

Volume 67 Number 29 | July 25, 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



RIMPAC22 HMCS VANCOUVER

Corporal Kyra Brown, deck director-in-training, signals to HMCS Vancouver's CH-148 Cyclone, code-named 'Canuck,' from the flight deck on July 13. Vancouver is currently sailing around the Hawaiian Islands in support of Rim of the Pacific (RIMPAC) 2022. RIMPAC, which runs from June 29 – August 4, has over 170 aircraft, 38 surface ships, and four submarines participating in the world's largest maritime exercise. Read more about RIMPAC on pages 3, 6, and 7. Photo: Sergeant Ghislain Cotton, HMCS Vancouver Imagery Technician.



**SCHOLARSHIPS
FOR MILITARY
AND VETERANS.***

WWW.SPROTTSHAW.COM

VICTORIA: 250-384-8121

First Responders & Military: \$20.00 Every Day!



**Sullivan's
BARBER SHOP**

Appointments
Not Necessary **250 478 9424**

Seniors
\$18.00
Regular
\$23.00

756 Goldstream Ave.

NOW OPEN: MON 10 – 4 PM; TUES – FRI 8:30 AM – 5 PM; SAT 8:30 – 3 PM



ISLAND OWNED AND OPERATED
SINCE 1984.

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

CHECK OUT OUR NEWLY RENOVATED ESQUIMALT STORE

HARO,

the first of four new Naval Large Tugs,

HAS LAUNCHED!



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-Philippe 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.

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.

Canada: a 'Capable, Adaptive, Partner'



RIMPAC 2022

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 tilt-rotor 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.



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



#LookoutNavyNews

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.

USED CAR CENTRE
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

ELYSIA ALLEN
EST. 2019
REAL ESTATE

exp REALTY

ELYSIA ALLEN
Real Estate Agent
250-882-8938
Elysia@ElysiaAllenHomes.com
www.ElysiaAllenHomes.com

exp REALTY

LOOKOUT

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

LookoutNewspaper.com @Lookout_news
LookoutNewspaperNavyNews LookoutNavyNews

EDITOR

Kate Bandura250-363-3130
kateryna.bandura@forces.gc.ca

WRITER

Peter Mallettpkmallett@shaw.ca

PRODUCTION

Teresa Laird250-363-8033
production@lookoutnewspaper.com

Leslie Eaton250-363-8033
workstation3@lookoutnewspaper.com

ACCOUNTS/RECEPTION

Trina Winters250-363-3127
Trina.Winters@forces.gc.ca

ADVERTISING REPRESENTATIVES

Joshua Buck778-977-5433
sales@forcesadvertising.com

EDITORIAL ADVISORS

Capt Jeff Klassen250-363-4006
Rodney Venis250-363-7060

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

Circulation - 2,000 plus 300 pdf downloads per week

Follow us on Facebook, Twitter
and Instagram to 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



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 tube-like 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

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.



The Lookout's Little Free Library, located in front of its building at 1522 Esquimalt Road

For more information, please visit:

www.theideatree.ca/past-projects/mapping-victorias-little-libraries

and victoriaplacemaking.ca/little-free-libraries

babcock

Proud to support
Canada's fleet

Marine >
Land >
Aviation >
Cavendish Nuclear >

babcockcanada.com

BROWN'S
The Florist
Since 1912

MILITARY APPRECIATION
DISCOUNT **10% OFF**

Stay Connected From a Distance With Flowers

Downtown
250-388-5545

Sidney
250-656-3313

Westshore
778-433-5399

brownsflorist.com

CANEX
A Division of CFMWS
Une division des SRMFC

CANADA'S
MILITARY STORE

CANEX

CANEX.CA

1343 Woodway Rd., Esquimalt 250.388.6428



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 (NCIO), 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>



Save up to \$479 per year¹ in banking fees with the Performance Plan Chequing Account.

BMO recognizes the strength behind the uniform. That's why we also offer your spouse, immediate family members and friends in the Canadian Defence Community the same exclusive no monthly fee banking offer¹ that you enjoy. Plus, if they open an account between June 13 and September 30, 2022, they will automatically be entered into our customer appreciation contest.²

Spread the word. Share the savings. Sign up to win.

The summer customer appreciation contest runs until **September 30, 2022**, so enter now and don't miss out on your chance to win.

