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LOOKOUT

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MARPAC NEWS CFB Esquimalt, Victoria, B.C.



Jeremy Chow

August 12, 1977 - May 30, 2020

Final Farewell

A convoy honouring Fleet Maintenance Facility Cape Breton worker Jeremy Chow travels along Esquimalt Road to the Dockyard gates on June 11. Chow succumbed to Leukemia on May 30 and the procession was organized to honour him and offer a final farewell from his colleagues.

Photo by Peter Mallett/Lookout



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FLEET DIVING UNIT READY FOR SSBA TRAINING



Peter Mallett
Staff Writer

Members of Fleet Diving Unit Pacific (FDU(P)) are set to resume exercises for Clearance Diver and Clearance Diving Officer students next weekend.

The Colwood-based unit of Maritime Forces Pacific (MARFAC) will host its first clearance diver training exercise since physical distancing orders were implemented in March surrounding the COVID-19 pandemic.

The Surface Supplied Breathing Apparatus (SSBA) training exercise will take approximately three weeks to complete. On the roster are 10 students from across Canada. They are currently in the midst of a 12-month-long certification process to complete their initial and Director Level Training.

Lt(N) Daniel Hawryluk, FDU(P) Director Diving Safety, says clearance diving is a completely new skill set for them. The training is intensive, complex, and difficult to re-start under COVID-19 protocols.

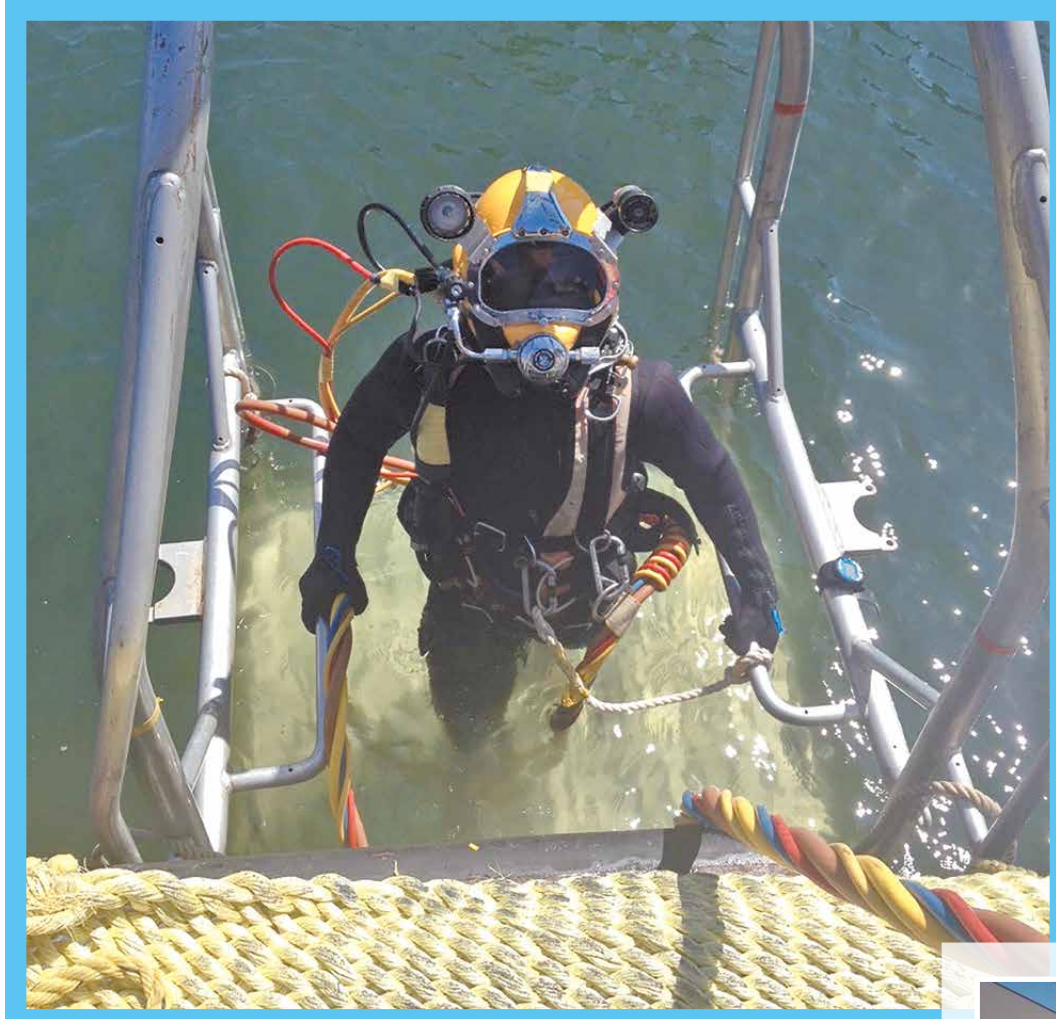
"There are unique challenges that we as divers face when attempting to comply with social distancing in our job, and so putting together a plan to return to training was no small task and will likely require some adjustments as we put it into action," he said. "These are unprecedented times and we have to be adaptable, but in the end we will find a way to get the job done, we always do."

As required by CAF COVID-19 health and safety regulations, visiting trainees will self-quarantine for 14 days. They will be tested for the virus on a regular basis before they gather for their first orientation meeting on June 22.

Despite the precautions, Lt(N) Hawryluk says a fair degree of anticipation and excitement surrounds the resumption of training for himself, the sailors, and three other instructors from his unit.

