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LOOKOUT

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Formation Fun Day

Formation Fun Day is certified as fabulous family fun with a thumbs-up by Captain (Navy) Kevin Whiteside, CFB Esquimalt Base Commander, and Marty the Marmot, Victoria Royals mascot.

See more fantastic family photos on pages 8 and 9.

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Once in a blue moon: Climbing Mount Fuji in Japan overnight

**Lieutenant (Navy)
Rhys Davies**

HMCS Vancouver Operations Officer

'Once in a blue moon' is an expression that rarely coincides with a once-in-a-lifetime opportunity and an actual blue moon. In this case, a lucky few of His Majesty's Canadian Ships (HMCS) Ottawa and Vancouver's crew climbed Mount Fuji's summit during August's second full moon: coincidentally, a 'super blue moon'.

After determining that climbing overnight was feasible, planning started earnestly to climb Japan's tallest peak. The full moon rose just before eight o'clock in the evening, and we set off by its light from the Subaru 5th station at 2,300 meters. After a seemingly short hike, still excited and buzzing with the energy of the adventure, we reached the 6th station. The ranger reported 3 degrees Celsius and 45 kilometres per hour winds at station 9. We were warm and had just stripped off our light sweaters as the exertion built and we continued on the remarkably vacant paths. As we climbed the switchbacks of volcanic sand and gravel, the vista East towards Tokyo emerged from behind the clouds, and a gentle breeze cooled the sweat on our brows.

We had our Fuji walking sticks stamped at Station 7 with a hot iron that branded the station's badge into the wood. Each station has a distinct brand; the stamps are col-

lected as you climb and indicate the height attained. By Station 8, we realized it was getting windy and cold. It was just past midnight, and we decided to slow down. It was now about 8 degrees Celsius and quite breezy, so we decided to have a snack and find shelter under an overhang by making an improvised bivouac (a temporary camp without tents or cover). As none of us had camping gear, shelter was accomplished by repurposing heavy-duty Mylar bags. Some climbers from our team fell asleep, while the others watched as the uphill traffic increased.

Eventually, the first tour group passed us, and, wanting to stay caught up, we roused ourselves and raced to Station 8.5. We surmised this tour group had climbed to a lower station the previous day and had rested, eaten, and set off leisurely to arrive at the summit in time for the sunrise. The wind had built considerably by this stage, and we had been exposed to the wind and cold for five consecutive hours. With each successive station disgorging its freshly awakened inhabitants into the chilly early morning air, traffic on the single-track path felt like the Fuji equivalent of the morning 'Colwood Crawl' on the way into CFB Esquimalt. The wind increased, lashing the huddled procession with fine grit and sand. Rangers along the route chivvied the harried climbers to keep moving, and several of the climbers

pulled out onto the slope side to rest while the river of humanity flowed past, ever upward.

At Station 9, we donned our last warm layer and readied ourselves for the push to the top. The masses were paused at this station, with many huddled in the station's lee and the bathrooms. Having paid the entry fee of 200 yen and enjoyed the surprise of a heated seat, I must admit we were tempted to stay with them. Instead, we decided to push from this last station to the caldera's rim. We pushed through the final 400 meters of elevation gain and were nearly blown off our feet by the strength of the wind at the top. We made our way gingerly to the edge of the eastern slope and hunkered down behind some rocks where we could see the eastern skyline. We covered up with our makeshift bags as we wished for a hot cup of tea and a break from the wind, and we waited and watched

as the land of the rising sun earned its name.

The sunrise that followed set the underbellies of the low-horizon clouds aflame. Great fingers of light arched across the sky and spread from the blood-orange glow of the sun. As the sight and warmth of the day's first rays warmed us, we began to stir from our Mylar cocoons. The sun broke from cover, and we rose to explore the edge of the enormous cone we had climbed. The crowds packed the eastern rim, and the wind continued to howl, so after some exploring and gratuitous photo-shoots, we decided to get ahead of the traffic and make our way to the bottom.

The track down was less eventful, but the dusty ash-covered trail was treacherous and needed more access to the plentiful huts we had just climbed past. For those familiar with ski hills, it was like a cat-track through which the huts were

resupplied. The air temperature warmed as we descended, and our concerns turned from windburn to sunburn. We were out of the water and realized how high we had trudged the night before as the interminable switchbacks carried on for the 1,600 meters we had climbed.

We returned to the 5th station and headed straight for ice cream. The temperature and humidity were again over 25 degrees Celsius, and we had subsisted on dried fruit and climbing bars overnight. The station, which had been closing as we arrived the day before, was a bustling tourist village with a post office. As we wrote our postcards in the shadow of the iconic mountain, we reflected on the once-in-a-blue-moon adventure we had shared before starting the three-hour journey back to the ship.



HMCS Ottawa and Vancouver members climbing Mount Fuji in Japan. Photos supplied

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Aviator makes new connections in Tribal Journey

Peter Mallett
Staff Writer

T'Sou-ke Nation's 30-foot canoe, the *Elder Spirit*, was hand-carved by the late Master Carver Fred Peter several years ago. Weathered and cracked, it dutifully carried a team of 18 paddlers to their final destination during this year's Tribal Journey.

With each stroke of their paddles, the team of First Nations canoeists inched closer to their goal of reconnecting with their communities, culture and history.

"Tribal Journey is one of the most important events we can engage in to ensure our connections to our relatives stay strong and our cultural knowledge passes to the next generations," said Aviator (Avr) Yvonne St. Pierre of CFB Esquimalt's Base Orderly Room.

