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

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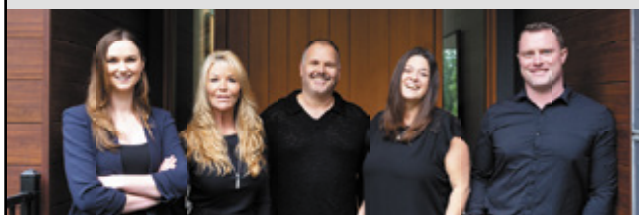
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Exercise Sea Ranger

Members of 4 Canadian Ranger Patrol Group on board PCT GRIZZLY during Exercise SEA RANGER at sea on Sept. 25. Read about it on Page 3.
Photo: Sailor 3rd Class Jordan Schilstra, MARPAC Imaging Services

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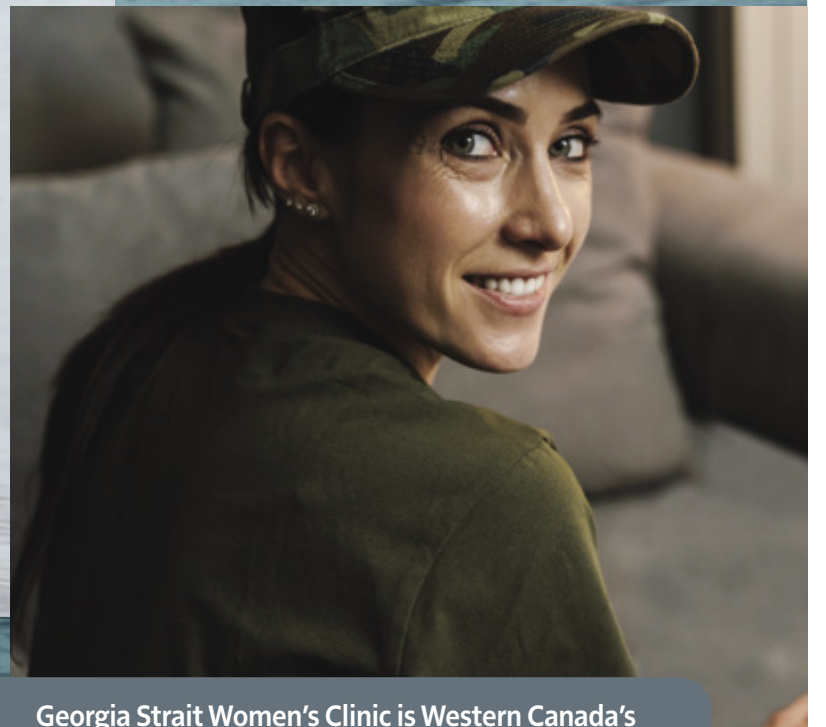
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Strengthening Community Ties:

Royal Canadian Navy and Canadian Rangers Unite for Humanitarian Response Exercise

A/SLt Samantha Cortes Munoz
MARPAAC Public Affairs

The Royal Canadian Navy (RCN) teamed up with the 4th Canadian Ranger Patrol Group (4CRPG) last month for a humanitarian training exercise simulating a 7.2 magnitude earthquake north of Port Hardy. The purpose of this exercise, taking place from Sept. 23 to 26, was to improve emergency response in remote communities in the Broughton Archipelago and Alert Bay areas demonstrating the military's capacity to support Canada in its response to natural disasters.

The Ranger's deployment to these areas during this simulated disaster reinforces the Military's role as a key player in humanitarian efforts not only within Vancouver Island but across Canada and its surrounding waters. The exercise emphasizes military readiness along with the importance of promoting strong relationships with the communities they serve.

During the exercise, 4CRPG focused on strengthening skills such as predator control, search and rescue, first aid, damage assessment, and managing disaster zones. Some of the exercises included looking for and assessing hazards and damaged buildings, as well as practising how to build structures to support collapsing buildings while attending to injured personnel.

The Naval team helping in the transport of 4CRPG during this exercise included personnel from the Patrol Craft Training Unit, Naval Warfare Officer (NWO) IV Course – Bonaventure, and other sailors from CFB Esquimalt. Their varied experiences and knowledge, strengthened through sharing and learning from one another, ensures effective emergency strategies for remote areas that may lack immediate aid.

"I thought Ex Sea Ranger was a fantastic exercise, as it not only enriches the training experience for our NWO

IV Charge Phase students but also enhances the skills of the Rangers," said Commander Vincent Pellerin, the officer in tactical command. "Working alongside the Rangers of British Columbia opens new doors for collaboration and training, using the strengths of both the RCN and the Rangers to unlock untapped potential in these remote regions."

