

Volume 68 Number 17 | May 1, 2023

# LOOKOUT

newspaper.com

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

f LookoutNewspaperNavyNews @Lookout\_news LookoutNavyNews

Buying or Selling?

I can help!

CHRIS  
ESBATI

Knowledgeable Trustworthy  
Dedicated

RE/MAX  
CAMOSUN

250.744.3301  
chris@victoriaforsale.ca

victoriaforsale.ca



## FLEET DIVING UNIT (PACIFIC)

Ship's Diver candidates practice surface emergency procedures.

Fleet Diving Units support Canadian Armed Forces Reconstitution and Force Generation by training up to 120 Ship's Divers per year.



Photo: Sailor First Class Aaron Speare

**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

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

**babcock™**

Proud to support Canada's fleet

Marine >  
Land >  
Aviation >  
Cavendish Nuclear >

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

**COUNTRY GROCER** ISLAND OWNED AND OPERATED SINCE 1984.

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



# REWARD OFFERED

## after theft of submarine's bell

**Peter Mallett**  
Staff Writer

A Langford family continues their hunt to recover a decades-old family heirloom – a Royal Canadian Navy (RCN) ship's bell stolen from their front yard.

The large brass bell, which weighs approximately 50lbs, once belonged to the former Balao-class submarine HMCS Grilse during the height of the Cold War. Following the ship's decommissioning in 1969, the bell was gifted to Clyde Rose, a Grilse engine room worker.

Since then, it hung in front of the Rose family home from a steel lamp post. Michael Rose, Clyde's son, says the bell disappeared sometime between Apr. 16 and 17.

"I was shocked when I first noticed the bell had been removed from the post," he said. "Dad cherished that bell and had it professionally polished and cared for, and even went to the trouble of replacing the bell's knotted rope."

Clyde served 35 years in the RCN, mostly as a mechanical engineer, and retired at the rank of Chief Engine Room Artificer (ERA) in charge of ship's engine rooms. A bell from a decommissioned ship is one of the many items aboard often gifted to the crew. The memories it provided after its days in the Navy are priceless, Michael said.

"I grew up in that house and whenever Dad's friends from the Navy would come to the house to visit, they would ring the bell at the top of the driveway to let us know they had arrived," he said.

Clyde has recently moved into a senior's home. In recent weeks, Michael and his wife Maureen had been emptying the home of its contents. When Michael returned to Clyde's home on the morning of Apr. 17, he was disappointed to see the bell had been ripped from its post.

"Dad had taken great effort to secure the bell to the post so it couldn't be stolen but the thieves simply cut the top of the post it was secured to," he said.

Michael reported the item stolen to the West Shore RCMP. He has also since affixed a sign to a hydro pole in front of the house offering a \$250 reward for its safe return.

"If someone decides out of the goodness of their heart to return it, we will gladly accept it and offer the reward with no questions asked."

The family urges anyone with information about the bell's whereabouts to contact them at (250) 784-4022.



**If you have information about the bell or to return it, contact (250) 784-4022**

# NEXT LEVEL

CAMP QWANOES 2023

SUMMER CAMPS and more!

Qwanoes.ca

1-888-997-9266







# HMCS Edmonton returns after successful OPERATION CARIBBE DEPLOYMENT

**Captain Chelsea Dubeau**  
MARPAC PAO

After nearly three months at sea, the crew of His Majesty's Canadian Ship (HMCS) *Edmonton* received a warm welcome home from friends and family following their arrival in Esquimalt on Friday, April 28.

The ship was deployed on Operation *Caribbe*, Canada's contribution to U.S.-led Enhanced Counter-narcotics Operations in the Eastern Pacific. Since its departure from Esquimalt on Feb. 13, the ship and crew visited several ports along the coast of North and Central America, conducted patrols, and worked alongside partner nations.

There were several highlights along the way, but the most impactful came as HMCS *Edmonton* was nearing the end of its deployment: the successful interception of a suspicious vessel that resulted in the interdiction of 755 kilograms of cocaine (worth an estimated street value of \$49.5 million CAD).

At the time of the interdiction, HMCS *Edmonton* had been operating as part of a Surface Action Group (SAG) alongside two U.S. Coast Guard Cutters (USCGC) *Active* and *Benjamin Bottoms*, and an MH-65 *Dolphin* helicopter, embarked on USCGC *Active*.

"It was like watching an action movie up close," said Sailor Third Class (S3) Vincent Tan, a Naval Combat Information Operator (NCIOP) on board HMCS *Edmonton*, who helped track the vessel from the Operations Room. "I also acted as lookout for any bales of contraband

in the water using the big eyes and binoculars."

One of the best parts of a Navy deployment – outside of contributing to maritime security – is the travel. Fortunately, this deployment delivered both.

"I could never take a family vacation growing up or travel much until I was in my 20s," said Sailor First Class (S1) Eaden Bowler, a boatswain on board HMCS *Edmonton*. "So, travelling and seeing new parts of the world for my job is a great reward. And disrupting the flow of drugs coming in is why I really wanted to come on this deployment."

