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LOOKOUT

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While at sea, Naval Warfare Officers and Naval Communicators aboard HMCS Calgary competed against HMCS Brandon in a flag hoisting contest during readiness preparations for upcoming operations.

Photo by Corporal Jay Naples, MARPAC Imaging Services

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A MESSAGE FROM THE BASE COMMANDER

CFB Esquimalt Defence Team

It is with a heavy heart that I once again begin my weekly update with the acknowledgement of a terrible tragedy.

My sincere condolences go out to our friends and colleagues in *HMCS Fredericton*, the families and loved ones of those lost, and the entire Defence Team as we process this tremendous loss within our close knit family. Please do not hesitate to reach out for support if you need it. Our military Chaplains are available 24/7 and can be reached at 250-818-2794.

I know the last few weeks have been challenging in many ways as we respond to COVID-19 and process two heartbreaking national tragedies. As the Chief of the Defence Staff stated in his latest update, the use of help lines and access to mental health professionals is at an all-time low and, in response to this, the Surgeon General is reminding members to reach out if they need support.

I want to ensure everyone on our Defence Team knows there are resources available if they find themselves in need during this challenging time. For civilian members, the Employee Assistance Program is available 24/7 to provide confidential, free, short-term counselling for personal or work-related problems as well as crisis counselling. Locally, our EAP Coordinator, Nora Johnson, can be reached by email, nora.johnson@forces.gc.ca, or phone 250-217-8380. Military members can access similar services through the Canadian Forces Member Assistance Program (CFMAP), also available 24/7, by calling 1-800-268-7708. In addition, you can always refer to the Defence Team COVID-19

Mental Health page or reach out to your chain of command for assistance.

As difficult as this period has been for some of our members, it is also greatly affecting our families. The changes to normal routines, lack of extracurricular activities, and increased time spent at home can be hard for children and youth to manage. Earlier this week Canadian Forces Morale and Welfare Services, the True Patriot Love Foundation, and Kids Help Phone introduced a dedicated texting service for children and youth of CAF members. This confidential service is available 24/7 across Canada with information also on the CAF Connection website. I encourage you to make your children aware of these resources should they ever feel the need to use them.

This coming Sunday marks the 75th Anniversary of the Battle of the Atlantic, the longest continuous campaign of the Second World War. Lasting nearly six years, the battle claimed the lives of more than 70,000 allied sailors, merchant mariners and aviators, including 4,600 Canadians. In total, 22 Canadian Navy ships and 59 merchant ships were lost as they worked tirelessly alongside our allies to get vital supplies to Europe. It was a grueling campaign vital to allied victory ashore and the sacrifices of those who bravely sailed the dangerous waters of the Atlantic during that time will never be forgotten.

Every year, we gather together on the first Sunday in May to remember the Battle of the Atlantic and the sacrifices of those who came before us, but under the current circumstances, this year's commemoration looked quite different.

Last Sunday, we marked the anniversary virtually through a wreath laying ceremony live-streamed on the Royal Canadian Navy Facebook page. I encourage our Defence Team to take a moment to remember the sacrifices of those that bravely took up the call, leaving behind their families and loved ones, to preserve peace and freedom for all Canadians. There will be a number of historical videos and messages posted throughout the week and I encourage you to share these within your own networks to help spread the word and educate others on this important anniversary.

In addition, members of the Defence Team are encouraged to share their own family stories or personal thoughts on the significance of the Battle of the Atlantic using the hashtags #BOA75, #CanadaRemembers, #RCNRemembers, and #BattleoftheAtlantic, or by emailing them to navypublicaffairs.affairespubliquesdelamarine@forces.gc.ca. I encourage everyone to find a way to recognize this milestone anniversary in a safe, physically distanced way using the virtual resources available to you.

Over the coming weeks, one of my key focuses will be working with Base units and labour leadership to refine business resumption plans. Know that business resumption will be gradual, phased, conditions-based, and closely aligned with guidance from provincial and national health authorities. Any required protective measures will be implemented and communicated in advance and a letter will be provided to every member of the Defence Team about new protocols in the workplace. Physical distancing measures will con-



tinue to be in place, along with additional signage and hand sanitation supplies. Non-medical masks will be made available whenever working conditions do not permit two metre physical distancing and all buildings will be inspected and cleaned prior to reactivating the workplace.

The health of the Defence Team remains our biggest priority and I can assure you this will be top of mind as we work to build these business resumption plans.

For those of you who are beginning to feel restless and eager to get back to a normal work routine, know that Base leadership is diligently preparing for a time when this is possible but we will maintain the status quo until new direction is provided by the CDS and Deputy Minister.

The health and safety of

our team and their families remains our top priority as we manage this pandemic and I will continue to provide these weekly updates as the situation evolves.

Continue to stay engaged with your chain of command and, if you have extra time, use it to pursue professional development opportunities online or focus on your physical fitness and wellness.

Remember that our biggest responsibility and duty right now is to remain healthy and ready to support the Fleet and Canadians in need, whether that be in response to COVID-19 or natural disasters. Thank you for your continued dedication and commitment to this task.

Keep crushing the curve!

Yours Aye,
Captain (N) S. Sader
Commander

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Sub-Lieutenant Abbigail Cowbrough,
Maritime Systems Engineering Officer



Captain Maxime Miron-Morin,
Air Combat Systems Officer



Sub-Lieutenant Matthew Pyke,
Naval Warfare Officer



Master Corporal Matthew Cousins,
Airborne Electronic Sensor Operator



Captain Kevin Hagen, Pilot



Captain Brenden Ian MacDonald,
Pilot

One Canadian military member killed, five missing in helicopter accident

DND

*** Information as of press time**

One member of the Canadian Armed Forces (CAF) was killed on Wednesday, April 29, and five other members remain missing following an accident involving a Royal Canadian Air Force (RCAF) CH-148 Cyclone helicopter.

The CH-148 Cyclone was operating from *Fredericton* as part of the Standing NATO Maritime Group 2 (SNMG2) in the Mediterranean Sea. The ship deployed from Halifax, N.S.,

on Jan. 20 for a six-month deployment under Operation Reassurance.

Killed was Sub-Lieutenant Abbigail Cowbrough, a Maritime Systems Engineering Officer, originally from Toronto, Ontario.

The other five members who were aboard the aircraft are now officially considered missing and presumed deceased:

- Captain Brenden Ian MacDonald, Pilot, originally from New Glasgow, Nova Scotia;
- Captain Kevin Hagen,

Pilot, originally from Nanaimo, British Columbia;

- Captain Maxime Miron-Morin, Air Combat Systems Officer, originally from Trois-Rivières, Québec;

- Sub-Lieutenant Matthew Pyke, Naval Weapons Officer, originally from Truro, Nova Scotia;

- Master Corporal Matthew Cousins, Airborne Electronic Sensor Operator, originally from Guelph, Ontario.

Additional remains have been discovered during the search, but

cannot be identified at this time. The Canadian Armed Forces (CAF) will be doing everything possible over the next several days to confirm known details with the families.

“To their families, friends, and shipmates, our thoughts and prayers are with you during this difficult time. There are no words to describe the pain that you feel right now, nor are there any words that can ease it. Please know that the entire Canadian Armed Forces is with you,” said General Jonathan Vance, Chief

of the Defence Staff.

