

Buying or Selling?
I can help!
CHRIS ESBATI
 Knowledgeable Trustworthy
 Dedicated



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



VOLUME 69 NUMBER 19 | MAY 13, 2024
 MORALE & WELFARE NEWS | CFB ESQUIMALT, VICTORIA, B.C.



Royal RESPECTS

On Saturday, May 4, Her Royal Highness, Princess Anne, The Princess Royal, Honourary Commodore-in-Chief of Canadian Fleet Pacific, laid a wreath at God's Acre Cemetery as President of the Commonwealth War Graves Commission. The historic cemetery in Esquimalt is the final resting place of more than 2,500 military personnel and their families.

Photo: Corporal Jay Naples

Our strategy is simple -
Do more for you.

Visit us to learn more
BMO Westshore
 101-735 Goldstream Ave.,
 Victoria, BC
 250-389-2485

Mon. to Wed. 9:30-5:00
 Thurs. & Fri. 9:30-6:00
 Sat. 9:00-4:00



BMO Official bank of the
 Canadian Defence Community

Your Relocation Specialists



Mike Hartshorne Personal Real Estate Corporation, Jenn Raappana Personal Real Estate Corporation,
 Sarah Williamson, Rhys Duch & Kerry Marshall of Royal LePage Coast Capital Realty

south island HOME TEAM **ROYAL LEPAGE**
 Helping you is what we do. **250-474-4800**
 SouthIslandHomeTeam.com



ISLAND OWNED AND OPERATED
 SINCE 1984.

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

First Battle of the Atlantic ceremony for HMCS Malahat's junior members



Her Royal Highness, Princess Anne, The Princess Royal, Honourary Commodore-in-Chief of Canadian Fleet Pacific (left), and Vice-Admiral Angus Topshee, Commander of the Royal Canadian Navy, salute at the British Columbia Legislature Cenotaph during the Battle of the Atlantic Parade on May 5. Photo: Sailor 3rd Class Mckayla Ryce, MARPAC Imaging Services



Sailor 3rd Class (S3) Elliot Beels (right) and S3 Isabelle Maguet (left) stand in formation next to HMCS Malahat's other junior members during the Battle of the Atlantic Sunday service in downtown Victoria on May 5. Photo: Lt(N) Donald Den, HMCS Malahat PAO

Lt(N) Donald Den, Public Affairs Officer

HMCS Malahat

This past Sunday, 30 members of His Majesty's Canadian Ship (HMCS) *Malahat*, Victoria's Naval Reserve Division, marched alongside members of CFB Esquimalt, Maritime Forces Pacific, the Naden Band, and the Sea Cadets, taking part in the Battle of the Atlantic Service at the Cenotaph at the British Columbia Legislature in downtown Victoria.

The first Sunday in May is marked by the Royal Canadian Navy and Naval Reserve Units across Canada to honour and remember the 95,000 Canadians who fought during the longest continuous battle of the Second World War – and the 4,600 who paid the ultimate sacrifice, including 2,000 members of the Royal Canadian

Navy, 1,600 Canadian merchant mariners, 752 Canadian aircrew and 136 civilian men, women, and children.

This year's ceremony was extraordinary as it was attended by Her Royal Highness (HRH), The Princess Royal, who also marked the 79th anniversary of the Battle of the Atlantic and the 100th year of the Royal Canadian Air Force.

While the majority of HMCS *Malahat*'s sailors took part in the larger marching contingent, there was another small group from the unit who also marked the occasion. Standing under a tree to the edge of the Cenotaph was *Malahat*'s 'Tree Platoon', made up of seven most junior members. All of them were fresh out of their recent graduation of 'Mod 2' of their Basic Military Qualification, their new cap badges on their berets signifying this accomplishment.

While this was their first time attending the service for Battle of the Atlantic Sunday, the

presence of HRH, the Princess Royal, further amplified the importance of the event.

"It's quite exciting the Princess Royal is here," said Sailor 3rd Class (S3) Elliot Beels. "I am stoked to be here and be a part of this – it feels like I have an important role to play being here now in uniform. I truly feel honoured to be here today."

Standing under the tree, they reflected on their recent training.

"It is really exciting to see how everything we learned and practiced came together today – it feels really good to be here," said S3 Isabelle Maguet.

