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VOLUME 70 NUMBER 3 | FEBRUARY 10, 2025

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

# the LOOKOUT

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## COLD WINDS, WARM WELCOME

B-Jetty opens at HMC Dockyard on the snowy morning of Feb. 5.

The cold didn't keep audiences from gathering to celebrate this momentous occasion.

See Page 13 for the in-depth story.

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# Naden Band Members Receive KING CHARLES III CORONATION MEDAL



## ABOUT THE MEDAL

Canada.ca

The King Charles III Coronation Medal (French: médaille du couronnement du roi Charles III) is a commemorative medal created to mark the coronation of King Charles III and Queen Camilla, which took place on May 6, 2023.

The UK issued more than 400,000 coronation medals, awarded to individuals who contributed to the coronation, recipients of the UK's high-

est honours, and select British military personnel, frontline emergency workers, and public prison service staff with five years of service. The British coronation medal was also gifted to a select number of Australians, Canadians and New Zealanders.

Canada issued 30,000 coronation medals, awarding them to select members of the Canadian Armed Forces and Public Service, as well as individuals who made significant contributions to the country or achieved accomplish-

ments that brought credit to Canada.

The British and Canadian medals are both made of nickel silver and have identical ribbons. However, the two medal designs differ. The British medal features effigies of both the King and Queen, while the Canadian medal only features the King. On the reverse, the British medal has laurels, the royal cypher, and the Tudor Crown, whereas the Canadian medal displays the royal cypher with the Canadian Royal Crown over a sunburst design.



### Sergeant Cindy Hawchuk

Sergeant Hawchuk is awarded the King Charles III Coronation Medal for being a trailblazer for vocalists in the Music Branch for over two decades. She has been pivotal in developing contemporary music capabilities in the CAF and represents the CAF at major events around the world, increasing the community outreach and engagement.

### Petty Officer 2<sup>nd</sup> Class Bob Fearnley

Petty Officer Fearnley is awarded the King Charles III Coronation Medal for volunteering 16-20 hours per week with Christ Church Cathedral and represented the CAF several times at the Anglican Military Ordinariate at General Synod over the last ten years. His dedication to the congregation is commendable and reflects positively on the CAF.

### Sailor First Class Zack Everett

S1 Everett is awarded the King Charles III Coronation Medal for representing Canada on Pacific Partnership, July to November, 2023. As the only Canadian in the musical group, he represented the RCN to South Pacific nations and the United States hosts, bringing significant credit to Canada through his professionalism.

# We Salute Our Fleet

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# CELEBRATING 57 YEARS OF EXCELLENCE: *Royal Canadian Logistics Service Anniversary*

Jazmin Holdway with contributions by Paul Dagonese  
Lookout Newspaper

The Royal Canadian Logistics Service (RCLS) marked its 57th anniversary with a celebration on Feb. 3, noting decades of dedication, innovation, and unwavering support to Canadian Armed Forces (CAF) operations. The anniversary event, held at the Chief and Petty Officers' Rainbow Room at CFB Esquimalt, brought together logisticians from across the Formation to commemorate the Service's history and honour the individuals who play a critical role in sustaining Canada's Defense capabilities.

As part of the celebration, Formation Logistics Awards were presented by Rear-Admiral Robinson, recognizing the exceptional contributions from junior non-commissioned members (NCMs), senior NCMs, junior officers, and Department of National Defence (DND) civilians. Guests were treated to refreshments, a cake adorned with the RCLS crest, and an opportunity to connect with fellow logisticians from all corners of the Formation.

Commander (Cdr) Dan Saunders, Formation Logistics Officer at MARPAC HQ, spoke about the significance of the anniversary.

"Logistics has been critical to the success of every CAF operation, and this celebration is about recognizing our shared history and the dedicated work of our teams," Cdr Saunders said. "We're spread out across many units, so it's rare for us to come together and celebrate our achievements."

### A Rich History of Service

The roots of the Logistics Branch date back to Canada's British military heritage, with each branch of the Armed Forces managing its logistics independently. However, in 1968, the unification of the Canadian Armed Forces led to the creation of the Logistics Branch, consolidating these various functions. In 2018, marking the 50th anniversary of its formation, the branch received its Royal designation, becoming the Royal Canadian Logistics Service.

Today, the RCLS is part of the Strategic Joint Staff, overseeing logistics across all branches of the military. As Cdr Saunders explained, the branch's evolution from a loose organization to a highly professionalized and formalized service has been a key factor in its ability to adapt and modernize.

The logistics trade encompasses a wide range of specialties, including logistics officers, Cooks, Material Management Technicians, Human Resource Administrators, Financial Service Administrators, Mobile Support

Equipment Operators, Traffic Technicians, and Ammunition Technicians. At CFB Esquimalt, over 500 uniformed logisticians from the Army, Navy, and Air Force work together, making it a truly multi-service effort.

"We also work hand-in-hand with our civilian counterparts, in warehouses, shops, offices and galleys to provide critical logistics support across the Formation," Cdr Saunders said.

### Logisticians: The Backbone of Operations

From providing critical supplies to sustaining long-term operations, the logistics service is fundamental to military success. Cdr Saunders noted that every mission, whether domestic or international, relies on the expertise of logisticians.

"You can't have operations without logisticians. Whether it's supporting deploying ships or supporting wildfire teams, logistics personnel are there, ensuring that everything runs smoothly."

A recent example highlighted by Cdr Saunders involved the repair and resupply efforts for HMCS *Max Bernays* during RIMPAC. When the ship encountered mechanical issues, the ship's logistics section, assisted by a Forward Logistics Site team at Pearl Harbor, worked tirelessly to get the necessary materials to the vessel, ensuring it could return to sea quickly.

"A ship would remain operational for only a few days without any type of logistics support," said Cdr Saunders. "Whether it's the food on board, making arrangements for fuel, ammunition, or getting the material to ensure that all the critical systems are maintained or repaired, logistics is important, specifically with maritime operations," said Cdr Saunders.

### Personal Reflections and Career Insights

Cdr Saunders shared his views of the service.

"I love the variety in logistics," he said.

"From financial services to material management, there's always something new. Whether you're managing food services or human resources, it's all about enabling the Canadian Armed Forces to function effectively."

Reflecting on his career, Saunders recalled a poignant moment during Op REASSURANCE, where he witnessed the critical role logisticians played in supporting NATO allies and reassuring Romania during heightened tensions with Russia.

"We were really fulfilling the key aspects of Op REASSURANCE and our presence in Romania meant a lot to the people and dignitaries we met ashore and who were guests onboard while alongside. It was being able to see what our naval actions can do and how we can get ships to those distant locations through our sustainment efforts. It's our logisticians who do that."

### Looking to the Future

As the Logistics Service continues to evolve, Cdr Saunders emphasized the ongoing efforts to professionalize the service, with a focus on training, recruitment, and the integration of new digital technologies. Despite challenges such as critical personnel shortages and the logistical complexities of being located on Vancouver Island, the service remains committed to providing effective support for all military operations.

For those considering a career in logistics, Cdr Saunders offered this advice: "Reach out to people that are currently serving. There are so many different opportunities and different occupations within logistics and with that variety, I'm confident people would find something that interests them."

The 57th anniversary of the Royal Canadian Logistics Service is not just a celebration of the past but also a reminder of the vital role logisticians will continue to play in the success of military operations for the future.



