



ISLAND OWNED AND OPERATED SINCE 1984.

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

CHECK OUT OUR NEWLY RENOVATED ESQUIMALT STORE



Français aussi !

CapitalParkDental.com Suite 110, 525 Superior St, Victoria



As a military family we understand your cleaning needs during ongoing MOLLY MAID service, deployment and relocation.





# RCN TEAM CROWNED CYBER SECURITY CHAMPION

#### Peter Mallett Staff Writer

A team of Royal Canadian Navy (RCN) cyber security experts emerged victorious at this year's Cyber Flag 21-2 defence exercise.

Cody Cools-Lartigue

Locally, S1 Brian Michalski, a Naval Communicator in *HMCS Vancouver*, and Cody Cools-Lartigue, a civilian Base Information Services (BIS) employee, were among the 19-member team declared champions of the annual competition hosted by the U.S. Department of Defense.

The navy contingent were among 430 cyber professionals who competed from across the U.S. military's joint services, other agencies, and international partners.

Canadian Armed Forces teams also captured second place in the competition, with a team of Canadian Army Reserves and another from the Royal Canadian Air Force, both augmented from branches of the Department of National Defence, finishing the competition tied.

Teams competed virtually inside the U.S. Cyber Command's webbased Persistent Cyber Training Environment in one of two nine-day cohorts, June 7 to 25.

Each team was judged on their ability to thwart an unknown adversary or adversaries' attack on their team's network. They analyzed security intelligence regarding threats and malicious actors, conducted mission planning, deployed to the compromised network, detected the malicious activity, and recommended response actions.

To deal with their cyber threat, the RCN team was divided into two sub groups, with its Blue Cell performing incident response and attempting to eradicate the threat from their network, while members of its White Cell oversaw the mission direction and provided technical support to affect change on the network. S1 Michalski was part of Team 15's Blue Cell. Cools-Lartigue was a member of Team 15's White Cell. He specializes in IT infrastructure and server engineering for the Department of National Defence.

Cools-Lartigue and S1 Michalski said the victory came as a surprise. S1 Michalski was home doing dishes and listening to the exercise debriefing in the background when he heard the news they were champions.

"I almost dropped my plate; I couldn't believe we had won with all the constructive critiques our team had been receiving," he says.

Many of the skills used in the exercise are ones he uses regularly aboard *Vancouver*, whether it's identifying potential threats or providing assistance and advice to the fleet's command teams.

Lt(N) Courtney Williams, a Naval Combat Systems Engineering Officer who works remotely from Victoria for the Canadian Surface Combatant Project Management Office, was also a member of the Team 15's Blue Cell.

They were quick to receive congratulations from U.S. Army General Paul M. Nakasone following their win.

"Cyber flag tested the best and brightest cyber protection teams," he said. "This exercise assessed their tactical cyber skills while collectively improving our cyber resiliency."

RCN Commodore Matthew Bowen, vice J5 Multinational Partnerships and Integration at Cybercom, accepted the award on behalf of the RCN.

### **Team 15 Members**

#### White Cell

Team Controller: 1 Lt(N) Joey Lord Team Controller 2: CIV James Ennaffati Mission Owner 1: LCdr Scott Brousseau Mission Owner 2: Lt(N) Robin Grant Local Network Defender (Primary) (POC): CIV Cody Cools-Lartigue Local Network Defender (Secondary): A/SLt Shaun-Ross Woon-Jamieson Embedded Observer 1: CIV Don Dorey Embedded Observer 2: LCdr Matthew Bowman **Blue Team** 

Team Lead: Lt(N) Stéphane Chami

Team Mbr: SLt Michael Rodgers Team Mbr: CIV Roger Payne Team Mbr: MS Alexander Plevako Team Mbr: MS Alexander Plevako Team Mbr: S1 Tyler Despatie Team Mbr: S1 Tyler Despatie Team Mbr: PO2 Dario Garcia Team Mbr: S1 Aaron Hirtle Team Mbr: CIV Mimi Kolomyytsev Team Mbr: S1 Brian Michalski Team Mbr: Lt(N) Courtney Williams

HUDSON SUPPLIES is proud to be a partner with Soldier On – Sans limites. For each purchase of Hudson<sup>™</sup> products at participating Canex stores, we will make a donation to Soldier On – Sans limites.

For more informations, please visit: canex.ca soldieron.ca





## **HMCS Fredericton returns to European waters** for Operation Reassurance deployment



#### **Ryan Melanson Trident Newspaper**

Much like other ship departures that have occurred in the COVID-19 pandemic era, there was little fanfare on July 24 as HMCS Fredericton prepared to slip Jetty NB and head out for a six-month deployment with Standing NATO Maritime Group 1.

The ship's company was joined by a small group of colleagues and Maritime Forces Atlantic leadership, along with The Honourable Arthur J. LeBlanc, Lieutenant Governor of Nova Scotia, and his wife Patsy LeBlanc.

The larger group of supporters, including friends and family members, settled for tuning in on Facebook live to see the ship off, rather than filling up the jetty for last minute hugs and cheers as usual.

