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LOOKOUT

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CAPT(N) HILL TAKES CHARGE (for a day)

Lucas Hill peers at the harbour landscape from the vantage of the captain's chair in HMCS Winnipeg. The boy won Base Commander For A Day, which included a tour of the base. Read the full story on page 2.

Photo courtesy Lt(N) Tristan Robinson, HMCS Winnipeg

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Youngster takes command of base... for a day

Peter Mallett
Staff Writer

Five-year-old Lucas Hill had something "really great" to tell his classmates at show and tell last week.

That's because the St. Patrick's School Kindergarten student was an Honorary Base Commander for a day at CFB Esquimalt.

He officially took the watch from Captain (Navy) Sam Sader on Friday, Feb. 14 and was fitted with a Royal Canadian Navy NCD jacket before embarking on an extensive guided tour of the base and warship *HMCS Winnipeg*.

Lucas won the tour with his father Greg when his ballot was drawn from last fall's Defence on the Dock contest.

"It's a day neither of us will ever forget and was truly incredible," said Greg. "Lucas' eyes were lighting up the whole time with so many people saluting him and mak-

ing him feel important. The amount of coordination it must have taken to pull this off was truly amazing and very inspiring for both of us."

Father and son toyed with the lights and sirens of a military police car, marveled at the bright red fire truck at the fire hall, and surveyed the landscape from the cab of a Transportation Electrical and Mechanical Engineering digger. On the water, the two learned about the Firebrand and what it does to fight ship fires, and then strolled up the



brow of *HMCS Winnipeg*.

Acknowledging that an important guest was coming aboard, whistles sounded as Capt(N) Hill was piped onto the ship. The young sailor took his place in the captain's chair on the bridge before climbing down the ladder into the lower decks and being escorted through the passageways to the main rooms within, such as the operations room and galley.

But it was the ship's diver demonstration that made him awestruck as they jumped

from the deck into the frigid Esquimalt harbour, disappearing beneath the black water for a moment.

"It made a really big splash because it was such a long way down," he said of the moment.

The day's events are still fixed in his thoughts a week later.

"I want to be in the navy and sail on *HMCS Winnipeg*," he says. "I think that's the life for me."

His father, who had passed by the base from time to time without much thought, was amazed at the scope of work within the gates and the number of people who keep the navy going.

"After this experience, I have come to the conclusion that more people should realize the important role Canada's military plays in our community," he said, along with a big thanks to all who made his son's win one of his greatest adventures.

"I want to be in the navy and sail on HMCS Winnipeg. I think that's the life for me."

Capt(N) Hill



Photos by Lt(N) Tristan Robinson, HMCS Winnipeg; Rodney Venis, Base PA

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MS (Retired) John Wood shakes hands with Capt(N) Julian Elbourne after receiving a Special Service Medal and Canadian Peacekeeping Service Medal from Lieutenant Governor of B.C. Janet Austin.
Photos by Stephanie Raymond



Tanya Zbitnew receives medals for her deceased father PO2 Dave Zbitnew from the Lieutenant Governor.

LAST OF HMCS TERRA NOVA SAILORS RECEIVE MEDALS

Peter Mallett
Staff Writer

Forty-seven years after HMCS Terra Nova completed an international peacekeeping mission in Vietnam, 25 members of the crew were officially honoured with medals.

On Family Day, Lieutenant Governor Janet Austin presided over a ceremony at the Legislative Assembly of British Columbia, where the Special Service Medal with Peace Clasp and Canadian Peacekeeping Service Medal were presented to crew members who had not received their medals. Four were awarded posthumously.

In the red carpeted chamber, with its ornate ceiling and curved rows of wooden seats, approximately 130 of the crew's family members gathered for the occasion.

Captain (Navy) Julian Elbourne, Chief of

Staff for Commander of Maritime Forces Pacific, provided official representation at the ceremony for the Royal Canadian Navy.

