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# LOOKOUT

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## RIMPAC underway

Leading Seaman Lee Michalcheon participates in a replenishment-at-sea with U.S. Navy fleet replenishment oiler USNS Henry J. Kaiser (T-AO 187) off the coast of the Hawaiian Islands during Exercise Rim of the Pacific (RIMPAC). Ten nations, 22 ships, one submarine, and more than 5,300 personnel are participating in RIMPAC from Aug. 17 to 31 at sea around the Hawaiian Islands.

Photo by Leading Seaman Valerie LeClair,  
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# Storm complicates navy's rescue of sailboat, crew

**Peter Mallett**  
Staff Writer

Two civilian sailors and their dogs are safe on shore after a rescue at sea by *HMCS Whitehorse*.

The Maritime Coastal Defence Vessel, currently deployed on a coastal surveillance search and rescue (SAR) mission, responded to a mayday at 11 p.m. during a fierce storm Aug. 16. An 11-metre sailboat had become disabled in heavy seas off the northwest coast of Vancouver Island.

"The vessel's outboard motor had stopped working and the sails were ripped in multiple places, so they were drifting uncontrollably," said LCdr Jeff Chura, Commanding Officer of *Whitehorse*. "Without any steering and propulsion, they were violently thrashing around, with wild pitching up and down, a 30 to 40 degree roll side to side, and would suddenly spin completely around on a swell."

Without a radio aboard, the two sailors waved down fishing vessel *Pacific Viking*, who relayed a May Day to Coast Guard radio.

The Joint Rescue Coordination Centre (JRCC) then tasked *Whitehorse* to provide support.

"While *Whitehorse* was en route to the location, *Pacific Viking* attempted to take the sailing vessel under tow, but all the deck fittings on the sailboat kept snapping off due to the strain of the high winds and sea state," said LCdr Chura.

Once on scene, *Whitehorse's* LS Lombardi, LS Kathol, and Canadian Coast Guard (CCG) Rescue Specialist Wesley Scott took the rigid hull inflatable boat (RHIB) to the stricken sailboat. They verified there were no injuries aboard and then embarked the two sailors and their canine companions.

The Commanding Officer then turned to SLt Gomery for guidance on how to tow the stricken vessel.

"He has a 15-year history of both owning and racing his own sailing vessels, so I was able to consult with him for expert knowledge of yacht design and specifications. He was able to tell me that the masts of sailing vessels of this size are fitted right through the hull and are attached directly to the keel of the boat, so it can take a huge amount of strain. In light of this information, and the fact that all the other fittings on board the vessel had already broke, I decided to attempt the tow via the mast."

Once that decision had been made, it still took an hour of attempts to successfully get a line attached to the mast, and get the vessel under tow via the ship's RHIB.

"The heavy winds and sea state, the near total darkness, the erratic movements of the sailing boat, and the inability to board the boat made this one of the more dangerous and tricky SARs I've personally been involved with," said LCdr Chura.

With the sailing vessel under tow, it took approximately five hours to reach Winter Harbour as the seas were up to three metres. They arrived around 8 a.m. and disembarked the four thankful impromptu passengers.

"I can say with all certainty, and with great pride, that the crew of *Whitehorse* reacted swiftly and professionally, and, while working closely with our partners in JRCC and the CCG, represented the RCN with the highest of standards," said LCdr Chura.

Twice a year, ships of the Pacific Fleet take part in SAR Zone Patrols to provide an on-water presence and a ready capability to assist those people and vessels in danger, or requiring help, along the British Columbia coastline.



## Local kilt makers bring breath of fresh air to classic garment making tradition

Jackson Wagner and Justin Guthrie are on a mission to bring the joy and freedom of everyday kilt wearing to men and women of all ages. They live by example, wearing kilts every day. Wagner only owns one pair of pants. Guthrie says, "It takes a certain amount of confidence to wear a kilt. When you strap a kilt around your waist you're telling the world - I don't care what you think, this is what I like. Confidence is sexy." They own North of Hadrian's Kilts and Celtic Clothing in View Royal. They are not kilt snobs. Though they will give kilt fashion advice when asked (maybe not with a cowboy hat), they encourage people to wear and accessorize their kilts anyway they like, "as long as the pleats are at the back". There are a lot of kilt snobs out there, but there are very few kilt cops, says Guthrie.

