

Volume 67 Number 39 | October 3, 2022

LOOKOUT

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

f LookoutNewspaperNavyNews @Lookout_news LookoutNavyNews

newspaper.com

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

Lieutenant (Navy) Chris Shook, Operations
Room Officer onboard HMCS Winnipeg,
salutes during the Memorial Ceremony for
Queen Elizabeth II held on Sept. 18.

Photo: Sailor First Class Melissa Gonzalez



HMCS WINNIPEG PAYS RESPECTS TO QUEEN ELIZABETH II

What hit me the hardest at the ceremony was watching the Commanding Officer and departmental representatives bring up the flowers and salute the photo; I suddenly realized it was the last time any of us would salute Queen Elizabeth. The same must have struck others, because when the ceremony was over, of their own volition many of the sailors lined up to bring a flower and give the final salute.

— CAPTAIN CHRISTINE MACNEIL, PUBLIC AFFAIRS OFFICER, HMCS WINNIPEG

Coffee
is ready!

A full array of coffee and tea,
baked goods and sandwiches!

MOBILE ORDERING IS NOW AVAILABLE!

IN ADMIRALS WALK PLAZA ACROSS FROM THRIFTY'S
101-1503 ADMIRALS ROAD
Mon-Fri 6 am-5 pm Sat-Sun 8 am-4 pm

P: 250.384.1417 **10% DISCOUNT FOR MILITARY AND VETERANS**

6 am

a kinder cup

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!**

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

Your Music Instruction Headquarters

drums
guitar
bass
piano
electronic keyboard

ESQUIMALT MUSIC
250.385.2263
esquimaltmusic.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.

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



Nancy Vieira REALTOR®
Personal Real Estate Corporation

250-514-4750
www.nancyvieira.com • info@nancyvieira.com
for Victoria & Southern Vancouver Island

PEMBERTON HOLMES
ESTABLISHED 1887
1-800-665-5303

Royal Canadian Navy Public Affairs

Changes to naming protocol for RCN ships, units following Her Majesty's passing

Following the Queen's passing on Sept. 8, 2022, and the ascension to the throne of King Charles III, all commissioned Royal Canadian Navy (RCN) vessels are now known as His Majesty's Canadian Ships and Submarines. This also applies to Naval Reserve Divisions across the country.

Units and establishments that use the "HMC" prefix must also update their names. So, the dockyards in Esquimalt, B.C., and Halifax, N.S., are now known as His Majesty's Canadian Dockyard. The Queen's Harbour Master is now known as King's Harbour Master.

It should be noted these changes only apply

in English. Due to differences in grammar in French, there is no change.

In correspondence or information for publication, personnel should immediately start using the name change.

As of sunset on the day of the Queen's funeral, Sept. 19, all official photographs of the Queen were to be taken down. The official portrait's location is to remain empty until the King's is made available.

Official acts, orders, regulations and instructions, such as Queen's Regulations and Orders, shall not be changed until these are changed officially by the appropriate authority.



Changements dans le protocole de dénomination des navires et unités de la MRC à la suite du décès de Sa Majesté

À la suite du décès de la reine et de l'ascension du Roi Charles III, la dénomination des navires et unités en service de la MRC en anglais a immédiatement changé de « Her Majesty's Canadian Ship » à « His Majesty's Canadian Ship ».

En français, comme le mot « majesté » est un nom féminin il n'y aura aucun changement avec le terme « Navire canadien de Sa Majesté » (NCSM). Il en est de même pour « l'arsenal canadien de Sa Majesté » (His Majesty's Canadian Dockyard) et « le capitaine de port de Sa Majesté » (King's Harbour Master).

Dans la correspondance ou les renseignements qui seront publiés, le personnel devrait immédiatement commencer à effectuer le changement de noms.

Depuis le coucher du soleil le jour des funérailles de la reine, le 19 septembre dernier, toutes les photographies officielles de la reine doivent être retirées. L'emplacement du portrait officiel doit demeurer vide jusqu'à ce que le portrait du roi soit rendu disponible, ce qui pourrait prendre un certain temps.

Les documents officiels comme les lois, ordonnances, règlements et instructions, tels que les Ordonnances et règlements royaux, ne doivent être modifiés jusqu'à leur changement officiel par les autorités compétentes.

Des directives supplémentaires seront fournies pour le changement d'articles tels que les écriteaux et les plaques

Healthy Workplace month

Dr. Frederick Voon Evidence Based Wellness



Please join the MARPAC Health and Wellness Strategy as they celebrate Healthy Workplace Month by hosting Dr. Frederick Voon on Thursday, October 6 from 1000 – 1130 hours on Teams.

Dr. Frederick Voon is a Canadian Emergency physician who works in Victoria, B.C., with interests in patient education, information technology, mindfulness in medicine, business, and evidence-based happiness. Currently Dr. Frederick Voon is an executive of the Victoria Emergency Physicians Association, and co-President of the South Island Medical Staff Association. Dr. Frederick Voon works closely with the Divisions of Family Practice: Transitions in Care with projects including Familiar Faces, which provides digital care plans for the most frequent users of local Emergency Departments.

A Clinical Assistant Professor and Mentor with the University of British Columbia Faculty of Medicine, Dr. Frederick Voon enjoys teaching, personal growth, as well as professional development. He has presented at conferences and volunteered with community organizations such as the International Health Literacy Association (IHILA), Our Place Society serving inner-city and vulnerable populations, YMCA Camp Thunderbird for youth, and the Victoria Minor Hockey Association.

