

VOLUME 69 NUMBER 27 | JULY 8, 2024
 MORALE & WELFARE NEWS | CFB ESQUIMALT, VICTORIA, B.C.

the LOOKOUT

NEWSPAPER & PUBLISHING

Buying or Selling?

I can help!

**CHRIS
ESBATI**

Knowledgeable Trustworthy
Dedicated

RE/MAX
CAMOSUN

250.744.3301
chris@victoriaforsale.ca

victoriaforsale.ca



FORMATION 5K RAISES THE RAINBOW FLAG

Malia Copley and Sheena Finkbiner kicked the excitement into high gear as they led over 200 military personnel and civilian staff of CFB Esquimalt in warmups while dressed in Pride colours and costumes for a spirited Pride-themed Formation 5K run on June 28. See pages 6 and 7 for the full story. Photo: Peter Mallett/Lookout Newspaper

CANEX
A division of CFMWS
Une division des SBMFC

**CANADA'S
MILITARY STORE**

CANEX

CANEX.CA

1343 Woodway Rd., Esquimalt 250.388.6428

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

**COUNTRY
GROCER**

ISLAND OWNED AND OPERATED
SINCE 1984.

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



Lieutenant-Commander (LCdr) Craig Newman, outgoing Commanding Officer (CO) of Canadian Forces Ammunition Depot (CFAD) Rocky Point, Colonel Guillaume Arciuette, Commander Canadian Material Support Group, and LCdr Chantal Woolley, incoming CO, attend a Change of Command Ceremony at CFAP Rocky Point.

New commanding officer takes helm at Rocky Point

Kate Bandura
Lookout Editor

In a milestone ceremony on June 25, Lieutenant-Commander (LCdr) Chantal Woolley made history as she became the first female commanding officer (CO) of Canadian Forces Ammunition Depot (CFAD) Rocky Point.

She takes over from LCdr Craig Newman, who led the depot for the past three years. The change of command ceremony marked the continuation of CFAD Rocky Point's proud 70-year history of providing ammunition and explosives support to the Royal Canadian Navy and

Canadian Armed Forces (CAF).

LCdr Woolley brings a unique perspective to the role: having previously served at Rocky Point, she returns with both familiarity and fresh vision. In her remarks, she expressed excitement about returning to the depot.

"It truly is an honor and a privilege to be the commanding officer of a unit which has great history and a lot of wisdom," LCdr Woolley said. "It's a great responsibility for which I'm grateful, and for the trust bestowed in me."

The event marked not just a leadership transition, but also highlighted the evolving face of Canada's

military logistics and support operations. LCdr Woolley's appointment is part of a broader shift in ammunition depot leadership across Canada: by summer's end, women will command three of the country's four ammunition depots, a milestone LCdr Woolley noted with pride.

The ceremony underscored the vital, yet often overlooked, role of ammunition depots. In his farewell address, LCdr Newman reflected on his tenure as the depot supported fleet operations worldwide.

"Giving as much as I did to the unit for them to succeed in whatever they're working on – that's what I'm

most proud of," said LCdr Newman.

He noted key accomplishments included support to Ukraine, exercise *Rim of the Pacific* (RIMPAC) 2022, and numerous ship ammunition loadouts.

Looking ahead, LCdr Woolley emphasized the importance of teamwork and leveraging the depot's collective expertise.

"I see this as a collaborative relationship," she said. "We are all members of the ammunition community, regardless of our trade or occupation. This depot has the depth and breadth to be successful in these exciting times."

She also identified maintaining

a cohesive team and infrastructure improvements as top priorities. With major naval projects on the horizon, she emphasized the depot's vital role in supporting new capabilities.

"I'm hoping that's something I can continue to champion at the right levels," LCdr Woolley said. "My hope is to leave this place better than I found it."

As CFAD Rocky Point enters this new chapter, it stands as a testament to the CAF's commitment to diversity, expertise, and operational excellence in meeting the challenges of 21st-century naval warfare support.

Visit www.broadmeadcare.com/veterans-legacy to make your donation today.

It's a great way to say Thanks.

When you donate to the Veterans Legacy Fund, you ensure the best in comfort and care for Canada's veterans today, and in the future.

To find out more through a confidential conversation, contact Mandy at Mandy.Parker@broadmeadcare.com, or visit www.broadmeadcare.com.

Broadmead Care
Where Love, Life and Living Matter

\$3

SALAD DAY

JULY 10

NOTE: SALAD DAY WILL BE TAKING A BREAK FROM AUGUST UNTIL NUTRITION MONTH IN MARCH.

10 JUILLET

JOURNÉE DE LA SALADE À 3\$

NOTE: LA JOURNÉE DE LA SALADE À 3\$ PREND UNE PAUSE DU MOIS D'AOUT JUSQU'AU MOIS DE MARS.

