



VOLUME 69 NUMBER 40 | DECEMBER 2, 2024
MORALE & WELFARE NEWS | CFB ESQUIMALT, VICTORIA, B.C.

the LOOKOUT

NEWSPAPER & PUBLISHING

Buying or Selling?
I can help!

CHRIS ESBATI
Knowledgeable Trustworthy
Dedicated

RE/MAX
CAMOSUN

250.744.3301
chris@victoriaforsale.ca

victoriaforsale.ca



EXERCISE SEA RANGER



Members of 4 Canadian Ranger Patrol Group arrive to commence Exercise Sea Ranger at Alert Bay Government Pier on Sept. 23. Read about the latest Canadian Rangers exercises on Pages 8 and 9. Photo: Sailor 3rd Class Jordan Schilstra, MARPAC Imaging Services

CAF VETERAN REALTOR®




ENGEL & VÖLKERS®
KARL RUSSELL

250-812-2042
karl.russell@evrealestate.com
735 Humboldt St, Victoria, BC V8W 1B1

*We proudly serve the
Canadian Forces Community*

As a military family we understand your cleaning needs during ongoing service, deployment and relocation.

MOLLY MAID
www.mollymaid.ca

(250) 744-3427
paula.whitehorn@mollymaid.ca

Your Relocation Specialists



Mike Hartshorne Personal Real Estate Corporation, Jenn Raappana Personal Real Estate Corporation, Sarah Williamson, Rhys Duch & Kerry Marshall of Royal LePage Coast Capital Realty

south island HOME TEAM
ROYAL LEPAGE
Helping you do what we do.

250-474-4800
SouthIslandHomeTeam.com



ISLAND OWNED AND OPERATED SINCE 1984

VIEW OUR FLYER IN THIS PAPER WEEKLY!

MARPAC HQ Naval Intelligence integrated into TRINITY Detachment Esquimalt



Lt(N) Redfern-Pucci
TRINITY Det Esquimalt



Maritime Component Element Intelligence Support Team West. Photo supplied

On Oct. 30, the former Maritime Forces Pacific Headquarters' (MARPAC HQ) intelligence section was integrated into TRINITY Detachment Esquimalt. TRINITY is the unit responsible for providing operational support and intelligence to the Royal Canadian Navy's (RCN) deployed fleet. The merger is intended to improve intelligence support to the RCN's Pacific fleet by increasing the West Coast's access to intelligence resources and improving efficiencies. The integration of functions now provides TRINITY with seamless maritime intelligence responsibility for both coasts.

MARPAC HQ's intelligence section has been rebranded as the Maritime Component Element Intelligence Support Team West (MIST(W)) and is one of three departments that form TRINITY Detachment Esquimalt. MIST(W) is accompanied in the detachment by the Acoustic Data Analysis Center Pacific and the multi-agency Marine Security Operations Centre West. The detachment will continue to be supported by MARPAC HQ and CFB Esquimalt as this symbiotic relationship evolves.

The head of department for TRINITY Detachment Esquimalt's naval intelligence section commented on the change.

"The team at MARPAC HQ was wonderful but I'm excited to once again report to an intelligence chain of command. I expect that we will push the envelope farther and provide better support for the Pacific Fleet, both at home and abroad," said Lieutenant Commander Chris Witters.

The newly integrated TRINITY Detachment Esquimalt focus areas include: force generation; provision of specialized intelligence products to Joint Task Force Pacific; and support to the Cryptologic Direct Support Element, which helps with installation of mission critical equipment in the fleet. Further, MIST(W) will continue to provide maritime domain awareness and intelligence support to operational planning as well as current intelligence support to both Commander Maritime Forces Pacific and Commander Canadian Fleet Pacific.

Career Transitioning Military Join our Professional Crew!

Do you have a passion for helping youth grow, love spending time outdoors, and want to sail on board a tall ship?

Apply now to join the SALTS crew!

Not an experienced sailor? That's okay – SALTS provides all training necessary to safely operate our ships and fulfill your role. Experienced sailor? We have senior officer roles too.

We are currently accepting applications for the paid crew positions of Captain, First Mate, Bosun, Watch Officer, and Cook, with positions starting as soon as suitable candidates are available.

SALTS is an independent Christian-based registered charity located in Victoria BC. We seek to create an environment that is caring and re-

spectful, where young people from all walks of life are encouraged, inspired, and heard. If you are passionate about supporting our mission and values, we want to hear from you!

All crew members guide and mentor the young people who sail with us, and each role has an additional focus on either group leadership, ship maintenance, or cooking. SALTS operates two schooners based out of Victoria BC, and each year 1700 young people participate in our program as trainees, on 4-10 day trips in coastal BC waters.

Annual crew salaries range from \$40K-\$90K (up to \$109K total compensation). Employment for all roles is typically full-time, year-round, but we also have need for some experienced relief (part-time) crew members.



To learn more and apply, visit
salts.ca/careers



MFRC Teams Up with Local Libraries

Providing New Deployment, Absence & Relocation Literacy Kits to Families



Paul Dagonese
Lookout staff

The Esquimalt and Comox Military Family Resource Centres (MFRC) have recently collaborated with Greater Victoria Public Library (GVPL) and Vancouver Island Regional Library (VIRL) to make literacy kits available for military children and families to provide support for the challenging issues of deployment, absence and relocation.

Kathleen Cormie, Programs Coordinator at Esquimalt MFRC, initiated this venture with local libraries. Working on the front line for 13 years interacting with military families while being a mom and military spouse herself, she recognized how these Absence, Moving and Relocation Literacy Kits can serve a real concern.

“What we see in our workshops and in research is that talking, validating, and processing feelings with children is helpful,” she said. “Sitting down with a parent and acknowledging having mom or dad away is hard, and finding ways to connect through story is a really good bonding act for parent or caregiver and child.”

Cormie added that a military child being able to talk about their feelings increases well-being and particularly helps them feel more connected to the parent at home.

Each kit includes several books chosen by GVPL, VIRL, and MFRC staff. Some kits also include games, puppets, and feelings cards to complement the stories and make the experience more interactive.

As part of this initiative, the MFRC aims to establish an outreach program with local schools to encourage teachers to integrate these kits into their curriculum. Cormie recently visited Sooke schools during Remembrance Day activities, a time where one of the largest ships, HMCS *Ottawa*, was deployed.

“That’s a lot of families, a lot of kids,” she said.

Cormie met with children who had parents posted to that ship. She believes teacher awareness and the use of these kits, especially at times like this, are important.

“Having that as a normalized situation for a military child can be useful because they are often isolated in their experience. Other children often don’t understand what it means to have another parent away,” Cormie said.

At the Juan De Fuca GVPL Branch, Joe Melanson, a Library Services Librarian, is part of the Emergent Literacy Portfolio that provides literacy services to children up to five years old and echoes the library’s passion to support the MFRC with their literacy initiative.

“With the library as a resource, we can help make connections with military families in the area,” he said. “This can be great for people, especially those new to the area. Just getting outreach to them is something we’ve been working on; and Kathleen has been helpful with that.”

In 2023 – the MFRC initiated the partnership with GVPL and VIRL. Creating accessibility for users was a key initiative as making it to the MFRC location is not always convenient. Families at CFB Esquimalt and CFB Comox can access the new literacy kits at GVPL and VIRL sites. Families can put the kit on hold, have it delivered to their local branch, and borrow it for three weeks from VIRL locations and up to six weeks from GVPL locations.

For families who are local to the Esquimalt MFRC location in Colwood, these literacy kits act as a great supplement to the Supporting Children Through Absence Workshop, offering specialized engagement for children aged 3 to 12 who are experiencing challenges related to military work-related absence.

For more information on these literacy kits, reach out to your local GVPL or VIRL branch or visit esquimaltmfrc.com.