"It is always a great experience to be able to cooperate with different branches of the military as we each bring unique experiences and are able to learn from one another throughout these exercises," said NWO IV student Acting Sub-Lieutenant Rachel Kim.

Community engagement was a strong priority during Exercise Sea Ranger. By actively involving local residents through Orca-vessel tours and being host to an end of exercise dinner for the community and participants, the RCN and Canadian Rangers are not just preparing for potential emergencies, they are building a foundation of trust and cooperation that will benefit all involved for years to come.

As natural disasters can occur unexpectedly, the partnership between the RCN and 4CRPG demonstrates a strong commitment to supporting remote communities, ensuring they are prepared and not alone in facing challenges. Together, they stand ready to respond and strengthen their ties with British Columbia's communities.

"Exercise Sea Ranger provided a valuable opportunity for the 4th Canadian Ranger Patrol Group to collaborate with the RCN," said Captain Byron Fetherston, 2IC of 4CRPG A Company. "Together, we were able to build connections in remote communities, develop critical emergency response capabilities, and enhance interoperability. Our Rangers departed the exercise with strong appreciation for the RCN's expertise and a keen enthusiasm to work together in the future."



Acting Sub-Lieutenant Nowlan explains a man-overboard drill to members of 4 Canadian Ranger Patrol Group on board Patrol Craft Training Grizzly as part of Exercise SEA RANGER while at sea en route to Alert Bay on Sept. 23.



Members of 4 Canadian Ranger Patrol Group cut wood pieces for shoring during Exercise SEA RANGER on Sept. 25.



Tsat sishuk womi Village during Exercise SEA RANGER on Sept. 25.
Photos: Sailor 3rd Class Jordan Schilstra, MARPAAC Imaging Services



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HMCS OTTAWA

Fair Winds and Following Seas

For those serving onboard HMCS *Ottawa*, Wednesday's departure has been many arduous months in the making. *Ottawa's* crew embarked on Operation Horizon, and will be representing Canada throughout their mission across the Indo-Pacific. During this deployment, HMCS *Ottawa* will reinforce our global presence and support Canada's role as a trusted partner on the world stage. Photos @RoyalCanNavy



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RCN Welcomes Republic of Korea Navy:

A Golden Era of Cooperation

Paul Dagonese
Staff Writer, Lookout Newspaper

The Royal Canadian Navy (RCN) welcomed the Republic of Korea Navy's (ROKN) training war ship, *ROKS Hansando* (ATH-81) to CFB Esquimalt on Tuesday, Oct. 1. To honour the arrival of the ship to the Pacific Coast and mark Korean Armed Forces Day with our Allies, a welcome ceremony was held as the visitors came ashore.

Rear-Admiral (RAdm) Christopher Robinson, Commander, Maritime Forces Pacific (MARPAF), opened the ceremony by highlighting the importance of the RCN and ROKN's alliance to safeguarding Maritime security and global stability.

"A regular program of visits and exchanges, on a Navy-to-Navy basis, strengthens our bonds between the Navies and lays the groundwork for continuing collaboration and understanding," RAdm Robinson said.

Marking a poignant moment for the ROKN and Korea's people, Consul General of the Republic of Korea in Vancouver, Jongho Kyun, opened greetings on behalf of South Korea. He acknowledged the day as being *Korean Armed Forces Day*, significant to Korean nationalism because it commemorates how they and allied forces broke the 38th parallel. That day and the parallel established a definitive border between North and South Korea, a border which today remains present and secure.

Kyun shared Rear-Admiral Robinson's sentiment for a strong Canadian and Korean alliance.

"Korea and Canada now enjoy a *Golden Era of cooperation*," he said. "It's a foundation that was laid by the 27,000 brave Canadian soldiers who fought in the Korean War".

Kyun also honoured Canada and Korea's collaborative past and alluded to the growing need to strengthen their alliance further. He gave appreciation to the RCN's commitment to send *HMCS Vancouver* to the Korean Peninsula in 2022 to help pressure the implementation of UN Security Council resolutions against North Korea (NK), resolutions that condemned NK's nuclear and ballistic activity in the Asia Pacific.

Closing remarks were given by RAdm Dong Lae Kim, Commanding Officer of the *ROKS Hansando*.

"Never forget," he said as he acknowledged Canada's support.

RAdm Kim is in command of *ROKS Hansando* while it embarks on its eight-nation, 110 day, 10 port training mission. The *Hansando* and its 520 troops are part of the Cruise Training Task Group (CTTG), working in collaboration with the RCN and other nations. Oct. 1 marked 70 years since CTTG's inception, an initiative to commemorate the end of the Korean War.

