

Indigenous Awareness Week (IAW)

May 21 to 24

Indigenous Peoples have a proud tradition of service in the Canadian Armed Forces (CAF) and Department of National Defence (DND). The Defence team recognizes and celebrates the numerous successes and impressive achievements that Indigenous Peoples have made and continue to make within DND and the CAF.



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

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Sailor 1st Class (S1) Sarah Gunderson (left) and S1 Michael Raco check communications on the portable recompression chamber during the Naval Reserve Regional Dive Centre (West) dive exercise in Port Hardy on May 11. Photo: Master Sailor Valerie LeClair

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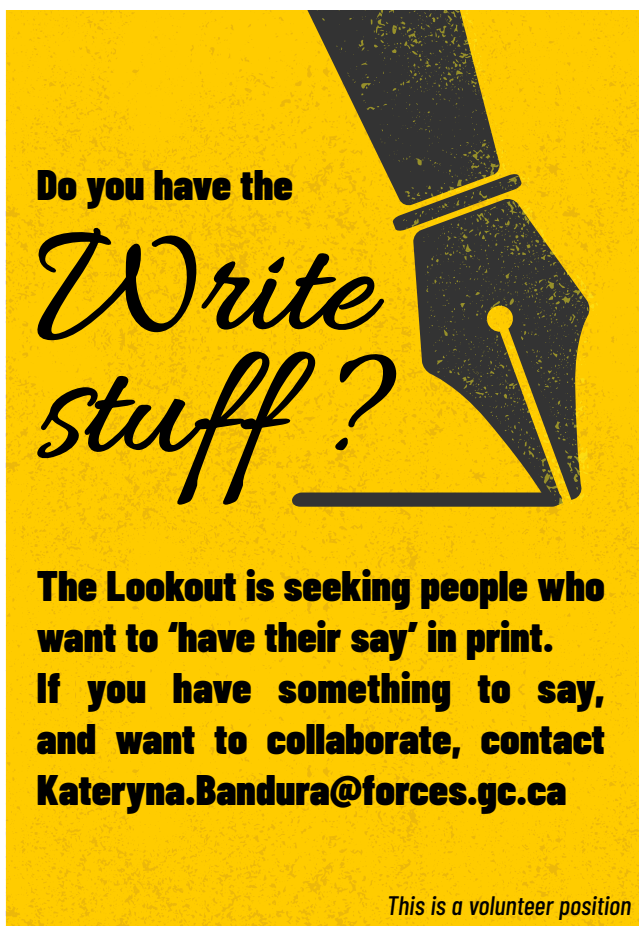


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Write stuff?

The Lookout is seeking people who want to 'have their say' in print. If you have something to say, and want to collaborate, contact Kateryna.Bandura@forces.gc.ca

This is a volunteer position




Members of the Royal Canadian Navy demonstrate various ship duties and activities to the general public, allowing them to experience the day-to-day life of a ship's crew during Vancouver Fleet Weekend activities at Burrard Dry Dock in Vancouver. Photo: Master Corporal Nathan Spence, Maritime Forces Pacific Imaging Services

May wrap-up of Pacific Fleet events

A/SLt Alexandre Houry
MARPA PAC

The Royal Canadian Navy (RCN) recently held its traditional Battle of the Atlantic (BOA) and Fleet Weekend in North Vancouver. A gathering of ships, sailors and other members of Canada's Navy welcomed thousands of people on the Burrard Dry Dock Pier from May 3rd to May 5th.

This year, Her Royal Highness, Princess Anne spoke at the commissioning of HMCS *Max Bernays*. The Princess Royal presented the Commissioning Pennant to Commander Collin Forsberg, Commanding Officer of the Arctic and Offshore Patrol Vessel.

Furthermore, on the same day, Vice-Admiral Angus Topshee, Commander of the RCN, joined players on the virtual platform Twitch where he took virtual command of numerous vintage naval ships. He got to showcase his great military experience and expertise conquering the seas in the World of Warships video game.

Scheduled tours on RCN *Halifax*-class Patrol Frigates, *Kingston*-class Maritime Coastal Defence Vessels, and the *Orca*-class Training Vessels invited guests to see what life on a ship looks like.

Those who were up for something more adventurous were invited to take a ride on a Rigid Hull Inflatable Boat that sailors use for patrol duties. They also tried the Force Test composed of four aspects measuring physical endurance and cardiorespiratory performance – a challenge that tests individual mettle.