"We're still in the middle of a pandemic, and it's still a tough time to go out and complete this type of mission," said RAdm Brian Santarpia, Commander MARLANT and JTFA, prior to the ship sailing.

He highlighted that the deployment marks

the 16th rotation since 2014 for Operation Reassurance for the Royal Canadian Navy (RCN). The mission began as part of NATO's response to Russian aggression and destabilization in Eastern Europe

Fredericton most recently deployed to the same mission in early 2020, returning to homeport in Halifax last summer. The ship was struck by tragedy during that deployment when its embarked CH-148 Cyclone helicopter crashed into the Ionian Sea, resulting in the loss of six crew members.

While the event weighs heavily on the entire RCN and CAF community, RAdm Santarpia lauded last year's Fredericton crew for their resiliency and successful completion of their mission, while expressing confidence that the ship's new crew, under the leadership of Cdr Drew Graham, are ready for the task.

The crew of Fredericton was 100 per cent switched out in the months following the ship's return last year, and the Commanding Officer noted his current ship's company has worked tirelessly through countless hours of training validations and other requirements to achieve the proper readiness level.

"It was an amazing feat to have this team come together and be completely ready in less than 12 months to go out the door for a major deployment," Cdr Graham said.

The deployment will involve maintaining a maritime presence for NATO in the Baltic and North Sea, as well as improving interoperability with NATO allies.

Any major deployment of this type also offers huge benefits to sailors in progressing through their careers and becoming experts in their fields, RAdm Santarpia added.

"The ship comes back better. Those sailors come back full of experience and ready to take on the next part of their career. This is why we have an entirely new crew from last year; we want to share that experience around, to make sure we have even more sailors who can reach high knowledge levels and skill levels."

Once *Fredericton* arrives in the Baltic Sea region, it will assume duties as the flagship of SNMG1, which is currently led by Canada under the command of Cmdre Bradley Peats, RCN.

#### **OPEN EVERY DAY • NO LIMITS • PLENTY OF PARKING**



• GLANFORD AVE (NORTH OF VANALMAN)

• QUEENS AVE (DOWNTOWN OFF DOUGLAS)

• **QUADRA ST** (SOUTH OF MCKENZIE)

bottledepot.ca 250-727-7480

## 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







## **BOOK YOUR GUIDED ADVENTURE** Experience Vancouver Island's spectacular temperate rainforest. One guide with up to six guests, perfect for the whole family.



# 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

EDITORIAL ADVISORS

 Lt(N) Michelle Scott
 250-363-4006

 Rodney Venis
 250-363-7060

Published each Monday, under the authority of Capt(N) Jeff Hutchinson, Base Commander. Le LOOKOUT est publié tous les lundi, sous l'égide du Capt(N) Jeff Hutchinson, 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 plublicitaires pour adhérer Manuel des politiques des PSP. Les opinions et annonces exprimées dans le journal ne réflètent pas nécéssairement le point de vue du MDN.



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



## Ask the Expert: Dealing with my COVID-"19"



I have worked from home for over a year because of the pandemic. In addition, I have limited my travelling to essential places such as medical appointments and grocery shopping. Something I have not changed is my exercise routine that involves a combination of running, cycling, and weights. Despite this, I have somehow put on 10 unwanted pounds. If the pandemic lasts another year, I could end up 19 pounds heavier than I want to be.

Any idea why I'm gaining weight and any suggestions on how to avoid putting on my COVID "19"?

Congratulations on maintaining your fitness program during the pandemic. Unfortunately, weight gain during this pandemic is a common and concerning experience that could have long term negative consequences for people's health. This pandemic-related weight gain can be related to multiple factors such as:

- Lack of access to exercise facilities and equipment;
- Limited time to exercise because of additional responsibilities such as home schooling and child care;
- Loss of motivation as the pandemic drags on and people get discouraged;
- Lack of exercise partners challenging for people who prefer to stay fit playing team sports;
- Decreased competitive opportunities – competition can be a powerful motivator to exercise; and
- A reduction in people's daily volume of low level activity.

This last factor is ambushing many people like yourself who have faithfully continued their normal exercise routine and find themselves gaining weight.

Research shows that during the pandemic, many people are sitting an average of 75 minutes more per day. This loss of low intensity physical activity can add up to a lot of unburned calories especially when it occurs for a prolonged period of time. The problem is this reduction in activity level is so minor many people don't realize it is happening. Now that you know this loss of low level physical activity is occurring, here are some "Get More Active" strategies you can use to avoid developing your COVID "19":

- Increase the amount of time you spend exercising;
- Reduce your calorie intake;
- Try doing things the 'hands on' way – turn off your dishwasher, park your riding lawnmower, shelve your Roomba, etc.;
- Regularly get up from your work station and move around your home. Set reminders if you need to or walk through your entire house before and after going to the bathroom;
- Increase the low level physical activity in your day – do more house and yard work, walk your dog farther than you normally do, use a bike to do local errands, plan activity adventures with your children, have a family dance party, etc.; and
- Use a 'wearable' device (i.e. Fitbit, Apple watch, etc.) to remind yourself how much you have or have not moved during your workday.

