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## HMCS Nanaimo at Sea

Sub-Lieutenant Nicole Spivey, Physician Assistant on board HMCS Nanaimo, demonstrates a vena puncture to the ship's casualty clearing team. Nanaimo is currently sailing off the coast of Vancouver Island as part of the Royal Canadian Navy's mission to maintain ready forces in the event of a request for assistance under Operation Laser. **Read the full story on SLt Spivey on page 7.**

Photo by Leading Seaman Brendan Gibson, MARPAC Imaging

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## A MESSAGE FROM THE BASE COMMANDER



Our Canadian Armed Forces family has suffered another tragic loss with the passing of Captain Jenn Casey, the Canadian Forces Snowbird's Public Affairs Officer. My sincere condolences go out to Capt Casey's family and loved ones and to the entire Snowbird's team. My thoughts are also with Capt Rich MacDougall and his family as he recovers from his injuries.

Capt Casey is the seventh member of our Defence family lost in just a few weeks and it has been a difficult time for many within our close-knit team. For any of our members who knew Jenn or are struggling to deal with this tragic accident, please do not hesitate to reach out for support through one of the many resources available, including the Duty Chaplain (250-818-2794) and Member Assistance Program (1-800-268-7708) for military members, and the Employee Assistance Program (Nora Johnson, 250-217-8380)

for civilians. You can also find several additional resources on the Defence Team COVID-19 Mental Health webpage.

Last week marked Indigenous Awareness Week. As the champion of CFB Esquimalt's Defence Aboriginal Advisory Group (DAAG), I always look forward to our annual celebrations in recognition of this important week. Although the current circumstances prevented us from recognizing Indigenous Awareness Week in our usual way, I encourage all members of our Defence Team to take this opportunity to learn more about the history of Canada's Indigenous Peoples and the rich diversity of the cultures, traditions, and values of First Nations, Inuit and Métis.

This year also marks the 25th anniversary of the DAAG. I would like to express my appreciation to the members of CFB Esquimalt's DAAG for their dedication in helping foster a better understanding and appreciation of the traditions and culture of Indigenous Peoples here

at CFB Esquimalt and across Canada. As Base Commander, I am deeply grateful for their guidance and support as we continue our work to increase the diversity within our defence community.

Regarding business resumption plans, you can expect more information this week outlining what to expect at various workplaces across the base. It was good to see some amenity services reopen safely such as CANEX and the barbershop for those who desperately need haircuts! As the Chief of the Defence Staff said in his latest update, plans will be regionally based, conditions-based, and continuously reviewed for health and safety as we transition into a sustained COVID-19 work environment.

In the meantime, stay focused, stay healthy, and stay ready to support.

Keep crushing the curve!

Yours Aye,  
S. Sader  
Captain (N)  
Commander



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## Statement on behalf of Captain Jennifer Casey's Family National Defence / Canadian Armed Forces

Captain Jennifer Casey, our beloved daughter lost her life on Sunday, May 17 in Kamloops, British Columbia while supporting an important mission that seemed to be designed for her. Operation Inspiration is a mission with one focus, making Canadians happy in a time of uncertainty and there was no better person in this world to carry out that mission than Jenn. Her beautiful smile and positively infectious personality could brighten anyone's day and she proudly served the mission as she flew across our great nation with a team that she adored, the Snowbirds.

Jennifer was more than a granddaughter, daughter, sister, and friend to many, she was a story teller, a role that she embraced with passion and skill. She was also a proud Nova Scotian that served as an advocate and ambassador for her province wherever she went. Her journey took her many places but her heart was always at home in Halifax.

It was in Halifax where Jenn studied Journalism at the University of Kings College and started her career in journalism with the Roger's network at

News 95.7 where she developed her story telling skills, giving a voice to local causes and community groups that often didn't have one. Working with News 95.7 is where she built her enormous network of friends that have spent the last several days sharing kind words about her professionalism and beautiful character. Now they are telling her story.

Always one for an adventure, Jenn joined the Canadian Armed Forces in 2014 as a Public Affairs Officer where she thrived personally and professionally. While serving her country, Jenn traveled around the world meeting new friends at every stop along the way. Using her experience and media connections, Jenn was great at telling the stories of the brave men and women that serve Canada at home and abroad. She was committed always to honing her skills and advancing her education in the field by completing a Master of Interdisciplinary Studies from Royal Roads University in B.C.

