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LOOKOUT

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

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LIST OF
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ON PAGE 13



HMCS Brandon reservists receive milestone patch



Commodore David Mazur, Commander Canadian Fleet Pacific, presents a 100th anniversary Naval Reserve morale patch to Lieutenant-Commander Jeremy Breese of HMCS Brandon. See story on page 13. Photo: Peter Mallett/Lookout

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Conduct and Culture leader says, 'culture is every one of us'

"We have to include all voices, and hear from folks who are skeptical, as they should be. We have to remain consistently vigilant, we need to have a feedback loop to understand the challenges, and we need to constantly adapt with the changing environment."

— Lieutenant-General Jennie Carignan



Lieutenant-General Jennie Carignan, the CAF's Chief of Professional Conduct and Culture, speaks to members during a town hall at CFB Halifax on Jan 27. Photo: Corporal Sarina Kuzma

Ryan Melanson, Trident Staff

The command team for the group tasked with leading the Canadian Armed Forces' (CAF) cultural transformation was recently in Halifax for workshops, group discussions and town halls with sailors and other local CAF members, while also highlighting current initiatives and work that has taken place over the last two years.

The Chief, Professional Conduct and Culture (CPCC) organization was stood up in April 2021. Under the leadership of Lieutenant-General Jennie Carignan, CPCC has been working since then to understand the factors that drive and shape CAF culture, and the work needed to modernize the institution.

News coverage may focus on instances of inappropriate sexual behaviour or harassment and how the CAF is

changing its response to those situations, but LGen Carignan explained CPCC's work is all encompassing and relevant to all CAF members.

"A key message for all is that culture is every one of us, and one of the biggest ways our culture impacts us is simply how people treat each other every day," she said.

The CPCC organization is unique, she added, because of its sole focus on culture, taking work that was once happening piecemeal across Department of National Defence and steering it all under one umbrella.

The group's early work keyed on extensive research and consultation, and those efforts will be ongoing. For instance, the recent sessions in Halifax explored differences in identity for members in various roles, and how that shapes both individual careers and the larger CAF culture.

But even with the continuing nature

of the work, LGen Carignan noted many initiatives and changes have already been established – they exist under multiple commands and across different areas of the CAF, but all are being monitored and evaluated by CPCC.

"CPCC is not doing this on its own," she said. "This is a whole defence undertaking – bottom up, top down, and horizontally across the CAF."

These include efforts such as restorative services expansion for victims of inappropriate sexual behaviour; support teams to modernize approach to training new recruits; expanding resources and strengthening Defence Advisory Groups network; and coaching programs for current and future leaders, focused on the people skills necessary to manage conflict inclusively, with empathy and compassion.

CPCC also had a role in developing the new CAF Ethos: *Trusted to Serve*. The new operational guide, released

in 2022, puts a focus on the respectful behaviour required for the CAF to build and maintain credibility and trust among its members and the general public.

The Conduct and Culture page on Canada.ca includes a Conduct and Culture change progress tracker with a detailed account of all initiatives and their progress so far.

While progress made to this point, the work has only just begun, LGen Carignan said. It's also her hope the success of initiatives over time, and the evolution of CAF culture in a positive way, will help encourage those who might be skeptical of CPCC's mission.

"We have to include all voices, and hear from folks who are skeptical, as they should be," she said. "We have to remain consistently vigilant, we need to have a feedback loop to understand the challenges, and we need to constantly adapt with the changing environment."