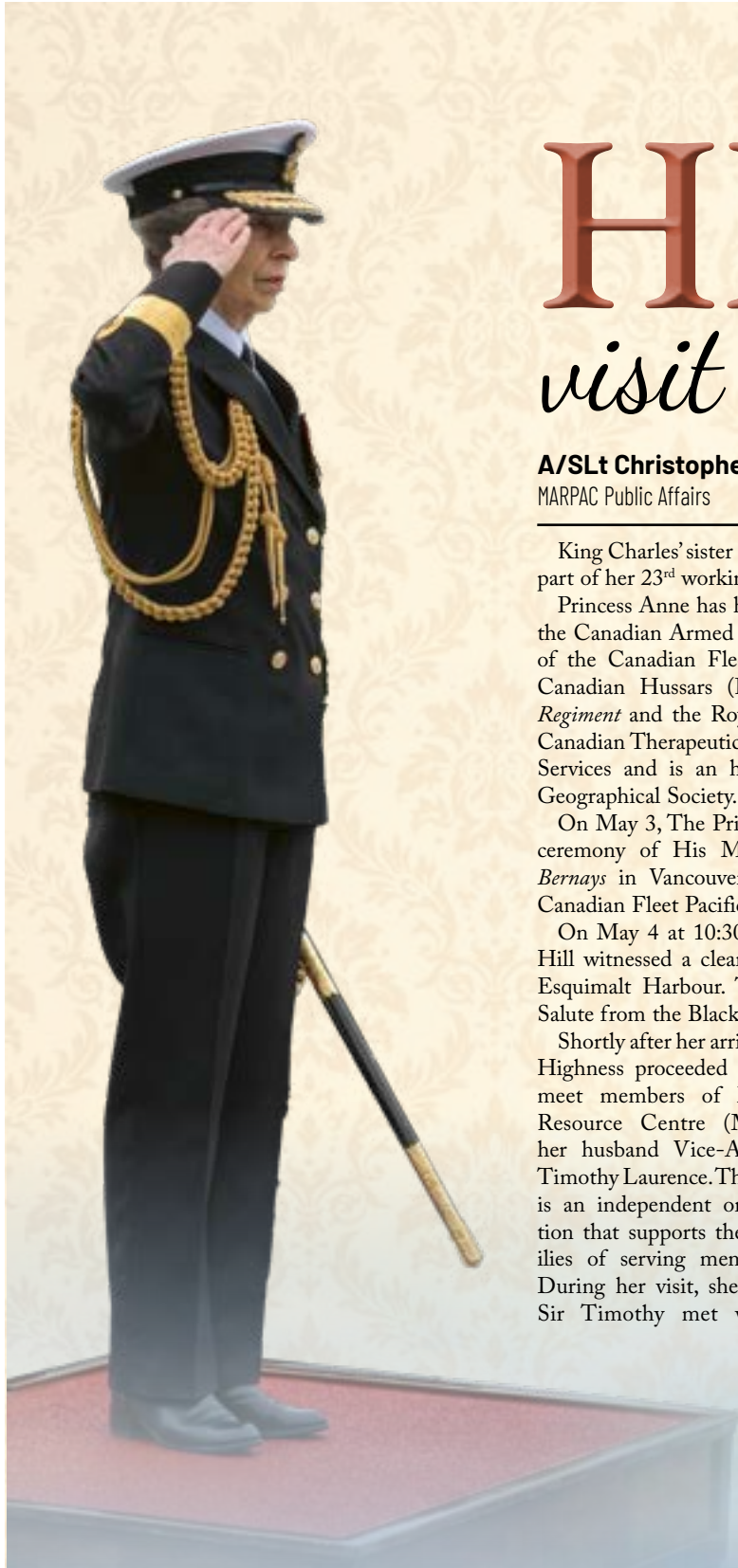
In addition, the Canadian Armed Forces and the RCN had naval firefighting equipment to try on and a ruptured pipeline people could fix with a repair tool. Guests could participate in a simulation of a real-life naval damage control situation.

On Sunday, in a commemorative tribute, service members of the RCN, Naval Veterans, members of the Royal Canadian Sea Cadets, and the Navy League honoured the Canadian sailors and aviators who served, as well as the RCN and Merchant Marine ships that were lost at sea, during the longest continuous battle of the Second World War.

The memories of the heroes who fought in the BOA will forever be immortalized in Canadian Naval Military History. Their loyalty and bravery are an inspiration to many, and the reminiscence of their devotion to their duty will live in the hearts of those who served, are serving and will serve Canada.



Her Royal Highness Princess Anne, The Princess Royal, Honourary Commodore-in-Chief of Canadian Fleet Pacific, salutes the Battle of the Atlantic parade at the Victoria Cenotaph. Photo: Cpl Tristan Walach, MARPA PAC Imaging Services



HRH

visit to Victoria



A/SLt Christopher Hofing
MARPAC Public Affairs

King Charles' sister Princess Anne visited Vancouver Island as part of her 23rd working visit to Canada.

Princess Anne has had a long-vested interest in Canada, and the Canadian Armed Forces. She is the Commodore-in-Chief of the Canadian Fleet Pacific, Colonel-in-Chief of the 8th Canadian Hussars (Princess Louise's), *Royal Newfoundland Regiment* and the Royal Regina Rifles. She also supports the Canadian Therapeutic Riding Association, Camp Hill Veterans' Services and is an honorary fellow of the Royal Canadian Geographical Society.

On May 3, The Princess Royal attended the commissioning ceremony of His Majesty's Canadian Ship (HMCS) *Max Bernays* in Vancouver in her role as Commodore-in-Chief, Canadian Fleet Pacific.

On May 4 at 10:30 a.m. those in attendance at Fort Rodd Hill witnessed a clear view of HMCS *Max Bernays* entering Esquimalt Harbour. The Princess Royal received a 21 Gun Salute from the Black Rock naval battery.

Shortly after her arrival in Esquimalt, Her Royal Highness proceeded to the Wardroom to meet members of Military Family Resource Centre (MFRC) with her husband Vice-Admiral Sir Timothy Laurence. The MFRC is an independent organization that supports the families of serving members. During her visit, she and Sir Timothy met with

staff, board members and service members and their families.

"We had about a hundred people there and she spoke to everyone," said Jackie Carle, MFRC Executive Director. "She was absolutely amazing and everybody who was there had a royal moment."

After visiting with the military families, The Princess Royal spent over an hour touring the grounds of the God's Acre Veterans Cemetery where she paid her respects and laid a wreath in memory of over 2,500 fallen military personnel and family members.

The Princess Royal also visited the archives and collections space of the Maritime Museum of British Columbia. According to Heather Feeney of the Maritime Museum of British Columbia, Prince Phillip visited Victoria in 1951 and upon discovering that there were no naval museums, arranged to have artifacts from the National Maritime Museum in Greenwich sent to Vancouver Island. This prompted the launch of the Maritime Museum of British Columbia.

During the 70th anniversary of the Battle of the Atlantic, Queen Elizabeth II appointed Charles Prince of Wales as Commodore-in-Chief of the Canadian Fleet Atlantic and Anne, The Princess Royal, with Commodore-in-

Chief of the Canadian Fleet Pacific. On May

5, nine years later, The Princess Royal

attended the Battle of the Atlantic

Commemorative Service at the

British Columbia Legislature.

Those in attendance wit-

nessed this historic moment

for Victoria as she laid her

wreath and paid her respects

to the fallen sailors.



