

Volume 68 Number 11 | March 20, 2023

# LOOKOUT

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

newspaper.com

f LookoutNewspaperNavyNews

@Lookout\_news

LookoutNavyNews

Buying or Selling?

I can help!

CHRIS  
ESBATI

Knowledgeable Trustworthy  
Dedicated

RE/MAX  
CAMOSUN

250.744.3301  
chris@victoriaforsale.ca

victoriaforsale.ca



## HELO OPERATIONS DURING TGEX 23-01

Sailor First Class Killian Soch conducts  
helo operations on the flight deck aboard  
His Majesty's Canadian Ship (HMCS)  
Winnipeg during Task Group Exercise  
(TGEX) 23-01 on March 1.

Photo: Corporal Tristan Walach,  
Canadian Armed Forces Photo



 **Coffee**  
is ready!

6  
am

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

 a kinder cup

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

**babcock**

Proud to support  
Canada's fleet

Marine >  
Land >  
Aviation >  
Cavendish Nuclear >  
**babcockcanada.com**



 **ISLAND OWNED AND OPERATED  
SINCE 1984.**

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



# FMF Cape Breton completes project for Army

**Ashley Evans**  
Strategic Communications Officer,  
FMF CB/CS

You may have wondered why a particular yellow door at the Fleet Maintenance Facility (FMF) Cape Breton (CB) is always closed.

What exactly goes on behind those large doors right before the Electronics Shop on the left-hand side of the main walkway through the production floor in D250?

Well, the door leads to the Instrument Shop, and behind it – Silvio Barbon, Instrument Technician from Shop 161, recently worked on a project for the Army.

This project saw him convert 84mm Carl Gustaf Recoilless rifle sights from one National Stock Number to another, upgrading their capability. The project requires a dust-free environment to service and repair optical instruments. If dust enters the reticle (the spot where your eye focuses), it obscures the view. The reticle must be clean to allow a clear image and the maximum amount of light through the device. Hence, the big yellow door remained ever-closed.

Barbon used the C1 Open collimator, an optical tool used to set the focus of an optical scope to a specified distance, to set the focus and eliminate parallax (displacement or dif-



ference in the apparent position of an object) before repairing, cleaning, and testing the product.

Simon Higgins, Shop 161 Work Center Supervisor, said the most rewarding part of this project was knowing some sights may end up in Ukraine.

"The most challenging part," Higgins said, "was getting the focus right, with no parallax, and setting center after mounting."

This project averages approximately 100 hours of work for an outturn of about 30 sights conversion, repair, testing, and packaging. Shop 161 completed this project with the help of FMF Group 7, responsible for material acquisition, procurement, and supply, who brought in the items for repair and then returned them to the national supply system.

The FMF Cape Breton Instruments Shop conducts a wide variety of work, including gauge calibration, engraving, optical instrument repair, radar installs and infrared camera repair.

Silvio Barbon, Instrument Technician at FMFCB, works with 84mm Carl Gustaf Recoilless rifle sights for the Canadian Armed Forces.

Photo: Ashley Evans, FMFCB

## 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

## FAMILY EASTER EVENT

To Register, Call 250-363-1009

Inscrivez-vous en appelant le 250-363-1009



## 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

CFB ESQUIMALT

# NAVY RUN



**HURRY!**  
PRICES GO UP  
MAR 31!

NAVYRUNESQUIMALT.COM



# SAILING WITH THE CHILEAN ARMADA



A/SLt Damian McCracken

Recently, a longstanding exchange has resumed after it was paused during the pandemic; several Naval Warfare Officer (NWO) students at HMCS *Venture* have had the opportunity to sail with the Chilean Armada.

Earlier this year, I was lucky to be on one of these exchanges where, for three weeks, I learned as much as I could from the Chilean sailors and officers.

I arrived at Punta Arenas, at the southernmost tip of South America, with few expectations. I hoped to improve my coastal navigation and general watchkeeping skills since the area was considered geographically challenging. I learned a lot in this regard, but the most significant benefit of my trip for me may have been the exposure to a navy that is both very similar to and different from ours.

The Chilean Armada, like the Royal Canadian Navy, has strong British roots. Many of their traditions descend from the Royal Navy, and their shipboard life is quite similar to ours. However, the overall organization of the Armada is quite different. They fulfill the role of the Navy and the Coast Guard; sovereignty, hydrographic surveys, Search and Rescue, and even the maintenance of aids to navigation are all responsibilities of the Armada. Their size reflects this broad jurisdiction, as the Armada has over 25,000 personnel. Many of their members are posted long-term to remote bases, which have particular functions. For example, I visited a naval base on Isla Dawson, which existed primarily to dispose of munitions. Over 100 personnel lived there full-time with their families. It takes consistent resupplies from ships in the Naval Zone to keep these bases running.

Chile has built many of its ships but has also procured many of them internationally. In Punta Arenas,

I encountered an icebreaker from Canada, a large tug from India, and a missile boat from Israel. I noticed that each crew had adapted well to the different vessels. Boat launching, the bridge layout and technology, maneuvering, and living spaces differed between ships.

The Gulf Islands are a perfect training area for navigation, and the Tierra Del Fuego Archipelago easily matches them with its many inlets and channels. While many elements of watchkeeping and navigation were the same as ours, their use of paper charts was impressive. The Chilean Armada indeed uses electronic charts, but only as a backup. There is less room for error when fixing on paper; inaccuracies caused by slow work or poor fixing points are more pronounced without a computer, and they learn to trust their math and eyes to confirm the ship's position.

For an NWO student at *Venture*, these were valuable lessons to learn early in one's career.

The sailors and officers were both fantastic hosts and professional mariners. Not only were they hard-working and competent, but they were enthusiastic about showing me their work. Almost all officers join through their Naval Academy, where they spend four years earning the equivalent of an academic degree but specific to the naval realm. As a result, most of the junior officers I met were between 22 and 23 years old and already working toward their watchkeeping tickets.

I think the resumption of this exchange is excellent for students at HMCS *Venture*. The experience of working alongside another navy in a different part of the world has been as valuable as any of the training I have received so far.



Acting Sub Lieutenant (A/SLt) Damian McCracken (third from left) poses for a selfie with Chilean Navy counterparts during his exchange.



A/SLt McCracken (right) sails in the Gulf Islands during his exchange with the Chilean Armada.

