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

the LOOKOUT

REPORTING & PUBLISHING

ICEDIVEx

A member of Fleet Diving Unit (Pacific) cuts a hole in the ice during Exercise ICEDIVEx on Sheridan Lake, on March 6. ICEDIVEx is an annual training exercise the Navy runs to give their divers experience diving in frozen lakes.

Photo: Corporal Antoine Brochu



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IN THIS PAPER WEEKLY!**

HMCS *Discovery* Range Day



Master Sailor Mitchell Haffey



Photos: Master Sailor Dustin Burdett



Lieutenant (Navy) Warren Bush and Petty Officer 1st Class Douglas Longley.



Master Sailor Westley Blackstock, Master Sailor Mitchell Haffey, and Petty Officer 1st Class Douglas Longley.



Sailor 1st Class Jessica Ly



Sailor 1st Class Ying Liu, Sailor 3rd Class Timothy Gregonia, and Master Sailor Dustin Burdett.

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Bayleigh Rules

as Base Commander for a Day

Photos: Peter Mallett/Lookout Newspaper

Peter Mallett
Staff Writer

Seven-year-old Bayleigh Scott was a kind and gracious leader during her brief rule as CFB Esquimalt Base Commander for a Day.

The Grade 2 student at Quadra elementary school took the senior leadership position after winning a draw at Defence on The Dock held at Ogden Point last September. On the morning of March 5, Captain (Navy) (Capt(N)) Kevin Whiteside, Base Commander, welcomed Bayleigh, her mother Stacia Scott and her brother Austyn Back, 11, to his headquarters in Naden.

"Come on in, this [office] is all yours today," said Capt(N) Whiteside as he greeted the family, offering hot chocolate and complementary CFB Esquimalt ball hats.

Capt(N) Whiteside explained to his visitors the position of Base Commander is similar to being the mayor of a municipality and comes with great responsibility before unofficially relinquishing his command to Bayleigh.

"While her time at the helm was short, Bayleigh was amazing, I was taking notes," Capt(N) Whiteside said. "It is fantastic we can offer this opportunity and continue the great work and exposure from our 2023 Defence on the Dock."

Stacia says their visit to the Base exceeded their expectations, and she thanks the military members and civilian staff who assisted in the tour.

"The kids are having a great time and it's a lot of great information for them about CFB Esquimalt," she said. "They may not be at

school today, but they are getting an education here too by learning a different and important curriculum."

The Base Commander's for a Day first stop was the CFB Esquimalt Naval and Military Museum. She and her family were warmly welcomed by museum curator Tatiana Robinson and museum volunteer Lieutenant-Commander (ret'd) Paul Seguna, who gave his new boss a tour of the facility.

Bayleigh then attended Nelles Block to conduct a quick inspection of the galley. They took a quick break for some refreshments, including a giant cookie baked by Base Foods Staff.

A CFB Esquimalt Fire and Rescue Service member whisked them away for a ride in the service's Aerial Rescue truck and visit of the fire hall. Shortly after a guided tour, a dispatcher on an emergency call instructed Bayleigh and Austyn to respond to a fire emergency at the rear of the building. They donned rubber boots and participated in a simulated fire-rescue drill. With short lengths of fire hoses draped around their shoulders, they rescued a casualty dummy. Then, with the assistance of firefighters, they aimed, pointed and sprayed a fire hose at a training target to extinguish the simulated fire.

"Being Base Commander for a Day was really fun and I had a great time, but visiting the fire hall was my favorite part of the day," said Bayleigh. "We made mom go very high in the fire truck's ladder and she is normally afraid of heights."

Her smiles and laughter seemed contagious with the firefighters and civilian employees of the Port Operations and Emergency Services Branch.

"It makes you feel great when visitors tell you the best part of their day is coming to the fire hall," said Geordie Douglas, CFB Esquimalt Fire and Rescue Chief.

The family ended their day by visiting the Naden Athletic Centre's pool. Personnel Support Programs welcomed the family for a swim, one of Bayleigh's favourite activities.



Bayleigh Scott waves from the driver's seat of a CFB Esquimalt Fire and Rescue Service's Aerial Rescue truck March 5. Scott, a Grade 2 student at Quadra elementary school in Victoria, was given the tour on March 5 after winning a draw to become Base Commander for a Day.



Scott's brother Austyn Back, and Scott get a look at the controls on the tower bucket of the CFB Esquimalt Fire and Rescue Service's Aerial Rescue truck.



Scott and Back are welcomed to CFB Esquimalt Fire and Rescue Service by fire safety mascot Sparky the Fire Dog (middle).