"The crew is just full of very smart, very capable professionals," said Lieutenant-Commander (LCdr) Tyler Smith, Commanding Officer of HMCS *Edmonton*. "They understand not only their task and their role, but they're very much in tune with the strategic objectives of everything we're doing."

One of those capable professionals is S1 Jerome Dizon, a Naval Communicator on board HMCS *Edmonton*. For S1 Dizon, a career in the Navy was something to which he'd always aspired.

"I believe this is a unique career path," he said. "You get to know different types of people within your ship, get to see different ports as a military member, and get to participate in exercises and training opportunities with other units."

Deployments do more than accomplish critical mission goals, they also test the skills of all sailors on board the ship and provide daily opportunities for improvement.

"I am a lucky NCIOP to be part of Operation *Caribbe* 2023," said S3 Tan. "Working in the Operations Room during [the] deployment enhanced my knowledge and skills as an NCIOP [so that I could] truly be the eyes and ears of the ship."

For S1 Dizon, the deployment was also an opportunity to get out of his comfort zone.

"I am most proud of pushing myself into taking more responsibilities within my department," he said.

This is no surprise to LCdr Smith.

"People that join the Royal Canadian Navy bring diverse experiences," he says, "but they all share this exceptional professionalism, this drive to succeed and to serve Canada. They share that common bond of a sailor."

Reflecting on his time as Commanding Officer of HMCS *Edmonton*, LCdr Smith is proud; not only of what they've accomplished, but proud of the crew.

"They're always focused and happy to be serving Canada," LCdr Smith said. "Being captain of the ship has been an easy job because of them."

"You know, as a Navy, we're always looking to generate sailors, create experience, improve expertise," LCdr Smith continued. "So, one line of effort is getting sailors down here under an operational command. Now we're going home with a ship full of experienced sailors who have stories to tell and can pass on their skills to others. Second, we really demonstrated commitment to our partners in North America and Central America, commitment to our collective security and the prosperity of everybody involved. So that's a huge win."



*"People that join the Royal Canadian Navy bring diverse experiences, but they all share this exceptional professionalism, this drive to succeed and to serve Canada. They share that common bond of a sailor."*

~LCdr Tyler Smith, Commanding Officer, HMCS Edmonton

Her Majesty's Canadian Ship Edmonton during a previous Operation Caribbe. Photo: OP Caribbe

**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** ..... jazmin.holdway@forces.gc.ca

**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

**FRENCH EDITORIAL ADVISOR**

**A/Slt Alexandre Springer**  
..... alexandre.springer@forces.gc.ca

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

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

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

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

## LOOKOUT

NEWSPAPER

Circulation: 2,000 plus 300 pdf downloads per week

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

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

Web: www.lookoutnewspaper.com  
Fax: 250-363-3015

Canadian Mail Product Sales Agreement 40063331



CANADIAN  
COMMUNITY  
NEWSPAPER  
AWARD 2018

# SIX inflation-busting financial tips

**SISIP Financial**

**1. TRACK YOUR SPENDING**

Before you know where you can 'trim the fat', you want to identify what you're currently spending money on.

Note how you spend money each month and where you may be seeing the biggest price increases on household goods and services.

Look for fluctuations in spending. Are there months with many birthdays when you may need more for gifts? Or perhaps you redirect spending when a member is on tour? Childcare costs may increase temporarily, for example, but you find you're spending less on gas.

**2. CREATE A BUDGET**

Having a budget may seem restrictive, but a money plan buys more freedom.

Sound cliché? With an accurate plan, you can avoid impulse purchases and consider where to spend less, how to pay down debt quicker and save money.

Tip: Look at hidden costs such as subscriptions and auto-payments. Are you using that museum pass or streaming service, or have you delayed cancelling? Some subscription service providers will allow you to pause temporarily in the summer

months or when you're deployed and unable to take full advantage of the service.

**3. PAY DOWN DEBT FASTER**

Every Canadian Armed Forces (CAF) member and veteran gets free financial advice through SISIP Financial. Ask your advisor if you're in a good financial position to pay more than minimum payments on your debt, especially on high-interest loans such as credit cards. For mortgages and lines of credit, you could benefit from boosting payments now, especially if you're locked in at a low payback interest rate. You'll thank yourself when you renew.

**4. LOOK FOR DEALS ON EVERYTHING**

CAF members, veterans and their families get great discounts on travel, gear and more through CF One Member Appreciation. Be sure to take advantage of that. Also look at coupons, apps, retail reward programs, anniversary sales, and price matching. It all adds up. If you think you're paying too much for telecom or another regular service, consider calling your provider and asking for a better deal.

**5. INVEST ANY 'EXTRA' MONEY**

CAF members routinely receive temporary or one-off allowances. You may even receive a lump sum of money.

Consider taking your per diem, tour pay, spousal separation or deployment allowance and investing in your future.

