

MAY 31 TO JUNE 6

GoByBike Week

Register
online:

gobybikebc.ca



• CANADIAN MILITARY'S TRUSTED NEWS SOURCE •

Volume 66 Number 21 | May 31, 2021

LOOKOUT

newspaper.com

MARPAC NEWS CFB Esquimalt, Victoria, B.C.



Buying or Selling?

I CAN HELP! CHRIS

ESBATI

Knowledgeable, Trustworthy
and Dedicated Service



RE/MAX
CAMOSUN

250.744.3301
chris@victoriaforsale.ca

www.victoriaforsale.ca

BIG SHAVE CHARITY EVENT

Sailor First Class Damien Caci braces for his new look as Commander Mark O'Donohue, Commanding Officer of HMCS Calgary, shaves off his curly locks while alongside Manama, Bahrain, May 24. The head shave was in support of the ship's charity. Read the full story on page 3.

Photo by Cpl Lynette Ai Dang, Imagery Technician



Coffee is ready!

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



6
am

P: 250.384.1417

10% DISCOUNT FOR MILITARY AND VETERANS

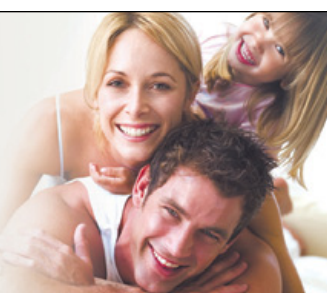
Beautiful smiles
start here!



CAPITAL PARK
DENTAL

250-590-8566

Français aussi !



CapitalParkDental.com

Suite 110, 525 Superior St, Victoria



ISLAND OWNED AND OPERATED
SINCE 1984.

VIEW OUR FLYER IN THIS PAPER WEEKLY!

CHECK OUT OUR NEWLY RENOVATED ESQUIMALT STORE

RCN Flag Officers assume key leadership roles during NATO exercise - Steadfast Defender

DND/RCN

Two Royal Canadian Navy (RCN) Flag Officers have assumed key leadership roles for Exercise Steadfast Defender 21, the first in a new series of long-planned NATO exercises to enhance Alliance security.

Twenty Allies from North America and Europe are participating. The exercise will help improve the interoperability of Allied forces and practice military mobility throughout Europe.

The RCN's Rear-Admiral Steven Waddell, currently on exchange as Vice-Commander of the United States Second Fleet, is the Maritime Component Commander for the exercise and is working alongside Canada's NATO partners aboard the Blue Ridge-class command and control ship United States Ship Mount Whitney.

Standing NATO Maritime Group One (SNMGI), currently under the command of the RCN's Commodore Bradley Peats from flagship HMCS Halifax, is participating in the maritime operational and tactical-level live exercise (LIVEX), running from May 20 to 30.

The LIVEX, which is taking place

off the coast of Portugal in the Eastern Atlantic, will demonstrate the ability of Allied maritime forces to execute Joint Force Command Norfolk's mission of protecting strategic lines of communication in the Atlantic.

Steadfast Defender 21 is also the first large test of NATO's adapted command structure and involves two new commands: one focused on logistics, Joint Support and Enabling Command, based in Germany, and the other focused on the Atlantic, Joint Force Command Norfolk, based in Virginia. It offers the Canadian Armed Forces (CAF) an opportunity to gain understanding of these commands, as well as the new Standing Joint Logistics Support Group.

As a founding NATO member, Canada remains committed to the Alliance and continues to strengthen defence relationships in NATO as well as with European states. The multinational character of the exercise reflects Canada's commitment to NATO and ally and partner nations on both sides of the Atlantic.

The CAF exercises with NATO to protect Canada and its allies, and to promote global security, both as a capacity-building partner and as a leader.



Sub-Lieutenant Dmitriy Shulga, a Naval Warfare Officer, takes a navigational bearing with a Polaris on the bridge of Standing NATO Maritime Group One Flagship HMCS Halifax off the coast of Portugal on May 23 during Exercise Steadfast Defender 21.

NATO photo by Sailor 1st Class Bryan Underwood, Royal Canadian Navy

Ask me about
Canadian Defence
Mortgage Rates
& the Integrated
Forces Relocation
Program



VICTORIA BC

BMO **Bank of Montreal**
We're here to help.

Official Bank of the Canadian Defence Community

Matthew Willis
Mortgage Specialist
matthew.willis@bmo.com
250 896 9769

*Decades of experience
helping military families
relocate to the Comox Valley*

Brian
WILLIS.ca

Personal Real Estate Corporation

TRUST IN KNOWLEDGE

RE/MAX
OCEAN PACIFIC REALTY



COMOX - COURTENAY, BC

brian@brianwillis.ca
OFFICE: 250.334.9900 - CELL: 250.218.6789
Toll Free: 1 877.216.5171
2230 Cliffe Ave. Courtenay, BC V9N 2L4

www.brianwillis.ca



Brookfield
Global Relocation Services



Members of Combined Task Force 150 and HMCS Calgary show their new look after getting their hair, beards, and 'staches shaved off for a charity event on May 24 in Manama, Bahrain, during Operation Artemis. The two groups have self-isolated throughout their respective operations and remained physical distanced from each other during the event to ensure the health and safety of all involved.

Photos by Cpl Lynette Ai Dang, Imagery Technician



Commander Mark O'Donohue, Commanding Officer of HMCS Calgary, is ready to clip his crew.

HMCS CALGARY

Over the May long weekend, 17 members of *HMCS Calgary* and five members from Combined Task Force 150 made good on their promise to shed their hair in support of the ship's official charity Calgary Foothills Burn Unit.

