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Petty Officer Second Class James Houghton, Divisional Petty Officer at HMCS Tecumseh, takes control of a Rigid Hull Inflatable Boat during CHINTHEX 2023 at Beaver Mines Lake, Alta., on June 6. Photo: Sailor First Class Megan Sterritt, 17 Operations Support Squadron, Winnipeg.



CFB Esquimalt Change of Command: see page 3!



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Canadian, New Zealand and German Clearance Divers take a civilian free-diving course while on secondment with the New Zealand diving team. Photos supplied

Lookout for NEWS

Kateryna Bandura
Lookout Editor

After completing a secondment with the Royal New Zealand Navy (RNZN)'s diving contingent, one Clearance Diver with Fleet Diving Unit (Pacific) (FDU(P)) hopes to bring back some of their emergency procedures and tactical diving oxygen rebreather (LAR-7000) training to the unit.

"The Royal New Zealand Navy Clearance Divers are top class and we can learn many things from them as we are getting our LAR training up and running," Sailor First Class (S1) Adam Foster says.

S1 Foster completed an exchange, referred to as Operation Regulus, with the RNZN in mid-May, where he worked with various clearance diving teams. He was selected as a Clearance Diver in 2020 and began his naval career in August of that year; before that, he was an Infantry Reservist based in Vancouver.

S1 Foster's role during the exchange was to integrate as a junior member of the RNZN Mine Counter Measure team, completing LAR-7000 Rebreather training co-hosted with German Mine Clearance Divers. LAR training consists of standard operating procedures, emergency operating procedures, shallow water pool swims, and open ocean swims to a depth of eight metres. S1 Foster says the role expanded as time passed, and the team got hands-on experience with different tasks.

Besides completing the LAR-7000 Rebreather training, S1 Foster says his favourite experience was conducting a search on a cargo ship. The team searched the ship's hull and checked intakes and sea chests – the ships have come in with illegal importers equipped with scuba gear ready to retrieve drugs hidden in the hull.

"It's not something we generally get to do, so it was a cool experience," he said. "Matataua (Dive Unit) also paid for us to take a civilian free-diving course which I wasn't expecting to get to do; it was great to learn and add something else to the toolbox."

Exchanges such as this allow the FDU(P) to increase interoperability with nations that Canada regularly works with, S1 Foster says. Exchanges allow the flow of best practices that can lead to safer and more effective operations.

"I would like to do more apnea training as both the RNZN Operational Dive Team and German Mine Divers do quite a bit to ensure divers are comfortable underwater and understand their capabilities if they end up in a situation where they are low on or out of breathable gas," S1 Foster said.

He feels grateful for the opportunity and hopes the Royal Canadian Navy continues sending members to get experience in a different environment.

"Staying close to our friends and allies and learning how they operate will always be a priority for us," he says. "We have relied on each other in the past. It is likely we will again. It's important to maintain a close connection."



CFB ESQUIMALT CHANGE OF COMMAND



L-R: Captain (Navy) Kevin Whiteside, incoming Base Commander, Rear-Admiral Christopher Robinson, Commander MARPAC and Presiding Officer, and Captain (Navy) J. Jeffrey Hutchinson, outgoing Base Commander, sign the transfer of command papers at the Change of Command Ceremony held at the Base Museum Bldg N-27, Canadian Forces Base Esquimalt, on July 4.
Photo: Corporal Tristan Walach, MARPAC Imaging Services, Esquimalt

Ashley Evans

CFB Esquimalt Communications Officer

On Tuesday, July 4, Canadian Forces Base (CFB) Esquimalt thanked Captain (Navy) (Capt(N)) J. Jeffrey Hutchinson for his dedicated service over the past two years as Base Commander while warmly welcoming Capt(N) Kevin Whiteside as CFB Esquimalt's 25th Commander.

During his notable tenure, Capt(N) Hutchinson maintained a keen focus on the core-function deliverables of the Base, his primary goal upon commencing his appointment as Base Commander – a focus that he noted only became more necessary as time went by.

"The over-riding rationale for this focus was to ensure the Base's mandate was strictly defined and enforced with an eye on ensuring that the Canadian Armed Forces' (CAF) members and Public Servants who form the CFB Esquimalt Defence Team were working to capacity and not beyond," Capt(N) Hutchinson said.

Capt(N) Hutchinson took command of

the Base at a unique time in our history, only sixteen months into the COVID-19 pandemic. The two years that followed were undoubtedly challenging, though rewarding, as the COVID landscape shifted, eventually allowing for a much-welcomed return to deeper involvement between CFB Esquimalt, the Base Commander, and our community.

