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LOOKOUT

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

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Running Warrior

Returning runner Marrissa Morrison, a firefighter/paramedic from Kitimat, leads the 2023 Wounded Warrior Run British Columbia out of Port Hardy.

Read the story on pages 6–7.

Photo: John's Photography

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HEALTH BREAKS

Taking time for YOURSELF

Ashley Evans
FMF Cape Breton,
CFB Esquimalt

The concept of Health Breaks was introduced to me about ten months ago when I joined the MARPAC Mental Health and Wellness Strategy Working Group. It struck a chord immediately.

Making intentional 'me' time during breaks felt like an important message to include in our monthly newsletters at the Fleet Maintenance Facility, and the response has been quite positive. As the saying goes, "put your oxygen mask on first". When we take care of ourselves and prioritize our mental health and physical wellness, we fill up that proverbial bucket and have more to give in all other areas of our lives.

I wanted to reframe breaks as a time of attention spent on our well-being, both physically and mentally. This can look like taking a short walk, listening to a meditation or podcast, drinking a hot cup of tea, eating a healthy snack, listening to music, colouring, or stretching.



The options are limitless, and we have taken to offer suggestions that take between 1–15 minutes in our monthly newsletter.

I was recently invited to Shop 144C Electrical where the team was gathered outside stretching before their workday – a ritual they've continued every morning for over four years. Their breath could be seen on the cold air just as the sun was coming up. Stretching is beneficial to their bodies as they prepared for the physical demands of their job; I couldn't help but recognize how beneficial the silence and fresh air may have been for their mental well-being as well. Their Work Centre Supervisor Brian Mason, shared that the stretching is of great benefit to the team.

"It reduces injuries and increases morale," he said.

Health breaks are truly vital. Taking a few minutes to yourself to breathe, collect your thoughts, and have a sip of water can make a valuable difference not only to you but also the work you are doing. Starting with a stretch at your desk or a walk outside is one step in the right direction.



Shop 144C Electrical team of Fleet Maintenance Facility Cape Breton, stretches in the early morning hours. Photos supplied



Dr. Lisa Gunderson
Micro-Interventions
Ways of challenging racism and bias in the moment, as micro-aggressions appear.

**Thursday
March 16**
from 10:00–11:30 am PST
on MS Teams

Go to MS Teams and enter the meeting ID and password.

Meeting ID: 293 610 852 480
Passcode: vBJ7ZG

No registration required.

Please join The MARPAC Health & Wellness Strategy (MHWS) and the Defence Visible Minorities Advisory Group (DVMAG) as we co-host Dr. Lisa Gunderson for a special 90-minute MS Teams presentation in recognition of the International Day for the Elimination of Racial Discrimination on Thursday, 16 March 2023, from 1000-1130 hrs PST. Dr. Gunderson will be speaking to 'Micro-Interventions' – ways of challenging racism and bias in the moment, as micro-aggressions appear.

Dr. Gunderson, provides justice, equity, diversity, and inclusion (JEDI) services to organizations, government, and businesses. These services include professional development training/education, consultation, keynotes and motivational speaking. Further, she provides racial equity education (including anti-Black and anti-racism services to those who have experienced and perpetuated racialized violence).

She has a Bachelor's Degree in psychology and social sciences and communication, and Masters and PhD degrees in clinical psychology (emphasis in child/youth) from the University of Southern California. Currently, she is a Registered Clinical Counsellor in Canada. Dr. Gunderson is an award winning educator, community speaker, organizer, leader, and equity consultant and trainer for various institutions in Canada and the United States, focusing on issues that impact BIPOC populations, especially on racial identity and mental wellness.

In Canada, she has taught at Camosun College, Justice Institute of British Columbia, and Vancouver Island University. In addition, she taught the dual-credit courses at various high schools throughout Greater Victoria, and provided key subject matter expertise to the Ministry of Public Safety and Solicitor General during the development and implementation of provincial training on fair and impartial policing. Dr. Gunderson is currently the Vice-President English for the Federal Green Party of Canada and the first IBPOC person to be elected in that role.



