

Volume 67 Number 25 | June 27, 2022

# LOOKOUT

newspaper.com

MORALE & WELFARE NEWS | CFB ESQUIMALT, VICTORIA, B.C.

f LookoutNewspaperNavyNews @Lookout\_news LookoutNavyNews

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



Sailor First Class Blake Castelein is readying to perform a hull inspection looking for flaws, weaknesses, and/or corrosion, as well as limpet mines. S1 Castelein is a boatswain with HMCs Winnipeg currently deployed on Rim of the Pacific exercise.

Photo: Sailor First Class Melissa Gonzalez

# HAPPY CANADA DAY!

FRIDAY, JULY 1ST

**CANEX**  
A division of CEMW's  
Une division des SBMEC

**CANEX**

**CANEX.CA**

1343 Woodway Rd., Esquimalt 250.388.6428

**babcock**

Proud to support  
Canada's fleet

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

**COUNTRY GROCER**

ISLAND OWNED AND OPERATED  
SINCE 1984.

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

CHECK OUT OUR NEWLY RENOVATED ESQUIMALT STORE





# Canadian sailors mentor Caribbean divers

*"It's always wonderful to have the opportunity to increase someone else's skill by sharing your own knowledge and mentorship."*

*~Sailor First Class Michael Racó*

**Peter Mallett**  
Staff Writer

A team of five divers fans out across the Caribbean Sea floor. The divers follow GPS coordinates of possible contraband locations, provided by the United States Coast Guard. With no special equipment on hand, they must rely on their eyes to scan the ocean floor.

Two Clearance Divers of Fleet Diving Unit Pacific (FDU(P)) track the progress overhead on a Mamba inflatable boat.

"Our purpose was to show other nations how we conduct our operations, from initial planning to completing a task at hand," says Sailor First Class (S1) Brooks Robinson.

S1 Robinson and S1 Michael Racó were part of a 13-member dive team of the Canadian Armed Forces personnel participating in the United-States-led training Exercise TradeWinds 2022 (TW22) in Belize, May 7 to 21. The team also included six clearance divers from Fleet Diving Unit (Atlantic), a port inspection diver, an engineer, a supply technician, a medical techni-

cian, and doctor of the Canadian Forces Health Services Group.

The training scenario represents a typical mission of Clearance Divers to recover contraband, explosives, and other debris on the ocean floor, says S1 Racó.

S1 Racó and S1 Robinson trained diving teams from Belize, Jamaica, Trinidad and Tobago, Guyana, St. Kitts and Nevis, and Barbados on the proper procedures of underwater search and recovery techniques. These included line-and-circle searches and developing a mission plan to locate items.

"It's always wonderful to have the opportunity to increase someone else's skill by sharing your own knowledge and mentorship. The learning was a two-way street; I found it beneficial," he says.

The diving training was one component of TW22. The multi-dimensional exercise is led by the U.S. Southern Command, with the goal to build the capacity of partner nations to counter organized crime and conduct humanitarian disaster relief operations.

Sailor First Class Brooks Robinson of Fleet Diving Unit (Pacific), prepares for underwater activities during Exercise TradeWinds 22. Master Corporal Matthew Tower



Members from the Royal Canadian Navy mentor Caribbean divers in search techniques training during Exercise TradeWinds 22 in the Caribbean Sea. Corporal Hugo Montpetit, Canadian Forces Combat Camera



# Juggling runner claims Navy Run 5K title

**Peter Mallett**  
Staff Writer

A fleet-footed 'joggler' set another personal record during Canadian Forces Base Esquimalt annual Navy Run on June 18.

Lieutenant (Navy) Michael-Lucien Bergeron of Naval Reserve Division HMCS Queen Charlotte in Charlottetown, P.E.I., recorded the fastest time in the Men's 5KM category while performing a circus-style juggling act for the entire race, known as 'joggling'.

"Many were impressed and I heard a lot of 'wows' – some called me a 'show-off' – but I think overall everyone enjoyed the show," Lt(N) Bergeron said. "It does show that anything is possible if you put your mind to it."

Lt(N) Bergeron crossed the finish line with an impressive time of 17:03 with his three juggling balls suspended in mid-air.

It is not the first time Lt(N) Bergeron 'joggled' his way to a win.

Four years ago he won the navy 10KM race and the Blue Nose 5KM race in Halifax. The last race he won while joggling was a 10KM race in Summerside P.E.I. in July 2021. Lt(N) Bergeron is also the Guinness Book of World Records holder for 'Faster half marathon joggling with three objects', which he set in Toronto in 2018.

Lt(N) Bergeron said his strategy in the race was fairly simple.

"I wanted to stay in the top five and then noticed the leader of the race was having some difficulty running up the hills on the course," he says. "So, with 600 metres to go in the race I made a surge to take the lead and managed to keep it until the finish line. It feels great to be a champion and to have won navy races on both coasts."

Lt(N) Bergeron began running when he was 13 and learned juggling when he was in high school. He combined the two activities on a dare from a university friend. He then set the goal to juggle in a real race, which he achieved in 2014 when he entered the 5KM Navy Run in Halifax. His next goal is to break the Guinness Book's record for a 10KM race while juggling.