Avr St. Pierre was part of a team of paddlers from the T'Sou-ke Nation. She was delighted to learn her Tribal Journey time away could count as Community Leave time. She has participated in multiple Tribal Journeys since 2007. This year, she paddled aboard *Elder Spirit* for one of the days but mostly worked as a support team member.

Earlier this summer, Avr St. Pierre and her team completed the approximately 300km journey, guiding their hand-carved cedar canoe across the Strait of Juan De Fuca and south through the Puget Sound to Muckleshoot, Wash.

"Tribal Journey is an essential yearly event that promotes our connection to our culture, reinvigorates our hearts and minds to keep our culture and histories in the forefront of our lives," Avr St. Pierre said.

Tribal Journey began in 1989 and has a different destination and host community each year. This year's *Canoe Journey 2023: Paddle to Muckleshoot* event spanned 18 days from July 21 to Aug. 7. It involved approximately 10,000 paddlers along with hundreds of canoes and support staff from 65

First Nations Communities across B.C. and Washington. Indigenous paddling teams from as far as Hawaii and New Zealand also travelled to the Pacific Northwest to participate.

Avr St. Pierre says paddling in a canoe all day is a grueling exercise requiring great energy and determination.

"Our paddlers are exhausted at the end of the day," she said. "The duration of their time in the water can vary from four to eight hours depending on tides and currents and distance to the next host village."

Avr St. Pierre drove the team's camping gear and supplies. At the same time, the paddlers stopped at a different First Nation community each late afternoon after receiving permission to come ashore from the local Tribal Elder. The host nation would often provide dinner, a place to camp for the night and a hot breakfast before their departure the next day.

"There is a drumming and singing session each night where the different communities exchange songs and stories," Avr St. Pierre said. "Each day the group of canoes gets bigger as host villages join the journey."

Each nation begins its canoe journey in its territory and makes its rest stops at different First Nations communities along the route. Part of the journey includes paddlers getting into a circle each morning before they set out on the water, thanking The Creator and asking for protection for the voyage ahead.

"We cannot go out onto the water if there is anything heavy or negative on your mind," said Avr St. Pierre. "If you have anything weighing on you, you must tell the circle and the group will determine the best option."

FINAL DESTINATION

The canoeists arrived in Muckleshoot on July 30 after a nine-day journey from T'Sou-ke. Then commenced a seven-day gathering and cultural festival

called a Protocol. The canoe families take turns sharing songs, dances and stories. There are vendors selling artwork, textiles and food.

Sometimes, sharing songs and stories is quite significant, notes Avr St. Pierre.

Five years ago, during one Protocol at the Quinalt Nation in Washington, Avr. St. Pierre and members of the T'Sou-ke Nation reconnected to a song that originated from the T'Sou-ke Nation and had been lost by time. Jack Planes, Her Great Uncle and T'Sou-ke Nation Elder, had remembered the song from when he was very young.

"Since we are known as The Salmon People, the song spoke of the salmon and was performed in our own SENĆOŦEN language," said Avr St. Pierre. "He was so excited and giddy when he realized he could hear the name T'Sou-ke Nation in the words."

St. Pierre said hearing these songs and discovering lost oral histories is one of the most exciting aspects of Tribal Journey, and it also improves understanding of who the T'Sou-ke people are.

"If we hadn't been in the longhouse that night watching their presentation, we may never have heard our song again," she said.

St. Pierre said this year's Protocol event and The Tribal Journey also allowed her to do something new: Promote the Canadian Armed Forces and the benefits of being a member. She spoke to some of the paddlers she met about the new Naval Experience Program (NEP). It offers university and high school graduates looking for a gap year to try a career in the Royal Canadian Navy.

"People seemed very interested to also learn that the military allows its members to take community leave and be involved in events such as this," she said. "I am just so pumped and excited to spread the word about the CAF to other paddlers and hope I can make the Tribal Journey again next year."



Aviator Yvonne St. Pierre poses with her paddle outside of her office in Naden following this year's Tribal Journey canoe trip to Muckleshoot, Wash. Avr St. Pierre is a Human Resources Administrator with the Base Orderly Room and a member of the T'Sou-ke First Nation. She has participated in multiple Tribal Journeys over the years but this year's journey was her first as a military member. Photo: Peter Mallett/Lookout Newspaper



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OPERATION NEON

HMCS VANCOUVER HMCS OTTAWA MV ASTERIX



Clockwise from top left: Sailor First Class Jarrod Rampone sews a project aboard MV Asterix. Photo: Master Sailor Marilou Villeneuve-Last; Sailor First Class Corey Moore maintains communications between departments and the bridge while HMCS Ottawa transits the Taiwan Strait. Photo: Aviator Gregory Cole; Crew members of HMCS Vancouver jump from the CH-148 Cyclone helicopter as part of training in the Yellow Sea. Photo: Corporal Alisa Strelley; Petty Officer First Class Spelliscy ensures crew members of HMCS Vancouver are prepared to conduct a liquid Replenishment at Sea. Photo: Corporal Alisa Strelley; MV Asterix, HMCS Ottawa, and HMCS Vancouver. Photo: Aviator Gregory Cole; Members of HMCS Ottawa's Combat Systems department conduct routine maintenance on a shipborne camera. Photo: Aviator Gregory Cole; Crew members of HMCS Vancouver smile after completing their dive from the CH-148 Cyclone helicopter in the Yellow Sea. Photo: Corporal Alisa Strelley.