Her Royal Highness tours the grounds of God's Acre Military Cemetery in Esquimalt with Commodore David Mazur (right), Commander Canadian Fleet Pacific, and a member of Veteran Affairs Canada. Photo: Corporal Jay Naples

Her Royal Highness Princess Anne salutes the Battle of the Atlantic parade at the Victoria Cenotaph. Photo: Cpl Tristan Walach, MARPAC Imaging Services



Her Royal Highness Princess Anne, The Princess Royal, Honourary Commodore-in-Chief of Canadian Fleet Pacific, sails past the Fsgard Lighthouse in the newly commissioned HMCS *Max Bernays*, while en route to CFB Esquimalt. Photo: Jazmin Holdway



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The Least We Can Do



“You could take a long walk along the water and be inspired by the beauty of watching the sun go down to tend your physical and spiritual health.”

Chaplain David Thomas

As we roll into May, we are well into springtime. Over the last several weeks, I have noticed many people out in their yards tending and tidying up. Tidying up in general often seems to go hand-in-hand with spring. Sometimes the changes in seasons can be a marker for the seasons of our own lives. So, as we're gearing up for summer, maybe we need to do some personal tidying in our lives.

In her book *Are you really OK?*, author and licensed professional counselor Debra Fileta gives a framework for human wholeness that I find very helpful. She highlights four aspects of human health that need individual attention but also how together they form part of our wholistic being. They are our emotional, spiritual, mental and physical health. She also highlights how health in each of

these areas can impact the various aspects of our relational health – another key component to health as a human being.

In the exercise world, there is a concept intended to help busy people 'find the time' for improvement. It's called the 'minimum effective dose' and it asks the question, "What is the least amount of work that needs to be done to see improvement?" Here, the goal is to implement small changes that can have a positive cumulative effect.

So, maybe it's time to work on improving your mental health and well-being. You could read a new book, take in a comedy show with friends, or invest in relationships. You could take a long walk along the water and be inspired by the beauty of watching the sun go down and focus on your spiritual health. All these are small changes that can have a cumulative effect.

Now, some of you might be thinking, "I'm good, Padre". Unfortunately, we as humans have a tendency to see ourselves as doing better than we are. Social scientists call this the better-than-average-effect. When asked about anything from driving skills to mental health, the majority of people will rate themselves as doing better than average. Mathematically speaking, this can't be reality, as half of all people would be below the median. So, with this very human bias, we often think we're doing okay when, in fact, we might not be doing as well as we report.

Maybe this is cause to pause for a moment...to contemplate...to do an honest self-evaluation. In the areas of emotional, mental, spiritual, physical, and relational health, is there one thing that we could improve? What is the least we can do to improve our wholeness?



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NO ROOM FOR



AGGRESSIVE DRIVERS!

Peter Mallett
Staff Writer

The annual Drive Safe Campaign, hosted by the Transport Electrical Mechanical Engineering (TEME) unit, concluded on May 17. This year's campaign focused on aggressive driving.

Sergeant (Sgt) Kylie Peterson of the Road and Vehicle Safety department says there is no sugarcoating what aggressive driving is.

"Aggressive driving is any unsafe driving behavior performed deliberately and with ill intention or disregard for safety," said Sgt Peterson. "Cyclists can exhibit aggressive driving behavior as much as motorists and must also follow the rules of the road."

The Road and Vehicle Safety department at CFB Esquimalt provides advice on collision and unsafe acts, as well as the insurance of DND 404 licenses.

As part of this year's program, Sgt Peterson and Corporal Jones-Allen set up at the Naden and Dockyard Gates during rush hour each day last week. They reminded drivers of the serious risks of aggressive and unsafe driving

and also checked their 404 licenses for validity. To sweeten the mood after the brief inconvenience, the team provided motorists with sweets.

"Everyone was in good spirits and candy seemed to start members off on the right foot for the day as well as on their ride home," said Sgt Peterson.

GETTING THE MESSAGE

Despite the sweets and smiles, Sgt Peterson noted most of those who exhibit aggressive driving behavior are fully unaware of the seriousness and dangers of their actions.

Aggressive driving habits include speeding in heavy traffic, cutting in front of another driver and then slowing down, changing lanes without signaling or weaving in and out of traffic, blocking cars attempting to pass or change lanes, tailgating, running red lights, and using headlights or brakes to 'punish' other drivers.

The most staggering of all unsafe driving statistics, says Sgt Peterson, is that reckless driving violations increase the likelihood of being involved in a crash by 114 per cent. In comparison, following someone too closely increases the likelihood of a crash by 45 per cent. She says

the best advice to avoid accidents and injury is by slowing down, staying alert and buckling up.

Sgt Peterson also offers facts and tips on aggressive driving to keep in mind, even if you aren't the one at fault:

- Decrease the chances of a crash by giving yourself ample time to get to your destination.
- Safer traffic flow is managed with posted speed limits – slowing down in bad conditions increases your reaction time in an emergency.
- Tailgating reduces your visibility and reaction time.
- Passing a vehicle is safe when there is plenty of time to do so.
- Obscene gestures and the use of the horn out of anger help no one.
- Don't provoke or allow yourself to be provoked.
- Be cautious, patient and forgiving – someone could be driving for the very first time in their life.

"CFB Esquimalt has a large bottleneck footprint, so we are encouraging members to plan accordingly and enjoy their day while maintaining safety on the roads," Sgt Peterson concluded.



AGGRESSIVE DRIVING BY NUMBERS ON PAGE 13

A comprehensive list of bad driving behavior and how it increases likelihood of a crash, compiled by TEME.

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NAVY BIKE RIDE | DÉFI VÉLO DE LA MARINE

Gearing up for the 2024 CFB Esquimalt Navy Bike Ride!

Matt Carlson
Projects Officer, Base Public Affairs

We are counting down the days until our annual Navy Bike Ride on May 25, hosted at our very own Canadian Forces Base Esquimalt!

Founded in 2016, the Navy Bike Ride is a national Canadian Armed Forces (CAF) healthy initiative that encourages well-being through cycling and raises money for the CAF community.

Last year, CFB Esquimalt hosted the bike ride at École John Stubbs Memorial School field in Belmont Park, which saw over 100 bikers of all ages and abilities participate. This year, we look to build on that success.

