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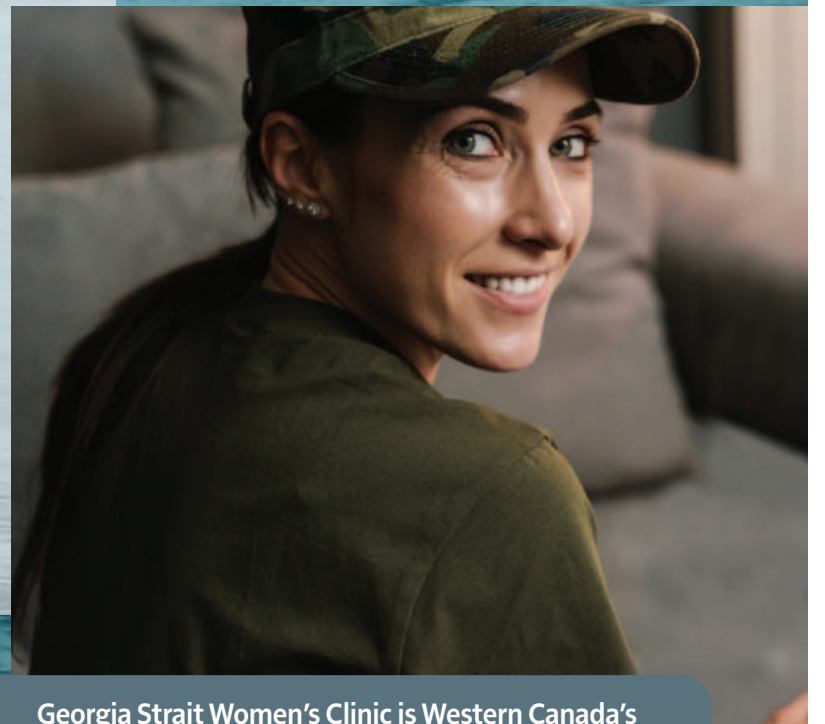
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442 Squadron honoured

Kateryna Bandura
Lookout Contributor

In a testament to their exceptional bravery and skill, on July 25, 442 Transport and Rescue Squadron was awarded the prestigious Canadian Forces' Unit Commendation. The honour comes in recognition of their heroic efforts during a dramatic evacuation operation near Agassiz on Nov. 15, 2021.

The squadron, based at 19 Wing Comox, successfully airlifted 311 people, 26 dogs, and one cat who were stranded by unprecedented landslides on Highway 7. This daring rescue showcased the unit's ability to respond swiftly and effectively in extreme circumstances.

Lieutenant-Colonel (LCol) Francois Fasquelle expressed pride in his unit's achievement.

"This wonderful news was conveyed to the entire squadron at our daily Morning Brief from the 19 Wing Commander and Wing Chief Warrant Officer. All members of the squadron were very surprised and excited about the news," he said.

The commendation holds special significance for the squadron, as LCol Fasquelle explained, it is the culmination of all the hard work and dedication of each squadron member.

"Every member of 442 Squadron trains diligently to support and execute Search and Rescue operations, and such an achievement is the fruit of our commitment to saving Canadian lives," he said.

442 Squadron's primary role is to provide aviation resources in support of the Joint Rescue Coordination Center (JRCC) Victoria. Their area of responsibility covers approximately 920,000 square kilometres of mainly mountainous terrain in Yukon and British Columbia, as well as 560,000 square kilometres of the Pacific Ocean. This vast and challenging region makes the Victoria Search and Rescue Region the most demanding in the country.

The rescue operation involved three CH-149 Cormorant helicopters, each with a full crew of two pilots, one flight engineer, and two Search and Rescue Technicians (SAR Techs). Additionally, the squadron deployed an on-scene commander, an Air Operations Support (AOS) Technician, and an Imagery Technician to assist on the ground.

The Canadian Forces Unit Commendation includes a gold-embossed scroll, a gold-colored medallion, and a special commemorative flag.

442 Squadron plans to celebrate this achievement during the National SAREX event, which will be held in Comox, Sept. 9-13. This gathering of all Search and Rescue Units from across the nation will provide an ideal platform to showcase the squadron's accomplishments.