Members of CFB Fire and Rescue Service gather with Stacia Scott (second from right), Scott, and Back during a tour of the fire hall.



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MANAGING EDITOR

Jazmin Holdwayjazmin.holdway@forces.gc.ca

EDITOR

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

WRITER

Peter Mallettmallett.peter@cfmws.com

PRODUCTION

Teresa Lairdproduction@lookoutnewspaper.com
Leslie Eaton 250-363-3127
.....leslie.eaton@lookoutnewspaper.com

ACCOUNTS

Jazmin Holdway 250-363-3127
.....jazmin.holdway@forces.gc.ca

ADVERTISING

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

EDITORIAL ADVISORS

Capt Christopher Dubé 250-363-4006
Ashley Evans 250-363-7060

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

Web: www.lookoutnewspaper.com

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Chaplains' Corner

Celebrating religious diversity

Lt(N) (Padre) Peter Han

CFB Esquimalt Chaplaincy

March 2024 is a month of religious significance for Christians, Hindus, Jews, Muslims, and Sikhs. It marks the observance of sacred traditions and celebrates their faiths. This convergence of religious events allows individuals of different religions to unite in mutual respect and understanding.

For Christians, March is a time of spiritual reflection and preparation as they journey through the season of Lent (Feb. 14-March 28) and Good Friday (March 29). It is a period of self-examination, repentance, and renewal leading up to the celebration of Easter Sunday (March 31). During Lent, Christians pray, fast, and practise giving alms, seeking to deepen their relationship with God and embody the teachings of Jesus Christ.

In the Hindu tradition, March heralds the arrival of Holi, the festival of colours (March 24-25), and Maha Shivaratri, a day dedicated to Lord Shiva. Holi is a joyous occasion marked by the splashing of vibrant colours, symbolizing the victory of good over evil and the arrival of spring. On the other hand, Maha Shivaratri is a solemn day of fasting and prayer, honouring Lord Shiva and seeking his blessings for spiritual growth and enlightenment.

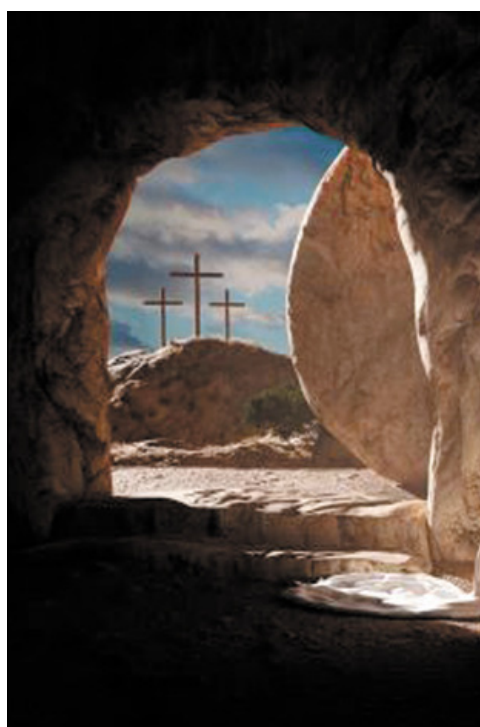
For Jews, March brings the observance of Purim (March 23-24), a festive holiday commemorating the Jewish people's deliverance from the plot of the wicked Haman as recounted in the Book of Esther. It is a time of rejoicing, feasting, and giving to those in need as Jews celebrate their resilience and faith in God's providence.

March also holds deep significance for Muslims with the onset of Ramadan (March 10-Apr. 9), the ninth month of the Islamic lunar calendar. Ramadan is a time of fasting, prayer, and reflection, during which Muslims abstain from food, drink, and other physical needs from dawn until sunset. It is a period of spiritual renewal, self-discipline, and increased devotion to Allah, culminating in the celebration of Eid al-Fitr.



Finally, for Sikhs, March is a time to commemorate the festival of Hola Mohalla (March 25-27), a tradition initiated by Guru Gobind Singh Ji to promote martial arts and physical fitness among the Sikh community. It is a time of fellowship, community service, and spiritual reflection as Sikhs gather to celebrate their heritage and reaffirm their commitment to the values of courage, compassion, and equality.

As we navigate through March 2024, let us embrace the diversity of religious expression and celebrate the rich tapestry of faith traditions that unite us as a multi-faith community. May we draw inspiration from the teachings of our respective faiths to promote peace, understanding, and mutual respect, fostering an inclusive and diverse workplace and community where all individuals can freely practise their beliefs without fear or discrimination.



