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RIMPAC 2020



HMCS Regina departs for RIMPAC 2020

Commodore Angus Topshee, Commander Canadian Fleet Pacific, watches as HMCS Regina sails out of Esquimalt Harbour, departing for Exercise Rim of the Pacific (RIMPAC) 2020, on July 31. Read the full story on page 3.

Photo by Master Corporal Andre Maillet, MARPAC Imaging Services

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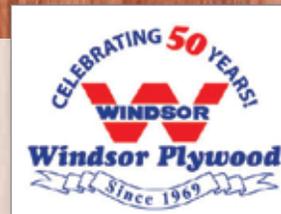


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Above: HMCS Fredericton arrives in Halifax Harbour July 28 after a lengthy deployment on Operation Reassurance ROTO 12.

Photo by Leading Seaman Bryan Underwood, CAF Imagery Technician

Left: Family members of HMCS Fredericton's crew celebrate the arrival of the ship at Windsor Park, Halifax.

Photo by Neil Clarkson, Canadian Armed Forces Photo

HMCS Fredericton returns to a different world

Ryan Melanson,
Trident Newspaper

After 141 days at sea that brought unexpected difficulties and tragedy, *HMCS Fredericton* and crew were finally reunited with their families, friends, and colleagues when they arrived back in Halifax July 28.

"We all know we're returning to a very different world than when we left Halifax six months ago, but I can't tell you how great it is to be back on Canadian soil," said Commander Blair Brown to a small crowd at HMC Dockyard, and to thousands who watched online to see the ship come alongside.

Rather than having a crowd of family members waiting as sailors disembarked, the crew was bussed to Windsor Park to reunite with loved ones in a way that complies with physical distancing guidelines.

Before reaching shore, the ship was met at sea by Gen Jonathan Vance, Chief of the Defence Staff,

and Harjitt Sajjan, Minister of National Defence, who spoke with the crew to privately thank them for their work under exceptionally difficult circumstances.

On April 29, *Fredericton's* CH-148 Cyclone helicopter, code named Stalker 22, crashed during operations off the coast of Greece, with six CAF members losing their lives – Capt Brenden Ian MacDonald, Capt Kevin Hagen, Capt Maxime Miron-Morin, MCpl Matthew Cousins, SLt Abigail Cowbrough, and SLt Matthew Pyke.

Despite the loss of their friends and shipmates, the crew carried on with their mission through a COVID-19 environment that made it impossible to get rest away from the ship while in port or to travel home on leave.

"Our role in Operation Reassurance was vital, and our ship's company displayed tremendous resilience, a positive attitude, and unwavering commit-

ment to that mission," said Cdr Brown.

Others who were present at the jetty for the arrival included family members of *Fredericton's* fallen sailors and aviators, who received flowers and condolences from Cdr Brown and other members of senior Royal Canadian Navy and Canadian Armed Forces leadership in attendance.

"The loss of our shipmates and the crash of Stalker had a profound impact on all of us. It was felt by every single one of us on board every day, and it's left a space in our hearts that will remain there for the rest of our days. I extend my deepest sympathies and condolences," said Cdr Brown.

As part of Canada's ongoing commitment to Operation Reassurance, *HMCS Toronto* is now en route to join NATO allies and continue the mission of ensuring stability and security in Central and Eastern Europe.



PO1 James Fitzgerald wins the first kiss lottery to be the first sailor off the ship to kiss his spouse CPO1 Shawna Rose Gagné.

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And they're off to RIMPAC 2020

Photos by Leading Seaman Brendan Gibson, MARPAC Imaging

DND

The first group of Canadian military participants in Exercise Rim of the Pacific (RIMPAC) 2020 began their transit to the waters off the Hawaiian archipelago last Friday when the crew of *HMCS Regina* set sail from CFB Esquimalt.

The second warship comprising Canada's maritime task group, *HMCS Winnipeg*, departed Sunday, Aug. 2 and will join *Regina* at sea. Both warships will be augmented by Cyclone air detachments from 443 Maritime Helicopter Squadron.

"Our very ability to participate in this exer-

cise during a period of restricted international travel demonstrates the inherent flexibility of maritime forces," said Captain (Navy) Scott Robinson, Canadian Task Group Commander. "We look forward to working alongside allies and partners to foster trust while strengthening our operational capabilities."

In order to address health and safety concerns posed by the current global pandemic, U.S. Navy organizers have redesigned this year's exercise to focus exclusively on the maritime element.

Hosted biennially by U.S. Navy in and around the Hawaiian Islands,

RIMPAC is one of the world's largest multinational maritime exercise. Canada has participated in every RIMPAC since it began in 1971. RIMPAC 2020 is the 27th edition and is scheduled from Aug. 17 to 31.

"Canadians recognize our security and prosperity are increasingly affected by events across the Asia-Pacific," said Commodore Angus Topshee, Commander Canadian Fleet Pacific. "Our longstanding participation in RIMPAC reflects our commitment to developing constructive multilateral partnerships in order to promote peace and security in the region."