This community involvement was an aspect of his role that Capt(N) Hutchinson appreciated, and a sentiment he shared with Capt(N) Whiteside before the change of command, "Embrace your role in the community – something I admit I probably underestimated before the change of command – as our successes have a direct relation to the quality of the relationships we build with our neighbours."

One area Capt(N) Hutchinson was heavily involved in during his time in command was his work with the Canadian Forces Housing Association (CFHA).

"Oddly, what I will be most proud of is something that will not yet be evident to most of the Defence Team," he stated. That is, "[t]he progresses that have been

made with stakeholders to advance on infrastructure issues, especially with CFHA, related to growing the portfolio of military housing units available to CAF families."

Capt(N) Hutchinson said that, through this effort and others, an exceptional partnership has been formed with Real Property Operations Unit (Pacific).

"People don't realize what an outstanding job they do relative to other regions and with the challenges in CFB Esquimalt's unique real property portfolio," he said.

"Never allow a perception that something will be extremely difficult deter you from doing what is right and necessary for the well-being of our Defence Team members," Capt(N) Hutchinson shared, reflecting on his time as Base Commander.

A focus on the Defence Team and community is a sentiment Capt(N) Whiteside holds close and a message he, himself, has received from the outgoing Base Commander.

"Capt(N) Hutchinson's advice has always been to be myself and prioritize listening and learning so that we, as a

team, know where to focus our efforts," he said. "I am most looking forward to engaging with our teammates throughout the Base and in our local community, and to working together as we continue to improve the CAF's culture and reputation as a valuable employer with a diverse, inclusive, and respectful workforce."

Following two years serving as Commanding Officer of HMCS Vancouver – including a recent deployment to the Indo-Pacific in support of Operations *Projection* and *Neon* – Capt(N) Kevin Whiteside brings a host of experience, which has readied him to take on this new role.

"After years at sea, it is an incredible honour to join the greater defence community ashore as part of such a great team – a team that has been critical to the success of our Navy for so many years," he said.

Capt(N) Whiteside, his wife Lesley, and their three children, Liam, Laurel, and Norah, have been active members of the Greater Victoria area for years and look forward to furthering their reach and involvement while continuing to contribute to their community during this next chapter.

"I have much to learn from Capt(N) Hutchinson, as well as from all members of the local community as I transition into this role," Capt(N) Whiteside said. "I have served with Capt(N) Hutchinson at various stages in my career and consider him a close friend and mentor. I look forward to continuing his hard work as we lead the Base and our military and civilian teammates through the present and future needs of our service and of our local community."

We bid farewell while thanking Capt(N) Hutchinson for his dedicated service as Commander CFB Esquimalt over the past two years. Fair Winds and Following Seas.



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How to overcome fears in therapy

"Our capacity to use our will effectively is often disregarded in our lives and mostly framed as something that requires a sense of strength."

~ Thomas Goenczi



Thomas Goenczi

Lookout contributor

One of the most anguished challenges in therapy is confronting fears about counselling. Understanding these fears helps prevent them from dictating one's life. Once individuals better understand their fears about therapy, they can better learn to overcome them and continue their therapeutic journey.

THERE ARE COMMONLY SHARED FEARS CONCERNING THE COUNSELLING EXPERIENCE. THEY INCLUDE BUT ARE NOT LIMITED TO:

- Fear of uncertainty when committing to counselling ;
- Fear of embracing states of vulnerability and openness;
- Fear of confronting issues that you find disturbing to yourself;
- Fear of not being heard or being able to connect with the therapist;
- Fear of facing topics that are rooted in trauma; and
- Fear of not attaining your goals/ the fear of success.

This is not an exhaustive list, but it shines a spotlight on the common fears that individuals regularly confront in therapy.

These fears seem to have a pulse of their own. When fear is incongruent with reality, it almost has a possessive-like quality. It restricts an individual's capacity to live life to its fullest essence. However, fear also grounds us in a sense of reality and helps us from becoming psychologically over-inflated or narcissistic. Therefore, fear becomes an essential element in our capacity to assess levels of risk in any situation.

When we choose to make decisions rooted in our fears, we anticipate fear to emerge to decide how and when to act. This eventually causes an unconscious loop and wires us to make our fears essential for decision-making.

So, how do we even begin to overcome our fears and break that loop?