Many say that the military is much like a second family and Jenn welcomed these brothers and sisters with open arms and all her heart. There are

many groups in her military family that are sharing in her loss. First and foremost, we are sharing this loss with the Public Affairs Branch, a group of communications professionals that introduced Jenn to her military family. We also share this loss with everyone in the Royal Canadian Air Force, a group of loving individuals that will always remember Jenn for the contributions that she made to the team.

And finally, we share her loss with the Canadian Forces Snowbirds, 431 Air Demonstration Squadron, a team that she proudly served in a job she truly loved. Our hearts are with all of you at this time as we mourn the loss of Jenn and remember all of the memories we shared with her.

As she makes her way back to Nova Scotia to her final resting place, we ask those that knew and loved Jenn to cherish the memories that you have of her and continue to bask in the light that she shone on everyone's life. She is gone but will never be forgotten.

Captain Jennifer Casey... we salute you.

### "Majestic Snowbirds"

By Garth Paul Ukrainetz

Poet Laureate of the Blackmud Creek

#### *Majestic inspiration*

*With the sky and clouds above*

*Noble pilots in formation*

*In the air they feel the love*

*On the ground a nation witness*

*Glowing hearts we look up high*

*Through our tears of joy and sadness*

*Watching Snowbirds flying by*



# matters of OPINION

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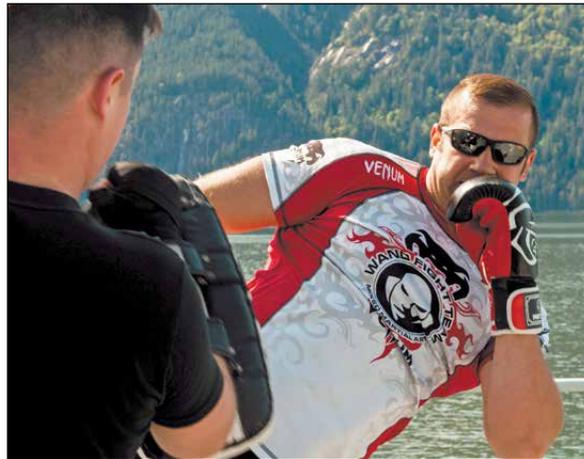
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## WHAT SAY YOU

# Sailor Bights

Sailor "Bights" is a featurette series to highlight sailors currently embarked in HMCS Nanaimo off Vancouver Island.



## Master Seaman Lee Thibault, Chief Quartermaster

Master Seaman Lee Thibault is no stranger to the spotlight.

He is a four-time gold medalist in the Canadian Armed Forces' Military Combatives Grappling Championships, former Athlete of the Year, and Royal Canadian Navy commendation recipient for his accomplishments in athletics.

So, what does he do when he has achieved his goal?

"The journey never stops. I want to use what I have accomplished to lead the charge to bring back the lost art of hand-to-hand combat to the Canadian Armed Forces (CAF). Once upon a time there was boxing in the military. There's a real heritage to it."

Personnel Support Program (PSP) recognized grappling as an approved military sport in September 2019. This represented a monumental change for the military grappling community, one that was hard fought and hard won.

"I'm just so excited that after years and years of dedicating myself to this, to actually see results is amazing. For the first time in the history of the CAF, PSP covered the cost for travel and participation in a grappling event that I participated in, the West Coast Regionals. I won the heavyweight division for that, and then I won the whole thing."

When he's not training or coaching athletes at Crusher Combat Sports, MS Thibault brings his passion for grappling and martial arts to work, frequently leading training sessions on the fo'c'sle for members of the ship's company. Training sessions are scaled back on ship due to personnel safety, but they are still very intense and provide a great cardio workout. It's all part of his mission to encourage participation in the sport amongst military members.

"Martial arts is my passion, and I love instructing. I'm teaching people skills, precision, accuracy, and promoting physical health and mental health. Just to be able to bring everything that I've done and bring it on board is everything to me."

## Leading Seaman Kathy Sanchez, Naval Communicator

Leading Seaman Kathy Sanchez is someone who takes nothing for granted. She is a first generation Canadian whose family immigrated from El Salvador.

