

# LOOKOUT

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MARPAC NEWS CFB Esquimalt, Victoria, B.C.



HMCS Regina's new commemorative paint scheme.

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## A Year in Review

# 2019

HMCS Ottawa and crew returned home to warm embraces Dec. 18, 2019, after more than four months away on Operations Projection and Neon. Pictured here, LS Eric Forest reunites with his family.

Photo by LS Mike Goluboff



Captain Chris Dare, an army dentist with CFB Esquimalt's Dockyard Dental Clinic, was part of a mountaineering team that reached the summit of Mount Everest on May 23.

Photo courtesy Captain Chris Dare



Captain (Navy) Julian Elbourne, Chief of Staff Plans and Operations Maritime Forces Pacific, and Rear Admiral Min-soo Yang, Commander of Cruise Training Task Group, exchange a handshake onboard Republic of Korea Ship Munmu The Great during a port visit to Victoria on Dec. 18. Photo by Leading Seaman Sisi Xu, MARPAC Imaging Service



Capt(N) Sam Sader, Base Commander, shares a laugh with B.C. Wheelchair Basketball provincial coach Simon Cass prior to the start of a wheelchair basketball game in recognition of International Day of Disabled Persons 2019.

Photo by Peter Mallett, Lookout





# Changes announced to Service Medals

DND

As part of *Strong, Secure, Engaged* (SSE 7), the Government of Canada is modernizing the Canadian Armed Forces Honours and Awards system to ensure military members' service to Canada is recognized in a timelier and appropriate manner.

This initiative encompasses the modernization of the overseas service recognition framework. The objective is to make service medals more accessible and flexible to ensure that Canadian Armed Forces (CAF) members receive appropriate recognition for their participation in, and direct support to, operations.

As part of this initiative, changes to the eligibility list for the Special Service Medal with NATO bar, and a reduction of the time criteria to 45 days for both the NATO and Expedition bars to that same medal, were announced on Feb. 18, 2018, in CANFORGEN 001/20.

The government has now recently approved a number of additional measures to meet the stated intent. The time criteria for the General Campaign Star (GCS), General Service Medal (GSM) and Operational Service Medal (OSM) have been reduced to ensure recognition remains attainable to participants in light of new deployment patterns where CAF members more often deploy for short periods of time.

Each ribbon for those medals has a new time criteria beginning with an appropriate recent (post-Afghanistan) operational date as per

the table to the right. There are transition measures that ensure anyone who serves at least one eligible day after the stated date is allowed to cumulate any previously accrued time towards the new criteria for the medal.

The criteria for the rotation bars will not be affected by these changes meaning that the first bar will continue to be awarded after a total of 210 eligible days while subsequent bars are awarded for every period of 180 eligible days thereafter.

The Special Service Medal, which had up to now been reserved for CAF members, has been amended to expand eligibility to Canadian civilians and members of allied forces working for the CAF from April 29, 2014. The intention is to align this medal with other modern service medals that allow recognition of all members of the Defence Team who play a key role in the success of our operations.

The limitations for visits in theatre have been reduced. As a result, technical assistance visits, staff inspection visits, staff assistance visits and specialists visits in theatre will now be credited towards the appropriate service medal. Visits for the purpose of command, familiarization, leadership and morale remain excluded from eligibility.

These changes will ensure that recognition is keeping pace with the evolving nature of current and future CAF operations and remains a worthy and attainable reward for personnel while preserving the symbolic value and respect for the service medals in question.



MEDAL & RIBBON	FORMER CRITERIA	NEW CRITERIA	EFFECTIVE DATE
GCS-SOUTH-WEST ASIA	30 Days	14 days	13 March 2014
GCS-EXPEDITION	30 Days	14 Days	05 October 2014
GSM-SOUTH-WEST ASIA	30 Days	14 (civilians in GCS theatre) or 21 days (military and civilians out of theatre)	13 March 2014
GSM-EXPEDITION	30 Days	14 (civilians in GCS theatre) or 21 days (military and civilians out of theatre)	05 October 2014
OSM-SOUTH-WEST ASIA	30 Days	21 days	13 March 2014
OSM-SIERRA LEONE	30 Days	21 days	17 February 2013
OSM-HAITI	30 Days	21 days	01 July 2017
OSM-SUDAN	30 Days	21 days	30 July 2016
OSM-HUMANITAS	30 Days	14 days	28 April 2015
OSM-EXPEDITION	30 Days	21 days	15 May 2014

Please refer to CANFORGEN 001/20 or to the Canadian Medals Chart for more information: [bit.ly/2FCFhxm](http://bit.ly/2FCFhxm) or [www.canada.ca/en/department-national-defence/services/medals/medals-chart-index.html](http://www.canada.ca/en/department-national-defence/services/medals/medals-chart-index.html)

98.5  
OCEAN

Robin&AJ

Good morning. Good times.



# Diamond in the muck

**Peter Mallett**  
Staff Writer

A 19th Century spyglass once owned by an officer of the Royal Navy is the latest notable historical artifact found during ongoing remedial dredging operations in Esquimalt Harbour.

The small telescope had been preserved in the cold water and sediment for over 137 years before the bucket of a large crane barge plucked the item from the seabed of Constance Cove on Dec. 10.

Archaeological monitors aboard a neighboring floating processing plant discovered the telescope as they sorted through the large barge load of sediment.

An inscription on the spyglass revealed it was owned by Sub-Lieutenant Midshipman Bertram Chambers.

Spyglasses were an essential maritime tool of naval officers and captains of the 17th, 18th, and 19th century and were used to see land and other ships, and to prepare for attacks by pirates or enemy vessels.

It's not the first historical artifact found during remediation work, but is one of the most exciting says Esquimalt Harbour Remediation Officer Michael Bodman from Formation Safety Environment.

"It is not often that we find a personal item belonging to someone who has a certain level of fame and an influential role in the Royal Navy (RN)," he said. "Now the head scratches at the question of how it ended up on the floor of Esquimalt Harbour and more importantly what other vessels and sights did he see through the spyglass as he traversed the globe?"

During his time in Esquimalt,



Chambers served aboard HMS Satellite, a Corvette that operated from the Royal Navy's Pacific Station - the forerunner of CFB Esquimalt - from 1883 to 1886. Chambers also served the RN at their base in Halifax and Australia and would eventually retire in 1926 with the rank of Admiral.