With the right savings plan, you'll pay less income tax now, keep more money, and watch your savings keep pace with – or even outgrow – inflation. This ensures you don't fall short if things get more expensive in the months and years to come.

**6. CAREFULLY CONSIDER BIG-TICKET PURCHASES**

Watch out for lifestyle creep when you get a salary increase or a temporary bump in your monthly income.

It's tempting to buy that new truck or take an expensive vacation. Even with extra cash in hand, it's important to understand your spending limits so you don't get overstretched.

Ask your SISIP advisor to help you plan for bigger purchases so you can maintain your lifestyle.



FINANCIÈRE  
**SISIP**  
FINANCIAL

98 CFB Naden, 1343 Woodway Rd,  
Esquimalt  
(250) 363-3301

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

**MILITARY APPRECIATION DISCOUNT 10% OFF**

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

Stay Connected From a Distance With Flowers

**Downtown**  
250-388-5545

**Sidney**  
250-656-3313

**Westshore**  
778-433-5399

**CANEX**  
A division of CFMWS  
Une division des SBMFC

**CANADA'S MILITARY STORE**

**CANEX**

**CANEX.CA**

1343 Woodway Rd., Esquimalt 250.388.6428

**Working for our community**

**Mitzi Dean**  
MLA, Esquimalt-Metchosin

250-952-5885  
#104-1497 Admirals Road  
[Mitzi.Dean.MLA@leg.bc.ca](mailto:Mitzi.Dean.MLA@leg.bc.ca) / [MitziDean.ca](http://MitziDean.ca)



# Naval Reserve centennial gala in Halifax honours history, sets sights on progress

**Ryan Melanson**  
Trident Staff

Current and former members of HMCS *Scotian* marked the Naval Reserve centennial in style on Apr. 22, joining Royal Canadian Navy (RCN) colleagues, local government representatives and members of the wider community for a gala dinner at the Westin Nova Scotian hotel in Halifax.

The night was a celebration of the history and accomplishments of the Naval Reserve, but keynote speaker Lieutenant (Navy) (Ret'd) Lennett Anderson also took the opportunity to touch on more difficult topics as he spoke to fellow *Scotian* alumni.

Anderson, now the senior pastor at Emmanuel Baptist Church in Hammonds Plains, joined the Naval Reserve in 1994, and later commissioned from the ranks to become the unit Chaplain for *Scotian* and for the Atlantic Region.

Even in the 1990s, he noted, a black person in a Canadian wardroom was a rare sight, and Anderson recalled the pain of receiving racist comments from superior officers, along with silence from shipmates. The experience early in his naval career made him consider quitting, but led him to choose resiliency instead.

"I had to come to the realization that my value did not decrease based on someone's inability to see my worth," he said.

Anderson encouraged his colleagues to be leaders in ongoing efforts to renew the culture of the Navy and the Canadian Armed Forces.

"We can unlock a tremendous potential for attracting and gaining and retaining another generation of exceptional leaders," he said. "If you are in this organization and not willing to lead the change, you may be part of the problem."

Rear-Admiral Brian Santarpi, Commander of Maritime Forces Atlantic and Joint Task Force Atlantic, focused on history in speaking to the audience, and described the establishment of the Royal Canadian Naval Volunteer Reserve in 1923 as a critical moment in RCN history, one that helped combat Canada's maritime blindness.

"Just 16 years later, when Canada entered the Second World War, that Naval Reserve was the basis for creating the third largest Navy in the world, with over 100,000 officers and sailors, from all across the country."

Lieutenant-Commander Ron Hearnshaw, as *Scotian's* acting Commanding Officer for the occasion, said the unit has put an extra focus on being present at community events through 2023 and has planned a number of activities to mark the centennial.

"We have a huge presence and all these different things we're doing this year, and it's happening because we have so many *Scotian* members who were ready to step up and participate in our centennial committee," he said.



Rear-Admiral Brian Santarpi, Commander MARLANT and JTFA, and Nova Scotia Lieutenant Governor Arthur LeBlanc were among the guests at the event.

*"We can unlock tremendous potential for attracting and gaining and retaining another generation of exceptional leaders"*

~Lt(N) (Ret'd) Lennett Anderson

Lt(N) (Ret'd) Lennett Anderson, a former HMCS Scotian unit chaplain, was the keynote speaker at the Naval Reserve Division's centennial gala on Apr. 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

**MACAULAY EAST APARTMENTS**  
948 Esquimalt Road, Victoria BC

NEWLY RENOVATED 1 BEDROOM SUITES  
STARTING FROM \$1,980/MONTH

**PROPERTY FEATURES**

- 5 min walk to the ocean
- Pet friendly
- Fitness centre
- Balconies on every suite
- Dishwashers
- Stainless steel appliances

**Devon**  
PROPERTIES

INTERESTED? LET'S CONNECT  
236.304.7166  
HMcfarlane@devonproperties.com





# RCN DIGITAL LEADERSHIP: Commander Donald Thompson-Greiff



**Elizabeth Wolfe**  
Business Analyst/Technical Advisor,  
Naval Personnel and Training Group

In this series, we showcase digital leadership across the Royal Canadian Navy (RCN) to illustrate how our enterprise solutions are successfully leveraged for the benefit of our teams.