The bottom line: the pandemic has reduced the amount of low level physical activity in many people's lives and this can lead to unwanted weight gain and future health problems. Now that you know this is happening, try the above "Get More Active" strategies to help you avoid gaining your own COVID "19". Movement is medicine.

#### Dr. Darrell Menard OMM MD, Dip Sport Med

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

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



# The MORTGAGE Centre

Finding the right home is hard. Finding the right mortgage is easy.

Phone 250-391-6191 • Fax 250-391-6192

103-719 McCallum Road, Victoria, B.C. V9B 6A2

CONVENIENT LOCATION ACROSS FROM HOME DEPOT BELOW COSTCO

## Thinking about consolidating consumer debt?

Now may be the time as mortgage rates are low. Give us a call for current rates and options! Rates subject to change without notice

#### Photo by Cpl Lynette Ai Dang, HMCS Calgary Imagery Technician

# 'TABATURDAYS' ON HMCS CALGARY



#### Capt Jeff Klassen HMCS Calgary

Two sailors in *HMCS Calgary* are hosting a different type of workout class on ship. It's called Tabata, a form of high intensity interval training that uses many small sets of a widevariety of exercises.

"The most interesting thing about Tabata is that it incorporates all different types of exercises. Whether its weight training, cross fit, cardio, marital arts – you can include anything," says Sailor First Class (S1) Logan Hunder, who hosts the Tabata classes with S1 Michael Moores.

The two sailors met when they were at the same PAT platoon in Esquimalt in 2018 and bonded over their shared interest of eating healthy, fitness, and trying new things. They were posted to the same ship twice, most recently to *Calgary*.

The Tabata classes started in 2020 when *Calgary* sailed for 50 continuous days on an Operation Laser deployment during COVID-19.

"At that point, we didn't know how long we were going to be at sea, so we wanted something that would help motivate us so we could sustain an interesting and useful fitness routine," says S1 Hunder. "It works because it allows us to continue to try new and interesting routines."

Each Tabata class involves 14 different exercises, and these change every class. At the class, everyone pairs up and starts with two exercises. They do 60 seconds of working out, and then 20 seconds rest, three times for each exercise. This is followed by a 60 second rest before swapping to another exercise. There are seven pairs of exercises in total making for one heck of an intense hour-long workout.

*Calgary* now hosts Tabata Tuesdays, Tabata Thursdays, and Saturdays have become 'Tabaturdays'. Because the ship is currently on Operations Artemis and Projection in the warm Indo-Pacific and Middle East, they usually host classes as early in the day as possible on the flight deck.

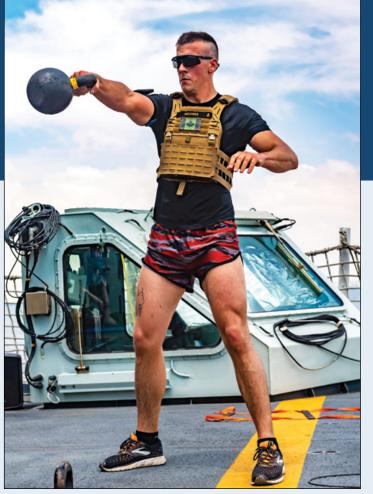
Every class has a new theme. For example, there was a superhero theme where the exercises included a Superman pose core exercise; a Wonder Woman lasso exercise where a person had to pull around an 'Oscar' dummy with a rope; and a Thor's hammer exercise that involved pounding a pontoon with a hammer. The soundtrack for the classes were superhero themed songs. Another Tabata class theme was heavy metal, and not just the music – each exercise involved a steel plate.

"They put so much work into this it's amazing – and they do it all on their own time inbetween watches. It's great to see this kind of effort and enthusiasm in our junior ranks," said Chief Petty Officer First Class Rick Derkacz, *Calgary's* Operations Room Chief and weekly Tabata class goer.

Why do they put so much effort into it?

"When I joined the military I was out of shape but I met people, learned a lot from them, and eventually I became really into fitness and now I want to share that experience with others," says S1 Moores. "Group fitness is a way to make getting into shape and learning about fitness manageable and it helps hold you accountable because others are there to cheer you on. It's just a great feeling helping others."

Calgary is currently on Operation Projection and participating in Exercise Talisman Sabre. The ship has been deployed since February 2021 and is expected to return to Esquimalt in September.



Sailor First Class Michael Moores works the kettlebell.



Sailor First Class (S1) Michael Moores and S1 Logan Hunder lead Tabata workout classes on the ship's flight deck to improve the physical fitness and well-being of the ship's company during their deployment.



## **Busy Life of Naval Warfare Officer IV Students**

## HELICOPTER HOISTS, **MANOEUVRES & PILOTAGE** RUNS



Above: Naval Warfare Officer IV students conduct a flag hoist. Below: A Cyclone helicopter exercised with the Orcas, doing helo hoists.

#### **SLt Wilson Ho UPAR - HMCS Vancouver**

Students of Algonquin Division, Naval Warfare Officer (NWO) Course Phase IV were hard at work the last two weeks, day and night, honing their skills in their final phase of training prior to graduating the course.

All core crew and students tested negative for COVID-19 prior to embarking on three Orca Class Patrol Craft Training vessels for the sea phase that ran from July 14 to 28.