The crew of *HMCS Regina* prepares to depart from CFB Esquimalt for Exercise Rim of the Pacific (RIMPAC) on July 31.



HMCS Regina sails out of Esquimalt Harbour.

Photo by Master Corporal Andre Maillet, MARPAC Imaging Services



matters of OPINION

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Message from the Chief of the Defence Staff

To my sailors, soldiers, aviators, Special Forces operators and your families; to our Deputy Minister, DND and NPF employees; my friends and colleagues; to the members of the CDS Council; and to my senior leadership,

I wish to inform you that I have conferred with our Minister of National Defence, our Prime Minister, and Her Excellency the Governor General and have conveyed to them my intent, and with their permission, to relinquish command of the Canadian Armed Forces in

the months to come. The selection of a new Chief of the Defence Staff and subsequent change of command date will be determined by the Government.

You, the members of the Canadian Armed Forces, have been the inspiration for my life and I have given you my all. Now in my 39th year of service, and in my sixth year as CDS, and with the CAF gaining an ever stronger strategic posture, I am excited at the prospect of a new CDS being appointed to lead the

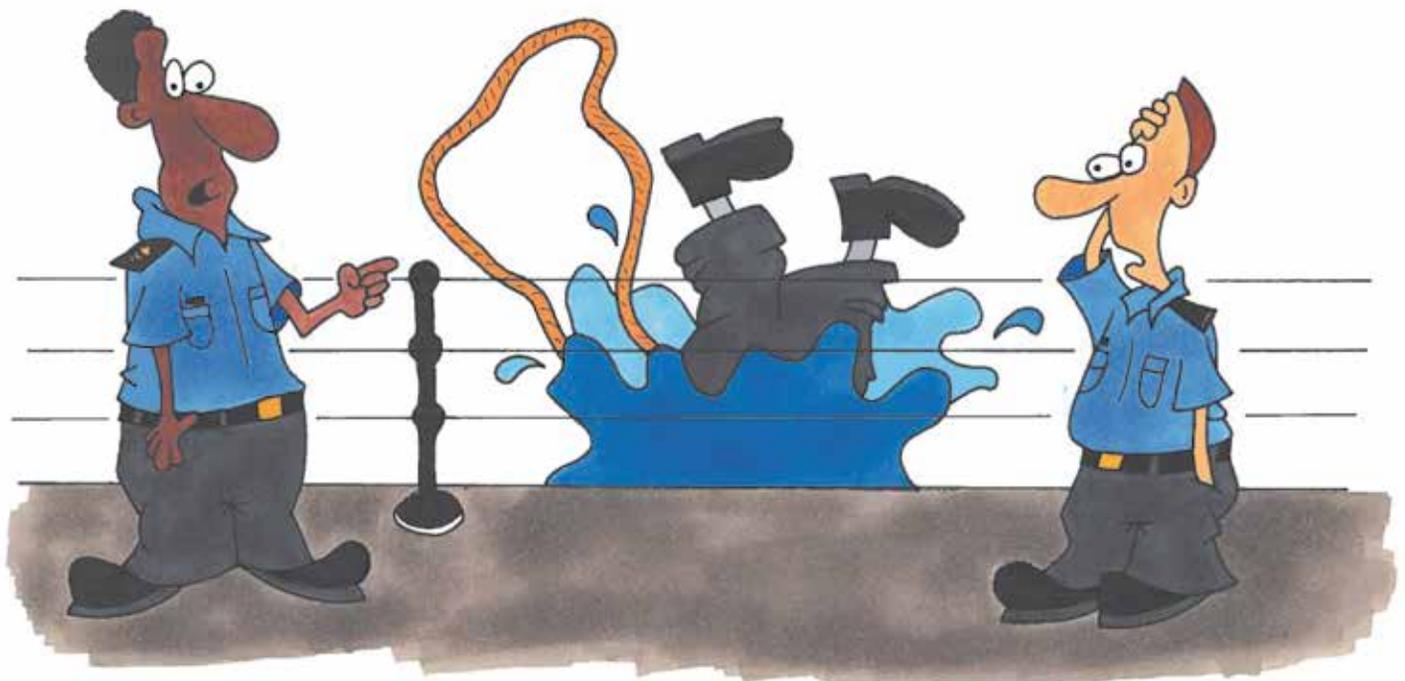
profession of arms in Canada and take you even further.

Until I relinquish command, I will continue to serve you, and Canadians, with the same energy and effort I always have. In the meantime, remember you mean everything to Canada, you are more important to the success of this nation than most will ever know, and I am so very proud to be counted among your ranks.

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HMCS Toronto takes over Operation Reassurance

Cmdre Richard Feltham, Commander Canadian Fleet Atlantic, far left, salutes HMCS Toronto as it departs Halifax July 25. To his right is the Honourable Arthur LeBlanc, Lieutenant Governor of Nova Scotia. Photo by MARLANT PA

Ryan Melanson
Trident Newspaper

As *HMCS Toronto* departed Halifax on July 25 for a six-month deployment on Operation Reassurance, there was plenty of chatter about the difficulties brought on by the COVID-19 pandemic and how that will impact the crew and the mission.