A team of conservationists at the Royal B.C. Museum are currently attempting to confirm the telescope's authenticity and discuss the disposition of the find. Bodman says the spyglass was in surprisingly good condition when it was discovered, despite physical damage such as corrosion, and one of its chambers being filled with sea water. He also noted the cold water and mostly soft sediment in the harbour greatly aided in its preservation and other objects they have found.

Formation Safety Environment has enlisted the help of local scientists and archeologists to work on the processing plant and sort through the sediment for items of value or historic interest. University of Victoria

anthropology student Caitlin Craig helped sort through the mostly thick black muck as a co-operative education student in 2019. She described the more than 2,000 historical objects found in the harbour as a "treasure trove."

"Some of the items included medicine bottles belonging to a ship's physician, mess plates and [hat] buttons and badges from various [Royal Navy] departments ranging from the Royal Marines Light Infantry to the Royal Marine Artillery," said Craig. "These artifacts provide a glimpse into the life of a sailor in the early 1900s."

Other items found include clay pipes, hygiene bottles such as hair tonic and cologne, and newer items such as a Second World War-era communications headset, gas masks, and microfiche pages from the 1970s.

Work on removing approximately 110,000 cubic meters of contaminated sediment near A, B, C and Y Jetties, the ML Floats and other parts of Esquimalt Harbour began in 2016 as part of the Esquimalt Harbour Remediation Project, and is still ongoing. Years of naval and industrial activity in Esquimalt Harbour (such as ship building, maintenance and repair, privately-owned mills, and fuel storage) have left deposits of mercury, lead, copper, and other industrial contaminants on the harbour floor, along with artifacts.

After being cleaned, photographed and catalogued, some of the more interesting artifacts will be held at the B.C. Royal Museum for further study. Five display cases have already been installed in an auxiliary building near the newly completed B Jetty, which in the future Bodman says will contain a rotating inventory of artifacts found during dredging that showcase the history of Esquimalt Harbour.

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# matters of OPINION

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## WHAT SAY YOU

### Ken Ashdown

CCMS West/North  
(Esquimalt/Comox/BC AOR)

This is the second in a three-part series on whether it's appropriate to complain to your supervisor/manager, and if so, how to do it effectively. In our first instalment, we recommended you go directly to the source first; separate the person from the problem; and align your intentions with the desired impact of the conversation.

Here are a few more tips and tricks for getting better results with a complaint:

#### Avoid having the discussion when you're angry

To quote the late Dr. Marshall Rosenberg, founder of Nonviolent Communication: "When I'm frustrated, two things are usually true: one is that I'm not getting something I need, and the other is that what I'm about to say guarantees I won't get it."

Foul language or shouting rarely helps a person hear complaints any clearer. Simply letting them know you're angry or frustrated about something is enough to get them to take your complaint seriously; make it easier for them to be receptive by approaching them at a cooler, calmer time. Take notes if it helps keep you on track and explain your perspective, especially if you're worried about letting emotions take over.

#### Avoid judgmental or accusatory language

When raising a potentially difficult issue with someone, it's important to reduce the likelihood the message will be met with defensiveness. Make it easy for them to hear.

So, just as you should avoid foul language, avoid inadvertently inflaming tensions no matter how negatively you may be affected by the problem.

Be clear and direct about the problem but in neutral terms. Describe the problem, event or situation as you would if you were a video camera – only replay exactly what you saw, heard, or experienced. Avoid adding adjectives or adverbs. Likewise avoid assuming anyone's state of mind (for example: "You're just jealous!"), attributing their motivations and intentions ("You're trying to get me fired!"), or adding descriptors ("That was a dumb idea!"). You can imagine why such statements are heard as aggressive.

There is a way you can still be frank and direct about the impact the situation or event had on you, in an assertive way, without risking upsetting the other person. Assertiveness is being direct about your communication and respecting your own needs, while respecting theirs too.

Assertive communication can take the form of "DESC model" statements:

- Describe the situation in neutral, non-judgmental language, using "I" messages that focus on your personal experience. ("When I don't have input on decisions..." vs. "You don't let anyone speak in meetings!...");
- Express the impact the situation had on you – how did it make you feel? ("...I feel frustrated and hurt..." vs. "You make me mad.");
- Specify your preferred state, behaviour, or need ("...and I would like to be consulted when changes might affect my workflow..." vs. "You need to listen to me!"); and
- Collaborate to find a mutually satisfactory solution ("...and I'd like to take a few minutes to sit down with you to figure out how to allow for staff feedback..." vs. "It's my way or the highway!"). Creating a sense of agency, mutuality, and empowerment is far more likely to get the desired results than an imposed solution – especially if the other party is the supervisor/manager.

Alternatively, the 'C' can also stand for Consequence: close the statement by indicating a positive outcome if the other party meets your need, ("...and it would help me feel better about adopting any changes that come out of the meetings.") Avoid stating the consequence as a negative, since it could be interpreted as a threat.

The Integrated Conflict and Complaint

Management (ICCM) program integrates the Canadian Armed Forces' previously separate existing harassment, grievance, human rights and alternative dispute resolution conflict resolution systems. Full operational capability was reached on July 20, 2018, with 16 Conflict and Complaint Management Services (CCMS) centres located across Canada that are now available to provide local guidance and support. Expert personnel provide the Defence Team with knowledge and skills to prevent or address workplace conflicts early, locally, informally, and at the lowest appropriate level.

For further information visit <http://intranet.mil.ca/forces-conflict-management.page> where you can find links to your local CCMS office; you can contact us nationally via our General Inquiries Positional Mailbox at ICCMInquiries.DemandesrequeteGICPDGGP@forces.gc.ca or call Toll Free: 1-833-328-3351. CCMS Centre Esquimalt, responsive to CFB Esquimalt, 19 Wing Comox, 39 CBG, and others members of the CAF or employees in DND residing in the province of BC can be reached at ++CCMS Esquimalt@VCDS DGICCM@Esquimalt (CCMSesquimalt@forces.gc.ca).

Ken Ashdown is a Conflict Management Practitioner with the Conflict and Complaint Management Services (CCMS) Centre in Esquimalt. He is the co-author of several books on conflict resolution and group dynamics, and ran a successful private practice prior to joining the CCMS team.



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# Sailor moves onward

## AFTER VIGOROUS CANCER BATTLE



**Peter Mallett**  
Staff Writer

A training officer at Naval Fleet School (Pacific) who defied the odds and beat cancer is sharing his inspirational story with a new self-published book.

Onward is Lieutenant (Navy) Stephen Tomlinson's blow-by-blow account of his full-scale, life-or-death war against cancer, now available through online publisher inkshares.com.