"I'm very patriotic as my mom and dad came from a background of war," says LS Sanchez, speaking about why she joined the Canadian Armed Forces. "I was feeling very grateful. I could do whatever I wanted. I could go to school; I could choose not to go to school. I could be a woman and still drive a car, and I could go to the grocery store without being afraid for my life. I wanted to give back to Canada."

She holds an Honours Degree in chemistry and is currently working towards a Master's Degree in science. She is perfectly suited to her element.

"I have been studying marine science, so I love everything about the ocean. I love when the ocean is upset, I love when the ocean is calm. I love the sunsets and sunrises. And my job is always changing. It entails a little bit of everything and the training is always being updated. Right now I'm learning about satellites."



## Leading Seaman Randy Klausnitzer, Boatswain

Leading Seaman Randy Klausnitzer might only be in his early twenties, but he's already got a few deployments under his belt.

"I've been lucky, most of my career I've been on big sails. I've been on three Operation Caribbes, an arctic deployment, and RIMPAC. Being a boatswain has been fun."

The Royal Canadian Navy has provided him the opportunity to see and experience some extraordinary things, which he likes to share with friends back home.

"What I like most is that we go to places that not a lot of people have been. I come from Ontario, so we have a couple little lakes," says LS Klausnitzer, drawing a comparison to the unparalleled beauty of the coastal areas in which *Nanaimo* has been operating. "In the morning I get texts from my buddies asking how I'm doing, so I send them a picture of the mountains and they're like, 'wow, that's amazing'."

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## The beat goes on for Indigenous Awareness Week

**Peter Mallett**  
Staff Writer

Last week, PO2 Marielle Audet played her traditional Aboriginal drum at four locations on base to mark Indigenous Awareness Week. The yearly event to celebrate Canada's Indigenous Peoples and their diversity of cultures, traditions, and values was recognized virtually this year due to COVID-19.

The musician is of mixed background, Indigenous and French, and when not playing clarinet with the

Naden Band, she serves on the Defence Aboriginal Advisory Group (DAAG).

"I wanted to see members of the DAAG and the Naden Band come together and help the base celebrate Indigenous Awareness Week and with their help and support we achieved that," said PO2 Audet.

A second initiative was a video of band members and DAAG members performing a drum and singing solo *Come Drum With Me* from their home or other remote locations. Each person beat a segment of the song on

one of the band's 10 traditional Aboriginal drums. The drums were handmade in 2016 for the band's Aboriginal drum group.

"While most of us in the video are professional musicians, none of us are professional singers, so while our drumming is very good, our vocals are really far from pitch perfect, me included," she said.

They recorded their performances with their cameras or cell phones, and bandmate LS Laura Engsig put together the finished product.

The members who made the director's cut are PO2 Audet, LS Laura Andrew, LS Simeon Westeijn, PO2 Greg Sly, PO2 Roy Styffe, PO2 Steve Donegan, and DAAG member Sgt Nikki Ducharme.

PO2 Audet wore a medicine pouch around her neck, an eagle feather, and two woollen braids to reflect her Métis heritage, while Sgt Ducharme, who is also Métis, wore a Métis sash and other traditional wear.

The video can be viewed on the Naden Band Facebook page.



*While most of us in the video are professional musicians, none of us are professional singers, so while our drumming is very good, our vocals are really far from pitch perfect, me included."*

— Petty Officer Second Class Marielle Audet

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# Sailor lures in the ones that got away

**Peter Mallett**  
Staff Writer

With this year's freshwater fishing season opening up across the country, despite social distancing measures in place during the COVID-19 pandemic, a recreational fisherman from the base is in his kitchen making lures.

LS Adam Leach has been fishing since age 12, casting a balsam spinning rod to catch pan fish off the dock at his family's cottage. From that point, he developed a keen interest in fresh water fishing.

As he got older, he moved from the dock to a 12-foot aluminum boat with a 4hp outboard motor looking to hook pike, walleye, musky, and smallmouth bass.

Having a decent selection of rods, reels, and lures is essential to success, he says.

"I have a large selection of equipment I use for different applicants."

Lures, he says, are an important part of a fisherman's tackle box, and require practice and experience to use them well.

Four years ago, after learning about the cottage industry of making lures in Sweden and Europe, he decided to make his own.

His kitchen is his workshop.

