

Helping You Buy or Sell | SouthIslandHomeTeam.com
250.474.4800



south island
HOME TEAM



Mike Hartshorne* | Jenn Raappana*
Sarah Williamson | Rhys Duch

Registered with Brookfield Global Relocation Services. *Personal Real Estate Corp.

• CANADIAN MILITARY'S TRUSTED NEWS SOURCE •

Volume 66 Number 11 | March 22, 2021

LOOKOUT



newspaper.com

MARPAC NEWS CFB Esquimalt, Victoria, B.C.

NEED MORE SPACE?



Ask about our military discount!

50% OFF
FOR 2 RENTAL PERIODS!

4402 Westshore Parkway, Victoria
(778) 817-1293 • eliteselfstorage.ca



HMCS CALGARY OPERATION ARTEMIS

Sailor First Class Brooke Fisher, a Naval Electronic Sensor Operator aboard HMCS Calgary, works the lines as the ship departs Joint Base Pearl Harbor-Hickam in Honolulu, Hawaii, on March 7.

Photo by Cpl Lynette Ai Dang, Imagery Technician



ISLAND OWNED AND OPERATED
SINCE 1984.

**VIEW OUR FLYER
IN THIS PAPER WEEKLY!**

CHECK OUT OUR NEWLY RENOVATED ESQUIMALT STORE

CINNZELO
BAKERY CAFE



"The Best Tasting Cinnamon Rolls on Earth!!"
LOCATED IN HILLSIDE SHOPPING CENTRE Gift Cards Available

Proudly offering a
25% military discount



info@cinnzeo.com
250-590-2048

Beautiful smiles
start here!



CAPITAL PARK
DENTAL

250-590-8566
Français aussi !



CapitalParkDental.com
Suite 110, 525 Superior St, Victoria



Boot camps get reboot at Albert Head

Peter Mallett
Staff Writer

Albert Head Training Centre is now the location for the Decentralized Basic Military Qualification (DBMQ) on the West Coast.

Naval Fleet School Pacific moved its basic training operations for naval recruits from Work Point and is currently conducting the first of five DBMQ serials in Metchosin. This year's training will run from March to November 2021.

The goal is to continue safely training the navy's newest sailors through a COVID-19 persistent environment. Each of the five serials consists of 55 mostly Regular Force naval recruits who will learn inside a training bubble and be confined to the base for a period of 10 weeks.

"Last year, the first serial we ran with an eye to seeing if we could do it and make it work," said LCdr Mike Erwin, NFS(P) Seamanship Division Commander. "Now we are running our Basic Military Qualifications with an eye to sustained operations and turning Albert Head into a centre of excellence."

Work Point was a great starting point to train the first group of recruits last year, he says, but adds a more permanent solution was needed to accommodate this year's greatly expanded list of 275 naval recruits.

Recruits enter a two-week isolation period at the Wardroom before their transfer by bus to Albert Head.

Training is then delivered by Naval Fleet School Pacific under the leadership of the Naval Personnel Training Group. Recruits are closely monitored by Canadian Forces Health Services (Pacific) staff throughout their arrival in Victoria to mitigate any potential COVID-19 exposures.

Both Fleet Schools on either coast are training for Regular Force recruits, while Naval Fleet School (Quebec) is supporting training for the Naval Reserve recruits at Camp Vimy, CFB Valcartier.

Up until last year, Basic Military Qualification for all recruits was centralized at Canadian Forces Leadership and Recruit School in St. Jean-sur-Richelieu, Quebec. When the pandemic hit, the idea of re-locating navy recruit training to both naval bases and in Quebec was fast-tracked.

"The decentralization of training was required as a means to increase the Canadian Armed Forces, meet the personnel requirements of the Fleet, and ease the pressure on the Leadership and Recruit School, who also train army and air force personnel," says LCdr Erwin.

A full training serial includes the standard modules: classroom instruction, parade drill, field training, weapons training, range practice, first aid, basic fire extinguishing skills, confidence course mastery, survival skills, and chemical, biological, radiological and nuclear training, along with physical fitness training and testing. Guest lecturers deliver training through a variety of means, including virtual platforms, to minimize physical interaction.

This year, additional instructors were pulled from navy units such as Canadian Fleet Pacific, HMC Ships, and the Naval Security Team.

"The Personnel Coordination Centre had to find us training staff from other units at the base," says LCdr Erwin. "The Formation really stepped up in this regard and saw this as a task of the highest priority for the navy and it truly was a team effort to get this done."

Double C Bookkeeping
Full service Bookkeeping and Income Tax

**Individual and
Small Business**

REGISTERED EFILER WITH CRA

101 - 360 GOLDSTREAM AVE., VICTORIA, BC V9B 2W3

Charles Cornforth, Owner
250-514-3833
doublecbooks@shaw.ca



West Coast College of MASSAGE Therapy

We are proud to salute the Men & Women of our Canadian Forces.

20% OFF
MASSAGE
TREATMENTS
DND DISCOUNT

Call 250.381.9800 ext 221

#100-818 Broughton Street

BECOME A REGISTERED MASSAGE THERAPIST
www.collegeofmassage.com

**First Responders
& Military: \$19.00**
Every Day!



'Sullivan's
BARBER SHOP

Appointments
Not Necessary

250 478 9424

Seniors and Kids
12 and under

\$17.00

Regular

\$21.00

756 Goldstream Ave.

NOW OPEN 8:30AM-6PM MON-TUES; WED-FRI 8:30AM-5PM; SAT 8:30-4PM

From a farm in Africa, to communities in Newfoundland, and then to Asia and the Middle East on a warship – the adventure of HMCS Calgary's chaplain continues.



SAILOR PROFILE

Lt(N) Wilson Gonese

Captain Jeff Klassen HMCS Calgary PAO

Lieutenant (Navy) Wilson Gonese grew up on a farm in Gutu, Zimbabwe. He received a calling from God and after high school told his parents he wanted to be a minister.

"At first it was not accepted because ministers were not paid well. My family wanted me to go into nursing or teaching, anything more secure. But I was convinced God was calling."

For 13 years, Lt(N) Gonese served as a minister in the Reform Church in several communities in Zimbabwe and Botswana. In 2007, with hopes of a better life, he and his wife and their two children took a one-way flight to Canada where he continued to work as a United Church Minister in Newfoundland in the communities of Burgeo, Springdale, and Carbonear.

"Moving to Canada from Africa was a huge transition. The cold weather, cultural shock, not knowing whether we would succeed or not. Still, the people of Newfoundland are very friendly and welcoming, so I had a very good time there."

In 2018, he had another calling - to join the Canadian Armed Forces as a Chaplain.

"I wanted to serve the country alongside serving members. I looked at the men and women in uniform and I wanted to give them the support they need, to be there for them."

In 2020, he began the biggest adventure of his military career thus far - serving in HMCS Calgary by providing morale and spiritual support for those on board. He is currently embarked with the ship on its deployment to the Indo-Asia Pacific and Middle East regions on Operations Artemis and Projection.

During this deployment, while the ship was in the middle of the Pacific Ocean, he successfully defended his doctoral thesis via a Zoom teleconferencing call. The ship's crew is not certain, but they believe it is the first time a doctoral thesis has been defended on a Canadian warship while deployed on an operation.