CPO2 (Retired) Ken Levert was among those who received his medal years ago. That moment, says Levert, came with little fanfare as he had to officially request his medal, which was subsequently mailed to him in plain brown paper envelope back in the early 1990s. They weren't intentionally being ignored, says Levert. Medals for Canadian peacekeeping missions prior to the Vietnam War were sometimes not issued. It wasn't until the late 1980s that things changed.

So last week's ceremony was a great way to make up for lost time. Everyone was "treated like royalty," he said.

This ceremony also acknowledged the families, who remained behind, worked,

paid the bills, and looked after children without their spouses.

"It was a very rewarding day for all of us, even for those of us who have already received our deployment medal. Some of our crew got their medals for the first time because they had retired, moved, or were not aware they had to submit a request for their medal."

Terra Nova was conducting training near Vancouver Island when it was ordered to return to CFB Esquimalt to prepare for a mission. The ship rushed in on a Friday, stored, fuelled, and ammunitioned over the weekend, and left Monday morning. The crew were given no details of the deployment until they reached Hawaii. Their mission, dubbed WestPloy 1/73, was to help oversee the end

of the Vietnam War and provide contingent emergency evacuation for Canadians as part of an international agreement called the International Commission of Control and Supervision.

HMCS Terra Nova lived up to its motto, "Do not falter," said Levert.



HMCS Terra Nova's mascot Percy the Penguin II was also recognized at the B.C. Legislature ceremony. The ship's original stuffed penguin was lost; so, friends and family of Terra Nova created a new Percy and outfitted him in look-a-like RCN service dress. The mascot's legacy is a historical one and honours the original Terra Nova, a whaler from Newfoundland that took part in a three-year voyage to Antarctica between 1910 and 1913, led by famed British explorer Robert Falcon Scott.

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WHAT SAY YOU

People Talk

Lookout asked participants at this year's Base Administration Family Day: *What do you like best about Base Administration Family Day?*



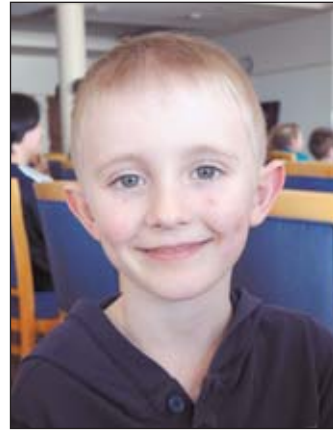
I really like this Family Day event because it brings people of Base Administration together. There are many people here today who I might only know their names on emails and wouldn't normally get a chance to see or talk to.

Hamreet Kang, Base Foods



I'm really having a good time and one of my favourite things was the food; I rather liked those crunchy carrot sticks.

Wesley Yu, cousin of Amy Lee, Corporate Services



I think it's a great event and a great setup. They really did a good job of making it fun for everyone. I really liked taking part in the Mad Science.

Carman Robinson, son of LS Garnett Robinson, Base Accommodations



What I like about this day is that it focuses on the kids. It's great they get a chance to come to work with their parents and see the community here at the base. I hope they keep this tradition going in the future.

2Lt Steven Rios, Human Resources Finance

WHAT SAY WE



GO PINK ON WEDNESDAY

Show support for anti-bullying on Pink Shirt Day. The base-wide pink attire day is a reminder that kind words and small actions have meaningful impacts in our communities, units, and workplaces. For CAF members, the \$2 dress with a difference fee will be in effect. Civilian Defence Team members are encouraged to wear a pink shirt in support of this cause.

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About Dr. Lisa Gunderson

Dr. Lisa Gunderson is an award winning educator and equity consultant/trainer for various institutions in Canada and the United States focusing on bias and its impact on minoritized populations through her company-One Love Consulting.

She also provides clinical services and supervision at the LAU, WELNEW Tribal School. She is a registered clinical counselor and an inactive licensed psychologist in California.