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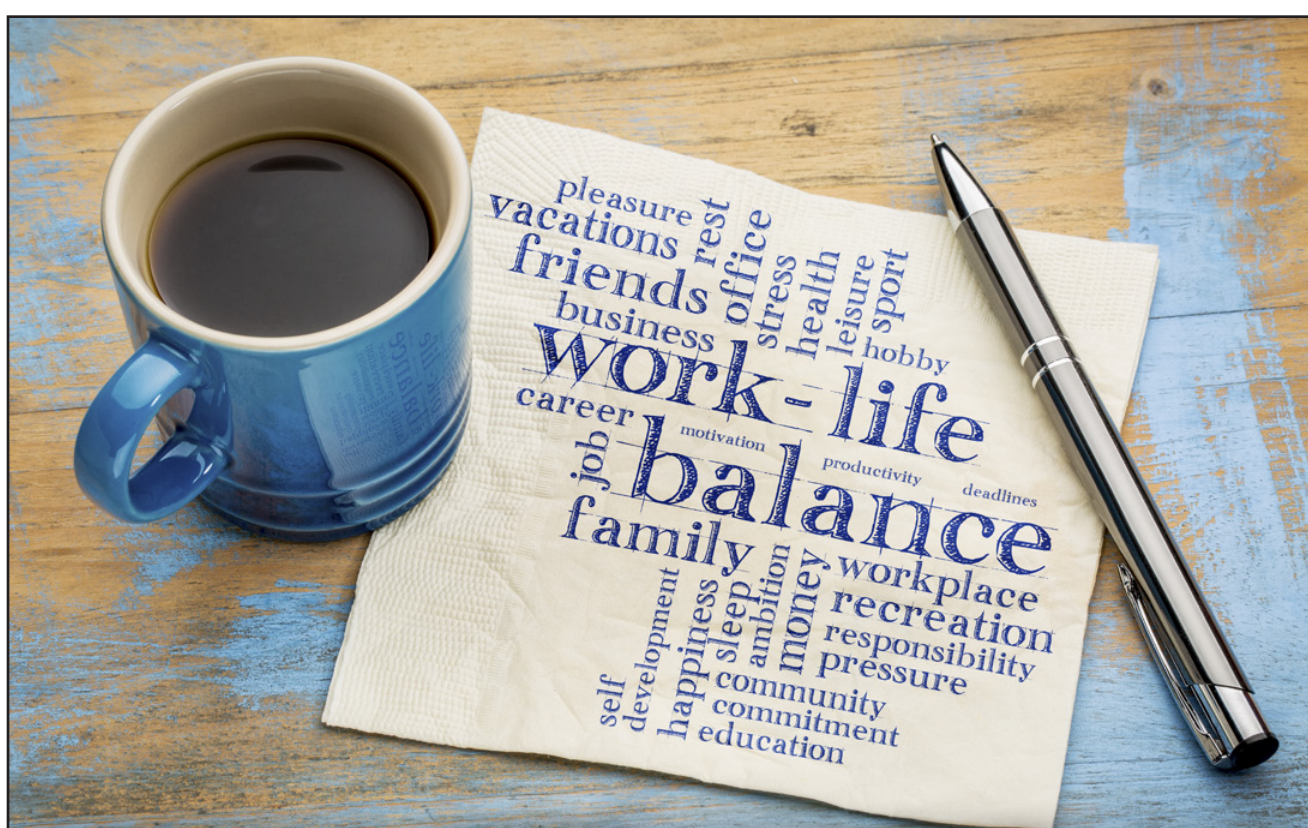
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COPING WITH WORKPLACE STRESS

UGSEO DND

Job-related stress is very common. It can motivate or interfere with productivity and damage a person's physical and emotional health.

You can't control everything in your work environment, but that doesn't mean you're powerless – even when stuck in a difficult situation. Often, the best way to cope with negative stress is to find a way to change the circumstances causing it. Common causes of negative workplace stress include rising performance expectations, demanding workloads, bullying by co-workers or superiors, fear of lay-off and personal problems.

TYPICAL SIGNS AND SYMPTOMS OF WORK-PLACE STRESS CAN HAVE OTHER POSSIBLE CAUSES:

- Feeling anxious, irritable, or depressed.
- Apathy, loss of interest in work.
- Problems sleeping.
- Fatigue.

- Trouble concentrating.
- Muscle tension or headaches.
- Stomach problems.
- Social withdrawal.
- Loss of sex drive.
- Using alcohol or drugs to cope.