ROKN's four-day visit in Victoria included attending Victoria's Korean War Memorial to attend a wreath laying ceremony and hosting an on-board reception with local war veterans to express sentiments of gratitude and peace.

The welcoming ceremony closed out with the ROKN extending invitations to distinguished guests and RCN officials for a tea reception and tour aboard *ROKS Hansando*.

"[Our] bonds between the navies ... lays the groundwork for continuing collaboration and understanding."
~Rear-Admiral Christopher Robinson



The Republic of Korea Navy arrived at CFB Esquimalt on Oct. 1 with a welcome ceremony to celebrate the arrival of the ROKN Cruise Training Task Group's 16th visit to Canada.

Photo: Master Corporal William Gosse



Republic of Korea Navy ROKS HANSAND passes Duntze Head on Oct. 1. Photo: Sailor 3rd Class Veni Colico



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Ship-to-Shore Showcases Tradeshow Success!

Paul Dagonese
Staff Writer, Lookout Newspaper

The Lookout Newspaper's Ship-to-Shore Industrial Tradeshow was held on Tuesday, Oct. 8 at the Naden Athletic Centre, an annual event bringing local, military and private sector vendors to CFB Esquimalt for a day of fun and excitement.

Robert Adle, a sales manager for Jastram Technologies, was at the tradeshow promoting commercial grade marine products, such as search lights, horns, and steering equipment. As he chatted with visitors to the tradeshow, he met Domenic Downs, an electrician with the Fleet Maintenance Facility (FMF). They discussed the industry and mutual connections, as well as the Jastram Technologies products that Downs appreciates. NextCorr, a Jastram product, with its corrosion suppression anodes that eliminate marine growth such as barnacles, was their subject. Downs knew the equipment and how it worked. "We can share some stories I bet," said Adle as they continued to discuss the tools used in the industry.

This exchange between sales and tech showed another side of the tradeshow experience. Many of the people attending are already customers or those on the frontline using the tools and products. For members, it provides invaluable transactions with industry professionals to expand their knowledge and increase their contacts. For vendors, it was an opportunity to meet people one-on-one, and to create a rapport with the military members *actually* working with the products, a chance to hear their stories.

And Adle agreed. For him, these shows are really about the face-to-face exposure it provides. And he admits, "Anything above that is just gravy".

When approaching Local 258 IBEW Veterans

Committee's booth, Co-chair Jordan Geddert, was eager to explain how they serve CAF's members.

"Our goal is to connect with them early enough so that when they transition, they're ready," Geddert said.

Part of Local 258's service is to help CAF members realize their value and transfer them into civilian life upon retirement from the Forces.

"Some don't realize their potential," she said. "But they really do have skills that are transferrable, and we see value in these skills". Local 258's initiative helps CAF members "get on paper" those tangible skills that will prove themselves successful after retirement.

And just down the aisle, a few booths over, new connections were being made.

At times, Elysia Allen Real Estate (EARE)'s booth was so busy, she recruited help to answer questions. While Elysia was busy with a client, her parents Debbie and Jack were happy to jump in and explain how EARE specializes in Canadian Military, RCMP, and civilian government personnel housing relocation. Jack was proud to mention Elysia had served in the Royal Canadian Navy for over 13 years, and how her military experience made her an ideal candidate for listening, fine-tuning, and helping military people find homes.

Amongst those excited about the latest high end military technology such as DENIOS' lithium-ion charging and fire prevention cabinets, and Visiointec Systems' Pendar X10, a handheld laser mechanism that identifies explosives and illicit drugs from two meters away, were members learning more about Personnel Support Programs clubs and community recreation activities and others gathering swag, winning toll sets and drills, enjoying a free lunch, and signing ballots for door prizes and more giveaways.

The Lookout Newspaper's Ship-to-Shore Industrial Tradeshow showcased a successful day for all.



The Ship-to-Shore Industrial Tradeshow brought in vendors from across the country to showcase their products and services on Oct. 8 at the Naden Athletic Centre. Photos: Paul Dagonese, Lookout Newspaper



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HEALTHY RELATIONSHIPS CAMPAIGN

October 21 – November 1, 2024



Follow along as we share tips and resources on how to maintain healthy relationships with a focus this year on how to navigate finances in relationships.

MANAGING FINANCES AS A COUPLE

Exploring financial decision-making and resources available to support you.

As a couple, it's important to discuss your finances and how you make decisions about money together. This is especially true when facing unique challenges associated with the military lifestyle, such as frequently relocating to a new posting, experiencing a deployment or transitioning to civilian life. Discussing money and your financial goals can help you become closer as a couple and prevent financial difficulties down the road.

