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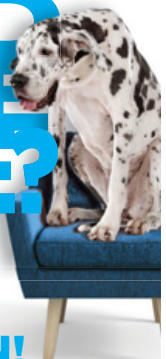
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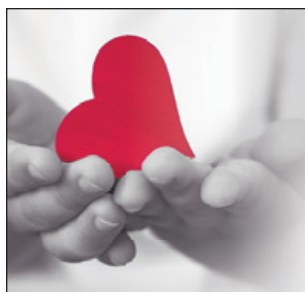




OPERATION PROJECTION-NEON

S1 Luke Froebe (front) and PO1 Mark Roberts (back) fix a small engine on board HMCS Winnipeg during Operation Projection-Neon.

Photo by Leading Seaman Valerie LeClair, MARPAC Imaging Services



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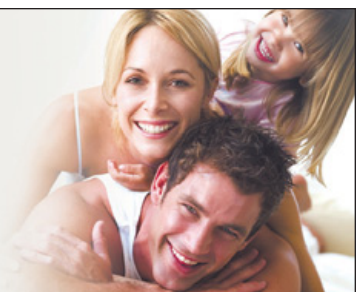
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Operation Sticky Bun: a sweet normal returns

A/SLt Emily Gjos
Contributor

Chances are if you speak to any junior officer who completed their Naval Warfare Officer training in the Gulf Islands they will know what you mean by Sticky Bun Run.

It is tradition for students on the sea phase of Naval Warfare Officer courses on the West Coast to plan, execute, and enjoy an expedition to a small bakery in Ladysmith, or occasionally in Lund, B.C.

Both bakeries make amazing cinnamon buns, almost the size of a human head.

It has been months since the last trip to Ladysmith's Old Town Bakery due to the pandemic.

However, when training operations resumed last month, the words "Sticky Buns" were floated throughout the crews of three Orca Class Patrol Craft Training Unit vessels conducting Naval Warfare Officer training from Sept 8 to 17.

The idea was met with excitement and skepticism; could they really pull off a sticky bun run in a pandemic environment? What precautions should they take to ensure the safety of the crews and community? With these questions top of mind, the students were tasked to plan and execute Operation Sticky Bun.

The second last day of the sail was chosen, in part to limit contact with the public that could affect training outcomes, and to reward the crews for their hard work over the 10-day sail.

A four-person team drawn from one of the three ships would deploy in the ship's Zodiac, in masks, to collect the buns from the bakery and distribute to the two sister ships, ensuring the social bubbles formed within the ships were respected.

With these precautions, the ships could ensure the safety of personnel and avoid impacting

the safety of the Ladysmith community.

As the Sticky Bun Run approached, another danger was on the horizon: smoke carried from northwestern United States wildfires brought several days of reduced visibility. In the days leading up to Operation Sticky Bun visibility was at times less than 500 yards, increasing the risk of deploying a small boat into a harbour in low visibility.

On the morning of the planned operation, the smoke cleared in Ladysmith Harbour. Operation Sticky Bun was a go.

With excitement in the air, the crew to launch the Zodiac were closed up on the deck of PCT Grizzly 60. The boat was lowered into the water and away they went to collect the sticky buns and demonstrate a practised ability to operate safely in a COVID-19 environment.

A 20-minute jaunt over calm waters at full throttle across the harbour led to a secure alongside position and a 1.5 kilometre hike overland, the first in eight days.

Weighed down by approximately 50 giant sticky buns, the crew made the trek back to the Zodiac and finally back to the ship, sitting noticeably lower in the water than when they had left.

With shipmates ready to receive them, a daisy chain of cinnamon buns commenced. In about 60 minutes the boat's crew had travelled approximately six kilometres by land and sea, collected 50 sticky buns, and delivered them into the eager hands of shipmates, where they were thoroughly enjoyed.

On the final day of training, the three vessels returned home to Esquimalt Harbour, the crew waving with sticky hands to *HMC Ships Brandon* and *Regina* and Her Majesty's New Zealand Ship *Te Kaha*, also operating in the harbour approaches.

The after action report: Operation Sticky Bun was a sweet success.



A/SLt LeMesurier with the goods following Operation Sticky Bun.



A/SLt Pooley advises command the goods are in bound.



A/SLt Gjos and A/SLt Virgin keep the boat humming.



Dockyard's Big Tree – End of an Era

Katelyn Moores
Base PAO

It's the end of an era for one of the oldest and largest Arbutus trees on base, but hopefully also a new beginning.

The Arbutus tree located in the Dockyard is estimated to be over two hundred years old, but a recent risk assessment found it in deteriorating health, and that instability poses a significant hazard to both people passing by and nearby infrastructure.

"A certified arborist has been monitoring the tree for about 20 years," said Don Fenton, Contract Coordinator with Real Property Operation. "During the course of this monitoring program, signs of decline were identified and the tree has been pruned back many times to help reduce risk. The latest assessment completed this summer showed that greater intervention was now necessary."

The assessment identified a continuing decline in its health and a large stress fracture in the tree's largest limb. To mitigate growing safety concerns, most of the Arbutus tree will be cut down this

week; however, instead of cutting the tree down to ground level, the four large stems will be left approximately 10 to 15 feet above ground. This decision was made to increase the potential for the tree to re-sprout, but also to preserve a portion of the tree to commemorate the natural heritage of the Esquimalt Royal Canadian Navy National Historic Site.

Likely here long before the first military facilities were built in the 1850s, the Arbutus tree has become a well-known fixture within Dockyard where it stands just outside building DY68. With a combined trunk measurement of 259 centimeters, the tree was named to the B.C. Big Tree Registry in 2000, and currently holds the second highest "tree score" for Arbutus in the province. The ranking is based on several different measurements including height, diameter, and crown spread.

Before the tree could be cut back, Base Safety and Environment staff worked to ensure compliance with environmental legislation and policy. This included initiating a bird nesting survey and delaying tree removal until the end of the bird nesting window. In addition, similar to most municipalities, CFB Esquimalt follows a tree

replacement policy that requires two trees to be planted for every tree removed. Real Property Operations acquired five arbutus saplings and coordinated the planting last week at Duntze Head.

Cain van Cadsand, an Environment Officer with Base Safety and Environment, has been providing updates on the health of the tree to the B.C. Tree Registry and plans to nominate another Arbutus soon. The beauty and long history of dockyard's Arbutus tree have earned it many admirers over the years, and van Cadsand knows people will be saddened by the news of its decline.

"The tree reminds us of what the natural landscape would have been like prior to the industrial development of the dockyard," he said. "People enjoy working in, or within view of natural environments like this Arbutus tree and at Dockyard we are lucky to have a few small remaining patches of native coastal bluff ecosystems to enjoy."

The only native broadleaf evergreen in Canada, Arbutus trees can grow up to 30 metres tall and live for 400 years. They are normally found within eight kilometers of the ocean and stretch along the coastline from southern B.C. to California.