Other members also recognized the historical aspect of the ceremony.

"Being here and paying our respects to those who have fallen and remember our history is very important," said S3 Callum Leblanc, shortly after the Naden Band played *The Last Post*, fol-

lowed by two minutes of silence.

"It is a solemn occasion and I feel honoured to be here and to connect to those who gave their lives in war so many years ago," said S3 Nitin Mehta.

Being in uniform as part of the Naval Reserve held special significance to all seven.

"It's pretty cool, honestly, to be here in uniform and be a part of this," said S3 Cooper Vasey.

"I definitely feel honoured to be here," added S3 Brandon Stevens.

"It is significant for our junior members to attend such an important ceremony as their first event," said Lieutenant-Commander Anne Gardam, *Malahat*'s Commanding Officer. "I am happy to hear they are starting to connect with our Navy's proud history, especially on a day like today."

We Salute Our Fleet





Shannon Bernays, granddaughter of Chief Petty Officer Max Bernays, addresses the audience of HMCS Max Bernays' commissioning ceremony on May 3 in Vancouver. Photos: Corporal William Gosse, MARPAC Imaging



Her Royal Highness, Princess Anne, The Princess Royal, Honourary Commodore-in-Chief of the Canadian Fleet Pacific (middle), Commodore David Mazur, Commodore of Canadian Fleet Pacific (left), and Commander Collin Forsberg, Captain of HMCS Max Bernays, gather on the ship's bridge wing to prepare for arrival to CFB Esquimalt on May 4.

Canadian Navy's newest vessel commissioned

SLt Simon Gonsalves
MARPAO

His Majesty's Canadian Ship (HMCS) *Max Bernays*, the Royal Canadian Navy's (RCN) third Arctic and Offshore Patrol Vessel, was formally welcomed into naval service on May 3 during a formal commissioning ceremony in North Vancouver.

A ship's commissioning ceremony is both a long-standing naval tradition and an incredibly special event for the ship's company and the attending honoured guests – including Her Royal Highness, the Princess Royal, members of Canadian Fleet Pacific, and senior naval leadership.

The ship's crew, who completed the coastal transfer to its permanent homeport of Esquimalt in April, is now the first ship's company to commission a ship on the West Coast in over 20 years.

The commissioning of HMCS *Max Bernays* included remarks from the ship's

sponsor Shannon Bernays, granddaughter to the ship's namesake, as well as a presentation of the commissioning pennant by Princess Anne to Commander (Cdr) Collin Forsberg, Commanding Officer.

"Just being here and doing our commissioning is amazing. It's been two and half years of very hard work for the crew of *Max Bernays*," he said.

The commissioning ceremony was a pivotal milestone in the expansion of the RCN with HMCS *Max Bernays* as the first *Harry DeWolf*-class vessel to be permanently attached to Canada's Pacific Fleet. The Arctic and Offshore Patrol Vessel will strategically complement the strengths of other Canadian warships through their unique and impressive capabilities. *Max Bernays* will be eventually joined by HMCS *Robert Hampton Gray* on the West Coast.

Cdr Forsberg said welcoming Princess Anne to the ship for the ceremony was extremely special.

"It's a huge honour to be welcomed into the fleet by Her Royal Highness," he said. "It really hits home for the history of our ship."



The Lookout is proud to celebrate Leslie Eaton, our graphic designer, for earning the Canadian Forces Morale and Welfare Services (CFMWS) National Client Service Excellence Award.

This is presented to an individual who has significantly contributed towards the mission and vision of CFMWS as demonstrated through client service excellence by continually exceeding expectations of internal and external clients, and improving client satisfaction.

Congratulations, Leslie!!!





WESTSHORE U-LOCK MINI STORAGE

MILITARY DISCOUNT OFFERED



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

selfstorage.ca 1621 Island Highway, 250-478-8767



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

LookoutNewspaper.com

LookoutNavyNews

LookoutNewspaperNavyNews

MANAGING EDITOR

Jazmin Holdwayjazmin.holdway@forces.gc.ca

EDITOR

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

WRITER

Peter Mallett.....mallett.peter@cfmws.com

PRODUCTION

Teresa Laird production@lookoutnewspaper.com
Leslie Eaton.....250-363-3127
.....leslie.eaton@lookoutnewspaper.com

ACCOUNTS

Jazmin Holdway250-363-3127
.....jazmin.holdway@forces.gc.ca

ADVERTISING

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

EDITORIAL ADVISORS

Capt Christopher Dubé250-363-4006
Ashley Evans..... 250-363-7060

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

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 LOOKOUT est publié tous les lundis, sous l'égide du
Capv K. Whiteside, Commandant de la Base.

