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Members of Fleet Diving Unit (Pacific) participate in Diver's Weekend at the Vancouver Aquarium in Vancouver, B.C. in March. Participants interacted with the general public and performed demonstration dives in one of the large tanks with the marine life.  
 Photo: Master Corporal Nathan Spence

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# TOP SAILOR AWARD HONOURS CAPT(N) HINTON

**Peter Mallett**

Staff Writer

The Capt(N) Peter Hinton Memorial Award for Leadership and Excellence in Service recognizes the Maritime Forces Pacific (MARFAC) Sailor of The Year.

Typically bestowed upon junior non-commissioned members, it recognizes sailors who demonstrate ethical leadership, integrity and commitment to duty. With senior leadership, Geraldine Hinton of Victoria, widow of Capt(N) Hinton, presents the award annually to commemorate Peter's legacy and as a gift to the award winner.

It is a dedication to Capt(N) Hinton, whose devotion to the Royal Canadian Navy (RCN) spanned 30 years of service. It was established after a request by Geraldine.

"I was seeking a way to not only honour Peter but all the brave young men and women who sacrificed so much when they volunteered to serve in the Second World War," she said. "In consultation with the Navy I suggested the award recognize the ideals of courage, service, leadership, esprit de corps, and sacrifice so apparent then and now."

Capt(N) Hinton's legacy embodies this spirit.

Born in Shanghai, China, on April 18, 1921, but raised in Victoria, Peter attended Monterey Elementary, Vernon Preparatory, St. Michael's University School and Brentwood College, where he excelled in rugby, cricket and sailing. Peter joined the Navy in 1941. After serving aboard minesweeper



HMCS Kelowna, he commanded Landing Craft (L) 262. He was one of the youngest to command a landing craft when he commanded Allied troops in France during D-Day when he transported North Nova Scotia Highlanders onto the beach at Bernières-sur-Mer.

He and his crew narrowly avoided death and severe injury when another allied landing craft came alongside and bumped Peter's vessel into a landmine despite his warnings to use

extreme caution and avoid the hazard. Author Mark Zuehlke published an account of Capt(N) Hinton's story in the book *Juno Beach, Canada's D-Day Victory*.

Peter returned to Canada in 1945 and left the Navy, albeit briefly, before rejoining in 1951. He went on to command RCN vessels HMCS Columbia, HMCS Fortune, and HMCS Athabaskan and was the first captain of HMCS Protecteur for its commissioning in 1969.

His other appointments included Commandant of leadership school HMCS Cornwallis.

"It was there he framed the philosophy that every sailor had the potential and opportunity to demonstrate leadership and that every member of the ship's company is equally important to the smooth operation of the ship and the achievement of the mission," said Geraldine.

**Capt(N) Hinton's other career highlights included:**

- Director of Manpower Planning in Ottawa;
- Chief of Staff, Canadian Flotilla Atlantic;
- Base Commander at HMCS Stadacona and CFB Esquimalt; he was the first to be appointed Base Commander back-to-back on each coast; and
- He retired from the RCN in 1976.

After his naval career, Peter took on a leadership role in the community, becoming Executive Director of the Victoria Branch of the Canadian Red Cross and volunteering his time as a Victoria Hospice Society board member.

He died peacefully on Dec. 19, 2008, with Geraldine and his family by his side.

Inset: Capt(N) Peter Hinton, the inspiration for the Memorial Award for Leadership and Excellence in Service. Photo supplied

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# Military families 'dial in' to Outward Bound Canada



Nathan Fasullo attended his Outward Bound Canada adventure last August in Clayoquot Sound.

**Peter Mallett**  
Staff Writer

Thanks to a new scholarship program, children of military families are plotting a course for adventure and education in Canada's wilderness.

The scholarship provides free-of-cost, extended wilderness expeditions for children between the ages of 12 and 19 whose parents or guardians are regular force members, reservists, or veterans.

Fort Langley, B.C., resident Nathan Fasullo attended his Outward Bound Canada adventure last August in Clayoquot Sound. The 14-year-old is the son of Naval Reservist Lieutenant-Colonel Sam Fasullo of the Royal Canadian Signal Corps.