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WHAT SAY WE

Conflict Resolution Day 2020 **October 15**

The Power of Dialogue: Working towards mutual understanding

On Oct. 15, the Integrated Conflict and Complaint Management Program (ICCM), Conflict and Complaint Management Services West/North Region would like you to join them in celebrating Conflict Resolution Day 2020. This day has been celebrated in Canada and around the world since 2005.

The Federal Informal Conflict Management System Network of which ICCM belongs, in collaboration with many organizations, has planned a virtual celebration, with a variety of sessions available to all public servants. For more details and to register for an event, please see the list below.

The impacts of the global pandemic on the daily lives of all public servants and CAF members have shown the increased need for communication and connectedness. It is important that we all become more aware of the value and means of resolving interpersonal and organizational issues.

Adapting to the Virtual Workplace

Speakers:

Robert Dioné and Frédérique Lalonde, Conflict Resolution Practitioners, Shared Services Canada
English session – 2 to 3 pm (Eastern Time)

To register, go to: www.eventbrite.ca/e/adapting-to-the-virtual-workplace-tickets-120580315971

French session – 10 to 11am (Eastern Time)

To register, go to: www.eventbrite.ca/e/sadapater-au-milieu-de-travail-virtuel-tickets-120583868597

Talking Circles: Cultivating Interconnection within Groups

Speakers:

Samuel Henri and Tara Kowalski, Informal Conflict Resolution Practitioners, Employment and Social Development Canada

English session – 1 to 2:15 pm (Eastern Time)

To register, go to: www.eventbrite.com/e/talking-circles-cultivating-interconnection-within-groups-registra-tion-118577471409

French session – 9 to 10:15 am (Eastern Time)

To register, go to: www.eventbrite.com/e/inscription-les-cercles-de-discussion-cultiver-la-connectivite-au-sein-des-groupes-118695915679

Gaining Insight on Your Conflict Management Style

Speakers:

Leanna Haythorne (CSC), Dominique-Nadia Villemaire (IRB), Joyce Abarbanel and Michael Nadon (ISED)

English session – 1:30 to 3 pm (Eastern Time)

To register, go to: www.eventbrite.ca/e/webex-iseds-conflict-resolution-day-english-session-tickets-120201878053

French session – 10 to 11:30 am (Eastern Time)

To register, go to: www.eventbrite.ca/e/webex-journee-de-resolution-des-conflits-de-isde-session-en-francais-tickets-120255648883

Resilience in a Virtual World of Work

Speakers:

Tammy Carroll, Ph.D., Senior Consultant in Conflict Management, Atlantic Canada Opportunities Agency and Angela Leger, Conflict Management Practitioner, Department of National Defence

English session – 1 to 2 pm (Eastern Time)

To register, go to: www.eventbrite.ca/e/billets-resilience-in-a-virtual-world-of-work-121196511027

French session – 9 to 10 am (Eastern Time)

To register, go to: www.eventbrite.ca/e/billets-la-resilience-dans-un-milieu-de-travail-virtuel-121220619135

Contributing to a healthy work environment in uncertain times

Speaker:

Nicole Beauregard, joined by members of Health Canada's Ombudsman, Integrity and Resolution Office

English session – 11:30 am to 12 pm (Eastern Time)

To register, go to: www.eventbrite.ca/e/contributing-to-a-healthy-work-environment-in-uncertain-times-tickets-121606118173

French session – 3 to 3:30 pm (Eastern Time)

To register, go to: www.eventbrite.ca/e/contribuer-a-un-milieu-de-travail-sain-durant-une-periode-dincertitude-tickets-121730099003

Communicating Effectively While Working Remotely

Speakers:

Maggie Daly and Catherine Morin, Conflict Resolution Practitioners, Immigration, Refugees and Citizenship Canada

English session – 2 to 4 pm (Eastern Time)

To register, go to: www.eventbrite.ca/e/communicating-effectively-while-working-remotely-tickets-121619165197

French session – 9 to 11 am (Eastern Time)

To register, go to: www.eventbrite.ca/e/communiquer-efficacement-tout-en-travaillant-a-distance-tickets-121604992807

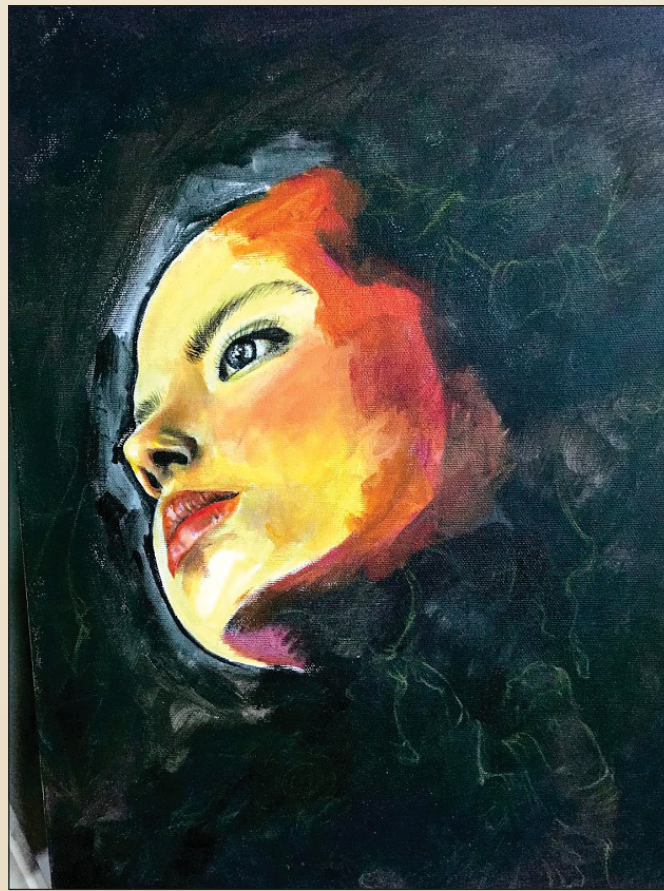


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'Just Paint It'

Course creates more than just artwork



Peter Mallett
Staff Writer

Art instructor Behni Moosavi-Shalmani believes everyone is bestowed with creativity. They just need to give themselves the opportunity to blossom.

She is the course provider of 'Paint It!' for the Personnel Support Programs recreation department.

"I can say with confidence that everyone who leaves one of my classes, leaves with a big smile on their face," she says. "I am trying to reach out to the people who have never painted before and don't believe they can do it."

Her easy going, no pressure and relaxing atmosphere in the class enables first-time painters to be brave with what they paint and how they paint it.

"When an artist begins to paint they may struggle at first and find parts of a painting they are not happy with; this is exactly comparable to the struggles we face in real life" explains Behni. "These are experiences everyone goes through, so the big thing to do is take a step back and realize mistakes can be corrected and covered. There is always a chance to change. The important thing is to relax and let your mind and thoughts guide what you create."