## GALAXY MOTORS

### THE BEST PLACE TO BUY A NEW CAR!

THE LARGEST INVENTORY ON VANCOUVER ISLAND

5 DEALERSHIPS PLUS 2 RV LOCATIONS TO SERVE YOU

OVER 33 YEARS IN BUSINESS • FAMILY OWNED & OPERATED

WHEN YOU NEED A VEHICLE, VISIT GALAXY MOTORS!



www.galaxymotors.net 250-478-7603 4391 Westshore Parkway Langford | www.galaxyrv.net 250.590.7425 4377 Westshore Parkway

DLR 30897





# LOOKOUT

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

LookoutNewspaper.com @Lookout\_news  
LookoutNewspaperNavyNews LookoutNavyNews

## MANAGING EDITOR

Jazmin Holdway ..... 250-363-3372

## EDITOR

Kate Bandura ..... 250-363-3130  
kateryna.bandura@forces.gc.ca

## WRITER

Peter Mallett ..... mallett.peter@cfmws.com

## 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

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

## EDITORIAL ADVISORS

Lt(N) Michelle Scott ..... 250-363-4006  
Rodney Venis ..... 250-363-7060

Published each Monday, under the authority of Capt(N) J. Jeffrey Hutchinson, Base Commander.

Le LOOKOUT est publié tous les lundis, sous l'égide du Capv J. Jeffrey Hutchinson, Commandant de la Base.

The editor reserves the right to edit, abridge or reject copy or advertising to adhere to policy as outlined in PSP Policy Manual. Views and opinions expressed are not necessarily those of the Department of National Defence.

Le Rédacteur se réserve le droit de modifier, de condenser ou de rejeter les articles, photographies, ou annonces publicitaires pour adhérer au Manuel des politiques des PSP. Les opinions et annonces exprimées dans le journal ne reflètent pas nécessairement le point de vue du MDN.

LOOKOUT  
NEWSPAPER

Circulation - 2,000 plus 300 pdf downloads per week

Follow us on Facebook, Twitter  
and Instagram to join our  
growing social media community.

A Division of Personnel Support Programs  
CFB Esquimalt, PO Box 17000 Stn. Forces, Victoria, BC V9A 7N2

Web: [www.lookoutnewspaper.com](http://www.lookoutnewspaper.com)  
Fax: 250-363-3015

Canadian Mail Product Sales Agreement 40063331



## EXPLORING Long-Term Planning OPTIONS



### Spencer Elliot, BA PFP SISIP Financial – Financial Planner

Saving for your future is beneficial in theory yet daunting in practice. Starting somewhere is important. Below are two popular savings 'vehicles' intended for long-term savings:

#### REGISTERED SAVINGS PLAN (RSP)

The Registered Savings Plan (RSP) is a tax-deferred investment account that allows you to grow your investments tax-free. You reduce your income tax by the amount you contribute to your RSP, likely receiving a tax credit at the beginning of the year. If you withdraw an amount from the RSP, either before or at retirement, that amount becomes taxable.

Your goal should be to contribute to the RSP when your income is high and withdraw when your income is low (such as during retirement), as you will be in a lower tax bracket and will not get taxed as much on it, if at all.

You can also invest your RSP in mutual funds, the Global Industry Classification Standard, and savings. Consult with your financial planner for the best option for you.

#### TAX-FREE SAVINGS ACCOUNT (TFSA)

The Tax-Free Savings Account (TFSA) is an investment account that complements an RSP and pension, but it can be beneficial for saving for large purchases like a down payment for a house. It is not a tax-deferred account or a savings account, but you still get tax-free growth, and withdrawals are not taxable. Many retirees use this type of account for emergencies as accessing it will not affect their overall income tax payable at the end of the year.

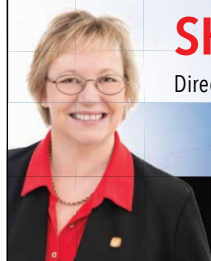
Your financial situation should dictate which investment account to use, but most Canadians should take advantage of both savings plans. A financial plan will maximize not only your savings but your after-tax income at retirement.

Visit SISIP Financial to speak to one of our advisors. We are here to help you create budgets, develop a solid plan and stay on track to make your goals a reality.

We are located in the CANEX Building and by phone at (250) 363-3301.



## I Stage and I Sell!



**SHELLY REED** Associate Broker  
Direct: 250-213-7444 Email: [sr@shellyreed.com](mailto:sr@shellyreed.com)

[www.shellyreed.com](http://www.shellyreed.com)

PEMBERTON  
HOLMES

#150-805 Cloverdale Ave.,  
Victoria, B.C. V8X 2S9  
250-384-8124

CANEX  
A division of CFMWS  
Une division des SRMFC

CANADA'S  
MILITARY STORE

CANEX

CANEX.CA

1343 Woodway Rd., Esquimalt 250.388.6428

Downtown  
250-388-5545

Sidney  
250-656-3313

Westshore  
778-433-5399

**BROWN'S**  
*The Florist*  
Since 1912

MILITARY APPRECIATION  
DISCOUNT **10% OFF**

[brownsflorist.com](http://brownsflorist.com)

Stay Connected From a Distance With Flowers



## Sailor's Spotlight:

HMCS Max Bernays Boatswain

# Sailor First Class Anna Cocquyt



Sailor First Class (S1) Anna Cocquyt stands next to the ship's bell of HMCS Max Bernays, which proudly bears the bell rope she created.

*Sailor First Class (S1) Anna Cocquyt recalls being surrounded by countless bioluminescent sea creatures at night in the middle of the Atlantic Ocean, undisturbed by light pollution.*

*She also describes the impact of visiting L'Empire des Enfants in Dakar, Senegal, a children's organization which provides accommodation, meals, clothing, medication, and life skills to children in need.*

### Lt(N) Anastasiya Karakoy, UPAR HMCS Max Bernays

From the outside looking in, service in the Royal Canadian Navy (RCN) may appear highly regimented, with little room for creativity.

However, the uniformity of military life often eases to allow for the creation of some truly remarkable artwork in support of naval tradition, which in turn forms a piece integral to the identity of the RCN.

A streak of artistic creativity recently appeared onboard HMCS Max Bernays through the artwork of crewmember Sailor First Class (S1) Anna Cocquyt.

