

**The Lookout Newspaper will switch to bi-weekly production in August.**

Our last weekly issue will come out on July 29. The next issue will come out on August 12.  
Thank you to our dedicated readers, and catch us online at [www.lookoutnewspaper.com](http://www.lookoutnewspaper.com), Facebook and Instagram!



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

# LOOKOUT

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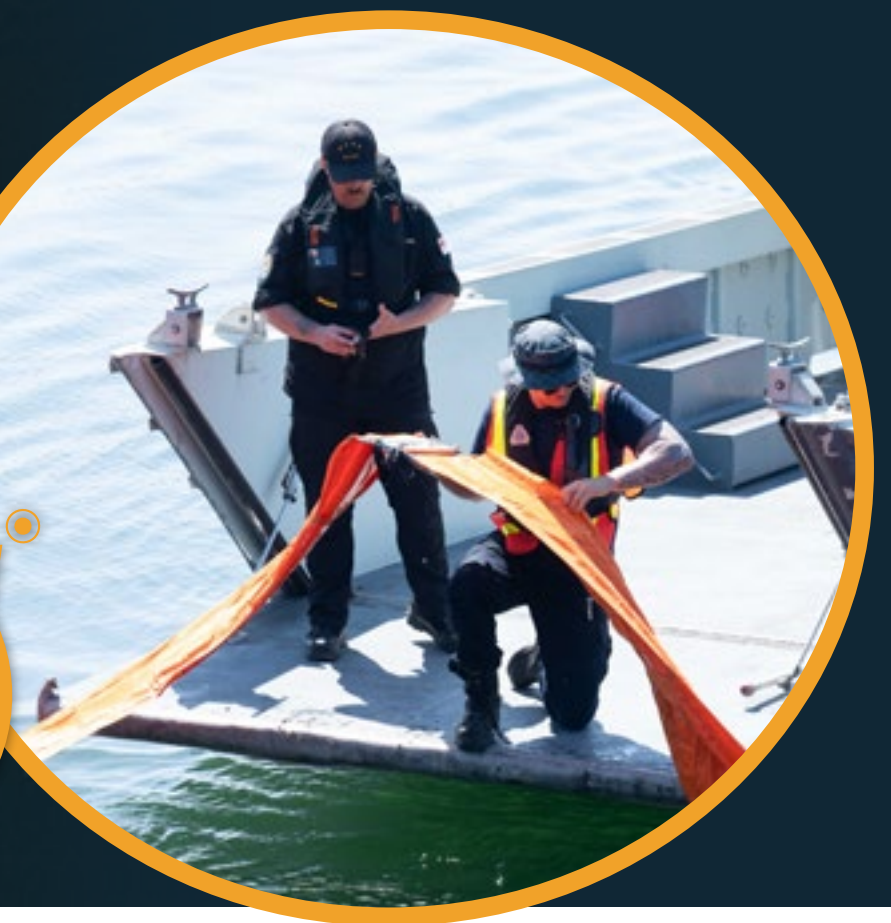


## SPILEX

Read about how CFB Esquimalt is practicing ecosystems protection with rapid spill response on pages 6-7.

Members of the Incident Response Team conduct a spill response exercise (SPILEX) at CFB Esquimalt on July 10.  
Photo: Sergeant Malcolm Byers, MARPAC Imaging Services.

SPILEX 2024 held at F-Jetty, Colwood, CFB Esquimalt.  
Photo: Corporal Jay Naples, MARPAC Imaging Services



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# Sailor of the Second Quarter revolutionizes shipboard living



Commodore David Mazur, Commander Canadian Fleet Pacific, presents Sailor 1st Class Michael Fung with Sailor of the Quarter Coin aboard HMCS Ottawa docked at CFB Esquimalt on July 16.