After a busy operational counter-narcotics program, where *Calgary* made 14 drug busts to date off the Coast of Oman, the Operation Artemis team lost their locks, beards, and mustaches in the plus 40-degree heat alongside in Bahrain.

The fundraiser has garnered over \$5,000 thus far and remains open to donations until *Calgary* leaves the Operation Artemis area of operations in mid-June.

To support the crew in their fundraiser go to Go Fund Me page: gofund.me/6461bffb



S1 Caci after the first swipe of his locks.



An HMCS Calgary sailor mid shave.



A member of CTF 150 braces for her hair cut by Commodore Daniel Charlebois.



Chief Petty Officer First Class Edward James, Coxswain of Combined Task Force 150, braves his hair removal by Commodore Daniel Charlebois, Commander of CTF 150.



Facial hair was also part of the event with Chief Petty Officer First Class Mark Chambers doing the honour.

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

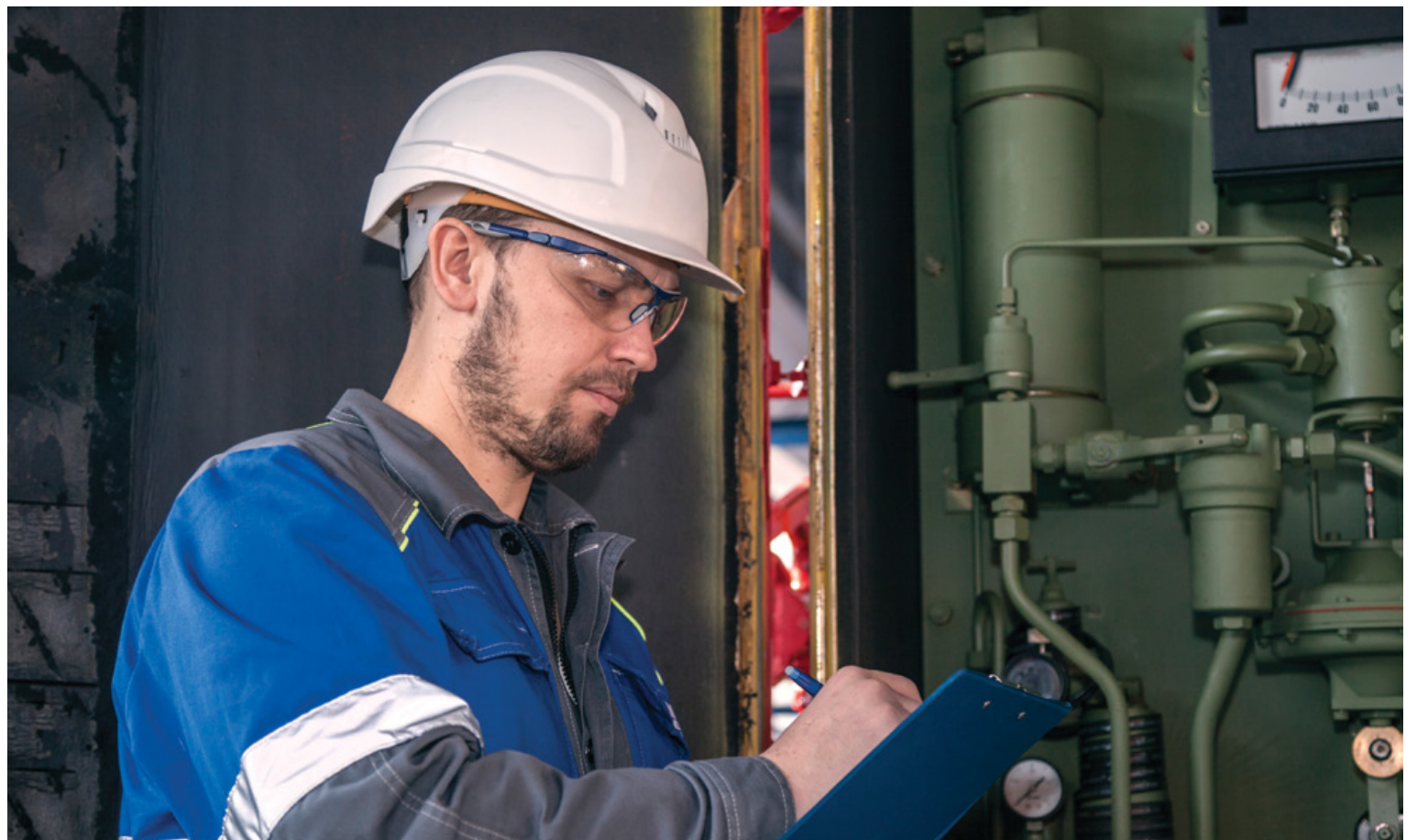
COVID-19 Circulation - 2,000
plus 300 pdf downloads per week

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



It's not a Waste of Time

Chinenye Ewelike

Safety Programs Officer, MARPAC FSE

Here is an all too familiar scenario, one where employees think reporting and documenting hazards is a waste of time:

Why do I have to report unsafe acts and conditions to my supervisor? The important thing is these situations are corrected immediately; my colleagues and I ensure that we correct them as soon as they are noticed. So there is no point in documenting them by completing hazard identification reports. Why waste the time that could be used for other tasks?

The only issue is these corrected unsafe conditions keep reoccurring.

The other day Joe and I corrected a situation where someone had precariously placed two heavy boxes on the top shelf. We removed the heavy boxes and placed them in a safe location. The next day, the heavy boxes were back to the unsafe position.