S1 Cocquyt is currently a Boatswain onboard HMCS Max Bernays, Canada's newest Arctic and Offshore Patrol Ship (AOPS). The ship needed a decorative rope created for its ceremonial bell, and S1 Cocquyt jumped on the opportunity.

"Something that has surprised me when I joined the Navy was how much the military celebrates the arts," she said, commenting that the military encourages members to create and submit artwork to be displayed and celebrated. The artwork includes morale patches, 57mm Gun art, hammerhead war paint, and decorative rope work for ceremonial bell ropes and paddles.

A London, Ont., local, S1 Cocquyt joined the RCN in 2016 at HMCS Prevost to challenge herself by getting out of her comfort zone and seeking new experiences. The past seven years have taken S1 Cocquyt far beyond the borders of North America.

With two major international exercises, two medals and three deployments under her belt, S1 Cocquyt has had some remarkable experiences while working in the RCN.

"I thought joining the Navy was an opportunity to experience things that ordinary jobs can't provide, and boy was I right," S1 Cocquyt says. "Seven years later, I have made a million memories and have achieved more than I ever believed of myself at the beginning of this journey."

Among S1 Cocquyt's many remarkable adventures in the RCN, she recalls her experience working at the Tacugama Chimpanzee Sanctuary in Sierra Leone with great admiration for the conservation efforts made by the volunteers there. A boatswain by trade, S1 Cocquyt is highly skilled in rope work, which she used at the sanctuary to create a play area for the chimpanzees.

"The entire time we were working on the grounds they just watched us work and got more and more excited the closer to us finishing," S1

Cocquyt said. "Once we were finished, one of them ran up to the fence and waved to us as if to say 'thank you'."

She employed her outstanding rope work skills when working on the bell rope of HMCS Max Bernays.

Dedicating many hours and resources to the project, S1 Cocquyt created a beautiful decorative rope to adorn the ship's ceremonial bell, which now proudly hangs at the ship's entrance for everyone coming on board to admire.

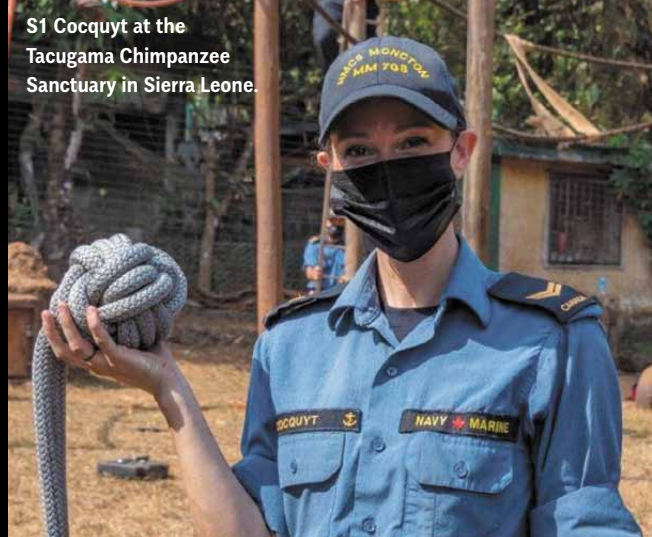
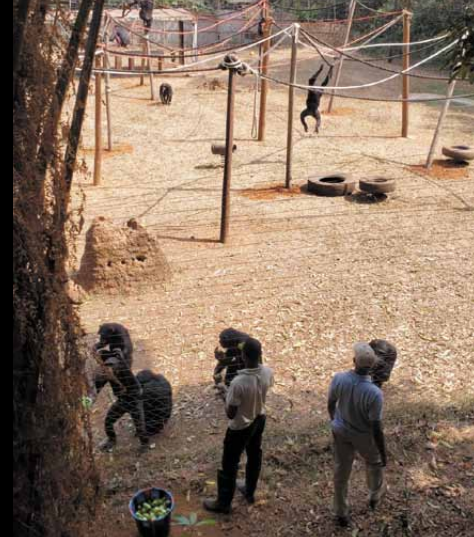
The rope is complete with a decorative ship's wheel. It pays homage to the history of HMCS Max Bernays' namesake, Chief Petty Officer (CPO) Max Bernays, who was awarded the Conspicuous Gallantry Medal (CGM) for his bravery during a ship fire during The Battle of the Atlantic. In recognition of her hard work, S1 Cocquyt received the Commanding Officer's coin, an award given to military personnel for exceptional service.

In the future, S1 Cocquyt hopes to teach career courses to pass along her skills and experience to the next generation of RCN boatswains.

"The military does offer a multitude of options in terms of course development, so the sky's the limit for the possibility of expanding my knowledge and aspirations in the future," she says.



S1 Cocquyt receives the Commanding Officer's coin in recognition of the bell rope she contributed to her ship.



S1 Cocquyt at the Tacugama Chimpanzee Sanctuary in Sierra Leone.

## Working for our community

**Mitzi Dean**

MLA, Esquimalt-Metchosin

250-952-5885

#104 - 1497 Admirals Road

Mitzi.Dean.MLA@leg.bc.ca / MitziDean.ca



**First Responders & Military: \$20.00 Every Day!**



**Sullivan's  
BARBER SHOP**

Appointments  
Not Necessary **250 478 9424**

Seniors  
**\$18.00**

Regular  
**\$23.00**

**756 Goldstream Ave.**

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



**SCHOLARSHIPS  
FOR MILITARY  
AND VETERANS.\***

**WWW.SPROTTSHAW.COM**

**VICTORIA: 250-384-8121**



# Buckling up with BASE TRANSPORT

**2Lt Naman Sharma**  
Base Transport

We see Canadian Forces Registrations (CFR) on our local roads all the time and an even greater amount of clandestine rental vehicles operating under DND's purview, but where do they come from?

Base Transport at Work Point 1365 holds nearly 750 combined CFR 'green' and 'blue' fleet vehicles. 'Green fleet' refers to anything in a Standard Military Pattern (SMP), typically requiring the DND 404 licence and a secondary qualification to drive, and will always have a CFR. 'Blue fleet' refers to anything civilian-patterned, typically only requiring the DND 404 license and may or may not have a CFR. The fleet is also augmented by rental vehicles to support the Fleet at large.