Photo: Sailor 3rd Class Mckayla Ryce, MARPAC Imaging Services

**Kateryna Bandura**  
Lookout Editor

A groundbreaking initiative by HMCS Ottawa Marine Systems Engineer (MSE) has set a new benchmark for quality-of-life improvements on Canadian warships.

Sailor 1st Class (S1) Michael Fung led a project to install nearly 200 120-volt power outlets in Ottawa's Non-Commissioned Members' mess decks. The initiative has earned him recognition as the Canadian Fleet Pacific Sailor of the Second Quarter.

"It's an honor to get this recognition," said S1 Fung. "As much as I love being the 'gray man', it's important all the work our MSEs put in is recognized."

The project, which took approximately

18 months from conception to completion, has set a new standard for shipboard accommodations. The solution addresses a long-standing frustration among sailors - the lack of convenient electrical outlets for charging personal devices in their living quarters.

The impact of this modification has been immediate and significant. Crew members can now easily charge phones, electric razors, and other devices from their racks, with some even using the outlets for small fans to manage heat in their messes. The improvement has been so well-received it's being considered for fleet-wide implementation.

"This kind of outgoing effort is wonderful. It impacted all onboard HMCS Ottawa

for Operation Horizon 2023 and it's going to have impacts across our fleet, and across the Navy," said Commodore David Mazur, Commander Canadian Fleet Pacific.

Before joining the Navy in 2018, S1 Fung studied to become an electrician, accumulating about 4,500 hours of commercial and residential work experience. His civilian experience proved invaluable.

"Everything was chosen with a focus on a marine environment," he said. "All the cabling is low-smoke and designed with damage control considerations."

S1 Fung procured the necessary components and did the installation during his free time while deployed with a core group of 8 to 12 of his shipmates, primarily electricians. The

installation includes properly grounded robustly installed receptacle boxes, with devices created for industrial environments. The project also required extensive retrofitting of existing structures.

S1 Fung emphasized the project's success was a team effort, crediting the support of his department and chain of command.

"I stand on the shoulders of giants when it comes to getting this award," he said. "It never is just a function of one person... many helped along the way."

The recognition comes with perks including a dedicated parking spot at CFB Esquimalt and consideration for Sailor of the Year. More importantly, it highlights the Royal Canadian Navy's commitment to fostering innovation and improving the quality of life for its sailors.



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# PTSD:

## Why you should track your trauma-based dreams

### Thomas Goenczi

Lookout contributor

There are times when we've woken up and we feel more tired than when we went to sleep. There's a looming sense that we've journeyed through something unsettling in our sleep. Sometimes we are fortunate enough to recall the dream that may have prompted this feeling, and thus an opportunity for self-enquiry emerges.

What makes dreams enigmatic is that it is difficult to nail down their singular and rational purpose. This is because dreams seem to transcend a wide array of usages depending on our lens. For instance, how one uses dreams in a spiritual sense is different from how one uses them in a psychological sense. Even though spirituality does affect our psyche, the methodology and intention to use that dream are distinct, functioning psychologically on a different mechanistic level.

A simple and concise way to understand dreams through a psychological lens is that dreams are symbols and images out of our unconscious. When we are awake, we have two states of being that occur simultaneously: conscious and unconscious. When we go into a state of sleep we are fully in a state of unconsciousness. This is what makes trauma-based dreams so horrifying – can feel like we've travelled through time and found ourselves once again enduring an unprocessed tragedy.

What becomes so troubling is when these feelings of dread, sorrow, and irritation from the dream transcend our sleep and are present the moment we wake up. Most of us try to will these feelings away, suppress them, and get on with our day. This is one way to deal with it, and sometimes it is the only option we think have.

But, what may be another way to deal with a dream shrouded in a traumatic event?

For starters, we have to act with urgency. A good way to feel instantly lighter is to write the dream down, externalize it as best you can right from the beginning to the end.

