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Volume 64 Number 32 | August 12, 2019

LOOKOUT

MARPAC NEWS CFB Esquimalt, Victoria, B.C.



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Seafair Fleet Week and Boeing Maritime Celebration HMC SHIPS EDMONTON AND NANAIMO VISIT SEATTLE

Photo by OS Seamus Bowkett, HMCS Edmonton

HMCS Edmonton sailed into Seattle harbour for Seafair Fleet Week and Boeing Maritime Celebration from July 29 to Aug. 3. The ship was accompanied by HMCS Nanaimo, and the two joined U.S. Navy and U.S. Coast Guard vessels for the Parade of Ships July 29 and opened up to visitors while alongside the pier.



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Geese deterrent goes green

Peter Mallett
Staff Writer

Solar powered strobe lights have been introduced to five areas at the base in the ongoing effort to deter non-migratory Canada Geese and the accumulation of their feces.

The quickly-flashing nighttime lights look similar to the lights on a police car roof or fire engine. They were first installed on a trial basis by Base Administration in February after complaints about nuisance geese nesting in front of the Formation Chaplain's Office and the tracking of feces inside the building.

The lights have proven to be an effective deterrent at warding off the geese, says LCdr (Retired) Jeff Thomson, Base Administration Project Officer. The lights were also introduced to protect the lawns and walkways in front of Nelles Block, the running track and volleyball court near the Naden Athletic Centre, the picnic area behind the Gun Room at Work Point, and the baseball fields on Colville Road.

"The lights don't affect people but are very annoying to geese because they have extremely sensitive eyes. So far, the lights have proven to be a very effective way of reducing the problem," said Thomson. "It's humane and environmentally friendly."

The six lights cost about \$2,000. They emit a series of quick flashes every two seconds, similar to a strobe light and provide 360 degrees of coverage during nighttime hours. The lights are intended to disrupt nesting

geese, says Thomson, making them uncertain about staying in the area.

Thomson has been working closely with Formation Safety and Environment (FSE) who are monitoring the effectiveness of the lights in the test areas. FSE staff have been gathering quantitative data to determine if there is a reduction in the density of geese feces at select test sites near the lights. If the final results demonstrate a decrease in geese population and their impact on base grounds, the lights could be deemed another valuable tool in reducing goose-related issues in those high-conflict locations.

The non-native Canada Goose was introduced to lower Vancouver Island over 50 years ago for hunting, but changes in hunting regulations and a lack of natural predators have allowed their populations to increase exponentially. The high density of their feces on walkways and high traffic areas such as parklands is an ongoing public health and safety concern across Greater Victoria.

Both migratory and non-migratory Canada geese are protected under Environment Canada's Migratory Bird Act.

For more information about The Capital Region District's Regional Goose Management Strategy visit their website: www.crd.bc.ca/project/past-capital-projects-and-initiatives/goose-management.

LCdr (Retired) Jeff Thomson, Base Administration Project Officer, shows one of CFB Esquimalt's new solar powered strobe lights. These lights have been installed at specific locations around the base and are designed to ward off non-migratory geese.

Photo by Peter Mallett, Lookout



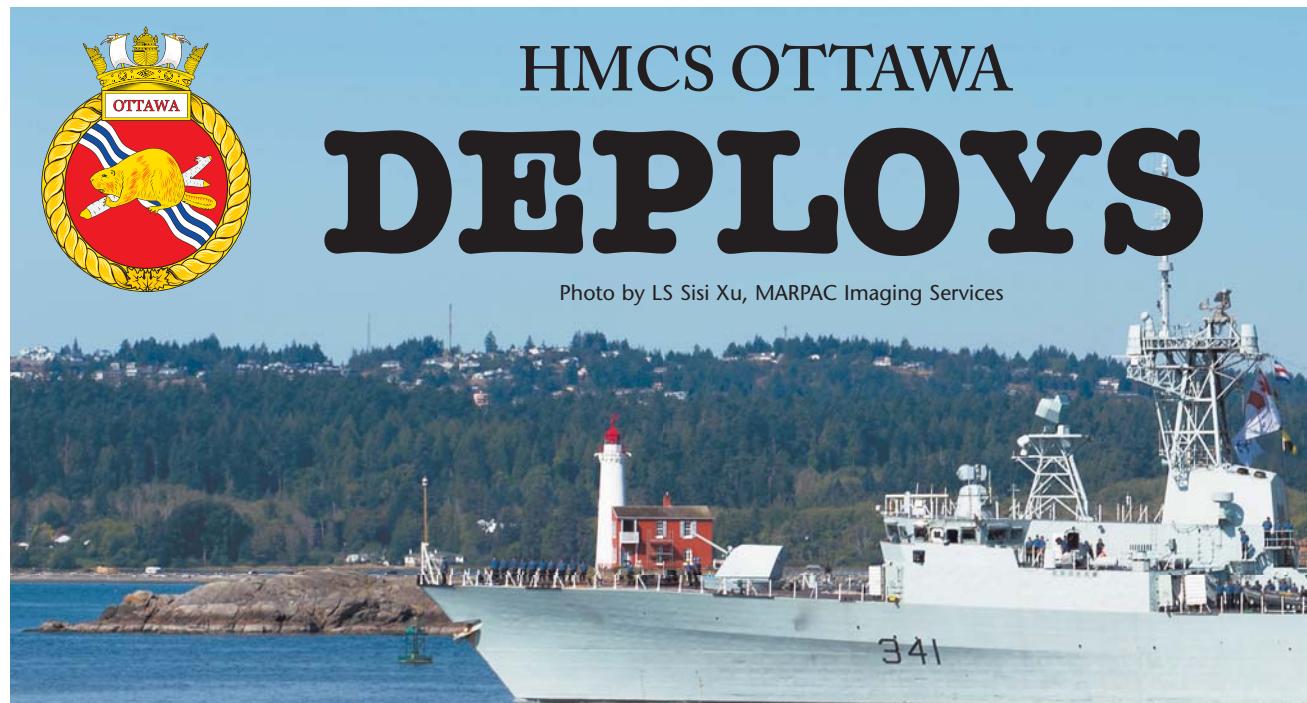
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HMCS OTTAWA DEPLOYS