Locally, she is the community liaison for the African Heritage Association of Vancouver Island, a representative to the Saanich Council of Parent Advisory Councils, co-founder of the Girls with Afro-Textured Hair Group and is a former liaison to the Greater Victoria Police Diversity Advisory Committee and board member of the Victoria Immigrant and Refugee Center Society.

She was the part time associate program director and internship coordinator for CityU of Seattle in Canada Masters of Counselling program until the end of August. A part of her file includes teaching Diversity and Cultural Psychology.

She has been a panelist on #metoo where do we go from here, Racism in Canadian Politics and also has spoken on Blackface and the "N-Pass".

She has taught at VIU, Camosun College, CityU, JIBC, and on several occasions been an invited guest lecturer at University of Victoria.

She writes for the public and professional person most recently in Focus on Adoption and Insights on Race Matters and the Importance of Ethnic and Racial Identity. In the spring of 2013, Pearson Higher Education published her addendum "Psychology and Diversity" to the World of Psychology which is now available across Canada.

She provided key subject matter expertise to the Ministry of Public Safety and Solicitor General during the development and implementation of provincial training on fair and impartial policing, curriculum development for YellowHead Tribal College.

In 2017, she received the WDYH Making History award recognizing entrepreneurs who are inspirations to the black business community. In 2013, she received AHAVI's Entrepreneurial Award for her "outstanding role in business activity and employability to strengthen and to promote growth of the Canadian economy and of her status as a role model in engaging immigrant women in the business community."

She is the wife of a Gulf War Marine Veteran. She lives in Victoria with her partner and two children, please visit www.oneloveconsulting.com to learn more about Dr.G.

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Clearance diver LS Paul Paquette of Fleet Diving Unit (Pacific) receives an underwater explosive Flexible Linear Shaped Charge to explosively cut through the partially submerged hull of MV Micro Dawn. Divers were part of a United States Navy led salvage project in Weno, Chuuk State, Federated States of Micronesia.

PO2 Jonathan Gendron alongside a United States Navy diver. The pair were conducting pre-dive system checks and supervisor checks prior to underwater cutting operations on MV Micro Dawn.

Photos courtesy CPO2 Shawn Goodine

Clearance divers assist in Micronesia ship salvage

Peter Mallett
Staff Writer

Four clearance divers from Fleet Diving Unit (Pacific) helped dismantle a sunken commercial vessel of Japanese origin located pier-side in Weno Harbor, Chuuk State, Federated States of Micronesia, capitalizing on a unique training opportunity and a goodwill deed.

The little known Federated States of Micronesia consists of 607 islands extending 2,900 kilometers across the archipelago of the Caroline Islands east of the Philippines. It is an independent republic associated with the United States, who led the salvage project through USN Commander Seventh Fleet.

For a month late last fall,

the team of divers assisted the USN Mobile Diving and Salvage Unit (MDSU) ONE with MV Micro Dawn salvage operations, an 869 tonne behemoth cargo ship that sank during a fierce typhoon in 2006.

It settled on its portside, pier-side in Weno Harbour's only serviceable port terminal restricting access.

The project started last July, with USN divers salvaging it piece by piece, floating salvaged sections to the surface using various lifting bags and subsequently disposing of the sections in deeper water at specific locations approved by the Federated States of Micronesia.

The month's work by FDU(P) divers was part of MDSU ONE's year-long

effort to clear away the wreckage.

CPO2 Shawn Goodine said his dive team was in uncharted water with the salvage operation of this magnitude. However, due to the high level of training clearance divers receive, and the similarities in USN diving procedures and equipment, his team quickly adjusted and were fully integrated into USN-led diving and salvage operations within days of their arrival in Weno, Chuuk State.

Along with CPO2 Goodine, PO2 Jonathan Gendron, LS Paul Paquette and LS Bryan Ogle worked successfully alongside USN divers. CPO2 Goodine said it was a "seamless" integration with the U.S. counterparts, a testament of the

longstanding relationship between FDU(P) – MDSU ONE.