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DGBC/DGMC INFORMATION BRIEF

DGBC/DGMC will be holding an information brief to discuss the new APS policies for this year's APS. This brief is highly recommended for all personnel who are posted out of area, Snr HRA/FSAs and Chains of Command. For more pertinent info. If you wish to attend, please email your request to: Colin.Winkler@forces.gc.ca
Due to limited space, the brief will be:

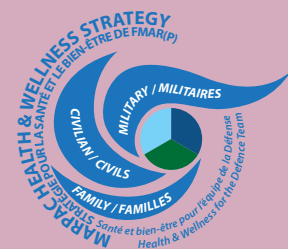
- 1) Admin Staff relocations
- 2) Personnel on this summer
- 3) Unit Command Teams
- 4) Other interested persons

Topic: BGRS Posting Brief
Date: Thursday 23 March 23
Time: 0900-1100hrs
Location: Nixon Gym (Workpoint)

FAMILY EASTER EVENT

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INVICTUS GAMES

DÜSSELDORF 2023

Sergeant (ret'd) Patrick Gordon practices his rowing technique during an Invictus Games training camp at the Naden Athletic Centre on Feb. 7. Gordon will compete in athletics (running), rowing and wheelchair basketball at the 2023 Invictus Games in Düsseldorf, Germany, on Sept. 9–16. Photo: Peter Mallett/Lookout

INVICTUS ATHLETES FIND REDEMPTION IN GAMES



Major (ret'd) Nick Holyome trains on a stationary bike during an Invictus Games training camp at the Naden Athletic Centre Feb. 7. Holyome will compete in cycling, rowing and wheelchair rugby at the 2023 Invictus Games in Düsseldorf, Germany, on Sept. 9–16. Photo: Peter Mallett/Lookout

Peter Mallett Staff Writer

The healing power of sport inspired two local military athletes to compete in the Invictus Games for a second time.

Sergeant (ret'd) Patrick Gordon and Major (ret'd) Nick Holyome planned to participate in the 2020 Invictus Games in The Hague, Netherlands, but circumstances beyond their control scuttled their plans. The 2020 Games were postponed due to precautions surrounding the COVID-19 pandemic and weren't staged until 2022.

Now, Gordon and Holyome say they are enthusiastic about going again as part of Canada's team in Düsseldorf, Germany. To prepare for the competition, both men participated in Team Canada's week-long Invictus Training Camp in Victoria, Feb. 6–10.

Both Gordon and Holyome sustained long-term injuries during their military service in Afghanistan.

Holyome says sports can be a powerful prescription for military members experiencing mental health concerns.

"The Invictus Games are a visceral example of why having a little bit of competition in a team environment can really have a positive impact on people," he said.

The healing power of sport helped him improve his Post-Traumatic Stress Disorder (PTSD) trigger symptoms, anxiety, and depression.

Holyome began his military service in 1992 and retired as a Reservist in 2019. His injuries occurred during four tours of Afghanistan while working as an Intelligence Officer with the Canadian Army. In 2015, he was diagnosed with PTSD, anxiety and depression.

"I repressed thoughts and memories [about Afghanistan], tried to tuck them away in a little ball and hoped they wouldn't come back, but the experiences left a permanent mark," he said.

He discovered the joy of Nordic skiing during his recovery. Holyome will compete for Team Canada in cycling, rowing, and wheelchair rugby.

Gordon says getting a second chance to compete at Invictus made him truly realize the importance of the Invictus Games mission.

"I want to show people recovery is possible and to inspire them to never stop pushing forward," he says. "I hope the story behind my recovery is inspirational to others."

Gordon served 13 years in Canada's Army and did three tours of Afghanistan. In 2008, he sustained injuries when a roadside Improvised Explosive Device struck his convoy. He was also diagnosed with PTSD.

"I want to inspire one of my military brothers and sisters who are suffering to change their course through the power of sport," he said. "That would be better than any medal."

Gordon will compete for Canada in athletics (running), rowing and wheelchair basketball.

While in Victoria, Canada's Invictus athletes were housed at the Work Point Barracks. They conducted training at the Naden Athletic Centre, Nixon Building, Pacific Institute for Sport Education, Victoria Rowing Club and Gordon Head Recreation Centre.

Most of the athletes on the team are training for two individual sports and one team sport, said Stéphanie Lura, Team Canada - Invictus Games spokesperson. The camp was dedicated to individual instruction and practice sessions, and Personnel Support Programs (PSP) staff provided yoga instruction along with mental health and readiness training.

Holyome said he worked with several coaches in each of his three adaptive sports during the week.

"I saw people learn to work together with their new teammates and support each other no matter what their injuries may be," he said. "The coaches helped us set up some short and long-term training and personal goals, and I think that is key to the Invictus Games experience."

Canada's 24-person team will compete in nine adaptive sports at this year's Games, including archery, track and field, cycling, powerlifting, rowing, swimming, wheelchair basketball and rugby, and sitting volleyball.

