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FORMATION FUN DAY

Captain (Navy) Kevin Whiteside, CFB Esquimalt Base Commander, takes a spin with Peri, the Personnel Support Programs Hero In Training mascot, at Formation Fun Day on Sept. 7. More on Page 10 & 11.

Photo: Sergeant Malcolm Byers, MARPAC Imaging Services

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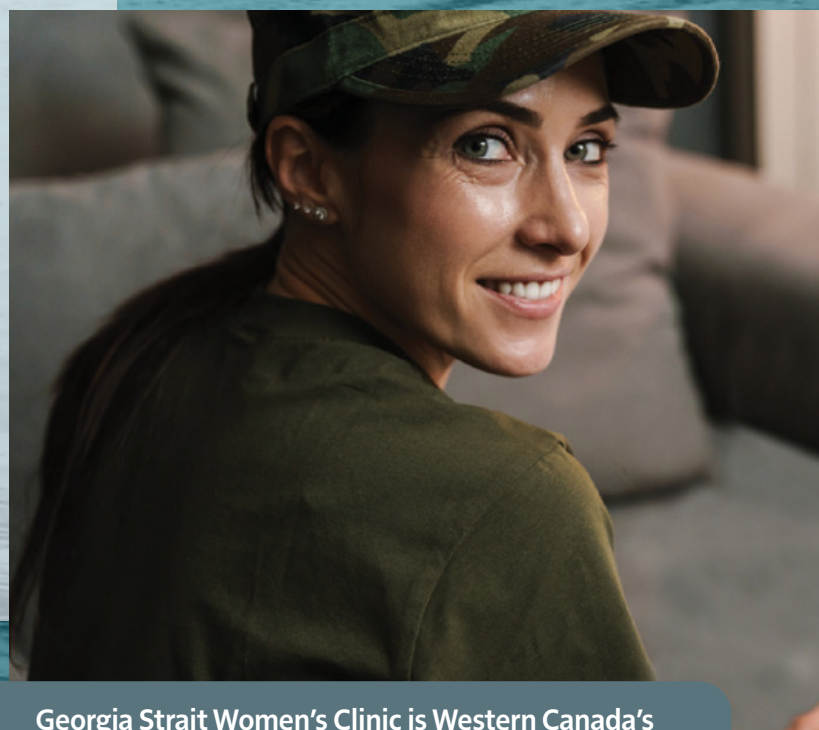
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National Day for Truth & Reconciliation



The DAG Connection

September 30, the National Day for Truth and Reconciliation, honours the Indigenous people affected by residential schools: the survivors, the children who never made it home, the families and the communities.

There were 140 federally-run residential schools in Canada between 1867 and 1996. The Truth and Reconciliation Commission provided the opportunity for those affected by the schools to tell their stories then created a report detailing 94 calls to action. Truth and Reconciliation Day is Call to Action 80: a federal statutory day of commemoration. The government of Canada is working closely with provinces, territories, First Nations, the Metis Nation, Inuit groups and church entities to implement the calls to action. This day is an important part of the reconciliation process. To commemorate it, we can acknowledge the struggle that Indigenous people have gone through, and are still going through because of residential schools: by wearing orange shirts, taking part in the events held on the day, and learning more about what residential schools were.

To learn more about residential schools, No Child Left Behind, Truth and Reconciliation Day and the meaning of orange shirts, there are numerous books and movies written and produced by Indigenous creators

A FEW OF THE MANY BOOKS WRITTEN BY INDIGENOUS AUTHORS ABOUT TRUTH & RECONCILIATION AND RESIDENTIAL SCHOOLS:

- *Indian Horse* – Richard Wagamese
- *Five Little Indians* – Michelle Good
- *The Education of Augie Merasty* – David Carpenter & Joseph Auguste Merasty

FOR CHILDREN:

- *Shi-shi-etko* – Nicola I. Campbell, illustrated by Kim LaFave
- *Fatty Legs* – Christy Jordan-Fenton & Margaret Pokiak-Fenton, illustrated by Liz Amini-Holmes

DOCUMENTARIES AND MOVIES:

- *Indian Horse* – found on Netflix, Amazon Prime, YouTube, Crave, Apple TV and Google Play
- *Bones of Crows* – found on CBC Gem, Apple TV, YouTube, Amazon Prime, and Google Play
- *Sugarcane* – found on Disney+





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PTSD: Nature & Nurture on Trauma-Based Addiction

Thomas Goenczi

Lookout contributor

Addiction born out of trauma is devastating for the psyche. Everyone's path to addiction is unique. No story is ever the same. Sure, we can concede some generalizations in the form of similar forms of trauma i.e. childhood trauma, sexual abuse, life-threatening illness, natural disasters/major events. However, another piece of the trauma and addiction puzzle is where we are with our psychic development at the time of the tragedy. In other words, what was our ego's capacity to handle such a critical event?

We all have patterns born into us. A good representation of this is how we all have our unique genetic code in our DNA. Research has suggested that genetics plays a significant role in people who suffer from addiction. Estimates indicate that 40 to 60 per cent of addiction is correlated in a hereditary fashion. Essentially, one's genetic predisposition can be an indicator when trying to find insight as to why one may choose the path of addiction.

Even with these noteworthy nature-based estimates, our environmental factors offer their pieces to the puzzle. How we are nurtured and how the world interacts with us is a vital element to one's addiction story. Factors such as family dynamics, the conscious and unconscious intake of other's psychological patterns and how they coped all bump us down the path of addiction.

When addiction and trauma collide, it is often the perfect storm of a genetic predisposition, a lack of meaning in life/inability for meaning-making, faulty coping, and a stubbornness toward change. This all mixed in with the mental, emotional, and physical anguish that comes with enduring a traumatic experience and it begins to make sense why we cauterize the wound through addictive behaviours.

When we are in the depths of addiction, we are in the pursuit of something beyond the act itself. Recklessly, we engage in an interminable cycle that leaves us stunted and eternally scarred. Our indifference to our trauma pulls and pushes our psyches into a rigidity that makes us believe that we no longer have autonomy.

