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Celebrating 20 years of support



Photo by Peter Mallett, Lookout
 (Left) Base Chief CPO1 Robert Spinelli, acting Base Commander; Cdr Jeanne Lessard of Base Administration; Wade Walters, Manager SISIP Financial B.C.; Sara Johnson, CANEX Retail Store Manager; and Danielle Sutherland, Senior Manager PSP, cut a giant cake commemorating the 20th anniversary of Canadian Forces Morale and Welfare Services.



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Photo courtesy of CFMWS

Members of the then named Canadian Forces Personnel Support Agency, now the Canadian Forces Morale and Welfare Service, pose outside their headquarters in Ottawa in 1996. The organization is celebrating their 20th anniversary this year.

CFMWS celebrates 20th anniversary

CFMWS

This year, Canadian Forces Morale and Welfare Services (CFMWS) is celebrating 20 years of unrelenting dedication to helping Canadian Armed Forces members and their families with services that are tailored to handle many unique aspects of the military lifestyle.

It was on Sept. 3, 1996, that the Canadian Armed Forces (CAF) and the Department of National Defence implemented a VCDS Instruction that launched the provision of Personnel Support Programs through a Non-Public Property (NPP) delivery model.

Prior to Unification of the CAF, virtually all NPP activities were controlled and managed at the local level. However, the idea of a common system of NPP control and administration was recommended back in 1966 in a study conducted by Rear Admiral C.J. Dillon. Years later, the concept of delivering morale and welfare programs through a combination of Public and NPP resources was introduced and approved. These

defining actions opened the door to a concerted morale and welfare program delivery in the CAF and greatly impacted the direction that led to the birth of the present thriving model that is in place now.

By merging PSP services with those offered by CANEX, SISIP Financial and NPP administration, the Canadian Forces Personnel Support Agency (CFPSA), the precursor to today's CFMWS, was created. Later, administration of Military Family Services and Casualty Support Management were added to CFMWS' mandate to become a unified organization and the service provider of choice for the military community.

In the 20-year span of CFMWS' existence, more than just the name has changed; however, its mandate has remained constant throughout. To echo the original 1996 mission statement: CFMWS continues to excel in supporting the operational effectiveness of the CAF and contribute to morale, esprit de corps and unit cohesion, by ensuring that CAF members and their families have access to

programs at levels consistent with military tradition and to those services normally available in comparable progressive Canadian communities.

Today, CFMWS manages more than 4,300 staff on bases, wings, units, and at our headquarters in Ottawa. In partnership with bases, wings and units, we ensure that our customers, the CAF Regular and Reserve Force members, retired and former CAF members, military families, Department of National Defence employees, NPF employees, and RCMP personnel receive access to morale and welfare programs, services and activities, no matter where they are located.

This anniversary provides our dedicated CFMWS staff and the military community with an opportunity to celebrate the undeniable progress achieved over the last 20 years. We invite you to visit our 20th anniversary virtual gallery (www.cfmws20-sbmf20.com) where you can learn more about significant milestones that marked our organization's history.

Share to Win: 20th Anniversary Facebook Contest

CFMWS

This year, Canadian Forces Morale and Welfare Services (CFMWS) is celebrating 20 years of unrelenting dedication to helping Canadian Armed Forces members and their families.

This anniversary provides our dedicated CFMWS staff and the military community with an opportunity to celebrate the undeniable progress achieved over the last 20 years.

Whether you are a community member who has experienced firsthand the breadth of services offered by CFMWS or whether you are a current CFMWS employee and are passionate about supporting the military community, we want to hear from you.

From Sept. 15 to Oct. 15, all CFOne Card holders are invited to share a CFMWS memory from the past 20 years on CFMWS' Facebook page - www.facebook.com/CFMWS - by commenting on a contest-related post using #CFMWS20.

Every week, five winners will be randomly picked among eligible participants. The weekly winners will receive a small prize and be automatically entered into a draw for a chance to win a \$250 CANEX gift card, which will be drawn on Friday, Oct. 28.