Born and raised in Calgary, Commander (Cdr) Donald Thompson-Greiff is the RCN's Naval Personnel Manager based in Ottawa.

Before working full-time for the RCN in 2002, Cdr Thompson-Greiff was enrolled in an engineering program at the University of Calgary. The curriculum included software programming; he was also keen on maintaining connections with family and friends during military courses and taskings. The formative experiences of staying in touch with loved ones and completing an undergraduate degree while on ship and in the internet cafés of various foreign ports has led to a strong understanding of digital communications.

As Cdr Thompson-Greiff's professional responsibilities have increased, the use of technology and its applications across the Canadian Armed Forces have also grown in complexity. In his current role, effective meeting facilitation within digital spaces is critical, as it is for many Department of National Defence personnel. D365 and cloud-based products have been key for bring-

ing together disparate teams across multiple locations. Fostering digital fluency, particularly for online collaboration, requires both persistence and repetition of these perishable skills.

### FOR SUCCESSFUL DIGITAL AND HYBRID MEETINGS, CDR THOMPSON-GREIFF RECOMMENDS THE FOLLOWING:

- Share an intentional agenda (plus documentation) with attendees in advance;
- Provide alternate means of attendance (PACE plan);
- Rehearse meeting logistics, presentation methods, and content sequencing;
- Test meeting equipment in situ (conference phone, projector, speakers, etc);
- Ask for training on tools and equipment;
- Engage with technical staff to support the meeting;
- Use live materials that can be updated during sessions;
- Pay attention to your attendees, ensuring that remote participants haven't lost connectivity;
- Avoid straying from the agenda; new topics can drive the next meeting's agenda.

If you would like to improve your digital skills, you can start at the ADM(IM) D365 training page: [admm-smagi.mil.ca/en/it-services/d365/index.page?](http://admm-smagi.mil.ca/en/it-services/d365/index.page?)

Commander Donald Thompson-Greiff

If you would like to improve your digital skills, you can start at the ADM(IM) D365 training page: [admm-smagi.mil.ca/en/it-services/d365/index.page?](http://admm-smagi.mil.ca/en/it-services/d365/index.page?)

**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\*

**SPECIAL MILITARY PRICE!**



2012 VOLKSWAGEN GOLF SPORTWAGEN  
**\$11,831**  
110,601 kms  
Stk 2345

**ATTENTION MILITARY!**  
Ask about our exciting new financing options, with a down payment of \$1000 or even less, and bi weekly payments of \$129! No credit or bad credit? Not a problem.

**THEY SAY NO, WE SAY YES!**  
We do things differently. We always work to get you the best financing with the best lenders with the lowest rates.

**USED CAR CENTRE**  
sales@usedcarcentre.ca

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

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



**Nancy Vieira** REALTOR®  
Personal Real Estate Corporation

250-514-4750  
[www.nancyvieira.com](http://www.nancyvieira.com) • [info@nancyvieira.com](mailto:info@nancyvieira.com)

for Victoria & Southern Vancouver Island

PEMBERTON HOLMES REAL ESTATE  
1-800-665-5303

## CORRECTION:

Apr. 24, 2023 edition of the Lookout newspaper incorrectly stated Chief Petty Officer Second Class Owen Demarce's rank. We sincerely apologise for this mistake.



**NAVY BIKE RIDE** | **DÉFI VÉLO DE LA MARINE**  
 Presented by **BMO**

*through the beautiful City of Colwood!*  
**Saturday 3 June 2023 • 1030hrs**  
 Start at École John Stubbs Memorial School Fields, Belmont Park, Colwood

**Come join us for our in-person, non-competitive and fun Royal Canadian Navy Bike Ride that's for everybody and is open to everyone!**

There will be a 4km beginners bike ride through Belmont Park and a 28km youth/intermediate Signature ride through the City of Colwood and including Esquimalt Lagoon.  
 All ages, skills and abilities are welcome. E-Bikes are also welcome.  
 After the ride, enjoy a BBQ by donation hosted by the Esquimalt Military Family Resource Centre and check out our interactive and engaging displays.

REGISTER THROUGH RACE ROSTER  
 BEGINNER RIDE 4KM (12 YEARS AND UNDER) \$10, SIGNATURE RIDE 28KM \$15:  
[bit.ly/esqnrbdvm](https://bit.ly/esqnrbdvm)

100 YEARS

# Navy Bike Ride

## ready to roll on West Shore

**Peter Mallett**  
 Staff Writer

Petty Officer First Class (PO1) Louis Beaudet, General Safety and Environmental Officer at Naval Personnel Training Group (NPTG), needs little convincing this year's Navy Bike Ride will be a success.