"I would highly recommend this course to other youth in military families because it offers a completely new outdoor experience I know they will enjoy," Fasullo said.

His parents learned about the scholarship through their local Military Family Resource Centre and were impressed with what Outward Bound Canada could deliver.

"Being a child in a CAF family requires some resilience and flexibility with change; Outward Bound seems to embody this spirit," said Sam Fasullo. "This scholarship found a way to give back to military families and show appreciation in a tangible and beneficial way."

## 'BIOSPHERE' ADVENTURE

Two adult guides led Fasullo and eight other youths as they paddled, hiked and camped at various locations throughout Vancouver Island's Clayoquot Sound over two weeks. They saw diverse Clayoquot's wildlife, including bears, wolves, dolphins, sea otters, giant jellyfish, starfish and other sea creatures.

To develop leadership skills, Fasullo and his peers took turns leading expeditions and activities throughout their journey.

"I really enjoyed developing my leadership skills and discovered I was really good at being a leader," he said.

Fasullo cautions that Outward Bound best suits athletic, adventurous, 'outdoorsy' people who like teamwork. Some of the skills they

learned included building temporary shelters with tarps for protection from the elements, knot-tying, orienteering, navigation, and learning to read tide charts.

"We did our hikes and kayaking without maps so determining our location and direction was challenging, but really boosted my self-confidence," said Fasullo.

Their wilderness expeditions are technology-free, so youth cannot use cell phones and other mobile devices while attending.

"Some of today's children have grown up with a cell phone in their hand all their lives so there is some anxiety involved in letting go but it enhances their experience," says Sailor First Class (ret'd) Pete Smolders.

Smolders has been with Outward Bound Canada since 2016. He served six years in the Royal Canadian Navy during the 1990s as a Hull Technician, but today, he is Outward Bound Canada's Head of Western Canada operations.

He is a firm believer the program provides personal growth and the development of leadership skills while helping participants embrace the challenges of their family's military service. He says the program is giving young people from military families 'life-changing' outdoor expeditions.

"Outward Bound courses are a bit like being posted to a ship for the first time," Smolders said. "By the end of their adventure and challenges in the outdoors, a group of people who were once complete strangers become the best of friends."

Outward Bound Canada is part of a non-profit educational network with outdoor education schools operating in 35 countries under the name Outward Bound. Its mission is to cultivate resilience, leadership connections and compassion through inspiring journeys in the natural world. Without the scholarship funding, Outward Bound Canada's excursions are not cheap: a typical adventure could cost anywhere from \$3,000 to \$6,000.

Funding for the Scholarship for Youth of Veteran Families program came from a private donation by Canadian investment banker and philanthropist Brett W. Wilson. For more information on the Scholarship for Youth of Veteran Families program and how to register your child, contact [admissions@outwardbound.ca](mailto:admissions@outwardbound.ca)



Scholarship winners explore the wilderness of Biosphere Reserve near Clayoquot, Vancouver Island. Photos supplied

Outward Bound Canada – [outwardbound.ca](http://outwardbound.ca)



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# PTSD: First Aid for Intrusive Thoughts

**Thomas Goenczi**  
Lookout Contributor

One of the hallmarks of post-traumatic stress disorder is the mind's manifestation of intrusive thoughts.

These thoughts erupt into our conscious awareness without any initial expectation and cause an intense emotional reaction. The invasive thoughts create a mental and emotional response that parallels the distress incurred by the original trauma, often causing us to re-experience the trauma.

It's difficult to shake the disturbing thought, which creates a cycle of anxiety where we want to rid ourselves of it, but not being able to do so causes the anxiety to grow even more. This particular anxiety can feel insufferable and suffocating, with little to no relief in between.

So, how does one learn to work through an intrusive thought when it arises?

The initial step is identifying the intrusive thought. Before we can fathom combatting our disturbing thoughts, we must recognize what they are and the varying iterations they form. Intrusive thoughts are relatively easy to identify because they evoke a feeling that distinguishes them from most other thoughts. Furthermore, they are associated with the trauma that occurred. A simple acknowledgement of the intrusive thought begins calibrating the

mind and emotions in a way that allows us some space from the thought – even for a moment. We can conceptualize what we are dealing with.