Spread out between Orca 55, Grizzly 60, and Moose 62, students conducted navigation training around the Southern Gulf Islands. Accompanied by three five-day courses of NWO II students, the Algonquin NWO IV students conducted flag hoists in Constance Bank, multiple pilotage runs, manoeuvres in the Strait of Georgia, and formation steams, cumulating their training with a helicopter operations exercise with Stinger 20, a CH-148 Cyclone based out of 443 Maritime Helicopter Squadron in Patricia Bay, Victoria.

This was the first time an Orca Class vessel and a Royal Canadian Air Force asset worked together since the start of the COVID-19 pandemic, which affected millions of people worldwide.

Students were exposed to challenging situations and were consistently mentored throughout the course by experienced bridge watchkeepers from the fleet. All of them were successful in passing the sea phase.

Of course, one cannot navigate through the coastal waters of beautiful British Columbia without enjoying the scenery. Therefore, students planned and executed an anchorage run in Tribune Bay, by Hornby Island, where they got time off for a swim exercise.

Additionally, to raise morale during the sea phase, a friendly biscotti bake-off was coordinated between one of the bridge watchkeepers and all the chefs on board the three Orca Class vessels. There were no winners, as all the bakers produced delicious treats.

"I was once again impressed with the resilience and determination of all students and crew," said Lieutenant-Commander Erik Poirier, Executive Officer of Patrol Craft Training Unit, and also the Officer in Tactical Control of the three Orca Class vessels. "Whether responding to calls for assistance, or standing watch, there was an eagerness for greater responsibility, assuring me that the future of the Royal Canadian Navy is in good hands."

Now that they have completed their final sea phase, the students will head back to Naval Officer Training Centre Venture to challenge their NWO IV Board and complete Damage Control School training before officially heading off to either Canadian Pacific Fleet or the Canadian Atlantic Fleet to join their first warship.







**SCHOLARSHIPS** FOR MILITARY **AND VETERANS.**\*

WWW.SPROTTSHAW.COM VICTORIA: 250-384-8121

## QUICK ALL-DAY BREAKFAST & LUNCH



AVAILABLE!

LOCAL BUSINESS



# SOLDIER ON HOSTS PADDLEBOARD CAMP



#### **Peter Mallett** Staff Writer

With the pandemic subsiding, Soldier On is back on track to further its mission to help ill and injured military members and veterans on their road to recovery.

In Victoria, six people climbed atop paddleboards on Thetis Lake on July 20 to learn the recreational activity. Instructors Marc Hellman and Krista Vass led the training.

'A few members were nervous at first about the balance involved to stand up [on the paddleboard] but were easily able to overcome this, and then were excited to be out on the water," says Vass.

Forces (CAF) that contributes to the recovery of event planned for September. Meanwhile, in August ill and injured CAF members and veterans by providing opportunities and resources through sport,

recreational, and creative activities. The program is managed by Canadian Forces Morale and Welfare Services.

"Based on my personal experiences, I can't think of a better organization to support than Soldier On," says Vass. "It was important for me to be able to share the combination of mental wellness and physical activity with others through paddle boarding as I can offer an experience and opportunity through this activity to leave whatever is bothering you on the shoreline.'

Soldier On Regional Coordinator Nicole Wray has more Soldier On Camps in the works. She is organizing a two-day fly fishing workshop for the Victoria region, and encourages Soldier On Soldier On is a program of the Canadian Armed members to stay tuned for an upcoming creative members in the Comox/Courtney region will participate in Yoga sessions and a golf camp.

For more information about their programs visit www.soldieron.ca, or connect with Soldier On through Facebook, or email SoldierOnBC-CBSansLimites@forces.gc.ca

## FOR CFB ESQUIMALT COVID-19 UPDATES: LOOKOUTNEWSPAPER.COM/COVID-19



## I Stage and I Sell!



www.shellyreed.com #150-805 Cloverdale Ave., Victoria, B.C. V8X 2S9 250-384-8124 Pemberton Holmes

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



### **Does Your Mortgage Need a Check-Up?**

Whether your mortgage is up for renewal or you are considering a refinance, with over 21 years of experience in mortgage lending, I can provide you with your ideal situation.

We are proud supporters of Mortgage Broker those who serve.

SUMMIT

www. millermortgages.com | 250.858.8489



- Liver detox support
- Digestive support
- Chronic conditions

David Shaw, Medical Herbalist - c.N.C











## Kamloops native returns with Canadian Armed Forces to fight wildfires

Master Corporal (MCpl) Brendan Collins returned to his hometown July 24 to help battle the raging wildfires in the region.

He serves as a medical technician in the aircrew of a CH-146 Griffon rescue helicopter that augments national search and rescue capability and allows him to engage in medical evacuation operations.

"It feels good to be back in Kamloops helping out a bit and having the opportunity to help anybody, medically, during evacuations," he says.

He enrolled in the infantry with the Rocky Mountain Rangers after graduating from Kamloops Secondary School in 2003. Following eight years of service as an infanteer, and two tours in Afghanistan, MCpl Collins pursued an interest in healthcare and transferred into the Medical Technician trade where he specializes in aviation medicine at 417 Combat Support Squadron, Cold Lake, Alberta.