Confronting fear naturally activates courage. Courage is our psychological armour against fear and the defence against the most disturbing horrors. Courage can be difficult to conjure up at times of immense psychological distress, and sometimes it isn't enough. If courage is our armour against fear, then our will is the accompanying weapon required to overcome it.

Our capacity to effectively use our will is often disregarded and mostly framed as something that requires a sense of strength. Although strength is an essential characteristic of the will, there is also an element of skill and good needed when willing to do something fully.

LET'S LOOK AT AN EXAMPLE.

A man has encountered the common fear of bringing up a thought or situation in counselling where he acted in a way that he found disturbing. Let's say he's been swept up by uncontrollable fits of rage in the most minute of situations, which scared his partner.

In counselling, he is met with the bubbling dread of bringing this up to his therapist. Thoughts such as 'What will they think of me?', 'Do I really need to bring this up?' and 'It wasn't so bad...' come rushing at the intersection with fear. This is when the dawning of one's courage, equipped with will, guides one's choice: do you give into the fear in a limited or conscious manner, or do you confront it to try and overcome it?

This all happens in a matter of seconds and, often, unconsciously. However, if you have the ability in therapy to briefly pause, take a breath and consciously assess how you would like to confront your fear, this moment of pause can help disarm the fear, help you to become less attached to it, and allow you to press forward in your therapeutic journey.

Thomas Goenczi is an RCN Veteran and MA Clinical Counsellor with Private Practice: Well Then Therapy.

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HMCS Regina returns from refit with a new patch



Kateryna Bandura
Lookout Editor



HMCS Regina returned to the fleet after a maintenance period on May 19 with a new morale patch.

Designed by Sailor First Class (S1) Marianne Maxwell, Weapons Engineering Technician with HMCS Regina, the patch signifies new beginnings for the ship's adventures.

"I had fun making it and a majority of the ship's company loved it," she said.

S1 Maxwell has been Regina's member since 2019 and has made morale patches for the ship's company before.

The refreshing design incorporates a trident with the Regina Prairie Bison skull and iconic Regina crown as part of the three prongs. The ship and the waves crashing in the background are an homage to the wartime paint job Regina has carried since 2019.

"I tried to make it look like the paint is washing off in the appearance of waves crashing. I kept the text simple to not take away from the main design," she said.

She says her favourite element of the patch is the trident.

"Tridents are depicted as powerful weapons forged and used by different gods, sailors, and fishermen in ancient times," she says. "I thought it was a great idea for a navy morale patch."

Coming up with the concept and designing it took about one day, but the production of the whole order took about two months. S1 Maxwell says she is thankful the order was completed well before the ship was due back from the maintenance period.

"I think it was a success; I wouldn't change a thing," she says. Her designs for various navy-related artwork have been published on social media before, and she has received many requests for more design work.

Although S1 Maxwell could not be present when the morale patches were being distributed to the ship's company due to her parental leave, the new executive command team of HMCS Regina invited her to the office to present the new morale patch to her personally.

"They asked me to bring my newborn daughter Estella to be part of the presentation," S1 Maxwell said. "I thought that was very sweet and supportive of them and I enjoyed seeing everyone again after being on parental leave. HMCS Regina has a lovely ships company."



Commander Tyson Bergmann, Regina's Commanding Officer and Chief Petty Officer First Class Ian Biller, Regina's Coxswain, present Sailor First Class Marianne Maxwell (holding newborn daughter Estella) HMCS Regina's morale patch, which she designed. Inset: HMCS Regina's new morale patch design. Photos supplied

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HeroWork volunteers renovate a design-build project at Prospect Lake. Photos provided

HeroWork and CAF team up for Power To Be

Lookout for COMMUNITY

Peter Mallett
Staff Writer

Military members from Esquimalt have again answered the volunteering call. Lieutenant (Navy) (Lt(N)) Robert Mackay, a Staff Officer with Naval Personnel Management (NPM) and four other volunteers from his unit pitched in on HeroWork's Radical Renovation Project on June 1.

"HeroWork is an amazing charity to be involved with," Lt(N) Mackay said. "It ties in helping people and working on building projects, both things I like to do."

The project involved 25 volunteers from NPM, Base Administration and Base Logistics. Tasks included readjusting rebar in concrete piles, insulation installation and adding safety fences around

nearby trees to protect them during the renovation.

The project benefits Power To Be, a non-profit organization based in Victoria and Vancouver that creates access to nature for youth, families, and adults living with cognitive, physical, financial and social barriers.