NATO Allies will be continuing recovery efforts at the scene as *HMCS Fredericton* departs for a port in Italy.

At the time of the accident, the Canadian ship was conducting collaborative training with Italian and Turkish ships. The Cyclone was conducting concurrent flight operations.

A RCAF Flight Safety team has departed Canada to investigate the circumstances of the accident and will begin their work immediately upon arrival.

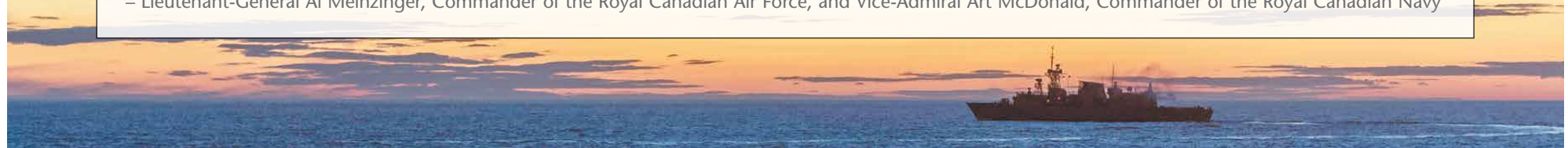
“Our hearts are heavy with the recent news from HMCS Fredericton. There are no words to describe a loss as tragic as this. On behalf of the entire Air Force and Navy family, we offer our deepest condolences, love and support to the families, friends and loved ones of all those affected by this devastating loss.

“Our thanks go out to all those involved in search efforts and in particular our NATO partners operating in the area.

“This incident serves as a difficult reminder of the sacrifice that our brave men and women face daily while defending and representing our nation, both at home and abroad. It also serves to remind us all how dangerous even routine operations at-sea and in the air can be. In the face of these realities, the sailors and aviators aboard Navy frigates operate as one team – one family – a family that today mourns together.

“To the families and loved ones of Master Corporal Matthew Cousins, Sub-Lieutenant Abbigail Cowbrough, Captain Kevin Hagen, Captain Brenden Ian MacDonald, Captain Maxime Miron-Morin, and Sub-Lieutenant Matthew Pyke – we extend our deepest sympathies. As we take the time to come to terms with this tragedy, our thoughts are with you and we stand ready to support you through these difficult times.”

– Lieutenant-General Al Meinzing, Commander of the Royal Canadian Air Force, and Vice-Admiral Art McDonald, Commander of the Royal Canadian Navy



matters of OPINION

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WHAT SAY US

Sailor Bights

Sailor "Bights" is a featurette series to highlight sailors currently embarked on TGEX 20-01 ships.



LS Max Krolikowski Boatswain, HMCS Nanaimo

What does LS Krolikowski love about his job?

"It's pretty cheesy, but the people I've met. And I get to work on the water."

Besides working on the water, LS Krolikowski loves to read and even took on the role of ship's librarian. Prior to departing on Operation Caribe in February 2020, he filled the small library with classic and contemporary literary titles thanks to a \$1,300 yearly book grant afforded to ships in the fleet. When not reading, LS Krolikowski listens to his extensive music collection or carves elaborate game pieces.



LS Kayla Ruiz Boatswain, HMCS Nanaimo

What does LS Ruiz love about her job?

"You're looking at it," she says, pointing out the bridge windows. "Looking at the mountains and trees and ocean every day. Getting to be outside all the time and seeing nature."

LS Ruiz is trained as a boat coxswain and leads a small team while on patrol in the RHIB. Patrols these days consist of exploring many of the island's coastal bays and inlets to check in on any vessels found in those remote areas. Checks help ensure that foreign vessels are tracked, and if the vessel is found to be local, inhabitants have sufficient supplies on board.



PO1 Francois Lecours Coxswain, HMCS Nanaimo

What does Nanaimo's Coxswain love most about his job?

"The counselling aspect. Most people come to the Coxswain when they are having an issue. I like being involved and helping people solve problems."

Having someone on board to help with morale cannot be understated, especially during uncertain times.

HMCS Nanaimo just came off a week of much-needed rest after 67 days deployed and 33 days spent in isolation at sea, part of a new rotation model being adopted for ships participating in Task Group Exercise 20-01 - ongoing since mid-March.

"I definitely understand the mission of staying healthy," says PO1 Lecours. "It will pay dividends."



SLt Nicole Spivey Physician Assistant, HMCS Nanaimo

The field of healthcare is arguably one of the most talked-about right now. As a Physician Assistant, SLt Spivey is the primary healthcare provider on board HMCS Nanaimo, but to the crew she's known as 'Doc.'

The wardroom is her workspace, where she tends to the medical needs of the crew. When Nanaimo proceeded to sea on April 24 after a week's rest, there was something new in her medical kit - tests for COVID-19. Tests are the last resort; pre-

vention starts with something very dear to SLt Spivey's heart.

"Hand washing. It's so important. This isn't the first virus I've dealt with on deployment. I dealt with Ebola in Sierra Leon in 2014-2015, so a lot of the measures we took there we're taking now with regards to hand washing, Personal Protective Equipment and how to isolate someone properly. That training has definitely come in handy now."

In spite of the challenges asso-

ciated with heightened health considerations both on and off the ship, SLt Spivey considers herself lucky.

"I love everything about my job. The military is great, the people I work with are great, and the learning opportunities are great. I love being a clinician - I like problem solving and figuring things out for people and helping them along the way, as well as the coaching aspect of making everyday health choices. It's pretty awesome."



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Members of the Sunday service group pose on the bridge wing of HMCS Nanaimo as the ship transits off the coast of Vancouver Island.

Left to Right: LS Ramsin Zaro, LS Randy Klausnitzer, LS Kathy Sanchez, SLt Jessica Pelletier, OS Amy Acosta, Lt(N) Mark Herrick, and OS Jesse Roberts.



THEN, AS NOW, WE ARE IN THIS TOGETHER

Lt Chelsea Dubeau Public Affairs Officer

In times of uncertainty some people turn to faith, others to each other.

In these times of uncertainty where we are at war with COVID-19 and isolation and illness is rampant, it makes sense that we crave the company of others and perhaps the company of whatever higher power we might feel called to.

It felt appropriate then, that on a chilly Sunday morning in April, a small group of sailors on board HMCS Nanaimo took part in a most naval and human tradition: Sunday service. But this Sunday service wasn't like the others.

Ship and crew had just returned to sea after a week's rest following two months away from home. During this brief respite, the sailors returned to a world much different from the one they'd left in February when they deployed on Operation Caribbe - an operation from which they had to return early due to the COVID-19 crisis.

The world they returned to was isolated, restricted, and fearful.

The closures, lineups, masks, and death tolls - things that folks isolating at home since the beginning of the pandemic had time to assimilate into their lives - were thrown

at them immediately. They were briefed on what was expected of them. Stay home. Stay healthy. If you must go out, let it be only for essentials.

Many sailors on board are reservists whose home is elsewhere and some were unable to visit home to see loved ones because of travel restrictions. They coped, as all military members do, in the face of uncertainty and returned to their ship, their work family, ready and willing to rise to whatever challenges they may be called on to face.