Writing down a dream of this variety and intensity is a way for us to tend to the psychological flames of our trauma. We know when trauma goes unattended that it spreads like wildfire in all areas of our lives. For a dream to not potentially ruin us for the day, we must get it out of ourselves so we don't ruminate on it, or at the very least, with the writing process we can attempt to contain it.

What can often happen when these dreams occur, is the reopening of many or all of the psychic wounds. The fire has been sparked unbeknownst to us and it has reached a point where we consciously have to confront it.

### Here are some things to keep in mind when writing down a dream:

- Don't worry about grammar or technicalities, let your pen do the writing and don't get in the way. This should almost feel free-flowing;

- Try to capture as much as you can in a linear fashion. A good mentality to have is that of being a journalist of your dreams;

- A dream unfolds much like a story. You want to capture the basics such as the *where* and the *who* as best you can. Then try to grasp what the conflict is; and

- Attempt to include the emotion and the atmosphere of the dream. The mood will shift throughout depending on the images that emerge.

It's important to note that most entries won't be a grandiose literary masterpiece. More likely, they will be two to three sentences in length. Other times, the act of writing will push out more details than originally imagined.

The point of this exercise is not to become engulfed by the blaze of trauma from the very get-go of our day. When we transcribe our trauma-based dreams not only do we begin the processing of it, but we also begin to heal from it. When we work with these dreams steeped in trauma we are creating an internal exposure therapy. The more we get acquainted with these images the less power they will eventually have over us.

*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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# FMFCB's Chief recognized with prestigious award

**Kate Bandura**  
Lookout editor

A decorated leader at Fleet Maintenance Facility Cape Breton has earned one of Canada's highest military honors.

Chief Petty Officer 1st Class (CPO1) Steven Joseph Wist, Operations, Production and Waterfront Management Chief, has been appointed to the Order of Military Merit (OMM), recognizing his exceptional service and leadership in the Canadian Armed Forces.

The announcement came as a surprise to CPO1 Wist.

"I received the call from Rear-Admiral Christopher Robinson and was completely caught off-guard," CPO1 Wist said. "Still in a state of shock, perhaps some confusion and uncertainty, I recall asking, 'Sir, are you pulling my leg?'"

CPO1 Wist's journey began long before his military career, as a member of the Royal Canadian Sea Cadets. This early experience shaped his leadership skills and instilled a confidence that would serve him throughout his career. With over 35 years of service and more than 1,600 sea days across six ships, CPO1 Wist's naval career has been marked by dedication and perseverance.

When asked about his contributions leading to this recognition, CPO1 Wist emphasizes the importance of caring for one's team and lifting them up.

"Treating everyone with dignity and respect helps, putting in many long hours and going on multiple deployments,

and my involvement in my community as both an Ice Hockey Coach and Lacrosse Coach," he says.

The veteran sailor's journey hasn't been without challenges.

"My time onboard my first ship, HMCS *Saskatchewan*, was particularly challenging to the point I once said to myself, 'this will be my last ship ever,'" CPO1 Wist said. However, his experience in commissioning HMCS *Calgary* and first long deployment circumnavigating the globe turned things around and he gave the Navy a second chance.



Regarding the impact he hopes to have, CPO1 Wist emphasizes leadership development.

"I hope those I have led in the past become great

leaders themselves. This to me is truly what I would consider success as a leader," he said.

"I am humbled to have received such recognition and proud to be on the same list as so many exceptional individuals whom have received the OMM in the past, many of which I know personally and consider having had very distinguished careers," he said.

CPO1 Wist is one of five members of the Canadian Armed Forces based in the Greater Victoria area to receive this appointment. The OMM, established in 1972, is the second highest order administered by the Governor General and aims to recognize exceptional service from members of the military. The award was presented to CPO1 Wist at a ceremony at Rideau Hall in Ottawa, Ont on May 24.



CPO1 Wist offers valuable advice to young CAF members aspiring to excel in their military careers.

