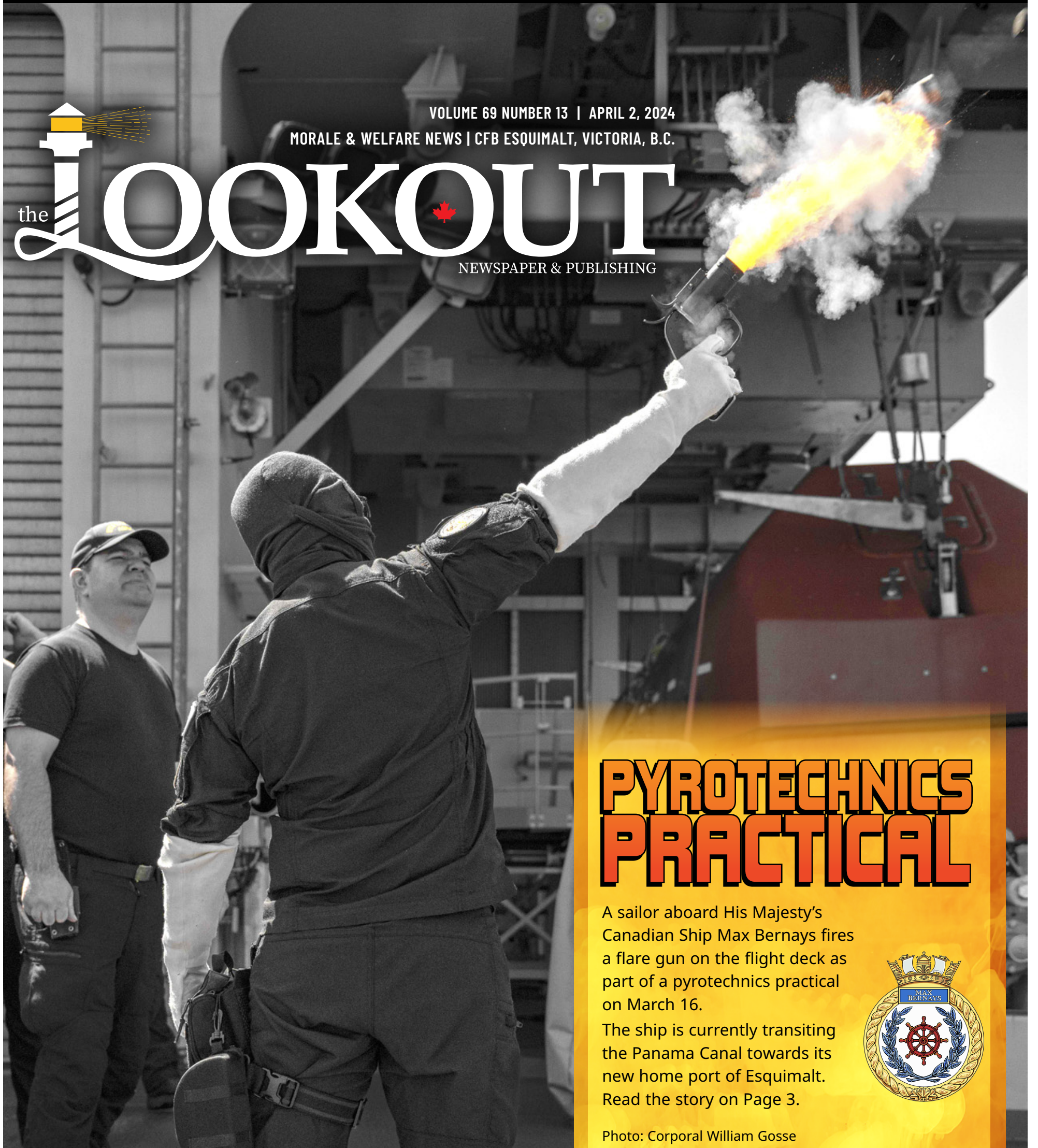


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MORALE & WELFARE NEWS | CFB ESQUIMALT, VICTORIA, B.C.

the LOOKOUT

NEWSPAPER & PUBLISHING



PYROTECHNICS PRACTICAL

A sailor aboard His Majesty's Canadian Ship Max Bernays fires a flare gun on the flight deck as part of a pyrotechnics practical on March 16.