Trainees and FDU(P) staff will conduct the exercise in the protected waters of Brentwood Bay, located approximately 20 kilometres north of CFB Esquimalt. The group will sail to the location aboard Queen's Harbour Master vessels YTD 11 and YTD Sooke, which will also transport their equipment and a Rigid-Hulled Inflatable Boat.

Under the supervision of an instruc-



The Ultra Lightweight Surface Supply Diving System includes lightweight carbon fiber reserve and regulator tanks, a more portable surface supply system, and a much smaller umbilical cord - the long yellow hose that supplies divers with an unlimited supply of high pressure breathing gas, along with an enhanced communication system. During the training, divers will also wear the Kirby Morgan Super light 17 breathing helmet.

Photo: FDU(P)

tor, trainees will dive to a depth of approximately 90 meters. Equipped with hand tools, their objective will be to make repairs to a metal box with several holes, using a variety of patches including coffer dams, plates, clothes, and rubber plugs.

Submerged divers will be attached to the SSBA through a tether that contains communication lines, an airway for breathing, audio and video, and a supply of warm water to their suits to combat cold water temperatures.

Divers will be rigorously tested in gas blending procedures with the SSBA to avoid the risks of decompression sickness. This will require them to achieve the correct mixture of gasses - nitrox, and heliox - at various depths.

Divers will also use the on-board recompression chamber to conduct surface decompression and avoid the

health risks of ascending too quickly, also commonly referred to as 'The Bends'. They will use the Kirby Morgan Super light 17 breathing helmet. The helmet is designed to enhance diver breathing at a variety of depths and is the same style of helmet used by navy Clearance Divers in the recovery of Swissair Flight 111 in 1998.

After they have successfully patched the metal box so it is air tight, and completed their training, they will move on to the next phase. It will involve pumping the patched metal box full of air and floating it to the surface, a procedure similar to many salvage operations. That portion of the training will take place aboard the same dive tenders from July 13 to 24 in a yet-to-be-determined location off southern Vancouver Island.



"There are unique challenges that we as divers face when attempting to comply with social distancing in our job, and so putting together a plan to return to training was no small task and will likely require some adjustments as we put it into action."

– Lt(N) Daniel Hawryluk, FDU(P) Director Diving Safety



Banners honour hockey fallen

Ashley Evans
FMF CB

Three banners have been created for future display at Naden's Wurtele Arena to honour three defence community members passionate about hockey who passed away.

Fleet Maintenance Facility Cape Breton (FMF CB) Shops 122, 123, and 124a created the banners in the memory of Joe Lescene, who had worked in the FMF CB woodshop (122) while winding down his navy career, Rob Sneath, and Keith (Butch) Cowden. All three were CAF/DND hockey players who contributed greatly to team successes and national championships.

The idea for these banners came following a tribute hockey game for Joe Lescene. Kelsey Khol, Shop Steward Shop 123, and Matt Hood, Shop Steward Shop 122, spearheaded this event after wanting to do something special for Lescene's family. Kevin Zalba, manager of the Wurtele Arena, became involved after helping host the tribute game, where he recognized an opportunity to also honour the memory of the other two men.

"I am extremely passionate about this project," said Zalba. "They were major contributors to our hockey community and some of the nicest guys on the planet."

When Rob Sneath passed away four years ago; he

left a legacy of 30 national championships as the most highly decorated military hockey member in recent history.

Keith (Butch) Cowden held a 30-plus year hockey career, and is remembered as a prolific goaltender and revered competitor.

While Sneath and Cowden played for the Tritons, Lescene played for

the Angry Beavers and the FMF Outlaws.

Not just a meaningful tribute, the banners were also a training opportunity that gave employees a chance to increase their skills and creativity.

"The banners have been a collaborative effort of years of design, and different members of Shop 123 adding their own artistic

flair," said Khol. "I was lucky enough to be included in this project, and during my spare time I played around with various designs while also sharpening my skills in the graphics side of our shop."

Hood contributed his efforts crafting wooden dowels, Carly Smethurst from Shop 124a sewed the banners, and the team in Shop 123 created the design, production of banners, and applied finishing to the wood.

"Extreme efforts have been made to bring this to fruition," said Zalba, expressing his gratitude to the contributions of those involved.

Two banners have the Tritons colours and logo to honour Rob Sneath and Keith (Butch) Cowden, and the other banner honours Joe Lescene with the Angry Beavers colours and his jersey number.

Zalba sees this as just the beginning in honouring hockey players who have made significant contributions to the local CAF/DND teams and communities, both military and civilian alike.

While there is no date set for the dedication ceremony, Zalba remains in contact with the honourees' families, who have been invited to take part when it does. Zalba says the families are excited about the banners, and that the project has received positive feedback from all of those involved.



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WHAT SAY YOU

Remembering Saskatoon

From the Poet

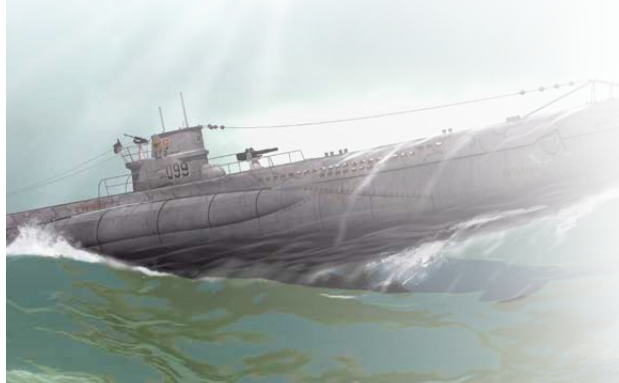
I was born and raised in Saskatoon. On a typical warm day in June there were always adventures to be discovered.

