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LOOKOUT

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

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2022

THE YEAR IN REVIEW

Commander Annick Fortin of HMCS Winnipeg pays respects to Queen Elizabeth II during a memorial ceremony while in Malaysia on Operation Projection on Sept. 19, 2022. See pages 6-7 for this year's recap.

Photo: Sailor First Class Melissa Gonzalez, Canadian Armed Forces photo

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Sailors play Santa to Victoria General Hospital children's ward



Master Sailor Dylan McGinn, Sailor First Class Nahom Beyene and Chief Petty Officer Second Class Trevor Moore of HMCS Regina deliver toys and gifts to Victoria General Hospital staff on Nov. 24. The gifts for patients in the Children's Life Services Department were paid for through funds raised in the Dave Barber Charity Golf Tournament. Photo: HMCS Regina

Peter Mallett Staff Writer

HMCS *Regina's* crew made this Christmas extra special for young patients at Victoria General Hospital.

Sailors of the Halifax-class frigate stopped by the Children's Life Department at the hospital ahead of the Christmas break to donate \$3,600 in presents and gift cards. Volunteers delivered over 100 gifts for children, including toys, crafts, and colouring books.

"Traditions like this matter, and knowing we support the community and help others in need allows us to reflect on our situations and realize how fortunate we are," said Sailor First Class (S1) Nahom Beyene, a Weapons Engineering Technician and Fire Control Technician on *Regina*. He was the organizer of this year's charity drive.

The gifts were paid for with money raised

through the ship's annual charity event, the Dave Barber Golf Tournament. The tournament is named in memory of Master Sailor Dave Barber, a Fire Control and Radar Technician who worked onboard *Regina* before passing away from leukemia in 1997. This year's nine-hole golf tournament was held on Aug. 30 at the Metchosin Golf & Country Club.

S1 Beyene also delivered a cash donation to help the hospital staff when supplies of crafts, pencil crayons, markers and colouring books run out.

Making the delivery to the hospital was the sweetest part of the journey, he said, especially hearing from hospital staff how happy the gifts would make the children.

"Knowing what these children are experiencing and being able to bring them joy just in time for the Christmas holidays brings me so much happiness," he said.



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Photo: Peter Mallet, Lookout staff

MEDALS FOR CHILDREN

will soon be available on both coasts

Peter Mallet
Staff Writer

A non-profit that awards medals to children of deployed Royal Canadian Navy (RCN) sailors will expand its reach to Eastern Canada by the end of this year.

Medals for Children, an initiative launched in 2021 by Earl Phillips of Grande Prairie, Alta., will award medals to children of parents deployed aboard Maritime Forces Atlantic (MARLANT) vessels HMCS *Fredericton* and HMCS *Montreal*.

"Many of these children don't know a life any different than Mom or Dad being away for long periods of time and all the challenges that creates," Phillips said. "We want to see this program flourish so we can honour them."

Phillips said the medals are a way to honour the children's service and sacrifice during deployments. His daughter, Lieutenant (Navy) Anne Day of HMCS *Montreal*, is a military parent with three children. Phillips is employed by the Regional Cadet Support Unit (RCSU) Northwest.

Phillips said the success of the medals program is based on its popularity with recipients. Proof of this played out when dozens of children with parents aboard HMCS *Winnipeg* and



HMCS *Vancouver* were reunited with their parents and loved ones at the Dec. 5 homecoming in Esquimalt. Many children were delighted to receive the medals from their mothers and fathers, supplied by Phillips through the Esquimalt Military Family Resource Centre (MFRC). Some of the medals were presented by The Honourable Anita Anand, Minister of National Defence, and Vice-Admiral Angus Topshee, Commander Royal Canadian Navy.