Later that day, one of the boxes fell, injuring Jane as she was picking up some items from the lower shelf. She was off work for two days as a result of the sustained injury. She was then placed on modified duties for about a week. The supervisor and UGSO had to conduct an incident investigation and complete a DND 663.

It's clear reporting and documenting hazards is not a waste of time.

The hours lost from injuries and the operational disruption due to workplace accidents can be calculated in terms of financial loss and injuries that could result in compromised quality of life for employees.

Hazard identification and reporting is a process to evaluate if a situation, item, or thing has the potential to cause harm. It should be performed during the purchase of equipment and implementation, before task performance, during task performance, during formal and informal inspections, and after incidents - near misses, minor events, and injuries.

Documenting and reporting hazards provides an opportunity for leadership to discuss with their team during safety briefs, so they are made aware of the hazards and the corrective actions. The hazard report also serves as a tool for the supervisor, UGSO, and the workplace health and safety committee to evaluate, analyze, and control the risks associated with the workplace. Additionally, documenting and reporting identified hazards is a requirement of the DND/CAF General Safety Program.

Documenting and reporting of identified hazards should be an integral part of the individual and workplace culture in order to promote safety in the workplace. Reach out to your UGSO for information on how to properly document and report identified hazards in your workplace.

babcock
Proud to support
Canada's fleet

Marine ›
Land ›
Aviation ›
Cavendish Nuclear ›
babcockcanada.com

**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

DHJL
DINNING HUNTER JACKSON LAW

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



NWO MARINER PROFESSIONAL CURRENCY PROGRAM

HOSTS



Capt(N) Kevin Greenwood, CD ret'd



Capt(N) Clive Butler, CD, ret'd

SPECIAL GUESTS



RAdm Angus Topshee, OMM, MSM, CD
Commander MARPAC, A/CNS (P&T)



Capt(N) Jamie Tennant, CD
Commander Sea Training Group

INAUGURAL WEBINAR

TOPIC:

LINKING INDIVIDUAL TRAINING (IT) TO OPERATIONAL READINESS

DATE: 17 June 2021

TIME: 1030 (PST) – 1130 (PST)

AUDIENCE: Naval Warfare Officers

LOCATION: NWO Mariner Professional
Currency Program MS Team

AGENDA:

- Opening Remarks/Kick off:
RAdm A. Topshee, A/CNS (P&T)
- Linking IT to Operational Readiness:
Capt(N) J. Tennant, CSTG
- NWO Mariner Professional Currency Program:
Capt(N) ret'd K. Greenwood NFS(P)
Capt(N) ret'd C. Butler, NFS(P)
- Modernization of NWOPQ:
Lt(N) T. Workman, NTDC(P)
- Close-Out

TO JOIN THE WEBINAR ON THE 17TH OF JUNE, VISIT THE BELOW LINK:

https://teams.microsoft.com/l/meetup-join/19%3ameeting_YjA3YjIOMmItYzg3YS00OWJkLTImY2QtMDA5YTZhYml2N2Ex%40thread.v2/0?context=%7b%22Tid%22%3a%22325b4494-1587-40d5-bb31-8b660b7f1038%22%2c%22Oid%22%3a%22032537d6-9f80-46fe-b491-7f8802a90668%22%7d



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

Ask about BG Protection Plan*
Where Dependability and Trust are a Priority...

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

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

BBB B.C. GOVERNMENT DESIGNATED INSPECTION FACILITY

Castrol WALKER HANKOOK

* under 80,000 km

Vancouver Island Safety Council

MOTORCYCLE RIDER TRAINING

NOVICE & TRAFFIC PROGRAMS

EXPERIENCED RIDER COURSES

ICBC CERTIFIED COURSE

250-478-9584
www.visafetycouncil.com

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

COLDWELL BANKER

LANGFORD LEGION
761 STATION AVE
Fish & Chips

EVERY FRIDAY

DRIVE-THRU PICKUP DINNER

1 piece \$10.25 - 2 piece \$12.75

Please Pre-order Prior to Friday
Phone: 250-478-1828 or email manager@rcl91.ca

Pick-up between 5:15 - 7:00pm
please leave Name, Phone #, pickup time, 1 or 2 pieces of fish and how many orders you would like



Example of the new DND 404 Driver's Licence.

DND 404 Driver's Licence no more reference to sex

DND

To make Canadian Armed Forces institutions more inclusive sex designation has been eliminated on the DND 404, the military's driver's licence.

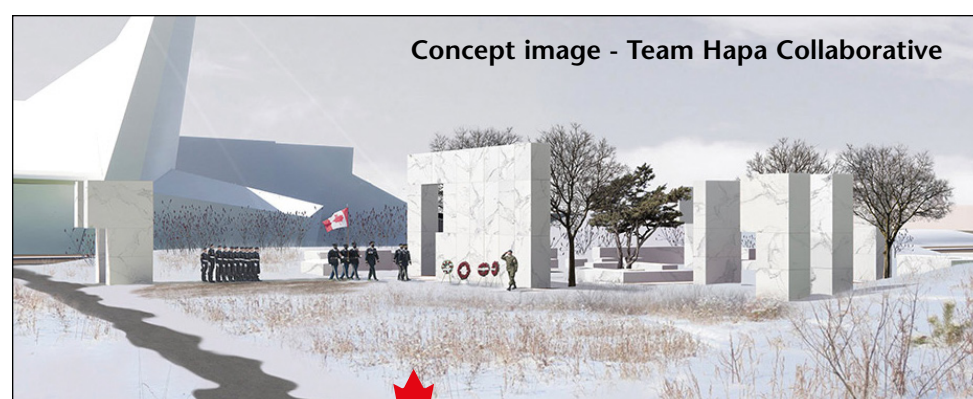
Starting June 1, all new DND 404s will be issued without sex identification on them. Current versions will remain valid until their expiry date. Anyone who wishes to exchange their current version before its expiry date for a new version without a sex identification can do so by requesting this to their local Road and Vehicle Safety Section (RVSS). Their RVSS will process a regular DND renewal request and a new DND 404 will be issued.