After school, after finishing my newspaper route, and after a quick supper, me and my buddies would hop on our 3-speed banana seat bicycles and head down to the Broadway Bridge. It was an exciting place to be. The energy of the river was amazing.

To me, the Broadway Bridge was a doorway to the world. Joni Mitchell loved to explore under the Broadway Bridge. She loved the river and her hometown, which is evident in the art on the cover of her album "Clouds". She painted a portrait of herself right in the spot where the Bridge spans the river, almost as if to say "I'm the bridge".

It's also the same reason her friend Bob Dylan called Saskatoon "Paris of the Prairies".

Saskatoon is also home to the stone frigate HMCS Unicorn. This poem is a tribute to Broadway Bridge, HMCS Unicorn and HMCS Saskatoon (K158) for helping to guard North America against enemy attacks during the Second World War.



"HMCS Saskatoon"

Garth Paul Ukrainetz
Poet Laureate of the Blackmud Creek

*Canadian Vickers Shipyard, old Montreal Quebec
In 90 days they build her with 5 guns around her deck
A river owl is watching from a pine tree by keel block
While catching all the mice and rats that sneak around her dock*

*A lark sings on her bulwark, seagulls listen to the songs
She's launched November 7th, to the blue where she belongs
After testing and fine tuning, they commission her in June
With bouquet of Tiger Lillies, and they call her Saskatoon*

*To Halifax for mission, she's protecting shipping lanes
Hunting U-boats on the Eastern Shore with Nor'east Hurricanes
Then Western Local Escort Force, to Boston and New York
Keeping watch on Allied war supplies of bullets, guns, and pork*

*She listens very carefully for coyotes when they howl
She sees right through the foggy clouds just like the river owl
Always watching, always waiting, for a sign of sneak attack
She stands on guard for thee all day, at night she guards thy back*

*The U-boats fear her legend as they stalk Atlantic Coast
They know if Saskatoon is near, she'll see their periscopes
And sometimes in the moonlight, with no reason why or how
There's an owl perched high upon astern, with Unicorn at her bow*

*Up and down the Eastern Seaboard; worn out frets of old guitar
Fingers pressed against the woodstock of machine guns aiming far
In the waves the danger waiting, floating minefields 'round the bend
In distant clouds a rainbow's pot of U-boats at the end*

*Oh Saskatoon is watching, like the owl by old keel block
Like the Unicorn on the Broadway Bridge, she's watching 'round the clock
So if you sneak the coastline, doing things you should not do
She sails on guard for freedom, and she's coming after you*

*The war has finally ended, all the crew sings Auld Lang Syne
She gathers up the U-boats as they surface one last time
And Saskatchewan is cheering 'round the Vimy Ridge Band Stand
While the Unicorn are playing, with owl and river close at hand*

*Oh Saskatoon is watching, like the owl by old keel block
Like the Unicorn on the Broadway Bridge, she's watching 'round the clock
So if you sneak the coastline, doing things you should not do
She sails on guard for freedom, and she's coming after you*

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(Proudly born and raised in Saskatoon)
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FMF worker succumbs to cancer

Peter Mallett
Staff Writer

A dockyard worker and father of two lost his battle with leukemia last week.

Jeremy Chow, a 42-year-old shipwright joiner from Fleet Maintenance Facility (FMF) Cape Breton was diagnosed with acute myeloid leukemia in November 2018. On May 30, with his wife Evelyn Chow by his side, Jeremy lost his battle to the disease.

Chow leaves behind his wife and two children, Jayla, 9, and Maile, 11.

A GoFundMe campaign has been established to raise funds for Chow's daughters with 100 percent of the donations being set aside for their education and well-being. The campaign is being run through a Match4Jeremy Facebook Page.

"Jeremy will be missed dearly," says a recent post. "He has touched the lives of so many people. He was often a source of strength and inspiration for those around him. Blessed with a quick wit and infectious laugh, he was easy-going, stoic, fair and selfless."

His more than 17-month-long battle to find a potentially life-saving stem cell donation was unsuccessful and complicated by the fact he was of mixed race. He was not able to find a donor match through national and worldwide registries. Positive stem cell matches are determined through inherited ancestral issue types and other genetic markers.

The Chow family encourages those unable to make a donation to consider registering to become a stem cell donor at a local blood bank. Those wishing to contribute financial support to the family are asked to visit the GoFundMeAccount <https://www.gofundme.com/f/wwwgofundmecomhelpjeremysfamily>

