languages and second language learning at Defence, consult the HR-Civilian Official Languages or the Director Official Languages intranet sites.

Find all your navy news at lookoutnewspaper.com



SCHOLARSHIPS FOR MILITARY AND VETERANS.*

WWW.SPROTTSHAW.COM

VICTORIA: 250-384-8121



Men's Cuts Military Discount

FUSION HAIRWORKS

(250) 413-7972

257 GLENAIRLIE DR. (JUST MINUTES FROM BASE!)

SAME DAY APPOINTMENTS CALL OR TEXT ANGELA:

DRIVE IN OR RIDE IN Accessible off the E&N Trail

WESTSHORE U-LOCK MINI STORAGE

MILITARY DISCOUNT OFFERED



✓ Residential and Commercial storage ✓ Award winning, modern facility
 ✓ Individually alarmed lockers ✓ Easy monthly rentals
 ✓ Heated lockers ✓ Easy access

1621 Island Highway, 250-478-8767

U-LOCK MINI STORAGE selfstorage.ca



Helping Military Veterans Reclaim Their Health



Though you served as part of a team, each of you left the military with unique experiences that call for individualized treatment and care. We offer programs that are tailored to you, in a welcoming and supportive Veteran only facility.

Our Programs include:

- Physiotherapy
- Kinesiology
- Massage Therapy
- Pain Education
- Dietitian Services
- Discharge Planning

✓ Military Veteran / RCMP Only ✓ Small Groups ✓ Funding Available

For information regarding funding and enrollment please contact us at:
778-535-5312
info@rehabandperform.com

Langford: #107 2787 Jacklin Road
veteranrehabandperform.com



Petty Officers receive formal acknowledgement



A/SLt Michelle Scott
MARPAC Public Affairs

The formation welcomed three new Petty Officer Second Class sailors to the fleet in a PO2 Promotion Ceremony last week — the first of its kind on the West Coast.

The ceremony was created to highlight the significance of the promotion to PO2 and the increase in roles and responsibilities that come with the rank.

It was an initiative of Formation Chief CPO1 Tim Blonde, who also helped implement the same ceremony on the East Coast early last year.

“You’re now becoming owners of the institution,” said RAdm Bob Auchterlonie, who presided over the ceremony. “This is a key step in your transition within the Royal Canadian Navy.”

For PO2 Matt Douglass, a Naval Communicator on board *HMCS Calgary*, and one of the three newly promoted sailors, the significance wasn’t lost on him.

“I definitely feel the added responsibility with a ceremony like this,” he said. “It gives the promotion itself a little more meaning to have the support of all the senior leadership here. It really means a lot.”

This is what CPO1 Blonde was hoping would be conveyed to the newly promoted PO2s when he pitched the idea.

“The development of the senior NCO (non-commissioned officer) is near and dear to my heart. Petty Officer Second Class serves a vital role in ships and the RCN,” explained CPO1 Blonde. “It is this position that I truly believe to be the real deck plate leaders on board our ships.”

For many, it is a new type of leadership role, CPO1 Blonde explains. “Leadership is hard work, and as a PO2 you don’t lead from your desk, you must be visible.”

In order to ease the transition to senior NCO, the promotion ceremony, which has the members presented their new ranks by the Admiral and their Commanding Officer, will be held in conjunction with professional development seminars. Going forward it is expected there will be four to five such ceremonies and seminars each year for all newly promoted PO2s and Sergeants.

Also promoted in the ceremony was PO2 Benoit Leonard, Fleet Diving Unit (Pacific) and PO2 Sean O’Connor, *HMCS Regina*.



Petty Officer Second Class Benoit Leonard is introduced to the Chiefs’ and Petty Officers’ Mess and presented with the certificate of Duties and Responsibilities by Chief Petty Officer First Class Tim Blonde, Maritime Forces Pacific (MARPAC) Formation Chief Petty Officer (left), Lieutenant-Commander Richard Kappel, Commanding Officer of Fleet Diving Unit Pacific, and Rear-Admiral Bob Auchterlonie, Commander MARPAC.



Petty Officer Second Class Matthew Douglass is introduced to the Chiefs’ and Petty Officers’ Mess and presented with the certificate of Duties and Responsibilities by Chief Petty Officer First Class Tim Blonde, MARPAC Formation Chief Petty Officer (left), Commander Jonathan Kouwenberg, Commanding Officer of *HMCS Calgary*, and Rear-Admiral Bob Auchterlonie, Commander MARPAC.