They left on a deployment to assist government partners in the fight against drug trafficking and returned to join a war being fought by the whole world.

So it was fitting that on this Sunday service, the passage book-marked by the Navigating Officer Lieutenant (Navy) Mark Herrick was Psalm 1:44, a Prayer for National Deliverance and Security.

Even more fitting was the setting: Yorke Island through the windows, the site of a Second World War coastal fort only a short distance away from the ship as it sat in Johnstone Strait.

The island is now home to empty buildings, bunkers, and gun emplacements. Nature is in the process of reclaiming the area. The terrain, seen through the binoculars, is rocky cliffs and rug-

ged outcrops; the island providing a beautiful backdrop for the ship. Johnstone Strait is inherently solemn in its beauty, a natural place of solace in which to come together in fellowship and worship. The Sunday service was open to all denominations and all were welcome, even the seagulls circling the ship overhead.

With the ship sitting sentinel over the island, Lt(N) Herrick read Psalm 1:44. Religious or otherwise, there was relevance in the message. Words where we see our struggles reflected back to us can be a balm to the soul, and so it was for the small congregation.

On that island nearly 80 years ago, the Canadian Forces established a garrison to protect Canadians from the threat of Japanese forces. That's where our soldiers of that time waited. Where they trained and stayed ready to respond to whatever challenges they might be called on to face.

It was also where they did battle with the inner demons that only extended periods of isolation can bring forth. There were discipline and morale issues because of it. Humans need each other. They need hope. Even the most resilient among us may come to find that waiting is the hardest part. Waiting and hoping for an end to the war.

It's a familiar refrain for sailors and their families, as the Royal Canadian Navy needs forces that are available to respond to requests for assistance from civil authorities and our fellow Canadians. Our friends. Our neighbours. Our family.

That means keeping healthy ships at sea until the threat is past. To keep at it, day after day, until we are out of the woods.

Another familiar refrain, and one that finds its roots, yet again, during the Second World War is Sunday, May 3, which marks the 75th anniversary of the Battle of the Atlantic, known to sailors as the Navy's Remembrance Day.

The Battle of the Atlantic brought Canada's Navy and Air Force to bear, united against a common threat as the battle waged on for nearly six years. Six years of fighting. Six years of uncertainty. Of countless sacrifices and waiting and hoping for an end to the war. It was our Dark Night of the Soul, and when the sun rose again we were united in our identity, our fellowship, our struggle - a collective victory alongside our allies.

Lt(N) Herrick closed his bible and took a moment to reflect. He calls upon the others to speak should they wish. Each person takes a turn to say something from the heart. They are hopeful.

Resilient. Like so many other soldiers, sailors, and air men and air women who came before them - grateful. Grateful to be in a position to help in spite of the challenges. Grateful for each other, for their loved ones, and for the chance to come together in fellowship in this very small but solemn way.

War is the same, though our enemies may change. On the other side of the waiting for it to be over is the part where we get to go home - to a world changed, perhaps - but home all the same. The place where we find our loved ones, our hopes for the future, our memories. The place where we may sit in solace, in thanks to whatever got us through that dark night, whether it was a higher power or a kind word from a colleague. The place where we remember those who maybe didn't get to go home.

The group finished the service and all but Lt(N) Herrick went about their day. The others chide him as shipmates will do and commiserate at the burden of his upcoming watch. They all understand. Everyone must take their turn.

That's our final refrain, and one that we've heard echoed throughout this unprecedented period of time that will certainly go down in history: We're all in this together.

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The show must go on



PO2 Alastair Chaplin

SLt Joshua Ehnisz
MARPAC Public Affairs
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For the Naden Band of the Royal Canadian Navy the show must go on despite the COVID-19 pandemic. Band members are safely isolating at home, but need to keep their skills fresh. This means practicing alone and together from afar.

"Individual practice is a part of the Naden Band's routine regardless of isolation," said PO2 Alastair Chaplin, senior musician and trumpet player. "The difficulty has been rehearsals, if we can't get together, rehearsing pieces as a band is impossible."

Video conferencing apps such as Zoom have been considered, but when it comes

to music rehearsals they lack the connection speed needed to effectively transfer audio quickly enough for them to play together in rhythm.

"We are like athletes in a sense. Although right now athletes can't compete, but they still need to maintain a rigorous workout schedule in order to stay alert and ready to compete. The Naden Band has much the same approach. We need to practice and maintain our proficiency and keep playing our instruments. If we break for weeks and months it would be difficult to immediately start performing at events once COVID-19 restrictions are lifted," he adds.

The band is looking at more in-depth measures to improve individual practicing and the possibility of compiling audio recordings to better synchronize them.

They remain optimistic that some upcoming events will be held, of course public

health remains the highest priority and they will continue to wait until health-care professionals deem it appropriate.

"We all do our best no matter the circumstances and are very committed and passionate about what we contribute to the country and the Canadian Armed Forces," said Lt(N) Catherine Norris, Commanding Officer and Director of Music of the Naden Band. "We stay creative, run different ideas, develop videos and audio projects, and are active physically, as well as through personal practice. Our members have a variety of talents that are contributing in innovative ways to our efforts to support the Royal Canadian Navy and its mission."

The Naden Band of the Royal Canadian Navy has been in operation since 1940 and is comprised of

35 professional full-time musicians. Typically, they provide musical support to ceremonial events such as the annual Remembrance Day and Battle of Atlantic parades, the opening of the Provincial Legislature, and official visits from heads of state. Naval operations are supported through the Band's performances at ship arrivals and departures, change of command ceremonies, and other functions at Canadian Forces Base Esquimalt and around the region.

The Band performs in a variety of ensembles ranging from parade band and concert band to stage band, brass and woodwind quintets, and rock and contemporary ensembles.

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Ceremony for the times



No speeches, no march past as Artillery Regiment inducts new Commander, LCol Michael Lomax

Captain J.A. Manney
Public Affairs Officer,
39 Canadian Brigade
Group

Five people in an otherwise empty armoury wasn't quite the change of command ceremony LCol Michael Lomax had anticipated.

Most in the regiment are sheltering at home, so the ceremony imparted a "sur-real" look to his first day on

the job. But LCol Lomax says the tradition of marking his assumption of command of the 5th (British Columbia) Field Artillery Regiment has never been more important.

"I think it's critical to help soldiers understand we are all part of something greater than any one of us. Ceremonies like a change of command help instill a strong sense of connection to the Regiment and a real sense of family. That is our foundation in peace, in war,

and most definitely in times of crisis."

He replaced LCol Brendon LeBlanc on April 25 at Victoria's Bay Street Armoury. He credits LCol LeBlanc's four-year tenure for, among other things, preparing the unit to weather the COVID-19 crisis. More than 30 Regiment soldiers are now attached to Land Task Force Vancouver Island, part of the Land (Army) Component Command forces working under Joint Task Force (Pacific) in the

event government requests military assistance.

"In the short term our goal is to continue that strong contribution," LCol Lomax said. "We need to ensure we take care of our soldiers during this time of crisis and we're looking out for their physical, mental, and financial well-being."

Fortunately for the soldiers of 5th Field, LCol Lomax is no stranger to taking care of people. A lawyer, mediator, and one-time director of CFB Esquimalt's Dispute

Resolution Centre, he now leads a team of mediators with the B.C. Public Service Agency, the government's Human Resources department. His team is working to deliver a workplace conflict management program for 26,000 public servants.