Contest winners will be announced weekly on CFMWS' Facebook page. More information can be found on CFMWS' Facebook page and is also available on CFMWS' website at www.cfmws.com.

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Military and community come together for radical renovation

Peter Mallett
Staff Writer

Military personnel and civilians worked side-by-side battling wet and muddy conditions during the opening weekend of a massive renovation project at Esquimalt's Rainbow Kitchen.

The \$500,000 'Radical Renovation' being carried out by local non-profit charity HeroWork, at the Esquimalt United Church facility on Admirals Road, kicked off on the evening of Sept. 16. The community-driven building project is similar to an old-fashioned barn-raising or the quick-turn-around home rebuilding work done by Habitat for Humanity. It

uses large numbers of volunteers to get large-scale construction projects done quickly. The kick-off began with volunteers marching from the Canteen Road parking lot to the job site with a police escort and musical accompaniment provided by the Naden Band. After a warm welcome, some words of encouragement by organizers and stakeholders and a complimentary fully-catered barbeque, approximately 150 volunteers rolled up their sleeves and began work on the first phase of the project. Some of the initial work performed included a massive landscaping project on the church's grounds, stripping the roof of its shingles

and gutting portions of the inside of the building.

"The level of assistance we received from CFB Esquimalt was amazing," said HeroWork founder and executive director, Paul LaTour. "The fact that they all showed up on a Saturday morning with smiles on their faces when it was pouring rain, got soaked to the bone and covered in mud, but continued to work, helped us move the project forward without any major delays."

The project's military liaison, Lt(N) Colin Dudeck, said the enthusiasm and encouragement from organizers and stakeholders made the unpleasant weather conditions much easier to deal with.

"It wasn't just work, it was all about the fun too," said Lt(N) Dudeck. "People were excited and clapping their hands on opening day and it just snowballed from there. It was great to see military personnel from all different trades and units working together with their civilian counterparts towards a common goal."

Many of the 50-plus military volunteers in attendance at the launch of the renovation were particularly inspired by the words of Maureen Eykelenboom during her opening remarks. She was there on behalf of Boomer's Legacy, a Canadian Forces Morale and Welfare Services Charity named after her son, Corporal Andrew

'Boomer' Eykelenboom, a Canadian Forces Army Medic who was killed by a suicide bomber in 2006. The group recently donated \$20,000 to HeroWork to help pay for the costs involved in the Rainbow Kitchen renovation.

One of the military volunteers in attendance was Lt Adelaide Fearnley of 12 Field Ambulance, who had been named tournament MVP at the Canadian Armed Forces Women's Soccer Championship the day before. She returned to Victoria tired and jet-legged but determined to do her part for HeroWork and Boomer's Legacy.

"Committing a couple of weekends and our personal time to help improve a

place that changes people's lives for the better is extremely rewarding," said Lt Fearnley. "By volunteering and becoming involved in these types of activities, we are able to promote CAF values in our local community, try our best to help those in need and honour generous and meaningful foundations such as Boomer's Legacy and HeroWork."

HeroWork is still looking to recruit additional volunteers for the final weekend of renovations leading up to the reveal event on Oct 2. Any personnel interested in taking part should contact Lt(N) Dudeck at Colin.Dudeck@forces.gc.ca for more information.



Photos by Tom Gore, HeroWork

Left: Members of the Naden Band lead HeroWork's opening-day parade from the Canteen Road parking lot and down Lyall Street as part of kickoff festivities for their Radical Renovation at the Rainbow Kitchen on Admirals Road, Sept 16.



HeroWork volunteers swing their pick axe and shovels while performing landscaping work as part of their Radical Renovation of the Rainbow Kitchen on the grounds of the Esquimalt United Church.

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Highly specialized apprenticeship program offered at Rocky Point

Peter Mallett
Staff writer

A unique apprenticeship program at Canadian Forces Ammunition Depot Rocky Point will ensure there's a cache of civilian ammunition technicians for the future.

These highly specialized tradespeople are responsible for the maintenance, storage and cataloguing of an estimated 260 types of ammunition, plus the safe shipment to military units throughout British Columbia, and the loading of ammunition onto and off of Royal Canadian Navy warships.