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Op Pegasus' healing power hitting new heights



Master Warrant Officer (retired) Dave Pickett prepares to skydive from a Cessna aircraft near Campbell River, B.C., on Operation Pegasus Jump. Pickett is convinced the team-building exercise has helped him in his recovery from his service-related injuries. Photos: Operation Pegasus Jump

Peter Mallett
Staff Writer

Two Afghanistan War veterans say jumping from an airplane at heights of 3,500 feet and higher is the perfect medicine for overcoming service-related injuries.

Master Warrant Officer (MWO) (ret'd) Dave Pickett and Sergeant (Sgt) (ret'd) Ken Dechant of Base Logistics in Colwood are repeat customers of a veteran-run, team-building parachute camp in Campbell River called Operation Pegasus Jump.

"There is nothing like the natural high of jumping out of airplane and Operation Pegasus Jump is truly wonderful," says Pickett. "It's a powerful bonding experience to be with others who have served and to do something

challenging and somewhat terrifying and I fully believe it can help others in their recoveries."

Operation Pegasus Jump is organized by MWO (retired) Tim Turner, Sgt (retired) Gavan Jones and Tamara Sze w c z y k, who also run the Operation P e g a s u s Foundation. The Operation takes place at the Campbell River Skydive

Centre, owned by Sgt (ret'd) Rob MacNeill, a former Canadian Airborne Regiment member, and MWO (ret'd) Bob Verret, a retired Search and Rescue Technician. MacNeill and Verret also live with service-related injuries.

Pickett, 56, served in the Royal

Canadian Army from 1986 to 2013 and completed tours of Afghanistan, Rwanda and Bosnia. Today, he continues his military service as a reservist and Regional Liaison Officer with Joint Task Force Pacific (JTFP).

Dechant, 58, served 23 years as a Radio Operator in the Army and deployed to Afghanistan. The veterans say the experience has built confidence and self-esteem and helped them recover from their service injuries. They now want other veterans and first responders to experience Operation Pegasus Jump's therapeutic value first-hand.

The duo participated in their first Operation Pegasus Jump in July 2022. Equipped with parachutes, helmets, and skydiving equipment under the close guidance of a team of experienced volunteers, both let go of their fears again this July and made multiple jumps over Vancouver Island from a Cessna 182 jump plane.

"I experienced so many emotions including excitement, anticipation, anxiety and, yes, I was also terrified but the quality of training the instructors deliver and the encouragement of other jumpers on the team give you the confidence to do this," says Dechant.

He said it's comforting for many participants that the First Jump Course mimics military instruction in how the information is delivered and its tone.

"The instructional courses quickly become a bonding exercise and make you feel like you are in the Army again," said Dechant. "It takes less than a day of instructions for the barriers to come down and you start making friends and having fun just like in the old days."

After completing a First Jump Course, which offers four to five hours of instruction, participants make their first jump in groups of 10 from 3,500 feet. They can then continue to make jumps or a tandem skydive from 10,000 feet while attached to an experienced instructor. There is a welcome barbeque before the camp begins, and Operation Pegasus Jump makes other activities, such as golf and helicop-

ter tours, available to all participants. Participants can join a series of four-day parachute and activity camps in July. Operation Pegasus Jump's First Jump Course costs \$314, and each additional jump costs \$125.

NEW RECRUITS WELCOME

Operation Pegasus Jump began in 2022 as a charitable initiative intended as a therapeutic team-building exercise for people who have Post-Traumatic Stress Disorder (PTSD) and other occupational mental illnesses, says MacNeill.

"This is first and foremost a team-building exercise and all about taking service members and first responders out of their comfort zones and presenting them with a challenge," said MacNeill.

The business partners hatched their idea for Operation Pegasus Jump a few years ago with Turner, a former Canadian Army Airborne Regiment member and now one of Operation Pegasus Jump's instructors. He served on deployments to Sierra Leone, Croatia, and Cyprus. Turner served with Pickett in Afghanistan and was later diagnosed with service-related injuries, including PTSD.

Turner is also a firm believer in the objectives of Operation Pegasus Jump and its power to heal.

"We have definitely changed some lives for the better," says Turner. "The act of getting together with a group of former military members creates a positive energy that makes them feel like they are back in the military."

Pickett and Dechant say they hope people reading their story consider the course an option for themselves or their friends and loved ones.

"I truly believe this is a terrific program for members overcoming injuries and want to get this out to the community and let other people know," said Pickett.

For more information and how to register, visit campbellriverskydive.ca/events/operation-pegasus-jump.



Master Warrant Officer (ret'd) Dave Pickett and Sergeant (ret'd) Ken Dechant celebrate their completion of Operation Pegasus Jump with a high five in front of the Colwood 66 Base Supply kisby ring. The two men are encouraging others to participate in the annual team-building skydiving event in the skies over Campbell River, B.C. Photo: Peter Mallett/Lookout Newspaper



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CHANGE OF COMMAND – CANADIAN FLEET PACIFIC

On Sept. 11 Canadian Fleet Pacific HQ conducted a Change of Command ceremony. (L-R): Commander Larry Moraal, outgoing Commanding Officer, Commodore David Mazur, reviewing officer, CCFP, Commander Matthew Hardy, incoming Commanding Officer, sign the certificates.

HMCS Malahat to participate in Freedom of the City



In conjunction with the Naval Reserve Centennial, HMCS *Malahat* will exercise its Freedom of the City on Sept. 23, along with many other Naval Reserve Divisions across Canada. The observance, commencing at 10:00 a.m., will include a parade through the streets of downtown Victoria and a ceremony in Centennial Square.