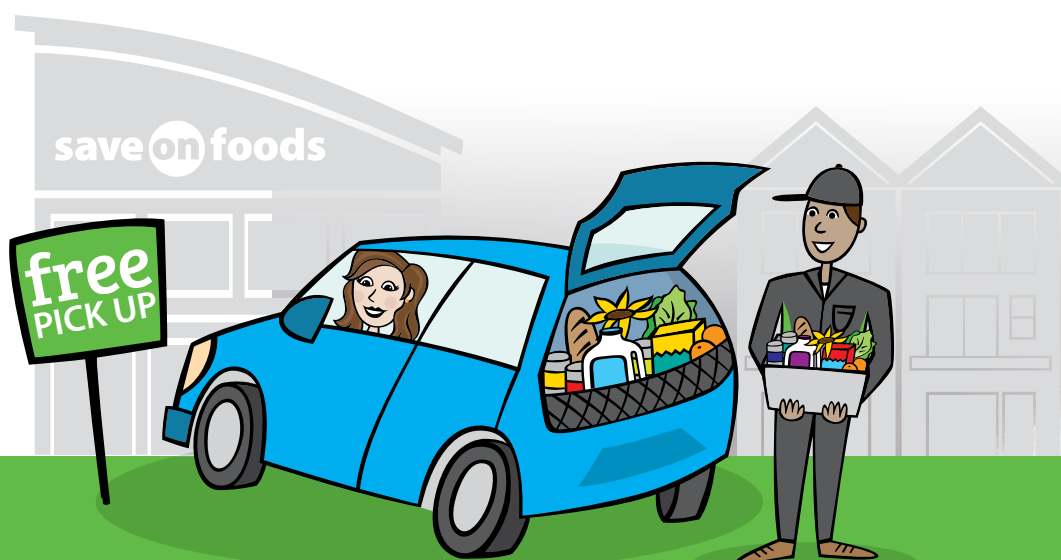


Jeremy Chow

*August 12, 1977
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Sailors from HMCS Halifax spruced up the Bonaventure Anchor Memorial at Point Pleasant Park in Halifax on May 28, sweeping, scrubbing and painting the memorial.

HMCS Halifax visits Bonaventure Memorial for spring cleanup

Ryan Melanson
Trident Newspaper

Members of *HMCS Halifax* haven't spent much time on board their ship in recent months, but that doesn't mean they've been taking it easy.

The team has kept in touch and worked virtually as they prepare for their upcoming summer program. Recently they helped clean the area around the HMCS Bonaventure Anchor

Memorial in Point Pleasant Park. A group of sailors, including Commanding Officer Cdr Chris Rochon, headed to the park on May 28 to freshen up the memorial, which honours Royal Canadian Navy members who died during peacetime while carrying out their duties at sea.

As part of an agreement with the city, *Halifax* typically conducts spring and fall cleanups at the site, and sends personnel to tidy the area at various times

through the year as required.

"We brought our rakes and brooms and scrub brushes and we got to work," said LS Doug Williams.

Sailors raked and swept around the memorial, scrubbed the plaques that list the names of the fallen, and touched up the anchor itself with fresh paint.

"This is a monument to some of our predecessors in the navy; people who went out and did the deed way before we did, and

people who sacrificed their lives doing that. I think of them as heroes, people who stepped up and answered the call to serve, so it's important to remember them and this is one way we can do that," he said.

Cdr Rochon was impressed to see his sailors take the task to heart and demonstrate an understanding of the significance of the memorial to the families, friends, and former colleagues of the fallen, as well as

the wider community. He added that *Halifax* is excited to get back to business – the full crew returned to the ship and sailed for workups on June 14, ahead of taking over the ready-duty ship role for a period later this summer.

"There's been a lot of challenges and interesting learning opportunities, using technology to bring our team together, and now we're looking forward to getting back," he said.

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MFRC opens for business, slowly

The Esquimalt Military Family Resource Centre has re-opened one location and a few on-site services today, Monday June 15.

Safety of patrons, staff, and volunteers is of utmost importance, so when patrons come to the Colwood Pacific Activity Centre MFRC there will be protective plexiglass barriers in place at the reception. There will be new procedures in place when it comes to the daycare. They have also implemented additional sanitization procedures at the facilities to keep everyone safe and to prevent viral transmission. Additional cleaning will be performed on a daily and weekly basis.

June 15 - Sept. 7

The MFRC at the Colwood Pacific Activity Centre re-opened June 15, and will operate Monday to Friday from 10:30 a.m. - 2:30 p.m. The Signal Hill MFRC in Esquimalt re-opened at a to-be-determined date in the summer.

Daycare

The daycare at the Colwood Pacific Activity Centre re-opened with the hours of operation to be finalized in the coming weeks. To better accommodate physical distancing, the MFRC plans (upon approval from licensing) to use rooms held for casual childcare and preschool.

The MFRC has cancelled



all on-site programming scheduled until the end of August including Summer Fun for three to five year olds.

To accommodate the daycare using more space, Casual Child Care and Deployment Respite Child Care will not be available right now. Look for updates on the resumption of these services. Please note that some respite care may be available upon request.

Information Line

When you call the MFRC Information Line, you will be able to again speak with an Information and Referral staff. The information line will be available Monday-Friday from 10:30 a.m. - 2:30 p.m. at 250-363-2640 (toll free: 1-800-353-3329). Outside of office hours, the MFRC information line will be monitored for messages.

Outside of these hours, families can connect with the Family Information Line by selecting "option 1" when prompted to receive confidential, bilingual counselling.

Counselling

Short-term counselling is available on a virtual basis. In-person sessions may be available upon request. If you need support for you or your family, you can call the information line at 250-363-2640 or the confidential intake line at 778-533-7736 or email cherylmacqueen@emfrc.com.

Mail drop off

Mail package drop off for deployed military members and the issuing of Military Family ID cards is available at the Colwood Pacific Activity Centre. These services will resume at the Signal Hill location in Esquimalt at a later date.

The MFRC will continue to offer several online programs including Children's Deployment Workshops, Stay and Play, Coffee Chats, and Wellness Wednesdays. Visit esquimaltmfrc.com/events/ to see what is coming up.

If you use Facebook, <https://www.facebook.com/pg/esquimaltmfrc/groups/> offers information, resources, and a place to meet other people in the military community.

Note that Out of School Care and Preschool will not resume in June.

If you have any questions, suggestions or comments, feel free to email the Executive Director at jackiecarle@emfrc.com.



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Profile
Dee-Ann Lemire,
Base Administration
Assistant



Keeping the branch organized

Dee-Ann Lemire is the Administrative Assistant to the Base Administration Officer within the branch.