Lt(N) Tomlinson traces his "agonizing" battle against testicular cancer, recalling how the disease aggressively spread throughout his body to his lymph nodes, lungs and brain after his initial diagnosis in July 2017. His fight included 350 hours of chemotherapy, 11 radiation treatments, a seizure, and five surgeries that produced multiple low points where he says he almost gave up all hope of survival.

The Naval Warfare Officer sailed aboard HMCS Protecteur and HMCS Calgary before his cancer diagnosis and faced multiple battles with the disease. Just prior to his final and ultimately successful surgery in November 2018 to remove a plum-sized tumour from his brain, an exhausted and withered Lt(N) Tomlinson admits he was a shadow of his former self. His physician had given him low odds of survival and suggested he start making funeral arrangements with his wife.

"I had almost come to the point of accepting that life was going south on me

and I was given a one-in-ten shot by my doctor that I would live to Christmas," says Tomlinson. "I did the final surgery and as soon as they pulled that tumour out of my brain it was like I became a new person."

Fast-forward to July 8, 2019, two years after his initial cancer diagnosis, and his saga would reach a joyous conclusion. That's when he returned to work after his doctor called him into her office and told him he was 100 per cent cancer free.

"Thankfully my story has a happy ending and today I'm at Venture and working my way back into readiness to complete my navigation tour on a frigate. How things have changed since then."

### An Epic Battle

During several stages of his fight with cancer, the 35-year-old admits there were multiple points where he almost lost hope. Those included an eight-hour-long Retroperitoneal Lymph Node Dissection surgery to remove all the lymph nodes on the inner walls of his back. The surgery, he says, involved having his gut slit down the whole length, having his intestinal track temporarily removed and his organs shifted to remove each lymph node.

"When it was all done, though I don't personally remember it, I was told by the doctor that I asked to see them [the lymph nodes] in a jar so I could tell the cancer to go 'F' itself. For the first time, during that surgery, I truly became angry

and spiteful towards cancer and I wanted to show it who the boss was."

Maintaining a fighting spirit even after cancer had carved a painful path of destruction through his body wasn't his own idea. That came from the legacy and spirit of Terry Fox.

Early in his battle with cancer, Lt(N) Tomlinson went to the Royal B.C. Museum to see the touring Terry Fox: Running to the Heart of Canada exhibit and says the moment was a game-changer. The exhibit included many personal belongings from Fox's Marathon of Hope including his van, and his prosthetic leg.

"I saw something change in me immediately after I saw the exhibit, and then learned more about Fox and his inextinguishable determination. For the first time since my diagnosis I had hope and told myself not to let cancer rob me of my dignity."

### Coping with PTSD

Lt(N) Tomlinson is still

fighting another serious medical condition. At the same time the cancer spread through his body he was also diagnosed with Post-Traumatic Stress Disorder (PTSD), which he says can be traced back to not one but multiple traumatic events in his life.

The biggest of those include his roller-coaster-ride fighting cancer but also a devastating 11-hour-long engine room fire that occurred during his first deployment in Protecteur in February 2014. The fire injured 20 sailors and caused a "significant psychological impact" on him and many others.

"When I was finishing with my cancer treatment I was starting to have terrible nightmares that always had the sound of my IV pump in the hospital running empty and the slow chime that went with it. After many of these nightmares I would rush to the wash-room and get sick. There are many parts of the book that aren't pretty, the intent is to discuss the cancer diagnosis directly along with the triggers for my PTSD."

All of his written accounts were initially intended to be kept private. His literary project was originally part of his treatment for



his mental health injuries prescribed by his therapist.

"He had decided that since I am an English and history graduate from Carleton University and enjoy writing, that writing down my thoughts and memories would be good therapy for me and a way of dealing with the mental trauma. It really was therapeutic to put it all down; writing this book gave me the proper head space to reset and fight the cancer, to keep my hope alive and find the will to continue."

He will continue to manage the PTSD through ther-

apy and knows he is in for another tough battle.

Onward could see wider distribution in Amazon, Chapters, and Barnes and Noble if it attains Inkshare's required level of 750 pre-orders. After its first week on the market, sales of the book surpassed 100 copies thanks to some favourable promotion on the B.C. Cancer website and social media platforms.

For more information about Lt(N) Tomlinson's book and how to order copies of it visit the webpage [www.inkshares.com/books/onward](http://www.inkshares.com/books/onward)



**Above:** Lt(N) Stephen Tomlinson with his wife Stephanie, daughter Sophia, and son Seth during a family outing in Victoria.

Photo credit Tiffany Champagne.

**Top left:** Lt(N) Tomlinson's wife Stephanie sits at her husband's side following his retroperitoneal lymph node dissection surgery. Lt(N) Tomlinson tells the inspirational story of his odds-defying battle against cancer in his self-published book Onward.

**Top right:** Lt(N) Tomlinson captures a selfie while in his hospital bed.



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# WHITEHORSE SAILORS BOND WITH THEIR NAMESAKE CITY

**Lt(N) Stephen Oxley**  
HMCS Whitehorse

A few weeks before Christmas, HMCS Whitehorse sent a contingent from the ship's company, including the command team, to the City of Whitehorse for a namesake city visit.

Their objective was to let the people of Whitehorse know what activities "their" ship had participated in and what the ship's company had accomplished over the year since their last visit.

They also wanted to educate the community on what the Royal Canadian Navy does for both Canada and the international community, and to let people know what employment opportunities exist within the navy.

Lastly, they wanted to establish ties with the newly-formed "Friends of HMCS Whitehorse" committee set-up by the ship's sponsor Ione Christensen (otherwise known as "Mom").

The "Friends of HMCS Whitehorse" committee has been tasked with taking over many of "Mom's" activities on behalf of the ship as this former city mayor, Commissioner of Yukon, and Canadian senator begins to free up her incredibly active schedule and enjoy a slower pace of life.

The visit included:

- a meeting with the city's Deputy-Mayor and select councillors;
- a meet-and-greet with the "Friends of HMCS Whitehorse" Committee;
- attending the commemoration service for the 30th anniversary of the École Polytechnique tragedy;
- meeting with the Speaker of the House of the Yukon Legislative Assembly and

touring the assembly hall;

- meeting with the Commanding Officer of the local RCMP Detachment;
- a meeting with the local Joint Task Force North (JTFN) detachment OIC;
- liaising with the President and Board of the local Legion; and,
- the presentation of a cheque to the Victoria Faulkner Women's Centre.