"The ride is always enjoyable and creates camaraderie among friends; it also allows to meet new people and make new friends," he said.

Founded in 2016, the Navy Bike Ride encourages the well-being and health of communities and families through non-competitive cycling tours. The event will make its in-person return this year replacing virtual events held for the past three years during COVID-19 restrictions. This year will also mark the first time the Navy Bike Ride will be held on the West Shore, with previous events held in Esquimalt and on the E&N Rail Trail. The non-competitive, family-themed event is open to all military and civilian cyclists.

PO1 Beaudet has been with the Canadian Armed Forces for 35 years and has participated in the Navy Bike Ride since 2017.

In October 2022, PO1 Beaudet joined Maritime Forces Pacific's (MARPA) Active Living Working Group and became engaged in promoting the benefits of fitness and the many programs available to military members and their families.

"I try my best to convince others from the Base to see the benefits of cycling and abandon their gas-guzzling vehicles and the stress of commuting in exchange for a bicycle," he said. "Riding my bicycle always brings me peace of mind so I'm really looking forward to sharing my love of cycling with other members of the Defence Team and the entire community at the Navy Bike Ride."

During the lockdown when the Navy Bike Ride went

to a virtual format, PO1 Beaudet led all cyclists aboard HMCS Vancouver in a unit cycling challenge to see who could log the longest distance.

The 52-year-old, originally from Trois-Rivieres, Que., has been a recreational cyclist all of his life. When he moved to the West Coast in 1998, cycling became a larger part of his life. Due to the cost of driving and paying for gas and the physical and mental health benefits, PO1 Beaudet says he began cycling to and from work nearly 25 years ago. He hasn't looked back and has gradually become a cycling expert.

"All year around, rain or shine, you will see me on the bike trail," he said. "Cycling also helps me get my exercise in while commuting, helps me unwind after work and reduces the amount of time during the day that I spend sitting in a desk or behind the wheel of a car."

Matt Carlson, Projects Officer with the Base Public Affairs Office, says having this year's ride start and finish in Belmont Park, where hundreds of military families live, will boost future participation numbers.

"The community is getting excited because we will offer a ride designed especially for kids," said Carlson. "There aren't many non-competitive bike rides available to the general public in Victoria so we hope this will encourage more registration as families see it as a fun, engaging and affordable weekend event to participate in."

A children's bouncy castle will be set up at the start and finish line. The Esquimalt Military Family Resource Centre (MFRC) will welcome registered participants with a by-donation BBQ. Both Carlson and PO1 Beaudet emphasized the importance of this year's event as an outreach effort for the RCN and that the Navy Bike Ride is open to all members of the public.

"We invite everyone in the community and their family members to come out and learn what the RCN and its people are all about," said PO1 Beaudet.



- ◆ The Navy Bike Ride commences, Sunday, June 3, 10:30 a.m. at École John Stubbs Memorial Elementary School, located Colwood's Belmont Park neighbourhood.
- ◆ The event includes a 28km youth and Signature Ride through Belmont Park, Colwood and scenic Esquimalt Lagoon, and a shorter 4km ride for children.
- ◆ The Ride is a national event in four cities across Canada: Halifax, Quebec City, Ottawa and Esquimalt.
- ◆ It also has a virtual cycling component called the Admiral's Challenge and involves the completion of 100km of cycling in one day.
- ◆ The bike ride supports charitable organizations with close ties to the CAF and, since its inception, \$47,600 has been raised for the Royal Canadian Navy Benevolent Fund, Support Our Troops and Soldier On. The title sponsor for this year's event is BMO.
- ◆ Registration fees for the Signature Ride are \$15 and \$10 for cyclists 12-years-old and under. Registration forms are available at [bit.ly/esqnrbdvm](https://bit.ly/esqnrbdvm)

SPONSORED BY

**The MORTGAGE Centre**  
 COCHING MORTGAGE CORP.  
*Finding the right home is hard. Finding the right mortgage is easy.*  
**Phone 250-391-6191 • Fax 250-391-6192**  
**103-719 McCallum Road, Victoria, B.C. V9B 6A2**  
 CONVENIENT LOCATION ACROSS FROM HOME DEPOT BELOW COSTCO

**Thinking about consolidating consumer debt?**  
 Give us a call for current rates and options!  
 Rates subject to change without notice

**Eric Coching**  
 Broker/Owner | 250-217-2326  
[ecoching@shaw.ca](mailto:ecoching@shaw.ca)





Provided by Andrew Currie

**TRACKSIDE AUTO SERVICE LTD.**  
A FULL SERVICE AUTO REPAIR FACILITY

Winner "2014 2nd PLACE" BEST OF THE CITY AWARDS Black Press

Induction & Fuel Injection Service  
Out of Province Inspection  
Diesel Fuel Service  
Brake service

Oil service  
Electrical  
Exhaust  
Tires

Castrol  
WALKER  
Hankook

Ask about BG Protection Plan\*  
Where Dependability and Trust are a Priority...  
\* under 80,000 km

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

**WESTSHORE U-LOCK MINI STORAGE**

MILITARY DISCOUNT OFFERED

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

1621 Island Highway, 250-478-8767

selfstorage.ca

**ZEDS** Full Selection of High Quality Bedroom Furniture  
beds made easy  
www.ZEDSBEDS.ca

**Hey Sailor...**  
After spending so many nights in your rack isn't it time you had the well deserved sleep at home? Our Canadian made mattresses and 90 sleep guarantee will ensure you get the well deserved rest you need (no seat belts needed).