CAF APPRECIATION NIGHT

The Victoria Grizzlies hosted the annual Canadian Armed Forces Appreciation Night on Nov. 23 as they faced off against the Coquitlam Express. Photos: Sailor 1st Class Alex Koller



46TH ANNUAL

Sounds OF THE Season

Holiday Show



ROYAL THEATRE 805 BROUGHTON STREET, VICTORIA
December 9 and 10, 2024 at 7:30 pm

ADMISSION: \$15 with unwrapped toy (suggested toy price \$25)
All proceeds to support The Salvation Army Toy Drive

Tickets: Available by phone at
250-836-6121 or www.rmts.bc.ca



LEARN MORE



The Esquimalt MFRC provides resources and services to support families during deployments and work-related absences, including:

- Family Networks
- Information and Referral
- Family Wellness and Counselling Team Services and Programs
- Supporting Children Through Absence Workshops (Ages 3-12)
- Casual Child Care (Ages 6 months – 5 years)
- Preparing for Deployment and Absence Workshops (Adults)
- Return and Reintegration Workshops (Adults)



Looking for more information?



General Website



Deployment & Absence Support



Activity Calendar



Mental Health Support



Facebook: LookoutNewspaperNavyNews Instagram: LookoutNavyNews

THE LOOKOUT TEAM

MANAGING EDITOR

Jazmin Holdwayjazmin.holdway@forces.gc.ca

WRITER

Paul Dagonese..... dagonese.paul@cfmws.com

PRODUCTION

Teresa Laird production@lookoutnewspaper.com

Leslie Eaton.....250-363-3127

..... eaton.leslie@cfmws.com

ADMINISTRATION AND ACCOUNTS

Andrea Modesto250-363-3127

..... Andrea.Modesto@forces.gc.ca

ADVERTISING

Joshua Buck..... 778-977-5433

..... military.base.advertising@gmail.com

EDITORIAL ADVISORS

Rodney Venis 250-363-7060

Published every other Monday, under the authority of Capt(N)K. Whiteside, Base Commander.

The editor reserves the right to edit, abridge or reject copy or advertising to adhere to policy as outlined in PSP Policy Manual. Views and opinions expressed are not necessarily those of the Department of National Defence.

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

Circulation bi-weekly print and online: 4,000 per issue plus social media engagement

Follow us on Facebook and Instagram to join our growing social media community.

A Division of Personnel Support Programs

Web: www.lookoutnewspaper.com
Fax: 250-363-3015

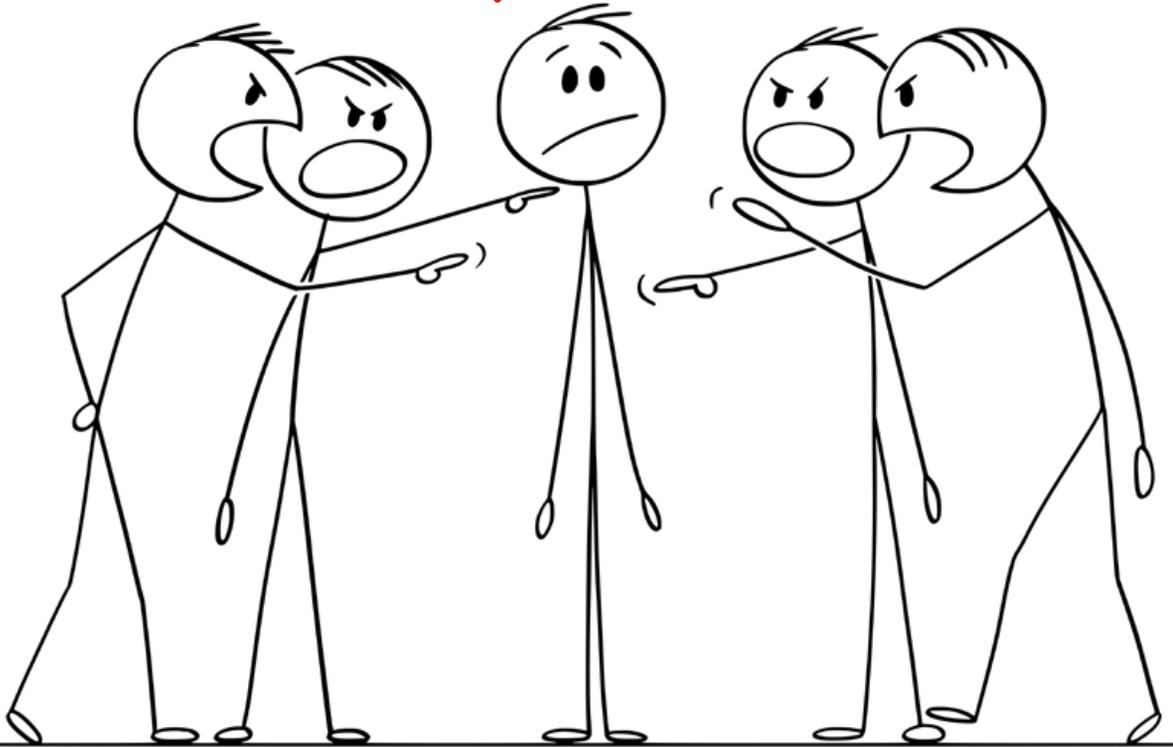
Canadian Mail Product Sales Agreement 40063331



www.LookoutNewspaper.com

Say 'Hi' to Workplace Conflict

then ask it politely to leave



Capt Alexandre Dutil
Chaplain, CANFLTPAC

Have you noticed that whatever you do in life, there will always be someone that doesn't like it? Back when there was a dislike count on YouTube, you could see that even the most benign video could receive between five and ten per cent dislike reactions. Who has the time to dislike a cat video? Whatever the reason is, there will always be people who don't agree with you.

At some point in your career, you will meet a coworker that you disagree with. This might be based on misjudgement, a bad first impression, or even misalignment of values. The important thing is that we learn how to deal with frustration caused by colleagues to maintain a professional workplace and feel better at work.

HERE ARE SOME TIPS ON HOW TO DEAL WITH CONFLICT OR TENSION:

1. Don't let the boiler explode. Don't accumulate - address what is annoying you as soon as possible. It is normal not to want to confront a problematic situation immediately, but it is not helpful for anyone to ignore an ongoing problem.
2. Don't start with a written complaint. Most of the time it's unnecessary and will add complexity to the issue. However, there are some situations where this is warranted, mentioned below.

3. Start by trying to have a conversation. Stay calm, acknowledge the issue, clarify the situation and, if you must criticize, be critical of the actions and not the person.
4. Try to find a solution to the situation. You may even learn a few lessons along the way.
5. Forgive. Asking for forgiveness is not only apologizing but also taking responsibility, showing remorse, and trying to repair the relationship with a promise to not repeat the offence.
6. Don't give up if communication fails at first. Sometimes you need to have a difficult conversation, and the other party just doesn't want to or isn't ready. In those cases, stay calm and use active listening. Try to understand the other side of the issue.
7. Use outside resources. For some, it's easier to have a difficult conversation in the presence of a facilitator or someone in the Chain of Command. Support from Integrated Complaint and Conflict Management (ICCM) is also available for when one might be unsure how to proceed.
8. Issue a written complaint when it's an ongoing problem and other solutions have failed. Also, use this when the event is affecting multiple members.

If everything else fails, sometimes the only option left is to look inward and change yourself. Simply let go and move on. Life doesn't always go as planned, but the way you live it is up to you.



THE BEST PLACE TO BUY YOUR NEW CAR!

DLR# 30897 30897 & 40982

Over 34 years in Business
Family Owned & Operated

www.galaxymotors.net
www.galaxyrv.net

WHEN YOU NEED A VEHICLE OR RV, VISIT GALAXY MOTORS!

- THE LARGEST INVENTORY ON VANCOUVER ISLAND
- 5 DEALERSHIPS PLUS 2 RV LOCATIONS TO SERVE YOU

10% OFF
for all active military members.



LANGFORD AUTO Sales 250-478-7603 4391 Westshore Parkway
RV Sales 250-590-7425 4377 Westshore Parkway

COLWOOD AUTO Sales 778-440-4115 1772 Island Highway



Preparing For a Medical Release from the Military

Shannon Childs
SISIP Esquimalt

Transitioning from military to civilian life can seem overwhelming. Between paperwork, meetings, and decisions, it's easy to feel like you're in over your head. But there's one area you can't afford to overlook: your financial plan. From benefits to pensions, understanding your options is critical for setting yourself up for success after your release.

