

Volume 68 Number 35 | September 5, 2023

LOOKOUT

MORALE & WELFARE NEWS | CFB ESQUIMALT, VICTORIA, BC

newspaper.com

LookoutNavyNews

LookoutNewspaperNavyNews

Buying or Selling?

I can help!

CHRIS
ESBATI

Knowledgeable Trustworthy
Dedicated

RE/MAX
CAMOSUN

250.744.3301
chris@victoriaforsale.ca

victoriaforsale.ca



OPERATION LENTUS CONTINUES

As the first Operation Lentus wrapped up in the Houston and Vanderhoof regions, the next cohort of Canadian Armed Forces members who continue to fight Northern B.C. wildfires join as part of the next Operation Lentus.

Members from B Company, 2 Battalion, Royal 22e Régiment, from Valcartier, prepare to clear terrain during the creation of a firebreak as part of Operation LENTUS 23-07 on Aug. 22. Photo: Sailor First Class Patrice Harvey

BROWN'S
The Florist
Since 1912

**MILITARY APPRECIATION
DISCOUNT 10% OFF**

brownsflorist.com

Stay Connected From a Distance With Flowers

Downtown
250-388-5545

Sidney
250-656-3313

Westshore
778-433-5399

CANEX
A division of CFMWS
Une division des SBMFC

**CANADA'S
MILITARY STORE**

CANEX

CANEX.CA

1343 Woodway Rd., Esquimalt 250.388.6428

**DONATE NOW
TO HELP VETERANS AND SENIORS**

SCAN ME!

Major (Ret'd) Murray Edwards, Second World War and Korean War veteran, lives at Veterans Memorial Lodge, a Broadmead Care Home.

Special thanks to our friends at

Broadmead Care

FREE
ENTRY TO EVENT

CFB ESQUIMALT

FORMATION FUN DAY

**ALL
AGES**

SATURDAY, SEPTEMBER 9 NOON-4PM @ NADEN

FUN FOR EVERYONE!

OPEN TO CAF MEMBERS, BASE EMPLOYEES, VETERANS AND FAMILIES



ALL AGES FUN!

**SHOP AT THE
MARKETPLACE!**



BOOTHS & DISPLAYS

FREE FOOD

QUESTIONS?

For More Information
Contact Christine at
christine.farrington@forces.gc.ca

BMO  Brought to you by
CFB Esquimalt and the Bank of
Montreal, your Canadian Defence
Community Banking partner.

babcock  **seaspan**
VICTORIA SHIPYARDS



Funded By
CFB Esquimalt's
Base Fund

The Navy takes boats on the road as part of the NST roadshow

RCN Public Affairs



Members of the Naval Security Team (NST) launch Defender naval security boats at the marina in Kelowna, B.C., on July 25. Photos: Sergeant Malcolm Byers, MARPAC Imaging Services



NST members train with Defender naval security boats on Okanagan Lake near Kelowna, B.C., on July 25.

“The crowds were blown away,” said Lieutenant (Lt(N)) Robert Newton, Commanding Officer of the Naval Security Team (NST), of his time on the outreach tour.

From July 25 to Aug. 15, the NST was under B.C.'s spotlight. The small team of just 17 core positions, responsible for harbour defence and protecting Canadian waterways, was showcased across the B.C. Interior. The roadshow made appearances in cities including Vernon, Kelowna, and Kamloops.

“Not only do we have a Navy, we have these really flashy, cool police boats and drones. A lot of them were thrilled to have that brought to their community,” he said.

Transporting a glimpse of Royal Canadian Navy (RCN) capabilities to communities that aren't accustomed to a naval presence was a highlight for Lt(N) Newton.

Despite the lack of naval presence in the region, the team was met with enthusiasm as they showed off their capabilities and promoted the Naval Experience Program (NEP).

Designed to introduce candidates to life in the RCN through basic military training and four weeks of naval activity, NEP participants earn a salary while they spend a year working as a sailor and decide if a career with the Navy is the right fit for them.

For Lt(N) Newton, the opportunity is too valuable to miss in B.C.

“We had thousands and thousands of people come to our booth. There were teenagers to middle-aged people who showed a lot of interest,” he recalled.

Appreciating young people's challenges with the current job market, Lt(N) Newton was encouraged by the turnout and pleased to share the NEP's variety of career opportunities.

“It was different when I was growing up,” he explained. “Today's demographic is a lot more

educated. Many young people already have degrees and don't want to commit 10 years of their life to the Navy. The fact that this is a year-long program, and they could treat it like a gap year really hit home with them,” Lt(N) Newton said.

The roadshow not only served as a chance to show off the NST's extensive capabilities and promote the NEP, but also allowed members to train in new conditions, away from their bases in the open waters of Esquimalt, B.C. and Halifax, N.S.

As a hub for tourism during the summer months, paddleboarders, wakeboarders, jet-skiers and boaters all created water traffic and new challenges for operators to navigate. This allowed the sailors to hone their skills and work in a different environment from the open seas.

“It's also 34 degrees in the Okanagan. That's very difficult on the operators. They're not used to sweating this much,” Lt(N) Newton said. “This tested their fortitude, their adaptability to be able to work in an uncomfortable environment while maintaining their skill set and their focus.”

The water wasn't the only place Lt(N) Newton saw his team shine. He was also impressed to see the sailors come out of their shells and engage directly with the community to promote their careers.

“The big thing I took away from my team was watching them grow. They're excited to be operators,” Lt(N) Newton said. “I had ten different voices speak to the media. To see them go from avoiding the camera to speaking to the media was pretty exciting to watch.”

Lt(N) Newton says the team was welcomed warmly by the cities and invited to make a return next summer.

“The response from the cities and the mayors was ‘we can't wait until you come back. This is fantastic,’” he said.



NST members train near Summerland, B.C., on July 26.



ISLAND OWNED AND OPERATED
SINCE 1984.

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



GALAXY MOTORS
THE BEST PLACE TO BUY YOUR NEW CAR!
DLR# 30897, 40982 & D50003

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

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

10% OFF
for all Current & Past
Military Members.



