

Volume 67 Number 17 | May 2, 2022

# LOOKOUT

newspaper.com

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

f LookoutNewspaperNavyNews @Lookout\_news LookoutNavyNews

**Buying or Selling?**  
**I CAN HELP! CHRIS ESBATI**  
 Knowledgeable, Trustworthy and Dedicated Service



RE/MAX CAMOSUN 250.744.3301  
 chris@victoriaforsale.ca  
 www.victoriaforsale.ca



# HMCS SASKATOON

Two sailors aboard HMCS Saskatoon paint the ship's bull ring red in honour of their crossing the equator near Ecuador. As per tradition, one is the youngest non-commissioned member and the other is the youngest officer. The bull ring is located at the bow of the ship and is used for passing out hawsers or cables. Read more on Saskatoon's historic trip to Ecuador on page 8 and 9. Editor's note: For operational security reasons, the two sailors cannot be named. Saskatoon and sister ship HMCS Yellowknife are currently deployed on Operation Caribe, Canada's contribution to the U.S.-led enhanced counter-narcotics mission Operation Martillo. Photo by Captain Jamie Blois, DND

**CANEX**  
 A division of CFMWS  
 Une division des SBMFC

**CANEX**

**CANEX.CA**

1343 Woodway Rd., Esquimalt 250.388.6428

*We proudly serve the  
 Canadian Forces Community*

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

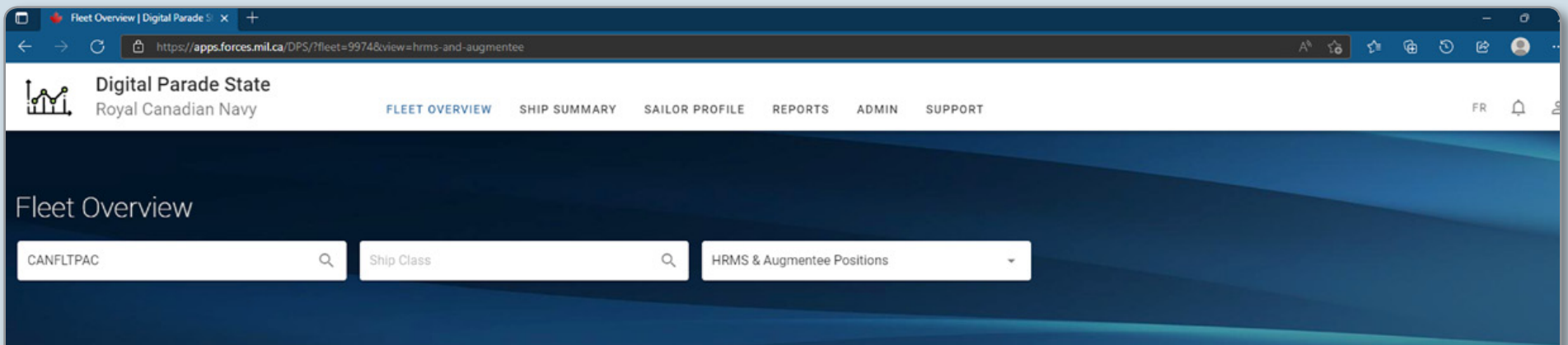
**MOLLY MAID**  
 www.mollymaid.ca

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

**COUNTRY GROCER** ISLAND OWNED AND OPERATED SINCE 1984.

**VIEW OUR FLYER  
 IN THIS PAPER WEEKLY!**

CHECK OUT OUR NEWLY RENOVATED ESQUIMALT STORE



# NEW SOFTWARE PROVIDING SOLUTIONS TO NAVY HR WOES

**Peter Mallett**  
Staff Writer

Once again the navy has embraced technology to improve the way it does business.

This spring they launched Digital Parade State (DPS), an internally-developed tracking software that provides instant, accurate information on crewing needs and personnel availability.

After beta testing, DPS went live in February with users in Canadian Fleet Pacific HQ staff, *HMCS Regina*, and the Personnel Coordination Centre in the initial roll out.

"This application provides our ships and sailors greater insight into the data that affects their day-to-day availability and career progression, and is a boon to personnel management efforts," says Lt(N) Brent Fisher, Digital Parade State (DPS) team lead. "DPS helps address crewing shortages and improves personnel management by providing a real-time view of billet status and key statistics, and it addresses limited visibility on sailor employability."

With a current shortfall exceeding 1,000 sailors, the software will aid in better addressing personnel challenges, he adds.

The web-based application can be launched from any desktop computer on the Defence Wide Area Network (DWAN) and is linked to a DWAN profile.

After launching the program, users can select from various options depending on their role and permissions. A fleet overview gives a quick synopsis of the personnel status of each unit; a ship summary provides a deep dive into each department and their members' availability; and a sailor profile provides qualifications, a brief posting history, and how they can be employed.

"The idea is to digitize business processes and provide a one-stop shop where fleet staff can get an overview of all ships, who is available to sail, and who isn't," says Lt(N) Fisher. "It reduces dependency on unaligned personnel shadow systems, last-minute phone calls and voicemail messages, and unofficial Excel spreadsheets to fill personnel needs."

Lt(N) Fisher notes that DPS is still a work in progress. New features will be added to the program each month, and problems with the software will be adjusted and fixed, with user feedback key to its evolution.

## Training for success

Reaction to the new technology has been overwhelmingly positive, says CPO1 Mike Umbach, Maritime Forces Pacific's (MARPAAC) DPS Subject Matter Expert, who has been instructing units and ships on how to use the new technology. Members appreciate the ease of use and the efficiency of how information is presented.

"A significant number of individuals have also recognized the value DPS provides in supporting our members to more efficiently crew our fleet. They see DPS as an innovative and modernized approach to how the navy manages personnel."

CPO1 Umbach has 30 years of experience in the navy serving in numerous warships and shore units. He has worked as a Naval Electronic Technician and Weapons Engineering Manager before being promoted into the CPO1 corps and says there is a high demand for simple high-tech solutions like DPS.

"Due to ongoing personnel shortages, and current operational tempo, we need to better manage our members to reduce burnout while maintaining operational effectiveness," he says.

CPO1 Umbach recently completed training with *HMC Ships Regina, Ottawa, Calgary* and *Vancouver* on how to use DPS and its future capabilities. In the coming weeks he will train Maritime Coastal Defence Vessel crews and Canadian Submarine Force members, eventually expanding to all shore units within MARPAAC. The DPS is being rolled out on the east coast by PO1 Kurt Eason.

It will also be important for junior members of the fleet to have a working understanding of the application and start using the program to its full potential.

"They need to be aware of the bigger picture and the reasons behind why some decisions are being made, as the more knowledgeable and informed our junior members are, it will help alleviate some stressors and build trust in the organization," adds CPO1 Umbach.

The application was developed by a team from Base Information Services and Director Digital Navy starting in the fall of 2021.



CPO1 Mike Umbach, MARPAAC's subject matter expert on the Digital Parade State tracking software, demonstrates the program to CPO2 Chris Gagne, HMCS Vancouver's Combat System Engineering Chief.

**"A significant number of individuals have also recognized the value DPS provides in supporting our members to more efficiently crew our fleet."**

—CPO1 Mike Umbach, Maritime Forces Pacific's  
DPS Subject Matter Expert



# Don't miss the boat on DATA ANALYTICS

**Peter Mallett**  
Staff Writer

## THE ROYAL CANADIAN NAVY WANTS TO SEND YOU TO DATA BOOT CAMP.

There are no chin-ups, obstacle courses, or early morning inspection required in this digital Basic Military Qualification.

Instead, it's a starting point on the road to building a digitally-ready future fleet and crew, and involves three introductory data analytics courses. They teach simple, basic data analysis skills that all sailors can use in their career.

Instruction is geared to all navy ranks and trades, regular force and reserve, says LCdr Fraser Gransden, Section Head of Ottawa-based Digital Solutions (DDN3). Canada's navy began offering its Data Foundations, Data Analysis with Excel, and Data Visualizations with Power BI courses in 2021.