**50%-80% OFF RETAIL**

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

Interac VISA MEXICO FAIRSTONE

**FREE PARKING AROUND BACK**  
#113-2854 PEATT ROAD, LANGFORD  
Adam Averill, CD: 250-894-ZEDS (9337)

**FREE PHONE CONSULTATION**  
OPEN:  
MON-SAT 11-5; SUNDAY 11-3

# MENTAL HEALTH AWARENESS WEEK

MAY 1 TO 7

Are you Living in the Green?

LIVE IN THE GREEN

**Jessie Wyllie**  
CFMWS Health Promotion

*One in five Canadians experience a mental illness, but five in five of us have mental health #MyStory*

Mental Health Awareness Week is all about promoting behaviours and attitudes that foster well-being, support good mental health, and create a culture of understanding and acceptance here at Maritime Forces Pacific (MARPAAC).

Over the past year, the Mental and Social Wellness Working group within the MARPAAC Health and Wellness Strategy has worked hard on the installation of six beautiful wellness benches. These benches have been placed in various locations around both Naden and Dockyard (see map for specific locations). The purpose of these benches is to reduce stress by providing outdoor space for individuals to enjoy a wellness break and to foster social connection and inclusion.

This year, the theme for Mental Health Week is all about 'My Story'. While we recognize that one in five Canadians experience a mental illness or mental health issue, every single one of us has mental health and has their own story. Finding ways to take care of our mental health is so important and is unique to each of us. Get some inspiration and ideas on ways you can 'live in the green' from some of the various members within our CAF community!

#MyStory

**Capt(N) Sebastien Richard**

*"Personally, I use sports as a stress relief to stay in the green, as well as long walks with my dog or going for a bike ride; keeping up with each of those seems to work best for me."*



**Steve Faust**

*"The goal as a peer advisor is to empower people to discover their own route to mental health. How this looks for me is being involved with different communities for social interactions, as well as getting outside and exercising while being surrounded by trees and nature."*



**LCol (Padre) Catherine Askew**

*"To stay in the green, I do traditional Cree bead work. It's how I regained part of my identity and culture as we move away from the history of residential schools."*



**A/SLt Lia MacDonald**

*"I go for runs, play board games, and practice mindful muscle relaxation techniques to help me stay in the green."*



**Alyssa Jesson**

*"As a military spouse, it is really important for me to focus on my mental health. To stay in the green, I am very cognizant of my support network – both friends and family, and I prioritize my physical health through workouts and healthy nutrition."*



	Healthy	Reacting	Injured	Ill
Mood	Normal mood fluctuations Calm and Steady Take things in stride	Irritability Impatience Nervousness Sadness Overwhelmed	Anger Anxious Pervasively sad Hopeless	Angry outbursts/aggression Excessive anxiety Regular panic attacks Depressed Suicidal thoughts
Attitude and Performance	Good sense of humour Performing well In control mentally	Displaced sarcasm Procrastination Forgetfulness Often late to work	Negative attitude Poor performance or workaholic Presenteeism Forgetting important things	Overt insubordination Memory loss Difficulty concentrating Cannot perform duties
Sleep	Normal sleep patterns Few sleep difficulties	Trouble sleeping Intrusive thoughts Nightmares	Restless disturbed sleep Recurrent images Nightmares	Can't fall asleep or stay asleep Sleeping too much/too little
Physical Health	Physically well Good energy level	Muscle tension Headaches Low energy	Increased aches and pains noticeable fatigue	Physical illnesses Constant fatigue
Substance Use, Gaming or Gambling	None or occasional substance use: alcohol / cannabis / gambling / gaming	Regular but controlled substance use: alcohol / cannabis / gambling / gaming to relieve tension / cope with stress	Increased substance use, gambling and / or gaming Difficulties limiting use of alcohol / cannabis / gambling / gaming	Frequent substance use. Unable to control use of: alcohol / cannabis / gambling / gaming

If you or someone you know is displaying behaviours in the Orange or Red, seek support.

**Wellness Benches at CFB Esquimalt**

1. Base Hospital
2. Naden – Cement Pad Nelles
3. Naden – Volleyball Courts
4. Dockyard – Duntze Head
5. Dockyard – EAP DY074
6. C&PO's Mess

**NADEN**

**DOCKYARD - SIGNAL HILL**



# Sailor of the Year 2023 - Sailor First Class David Eaglestick



Sailor First Class (S1) David Eaglestick was presented with the Sailor of the Year award on Apr. 22 by Commodore David Mazur, Commander, Canadian Fleet Pacific, during HMCS *Ottawa's* Family Day Sail.