As with the soldiers who would have watched his change of command ceremony, his civilian team is also isolated in their homes to help reduce the spread of the virus. While working virtually has made for many

significant changes, he says the fundamentals of leadership remain unchanged.

"What is important is to build strong relationships, maintain frequent and effective communication, set clear objectives for your team, and empower people, as appropriate within the chain of command, to do work more independently. Those principles and values can be applied in just about any situation, and they'll work to get us through this one."



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Ways to stay socially connected

Connecting with other people and our communities doesn't just feel good - it's good for our mental health.



Phone Call

For parents, grandparents, or other friends and family who may not be tech savvy, a good old fashioned phone call can keep you connected and allow you to check in with your loved ones.



Video Chat

There are plenty of free apps to download where you can video chat with multiple parties! Video calling is great because you can see the other person and get as close to them as possible while keeping the recommended 2m physical distance.



Social Media

Staying connected via social media lets you see what your friends and family have been up to, and allows you to share what you've been doing. You can interact by messaging, commenting, liking or sending funny memes and videos to their account.



Text or Email

Written communication is a great way to stay connected. With emojis, memes, and GIFs, we can now relay all kinds of information, feelings, and emotions using our laptops, tablets and smartphones. Technology makes it easy to send a quick message to someone to check in and say "hi!"



Acts of Kindness

Staying socially connected doesn't just mean communicating directly with someone. Displaying acts of kindness such as picking up groceries for a friend, mowing a neighbor's lawn, or smiling at a stranger as you walk past them, are all meaningful ways to connect with others.



Community Spirit

Connecting with our community is a great way to foster social connection. Neighbourhoods across the country have been cheering for healthcare workers outside their homes, crafting paper hearts, writing notes or making signs to display in their windows and let others know that we are all in this together! These are all inspiring acts of community spirit that build social connection in a positive and uplifting way.



Play With Your Pets

Our furry friends are excellent sources of social connection and can help ease the difficulty of social distancing from our human friends. They provide lots of love and affection, and help us stay active!



Engage in Self-Care

Staying socially connected to others is important, but it's also important to spend some time practicing self-care by doing things that make you happy and support your mental, physical, and emotional well-being. Self-care looks different for everyone, so find what works for you!



What are you doing to stay socially connected?

Share your ideas on social media using the hashtags #TogetherApart and #MentalHealthWeek.

For more information, visit the Canadian Mental Health Association website at www.mentalhealthweek.ca

Follow the Naden Athletic Centre on **Facebook** (@pspesquimaltnaden) for more updates and information.

Supported by the MARPAC Health & Wellness Strategy



Mental Health Awareness Week 2020

Stay well in stressful times

The Canadian Mental Health Association's Mental Health Awareness Week, in its 69th year, falls the week of May 4-10.

This year, the Mental Health Awareness Week looks a little different as the country faces the COVID-19 global pandemic.

During these stressful and uncertain times, it's normal for individuals and communities to feel fear, anxiety, and loss of control. But we know connecting with others serves as a key protective factor during times of stress. Social connection doesn't just feel good, it's also good for mental health. That's why this year's theme is social connection.

Social connection is more important now than ever. Providing emotional support, companionship, and opportunities for meaningful social

engagement, healthy social networks can have a positive influence on self-esteem, coping effectiveness, and a sense of well-being.

There are lots of ways you can stay socially connected while physically distancing, including video chats, phone calls, and even talking across driveways outside with your neighbours. Connecting with your community can also foster social connection. Neighbourhoods across the country have been cheering for healthcare workers outside their homes, crafting paper hearts, writing notes, or making signs to put in their windows letting others know that we are all in this together.

Some groups are even painting rocks to leave around the neighbourhood for others to find.

It's important that you

maintain your social connections and check in with your friends and family frequently. As a society, we often do this by asking, "How are you?" and the response we usually get is "I'm fine", even when we don't really mean it.

This Mental Health Awareness Week, let's say more than just "I'm fine." Let's have real conversations with our family, friends, neighbours, and co-workers about how we're doing.

It's okay to feel overwhelmed, stressed, and anxious. Chances are that if you're feeling that way, others are too. Talking about how you're really feeling and knowing that you aren't alone can help build social connection and benefit your mental health.

So this year, stay socially connected and foster those

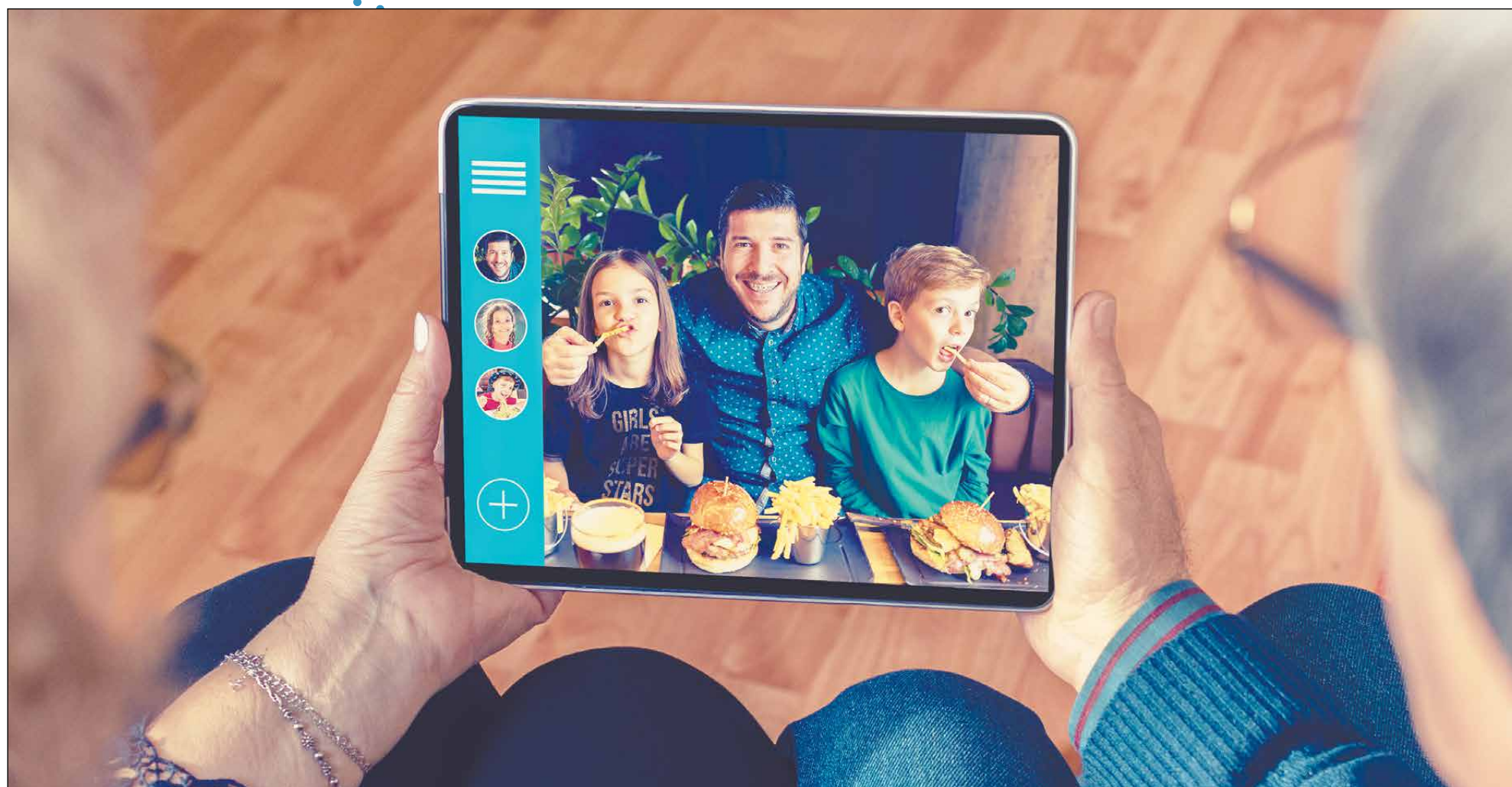
The Mental and Social Wellness Working Group of the MARPAC Health & Wellness Strategy supports this annual campaign to help promote behaviours and attitudes that foster well-being, support good mental health, and create a culture of understanding and acceptance at MARPAC.