When considering the trigger factor, look first at your work habits and attitude. Analyze your responsibilities and daily tasks. Are you scheduling things back-to-back or trying to fit too much into one day? You could drop tasks that aren't necessary to the bottom of the list or eliminate them. Work with colleagues and superiors to set realistic expectations and deadlines if possible.

Trusted co-workers or friends might provide insights or offer suggestions for coping with the issues you're facing at work. Sometimes simply talking about stress can be a relief, especially if you're talking to someone with a positive attitude.

LIFESTYLE ADJUSTMENTS ALSO CAN HELP. HERE ARE SOME SUGGESTIONS:

Make the most of workday breaks and take time off when you can,

whether on a two-week vacation or an occasional long weekend.

- Be vigilant about taking care of your health. Include physical activity in your daily routine, sleep well, and eat a healthy diet.
- Learn relaxation techniques, including how to breathe deeply through the nose.
- Engage in enjoyable activities when you're not working. Hobbies help maintain a balance between work and play.
- Listen to enjoyable music while you work or during breaks. It also helps to listen to something soothing to and from work.
- Drink alcohol in moderation and avoid excessive use of stimulants such as caffeine, which can add to stress levels.

Suppose your efforts fail to reduce job stress or feelings of burnout. In that case, it may be necessary to seek professional help, either on your own or through an Employee Assistance Program offered by your employer.

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We Are Family DANCE

Kate Bandura
Lookout Editor

Radar, the Esquimalt Military and Family Resource Centre's (MFRC) mascot, looks forward to a good boogie woogie with you!

On March 11, all military and veteran-connected families are invited to celebrate families of all kinds and honour military-connected children at the 'We Are Family' dance, hosted by the Esquimalt MFRC.

"This is a wonderful opportunity to acknowledge the military-connected community, a chance to have fun and meet other families," said Jackie Carle, Esquimalt MFRC Executive Director. "It is about families of all types having fun together and being recognized for their support."

She said the dance is about celebrating family in all its forms. The evening will include disco dance lessons, prizes, activities, a hot and cold buffet, and a photo booth.

Carle said this is not a fundraising but rather a 'friend-raising' event, adding that Lisa Church, Community Engagement Manager, and the MFRC Community Engagement team, designed this dance to make everyone feel welcome.

"Our amazing group of Community Engagement volunteers will be there to ensure everyone is well-cared for and has a great time," she said.

The cost is \$38 per adult, while children can attend for free. Registration is online at cfmws.ca/esquimalt/events-activities/events/mfrc-we-are-family-dance.

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NAVY RUN SALUTES

'Stan the Running Man'

Peter Mallett
Staff Writer

**“My mantra for this year’s race is:
My Race, My Pace.”**

*– Chief Petty Officer First Class Stan Budden,
Navy Run Ambassador and Unit Chief
of Naval Fleet School (Pacific)*

Being named the 2023 Navy Run Ambassador has given Chief Petty Officer First Class (CPO1) Stan Budden the cause to reflect on his miraculous journey.

Each June, the Navy Run is a marquee event on the CFB Esquimalt social calendar that sees hundreds of military and civilian runners take to Esquimalt roadways.

CPO1 Budden meets the basic criteria for Navy Run Ambassador: a dedicated military member (Unit Chief of Naval Fleet School [Pacific]), a father of three, and an avid recreational runner who enjoys a healthy lifestyle.

But there is much more to CPO1 Budden than meets the eye, explains Laurel Koslowski, Navy Run Race Director and Acting Manager of Community Recreation at Personnel Support Programs (PSP).

“His journey to become an avid runner and his lifestyle changes to promote his own health and the health of others has been inspiring to many,” Koslowski says. “We look forward to running with him and others who may be beginning their journey this year.”

CPO1 Budden says he’s delighted with the prospects of being a liaison with the running community, military community, and the greater community of Victoria.

After all, the sport has changed his life.

A road to wellness

Chief Budden’s physical transformation began five years ago.