Visit **bmo.com/summercontest**, scan the QR code, or visit any BMO branch across Canada.



Official bank of the
Canadian Defence Community

¹The savings of up to \$479 is based on the following savings in a year: (i) \$203.40 for the Performance Plan Monthly Fee of \$16.95 per month for 12 months; (ii) \$155.88 for the retail value of OnGuard™ charged at \$12.99 per month; (iii) \$120 for the value of 5 debit transactions (\$2/each) per month using non-BMO ATMs on the Cirrus Network. ²Interac e-Transfer is a registered trademark of Interac Inc. Used under license. ³No purchase necessary. The 2022 CDCB Customer Appreciation Contest (the "Contest") begins on June 13, 2022, at 12:00:01 a.m. Eastern Time and ends on September 30, 2022, at 11:59:59 p.m. Eastern Time (the "Contest Period"). There are thirteen (13) prizes in total (each a "Prize"), with total prizes valued at \$80,000 available to be won. There will be one (1) Grand Prize of \$20,000 cash and an additional twelve (12) prizes of \$5,000 cash. Odds of winning depend on the number of eligible entries received. Before being declared a winner, a correctly answered mathematical question is required. Full contest details are available at bmo.com/summercontest.

® Registered trademark of Bank of Montreal.



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



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 Esquimalt-based 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 system healthy,” S1 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 formed new friendships and strengthened old ones. Those relationships will continue to create future opportunities to learn as *Vancouver* carries on with allies in support



RIMPAC22



The Close-In Weapon System

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

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

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

other anti-air or anti-surface capabilities cannot.

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, semi-automatic hard-kill system. It also provides great capability to modern navies of more than 20 nations around the world.

of Operations Projection and Neon upon 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 everyone’s individual training and experiences creates a wealth of knowledge everyone can learn from,” he said.

Twenty-six nations, 38 surface ships, four

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 relationships among participants critical to ensuring the safety of sea lanes and security on the world’s oceans. RIMPAC 2022 is the 28th exercise in the series that began in 1971.

“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

BRAVO ZULU

CLEAN SWEEP CONGRATS

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 ques-

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



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 with Commander (Cdr) Andy Paschke, Commanding Officer (CO) of HMCS *Tecumseth*; Chief Petty Officer Second Class (CPO2) Benito Beaudoin, Coxswain of HMCS *Tecumseth*; Cdr Adriano Lozer, CO of HMCS *Calgary*; and Chief Petty Officer First Class Armand Reelick, Coxswain of HMCS *Calgary*.

CPO2 Beaudoin said his unit did not have the opportunity to connect with Calgarians 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 *Tecumseth* 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 taken.

"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.



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










Ask about BG Protection Plan*
Where Dependability and Trust are a Priority...
 784 Fairview Rd. • 250-383-5509 • tracksideautoservice.ca

* under 80,000 km

"The entire team did Canada proud"

Two ships welcomed home from Op Reassurance

Joanie Veitch
Trident Staff

Family and friends were in a celebratory mood as they streamed down to Her Majesty's Canadian Dockyard on July 15.

They were looking forward to welcoming their loved ones home as HMCS *Halifax*, and HMCS *Montreal* sailed back into Halifax harbour, home from deployment. Cheers rang out as the two ships pulled up alongside — first *Montreal* and then *Halifax* just over five minutes later.

"They're coming home after a very successful mission where Canada proved its value as an ally, where Canadian sailors, aviators, and soldiers onboard did an outstanding job. The entire team did Canada proud," said Rear-Admiral (RAdm) Brian Santarpia, Commander of Maritime Forces Atlantic (MARLANT) and Joint Task Force Atlantic.

The two ships had been taking part in Operation Reassurance, Canada's contribution to NATO assurance and deterrence measures in Central and Eastern Europe. When Russia's attack on Ukraine began on February 24, the pressure to support NATO's Maritime Command by deploying a warship on a rotational basis was much higher, RAdm Santarpia said.

It was the first Operation Reassurance mission for HMCS *Montreal*, which left in January to join Standing NATO Maritime Group Two, and the third

for *Halifax*, which went in March and formed part of Standing NATO Maritime Group One. Embarked CH-148 Cyclone helicopter air detachments supported both ships.

