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HMCS WINNIPEG AT SEA

PO2 Jonathan Lamb, a Marine Technician, works to repair a valve assembly. Marine Technicians are busy keeping the warship's systems working. Winnipeg is deployed on Operation Neon in the East China Sea region. Read the full story on page 2.

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To move and float: The ingenuity of HMCS Winnipeg's MSE department

Captain Chelsea Dubeau
HMCS Winnipeg

It's a Sunday morning in *HMCS Winnipeg*, one of the best days of the week.

The ship is in transit, deployed on Operation Projection, and best of all there will be ice cream later.

"Marine Systems Engineering Officer speaking," starts the pipe. "For the information of the ship's company, showers remain out of bounds. Mini-laundry also remains out of bounds."

The problem is with the ship's water-making capability, the Shipboard Reverse Osmosis Desalinator (SROD) system. In fact, both the port and starboard side SRODs are out of commission.

You can almost feel the collective groan of the ship's company as the day suddenly takes a sour turn. Showers have been out of bounds for over 24 hours and people are refraining from working out for obvious reasons. Signs have been posted throughout the ship and water usage is to be kept minimal.

The Marine Systems Engineering (MSE) department on board has their work cut out for them. They deal with a variety of systems that sailors often don't think about unless it breaks - such as the water-making system. They also deal with propulsion, domestics (such as sinks), and power generation.

Since this is the Royal Canadian Navy's first deployment to the Asia Pacific region in the COVID-19 environment, planning, including what to bring such as spare pieces of equipment, could only go so far.

Normally, ships at sea are assisted by Forward Logistics Services (FLS), a small team that goes port-to-port in advance of deployed ships and facilitates procurement of needed supplies, equipment, and parts. This is not the case for Winnipeg because of the pandemic that has created travel restrictions.

"The travel for the FLS team would have put those members at higher risk of contracting the virus," says Lt(N) Craig Dalton, Logistics Officer on board *Winnipeg*. "The time between port visits would have been insufficient to allow proper self-isolation or quarantine time."

In fact, the entire supply chain has been negatively impacted by COVID-19. Supplies are harder to get and often take longer to arrive, something that is out of everyone's control.

"We've had some pieces break down," says Lt(N)

Rowan Wilson, MSE Officer. "We can repair a host of things if we get the parts coming into us. There are many spares that we brought with us, but we're finding in some cases it either wasn't enough, or we don't need them at all."

So, as the saying goes, necessity is the mother of invention. For *Winnipeg's* MSE department, this unique deployment has showcased their innovation and resourcefulness.

"We have a great department," says Lt(N) Wilson. "I'll put that out there, straight up. I've got a lot of people who are really keen and really skilled. People who are willing to think outside of 'we just have to replace it.' People who are ready to machine replacements part from scratch."

He cites one example.

During Intermediate Multi-ship Readiness Training, a couple of members who are Red Seal welders repaired, for exercise purposes, an eight-inch diameter part of the fire main by welding different pieces around it into a circular form.

"That example is, I think, one of our biggest strengths and successes. We have the capability to make our own fixes, and I think that's one of the most important takeaways of this trip, that we have the skills on board to fabricate stuff ourselves. We have that sustainability piece that is going to get us through future failures a lot better than ships that might not have that ability."

So, with ingenuity they tackled the problem with the water-making capability. The original issue with the starboard side SROD was software related and easily fixed once the MSE team received the necessary files.

The port side SROD issue was found to be mechanical. A couple of weeks later, when the starboard side SROD began exhibiting the same symptoms as the port side had prior to its pump failure, the MSE team opened up the port unit pump in hopes of using it as a guide to assist in troubleshooting the starboard unit.

What they found was torn apart O-rings on the pistons and disintegrated plastic spacers, potentially contributing to the failure. After replacement and re-assembly on the port unit, the same fix was applied to the starboard side, and now both are running.

"This was a major team effort by the MSE department," says Lt(N) Wilson. "The epitome of a field repair."

Laundry and showers have been back in bounds ever since.



Lt(N) Rowan Wilson, Marine Systems Engineering Officer.



S2 Parker Hill-McLaughlin welds a piece of equipment.



S1 Sheldon Hawley conducts maintenance on valves in the Forward Auxiliary Machine Room.



S2 Hyang Mi Bae conducts rounds on the starboard Shipboard Reverse Osmosis Desalinator.

Mastering the cranes

new training for new lifting gear

Peter Mallett
Staff Writer

Operating a crane of any sort requires in-depth training followed by industry certifications.

So, with the recent delivery of two mobile Liebherr 70-tonne cranes, and another one on its way, driver operators at Transport Electrical Mechanical Engineering (TEME) have to be schooled before getting behind the controls.

Nine level 6 machine driver operators, who work with the Special Purpose Vehicles section at TEME, just completed the required two five-day training sessions delivered by an instructor from the German-based manufacturer Liebherr.

They also received another four-day course for hook-tender certification that was delivered by an instructor from Big Foot Crane Academy located in Abbotsford, B.C.

Next in line for training are 10 TEME employees who work as hook tenders on crane operations.

The new cranes, which are attached to large trucks, will be used for loading and unloading heavy equipment and other materials on and off the trucks and out of warehouses, as well as loading ammunition on warships.

"The training enables our workers to be fully prepared to handle new challenges of loading much heavier and cumbersome equipment required for delivery in the future fleet, including the RCN's new Arctic and Offshore Patrol Ships," said Chris Shipway, TEME Supervisor, Special Purpose Vehicles.

The new cranes replace two older intermediate construction-style 35 and 40 tonne cranes that have reached the end of their lifecycle.

The Liebherr Crane has a maximum load capacity of 70 tonnes and a 50-metre telescopic boom coupled with a range of reliable, modern technology.