“I had been unhealthy for much of my adult life; I eventually realized time has come to do something about it,” CPO1 Budden says.

When he flips through photos of himself from 2018 and earlier, he admits recognizing himself is hard. He has lost close to 100 pounds since then.

“Making a journey like this is not simply about weight loss,” he cautions. “[Focusing on weight loss] trivializes the full scope of my transformation.”

His change to wellness only happened with help from his Chain of Command and PSP. He made runs part of his daily routine and went to the gym three times a week for aquafit and yoga.

Gradually striving to run longer distances has become a hunger in his life.

On New Year’s Eve 2020, CPO1 Budden ran in his first 5K run in Victoria; later that year, he ran the 5K West Van Run in 25 minutes and 40 seconds, finishing 177th out of over 800 people. He has since become a regular in the local running circuit and has logged 25 half-marathons, one full marathon and, most recently, a personal 50K challenge run to mark his 50th birthday. Today, he proclaims himself ‘Stan The Running Man’ on his social media, a name given to him by his running teammates.

Getting involved

CPO1 Budden knows taking down the barriers and stigma, and getting would-be runners on the road is no easy task, but he thinks many can relate to his story.

“My mantra for this year’s race is: My Race, My Pace,” CPO1 Budden says. “What I mean is: Don’t compare yourself to anyone else while you are running.”

CPO1 Budden’s role as Navy Run Ambassador is to advocate, promote and boost Navy Run participation.

“I am here to tell people the Navy Run is all about running WITH the Navy,” he says. “The Navy Run is more about having fun and participating than crossing the finish line first. We want to get everyone, including those outside of the running community, to run or walk the course.”

The 2023 Navy Run includes a 10K, 5K, a Kids Fun Run and virtual runs. To register or for further information, visit navyrunesquimalt.com.

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-The Lookout staff





Meet the Defence Visible Minority Advisory Group

Lt(N) Mikail Uddin
Base Orderly Room OIC

Through the Canadian Armed Forces (CAF)'s initiative to effect positive change, a space is available for all personnel to leverage their opinion and create a difference.

The Defence Visible Minority Advisory Group (DVMAG) was created to assist Maritime Forces Pacific (MARPAF) in identifying and addressing issues that impact people of various ethnic groups within the Formation.

"If the goal is meaningful change, we need all of you to be engaged," said Lieutenant-Commander (LCdr) Alan Ng, Headquarters Commanding Officer, Canadian Submarine Force, and a member of the DVMAG Committee.

The DVMAG meets every month. The program aims are two-fold: identifying barriers

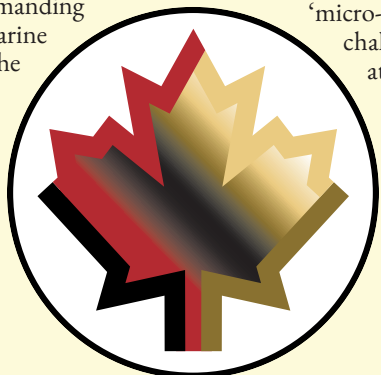
to employment equity and diversity, and advising the Department of National Defence and CAF leadership on advancing strategies on recruitment, retention and training.

The group works on several initiatives, including outreach and recruiting activities involving visible minority communities.

Petty Officer First Class Kanwar Nijjer, Military Co-chair for DVMAG, and Mr. Andrew Au, Civilian Co-Chair, invite the Defence community to attend a virtual session on March 16 from 10–11:30 a.m. PST, dedicated to the International Day for the Elimination of Racial Discrimination.

Dr. Gunderson will speak about 'micro-interventions' – ways of challenging racism and bias at the moment as micro-aggressions appear.

Please direct inquiries to the DVMAG+ account at p-esq.dvmag@forces.gc.ca.



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Interested in sharing your perspective, experiences, or expertise with the Navy and extended Defence community?

The Lookout is looking for columnists! Military and civilian writers wanted. If interested, please reach out to Kateryna.Bandura@forces.gc.ca.