Lt(N) Bergeron beat his closest competitor, Matthew Carlson of Victoria, by 11 seconds.

"It's definitely a racing experience I will not soon forget and I was quite surprised an amazed how fast he could run while juggling," Carlson said.

Carlson, who works as a Projects Officer at Base Executive Services, has been hitting personal bests in his 5KM and 10KM times for the past year. He recently recorded a Top Ten finish in the Times Colonist 10KM run in April 2022.

*"It feels great to be a champion and to have won navy races on both coasts."*

*~ Lieutenant (Navy) Michael-Lucien Bergeron*

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



At Miller Mortgages, we are dedicated to help you achieve your homeownership goals.

Whether it is your first time buying, a second home, or a rental property, let us provide you a stress-free mortgage undertaking.



THE MORTGAGE GROUP

www.millermortgages.com | 250.858.8489

**ELYSIA ALLEN**  
Real Estate Agent  
**250-882-8938**  
Elysia@ElysiaAllenHomes.com  
[www.ElysiaAllenHomes.com](http://www.ElysiaAllenHomes.com)

**SPECIAL MILITARY PRICE!**

**2012 VOLKSWAGEN GOLF SPORTWAGEN**  
**\$11,831**  
110,601 kms  
Stk 2345

**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](http://www.usedcarcentre.ca)**

## FOR RENT

IR compliant apartment within walking distance of the base. Recently renovated, painted, and furnished. Stainless Steel appliances, gas range, in-suite laundry. Ground level, private entrance. Soundproof wall between unit and house. Private, furnished 18x13 patio with BBQ and awning. WiFi and utilities included. \$1,800 + parking. EV charging available. Available Aug 5.

Email [apartment915a@gmail.com](mailto:apartment915a@gmail.com)



## WHO WE ARE

### EDITOR

Kate Bandura 250-363-3130  
kateryna.bandura@forces.gc.ca

### WRITER

Peter Mallett  
pkmallett@shaw.ca

### PRODUCTION

Teresa Laird 250-363-8033  
production@lookoutnewspaper.com

Leslie Eaton 250-363-8033  
workstation3@lookoutnewspaper.com

### ACCOUNTS/RECEPTION

Trina Winters 250-363-3127

### ADVERTISING REPRESENTATIVES

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

### EDITORIAL ADVISORS

Capt(N) Jeff Klassen 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 reflètent pas nécessairement le point de vue du MDN.*

**LOOKOUT**  
NEWSPAPER

COVID-19 Circulation - 2,200  
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](http://www.lookoutnewspaper.com)

Fax: 250-363-3015

Canadian Mail Product Sales Agreement 40063331



# Canadian military to aid planting of TWO BILLION TREES

## Department of National Defence

The Department of National Defence (DND) will plant two billion trees by 2030 as part of the federal government's \$3.2-billion plan to help reduce Canada's greenhouse gas emissions.

The federal government is signing long-term agreements with partners, including provinces and territories, Indigenous organizations and municipalities to plant and grow the trees.

"Planting trees is an important part of our plan to fight climate change, protect biodiversity and create

good jobs," said Natural Resources Minister Jonathan Wilkinson.

One of the partners, the Canadian Forces Housing Agency (CFHA), will plant trees at most of its locations across Canada during the next seven years. Half the cost of planting will be covered by the program, with CFHA absorbing the other half, plus long-term tree maintenance. The number of trees to be planted at specific locations will be determined annually by proposals from individual properties.

Millions of conifers have already been planted in British Columbia. Oak, maple, hickory and black walnut trees have been planted in Ontario and Quebec.

Although the national program got off to a slow start, in 2021 more than 30 million trees were planted in 500 projects throughout the country.

"Trees are a critical part of our plan to combat climate change and curb biodiversity loss," said Steven Guilbeault, environment and climate change minister.

The tree program will help Canada transition to a net-zero economy, protect and conserve Canadian ecosystems, secure urban resilience to extreme weather events, improve public health, and build a nature-positive future. It is also expected to create more than 4,000 jobs across the country.

*"Trees are a critical part of our plan to combat climate change and curb biodiversity loss."*

*~Steven Guilbeault,*

*Minister of Environment and Climate Change, Canada*

SUPPORTING SURVIVORS OF TRAUMA



Défense nationale  
National Defence

**CAF COMMUNITY  
FREE TRAUMA  
COUNSELLING**



• FOR ALL CURRENT AND FORMER MALE\* CAF  
SURVIVORS OF SEXUALIZED VIOLENCE  
• CONFIDENTIAL, CANADA WIDE  
• CCC, RCC, RSW/MSW DESIGNATED  
SERVICE PROVIDERS – 250.381.6367



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

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

**E-FILE FROM  
\$79<sup>99</sup>+GST**

**Top Shelf Bookkeeping Ltd.**  
Locally Owned & Operated Since 1994

**BOOKKEEPING  
& PAYROLL  
SERVICES  
AVAILABLE**

**2 CONVENIENT YEAR ROUND LOCATIONS**

101-76 Gorge Road West Victoria, BC V9A 1M1 250-388-9423	1253B Esquimalt Road Victoria BC V9A 3P4 250-590-4050
--	---





The Haida, an Indigenous group, has traditionally occupied Haida Gwaii (Queen Charlotte Islands), an archipelago off the coast of British Columbia, for over 12,000 years.

