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## FIRST POPPY PINNED

Sylvia Vink, Poppy Chairman of The Royal Canadian Legion Esquimalt Dockyard Branch 172, pins a poppy on the uniform of Captain (Navy) Sam Sader, Base Commander, at the Chiefs' and Petty Officers' Mess, Oct. 30.

Photo by S1 Victoria Loganov, MARPAC Imaging Services

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Ruwan Samarakoon-Amunugama

# Military cooks discover Sri Lankan cuisine

**Peter Mallett**  
Staff Writer

Military cooks received a tasty tutorial by a former DND civilian employee turned cookbook author last week in the Wardroom kitchen.

With her cookbook *Milk, Spice and Curry Leaves: Hill Country Recipes from the Heart of Sri Lanka* in hand, Ruwan Samarakoon-Amunugama demonstrated how to make traditional Sri Lankan dishes.

"When I decided upon the recipes of curry chicken, yellow rice, and beet root curry, I wanted to have something that chefs could easily prepare whether they were on land or in a ship," said Samarakoon-Amunugama.

Her culinary tutorial was part of a week-long foodie event that promoted Food Diversity Week through different cultural fare.

Her instruction introduced the cooks to the pillars of the island nation's cuisine: coconut milk, rice, and spice, including roasted curry powder.

MS Ryan Eves attended the class and was impressed by the flavour profile.

"When she was finished instructing and cooking everyone got to sample the food. It tasted completely different than the seasonings and spices in curries any of us had tried before," said MS Eves. "I think that adding Sri Lankan cuisine to our menu is a welcome change for our chefs and will provide a morale boost for our regular customers who are

looking to try something different."

Her cookbook features 60 of her favourite family recipes.

The recipes were inherited from her mother and passed down by her grandmother.

"One unique aspect of Sri Lankan curry is they have a dark roasted curry powder that is very different than the curries you will find in India. It is one of the main ingredients that makes our cuisine unique because it's aromatic and has complex flavours."

Samarakoon-Amunugama spent 10 years at DND as a senior communications advisor at a Public Affairs Office in Vancouver between 2009 and 2018. She worked with MARPAC on diversity initiatives such as the Advisory Council on Diversity to Joint Task Force (Pacific).

"MARPAAC is very dedicated to the concept of diversity initiatives and the idea of me presenting a cooking lesson to the navy arose," said Samarakoon-Amunugama. "It seemed to me like an exciting opportunity for base and fleet chefs to learn and experience new cuisine and add it to their menus."

Her cookbook is available for purchase on Amazon.





# matters of OPINION

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## WHAT SAY WE

# What is a cenotaph?

## MCpl (Retired) Doug Hearn

Cenotaphs began to appear in Canadian cities, towns, and villages following the First World War.

Their reason for being created was due to about 60,000 of our countrymen dying during this conflict with almost all of them being buried in the country they were killed.

Some were completely gone, missing without a trace as the war literally ate them up.

These women and men that died left countless grieving families and friends without any symbol of remembrance. No gravesites to leave flowers at and no headstone to weep over.

Thus, there was a need for the cenotaph, a communal pseudo-grave site as a place to grieve and remember. A place where a veteran perhaps thanked a fallen comrade for saving him or cursed himself for letting

someone take his place.

The Second World War saw another 40,000 Canadians die and the number of countries containing Canadian war dead increased to encompass the entire planet. Korea added 500 or so more, all buried in either South Korea or Japan.

The policy of not repatriating our war dead continued until the mid-1970s, meaning we have peacekeepers buried in the same cemeteries as the war dead from the First World War.

Time has gone on for us living and the numbers of those touched by war reduced over time. Now we owe it to these brave women and men to honour them at least once a year at the symbolic headstone that is a cenotaph.

*Editor's Note:* This year, the public is being asked to stay home on Nov. 11 and privately remember our military community.



## Honoured Veterans,

November 11th is a hallowed day marked in the hearts of Canadian Armed Forces members across the country. It is our chance to pay homage to veterans, such as yourself, who gave so much in their service to Canada.

This Remembrance Day will be recognized differently than in year's past; you will not see many uniformed members standing shoulder-to-shoulder at cenotaphs in our surrounding communities due to the COVID-19 pandemic. But know that each member of CFB Esquimalt will spend the day in reverence, regardless of where they pay their respects.

This year we commemorated the 75th anniversary of the end of the Second World War, a battle that raged for six terrible years and saw over one million brave Canadians serve across the world. For sailors, this year also marks the 75th anniversary of the victory of the Battle of the Atlantic, the longest campaign of that war. During the conflict, 70,000 allied sailors, merchant mariners, and airmen lost their lives at sea, including 4,600 brave Canadians.