*"Think long-term, not only of today. You are going to have some great days in the Navy, but also some challenging ones. Get involved in all unit activities and be a reason someone smiles each day! When you eventually land a leadership role, your primary concern should be the development of your subordinates, not your own career progression."*



## COME OUT AND PARTICIPATE: WALK, JOG OR RUN!



### July Formation 5K

**When:** ...Friday, July 26

**Where:** ...Top of Y-Jetty near the security gate @ CFB Esquimalt

**Time:** ...Warm-up: 0820 hrs  
**Start time:** 0830 hrs

PSP will publish the top 10 participants following results from the run:

Please be aware, runners will need to bring their Military/DND Identification to the Fleet Run and have it on them during the run for re-entry into the gate

Any further questions please contact:  
Formation Run OPI Kiana Deland  
kiana.deland@forces.gc.ca  
or scott.allison@forces.gc.ca



## It's brake time!

The corner of Nelles Street and Ontario Drive got a safety boost this week with the installation of a new stop sign and fresh paint for the crosswalk!

Photo: CFB Esquimalt Instagram  
@cfb.bfc.esquimalt



# BACKCOUNTRY BASICS

A Presentation by Parks Canada

Brought to you by the MHWS Active Living Working Group



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An amazing part of spending time in nature is experiencing wildlife in their natural habitat. In this 90 minute program, a Parks Canada team member will explore tips on safely viewing animals while keeping a respectful distance. You'll also discover how easy and enjoyable backcountry camping can be as you learn how to properly pack a backpack and which essential items to bring with you!



Wed July 24th  
1000 - 1130

MSE Div Theatre  
92 Naden Room 113

# DND fine-tuning fuel spill response

**Peter Mallett**  
Staff Writer

Teamwork and communication became key elements in an Environmental Emergency fuel spill exercise on July 10.

The scenario, led by the Environmental Protection Office, involved a refueling operation of HMCS *Nanaimo* which resulted in a simulated large spill of marine distillate (diesel) into the waters of Esquimalt Harbour. While no fuel entered the water during the exercise, the personnel focused specifically on the response and rapid deployment of fuel spill equipment and communication between first responders and coordinating efforts.

Over 20,000 feet of oil booms and equipment, including a fuel skimmer and absorbent pads, were deployed by the Kings Harbour Master (KMH) vessels around *Nanaimo* and

the jetty in efforts to protect environmentally vulnerable ecosystems within the harbour, including Inskip Island, Richards Island, Plumper Bay, Thetis Cove, Dunn's Nook, Limekiln Cove and Mill Bay.

The exercise aimed to increase preparedness of personnel and equipment in the event of a real-life spill of fuel or hazardous substances in Esquimalt Harbour, says Tracy Cornforth, CFB Esquimalt Formation Environment Officer.

"The exercise was an excellent opportunity to test our system and reflect on what worked well. Our response was excellent, quick and efficient, and the equipment, teams and communications functioned as intended," Cornforth said. "Even so, we learned a lot, and follow-on discussions will help to iron out questions that came up during the exercise."

This exercise is important as it is not only required by [Government of Canada] regulations, but it helps protect

the environment and people by adequately preparing for, responding to and recovering from an emergency at the facility."

The fueling facility, located a short distance from F-Jetty, holds approximately 21-million liters of diesel used to power vessels of the Pacific Fleet. Considered a high-risk location, it falls under CFB Esquimalt's Base Emergency Response and Environmental Emergency plans and requires a full-scale emergency exercise every five years.

In these types of events, communication and collaboration is key, says Cornforth. During this exercise, there was a on-scene team making coordinated decisions led by Lyle Fairley, Port Operations and Emergency Services Branch Marine Environmental Emergency Response Officer and Incident Commander. An emergency operations centre was stood up at the Fire Hall where key staff supported the on-scene team

and communicated with external groups such as regulators and neighbouring Indigenous communities.

"We assume that everyone will understand what their role is in an emergency and things will run according to plan but if people don't practice, they forget what to do," Fairley said.