Photo by LS Sisi Xu, MARPAC Imaging Services

Inset: RAdm Bob Auchterlonie (right), Commander Maritime Forces Pacific, and Fleet Chief Petty Officer, CPO1 Tim Blonde salute sailors aboard HMCS Ottawa from Duntze Head as the Canadian warship departs on a five-month deployment to the Asia-Pacific Region on Aug. 6.

Photo by Peter Mallett, Lookout

Peter Mallett
Staff Writer

As family and friends waved their farewells from the Esquimalt Lagoon shore, HMCS Ottawa sailed away for a five-month deployment last Tuesday.

Ship and crew are heading to the Asia-Pacific region to take over the ongoing Operation Projection and Operation Neon mission from HMCS *Regina*, which returns home in a week.

Operation Projection is the Royal Canadian Navy's ongoing commitment to global peace. The deployment to the Asia Pacific region contributes to making the world more secure and stable.

It also shows how the RCN is ready to support Canada's interests around the world. Operation Neon is Canada's contribution to a coordinated effort to support the implementation of United Nations Security Council sanctions imposed on North Korea.

"The crew of HMCS Ottawa has been working hard for months to prepare for this deployment and I have every confidence in our ability to carry out our mission," said Commander Alex

Barlow, Ottawa's commanding officer. "I would also like to acknowledge our families whose love and support gives us the strength we need to work hard to remain operationally effective and deploy to support Canada's presence in the Asia-Pacific region."

In a media scrum at Duntze Head, just after taking the salute from the ship, RAdm Bob Auchterlonie, Commander Maritime Forces Pacific, spoke about the ship's upcoming mission.

"In order to have a persistent presence [in the Asia-Pacific region] we have been keeping our ships forward-deployed in the region," he said. "Last year we had *Calgary* there; *Regina* has been in the region for the last six months and she's now on her way back home; Ottawa is currently deployed, and early next year



Calgary will be heading back there again."

Ottawa will work with navies from the United States, Japan, and the Republic of Korea to enhance military cooperation and partnerships. The ship will make six port visits in four countries - Japan, the Republic of Korea, Thailand, and the United States. These port visits will directly support Canada's diplomatic, strategic, and operational efforts in the region.

Babcock verses CFB Esquimalt Battle for the Victoria Class Cup

Peter Mallett
Staff Writer

In a show of support for military families and the defence community, Babcock Canada has united with the Esquimalt Military Family Resource Centre for a special fundraising hockey game.

On Sept. 4, 1 p.m., Babcock employees will face off against the CFB Esquimalt Senior Tritons at the Wurtele arena in a battle for the inaugural Victoria Class Cup.

To fill the stands with spectators, the MFRC will serve up free hot

dogs, pizza, and pop 45 minutes before the puck drop. Special commemorative items will be handed out prior to the game, and there will be a chance to win a door prize.

"I am honoured to be working with the people at Babcock to create an exciting annual hockey game that supports our military community," said Lisa Church, MFRC Community Engagement manager.

Spectators should bring cash for the 50-50 draw and Chuck A Puck contest, with proceeds going to the MFRC.

"We're delighted to partner with the MFRC for this year's

Victoria Class Cup and thrilled to have become such an integral part of this navy community," said Jake Jacobson, Vice President of Communications and Government Relations.

Hockey mascots Marty the Marmot of the Victoria Royals (WHL) and Victoria Grizzlies' Grizz (BCHL) will be attending the game, as will senior military leadership.

For more information about the MFRC, the programs they offer, and other upcoming events visit their website: <https://esquimaltmfrc.com>

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WHO WE ARE

MANAGING EDITOR

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

STAFF WRITERS

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

PRODUCTION

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

ACCOUNTS/CLASSIFIEDS/RECEPTION

Jennifer Barker 250-363-3127

SALES REPRESENTATIVES

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

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

EDITORIAL ADVISORS

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

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

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

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WHAT SAY YOU

People Talk



I think it's the actual size of the trade. Compared to the size of Canada's entire military there are only about 130 clearance divers. It is a highly demanding trade, it can be dangerous and everyone has a very important role on this team. There are no slackers that are sitting there just watching.

LS Chad Downey, FDU(A)



I would say keeping your skills sharp, world travel, and doing it with brothers-in-arms from other countries who are in a similar field. There is constant learning. I have been in the trade for 15 years and every day I learn something new. So if you are open for more challenges and in to working with some of the best people the navy has to offer, it's a good place to go.

PO1 Kenneth Jones, FDU(P)



Many people think our job just entails maritime-based activities, but we also spend a great deal of our time working on land with explosives and improvised explosive device disposal equipment. We are currently preparing for our upcoming training exercise in Guam where we will be learning on land and at sea.