After graduating medical school in 2001, he completed residency training in Family Practice and Emergency Medicine. He has worked in clinic and hospital settings, both urban and rural, in British Columbia, Alberta, New Brunswick, Nova Scotia, and New Zealand. Dr. Voon shares lived experience from both sides of the stretcher: supporting a loved one through mental health crises, and seeing a large number of people struggling with mental health at work every shift.



**Thursday
October 6
10:00 – 11:30 am**

Healthy Workplace Month

Join on your computer or mobile app:

Go to MS Teams

Meeting ID: 278 370 238 114

Passcode: rK4hUH

Or call in (audio only)

+1 343-803-5382, 531286485#

Canada, Ottawa-Hull

Phone Conference ID: 531 286 485#

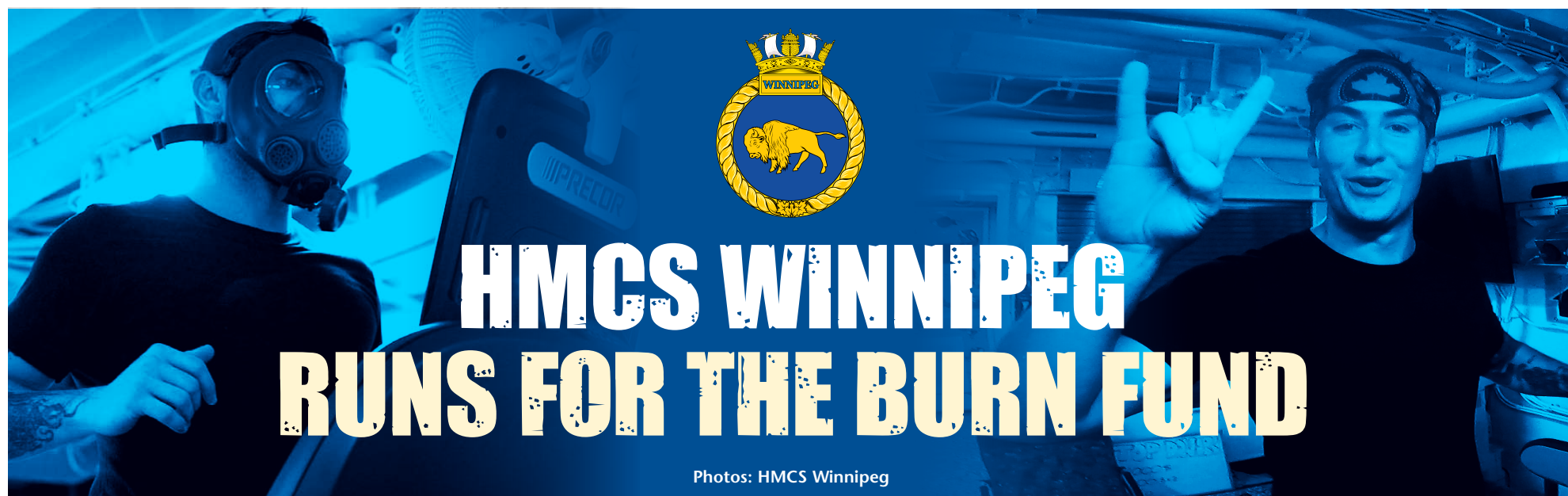
For more information, please contact:

Claire Grant

MARPAC Health & Wellness Strategy Assistant

Department of National Defence | Government of Canada

Claire.Grant@forces.gc.ca Tel: (250) 363-1900 Ext 60283



Kateryna Bandura
Lookout Editor

HMCS *Winnipeg* raised over \$2,900 for the Manitoba Fire Fighters' Burn Fund on deployment to the Indo-Pacific.

"It goes to show all things are possible with the right perspective, adaptability, and perseverance," said Petty Officer Second Class (PO2) Derek Wilkinson, organizer of the run.

HMCS *Winnipeg's* crew adopted the Firefighters Burn Fund as their 'home' charity to support soon after the ship was commissioned in June 1995, and they have maintained that commitment over the years.

Four crew members supported the charity this year by hosting a run during *Winnipeg's* 2022 Indo-Pacific deployment.

"This was an opportunity to challenge myself while helping people on long and difficult journeys, the people that the Burn Fund supports," PO2 Wilkinson said.

The Firefighters Burn Fund was created in March

1978. Manitoba's Fire Service personnel volunteer their time and effort in raising funds to support exceptional burn care, treatment, rehabilitation, and research.

Four members of 'The Herd' running club aboard *Winnipeg* hosted this year's run: PO2 Wilkinson, Sailor First Class Hubert Desbiens, Sub-Lieutenant (SLt) Cael Halvorsen, and SLt Loic Richard. PO2 Wilkinson said he was glad to see the ship get behind the cause while it was in theatre of operations.

While *Winnipeg* was at sea, the runners completed segments on treadmills, in 80-metre loops around the flight deck, and 70-metre loops around the upper decks, all spanning over 48 hours. The runners worked at logging higher than usual mileage during training at slower paces to get their legs used to the extra volume.

"We ate a lot of granola bars and drank a lot of coffee," said PO2 Wilkinson.

SLt Richard said his participation in the run was motivated by the desire to raise money for those who need it and to challenge

himself physically and mentally.

"I can confidently say this activity was everything I hoped for," he said. "I am proud of what *Winnipeg* contributed to the Burn Fund, and I'm grateful for the opportunity I was given to push my physical and mental barriers. Let's Go *Winnipeg*!"

The runners had been getting fit for months ahead of time. The members agreed the most challenging part was the midnight monotony of running on a treadmill in the dark after only about 90 minutes of sleep.

SL Desbiens said his love for running made the challenge much easier.

"Run when you can, walk if you have to, crawl if you must, just never give up," he said.