Photo: Base Public Affairs

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The Lookout Newspaper and Publishing provides morale and welfare news to CFB Esquimalt, Maritime Forces Pacific, and is nationally distributed bi-weekly in print and online at [lookoutnewspaper.com](http://lookoutnewspaper.com) with social media updates on Facebook, Instagram, and LinkedIn.

Reach out to us, we'd love to hear your feedback and story ideas!

Published every other Monday, under the authority of Capt(N) K. Whiteside, Base Commander, CFB Esquimalt.

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.

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Circulation bi-weekly print and online:  
4,000 per issue plus social media engagement.

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# Preparing for Your Medical Release: What to Expect and How SISIP Can Help

## Ted Noakes MA CLU® CFP®

Financial Security Advisor, Life Insurance

As the prescribed medical release date of Apr. 1, approaches, many members of the Canadian Armed Forces in Victoria and Esquimalt are preparing for this significant transition. Whether you are looking forward to the release or feeling uncertain about it, it is important to know what to expect and how to plan effectively.

SISIP is part of your out-routine. Here is what you can expect with your SISIP appointments and the sorts of things that SISIP will help with to plan your post-release financial path and to make your experience as useful as possible:

### Initial Appointment: Reviewing Your Coverage

In your first appointment, typically with one of our insurance agents, we will review your current coverage. This includes:

- your supplementary death benefit
- any optional insurance you have with SISIP
- any other life insurance you are holding

We also conduct a needs analysis to determine if you have too much or too little

life insurance. Additionally, we will explain what critical illness insurance is and how it can protect your portfolio in case of illness. As you have 60 days (about two months) to transfer your coverage, we will ensure you have the necessary forms to complete this process.

### Second Appointment: Financial Planning

Many members are unaware of their financial options, especially when it comes to their pension. Our financial planners are uniquely qualified to help you understand whether taking a lump sum or the pension makes more sense for you. We will provide a detailed analysis to show you the budgetary impact of each option, helping you make an informed decision.

### Setting Up an Appointment

With Apr. 1 rapidly approaching, it is helpful to set up an appointment as soon as possible. And be aware, we are still not in our CANEX location due to ongoing renovations, so calling ahead is important. Appointments can be online or in person. We recommend scheduling your appointment at least three weeks in advance but will do all we can to accommodate all requests.

## COMMON QUESTIONS

### Can my coverage transfer over?

*Yes, your coverage can transfer over.*

### What are the costs?

*The only costs are the premiums, which for most people under the age of 60, are no different than what they would pay with the current coverage as a regular force member or reservist.*

### Are there any fees to break the contract?

*No, there are no fees to break the contract. If you decide you no longer want insurance, you simply sign a form to cancel it.*

### Does SISIP still cover me after release?

*Yes, SISIP financial services are part of your post-release benefits and there is no charge for SISIP insurance and financial planning services.*

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# NOTICE OF CERTIFICATION AND SETTLEMENT

Have you experienced racial discrimination or racial harassment in the Canadian Armed Forces?

A class action settlement may affect you.

## PLEASE READ THIS NOTICE CAREFULLY.

The Federal Court has authorized this notice.

This is not a solicitation from a lawyer or a lawsuit against you.

While not admitting liability, the Government of Canada has agreed to settlement of a class action ("Class Action") for current and former members of the Canadian Armed Forces (CAF) who experienced racial discrimination and/or racial harassment in connection with their military service.

The Federal Court has approved this settlement.

## WHO IS INCLUDED?

The settlement covers members and former members of the CAF who experienced racial discrimination and/or racial harassment in connection with their military service at any time from April 17, 1985 (the "Class Members").

To be eligible for a payment you must be a member of the Class. The Class is defined as:

- All persons who are or have been enrolled as CAF Members at any time from April 17, 1985, and for any duration up to and including the Approval Date (January 10, 2025), and who assert that they have been subjected to Racial Discrimination and/or Racial Harassment.
- The terms of the settlement are binding on all Class Members, except those who opt out of the Class Action by a specified date.
- If you wish to opt out of the Class Action, you must do so by completing an Opt Out Form and returning it to the Claims Administrator by no later than April 10, 2025.

## WHAT DOES THE SETTLEMENT PROVIDE?

### The settlement provides:

- a) payment for Class Members who experienced racial discrimination and/or racial harassment connected with their military service;
- b) the option to participate in a restora-

- c) the option to receive a personalized letter of apology from the Chief of the Defence Staff; and
- d) other systemic relief measures to improve the organizational culture and systems within the CAF with the objective of addressing and eliminating racial discrimination and racial harassment in the CAF.

## WHAT ARE YOUR LEGAL RIGHTS AND OPTIONS?

### 1. Do nothing

If you do nothing, you will give up the right to collect under the settlement and you will give up the right to sue Canada or others or bring a human rights complaint in relation to any racial discrimination or racial harassment you experienced in connection with your military service.

### 2. Submit a Claim Form

In order to make a claim for a monetary award, and/or to request a personalized letter of apology from the Chief of the Defence Staff, and/or to participate in restorative engagement processes, you will need to submit an Individual Claim Form to the Claims Administrator.

Individual Claim Forms will be available from the Claims Administrator once the claims period is open. The claims period will open after April 10, but may be delayed for certain reasons. Further details and updates will be available from the Claims Administrator at: [www.classaction.deloitte.ca/en-CA/caf-racism-class-action/](http://www.classaction.deloitte.ca/en-CA/caf-racism-class-action/)

If you would like assistance with completing an Individual Claim Form once the claims period is open, Class Counsel can provide this assistance at no charge. The deadline to file an Individual Claim Form with the Claims Administrator is 12 months from when the claims period opens.

### 3. Opt Out

If you don't want to be bound by the settlement, you can Opt Out of the Class Action.

Opt Out Forms are available from the Administrator, and may also be accessed at: [www.forcesaction.com](http://www.forcesaction.com)

The deadline to file an Opt Out Form with the Claims Administrator is April 10.

If you do not file an Opt Out Form with the Claims Administrator by April 10, you will be bound by the settlement even if you do not wish to participate in the settlement.

If you Opt Out, you will not be entitled to make a claim for a monetary award under the settlement, but you will keep your right to sue Canada or others or bring a human rights complaint in relation to any racial discrimination or racial harassment you experienced in connection with your military service.

If you have already commenced a legal proceeding against Canada for damages resulting from the racial discrimination or racial harassment that is also covered by this settlement, and if you do not discontinue your legal proceeding before April 10, you will be automatically deemed to have Opted Out of this settlement and you will not be able to make a claim for a monetary award under the settlement.

## WHAT KIND OF PAYMENT AM I ELIGIBLE FOR?

Your payment will depend on the duration and severity of your experience of racial discrimination and/or racial harassment in connection with your military service. It may also depend on how many Class Members submit claims. The potential range of individual payment for Class Members is from \$5,000 to \$35,000. The total amount of individual payments to all Class Members cannot exceed \$150 million. The individual payments to Class Members, as assessed by the Independent Assessors, may need to be reduced on a pro rata basis so that the total amount of payments to Class Members does not exceed \$150 million.

If the total amount of individual payments to Class Members is less than \$100 million, the individual payments to Class Members may be increased by a maximum of 20 per cent.