They employed a variety of specialized tools to salvage MV Micro Dawn, including oxy-acetylene torches, below-water welding and cutting torches, exothermic cutting cables, diamond wire saw, and flexible linear shaped explosives. At any given time, 30 navy divers were working simultaneously in various five to six member dive teams on the project.

"During a salvage operation of this magnitude, you really need to remain focused and maintain a sound situational awareness always because there are so many dangerous concurrent activities going on all at once," said LS Paquette.

"There were guys doing acetylene, underwater and above water cutting and many other methods that provided potential danger to everyone involved."

Dangers were heightened by the climate with peak temperatures of 39° Celsius on the deck of Military Sealift Command Salvage Ship USNS Salvor, and surface water temperatures of 30°C. Heat exhaustion of the divers was a consistent concern, said CPO2 Goodine.

"Any task you performed on the surface is multiplied in effort by four underwater," said LS Paquette. "Underwater tasks become more onerous and the heat certainly made it a tougher job. Most of the divers easily went through five or

six litres of drinking water per day; hydration was essential."

An unexpected tropical storm suspended diving operations on Dec. 1, but divers were pressed into action when a passenger live-aboard diving charter SS Thorfinn ran aground. The FDU(P) team along with USN and civilian crew members aboard USNS Salvor assisted in the rescue after the storm subsided. They eventually freed the vessel, guiding it and the crew to safe anchorage.

"We were only four miles away from the vessel at the time of the distress call, so it was very lucky for them, but also rewarding for us to be included in the team that assisted these people," said CPO2 Goodine.

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Good morning. Good times.





evolve ^{or} fade away

CISM Soccer Canada paves new path for sport

Courtesy Maple Leaf

The following article is the first of a three part series chronicling CISM Soccer Canada's journey to becoming the best sports program in International Military Sports Council (CISM) Canada. This article provides insight into the preliminary efforts to reinvigorate a fading international sports platform deemed by many as "exclusive", "amateur" and carrying the stigma of military tourism.

The CISM Soccer Canada project has taken over 42 months to reap the rewards of its re-branding, new strategy, and marketing efforts.

For decades, Canada's military team continuously lost the sport's biggest events, such as the America's Cup, the Military World Games and the World Football Trophy, with a goal differential in high double-digit figures.

During this year's Military World Games, Canada lost 4-0 (Oman), 2-1 (Greece) and 3-0 (Egypt). While the scores are not eye-catching, these results amounted to a historic achievement. For decades, CISM Soccer Canada members suffered lop-sided defeats and returned to Canada feeling deflated, embarrassed, and ostracized back at the Canadian Armed Forces (CAF) workplace.

Some people in the CAF com-

munity considered the program to be military tourism. Many within CISM even considered the team as "privileged participants".

In March 2016, new management spearheaded a four-year strategic roadmap that drove a new vision seeking respect and dissolving the stereotypes that plagued the CAF's national soccer team.

The project's first effort was re-branding the name. CISM Soccer Canada marketed back to the CAF soccer community that it was "inclusive". A strategic communication plan spread across various social media outlets carried the new motto: No limits on what you can be, do and have.

CISM Soccer Canada executives led a new culture of "team before self", "sacrifice" and "second family", and authenticated the philosophy throughout coaches, players, scouting, and training events, and regional and national soccer championships.

Management then focused on the development and growth of base-level soccer through a grassroots program.

They concentrated on both regional base coaches, who volunteer countless hours of personal time, and its relationship with Personnel Support Programs (PSP). The program partnered with the Ontario Soccer Association and

worked in collaboration with local PSP agencies to deliver the first-ever Soccer for Life course at Canadian Forces Base Borden in September 2016. The initiative demonstrated an organizational will to grow the game from within via an accredited educational pathway.

In three years, CISM Soccer Canada empowered over 25 CAF soccer coaches to earn an accredited certificate at no cost to its members. These efforts inspired a dramatic improvement in the quality of soccer being taught across military bases.