After hugging his family, Captain Alex Manderson of HMCS *Montreal* bent down to pin 'My Little Hero' medals on each of his three children.

"It's been hard having him gone for so long," his wife Theresa said. "I'm so glad he's back home with us."

On the other side of the jetty, Tim Clayton was waiting for his son, Sailor First Class Elliott Clayton, to come down the gangway off HMCS *Halifax*. Just in case his son had any illusions of resting after being away, his dad was carrying a big sign to indicate he had other plans.

"Welcome Home Elliott," the sign reads. "Dad needs help cutting the grass."

Continuing Canada's commitment to NATO's assurance and deterrence measures in European waters, HMCS *Kingston* and HMCS *Summerside* left Halifax on June 26. Their departure marked the first deployment on Operation Reassurance for the Kingston-class Maritime Coastal Defence Vessels (MCDV). They arrived in Kiel, Germany, on July 16 to join Standing NATO Mine Countermeasures Group One and begin operations in the Baltic Sea. They are scheduled back in October.

Rear-Admiral Brian Santarpia, Commander MARLANT and JTFA, spoke to media at the jetty prior to the HMCS *Halifax* and *Montreal* coming alongside.



HMC Ships *Halifax* and *Montreal* both arrived home in Halifax on July 15 after a deployment to Operation Reassurance alongside NATO allies. Photos: Corporal Sarina Kuzma



Hub City Tires

New & Used Tires
& Auto Repair

778-440-8473
tiredude2009@live.com
2-745 Vanalman Avenue

Guaranteed Tires from \$25

If one of our tires should fail within 90 days, including Road Hazard, we will repair or replace it FREE.

SUPPORTING SURVIVORS OF TRAUMA

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

DEFENSE NATIONAL
Défense nationale
National Defence

MEN'S THERAPY CENTRE
SUPPORTING SURVIVORS OF TRAUMA

**E-FILE FROM
\$79⁹⁹+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

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-of-command 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-

gram offered me challenging experiences 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, presided over the ceremony.

Cdr McHale is a past sea cadet from Nanaimo,

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 2017, responsible for Detachments Ottawa, Kingston, and Sudbury.

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 Pacific.

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.



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

LOOKOUT Classifieds

FOR RENT

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

*Some restrictions apply. The Lookout reserves the right to edit or limit print.



5 Questions with the BASE COMMANDER'S DRIVER

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

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.

THE LATEST RELEASE FROM

CANADA'S ULTIMATE STORY

SPECIAL COLLECTOR'S EDITION

SHIPPING UNDER SIEGE BELL ISLAND KRIEGSMARINE ICONS

Battle of the St. Lawrence

U-BOATS ATTACK

NOW AVAILABLE ACROSS CANADA

BONUS
TIMELINE ACTION-PACKED MAP!

Explore even more Canada's Ultimate Story—30+ special editions—with captivating tales of fascinating Canadian people, places and events, engaging, informative, historical journalism and striking archival and contemporary imagery.

WAR ON THE EAST COAST
LIFE ON A U-BOAT
THE RISE OF CANADA'S NAVY
& GERMAN SPIES IN CANADA!

Battle of the St. Lawrence
U-BOATS ATTACK

It is 1942, and the U-boat war that has been raging in the North Atlantic spills into the Gulf of St. Lawrence and onto the river itself. For three years, submarines dispatched by German Admiral Karl Dönitz have been attacking the high-seas convoys that are the lifeline of the war effort overseas.

Now the underwater killers seize on new opportunities to attack ill-defended shipping all along the eastern seaboard into the Caribbean. They include transports sailing down the St. Lawrence and out to the coast from Montreal and Quebec City. For the first time since the War of 1812, lives are lost to hostile action in Canadian waters.

Now available on newsstands across Canada! Pick up your copy today!

PUBLISHED BY CANVET

Also available at canadasultimatestory.com or call toll-free 1-844-602-5737

ONLY 14.95
+ applicable tax

AVAILABLE AT THESE FINE RETAILERS

Chapters Indigo COLES Walmart SHOPPERS DRUG MART

AND OTHER FINE RETAILERS OF MAGAZINES

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!**

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

*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

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

Georgia Strait

WOMENS CLINIC

Admissions Toll Free

1.866.487.9040

georgiastraitwomensclinic.ca