connections with real conversations. For more information about the Canadian Mental Health Association's Mental Health Awareness Week, visit www.mentalhealthweek.ca and connect on social media using the hashtags #GetReal, #TogetherApart, and

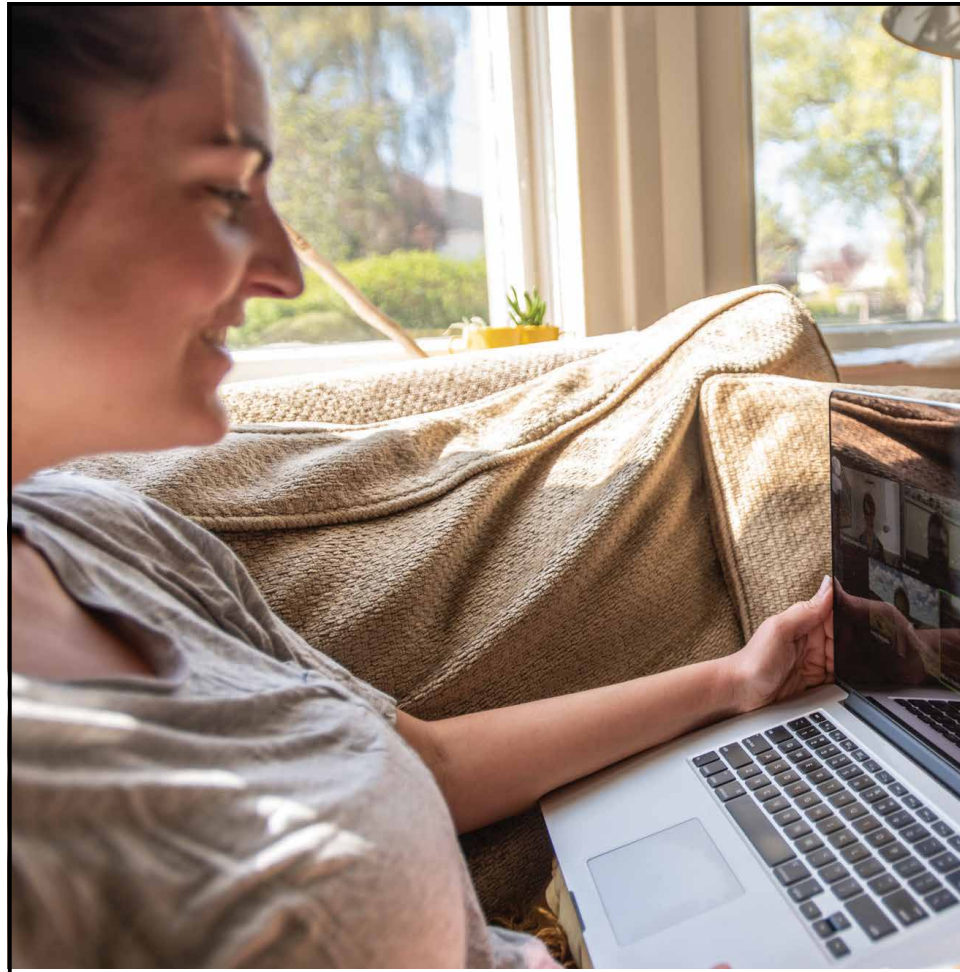
#MentalHealthWeek. Follow the Naden Athletic Centre on Facebook (@pspesquimaltnaden) for more updates and information. Stay safe, stay healthy, and stay connected.

www.mentalhealthweek.ca #GetReal #MentalHealthWeek #TogetherApart

For more updates and information follow the Naden Athletic Centre on Facebook @pspesquimaltnaden



Stay safe, stay healthy, and stay connected.



Photographer Kathryn Mussallem captured this portrait of Ordinary Seaman Dale Bouchard during a 2016 sail in HMCS Calgary.

A focused approach

Peter Mallett
Staff Writer

For the last eleven years, Kathryn Mussallem, 44, has photographed the navies of the world.

It's an interest that began in 2009 while attending The School of Visual Arts in New York City as a grad student. As she walked the streets of Manhattan, she would often see United States Navy members walking about in full dress whites with their canvas Dixie-Cup hats.

"It looked like they were walking off a movie set from the 1940s," said Mussallem. "Their uniform had never changed at that point and I was intrigued by that."

She was able to photograph them during Fleet Week, up close portraits that revealed their human side, the person rather than the military. That collection made its way onto the pages of an arts magazine and launched a pursuit that continues to this day.

"I try to show the human side and the faces of people who serve. I want people to understand these men and women are your friends, brothers, sisters, and parents," she says. "It's a hard life. They are doing their jobs and making great sacrifices for freedoms many of us take for granted, and are leaving their families for long periods of time while they are away at sea."

Her work has won many accolades including the 2016 Sony World Photography Award for Sailor in the Spotlight that featured sailors hitting the dance floor at a popular bar in New York. It became part of a group exhibition at London's famed art centre Somerset House.

Her solo exhibition *Tattoos and Scrimshaw: The Art of the Sailor*, captured at a Fleet Week event in Boston in 2012, has appeared at maritime museums in New York, San Diego, Los Angeles, Santa Barbara and Vancouver.

"I chase sailors, that's what I do for a living, I photograph them at work and play," she says.

That quest led her to the Canadian Forces Artist Program, which offers a grant to select artists to deploy with one of the three military branches.

In 2016 she sailed in *HMCS Calgary* during a transit to the Rim of the Pacific Exercise, in *HMCS Algonquin* before its decommissioning, and last August she was there for *HMCS Regina's* homecoming after a six-and-a-half month deployment to the Asia-Pacific region.

She calls that event a "highly emotional scene".

One moment stood out above the others. A sailor anxiously waiting on the deck as the warship docked, in his hand a plush toy. When the brow opened and the families rushed on board, she

captured the sailor with his son, the embrace, and the reuniting of the plush toy after months away at sea.

"The big difference between USN and RCN homecomings is that Canadian families get to go on board the ship when it returns. That is really cool and a much more personable experience."