The courses are part of an overall effort to help sailors fulfil their pathway to data analytics proficiency.

"The purpose is to build data literacy across the Royal Canadian Navy (RCN) so there is greater awareness of how data analytics can be used in support of planning and operations, and to enable better engagement with sources of data," says LCdr Gransden. "Training is aimed at providing members the core skills required to transform unprocessed data into insights that enable effective decision making."

Participants can start the learning process online at their own pace or participate in more intensive instructor-led learning.

All training can be accessed from a military member's personal device or on the Defence Wide Area Network (DWAN) computer; instructor-led training uses MS Teams to link instructors to students.

## WYWM LEGENDS

The courses were custom-designed for the Canadian Armed Forces by Australian-based tech company With You With Me (WYWM).

Sean Naugle, an engagement manager with WYWM, says the goal is to provide participants with leading-edge analytics training through practical projects.

Some of the skill sets developed are how to structure, clean, and transform raw information into usable data and merging data records, as well as interpreting data to answer questions.

"Candidates will also learn how to visualize the information into dynamic and easily digestible dashboards that tell complex stories about what the data reveals," says Naugle.

Having the ability to create these dashboards is important because military personnel can then relay vital statistical, factual information, and analysis to enhance communication in their units and departments and across the DND community.

The RCN has a total of 50 open seats available for the full year. When an individual completes their training, a seat becomes available for the next candidate, says LCdr Gransden.

For more information and to sign up visit <https://caf.wywm.app/rcn-data-bootcamp>



Through your loyalty, Used.ca supports over 100 local events and charities annually

**BROWN'S**  
*The Florist*  
Since 1912

**MILITARY APPRECIATION DISCOUNT 10% OFF**

**Downtown** 250-388-5545  
**Sidney** 250-656-3313  
**Westshore** 778-433-5399

[brownsflorist.com](http://brownsflorist.com)

Stay Connected From a Distance With Flowers

**babcock™**

Proud to support Canada's fleet

Marine ›  
Land ›  
Aviation ›  
Cavendish Nuclear ›

[babcockcanada.com](http://babcockcanada.com)

**We thank you for your service.**

**McCONNAN BION O'CONNOR & PETERSON**  
Lawyers

420-880 Douglas St,  
Victoria, BC V8W 2B7  
tel 250-385-1383  
toll free 1-888-385-1383  
fax 250-385-2841  
[mcbop.com](http://mcbop.com)

**Attention: Career-Transitioning Military**

**K-Bro Linen is currently looking for a 5th Class Power Engineer.**

Full or Part Time available.

Please contact Andrew at [amackeen@k-brolinen.com](mailto:amackeen@k-brolinen.com) or 250-474-5699 ext. 8224

**K-BRO**

K-Bro Linen Systems has been a trusted leader in linen and laundry since 1954

## WHO WE ARE

### MANAGING EDITOR

Melissa Atkinson 250-363-3372  
melissa.atkinson@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 REPRESENTATIVES

Ivan Groth 250-363-3133  
ivan.groth@forces.gc.ca

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

### EDITORIAL ADVISORS

Lt(N) Michelle Scott 250-363-4006  
Rodney Venis 250-363-7060

Published each Monday, under the authority of Capt(N) J. Jeffrey Hutchinson, Base Commander.

Le LOOKOUT est publié tous les lundis, sous l'égide du Capv J. Jeffrey Hutchinson, Commandant de la Base.

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.

Le Rédacteur se réserve le droit de modifier, de condenser ou de rejeter les articles, photographies, ou annonces publicitaires pour adhérer au Manuel des politiques des PSP. Les opinions et annonces exprimées dans le journal ne reflètent pas nécessairement le point de vue du MDN.

**LOOKOUT**  
NEWSPAPER

COVID-19 Circulation - 2,000 plus 300 pdf downloads per week

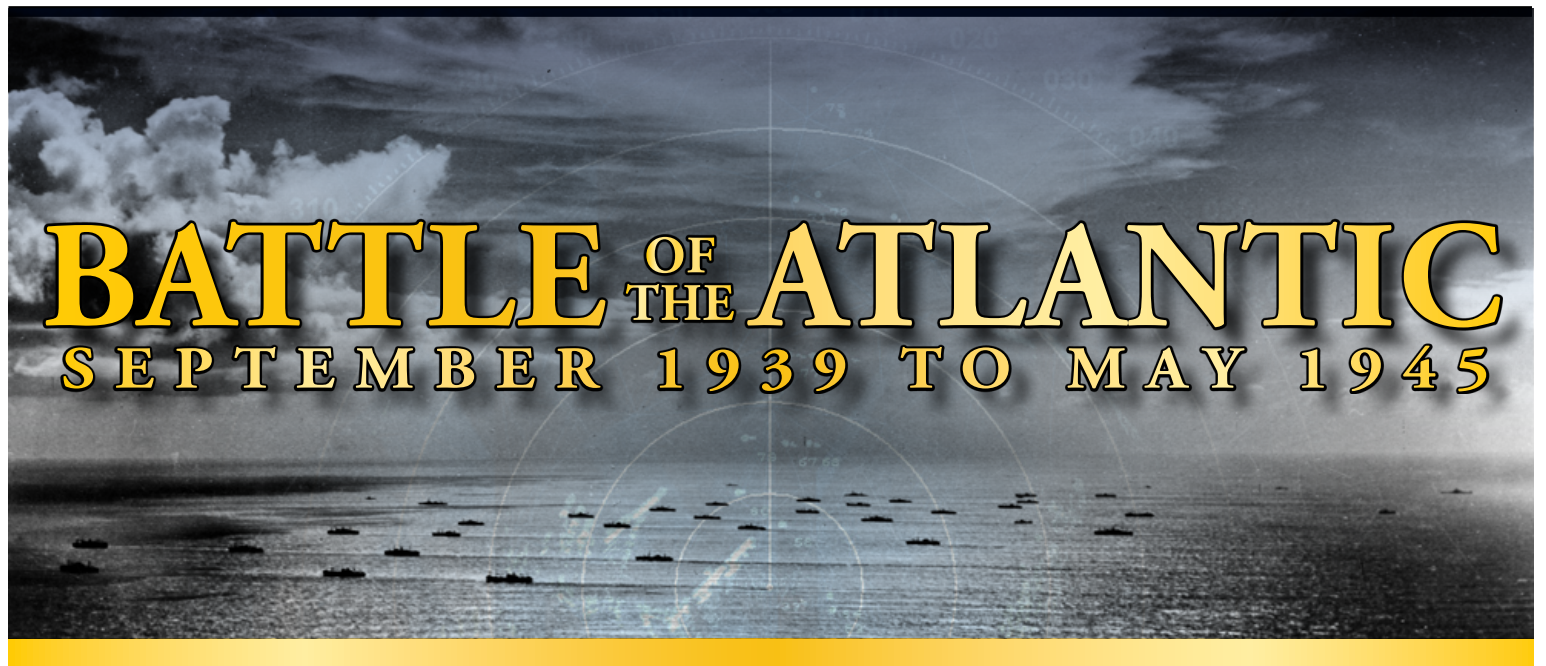
Follow us on Facebook, Twitter and Instagram and join our growing social media community.

A Division of Personnel Support Programs  
CFB Esquimalt, PO Box 17000 Stn. Forces,  
Victoria, BC V9A 7N2

Web: [www.lookoutnewspaper.com](http://www.lookoutnewspaper.com)

Fax: 250-363-3015

Canadian Mail Product Sales Agreement 40063331



# CANADA'S ROLE

**Roger Litwiller**  
Canadian Naval Historian

*Reprinted with permission. Condensed for clarity.*

On Sunday May 1, veterans, currently serving military members, and the public gathered at cenotaphs around the country to remember those who served, and those who died, during the longest continuous military campaign in the Second World War – the Battle of the Atlantic.

### Battling on the seas

During the war, a fierce and decisive battle was fought on the world's oceans and seas. Little did anyone know at the time, but winning this battle would determine the outcome of the war. Much of that responsibility fell on Canada. Canada's early and continuous contribution of protecting the convoys that carried fuel, munitions, weapons, and food to the isolated island of Great Britain helped ensure a win.