For LS Gabrielle Garant-Grenon, however, it was best to focus on the positives.

The Sonar Operator said she was excited to head to sea and gain more experience during her second major deployment. While the pandemic has had an impact, it hasn't changed everything, she added.

"Obviously, there would normally be a lot more people on the jetty to see us leave, but in other regards, this deployment isn't so different. Once we leave the wall, this is like any other mission; we just have to do our jobs, focus, and work hard as a team."

That hard work began months ago as the ship ramped up its readiness level ahead

of deploying and intensified in June when crew came back aboard – and remained aboard – quarantined away from their families for 40 days prior to departing. Before that, they had to conduct planning from home during the height of the pandemic in the spring.

Cmdre Richard Feltham, Commander Canadian Fleet Atlantic, said *Toronto* has set an excellent example of carrying out their responsibilities in the face of obstacles that are unprecedented for a modern navy.

"I can't explain how proud I am of what this ship has done. To achieve this high state of readiness in a pandemic environment, and overcome the obstacles as they have, is tremendous."

This is the third time *Toronto* has deployed on this mission and marks the 13th rotation since the navy began contributing to Op Reassurance in 2014, which he said highlights how seriously Canada takes its NATO responsibilities.

Along with Fleet and 12 Wing leadership,

only a handful of others attended the departure ceremony in person, including support staff, colleagues, and the Honourable Arthur LeBlanc, Lieutenant Governor of Nova Scotia, and Her Honour Mrs. Patsy LeBlanc. Family and friends were able to watch via live stream online, where *Toronto's* Commanding Officer, Cdr Jeff Dargavel, thanked the loved ones who've supported his sailors behind the scenes, and who will continue to support them at home after they leave. With the added difficulty of the pandemic, as well as the difficult news in April of the tragic loss of six crew members aboard *HMCS Fredericton's* Cyclone helicopter, this lead up to deployment has been uniquely challenging, he said.

"There is no way we could have done it without the undying support of our families, friends, and communities."

He added that pandemic restrictions are likely to prevent the usual port visits from taking place in Europe, and will also make it more difficult to get outside technical sup-

port on board if needed. This will require the crew to be more self-reliant, and to look to each other for recreation and morale throughout the six months.

"We've had to make sacrifices and adjust to the new normal; that means saying farewell in this non-traditional manner, and it will mean other things over the coming months," he said, while stressing the importance of the mission. "The pandemic has changed a lot about our day-to-day lives, but it hasn't changed Canada's commitment to our allies and partners, nor has it changed the resolve of those who would act against our national interest."

The six-month sail will see *Toronto* operating primarily in northern Europe with Standing NATO Maritime Group 1, which is currently under Portuguese leadership. The crew expects to come alongside in several Baltic states and focus on interoperability with NATO allies throughout the deployment. The ship will be due back in Halifax early next year.

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'BEAUT' OF A BEAUMONT VISITS BASE



Peter Mallett
Staff Writer

Base Commander, Captain(N) Sam Sader slid behind the wheel of a \$102,500 vintage Pontiac Beaumont convertible last week in support of a fundraising drive for veterans.

The 1968 eye-catching plum red classic car was brought to Victoria from the mainland by Rex Landis, a former navy officer and now Donations and Procurement Donations Co-ordinator for the Kamloops branch of Habitat For Humanity.

The restored car is the winning prize for this year's Habitat For Humanity car raffle. Proceeds from ticket sales will support a few veteran-centric initiatives.

"I would like to win this car, it's beautiful but the cause is even more beautiful," said Capt(N) Sader. "It is so remarkable that we have former service members like Rex giving their time and energy to assist something that is so fundamentally criti-

cal to our veterans and seniors, which is affordable housing."

Landis towed the car in a large trailer to Victoria to ensure a safe trip. During his week-long visit, he showcased it in Langley, Sidney, Saanich, Shawnigan Lake, Victoria, and Powell River to raise awareness of the raffle.

Given the car's beauty factor and the cause of the auction, he hasn't needed a sales pitch to convince people to buy one of the 50,000 raffle tickets.

"The response to the car and what we are doing has been amazing from everyone I have spoken with. I also have encountered many veterans and current serving members in my travels who are very enthusiastic about this car, impressed with Habitat for Humanity, and want to help out with what we are doing in any way they can."

This Beaumont was specifically manufactured in Canada with only 47 ever made. Features include a 385 horse power engine, automatic transmission, new convertible top, dashboard and black leather upholstery, all courtesy Okanagan Valley classic car experts The Rust Brothers who are featured on the History Channel series Rust Valley Restorers.

"No wonder so many people exclaim 'What a beaut' when they see the car in person," says Landis.