# Indigenous sailor embraces navy lifestyle

Royal Canadian Navy Public Affairs

It's a long way from Haida Gwaii, B.C., to Halifax – both in distance and culture, but that did not stop a member of the Haida from joining the Royal Canadian Navy (RCN).

Sailor Third Class (S3) Jesse Ryan comes from a proud family of Haidas who have made it their home for generations. His decision to join the RCN opened up a world of new possibilities.

"Our family's livelihood comes from living off the land and embracing what nature has provided," he says. "I was a commercial fisherman before I joined the navy, much like the rest of my immediate family."

S3 Ryan joined the RCN just over a year ago and is training as a Weapons Engineering Technician in Halifax. Leaving his 450-person home village of Skidegate in Haida Gwaii, where Indigenous people make up most of the community, was a culture shock.

"I have to remind myself a lot of Canada didn't grow up working alongside or interacting with Indigenous people. Sometimes they don't know how to approach someone of a visible minority or ask a question about their culture appropriately," S3 Ryan says. "It's nice so many fellow members of the navy are interested in my culture and would like to know more."

S3 Ryan is aware of the unique Raven Program, hosted by the RCN for Indigenous youth from across Canada. This national program is designed to build bridges with

Indigenous communities throughout the country and offers youth the potential for part-time or full-time employment with the Canadian Armed Forces (CAF) upon completion.

Whether or not graduates choose to continue with a career in the CAF, Raven helps develop skills such as self-confidence, self-discipline, teamwork, time management, respect, and physical fitness.

"One of my instructors during Basic Training was part of the Raven Program," says S3 Ryan. "Master Corporal Brendan Ryan-Lewis was a lot of help during my basic training, printing off drill commands in Haida for me and informing me about the Raven Program. Needless to say, I was very excited to hear about that program."

S3 Ryan has some ideas about how to improve the recruitment of Indigenous people into the military.

"There needs to be more education about the Raven Program in smaller populated areas, whether it be ads on social media or actual recruiters going to smaller locations. There is always an event of some type being held in a village and if there was a knowledgeable military person there to promote the CAF I'm sure the recruitment rate would be much higher."

"I think a lot of Indigenous shy away from the thought of joining the military because they feel like there wouldn't be a place for them to fit in, and that's far from the truth."

S3 Ryan is currently undergoing his trade training and will be posted back to the West Coast this summer.

## TRACKSIDE AUTO SERVICE LTD.

A FULL SERVICE AUTO REPAIR FACILITY

- ✓ Induction & Fuel Injection Service
- ✓ Out of Province Inspection
- ✓ Diesel Fuel Service
- ✓ Brake service
- ✓ Oil service
- ✓ Electrical
- ✓ Exhaust
- ✓ Tires

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

B.B.B. B.C. GOVERNMENT  
DESIGNATED  
INSPECTION  
FACILITY

Protection  
Plan

WALKER

HANKOOK

Ask about BG Protection Plan\*

Where Dependability and Trust are a Priority...

\* under 80,000 km

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

## ZEDS

beds made easy

Full Selection  
of High Quality  
Bedroom Furniture

www.ZEDSBEDS.ca

## Hey Sailor...

After spending so many nights in your rack isn't it time you had the well deserved sleep at home? Our Canadian made mattresses and 90 sleep guarantee will ensure you get the well deserved rest you need (no seat belts needed).



## 50%-80% OFF RETAIL

- Made in Vancouver.
- Locally owned and operated.
- Two trees planted in BC for every mattress sold.

Interac

VISA

MasterCard

Fairstone  
Loans that suit you



FREE PARKING AROUND BACK

#113-2854 PEATT ROAD, LANGFORD  
Adam Averill, CD: 250-894-ZEDS (9337)

FREE HOME DELIVERY  
FREE PHONE CONSULTATION  
OPEN:  
WED-SAT 11-5; SUNDAY 11-3

## The Harris Dodge Military Appreciation Discount.

\$1000 OFF ANY ADVERTISED PRICE  
15% OFF ALL PARTS & SERVICE.



## No Exclusions.

# HARRIS

+1 778-561-4664

WWW.HARRISDODGE.COM

Disclaimer: DL#31254. Vehicle is for illustrative purposes only. Military employees receive an additional \$1000 off the advertised price with the purchase of a new or used vehicle from Harris Victoria Chrysler. Taxes, and admin fee of \$997 are extra. Military employees will also receive 15% off the retail price of parts and service labor. Service must be completed at Harris Victoria Chrysler. Taxes, shop supplies and environmental levies are extra. Proof of Military status may be required. Offers expire Dec 31, 2022.

## Happy Canada Day • July 1st





# HMCS Margaret Brooke completes warm weather trials

**Joanie Veitch**  
Trident Staff

HMCS Margaret Brooke returned to homeport in Halifax after nearly a month of warm weather trials.