"Having a larger weight capacity and more manoeuvrability is a huge deal when you are lifting and moving a 5,000 or 6,000 pound item," says Shipway. "It will enable our crews to reach the other side of a ship when it is alongside without spinning the ship around, improving our efficiency and readiness to support the fleet."

Two cranes will reside in dockyard and the third will go to Canadian Forces Maritime Experimental Test Range in Nanoose.

Having heavier, larger, and stronger equipment also requires more precautions, says Shipway.

"There is a huge amplification factor with a massive crane, such as safety concerns with the weight of the crane, ground stability, support, and what it is lifting," he said. "Cranes cannot operate on surfaces that can't handle their weight and can break and suffer structural failures if health and safety regulations are not followed to a tee."

Shipway, a former reservist, has worked with the Department of National Defence for 14 years. He oversees all SPV operations with TEME including the movement of cargo and freight, construction equipment and highway tractors, road maintenance equipment, and harbour cleanup equipment.



Jamie Quinte of Transport Electrical Mechanical Engineering operates one of the department's new Liebherr cranes.

Photo by: Chris Shipway

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WHAT SAY WE

New approach to Remembrance Day

Greetings from RCL Branch 54 Sooke,

Here we are, fast approaching Nov.11 in a very different year than years past.

Nov.11 has traditionally been a day of large gatherings as Legion members gather around cenotaphs across the country to remember our fallen comrades. But due to the situation the gathering of large crowds is not allowed.

RCL Branch 54 Sooke will not be conducting the usual service that we have held for many years.

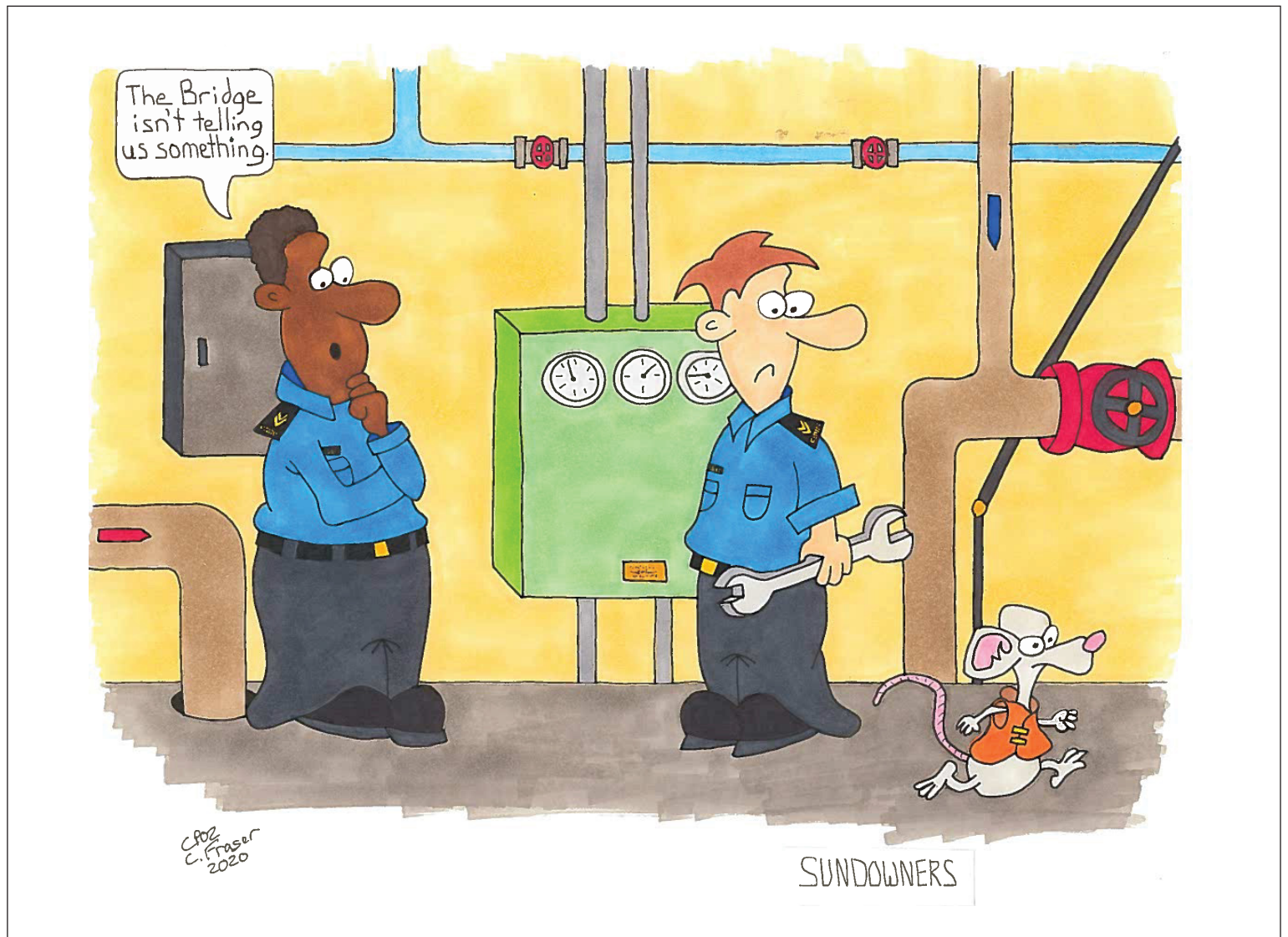
This years' service will go ahead but without the large participation of veterans, military personal, boy scouts, girl guides and of course our Sea Cadets. There will be no choir and the facility will not host its usual hot dogs for the children, nor will the Legion support the gathering for food, fellowship, and libations in the lounge. The branch will open at noon and close at 4 p.m.

We will do the whole service virtually with as few participants as possible, keeping in mind the rules set down by the provincial health authority. The usual laying of wreaths will also look different. We will place the majority of the wreaths on the fence surrounding the cenotaph. There is a second option in the case of cold, wet weather. We will be conduct a physical distanced service inside.