Both Cornforth and Fairley acknowledge that emergency plan documents and tabletop discussions spelling out precise timelines and scenarios differ greatly from real-life situations where things seldom go according to plan. The exercise experienced a big setback early in the day with the delay of the cold move of *Nanaimo* to F-Jetty by a KMH tug, which resulted in a domino effect, delaying other key components of the scenario.

The exercise involved approximately 50 military members and civilian staff from 14 CFB Esquimalt units, and collaboration with Government of Canada agencies.

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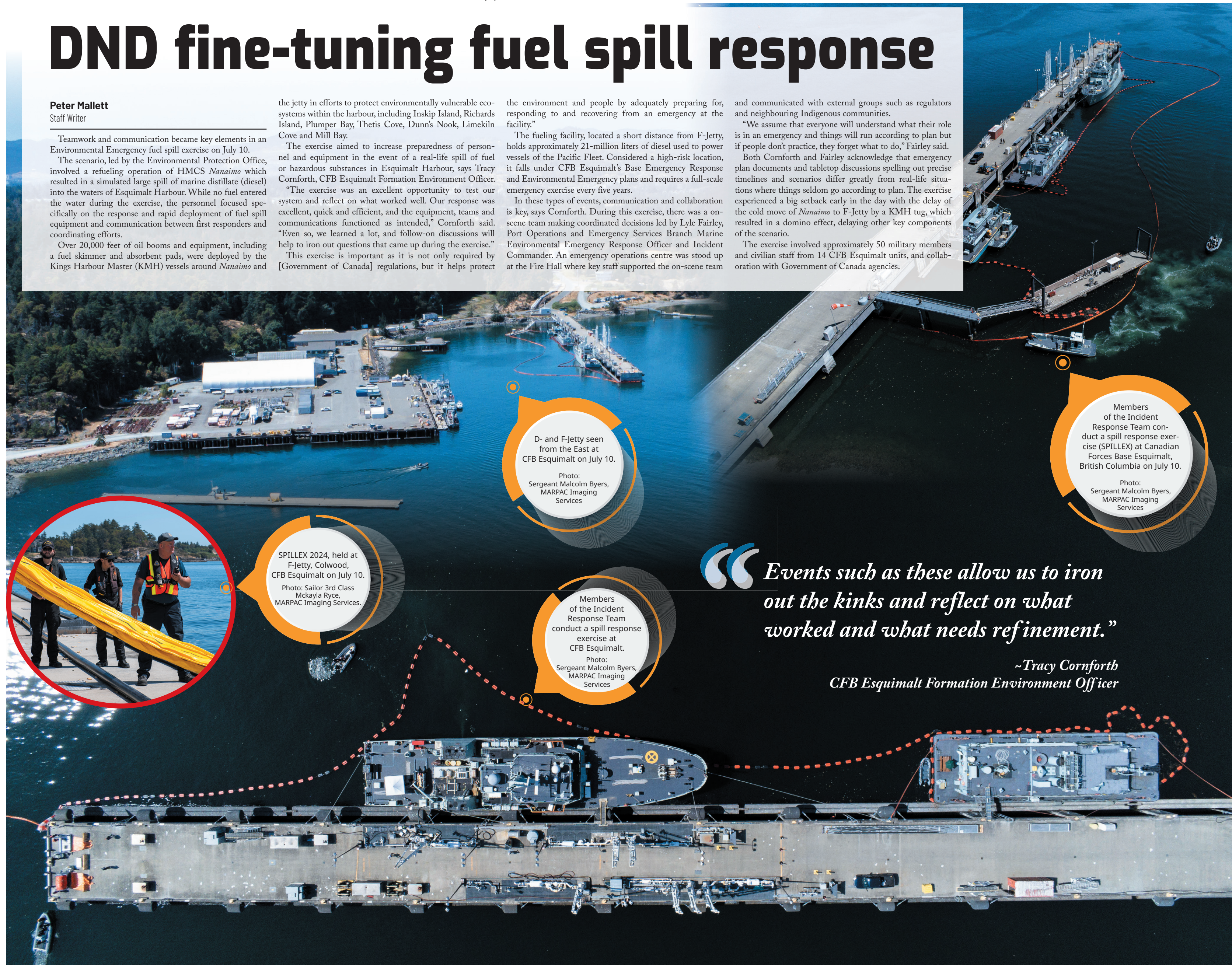
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D- and F-Jetty seen from the East at CFB Esquimalt on July 10.  
Photo: Sergeant Malcolm Byers, MARPAC Imaging Services