The front of the blue and bronze medal features a child's hand reaching toward the hands of an adult sailor, and the reverse side has the ship's name and deployment dates. It also includes a red and white ribbon. Phillips will add bars to the awards system, with red-coloured bars affixed to a child's medal following each deployment instead of awarding a child a separate medal for each one. Phillips' first batch of medals for HMCS *Winnipeg's* 2021 deployment was paid for through out-of-pocket expenses to produce and engrave the medals.

The positive responses and comments flow daily on the Medals For Children Facebook page. Phillips encourages anyone interested in contributing to connect with him at MedalsforChildren@gmail.com.

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MANAGER

Jazmin Holdway 250-363-3372
Jazmin.Holdway@forces.gc.ca

EDITOR

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

WRITER

Peter Mallett pkmallett@shaw.ca

PRODUCTION

Teresa Laird 250-363-8033
production@lookoutnewspaper.com

Leslie Eaton 250-363-8033
workstation3@lookoutnewspaper.com

ACCOUNTS/RECEPTION

Trina Winters 250-363-3127

ADVERTISING REPRESENTATIVE

Joshua Buck 778-977-5433
sales@forcesadvertising.com

EDITORIAL ADVISOR

Rodney Venis 250-363-7060

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Stay Ahead of

Stress

UGSEO, DND

It is no secret this time of year can be the most stressful time of year for many people. The causes are many: financial pressures, family friction, time constraints and fatigue, to name a few.

Some stress is considered to be normal, providing energy and motivation to meet daily challenges, both at home and in the workplace. This kind of 'positive' stress helps us rise to adversity and meet goals such as deadlines, sales or production targets, or finding new clients.

However, when challenges become too demanding, we begin to see negative signs of stress, which can put one's mental health and physical safety at risk.

There are many different signs and symptoms that can indicate when someone is having difficulty coping with the amount of stress they are experiencing:

PHYSICAL:

Headaches, grinding teeth, clenched jaws, chest pain, shortness of breath, pounding heart, high blood pressure, muscle aches, indigestion, constipation or diarrhea, increased perspiration, fatigue, insomnia, frequent illness.

PSYCHOSOCIAL:

Anxiety, irritability, sadness, defensiveness, anger, mood swings, hypersensitivity, apathy, depression, slowed thinking or racing thoughts; feelings of helplessness, hopelessness, or of being trapped.

BEHAVIORAL:

Overeating or loss of appetite, impatience, quickness to argue, procrastination, increased use of alcohol or drugs, increased smoking, withdrawal or isolation from others, neglect of responsibility, poor job performance, poor personal hygiene, change in religious practices, change in close family relationships.

There is no magic formula for coping with stress, but there are some proven ways to minimize it. The first step is to do some stress-busting preparation. Consider what has stressed you in the past and what might occur this time around; then:

■ **Be realistic.** Whether shopping, entertaining, cleaning, travelling or attending to the demands of the season, there is only so much time available. Do what you can do within a reasonable schedule.

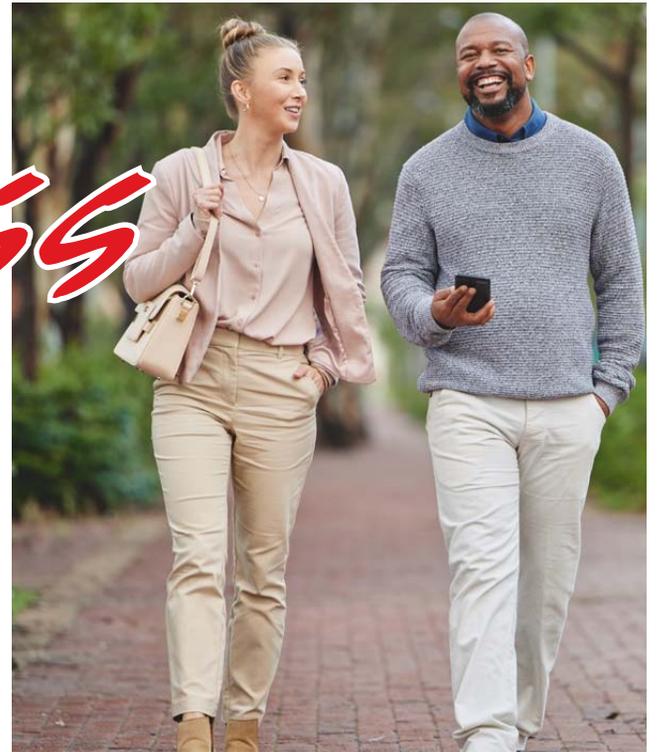
■ **Set priorities.** There might always be last-minute details, but don't delay putting your schedule together.