This year we are introducing our brand new 18K Navy Bike Ride route, designed and created by CFB Esquimalt Navy Bike Ride Committee Members Lieutenant-Commander Sebastian Harper and Chief Petty Officer 1st Class Paul Fenton. The start and finish line will be held directly outside of Naden's historic ornamental gate entrance on the corner of Admirals and Colville roads; the very entrance where dozens of Defence Team Members access the Base daily on their bike rides into work.

Thanks to the support of the communities that surround our Base, our 18K bike ride will circumnavigate Greater Victoria, starting in the Township of Esquimalt before proceeding to the City of Victoria, up through the District of Saanich, the Township of View Royal, passing through the Songhees Nation, and back to CFB Esquimalt. The route will have Military Route Marshall and professional Traffic Control support, ensuring participants are

kept safe throughout their ride. This in-person Navy Bike Ride is not designed as a race, but with a primary focus on enhancing each participant's bike riding experience. Bikers new to Victoria and not familiar with the Capital Regional District bike and recreation trails will experience firsthand how amazing our bike trails are, and convenient as a transportation option.

Navy Bike Ride participants will enjoy complimentary bike valet service, several exhibitor booths, a BBQ served by donation hosted by the Esquimalt Military Family Resource Centre, participant bike support from Marty's Mountain Cycle, face and body painting, and a bike rodeo in the Base Museum Parade Square led by Military Police Unit's Captain Liam Kenney.

We are very proud to be one of the four in-person Navy Bike Ride events that will take place across the country. The kids/family-friendly ride will begin at 1000hrs, followed by the 18K ride, which will commence at 1030hrs. Participants who register for the 18K bike ride will receive a Navy Bike Ride t-shirt and collector's coin. The kids/family-friendly bike ride is free of charge and those who participate will receive a collector's coin. All interested in participating can register via Race Roster at www.navybikeride.ca

We encourage you to tell your family and friends and hope to see you out on Saturday, May 25!

If you would like more information, please reach out to Matt at Matthew.Carlson@forces.gc.ca



Chief Petty Officer 1st Class Paul Fenton
Photo: Matt Carlson



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Task Group Exercise 2024 concludes

Captain Pedram Mohyeddin
MARPAK PAO

Task Group Exercise 2024 (TGEX 24-01), which saw units practicing and enhancing capabilities, recently concluded off the coast of Vancouver Island.

The TGEX, which ran from April 22 to May 3 focused on interoperability between joint elements, and featured the inclusion of the United States Navy. Led by HMCS *Vancouver*, several units from Maritime Forces Pacific trained alongside each other and United States Ship (USS) *Gridley* in multiple exercises developed to hone the combat skills of their respective sailors and crew.

“Task Group exercises strengthen the Royal Canadian Navy’s interoperability with our allies. These exercises maintain our readiness and ability to deploy as required in future operations around the world,” said Captain (Navy) Mark O’Donohue, Task Group Commander. “Operations at sea are complex and require continued effort to maintain the skills required to be effective.”

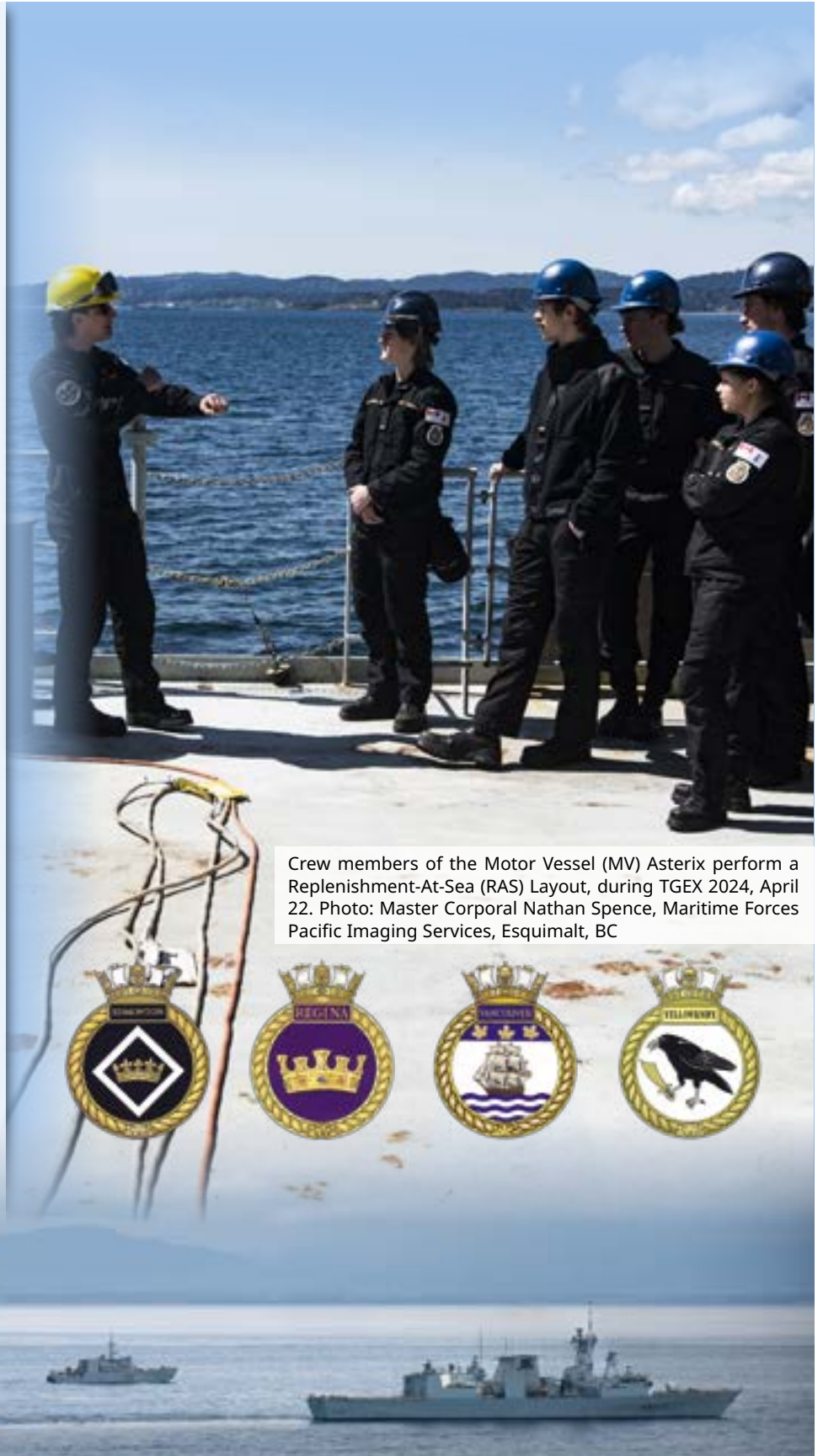
The Task Group trained in communications, underwater warfare, weapons firing, silent operations, unmanned aerial systems

operations (UAS Ops), Officer of the Watch Manoeuvres, and damage control.