We ask that all the businesses continue to support this event by purchasing a wreath. Please buy a poppy. All finances that are generated during the poppy campaign go to support veterans, veteran's wives, youth, and seniors in our community.

Thanking you in advance for your continued support of your local branch of the Royal Canadian Legion here in Sooke.

Richard Steele, Branch President



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A member from HMCS Radisson hoists the Commadore's Cup.



S1 Frédérique Poitras

Double awards for HMCS Radisson

A/SLt Amélie Bergeron
UPAR HMCS Radisson

The Commodore's Cup and the Sailor of the Year Trophy have been awarded to the same naval reserve division of the Royal Canadian Navy - HMCS Radisson.

The Commodore's Cup was introduced in 2016 to recognize the Naval Reserve Division that demonstrated the best overall performance and contributed most to the fulfillment of the Naval Reserve mission within the Royal Canadian Navy.

Radisson won the 2019-2020 Commodore's Cup for conducting extraordinary outreach in the Mauricie region of Quebec, for the support and participation in Operation Lentus 2019, for a strong promotion of physical fitness and mental health, and for the undeniable pride demonstrated by the ship's company.

"This year's award goes to a young and dynamic ship's company," said Commodore Mike Hopper,

Commander Naval Reserve. "The Mauricie region can be proud of its sailors, since their excellence shines through from coast to coast to coast."

Sailor of the Year

Sailor First Class (S1) Frédérique Poitras, Boatswain, was named Naval Reserve Sailor of the Year. This honour is awarded to the sailor who has demonstrated exceptional performance, as well as a number of outstanding personal and professional qualities.

As soon as she joined HMCS Radisson in 2016, S1 Poitras stood out as a leader. Thanks to her dedication and charisma, she has created a lasting team synergy and promotes respect and dynamism among her peers.

In summer 2019, when S1 Poitras was employed during a partnership with the Canadian Coast Guard, she responded to a search and rescue operation. Her expertise was essential to this rescue as she found an unconscious individual drifting

on the St. Lawrence River. After recovering the individual, she performed cardiopulmonary resuscitation for 30 to 45 minutes, until the paramedics arrived.

"As soon as Sailor First Class Poitras joined our ship's company, I knew right away she would be excellent. Some indicators don't lie; the Sailor of the Year award now presented to her is proof of that," said Commander K. Jutras, Commanding Officer of HMCS Radisson.

In her personal life, S1 Poitras is studying to become a police officer. She completed the police technology program at the CEGEP of Trois-Rivières and is now waiting to attend the École nationale de police du Québec (Quebec police academy).

Constantly promoting an active lifestyle, she completed a triathlon for the first time this year, and with her father, a Canadian Armed Forces veteran, she participated in the Army Run for the third year in a row.



S1 Frédérique Poitras is awarded Naval Reserve Sailor of the Year.

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Sailor Third Class Recruit Kofi Asumadu completes the low wire combat crawl obstacle during the Confidence Course as part of BMQ training on Oct. 5.

Photo by S1 Victoria Loganov, MARPAC Imaging Services

De-Centralized Basic Military Qualification (BMQ) Courses: Two Coasts, One Program

Anna Muselius
NPTG

Naval Personnel and Training Group (NPTG) planners, Training Development Centres, Fleet Schools, and instructors on both coasts have been busy this fall conducting Basic Military Qualification (BMQ) courses to Regular Force naval recruits. The goal is to safely train the navy's newest sailors through a COVID-19 persistent environment.

BMQs are normally run through the Canadian Forces Leadership and Recruit School in St. Jean-sur-Richelieu, Québec.

However, in order to increase the Armed Forces, meet the personnel requirements of the Fleet, and ease the pressure on the Leadership and Recruit School who also train Army and Air Force personnel, a de-centralized BMQs was developed.

It is an innovative measure to mitigate risk while delivering Regular Force BMQ serials for the navy in a safe, carefully planned, deliberate manner abiding by directed protective health measures.

Planning for de-centralized BMQs started almost immediately after the initial operational pause began in March in anticipation of an eventual order to resume training. That order was issued in June by the Chief of Defence Staff and then by Vice-Admiral Art McDonald, Commander Royal Canadian Navy.

Once the warning order was received, and regional pre-conditions were deemed to have been met on

both coasts, de-centralized BMQ serials began within 30 days following a green light from Capt(N) Jason Boyd, Commander NPTG.

Upon arrival at each base, recruits were screened for symptoms of the COVID-19, and for the first 14 days a maximum of four cohorts of 10 candidates were confined to the base and closely monitored as part of an initial isolation period to mitigate risk and prevent the possible spread of infection.

Close quarters staff and instructors were also isolated with the cohorts as a precautionary health measure for the protection of both military members, recruits, and the local communities near the training centres.

After the 14 days, sections were combined to form a single platoon for instruction. Limiting outside contact with the recruits allowed for the relaxation of protective health measures under controlled circumstances during training, such as the removal of face masks or reduced physical distancing within the platoon.

Contingency planning has also been factored into the de-centralized BMQs should COVID-19 symptoms manifest themselves amongst the recruits or instructors – so far, there has been no need to activate these protocols.

Naval Fleet School (Pacific) had a two-week head start, beginning their training serial in August at CFB Esquimalt, while Naval Fleet School (Atlantic) began their BMQ in September at CFB Shearwater, Nova Scotia. Both de-centralized BMQs meet the

same 10-week course requirements as those offered through the standard CF Canadian Forces Leadership and Recruit School BMQ program.

A full training serial includes the standard modules: classroom instruction, parade drill, field training, weapons training, range practice, first aid, basic fire extinguishing skills, confidence courses, swim tests, and chemical, biological, radiological and nuclear training – along with physical fitness training and testing.