Currently, 53 civilian staff, including 30 ammunition technicians, two military Ammunition Technicians and two military Ammunition Technical Officers are employed at the depot. Most of the civilian ammunition technicians work in the Ammunition Maintenance Facility or in the 23 long-term storage magazines, which are located on 500 acres on the southern tip of Vancouver Island.

The earth-covered bunker-style magazines, which look like a series of small grassy hills, were built to ensure the force of any potential explosion would be directed upward, not outward. This means if one were to explode, the others would be safe.

"There are two sides to storage; we have new ammunition arriving off contract and we have the ammunition we get back from ships and military units. In either case, we are required to make sure they are in working order and can be stored safely," explains Rocky Point Materiel Processing

Officer Mark Field. "The other aspect is periodic inspections, and scheduled maintenance. It's up to us to make sure nothing is going wrong with the material during storage, requiring us to do regular inspections, repairs and maintenance of the inventory."

Six civilians are currently enrolled in the apprenticeship program, which began in 2007. As apprentices, they are employed in the Public Service as General Technicians Level 1. Upon completion, graduates receive their Civilian Ammunition Technician 2 certification and can be employed in an ammunition depot as General Technicians Level 2 (GT02).

Once they become GT02s, David Ramalho, Rocky Point's Materiel Control Officer, says civilian ammunition technicians are on equal footing with their military counterparts and have an opportunity to advance their career to the General Technician Level 6.

"One thing we are really proud of at Rocky Point, is that our civilian ammo techs have equal opportunity to compete against their counterparts with a military background for promotion and advancement of their careers," says Ramalho.

To qualify for one of the six coveted spots, interested candidates must go through an intricate selection process that determines physical and mental aptitudes.

Apprentices take two years to complete their paid training, which includes 40 hours per week of classroom and hands-on instruction.

It is then up to Ammo Tech instructor WO James Lightfoot to repeatedly test and



Photo by Peter Mallett, Lookout

Civilian ammunition technicians in training (Left) Ed Cawley, Michelle Chowns, Tervor Marcotte, Scott Mathieson, Alfred Nelson and Kala Chaulk display a 100 mm Shield Practice Rocket at Rocky Point Ammunition Depot. They are joined by Rocky Point Commanding Officer Maj Jean-Luc Rioux (fourth from right) and Material Processing Officer Makr Field (third from left).

drill them on their acquired knowledge. Safety is the highest priority at the Depot, and this is amplified on day one of training. Highly visible in the classroom is a Bristol board stuck with tiny metal fragments, the remains of an exploded ordinance that detonated 53 years ago, killing one civilian worker at the depot and maiming another.

"It's what we show all of those who enroll in the Ammo Tech program on day

one," says WO Lightfoot. "It's a reminder, and valuable teaching tool for all those who take the course, of how dangerous their job can be when the proper procedures and safety precautions aren't followed."

WO Lightfoot says he expects the recruiting process to begin for the next wave of students at some point next year and is encouraging anyone who thinks they fit the bill to apply.

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Changes to veterans income support benefits

DND

The ongoing care, support and well-being of ill and injured Canadian Armed Forces (CAF) members, veterans and their families, is a high priority for the CAF, Department of National Defence (DND), Veterans Affairs Canada (VAC) and the Government of Canada. Whether our personnel are on the road to recovery, rehabilitation, returning to military duty, or transitioning to civilian life, the CAF is dedicated to assisting them through their challenging journey.

All CAF members need to be aware of changes to VAC income support benefits that will take effect Oct. 1, 2016, as many personnel have questions about what this means for them and how they can apply to receive such benefits. This change will affect all veterans as well as ill and injured CAF members who may be medically released in the future.

