









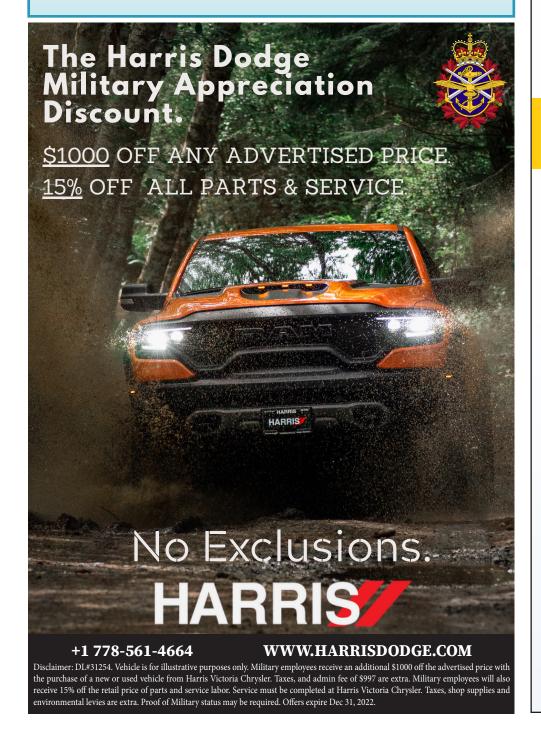
Lookout staff

This next generation of tugs will support the Royal Canadian Navy's current and Future Fleet.

This name is taken from the Haro Strait, which connects the Straits of Georgia and Juan de Fuca in British Columbia. It is frequently transited by Royal Canadian Navy vessels proceeding north from Esquimalt, the home of the Pacific Fleet.

Four Naval Large Tugs are currently being built by Ocean Industries Inc. of Isle-aux-Coudres, Quebec, under the National Shipbuilding Strategy. Two tugboats are destined for CFB Esquimalt, and two will be sent to CFB Halifax to join their Auxiliary Fleet.

The West Coast Auxiliary fleet will receive their tugs via sea lift in the fall. The East Coast can expect theirs in July 2024.



MCDVS SET SAIL

to support Naval Warfare Officers' training



HMCS Edmonton's crew visits Alaska during a recent Naval Warfare Officer II training sail. Top row (L-R): Petty Officer Second Class (PO2) Mellis, PO2 Hunter, Lieutenant (Navy) Hembruff, Sailor Third Class Finch, Lieutenant (Navy) Hwang, Sub-Lieutenant Yen. Bottom row (L-R): Sailor First Class Tse, Lieutenant (Navy) Negm XO, Petty Officer First Class Robichaud (Coxswain), Aviator Brittain.



Kateryna Bandura Editor

Two Maritime Coastal Defence Vessels (MCDVs) have been tasked with helping out with Naval Warfare Officer (NWO) II course delivery to relieve high summer demand on the training system.

"HMCS Brandon and HMCS Edmonton are pushing through a backlog of trainees needing to complete the sea phase of NWO II before continuing their trade training," said Petty Officer First Class (PO1) Nicolas Robichaud, HMCS Edmonton's Coxswain.

The NWO II course is one course in the many stages of NWO training. Over the last decade, the course's sea phase has been conducted on the ORCA class, however, this summer it will consist of three waves of 20 students crewing HMCSs *Brandon* and *Edmonton* over a total of six weeks.

Lieutenant-Commander (LCdr) Louis-Phillippe Trudel, a trained NWO with HMCS *Brandon*, said the students require time at sea to learn the basic seamanship skills expected of all sailors.

"Generally speaking, they are being oriented to life at sea," LCdr Trudel said.

The NWO trainees are learning to be effective lookouts and helm people.



They practice working ship lines and participate in all ship evolutions and emergencies, such as spill response, damage control, and person overboard. The ships also support the training of NWOs working on bridge watchkeeping tickets and Marine Technicians working towards their engineering watchkeeper certification. The ships' route lies along the Inside Passage through the islands on the Pacific Northwest coast, which has been beneficial for navigation and contact avoidance training.