The draw for the winning raffle ticket will be held, Dec. 16 and live-streamed on Kamloops television station CFJC. For more information about the contest or to purchase tickets visit www.kamloopscar-raffle.ca



Base Commander, Capt(N) Sam Sader gets behind the wheel of a unique 1968 Beaumont Convertible. He was joined by Base Chief, CPO1 Al Darragh and Rex Landis of Habitat for Humanity Kamloops. Landis was in town July 28 to help promote a raffle for the classic car that is being used as a fundraiser for the non-profit to support veterans.

Photos by Peter Mallett, Lookout Newspaper

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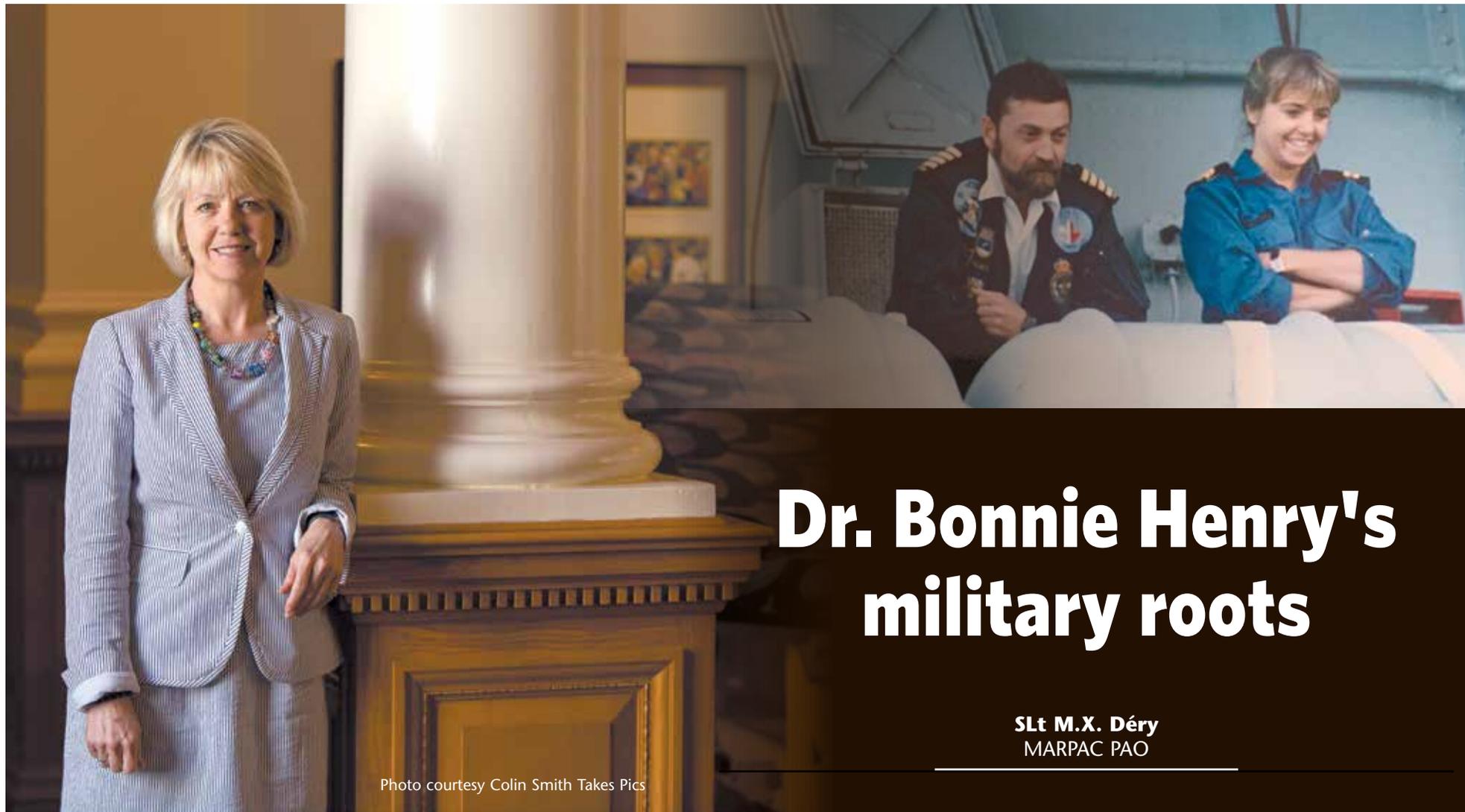
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Dr. Bonnie Henry's military roots

SLt M.X. Déry
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Photo courtesy Colin Smith Takes Pics

The journey to Dr. Bonnie Henry becoming a household name in B.C. and across the rest of Canada began decades ago as the child of a military family.

She still has the stereotypical answer to the question, "Where are you from?"

"I was born in Fredericton when my father was posted to CFB Gaagetown, but I consider Charlottetown my hometown," she says, because her father was a Major with the Lord Strathcona's Horse, Canadian Army. "We moved around a lot."

She grew up in towns across Canada and abroad - from Charlottetown to Calgary to Saint John's and even as far away as the Netherlands.

But it was summer employment with the Naval Reserves as a Naval Warfare Officer, then known as a Naval Control of Shipping officer, that would lead her to B.C., and eventu-

ally to Provincial Health Officer for British Columbia managing COVID-19, the first woman to hold that position.