Over 33 years in Business
Family Owned & Operated
www.galaxymotors.net
www.galaxyrv.net

LANGFORD AUTO SALES & SERVICE 250-478-7603
4391 Westshore Parkway

RV SALES & SERVICE 250-590-7425
4377 Westshore Parkway

COLWOOD AUTO SALES & SERVICE 778-440-4115
1772 Island Highway



LOOKOUT

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

LookoutNewspaper.com @Lookout_news
 LookoutNewspaperNavyNews LookoutNavyNews

MANAGING EDITOR

Jazmin Holdway jazmin.holdway@forces.gc.ca

EDITOR

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

WRITER

Peter Mallett mallett.peter@cfmws.com

PRODUCTION

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

ACCOUNTS/RECEPTION

Trina Winters 250-363-3127

ADVERTISING

Joshua Buck 778-977-5433
 NEW military.base.advertising@gmail.com

EDITORIAL ADVISORS

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

FRENCH EDITORIAL ADVISOR

A/Slt Alexandre Springer
 alexandre.springer@forces.gc.ca

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

Le LOOKOUT est publié tous les lundis, sous l'égide du
 Capv K. Whiteside, 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

Circulation: 2,000 plus 300 pdf downloads per week

Follow us on Facebook, Twitter
 and Instagram to 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
 Fax: 250-363-3015

Canadian Mail Product Sales Agreement 40063331



CANADIAN
 COMMUNITY
 NEWSPAPER
 AWARD 2018

Sustaining Wins in Therapy

*“Granting ourselves the permission to
 openly feel the rush of divine inspiration is
 what we all are worthy of.”*



Thomas Goenczi

Lookout contributor

For the most part, when a psychological achievement or milestone is accomplished (no matter the magnitude), a curiosity about sustaining this mental triumph eventually emerges.

Once this interest blossoms, many emotions unfold petal by petal. They range from unworthiness and inadequacy to enthusiasm and gratitude and everything in between. However, the *relentless* recognition and confrontation of these emotions is vital in sustaining the efforts once made.

After an accomplishment is secured, a common psychic encounter is facing doubt: doubt that the success made a difference in your life, doubt that you can even sustain it, doubt you can progress past the next impending hurdle. Doubt is neither reasonable nor evil, but rather, it is an evaluation of the situation that you currently face.

Doubt is often viewed negatively; we see it as hindering our growth, an obstacle to reaching our true potential. However, doubt keeps us grounded and allows us to use our critical thinking, question, and get closer to Truth. Yet, it becomes detrimental when we are bound to its narrative, falling victim to its every whim.

Being overly-critical and constantly questioning ourselves can become stunning. This inertia eventually allows unworthiness to kick in and become the new landlord in our lives. This unworthiness shows up in many forms: it can show up in its most basic way through not accepting the joy that comes from an accomplishment, and it can also be a lack of gratitude and appreciation for what we have accomplished so far.

So, how do we bring harmony into our lives after accomplishing a goal in therapy? One of the answers is through

enthusiasm. Embodying enthusiasm cannot be easily switched on and off. The word enthusiasm comes from the Greek word *enthousiasmos*, which means ‘divine inspiration’. To be divinely inspired is the purest form of wonderment and *being*. A typical example that encapsulates the experience of enthusiasm is the ‘flow state’ that we’ve heard of or read about in pop psychology literature. The term describes a mental state in which a person focuses entirely on a task or activity.

Enthusiasm often seems quick and fleeting, and can feel like trying to capture lightning in a bottle. And truthfully, that is exactly what enthusiasm feels like once captured – being struck and electrocuted by ecstasy.

One element that leads to enthusiasm is curiosity. To be unyielding in the pursuit that gives you that spark of joy. When it comes to counselling, if we can be curious about *what* and *how* we are, we open ourselves to these potential bursts of enthusiasm.

Another element of enthusiasm is permission, permission to allow the feeling. For any reason unique to each individual, we are often inclined to inhibit positive emotions – this ties back to that nagging unworthiness aspect of Self. However, permitting ourselves to feel the rush of divine inspiration openly is what we all are worthy of. We have just as much merit to feel worthy of something as we do to the feeling of worthlessness. We have to claim it for ourselves.

When we can reach in and find enthusiasm for counselling, we set the foundation to see enthusiasm in other life tasks. Using wonderment and openness in this way gives us the nourishing, life-giving joy we all need to live in harmony for ourselves and those around us.

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

The content is not intended to substitute professional advice, diagnosis, or treatment. Always seek the advice of your mental health professional or other qualified health provider with any questions regarding your condition.



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

The MORTGAGE Centre

COCHING MORTGAGE CORP.

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

Phone 250-391-6191 • Fax 250-391-6192

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

CONVENIENT LOCATION ACROSS FROM HOME DEPOT BELOW COSTCO

**Thinking about
 consolidating
 consumer debt?**

**Give us a call for current rates
 and options!**

Rates subject to change without notice



NATIONAL DAY FOR TRUTH AND RECONCILIATION

Join CANEX in Commemorating National Day for Truth and Reconciliation

Defence Stories

As we come together to recognize National Day for Truth and Reconciliation on Sept. 30, CANEX and Canadian Forces Morale and Welfare Services (CFMWS) proudly announce their support for this important day with their limited-edition orange t-shirts.

Designed by Indigenous artist Chantelle Trainor-Matties, the artwork symbolizes protection, support, and love – values that reflect the spirit of this day. Orange Shirt Day is an Indigenous-led grassroots commemorative day intended to raise awareness of residential schools' individual, family and community inter-generational impacts and promote the concept of 'Every Child Matters'. The orange shirt symbolizes the strip-

ping away of culture, freedom and self-esteem experienced by Indigenous children over generations. As of 2021, Orange Shirt Day has taken on the moniker of National Day for Truth and Reconciliation.

In partnership with the National Centre for Truth and Reconciliation (NCTR), CANEX will donate 100 per cent of the proceeds from the sale of the shirts back to the NCTR. The Centre is dedicated to preserving the history and legacy of the Indian residential school system in Canada, ensuring that the experiences of survivors and their families are never forgotten.

We invite all Defence Team members to show their support for this day by purchasing one of these unique t-shirts. Not only

will you be helping to raise awareness and support for important causes, but you will also be showing your commitment to building a better and more compassionate future for all Canadians. In addition to simply wearing the orange shirt, Defence Team members are encouraged to learn more about the history of residential schools and their assimilation practices.

We are proud to be a part of this vital initiative and grateful to Chantelle Trainor-Matties for her incredible design. We hope you will join us in commemorating National Day for Truth and Reconciliation and helping to impact our communities positively.

Purchase your orange t-shirt at your local CANEX while quantities last!