The event created a lot of buzz among the crew and was an excellent morale-raising opportunity as the ship's company often came by the treadmills to cheer the runners on and lend their support.

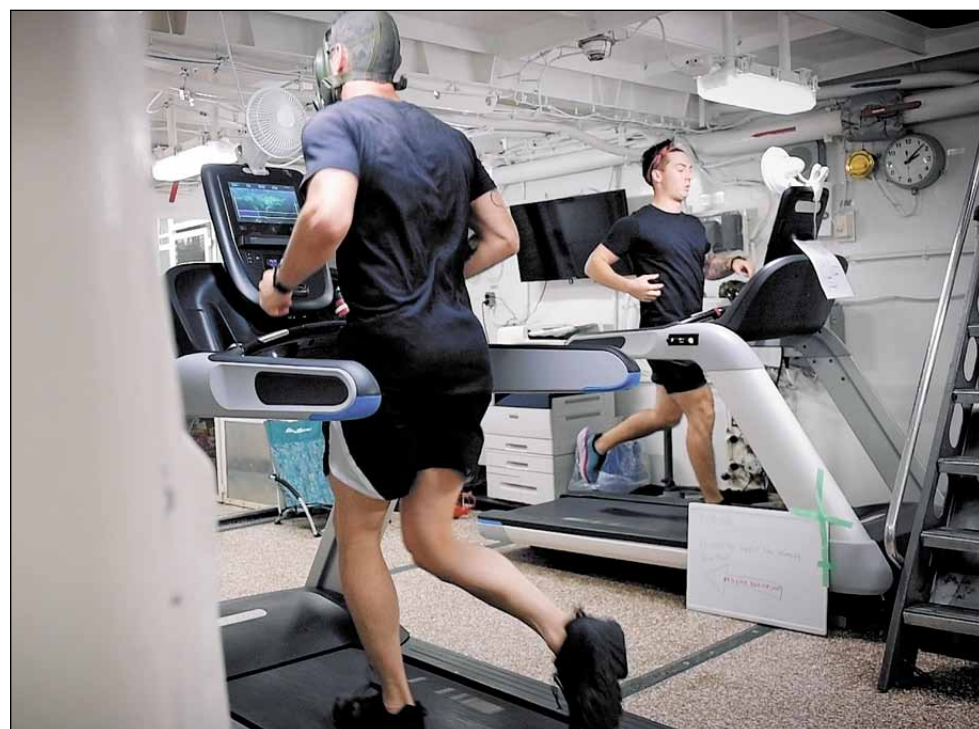
Although only four members did the running,

everyone was invited to sponsor them. In a show of incredible generosity, one member stunned the runners with a staggering \$1,000 donation.

"I am extremely proud of our four runners and the sailors who supported them," said Commander Annick Fortin, Commanding Officer of HMCS *Winnipeg*. "This event speaks to our motto 'One with the strength of many'. Our runners gave their time, dedication and energy, and our sailors gave them their support by cheering them on and sponsoring their effort."



Signs were put around the ship to encourage the crew to support the four runners.



"The Herd" Running Club team members onboard HMCS *Winnipeg* run to raise money for Manitoba's Fire Fighter's Burn Fund while on deployment to the Indo-Pacific.



Here to provide the assistance you need.

Contact my office with your questions about:

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

Laurel Collins
MP for Victoria

Laurel.Collins@parl.gc.ca
250-363-3600



f /CollinsLaurel
t @Laurel_BC
i @laurelndp

LOOKOUT

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

LookoutNewspaper.com @Lookout_news
LookoutNewspaperNavyNews LookoutNavyNews

MANAGER

Jazmin Holdway 250-363-3372
Jazmin.Holdway@forces.gc.ca

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 REPRESENTATIVE

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

EDITORIAL ADVISOR

Capt Jeff Klassen 250-363-4006

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



SUPERSTITIONS

"Traditionally, only ship's cooks were allowed to whistle because if you could hear them whistling, you knew they weren't consuming the rations."

~ Mark Nelson, Chief Petty Officer Second Class (Retired)

Long before there was a Navy, mariners were prone to believe in superstitions deemed to bring either good luck or misfortune. Superstitions still exist today, and whether they carry any veracity is simply a matter of opinion.

For example, sailors tend to avoid *clinking glasses in a toast* as there is a superstition that when a glass rings, it tolls the death of a sailor. Thus, any ringing glass is immediately stopped. Similarly, sailors avoid *toasting with water*, as superstition states this will cause the person toasted to drown.

To *whistle up a wind* was an ancient naval superstition that said whistling would cause the wind to increase. Thus, *whistling* is normally frowned upon in a warship, as it is thought it may bring about stormy weather. Traditionally, only ship's cooks were allowed to whistle because if you could hear them whistling, you knew they weren't consuming the rations. In the case of a sailing ship beset by doldrums, sticking a *knife in the mast* in the direction of the preferred wind was thought to bring the desired breeze.

Somewhat of superstition and marked by an adage, 'Red sky in morning - sailor's warning, Red sky at night - sailor's delight' meant a red sky in the morning portended bad weather, and a red sky in the evening meant good weather was to come. Real meteorological reasons give truth to this adage, in that a red sunrise might mean a high-pressure system associated with good weather had passed to the east. A red sky at night might indicate a high-pressure front and stable air

coming in from the west.

Superstitions abound in the building and launching of vessels. For good luck, a new ship has a coin placed under its keel as it is laid down. In addition, a coin is placed under the mast of a ship when the mast is erected in a mast stepping ceremony. This is done to bless the ship and give it good luck. When a ship is christened, a bottle of champagne is traditionally broken over the bow. Superstition portends bad luck for any ship where the bottle does not break on the first strike.