Moosavi-Shalmani, 37, is a Military Family Resource Centre (MFRC) employee and Personnel Support Programs (PSP) contractor. She is a military spouse, married to Cpl Hamid Anghaei who works for Base Logistics distribution centre in Colwood. The couple have two children and live in Langford.

"When I'm working at CFB Esquimalt it's like being at home and being with family," she says. "I live the military lifestyle, so I feel comfortable with its people and love to work with them."

She learned art skills in a specialized high school art program while growing up in Iran. Then she earned a Bachelor of Arts at the University of Tehran where she focussed on painting, sculpture, and photography. When she left Iran she had to leave much of her artwork behind. Over the years, she has developed a new portfolio of work since her move to Canada in 2006.

Behni says her artwork is best described as expressionism, where she seeks to depict not objective reality, but rather the subjective emotions and responses that nearby objects arouse.

"When I paint, I like my paintings to talk, and my goal is to get people to look at them not just for face value but to get a true feeling from my painting."

The class is open to all military members, DND civilian employees, and their family members. Cost is \$30 and includes the art materials. To further entice



would-be artists and add to the smile factor, there is the incentive of free chocolate.

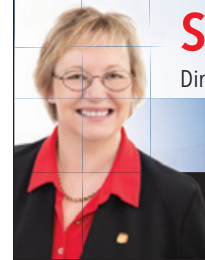
The class runs 6 and 8 p.m. every other Friday and alternates locations between the Chiefs and Petty Officers' Mess and the Regina Room at the Colwood Pacific Activity Centre (CPAC).

For more information about Paint It and to register call 250-363-1009.



Behni Moosavi-Shalmani

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Former reservist targets half a million for hospital

Peter Mallett
Staff Writer

These days, Yana Hempler runs with a purpose.

The former army reservist and long-distance runner has taken to the trails and streets of Victoria to raise money for the Victoria Hospitals Foundation to help expand and enhance the critical care capacity, now and into the future.

What started out as a summer challenge of 12 marathons in 12 days, raising \$15,000, has flourished into a \$500,000 personal year-long fundraising challenge.

"With the [COVID-19] pandemic, our healthcare heroes have been working even harder and longer and I cannot thank them enough. This fundraiser is my way of showing support for the amazing work they do and for the many lives they've saved, including one of my best friends back in 2019."

She will run one additional marathon – 42.2 kilometres – for every \$15,000 raised. By this time next year, she hopes to complete 33 marathons, a total of 1,406 kilometres.

"The most important thing through all of this is to pace myself properly during my runs to avoid burnout," said Hempler, 30.

While she is mentally determined, she admits running so many marathons can lead to physical fatigue. After completing the 12 marathons between July 24 and Aug. 4, she has remained injury free so far and says proper training and preparation has made a big difference.

It's not the first time she has raised money for charity.

In 2013 she ran 495 kilometres from Port Hardy to Mile 0 in support of three local charities - the Mustard Seed Food Bank, Recreation Integration

Victoria, and the B.C. SPCA. In 2015, she and a friend ran from Duncan to Victoria in another fundraiser. A year later, she launched her charity Run4Dreams to provide financial assistance for sick children and their families through an online virtual race that involved 32 competitors in four Canadian cities.

Hempler currently works in the supply chain for aircraft manufacturer Viking Air but previously spent three years as a logistics officer with 39 Service Battalion. When she is not working, she is coaching runners to help them achieve their goals and run injury free.

"I hope anyone who reads this story will find it in their heart to support the Victoria Hospitals Foundation for the great work they do," said Hempler. "I hope to inspire others to take on an adventure or an initiative that is meaningful to them, recognizing that they can and will make a difference."



Yana Hempler holds a placard boasting her summer fund raising achievement.



Those interested in making a donation to Hempler's latest initiative can do so here:



www.canadahelps.org/en/pages/running-1000-miles-to-help-raise-funds-for-the-vic



Robin&AJ
Good morning. Good times.



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GAME ON

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CANEX raises its game

Peter Mallett
Staff Writer

A revamped contest by CANEX launches later this month and hopes to catch the attention of gaming enthusiasts.

Game On CANEX kicks off on Oct. 22 and is open to all Canadian Armed Forces members. The contest offers four separate sweepstakes for four consecutive weeks with a total of \$4,000 in prizes up for grabs.

In the first week, a HyperX Gaming Bundle and an AndaSeat Dark Knight Gaming Chair are the two featured prizes. The following week's prizes include two Oculus VR headsets, a new Xbox Series X, and a new Sony Playstation 5.

This year's event replaces the CANEX Championship Gaming Series that ran from 2016 to 2019. That Gaming Series attracted about 400 participants and viewers each year with military members putting their gaming skills to the test against each other.

Michael Prouty, CANEX Segment Marketing Manager, says earlier this year the decision was made to change the format to offer a wider appeal to all CAF community gamers.

While those who participated in or watched the live stream of the tournament had a great time, Prouty points out the original game series spoke to a very small portion of the entire CANEX gaming community, which he estimates to be approximately 30,000 people.

"Based on these numbers, we decided to revamp the format and appeal to a much larger population of gamers in the CAF community with Game On CANEX," explained Prouty. "Given the fact that these prizes will be in high demand for the holiday shopping season, I am confident the participation numbers will be significant."

To enter the contest, applicants must provide their first and last name, email address, and their CF1 number in an entry form found on the soon-to-be-launched event webpage <http://www.gameon-canex.com>

A full list of prizes for each draw will also be on the website.

Registered CAF members can earn more entries for each weekly prize draw by completing different tasks. They will include following contest clues and answering trivia questions provided in regular CANEX emails, Instagram and Facebook posts.

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Mission complete for Tour de Rock riders

Peter Mallett
Staff Writer

Tour de Rock rider Cpl Michael Smith says he was taken aback by donor generosity in this year's fundraiser for children with cancer.

The 29-year-old works in the Court Section of CFB Esquimalt's Military Police Unit. He was part of a 19-person police and first-responder cycling team that pedaled a combined distance of 1,200 kilometres from Port Alice to Victoria between Sept. 23 and Oct. 2.

Tour de Rock provides funding for paediatric cancer research and support programs through the Canadian Cancer Society while also raising awareness about the plight of affected children and their families.

This year's fundraising effort fell short of last year's total of \$1.2 million due to COVID-19 restrictions, but still reached its \$600,000 fundraising goal. Riders set individual fundraising targets and this year Cpl Smith exceeded his \$5,000 goal by \$220.

"Every year I am blown away by the generosity of people on Vancouver Island and at CFB Esquimalt. This year's Tour de Rock was no different even despite the COVID-19 pandemic," says Cpl Smith.

The tour made fewer stops with much smaller gatherings of 50 people or less.

"I understand these are tough times for everyone but I'm



Cpl Michael Smith and team at CFB Esquimalt Fire and Rescue headquarters.

glad to see our supporters realize that cancer doesn't take a break, even for COVID-19," said Cpl Smith.