The ship is currently transiting the Panama Canal towards its new home port of Esquimalt. Read the story on Page 3.



Photo: Corporal William Gosse

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SENTRY DUTY HONOUR:



Members of the National Sentry Program (rotation 7), stand together for a group photo next to the Tomb of the Unknown Soldier at the National War Memorial in Ottawa on Nov. 23, 2023. Photo: Corporal Jadin Gaudett, Canadian Forces Group

HMCS Discovery's sailor pays tribute at the Tomb of the Unknown Soldier

A/SLt Alexandre Khoury
MARPAQ PA

Standing guard at the Tomb of the Unknown Soldier at the National War Memorial in Ottawa is a great honour and privilege few military members receive. It is a remarkable task that involves strength and endurance.

As part of the National Sentry Program (NSP), the Canadian Armed Forces have had Sentries stand guard at the Tomb from Apr. 9 to Nov. 10, seven days a week, since 2014.

Sailor 1st Class (S1) Steven Wei of HMCS *Discovery* was pleasantly surprised to be chosen as one of two Naval Reserve representatives to participate in this year's NSP.

For almost one month, two hours a day, S1 Wei fulfilled his solemn duty of standing guard at the Tomb, where he and another member would be the center of attention and in full view of the public.

"Seeing friends and families of those who are serving or have served pass by to pay their respect, I felt proud to directly honor that service member," S1 Wei said.

While S1 Wei was on duty one day, the mother of Corporal (Cpl) Nathan Cirilo visited the Tomb. Cpl Cirilo lost his life in 2015 while on duty as a Sentry in the same place S1 Wei was now.

"It was at that point the significance of everything we were doing, where we were, and why we were doing it came together," said S1 Wei. "We were standing where he once stood, and he deserves to be honoured and remembered."

S1 Wei enrolled with HMCS *Discovery* in 2014 as a Naval Combat Information Operator. He served Canada worldwide with many ships on various deployments and exercises. Amidst the COVID-19 pandemic, he served as the In-Command and then as Second-in-Command on Operation *Laser*, assisting government entities such as Canada Border Services Agency with setting up COVID-19 testing sites. He is back at HMCS *Discovery*, where he serves as the Recruiting File Manager and Alternate Information Systems Administrator.

He has this advice for his fellow service members regarding the Sentry program: "I recommend putting your name forward for the program and getting the experience, even if it is just once," he says. "I gained a new perspective, appreciation and understanding of Remembrance Day after this opportunity."

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LIVING LIFE TO THE 'MAX'



Peter Mallett
Staff Writer

HMCS Max Bernays, the first Arctic and Offshore Patrol Vessel (AOPV) to call the West Coast 'home', is on a historic journey.

The ship's arrival in Esquimalt mid-April will mark the first commissioning of a Royal Canadian Navy (RCN) vessel on the West Coast in several decades.

Max is headed home with a crew of more than 85 sailors, above its standard capacity of 65. Lieutenant-Commander (LCdr) Clayton Erickson, the ship's Executive Officer, says this ensures proper knowledge transfer from the ship's East Coast-based crew.

"A large percentage of our West Coast-based crew are fully established with Max, with the remainder joining us upon arrival," Erickson said. "We will bid farewell to our East Coast team not long after arrival in Esquimalt."

LCdr Erickson says he and his crew are loving life aboard the AOPV, which is proving to be a great platform to live and work on.

Max began the four-and-a-half-week transit from CFB Halifax on Mar. 11. The journey takes it through the Panama Canal where it will travel to Esquimalt stopping at ports along the way. Getting Max ready for its sail was no small task.

The ship's company, Maritime Forces Atlantic shore units, and private sector contractors spent the fall and winter

months getting Max ready for its coastal transfer. This included a series of short work periods and two main at-sea programs in December and January.