Our ego doesn't know how to manage

and process the trauma.

What our nature is and how we were nurtured in our life matters when it comes to our reaction to our trauma. However, trauma is merely a juncture in one's path. It happened, but what do we choose to do after the fact? These are the remaining pieces to the puzzle; our action forward and what we choose to become.

To come out on the other side of trauma-based addiction is a hero's journey. It leads us to growth and a deeper understanding of who we are and what we are truly capable of. We rise above the pattern and start living again.

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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Padre Lt(N) Gregory McMullin
Reserve Chaplain, CFB Esquimalt

As a Chaplain in the Reserve Force, when given the opportunity to serve during the summer months at CFB Esquimalt, I have not been able to refuse. After all, who wouldn't jump at the chance to bask in an area world-renowned for its breathtaking scenery. Undeniably, there is reason why the slogan, "Beautiful British Columbia," is touted. That was, initially, the lure for me to spend a few weeks in July at Esquimalt.

Shortly after I arrived, however, I soon realized that I had received much more than I had bargained for. Besides landing in a place of such outstanding natural beauty, I was deeply impressed by how quickly and thoroughly I had been assimilated into the chaplaincy team – in no way made to feel like a second-class 'Reserve Chaplain'.

Three years later, that experience for me has not changed. Consistently, each year, under the leadership of the Acting Formation Chaplain, Major Daniel Walton and with the ongoing peer support of the team members, I have been fully immersed in the duties of Base/Fleet Regular Force Chaplaincy. This opportunity has not only enabled me to hone my skills as a Chaplain, but it has also served as a clear indication of my being embraced as a valued member of the team.

I am grateful for having been given the trust to serve as an equal full colleague in a myriad of ways: exercising a ministry of presence on docked ships and base offices; standing alongside of a Commanding Officer (CO) bearing tragic news to the members of their units; offering words of counsel to a member distraught by the strains of his/her job on family life; leading in prayer at a Change of Command Ceremony; or, more especially, being entrusted with Chaplains' 24-7 Duty Phone.

As a Reservist, there can be no greater trust given and no steeper learning curve experienced – providing urgent chaplaincy support for our members and their families, whether it be dealing with the devastating fallout of death, trying to sort out emergency accommodations, Next-of-Kin notifications, counseling, or whatever else the call might require.

In closing, I want to say what an amazing privilege it has been, and continues to be, to serve as a Reserve Chaplain in the CAF. I am deeply thankful for the support of my unit CO, Commander Tom Watts, including members of my Ship's Company, HMCS *Brunswicker*, and, for the ongoing open-door of welcome extended by Padre Major Daniel Walton and the Esquimalt Chaplaincy team. The experience, for me, has confirmed that as CAF Chaplains, whether Regular Force or Reserve, we are indeed, *one team, one Force*.

"Alone we can do so little; together we can do so much."
~Helen Keller



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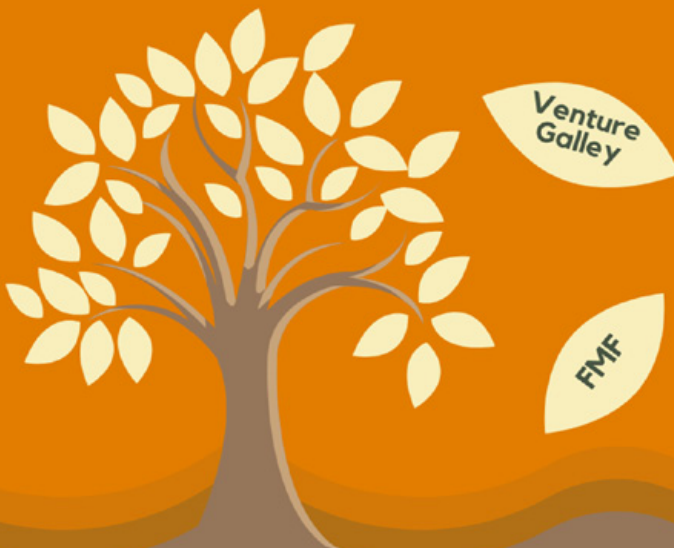
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In honour of the National Day for Truth & Reconciliation on September 30th

TRUTH & RECONCILIATION REFLECTION TREES

Stop by one of the three Reflection Trees during the month of September to respectfully share and explore ideas surrounding Truth and Reconciliation. This is a wonderful opportunity to contribute to our ongoing dialogue and efforts in these important areas.



Brought to you by the MHWS Mental & Social Wellness Working Group in collaboration with the Defence Indigenous Advisory Group and the FMF Health & Wellness Committee

Healthy Workplace Month Events

📅 **OCTOBER 2024**

WED 02	MILITARY MORNING COFFEE AT THE ADMIRAL'S Drop in at the Admiral's Residence for coffee and snacks! Time: 0900-1100
OCT 8 & 10	HARBOUR CLEANUP Hop on a seatruck and come explore the harbour while we work to keep it clean! Time: 0900-1200. To register email: jessica.wyllie@forces.gc.ca
TUES 15	NOON HOUR TAI CHI Drop in at the Chief and POs - Rainbow Room for an intro tai chi class. Everyone is welcome. Time: 1205-1250
WED 16	NOON HOUR SOUNDBATH Drop in at the Chief and POs - Rainbow Room for a relaxing soundbath. Yoga mats will be provided. Everyone is welcome. Time: 1205-1250
THURS 17	TERRARIUM BUILDING WORKSHOP Build your own terrarium with help from VI Plant Shop at the Naden Athletic Centre. Time: 1205-1250. To register email: jessica.wyllie@forces.gc.ca
FRI 18	MINDFUL MOVEMENT CLASS Drop in at the Naden Athletic Centre for an intro to mindful movement yoga class. Everyone is welcome! Time: 1205-1250

For more information on any of the upcoming events or to register email: jessica.wyllie@forces.gc.ca

TRUTH & RECONCILIATION

B.C. Events & Resources

Events:

CEDAR WEAVING WORKSHOP

Saturday, Sept. 28 | 9:00 am - 5:00 pm

National Truth & Reconciliation: Cedar Weaving Workshop

A very special opportunity to learn the traditional Indigenous art of cedar-hat weaving with Jessica Sault, Nuu-chah-nulth from the Tseshaht First Nation, and Cheyanne Tinoco from the Cowichan Nation. Register at aggv.ca

DRUM-MAKING DEMONSTRATION & TEACHINGS

Sunday, Sept. 29 | 12:30 - 3:30 pm

Join Coast Salish artist, Virgil Sampson, as he shares teachings on drum practices as well as traditional and contemporary techniques in the sphere of drum making. Register at aggv.ca

THIRD ANNUAL SOUTH ISLAND POW-WOW

Songhees Nation at Royal Athletic Park, 1014 Caledonia Ave. Sept. 30 | 10:00 am, Grand Entry at noon. FREE

The event honours and recognizes Survivors of residential and day schools and their families, the Sixties Scoop and the children who never made it home. It features Indigenous cultural performances, song and dance with host drums, Smokey Valley & Wild River, along with guest speakers.

SNIWWOC TRUTH & RECONCILIATION GATHERING

KWENCH 2031 Store St. | Sept. 30 | 5:30-7:30 pm FREE

SNIWWOC hosting annual T&R event for an evening of education, togetherness, and remembrance for Truth and Reconciliation

JOIN FIRST NATIONS ARTIST, CHRISTINE MACKENZIE,

Monday, Sept. 30 | 1:00 pm, 2:20 pm and 3:45 pm

Place des Arts—1120 Brunette Ave, Coquitlam

Join First Nations Artist, Christine Mackenzie, for a free, public event on National Truth and Reconciliation Day

Resources:

Orange Shirt Day online

Orangeshirtday.org

National Centre for Truth and Reconciliation

nctr.ca

Truth & Reconciliation Commission of Canada

<https://bit.ly/3X03FFg>

Reconciliation Canada

reconciliationcanada.ca

Yellowhead Institute

yellowheadinstitute.org

150 Acts of Reconciliation—Active History

activehistory.ca

On Canada Project

Native-Land.ca

How art helps embrace Indigenous roots

Kate Bandura
Lookout Contributor

As Canada prepares to observe National Truth and Reconciliation Day this September, we reflect on the intertwining of Indigenous heritage and military service through the story of one remarkable family.

The Byrnell family's military ties run deep. Wes Byrnell, a decorated veteran who served in the Canadian Armed Forces for 33.5 years, left a lasting impact on the Canadian Armed Forces (CAF) and the field of athletic therapy. His wife Doreen Laurent served in the Women's Division of the Royal Canadian Air Force (RCAF), known as the "WAFs" (Women in the Air Force) and Wes's daughter Carrie Byrnell Kohan joined the Victoria Air Cadets 89th Squadron from ages 13 to 16.

However, beneath this military life lay a hidden Indigenous heritage.

Carrie's mother, a Métis woman and former member of the Women's Division of the Royal Canadian Air Force (RCAF), known as the 'WAFs', represents a powerful intersection of these two worlds.

"Our heritage goes back to King Louis XIV in France," Carrie explains, tracing her genealogy to 1671 when her ancestor Marie-

Antoinette Lefèbvre (Limousin) sailed by herself from Bordeaux France to Quebec, as an 18-year-old Filles du Roi. The family tree is rich with entries of French-Indigenous marriages, though many Indigenous names were simply recorded as 'Jean Francois married Indian', without any further identification of who the native woman was or where she came from.

The impact of residential schools looms large in this family's history. Carrie's mother Doreen was taken away from her family and was placed in a residential school at just three years old. Once released, Doreen never spoke of her Native background again.

"The native culture was beaten out of them, so my mom pretended to be non-native for the rest of her life once she was freed," Carrie explains. "But I believe the military provided a sense of safety and community for my mother after her difficult childhood in residential schools." It was while working in a military hospital that her parents met, leading to a 'military wedding' that symbolically united Indigenous culture with military life.

It wasn't until her mother's death that Kohan discovered her own Indigenous background at age 40, a revelation that explained her lifelong affinity for Native culture and art.

Despite this concealed heritage, Indigenous influences were present throughout Carrie's life. Growing up on military bases, she found herself drawn to Native communities, often being the only 'Caucasian-looking' girl who played baseball on the local reservation.

"I had an affinity for native artwork long before I understood why," Carrie adds. "It was like an inner calling that I couldn't explain."

This connection to Indigenous art forms a significant part of Kohan's identity and family history. Her father was a talented cartoonist in the military, a skill that was passed down to Carrie's brother Tom Byrnell as well. Tom was a cartoonist for Reader's Digest and Victoria's Monday Magazine back in the 1980s. This artistic inclination, Carrie believes, was influenced by their Indigenous heritage.

"We were all artists in our family," she says. "And now I understand that our artwork was deeply influenced by our Native culture, even when we weren't aware of it."

This artistic inclination has been passed down to the next generation. Carrie's eldest daughter, Nakita Kohan, has embraced their Indigenous heritage through music. Nakita has performed at the Truth and Reconciliation National Event, the Provincial

Louis Riel Day celebrations, and she's hosted three Indigenous Day events in Alberta so far, using her voice to keep cultural traditions alive. Carrie's youngest daughter Amelia, has also used her talents to focus on fundraising for the homeless with the Kohan Family's initiatives.

Carrie and Nakita even co-wrote a song together called *The Prayer Song* when Nakita was only 12 years old. Blending their shared artistic talents with their Indigenous heritage. This song, which Nakita performs, has become a powerful expression of their cultural identity and has played on 77 radio stations across Canada.