This marks the first time that HMCS *Malahat* has celebrated this event since the Naval Reserve's 75th anniversary in 1998.

The tradition of granting Freedom of the City to a military unit goes back more than three centuries. The Freedom of the City means, in the physical sense, the granting of the privilege for all time for a specific military unit to march through the city with 'drums beating, colours flying, and bayonets fixed'. It is a most prized honour, for it recognizes the honourable record of the military unit and demonstrates the affection and esteem with which it is held by the community and the trust the citizenry has in the military to protect its democratic institution.



Embrace the Enchantment: Celebrating Fall Magic in the Military Community

Ryan Cane
PSP

As the fall season unfolds with its kaleidoscope of colors and crisp air, the military community across the nation gears up to celebrate the magic of autumn. This year, the theme 'Embrace the Enchantment' takes center stage, bringing a sense of wonder and excitement to a myriad of events organized by Base and Wing departments. From thrilling adventures to captivating performances, the fall festivities promise unforgettable experiences for all.

The 'Embrace the Enchantment' theme captures the essence of fall, where nature transforms, and the ordinary becomes extraordinary. It invites military families, service members, and the wider community to come together and immerse themselves in the charm of the season.

Mr. Ben Ouellette, Vice President of Personnel Support Programs (PSP) Operations, shared his thoughts on this year's theme.

"We are thrilled to present the 'Embrace the Enchantment' theme, as

it perfectly embodies the spirit of togetherness and celebration in our military community," he said. "These fall events are not only about entertainment but also about fostering a sense of camaraderie and creating cherished memories for our brave personnel and their families."

BEYOND THE ENCHANTING EXPERIENCES, THE FALL EVENTS HOLD SEVERAL BENEFITS FOR THE MILITARY COMMUNITY:

- **Building Strong Bonds:** Fall events create opportunities for service members and their families to bond with each other and fellow community members. It fosters a sense of belonging and support within the military community.
- **Enhancing Resilience:** Engaging in fun and adventurous activities can help reduce stress and enhance resilience among military personnel, providing a positive impact on their overall well-being.
- **Supporting Local Businesses:** Many events feature arts and crafts fairs, providing a platform for local arti-

sans to showcase their talents. By supporting these events, the military community contributes to the growth of local economies.

- **Promoting Family Time:** Fall events offer the perfect setting for families to spend quality time together, creating lasting memories that strengthen family bonds.

To make the most of this enchanting season, readers are encouraged to explore cfmws.ca. The calendars showcase a diverse array of events taking place in different Base and Wing locations across the country. Whether it's a night of storytelling under the stars or a grand fall ball, these events promise to bring joy and wonder to all who attend.

For more details and to find an event near you, visit the National Fall Events site at cfmws.ca/recreation/fallactivities. Embrace the Enchantment and make this fall a season to remember.



Family celebrates rare military service triple play

Peter Mallett
Staff Writer

Military service has become a family affair for Sailor First Class (S1) Charleyne Oulton and her loved ones.

The last few weeks have marked a noteworthy occurrence as S1 Oulton, her husband, Petty Officer First Class (PO1) Jonathan McGregor and their son, Naval Cadet (NCdt) Jaiden Brown, each served simultaneously at CFB Esquimalt.

"This has been an amazing opportunity for the whole family to serve side-by-side," says S1 Oulton who works as Human Resources Administrator at the Base Orderly Room.

PO1 McGregor is a Senior Engineer in HMCS Vancouver, and his stepson, NCdt Brown, has recently completed a temporary posting to the Naval Cadet Support Unit (Pacific).

The family's military service triple play happened when Brown returned from Royal Military College (RMC) in Kingston for a summer break on July 9. His

trip home was not for a vacation, as he took a temporary position with the Raven program on July 23.

The unique occasion allowed him to reflect on the rare opportunity to serve alongside his stepfather and mother.

"It has been a unique experience that most people do not have because I was lucky to recognize a few names and faces when I started my employment here," NCdt Brown said. "I think people are incredibly fortunate if they have one family member, let alone two, serving in the same place."

S1 Oulton recommended the military option for Brown because it had such a positive impact on her life. Brown also participated in the Cadets program in his teen years and has taken a keen interest in the military since then.

"When it came to joining the Navy, the admiration he held for us and our service was a driving force in his own decision to apply to RMC," S1 Oulton said.

Word has spread quickly

throughout the Base about their family's military connection to Esquimalt.

"I frequently run into someone who says they know my parents," said NCdt Brown. "I feel a sense of community and connection with them instantly."

The family affair was broken off on Aug. 14., when PO1 McGregor and HMCS Vancouver deployed to the Asia-Pacific region as part of Operation Neon, the Canadian Armed Forces (CAF) contribution to supporting United Nations Security Council sanctions imposed against North Korea.

PO1 McGregor says he was proud to have his wife and stepson serve with him at the Base.

"I don't know how common this specific situation is, but I have heard of several service couples with children that have followed their parents into the Armed Forces," PO1 McGregor said. "I feel really lucky that my son was on summer employment here and got a chance to see me off on my deployment."



Petty Officer First Class Jonathan McGregor, Juley-Anne Brown, Naval Cadet Jaiden Brown, and Sailor First Class Charleyne Oulton. The members all served together at CFB Esquimalt this summer. Photo: Peter Mallett/Lookout Newspaper

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Formation Fun Day: A fall festival of friendly fun!

Kateryna Bandura
Lookout Editor

If she had to summarize this year's Formation Fun Day in one word, organizer Christine Farrington says it would be 'appreciation'.