SEPTEMBER 30




Purchase your orange t-shirt at your local CANEX while quantities last!

NDP

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

[/CollinsLaurel](#)
[@Laurel_BC](#)
[@laurelndp](#)



NDP Critic for Food Price Inflation, Agriculture and Agri-Food, Deputy Critic for Justice

Alistair.macgregor@parl.gc.ca
250-746-4896
Toll free: 1-866-609-9998

Alistair MacGregor
MP COWICHAN – MALAHAT – LANGFORD

NDP

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

Time and tide wait for no one

Michael McWhinnie

NTG HQ

'Time and tide wait for no one' is an age-old adage that encourages us to seize opportunities when they arise while reminding us that, despite human aspiration, things are beyond our control. The motto is particularly relevant to the summer programme at Naval Fleet School Quebec (NFS(Q)).

All navies are comprised of warships, but those familiar with creating and sustaining sea power know that people are the lifeblood of any effective maritime force. But time continually advances and erodes the Royal Canadian Navy's (RCN) personnel numbers and expertise. Every day, sailors retire or leave the service for various reasons. We call it 'attrition'; left unchecked, the Canadian Armed Forces (CAF) would eventually cease to exist. The sole remedy is continual recruitment and training to offset those losses.

The Naval Reserves mark their 100th year of service to Canada this year. From humble beginnings, these 'citizen sailors' contributed significantly to Allied victory during the Second World War. They answered the call to serve in droves. At the outbreak of the war, reservists more than doubled the size of the RCN to 15,000 personnel. At the height of the Navy's wartime establishment, reservists constituted three-quarters of the RCN's sailors and officers (77,000 of 95,000). Today, approximately 4,100 reservists serve onboard HMC ships at naval bases in Halifax, Quebec City, and Esquimalt, or within 24 Naval Reserve Divisions in urban centres across Canada. They continue to recruit new members from across the country who typically receive their Basic Military Qualification training from staff at NFS(Q).

For the Naval Reserves, summer is the season for Basic Training. Since most recruits are either employed or in school during most of the calen-

dar year, the summer months from May through August are the opportune time to schedule training based on availability.

Each year since 2013, a significant portion of NFS(Q) staff relocated from their offices adjacent to the harbour in Quebec City (HMCS *Montcalm*) 30km to Camp Vimy, part of the Canadian Army's training facility at CFB Valcartier. Since 2017, the Reserves have employed a modular approach to basic training. Candidates begin with MOD1, where they acquire a basic understanding of the Profession of Arms in Canada, including military ethics and values through distance learning. They progress through MOD2, administered by their home unit. Topics include First Aid, Security Policies, Drill and Ceremonial. Finally, candidates assemble in Quebec to conduct MOD3 – 18 training days of practical exercises designed to challenge candidates physically and mentally. Lessons are operationally-focused and include infantry section manoeuvres, Chemical, Biological, Radiological and Nuclear Defence, small arms proficiency, and ammunition safety, all strongly emphasizing physical conditioning, including the 8km forced march. The Basic Military Qualification course for officers and Non-Commissioned Members (NCMs) concludes with a graduation ceremony at Support Base Valcartier.

This year, the training establishment graduated 268 NCMs and 51 officers. A typical year sees 300 to 500 personnel achieve the qualification.

A healthy and sustainable naval force is the product of vibrant and professional recruiting and training efforts. The work by staff at NFS(Q) is helping ensure the next generation of RCN sailors and officers is available to offset the effects of attrition. A crucial wellspring of maritime force generation for Naval Reserves from coast to coast is a short drive from Quebec City – at a Canadian Army training site!



BMQ candidates conduct field exercises in the training sector at CFB Valcartier in Quebec on July 28. Photos: MCpl Nathan Moulton



Photos by: MCpl Nathan Moulton, NFS(Q)



BMQ students take a group photo in front of the Naval Forward Operating Base in CFB Valcartier on Aug. 17

Training Ravens is personal for one Sonar Operator

Nathalie Garcia

Chief of Staff
CANSUBFOR HQ

Petty Officer Second Class (PO2) Dylan Gallant, a Sonar operator onboard HMC Submarine *Victoria*, has a very personal reason for volunteering as directing staff for the Raven program: his adopted brother.

The Raven Program is one of five Indigenous Summer Programs offered by the Canadian Armed Forces (CAF) that aims to foster positive connections with First Nation, Inuit and Métis communities across the country while raising awareness amongst participants of career opportunities within the CAF.

Participants begin with a three-day Cultural Experience, learning traditional Indigenous values and teachings to help them connect to Canada's diverse cultural history through the guidance of Indigenous teachers and Elders. Having youth gain a deeper understanding of their roots is exactly why PO2 Gallant was happy to support the program.

"My brother, Jordan, is Saik'uz First Nation from Vanderhoof, B.C. I grew up seeing his efforts to reconnect with his biological family and his culture. It wasn't always easy," PO2 Gallant said.

Raven is based on the Army Primary Reserve basic military qualification course supplemented with Indigenous cultural teachings. Participants learn military skills such as drill, map and compass navigation, first aid, outdoor field craft and others. Once complete, they can choose to join the regular or reserve Force. If they choose not to join, they return home with newfound skills and experience they can share with others in their community.

"I think any military member who is given the opportunity to be a part of the Raven staff should jump at it! It definitely opens your eyes and provides an introduction to the indigenous cultures from across Canada. I have learned as much from the students as they have from me," PO2 Gallant said.

The Raven Program is in its 20th year and runs each summer from July to mid-August at Canadian Forces Base Esquimalt.

HMC *Venture* seeks volunteer staff and instructors annually in support of the Raven Program that takes place in July and August. Anyone interested can contact Captain Joel Unruh, the Raven Officer-In-Charge, at Joel.Unruh@forces.gc.ca.