An interest in medicine led her to Dalhousie University Faculty of Medicine in Halifax, Nova Scotia. While completing her medical degree, she decided to follow her father's path and join the Canadian Armed Forces.

"Being an armoured corps officer, he was sorely disappointed when I joined the navy," she quips.

The military, always in need of medical staff, paid for the last two years of her degree.

Like her current position, back in the 1990s she was a female rarity in the medical, navy, and diving world. She spent almost 10 years showcasing how woman can excel in the military domain. During her service, she was a ship's diver, flight surgeon, and medical diver. Each of those roles required spe-

cial training that exposed her to physical and mental stressors.

"They were all physically demanding and intellectually stimulating," she says. "I really enjoyed the physical part as well as the understanding, from a medical perspective, of the occupational challenges life in the military and specific things such as diving or flying have on people."

She dove with Fleet Diving Unit clearance divers to understand the unique challenges of the underwater environment and their medical needs should a situation arise where the decompression chamber would be required. While she wasn't the strongest diver, she persevered through the training and managed donning the complex dive gear and operating the heavy dive equipment.

As a medical officer, she sailed

in HMCS Annapolis, HMCS Provider and HMCS Regina, and attended to the medical needs of the crew. She recalls many late night knocks at her cabin door from a sailor needing something minor such as a Band-Aid.

"As a medical officer, my job was 90 per cent boredom and 10 per cent panic," she says wryly. "My role in the ship was also a public health one."

During port visits, she held the customary briefings to explain the importance of protective measures in foreign cities, from food dangers to sexual safety.

She was even at the forefront of banning smoking in warships. At that time sailors could puff away inside the ship, even in the racks.

"I walked into a meeting and most of the men there were smokers. We had done a survey and 50 per cent of the crew were smokers," she said.

Despite coming prepared to argue for the ban, it wasn't required.

"It surprised me that they all agreed smoking was bad and it was banned [inside the ship]."

The uniqueness of sailing in a warship stays with her to this day.

"I remember sailing down to RIMPAC; half way to Hawaii we stopped the ship to have a swim. There is something about swimming in the middle of the Ocean when you realize the closest piece of land is one nautical mile

away, straight down."

In 1995, Dr. Henry retired from the military at the rank of Lieutenant (Navy), exchanging her weighted diver's boots and sailor footwear for her signature Fluevog shoes. When she joined the civilian workforce, she took with her the many lessons learned about leadership and decision making.

"I learned the importance of understanding what people do to deal with a crisis. In a crisis it is important to make decisions with the best information you have at the time, but often the information is imperfect and there may be things we don't yet know. Not everybody is comfortable making a decision in these circumstances."

Her wisdom has grown through her work with UNICEF, the World Health Organization, and dealing with public health crises at varying levels in Canada, such as Anthrax, Polio, Ebola, SARS and H1N1. Now she advises the province on how to handle this global pandemic.

To her health care colleagues currently in uniform thinking of careers after military service, she offers this advice.

"Be confident that the training and experience you have from the military will hold you in good stead in the civilian world as well. That and the extra experience you get from a leadership perspective can be readily transferable. Just don't expect everyone in the 'real' world to follow your advice!"

As the pandemic continues around the world, B.C. residents should continue to follow Dr. Henry's advice: "Be kind. Be calm. Be safe."

Above Right: Bonnie Henry with Capt(N) Steve Foldesi as they watch a replenishment at sea from the deck of HMCS Provider.

Right: Bonnie Henry conducts surface supplied diving from the YDT 11 platform using the Surface Supplied Breathing Apparatus at Fleet Diving Unit Pacific in 1995.



Retired Commodore heads Commissionaires



Mark Watson
Commissionaires Chief of Staff

Peter Mallett
Staff Writer

A retired Commodore of the Royal Canadian Navy is the new leader of an organization that provides security services to public and private sector clients including Canada's military bases.

Mark Watson is the new Commissionaires Chief of Staff. He replaces Captain (Retired) Harry Harsch, who served for five years with the non-profit, self-funded organization.

"I hope my military and business experience will prove to be an asset to improve our institution's effectiveness and efficiency," said Watson. "To that end, I look forward to working with the various boards, management teams, and commissionaires across Canada."

Commissionaires is Canada's premier security provider and the largest employer of retired Canadian Armed Forces (CAF) members and RCMP veterans. Coast to coast, they employ more than 22,000 people. Services range from professional guarding to

by-law enforcement to digital fingerprinting, criminal and employee background checks, and security training.

"Commissionaires is a truly unique Canadian institution serving veterans and the community for nearly 100 years," says Watson.

Col (Retired) Chris Lythgo, Commissionaires National Board Chair, describes his new colleague as "an accomplished leader" with a proven track record of success who possesses a "wealth of knowledge and skills" from over three decades of service to the CAF and Department of National Defence.

He also noted that Watson should be a familiar face to many military personnel with the Commissionaires, having held a variety of senior appointments over a period of 36 years.