There are a number of reasons for the resurgence of interest in the pleated garment - from the current kilt romance novel trend (yes that's a thing right now!), to the hit show 'Outlander', which features the traditional garment - kilts, kilts and more kilts! And with the current trend towards personalized weddings, many

young men are looking to bring a touch of their Scottish or Irish heritage to the occasion to make their family proud. Jackson and Justin recently created custom kilts for a Victoria wedding party. The stylish groom was Duncan Polson, Assistant Manager of the well-known Victory Barbours in the Atrium in Victoria. He said, "I don't think my Dad has ever looked happier than he did seeing all his boys grown and in the MacKay green and blue. I'm especially thankful you could breathe new life into the old tartan my pops wore on his wedding day. My mother made it for him while they were just starting to date at university, and it means the world to us that it won't just be a memory on the shelf."

Wagner and Guthrie serve the traditional kilt wearing audience, such as military, pipe band musicians and highland dancers, but they are also exploring new potential markets. Last year they attended the Vancouver Fan Convention, where they had the chance to meet William Shatner. Despite the busy autograph line up, Shatner stopped long enough to have a quick chat with them about kilts. They also attended the 2015 Victoria Pride Parade, for which

they designed a custom 'pride kilt', which features the colours of the rainbow tucked inside each pleat. One brand new pride kilt customer said, "I just got the pride kilt made for me and I have to say it looks amazing. Thank you guys for convincing me that kilts are a glorious piece of clothing that my wardrobe was lacking. I can't wait to wear it."

Wagner and Guthrie find that everywhere they go, people ask to have their photo taken with 'the guys in kilts'. Wagner's wife has started telling people that he is not a tourist attraction. She's always surprised by the number of females attempting to answer the age old question, "What's under your kilt? The kilt makers don't seem to mind one bit. They just hand out their business cards."



Right: Justin in Guthrie Kilt.

Left: Jackson Wagner and Justin Guthrie.



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# Basic training underway

with COVID-19 protocols in place



In a makeshift tented barber shop in Work Point, 40 recruits enrolled in Basic Military Qualification training shed their civilian locks for the more formal military look. Pictured here, the before and after of OS E.G. Hamilton.



**Peter Mallett**  
Staff Writer

**F**orty new military recruits enrolled in Basic Military Qualification (BMQ) training at CFB Esquimalt have been placed inside a self-isolating bubble to mitigate COVID-19.

Recruits are confined to Work Point to live and train for 10 weeks, and will not be permitted outside the facility at any time.

"This situation is absolutely new to us and there are a new set of rules involved," said Lt(N) Guillaume Brochu, Leadership Division Section Officer with Naval Fleet School (Pacific) (NFS(P)). "BMQ is already an important and complicated course to administer and involves taking civilians, many of which have no formal military training, and transforming them into regular force members. Now, this effort has been made more complicated with restrictive COVID-19 measures."

These recruits are among the first wave of Regular Force military trainees across Canada taking part in the BMQ restart since COVID swept across the world in March. To assist with the Canadian Armed Forces (CAF)-wide recruit training backlog, and to prove the concept of decentralized BMQ training delivery by the various service elements, the Naval Fleet Schools (under the leadership of the Naval Personnel and Training Group) on each coast were tasked with running a BMQ serial.

In hitting the BMQ restart button, enhanced force protection measures have been implemented at Work Point. All recruits and staff must wear non-medical face coverings and gloves when

social distancing is not feasible.

To further fight the spread of any potential viral infection, the entire course is broken down into four 10-person sections called "cohorts", in much the same way that compartmentalization in a ship limits the spread of flooding. Initially, the four cohorts will remain separated, only coming together in larger groups after the initial two-week period has passed with no outbreaks occurring. Additionally, eight members of the instructional staff are also isolating at Work Point for that initial period.

Also, each day recruits must fill out a daily health questionnaire and if they show any symptoms of COVID-19 they must display a red card on their cabin door. They will then be examined by staff of Canadian Forces Health Services (Pacific) before the appropriate follow-on protocols are actioned. At every step of the planning, Health Services have been engaged, and have been extremely helpful with the provision of expertise and guidance, said Lt(N) Brochu.

He added that BMQ instructional staff, a core portion of whom underwent General Military Training Instruction (GMTI) coursing at the Canadian Forces Leadership and Recruit School (CFLRS) in St. Jean, Quebec, in July, are very keen to tackle this job, and are approaching the demands of the course and the unique conditions surrounding it in a highly professional and responsive manner.