## FURTHER INFORMATION?

If you have any questions or require further details about the participation in the settlement or how to Opt Out of the settlement, please contact the Claims Administrator: 1-844-720-0499, email: [cafrd@deloitte.ca](mailto:cafrd@deloitte.ca) or [www.classaction.deloitte.ca/en-CA/caf-racism-class-action/](http://www.classaction.deloitte.ca/en-CA/caf-racism-class-action/)

If you have questions about your legal rights, please do not hesitate to contact Class Counsel, 902-420-3322, [forces.class.action@stewartmckelvey.com](mailto:forces.class.action@stewartmckelvey.com), or [www.forcesaction.com](http://www.forcesaction.com)

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# A Glorious Breach: PODEX 25 Sails to Success



**SLt Simon Gonsalves**  
MARPAF Public Affairs

In a Royal Canadian Navy (RCN) first, all eight Orca-class training vessels have successfully sailed together. On the morning of Jan. 29, the eight vessels embarked together from CFB Esquimalt's Z-Jetty to sail across the harbour in formation. Planned and executed under the title Photographic Orca Deployment Exercise (PODEX) 2025, this was a unique moment in RCN's recent history.

Operated by the Patrol Craft Training Unit (PCTU), these vessels, often simply referred to as *Orcas*, are designed as a stepping stone to larger, more complicated warships. Able to operate effectively with a small crew complement, these specialized ships provide invaluable practical at-sea training for RCN sailors across a wide range of experiences and expertise.

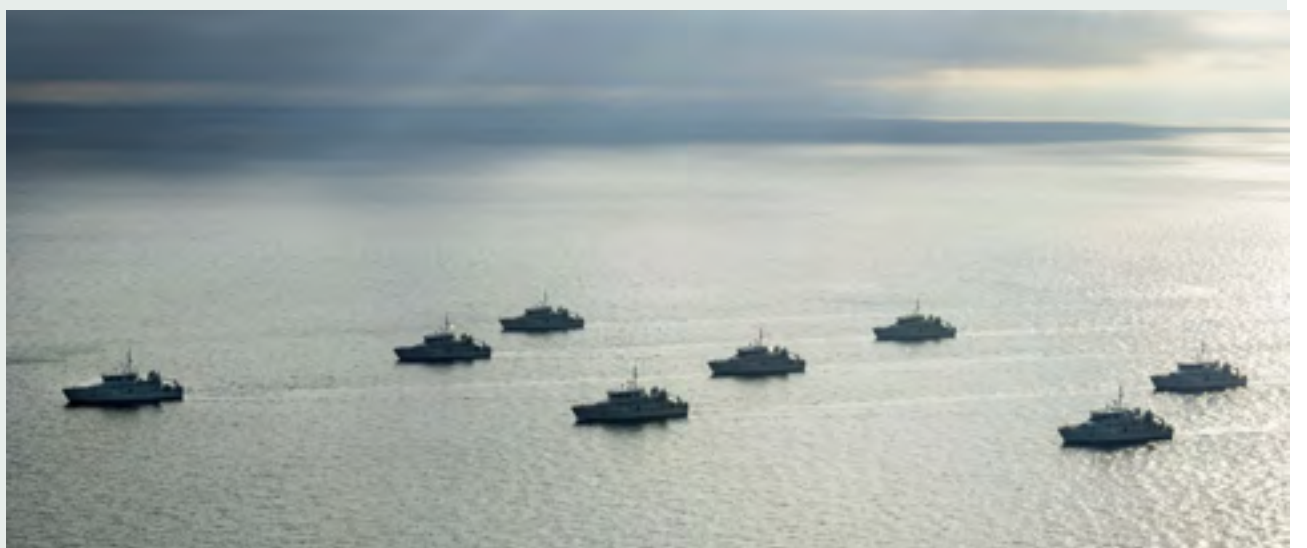
At any given time, it is common practice for one or more Orcas to be unavailable for use while undergoing scheduled maintenance and repairs. However, a rare opportunity arose at PCTU—for a relatively short window, all Orcas were scheduled to be ready and available to sail. Those in charge

of the unit decided to take full advantage of this unique opening, planning and executing the first ever PODEX in fine detail.

When asked about the unique opportunity to showcase his unit, Lieutenant-Commander (LCdr) Eric Lashinski, Commanding Officer of PCTU, stated that “it’s just never worked out that we’ve had all of the ships out and available at the same time...to actually get out of the trainer side and come to sea is an amazing opportunity for everybody, it’s genuinely so important.”

The fortuitous alignment of ship readiness cycles also allowed sailors from across Canadian Fleet Pacific to conduct valuable training at scale, practicing formation sailing, as well as group manoeuvres as part of the PODEX. The historic moment was visually captured by two imagery technicians aboard a circling CH-148 *Cyclone* maritime helicopter, generously tasked by 443 Maritime Helicopter Squadron.

Bravo Zulu to everyone to everyone who helped make this sail a reality.



February 2025 février



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## Quote:

*“Treating different things the same can generate as much inequality as treating the same things differently.”*

–Kimberlé Crenshaw (Civil Rights Advocate)

## Citation :

*« Traiter des choses différentes de la même façon peut générer autant d'inégalités que traiter les mêmes choses différemment. »*

–Kimberlé Crenshaw (militante des droits civiques)

## Word of the Month:

### Appropriation

ap·pro·pri·a·tion | /ə,prɒpɹɪˈæʃ(ə)n/

**noun** The act of taking or borrowing elements of one culture by members of another culture, often without permission or understanding of the cultural significance.

## Mot du mois :

### Appropriation

a·pro·pri·ya·syon | [apɹɒpɹijasjɔ̃]

utilisation des éléments d'une culture par les membres d'une autre culture, le plus souvent sans l'autorisation des membres de la culture de départ ou la compréhension de la signification culturelle des éléments.

## Menstrual Products required in Government buildings

On December 15, 2023, Minister of Labour Seamus O'Regan Jr. announced that federally regulated industries and workplaces—including airports, banks, and ferries—are obligated to provide menstrual products in each washroom, regardless of bathroom signage. If the washroom is not feasible, the employer must provide the menstrual pads / tampons in an accessible location. He has been quoted as saying: “We'd never ask people to bring their own toilet paper to work. So why do we do that with menstrual products?”

This initiative not only promotes menstrual equality and fosters healthy, inclusive workplaces, but it also helps relieve the financial

burden of purchasing these essential items. Research has shown more than 80% of those who menstruate believe products are too expensive and one-fifth of menstruators in Canada struggle to afford necessary products.

Federal buildings are not alone in defying period poverty. Provinces like British Columbia, Manitoba, Newfoundland and Labrador, Nova Scotia and Ontario provide menstrual products in schools while New Brunswick provides them in libraries.

Menstrual products are and should be counted as basic needs. This program is meant to improve equity as well as create more inclusive workplaces.