Western Region Naval Reservists participate in Small boats exercise

Lt(N) John Foster, PAO, NAVRES Western Region
With contributions from
Lt(N) Donald Den, PAO, HMCS Malahat

Put 100 Naval Reservists from four provinces together to accomplish a training mission, and you will get enormous energy and enthusiasm.

A two-day small-boat exercise (SBEX) in Vancouver brought together more than 100 sailors and five boats from seven Naval Reserve Divisions (NRDs) on Feb. 11-12, including HMCS *Chippawa* (Winnipeg), *Discovery* (Vancouver), *Malahat* (Victoria), *Nonsuch* (Edmonton), *Queen* (Regina), *Tecumseh* (Calgary), and *Unicorn* (Saskatoon). The exercise also included partners from the Maritime Pacific Fleet Naval Intelligence.

Captain (Navy) Janet McDougall, NAVRES Western Regional Captain, said the SBEX tested the sailors' ability to operate in various maritime scenarios.

"They are excited to be here, they are excited to practice their trade and meet Naval Reservists from other units," she said.

The exercise involved maritime drug interdiction operations, navigation, boat handling (including towing vessels), intelligence gathering, and communication.

One of the exercise's primary goals was to evaluate the sailors' ability to work effectively in small boats. Sailors worked on land from HMCS *Discovery* in an Operations environment and in teams on the water aboard four Rigid Hull-Inflatable Boats (RHIBs) (with the fifth RHIB acting as opposing force) to achieve the scenario objectives. Each team was responsible for different aspects of the exercise. They were tasked with navigating through a series of challenging scenarios, including pursuing and boarding suspicious vessels.

The team expanded the Area of Operations to Howe Sound. On land and on water, multiple senior Non-Commissioned Members and Officers instructed junior sailors, consistently giving feedback and providing guidance in correctly approaching and handling each scenario.

Sailor Third Class (S3) Alexandra Schurtenberger, a Naval Combat Information Operator (NCIO) from HMCS *Tecumseh*, said she had a great time during the SBEX.

"I got to apply everything I learned. Just being on the water and seeing how the other side deals with everything has been awesome," she said.

The SBEX was an opportunity for Western Region sailors to exercise their skills in an operations center and Intelligence and Public Affairs Officer cells. Naval Intelligence supported the exercise by providing intelligence on simulated enemy vessels and other threats the sailors might encounter. They also helped develop effective communication strategies and briefings to higher command.

Commander (Cdr) Andreas Paschke, HMCS *Tecumseh's* Commanding Officer, oversaw the exercise.

"The ability to not just work with peers from other units but also to establish those connections and those networks – that is invaluable," he said.

Cdr Cameron Miller, Commanding Officer of HMCS *Malahat*, said the sailors demonstrated a high level of skill and professionalism throughout the exercise, and the teams worked together effectively to complete the tasks.

"We increased our training ability and our overall capacity," Cdr Miller said, adding that meaningful training in real-life activities engages sailors and shows how their contributions can assist in defence of Canada.



Master Sailor Lenner from HMCS *Malahat* walks other Western Region Naval Reservists through getting a Rigid-Hull Inflatable Boat (RHIB) ready for launch at the Western Region Small Boat Exercise at HMCS *Discovery* in Vancouver on Feb. 11.

Naval Reservists dock their four RHIBs for a break in the action on Bowen Island, at the Western Region Small Boat Exercise in Vancouver on Feb. 11.



Close to 100 Naval Reservists, representing all seven Western Region Naval Reserve Divisions, including HMCS *Chippawa* (Winnipeg), *Discovery* (Vancouver), *Malahat* (Victoria), *Nonsuch* (Edmonton), *Queen* (Regina), *Tecumseh* (Calgary), and *Unicorn* (Saskatoon), participated in a Small Boats Exercise from Feb. 10-12.

Sailors from HMCS *Malahat* question the crew of a 'potential smuggling craft' after his RHIB 'Alpha 1' team intercepted the RHIB acting as the hostile craft at the Western Region Small Boat Exercise in Vancouver, Feb. 11.