A Morale and Wellness Officer has been appointed to design and execute a program of leisure, social, and fitness activities to relieve stress while mitigating, to some extent, the absence of shore leave recruits were able to earn part way through training on pre-COVID basic

training serials. Specialized spaces have been set up in the barracks block, such as a CANEX Annex mini-mart and a multi-faith quiet room, for use by the recruits.

A typical day during BMQ has recruits up at 5 a.m. for physical training followed by breakfast, and then drill and instruction emphasizing basic military skills, such as weapons handling, map and compass use, marches of up to eight kilometres in full combat gear, first aid, and CAF values training.

Since physical fitness is a key component of naval and military service, a large part of the course is spent on fitness training. They will tackle a range of challenging physical requirements, such as the confidence course and rappelling, and will also undergo the CAF's FORCE Evaluation fitness testing.

Before lights out at 10 p.m., the remainder of the recruits' time is spent studying, preparing for the next day's lessons, polishing their boots, and making sure their uniforms are clean, pressed, and presentable for the next day.

Preparing for this BMQ event has been an "all hands on deck" process, and stakeholders from across the Formation have contributed significantly to the overall effort, said Lt(N) Brochu. These include Personnel Support Programs, Base Administration, Base Logistics, Base Operations Range Control, Base Foods, Base Information Services, Base Accommodations, TEME, Real Property Operations, Health Services, CANEX, and Personnel Coordination Centre.

The training is now underway, and the 40 recruits, all of whom are in the Royal Canadian Navy, are taking their first steps towards a career in the CAF.

***"This situation is absolutely new to us and there are a new set of rules involved."***

Lt(N) Guillaume Brochu,  
Leadership Division  
Section Officer,  
Naval Fleet School  
(Pacific)



# matters of OPINION

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## WHAT SAY WE

# Charity campaign set to start

### Defence Team Members,

As you know, the launch of the 2020 National Defence Workplace Charitable Campaign (NDWCC) is fast approaching. As such, I wanted to take this opportunity to introduce the 2020 NDWCC Coordinator, Margot Cutchner.

A familiar face on the Base, Margot has spent more than 20 cumulative years here working in positions at Base Information Services, MARPAC HQ, Civilian Human Resources, and most recently, the Learning and Career Centre.

I know the NDWCC is in great hands and look forward to working with her on this unique campaign where we will come together virtually to support the United Way, HealthPartners, the Esquimalt MFRC and many other registered Canadian charities in their missions to provide services to those in need.

Last year, the Base raised \$273,000 for local charities, helping to make a positive impact on thousands of lives within our community.

The cooperation between labour leadership and the Defence Team is what made the 2019 campaign such a success and I look forward to the opportunity to join together again in support of this worthy cause.

In these challenging times, our support is needed more than ever before. I encourage all who are able to find a way to give back during this year's campaign and to find new ways to build support while maintaining physical distancing protocols. Together we can continue to make a difference in the lives of those in need.

As always, stay healthy, stay ready to support, and keep crushing the curve.

Captain (N)/ Capitaine de vaisseau  
Sam Sader



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# MOVIE REVIEW GREYHOUND

## a convincing Battle of the Atlantic depiction

**CP01 (Retired) Pat Devenish**  
Canadian Naval Memorial Trust

Tom Hanks' latest tale of war *Greyhound* centres on a 72-hour period of the longest Second World War military campaign that stretched from 1939 to 1945. The movie takes place in April 1942, though this block of time could have been pulled from any of the months of the Battle of the Atlantic.

The movie is based on the 1955 novel *The Good Shepherd* by C.S. Forester. His story takes place during what was known to the German submariners as the "second happy time."

Inadequate escorts, untrained crews, and lack of corporate knowledge on the part of military leaders led to the wholesale slaughter of merchant ships up and down the eastern seaboard, as well as far out into the Atlantic; specifically the area known by sailors as the Black Pit in-between eastern North American air coverage, and western European

and Icelandic air coverage.

This is the setting for the action flick, start to finish.

Hanks plays a newly minted United States Navy destroyer Captain recently charged with the duty of Escort Commander. The escort is comprised of his destroyer, codenamed *Greyhound*, two Royal Navy destroyers codenamed *Harry* and *Eagle*, and a Royal Canadian Navy corvette codenamed *Dickie* (played by none other than *HMCS Sackville*). The escorts are charged with getting a 57-ship convoy to a meeting place on the far side of the air gap from Halifax, Nova Scotia. At the time, this was known as the Mid Ocean Escort Force.