Petty Officer Second Class Sean O’Connor is introduced to the Chiefs’ and Petty Officers’ Mess and presented with the certificate of Duties and Responsibilities by Chief Petty Officer First Class Tim Blonde, MARPAC Formation Chief Petty Officer (left), Commander Landon Creasy, Commanding Officer of *HMCS Regina*, and Rear-Admiral Bob Auchterlonie, Commander MARPAC.

Photos by Leading Seaman Mike Goluboff, MAPAC Imaging Services

Treatment Shouldn't Feel Like Punishment

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

Our highly personalized addiction and trauma program is designed exclusively for mature, successful men who expect—and deserve—our utmost respect. That is why we guarantee daily 1-on-1 treatment tailored to a client’s unique needs. If you or your client aspires to something more than mere sobriety, call us today.

Canada’s Leader in Men’s Addiction and Trauma Treatment

24-hour medical services, psychiatric assessment, group and 1-on-1 psychotherapy, EMDR, hypnotherapy, and more. Inpatient services only.



Sunshine Coast Health Centre

2174 Fleury Road, Powell River, BC
Canada V8A 0H8
Admissions Toll Free 866.487.9010
Administration Toll Free 866.487.9050

www.schc.ca | info@schc.ca

LEARN MORE ▼ [register at schc.ca](http://register.at.schc.ca)



Check us out on Instagram!
lookoutnavynews

We're on the Gorge!

510 Gorge Rd E,
Victoria, BC



Call or text for your vehicle today:

GARRY GROTH

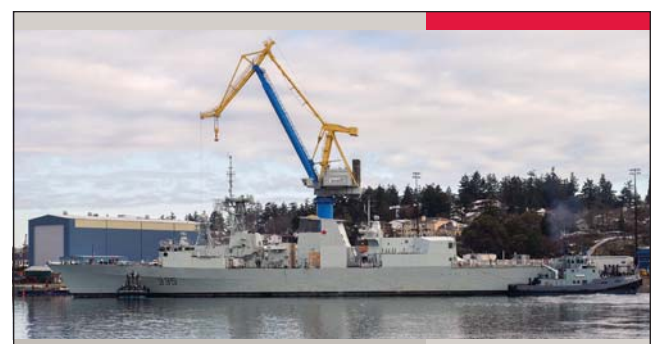
OFFICE (250) 384-1476

MOBILE (250) 886-0129

garry@vanisleautobrokers.ca



www.vanisleautobrokers.ca



CALL US TODAY. 250.380.1602

www.seaspan.com





From left to right: Cpl Kyra Brown, Ordinary Seaman Monique Lutyk, David Rothermund, Able Seaman Alison Galambos and Corporal Todd Norris, coach, accept the Breakthrough Team Award on behalf of the Women's Slo-Pitch team. The Breakthrough Team Award is awarded to a male or female team who has shown significant improvements in play placing at regionals and national championships.

7th annual
CFB ESQUIMALT
SPORTS & ATHLETIC
AWARDS
SEPTEMBER 19, 2019

The annual Personnel Support Programs (PSP) sports awards luncheon celebrated Canadian Armed Forces and PSP employees who excelled in individual and team sports at the local, national and international levels.

Photos by Leading Seaman Mike Goluboff, MARPAC Imaging Services

Corporal Todd Norris is awarded the Sportsmanship Award by Penny Blanchard, Personnel Support Program (PSP) Manager of Sports and Fitness. Cpl Norris has coached women's hockey and most recently women's slo-pitch. The women have not had a team in the last two years and Corporal Norris brought the team back to life. He led the new team to Canada West Regionals where they ended up winning a silver medal.



Corporal Kyra Brown is awarded the Sportsmanship Award by Penny Blanchard, Personnel Support Program (PSP) Manager of Sports and Fitness. Cpl Brown played on the Women's Volleyball and Slo-Pitch teams, and qualified for Canada West Regional golf. Corporal Kyra Brown is a great team player and a big part of the success of both teams. The camaraderie and enthusiasm she brings to the sports environment is felt by her teammates and contributes to team cohesion and performance.



Lieutenant (Navy) Nicholas Lightbody is awarded the male All-Star Performance Award by Rob Friend, CEO Pacific Football Club, and Commodore Angus Topshee, Commander Canadian Fleet Pacific. Lt(N) Lightbody is an elite runner and triathlete. He won the Sprint Triathlon at the Canadian Forces Nationals, defeating civilians and military members. He recently ran in the Edmonton Marathon and qualified for the Boston Marathon. His final time was two hours 39 minutes, which equals to under four minutes per kilometre for the 42 km course.