This exercise was particularly important for the crew of HMCS *Vancouver* as they get ready for their Intermediate Multi-Ship Readiness Training (IMSRT) starting in June, then on to Operation *Horizon* in the Indo-Pacific. This year, special attention was given to UAS Ops, where drones were flown around ships and engaged by the ships’ combat systems. Drone warfare has become more prevalent in conflict and new capabilities are being established to fight them.

This is also the first year Canadian Fleet Pacific has had an Arctic and Offshore Patrol Vessel, HMCS *Max Bernays*, as part of the Task Group. HMCS *Max Bernays* arrived in Esquimalt, following a month-long transit from Halifax, N.S., through the Panama Canal, to be the first vessel commissioned on the West Coast in almost 10 years.

This year’s participating units were HMCS *Vancouver*, HMCS *Regina*, HMCS *Max Bernays*, HMCS *Yellowknife*, HMCS *Edmonton*, MV *Asterix*, Joint Task Force (Pacific), Canadian Submarine Force, Fleet Diving Unit (Pacific), Naval Small Teams, 443 Maritime Helicopter Squadron, and USS *Gridley*.



Crew members of the Motor Vessel (MV) *Asterix* perform a Replenishment-At-Sea (RAS) Layout, during TGEX 2024, April 22. Photo: Master Corporal Nathan Spence, Maritime Forces Pacific Imaging Services, Esquimalt, BC

Aerial photo of HMCS Regina, HMCS Yellowknife, HMCS Max Bernays, HMCS Edmonton, and HMCS Vancouver from 443 Squadron Helicopter during Task Group Exercise 24-01, on May 1. Photo: Sailor Third Class Mckayla Ryce, MARPAK Imaging Services

We Salute Our Fleet



Movement is Medicine offers support and hope

Peter Mallett
Staff Writer

With every forward step, Marcia Koenders hopes to shine a bright red light on the plight of missing and murdered Indigenous girls and women.

"I walk for these women to honour their lives cut short and also for me, because if it wasn't for the kindness of strangers then maybe I could have been on that list too," she said.

She is not alone in that journey. The Office Administrator of Corrections Service Canada is a proud member of the Métis Nation of Greater Victoria and was one of 50 public service employees and military members who participated in a recent Movement is Medicine event at Victoria's Clover Point on May 3. The event preceded the National Day of Awareness for Missing and Murdered Indigenous Girls and Two-Spirit People, also known as Red Dress Day.

Marcia choked back tears as she pointed to two photos of her long-lost childhood friends pinned to her long bright red sweater that glistened in the morning sun, each with the slogan 'No More Stolen Sisters'.

"I wear these photos to remember them; I really wish both of them were here with me today," she said.

During the early 1990s, when Marcia was a teenager, two of her close friends were murdered. She is reminded of her friends who lost their lives so needlessly that you can see the grief of the thoughts and emotions that race through her when recounting the real-life nightmare that unfolded.

Her friend Kimberly Gallop was 17 when her life was ended in a Victoria hotel in 1990. To this day, the investigation into her murder remains a cold case. Her

unsolved murder is featured in a podcast, Sweethearts, written by former CBC journalist Laura Palmer.

A few years later, in Vancouver, another friend, Vicki Black, was also murdered. It took decades for police to find Vicki's killer. There was immense grief of loss in her eyes when remembering Vicki's little girl Rebecca and how her mother loved her so much.

To heal some of her emotional and mental wounds, for the past ten of her 15 years at her Vancouver Island Community Corrections office, Koenders has organized her own Red Dress Day events involving art. The art project involved collecting women's shoes as a symbolic display for the still missing people. The underlying meaning of her art is to 'walk a mile in their shoes and those of their family and friends' and to also feel their pain, trauma and suffering, she explains.

Koenders says the Movement is Medicine event at Clover Point was something she had been looking forward to for weeks and that it also helps her heal.

"Exercise and motion is very therapeutic and movement really is medicine for people going through tough times and this is a great event," said Koenders. "I think people are starting to understand and I also noticed the large number of men participating in this walk which is very powerful."

With everyone dressed in red, participants formed a long column and set off from Clover Point, covering a distance of 5km along the trails of Dallas Rd., near Beacon Hill Park.

RED DRESS MOVEMENT

Others participating in Movement is Medicine also had their reasons for being there. Sailor 3rd Class (S3) Dail Camaclang grew up in Winnipeg and knew friends and classmates devastated by losing loved ones.

"I am here today to remember this tragedy involving [Indigenous] communities who are the true roots of our country and have known people involved in disappearances and physical abuse," S3 Camaclang said. "Being here today to show support to these communities is very important and also good medicine for me."

S3 Camaclang is a Naval Experience Program (NEP) member and works for the Personnel Coordination Centre (PCC). His friend and coworker with NEP, S3 Sam Thomas, also supported the cause. S3 Thomas said he hopes this event creates more awareness within the Department of National Defence and the wider community surrounding the 'horrific things that are happening to Indigenous women and girls'.

This was the first year for a Movement is Medicine event in British Columbia. It was organized by Nicky Sykes, an Administrative Support Worker of the Office of the Base Commander and proud member of the Sechelt (Shishalh) Nation, with support from the Defence Indigenous Advisory Group (DIAG), Maritime Forces Pacific (MARPAAC) Employment Equity, Diversion and Inclusion office and the Esquimalt Military Family Resource Centre.