The Faulkner Women's Centre is a safe and respectful space where all self-identified women can connect with one another, access support and services, and work together to create positive change for women and the community. They are committed to promoting women's equality and well-being, and their mission is to raise awareness, educate, advocate and collaborate with government and non-government organizations for the overall betterment of women's lives. Whitehorse sailors were overjoyed to provide direct support to these activities by making a donation of this year's charitable funds to the Centre.

One highlight of the trip was a two-hour meeting with the 26th Commissioner of Yukon, The Honourable Angélique Bernard, who is the first Francophone Commissioner in the history of the territory. Her community outreach has positively impacted the Yukon Territory in innumerable ways, and as such she was recently honoured with being inducted as one of the first members of the newly created Order of Yukon.

As is tradition, the visit concluded with a breakfast hosted at "Mom's." This included her famous sourdough waffles, as seen on the Martha Stewart show and reported on CBC News. Of note, her sourdough yeast starter is the direct genetic descendant of a yeast batch that was brought to the Yukon during the Gold Rush over 100 years ago.



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MS Firat Ataman, Forward Fire Control Supervisor, mentors OS Walker Grant as he becomes familiar with the Forward Fire Control Radar Console onboard HMCS Ottawa during Operation Projection.



# OPERATION ROOM

## DEMYSTIFIED



### Captain Jenn Jackson HMCS Ottawa PAO

Located two decks below the bridge of *HMCS Ottawa*, in a room with restricted access to maintain security of the information contained within, is the Operations Room – the central hub of the ship.

Due to the need to maintain operational security, the Operations Room (Ops Room) is cloaked in mystery for the uninitiated, as access is on an as needed basis. Contained within are dedicated sailors who maintain a 24/7 watch at sea ensuring the ship is ready to fight.

"When you think of a ship, the bridge is the eyes, the Machinery Control Room is the heart and the Operations Room is the brain," explains Lieutenant Commander Will Chong, *HMCS Ottawa* Operations Officer. "All data from our sensors and communications flows to the Operations Room where it is analysed so decisions can be made determining the best course of action to support the current tactical situation."

Divided into two sides based on function, the starboard side focuses on underwater warfare while the port side is configured to support above-water warfare. In the centre of the room is the Operations Room Officer (ORO) who has overall responsibility for running the Ops Room, working in parallel with the Officer of the Watch to maintain the operational tempo.

"The ORO is in the middle of the action, taking reports from three directors, the Ops Room Supervisor, the Officer of the Watch, and other outstations, while assessing the information, liaising with command, and then driving a plan," says Lieutenant(N) Eric Dignard, *Ottawa's* Tactics Officer and an ORO. "You have a team around you that makes sure no information goes to ground, and an Ops Room Supervisor (ORS) that makes sure everyone is on the same page. The best part is when

you have a team that is as worked up as ours, where everyone knows how the other members operate, everything is just smooth, and everyone is synced up."

A Petty Officer Second Class Naval Combat Information Operator (NCI Op), and the ORS acts as the bridge between the port, starboard and front rows to ensure the tactical picture is maintained and that the intent from the back row (the ORO and Warfare Directors) is communicated forward.

"As an ORS, you are in the middle of everything," says Petty Officer Second Class Hugh O'Neill. "You answer to the ORO (and no one else) to ensure that everyone is, for lack of a better term, on the same song sheet."

"Directors will operate with their respective sides (port or starboard) to brief the ORO for the next course of action or plan. You have to ensure everyone is hearing and understanding what is going on. Information and reports may get missed, so you have to be aware what the procedures are and what doctrine is so you can back up the directors and especially the ORO when he briefs the Commanding Officer and takes the appropriate action."

The starboard side of the Ops Room is the domain of the Under Water Warfare (UWW) Director. Sonar Operators working with passive and/or active sensors line the Ops Room side and report to the UWW Director, who also maintains control of firing torpedoes on command.

The port side belongs to the Above-Water Warfare (AWW) Director and includes fire control for the guns, Close-In Weapons System and Electronic Warfare. Working at the port-side systems are Naval Electronic Sensor Operators who use their equipment to keep eyes on the sky and water surrounding the ship ready to respond in a warfare scenario.

The front row NCI Ops build and maintain the common operating picture to ensure the infor-

mation on the screens monitored by the ORO, directors, bridge, and ultimately the Commanding Officer accurately reflect the often quickly evolving situation.

The Ops Room is completed by the Information Management Director who operates outside of tactical operations to maintain the flow of information on and off the ship, filtering it as required to make sure relevant information is provided when needed. This role is even more crucial when the ship is working in a task group where several ships work together, all requiring a steady information flow.

With information being crucial to operations, the amount of it flowing through the Ops Rooms, particularly under the purview of the ORO, can be demanding.

"The most challenging aspect of being an ORO is balancing focussing on the current tactical picture, while managing the program, scheduling future legs of the deployment, producing external reports and progressing departmental administration," says Lt(N) Dignard. "I often wish there were more hours in the day, but I am very fortunate that I have a reli-

able and engaged team around me that has facilitated this balance and can always be counted on to assist."

These challenges are similarly echoed by the ORS.

"You have to be calm, controlled and self-disciplined during stressful scenarios and ensure the information is flowing in an orderly fashion," adds PO2 O'Neill. "It's very important to have 'Operator Ears' to pick up missed or lost information and check with the respective reporter to ensure the Director and then the ORO is aware of the developing situation."

Despite the challenges, the one aspect of the Ops Room that shines through to any who have an opportunity to observe it is the teamwork involved and the mentorship environment which contributes to professional development – both in and out of the Ops Room.

"I can't speak for other ships, but as an ORO in *Ottawa*, I have been lucky enough to have had countless command development opportunities, from having control for multiple replenishments-at-sea, along-sides and departures

of foreign ports, to having control overnight while chasing VOIs (Vessels of Interest) through fishing fleets in the East China Sea during Operation Neon," explains Lt(N) Dignard. "But really, my favorite thing about being an ORO is being part of *Ottawa's* Starboard Watch Operations Team. We have been together since the start of the pre-deployment Tiered Readiness Program, and we have made it through Op Neon and Op Projection together. We have come to know how we operate and that contributes to maintaining morale and sets us up for success."