LCdr Erickson says he and his crew are brimming with pride about delivering the Harry DeWolf-class vessel to the Pacific Fleet.

"Max is comprised of an incredibly talented and motivated group of sailors," LCdr Erickson said. "It is important to show as many Canadians as possible who we are and what we do to support Canada."

The AOPV will be in Vancouver on May 3 to participate in Fleet Week and conduct its commissioning ceremony. It will participate in Task Group Exercise (TGEX) 24 in the Strait of Juan de Fuca with Halifax-class frigates HMCS Vancouver

and HMCS Regina, and Kingston-Class Maritime Coastal Defence Vessels HMCS Edmonton and Yellowknife. Afterwards, Max will return to Esquimalt for a vital work period in preparation for a busy summer program, including participation in Rim of the Pacific (RIMPAC) 2024 exercises off Hawaii. The ship will then patrol the Western High Arctic North as part of Operation Nanook-Nunakput 2024.

The vessel is not the first AOPV to come alongside in Esquimalt. In October 2021, HMCS Harry DeWolf became the first RCN vessel in over 50 years to complete a transit through the Northwest Passage. It then arrived for port visits in Vancouver and Victoria before making the transit back to Halifax via the Panama Canal.



CPO Max Bernays. Credit: RCN

WHAT'S IN A NAME?

HMCS Max Bernays, the third Arctic and Offshore Patrol Vessel (AOPV) derives its name from Chief Petty Officer (CPO) Max Bernays, a Canadian Naval hero who served as Coxswain of HMCS Assiniboine in the Battle of the Atlantic during the Second World War.

During an attack by German U-Boat U-210 on Aug. 6, 1942, Assiniboine maneuvered in and out of fog, attempting to ram and sink the enemy submarine. With both vessels firing high explosive shells at close

range, a fire eventually engulfed the bridge and wheelhouse of Assiniboine. Surrounded by smoke and flames while steering the ship, CPO Bernays ordered two junior sailors to get clear, leaving him alone at the helm and trapped by the blaze as the enemy concentrated their machine gun and cannon fire on the bridge. With CPO Bernays at the helm, Assiniboine rammed and sank U-210, with his vessel suffering one fatality and 12 wounded. CPO Bernays was awarded the Conspicuous Gallantry Medal for his courage and devotion to duty during battle.

HMCS Max Bernays and the rest of Canada's AOPVs were created as part of the Canada National Shipbuilding Procurement Strategy. All *Harry DeWolf*-class vessels were named for Canadian sailors who exhibited outstanding leadership and heroism during wartime service to the Navy. Canada's other AOPVs are HMCS *Harry DeWolf*, HMCS *Margaret Brooke*, HMCS *William Hall*, *Frédéric Rolette*, and HMCS *Hampton Gray*.



HMCS Max Bernays alongside in Sept-Iles, Que in January. Photo: RCN



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PTSD: Confronting Intrusive Thoughts

Thomas Goenczi

Lookout contributor

After we encounter trauma, our mind tends to shoot up spontaneous reminders about the psychological damage.

Our mind then begins to work overtime with the barrage of thoughts that draws our internal gaze towards the trauma and its enduring influence on our lives. These thoughts withhold our capacity to focus on the present moment, which inevitably strains our relationship with our mind.

Resentment and betrayal toward the mind are expected when the thoughts persist with little to no reprieve from the trauma. Although invasive thoughts can feel diabolical because of how they evoke rumination and dread, they can also be a gateway to healing from the trauma.

When anxiety emerges, our mind equates it to something negative. This may feel true through a subjective lens. We all know the raw personal feeling of anxiety as it consumes our consciousness. Our body begins to rattle, and our mind quickly reinforces the physiological effect through narrow-minded justification. However, the anxiety born out of intrusive thought also can be used as an indicator to go deeper within and confront the matter.

We must inevitably challenge intrusive thoughts, or they will continue to have their way with us. They will dictate how we think about ourselves and shift our moods on a whim, lowering our resilience and confidence and ultimately creating a distorted

image of ourselves and who we would like to be. If we don't confront the intrusive thoughts, then we will live a life of fear, seemingly afraid of every moment, anticipating the disturbing thoughts to come around the corner and disturb our reality.