The tour made a stop on the last day at CFB Esquimalt Fire and Rescue headquarters to a COVID-19 scaled-back heroes welcome. Cpl Smith and the other riders were greeted by members of Esquimalt's military police unit and fire department staff.

'Game On' For Golf

CFB Esquimalt's Military Police Unit continue their ongoing fundraising for the Military Police Fund for Blind Children with their upcoming golf tournament.

A maximum of 60 participants will adhere to strict social distancing guidelines for the first annual James Riley Stone 'Big Jim' golf tournament, to be held Oct. 16 at Olympic View Golf Club. Four-player teams will compete in an 18-hole, Texas Scramble format event that begins with a shotgun start at 8 a.m.

Participants will receive practice balls and be eligible for prizes. A complimentary outdoor lunch at the 10th hole and a shared electric golf cart are also included with registration.

The event is named in honour of Colonel James Riley Stone, who founded the blind fund in 1957. The former Commanding Officer of the 2nd Battalion of Princess

Patricia's Canadian Light Infantry (PPCLI) had a daughter who was afflicted with eye cancer. He established the charity to provide financial assistance and support for blind children under the age of 13.

This year's golf tournament is being organized by military police members LS Eric McRae and Cpl Branden Keith. For player registration information contact Michael.smith2@forces.gc.ca

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Sailor achieves Marine Technician milestone

Peter Mallett
Staff Writer

A junior ranks sailor currently on board HMCS Regina has become the first in his trade to qualify as a Senior Engineering Watch Keeper.

MS Chris Shepard is a Marine Technician. He achieved the noteworthy milestone, usually held by a Petty Officer or higher ranking sailor, Sept. 26 when he passed his final qualification examination during his ship's return from Rim of the Pacific exercises.

The 38-year-old joined the Royal Canadian Navy as an engineer 11 years ago and says the exam was easily the most stressful but rewarding of his career.

"It's definitely pretty exciting and felt like a huge weight was lifted off my shoulders now that I am finished with the qualification. Now I have something to look forward to and I am excited for the future as I move towards my goal of becoming a Chief Petty Officer."

The Marine Technician trade stood up in April 2017, replacing the three legacy trades of Marine Engineer, Marine Electrician, and Hull Technician. The consolidation of trades addressed the changing technology, crew models, and maintenance philosophies associated with the renewal of the fleet including the arrival of Arctic and Offshore Patrol Vessels.

With the new certification comes new responsibilities. During his watch, he manages coordinating and controlling the propulsion of the ship, damage control, power generation, the distribution of equipment and systems to all modes of operation, and supervising the maintenance.

"I am responsible for everything in the engineering plant that keeps the boat moving forward," says MS Shepard. "It's a huge responsibility that can't be

taken lightly because a mistake can seriously affect the safety of people's lives."

The importance of his achievement was celebrated by his shipmates, his instructors from Naval Fleet School (Pacific), and Regina's leadership.

"I'm not surprised Chris has hit this milestone as he is one of my strongest professionals in Regina," said Cdr Landon Creasy, Regina's commanding officer. "His completion of the new qualification process that supports the reaching of steady-state in the MARTECH program shows a path for others to follow."

Training for the Senior Engineering Watch Keeper course was designed by the navy's Naval Personnel Training Group, primarily the Naval Training Development Centre (Pacific), which generated the Qualification Standards Plan, lesson plans, and supporting assessment criteria.

MS Shepard's new qualification is seen as a "transitional moment" where command has empowered junior leadership to make critical decisions that will have a definitive impact on mission success, explained Capt(N) Jason Boyd, who commands Naval Personnel Training Group, which includes both Naval Fleet School (Pacific) and Naval Training Development Centre (Pacific).

"His qualification was more about the new opportunities that exist in leveraging our sailors' attributes of skill, competence, and attitude," said Capt(N) Boyd.



MS Chris Shepard is the first Marine Technician to qualify as a Senior Engineering Watch Keeper.



"We identify these values early on to drive what makes sense from a leadership momentum, allowing sailors to define themselves in support of mission goals."

CPO2 Shane Foxe, Marine Technician Training Manager, has identified 25 candidates to follow in MS Shepard's wake, with eight already undertaking the course. The aim is to have up to four certified Senior Engineering Watch Keepers posted to each frigate.

Candidates need a special aptitude for the job and not all trainees will be successful, he said. They are required to have extensive hands-on skills to operate a ship's plant, outstanding risk assessment, and the skills to manage six or more personnel in their department.

"The role of a Senior Engineering Watch Keeper is all about understanding any circumstance that could happen on a warship and consider all possible actions as quickly as possible before articulating a response," he said. "If you can do this and determine all the associated risks with the skills aptitude and confidence to make the right decision in a short duration, then you are the right person for the job."

Prerequisites for enrolment in the course are significant and include hundreds of hours of in-class time and time logged on a vessel as an engineer. This includes 500 hours of lower-level engineering watch keeping experience, 180 days at sea, and 12 months of duty on an active ship.

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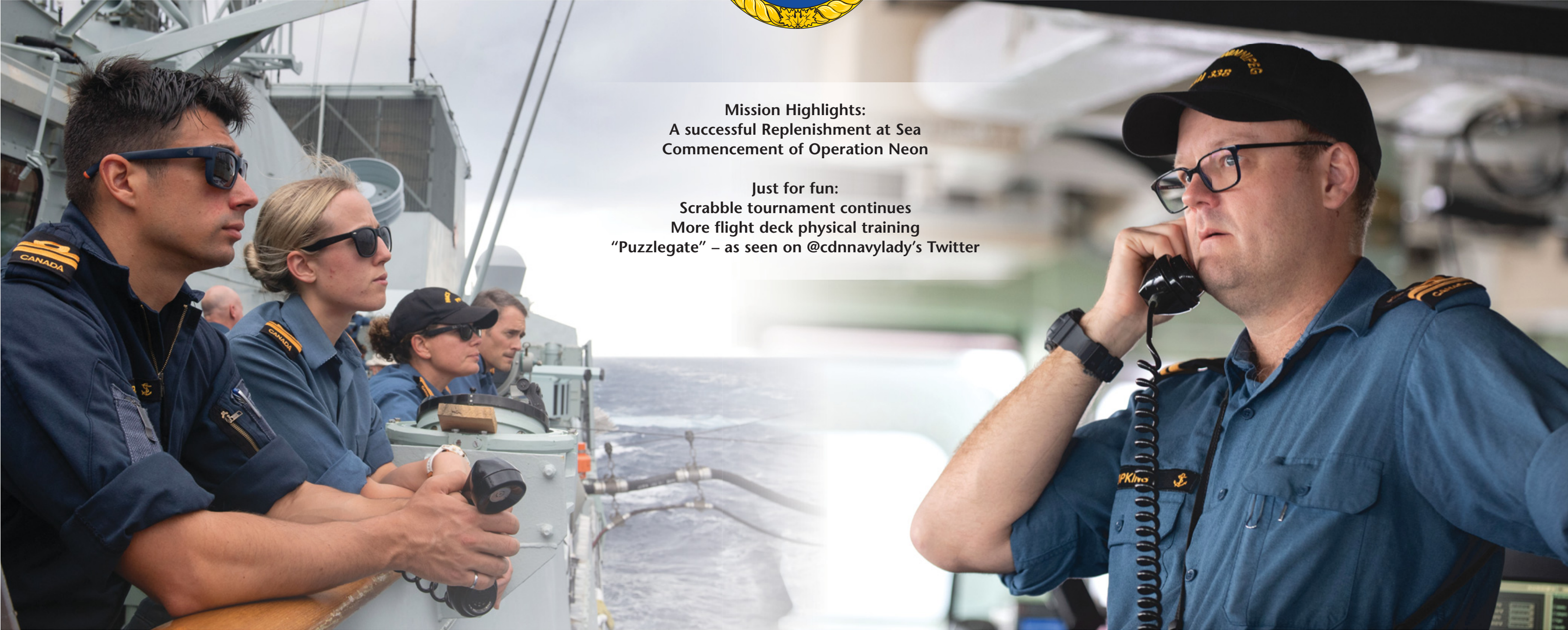
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HMCS WINNIPEG
WEEK IN REVIEW