As announced in Budget 2016, funding for income support benefits for veterans in VAC's Earnings Loss

Benefit (ELB) program will be raised from 75 to 90 per cent of a veteran's pre-release salary. Additionally, the benefit will be indexed so that it keeps pace with inflation. While VAC's ELB income support benefits will increase, it is important to note that CAF Long Term Disability (LTD) benefits will not. It will remain at 75 per cent of a veteran's pre-release salary and existing benefits will not be affected. Therefore, in order to be considered for the additional benefit, people must apply to VAC.

Note that the Service Income Security Insurance Plan (SISIP) administers the CAF LTD policy on behalf of the Chief of the Defence Staff and Manulife is the insurer. As the employer sponsored group disability plan, CAF LTD is first payer for benefits and remains offered in the country.

Veterans or those medically released from the CAF in the future are encouraged to apply to VAC to participate in their rehabilitation program, a precondition for ELB eligibility. A vet-

eran can receive an application by calling VAC at 1-866-522-2122 (toll-free) Monday to Friday, 8:30 to 4:30, local time, by visiting the VAC ELB webpage and downloading the application form, by logging into My VAC Account or by visiting the local VAC Area Office.

All CAF members are strongly encouraged to learn more about range of care, compensation, and financial benefits available to them so that they can make informed decisions about what benefits plan or program will best support them and their family's needs upon being released.

DND, CAF and VAC are committed to simplifying and consolidating the system of care, compensation and financial benefits that are available to veterans and their families. CAF and VAC continue to work together and with veterans to address gaps in service as outlined in the public, written direction the Minister of Veterans Affairs and the Minister of National Defence have received from the Prime Minister.

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Veterans association holds last reunion at CFB Esquimalt



Peter Mallett, Lookout

Members of HMCS Uganda and HMCS Quebec Veterans Association pose for a group shot during a tour of HMCS Ottawa, Sept. 16, 2016

Peter Mallett
Staff Writer

They reminisced, raised a tot of rum and then said their heartfelt farewells

as members of HMCS Uganda and HMCS Quebec Veterans' Association held their final reunion at the Base from Sept. 16-18.

Fourteen veterans and

16 of their family members travelled from across Canada for one last weekend to recall their days aboard the Colony-class light cruiser that was

transferred to the Royal Canadian Navy in October 1944 as *HMCS Uganda* and then renamed *HMCS Quebec* during its recommissioning in 1952.

Their weekend in Victoria included a tour of the CFB Esquimalt Naval and Military Museum, lunch at the Esquimalt legion, a tour of *HMCS Ottawa*, dinner at the Wardroom, a church service at St. Andrew's Chapel/Christ the Redeemer and then a traditional Up-Spirits where a toast was offered to each sailor.

While aboard *Ottawa* the veterans marvelled at the evolution of naval warfare.

"It's surprising how far the level of technology for armaments has advanced," remarked 91-year-old AB (Ret'd) Hugh Murray of London, Ont., who joined the RCN at the age of 17 and served as a gunner on *Uganda* from 1944 to 1945. "The 3.5 mm guns aboard *Ottawa* can fire 220 shells per minute while the guns we used could fire about 14. It's quite a contrast."

Uganda was not only the RCN's flagship but the

only one to serve against Imperial Japan during the Second World War. Murray said the ship took on enemy fire multiple times and was attacked by Kamikaze pilots on three separate occasions. Other moments that stood out for him included the vessel's participation in the bombardment of Truk Island during Operation Inmate and being at sea for a grueling 140-day stretch from March 24 to Aug. 10, 1945.

With the majority of the surviving crew in their 80s and 90s, reunion co-chair LCdr (Ret'd) Malcolm Butler said the size of the group and other logistical issues has made having their annual reunions more and more difficult each year and the decision to dissolve the group was made, albeit regrettably.

"These surviving shipmates have maintained a camaraderie and friendship many of us would envy and continue to demonstrate the bonds of brotherhood forged at sea under trying conditions," said Butler.

That message wasn't lost

on the former sailors either.

"The Navy is our extended family and there really is an unbreakable bond between us," agreed PO 2 (Ret'd) Fred Bradley of Mount Herbert, P.E.I., as the wind blew across the helicopter deck of *Ottawa*. "It's great to be back here on an RCN ship because it brings back so many memories for me."