LCdr Trudel said the training has been incredibly beneficial and the crews are making the most of their port visits. The ships visited Vancouver, Prince Rupert, and Juneau.

"We were fortunate to spend a few days in Juneau, Alaska, where Edmonton participated in a hike (and) paddle boarding event at Glendenhall Glacier and a hike of Mount Juneau," PO1 Robichaud said. "We also took the time and enjoyed some Alaskan king crab at Tracy's King Crab Shack."

The MCDVs will complete the second training wave upon arrival in Comox, B.C. on July 22, where the crews will provide tours to the cadets in Quadra and the general public. The third and final wave will lead them to San Francisco. The ships will return to Esquimalt on Aug. 5.

Canada: a 'Capable, Adaptive, Partner'



Lieutenant (Navy) Michelle Scott HMCS Vancouver PAO

Captain Jennie Derenzis

Combined Information Bureau, RIMPAC 2022

The Canadian Armed Forces (CAF) is playing a significant role in 2022's iteration of the multi-nation Exercise Rim of the Pacific (RIMPAC), hosted by the Commander of the United States Pacific Fleet and led by the Commander of the U.S. 3rd Fleet biennially.

"RIMPAC provides us with the opportunity to grow and refine our individual and combined abilities, and our joint capacity to contribute to security in the Indo-Pacific region. This helps us all," said Royal Canadian Navy (RCN) Rear-Admiral (RAdm) Christopher Robinson, Deputy Commander of Combined Task Force RIMPAC.

RIMPAC 2022, taking place from June 29 to August 4, has returned to a full-scale implementation of the world's largest maritime exercise. It follows a scaled-back RIMPAC 2020 during the early months of the COVID-19 pandemic.

Canada is playing a substantial part in RIMPAC by filling leadership roles, including:

 This year, RCN RAdm Christopher Robinson holds the role of Deputy Commander of Combined Task Force RIMPAC, under RIMPAC 2022 Commander Vice Admiral Michael Boyle of the U.S. Navy.

- Royal Canadian Air Force (RCAF) Brigadier-General Mark Goulden is Commander of the Joint Force Air Component and, in such capacity, commands over 170 aircraft during the exercise. Airframes under his charge include a variety of fighter, transport, air-to-air refuelling, ground attack, rotary wing and tiltrotor aircraft and maritime aviation assets from six nations.
- RCN Captain (Navy) Doug Layton is serving as Deputy Commander of the Combined Force Maritime Component Command. He commands 38 surface vessels, including two RCN frigates, HMC Ships Vancouver and Winnipeg, as well as four submarines.

RAdm Robinson said RIMPAC provides participating nations with an unparalleled training environment.

"We build and strengthen partnerships with our allies. This benefits us enormously not only as a contributing nation, but also in an internal capacity because it allows the CAF to enhance the interoperability of our Navy and Air Force in a joint navy-air environment," he said.

Watch coverage of RAdm Robinson at RIMPAC 2022 in English and French to hear directly from the source.

Look for Part 2 of this series, RCAF takes to the sky over Exercise RIMPAC, coming soon.







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Recent underwear and urination aid-related CANFORGENs explained

Captain Patricia Laing

Military Defence Women's Advisory Organization Maritime Forces Pacific co-chair

Undergarments and urination aids were the focus of two recently released Canadian Forces General Messages (CANFORGENs) that contribute to the removal of systemic barriers to women in the Canadian Armed Forces (CAF).

CAF members do not have to personally fund clothing and equipment required for the fulfillment of their duties. When the CAF lacks the ability to source clothing and equipment, either because not enough personnel require the item or the item is too personal and unique, members are allowed to claim the cost of purchasing that item for themselves. This is done for a wide variety of kit such as glasses, bras, and boots.

Undergarments and urination aids are not different from glasses or

boots in this way, and this is where CANFORGEN 112/22 for Leakproof Underwear Reimbursement Program and CANFORGEN 108/22 for Field Urination Device Reimbursement Program come in. The boxer-briefs the CAF provides may not be suitable for most women and transgender individuals as they usually do not conform to a female shape. Ill-fitting next-to-skin garments can lead to health issues which negatively impact a soldier's effectiveness.