To confront our intrusive thoughts doesn't necessarily mean to push back on them. They tend to push back even harder when we are too forceful to resist these thoughts. This is a prevalent scenario where we try to suppress these thoughts by either feverishly thinking of other things or using all our psychic might to tell the thoughts to 'leave us alone'. Sure, this is a type of psychological confrontation, but it is haphazard and often prolongs our capacity to move through and past the trauma.

So, what does genuine confrontation look like with trauma-based intrusive thoughts?

It is a surrendering to the thoughts and using the energy – the anxiety – that comes from the thoughts to express them tangibly. To surrender to these thoughts almost seems counterintuitive, but they seemingly get worse when we resist. In some sense, we must accept our fate and raise the white flag to the intrusive thoughts. This allows for an authentic inner dialogue, and most importantly, it sets the parameters for a negotiation with one's mind. Once we relinquish the tension we've created, the power of these thoughts dials back. This gives us the space to work *with* the intrusive thoughts.

But how do we express and honour these thoughts?

One way is to externalize a written dialogue with these thoughts. A creative way to do so is to use our imagination to personify these thoughts and associate an image with them. When we do this, we create a relational element to the thoughts.

For example, envision your intrusive thoughts as a blazing fire and open up a dialogue with it. This might seem strange initially, but it is essential to remember that this is a creative form of confronting these intrusive thoughts. A great place to start is asking the anthropomorphized association, 'What do you want?' and waiting for a response. It is vital to let this process flow and see where it may take you. The point of this method is to create a way to interact with these thoughts that doesn't push them away but engages them.

This, of course, is only one way we can express and honour our intrusive thoughts. We can draw, paint, dance, sculpt, or engage in any other creative format to confront these. What is vital is to find your way and commit to working alongside your intrusive thoughts to start moving through your 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.



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VICTORY ON ICE:

CANSUBFOR claims championship in thrilling overtime win

Team CANSUBFOR battled hard on March 13 against the Naval Fleet School (Pacific) (NFS(P)) team in a thrilling overtime win, securing the 3v3 Intermural Hockey Championship title for 2024. The team felt great support from all CANSUBFOR, many of whom came out to cheer on the team on their path to victory.

The Klaxon replaced the goal horn—a nod to the traditional submariner horn—and the Jolly Rogers and Submarine Dolphin flags were on full display. The entire team, united in their efforts, worked hard and hustled every shift. Sonar Operator Sailor First Class Nathan Bisson was the MVP with the overtime goal, but it could have easily been any number of players or the goalie, who made several huge saves throughout the game.

The team wore the HMCS Chicoutimi jerseys, the same ones used for many seasons in the Chris Saunders Memorial Tournament in memory of Lieutenant (Navy) Chris Saunders, who lost his life in the HMCS Chicoutimi fire while operating off the UK.

A heartfelt thank you to the Personnel Support Programs team for their meticulous organization, the arena staff and management for the top-notch facilities and great ice, and the officials for generously donating their time.

The team looks forward to seeing HMCS *Corner Brook's* crest painted on the ice next season to celebrate their championship.

With files from CPO2 Michael Tibbetts



MVP Sailor First Class Nathan Bisson

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Bravo Zulu!



HMCS Venture

awards at the Nixon Drill Hall, Work Point, on March 1.

Photo Credit: Cpl Tristan Walach, MARPAC Imaging Services, Esquimalt, BC

THE ESPRIT DE CORPS AWARD:



Presented to Master Sailor Frederick Daigle by Chief Petty Officer 1st Class Derek Dawson.

ETHOS AWARD:



Presented to Master Sailor Zachary Barnes by Chief Petty Officer 1st Class Andre Aubrey.