CUISINE NELLES ET VENTURE

NELLES & VENTURE GALLEYS

BROUGHT TO YOU BY THE HEALTHY NUTRITION WORKING GROUP
PRÉSENTÉ PAR LE GROUPE DE TRAVAIL D'ALIMENTATION SAINNE



Commodore welcomes fleet's new 2IC



Captain (Navy) Mark O'Donohue, Commodore David Mazur and Commander Sam Patchell sign off on documents to confirm the Change of Appointment for Commander Patchell as Deputy Commander of Canadian Fleet Pacific, June 25.
Photos: Master Sailor Valerie LeClair

Peter Mallett Staff Writer

The Pacific Fleet has a new Deputy Commander to assist Commodore (Cmdre) David Mazur in the business of leading its ships and shore units.

Commander (Cdr) Sam Patchell succeeded Captain (Navy) Mark O'Donohue in a Change of Appointment Ceremony for Deputy Commander of Canadian Fleet Pacific (CANFLTPAC) on June 25.

"I look forward to doing the best as your Deputy Commander; Sir, I have the watch," said Cdr Patchell after he, Cmdre Mazur and Capt(N) O'Donohue made the appointment official.

The job of CANFLTPAC Deputy Commander includes advising and assisting the Commodore while enhancing fleet readiness and sustainability of all surface assets and shore units, including Fleet Diving Unit (Pacific) and the Naval Tactical Operations Group.

During his address, Cmdre Mazur thanked Capt(N) O'Donohue for his

diligence and excellent work during his two-year posting at the job. Both men emphasized how managing the fleet had become more difficult under their watch, chiefly due to the impact of restrictions during the COVID-19 pandemic and the Royal Canadian Navy's personnel challenges.

"Despite the personnel and technical challenges faced by the Pacific Fleet over the past two years, I am proud to report our ships and shore-based units successfully completed all their assigned missions and tasks," said Capt(N) O'Donohue. "I am continually amazed by the perseverance, resilience, hard work and dedication of the extraordinary men and women who crew our ships and units."

Capt(N) O'Donohue will soon retire after completing 25 years of service.

Before taking on the role of Deputy Commander, Capt(N) O'Donohue commanded HMCS *Calgary* from July 2020 to April 2022. During this time, he received a Chief of Defence Staff Unit Commendation for successfully executing maritime interdiction operations in

the Gulf of Oman, breaking two international records for the seizure of illicit narcotics.

Cdr Patchell's last posting was as commanding officer of HMCS *Ottawa*. In 2023 he led the ship on its deployment to the South China Sea in fulfillment of Canada's Indo-Pacific strategy. In his welcome message, Cmdre Mazur marveled at his new deputy's experience as a ship's commander.

"You bring a currency to the leadership team and have a great understanding of how to bring a team together during deployments," said Cmdre Mazur. "I am looking forward to your leadership because I know you are an empathetic leader, a good tactician and thinker, and have a lot of acumen."

Cdr Patchell said the pillars of his military values include loyalty, integrity, courage, excellence, inclusiveness and accountability; these have guided him well throughout his career and would continue to influence his decision making in his latest posting.

Commander Sam Patchell

Born in North Vancouver, Commander Patchell joined the Canadian Armed Forces in 2001 and completed his Naval Warfare Officer Training at HMCS *Venture* and later earned his Bridge Watch-keeping and Naval Officer Professional Qualifications (NOPQ) aboard HMCS *Charlottetown*.

Key deployments during his career include his time aboard HMCS *Athabaskan* as Deck Officer where he participated in Operation *Hestia*, Canada's response to the 2010 earthquake in Haiti. As HMCS *Vancouver* Operations Room Officer, he deployed on Operation *Mobile*, Canada's 2011 Military Intervention in Libya.

In 2018, he and his family moved to Pyeongtaek, South Korea, where he served as Executive Assistant to the Deputy Commander, United Nations Command.



Captain (Navy) Mark O'Donohue, outgoing Deputy Commander of Canadian Fleet Pacific.



Commodore David Mazur, Commander Canadian Fleet Pacific.



Commander Sam Patchell, incoming Deputy Commander of Canadian Fleet Pacific.



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

Facebook: LookoutNewspaperNavyNews Instagram: LookoutNavyNews

THE LOOKOUT TEAM

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 Lairdproduction@lookoutnewspaper.com
Leslie Eaton.....250-363-3127
.....leslie.eaton@lookoutnewspaper.com

ADMINISTRATION AND ACCOUNTS

Andrea Modesto250-363-3127
.....Andrea.Modesto@forces.gc.ca

ADVERTISING

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

EDITORIAL ADVISORS

Lt(N) Wilson Ho250-363-4006
Ashley Evans250-363-7060

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.

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

Circulation: 4,000 plus online engagement per week

Follow us on Facebook and Instagram
to join our growing social media community.

A Division of Personnel Support Programs

Web: www.lookoutnewspaper.com

Fax: 250-363-3015

Canadian Mail Product Sales Agreement 40063331



www.LookoutNewspaper.com



PTSD Dreams and Trauma

Thomas Goenczi

Lookout contributor

Throughout human history, dreams have always had a glow of mystery or luminosity. The first recorded dream dates back about 5,000 years to ancient Mesopotamia and Egypt. During this era, dreams were perceived as messages from the Gods; some were viewed as prophetic. For example, in the oldest piece of written literature – The Epic of Gilgamesh, written approximately 4,000 years ago – characters use dreams as the basis for foreseeing future events, as well as motivation to fulfil something bigger than themselves.