"This event is intended to raise awareness and support each other's physical, mental, and spiritual health while grappling with this painful topic," said Sykes. "Movement is Medicine is a way to honour and pay tribute to the far too many people suffering the tragic loss of life that continues to this day."

Later in the day, Sykes, Esquimalt DIAG Civilian Co-chair Ken Hall and MARPAAC Civilian employee Vanessa Nicholson hung red dresses near the main entrance to the Base at Naden in a symbolic effort to remember the missing and murdered.



Corrections Canada employee Marcia Koenders displays an image of her friend Vicki Black. Black was murdered in Vancouver in 1993 and it took decades to find her killer.



Military members and public service employees gather for a group shot during a Movement is Medicine event, May 3 at Clover Point. Photos: Peter Mallett/Lookout Newspaper

Red Dress Day

The National Day of Awareness for Missing and Murdered Indigenous Women, Girls and Two-Spirit People

The idea for Red Dress Day came from the work of Indigenous artist Jaime Black, who created the REDress Project in 2010.

The project consisted of installing red dresses in public spaces to raise awareness of the issue.

Since then, Red Dress Day has become an annual event, with individuals and communities across Canada participating.

INTERNATIONAL MUSEUM SE DAY MAY 18

Honouring museum founders & supporters

Tatiana Robinson

Curator

CFB Esquimalt Naval & Military Museum

The CFB Esquimalt Naval & Military Museum likely would not exist today at the Base were it not for early supporters whose passion for military history drove the founding of the current Base Museum. In 1977, the museum's modest beginnings were housed in a metal cabinet at the back of the former Base Library stacks. The nascent collection consisted of mostly papers, books and documents that expanded into the present archives housed in the museum office.

With the dedication of an early Friends of the Museum group and volunteers, the museum was first located in Building Naden (N) 20 which has served a wide variety of purposes such as offices for a convalescent hospital, the Base Commander's office, and part of the first home for L'Ecole Victor Brodeur School. The museum expanded into buildings N 37 and N 39 in 1994 where it is still housed today. It is a great fit for the Base Museum because these buildings form one of Canada's National Historic Districts.

On Oct. 16, 2003, Capt(N) A.E. (Tony) Delamere was honoured by having the conference room at the museum named after him. Delamere's

wife Joanne noted in a *Lookout* article that being Base Commander from 1992-1995 at CFB Esquimalt was one of his favourite postings because it allowed him to get involved with history. Delamere's love of naval and local history shaped relations between the Base and the Victoria community by emphasizing the shared maritime history of Victoria and CFB Esquimalt.

His initiative "Open Door 94" provided tours of the Base and he was instrumental in developing the CFB Esquimalt Naval & Military Museum. It was in this time of fiscal restraint when Delamere gained community support for the Navy through welcoming the public to the Base. Changing security considerations no longer allow for full tours of the Base but staff and volunteers still welcome visitors for museum tours regularly.

Another gallery in the museum honours the naval and lifetime service of Second World War and Korean War veteran Cdr Peter Godwin Chance. His recent passing is an appropriate time to recall the rededication of the Battle of the Atlantic Gallery to the Peter Godwin Chance Gallery. The memorable event was held on his 101st birthday, Nov. 24, 2021. He was genuinely amazed to be so honoured and museum staff were delighted to provide such a birthday surprise.

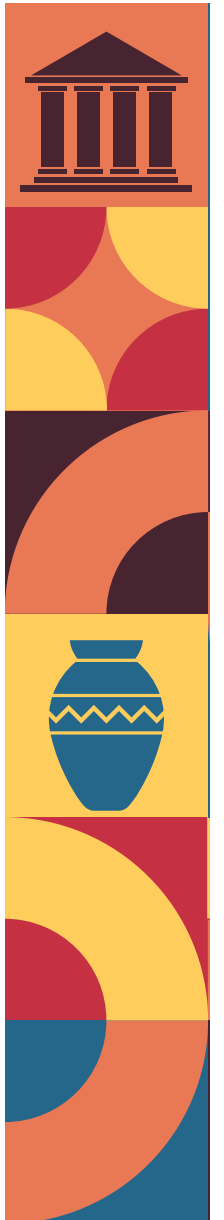
Chance's thirty-year career in the Royal Canadian Navy (RCN) included

his joining the RCN Volunteer Reserve as a Midshipman in 1938 at age 18. In August 1940, he transferred to the RCN. Chance became a specialist navigator and rose to the rank of Commander. He served during the Battle of the Atlantic, at the Dunkirk evacuation and the June 6 D-Day landings. He also survived the loss of HMCS Skeena near Reykjavik, Iceland. Peter stayed in the Navy after the Second World War and participated in the Korean War, serving in HMCS Cayuga.

After retirement from the RCN Peter Chance's commitment to public service did not wane. He was a member of the Naval Association of Canada, past Director of the Duke of Edinburgh Award, a fundraiser for ALS, and a member of the Royal Canadian Legion for 49 years, in addition to membership in many other organizations.

In person, he had an enthusiasm for life and a genuine interest in others leavened with charisma and a sense of humour. The decision to honour him by rededicating a gallery acknowledged his contribution to the RCN and the greater community.

International Museum Day on May 18 provides a great opportunity to pause and be grateful for the many past staff, volunteers and supporters of museums everywhere who share their enthusiasm and love of history.



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Yoga in the Park

The Base kicks off Mental Health Awareness Week with the summer's first Yoga in the Park session on the Admiral's lawn. Organized by the MARPAC Health and Wellness Strategy's Mental and Social Wellness Working Group and lead by PSP Fitness Instructors, this class boasted a wonderful turn out of 15 participants, a mix of both military and civilians.

Yoga in the Park will continue for the duration of the summer, taking place every Tuesday from 12:05 to 12:50 on the Admiral's lawn (weather dependant). Everyone is welcome to attend! Yoga mats are provided, but we encourage you to bring your own as there are limited supplies available on a first-come-first-served basis.