Some of his more high-profile posts include Logistics Officer, African Union Mission in Sudan (2005); Director Maritime Material Operation Support and J4 Canada Command; member of the Canadian Forces Liaison Council; CEO Canadian Forces Morale and Welfare Services (CFMWS) 2012 to 2016;

and Director General Compensation and Benefits (2016 to 2019). In 2006 he served as CFB Halifax Base Administration Officer and in 2012 was Base Commander at Canadian Forces Support Unit (Ottawa).

"I have started to miss not putting on the uniform everyday and the camaraderie that exists in the military, but luckily Commissionaires has that connection to military people and we still have that culture of brothers and sisters in arms," said Watson.

Watson, 56, grew up in Barrie, Ont., but now resides in Chelsea, Que., where he lives his wife Dr. Lisa Chillingworth Watson. The couple have four adult children. His father Walter served in the Korean War with the senior armoured division of the Canadian Army, the Royal Canadian Dragoons.

Along with his military service, he has a Bachelor of Arts in Political Science, a Masters of War Studies, Masters of Defence Studies from Royal Military College (RMC), and a Masters of Business Administration from Saint Mary's University, and is a Certified Professional Accountant.

"I hope that my military and business experience will prove to be an asset to improve our institution's effectiveness and efficiency. To that end, I look forward to working with the various boards, management teams, and commissionaires across Canada."



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HMCS Malahat divers back in the water



Divers from HMCS Malahat enjoyed ideal dive conditions near the breakwater off Ogden Point.

A/SLt Donald Den
HMCS Malahat Public Affairs Officer

Three weeks ago, Saturday July 18, marked the first time naval reserve divers from *HMCS Malahat* were able to conduct a boat dive since the outbreak of COVID-19.

Blessed with beautiful clear weather and calm seas off the Breakwater at Ogden Point, 12 divers got into the water to maintain their proficiency.

Canadian Armed Forces regulations dictate divers in the Royal Canadian Navy must be both current (dive at least once every 90 days) and proficient (participate in at least six cycles in a 90-day period) in their skills. However, the pandemic delayed the training by almost two months.

Divers prepared leading up to this open-water excursion with practice dives off the jetty by the unit.

The COVID-19 factor also meant additional safety protocols and sanitization.

"Everything needs to be sanitized, the diving gear, the regulators, the boats, everything," said CPO2 Sean Ratz, *Malahat* Dive Officer. "It is a lot more to think about for sure; we are still able to function, it's just a bit more complicated."

Once on the boat, they were not able to maintain appropriate social distance, so everyone on board, including the divers, wore face masks until they donned their dive masks.

"The morale was great on the day of the dive," Chief Ratz notes, pleased with how the team responded. "Everyone worked hard, and, in the end, everyone was just happy to get back in the water."



Want to know what your Base Commander is up to?



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VISC TEACHING SAFETY, PASSION ON TWO WHEELS

Peter Mallett
Staff Writer

A former motorcycle cop is encouraging aspiring motorcyclists from the base to get the skills they need before embarking on their journey down the highway.

Bill Laughlin has been an instructor with the Vancouver Island Safety Council (VISC) since his retirement from the Victoria Police Department in 2003, concluding 27 years of service as a police sergeant.

"I have always been a motorcyclist and have been riding since I was 16, so when I was asked by a friend if I would be interested in teaching I knew I would really enjoy it," says Laughlin.

Each year, he and approximately 20 other ICBC-licensed instructors teach over 400 students how to be safer motorcyclists. Their efforts are focused solely on rider training and education.

"All of our instructors have a passion for motorcycling. We are teaching because we want people to learn, be safe, but also have fun."

Shortly after joining VISC, Laughlin became its executive director. Today the 66 year old spends most of his days working as an administrator with the end goal to equip novice riders with the necessary skills and knowledge to operate a motorcycle safely.

VISC offers weekday classes at its Western Speedway training centre in Langford; on the weekend training moves to the grounds of Interurban's Camosun College.

Students train on one of VISC's 11 well-maintained training bikes, and later in their instruction, 16 street-ready motorcycles as they move towards certification. Helmets are also provided, but other gear such as proper protective clothing is not.

Laughlin says VISC has trained several members of Victoria's military community in past years and is convinced many of them buy into the philosophy of doing things right, getting the proper training, and learning the fundamentals before taking on any potentially dangerous activity.

You need to get your skills right before the fun part of riding a motorcycle can begin, says Laughlin. "Having fun while on a motorcycle is all about learning how to drive safely and not put yourself in dangerous positions. If you are professionally trained you will have the knowledge and confidence to truly get the most out of riding a motorcycle."

Their courses are not just for beginners. There are many people who have drifted away from motorcycling over the years but suddenly decide they want two-wheeled transit back in their lives.

"It's simply not a case of the old

cliché: it's just like riding a bike," says Laughlin. "Over time the skills of people who haven't been riding begin to deteriorate, so we highly recommend refresher courses for those looking to get back into riding a motorcycle."

