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

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HMCS OTTAWA ON THE MOVE

OPERATION NEON

Sailor 3rd Class Paige Timmers poses with HMCS Ottawa's recovered Puma Drone en route to the Republic of Korea.



Photo: Sailor 3rd Class Jacob Saunders, Canadian Armed Forces

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¹Offer on approved credit. 0 payments (payment deferral) for 90 days is available on promotional finance offers on any new and unregistered 2025 OUTLANDER PHEV purchased between January 3, 2025 to January 31, 2025. Down payment or other fees may be due upon signing. Payment deferral applies only to promotional finance offers on approved credit financed through MMSCAN Financial Services. If the payment deferral offer is selected, the original term of the finance contract will be extended by 2 months (60 days) of the finance contract. Mitsubishi Motors Sales of Canada will pay the interest during the first 2 months (60 days) of the finance contract, after which the purchaser will pay all principal and interest owing in equal installments over the remaining term of the contract. Offer includes no payments of monthly/bi-weekly/weekly payments for approximately 90/76/67 days, subject to weekends and statutory holidays. Interest charges (if any) will not accrue during the first 60 days after purchaser signs contract. After 60 days applicable interest will start to accrue, and no later than 90 days from the start of the contract the purchaser will begin to repay principal and applicable interest over the scheduled term of the contract. See dealer or visit mitsubishi-motors.ca for complete details. Additional conditions and limitations may apply.
²Certain terms and conditions apply. Visit www.mitsubishi-motors.ca or your local dealer for complete offer and coverage details. No-Charge 2-Year Maintenance package is described in greater detail in the respective service contracts. Please read carefully the terms and conditions as they set out in the contract requirements, important definitions and exclusions. Offer expires January 31, 2025 and subject to change without notice.
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**EV range varies by model. Model shown has an estimated combined range of 671km and is calculated via peak performance of the electric motor(s) at peak battery power. Actual range varies with conditions such as external environment, vehicle use, driving behaviours, vehicle maintenance and lithium-ion battery age and state of health.

DEPLOYMENT NEWS: HMCS OTTAWA



Bridging Borders at Sea

HMCS *Ottawa* is currently taking part in multinational exercise LA PEROUSE 25, centered around a French Carrier Strike Group. The exercise involves nine partner nations and takes place in the coasts and straits between the Indian Ocean and the Pacific Ocean: Malacca, Sunda, and Lombok.

During the exercise, commanding officers from the different ships had the opportunity to meet face-to-face onboard French aircraft carrier Charles De Gaulle while French sailors visited and learned more about the Royal Canadian Navy.

Photos: Sailor 3rd Class Jacob Saunders



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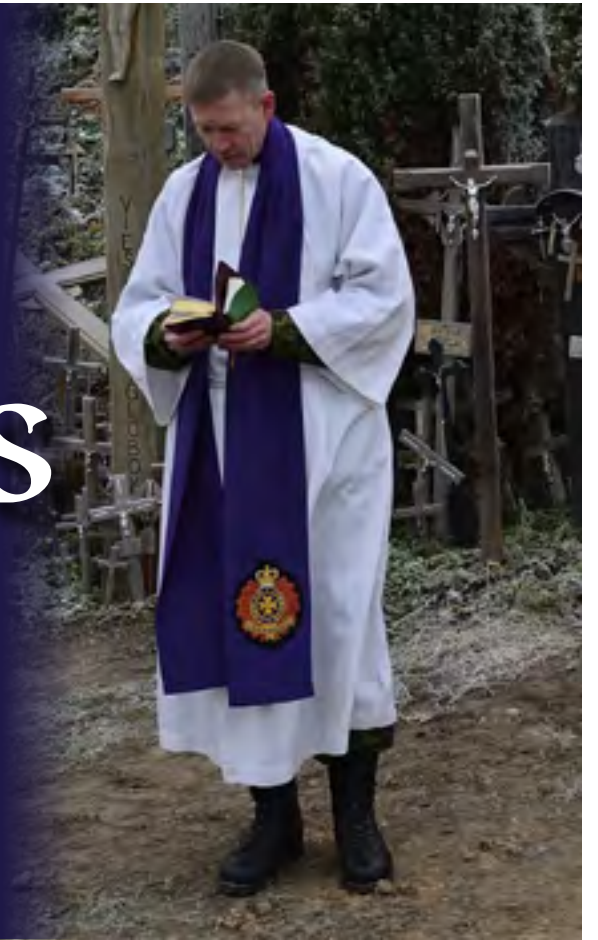
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Chaplain's Corner

How Can chaplains Support You?