The CAF has currently deployed several aircraft and approximately 50 members to Kamloops, B.C., to support the B.C. Wildfire Service by providing air mobility of personnel and firefighting equipment, as well as evacuation services to communities threatened by wildfire activity.

Photo by Cpl Jay Naples, MARPAC Imaging Services, Esquimalt



## **CREATIVE SOLUTIONS** THAT PROVIDE RESULTS

## **Services We Offer**

- Web Development 
   SEO/Social Media Business Consulting
- Content Creation
- Graphic Design
- Microsoft Training MS Project Training

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

 SharePoint Training Adobe CC Training And much more

manny@viwproject.com www.viwproject.com



## CAF Harassment Prevention Centre of Expertise Sets Course for Policy Changes

#### DND

A modern force requires policies that reflect the realities of our ever diversifying work environment. With an impetus on providing increased accountability and the guarantee of a safe workplace for all members, modernizing a harassment policy that has remained largely unchanged since the 1990s is a priority for Canadian Armed Forces (CAF) leadership.

The CAF Harassment Resolution and Prevention Centre of Expertise (CoE) has already begun the process, tasked by the Vice Chief of the Defence Staff to oversee this policy rethink.

To ensure that project milestones are clearly articulated and transparent, the CoE has created a modernization placemat, implementation plan, and engagement plan that maps out the underlying process and the route to these changes.

With an approach that puts the needs of the user at the forefront, the CoE will ensure that planning addresses the recently created two streamed Defence approach: CAF Harassment Prevention & Resolution (DAOD 5012-0) and Public Servant Employee Workplace Harassment and Violence Prevention (Canada Labour Code, Part II, ((Bill C-65)).

In order to address the current culture and climate within the CAF, modernization will begin with immediate updates to the Harassment Prevention and Resolution Instruction Guide (HPRI), the Responsible Officers (RO) Guide, and all Harassment Prevention tools and templates.

This will ensure synergy with likeminded Government of Canada regulations, the Canada Labour Code and its applicability to a CAF member when a situation arises with a Public Servant employee.

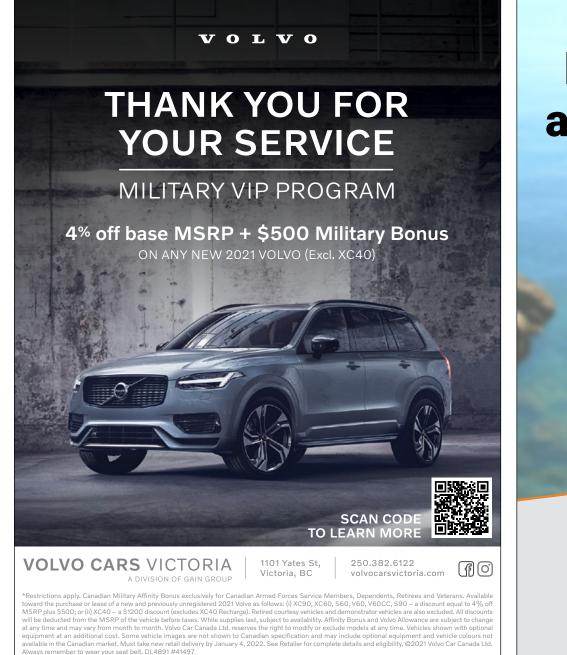
It is anticipated that the HPRI and RO guide will be ready for release by Fall 2021, while support materials, such as downloadable form templates and tool kits via the Integrated Conflict and Complaint Management (ICCM) intranet site.

Related improvements are being made to Harassment Advisor (HA) training that will increase the CAF's capacity to assist members. In order to adapt learning options to meet the high demand for HA training, as well as cope with current restrictions, course delivery options are being expanded from a one week in class session to a virtual classroom setting.

Under a more flexible course format, candidates will be given two weeks to complete self-directed modules, followed by virtual classroom scenarios that will expand and illustrate the policy, and a final exam. A successful training pilot was launched in May 2021 with a group of 16 students. Feedback from this pilot will be used to hone the content and delivery of the course for future iterations.

Modernization of the CAF Harassment Prevention and Resolution Policy ensures that users of the policy, our members, leaders, and Defence Team colleagues alike will benefit from regulations that put people and workplace wellness at the forefront. This is a member policy, one that fuels the desire for change and cultivates the need to create a program, not just a policy that enables CAF members to trust that the system will work for them when they need it most. To stay up to date with updates and changes, visit ICCM online: http://intranet. mil.ca/en/organizations/vcds/iccmharassment.page

**\*NDP** 



# Here to provide the assistance you need.

Contact my office with your questions about:

- Phoenix payment issues
- Veterans Affairs Canada
- Service Canada and CRA
- Local and provincial contacts
- Immigration-related issues
- Federal COVID-19 benefits for individuals, businesses, non-profits.