"This is a significant award for the unit, and we are excited to be recognized for doing what we do best: providing Search and Rescue capabilities to the Canadian public and saving lives," LCol Fasquelle said.

Canada.ca

What is a Canadian Forces' Unit Commendation?

The Canadian Forces' Unit Commendation is a group award created to recognize distinguished service by a military unit.

Eligibility and criteria

Awarded to any unit or sub-unit, composite formation or other military group of the CF, or to any similar organization of a foreign armed force working with or in conjunction with the CF, that has performed a deed or activity considered beyond the demand of normal duty. It may be awarded to winners of competitions only under very exceptional circumstances.

The Commendation includes three elements:

- A gold-embossed scroll inscribed in both official languages with the name of the formation, unit, or sub-unit concerned and an appropriate citation and bearing the signature of the Chief of the Defence Staff;
- a twelve-sided gold coloured medallion, 76 mm across the points, bearing on the obverse the superimposed symbols of the three services: the anchor, the crossed swords, and the flying eagle, topped by the Royal Crown; the whole superimposed on four maple leaves within a raised circle. On the edge of the medallion appear, between branches of laurel leaves, the inscriptions "COMMENDATION" and "MENTION ÉLOGIEUSE". The reverse displays a wreath of laurel and maple leaves around the perimeter, leaving the center plain to allow the engraving of the unit's name; and
- a special commemorative flag showing the superimposed symbols of the three services: the anchor, the crossed swords, and the flying eagle, topped by the Royal Crown and surrounded by a wreath of laurel leaves on a field (background) consisting of three horizontal and equal stripes of navy blue, red, and light blue. The flag may be flown or openly displayed by recipient units as a public distinction for a period of one year from the date of the presentation of the award. Thereafter, the flag may be kept as an historical artefact and memento of the award.



442 Transport and Rescue Squadron receive the Canadian Forces' Unit Commendation on July 25. Photos supplied



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CAF members triumph in grueling Nijmegen Marches

Kateryna Bandura
Lookout Contributor

Amidst sweltering heat and grueling conditions, three members from CFB Esquimalt joined eight other Canadian Armed Forces (CAF) personnel in completing the prestigious Nijmegen Marches this July.

The 106th edition of this renowned event challenged military participants to march 40 kms daily for four consecutive days while carrying a 10 kg pack.

Petty Officer 1st Class (PO1) Amie-Anne Savage, Human Resource Administrator at Base Administration; Master Sailor (MS) Mitchel Kathol, Boatswain in HMCS *Edmonton*; and MS Lake Ruiz, Director General Naval Strategic Readiness, represented CFB Esquimalt, marching alongside over 45,000 participants from 73 countries.

"The event is overall one of the most positive atmospheres one could experience," PO1

Savage said. "Despite being tired and working hard every day to get to the finish, the energy was electric."

PO1 Savage completed the march in 2015 with the Maritime Forces Pacific (MARPAAC) team, and returned this time with her husband, MS Kathol, and another CFB Esquimalt member. With Canada postponing its official contingent until 2026, these determined service members participated as individuals.

PO1 Savage says preparation was intense and started months in advance.

"In February, we contacted Personnel Support Programs for the training plan the MARPAAC team used in past years," PO1 Savage said. "We marched before the start of workdays, normally at 4 a.m., and on weekends to maintain the physical demands of the Nijmegen Marches."

To prepare for this grueling event, CAF candidates undergo rigorous training, including

marching a minimum of 500 km with a 10 kg pack over the training period and completing at least two consecutive 40 km marching days.

"I tip my hat to those who completed the total distances wearing wooden clogs while I thought carrying a 10 kg ruck and wearing combat boots was hard," PO1 Savage said. "When going to the small towns and hearing the crowd cheer you on, it gives that boost of energy needed."

The march proved to be a formidable challenge, as it was physically and mentally demanding. This year's march saw record-breaking temperatures, leading to a mandate for all military personnel to drop the weight on the fourth day.

Upon completion, participants receive the prestigious royally-approved Vierdaagsekruis medal, also known as the Cross for the Four Day Marches.

"This year, I was awarded a new medal that included the crown above the cross as a

second-time finisher," PO1 Savage proudly said.

The event offered unique opportunities for international camaraderie.