The Air Task Force Lithuania Chaplain addresses members of the Canadian Armed Forces, Lithuanian Air Force, and Portuguese Air Force Detachment during the dedication ceremony in Šiauliai, Lithuania. Photo: Air Task Force - OP REASSURANCE

Padre (Capt) Anthony Divinagracia
CFB Esquimalt

CFB Esquimalt Chaplains can support you in these 10 ways:

First, **Ministry of Presence.** We do this when we visit you, members at your workstations or join your unit's activities and events. This is our way of being present and available to you. This presence and engagement can be an effective way for us to better support the Chain of Command and the members in need.

Second, **Pastoral Care.** We provide pastoral care by attending to the emotional, moral, spiritual and religious needs of the members and your families regardless of your faith tradition or religious affiliation or whether you have one.

Third, **Confidential Pastoral Counselling** - We provide counselling services to members, ensuring that you can trust us in whatever you discuss with us without fear of reprimand or reprisal. We can also make recommendations to the Commanding Officer (CO) to support the member and put in place conditions to

help the member get through a difficult time. Yes, we will advocate for you, but at the end of the day, the CO has the final decision, and we will respect and support CO's decision.

Fourth, **Crisis Intervention** - This is one of the reasons why we have a Chaplain on duty, 24 hours a day, 7 days a week. When a member is in crisis, we can take the call, identify the course of action and guide the member towards appropriate resources.

Fifth, **Advise the CO.** We act as advisors to the CO pertaining to the religious, spiritual and ethical well-being of the members and regarding the morale of their unit.

Sixth, **Casualty Notification.** We work with the Command team in Next of Kin (NOK) notification as part of the healing process and may provide notification to a member's NOK when directed by the Command team.

Seventh, **Marriage Preparations.** The unique military lifestyle which includes long separations, deployments and postings has positive as well as negative impacts on couples and families. So, we are aware that matters such as this be covered during the marriage preparation sessions for members

planning to get married.

Eight, **Religious and Spiritual Services.** Be it Sunday worship services, baptisms, weddings, funerals or burials at sea, Chaplains are responsible for providing or facilitating these religious and spiritual services. At other times, we are called upon to participate in different events such as military commemorations or Remembrance Day ceremonies or to lead the Spiritual Reflection during Change of Command, Change of Appointment or during formal mess dinners.

Ninth, **Conduct Sentinel Peer Support Program Training.** We train volunteer CAF members and DND employees to support their peers within their unit particularly in times of distress.

Lastly, **Spiritual Resilience Presentation to the Unit.** This is to assist members to understand and develop spiritual resiliency skills to address spiritual challenges that can impact their emotional, social, familial, physical, and spiritual well-being because spiritual resiliency can significantly benefit all aspects of member's military career as well as their personal and family life.

Remember, in the military we are one family. We care for you and your families. So, if you would like to speak with one of the Base/ Fleet Chaplains, feel free to contact your Unit Padre during office hours to book an appointment. Outside of working hours, please call 250-363-4032 and the emergency Duty Chaplain will be contacted to reach out to you. We want to be more accessible because we are called to serve.



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ONLINE FINANCIAL WORKSHOPS



Early to Mid Career Financial Foundations

Monday, February 10 @ 1030

FINANCIAL PLANNING 101 Starting to invest early to prepare for the future. Understanding different investment accounts, investment products, etc., and how to use them efficiently based on your goals

TAX-EFFICIENT INVESTING How to put more money in your pocket. How to plan to retire from the military comfortably

FINANCIAL COUNSELLING Learning to budget, understanding your paycheque, paying down debt, building emergency fund and financial literacy. Access to financial assistance through Support Our Troops.