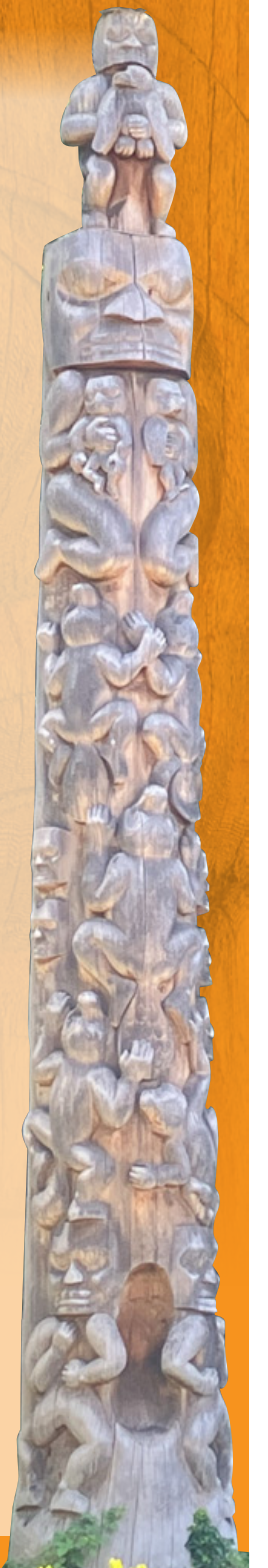
Today, Carrie sees her work as a counsellor and trauma therapist (specializing in helping military personnel with PTSD) as another form of artistic expression. She incorporates Indigenous healing practices and visualisation techniques, viewing this as a continuation of her family's tradition of service.

"Art, whether it's visual, musical, or therapeutic, is a powerful tool for healing and connection," Carrie Kohan explains. "It's a way to honor our Indigenous heritage while serving our community - much like my father did in the military with his Sports Medicine Clinics. Dad volunteered all his life to help others heal and play strong."

Carrying on her parents' legacy of service, Carrie became a national child advocate, working to write and amend 14 laws in Canada to protect children from harm, including bringing Amber Alert and the National Sex Offender Registries into Canada.

"I spent 17 years as a volunteer child advocate and Federal Government Witness," Carrie adds, "I was the first voice in Canada to speak up in 1998 to protect children, but that came at a huge cost for me personally. There were no agencies or systems in place to report child abuse images back then, so people started sending me the images they found online from across the country. Consequently, I was traumatized after years of hearing some of the most horrific stories and I ended up with PTSD. I healed myself through my spiritual traditional practices, and my years of training in NLP while being a business partner with motivational speaker Tony Robbins."

Today, Carrie works as a therapist, specializing in helping military personnel with PTSD, drawing on her own experiences and Indigenous healing practices. She sees this work as a continuation of her family's tradition of service and a way to bridge cultural divides.



Naval history meets Indigenous voices in new novel

Kate Bandura
Lookout Contributor

In a groundbreaking novel, former naval officer Ron Thompson bridges the gap between Canada's maritime history and Indigenous perspectives, offering readers a fresh look at a pivotal moment in the nation's past.

The Wind From All Directions (TWFAD), published by military-focused Double Dagger Books, delves into the 1792 Nootka Crisis, a territorial dispute between Britain and Spain that played out on the traditional lands of the Mowachaht people on Vancouver Island's west coast.

Thompson, who trained as a naval officer in Esquimalt, brings his military experience to bear in crafting a narrative that resonates with both history buffs and naval enthusiasts.

"I wanted to understand the day-to-day challenges facing George Vancouver, leading a multi-year voyage of exploration while tasked with a piece of highly sensitive diplomacy; or Quadra, pursuing Spain's ambitions; or Chief Maquinna, defending his

people's interests against all the competing newcomers," Thompson said.

The novel centers on British naval officer George Vancouver's diplomatic mission to meet Spanish commodore Juan Francisco de la Bodega y Quadra. However, what sets TWFAD apart is its commitment to presenting the Indigenous perspective alongside the European narratives.

Thompson's portrayal of Maquinna, chief of the Mowachaht, offers a nuanced view of Indigenous leadership in the face of colonial expansion.

"He recognized all the newcomers to his territory as both a threat and an opportunity, and he tried to strike a middle path," Thompson explains.

Aware of the sensitivities surrounding non-Indigenous authors writing Indigenous stories, Thompson undertook extensive research, including consultations with Mowachaht elders and a visit to Yuquot, the traditional home of the Mowachaht.

"The Indigenous perspective was by far the most difficult to portray," Thompson says. "I drew on the available ethnographies and commentaries to create characters and imagined

their concerns at an individual, personal level. I wanted to portray these characters as rounded, real people, with human strengths and frailties, not cardboard cutouts or stereotypes."

Thompson's commitment to authenticity led him to share the manuscript with a Mowachaht elder before publication.

"The Mowachaht elder made one suggestion — to change a name, which I did," he said. "I was pleased that they commended my efforts and didn't find anything disrespectful or objectionable in my work."

The author's unique approach to historical fiction extends to his portrayal of George Vancouver, reimagining the explorer as a complex individual grappling with what we might now recognize as PTSD. This psychological insight adds depth to the naval narrative and highlights the personal toll of military service.

TWFAD has struck a chord with military readers, earning praise from retired Royal Canadian Navy Rear Admirals. Thompson sees his work as filling a significant gap in Canadian literature.

"Novels with military subject matter aren't fashionable in Canada," he says. "I think that's because few contemporary novelists have had much to do with the military. And yet, our military history is rich. There are plenty of great Canadian military stories just waiting to be told."

One of the most intriguing aspects of Thompson's research was his discovery of the true meaning of a historical figure's dying words, spoken in Nuu-chah-nulth.

"When I visited Nootka Sound, I spoke to a Mowachaht elder who gave me the correct translation of the man's last words. I wove them into the novel," Thompson revealed.

The novel's title itself reflects its Indigenous roots. *The Wind From All Directions* is the English translation of *Yuquot*, which means 'wind comes from all directions' in Nuu-chah-nulth, Thompson explains.

"Given the conflict at the heart of the book, and the lengthy efforts to defuse it, that definition served a double purpose," he concludes.

With hints of a potential trilogy based on Vancouver's voyage, readers

can look forward to more meticulously researched and engagingly told tales from this period of Canadian history. As Thompson puts it, Canadian history is full of unknown stories that deserve to be told.

The Wind From All Directions is available now through major online retailers and CANEX stores nationwide.