VISC is a non-profit organization that began its motorcycle training program in 1971. It then saw official sanctioning from the Canada Safety Council in 1974. Today, its novice level training program exceeds Insurance Corporation of British Columbia training course minimums, with its traffic course the most thorough and lengthy of all riding schools in B.C., says Laughlin.

Following a six-week shutdown due to COVID-19 social distancing measures, the VISC motorcycle training program resumed operations on June 1. Due to a backlog of students waiting for instruction during the shutdown, available spaces for August training sessions are almost completely full and its September dates are filling up fast.

Laughlin says VISC is always looking to recruit new instructors, and currently have a recruitment drive underway for paid positions and would greatly value the input of experienced motorcyclists from CFB Esquimalt to assist.

For more information about the VISC, visit their website: <http://visafetycouncil.com>



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Virtual doctors available to military families

CFMWS

It can be hard to know what to do when your military family has just moved, and a family member gets sick. You have barely had time to unpack, much less had time to find a new family doctor.

What do you do? Do you take them to a walk-in clinic? Or maybe your new community is so small it only has an emergency room. Do you wait hours in the waiting room while you or your sick family member waits to see a doctor? And what about all those other sick people around you waiting to see the same doctor? Will you be exposed to whatever germs or illness they are facing too?

Now, you and your dependents have a much better (and faster) option.

This summer, Canadian Forces Morale and Welfare Services is collaborating with Maple to provide online doctor visits to dependents of Canadian Armed Forces members living in Canada. With a few clicks, you'll be able to access a Canadian-licensed general practitioner within minutes, not hours. It's a safe, fast, and effective way to access routine healthcare from the comfort of your home.

A smartphone, tablet or computer is needed to access the service, as well a valid CFOne card. You can also choose to communicate with Maple's doctor by text, phone call, or video.

The service is free for all serving military families. If you or your dependent need to see a virtual doctor Monday to Friday between 7 a.m. and midnight (EDT), the service won't cost you anything.

To access this service, go to www.getmaple.ca/militaryfamily. You'll be asked to enter a valid CFOne card. If the virtual doctor consultation is for your dependent, you'll need to use their valid CFOne number. Maple will confirm your eligibility, and, in a few minutes, you'll be connected to a Maple doctor virtually.

Just like a family physician in person, the online doctor can dispense medical advice, offer some prescription refills, and even provide lab and imaging requisitions.

Canadian military families now have a new option for health care. When you need to see a doctor quickly and you're without a family physician remember this program is here for you during the COVID-19 pandemic.



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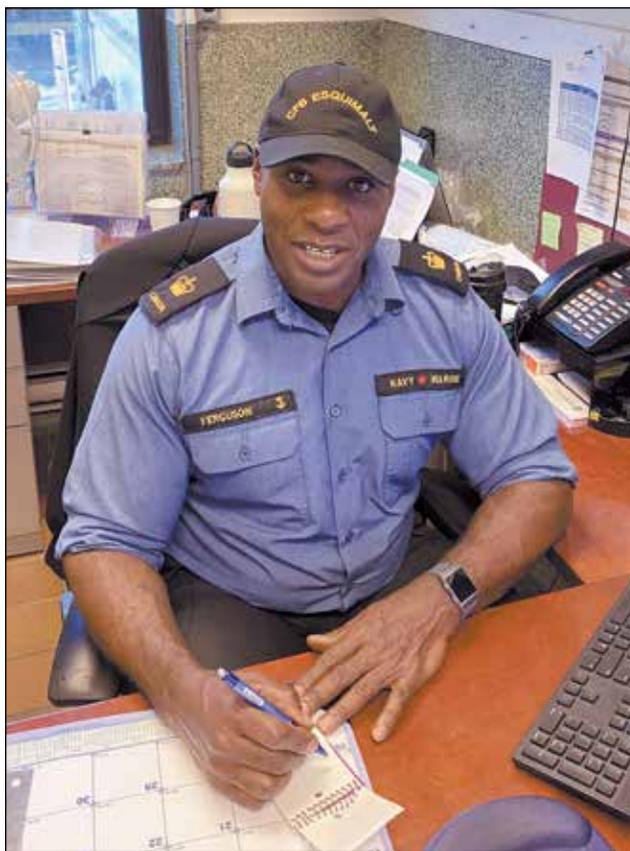
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2Lt Justin Leong
Base Administration

A Red Seal Chef is at the helm of Nelles Block Galley. Petty Officer First Class Raymond Charles Ferguson, 48, is the mess's kitchen manager.

The accreditation means he is an expert in cooking through his superior skills and knowledge as a chef.

PO1 Ferguson joined the navy 14 years ago via direct entry for the cook trade. But the road before that was one many prominent chefs know too well – the bottom of the rung.

He started as a pot washer and food prep person at McKelvies Seafood Restaurant in Halifax, NS. As luck would have it, he was called to the line to assist the head chef. As the orders came in, he required no instruction and proceeded to produce dish after dish. The chef realized he

had been quietly observing the cooks at work, absorbing their skills.