At the beginning of the war, the Royal Canadian Navy was a small, peacetime force of six destroyers, 13 minesweepers, and 2,000 sailors. With these limited numbers, the navy immediately formed the priceless merchant ships into convoys. Merchant sailors took to their vessels to move precious materials to England. Convoys of 60 or more merchant ships, escorted by navy ships, would slowly sail across the treacherous Atlantic Ocean.

The need for ships was so great that Lakers, designed to sail only on the Great Lakes, were pressed into ocean service.

The greatest threat to Canada and the allies was the U-Boat. At times, as many as 30 U-Boats in Wolf Packs would swoop in for an attack, devastating a convoy. German U-Boats were sinking two to three merchant ships a



**HMCS Swansea at sea January 1944.**  
Photo: Library and Archives Canada PA-107941

day at the height of the Battle of the Atlantic. Hundreds of merchant ships were lost, killing thousands of merchant sailors.

Losses for Canada were heavy: 33 warships were sunk, and many more damaged, and nearly 2,210 RCN sailors, 752 Royal Canadian Air Force (RCAF) air crew, Canadian Army soldiers, and civilians were lost at sea.

As terrible as the losses were, Canada's armed forces inflicted a heavy toll on the enemy. Jointly between the RCN and RCAF, over 50 U-Boats were sunk and many more damaged. Canadian forces were also responsible for sinking and damaging a multitude of enemy merchant ships and warships.

In total, the Royal Canadian Navy escorted a staggering 25,000 merchant ship voyages from Canadian and American ports, successfully delivering 165 million tons of cargo, sustaining the war against the Nazis.

### Growing Canada's forces

As Canada mobilized industry, a shipbuilding program began, building larger merchant ships, frigates, and destroyers on the Atlantic and Pacific Coasts. A multitude of smaller ships were built in the Great Lakes, includ-

ing corvettes, minesweepers, motor launches, trawlers, landing craft, rescue boats, and tugboats. Canada's Navy became the third largest in the world by war's end.

Retired sailors re-enlisted and experienced merchant sailors and fishermen joined the Royal Canadian Navy Reserve (RCNR). Young men and women enrolled in the Royal Canadian Navy Volunteer Reserve (RCNVR) and the Women's Royal Canadian Naval Service (WRCNS) across Canada. Over 100,000 Canadians joined the navy to fight at sea; many had never seen the ocean.

### A war without Canada

When history measures victory from total enemy submarines and ships sunk, Canada's contribution to the Battle of the Atlantic has not been properly recognized. Canada's navy and air force were given a task that many Allies deemed insignificant in the ideology of naval warfare – the lowly responsibility of escorting merchant ships.

However, without Canada, England would have been starved into surrender.

Without Canada, there would not have been the planes, pilots, munitions, and fuel to win the Battle of Britain, stopping the invasion of the UK by Germany.

Without Canada, the Russian military would not have the tanks, weapons, and aircraft to repel Germany's invasion.

Without Canada, there would not have been the landing craft, tanks, munitions and soldiers to invade North Africa, Sicily, Italy, and Normandy.

Without Canada, the material, weapons, and soldiers would not have been available to liberate Europe and force Germany's surrender.

History has recorded the Battle of the Atlantic as the longest single battle in the history of mankind.

For more information [www.rogerlitwiller.com/2018/04/20/canada-and-the-battle-of-atlantic](http://www.rogerlitwiller.com/2018/04/20/canada-and-the-battle-of-atlantic)

**First Responders & Military: \$20.00 Every Day!**

**Sullivan's BARBER SHOP**

Seniors \$18.00  
Regular \$23.00

Appointments Not Necessary **250 478 9424**

**756 Goldstream Ave.**  
NOW OPEN: MON 10 – 4 PM; TUES – FRI 8:30 AM – 5 PM; SAT 8:30 – 3 PM

**SPROTT SHAW COLLEGE**

**SCHOLARSHIPS FOR MILITARY AND VETERANS.\***

**WWW.SPROTTSHAW.COM**  
**VICTORIA: 250-384-8121**

SUPPORTING SURVIVORS OF TRAUMA

Canada Défense nationale National Defence

**CAF COMMUNITY FREE TRAUMA COUNSELLING**

• FOR ALL CURRENT AND FORMER MALE\* CAF SURVIVORS OF SEXUALIZED VIOLENCE  
• CONFIDENTIAL, CANADA WIDE  
• CCC, RCC, RSW/MSW DESIGNATED SERVICE PROVIDERS – 250.381.6367

**MEN'S THERAPY CENTRE**



## Resolving Harassment Complaints through Alternative Dispute Resolution

Dear Conflict & Complaint Management Services,

I filed a harassment complaint and now my Commanding Officer (CO) has encouraged me to go to Alternative Dispute Resolution. I am concerned the chain of command is not taking my complaint seriously. What will happen to my complaint if I agree?

The short answer is that your complaint will be placed on hold pending the outcome of the Alternative Dispute Resolution (ADR) process. This means the administration of the complaint

will temporarily stop to allow you the opportunity to try ADR. It is important to note that choosing to try ADR does not change the CO's ultimate responsibility to administer the complaint in accordance with the Harassment Prevention and Resolution Instructions. If ADR does not resolve your concerns, the CO must continue with the complaint where it left off.

Your CO has likely recommended you try ADR as this is often the best way for you to have your complaint addressed on your own terms. ADR is

grounded in the belief that the people experiencing the concern are the best people to determine what resolution looks like; this is called the principle of self-determination. The complaint will only be resolved if you agree on the terms. Also, ADR can be used whether the allegations are founded or unfounded.

The best way to determine if ADR makes sense for your situation is to have a confidential consultation with your local Conflict & Complaint Management Services centre representative.

### For more information on ADR

**Intranet:**  
<http://intranet.mil.ca/en/organizations/vcds/iccm.page>  
<http://intranet.mil.ca/fr/organisations/vcmd/gicp.page>

**Internet:**  
[Canada.ca/forces-conflict-management](http://Canada.ca/forces-conflict-management)  
[Canada.ca/gestion-conflict-forces](http://Canada.ca/gestion-conflict-forces)

## CLASSIFIEDS

### HOUSING AVAILABLE NOW

**SAXE POINT, ONE BEDROOM BASEMENT SUITE, 2.5 km from Dockyard Gate, fully furnished, in-suite laundry, all utilities included. On-street parking with private entrance, storage shed on site for bike etc. \$1,300.**

Contact via e-mail [frankalexander1963@outlook.com](mailto:frankalexander1963@outlook.com)



**FULLY FURNISHED IMMACULATE ONE BEDROOM SUITE.** Private entrance, suitable for one quiet person. 1 block to Saxe Point Park. Fully furnished including dishes, small appliances, TV, microwave, linens, in-suite washer and drier, central vacuum. Bathroom with shower only. Parking one vehicle. Great landlord looking for a great tenant. No smoking. No pets. Available May 15. \$1,550 per month includes hydro, water, wifi, and parking. If interested phone 250-216-9030.

**BEAUTIFUL MODERN 4 BEDROOM HOME FOR RENT** Colwood home includes 4 bathrooms, garage, partial ocean views, private backyard with gazebo, heat pump, gas stove top, electric oven, gas hot water heater, two ocean front decks and gas fireplace. Available June 1. \$4,500 plus utilities. Contact Scott via messenger, or text 250-208-5454 (preferred), or email [scottaitkenbc@gmail.com](mailto:scottaitkenbc@gmail.com)

**Got a newsworthy SCOOP? Contact the Lookout!**  
[kateryna.bandura@forces.gc.ca](mailto:kateryna.bandura@forces.gc.ca)



## FIND LOOKOUT ON FACEBOOK

### 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



Ask about BG Protection Plan\*

Where Dependability and Trust are a Priority...