Members of the Incident Response Team conduct a spill response exercise (SPILLEX) at Canadian Forces Base Esquimalt, British Columbia on July 10.  
Photo: Sergeant Malcolm Byers, MARPAC Imaging Services



SPILLEX 2024, held at F-Jetty, Colwood, CFB Esquimalt on July 10.  
Photo: Sailor 3rd Class McKayla Ryce, MARPAC Imaging Services.

Members of the Incident Response Team conduct a spill response exercise at CFB Esquimalt.  
Photo: Sergeant Malcolm Byers, MARPAC Imaging Services

*“Events such as these allow us to iron out the kinks and reflect on what worked and what needs refinement.”*  
~Tracy Cornforth  
CFB Esquimalt Formation Environment Officer

# Strengthening the Forces

## Safer substance use this summer

Defence Stories

### Did you know that substance use often increases in the summer?

As many of us go on 'vacation mode' and partake in more frequent social gatherings, many more opportunities arise to consume substances such as alcohol or cannabis.

Summer activities such as lounging on patios, golfing, barbecues, music festivals and cottage days are often tied to drinking alcohol, making the season a particularly difficult time for anyone living with substance use.

#### Reduce the risks

Did you know that not only does alcohol increase the risk of sunburn and skin cancer, it also reduces coordination and awareness of your surroundings?

In the summer, the increased consumption of alcohol and other impairing substances is a leading cause of injury and death through drowning incidents, boating accidents, and motor vehicle crashes. Learn about lower-risk guidance on alcohol and cannabis, and talk to your health care provider about any medications you may be taking to ensure it's safe to consume alcohol or cannabis.

Stay hydrated! Drink lots of cool liquids, especially water, and have a variety of non-alcoholic beverages available.

Don't drive, boat or swim under the influence of alcohol or drugs, or when tired. Alcohol, cannabis and other substances impair physical and mental abilities, like judgement, coordination, and reaction time.

#### Boating and summer events and festivals

Just like driving a car, boating under the influence of alcohol or drugs is illegal.

Mixing alcohol and drugs with boating is far more dangerous than you may realize. Fatigue, sun, wind, and the motion of the boat may dull your senses, and alcohol and drugs intensify these effects, leaving you with reduced fine motor skills such as hand-eye coordination and impaired judgement. Many refuse to get into a car with a driver who has had some drinks, so why boat with a driver who has been drinking? Discuss choosing a 'designated boat driver' before hopping onboard. Health Canada has created a list of additional tips to reduce health risks associated with substance use during summer events and festivals.

Lastly, learn how to talk about substance use to reduce the stigma. Regardless of the season, stigma is one of the biggest barriers to people seeking the information they need to make informed choices on substance use and to finding out how to access the help they need. Whether you use substances or not, learning about how to reduce stigma and risks of substance use can help everyone have a safer summer.

While the safest option is to not consume substances, being aware of the risks can help reduce potential harms for yourself or those around you.

## ORANGE MOJITO MOCKTAIL

This Orange Mojito mocktail is an easy-to-make refreshing drink, perfect for summer parties that comes together in minutes. 3 servings.