CANFORGEN 112/22 titled Leakproof Underwear is a bit of a misnomer as it is intended for the purchase of proper fitting undergarments, but the price point was made to be inclusive of 'Period' or 'Leakproof' undergarments that cost approximately \$30-\$50. These specialized undergarments allow the wearer to use less or completely replace traditional pads and tampons. This new directive not only allows for proper fitting undergarments but removes the requirement for female members to

carry large quantities of menstruation products in kit bags and ships lockers where space is extremely limited, which is more equitable to their male counterparts.

The ability to easily urinate while working in locations where there is no access to toilets has often been problematic for females. In order to urinate in areas without washrooms members would have to find a suitable location where they could remove clothing and protective gear, placing members in a vulnerable position. To avoid this, members would often avoid consuming water to minimize requirement to urinate, or hold their urination, both of which can cause health issues. CANFORGEN 108/22 for Field Urination devices allows for members to purchase products that allow them to relieve themselves using a tubelike device while standing, in a manner similar to their male counterparts, creating a more equitable working environment.

A Little Library is now open at the Lookout

If you have come by the Lookout's office at 1522 Esquimalt Road in the past week, you may have noticed a new structure just outside our door.

The tall grey box is one of hundreds Little Free Libraries (LFL) around Victoria. This library was organized by Leslie Eaton, a graphic designer at the Lookout.

"Everyone at the Lookout felt a little library was a good fit for our organization," Eaton said. "We want to provide books for anyone who wants something to read, and now they can come by any time to get one."

The LFL program, in partnership with Idea Tree Consulting, offers homemade book exchange boxes in front of homes, schools, and businesses. "The local LFL program

"The local LFL program

has campaigns that align with Lookout staff's values, such as Indigenous awareness, pride, diversity, and equity," Eaton said. "I have put out a request for books in different languages; hopefully, soon we can have a stock of them in there as well."

The LFL's location outside the Lookout worked well, Eaton said, as there was a cement block embedded into the ground to give it some more stability. The LFL is also beside, but not blocking, a path military members take on their way to and from the parking lots.

There are no rules to the library, Eaton said. Once a book is taken out, it does not need to be brought back or replaced with another. However, if someone wants to do that, that's okay too, she said.











MFRC recruiting new board members

Peter Mallett

Staff Writer

The search is underway to fill vacancies on the Esquimalt Military Family Resource Centre (MFRC) board of directors.

Master Sailor (Retired) Samantha Krzywonos, MFRC Board Chair, says the board is looking to fill one or two vacancies in time for its Annual General Meeting in September

"We are seeking volunteers interested in non-profit governance, who can contribute or learn in areas of finance, communications, fundraising, and risk management," Krzywonos said.

The MFRC is an independent, non-profit charitable organization that addresses the needs of Canada's military families. Its board of directors is a 12-member governance body that supports the MFRC through establishing policy and setting long-term goals. The board is guided by the Societies Act of British Columbia and is responsible to the Military family community.

Board members must commit to six to ten

hours per month, said Krzywonos. They are also required to attend monthly board meetings on the last Wednesday of each month. All MFRC volunteers are required to undergo a police background check. Elected candidates will be provided with support, orientation, and training, she said.

Krzywonos began volunteering for the MFRC 20 years ago, when she was transitioning out of the military. After serving ten years as a reservist and regular force member, and completing her military career as a Naval Combat Information Operator (NCIOP), Krzywonos worked locally with several non-profits, including the Victoria Hospitals Foundation. Her husband, Jason, currently serves with 443 Squadron as a Warrant Officer AESOP (Airborne Electric Sensor Operator).