HeroWork's renovations at Power to Be's Prospect Lake property involve transforming an old dairy barn into a multi-use, indoor programming space to support its outdoor wilderness programs and constructing a sheltered pavilion using repurposed raw timber. The work on the old barn will include new lighting, washrooms and change rooms to suit persons living with disabilities, a greenhouse, a large indoor meeting space, an extended roof to create a building entry, gathering space and new siding, and doors and windows to protect the building's modernized interior.

The value of the project is estimated at \$1.1 million, and work is expected to

wrap up in late July with a big reveal event planned for Aug. 13.

Selena Roberts, HeroWork Project Manager, said volunteers from CFB Esquimalt have traditionally been generous supporters of their projects.

"Canadian Armed Forces volunteers are always very high energy, have great attitudes and move projects quickly," Roberts said. "Their volunteerism and contributions supporting vulnerable populations is inspiring."

To date, HeroWork has completed over \$7 million worth of Radical Renovations that involve structural and aesthetic improvements for buildings that house local community organizations.

HeroWork would gladly welcome more skilled and unskilled volunteers for the project and currently has a shortage of people for weekend shifts. For more information, contact: vicvols@herowork.com.

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Robert Haden works as the CFB Esquimalt tailor. Photos supplied

Life on a tight-knit boat: Stoker-Mechanic Robert Haden

Continued
from last issue
of the Lookout

ASLt Willis McCullough-Messom

TIME ABOARD U-889

On May 13, 1945, U-889 surrendered to the Royal Canadian Navy (RCN) and was brought to Halifax. Bob was posted from MLQ087 onto the captured German submarine as a Stoker-Mechanic on-board. The submarine was commissioned into RCN service for eight months before being turned over to the Americans.

While onboard, he had found an album containing photos of the U-Boat's commissioning in Kiel in 1943. During his time onboard he was one of few Canadians to sail aboard a submarine, as Canada had no commissioned submarines for nearly three decades. He sailed U-889 from Halifax to New Hampshire with a tug escort, where it would be handed off to the Americans.

IMMEDIATE POST WAR

He returned to Calgary in 1947 to take his discharge. For his service during the war he was awarded the:

- 1939-1945 Star – Awarded for 6 months of service on active operations;
- Atlantic Star – Awarded for 6 months of operational service afloat;
- Canadian Volunteer Service Medal and Overseas Bar – Awarded for 18 months of service 1939/1945; and
- War Medal – Awarded for 30 days of service.

BACK TO CIVVY STREET

Following his discharge, Veterans Affairs organized an apprenticeship program at Jack Millar-Custom, a Tailor Shop in Calgary. His mother was a dressmaker, so he had some experience sewing by hand and machine growing up. He accepted a job in the dry-cleaning business but then relocated to Victoria with his wife in 1949.

His first tailoring job in Victoria was with an Austrian man who had just started a tailor shop, Franz Tailors. The owner lived out of the country for some of the year, so he needed a tailor with experience, and Robert was the perfect fit. He worked for Franz Tailors for two years before accepting a job at Jerry's Tailor shop where he learned drafting and cutting.

28 YEARS AS BASE TAILOR

In 1961, Bob applied for the position of CFB Esquimalt tailor. He succeeded over several other candidates with his high level of experience, and service discipline. He rose to become the head tailor; during this time he acted as a fair but firm boss running a very tight shop. He worked as the CFB Esquimalt base tailor for 28 years.

Personnel, from Seaman to Admiral, had their uniforms tailored by Bob. During this time, he developed a multitude of interesting hobbies such as badge and lantern collecting. He was an active member of the Canadian Naval Association and the Legion where he served as a Sergeant-at-Arms and Poppy Chairman.

I met Bob in March 2022 while he was out enjoying brunch in Langford. I am proud to have Robert be the first veteran on the helmet*, and I am thankful for his years of service. To meet someone, who was not only a member of combined operations, but one of few Canadians to sail aboard a U-Boat and listening to his story has been a remarkable experience. He fittingly signed the helmet 'Robert Haden, Base Tailor'.

* *The Helmet is a project by Acting-Sub Lieutenant Willis McCullough-Messom of HMCS Ottawa. He began the project by repainting a 1942 Brodie Helmet Shell he acquired and set out across the country to have veterans sign it while listening to their stories. So far, the helmet holds the stories of 15 veterans across Canada.*



Robert standing on the upper decks of Fairmile MLQ087 off the coast of Newfoundland.