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Get those to-do lists ready as soon as you can, and set aside specific days to get certain things done. Where possible (at work or at home), delegate or share as many tasks as possible.

■ **Stay healthy.** It is very easy to overindulge with food and alcohol at this time of year. This can add to your stress – and guilt. Have a healthy snack before gatherings to help you go easy on sweets, cheese and drinks. Continue to get plenty of sleep and regular physical activity.

■ **Take breaks.** Giving yourself some time to relax, without distractions, could refresh you enough to handle everything you need to do. Take a walk at night and stargaze. Listen to soothing music or watch a movie. Find something that reduces stress by clearing your mind, slowing your breathing and restoring inner calm.

■ **Reach out.** Remember, there could be many people in worse situations than yours. They might be alone, or trying to cope with personal tragedy, or just plain frazzled. If you can offer help or a kind word, do so. Volunteering your time is a good way to lift spirits and broaden friendships.

■ **Be positive.** Try not to worry about things over which you have little or no control. Make it your mission to spread good cheer, and remember that laughter is among the best stress-busters. Share a joke or seek out other reasons to smile and chuckle. Above all, don't allow this time of year to become something you dread.

Learning about your negative stress 'triggers' and doing some advance preparation can help make the season a lot jollier. However, if the effects of stress are over-whelming and seem to be the cause of serious emotional or physical issues, don't be afraid to seek out professional help.

The material contained in this article has been prepared from sources believed to be accurate and reliable. Application of this information to a specific worksite should be reviewed by a safety professional. Anyone making use of the information set forth herein does so at their own risk and assumes any and all liability arising therefrom. Specific medical advice should be obtained through consultation with a physician or other trained health care practitioner.

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**From the Archives:
Stories from the CFB Esquimalt
Naval and Military Museum**



Wrens and sailors at Christmas dinner, Second World War.

Photos provided



RCN cooks mixing rum into a Christmas pudding

**CHRISTMAS TRADITIONS
OF THE ROYAL CANADIAN NAVY**

Clare Sharpe
CFB Esquimalt Naval & Military Museum

At the heart of many longstanding holiday traditions in the Royal Canadian Navy (RCN) is the desire to build camaraderie, ease loneliness, lift people's spirits, and create a sense of togetherness.

One well-loved practice in the RCN is making the youngest sailor 'Captain for the day' while temporarily demoting the highest-ranking officer. The custom, which can also involve senior personnel serving a festive meal to those of lower rank, has its roots in the Roman festival of Saturnalia. Saturnalia is also the origin of many traditions now closely associated with Christmas, including lighting candles, feasting and gift exchanges.

Another custom sees the youngest member of the ship's company ringing in the New Year by ringing the ship's bell 16 times, eight for the old year and eight for the new—the only time in the year the bell could be sounded more than eight times at once.

Another old festive custom in RCN ships and shore establishments is decorating with wreaths and greenery. Even during wartime, RCN sailors celebrated the holidays at sea by festooning bulkheads and messes with foraged Christmas trees and boughs hoisted up the funnel and placed

around the ship. In recent years, ship crews have decorated their vessels with Christmas lights and brought delight to their local communities with these dazzling displays. Often such ship light-up occasions were a chance for some friendly competition between ships and an opportunity to fundraise for charitable organizations.