S1 Eaglestick is a boatswain onboard HMCS *Ottawa* and is integral to the ship's company. This year, he was the artist behind *Ottawa's* new morale patch, based on a traditional art form used by West Coast Nations.

*congratulations*

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)



## BATTLE OF THE ATLANTIC SYMPOSIUM



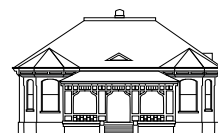
Opening talk written by RCN Command Historian Chris Perry delivered by Tatiana Robinson, Curator

Living history interpretation by Victoria-Esquimalt Military Re-enactors Association

Intermission / Break with refreshments  
Refreshments will be provided by the Esquimalt Military Family Resource Centre

Screening of the film, *Corvette Port Arthur* directed by Joris Ivens, National Film Board, 1943

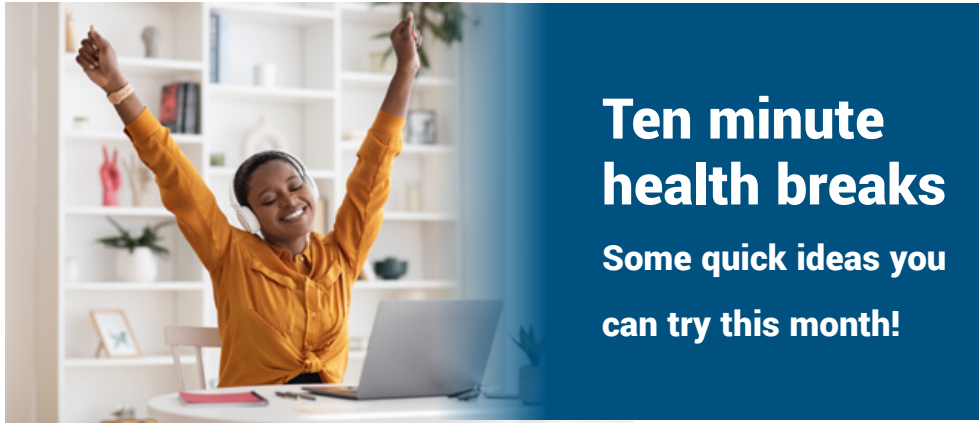
**Thursday**  
**May 4, 2023**  
**9:30 am – 12:30 pm**



**CFB Esquimalt**  
**Naval & Military Museum**  
[navalandmilitarymuseum.org](http://navalandmilitarymuseum.org)

Bldg 37, Naden St, Victoria | OPEN 7 DAYS A WEEK FROM 10:00 AM – 3:30 PM





**Ten minute health breaks**  
Some quick ideas you can try this month!

**ACTIVITY**

- Create a gratitude wall**  
(use sticky notes & add something you are grateful for once a day)..... 3 mins
- Tidy up and organize** your workspace..... 10 mins
- Take some time away** from your workspace, get some fresh air ..... 10 mins
- Read- article, magazine, book**.....5-10 mins  
*depending on how quickly you read*
- Do a crossword puzzle**..... 7 mins
- Try a mindfulness exercise** ..... 5 mins
- Limit screen time**  
doing this can help improve focus and reduce stress ..... 6-10 mins
- Take advantage of designated quiet rooms** ..... 10 min

Courtesy of Jamie Housser and Ashley Evans

**REGISTRATION IS NOW OPEN!**  
**for Spring 2023**  
**HEALTH PROMOTION COURSE**

*Spring*

is a great time to learn!

- ▶ **Respect in the CAF**
- ▶ **Mental Fitness and Suicide Awareness**
- ▶ **Stress: Take Charge!**
- ▶ **Creating An Addictions Free Workplace**

Course schedules and registration information updates - visit the MARPAC Notice Board.

**Questions, registration and inquiries:**

Please contact Lisa Jeffery at 250-363.5621  
or by email at [lisa.jeffery@forces.gc.ca](mailto:lisa.jeffery@forces.gc.ca)

**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.



**Make a forever gift.**

Did you know that just 1% of your estate could result in a truly powerful, transformational gift to veterans like Murray ... forever?

To find out more through a confidential conversation, contact Mandy at [Mandy.Parker@broadmeadcare.com](mailto:Mandy.Parker@broadmeadcare.com), or visit [www.broadmeadcare.com](http://www.broadmeadcare.com).







On his last day at sea, Chief Petty Officer First Class Gilles Grégoire, outgoing Canadian Armed Forces Chief Warrant Officer, addresses gathered members of His Majesty's Canadian Ship (HMCS) Ottawa near CFB Esquimalt on March 15.

Photo: Sergeant Malcolm Byers, MARPAC Imaging Services

# CPO1 Gilles Grégoire retires as CAF Chief Warrant Officer

DND

The Canadian Armed Forces (CAF) Chief Warrant Officer (CWO) is the most senior Non-Commissioned Member (NCM) in the Forces. Established in 1978, this role requires exceptional leadership qualities, as well as an unwavering commitment to the values and principles of military ethos.