While the programmatic shift began to re-connect CISM Soccer Canada with vital regional change agents, an equally important step of establishing an official evaluation system needed to take place.

The second article in the series will highlight their efforts to grow their player and coaching pool while driving towards an improved fitness level, and returning accountability to both the staff and the players.

Finally, the series will conclude with how CISM Soccer Canada used cost-effective measures to create an exceptional learning environment optimizing on CAF and external resources; ultimately returning a physically and mentally accomplished leader back to the CAF.



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- When:** Saturday, April 18, 2020. 1800 (6:00 PM)
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BC CADETS COMPETE IN PROVINCIAL CHAMPIONSHIP



Flight Sergeant Aimee Glaubitz
Cadet Correspondent

Eighty-four cadets competed in the B.C. Provincial Cadet Biathlon Championship held at Sovereign Lake Nordic Club in Vernon Feb. 14-16. Only 10 earned the chance to represent B.C. in the National Championship in Valcartier, Q.C., in March.

Day one had them racing relay-style. They skied 5.1 kilometres and shot 22. rifles on a 50 meter range, twice in the prone position before tagging off to their partner. Relay racing requires collaboration and trust to make a team and succeed.

The next day cadets competed in the singles sprint race. During this race they skied 4.5 km to 6 km alone and shot once in the prone position and once standing (seniors only). This showcased their ability to stay calm under pressure. In both races, many cadets showed off their training by "whiting out" the targets, a term for hitting five targets in a row with no targets missed.

Supporting the cadets in their races were 50 officers, volunteers, parents, and staff cadets, there to help the Championship run smoothly as officials, coaches, and support staff.

Cadets were awarded Bronze, Silver and Gold medals in the Junior, Senior and Youth Female and Male categories for both the Sprint and Relay races.



Junior female relay team competitors with medals: First place (center) Cadets Jade Finch and Cindy Ma from 861 RCACS; second place (left) Cadets Sophia Xu and Jiaqi Zhang from 907 RCACS; and third place (right) Cadets Ella Hudon and Minju Bae from 205 RCACS, at Sovereign Lake Nordic Club during the 2020 Provincial Cadet Biathlon Competition, held Feb. 14-16 in Vernon, B.C.



Senior male relay team competitors with medals: First place Cadets (center) Daniel Gilfillan and Jeremy Ferland from 386 RCACS; second place (left) Cadets Zactzevul Mckenna and Kevin Shu from 907 RCACS; and third place Cadets (right) Sebastian Solomonson and James Waterman from 204 RCACS.

The cadets and staff that will represent B.C. at the National Cadet Biathlon Championship

<p>COMPETITORS</p> <p>Cadets Jade Finch & Cindy Ma, 861 RCACS, Abbotsford, Cadets Rory Bot & Austen Holmes-Peters, 223 RCACS, Vernon Cadets Daniela Ursulesku & Alissa Guo, 907 RCACS, White Rock Cadets Daniel Gilfillan & Jeremy Ferland, 386 RCACS, Comox Cadets Sebastian Solomonson, 204 RCACS, Kamloops Cadets Molly Caldwell, 3066 RCACC, Golden</p>	<p>COACHES</p> <p>Capt Tim Dyke, 907 RCACS, White Rock Capt Maria Brunskill, 1705 RCACC, Vernon Cadet Tyler Greenwood, 1725 RCACC, Chilliwack</p> <p>CADET OFFICIALS STAFF</p> <p>Cadet Lewis Dawes, 386 RCACS, Comox Cadet Sophia Ledingham, 205 RCACS, Nanaimo Cadet Nathan Sanctis, 907 RCACS, White Rock Cadet Ciarra Huston, 1705 RCACC, Vernon</p>
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Junior male relay team competitors with medals: First place (center) Cadets Rory Bot and Austen Holmes-Peters from 223 RCACS; second place (left) Cadets Justin Jiang (not pictured), and Linden Ubungin from 907 RCACS; and third place (right) Cadets Samuel Ward and Beckett Parker from 861 RCACS.