Financial issues can be a contributor to the ending of a relationship, including divorce, so it is important to address issues early on as a couple.

The Intimate Relationships Continuum explores how CAF couples may handle finances and demonstrates how financial decisions can look across the zones, ranging from healthy, to struggling, to unhealthy, to abusive.

For example, in a healthy relationship a couple would be transparent and share financial resources and decision-making. In a relationship that is struggling, there may be one-sided financial decision making and scrutiny. In an unhealthy relationship there may be restricted spending or controlling of financial information. In an abusive relationship, a partner may move money without the other's knowledge or block their access. You can learn more about financial and economic abuse through the resources listed below.

Strategies for discussing finances as a couple:

While it can be difficult to know where to start, discussing finances together is an essential step in any healthy relationship. It is also important to recognize that you and your partner may be starting from different perspectives and may have different experiences with money and how your own families discussed finances while growing up.

Try to set a quiet time where you can focus together without distractions. In your discussion, try to also focus on the future, for example:

Do you have a relocation planned?

If so, discuss the financial implications for the family. How will you manage finances if one partner is unemployed due to the relocation?

Is there a deployment coming up?

If so, will this change the CAF member's income? How will you manage finances during the deployment? Do you both have shared access to accounts?

Is there a transition or retirement planned?

What steps can you take now to set you on the right path?

If you have or plan to have children, consider:

- How will child care responsibilities be divided, and what are the expected costs?
- What type of child care will meet your family's needs?
- If one partner stays home to provide child care, how will this affect your family's income?
- Will you consider opening a home-based child care to support other military families, while gaining household income?
- In the event of unexpected child care needs, such as deployment, emergencies, or school closures, do you have a contingency plan? Have you created a Family Care Plan?

Talking about money can be emotional, and you may feel overwhelmed or even defensive when discussing your finances or spending. Be sure to take breaks as needed and follow steps for healthy communication together.

As a military couple, where can we access support?

SISIP Financial provides a range of solutions tailored to meet the changing needs of military couples and families, including financial counselling. They encourage the CAF member and the partner/spouse to participate jointly.

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- / Multi View Camera System
- / Power Panoramic Sunroof with Sunshade
- / Hands-Free Power Liftgate
- / Smartphone Wireless Charger
- / Super All-Wheel Control (S-AWC) with Drive Mode Selector



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(250) 220-8100

* \$139 weekly is equal to \$278 bi-weekly. Offer based on Stock No. 301887. \$278 bi-weekly payment for 84 months, with \$2,500 down, or equivalent trade, 4.99% A.P.R. financing, on approved credit. MSRP is \$55,247. Selling price is \$53,000 and does not include provincial & federal rebates. Payment is net of all available manufacturer and dealer incentives and all provincial & federal rebates including \$7,000 EV rebate, and subject to eligibility. Payment and selling price include freight & air tax but do not include taxes, \$995 documentation, PPSA fees and \$595 finance placement fee (if financing or leasing), and licensing. Exact vehicle not shown. Terms and conditions apply. Offer expires October 31, 2024. See dealer for details. ** Certain terms and conditions apply. Visit www.mitsubishi-motors.ca or your local dealer for complete offer and coverage details. The Extended Warranty product is described in greater detail in the service contract. Please read carefully the terms and conditions for the product as they set out the contract requirements, important definitions and exclusions. Offer expires October 31, 2024 and subject to change without notice. ** Whichever comes first. Regular maintenance not included. See dealer or mitsubishi-motors.ca for warranty terms, restrictions and details. Not all customers will qualify. ¹ Subject to approved credit and eligibility. Terms and conditions apply. Offer expires October 31, 2024. See dealer for details. ² Credit is eligible on set of four winter tires from Mitsubishi Motors dealers in Canada with purchase or lease of new 2024 Outlander PHEV models. Offer must be redeemed at time of vehicle purchase or lease, no cash equivalent. Credit value varies by model. Terms and conditions apply. Offer expires October 31, 2024. See dealer for details. ³ All rebates will be deducted from the negotiated price after taxes for cash and finance purchases and before taxes for lease purchases. Conditions additional to the requirements listed below may apply. See your dealer for complete details. The Military Rebate is not stackable with the Mitsubishi Motors First Responder Rebate Program. Rebate available with the purchase of most new Mitsubishi vehicles for current members (including reservists) of the Canadian Armed Forces and veterans. Proof of status will be required. ⁴ EV range varies by model. Model shown has an estimated combined range of 687km and is calculated via peak performance of the electric motor(s) at peak battery power. Actual range varies with conditions such as external environment, vehicle use, driving behaviours, vehicle maintenance and lithium-ion battery age and state of health.