### The more you know:

## Obligation de fournir des produits menstruels dans les immeubles gouvernementaux

Le 15 décembre 2023, Seamus O'Regan Jr., ministre du Travail, a annoncé que les industries et les milieux de travail sous réglementation fédérale – y compris les aéroports, les banques et les transporteurs – doivent fournir des produits menstruels dans toutes les toilettes, indépendamment de leur affichage. S'il est impossible de le faire, l'employeur doit alors fournir des serviettes et des tampons dans un lieu accessible. Le ministre a déclaré : « Puisque nous ne nous attendons pas à ce que les gens amènent leur papier de toilette au travail, nous ne devrions pas non plus nous attendre à ce qu'ils amènent des serviettes hygiéniques et des tampons. »

Cette initiative favorise non seulement l'équité menstruelle et un milieu de travail sain et inclusif, mais elle aide à réduire le fardeau financier lié à l'achat de ces produits essentiels. Des études ont

révélé que plus de 80 % des personnes menstruées jugent que les produits menstruels sont trop chers, et le cinquième des personnes menstruées au Canada ont de la difficulté à se payer les produits dont elles ont besoin.

Les immeubles fédéraux ne sont pas seuls à lutter contre la précarité menstruelle. Plusieurs provinces, dont la Colombie-Britannique, le Manitoba, Terre-Neuve-et-Labrador, la Nouvelle-Écosse et l'Ontario, offrent des produits menstruels dans les écoles, et le Nouveau-Brunswick en fournit dans les bibliothèques.

Les produits menstruels constituent un besoin essentiel et ils devraient être considérés comme tels. Ce programme vise à améliorer l'équité de même que l'inclusivité des milieux de travail.

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# INVICTUS GAMES

VANCOUVER • WHISTLER 2025

## The Invictus Games 2025: A Celebration of Resilience and Recovery

The Invictus Games are coming to Vancouver and Whistler this winter. The idea was first conceived by Prince Harry in 2014 as a celebration of the courage and resilience demonstrated by those recovering from injuries obtained during military service.

The competitive events of the games embody the healing power of sport and community. Through activities like wheelchair rugby and basketball, seated volleyball, and indoor rowing, the Games empower athletes to reclaim their confidence, develop social connections, and regain a sense of belonging. The upcoming games in Vancouver and Whistler will be the first to incorporate adaptive winter sports such as alpine skiing and snowboarding, nordic skiing and biathlon, skeleton, and wheelchair curling.

Team Canada will be among the twenty plus nations competing in this year's events. Comprised of active and retired service personnel from across the Canadian Armed Forces (CAF), each member of Team Canada has sacrificed a piece of their personal wellbeing in the pursuit of our nation's security. We will have the opportunity to watch as they once again demonstrate their resilience and resolve, pursuing recovery through the unconquerable spirit of the events. By supporting Team Canada at the games, Canadians can honour these athletes sacrifices and inspire their continued journey toward recovery.

Invictus Games 2025 serves as a powerful reminder of the strength of our military family, and the resilience of the athletes who inspire us all.

## Les Jeux Invictus 2025 : Une célébration de la résilience et du rétablissement

Les Jeux Invictus auront lieu à Vancouver et à Whistler cet hiver. Les Jeux ont été conçus par le prince Harry en 2014 pour souligner le courage et la résilience des personnes qui se rétablissent de blessures subies pendant le service militaire.

Les compétitions des jeux incarnent le pouvoir de guérison du sport et de la communauté. Avec des activités comme le rugby et le basketball en fauteuil roulant, le volleyball assis et l'aviron intérieur, les Jeux permettent aux athlètes de recouvrer leur confiance, de tisser des liens sociaux et de retrouver un sentiment d'appartenance. Les Jeux de Vancouver et de Whistler seront les premiers à présenter des sports d'hiver adaptés comme le ski para-alpin, le parasurf des neiges, le ski paranordique, le parabiathlon, le paraski, et le curling en fauteuil roulant.

Plus de vingt nations, dont le Canada, participeront aux compétitions de cette année. L'équipe du Canada sera constituée de militaires actifs et retraités des Forces armées canadiennes (FAC) qui ont chacun sacrifié une partie de leur bien-être pour protéger notre nation. Nous aurons la chance d'observer leur résilience et leur détermination, alors qu'ils feront preuve de l'esprit invincible derrière leur rétablissement. En encourageant Équipe Canada aux Jeux, les Canadiens peuvent honorer les sacrifices de ces athlètes et les encourager dans la poursuite de leur chemin vers le rétablissement.

Les Jeux Invictus 2025 sont un puissant rappel de la force de notre famille militaire et de la résilience des athlètes qui nous inspirent.



## February is Black History Month Février est le Mois de l'histoire des Noirs

### February is Black History Month

Adopted by Parliament in 2008, Black History Month celebrates the rich history, achievements, and contributions of Black Canadians. The commemoration dates back to 1926 and provides an opportunity to reflect on the vital role Black Canadians have played in shaping this nation's identity.

For the Defence Team, Black History Month is a chance to recognize and celebrate the historical and ongoing contributions of Black Defence Team members. The role of Black people and communities in Canada's history has often been overlooked, including the presence of African-descended Loyalists who settled in the Maritimes after the American Revolution and the sacrifices made by soldiers of African descent during wars like the War of 1812.

This month serves as a reminder to acknowledge the Black Canadians who helped shape a diverse, compassionate, and inclusive Canada, and to learn more about the experiences that have shaped our collective history and future.

Below are some stories and experiences written by Black Canadians:

#### FICTION:

*The Sleeping Car Porter* by Suzette Mayr  
*In Another Place, Not Here* by Dionne Brand  
*The Book of Negroes* by Lawrence Hill  
*Butter Honey Pig Bread* by Francesca Ekwuyasi

#### NON-FICTION:

*Invisible Boy* by Harrison Mooney  
*Willie* by Willie O'Ree, with Michael McKinley  
*Saga Boy* by Antonio Michael Downing  
*Policing Black Lives: State Violence in Canada from Slavery to the Present* by Robyn Maynard

#### KIDS:

*\*Beautiful You, Beautiful Me* by Tasha Spillett-Sumner (ages 4-8)  
*The Stone Thrower* by Jael Ealey Richardson (ages 5-9)  
*\*Viola Desmond Won't Be Budged!* – Jody Warner (ages 6-10)  
*Swim Team* by Johnnie Christmas (ages 8-12)

#### YA:

*Blood Scion* by Deborah Falaye  
*Boys and Girls Screaming* by Kern Carter  
*\*The Marrow Thieves* by Cherie Dimaline  
*Charming as a Verb* by Ben Philippe

NOTE: \* is published in both French and English

### Février est le Mois de l'histoire des Noirs

Reconnu par le Parlement en 2008, le Mois de l'histoire des Noirs souligne la riche histoire et les réalisations des Canadiens noirs. Cette commémoration, qui remonte à 1926, vise à pousser la réflexion sur le rôle vital des Canadiens noirs dans la construction de l'identité du Canada.

Pour l'Équipe de la Défense, le Mois de l'histoire des noirs représente l'occasion de souligner et de célébrer les réalisations passées et présentes de ses membres noirs. Le rôle des Noirs et des collectivités noires dans l'histoire du Canada est souvent négligé, notamment en ce qui concerne les loyalistes d'origine africaine qui se sont établis dans les Maritimes après la Révolution américaine et les soldats d'origine africaine qui ont participé à des conflits comme la Guerre de 1812.

Ce mois est une invitation à reconnaître les Canadiens noirs qui ont aidé à bâtir un Canada diversifié, compatissant et inclusif et à en apprendre davantage sur les expériences qui ont façonné notre histoire collective et notre avenir.