TRITONS CELEBRATE

GOLD MEDAL SIX PACK



Peter Mallett
Staff Writer

All six CFB Esquimalt Tritons teams now get a shot at becoming Canadian Armed Forces national champions.

The Esquimalt Tritons volleyball players added to Esquimalt's gold-medal haul for 2023 by capturing Canada West men's and women's regional titles in Cold Lake, Alta.

The men's Volleyball team avenged an earlier 2-1 (best-of-three sets) loss to Cold Lake in round-robin play to score a tight 25-17, 25-23, 27-25 victory. The Esquimalt Tritons men's team defeated the hosts from 4 Wing 3-0 in their championship on Feb. 13 while on the same day our women's team beat Edmonton 3-1 to also win their gold medals.

Sailor Third Class (S3) Jacob Thompson,

Tritons Men's Team Manager and a Naval Combat Information Operator (NCIOP) with HMCS *Winnipeg*, said the hosts kept them on their toes from opening serve and throughout the championship match.

"Having previously lost our only match of the tournament against them in the second game of the round-robin, we had a pretty good understanding of what we were up against in the final," said S3 Thompson. "Yet, we were able to stay disciplined during long rallies by playing our positions by the book and inched our way closer and closer towards victory."

The team relied heavily on two players with CISM (Conseil International du Sport Militaire) Military World Games experience. Corporal Kristofer Faucon, Team Captain and setter, captured the championship game

Most Valuable Player honours while Sailor First Class Brandon Rivera, outside hitter, was named tournament MVP for his stellar play.

The Tritons women went undefeated over five games in Cold Lake. Kiana Deland, Team's Coach and a civilian fitness instructor for Personnel Support Programs (PSP), said the team was equally excited with their Canada West crown.

"It's been years since our women's volleyball team has won this title, so the players were ecstatic," Deland said.

Deland said key performers to the victory included Team Captain Lieutenant-Commander (LCdr) Carolyn Pumphrey who helped lead and motivate the Tritons on the court, setter Sailor Third Class Jenamae Ofiaza who won tournament MVP, and Acting-Sub-

Lieutenant Norah Collins who was named MVP in the championship match.

LCdr Noelani Shore, the Team Manager, said the timing was right for the Tritons to show their worth.

"As a team, we have put a lot of time into training this season so to see it come together at regionals and win gold felt great," LCdr Shore said.

Both victories build on a remarkable run for sports teams representing CFB Esquimalt, with the Base already claiming Canada West titles in men's basketball and men's, women's and Old Timers hockey. Both volleyball teams move on to face the best base teams from the rest of Canada at the Canadian Armed Forces Volleyball Championships, Apr. 22-26 at CFB Borden.



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'Arduous' diver testing concludes at Fleet Diving Unit (Pacific)

Peter Mallett
Staff Writer

Twenty seven candidates have completed a battery of testing at Fleet Diving Unit (Pacific) (FDU(P)) to determine if they have what it takes to become Clearance Divers.

The results are expected within the next three months.

"Testing is very physically and psychologically demanding because when they are physically and mentally stressed, we can truly see what they are made of and if they have what it takes to be a Clearance Diver," said Lieutenant (Navy) Mike Allport, Training Officer at FDU(P) and Clearance Diver Assessment Centre (CDAC) OIC.

The military members from bases across Canada were rigorously tested at CDAC in Colwood earlier this month. The FDU(P) holds an annual assessment to create new Clearance Divers.

"It is essentially an arduous job interview," Lt(N) Allport said.

The Royal Canadian Navy's (RCN) Clearance Divers belong to a highly trained diving and explosive ordnance disposal specialist

trade. Clearance Divers provide the RCN and the Canadian Armed Forces (CAF) with specialist warfare capabilities, domestically and internationally. Clearance Diver capabilities include: locating, identifying and neutralizing underwater mine threats; explosive ordnance disposal of surface and sub-surface conventional unexploded ordnance or Improvised Explosive Devices (IED); and underwater force protection components for the CAF and other government agencies.

