









Joanie Veitch, Trident Newspaper

he unveiling of the future HMCS Max Bernays' badge signified a major step in the Arctic Offshore Patrol Vessel's (AOPV) progression to serve the Royal Canadian Navy.

Max Bernays will be the first AOPV homeported in Esquimalt.

"Although you will bring the future HMCS Max Bernays to life here in the Atlantic, you will prove her ready for operations in all of Canada's oceans and bring Max Bernays to her homeport in British Columbia in 2023," said Capt(N) Sheldon Gillis, Deputy Commander, Canadian Fleet Atlantic, speaking to the ship's crew at a ceremony in Halifax on March 30.

The ship's namesake Acting Chief Petty Officer Max Bernays was a member of the Royal Canadian Naval Reserve. He served as Coxswain of HMCS Assiniboine during the Second World War. On Aug. 6, 1942, during an intense battle with a German submarine, CPO Bernays ordered two junior telegraph officers to clear the bridge before taking the helm.

Surrounded by smoke and fire, he single-handedly steered the ship and dispatched orders to the engine room, eventually managing to ram and sink the U-boat. He received the

Conspicuous Gallantry Medal for his courage.

"The name Max Bernays in our navy is directly associated with the character traits that led the allies to victory at sea: personal courage, loyalty, and integrity, all qualities Max Bernays demonstrated so valiantly under fire from an enemy submarine in 1942," said Capt(N) Gillis.

Family members of Max Bernays watched the ceremony online. A letter written by his granddaughter was shared as part of the ceremony.

"We are a navy family. Max's son, Max Bernays Junior, continued the naval tradition and joined at 17," wrote Shannon Bernays. "Grandpa always said that the navy ran in his blood. We know that both of them would have been overjoyed to see the ship and meet her crew. They are undoubtedly watching down filled with pride and excitement... It is our hope that his legacy will serve as an inspiration for years to come. Our family cannot wait to see the ship and visit her crew. It will be a great honour to personally thank them for all they do for Canada.'

Commander Collin Forsberg, Commanding Officer of the future HMCS Max Bernays, thanked the crews of HMCS Harry DeWolf and HMCS Margaret Brooke for sharing their knowledge of the Harry DeWolf-class vessels as the future HMCS Max Bernays crew familiarizes themselves with the ship's systems and

equipment in the lead-up to delivery, expected later this year.

"We're working on departmental checklists, standard operating procedures, and, of course, working on building up our supplies to be ready to sail the ship," he said.

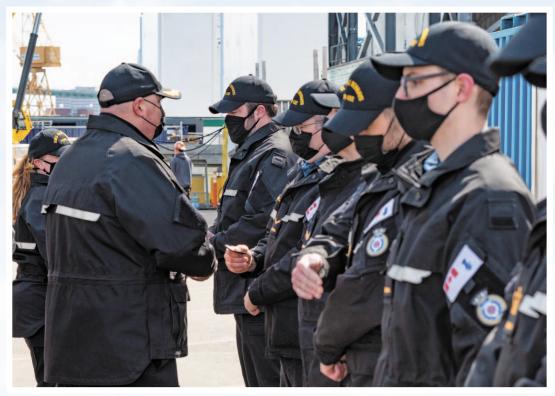
Prior to the presentation of the badges, CPO1 Tari Lightwood, the ship's Coxswain, explained the symbolism in the patch design.

Elements include a red ship's wheel, in homage to the courage CPO Bernays showed in taking the wheel of HMCS Assiniboine while under fire, and a laurel wreath, as the image of a wreath appears in the Conspicuous Gallantry Medal he received, as well as the hat badge he wore as Acting Chief Petty Officer.

The colours also have significance, explained CPO1 Lightwood. The red in the image of the ship represent the flames that surrounded the bridge and wheelhouse, and the white and blue of the laurel wreath are the colours of the ribbon on the medal.

"The white background refers to the Arctic environment in which Max Bernays will operate," she said.

The future HMCS Max Bernays — the third in the Harry DeWolf-class — was built and launched by Irving Shipbuilding on October 23, 2021, in Halifax. Delivery of the ship to the Royal Canadian Navy is expected later this year.