Voici quelques histoires et expériences rédigées par des Canadiens noirs :

#### ROMANS :

*The Sleeping Car Porter* de Suzette Mayr  
*In Another Place, Not Here* de Dionne Brand  
*\*Aminata* de Lawrence Hill  
*Butter Honey Pig Bread* de Francesca Ekwuyasi

#### DOCUMENTAIRES :

*Invisible Boy* de Harrison Mooney  
*Willie* de Willie O'Ree, avec Michael McKinley  
*Saga Boy* de Antonio Michael Downing  
*\*NoirEs sous surveillance. Esclavage, répression et violence d'État au Canada* de Robyn Maynard

#### JEUNESSE :

*\* Belle comme toi, belle comme moi* de Tasha Spillett-Sumner (ages 4-8)  
*The Stone Thrower* de Jael Ealey Richardson (ages 5-9)  
*\* La détermination de Viola Desmond* de Jody Warner (ages 6-10)  
*Swim Team* de Johnnie Christmas (ages 8-12)

#### JEUNES ADULTES :

*Blood Scion* de Deborah Falaye  
*Boys and Girls Screaming* de Kern Carter  
*\*Pilleurs de rêves* de Cherie Dimaline  
*Charming as a Verb* de Ben Philippe

REMARQUE : \* est publié en français et en anglais



### New co-chair letter for the Defence Visible Minority Advisory Group (DVMAG) P01 Yevrag Evans

As a seasoned member of the Canadian Armed Forces (CAF) with over two decades of experience, I have dedicated my career to leadership, service, and the pursuit of equity in the military environment. My background as an immigrant from Jamaica, and my experiences navigating the challenges of integration and representation, have shaped my understanding of the vital importance of diversity and inclusion in any institution, particularly within the CAF.

Throughout my career in the CAF I have encountered the unique challenges that minority members face within the armed forces. These experiences have given me a clear perspective on the importance of advocating for underrepresented voices. My experiences as a visible minority and having bi-racial children have equipped me with the empathy and insight necessary to tackle the barriers within the armed forces.

Growing up as an immigrant and person of color in Canada, I have experienced the dual challenge of adapting to a new country while striving to succeed in a military environment. My experiences equip me with empathy and insight that I can bring to this position. My career has taken me through varied postings in RCN and serving aboard ships and submarines to managing teams in various environments. As I progressed through these roles, I have always focused on fostering collaboration and mutual respect among colleagues of all backgrounds. I am particularly proud of my work in mentoring new submariners and sailors, guiding them through the challenges of military life while ensuring they feel valued and supported.

Outside of my professional duties, I have been committed to mentorship and community-building within the military community. As a strong advocate for inclusion, I have actively supported and participated in initiatives that promote the collective diversity of our members. Together we are stronger.

My perspective as a minority member of the CAF, coupled with my leadership and operational experience, I am committed to ensuring that all personnel feel valued, respected, and supported, and I look forward to the opportunity to serve and support all members in their pursuit of excellence and equality and contribute to a more inclusive future for the CAF.

### Lettre de l'OM Yevrag Evans, nouveau coprésident du Groupe consultatif des minorités visibles de la Défense (GCMVD)

Je suis un membre de longue date des Forces armées canadiennes (FAC). Durant ma carrière, qui s'étend sur plus de deux décennies, je me suis consacré au leadership, au service et à la recherche de l'équité dans le milieu militaire. Je suis un immigrant de la Jamaïque. Mon expérience des défis liés à l'intégration et à la représentation m'a aidé à réaliser l'importance capitale de la diversité et de l'inclusion dans toutes les institutions, particulièrement au sein des FAC.

Tout au long de ma carrière dans les FAC, j'ai été confronté aux défis particuliers qui touchent les membres des minorités visibles dans les forces armées. Ces expériences m'ont permis de comprendre clairement l'importance de faire entendre les voix sous-représentées. Mes expériences comme membre d'une minorité visible et père d'enfants biraçiaux m'ont donné l'empathie et la psychologie nécessaires pour éliminer les obstacles qui existent au sein des forces armées.

En tant qu'immigrant et personne non blanche au Canada, j'ai dû m'adapter à un nouveau pays tout en m'efforçant de réussir dans le milieu militaire. Ces expériences m'ont donné l'empathie et la psychologie qui me seront utiles dans ce poste. Au cours de ma carrière dans la MRC, j'ai accepté plusieurs affectations à bord de navires et de sous-marins où je devais gérer des équipes dans divers milieux. Dans chacun de ces rôles, je me suis efforcé de favoriser la collaboration et le respect mutuel entre les collègues de toutes les origines. Je suis spécialement fier du travail que j'ai accompli en encadrant de nouveaux marins et sous-marins, et en aidant à surmonter les défis liés au monde militaire, de sorte qu'ils se sentent valorisés et soutenus.

En dehors de mes fonctions professionnelles, j'ai consacré mes énergies à l'encadrement et à l'établissement d'une communauté dans le secteur militaire. Je suis un ardent défenseur de l'inclusion, et j'ai participé à de nombreuses initiatives qui font la promotion de la diversité collective de nos membres. Ensemble, nous sommes plus forts.

J'apporte le point de vue d'un membre d'une minorité visible, en plus de mes expériences de leadership et de gestion opérationnelle, pour m'assurer que tous les membres du personnel se sentent valorisés, respectés et soutenus. Je suis impatient d'aider tous les militaires et de les aider à atteindre l'excellence et l'équité et de contribuer à un avenir plus inclusif dans les FAC.



## How to Join a DAG

All CAF members and DND public service employees, regardless of their ethnicity, gender, orientation, disability, age or background, are welcome to join any DAG. DAGs are looking for people committed to the principles of employment equity, diversity and inclusion.

## Comment se joindre à un GCD

Tous les membres des FAC et les fonctionnaires du MDN, quels que soient leur origine ethnique, leur sexe, leur orientation, leur handicap, leur âge ou leurs antécédents, sont les bienvenus dans n'importe quel GCD. Les GCD sont à la recherche de personnes qui s'engagent à respecter les principes d'équité en matière d'emploi, de diversité et d'inclusion.

### Defence Women's Advisory Group (DWAOG) Organisation consultative des femmes de la Défense (OCFD)

+DWAOG-MARPAC@MARPA HQ@Esquimalt

### Defence Visible Minority Advisory Group (DVMAG)

#### Groupe consultatif des minorités visibles de la Défense (GCMVD)

+Defense Visible Minorities Advisory Group  
Esquimalt@MARPA HQ@Esquimalt

### Defence Indigenous Advisory Group (DIAG) Groupe consultatif des Autochtones de la Défense (GCAD)

+ESQ DAAG@MARPA HQ@Esquimalt

### Defence Advisory Group for Persons with Disabilities (DAGPWD)

#### Groupe consultatif de la Défense pour les personnes handicapées (GCDPH)

+MARPA HQ DAGPWD@MARPA@Esquimalt

### Defence Team Pride Advisory Organization (DTPAO)

#### Organisation consultative de la Fierté de l'Équipe de la Défense (OCFED)

+ESQ MARPA DTPAO@MARPA HQ@Esquimalt

## CALENDAR:

Lunar New Year (Date Changes Each Year)	29 Jan to 2 Feb
Black History Month	February
Have a Heart Day	14-Feb
Heritage Week	17 -21 Feb
Pink Shirt Day	26-Feb
Ramadan	28 Feb - 29 Mar
Irish Heritage Month	March
International Women's Day	08-Mar
Day for the Elimination of Racial Discrimination	21-Mar
International Day of Transgender Visibility	31-Mar
Sikh Heritage Month	April
International Day of Pink (Second Wednesday of April)	09-Apr

## CALENDRIER:

Nouvel An lunaire (date variable chaque année)	29 janv. au 2 févr.
Mois de l'histoire des Noirs	Février
Journée Ayez un cœur	14 févr.
Semaine du Patrimoine	17 au 21 févr.
Journée du chandail rose	26 févr.
Ramadan	28 févr. au 29 mars
Mois du patrimoine irlandais	mars
Journée internationale des femmes	8 mars
Journée pour l'élimination de la discrimination raciale	21 mars
Journée internationale de la visibilité transgenre	31 mars
Mois du patrimoine sikh	Avril
Journée internationale en rose (deuxième mercredi d'avril)	9 avr.