The computer generated imagery (CGI) was not overdone as some diehard fans had feared it might be. *HMCS Montreal* was used at sea for shots of the sea surface, which apparently is very difficult to mimic in CGI. Hard turns, waves over the bow, and general typical North Atlantic rollers make for a realistic experience as the

escorts and submarines jockey for positions on the playing grid that is a finite spot somewhere in the mid North Atlantic. For the rivet counters, there are a few minor disruptions, but none take away from the story.

Surface action between escorts and U-boats, though not common, was a last resort and the viewer gets caught up in these exchanges of shellfire as if it were an old western shootout.

As the events transpire over a relatively short period, there really is no need for character development, though after one particularly nasty U-boat scrap Hanks' character calls out to his escorts for damage reports. *Dickie* reports three holes above the waterline but ready to continue the fight....ahhh, that Canadian can-do attitude!

All in all, *Greyhound* is an action-packed flick worthy of seeing. If there is one disappointment, it is the lack of mention of *HMCS Sackville* or *HMCS Montreal* in the credits, but we can't have it all.

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**Mark's**  
COMMERCIAL



# Volunteer firefighter hailed for ROADSIDE RESCUE

**Peter Mallett**  
Staff Writer

A Royal Canadian Navy sailor is expressing her heartfelt gratitude to a volunteer firefighter who aided her after a slip-and-fall accident in Sooke on Aug. 14.

OS Charleyne Oulton was heading home with her fiancée PO2 Jonathan McGregor and eight-year-old Jack Russell Terrier Frayzer when the dog's leash got caught on

a roadside fence. It caused her to lose her footing on the gravel surface and fall.

Driving by was Ben Patterson, Otter Point Volunteer Fire Department Captain Training Officer in his duty truck.

"Fortunately for me he was in the right place at the right time and promptly sprang into action," she said.

She had sustained a sprained left ankle, strained ligaments, fractured tarsal, and a three centimetre laceration on her foot. Patterson grabbed his first aid kit, donned his Personal Protective

Equipment, applied gauze to the wound to stop the bleeding, secured her foot, and kept her calm to mitigate shock.

"As far as pain goes, on a level of one to 10, it was a 10, and I have delivered babies. Just complete blinding pain, it took all my focus just to breathe and remain calm," said OS Oulton.

Her fiancée took her to Victoria General Hospital. He had to remain in his vehicle in the parking lot due to COVID-19 procedures. After doctors bandaged her wound and thoroughly examined her, she was fitted with a walking cast and crutches.

Immediately following the

accident, she sent a letter of thanks to Patterson to express her gratitude for his timely and professional assistance.

Peterson says it was a pleasant surprise to receive OS Oulton's letter.

"It's very humbling to get a response of gratitude from a patient as that is not always the case," he said. "We go to first response calls with BC Ambulance and many times never hear the final outcome or get any feedback from a patient. To get a letter of appreciation like this reminds me of why I joined the fire service 24 years ago: To help out and give back to my community."

*To get a letter of appreciation like this reminds me of why I joined the fire service 24 years ago: To help out and give back to my community."*

Ben Patterson, Otter Point Volunteer Fire Department Captain Training Officer



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Lt(N) Gill Herringer puts the finishing touches on a carving created in her new workspace.



Wood carvings created by Lt(N) Gill Herringer.

Photos courtesy Lt(N) Gill Herringer

# SAILOR OPENS A PUB, THAT ISN'T

**Peter Mallett**  
Staff Writer

Lt(N) Gill Herringer united her love of pubs with her creative craft tinkering to create O'Malley's Irish Pub, Carpentry Shop, and upcoming Bakery.

Don't let the name deceive you though, there's no alcohol involved.

Her fledgling small business creates "fun, funky and useful wood art, with some sewing, some baking, and the best damn pickles you have ever tasted," she says. "I'm slowly working on building up a decent inventory, but I also can do custom carving and other woodworking projects. The bakery part is what I envision adding later, you know, when I'm retired and can spend my weekends sitting behind a table at various farmers' markets."

The Naval Warfare Officer and instructor at Naval Fleet

School (Pacific) Venture Division launched her uniquely branded workshop during the pandemic lock down, which afforded her lots of after-work free time.

She cleared out her and her daughter's hockey equipment and other items, and transformed the 600-square-foot unfinished basement space into a workshop. The set-up includes a work bench, wood-working tools, a label maker, organized piles of screws, and wood.