For four years she has been the overseer of document formatting to ensure it is in keeping with the MARPAC writing guide. She also maintains the Base Administration Officer's schedule and serves as the central point for the office and flow of documents.

When COVID-19 protocols moved her home, she quickly set up a makeshift office equipped with a DND laptop and her own personal one to stay atop the work.

As the base moves slowly towards return to work, she now pops into the workplace office two days a week. The overall work slowdown has allowed her much-needed time to catch up on a few special projects.

As a people person, she misses the daily interactions with her colleagues and clients. But when she does interact, she engages the stringent COVID-19 protocols.

"I have to be more conscious to wash my hands and to respect the arrows on the floor."

The branch is one of the largest on base, encompassing dozens of smaller units. Lemire equates it to a "family business" where most everyone knows each other.

The military is a family affair - her husband served for over 30 years in the Canadian Armed Forces, her son is a reservist and engaged to a Ranger, and her daughter is married to a naval combat systems engineering officer.

Before she joined the branch she was a preschool teacher. COVID-19 has also meant a few ticks off the "to-do" list, one being a backyard beautification project.






Robin & AJ
Good morning. Good times.





Tatianna Halliman with her winning banner at Sea to Sky Cheer Championships 2019.

Photo by Melanie Halliman



Cheerleader Jayna Flammand (left) and Pacific Cheer Empire owner and head coach Shannon Samson display Jayna's bronze medal banner. Flammand is the eight-year-old daughter of Cpl Kevin Flammand. She won the banner for her individual performance at the Feel The Power West Coast Championship in Vancouver, March 7, 2020. The Colwood-based sports club has several military family members and is currently looking to grow its membership.

Photo by Sylvie Blais, Pacific Cheer Empire

Military families help spread cheer

Peter Mallett
Staff Writer

The Pacific Cheer Empire cheerleading club has scored some impressive results in recent competitions as it continues to grow in popularity, especially in the military community.

Since opening at Colwood's Wale Road location in 2016, the membership base of youth to adult-aged women and men has almost tripled.

The club has also found competitive success. In 2018, a senior level team placed third in their division at the UCA International Championships at the ESPN Wide World of Sports Complex in Orlando, Florida, earning them a bid invitation to compete at the U.S Finals in Las Vegas two months later.

That success has come under the guidance of head coach and owner Shannon Samson.

Samson, 32, has been involved in dance and cheerleading since early childhood and is a past winner of the 2012 Canadian Cheerleading Coach of the Year Award, which she earned during the Cheer Expo national cheerleading competition in Halifax. Samson moved to Victoria from her native Cape Breton in 2012 when a family member was posted to CFB Esquimalt.

Samson also owns a gym in Nova Scotia and she was surprised to learn there were no cheerleading clubs in Victoria at the time, so she decided to fill that void and create her own club.

"I knew military members and many people from other parts of the country

get transferred here from places where thriving cheerleading communities already exist," said Samson. "So, being able to fill that void was a driving force behind founding Pacific Cheer Empire. It was my intent to give families a sense of belonging in their community and a place they can call their own."

Cheerleading is a team activity that combines dance, stunting, and tumbling with shouted slogans to encourage enthusiastic cheering from the audience. It has grown from high school gyms and sports fields into a sport of its own.

Military mom, and now the program co-ordinator, Sylvie Blais enrolled her eight-year-old daughter, Jayna Flamand into the squad when they moved to Victoria two years ago. The youngster was a ringette player in Saint-Hubert, Québec, and was sad when she had to say goodbye to her teammates. Pacific Cheer offered her much-needed camaraderie and an athletic outlet.

"I really like tumbling and learning stuff like flying and flips, but what I like best is going to competitions," said Jayna.

The enthusiasm of club members has been tempered with some recent disappointment. Their first-ever participation to the prestigious Summit International Championship competition in Orlando, Florida, in May was cancelled due to the COVID-19 pandemic.

In-person classes and training at Pacific Cheer Empire were suspended starting March 13 due to health and safety physical distancing measures. They were able to train via video

conferencing. However, with the isolation protocol being lifted, the club re-opened June 1; individuals or small groups of six can now train in person, albeit with numerous restrictions and precautions.

"It really hit our athletes hard not being able to see their teammates and coaches, so now we are just so excited to be reunited with our cheer family and return to training," said Samson.

The facility is equipped with a five-panel birchwood double layer spring floor system, as well as multiple tumbling mats and training shapes.

In the coming months when the gym becomes fully operational, Samson will expand her club to offer a new dance program that will offer members both all-star competitive dance teams, as well as regular dance class options in different styles from jazz, hip-hop, lyrical, and line dancing to Acro dance.

"We are a sports organization and a business, but at the end of the day we really operate like a family," said Samson. "Our main goal is to give athletes a safe place to be themselves and to really develop them, make them good human beings. We want to see our athletes contribute to society, and I know the skills they learn here such as hard work, time management, problem solving, and commitment are the type of training they require to succeed in the real world."

For more details about Pacific Cheer Empire and their program options visit www.pacificcheerempire.com or send an email to pacificcheerempire@outlook.com.



Corporal Kevin Flammand with daughter Jayna after her performance at the Cheerfest Competition in Abbotsford in February.

Photo by Sylvie Blais



Amanda Thorne, step-daughter of PO2 Keith McCulloch, at the Mardi Party Cheer Extravaganza Competition Feb 2019 in Richmond.

Photo by Maria Thorne

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Youth Reporter Competition winner

CONGRATULATIONS to Lleyton Maday from Morinville, Alberta, for winning first place in the Youth Reporter Competition.

His story entitled *Royal Canadian Air Cadets allows Alberta teen with ADHD to grow and succeed* received the most votes.