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HMCS Vancouver's Moose Milk

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Moose Milk
HMCS Vancouver style

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- .5 Litre Chocolate Ice Cream
- .5 Litre Cream
- .5 Litre Chocolate Milk
- 1 Litre Coffee Liqueur
- 1 Litre Whiskey
- 2 Cups Peanut Butter
- 2 Cups Coffee
- Dash of Salt, Cinnamon and Allspice

Blend together and serve.

Moose Milk
Non-Alcoholic

- 4 Litres Softened Vanilla Ice Cream
- 5 Litres Milk
- 1 Cup Non-Alcoholic Rum Extract
- 1.25 Litres Cold Brew Coffee
- 1 Pinch Nutmeg

Moose Milk
Traditional style

Traditional style

- 3 Litres Milk
- 3 Litres Vanilla Ice Cream
- 3 Tablespoons Vanilla
- 350ml Coffee liqueur
- 350ml Brandy
- 1.25 Litres Dark Rum
- 1 Litre Cubed Ice

Mix half the ingredients and stir for 5 minutes. Add remain ingredients and stir for another 5 minutes. Serve.

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CFMWS FORMATION FUN DAY



Formation Fun Day was **FUN!**

Jazmin Holdway
Lookout Newspaper

The Defence community was brought together again on Sept. 7 for CFB Esquimalt's highly-anticipated Formation Fun Day, an annual event designed to celebrate the incredible community contributing to the success of the Canadian Armed Forces (CAF) at CFB Esquimalt and those who support those who serve.

Hosted by Personnel Support Programs (PSP) a division of Canadian Forces Morale and Welfare Services (CFMWS), Formation Fun Day saw more than 1,000 visitors throughout the four-hour event at the Naden Athletic Centre and surrounding outdoor areas. Featuring live music, free food, RHIB rides, rock climbing, virtual reality, bouncing activities, axe throwing, balloon animals, face painting, princesses, superheroes and more, this year's event brought excitement and joy to all who attended. With the participation of more than 20 community vendors and 10 base units, there was something for everyone.

Working tirelessly over their hot BBQs, serving food quickly to the constant line of hungry attendees were the volunteers of the

Esquimalt Military Family Resource Centre (MFRC) who generously donated the food for the event this year. With all their hard work, they were able to produce more than 400 burgers, 515 hot dogs, and 275 grilled cheese to keep everyone energized for the day of activities.

The event would not be possible without the important contributions from sponsors and partners, says Heather Catte, Senior Manager, Personnel Support Programs (PSP).

"I would like to thank SISIP, CANEX, BMO, Babcock, Seaspan and the Esquimalt MFRC for their amazing support to the event," says Catte. "Events like these not only strengthen our community but also shows our gratitude for the support these families provide each day."

Formation Fun Day is funded through the CFB Esquimalt Base Fund, a local NPP fund designated for the purpose of providing morale opportunities to CAF members, veterans and their respective families. It is funded in large part by grants from SISIP and CANEX.

Thank you to all who attended, volunteered, and supported Formation Fun Day this year. We can't wait to see you next year!



REGISTERED DISABILITY SAVINGS PLANS FOR MEDICALLY RELEASED MEMBERS

Annette Erasmus
Investment Funds Advisor
and Fin Security Advisor, SISIP

Transitioning to civilian life can be challenging at the best of times, and even more so if you've medically released from the Canadian Armed Forces (CAF). You may find yourself with a gap in income, or wondering what your financial future will look like when your CAF Long Term Disability runs out.

You may be surprised to learn that a registered disability savings plan may be a good fit for you, and your local SISIP team has the expertise to walk you through your options.

WHAT'S A RDSP?

A registered savings plan that helps individuals who are eligible for the disability tax credit to save for their financial future.

The disability tax credit is available to individuals who have a prolonged, severe physical or mental impairment (among other conditions) as diagnosed by a medical practitioner.

To be eligible, the beneficiary must be a Canadian resident, have a valid SIN, qualify for the disability tax credit, and be younger than 49 to benefit from the grants and bonds, or under the age of 60.

WHO CAN CONTRIBUTE?

The beneficiary of the RDSP doesn't need to be the plan holder, or the person opening the account. Parents may choose to open a RDSP for their disabled child, or an adult who has reached the age of 18 may opt to open a RDSP for themselves.

The plan helps eligible indi-

viduals save by providing access to up to \$90,000 in government support, and through tax sheltered growth for investments. Lower income families may also benefit from matching government grants and savings bonds.

DID YOU SAY FREE MONEY?

Of course, there's the fine print...Grants are only paid out if a contribution is made to the RDSP, whereas savings bonds are paid out based on family income, and contributions to the RDSP are not required. For every \$1 that is contributed to a RDSP, the Government of Canada could match up to \$3 in grants. Additionally, individuals may qualify for an annual savings bond of up to \$1000 per year.

Although there is a lifetime contribution limit of \$200,000,

any growth derived from investing your contributions, grants, or bonds don't count towards the limit. This means that over the years, a RDSP could easily exceed the \$200,000 ceiling without incurring any penalties. It also doesn't affect your eligibility for other government benefits, and depending on your province, may be fully or partially exempt from income tax calculations.

I'VE ALREADY RELEASED, IS IT TOO LATE?

Nope. Unlike other benefit programs, you may catch up on missed grants and bonds

provided the beneficiary was approved for the disability tax credit at the time.

It's easy to see how, combined with regular contributions and responsible investing, a RDSP could quickly grow to provide supplemental income down the road, or help fund

major purchases. And the best part? Anyone can contribute to a RDSP.