True Patriot Love and Veterans Affairs Canada remain a key funding partner of Soldier On, enabling Soldier On to support veterans and serving members.



For more information on how to help or become involved, visit www.soldieron.ca.

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10 TIPS to Take Command of Your Finances

Shannon Childs Personal Financial Planner SISIP Financial Esquimalt

At different times of the year, certain things may get you thinking about your financial situation. For some, relocation, deployment, or a career change offer an opportunity to create a new budget and a financial plan.

Whatever you have on your plate right now, you can take the worry out of money by ensuring the fundamentals are in place.

DEVELOP A REALISTIC BUDGET

Start by tracking your spendings to get a clear idea of where your money is going each month. Identify your living expenses, debt payments and savings goals. Remember, it's best to look after necessities before accounting for the things you want. Try to follow your budget as closely as possible to ensure your spending is less than your income.

UNDERSTAND YOUR FINANCIAL POSITION

Sit down with a SISIP advisor to calculate your net worth. This can offer a view of your financial health and be used as a baseline to track progress toward your financial goals.

SET FINANCIAL GOALS AND MAKE A PLAN

Once you have a clear idea of your spending and net worth, it's time to give some thought to your financial targets. Determine short-term, mid and long-range money goals. This could include home renovations,

your next vacation, post-secondary education or retirement planning. Work with your SISIP advisor to put your financial plan in place.

START SAVING AND PAY YOURSELF FIRST

You can start regular savings to reach your targets with a clear plan. Allocate 10 per cent of each of your paycheques to a separate account before you have a chance to spend it. Once you're in the habit, consider saving into various buckets, including for periodic expenses like car and home maintenance and an emergency fund equivalent to a few months' salary.

PAY BILLS ON TIME

It may not seem like a big deal, but regularly missing bill payments can affect your credit rating. If you can't afford to pay bills as agreed, contact your creditors to explain your situation.

SET UP AUTOMATIC WITHDRAWALS

Systemize your bill payments and savings using automatic withdrawals. This gets the cash out of your main account before you can be tempted to spend it and ensures you avoid late fees on your bills.

USE CREDIT WISELY

Carrying debt on credit cards is expensive. There are often more practical ways to purchase big-ticket items, which may include a loan or line of credit. The important thing is to determine the total you can comfortably afford to purchase on credit and pay back each month. Remember that credit repayments

(other than your mortgage) should represent less than 20 per cent of your net income. Avoid borrowing from one creditor to pay another.

APPLY QUICK DEBT REPAYMENTS

Generally, the faster you pay off your debts, the less you'll pay in interest. Commit 20 per cent of your net income to your debt repayment and see how quickly you can lower the amount of money you owe to creditors. By clearing debt, you free up cash that can be used to meet your financial goals.

PROTECT YOUR FAMILY

Assess how much life insurance, medical, property and disability insurance you need to protect your loved ones. Remember that your coverage needs to change with events in your life, including a move, a death, or a new financial situation.

UPDATE YOUR WILL AND POWER OF ATTORNEY

If you own property, owe money or have dependents that rely on you, estate planning is critical. A legal will offer a step-by-step guide to your loved ones who will manage your estate when you die. Powers of attorney name trusted people to act on your behalf to make financial and medical decisions if you cannot do so.

As a member of the Canadian Armed Forces (CAF), you can access free financial advice, debt counselling and insurance tailored to your military lifestyle. SISIP Financial advisors are embedded in the military community, so we understand the unique needs of the CAF.



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Captain Lance Wade 36 Canadian Brigade Group Public Affairs

People don't often relate artillery to road safety, however, for artillery gunners deployed on Operation (Op) Palaci – responsible for avalanche control measures in the Rocky Mountains of British Columbia – this is their bread and butter.

“This was a fulfilling opportunity to participate in an essential and historic domestic operation,” said Captain (Capt) Brandon Finyanos, originally from 1st (Halifax-Dartmouth) Field Artillery Regiment, Royal Canadian Army.

Op Palaci is the largest mobile avalanche control program in the world, concentrating its efforts on a 40-kilometer stretch of highway known as Rogers Pass. Sadly, over 200 people have been killed by avalanches in 'the Pass' since its establishment, with nearly 60 perishing in a single incident in 1910.

“Avalanches pose a very real and serious risk to the travelling public and the movement of goods through the Rogers Pass,” Capt Finyanos said.