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Anna Wilk
Policy Analyst,
Canadian Armed Forces Transition Group

If you are a Regular Force or a Reserve Force member of the Canadian Armed Forces (CAF) who does not currently hold a high school diploma, the High School Education Initiative (HSEI) is for you. This is a great opportunity for members who joined the CAF without completing their high school diploma

to obtain it while still serving in the military. Did you know you may need fewer credits than you think to obtain your high school diploma? If you have completed your Grade 10 education and basic military qualification training (BMQ/BMOQ), along with life and work experience, you may be granted credits towards a high school diploma. Contact your local school district for further information. Your high school diploma will open doors to a commissioning plan or occupational trans-

fers and specialized occupations. Most military careers prefer their applicants to hold a Grade 12 or equivalent education, especially in technical and health-related occupations. A high school diploma is also increasingly required in hiring criteria for civilian and trade jobs if you decide to transition out of the CAF. Acquiring your high school diploma early in your career can not only positively impact your current career but will aid your transition to the civilian workforce when the time comes.

Did you know high school courses are free of charge through many provincial or territor-

ial Ministries of Education, and following your service position, your approving authority may grant you special leave to complete your courses during your paid service?

For more information, consult the HSEI or your local CAF Transition Centre for step-by-step instructions on the policies and regulations that govern the application and reimbursement processes for educational upgrading. These include the CAF Self-Development Program, designed to support CAF members' self-development throughout their careers, and the high school programs offered within your province or territory of residence.

Defence Indigenous Advisory Group (DIAG) embraces new name

Defence Stories

The Defence Advisory Group (DAG) Secretariat recently announced that the Defence Aboriginal Advisory Group (DAAG) has changed their name to the Defence Indigenous Advisory Group (DIAG), in effect as of May 25.

The DIAG was established in 1995 to represent Indigenous public service employees from the Department of National Defence (DND) and Canadian Armed Forces (CAF). Members of the DIAG share information with the Defence Team on Indigenous issues, advise how DND/CAF policies and programs affect Indigenous members and help promote successful interactions between the DND/CAF and Indigenous people across the country. This contributes to employment equity objectives and enhances diversity and inclusion within the organization.

In recent years, First Nations, Métis, Inuit communities, and the Government of Canada have embraced the term 'Indigenous' over 'Aboriginal'. The Royal Assent of the United Nations Declaration on the Rights of Indigenous Peoples Act in 2021 affirmed this terminology switch. The DIAG felt it was appropriate to change their name accordingly.



After consultation with the DIAG's membership, the National and Regional Co-Chairs voted unanimously to change their name. Efforts continue to update their name on all documents and web pages.

All Defence Team members committed to employment equity, diversity, and inclusion – regardless of ethnicity, gender, orientation, disability, age, or background – are welcome to join the DIAG.

To contact the DIAG National Co-Chairs, email P-OTG.DAAG-GCAD@intern.mil.ca (the email will soon be changed to reflect the name change).

For more information, visit the Defence Aboriginal Advisory Group (DAAG) (mil.ca) (only accessible through DWAN) or email DAGSecretariat-SecretariatGCD@forces.gc.ca.

Note: There is no change to the French name as "Indigenous" remains "Autochtones".

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HMCS Malahat presents Annual Awards at Year-End Ceremonial Divisions

Lt(N) Donald Den
HMCS MALAHAT Senior PAO

With the conclusion of its training year, HMCS *Malahat* held its Ceremonial Divisions, in which it presented ten Annual Awards to deserving and distinguished members of its Ship's Company. The ceremony was presided over by Captain (Navy) Janet McDougall, Naval Reserve Western Region.



Sailor Third Class Lebedynsky-Fraser
Captain G.A.V. Thomson Trophy
Presented to the most outstanding New Entry, based on performance, attendance, and character.



Master Sailor Huyghe
Captain Jackson Trophy
Presented to the most outstanding Junior Rating (any trade), based on performance, attendance, and character.



Petty Officer First Class Bienvenu
Wardroom Trophy
Presented to the most outstanding Chief/Petty Officer (any trade), based on performance, proficiency, and leadership.



Acting Sub-Lieutenant Stoney
Captain D. Garrard Memorial Trophy
Presented to the most improved Naval Cadet or Acting Sub-Lieutenant, based on performance, attendance, and proficiency.



Lieutenant (Navy) England
Victoria College Trophy
Presented to the most outstanding Junior Officer (Sub-Lieutenant/Lt(N)) based on performance, leadership, and proficiency.



Petty Officer First Class Flagg
Chief Petty Officer Burch Trophy
Presented to the person in the unit who best promotes the image of HMCS *Malahat* and the Naval Reserve to the public.