## Laurel Collins MP for Victoria

Laurel.Collins@parl.gc.ca 250-363-3600 f /CollinsLaurel Caurel\_BC @@alaureIndp

đ

10 • LOOKOUT

## lookoutnewspaper.com



**U-LOCK** selfstorage.ca

✓ Residential and Commercial storage ✓ Award winning, modern facility
 ✓ Individually alarmed lockers ✓ Easy monthly rentals
 ✓ Heated lockers ✓ Easy access
 Island Highway, 250-478-8767

# Now Hiring!

- Health spending account
- Free eye care, eye wear
- and discounts
- Paid Vacation
- Continuing Education

## OPTICIAN / DISPENSARY ASSISTANT

### Qualifications & Skills we are looking for:

- Able to positively assist patients with frame and lens selection
- Experience understanding and/or working with optics and manual lensometer.
- Skillfully adjust, fir, measure and repair different types of eyewear
- Answer phone calls and schedule appointments
- Provide exceptional customer service by interacting with clients and troubleshooting
- Ability to verify several lens types for quality and accuracy
- Able to work in a fast-paced

\*This is not a "lab only" position. Candidate required to assist clients face to face.

Wage based on experience and additional training provided to the right candidate.

Availability to work evenings and/or Saturdays as required.



To apply, email us at drjoslin.moring@shaw.ca

## Auto Hobby Club set up for successful year

ESQUIMAL

At the CFB Esquimalt Auto Hobby Club annual general meeting on March 27 members discussed and voted on changes to the club that set it up for a great year. Members voted on updates

to policies and the fee structure, as well as absorbing the assets of the former motorcycle club. Now, membership in the Auto club offers not only the opportunity to work on cars, ATVs, and other vehicles, but also enables access to two different bike hoists.

A new membership option was

introduced allowing those who wish to try out Club facilities, or have a short-term project in mind, to acquire a week-long membership if sponsored by an existing member.

There are two custodians on hand to help members find the tools they may need, as well as answer questions about the shop and its safety policies.

If you would like to join the Auto Club, you can purchase a membership at the Colwood Pacific Activity Centre in Colwood, or by calling 250-363-1009. More information can be found at facebook.com/CFBESQAutoClub



## BMO launches Celebrating Women Grant Program

BMO, in collaboration with Deloitte, has launched the BMO Celebrating Women Grant Program. Ten women-owned businesses will each receive a \$10,000 grant, and an additional eight will receive a \$2,500 grant for their business.

Do you know any woman-owned businesses who could apply? Applications for the grant program opened Monday, July 26 and will close on

Friday, Aug. 13, at 11:59 pm ET. For more information, visit https://bmoforwomen.com/celebrating-women/ bmo-celebrating-women-grant-program/

## Support our Tour de Rock rider

My name is Corporal Michael Smith and I'm proud to represent the Military Police again in the 2021 Canadian Cancer Society Cops 4 Cancer Tour de Rock.

Being both a military member as well as a police officer, commu-

nity involvement is essential. I've had the pleasure of representing the Canadian Armed Forces, CFB Esquimalt, and the Military Police during past Tour de Rock events and I'm excited to do my part for the community I now call home.

Cancer has effected my life, just like it's effected many others and I'm eager to raise funds for pediatric cancer research.



What is Tour de Rock? Well it's the biggest community event on Vancouver Island. Spanning over 1,000 kilometers and visiting more than 27 communities from Sept. 20 to Oct.1, with 80 per cent of funds raised from Tour de Rock going towards

Pediatric Cancer research and 20 per cent to Camp Goodtimes.

A more in-depth look at Tour de Rock can be found at TourdeRock.ca. I ride for the kids, I ride to fight can-

cer, and I ride so no one has to do this in the future.

No donation is too big or too small. Thank you for your support!

https://support.cancer.ca/site/TR/ Cops%20for%20Cancer/?px=1297905 5&pg=personal&fr\_id=27810

ia Weedn

STARRING

FEATURING

# Navy's In-Out Routine Signature Sheet digitalized to modernize and save time

#### **Royal Canadian Navy Public Affairs**

Sailors will no longer have to spend hours tromping around trying to get signatures on paper to transfer in and out of Canadian Forces Bases (CFB) Esquimalt and Halifax.

The Royal Canadian Navy's (RCN) In-Out Routine Signature Sheet has been digitalized.

"The old in-out routine process was labour intensive and required the transferring member to fill out a paper form and take it from one section to another, both at the losing unit and at the gaining unit, to complete the process," explains Commander (Cdr) Dan Thompson, a Digital Program Manager with the RCN's Digital Navy organization. "As the process moves through all the sections, officials at each section had to update data in several systems to reflect the transfer process."

At the request of CFB Esquimalt's Base Commander at the time, Captain (Navy) Sam Sader, the Digital Team began looking at ways to simplify the process using the newest technology.

"When we initially started, we wanted to modernize the routine...(to) see how any DWAN (Defence-Wide Area Network) applications could assist in digitizing the process," says Cdr Thompson. "The Base Commander wanted a more modern process for personnel posted in or out of CFB Esquimalt vice having to walk around the base looking for offices to find signatures. Ironically, this project started prior to COVID-19 restrictions, but the team was able to continue its efforts through the use of teleconferencing."

