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'Twas the night before Christmas

Photo by LS Sisi Xu, MARPAC Imaging Services

Chief Petty Officer Second Class Brayden Wise reads a story to children as part of "The Night before Christmas" at the Naden Band of the Royal Canadian Navy Christmas Concert held at the Royal Theatre in Victoria Dec. 11.

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Navy couple shares family and command of same ship

Darlene Blakeley

Navy Public Affairs Ottawa

They have made history as a navy couple commanding the same warship, but to Lieutenant-Commanders Chris and Victoria Devita balancing their busy careers in the Royal Canadian Navy (RCN) with a happy family life remains their prime objective.

Victoria commanded *HMCS Glace Bay* for two years from 2013 to 2015, and her husband Chris took command of the same ship in early August. They were recently told by navy historians this is the first time married partners commanded the same warship.

The couple lives in Bedford, N.S., with their two children Cassandra and Alexander. They are a typical busy navy family and do not find it unusual, or even significant, that they can command a warship in counter-drug operations at sea on one day, and be watching their children dance or play soccer the next day.

In fact, Victoria was at sea for more than half of the 24 months she spent as *Glace Bay's* Commanding Officer, taking part in the full range of naval operations, from fisheries patrols to international exercises, to tracking vessels of interest. When she took over the ship her children were nine and 11 years old.

"At that age, both kids understood the significance of the jobs

that Chris and I hold, and were supportive in my taking the command," Victoria says.

She adds that in order to be successful at balancing work and family priorities, several support networks are needed, including military, extended family, and community.

"First, our career managers understood the significance of our situation," she explains. "With this understanding, both the Regular Force career manager and the Reserve career manager tried their best to have only one of us at sea at a time, but this was not always possible."

For example, when Victoria was the Executive Officer in *HMCS Goose Bay*, Chris was sent to sea as the Weapons Officer in *HMCS Charlottetown*. This caused significant issues for the family when *Charlottetown* was deployed to Libya and *Goose Bay* was tasked with fisheries patrols and other shorter missions.

"In order to make this work, we had to engage a second support network – family," she explains. "Neither Chris nor I are from the Maritimes and, as such, our extended family lives in Ontario, Saskatchewan, and (at the time) Switzerland. However, we were absolutely fortunate they pulled together and came to take care of our children during times when I needed to sail while Chris was still deployed. Without this support, we would never have been able to succeed."

She says their third support network is a combination of their church, community and friends.

"While I was in command, Chris had the misfortune of breaking his arm

and was, for a short time, unable to do simple things like get groceries or drive the kids to their various activities. Our friends and neighbours offered their help to get things done so that I could remain at sea to complete my mission."

Like most military couples, Chris and Victoria have come up with ways to cope with the demands of both work and family. They decided early in their relationship they would try to leave work at work and not talk about their jobs while at home.

"When I am at home with the kids, I try to focus on what is important to them, ensuring they feel valued and know they are loved. Additionally, I manage my time at work in an effort to reduce working after hours whenever possible. This underscores the fact that family time is just as important to me as getting another email

out. This philosophy works best with supervisors who have the same viewpoint."

Victoria says the Canadian Armed Forces are getting better at balancing family and work requirements. In fact, this year's new defence policy, "Strong, Secure, Engaged", provides unprecedented support to military members and their families.

"There is definitely a move towards better management of personnel as a whole than in the past, and this has worked out very well for us," Victoria says.

Victoria couldn't be prouder of the fact her husband has taken command of *Glace Bay*, and jokingly told him "not to scratch my paint."

As for Chris, getting to command *Glace Bay* has been "fantastic." It was his first East Coast ship as a young officer and he sailed in every officer position with the exception of Commanding Officer before switching from the Naval Reserve to the Regular Force navy.

"The fact that my wife once commanded *Glace Bay* too has made it really feel like coming home," he says. "A few members of the ship's company have mentioned to me that it has been a neat experience to 'sail with both mom and dad', which has made it fun, but of course I wonder am I as good as her? I would be lying by omission if I didn't mention that her shoes are big ones to fill."