Members of the crew of the future HMCS Max Bernays receive their new badge from Commanding Officer Cdr Collin Forsberg.

Photos by Cpl Cheryl Clark



Legacy of Honour founder receives VAC COMMENDATION

Peter Mallett Staff Writer

An Honorary Lieutenant-Colonel has been recognized for his video project featuring veterans' accounts of the D-Day landings.

Don Foster, a Senior Investment Advisor with BMO Nesbitt Burns, volunteers as Honorary Lieutenant-Colonel of the Vancouver-based 15th Field Artillery Regiment army reserve unit. On March 3, he was presented with a Minister of Veterans Affairs Commendation.

The award comes mostly for his tireless work establishing and directing the Juno Beach Centre's Legacy of Honour video collection. The Juno Beach Centre is a museum established in 2003, built to tell the story of Canadian military members at war and to preserve their legacy for future generations. It is located in Normandy, France, on a section of beach where 14,000 troops landed on D-Day, June

6, 1944. Foster launched the centre's video program in 2017. The collection of oral histories offers veterans' accounts of their experiences landing on the beaches.

The award embodies everything I have been doing with my colleagues at the Juno Beach Centre," he says. "Our efforts are to acknowledge the difference those who served have made to our freedoms we enjoy in Canada."

The Minister of Veterans Affairs Commendation was established in 2001 to formally recognize outstanding volunteer service to the veteran community, or individuals who represent commendable role models for fellow veterans. Five other B.C. residents were honoured during the ceremony, which was presented via Zoom.

Upon accepting his commendation Foster acknowledged the work of his videographer Chris Ainscough. The pair travel across the country to interview veterans in their homes and capture their

He was nominated for the award by two Canadian Second World War veterans featured in his project, George Chow and Norm Kirby, who have both since passed away. Foster says he develops true friendships with many of the veterans he meets that extends well past his duties with the project.

"If they didn't go there on D-Day where would we be? They paid the price. Many of the men who landed on that beach in France returned home with wounds, and I know my father carried those memories with him his entire life."

Foster visited the Normandy beach in 2009 with his wife and three children. The visit came following the death of his father, a D-Day survivor, that same year.

"We had already had the funeral service for Dad, but for some reason there was such a strong spiritual connection with my father that developed when I visited the site. [Juno Beach Centre]" he says.

Donald Senior was a Gunner and Signaller in the 43rd Battery, 12th Field Regiment Royal Canadian Artillery. His regiment was part of the 7th Infantry Brigade, 3rd Canadian Division that landed on Juno Beach on D-Day.

Foster's father married his wife Norma Jean prior to shipping out for Europe. The two kept in constant contact by mail with over 300 letters that have been preserved by the family.

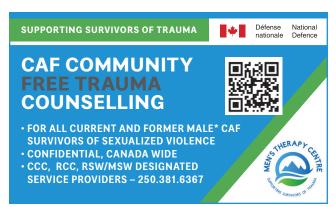
"They planned their entire lives and future together in these letters," says Foster.

The letters helped him realize why first-hand accounts of veterans are so important in understanding and preserving history.

"Their time on this earth is now short and these men and women are not going to be here forever. We created this video program to share their stories and to help people realize that listening to these veterans and hearing their stories is just like talking to your own father/mother or grandfather/ grandmother."

To view Legacy of Honour videos and hear the stories of veterans visit the Juno Beach Centre website https://www.junobeach.org/ legacy-of-honour/









Did you know that you can renegotiate your mortgage to serve you better?

The current conditions of your mortgage may no longer be your optimal situation.

If you are thinking about making changes before the end of your term, you can break your contract early and renegotiate your mortgage. There are many reasons why you may want to break your contract early, such as obtaining a lower rate, or taking out equity for renovations and/or paying off consumer debt. However, ensuring that breaking your mortgage term early will save you money, or serve you better, is a must.



We are dedicated to help you achieve your homeownership goals!