The CDAC is competitive; in previous years, it was open only to Ship's Divers, Port Inspection Divers, Search and Rescue Technician (SARTECH) divers, or Combat Divers. Now, all non-commissioned members in all three branches who meet the eligibility criteria can apply.

The CDAC team of assessors included 11 from the Fleet Diving Unit (Atlantic) and two from the Department of National Defence Experimental Diving & Undersea Group (EDUG) in Toronto.

The candidates were divided into two serials; the first group was tested from Feb. 4-9 and the second from Feb. 11-19.



If you are interested in becoming a Clearance Diver please message the FDU(P) team on their Facebook page or on Instagram at @clearancediverplongeurdemineur

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HMCS Brandon

reservists receive milestone patch

Peter Mallett
Staff Writer

Sailor Second Class (S2) Isiah Laxamana, a Boatswain currently posted to HMCS *Brandon*, became the Pacific Fleet's first recipient of a morale patch celebrating the Centennial of Canada's Naval Reserve.

Commodore (Cmdre) David Mazur personally presented the morale patch on *Brandon's* forecastle on Feb. 21 to 12 crew members who hail from reserve divisions across the country.

"We have one navy team that includes regular force and reservists, full and part-time," Cmdre Mazur said. "Our [Kingston-class] vessels like *Brandon* were at one time 100 per cent crewed by reservists, so it was very important to recognize the reservists who do important jobs aboard the ship today and present them the first morale patches [in the Pacific Fleet]."

The morale patch features silhouettes of a male sailor and a Woman's Royal Canadian Naval Service member from the Second World War, and a male and female sailor of today's Naval Reserve. It was designed by Sailor First

Class (S1) Joseph Dimayuga, a former reservist with HMCS *Discovery*, who has since become a regular force member. The patch will be distributed to reservists in Esquimalt and further afield in the coming weeks.

S2 Laxamana, of Calgary Naval Reserve Unit HMCS *Tecumseh*, said he was delighted to be the first recipient.

"I have been a reservist for quite a while, so it feels nice to be part of a historic moment and honour and continue the Naval Reserve's traditions," he said.

The Naval Reserve will celebrate its milestone with commemorative events throughout the year. On Sept. 23, Canadians will witness formal celebrations when 4,000 sailors will be on parade at its 24 Naval Reserve Divisions across the country.



The Government of Canada authorized the organization of a force to be called the Royal Canadian Navy Volunteer Reserve (RCNVR) on Jan. 31, 1923.

The beginnings of the Naval Reserve are credited to the vision of Rear-Admiral

Walter Hose, a Royal Navy officer who transferred to the Royal Canadian Navy (RCN), and had served with the Royal Navy reservists from Newfoundland during the First World War. The RCNVR grew into a formidable fighting force dur-

ing the Second World War and included six ocean-going ships and 3,500 sailors.

"From helping to win the Battle of the Atlantic in the Second World War to coming to the aid of Canadians during natural disasters, to deploying with

the RCN across the full spectrum of operations, naval reservists continue to have a lasting impact on our nation," said Chief Petty Officer First Class (CPO1) Patty Bouthat, the Centennial's Project Coordinator.

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Virtual Career Fair Presents Employment Opportunities for Military Spouses



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CFMWS

Military Family Services is hosting a virtual career fair for military and veteran spouses and partners on Feb. 28 from 1-3 p.m. EST. The event will occur on the Military Spousal Employment Network (MSEN).

“Given the current labour market, this is an ideal time for military spouses and partners to go after that dream job”, said Augustina Charles from the Military Family Services Employment Team. “As equal opportunity employers, our network partners are looking to connect military spouses and partners with opportunities – and not just in their communities, but with remote work options as well.”

The Network hosts a permanent job bank with more than 190 positions in B.C. that Network recruiters are looking to fill. This is in addition to new opportunities added to the Network daily.