This change to the DND 404 will not affect the card as a valid piece of federal government identification since it is not used as a primary identity document. Nor will it affect the licence's status under the Canadian Driver Licence Agreement, which means it will con-

tinue to be recognized by provincial and territorial jurisdictions, and by law enforcement officers across Canada. There will be no impact on provincial or territorial driver's licence qualification exchange programs, or on the recognition of CAF driver qualifications abroad.

The provincial and territorial driver's licence qualification exchange program allows recently retired or currently serving military members to transfer their DND 404-related qualifications onto their civilian provincial/territorial licence without additional training or testing.

In general, most, if not all, military driving qualifications that have an equivalent class for a civilian driver licence are granted by the jurisdiction. However, each province and territory has its own process, so interested members should check the specific requirements of the province or territory in which they reside.



Share your thoughts on the five proposed designs for the National Monument to Canada's Mission in Afghanistan

Veterans Affairs Canada and Canadian Heritage have revealed the five concepts for the National Monument to Canada's Mission in Afghanistan. Canadians are invited to view the concepts and complete the short survey to help choose a design before June 9 at www.Canada.ca/survey-monument-afghanistan.

In August 2019, teams of professional

artists, landscape architects, architects, and other urban design professionals were invited to provide their credentials and examples of prior work. In summer 2020, a jury composed of experts in the fields of arts and urban design and representatives from key stakeholder groups shortlisted five design teams to each create a design for the Monument.

The National Monument to Canada's Mission in Afghanistan will recognize the commitment and sacrifice of the more than 40,000 Canadians who served there, and the support provided to them by Canadians at home, as well as the families whose lives were changed by the mission.

A jury of experts and stakeholders will consider the survey responses when selecting the winning design, which will be announced in the fall.

For more information on the monument, <https://www.veterans.gc.ca/eng/remembrance/memorials/afghanistan-monument>



Photos of Commander Amber Comisso during her career.

SPOTLIGHT SHINES ON RCN IN

WOMEN WHO LEAD DOCUMENTARY



Peter Mallett
Staff writer

Vancouver-based filmmaker Adrian Juric has included a Royal Canadian Navy officer in his upcoming documentary *Our Time Has Come: Women Who Lead*.

Commander (Cdr) Amber Comisso, 42, joins a half dozen other successful working women in the film that focusses on gender equality and the unique ways women lead at the highest levels of the organizational world.

"I was truly honoured and excited that he chose me to tell part of a larger story of the struggle of gender equity to Canadians," said Cdr Comisso. "I really do think it's important for young women to see someone successful in the navy, and research shows for so many women, seeing is believing."

She currently works as F3, Canadian Fleet Pacific, and is preparing for the upcoming Task Group Exercise involving *HMC Ships Winnipeg* and *Regina* running May 28 to June 11. Her clip was filmed at the Wardroom, with a sneak peak recently released on LinkedIn.

"Young women, especially those in their teens, need to see women who have done big things in the world in order to go after success themselves," says Juric. "My goal with this film is to introduce them to female leaders who fit this description, women who might inspire them enough to pursue leadership roles of their own one day."

His cousin, Kara Osborne, a retired army intelligence officer, recommended Cdr Comisso. It was her impressive accomplishments over 23 years in the navy, and her roles as mother of two and service spouse, that prompted him to reach out to her.

She recently completed a posting as *HMCS Winnipeg's* Executive Officer, part of which was a five-month deployment to the Asia-Pacific region on Operations Projection and Neon. She previously held the title of National Military Co-Chair of the Defence Women's Advisory Organization, which advises Canada's military on systemic barriers concerning women and gender equity.

During the filming, Juric asked her several provocative questions on gender: What are the

distinctive qualities and characteristics that make women effective leaders? Who embodied those qualities for you when you were young? When did you first become aware of yourself as a leader and what unique qualities do female leaders bring to organizations in which they serve?

In her response, she made reference to the *Winnipeg's* command team as they managed the tragic loss of crewmember MS Duane Earle, who accidentally went overboard as the ship was returning home last December.

Having three different leadership styles on the ship - herself, the Commanding Officer and Coxswain - helped the ship's company get through the crisis, she says. She didn't hold back on showing her emotions.

"For those people who wanted to cry, they saw the XO crying and they knew it was okay. I wish at the beginning of my career someone had said to me 'be true to yourself' and lead authentically and break the mould. It's powerful to send out these

messages to young women, very powerful."

When completed, Juric hopes his documentary will spread widely to inspire the next generation of young women to step forward onto the leadership path. He believes women are still underrepresented at the senior levels of most organizations, and feels strongly that positive role models are essential to the advancement of women and to society as a whole.

Cdr Comisso echoes this, saying there is a huge appetite for celebrating women's achievement in the Canadian Armed Forces as it tries to realign military culture for future generations.

"I truly believe a diverse military that reflects Canadian society is an incredibly valuable tool and that diversity and inclusion is our best asset," she says. "It promotes better decision making, innovation, recruiting, and employee satisfaction. All of these things benefit the military as an organization and get us to a point where we truly understand why diversity will make us better."