LS Joel Lalonde, FDU(P)



The most intriguing part of our job is that in a given week you could be called on to do an EOD (Explosive Ordnance Device), you could also go diving under a ship or get called out to the harbour to assist the RCMP or you could also get called to a convention centre and brief people on our job. Every single day of our job is different and that is the best part of it.

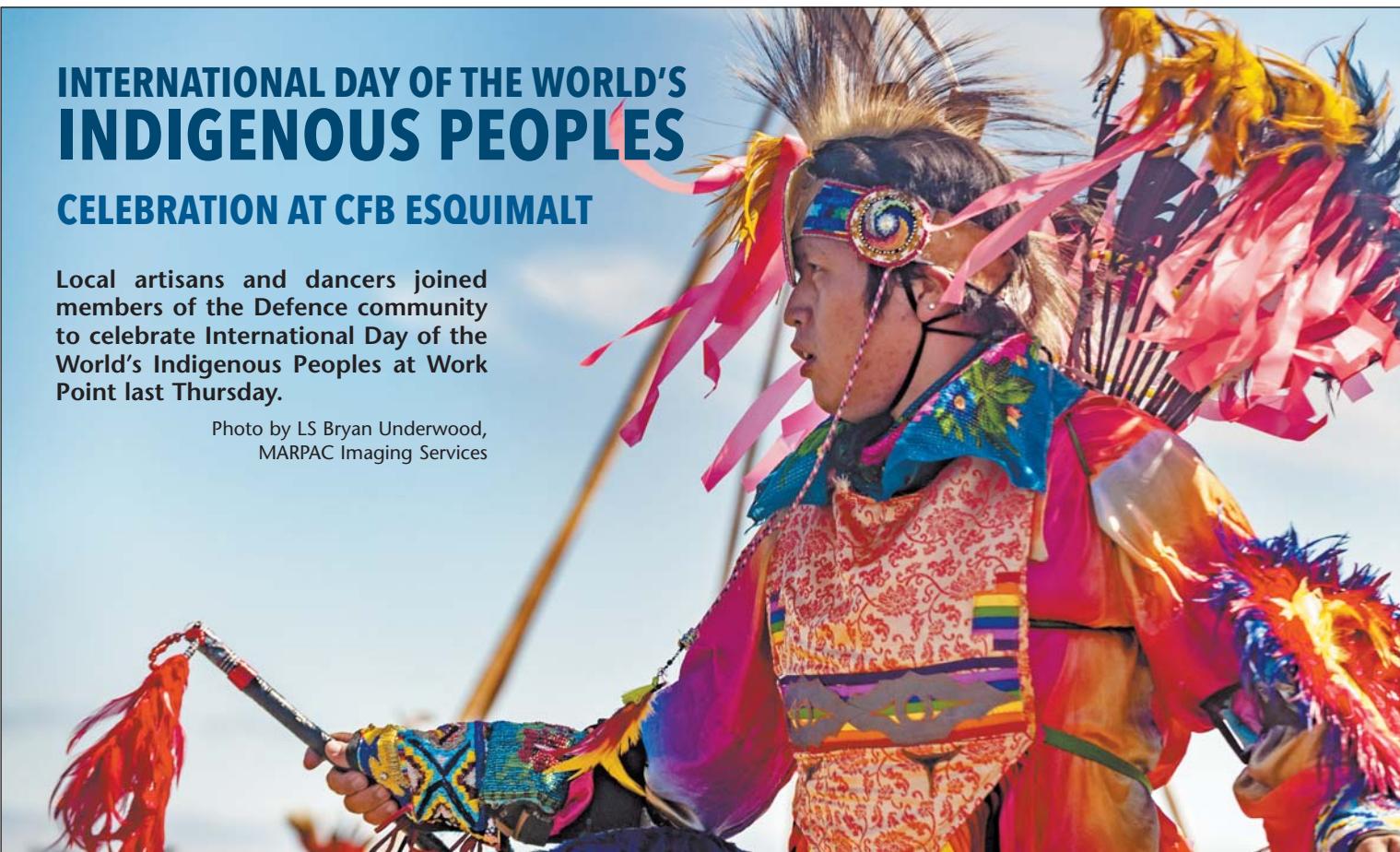
LS Chad Wilson FDU(A)

WHAT SAY WE

INTERNATIONAL DAY OF THE WORLD'S INDIGENOUS PEOPLES CELEBRATION AT CFB ESQUIMALT

Local artisans and dancers joined members of the Defence community to celebrate International Day of the World's Indigenous Peoples at Work Point last Thursday.

Photo by LS Bryan Underwood,
MARPAC Imaging Services



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Vice Admiral's flag hoist signal

AS I assume command from my long-time shipmate, Vice Admiral Ron Lloyd, I am humbled and honoured to follow in the wake of the admirals that preceded me upon being chosen as your 36th commander.



S SHIPS, because fleet recapitalization remains a critical enabling imperative;



T TRAINING system overhaul, to enable us to operationalize the ships we get immediately upon delivery and inspire the new sailors joining in this exciting time in our history;



E EMPOWERMENT, because leadership at all levels - and especially from the lowest possible levels - is the key to the hardest fought victories;



A ACCOUNTABILITY, the turbo charger to empowerment;



D DIVERSITY and inclusion, because as a trusted national institution we are stronger in reflecting the core values, beliefs and cultures of all Canadians as a moral and operational imperative at home and abroad; and,



I INNOVATION (I because that's how innovative we can be), because today's RCN is a navy characterized as much by progress as it was once by tradition, a critical-enabler and advantage upon which we are coming to depend.