Lt(N) Gonese's thesis, entitled, *Moving from loss and lament to hope and new beginnings*, is a case study about his old community of Carbonear and how they dealt with the closing of their church in 1990. He will be granted a Doctorate of Ministry from the Saskatoon Theological Union, a part of the University of Saskatchewan, at a convocation ceremony on May 7.

Crew members lovingly call him "Doctor Padre."

Lt(N) Gonese feels his journey has been a positive one. He and his wife currently live in Victoria, B.C. His daughter also serves in the Royal Canadian Navy in HMCS Charlestown as a Supply Technician and his son is studying to become a neuroscientist in Newfoundland.

"It's exciting. Coming to Canada and joining the military were some of the best decisions I've made in my life."

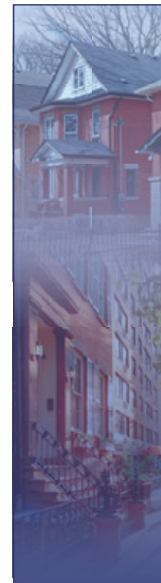


CPO2 Shawn Steunenber and Master Sailor Stefan Burlakow lower an urn containing the ashes of veteran PO1 Carl Raymond Kniert as Lt(N) Wilson Gonese delivers the Burial at Sea Ceremony's benediction.

Photo by Corporal Lynette Ai Dang, HMCS Calgary Imagery Technician



For all your navy news visit
lookoutnewspaper.com



Elysia Allen, Realtor
Coldwell Banker Oceanside
250-882-8938
Elysia@ElysiaAllenHomes.com
www.ElysiaAllenHomes.com

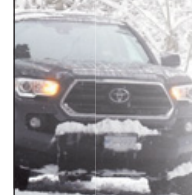
**We appreciate your service
and we remember our veterans.**



1-800-663-0298 Accentinns.com

Winter camping is a magical experience

Wake up in your very own winter wonderland this year using a FarOut Wilderness overland vehicle. Our winterized vehicle comes with winter tires, snow chains, a full emergency kit, and a two-way GPS messenger service with SOS and vehicle recovery features. Our roof-top tents are four-season, and we will even throw in a bag of firewood with each rental. Learn more at faroutwilderness.com.



www.faroutwilderness.com

Email: adventure@faroutwilderness.com
Call: 778-887-0396

matters of OPINION

WHO WE ARE

MANAGING EDITOR

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

STAFF WRITER

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
250-363-3372

SALES REPRESENTATIVES

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

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

Brad Schneider 250-880-2705
lookoutnews1@outlook.com

EDITORIAL ADVISORS

Lt(N) Michelle Scott 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 lundis, sous l'égide du Capt(N) Sam Sader, Commandant de la Base.

The editor reserves the right to edit, abridge or reject copy or advertising to adhere to policy as outlined in PSP Policy Manual. Views and opinions expressed are not necessarily those of the Department of National Defence.

Le Rédacteur se réserve le droit de modifier, de condenser ou de rejeter les articles, photographies, ou annonces publicitaires pour adhérer au Manuel des politiques des PSP. Les opinions et annonces exprimées dans le journal ne reflètent pas nécessairement le point de vue du MDN.

LOOKOUT
NEWSPAPER

COVID-19 Circulation - 2,000
plus 300 pdf downloads per week

Follow us on Facebook, Twitter
and Instagram and join our
growing social media community.

A Division of Personnel Support Programs
CFB Esquimalt, PO Box 17000 Stn. Forces,
Victoria, BC V9A 7N2

Web: www.lookoutnewspaper.com
Fax: 250-363-3015

Canadian Mail Product Sales Agreement 40063331



WHAT SAY YOU



CAF COVID-19 Vaccination Campaign

Admiral's Message to MARPAC Defence Team

MARPAC Defence Team,

It has been just over a year since the World Health Organization declared a global pandemic – only one year since life as we knew it changed into something nearly unrecognizable.

Life during COVID-19 has been marked by uncomfortable change, tremendous sacrifice, and continued uncertainty. It has asked much of us: it has kept us from our loved ones, put the combined stress of work, childcare, and education on the shoulders of parents, and thrown all sorts of planning into chaos while we've our best to maintain and pick up the pieces as we go.

And that's just in our personal lives. I don't have to tell you that COVID-19 has been unrelenting on the professional front as well.

Over the past year we've adjusted to a new normal: fulfilling domestic and expeditionary requirements during a high operational tempo despite the many resource and supply chain difficulties posed by COVID-19, and supporting critical readiness training underpinned by unprecedented force protection measures to ensure the ships and sailors deploying on international missions are ready and able to do so.

It has required tremendous innovation, resilience, and dedication to mitigate and overcome all of these challenges as a team, and I could not be more proud of the work you have done in support of

MARPAC-JTFP.

But there is still work to do.

As early as mid-April, health services personnel will begin providing COVID-19 vaccinations to eligible CAF personnel within the MARPAC-JTFP area of responsibility.

The single biggest contribution you can make to help bring an end to the pandemic is to get vaccinated.

The COVID-19 vaccine reduces the risk of developing COVID-19, can prevent you from becoming ill if you are exposed to the virus, and will reduce the risk of spread. Not only will getting vaccinated help keep you and your family members healthy, it will reduce the burden on our healthcare system and ensure our Force is strong and ready when called upon.

Although all persons must continue to follow public health measures such as physical distancing, masking, and travel restrictions regardless of whether they have been vaccinated or not, it is possible that, as more people are protected from COVID-19 through vaccination over time, these public health restrictions will be relaxed.

There is a light at the end of the tunnel, and how soon we get there will depend on how many people get vaccinated.

In the coming days, we will launch a comprehensive information campaign encompassing social media, the Lookout, MARPAC Notice Board, and various

other means throughout the Formation and JTFP area of responsibility. Not only will you see where your unit fits into the prioritization framework, we'll also provide you with valuable information as it pertains to the vaccine and how the roll-out is going to occur. Of course, you are encouraged and empowered to engage your Chain of Command with any questions or concerns you might have.

The vaccinations will be provided by health services professionals specially-trained in the provision of the Moderna vaccine.

We are incredibly grateful for, and proud of the dedicated members of our CAF healthcare teams who have worked so tirelessly throughout the pandemic to deliver care under extraordinarily difficult circumstances. I am confident the efforts of our frontline colleagues will help carry us toward the finish line.

One day COVID-19 will be in the rear-view mirror for the majority of us, a distant memory that will hopefully serve to make us grateful each day for the little things – things such as gathering together, travelling, and seeing each other's smiling faces – that we used to take for granted.

It is in this spirit that I will be getting vaccinated, and I sincerely hope that each one of you will do the same.

As always, we are in this together. As Dr. Henry says, "Be Kind, Be Calm, Be Safe."