The fully edited version of the film is expected to be released later this year. The sneak preview of Cdr Comisso's interview is currently available at: <https://vimeo.com/541045971>

Sample clips from other interviewees can be viewed: www.adrianjuric.com.



**Reach out and
connect with friends.***



Enter the **30 Days of Connection Contest** for your chance to win one of our daily giveaways of a virtual escape room for up to 4 people and a \$100 Sport Chek gift card.¹

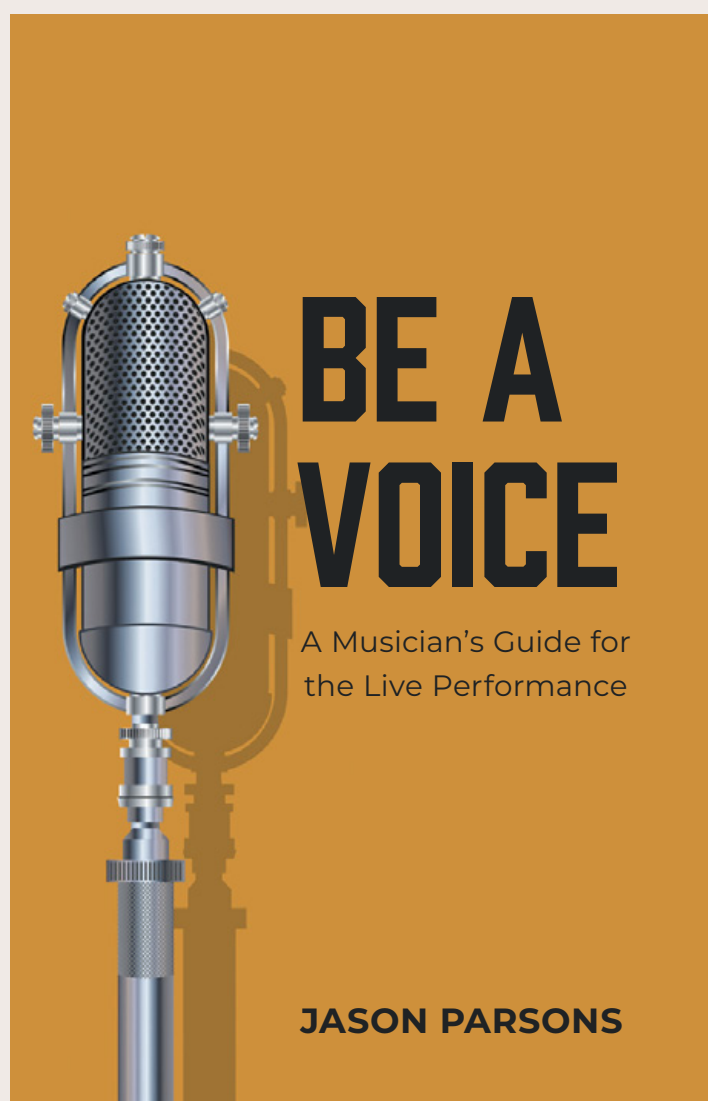
#JunelsRecreationMonth
@PSP.CFMWS.SBMFC

CAFCONNECTION.CA/JRM



* Be sure to adhere to your province's COVID-19 guidelines and stay safe!
1. Visit [CAFconnection.ca/jrm](https://cafconnection.ca/jrm) for full contest rules.

HUMAN RESOURCES ADMINISTRATOR WROTE THE BOOK ON ROCKIN' LIVE



**TO PURCHASE A COPY AND
READ THE REVIEWS:**

[https://books.friesenpress.com/
store/title/119734000178269963/
Jason-Parsons-Be-A-Voice](https://books.friesenpress.com/store/title/119734000178269963/Jason-Parsons-Be-A-Voice)

Peter Mallett
Staff Writer

A new book by a Royal Canadian Navy sailor is inspiring musicians to seek perfection in their live performances and to “never be an echo of someone else.”

Author PO1 Jason Parsons is an accomplished live music producer and performance coach. By day he is a Human Resources Administrator in the Base Orderly Room (BOR) at CFB Esquimalt.

During the past year, as the COVID-19 pandemic raged, the music industry morphed into a state of hibernation and live concert gigs all but dried up. Instead of remaining idle, PO1 Parsons wrote his self-published book *Be A Voice: A Musician's Guide for the Live Performance*.

“It’s an offering of invaluable lessons about the music industry and live concerts, whether you are a seasoned musician or just at the beginning of your musical journey,” he says.

PO1 Parsons has served over 17 years in the navy, but he is also a former rock musician who once found success on the big stage in Nashville, TN.

“Although pursuing a career in music is an exciting and rewarding venture, it also comes with its fair share of rejection and obstacles. The live performance is critical to the success of any music artist and this book will inspire you to never be an echo of someone else.”

MELFORT TO MUSIC CITY

PO1 Parsons, 47, grew up in a musical family in Melfort, Saskatchewan. He experimented with guitar and drums in high school, playing in several local rock bands. One of those bands was Surrender, an acoustic rock band that released their debut EP, *You and Me*, in 1997. Within six weeks of its release the song reached No. 4 on the Indie (Independent) Top 40 charts in the United States.

There were many live performances to follow after the band’s act was picked up by a producer in Nashville, but their fame was short lived.

So he began studying Live Performance in the late 1990s in Nashville and then underwent formal training as a Live Music Producer in 2011. In 2014 he launched Jason Parsons Productions.

He has managed to find success in both the music industry and military. He admits it was difficult to keep his hand in the music industry when deployed; working on land has made it possible to balance the two.