Also in attendance at the reunion where relatives of crew members that have passed away. Maj (Ret'd) Ken Westbrook of Colwood, B.C., who retired from the CAF in 2013, attended on behalf of his father, Harold Westbrook, who was the lead signaler aboard *Uganda* during the Second World War and passed away in 2007.

"I'm here to remember my dad but also to have an opportunity to speak with the veterans in attendance today and learn more about their experiences," said Ken Westbrook. "I feel so fortunate that this event is in such close proximity to my home because this is the last time they will ever be together as a group."



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Amiyah Vargas smiles as she enjoys a pony ride with Maxine Creery from Tiger Lily Farms leading the way.

Rachel Cooper and Danger By Design face painters were responsible for bringing a lot of colour to kids' faces with talented renditions of kitties, raptors, sharks, butterflies and more.

Cameron Fudge, age 7, made a few furry friends at the Tiger Lily Farm petting zoo.

(Left) Tickle the Clown (Sweet Burke) and Yowza (Ron Burke) welcome Victoria Royals mascot Marty the Marmot to Formation Fun Day.

Photos by Shelley Fox and Peter Mallett, Lookout

More photos at EsquimaltFormationFunDay.com

Isla Holland, age 5, is fearless in her climb to the top of the mobile wall. Spensor Claremont, age 10, isn't far behind Isla as they both reach for the top.

Laurel and Norah Whiteside don't quite know what to do with these licorice ropes.

Fun, Fun, Fun!

Four-year-old Leon Cottrill is looking rather pleased with his latest swing as he plays a round of mini golf.

The morning rains gave way to fair skies on Saturday, Sept. 17 as hundreds of families from the base and military community descended on the Naden Drill Shed and surrounding area for this year's Formation Fun Day. Those attending enjoyed an afternoon of games, rides, marketplace displays, music, food and fantastic fun.

The annual event is a way of saying thanks and also a celebration of the achievements and successes of all military and civilian personnel who work at the Base. Those in attendance were treated to free ice cream sponsored by the Royal Canadian Legion. Adding to the celebratory mood, there was also a birthday party and free cake for all as Canadian Forces Morale and Welfare Services served up slices from a giant birthday cake in celebration of its 20th anniversary.

More photos at www.esquimaltformationfunday.com

Lucas (above) and his niece, Heidi Kebede, are trying hard to knock the other off the pedestal in order to take the title of supreme ruler!

These two characters had fun running into each other repeatedly at the bumper ball attraction by Games2U Victoria.

HMCS Charlottetown 'pushing up' awareness at sea

Lt(N) Bill King
HMCS Charlottetown

On Aug. 19, our Defence Minister, the Honourable Harjit Sajjan, posted a video to his Facebook page showing him doing 22 pushups as part of a campaign to raise awareness of the high suicide rate among Canadian and American Armed Forces members, veterans and first responders.

Statistics gathered in the United States in 2013, revealed that an average of 22 veterans committed suicide each day. Here in Canada, we lost 160 veterans to suicide between 2004 and 2014, more than the total number of Canadian Armed Forces members killed in Afghanistan.

The challenge – film yourself doing 22 pushups a day for 22 days and nominate others to do the same.

The Commanding Officer and crew members on board HMCS Charlottetown were challenged by friends and former shipmates to support the cause while deployed in the Mediterranean Sea. In a video of almost half the ship's company doing push-ups on the flight deck, Commander Andrew Hingsten said, "The 22 Pushup Challenge is intended to raise national awareness of the high number of veteran suicides, and the associated mental health issues. Unfortunately, these issues are all too real in our line of work. I looked for 21 friends to participate, but I found so many more."



Photoby Cpl Blaine Sewell, Formation Imagery Services
HMCS Charlottetown's Chiefs (from left to right) CPO2 Kent Ellerbeck, CPO2 Robert Embree, CPO2 Dave Skinner, ship's Coxswain CPO1 Anthony Greig Bishop, CPO2 Mathew Boniface, CPO2 Kevin Reid and MWO Mike Windsor participate in the 22 Push-up Challenge on the flight deck during OP Reassurance in the Mediterranean Sea.