After all, you, today's sailors, are an impressive lot to command: inspired equally by a rich history and the bright future that the ongoing largest peacetime fleet recapitalization in our history ensures.

You are equal parts warrior and diplomat as you inspire with the depth and breadth of your successes alongside partners and allies at home and around the globe; as you routinely combat crises - man-made or naturally occurring; as you ensure that you remain ready to help, ready to lead and ready to fight.

CPO1 David Steeves, the great new Command Chief with whom I am proud to once again share a watch, and I are excited to have this opportunity to continue supporting and enabling you. Standing on the cusp of a ship delivery every year for the next two decades, our future is bright.

That future has been carefully crafted in recent years with the precision of a master carpenter by our dear, now-retired shipmates, VAdm Ron Lloyd and CPO1 Michael Vigneault, who have created the enormous momentum from which we will benefit for years to come.

The Command Chief and I join all of you in celebrating the storied careers of these fine gentlemen whose exceptional service and leadership we all salute as they retire.

As the next watch in our journey kicks-off, you can rest assured that Navy leadership will continue to be seized with caring for and enabling you, the amazing Canadians who are RCN sailors, our shipmates and the families that support you, while we ensure together that the great people-delivered successes for which the RCN is known can continue to be realized.

People first, mission always remains the prime directive.

Not surprisingly, therefore, we need to continue to be particularly proud that the RCN/CAF continues to be at the forefront of the social and institutional issues that matter to Canadians: from listening to and working with our First Nations and Inuit, to championing inclusion and diversity, and to tackling conduct issues head-on. We need each do our part to ensure that continues.

Our status as a Forbes-recognized best Canadian employer depends upon it.

Our shipmates depend upon it. Those whom we serve depend upon it.

As we look to the future, shipmates, the "how" behind what we do will continue to matter enormously.

As you consider this, I just ask that you remain focussed on what is core to our name: ships. Yes, our warships for sure - job one - but also the other ships that are key to our success: in addition to warships, there is relationships, ownership, mentorship, shipshape and shipmates. These need be the watchwords that serve as the lead marks of our pursuits and the keys to addressing the challenges that will inevitably arise.

Meanwhile, as we continue to effect with success a decade-long transformation impacting every tenet of our business and the pursuit of the programme defined in our RCN strategic plan 2017-2022, in the immediate term, I share with you that I believe there will be no significant course corrections ahead.

In fact, to borrow on assuming the watch, the order is STEADI.

This defines not only an intent, an approach, a course, but I suggest in this case, today, it is also an acronym that defines what we will prioritize in the programme as we remain focussed on impressive change and sustain agendas:

S - Ships, because fleet recapitalization remains a critical enabling imperative;

T - Training system overhaul, to enable us to operationalize the ships we get immediately upon delivery and inspire the new sailors joining in this exciting time in our history;



E - Empowerment, because leadership at all levels - and especially from the lowest possible levels - is the key to the hardest fought victories;

A - Accountability, the turbo charger to empowerment;

D - Diversity and inclusion, because as a trusted national institution we are stronger in reflecting the core values, beliefs and cultures of all Canadians as a moral and operational imperative at home and abroad; and,

I - Innovation (I because that's how innovative we can be), because today's RCN is a navy characterized as much by progress as it was once by tradition, a critical-enabler and advantage upon which we are coming to depend.

Shipmates, the Command Chief and I look forward to being "wind in your sails," supporting you and your families as we strive to celebrate, champion and enable you.

VAdm Art McDonald, CRCN36, Sends





From top competitor to TRAINER

Peter Mallett
Staff Writer

Four years ago, a friendly quip from a co-worker spurred Master Seaman Laura Allan to raise the bar on her fitness.

While working in HMCS Victoria's engine room on a repair, a fellow submariner commented on her impressive strength and said, "You should compete as a powerlifter."

She decided to test his idea by venturing to the gym weight room. Powerlifting is a strength sport and she quickly found she had a natural aptitude.

"Today I am in the best shape of my life," said the 34-year-old Marine Technician.

Beyond elevating her fitness, she has stepped on to the IPL World Powerlifting stage and competed in multiple international events.

She hired local strength and conditioning coach Stephen MacKinnon, who works mainly with elite athletes in different sports.

In her most recent competition, May 18 in the Kabuki Strength Pacific Northwest Classic in Portland, she had an unbeatable combined score in squats, bench press, and deadlift. She finished top in the women's 90kg category and went nine-for-nine on her lifts, finishing the day with a 202.5kg/446lb squat, 97.5kg/215lb bench press,

200kg/441lb deadlift, totalling 500kg/1,103lbs.

Less than 48 hours later, she returned to Victoria and competed in the 2019 Highland Games Strongman competition at Topaz Park, finishing as the top female. She defeated her closest female opponent in three of five events, one of which she carried two 220lb weights in each hand a distance of 50 feet.

"I am not an overly competitive person. I am more competitive against myself," said MS Allan. "When someone else at an event scores a personal best I am the first one to congratulate and admire them for that success."

She's sitting out at IPL Worlds 2019 to give her body a rest.

Instead she's heading there to coach a client and friend to compete Oct. 25 in Limerick, Ireland.

"My coach and I decided it would be smarter for me to take some time off from competing and not risk burnout," said MS Allan. "I am not done with competing as a powerlifter, but I need to be sensible and think about longevity and preserving a healthy balance between work and my private time."

