



VOLUME 69 NUMBER 7 | FEBRUARY 19, 2024
MORALE & WELFARE NEWS | CFB ESQUIMALT, VICTORIA, B.C.

LOOKOUT

NEWSPAPER & PUBLISHING

**VIEW OUR FLYER
IN THIS PAPER!**

ISLAND OWNED AND OPERATED SINCE 1984



L-R: Commander Coates, Commodore Mazur, and Commander Bergmann signing papers at the Change of Command ceremony held at the Wardroom at Canadian Forces Base Esquimalt on Feb. 7.
Photo: Corporal Tristan Walach, MARPAC Imaging Services.



TRADING PLACES: RCN ships complete hull swap



Peter Mallett
Staff Writer

A recent Change of Command ceremony in Esquimalt saw two *Halifax*-class frigates swap not only their captains but also a majority of their crews.

The Feb. 7 ceremony at the Wardroom saw a rare hull swap between the two vessels when Commander (Cdr) Meghan Coates relinquished her command of HMCS *Vancouver* and immediately assumed command of HMCS *Regina*, with most of her crew coming along for the new posting. Meanwhile, Cdr Tyson Bergmann with most of *Regina*'s commissioned and non-commissioned members went the other way and will now reside in *Vancouver*.

The Navy's ongoing attrition crisis and sailor shortage, combined with the recent conclusion of *Vancouver*'s deployment to the Indo-Pacific region in December 2023, were the determining factors in the swap, says Commodore (Cmdre)

David Mazur, Commander of Canadian Fleet Pacific.

"It is not standard procedure to do a hull swap, but several options were looked at and this was determined the best for the Navy and its sailors," Cmdre Mazur said. "This was the best mechanism to give *Vancouver* and crew a little time off after their recent deployment and then embark on a completely new challenge of putting a ship back together."

A full hull or crew swap has not occurred in the Pacific Fleet in several years, Cmdre Mazur added. On the East Coast, HMCS *Charlottetown* and HMCS *Montreal* underwent a similar transition in February 2023.

'Starting from Scratch'

Cdr Bergmann was born and raised in Port Alberni, B.C., and joined the Royal Canadian Navy in 1997. He served as Director of Operations for Canadian Fleet Pacific with other notable positions, including Executive

Officer of HMCS *Ottawa*, Commanding Officer (CO) of the Patrol Craft Training Unit, Operations Room Officer for HMCS *Algonquin* and Bridge Watchkeeper in HMCS *Toronto*.

Cdr Bergmann said the hull swap and transfer to a new frigate do not come without challenges.

"The biggest challenge is promoting ownership of the ship," he said. "The crew that were on *Regina* felt connected to the ship and its namesake city, and took ownership of its equipment; going over to another ship is like starting from scratch."

Today, Cdr Bergmann and his crew focus on preparing the new ship for the *Rim of the Pacific* (RIMPAC) exercise later this summer. A subsequent Indo-Pacific deployment will likely follow.

Originally from St. Stephen, N.B., Cdr Coates became a Naval Warfare Officer in 1999. Her postings included Bridge Watchkeeper aboard HMCS *Fredericton* in 2005, Above

Warfare Officer for HMCS *Calgary* in 2008 and Executive Officer of *Calgary* from July 2020 to August 2021.

Cdr Coates took command of *Vancouver* on Feb. 3, 2023, and proceeded to prepare the ship for deployment on Operation *Horizon*. This is Cdr Coates' second appointment as *Regina*'s Commanding Officer, as she was appointed the vessel's CO in June 2022.

"It's going to be a full-circle moment for me when *Regina* goes back to sea, so I am really looking forward to working with my crew in bringing this vessel back," Cdr Coates said. "Cdr Bergmann, I am also so excited to see what you and your team do in the next few months, and I know *Vancouver* could not be in better hands."

The crew will continue restoring and reactivating *Regina* after its recent Victoria Shipyard repairs. The following steps will be sea training trials and ensuring the ship is adequately prepared to proceed to sea safely and equipped for damage control to fight fires and floods.

Our strategy is simple -
Do more for you.

Visit us to learn more
BMO Westshore
101-735 Goldstream Ave.,
Victoria, BC
250-389-2485

Mon. to Wed. 9:30-5:00
Thurs. & Fri. 9:30-6:00
Sat. 9:00-4:00

BMO Official bank of the
Canadian Defence Community

**We proudly serve the
Canadian Forces Community**

As a military family we understand
your cleaning needs during ongoing
service, deployment and relocation.