**Every Tuesday from 12:05 to 12:50 pm
on Admiral's lawn (weather dependent)**

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PETER GODWIN CHANCE, CD Cdr RCN (Ret'd)

24 November 1920 – 9 April 2024

It is with great fondness that we remember and say "so long" to a loving husband, father, stepfather, grandfather, great grandfather and good friend in Peter Chance, who passed away peacefully at the Royal Jubilee Hospital on April 9, 2024.

Peter is survived by his children: Simon (Stella), Penelope, Tim (Brenda), Stephanie (Lynn) from his first wife, Peggy, followed by Helen, who brought in a delightful second family; four stepdaughters: Shelly (Bob), Sher (Dale), Ingrid (Dennis) and Darlene; as well as his many grandchildren and great grandchildren. Peter was predeceased by both his wives and his brother David. John, at a hundred years old, is the only surviving sibling.

Born and raised by his parents, Leslie and Gladys, in Ottawa; he attended Lisgar Collegiate High School and in 1938 at age 18 became the Junior Figure Skating Champion of Canada. That same year Peter joined the Ottawa Division of the Royal Canadian Naval Volunteer Reserve (RCNVR) as a Midshipman. When the Second World War broke out in September 1939, he joined his first ship HMCS St. Laurent. In August of 1940, he was transferred into the Royal Canadian Navy (RCN) Permanent Force as a 'Special Entry Cadet' and sent to the UK for further training at the Royal Naval College Dartmouth graduating in the regained rank of Midshipman. A thirty-year career followed as a specialist navigator, eventually rising to the rank of Commander, through wartime service in various classes of ships, from cruisers and battleships to destroyers and frigates of the Royal Navy (RN) and RCN during the Battle of the Atlantic, the Dunkirk evacuation, the June 6, 1944, D-Day landings and surviving the loss of his ship HMCS Skeena, wrecked in a storm on the coast of Iceland. After the war, Peter continued to serve in the RCN in HMCS Cayuga supporting United Nations amphibious and coastal operations during the Korean War. His postwar naval career included service at sea in various ships of the RCN, including a carrier, cruiser, frigates, and destroyers – having had command of two of the latter types. He also served in senior positions ashore in Canada and overseas in peacetime postings with our NATO allies.

Upon his retirement from the RCN, he subsequently accepted the prestigious position of administrator at Osgoode Hall - York University's Law School in Toronto, Ont. In this role, he had occasion to meet several members of the Royal Family – including Queen Elizabeth II. As an aside, this began a long association with the Royal Family that included interactions with Prince Philip and more recently Prince Edward. During his recent hospitalization Peter had received an invitation to meet with Princess Anne during a visit to Victoria. Unfortunately, though Peter was touched by the invitation, fate intervened.

Peter then moved the family west and spent 18 years as the B.C./Yukon representative for the Duke of Edinburgh Awards program maintaining his contact with the program thereafter. His legacy includes his vigorous support of the ALS Society, as a long time volunteer with the Saanich Peninsula Hospital, a long serving member of the Naval Association of Canada (NAC), Royal Canadian Legion as an Honorary Branch President, Royal United Services Institute – Vancouver Island (RUSI-VI) as an Honorary Member, Sidney Ratepayers Association, Army, Navy and Air Force Veterans in Canada (ANAVETS) in Sidney, B.C., the Nautical Institute and founding president of the Maritime Awards Society of Canada. In his engagements with all these associations, he consistently strived to make a significant contribution, be a positive influence in the lives of others and assist those who were not as privileged as himself.

Peter had a passion for the written word and published his autobiography, *A Sailor's Life*, that he happily widely distributed gratis. He also loved historical studies and was a valued supporter of the University of Victoria / RUSI VI Military Oral History Project and the CFB Esquimalt Naval & Military Museum - where the Battle of the Atlantic gallery is named in his honour. Amongst his many decorations and awards is the French Legion of Honour presented to him in recognition of his service in the Allied cause during the D-Day landings signalling the liberation of France during the Second World War. He was very proud of this award appointing him as a Knight of the Legion.



Peter was a Giver whose oft repeated motto was: "You can achieve more with honey than vinegar." Another motto of his was: "for goodness sake just be kind." A consummate people person, he was always extremely interested in the lives and experiences of others. In this respect, his gregarious and charismatic personality was a great asset. Up for anything and, with great professional assistance and generosity from the Victoria Flying Club, he recently took the controls of a Cessna Aircraft in flight at 102 years of age. This was a treasured experience for him that he often referred to. Prominent coverage in the media at this feat certainly added to his celebrity and satisfied the theatrical in his soul.

Peter will be remembered as a proud, patriotic, and highly decorated Canadian, who was always generous with his time and his stories. Consistently upbeat, he was an avid reader, loved to learn, sail, play/listen to music, attend live theatre, travel, be with his many good friends, to attend Holy Trinity Church and, above all, to socialize. He was consistently upbeat and oozed optimism which is probably the reason he lived until 103.5 years of age.

Peter stated many times that "I have had a good run". He was blessed with good health and enjoyed the entirety of his over a century of life to the fullest. He enjoyed his final years with the wholehearted support and love of his stepdaughters Shelly and Sher and had many memorable times in the company of his extensive circle of friends. His last days were happy, busy ones socializing with and entertaining his fellow 'inmates' and the entire staff of the Peninsula Retirement Home, that he referred to with his characteristic sense of humour as the 'barracks' – "where the grub was good, the staff delightful and the inmates friendly".

Fair Winds and Following Seas on your next voyage dear family member, old friend and shipmate!

A memorial service will be held at the Christ Church Cathedral beginning at 1:30 p.m. (seated by 1:15) on Wednesday, June 5, followed by a reception at the Pro Patria Legion between 3 - 5 p.m.

Please RSVP for reception attendance NLT May 31 to: peterchancememorial@gmail.com
In lieu of flowers please consider a donation to the ALS society of Canada.