"This event is to show our military and DND community how much they are appreciated for their service and sacrifice as well as welcome newly posted members and their families to the base for a day of fun," Farrington says.

Formation Fun Day, an annual event at CFB Esquimalt for over a decade, brought the base community together again on Sept. 9. This year's event was filled with interactive displays by base clubs, including the Model Railway Club and the Base Automotive Club, and other Base entities including SISIP, and CANEX. Many activities for all ages included a face painting station, a balloon twister, an obstacle and slide inflatables, Stormtroopers, battle archery, Euro bungee, a climbing wall, a swing ride, Laser tag, a train ride, Rigid Hull Inflatable Boat rides, games including Giant Jenga, golf, bowling, a large checker game and the Esquimalt Military Family Resource Centre's (EMFRC) by-donation BBQ. Jackie Carle, EMFRC's Executive Director, says the EMFRC was pleased to be part of Formation Fun Day.

"Our team provided welcome packages to families new to the area, we connected with families impacted by deployments, and we loved providing a BBQ lunch for attendees," Carle said. "It was a great day, and we appreciated the opportunity to interact with families and enjoy the sunshine."

Overall, Farrington said this year's event was a success.

WE WOULD LIKE TO ACKNOWLEDGE AND THANK THE FOLLOWING BASE UNITS FOR THEIR SUPPORT FOR FORMATION FUN DAY:

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Deputy Minister (DM) Commendations Creativity and Innovation award

DND

The Deputy Minister (DM) Commendations category of the 2023-2024 fiscal year, Creativity and Innovation, is now accepting nominations!

This is a distinguished award and a great way to reward employees and/or teams for their outstanding achievements. Submit your nominations by Sept. 29!

The DM Commendations Creativity and Innovation award recognizes Department of National Defence (DND) and Canadian Armed Forces (CAF) individuals or teams (up to 10 members) who have made an innovative or creative contribution that has made a significant impact at DND and continues to make a difference in the lives of Defence Team members.

Eligibility and more information: http://hrciv-rhciv.mil.ca/HRCIV_Intranet/awards-dm-commendations.page (only accessible on the National Defence network).

Contact: Corporate Awards and Recognition Secretariat (Awards-Recompenses@forces.gc.ca)

Show your employees and/or colleagues you appreciate their contributions, submit a nomination (only accessible on the National Defence network) today!



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CJIRU

INFORMATION SESSION

5 FD REGT
TUES, 19-SEP-2023
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SESSION BREAKDOWN:

- SHORT PRESENTATION ON CJIRU AND A DAY IN THE LIFE OF A CBRN OP
- COMMON MISCONCEPTIONS
- INFO ON PAY, POSTINGS, DEPLOYMENTS
- INFO ON SELECTION
- INFO ON ELIGIBILITY FOR NCM OT AND OFFICER OT
- MEET AND GREET FOLLOWS PRESENTATION FOR ONE-ON-ONE QUESTIONS



Fit and on the move at Naval Fleet School Quebec!

LCdr James Cantafio
Naval Fleet School Quebec

"You can do it ... keep going. You are almost there!"

You will often hear these words of encouragement during a typical military physical fitness FORCE Evaluation from Mme Corinne Bélanger, the health and fitness leader at the Naval Reserve Headquarters (NAVRES HQ) and the Naval Fleet School Quebec (NFS(Q)).

Mme Bélanger is more than just the FORCE Evaluation Administrator but also a leader and a local champion in promoting physical and mental wellness for the Naval Reserve and the Canadian Armed Forces (CAF).

Physical and mental fitness is essential for officers and sailors of both the Regular and Reserve Forces to meet ongoing operational military requirements. This is where Mme Bélanger's leadership and expertise is displayed.

"I have been in the field of physical training for more than 20 years and I still love

what I do today," she said. "Working in a military context brings additional motivation due to the operational context that the Canadian Armed Forces bring to the importance of good physical condition."