"We were seeking air temperatures at a maximum of 35 degrees Celsius and a sea water temperature of 29 degrees Celsius. We knew we had to go south; the question was how 'south' did we need to go?" says Lieutenant (Navy) Jennifer Grant, Information Management Officer with HMCS Margaret Brooke.

Like the cold weather and ice trials, the warm weather trial program tests various ship systems in different conditions, such as the ability to cool the engines and deal with humidity through the heating, ventilation and air cooling (HVAC) system.

The trials demonstrate the ship can operate safely in both the icy Arctic waters and the warm southern seas.

After analyzing weather conditions for their sailing plan, the ship's crew decided to conduct the trials off Nassau, Bahamas, and Key West Florida.

"Everything went really well," Lt(N) Grant says. "We weren't

able to get to the exact temperatures we were looking for, but we were very close."

"We're monitoring the engine room, the temperature and how well the HVAC system is able to cool, and ensure enough ventilation to keep things cool without creating condensation," she said.

The ship responded well to the various trials, and the crew could identify small issues such as the converters operating at high rpm, which created a domino effect with other systems.

"When we were ramping up the rpm for the shaft, the temperature in the engine spaces increased. That was handled

adequately enough by our HVAC system, but the cooling of the converter was so fast it created a risk of condensation. The system picks that up and sends it into an alarm which would then lock out the shafts," she said.

As Senior Mechanical Specialist onboard Margaret Brooke, Master Sailor Matthew Keenan was key in determining what needed to be done during the ship's various work periods.

"I add my recommendations to the priority list for the items that need to be rectified," he says.

During the trials, he stayed in touch with the mechanical and electrical managers to figure out

a fix for incoming issues.

"It's those types of issues we're testing because, obviously, we don't want the system to go into red," says Lt(N) Grant. "That's part of the trial, to identify where we have those problems and how we can either rectify them or tweak the system."

With the latest trials wrapped up, Margaret Brooke is a step closer to commissioning, scheduled to take place this fall. The ship and crew will be staying busy until then; after finishing a short work period they'll be back to sea in late July in preparation for Operation Nanook in August and September.

HMCS Margaret Brooke, left, is seen in Key West, Florida during a stop on May 20 while conducting warm weather trials. HMCS Harry DeWolf, deployed to Operation Caribbe at the time, is seen on the right.



**KIDS are FREE\***

**OKANAGAN**

**MILITARY TATTOO**

**July 23 & 24, 2022**

Kal Tire Place | Vernon, BC Canada

Tickets available at  
**[ticketseller.ca](https://ticketseller.ca)**  
**1.866.311.1011**

\*One FREE kids ticket with purchase of one adult or senior ticket

**okanagantattoo.ca**

**VOLVO**

**THANK YOU FOR YOUR SERVICE**

**MILITARY VIP PROGRAM**

**4% off base MSRP + \$500 Military Bonus**

ON ANY NEW 2021 VOLVO (Excl. XC40)

SCAN CODE TO LEARN MORE

**VOLVO CARS VICTORIA**

A DIVISION OF GAIN GROUP

1101 Yates St,  
Victoria, BC

250.382.6122  
[volvocarsvictoria.com](https://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: (i) XC90, XC60, S60, V60, V60CC, S90 – a discount equal to 4% off MSRP plus \$500; or (ii) XC40 – a \$1200 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 last, subject to availability. Affinity Bonus and Volvo Allowance are subject to change 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



# CANADIAN AND AUSTRALIAN RANGERS TAKE ON THE B.C. INTERIOR



## Exercise Northern Lights 2022

### Western Sentinel

The Canadian Army's 4th Canadian Ranger Patrol Group welcomed members of the Australian Army's Regional Force Surveillance Group (RFSG) in a joint Exercise Northern Lights 2022, held during the Canadian Rangers' 75th anniversary celebrations.

"We like to come over here and learn about how [the Canadian Rangers] do business, and we enjoy when they come out to Australia and we reciprocate," says Warrant Officer Class Two (WO2) Lucas Boyes, Sergeant Major of the Australian

Army's NORFORCE.

Following the Canadian Rangers' 75th anniversary celebrations, the Australians were whisked away to 100 Mile House, where they learned to live off the land before being left to their own devices. The training included ATV safety, an austere gun range for predator control, and how to build a shelter, light a fire, and acquire water and food.

100 Mile House Canadian Ranger Patrol Commander Sergeant Clayton Bennett explained the training came via the Basic Wilderness Survival Training course. Once the training was over, the Australians were dropped off in different locations in small

groups to fend for themselves.

Being from a vastly different environment meant the Australians had to adjust from their previous training and life experiences.

"My big bugbear is the cold here," says WO2 Boyes.

WO2 Boyes explained RFSG likes to partner and train with the Canadian Rangers because both entities serve similar purposes in their respective countries – they are both 'the eyes and ears' in the less-accessible regions of their nations.

"We haven't died yet, so that's a bonus," laughed WO2 Boyes.