\* under 80,000 km

784 Fairview Rd. • 250-383-5509 • [tracksideautoservice.ca](http://tracksideautoservice.ca)

## WESTSHORE U-LOCK MINI STORAGE

MILITARY DISCOUNT OFFERED



[selfstorage.ca](http://selfstorage.ca)

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

1621 Island Highway, 250-478-8767

VOLVO

## THANK YOU FOR YOUR SERVICE

MILITARY VIP PROGRAM

4% off base MSRP + \$500 Military Bonus  
 ON ANY NEW 2021 VOLVO (Excl. XC40)



SCAN CODE TO LEARN MORE



VOLVO CARS VICTORIA  
 A DIVISION OF GAIN GROUP

1101 Yates St,  
 Victoria, BC

250.382.6122  
[volvocarsvictoria.com](http://volvocarsvictoria.com)



\*Restrictions apply. Canadian Military Affinity Bonus exclusively for Canadian Armed Forces Service Members, Dependents, Retirees and Veterans. Available toward the purchase or lease of a new and previously unregistered 2021 Volvo as follows: (i) XC90, XC60, S60, V60, V60CC, S90 – a discount equal to 4% off MSRP plus \$500; or (ii) XC40 – a \$1200 discount (excludes XC40 Recharge). Retired courtesy vehicles and demonstrator vehicles are also excluded. All discounts will be deducted from the MSRP of the vehicle before taxes. While supplies last, subject to availability. Affinity Bonus and Volvo Allowance are subject to change at any time and may vary from month to month. Volvo Car Canada Ltd. reserves the right to modify or exclude models at any time. Vehicles shown with optional equipment at an additional cost. Some vehicle images are not shown to Canadian specification and may include optional equipment and vehicle colours not available in the Canadian market. Must take new retail delivery by January 4, 2022. See Retailer for complete details and eligibility. ©2021 Volvo Car Canada Ltd. Always remember to wear your seat belt. DL4891 #41497

# Mental Health Awareness Week - May 2 to 8

#GetReal about how to help. Before you weigh in, tune in.

For 71 years, the Canadian Mental Health Association (CMHA) has hosted Mental Health Week.

For almost 10 years, the Mental and Social Wellness Working Group within the Maritime Forces Pacific (MARFAC) Health and Wellness Strategy has been supporting it.

Core objectives of Mental Health Week are to promote behaviours and attitudes that foster well-being, support good mental health, and create a culture of understanding and acceptance at MARFAC.

This year's theme is focused on empathy and how to help someone.

## COVID-19 impact

COVID-19 has taken a toll on our collective wellness. Almost everyone has experienced stress, anxiety and fear, and felt an impact on their mental health and well-being. People are "learning to live" with the virus, and shifting their mindset from avoidance and fear, to resilience and adaptability.

Considering all of this, it's even more important to practice empathy – for others, and for ourselves.

Practicing empathy helps to regulate emotions, connect with others, and feel less isolated. It allows a person to think of others and to look for ways in which they can help. This could mean checking in with a co-worker to see how they're doing, buying a coffee for a friend, calling or texting a loved one, or doing a random act of kindness for a stranger. Empathy helps to lift everyone's spirits.

While having empathy for others can be beneficial for a person's mental health, people also have to remember to have empathy for themselves. Practicing self-compassion and self-care, and managing expectations as they begin to adopt changes and adjust to this "new normal" are key to maintaining mental health through empathy.

## EMPATHY IS A LEARNED SKILL

Here are some tips on how to cultivate empathy:

**Talk to people.** Connection through conversations is a great way to better understand someone. Be genuinely curious, ask open-ended questions, and pay attention to facial expressions, body language,

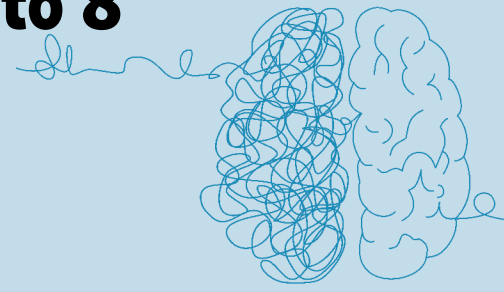
and tone of voice.

**Try something new.** One of the best ways to learn about other perspectives is to experience them firsthand. Rather than just imagining yourself in someone else's shoes, why not try them on and take them for a walk?

**Read some fiction.** Reading fiction can increase empathy by allowing you to enter the character's thoughts and feelings and see from their point of view.

**Teach your kids, early and often.** Parenting or looking after children are great opportunities to practice empathy and help children develop theirs. Have open conversations about your own feelings, and ask about theirs.

**Be present and pay attention.** A great way to increase empathy is by practicing mindfulness. Mindfulness is awareness that comes with paying attention, on purpose, in the present moment, non-judgmentally. This can help calm your mind, become more aware, and better connect with yourself and others.



## MENTAL HEALTH RESOURCES

**Military Family Resource Centre (MFRC)**  
250-363-2640 or  
1-800-353-3329

**Chaplains**  
250-363-4106 (Office)  
250-818-2794 (24hr duty)

**Employee Assistance Program (EAP)**  
Peer Referral Line:  
250-363-7968  
24 hour line: 1-800-268-7708

**Member Assistance Program (MAP)**  
24 hour phone line:  
1-800-268-7708

**CF Mental Health Services**  
To access, the member must contact local CAF Medical Clinic Reception at 250-363-4122

## PERSONNEL SUPPORT PROGRAMS (PSP)

**Health Promotion:**  
250-363-5621

**Fitness & Sports:**  
250-363-5677

**Recreation:** 250-363-1009

**Integrated Complaint and Conflict Management Services (ICCM)**  
250-363-1900 ext 60264 (local contact)  
1-833-328-3351 (Toll free line)

**The Canadian Armed Forces Transition Group (CAF TG)**  
250-363-4477

**Sexual Misconduct Response Centre (SMRC)**  
1-844-750-1648 (24hr)

For more information on Mental Health Week, visit [www.mentalhealthweek.ca](http://www.mentalhealthweek.ca)

*Surprise Mom*  
On Mother's Day  
Order early for May 8

Visit us for Gift Baskets,  
Chocolates & Treats and a large selection  
of Mother's Day Bouquets

**BROWN'S**  
*The Florist*

Since 1912

DOWNTOWN • SIDNEY • WESTSHORE

**DOWNTOWN**  
**250-388-5545**

**MILITARY DISCOUNT**  
[www.brownsflorist.com](http://www.brownsflorist.com)

**WESTSHORE**  
**778-433-5399**



# CFSA bids farewell to Monroe Head location



**Peter Mallett**  
Staff Writer

Lang Cove is the new site of the Canadian Forces Sailing Association (CFSA).

The protected inlet, visible from the entrance to Naden, will be the home for the recreational boats of club members.

“We really like our new home because it brings CFSA into the heart of the CFB Esquimalt community,” says LCdr Chris Maier, Club Commodore. “Instead of being in an out-of-site location, everyone at the base will see our boats in the harbour as they drive into work each day and this offers a much larger presence for our club.”

The club’s original location since 1954 was off Maple Bank Road with the clubhouse on Monroe Head, but that land has been transferred to Public Service and Procurement Canada for development.

“There is a lot of history at our Maple Bank location and it is very sad to say goodbye because we even have some [current] members who joined the club when it was first established,” he explains.

Since the end of March, LCdr Maier, the club’s network of volunteers, members, and community supporters have been slowly moving the docks and 95 boats to the new location. It’s about a one-kilometre journey.

The move will also see CFSA’s youth sailing programs and sailing camps suspended for the summer months as safety and operational procedures are established.

During the move, CFSA has been working closely with Formation Safety and Environment (FSE) to ensure the relocation of docks and boats causes minimal disruption to the ecosystem. Chief among the concerns is the placement of concrete blocks to anchor the marina. The process also involves the monitoring of water turbidity and quality.

For the short term, club members can gain access to the new location via small boats docked at the Seamanship Training Centre boat shed in Naden.

In the months ahead, a plan for walk-up access to the site will be developed, along with electricity and fresh water for club members.