With over 21 years of experience in mortgage lending, let us provide you with educated advice and your ideal situation.







www. millermortgages.com | 250.858.8489

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

Leslie Eaton workstation3@lookoutnewspaper.com

ACCOUNTS/RECEPTION

Trina Winters 250-363-3127

ADVERTISING REPRESENTATIVES

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

Joshua Buck 778-977-5433 sales@forcesadvertising.com

EDITORIAL ADVISORS

Lt(N) Michelle Scott 250-363-4006 Rodney Venis 250-363-7060

Published each Monday, under the authority of Capt(N) J. Jeffrey Hutchinson, Base Commander.

Le LOOKOUT est publié tous les lundis, sous l'égide du Capv J. Jeffrey 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 publicitaires pour adhérer au 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







MFRC Gift Presentation

Lisa Church, Community Engagement Manager, Esquimalt Military Family Resource Centre, presents a framed watercolour painting to Susan Lam, Manager of the I.D.A. Forbes Pharmacy Millstream, on April 12. The gift was a show of appreciation to Lam and pharmacy staff for their continued support of the CFB Esquimalt military family community. The pharmacy has organized annual flu shot clinics for members of the defence community since 2019.

In 2021, a two-day clinic saw approximately 150 vaccinated. They included military family members, MFRC staff, Personnel Support Programs employees, and other members of the civilian defence community. The painting presented to Lam is by artist L. Gibbs. It is entitled Arrival and depicts a military family waving to a navy frigate returning to port.

Photo by Peter Mallett, Lookout





HMCS OTTAWA DONATES TO PERLEY HEALTH CENTRE

Chief Petty Officer Second Class Zachary Champion, HMCS Ottawa

HMCS Ottawa recently conducted a Namesake City Visit. While there, a few of the crew spent the morning talking to navy veterans from the Second World War who live in the Perley Health Centre. This centre is one of a kind as it has approximately 200 of its 450 beds in the retirement home designated for veterans.

This centre relies heavily on donations. During the visit, crew members gave over \$5,000 they raised aboard the ship. Of that money, \$4,700 went towards the purchase of a Broda Chair, which helps prevent bedsores in bedridden seniors.

HMCS Ottawa and crew are proud to be associated with the Perley Health Centre and look forward to visits in the future.



REGISTER YOUR CHILD IN THE SPECIAL

NAVY RUN KID'S CHALLENGE

INCLUDES A T-SHIRT & PARTICIPATION MEDAL!

VIRTUAL | APRIL – JUNE 12 \$30 IN-PERSON | FEB. 1 – JUNE 12 ONLY \$20

















NAVYRUNESQUIMALT.COM



Raising a glass to HMCS Halifax

BREWER SUPPLIES FRIGATE **WITH ITS OWN SPECIAL BREW**

Joanie Veitch Trident Newspaper

When HMCS Halifax left Halifax March 19 to join Standing NATO Maritime Group 1 in northern Europe, the ship's crew had a little something extra on board — a hundred cases of beer brewed especially for them.

Garrison Brewing Company, one of Nova Scotia's first craft breweries, made a batch of ale called Ever Brave for the crew prior to their departure. Proceeds from beer sales will go to the Halifax and Region Military Family Resource Centre.

The idea for a special brew came from the ship's company who reached out to Garrison, says Meg Brennan, director of sales with Garrison Brewing, adding that while Garrison regularly supplies beer to ship's crews, this was the first time they've been asked to brew an exclusive batch.

"It was great to be able to show our support for the crew as they left on their mission to support NATO in the Baltic Region," she says.

Similar to Garrison's Tall Ship beer, Ever Brave is an East Coast ale with an easygoing style. At 4.5 per cent ABV (alcohol by

low in alcohol. The can design depicts the ship's crest superimposed over a stormy sea.

"We worked with the crew on the design and the style. It was a fun project," Brennan adds.

The original plan was for the beer to be a "one-off" brew for the crew and their mission in support of Operation Reassurance, NATO's deterrence measures against Russian aggression. However, after a lot of social media attention, Garrison is "actively pursuing" the possibility of brewing another batch or two.