This article aims to provide clarity on key financial topics and help you prepare for your transition. For personalized advice, your local SISIP advisor is your go-to resource. They're experts in guiding CAF members through these changes and can tailor strategies to your unique situation.

IF YOU'VE SERVED 10 YEARS OR MORE

If you've completed at least 10 years of service and are medically released, you'll receive an immediate annuity - a guaranteed monthly income. Before your release, reach out to pension services to confirm how much you'll receive each month.

HERE'S HOW TO MAKE THE MOST OF IT:

- **Review Your Package:** Meet with a SISIP advisor to go over your severance pay, pension benefits, and tax strategies.
- **Explore Your VAC Options:** If you've experienced a service-related injury, a SISIP advisor can help you decide between receiving a monthly benefit or a lump-sum payment from Veterans Affairs Canada (VAC). Each option has its own pros and cons, depending on your circumstances.

IF YOU'VE SERVED LESS THAN 10 YEARS

If you're medically released with less than 10 years of service, you won't receive an immediate annuity, but you're still entitled to:

- **Two Years of Top-Up:** Provided through SISIP Vocational Rehabilitation, this gives you a financial buffer while you transition.
- **Pension Options:** The money you've accumulated in your pension can be rolled into another qualified pension plan, deferred until age 60, or cashed out.

A SISIP advisor can explain the tax implications and long-term impacts of each option, ensuring you make the best choice for your financial future.

THREE FINANCIAL PLANNING PRINCIPLES FOR A SMOOTH TRANSITION

- **Create a Budget:** Map out your lifestyle, goals, income, and expenses for the next two years. Knowing what's coming will give you confidence and control.
- **Build an Emergency Fund:** Aim to save enough to cover unexpected expenses or supplement your income until your pension kicks in. This safety net can make all the difference as you adjust to civilian life.
- **Be Tax-Savvy:** Taxes can significantly impact your pension proceeds. Consider strategies like using your RRSP to reduce your taxable income. A SISIP advisor can help you optimize your tax situation.

DON'T OVERLOOK THESE RESOURCES

As a releasing CAF member, you have access to a range of programs and benefits to support your financial stability. Here are a few key ones:

- **Medical and Dental Plans:** Public Service programs can help you and your family find the right coverage.
- **Additional Programs:** Explore the Disability Tax Credit, Registered Disability Savings Plan, Education and Training Benefit, and Veterans Affairs Canada claims to strengthen your financial position after releasing.
- **Life Insurance:** A major change in employment is a great time to review your life insurance policy to ensure it still meets the needs of you and your family.

LEAN ON YOUR SISIP ADVISOR

Your local SISIP advisor is an expert in financial planning for CAF members. They'll help you:

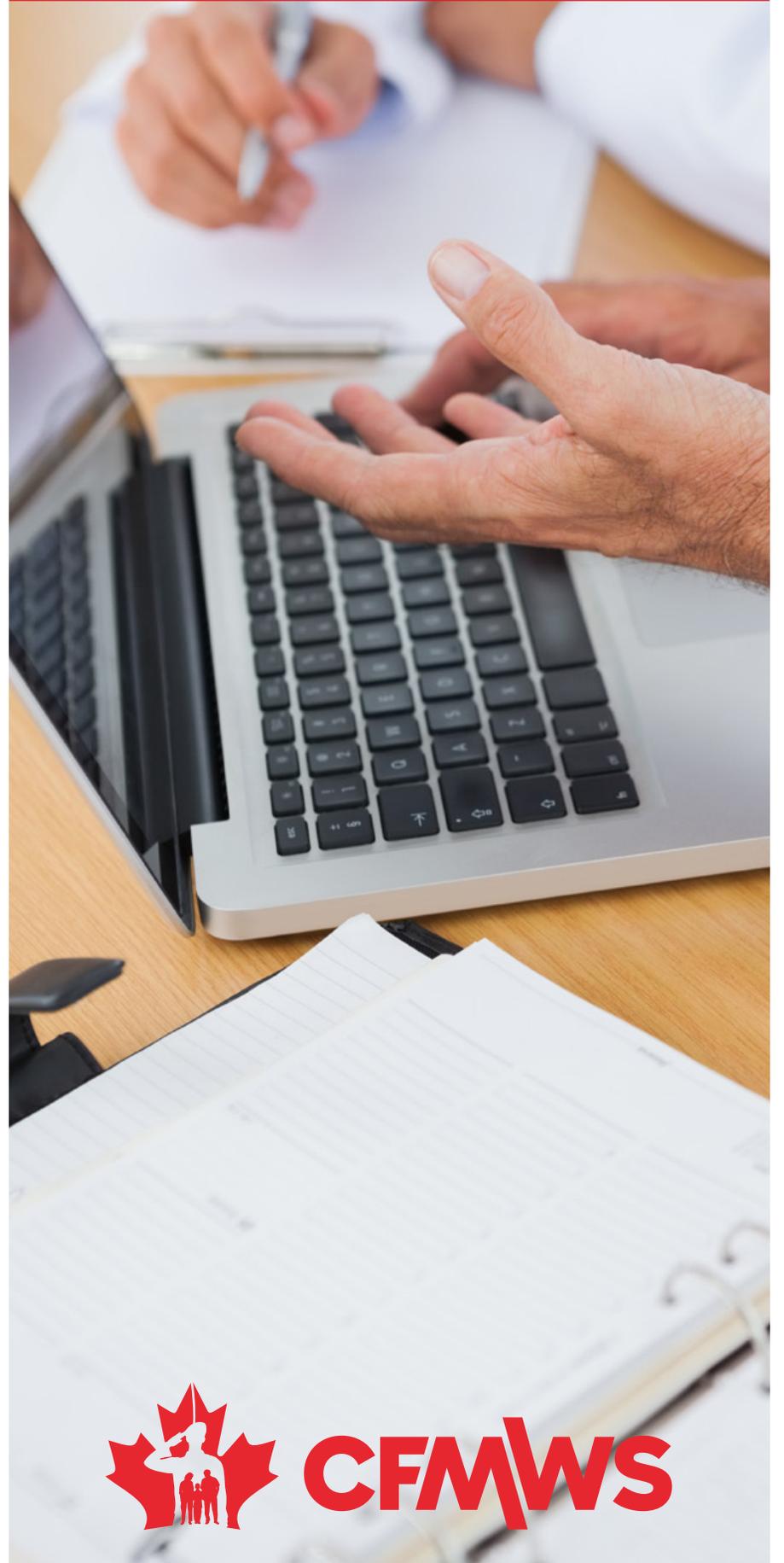
- Define your values and goals
- Apply sound financial principles
- Access all the resources available to you

The CAF community is a lifelong network of support, and that includes the professionals at SISIP Financial. Whether you're building a new budget, navigating pension options, or planning your long-term financial strategy, we're here to assist you every step of the way.

This transition is a new mission - and you're ready for it. Let's make it a successful one together. Reach out to your SISIP advisor today to start planning for your post-release future.



FINANCIÈRE
SISIP
FINANCIAL



CFMWS



Military Relocation Specialist and Veteran

As a retired Canadian Armed Forces member, I'm experienced in networking and collaborating with BGRS and maximizing your HHT, making your move as seamless as possible.



ELYSIA ALLEN
REAL ESTATE

250-882-8938

3194 Douglas St. Victoria, BC

Elysia@ElysiaAllenHomes.com

ElysiaAllenHomes.com

Eye care for your family!

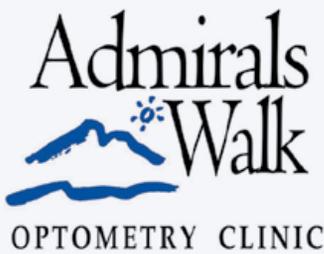
- Eye Health Examinations
- Contact Lens Specialists, Dry Eyes, Allergies, Eye Injuries
- Designer Eyewear Boutique
- Aircrew cyclo exams
- Sunglasses: Prescription & Non-Prescription



MILITARY DISCOUNT AND DIRECT BILLING FOR MILITARY FAMILIES

OAKLEY, ARMANI, KATE SPADE, RAYBAN, AND MORE!