Naval Training Development Centres in Halifax and Esquimalt provide quality assurance for instruction and quality standards and training plan compliance to ensure their BMQs meet Canadian Armed Forces requirements.

Naval Fleet School (Québec) also completed a number of BMQ and Basic Military Officer Qualification serials at Camp Vimy at CFB Valcartier, Québec, with the last ones finishing at the end of September for Naval Reserve members. While of shorter duration, these courses aligned with decentralized BMQ offerings in terms of the observance of precautionary health measures to mitigate risk and ensure well-trained Naval Reserve Force members upon completion.

Current iterations of decentralized BMQ serials for Regular Force members wrap up at CFB Esquimalt on Oct. 23, and in Shearwater on Nov. 4, with graduation parades planned for broadcast over technologically enabled platforms so family and friends may attend virtually.



Photos by MCpl Nathan Spence, MARPAC Imaging Services



Photo by S1 Victoria Loganov, MARPAC Imaging Services

Left photo: S3 Recruit Patrick Barrington flips a truck tire during physical training held on the Work Point Parade Square. **Centre photo:** Recruits participate in a "March and Shoot" at Heals Range. **Right photo:** S3 Recruit Kyle Laprade conducts a decontamination drill during training at Damage Control Training Facility Galiano.



WO Fred Trainor, of Ottawa's 764 Squadron, recently contributed his painting entitled 'Shipwrecked' to the Steel Spirit art project. Steel Spirit was founded by military wife and former paramedic Barbara Brown in 2017. Steel Spirit showcases the artwork of currently serving and former military members and first responders.

Painting

creative therapy for soldier

Peter Mallett
Staff Writer

Artist Fred Trainor says each brush stroke he applies to a canvass offers him a path to healing.

The 58-year-old Ottawa Valley resident, and currently serving Warrant Officer, was deployed to war-torn Afghanistan in 2005 and again in 2007. Those deployments led to an operational stress injury that remains to this day.

He has also dealt with the death of his father and two uncles from cancer, and overcame his own battle with cancer, losing a kidney in the fight.

"Creating art is the only way I can really deal with my injury because I'm able to stay calm and it helps me focus."

He paints in a large, dome-shaped studio inside his Manotick home, which he calls his "private retreat."

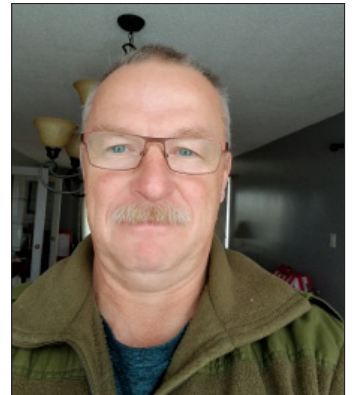
Portraits, farms, landscapes ablaze with fall colours, and abandoned relics are all part of his repertoire, in both paint and pencil.

He treats every day and every painting as a "God-given" gift.

His latest work *Shipwrecked* speaks to that.

"*Shipwrecked* depicts a trawler that has seen a lot of sea time and has been left on the shore to rust away. To me, it's a metaphor for life. As you slowly get old, slow down, and then finally stop, you drift back into nature as part of God's creation."

His sister and Bob Ross were the ones who sparked his creativity. At age 12, his sister gave him two instructional art school books, which he still has, that showcased how to draw and paint.



Artist WO Fred Trainor

Further inspiration came after watching Bob Ross's *The Joy of Painting*.

Trainor still follows the same methodology of Ross, mapping out each design in pencil, covering the base in acrylic paint and then using transparency layers over top with oil paint.

In two years' time, his military career at 764 Squadron's SATCOMS Operations Centre as an IT specialist (SOC Troop WO) will come to an end. He plans to move to his hometown of Fredericton and continue creating art in a new studio.

Steel Spirit Gallery

Trainor is a featured artist with The Steel Spirit Gallery, which hosts the artwork of military, first responders, and hospital practitioners.

The founder of Steel Spirit, Barbara Brown, a military wife and former paramedic, created the forum to recognize and give back to those that serve their community and country.

She is always accepting new artists; contact thesteelspiritcanada@gmail.com if interested.

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Robin & AJ
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IMMUNIZATION PROGRAM KICKS OFF

Peter Mallett
Staff Writer

This year's battle against seasonal flu has commenced at the base with vaccine clinics underway for military members.

To kick off flu shot season, senior leadership rolled up their sleeves and took the shot last week from a Canadian Forces Health Services Centre (Pacific) member.

"I am getting my flu shot because it minimizes the risks to my family at home and my Defence Team family in the workplace," said Capt(N) Sam Sader, Base Commander. "My flu shot will protect the people I care about."

The Canadian Armed Forces Surgeon General, MajGen Marc Bilodeau recently sounded the alarm over the concern of a twin-demic, an overlap of flu season with a second wave of COVID-19 this fall and winter.

"In light of COVID-19 precautions, any respiratory infection such as the flu could lead to your family having to stay home from work," said Maj-Gen Bilodeau in a statement.

Registered Nurse Nancy Gilmour, Community Health and Immunizations branch of CF HSC(P), echoes MGen Bilodeau's concerns about the extraordinary urgency of being vaccinated with this year's flu shot.

"Not only will the flu shot help keep you and your family members healthy, it will reduce the burden on our health care system by ensuring hospitals are not trying to care for flu and COVID-19 patients at the same time. By reducing the amount of respiratory viruses in circulation, it will reduce the requirement for limited

testing capability for COVID-19."

Updated guidance by Health Canada recommends Canadians six months and older be vaccinated. Military members experiencing symptoms of the flu, whether they have been vaccinated or not, are urged to contact their Integrated Health Team; civilians should contact their health care provider.

Individual appointments and spots for this year's travelling flu shot clinics are available from Oct. 21 to Nov. 19, and must be booked by calling 250-363-4116.