Chris knows any relationship, no matter what the line of work,

can have challenges, but he says for the most part, they have overcome those challenges through hard work and careful planning.

"The key is communication, both between Victoria and I, and our extended family, but also with the chain of command. Sometimes what may look like a big problem can be managed fairly easily if everyone has a good attitude, open mind and a bit of flexibility," he says.

He also thinks being in the same line of work has its advantages because they can share experiences and offer each other a unique brand of advice and support.

"While our career tracks have been different, the types of problems and solutions we have worked through have been similar. This has helped from a career point of view, but also on the family side of things too. If one is away the other assumes the role of primary caregiver for the kids."

Chris feels it's important their children see how they work together to succeed at both work and home.

"As they get older they are able to better understand what's happening, and of course are better able to communicate needs and help too. In the end, if you want something bad enough and are willing to work for it, and have a family or team that supports you, it can happen."

In the meantime, on the bridge of *HMCS Glace Bay*, Chris is trying hard not to scratch the paint.



LCdrs Victoria and Chris Devita

Photo by Mona Ghiz, MARLANT PA



Lieutenant-Commanders Victoria and Chris Devita, along with their children Cassandra and Alexander, stand together on the bridge of HMCS Glace Bay.

The key is communication, both between Victoria and I, and our extended family, but also with the chain of command. Sometimes what may look like a big problem can be managed fairly easily if everyone has a good attitude, open mind and a bit of flexibility.

Lieutenant-Commander Chris Devita

Sailor's charitable goal

Peter Mallett
Staff Writer

This week, Leading Seaman Kris Winther is working his leg and back muscles in support of the BC Children's Hospital.

On Dec. 20, in the gymnasium of Victoria's Delta Hotel by Marriot or on the grounds if the weather is good, the 36-year-old member of Joint Personnel Support Unit (JPSU) will attempt a world record 6,000 consecutive squats in three hours. The current world record for consecutive squats is 5,135.

When the clock strikes noon, he will begin the process of repeatedly bending his knees to a right angle and returning to an upright position over and over again in a benefit for the children's hospital.

LS Winther's efforts are all about raising \$30,000 in financial support and awareness of the province's only full-service, acute-care hospital that serves the medical needs of more than one million children.

"I'm also doing this for my three-year-old daughter. She is

healthy, but I don't know what I would do if anything bad ever happened to her," he says.

LS Winther is currently posted to JPSU because he's transitioning out of the military. For the first seven years of his 11-year military career he was a member of Princess Patricia's Canadian Light Infantry and saw two deployments to Afghanistan. For the next four years he was a boatswain with the Royal Canadian Navy.

At some point in 2018 he will officially conclude his military career, and he believes his fundraiser is a great way to end it.

To prepare for the ambitious goal, he has been doing those "death by squats" as he puts it, every day for the last five weeks. He's already performed 4,000 consecutive squats on more than one occasion, and on Nov. 29 surpassed 4,800 squats during one of his workouts.

"I think I could have actually exceeded the world record during that workout, but didn't want to do it. When I hit 6,000 for the first time I want people to see the

pain and struggle in my eyes. I've trained enough now; I'm ready for it and I don't think anything can stop me now."

He's established his own charitable organization Vets for The Cure and also opened a BC Children's Hospital Superhero Account.

He's hoping on a big cash infusion in the days leading up to his record-breaking attempt.

I'm also doing this for my three-year-old daughter. She is healthy, but I don't know what I would do if anything bad ever happened to her.

Leading Seaman
Kris Winther



LS Kris Winther practices squats with his daughter Francesca Sabrina near his home in Sooke. On Dec. 20 LS Winther will attempt to break the world record for consecutive squats in a fundraiser for BC Children's Hospital.

Photo by Fabiola Gavidia

To donate to LS Winther's Superhero activity go to <http://bit.ly/2o5A2Ro>

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WHAT SAY YOU

Whatever happened to the "Pig Boats"?

I was recently checking out the website nauticapedia.ca and came across a write-up about the sale of two West Coast gate vessels and it got me wondering as to the fate of all of them.