Photos by MWO Scott-Zvanitajs, Cadet Correspondent

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- MS Bike Cowichan Valley is looking for Points of Interest, Food, Site, and Route Coordinators.

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Sunshine Coast
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Family Day

AT CFB ESQUIMALT

Photos by Peter Mallett, Lookout; and Rodney Venis, Base PA Office



The fun started early in the day at the Naden Athletic Centre.



A participant takes time out for pizza and snacks.

Peter Mallett
Staff Writer

Base Administration held its annual Family Day event for military, civilian staff and their children on Feb. 17 at the Naden Athletic Centre (NAC) and the Chief and Petty Officers Mess. The action-

packed lineup of fun and entertainment kicked off at the NAC in the morning with children accompanied by a parent or guardian enjoying arts and crafts activities, a bouncy castle, and swimming. The Family Day festivities then moved to the Rainbow Room at the Chiefs' and Petty Officers'

Mess where participants had a free lunch of pizza, snacks, and drinks. The afternoon event involved a special interactive presentation by Mad Science Vancouver Island. The group, which fosters a love for science, technology and engineering, provided hands-on experiments and activities for kids.



This Mad Science low-temperature-combustion flash paper experiment was a hit with four-year-old Jaelyn.



The view across the Strait of Juan de Fuca from the Chiefs' and Petty Officers' Mess was breathtaking.



Four-year-old Eiden learns about the magical strength of air with a bottle crush experiment performed by Doctor 'Y' (Alena Kottova) of Mad Science Vancouver Island.



Seven-year-old Yusuf and 10-year-old Arshan learn about Bernoulli's Principle and the magic of air pressure in a Mad Science experiment.

Bravo ZULU

CIC Basic Officer Training Course Graduation

Commander Brad Henderson (left), Commanding Officer of Regional Cadet Support Unit (Pacific) (RCSU(P)) and Chief Petty Officer First Class David Bliss (right), Regional CPO1 for RCSU(P), presented Certificates of Military Achievement on completion of the Basic Officer Training Course at CFB Esquimalt on Feb. 14.

Photos by Leading Seaman Victoria Loganov, MARPAC Imaging Services



Naval Cadet Matthew Benton receives his Certificate of Military Achievement.



Naval Cadet Matthew Bunt receives his Certificate of Military Achievement.



Officer Cadet Michael Campbell receives his Certificate of Military Achievement.



Officer Cadet Cheuk Hang Choi receives his Certificate of Military Achievement.



Officer Cadet Tracy Chow receives her Certificate of Military Achievement.



Officer Cadet Annie Duciaume receives her Certificate of Military Achievement.



Officer Cadet Braden Fournier receives his Certificate of Military Achievement.



Officer Cadet Scott Hamilton receives his Certificate of Military Achievement.



Officer Cadet Lyra Hindrichs receives her Certificate of Military Achievement.



Officer Cadet Audrey Jansen receives her Certificate of Military Achievement.



Naval Cadet Erin Lawless receives her Certificate of Military Achievement.



Officer Cadet Brandon Lee receives his Certificate of Military Achievement.



Officer Cadet Alessio Marra receives his Certificate of Military Achievement.



Officer Cadet Kathleen Pelletier receives her Certificate of Military Achievement.



Officer Cadet Ali Salimi receives his Certificate of Military Achievement.



Naval Cadet Yvetter Saunders receives her Certificate of Military Achievement.



Officer Cadet Eric Williams receives his Certificate of Military Achievement.



Officer Cadet Anita Wlastiz receives her Certificate of Military Achievement.



Officer Cadet Jason Yarmish receives his Certificate of Military Achievement.



Officer Cadet Annika Youn receives her Certificate of Military Achievement.



Officer Cadet Brandon Lee receives the Commanding Officer coin for the Top Student Achievement.