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.

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

Circulation: 2,000 plus online engagement 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



PTSD: Back to Reality

Confronting Disassociation



Thomas Goenczi

Lookout Contributor

An unpredictable wave of anxiety suddenly washes over you from the back of your neck to the soles of your feet. You can almost feel your blood vessels constrict as the hairs on your arms rise. Your heart's natural rhythm shifts into a faster and heavier drumming.

There's a song in the background that sparks images of your past trauma through your mind. You can feel the pores on the bottom of your feet open up, and the heat in your hands sink in temperature to a clammy sweat. The present moment becomes more intense as the trauma shadows over your conscious attention and envelops your mind and body.

Your body pulsates an anxiousness that binds you to the place where you sit. It seems as though there is no escaping. Your vision tunnels and a blankness glazes over your eyes. You quickly and unconsciously grab your phone, open it up, and mindlessly scroll. A peculiar numbness pushes out the memories of the trauma as you blankly stare at your phone, the body and mind slipping into a void. Your sensations and intuitions toward the environment are turned off, and it feels like you are no longer in your body. It feels as though you're floating outside of

yourself, unable to tether and grasp back to the present moment.

This is what a dissociative episode might look like for someone who is living with PTSD. The simplest thing, such as a sound or a visual association, can cast us back into the fire. If we are not ready to confront the trauma consciously, we will confront it unconsciously, with one method being dissociation.

Depending on the severity and how you deal with trauma, these dissociative episodes may vary in frequency and length. They can come at a moment's notice countless times in a day. Also, it is not uncommon for a dissociative episode to last from a fleeting moment to a couple of hours and, in the worst-case scenario, days on end.

So, how do we snap ourselves out of this psychosomatic disconnection?

The goal of any dissociative episode is to try to come back to *Reality*, back to the present moment. When we do that, our lives are no longer obstructed by past trauma. Instead, we are brought back into the world where we can consciously affect it. Only in the present do we have the opportunity to confront the horrors that continue to creep into our psyche. If we don't, they will continue to control us.

First, we have to recognize we are in a state of unconscious disconnection—this is the most difficult part. One reason for that

is we have to fight off some pretty strong unconscious rationalizations. For example, we might believe that if we were to come back to the present moment, the immense feeling that we've been avoiding will be there waiting for us. Even though it might be true, what choice do we have? Do we want our trauma to be the decision-maker in our lives?

Once we recognize we are disassociating, options and choices emerge. We have an opportunity to decide whether to slip back into our dissociative activity or confront reality. This sounds like an obvious decision, but it is challenging.

It takes an immense amount of courage and compassion for oneself to want to confront our trauma. We have to make peace with the fact that we are worthy of overcoming it, and we don't have to live a life in utter servitude to the atrocities we have faced. We have life within us to live and energy that needs to go to a higher purpose than just our trauma. Put this way, it seems we have no choice but to confront.

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.

GALAXY MOTORS

THE BEST PLACE TO BUY YOUR NEW CAR!

DLR# 30897 30897 & 40982

Over 34 years in Business
Family Owned & Operated

www.galaxymotors.net
www.galaxyrv.net

**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 active
military members.



LANGFORD

AUTO Sales
250-478-7603
4391 Westshore Parkway

RV Sales
250-590-7425
4377 Westshore Parkway

COLWOOD

AUTO Sales
778-440-4115
1772 Island Highway





Storm clouds part for CFSA opener

Peter Mallett
Staff Writer

On their opening day, Zeus, the Greek God of rain and wind, sympathized with the Canadian Forces Sailing Association (CFSA).

While the blustery conditions persisted, a brief respite from the heavy rains at precisely the right moment allowed CFB Esquimalt's recreational sailing club members to move forward with its official curtain raiser for the sailing season.