"I spent four days sorting and setting things up," she said. "The new set up meant that instead of scrambling to pull out tools only when things needed fixing, I could actually make things, and I did."

She has carved and built home décor items, selling them through word of mouth and her Facebook page at "very affordable prices." The aim being to make a very

modest profit, while paying for materials and giving people the opportunity to own affordable quality items.

"The business grew out of a hobby because I eventually ran out of things to make for myself," she says. "Now I make things for friends, co-workers, and sometimes through word of mouth on my Facebook page."

Wood carving served her well during a recent deployment aboard HMCS Ottawa for Operation Neon.

"Carving is really an activity that helps me attain a healthy work-life balance," she says. "It's a hobby I can take with me on my ship because I can bring my tools and wood to work on. It's something to keep my spirits up when I'm away because it can get boring during down hours on the ship."

But where does the pub theme fit in?

Lt(N) Herringer grew up

in Montreal and before joining the navy more than 25 years ago she frequented Irish pubs such as Old Dublin and Hurley's, where pints were hoisted, dancing ensued, and loud music blared long into the night. After joining the forces and being posted to Halifax, she visited Halifax-famed The Lower Deck. Further afield, while on deployments to South East Asia, she visited Irish pubs in Darwin and Brisbane, Australia, Singapore, and other locations.

"So when I returned home from a deployment back in 2016, I decided I would make a pretend Irish pub in my home. All you really need is to create a Facebook place and magically there is a pub that is real because the internet says it is. So of course, when it came time to find a name for my business, why not name it after the pub that doesn't even exist?" she quips.



Lt(N) Gill Herringer displays a multi-paneled cutting board she hand crafted.



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





# The many firsts for HMCS Winnipeg



The Naval Remote Weapons System on board HMCS Winnipeg is the first of its kind to be operated in the Pacific Fleet.



Corporal Jordan Rioux (front) and Corporal Sebastian Jaeger (rear) conduct maintenance on HMCS Winnipeg's CH-148 Cyclone helicopter.

## Captain Chelsea Dubeau HMCS Winnipeg PAO

HMCS Winnipeg did something that many ships have done before, and many will do again: depart on deployment. But something was new and different with the Aug. 1 deployment.

For one, *Winnipeg* is the first ship on the west coast to deploy on an international operation since the pandemic was declared in March and, due to COVID-19 precautions, its sailors won't be able to explore the many foreign ports of call that are usually such a big part of the deployment experience.

A few days prior to leaving, all members of the ship's company were tested for COVID-19 in anticipation of their participation in RIMPAC 2020 off Hawaiian waters, and the follow-on deployment on Operation Projection/Neon. The

crew of *HMCS Regina* was tested as well, as they are also participating in RIMPAC.

Mass tests for COVID-19 are a first for the Royal Canadian Navy, but are now part of a new standard implemented before putting ships to sea.

*Winnipeg* also has a new weapon in its arsenal: a Biofire. It's an instrument that can test for and detect bacteria and viruses – including COVID-19 – from samples taken on a ship.

"The ship is a confined space and if there is a positive COVID patient it can rapidly spread," said Master Corporal Junkyu Lee, a laboratory technician on board. "The sooner we can detect the virus, the sooner we can confine and control the situation more efficiently."

The Biofire setup in *Winnipeg* is the first instrument of its kind on a Halifax-class ship.

Another new piece of kit is the Naval Remote Weapons System (NRWS), an upgraded version of the traditional .50 calibre machine guns on the bridge wings.

"Traditionally, the .50 calibre machine guns were crewed by a sailor who was physically standing at the mount and firing rounds at a target," said Lt(N) Adam Thomson, Deputy Operations Officer. "The accuracy of the weapon was heavily dependent on the proficiency of the operator. The NRWS has taken our traditional machine guns and mounted them on a remote-controlled and stabilized mount that is both highly accurate, even in increased sea states, and also eliminates the need to put a sailor outside at the mounts if the ship comes under attack."

*Winnipeg* is the first ship in the Pacific Fleet to be fitted with this system.

New technology aside, there was another unprecedented event. Hundreds of Greater Victoria residents lined viewpoints at Dallas Road and Esquimalt Lagoon to watch both ships and their helicopters sail past, with sailors formed up and waving goodbye as they left for Hawaii.

On the starboard bridge wing of *Winnipeg*, bagpipers played a tune to mark the moment. It was poignant and emotional for some; *Winnipeg* sailors won't see home until December.