"It's always interesting being alongside other military personnel from other countries. At the end of the day, we are all there under the same goal, to finish," PO1 Savage said. "So many elderly people still thank Canadians for liberating the Netherlands, and even small children would light up when they saw our flags."

Despite the challenges, PO1 Savage strongly encourages other CAF members to participate.

"100 per cent do not sit on just the thought but rather jump on the opportunity," she urged. "I have not met a member who has completed the March that's had a negative experience."

CAF members can sign up as military individuals under the De 4Daagse official site and can apply to stay at Kamp Heumensoord.



Master Sailor (MS) Mitchel Kathol, Boatswain, and Petty Officer 1st Class (PO1) Amie-Anne Savage, Human Resource Advisor posing with their Vierdaagsekruis medals at the end of the Via Gladiola Parade Nijmegen, Netherlands, on July 19. Photo supplied

The Nijmegen Marches

The Nijmegen Marches, also known as the 4D Marches, boast a rich history spanning over 110 years. Originally a military event, it now attracts both civilians and military personnel. Canada has been a regular participant since 1952, typically joining under the Joint Task Force (JTF) Nijmegen. The 106th Nijmegen March, July 16-19, drew over 45,000 participants, with 41,552 marchers completed the challenge.

Despite Canada not sending an official contingent, 11 CAF members signed up as military individuals, with an additional four members participating under NATO teams. Members participate in the march while on annual leave and approved to represent Canada as military individuals.

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Junior Ranks members of the Pacific Fleet Club celebrate the official reopening on Aug. 15 at CFB Esquimalt. Photos supplied

Pacific Fleet Club Reopens to cheer and camaraderie

Jazmin Holdway
Lookout Newspaper

After months of anticipation and dedicated preparation, the doors to the Pacific Fleet Club (PFC) Junior Ranks Mess at CFB Esquimalt finally swung open again on Aug. 15, marking the end of a prolonged closure and the beginning of a new and improved space for members. The reopening sparked excitement and relief among members and staff, who have worked tirelessly to ensure a safe and successful reopening.

The official reopening saw more than 200 members in attendance, pizza in-hand as they arrived to see a newly improved space, brand new furniture, a reopened bar, and Swift Brewery handing out samples for all to enjoy.

"The reopening was a tremendous success, and the feedback from the members was overwhelmingly positive – they were delighted to finally be back at the PFC!" said Master Sailor (MS) Ingeborg LeClair, President of the Pacific Fleet Club Mess Committee and Formation Master Sailor of Maritime Forces Pacific/Joint Task Force Pacific. "It was an all-hands-on-deck effort to meet that reopening date, but we made it happen."

The closure, which lasted eight months due to an infestation of rodents, left a noticeable void for Junior Ranks on base, especially those living in accommodations. While MS LeClair and mess staff made efforts to keep the spirit of camaraderie alive during this time, reopening the PFC provides members with a welcoming space to connect with one another, enjoy meals, and socialize.

Members of the mess are not the only ones excited for its reopening.

"Personnel Support Programs is incredibly

happy to see the Pacific Fleet Club re-opened," said Heather Catte, Senior Manager, Personnel Support Programs (PSP). "The closure impacted the ability to maintain some of the bar staff, so from that perspective alone, it's great to see the doors open and the bar providing service again so the PSP Mess staff can all return to work and provide a full level of service to the Junior Ranks membership."

The building closure also sparked new opportunities for the Mess to collaborate with other units and community vendors to provide opportunities for members to participate in a variety of activities outside of the PFC, including paddle boarding and rock climbing.

"While the facility was closed, the PSP staff that remained providing services to the Junior Ranks did an amazing job of problem solving and finding creative ways to support the largest mess membership in the Formation and even utilized the building's wonderful patio to provide activities for the membership to attend outdoors and have a social outlet," said Catte.

The mess will now continue to provide free coffee on Mondays and Tuesdays at 1000 and will have one 'TGIT' and 'TGIF' event each month, in addition to Karaoke Thursdays. MS

LeClair is open to suggestions on how to make the PFC even better.

As President of the Mess Committee, MS LeClair was incredibly excited to see the PFC open again.