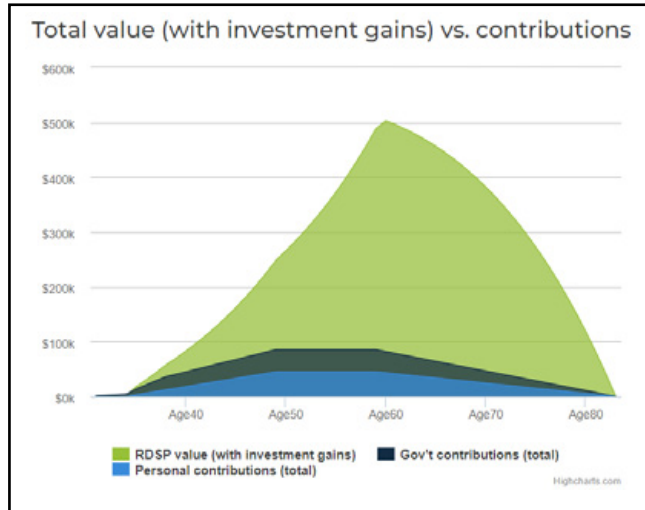
Let's look at an example:

Corporal Smith medically released from the military in 2020 due to a prolonged service-related injury. He finds that the Canada Revenue Agency deems him eligible to receive the disability tax credit, thus allowing him to open a RDSP with his SISIP branch. In 2024 at the age of 35, he opens his RDSP and starts contributing \$250 a month. Fast forward to age 49, he stops his monthly contributions but his investment, along with government contributions, continues to grow at an average annualized rate of 5%. Fast forward to retirement at age 60 - the RDSP is now worth over \$344,000. As seen in the chart below, Corporal Smith can now start withdrawing from his RDSP to supplement his retirement income.

An important consideration, however, is that funds must be left to grow for at least 10 years after the beneficiary has received their last grant or bond, otherwise these may be clawed back.

If you think a RDSP might be right for you, reach out to your local SISIP advisor. We can help.

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! In fact, you'll find us exclusively serving CAF members, veterans and their families on bases and wings across Canada.



CFB Esquimalt Golf Association

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Canadian Submarine Force trains future allied captains

Nathalie Garcia
CANSUBFOR

Naval officers from around the world participated in the *Submarine Officer Continuation Training (SOCT)* in Halifax, NS from the 5th to 18th of September.

Canada regularly organizes this type of training to prepare prospective Canadian submarine captains for the Submarine Command Course in Norway and the Netherlands, a course which is colloquially referred to as "Perisher."

"Passing Perisher is no easy feat, and success is by no means assured. Participating in an SOCT allows students to hone their leadership and warfare skills and expose them to the

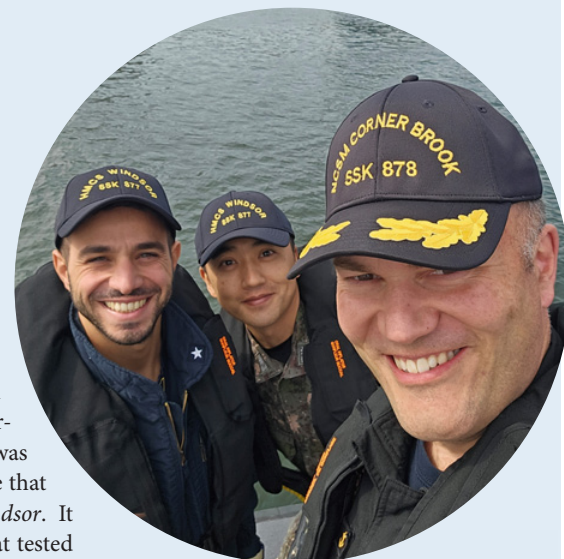
challenges of command," said Captain(N) Alex Kooiman, Commander Canadian Submarine Force.

This year's SOCT was comprised of five officers. Countries participating included South Korea, Italy, the Netherlands, and Canada. Commander (Cdr) Eric Isabelle, HMCS *Corner Brook* captain, was the lead instructor for this serial.

"Diversity in the group broadens these officers' experience and perspective of submarine operations at the Commanding Officer's level," said Cdr Isabelle. "It also exposes our submarine crews to working with foreign officers in an operational setting. It's a win-win. The crew learns as much from them as they do from us."

Training consisted of a shore phase, which was conducted from Sept. 5 to 12. It included periscope training in the Sherwood Submarine Trainer in Halifax, NS, an introduction to Royal Canadian Navy electronic navigation systems, and exposure to inshore operations planning and execution. This was followed by an at-sea assessment phase that was conducted onboard HMCS *Windsor*. It relied on a scenario-based training that tested the students as "Duty Captain" in both open-ocean and inshore missions over a 24h period.

"Every aspect of this experience was a valuable learning opportunity, and I am truly grateful for it," said Lieutenant Commander Noh Gwangho, Republic of Korea Navy student.



"Diversity in the group broadens these officers' experience and perspective of submarine operations at the Commanding Officer's level,"

~ Commander Eric Isabelle

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PSP Summer Camp

2024 RECAP

Jazmin Holdway
Lookout Newspaper

The leaves are looking warmer and school buses are on the busy roads again. Kids may have said hello to school and goodbye to summer, but some members of Personnel Support Programs (PSP) are not quite ready to.

At Community Recreation, it was a whirlwind of a summer filled with adventure, energy and activity as it was home to 74 different summer camps over nine weeks for children aged 4 – 14-years-old. With 1,295 camp enrollments this summer, the camps were once again a great success, according to Laurel Koslowski, Community Recreation Coordinator at CFB Esquimalt.

“We introduced additional camp spaces this year and new options at our Esquimalt location - thank you to the Chief and Petty Officers’ Mess for partnering with us!”, said Koslowski. “Families were very appreciative of the new option, and we had full camps at that location each week.”

When reflecting on the memorable moments of the year, Koslowski lists the visits from the CFB Esquimalt Fire Department

and CFB Esquimalt Model Railway Club as the highlights.

“These visits have the campers excited to engage with the members of the CFB Esquimalt community while learning about the different engines and trains that our visitors are so passionate about,” said Koslowski.

This year’s summer camp activities would not have been possible without the generous sponsorship support of Babcock and Seaspan.

“They both generously sponsored summer camps this year with funds supporting all swimming out trips. Babcock also visited the STEM camp and facilitated an exciting submarine activity which was a great success,” said Koslowski.

Next year, the goal is to revamp the specialty camps and offer some new and exciting activities and out trips.

See you next year, campers!

For families looking for activities this Fall, check out the latest Fall Activity Guide available at the Colwood Pacific Activity Centre, Esquimalt MFRC, Naden Athletic Centre and Lookout Newspaper locations. It is also available online at cfmws.ca and lookoutnewspaper.com.