Certificates for successful completion of the Primary Leadership Qualification Course (PLQ 0621) were presented by Rear-Admiral Christopher Robinson, CD, Commander, Maritime Forces Pacific to the following:

- | | |
|--------------------------------------|---------------------------------|
| Master Sailor Zachary Barnes | Master Sailor James Lawrence |
| Master Sailor Tim Bee | Master Sailor Haley Leclair |
| Master Sailor Marcus Bryant | Master Sailor Tommy Mailloux |
| Master Sailor Jerome Calayag | Master Sailor Garret Meulblok |
| Master Sailor Sean Crilly | Master Sailor Kevin Munro |
| Master Sailor Frederick Daigle | Master Sailor Tai Ngo |
| Master Sailor Gabriel Daigle | Master Sailor Carmen Pham |
| Master Sailor Jonathan Evans | Master Sailor Jennifer Ringor |
| Master Sailor Nelson Holland | Master Sailor Brooks Robinson |
| Master Corporal Matthew Keithley | Master Sailor Warrick Rolfe |
| Master Sailor Khye Krolikowski | Master Sailor Emerson Rosales |
| Master Sailor Francis Lacoursiere | Master Sailor Ben Warren |
| Master Sailor Jonathan Lafleur-Blais | Master Sailor Khorpong Zilligen |

TOP DRILL AWARD:



Presented to Master Sailor Frederick Daigle by Petty Officer 1st Class Pat McKernan.

TOP STUDENT AWARD:



Presented to Master Sailor Nick Raymond by Chief Petty Officer 1st Class Arvid Lee.



Bravo Zulu!



Presented by Commandant,
Commander Meryl Sponder



Petty Officer 1st Class Jamie Van Delft promoted to Chief Petty Officer 2nd Class with Division representative, Lieutenant (Navy) Andy Lee.



Sailor 3rd Class Nicola Brault promoted to Sailor 2nd Class with Division representative, Petty Officer 2nd Class Dorothy Aird.



Master Sailor Jonathan Lindberg receives Canadian Decoration.



Sailor 1st Class Jordan Emmerson receives Special Service Medal.



Sailor 1st Class Tyson Scott receives Special Service Medal.



Sailor 3rd Class Cameron Allan receives Special Service Medal.



At Top Back rail: Commander Meryl Sponder, Chief Petty Officer 1st Class Stan Budden (Naval Fleet School (Pacific) Cox'n). Stairs from top to bottom: Sailor 3rd Class Cameron Allan, Sailor 1st Class Tyson Scott, Sailor 1st Class Jordan Emmerson, Master Sailor Jonathan Lindberg, Sailor 2nd Class Nicola Brault, Chief Petty Officer 2nd Class Jamie Van Delft.

RCAF CENTENARY GALA EVENT

Saturday, April 6

BC Aviation Museum, 1910 Norseman Road, North Saanich



The official birthdate of the Royal Canadian Air Force (RCAF) is Apr. 1, 1924.

In recognition of the 100th anniversary of the birthdate of this incredible military institution, the British Columbia Aviation Museum will host a black-tie gala event with over 220 attendees, including many several iconic former members of the RCAF.

The guest of honor will be Lieutenant-General Eric Kenny (Commander of the RCAF), with General (Ret'd) Ray Henault (former Chair of the North Atlantic Council and former Chief of Defence Staff) as the event Patron.

The guest speaker will be General (Ret'd) Tom Lawson (former Chief of Defence Staff). The recently acquired CF-104 Starfighter will provide a spectacular backdrop to the dinner event, with music and entertainment being provided by a quintet from the Naden Band as well as the 443 (Maritime Helicopter) Squadron's very own Pipes and Drums troupe.

Questions or requests for interviews can be directed to
BGen (Ret'd) Greg Matte: greg@gcpsolutions.ca, (236) 969-1444

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Fardous Hosseiny

President and CEO,
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The Atlas Institute's research is driven by a commitment to mental health equity and is informed by the seven domains of well-being, which include the social determinants of health. We design our research projects so that they answer the questions that matter to veterans and their families.

At the Atlas Institute for Veterans and Families, we engage both Canadian Armed Forces (CAF) and Royal Canadian Mounted Police (RCMP) Veterans and Family members in our research efforts because we believe listening to expertise stemming from experience improves the research and helps to create different and better outcomes for the community.