They're further organized into General Purpose Vehicles (GPV) and Special Purpose Vehicles (SPV) based on their specific functions, such as Snow & Ice Control (SNIC) or carrying dozens of troops to Fleet School. They're maintained by our partners, with

whom we share our compound, the Royal Canadian Electrical and Mechanical Engineers (RCEME) personnel of Base Maintenance, to form the Transportation and Electrical-Mechanical Engineering (TEME) section of CFB Esquimalt.

Base Transport fulfilled over 5,600 requests for various kinds of runs in 2022, with many of those being long-term and multi-vehicle requests, for a total of 4.3 million kilometres driven in the year. Some of our most significant contributors to these numbers are the National Freight Run (NFR) that goes from CFB Esquimalt to CFB Edmonton, hauling Unaccompanied Baggage (UAB), operational parts, ammo – just about anything goes, and is connected from there on to the rest of Canada; ammo runs from Canadian Forces Ammunition Depot (CFAD) Rocky Point down to the ports of the United States for joint exercises; and local traffic completing mail runs between various detachments in Victoria and Canadian Forces Maritime Experimental and Test Ranges (CF METR) in Nanos Bay.



One specific statistic we look at as a Transport section is the number of preventable collisions that occur on our base compared to the national average. For the 2022 calendar year, CFB Esquimalt was assessed at a 1.06 per cent collision rate by our Road & Vehicle Safety Section (RVSS), which narrowly beat the national average of 1.56 per cent.

Distractions, road hazards, and our personal choices affect our driving habits and collision rates. We look forward to decreasing those numbers by raising awareness during Safe Driving Week coming up May 16-22, with our theme 'Safer Me, Safer You!'



## 'Safer Me, Safer You!' Safe Driving Week is May 16–22

### OPTOMETRISTS

DR JOSLIN & DR MORIN  
ASSOCIATES

DOCTORS OF OPTOMETRY

EXPERIENCE THE PRECISION OF  
CUSTOMIZED VISION



**BOOK YOUR  
FULL EXAM ONLINE**

Direct billing through Medavie Blue Cross now available  
some exceptions may apply

**LANGFORD**

#105-814 GOLDSTREAM AVE.  
PHONE: (250) 474-4567  
www.langfordoptometrists.com



Proud to  
serve  
Esquimalt-  
Saanich-  
Sooke



**Randall Garrison, MP**

2-50 Burnside Road West, V9A 1B5

Monday–Thursday 11:00am–2:00pm or by appointment

250-405-6550 [Randall.Garrison@parl.gc.ca](mailto:Randall.Garrison@parl.gc.ca)

[www.RandallGarrison.ndp.ca](http://www.RandallGarrison.ndp.ca)





# HMCS Calgary sailor honoured for his diligence

**Peter Mallett**  
Staff Writer

Master Sailor (MS) Jeffrey Horan, a hard-working Marine Technician of HMCS *Calgary*, is the latest Canadian Fleet Pacific Sailor of the Quarter Award recipient.

"He has demonstrated outstanding technical acumen, readiness to tackle unique challenges, advanced administration and development of subordinates under his charge," said Commander (Cdr) Adriano Lozer, *Calgary's* Commanding Officer.

Cdr Lozer said due to personnel constraints, MS Horan has been the only Master Sailor in the Marine Systems Engineering department and has therefore taken on more excellent administrative and leadership responsibilities for a significant number of junior technicians.

While presenting him with an award covering the final quarter of the fiscal year (2022-2023), Cdr Lozer described MS Horan as someone who routinely takes on more responsibility and goes above and beyond what is expected of him.

Cdr Lozer noted that MS Horan 'scrupulously' developed a training regime to aid all Marine Systems Engineers (MSE) members under training to complete their objectives while offering mentorship and guidance to them.

Receiving the award and recognition from the command team came as quite a surprise to MS Horan, who says his main intention was to influence his coworkers

during difficult times positively.

"It's nice to know that my hard work has not gone unnoticed," he said. "It is also important to point out the amazing individuals and mentors who work just as hard and are just as deserving of this award, so, I personally want to thank all for your hard work that is shown every day."

MS Horan received a commemorative coin and a short-term preferred parking spot inside the Dockyard gates.

He was also recognized for commitments outside of his work responsibilities.

MS Horan organized departmental softball events and luncheons to increase morale and esprit de corps. He was also recognized for supporting a subordinate who sought mental health treatment and ensured a supervisor received emergency mental health care when it was suspected their life was at risk.

"Mental health has really been hard on my fellow sailors, friends and family within the RCN over the past few years," said MS Horan. "Taking the responsibilities of co-workers with higher ranks allows them to focus on getting healthy and coming back to work safely."

MS Horan says his extraordinary efforts in the workplace would not have been possible without the support of his wife Marli and sons Chase and Thorin.

"Your constant support pushes me to succeed, making these moments possible and I will love you always and forever," MS Horan concluded.



**SAILOR  
of the  
QUARTER**

Master Sailor Jeffrey Horan is the recipient of the Canadian Fleet Pacific Sailor of the Quarter (2022-2023) Award. His award was presented by Commodore David Mazur, Commanding Officer Canadian Fleet Pacific, and Chief Petty Officer First Class Dave Bisal, Fleet Chief, in a ceremony at HMCS *Calgary's* Shore Office on Feb. 14.



## FAMILY EASTER EVENT

AT THE COLWOOD PACIFIC ACTIVITY CENTRE  
2610 ROSEBANK RD.

## ÉVÉNEMENT FAMILIAL DE PÂQUES

AU CENTRE D'ACTIVITÉS PACIFIQUE DE COLWOOD  
2610 ROSEBANK RD.

4:30-5:45 PM - GAMES,  
CRAFTS & PIZZA  
5:45-6:15 PM - EASTER EGG  
HUNT

1630-1745 PM - JEUX,  
BROCOLAGE ET PIZZA  
5:45-6:15 PM - CHASSE AUX  
ŒUFS DE PÂQUES

**\$5 PER  
PERSON**

REGISTRATION OPENS  
WEDNESDAY, MARCH 8.  
REGISTER BY  
CALLING 250-363-1009.

**\$5 PAR  
PERSONNE**

LES INSCRIPTIONS DÉBUTENT LE MERCREDI  
8 MARS. INSCRIVEZ-VOUS EN APPELANT LE  
250-363-1009.

**THURSDAY  
APRIL 6**



**JEUDI  
6 AVRIL**



## POSTED AWAY FROM MARPAC IN APS '23?

In collaboration with the Director Relocation Business Management (DRBM), Director Compensation and Benefit Administration (DCBA) and Director Military Career Support Services (DMCSS), please join us for a joint informative session aimed at providing you key information in order to best prepare you and your family as you transition to your new location.