As a former naval reservist, I served in all five gate vessels between 1982 and 1985, and thus my interest in their fates.

Gate vessels, or "pig boats" as they were more commonly called, were built in 1950 and 1951 with their purpose

being to open and close anti-submarine gates. However, they never performed this function.

They were 125' long with a beam of 26' and a draught of 13' and displaced 347 tonnes. With their single screw, they could make about 13 knots. Originally, they were fitted with a deck gun and they were the last ships in the Royal Canadian Navy to have hammocks.

When the 280 class destroyers were intro-

duced as "Sisters of the Space Age", the gate vessels were unofficially nicknamed "Sisters of the Stone Age."

Further exploration of nauticapedia.ca, forposterity's sake, ready-ayeready.ca and Facebook revealed the following:

- Porte St. Jean (180) and Porte St. Louis (183) were two gate vessels based on the East Coast. After decommissioning, they were sold in September 2000 and taken to New Jersey for

conversion into yachts. Clearly, this idea did not work and Porte St. Louis ended up somewhere in the Caribbean and may still be there hauling goods

between islands or fishing.

- Porte St. Jean was renamed MV Miss Dania Beach and sunk in 2004 as an artificial diving reef off Dania Beach, Florida.

Scott Hausberg



The former HMCS Porte Dauphine renamed "Salmon Transporter" is the only gate vessel confirmed as still in service. It was converted to carry fish and works in support of fish farms in the Campbell River area.



Porte De La Reine (184) and Porte Quebec (185), like their East Coast sisters, were sold with the intent to convert them into yachts. Some conversion work was undertaken in Anacortes, Washington, but clearly this project failed. In 2013, they were declared derelict by the State of Washington and moved to the Seattle area.

Photos courtesy Scott Hausberg

People Talk

Lookout asked members attending a Dec. 13 breakfast held in the Fleet Diving Unit (Pacific) mess:

What are you most looking forward to in 2018?



Continuing to participate in multi-national efforts, and experiencing and learning about different cultures around the world because as Clearance Divers we often work with people from various nations and are required to team up and work together for a common goal.

Lieutenant (Navy)
Justin Campbell



Many people in the world have been through some difficult times this past year, and, like me, have lost people in their lives that are dear and close to them. So in 2018 I'm hoping for better and more prosperous times ahead for everyone.

Chief Petty Officer First Class
(Retired) Darrell Colwell



I'm currently separated from my husband Lieutenant Daniel Lemieux who works at CFB Wainwright in Alberta. So in 2018 I'm hoping we will be reunited and living together in the same province.

Sub-Lieutenant
Esther Henry-Lemieux



In late August 2018 my Clearance Diver course ends, so I'm really looking forward to graduating and becoming a full-fledged Clearance Diver. I am really 100 per cent focused on this right now.

Petty Officer Second Class
Jean-David Paradis

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Dogs of INVICTUS



Marianne Prigly
ADM(PA)

The Canadian edition of the Invictus Games held in Toronto in September brought athletes, their families, and friends to Toronto from around the world.

Athletes, who were able, brought their service dogs to support them during this exciting, but also potentially stressful event. However, those making the journey from countries as far away as New Zealand had to leave their support dogs at home.

Enter the St. John Ambulance Therapy Dogs Toronto Pack. During the week of the Games, they provided therapy dogs of all sizes and breeds to help athletes who were without the support of their own service dogs.

"We're doing four-hour shifts with our dogs, and the athletes are really enjoying interacting with the dogs," said Christine, handler of Dexter, a Cavalier/Brittany Spaniel, during the Games.

The dogs and their handlers spent hours boosting spirits at the Toronto Sheraton, which served as the Athletes' Village during the Games.

Christine also explained the difference between service and therapy dogs.

"A service dog is specially trained to assist its owner with a specific condition, like post-traumatic stress disorder, whereas therapy dogs are selected for their calm and patient dispositions and provide comfort simply by their presence and interaction with people."

When not working at a special event such as the Invictus Games, St. John Ambulance therapy dogs provide comfort and companionship to people in the community. Seniors, sick children, palliative care patients, and the physically or mentally challenged have all enjoyed regular visits from therapy dogs and their handlers.