People with lived experience and expertise help guide researchers in identifying issues and prioritizing them for those affected. This not only helps with identifying questions and the aims of the research, but it also supports the identification of practical implications and offers potential future research directions.

There are many opportunities for veterans and their families to participate in our ongoing studies. Our current projects include appraising the evidence for peer support, creating a sound measure of moral injury, and assessing the prevalence of intimate partner violence in military and veteran families.

Whether we are leading studies or supporting our research partners in their endeavours, the Atlas Institute aligns research efforts with what veterans and their families tell us are their unique mental health care and treatment needs.

As we look towards the future, we are recruiting CAF and RCMP veterans and family members who might find themselves interested in sharing their experiences as part of our current studies.

Your experiences matter. They matter to you personally, and your knowledge and wisdom matter to others facing the same issues. If sharing your personal experiences as part of ongoing research

speaks to you, we would ask you to visit our website to find out more information on how to get involved at atlasveterans.ca/recruiting-studies.

Arthur Conan Doyle, crime writer and creator of Sherlock Holmes, once wisely said, "It is a capital mistake to theorize before one has data". The truth in this statement is that data will guide us toward the answers we seek. At the Atlas Institute, we conduct research for precisely that reason, and we intentionally engage with people who have lived experience to help guide our research. This first-person knowledge is the key to those answers.



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RCN rowers get "Great Eights" experience

Peter Mallett
Staff Writer

A team of women's rowers from CFB Esquimalt celebrated their fifth-place finish at the Elk Lake Spring Regatta as if it were a victory.

The eight military members completed the regatta's Masters Sprints 8s competition on March 3, finishing at 5:46.86 on the 1,000m course against a field of four other teams.

The results were well-received when the team arrived dockside, says Acting Sub-Lieutenant (A/SLt) Erin Steele, their coach.

"Competing in this race was a major accomplishment for the crew who hadn't touched an oar before February," explained the Naval Warfare Officer of HMCS *Venture*. "We knew we were up against experienced athletes going into the competition, so our goal was to gain valuable racing experience and that was achieved."

A team from the Victoria City Rowing Club won the race with a time of 3:51.04.

A/SLt Steele has years of experience as a competitive rower and knows it takes patience and persistence to build a winner. She previously competed for the University of San Diego and the University of Oklahoma and coached rowing at Queen's University before joining the Canadian Armed Forces.

CFB Esquimalt's participation in the regatta was made possible by the Learn-to-Row program, funded by the Canadian Armed Forces Women in Sport initiative. The group of ten trained for five weeks with other military members of the Gorge Narrows Rowing Club's Masters Cohort.

A/SLt Steele says the program aimed to increase women's participation in sports, provide

a team-building experience, and boost the morale of military personnel.

"The overall goal of the Learn-to-Row program is to help the participants continue to develop their familiarity with the sport and to also lead a healthy lifestyle," said Steele. Rowing is unique as it is a late-acquisition sport and can be picked up at any time. It is also an incredible outdoor experience that offers a social outlet and low-impact exercise to support cardiovascular health."

Corporal (Cpl) Erika Moore, Financial Services Assistant at the Base Orderly Room, another team member, had previous experience as a canoeist in B.C.'s central interior but thoroughly enjoyed her first rowing experience.

"I really felt the energy of my teammates," she said. "I could not stop smiling in training as we made our way up and down the Gorge Narrows during each practice session and our coach A/SLt Steele was instrumental in our success, and constantly provided valuable learning points."

In the future, A/SLt Steele and Cpl Moore hope to receive official club status through Personnel Support Programs (PSP) and form their own rowing club. The interest is there, A/SLt Steele says, noting she recently fielded more than 60 emails from female members expressing specific interest in the Learn-to-Row program. Equipping a rowing club or team with its own gear does not come cheap—A/SLt Steele says rowing shells and equipment can range between \$10,000 and \$80,000, depending on the boat and its condition.

Despite the cost, she believes the recent success and interest in rowing at CFB Esquimalt is too great to ignore.



Rowers from CFB Esquimalt participate in the Masters Sprints 8s competition thanks to the Learn-to-Row program.