Our Lady Star Of The Sea Roman Catholic Military Chapel

595 Galiano Crescent in Belmont Park

Easter Sunday Mass 1030 hrs

Celebrate the Resurrection on this day! Children's Liturgy will be held for all the young ones.

For more info contact Padre Dominic Lafreniere at dominic.lafreniere@forces.gc.ca or 250-363-9080.

Messe du dimanche de Pâques 10h30

Célébrez la Résurrection ce jour-là ! Une liturgie enfantine sera organisée pour tous les plus jeunes.

Pour plus d'informations, contactez l'aumônier Dominic Lafrenière à dominic.lafreniere@forces.gc.ca ou au 250-363-9080.

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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!

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RECOGNIZING HEROES

International Day of Forests highlights
Canadian Rangers' role in protecting B.C.'s wilderness

Kateryna Bandura
Lookout Editor

The International Day of Forests, marked on Mar. 21, is an excellent reminder to British Columbians of how lucky we are to be surrounded by unique rainforests, a treasure to the province and Canada. It's also a great reminder of our need to protect them.

Unfortunately, wildfire officials predict an early and active spring wildfire season. Persistent drought conditions have left the soil parched, and low snowpack levels threaten forests across the province and beyond.

Fighting the fires and preserving these natural habitats is but one of many duties of Canadian Armed Forces (CAF) members as part of Operation (Op) *Lentus*. Last year, almost 500 CAF members were deployed to B.C. forests to help fight the fires.

Last year marked the first time Canadian Rangers joined fellow CAF members

in responding to wildfires in this region of northern B.C. The fires forced local communities to relocate to a camp, where the Rangers played a crucial role in providing predator defense against displaced and disoriented animals, including grizzlies and cougars. While members were focused on firefighting efforts, the Rangers acted as their eyes and ears, ensuring the safety and security of the site.

For Ranger (Rgr) David Brideau, that involved deterring a black bear from their displaced persons site in Vanderhoof during breakfast.

"First thought is, 'Oh my gosh, how am I going to handle a black bear up in a kitchen?' That bear can't tell you 'I want your bacon,'" Rgr Brideau says. "When you're looking at the face of a bear, your adrenaline rushes for sure."

Rgr Brideau was called only a few days before Sept. 1, 2023, to deploy to Germansen Landing, and he agreed without hesitation. Due to the

intense fires in the region, he was relocated to Manson Creek and later to Vanderhoof. This was his first operation with the Canadian Rangers.

"I knew all the training with the Rangers and the previous experience I had with the Regular Force prepared me for whatever the operation would present," Rgr Brideau said. "CAF does a very good job at ensuring you're well-versed in what to expect on these deployments."

Reverting to his Ranger training, Rgr Brideau knew instinctively how to handle the bear in the kitchen. Together with the other Ranger on watch, he successfully deterred the bear using his voice. When the bear returned a few more times,

they resorted to bear bangers. Bear bangers resemble a pen with a capsule; you pull a little spring and shoot that overhead. It launches from this little pen, and at approximately 20-30 feet away, it produces a loud banging sound. The intent is to spook the bear away from the area.

Rgr Brideau knows exactly how it feels to be displaced: he was displaced out of his dwelling in 2017 when the fires raged around his town of Williams Lake.

"It's not the people's fault they're being displaced from their homes," he says. "Just knowing that somebody is there to help speaks volumes for somebody who's displaced."



Ranger David Brideau



Corporal Josh Parsons

Being involved in Op *Lentus* hit close to home for another Canadian Rangers member, Corporal (Cpl) Josh Parsons of the Vanderhoof Patrol. Cpl Parsons is a member of the Nadleh Whut'en First Nations, the boundary for which lies just west of where most of Op *Lentus* took place.

Cpl Parsons also provided predator control for the firefighting personnel and the camps.

Although he did not experience close encounters with wildlife during the Op, Cpl Parsons says he was well-prepared beforehand, having completed multiple predator awareness training courses and field exercises.

"The forest is my sanctuary," Cpl Parsons says. "It's where I go to get a break from the societal noise and to recharge my batteries. Meat in the freezer is a bonus!"

The Op allowed him to meet and work with various people and form lifelong friendships. He says that, besides CAF support to fight

the fires, he would love to see some environmental rehabilitation initiatives.

"One idea could be addressing the 'fuel loading' that has happened over the number of years. Maybe clearing out all the dead windfall and turning it into compost or something to that affect," Cpl Parsons says.

Both Cpl Parsons and Rgr Brideau say Op *Lentus* was a success and that they would be happy to participate again if called upon.