Leading Seaman Claire Bortolotti is awarded the female All-Star Performance Award by Rob Friend, CEO Pacific Football Club, and Commodore Angus Topshee, Commander Canadian Fleet Pacific. LS Bortolotti won both Freestyle 100M for Female Masters and Backstroke 100M. Her time in the backstroke was the fastest time at the meet in all divisions. She will be representing the Canadian Armed Forces at International Military Sports Council (CISM) World Games in Swimming / Lifesaving this October in Wuhan, China. She accomplished all of this while being on a grueling QL5A Clearance Diving course. She has distinguished herself as a clearance diver by completing the gold standard 1km open ocean swim in under 14 minutes.



Lieutenant (Navy) Mike St-Pierre and Master Seaman James Poirier, accompanied by his son Elijah, except the Top All-Round Team Performance Award on behalf of the Men's Volleyball team presented by Dave Rothermund, Senior Manager of Personnel Support Program (PSP). This award is presented to a Canadian Armed Forces team who has displayed a high level of success at regionals, nationals and in a community league. The recipient for the 2019 Top All-Round Team Performance Award is the Men's Volleyball team. The men's volleyball team had a perfect year. They went undefeated at Canada West Regionals and then continued their streak and went undefeated at Nationals. They defeated Kingston in the final to win the national title.

Bravo Zulu

Regional Cadet Support Unit (Pacific) Awards and Medals



Maj David Kerr is presented the second clasp of his Canadian Forces' Decoration by BGen Dave Cochrane and CWO William Crawford.



Capt Jessica Ellenor receives a Commander's Commendation from BGen Dave Cochrane and CWO William Crawford for her exceptional dedication to the Canadian cadet organizations.



Capt Jagdeep Masoun is presented the first clasp of his Canadian Forces' Decoration by BGen Dave Cochrane and CWO William Crawford.



Capt Elaine Chiang receives a Commander's Commendation from BGen Dave Cochrane and CWO William Crawford for her exceptional dedication to the Canadian cadet organizations.



Capt Carrie Johnston receives the Physical Fitness Award for Aerobic Excellence presented by BGen Dave Cochrane and CWO William Crawford.



HMCS Vancouver's Change of Command

On Friday Sept 20, Commander Jonathan Kouwenberg (left) handed over command of HMCS Vancouver to Lieutenant-Commander Robert Hooper (right), with Commodore Angus Topshee, Commander Canadian Fleet Pacific, centre, presiding over the command change ceremony.

LOOKOUT Classifieds & Real Estate

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.

SERVICES

Make a Difference!

A Rewarding Volunteer Opportunity is Available for You!

Become a Network Friend.

You would be matched according to shared interests to build a long term friendship with an individual who experiences a disability or mental health issue.

Contact: volunteer@lnv.ca
Learn more: www.lifetime networks.org

LIFETIME Networks
FRIENDSHIP • SUPPORT • COMMUNITY

VICTORIA PREGNANCY CENTRE

Free Services Include:

- Pregnancy Tests
- Pregnancy Options Counselling
- Pregnancy & Parenting Counselling
- Prenatal Classes
- Practical Help - Diapers, wipes, formula, clothing
- Pregnancy Loss Counselling
- Post Abortion Counselling
- Community Referrals

250-380-6883
#112 - 826 North Park Street
info@victoriapregnancy.org
www.victoriapregnancy.org

REAL ESTATE FOR RENT

BRAND NEW ONE BEDROOM SUITE IN SOUTHPOINT

New one-bedroom suite for \$1,400 per month. The suite has nine-foot ceilings, brand new kitchen, laminate wood floors, new washer dryer, over 640 sq. ft. with access to sunny back yard. Just off Leigh Road for easy access in and out of town. Includes water and unlimited internet, electricity is extra. A credit check is required. Available Nov. 1. Please contact Scott at 250-208-5454.

\$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.

MOVING & STORAGE

Since 1975 **BARRY'S** MOVING & STORAGE LTD.

Award-winning service you can trust!

MILITARY DISCOUNT FOR RESIDENTIAL MOVES

Phone: 250-475-0022
Toll Free: 1-877-475-0022
Email: info@barrysmoving.com

www.barrysmoving.com

SERVICES

THERE ARE OVER 1000 FOSTER CHILDREN ON VANCOUVER ISLAND!

Foster homes are needed!

- Become a foster parent
- Offer relief or respite
- Spread the word

fosterhope.ca

REAL ESTATE FOR RENT

MUSIC LESSONS

CASTLE CARY PIPES & DRUMS

FREE PIPING AND DRUMMING lessons for military and civilian students. Experienced musicians welcome. Practices TUES 7 PM at Pro Pat Legion, 411 Gorge Road East.

Call Colin
250-385-3982 or Ray
250-721-4011.