"Being part of the reopening was a special experience for me, and I hope the membership can recognize the dedication and hard work invested to make it happen," said MS LeClair. "I understand that the PFC closure was felt by many, but I strongly encourage everyone to come and see the improvements we've made. I'm dedicated to creating a welcoming space for all, and I'd love for you to experience the changes firsthand."

The reopening marks a new chapter for the PFC and with it, a renewed sense of unity among all in the Junior Ranks who call it home. Bravo Zulu to all involved in the reopening!

Members are encouraged to regularly check the PFC Instagram and website for the latest updates on events and hours. There is also a QR code on the front door of the PFC that can be scanned anytime for information. Members can also reach out to Ingeborg.LeClair@forces.gc.ca with any questions or concerns.

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The Village workshop series

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► During this experiential workshop we will explore our personal role in supporting the revival of the values that worked so beautifully in Indigenous villages for thousands of years. We will also explore in-depth the affects of Residential Schools and Canada's Policy of Assimilation. This workshop is geared to solutions rather than recrimination and is a great forum in which to ask questions.

Participants in these often emotion-evoking workshops comment that, while they understood a bit about the issue on a cognitive level, after participation in Building Bridges Through Understanding the Village they understand on a deep emotional level as well. The workshop is done from a non-blame and non-shame perspective and invites all participants to become a part of the healing that IS already happening. Kathi's work has been inspired by Jann Derrick's teachings of Jann Derrick's "The Circle and The Box" and by many Elders' teachings.

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Operation CARIBBE

Commodore David Mazur, Commander Canadian Fleet Pacific, accompanied by Chief Petty Officer First Class David Bisal, Canadian Fleet Pacific Chief, give a farewell salute to HMCS Edmonton as it departs CFB Esquimalt, on Aug. 12. Photo: Sailor 3rd Class Mckayla Ryce, MARPAC Imaging Services



Operation LENTUS24

2 Platoon of Territorial Battalion Group at Jasper Park Lodge in support of Operation LENTUS in Jasper, Alberta on Aug. 6. Photo: Corporal Peter Grieves

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International Overdose Awareness Day (IOAD) – held on August 31 every year – is the world’s largest annual campaign to end overdose, remember without stigma those who have died and acknowledge the grief of family and friends left behind.

Supported by the MAPAC Health & Wellness Strategy Addictions-Free Living Working Group, the theme for 2024 is Together we can, highlighting the power of our community when we all stand together. #TogetherWeCan #IOAD2024 #EndOverdose

CAF Resources

Health Services/Base Addictions Counsellors: To access, military members must contact local CAF Medical Clinic Reception at 250-363-4122

Members Assistance Program (MAP): 1-800-268-7708

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The Chaplains Service: 250-363-4106

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CHANGE OF COMMAND: HMCS MAX BERNAYS

Marking the culmination of a series of significant milestones in recent months, HMCS *Max Bernays* held its first Change of Command ceremony since joining the Royal Canadian Navy in 2022 on Aug. 1. During a ceremony in Pearl Harbor, Hawaii, presided over by Commodore David Mazur, Commander of the Canadian Fleet Pacific, the inaugural Commanding Officer, Commander Collin Forsberg, handed over command to Commander Nadia Shields.

Photo: Corporal William Gosse



CHANGE OF COMMAND: HMCS EDMONTON

Lieutenant Commander S. MacDonald, Incoming Commanding Officer, Commodore David Mazur, Reviewing Officer, and Lieutenant Commander L.M. Gunderson, Outgoing Commanding Officer, sign the change over papers during the Change of Command Ceremony held aboard HMCS *Edmonton* at Y-Jetty on June 27.

Photo: Corporal Tristan Walach, MARPAC Imaging Services



CHANGE OF COMMAND: NAVAL TRAINING GROUP

Naval Training Group welcomed Captain (Navy) Mike Stefanson as Commander Naval Training Group (CNTG) in a ceremony held at NTG Headquarters at Work Point, CFB Esquimalt on Aug. 12. Rear-Admiral Christopher Robinson, Commander Maritime Forces Pacific and Assistant Chief Naval Staff – Personnel and Training, presided over the Change of Command. Commander Darren Sleen, Outgoing CNTG, returns to HMCS *Venture* as its Commanding Officer.