"The public may not quite understand how the military works, especially if a whole bunch of machines and green uniforms walk into your small remote community," Rgr Brideau said. "The Canadian Rangers' involvement in these efforts is crucial for the success of the B.C. Wildlife Services and for what the CAF is there to assist with."

For more information on the Canadian Rangers and how to join, visit canada.ca/en/army/corporate/canadian-rangers.html.



Wildfire smoke covers the landscape during a helicopter reconnaissance flight to gauge the extent of the wildfire situation during Operation *Lentus* in the vicinity of Fort St. James, British Columbia, on Sept. 7, 2023.

Photos: Corporal Alexandre Brisson



Members from 38, 39 and 41 Canadian Brigade Group arrive in Vanderhoof to support the British Columbia Wildfire Service during Operation *Lentus* on Aug. 30, 2023.

2024 Liz Hoffman Memorial Commendation

The Liz Hoffman Memorial Commendation recognizes individuals or groups in the defence community who go the extra mile and exceed expectations in helping their colleagues resolve a difficult problem or in bringing about positive and lasting change to the Department of National Defence and the Canadian Armed Forces.

Anyone in the defence community can submit a nomination directly to the office of the ombudsman. All that is required is to complete the nomination form and a letter of support. It is important to note that the nomination period closes on March 31.

The commendation ceremony honouring award recipients will be held on Oct. 17.

Email:
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for information on the
2024 Liz Hoffman Memorial Commendation
criteria and nomination process.

Ace marathoner

Wounded Warriors Run secret weapon



Yana Hempler participated in this year's Wounded Warriors Run B.C.
 Photos: John Penner Photography

Peter Mallett
 Staff Writer

The prospect of traversing a combined distance of 800 km over eight days is a physical challenge that would daunt any runner.

But when the Wounded Warrior Run BC (WWRBC) team set off from Port Hardy for this year's gruelling relay-style fundraiser across Vancouver Island, they had an ace with seasoned marathon runner Yana Hempler in their ranks.

Hempler is not just any marathon runner. The former Logistics Officer of 39 Service Battalion is famous for running back-to-back marathons over successive days to benefit charity.

"I got involved in this run because I'm extremely passionate about helping others," Hempler said. "This is a very important cause to be involved in because many people doing these jobs are regularly exposed to trauma while protecting our communities and serving our country, so helping them is extremely important."

The former soldier is like a superhero when knocking off successive marathons of 42.19 kilometres as if they were a walk in the park. In 2020, she ran a remarkable 12-marathon streak in 12 days in a fundraiser for the Victoria Hospitals Foundation. She topped that feat the following year by running 30 marathons in 30 days.

The WWRBC team consists of military members, veterans and first responders who conduct their run to raise awareness and benefit support programs for peers with occupational stress injuries such as Post-Traumatic Stress Disorder (PTSD).

This year's team also included head runner Staff Sergeant Daryl Baswick of Vic PD, Jason Laidman, Deputy Chief of the Victoria Police Department, Sergeant Rob Brennan of the Comox Valley RCMP, Chris Stanger, volunteer firefighter and Chief Utility Officer of Qualicum Beach, Master Sailor (retired) Raymond Hall, and Captain Nathalie

Butler, a Dental Officer with the Esquimalt Dockyard Dental Clinic.

Hempler was front and centre for this year's 11th annual run when the WWRBC team set off from Port Hardy on the northern tip of Vancouver Island on Feb 25. After stopping at multiple community centres and branches of the Royal Canadian Legion along the way, they wrapped this year's campaign in downtown Victoria on March 3 with \$108,000. Capt Zweng confirmed the team was sitting at \$203,000 on March 15.

'EMOTIONAL JOURNEY'

This year's team faced extreme winter weather, including heavy snowfalls and slippery footing in Woss and Nanaimo. But the stormy weather was nothing compared to the dark days many of their beneficiaries have faced, says Hempler.

"The Wounded Warrior run is an emotional journey where along the way and during our stops I get to hear other people's challenging stories which really touch my heart," said Hempler. "I feel privileged to hear people's darkest and most difficult moments."

Captain Jacqueline Zweng of the Regional Cadet Support Unit, Wounded Warrior Run BC Director, says Hempler was a perfect fit for the team.

"Yana's marathon running skills made her our secret weapon this year and having her on our team this year was an absolute pleasure," Capt Zweng said. "She is a rare spirit whose enthusiasm to raise funds and help people is extremely genuine and unwavering over the entire eight days of our run."

Zweng noted how Hempler volunteered to tackle two of the relay's most challenging legs: a hilly 19-km stretch between Nanaimo and Port Alberni and another significant grade to the top of Bear Mountain in Langford.