Sailing on Friday was often feared to bring bad luck to a ship's voyage. However, in the modern age, ships do not overtly avoid sailing on a Friday, especially since ships have done it and disaster did not ensue. Still, there is an oft-told tale of the fate of *HMS Friday*, a version of which was even featured in *Reader's Digest* magazine. The tale goes something like this: "Years ago, the Royal Navy attempted to dispel the superstition that beginning a voyage on a Friday would bring bad luck. They decided to commission a ship named *HMS Friday* to prove this belief as false. Her keel was laid on a Friday, she was launched on a Friday, and she set sail on her maiden voyage on Friday the 13th, under the command of Captain James Friday. She was never seen or heard from again."

This legend is a classic urban myth, as there has never been a Royal Navy ship of that name. Still, the tale is frequently retold in many variations. Thus, the superstition lives on!

You will find over 4,000 examples of Jackspeak in my book *Jackspeak of the Royal Canadian Navy* (2nd ed.).

The author of *Jackspeak of the Royal Canadian Navy* and *Whiskey 601*, Mark Nelson developed a love of the Navy's language and lifestyle over his 26-year career in the service. After retiring as a Chief Petty Officer Second Class, he now works as a library systems specialist at Red River College Polytechnic in Winnipeg, Man.

Follow Mark on Twitter @4marknelson



BROWN'S
The Florist
Since 1912

MILITARY APPRECIATION
DISCOUNT 10% OFF

brown florist.com

Downtown
250-388-5545

Sidney
250-656-3313

Westshore
778-433-5399

Stay Connected From a Distance With Flowers



SCHOLARSHIPS
FOR MILITARY
AND VETERANS.*

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

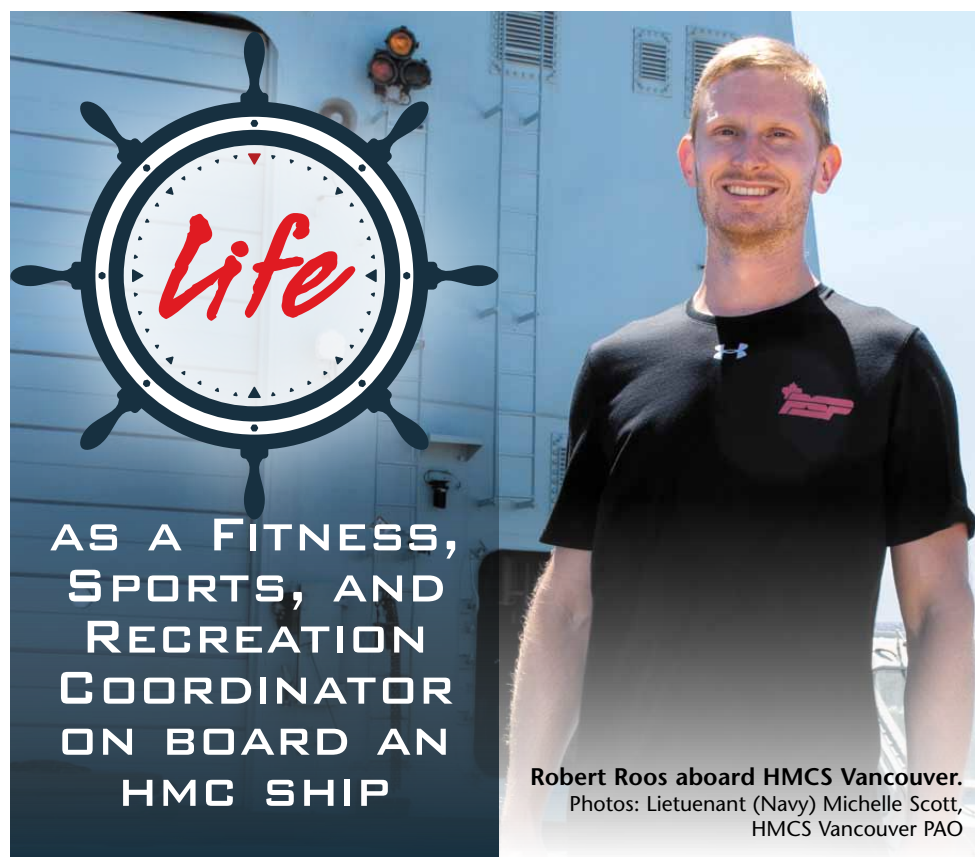
CANEX
A division of CFMWS
Une division des SBMFC

CANADA'S
MILITARY STORE

CANEX

CANEX.CA

1343 Woodway Rd., Esquimalt 250.388.6428



Robert Roos aboard HMCS Vancouver.
Photos: Lietutenant (Navy) Michelle Scott,
HMCS Vancouver PAO

Robert Roos, HMCS Vancouver FSR Coordinator

Have you ever run, squatted, or done push-ups on a floor that shifts beneath your feet?

I hadn't until two months ago when I joined HMCS Vancouver on deployment.

I am the ship's Fitness, Sports, and Recreation (FSR) Coordinator. My job involves leading group fitness classes, writing individual training programs, and hosting recreation events for the members on board. I previously deployed with the Canadian Armed Forces to Latvia in 2021, where I worked in an FSR department with three other colleagues, but here on Vancouver, I am a department of one.

Shipboard fitness presents challenges that can be divided into two broad categories: technical challenges of the job and social challenges of living and working on a ship.

From a technical perspective, simple exercises on land take on a new level of difficulty when the ground under you moves unpredictably.

As the ship pitches and rolls, participant safety is a top priority. Exercises and body positions need to be adjusted, and equipment and exercise selection needs to be considered. Compare

holding two 30-pound dumbbells or one exercise band in an overhead press when the ship suddenly rolls to one side – there is less risk of injury with the band. Space is at a premium on board, which also extends to fitness equipment.