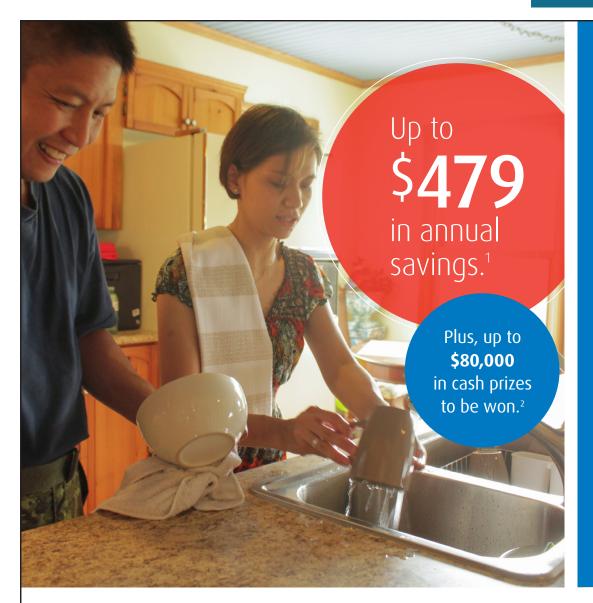
Krzywonos became the MFRC chair in 2016. She hopes the same reasons that drew her to volunteer with the MFRC may also be appealing to others. She encourages anyone interested to apply for a spot on the board of directors or some of the other volunteer positions within the organization.



Board members conduct a strategic planning meeting with the MFRC management team on June 1 at Laurel Point Inn in Victoria. Photo supplied

For a full list of requirements for board of directors members and the registration process visit the EMFRC web page:

https://esquimaltmfrc.com/about-us/ board-of-directors/join-the-board



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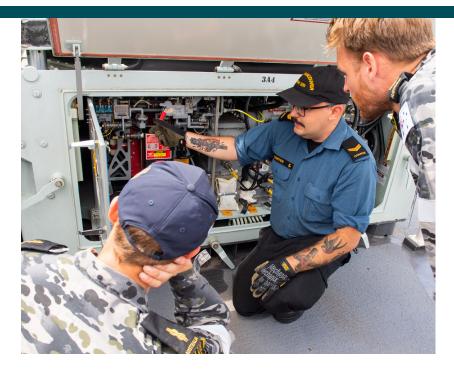


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Former shipmates work together again at...



Top Left to Right: Sailor First Class Joop Koerten, HMCS Vancouver Weapons Engineering Technician, shows Australian sailors from HMAS Supply the Close-In Weapons System on July 7, 2022 alongside Pearl Harbor. Master Sailor Matthew Cormier, HMCS Vancouver Naval Electronic Sensor Operator (centre), discusses the Close-In Weapons System with Lieutenant-Commander Stephen Wall (right) and another sailor from Australian ship HMAS Supply on July 7, 2022 alongside Pearl Harbor.

Master Sailor Matthew Cormier, HMCS Vancouver Naval Electronic Sensor Operator (centre), discusses the Close-In Weapons System with Australian sailors from HMAS Supply on July 7, 2022 alongside Pearl Harbor. Sailors from HMAS Supply pose with Vancouver's kisby ring on board the ship during a visit to discuss Close-In Weapons System 1B, a relatively new piece of kit for the Australian ships. All photos by Sergeant Ghislain Cotton



RIMPAC22



Lieutenant(N) Michelle Scott HMCS Vancouver PAO

The Alistair MacDonald song 'Heading for Halifax' famously notes that for those born in Cape Breton 'Wherever they go, there's bound to be friends from back home."

Arriving in Pearl Harbor, Hawaii, for Rim of the Pacific (RIMPAC) 2022, Lieutenant-Commander (LCdr) Stephen Wall, Operations Officer in Her Majesty's Australian Ship (HMAS) Supply, found that particularly true.

LCdr Wall was born and raised on Cape Breton Island, N.S., and served in Esquimaltbased ships as a Naval Warfare Officer for 16 years before joining the Royal Australian Navy (RAN).

The exercise gave him an opportunity to re-connect with many former shipmates on the Canadian frigates, also alongside in Pearl Harbor for RIMPAC, including his former shipmate Commander Kevin Whiteside on Her Majesty's Canadian Ship (HMCS) Calgary, now HMCS Vancouver's Commanding Officer.