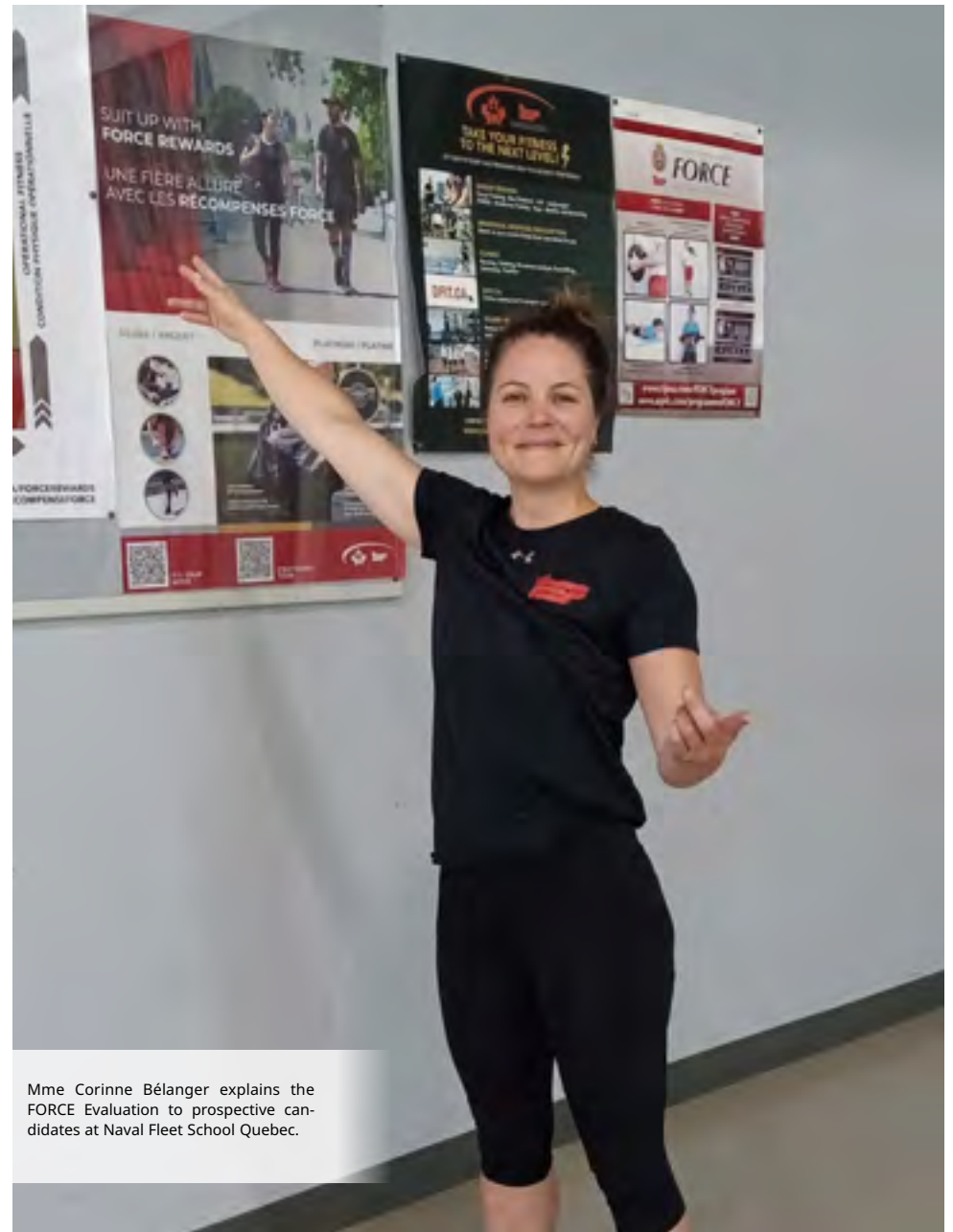
As the local Personnel Support Programs (PSP) representative assigned from Canadian Forces Base (CFB) Valcartier, Mme Belanger is vital in ensuring the fitness and readiness needs of NFS(Q) and the RCN.

She is a leader who makes every effort to support the health and fitness mandate for NFS(Q), NTG, and ultimately, the RCN. As the only on-site physical fitness coordinator at the Pointe-

à-Carcy Naval Complex located in Quebec City, her primary mandate is to support all Naval Reservists under the authority and umbrella of the greater CFB Valcartier support base.

Thanks to Mme Bélanger, NFS(Q) as a unit has continued access to various PSP-organized fitness, health, and social activities, all designed to keep the troops happy and engaged. Yoga, spinning, High-Intensity Interval Training (HIIT), FORCE tests, and running club activities are offered regularly to provide options to motivate members to complete the fitness requirements unique to the CAF.

On an individual basis, Mme Bélanger offers personalized training services to meet the specific needs of individual service members. Delivered in person, by telephone, or online, such support may include providing dedicated advice, coaching, and mentoring on exercising, eating, and adopting a healthy lifestyle that, in the end, is in the interest of the member and the CAF.



Mme Corinne Bélanger explains the FORCE Evaluation to prospective candidates at Naval Fleet School Quebec.

Truth & Reconciliation Events

With the advice and support of the Defence Indigenous Advisory Group (DIAG), Maritime Forces Pacific (MARPA) will recognize the National Day for Truth and Reconciliation Day with four events at the base leading up to the statutory holiday Sept. 30 (with date, time and location):

SEPT. 19, 10 TO 11:30 A.M., PACIFIC FLEET CLUB:

Civilian and Military members are invited to view Speaker Monique Gray Smith's presentation *Weaving Love and Joy into the Journey of Truth and Reconciliation*. Coffee and Bannock bites will be available. There will also be a DIAG Info booth as well as HMCS *Venture's* Raven Mask on display. Kenneth Hall, MARPA DIAG Civilian Co-Chair, will acknowledge the territory's traditional stewards, and Captain (Navy) Kevin Whiteside, CFB Esquimalt Base Commander, will be introducing Monique.

SEPT. 26, 11:30 P.M. TO 1:30 P.M., NEAR THE ORDINANCE SIGN IN FRONT OF FLEET MAINTENANCE FACILITY (CAPE BRETON):

Commander Simon Summers and staff will speak on what Truth and Reconciliation means to them. There will be an Indigenous drumming performance by the Naden Band. Bannock bites will be available. The HMCS *Venture* Raven Mask will be on display as well as a DIAG Info booth.

SEPT. 28, 10 A.M. TO 1 P.M., NADEN ATHLETIC CENTRE LOWER GYM:

Captain (Navy) Kevin Whiteside, CFB Esquimalt Base Commander, will give a short speech of what Truth and Reconciliation means to him and the actions he takes. The *lək̓ʷəŋən* traditional dancers of the Songhees Nation will perform. Kenneth Hall, MARPA DIAG Civilian Co-Chair, will provide a land acknowledgement and welcome those in attendance to the ceremony. DIAG members will provide an info booth for those wishing to learn about the Defence Advisory Group. Bannock bites will also be available. The HMCS *Venture* Raven Mask will be on display.