It would have been nearly impossible to automate the overall in-out routine process from all sections

into a single solution without causing huge disruptions across the navy and other government sections, according to Cdr Thompson. As well, some of those systems are already slated to be updated or replaced as part of other projects.

He says digitalizing this part of the system will save time and allow sailors to focus more on other things during this hectic period.

"It's quicker, with less need for face to face, and reduces the waiting time at the various stations," says Cdr Thompson. "It can be initiated by the member from their personal email and be tracked as it goes from station to station. It also provides the member a checklist of meetings that they are required to book, such as Base Clothing Stores for example, where they are issued controlled items."

#### **HOW IT WORKS**

The member fills out the In-/Out Routine Member Data Entry PDF form, accessible from either a DWAN or personal computer, and emails it to the Base Orderly Room in Halifax or Esquimalt.

Using the data in the member's submission, the respective Base Orderly Room creates a new PDF with digital signature blocks enabled. The new PDF is uploaded to the In-/Out Routine area of the base's SharePoint website-based collaboration system. Each section on base that is required to sign the member's form now does so digitally via SharePoint, freeing the member from the time-consuming process of walking from section to section to have his or her form signed manually

An automatic email is generated for the member notifying them that the Base Orderly Room has started



processing the In-/Out Routine request and that they will receive the finalized signature sheet when all sections have signed it. It also goes back to the respective Base Orderly Room for final administration.

"The current solution will facilitate RCN members transferring in or out of Halifax or Esquimalt bases only," says Cdr Thompson. "The anticipated volume is 2,000 to 3,000 members per year including Regular and Reserve forces."

#### **NEXT STEPS**

In the next phase of this product, the Digital Team is planning to include all units of both bases that report up to the formation commanders into the solution.

"This will make the product more inclusive and will be used by a wider range of personnel and sections of the Navy," explains Cdr Thompson. "Other Canadian Armed Forces elements, including the Royal Canadian Air Force and Canadian Army, have expressed interest in this solution to replace their own in/out routine process."

THE NATIONAL STAGE COMPANY OF CANADA PRESENTS 2021 | 22 INAUGURAL SEASON "A greeting card come to life musical with a profound STARRING FEATURING statement of self-belief overcoming all obstacles." CELEBRATED INTERNATIONAL Daily Variety **RECORDING ARTIST CANADIAN PIANIST** & ACTRESS MORRISSEY LEINA DUNN DEBOER AND THE DREAM MAKER Based on the international popular A MUSICAL FOR THE WHOLE FAMILY! **NOVEMBER 3 Opening Night Prer** iere **EXCLUSIVE WEST COAST TOUR - OCTOBER 2021** (8:00 pm performa NOVEMBER 4 & 5 (8:00 pm performances) **NOVEMBER 6 Canadian Performing Artists** (2:00 & 8:00 pm performances) A MUSICAL EVENING CELEBRATING THE FIRST LADY OF SONG SAMANTHA MADILL as Flavia & COREY MCEWEN as Jack Dave Dunnet Theatre Ella Fitzgerald 2121 Cadboro Bay Road, Victoria, B.C. TICKETS: JESSICA PAXMAN as Mama, \$31.50 - \$63.00 + service charges JEN WILDE as Mammo, McPherson Box Office FOR ALL TOUR LOCATIONS, DATES, TIMES & PRICES AUBREY COBHAM as Luigi, Tel: 386.6121 | 1.888.717.9121 PLEASE VISIT: www.nationalstagecompanyofcanada.com Online: rmts.bc.ca & LIAM RAHME as Willie

12 • LOOKOUT



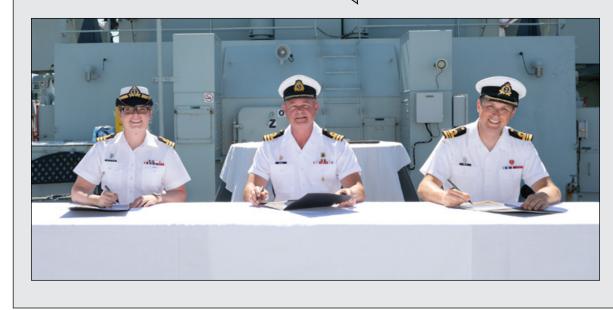


## PATROL CRAFT TRAINING UNIT

Commander Lawrence Moraal (centre), Commander Coastal Forces; Lieutenant-Commander (LCdr) Kristina Gray (left), Outgoing Commanding Officer Patrol Craft Training Unit (PCTU); and LCdr Ryan DeForest, Incoming Commanding Officer PCTU, participate in the ceremonial signing at the PCTU Change of Command Ceremony on July 22.



## CHANGE OF COMMAND



## **HMCS BRANDON**

From left to right, Commander (Cdr) Maude Ouellet-Savard, Cdr Lawrence Moraal and Lieutenant-Commander Michael Wills sign the formal Change of Command certificates during the HMCS Brandon Change of Command Ceremony on July 19.

Photo by S1 Sisi Xu, MARPAC Imaging Services, Esquimalt



MS Adena Ward is promoted to her current rank by Lt(N) Maxime Bergeron and Captain (Navy) Jean Ouellet, Commander Canadian Submarine Force.