Op Palaci has been running annually as an important domestic operation for over 60 years on behalf of Parks Canada. Typically, it sees detachments of gunners deployed to Western Canada to purposely trigger avalanches in a controlled fashion, keeping mountain passes open and safe. For the first time, gunners from 5th Canadian Division fully integrated with members of 38 Canadian Brigade Group (CBG) to work hand-in-glove with 2, 3, and 4 Canadian Divisions.

So far, the 2022-2023 year has been quiet; last year, gunners fired over 1,000 rounds to quell the risk of uncontrolled avalanches.

“Tragically,” continued Capt Finyanos, “two heli-skiers perished this year in an avalanche only a few kilometers from our area of operations, which only reinforces how essential this artillery role can be in keeping the public safe.”

The gunners work closely with Parks Canada staff who direct which targets are to be fired on as they methodically work their way through the length of the Pass. The operation also saw the 36 CBG gunners recognized for their professionalism and performance, with some receiving coins from the 3rd Canadian Division Command Team and the Division Sergeant Major.

Top: The Command Team from 1st Field Artillery Regiment (RCA), Lieutenant-Colonel Scott Lloyd and Chief Warrant Office Dwayne Colbourne (flanks) along with Captain Brandon Finyanos (centre-left) and Master Bombardier David Hardy received a gift from 3 Canadian Division for their participation to Operation Palaci in Halifax on Feb.7.

Gunners from 3rd and 5th Canadian Division are integrated in firing the C3 howitzer to purposely trigger controlled avalanches in partnership with Parks Canada on Operation Palaci near Rogers Pass in British Columbia in early Feb. 2023.

Photos supplied





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WINTER'S FURY CAN'T STOP WOUNDED WARRIORS BC RUNNERS

Peter Mallett
Staff Writer

Neither rain, snow, nor sleet could keep the Wounded Warrior Run BC (WWRBC) team from delivering on their promise.

The eight-member team's task was an eight-day relay-style run across Vancouver Island, covering more than 600 kilometres. Their mission: to raise awareness and funds on behalf of Wounded Warriors Canada (WWC) for programs that benefit military members, veterans and first responders who are experiencing Operational Stress Injuries (OSI) and Post Traumatic Stress Disorder (PTSD).

This year's annual trek was made more exhausting by multiple snowstorms, howling winds and sub-zero temperatures for a good chunk of the event, said Captain (Capt) Jacqueline Zweng of the Regional Cadet Support Unit, WWRBC Director and run participant.

"Although the weather didn't slow our runners down, it certainly added a level of complexity that we aren't used to," Capt Zweng said. "These were the worst weather conditions I have seen in my seven years of participating in the event."

The team's other members from the Base included: Captain (Capt) Natalie Butler, runner; Capt Jacqueline Zweng, Race director; Master Sailor (MS) Amver Cinco of the Naval Personnel Training Group (NPTG), runner; Matt Carlson, a civilian employee with the Base Commander's Office and Support Team Runner; and Chief Petty Officer Second Class John Penner, a Divisional Commander of Naval Fleet School (Pacific) and the team's photographer.

On March 5, the team completed their gruelling mission. A large crowd of supporters gathered to cheer them on at the finish line at Market Square in downtown Victoria. Their well-wishers included Del Manak, Victoria Police Chief, and Marianne Alto, the Mayor of Victoria. Other supporters included Rear-Admiral Christopher Robinson, Commander Maritime Forces Pacific (MARPAF) and Capt(N) J. Jeffrey Hutchinson, Commander, CFB Esquimalt.

The first leg of their run from Port Hardy to Woss on Feb. 26 set the tone for this year's event as a late winter snowstorm, and near-zero visibility greeted runners at the start line. Several days of below-seasonal temperatures were followed by a torrential rain, snow and sleet storm between Ladysmith and Chemainus on the penultimate day of their run.

The cold weather didn't cool the generosity of donors, with this year's campaign raising \$134,721 at last count for Wounded Warriors programs.

WWRBC is now in its tenth year, and Capt Zweng, who has been with the event for seven years, said the event has helped transform public opinion and knowledge of mental health issues facing military members, first responders, and their families.

The outpouring of support and encouragement the runners received at community organizations like fire halls, Royal Canadian Legion branches and other community organizations along the way is positive proof that things are improving with every stride the runners take, she says.

"One hundred per cent, things are changing for the better, and in the ten years this run has been happening we have seen positive impacts at every one of our stops on Vancouver Island," Capt Zweng said. "Wounded Warriors Canada and their supporters recognize that that members do not suffer Operational Stress Injuries in silos and their spouses and families also feel the negative effects."

Capt Zweng noted the importance of WWC programs such as Couples Overcoming PTSD Everyday (COPE) and its Spousal Resiliency Program as examples of relevant support programs available.