Rotary Club of Victoria honours Wounded Warrior advocate

Bravo Zulu

The Rotary Club of Victoria has honoured the Western Canada ambassador of Wounded Warriors Canada with the highest honour Rotary makes to non-Rotarians.

Captain Jacqueline Zweng, of the Regional Cadet Support Unit (Pacific), received the medallion and certificate appointing her a Paul Harris Fellow, before a crowd at the Wounded Warriors Gala on Saturday Feb. 8.

Capt Zweng joins a remarkable

company of people throughout the world, all recognized for their commitment to 'Service Above Self' to benefit local and international communities.

Wounded Warriors Canada was established in 2006 to support ill and injured Canadian Armed Forces members, veterans and first responders and their families. Today the organization is a direct mental health service provider facilitated by a clinical team across Canada.



Rotary Club of Victoria Past President Kim McGowan reads the citation while President Gerry Pash is about to present the pin, medal and certificate to Capt Zweng.

Want to recognize someone in your unit?
Send your BZs to melissa.atkinson@forces.gc.ca
@LookoutNewspaperNavyNews

BASE COMMANDER'S
GOLF
TOURNAMENT
REGISTRATION
OPENS MARCH 15

Naval Warfare Officer Phase III (NWO III) Graduation

A/SLt Jacqueline Tessier received the John F. Kilner Trophy for Top Overall NWO III Student. A/SLt Bradley Virgin received the Welland Shield for exhibiting the highest standard of Leadership and Officer Like Qualities.

The following is a list who graduated: SLt Caliskan, SLt Moy, SLt Winzoski, SLt Mottet, SLt Tessier, SLt Todd, SLt Virgin, SLt Pellerin, SLt Sirois-LeCain and Lt(N) Down.

▶ 2020 CAF Awards Ceremony – nominations are open

The Canadian Armed Forces Sports Award Program recognizes serving and former members of the military, as well as civilian members of the DND community, for his or her outstanding athletic performance and remarkable contributions to sport.

Nominations must be forwarded to command sports representatives for selection. Each command will hold a selection board to determine one command winner in each of the five categories.

Blank nomination forms are available at www.cafsportsaward-ceremony.ca. Nominations must be submitted to the local PSP by March 2. Please submit to Alyssa.Jesson@forces.gc.ca; Ryan.Elborne@forces.gc.ca; or rebecca.coulter@forces.gc.ca

Nominations will be accepted in the following categories:

- ▶ CAF Sports Achievement Awards *male athlete; female athlete; coach; official; and team.*
- ▶ Outstanding Contribution Award
- ▶ CAF Sports Hall of Fame
- ▶ CAF Sports Honour Roll; and
- ▶ Dedication to CAF Sports

NEW AWARD THIS YEAR
Unconquered Award

The Unconquered Award recognizes serving or retired CAF members who have confronted a life-altering situation and used perseverance and determination through sport or physical recreation to overcome challenges and, most importantly, serve as a role model to give hope and inspiration to others in similar situations. The deadline for PSP to receive and review the nominations (Annex G) is by Monday, April 27; these nominations should be sent directly to Regional Soldier On Coordinator at Daniel.Bourgoin@forces.gc.ca.

Please note: CAF Sports Achievement Awards nominations will be considered for 2019 sports achievements only.