As the winner of the Youth Reporter Competition, Maday receives the grand prize package and a scholarship valued at \$2,500.

“My sincere congratulations to Lleyton for his winning entry. Lleyton showed real courage and strength in sharing his personal story,” said Sean N. Cantelon, CEO, CF Morale and Welfare Services. “I’m proud CFMWS was able to engage our CAF community and give young people an opportunity to stretch their wings, explore their skills, and develop confidence in doing so.”

The Canadian Armed Forces Newspapers would like to thank all Youth Reporter Competition’s finalists and all entries for their hard work and for sharing their story with all of us.

Thank all who took the time to read and vote for their favourite story.

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Commodore Richard Feltham, Commander Canadian Fleet Atlantic, presides over the Fleet Chief Change of Appointment ceremony on June 5. From left, outgoing Fleet Chief CPO1 Tom Lizotte, Cmdre Feltham, and incoming Chief CPO1 Darcy Burd.

Photo by Mona Ghiz, MARLANT PA

Old shipmates reunited as Atlantic base welcomes new Fleet Chief

Ryan Melanson
Trident Newspaper

While he may be new to Atlantic Fleet headquarters, CPO1 Darcy Burd won't be among strangers as he assumes the role of Fleet Chief.

He and Cmdre Richard Feltham have served together on *HMC Ships Skeena*, *Preserver*, *Charlottetown*, and *Toronto*, and now they'll be working together again as they prepare to lead Canadian Fleet Atlantic through a pivotal moment.

"I can't tell you how excited I am to assume the duties and responsibilities of Fleet Chief Atlantic," CPO1 Burd said during a ceremony held at HMC Dockyard on June 5.

While the Change of Appointment took place in per-

son, the crowd was limited to key personnel and family members, and attendees remained physically distanced from each other. CPO1 Burd thanked his wife Vicky and his children for the support that allowed him to reach this career highlight, noting he's been posted to 13 different units in 13 years, with plenty of moves and other disruptions along the way.

He said he was excited to be returning to the Fleet and working alongside an old friend. With the ongoing efforts to maintain readiness levels during the COVID-19 pandemic, while also preparing for the first of the Royal Canadian Navy's future fleet of ships to be received later this year, he noted that unique challenges likely lie ahead.

Cmdre Feltham expressed

confidence that his new Chief will be the right person to handle those challenges.

"It's wonderful to see such dedicated work and professionalism over the years culminate in this very important appointment for Chief Burd. We will benefit from his NDHQ experience, his operational experience, and now his leadership in the Fleet," he said.

The Commodore also had praise for his outgoing Fleet Chief, CPO1 Tom Lizotte, who will remain close by as he prepares for his next appointment as Maritime Forces Atlantic (MARLANT) Formation Chief. He described him as a supportive colleague, a great advocate for non-commissioned members, and someone who will be able to provide great coun-

sel to RAdm Craig Baines, as well as incoming MARLANT Commander RAdm Brian Santarpia.

"He led by example in all facets of his duties, and he always ensured the sailors' interests were top of mind," Cmdre Feltham said about CPO1 Lizotte.

The outgoing Chief listed off a number of Fleet highlights from the past year, including busy programs for the Maritime Coastal Defence Vessel fleet and *HMCS Oriole*, on top of the Halifax-class taking part in exercises and operations around the world. He specifically lauded the ship's company of *HMCS Fredericton* for continuing to fulfill Canada's NATO commitments overseas after suffering a tragedy at sea with the loss of its Cyclone and

six crew, as well as *HMCS Ville de Quebec* and *HMCS Moncton*, who remain ready to respond as part of Operation Laser.

"It's tremendous to have our ships available to be that ready force for Canada during the pandemic we're going through. Everybody in the fleet should be very proud of the things that are happening," he said.

To his successor, CPO1 Lizotte offered words of encouragement, and ensured CPO1 Burd that his expertise, coupled with the dedication of the Atlantic Fleet's sailors, will lead to success.

"You have some challenges ahead of you, because the situation we find ourselves in is not an easy one, but with your wisdom and experience, you'll lead the Fleet through it."