In an effort to keep our veterans and community members safe, and to preserve the health and safety of our Forces members, we will spend November 11th observing Remembrance Day remotely and thinking about our esteemed veterans. Although we will not be with you, you will be with us, as we hold you in our thoughts with gratitude for your service and for the ultimate sacrifice of those we lost.

We will never take for granted the hard-earned freedom for which you fought as we continue to maintain the peace and security you so valiantly won.

On this Remembrance Day, and all days, I thank you for your service. Lest we forget.

Yours truly,

**S. Sader**  
Captain (N)  
Commander CFB Esquimalt



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# WARSHIP DEPARTS FOR DRUG INTERDICTION MISSION

**National Defence / Canadian Armed Forces**

HMCS *Summerside* departed Halifax Oct. 26 for Operation Caribe, Canada's contribution to Campaign Martillo – the multinational campaign against transnational criminal organizations in the Caribbean Sea and eastern Pacific Ocean.

This is the 14th year the Canadian Armed Forces (CAF) has conducted Operation Caribe, working with Western Hemisphere and European partners to address security challenges in the region by deterring criminal activity and disrupting illicit trafficking operations.

As part of Operation Caribe, the Royal Canadian Navy deploys a periodic rotation of warships from both the east and west coasts, while the Royal Canadian Air Force provides CP-140 Aurora aircraft from long-range patrol squadrons.

Deploying from Halifax, NS, *Summerside* will be working with the United States Coast Guard and the United States Navy to find and track vessels of interest in the Caribbean Basin. The USCG law enforcement detachments (LEDET) then approach and intercept them, before boarding and inspecting the ship and cargo.

Since 2006, the navy and the air force have been credited with supporting the seizure or disruption of approximately 105 metric tonnes of cocaine and more than 6.7 metric tonnes of marijuana.

Each member of the crew in *Summerside* has undergone a 14-day sequestration prior to their departure for this mission in order to minimize the risk of transmission of COVID-19.



The Chief and Petty Officers' Mess at CFB Esquimalt will be closed on November 11th, 2020.



There will be no reception hosted by Esquimalt Dockyard Branch 172 due to the ongoing COVID 19 pandemic provincial restrictions and CFB Esquimalt's closure policy to visitors.

Please remain safe and healthy this Remembrance Day. We hope to resume our commemorative reception in 2021.

Regards,

Chief and Petty Officers' Mess Executive and Esquimalt Dockyard Branch 172 Executive



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# HMCS WINNIPEG WEEK IN REVIEW

## OCTOBER 19-25

Photos by S1 Valerie LeClair, MARPAC Imaging Services



**Highlights:**

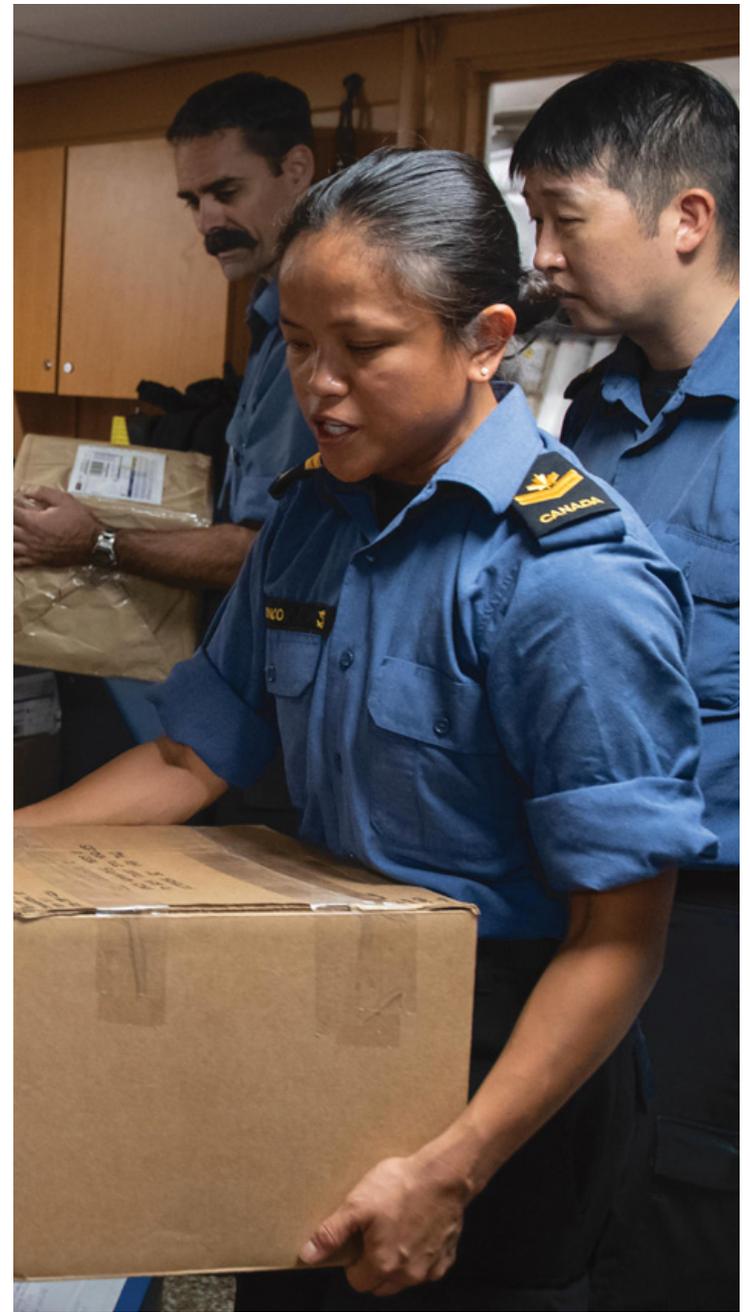
Arrived and then departed Sasebo, Japan.  
Started Exercise Keen Sword with a pre-exercise Replenishment-at-Sea (RAS) with USNS Tippecanoe.  
Finished casting votes in B.C.'s election.  
Replenishment-at-Sea with USNS Charles Drew prior to coming alongside in Sasebo, Japan.