The seven-day sail in *HMCS Calgary* offered her much-needed interaction with the crew to truly understand their service. She turned a mess into a studio and met with sailors one on one to learn more about why they joined.

"I left San Diego on the ship as a stranger, but when I arrived in Pearl Harbor I truly felt like I was part of the ship's company."

Some of her Royal Canadian Navy images are on display in the Vancouver Maritime Museum - a solo exhibit entitled *Ship's Company: The Canadian Navy at Work & Play*. While the museum is closed because of the COVID-19 pandemic, Mussallem says she is hopeful the exhibit will continue when things return to normal.

She is currently at home self-isolating, away from her work as a photography and visual arts instructor at Emily Carr University of Art and Design.

For more information about Mussallem and her work visit her website www.thealmightyqueen.com



This image heart-warming image was taken during HMCS Regina's homecoming in August 2019. Mussallem was deeply touched by the emotional reunion.



The above image, entitled *His Mom's Name is Lois*, was taken in Boston, MA, June 2012. "Tattoos tell a story," says Mussallem. "I always ask sailors what their tattoo means. This sailor showed me his and then a pocket fob with his mom's photo in it."

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YOUTH REPORTER COMPETITION:

Time to vote for your favourite story

CFMWS

Last fall, Canadian Armed Forces (CAF) newspapers invited youth from military families between ages 13 and 18 to take part in the Youth Reporter Competition, and a chance to win a grand prize package and scholarship valued at \$2,500.

Youth were asked to submit a story idea about something important to their life or the community around them. Over 50 applications were received from across the country and around

the world. A selection committee comprised of CAF newspaper editors met in late January to go through the applications and select the six most unique and powerful stories with the best editorial merit.

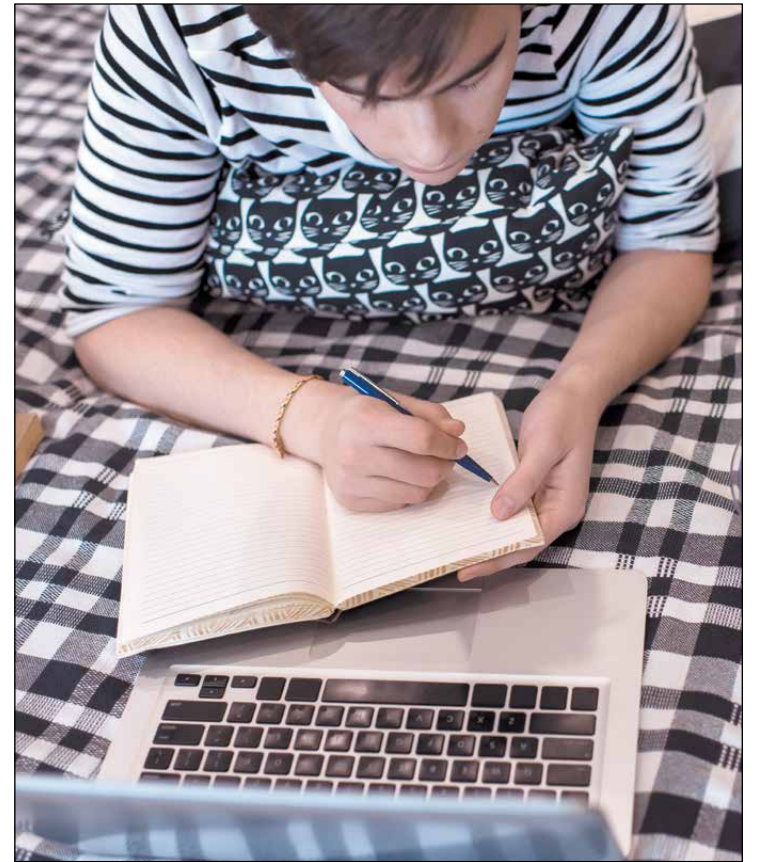
The six finalists were informed in early February and were given a few weeks to deliver their unique stories. They will be featured in a special PLAY e-zine edition published on CAFconnection.ca and in Canadian Forces newspapers across the country.

“What a great opportunity for the youth of our military community to share their voices,” said

Colonel Telah Morrison, Director, Military Family Services. “I thank CAF newspapers for creating this program and giving youth the means by which to express themselves.”

CAF newspapers are now inviting community members to vote for their favourite story and a chance to win a prize as well. Voting is May 1 to May 31 at CAFconnection.ca/YouthReporter.

Support our youth. Take the time to get to know these young finalists, read these unique stories, and cast your vote to crown the best Youth Reporter of 2020.



Youth reporter finalists:

- Melissa Holyhead-Miles, Chilliwack, BC
- Lleyton Maday, Morinville, AB
- Katya Arifin, Toronto, ON
- Mikaël Bowes, St-Lin, QC
- Megan Henwood, Moncton, NB
- Luke Shields, Campbell River, BC

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Base Orderly Room team prepares the troops



LS Nancy Lynn Janes
Base Administration

I work at the Base Orderly Room (BOR), which is part of Base Administration.

The BOR's primary purpose is to support members. Clerks here process members' pay, travel claims, update files for dependants, help with moving, and so on. BOR staff ensure members are ready and able to do their jobs, such as being deployed.

As of early March 2020, I was assigned to the Release Section just before I left on a trip to visit family in Ontario. While I was away COVID-19 protocols came into effect.

Once I returned home, I had to self-isolate for 14 days.

Returning to the office was different; there are empty parking lots, and minimal manning at the office as most people are working from home. Disinfectant stations are set up throughout the office. This makes me feel safe at work.

On top of processing release paperwork for members leaving the CAF, the BOR team has been processing over 200 files to prepare members to support domestic operations if the government calls on them.

Currently, BOR staff is using technology to conduct work practices - primarily WhatsApp and Zoom.

My career

When I was fast approaching 50, I

decided I needed a career change so I joined the Canadian Armed Forces in November 2013 at 48.

I am now going into my seventh year in the military.

After basic training, I was assigned to CFB Borden to await trades training. I spent seven months working with Joint Task Force Intelligence and the French sector of CFB Borden Military Police. I also supported and mentored many members living on base. My time at CFB Borden was an amazing experience, having impacted other individuals.

After my training as a Human Resource Administrator, I was posted to HMCS Regina where I stayed for one and a half years before being post to the BOR.

I have held many positions within that unit including my most memorable position, the Foreign Duty Cell. I also worked as an administrative clerk for a board of inquiry, was selected as a speaker for Veterans Week Speakers Program in 2019 at Rogers Elementary School, and was a National Defence Workplace Charitable Campaign canvasser for 2019/2020.

My family has been very supportive during this time. My husband is a veteran and has been grounding during this time of uncertainty, helping me get through this situation. I am very proud to be part of Base Administration and a unit that has demonstrated a true caring for their members.



2Lt Travis Winship
Base Administration

When 200 military members needed to prepare for domestic response operations, CPO2 Mark Grimard's team of Human Resource Administrators (HRA) was at the ready.

The Base Orderly Room administrators formed a DAG (Departure Assistance Group) to help move the members through the required paperwork.

DAG is an administrative organization set up to assist members in preparing to deploy for a mission just prior to their actual departure. The term "DAG" is the actual process of preparing to deploy.