Sea Training Pacific staff are embarked in *Winnipeg* until Sept. 4 to conduct Intermediate Multi-Ship Readiness Training (IMSRT). Warships typically don't go immediately from IMSRT into deployment, but with RIMPAC and the enhanced COVID-19 precautions built into the beginning of the program and throughout, adjust-

ments were made to ensure the ship achieves high readiness. Despite the rigorous flex and the much beloved bong bongs, the crew is leaning into the training, helped greatly by the mentorship of Sea Training staff.

Finally, on Aug. 12 *Winnipeg* got to do something not done before by a Canadian warship: engage a simulated surface threat using three weapons systems simultaneously. Using a hammerhead target – a remote-controlled device used for target practice – the ship simulated a reaction to a surface threat, in this case, a vessel closing rapidly on the ship. This unique training opportunity had operators engaging the Naval Remote Weapons System, Close-in Weapons System, and .57mm Bofors gun.

The hammerhead didn't stand a chance.

*Winnipeg* and *Regina* are now fully engaged in RIMPAC.

Below, from left:

Members of Sea Training, PO1 Brant Dame and CPO2 Christopher Smith, discuss training tactics while wearing non-medical masks as part of enhanced COVID-19 precaution protocols on board the ship. Masks were worn for the first several days at sea.

One of HMCS Winnipeg's hammerhead targets is lowered in the water for target practice on Aug. 10.

PO2 Robert Morris and SLt Phil Hopkins play the bagpipes during the ship's departure sail past on Aug. 6.



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# SERVING From behind the lens



**SLt K.B. McHale-Hall**  
MARPAAC Public Affairs Office

They are the rarely seen faces behind the camera taking photos of Canadian Armed Forces (CAF) deployments, events and people at work on base.

However, the imagery technicians from Maritime Forces Pacific (MARPAAC) Imaging Section do far more than just digitally capture the faces of the forces.

Manifested in the recently released CAF Unclassified Imagery Instructions, imagery technicians are at the forefront of most operations, logging in countless hours behind the scenes, serving in ways you may not expect.

## The new set of guidelines

Last year, the Unclassified Imagery Instructions were revised and signed, providing guidance to the CAF, public affairs and imagery technician trade.

The latest release addresses the services that can be offered, the speed at which imagery can be required, and the ever-evolving technology available, all established in standard operating procedures.

Services include, but are not limited to, imagery in support of operations; intelligence gathering on operations; fire and flood investigations; photographing through still and video events such as departures and homecomings of ships; helping in the assessment of weapons systems performance; creating visual training aids; documenting change of command ceremonies; and producing physical media from imagery files.

## Meeting the mission

Imagery Technicians are trained to execute all imagery needs identified, but requests may outweigh resources available. That's where the National Imagery Service Priority plays a vital role. It breaks

down nine categories in order of priority: operations and exercises, investigations, intelligence, public affairs, engineering, support to training, historical, production and research, and general.

Local units and Commanders can then use the National Imagery Service Priority as guidance to prioritize or limit services based on the existing operational tempo or manning limitations.

"Our main priority remains operations and exercises and intelligence gathering, all while supporting Public Affairs," said MWO Brian Leonard, the NO2PA Imaging Services Officer, confirming their primary function coincides with the priority list.

In accordance with the recent directives, MARPAAC Imaging is now delegating certain tasks in order to avoid being overburdened. They now provide equipment and/or training as requested.

Units are advised to use their Unit Public Affairs Representatives (UPARs) for more routine occurrences, such as medals, awards, and junior level promotions.

Individual services for members such as executive portraits, media photos, passports and visa photos continue to be supported and are available by appointment.

Executive portraits are reserved for senior ranks after relocation, promotion, or change in position. However, during the National Defence Workplace Charitable Campaign, Imaging Services offers members the opportunity to have their photos taken in uniform with family members (dogs included), for a charitable donation.

## Requesting imagery

When requesting CAF produced images, be advised not all images and video are stored locally for distribution. Personal media photos are not available for release

to members. Imagery selected for retention is rated and sent to the National Defence Imaging library in Ottawa; other imagery is locally archived relative to the location the images were taken, and retained for set time limits.

If you are aware of the correct source for an image, then contact that source. If in doubt as to the source, then contact Imaging Services for assistance.

Members with imaging questions or requests should visit the MARPAAC Imaging Services intranet page for more information. The Imagery Request or Work Order form (CF 315) is accessible through the site. It is highly recommended requests be submitted well in advance, with a minimum of 72 hours' notice for still photography and two weeks for video dependent on the project, to ensure adequate time to book the service.