*Ottawa* returned from a deployment to the Asia-Pacific region on Operation Projection Dec.18. Departing on Aug. 6, the ship and its crew conducted forward naval presence operations in the region, as well as cooperative deployments and participated in international naval exercises with partner nations. During their deployment, they also supported Operation Neon, Canada's contribution to the enforcement of United Nations Security Council Resolutions 2375 and 2397.



Operations Room Officer Lt(N) Eric Dignard briefs officers of the watch preparing to begin their bridge watch on the tactical situation on board HMCS Ottawa during Operation Projection.

Photos by LS Victoria Loganov



# The Year in Review

# 2019

Peter Mallett  
Staff Writer

Right: Master Seaman Mark Sebulsky, Master Corporal Derek Scott, and Corporal Chantale Robichaud transport part of the first load of seized hashish to the ship's flight deck onboard HMCS Regina during Operation Artemis in April.

Photo by MCpl PJ Letourneau, Canadian Forces Combat Camera



January

- Canadian Armed Forces (CAF) introduces FORCE Rewards Program offering prizes and recognition for military personnel who achieve high scores on mandatory fitness testing.
- Venture Naval Officer Training Centre hosts a two-day Naval Warfare Officer Symposium.
- CH-148 Cyclone, CAF replacement helicopter for the retired CH-124 Sea King, completes its first operational deployments aboard HMCS Ville de Quebec.



February

- CFB Esquimalt hosts national broadcasts of Rogers Hometown Hockey featuring two days of fan-friendly activities and events at Naden.
- HMCS Regina and NRU Asterix deploy for Asia-Pacific and Middle East Region on Operation Projection.
- In a rare triple-triumph, the Tritons base hockey teams capture Canada West Old Timers, Men's, and Women's hockey titles.
- HMCS Ottawa begins a month-long bilateral engagement with the United States Navy off the coast of Hawaii.



March

- Hundreds of job seekers flood the first Maritime Forces Pacific career and hiring fair held at the Chiefs' and Petty Officers' Mess.
- Wounded Warriors Run BC completes a 650-km relay trek from the north end of Vancouver Island to Victoria, surpassing their fundraising goal of \$100,000 while raising PTSD awareness.
- The United States Navy's largest and most expensive destroyer USS Zumwalt makes a port-visit to Esquimalt.
- Veterans and current-serving military descend on CFB Esquimalt for the 2019 Warrior Games Training Camp.

April

- The Base Library closes its doors for good following a land-transfer agreement between Base Administration and Real Properties Operations Section.
- Four Orca-class training vessels and 96 crew members took part in community outreach efforts at Port McNeill, B.C., entitled Exercise Northern Reach.
- Cleanup efforts and the Harbour Remediation Project dredging operations come to an end at C Jetty following the removal of mercury, lead, copper, and other industrial contaminants.
- Chief of the Defence Staff, General Jonathan Vance meets with Naval Fleet School Pacific students while on a tour of the base.

May

- Sailors from HMCS Calgary participate in ceremonies at local cenotaphs and across Canada to commemorate the Battle of the Atlantic anniversary.
- Dockyard dentist Captain Chris Dare faced danger when he completed the Seven Summits challenge by reaching the summit of Mount Everest.
- HMC Ships Whitehorse and Yellowknife return to Esquimalt after a successful two-month deployment on Operation Caribe, Canada's contribution to multi-national drug trafficking disruption efforts.
- The Naden Drill Shed closes its doors after 78 years of service.
- CFB Esquimalt Naval and Military Museum honours Second World War River-class frigate HMCS Beacon Hill with the opening of a new exhibit.
- Construction on the fourth Arctic and Offshore Patrol Ship - HMCS William Hall - begins in Halifax.



A group of young hockey fans excitedly wait for the live broadcast of Hockey Night in Canada to commence while at the Rogers Hometown Arena Tour at CFB Esquimalt in February.

Photo by Leading Seaman Shaun Martin, MARPAC Imaging Services

CFB Esquimalt Base Commander Change of Command from Capt(N) Jason Boyd to Capt(N) Sam Sader.

Photo by Leading Seaman Mike Goluboff



June

- Twenty-one members of the Naden Band travel to France to participate in D-Day 75th Anniversary commemorative events.
- Base Commander Change of Command Ceremony sees transition of power from Captain (Navy) Jason Boyd to Capt(N) Sam Sader.
- HMCS Regina concludes Operation Artemis where they helped seize 9,155 kg of illegal narcotics with an estimated street value of \$4.7-million during operations in the Indian Ocean.
- Department of National Defence expands its Phoenix Pay System compensation team, and launches a service delivery enhancement model in Esquimalt to tackle pay issues.
- Naval Fleet School Pacific STV (Sail Training Vessel) Goldcrest and Tuna and 16 RCN personnel from across the base participate 15-day Van Isle 360 Yacht Race.

July

- Four Victoria-based athletes receive letters of appreciation from Victoria Mayor Lisa Helps for their participation in the Warrior Games in Tampa, Fla.
- Seaspan's Victoria Shipyards signs an estimated \$500-million contract to perform docking maintenance work on the RCN's fleet of Halifax-class frigates.
- The Maritime Forces Pacific marching team completes its gruelling 160-kilometre march in the Nijmegen Four Days Marches in Holland.



August

- HMCS Ottawa begins a five-month deployment on Operation Projection and Operation Neon in the Asia-Pacific Region. HMCS Regina returns home from its six-month deployment on Operation Projection.
- Minister of Indigenous Services, Seamus O'Regan, participates in the Raven Graduation ceremony at Work Point as reviewing officer for the CAF Indigenous Summer Program.
- CFB Esquimalt is chosen as one of 10 bases for the launch of a Sexual Misconduct Response Centre in effort to improve support services for CAF members and the wider community.
- CAF updates its tattoo policy to be more inclusive for all military members.



A military wrestling demonstration takes place in front of the 443 Maritime Helicopter Squadron display at Defence of the Dock in September.

September

- HMCS Chicoutimi, HMCS Winnipeg, and HMCS Edmonton are among vessels available for tours at Defence on the Dock, a massive Base outreach event at Victoria's cruise ship terminal Ogden Point.
- Leading Seaman Robert Hull from the naval reserve unit HMCS Malahat makes a remarkable 500th blood donation to Canadian Blood Services after 34 years of giving blood.
- Military Family Resource Centre (MFRC) expands its digital reach with the launch of a Podcast entitled The Military Lifestyle.