Equipment needs to be basic but effective, easily taken out for set-up, and quickly stowed. This is especially true as most group fitness classes take place on the flight deck, where, if called to flying stations, the air detachment may need the deck cleared ASAP, or some kettlebells may end up in Davy Jones' Locker.

The most difficult challenge I have with running fitness programming on the ship is the changing nature of members' shifts and watches.

Members' schedules are constantly changing, and accommodating a fixed fitness schedule is not easy. Seeing members who regularly attend class disappear due to a shift in their work schedule is hard to swallow. I can see their fitness improving and confidence growing, and then one day, they aren't there anymore. Building relationships is integral to being an effective FSR Coordinator, and the constantly shifting, 24-hour nature of ship life makes it much more difficult

than on land.

A solution we discovered is to post daily workouts in the ship's gym, where those who can't attend classes in person can still participate in daily fitness programming.

As a fitness professional, it is a situation I never expected to find myself in, but I'm glad I accepted the opportunity.

Another option is to post fitness challenges that the whole ship can achieve together. For example, on Vancouver, we are racing the ship home (collaboratively running, biking, walking, rowing, or using the elliptical to move enough kilometres to beat the ship home) and lifting the ship (collaboratively while exercising to lift the 5 million-kilogram weight of the ship).

Working through these challenges daily with the Royal Canadian Navy members has been extremely rewarding. As a fitness professional, it is a situation I never expected to find myself in, but I'm glad I accepted the opportunity.



Sailors onboard Vancouver's flight deck participate in Roos' fitness class.

FIND LOOKOUT ON FACEBOOK



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...

* under 80,000 km

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

WESTSHORE U-LOCK MINI STORAGE

MILITARY
DISCOUNT
OFFERED



selfstorage.ca

- ✓ Residential and Commercial storage
- ✓ Award winning, modern facility
- ✓ Individually alarmed lockers
- ✓ Easy monthly rentals
- ✓ Heated lockers
- ✓ Easy access

1621 Island Highway, 250-478-8767

Now Hiring

- Health Spending Account
- Free Eye Care, Eye Wear & Discounts
- Paid Vacation
- Continuing Education



OPTICIAN / DISPENSARY ASSISTANT

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



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

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

Ability to work evenings and/or Saturdays as required

TO APPLY, EMAIL US @
DRSJOSLIN.MORIN@SHAW.CA

BASE COMMANDER GOLF TOURNAMENT PARTICIPANTS:



Matt Kearney, Julia Thrift, Jason Campbell and Amanda Pond.



Mike Deschamps, David Hickey, Alexander Macneish and Chad Naefken.



Jim Utteison, Chantal Tourangeau and Matthew Lambert.



Trevor Mcshane, Reg Smith, Spencer Walker and Parker Zakus.



Christopher Perry, James Swanbeck, Peggy O'Connor and Lisa Perry.



Boyd Greely, Mark Tipper, Lyla Wilkins and An Pham.



Kodi Gibson, Dale Johnston and Gordon Szczepski.



David Barker, Jeff Hutchinson, George White and Garnet Hutchinson.



James Coyle, Brent Flegel, Dustin Giroux and Rich McAuley.



Captain (Navy) Jeff Hutchinson, Base Commander, awards the Team Scramble Award to Roy Elson, Mohammed Gudal, Steve Melnick and Steve Wist.



Captain (Navy) Jeff Hutchinson, Base Commander, awards the Top Individual Player Award to Matt Campbell.



Chantal Tourangeau presents tournament participant Andrew Firth with the prize of a \$1,500 WestJet flight credit at the Base Commander's Golf Tournament.



Base Commander, Captain (Navy) Jeff Hutchinson addresses tournament participants alongside Kodi Gibson, Deputy Manager, Personnel Support Programs, thanking them for their participation.



Golf tournament participants excited to receive prizes.



Michael Fulmore, Brandon Betts, Brad Cameron, and Tyler Van Milligen get ready to approach their next hole at the Base Commander's Golf Tournament.



Derek Cheetham dives into pond and finds more than his own ball.

Annual BASE COMMANDER'S GOLF TOURNAMENT



TOURNOI DE GOLF *Annuel* du COMMANDANT DE LA BASE

Lookout Staff

The 8th Annual Base Commander's Golf Tournament teed off in full swing last Wednesday morning, Sept. 28, at the Olympic View Golf Club, hosted by Captain (Navy) Jeff Hutchinson, Base Commander at CFB Esquimalt. The sold-out event featured a performance from the Naden Band, 18 holes of golf, and a shower of rain to keep the play interesting. Following an incredible morning round of golf, participants gathered for lunch and prize giveaways, courtesy of event sponsors. The Top Individual Player was presented to Matt Campbell, and the Team Scramble was presented to Roy Elson, Mohammed Gudal, Steve Melnick, and Steve Wist. Congratulations to all players!

Team work makes the dream work.

THANK YOU TO EVENT SPONSORS



Funded By CFB Esquimalt's Base Fund

IRISH SAILORS JOIN HMCS SACKVILLE

for special commemoration ceremony



Lieutenant (Naval Service) Paul Kavanaugh, Executive Officer of LÉ James Joyce; retired commander Garrett Reddy, Commanding Officer of HMCS Sackville with the Canadian Naval Memorial Trust (CNMT); Lieutenant-Commander Donnachadh Cahalane, Commanding Officer of LÉ James Joyce; retired captain (Navy) Bill Woodburn, chair of CNMT; and John Boylan, Deputy Head of Mission with the Irish Embassy in Ottawa.