Recruiters will be looking to fill many jobs in military communities across the country along with work-from-home opportunities. These national employers have agreed to offer military spouses equal and fair access to employment opportunities within their organizations.

While the virtual career fair will have 13 employers participating, the Network is also pleased to announce three new employers recently joining the Military Spousal Employment Network. These new employers will bring additional diversity to the types of jobs available on the Network:

- NTT, a business, technology and learning development is looking to fill customer service roles in Ont., N.S., N.B., Que., and Alta.
- VON is a healthcare firm looking to fill administration, client service and fundraising positions in Ont and N.S.
- CATSA, a security agency, seeks to fill communications, HR, finance, legal, procurement, security, project development and IT positions in Ont., Alta., Man., Que., and N.S. Both NTT and CATSA have remote work opportunities.

Growing steadily, the Military Spousal Employment Network has had more than 5,800 users since it launched in 2018. The Network is a self-directed online resource with access to job postings, resources, and career development training and events such as virtual and in-person networking and career fairs.

Recruiters include:

- Altis Recruitment;
- Bayshore Medical;
- Bell Canada;
- BMO – Bank of Montreal;
- Calian Group;
- Canadian Forces Morale and Welfare Services;
- Canadian Air Transport Security Authority (CATSA);
- Commissionaires Canada;
- GardaWorld;
- National Defence;
- NTT;
- Language Research Development Group; and
- Strongest Families Institute.

Military spouses/partners can register for the Military Spousal Employment Network at msen.vfairs.com and the virtual career fairs at surveymonkey.ca/r/R5V9GFL

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Lieutenant (Navy) Shaina Sowley (centre) receives her Naval Logistics Officer Qualification certificate from Rear-Admiral Christopher Robinson, Commander MARPAC (left) and Commander Jason Barbagallo, Senior Logistician in MARPAC (right).



Corporal Karen Miranda (centre) is promoted to their current rank by Commander Jason Barbagallo, Senior Logistician in MARPAC (right), and partner Corporal Brandon Simms (left).

Classifieds

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Happy Valley, Langford – available April 1, \$1,400/month 1 bed, 1 bath, 496 sq.ft. suite w/private entrance, suitable for one person. Baseboard heating and shared laundry. Parking and utilities included. On #48, 54, 55 and 64 bus routes. Email bogfairy@shaw.ca. 03-06

McKenzie & Carey Road area – Available now, \$1,050/month, very large room available in former CAF member home. Furnished, fireplace, storage, parking, 2 full shared bathrooms, back yard par 3, enormous deck. Available immediately. Pictures available. Contact Bob 250-891-8336. 03-13

Near Base – available March 1, \$1,850/mo, 2 bedroom, 1 bathroom, 760 square feet. Includes water, one parking

spot and laundry. Located next to Red Barn market. No dogs, cats allowed. No Smoking. Month to month lease. Contact: gvtalavera@yahoo.com or (250) 589-8225 02-27

Westbay area – 2 bed suite available now in small, quiet apartment building. Across the street from Capt. Jacobsen's Park in Esquimalt. Close to base, transit, rec center, parks and amenities. Lots of storage, in-suite washer and dryer, and dishwasher. Located on second floor – no elevator. Small quiet pet considered. No smoking of any kind. Email Mark. Lindholm@Lindholm.ca or text 250.361.5344 for viewing. 02-27

CFB Esquimalt and the Graving Dock – Available April 1, \$3,000/month, 3 bed, 1.5 bath, 1309 sq ft upper half

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Proceeds support **Rainbow Veterans of Canada**, a federally-recognized nonprofit organization supporting LGBTQ+ veterans.

April 1st, 2023 at 6 PM at the Vancouver Club
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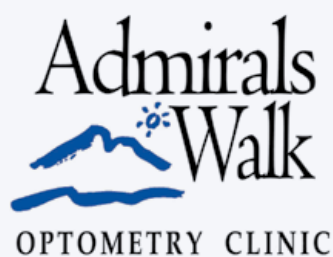
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