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Pair of Cole Island buildings slated for renovation

Peter Mallett
Staff Writer

A historical ammunition depot, located on the tiny, rocky outcrop in Esquimalt Harbour called Cole Island, is being restored.

More than 150 years ago, the remote island was chosen to house ammo because of its distance from the naval hub, and was named after Edmond Picoti Cole, master of HMS Fisgard. By the end of the Second World War the depot was no longer required.

The island has been undergoing a transformation since 2006 when it was recognized as a National Historic Site by the Historic Sites and Monuments Board of Canada.

Prior to that point, the 150-year-old buildings had fallen into a state of disrepair as the area was visited by partiers, vandals and those wanting to dump their refuse.

The two brick and timber buildings at the heart of this phase of restoration were built around 1859 and once housed shells and other ammo.

The Province of British Columbia, the custodian of the Cole Island, and Parks Canada are pumping \$200,000 into the renovation, with upgrades being carried out under the guidance of B.C.'s Ministry of Forests Lands and Natural Resource Operations Heritage Branch.

The branch is currently researching what the two buildings looked like by sifting through old navy correspondence, reviewing 1940s era RCAF aerial photographs, and hearing from residents and employees who frequented the site through the Friends of Cole Island network.

"We want to find out how far the balconies, which were used to load

ammunition, extended into the water and what the buildings looked like from the seaward side," says Richard Linzey, Heritage Branch manager. "We have begun to mobilize and get on the island to do the work, so any new information would be tremendous."

Work done to date includes emergency repairs to four of the magazines used for the storage of gunpowder, cartridges, shells, mines, rockets and small arms ammunition, and a guardhouse. Surface remains of 15 other buildings pepper the landscape, as does the remnants of a garden containing international plant species and an intricate fire hydrant system.

Cole Island is accessible by boat and foot at low tide and does not feel like a provincial or national park.

"Putting picnic benches and toilets would take away from the uniqueness and the discovery factor of visiting the island," says Linzey. "There is a sense of mystery when you are out there because the history is not presented to you; it just unfolds as you tour around."

Linzey, who spent 14 years working as an architect in the U.K. for the non-profit English Heritage, says the guard house is thought to be the oldest military masonry structure in British Columbia.

"We even have correspondence on file from Colonel Richard Clement Moody of the Royal Engineers about the erection of the island's first buildings," says Linzey. "It's quite extraordinary to see with your own eyes how the Royal Navy would have the wherewithal and the confidence to construct these buildings in such a far-flung location halfway around the world from Britain."

Linzey credited the Friends of Cole

Island and its many volunteers for ridding the island of trash and graffiti, and raising the importance of restoration to the local community. Their primary responsibility is security, surveillance and maintenance of the island, and they work closely with the Province, the City of Colwood, The Town of View Royal, the Queen's Harbour Master and the Royal Canadian Navy to achieve those ends.

"From the beginning our goal has always been to maintain a focus on the island and advocate for its safe-keeping," says the Friends of Cole Island founder Linda Carswell. "The restoration work that has taken place over the past few years and the upcoming work has been carefully researched and planned to reflect the original site. It's a respectful approach and many of the people involved in the restoration work are just as passionate about Cole Island as we are."

Approximately 25 post-graduate students from the University of Victoria have been involved in the restoration work as part of a course offered by their Cultures, Museums and Indigenous Studies program called Cultural Resource Management.

They are using the repairs made on the island as examples of conservation work, and the mechanisms of decay that have occurred in the structures as teaching tools for other historical sites. The research they gather will be used to inform what materials and restoration work should be performed.