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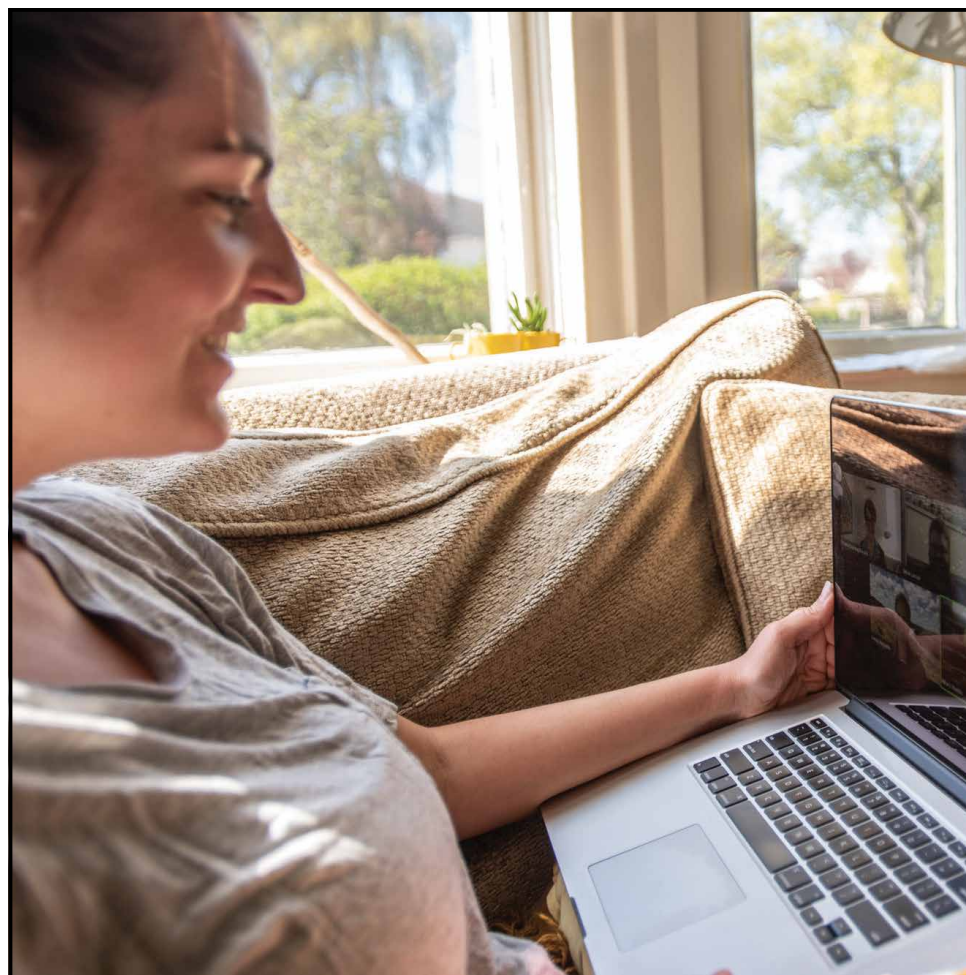
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Domestic Response Force trains to meet the press

MARPAC Public Affairs

In May, the Domestic Response Force (DRF) undertook focused virtual public affairs training to ensure their leadership and members are prepared to interact in a modern information environment should they be activated for an operation.

When tasked, the Domestic Response Force is front line in disaster relief assistance on the West Coast. Tasks could see its members operating in close quarters with the public and media on high profile missions. To prepare them, leadership engaged Maritime Forces Pacific's (MARPAAC) Public Affairs to deliver training on media relations, interview techniques, and operating in a contemporary communications environment.

"This type of training is extremely important to prepare our members for interactions with the public and the media in the context of operations, or really just everyday life," said Lieutenant Commander Anthony Wright, Senior Public Affairs Officer with MARPAAC. "I was extremely pleased DRF leadership identified the need to train their team in these skills considering the likelihood their potential operations could garner both public

and media attention."

The Domestic Response Force leadership team undertook individual spokesperson training to raise their comfort level conducting formal interviews with journalists, while keeping Canadian Armed Forces' (CAF) Public Affairs policy in mind as it relates to privacy and operational security.

"It was a first for me delivering this kind of training virtually, but using a webinar format for the individual portion worked extremely well with participants able to tune in from home and interact," said Captain Peter Fuerbringer, Public Affairs Officer with MARPAAC. "We delivered individual training to 17 leaders in the span of two days, and it was rewarding to see how quickly they applied their training during the practical interviews. I was also able to give feedback to the DRF's command team on how each member performed, and which leaders seemed particularly comfortable and confident."

Following the individual spokesperson training, 81 members of the Domestic Response Force were educated on basic public affairs policy, interview techniques, and social media literacy. Throughout the training, members were encouraged to accept opportunities to speak to media as a credible

source about what they do as a CAF member, correct or flag misinformation when they encounter it, represent themselves responsibly on digital platforms, interact with the Public Affairs team, and have positive interactions with interested members of the public.

"I was very pleased with the detailed, focused, and relevant Public Affairs Media Awareness training conducted for the DRF. In particular, the unconventional online video conferencing software used for the training actually helped better focus the team on the subject at hand by putting each member 'on camera' and reminding us of the high visibility and public interest in all that the CAF is doing," said Lieutenant Commander Chris Niewiandowski, Company Commander of the DRF. "Representing the Royal Canadian Navy and CAF in public is a core principle, and this training allows us to always put our best foot forward. The ability to conduct such training entirely from each member's home speaks not just to the readiness and dedication of the DRF, but to the flexibility and professionalism of the MARPAAC Public Affairs team."

Units interested in arranging Public Affairs training for their members are encouraged to contact MARPAAC Public Affairs to coordinate.

New identification hours/ operating procedures

As of Monday, June 22 the NDIU (Identification unit) will implement new procedures to limit the amount of people in their office in order to maintain social distancing. They will be taking appointments only.

To book a appointment please call
250-363-4220

or Sharon.DOOLING@forces.gc.ca

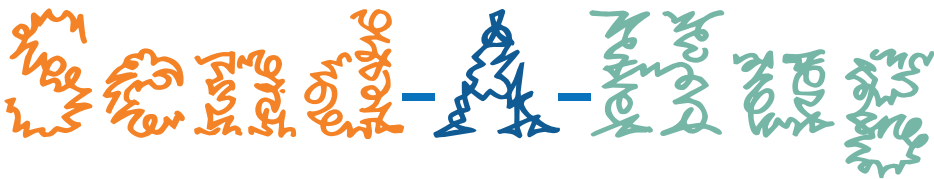
New office hours will be from
Monday-Thursday 0700-1600, Friday 0700-1200

FAQ

- All members must bring/wear a uniform, dress of the day is acceptable.
- Reserve members must have a memo from the primary reserve unit.
- New NAVRES(ONLY) members please see CANFLTPAC orderly room.
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- Lost or damaged cards, members must fill out DND 4154 found under the forms catalogue. Please have all signatures before coming to IDENT (LOST Cards must see MPs).