**Who:** Serving members and their family

**When:** Thursday, March 23 from 6-9pm

**Where:** Online via Zoom:

Visit the MARPAC Splash Page or [www.LookoutNewspaper.com](http://www.LookoutNewspaper.com) for meeting details.

Telephone Only: 1-778-907-2071

Meeting ID: 649 1210 0489, Passcode 477876





Sub-Lieutenant Jonathan Bailie receives a certificate of Military Achievement at the Naval Warfare Officer IV Course.



Sub-Lieutenant Megan Crump is promoted to her current rank.



Sub-Lieutenant Megan Crump receives a certificate of Military Achievement.



Sub-Lieutenant Fraser Duff is promoted to his current rank.



Sub-Lieutenant Fraser Duff receives a certificate of Military Achievement.



Sub-Lieutenant Fraser Duff is presented with the Rear-Admiral H.F. Pullen Cup Award.



Sub-Lieutenant Catherine Farrow is promoted to her current rank.



Sub-Lieutenant Catherine Farrow receives a certificate of Military Achievement.



Sub-Lieutenant Rickey Frigon is promoted to his current rank.



Sub-Lieutenant Rickey Frigon receives a certificate of Military Achievement.



Sub-Lieutenant Alistair Hirst is presented with the David W. Groos Memorial Shield.



Sub-Lieutenant Alistair Hirst is promoted to his current rank.



Sub-Lieutenant Alistair Hirst receives a certificate of Military Achievement.



Sub-Lieutenant Roman Korotushak is promoted to his current rank.



Sub-Lieutenant Roman Korotushak receives a certificate of Military Achievement.



Sub-Lieutenant Wan In Lai is promoted to his current rank.



Sub-Lieutenant Wan In Lai receives a certificate of Military Achievement.



Sub-Lieutenant Luca Lavoie is promoted to his current rank.



Sub-Lieutenant Luca Lavoie receives a certificate of Military Achievement.



Sub-Lieutenant Jun Hua Liang is promoted to his current rank.



# NAVAL WARFARE OFFICER IV GRADUATION

Presented by **Commander Mike Stefanson**  
Commanding Officer, HMCS Venture

Photos by Sailor First Class Kendric C.W. Grasby

Naval Warfare Officer IV Course - Swansea Division Graduation Ceremony at Work Point Barracks, Canadian Forces Base Esquimalt, on March 7.



Sub-Lieutenant Jun Hua Liang receives a certificate of Military Achievement.



Sub-Lieutenant Justin McKinstry receives a certificate of Military Achievement.



Sub-Lieutenant Justin McKinstry is promoted to his current rank.



Sub-Lieutenant Justin McKinstry with a commissioning scroll.



Sub-Lieutenant (SLt) Justin McKinstry and SLt Fraser Duff with Bravo Zulu certificates.



Sub-Lieutenant Jeremy Morissette is promoted to his current rank.



Sub-Lieutenant Jeremy Morissette receives a certificate of Military Achievement.



Sub-Lieutenant Jake Patterson is promoted to his current rank.



Sub-Lieutenant Jake Patterson receives a certificate of Military Achievement.



Sub-Lieutenant Willem Ponikvar is promoted to his current rank.



Sub-Lieutenant Willem Ponikvar receives a certificate of Military Achievement.



Acting Sub-Lieutenant Colin Shibley receives a certificate of Military Achievement.

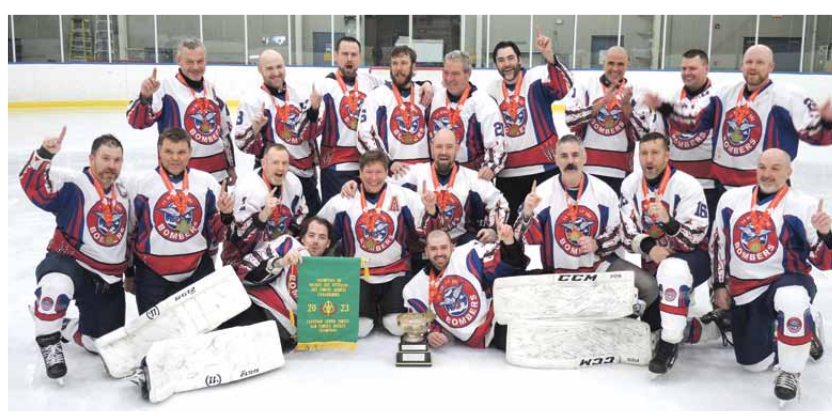




Far right: Members of HMCS Calgary cheer on the Esquimalt Tritons and their shipmate Petty Officer First Class Raymond Moore during semi-final action against Ottawa, March 16.

Right: Members of the Greenwood Bombers gather at center ice for a group photo in celebration of their CAF Old Timers National Championship victory at Wurtele Arena, March 17.

Photos: Peter Mallett/Lookout



## Greenwood wins CAF Old Timers Hockey title

**Peter Mallett**  
Staff Writer

The Greenwood Bombers were crowned Canadian Armed Forces (CAF) Old Timers Hockey Champions.

The team required double overtime to defeat the Ottawa Olde Generals with the final score of 4-3 in the tournament championship game at Wurtele Arena on March 17.

"It feels great to be National Champions and it couldn't have happened without great team work," said Warrant Officer (WO) Wayne Belair of the Greenwood Bombers.

WO Wayne Belair converted his snap shot into a goal 52 seconds into the second overtime period to give Greenwood the win.

Ottawa appeared to have won the title with 3:09 remaining when Sergeant Brad Westerman scored with a wrist shot to give the Olde Generals a 3-2 lead. But then

Greenwood's Master Warrant Officer (MWO) Michael Pastuck converted a centering pass to tie the score with 52 seconds remaining.

WO Belair and Ottawa's Captain Stephane Guillemette won game MVP honours, while the Tournament MVP Award went to Greenwood's MWO Andrew Glessing. Ottawa outshot Greenwood 52-32.

Greenwood defeated Kingston 4-2 to win their semi-final game on March 16.

### Goaltender shines in loss

Esquimalt Tritons were removed as contenders for the gold medal after losing in the semi-finals on March 16.