Photo: Joanie Veitch, Trident

Joanie Veitch Trident Staff

Two Irish Naval Service offshore patrol vessel members joined the crew onboard His Majesty's Canadian Ship (HMCS) Sackville for a Committal of Ashes Ceremony.

"There were so many ties for us as we took part in this event," said Lieutenant-Commander (LCdr) Donnachadh Cahalane, the captain of LÉ James Joyce.

HMCS Sackville held its traditional Committal of Ashes Ceremony at sea on Sept. 22, off Point Pleasant Park. Following the ceremony, a memorial service was held to commemorate the sinking of SS Atlantic in 1873 off the Nova Scotia coast. Of the 550 people who perished, more than half were Irish.

"Ireland is no stranger to maritime disasters, but the sinking of SS Atlantic caused a tremendous loss of life and a great deal of Irish casualties, so the commemoration of this tragedy while we're visiting Halifax was very fitting," LCdr Cahalane said.

LCdr Cahalane and Lieutenant (Naval Service)

Paul Kavanaugh, Executive Officer of LÉ James Joyce, took part in wreath-laying at sea in memory of the lives lost on SS Atlantic. They were joined by John Boylan, Deputy Head of Mission with the Irish Embassy in Ottawa.

SS Atlantic, part of the White Star Line, had been travelling from Liverpool to New York with 975 people on board when it sank off Lower Prospect, N.S., in the early hours of Apr. 1, 1873. Until the sinking of the Titanic in 1912 (also a White Star Line vessel), the sinking of SS Atlantic held the unfortunate honour of being the largest maritime disaster of its day.

LCdr Cahalane said he felt a connection to SS Atlantic since LÉ James Joyce had followed a similar sail path to the ill-fated ship.

LÉ James Joyce left Ireland in early September for a month-long tour of parts of North America's Atlantic coast. Before it arrived in Halifax on Sept. 21, the ship had visited Boston, Mass., and Portland, Maine.

Retired commander Gary Reddy, Sackville's Commanding Officer with the Canadian Naval Memorial Trust, said that while the opportunity to host the Irish contingent

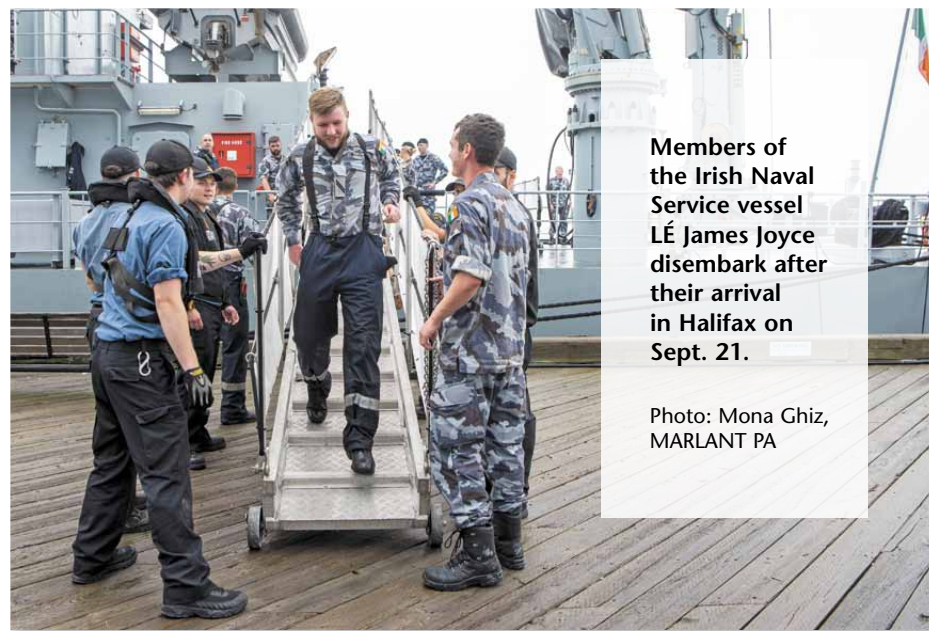
and to commemorate the SS Atlantic tragedy was special for HMCS Sackville, the main event was the Committal of Ashes Ceremony.

"For our crew, this is our traditional service and it is held in the highest regard," Reddy said. The Canadian Naval Memorial Trust is a non-profit that operates the ship.

Held twice a year aboard HMCS Sackville, most of the people who ask to have their ashes brought to the sea are former sailors or those with a connection to the Royal Canadian Navy or the Canadian Armed Forces, he said.

Following the ceremony and service for SS Atlantic, Sackville returned to its summer berth at Sackville Landing on the Halifax waterfront. LÉ James Joyce was docked at Tall Ships Quay on Lower Water Street and had been scheduled to host more public tours and events through the weekend before its scheduled departure on Sunday, Sept. 25.

As the weather forecast grew grim, LÉ James Joyce was forced to cancel remaining public tour events and take shelter while Hurricane Fiona tore through the region.



Members of the Irish Naval Service vessel LÉ James Joyce disembark after their arrival in Halifax on Sept. 21.

Photo: Mona Ghiz, MARLANT PA



LÉ James Joyce approaches HMC Dockyard in Halifax on Sept. 21.

Photo: Mona Ghiz, MARLANT PA

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).



MADE IN CANADA

50%-80% OFF RETAIL

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



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

DEPARTMENT OF NATIONAL DEFENCE'S

Employee Assistance Program turns



This year the Department of National Defence's Employee Assistance Program turned 40!

Check out the articles, videos and activities on the new Organizational Well-Being SharePoint site: 018gc.sharepoint.com.