ACCEPTING NEW PATIENTS - BOOK AN APPOINTMENT TODAY!



Dr. Darcy Dennis and Dr. Rachel Rushforth
NEAR BASE
106-1505 ADMIRALS ROAD
(250) 995-0449

SAVE THE DATE

MARCH 6 | 10 am - 4 pm
Naden Athletic Centre



For more information OR to book a booth at this vibrant event, contact jazmin.holdway@forces.gc.ca



Helping CFB Esquimalt and the CAF with:

- Printing and Design Services
- Certificates
- Greeting Cards
- Business Cards
- Event Programs
- Posters
- Brochures
- Flyers
- Banners
- Event SWAG
- Newsletters

and more!

We Salute Our Fleet



MARPAC Successfully Hosts NATO Submarine Medical Course in Esquimalt

A/SLt Samantha Cortes Munoz
MARPAC Public Affairs

The Canadian Forces Environmental Medical Establishment (CFEME) completed a successful NATO Submarine Medical Officer course held Oct. 28 to Nov. 8 in Esquimalt. This important training brought together medical professionals from around the globe, including 15 students from Canada, Australia, Singapore, the Netherlands, and Portugal, to focus on key skills in submarine medicine and emergency response. Course instructors and naval operations staff were augmented by submarine escape and rescue (SUBSAR) subject matter experts from the Royal Navy, United States Navy, and NATO's International Submarine Escape and Rescue Liaison Office (ISMERLO).

Participants took part in a mix of classroom learning and hands-on training. They practiced using medical equipment found on submarines and learned how to handle emergency situations, especially submarine escape and rescue scenarios. A highlight was two days of realistic training aboard HMCS *Max Bernays* – simulating real submarine emergencies, including the transfer of injured personnel aboard the ship, and the subsequent triage and medical aid provided in a high-pressure, time-sensitive environment.

“As a Medical Technician with 23 Health Services in Winnipeg, I've had the opportunity to participate in the mock injury process for the submarine search, escape and rescue exercise (SUBSMASH). It's been an incredible experience to witness firsthand how doctors from around the world collaborate during an emergency, working together as a team to ensure the best possible outcomes for all patients on board,” said Corporal Julie Chartrand.

This course was especially important as it aligned with the Canadian military's yearly SUBSAR training. International doctors and medics from the UK, U.S., Australia, and Singapore are brought in for the course. Doing these exercises together ensures everyone is better prepared.

“It's a great opportunity for us to work together, speaking the same language and using the same procedures. Every year, new methods are tested for loading ships, particularly newer ves-

sels like the Arctic and Offshore Patrol Vessels (AOPVs) and *Max Bernays*. The goal is to ensure that in the event of a submarine accident, everyone knows where to go, where the equipment is, and how to communicate effectively,” said Chief Petty Officer 2nd Class Nelson Harvey, the National Submarine Rescue Coordinator for the Royal Canadian Navy.

CFEME worked closely with Maritime Forces Pacific (MARPAC) to make the course a success.

KEY SUPPORT INCLUDED:

- HMCS *Max Bernays* helped with loading and unloading supplies needed for the training.
- Joint Task Force Pacific staff helped plan and run training scenarios to make them more realistic.
- Fleet Diving Unit (Pacific) provided necessary equipment and personnel for SUBSAR exercises.
- Contributions from the Canadian Submarine Force included extra staff and coordination with the National SUBSAR Coordinator.
- Personnel Coordination Centre (Pacific) provided volunteers to act as casualties during training, making scenarios more lifelike.
- Canadian Forces Health Services Pacific supplied medical staff and equipment, while 11/12 Field Ambulance contributed support for two days.
- 1 Health Services Group (HSG) Detachment Esquimalt provided leadership and planning support for the course.

The success of the NATO Submarine Medical Officer course was a testament to the collaborative spirit that transcended borders. Personnel from various units, including health services, field ambulances, and diving units, came together with medical professionals from Canada and allied nations, sharing expertise and best practices in submarine medicine. This global convergence of knowledge and experience not only enriches the training environment but also fosters lasting partnerships, reinforcing the commitment to excellence in emergency response and medical readiness across NATO forces.

Completing this course shows Canada's commitment to improving submarine medical skills within NATO. Participants gained new skills and insights, boosting their ability to respond to emergencies.



Participants of the NATO Submarine Medical Officer Course are assessed while treating simulated casualties suffering from decompression sickness and bodily injury aboard His Majesty Canadian Ship *Max Bernays* while alongside C-jetty of Canadian Forces Base Esquimalt in November. Photo: Sailor 1st Class Brendan McLoughlin, MARPAC Imaging Services.



Are you a former member of the
Canadian Armed Forces
(Rangers or Reservists) or RCMP
who is currently homeless or
at-risk of becoming unhoused?

(Includes staying with friends, in a shelter or in a hotel
or at-risk of becoming homeless with your housing situation
ending within 1 month).

We Can Help.

Contact us

604-312-5483

vhp@legionbcyukonfoundation.ca

Download an application:
www.legionbcyukonfoundation.ca/vhp



★ **MILITARY DISCOUNT 15% OFF** ★
(Excludes alcohol and happy hour.)



BROWNS CRAFTHOUSE®
KITCHEN & BAR

Browns Crafthouse Vic West
100-184 Wilson Street • Victoria, BC

CFB Esquimalt Golf Association

Are you a golfer and tired of paying full rates for green fees?

Come join our association.

- Discounted rates at local courses
- 4 member only tournaments a year
- One epic road trip to the interior of BC
- Meet and play golf with members of the Defence Community



Details at CFBEGA.ca or Facebook CFBEGA

Exercise NORTHERN LIGHTS 24

Canadian Rangers strengthen partnership with Australia's NORFORCE

Members of the 4th Canadian Ranger Patrol Group and the Australian Defence Force's North West Mobile Force prepare to depart for a patrol exercise during Exercise *Northern Lights 24*.

Capt. Keun Kang

Public Affairs Officer, 4th Canadian Ranger Patrol Group

From Aug. 25 to Sept. 13, the 4th Canadian Ranger Patrol Group (4 CRPG) and the Australian Defence Force's North West Mobile Force (NORFORCE) conducted *Exercise Northern Lights 24*.

Ex *Northern Lights* is a joint reciprocal exercise between these two units that began in 2011. Through this exercise, 4 CRPG and NORFORCE aim to enhance interoperability, foster camaraderie and promote mutual understanding between the two ally forces.

This year's exercise saw NORFORCE personnel travel to Lac Brochet and Churchill, Man., before concluding in Grand Cache, Alta. The exercise involved support from Canadian Rangers across 4 CRPG's area of operation. Planning for the exercise required sustaining a group of approximately 50 personnel in three remote locations throughout Western Canada for three weeks while providing valuable training opportunities. It took considerable time and effort to bring it to fruition.

Captain Eric Watters, second-in-command of 4 CRPG's C Company, was involved in planning the exercise and highlighted the importance of building relationships and demonstrating the capabilities of the Canadian Rangers.

"This exercise fulfilled several purposes," he said. "We developed our relationship with Canadian allies, provided high quality training for Australian counterparts

and Canadian Ranger participants, and showcased the capabilities of the Canadian Rangers."

For Canadian Ranger Sergeant (Sgt) Emily Coombs, who travelled from Ucluelet, B.C., to participate in the exercise, the experience was a chance to develop key skills and adapt to the unique challenges of operating in a remote and isolated environment. As a seasoned Patrol Commander in her own community, Sgt Coombs is no stranger to working in remote areas. However, this exercise presented new and unfamiliar challenges that pushed her to think creatively and find innovative solutions.

"My community is nowhere near as remote or isolated as those in Northern Manitoba," she said. "Expect the unexpected and be prepared to be creative when finding solutions."

Sgt Coombs was also impressed by the strength and resilience of the residents in these communities, saying the experience highlighted their adaptability, knowledge and ability to thrive in the harsh conditions of the Boreal Forest.

Major (Maj) Vatzlavik, who led NORFORCE participants, was impressed by the experience as well, describing the exercise as a "career highlight that exceeded [his] expectations."