Approximately 40 brave-hearted souls turned out for the club's opening day event on Apr. 28 at Naden. Opening day wouldn't have run so smoothly without some pre-planned schedule adjustment options, says the club's Rear-Commodore Kurtis Paddle.

"We had three different contingency plans in place to handle the uncertain weather conditions at this time of year and the timing for some [relatively] good weather couldn't have turned out better," said Paddle, an electrician and civilian employee of Fleet Maintenance Facility (FMF) Cape Breton.

The kickoff for the event commenced in a parking lot overlooking Lang Cove and the location where the club's boats dock. Members of the Naden Band played the national anthem before Master Sailor Ben Sproule, CFSA Commodore, provided opening

remarks and his outlook for the upcoming season.

As part of the opening day tradition, many of the club's military members wore formal naval whites. Barb Desjardins, Esquimalt Mayor, and Commodore Patrick Montgomery, the Commander of Canada's Naval Reserves, also attended.

Strong winds prevented the event's traditional sail-past parade of boats at the jetty. Instead, crews remained alongside for the event's review of vessels by the CFSA Commodore and awards ceremony. *Hoku Pa'a* captured this year's title for Best Dressed Crew, *Hessian* for Best Dressed Boat, and *Rangatira* for Best Salute. Each winning team received a \$50 gift card from Trotac Marine for their efforts.

"Things went very well, and people enjoyed themselves despite the conditions," said Paddle.

In 2022, the CFSA bid farewell from its home at Monroe Head, also in Esquimalt Harbour, and moved its operations inside the Base. Paddle says the location has provided inadvertent advertising for the club since its sailboats are visible from just inside the main entrance at Naden. He also notes the new location has led to several inquiries about the club and membership options.

For more information about the CFSA and its affordable membership fees for military members and DND civilian employees and their families, visit www.cfsaesq.ca.



Members of the Canadian Forces Sailing Association gather for Opening Day festivities on Apr. 28 at CFB Esquimalt.

(Inset) CFSA leadership past and present gather for a group photo on the jetty. (Top Row from Left) Ginette Gibeault, Membership Chair, Kurtis Paddle, Rear Commodore, Bjarne Hansen, Foreshore Team Lead. (Bottom Row) Brendan Carver, Treasurer, Bethany Devlin, Entertainment Chair, Master Sailor Ben Sproule, Commodore, Ray Weisgerber, Communications Chair, Chief Petty Officer 2nd Class (ret'd) David Mitchell, Past Commodore, Leslie Basham, Fleet Captain, Barry White, Small Boats Chair.

Bottom right: CFSA Commodore MS Ben Spoule greets Marisha Schaefer and Charles Wilton. Credit: Kurtis Paddle/CFSA

PSP is excited to announce the following results from the April FORMATION 5K

Congratulations to all who participated, and we look forward to seeing you all out month after month! Our next run will be May 31.

**OVERALL PARTICIPATION NUMBERS:
233 CAF AND CIVILIANS**

TOP 10 RUNNERS:

- 1st 18:57 Lt Adrian Thow – Fleet School
- 2nd..... 19:00 S1 Amanda Polus – PCC
- 3rd..... 19:13 SLt Simon Gonsalves – MARPAC
- 4th 19:27 Sgt Scott McDougall – CFSSAR
- 5th 19:45 S3 Montana Ross – HMCS Ottawa
- 6th 20:04 S1 Benjamin Fulton – Fleet School
- 7th 20:16 S3 Jonathan Martel – HMCS Winnipeg
- 8th 21:21 PO1 Brian Hill – HMCS Ottawa
- 9th 21:32 MCpl Jackson Thompson – MPU
- 10th ... 21:34 S1 Florian Nuesch – HMCS Calgary



Downtown
250-388-5545

Sidney
250-656-3313

Westshore
778-433-5399

BROWN'S
The Florist
Since 1912

**MILITARY APPRECIATION
DISCOUNT 10% OFF**

brownsflorist.com

Stay Connected From a Distance With Flowers



Presented by:



CIBC PRIVATE WEALTH
WOOD GUNDT
CIBC COMMERCIAL BANKING



Broadmead Care's Charity Golf 50/50 & Diamond Draw

This is your chance to win BIG while supporting veterans and seniors at Veterans Memorial Lodge! Tickets on sale now through June 6. www.broadmeadcare.com/golf.