"We had a ton of people reach out wanting to buy it. It generated a lot of interest from the community, as well as family and friends of those on board the ship. It really has been incredible; it has been daily ever since the ship sailed in March," Brennan

If they get the go-ahead to brew more, it will be sold through Garrison Brewing's online store, with a dollar from the purchase of each can going to the local MFRC and the many programs they offer in support of military

Garrison Brewing was started in 1997 by Brian Titus, now president pany. Titus was a former fleet diver



For all your navy news visit www.lookoutnewspaper.com



Out of Province Inspection Electrical

Diesel Fuel Service

Brake service

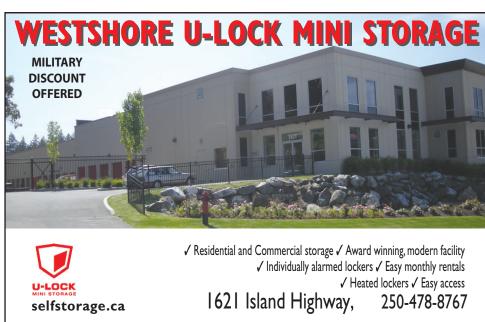
Exhaust

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

WALKER

Castrol

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





VOLVO CARS VICTORIA

1101 Yates St, Victoria, BC

250.382.6122 volvocarsvictoria.com



*Restrictions apply. Canadian Military Affinity Bonus exclusively for Canadian Armed Forces Service Members, Dependents, Retirees and Veterans. Available toward the purchase or lease of a new and previously unregistered 2021 Volvo as follows: (1) XC90, XC60, S60, V60, V60CC, S90 – a discount equal to 4% off MSRP plus S500; or (ii) XC40 – a 51200 discount (excludes XC40 Recharge). Retired courtesy vehicles and demonstrator vehicles are also excluded. All discounts will be deducted from the MSRP of the vehicle before taxes. While supplies 1ast, subject to availability, Affinity Bonus and Volvo Allowance are subject to have a subject to availability. at any time and may vary from month to month. Volvo Car Canada Ltd. reserves the right to modify or exclude models at any time. Vehicles shown with optional equipment at an additional cost. Some vehicle images are not shown to Canadian specification and may include optional equipment and vehicle colours not available in the Canadian market. Must take new retail delivery by January 4, 2022. See Retailer for complete details and eligibility. ©2021 Volvo Car Canada Ltd. Always remember to wear your seat belt, DL4891 #41497

6 • LOOKOUT April 19, 2022 CANADIAN MILITARY'S TRUSTED NEWS SOURCE • CELEBRATING 78 YEARS PROVIDING MORALE AND WELFARE NEWS

April 19, 2022 LOOKOUT • 7

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

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. More info at: bbbsvictoria.com



Elysia Allen, Realtor Coldwell Banker Oceanside 250-882-8938

> Elysia@ElysiaAllenHomes.com www.ElysiaAllenHomes.com

SPECIAL MILITARY PRICE!

2013
FORD F-150 XLT

\$16,888

ATTENTION MILITARY!

G

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.



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

FROM SEA TO SHORE

Preparing for the Joint Support Ships

Peter MallettStaff Writer

The first of four Sea-to-Shore connector barges designed to serve the needs of the navy's future supply ships has been delivered to Esquimalt.

The barge was set-to-work by maker Montreal-based Navamar Inc, who also provided initial cadre training to Royal Canadian Navy (RCN) members, allowing them to learn how the barge is assembled and operated, from April 4 to 8 at D Jetty in Colwood.

The modular self-propelled barge has multiple uses and configurations, is Canadian made, and engineered to be assembled from the platform of the upcoming Joint Support Ships (JSS). Their key feature is the ability to move large quantities of supplies or personnel to and from shore quickly, and the ability to be stored or transported like standard shipping containers.

While the Sea-to-Shore Connector's primary use is a self-propelled barge, it can also transform into a bridge, a floating dock, or even a diving platform for salvage. It can even be useful for ship-side maintenance and inspections. They could be also deployed as standalone units, for example to support an Operation Lentus in dealing with floods throughout Canada.

The barge's engines, ramps, and safety equipment will be stored in two separate 20-foot containers aboard the new Protecteur-class ships, once built. The 12 pontoons can be stored or stacked like sea containers.