#### INGREDIENTS

Mint Leaves  
 2 small lemons, cuts into rounds  
 1 cup orange juice  
 ½ cup club soda  
 Ice cubes  
 Sugar, honey, stevia, (optional)

#### INSTRUCTIONS

1. Add mint leaves and lemon rounds in a pitcher.
2. Divide this mixture into serving glasses.
3. Pour freshly squeezed or store-bought orange juice followed by club soda.
4. Top it with ice cubes or crushed ice.
5. Garnish with lemon roundels and serve!

Recipe compliments of the Lookout Staff

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**WHEN:** ..... July 29, 2024  
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**WHERE:** ..... Naden Athletic Centre  
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**WHO:** ..... For women only.

**OPI is Det Vic recruiter Michael Richter**  
[Michael.Richter@forces.gc.ca](mailto:Michael.Richter@forces.gc.ca)

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B A E Y J H G C P G Y G D A S D P L B R  
D X A B E A M C C Z C M R T Q H L H R S  
Q N N X D X U I E I M M K O N W V G Q M  
S N D L B Q I X Z B C G E I G U B Y C B  
K T Z N I U A B Z S D U Y R C X J T U H

**ABEAM**  
**BANYAN**  
**CROWSNEST**  
**DND**

**EVOLUTION**  
**FLANK**  
**GROG**  
**HAYBOX**

**INSHORE**  
**JAMMIE**

## Last Crossword's Answer Key

### Across:

3. New class of ships: RIVER
5. RCN flagship: HAIDA
7. The exercise HMCS Vancouver is deployed on: RIMPAC
8. Five minutes before Taps: TATTOO
9. Ammunition Depot and name of a local RCN celebrity/influencer: ROCKY

10. 443 Squadron designation during the Second World War: HORNET

### Down:

1. Vertical walls within the ship: BULKHEAD
2. Defensive weapon system against incoming missiles and a aircraft: CIWS
4. A shower stall: RAINLOCKER
6. Name of the Fleet Maintenance Facility in Esquimalt: BRETON



## Wow, what a turnout!



“Your local SISIP team was happy to continue our annual tradition of hosting a local BBQ. We appreciate all the support from our partners that helped make this a successful event. This has been a challenging year with our team moving around the base. We appreciate the CAF support and look forward to welcoming everyone to our new space.”



On BBQ duties (left) Spencer Elliot, SISIP Financial Planner, and Ted Noakes, SISIP Financial Services Advisor, Life Insurance, grill up some lunch. Photos provided

# 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

**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. 7/01

### 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

NDP

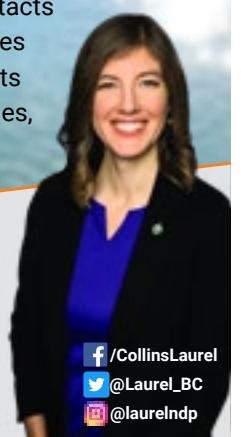
## Here to provide the assistance you need.

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



f /CollinsLaurel  
t @Laurel\_BC  
i @laurelndp



# Congrats Grads!

A graduation parade was held for the Naval Warfare Officer Puncher IV course at the Work Point Parade Square on June 11. Presenting: Commander Landon Creasy, Commander Sea Training Pacific  
Photos: Corporal (Cpl) Jay Naples, MARPAC Imaging Services

**Promotions:**

- Sub-Lieutenant Beaupre
- Sub-Lieutenant Bychkov
- Sub-Lieutenant Comeau
- Sub-Lieutenant Delainey
- Sub-Lieutenant Foxall
- Sub-Lieutenant Gauthier
- Sub-Lieutenant Gilmar
- Sub-Lieutenant Hoffman
- Sub-Lieutenant Loosley
- Sub-Lieutenant Singh
- Sub-Lieutenant Springer
- Sub-Lieutenant Stewart
- Sub-Lieutenant Titchai
- Sub-Lieutenant Trudel
- Sub-Lieutenant Weilgart-Whitehead
- Sub-Lieutenant Williams