The fundraising concludes on March 31, and donations can be made at www.woundedwarriorrunbc.com.



DAY 1



DAY 2



DAY 3



DAY 4



DAY 5



DAY 6



DAY 7



DAY 8





Sgt Denis Byrne
Canadian Scottish Regiment
Mountaineering Team

On Feb. 10-13, four of eight Canadian Scottish Regiment (CSR) Mountaineering Team members participated in a technical ice climbing training clinic in Lillooet, 200 kilometres north of Vancouver.

The Canadian Scottish Regiment Mountaineering Team is a self-directed effort at the Senior Non-Commissioned Officers, and Junior Ranks level, dedicated to the pursuit of mountaineering, technical climbing, and adventure training opportunities.

The team of eight well-equipped and trained mountaineers believes mountaineering encapsulates vital parts of war-fighting skills such as endurance, resilience, navigation, planning, communications and teamwork. The Team has set several objectives in the Lower 48 (the states of the U.S., not including Alaska and Hawaii), Canada and Alaska.

The group practised technical climbing skills on steep waterfall ice for two days. In preparation, the Team procured the guide services of Sergeant (Sgt) (ret'd) Jason Budd from the Association of Canadian Mountain



Guides (ACMG). After ten years in the British Army, Budd joined the Vancouver Fire and Rescue Service and became a professional Mountain Guide. He practises his guide craft in British Columbia and the Canadian Rockies and is highly sought after for his services.

Following two days of climbing, Budd led a theoretical session on Abalakov threads, ice screw placements, and climbing techniques, followed by a practical session on crevasse rescue gear and techniques on the last day. Crevasse rescue involves using climbing rope, pulleys and carabiners to set up a 3-to-1 or 6-to-1 advantage to haul a fallen climber out of a crevasse. The team's training was self-financed and self-directed.

The Team would like to acknowledge the Unit's mentor, Major (ret'd) Richard Eaton, who continues to inspire us with his 1,000 Summit Project, an initiative by a CSR retired Major whose goal is to inspire others to follow their dreams and to push themselves despite personal discomfort.

Anyone in the 39 Brigade is welcome to participate in various levels of Adventure Training.

Climb On!

HIGHLIGHTS OF THE
LAST FIVE YEARS:

- Mt Rainier (14310')
- Mt Baker (10710')
- Mt Athabasca (11453')
- Golden Hinde (7201')
- Kings Peak (6761')
- Albert Edward (2093')
- Mt Arrowsmith (5967')



CSR Mountaineering Team: Corporal Tem Greenhalgh, Master Corporal Jesse Woods, Master Corporal Jacob Carlow, Sergeant Denis Byrne Admin (Expedition Planner), Sergeant (ret'd) Jason Budd (ACMG Guide). Photo supplied



Join Us for the Next
MENTORSHIP
PROGRAM SESSIONS

Royal Canadian Navy (RCN) sailors – Regular and Reserve Force – at all ranks and civilian employees at all levels are invited to the next session of the RCN's Mentorship Program.

→ **SESSION #7**
Part A for the first of a 2-part session on Physiological Safety, Moral Injuries and Trauma

SESSION 7 INFORMATION:
Date: Wednesday, April 12th
Time: 0900 to 1030 PST
Location: Microsoft Teams*

→ **SESSION #8**
Part B for the Second of a 2-part session on Physiological Safety, Moral Injuries and Trauma

SESSION 8 INFORMATION:
Date: Wednesday, May 10th
Time: 0900 to 1030 PST
Location: Microsoft Teams*

→ **SESSION #9**
Junior Officers Q&A Leadership Session with the Chiefs

SESSION 9 INFORMATION:
Date: Wednesday, June 14th
Time: 0900 to 1030 PST
Location: Microsoft Teams*

→ **SESSION #10**
Community, Sports and building Relationships through Mentorship

SESSION 10 INFORMATION:
Date: Wednesday, July 12th
Time: 0900 to 1030 PST
Location: Microsoft Teams*

*Visit the Mentorship Intranet page for links.

These programs are open to all Canadian Armed Forces personnel and all Department of National Defence civilian employees and if you can't make it, the recordings can be found on the SharePoint page.

These sessions will be available to all on Microsoft Teams and everyone is encouraged to actively participate, share their insights and ask questions. For more information, visit the Mentorship Program's intranet page.