The 'Gold and Navy' hoped for a win after their undefeated run and tournament title at the Canada West Regional Championships in Cold Lake, Alta., last month. The team built on their games in the round-robin but lost to Kingston, Ottawa and Greenwood. Esquimalt then came roaring back to life in their semi-

final game against Ottawa before eventually falling 2-1 in double overtime.

The Tritons resurged during the semi-final game thanks to the stellar play of Petty Officer Second Class (PO2) Randy Collens, Tritons' goaltender, said Chief Petty Officer Second Class (CPO2) Rob Tibbetts, Tritons Captain and Assistant Coach.

CPO2 Tibbetts raved about his goaltender's stellar play against the Olde Generals in stopping 67 shots.

"He was incredible, but I shouldn't be surprised because that is how Randy plays every game," CPO2 Tibbetts said. "He is an all-star and leader on and off the ice and one of the best players on this team."

PO2 Collens earned MVP of the Game honours for Esquimalt while Lieutenant (Navy) Warren Graham was recognized for Ottawa.

Moments after PO2 Collens turned back his 34th shot on goal late in the second period,

CPO2 Marc Lavoie gave Esquimalt a 1-0 lead. CPO2 Lavoie shot home a centering pass from Lieutenant-Colonel Bryan Ouellet to break the deadlock.

It seemed like an upset of undefeated Ottawa was in the making after PO2 Collens stopped high-flying forward WO Mike Dalton on a breakaway with 7:34 remaining in the third period.

But then Ottawa's WO Dalton forced overtime after capitalizing on a goalmouth scramble to tie the game with just two minutes remaining. Ottawa advanced to the final after Lt(N) Graham poked the winning goal past PO2 Collens with 5:49 remaining in the second overtime period.

"Everything was left on the ice and everyone on this team gave everything they could," said CPO2 Tibbetts. "This is a hard-working team and we are built on great goaltending and teamwork, and it showed!"

## 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.

## Eye care for your family!

- Eye Health Examinations
- Contact Lens Specialists, Dry Eyes, Allergies, Eye Injuries
- Designer Eyewear Boutique
- Aircrew cyclo exams
- Sunglasses: Prescription & Non-Prescription

**MILITARY DISCOUNT  
AND DIRECT BILLING**

**OAKLEY, ARMANI,  
RAYBAN, PRADA,  
AND MORE!**

**CLOSE  
TO BASE!**

ACCEPTING NEW PATIENTS -  
BOOK AN APPOINTMENT TODAY!

**Admirals  
Walk**  
OPTOMETRY CLINIC

Dr. Rachel Rushforth,  
Dr. Nicole Sehn  
and Dr. Darcy Dennis

**NEAR BASE**

106-1505 ADMIRALS ROAD

**(250) 995-0449**





# Maritime Museum's massive garage sale returns

**Peter Mallett**  
Staff Writer

Sailors and navy enthusiasts can acquire one-of-a-kind treasures at this year's Massive Marine and Outdoor Garage Sale.

"Nothing is too strange for the Massive Marine and Outdoor Garage Sale. Whether you have a boat or are an outdoor enthusiast, there will be something for you," said Brittany Vis, the Maritime Museum of BC (MMBC) Executive Director.

Attendees can see hundreds of items for sale, including boats, engines, kayaks, fishing, camping and recreational gear, navigational tools, winches and lines, boat clothing, onboard engines, and many other items.

A springtime tradition in Victoria now returning for its 19th year, the Massive Marine and Outdoor Garage Sale will bene-

fit the MMBC this year.

Trotac Marine, a local marine technology and equipment supplier and one of the event's title sponsors, is running their own garage sale during this event, and will donate 50 per cent of individual proceeds to help support the MMBC to continue operations and assist with running its school and public programs.

The annual garage sale returns to Ogden Point Pier on March 25, 9 a.m. to noon. The garage sale has a \$5 entrance fee and a \$10 Early Bird (8:40 a.m.) entrance fee for dedicated bargain hunters looking for first dibs on second-hand treasures.

Sponsors for this year's event also include Victoria Harbour Authority and CFB Esquimalt. For more information, including vendor rental rates, visit the MMBC website at [mmbc.bc.ca/garage-sale/](http://mmbc.bc.ca/garage-sale/).

## Teens: Take advantage of this valuable opportunity!

**Ryan Cane**  
Senior Manager Recreation Program and Community Services

What are you doing Saturday, March 25th?

The Level Up virtual conference is an exciting event designed specifically for teens from the military community in Canada. This year's conference will be the second annual event, and it promises to be an engaging and interactive experience for all attendees.

The conference will feature a range of workshops, speakers, and networking opportunities, all focused on helping teens develop valuable skills and connections. The workshops will cover topics such as leadership, career exploration, mental health, and more. Speakers include Dr. TA Loeffler and Spencer West.

Dr. Loeffler brings 35 years of expertise in leading

people through significant life-changing experiences to every facet of her work. Her adventures have taken her to 52 different countries and all seven continents. She has completed 6 and four-fifths of 'The Seven Summits', the highest peaks on all seven continents. In 2020, Dr. Loeffler was named to the '90 Greatest Canadian Explorers' list by Canadian Geographic.

Both obstacles and triumphs have marked the life of visionary and activist Spencer West. After losing both legs from the pelvis down at age five, he entered a world that might have easily defeated him. Instead, he tackled challenge after challenge, learning to navigate in a world set against those with disabilities. Spencer is a global keynote speaker, content creator, and activist. He is known for summiting Mount Kilimanjaro on his hands and wheelchair and opening for Demi Lovato on a World Tour.

"One of the unique aspects of the Level Up virtual conference is that it provides a safe and supportive environment for teens with a military background to connect with each other," says Isabelle Werlen, Personnel Support Programs National Recreation Manager and conference organizer. "This can be especially important for teens who have moved frequently or experienced the challenges of having a parent or family member in the military."

Attending the Level Up virtual conference is a valuable opportunity for teens to learn, grow, and connect with others who share their interests and experiences. Whether you're a teen with a military background, a cadet or a supporter of the military community, the Level Up virtual conference is an excellent opportunity to engage with a vibrant and supportive community of like-minded individuals.

Log in virtually to the Level Up Conference to connect and exchange with two inspiring people who have experienced some fun adventures, Dr. Loeffler and Spencer West. By participating, you will get the chance to win some great prizes with the help of Canex!