LIFE INSURANCE Learn why life insurance is important and the types of insurance SISIP offers. How do life changes such as marriage, divorce and kids affect your needs for insurance and what changes do you need to make when these things happen.

MICROSOFT TEAMS MEETING

Meeting ID: 264 784 934 327
Passcode: gk3dV2b2

Mid to Late Career Late Career-Paving the Road for Release and/or Retirement

Tuesday, February 11 @ 1030

FINANCIAL PLANNING How your CAF pension, government pensions and investments come together to build your retirement picture.

FINANCIAL COUNSELING Improving to budget, paying down debt, how to plan for major purchases and how to adjust budget for life changes. How to ensure you are on track to retire debt-free.

LIFE INSURANCE AND LEGACY CREATION How does releasing from the CAF effect your needs for life insurance. What types of insurance does SISIP offer to CAF veterans and what needs to be done with your existing SISIP policies when you release. Learn how to minimize tax with proper life insurance structure

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Meeting ID: 261 986 719 159
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GALA DINNER
February 1, 2025

1 DAY RUN
February 2, 2025

8 DAY RUN
February 23-March 2, 2025

WOUNDED WARRIOR RUN Hits Its Stride on Vancouver Island

Paul Dagonese

Lookout Staff

The 12th annual Wounded Warrior Run (WWRUN) B.C. kicks off on Feb. 23 featuring an 800-kilometer run with participation by members of CFB Esquimalt's Defence community. Hosted by Wounded Warriors Canada (WWC), the event will once again see eight runners trek the length of Vancouver Island in eight days. These runners, along with WWC support volunteers, will stop in 28 communities along the way to promote awareness and raise funds for trauma-exposed professionals.

Warrant Officer (WO) Dan Bodden, Training Support Coordinator at the Regional Cadet Support Unit, is taking part in the WWRUN this year, but this isn't his first time getting involved with WWC.

"I was one of the people who started it," he said. Back in 2013, he and a neighbour felt there was a challenge they needed to face—addressing the impact of trauma on professionals, particularly Canadian Armed Forces (CAF) members returning from the Afghanistan War.

They assembled a team of runners and volunteers and launched the very first Wounded Warrior Run. "We thought as military members and first responders, we should be leaders in this," said WO Bodden. "We felt we needed to figure out a way to not only engage the public but directly engage those communities affected. And the best way to do that was to lead by example."

Bodden is proud of WWRUN's success in B.C. and is optimistic about its impact on mental health awareness.

"There's still work to do yet, and that doesn't happen in a vacuum," he said. "We're going to keep doing this—promoting awareness, being available, and remaining non-judgmental toward people who need to talk."

The original run included four CAF members. As the event grew, organizers realized that trauma-exposed professionals wear many kinds of uniforms. "We have a team where we really try to represent as many uniformed members and family members as possible," said Captain (Capt) Jacqueline Zweng, CD, Wounded Warrior Run B.C. Director. "It is comprised of people who are military but also includes paramedics, police officers, and firefighters."

Capt. Zweng said WWC now offers more programs to aid individuals through the multiple stages of trauma healing. One program prepares professionals for operational stresses before they occur, while WWC's Trauma Resiliency, Spousal, and Kids Warrior programs address a wider range of those affected.

WO Bodden and Capt. Zweng are supported by other CFB Esquimalt team members, including Matt Carlson, Projects Officer for Base Public Affairs and Captain(N) Kevin Whiteside, CFB Esquimalt Base Commander. Carlson began his affiliation with WWRUN in 2017 after being asked

by Master Sailor (MS) Steve Deschamps if he would volunteer as their Lead Runner.

"I was honoured to be asked," says Carlson. He applied, got the leadership position, and has remained onboard ever since, promoting the WWRUN's mission.

"My involvement with the team allows me to utilize my strengths as a leader and ambassador," he said. "I am so pleased I can give back to so many who consistently and bravely put their lives in danger day after day to keep my family and me safe."