He was struck by the openness and willingness of the Canadian Rangers to share their knowledge, culture and country, calling it a truly special opportunity.

"The key takeaway for me was how similar our two countries and units are,"

Maj Vatzlavik said. "While the climate and terrain are vastly different, our colonial history and culture of our First Nations are surprisingly similar in many ways. The challenges we face in both the remoteness and harshness of our terrain and the reliance on local knowledge are fundamental to both our units."

Canadian Ranger (CR) Peterson, who participated in the exercise, echoed Maj Vatzlavik's sentiments, highlighting the parallels between the Canadian Rangers and NORFORCE.

"I was struck by the similarities between our two organizations and the expectations placed upon them," CR Peterson said.

As a Canadian Ranger from Grande Cache, Alta., CR Peterson emphasized the importance of intercommunity training, noting its value in providing opportunities for members to learn new skills and gain diverse experiences.

"I felt fortunate to engage with other Canadian Rangers from different communities, discussing and sharing their operational requirements and challenges," he added.

Ex *Northern Lights 24* was a memorable experience for all participants, leaving a lasting impact, with Maj Vatzlavik highlighting the great personal opportunity it offered.

"It was a chance to see some amazing country, meet some amazing people, and learn some new skills," he said.

The exercise sets a high standard, and both forces are committed to continuing this partnership in the future.



The Australian Defence Force's North West Mobile Force and their colleagues with the 4th Canadian Ranger Patrol Group pose together in Lac Brochet, Man.

CANEX
A Division of CFMWS
Une division des SBMFC

CANADA'S MILITARY STORE

CANEX

CANEX.CA

1343 Woodway Rd., Esquimalt 250.388.6428

Maggie Claydon, PsyD

Registered Clinical Counsellor & EMDR Therapist
Independent Online Trauma Counselling Services

Counselling inspired by
mindful, balanced living

10% off the first session for Military.
Free 15 min Consultations for new clients.

maggielclaydon@gmail.com maggielclaydoncounselling.com



EXERCISE SEA RANGER 2



Canadian Rangers with the 4th Canadian Ranger Patrol Group receive a briefing on operations as part of Exercise Sea Ranger 2. Photo: Sailor 3rd Class Jordan Schilstra, Image Technician, Canadian Forces Base Esquimalt

Canadian Rangers with the 4th Canadian Ranger Patrol Group assist with the docking of Patrol Craft Training vessel Grizzly in Port McNeil, B.C. Photo: Capt Keun Kang, Public Affairs Officer, 4th Canadian Ranger Patrol Group

4 CRPG with RCN conduct emergency response exercise

Canadian Ranger Tracy Guenard
4th Canadian Ranger Patrol Group

In a demonstration of collaboration, interoperability and commitment to community resilience, the 4th Canadian Ranger Patrol Group (4 CRPG) joined forces with the Royal Canadian Navy (RCN) for a simulated earthquake response exercise.

Exercise *Sea Ranger 2*, which took place from Sept. 23 to 25, simulated a 7.2 magnitude earthquake just north of Port Hardy, B.C., and aimed to enhance the Canadian Armed Forces' response to natural disasters in remote maritime communities around Alert Bay and the Broughton Archipelago. Through this exercise, 4 CRPG and the RCN were able to showcase the military's capacity to support Canada during natural disasters.

With local authorities overwhelmed in the wake of the simulated earthquake response exercise, the Canadian Rangers demonstrated a proactive approach to emergency management and reinforced the military's role as a key player in humanitarian efforts across Vancouver Island and its surrounding areas. The exercise emphasized military readiness for domestic operations and the importance of fostering strong relationships with the communities they serve.

During the exercise, 4 CRPG focused on strengthening their skills in search and rescue, wilderness first aid, damage assessment, disaster area management, and predator control through various realistic scenario-based exercises. They also showed their ability to assess hazards and damaged infrastructure, as well as build structures to reinforce collapsing buildings while attending to injured personnel.

The Navy team who aided in transporting 4 CRPG members during *Ex Sea Ranger 2* consisted of personnel from the Patrol Craft Training Unit and other sailors from CFB Esquimalt. Their collective expertise proved pivotal in transporting the 4 CRPG members to affected areas and ensuring adequate emergency response strategies were in place. These are crucial in isolated locations where they may lack immediate access to resources and support during a crisis.

"Working alongside the Canadian Rangers of B.C. opens new doors for collaboration and training, utilizing the unique strengths of both the RCN and the Canadian Rangers to unlock untapped potential in these remote regions," said Commander Vincent Pellerin, Commanding Officer of Patrol Craft Training Grizzly, who led the RCN's effort during this exercise.

As the exercise unfolded, the emphasis

on community engagement remained at the forefront, as did the collaboration between 4 CRPG and the Navy, explained Major Geoffrey Robinson, Commanding Officer of 4 CRPG A Company, who led the Canadian Rangers during the exercise.

"Exercise *Sea Ranger 2* exceeded all expectations and proved invaluable in creating an opportunity for the 4th Canadian Ranger Patrol Group and the RCN to work collaboratively in response to a tsunami-based natural disaster affecting remote coastal villages," he said. "Both Canadian Rangers and sailors left the exercise with a keen appreciation of each other's expertise and look forward to working together in future exercises or operations."

By actively involving residents and fostering mutual understanding, 4 CRPG and the RCN are not only preparing for potential emergencies but building a foundation of trust and co-operation that will benefit all for years to come.

In a world where natural disasters can strike with little warning, the partnership between 4 CRPG and the Navy exemplifies the commitment to safeguarding and supporting remote communities, ensuring they are not left to face challenges alone. Together, they stand ready to respond, serve, and strengthen the ties that bind them to the communities of B.C.

MILITARY PERSONNEL

You may qualify for up to 75% of your 5% down payment!

The City of Langford's Attainable Home Ownership Program is applicable to a NEW 1 bed + den Condo by beautiful Langford Lake.

For more info:
David Hale PREC
250-812-7277 call / text
davidraymondhale@gmail.com



SPREAD THE WORD:
We're accepting new clients!

A Clinic Just for Cats!

Pacific Cat Clinic
3555 Ravine Way, Victoria, BC V8X 4Z1
250.475.2287 | pacificcatclinic.com

AAHA ACCREDITED
The Standard of Veterinary Excellence
Fear Free CERTIFIED
VETERINARY PRACTICE

E-FILE FROM \$90+GST

Top Shelf Bookkeeping Ltd.
Locally Owned & Operated Since 1994

BOOKKEEPING & PAYROLL SERVICES AVAILABLE

2 CONVENIENT YEAR ROUND LOCATIONS

101-76 Gorge Road West
Victoria, BC V9A 1M1
250-388-9423

1253B Esquimalt Road
Victoria BC V9A 3P4
250-590-4050

Vacant Home Staging from \$2,000

Call Shelly Direct
250-213-7444
Shelly Reed Property Stager
Fluff it UP! Home Staging Solutions
www.fluffitup.ca