SEPT. 29, FORMATION FUN RUN, 8:15 A.M. AT Y-JETTY:

Participants are encouraged to wear orange or an orange shirt. DIAG/GCAD Orange bracelets will be handed out at the start of the race. Top Female and Top Male will be given an orange shirt.

Monique Gray Smith

Weaving Love and Joy into the Journey of Truth and Reconciliation



**Tuesday,
September 19, 2023
10:00 – 11:30 am PST**

**Using Microsoft Teams:
Join on your computer,
mobile app or room device**

Online version:
▶ [Click here to join the meeting](#)

Meeting ID: 234 866 679 23

Passcode: ccwXtm

**For more information,
please contact:**

Claire Grant
Claire.Grant@forces.gc.ca
Tel: (250) 363-1900 Ext 60283

The MARPA Health & Wellness Strategy and the Defence Indigenous Advisory Group invite you to join us on Tuesday, September 19, 2023 from 10:00 – 11:30 am on MS Teams as we welcome Monique Gray Smith in recognition of the National Day for Truth and Reconciliation.

Monique Gray Smith is an award-winning, best-selling author. Her books cover a broad spectrum of ages, topics and emotions. Woven into all of Monique's writing, speaking engagements and online courses is the teaching that Love is Medicine. In September 2022, she released her 4th children's picture book, *I Hope* with Orca Book Publishers. Monique's most recent book is *Braiding Sweetgrass for Young Adults*, which received the *Sigurd F. Olson Nature Writing Award* for 2022. Originally written by Robin Wall Kimmerer and the adaptation includes illustrations by Nicole Neidhardt. Monique's novel, *Tilly and the Crazy Eights* was longlisted for Canada Reads 2021.

Monique is trained as a Psychiatric Nurse and has worked in various capacities in community and as a consultant since 1990. Her focus has been weaving history, resilience and trauma informed training for educators, social workers, librarians and early childhood teams. She is an appointed member of the Board of Directors of Royal Roads University and the Minister's Advisory Council for Indigenous Women for the Government of BC and is the elected President of the Board of Directors for the Victoria Native Friendship Centre. In 2019 Monique received the City of Victoria Leadership Award for Reconciliation. Monique is Cree and Scottish and has been sober and involved in her healing journey for over 32 years. She is well known for her storytelling, spirit of generosity and focus on resilience.

In this dynamic and inspiring keynote, Monique will share her personal journey of truth and reconciliation and how that journey has transformed her and her family. She will share stories and offer readings from her various books. We will delve into both the truth and reconciliation. We will briefly explore critical aspects of Canada's history and the continued impacts on Indigenous families. Monique will share her Cultural Resilience model and strategies for weaving aspects of it into your work. Through our time together, we will explore the importance of story and the integral role love and joy have in the education of the hearts and minds of our young citizens.

This presentation will be recorded and available to view on the DWAN only.





Credit: Crusher Combat Sports

GRAPPLING LEGENDS

(Left) Petty Officer First Class (PO1) Lee Thibeault and Sailor Third Class (S3) Cedric Vollant-Bellefleur pose with U.S. Army Wrestling champion Robbie Perkins.

PO1 Thibeault and S3 Vollant-Bellefleur are Tritons grappling team members who represented Crusher Combat Sports of Langford at the Abu Dhabi Combat Club's (ADCC) Vancouver Open. The ADCC is the World Federation for Submission Fighting and held its qualifying event on Aug. 19 in Richmond, B.C., at the Olympic Oval.

After a close six-minute-long battle with Perkins on the mat, PO1 Thibeault lost his championship match in the 100 KG+ Heavyweight category to his undefeated competitor 4-0. Perkins advanced to the World ADCC Championships next August in Las Vegas with the victory. PO1 Thibeault said he was unaware that Perkins was also a military member until after their match concluded. However, he said he was delighted when Perkins connected with him after the game and agreed to pose for a picture.

Jaguars ON THE PROWL

On Sep. 10 a procession of Jaguar cars of various types from the Jaguar Car Club of Victoria (JCCV) wove through Naden to the CFB Esquimalt Naval & Military Museum for a tour as a club 'prowl' activity.

The 23 club members participating enjoyed the opportunity to learn of our naval history and heritage at the museum, and later toured the Wardroom and the Fort Macaulay coastal gun battery historical site. There has been a long association between the JCCV and the RCN - a founding club member and the current and past club president being naval veterans.

Photo credit: Paul Seguna, CFB Esquimalt Naval & Military Museum volunteer and JCCV member



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Cockrell House changes name, management team



Peter Mallett
Staff Writer

The day-to-day operations of Veterans House Victoria, formerly Cockrell House, have been taken over by the South Vancouver Island Housing Society (SVIHS).

The facility has provided safe transitional housing and social services to help former military members experiencing homelessness and near homelessness since 2010.

Commander (ret'd) Rod Hughes, SVIHS Chair, announced the new partnership and the name change on Aug. 29.

"We see this as a reinvigoration of this vital service and will work together to ensure that Veterans experiencing homelessness have somewhere to stay, someone to listen to and help access Veteran-specific supports," said Hughes. "I am fourth generation Canadian military and when I see the

veterans who need help, I also see my community and my family."

Hughes previously served 38 years in the Royal Canadian Navy and once headed the Regional Cadet Support Unit before his retirement ten years ago.

He said the transition in management will be seamless and provide no disruption to veterans currently housed in the facility. He emphasized that Veterans House Victoria has a waiting list and a dire need for their services.