Petty Officer Second Class Dylan Gallant oversees rifle training as Raven candidate Sailor Third Class Ulia Wahn takes aim. Photo: MARPAC Imaging Services

Proud to
serve
Esquimalt-
Saanich-
Sooke



Randall Garrison, MP

2-50 Burnside Road West, V9A 1B5

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

250-405-6550 Randall.Garrison@parl.gc.ca

www.RandallGarrison.ndp.ca



THE LATEST RELEASE FROM
CANADA'S ULTIMATE STORY

SPECIAL COLLECTOR'S EDITION

FROM PACHINO TO LEONFORTE: THE BATTLE FOR ITALY BEGINS

OPERATION HUSKY
THE ALLIES TAKE SICILY

BONUS
TIMELINE AND
ACTION PICKUP MAP

NOW
AVAILABLE
ACROSS
CANADA

OVERCOMING
EARLY DISASTER

MOUNTAIN WARFARE
& STREET FIGHTING

FARLEY MOWAT FROM THE



Operation Husky: The Allies take Sicily

For almost four years, the forces of Nazi Germany have occupied Europe while the Allies fought in Africa and the Pacific. Now, on July 10, 1943, Canadian, British and American forces invade Sicily, a hot, mountainous, enemy-occupied island off Italy's south coast. The Allied liberation of the continent has begun.

Now available on newsstands across Canada! Pick up your copy today!



Also available at canadasultimatestory.com or call toll-free 1-844-602-5737

ONLY
14.95
+ applicable tax

AVAILABLE AT THESE FINE RETAILERS



AND OTHER FINE RETAILERS OF MAGAZINES

ANCHORS AWAY

Arts & Music Festival

Anchors Away Hoists Sail

Canadian Forces Morale and Welfare Services (CFMWS) hoisted its first-ever Anchors Away Arts and Music Festival last weekend at Starlight Stadium in Langford, bringing together the Defence and local communities for a day of all-ages fun.

The Naden Band opened the festival while families engaged in activities including balloon art, bounce castle, arts and crafts stations, food trucks, face painting, and more. Mr. Mojo and his magic band performed to the early audience, inspiring children to get up and dance. Passion Performance Inc. then brought together an energetic and talented group of dancers, hyping up the crowd with their choreography, music from the decades, and big smiles.

"This event was a great opportunity to bring an all-encompassing, all-ages summertime arts and music entertainment event to our Defence community," said Christine Farrington, Special Events Coordinator, CFMWS.

A fun, family-friendly drag performance by Kendall Gender, Vivian Vanderpuss and friends followed, dancing to top hits, and engaging with the audience. They even had members of the crowd join in on *Lip-synch for your life*, a RuPaul's Drag Race staple.

The talented musical acts of the festival continued with an incredible performance by funky

hip-hop soul group, The New Groovement, followed by a high-energy, dance-in-your-seat performance by hard-rocking dance band, The Fabulous B Sides.

As the day turned to dusk, B.C.-native headliner Yukon Blonde hit the stage for an intimate show sharing new music with the crowd, closing out with fan favourite, *I wanna be your man*, that had attendees running to the stage to dance it out one last time.

This event would not have been possible without the generous contributions by sponsors of the event: Seaspan, Babcock Canada, the City of Langford, and The Zone.

A big thank you goes out to all attendees, vendors, and all the units that supported this event:

- NPTG - PCC
- HMCS Calgary
- HMCS Yellowknife
- HMCS Brandon
- HMCS Nonsuch
- NFS (P)
- NDTC (P)
- BLOG
- TEME
- RP Ops
- The 443

Anchors Aweigh!



Formation Run brings out the best in sailors

Peter Mallett
Staff Writer

The music was pumping at the finish line, and so were the hearts of participants.

A strong showing of over 500 military members, including Captain (Navy) Kevin Whiteside, Base Commander, turned out for CFB Esquimalt's Formation Run on Aug. 25.

"I'm super-stoked about the turnout and to see an incredible team of awesome Canadians turn out for some fitness on a Friday morning," Capt(N) Whiteside said after completing the race.

The monthly event challenges personnel of all units to run or walk the 5km course that starts at the entrance to Y-Jetty and then winds its way through Naden and Dockyard.

Sailor Third Class (S3) Andrew Ouellet of HMCS Calgary blew away the competition and had the fastest overall time of all participants, clocking in at the finish line at Y-Jetty at 18'34".

"It feels great to win again because I also finished first in last month's run," S3 Ouellet said. "There are some great runners at the Base, and I hope others come out to the next run and challenge me for the title."

It was an exciting finish between two of the top female runners at the Base: Sailor First Class (S1) Amanda Polus of the Patrol Craft Training Unit and Lieutenant (Lt) Anabelle St-Martin of Transportation and Electrical Mechanical Engineering (TEME). S1 Polus turned on the jets at the finish line to beat her friend by five seconds with a time of 18'59".

"I got into running because of a formation run and that is also where I met Annabelle," she said. "We always like to challenge each other because it brings out the best in us."

The names of Lt. St-Martin and S1 Polus may sound familiar to Lookout readers - that's because they finished first (19'02") and second (19'56"), respectively, in the women's military category at this year's Canadian Armed Forces Running Championship in Ottawa on June 27. Lt. St-Martin also finished second

among women in this year's Navy Run 5km course on June 17 with a time of 19'08".

For others, getting out and participating also provided a vital morale boost and early morning pick-me-up.

HMCS Regina saw a strong turnout of 75 runners, most wearing purple t-shirts emblazoned with the ship's number 334.

Lieutenant-Commander (LCdr) Nick Kucher, Regina's Executive Officer, also laced up his sneakers to take part and challenged other ships in the fleet while congratulating the ship's company for their enthusiasm.

"The Formation Run is a great way to interact with other members of the fleet and bring back the spirit of competition," LCdr Kucher said. "We are up to challenging any other frigates or MCDV's in the fleet to top our participation numbers today."

The next Formation Run is scheduled for Sept. 29 and will see runners don Orange T-shirts to commemorate Truth and Reconciliation Day.



Members of HMCS Regina assemble for a group shot before the start of the Formation Run in Dockyard on Aug. 25. Photos: Peter Mallett/Lookout



Runners make their way past Fleet Maintenance Facility (FMF) Cape Breton during the Formation Run on Aug. 25.



Sailor Third Class (S3) Andrew Ouellet of HMCS Calgary and Sailor First Class (S1) Amanda Polus of the Patrol Craft Training Unit, male and female winners of the Formation Run, celebrate their victories at the finish line. S3 Ouellet was top male finisher with an unbeatable time of 18:34 and S1 Polus clocked in at 18:59.



Participants take off from the start line at the Formation Run in Dockyard on Aug. 25.

Working for our community

Mitzi Dean
MLA, Esquimalt-Metchosin

250-952-5885
#104 - 1497 Admirals Road
Mitzi.Dean.MLA@leg.bc.ca / MitziDean.ca

First Responders & Military: **\$20⁰⁰** Every Day!