The Chief oversees the training

of the junior HRA clerks at the Base Orderly Room.

When asked what skillset is most important in a job like this, he said "people skills," as the HRA clerk's primary role is to support those in the formation.

"I am very proud of my team for how they came together within a few days of planning to execute 200 people to DAG."

The troops need to be ready to deploy if the government calls on the military for support.

In light of the COVID-19 protocols, he works 50 per cent at the office and the other half at home. He took a lot of advice and insight from the junior ranks when they were transitioning to a "work at home" style of work. This included how to use technology, how to get

technology, and how to provide seamless services to support the military's no fail missions.

CPO2 Grimard was an armoured crewman in the reserves before making the switch to full-time service. He originally joined to help pay for college, but now he is invested in a lifelong career that has taken him many places, such as working with 2 Royal Canadian Horse Artillery and supporting Canadian Special Operations Regiment. He has served 24 years in the CAF - three of those years at Base Administration.

He hopes the lessons learned during COVID-19 will allow the government to continue to embrace new technology at work, allowing to support work/life balance and adopt a modern work style.



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CANADIAN MILITARY FAMILIES

New crisis texting service for children and youth

DND

A customized crisis texting service was introduced last week for the 78,000 children and youth of Canadian Armed Forces (CAF) members.

This dedicated texting service will ensure all kids from military families have access to free, confidential, mental health and wellbeing support in both English and French.

Military children with cell phones can access this service by texting the keyword CAFKIDS at 686868

for service in English or the keyword JEUNESFAC at 686868 for support in French.

This texting service is confidential, free, and available 24/7 across Canada.

Kids Help Phone has verified that staff and volunteer crisis responders have enhanced training and screening to better understand the complexities of military family lifestyle. The COVID-19 pandemic can worsen existing difficulties for kids, and a parent's or guardian's deployment during COVID-

19 may add significantly to the stress. Now, more than ever, having the means to stay connected and get support is critical.

April was celebrated as the Month of the Military Child by the defence community; recognizing the sacrifices these children make is important. Thanks, in part, to the support and contribution of military children, their parents and guardians can continue to safeguard and protect Canadians.

For more information, visit www.CAFconnection.ca/CAFKIDS.

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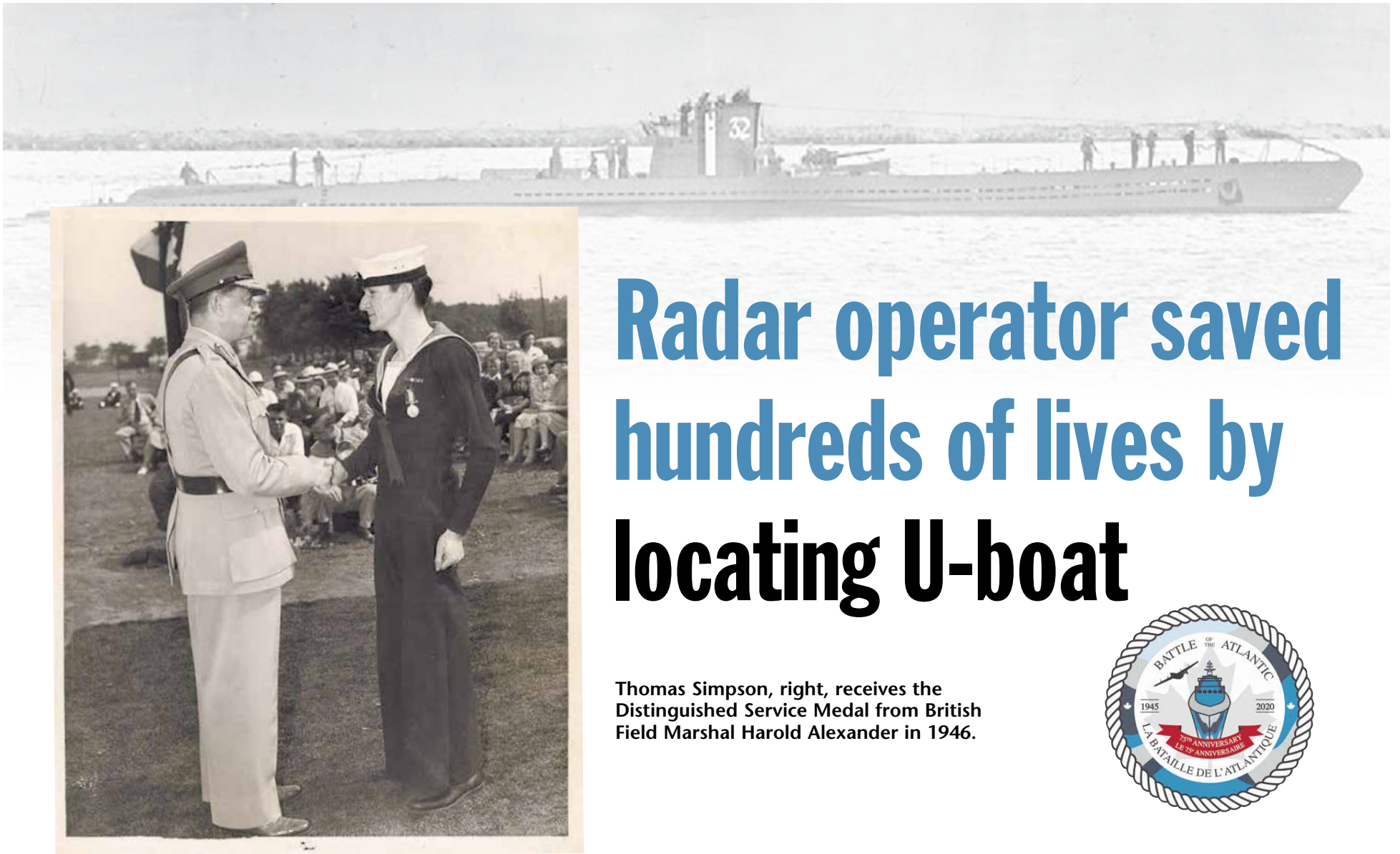
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Radar operator saved hundreds of lives by locating U-boat

Thomas Simpson, right, receives the Distinguished Service Medal from British Field Marshal Harold Alexander in 1946.



DND

German U-boat 1302, fully loaded with 14 torpedoes, lurked in St. George's Channel between Ireland and the United Kingdom.

It was March 1945 and the submarine had already sunk three warships in three days.

It was ready for more.

Able Seaman (AB) Thomas Simpson, 23, was aboard His Majesty's Canadian Ship (HMCS) La Hullose, sailing with HMC Ships Strathadam and Thetford Mines in Escort Group 25. Their job was to protect a 31-ship convoy sailing from Halifax to England.

Although the Battle of the Atlantic was nearly over, deadly U-boats still posed a constant threat.

As one of the Royal Canadian Navy's (RCN) first radar operators, Simpson's role in hunting U-boats was vital in keeping the shipping lanes open and the waters around the United Kingdom and Canada safe. His job required constant alertness for days on end, because at any moment a German torpedo could come racing silently from the depths.

It was at 3 a.m. on March 7 when Simpson picked up a radar contact in St. George's Channel. The weather was

good and the sea was calm.