TEME WIN

Photo credit: TEME

Base Transport was victorious at this year's Esquimalt Festival of Lights Celebration when their brilliantly lit highway tractor trailer won Best Decorated Commercial Float at this year's holiday parade on Dec. 3.

The winning entry by Transport

Electrical and Mechanical Engineers (TEME) used 14,000 LED lights, plus 3,000 incandescent lights, and included a 32-foot Naval Security Team boat mounted to the vehicle's double drop trailer. The Rigid Hulled Inflatable Boat was adorned with blue

lights and rotating lights on its props.

It was the unit's first-ever win in the annual competition and was spearheaded by TEME dispatcher and truck driver Brian Auger. He and other volunteers worked after hours to finish their project.

Newly created senior appointments will assist in Royal Canadian Navy transformation

Darlene Blakeley
Navy Public Affairs Ottawa

The substantial experience and perspective of two Chief Petty Officers First Class recently appointed to newly created senior positions, will assist in the continuing transformation of the Royal Canadian Navy (RCN) as it prepares for the future fleet.

CPO1 Simon Lepage has taken on a senior appointment with the Directorate of Naval Strategic Readiness in Ottawa, while CPO1 Michael Miller will work with the Naval Personnel and Training Group (NPTG) in Esquimalt.

"The new appointments were made owing to the significance of the portfolios they represent," says Commodore Steve Waddell, Director General Naval Strategic Readiness (DGNSR). "They will figure prominently throughout our continuing transformation."

CPO1 Lepage will complement the efforts of DGNSR for the RCN personnel policy.

"With the embodiment of 'People First, Mission Always' in the RCN's Strategic Plan, CPO1 Lepage is fundamental to the succession planning work necessary to ensure our cadre of senior non-commissioned officers are developed and assigned institutional opportunities where they can

best contribute," explains Cmdre Waddell.

CPO1 Miller, he adds, will work alongside Commander NPTG, Captain(Navy) Martin Drews, as they lead "a significant change agenda to completely overhaul and modernize the navy's individual and occupation training system."

CPO1 Lepage, who has over 35 years service in the RCN in a variety of leadership positions, says he is honoured to take the new senior appointment and plans to provide institutional guidance with respect to the future employment of the RCN CPO1 corps. He will also liaise with CPO1s to keep them informed on the steps taken so far in the transition to future fleet, particularly with respect to organization and establishment, trade restructuring, and training from a non-commissioned member perspective.

"I also want to encourage RCN members in leadership roles to take an active interest in mentoring our exceptional junior professional talents," he says.

CPO1 Miller, who has just completed two years as Chief of the Directorate of History and Heritage, has had a broad career with postings spanning the globe, both at-sea and ashore. He also brings to his position at NPTG a wealth of experi-

ence and understands the role it will play in transforming how training is delivered in the RCN.

"This appointment is an important step forward for the navy, and I am honoured to have been selected for it," he says. "The integration of all of the navy's individual training assets under the same group will ensure consistent training delivery from coast to coast, and move the marker on the 'One Navy' directive. Great work is underway to ensure the new trades being created will be set up for success and the sailors of the future are properly trained for the future fleet that is coming our way."

He hopes to set a strong foundation for the new training system, including transforming outdated classroom facilities into modern, inviting institutes of learning, and turning chalkboards and drawings into technology-enabled learning that will better engage and motivate students.

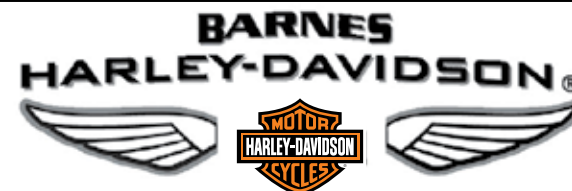
"I also hope to see a better work-life balance for members of the fleet by training them where they live, reducing the time away from family and friends," he says. "Ideally our training facilities will be on par with our civilian counterparts and strengthen our ability to recruit and retain the professionals we will require in our future platforms."