(250) 744-3427
paula.whitehorn@mollymaid.ca

Your Relocation Specialists

Mike Hartshorne Personal Real Estate Corporation, Jenn Raappana Personal Real Estate Corporation,
Sarah Williamson, Rhys Duch & Kerry Marshall of Royal LePage Coast Capital Realty

250-474-4800
SouthIslandHomeTeam.com
Ask about our Military Client Cash Bonus.

FREE massages at the event compliments of West Coast College of Massage

MARPAC HEALTH & WELLNESS EXPO

March 7, 2024

Open to everyone in the Defence Community



health • fitness • wellness • education • recreation
vendors • prizes • swag • demos

Naden Athletic Centre | 10am - 2pm

Rounders available from Colwood, Work Point and Dockyard

Sponsored by:



Interested in being a vendor?
Contact Jazmin.Holdway@forces.gc.ca

RCMP complete capsized vessel training



Wheel House, Diver Assisting Direction – RCMP Marine Tactical Operations Instructors participate in a training exercise involving a capsized boat off 'D' Jetty at CFB Esquimalt, Jan. 17. The specially-designed training vessel they were using is built with several airtight compartments that allows it to float upside down and adjust the air pocket inside. Photo: RCMP



A specially-designed boat, used by RCMP Marine Tactical Operations Instructors during a training exercise, is pictured off 'D' Jetty at CFB Esquimalt.

Peter Mallett
Staff Writer

Nothing sounds as refreshing as spending the only snowy day on Vancouver Island trapped inside a capsized boat in the cold waters of Esquimalt Harbour.

Luckily for a team of 20 Royal Canadian Mounted Police (RCMP) members, the situation was not a real-life emergency but part of training scenario. The Marine Tactical Operations instructors from across Canada gathered on Jan. 17 at Fleet Diving Unit (Pacific) in the waters of 'D' Jetty for a capsized vessel training.

Corporal (Cpl) Andrew Michaud of the RCMP's National Tactical Training Section Emergency Response Team located in Ottawa, said the training will help develop the RCMP Tactical Operations Course planned for early 2025.

"The training was conducted to ensure our procedures offered a safe progression for candidates to become confident in the water and can escape an overturned vessel if trapped inside," said Cpl Michaud.

The scenario saw five operators plus an instructor in the boat at a time plus two divers outside the boat. The groups trained in a specially designed flipped and submerged training vessel at two to eight meters in depth that would quickly fill with water. The teams climb through a hatch, which is then shut, trapping the team. They must escape the boat by crawling and swimming through an open exit.

The RCMP training vessel was built with

several airtight compartments that allow it to float upside down and adjust the air pocket inside, explained Sergeant Jay White of the RCMP's National Underwater Training Recovery Centre, based in Nanaimo. Lines that run between a nearby Rigid Hull Inflatable Boat (RHIB) and the jetty help adjust the boat into a capsized or upright position, with pumps removing the water from the cabin. Locked inside the overturned boat's cabin, the instructors wore an Emergency Response Team Marine Kit, including a dry suit, belt, vest, helmet, and Survival Egress Air bottle.

As part of their training, the participants progress through three different exits. The route of their escape was determined by the depth of the submerged boat, the size of the air pocket and how much water was inside the cabin. The training, Cpl Michaud said, went very well.

"We discussed and tried new things such as which hatches to use first and how much water to let in the overturned vessel," Cpl Michaud said. "We completed a safe yet challenging progression."

For the past several years, the national police service of Canada has held marine operator training courses at CFB Esquimalt or nearby. Cpl Michaud says the Fleet Diving Unit and the Base have helped find suitable training locations and assisted with any necessary support.

"We are very fortunate to have their support, and have enjoyed working with the Department of National Defence because of the professional relationship we have and the willingness of everyone on their team to go that extra mile to make our training possible," said Cpl Michaud.



RCMP Marine Tactical Operations Instructors gather for a group picture on 'D' Jetty during a training exercise involving a capsized boat, Jan. 17.