SEPTEMBER 28
TO OCTOBER 4

Photos by S1 Valerie LeClair, MARPAC Imaging Services

OPERATION
PROJECTION
NEON



Crew members participate in a replenishment-at-sea with with USS Naval Ship Washington Chambers on Oct. 4.

Sub-Lieutenant Phil Hopkins makes a call won the bridge.



A member of the Air Detachment conducts flight operations.

➤ Don't forget to keep up with HMCS Winnipeg on Facebook, Instagram, and Twitter!



Sailor First Class Doug Wyllie participates in the replenishment-at-sea.



A member of the Royal Canadian Air Force conducts maintenance on the CH-148 Cyclone helicopter.



Members of HMCS Winnipeg participate in a Replenishment-at-Sea.



The crew stays fit with Brazilian Jiu-jitsu on the flight deck.

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Base Administration's MCpl Kim Draper

2Lt Jamie Boparai
Base Administration



To find Master Corporal Kim Draper, one has to take the stairwell into the basement of Nelles Block.

With a team of two military and two civilian members, she manages Nelles Block Stores, a supply warehouse that supports the residents and employees that live and work in the accommodations building.

They procure, store, and distribute everything from linen and mattresses, to tables and chairs, clocks and lamps, and pens and pencils.

"It takes a special type of person to conduct the job requirements of Block Stores. You have to be happy, friendly, and courteous to customers. What I like most about my job is the people. Not just my co-workers, but the residents as well."

Nelles Block houses primarily junior non-commissioned members coming straight from basic training at the Canadian Forces Leadership and Recruit School to take their trade training at Naval Fleet School (Pacific).

"When members arrive they are required to sign for all items in their room and confirm that they are in a suitable condition," explains MCpl Draper.

If there is a problem or if anything is missing her team will replace the item and procure more if supply runs short. Weekly linen exchange is also a function of Block Stores.

Her path to Nelles Block began in 2005 when she joined the Canadian Armed Forces as a Supply

Technician in the army. Supply Techs are a purple trade, meaning they can be employed within the land, sea, and air operating environments despite the element they belong to.

In many cases, it is essential to gain experience in all three environments for professional development and career progression purposes.

MCpl Draper achieved this goal with her posting to CFB Esquimalt in 2018.

Upon arrival to CFB Esquimalt, she was posted to Base Logistics in a customer service position; interacting with clients is something she likes to do. The position also afforded her time to improve her English.

"English is my second language, so I wanted an opportunity to better my communication skills. I still find it challenging, but I continue to work hard and improve myself."

The role of supply tech is far more than handing out items. It requires attention to detail for record keeping, inventory control, repair and disposal, loan procedures, and budget management. All skills she has developed over her 15 years.

However, her work has changed significantly with the outbreak of COVID-19.

“Not more than four people can work at a time, and not more than one customer is allowed to enter our area at a time. Wearing masks in the laundry room is also a must to keep our residents safe.”

When the COVID environment returns to normal, she hopes to deploy on a frigate and have a truly navy experience.



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We're helping B.C. vote safely during the pandemic. Here's what you can expect if you vote in person:

- Physical distancing and capacity limits
- Election officials wearing personal protective equipment (such as masks and face-visors)
- Protective barriers and sanitization stations
- Frequent cleaning of voting stations and surfaces
- Election workers trained on safe workplace guidelines and pandemic protocols

Follow the instructions from election officials in the voting place to help maintain physical distancing. You will be asked to sanitize your hands before and after voting.

If you are ill or self-isolating, do not visit a voting place. Contact Elections BC at **1-800-661-8683** to discuss your voting options.

Learn more at elections.bc.ca/safevoting.

You can vote in person or by mail.

Vote in person

-  Vote at a district electoral office – Find the office nearest you at elections.bc.ca/deo. Voting is available now during office hours.
-  Vote at advance voting – Find advance voting places and the dates they are open below, or visit wheretovote.elections.bc.ca.
-  Vote on election day – Find voting places and the dates they are open below, or visit wheretovote.elections.bc.ca. Election day is Saturday, October 24, but there are lots of ways to vote before then.

Vote by mail

-  If you requested a vote-by-mail package from Elections BC, return it as soon as possible. Vote-by-mail packages must be received by Elections BC by 8 p.m. (Pacific time) on **Saturday, October 24**. Mail your completed package as soon as possible or return it in person so that it is received before the deadline. See elections.bc.ca for a list of in-person drop-off locations.

What should I bring if I vote in person?

- ID that shows your name and home address. See elections.bc.ca/id for the list of acceptable ID.
- Your Where to Vote card. Look for it in the mail from Elections BC. It will make voting faster and easier.
- Your own pen or pencil to mark your ballot, if you wish.
- You may wear a mask in the voting place, if you wish. We encourage voters to wear a mask when they vote to protect others. You will not be asked to remove your mask to vote.