Linzey says his office is still looking for more information about the Cole Island site and encourages any individuals who may have images or knowledge of the island to contact him at Richard.Linzey@gov.bc.ca

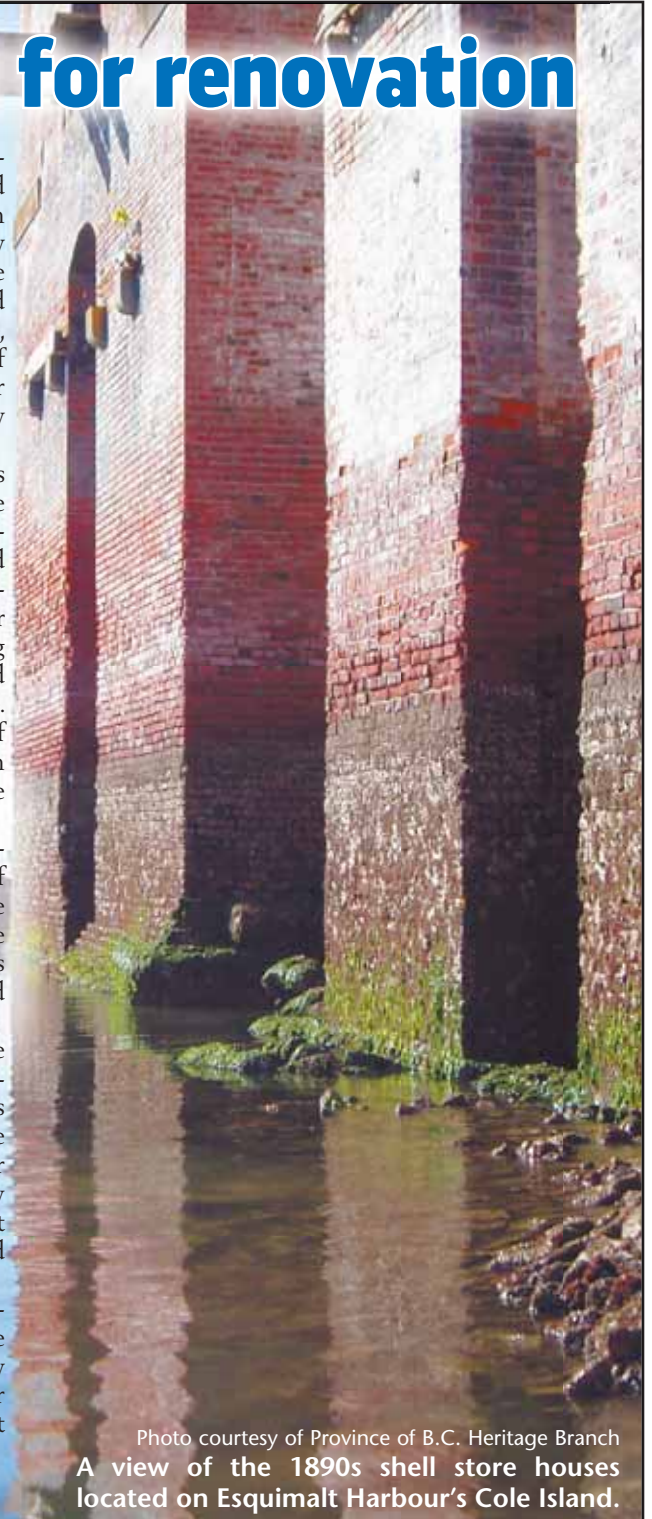


Photo courtesy of Province of B.C. Heritage Branch
A view of the 1890s shell store houses located on Esquimalt Harbour's Cole Island.



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Bravo ZULU

FMF Awards and Recognitions

Captain (Navy) Chris Earl, Commanding Officer Fleet Maintenance Facility Cape Breton, presented awards and recognitions on Sept. 21.



CPO2 Baillargeon is awarded the Operational Service Medal – Expedition.



Lt(N) Niewiadomski is awarded the Canadian Forces Decoration.



PO1 Bartlett is awarded the Operational Service Medal – Expedition.

Bravo ZULU

Incoming Port Operations and Emergency Services Branch (POESB) Commander Andrew Muir (right) replaced outgoing Cdr Dave Coulombe (left) in a Change of Command ceremony at the CFB Esquimalt Fire Hall, Sept. 16. MARPAC Chief of Staff, Capt(N) Doug Young, (centre) presided over the ceremony.