Also customary is a large loaf of bread pinned to the table with a bayonet as a central decoration of sailors' mess tables in Canadian warships observing the full naval Christmas tradition. Beside the loaf would be placed a neatly printed inscription 'The staff of life, at the point of death'. A drink that is still popular in many Christmas messes is moosemilk. Recipes vary, but the concoction usually includes dark rum, brandy, milk, ice cream or cream.

If a ship were in port at Christmas, all officers would go ashore, except for the officer of the watch, who remained aboard in case of emergencies. In the olden days, the departure of the officers for shore became almost necessary because celebrations in the mess decks grew so rowdy they could have resulted in charges of mutiny had senior officers been there to observe them. Nowadays, the proceedings are more sedate and are about fellowship, friendship, and sharing a sense of togetherness.

These are just a few traditions the RCN has embraced during the holiday season. The CFB Esquimalt Naval and Military Museum is open to receiving other special memories, traditions, or moments of remembrance from members and veterans. To contribute, please email info@navalandmilitarymuseum.org.



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2022

Peter Mallett
Staff writer

THE YEAR IN REVIEW

A look at the Lookout Newspaper's top news events of 2022:



Illustration of a bobsleigh designed after HMCS Regina's dazzle paintjob.



Lieutenant (Navy) Michael-Lucien Bergeron juggling while jogging in the 2022 CFB Esquimalt Navy Run.



HMCS Vancouver (pictured) and HMCS Winnipeg return home after 173 days at sea.
Photo Corporal Tristan Walach



Base Commander Captain (Navy) J. Jeffrey Hutchinson is thrown into Esquimalt Harbour for a good cause.

JANUARY

- CAF Members continue their support to federal, provincial and territorial governments as part of Operation Vector.
- Bobsleigh Canada Skeleton and the Royal Canadian Navy (RCN) unveil a navy-themed paint pattern for their sleds used at the Beijing 2022 Winter Olympic Games.
- Naval Reserve Unit recognizes its 100th anniversary by unveiling a new morale patch designed by S1 Joseph Demayuga.

FEBRUARY

- CAF announces the implementation of modernized, inclusive French language ranks.
- Canadian Pacific Fleet announces HMCS Vancouver Boatswain S2 Jesse Roberts as its Sailor of the Year for 2021.
- HMCS Saskatoon and HMCS Yellowknife deploy in the international drug interdiction mission Operation Caribbe.

MARCH

- HMCS Brandon participates in United States-led cold-weather warfare Exercise Arctic Edge 2022 in Alaska.
- Wounded Warriors relay team concludes 800 km relay-style run on Vancouver Island to raise funds and awareness of support programs for military and first responders.
- CFB Esquimalt Naval and Military Museum introduces Tatiana Robinson as its new curator following the retirement of Debbie Towell.

APRIL

- The first of four Sea-to-Shore connector barges designed to serve the needs of the RCN's future Joint Support Ships is delivered to Esquimalt.
- HMCS Vancouver, HMCS Calgary, HMCS Brandon and HMCS Edmonton participate in Vancouver's Fleet Week.
- HMCS Saskatoon marks RCN's first-ever visit to Ecuador after arriving in Manta on April 18.

MAY

- In separate Change of Command Ceremonies, VAdm Angus Topshee becomes Commander RCN, succeeding VAdm Craig Baines; RAdm Christopher Robinson succeeds VAdm Topshee as Commander MARPAC.
- Arctic Offshore Patrol Vessel (AOPV) HMCS Max Bernays launched following a naming ceremony at Irving Ship Building in Halifax.
- Sailors from RCN and MARPAC commemorate the 77th anniversary of The Battle of the Atlantic with marching contingents and a ceremony at Waterfront Park, North Vancouver.