He immediately alerted La Hullose's officer of the watch, who acknowledged the contact but dismissed it as a navigational buoy.

Simpson went back to his post but again picked up the same contact, which he said was "two pips off the port beam." He made a second radar report to the officer of the watch, who again dismissed it, stating that it was not possible for a U-boat to be so close to the coast. The charts clearly marked a buoy in that location. He told Simpson he was "seeing gremlins" and to continue his sweep.

The captain of La Hullose, Lieutenant-Commander John Brock, hearing the verbal confrontation from his cabin below the bridge, came up top to find out what the problem was. Simpson, worried the convoy and escort ships were in imminent danger, told the captain of his first and second contact reports and how the officer of the watch had ignored them.

By this time, the ship's sonar operator had also gained contact on the same bearing.

Brock ordered the ship brought around to head in

the direction of the buoy. Some 100 yards from it, the captain ordered the 20-inch searchlight to pinpoint it in the darkness.

A periscope and snorkel came into view.

"Now the sub was hiding alongside the buoy in an attempt to avoid being detected. And in doing so, it's expelling carbon dioxide from its battery," said Simpson during an interview with The Memory Project. "La Hullose fired off star shells to illuminate the night sky, then descended upon the area of the snorkel. At that point, the sub realized it was being attacked and started to dive. There was contact between the ship and the sub, which sent the sub to the bottom where it stayed."

The two other escort vessels, Strathadam and Thetford Mines, launched a depth charge attack. The attack continued over some time until an oil slick and debris were observed. Items from U-1302 came to the surface and boats were launched to recover some of the debris, which included personal letters and journals from the engine room.

All 48 submariners were lost.

According to his grandson Ronald Simpson, AB Simpson was haunted by his actions for years.

"Forty-eight men," he said. "I think of what agonies each one must have gone through as the air ran out."

On the other hand, he had been instrumental in saving hundreds of lives that night as his attention to duty ended the reign of terror by U-boat 1302.

Returning to Liverpool, England, Simpson was called before the Admiralty Board and questioned about the events and, specifically, his actions during his watch that night.

The RCN recommended Simpson for a Mention in Dispatches, but the Royal Navy recommended more than that. George Simpson, Commodore Western Approaches, and a decorated submariner, described Simpson's role as "an outstanding piece of work."

"The detection of the periscope and the snorkel was invaluable in the successful prosecution of the attack."

AB Simpson was awarded the Distinguished Service Medal (DSM) for "courage, skill and devotion to duty."

He was one of only 114

Canadians to receive the DSM during the Second World War.

Simpson's three years of war service leading up to that fateful night included the Battle of the St. Lawrence and convoy duty in the Mediterranean Sea and Arctic Ocean.

Despite his skill, tenacity and bravery, Simpson was self-effacing.

"I wasn't the only one," he said. "We did what we had to do and we hoped it was the right thing."

He also had some advice for officers.

"When you get to be in charge, don't underestimate a subordinate's viewpoints, because he may have something that is very unusual."

After the war, Simpson worked as a Customs and Immigration Officer in Windsor, Ont.

With his death on Jan. 28, 2017, at the age of 95, "Canada lost one of the greatest of a generation that put service before self," wrote his grandson Ronald when composing Simpson's death notice. "Brave and courageous and with a heart of oak, Thomas Simpson summed up the sort of Canadian that we all wish we could be."

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Peter Mallett Staff Writer

Amateur do-it-yourself mechanics can save thousands of dollars by joining the CFB Esquimalt Auto Club.

For as low as \$40 a year and a \$15 per hour workspace rental, military, DND civilians, veterans, their families, and guests can join the club and use its automotive workshop in Work Point.

Three service bays with hoists are available for use, plus a tire changer, wheel balancing equipment, brake lathe, welding equipment,

diagnostic machines, and a plethora of tools. It also employs part-time employees to ensure its availability to members and to offer sage advice. However, until the pandemic passes the shop is closed.

"Most people don't even know we exist; we're one of the best-kept secrets on base and that's quite unfortunate," says Lt(N) Mitchell Newman, the Auto Club's Vice President.

Many believe the club is only for mechanics and hardcore auto enthusiasts, but that couldn't be further from the truth. Plus, many people join for the social aspects of working on

vehicles with others.

Last year, the auto club had just under 150 members and it has room to grow.

"We are hoping to see new members join the club—enthusiasts and inexperienced tinkerers alike," said Lt(N) Newman.

The club opened in 1995 after Cdr Tony Cond saw sailors working on their cars in the driveways of their military housing units. They couldn't afford costly repairs or a new vehicle. Cdr Cond had the idea that CAF members would greatly benefit from a communal workspace where they could work out of

the rain and cold and have access to shared tools. He envisioned that members could work on their vehicles more safely, reliably, and responsibly.

As a Personnel Support Programs service club, the Auto Club follows administrative policies including a voted-in executive team to manage it.

Lt(N) Newman joined the club out of a passion for cars and volunteers on the executive team for the joy of sharing that passion with others.

"In elementary school, I used to draw engines and drivetrains, and build model cars. I disassem-

bled and reassembled my grandmother's lawnmower when I was seven. I needed to know how everything worked."

He maintains four vehicles, two of them are soon to be 30 years old. He is also rebuilding the twin-turbo engine of a '92 Nissan 300ZX.

He adds, he has saved thousands of dollars doing simple maintenances himself, maintenance that other CAF members could do as well.

"I'm really lucky that my naval occupation and my passion align closely," says Lt(N) Newman.

Aside from floating and

using propellers, ships and cars are highly similar. The theoretical knowledge required to understand how their systems work and are maintained is quite comparable. He is certain other CAF members share the same passion for vehicles, their maintenance, and saving money.

For more information about the CFB Esquimalt Auto Club, please visit www.cafconnection.ca/Esquimalt/In-My-Community/PSP-Recreational-Clubs/Auto-Hobby-Club.aspx or email CFBautohobby@shaw.ca.

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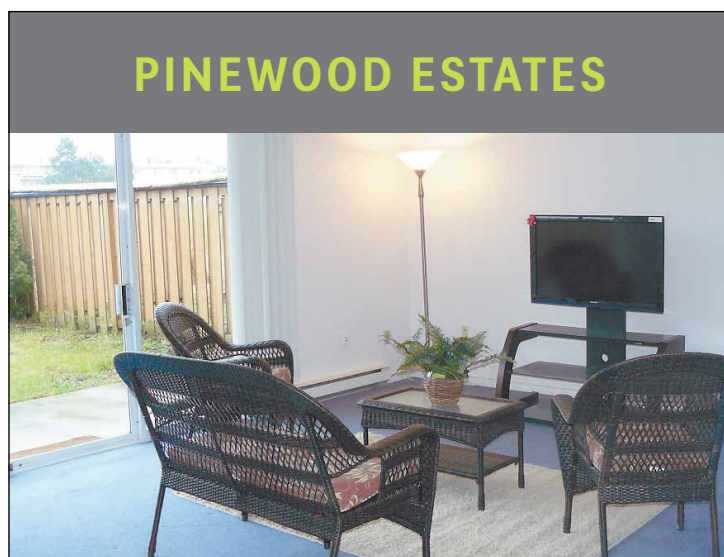
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