Volunteers use Canadian Forces Sailing Association boats to tow and position docks into place at their new home in Lang Cove. The club provides recreational sailing opportunities to the Defence Community and their families and is in the process of moving its headquarters from their former home at Munroe Head. Photo credit: CFSA



**For more information about the CFSA visit [www.cfsaesq.ca](http://www.cfsaesq.ca)**

**SPECIAL MILITARY PRICE!**

**2012 VOLKSWAGEN GOLF SPORTWAGEN**  
**\$11,831**  
110,601 kms  
Stk 2345

**ATTENTION MILITARY!**  
Ask about our exciting new financing options, with a down payment of \$1000 or even less, and bi weekly payments of \$129! No credit or bad credit? Not a problem.

**THEY SAY NO, WE SAY YES!**  
We do things differently. We always work to get you the best financing with the best lenders with the lowest rates.

**USED CAR CENTRE**  
sales@usedcarcentre.ca

**OPEN 7 DAYS A WEEK**  
9:30am – 7pm Mon-Sat  
Sunday from 11am – 3pm  
1671 ISLAND HWY  
**250-590-8221**

**We are ready for the new normal! Find out more at: [www.usedcarcentre.ca](http://www.usedcarcentre.ca)**

**Nancy Vieira** REALTOR®  
*Personal Real Estate Corporation*

**250-514-4750**  
www.nancyvieira.com • info@nancyvieira.com  
for Victoria & Southern Vancouver Island

**PEMBERTON HOLMES**  
ESTABLISHED 1867  
1-800-665-5303

**Elysia Allen, Realtor**  
Coldwell Banker Oceanside  
**250-882-8938**  
Elysia@ElysiaAllenHomes.com  
www.ElysiaAllenHomes.com

**COLDWELL BANKER**

# HMCS Saskatoon Makes Historic Stop In Manta, Ecuador



Madam Sylvie Bédard, Canada's Ambassador to Ecuador, is joined by female sailors from HMCS Saskatoon on the ship's fo'c'sle during a women and leadership event in Manta, Ecuador. Photo by Captain Jamie Blois



CPO2 Kerry Wiggins (second from the right) poses for a team photo with his 2022 slo-pitch team. Also on the team, in the front row from left to right, are his daughter, Ally Dolphin, and son, Jesse Wiggins. Chief Wiggins experienced a cardiac issue last year, and with the help of HMCS Saskatoon's Physician's Assistant, a U.S. Coast Guard Cutter, and the Ecuador Navy, he made it to a hospital in Mantra for much-needed medical care. Photo submitted by Ally Dolphin, Inspire to Create



During HMCS Saskatoon's crossing of the line ceremony, a sailor is cleansed as part of his transition from tadpole to shellback. Photo by Captain Jamie Blois



## Captain Jamie Blois HMC Saskatoon Public Affairs

HMCS Saskatoon arrived in Manta, Ecuador, on April 18, marking the first time a Royal Canadian Navy ship has made this visit.

The port visit was the fourth stop in the ship's journey during Operation Caribbe and was a much anticipated reprieve for the crew after having spent a stretch of 19 days at sea.

Manta's port is the second largest in Ecuador after Guayaquil, which is further south.

Beyond the necessity of resupply and reprieve for the sailors aboard Saskatoon, the ship was drawn to Manta because of an incident that took place a year earlier.

### April 24, 2021

Saskatoon was patrolling the Eastern Pacific during their deployment on Operation Caribbe. The day was as normal as can be on operation, just as it had been the 73 previous days.

But on this day, the normality was broken when the ship's Chief Engineer suddenly found himself with chest pain.

After evaluation by the Physician's Assistant, it was determined that Petty Officer First Class (PO1) Kerry Wiggins was facing a cardiac event and needed more medical attention than what the ship could provide.

Based on the location of the ship, the closest appropriate medical centre was in Ecuador.

It was a race against time, and the journey from ship to hospital was not a straight forward one.

The first step was to transfer him to a ship with helicopter lift capability, along with a fellow sailor to serve as escort for administrative and moral support, and the Physician's Assistant.

Saskatoon, at full speed,

headed towards the nearest U.S. Coast Guard Cutter, which was USCGC Tahoma. They adjusted their course to meet Saskatoon. Once the two ships were near each other, the three members were transferred via Saskatoon's Rigid Hull Inflatable Boat.

Once embarked on board Tahoma, both Coast Guard Cutter and Saskatoon sped towards Ecuador.

When the Tahoma was in range of land, PO1 Wiggins and his escorts were loaded on to a MH-65 Dolphin helicopter and flown ashore. On land in Guayaquil, boarded an Ecuadorian Navy fixed wing aircraft that flew them to Manta, Ecuador.

Surgery was promptly provided at the hospital in Manta to stabilize PO1 Wiggins' condition. The week that followed saw him undergo one more surgery prior to a Canadian Armed Forces CC-150 Polaris aircraft bringing him and his escort home on May 1, 2021.

Thanks to the quick actions of the ship's Physician's Assistant, Saskatoon's Command Team, USCGC Tahoma, and the Ecuadorian Navy, the now Chief Petty Officer Second Class Wiggins continues to live a normal healthy life a year later.

"This experience was not how I expected to return from deployment," says CPO2 Wiggins. "The Physician's Assistant and casualty clearing team care were outstanding. My training as a first responder, when I was a volunteer in a fire department, helped me understand what was happening. The ship's staff support to evacuate me, and the support to my family back home, were greatly appreciated. The sweep deck of HMCS Saskatoon was full of the ship's crew to see me off. The staff in the hospital in Ecuador were first-rate professionals. During my time in the hospital, the Commander Canadian Royal Navy took the time to call me to

see how I was doing. The Medical Crew Commander and flight crew provided excellent care on the flight home. Commander Coastal Forces and the Base Surgeon met with me and my family when I returned to Victoria. We cannot forget my escort who, from the time I left the ship ensured I had what was needed, and kept the crew of HMCS Saskatoon and my wife informed of my progress while in the hospital. Once again, my family and I wish to thank everyone involved for my safe return."

In remembrance of this event, Saskatoon's Commanding Officer, Lieutenant-Commander Nadia Shields met with the Ecuadorian Navy members who participated in CPO2 Wiggins' rescue at their home port of Manta, Ecuador, on April 19 to thank them appropriately.

Those in attendance were Madam Sylvie Bédard, Canada's Ambassador to Ecuador; Basil Haylock, Canada's Honorary Consul in Guayaquil; Colonel Marc Delisle, Canada's Defence Attaché to Colombia; Capitán de corbeta Patricio Estupiñán, Acting Port Captain; and Teniente de fragatas Zadak Ortiz and Tano Arroyo, the Naval Aviators who flew CPO2 Wiggins on that fateful day.

### Promoting Women and Leadership

A significant aspect of Canada's bilateral relationship with Ecuador is based on cooperation to promote gender equality and equal opportunities for all. While Canada and Ecuador continue to collaborate in fora such as the International Roundtable on Gender Cooperation, which is chaired by Canadian Ambassador Bédard, both countries continue to look for opportunities to strengthen gender equality in areas such as security and military service.

Ecuador has a similar history to

Canada with regards to female military service. In the pre-2008 years, when Ecuador maintained conscription, some females were brought into the military to staff specialist trades only.

In 2012, the door opened for women to serve in all military branches, but that didn't mean females flocked into this male-dominated organization. Currently, the Ecuadorian military is comprised of about 40,000 personnel, of which about three per cent are female. The lack of representation of long-serving females in most branches has led to deficiency of role models for those pursuing military careers in Ecuador.

Arrangements were made by Ambassador Bédard for a meet and greet between female sailors of the Ecuadorian Navy and female sailors from HMCS Saskatoon, including the Commanding Officer, LCdr Shields.

Along with Ambassador Bédard and Saskatoon sailors were Teniente de navios Fernanda López and Angelica Jaramillo, Alferez de fragata Mayra Solano, and Cabo primero Yasmin Yela Casierra to discuss the challenges facing women in their respective navies.

"I came back from Manta inspired by LCdr Shields and the Ecuadorian women officers from the Ecuadorian Navy," says Ambassador Bédard. "Reaching gender balance in all sectors, including in our armed forces, is key for the development of democratic, peaceful, and innovative societies."