Photo supplied



PCTU Family Day Sail: A NAUTICAL ADVENTURE FOR ALL

MARPAC

On July 25, the Patrol Craft Training Unit (PCTU) hosted a memorable Family Day Sail, offering an exclusive glimpse into the daily lives of Canadian Armed Forces (CAF) members at sea.

The event, which took place aboard three *Orca*-class patrol vessels – *Wolf*, *Raven*, and *Caribou* – provided families with a unique opportunity to experience firsthand the duties and responsibilities of their loved ones in the Royal Canadian Navy.

The day-long excursion began at 0800 hours with a pre-departure brief, followed by

the embarkation of sailors and their guests onto their designated Orcas. As the vessels set sail from Zulu Jetty and exited Esquimalt Harbour, families were treated to a comprehensive showcase of naval operations and skills.

Throughout the day, participants witnessed a variety of demonstrations, including:

- Overboard Exercise (POBEX)
- Tow approaches
- Firefighting demonstrations
- High-speed manoeuvres

Families also enjoyed guided tours of the *Orca*-class vessels, gaining insight into the various shipboard systems and living

quarters. The event provided an excellent opportunity for loved ones to understand the intricacies of life at sea and the important roles played by CAF members in maintaining maritime security.

The Family Day Sail concluded with a series of navigational and seamanship demonstrations as the vessels made their way back to Esquimalt Harbour. Upon return to Zulu Jetty, families and crew members gathered for a festive barbecue, sharing stories and reflecting on the day's experiences.

The PCTU Family Day Sail not only provided entertainment and education, but also reinforced the strong bonds within the naval community.

Families enjoyed the entertainment and educational opportunities with the Patrol Craft Training Unit during the Family Day Sail on July 25.

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Photo taken at the Government of Canada owned facility named the Esquimalt Graving Dock

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Petty Officer 2nd Class Pamela Vant, Naval Communicator, is promoted to her current rank.



Sailor 2nd Class Asif Haque, Naval Communicator, is promoted to his current rank.



Sailor 2nd Class Guillermo Jungbluth Aleman, Naval Communicator, is promoted to his current rank.



Sailor 2nd Class Kevin Richardson, Naval Communicator, is promoted to his current rank.



Sailor 2nd Class Brandon Robbins-Lamothe, Naval Communicator, is promoted to his current rank.



Sailor 2nd Class Ren Vagay, Naval Communicator, is promoted to his current rank.



CHANGE OF COMMAND: FLEET MAINTENANCE FACILITY CAPE BRETON

Captain (N) David Roberge, Incoming Commanding Officer (CO); Rear-Admiral Christopher Robinson, Commander Maritime Forces Pacific; and Commander Iain Meredith, Incoming CO; sign the Fleet Maintenance Facility (FMF) Cape Breton change of command certificates at CFB Esquimalt on July 19.

Photo: Sergeant Malcolm Byers, MARPAC Imaging Services



CHANGE OF COMMAND: CANADIAN FORCES HEALTH SERVICES CENTRE (PACIFIC)

Incoming Commanding Officer, Lieutenant-Colonel A.J. O'Brien; Reviewing Officer, Captain (Navy) N. Gauthier; and Outgoing Commanding Officer, Lieutenant-Colonel J.P. Buisson sign Change of Command certificates during the Canadian Forces Health Services Centre (Pacific) Change of Command Ceremony on July 25.

Photo: Master Sailor Valerie LeClair, MARPAC Imaging Services

FLEET CYBER TEAMS TRIUMPHANT IN SANS INTERNATIONAL SERVICES CUP 2024

Sub-Lieutenant Simon Gonsalves
Maritime Forces Pacific
Public Affairs Officer

To be selected to compete in the one of the world's premier cybersecurity competitions, the invite-only SANS NetWars International Services Cup, is a high honour for military cyber professionals. In preparation, the Royal Canadian Navy's (RCN) two formational cyber teams – Atlantic and Pacific – combined forces to globally represent the cyber skill of Canada's sailors.

One of two Canadian Armed Forces (CAF) teams selected to compete, RCN generated a highly talented team, which balanced expertise from different skill areas to overcome difficult challenges. During

this capture-the-flag style event, 35 five-member national teams, hailing from nine countries, fiercely competed to demonstrate their virtual talent in a variety of cybersecurity fields.