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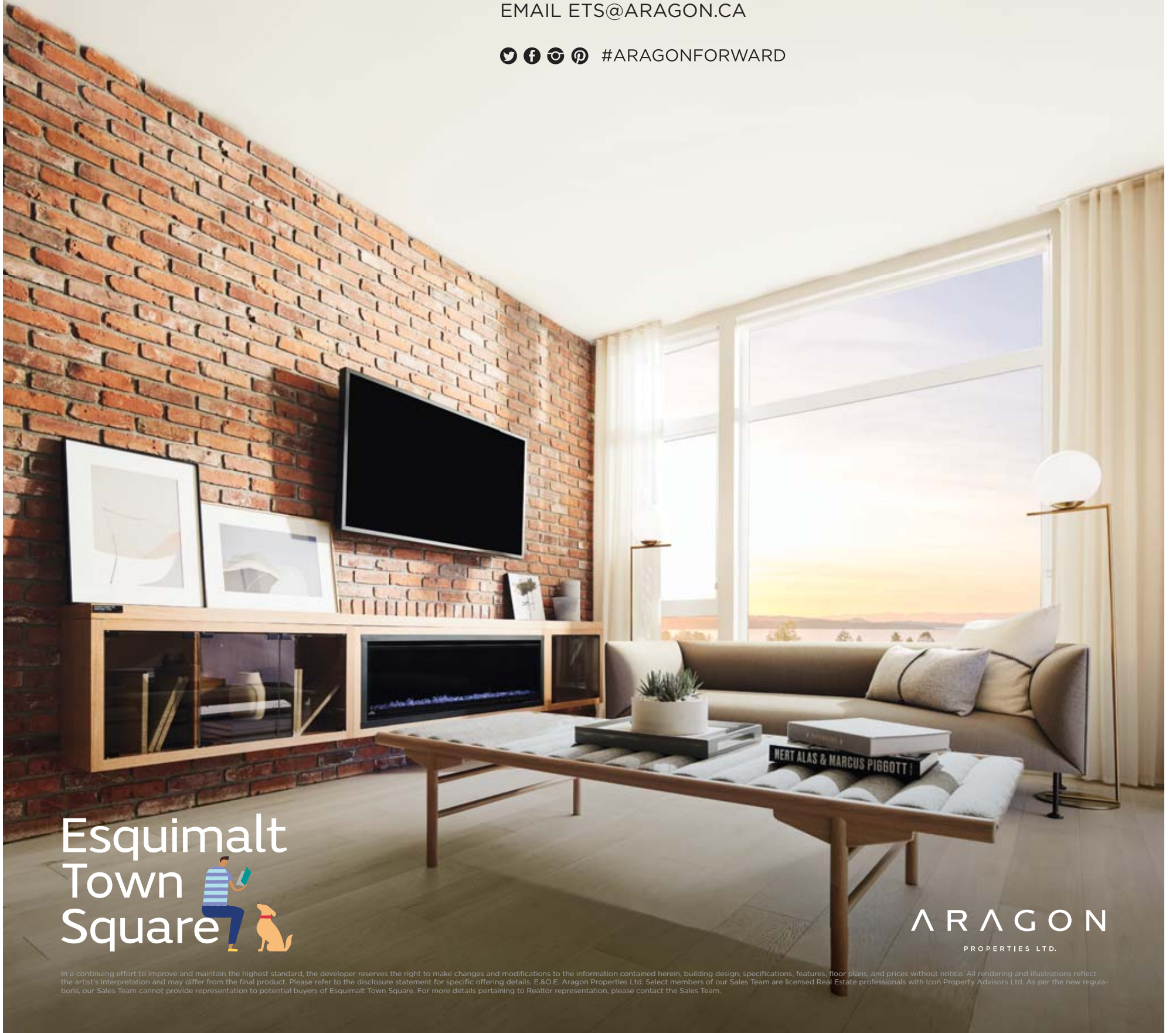
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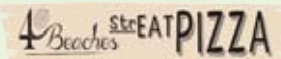
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- Esquimalt Parks and Recreation
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- Genbukan Marital Arts
- Hotel Grand Pacific
- IMAX Victoria
- KGeez Cycle
- Navy Run - PSP Recreation
- Ramada Inn Downtown Vancouver
- Sandman Hotel Group Victoria
- SALTS - Sail and Life Training Society
- Bike Victoria Society
- Victoria Marathon
- West Coast Toastmasters
- WildPlay Parks Canada

BASE CLUBS

- Aquarius Dive Club
- CFB Esquimalt Golf Association
- CF Sailing Association
- CFB Model Railway Club
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