"Many on the team say your mind will give up before your body and Yana led by example and ran the most difficult parts of our journey with a smile on her face," said Zweng.

With her typical zeal, Hempler seemed to relish the opportunity.

"I'm really glad that I got those two portions of the run because the challenge made me stronger and more confident in my abilities as a runner," she said.

HITTING THE WALL

Hempler, 34, is a De Havilland Aircraft of Canada employee. She is the first to admit she is not a superhero in running shoes and feels exhausted like the rest of us.

In late 2022, after her 30 marathons in 30 days feat, Hempler had to step back from the sport she loved: a mysterious illness made sleeping, eating or even walking difficult.

"I got very sick and wasn't sure if I was going to make it to my next birthday, let alone run again," said Hempler. "It was not an easy period to get through."

The illness was not the result of running consecutive marathons since it came on more than a year after. The doctors could not identify the cause and the uncertainty affected Hempler's mental health.

Within a year, though, she was back to rerunning successive marathons. In 2023, she ran ten marathons in 10 Days for the Victoria Hospitals Foundation, completed the Chicago Marathon last October and then, in January of 2024, ran five marathons in five days to kick-start her WWRBC fundraising campaign.

"I was just grateful to be back doing the thing I love and running again," she said.

She already has more marathons in her sights. The L.A. Marathon on Mar 17 and the London Marathon in April are part of her tireless efforts to raise more money for the Victoria Hospitals Foundation.

Following this year's WWRBC wrap-up, another \$40,000 in donations were made as the team inched closer to its fundraising goal of \$250,000. Fundraising for this year's run wraps up on Mar 31; those wishing to donate can visit the WWRBC website: woundedwarrior-runbc.ca



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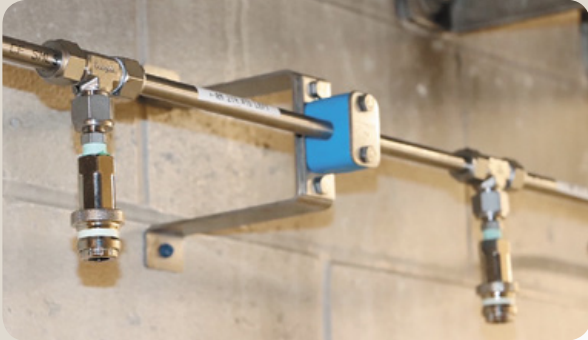


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Submariner fire training section

Introduced to Damage Control Training Facility Galiano



Above: A look inside the main entrance to the submariner fire training facility.

Left: A newly assembled clean air flow system constructed at RCN Damage Control Training Facility.

Rory Theriault
Strategic Communication Officer,
FMF CB/CS

For years, submariners on the West Coast have faced a logistical challenge: all fire-related training had to be conducted on the East Coast at the existing facility in Halifax. This geographic disparity posed practical difficulties and limited the Fleet's ability to train its military personnel efficiently.

In a strategic move for the Royal Canadian Navy (RCN), the West Coast will welcome the newly updated submariner fire training section at the RCN Damage Control Training Facility in Colwood. The Damage Control Training Facility is equipped to provide comprehensive training for fire, smoke, and floods—essential skills for RCN personnel.

The critical component of the submariner training section lies in constructing and assembling a clean airflow system that provides air for the trainees.

The recently built clean-breathing airflow system used for submarine fire training is the first in the region.

The system is designed to mimic conditions onboard submarines, as the facility offers a realistic training experience that prepares personnel for the challenges they may encounter at sea. Submariners can now connect and disconnect their airlines via the same system used on our submarines. Furthermore, a series of individual piping sections equipped with shutoffs allows for specific sections to be serviced without affecting the integrity of the complete airflow system.

This significant development, led by Fleet Maintenance Facility Cape Breton (FMFCB), marks a pivotal moment in naval training, addressing a longstanding need for enhanced submarine firefighting training capabilities closer to home. FMFCB served as the driving force behind the project; in particular, the collaboration between engineers

and pipe fitters from FMFCB brought the project to life, showcasing their expertise and commitment to excellence throughout the process.

Dale Pearn, a pipefitter at FMFCB, said it was great to see the different departments come together to complete this project.

"We worked closely with the engineers and alongside personnel at the Damage Control Training Facility to ensure the correct approach of design and execution was maximized," said Pearn, who supported the construction and implementation of the airflow system.

Once the clean airflow system was constructed, FMFCB Oxygen Cleaning personnel cleaned the piping and ensured the air met the requirements for cleanliness and safety.