Moving forward in time, the Greeks (1200-100 BC) and the Romans followed a similar thread of thought, understanding that dreams can be used to gain insights into their subconscious mind and potentially into the future. The renowned Greek physician Hippocrates was one of the first recorded medical physicians to use dreams to diagnose and treat ailments and diseases. In his work (*Regimen IV or Dreams*) he pointed out that dreams can reveal information about the body's state and provide insight into the overall health of the individual.

Throughout the Middle Ages (500-1500 AD), dream interpretation was in the hands of the clergy. The Catholic Church believed dreams were divine guidance and would look to dreams to acquire messages. This shifted when secularism became more

accepted during the Age of Enlightenment (1500-1800 AD) with philosophers such as Descartes and Kant utilizing dreams to understand the human mind.

This way of thinking gave way to the birth of psychology, and the scientific study of the human condition. From the outset, Freud and Jung understood dreams as a way to access the unconscious mind and become aware of one's psychological blind spots. This brings us to today, where dreams are being used in a variety of ways for therapeutic and spiritual purposes.

Dreams often feel like thoughts. They come into our awareness and quickly flee out of our capacity to recall them. There; and, gone. However, there are dreams that stick with us for a lifetime, unshakable. Sometimes they occur after something utterly devastating happens to us. It might not be at that moment, it may not even be months from then, but it may bubble up out of our unconscious when we least expect it...

Not all recurring dreams or nightmares are related to a trauma, because that would devalue the word and its meaning. However, when there is a recurring theme there must be some inquiry about why this may be surfacing. It makes sense to at least consider what it means. If we don't give it at least some attention, then we would be doing a disservice to ourselves.

Traumatic dreams often appear as nightmares; those dizzying and frightening dreams that at the very least give us an unsettling feeling when we wake up.

However, sometimes trauma-based dreams can be a little more deceptive to interpret.

Nevertheless, some common themes are often present in trauma-based dreams. One of them is being chased or stalked by an intense force or presence. We try and hide, but it seems there's nothing we can do to evade the feeling that something is after us.

Another common theme is falling. A survey found that 54 per cent of people have had this experience in their dreams. It can indicate that something is freefalling in your life, out of your control and there's uncertainty on when it is going to end.

Another common theme is seeing people from past trauma. This may be obvious on the surface, but dreams are based on the individual. For instance, if you see someone in your dream who was a bystander in the event, it may suggest that you may be still a bystander to your trauma.

Dreams have been used for millennia to gain insight and process our psychological condition. They can garner a deeper understanding of ourselves, and help unlock ourselves from the stagnating trauma.

Thomas Goenczi is an RCN Veteran and MA Clinical Counsellor with a 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



22ND COMMAND CHIEF PETTY OFFICER OF THE RCN

'Consistent, trustworthy' CPO with West Coast connections tipped for top NCM job

Peter Mallett
Staff Writer

A seasoned Chief Petty Officer 1st Class (CPO1) with strong ties to the Pacific Coast bristles with optimism over his next posting as the Royal Canadian Navy's (RCN) senior Non-Commissioned Member.

With 28 years of experience in Canada's military, CPO1 Pascal Harel will become the 22nd Command Chief Petty Officer of the RCN following a Change of Appointment Ceremony this month in Ottawa. His new responsibilities include providing the commander of the RCN with the perspective of non-commissioned sailors and acting as a liaison with senior leadership and the RCN commander.

"This is very exciting for me as I will be going back home to the RCN where I will be directly helping sailors," said CPO1 Harel. "This is the ultimate non-commissioned position in the RCN where I influence policy to enhance the life of our sailors."

His last two postings since 2022 were at Department of National Defence (DND) headquarters in Ottawa where he worked as Director General Military Careers Chief, and most recently, Professional Conduct and Culture

Command Chief for all three branches of Canada's military. During a Change of Appointment Ceremony on July 11, he will replace CPO1 Tom Lizotte as the Navy's Command Chief Petty Officer.

CPO1 Harel already enjoys a close working relationship with CPO1 Lizotte and fully understands the importance of his new position.

"I will represent the sailors and to do this effectively, I need to stay close to them and communicate and engage with them often," said CPO1 Harel. "I will also need to understand the needs of the leadership team and Vice-Admiral (VAdm) Angus Topshee, Commander of the Royal Canadian Navy, to effectively advise him on a sailor's needs while also comprehending how the RCN operates at the strategic level to provide accurate and proper advice on improving conditions for sailors."