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Whether you have investments at the bank or with a financial advisor - or even if you handle your investments yourself - this is a great time to get an expert second opinion. Here's why:

Your investments might have changed

The investments you selected months or years ago may look different now. Managed investments, like mutual funds, frequently change, such as updates to their investment style or portfolio management team. You won't necessarily be informed about these updates, and an expert second opinion can help you identify any changes that deserve your attention.

Even if your investments haven't changed, the economic and market environment certainly has. For example, investments that made sense during the record-low interest rates of a few years ago may be less attractive today. There might also be new opportunities, such as introducing the First Home Savings Account (FHSA). A second opinion can help make sure you're not missing anything valuable.

You might have changed.

When life changes, so does your financial picture. If you've been posted or deployed, released, married or divorced, had a child, or experienced any other significant life change, it's a good time to update your financial plan and investment strategy. You might have new goals, risks, and opportunities to think about.

Even if there haven't been any significant changes, things can change just as a result of moving through the stages of life. For example, you might focus on maximizing long-term growth earlier in your career. As you get closer to big goals, including retirement, you should take less risk. As you transition into retirement, you'll want to ensure that your personal investment choices work with your CAF pension.

You could be missing opportunities.

An expert second opinion from a SISIP Financial advisor can uncover opportunities that aren't obvious when you have your investments on cruise control. Here are some examples:

- Could you be saving tax? There are many tax-advantaged investment accounts that you could potentially be using, including a Registered Retirement Savings Plan (RRSP), Tax-Free Savings Account (TFSA), Registered Education Savings Plan (RESP), Registered Disability Savings Plan (RDSP), and First Home Savings Account (FHSA). An expert second opinion can help ensure you make the most of each of them.
- Could you be missing out? Life gets busy, and sometimes things simply slip through the cracks, whether it's forgetting to make tax deadlines or failing to put all your available money to work for you. There could also be a chance to update or rebalance your portfolio to help ensure you aren't overlooking risks or opportunities. An expert second opinion can help close any gaps.
- Could you be planning smarter? Financial planning as a CAF member involves several special considerations, including how and when you get paid, potential income adjustments, and the CAF pension. An expert second opinion can help you keep everything running smoothly.

If you've never sat down with a SISIP Financial advisor, there's one more thing you should know: we're part of the CAF community! We exclusively serve CAF members, veterans, and their families across Canada on bases and wings.

When you sit down with us for an expert second opinion on your investments, we'll run all the numbers but never treat you like a number. We care about our people and are here to help you and your family build wealth and achieve lasting financial security.



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



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Reach out to Kate at
kateryna.bandura@forces.gc.ca

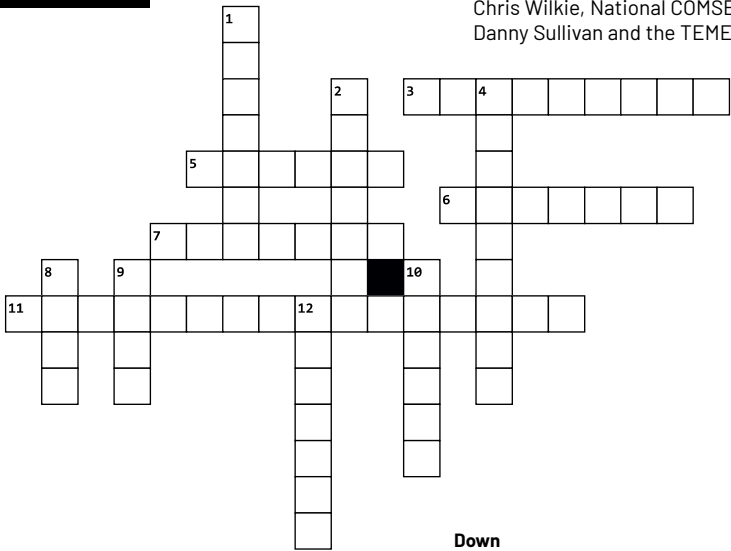
All opportunities are volunteer.