Broadmead Care Foundation is a registered charity.
#129290383 RR0001 | Must be 19+. Find full rules of play on our website. BC Gaming Event License #151661& 151662



OF THE SOUNDS OF THE CELEBRATION NEW SHOW

okanagantattoo.ca

Follow us

A monumental show featuring Dancers, Musicians, Military Bands, Marching troops, First Responders and Athletes

MAY 25-26 2024

Kal Tire Place
Vernon BC

Scan to buy a ticket or call
250-549-7469



SAVE10

USE THIS PROMOCODE TO SAVE 10%*

* Online, by phone or in person. Offer can not be combined with any other offers





ADIAN NAVY WEEK VER 2024



Canadian Navy rolled out the
s" on the Burrard Dry Dock Pier,
et the sailors of Canada's Navy.

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

BBB B.C. GOVERNMENT DESIGNATED INSPECTION FACILITY

Castrol

WALKER HANKOOK

Ask about BG Protection Plan*
Where Dependability and Trust are a Priority... * under 80,000 km

784 Fairview Rd. • 250-383-5509 • tracksideautoservice.ca

SECURE YOUR
2024 NAVY RUN
TECHNICAL SHIRT!

RECEVEZ VOTRE
CHANDAIL TECHNIQUE
DE LA COURSE DE LA
MARINE 2024 !



REGISTER TODAY
INSCRIVEZ-VOUS DÈS AUJOURD'HUI

NAVYRUNESQUIMALT.COM

22 JUNE / JUIN 2024

Online registration closes June 14. / L'inscription en ligne se termine le 14 juin.

Eye care for your family!

- Eye Health Examinations
- Contact Lens Specialists, Dry Eyes, Allergies, Eye Injuries
- Designer Eyewear Boutique
- Aircrew cyclo exams
- Sunglasses: Prescription & Non-Prescription

MILITARY DISCOUNT AND DIRECT BILLING FOR MILITARY FAMILIES

OAKLEY, ARMANI, KATE SPADE, RAYBAN, AND MORE!

ACCEPTING NEW PATIENTS -
BOOK AN APPOINTMENT TODAY!



Admirals Walk
OPTOMETRY CLINIC

Dr. Darcy Dennis and
Dr. Rachel Rushforth
NEAR BASE
106-1505 ADMIRALS ROAD
(250) 995-0449

Rear-Admiral Hugh Francis Pullen:

A legacy of naval excellence and philanthropy



Rear-Admiral Hugh F. Pullen (left) shakes hands with Vice-Admiral Harry DeWolf. Photo supplied

Sabina Kukurudziak
Communications Officer, NTG

Hugh Francis Pullen joined the Royal Canadian Navy (RCN) as a Naval Cadet in 1920. He had no idea he had just embarked on what would be remembered as a life of naval legacy.

His legacy is acknowledged today through the Pullen building at CFB Halifax Stadacona, which houses communications and radar technical training for Naval Fleet School Atlantic. His career took him on a journey marked by numerous appointments and commands, demonstrating his exceptional dedication to education and his country.

Rear-Admiral Pullen's commitment to excellence was evident from the very start. As a midshipman, he was awarded the Admiralty Dirk as 'Best All Around Cadet' in 1925. An illustrious career followed with highlights that included service on various ships and key appointments such as Commander of the Royal Guard at the unveiling of the Canadian Memorial at Vimy Ridge in 1936, as well as holding command of the Escort Company of RCN officers and ratings during the presentation of the King's Colour to the RCN in Victoria in 1939.

Not content with his military achievements alone, Rear-Admiral Pullen was also an accomplished author, penning several books on naval history, including *Atlantic Schooners* (1967) and *The Shannon and the Chesapeake* (1970). His work on *The Pullen Expedition* (1979) garnered him the prestigious John Lyman Book Award in 1980 from the



North American Society for Oceanic History, solidifying his place as a distinguished historian of maritime affairs.

Beyond his naval and literary endeavours, Rear-Admiral Pullen was deeply involved in philanthropic activities and community service. He played instrumental roles in the establishment of organizations, such as co-founding the Maritime Museum of Canada in 1948 (now the Maritime Museum of the Atlantic), and served in executive positions in various voluntary organizations, including the Royal Life-Saving Society of Canada and the Canadian Mental Health Society.