With the introduction of this clean-breathing air system on the West Coast, the Navy's training capabilities have been significantly expanded. Submariners now have access to critical training closer to their operational bases, streamlining the preparation process and enhancing overall readiness.

In addition to its strategic importance, the launch of the submariner fire training section underscores the RCN's commitment to investing in the development and well-being of its personnel. By providing access to advanced training facilities, the RCN empowers submariners with the skills and knowledge to excel in their roles and safeguard maritime security.



A main control panel supporting a newly assembled clean air system.



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8 ways to budget and manage your spending



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Inflation and spending have been hot topics this year. The price of everything, from groceries to gas, is going up. Try these tricks to stretch your money further.

CREATE A MEAL PLAN TO REDUCE YOUR FOOD BUDGET

Eating out can burn your budget. When you're busy, relying on delivery and restaurants for every meal is tempting. But planning and making meals at home, even a few times weekly, is generally healthier and can save you thousands of dollars annually.

SHOP FLYERS AND SALES TO SAVE ON GROCERIES

Even if the average cost of food is going up, weekly specials can help you save hundreds of dollars annually on groceries. Watch for discounts on your favourite products and stock up when they come on sale. Buy staple items with longevity, like rice and dried legumes, and avoid shopping for food at convenience stores.

PAY LESS FOR YOUR SMARTPHONE

Canadians pay among the highest rates for telecom in the world. Depending on your provider, it can be worth a phone call every six to twelve months to take advantage of sales. If that fails, switch providers and always qualify for the new customer discount.

CHECK YOUR DRIVING HABITS

Oil and gas prices are a major driver of inflation. We're seeing this at the pumps. Are you driving a fuel-efficient vehicle? Do you need to take the car every time you go out? Can you carpool? As pump prices rise, adjust your driving habits. Keep an eye on points programs that help you earn free gas! Plus, look into insurance discounts and pay-as-you-drive options.

GET THRIFTY AND BUY SECOND-HAND

From clothing to cars, purchasing used goods saves you not only on the ticket price but also on the sales tax. A new vehicle devalues thousands of dollars when you drive it off the lot. People buy and sell all the time online. Plus, you may find a treasure unavailable through traditional channels.

SELL YOUR STUFF OR REGIFT SOMETHING

Instead of storing that old bike in the garage, put it up for sale. Items left in storage devalue over time, so why not use the cash now? Not every gift you've received is bespoke. Instead of donating or stashing away gifts you don't like, consider wrapping them and passing them on to someone who will appreciate them.

GET RID OF DEBT FASTER

Credit card debt is a considerable expense that people often take for granted. Get help to consolidate debt or pay down your balance more quickly so you can stop paying hundreds of dollars in interest every year.

INVEST YOUR MONEY AND SAVE FOR A RAINY DAY

Investing a little bit of money into a tax-free savings account (TFSA) allows you to earn interest, save faster for things you want, and hedge against future inflation. Having money in the bank means you can cover emergencies or top up your pay when your spending is higher than usual.

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Hope and inspiration are on the horizon

"I found the scene distinctly hopeful, to be honest," says Commissionaire Master Warrant Officer James Earl from the Contracts Security Specialist Office at CFB Esquimalt. "We are at the end of a long winter with lots of challenges and pressing issues, practically as well as metaphorically. The image was a wonderful counterpoint to those things. That there is, if you can look for it and be patient, always hope for change for the better."

"As a Commissionaire working for the Base for 15 years, it is good to have a reminder that challenges come and go, but it is healthy to keep an eye out for the positive."



The highest of the Canadian flags flown at Duntz Head on March 11 will be presented to General Wayne Eyre, the Chief of Defence Staff, upon retirement.
Photo: Master Corporal Nathan Spence, Maritime Forces Pacific Imaging Services

NAVAL WORD SEARCH

L A A B S U B M A R I N E R Q E F A N E
Y C H S T J K W U R M Z R W I D V C R E
N A O X I C U O A Q F K O M V S X J O L
G S D D V J N I X R N K K T X Q R C Y D
H U E G C D A F C C S I Y G I T U O A N
E Y N T I C V N H I Y H H D B A K R L E
L T E E W G A K R B K A I T P R W C C P
I Z M A L L S I Y L B A P Q G C V A O
C W F M V H C U I L I O P P Z T E J N O
O Y T W V W O K W N L E U R Z Z C G A P
P I E O D B M K I Q E B P V K C O B D Y
T C S R R D M O B A A U K I Z O Y S I N
E R A K V F U P D D D I H U X M E D A Z
R E I J Y U N Q W M E D M G P R F W N V
X W L T Q F I P W I R J C H D L S O N J
F W O D N F C O Z R S L V L H F I Y A F
F K R Z T D A E B A H N D T U Y Z B V S
L T Z N D P T A O L I X I E P Y B S Y X
C S V S I A O P J Q P S M G U O Q C T P
A W M I C N R I S B C U E J G Q B N J H