MILITARY MOM LAUNCHES OPERATION



Peter Mallett
Staff Writer

A Belmont Park resident is distributing friendship bracelet kits to children in the community to help ease their isolation from physical distancing.

Lt(N) Melanie Weaver, a military mother and service spouse who works at CFB Esquimalt, resides in one of the Belmont Park neighbourhood's Residential Housing Units. She began delivering the first 70 kits with friend and fellow resident, CPO2 Lyne Edmondson, a few weeks ago to the mailbox of area families who requested them.

Operation 'Send-A-Hug', as she calls it, is a care package with a half dozen skeins of embroidery floss, a safety pin, cardstock paper, and a colourful envelope with paid postage. Children can make a bracelet for themselves and a matching one for a friend, and then mail it to them with a note in the postage-paid envelope. The process of making a friendship bracelet requires some parental guidance for younger children and involves braiding and knotting the embroidery floss.

"This is all about building community, connecting military families, and spreading happiness," said Lt(N) Weaver. "Parents seem very excited to do crafts with their kids, and for older children it gives parents a few moments of peace and quiet with their kids being occupied."

Materials were ordered online from local

craft shops with curbside delivery.

"It was an insignificant cost compared to all the smiles this will create; the bang for the buck is priceless," she said.

The idea was born after thumbing through a summer camp scrap book with her three-year-old son. The scrapbook contained pictures of Lt(N) Weaver when she was 12 years old. One photo caught the youngster's eye.

"My son looked up at me and asked what we were doing," she said.

She and her friends were making friendship bracelets.

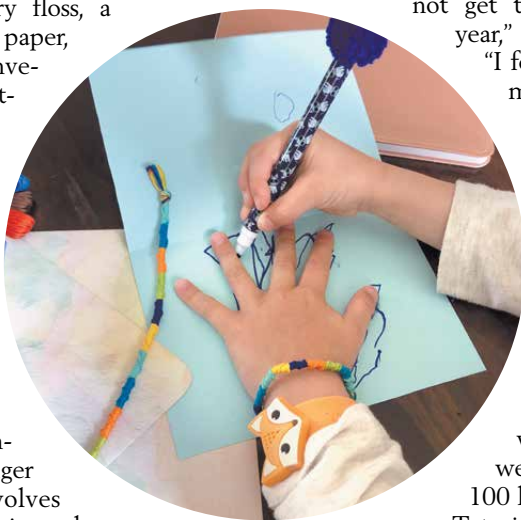
"Days later I was reading up on changes to children's summer recreation programs and realized that today's kids may not get to go to camp this year," said Lt(N) Weaver.

"I felt upset they would miss out on such an important memory due to COVID-19 physical distancing measures, so I decided to give them something resembling the fun we were having when that photo was taken."

Thirty more kits will be delivered this week, for a total of over 100 kits.

Tutorials of how to make a friendship bracelet are available at <https://theneonteparty.com/friendship-bracelets/>

Various other community spirit and place-making activities (all physically distanced) are on the go throughout Belmont Park. If interested in connecting with the group, please email Neighbours.BelmontPark@gmail.com.



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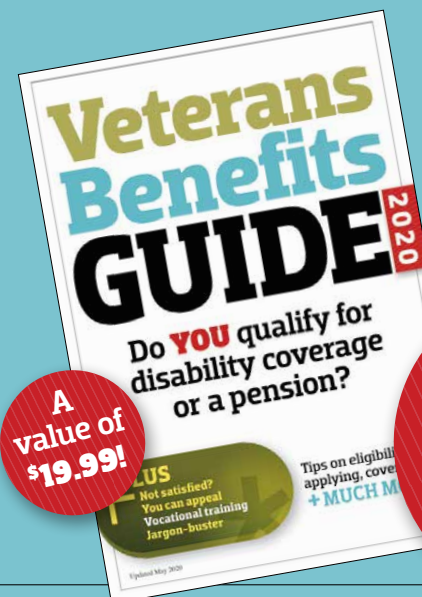
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Lt(N) Kyle Wong, Fleet Engineering Operations / Personnel and Training, was promoted to his current rank by Cdr Lepinsky Chanthalansy, Commanding Officer Canadian Fleet Pacific, and Capt Jenn Jackson, Lt(N) Wong's partner.



SLt Cory Davidson was promoted to Lt(N) by Cdr K. Kincaid, MARPAC HQ Assistant/Chief of Staff Logistic Operation.



Lt(N) Jordan Bornholdt was awarded the Special Service Medal-Expedition for his deployment under Operation Projection by Cdr K. Kincaid, MARPAC HQ Assistant/Chief of Staff Logistic Operation.

Bravo ZULU

MARPAC HQ



MS Russell Penner was awarded the Special Service Medal-Expedition bar for his deployment on Operation Projection, presented by LCdr Eric Lashinski, Base Operations Officer, and Lt(N) Brent Limbeek.



Lt(N) Roy Blume was promoted to LCdr by Cdr Fortin and LCdr O'Regan.



MCpl Bobby McKay was promoted to Sergeant by Capt(N) J. Elbourne, Chief of Staff Plans and Operations N3/J3, and CPO1 Tim Blonde, MARPAC/JTFP Formation Chief Petty Officer.



LS Jacqueline George was awarded the Special Service Medal-Expedition for her deployment under Operation Poseidon Cutlass, presented by Capt(N) J. Elbourne, Chief of Staff Plans and Operations N3/J3.

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- Vancouver Island Crisis Society
1-888-494-3888 or,
1-250-753-2494 -
for out of province
- **1-800-Suicide** -
1-800-784-2433