Sailor First Class Jackson
Coxswain's Memorial Trophy
Presented to the Junior Non-Commissioned Member in the unit who possesses the best potential to become Coxswain of HMCS *Malahat*.



Sub-Lieutenant Lindsay
White Twist Book Award
Presented to an outstanding Junior Officer (Acting Sub-Lieutenant/Sub-Lieutenant).



Sailor First Class Jackson
Petty Officer Second Class Fiona Borland Memorial Trophy
Presented to a Junior Non-Commissioned Member who exemplifies courage, compassion, fosters esprit de corps, generosity, concern for others, and goes beyond the call of duty to support and mentor other sailors.



Sailor Third Class Trovall
Commander Clerihue Scholarship
A scholarship presented to a deserving member of the Ship's Company, and a student, in support of their education.

PO2 Telford taps into 'stoker determination' to win Strongwoman gold

Ryan Melanson
Trident Staff

Though she only started competing in the sport less than a year ago, Petty Officer Second Class (PO2) Ashley Telford is making her name known in the Strongman/Strongwoman community.

PO2 Telford recently brought home gold after dominating the competition at her second-ever event – the third Annual New Brunswick's Strongest – held in Saint John, N.B., on Apr. 29.

"I definitely wanted gold, because I had never won anything like that before," she said. "I put all my stoker determination into it and I got it done."

PO2 Telford won first place in four out of five total categories, only faltering in the final event while carrying a 150lb sandbag across 40 feet due to a technical foul – not touching the line before letting go of the sandbag.

Rather than playing it safe during competition, PO2 Telford said she pushed herself to the limit.

"You get a bit of a rush each time – I enjoy seeing how I can force my body to do things that it doesn't want to do," she said.

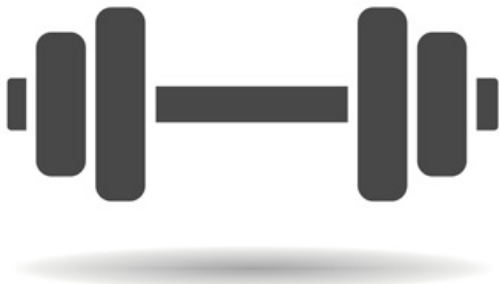
Some of her impressive feats from the day included a 450lb yoke, a 175lb-per-hand farmer's carry, a 160lb axle clean and press, 13 reps on a 405lb trap bar deadlift, and a gruelling medley involving 100lb, 150lb, and 200lb sandbags.

PO2 Telford started training for the sport last October, beginning with a novice class at the Raw Power Strength and Performance Centre in Burnside, where she still trains. PO2 Telford said she was inspired by shipmates who had competed at a high level, shouting out Master Sailor Jarvis Wills and his wife Lisa, now training partners of hers.

Her first competition in Prince Edward Island followed soon after, where she won a silver medal. She plans to continue with the sport, preparing for the Nova Scotia's Strongest competition later this month, followed by Atlantic Regionals this August in Charlottetown.

"There's going to be some very tough competition, so I'm excited," she said.

PO2 Telford also thanked Personnel Support Programs (PSP) for supporting her through the Out Service competition process, which has provided funding for equipment, registration fees, and some travel and meals for her most recent competition.



Petty Officer Second Class Ashley Telford shows off her gold medal from New Brunswick's Strongest competition alongside Jordan Dickens, event organizer and Strongman Corp. Canada representative. Photo supplied

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RENTALS

850 sqft, 2 bed, 1 bath, ground-level suite \$2,300 a month (double occupancy or negotiable for single or additional occupants). Available August 1 or possibly July 15.

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- Water, garbage and recycle included;
- Parking for one vehicle on site and more off street;
- Private side entrance.

No smoking/partying; tenancy agreement and tenancy insurance required. If interested, please email Smalltown09@yahoo.ca

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FOR SALE

Naval Mess Kit for Sale. Changed from RCN to RCAF. Female jacket and unisex pants. Tailored but size is approx 10-12 and for 5 ft 6 in with room for alterations. Made by Andrei Master Tailor in Kingston, Ont. Buyer pays shipping from Yellowknife. \$650 and approx \$40 flat rate shipping. Contact Major ML Gordon, (778) 922-0441, marydahl396@gmail.com.

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The Fabulous B Sides
The New Groovement
Mister Mojo and his Magic Band

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Canada's Drag Race Performers
Kendall Gender and Vivian Vanderpuss
with friends
Passion and Performance Arts Inc. dancers

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