When required, the pieces of the

interlocking pontoon system and two Thrustmaster engines will be lowered into the waters of protected harbours and inlets by the JSS's crane. The connecting pieces will be pushed together by Rigid-Hulled Inflatable Boats and locked into place by placing pins between each pontoon, and locking them together.

"The Sea-to-Shore Connector is the only vessel of its kind in the RCN and truly unique because of its utility, modularity, flexibility, and its ability to be put together in multiple configurations to become what you need for any specific operation," said LCdr Mark McShane, Deputy Project Director for JSS. "It is going to be able to provide so much capability in terms of logistics and is transported in a standard way like any other shipping container on Earth."

The self-propelled barge has a re-

The self-propelled barge has a reenforced steel hull and can hold up to 81 tonnes of supplies, vehicles, equipment, or personnel in the 3 x 4 configuration.

Its amphibious capability means it can be driven right up to a beach with its roll on/off ramp extended if no dock or jetty exists.

When fully loaded, the Sea-to-Shore Connector can reach speeds up to five knots from power provided by its two Thrustmaster outboard propulsion units. Its Azipod thruster system is capable of turning the unit on a dime.

On April 7, 20 military personnel and civilian staff from Naval Personnel Training Group (NPTG) and the Naval and Training Development Centre practiced assembling and disassembling the 12 barge components, and dropping the

engines into place under the instruction and guidance of two representatives from Navamar.

Later in the day, senior leadership from Maritime Forces Pacific, including RAdm Angus Topshee, were given a tour while alongside Esquimalt Harbour. The following day the Sea-to-Shore Connector was disassembled and put into storage at Fleet Diving Unit (Pacific).

The next step for the Sea-to-Shore Connector is developing training modules for personnel to be deployed in the JSS.

"This is a new piece of kit for a new vessel that we have never had before," said LCdr Rowan Wilson, NPTG Staff Officer New Capability and Training. "We have learned a lot from the ICT phase with our MARTECH [Marine Technicians] and Boatswain training staff getting a chance to put their hands on it and assemble it, while also looking closely at the technical requirements to do the job successfully."

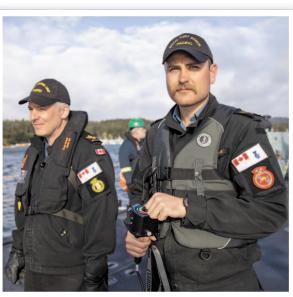
The rollout of the training for members will be governed by the delivery of the JSS and the selection of its crew, says LCdr Wilson.

Following completion of the ICT on April 8, the equipment will be signed off by the Assistant Deputy Minister (Materiel) staff and officially transferred into possession of the navy. Three more barges are expected over the next 12 months, two more on the West Coast and one on the East Coast. Eventually each JSS will receive one Sea to Shore Connector, with each coast having one in reserve



Military personnel and civilian staff from the Naval Personnel Training Group (NPTG) and the Transport Electrical and Mechanical Engineering (TEME) branch converged on D Jetty in Colwood on April 7. They were part of Initial Cadre Training for the new Sea-to-Shore connector. Their tasks included assembly and disassembly of the barge and its 12 modules. The Sea-to-Shore Connector will serve the navy's new Joint Support Ships (JSS) and is designed to move large quantities of cargo or personnel quickly. The vessel depicted is one of four to be delivered to the navy in the coming months.

Photos by DND and Peter Mallett, Lookout



MS Daigle and MS Morrell.



P2 Milbury working to place a pin.



S1 Cole, PO2 Milbury, PO2 Ouellet, and PO2 Geremin work on building the barge.







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

Bonded 9-month-old twin kitten rescue sisters looking for permanent home together.

These playful black short-hair twinsister kittens are super loving and affectionate, and would do best in a home with someone home all the time. They love snuggling, being held and playing. They would do well with children older than toddlers. Their adoption fee covers all their vet care – both are spayed, vaccinated, de-wormed and have had multiple vet exams and are healthy!