*"We haven't died yet, so that's a bonus."*

*~Warrant Officer Class Two Lucas Boyes, Sergeant Major, Australian Army*



4th Canadian Ranger Patrol Group conducts a wellness check on members of the Australian Army's Regional Force Surveillance Group during training. Pictured here: (L-R): Sergeant Colin Stephen, Warrant Officer Class Two Lucas Boyes, Corporal Leah Price, Major Naisbitt, Canadian Ranger Sergeant Clayton Bennett, and Warrant Officer Kirk McColl.



Canadian Ranger Sergeant Clayton Bennett shows a member of the Australian Army's Regional Force Surveillance Group how to start a small fire during Exercise Northern Lights 2022 in 100 Mile House, B.C.

Photos by Captain Natasha Tersigni, 4th Canadian Ranger Patrol Group



EXCLUSIVE TO [LEGIONMAGAZINE.COM](http://LEGIONMAGAZINE.COM)

# Silk Scarves

*Northern Lights*

*Spring Peony*

*Canadian Woods*

Sometimes, all an outfit needs to feel complete is a flash of vibrant colours. Our 100% silk scarves fit the bill no matter the weather or time of year.

**ONLY AVAILABLE IN THE SHOP**

**MAKES A GREAT GIFT!**

Pure silk  
34.5" x 34.5"

**ONLY \$45<sup>99</sup>\* each**  
\*plus tax and shipping

**SHOP today at [legionmagazine.com](http://legionmagazine.com)**  
or call toll-free **1-844-602-5737**

CANADA'S ULTIMATE STORY

**LEGION**  
MAGAZINE

2021 Total: 673  
2020 Total: 660  
2019 Total: 735 (No Virtual)  
2018 Total: 549 (No Virtual)

is managed by Canadian Forces Morale and Welfare Services, and contributes to the recovery of ill and injured Canadian Armed Forces members and veterans by providing sport, recreational, and creative activities. Soldier On fundraising also increased this year, said Catte, with \$7,660 in donations raised, compared to \$5,965 in 2021.

Title sponsors for the event included Seaspan Victoria, Babcock Canada, Bell Media, Kids Physio, Pure Body, and Used Victoria.

All of these logistical factors made the 2022 Navy Run an overwhelming success, concluded Catte.

"The participants were able to safely enjoy coming together as a community to support each other, get active and start returning to participation in base events," she said. "This year's in-person event was a sea of smiling faces, and people were truly excited to get back on the race course and challenge themselves. Virtual participants were able to find their own challenging routes to run."



A race participant celebrates as they cross the finish line.



**BROWN'S**  
*The Florist*  
Since 1912

**MILITARY APPRECIATION  
DISCOUNT 10% OFF**

**Downtown**  
250-388-5545

**Sidney**  
250-656-3313

**Westshore**  
778-433-5399

**brownsflorist.com**

Stay Connected From a Distance With Flowers

**CFSA** CANADIAN FORCES  
SAILING ASSOCIATION  
Esquimalt Squadron



- Adult dinghy sailing on 420's
- Adult keelboat sailing on Sonar 23 ft
- Reg Force discounts!

<https://www.cfsaesq.ca/>  
sailinginstructor@cfsaesq.ca

**Support local firefighter  
Lieutenant(N) Josh Peterson's  
Tour de Rock ride**




**If you would like  
to  
support Josh,  
please donate at**

<https://bit.ly/3MTxhsN>



# SUPPORT Wounded Warriors, save big with ACTION PACKS



**Peter Mallett**  
Staff Writer

A local fundraising initiative by Wounded Warriors Canada invites you to save money in uncertain financial times while helping a worthwhile cause.

"This fundraising and awareness product is a rare win-win-win formula – with consumers receiving totally free product/service vouchers from over 10 participating local businesses, all while raising major dollars for Wounded Warriors Canada," says Marlene Dube, Campaign Coordinator for Victoria Region.

Wounded Warriors Canada is partnering up with Winnipeg-based MediaScene's Action Pack fundraising and awareness program in Victoria for the second year. Wounded Warriors funds veterans and first responders support programs for the ill and injured veterans. The Action Packs complementary