Major Jon Brotherton, Officer Commanding Real Property Operations Unit (Pacific) - Section Esquimalt, presents Sergeant Carolyn Miller with her Canadian Forces' Decoration Second Clasp.



## **CHANGE OF COMMAND**



## 443 MH SQUADRON

Lieutenant-Colonel (LCol) Kevin Leblond, Incoming Commanding Officer (CO) (right); Colonel Patrick MacNamara, Presiding Officer (center); and LCol Ryan Sexsmith, Outgoing CO (left), sign the official certificates during the 443 Maritime Helicopter Squadron Change of Command ceremony on July 21.



Lieutenant-Commander Christopher Maier, Commandant Naval Fleet School Pacific, presented certificates of completion of the Naval Communicators' Communications Information Systems and Networks Supervisor Course 0015 on July 20.

Photo by S1 Kendric Grasby, Canadian Armed Forces Photo



Master Sailor Julie Alonso receives a certificate of completion.



Master Sailor Cory Dean receives a certificate of completion.



Petty Officer Second Class Kraig Halmer receives a certificate of completion.



Master Sailor Mikhail Joukov receives a certificate of completion.



Master Sailor Jean-Luc Larocque receives a certificate of completion.





Lieutenant (Navy) Triston Robertson, Information Warfare Officer (left), presented Certificates of Military Achievement during the Junior Communication Information Systems and Network Operator course, session #0005 graduation ceremony on July 26.

Photos byS1 Mike Goluboff, MARPAC Imaging Services, Esquimalt



Sailor Third Class (S3) Chloe Schriemer receives a Certificate of Military Achievement.



S3 Minocher Vesuna receives a Certificate of Military Achievement.



S3 Jason Champagne-Rochard receives a Certificate of Military Achievement.



S3 Andrew Dzenekoj receives a Certificate of Military Achievement.



S3 Kasra Karimi receives a Certificate of Military Achievement.



S3 Nathan Syrnick receives a Certificate of Military Achievement.



S3 Ernest Cholakis receives a Certificate of Military Achievement.



S3 Logan Friesen receives a Certificate of Military Achievement.



Sailor First Class Justin Lebouthillier receives a Certificate of Military Achievement.



Sailor Second Class Frederic Yergeau receives a Certificate of Military Achievement.



S3 Chloe Schriemer receives the Top Student award.





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

## SERVICES

**BIG BROTHERS BIG SISTERS** Of Victoria and area. Free clothing collections services. Protecting the environment and supporting local kids for over 20 years! Reduce, repurpose, do good. Drive thru donation station open 7 days a week, 10am-6pm at 230 Bay St. bbbsvictoria.com

## **REAL ESTATE FOR RENT ONE BEDROOM FOR RENT** AVAILABLE NOW

On Lagoon Road, one block away from Esquimalt Lagoon. \$1,000 monthly, everything includes Hydro, Hot water, Washer/Dryer, Cable, WiFi and Free Parking. Contact 250-391- 1255(h); 778-678-1255(cell), elmerb60oamil@yahoo.com

### **VOLUNTEER CALLOUT**



Find us on Facebook: LookoutNewspaperNavyNews

## Have you ever had a pet? Have you ever wanted one?

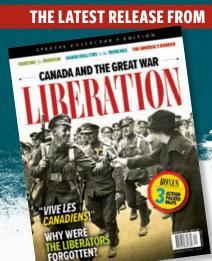
250-478-9584

www.visafetycouncil.com

An endearing story about a very special cat, George will touch your hearts and show you how powerful the love of a pet can be.

a

Partial proceeds from each book sale are donated to animal rescue





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

CANADA'S ULTIMATE **STORY** PUBLISHED BY CANVET

\$1 + applicable taxes



Chapters Indigo COLES

edition now!

NOW AT THESE FINE RETAILERS Walmart 🔀

AND OTHER FINE RETAILERS OF MAGAZINES Order today! Go to canadasultimatestory.com or call toll-free 1-844-602-5737



ALL DIPLOMATIC AND MILITARY MEMBERS ARE ELIGIBLE

# \$2,500 \$1,500 \$1,500 FOR X7, 7 & 8 SERIES FOR X5 & 5 SERIES FOR ALL REMAINING MODELS

Offer is added on top of any of BMW monthly program offerings. ID is required.



Cary Lau Diplomatic, Military & Corporate Sales Manager 604.828.1881 clau@brianjesselbmw.com

Abdel Karim Awwad Head of Sales & Marketing 604.657.8773 aawwad@brianjesselbmw.com

CF Community receives exclusive pricing on vehicle purchases. The BMW Group Canada / Canadian Forces Appreciation Program was created to benefit Regular and Reserve Force members, Veterans, Department of National Defense employees, and Staff of the Non-Public Funds, Canadian Forces, and their spouses. As a way to thank you for your efforts and sacrifices, you will be eigible to purchase a BMW Group vehicle at a discount. In order to qualify for this VIP pricing, CF Community members must show thei CFOne card and a government issues photo ID. The discount ranges from \$500 - \$3,000 and can be stacked with any other current retail program.