He was posted to the BOR in April but worked as an HR Administrator in Base Information Services since 2009.

“I have also served on board ships, I have worked with the Army and Air Force, and I have experienced both domestic and international operations,” he says.

INDY ON THE ISLAND

Over the years, he has taught at many music industry workshops and conferences. A multitude of established and independent musicians across Canada have benefited from his instruction. In addition, PO1 Parsons has shared the platform with many industry greats including the late world renowned Canadian producer and songwriter icon Ralph Murphy (1944 to 2019), Ryan Guldemon, lead vocalist of Mother Mother (Universal Music Canada), and Bill Henderson, lead singer of the legendary rock band Chilliwack.

When the pandemic kicked in, it may have put the breaks on the local concert and pub music scene, but not on PO1 Parsons’ desire to teach others. The book took him six months to complete.

“During the pandemic, I encouraged my clients to continue writing and rehearsing. Then I decided to take my own advice and publish what I teach in book form. I truly believe this book lays the foundation for any artist who intends to pursue a career in music. I did not write it for myself, I wrote it to help other musicians find success.”



PO1 Jason Parsons



PHOTOGRAPHER CAPTURES CANDID DIVER SHOTS



Peter Mallett
Staff Writer

A military veteran has turned an impromptu photo shoot of Fleet Diving Unit (FDU) Pacific clearance divers in training into a gift for the unit.

AB (Retired) Michael Cranmer captured action shots of the dive team when out for a walk near the breakwater at Ogden Park late last summer. Divers were operating from their boat "Abalone" about 50 yards offshore.

"It was complete coincidence the divers happened to show up while I was out there for a walk with my wife, but conditions that day were perfect for photos and the results were impressive," he said.

One shot is of Abalone silhouetted in the Strait of Juan de Fuca with the Olympic Mountains in the background.

"That one was a keeper," says Cranmer.

He plans to create a photographic collage and give it to the dive unit.

"It was a spontaneous day-in-the-life shot of a Clearance Diver. I was there, they were there, and I happened to capture a moment with my camera that nobody else did. It seemed like pictures worth keeping and ones that could tell a larger story or be a keepsake for the divers to have."

Cranmer knows all about life in the navy. He served from 1981 to 1987 as a Naval Weapons Technician. The 58-year-old says sailing aboard ships such as the Mackenzie-class destroyer HMCS Qu'appelle was an experience of a life time.

After serving seven years, he embarked on a career as a transport truck driver. He currently drives for Thrifty Foods and has been with them for the past 30 years.

His father introduced him to photography in his teens

and while attending high school he joined the camera club.

"The school had its own darkroom and I got proficient at developing film," he says.

One career highlight was as a part-time sports photographer with the Victoria Shamrocks lacrosse team in the mid-90s as their team photographer.

These days, his trucking job takes up most of his time, but he always carries a camera, just in case.

"I thought these images of the divers turned out really great and it would be so nice to share them with the people involved. The images might make a good conversation piece or keepsake for the divers to have down the road, and is also my way of letting them know that I am among many people in the community who really do appreciate the work they do."





Kodi Gibson with unnamed mannequin.

You decide - name the Naden gym mannequin

Peter Mallett
Staff Writer

Navy ships have Oscar, the person overboard dummy. The Naden Athletic Centre has...well, an unnamed, non-gendered mannequin used in the pool for water-rescue training.

Kodi Gibson, facility supervisor, and Ron Boyce, Aquatics Supervisor, want a moniker for their dummy, and are looking to the Defence community for ideas.

"As humans, we have a tendency to want to name everything whether it's an inanimate object like a car, a beloved stuffed animal, or a life-sized mannequin," says Gibson. "After Personnel Support Programs staff got into a debate over what to name the new mannequin, we figured it was best to let the community decide."

The contest runs from May 31 to June 17 with the name announced on June 18 after a thorough review of submissions by a panel of judges.

The winning entrant will receive a free fitness consultation and personalized fitness plan designed by PSP staff, a Health Promotions swag bag, and an official certificate of recognition to be displayed at the Aquatics centre.

The mannequin is so life-like "it actually looks like a human being," says Gibson. It stands about five feet tall and weighs 100 lbs when filled with water.

It was bought because of COVID and a need to train in the pool without a real person in need of rescuing.

To enter the contest provide a name suggestion in the comments section on the NAC's Facebook posts promoting the contest. Alternatively, you can email your suggestions to Kodi.Gibson@forces.gc.ca



FOR CFB ESQUIMALT COVID-19 UPDATES:
[LOOKOUTNEWSPAPER.COM/COVID-19](https://lookoutnewspaper.com/covid-19)

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!



Barber / Beards
Massage / Skin Care
Body Waxing /
Clipping

Ask about military specials!



By appointment
Text /Call (514) 577-5371
West Bay Marina Village
453 Head St, Esquimalt

[WWW.NUMANGROOMED.COM](https://www.numangroomed.com)

Wildwood OUTDOOR
LIVING CENTRE



Proudly supporting our local community.

4660 Elk Lake Drive, Victoria BC V8Z 5M1
www.wildwood.express | 250-658-5415



ATTENTION MILITARY!

Ask about our exciting new financing options, with a down payment of \$1000 or even less, and bi weekly payments of \$129! No credit or bad credit? Not a problem.

THEY SAY NO, WE SAY YES!