Campers from PSP’s STEM camp learn about submarines through activities led by sponsor, Babcock. Photos Babcock Canada.



CFB ESQUIMALT
National Defence Workplace
Charitable Campaign
(NDWCC)

Give
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Kick Off Breakfast



**Wednesday,
25 September
0700-0900hrs**

**Chief and Petty Officers’ Mess
Upper Dining Room**

\$5 Breakfast

Includes pancakes (we also have gluten free pancake options this year!), choice of sausage (meat or vegetarian), hashbrown, and choice of coffee, tea, or juice.

- ★ Community Dress permitted i.e cycling clothes
- ★ Accepting Cash and E-Transfer

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27 November, and
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The 2024 Provincial General Election is on Saturday, October 19, 2024.
There are many ways (and many days) to vote.

WHO CAN VOTE

You can vote in the 2024 Provincial General Election if you are:

- 18 or older on October 19, 2024
- a Canadian citizen, and
- a resident of British Columbia since April 18, 2024

VOTER REGISTRATION

Register now to save time when you vote.

You can register or update your voter information at elections.bc.ca/register or by calling 1-800-661-8683.

Registration online and by phone closes at 11:59 p.m. (Pacific time) on October 7.

After October 7, you can still register when you vote, but voting will take longer. Remember to bring ID when you go to vote.

ELECTION INTEGRITY

Visit elections.bc.ca/integrity to learn how Elections BC protects provincial elections in British Columbia, and what you can do to help.

VOTE IN PERSON

Vote at a district electoral office

Voting at district electoral offices is available now during office hours until 4 p.m. (Pacific time) on Final Voting Day.

Vote at advance voting

There are six days of advance voting: October 10 - 13 and 15 - 16, from 8 a.m. to 8 p.m. (local time).

Advance voting places will be closed on October 14 (Thanksgiving).

Vote on Final Voting Day

Final Voting Day is Saturday, October 19. Voting places will be open from 8 a.m. to 8 p.m. (Pacific time) on Final Voting Day.

WHERE TO VOTE

Visit wheretovote.elections.bc.ca to find voting places near you and when they are open.

VOTE BY MAIL

To vote by mail, request your voting package as soon as possible. Visit elections.bc.ca/votebymail or call 1-800-661-8683.

CANDIDATE NOMINATIONS

You can get a nomination package from your district electoral office, or online at elections.bc.ca/candidates.

Completed nomination packages must be returned to your district electoral office by 1 p.m. (Pacific time) on Saturday, September 28.

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GRAPPLING WITH GREATER CAUSE

Jazmin Holdway
Lookout Newspaper

Grapplers from across B.C. competed on Aug. 17 in the Trident's Submission Summer Classic, a charity tournament combining high-level competition with contribution to an important cause.

Held at the Naden Athletic Centre at CFB Esquimalt, the competition brought together military and civilian competitors in an effort to raise funds for Soldier On, a Canadian Armed Forces Transition Group program supporting the recovery of ill and injured veterans and serving members by providing resources and opportunities through sport, recreational, and creative activities.

The tournament saw participation from a mix of local fight clubs, enthusiastic onlookers, and CFB Esquimalt's own Triton Grappling Club. Corporal (Cpl) Philippe Malagardis, a cook on

HMCS Nanaimo, has been grappling for six months and competed in the tournament ending the day in a three-way tie. He says grappling has been beneficial for finding physical growth and mental resilience through the sport.

"The camaraderie and support at the event were incredible, and it motivates me to keep honing my skills both on and off the mat," said Cpl Malagardis. "This was my first charity event for Soldier On, and combining my passion for grappling with a cause so personal made the experience unforgettable."

The charity was always at the forefront of the tournament, with Petty Officer 2nd Class (PO2) Lee Thibault, Triton Grappling coach, ensuring the team knew why they were fighting the good fight that day.

"Training is fun and great for staying in shape but it's always better to have something to actually train for," said PO2 Thibault. "It's an honour to

compete for something bigger than ourselves."

Five-hundred dollars was raised through donations to Soldier On that day.

Thibault says the inspiration for the charity tournament came from attending an Evolution BJJ tournament at CFB Petawawa where donations were also accepted for Soldier On, and the Kickboxathons in Langford hosted by Crusher Combat Sports supporting cancer research and mental health.

"They paved the way for the Tritons and myself," says Thibault.

The Tritons will be hosting their next charity tournament, Grappling for a Difference 2024 on Dec. 14.

"It's moments like these that remind me of the power of sport to bring communities together for a greater purpose," said Cpl Malagardis. "Being able to do good while having fun is a pretty lucky place to be in."

"It's an honour to compete for something bigger than ourselves."
~Petty Officer 2nd Class Lee Thibault

To learn more about grappling at CFB Esquimalt, contact Lee.Thibault753@gmail.com.
For more information on Soldier On, visit www.soldieron.ca.

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Five Questions with Mike McLean, Chief Fire Prevention Officer

HOW HAS YOUR ROLE AS CHIEF FIRE PREVENTION OFFICER SHAPED YOUR PERSPECTIVE ON FIRE SAFETY AND PREVENTION?

Early on, I was surprised to learn that the DND is self-insured. I quickly realized the importance of the holistic approach with DND's Fire Protection Program for our Public Service. This

approach involves the fire department having a strong prevention program through inspections, education, and checking protection systems like sprinklers and alarms to reduce risk. However, it's impossible to eliminate the need for emergency response due to incidents involving human error (intentional or unintentional), equipment failure, accidents, and medical emergencies.

CAN YOU SHARE A TIME WHEN YOU HAD TO EXERCISE CREATIVITY TO SOLVE A FIRE SAFETY ISSUE?

The Ammunition Depot faced a potentially catastrophic situation due to an encroaching fire from outside. We engaged all the relevant stakeholders, including Natural Resources Canada, RPOps, DCC, FSE, Environmental Services, and contractors to reestablish a substantial firebreak around the Depot. Collaboration and creativity were essential as we aimed to be good stewards of the environment, protect ecosystems, and consider species at risk, all while prioritizing safety. We had to be mindful of forest ecosystems, avoid sensitive areas, and consider the impact on species at risk throughout the process.