Have you considered volunteering as a Peer Advisor (PA) through the Employee Assistance Program (EAP)? Would you like to know how you can get involved and what involved means?

What is a Peer Advisor?

A PA is an approachable, trustworthy employee who supports their colleagues by listening actively and directing them to helpful resources such as mental health services and community programs.

A PA is not a counsellor. They cannot diagnose, counsel, advise, prescribe, or treat an employee.

Not sure if the role is proper for you?

As a PA, you get to:

- Help your colleagues;
- Develop new skills through annual training;
- Stay connected to fellow PAs;
- Be guided and mentored by your coordinator;
- Participate in events and promotional activities; and
- Be the first to know about program updates and new resources.

How can I become a Peer Advisor?

The Employee Assistance Program is

always looking for new volunteer PAs to join the program, and applications are accepted on an ongoing basis. Volunteers must be full-time DND employees who have obtained the support of their supervisor. To apply, complete the Peer Advisor Application Form.

I submitted my application.**What's next?**

After reviewing the new applications, and union endorsement, applicants will be interviewed to ensure they are a good fit for the program. Their supervisor will be contacted to discuss the role and its implications.

Successful applicants will begin onboarding with their Regional Coordinator, who provides them with

support and mentorship on a regional scale. PAs will also begin their training, which involves a variety of courses, including Mental Health First Aid training, Applied Suicide Intervention Training and informative workshops like Trauma-Informed Care. To view the training opportunities provided to PAs, check out the Training Roadmap.

Once training has been completed, applicants will have achieved their volunteer status and will begin meeting with employees in their role as Peer Advisor.

Need more information? Check out our Organizational Well-Being SharePoint Site or contact the EAP positional mailbox: EAP-PAE@forces.gc.ca

ATTENTION MILITARY MEMBERS



GET YOUR FLU SHOT AND/OR COVID BOOSTER SHOT



Where: The Wardroom
Timings: Walk-In Clinic 0800-1400
Dates: Oct 18, 19, 20, 25, 26 and 27
Nov 2, 8, 9, 10

FOR MORE INFORMATION CONTACT ESQCLINICIMMUNIZATION@FORCES.GC.CA

AVAILABLE NOW

CANADA'S ULTIMATE **STORY**



Order your
special edition today!

The Royals The fight to rule Canada

Everything you need to know about Canada's royal heritage from the earliest kings and queens who dispatched explorers to the New World to the British monarchy of more recent times.

Explore even more **Canada's Ultimate Story—25+ special editions—with** captivating tales of fascinating Canadian people, places and events, engaging, informative, historical journalism and striking archival and contemporary imagery.

PUBLISHED BY
CANVET

ONLY
16⁹⁵
+ tax and shipping

Available at **canadasultimatestory.com**
or call toll-free **1-844-602-5737**



Eric Coching
Broker/Owner | 250-217-2326
ecoching@shaw.ca

The MORTGAGE Centre

COCHING MORTGAGE

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

Phone 250-391-6191 • Fax 250-391-6192

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

CONVENIENT LOCATION ACROSS FROM HOME DEPOT BELOW COSTCO

Thinking about consolidating consumer debt?

Now may be the time as mortgage rates are low. Give us a call for current rates and options!

Rates subject to change without notice



Tritons find solace in Slo-Pitch return

CFB Esquimalt's slo-pitch team captain Chief Petty Officer Second Class (CPO2) Michael (Rob) Tibbetts was selected as the CANWEST Men's Slo-Pitch Team MVP and the Men's Slo-Pitch Tournament MVP.

Photo: CPO2 Tibbetts

result our team had worked towards but determined effort has provided a solid building block for the team for future years," said Chief Petty Officer Second Class (CPO2) Rob Tibbetts, the team's captain and second baseman, and Coxswain of HMCS Corner Brook.

This year's tournament saw the return of the CAF Slo-Pitch Nationals for the first time since 2018, said CPO2 Tibbetts. The 2019 National Championship was cancelled due to budget cuts, while the 2020 and 2021 tournaments were cut due to health and safety regulations surrounding the COVID-19 pandemic.

Bagotville defeated CFB Halifax in the Gold Medal game. CPO2 Tibbetts and his teammates had hopes of a gold medal ahead of the National Championships. They had earned

their spot in Edmonton after winning five of six games at the Canada West Regional qualifying tournament in Wainwright, Alta. from Aug. 21 to 26.

Their berth in the Nationals came after their 12-6 win over CFB Winnipeg in the qualifying tournament's Gold Medal Game. The Tritons opened robin play in Edmonton with a 21-12 win over CFB Kingston, with Warrant Officer Bartlett earning the game's Most Valuable Player (MVP) honours. They then suffered two consecutive losses, falling 20-12 to Bagotville and 19-13 to CFB Halifax to close out round-robin play.

The blue and gold rebounded and advanced to the tournament semi-final versus Bagotville after a 16-7 victory over Kingston in their opening playoff game.

CPO2 Tibbetts was selected as the CANWEST Men's Slo-Pitch Team Most Valuable Player (MVP) and the Men's Slo-Pitch Tournament MVP. He said he and his teammates were excited to be

back in action.

"Our sport promotes many of the best qualities of our personnel: dedication, comradeship, competition, and mentorship," CPO2 Tibbetts said. "I was extremely proud of this team and how we came together, leaving it all on the field every inning of every game."

Women's Slo-Pitch Team

The Esquimalt Tritons Women's Slo-Pitch Team also returned to action this year but did not qualify for the Women's CAF Nationals in Edmonton. Esquimalt was defeated 30-19 in the Canada West Regional Championship game to CFB Edmonton.