We do things differently. We always work to get you the best financing with the best lenders with the lowest rates.



sales@usedcarcentre.ca

OPEN 7 DAYS A WEEK
9:30am - 7pm Mon-Sat
Sunday from 11am - 3pm

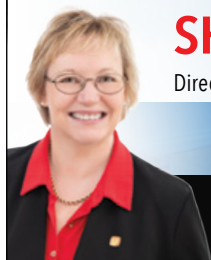
1671 ISLAND HWY

250-590-8221

We are ready for the new normal! Find out more at:
www.usedcarcentre.ca

FOR ALL YOUR NAVY NEWS VISIT
lookoutnewspaper.com

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

**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



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

Motor Vehicle License # : 9594



**CREATIVE SOLUTIONS
THAT PROVIDE RESULTS**

Services We Offer

- Web Development
- Content Creation
- Graphic Design
- SEO/Social Media
- Business Consulting
- Microsoft Training
- MS Project Training
- SharePoint Training
- Adobe CC Training
- And much more

3450 Uptown Boulevard,
Suite 323, Victoria, BC V8Z 0B9
250-508-5774

manny@viwproject.com
www.viwproject.com

WILD



BOOK YOUR GUIDED ADVENTURE

Experience Vancouver Island's spectacular temperate rainforest. One guide with up to six guests, perfect for the whole family.



RAINFOREST TOURS

rainforesttours.ca
250-590-6635



» PROFILE

Kevin Zalba

Arena and Grounds Manager, PSP

A/SLt Wen Guo
Base Administration

It seems like fate that Kevin Zalba would spend his civilian career managing an arena. The former sailor, who joined at 17 in 1981, served 22 years in the navy, retiring as a Petty Officer Second Class.

While he loves the navy, he loves hockey even more.

"I played hockey my whole life and was always around the rink as a kid. I played at a higher level and always enjoyed the competitive nature of being on a hockey team. When I retired from the navy and this position became available, I jumped for this opportunity because I love hockey and I wanted to provide a great facility for people who love hockey too."

Zalba is the Arena and Grounds Manager at the Personnel Support Programs (PSP), leading a team of 13 staff members. His main responsibility is to keep the Wurtele Arena and sports fields in great shape for

the military and Greater Victoria community to use.

"I love working on our ice; we have the best ice in the city and working with an amazing PSP team makes me want to come to work every day of the year."

In addition to the arena, Zalba and his team also take care of the baseball diamonds, outdoor volleyball field, soccer fields on Colville Road, and the tennis court in dockyard.

"My passion for sports motivates me to maintain high standards in all our facilities and various sports fields. I want the best facilities for our members and will do whatever I can to achieve that."

The job has come with additional rewards. In 2019, the base hosted the World Junior Hockey Team offering the arena for their practice as they prepared for the World Junior Hockey Championships in Vancouver and Victoria. His second memorable moment was championing the Memorial Banner that hangs at center ice; a tribute to

fallen members who made a significant impact to the military sports scene. Lastly, a dream for any hockey fan, he celebrated when the new Zamboni arrived after many years of waiting.

"Getting the new Zamboni allowed us to enhance the arena so that it meets the standards of hosting international competitions."

He is quick to credit his wife Michelle for his success in the navy and with PSP.

"I am the kind of person today because of my wife. She inspired me to be the best person I could be. She has the perfect combination of outstanding work ethic and tenacity to handle the ups and downs of being a military spouse. Without Michelle's support, I wouldn't be in a position to be here and serving CFB Esquimalt community."



My passion for sports motivates me to maintain high standards in all our facilities and various sports fields. I want the best facilities for our members and will do whatever I can to achieve that."

– Kevin Zalba, Arena and Grounds Manager, PSP



BMQ GRADUATION CEREMONY

Basic Military Qualification (BMQ) course R0250E graduation ceremony at Work Point on May 25.

Photos by Sailor First Class Mike Goluboff, MARPAC Imaging Services, Esquimalt



Master Corporal Michael Badowski (left) presents S3 Matthew Wellington with the Jody Mitic Trophy award for the Small Arms Firing Highest Score.



PO2 Christopher Cooper (left) presents S3 Nathan McCowan with the Lieutenant-Colonel Arsenault Trophy award for the Highest Score for Physical Training.



PO2 Christopher Cooper (left) presents S3 Raven Goddard with the Lieutenant-Colonel Arsenault Trophy award for the Highest Score for Physical Training.



PO1 Richard Hussey (left) presents S3 Luke Gage with the Best Improvement award.



CPO2 Stephane Melancon (left) presents S3 Andrew Roth with the Royal Canadian Legion Trophy (Best Spirit of Comradeship) award.



Lieutenant-Commander Christopher Maier, Commandant Naval Fleet School (Pacific) (left), presents S3 Colten Hudson with the Commandant's Trophy award for Highest Overall Score.



MARPAC PROMOTION

Lieutenant (Navy) Michael Dery (center), is promoted on May 26 to his current rank by Captain (Navy) Christopher Peschke (left), Chief of Staff of Maritime Forces Pacific (MARPAC), and Lieutenant-Commander Anthony Wright (right), Senior Public Affairs Officer of MARPAC, following the completion of his Basic Public Affairs Officer Course.

Photo by Sailor 1st Class Sisi Xu, MARPAC Imaging Services, Esquimalt



A CH-148 Cyclone from 12 Wing Shearwater lifts off the stern of Harry Dewolf during Phase 4 Shipboard Helicopter Operating Limits off the coast of Nova Scotia on May 22.

Photo by S1 Justin Spinello, AETE IDS, CAF Photo

HARRY DEWOLF SEA TRIALS



Photo by Corporal Simon Arcand, CAF Photo

Counterclockwise from left:

Sailor First Class (S1) Vincent Hébert (left) and S1 Bo Cao load the 25mm cannon with simulated ammunition for a firing exercise on May 3.