His commitment to service extended beyond his retirement from the Navy in 1960, as he continued to contribute to society through his involvement in numerous civic and charitable initiatives. Rear-Admiral Pullen's dedication to his country and community was further exemplified by his leadership roles in organizations such as the Anglican Church of Canada and his advocacy for mental health awareness.

In recognition of his outstanding contributions, Rear-Admiral Pullen was honoured with the Order of the British Empire (O.B.E.).

Rear-Admiral Pullen's son, Hugh Pullen, eloquently said in November 2008 at the unveiling of the refurbished display in the lobby of the Pullen building, "He had two families. He had us and he had the

Navy". Indeed, Rear-Admiral Pullen's legacy continues to inspire generations of naval officers to strive for excellence and service to others, embodying the values of duty, honour, and sacrifice that Rear-Admiral Hugh Francis Pullen exemplified throughout his remarkable life.

Lieutenant-Commander Hugh Pullen of Chaudière, 1944

Artist Spotlight

Lieutenant-Colonel Andrew Currie



Barbara Brown
Steel Spirit

"I'm a very impatient artist. I'm the guy with the hair dryer on water-colour and I'm drawing [something else] between coats."

Lieutenant-Colonel (LCol) Andrew Currie is a military physician with the Canadian Armed Forces and has always moved through time with a determination to make progress – whether it be in making an impact with his military career or his nonstop love of creating artwork.

Currie initially decided not to pursue university but to train in Arizona to become a motorcycle mechanic. He always loved taking things apart and trying to diagnose and repair them. Eventually, however, he decided to pursue a career with more opportunities.

In 1989, Currie enrolled in Pre-Med at the University of Regina. He joined the Canadian Armed Forces Medical Officer Training program at the University of Saskatchewan three years later. Not long after this, he had his first deployments to Bosnia and Kosovo with the 1st Battalion, Princess Patricia's Canadian Light Infantry.

"To travel to other places where healthcare is almost nonexistent, and to see what an impact it has to help some of these folks is startling. It's extremely rewarding," he said.

Currie's introduction to deployments propelled him further in his career. In 2000, he completed a Master of Science in Occupational

Health, and in 2002, he was posted into the Medical Intelligence Cell in Ottawa. In 2008, he began his second post-graduation with a fellowship in Sports Medicine. In 2011, he became the Base Surgeon at CFB Borden.

In 2012, Currie deployed again, this time to Afghanistan. He was the lead for the Residency Mentoring Program in Kabul. It was during his time in Afghanistan that other staff took note of his artistic side. Currie had begun drawing cartoons on a whiteboard to help give others a laugh during their stressful days. People loved it so much that they started taking pictures of his cartoons and chased after him if he fell behind in updating the board regularly. He also began doing caricatures of staff who were leaving as a going away gift.

After Afghanistan, he was posted to the Canadian Forces Health Services Detachment in Geilenkirchen, Germany. Then, it was back to Ottawa as the head of the Communicable Disease Control Program. He also spent three months in Beirut, Lebanon, as the Task Force Surgeon for the Government of Canada mission to bring Syrian refugees to Canada.

LCol Currie's long list of accomplishments has constantly expanded over the years. He also holds qualifications in Basic Diving Medicine and as a Flight Surgeon. His final posting is currently in Esquimalt as the Pacific Regional Surgeon.

When asked what the secret weapon is regarding how he finds the time to do his artwork and accomplish so much, his simple response was only four words: "I don't watch TV".



CANEX
A division of CFMWS
Une division des SBMFC

CANADA'S MILITARY STORE

CANEX.CA

1343 Woodway Rd., Esquimalt 250.388.6428

Vacant Home Staging from \$2,000

Call Shelly Direct
250-213-7444
Shelly Reed Property Stager
Fluff it UP! Home Staging Solutions
www.fluffitup.ca

E-FILE FROM \$90+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
--	---

First Responders & Military: \$20.00 Every Day!