COLDWELL BANKER OCEANSIDE
Victoria BC, Canada



ELYSIA ALLEN
250-882-8938

Elysia@ElysiaAllenHomes.com
ElysiaAllenHomes.com



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

LookoutNewspaper.com LookoutNavyNews

LookoutNewspaperNavyNews

MANAGING EDITOR

Jazmin Holdwayjazmin.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 production@lookoutnewspaper.com
Leslie Eaton.....250-363-8033
.....leslie.eaton@lookoutnewspaper.com

ACCOUNTS

Jazmin Holdwayjazmin.holdway@forces.gc.ca
.....250-363-3127

ADVERTISING

Joshua Buck..... 778-977-5433
.....military.base.advertising@gmail.com

EDITORIAL ADVISORS

Capt Christopher Dubé250-363-4006
Ashley Evans..... 250-363-7060

Published each Monday, under the authority of
Capt(N) K. Whiteside, Base Commander.

Le LOOKOUT est publié tous les lundis, sous l'égide du
Capv K. Whiteside, 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.



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

Circulation: 2,000 plus online engagement per week

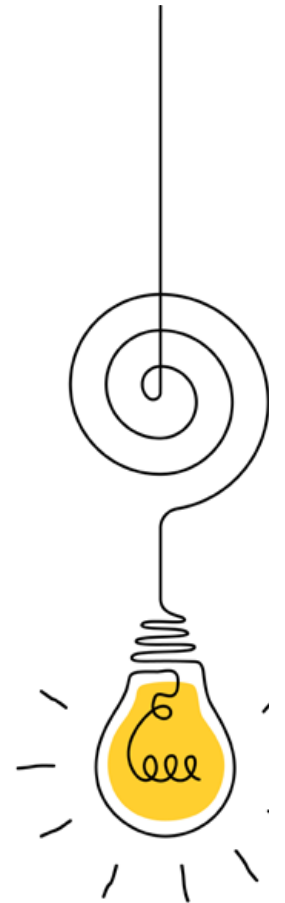
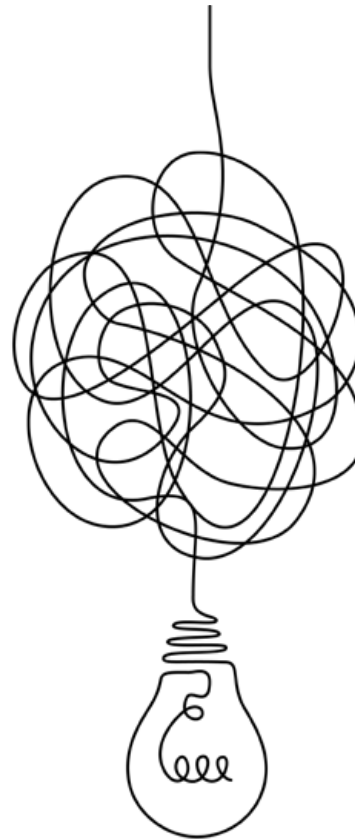
Follow us on Facebook, Twitter
and Instagram to join our
growing social media community.

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



PTSD: Shock + Denial = Avoidance

Thomas Goenczi

Lookout contributor

After the initial reactions of shock and denial settle into our psyche following a traumatic event, we yearn for psychological protection. This is a natural psychic occurrence; when something strips us of our very essence, we feel incredibly vulnerable and begin to seek shelter. Our reality is stirred up, and we pursue safety and stability – this can manifest as indulging in our predisposed coping methods. If not caught, this behaviour can lead to avoidance after clashing with trauma.

We all have ways of coping with difficult situations; undeniably, some are more beneficial to our mental well-being than others. Coping strategies help us return to a baseline where we can function like we used to. However, traumatic incidents can reveal that these methods often cannot help us address emotions and thoughts of the trauma adequately.

For instance, you can use alcohol as a coping mechanism for stress, anxiety, and trauma. The hope is that you begin to realize and question drinking as a coping strategy and look for another technique to try and ease the anguish.

What becomes dangerous with any coping method is that overindulgence or firm dependency on a single strategy to process trauma can make that strategy become the driving force of our lives. It slowly creeps into our lives, shrouding our capacity to use our will. We become indentured servants to our one technique.

For most of us, avoidance is unavoidable. Immediately after being exposed to trauma, we often need to avoid the cold, hard reality of it. We are stunned by what just happened; we need some time to revisit and process the bounds of reality – that, yes, something like this can happen.