Rear-Admiral Bob Auchterlonie



Steeve Lesperance, MMM, CD
Motorcycle Sales Consultant
Barnes Harley-Davidson, Victoria

www.barneshdvictoria.com
steeve@barneshd.com
250-516-2024
2940 Ed Nixon Tce, Victoria

ASK ME ABOUT THE MILITARY / VETERANS DISCOUNT



DHJL

DINNINGHUNTERJACKSONLAW

Dan Murphy, RAdm (Ret'd)
Lawyer with a Military Perspective

250.589.4571

Grievances • Service Discipline • Notary • Pension Appeal
• Criminal Defence • General Practice • Real Estate


danmurphy@dinninghunter.com • www.danmurphy.ca

babcock

Proud to support
Canada's fleet

Marine ›
Land ›
Aviation ›
Cavendish Nuclear ›

babcockcanada.com



LIFE AT SEA

By Lt Jeff Klassen,
Public Affairs Officer

This is the third in a series of blog posts about my experiences while sailing with HMCS Regina, a Canadian Halifax-class warship.

BLOG POST THREE:
IT'S A MESS
(WHERE YOU SLEEP)

In a ship you don't sleep in a bedroom; you sleep either in a 'cabin' or a 'mess' (or sometimes at your workstation, but you shouldn't).

The difference between the two is that cabins typically have less beds in them than messes and contain desks and a sink, while messes are more just bunk beds and lockers (bunks are actually called "racks" on ship, just so you know).

Typically, officers have cabins so they can double as computer workspaces, while non-commissioned members usually make up the messes. The only people that sleep alone are the ship's Commanding Officer, the Coxswain (the ship's Chief in charge of the well-being and order of the crew), the Executive Officer (the right hand of the Captain), and, in *Regina*, the Physician Assistant (this is not the case on all Halifax-class ships at all times).

I'm in a mess with five other people and it's been interesting trying to figure out what makes good mess etiquette, and my mess mates have been pretty cool about my whole "learning process". The particular challenge is due to some crew members being "night workers"; at almost all times of the day there is someone sleeping in your mess so you don't want to disturb them. For this blog post, I'm going to give you the do's and don'ts of living in mess.

- DON'T:**
- turn the light on, as there is almost always someone sleeping.
 - leave your curtains closed when you're not sleeping. Curtains cover your bed when you are sleeping so you have some privacy. If you leave them closed people think you are sleeping in there and it forces them to be unnecessarily careful and slow when walking around the room.
 - have a long conversation in front of your locker.
 - be the person that never showers or does the laundry.
 - leave stuff lying where people can trip or step on it.
 - go through your locker loudly.
 - leave something unsecure in your locker, such as a cylindrical metal thermos when the ship is swaying back and forth. Don't ask why I am being so specific here.
 - forget to go to your mess during a verification muster. I'm not going to explain this one.
 - step on your roommate when getting out of your bed. I'm not going to explain this one either really, but, it wasn't my fault. His body was covering the place where you are supposed to step! How am I supposed to get out of bed?
 - leave your locker open so it bangs around all day. Okay, I suppose that was straight up my fault.
- DO:**
- talk quietly.
 - keep your area clean.
 - be respectful to those that are sleeping.
 - share candy or snacks with your mess mates.

TRACKSIDE

AUTO SERVICE LTD.

A FULL SERVICE AUTO REPAIR FACILITY

- ✓ Induction & Fuel Injection Service
- ✓ Out of Province Inspection
- ✓ Diesel Fuel Service
- ✓ Brake service

- ✓ Oil service
- ✓ Electrical
- ✓ Exhaust
- ✓ Tires

Winner "2014 2nd PLACE" BEST OF THE CITY AWARDS Black Press

BBB B.C. GOVERNMENT DESIGNATED INSPECTION FACILITY

Castrol WALKER HANKOOK

Ask about BG Protection Plan* Where Dependability and Trust are a Priority... * under 80,000 km

784 Fairview Rd. • 250-383-5509 • tracksideautoservice.ca

WESTSHORE U-LOCK MINI STORAGE

MILITARY DISCOUNT OFFERED





U-LOCK MINI STORAGE
selfstorage.ca

- ✓ Residential and Commercial storage
- ✓ Award winning, modern facility
- ✓ Individually alarmed lockers
- ✓ Easy monthly rentals
- ✓ Heated lockers
- ✓ Easy access

1621 Island Highway, 250-478-8767

INSURANCE THAT GOES WHERE YOU GO

Rely on coverage with no exclusions for war, extreme hobbies or sports.

Whether you're on the frontlines or the home front, SISIP Financial's Term Life Insurance is battle-tested for the rigours of military life.

Give us a call to explore your options. 1-800-267-6681





SISIP.COM

Final turnstile gate opens at Naden

Peter Mallett
Staff Writer

The last of three turnstile gates designed to improve pedestrian traffic flow is now installed at Naden's ornamental gates.

Contractors put the finishing touches on the turnstile March 18, which is located opposite Colville Road.

It is wide and deep enough to allow bicycles to pass through.

The first turnstile was installed at the Dockyard main gate in December 2020 and another near Y-Jetty in February of this year.

Reasoning behind the new turnstiles is two-fold, says LCdr Eric Lashinski, Base Operations Officer.

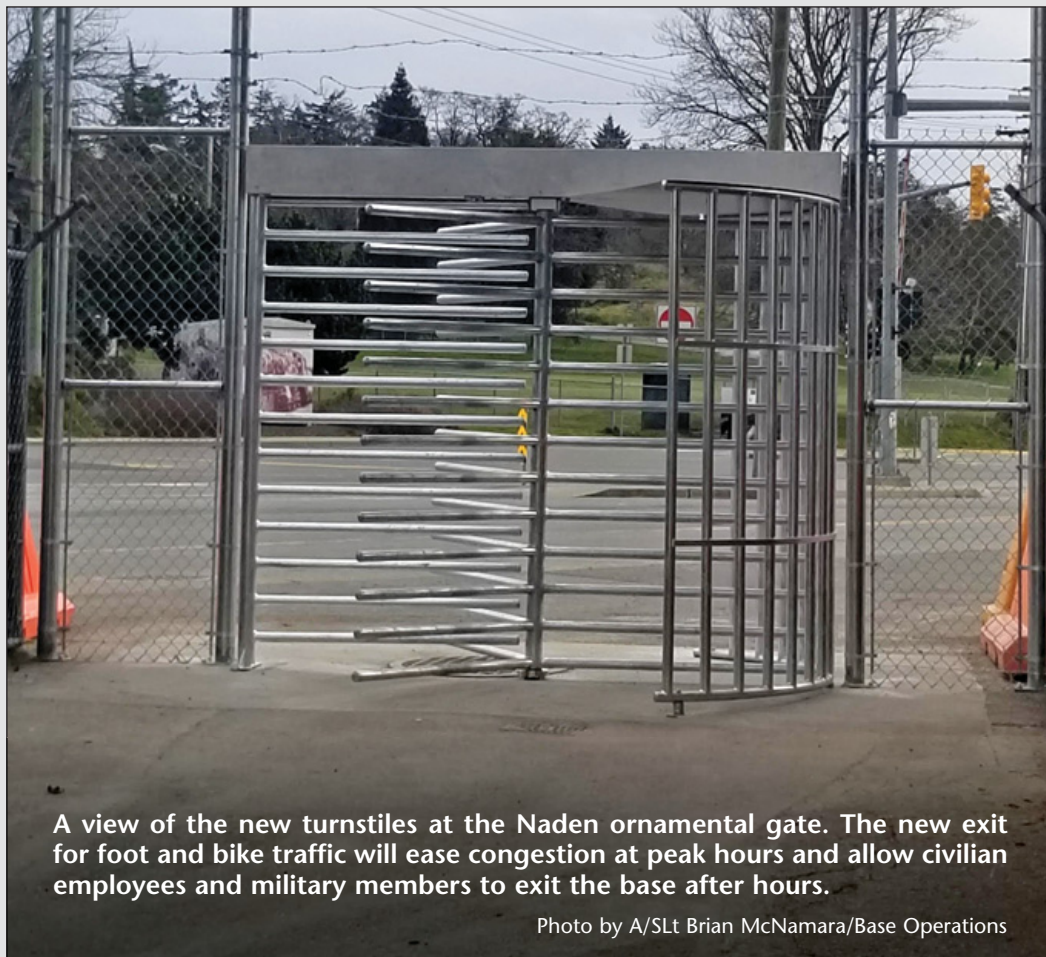
First, to ease congestion of walking traffic leaving and entering the base during peak work hours, and secondly to mitigate physical distancing.