CPO1 Harel joined the Navy in 1996 at the age of 19, first working as a boatswain before switching to the electrician trade at the end of his basic training. He spent most of his career on the West Coast, spending many of his years aboard HMCS *Regina*, where he was deployed to the Persian Gulf, and also HMCS *Protecteur*, RCN's former supply ship. He also worked as an instructor at Naval Fleet School (Pacific), serving as Career Manager for the roll-



Chief Petty Officer 1st Class Pascal Harel

out of the Marine Technician (MarTech) trade. He was a Coxswain aboard HMCS *Yellowknife*, HMCS *Edmonton* and HMCS *Winnipeg*. Throughout his career, he completed seven deployments along with several iterations of *Rim of The Pacific* (RIMPAC), and Operations *Caribbe* and *Wesplay*. His last posting in Esquimalt was Unit Chief of the Personnel Coordination Centre (PCC) in 2022. He also served in a supervisory role at Fleet Maintenance Facility (FMF) Cape Breton, Base Administration and the Sea Training Division.

A Canadian Forces General Message said CPO1 Harel was chosen for the job for being 'objective and consist-

ent' throughout his career. On March 12 in an official communication VAdm Topshee introduced CPO1 Harel as the RCN's 22nd Command Chief Petty Officer.

"Your appointment reflects your significant contributions to both the CAF [Canadian Armed Forces] and RCN," said VAdm Topshee. "As my senior non-commissioned advisor on all issues concerning the welfare and service of our sailors, defence team members and families as well as RCN culture and our readiness to fight, I know that you will embody the CAF ethos, lead by example and exemplify the high level of trust, which our members deserve."

Online Navy News: www.LookoutNewspaper.com

WESTSHORE U-LOCK MINI STORAGE

MILITARY
DISCOUNT
OFFERED



selfstorage.ca

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

1621 Island Highway, 250-478-8767



Full Selection
of High Quality
Bedroom Furniture

www.ZEDSBEDS.ca

Hey Sailor...

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



50%-80% OFF RETAIL

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



FREE PARKING AROUND BACK

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

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



Runners vie for position as they near the halfway point.

Captain (Navy) Kevin Whiteside, CFB Esquimalt Base Commander, was an enthusiastic participant.



A PSP staffer tries his boxing and ballet moves during the pre-race warmup.



Sheena Finkbiner, Lt(N) Lindsey Bookham and Malia Copley strike a pose with PSP staff while wearing pride colours ahead of warmups. Photos: Peter Mallett/Lookout Newspaper



A runner gives the all-thumbs-up sign.



Top three finishers, Lt(N) Rodney Newcombe (3rd place), Matt Carlson (1st place) and Lt(N) Adrian Thow (2nd Place) celebrate their impressive times.



FORMATION 5K RAISES THE RAINBOW FLAG

Peter Mallett
Staff Writer

Military members and civilian staff who ran June's Formation 5K race did so with pride.

Over 200 runners set off from Y-Jetty at 8:30 a.m. on June 28, running a loop through the streets at Naden and Dockyard in the Victoria Pride Week themed event. While organizers from Personnel Support Programs (PSP) handed out rainbow pride flags along with water and snacks during warmups at the starters table, a handful of participants went a step further and donned rainbow-colored attire to celebrate the occasion.

Among the most colourful of runners in the crowd was Lieutenant (Navy) Lindsey Bookham of the PSP Fitness Cell. She took part in the run dressed in rainbow-colored costume alongside two of her civilian friends, Malia 'Chastity' Copley and Sheena 'Charlie Chapstick'

Finkbiner, also in colorful costume and makeup. All three perform in drag shows with local dance studio Passion and Performance and each said they jumped at the chance to wear costume for the Formation 5K.

"Having a pride-themed run is a very visible way to promote and celebrate pride," said Lt(N) Bookham who goes by the stage name 'Java the Butt'. Copley shared in the sentiment, adding that it's 'very cool' the military is showing such great support and promoting pride.

Captain (Navy) Kevin Whiteside, CFB Esquimalt Base Commander, was also among the participants.

"The Defence Team is really a cross-section of Canadian society, and our mission is all about celebrating and encouraging diversity within the formation. It's great to have Pride Week celebrations as part of this popular athletic event," said Capt(N) Whiteside.

Organizers say the Pride theme component was an effort to promote inclu-

sivity and support Pride initiatives taking place for Victoria Pride Week (June 27 to July 7), says Kiana Deland, one of Fitness and Sport Instructors who oversees the monthly Formation 5K.

Matt Carlson, Base Public Affairs Projects Officer, was first to cross the finish line and pumped his fists in triumphantly after clocking in with a time of 16:44. He was followed by Lt(N) Adrian Thow (17:38) and Lt(N) Rodney Newcombe (18:08).

Carlson, who has won the Formation 5K several times over the past ten years said it felt great to win the first Formation 5K pride run.

"Having a pride run is a great fit for the Base and its objectives of providing a welcoming and inclusive environment for military members and employees," said Carlson.

The Formation 5K run focuses on increasing engagement and focusing on esprit de corps and teambuilding across the formation. The run occurs on the last Friday of every month, rain or shine.