He designs lures by drawing them on graph paper and then augmenting details with a paint program on his laptop. The process of making a blank begins with the lure sculpted in polymer clay and then baked in the oven. It is then sanded and epoxy putty is applied to create more detail in the eyes, gill plates, mouth and fins. LS Leach then seals the blank with spray paint and uses this as his mold blank. He mixes a two-part mold making silicone, which acts as the negative for what will eventually be a lure made from soft pliable rubber. This is where his art takes off. Before pouring the molten

plastic, he adds colorant, glitter, and mica powder to the liquid rubber to enhance the attractiveness of the lure.

"The end result is my own fishing lures," he says. "I get a lot of self-satisfaction from being able to catch fish with something I built myself."

His favourite places to fish here on the Island are Prospect Lake, Shawnigan Lake, and Durance Lake where he targets small-mouth bass and rainbow trout.

He spends most of his leave time with his family fishing in Ontario. He caught his personal best Northern Pike while vacationing on Lac Seul in Ontario's Sunset country following his return from a deployment to the Asia Pacific in 2016 with *HMCS Vancouver*.

Now that he has gotten better at building his mold blanks, he's going to perfect using an air-brush to apply more articulate colors and patterns that simulate what fish want to eat.

"This hobby has given me a better understanding of basic graphic design and sculpting, as well as small-scale fabrication, things I never thought I would ever learn about. It will take a few more years of practice before I get good at producing good-looking bait

and even sharing or selling them on my Instagram page. I don't have a particular lure that I am proud of yet, but I am pleased to be making progress towards this goal of building my own product line of rubber fishing lures."

LS Leach is a Naval Communicator and is currently attached posted to Base Information Services from HMCS Nanaimo, where he works rotating shifts helping to maintain the flow of message traffic of the Pacific fleet. He joined the navy seven years ago and previously worked in the snow sports and outdoor apparel industry in Whistler and Ottawa.



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# THE UNSINKABLE DOC



**Left: Sub-Lieutenant Nicole Spivey, Physician Assistant on board HMCS Nanaimo.**

**Inset: SLt Spivey models the hand-made non-surgical masks that will help protect members of the crew against COVID-19 in between Operation Laser rotations.**



**Lieutenant Chelsea Dubeau**  
HMCS Nanaimo Public Affairs Officer

"Is the Doc in here?" asks a member of the ship's company as they poke their head into the wardroom.

The Doc is in. Sub-Lieutenant (SLt) Nicole Spivey, HMCS Nanaimo's Physician Assistant, or Doc as she is known, waves the person in. Nanaimo's Doc is a former Medical Technician of 13 years who commissioned as a Physician Assistant in January 2020 after completing her training.

The patient takes a seat while SLt Spivey does a quick examination of what ails: a bump to the head, but it's not too bad. A quick clean of the wound, a couple Band-Aids, and a few encouraging words and the patient is good to go. Today, it's a minor head wound; tomorrow, who can say.

The medical needs of a ship's company can be vast, varied, and as complex as the human beings on board. The relationship that forms between individual members and the specialists on board who nurture their welfare is unlike any other, especially with the person who provides medical care.

Physician Assistants see the usual bumps and scrapes, coughs and colds, headaches, bellyaches, and more; those normal ailments that come from working in tight, close quarters, with disrupted sleep schedules and the unique trials and tribulations that come with the territory in which the crew operates: a ship at sea.

But they are prepared to treat, at least initially, more serious medical events that might occur, everything from urinary tract

infections to cardiac events.

Kingston-Class ships don't normally sail with a Physician Assistant on board unless on deployment or other demanding sails where they are required. The rest of the time it's the Casualty Clearing Team, led by the Chief Cook, that responds to the medical needs of the crew.

SLt Spivey has been attach-posted to Nanaimo since the ship's mission readiness training for Operation Caribe, and has continued through the first rotation of Operation Laser, where one of her priorities has been to provide ongoing, critical training to the Casualty Clearing Team team to ensure they are able to respond to a medical emergency in the absence of a Physician Assistant.

"When I was in Kuwait as a Med Tech one of our doctors was an ER doctor, Major Trevor Jain, a reservist. He taught us the best way to learn was by hands-on training," says SLt Spivey. "So every week we did some kind of training that way, whether it was wound packing in roast beef, interosseous IVs in sheep legs, or needle decompression with pig ribs plastered to the side of a sharp's container with lungs made of condoms."