- 1. ROYAL CANADIAN NAVY
- 2. SUBMARINER
- 3. NAVAL COMMUNICATOR
- 4. HELICOPTER
- 5. TEAMWORK
- 6. WARSHIP
- 7. ADMIRAL
- 8. LEADERSHIP
- 9. SAILOR
- 10. CREW



March 11 Crossword Answers:

Across		Down	
6. ADMIRAL	11. CYCLONE	1. HALIFAX	4. HARRY
8. VICTORIA	13. KING	2. SEAMAN	5. FRIGATE
10. VENTURE		3. READY	7. ATLANTIC

Canada's food guide

Happy Nutrition Month 2024!

Prep time

8 min

Cook time

0 min

Servings

1

Learning how to transform foods into tasty meals and snacks can help you build a healthy eating pattern.

Prep a few jars of these [classic overnight oats](#) to fuel your busy week! Switch up the flavours throughout the week by adding different kinds of toppings, like frozen blueberries or bananas.

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

Recipe of the month: Classic overnight oats

Ingredients

- 85 mL (1/3 cup) lower fat plain yogurt
- 85 mL (1/3 cup) large flake oats
- 85 mL (1/3 cup) lower fat milk, unsweetened fortified soy beverage or water
- 2 mL (1/2 tsp) cinnamon
- 125 mL (1/2 cup) frozen strawberries

Directions

- In a medium-sized mixing bowl, whisk together all ingredients except strawberries. Spoon into a jar or container with a tight-fitting lid.
- Refrigerate for at least 4 hours, but preferably overnight before eating. Top with strawberries when ready to serve.

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

Reflections

on Operation Unifier ROTO 16

Master Corporal Keith Mayer (right), an infantry soldier from The 48th Highlanders of Canada in Toronto, was deployed on Operation Unifier Rotation 16 as part of Joint Task Force – Ukraine's United Kingdom Training Element.



— “ —
I chose the
infantry because
I wanted the
most challenging
job the Army
had to offer.

Major Christopher Daniel

Senior Public Affairs Officer,
Joint Task Force-Ukraine

“I’m so grateful to have been chosen to serve in this mission because I’m confident the training we’re providing the Ukrainian soldiers will have an impact on the battlefield in Ukraine as they defend their country’s sovereignty and freedoms,” said Master Corporal (MCpl) Keith Mayer.

An infantry soldier from The 48th Highlanders of Canada in Toronto, Mayer was deployed on Operation *Unifier* Rotation 16 as part of Joint Task Force – Ukraine’s United Kingdom Training Element (UKTE).

MCpl Mayer said the progression of the Armed Forces of Ukraine (AFU) trainees from the beginning to the end of the course was outstanding.

“I am confident what they are learning will increase their survivability and lethality,” he said.

The primary role of the infantry is to engage in ground combat, seize and hold ground and close with and destroy the enemy. Key components of the infantry are marksmanship and weapons drills, conducting fighting and reconnaissance patrols, and living in and fighting from defensive positions. What MCpl Mayer likes the most in the infantry is there is always a new skill or drill to learn as tactics and procedures constantly evolve.

“I had wanted to be in the military since I was young,” said MCpl Mayer. “Many members of my family have served in the military, and it always seemed like an exciting and rewarding career. I chose the infantry because I wanted the most challenging job the Army had to offer. I also enjoy being outdoors, being physically active and working with my hands.”

Operation *Unifier* was MCpl Mayer’s first international deployment. A couple of years ago, he was deployed domestically on Operation *Laser* to assist with COVID-19 relief in a long-term care home.

“My role early in the mission was to assist as a liaison between the Canadian and Lithuanian training elements. More recently though, I have been responsible for the training of a section of the AFU,” he said. “My experience working with the AFU has been very positive, they are hardworking and eager to learn. Some of the more experienced AFU members are also open to sharing their experiences from the frontlines which adds an even higher level of training value. It is also quite apparent the AFU members we are teaching are extremely grateful for the knowledge and skills we are providing them.”

MCpl Mayer’s advice for those aspiring to join the CAF is to show up with a positive attitude, put in a hundred per cent effort and be a team player.