WHAT PERSONAL QUALITIES DO YOU BELIEVE ARE ESSENTIAL FOR SOMEONE TO EXCEL AS A FIRE INSPECTOR?

Good communicator, good listener, patient, empathetic, willing to learn and integrity.

WHAT ARE THE MOST COMMON FIRE HAZARDS YOU ENCOUNTER, AND HOW DO YOU ADDRESS THEM?

Electrical overloading, hazardous work processes, and hot works are significant concerns at CFB Esquimalt. Fortunately, we have a robust hot work permitting system in place. With numerous hot work and hazardous processes occurring daily on this massive industrial site, education for local workers and contractors, and early involvement in projects and safety controls, is essential. CFB Esquimalt benefits from an excellent safety culture, allowing us to collaborate with other groups to enforce safety mandates.

A strong inspection program helps teach about hazards like overloading. Looking ahead, we must be mindful of the increased use of batteries, electric bikes, scooters,

and electric vehicles. While we can't – and don't want to – stop these advancements, we need to be creative with fire safety solutions. As society and innovation progress, our rules and guidelines will need to adapt accordingly.

HOW DO YOU MEASURE SUCCESS IN YOUR ROLE, AND WHAT ACCOMPLISHMENTS ARE YOU MOST PROUD OF?

One measure of success is limiting the amount of loss due to fire. While we can never eliminate accidents, personnel, or equipment failure, we can significantly reduce the amount of loss through the combined efforts of our Fire Department.

A notable accomplishment that will continue to pay dividends long after my tenure is the installation of the two-stage fire alarm system at DY 250. Since its implementation, production savings of nearly 2 million dollars have been realized by reducing false or unnecessary full evacuations. Additionally, we integrated an Incident Command Platform system, which allows us to instantly identify and locate activated devices and remotely control the fire alarm system from our dispatch center at CFB Esquimalt Fire Rescue.

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Sapper Puyo Peter	Piza Fernando Emilio
Ossana Juan	Valerio John
Wigley John Walter	Priso William
Plumeri William	Suarez Miguel Angel
Whaley Thomas	Perez Thomas Endero
Pengelly Fredrick Harold	Ortiz Adolaido
William Iver	McCormack James Roger
Wood Roy William	Ybarra Benito
Paris Charles Jean B	Ward Edward Graham
Ratcliffe Walter	Webb Malcolm Rae
Winston William	Pease Joseph Bartlett
White Collin Canon	Rees Morgan John
Vacher Herbert Walter Sidney	Mario Alfredo Fernandez De Leon
Moank Eric Joseph	Smithers Charles Crosby
Morales Raymond Joseph	John Gordon Smith
Blackett William G	Ray Arthur Francis
Robert Theodore Hempstead	Smith Henry
Turner Leonard Oliver	Achezer Elias
Wishart Ian Katherine	Denis Konster
Pritchard Percival Donsallair	Van Senasco Edmund
Gonzalez Pedro	Owens George
Rees Seth	Pengelly James
Ross Owen Meredith	Francisco Las Manzo
Thomas Benfield Lee Olmstead	Bryan Donald Hughes
Ricardo Lona	Wilkinson James Herbert
Delis Donald Livingstone	Luis Perez Gomez
Robert William Leslie Taylor	

Model Capt. Andrej Ivan
Picture Capt. Roy Garcia-Salas
Design by Giuseppe Marconi

OCTOBER 6 2024

VETERANS CEMETERY (GOD'S ACRE) NATIONAL HISTORIC SITE
1190 COLVILLE RD.
VICTORIA, BRITISH COLUMBIA

Contact information for this event
Anna Ortiz Ruiz: zitroanna@gmail.com

SUN 10:30 A.M.



St. Peter & St. Paul Anglican Church

ANNUAL FOOD AND PRODUCE DRIVE

All Donations Gratefully Received. Please Plan on Giving Generously!

Saturday September 28 9 AM – Noon.

Parking Lot of St. Peter and St. Paul Church. 1379 Esquimalt Rd. Drive by and Drop off.

Donations shared between Victoria Native Friendship centre, Rainbow Kitchen and St John the Divine Food Bank in time for Thanksgiving.



Food Drive



Change of Command – Sea Training Pacific

A Change of Command Ceremony for Sea Training Pacific took place on board HMCS Regina on Sept. 17. Commander M. Mitchell, (right), Incoming Commanding Officer took over command of Sea Training Pacific from Commander L. Creasy, (left), outgoing Commanding Officer while Captain (N) P. Macintosh, (centre) Reviewing Officer presided over the ceremony.



Defence Advisory Group *Champions*

The Defence Advisory Group (DAG) Champions at Bickford Tower on Sept. 12.
Pictured from left to right:
Captain (Navy) (Capt(N)) Alex Kooiman; Capt(N) David Roberge, Defence Advisory Group for Persons with Disabilities; Capt(N) Sam Patchell, Defence Visible Minorities Advisory Group; RAdm Christopher Robinson, Commander MARPAC / JTF(P); Capt(N) Peter Spoule, Defence Team Pride Advisory Organization; Capt(N) Mike Stefanson, Defence Womens Advisory Organization; and missing from photo is Capt(N) Kevin Whiteside, Defence Indigenous Advisory.

Photo: Master Sailor Valerie LeClair, MARPAC Imaging Services

We Salute
Our Fleet





SHIP TO SHORE INDUSTRIAL TRADESHOW

Tradeshow Showcasing the latest products from Industrial Suppliers, and more!

**TUESDAY
OCTOBER 8**

**NADEN ATHLETIC CENTRE
CFB ESQUIMALT
10AM TO 2PM**

**MILITARY &
PRIVATE SECTOR
VENDORS**

THOUSANDS IN DOOR PRIZES

Free food!

Rounders, Fun and More!

Contact Josh Buck to book today!

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military.base.advertising@gmail.com

Booths are Selling Fast!