Sullivan's BARBER SHOP

Seniors **\$18⁰⁰**
Regular **\$23⁰⁰**

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

I Stage and I Sell!

SHELLY REED Associate Broker
Direct: 250-213-7444 Email: sr@shellyreed.com

www.shellyreed.com

PEMBERTON HOLMES
#150-805 Cloverdale Ave.,
Victoria, B.C. V8X 2S9
250-384-8124



Message from the Defence Team Champion for the 2023 National Defence Workplace Charitable Campaign

Dear Defence Team Members,

I am privileged to be the Defence Team Champion for the 2023 National Defence Workplace Charitable Campaign (NDWCC), which will launch on Sept. 7.

NDWCC is the Department of National Defence (DND) and Canadian Armed Forces' contribution to the larger Government of Canada Workplace Charitable Campaign (GCWCC).

We collectively show incredible generosity each year, helping to ensure the GCWCC remains the country's most successful workplace fundraising campaign, with over 28 million dollars raised in 2022. Last year, contributions from DND totalled 2.2 million dollars. I know the past year was challenging, but, for the most part, Defence Team members have continued to support their communities as volunteers and as part of Operation Lentus, Vector and Laser.

This year's campaign comes as Canada continues to deal with the aftermath of the COVID-19 pandemic. During the pandemic, we demonstrated the ability to run events virtually, so

this year, we will continue with virtual events and bring back the in-person activities.

This year's NDWCC slogan is 'Every Dollar Makes a Difference'. The slogan was chosen to help remind us that even the smallest donations can significantly impact someone's life.

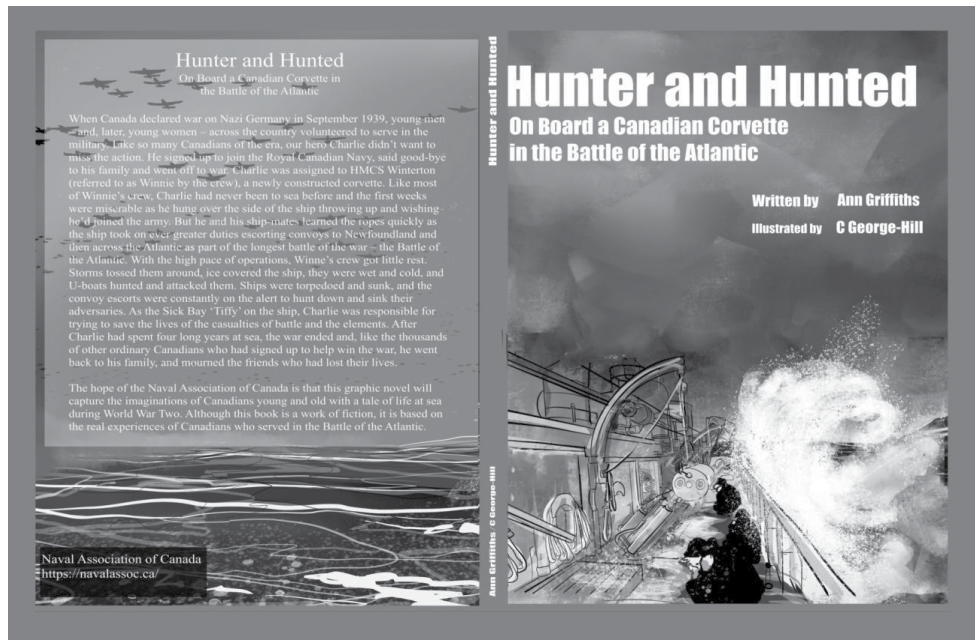
Donating this year is easier than ever: you can do so online via ePledge, which will be available to all Defence Team members beginning Aug. 30. This link will be distributed as part of our Campaign launch and provides 'donor's choice', meaning you choose the organizations you would most like to support.

You can also use FlipGive, an app for regular shopping with 300 registered retailers, where a portion of your purchase will go towards NDWCC.

Remember, no donation is too small; every cent given makes a real difference to Canadians in need.

Thank you for your support.

Raj Thuppal
Chief Information Officer



Cover of Hunter and Hunted.

Hunter and Hunted: On Board a Canadian Corvette in the Battle of the Atlantic

When Canada declared War on Nazi Germany, young men and women volunteered to serve in the military. Like many Canadians of the era, our hero Charlie didn't want to miss the action. He signed up to the Royal Canadian Navy. Charlie soon took part in the most protracted battle of the war – the Battle of the Atlantic.

Written by Ann Griffiths, illustrated by C George-Hill. To order Hunter and Hunted, contact Kevin Goheen, Executive Director of the Naval Association of Canada at ExecutiveDirector-NAC@outlook.com.

Part of the Naval Association's mandate is public education, and this book was a way to tell Canadian families about what their navy does. NAC acknowledges the generous support of the NAC Endowment Fund for this project.

Please send questions to:

Kevin Goheen at ExecutiveDirector-NAC@outlook.com

The Harris Dodge Military Appreciation Discount.

\$1000 OFF ANY ADVERTISED PRICE.
15% OFF ALL PARTS & SERVICE.



No Exclusions.

HARRIS

+1 778-561-4664

WWW.HARRISDODGE.COM

Disclaimer: DL#31254. Vehicle is for illustrative purposes only. Military employees receive an additional \$1000 off the advertised price with the purchase of a new or used vehicle from Harris Victoria Chrysler. Taxes, and admin fee of \$997 are extra. Military employees will also receive 15% off the retail price of parts and service labor. Service must be completed at Harris Victoria Chrysler. Taxes, shop supplies and environmental levies are extra. Proof of Military status may be required. Offers expire Dec 31, 2022.

Tritons capture two Canada West soccer titles



The Esquimalt Tritons women's and men's soccer teams won the Canada West regional qualifying tournaments in Edmonton, Alta.



Peter Mallett
Staff Writer

In September, the Esquimalt Tritons will compete for the National Championship in men's and women's soccer at CFB Borden.

The blue and gold earned berths in the Canadian Armed Forces (CAF) National Soccer Championship tournament after both teams went undefeated at this year's Canada West regional qualifying tournaments in Edmonton, Alta.