Powerlifters Rachel Burgess and Corporal Kayla Miller are two locals benefitting from her experience and coaching.

"I really like coaching, it gives me time to focus on my training, not think about competing,

all while helping others achieve their own fitness goals," said MS Allan.

Competing as a powerlifter and now coaching has also been beneficial in overcoming the symptoms of an operational stress injury, which she was diagnosed with during her days as a submariner.

"I used lifting weights as an outlet to solve my issues and then turned myself into something I never thought I could be," said MS Allan. "I like to treat the athletes I am coaching the way I was treated by my coach – it's nice to hear from them how much more confident they are, and to know I am helping other people build their confidence."

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HMCS Ville de Québec sails to Arctic waters

On July 29 HMCS Ville de Québec departed HMC Dockyard Halifax for Arctic waters. Pictured here, sailors pull the lines prior to departure.

Photo by Mona Ghiz, MARLANT Public Affairs

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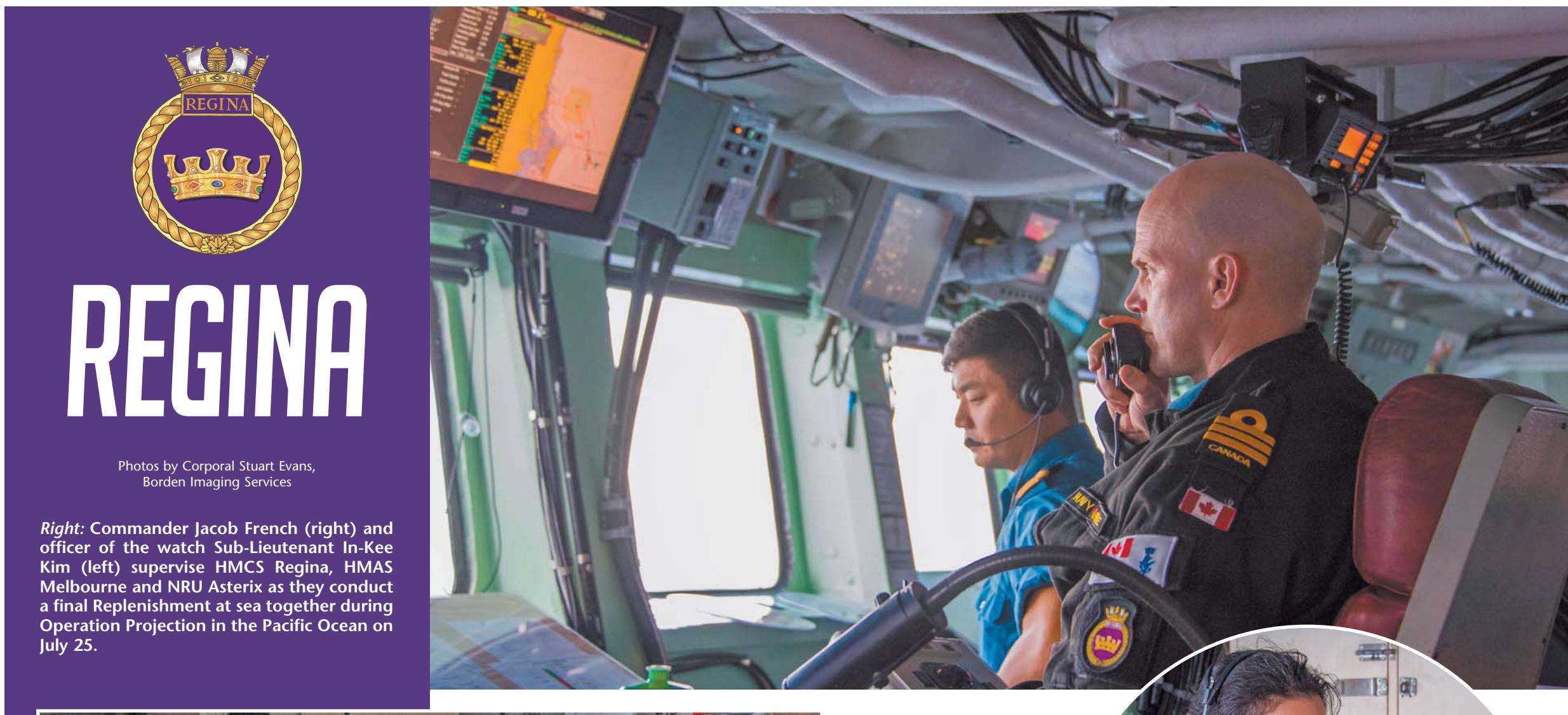
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HMCS Regina welcomes mechanics from the Royal Australian Navy aboard to help with ship's maintenance while alongside Brisbane Port in Brisbane, Australia.



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Physio clinic dedicated to helping injured veterans

Peter Mallett
Staff Writer

A former sailor says a one-of-a-kind physiotherapy clinic now operating on the West Shore has been the perfect medicine for him, and others like him.

Petty Officer Second Class (Retired) Sean Wieler had a 23-year career in the Canadian Armed Forces (CAF). He served aboard multiple warships in Canada's navy and was deployed to Bosnia as a member of Princess Patricia's Canadian Light Infantry in 1994 and 1995.

Then, hip and neck injuries related to a workplace fall ended his military career. He was also diagnosed with Post-Traumatic Stress Disorder (PTSD) in 2010.

