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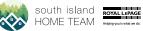
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First Battle of the Atlantic ceremony for HMCS Malahat's junior members



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*, followed 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."







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

MARPAC PAO

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

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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

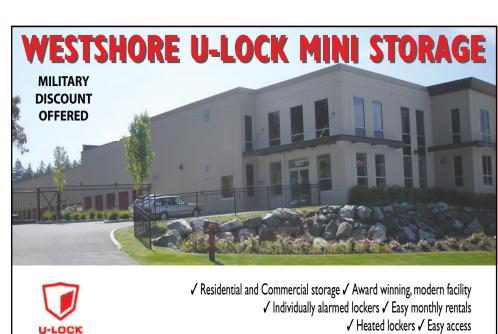
Patrol Vessel will strategically complement the strengths of other Canadian warships through their unique and impressive capabilities. *Max Bernays* will be eventually joined by HMCS *Robert Hampton Gray* on the West Coast.

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."

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MANAGING EDITOR Jazmin Holdwayjazmin.holdway@forces.gc.ca

EDITOR

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

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

PRODUCTION

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

ACCOUNTS

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

..... military.base.advertising@gmail.com

EDITORIAL ADVISORS

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

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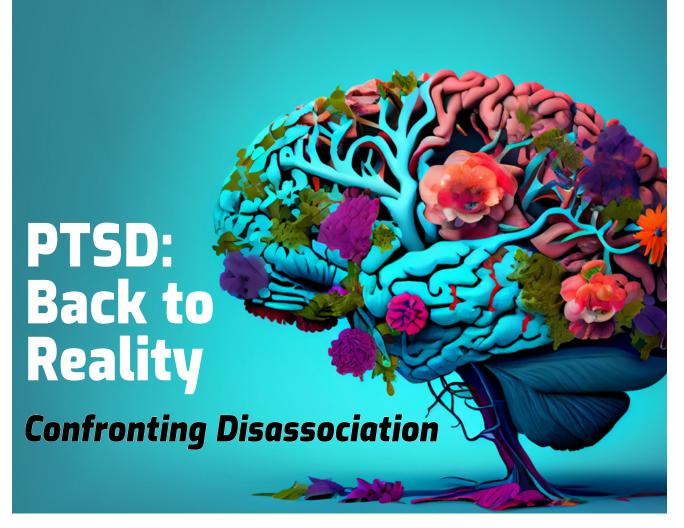
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Thomas Goenczi

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.



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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

"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.

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





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

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







and seniors at Veterans Memorial Lodge! Tickets on sale now through June 6. www.broadmeadcare.com/golf.

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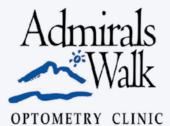
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Rear-Admiral Hugh Francis Pullen:

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

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

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 cofounding 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

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 excel-lence 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











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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".

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

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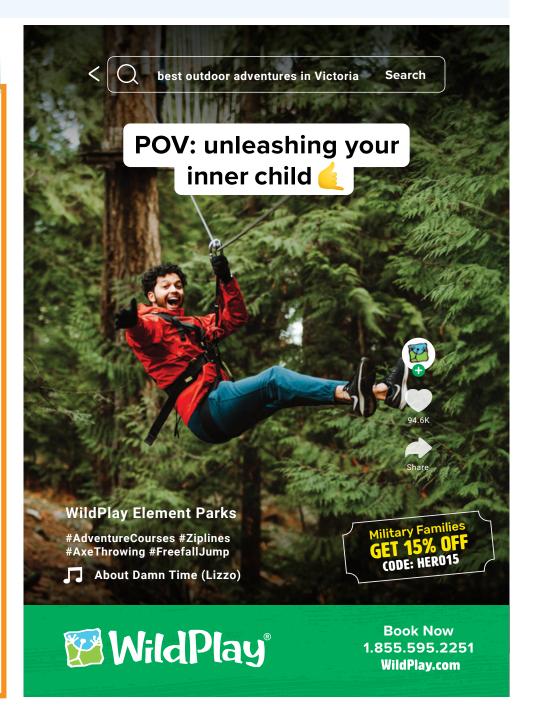
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HMCS MALAHAT

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.



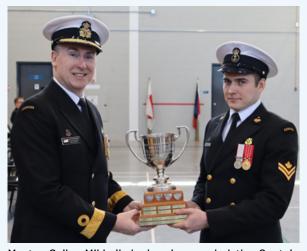
Sailor 1st Class Michael Gingras is awarded the Commander Clerihue Scholarship, which is presented to a deserving member of HMCS Malahat, who is also a student, in support of their education.



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.



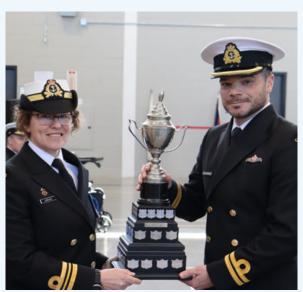
Master Sailor Mikhail Joukov is awarded the Captain Jackson Trophy, which is presented to the most outstanding junior ranking member based on performance, attendance, and character.



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.

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