### Crossing the Equator

On the way to the port in Manta, the ship's company observed a naval ritual rooted in deep tradition, a Crossing the Line ceremony.

Where exactly the ceremony originated is up for debate, but the event signals a major accomplishment in a sailor's career,

where they transit a geographically significant point of the Earth. In this case, Saskatoon crossed the equator near Ecuador in order to reach its port in Manta.

The Crossing the Line ceremony comes with much theatrics and shenanigans. Those who have not sailed across the equator before are termed 'tadpoles'. During this ceremony, the tadpoles became 'shellbacks' or sailors who have crossed the equator. Those previously made shellbacks were responsible for providing the experience to the tadpoles just as they had received when they were tadpoles.

Starting with the night before the ceremony, tadpoles were given the opportunity to revolt against the upcoming appearance of King Neptune and his court, where tadpoles are tried and deemed worthy of becoming a shellback.

The court itself was colourful and each participant created a costume to bring to life the character they played. Some of the court's representatives that appeared were King Neptune, Her Royal Highness Amphitrite, First Assistant Davy Jones, the Royal Baby, the Royal Herald, a Royal Barber, the Royal Judge, a Royal Scribe, Neptune's Bodyguards, and Bears.

It's not just the sailors who got recognized for this milestone. The ship also got fresh paint on its bullring. The colour was based on the crossing it had just undertaken. In Saskatoon's case, the bullring got a fresh coat of red paint, painted by the youngest sailor and youngest officer. Ships can display this honour for a full year before painting it black again.



# Person overboard and other demonstrations

## HMCS Brandon' Day Sail

**Kateryna Bandura**  
Lookout Editor

Surrounded by 30 civilians on the deck of *HMCS Brandon*, Petty Officer Second Class (PO2) Lance Ingeberg explained the person overboard exercise unfolding in the water before them.

"The fleet standard is five minutes, from the second alarm is raised to the person recovered safely in the Zodiac," he explains.

The recovery drill on April 22 was one of many to showcase the ship and crew's capabilities to family and friends sailing with them for a day sail.

"I'm really happy to have my daughter along," says PO2 Ingeberg.

It has been almost a decade since the 14 year old sailed with her father.

The day sail is not an actual working day at sea; a program is created so visitors get to see some of what the crew does, explains PO2 Robin Moncrief, *Brandon's* acting Coxswain.

"For the kids, it's great to see where mom or dad goes for three or four months, get a feel for where they live. They get to see the spaces where their families or friends work, which is really cool, especially for families that haven't been on board before," she says.

She joined in 2008 and has been posted on all the West Coast Kingston class ships since 2011. She has been posted to *Brandon* since 2018 and is one of a few sailors who've sailed only in the Maritime Coastal Defence Vessels (MCDVs).

To showcase the ship's ability to maneuver, Lieutenant (Navy) Sam Coffey, Operations Officer, took control of the ship to conduct a full-stern reverse thrust, weaving, and sharp turns that demonstrated their unique thrusters.

"Fun thing about Maritime Coastal Defence Vessels is they have thrusters, as opposed to a rudder, that can rotate the ship 360 degrees. The bonus of having this system is it makes the ship overall very maneuverable," says Lt(N) Coffey.

He says showing off the ship to the public, family

members, and friends is great exposure to navy life, especially since COVID has hindered activities such as this day sail for a few years.

"When we go away, there's a lot of what we call maritime blindness, where people don't really see what the navy is doing," he says. "So this at least gives them some exposure to what our life is like while we're away."

Visitors also learned some unexpected things about the ship as well.

"Having read a lot of historical fiction and watched a lot of movie-type programming, I find the bridge a whole lot less noisy than expected," says Walter McInnis. "Everybody's quiet, focused, relaxed. That's not what I was expecting."

His daughter PO1 Colleen McInnis sailed with PO2 Moncrief in 2012 for two years and they have been friends ever since. He owns a fishing boat and often sails in the area; he says seeing what happens on the ship was eye-opening.

"Seeing all the different components required to make a ship like this work, just incredible. There's a lot of technology and machinery and these people have to know a lot of things to keep this thing going."

*Brandon* is due for a refit this fall. The ship's company will transfer over to another MCDV.

A rescue swimmer dives from HMCS Brandon to save Oscar during person overboard simulation.



PO2 Lance Ingeberg shows his daughter how to operate the ship's binoculars during a day sail in HMCS Brandon. Photos by Kateryna Bandura, Lookout



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

## The MORTGAGE Centre

COCHING MORTGAGE

*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?**

Now may be the time as mortgage rates are low. Give us a call for current rates and options!

Rates subject to change without notice

# Vaisakhi video celebrates Sikh heritage in the Canadian Armed Forces

Peter Mallett

### Staff Writer

A few Canadian Armed Forces members have created and posted on Facebook a video celebrating the Sikh Holiday Vaisakhi and Sikh Heritage Month.

Vaisakhi is one of the most important days on the Sikh calendar and occurs each year in mid-April along with Sikh heritage month.

Military personnel of Sikh heritage from across Canada appeared in the short video to deliver their well wishes. They included Lt Bavleen Deo, Lt Balraj Singh Deol, and S1 Ashish Bhargia, S3 Udhay Singh Nijjer, and PO1 Kanwar Singh Nijjer.

The video acknowledges the significant contributions Canadians of Sikh faith have made to Canada.

It was produced by 2Lt Vatsal Shah of Maritime Forces Pacific (MARPAAC) Public Affairs and MARPAAC Base Imaging members S1 Valerie Leclair and S1 Sisi Xu.



## Did you know that you can renegotiate your mortgage to serve you better?

The current conditions of your mortgage may no longer be your optimal situation.

If you are thinking about making changes before the end of your term, you can break your contract early and renegotiate your mortgage. There are many reasons why you may want to break your contract early, such as obtaining a lower rate, or taking out equity for renovations and/or paying off consumer debt. However, ensuring that breaking your mortgage term early will save you money, or serve you better, is a must. With over 21 years of experience in mortgage lending, let us provide you with educated advice and your ideal situation.



At Miller Mortgages, we are dedicated to help you achieve your homeownership goals.

Whether it is your first time buying, a second home, or a rental property, let us provide you a stress-free mortgage undertaking.



www.millermortgages.com | 250.858.8489

## OPTOMETRIST

DR JOSLIN & DR MORIN  
ASSOCIATES  
DOCTORS OF OPTOMETRY

Experience  
the precision of  
customized vision

Reimbursement of fees available from Canadian Forces for eligible members.



LANGFORD

#105-814 GOLDSTREAM AVE.  
PHONE: (250) 474-4567  
EMAIL: langfordad@shaw.ca  
www.langfordoptometrists.com



# WE HIRE MILITARY SPOUSES

“They understand that I need flexibility when my little guy is sick while my husband's at sea. They support me, “OK, no problem. What can we do to make sure that your work continues to progress? Let us know what you need.”  
Natasha McKinnon  
VICTORIA DIVISION

Flexibility, opportunity and support, wherever you're based.



www.cviy.ca/careers

COMMISSIONAIRES



# Here to provide the assistance you need.

Contact my office with your questions about:

- Phoenix payment issues
- Veterans Affairs Canada
- Service Canada and CRA
- Local and provincial contacts
- Immigration-related issues
- Federal COVID-19 benefits for individuals, businesses, non-profits.