After battling both mental and physical injuries for several years, he was introduced to Veterans Rehab and Performance in Langford earlier this year. The Rehab and Performance Reactivation Center opened in early 2019. Owned by Victoria's Integrated Rehab Performance Ltd., the clinic operates out of a studio in

a small three-unit plaza on Jacklin Road. Co-owners Steven Inglefield and Tawanda Asher Adaarewa say the clinic is the only facility dedicated exclusively to the recovery of injured veterans and first responders in the Province of British Columbia, and, to their knowledge, all of Canada.

Wieler says he was uncertain Rehab and Performance could free him from the circle of depression and inactivity that had transformed him into a person he barely recognized, but he was enrolled and went through the process.

The Reactivation Program has multiple components including education on the body's pain system, graded physical activity, graded exposure to manual therapy, trauma-sensitive yoga, and discharge planning assistance. Patients can spend two to five days a week at the clinic for approximately one to two hours a day, with the treatment program lasting between six and 12 weeks. Each program is specifically designed and geared towards an indi-

vidual's needs and personal recovery goals.

"Our reactivation program takes a holistic approach and focuses on three main areas: bio, which is straight physiotherapy, psycho, which emphasizes the mental component, and social, how interacting effects quality of life," explains Inglefield.

Since completing the program, Wieler is a changed man. He now enjoys a more positive and forward-thinking outlook on life. He credits the program for this, which greatly contrasts to how he felt at doctors, clinics, or support centres he visited, which was like a number, he says.

"The small group setting [of the Reactivation Program] has been crucial to my success. Through the camaraderie and interaction with other former soldiers, I quickly realized I am not the only one going through this, which in the end has made a huge difference in my confidence and self-awareness," said Wieler.

It took Adaarewa and Inglefield two years developing their approach to helping veterans and first

responders reclaim their physical health.

"When you are working with a client who has spent 20 or 30 years in the military, for us to be effective we need to put our degrees and history on the sideline and realize we are just two people talking," said Adaarewa. "We have to realize that we can learn from each other. Once that is recognized, we can get on a journey that leads to healing."

Because Inglefield and Adaarewa took the time to learn from veterans, and about their special needs, their team can deliver programs that focus only on veterans.

An example of this symbiotic learning approach is PO2 (Retired) Allan Kobayashi. A 21-year Canadian Forces veteran, Kobayashi is a Reactivation Program team member who suffers from PTSD.

Candid about his experience both as an infantry and marine engineer, Kobayashi wanted to be involved in the program after

learning who it is for and what it aims to do. His vocational rehab was in massage therapy and he has been volunteering his services as a bodyworker until he completes his exams, earning his credentials as an RMT.

Both owners say learning about his experience with PTSD, and from other injured veterans, has been key to their understanding of the disorder and how the program can continue to

improve to meet veterans' needs.

There are approximately 7,000 veterans living in the Greater Victoria Area, and many of those men and women have work-related injuries because of the nature of the jobs they did.

For more information about Rehab Performance programs and funding options available visit their website: veteranrehabandperform.com

The screenshot shows the homepage of the Veteran's Rehab and Performance website. At the top, there is a navigation bar with links for 'Home', 'Programs', 'Program Schedule', 'About', and 'Contact'. Below the navigation is the logo 'Veteran's Rehab and Performance' with the tagline 'Helping veterans and first responders reclaim their physical health'. The main content area features a photograph of a therapist in a red shirt performing a massage on a client in a blue shirt. To the right of the photo is a callout box with the text 'One treatment does not fit all' and 'We customize to maximize results', followed by a 'Sign Up Today' button. Below the photo, a caption reads: 'Veteran's Rehab and Performance's programs are the only programs in Canada, developed with direct input from serving members, veterans, and first responders.' At the bottom of the page, there is a blue footer bar with the text 'VAC Approved' and a 'Book Now' button.



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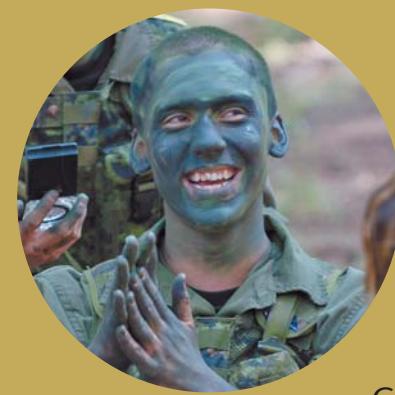
VETERAN FAMILY PROGRAM

For Medically Releasing CAF Members, Medically Released Veterans and their Families

The advertisement features a circular logo on the left with the text 'VETERANS & FAMILIES' and 'FAMILLES & VÉTÉRANS' around the perimeter, and a large red maple leaf in the center. The background shows three people walking away from the camera in a forest: a woman in a camouflage uniform, a woman in a denim jacket, and a man in a plaid shirt. The text 'LE PROGRAMME POUR LES FAMILLES DES VÉTÉRANS' is at the bottom, followed by 'Pour les membres des FAC en voie de libération pour des raisons médicales, les vétérans libérés pour des raisons médicales et leur famille'.

The Veteran Family Program supports medically releasing Canadian Armed Forces members, medically released Veterans and families. If you are transitioning visit your local Military Family Resource Centre, CAFconnection.ca, or call the Family Information Line at **1-800-866-4546**.

Ce programme appuie les militaires en voie de libération pour des raisons médicales, les vétérans libérés pour des raisons médicales et leur famille. Si vous êtes en transition, visitez ConnexionFAC.ca ou votre centre de ressources pour les familles des militaires, ouappelez la Ligne d'information pour les familles au **1-800-866-4546**



RAVEN RECRUITS FINAL DAYS

GRADUATION DAY AUGUST 13

Photos by Leading Seaman
Mike Goluboff, MARPAC
Imaging Services



Top left: MCpl Ryan-Lewis teaches Raven students how to use a Coleman stove during their field phase at Rocky Point Training Area.