FORMATION RUN STATS

1st	16:44	Matt Carlson
2nd	17:38	Lt Adrian Thow
3rd	18:08	Lt(N) Rodney Newcombe
4th	19:07	S1 Kyle Reyes
5th	19:47	Felix Zhang
6th	19:53	S1 Amanda Polus
7th	20:14	S3 Jonathan Martel-Trombley
8th	20:42	S3 Matthew Thomson
9th	21:45	S3 Steven Bran
10th	21:46	MCpl Justin Roper

MARK YOUR CALENDAR!

Public Service Pride Network Social Event
Tues 9 July 4:30 p.m. – 7:30 p.m.
Vancouver Island Brewery
All Public Service 2SLGBTQI+,
Allys and Friends Welcome!
Contact colin.lussier@forces.gc.ca for info.

DTPAO Invites You to Walk With Them in the Victoria Pride Parade on 9 July.

For details contact
michele.newman@forces.gc.ca

HAPPY PRIDE!

Runners gather at the start line while a PSP staff member starts the count-down.



ROYAL CANADIAN NAVY MOVES INTO SECOND YEAR OF Naval Experience Program

DND

Last spring, the Royal Canadian Navy (RCN) embarked on a new initiative, the Naval Experience Program (NEP), aimed at reimagining how we attract, recruit, and train new sailors, and the first cohort of the program enrolled in June. The program has now reached the end of its first year. As the RCN moves into the second year of NEP, RCN leadership is hopeful that the program will continue to attract enthusiastic new recruits to the Navy.

"We hope the honest feedback of NEP sailors who have decided to join our fleets, other elements of the Canadian Armed Forces, or even leave the Navy and return to their civilian lives will inspire other Canadians to give the programme a try," said Rear-Admiral Christopher Robinson, RCN Assistant Chief of Naval Staff, Personnel and Training.

NEP has three main objectives: attract and enroll, provide training and occupation exposure, and retain as many participants as possible into full-time naval service. Over the past year, NEP sailors have delved into life in the Navy, experiencing both the challenges and rewards of a naval career. Now, they stand at the threshold of their decision, contemplating whether to embark on a long-term naval career with the RCN.

The most common naval occupations requested by NEP sailors are Weapons Engineering Technician, Naval Electronic Sensor Operator, Naval Combat Information Operator and Sound Navigation and Ranging (SONAR) Operator. Next in popularity are the Marine Technician and Boatswain occupations.

NEP is meant to provide participants with hands on experience and training opportunities. Examples of program activities during the first year that helped participants decide whether a career in the Navy was right for them included: deploying on

HMC Ships while on international operations and exercises, supporting naval occupational training onboard RCN vessels and participating in RCN ceremonial events.

Implementing such a unique program is not without challenges. During the rollout of the program, concerns were raised about incorporating NEP sailors into existing training programs, knowing there are current sailors awaiting career training and qualifications. Training for current members has not been delayed by NEP. Ultimately, the goal of NEP is to bolster our naval force, a shared priority for all members of the RCN.

Transitioning into year two of NEP, the RCN is taking lessons learned from year-one into account and adjusting the program. Some elements the RCN will action include the continuous enrollment of applicants into the program; streamlining the occupational selection process to potentially include trades belonging to other operational environments; and further exploration of naval experiences which will offer the most value to both NEP sailors and non-NEP sailors awaiting training.

Canadians and permanent residents who are interested in learning more about NEP can reach out to their nearest Naval Reserve Division, Canadian Forces Recruiting Centre to find out more, or start an application online at Naval Experience Program - Canada.ca.

Preliminary data indicates that 74 per cent of the inaugural cohort of NEP participants have opted to stay in the Canadian Armed Forces (CAF) after their one-year engagement. A more comprehensive analysis of retention data will be available in the fall of 2024, following the completion of a larger cohort's one-year engagement. Encouraged by these findings, the RCN will continue enrolling sailors in the program to address personnel shortages within regular force Navy non-commissioned member occupations.



STORIES FROM FIRST YEAR NEP PARTICIPANTS

Royal Canadian Navy

It's been one year since the first participants joined the Naval Experience Program (NEP) and now they are sharing their stories and deciding whether to stick with the Navy or move on.

"I joined the Naval Experience Program because my dad, a Chief Warrant Officer, told me about the program after talking to Royal Canadian Navy (RCN) Chiefs," said Emma Duncan, now a Sailor 3rd Class (S3) from Winnipeg, Man. "The opportunity to explore the Navy without a long-term commitment was too good to pass up. Serving Canada like my father and brother felt like the biggest honor."

S3 Duncan's experience has been fulfilling, she said, from participating in the Battle of the Atlantic Ceremony to being part of the Honor Guard for HMCS *William Hall's* commissioning.

The NEP offers a taste of life in the Navy, letting people try different roles to see if they want to make it a career. But even in the short term, adapting to life in the Navy comes with its challenges. S3

Duncan noted that being away from home has been the hardest part.

"I am very family-oriented, and not being able to have dinner with my family every night has been tough," she said.

Luckily, the sense of camaraderie helped her overcome this challenge.

"The Navy is like one big family," she said. "I have made lots of friends here in Halifax, and we spend a lot of time together, making it feel like home."