Onboard HMCS Winnipeg for Family Day

SLt Lyann Murdock-Finegold, HMCS Winnipeg

On Feb. 16, HMCS *Winnipeg* was honoured to welcome over 100 guests, family and friends onboard for Family Day to experience a day in our life at sea.

The faces with the big round eyes of little ones and their keen interest made the day for Sub-Lieutenant (SLt) Benjamin Miller, the face behind the Voice of *Winnipeg*, which comes across the public address system. The Voice of *Winnipeg* provided information about the day's schedule and 'salty dits' about the ship and naval traditions to the guests throughout the day.

From the Navigation and Seamanship Brief for the Exit and Entrance of

Esquimalt Harbour to securing specials and closing up the watch, guests could glimpse the hard work and dedication of the crew. Lieutenant-Commander James Ahlstrom, Executive Officer of HMCS *Winnipeg*, expressed how gratifying it was to see family and friends onboard and appreciated the ability to show our guests what we do at sea.

With lots of experience from OP Projection '22, the crew conducted tours spanning the entirety of the ship. Our Naval Boarding Party and Ship's Dive Team fought to be the favoured station and were, more importantly, available to take photographs with aspiring members. Unfortunately, for both teams, the excitement of the Bridge was voted best station. The Captain's and Executive Officer's

chairs were particularly popular with younger guests, a couple of which were daring enough to sit and imagine what it would be like to command a warship.

Master Sailor (MS) Tom Eustace, a Senior Engineering Watch Keeper, brought his brother-in-law David for the day sail. David found the entire experience educational, and MS Eustace enjoyed getting the family to see what he does at sea. David relayed how proud he is of his brother-in-law's accomplishments, thanking the crew of HMCS *Winnipeg* for their service and for welcoming him onboard.

Interrupted by 1000 stand easy, guests were introduced to the most sacred of naval traditions: soup, that day – a variation of chicken noodle, a hearty staple. Duff was plentiful, and the cookies were a

big hit amongst the guests, who mingled with the crew in each mess.

Afterward – a demonstration of how the ship would rescue a person overboard was given. Sailor Third Class Matthew Shapiera's uncle found the experience awesome and expressed his appreciation for the work HMCS *Winnipeg* does.

Although the day was short, the crew of HMCS *Winnipeg* and their family and friends were happy to exchange stories and experience a day at sea. Commander Annick Fortin, Captain of HMCS *Winnipeg*, would like to thank all of the family and friends of HMCS *Winnipeg* for their never-ending support, which enables the *Winnipeg* to sail and support the Royal Canadian Navy.



On the starboard bridge wing observing the demonstration of the person overboard recovery.



Master Sailor Thomas Eustace and his brother-in-law David. Photos: SLt Murdock-Finegold



Maritime Forces Pacific and CFB Esquimalt's 2023 National Defence Workplace Charitable Campaign wrapped up in March with the presentation of a cheque for \$119,028 to the United Way of Southern Vancouver Island and HealthPartners. Pictured here: Sub-Lieutenant Jake Loftus, NDWCC Treasurer; Matt Carlson, CFB Esquimalt NDWCC Team Leader; Acting Sub-Lieutenant Ryan Henderson, NDWCC Administrative Assistant; Brad Klein, NDWCC Labour Co-chair; Captain (Navy) J. Jeffery Hutchinson, CFB Esquimalt NDWCC 2022-2023 Champion; Erika Stenson, UWSVI Executive Director; Barbara Toller, HealthPartners Director; Darcy Lindberg, UWSVI Labour Co-ordinator; Laura Pashkewych, UWSVI Director, Donor Relations and Partnerships.

Stronger Together

CFB Esquimalt Base Public Affairs

CFB Esquimalt's 2023 National Defence Workplace Charitable Campaign (NDWCC) wrapped up last week with \$119,028 raised for charities across the Greater Victoria Area and beyond, as well as a slew of nomination nods courtesy of the United Way of Southern Vancouver Island (UWSVI).

UWSVI named the Base in three categories of its annual Spirit Awards – Culture of Giving, Outstanding Campaign Co-ordinator / Committee (over 100 Employees), and Resilience Award. Matt Carlson, CFB Esquimalt NDWCC Team Leader, said the Base's recognition reflects the generosity and commitment to meaningful giving that runs throughout the MARPAC Defence Team.

"I cannot express my gratitude to all the volunteers and our NDWCC Core Team here at CFB Esquimalt who made this

campaign such a success," Carlson said. "They did absolutely amazingly. The Base Commander and Chief Petty Officer First Class Stan Budden, who literally went above and below for a good cause and were thrown into the harbour for the Hutchinson Heave."