Gilmour acknowledges there are people squeamish about needles and vaccines. Those with vaccine concerns can call her office and book a private appointment.

The flu shot protects against several flu viruses each season. This season's vaccine will protect against serious complications of Influenza H1N1, H3N2, and Influenza B.

Common symptoms of influenza include one or more of the following symptoms: fever, cough, muscle aches and pain, headache, chills, fatigue, loss of appetite, sore throat, runny or stuffy nose, diarrhoea, nausea, and vomiting.

People infected with the flu virus can spread it to others starting one day before the first symptoms until approximately five days after the first symptoms. If you get the flu it is important to stay home and avoid close contact with other people. Most people recover from the flu within seven to 10 days.

For more information about influenza and this year's vaccine visit the Government of Canada web page: <https://www.canada.ca/en/public-health/services/diseases/flu-influenza/get-your-flu-shot.html>

I am getting a flu shot because I want to protect myself, my family and my team against influenza. My flu shot will assist in our collective efforts to combat the COVID-19 pandemic.

Capt(N) Jean Stéphane Ouelett, Canadian Submarine Force



CP01 Sylvain Jaquemot, Fleet Chief



TRAVELLING FLU CLINICS:

Where indicated, the following flu clinics can be booked directly with the named contact, otherwise call 250-363-4116.

Work Point Nixon Gym:	Oct. 21 - 0800-1500
Contact PO1 Gordon Canning (for those belonging to NFSP or NPTG)	
Naval Fleet School Conference Room:	Oct. 22 - 0800-1400
Contact PO1 Gordon Canning (for those belonging to NFSP or NPTG)	
Dockyard Building 109:	Oct. 26 - 0800-1400
Naden Gym:	Oct. 28 - 0930-1500
443 SQN Hornets Mess:	Nov. 5 - 1200-1500
Contact Lt Shauna Karnes	
Fleet Diving Unit Sick Bay:	Nov. 6 - 0900-1400
Contact Capt Craig Bellamy	
Dockyard Building 109:	Nov. 10 - 0800-1430
Albert Head Building 1075:	Nov. 12 - 1000-1300
Naden Gym:	Nov. 19 - 0800-1530

Additional flu clinics are scheduled at the Base Medical Clinic on the following dates:

October 15, 16, 19 and 23
November 2, 3 & 16
More dates to be added if required
Please call local 3-4116 for additional information.

I am getting a flu shot because I went through a flu outbreak aboard HMCS Algonquin in 2009 and I never want to experience that again. My flu shot will protect my family and my shipmates – and even my mother-in-law.

Commodore Angus Topshee, Commander Canadian Fleet Pacific



I am getting my flu shot because I get it every year to help prevent the spread of the flu, and because I hate being sick.

CP01 Class Alden Darragh, Base Chief CFB Esquimalt



Capt(N) Sam Sader, Base Commander

I am getting a flu shot because Dr Bonnie told me to! My flu shot will protect my family, my friends, and those that I serve alongside.

RAdm Bob Auchterlonie, Commander Maritime Forces Pacific





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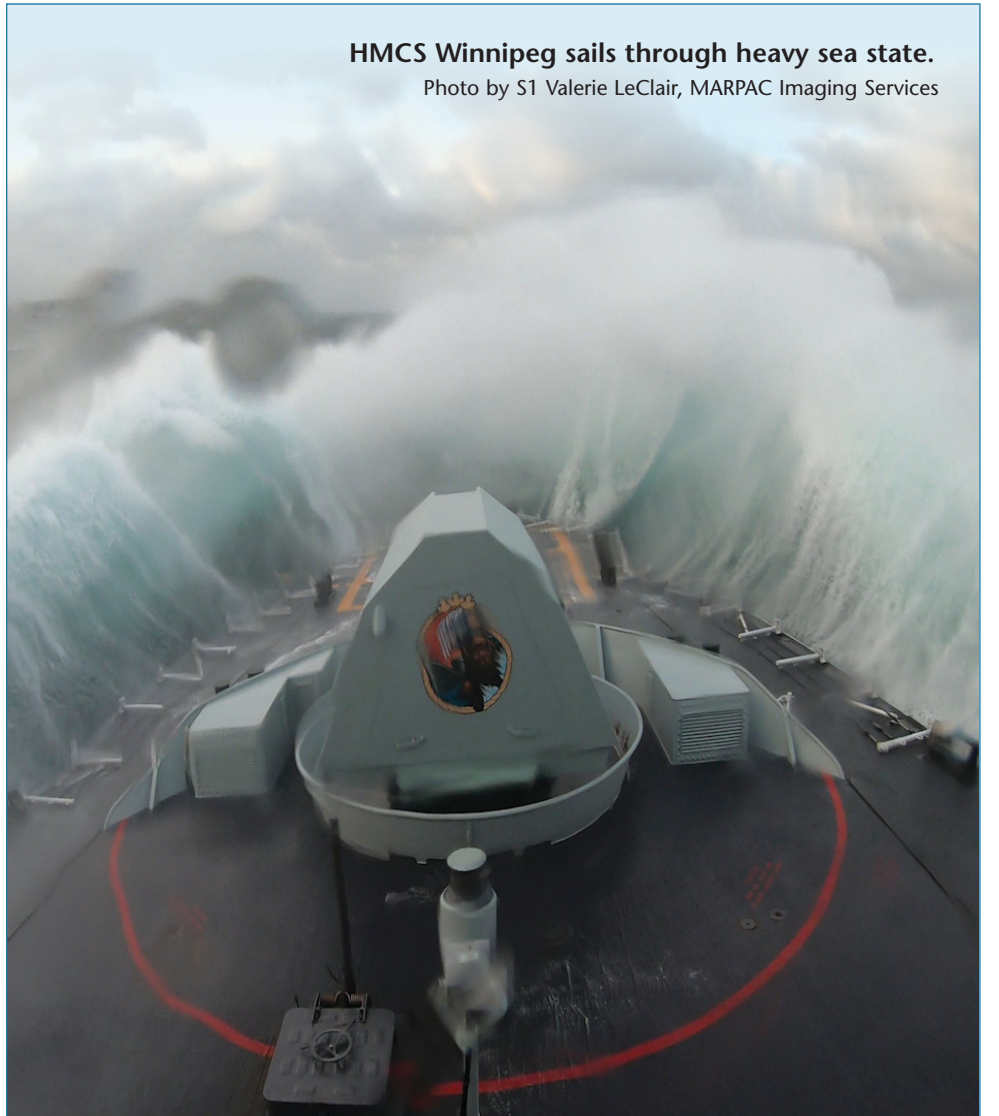
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HMCS Winnipeg sails through heavy sea state.
Photo by S1 Valerie LeClair, MARPAC Imaging Services