**Course certificates:**

- Acting Sub-Lieutenant Autelitano
- Acting Sub-Lieutenant Beaupre
- Acting Sub-Lieutenant Bitar
- Acting Sub-Lieutenant Bychkov
- Acting Sub-Lieutenant Comeau
- Acting Sub-Lieutenant Delainey
- Acting Sub-Lieutenant Foxall
- Acting Sub-Lieutenant Gauthier
- Acting Sub-Lieutenant Gilmar
- Acting Sub-Lieutenant Hoffman
- Acting Sub-Lieutenant Loosley
- Acting Sub-Lieutenant Singh
- Acting Sub-Lieutenant Springer
- Acting Sub-Lieutenant Stewart
- Acting Sub-Lieutenant Titchai
- Acting Sub-Lieutenant Trudel
- Acting Sub-Lieutenant Weilgart-Whitehead
- Acting Sub-Lieutenant Williams



Commander Landon Creasy, Commander Sea Training Pacific, addresses the graduating members, during a graduation parade held for the Naval Warfare Officer Puncher IV course.



Commander Landon Creasy (left), Commander Sea Training Pacific, awards Sub-Lieutenant Singh with the Commander Royal Canadian Navy award for Top Overall Student.



Commander Landon Creasy (left), Commander Sea Training Pacific, and a retired Canadian Armed Forces member award Sub-Lieutenant Bitar (center) with the Merritt Chisolm Sword.



Commander Landon Creasy (left), Commander Sea Training Pacific, and a member of the Groos family, awards Sub-Lieutenant Delainey (center) with the Captain David W. Groos, RCN Memorial Shield.



Commander Landon Creasy (right), Commander Sea Training Pacific, and a retired Canadian Armed Forces member award Sub-Lieutenant Foxall (left) with the Rear Admiral Pullen Cup.

# We Salute Our Fleet



TM

# Congrats Grads!

A ceremony was held for recent graduates of the Naval Combat Information Operator RQ-S2 course at CFB Esquimalt on May 30 with Lieutenant-Commander Alex Johnston presenting.

Photos: Corporal (Cpl) Jay Naples, MARPAC Imaging Services



Sailor 2nd Class K. Asumadu



Sailor 2nd Class S. Belanger



Sailor 2nd Class T. Beler



Lieutenant-Commander Alex Johnston (Left), presents Sailor 2nd Class S. Belanger with a certificate for achieving the ranking of Top Student.



Sailor 2nd Class K. Bodner



Sailor 2nd Class C. Chung



Sailor 2nd Class F. Diaz



Lieutenant-Commander Alex Johnston (Left), presents Sailor 2nd Class S. Belanger with an award for achieving the ranking of Top Student.



Sailor 2nd Class C. Farrell



Sailor 2nd Class S. Malin



Sailor 2nd Class E. Nielsen



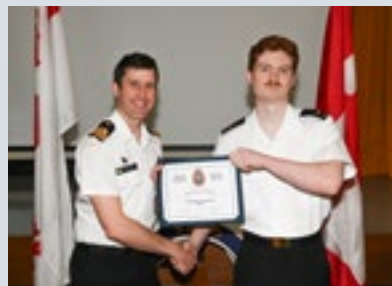
Commander Meryl Sponder, Commanding Officer of Naval Fleet School Pacific, promotes Sailor 2nd Class C. Farrell to Sailor 1st Class.



Sailor 2nd Class A. Park



Sailor 2nd Class N. Straub



Sailor 2nd Class Z. Thompson



CFB ESQUIMALT

# FORMATION FUN DAY



**SATURDAY  
SEPT 7**

Naden Athletic Centre Lower Gym and surrounding areas

**1200 - 1600**

Join us for **FREE** food, fun games, face painting, Rigid Hull Inflatable Boat (RHIB) rides, princesses, superheroes and much more!



**FREE**

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