March 25th from 10:30 am to 12:30 pm PST via Zoom.

Details available at <https://cfmws.ca/LevelUp>.







## CFRC HIGHLIGHTS WOMEN IN THE CAF during a special enrolment ceremony

**Ryan Melanson**  
Trident Staff

The Canadian Forces Recruiting Centre (CFRC) detachment in Halifax hosted unique activities on March 8 to mark International Women's Day and kick off Women's History Month.

Activities included an enrolment ceremony, honours and awards, candidate interviews, and more, all meant to highlight the opportunities available for women in the Canadian Armed Forces (CAF).

The day's highlight was welcoming four new members to the CAF family.

While enrolment ceremonies are standard fare for the detachment, the occasion is always exciting, said Lieutenant (Navy) Kelly Riggs, a military career counsellor at CFRC who hosted the events. Being able to enroll four women on International Women's Day, with a room full of proud family and female colleagues watching, added even more to the day, she said.

She congratulated the new candidates on their successful selection for service and employment in the CAF, meaning they've cleared the hurdle of aptitude tests and other screening procedures. She also encouraged the women to take a mental snapshot of the important day to look back on as they progress in their careers.

"It's a great honour and something that shouldn't be taken lightly. We've worked diligently to ensure you have all the tools you need for success and a long career in the Canadian Armed Forces," Lt(N) Riggs said to the enrollees. "We're proud to have you as part of the team."

Lieutenant-Commander (LCdr) Brenda Nelson, Commanding Officer for CFRC in the Atlantic Provinces, was on-hand to conduct the enrolments and also to recognize members of the detachment with a small honours and awards ceremony, presenting Canadian Forces Decoration awards to Corporal (Cpl) Bridget O'Donnell and

Cpl Courtney Ramsey, who received her CF Decoration – First Clasp.

"As we mark the very beginning of the careers for four women, we thought it would also be appropriate to recognize a couple female members of the Canadian Armed Forces staff here at the Recruiting Centre, who are in the midst of their careers, for their years of decorated service," she said.

In addition to the ceremonies, the entire day at CFRC was focused on women, with another group of candidates completing aptitude testing in the morning and several interviews with female candidates in the afternoon.

"A lot of work went into making this day happen and we're very excited to be able to mark International Women's Day in this way," Lt(N) Riggs said.

(Top) Lieutenant-Commander Brenda Nelson (far right) helped enroll four new members of the Canadian Armed Forces while marking International Women's Day on March 8 at the Canadian Forces Recruiting Centre Atlantic detachment in Halifax. From left: Emma Whynot, Haley Klatt, Chelsea Prescott, and Victoria Burton.

Photo: Ryan Melanson/Trident

(Inset) The CFRC Halifax detachment also took the occasion to recognize some currently-serving members, including Corporal Bridget O'Donnell, who received her Canadian Forces Decoration.

Photo: Ryan Melanson/Trident





# Brodeur Family Dynasty Display Launches Online

Nigel Brodeur presents during the unveiling of the Naval Monument.

Below: Admiral Brodeur, wife Dorothy and youngest son Nigel arriving at a Canadian National Railway station in Vancouver.



## CFB Esquimalt Naval and Military Museum

One Canadian family has the special distinction of having three successive generations hold positions of key significance to Canada's Navy. That family is the Brodeurs, whose members – Louis Philippe Brodeur; his son, Victor Gabriel Brodeur; and Victor Gabriel Brodeur's son, Nigel Brodeur – constitute a true Canadian naval dynasty.

To celebrate the achievements and contributions of the Brodeurs to the Royal Canadian Navy (RCN) and Canada as a nation, the CFB Esquimalt Naval and Military Museum has launched an online exhibit on its website.

The online display features a comprehensive gallery of personal photos from the Brodeurs' history – some never before seen outside family circles – as well as photos that document their professional and career firsts and achievements. The text was written for the museum by Dr. Richard Gimblett, the former Command Historian for the Royal Canadian Navy. In it, he captures the pivotal roles played by all three members of the Brodeur family in the development of a navy made in and for Canada. Together, the three generations of the Brodeurs have been highly important and influential, with their consecutive achievements spanning most of the first century of the Royal Canadian Navy. Each generation has a part in the RCN's growth and direction:

- Louis Philippe Brodeur, who was Prime Minister Wilfrid Laurier's first Minister of the Naval Service, brought the RCN into being and laid the groundwork for Canada's organization of its naval defence;
- His son, Victor Gabriel Brodeur, was in the very first cadre of naval cadets to join the service in 1909. He served at sea and ashore through the two World Wars and rose to become the first Franco-Canadian to make flag rank;

- Victor-Gabriel Brodeur's son Nigel served in the RCN throughout nearly the full duration of the Cold War. He was influential in setting up the Canadian Patrol Frigate project that remains the backbone of the present-day fleet.

"The Brodeur family is unique in the Canadian naval experience, in having three successive generations figuring at its very senior level," said Dr. Gimblett. "We are especially fortunate that Vice-Admiral Nigel Brodeur had the foresight to save and make available the records essential to putting this exhibit together."

He added he is grateful to have had the opportunity to work with the museum on a project that brings the Brodeur family into perspective and to pay tribute to Nigel Brodeur, who has been an important mentor to him in his naval career and his subsequent career as a historian.

The exhibit, available in French and English, is a first for CFB Esquimalt Naval and Military Museum. It was initiated by Clare Sharpe, the Museum's Exhibit Designer and webmaster, in response to the COVID-19

pandemic and the inability of potential visitors to access the museum in person. Sharpe explains the museum's website has long played an outreach role in bringing a wider online awareness of the history and heritage of the naval presence on Canada's West Coast and of the military on Southern Vancouver Island.

"But, as was true for so many museums throughout the world, the pandemic brought into focus our need to make museum collections and records accessible in a way that is dynamic and informative, and based in a strong historical perspective," she said.

The lively and engaging online exhibit was designed by Denis Eve and Olivia Hernandez, Ardent West Creative principals, who also designed and helped maintain the museum website.