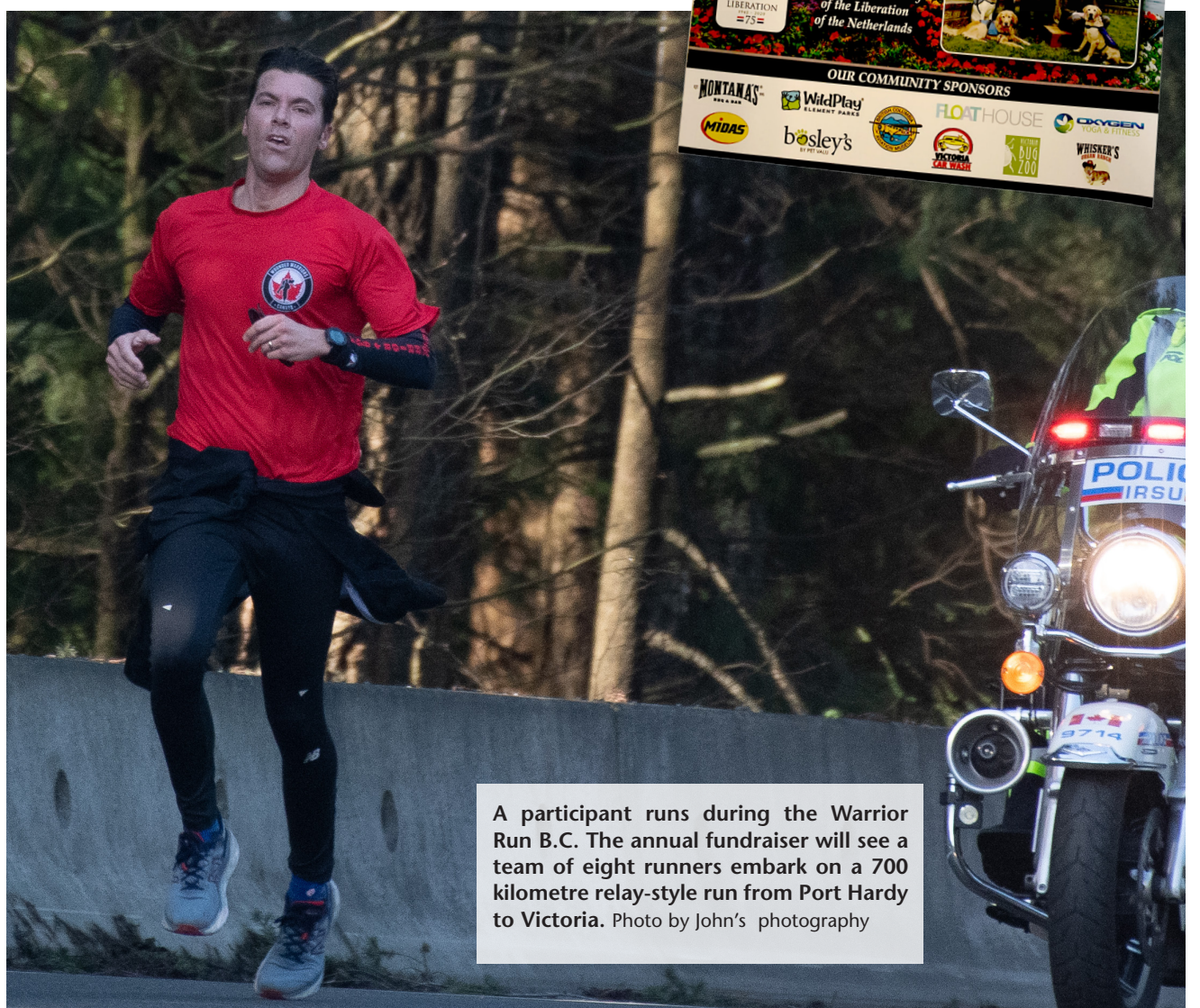
voucher sheets sell for \$25 but have a retail value of over \$250 in redeemable vouchers. A portion of sales proceeds provide service dogs for those overcoming Post Traumatic Stress Disorder (PTSD) for within the Wounded Warriors Canada program.

Victoria businesses offering free products and services include float house (flotation and sensory deprivation therapy), axe throwing at Wild Play, a trip to BC Aviation Museum, Victoria Bug Zoo, Bosleys by Pet Valu Dog Wash, Whisker's Urban Ranch dog daycare, a free car wash at Victoria Car Wash Ltd., tire rotation at Midas, oxygen yoga, and a meal at Montana's restaurant.

Action Packs 2022 campaign launched on March 1 and concludes on Dec. 31. The vouchers purchased by consumers are valid until June 30, 2023.

The concept of saving

money in uncertain financial times while helping a worthwhile cause is an important selling point for Action Packs, Dube says. A small identifiable team offers Action Packs from booths at the main entrances of major retailers in Victoria, and at local community events. Marlene Dube can be reached at 604-501-9592.



A participant runs during the Warrior Run B.C. The annual fundraiser will see a team of eight runners embark on a 700 kilometre relay-style run from Port Hardy to Victoria. Photo by John's photography



ADVERTORIAL

# Plans well underway for 2022 Okanagan Military Tattoo

Get ready for two hours of heart-pounding, fast-paced family entertainment when the 7th annual Okanagan Military Tattoo returns to Vernon in July.

The Okanagan Military Tattoo will stir your heart and feed your soul. It is Vernon's largest annual indoor event and Western Canada's only military tattoo.

The Tattoo will take place at Kal Tire Place with an evening performance on Saturday,

July 23 at 7:00 p.m., and a matinee on Sunday, July 24 at 2:00 p.m.

Over 400 performers will take part, including First Nations, massed pipes and drums, highland dancers, military and civilian bands, cultural troops, precision drills, singers, and the poignant refrain of the Lone Piper against the stunning backdrop of "the Castle".

Plans for the 2022 Okanagan Military Tattoo include the 35 member Naden Band of the

Royal Canadian Navy, and the Pipes & Drums of the Canadian Scottish Regiment. The Langley Ukelele Ensemble will wow the audience, as will the Okanagan Tattoo Dancers.

The annual "Tribute to the Veterans" segment of the program will commemorate the 80th anniversary of the Dieppe Raid.