"When COVID-19 hit we needed to find an outside-the-box solution to physically distance people, and with the original design of our checkpoints there wasn't a lot of thinking involved in spacing people apart," he says.

Because there are touch points on the turnstile, copper sleeves have been fitted over the push bars. This creates the ogliodynamic effect, a property naturally occurring in copper, brass, and other metals that significantly reduces the lifespan of bacteria and viruses on a metal's surfaces. It has been used since ancient times in goblets, poultices, cookware, and currently on high-touch surfaces in hospitals.

LCdr Lashinski cautions the copper sleeves are just one factor in mitigating the spread of COVID-19 and other viruses that spread by touch.

"While we are providing the tools to keep people separated from each other, there is also some personal responsibility for people using the gates to keep their hands clean or touch the bar with a sleeve instead of hands," he says. "Overall, it's nice to see an idea go from a concept and plan to completion. It is also good to know the military is making a serious investment in infrastructure to address public health and safety issues."



A view of the new turnstiles at the Naden ornamental gate. The new exit for foot and bike traffic will ease congestion at peak hours and allow civilian employees and military members to exit the base after hours.

Photo by A/SLt Brian McNamara/Base Operations

There's a new FREE text-based support for all CAFkids in Canada.

Text CAFKIDS to 686868

Nous avons un nouveau service par texto GRATUIT pour les jeunesFAC au Canada.

Texte JEUNESFAC à 686868

Parents

Share the info with your kids.

Partagez l'info avec vos enfants.



Virtual Doctor Support for Military Families

Need a safe and effective way to access routine healthcare from the comfort of your home?

Access Maple doctors virtually at the link below.

Free for all dependents of CAF members living in Canada.

WWW.GETMAPLE.CA/MILITARYFAMILY



Developed in partnership with
Kids Help Phone



LOCKHEED MARTIN



Veterans Affairs Canada introduces expanded focus for commemorations

Joanie Veitch
Trident Newspaper

How do you continue to honour veterans and their stories from the First and Second World Wars, and the Korean War, while broadening the lens to include the experiences of all veterans?

That's the question Veterans Affairs Canada (VAC) is asking as they work on a 10-year strategic plan in consultation with a commemoration advisory group, other stakeholders, and veterans themselves.

"As time passes, it's important that the way we remember those who've worn the uniform continues to evolve," said Lawrence MacAulay, Minister of Veterans Affairs, in a recent livestream event announcing the plan. "Our goal is to make sure that we recognize and pay tribute to all the brave Canadians who've stepped forward to serve—not just in the

wars we so often think about, but also in the more modern day missions and operations that have followed them."

Starting this month and continuing through 2021, VAC will consult with veterans and veterans' organizations, former and current Canadian Armed Forces members, former and current RCMP members who served in international peacekeeping missions, and their families, to share their ideas about recognition and remembrance.

According to Emily Gauthier, VAC spokesperson, the goal is to continue to share stories and mark key anniversaries from the First and Second World Wars, and the Korean War, at ceremonies at home and abroad, while adding more recent stories and contributions from international security, peace support, humanitarian missions, and domestic operations here at home.

"By expanding our scope, it is our hope that each person who

served this country sees themselves in the stories we share, and feels included and recognized for their service," Gauthier said. "Canada's landscape is changing and the expanded scope in commemoration is intended to recognize that CAF members' experiences are different than those who served before them. It is intended to acknowledge the evolving and diverse nature of Canada and its military—22 per cent are new citizens who may have little knowledge of Canada's military contribution to peace and security in the world."

To find out more about the new approach, or to register to share ideas and thoughts about how best to recognize and commemorate veterans' experiences, go to: <http://letstalkveterans.ca/commemoration>



For all your navy news visit
lookoutnewspaper.com

QUICK ALL-DAY BREAKFAST & LUNCH

Visit us next to the shipyard!



829 A Admirals Rd
250-361-3463
thriveandshine.ca

THANK YOU FOR SUPPORTING
LOCAL BUSINESS!

PICKUP WINDOW
AVAILABLE!



Connect with people who understand.

The Onward Cancer Support Network connects Canadian Armed Forces families who are or have battled cancer.



FIND US ON FACEBOOK
to connect with current/
past serving cancer
survivors for advice and
services available to
CAF members.



NAVY BIKE RIDE 2021: ARE YOU READY TO RIDE?



Following the success of the 2020 Battle of the Atlantic virtual challenge, the Navy Bike Ride is pleased to present the 2021 Harry DeWolf virtual challenge.

Get ready to ride as we target 30,000 cumulative rides - cyclists will bike indoors or outdoors, all

while respecting the rules of social distancing - as we chart the course for HMCS Harry DeWolf's inaugural deployment through Canada's North and North America.

Registration is now open for this free event, which runs June 12 to Aug. 29.

Funds raised through this event will go towards the Royal Canadian Naval Benevolent Fund and Support Our Troops.

Race roster link: https://race-roster.com/events/2021/36550/navy-bike-ride-2021?locale=en_US



SCHOLARSHIPS FOR MILITARY AND VETERANS.*

WWW.SPROTTSHAW.COM

VICTORIA: 250-384-8121

I Stage and I Sell!



SHELLY REED Associate Broker
Direct: 250-213-7444 Email: sr@shellyreed.com

www.shellyreed.com

PEMBERTON
HOLMES

#150-805 Cloverdale Ave.,
Victoria, B.C. V8X 2S9
250-384-8124



MILITARY DISCOUNTS



AACT Financial
Your one stop financial shop

TAX AND ACCOUNTING

AACT FINANCIAL SOLUTIONS

1353 Esquimalt Road 250-383-3834



ACCREDITED
BUSINESS

www.aact.ca

Advisory Group calls for humanity, unity and understanding of differences

Peter Mallett
Staff Writer

The push for change continues at CFB Esquimalt with a new video that addresses racism in the world.

Produced by the Defence Visible Minorities Advisory Group, the video features five members in the Group speaking on the subject.

PO2 Kanwar Nijjer, co-chair, says each race and cultural background brings its own unique strengths to the table and that makes the Canadian Armed Forces a stronger organization.

"We are bound together by humanity, but we are all different due to our colour, culture, and religion. In order to overcome our difference we should learn each other's cultures and religions," he says.

The video fills the void of the yearly International Day for the Elimination of Racial Discrimination symposium, which is cancelled due to the pandemic.