SLt Spivey trains her Casualty Clearing Team using the same methods, with the Chief Cook, PO2 Dave Manryk providing the "patient" material on one occasion: a cooked ham bone into which SLt Spivey put an interosseous IV.

Not that the Casualty Clearing Team would ever perform such a procedure, but it's informative, engaging, and helps give them a unique depth of knowledge that

maybe one day they'll be called to draw upon in some way.

"Doc's really been a keystone in the ship's team," says Lieutenant Commander Dave Schmidt, Executive Officer of HMCS Nanaimo. "Her primary duty obviously is medical, but on top of that she's well integrated into the ship. She's always running around doing special projects. She really does take care of the crew."

For SLt Spivey, caring for the crew starts with helping with whatever she can, whenever she can.

She recently led a non-surgical mask-making effort in order to provide members of the crew with Personnel Protective Equipment during their rest period in between Op Laser rotations. During Op Caribe, she worked alongside the galley staff to get to know every person on board.

"I think it's really important to get to know everybody, and not on a patient level, first," says SLt Spivey. "You have to build that trust not as a clinician-patient relationship, but as a person-to-person relationship. Then the other trust just happens naturally."

She is endlessly pragmatic. "I just do my job to the best of my ability. Whether I'm a clinician sitting behind a desk coaching someone on lifestyle changes for

Type 2 Diabetes, or I'm sitting in a desert hoping that nothing bad is going to happen, there's no difference in medicine there.

It's the same thing - you're there to take care of the patient."

She has been on seven deployments and racked up 530 days at sea which has meant being away from her daughter Caitlin.

"We build Lego every couple days over the phone," says SLt Spivey. "It's something to do together even though we're not together."

Caitlin has inherited her mother's considerate nature, putting care packages together for medical staff deployed on other Op Laser-tasks ships as well as a few members in Nanaimo.

"Maybe it's because she's an only child she doesn't want people to feel left out," says SLt Spivey. Many members of the crew are reservists who are far from home, and therefore don't have family nearby to do that for them.

Caitlin wants to be a Pharmacist, perhaps even a pharmacist in the military. Imitation is often said to be the sincerest form of flattery. In SLt Spivey's case, it might just be a sign of how proud Caitlin is of her mother.

SLt Spivey looks wistful as she considers that.

"I hope she's proud," she says.



**SLt Spivey oversees AB Yukii Li as she sews non-surgical masks together.**



**SLt Spivey explains how to insert an interosseous IV using a ham bone to HMCS Nanaimo's casualty clearing team.**



Fluenta

# Sailing into retirement

## A family adventure

**Peter Mallett**  
Staff Writer

What began as a casual discussion over a bottle of wine led to an epic seven-year sailing journey throughout the South Pacific islands.

Back in 2011, as a fierce snow-storm raged outside their Halifax home, LCol Max Shaw and his wife Maj Elizabeth Brown-Shaw tossed around ideas for their future. Both had 23-year careers in Canada's military and were still enjoying those challenges and opportunities, but they realized it was time for new adventure, especially one they could share with their children.

So, they plotted a non-traditional course.

In 2012, they sold their home and bought an old 47-foot fibreglass hulled sailboat they named SV Fluenta. With their children, eight-year-old Victoria and six-year-old Johnathan aboard, they set off from Anacortes,

Washington, for the South Pacific.

Their first major destination was Mexico, where they spent 18 months near Puerto Vallarta and the Sea of Cortez refitting the boat - and eventually welcoming baby Benjamin. This extended stay enabled them to adjust to their new lifestyle before setting off for more-distant lands.

They departed Mexico for French Polynesia when Benjamin was four months old.

Two decades in the Canadian Armed Forces and Shaw's leadership of the sail-training program in Halifax had helped prepare them for the adventure. However, the learning curve was still steep as they had to become DIY mechanics, plumbers, electricians, and riggers all while nurturing and educating their children in tight spaces and in a foreign country.

"Many times, the Lego characters were doing the same kinds of jobs as Mom and Dad, such as installing solar panels and 12V batteries!" said Shaw.

Living aboard a boat wasn't a vacation. They lived in close quarters, which sometimes brought about trying moments.

"There were times when things went wrong and I found myself fixing the engine in a remote location or fibre-glassing a hull in the scorching sun, and that's when I asked myself what the heck am I doing out here and wishing I was back home in Canada sitting in my office doing my old job that I was good at," said Shaw.