The reaction of avoidance after a traumatic event is an immutable law in the trauma process. However, it is essential to

acknowledge that, ultimately, we have a choice in the length and intensity of how we use avoidance, even though it doesn't feel as we do at times. One thing is for sure: when it comes to processing trauma, we have to engender a sense of creativity and sure-footedness to combat the struggles the trauma has placed upon us.

Next week, we look at ways to overcome avoidance to help employ a disposition that will grant you a path forward with healing the pain from the trauma.

Thomas Goenczi is an RCN Veteran and MA Clinical Counsellor with Private Practice: Well Then Therapy.

The content is not intended to substitute professional advice, diagnosis, or treatment. Always seek the advice of your mental health professional or other qualified health provider with any questions regarding your condition.

WITH OVER 20 YEARS OF
QUALITY DRYWALL FINISHING
EXPERIENCE & SPECIALIZING IN
HOME RENOVATIONS

We can help!
VETERANS / ACTIVE SERVICE:
50% OFF MATERIALS – UP TO \$500

250-880-8242
soldierdrywall@gmail.com | www.soldierdrywall.ca

**Vacant Home Staging
from \$2,000**

Call Shelly Direct
250-213-7444
Shelly Reed Property Stager
Fluff it UP! Home Staging Solutions
www.fluffitup.ca

First Responders & Military: \$20.00 Every Day!

**Sullivan's
BARBER SHOP**

Seniors \$20.00
Regular \$25.00

Appointments Not Necessary
250 478 9424

756 Goldstream Ave.
NOW OPEN: MONDAY TO FRIDAY 8:30 AM – 5:00 PM

Transforming CAF culinary expertise: *a new approach to cook training*

Capt Louis-Philippe Thériault
Master Warrant Officer Aaron Arnold

One essential capability in the Canadian Armed Forces (CAF) is that of the CAF Cooks, who ensure soldiers are well-nourished for their demanding duties. And yet, Force Generating this trade, like many others, remains a challenge.

One initiative to improve this is developing customized training such as the 'Chef Revival' pilot project, developed by Master Warrant Officer (MWO) Aaron Arnold and the New Brunswick Community College (NBCC).

The desire to innovate was born out of the need to assist qualified Private/Sailor Third Class cooks in completing their On-Job-Performance-Record (OJPR) package. The OJPR is required to ensure candidates are ready for follow-on challenges during their Corporal/Sailor First Class course.

"Inside the CAF model, they have a 24-month period to complete their OJPR. For Regular Force folks that's usually not a problem. However, Reserve Force personnel historically have only been able to hit 60 per cent of the required material," explained MWO Arnold. "It's important to shorten that timeline because that gap in time is causing skill fade, and cooking is a perishable skill."

Having Cooks attempt to complete their entire OJPR package while employed in a large kitchen detracted from the learning experience and reduced the productivity of those validating competency.

NBCC assigned a Red Seal-certified chef with over 15 years of cooking experience to assist with this project. Chef Jason Rosado worked as a Chef at a couple of big hotels, a golf course and a four-star restaurant in Fredericton before cooking with the military.

"I was extremely nervous about it," he said, "but

within the first week, I've integrated into the team. I can't say enough good things about the Gagetown kitchen team and the staff."

For his outstanding work with the program, Chef Rosado received the Commander 5th Canadian Division Commendation; he calls it 'one of the proudest moments' in his career.

"I felt appreciated and accomplished for doing something I thought I wouldn't be able to do," he said. "This made me realize that I'm good at this."

This new collaborative program is designed with Reservists in mind but is also open to the Regular Force. It ran as two six-week blocks, out of 5th Canadian Division Support Base – Gagetown's kitchen, in the summer of 2023 to complete 40 per cent of the OJPR package in only 12 weeks.

A total of seven students took part and completed the program. During that time, they honed their knife, butchering, and baking skills and learned how to prepare the most common sauces, sometimes called the 'five mother sauces' of traditional dishes. During their instruction, the students prepared about 30 litres of stock, 22 salmon, 30 chickens, approximately 300 individual desserts, 400 pieces of pie, 400 bread rolls and a multitude of other products.

Private (Pte) Brodie MacArthur, the course's Top Student posted at the 4th Artillery Regiment (General Support), said he discovered he likes to try different cooking styles since he completed the program.

"I was cooking almost exclusively in French cuisine, studying that for a while, but I've moved on to Italian cuisine," he said. "I try to do things normally not seen in the base kitchen, little things to help morale, especially if the troops are out in the field for a couple of weeks."