"It was a great opportunity to leverage the deep technical knowledge of the system that RCN operators are known for," said LCdr Wall. "We shared technical and training ideas and practices to improve both of our teams."

LCdr Wall reached out to schedule a visit for his RAN team to discuss Close-In Weapons System (CIWS) 1B training and maintenance on HMAS *Supply*. The CIWS 1B is less widely employed on Australian ships, but his Canadian counterparts are well-versed in the weapon system located on the hangar top of each Halifax-class ship.

The cross-deck evolution helped the Australian sailors develop their understanding of the weapons system and obtain helpful tips and tricks from seasoned CIWS operators and maintainers.

"We discussed a wide variety of topics, both procedure-based and concept-based," explained Sailor First Class (S1) Joop Koerten, Weapons Engineering Technician and Vancouver's CIWS subject-matter-expert.

"I shared knowledge with the maintainers, including techniques for maintenance procedures, products I prefer to use, and the areas that need special attention to keep the of Operations Projection and Neon upon system healthy," \$1 Koerten said.

The opportunity for cross-deck evolutions was built into RIMPAC's shore phase, and the Vancouver crew took every opportunity to work with partner nations and allies. The training outside the planned RIMPAC evolutions not only improved the ship's capacity for interoperability between nations, but also old ones. Those relationships will continue Vancouver carries on with allies in support Twenty-six nations, 38 surface ships, four exercise in the series that began in 1971.



Sub-Lieutenant Cael Halvorsen Combat Systems Engineering Officer, **HMCS** Winnipeg

The Close-In Weapon System (CIWS) is a hard-kill weapon system onboard

It is the last line of defense in the ship's layered defense against missiles and surface threats. As the final defense system, CIWS protects the sailors when

completion of RIMPAC.

For S1 Koerten, the experience of hosting sailors from HMAS Supply was a highlight of his first ever RIMPAC experience.

"RIMPAC is incredible; it's like the all-stars for our line of work. It's the perfect time to get exposure to other naval systems and develop your skillset. The diversity of every-

other anti-air or anti-surface capabilities

CIWS employs its Search and Track RADAR suite to acquire and track a target, then destroys it by firing 20mm tungsten rounds out of its six barrels at a rate of up to 4,500 RPM.

CIWS is a self-contained system that can operate without operator; as long as it has power, it can protect the sailors.

The first models of CIWS were made in 1977. The system is time-tested and still carries its weight as a reliable, semiautomatic hard-kill system. It also provides great capability to modern navies of more than 20 nations around the world.

submarines, nine national land forces, more than 30 unmanned systems, approximately 170 aircraft, and more than 25,000 personnel are training and operating in and around the Hawaiian Islands and Southern California from June 29 to Aug. 4. RIMPAC, the world's largest international maritime exercise, provides a unique training opportunity while fostering and sustaining cooperative relationformed new friendships and strengthened one's individual training and experiences ships among participants critical to ensuring creates a wealth of knowledge everyone can the safety of sea lanes and security on the world's oceans. RIMPAC 2022 is the 28th



"RIMPAC is incredible; it's like the all-stars for our line of work [and] it creates a wealth of knowledge everyone can learn from."

~Sailor First Class Joop Koerten



Peter Mallett

Staff Writer

A civilian contractor has received special recognition for his extraordinary efforts at improving the cleanliness of Base Information Services (BIS).

Balihar Dhah, an employee of Commercial Building Cleaning, received a BIS 'Well Done Coin' and Bravo Zulu Award on July 13 during a presentation at BIS Headquarters in Dockyard.

"Being the cleaner is not an easy job and to do it with a pleasant disposition is most welcome," said Commander (Cdr) Paul Frisby, BIS Commanding Officer. "Balihar is a valued member of our team."

In making the award presentation, Cdr Frisby noted the job of the cleaning staff had been made more stringent during the COVID-19 pandemic than in the past.

"Balihar has been keeping the building in a high state of cleanliness, which makes for a much more pleasant environment to work in," Cdr Frisby said. "He is cheerful while he cleans and this also makes BIS a better place to be."