Chief Petty Officer First Class Michael Miller, centre, is promoted to his current rank by Rear-Admiral Art McDonald, Commander Maritime Forces Pacific, and CPO1 Miller's wife Toni.



CPO1 Simon Lepage, centre, is promoted to his current rank by Commodore Steve Waddell, right, Director General Naval Strategic Readiness, and Command Chief Petty Officer, CPO1 Michel Vigneault.



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SKATE & SWIM WITH SANTA

Photos by Gillian Larsen and MWO Mario Robillard

More than 200 people swam and skated with Santa Dec. 9 at the PSP Recreation hosted event. Santa donned scuba gear and sank to the bottom on the Naden pool for underwater pictures, and then dashed over to the Wurtele Arena for some frosty fun. The event was sponsored by Esquimalt's local SISIP office.



Holiday health - don't succumb to the temptation

Andrea Lam
Health Promotion
Esquimalt

The holiday season is a time to reflect on the year we've had, to reconnect with good friends and family, and to recalibrate by relaxing and doing what makes us happy.

But for many the holidays can bring up mixed emotions, especially for those who are spending the first holiday season without a loved one, or struggling with the temptations and over indulgences that come with holiday festivities, or the stress and anxiety of holiday pressures and expectations.

Here are a few ways to help live in the green this holiday season:

Remember the Low Risk Drinking Guidelines

Go out and have fun, but keep the low risk drinking guidelines in mind.

For these guidelines, "a drink" means:

- Beer 12 ounces – 5% alcohol content
- Cider/cooler 12 ounces

- 5% alcohol content
- Wine 5 ounces – 12% alcohol content
- Distilled alcohol 1.5 ounces – 40% alcohol content

For women:

10 drinks a week with no more than 2 drinks a day most days.

For men:

15 drinks a week with no more than 3 drinks a day most days

Manage your holiday stress

Let's face it, the holidays can be stressful. Crowded malls, last minute shopping, living up to familial expectations and traditions, cooking, cleaning, entertaining – the list goes on. The holidays are also a very social season, which can cause a lot of anxiety and be somewhat overwhelming at times. So try out these tips for managing your holiday stress.

Relaxation techniques

Practicing daily meditation or breathing awareness can relieve chronic stress and realign your outlook in a more positive way. Good breathing habits alone can improve your psychological and physical well-being

Set realistic goals

Learning to say no is essential for some people. The holidays are often filled with invitations for parties and gatherings, so assess your schedule and identify tasks or activities you can or should let go. Don't automatically volunteer to do something until you've considered whether it is feasible and healthy for you to do so.

Exercise

You don't have to train for a marathon, but regular, moderate exercise helps ease tension, improves sleep and self-esteem. Aerobic activity can also reduce anxiety. Even five minutes of aerobic exercise (exercise that requires oxygen, such as skating, swimming, walking) can stimulate anti-anxiety effects.

Visualize

Athletes achieve results by picturing themselves crossing the finish line first. Use the same technique to practice "seeing" yourself succeed in whatever situation is foremost in your mind.

Maintain a healthy lifestyle

A good diet is often the

first thing to go when we're feeling stressed. Try making yourself a healthy meal rather than buying one. The simple act of doing something good for yourself can soothe feelings of stress. Talk about your life's stresses with a friend. This can help put things into perspective and remind you that you aren't alone. You may also learn some other ways to manage stress effectively.

Manage your expectations

Don't strive for perfection; good enough is okay. Don't expect your family to be perfect during the holidays. Be realistic about who they are and what your relationship is like with them all year around.

Make a budget and stick to it

The price of the gift is not equal to how much you love someone. Focus on the people that you care about instead of the stuff that really doesn't matter. Beware of the joy-to-stuff ration: more stuff does not equal more joy.

Get as much sleep as you can

Schedule some time to rest and relax. Give yourself permission to stay at home and enjoy some time with your loved ones.

Healthy Nutrition Tips

Gingerbread, egg nog, candy canes, and fruitcake are holiday temptations and indulgences that only come around once a year. But it's important to keep a healthy and balanced diet that includes fresh fruits and vegetables, foods high in omega-3 fatty acids, such as fish, nuts, seeds and eggs, protein and whole grains.