Focusing on core areas of competency, such as open-source intelligence, reverse engineering, network traffic analysis, and web exploitation, the competitors worked, under severe time constraints, to achieve the highest number of points possible.

Out of a maximum of 15,400 points, the RCN contingent achieved a victorious total score of 12,565 – securing a first-place victory!

Lieutenant-Commander (LCdr) Sean Bruce, Officer in Charge Fleet Cyber Team Pacific, noted that “while our victory increased the RCN's

reputation and credibility in the cyber domain, this competition was an opportunity to work with vital partner nations, and provided valuable learning opportunities which will be incorporated into our future training and development.”

Though this victory was an RCN cyber contingent first, it will certainly not be the last.

“Our continued participation in inter-

national training events helps to demonstrate that we are participating in this realm with the seriousness it deserves,” said LCdr Bruce. “Cyber threats are one of most important emerging military threats of the modern era.”

Bravo Zulu to the RCN's team, for their incredible performance and representing our country on the international stage!



Cyber conflict

Cyber conflict is occurring on an ever-increasing scale, and its considerations are permeating modern naval operations. The contemporary cyber threat environment is a complex world of malicious actors, ranging from lone hackers to fully developed adversarial cyber warfare capabilities. Consequently, naval platforms and facilities need to be hardened and defended against escalating cyber threats.

Blending a mix of CAF Cyber Operators and RCN system specialists, the Fleet Cyber Teams are a nascent capability which will provide the fleet with ability to safeguard shipborne networks and to help detect and respond to cyber incident anywhere in the world

Safeguarding these “network of networks,” that modern naval operations are dependent on, is the primary task for Maritime Forces Pacific's growing cyber team.

Are you a current member of the RCN, and interested in cyber security and defence? If so, you're welcome to attend Fleet Cyber Team Pacific's weekly training sessions! To learn more, contact Sean.Bruce@forces.gc.ca or (+MARPAC Fleet Cyber@Esquimalt) or watch for an upcoming NAVGEN outlining the details of the Naval Cyber Network program.

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- ★ La cérémonie d'ouverture débutera à 13h00 avec la Troupe Naden.
- ★ Après l'événement, il y aura une soirée sociale pour tous les grades au Pacific Fleet Club.

Contact your Unit Sports Officer or Coordinator for further information and rules.
Contactez le responsable des sports ou le coordinateur de votre unité pour plus d'informations et pour connaître les règles.

King Charles III Coronation Medal

The medal features the effigy of His Majesty King Charles III, as well as the Royal Cypher. The medal's blue, red and white ribbon is evocative of the 1902 Edward VII Coronation Medal, one of the earliest coronation medals awarded to Canadians. The Canadian Heraldic Authority is responsible for the design of the medal, which was approved by His Majesty the King.

A circular medal, silver in colour and 32 mm in diameter, bearing:

On the obverse, a crowned and robed effigy of His Majesty The King of Canada, facing right, circumscribed with the inscriptions "CHARLES III DEI GRATIA REX" and "CANADA".

On the reverse, there appears on the background a ring of frosted triangular shapes evoking the image of a string of pennants displayed for a celebration. These 13 shapes allude to Canada's provinces and territories, and their circular arrangement conveys the idea of inclusion for all Canadians. The circle is also an important concept for many Indigenous Peoples, symbolizing not only equity but also the cycles of the natural world. Over this background appears the Canadian Royal Cypher in the center, the date of the Coronation, 6.V.2023, on the left and the words "VIVAT REX" meaning Long Live The King, on the right.

A 12 mm ring, which holds the ribbon, passes through a small hollow ball at the top of a claw joined to the top of the medal.

The ribbon is 32 mm in width with a red stripe in the centre, 5 mm in width, on each side of which are white stripes, 2 mm in width, followed by dark blue stripes, 9.5 mm in width, and red edge stripes, 2 mm in width. This ribbon is identical to the British Coronation Medal ribbon and is inspired by the King Edward VII's Coronation Medal ribbon from 1902, which was the first Coronation Medal suspended from a ribbon.



Call for medal nominations

On May 3, 2023, it was announced that a coronation medal would be struck to commemorate the historic occasion of the coronation of His Majesty King Charles III as King of Canada. The medal will be administered by the chancellery of honours at government house.