October

- National Defence Workplace Charitable Campaign (NDWCC) launches its fundraiser in Esquimalt with a pancake breakfast.
- HMCS Regina unveils new commemorative Second World War-era geometric white and blue paint job to commemorate Battle of the Atlantic 75th anniversary in 2020.
- Cyclists from the base, Corporal Michael Smith and Alexandra Marshall, help the annual cancer fundraiser Tour de Rock, which raised over \$1.1-million after 1,100 km trek.
- Chief Petty Officer Second Class Chris Fraser of Canadian Fleet Pacific completes a rare feat of running the Victoria Goodlife Fitness Marathon in full firefighter gear.

November

- Members of Fleet Diving Unit (Pacific) travel to Australia, honing Very Shallow Water Mine Countermeasures skills in a successful five-nation Exercise Dugong.
- Sonar operators aboard HMCS Ottawa shine during multi-national training exercise ANNUELEX, detecting four different submarines from other nations in the task group.
- Pooches of all shapes, sizes and ages invade the base in a NDWCC fundraiser Bring Your Dog to Work Day.
- Military personnel from CFB Esquimalt attend Remembrance Day observances in communities across the Greater Victoria and beyond.
- Personnel and units from the base were showcased at Save On Foods Memorial Centre when the local Victoria hockey team hosted a Military Appreciation Night.

December

- Members from the base recognize International Day of Persons With Disabilities with wheelchair sports activities at the Naden Athletic Centre.
- Sailors of HMCS Ottawa return home for the holidays after a four-month deployment in Operation Projection.
- Sailors aboard HMCS Calgary prepare for their spring 2020 deployment with Intermediate Multi-ship Readiness Training (IMSRT) in Southern California.





VADM ART MCDONALD HAS ANNOUNCED THE FOLLOWING

# Navy Command and Senior Appointments

## The following officers were previously appointed commanding officer:

LCdr R. Hooper - *HMCS Vancouver*  
LCdr J. Leblanc - *Naval Fleet School Quebec*

## The following officers are appointed commanding officers:

Cdr N. Gautreau - *HMCS St. John's*  
Cdr D. Graham - *HMCS Fredericton*  
Cdr D. Layton - *HMCS Winnipeg*  
Cdr P. Mountford - *HMCS Charlottetown*  
Cdr M. O Donohue - *HMCS Calgary*  
Cdr C. Rochon - *HMCS Halifax*  
Cdr M. Woodburn - *Officer-In-Charge Patrol Craft Division (East)*  
Cdr N. Buxton - *Naval Training Development Center Atlantic*  
Cdr R. Dolan - *HMCS Trinity*  
LCdr S. Aral - *Base Logistics Officer Halifax* - (on promotion)  
LCdr J. Barbagallo - *Base Administration Officer Esquimalt* - (on promotion)  
LCdr B. Seaby - *Personnel Control Center Esquimalt* - (on promotion)  
LCdr M. Bouchard - *HMCS Montcalm*  
LCdr G. Jarvis - *HMCS Donnacona*  
LCdr C. Miller - *HMCS Malahat*  
LCdr M-S Sowa - *HMCS Star*  
LCdr P. MacNeil - *HMCS Charlottetown*  
LCdr J. Anderson - *HMCS Summerside*  
LCdr A. Armitage - *HMCS Summerside*  
LCdr R. Pelton - *HMCS Oriole*  
LCdr W. Sanson - *HMCS Shawinigan*  
LCdr N. Shields - *HMCS Saskatoon*  
LCdr G. Zuliani - *HMCS Moncton*  
LCdr N. Lockyer - *Fleet Diving Unit Atlantic*  
Lt(N) C. Lemoine - *HMCS Chippawa*

## The following officers were previously appointed executive officers:

Lt(N) J. Tmanette - *HMCS York*  
Lt(N) M. Boulay - *HMCS Joliet*

## The following officers are appointed executive officers:

LCdr A. Armitage - *Sea Training Atlantic*  
LCdr D. Sleen - *Sea Training Pacific*  
LCdr M. Arthur - *HMCS Vancouver*  
LCdr T. Bain - *HMCS Ville De Quebec*  
LCdr M. Coates - *HMCS Calgary*  
LCdr A. Comisso - *HMCS Winnipeg*  
LCdr M. Edmonds - *HMCS Fredericton*  
LCdr R. Hooper - *HMCS Regina*  
LCdr D. Lang - *HMCS Montreal*  
LCdr J. Lisi - *HMCS Toronto*  
LCdr J. Ruggles - *HMCS Charlottetown*  
Lt(N) P. Menard - *HMCS Summerside*  
Lt(N) R. Hardie - *HMCS Discovery* - (on promotion)  
Lt(N) M. Di Berardo - *HMCS Star*  
Lt(N) D. Leduc - *HMCS Scotian*  
Lt(N) P. Noel - *HMCS Diberville*  
Lt(N) N. Tien - *HMCS Unicorn*  
Lt(N) C. Elliott - *HMCS Hunter*  
Lt(N) G. Linzmeyer - *HMCS Queen*

## The following Chief Petty Officers are appointed to navy senior appointment positions:

CPO1 T. Lizotte - *Formation CPO - Atlantic*  
CPO1 F. Beazley - *Director General Naval Strategic Readiness CPO*  
CPO1 D. Burd - *Fleet CPO - Atlantic*  
CPO1 T. Kelly - *Naval Reserve Fleet CPO*  
CPO1 A. Darragh - *Base CPO - Esquimalt*  
CPO1 I. Kelly - *Naval Personnel Training Group CPO*

## The following Chief Petty Officers are appointed to navy key positions:

CPO1 D. Bisal - *Assistant Judge Advocate General Liaison CPO - Pacific*  
CPO1 P. Bouthat - *Naval Reserve Regional CPO - Atlantic*  
CPO1 G. Brisebois - *Naval Training Development Centre CPO - Pacific*  
CPO1 D. Dejong - *Naval Training Development Centre CPO - Atlantic*  
CPO1 N. Lachance - *Naval Reserve Regional CPO - Central*  
CPO1 J. Mahoney - *Sea Training CPO - Atlantic*  
CPO1 L. Pyke - *Assistant Judge Advocate General Liaison CPO - Atlantic*  
CPO1 W. Whitlock - *Personnel Co-Ordination Centre CPO - Atlantic*  
CPO2 J. Abthorpe - *Sea Environment Chief Petty Officer Career Manager* (on promotion)