Voting Places for Esquimalt-Metchosin							
Advance Voting Places (open 8 a.m. to 8 p.m. local time on the dates listed)	Open Dates						
	Thur Oct. 15	Fri Oct. 16	Sat Oct. 17	Sun Oct. 18	Mon Oct. 19	Tues Oct. 20	Wed Oct. 21
Colwood Pentecostal Church 2250 Sooke Rd, Colwood, BC	✓	✓	✓	✓	✓	✓	✓
Esquimalt Rec Centre 527 Fraser St, Esquimalt, BC	✓	✓	✓	✓	✓	✓	✓
Esquimalt United Church 500 Admirals Rd, Esquimalt, BC	✓	✓	✓	✓	✓	✓	✓
Metchosin Comm Hall 4401 William Head Rd, Metchosin, BC	✓	✓	✓	✓	✓	✓	✓
Strawberry Vale Comm Hall 11 High St, View Royal, BC	✓	✓	✓	✓	✓	✓	✓
West Shore Parks & Rec 1767 Island Hwy, Colwood, BC	✓	✓	✓	✓	✓	✓	✓
General Voting Places (open 8 a.m. to 8 p.m. Pacific time on Saturday, October 24):						District Electoral Offices:	
Colwood Pentecostal Church 2250 Sooke Rd, Colwood, BC	Sangster Elem School 3325 Metchosin Rd, Colwood, BC	View Royal Elem School 218 Helmcken Rd, View Royal, BC				103-318 Wale Rd Colwood, BC (236) 478-2930	
Esquimalt Sr Comm School 847 Colville Rd, Esquimalt, BC	Shoreline Comm Middle School 2750 Shoreline Dr, View Royal, BC	West Shore Parks & Rec 1767 Island Hwy, Colwood, BC				Hours of Operation: Monday - Friday 9 a.m. to 5 p.m. Saturday 10 a.m. to 4 p.m.	
Esquimalt United Church 500 Admirals Rd, Esquimalt, BC	St. Mary of the Incarnation Church 4125 Metchosin Rd, Metchosin, BC	Wishart Elem School 3310 Wishart Rd, Colwood, BC					
Metchosin Comm Hall 4401 William Head Rd, Metchosin, BC	Strawberry Vale Comm Hall 11 High St, View Royal, BC						
Candidates for Esquimalt-Metchosin							
Candidate’s Name:		Financial Agent:			Official Agent:		
Mitzi Dean BC NDP		Maurine Karagianis 864 Selkirk Ave, Esquimalt BC, V9A 2T8 (250) 360-6424					
Andy MacKinnon BC Green Party		Angus MacIsaac 75 Bradene Rd, Victoria BC, V9C 4B1 (250) 478-0057					
Desta McPherson Independent		Desta McPherson 6-2981 Craigowan Rd, Victoria, BC, V9B 1N2 (250) 858-3529					
RJ Senko BC Liberal Party		Tom Wansbrough 83 Milburn Dr, Colwood BC, V9C 3T4 (778) 265-3399					

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Find where and when to vote below.

Voting Places for Langford-Juan de Fuca							
Advance Voting Places (open 8 a.m. to 8 p.m. local time on the dates listed)	Open Dates						
	Thur Oct. 15	Fri Oct. 16	Sat Oct. 17	Sun Oct. 18	Mon Oct. 19	Tues Oct. 20	Wed Oct. 21
Luxton Comm Hall 1040 Marwood Ave, Langford, BC	✓	✓	✓	✓	✓	✓	✓
Millstream Village - Unit C 105-2401 Millstream Rd, Langford, BC	✓	✓	✓	✓	✓	✓	✓
SEAPARC Leisure Centre 2168 Phillips Rd, Sooke, BC	✓	✓	✓	✓	✓	✓	✓
Sooke Comm Hall (Upstairs) 2037 Shields Rd, Sooke, BC	✓	✓	✓	✓	✓	✓	✓
General Voting Places (open 8 a.m. to 8 p.m. Pacific time on Saturday, October 24):						District Electoral Offices:	
CRD Building Otter Point 3-7450 Butler Rd, Sooke, BC	Highlands Comm Hall 729 Finlayson Arm Rd, Highlands, BC	Royal Canadian Legion 91 761 Station Ave, Langford, BC	Willway Elem School 2939 Mt Wells Dr, Langford, BC	C117-2401 Millstream Rd Langford, BC (236) 478-2940			
Crystal View Elem School 2662 Silverstone Way, Langford, BC	Luxton Comm Hall 1040 Marwood Ave, Langford, BC	Shirley Comm Hall 2795B Sheringham Point Rd, Sooke, BC	Hours of Operation:				
East Sooke Comm Hall 1397 Copper Mine Rd, Sooke, BC	Millstream Village - Unit C 105-2401 Millstream Rd, Langford, BC	Sooke Comm Hall (Upstairs) 2037 Shields Rd, Sooke, BC	Monday - Friday 9 a.m. to 5 p.m.				
Edward Milne Comm School 6218 Sooke Rd, Sooke, BC	Port Renfrew Comm Centre 6637 Deering Rd, Port Renfrew, BC	The Forge Church 2612 Sooke Rd, Langford, BC	Saturday 10 a.m. to 4 p.m.				
Candidates for Langford-Juan de Fuca							
Candidate's Name:		Financial Agent:		Official Agent:			
Gord Baird BC Green Party		Ann Baird 3295 Compton Rd, Victoria BC, V9E 1C8 (250) 812-5481					
Kelly Darwin BC Liberal Party		Bill Stafford 1192 Muirfield Pl, Victoria BC, V9B 6T2 (250) 882-5466					
John Horgan BC NDP		Shirley Ackland 1253 Solstice Cres, Victoria BC, V9B 0V1 (250) 949-0392					
Tyson Riel Strandlund Communist Party of BC		Peter Marcus 706 Clark Dr, Vancouver BC, V5L 3J1 (604) 254-9836					

Voting Places for Oak Bay-Gordon Head							
Advance Voting Places (open 8 a.m. to 8 p.m. local time on the dates listed)	Open Dates						
	Thur Oct. 15	Fri Oct. 16	Sat Oct. 17	Sun Oct. 18	Mon Oct. 19	Tues Oct. 20	Wed Oct. 21
Broad View United Church at Arbutus 2625 Arbutus Rd, Saanich, BC					✓	✓	✓
Emmanuel Baptist Church 2121 Cedar Hill Cross Rd, Oak Bay, BC	✓	✓					
Maria Montessori Academy 1841 Fairburn Dr, Saanich, BC			✓	✓			
Monterey Middle School 851 Monterey Ave, Oak Bay, BC			✓	✓			
University Heights Mall 3980 Shelbourne St, Saanich, BC	✓	✓			✓	✓	✓
Uplands International Program School 3461 Henderson Rd, Oak Bay, BC			✓	✓			
General Voting Places (open 8 a.m. to 8 p.m. Pacific time on Saturday, October 24):							District Electoral Offices:
Arbutus Middle School 2306 Edgelow St, Saanich, BC	Hillcrest Elem School 4421 Greentree Terr, Saanich, BC	Oak Bay Sec School 2151 Cadboro Bay Rd, Oak Bay, BC	3970 Shelbourne St Victoria, BC (250) 387-7216 Hours of Operation: Monday - Friday 9 a.m. to 5 p.m. Saturday 10 a.m. to 4 p.m.				
Broad View Church at St Aidan's 3703 St Aidans St, Saanich, BC	Margaret Jenkins Elem School 1824 Fairfield Rd, Victoria, BC	St. Philips Church 2928 Eastdowne Rd, Oak Bay, BC					
Broad View United Church at Arbutus 2625 Arbutus Rd, Saanich, BC	Monterey Middle School 851 Monterey Ave, Oak Bay, BC	Torquay Elem School 4413 Torquay Dr, Saanich, BC					
Gordon Head Middle School 1671 Kenmore Rd, Saanich, BC	Monterey Rec Centre 1442 Monterey Ave, Oak Bay, BC	Uplands International Program School 3461 Henderson Rd, Oak Bay, BC					

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Find where and when to vote below.