It is also essential to scan where the body tension begins to well up as early as possible. The most common places that provoke anxiety in the body when related to intrusive thoughts are the gut area, neck, shoulders, hands, and jaw. A quick body scan brings the mind's awareness away from the initial disturbing thought. Again, the point is to provide some breathing room from the suffocating thoughts.

Once you have body awareness and locate the tension, try to breathe into it. Draw in a slow, methodical inhale through the nostrils and then slowly exhale out the mouth. A good exercise is to make inhaled and exhaled longer and more intentional with each passing breath. Feel the breath begin in the diaphragm and slowly rise to fill the chest, and you almost want it to feel as though the oxygen makes it to your head. Then, exhale deliberately in a way that subsides the strain in the body. This technique will take some time to implement in the early stages. Still, eventually, the mind and body begin to associate this type of breathing with relieving tension in the body.

Once there is grounding in the breath and the attention is in the body, some affirmation can help provide further relief and space from the intrusive thought.

Using affirmations that evoke a vivid sense of body awareness work well here. For instance, 'I am calm', 'I am strong,' and 'I am confident' all can be brought into the body. The affirmation should elicit a body sensation that you once had experienced. An excellent way to add potency is by reflecting on moments when you were the very things you are affirming, i.e. going to a moment in your life where you exuded and embodied an earnest sense of confidence, exploring what it felt like not only in your body but your mind as well.

Getting back into the body can help reset the table in the mind and keep intrusive thoughts at bay. However, sometimes, it isn't easy to bring the focus to the body and the breath because the thoughts are so overwhelming. Next week, we will look at ways to assist in concretizing the initial treatment of invasive thoughts and how to alleviate the persistent tension that may occur.

*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.*



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# INVICTUS GAMES

## Invictus excitement builds in B.C.

**Peter Mallett**  
Staff Writer

In less than a year, Vancouver and Whistler will welcome ill and injured military athletes worldwide for the Invictus Games 2025.

To celebrate the upcoming games and help boost awareness of its mission, a group of 60 military athletes, competitors, coaches, and managers from 19 nations worldwide gathered in mid-February for a Participating Nations Winter Camp.

"The purpose of the camp is to help participating nations build year-round adaptive sports programs," said Scott Moore, CEO of Invictus Games Vancouver Whistler 2025.

The participants spent the week receiving instruction in adaptive sports such as alpine snowboarding and skiing, Nordic skiing, biathlon, and skeleton and wheelchair curling at former venues of the 2010 Winter Olympics.

Moore says the camp was the first chance for many participants to try the new winter sports coming to the Invictus for the first time.

"Their experience truly demonstrated that through the power of sport, the Games will inspire recovery, support rehabilitation and generate a wider understanding and respect for those who have served their country," he said.

The games focus on recovery for the wounded, injured and sick armed forces personnel. It's a process that past Invictus Games competitor Major (ret'd) Nick Holyome of Comox, B.C., fully buys into.

The former Regular and Reserve Force member served 24 years in the Navy, Army, Air Force and Special Operations Forces as MARS Officer and then an Intelligence Officer. He was diagnosed with Post-Traumatic Stress Disorder (PTSD), anxiety and depression in 2015, stemming from four tours of Afghanistan. Holyome competed in wheelchair rugby, indoor rowing and cycling at the 2023 Invictus Games in Germany last September.

This time, he tried his hand at wheelchair curling for the first time.

"It was very challenging, but I really enjoyed the experience," he said. "You can't show up on the ice with any frustration and you need to be calm and cool when you release the rocks."

Holyome is an experienced Nordic skier and coach but won't compete as an athlete at next year's Games. Instead, he hopes to participate as a member of Team Canada's coaching or support staff. In recent months, he has visited local community organizations in Comox to speak about his Games experience and help spread awareness.