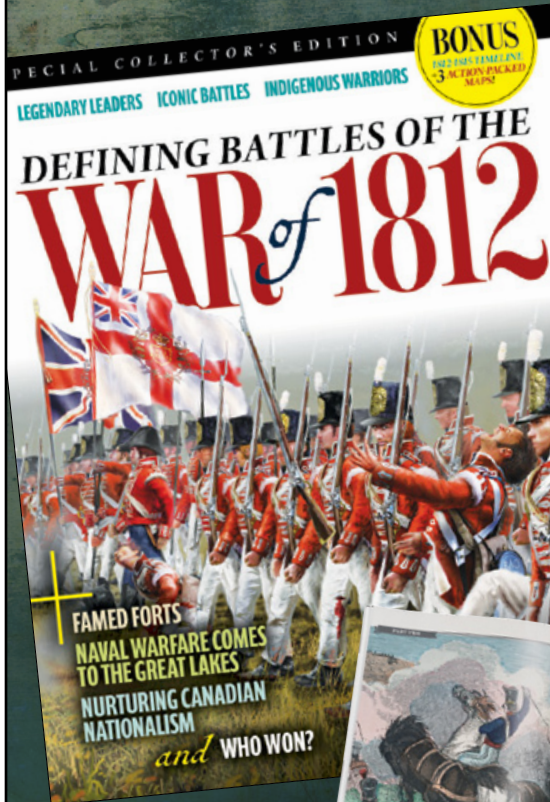
**Laurel Collins**  
MP for Victoria

Laurel.Collins@parl.gc.ca  
250-363-3600

f /CollinsLaurel  
t @Laurel\_BC  
i @laurelndp

THE LATEST RELEASE FROM

CANADA'S ULTIMATE **STORY**



## Defining Battles of the War of 1812

Early on June 23, 1812, British and American warships exchanged the first shots of the War of 1812. For the next two-and-a-half years, the two sides waged war. Towns and cities—the U.S. capital among them—were burned. Naval battles were fought on the Great Lakes. And heroes were born. The Americans thought taking Canada would be a cakewalk. It wasn't.

PICK UP YOUR SPECIAL ISSUE TODAY!

Now on newsstands across Canada!

This 100-page quality, oversized keepsake issue is filled with intriguing and compelling stories, rarely seen photography and breathtaking illustrations.

PUBLISHED BY **CANVET**

Also available at [canadasultimatestory.com](http://canadasultimatestory.com) or call toll-free 1-844-602-5737

ONLY **14.95**  
+ applicable taxes

AVAILABLE AT THESE FINE RETAILERS



AND OTHER FINE RETAILERS OF MAGAZINES

# STARCRAFT

## Autumn Ridge 180BHS

**\$11757**  
BI-WEEKLY OAC

0% DOWN, 4.99%, 60/240  
STK #2483 — \$34,422  
INC. \$500 MILITARY STORE CREDIT



10299 McDonald Park Road, Sidney, 250-656-1122 — Across from Canadian Tire —

# Vampire undercover

**Peter Mallett**  
Staff Writer

Aviation history will soar to new heights when the Comox Air Force Museum places its prized De Havilland Vampire Mark III fighter jet under a glass protective display structure.

To do this, they need \$1.5 million in donations to build a pavilion in the museum's Heritage Air Park, hopefully in time for the Royal Canadian Air Force (RCAF) 100 anniversary in 2024.

Acting Deputy Wing Commander, Major Niomi Caldwell is representing the campaign and says the pavilion is essential because the Vampire's wooden construction makes it fragile to the outside elements. It is currently housed in a hangar, away from public viewing.

"There is a protective metal skin on the outside, but its inner structural workings are partially constructed from wood, which is incredible," she says. "It's a fascinating piece of aviation history that most people don't know about or know we have at the Wing."

Initially named the Spider Crab, the Vampire is one of 86 aircraft manufactured by De Havilland for the RCAF, with the first aircraft arriving in 1948 and put into service as a Central Flying School training aircraft at RCAF Station Trenton.

By 1958, it was phased out with newer jets, the F-86 Sabres.

The museum's Vampire is one of a few remaining vintage aircraft.

The jet, tail number 17031, was obtained through a National Defence Headquarters approved trade in 2000. It was previously owned by a private collector in the United States who flew it in air shows. It was declared an artefact by the RCAF in 2001.

## A local legend

The plane and its legacy also have a special significance for CFB Comox and

Comox community as Second World War fighter pilot and Comox resident James 'Stocky' Edwards once piloted the Vampire in the years after the war.

Edwards will celebrate his 101st birthday on June 21.

Maj Caldwell says the former flying ace is a beloved member of the community and excited about the museum's plans for the plane.

Two of the project's biggest supporters are 19 Wing Honorary Colonel Robert Quartermain and previous 407 Squadron Honorary Colonel Dave Mellin, a community leader and former local businessman. Mellin says the aviation industry and the historic legacy of the RCAF is vitally important to the Comox Valley and its residents.

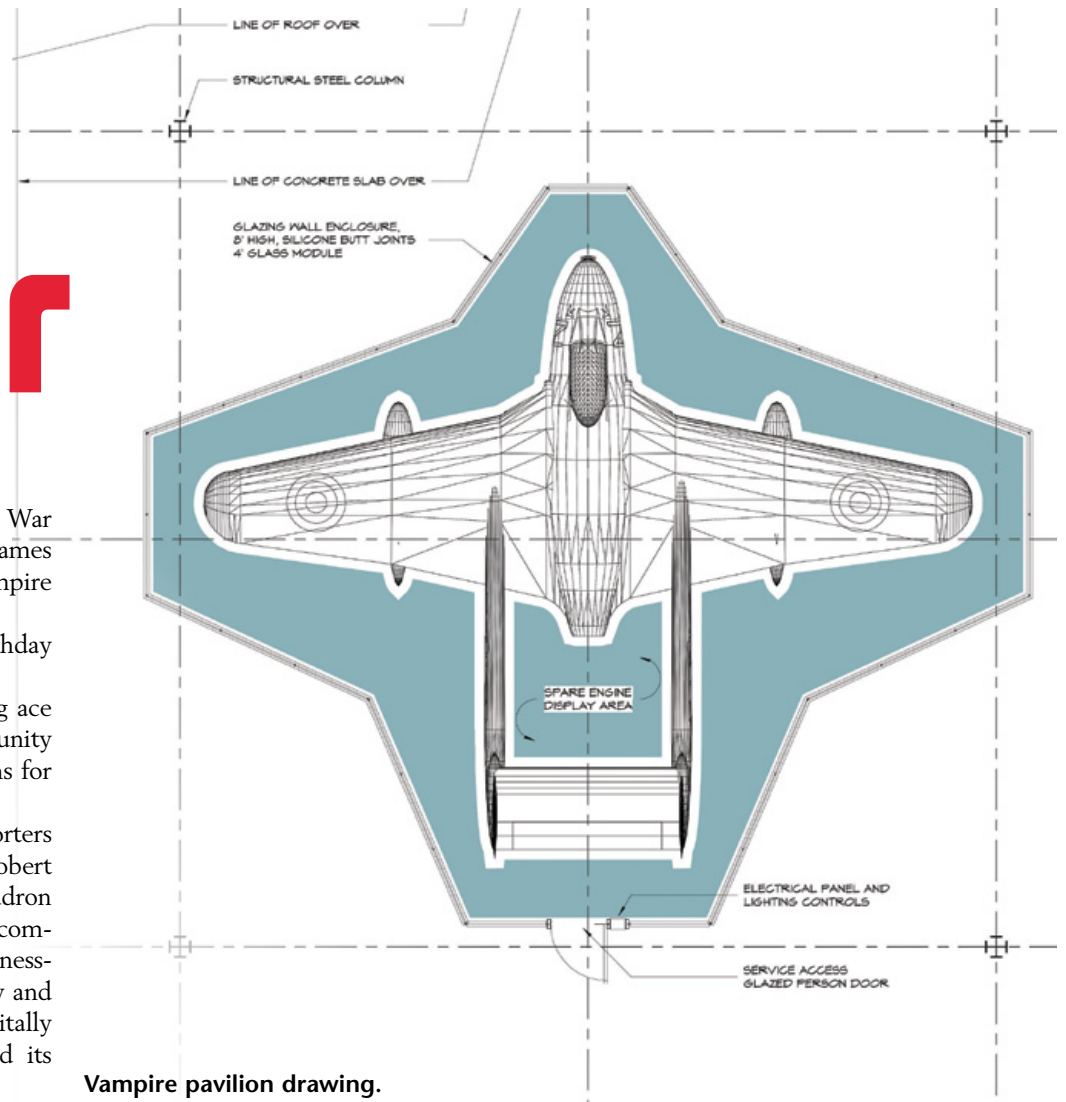
"This is a piece of military history that must be preserved and so many people I have spoken with are on board with that," he says. "Many people want to see this project succeed, but it is going to take a sum of money to see it through."