LOOKO

Join us

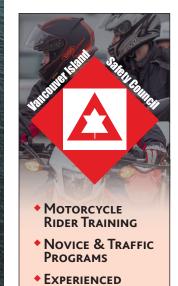
for daily news,

advertiser's

specials and

news releases.

Please call 250-881-1112 for adoption details



RIDER COURSES

ICBC CERTIFIED

250-478-9584

www.visafetycouncil.con

Course

♠ LookoutNewspaperNavyNews♠ @Lookout_news

www.lookoutnewspaper.com





INSTANT CASH FOR YOUR

VEHICLE

\$750 Military rebate on all used vehicles* \$500 Military rebate on all new vehicles*

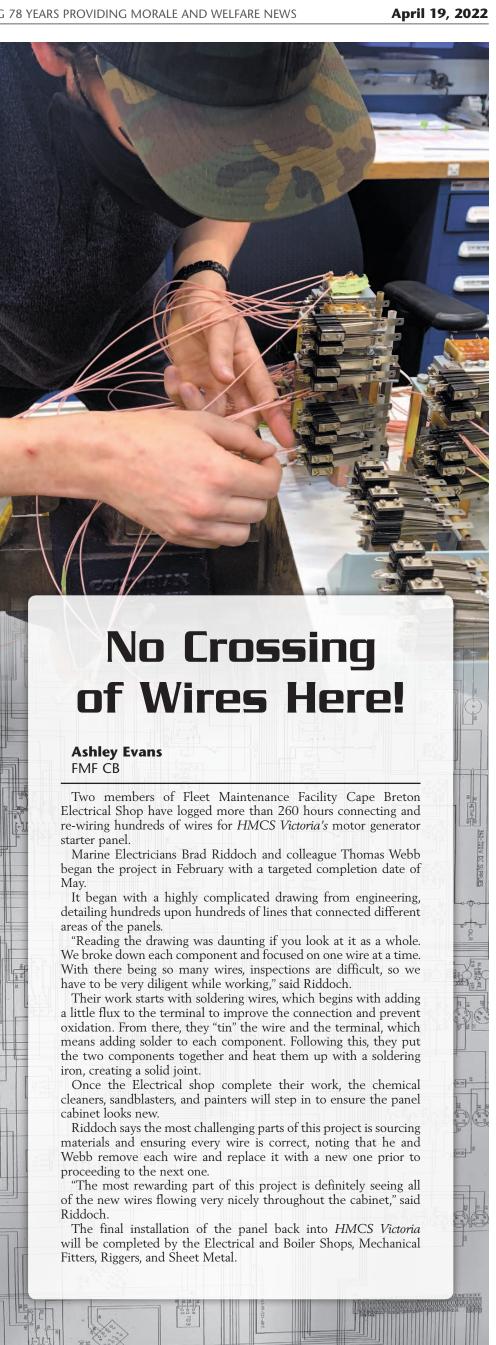
Only @ Victoria Hyundia

*Proof of military ID will need to be presented to claim any and all of the rebates.



victoriahyundai.com 525 Gorge Rd E, Victoria • (250) 995-2984







MARK YOUR CALENDARS!

2022

FLEET*WEEKEND

is planned for Vancouver

SLt Wilson HoMARPAC PA Office

On the last weekend of April, the Royal Canadian Navy and Maritime Forces Pacific will host a Fleet Weekend in Vancouver, with a variety of attractions and activities for all ages.

On Friday, April 29, HMCS Vancouver, HMCS Calgary, HMCS Brandon, HMCS Edmonton, and three Orca Class Patrol Training Vessels will enter Vancouver Harbour and berth alongside Burrard Dry Dock Pier in North Vancouver in preparation for Fleet Weekend.

The next day, ships will be open for tours to the general public. There will also be static displays from *HMCS Discovery*, Fleet Diving

Unit (Pacific), and Naval Tactical Operations Group.

On Sunday, May 1, the Royal Canadian Navy and Maritime Forces Pacific will conduct a Battle of the Atlantic Commemorative Ceremony at the Sailor's Point Memorial in Waterfront Park, North Vancouver. Battle of the Atlantic was the longest continuous battle of the Second World War and one in which Canada played a central role. The battle began on the opening day of the war in September 1939, and ended almost six years later with Germany's surrender in May 1945.