JUNE

- HMCS Vancouver and HMCS Winnipeg set sail from Esquimalt for nearly six-month deployments.
- Lt(N) Michael-Lucien Bergeron turns heads while simultaneously performing a juggling act and running to victory in the 5 km race at the annual Navy Run.
- Cdr Meghan Coates is appointed Commanding Officer of HMCS Regina, becoming the second active female CO of a major Canadian warship, joining HMCS Winnipeg Cdr Annick Fortin.

JULY

- CAF announces changes to Dress Instruction, easing restrictions on uniforms, hair, beards, tattoos and jewellery to promote diversity and inclusion.
- HMCS Winnipeg deploys drones and an embarked helicopter for the first time while utilizing its anti-ship missile system as part of RIMPAC 2022.
- Navy veterans Capt(N) (ret'd) William H. Wilson and the late Paris K. Sahlen were inducted into Parks Canada's Hometown Heroes program.

AUGUST

- Fallen Canadians who lost their lives in UN peacekeeping missions are remembered in a National Peacekeepers Day ceremony at Esquimalt's Memorial Park.
- HMCS Winnipeg and HMCS Vancouver receive significant forward ammunition transfer in Pearl Harbor before deploying on Operations Projection and Neon.
- In a Change of Command ceremony, CPO1 Dave Bisal replaces CPO1 Arvid Lee as Fleet Chief of Canadian Fleet Pacific.

SEPTEMBER

- The National Defence Workplace Charitable Campaign (NDWCC) kicks off at the Chief and Petty Officer's Mess to raise funds for charitable organizations of the United Way Southern Vancouver Island and the 16 charities of HealthPartners.
- Canadian Armed Forces members participate in a Ceremonial Procession and Commemorative Service to mark the death of Queen Elizabeth II in downtown Victoria.
- HMCS Calgary receives a Canadian Forces Unit Commendation for its seizure of 33,573 kg of illicit narcotics in Middle Eastern waters in 2021.

OCTOBER

- Arctic Offshore Patrol Vessel (AOPV) HMCS Margaret Brooke is commissioned into service in a ceremony in Halifax.
- After completing its all-systems refit, HMC Submarine Corner Brook completes Camber Dive trials as part of its Tiered Readiness Program.
- A late touchdown gives the RCAF a 20-18 victory over the RCN in the first annual Commodore's Cup flag football game.



Canadian Armed Forces Photo



The Canadian Armed Forces Royal Guard of Honour marches during the Ceremonial Procession and Commemorative Service for Her Late Majesty Queen Elizabeth II held in downtown Victoria on Sept. 19

Photo: Master Corporal Andre Maillet, MARPAC Imaging Services

NEW DOCK BOTTOM CRUSH CAPS AWAIT HMCS OTTAWA AT DRY DOCK

Ashley Evans
Strategic Communications Officer,
FMF CB/CS

On a rainy November afternoon, while filming interviews at the bottom of the Fleet Maintenance Facility (FMF) Cape Breton's (CB) dry dock, we noticed a group of Shipwrights working away at the opposite end.

They were working to prepare the dry dock for the docking of HMCS *Ottawa* scheduled for Jan 4.

The team was replacing 'crush caps' on top of keel blocks, steel blocks with wood caps that run down the centre of the dry dock bottom. These 'crush caps' take the settling and crushing force from the ship while docking, sparing the wood beneath. Replacing the 'crush caps' is more challenging than it may initially appear.

The team used a Theodolite, a surveying instrument that measures vertical and horizontal angles, to ensure the blocks follow the same slope as the dock bottom. This slope directs water to the pumps located at the north end of the dry dock. The crush caps are used twice

– once per side – and are then discarded. For every consecutive dry dock docking, the Shipwright shop replaces the blocks and re-secures the packing and caps to the keel block bases. The team recently adopted a new banding process, where the packing and caps are secured to the keel block bases using three-quarter-inch banding and duplex nails. The keel blocks are positioned based on a docking plan that ensures they are spaced to avoid underwater hull openings or equipment.

After the keel blocks are set, the dock is ready for docking.