HMCS Winnipeg begins Operation Neon

DND

HMCS Winnipeg has transitioned from Operation Projection to Operation Neon, Canada's contribution to a coordinated multinational effort to support the implementation of United Nations Security Council (UNSC) sanctions imposed against North Korea.

While Winnipeg and its embarked CH-148 Cyclone helicopter are deployed on Op Neon in the East China Sea region, the crews will work with Canada's partners to identify suspected maritime sanctions evasion activities, in particular ship-to-ship transfers of fuel and other commodities subject to UNSC resolutions.

Along with the ship, a CP-140 Aurora and approximately 50 personnel from 405 Long Range Patrol Squadron, based in 14 Wing Greenwood, Nova Scotia, will contribute to the sanction monitoring efforts in November. The CP-140 Aurora, crew, and supporting personnel will operate from Kadena Air Base, in Japan.

Upon completion of its Op Neon mission at the end of October, Winnipeg will return to Op Projection and take part in Exercise Keen Sword, alongside the United States Navy, the Japanese Maritime Self-Defense Force, and the Royal Australian Navy.

Finally, before returning to Canada, Winnipeg will return to the East China Sea to complete a second iteration of Op Neon in November.

Throughout the deployment in the Asia-Pacific region, Winnipeg will operate in a manner consistent with international law, including the United Nations Convention on the Law of the Sea.

The same measures that have been in place over the past few months to minimize the potential exposure to COVID-19 will continue. When the ship goes alongside in a foreign port, there are significant restrictions as to who can come on the ship and they will be screened for COVID-19 beforehand. Despite the limitations of operating in a pandemic environment, the CAF has remained agile and able to conduct successful missions around the world, all while adhering to both domestic and host nation COVID-19 safety requirements.

HMCS WINNIPEG WEEK IN REVIEW

OCTOBER 5-11

Photos by S1 Valerie LeClair, MARPAC Imaging Services



Highlights:

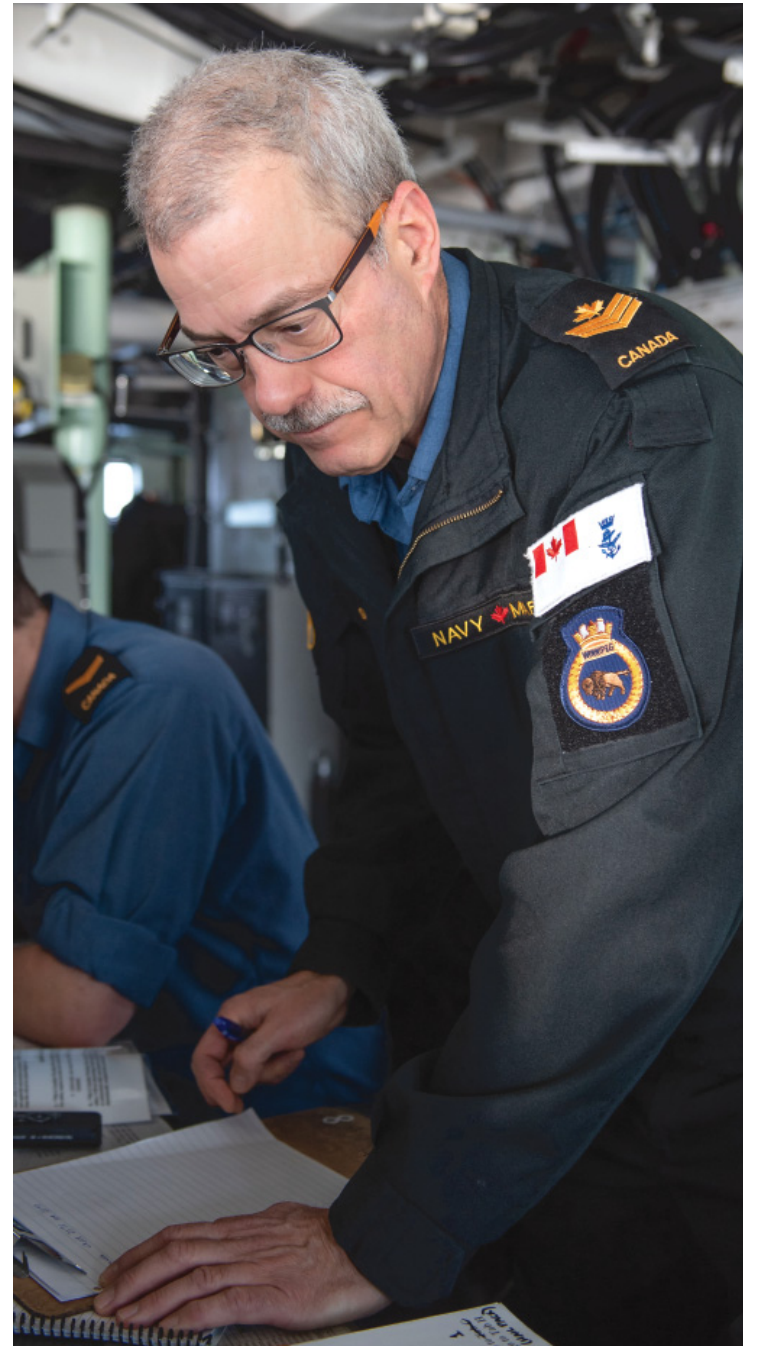
Congratulations SLt Josh Bedard on the birth of his daughter!
Bridgewatching certificates awarded to SLt Bedard (congrats again!) and SLt Alek Robaczewski!
Arrival / departure from Sasebo, Japan.
Joined Operation Neon!