Safety was paramount, said Shaw, as he had precious cargo on board - his family. They worked continuously on repairs to keep the boat seaworthy and its many systems - desalinator, power generation, plumbing and so on - functioning. They constantly monitored their high-frequency radio and later, a very low bandwidth satellite link for weather information and forecasting. Shaw carefully studied marine charts to navigate safely among the many islands that dot the

South Pacific and Micronesia region.

"The military taught both of us that you set a goal, ask yourself what are the risks of accomplishing that goal, and then look at ways to mitigate the risks," said Shaw.

No geography or history textbook could compare to the education the children got travelling to the islands, such as Fiji, Tonga, and the Marshall Islands.

"These people have a much more traditional approach to life than Canadians are accustomed to," said Shaw. "It is based on subsistence, there is minimal cash economy and they trade goods and live off the land to survive."

When visiting the remote islands, the couple helped fix residents' solar panels, outboards, and generators while the locals taught their children crafts and fishing techniques.

"Each country has its own culture on each of the islands. It wasn't necessarily the beautiful sites or surround-

ings that we saw, it was the people and the interactions with them that really made our adventure worth it."

Since returning to Victoria last year, the family continues to live on their floating home docked at the Sidney marina. The older children have returned to a bricks and mortar school (before COVID-19 sent them home). Shaw will be teaching sailing for the Royal Canadian Navy and a local sailing school, as well as helping others prepare themselves and their boat for their own adventures.

"The key lesson of our journey for others to hear is if you have a dream of doing something completely different in your lives, chances are it's doable. There is always a great deal of thought required to do it, and you need to be rational about it, but if you really want something there is always a way to accomplish your goals."

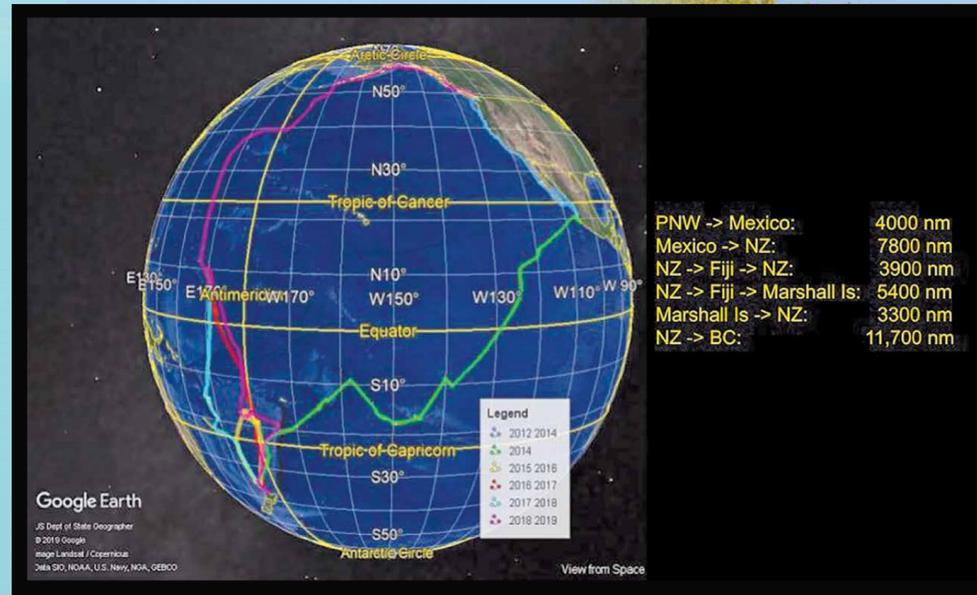
A detailed travel blog with extensive photography of their voyage is available at [SV-Fluenta.blogspot.ca](http://SV-Fluenta.blogspot.ca)

LCol (Retired) Max Shaw, Maj (Retired) Elizabeth Brown-Shaw, and their children Victoria, Benjamin and Johnathan.

### Doable dreams

The Shaw family travelled from the Pacific Coast south to Mexico, and then crossed the Pacific in 21 days to French Polynesia. They spent nearly five years travelling between islands before sailing north to the Aleutian Islands of Alaska and back down the Pacific Coast to Victoria in December 2019.