"Since we couldn't have a symposium, producing a video for the base Facebook and Twitter accounts is a good way to reach out to people with a message of unity and understanding," says PO2 Nijjer. "CFB Esquimalt is one of

the most diverse military bases in Canada and we need to be mindful that we are all different and we should be open to learning more about others and their backgrounds and where they are coming from."

The video was released Sunday, March 21 in recognition of the International Day for Elimination of Racial Discrimination. Also in the video are: Kristina MacLean of Base Administration and President Public Service Alliance of Canada; PO1 Stephen Morrison, Military Co-Chair of the Defence Aboriginal Advisory Group; MS Renato Zelado-Huezo of the Base Commander's Office; and SLt Mehak Dhinsa of HMCS Victoria.

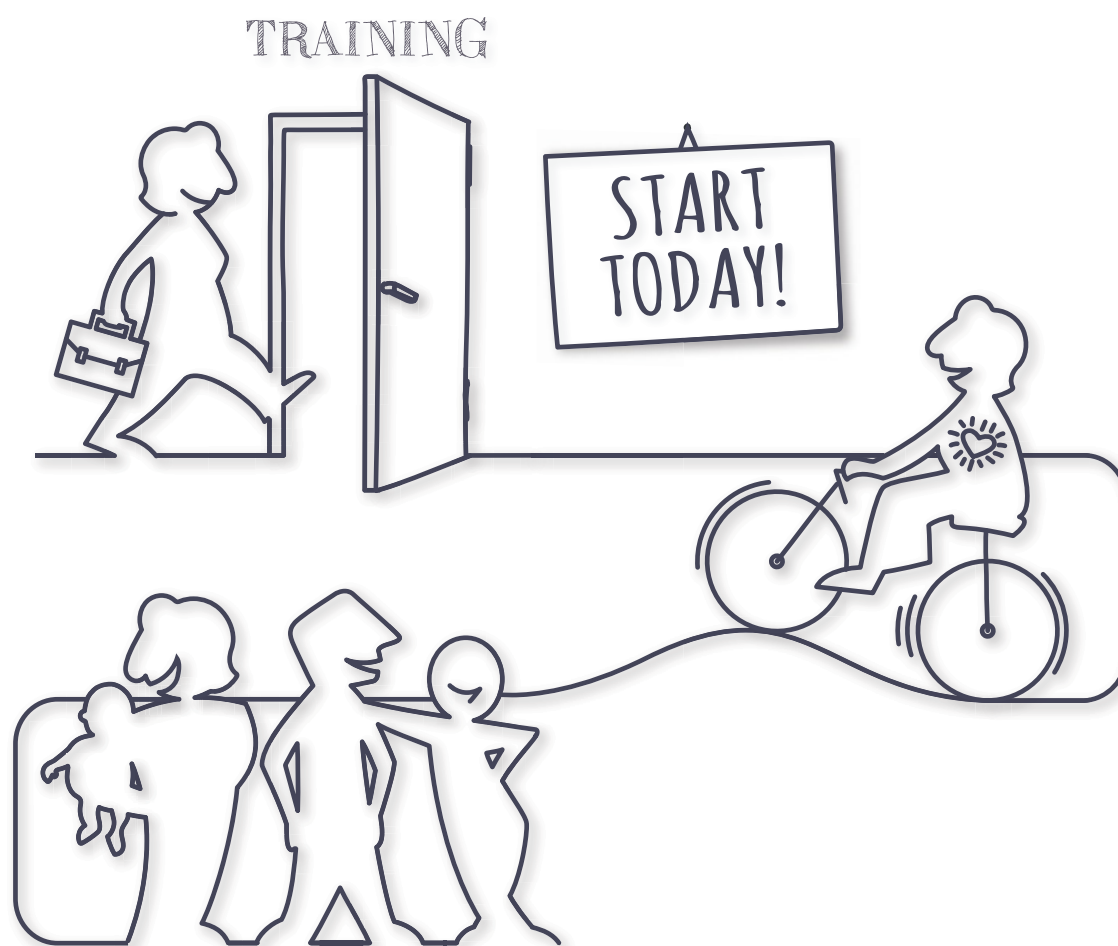
Defence Visible Minorities Advisory Group is one of five designated Defence Advisory Groups founded within the legislation of employment equity as an effort to overcome discrimination in employment practices, systems, and policies against Canadian Armed Forces members. The four other groups on base represent the interests of Aboriginal peoples, women, persons with disabilities and the LGBTQ community with the same mandate to provide advice and information relative to their designated groups to the Defence Team and leadership.



Support to move you forward.

Have you served in the Canadian Armed Forces or RCMP?

If so, there are services for finances, career development, education, well-being, mental health and PTSD to support you and your family.



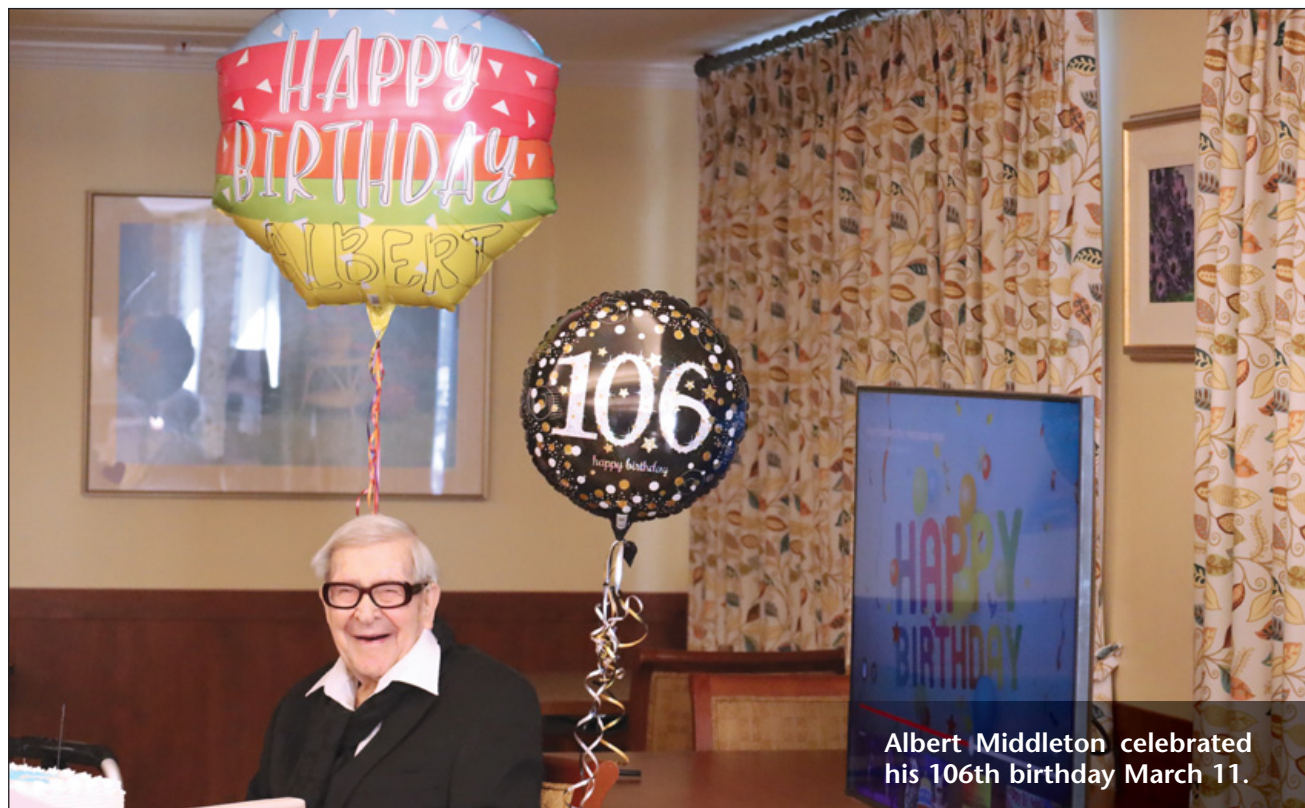
Get the support you need to move forward today.
veterans.gc.ca/services 1-866-522-2122



Veterans Affairs
Canada

Anciens Combattants
Canada

Canada



Albert Middleton celebrated his 106th birthday March 11.