# Invictus

Out of the night that covers me,  
Black as the Pit from pole to pole,  
I thank whatever gods may be  
For my unconquerable soul.  
In the fell clutch of circumstance  
I have not winced nor cried aloud.  
Under the bludgeonings of chance  
My head is bloody, but unbowed.  
Beyond this place of wrath and tears  
Looms but the Horror of the shade,  
And yet the menace of the years  
Finds, and shall find, me unafraid.  
It matters not how strait the gate,  
How charged with punishments the scroll,  
I am the master of my fate:  
I am the captain of my soul.

William Ernest Henley

# Invictus

Dans les ténèbres qui m'enserrent,  
Noires comme un puits où l'on se noie,  
Je rends grâce à Dieu quel qu'il soit,  
Pour mon âme invincible et fière.  
Dans de cruelles circonstances,  
Je n'ai ni gémi ni pleuré,  
Sous les coups du hasard,  
Ma tête saigne mais reste droite.  
En ce lieu de colère et de pleurs,  
Se profile l'ombre de la mort,  
Et bien que les années menacent,  
Je suis et je resterai sans peur.  
Aussi étroit soit le chemin,  
Nombreux les châtiments infâmes,  
Je suis le maître de mon destin,  
Je suis le capitaine de mon âme.

William Ernest Henley



Indigenous Veteran's Day ceremony  
La cérémonie de la Journée des  
vétérans autochtones

Steve Morrison, retired PO1 and former National Military DIAG co-chair.  
Steve Morrison, CM1 à la retraite, était le champion militaire national du GCAD.



The CFB Esquimalt Tritons men's basketball team went 6-0 last week to secure the 2025 Canada West regional men's basketball championship. The squad wrapped up its second straight Canada West title by defeating host 15 Wing (Moose Jaw) in the finals 81-50.



Announcing your 2025 Women's Hockey Canada West Champions: The CFB Esquimalt Tritons took the victory against the CFB Edmonton Warriors on Feb. 6 in Edmonton, Alta. Congratulations Tritons!



Fleet Diving Unit (Pacific) claimed victory as January's 3x3 intramural basketball tournament champions.

# Security Awareness Week

**REPORT SUSPICIOUS DRONES**

Un-crewed aircraft systems (UAS) create security risks through SURVEILLANCE, ATTACK or NEGLIGENCE.

**WHAT TO REPORT**

- + Number of drones
- + Location
- + Time
- + Drone Features
- + Drone Behaviour

**Report suspicious drone sightings to the military police**

FOR GENERAL ENQUIRIES  
+Joint CUAS Office - Bureau Interarmées CUAS@VCDS CCSI@Ottawa-Hull  
jointcuasoffice-bureauinterarmeescuas@forces.gc.ca  
The Canadian Joint Operations Command Directives: Reporting of Unauthorized UAS

Canada

## Stay Sharp, Stay Safe: Security Every Day

**Sgt Paul Hare**  
Military Police Unit Esquimalt

As a new year is upon us, we once again find ourselves acknowledging Security Awareness Week from Feb. 10-14. It is during this time of year where we reinforce the necessity of security to the Defence community. Adherence and implementation of security policies and directives are essential to every security program.

The theme of this year's Security Awareness Week is *Stay Sharp, Stay Safe: Security Every Day*. As a police officer, the first thing I instinctively think of while I contemplate this year's theme is **complacency**. Within the police profession, it is dangerous to approach a routine activity, such as a traffic stop, with complacency as this interaction can become far from routine at a moment's notice. The same is true for an organization's security program. When you settle into a repetitive day-to-day routine, it is common to take short cuts or deviations for the sake of convenience. Doing so negates the strength of the established security program and creates an exploitable vulnerability that could cause possible safety or security issues.

The question then remains; how do we remain vigilant and conduct ourselves in a manner that reinforces and strengthens the security policies and procedures, as opposed to hindering them.

### Security Access Credentials

We are all aware of the requirement to present and prominently

display authorized security passes while occupying a Security Zone or other zones of heightened scrutiny to prevent situations of unauthorized access. However, it is as equally important to ensure that those same security badges are concealed and kept out of sight while being in Reception or Public Zone. This prevents the public and unauthorized parties from viewing or potentially capturing imagery of proprietary Canadian Forces security credentials, and the personnel authorized to enter them.

### Physical Security Barriers

Once you are within a restricted area, the physical security barriers may still not be sufficient in preventing unauthorized individuals from entering. On occasion, there have been instances where additional security doors within the confines of a zone have been wedged or propped open for the sake of convenience. Redundancy is often purposely incorporated within a security program for safety, slowing and denying penetration into a particular area, or enabling sufficient response time for security personnel in the event of an incursion.

Intentionally removing these barriers negates this layered approach to protection. These security barriers should never be bypassed or circumvented for the sake of convenience.

### Situational Awareness

Staying sharp also includes always being aware of your surroundings. Office work can often entail long hours. To remain productive and energized, breaks are essential to a healthy lifestyle. During these breaks, we often run into colleagues. It is important to be mindful when you are in a publicly accessible area. Regardless of the content or context of your conversation, information can always be valuable to someone. Be aware of your environment and refrain from having workplace conversations while outside the office or in the presence of unintended individuals.

Being mindful and implementing these simple security measures and practices will enable our day-to-day behaviours to remain security focused. Stay sharp to prevent any unintended security incidents from arising.

received a Security Clearance level, policy dictates that they need to be updated and renewed on a prescribed frequency. That rate of frequency varies depending on your level of clearance, with Secret having to be revised every ten years and a Top-Secret clearance needing to be re-assessed every five years. Outside of those mandated times, there is an onus on the member to inform their USS when there is a meaningful change in personal circumstances that have had an impact on your personal life. Examples of this would include divorce, significant financial hardship, and substance use.

### Physical Security Barriers

Once you are within a restricted area, the physical security barriers may still not be sufficient in preventing unauthorized individuals from entering. On occasion, there have been instances where additional security doors within the confines of a zone have been wedged or propped open for the sake of convenience. Redundancy is often purposely incorporated within a security program for safety, slowing and denying penetration into a particular area, or enabling sufficient response time for security personnel in the event of an incursion.

Being mindful and implementing these simple security measures and practices will enable our day-to-day behaviours to remain security focused. Stay sharp to prevent any unintended security incidents from arising.

■

## Five minutes in the Hot Seat: Reverse Interrogation

**Sgt Paul Hare**  
Military Police Unit Esquimalt

Warrant Officer Graham Steel sat down with Sgt. Paul Hare to answer your burning questions regarding base security:

**Q:** What security practices are in place or have been implemented by Military Police Unit Esquimalt (MPU(E)) following the changes at Naden Gates?