### SLIDING WITH PRINCE HARRY

To help blow their horn and trumpet the virtues of the Games, organizers also enlisted one of its founders and most prominent supporters – Prince Harry. In a strong show of support for the Games, The Duke of Sussex and his wife Meghan, the Duchess of Sussex, attended multiple events at the camp.

The Duke spoke to approximately 200 attendees at a fundraising dinner in Vancouver, B.C., climbed aboard a tiny sled, and completed two head-first runs down a skeleton track at the Whistler Sliding Centre, where he reached speeds of nearly 100 km/h. Then, on the ice at the Vancouver Curling Club, he and singer-songwriter Michael Bublé threw a few rocks and competed against each other in wheelchair curling.

During his visit, the Duke reiterated his support for the Games while celebrating its mission.

"Invictus is not necessarily about winning a medal but about the bonds built between nations, about the shared journey of recovery that competitors and their families are part of," he said. "The Games provide a platform for you to showcase your abilities, inspire the world and honour the sacrifices of those we have lost."

Presented by title sponsors ATCO and Boeing, the Invictus Games Vancouver Whistler 2025 is an international adaptive sporting competition for wounded, injured and sick military service members and veterans.

The seventh Invictus Games is Canada's second to be hosted after the 2017 Games in Toronto. Invictus Vancouver Whistler takes place Feb. 8 to 16, 2025, and will bring together 550 competitors from 25 nations. Athletes will compete in newly introduced winter sports and the more traditional Invictus competitions of indoor rowing, sitting volleyball, swimming, wheelchair basketball and wheelchair rugby.



Prince Harry speaks during an Invictus Games Symposium on Invisible Wounds, seeking to destigmatize the victims of post traumatic stress and other injuries. Photo: DoD News photo by EJ Hersom – Wikimedia Commons



Nick Holyome (right) participated in this year's Participating Nations Winter Camp in preparation for 2025 Invictus Games in Whistler.

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Captain (Navy) Matthew Coates discusses the importance of the Combat Training and Integration Centre design. Photo: MCpl Ian Thompson

# A 'Big Deal' between significant milestones

**Michael McWhinnie**  
Public Affairs Advisor, NTG

The Canadian Surface Combatant (CSC) is one of our generation's largest and most complex maritime defence projects. It will deliver the Royal Canadian Navy's (RCN) future fleet and change the landscape on both coasts by recapitalizing the training infrastructure necessary to support those vessels.

Last November, the CSC project achieved a significant milestone when Minister Blair announced that Canada is moving forward with a new training facility at Canadian Forces Base (CFB) Halifax, Canada's most extensive military base. The EllisDon Corporation of Halifax has been awarded a \$7.85 million contract to design the new Combatant Training and Integration Center – Atlantic (CTIC-A), which will house

cutting-edge training systems to train Canadian sailors for the incoming fleet of Canadian Surface Combatant (CSC) warships. The total estimated project cost of the facility is \$188 million.

On Feb. 21, architects, engineers, and RCN managers gathered for a partnering session for the proposed facility, during which critical processes for managing communications, expectations, and relationships were discussed.

It was attended by two commanding officers of the organizations that will be the building's primary occupants: Captain (Navy) Matthew Coates of Naval Training Group (NTG) and Captain (Navy) Blair Brown of the Canadian Forces Maritime Warfare Centre (CFMWC).

"The Carroll Building (S-17) is our principal instructional facility in Halifax and houses some of our most important

trainers," said Capt(N) Coates. "Flexibility and reconfigurability will be key design attributes to ensure CTIC-A can support not only the technologies we know are coming, but those beyond our ability to predict."

CTIC-A will include a Secure Training Facility (STF) required by CSC for classified individual and collective training and associated simulators and trainers. It will allow for the co-location of functionally connected organizations, including CFMWC, a Data Management Centre and an Engineering Development Lab, to facilitate and enhance collaboration.

"The Stubbs Building (S32), built in the 1950s, has served us equally well, first as the Maritime Warfare School, and now as the CFMWC. But the building has been showing its age for a while," added Capt(N) Brown. "We're looking forward to the move to CTIC-A which

will co-locate the folks from CFMWC who develop the tactics to prevail on operations at sea, with those from NTG who teach them to our sailors and officers."