## The following personnel were previously appointed ship coxswains:

CPO1 C. Duval - *HMCS Ville De Quebec*  
CPO1 W. Whitlock - *HMCS Charlottetown*

## The following personnel are appointed as ship coxswains:

CPO1 M. Boniface - *HMCS Halifax*  
CPO1 E. Burns - *HMCS William Hall*  
CPO1 R. Ferguson - *HMCS Vancouver*  
CPO1 D. Godin - *HMCS Charlottetown*  
CPO1 P. Harel - *HMCS Winnipeg*  
CPO1 S. Strasbourg - *HMCS St. Johns*  
CPO1 M. Umbach - *HMCS Max Bernays*  
CPO2 C. Dixon - *HMCS Regina* (on promotion)  
CPO2 P. Gormley - *Naval Replenishment Unit Asterix* (on promotion)  
CPO2 P. Mackey - *HMCS Fredericton* (on promotion)  
PO1 P. Desjardins - *HMCS Summerside*

## The following personnel are appointed as unit chiefs and coxswains:

CPO1 S. Wist - *Base Logistics CPO - Pacific*  
CPO2 J. Eldridge - *Coxswain HMCS Discovery*  
CPO2 K. Mills - *Coxswain HMCS Griffon*  
CPO2 A. Rooney - *Coxswain HMCS Prevost*  
CPO2 K. Sanderson - *Coxswain HMCS York*  
CPO2 W. Seed - *Coxswain HMCS Malahat*  
PO1 D. Archibald - *Coxswain HMCS Cataragui* (on promotion)  
PO1 B. Beaudoin - *Coxswain HMCS Techuseh*  
PO1 J-F. Fournier - *Coxswain HMCS Champlain*  
PO1 K. Clements - *Coxswain HMCS Nonsuch*  
PO1 A. Levasseur - *Coxswain HMCS Radisson*



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## Walking provides many health benefits

**Dr. Darrell Menard**  
CFMWS

Walking is often taken for granted.

For most people, it's simply a means of transportation; however, it is also an excellent fitness activity. Regrettably, many of us do far less walking than needed to stay healthy.

On a typical work day, we drive to and from work, stare at a computer all day long, and spend the evening with the TV or Internet. This inactive lifestyle has a substantial price tag including weight gain, loss of strength, decreased cardiovascular fitness, loss of flexibility, shortened life span, and a 50 per cent increase in the risk of chronic diseases such as diabetes, heart disease, osteoarthritis, high blood pressure, and cancer.

A common concern for military personnel is whether walking can assist them in staying fit enough to pass their annual fitness test.

Absolutely.

The U.S. Army conducted a study during basic training where two groups of recruits did identical training except that one group rucksack marched more while the other ran more. The study showed that although both groups participated in a two mile run, the marching group outperformed the running group and had fewer injuries.

Walking works your heart and lungs and your body isn't subjected to the high impact force of running. If your ultimate goal is to run regularly, daily walks for a few months will help re-condition your body before gradually introducing running into your schedule. Walking workouts are an enjoyable and effective way to get fit. Running may not even be necessary to meet your goals.

Walking is the world's most flexible fitness activity. It can be done by nearly anyone and virtually anywhere.

It doesn't require a special facility, expensive equipment, or coaching. Walking workouts can be made harder by using poles, carrying hand weights, going up hill, walking faster and farther, or wearing a weighted backpack.

A minimum of 30 minutes of moderate speed walking/day can protect you from many chronic diseases.

A minimum of 45 minutes of moderate speed walking/day with a backpack will assist you in staying operationally fit.

*Dr. Menard is the Surgeon General's specialist advisor in sports medicine and has worked extensively with athletes from multiple sports. As part of the Strengthening the Forces team he works on injury prevention and promoting active living.*

*Strengthening the Forces is CAF/DND's healthy lifestyles promotion program providing expert information, skills and tools for promoting and improving CAF members' health and well-being.*

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# Bravo ZULU

## Base Administration Promotions



OS Brennan is promoted to AB by Cdr Foreman and PO2 Alexander.



A/SLt Sowley is promoted to SLt by Cdr Foreman and LCdr Yakimovich.



Avr Choi is promoted to Avr(T) by Cdr Foreman and Lt(N) Bates.



AB Tapp is promoted to LS by Cdr Foreman and AB Tapp's family.



SLt Khan is promoted to Lt(N) by Cdr Foreman and SLt Khan's spouse.



SLt Lamshoeft is promoted to Lt(N) by Cdr Foreman and Lt(N) Khan.



OCdt Sendemir is promoted to 2Lt by Cdr Foreman and Lt(N) Khan.



A/SLt Lay is promoted to SLt by Cdr Foreman and Lt(N) Khan.

# Bravo ZULU

## Chiefs' & Petty Officers' Mess Duties and Responsibilities Presentations

Presented by Chief Petty Officer First Class Tim Blonde, Maritime Forces Pacific (MARPAF) Formation Chief Petty Officer (left), and Rear-Admiral Bob Auchterlonie, Commander MARPAF (right), on Dec. 11.

Photo: Leading Seaman Mike Goluboff, MARPAF Imaging Services



Petty Officer Second Class Shaun Chamberlain (second from right), accompanied by Ayden Chamberlain (second from left), is introduced to the Chiefs' and Petty Officers' Mess and presented with the certificate of Duties and Responsibilities.



Petty Officer Second Class David Larsen (second from right), accompanied by Felicia Larsen (second from left), and sons Tyler (center) and Locksley (front), is introduced to the Chiefs' and Petty Officers' Mess and presented with the certificate of Duties and Responsibilities.



Petty Officer Second Class Karlos Leung (second from right) is introduced to the Chiefs' and Petty Officers' Mess and presented with the certificate of Duties and Responsibilities by Lieutenant (Navy) Kareem Negm (second from left).



Petty Officer Second Class Guillaume Marier (second from right) is introduced to the Chiefs' and Petty Officers' Mess and presented with the certificate of Duties and Responsibilities by Petty Officer First Class Mitchell Milligan (second from left).



Petty Officer Second Class James Merriam (second from right), accompanied by Sherry Merriam (second from left), is introduced to the Chiefs' and Petty Officers' Mess and presented with the certificate of Duties and Responsibilities.



Petty Officer Second Class Roger Robicheau (second from right), accompanied by Sherri Eversfield (second from left), is introduced to the Chiefs' and Petty Officers' Mess and presented with the certificate of Duties and Responsibilities.



Petty Officer Second Class Stephan Bonneville (second from right), accompanied by Isabelle Roy (second from left), is introduced to the Chiefs' and Petty Officers' Mess and presented with the certificate of Duties and Responsibilities.