MPU(E) has increased our presence and patrols throughout Naden, including random and periodic ID checks at Naden Gate throughout the day. Visitors and employees are still subject to Defence Controlled Access Area Regulations (DCAARs) and Inspection and Search Defence Regulations (ISDRs) while on Defence establishments. We ask that military personnel be more vigilant and observant while at work and challenge or report any unusual activity they see. Unit level security practices and policies are still in place, and we will continue to protect, and secure the People, Information, and Assets on base.

**Q:** With the current increase in accessibility and popularity in arial drone ownership and use, what is the official stance of their use on Defence property?

This is becoming an increasing focus and concern for the CAF. The official policy states that any unscheduled and non-operational use of an unmanned aerial vehicle (UAV) or drone is prohibited within the geographical property of CFB Esquimalt.

**Q:** What actions should someone take should they witness or observe drone use in and around CFB Esquimalt property?

The most important thing would be to not delay in reporting this incident to MPU(E) as it will afford the greatest chance or probability of locating the operator and taking action. Providing valuable information including the area of the base in which it was observed, way it

was being used, direction of travel, and description of drone will help. To prevent unnecessary reporting, members should regularly refer to the MARPAC Noticeboard and splash page as all events of upcoming Operational UAV use is displayed and populated on there with the relevant locations and timings when they will be deployed in Operational activities.

**Q:** What are some best workplace security practices?

Primarily, familiarize yourself with your Unit Security Orders which will provide specific security information relevant to your day-to-day work life and environment. Become familiar with the nearest emergency exits and multiple ways

to evacuate your office space. Be aware of your unit's specific muster area in the event of an evacuation. Be mindful and aware of the nearest fire alarm pull stations, and any fire extinguishers placed throughout your unit facility or office space. Should there be a need to shelter in place due to a potentially hazardous situation, be cognizant of the nearest enclosed space you can go and adequately secure to protect yourself.

**Q:** Is my approved Security Clearance (Reliability/Secret/Top Secret) indefinite or do they expire?

The highest level of Security Clearance that you receive are valid once issued, and they do not expire. Even though you have

received a Security Clearance level, policy dictates that they need to be updated and renewed on a prescribed frequency. That rate of frequency varies depending on your level of clearance, with Secret having to be revised every ten years and a Top-Secret clearance needing to be re-assessed every five years. Outside of those mandated times, there is an onus on the member to inform their USS when there is a meaningful change in personal circumstances that have had an impact on your personal life. Examples of this would include divorce, significant financial hardship, and substance use.

■

# Historic B-Jetty Opening Marks Milestone in Naval Infrastructure Enhancements



Vice-Admiral Angus Topshee welcomes guests to the B-Jetty Opening Ceremony on Feb. 5.

**Jazmin Holdway with  
contributions by Leah Pokocky  
and S1 Robin Kruger**  
Lookout Newspaper

In a significant moment for Canada's Pacific Naval Fleet, the new B-Jetty at HMC Dockyard at CFB Esquimalt was officially opened on Feb. 5, ushering in a new era of capability for the Royal Canadian Navy (RCN). The ribbon-cutting ceremony was attended by dignitaries including the Honourable Harjit S. Sajjan, MP, President of the King's Privy Council for Canada, Minister of Emergency Preparedness, and Minister responsible for the Pacific Economic Development Agency of Canada, as well as Vice-Admiral (VAdm) Angus Topshee, Commander of the RCN.

The opening ceremony featured a ceremonial welcome with the National Anthem performed by the Naden Band. Mr. Paul Schauerte, Acting Director General of Infrastructure and Environment, and VAdm Topshee both delivered addresses acknowledging the immense scale of the project and its positive impact on the Navy's operations and environmental sustainability. Remarks were kept short in consideration for the freezing temperatures of the morning.

"You don't just see a ship, you see a massive capability," said Minister Sajjan while pointing to HMCS *Max Bernays*, docked alongside the opening ceremony. He discussed the work being done at Maritime Forces Pacific (MARFAC) and the overall capabilities of the RCN, its personnel and supporting infrastructure.

The B-Jetty, which replaces the original A- and B-Jetties built during the Second World War, was designed to withstand the challenges posed by climate change and natural disasters, such as tsunamis. Construction on the project began in December 2019, with the achieved initial operational capability date set for November 2024. The 270-meter long and 26-meter-wide marine structure is built on pipe piles as long as 100 meters, anchored securely into underlying bedrock, and reinforced with heavy-duty concrete beams and decking.

One of the key highlights

of the project is its resilience to climate change, seismic risks, and the environmental considerations in its construction. VAdm Topshee emphasized that the creation of B-Jetty was done with careful attention to the surrounding ecosystem, particularly marine wildlife, and done in consultation with local First Nations to protect culturally significant areas.

A considerable effort was made to mitigate the effects of blasting rock, which was enough to fill four Olympic-sized swimming pools.

In keeping with the environmental responsibility associated with the project, the amount of concrete poured into the jetty could fill nine Olympic-sized swimming pools or cover 26 NFL football fields to a depth of six inches.

The project also provides vital infrastructure that will support all classes of RCN vessels, including visiting NATO ships, enhancing the versatility and operational capacity of Canada's Pacific Fleet.

"I'm thrilled to see the reopening of CFB Esquimalt's B-Jetty," said VAdm Topshee. "This significant upgrade ensures that our sailors have a modern, sustainable, and resilient jetty from which to operate the future fleet in defence of Canadian waters and interests."

The B-Jetty is not the end of infrastructure upgrades in HMC Dockyard. The construction of A-Jetty is already in the planning stages, and it will provide even more space for new ships and tugs to meet the growing needs of the RCN.



The Honourable Harjit S. Sajjan, MP, addresses the gathering.



Cutting the ribbon to mark the opening of B-Jetty. Photos: Sailor 3rd Class Veni Colico, MARFAC Imaging Services



## CFB Esquimalt Joins the Installation of the Lieutenant Governor of B.C.

Lookout Staff

On Jan. 30, a ceremonial Guard of Honour comprising of 50 members of Maritime Forces Pacific (MARPAAC) were on parade to recognize the official installation of the Honourable Wendy Lisogar-Cocchia as Lieutenant Governor of British Columbia. The Naden Band of the Royal Canadian Navy and an artillery saluting battery from 5th BC Field Regiment Royal Canadian Artillery also participated in the installation.

The ceremony began with a 15-gun Viceregal Salute when Her Honour, Lieutenant-Governor Wendy Lisogar-Cocchia, arrived to meet Premier David Eby on the steps of the Legislature Building.

Leading the parade were Lieutenant-Commander Marjorie Gaulin-Riffou, Guard Commander, Chief Petty Officer 2nd Class Jerome Pruneau, Guard Chief, Lieutenant (Navy) Luc Steele, Flag Party Commander, Lieutenant (Navy) Benjamin Van Slyke, Director of Music, Lieutenant (Navy) Benjamin Courchene, Guard Officer, and Lieutenant (Navy) Douglas Winter, Guard Officer.

The Guard of Honour is traditionally paraded on formal occasions when the Monarch or Viceregal representatives, including The Lieutenant-Governor, are present in the Legislative Assembly.