The coronation medal will be a tangible way for Canada to acknowledge his majesty as our new sovereign. At the same time, the presentation of 30,000 medals will serve to honour contributions and achievements made by individuals representing the full breadth of our society.

Members of the CAF justifiably take great pride in their association with his majesty as head of our armed forces. The King has been part of the CAF for over 45 years and has always taken a keen interest in the CAF and its members.

The CAF have been allocated 4,000 medals, which means that approximately 3.9

per cent of CAF members will be recognized on this occasion. The selection will be made on the basis of merit using a process similar to that of the Order Of Military Merit (ORMM). The five ORMM nominating commands, namely VCDS, RCN, CA, RCAF and CMP, will be given an allocation corresponding to their demographic weight, along with direction to ensure that the selection is representative of the CAF population. Recognition will be focused on the work of those in lower ranks for both the NCM and officer corps, which are critical to our operational success, particularly as we rebuild the CAF to its authorized strength. The aforementioned commands will solicit nominations from their units and formations and make a selection that meets the requirements. The nominations will be consolidated by DH and R and submitted to government house for approval.

To apply, email medals-medailles@forces.gc.ca. The deadline for commands to submit their nominations to the Directorate of Honours and Recognition (DH&R) is Sept. 6.

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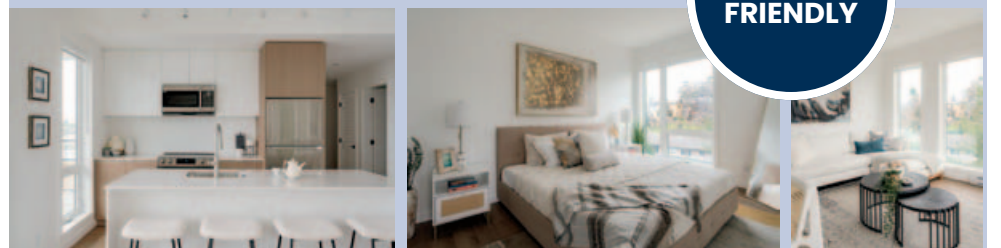


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Questions?
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MARPAC Imaging Services launches A sweet fundraiser for NDWCC

Kate Bandura
Lookout Contributor

The Maritime Forces Pacific (MARPAC) Imaging Services team has kicked off an innovative fundraiser for the National Defence Workplace Charitable Campaign (NDWCC), offering a variety of freeze-dried fruits and candies to Defence Team members.

The NDWCC, part of the broader Government of Canada Workplace Charitable Campaign, provides federal public servants and retirees with a direct line to support over 86,500 charities, including many organizations with strong ties to Canada's military community.

In the Esquimalt region, the NDWCC campaign is organized each fall in collaboration with United Way. It represents the local Defence Team's commitment to making a positive social impact in their neighbourhoods and communities.

Sergeant (Sgt) Malcolm Byers, an NDWCC Ambassador within MARPAC HQ and the NDWCC Ambassador for MARPAC Imaging, encourages Defence Team members to participate in any way they can.

"I am constantly looking at alternate fundrais-

ing opportunities in my 5th year as NDWCC Ambassador," Sgt Byers said. "We already have our yearly fall portraits and year-round depart with dignity portrait campaigns; interest in alternate preservation techniques has spiked in recent years."

The freeze-dried treats offer a unique way to support the cause while indulging a sweet tooth or preparing for outdoor activities as they reduce carried weight. All items are sourced from a commercial freeze-drying facility in the Okanagan Valley and are guaranteed shelf-stable for at least six months when unopened.

Currently available items include mixed candy packs, Skittles, Nerd Gummy Clusters, and a variety of freeze-dried fruits such as peaches, mangoes, and strawberries. Pre-orders are accepted, with the next deadline set for Aug. 30 for Sept. 15 availability.

The fundraiser will run until at least December concurrently with MARPAC Imaging's yearly fall NDWCC Portrait campaign. Interested individuals can taste and stock at MARPAC Imaging Services D25 during office hours. For more information or to place an order, Defence Team members can email Sgt Byers at malcolm.byers@forces.gc.ca or visit D25 in person.

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