Tickets are now on sale at Ticketseller in Vernon 250-549-7469, toll free 1-866-311-1011 or online at ticketseller.ca. Special ticket

pricing is available for seniors, veterans and groups of 10 people or more. Second World War and Korean War veterans are invited to attend free of charge with their partner or caregiver. All seating is reserved and the shows are indoors with air conditioning.

For more information, check out the Okanagan Military Tattoo website at [OkanaganTattoo.ca](http://OkanaganTattoo.ca)



## Eye care for your family!

- Eye Health Examinations
- Contact Lens Specialists, Dry Eyes, Allergies, Eye Injuries
- Designer Eyewear Boutique
- Aircrew cyclo exams
- Sunglasses: Prescription & Non-Prescription

**MILITARY DISCOUNT  
AND DIRECT BILLING**

ACCEPTING NEW PATIENTS -  
BOOK AN APPOINTMENT TODAY!

**Admirals  
Walk**  
OPTOMETRY CLINIC

Dr. Rachel Rushforth,  
Dr. Nicole Sehn  
and Dr. Darcy Dennis  
**NEAR BASE**  
106-1505 ADMIRALS ROAD  
**(250) 995-0449**

**OAKLEY, ARMANI,  
RAYBAN, PRADA,  
AND MORE!**

**CLOSE  
TO BASE!**



Attn: Transitioning Military  
Members

# WE'RE HIRING

### About WYWM

We help transitioning military, veterans & families get into tech jobs, for free. If you know someone who can benefit, send them to WithYouWithMe.

### Benefits

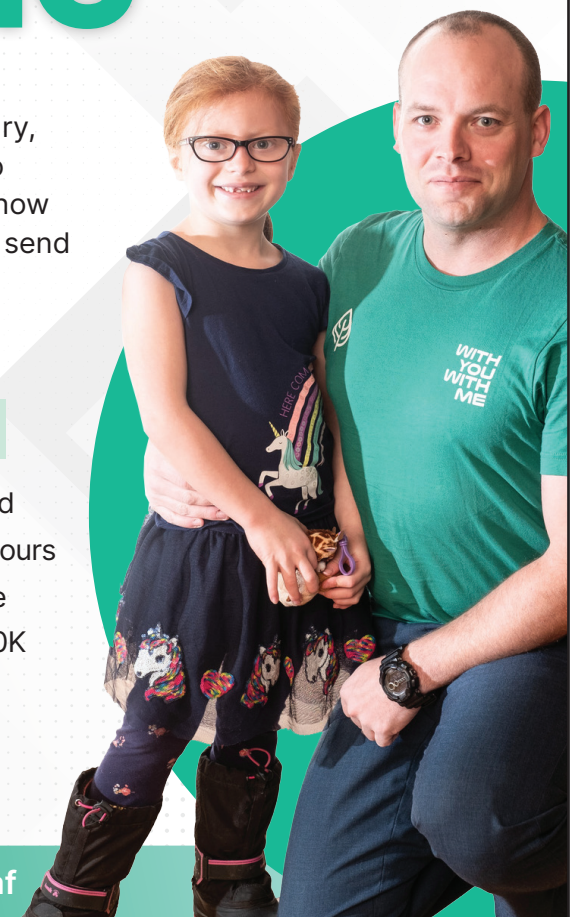
#### Work from home

- ✓ No experience is required
- ✓ Be career ready in 100 hours
- ✓ Free tech courses for life
- ✓ Salaries from \$60K-\$120K



[withyouwithme.com/ca](http://withyouwithme.com/ca)

**WITH YOU  
WITH ME**





# New ship position focuses on respectful relationship building

**Joanie Veitch**  
Trident Staff

HMCS *Margaret Brooke* has created an Indigenous Liaison Officer position as part of the new Arctic Offshore Patrol Ships (AOPS) mandate.

The Indigenous Liaison Officer will work towards building respectful relationships with Indigenous communities in Canada's North. The goal is to promote a greater understanding of the rich history and diverse culture of Indigenous people across Canada.

"This is new, it's something unique to *Margaret Brooke*," said Sub-Lieutenant Emily Gjos, a Naval Warfare Officer with HMCS *Margaret Brooke* and the ship's Indigenous Liaison Officer. "Some ships in the fleet have unit cultural advisors, but this is a newly created position

for our ship."

As part of her role, SLt Gjos will advise *Margaret Brooke*'s command team and the wider ship's company on Indigenous issues. For their first learning opportunity, the ship's company took part in a blanket exercise marking National Indigenous Peoples Day on June 21 at the Mi'kmaw Native Friendship Centre in Halifax. The day honours the heritage, diverse culture and achievements of First Nations, Inuit and Métis people across Canada.

"It's a powerful exercise that begins a conversation around our shared history, how that relationship has impacted Indigenous people, and what that means for contemporary Indigenous people in Canada today," said SLt Gjos. "It's very emotional and reflective, it helps build awareness in a very approachable way."