Seeing such talent bubbling to the surface, restaurant owner Robert McKelvies paid for Ferguson's culinary schooling. Once certified, he eventually became Chef De Partie of Elements Restaurant at the Westin Nova Scotia Hotel.

It was a TV ad for military careers that piqued his interest to sign up, and soon he was rising the ranks in the military.

As Kitchen Manager, he ensures the galley is adequately staffed to meet all food service requirements daily, as well as ensuring food safety procedures are met, especially during COVID-19. He manages a team of 40 people, a mix

NELLES BLOCK GALLEY IN GOOD HANDS



of both civilian workers and military cooks.

PO1 Ferguson has been a part of several deployments and joint operations, with the most recent one being with *HMCS St. John's* on Operation Reassurance.

"It is very challenging for a cook especially at sea during heavy sea states," he says. "Working with sharp knives, around hot liquids, and trying to stay upright on your feet at the same time is a challenge military cooks are all too familiar with."

He recounted an incident where he had to extinguish a fire that started from a steam kettle in the galley on-board *St. John's*.

"As scary as it was, I relied on and trusted my training and successfully put the fire out before DCS alarms went off."

One of his fondest memories is the celebration of the War of 1812 in New Orleans where he competed in a seafood cook off with other navies in the Task Group. Even though he was not the winner of the competition, being able to participate in such a memorable event while representing the Royal Canadian Navy was a win in itself, he said.

He resides in Langford with his family. His daughter, Raytesha, is a graduate of Acadia University and holds a degree in Nutrition and Kinesiology; his son, Issac, recently graduated high school and is moving onto post-secondary to pursue a degree in Criminology.

During PO1 Ferguson's spare time, he enjoys exercising, cooking, baking, video gaming, photography, hiking, fishing, being outdoors, and a bit of sewing.



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HMCS Calgary Change of Command



On a beautiful navy day off Royal Roads, the ship's company of *HMCS Calgary* gathered on the flight deck for the Change of Command Ceremony between outgoing Commanding Officer, Commander Alex Barlow, and the Incoming Commanding Officer, Commander Mark O'Donohue.

The July 22 ceremony was presided over by Commander Canadian Fleet Pacific, Commodore Angus Topshee, who was accompanied by the Fleet Chief Petty Officer, Chief Petty Officer First Class Sylvain Jaquemot.

Commander Barlow assumed command of *Calgary* in January after relinquishing Command of *HMCS Ottawa*, having completed a success-

ful deployment to the Far East.

During his time in command, he guided *Calgary* through a busy and tumultuous time beginning with an emergency dry docking, several phases of operations team training, and undocking. This was followed by

an additional pre-deployment readiness sail and *Calgary's* eventual 50-day commitment to TGEX 20-1 in support of Operation Laser.

Although the outbreak of COVID-19 prevented *Calgary* from deploying on Operation Projection as scheduled, Cdr Barlow guided

his crew through many challenges with his outstanding leadership and unwavering direction to *Calgary's* crew when it was needed most. Although he will be missed by the entire ship's company as Captain, he takes with him all of *Calgary's* best wishes for his future endeavours.

From 2016 to 2018, Cdr O'Donohue assumed the duties of Executive Officer in *HMC Ships Fredericton* and *Toronto*, participating in multiple exercises and trials, sailing to Central and South America, as well as the Canadian Great Lakes. Upon completion of his Executive Officer tour, he joined the Maritime Component Commander staff in Halifax, overseeing and supporting ships deployed on named operations.

In his new role as Commanding Officer of *HMCS Calgary*, he will oversee the ship's tiered readiness program in order to prepare the ship and crew for their upcoming deployment to the Far East and the Arabian Gulf starting in February 2021.





MARPAC HQ Promotions

Photo by Leading Seaman Sisi Xu, MARPAC Imaging Services



Cdr Colleen O'Brien, MARPAC HQ Supply Management and System Readiness, was promoted to her current rank by Capt(N) Sam Sader, Base Commander on July 14.



SLt Lingard is presented his bridge watchkeeping certificate from Cdr Barlow, former commanding officer of HMCS Calgary.



LCdr Chantal Wooley was promoted to her current rank by her spouse Lt(N) Christopher Perry and Cdr Ellen Mariano, not pictured.



Base Administration Awards and Promotions

Photos by Leading Seaman Mike Goluboff, MARPAC Imaging Services



Lieutenant-Commander Padre Felix Roberge is promoted to his current rank by Capt(N) Sam Sader, Base Commander, and Commander Jason Barbagallo, Commanding Officer of Base Administration.



Sub-Lieutenant Michelle Scott is promoted to her current rank by Capt(N) Sader and Chief Petty Officer First Class Alden Darragh, Base Chief Petty Officer.



CPO1 Line Laurendeau, Base Administration Coxswain, is awarded the Warrant Officer Scroll by Capt(N) Sader, and CPO1 Alden Darragh.



PO1 Ken Jenkins is promoted to his current rank by Cdr Chanthalansy and Lt(N) Losier. He is pictured here with his wife Janice and grandson Hayden.

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