Above: Members of Maritime Forces Pacific stand at attention as part of the installation for the Honourable Wendy Lisogar-Cocchia as Lieutenant Governor of B.C.

Below: The Naden Band of the Royal Canadian Navy participates in the installation ceremony of Lieutenant-Governor Wendy Lisogar-Cocchia in front of the Legislature Building in Victoria.

Photos: Sailor 3rd Class Jordan Schilstra



The Honourable Wendy Lisogar-Cocchia greets members of the Royal Canadian Navy on parade for her installation as Lieutenant Governor of B.C.



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\* under 80,000 km

# Eye care for your family!

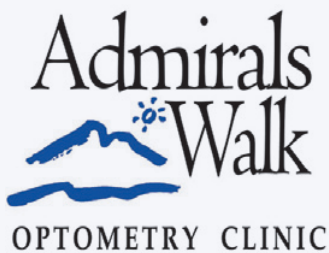
- Eye Health Examinations
- Contact Lens Specialists, Dry Eyes, Allergies, Eye Injuries
- Designer Eyewear Boutique
- Aircrew cyclo exams
- Sunglasses: Prescription & Non-Prescription



**MILITARY DISCOUNT AND DIRECT BILLING FOR MILITARY FAMILIES**

**OAKLEY, ARMANI, KATE SPADE, RAYBAN, AND MORE!**

ACCEPTING NEW PATIENTS - BOOK AN APPOINTMENT TODAY!



Dr. Darcy Dennis and Dr. Rachel Rushforth  
**NEAR BASE**  
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**(250) 995-0449**



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## 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](mailto:Mandy.Parker@broadmeadcare.com), or visit [www.broadmeadcare.com](http://www.broadmeadcare.com).



## THE LOOKOUT CLASSIFIEDS

### FOR RENT

**2 BED 1 BATH APARTMENTS** available now - \$2200/month, 2 apartments available in 4-plex on second floor. 700+ sq ft. with storage, shared coin laundry, includes gas, heat, water, parking, no smoking, no dogs, no aquariums, cat negotiable. Walking distance to CFB Esquimalt, on base route. Call Donna - 250-812-6753.

**COOK ST VILLAGE 1 BEDROOM SUITE** with hardwood floors. Quiet and well maintained apartment building. Heat, hot water and parking included. No pets. No smoking. One year lease. \$1,700 per month. Available Mar 1, 2025. Call 250 588 5457.

**1 BEDROOM SUITE IN ESQUIMALT** \$1700 + utilities (Hydro and Internet). Full kitchen, dishwasher, in-suite laundry. Close to Esquimalt town square and high rock park. Contact Peter at 250-580-6252 or email [Petevanb@gmail.com](mailto:Petevanb@gmail.com)

**1 BED, 1 BATH CONDO** 826 ESQUIMALT ROAD \$2,100 per month, utils not inc. Built in 2019, new appliances.

Amenity room, bike lock up. In suite laundry, Walk-in closet, 1 dog or cat friendly. 680 ft.<sup>2</sup>, east facing patio. Please message with your name and a brief description of yourself and intended length of stay, include your phone number with a good time to contact. Must be willing to provide: Proof income, ex: last pay stub, previous landlord reference and character reference, six month lease agreement, must read and agree to building's strata regulations, first month's rent, damage deposit of \$1,000 and \$200 move-in fee. Any interest can be directed to [whitlo.forde@gmail.com](mailto:whitlo.forde@gmail.com)

**RENO'D BASEMENT SUITE** Kitchen w/ SS appliances inc. dishwasher. 4-pc bath, large main bdrm, gas FP, electric heat. Private patio, shared yard, off-street parking. Lots of storage. Building is a four-plex w/ shared laundry room / 2 sets of machines. Near Gorge Park on transit route. 10 mins to downtown. Some dogs considered, sorry no cats, exotic pets, No tobacco, cannabis permitted outside. Max two adults + children. Contact [sharlotj@gmail.com](mailto:sharlotj@gmail.com)

**2 BED 1 BATH IN SAXE POINT** Available now. 1,200 sqft lower-level suite with den, kitchen area, large entrance way, 9ft ceilings. No pets, no smoking. Contact [bathfam1@gmail.com](mailto:bathfam1@gmail.com).

**VOLUNTEER BIG BROTHERS BIG SISTERS** of Victoria and area. Free clothing collections services. Protecting the environment and supporting local kids for over 20 years! Reduce, repurpose, do good. Drive thru donation station open 7 days a week, 10am-6pm at 230 Bay St. Visit [bbbsvictoria.com](http://bbbsvictoria.com)

**MAKE A DIFFERENCE** Become a Network Friend. You would be matched according to shared interests to build a long term friendship with an individual who experiences a disability or mental health issue. Contact: [volunteer@Lnv.ca](mailto:volunteer@Lnv.ca) Learn more at [www.lifetimenetworks.org](http://www.lifetimenetworks.org)

**FOSTER HOMES ARE NEEDED** - Visit [www.fosterhope.ca](http://www.fosterhope.ca)

**THE FRIENDS of the Ashton Armoury Museum** is a non-profit society made up of volunteers with a passion for military history. We are seeking volunteers. If you are interested in helping out please contact Chris Preston, at (250) 479-7634, or [prestoncm@shaw.ca](mailto:prestoncm@shaw.ca).

**The WITS Programs Foundation** is looking for a volunteer who is fluent in French with a background in elementary education to edit and review French translations of materials. Please contact us at [info@witsprogram.ca](mailto:info@witsprogram.ca) for more information!

**HABITAT FOR HUMANITY AND THE RESTORE** are seeking volunteers to help out with customer service, warehouse and driver assistants. We are also looking for ambassadors for special events. Please contact Nancy at [volunteer@habitatvictoria.com](mailto:volunteer@habitatvictoria.com) or 250-480-7688 ext. 105

## CFB ESQUIMALT LOST & FOUND

Number	Item
1.....	Bicycle / 18 -speed / Men's
2.....	Bicycle / 27 -speed / Woman's
3.....	Bicycle / 21 -speed / Men's
4.....	Bicycle / 21 -speed / Men's
5.....	Bicycle / 18 -speed / Men's
6.....	Bicycle / 21 -speed / Men's
7.....	Bicycle / 21 -speed / Men's
8.....	Bicycle / Hybrid Electric / 20-speed / Unisex
9.....	Bicycle / 21 -speed / Men's

Claimants can contact Stephen Joseph Galipeau, Disposal Team / Materiel Service Account (MSA) @ Base Logistics at 250-363-5204 from 0800-1200 and 1300-1530 with a detailed description of the object to claim.

**Need to rent, buy, sell, or announce something?**  
Contact [Jazmin.holdway@forces.gc.ca](mailto:Jazmin.holdway@forces.gc.ca)

# Treatment is Within Reach

**ADDICTION, MENTAL HEALTH  
& TRAUMA TREATMENT IS  
JUST A FERRY RIDE AWAY**

**Help is at hand: Powell River-based  
Sunshine Coast Health Centre and  
Georgia Strait Women's Clinic—  
Western Canada's only trauma program  
exclusively serving women—provide  
highly personalized addiction, mental  
health and trauma treatment for male  
and female clients respectively.**

Services include 24-hour medical service,  
psychiatric assessment, EMDR, rTMS,  
psychotherapy, a dedicated group for military  
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