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As a CANEX Ambassador, you will play a key role in helping us keep our finger on the pulse of our CAF communities and provide members with authentic stories and feedback so that we can improve and continue to grow together.

## CANEX Ambassador Program Requirements:

- Must be part of the CAF community (active member, retired veteran, military spouse, military child etc.) and hold a valid CForce card.
- Active on Facebook, Instagram or YouTube.
- Have 2,000 followers (at least) on one or more social media platform(s).
- Willing to create high quality and unique content by posting, sharing, and tagging @CANEX.ca and #CANEX content monthly.
- A minimum of one post per month. All posts must tag @CANEX.ca.
- Am I eligible? Find out here: <https://www.cafconnection.ca/National/Programs-Services/CForce/Join-Now/Eligibility.aspx>

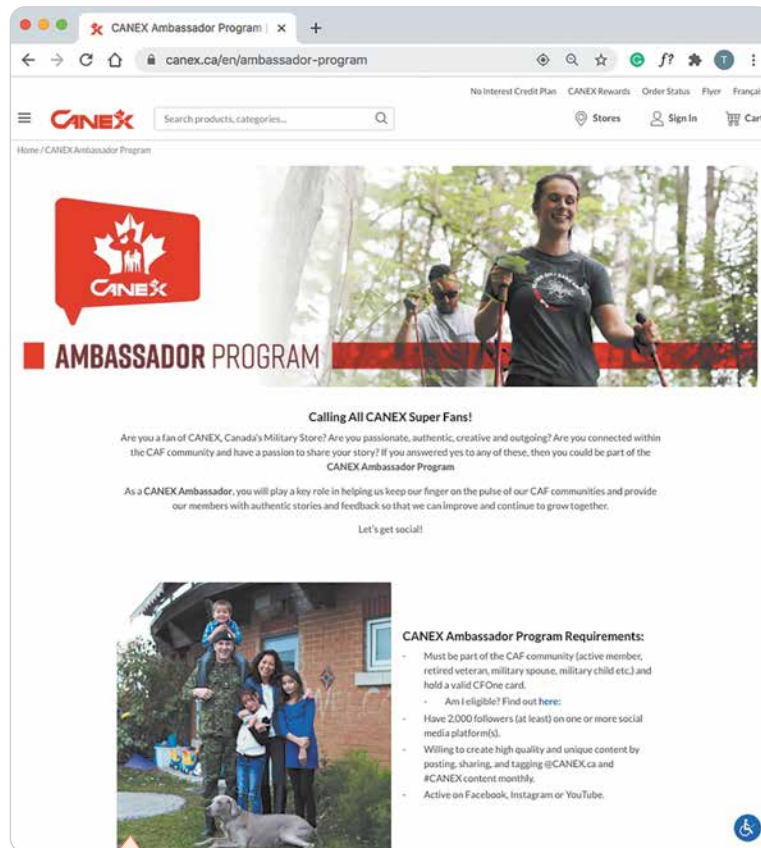
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- CANEX Ambassadors get a firsthand look at upcoming products.
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- Ambassadors will create content around CANEX product(s) and seasonal merchandise.
- Share CANEX messaging and content on your social channels.
- Ambassadors get the opportunity to test and try new CANEX product(s) and provide product reviews, which will be shared on your social channels and with CANEX.

## What is in it for me?

- You will get a firsthand look at upcoming products and existing products. These will be yours to keep, in exchange for the post.
- Promo codes (discounts) to shop at CANEX, which you can exclusively share with your fans and followers.
- Early access to sales, events and launch dates.
- Increase your exposure to your social profile(s), as your posts will be shared in our CANEX's social feed.



For more information go to:

<https://www.canex.ca/en/ambassador-program>

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## AIMING FOR WELLNESS TOGETHER

Join the MARPAC Health & Wellness Strategy as we recognize World Suicide Prevention Day

**10:30 – 11:30 AM**

**THURSDAY  
SEPTEMBER 10**

### ZOOM LINK:

<https://ca01web.zoom.us/j/67421888349?pwd=djJWMlZSU9RvGhLkLkYVlkUVpFZz09>

Registration is not required. Simply connect to link provided to log in to the presentation.