Capt(N) Coates also stressed the importance of the task before them.

"Operational excellence at sea is built on a foundation of quality training ashore," he stated. "First-rate training, in turn, relies heavily on access to suitable infrastructure. In a very appreciable way, the building you design will directly support Canadian maritime capability generation for decades to come."

The primary contract for this facility was awarded in November 2023. The design phase will occur throughout 2024. Construction is tentatively scheduled to begin in 2025/2026 and finish in 2030.

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# Tritons volleyball teams aim high

**Peter Mallett**  
Staff Writer

CFB Esquimalt's volleyball teams have renewed optimism and a craving for gold after capturing Canada West regional titles in Winnipeg, Man.

Our Tritons women's team defeated Edmonton 3-1 (25-18, 26-28, 25-22, 25-19) in the CAF West Regional Tournament gold medal game, while the men swept Cold Lake in straight sets 3-0 (25-22, 25-17, 25-18). Both teams successfully defended their 2023 titles and moved on to the CAF Nationals, Apr. 14 to 18, at CFB Borden.

"Both our men's and women's team were ecstatic to take home the gold at Canada West for the second year in a row," said Lieutenant-Commander (LCdr) Noelani Shore of HMCS *Venture*, Tritons women's team manager. "I've been with the Base volleyball team for ten years, so it was very rewarding to see the team come together in the finals and take it in four sets."

Sailor 3<sup>rd</sup> Class (S3) Stacey Smith of Naval Fleet School (Pacific) received the Tritons' Most Valuable Player honours for the women's gold medal game. LCdr Shore says the high-energy and superior on-court skills of Sailor 1<sup>st</sup> Class Monique Lutyk of Base Accommodation and S3 Smith were vital in the Tritons' overwhelming success throughout the tournament.

Esquimalt women finished the tournament's round-robin undefeated with straight-set wins over Winnipeg, Edmonton and Wainwright before dispatching Wainwright in the semi-finals. Now they want more, and LCdr Shore says confidence is high for her and her teammates taking home the gold at Borden.

## HIGH HOPES

The Tritons men won two matches and lost two during round-robin play before registering a 3-0 straight-sets sweep of Comox in the tournament semi-final. Corporal (Cpl) Brandon Rivera, a Signals Technician with Transport Electrical and Mechanical Engineering (TEME), was named the tournament's Outside Hitter, Most Valuable Player (MVP).

"We are incredibly happy, and it feels great to be Canada West Champions two years in a row," said Cpl Riviera. "Players on both teams put in the work all season and we are overjoyed with the prospect of being able to prolong our season as we prepare for the nationals."

Cpl Rivera credited his teammate, Lieutenant (Navy) Sam Lowery of the Quality Assurance Work Centre – Esquimalt, for his stellar efforts throughout the tournament. He says Lt(N) Lowery worked diligently to learn a new role as the team's setter this season and then captured single-game MVP honours on two occa-



Members of the Esquimalt Tritons women's and men's volleyball teams celebrate their Canada West Regional Volleyball Championship victories, Feb. 16 in Winnipeg, Man. The women defeated Edmonton 3-1 in their gold medal game while the men recorded a 3-0 win over Cold Lake.

sions, including the tournament championship game.

Cpl Rivera has represented the Base at CAF Nationals on three occasions. He and his teammates settled for the last two seasons' silver medal at the nationals.

"Our expectation is to win the title this year," said Cpl Rivera. "With most of our starting lineup returning this year, we are more seasoned, experienced, hungry and entirely focused on winning gold at this year's tournament."

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# Students visit FMF Cape Breton



A/SLt Alex Khoury  
MARPAC PAO

Fleet Maintenance Facility Cape Breton (FMF CB) usually hires students locally from various programs offered at Camosun College and the University of Victoria, but the Co-operative Education program is a paid internship opportunity that many departments of FMF CB offer to potential apprentices. Various divisions within FMF CB hire Co-op students throughout the year, which helps provide students with insight into the industry. A small FMF CB team created a tour to showcase the unit as a potential employer. It was also good for the students to relate their theoretical expertise to practical application.