The money raised from this year's NDWCC will go toward the UWSVI and HealthPartners, who support a gamut of local programs, ranging from sexual assault crisis counselling to help for those coping with diabetes.

"When a member of the Defence Team donates to the NDWCC, that money helps a neighbour, a colleague, their community, right here in the Greater Victoria Area," Carlson said. "Our slogan this past year for NDWCC was 'Stronger Together', which completely aligns with our Base Motto of 'Support for All'. We are stronger together by supporting all who surround us within our community."

TRITONS

GET READY TO RUMBLE AT WURTELE

Peter Mallett
Staff Writer

The Senior Tritons continue their quest for a National hockey title this week on home ice at Wurtele Arena.

CFB Esquimalt is hosting this year's Canadian Armed Forces (CAF) Old-Timers' Hockey Championships, March 13-17. The tournament brings together four regional champions from bases across the country.

Following their Gold Medal Game victory last month, Chief Petty Officer Second Class (CPO2) Rob Tibbetts, Tritons team captain and forward, said his players are optimistic they can continue the pace at this week's National Championship tournament.

"This is an amazing group of players we have assembled and utilizes a mix of veteran leadership, speed and goaltending," said CPO2 Tibbetts, the Coxswain of HMCS *Corner Brook*.

Esquimalt won their berth in the CAF Nationals convincingly after outscoring their opposition 38-5 during the Canada West Old-Timers' Regional Championship in Cold Lake, Alta.

In regional play, CPO2 Tibbetts says standout performances by many players blessed the Tritons, including forwards Master Sailor Martin Charlebois and Master Warrant Officer JF Bordeleau goaltenders Petty Officer Second Class Randy Collens and Major Dustin Matheson. The goaltenders allowed just four goals over four games against Edmonton, Winnipeg and Comox.

To track all the action at the tournament, including updates and scores, award winners and more, follow the Facebook pages of CAF Sports and the Naden Athletic Centre.

TRITONS MEN FALL AT NATIONALS

The Tritons Open Age Men's Hockey team recently had their dreams of a National Championship dashed after competing in the Men's Hockey CAF National Championship at CFB Wainwright, Feb. 27-March 3.

They opened their campaign on a strong note with victories over Valcartier and Greenwood but suffered a 10-3 loss to Petawawa to close out round-robin play. Their quest for gold ended with a 5-4 double-overtime loss to Valcartier in the tournament semi-final.

Following their season-ending loss, Petty Officer First Class (PO1) Curtis Gillies, Esquimalt Team Manager and Assistant Captain, congratulated his players for their efforts this season and their opponents for a well-deserved win.

"Valcartier were a very tough opponent," PO1 Gillies said.

The Tritons were without Sailor First Class Derek Cheetham, one of its first-line centres, for their semi-final against the Lions after he sustained a broken wrist in Esquimalt's loss to Petawawa.

PO1 Gillies noted several other factors, including flight delays, cancellations and player shortages at practices.

Valcartier claimed the tournament title with a 6-5 win over Petawawa in the gold medal game.

Bright spots for the Tritons this season included Sub-Lieutenant (SLt) Noah Kenny of HMCS *Vancouver*, tournament MVP right-winger, and forwards Acting Sub-Lieutenant Darcy McHugh of HMCS *Venture* and SLt Seamus Maguire of Base Foods.

Later this month, CFB Esquimalt's Women's Hockey team is preparing to compete in the CAF Women's Hockey Championship, March 20-24, at CFB Trenton.

2023
CAF NATIONAL OLD TIMER'S
HOCKEY CHAMPIONSHIP
ESQUIMALT
CHAMPIONNAT NATIONAL DE
HOCKEY DES VÉTÉRANS DES FAC
SCHEDULE • HORAIRE