2 BEDROOM TOP FLOOR SUITE

\$1325/MONTH • ESQUIMALT

Quiet, clean adult building available now. Great location, close to all amenities and downtown Victoria! Near Esquimalt Plaza Shopping Centre, gym, library, Naval Base, and bus routes. Must provide references/Cats allowed.

Please call 250-888-1212 between 8AM-4PM (no texts)

PROPERTIES OWNED AND MANAGED BY **EY PROPERTIES LTD.** **250-361-3690**
Toll Free 1-866-217-3612

FREE Heat & Hot Water - Card operated front load laundry/24hrs

MACAULAY EAST

948 Esquimalt Rd.
Bachelor, 1,2 & 3 bdrm.
Full size commercial gym!
Manager 250-380-4663

MACAULAY NORTH

980 Wordsley St.
1 & 2 Bedroom
Manager 250-384-8932

To view these and other properties, visit www.eyproperties.com

Tenant Referral Program
Military Discount

MORTGAGE CONSULTANT

MORTGAGE FORCES.CA

POSTED? GET PRE-APPROVED BEFORE YOUR HHT

WE OFFER:

- Military clause for some mortgages
- A six-month mortgage protection plan, paid by us
- Instant pre-approvals • A one-year home system warranty

SPECIAL DND OFFERS AVAILABLE. CALL TODAY!
Use the "Support Our Troops" Promo code for a .10 rate cashback on your approved rate. OAC.

1.800.991.7993 • MORTGAGEFORCES.CA

OVARIAN CANCER
WOULD YOU KNOW IF YOU HAD IT?

SYMPTOMS

- Abdominal discomfort
- Pelvic pain/backache
- Bloating/gas/swollen stomach
- Vaginal bleeding/painful intercourse
- Urinary urgency
- Ongoing fatigue
- Indigestion
- Weight loss/gain
- Change in bowel habits

AWARENESS

If you have been feeling a combination of these symptoms for longer than three weeks, visit your doctor and ask for a Ca125 blood test.



Web Tech & Digital Marketing
Graphic Design & Branding Fundamentals

Full-time semesters Spring, Fall, and Winter

Part-time, and accelerated formats start anytime

Upgrade your tech and/or business skills with custom one-on-one, or group training



250.298.5059 | info@qcollege.com
QCollege.com



FALL OIL CHANGE

BLOG NDWCC FUNDRAISER



OPEN TO CFB ESQUIMALT EMPLOYEES AND THEIR FAMILIES

THURSDAY, OCTOBER 24, 2019

7:30 am until 3:00 pm, Bldg 1127 (Work Point) TEME Workshop.

MEAL INCLUDED WITH OIL CHANGE PACKAGE

0730-1100: Pancake Breakfast, Eggs, Sausages and Juice

1100-1500: Hamburger or Hot Dog and a Pop

\$25 BUCKS

ENGINE OIL AND FILTER
CHANGE, TIRE ROTATION,
+ 24 POINT INSPECTION
2nd vehicle additional \$20.00

**\$10 BUCKS/
ALL 4 TIRES**

Winter Tire Installation
Already mounted on rims

**\$5 BUCKS
MEAL ONLY**

Appointments will be taken until October 22, 2019

Contact Janice Beljanski at

250-363-7208 or janice.beljanski@forces.gc.ca

TEME

NOTE: Correct amount of oil and appropriate filter must be provided by customer, no parts will be provided by TEME Workshop. **A Shuttle van will be on hand** for those who wish to return work. You will be required to sign a waiver form prior to your vehicle entering the shop.

www.victattooexpo.com

@victattooexpo



ALL AGES
FRIDAY 2pm - 12am
SATURDAY 12pm - 10pm
SUNDAY 12pm - 7pm

MEET & GREET

INK MASTER

- ART
- SHOPPING
- CONTESTS
- LIVE SHOWS
- and MORE

OCTOBER 25-27

PEARKES RECREATION CENTER



Pearkes Recreation Centre 3100 Tillicum Rd., Victoria, BC

In support of
BC Children's
Hospital
Foundation

AMERICAN CROWN CIRCUS CIRCO OSORIO

LAS VEGAS
EST. 1927

THE INTERNATIONAL CIRCUS
UNDER THE BIG TOP

INTERNATIONAL CAST FROM Mexico,
Russia, ARGENTINA, BELARUS, AND THE U.S

ESQUIMALT OCTOBER 3RD-7TH
@ARCHIE BROWNING SPORTS CENTRE 1151 RD.

FREE

2 KIDS (10 AND UNDER)
-FREE- WITH EVERY
GENERAL TICKET PURCHASE

FOR MORE INFORMATION VISIT: WWW.AMERICANCROWNCIRCUS.COM