Don't deprive yourself of all holiday treats, just keep



in mind a few of the following tips:

Watch your portions

The best way to maintain a healthy weight and enjoy delicious holiday foods is to be mindful of portion size. One good tip is to use a smaller plate.

About liquid calories

Soft drinks, punch, and alcoholic beverages can add hundreds of calories to your daily intake if you aren't careful. Try opting for soda water with lime or lemon, a mocktail, or herbal tea.

Be physically active

Go for a walk with your family, get out for a brisk hike, go skating or put on some music and have an impromptu dance party. People who are active an hour each day are much more able to maintain a healthy weight over the long term.

Dealing with grief

The holiday season can be tough for those who have

recently lost a loved one, or who lost someone close around this time of year. Societal expectations about family togetherness and taking the time to celebrate with the special people in our lives can be extremely difficult when we are dealing with the grief and emptiness after someone passes away.

Here are a few tips to help you or someone you know get through a potentially hard time:

Talking about the deceased person is okay

Your stress will only increase if the deceased person's memory is allowed to become a landmine that everyone tiptoes around.

Acknowledge that things won't be the same

It's normal to feel at odds with yourself and family events when dealing with grief. Do not isolate yourself, but limit involvement when you need to and plan new events and traditions.

Seek Help

If things become overwhelming during the holidays (or anytime for that matter), know that there are resources available. If you, or someone you know, is struggling or displaying behaviours in the Yellow, Orange or Red, get help now.

- Vancouver Island Crisis Line: 1-888-494-3888
- Member Assistance Program (MAP): 1-800-268-7708
- Employee Assistance Program (EAP): 1-800-268-7708 (24hr)
- Military Family Resource Centre (MFRC): 250-363-2640
- BC Bereavement Helpline: 1-877-779-2223
- BC Mental Health Info Line: 250-310-6789 (24hr)
- Chaplains (Padres): 250-363-4030

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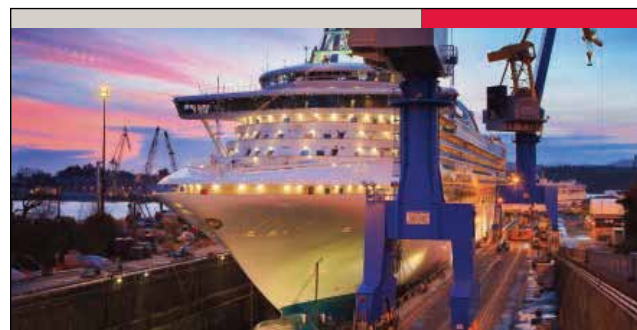
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Photo by LCdr Mike Erwin

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Cpl Steven Faurbo is promoted to his current rank by Maj Grant Whittla, Commanding Officer Base Information Services, and CPO2 Ian Burke, Base Information Services ITSM Chief.



Aviator Katherine Sawatzky is promoted to Aviator (Trained) by Maj Grant Whittla, Commanding Officer Base Information Services, and CPO2 Ian Burke, Base Information Services ITSM Chief.



Cpl Mireille Grant is promoted to her current rank by Maj Grant Whittla, Commanding Officer Base Information Services, and CPO2 Ian Burke, Base Information Services ITSM Chief.



Lt(N) Justin Demers is promoted to his current rank by Maj Grant Whittla, Commanding Officer Base Information Services, and Tom Robb, Fleet Information Systems Officer.



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Primary Leadership Qualification Graduation Ceremony

Presentations by Reviewing Officer, Captain(N) Clive Butler
at the Naval Officers Training Centre (NOTC) Nixon Building Nov. 29.

Photos by Leading Seaman Ogle Henry, MARPAC Imaging Services



Master Seaman Jenn Lawrence is promoted to her current rank.



Master Seaman Holly Kearney receives the Formation Chief Petty Officers' Award from Chief Petty Officer First Class Gilles Gregoire, Formation CPO.



Master Seaman Andrew Antle receives his certificate of completion.