Just for fun:

HMCS Winnipeg Talent Show while alongside in Sasebo, Japan.
Bison Mug Hockey Tournament.
The trip's first real sea state!
Starbucks at Sea!



Members of the crew prepare to come alongside Sasebo, Japan, on Oct. 6.



PO2 Andre Gingras conducts communications.



SLt Alek Robaczewski and Lt(N) Tristan Robertson play the role of Hipster Barristas and host the second Starbucks at Sea. Favourite beverage of the day? Pumpkin spice latte!



Members of the crew handle lines during the departure of Sasebo, Japan, on Oct. 8.



Sub-Lieutenants Alek Robaczewski (left) and Josh Bedard (right) are presented with their Bridge Watchkeeping certificates from the Commanding Officer, Commander Mike Stefanson.



S2 Alex Pliassav searches for vessels of interest.

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Every member who makes a purchase will be supporting NDWCC, and FlipGive will add a \$5 bonus to every member who makes their first purchase within 2 weeks of joining.

If you need help or have any questions, you can contact the NDWCC Core Team at NDWCCMTDN@forces.gc.ca

Base Administration's Gail Whitcroft

2Lt Jamie Boparai
Base Administration

Gail Whitcroft isn't just your first point of contact at the Base Personnel Selection Office (BPSO). As the Administrative Assistant to the unit, she is the one that ensures your file ends up in the right hands.

One example that showcases her dedication to the military member was during active posting season 2019. A military member was being posted to CFB Trenton and had applied for the Special Commissioning Plan. Whitcroft arranged for an immediate interview so his file would be complete before departure.

Despite the member's posting and subsequent application file transfer to Trenton, she remained the member's point of contact. There was a significant amount of administration involved as the member required a medical waiver approval before selection.

"My favourite part of my job is interacting with members and seeing them be successful. I really enjoy when they return to tell me they succeeded in reaching their goals," she says.

Her connection to the navy runs deep, even though she was never a member herself.

"My husband worked for DND for 36 years at Base Construction Engineering, now called Real Property Operations. He was a carpenter by trade and worked in every building on the base."

Whitcroft was also employed with DND 10 years ago in a casual position before joining Service Canada. She

spent eight years as the Program Service and Delivery Clerk, specializing in finance and accounting. Currently, for the last two years, she has been working at the BPSO and is the only civilian employee.

"The biggest challenge in working with service members is the constant turnover. When new staff arrive they often have their own expectations on how things should be run. You have to be prepared for constant change in my position and just roll with it. This year my team is amazing and I really enjoy working with them."

COVID-19 has brought challenges with how the BPSO runs.

"Our business is largely about occupation transfers for military members. COVID-19 has also impacted the transition services that we provide for members leaving the CAF. We used to run SCAN seminars, but because of the pandemic it is now online. However, for the ill and injured it is better face-to-face."

In-person interviews are limited, with only one person booked at a time. Whitcroft still gets to communicate with members over the phone and through email, but members are not able to enjoy her exceptional in-person service, flexibility, and humour. All of which she considers an essential part of her position.



For 12 years now, she has spent her personal time as a competitive ballroom dancer. She has even represented Canada on the world stage in Spain.

"I received quite a few awards for my dancing over the years. I have a studio full of medals and trophies."

Just before she began dancing competitively, Whitcroft was diagnosed with cancer, and six weeks after recovery her husband was also diagnosed. Thankfully, they are now both cancer-free, which has inspired them to live life to the fullest.

"I will probably retire next year and dedicate my life to ballroom dancing and fitness."

Special ribbon can be worn to honour the Kootenay explosion

Peter Mallett
Staff Writer

A commemorative ribbon can be worn by military members to honour the victims of the HMCS Kootenay disaster.

According to a directive from the navy, it is to be worn in the same location as the poppy, commencing at sunrise and removed at sunset on Oct. 23.

The ribbon is dark blue representing the colours of the navy and features the name of the ship in white capital letters.

Chief Petty Officer First Class Alden Darragh, Base Chief, has a limited number of ribbons available at .50 cents each.

About the Kootenay explosion

A deadly explosion and fire ripped through the Restigouche-Class destroyer off Plymouth, England, on the morning of Oct. 23, 1969, and killed nine sailors. The tragedy is considered the worst peace-time accident in the history of the RCN.

The explosion occurred in the ship's engine room killing six of the nine men who were working there. A board of inquiry on the incident would determine the explosion was caused by the backward installation of bearing shells in the starboard gearbox. The faulty installation disrupted the flow of lubricating oil caused an overheating of a bearing and eventually the ignition of the lubrication oil.



Lest We Forget:

- AB Nelson Murray Galloway
- AB Michael Alan Hardy
- LS Pierre Serge Bourret
- LS Thomas Gordon Crabbe
- LS Gary Wayne Hutton
- PO2 Lewis John Stringer
- PO1 Eric George Harman
- CPO2 William Alfred Boudreau
- CPO1 Vaino Olavi Partanen

Dockyard and Naden Gym update

In an effort to best serve the DND community, we will be making changes to the Naden Athletic Centre and Dockyard Gym access processes effective Monday Oct. 26, namely reservations will no longer be required to workout. There will be a few other changes as noted below.