However, one of Esquimalt's top players, third base standout Sailor First Class (S1) Roseline Clark, did get a chance to shine. CFB Edmonton added S1 Clark to their roster as a guest player in their successful quest for a national title. S1 Clark won game MVP honours with Edmonton in their 29-20 win over Halifax in the tournament semi-final.



"It feels really great to be a national champion and I still can't believe what an incredible experience I had last week," said S1 Clark, a Naval Communicator currently posted to Naval Fleet School Pacific (NFS(P)).

To top it off, her mother surprised S1 Clark by driving to Edmonton from her home in Winnipeg and became part of her team's cheering section for the tournament.

"She became the 'Team Mom' and could celebrate all our achievements with us," S1 Clark said.

Edmonton defeated Petawawa 18-3 and captured the gold medal.

Ryan, L., serves lunch to WWII veteran Lloyd, R. Lloyd is one of 225 people who call Veterans Memorial Lodge home.



Proudly supported by



You can still help!
Visit www.broadmeadcare.com or call 250.658.3274

Thank you for bringing the smiles!

Your donations to the Serving Smiles campaign will help us replace aging serveries that Canada's veterans, seniors, and staff at Veterans Memorial Lodge depend on for meal service.

We hope you're grinning, too!

BECKLEY FARM LODGE | HARRIET HOUSE | NIGEL HOUSE
REST HAVEN LODGE | VETERANS HEALTH CENTRE
VETERANS MEMORIAL LODGE

Broadmead Care
4579 Chatterton Way
Victoria BC V8X 4Y7
Tel: 250.658.0311

Broadmead Care Society is a registered charity. #129290383 RR0001

Broadmead Care
Where Love, Life and Living Matter

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.

LOOKOUT Classifieds

WANT TO RENT YOUR PLACE? LOOKING FOR A SPACE? PROMOTE YOUR GROUP?

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

EMPLOYMENT

Esquimalt United Church is looking for a custodian on a contract basis. The contract provides for up to 8 hours of cleaning/work per week at an hourly rate commensurate with the successful applicant's experience. For a complete contract description and list of duties please email esquimaltunited@shaw.ca. You will need to provide a recent Criminal Record Check.

FOR SALE

Naval Officer's Mess Dress for Sale: Doeskin mess dress that includes a complete formal mess dress with a white jacket and a blue vest as extra pieces. Made in Halifax. For more details contact Bruce Winter @ 250-415-5784 (text or call) or labs4ever@gmail.com. \$400 OBO.

10-17-22

FOR RENT

House For Rent Restored 1904 Heritage house. \$2,300/month including Utilities. Contact Geoffrey 250-883-7632.

Bright, open concept garden suite for rent in View Royal. Own driveway and private ground-level entrance. Carpet in lvrn, laminate in kitchen, tile in bath. Approximately 700ft², hydro & WiFi incl, shared laundry. Located close to the 4 Mile Pub, Thrifty Foods, trails & beaches. Best suited for single occupancy. \$1,500, no smoking or vaping please! Call or text Rob 250-818-8294.

Available October 15, a 3 bedroom + office, 1,600ft² family (upper) home in a wooded, private and quiet area in central Metchosin. Large kitchen, ensuite off the main bedroom. Newly installed heat pump. \$3,200 + utilities. Recently updated, professionally separated into two legal homes with own entrances, electrical meters, internet, laundry. The second suite will be rented separately and will be available later in October. Contact Steve 250-812-5439.

NIOBE MESS DINNER

OCTOBER 20, 2022

CFB ESQUIMALT
WARDROOM

TICKETS NO MORE
THAN \$65

#HOWTOSAILOR GAMES
1600 FOR A 1630 START

DINNER
1830 FOR A 1900 START

RSVP



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

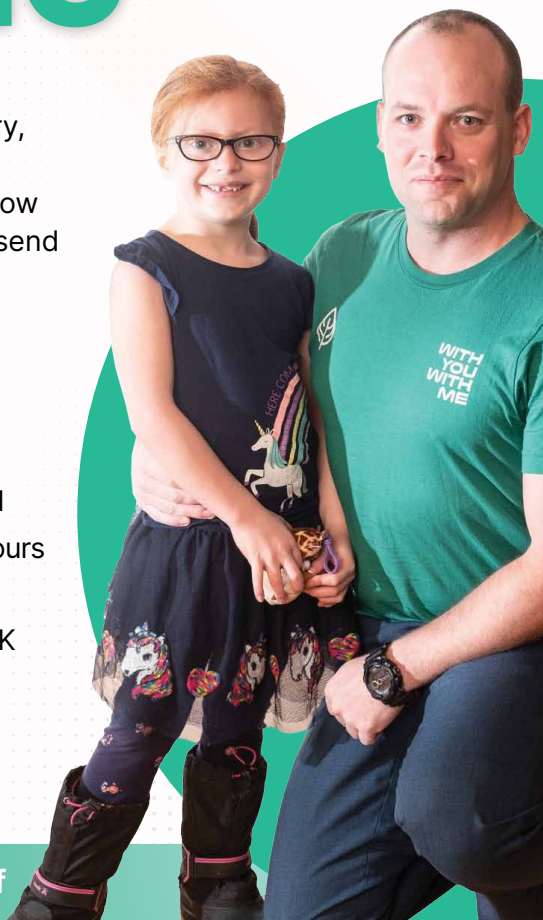
Work from home

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



withyouwithme.com/caf

WITHYOU
WITHME



**\$1,000
CREDIT**
ON ANY TRADE



VICTORIA
HYUNDAI

INSTANT CASH FOR YOUR VEHICLE

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

Only @ Victoria Hyundai

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

VICTORIA
HYUNDAI

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

Kot Auto
Group

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