Master Corporal Ryan Moore receives his certificate of completion.



Master Seaman Jeff Salemkink receives his certificate of completion.



Leading Seaman Thomas Doyle receives his certificate of completion.



Master Seaman Jamie McCurry receives his certificate of completion.



Master Seaman Kevin McCarthy receives his certificate of completion.



Master Seaman D.J. St. Pierre receives her certificate of completion.



Master Seaman Nathan Look receives his certificate of completion.



Leading Seaman Mark Gentile receives his certificate of completion.



Master Seaman Eric Bowman receives his certificate of completion.



Master Corporal Joshua Dewar receives his certificate of completion.



Master Seaman Jesse Schultz-Wilson receives his certificate of completion.



Master Seaman Jeff Hebert received his certificate of completion.



Master Seaman Shawn Bathgate receives his certificate of completion.



Master Seaman Carey Ho receives the Primary Leadership Qualification Drill Award from Chief Petty Officer Second Class Ken Simoneau, Leadership Division CPO. MS Ho also received the Chiefs and Petty Officers Association Award for Top Student from Don Cook of the Chiefs and Petty Officers Association, and the Commander Royal Canadian Navy Commendation by the Reviewing Officer, Capt(N) Butler, and his certificate of completion.



Master Seaman Tanya Bedard receives her certificate of completion.



Master Seaman Joss Morin receives his certificate of completion.



Bravo Zulu

Steward QL5 Grad Ceremony and Presentations

Reviewing Officer Commander Julian Elbourne, Commandant of Naval Fleet School (Pacific), presents certificates and awards Nov. 29.

Photos by Master Corporal Brent Kenny, MARPAC Imaging Services



Ordinary Seaman Boli receives her certificate of completion.



Ordinary Seaman Tara Thomas receives her certificate of completion.



Ordinary Seaman Trainor receives her certificate of completion.



Able Seaman Jessica Armstrong receives her certificate of completion.



Leading Seaman Gagnon receives his certificate of completion.



Leading Seaman Margeaux Hadwin receives her certificate of completion.



Leading Seaman McMillan receives his certificate of completion.



Leading Seaman Brandon Morton receives his certificate of completion.



The graduating students and staff of the Steward QL5 Graduation assembly for a group photo.

Bravo Zulu

Naval Fleet School Pacific Medals

Commander Julian Elbourne, Commandant Naval Fleet School Pacific, handed out the following medals:



A/SLt Szeto receives the General Service Medal – Expedition Ribbon 1st Ration Bar.



LS Noordam receives Canadian Forces' Decoration.



MS Lamb receives Canadian Forces' Decoration.



MS Bork receives the Canadian Forces' Decoration.

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848 ROYAL ROADS AIR CADETS invite all youth aged 12 - 18 from Westshore and Sooke. Participate in gliding, marksmanship, weekend and summer camps, ground school, drill, band, and more! Join us on Tuesday from 6:30 - 9:00pm at 3041 Langford Lake Rd, Belmont Secondary. Find us on Facebook: Air Cadets - 848 'Royal Roads' Royal Canadian Air Cadet Squadron. Website: 848royal-roadsaircadets.com Contact: 848parentinfo@gmail.com or 250-590-3690

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FREEMASON And new to Victoria. Contact us at camo-sun60secretary@gmail.com. We meet the 2nd Monday of each month.

ATTENTION GENERAL PANET High School Alumni Camp Petawawa Ontario. The General Panet High School Reunion Committee is proud to be organizing one of the Largest High School Reunions from Friday May 18, 2018 - Sunday May 20, 2018. To register for this event please contact Keith Croucher at krcroucher57@eastlink.ca mailto:krcroucher57@eastlink.ca or go to on line registration site: https://ticketbud.com/events/080449dc-801e-11e7-87bc-8b9a03e48f92

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HABITAT FOR HUMANITY AND THE RESTORE are seeking volunteers to help out with customer service, warehouse and driver assistants. We are also looking for ambassadors for special events. Please contact Nancy @ volunteer@habitatvictoria.com or 250-480-7688 ext. 105

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