CROSSWORD

HARD

Recent Winners:
Chris Wilkie, National COMSEC Services
Danny Sullivan and the TEME team



Across

- 3. Another term for "Halifax-class frigate".
- 5. Which naval officer was the first Canadian to reach the rank of Admiral in the Royal Canadian Navy?
- 6. A Flower-class corvette that was torpedoed and sunk by a German U-boat off the coast of British Columbia on Aug. 21, 1944, resulting in the loss of 59 crew members.
- 7. Canadian Navy's largest class of surface combatants
- 11. What was the original motto of the Royal Canadian Navy before it was changed to "Ready, Aye, Ready"?

Down

- 1. Location of an Oberon-class submarine-turned museum that served in the RCN and later the Canadian Forces Maritime Command.
- 2. Name of the Damage Control Training Facility in Colwood
- 4. Term for a sailor who has crossed the Equator.
- 8. The Royal Canadian Navy's official color
- 9. 75th Anniversary of which Organization will be marked on April 4th, 2024?
- 10. What is the nickname of the naval reserve component of the Royal Canadian Navy?
- 12. Which Canadian Navy vessel was famously lost in a collision with the Swedish ship MV Imo in 1917?

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 by end of day, April 15, 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 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-AscotLimousine 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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\$2,195/MONTH - RENOVATED 2 BDRM in Esquimalt Top-floor, corner suite in a serene, adult-oriented building. Prime location near Esquimalt Plaza, gym, library, Naval base, and downtown Victoria. New carpets, fresh paint, updated bathroom, and

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ESQUIMALT PLAZA AREA, Available now 2 Bedroom late 50s building, suite approx 850 sq feet, 2nd floor private entrance, in 4 unit building, views of the Olympic range from living room, oak floors though the main living spaces, hot water heat included. Parking for 1 vehicle, coin laundry access from back door of the apartment to common area and back entrance. Rent below market at \$2,000. per month. Call 250-686-8090 9 a.m. to 6 p.m. Often available to make appointments to show weekends.

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NAVY RUN

5 KM WALK OR RUN /
MARCHE OU COURSE DE 5 KM
10 KM RUN / COURSE DE 10 KM
KIDS RUN / COURSE DES ENFANTS

COURSE DE LA MARINE

22 JUNE / JUIN 2024

REGISTRATION FEES

IN PERSON - 5 KM & 10 KM

Mar. 31 – Jun. 14

\$34.65 – Active and Retired Military
and Dependants
\$39.90 – DND/NPF Civilians
and Dependants
\$45.15 – General Public

LATE REGISTRATION - 5KM & 10KM

Can only be done at Race Package pick up

\$44.65 – Active and Retired Military
and Dependants
\$49.90 – DND/NPF Civilians
and Dependants
\$55.15 – General Public

VIRTUAL - 5 KM & 10 KM

Nov. 05 – Mar 31 \$36.75
Apr 01 – Jun. 14 \$40.00

VIRTUAL AND IN-PERSON
KIDS RUN

Registration not required for the Kids Fun Run, however, go online to purchase your technical t-shirt.

CHILDCARE

Back by popular demand! Childcare is available for the main event for children 2yrs+. Pre-registration required.

FRAIS D'INSCRIPTION

EN PERSONNE - 5 KM & 10 KM

31 mars - 14 juin

\$34.65 – Militaires en activité et retraités
et personnes à charge
\$39.90 – Civils du MDN/FNP
et personnes à charges
\$45.15 – Grand public

INSCRIPTION TARDIVE - 5KM & 10KM

Uniquement lors du retrait du dossier de course

\$44.65 – Militaires en activité et retraités
et personnes à charge
\$49.90 – Civils du MDN/FNP
et personnes à charges
\$55.15 – Grand public

VIRTUELLE - 5 KM & 10 KM

05 nov. - 31 mars \$36.75
01 avril - 14 juin \$40.00

VIRTUELLE ET EN PERSONNE
COURSE DES ENFANTS

L'inscription n'est pas nécessaire pour la course amusante, cependant, inscrivez-vous en ligne pour obtenir votre t-shirt technique !

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