SLt Gjos is from the Sault Ste. Marie Métis community. She was an elected council member with the Métis Nation of Ontario in Ottawa before joining the Canadian Armed Forces in September 2019. After she joined the military, SLt Gjos continued her diversity and inclusion work through the Defence Aboriginal Advisory Group. She credits Honourable Captain (Navy) Debbie Eisan as a guiding influence in her new role.

"I never thought I'd be able to have a position like this, especially so early in my career," said SLt Gjos. "This is a really positive step. It shows that junior officers like myself can have a role to play in supporting strategic outreach and finding opportunities for respectful relationship building."

*"Some ships in the fleet have unit cultural advisors, but this is a newly created position for our ship."*

*-Sub-Lieutenant Emily Gjos*



Sub-Lieutenant Emily Gjos is the Indigenous Liaison Officer with HMCS *Margaret Brooke*. Joannie Veitch, Trident staff

**babcock**<sup>TM</sup>



**Happy Canada Day**

from all of us at Babcock.



[babcockcanada.com](http://babcockcanada.com)





# FLEET NAVIGATION OFFICER COURSE GRADUATION CEREMONY

Presented by Lieutenant-Commander Christopher Maier, Deputy Commandant Naval Fleet School (Pacific) on June 10  
Photos by Sailor First Class Mike Goluboff, MARPAC Imaging Services, Esquimalt



Lieutenant (Navy) Vanessa Watts receives a certificate of Military Achievement during the Fleet Navigating Officer Course 2201 graduation ceremony.



Lieutenant (Navy) Sasha St Louis-Hodgins receives a certificate of Military Achievement during the Fleet Navigating Officer Course 2201 graduation ceremony.



Lieutenant (Navy) Liam Moors receives a certificate of Military Achievement during the Fleet Navigating Officer Course 2201 graduation ceremony.



Lieutenant (Navy) Liam Moors receives a Commander's Shield of Excellence, awarded to the top student of the Fleet Navigating Officer (FNO) course 2201 during the FNO course 2201 graduation ceremony.



Graduates of the Fleet Navigating Officer (FNO) course 2201 take a moment for a group photo after receiving their Naval Warfare Officer Badge during their FNO course 2201 graduation ceremony.





# RECRUIT OFFICER TRAINING PROGRAM CEREMONY

Presented by Lieutenant-Commander David Dallin, Attestation Officer  
at the Canadian Forces Recruiting Centre in Victoria, B.C. on June 16

Photos by Sailor First Class Mike Goluboff,  
MARPA Imaging Services



Officer Cadet Ahnaf Zahin receives a Certificate of Enrollment during the Recruit Officer Training Program Enrollment Ceremony.



Officer Cadet Alexandra Vinzenz receives a Certificate of Enrollment during the Recruit Officer Training Program Enrollment Ceremony.



Officer Cadet Ryan Porteous receives a Certificate of Enrollment during the Recruit Officer Training Program Enrollment Ceremony.



Officer Cadet Keiran Ho-Gillis receives a Certificate of Enrollment during the Recruit Officer Training Program Enrollment Ceremony.



Naval Cadet Michael Ho receives a Certificate of Enrollment during the Recruit Officer Training Program Enrollment Ceremony.



Officer Cadet Ana Clara De Souza Anacleto receives a Certificate of Enrollment during the Recruit Officer Training Program Enrollment Ceremony.



Lieutenant-Commander David Dallin addresses the audience during the Recruit Officer Training Program Enrollment Ceremony on June 16.





# RECRUIT OFFICER TRAINING PROGRAM CEREMONY

Presented by Lieutenant-Commander David Dallin, Attestation Officer  
at the Canadian Forces Recruiting Centre in Victoria, B.C. on June 16

Photos by Sailor First Class Mike Goluboff,  
MARPA Imaging Services



Officer Cadet Gian Bellosillo receives a Certificate of Enrollment during the Recruit Officer Training Program Enrollment Ceremony.



Naval Cadet Egor Grib receives a Certificate of Enrollment during the Recruit Officer Training Program Enrollment Ceremony.



Officer Cadet Natalino Covelli receives a Certificate of Enrollment during the Recruit Officer Training Program Enrollment Ceremony.



Naval Cadet Donald Brown receives a Certificate of Enrollment during the Recruit Officer Training Program Enrollment Ceremony.



Commander Stephan Gresmak presents Naval Cadet Aidan Gresmak (left) with a Certificate of Enrollment during the Recruit Officer Training Program Enrollment Ceremony.



Officer and Naval Cadets take a moment for a group photo during their Recruit Officer Training Program Enrollment Ceremony on June 16.



# 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 hour-medical service, psychiatric assessment, EMDR, rTMS, psychotherapy, hypnotherapy and much more.

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



ACCREDITATION CANADA  
AGRÉMENT CANADA

Driving Quality Health Services  
Force motrice de la qualité des services de santé



**Sunshine Coast Health Centre**

A Non-12 Step Mental Health Program

Admissions Toll Free  
**1.866.487.9010**

[schc.ca](http://schc.ca)

**Georgia Strait**

WOMENS CLINIC

Admissions Toll Free  
**1.866.487.9040**

[georgiastraitwomensclinic.ca](http://georgiastraitwomensclinic.ca)