The determination and effort from CFB Esquimalt staff have helped WWRUNBC grow exponentially as a fundraiser. In 2017, they raised \$42,000. In 2018, donations doubled to \$88,000. By 2024, they reached \$204,000. Capt Zweng hopes to raise \$250,000 or more in 2025.

"I've served for a long time, so it's important for me to continue to give back to my community," says Capt Zweng. Capt(N) Whiteside, is also proud to participate with this year's team of runners. His motivation is to support fellow service personnel, first responders, and their loved ones affected by trauma.

Beginning Feb. 23 and ending Mar. 2, the WWRUNBC main event involves an 800-kilometer run starting in Port Hardy. The event raises funds and awareness with stops at Legions, fire departments, police stations, and memorial sites, ending at 4:30 p.m. in Victoria's Market Square for the grand finale.

The WWC will host a Gala Dinner on Feb. 1, at the Delta Hotels Victoria Ocean Pointe Resort. The event will include the Naden Band quartet performing during a cocktail reception, a formal three-course meal with a blessing by a local elder, and keynote speaker Dr. Tim Black, Program Director and National Clinical Director.

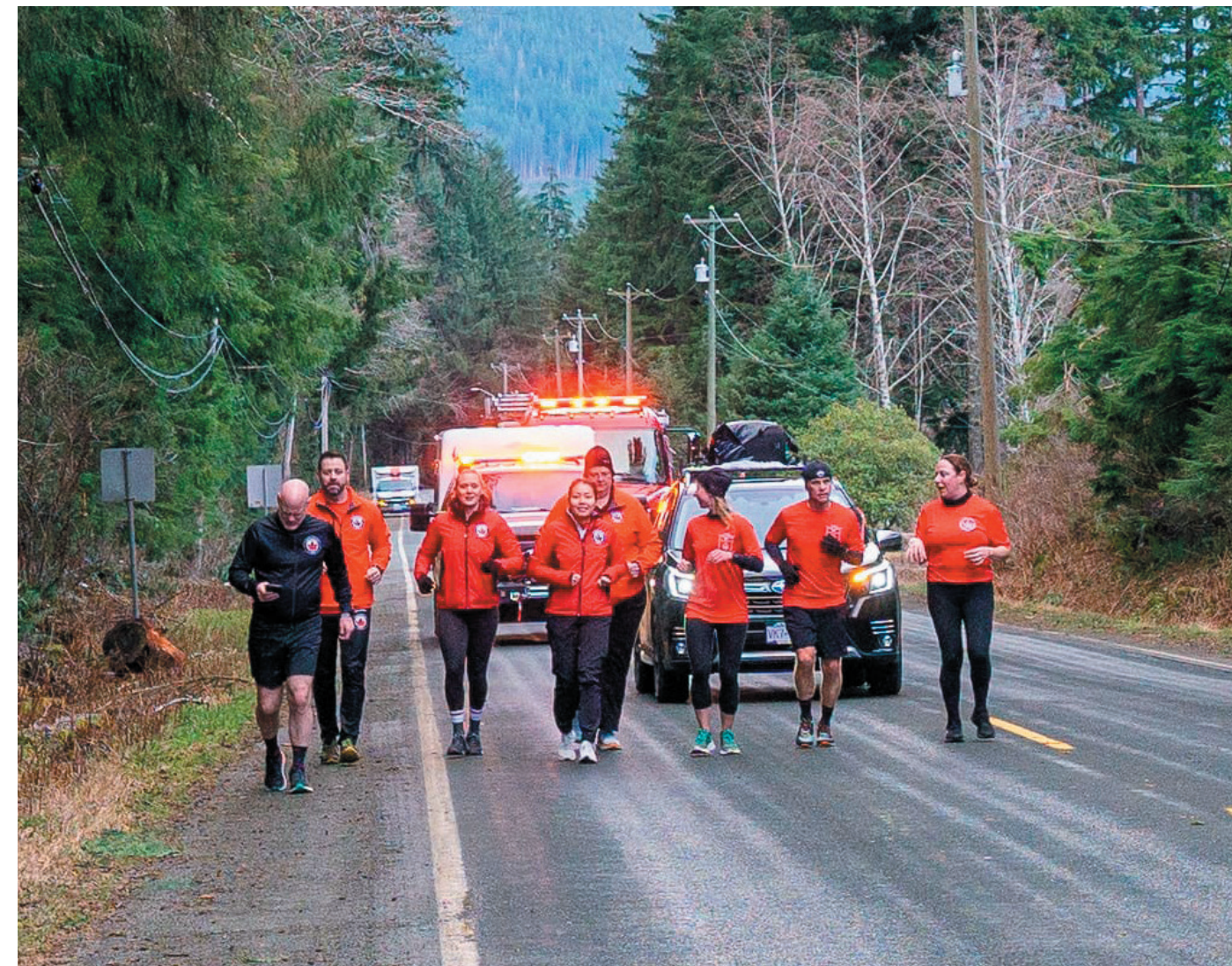
To prepare the runners, a "One-Day Run" will take place in Sooke on Feb. 2 starting at Legion Branch #54, resting at local fire departments throughout the day, and arriving at the Mary Winspear Centre in Sidney to finish the day.