"A good meal can make a real difference," Pte MacArthur concluded.



Our cooks at 5th Canadian Division Support Base Gagetown are busy day-in and day-out feeding the troops and fueling the Canadian Army. Photo by: Master Corporal Samuel Martell, 5th Canadian Division Public Affairs



Private Brodie MacArthur participates in the Chef Revival Program with New Brunswick Community College (NBCC). He received the Top Student award during a pilot program intended to enhance the quality of theory and practical training for Canadian Armed Forces cooks at 5th Canadian Division Support Base Gagetown, New Brunswick, Oct. 27, 2023. Photo: Master Corporal Stéphanie Labossière, Imagery Technician, 5th Canadian Division Public Affairs.




Day Camps Now Hiring Across Canada!
Nous embauchons du personnel
les camps d'été partout Canada!



cfmws.ca
sfmbc.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



HMCS Discovery, a Naval Reserve division in Vancouver, embraced the spirit of the Year of the Dragon at Vancouver's Annual Spring Festival Parade on Feb. 11.

Photos: Sub-Lieutenant Ariel Rouhi

Sailor Third Class (S3) Daniel Liu



Front to Back: Sailor First Class (S1) Kelly Le, Acting Sub-Lieutenant (A/SLT) Te Hao Shih, A/SLT Natalie Archutowski, Sailor Second Class (S2) Jason Do. On the Boat (front to back): Sailor Third Class (S3) Caden Lee, S2 Daniel Novak, S1 Amy Fox, S3 Petr Storojenko



HMCS Winnipeg rolls out red carpet for immersive experience



HMCS Winnipeg Stock Photo (edited)

P02 Lucien Pelletier
HMCS Winnipeg, UPAR

HMCS *Winnipeg* has opened its decks to Canadian Naval Reserve (NAVRES) personnel in a strategic move to bolster recruitment efforts. On Feb. 8, NAVRES personnel, tasked with informing possible recruits about naval service opportunities, boarded HMCS *Winnipeg* for a guided tour. The initiative aims to provide recruiters with firsthand experience and a deeper understanding of the Canadian Navy's operations, enabling them to better inform potential recruits about the unique aspects of naval service. The NAVRES recruiters explored the intri-

capacities of naval vessels, gaining insights into the advanced technologies, teamwork, and daily life aboard Canadian warships. Acting Sub-Lieutenant (A/SLt) Brent Martindale, overseeing the tours, emphasized the importance of arming recruiters with accurate and compelling information. "This initiative ensures our recruiters can confidently convey the challenges and rewards of naval service, painting a vivid picture of life in the Canadian Navy," A/SLt Martindale said. The immersive experience not only strengthens the connection between recruiters and potential recruits but also underscores the commitment of the Canadian Navy to fostering a well-informed and capable reserve force.



Sailor Second Class Zachary Thompson (centre) talking to Naval Reserves recruiters.



HMCS Margaret Brooke Operation Caribe Success!



On Feb. 4, HMCS Margaret Brooke supported the U.S. Coast Guard in the successful seizure of roughly 510 kgs of illegal narcotics in the Caribbean Sea as part of Operation Caribe. Led by the U.S., this deployment marks Canada's contribution to the enhanced counter-narcotics operations focused on strengthening safety and security in the Caribbean region. HMCS Margaret Brooke departed its homeport of Halifax, N.S., for the 6-week deployment on Jan. 12. BZ crew!



HMCS Margaret Brooke's crew members hoist seized narcotics out of water in a net. Photo supplied.

Brought to by the MHWS Mental & Social Wellness Working Group

SHOW YOUR SUPPORT

PINK SHIRT DAY

bullying stops here

Wednesday, 28th February 2024

Show your support by wearing a **PINK SHIRT** for zero tolerance for bullying!

Which unit can wear the most pink shirts?
Submit your unit wide photo by 1500 & TAG on Instagram @cfb.bfc.esquimalt @pspesquimalt_hp @fmf.imf

The unit with the most pink shirts will be deemed the **ULTIMATE BULLY-NEUTRALIZERS**

cfmws.ca/support-services/health-wellness/health-promotion

CANEX
A Division of CEMWS
Une division des SRMPC

CANADA'S MILITARY STORE

CANEX

CANEX.CA

1343 Woodway Rd., Esquimalt 250.388.6428

SPROTT SHAW COLLEGE

SCHOLARSHIPS FOR MILITARY AND VETERANS.*

WWW.SPROTTSHAW.COM

VICTORIA: 250-384-8121

www.LookoutNewspaper.com

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)

Canadian Rangers assist in life-saving ice rescue



Major Jose Areekadan
Deputy Commanding Officer
4th Canadian Ranger Patrol Group

La Ronge Canadian Rangers and local RCMP officers collaborated to execute a coordinated ice rescue, saving a woman and her dog from the frigid temperatures of the frozen lake in Lac La Ronge, Sask., on Feb. 2.