Earlier this summer, SVIHS won a competition against three other bidders to replace the former Cockrell House management team, previously headed by the South & Mid-Vancouver Island Zone Veterans Housing Society.

Val MacGregor, Chair of the Legion Foundation BC/Yukon, warmly received the transition news.

"We are thrilled to collaborate with the team from Legion Manor Victoria," MacGregor said. "Their dedication, connections within the community and experience working with veter-

ans will undoubtedly make a positive impact in the lives of those who have served our country."

The 11-bedroom duplex in Colwood is owned by the Legion Foundation BC/Yukon, which provides the necessary funding to support the seniors and veterans it houses. SVIHS also operates the non-profit organization Legion Manor Victoria, a multi-tiered retirement community for veterans on the Saanich Peninsula.

The SVIHS already has a strong record of providing independent and assisted living for Veterans, says Hughes, and is well positioned to support Veterans experiencing homelessness and ensure they receive the care and attention they deserve. SVIHS is led by a committee co-chaired by two former CAF military members, Dave Sinclair, a retired RCN member, and Terri Orser, who previously served in the Army and is a former Cockrell House staffer. Both of them have front-line experience working with veterans, with Terri, a former employee of Cockrell House.

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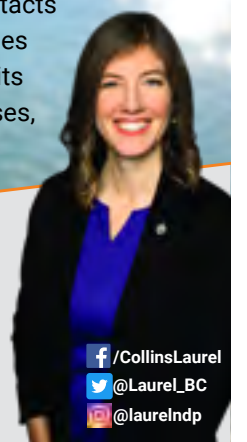


Sailor Second Class Christopher Lambert was promoted to his current rank on Sept. 5 by Commander Dan Wilmott, Commanding Officer of Base Information Systems.

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- Service Canada and CRA
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- Immigration-related issues
- Federal COVID-19 benefits for individuals, businesses, non-profits.



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MP for Victoria

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Sailor First Class Stelting is promoted to their current rank.



Sailor First Class Stelting receives a Certificate of Military Achievement.



Sailor First Class Stubs receives a Certificate of Military Achievement.



Sailor First Class Sarch receives a Certificate of Military Achievement.



Sailor First Class Ladouceur-Laurmeier receives a Certificate of Military Achievement.



Sailor First Class Foster receives a Certificate of Military Achievement.



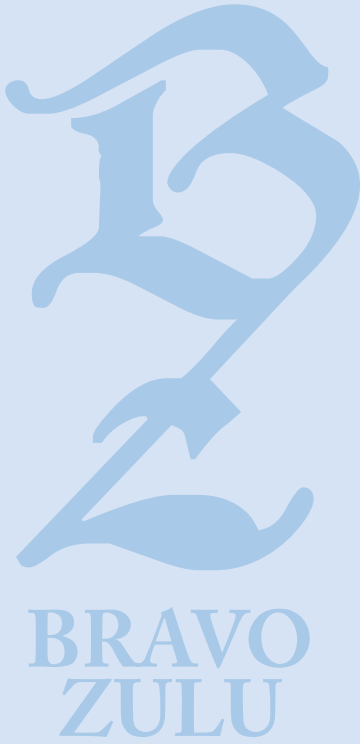
Sailor First Class Bourke receives a Certificate of Military Achievement.



Sailor First Class Van Manen receives a Certificate of Military Achievement.



Sailor First Class Van Manen is recognized with the NCIOP Top Student award.



NCIOP RQ-S1 Graduation

Presented by
Lieutenant (Navy) A.W. Campbell
Naval Fleet School Commanding Officer

Photos by Corporal Tristan Walach





Canadian Submarine Force



Congratulations to Master Sailor (MS) Samantha Orienne-Walker who was promoted Sept. 1 by Lieutenant-Commander Harrison Nguyen-Huynh, Commanding Officer of HMCS Windsor. MS Orienne-Walker is flanked by Lieutenant (Navy) Maxwell Riley to the left, Petty Officer Second Class Jake Canton to the right, and Lieutenant-Commander Harrison Nguyen-Huynh, Commanding Officer of HMCS Windsor further right. Well done on your promotion!



Congratulations to newly promoted Master Sailor Diane Whitnack! She received her new rank in the company of her husband James Whitnack, on Sept. 1 from Commander Brad Henderson, Acting CCSF and Lieutenant (Navy) Jason Bates.



Introducing Master Sailor (MS) Michael Green, who was promoted to his rank on Sept. 1 by the Lieutenant-Commander Harrison Nguyen-Huynh, Commanding Officer of HMCS Windsor. MS Green was accompanied by his son Stephen and his wife, Steph Maehder. Congratulations!

BRAVO
ZULU

The RIMPAC 24 Logo Contest is closing soon!

Request logo submissions from RIMPAC partner nations by Sept. 30.



As introduced at the RIMPAC IPC, the RIMPAC Logo Contest is an exciting opportunity for partner nations to design the official logo for RIMPAC 2024, to be unveiled at the MPC in December 2023. This logo will be printed on all RIMPAC exercise materials and merchandise and widely used across social media.

More information on the logo is detailed in the message below, and some additional inspiration is below with our previous logo design! We look forward to seeing your logo designs by Sept. 30!

This competition is open to all Defence Team members. The deadline to submit is Sept. 30. Any questions and file submissions should be directed to the United States Navy's Third Fleet Public Affairs office at c3f.pao@navy.mil. For phone inquiries, call Third Fleet Public Affairs at 619-767-4387.



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