- ▶ **No reservations required to work out**
- ▶ **No time restrictions on workout period**
- ▶ **Change rooms, lockers and showers will be available – we ask that you still come prepared to complete your workout when available and limit use of these areas**

Notes relating to the changes:

- Each building has a restricted capacity so there may be wait times to access the facility.
- Patrons will need to provide name and phone number upon entering the facility for contact tracing purposes.
- Patrons must respect all facility policies.
- Health screening questions will be asked by the facilities staff upon entrance to the facility.
- Valid ID must be shown to facilities staff.
- Masks must be worn when entering, transiting between workout spaces, change rooms, and exiting the facility.
- Physical distancing must be adhered to at all times.
- Hands must be sanitized or washed upon entry to the facility.
- Patrons are responsible for sanitizing equipment before and after use, with products supplied, this will include lockers and shower knobs.
- Patrons must adhere to individual room / area capacity restrictions as posted.
- Patrons are asked not to congregate or linger in the facility, please conduct your workout and depart the building.
- If you need to talk to a PSP staff member in their office, please respect capacity restrictions and be cognizant of other people in shared offices.
- It is expected that all patrons will respect PSP staff and the directions they provide while in the facility.
- Drop in sports are not available at this time.
- Do not come to the gym if you are feeling unwell.

If you or members of your unit have any questions relating to gym access they can contact the Naden Athletic Centre front desk at 250-363-5677 during operational hours (Mon – Fri 0630 – 1730 hrs) or email pspgymnac@gmail.com

The Westshore Poppy Campaign Committee and Royal Canadian Legion, Prince Edward Branch No. 91, Langford, wish to invite you to:

Volunteer for this year's Poppy Campaign

OCT. 30 - NOV. 11

A successful Poppy Drive provides support and improves life for veterans and their families living in the Western Communities. This can't happen without your help. Anyone can volunteer and the time involved will be just one or two, 2-hour shifts.

If you would like to volunteer, leave your name and phone number at the Branch Office:

250-478-1828 or email jcjaspersen76@gmail.com



VOLUNTEER TODAY - LEST WE FORGET

TO DONATE:

Please make cheque payable to West Shore Poppy Fund, and mail or drop off to: Westshore Poppy Fund Committee, Royal Canadian Legion, Prince Edward Branch No.91, 761 Station Avenue, Victoria, BC, V9B 2W3

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Bravo ZULU

CANFLTPAC HQ Promotions and Presentations

Commodore Angus Topshee, Commander of Canadian Fleet Pacific (CANFLTPAC), presented awards and promotions during the CANFLTPAC Headquarters Promotion and Awards Ceremony on Oct. 8.

Photos by: Sailor First Class (S1) Victoria Loganov, MARPAC Imaging Services



Petty Officer First Class Nicolas Major is promoted to Chief Petty Officer Second Class.



Lieutenant (Navy) Jenna McGrath is awarded the Operational Service Medal – Expedition.



Lieutenant-Commander Craig Newman is awarded the Commander Royal Canadian Navy Commendation.



Lieutenant (Navy) Richard Crowder is awarded the Canadian Joint Operations Command Commendation.



Petty Officer Second Class Jonathan Reilly is awarded the Commander Royal Canadian Navy Commendation.



Sailor First Class Simon Trudeau is awarded the Commander Royal Canadian Navy Commendation.

Bravo ZULU

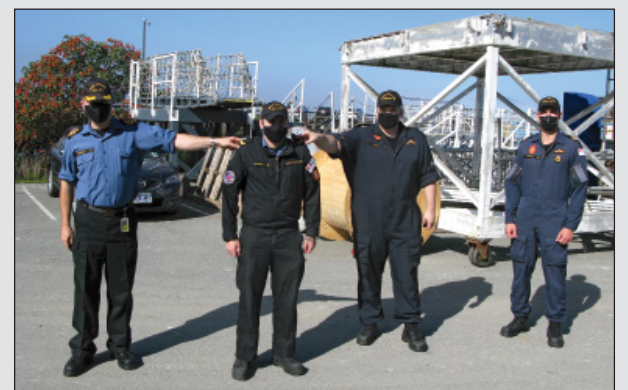
HMCS Victoria Promotions and Presentations



LCdr Simon Bell is presented the Canadian Forces' Decoration by LCdr Eric Isabelle, Commanding Officer HMCS Victoria.



PO2 John Beaton is presented the Canadian Forces' Decoration by LCdr Eric Isabelle, Commanding Officer HMCS Victoria.



S1 Nathan Masseo is promoted to current rank by MS Kraig Halmer, Lt(N) Clark Hubbard and LCdr Isabelle.

Canadian Forces Newspapers Youth Reporter Competition

CFMWS

The Canadian Forces Newspapers Youth Reporter Competition gives young people a unique chance to tell a story in print, online, and on social media with the help of Canadian Forces Newspapers journalists, editors, and photographers.

Youth from military families between the ages of 13 and 18 can participate by writing a story about their life experience being part of the Canadian military community.

It could be something that is relevant to their life, or that of their family and friends, or it could

be something that affects the wider world they live in - but which their own experience or reporting can offer a unique perspective.

The story must be original and about an issue or a personal experience or insight that has not been widely reported about before that reflects the life of the contributor or their friends or family.

Stories will be judged on editorial merit - that means the strength of story, originality, and the personal story or background around it. Judges will be looking for a range of diverse stories from across the military community.

The winner will receive a grand prize package and a scholarship!

Key Dates

Application Deadline: Dec. 31, 2020

Story Idea Selection Committee: Jan. 15, 2021

Selected Youth Writers announced: Jan. 25, 2021

Final article deadline: March 31, 2021

Articles published: May 1, 2021

Readership voting closes: May 31, 2021

Grand Prize Winner Announced: June, 2021

For more information on the contest rules and submission requirements visit: <https://www.cafconnection.ca/National/Get-Involved/Youth-Reporter-Competition.aspx>

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