Balihar Dhah, 77, has been working at CFB Esquimalt since 2017. He was born in Punjab, India, and immigrated to Canada in 2008. He had previously worked as a farmer and at another cleaning company before beginning his job in Esquimalt. He speaks English but was able to respond better to interview questions in Punjabi through Sailor First Class Ryan Chouhan, who acted as a translator.

Dhah said he was delighted to receive the award.

"I found out about five months ago I was going to receive this award, and I was very happy," Dhah said.

He also noted how he loves working at CFB Esquimalt and supporting the defence team.

"It's the culture here and the interactions that are the best," he said. "It's a great environment to work in, with cheerful and kind people."

Cdr Frisby introduced the 'Well Done Coin' to the unit to thank individuals for making significant contributions to BIS.

BIS provides IT equipment, network services, and support to HQs, ships, submarines, and personnel at the base, working remotely, and at sea. The unit has a civilian and military workforce of 265 personnel.

Above: Commander Paul Frisby, Commanding Officer BIS, presents his unit's 'Well Done Coin' to Balihar Dhah of Commercial Building Cleaning on July 13 at BIS headquarters in Dockyard. Photo: Elizabeth Lutz, BIS



Chief Pettty Officer Second Class Benito Beaudoin, Coxwain HMCS Tecumseth, and Commander Andy Paschke, Commanding Officer HMCS Tecumseth, prepare pink pancakes during the Pink Pancake Stampede Breakfast on July 13. Photo supplied



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with Commander (Cdr) Andy Paschke, Commanding Officer (CO) of HMCS Tecumseh; Chief Petty Officer Second Class (CPO2) Benito Beaudoin, Coxswain of HMCS Tecumseh; Cdr Adriano Lozer, CO of

CPO2 Beaudoin said his unit did not have the opportunity to connect with Calgarians

Stampede flips out for sailors' SWEET STACKS

Kateryna Bandura Editor

White-uniformed sailors fed hundreds of people at the annual Pink Pancake Stampede Breakfast on July 13 in Calgary, Alta.

"Many folks were asking questions about us cooking in our white uniforms, but we kept them clean, for the most part," said Lieutenant (Navy) John Foster, Public Affairs Officer at Western Region Naval Reserves.

The crews of HMCS Tecumseth and HMCS Calgary delighted Calgarians with a traditional pancake breakfast to raise awareness of the Canadian Cancer Society and encourage participation in the CIBC Run for the Cure.

Four sailors from Calgary and Tecumseth cooked and served pink pancakes, along HMCS Calgary; and Chief Petty Officer First Class Armand Reelick, Coxswain of HMCS Calgary.

since the pandemic.

"As the local unit Coxswain, it was a great pleasure to put on my cowboy hat and my full white to serve pancakes at an official Stampede Breakfast event this year," CPO2 Beaudoin said. "HMCS Tecumseh sailors want to help and participate in various events around Calgary. That is who we are."

The event provided an opportunity for community outreach, Lt(N) Foster said. The Royal Canadian Navy's mascot, Sonar, entertained families with young kids, who could try on firefighting gear and have their photos

"We attended to serve and interact with the public and raise awareness of the navy in Alberta, and connect Calgarians to their local Naval Reserve Division and namesake ship," Lt(N) Foster said.

"The term 'maritime blindness' is a real thing on the prairies," he said.

The breakfast allowed the sailors to showcase the navy to Calgarians.

"Calgarians are generally inquisitive and supportive of the military and what better way to connect than over food," he said.

Lt(N) Foster said HMCS Tecumseth plans to continue participating in the Pink Pancake Stampede Breakfast for years to come.





deployment to Operation Reassurance alongside NATO allies. Photos: Corporal Sarina Kuzma





Regional Cadet Support Unit (Pacific) welcomes a new Commanding Officer

Captain Jacqueline Zweng

Public Affairs Officer for Regional Cadet Support Unit (Pacific)

The Regional Cadet Support Unit (Pacific) (RCSU (P)) held a change-ofcommand ceremony on July 12 at Work Point.