"Docking ships is satisfying work for the whole shop; we all have a great sense of accomplishment at the end of the job, as well as sore bodies," said Tim Wiltshire, a Shipwright in the FMF CB Shipwright shop. "It's a technical process that has many parts, and the entire 12-14 hour evolution is exhausting but rewarding."

Thank you to the FMF CB Shipwrights for their meticulous work on this project to help ensure HMCS *Ottawa* docks safely in the New Year.



Jake Douglas (Joiner in shop 122) assists during the setting of crush caps at FMF Cape Breton dry dock. Photo supplied

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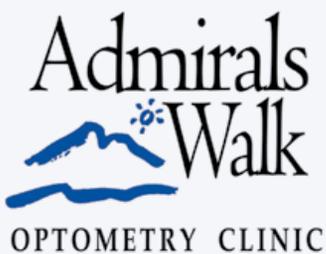


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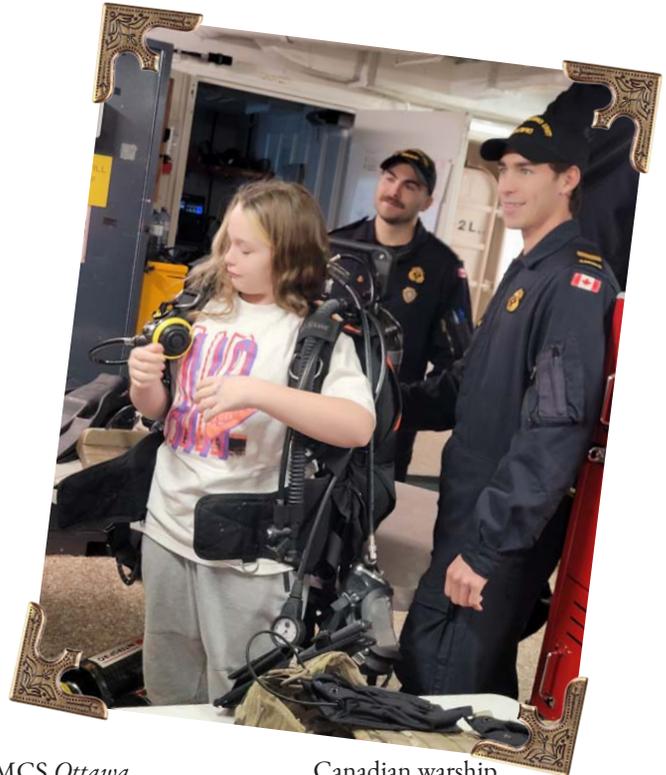
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HMCS OTTAWA HOSTS LION'S SHARE OF

Christmas



Kateryna Bandura Lookout Editor

Christmas cookies crumble onto HMCS *Ottawa's* deck as seven daze-eyed children observe Sailor First Class (S1) Deryck Kent, a Marine Technician, in the Machinery Control Room (MCR).

"This is what makes the ship run," he says, pointing into a hole in the floor. Beneath – a propulsion system that can take the Halifax-class frigate up to 30 knots (56 km/h).

A little boy bravely peeks into the void, his cookie in hand, and returns with a silent 'wow'.

While S1 Kent describes the ship's pneumatic mechanism, Lieutenant (Navy) Luis Lemus, *Ottawa's* Assistant Logistics Officer and event's organizer, says the crew is excited to have the children onboard.

"The aim was to make this a fun day," he says. "Some of the kids might come from disadvantaged families, and today might be the only time they get a present."

Twenty-five children arrived here on Dec. 12 for an early Christmas celebration, courtesy of Esquimalt Lions Club. Thirty-five years ago, the Club helped HMCS *Protecteur* host a children's Christmas onboard. Then HMCS *Calgary* took over the ropes. This year, the honour fell

to HMCS *Ottawa*.

Lin McPhee from the Esquimalt Lions Club says the Club cherishes opportunities such as this one.