The event started with an introduction to the Marine System Engineer department and what they do at FMF CB. An impressive short video of FMF Outreach was shown to the visitors just before they were given Personal Protection Equipment (PPE) to access the warehouse safely. The guests visited three production shops where an expert from each workshop explained what they do in their specific sphere—electrical, weapons, and electronics (radar/radio). Students also saw the equipment used and were invited to learn more about it.

This tour was created to inform students and instructors about what FMF CB can offer potential employees. There is a multitude of divisions

and units within the DND that have more civilian employees than military. FMF CB, located on CFB Esquimalt, is an excellent example. More than 900 civilian federal government public servants contribute their competence and knowledge to serve the Fleet.

FMF CB took this excellent opportunity to stage their work as it relates directly to the field of studies offered at Camosun College.

The students on this tour appreciated seeing how their academic knowledge might integrate with different competencies in a technologist role; the instructors thought the experience was positive for their students as they got to see how passionate personnel at FMF CB were about their work projects and how they were feeling about their contribution to a better military.

"I would like to develop deeper connections between their course/lab work and the kinds of practical applications required at a place like FMF," said Godfried Pimlott, Camosun instructor.

FMF CB provides technical support for the Royal Canadian Navy, Canadian Army, Royal Canadian Air Force, and Allied Navies. DND employees at FMF are offered a unique work experience through challenges related to evolving environmental conditions. FMF CB is one of the most extensive repair facilities on the West Coast, with multiple workshops and a diverse, competent crew.

## WE ARE HIRING

### OVER 75 VARIOUS POSITIONS TO FILL AT THE DEPARTMENT OF NATIONAL DEFENCE IN VICTORIA, BC

### JOB POSITIONS

**GENERAL**

- PROCUREMENT AGENTS
- SAFETY INSPECTORS
- CLERICAL / ADMINISTRATION ROLES

**TRADES (RED SEAL)**

*JOURNEY PERSONS ONLY*

- METAL FABRICATOR
- SHEET METAL
- FITTERS (MECHANICAL, DIESEL & WEAPONS)
- REFRIGERATION MECHANIC
- PIPEFITTER
- CRANE OPERATOR
- INSTRUMENTATION MECHANIC

**APPRENTICES ONLY**

- ELECTROPLATER
- MILLWRIGHT
- ELECTRICIAN

**APPRENTICES & JOURNEY PERSONS**

- LAGGER
- PAINTER
- WELDER
- MACHINIST

**(NON-RED SEAL)**

- SCALER CLEANER/ LABOURER
- MARINE INDUSTRIAL WORKER
- TRADES SERVICES PERSONNEL

**APPRENTICES & JOURNEY PERSONS**

- RIGGER
- ELECTRONICS TECH

**MARCH 15**  
1-7PM

CHIEF AND PETTY OFFICER'S MESS;  
CFB ESQUIMALT;  
1575 LYALL ST.  
VICTORIA, BC

Interested but not available on the day?  
Send your resume to:  
[esqfmfapprentices@forces.gc.ca](mailto:esqfmfapprentices@forces.gc.ca)  
Resumes will be forwarded to the applicable hiring manager.

\*Electronic resume submissions are open from 14-15 March 2024.

\*Candidates must state position title in the subject line of email submissions.

2SLGBTQI+ inclusive workplace.  
FMF is an equal opportunity employer.

follow us

Learn more about the veterans you can support, like Roy.  
[www.broadmeadcare.com/people-and-stories](http://www.broadmeadcare.com/people-and-stories)

GRAND PRIZE DRAW  
MARCH 22 '24

## Win Big, Give Back!

This is your chance to spring into luck by purchasing a ticket for a chance to WIN half of Broadmead Care's Worth a Shot Spring 50/50 jackpot! Purchase tickets at [www.broadmeadcare.com/worth-a-shot](http://www.broadmeadcare.com/worth-a-shot)

Broadmead Care Foundation is a registered charity.  
#129290383 RR001 | BC Gaming Event License #149603  
Must be 19+. Find full rules of play on our website.