Veteran celebrates 106th birthday with a new-fashioned party

Peter Mallett
Staff Writer

There were smiles, toasts to good health, and plenty of cheer when one of Canada's oldest veterans celebrated his 106th birthday milestone.

The small gathering of in-person and virtual well-wishers came together in the dining room at Veterans Memorial Lodge on March 11 to honour Albert Middleton.

"I really enjoyed the party and it was so good to see all of the wonderful people who came out to help me celebrate," said Middleton. "My favourite part was having a good old-fashioned party complete with champagne, cake, and some big band music."

As a centenarian-plus, he has survived two world wars and lived through two pandemics. When Middleton was born in London, England, in 1915, the Panama Canal had just been built, Sir Robert Borden was Prime Minister of Canada, and a new technology called "radio" was still in its infancy.

He was sent to Canada as a

First World War orphan, arriving in Toronto in 1929 when he was 14. In 1943, at the height of the Second World War, he signed up for the Air Force and served as a Leading Aircraft Man. During his military career, Middleton worked as a mechanic and maintenance worker servicing RCAF and RAF aircraft in London.

"I didn't want to get drafted, so I thought I would join up and be done with it," said Middleton.

For most of the war he worked in airplane hangars servicing and repairing warplanes.

"Thankfully, I wasn't a pilot as that was a really dangerous job; I stayed on the ground during the war," he said. "Nevertheless, it was hard work keeping all the planes up and running. We really didn't know too much about what was going on in the war itself, so we just took things day by day."

After the war, Middleton continued his military service as an Air Force reservist until the early 1950s. In 1952, he received a sum of money from Veterans Affairs Canada as part of the Soldier Settlement and Veterans Land Act.

He used the money for a down payment on a 65-acre hobby farm near Brantford, ON, which he purchased in 1956.

During this time, he also worked in the nearby Massey Ferguson farm equipment factory, and as a security guard. But he still found time to operate his small farm raising cows and pigs.

Much later in life, he returned to England with his second wife and lived there for more than 20 years until her death. At 90 years old, he decided to return to Canada.

After growing accustomed to the warmer climate of England, he chose Victoria for its ice-free winters, said his daughter, Denise Van Raay.

Albert lived in an apartment across from Beacon Hill Park for several years until moving into Veterans Memorial Lodge in 2016.

As he celebrated his birthday, many asked Middleton his secret to longevity.

"The most important secret to living a full life is to exercise and keep moving, whether it's walking or running, just stay active," he said.



For all your navy news visit
lookoutnewspaper.com



Gregory Schadt REAL ESTATE

m: (250) 634-2190
f: (250) 477-3328
e: gregory@ownvictoria.ca

110-4460 Chatterton Way, Victoria, BC V8X 5J2
ROYAL LEPAGE
Coast Capital Realty

Helping you is what we do.

ownvictoria.ca

Working for our community

Hon. Mitzi Dean

MLA, Esquimalt-Metchosin

250-952-5885
#104 - 1497 Admirals Road
Mitzi.Dean.MLA@leg.bc.ca / MitziDean.ca



Coffee
is ready!

6
am

A full array of coffee and tea,
baked goods and sandwiches!

MOBILE ORDERING IS NOW AVAILABLE!

IN ADMIRALS WALK PLAZA ACROSS FROM THRIFTY'S
101-1503 ADMIRALS ROAD
Mon-Fri 6 am-5 pm Sat-Sun 8 am-4 pm



P: 250.384.1417 **10% DISCOUNT FOR MILITARY AND VETERANS**

CANADIAN FIREARM
POSSESSION & ACQUISITION LICENCE (PAL)
SAFETY COURSES

GET 15% OFF
DISCOUNT CODE: **LOOKOUT15**

When you book one of our Non-Restricted or
Restricted RCMP Certified training courses.



HURRY! BOOK YOUR SPOT TODAY!
www.LockhartTactical.com/PAL

250-715-7290
Info@Lockharttactical.com

Veterans Benefits GUIDE 2021

Are **YOU** missing out
on disability coverage
or a pension?

A
value of
\$19.99!

Speed a decision
master
the backlog
fight for pensions

Tips on
eligibility, applying,
filling in forms
+ MUCH MORE!

NOW AVAILABLE

2021 Veterans Benefits GUIDE

Do **YOU** qualify for
disability coverage
or a pension?

The 2021 guide includes helpful, up-to-date information on
eligibility, applying, coverage **+ MUCH MORE!**

FREE
to all
veterans
and their
families

LEGION
CANADA'S MILITARY HISTORY MAGAZINE

PUBLISHED BY
CANVET

Download your digital guide today! Go to: legionmagazine.com/guide

A RELAXING RETREAT AT WILSON CREEK FOR THOSE WHO SERVE

Peter Mallett
Staff Writer

Krista and Sgt (Retired) Ron Lyver want first responders and their families to truly unwind at their new campsite Wilson Creek Retreat.

The campground caters to current and former military members, police, ambulance workers, and firefighters, and their families.

It is just a five-minute walk from the shores of Slocan Lake, and is in the Selkirk Mountain Range in Rosebery near New Denver, B.C. To ensure a safe and stress-free vacation, there are only five fully powered camping stalls.

"Having both experienced the stresses of being a first responder and military member, we understand the value of having a safe location where you can relax with your friends and family and also bond with others who share common experiences," says Ron Lyver.

He is a retired RCMP officer who also served with Princess Patricia's Canadian Light Infantry. Krista is also a former police officer and army reservist.

The property was previously owned by Ron's father, a long-time resident of the area who said he was excited about the concept.

The campsite site is nearing the final stages of construction. The couple will welcome their first campers in May, with bookings until November (weather permitting). Each camp stall is approximately 12 x 15 metres, which fits most units comfortably, and includes a fire pit, picnic table, power post, water outlet, and gravel pad.

The other advantages lay in the surrounding landscape.

"We designed the campground as a place where you can be confident in knowing your neighbour has faced the same challenges you have," says Krista. "Together, you can relax with your family and friends, share some stories, and forge new friendships."

Anyone interested in booking a camp stall should do it now, noting the campsite has only one spot remaining for the Canada Day long weekend.

Pets are welcome as long as they are on a leash and secured.



Krista and Sgt (Retired) Ron Lyver, owners of Wilson Creek Retreat.