2024/2025 PSP Facility

Naden Athletic Centre*(& Pool**), Dockyard Gym, Wurtele Arena*, CPAC



Holiday Schedule

2024/2025 PSP Drop-In Program

Naden Athletic Centre & Wurtele Arena

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
15 DEC NAC 0800-1800 hrs Pool CLOSED ARENA 0700-2200 hrs CPAC CLOSED DKYD CLOSED	16 DEC NAC 0530-2130 hrs Pool CLOSED ARENA 0800-2200 hrs CPAC 0830-1600 hrs DKYD CLOSED	17 DEC NAC 0530-2130 hrs Pool CLOSED ARENA 0800-2200 hrs CPAC 0830-1600 hrs DKYD CLOSED	18 DEC NAC 0530-2130 hrs Pool CLOSED ARENA 0800-2200 hrs CPAC 0830-1600 hrs DKYD CLOSED	19 DEC NAC 0530-2130 hrs Pool CLOSED ARENA 0800-2200 hrs CPAC 0830-1600 hrs DKYD CLOSED	20 DEC NAC 0530-1900 hrs Pool CLOSED ARENA 0800-2200 hrs CPAC 0830-1600 hrs DKYD CLOSED	21 DEC NAC 0800-1800 hrs Pool CLOSED ARENA CLOSED CPAC CLOSED DKYD CLOSED
22 DEC NAC 0800-1800 hrs Pool CLOSED ARENA 0700-1600 hrs CPAC CLOSED DKYD CLOSED	23 DEC NAC 0800-1800 hrs Pool CLOSED ARENA 0800-1500 hrs CPAC 0830-1600 hrs DKYD CLOSED	24 DEC NAC 0800-1300 hrs Pool CLOSED ARENA 0800-1500 hrs CPAC CLOSED DKYD CLOSED	25 DEC CHRISTMAS DAY ALL FACILITIES CLOSED	26 DEC BOXING DAY ALL FACILITIES CLOSED	27 DEC NAC 0800-1800 hrs Pool CLOSED ARENA 0800-1500 hrs CPAC 0830-1600 hrs DKYD CLOSED	28 DEC NAC 0800-1800 hrs Pool CLOSED ARENA CLOSED CPAC CLOSED DKYD CLOSED
29 DEC NAC 0800-1800 hrs Pool CLOSED ARENA 0700-1600 hrs CPAC CLOSED DKYD CLOSED	30 DEC NAC 0800-1800 hrs Pool CLOSED ARENA 0800-1500 hrs CPAC 0830-1600 hrs DKYD CLOSED	31 DEC NAC 0800-1300 hrs Pool CLOSED ARENA 0800-1500 hrs CPAC 0830-1300 hrs DKYD CLOSED	1 JAN NEW YEARS DAY ALL FACILITIES CLOSED	2 JAN NAC 0800-1800 hrs Pool CLOSED ARENA 0800-1500 hrs CPAC 0830-1600 hrs DKYD CLOSED	3 JAN NAC 0800-1800 hrs Pool CLOSED ARENA 0800-1500 hrs CPAC 0830-1600 hrs DKYD CLOSED	4 JAN NAC 0800-1800 hrs Pool CLOSED ARENA CLOSED CPAC CLOSED DKYD CLOSED
5 JAN NAC 0800-1800 hrs Pool CLOSED ARENA 0700-2330 hrs CPAC CLOSED DKYD CLOSED	6 Jan 2025 All Facilities are back to regular business hours. Please see our website for regular programming schedule or call for assistance: CFMWS.ca / NAC Facebook / MARPAC Notice Board Naden Athletic Centre Kiosk - 250-363-5677 • Wurtele Arena - 250-363-4297 • CPAC - 250-363-1009					

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
15 DEC Casual Skate 1430 - 1600 hrs	16 DEC FORCE PT(Strength) 0630 - 0715 hrs Spin Class 1205 - 1250 hrs	17 DEC FORCE PT (Cardio) 0630 - 0715 hrs	18 DEC FORCE PT(Strength) 0630 - 0715 hrs Functional Strength 1205-1250 hrs	19 DEC FORCE PT(Practice) 0630 - 0715 hrs Drop In Basketball 1100-1300 hrs	20 DEC FORCE PT (Cardio) 0630 - 0715 hrs Mobility 1205-1250 hrs	21 DEC
22 DEC Casual Skate 1430 - 1600 hrs	23 DEC FORCE PT(Strength) 0800-0845 hrs Spin Class 1205-1250 hrs	24 DEC FORCE PT(Cardio) 0800-0845 hrs Functional Strength 1205-1250 hrs	25 DEC CHRISTMAS DAY ALL FACILITIES CLOSED	26 DEC BOXING DAY ALL FACILITIES CLOSED	27 DEC FORCE PT(Practice) 0800-0845 hrs Drop In Badminton 1100-1300 hrs Mobility 1205-1250 hrs	28 DEC Shinny 1130 - 1300 hrs
29 DEC Casual Skate 1430 - 1600 hrs	30 DEC FORCE PT(Strength) 0800-0845 hrs Spin Class 1205-1250 hrs	31 DEC FORCE PT(Strength) 0800-0845 hrs Spin Class 1205-1250 hrs	1 JAN NEW YEARS DAY ALL FACILITIES CLOSED	2 JAN FORCE PT(Practice) 0800-0845 hrs	3 JAN FORCE PT(Practice) 0800-0845 hrs Drop In Volleyball 1100-1300 hrs Mobility 1205-1250 hrs	4 JAN Shinny 1130 - 1300 hrs
5 JAN Casual Skate 1430 - 1600 hrs	6 Jan 2025 All programming is back to regular business hours. Please see our website for regular programming schedule or call for assistance: CFMWS.ca / NAC Facebook / MARPAC Notice Board Naden Athletic Centre Pool (including hot tub and steam room) will be closed 6 Dec - 5 Jan.					

*Naden Athletic Centre & Wurtele Arena facility hours only - Program schedules / Facility Rentals not included in this calendar
** The pool will be closed 6 Dec - 5 Jan for pool maintenance CAF members and PSP Plan members can use the Esquimalt Recreation Centre Pool free of charge by showing your valid Mil ID or Gym Membership

SAVE THE DATE

21 JUNE 2025

EVERYONE WELCOME!

COME RUN / WALK WITH YOUR NAVY

DO IT BECAUSE YOU CAN!

NAVY RUN

CFB ESQUIMALT

5 KM / 10 KM / KIDS RUN

REGISTRATION FEES			
5 KM WALK/RUN & 10 KM RUN	EARLY NOV 5 - MAR 31	REGULAR APR 1 - JUN 13	LATE AFTER
VIRTUAL	\$36.75	\$40.00	\$50.00
IN PERSON			
Active & Retired Military & Dependents	\$35.65	\$41.40	\$52.00
DND / NPF Civilians & Dependents	\$41.40	\$45.54	\$55.00
General Public	\$47.20	\$51.90	\$62.00
KIDS RUN SHIRT			
Virtual & In-Person (registration is free)	\$25.00 / for shirt	\$25.00 / for shirt	\$25.00 / for shirt

Late registration will be available at race package pickup.

NAVYRUNESQUIMALT.COM

Proud to serve

Esquimalt-Saanich-Sooke

Randall Garrison, MP

2-50 Burnside Road West, V9A 1B5

Monday - Thursday 11:00am - 2:00pm or by appointment

250-405-6550 Randall.Garrison@parl.gc.ca
www.RandallGarrison.ndp.ca

Meet Stéphane Guay, CD3

celebrating an impressive career

43 years and counting



Master Sailor (MS) Guay receiving his Canadian Decoration 3 Clasp. From Left to right: Lieutenant-Colonel L.J. Rediger, MS S. Guay, and School Chief Warrant Officer M.R. Lanctot. Photo supplied

Lt(N) Jonathan Lacasse

Maritime Procurement

It's been several years since we last met, and that's the kind of thing that happens a lot in the lives of sailors. We forge bonds as a crew, growing closer over time. Though we may drift apart, the tides always bring us back together.

It was with surprise that I ran into Stéphane at a ceremony where he received the precious CD3 distinction for 42 years of service. A rare moment, as only a few comrades-in-arms accumulate this many nautical miles and experience within our organization.

I admit, I was impressed. The more my career progresses, the more I realize the effort and sacrifices that this implies. After the ceremony, I had the privilege of chatting with Stéphane at the CFS Leitrim mess; I wanted to learn more about his journey.

Stéphane joined the Naval Reserve on June 29, 1981, at His Majesty's Canadian Ship HMCS *Montcalm* in Quebec City, as a Radar Plotter. In 1984, this trade was renamed to Naval Combat Information Operator (NCIOP). Not feeling overly passionate about the job, he changed to that of Boatswain in 1986. At that time, he was

part of the Reserves to finance his studies and experience maritime adventures each summer. This allowed him to study history, geography and teaching at the university.

His highlights in the service were teaching recruits and instructing First Aid training. Over the years, he had the opportunity to teach and train members, instructors and even master instructors First Aid. In December 2022, Stéphane had the honour of receiving a Commendation from the Order of St. John, presented by the Surgeon General, Major-General Marc Bilodeau, for his contributions.

In 1992, Stéphane had the honour of being part of the first edition of the Compagnie Franche de la Marine, where he was responsible for security, transportation and other related tasks. "It was intense, but so rewarding to be able to participate in these events where the sailors wore historical uniforms and put on shows to meet the public," he said.