"We did it," said Lieutenant (Navy) (Lt(N)) Courtney Looye-Pohoney of the Regional Cadet Support Unit (Pacific) (RCSU(P)), Esquimalt Team Captain-Player, after sweeping the tournament hosts by a combined score of 7-2, in a two-game series that wrapped up on Aug. 12.

It was the first time in several years that enough players were available for two fully rostered teams to compete for a Canada West regional title, Lt(N) Looye-Pohoney said. In past years, Tritons players had participated in development camps in place of a regional tournament.

"All the practices and exhibition matches leading up to the tournament paid off for the Tritons and I believe that this hard work will give us a very good chance to be a title contender at the CAF Nationals," she said.

Lt(N) Courtney Looye-Pohoney plays fullback for the Tritons. She credited Esquimalt's exceptional goalkeeping duo of Sailor First Class Stephanie Vibert of HMCS *Malahat* and Master Corporal (MCpl) Holly Dronyk of RCSU(P) for the team's success and for allowing only two goals against over two games. She congratulated Master Sailor Veronica Leslie of Naval Fleet School (Pacific) and her solid defensive play on the Triton's backline, which helped limit opposition scoring chances and shots on goal.

"Everyone on the team from front to back gave it all they had on game days and that led to great team cohesiveness," said Lt(N) Courtney Looye-Pohoney, adding that having the opportunity to compete in full-fledged matches was a motivating factor. "Steve LeBlanc, our coach and a retired CAF member, has also tremendously added to the success of our woman's team by devoting his time to run all our practices."

Lt(N) Adelaide Fernley of Canadian Forces Health Services (Pacific) was named Player of the Game after scoring two goals in a 3-2 win over Edmonton in the Tritons' first game on Aug. 10. Sub-Lieutenant Kiera Gelston of the Base Comptroller's Office scored Esquimalt's other goal.

In their second match two days later, Acting Sub-Lieutenant (A/SLt) Cheryl Malamino of HMCS *Venture* scored twice and earned Player of the Game honours in a 4-0 victory that cemented the Canada West title for the Tritons and a berth in Nationals. A/SLt Sarah Nissan of Base Administration and A/SLt Gabby Lent of *Venture* also scored for Esquimalt.

The victory in Edmonton marked Esquimalt's ninth regional team sports title for 2023. The Tritons women's soccer team will compete in the CAF National Championship tournament at CFB Borden from Sept. 23 to 30.

SAILOR FIRST CLASS NATHANIEL HARTLEY DOMINATES

Our men's team registered four wins and a tie in their march to the Canadian Armed Forces National Soccer Championships.

Sailor First Class (S1) Nathaniel Hartley scored all four goals as the Tritons men defeated Edmonton 4-1 in their Canada West championship game on Aug. 17. The target man of HMCS *Vancouver* was also named championship game and tournament MVP for his superior quickness and clinical finishing in front of goal.

Petty Officer First Class (PO1) Jermaine Pedro of the Naval Tactical Operations Group, Esquimalt Coach, also credited Tritons Team Captain and midfield general MCpl Maxime Hache of 39 Service Battalion for his stellar play throughout the tournament.

PO1 Pedro says their rematch with Edmonton began closely contested, with Esquimalt going into the halftime break with a 2-1 lead.

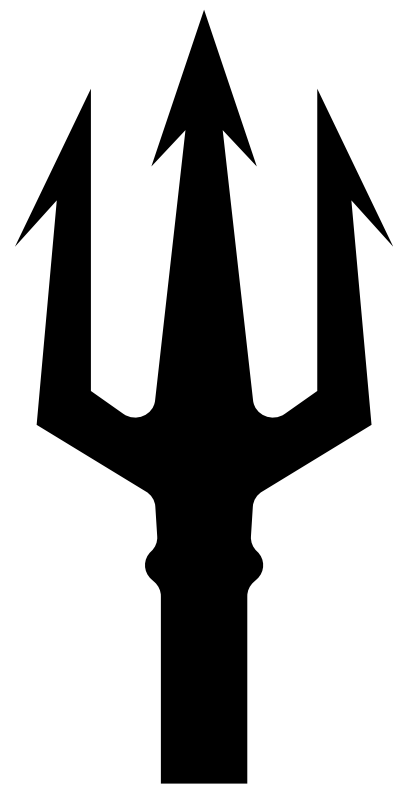
"Our team continued to fight for the win and our youthful determination and energy carried us on and pushed us to the next level," PO1 Pedro said. "At Nationals, we will need to focus on one game at a time and I think we have a strong enough team to challenge all opponents we face."

In Round Robin play, Esquimalt defeated CFB Shilo in their opening game on Aug. 14, tied Edmonton 2-2, and defeated Comox 1-0. Esquimalt needed extra time to defeat Comox 4-2 in their semi-final before advancing to the championship game played later that day.

PO1 Pedro congratulated his team for overcoming the fatigue of playing 120 minutes of full-out soccer against Comox in scorching summertime temperatures over 30 degrees and having the energy and determination to prevail in their championship match against Edmonton only a few hours later. He said a quick dip in the CFB Edmonton Rec Center's swimming pool for recovery drills and a motivational conversation led by MCpl Hache and the team's other leaders did the trick.

Players on both teams were keeping the memory of their fellow player, coach, and friend PO1 Carlos Cea close throughout every game this season. PO1 Pedro said his support to the team and enthusiasm contributed greatly to the men's team succeeding at Regionals and his memory was a massive motivator for players from both teams. The teams held a moment of silence at Colville field and retired his #8 jersey in his honour. His jersey is printed on the home bench, still with the team on the field where he loved to be.

Ontario is the next stop for our men's and women's teams, who will compete in the CAF National Championship tournament at CFB Borden, Sept. 23 to 30.



1, 2 & 3 Bedroom Rental Apartments
Move-in February 2024

THE GORGE VICTORIA

REGISTER NOW FOR EXCLUSIVE UPDATES

604.409.4138 | TheGorgeVictoria.ca
45 Gorge Road East, Victoria BC

Developed by **pcurban.** Owned & Managed by **FIERA REAL ESTATE**. Leasing by **Devon PROPERTIES**

Please note that the virtual tours, floor plans, and photos are indicative only and may not represent the exact layout, size, design or inclusions of your chosen suite. Prices, incentives, availability and specifications are subject to change. Images may not reflect actual suite finishes. Pet restrictions may apply. E. & O.E.