"It's wonderful the Base steps up every year to help us continue this tradition," McPhee said. "We can't do it without them and it's definitely a thrill for these children."

She reached out to elementary schools in the Victoria School District 61 for a list of presents, and then coordinated with the Base to get them delivered to the ship. The *Ottawa* was responsible for 50 per cent of gifts costs, acquired from the ship's fund. Some presents already await under the Christmas tree in the Junior Ranks Mess; others will arrive with Santa.

The ship opened up four spaces for the children to visit: the MCR, the After Section Base (ASB), the Bridge, and the Operations Room (Ops Room). Four groups of youngsters rotate throughout the spaces every 15 minutes with a pipe call.

Each space has something unique. The children try on fire-fighting gear and take pictures with the diving equipment in the ASB. The Bridge offers a spin in the Captain's chair. They giggle and ask silly questions while the staff try to keep them from pressing buttons on an active

Canadian warship.

But the most exciting space is the Ops Room. Here, the children learn how HMCS *Ottawa* uses its high-tech equipment to track an incoming target.

"We announced a contact from the North heading straight towards us. As it gets closer, more information comes in and we have a clearer picture," Sailor Second Class (S2) Vance Bergen, Weapons Engineering Technician, says. "It seems pretty logical who it might be."

S2 Bergen says Santa is coming to the ship within half an hour. While the children wait for his arrival, they enjoy a dinner of hot dogs and fish and chips, freshly prepared by the *Ottawa's* skilled cooks.

Soon, a voice comes on the speakers.

"North Pole onboard. I repeat, North Pole onboard," S2 Bergen says.

A portly white-bearded man in a red suit comes into the Junior Ranks Mess with a hefty bag. Happy children swarm the couches and surround Santa Claus with songs and cheers. They will leave HMCS *Ottawa* with a warm, fuzzy feeling a week before Christmas with wonderful stories about their visit to a Canadian naval base.

Happy holidays!



BRAVO ZULU

Military Achievement Award and Shipborne Air Controller pins presented by Commander Maude Ouellet-Savard, Naval Fleet School (Pacific) Commandant at the Shipborne Air Controller (SAC) graduation ceremony held at Bldg. N92A, Dec. 6.

SAILOR FIRST CLASS ALLAN GARCEZ



Sailor First Class Allan Garcez also receives the Top Student Award.

SAILOR FIRST CLASS FOTIOS DANOCHRISTOS



SAILOR FIRST CLASS AMANDA HARDING



SAILOR FIRST CLASS NICOLAS ORTIZ



SAILOR FIRST CLASS LUKE SAINT



Naval Personnel Training Group

On Dec. 12, NPTG HQ Commanding Officer LCdr Robert Freistadt made presentations at the Nixon Building, Work Point. Recipients are (left to right) CPO2 Blaine Immel, CD2; PO1 Dan Gauvin, CD1; CPO2 Barry Sayeau, CD2; LCdr Freistadt presenter; CPO2 Jaime Stohl, CD1; LCdr Rowan Wilson, CD; Capt Catherine Mason, CD; Lt(N) Patrick Abbott, CD and Maritime Component Commander BZ Award, and PO1 Darrell Barnes, CD2.





Elin Kelsey, PhD

Climate Emotions and Evidence-Based Hope

Eco-anxiety is one of the most pressing mental health concerns of our time and impacts young people in particular.

**Tuesday,
January 24**

- 10:00 – 11:30 am PST
- CPOs Rainbow Room

**Easy to register, email
Maryse.Neilson@forces.gc.ca
by Jan 20th**



Please join the MARPAC Health & Wellness Strategy (MHWS) as they host Elin Kelsey, PhD, for a special 90-min in-person event, at the C&POs' Mess, Rainbow Room, on Jan. 24, from 10:00 am–11:30 am. Elin Kelsey will speak about "Climate Emotions and Evidence-Based Hope".