Former pro athlete Jordin Tootoo seems like he has it all—wealth, fame and the spoils of a high-flying career. But on August 28th, 2002, Tootoo's brother Terence took his own life, and things were never the same. In memory of Terence, Tootoo started the Team Tootoo Fund to raise awareness for suicide prevention and youth at risk, all while dealing with his own addiction to alcohol and a family legacy of mental illness. Growing up in Canada's north, he witnessed firsthand the devastating impact that mental health and addiction issues can have on families and communities. In this moving and eye-opening talk, Tootoo discusses his own personal experiences, destigmatizing the important conversation around addiction recovery, mental health, and suicide prevention, all while sharing a hopeful message of resilience and understanding.

Jordin Tootoo played for the Brandon Wheat Kings in the Western Hockey League (WHL) from 1999 to 2003 before being chosen by the Nashville Predators in the 2001 NHL Entry Draft. He went on to play with the Detroit Red Wings, New Jersey Devils and Chicago Blackhawks, banking 161 points, including 65 goals in 723

career games. Of Inuit and Ukrainian descent, Tootoo is not just the first Inuit player, but also the first one raised in Nunavut to play in the NHL. As an Indigenous athletic leader, Tootoo has long understood his responsibility as a role model, speaking openly about the need for mental health resources, and fighting the taboos around discussing mental illness. He is committed to reaching Canada's Indigenous communities through his work with the Team Tootoo Foundation, founded in honor of his late brother Terence. He was awarded a Meritorious Service Medal for his work in Nunavut promoting healthy living and encouraging conversations about difficult topics like addiction and suicide.

"It's part of Canada that a lot of people struggle with mental health and addiction, suicide, these issues are a national epidemic. I feel that, at this point in my life, it's my calling to give back to a lot of these remote communities," says Tootoo. Bestselling author of the memoir *All The Way: My Life on Ice*, Tootoo brings an uplifting message to his audiences, creating a culture of inspired inclusivity with authentic hockey and community stories.

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## Free IT training for veterans

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A pilot project to train transitioning Canadian Armed Forces (CAF) members and Veterans for civilian information technology (IT) jobs is underway.

Entitled the Cyber Workforce Enablement Program, or CWEP for short, the project provides high-demand, cyber-career training to hundreds of transitioning members and Veterans, leveraging their existing military skills and preparing them to work in the IT sector with

both the Federal Government and businesses across Canada.

The pilot project started in May and is the result of a partnership between the CAF Transition Group, the social impact company WithYouWithMe, and the multinational professional services firm Ernst & Young.

IT training being offered can be taken individually at one's own pace, with training usually taking about six to 12 weeks depending on the course, or via scheduled virtual "boot camps" during

which the training is completed over the course of an intensive week, including live sessions with an online instructor. In either case, all courses and training are offered free of cost, with the partners' goal being simply to assist military personnel in their transition back to civilian life.

For more information on the training available or to express an interest in joining the Cyber Workforce Enablement Program, visit <https://rallypoint.withyouwithme.com/cwep-stp1/>

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# Bravo Zulu

## RQ CPO2 Certificates

Presented by Lieutenant Commander Christopher Maier.  
Photos by Leading Seaman Brendan Gibson, MARPAC Imaging Services



Petty Officer Second Class Ryan Hart receives his certificate of completion.



Petty Officer Second Class Ley Ireland receives her certificate of completion.



Petty Officer Second Class Shawn Beckett receives his certificate of completion.



Petty Officer First Class (PO1) Ryan Hart, LCdr Michael Erwin, Chief Petty Officer Second Class Chris Calhoun, PO1 Ley Ireland, LCdr Christopher Maier, and PO1 Shawn Beckett pose for a group photo.

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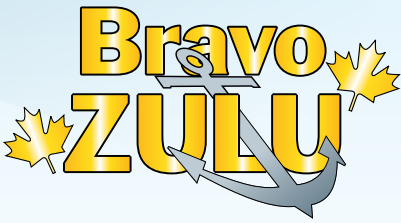
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# Transition Group Change of Command

Photo by Cpl Jay Naples, MARPAC Imaging Services



LCdr Judith Harlock, outgoing CAF Transition B.C. Unit Commanding Officer, signs the change of command certificates with Cdr Colleen O'Brien, incoming CAF Transition B.C. Unit Commanding Officer. Attending virtually, CWO Martin Rondeau, CAF Transition Group Chief Warrant Officer, and BGen Dyrld Cross, Commander CAF Transition Group. In the background are CPO2 Matthew Goodwin, outgoing CAF Transition Unit BC Chief, and CPO1 Yvan Vallières, the incoming CAF Transition Unit BC Chief.



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