Your Music Instruction Headquarters

drums
guitar
bass
piano
electronic keyboard

ESQUIMALT MUSIC
250.385.2263
esquimaltmusic.com

RCN Digital Leadership: LCdr Aaron O'Connor



Elizabeth Wolfe
Business Analyst/Technical Advisor
Naval Personnel and Training Group

In this series, we showcase digital leadership across the RCN to illustrate how our enterprise solutions are successfully leveraged for the benefit of our teams.

Born and raised in the Halifax area, Lieutenant-Commander (LCdr) Aaron O'Connor is a Naval Reserves Senior Staff Officer at Personnel Coordination Center (PCC) Atlantic. He joined the Royal Canadian Navy (RCN) as a Reserve Entry Officer in 2008 while studying Informatics at Dalhousie University. He is a CISCO-certified Network Administrator pursuing a bachelor's degree in Public Policy and Gender Studies at Mount Saint Vincent University.

Before working full-time for the RCN, LCdr O'Connor was employed by a subsidiary of Rogers doing real-time adherence management for call centres, creating schedules for 500+ people across Canada. His professional and academic experiences undoubtedly prepared him for his current role. He is responsible for all non-operational tasks at PCC Atlantic and has between 42 and 200 personnel reporting to him, depending on the time of year.

As a self-described geriatric millennial, he started building his computers very young, which led to a broad understanding of all things computers. He is also committed to staying in contact with friends who have pursued advanced Computer Science degrees to remain abreast of technology trends and innovations. He is currently interested in data manipulation and management, accurately using data, and identifying and developing relevant tools and solutions.

Regarding his military responsibilities, he advocates maintaining the accuracy and freshness of monitoring mass data, as this enterprise-level tool is critical for effective and efficient decision-making. Time invested in Monitor Mass data will result in better support for our personnel from the PCCs, plus better time management for our ships.

LCDR O'CONNOR'S RECOMMENDATIONS FOR IMPROVING YOUR DIGITAL SKILLS INCLUDE:

- Use the most advanced tools available;
- Clean your data so that it can be interpreted in a useful form;
- Present your data with a narrative to contextualize the results;
- Excel is not a briefing product but a tool to help you understand what you will brief; It's not an answer to an Analytics question; PowerBI should be used instead;
- Contact your Analytics cell to confirm whether a query has been done before; and
- Be willing to do your research to solve the questions appropriately posed.

Financial Education Seminar

TC ESQ Transition Advisors and SISIP are hosting a Financial Education Session with free coffee and snacks.

When: 12 Sept 23 at 10:00am (est 1 hour)
Where: Building Naden 67 (across from the BOR). Theatre located on third floor.
Topics:

- SISIP life insurance
- Pension considerations and options
- First time home buyers incentives
- Debt and counter strategies
- Question period

SIGN UP AT: bit.ly/30WXklq

Walk-ins are welcome though we are attempting to estimate expected attendance.



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

WESTSHORE U-LOCK MINI STORAGE

MILITARY DISCOUNT OFFERED



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



Full Selection of High Quality Bedroom Furniture

www.ZEDSBEDS.ca

Hey Sailor...

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



50%-80% OFF RETAIL

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



FREE PARKING AROUND BACK

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

FREE

PHONE CONSULTATION
OPEN:
MON-SAT 11-5; SUNDAY 11-3

BZ CLEARANCE DIVER COURSE GRADUATION

Presented by Commander Neville Lockyer. Ceremony held at EOD Barn, Field Diving Unit building 56, on Aug. 18.
Photos: Corporal Tristan Walach



Left to Right, Commander Lockyer, Lieutenant (Navy) Jake Kresky, family members, and special guest, retired Commander Richard Dowker.



Left to Right, Commander Lockyer, Lieutenant (Navy) Mack Lebreque, family members, and special guest, retired Petty Officer First Class Giles Pease.



Left to Right, Commander Lockyer, Sailor First Class Cedrik Brunet, family members, and special guest, retired Petty Officer Second Class Keith Bruce.

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



Left to Right, Commander Lockyer, Sailor First Class David Cloutre and special guest, retired Commander Richard Dowker.



Left to Right, Commander Lockyer, Sailor First Class Willem Davies and special guest, retired Petty Officer First Class Rob Majore.

Downsizing, need a starter-home or holiday home?
Ask about brand new developments with land ownership, throughout BC.

EAGLE
HOMES

Call Rex Landis, CD
250-833-4728
www.eaglehomes.ca

Rex Landis, A Veteran Helping Veterans Find Affordable Homes



Left to Right, Commander Lockyer, Sailor First Class Garrett Dobson, family members, and special guest, retired Sailor First Class Pat MacAvoy.



Left to Right, Commander Lockyer, Sailor First Class Robert MacMillian, family members, and special guest, retired Chief Petty Officer First Class Darrell Colwell.



Nancy Vieira REALTOR®
Personal Real Estate Corporation

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

**PEMBERTON
HOLMES**
REAL ESTATE
1-800-665-5303



Left to Right, Commander Lockyer, Sailor First Class Morgan Mercier, family members, and special guest, retired Chief Petty Officer Second Class Bruce Irwin.



Left to Right, Commander Lockyer, Sailor First Class Ian Prud-Homme and special guest, retired Chief Petty Officer First Class Sandy MacNeish.

BZ CLEARANCE DIVER COURSE GRADUATION



Fleet Dive School (Pacific)



Left to Right, Commander Lockyer, Sailor First Class (S1) Robert MacMillian and special guest, retired Chief Petty Officer First Class Darrell Colwell. S1 MacMillian is presented with the Superior Athletic Award.



Left to Right, Commander Lockyer, Lieutenant (Navy) (Lt(N)) Mackenzie Labrecque and Chief Petty Officer First Class Rene St-Pierre. Lt(N) Mackenzie Labrecque is presented with the Academic Achievement Award.



Left to Right, Commander Lockyer, Sailor First Class (S1) Ian Prud-Homme and retired Lieutenant (Navy) Walter Dubeau. S1 Ian Prud-Homme is presented with the Top QL5A Student Award.



Left to Right, Commander Lockyer, Lieutenant (Navy) (Lt(N)) Jake Kresky and Commander of FDU(P) Lieutenant Commander Justin Wong. Lt(N) Jake Kresky is presented with the Top Clearance Diver Officer Student Award.



Left to Right, Commander Lockyer, Sailor First Class Keon Schwartz, family members, and special guest, retired Master Sailor Phil Henry.