The woman and her dog ventured onto the frozen lake in a vehicle, seemingly unaware of the thin ice beneath them. As they drove further onto the lake, the ice gave way, plunging the vehicle into the freezing water. The La Ronge RCMP, Canadian Rangers, and local emergency services promptly responded to the 911 call.

Equipped with specialized gear, including dry suits, life jackets, and a canoe, the Canadian Rangers navigated icy waters to rescue the distressed duo. Both the woman and her dog, visibly shaken but stable, received immediate first aid and were then transported to La Ronge Health Centre for further evaluation.

The rescue mission was led by La Ronge RCMP Detachment Corporal Shane Marion, who emphasized the importance of immediate action in such situations.

"Utilizing the expertise of the local community, I contacted the (La Ronge Canadian Ranger Patrol) and requested the assistance and expertise of the Canadian Rangers in rescuing the stranded woman whose vehicle had broken through the ice. By employing the RCMP drone and with the cooperation of attending members, a detailed risk assessment was conducted," explained Cpl Marion.

The ice rescue highlights the dedication of both the RCMP and Canadian Rangers in La Ronge, showcasing their commitment to ensuring the safety and well-being of the community.

Cpl Marion commended the quick response of the CRs and emphasized the importance of interoperability between the RCMP officers and the Patrol.

"With the rotation of RCMP members in and out of the detachment, the retention of common knowledge and expertise of the local Canadian Rangers within the community serves as a tremendous asset," he added.

"The positive working relationship between the RCMP and the local Canadian Rangers proved crucial to the successful outcome of this perilous rescue. As nightfall approached rapidly, the rescue mission grew increasingly hazardous. The prompt response of the La Ronge Canadian Rangers was instrumental in ensuring the success of the operation."



La Ronge Canadian Rangers prepare their equipment to rescue a woman and her dog from the lake after the car they were travelling in fell through broken ice near La Ronge, Sask., on Feb. 2. Photo: Canadian Ranger Jim Searson, La Ronge Canadian Ranger Patrol



WE CARE FOR YOUR PETS

About Us

At Admirals Walk Pet Hospital, our mission is to provide exceptional, compassionate veterinary care to improve the health and well-being of pets in our community.

10% MILITARY DISCOUNT
for all Active Duty Personnel

In appreciation for your service, all active duty military and their immediate family will always receive a 10% discount with ID.

We are conveniently located near the base in the Admirals Walk Shopping Plaza. Call today to book an appointment for your pet at our brand new full service facility. We would love to meet you!

1499 Admirals Road
(in the Admirals Walk Shopping Plaza)



www.admiralswalkpethospital.com

(250) 386-4840



ADELAIDE

Register Now



Studio, 1, 2, & 3 Bedroom Rental Apartments

Adelaide is West Bay's newest modern apartment rental building, located steps from the Songhees Walkway, overlooking the picturesque West Bay. This exceptional property offers pet-friendly rental apartments with spectacular ocean views.

- Studios from \$1700/mo
- 1 Bedrooms from \$1925/mo
- 2 Bedrooms from \$2750/mo
- 3 Bedrooms from \$3350/mo

Visit AdelaideWestBay.com to register today.



INTERESTED? LET'S CONNECT
778.402.2067
Adelaide@devonproperties.com



The 443 Maritime Helicopter Squadron celebrated their 80th anniversary with a Freedom of the City of Sidney parade on Feb. 8. The parade was first granted to the Squadron in the year 2000. Underneath a fly-over by one of the squadron's Cyclone helicopters, the procession landed at Sidney's City Hall. There, a proclamation was read, giving 443 Squadron continued rights to parade whenever it wishes. Six Cyclone helicopters are stationed at the North Saanich base. The helicopters support deployed ships flying ahead to make sure the coast is clear and can extend the range of the ship as far as their sensors go. The Cyclones are even able to perform anti-submarine warfare when required. Photos: MCpl Nathan Spence

Invitation

BC AFGHANISTAN MEMORIAL

Commemoration to Mark the 10th Anniversary of the End of Canada's Combat Mission in Afghanistan

Tuesday, March 12, 2024

The British Columbia Afghanistan Memorial
the corner of Courtney and Quadra Streets. Reception to follow at the Christ Church Cathedral Hall.