Candidates for Oak Bay-Gordon Head		
Candidate's Name:	Financial Agent:	Official Agent:
Florian Castle Communist Party of BC	Peter Marcus 706 Clark Dr, Vancouver BC, V5L 3J1 (604) 254-9836	
Nicole Duncan BC Green Party	Karin Lengger 5384 Miller Rd, Duncan BC, V9L 6R2 (250) 208-1591	
Roxanne Helme BC Liberal Party	Bernard Beck 2016 Romney Rd, Victoria BC, V8S 4J7 (250) 686-4870	
Murray Rankin BC NDP	Alexander Kilpatrick 2507 Epworth St, Victoria BC, V8R 5L3 (250) 370-5022	

Voting Places for Saanich North and the Islands							
Advance Voting Places (open 8 a.m. to 8 p.m. local time on the dates listed)	Open Dates						
	Thur Oct. 15	Fri Oct. 16	Sat Oct. 17	Sun Oct. 18	Mon Oct. 19	Tues Oct. 20	Wed Oct. 21
Community Gospel Chapel 147 Vesuvius Bay Rd, Salt Spring Island, BC	✓	✓	✓		✓	✓	✓
Gateway Park - Block E 2261 Keating Cross Rd, Central Saanich, BC	✓	✓	✓	✓	✓	✓	✓
Mary Winspear Centre 2243 Beacon Ave, Sidney, BC	✓	✓	✓	✓	✓	✓	✓
Pender Island School 5714 Canal Rd, North Pender Island, BC			✓	✓			
General Voting Places (open 8 a.m. to 8 p.m. Pacific time on Saturday, October 24):							District Electoral Offices:
Bayside Middle School 1101 Newton Pl, Central Saanich, BC	Gathering Strength Comm Facility 7728 Tetayut Rd, Central Saanich, BC	North Saanich Middle School 10400 McDonald Park Rd, North Saanich, BC	Saturna Island Rec Centre 104 Harris Rd, Saturna Island, BC	Hours of Operation: Monday - Friday 9 a.m. to 5 p.m. Saturday 10 a.m. to 4 p.m.			
Brentwood Bay Elem School 7085 Wallace Dr, Central Saanich, BC	Gulf Islands Sec School 232 Rainbow Rd, Salt Spring Island, BC	Panorama Rec Centre 1885 Forest Park Dr, North Saanich, BC	St. Elizabeth's Church 10030 Third St, Sidney, BC				
Community Gospel Chapel 147 Vesuvius Bay Rd, Salt Spring Island, BC	Holy Trinity Anglican Church Hall 1319 Mills Rd, North Saanich, BC	Parkland Sec School 10640 McDonald Park Rd, North Saanich, BC	Stelly's Sec School 1627 Stellys Cross Rd, Central Saanich, BC				
Deep Cove Elem School 10975 West Saanich Rd, North Saanich, BC	Keating Elem School 6843 Central Saanich Rd, Central Saanich, BC	Peace Lutheran Church 2295 Weiler Ave, Sidney, BC					
Fernwood Elem School 150 Fernwood Rd, Salt Spring Island, BC	Margaret Vaughn Birch Hall 9691 Fourth St, Sidney, BC	Pender Island School 5714 Canal Rd, North Pender Island, BC					
Fulford Elem School 203 South Ridge Dr, Salt Spring Island, BC	Mary Winspear Centre 2243 Beacon Ave, Sidney, BC	Saanich Peninsula Presbyterian Church 9296 East Saanich Rd, North Saanich, BC					
Galiano Lions Hall 992 Burrill Rd, Galiano Island, BC	Mayne Island Comm Centre 493 Felix Jack Rd, Mayne Island, BC	Saanichton Bible Fellowship 2159 Mt Newton Cross Rd, Central Saanich, BC					

Candidates for Saanich North and the Islands		
Candidate's Name:	Financial Agent:	Official Agent:
Zeb King BC NDP	Shelley Forrester 3036 Mallard Ave, Saanichton BC, V8M 1W6 (250) 686-1192	
Adam Olsen BC Green Party	Marcus Redivo 1520 Lands End Rd, North Saanich BC, V8L 5L5 (250) 984-2835	
Stephen P Roberts BC Liberal Party	Mark Mawhinney 634 Island Rd, Victoria BC, V8S 2T6 (250) 889-1618	

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Find where and when to vote below.

Voting Places for Saanich South							
Advance Voting Places (open 8 a.m. to 8 p.m. local time on the dates listed)	Open Dates						
	Thur Oct. 15	Fri Oct. 16	Sat Oct. 17	Sun Oct. 18	Mon Oct. 19	Tues Oct. 20	Wed Oct. 21
Lake Hill Elem School 1031 Lucas Ave, Saanich, BC			✓				
Saanich Comm Church 4566 West Saanich Rd, Saanich, BC	✓	✓	✓	✓	✓	✓	
Victoria Hellenic Comm Centre 4648 Elk Lake Dr, Saanich, BC	✓	✓		✓	✓	✓	✓
General Voting Places (open 8 a.m. to 8 p.m. Pacific time on Saturday, October 24):						District Electoral Offices:	
Church of the Nazarene 4277 Quadra St, Saanich, BC	Lake Hill Elem School 1031 Lucas Ave, Saanich, BC	Prospect Lake Elem School 321 Prospect Lake Rd, Saanich, BC	Strawberry Vale Elem School 4109 Rosedale Ave, Saanich, BC		304-3960 Quadra St Saanich, BC		
Claremont Sec School 4980 Wesley Rd, Saanich, BC	Lochside Elem School 1145 Royal Oak Dr, Saanich, BC	Royal Oak Middle School 751 Travino Lane, Saanich, BC	Willis Point Comm Centre 6933 Willis Point Rd, Central Saanich, BC		(236) 478-2960		
Cordova Bay Elem School 5238 Cordova Bay Rd, Saanich, BC	McKenzie Elem School 4005 Raymond St N, Saanich, BC	Spectrum Comm School 957 Burnside Rd W, Saanich, BC	Hours of Operation: Monday - Friday 9 a.m. to 5 p.m.				
Glanford Middle School 4140 Glanford Ave, Saanich, BC	Northridge Elem School 4190 Carey Rd, Saanich, BC	St Andrew’s Regional H S 880 McKenzie Ave, Saanich, BC	Saturday 10 a.m. to 4 p.m.				
Candidates for Saanich South							
Candidate’s Name:	Financial Agent:			Official Agent:			
Kate O’Connor BC Green Party	Christopher O’Connor 89 Moss St, Victoria BC, V8V 4M2 (778) 587-3139						
Lana Popham BC NDP	Glenn Hall 313-100 Saghalie Rd, Victoria BC, V9A 0A1 (604) 803-0480						
Rishi Sharma BC Liberal Party	Robert Hallsor 800-1070 Douglas St, Victoria BC, V8Y 1C8 (250) 388-5421			Taylor Verrall 6421 Douglas St, West Vancouver BC, V7W 2G3			