The exhibit is titled  
***"The Brodeur Family – An RCN Dynasty"***  
and is available at the following links:

[www.navalandmilitarymuseum.org/museum/brodeur-family/](http://www.navalandmilitarymuseum.org/museum/brodeur-family/)  
[www.navalandmilitarymuseum.org/museum/la-famille-brodeur/](http://www.navalandmilitarymuseum.org/museum/la-famille-brodeur/)

To learn more about the history of the RCN, visit the CFB Esquimalt Naval and Military Museum, open Mon-Sun from 10 a.m.-3:30 p.m., or discover the museum website at [www.navalandmilitarymuseum.org](http://www.navalandmilitarymuseum.org).





## RCAF veteran turns 108

**Peter Mallett**  
Staff Writer

When a Second World War veteran and former Royal Canadian Air Force (RCAF) maintenance crew member was asked about his secret to living a long healthy life, his words were few but to the point.

"Never give in, keep moving, keep going forward," Albert Middleton said. "Also, don't smoke – it's bad for you."

The party-goers inside the Oak Room at Victoria's Veterans Memorial Lodge, a Broadmead Care Home, raised a toast to Middleton's good health and lon-

gevity as he, one of Canada's oldest military veterans, celebrated his 108<sup>th</sup> birthday on March 11.

The occasion gave many attending time to reflect on his remarkable life and longevity.

When Middleton was born in England in 1915, Sir Robert Borden was Prime Minister of Canada, the Panama Canal had just been built, the Spanish flu pandemic had yet to sweep the globe, and a new technology called 'radio' was still in its infancy.

Middleton arrived in Toronto in 1929 as a war orphan when he was 14. His 'never give up' attitude helped him make his way through the Great Depression, the

war years, and life, says his daughter Darlene Van Raay.

Van Raay says he always told her you need only three things for happiness: something to do, something to look forward to, and someone to love.

"That pretty much sums it all up," she said.

In 1943, at the height of the Second World War, Middleton enlisted in the Air Force.

On Sept. 21, 1943, he joined the RCAF as a General Serviceman. Initially stationed in Lachine, Que., he was then sent to England where he served for most of the war.

After the war, he continued his

military service as an Air Force Reservist and later worked as a security guard while also operating a 65-acre hobby farm near Brantford, Ont., which he purchased in 1956.

Much later in life, Middleton returned to England and lived there for more than 20 years. At 90, he returned to Canada and for many years kept an apartment across from Beacon Hill Park in Victoria. He moved into Veterans Memorial Lodge in 2016.



Albert Middleton, Second World War veteran and former Royal Canadian Air Force maintenance crew member.

## Classifieds

### FOR RENT

**CFB ESQ / GRAVING DOCK** - available April 15, 1 bedroom + large den, \$2,500 + utilities, 700 sq ft. Brand new second floor walk-up suite in quiet residential area near Rockheights Middle School. New construction, new dishwasher, in-suite laundry. Pets considered, no smoking of any kind. Walk 2 blocks to Naden gate, transit, rec center, groceries. Email [kkrockcrest@gmail.com](mailto:kkrockcrest@gmail.com). 03-31

**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](mailto:queenspeedee@gmail.com), or 236-562-5364. 03-13

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

\*The Lookout reserves the right to edit content for space or clarity.

Email your **FREE CLASSIFIED**, 50 words or fewer, to [Trina.Winters@forces.gc.ca](mailto:Trina.Winters@forces.gc.ca)

**SPECIAL MILITARY PRICE!**



**2012 VOLKSWAGEN GOLF SPORTSWAGEN**  
**\$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.



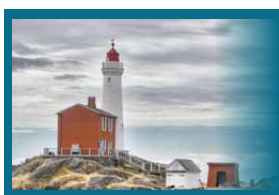
**OPEN 7 DAYS A WEEK**  
9:30am – 7pm Mon-Sat  
Sunday from 11am – 3pm  
**1671 ISLAND HWY**  
**250-590-8221**  
sales@usedcarcentre.ca

We are ready for the new normal! Find out more at:  
**[www.usedcarcentre.ca](http://www.usedcarcentre.ca)**

**WELL THEN THERAPY**  
MILITARY COUNSELLING BY A VETERAN

**BOOK NOW**  
**[WELLTHENTHERAPY.COM](http://WELLTHENTHERAPY.COM)**  
**(250) 419-5464**

**FREE CONSULTATION**  
\*COVERAGE FOR ALL MILITARY MEMBERS & FAMILIES\*



**LOOKOUT NAVY NEWS**  
*Your Source for Award-Winning Navy News*



BRAVO ZULU

Congratulations go out to the following individuals:  
NFS(P) D/Cmdt, LCdr Malcolm Girard-Leblanc, presented the awards.



Lieutenant (Navy) Josh Miszczak promoted to his current rank (with D/Cmdt and his mother Cora Lam).



Chief Petty Officer Second Class Josh Reardon promoted to his current rank.



Warrant Officer Daniel Hawrylak promoted to his current rank.



Sailor First Class Ryan Reid promoted to his current rank.



Petty Officer First Class Ian Cameron received Canadian Forces Decoration.



Master Sailor Wayne Bartlett received Canadian Forces Decoration.



(From bottom to top): Warrant Officer Daniel Hawrylak, Master Sailor Karl Porter, Corporal Amanda Carle St-Jacques, Petty Officer First Class Ian Cameron, Sailor First Class Todd Faust, Chief Petty Officer Second Class Josh Reardon, Master Sailor Wayne Bartlett, Sailor First Class Ryan Reid, Master Sailor Benjamin Warren, Lieutenant (Navy) Josh Miszczak, Chief Petty Officer First Class Stan Budden (NFSP Coxn), Lieutenant-Commander Malcolm Girard-Leblanc (NFS(P) D/Cmdt).



Master Sailor Karl Porter received Canadian Forces Decoration.



Corporal Amanda Carle St-Jacques received Canadian Forces Decoration.



Sailor First Class Todd Faust received Operational Service Medal Expedition.



BACK ISSUES

CLASSIFIED ADS

CURRENT INFO

ALL ONLINE AT

lookoutnewspaper.com

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

BBB

B.C. GOVERNMENT DESIGNATED INSPECTION FACILITY

Castrol

WALKER

HANKOOK

Ask about BG Protection Plan\*

Where Dependability and Trust are a Priority...

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

\* under 80,000 km

E-FILE FROM

\$79<sup>99</sup>+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



# 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](http://schc.ca)

**Georgia Strait**

**WOMENS CLINIC**

Admissions Toll Free  
**1.866.487.9040**

[georgiastraitwomensclinic.ca](http://georgiastraitwomensclinic.ca)