POESB Change of Command

Photo by Peter Mallett, Lookout Newspaper

Bravo ZULU



Director New Capability Introduction, Captain (Navy) Jason Boyd presents Commander Matt Plaschka with the Canadian Forces Decoration second clasp.

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Major Mark Kierstead, Officer Commanding Real Property Operations Section Esquimalt, presents Mr. Dan Bonneau with his certificate for completing 35 years with the public service.

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Bravo Zulu

HMCS Ottawa Promotions and Awards

Cdr Sylvain Belair, Commanding Officer HMCS Ottawa, presented awards and promotions during HMCS Ottawa's 20th Anniversary event on Sept. 6.

Photos by LS McConnell (SonarOP)



LS Jonathan Lafleur-Blais is promoted to his current rank.



LS Adam Carnegie receives his Canadian Forces Decoration.



LS Matthew Wagner receives his Junior Weapons Engineering Technician OJPR.



LS Gary Shen receives his Award of Aerobic Excellence Red Seal.



AB Henry Smith receives his completion certificate of NETP.



LS Henry Smith is promoted to his current rank.



LS Juan Shi is promoted to her current rank.



LS Marjolaine Plante is promoted to her current rank.



AB Jean-Michel Derome is promoted to his current rank.



AB Riley Scott is promoted to his current rank.



LS Mike Powell receives the Article 5 NATO Medal – Operation Active Endeavour Tour.



MS Brian Bourassa receives the Operation Service Medal – Expedition.



PO2 Nicholas Barrett receives his Canadian Forces Decoration.



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REAL ESTATE REALITIES

BY: RASHIDA MALIK

MOVING WITH YOUR PET

Relocating can be stressful for you, your family and your pets. Drastic changes in the environment can be shocking to an animal's system, so be prepared by educating yourself about transporting and settling your pet during a move.

For moves via vehicle (car, truck or recreational vehicle), make sure your pets have a secure crate or carrier for the duration of the move. Always have well-ventilated carriers and never transport them in an open truck or moving van. Prior to moving day, expose your pet to the carrier or crate by leaving it in a common area of the house and encouraging them to incorporate the carrier into their life. Leave a water dish, food, blanket or favourite toy inside, and they will soon recognize the carrier as a safe place and gain familiarity.

If you are staying overnight along the way, choose pet friendly hotels that offer outdoor space for your pet to play and have a little fun. Prepare a travel kit with enough food for the move, a toy, familiar piece of human clothing and grooming tools. It is important that you create a quiet atmosphere to minimize stress and anxiety.

Overseas moves can be stressful and expensive. Check the rules regarding bringing an animal into another country (*visit petrelocation.com*) as rules vary depending on your country of origin. Know what pre-clearance veterinarian tests or shots will be required.

Every airline has different regulations regarding transporting pets. Contact your preferred airline so you know what to expect and your pet will have a safe, uneventful flight.

Take your pets in your car whenever possible so they are familiar and feel safe. It is also a good idea to have your new home prepared to welcome your furry family member by having familiar items, people and scents on hand when your pet is introduced to the new home. Let your pet's behaviour be your guide and stay calm as they adjust accordingly.

The most important goal with any move is to get the whole family settled, happily and quickly, into your new home. With more than twenty years in the real estate industry, I'd love to share my relocation expertise with you, and help you find the perfect "forever" home for you and your pets.



RASHIDA'S TOP TIPS

- **PRACTICE RUN:** Take your pet on a "practice run" by taking your pet in the crate on car rides so they get used to the feeling of driving around.
- **NEIGHBOURHOOD:** For cats, keep them indoors until they get used to the new location.
- **PET ID:** Update pets tags and chips with your new address and telephone number, so you can be contacted if your pet gets lost.
- **HEALTHY PETS:** Visit a vet before you move to ensure that your furry family member is in good health for travel and all vaccinations are up to date.



Formerly a personal banking professional, Rashida Malik has been an award winning, top producing Victoria realtor for more than twenty years, now with Royal LePage Coast Capital Realty.

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