Sullivan's BARBER SHOP

Seniors \$20.00
Regular \$25.00

Appointments Not Necessary **250 478 9424**

756 Goldstream Ave.
NOW OPEN: MONDAY TO FRIDAY 8:30 AM – 5:00 PM

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](https://www.facebook.com/CollinsLaurel)
[@Laurel_BC](https://www.instagram.com/Laurel_BC)
[@LaurelIndp](https://www.instagram.com/LaurelIndp)

The Steel Spirit is a platform for artwork submissions by Military, First Responders and Hospital Practitioners. They are always looking for new and emerging artists, with and without experience, from every background and every age. For more information or if you would like to be involved, please visit www.thesteelspirit.ca



Base Administration Promotions and Awards

Presented by **Commander Nicolas Bruzzone, Commanding Officer, Base Administration on April 29.**



Lieutenant (Navy) Maurice Smart receives the Ammunition Technology Certificate for completion of academics for the first MOD of the Ammunition Technical Officer Course.



Sailor 1st Class Andrea Passy promoted to Master Sailor (effective April 17) with HMCS Ottawa's HR Manager, Petty Officer 1st Class Nicole Umbach.



Master Sailor April Davis promoted to Petty Officer 2nd Class (effective April 17) with her family, Master Warrant Officer Dan Hryhoryshen and son, Gretzky Davis.

Photos: Corporal Jessica Jackson, BADM

CLASSIFIEDS

FOR SALE

SAILBOAT 1974 CS 22 for sale. Located at CFSA. 4 head sails. All safety gear, too many accessories. Outboard motor needs carb work. \$1,500. Call 250-208-4845.

BUSINESS FOR SALE - Great for a retiring member! Opportunity to own a well established, limousine service in Victoria; Ascot Limousine Services. Seller retiring after 29 years. Business purchase includes: special authority (3) licences, 3 limousines, website, phone #, legal and accounting (if required), loyal clients & goodwill, will with the transition. \$110,000. Contact Gilles at 250-812-2775 or gilles@ascotlimo.com. More info available at ascotlimo.com

Real Estate for Sale

Esquimalt - House with in-law suite - 5 bed - 2 bath - on

Wollaston St. South facing deck & back yard. \$965,000
Call Vicky 250-380-7323

FOR RENT

FULLY FURNISHED AND EQUIPPED 3BED-2BATH, house, Large garage, fenced yard. For rent in cul-de-sac in Langford. 200m from bus, 10ms walk to G.Goose and Westshore mall. Open house May 12, 1300-1600. 1Yr+ lease. No pets, \$3600/Mth + utilities. Details Liliane 819-992 3380.

SUITE WITH OCCUPANCY FOR ONE IN LANGFORD near View Royal. Bright, modern, clean, private, and quiet 1 bedroom suite with patio, appliances incl. dishwasher, microwave, washer & dryer. Quiet neighbourhood. Beautiful view. Easy access to bike paths.

Parking available. 1 yr lease, then month to month. No smoking/vaping, pets, or sub-letting. Renter's insurance with proof of coverage, references and proof of employment mandatory. \$2,400/month furnished, \$2,200/month unfurnished. Utilities and wi-fi included. Contact Max by text 613.449.2836.

CALL NOW TO RENT!

1 MONTH FREE RENT!!

On a 13 Month Lease

252 Gorge Road East
1 & 2 Bedroom Apartments
Phone: 778-771-2362



WANT TO RENT / BUY / SELL / ANNOUNCE SOMETHING?

To advertise contact Jazmin.Holdway@forces.gc.ca

<

Search

>

POV: unleashing your inner child 🙌

+

94.6K

Share

WildPlay Element Parks

#AdventureCourses #Ziplines
#AxeThrowing #FreefallJump

🎵 About Damn Time (Lizzo)

**Military Families
GET 15% OFF**
CODE: HERO15

Book Now
1.855.595.2251
WildPlay.com



HMCS MALAHAT

Annual Awards at Year-End Ceremonial Divisions

With the conclusion of its training year, HMCS Malahat, Victoria's Naval Reserve Division, held its Ceremonial Divisions, in which it presented nine Annual Awards to deserving and distinguished members of its Ship's Company.

The ceremony was presided over by Commodore Patrick Montgomery, Commander – Naval Reserve.



Sailor 1st Class Britney L'Heureux is presented the Petty Officer 2nd Class Fiona Borland Memorial Trophy, which is presented to a Junior NCM, who exemplifies courage, compassion, fosters esprit de corps, generosity, concern for others, and goes beyond the call of duty to support and mentor other sailors.