Arrive 1:45 pm
Ceremony 2:00 pm
Reception 3:30 pm

There is limited parking near the event for registered persons with disabilities and VIPs. General parking is available on nearby streets and at the Broughton Street Parkade, a 7 minute walk to the memorial site.

All CAF members, police and civilian workers, veterans, families and guests.

You are invited to commemorate the 10th anniversary of the end of Canada's 13-year engagement in the Afghanistan War and remember the 159 personnel and 8 civilian fatalities and their families.

Veterans are asked to line up in ranks on Quadra Street facing the Memorial. Families and persons with disabilities are invited to use the provided chairs. Once the ceremony is complete, all attendees are invited to the Christ Church Cathedral Hall for refreshments.

To Register Contact vicam2024@gmail.com

To assist with providing seating, disable parking slots and refreshments, please email the following information;

- Contact Name
- Number of veterans
- Numbers of family members
- Mobility Disability Support

Please note we need mobility disability information by: February 29, 2024.

Save the date

Réservez la date

22 JUNE / JUIN 2024

NAVY RUN

COURSE MARINE

CFB ESQUIMALT

5 KM / 10 KM / KIDS RUN

BFC ESQUIMALT

REGISTRATION FEES
5 KM WALK/RUN & 10 KM RUN

VIRTUAL - EVERYONE
Nov. 5 - Mar. 31: \$36.75

IN-PERSON
Nov. 5 - Mar. 31:
\$32.40 - Active and Retired Military
\$37.65 - DND/NPF Civilians
\$42.90 - General Public

FRAIS D'INSCRIPTION
5 KM DE MARCHÉ / COURSE & COURSE DE 10 KM

VIRTUELLE - TOUT LE MONDE
Du 5 Novembre au 31 Mars : 36,75 \$

EN PERSONNE
Du 5 Novembre au 31 Mars :
32,40 \$ - Militaires en activité et retraités
37,65 \$ - Civils du MDN/FNP
42,90 \$ - Grand public

KIDS RUN

VIRTUAL AND IN-PERSON
Registration Free,
shirt sold separately \$20.

COURSE DES ENFANTS

VIRTUELLE ET EN PERSONNE
Inscription gratuite,
chemise vendue séparément 20 \$.

REGISTER TODAY: NAVYRUNESQUIMALT.COM



VERNON Winter Carnival



On Feb. 3, the Vernon Sea and Navy League Cadets in the North Okanagan participated in the 63rd Vernon Winter Carnival Society Parade.



Photos: Vernon Sea and Navy League Cadets Facebook.



TRACKSIDE AUTO SERVICE LTD.
A FULL SERVICE AUTO REPAIR FACILITY

- Induction & Fuel Injection Service
- Oil service
- Out of Province Inspection
- Electrical
- Diesel Fuel Service
- Exhaust
- Brake service
- Tires

Ask about **BG Protection Plan***
Where Dependability and Trust are a Priority...

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

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

BBB B.C. GOVERNMENT DESIGNATED INSPECTION FACILITY

Castrol WALKER HANKOOK

* under 80,000 km

2020 KTM Duke
Selling my KTM Duke 200 with about 3K kms on it. Bought used from Barnes, comes with the Akrapovic exhaust system. Used gently and sparingly last summer, has been in storage since September. Runs smoothly, has no issues. Cheap on insurance. An awesome starter bike and great for commuting through Victoria. Please email kateryna.bandura@forces.gc.ca for details.

FOR SALE

Bravo Zulu



Sailor First Class Adria Lysay receiving the FSA (Financial Services Administrator) Occupational Coin Feb. 7.



Mr. Craig Longhurst receiving the FSA Occupational Coin Feb. 7.



Corporal Kory Major receiving the FSA Occupational Coin Feb. 7.



Commander Anderson, Commander Training at HMS Sultan (right) in Gosport, England, and Lieutenant-Commander Haley van Poorten of HMCS Venture (left) promote students to their current rank on Feb. 9 during the Systems Engineering Management Course at HMS Sultan. (L-R) Sub-Lieutenant (SLt) Rohan Patel, SLt Jose Manzano Clemente and SLt Hao Wang.