Commander (Cdr) Paula McHale will assume regional leadership of one of Canada's top youth development programs.

"I am delighted to return to serve the Canadian Cadet Organization and larger cadet community in this new role," Cdr McHale said. "As a youth, the cadet pro-

that built my confidence and developed skills that prepared me for my adult life."

Cdr McHale said she is excited to discover how the cadet program has evolved to serve the needs of today's youth.

Cdr McHale is replacing Cdr Stephan Gresmak, who served as the Commanding Officer for the past two years. Cdr Gresmak is moving to Assistant Deputy Minister Review Services. Brigadier-General Jamie Spieser-Blanchet, Commander Cadets and Junior

Canadian Rangers, pre-2017, responsible sided over the ceremony. Detachments Cdr McHale is a past Ottawa, Kingston, sea cadet from Nanaimo, and Sudbury.

gram offered me challenging experiences B.C. She enrolled in the Canadian Armed Forces in 1993 as a Cadet Instructor Cadre Officer in Edmonton, Alta., where she completed a Bachelor of Arts at the University of Alberta in 1998. In 2001, she transferred into the Regular Force as a Naval Warfare Officer.

> In 2016, Cdr McHale was posted to Ottawa as Coordinator for the Royal Canadian Navy Career Managers. She assumed Command of Canadian Forces Recruiting Group (CFRC) Northern and Eastern Ontario in June

Upon relinquishing Command, she remained with the CFRC as a Liaison Officer, embedded in the Military Personnel Generation Group in Ottawa until 2021. She was then posted to the Naval Personnel Training Group HQ and employed as the Venture Division Commander at the Naval Fleet School

There are more than 5,500 cadets in 135 corps and squadrons across B.C., led by more than 1,100 adult Cadet Organizations Administration and Training Service (COATS) staff and volunteers. Visit www.cadets.ca for more information about the Cadet Program and adult leadership opportunities.



Commander Paula McHale, incoming Commanding Officer; Brigadier-General Jamie Speiser-Blanchet, Commander, Cadets and Junior Canadian Rangers; and Commander Stephan Gresmak, outgoing Commanding Officer. Photo: Captain Jacqueline Zweng

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Lovely 2 bed 1 bath home for rent in Central Saanich, Victoria, B.C. Fully furnished with a well-equipped kitchen. Great neighbourhood, conveniently located midway between downtown and airport / ferry terminal. \$2,800/month incl. all utilities. Wi-Fi and Netflix. Short-term rental from October 25, 2022, to March 19, 2023. No pets, no smoking. Contact kimharrap@shaw.ca FMI.

1 Bed 1 Bath lower suite walk to West Bay Marina in Esquimalt. Separate entrance, modern lower level suite close to all amenities. Open concept living with dw, full bath, laundry, and storage. Use of the front yard and parking spot included. One small dog ok. No smoking/vaping. \$1,600/month + utilities (30/70 split for water & garbage). Contact rentals@sipmltd.com

3 Bed 2 Bath suite walk to West Bay Marina. Open concept living on the main level, laundry, mudroom, large back yard. Gas f/p. Covered back deck, gas stove, furnace, and hot water tank plus solar. Close to all amenities. Parking spot included. One Small dog ok. No smoking/vaping \$3,150/month + utilities (70/30 split for water & garbage). Contact rentals@sipmltd.com

2 Bed, 1 Bath ground level suite avail Sept 1, 2022, in Langford. Recently painted with newer appliances, including laundry. Heat, hydro inc. Large patio overlooking Millstream Creek and walking trails. Furnished \$2,200/mtn, unfurnished \$2,000/mth. References required from your current Landlord and confirmation of monthly income. No pets & no smoking, no partying. To arrange a viewing please call or text Bob at 250-661-5474.

VENDORS WANTED

Vendor opportunity! Formation Fun Day Marketplace is looking for vendors for Saturday, September 10, 12-4 p.m., Naden Base. Marketplace will be located indoors. One 6'x2.5' table and chairs provided at \$26.25 GST Inc. Electricity (15 amp household) upon request. Contact Christine.farrington@forces.gc.ca for details and registration.