Top right: Raven Recruit OS Hayden with camouflage face paint.

Bottom right: Raven students march into the Yellow Wolf Inter-tribal Powwow for the Grand Entry.



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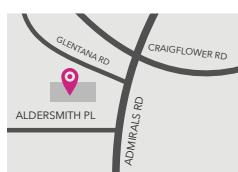
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Mill Bay Centre,
second floor

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C3B - 100 Aldersmith Pl.
Nelson Square,
by Scotiabank

*Registered with CSHHPBC.

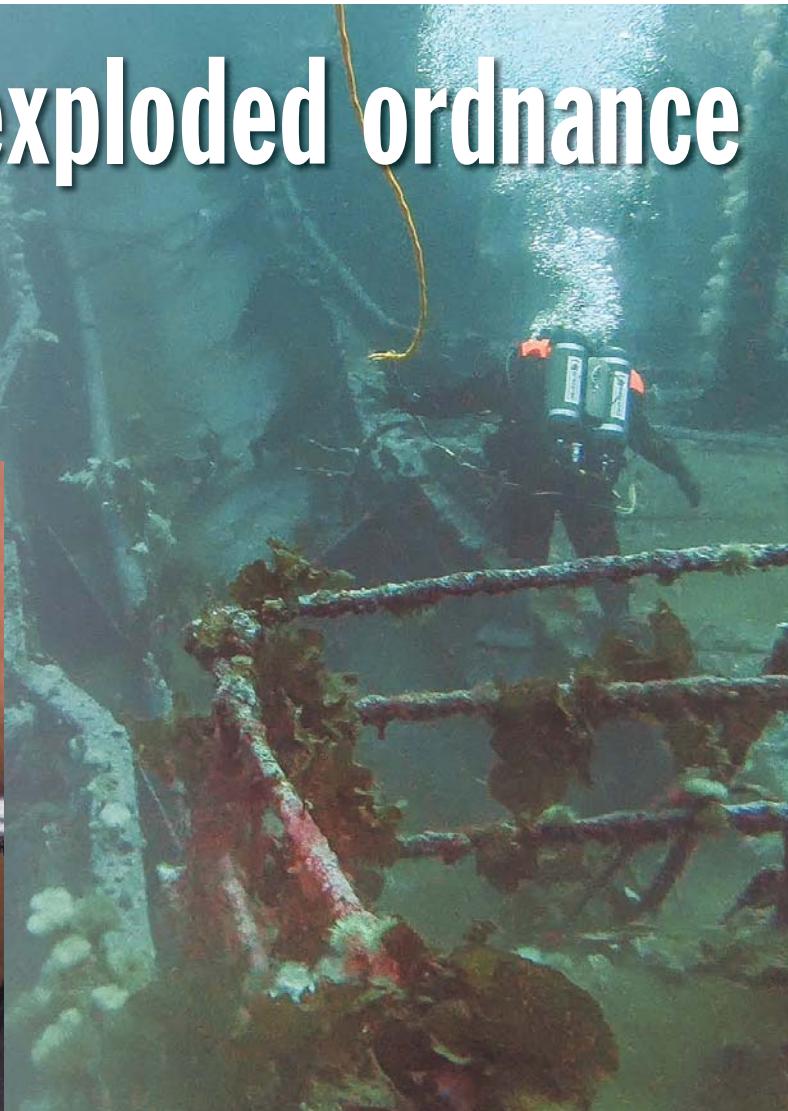




East Coast divers clear unexploded ordnance

Photos by MCpl Gabrielle DesRochers, Imagery Technician

Divers from the Fleet Diving Unit (Atlantic) were tasked to locate and remove unexploded ordnance from ships off Newfoundland and Labrador in July. One such ship was S.S. Rose Castle, a Canadian steam merchant that was hit by two torpedoes on Nov. 2, 1942, off Bell Island, Conception Bay. Twenty-two crew members and one gunner were lost when the ship sank. The master, 17 crew members and two gunners were rescued, according to uboat.net.



Above left: Lieutenant (Navy) Johnson, Canadian Forces Clearance Diver at Fleet Diving Unit Atlantic, plans the next task on the S.S. Rose Castle wreck using the footage taken on previous dives, during the unexploded explosive ordnance retrieval mission off the coast of Bell Island in Newfoundland, July 18.
Above right: Canadian Forces Clearance Diver from Fleet Diving Unit Atlantic searches for unexploded explosive ordnance on the S.S. Rose Castle wreck.

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Naden Band Promotions, Awards and Medals

Captain (Navy) Sam Sader, Base Commander, visited the Band Rehearsal Room Aug. 2 to hand out presentations to the musicians with the help of CPO2 Brayden Wise, Band Chief.

Photos by Leading Seaman Sisi Xu, MARPAC Imaging Services



Left: Chief Petty Officer Second Class (CPO2) Benjamin Van Slyke receives his promotion from Capt(N) Sader and CPO2 Wise. CPO2 Van Slyke also received a Commander Royal Canadian Navy Commendation.

Right: Petty Officer First Class David P-Gagnon receives his promotion from Capt(N) Sader and CPO2 Wise. PO1 P-Gagnon also received a Commander Royal Canadian Navy Commendation.