For more information on the campsite, rules, and regulations and how to book your spot visit:
www.wilsoncreekretreat.ca

Langford Legion
761 Station Ave
250-478-8365

April 1, 2021

\$9.95

EASTER DINNER

Ham, scalloped potatoes,
veggies & a bun

Pre-order only - Choice of Dine-in or Takeout

Cut off March 27, 2021

4-7 pm

ATTENTION DND COMMUNITY

FOR RENT
BRAND
NEW!

FROM \$1790 /MO.

Come live in this
EXTRAORDINARY
apartment complex with the
BEST VIEWS in Esquimalt.



You can walk to work!
Just steps from Naden, Dockyard and Work Point.

Walk to Base from **BRAND NEW** 28 unit Admirals Apartments complex. Some units feature ocean and mountain views. Bright, spacious 1-3 bedroom units with in-suite laundry. Parking and bike storage available.

Located on major bus routes just minutes from beaches, shopping, downtown and more...

Contact Admiralsapartments@gmail.com

**VIRTUAL & PRIVATE TOURS AVAILABLE.
ACT FAST AS LIMITED SUPPLY!**

OPERATION CARIBBE



Above: A member of the U.S. Coast Guard Law Enforcement Detachment on HMCS Saskatoon prepares to intercept a target of interest during Operation Caribbe in the Pacific Ocean March 4.
Op Caribbe Imagery Technician, HMCS Saskatoon, CAF photo

Left: U.S. Coast Guard Law Enforcement Detachment members conduct a boarding exercise with HMCS Brandon and HMCS Saskatoon in the Pacific Ocean on March 2.
Op Caribbe PAO HMCS Brandon, CAF photo

15TH ANNUAL CFB ESQUIMALT

NAVY RUN

JOIN US FOR THIS WEEK LONG VIRTUAL EVENT!



SATURDAY 19 JUNE – FRIDAY 25 JUNE 2021



EVERYONE WELCOME!

The Navy Run - 10K, 5K, Pole Walking and Kids Fun Run is an inclusive community event. Involve the children and discover a fitter family lifestyle. Do it because you can!

SIGN UP EARLY FOR A SHIRT & PARTICIPANT'S MEDAL!



Our Proud Sponsors:

babcock

seaspan
VICTORIA SHIPYARDS

Our Proud Partner:



RACE REGISTRATION FEES

VIRTUAL 5 KM AND 10 KM NAVY RUN – EVERYONE

Includes shirt, finisher's medal and shipping. **\$35**

VIRTUAL KIDS RUN

We are excited to launch a Kids Virtual Run for 2021! Sign up now and get a shirt and finisher's medal. Shipping is included in the registration. **\$30**



REGISTER AT WWW.NAVYRUNESQUIMALT.COM

REGISTRATION CLOSING JUN. 13

CFB Esquimalt Honours and Awards ceremony

Certificates and awards were presented by Captain (Navy) Sam Sader, Base Commander, on March 16.



Photo credit Sailor First Class (S1) Sisi Xu,
MARPA Imaging Services, Esquimalt



Commander Nicolas Bruzzone is promoted to his current rank.



Lieutenant (Navy) Michelle Scott is promoted to her current rank.



Sergeant Joanna Wojewoda is awarded the Operational Service Medal.



Commander Cynthia Smith, Commanding Officer Base Logistics receives the Canadian Forces' Decoration First Clasp.



Sailor 1st Class William McLean receives the Canadian Forces' Decoration.



Sailor 3rd Class Tabby (Luna) Morris receives a Bravo Zulu Certificate.



Zachery Vince receives a Bravo Zulu Certificate.



Curt Morwick receives a Well Done Award certificate for the General Safety Program and a Base Commander coin.



CFB ESQUIMALT

LOOKOUT

NAVY NEWS ONLINE

Want to recognize someone in your unit?

Send your BZs to melissa.atkinson@forces.gc.ca

[@LookoutNewspaperNavyNews](https://twitter.com/LookoutNewspaperNavyNews)

Naval Fleet School (Pacific)

Naval Combat Information Operator (RQS2) Graduation

Certificates and awards were presented by Lieutenant-Commander Christopher Maier on March 11.



Photos by: Sailor 1st Class Mike Goluboff,
MARPAK Imaging Services, Esquimalt



Sailor First Class Jeffrey Allan receives a Certificate of Military Achievement.



Sailor Second Class Samuel Horvat receives a Certificate of Military Achievement.



S2 Jacob Stelting receives a Certificate of Military Achievement.



Sailor Third Class Andrew Murray receives a Certificate of Military Achievement.



S3 Chadwick Mason receives a Certificate of Military Achievement.



S3 Amanda Kong receives a Certificate of Military Achievement.



S3 Amanda Harding receives a Certificate of Military Achievement.



S3 Nicholas Foulkes receives a Certificate of Military Achievement.



S2 Amy Acosta receives a Certificate of Military Achievement.



S2 Amy Acosta receives the Top Student Certificate.



S2 Amy Acosta receives the Top Student Plaque.



UNLOCK your
POTENTIAL
with **GOOD**
NUTRITION

March is Nutrition Month

Join master chef **Alli Jones** in this week's **Salad Cam** as she features a great recipe weekly from the Dietitians of Canada recipe book.

**SHARE A
PHOTO**
OF YOUR
DELICIOUS CREATIONS



**WIN A
PRIZE!**

Follow us on Facebook @pspesquimaltnaden

Keep the kitchen party going and join the virtual Nutrition Month celebration coast-to-coast. To get involved in online events happening across the country, check out the National Nutrition Month calendar:

<https://www.cafconnection.ca/National/Virtual-Services/Health-Promotion-Webinars/Nutrition-Month.aspx>

<https://www.connexionfac.ca/Nationale/Services-virtuels/Webinaires-Promotion-de-la-sante/Mois-de-la-nutrition.aspx>



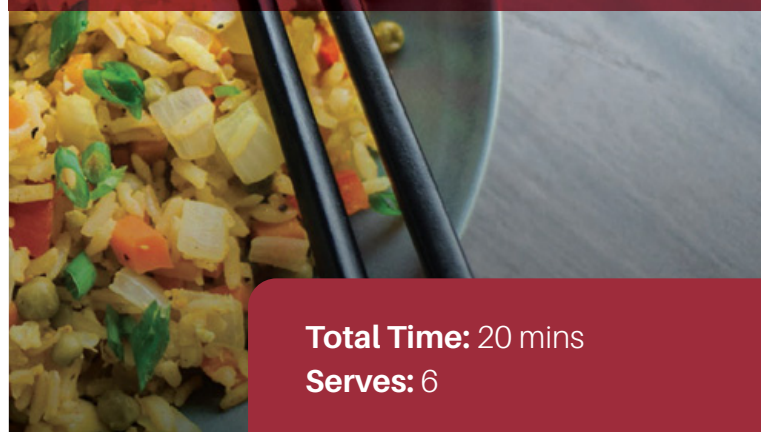
DIETITIAN TIP

Michelle Jaelin RD
TV and Media Dietitian

Don't Yuck my Yum! It's important to expose children to many different food cultures at an early age. Parents should be positive role models around foods, including unfamiliar ones. Remember, it's disrespectful to say "gross" or "that's unhealthy" or to turn your nose at it. While it's ok to not like a certain food or cuisine, showing respect for other food cultures is a must. Always approach new foods with an open mind!