The general public is invited to spectate and observe this event that honours the Royal Canadian Navy and Canada's maritime history.

***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



Canadian warship departs for drug interdiction mission in the Caribbean Basin part of the control of the contr

HMCS Harry DeWolf (left) and USCGC Vigilant can be seen from a Rigid Hull Inflatable Boat after the conclusion of a drug trafficking operation where a large amount of seized drugs was transferred to USCGC Vigilant during Operation Caribbe on Nov. 20, 2021, in the East Pacific Ocean.

430

Photo by Canadian Armed Forces

National Defence / Canadian Armed Forces

An East Coast ship is once again on the hunt for illicit drugs on the east coast.

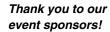
HMCS Harry DeWolf departed Halifax April 4 for Operation Caribbe, Canada's contribution to Campaign Martillo – the multinational campaign against transnational criminal organizations in the Caribbean Sea and eastern Pacific Ocean.

While on Operation Caribbe, *Harry DeWolf* will also participate in Exercise Tradewinds 2022, a multi-dimensional ground, air, sea, and cyber exercise focused on strengthening safety and security in the Caribbean region, with an objective on humanitarian aid and disaster relief.

This is the 16th year the Canadian Armed Forces will have conducted Operation Caribbe, working with Western hemisphere and European partners to address security challenges in the region by deterring criminal activity and disrupting illicit trafficking operations.

As part of Operation Caribbe, the Royal Canadian Navy deploys a periodic rotation of warships from both the east and west coasts, while the Royal Canadian Air Force provides CP-140 Aurora aircraft from long-range patrol squadrons. *Harry DeWolf* is working with the United States Coast Guard and the United States Navy to find and track vessels of interest in the Caribbean Basin.









SCareRx





 \bigcirc T \bigvee







Graduates of the Naval Combat Information Operator (NCIOP) RQ-S1 Session 0019/0020 course take a moment for a group photo.

Back row: Sailor Second Class (S2) Chadwick Mason, S2 Amanda Harding, S1 Jeffery Allan, and S2 Raven Night.

Front row: Sailor First Class (S1) Kristen Holland, and S2 Nathan Westman.



Sailor First Class Jeffery Allan receives the Canadian Forces Certificate of Military Achievement.



Sailor Second Class Amanda Harding receives the Canadian Forces Certificate of Military Achievement.



Sailor Second Class Chadwick Mason receives the Canadian Forces Certificate of Military Achievement.



Sailor Second Class Raven Night receives the Canadian Forces Certificate of Military Achievement.



Lieutenant (Navy) Tristan Robertson, Information Warfare Officer (left) and Chief Petty Officer Second Class Bill Frerichs (right) promote Sailor First Class Kristen Holland to her current rank.



NAVAL COMBAT INFORMATION OPERATOR RQ-S1 SESSION GRADUATION CEREMONY

Presented by
Lieutenant (Navy) Tristan Robertson,
Information Warfare Officer
on April 5.

Photos by Sailor First Class Mike Goluboff, MARPAC Imaging Services



Sailor Second Class Kristen Holland receives the Canadian Forces Certificate of Military Achievement.



Sailor Second Class Nathan Westman receives the Canadian Forces Certificate of Military Achievement.



Sailor Second Class Kristen Holland receives the Top Student award.

Treatment Shouldn't Feel Like Punishment

Addiction, Mental Health & Trauma Treatment

Powell River-based Sunshine Coast Health Centre and the Georgia Strait Womens Clinic provide highly personalized addiction, mental health and trauma treatment for male and female clients respectively. Get daily 1-on-1 inpatient or outpatient treatment tailored to your unique needs.

Services include 24 hourmedical service, psychiatric assessment, EMDR, rTMS, psychotherapy, hypnotherapy and much more.

Serving the Department of National Defence and Veterans Affairs Canada since 2009.









Admissions Toll Free 1.866.487.9010 schc.ca

Georgia Strait

WOMENS CLINIC

Admissions Toll Free **1.866.487.9040**georgiastraitwomensclinic.ca