Many local businesses and construction contractors have already agreed to donate expertise, labour, and reduced costs on materials to the project.

The pavilion roof held by four corner pillars will keep visitors dry from the elements and shaded from the sun, while a large contoured glass enclosure will contain the Vampire and offer a close-up 360 degree view of the aircraft. A small section of glass will be inscribed with donor names who contributed \$5,000 or more.

The Comox Air Force Museum and Heritage Air Park was founded in 1982 and commemorates 19 Wing's role and history in West Coast aviation.

The fundraiser kicked off in April and has already raised \$250,000 or 15 per cent of the fundraising goal.



Vampire pavilion drawing.




The De Havilland Vampire Mark III at CFB Comox.

For more information about the fundraiser and how to donate visit [comoxairforcemuseum.ca/vampire-pavilion](http://comoxairforcemuseum.ca/vampire-pavilion)



A rendering of the pavilion the Comox Air Force Museum is fundraising to build.



# What!?

**The Lookout wants to know!**

If you hear about something cool or interesting that needs to be shared, email [katernya.bandura@forces.gc.ca](mailto:katernya.bandura@forces.gc.ca)

## Working for our community



**Hon. Mitzi Dean**  
 MLA, Esquimalt-Metchosin

250-952-5885  
 #104 - 1497 Admirals Road  
[Mitzi.Dean.MLA@leg.bc.ca](mailto:Mitzi.Dean.MLA@leg.bc.ca) / [MitziDean.ca](https://www.facebook.com/MitziDean.ca)



## E-FILE FROM \$79<sup>99</sup>+GST

**Top Shelf Bookkeeping Ltd.**  
 Locally Owned & Operated Since 1994

**BOOKKEEPING & PAYROLL SERVICES AVAILABLE**

**2 CONVENIENT YEAR ROUND LOCATIONS**

|  |   |
|--|---|
| 101-76 Gorge Road West<br>Victoria, BC V9A 1M1<br>250-388-9423 | 1253B Esquimalt Road<br>Victoria BC V9A 3P4<br>250-590-4050 |
|--|---|

# Think about your loved ones

Have you listed the right emergency contacts and next of kin on your forms?

DND/CAF

Do you have the right contacts listed on your CF 742 Emergency Contact Notification (ECN) and DND 2587 Next of Kin Identification (NOK) forms?

If you're like the majority of us, you joined the Canadian Armed Forces right out of high school or during university. At that point, your parents and possibly a sibling or two were likely the only people listed on these forms.

Over the years, you may have gotten married, had children, or changed marital status, which requires an update to your emergency contacts and next of kin designations.

As the years in uniform add up, and each Annual Personnel Readiness Verification seems to come around more frequently than the holidays, we often become complacent

with our ECN and NOK updates. Review the toolkit on the HR-Civ intranet website or the HR Go RH app, which you can access on your mobile device while you are on leave.

### ECN Form

The ECN form (CF 742) is used by the chain of command to inform those you have identified if you become ill, injured, are missing, or pass away. The ECN form is distinct from your NOK form, as it only serves for emergency notification purposes should anything happen to you; it does not entitle anyone listed to potential benefits.

Members need to ensure they select the right individual(s) they would want to be contacted in case of an emergency. The ECN form can include immediate family or persons most close to you. They can be related to you, or not, they can be adults or minors. They can be your spouse, children, step-children, parents, siblings, in-laws, or friends.

Incorrect ECN forms have led to significant delays in emergency contacts being notified and in some cases, the wrong person(s) have been informed.

### NOK Form

The NOK form (DND 2587), on the other hand, is for you to identify the next of kin who you would want to be at your bedside or funeral should anything serious happen to you.

Next of kin means persons whom you consider to be part of your immediate family or persons most close to you. They can be related to you, or not, they can be adults or minors. They can be your spouse, children, step-children, parents, siblings, in-laws, or friends. NOK should be identified in order of preference, and you may identify as many "additional NOK" in order of importance as you consider appropriate.

There are NOK travel benefits that may be available to your loved ones if you become ill, injured, or pass away, but these benefits can only be granted to those who are identified on your DND 2587.

In some cases, NOK travel benefits can be granted for up to 14 NOK per Queen's Regulations and Orders 209.02. It is important to note, however, that if someone is not listed, there remains no entitlement to NOK travel benefits, regardless of the personal relationship to the member.

You are the only person who can add or remove names from your ECN and NOK forms. They cannot be amended or changed by anyone else if you are unable to do so yourself. During your next APRV, or if your family status changes throughout the year, take five minutes to update your forms. Your loved ones will be thankful you did.



**\$1,000 CREDIT ON ANY TRADE**

**VICTORIA HYUNDAI**

# INSTANT CASH FOR YOUR VEHICLE

**\$750 Military rebate on all used vehicles\***  
**\$500 Military rebate on all new vehicles\***

## Only @ Victoria Hyundai

\*Proof of military ID will need to be presented to claim any and all of the rebates.

**VICTORIA HYUNDAI** [victoriahyundai.com](http://victoriahyundai.com)  
 525 Gorge Rd E, Victoria • (250) 995-2984




**WITH YOU WITH ME**

## Attn: Transitioning Military Members

# WE'RE HIRING

### About WYWM

We help transitioning military, veterans & families get into tech jobs, for free. If you know someone who can benefit, send them to WithYouWithMe.

### Benefits

**Work from home**

- ✓ No experience is required
- ✓ Be career ready in 100 hours
- ✓ Free tech courses for life
- ✓ Salaries from \$60K-\$120K



[withyouwithme.com/caf](http://withyouwithme.com/caf)

# Call for stories:

## Women's Royal Canadian Naval Service 80th anniversary



Members of the Women's Royal Canadian Naval Service arriving in Britain, October 1944. Courtesy Royal Canadian Navy



Wrens on parade at the WRCNS basic training school, HMCS Conestoga, December 1942. Library and Archives Canada

With the 80th anniversary of the inception of the Women's Royal Canadian Naval Service (WRCNS) approaching on July 31, Canadians are invited to share their stories about a friend or family member who served in the WRCNS.

Submissions may be published on the RCN's website, base newspapers, and social media accounts.

Please include high resolution, scanned photos if available, as well as your name and contact information.

**Mail your submission to:**  
[NavyPAInternalComms.APMarine-Communications-Internes@forces.gc.ca](mailto:NavyPAInternalComms.APMarine-Communications-Internes@forces.gc.ca)

f LookoutNewspaperNavyNews  
 @Lookout\_news  
 LookoutNavyNews  
 lookoutnewspaper.com

**Motorcycle Rider Training**  
**Novice & Traffic Programs**  
**Experienced Rider Courses**  
**ICBC Certified Course**

**250-478-9584**  
[www.visafetycouncil.com](http://www.visafetycouncil.com)

## Your Music Instruction Headquarters

- drums
- guitar
- bass
- piano
- electronic keyboard

**ESQUIMALT MUSIC**  
**250.385.2263**  
[esquimaltmusic.com](http://esquimaltmusic.com)

**“A GOOD PLACE TO BE WITH A GOOD BUNCH OF PEOPLE.**

It's a different uniform but it all translates.

— **Keith Guinchard**,  
*Manager of Quality Assurance with our Victoria, the Islands and Yukon*

**WE KNOW THE VALUE OF A VETERAN**  
 Join Canada's largest private sector employer of veterans

1 877 322 6777    [beyondservice.ca](http://beyondservice.ca)    COMMISSIONAIRES

# Treatment Shouldn't Feel Like Punishment

## 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 and much more.

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



**Sunshine Coast Health Centre**

A Non-12 Step Mental Health Program

Admissions Toll Free  
**1.866.487.9010**

[schc.ca](http://schc.ca)

**Georgia Strait**

WOMENS CLINIC

Admissions Toll Free  
**1.866.487.9040**

[georgiastraitwomensclinic.ca](http://georgiastraitwomensclinic.ca)