Left: PO2 Winston Hind receives a Commander Royal Canadian Navy Commendation from Capt(N) Sader and CPO2 Wise.

Right: PO2 Miguel Valdes de la Hoz receives a Commander Royal Canadian Navy Commendation from Capt(N) Sader and CPO2 Wise.



Left: Leading Seaman Kevin O'Brien receives the Special Service Medal with NATO bar from Capt(N) Sader and CPO2 Wise. He also received a Maritime Forces Pacific Bravo Zulu Certificate of Achievement.

Right: Capt(N) Sader receives music albums of the Naden Band from CPO2 Wise at the conclusion of the presentation ceremony.



From left to right: Major Lisa Clark, outgoing Commanding Officer Military Police Unit Esquimalt; Lieutenant-Colonel Stephane Vouigny, Commander of Naval Military Police Group; and Maj Roland Russell, incoming Commanding Officer, sign the Change of Command certificates at the July 30 ceremony.



From left to right: Lieutenant-Colonel Bryce Graham, incoming Commanding Officer of Air Component Coordination Element (Pacific); Major General Alain Pelletier, Commander 1 Canadian Air Division/Canadian NORAD Region; and LCol Ryan Sexsmith, outgoing Commanding Officer, sign the Change of Command certificates at the July 19 ceremony.



MARTECH Graduation

Commander Annick Fortin, Commanding Officer of Naval Fleet School Pacific, presented certificates during the Marine Technician course ceremony on July 19.

Photos by LS Wiggins, NFS (P)



OS Cena receives a Certificate of Completion.



OS Ford receives a Certificate of Completion.



OS Johnson receives a Certificate of Completion.



OS Letellier receives a Certificate of Completion.



LS Levert receives a Certificate of Completion.



OS Lovell receives a Certificate of Completion.



OS O'Neill receives a Certificate of Completion.



OS Riesterer receives a Certificate of Completion.



OS Sher receives a Certificate of Completion.



OS Wiseman receives a Certificate of Completion.



OS Cena receives the Top Student award.



Lieutenant-Colonel Jean-Marc Gurette (centre) receives his promotion to his current rank from son Nicolas, daughter Erin, and Brigadier-General Dave Awalt, Deputy Commander of 3rd Canadian Division.

Photo by Leading Seaman Brendan Gibson, MARPAC Imaging Services.



PO1 Murdock from PCC(P) is promoted to CPO2 by Cdr Turetski and CPO2 Johnston.

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Condominium, walking distance to downtown Victoria. 16th floor unit faces south with amazing views of the Strait of Juan de Fuca, the Olympic Peninsula and Sooke hills. There are terraces off each bedroom for morning coffee and watching the sunset over the mountains in the evening. The unit is semi-furnished, includes one bathroom, washer/dryer and kitchen with convection oven and microwave. Master bedroom has built-in desk and dresser; the second has built in shelving. A gardener is included in the \$2,700 monthly rent plus a parking spot is available for an additional \$80 per month. Cat OK. Contact Doug Baker at dbaker01@telus.net for further information or interest in renting the unit.

AVAILABLE NOW

This bright, newly renovated beauty of a suite has everything. Best of all, it boasts an amazing panoramic view spanning from Mt. Douglas, across downtown and the Gorge waterway, to the Sooke Hills (with the Olympic Mountains as a backdrop!)

Treelane Estates is situated right on the banks of the Gorge waterway. It has waterfront access for swimming, kayaking and diving, and is tucked away from traffic down its park-like private driveway. New upgrades include a new kitchen with stainless steel appliances, a renovated modern bathroom and hardwood flooring throughout. Included in the building are a workshop, games room, outdoor BBQ area and a large common room for larger gatherings. There is covered parking, secure storage, lockup areas for bikes, motorcycles and kayaks. The apartment has its own sunny balcony as well.

Rent includes water, garbage and recycling removal, access to building amenities and maintenance. \$1700.00/month. Available for showing. Please email for details. crdproperty@gmail.com or call 250-858-6793.

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This street level suite was built in June 2017 with custom kitchen cabinetry and sturdy laminate flooring. The suite has a spacious front room with a good sized bedroom (full closet) plus a den or child-sized bedroom. There is a large shared backyard with multiple gardens surrounding the property. Additional features: high speed internet access, hydro, water, dishwasher, and in-suite laundry. Minutes walk away from Esquimalt Recreation Center, Saxe Point Park, and Esquimalt Plaza (grocery store, liquor store, pharmacy, bank, etc). Perfect for young professional or couple. Must provide references. No dogs, cats considered. Call 778-855-9405 by cell or 250-544-0200 ext. for work or email adamduron@gmail.com

AVAILABLE IMMEDIATELY

This bright, newly renovated suite has everything including amazing views of Sooke Hills and the Olympic Mountains. Treelane Estates is an adult-oriented community situated right on the banks of the Gorge waterway with waterfront access for swimming, kayaking and diving. Only 5 minutes from downtown Victoria Uptown, Tillicum, Mayfair and Hillside shopping centres. New upgrades include an open concept kitchen with stainless steel appliances, and a renovated modern bathroom. Building has a workshop, games room, outdoor BBQ area and a large common room for larger gatherings. There is covered parking, secure storage, lockup areas for bikes, motorcycles and kayaks. Rent includes water, hot water, garbage and recycling removal, access to building amenities including a guest suite and maintenance. \$1550.00/month Sorry, no pets. Email crdproperty@gmail.com or call 250-858-6793

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