# Bravo Zulu

## Naval Fleet School (Pacific) Primary Leadership Qualification Course 0218 Graduation Ceremony

Commander Annick Fortin, Commandant of Naval Fleet School (Pacific), presents certificates on Dec. 6.  
Photo: Leading Seaman Sisi Xu, MARPAC Imaging Services



Master Seaman K.E. Watson receives her Certificate of Military Achievement.



Leading Seaman T. Alexander receives his Certificate of Military Achievement.



Master Seaman A. Antonovic receives his Certificate of Military Achievement.



Leading Seaman S.F. Carmichael receives his Certificate of Military Achievement.



Master Seaman D.C. Delisle receives his Certificate of Military Achievement.



Master Seaman T.A. Dobson receives his Certificate of Military Achievement.



Master Seaman A.E. Drake receives his Certificate of Military Achievement.



Master Seaman J.M. Duncan receives her Certificate of Military Achievement.



Master Seaman S.J. Earl receives his Certificate of Military Achievement.



Leading Seaman L.K. Engsig receives her Certificate of Military Achievement.



Master Seaman C.L. Gouthro receives her Certificate of Military Achievement.



Master Seaman J.B. Harvey receives his Certificate of Military Achievement.



Leading Seaman L. Imhoff receives her Certificate of Military Achievement.



Master Seaman T. Liu receives his Certificate of Military Achievement.



Master Seaman J. Merriam receives his Certificate of Military Achievement.



Master Seaman J.P. Morrison receives his Certificate of Military Achievement.



Master Seaman J.L. Multon receives his Certificate of Military Achievement.



## Bravo Zulu

### Naval Fleet School (Pacific) Primary Leadership Qualification Course 0218 Graduation Ceremony

Commander Annick Fortin, Commandant of Naval Fleet School (Pacific), presents certificates on Dec. 6.

Photo: Leading Seaman Sisi Xu, MARPAC Imaging Services



Master Seaman B.A. Yaskow receives her Certificate of Military Achievement.



Master Seaman T.A.E. Rempel receives his Certificate of Military Achievement.



Master Seaman B.S. Salmon receives his Certificate of Military Achievement.



Master Seaman W.P. Shaw receives his Certificate of Military Achievement.



Master Seaman D.B. Urchuk receives his Certificate of Military Achievement.



Chief Petty Officer Second Class Carl Dixon (left), the Leadership Chief Petty Officer, presents Master Seaman B.A. Yaskow (right) with the Primary Leadership Qualification Drill Competition.



Chief Petty Officer First Class David Lowther (left), Chief of Naval Fleet School (Pacific), presents Master Seaman D.B. Urchuk with the Primary Leadership Esprit De Corps Award on behalf of the Qu'appelle Section.



Ken Bison (left), Chief and Petty Officer's Association, presents Master Seaman J.L. Multon (right) with the Chief and Petty Officer's Association Award for being the top graduated student.



Chief Petty Officer First Class Michael Miller (left), Chief of the Naval Personnel and Training Group, presents Master Seaman A. Antonovic with the Formation Chief Petty Officer Award.

## Bravo Zulu

### Base Information Systems Awards



CPO2 Mark Johnston receives the Special Service Medal Expedition Bar for Poseidon Cutlass 17-1 from Cdr Nicholas Manley, Base Information Services Officer.



MCpl Toran Zeisig is promoted to his current rank by Cdr Nicholas Manley, Base Information Services Officer.



Catherine Preston is presented, on retirement, with the Base Information Services certificate for 20 years of service to BIS and nearly 41 years of service for DND by Cdr Nicholas Manley, Base Information Services Officer.

## Bravo Zulu

### Pacific Coordination Centre Awards



MS Andrew Drake's receives his Special Service Medal from Cdr Dale Turetski.



CPO2 Greg Arbouw is promoted to his current rank by Cdr Dale Turetski and wife Heidi Arbouw.



AB Jeremiah Wamboldt is promoted to his current rank by Cdr Dale Turetski and CPO2 Greg Arbouw.



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In Saxe Point area, this recently renovated/redecorated two-bedroom unfurnished suite has full kitchen with dishwasher, full bathroom, shared bicycle storage area. Available Feb. 1, 2020, \$1575 per month, includes heat, electricity, shared laundry, driveway parking, shared patio and yard space. Approx 900 sq ft on a quiet residential street, ground floor, in an older well-maintained home. Landlords live overhead, a retired couple. We are seeking a quiet, responsible tenant. Not suitable for more than two people. Easy walking distance to stores, waterfront, parks, rec centre with pool, and bus routes. Very convenient for CFB Esquimalt. No smoking or vaping of any substance anywhere on the property. No pets. References required. Email [mjhfield25@gmail.com](mailto:mjhfield25@gmail.com) or call 250 740 1300.

## FOR SALE

### QUINPOOL TAILOR MALE MESS KIT FOR SALE

Mess kit is made of doe-skin and is in EUC. Only worn 2-3 times before unexpected short notice retirement. Current owner is 6'4", off season weight of 250lbs, waist 40", chest 52". Currently has Lieutenant-Commander rank with Ship's Team Diver badge attached.

If interested, please contact Steven Shute at 778.350.0721 or email [airshute@hotmail.com](mailto:airshute@hotmail.com). Price \$750 OBO. Includes, jacket, pants, vest, cummerbund. Easy to have it tailored smaller, impossible to make bigger.

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## OVARIAN CANCER: WOULD YOU KNOW IF YOU HAD IT?

### SYMPTOMS

- Abdominal discomfort
- Pelvic pain/backache
- Bloating/gas/swollen stomach
- Vaginal bleeding/painful intercourse
- Urinary urgency
- Ongoing fatigue
- Indigestion
- Weight loss/gain
- Change in bowel habits

*If you have been feeling a combination of these symptoms for longer than three weeks, visit your doctor and ask for a Ca125 blood test.*

## REAL ESTATE FOR RENT

### FURNISHED 2 BEDROOM TOP FLOOR CONDO

#### WALK TO BASE

1,300sq, southern exposure. Features incl: wood burning fireplace, in-suite laundry, walk-in pantry, separate kitchen from dining/living rooms, front & back doors, large balcony with ocean glimpses, covered parking. Easy walk to Red Barn, CFB Esq, Naden, Esq Rec Ctr, library, beach coves, bus stops within 1/2 block. NS, NP, refs reqd. \$2,000/month. Call 250-474-5357

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### CASTLE CARY PIPES & DRUMS

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