Commander Corey L.E. Gleason (right), Captain of Harry Dewolf, observes the action during a 25mm cannon firing exercise on May 6.

Corporal (Cpl) Mackenzie Birks, Master Warrant Officer Ian Manson, and Cpl Carl Chouinard, 12 Wing Shearwater members, stow the anemometer aboard the ship during Phase 4 Shipboard Helicopter Operating Limits on May 23.

S1 Alexandre Laquerre remotely operates the 25mm cannon on May 4.



Photo by Corporal Simon Arcand, CAF Photo



Photo by Corporal Simon Arcand, CAF Photo



Photo by S1 Justin Spinello, AETE IDS, CAF Photo

LOOKOUT Classifieds & Real Estate

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

REAL ESTATE FOR RENT

BEAUTIFUL BELMONT ROAD RENTAL

Completely updated two-bedroom condo, top floor (4th) corner unit facing Royal Roads with ocean and mountain views, new kitchen cabinets with dishwasher and skylight, new 4 piece bathroom. Laminate floors throughout. Laundry in building, close to buses, Juan de Fuca rec centre. Note, there is no elevator in building. \$1,775 per month, includes utilities (heat, electricity, water, garbage) except cable. Pet friendly building - restrictions apply. Contact: jcehirschi@gmail.com

NEW BRIGHT ENTRY LEVEL 1 BEDROOM

New bright entry level 1 bedroom fully furnished suite in Esquimalt available for June 7 for short term stays (1-4 months). Located 5 min walking distance to the Naden Base. Kitchen includes full-sized appliances (dishwasher, range, refrigerator). Bright living room with glass sliding doors that access sunny patio. In-suite washer/dryer. Free on street parking. No smoking, no pets. \$1800/month includes all utilities (incl. Wi-Fi). Contact Katie: ktereid@gmail.com or 250-686-7904.

WALK TO BASE CONDO

Walk to work Condo with sea view in Martello next to Base, available August. All inclusive. Light, modern and homey, corner suite, 1 Bed fully furnished W/D in suite, fully equipped kitchen, granite counters. Secure underground car and bike parking, relax on your private balcony, or shared massive roof deck and watch stunning sunsets over Esquimalt Harbour (and your ship!) Your home from home, includes utilities, Wi-Fi and cable, Ocean and mountain views \$1950/month. Military IR compliant. Contact Wendy wjbeard@consultingwjbe.com



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

The Kindersley Apartments

Large 1 bedroom 1 bath apartment located in the Township of Esquimalt. 15 minute drive to Victoria's downtown core and Inner Harbour. On major bus routes, close to the Galloping Goose Trail, the Red Barn Grocery Store, Esquimalt Plaza and Recreation Centre. Perfect for Military as it located across the street from CFB Esquimalt. 1 year lease required, No Smoking, No Pets. Heat and Hot water included, laundry onsite. Building is a walk-up. Rent is \$1,260.00 a month and available immediately. Parking available at \$30.00 per month.



250-385-8771



BROWN BROS.

A PROUD PART. A CONFIDENT FUTURE.

Ask about our Military Incentive
Move in anytime during May and receive 1/2 month of rent free.

HOUSE SWAP

Halifax Grandma with grandkids in Victoria looking to house swap for 30 day periods. Willing to pet sit. 2 bed 2 bath condo in Halifax to offer.
250-889-1490 shannon.black@forces.gc.ca

MORTGAGE SPECIALIST

Ready for the big move?

Enjoy BMO employee rates on a wide range of mortgage options. No matter where you are moving across Canada, Julie McAlpine is here to help you.

Julie McAlpine, CD
Mortgage Specialist for the Defence Community

250-818-4821
Julie.McAlpine@bmo.com



BMO Official bank of the Canadian Defence Community

REAL ESTATE FOR SALE

POSTED? Let me help!



holly
COURTRIGHT
Real Estate Advisor

Esquimalt Area Specialist
Let me help you make Esquimalt home.

exp
REALTY

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

FOR
CFB ESQUIMALT
**COVID-19
UPDATES**

lookoutnewspaper.com/covid-19

\$1495/MONTH 2 BEDROOM TOP FLOOR SUITE IN ESQUIMALT

Quiet, clean adult building available now. Great location, close to all amenities and downtown Victoria! Near Esquimalt Plaza Shopping Centre, gym, library, Naval Base, and bus routes. Must provide references. Cats allowed.

Please call 250-888-1212
between 9AM-4PM (no texts)

**FOR
RENT**



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

THE LATEST RELEASE FROM

CANADA'S ULTIMATE STORY



CANADA AND THE BRUTAL BATTLES of the SOMME

This 100-page quality, oversized keepsake special edition is filled with intriguing and compelling stories, rarely seen photography and breathtaking illustrations.

PUBLISHED BY
CANVET

**NOW
AVAILABLE
ACROSS
CANADA!**

The Battle of the Somme lasted 141 days, from July 1 to Nov. 18, 1916. It levied more than a million casualties and stands among history's most notorious battles. For the Canadian Corps, the Somme was a coming of age, setting the stage for their seminal victories to follow. Get your special edition now!

**ONLY
\$14.95**
+ applicable taxes

NOW AT THESE FINE RETAILERS

Chapters

Indigo

COLES

Walmart

**SHOPPERS
DRUG MART**

AND OTHER FINE RETAILERS OF MAGAZINES

Order today! Go to canadasultimatestory.com or call toll-free 1-844-602-5737

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