Visit woundedwarriorrunbc.ca for more information, designated cheer stops, and to purchase tickets for the Gala Dinner.



Runners participate in the Wounded Warrior Run in the rain, snow, or shine. John's Photography

John's Photography



Above: Runners of the 2024 Wounded Warrior Run BC begin their 8-day journey running across Vancouver Island. Below: Runners and supporters of the 2024 Wounded Warrior Run including the Naden Band gather in Market Square, downtown Victoria. Photos from Wounded Warrior Run BC Website



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HMCS DISCOVERY

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HMCS Discovery's first training day of 2025 was a full and successful one, made complete with a visit from Commodore Patrick Montgomery, Commander, Naval Reserve and Chief Petty Officer 1st Class Robert Campbell, Formation Chief Petty Officer, Naval Reserve.

Photos provided



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Bravo Zulu to our new Sentinels



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Congratulations and Bravo Zulu to HMCS Malahat's three new graduates of the Canadian Armed Forces (CAF) Sentinel Program, Acting Sub-Lieutenant Bonner, Acting Sub-Lieutenant Chan, and Master Sailor Good. All three members of the Ship's Company were presented with their qualification certificates by Lieutenant Commander Anne Gardam, Malahat's Commanding Officer, accompanied by Malahat's Padre, Lieutenant (Navy) Trovall, who conducted the Sentinel training for Malahat's newest Sentinels. The Sentinel Program offers mental health peer support to the CAF community. Their role is to help others, be someone to talk to about difficult issues, and act as a guide to further help and assistance. The focus is on helping out fellow sailors.



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| 6..... | Bicycle / 21 -speed / Men's |
| 7..... | Bicycle / 21 -speed / Men's |
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| 9..... | Bicycle / 21 -speed / Men's |

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Boomer's Legacy Reaches Korea



HMCS Ottawa

During HMCS Ottawa's recent outreach activity in Republic of Korea in December, Ottawa volunteers delivered hand-knitted hats to the Saebit Christian Children's Home. These hats were given to the crew by Ms. Karen Eykelenboom (mother of Corporal Andrew "Boomer" Eykelenboom). Thanks to her and other volunteers from Boomer's Legacy, deployed members get a chance to "do good" overseas during their deployment.

Boomer's Legacy is named after Corporal Andrew "Boomer" Eykelenboom, a dedicated soldier and a Canadian Armed Forces medic killed by a suicide bomber on Aug. 11, 2006.

Andrew was committed to saving lives and helping the Afghan people realize freedom. His death was the catalyst to creating Boomer's Legacy to help men and women in uniform make a positive difference in the lives of others. Andrew's humanitarian spirit lives on through Boomer's Legacy, committed to "Helping Troops Help Others".

For more information on the Boomer's Legacy foundation,
visit boomerslegacy.ca

We Salute Our Fleet



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