Elin Kelsey, PhD, is an international thought-leader for the evidence-based hope and climate solutions movement. Her best-selling book for adults, *Hope Matters: Why Changing the Way We Think Is Critical for Solving the Environmental Crisis*, was published by Greystone Books (2020). She co-created #OceanOptimism, a twitter campaign to crowd-source marine conservation solutions which has reached more than a hundred million shares since it launched in 2014.

Elin has history of effecting positive change. She wrote the scientific brief for Pew Global Oceans that led to the dedication, in 2009, of what was then the world's largest marine protected area, the Marianas Trench Marine National Monument. As an Adjunct Faculty member of the University of Victoria, School of Environmental Studies, and Western Washington University's partnership in the Redfish School of Change, she is helping to forward a solutions-oriented paradigm for educators, environmental scientists and social scientists.

Elin is a popular keynote speaker and media commentator. She regularly serves as an author/artist in residence, leading workshops with kindergarten to university students across North America and around the world. Her newest film, *Breathe*, which was commissioned by award-winning filmmaker Marc Silver, is being distributed globally through Amnesty International. Elin is an award-winning children's book author. Her newest book for children, *A Last Goodbye*, was published in 2020.

Classifieds

**WANT TO RENT YOUR PLACE?
LOOKING FOR A SPACE?
PROMOTE YOUR GROUP?**

Email your FREE CLASSIFIED*, 50 words or fewer, to
Trina.Winters@forces.gc.ca

FOR RENT

View Royal: Available immediately. \$2,250/month. Spacious and bright 2 bedroom/1 bath suite with own laundry, furnished with a lovely patio. Centrally located in View Royal; close to trails, water, shipyards and base. Utilities and one parking space included. No smoking or pets. Please text Erin @ 250-216-0516 for details or viewing. 01-23

Belmont Park Available Immediately! \$4,000/month. 4 bedroom/1 bath newly renovated house with ocean and city views. Huge windows, kitchen has quartz counters and island, bathrooms have marble and tile, all bedrooms have closets and living area has huge windows. There's a large deck and a bonus mini house (no bathroom) in back, for use as a studio for art, office or yoga. Email david@olympicmortgages.ca for a viewing. 01-23

Cook St. Village: Available Feb 1. \$1,600/month. 1 bedroom corner suite with hardwood floors. Quiet, clean, well maintained apartment building. Heat and hot water included. No pets. No smoking. One year lease. Call 250-588-5457. 01-30

Near CFB Esquimalt: Available Jan. 23 to Mar. 1. \$475/week. Spacious and comfortable two bedroom garden suite. Fully furnished and well-equipped. Wifi, cable, Apple TV, linens included. One queen bedroom and one double, separate living room, full bathroom, kitchen, dining area, brightly-lit nook. Easy walk to the base, stores, rec centre, parks. Private entrance, driveway parking, bike storage, garden access, shared laundry. Call 250-740-1300. 01-23



*The Lookout reserves the right to edit content for space or clarity.

Virtual Pet Photo Winners (and participants!)



Diego and Wicca, along with owners Corporal Alison Tso and Lieutenant (Navy) Sully Heraud, were the proud winners of the second CFB Esquimalt National Defence Workplace Charitable Campaign Virtual Pet Photo contest and received prizes courtesy of Matt Carlson, NDWCC Team Leader.



Treatment

SHOULDN'T FEEL LIKE PUNISHMENT

JOIN US AT
MARPAC HEALTH AND WELLNESS EXPO
 MARCH 2, 2023

discuss our programs and options for active military members and veterans



Addiction, Mental Health & Trauma Treatment

Powell River-based Sunshine Coast Health Centre and the Georgia Strait Womens Clinic provide highly personalized addiction, mental health and trauma treatment for male and female clients respectively. Get daily 1-on-1 inpatient or outpatient treatment tailored to your unique needs.

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

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A Non-12 Step Mental Health Program

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WOMENS CLINIC

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