For S3 Ulia Wahn, a participant from Brandon, Man, the most significant challenge was adjusting to the fast-paced environment during a three-week sail on HMCS *Charlottetown*.

"I found myself lagging behind the qualified sailors, hesitant because of the fast-paced environment. It was challenging, but asking questions and taking one step forward helped me find my confidence," said S3 Wahn.

"I got to participate in the crossing the line ceremony, work with the aircrew, and even sit in the Cyclone's cockpit," said S3 Duncan, recalling her three-week sail aboard HMCS *Charlottetown* during

Operation *Reassurance*.

S3 Wahn's most memorable experience was crossing the Arctic Circle in HMCS *Charlottetown* and participating in the King Neptune ceremony.

Both S3 Duncan and Wahn plan to pursue full-time careers in the Navy. S3 Duncan has signed on as a Sonar Operator, excited about the adventures and opportunities that lie ahead. S3 Wahn, too, looks forward to a long-term naval career, valuing the sense of community and the skills she has gained.

As of June 2024, approximately 1,459 individuals applied to the NEP; 179 sailors have been successfully enrolled, surpassing the initial goal of 144, demonstrating a promising start for NEP. Over 500 applicants are currently in various stages of the recruitment process. Of the first group of NEP participants completing their one-year engagement, 74 per cent have chosen to embark on a career with the Regular Force. The RCN will have more detailed data in the fall of 2024, as most current NEP participants complete their one-year engagement.

We Salute Our Fleet

98.5
OCEAN

TM

Now open for submissions: Support Our Troops national scholarships program

The Support Our Troops national scholarship program is now open for applications until July 18.

Made possible through the generosity of Support Our Troops donors, the National Scholarship Program helps military family members pursue their academic dreams.

Due to the unique circumstances of military life, funds for pursuing post-secondary education can be a barrier for

Canadian Armed Forces families. The National Scholarship Program works to alleviate some of those barriers.

Successful applicants can receive up to \$5,000 towards the cost of their tuition.

To find out if you or someone you know is eligible and apply today visit: National Scholarship Program - Support Our Troops.

Applications close Thursday, July 18, at 5PM (EST).

Support Our Troops is the official charitable cause of the Canadian Armed Forces. It is administered by Canadian Forces Morale and Welfare Services (CFMWS).

Support Our Troops provides direct financial support and assistance to CAF members, veterans and their respective families in a number of important and often life-changing ways that are not provided by core public funding.

To find out more about their work, visit the Support Our Troops page at supportourtroops.ca or email scholarships@cfmws.com for details.



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



\$1,119,000 • 180 Caspian Dr. Royal Bay


4 Bedroom in Royal Bay
Lovely bright 4 bed 4 bath home in Royal Bay's new seaside community. Double garage with access off private lane, steps to parks, shopping and schools. Fully fenced yard for your pets and children.

Take the Virtual Tour!
bit.ly/4aue646

Call Shelly Reed Direct 250-213-7444

Sutton
WestCoast Realty
You've found a home

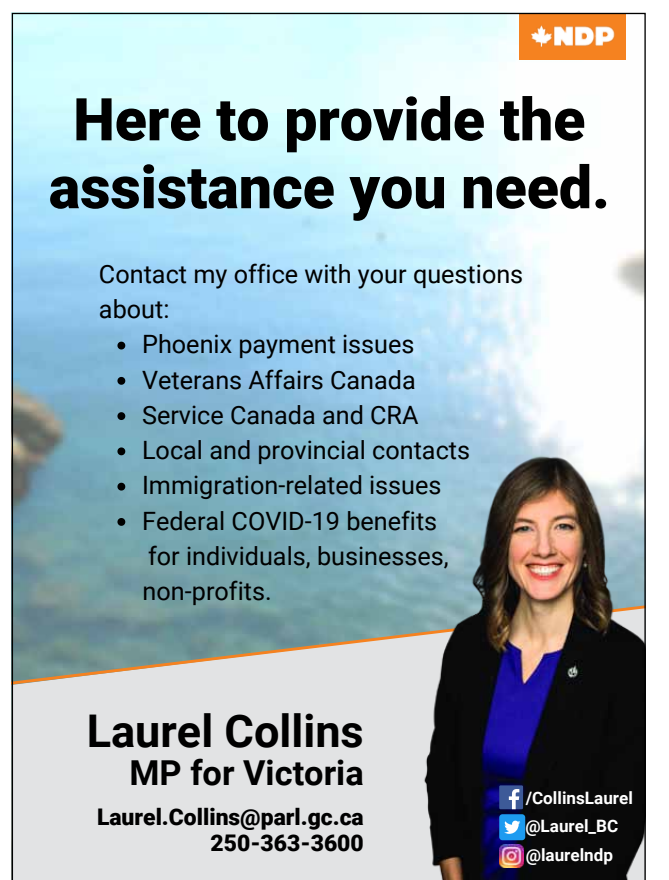
Sutton Group West Coast Realty
103-4400 Chatterton Way
Victoria, BC