DATE	TIME • HEURE	EVENT • ÉVÈNEMENT	WHERE • ENDROIT
MONDAY • LUNDI 13 MAR, 2023	08 h 25	Team Pictures & Opening Ceremonies Photo d'équipe et cérémonies d'ouverture	Wuertle Arena
	09 h 00	GAME / MATCH 1 KINGSTON @ ESQUIMALT	Wuertle Arena
	14 h 00	GAME / MATCH 2 GREENWOOD @ OTTAWA	Wuertle Arena
TUESDAY • MARDI 14 MAR, 2023	09 h 00	GAME / MATCH 3 GREENWOOD @ KINGSTON	Wuertle Arena
	14 h 00	GAME / MATCH 4 OTTAWA @ ESQUIMALT	Wuertle Arena
WEDNESDAY • MERCREDI 15 MAR, 2023	09 h 00	GAME / MATCH 5 KINGSTON @ OTTAWA	Wuertle Arena
	14 h 00	GAME / MATCH 6 ESQUIMALT @ GREENWOOD	Wuertle Arena
THURSDAY • JEUDI 16 MAR, 2023	09 h 00	SEMI FINAL #1 / DEMI-FINALE #1 4th @ 1st / 4e @ 1re	Wuertle Arena
	14 h 00	SEMI FINAL #2 / DEMI-FINALE #2 3rd @ 2nd / 3e @ 2e	Wuertle Arena
FRIDAY • VENDREDI 17 MAR, 2023	09 h 00	FINALS / FINALE WSF2 @ WSF1 / GDF2 @ GDF1	Wuertle Arena

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The Senior Tritons will face the Kingston Knights in the tournament's opening game on March 13, with the opening puck drop at 9 a.m.

Esquimalt's other opponents in the tournament's round-robin phase include Ottawa on March 14 and Greenwood on March 15, with opening puck drops for both games at 2 p.m.

The tournament semi-finals take place on March 16, with the winners meeting in the championship game on March 17 at 9 a.m.






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THE NAVY LEAGUE OF CANADA PRESENTS ROBERT I. HENDY AWARD


The Navy League of Canada is pleased to announce that Ms. Elsa Lessard has been awarded the Robert I. Hendy Award. This award was announced on December 7, 2022 and was presented earlier today by members of the Navy League of Canada and the Commander, Royal Canadian Navy, Vice Admiral Angus Topshee.

Ms Elsa Lessard is a Second World War veteran, who joined the Women's Royal Canadian Naval Service (WRCNS) in 1943 as a morse code operator. During the Battle of the Atlantic, Elsa listened for encrypted radio messages from German U-boats. The messages would be sent to Bletchley Park in England where they were used to break Germany's Enigma code. It is estimated that manual morse operators like Elsa, helped save a quarter of a million lives during the conflict. Since her wartime service, Elsa has been a life-long and tireless advocate for the WRCNS, the Navy and the Veteran community.


Elsa has passionately promoted public awareness of the women that served during the Second World War, despite the security restrictions that limited her ability to discuss her actual role. Since 1975, when her actual service became known, she has been featured in national news stories and been a guest speaker at schools, community clubs, museum and the Canadian Security Intelligence Service.

Ms Lessard has undertaken a lifetime of advocacy on behalf of the Naval personnel lost during the Second World War, the WRCNS and the Veteran community. Her war-time service and dedicated advocacy to ensure all Veterans are recognized for their service, make her unique and a stand-out among her peers.


The Navy League of Canada was established in 1895 to promote an interest in Maritime Affairs generally throughout Canada. Today, The Navy League of Canada has a presence in over 260 Canadian communities. Our youth programs benefit 10,000 young Canadians every year, and we continue to grow.



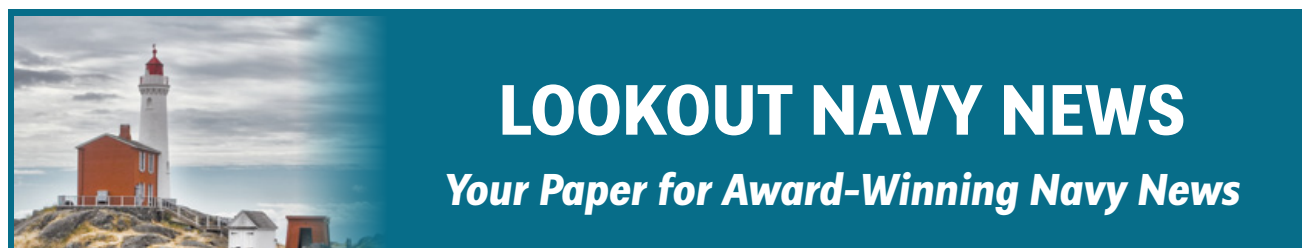
BRAVO ZULU



Master Sailor Emily Whalen
Formation Master Sailor of the Year for 2022



Master Sailor Jeffery Horan,
CANFLTPAC Sailor of the 4th Quarter of 2022



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CFB Esquimalt and the Graving Dock – available April 1, \$3,000/month, 3 bed, 1.5 bath, 1309 sq ft upper half of up-down duplex. Yard, deck, laundry, parking, new appliances. Utilities not included, pets considered, no smoking. Contact queenspeedee@gmail.com, or 236-562-5364. 03-13

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