## February Formation 5K Results

Overall Participation Numbers:  
163 CAF and Civilians

STANDINGS:

1st	16:48	Civ Matt Carlson	Base Exec
2nd	18:24	Lt Adrian Thow	Fleet School
3rd	18:37	S1 Amanda Polus	PCC
4th	18:44	SLt Simon Gonsalves	MARPAC
5th	18:51	Lt Rodney Newcomb	HMCS Yellowknife
6th	18:56	Lt Sebastian Harper	MARPAC
7th	20:01	S3 John Martell	HMCS Winnipeg
8th	21:27	S3 Feliz Zheng	PCC
9th	22:19	S1 Dave Bacon	HMCS Calgary
10th	22:28	S3 Steven Bran	PCC

PSP is excited to announce the following results from the February FORMATION 5K Run. Congratulations to all who participated, and we look forward to seeing you all out month after month! Our next run will be March 22.

## WESTSHORE U-LOCK MINI STORAGE

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✓ Individually alarmed lockers ✓ Easy monthly rentals  
✓ Heated lockers ✓ Easy access

1621 Island Highway, 250-478-8767

# STRENGTHENING SEA SKILLS



During Day 4 of Orca training exercise, the team went through Saanich Inlet and Captain's Pass and started with raising the naval ensign by Naval Communicator Sailor 3rd Class Thompson. They also welcome aboard friends from the Canadian Coast Guard vessel M. Charles M.B., a conservation and protection ship in British Columbia.



On Day 5 of the exercise around Vancouver Island, members of HMCS Tecumseh came alongside the Orca-class patrol vessel and prepped the ship's Zodiac Hurricane to be lifted aboard onto the quarterdeck.



During Day 2 of Western Region Orca Exercise in Esquimalt, Naval Cadet Etheridge completes lookout training with HMCS Calgary in the background.



## Victoria Town Hall with the Veterans Ombud

Wednesday, 13 March, 2024

19:00 - 21:00 PST

Location: Royal Canadian Legion,  
Trafalgar/ProPatria Branch #292

411 Gorge Road East, Victoria, BC

Veterans and serving CAF and RCMP members, survivors, family and friends, are invited to join the Veterans Ombud, Colonel (Ret'd) Nishika Jardine and team members at the town hall.

We look forward to hearing about the issues that impact local Veterans and their families, to ensure the work we do best serves you.

Please join us.



## FREE Journée Salade Salad Day GRATUITE

WEDNESDAY  
MERCREDI

March 13  
13 mars



[cfmws.ca/support-services/health-wellness/health-promotion](http://cfmws.ca/support-services/health-wellness/health-promotion)

[sbmfc.ca/services-de-soutien/sante-et-bien-etre/promotion-de-la-sante](http://sbmfc.ca/services-de-soutien/sante-et-bien-etre/promotion-de-la-sante)



# CROSSWORD



**Across**

- 6. Canadian Navy's highest rank.
- 8. The RCN's submarine fleet is known as the \_\_\_\_ class.
- 10. Canadian Navy's training establishment in Esquimalt.
- 11. Maritime helicopter used by the RCN.
- 13. Canadian Prime Minister that played a significant role in expanding the Royal Canadian Navy during the Second World War.

**Down**

- 1. Canadian Navy's HQ city.
- 2. The RCN's former rank structure: Ordinary \_\_\_\_.
- 3. The RCN's official motto: Ready, Aye, \_\_\_\_.
- 4. Canadian Navy's newest class of warships.
- 5. The type of ship often used for maritime patrol by the RCN.
- 7. Second World War naval battle that is considered the RCN's greatest victory.
- 9. The body of water where the RCN primarily operates.
- 12. The RCN's official march: Heart of \_\_\_\_.