Petty Officer 1st Class Jim Phillion is awarded the Chief Petty Officer Burch Trophy, which is presented to the person in the unit who best promotes the image of HMCS Malahat and the Naval Reserve to the public.



Sailor 1st Class Michael Gingras is awarded the Commander Clerihue Scholarship, which is presented to a deserving member of HMCS Malahat, who is also a student, in support of their education.



Master Sailor Sydney Huyghe is awarded the Coxn's Memorial Trophy, which is presented to the Junior Non-Commissioned Member who possesses the best potential to become Coxswain of HMCS Malahat.



Acting Sub-Lieutenant (A/SLt) Oscar Morrison is awarded the Captain D. Garrard Trophy, which is presented to the most improved Naval Cadet or A/SLt, based on performance, attendance, and proficiency.



Master Sailor Mikhail Joukov is awarded the Captain Jackson Trophy, which is presented to the most outstanding junior ranking member based on performance, attendance, and character.



Lieutenant (Navy) Joshua Dunn receives the Naval Association of Vancouver Island Sword, which is presented to an officer that best exemplified the overall leadership qualities expected of their rank.



Sailor 3rd Class Callum LeBlanc is awarded the Captain G.A.V. Thomson Trophy, which is presented to the most outstanding new entry, based on performance, attendance, and character.



Lieutenant (Navy) Bryn Stephenson is awarded the Victoria College Trophy, which is presented to the most outstanding junior officer, based on performance, leadership and proficiency.



**2024 Outlander PHEV
GT S-AWC**

**MAKE NEW
TRACKS**

OWN FOR

\$155

WEEKLY*

WITH \$2,500 DOWN*

FOR

84

MONTHS

AT 5.99% APR OAC

MSRP: \$60,888 | SAVINGS: \$2,890 | NOW PRICE: \$57,998

AND

GET GOVERNMENT EV REBATES UP TO **\$7,000** SUBJECT TO ELIGIBILITY*

PLUS

GET A \$500 MILITARY REBATE**

**TEST DRIVE
TODAY**

SCAN HERE
FOR DETAILS



**Best-selling plug-in hybrid
in Canada**

- / PHEV Twin Motor System
- / 687 km of Combined Range***
- / 7 Passenger Seating (5+2)
- / BOSE Premium Sound System with 9-Speakers
- / Power Panoramic Sunroof with Sunshade
- / Multi View Camera System
- / 9" Smartphone Link Display Audio with Android Auto™ & Apple CarPlay®
- / Super All-Wheel Control (S-AWC) with Drive Mode Selector (ECO/NORMAL/SNOW/GRAVEL/TARMAC/MUD/POWER)
- / Lane Departure Prevention
- / 10.8" Head-Up Display



**VICTORIA
MITSUBISHI**

3342 Oak Street, Victoria, BC, V8X 1R1
victoriamitsubishi.ca
(250) 220-8100

*\$155 weekly is equal to \$310 bi-weekly. Offer based on Stock No. 301770. \$310 bi-weekly payment for 84 months, with \$2,500 down, or equivalent trade, 5.99% A.P.R. financing, on approved credit. MSRP is \$60,888. Selling price is \$57,998 and does not include provincial & federal rebates. Payment is net of all available manufacturer and dealer incentives and all provincial & federal rebates, including \$7000 EV rebate, and subject to eligibility. Payment and selling price includes freight & air tax but do not include taxes, \$995 documentation, PPSA fees and \$595 finance placement fee (if financing or leasing), and licensing. Exact vehicle not shown. Terms and conditions apply. Offer expires May 31, 2024. See dealer for details. **All rebates will be deducted from the negotiated price after taxes for cash and finance purchases and before taxes for lease purchases. Conditions additional to the requirements listed below may apply. See your dealer for complete details. The Military Rebate is not stackable with the Mitsubishi Motors First Responder Rebate Program. Rebate available with the purchase of most new Mitsubishi vehicles for current members (including reservists) of the Canadian Armed Forces and veterans. Proof of status will be required. ***EV range varies by model. Model shown has an estimated combined range of 687km and is calculated via peak performance of the electric motor(s) at peak battery power. Actual range varies with conditions such as external environment, vehicle use, driving behaviours, vehicle maintenance and lithium-ion battery age and state of health.