Do you have the 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



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)
[@LaurelNDP](https://www.instagram.com/LaurelNDP)

CROSSWORD

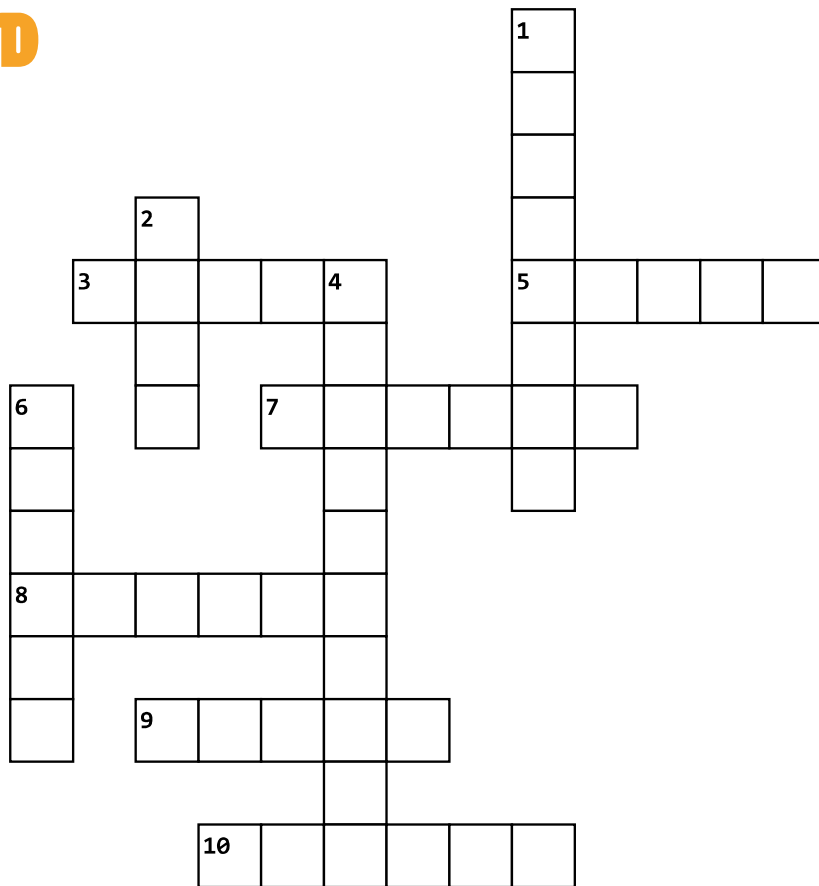
HARD

ACROSS:

- New class of ships. (5 letters)
- RCN flagship (5 letters)
- The exercise HMCS *Vancouver* is deployed on. (6 letters)
- Five minutes before Taps. (6 letters)
- Ammunition Depot and name of a local RCN celebrity/influencer. (5 letters)
- 443 Squadron designation during the Second World War. (6 letters)

DOWN:

- Vertical walls within the ship. (8 letters)
- Defensive weapon system against incoming missiles and aircraft. (4 letters)
- A shower stall. (10 letters)
- Name of the Fleet Maintenance Facility in Esquimalt. (6 letters)



CLASSIFIEDS

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



Haven
PREGNANCY SUPPORT CLINIC

Providing holistic support
for sexual health and
unexpected pregnancies

250-380-6883

info@havenpsc.ca

havenpsc.ca

#112 - 826 North Park Street
Victoria, BC, V8W 3B4

FOR RENT

SUITE 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. \$2,200/month furnished or \$2,000/month unfurnished. Utilities and wi-fi included. Contact Max by text 613-449-2836 06/10

3 BEDS 1 BATH - \$2850/MONTH - 1 year lease - Saxe Point border of Esquimalt. MUST SEE! Move In Ready! Technically a 3-bedroom but one room is quite small, could be used as an office. Family friendly walk-up offering 2 levels, newly updated. Bedrooms and bathroom located upstairs, kitchen, dining/living room and storage on main floor. Sunny & bright open main living with full private quiet deck. Shared laundry, secure bike and kayak storage, 1 parking space. NON SMOKING, NO DOGS. For details call 778-888-9927 9am-6pm.

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 06/03

**WANT TO RENT / BUY / SELL
ANNOUNCE SOMETHING?**

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



Commander Jeremy Samson, Commanding Officer of HMCS Regina, presented awards and promotions while at sea on May 22.

Photos: Sailor First Class Brendan McLoughlin, MARPAC Imaging Services



Commander Jeremy Samson (right), Lieutenant (Navy) Delaney Macphee (left), Sailor 1st Class Alexandra Healy (third from left) promote Sailor 1st Class Christopher Nemeth to current rank.



Petty Officer 2nd Class Grant Macdonald receives Canadian Forces Decoration for 12 years of service.



Sub-Lieutenant Nauris Nikans receives Special Service Medal.



Sailor 1st Class Nickolas Ratt receives Special Service Medal.



Sailor 3rd Class Campo receives Operational Service Medal - Humanitas.