(R-L): Sailor First Class (S1) Conor Fauchon, S1 Steven Millar and S1 Stephane Blanchard receive Unit Commander BZs from Commander Daniel Wilmott to members of Base Information Services.



Apartment for Rent Near Naden Gate

2-bedroom apartment @ 636 Admirals Road available March 1. 672 sq ft, recently renovated. \$2,100/ month. \$50 reduction for military. Parking available. Electricity not included. Contact Murray Harris @ murrh@shaw.ca to view.



We're on the Lookout...

The Lookout is seeking content creators and contributors! If you're interested in trying your hand at writing or in expanding your writing portfolio, we want to hear from you! Everyone has a story to tell.

Please reach out to Kate: kateryna.bandura@forces.gc.ca



All opportunities are volunteer

E-FILE FROM \$79⁹⁹+GST

Top Shelf Bookkeeping Ltd.
Locally Owned & Operated Since 1994

BOOKKEEPING & PAYROLL SERVICES AVAILABLE

2 CONVENIENT YEAR ROUND LOCATIONS

101-76 Gorge Road West Victoria, BC V9A 1M1 250-388-9423	1253B Esquimalt Road Victoria BC V9A 3P4 250-590-4050
--	---

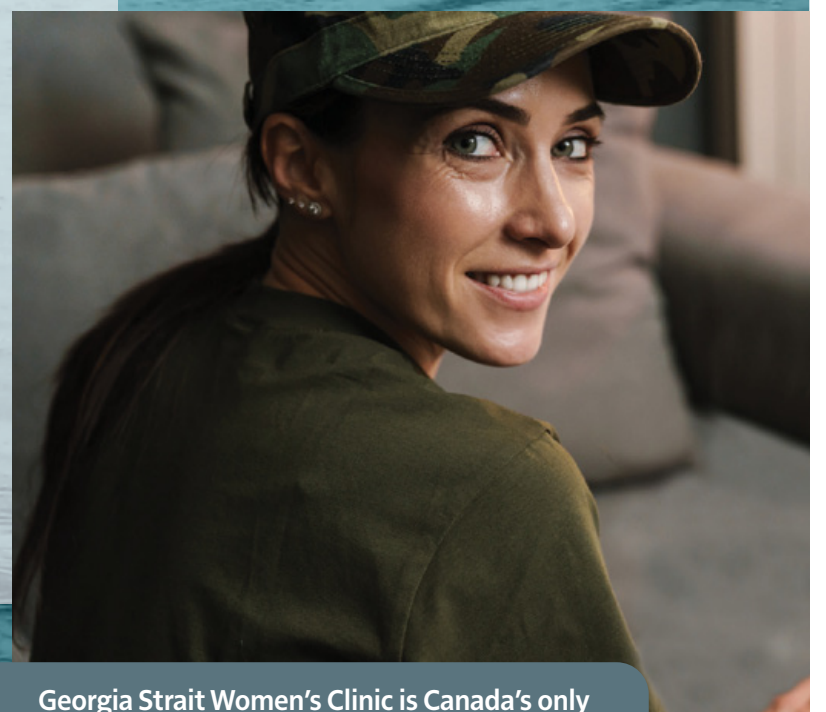
Treatment IS WITHIN REACH

Addiction, Mental Health & Trauma Treatment just a Ferry Ride Away

Help is at hand: Powell River-based Sunshine Coast Health Centre and Georgia Strait Women's Clinic—Canada's only trauma program exclusively serving women—provide highly personalized addiction, mental health and trauma treatment for male and female clients respectively. We'll pick you up from the ferry for our daily inpatient treatment tailored to your unique needs.

Services include 24 hour-medical service, psychiatric assessment, EMDR, rTMS, psychotherapy, a dedicated group for military clients and much more.

Serving the Department of National Defence and Veterans Affairs Canada since 2009.



Georgia Strait Women's Clinic is Canada's only trauma program exclusively serving women

Georgia Strait
WOMENS CLINIC

Admissions Toll Free **1.866.487.9040** | **GSWC.CA**



**Sunshine Coast
Health Centre**
A Non-12 Step Mental Health Program

Admissions Toll Free **1.866.487.9010** | **SCHC.CA**