Email your CLASSIFIED*, 50 words or fewer, to Trina.Winters@ forces.gc.ca

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5 Questions with **BASE COMMANDER'S**

CFB Esquimalt Public Affairs

Master Sailor (MS) Scott Van Maurik currently works at the Base Executive Branch of CFB Esquimalt as the Base Commander's Driver.

What's an average day on the job like?

The bulk of what I do is what you likely expect - I just drive, but the road conditions, traffic, construction, and things like that make each day different. Although I spend most of my time driving the Base Commander to meetings, there is variety in when and where I'm driving – a lot of the meetings happen outside of the Base.

I get to meet a lot of people. I've met most of the local mayors, for example, and I think having that opportunity has given me a better understanding of how the different municipalities work.

What's the most interesting thing that's happened recently while on the job?

Recently, I got to watch one of the controlled burns at Rocky Point that help maintain the ecosystem and prevent wildfires from getting out of hand. The Base Commander had been invited to see what the controlled burns entail, and I followed

OPTOMETRY CLINIC

along with the car in case things got too smoky and we needed to move quickly to a different location.

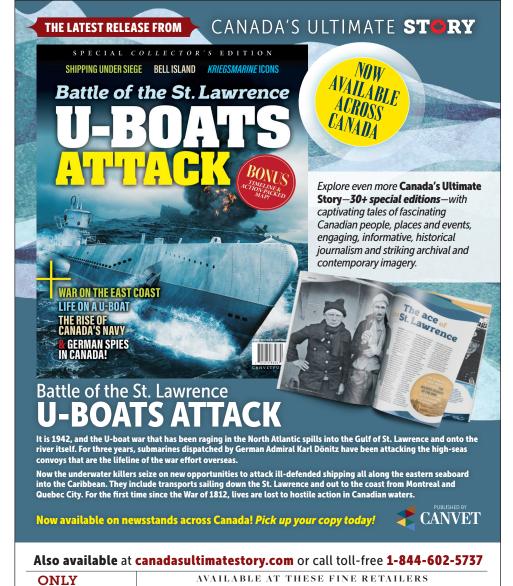
What's something about your job that nobody realizes?

When the Base Commander drives around, people salute the vehicle, but they can't see inside. The thing most people don't realize is he is often saluting back.

What's something interesting about yourself?

I was once posted to the Canadian Forces Station (CFS) Alert in Nunavut, and I ran the trading post. One day I caught 14 fish, and the president of the Fishing Club asked if I wanted to take over the position. I love fishing, so I was happy to do it. While I was up there, I also ran the post office and the two messes - the Arctic Club and the Wolf Den. What would be your dream vacation?

Oh, I don't know. I usually just go to Whistler. I love to get outdoors, away from traffic, and Whistler has all the stuff I love to do. Mountain biking in the summer and snowboarding in the winter, that kind of thing.

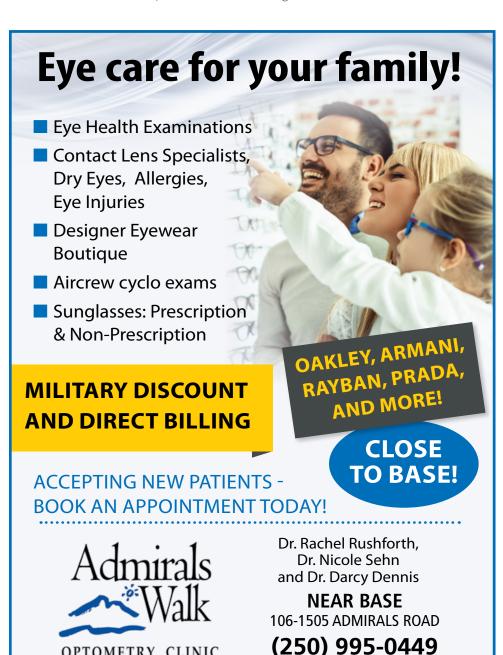


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