Left to Right, Commander Lockyer, Sailor First Class Dominik Drozdowski, family members, and special guest, retired Petty Officer Second Class Douglas Woodrow.



Left to Right, Commander Lockyer, Sailor First Class Samuel Gagnon, family members, and special guest, retired Sailor First Class Jesse Gisborne.



Left to Right, Commander Lockyer, Sailor First Class Ricardo Toia and special guest, retired Master Sailor Brian Ogle.



Left to Right, Commander Lockyer, Sailor Third Class Mathew Van Der Eyden, family members, and special guest, retired Petty Officer First Class Dirk Van Ek.



Left to Right, Commander Lockyer, Sailor First Class Ryan Matheson, family members, and special guest, retired Sailor First Class Dave Divers.

babcock™
Proud to support Canada's fleet

Marine ›
Land ›
Aviation ›
Cavendish Nuclear ›
babcockcanada.com

SCHOLARSHIPS FOR MILITARY AND VETERANS.*

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

E-FILE FROM \$79.99+GST

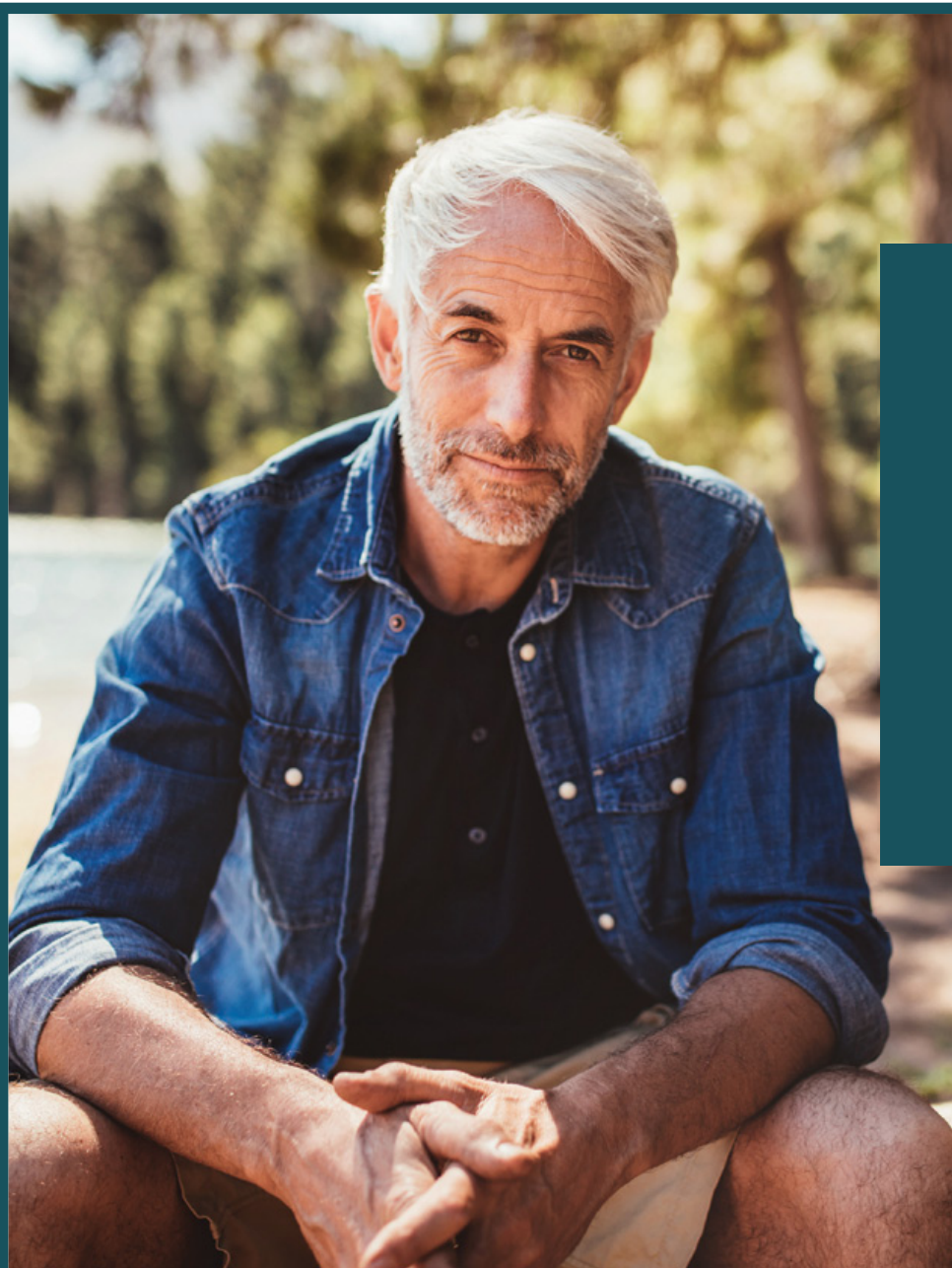
Top Shelf Bookkeeping Ltd.
Locally Owned & Operated Since 1994

BOOKKEEPING & PAYROLL SERVICES AVAILABLE

2 CONVENIENT YEAR ROUND LOCATIONS

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

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



Sunshine Coast
Health Centre

Georgia Strait
WOMENS CLINIC

DISCOVER OUR GENDER-SPECIFIC NON-12 STEP RECOVERY

IN POWELL RIVER, BC, CANADA

Sunshine Coast Health Centre and Georgia Strait Womens Clinic are

registered B Corp, licensed, and accredited mental health facilities that use an evidence-based, non-12-step, meaning-centred, strengths-based approach that interconnects all our services and therapies including medical withdrawal, anger management, rTMS, trauma therapy, and PTSD treatments.

Our gender-specific* programs provide a safe space for clients to get help with underlying issues driving trauma, mental health suffering, or addictive behaviour that can be hard to address in co-ed environments. Moving beyond a focus on abstinence and symptom reduction allows clients to experience the full, transformative benefit of our treatment programs.

**Individuals attend the program with the gender they identify as or, for gender fluid and non-binary individuals, the program they are most comfortable and safe in. Our admissions coordinators will work with prospective clients to determine which program is the best fit.*

SCHC.CA | 1.866.487.9010

GSWC.CA | 1.866.487.9040



MEDICAL WITHDRAWAL • ANGER MANAGEMENT • rTMS • TRAUMA THERAPY • PTSD TREATMENTS