Commander Jeremy Samson (right) and Lieutenant (Navy) Daniel Presseau (left) promote Sailor 2nd Class Johns to current rank.



Commander Jeremy Samson (right) and Lieutenant (Navy) Gordon Dupuis (left) promote Sailor 1st Class Yang to current rank.



Commander Jeremy Samson (right) and Petty Officer 2nd Class Grant Macdonald (left) promote Sailor 2nd Class Campo to current rank.



Commander Jeremy Samson (right) and Lieutenant (Navy) Daniel Presseau (left) promotes Sailor 1st Class De La Torre to current rank.

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

Ask about **BG Protection Plan***
Where Dependability and Trust are a Priority...

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

Winner "2014 2nd PLACE" BEST OF THE CITY AWARDS Black Press

BBB B.C. GOVERNMENT DESIGNATED INSPECTOR FACILITY

Castrol WALKER HANKOOK

* under 80,000 km

the **LOOKOUT**
NEWSPAPER & PUBLISHING

Breaking News • Back Issues • Articles • Classifieds
www.LookoutNewspaper.com

Maritime Pacific Honours and Recognition Ceremony



Awards were presented by Lieutenant Governor of British Columbia, The Honourable Janet Austin and Rear-Admiral Christopher Robinson, Commander Maritime Forces Pacific, at Government House on 30 May.

Photos: Corporal Tristan Walach, MARPAC Imaging Services



Lisa deWit receives the Eagle Feather award.



Warrant Officer Genevieve Girard receives Commander in Chief Commendation.



Lieutenant-Commander Jordan Thwaites receives Comd CJOC Commendation.



Tracy Cornforth receives CRCN Commendation.



Sailor 3rd Class Chase Olsen receives CRCN Commendation.



Lieutenant-Commander Sebastian Harper receives CRCN Commendation.



Lieutenant-Commander Sebastien Harper receives Comd CJOC Commendation.



Petty Officer 2nd Class Stephen Rownd receives Comd CJOC Commendation.



Lieutenant (Navy) Nicolas Hull receives MCC Certificate of Achievement.



Petty Officer 1st Class Joshua Mollins receives MCC Certificate of Achievement.



Petty Officer 2nd Class Lindsay Maybury receives MARPAC Bravo Zulu.



Mary-Ellen Clark and Frank Jeffrey receive MARPAC Bravo Zulu.



Petty Officer 2nd Class Jeffrey Horan receives MARPAC Bravo Zulu.



Corporal Cory McMillan receives MARPAC Bravo Zulu.

Group | Auto Centre

\$500 ADDITIONAL SAVINGS FOR MILITARY MEMBERS

• NEW CREDIT • NO CREDIT • BAD CREDIT • NO PROBLEM
CASH BACK OPTIONS AVAILABLE • UP TO 3 MONTHS NO PAYMENTS



2021 Chevrolet Silverado 1500 LTZ
Rare Duramax! | Leather Seats | Power Running Boards
79,193km
Was: \$61,957
Save: \$6,957
\$55,000



2022 Dodge Durango GT
Sunroof | Tow Package | 2nd Row Captains Chairs
64,644km
Was: \$46,998
Save: \$3,137
\$43,861



2023 Volkswagen Golf GTI 40th Anniv.
Heads-Up Display | Apple CarPlay & Android Auto
3,036km
Was: \$39,998
Save: \$2,500
\$37,498



2023 Ford Escape Plug-In Hybrid
No PST | Back Up Camera | Apple CarPlay & Android Auto
6,429km
Was: \$45,998
Save: \$7,206
\$38,792



2017 Hyundai Elantra GT GL
Bluetooth | Backup Camera | Heated Seats
104,600km
Was: \$17,998
Save: \$4,000
\$13,998



2014 Honda Civic Sedan LX
Keyless Entry | Power Windows | Air Conditioning
102,825km
Was: \$15,998
Save: \$1,998
\$14,000



2017 Ford F-150 Lariat
Twin-Panel Moonroof | 3.5L V6 EcoBoost Engine
95,294km
Was: \$40,998
Save: \$1,000
\$39,998



2018 Audi Q3 Progressiv
Leather | Moonroof | Backup Camera | Navigation
78,124km
Was: \$30,998
Save: \$4,000
\$26,998



2017 RAM 3500 Laramie
Long Box | 8.4" Touchscreen | Spray In Liner | 6 Passenger
83,128km
Was: \$55,998
Save: \$3,117
\$52,881



2013 Ford Edge SEL
Leather | Sunroof | Heated Seats | Backup Camera
97,402km
\$15,998



2021 Ford Ranger XLT
FX4 Off-Road Pkg | Tow Pkg | Remote Start | Rear Slider
34,280km
\$43,998



2015 RAM 2500 Outdoorsman
8.4" Inch Screen | Power Seat | Backup Camera | Skid Plates
199,659km
\$24,998

WE BUY PRE-OWNED VEHICLES!

VISIT OUR NEW LOCATION



groupautocentre.com



250-298-6218



1660 Island Hwy, Victoria, BC