Vegetarian Chinese Egg Fried Rice



Total Time: 20 mins
Serves: 6

Ingredients

- 3 cups (750 mL) cooked brown rice, preferably at least a day old
- 4 large eggs, divided
- 2 tbsp (30 mL) water
- 1/4 tsp (1 mL) paprika
- 1/4 tsp (1 mL) turmeric
- 3 tbsp (45 mL) oil, divided
- 1 medium carrot, diced
- 1 medium onion, diced
- 1 red bell pepper, diced
- 1 cup (250 mL) frozen peas, thawed
- 2 tbsp (30 mL) unseasoned rice vinegar
- 1 1/4 tsp (6 mL) salt
- 1/4 tsp (1 mL) sugar
- 1/8 tsp (0.5 mL) monosodium glutamate (MSG) powder (optional)
- 1/4 tsp (1 mL) ground black pepper
- 2 scallions, chopped
- Hot sauce for serving

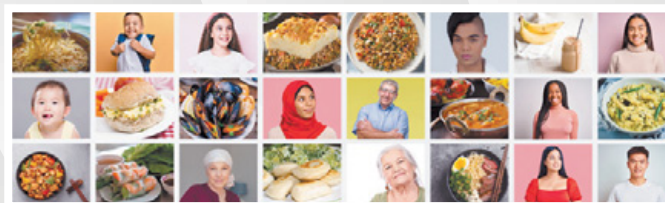
Directions

1. Using your hands, break rice clumps into individual grains in a large bowl.
2. Beat 2 eggs in a small bowl until frothy. Add water, paprika and turmeric; beat until combined. Beat the remaining 2 eggs in another small bowl. Set both bowls next to the stove.
3. Heat a wok or large cast-iron pan over medium-high heat. Add 2 tablespoons (30 mL) oil and swirl to coat the bottom of the pan. Add the 2 beaten eggs without the spices; cook, stirring, until scrambled, about 1 minute. Transfer the eggs to a clean plate.
4. Add the remaining 1 tablespoon oil to the pan and heat over high. Add carrot, onions and bell pepper; cook, stirring, until the vegetables are tender, 2 to 3 minutes. Stir in the rice and cook, stirring and breaking up any large clumps with the back of a wooden spoon, until the rice is hot, about 2 minutes. Pour in the spiced beaten eggs over the rice and cook, stirring to coat the rice with the egg, for 1 minute. Add peas and cook, stirring, until the peas are hot, about 1 minute. Add rice vinegar, salt, MSG powder, sugar, black pepper, the reserved scrambled eggs and scallions; cook for 1 minute more. Serve hot with hot sauce, if desired.

Recipe Provided By: Michelle Jaelin, RD
Recipe Source: NutritionMonth2021.ca

GOOD FOR YOU!

Dietitians Help **You** Find **Your** Healthy



LOOKOUT Classifieds & Real Estate

Email your Free Word Classified to melissa.atkinson@forces.gc.ca

REAL ESTATE FOR RENT



NOW RENTING - ELEVATED APARTMENTS

New construction, views. 657 Redington Ave. next to Millstream Village. 1 & 2 bdrm Sept. 2021
(250) 532-0226 • www.terraalta.ca

REAL ESTATE FOR RENT

SPECTACULAR PENTHOUSE Available Immediately - Must See

Large, bright, spacious 2 bedroom plus den penthouse suite for \$3000.00 (includes 2 underground parking stalls). This unit has been completely renovated with new blinds, stainless steel appliances (fridge, stove, dishwasher & a bar fridge), quartz countertops, laminate flooring, carpet in bedrooms, 2 decks, in-suite laundry and a panoramic view of the ocean and mountains.

- Full fitness gym in the building.
- Includes heat and hot water
- Card operated laundry facilities open 24 hours.
- 100% smoke free building.
- Walking distance to Esquimalt Plaza, medical centres, Military base, Archie Browning Sports Centre, in the heart of Esquimalt.

ASK ABOUT OUR MILITARY DISCOUNT.

Pictures available upon request
rentals@eyproperties.com

For more information or to book your own personal tour, please contact Kevin at 250-380-4663

INCOME TAX

MILITARY DISCOUNTS



AACT Financial
Your one stop financial shop

TAX AND ACCOUNTING

AACT FINANCIAL SOLUTIONS

1353 Esquimalt Road
250-383-3834

www.aact.ca

REAL ESTATE FOR SALE



POSTED? Let me help!

holly
COURTRIGHT
Real Estate Advisor

Esquimalt Area Specialist
Let me help you make Esquimalt home.



p: 250.888.6953 e: holly@courtright.co w: courtright.co

MORTGAGE CONSULTANT



MORTGAGE FORCES.CA



POSTED? GET PRE-APPROVED BEFORE YOUR HHT

WE OFFER:

- Military clause for some mortgages
- A six-month mortgage protection plan, paid by us
- Instant pre-approvals • A one-year home system warranty

SPECIAL DND OFFERS AVAILABLE. CALL TODAY!
Use the "Support Our Troops" Promo code for a .10 rate cashback on your approved rate. OAC.

1.800.991.7993 • MORTGAGEFORCES.CA

FOR SALE



FOR SALE

Grampian 26. Spinnaker, furling foresail 9.9 Honda outboard. Two burner propane stove and a recent VHF radio. A very competitive racer. Moored at CFSA, (C25) if you want to have a look, so no waiting for a slip.
\$5,000 Call Mike Becevel - 250 893 5281

PROPERTIES OWNED AND MANAGED BY
EY PROPERTIES LTD.

250-361-3690

Toll Free 1-866-217-3612

FREE Heat & Hot Water - Card operated front load laundry/24hrs

MACAULAY EAST



948 Esquimalt Rd.
Bachelor, 1,2 & 3 bdrm.
Full size commercial gym!
Manager 250-380-4663

MACAULAY NORTH



980 Wordsley St.
1 & 2 Bedroom
Manager 250-384-8932



To view these and other properties, visit
www.eyproperties.com



REDUCE THE SPREAD OF COVID-19. WASH YOUR HANDS.

FOR SALE

For sale – take the whole lot!

All items must go! Make me an offer.

Remaining items from L & G Quartermaster Store, Esquimalt

Contact Linda Dobson:
205-755-1502 / l.dobson@shaw.ca



WE ARE OPEN

CANADA'S FIRST WOMEN'S ONLY
RESIDENTIAL TRAUMA PROGRAM

Georgia Strait | WOMENS
CLINIC

1.886.487.9040 | 2174 Fleury Road, Powell River, BC, Canada V8A 0H8 | www.schc.ca | info@schc.ca

Find Your Power

Highly Personalized Addiction Treatment

NON-12 STEP SINCE 2008

At **Sunshine Coast Health Centre** we are committed to a client's personal transformation, the goal being healthy, thoughtful men who are inspired to live with a renewed sense of vitality and purpose.

LEARN MORE ▼

register at schc.ca

Admissions Toll Free 866.487.9010 | Administration Toll Free 866.487.9050

2174 Fleury Road, Powell River, BC Canada V8A 0H8

www.schc.ca | info@schc.ca



**Sunshine Coast
Health Centre**
A Non 12-Step Program