During their travels, they visited 14 countries and territories including French Polynesia, the Cook Islands, Niue, Tonga, Fiji, New Zealand, the Marshall Islands, the Solomon Islands, Tuvalu, the Republics of Kiribati and Vanuatu, New Caledonia, and Mexico, along with Canada and the United States. In the end, they completed a 36,000 nautical mile journey, the equivalent of circumnavigating the globe 1.7 times.



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# RE-BOOT CAMP

## Mikaël Bowes

Participants at a Pride Parade carry a banner promoting the respect of transgender rights.

My name is Mikaël.

In fact, very few people know my birth name and I think it is better that way. For the first 12 years of my life, I felt odd because I liked “boy” stuff—cars and all those types of things—even though I had every right to do so.

The problem is that we tell children what they should like: flowers and pink for girls, trucks and blue for boys.

It always felt strange to me to like one colour more than another; after all, it’s just a colour. I am, however, proud to say that I love green!

I don’t feel that because I never identified with a random colour

I’m that different from everyone else. On the contrary, I’m a lot like you.

I love pizza and poutine, and the outdoors. I’m a student like most of you. The biggest difference between us is that unlike most of you, I’m not as athletic!

To a certain extent, I feel fortunate to live here, because the majority of transgender people wouldn’t dare reveal their real name or true identity out of fear. And who can blame them?

In 2019, 311 transgender people were killed worldwide. Not by accident or because they were in the wrong place at the wrong time. This was intentional, cruel, violent, and most of all pointless.

I can’t understand killing someone in cold blood. But killing

## YOUTH REPORTER COMPETITION STORY #3

someone because of a name or pronoun, well that just baffles me.

In fact, the fear I feel is a culmination of all these terrifying things that have been done to people like me. It creates this feeling of anxiety you just can’t get rid of. In other words, it’s like a constant fear in the pit of your stomach that just grows and grows, because there is always a voice warning you: “don’t do that, you may be attacked.”

Unfortunately, that is what scares me. I know people have nothing against me and will mostly

let me live my life, but this heightened sense of fear grips you because a minority of people don’t mind their own business.

The transition is something truly special. It’s a chance to be reborn, to change and become better, but at the same time, it’s one of the most horrible things ever.

It feels like one of your tests: crawling through mud, bruising your body climbing over endless obstacles, all while the finish line seems further and further away. Each step leaves you winded, your lungs tightening with every criticism that you are too slow, and yet, you still have to reach the finish line.

I admit I’m not painting a pretty picture of transitioning with all this depressing information.

Fortunately, there is a flip side.

For example, I’m currently in the process of changing my name. It’s as though I couldn’t get my paperwork in fast enough. But now with the wait it feels like I’m dragging my feet, like things are slowing me down and I have to force my legs to keep moving.

I think we all have the same problem—to always look ahead. Sometimes we just need to close our eyes and tell ourselves: “I made it this far. I’m strong.”

But rather we tell ourselves there is still way too far to go. That the next obstacles are insurmountable. That we won’t succeed. That it’s too hard.