After being an instructor for three recruit courses, he was briefly at CFLRS St-Jean in 1994, before having the opportunity to sail in the Caribbean. He also worked on the standards for the recruit school at the CFB Borden.

"Over the course of my career, I have been

an instructor on 13 recruit platoons, including two as Platoon Commander. I have also instructed 13 PLQ and three ILQ courses. My last position in the Naval Reserve was as a Career Manager for the Basic Training List, where I managed the careers of more than 1,000 members."

At 43 years of service, he has left his mark on the next generations of sailors joining the Royal Canadian Navy and continues to do so.

After 28 years in the Naval Reserve, Stéphane chose to transfer to the Regular Force. He spent two years as a Training Officer (TDO), and in 2013, he transferred to Signals Intelligence (SIGINT). In this job, he had the opportunity to deploy to Europe as part of Operation Reassurance aboard HMCS Charlottetown.

Stéphane has been part of the Ships Company of: HMCS *Nipigon*, PLB *Captor*, HMCS *Porte St-Louis*, HMCS *Porte St-Jean*, HMCS *Porte Dauphine*, HMCS *Porte de la Reine*, HMCS *Porte Quebec*, HMCS *Rally*, HMCS *Rapid*, HMCS *Anticosti*, HMCS *Algonquin*, HMCS *Preserver*, and finally, HMCS *Charlottetown*.

When asked if he had any memorable anecdotes of his time at sea, Stéphane laughed and said, "There are indeed a few! I remember a

summer as a bosco (buffer) on the HMCS *Porte St-Louis* and HMCS *Porte St-Jean*, where our Captain was particularly discreet, preferring to stay in his cabin at sea. But when one passed near the door of his cabin, strange noises suggested that no one is safe from seasickness!"

Stéphane's naval skills extended beyond his trades. Throughout his time of service, he also began mounting medals and eventually started his own business, Sailor Court Mount Medals.

"When the base tailor stopped doing it, members of my unit were looking for a place to mount their medals," he said. "I started with a simple assembly of four medals. After a few attempts, I finally managed to achieve what I wanted. Since then, I've learned a lot by demounting and mounting. For more than 20 years now, I have had the privilege of doing this for Regular Force members, the Reserve Force, cadets and even veterans and the RCMP."

I was already impressed by the CD3, but following our conversation, I have an even deeper appreciation for the commitment, courage, and resilience Stéphane has demonstrated throughout the years. BRAVO Stéphane, and congratulations to you and your family on this exceptional career!



Eric Coching
Broker/Owner | 250-217-2326
ecoching@shaw.ca

The MORTGAGE Centre

COCHING MORTGAGE CORP.

Finding the right home is hard. Finding the right mortgage is easy.

Phone 250-391-6191 • Fax 250-391-6192

103-719 McCallum Road, Victoria, B.C. V9B 6A2

CONVENIENT LOCATION ACROSS FROM HOME DEPOT BELOW COSTCO

Thinking about
consolidating
consumer debt?

Give us a call for current rates
and options!

Rates subject to change without notice

Congrats Grads!

Completion of Primary Leadership Qualification

Presented by Rear-Admiral Christopher Robinson
A ceremony was held at Nixon Gym, Work Point Barracks, CFB Esquimalt on Nov. 1 to recognize individuals who graduated their course.

Photos: Sailor 1st Class Alex Koller, MARPAC Imaging Services



Master Sailor Berardi receives a certificate for completion of Primary Leadership Qualification.



Corporal Carrier receives a certificate for completion of Primary Leadership Qualification.



Master Sailor Carson receives a certificate for completion of Primary Leadership Qualification.



Sailor First Class Dalziel receives a certificate for completion of Primary Leadership Qualification.



Master Sailor Davison-Peer receives a certificate for completion of Primary Leadership Qualification.



Sailor First Class Duchscher receives a certificate for completion of Primary Leadership Qualification.



Master Sailor Fitz-Gerald receives a certificate for completion of Primary Leadership Qualification.



Master Sailor Forbes receives a certificate for completion of Primary Leadership Qualification.



Master Sailor Halliwell receives a certificate for completion of Primary Leadership Qualification.



Master Sailor Jeon receives a certificate for completion of Primary Leadership Qualification.



Master Sailor Kim receives a certificate for completion of Primary Leadership Qualification.



Master Sailor Knife receives a certificate for completion of Primary Leadership Qualification.



Master Sailor Lalonde receives a certificate for completion of Primary Leadership Qualification.



Master Sailor Landry receives a certificate for completion of Primary Leadership Qualification.



Master Sailor MacPherson receives a certificate for completion of Primary Leadership Qualification.



Master Sailor McFadden receives a certificate for completion of Primary Leadership Qualification.



Corporal McKay receives a certificate for completion of Primary Leadership Qualification.



Master Sailor Passy receives a certificate for completion of Primary Leadership Qualification.



Sailor 1st Class Phillips receives a certificate for completion of Primary Leadership Qualification.



Corporal Rai receives a certificate for completion of Primary Leadership Qualification.



Master Sailor Rutherford receives a certificate for completion of Primary Leadership Qualification.



Master Sailor Soderstrom receives a certificate for completion of Primary Leadership Qualification.



Master Sailor Srisamer receives a certificate for completion of Primary Leadership Qualification.



Master Sailor Stewart receives a certificate for completion of Primary Leadership Qualification.



Master Sailor Swann receives a certificate for completion of Primary Leadership Qualification.



Master Sailor Turcotte receives a certificate for completion of Primary Leadership Qualification.



Master Sailor Vansolkema receives a certificate for completion of Primary Leadership Qualification.



Master Sailor Wright receives a certificate for completion of Primary Leadership Qualification.



Sailor First Class Zeng receives a certificate for completion of Primary Leadership Qualification.



Master Sailor Zhygotsky receives a certificate for completion of Primary Leadership Qualification.



Master Sailor Hobbs receives a certificate for completion of Primary Leadership Qualification.

BRAVO ZULU

The following members were given special recognitions.



Master Sailor Landry receives an Esprit de Corps award from Primary Leadership Qualification from Chief Petty Officer 1st Class Dawson.



Master Sailor Landry receives a Primary Leadership Qualification Top Student award.



Master Sailor Lalonde receives a Character Based Leadership award from Primary Leadership Qualification from Chief Petty Officer 1st Class Aubry.



Master Sailor Fitz-Gerald receives a Top Drill award for Primary Leadership Qualification from Petty Officer 1st Class Fox.



Fall in –
to savings
with BMO.

BMO  Official bank of the
Canadian Defence Community

TRACKSIDE AUTO SERVICE LTD.
A FULL SERVICE AUTO REPAIR FACILITY

- ✓ Induction & Fuel Injection Service
- ✓ Out of Province Inspection
- ✓ Diesel Fuel Service
- ✓ Brake service
- ✓ Oil service
- ✓ Electrical
- ✓ Exhaust
- ✓ Tires

Winner "2014 2nd PLACE" BEST OF THE CITY AWARDS Black Press

BBB **B.C. GOVERNMENT DESIGNATED INSPECTION FACILITY** **Castrol** **WALKER** **HANKOOK**

Ask about BG Protection Plan*
Where Dependability and Trust are a Priority... * under 80,000 km

784 Fairview Rd. • 250-383-5509 • tracksideautoservice.ca

www.LookoutNewspaper.com

WESTSHORE U-LOCK MINI STORAGE

MILITARY DISCOUNT OFFERED



✓ Residential and Commercial storage ✓ Award winning, modern facility
✓ Individually alarmed lockers ✓ Easy monthly rentals
✓ Heated lockers ✓ Easy access

1621 Island Highway, 250-478-8767

 **selfstorage.ca**

The Lookout CLASSIFIEDS

FOR RENT

FURNISHED CONDO FOR RENT
1-3 month house-sitting, furnished, 2 bed 2 bath in Belmont Park, underground parking, \$2500 per month, no smoking, no pets. Contact James at James@rayndt.com 11/11