Submit a completed crossword and you could **WIN!**

Send a photo of your completed crossword to the Lookout via Messenger on Facebook, Instagram or by email to [jazmin.holdway@forces.gc.ca](mailto:jazmin.holdway@forces.gc.ca) by end of day, March 18, 2024 and you will be entered in a draw to win a prize!\*

\*The draw is open to entrants over 19 years of age and in entering, you confirm that you are eligible to do so. A maximum of one entry per individual is permitted. The draw is free to enter. The winner will be drawn at random. The prize is non-exchangeable, non-transferable and no cash alternatives will be offered.

# CLASSIFIEDS

**FOR RENT:**

**COOK ST VILLAGE** 1 bedroom suite with hardwood floors. Quiet, very clean, well maintained apartment building. Heat, hot water and parking included. No pets. No smoking. One year lease. \$1,650 per month. Available April 1, 2024. Call 250-588-5457.

**FOR SALE**

**MOTORBIKE 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 text 416-908-7087 for details.

**SAILBOAT 1974 CS 22** for sale. Located at CFSA. 4 head sails. All safety gear, too many accessories to list. Outboard motor needs carburetor work. \$1,500. Call 250-208-4845.

**BUSINESS FOR SALE** – Great for a retiring member! Opportunity to own a well established, luxury limousine service in Victoria – Ascot Limousine Services. Seller wishes to retire after 29 years. Business purchase includes: special authority (3) licences, 3 limousines, website, phone #, legal and accounting (if required), loyal clients & goodwill, and help with the transition. \$110,000. Contact Gilles at 250-812-2775 or [gilles@ascotlimo.com](mailto:gilles@ascotlimo.com). More information available at [ascotlimo.co](http://ascotlimo.co).

**WANT TO  
RENT / BUY / SELL / ANNOUNCE  
SOMETHING?  
Contact Kate at  
[Kateryna.Bandura@forces.gc.ca](mailto:Kateryna.Bandura@forces.gc.ca)**

# OPERATION MONEY SMART

# REGISTER TODAY!

**When: March 14, 2024**

**Time: 9:00 am to 12:00 pm PT**

**Location: Collier Theatre**

(Building WP1094)

1094 Victoria View road Victoria, BC V9A 5S1



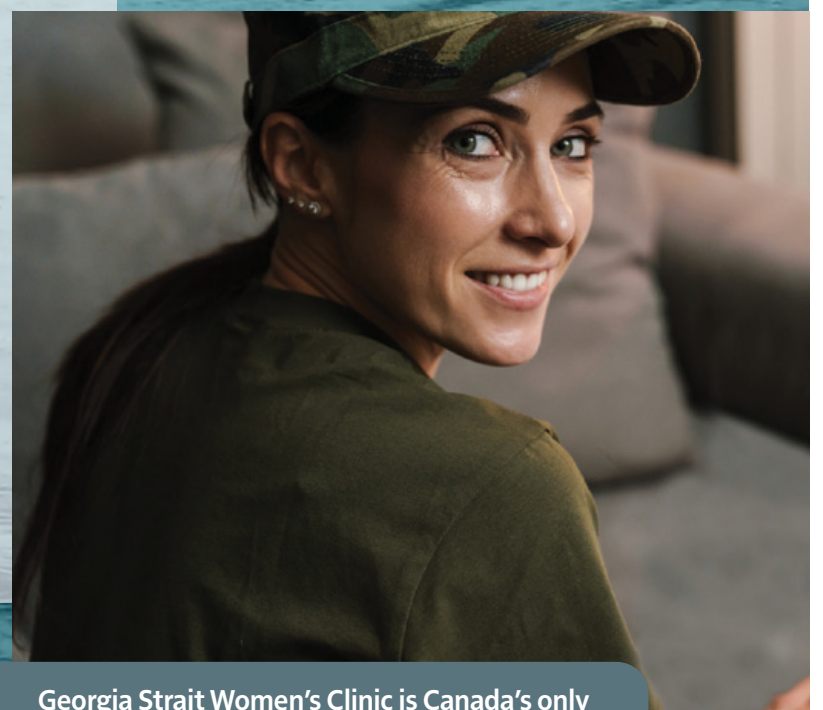
# Treatment IS WITHIN REACH

## 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.

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

**Georgia Strait**  
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