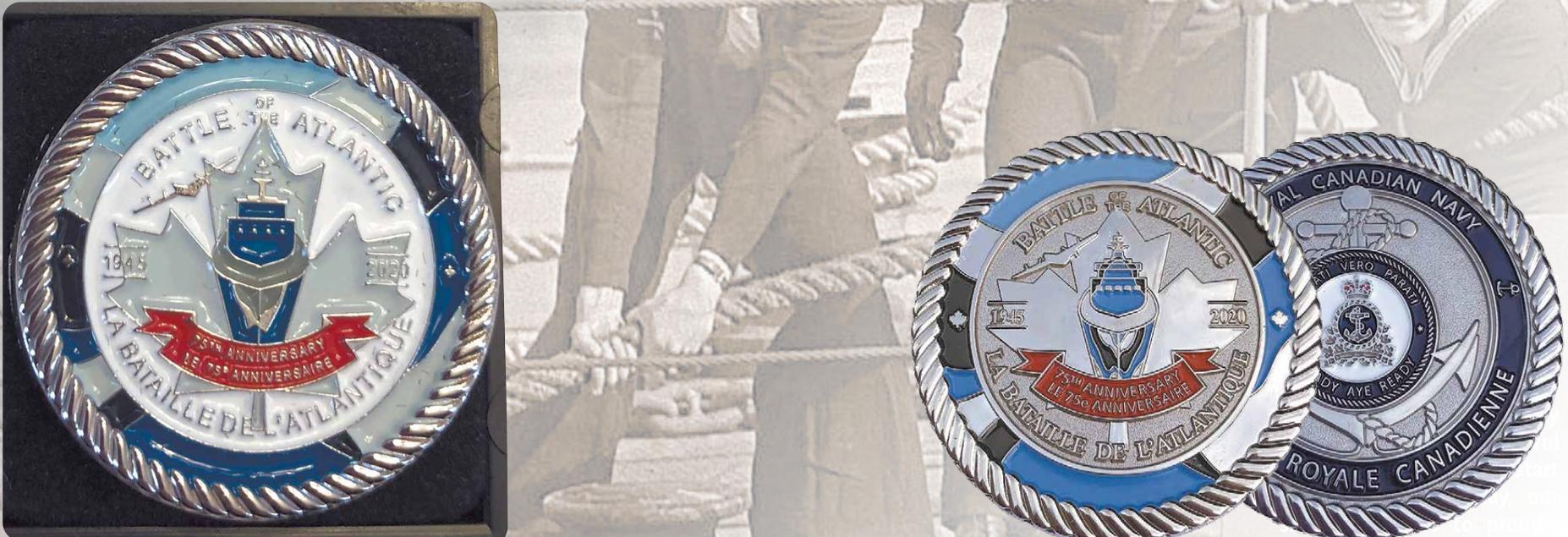
But I think we should look back more often, because you’ll surely notice it too—chances are you already made it over the highest wall.

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more on page 12

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# BMO'S Commitment

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loans, credit cards, and lines of credit with no fee. More details about this can be found on BMO.com. For BMO Business Banking clients, we are offering a deferral of payment on small business credit cards, credit lines, the principal of a small business loan, and increases on small business operating lines to help with short-term working capital and access to additional working capital. If you need to request an increase on an operating line, we may be able to advance payroll to help ensure consistency with employee pay. On top of this, we are here to provide tailored relief programs and one-on-one advice on business plans and options to overcome any liquidity concerns,

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and deposit funds. As always, you can also take advantage our digital ways to bank that are free, easy to use, and provide complete access 24/7. If not already, we encourage you to sign-up for Online Banking, Online Banking for Business or download our Mobile Banking app. If you are concerned you are going to miss a payment, please sign in to BMO Online Banking and send your request through our safe and secure Message Centre. We commit to getting back to you as soon as possible. Fraud continues to be a top priority through this period of uncertainty, as many spend increased time connecting online. BMO has a number of trusted technology partners that can

help protect you: IBM Trusteer Rapport to secure your desktop browser, OnGuard® to protect your identity online, and Verified.Me to quickly confirm your identity when signing up for new services. BMO subject matter experts are constantly monitoring developments with COVID-19 as it pertains to how businesses operate, the market response and overall human health issues through external medical experts. You can regularly check our Insights Hub for up-to-date information. You are not alone. We are here to help you navigate through this uncertain time. We will continue to listen and adjust to your needs. For more information, please visit BMO.com.

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# MARPAC HQ Promotion and Awards



**Bravo ZULU**

LS William Thomas was awarded the Special Service Medal-Expedition for his deployment under Operation Projection by Capt(N) J. Elbourne, Chief of Staff Operations MARPAC/JTFP/MCE(W).



**Bravo ZULU**

SLt Charles Grimshaw was promoted to Lt(N) by Capt(N) J. Elbourne, Chief of Staff Operations MARPAC/JTFP/MCE(W).



**Bravo ZULU**

Maj Solomon Martins was awarded the Canadian Forces' Decoration second clasp for 32 years of distinguished services in the Canadian Armed Forces by Capt(N) J. Elbourne, Chief of Staff Operations MARPAC/JTFP/MCE(W).



**Bravo ZULU**

LS Pooley was promoted to her current rank by Cdr Kincaid (social distancing out of frame), assisted by her husband A/SLt Pooley at Canadian Fleet Pacific headquarters.



**Bravo ZULU**

Ken White receives an outstanding achievement award in Maritime Search and Rescue Operations in the Victoria search rescue region from from Major Kevin Howe, Officer in Charge of the Joint Rescue Coordination Center The award was given on behalf of the Commander Joint Task Force Pacific, Rear Admiral Bob Auchterlonie.



**Robin&AJ**  
Good morning. Good times.



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