ROOM FOR RENT
\$900/m for 1 br in shared house. Prvt bath, shared kitchen, laundry + prk space available. Private entrance. No sm/vape/party or pets allowed. 250 893 4003 11/04

TWO BEDROOM FURNISHED SUITE: SHORT TERM RENTAL AVAILABLE NOV. 10:
Comfortable, 2 bed suite, fully furnished, in quiet residential area, 10 minute walk to CFB Esquimalt. All utilities and wifi included. Full kitchen, full bath. The kitchen equipped; all linens provided. Garden level, private entry, shared laundry, outdoor patio. Street parking. No smoking

or pets. Landlords live in the house. Please note: minimum stay 30 days, maximum 6 months. \$2200 per month. Call Margaret 240 740 1300. 11/04

SHORT STAY RENTAL
December 8 to end of February, \$500 per month. Warm and comfortable basement suite with separate bedroom, living room, small cooking area with access to a full kitchen. Perfect for base personnel, in vicinity of Gorge and Admirals, 15 minutes by car 40 walk to base. Call John 250-721-3814 or 250-889-0459 (cell) 11/18

MODERN + SPACIOUS PLACE
Oceanview Oasis, 1100 sqft, 2-bed, 1-bath, furnished suite with own entrance. ocean + mountain vistas, private deck. Located in Colwood, 18-minute drive to the CFB Esquimalt. Short to mid-term rental, starting at \$150/nt for up to four people. Price negotiable based on

length of stay. Contact mayandfraser@gmail.com. 11/04

COOK ST VILLAGE
2 bed suite with hardwood floors. Quiet and well maintained apartment building. Heat, hot water and parking included. No pets. No smoking. One year lease. \$2,300 per month. Available Dec 1, 2024. Call 250 588 5457. 11/04

RENOVATED BASEMENT SUITE,
kitchen w/ SS appliances inc. dishwasher. 4-pc bath, large main bdrm, gas FP, electric heat. Private patio, shared yard, off-street parking. Lots of storage. Building is a four-plex w/ shared laundry room / 2 sets of machines. Near Gorge Park on transit route. 10 mins to downtown. Available Nov. 15 or Dec. 1. Some dogs considered, sorry no cats, exotic pets, No tobacco, cannabis permitted outside. Max two adults + children. Contact sharlotj@gmail.com

CFB ESQUIMALT LOST & FOUND

Number	Item
1Bicycle / 18 -speed / Men's
2Bicycle / 27 -speed / Woman's
3Bicycle / 21 -speed / Men's
4Bicycle / 21 -speed / Men's
5Bicycle / 18 -speed / Men's
6Bicycle / 21 -speed / Men's
7Bicycle / 21 -speed / Men's
8Bicycle / Hybrid Electric / 20-speed / Unisex
9Bicycle / 21 -speed / Men's

Claimants can contact Stephen Joseph Galipeau, Disposal Team / Materiel Service Account (MSA) @ Base Logistics at 250-363-5204 from 0800-1200 and 1300-1530
A detailed description of the object is necessary to make a claim.

Need to rent, buy, sell, or announce something?
Contact Jazmin.holdway@forces.gc.ca

Attend an Employee Assistance Program Information Session

All information sessions are available in both official languages.

Register now for our next session!

For more information, contact us at EAP-PAE@forces.gc.ca



The Organizational Well-Being program aims to provide you with timely and accessible mental health and well-being services that correspond and evolve with yours and your family members' needs to enable, educate, and empower you to improve your health and wellness.

The Department of National Defence's Employee Assistance Program (EAP) (you are now leaving Canada.ca, for internal audiences only) is a professional, confidential, and proactive service to support you and your family members with a variety of personal, family, and work-related concerns.

Attend an Employee Assistance Program information session to learn more about the new comprehensive range of services and mental health support available for public service employees, including students and casual employees, and their immediate family members.

THIS PRESENTATION WILL COVER THE FOLLOWING SERVICES:

- Crisis and Short-Term Counselling
- Life Smart Coaching
- Digital Mental Health Platform
- Peer Support
- Manager Support: Key Person Advice Line (KPAL)
- Specialized Team Services



Full Selection of High Quality Bedroom Furniture

www.ZEDSBEDS.ca

Hey Sailor...

After spending so many nights in your rack isn't it time you had the well deserved sleep at home? Our Canadian made mattresses and 90 sleep guarantee will ensure you get the well deserved rest you need (no seat belts needed).



50%-80% OFF RETAIL

- Made in Vancouver.
- Locally owned and operated.
- Two trees planted in BC for every mattress sold.



FREE PARKING AROUND BACK

#113-2854 PEATT ROAD, LANGFORD
Adam Averill, CD: 250-894-ZEDS (9337)

**FREE HOME DELIVERY
FREE PHONE CONSULTATION**

OPEN:
WED-SAT 11-5; SUNDAY 11-3

25th ANNUAL

Township & CUPE

HOLIDAY FOOD DRIVE



SUPPORTING **Esquimalt Neighbourhood House**

Drop it off!

Food donations can also be dropped off at the township's public works yard, recreation centre, municipal hall & Archie Browning Sports Centre from **Nov 25-Dec 20.**

We'll pick it up!

- South side: Dec 2-6
- North side: Dec 9-13

Place non-perishable food in bags labelled "food drive." A dedicated vehicle will pick up your donation.



More info at esquimalt.ca

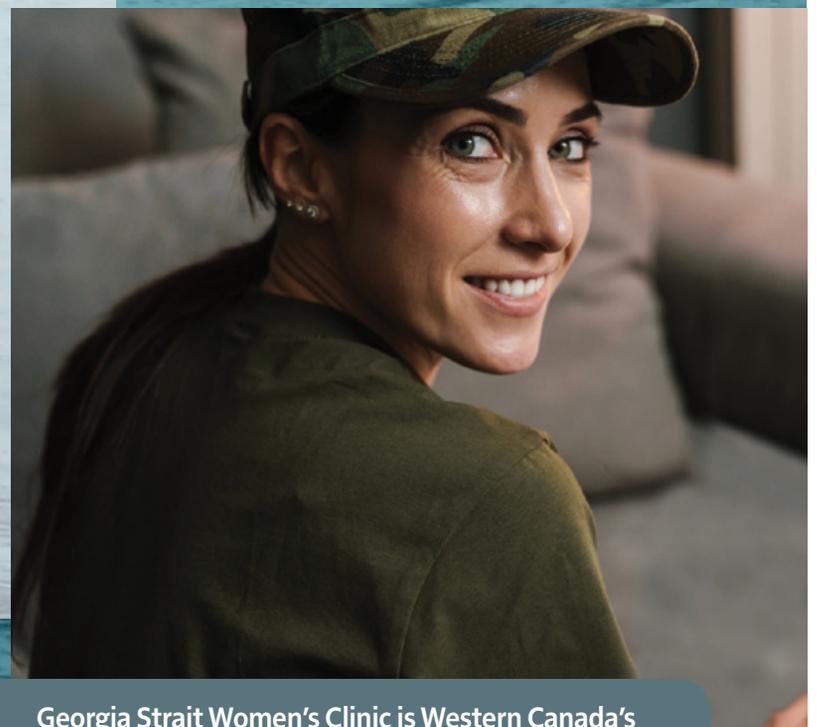
Treatment IS WITHIN REACH

Addiction, Mental Health & Trauma Treatment just a Ferry Ride Away

Help is at hand: Powell River-based Sunshine Coast Health Centre and Georgia Strait Women's Clinic—Western Canada's only trauma program exclusively serving women—provide highly personalized addiction, mental health and trauma treatment for male and female clients respectively. We'll pick you up from the ferry for our daily inpatient treatment tailored to your unique needs.

Services include 24-hour medical service, psychiatric assessment, EMDR, rTMS, psychotherapy, a dedicated group for military clients and much more.

Serving the Department of National Defence and Veterans Affairs Canada since 2009.



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

Georgia Strait
WOMENS CLINIC

Admissions Toll Free **1.866.487.9040** | **GSWC.CA**

 **Sunshine Coast
Health Centre**
A Non-12 Step Mental Health Program

Admissions Toll Free **1.866.487.9010** | **SCHC.CA**