After 36 years of devoted service, we bid farewell to Chief Petty Officer First Class (CPO1) Gilles Grégoire and welcomed the 15th CAF CWO, CWO Bob McCann in a Change of Appointment ceremony on April 14 at Carling Campus.

The ceremony was presided over by General (Gen) Wayne Eyre, Chief of the Defence Staff, who reflected on the past two years working with CPO1 Grégoire. He highlighted CPO1 Grégoire's instrumental role in the development of Trusted to Serve, the new military ethos, and recognized his significant contribution as the Champion of the Osside Institute, the Centre of Excellence for NCM Professional Development. Gen Eyre's words reminded everyone of the importance of CPO1 Grégoire's tremendous contributions that brought welcome stability to the institution.

In a heartfelt address, CPO1 Grégoire was visibly emotional while sharing some memories from his watch as a sailor and CAF CWO.

"To the members of the Canadian Armed Forces: you are the best sailors, soldiers, aviators, and operators Canada has to offer. You are the future, you are instrumental to Canada's safety and prosperity," he said.

As routine, the watchkeeper must seek permission from the officer-in-charge to leave watch.

"Gen Eyre, my watch is complete, permission for Chief Warrant Officer McCann to take the watch?"

With permission granted, and the change of watch now complete, we welcome CWO Bob McCann as the new CAF CWO, and wish CPO1 Grégoire fair winds and following seas as he embarks on a well-deserved retirement.



## I Stage and I Sell!

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

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

**First Responders & Military: \$2000 Every Day!**

**'Sullivan's BARBER SHOP**  
Seniors \$1800  
Regular \$2300  
Appointments Not Necessary 250 478 9424

**756 Goldstream Ave.**  
NOW OPEN: MON 10 - 4 PM; TUES - FRI 8:30 AM - 5 PM; SAT 8:30 - 3 PM

**SPROTT SHAW COLLEGE**

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

[WWW.SPROTTSHAW.COM](http://WWW.SPROTTSHAW.COM)  
**VICTORIA: 250-384-8121**

**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
--	---

**NDP**

## 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

[/CollinsLaurel](https://www.facebook.com/CollinsLaurel)  
[@Laurel\\_BC](https://www.instagram.com/Laurel_BC)  
[@laurelndp](https://www.instagram.com/laurelndp)





**The CAF  
Community  
enjoys access  
to exclusive  
insurance rates**

**La communauté  
des FAC a accès  
à des tarifs  
d'assurance  
exclusifs**



**thePersonal**

Home and Auto Group Insurer  
Group rates. Preferred service.



**laPersonnelle**

Assureur de groupe auto et habitation  
Tarifs de groupe. Service unique.

**Switch your home and auto  
insurance today.**

**[thepersonal.com/cfmws](http://thepersonal.com/cfmws)**

**1-888-476-8737**

**Passez à La Personnelle pour vos  
assurances auto et habitation**

**[lapersonnelle.com/sbmfc](http://lapersonnelle.com/sbmfc)**

**1 888 476-8737**

The Personal refers to The Personal General Insurance Inc. in Quebec and The Personal Insurance Company in all other provinces and territories. The Personal® and related trademarks are trademarks of The Personal Insurance Company, used under licence. Certain conditions, limitations and exclusions may apply.

La Personnelle désigne La Personnelle, assurances générales inc. au Québec et La Personnelle, compagnie d'assurances dans les autres provinces et territoires. Certaines conditions, exclusions et limitations peuvent s'appliquer. La marque La Personnelle<sup>MD</sup> ainsi que les marques de commerce associées sont des marques de commerce de La Personnelle, compagnie d'assurances, employées sous licence.



443 SQUADRON



HONORARY COLONEL CHANGE OF COMMAND



**443 Squadron held Change of Appointment Ceremony for Departing Honorary Colonel Mike Sudul and Assuming Honorary Colonel Steven Deschamps on Apr. 19**

Left to right, Honorary Colonel (HCol) Steven Deschamps, Lieutenant-Colonel Kevin Leblond, HCol Mike Sudul (and Squadron Chief Warrant Officer, Justin Harper in the rear) sign their names on the Change of Appointment certificates at a ceremony held at 443 Maritime Helicopter Squadron on Apr. 19.

Photo: Corporal Tristan Walach, Canadian Armed Forces Photo



**CAPTAIN SIGNAL FROM HMCS SACKVILLE:  
THE SHIP NEEDS MORE SUPPORTERS!  
MEMBERSHIPS ARE AVAILABLE**

DONATIONS ARE ALWAYS WELCOME AND APPRECIATED  
(INDIVIDUAL, UNIT OR CORPORATE)

CHARITABLE ORG: BN11883 4720 RR0001



Photo credit: DND/CAF



# 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.



**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)