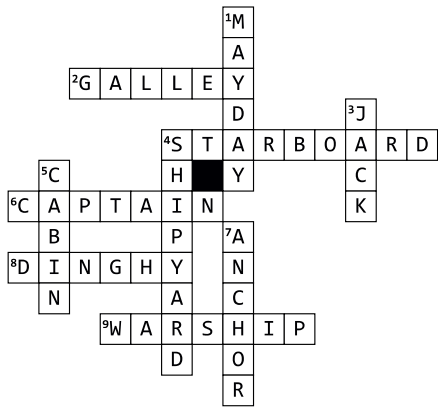
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Answer Key to last crossword puzzle



- Across**
- 2. Ship's kitchen (6 letters)
 - 4. Shipboard term for "right" (9 letters)
 - 6. The person in charge of a ship (7 letters)
 - 8. A small boat used by navy sailors (6 letters)
 - 9. A large ship in the navy (7 letters)
- Down**
- 1. A distress call via radio (6 letters)
 - 3. Name of the RCN Flag (4 letters)
 - 4. The place where navy ships are built (8 letters)
 - 5. The part of the ship where sailors sleep (5 letters)
 - 7. An object designed to prevent or slow down a ship (6 letters)

WORDSEARCH



- | | | |
|-------------|-------------|----------|
| SCUTTLEBUTT | BOSUN | BERTHING |
| FANTAIL | GALLEY | DECKHAND |
| MESS DINNER | QUARTERDECK | |
| FORECASTLE | TOPSIDES | |

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Continued from page 5.

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A failure to yield right of way violation101%	An hours-of-service violation 50%	Any moving violation35%
A failure to keep in proper lane conviction83%	An improper turn conviction49%	A seat belt violation33%
A failure to use/improper signal conviction82%	A following too close conviction .. 46%	A failure to obey traffic control device violation 30%
A past crash74%	A speeding violation45%	Any OOS violation29%
An improper lane/location conviction72%	A false or no log book violation45%	A failure to obey traffic sign violation25%
An improper pass conviction70%	A disqualified driver violation44%	A driving too fast for conditions conviction25%
A reckless/careless/inattentive/negligent driving conviction69%	Any conviction43%	A size and weight violation .. 20%
An improper or erratic lane change conviction66%	A speeding more than 15 miles over speed limit conviction 40%	A failure to obey traffic signal/light conviction 20%

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Promotions and Awards

On May 5, Alyssa Jesson, former Acting Senior Manager, Personnel Support Programs, received the Base Commander's Bravo Zulu presented by Captain (Navy) Kevin Whiteside, CFB Esquimalt Base Commander, with Commander Nicolas Bruzzone, Commanding Officer, Base Administration (left) and Chief Petty Officer 1st Class Sue Frisby, CFB Esquimalt Base Chief (right).



"Alyssa is the epitome of a team member and an incredible leader. She stepped up to lead Personnel Support Programs (PSP) when the substantive manager took maternity leave. She has contended with a morass of challenges including staff shortages, facility deficiency, labour negotiations, and countless daily obstacles faced by the PSP team. Alyssa's steadfast dedication consistently placed the needs of CFB Esquimalt clients first to improve the lives of staff, members, veterans and their families. She made sure everyone on the Base had the support they needed to keep facilities running. At the heart of every single difficult and challenging conversation was the team effort that was required to make changes, with always the best interest of our entire workforce at heart."



Course Completions

Information Warfare Officer course

Presented by Commander Meryl Sponder, Commandant of Naval Fleet School Pacific, on April 17.

Photos: Corporal Jay Naples, MARPAC Imaging Services

Congratulations Graduates



Petty Officer 2nd Class Richard Charland receives a Certificate of Achievement for top student. Bravo Zulu!



Petty Officer 2nd Class R.J.A. Charland



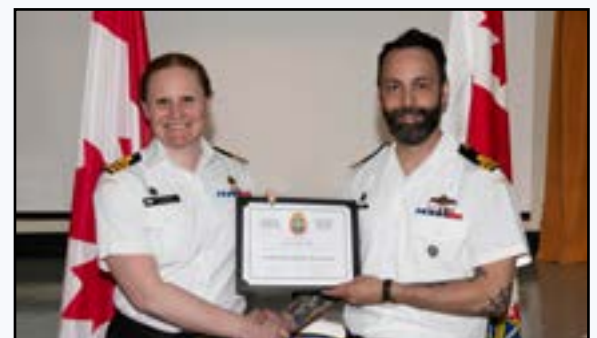
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Lieutenant (Navy) Y. Kim



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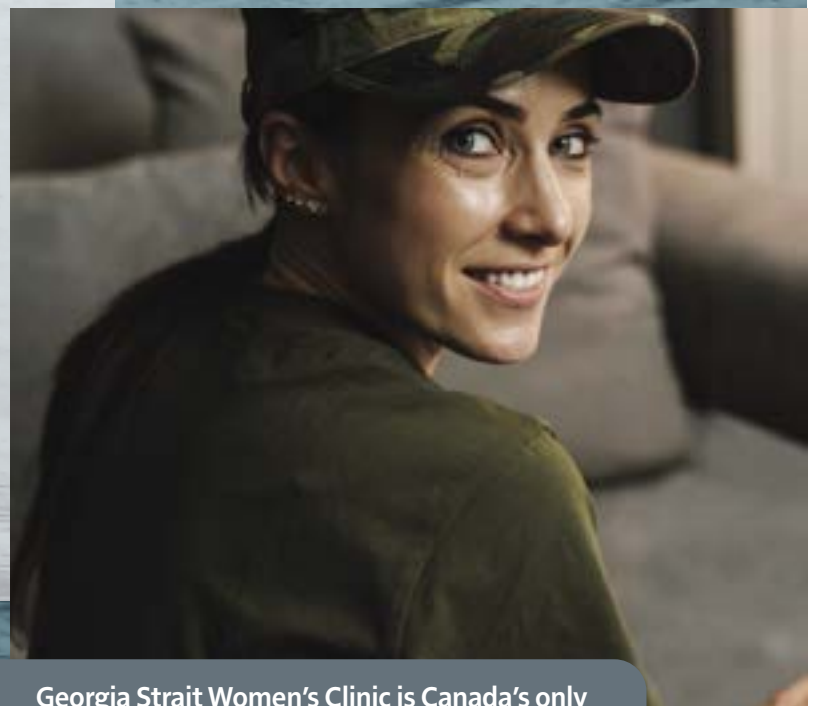
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