Voting Places for Victoria-Beacon Hill							
Advance Voting Places (open 8 a.m. to 8 p.m. local time on the dates listed)	Open Dates						
	Thur Oct. 15	Fri Oct. 16	Sat Oct. 17	Sun Oct. 18	Mon Oct. 19	Tues Oct. 20	Wed Oct. 21
Central Middle School 1280 Fort St, Victoria, BC			✓	✓			
Cook Street Village Activity Centre 1-380 Cook St, Victoria, BC				✓	✓	✓	✓
DaVinci Centre 195 Bay St, Victoria, BC	✓	✓	✓	✓	✓	✓	✓
George Jay Elem School 1118 Princess Ave, Victoria, BC			✓	✓			
James Bay Comm School 140 Oswego St, Victoria, BC			✓	✓			
Sir James Douglas Elem School 401 Moss St, Victoria, BC			✓	✓			
General Voting Places (open 8 a.m. to 8 p.m. Pacific time on Saturday, October 24):				District Electoral Offices:			
Central Middle School 1280 Fort St, Victoria, BC	George Jay Elem School 1118 Princess Ave, Victoria, BC	Victoria West Elem School 750 Front St, Victoria, BC		101-637 Bay St Victoria, BC (236) 478-2970			
Christ Church Cathedral School 912 Vancouver St, Victoria, BC	James Bay Comm School 140 Oswego St, Victoria, BC			Hours of Operation: Monday - Friday 9 a.m. to 5 p.m. Saturday 10 a.m. to 4 p.m.			
Cook Street Village Activity Centre 1-380 Cook St, Victoria, BC	James Bay New Horizons Centre 234 Menzies St, Victoria, BC						
DaVinci Centre 195 Bay St, Victoria, BC	Sir James Douglas Elem School 401 Moss St, Victoria, BC						

VOTE IN THE PROVINCIAL ELECTION

Find where and when to vote below.

Candidates for Victoria-Beacon Hill		
Candidate's Name:	Financial Agent:	Official Agent:
Karen Bill BC Liberal Party	Dorothy Janecek 27-897 Admirals Rd, Victoria BC, V9A 2P1 (250) 888-5947	Tobie Myers 804-1112 Pender St W, Vancouver BC, V6E 2S1
Grace Lore BC NDP	Mary O'Donoghue 201-305 Michigan St, Victoria BC, V8V 1R6 (250) 661-6924	
Jenn Neilson BC Green Party	Jared Warren 66-420 Sitkum Rd, Victoria BC, V9A 7G6 (778) 817-0279	
Jordan Reichert Independent	Jordan Reichert 303-1188 Yates St, Victoria, BC, V8V 3M8 (250) 216-0562	

Voting Places for Victoria-Swan Lake							
Advance Voting Places (open 8 a.m. to 8 p.m. local time on the dates listed)	Open Dates						
	Thur Oct. 15	Fri Oct. 16	Sat Oct. 17	Sun Oct. 18	Mon Oct. 19	Tues Oct. 20	Wed Oct. 21
Braefoot Elem School 1440 Harrop Rd, Saanich, BC			✓	✓			
Church of Latter-Day Saints 2990 Quadra St, Victoria, BC	✓	✓			✓	✓	✓
Craigflower Elem School 2766 Admirals Rd, Saanich, BC			✓	✓			
Kiwanis Village 1419 Mallek Cres, Victoria, BC	✓	✓			✓	✓	✓
Lutheran Church of the Cross 3787 Cedar Hill Rd, Saanich, BC	✓	✓			✓	✓	✓
Oaklands Elem School 2827 Belmont Ave, Victoria, BC			✓	✓			
Royal Canadian Legion 31 - Trafalgar 411 Gorge Rd E, Victoria, BC	✓	✓			✓	✓	✓
Tillicum Elem School 3155 Albina St, Saanich, BC			✓	✓			
General Voting Places (open 8 a.m. to 8 p.m. Pacific time on Saturday, October 24):						District Electoral Offices:	
Braefoot Elem School 1440 Harrop Rd, Saanich, BC		Oaklands Elem School 2827 Belmont Ave, Victoria, BC		Tillicum Elem School 3155 Albina St, Saanich, BC		109-3600 Uptown Blvd Victoria, BC (236) 478-2980	
Church of Latter-Day Saints 2990 Quadra St, Victoria, BC		Reynolds Sec School 3963 Borden St, Saanich, BC				Hours of Operation: Monday - Friday 9 a.m. to 5 p.m. Saturday 10 a.m. to 4 p.m.	
Craigflower Elem School 2766 Admirals Rd, Saanich, BC		Royal Canadian Legion 31 - Trafalgar 411 Gorge Rd E, Victoria, BC					
Kiwanis Village 1419 Mallek Cres, Victoria, BC		S.J. Willis Education Centre 923 Topaz Ave, Victoria, BC					
Candidates for Victoria-Swan Lake							
Candidate’s Name:		Financial Agent:			Official Agent:		
Rob Fleming BC NDP		Ramesh Ranjan 406-535 Manchester Rd, Victoria BC, V8T 5J1 (604) 250-7415					
Annemieke Holthuis BC Green Party		Karin Lengger 5384 Miller Rd, Duncan BC, V9L 6R2 (250) 208-1591					
Walt Parsons Communist Party of BC		Peter Marcus 706 Clark Dr, Vancouver BC, V5L 3J1 (604) 254-9836					
Jenn Smith Independent		Jenn Smith 133-1909 Salton Rd, Abbotsford, BC, V2S 5B6 (604) 832-5677					
David Somerville BC Liberal Party		Dorothy Janecek 27-897 Admirals Rd, Victoria BC, V9A 2P1 (250) 888-5947					

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six months and a valid First Aid Certificate, we are most interested in hearing from you!

For more information about our District, please refer to our website at www.sd62.bc.ca

Rate of pay: \$25.13/hr.

Qualified individuals are invited to submit their cover letter and resume, including the names and telephone numbers of at least two references to:

Dawn Israel
Human Resources Consultant
School District No.62 (Sooke)
3143 Jacklin Road
Victoria, BC V9B 5R1
dpisrael@sd62.bc.ca

We thank all applicants for their interest, however, only those candidates selected for further consideration will be contacted.

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