“The infantry may not be for everyone but if you’re fit and mentally resilient then it may be the career for you. It will test your limits and push you farther than you thought possible,” he said.

CLASSIFIEDS

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. More information available at ascotlimo.co.

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Naval Combat Information Operator Sailor 2nd Class Course Graduation Ceremony March 1

Photo: Corporal (Cpl) Jay Naples, MARPAC Imaging Services, Esquimalt



Lieutenant-Commander Alex Johston (Left) and Petty Officer 2nd Class Steven Bueckert (right) present Sailor 3rd Class Y. Ha (center) with his course completion certificate.



Lieutenant-Commander Alex Johston (Left) and Petty Officer 2nd Class Steven Bueckert (right) present Sailor 3rd Class Y. Ha (center) with a Top Candidate certificate.



Lieutenant-Commander Alex Johston (Left) and Petty Officer 2nd Class Steven Bueckert (right) present Sailor 3rd Class Y. Ha (center) with a Top Candidate award



Lieutenant-Commander G. Oickle (left), Deputy Commandant Naval Fleet School Pacific, and Petty Officer 2nd Class Steven Bueckert (right) promote Sailor 3rd Class Y. Ha (center) to Sailor 2nd Class.



Lieutenant-Commander G. Oickle (left), Deputy Commandant Naval Fleet School Pacific, and Petty Officer 2nd Class Steven Bueckert (right) promote Sailor 2nd Class Y. Ha (center) to Sailor 1st Class.



Lieutenant-Commander Alex Johston (Left) and Petty Officer 2nd Class Steven Bueckert (right) present Sailor 3rd Class S. Rubio (center) with his course completion certificate.



Lieutenant-Commander Alex Johston (Left) and Petty Officer 2nd Class Steven Bueckert (right) present Sailor 2nd Class J. Thompson (center) with his course completion certificate.



Lieutenant-Commander Alex Johston (Left) and Petty Officer 2nd Class Steven Bueckert (right) present Sailor 2nd Class R. Wagle (center) with his course completion certificate.



Lieutenant-Commander Alex Johston (Left) and Petty Officer 2nd Class Steven Bueckert (right) present Sailor 2nd Class N. Proulx (center) with his course completion certificate.



Lieutenant-Commander Alex Johston (Left) and Petty Officer 2nd Class Steven Bueckert (right) present Sailor 1st Class A. Hockertz (center) with his course completion certificate.



Lieutenant-Commander Alex Johston (Left) and Petty Officer 2nd Class Steven Bueckert (right) present Sailor 1st Class M. Tadeja (center) with his course completion certificate.



Lieutenant-Commander Alex Johston (Left) and Petty Officer 2nd Class Steven Bueckert (right) present Sailor 2nd Class M. Giorgini (center) with his course completion certificate.



Lieutenant-Commander Alex Johston (Left) and Petty Officer 2nd Class Steven Bueckert (right) present Sailor 2nd Class M. Gaudette (center) with his course completion certificate.



Lieutenant-Commander Alex Johston (Left) and Petty Officer 2nd Class Steven Bueckert (right) present Sailor 2nd Class A. Osmond (center) with his course completion certificate



Lieutenant-Commander G. Oickle (left), Deputy Commandant Naval Fleet School Pacific, and Petty Officer 2nd Class Steven Bueckert (right) promote Sailor 2nd Class M. Gaudette (center) to Sailor 1st Class.



Lieutenant-Commander G. Oickle (left), Deputy Commandant Naval Fleet School Pacific, and Petty Officer 2nd Class Steven Bueckert (right) promote Sailor 2nd Class M. Giorgini (center) to Sailor 1st Class.



Lieutenant-Commander G. Oickle (left), Deputy Commandant Naval Fleet School Pacific, and Petty Officer 2nd Class Steven Bueckert (right) promote Sailor 2nd Class A. Osmond(center) to Sailor 1st Class.



Lieutenant-Commander G. Oickle (left), Deputy Commandant Naval Fleet School Pacific, and Petty Officer 2nd Class Steven Bueckert (right) promote Sailor 2nd Class N. Proulx (center) to Sailor 1st Class.



Lieutenant-Commander G. Oickle (left), Deputy Commandant Naval Fleet School Pacific, and Petty Officer 2nd Class Steven Bueckert (right) promote Sailor 2nd Class J. Thompson (center) to Sailor 1st Class.



Lieutenant-Commander G. Oickle (left), Deputy Commandant Naval Fleet School Pacific, and Petty Officer 2nd Class Steven Bueckert (right) promote Sailor 2nd Class R. Wagle (center) to Sailor 1st Class.

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