**Just for fun:**

Congratulations to the Marine Systems Engineering team who won the Bison Mug hockey tournament!  
Halloween costume and Scary-o-kee event on the flight deck!



Commander Michael Stefanson, Commanding Officer, gives advice to a Sub-Lieutenant Alex Castagna. Having observed a quarantine period prior to deployment, crewmembers do not wear masks in the normal course of their duties unless they are interacting with members of the public during port visits.



A much anticipated mail delivery meets the crew in Sasebo, Japan.



Chief Petty Officer First Class Pascal Harel, Coxswain, and LCdr Amber Comisso, Executive Officer, pose for a picture wearing their handmade Halloween costumes.



HMCS Winnipeg participates in a Replenishment-at-Sea with USNS Tippecanoe.



Congratulations to the winners of this year's Bison Mug: the Marine Systems Engineering team.



Sailor Second Class Chad Deman participates in a Replenishment-at-Sea with USNS Charles Drew.

# Military members receive virtual health care option

**Peter Mallett**  
Staff Writer

A new digital health care application launches today at CFB Esquimalt and will add secure, discreet clinical video encounters for military members.

The downloadable mobile application entitled 'REACT' is an effort by Canadian Forces Health Services Centre (Pacific) to improve existing doctor-patient virtual care.

REACT will be used locally at CFB Esquimalt and CFB Borden, with plans to make the application available across the Canadian Armed Forces in the future. Both Mental Health and Primary Care clinicians will use REACT as part of its virtual care initiative to reduce in-person encounters during the COVID-19 pandemic.

The rollout of the encrypted and secure digital application came on the heels of last week's Canadian Patient Safety Week (Oct. 26 to 30) by the CF H Services Group. The overall aim of REACT falls in line with the mandate to expand virtual care options to ensure military members have access to the best health care possible, said MGen Marc Bilodeau, CAF Surgeon General.

"The dispersed posture we have been forced to adopt since the beginning of the pandemic has required the CAF health care team to rapidly learn to incorporate different means of communication into how we work with members to improve their health," he said. "This expanded virtual care capability is here to stay."

After booking virtual care appointments through their designated Integrated Health Care Team, Esquimalt-based members will receive an email detailing how to connect to REACT. The application takes approximately 15 minutes to set up and can be used directly through the desktop version from the Google Chrome Web Browser or REACT's app that can be downloaded to mobile devices. Connection to the service is much better on Wi Fi then cellular data.

LCdr Ian Kirby, CF H Svcs (P) Base Surgeon and Medical Director, has been working with CF H Svcs Group staff and local Base Information Services (BIS) for the past six months to fine tune and tweak REACT for use.

"The key is to download and fully understand the process it involves ahead of your first appointment," says LCdr Kirby. "All you need is a basic understanding of this app before you use it; it really isn't more complicated than other popular programs such as Zoom or Facetime."

An internal memo from CF H Svcs (P) advises members to dress appropriately for their appointments and use a quiet, confidential location. Appointments are considered a parade and missed appointments will be marked as a 'No Show' and the member's chain of command will be advised.

The eventual expansion of virtual care options to members across the country means they will have access to video, email, and telephone appointments as potential options, says Captain Leigh Pinard, National Patient Safety Officer of the CF H Svcs Group.

Capt Pinard noted there are other benefits to REACT including convenience, flexible schedules, less time away from work, no requirement to travel, and no risk of potential exposure to COVID-19 and other contagious viruses.

REACT also allows health care teams to work from home. The ability to work remotely mitigates the impact of any potential COVID-19 outbreak in CAF health clinics. It gives the health care team a workable fallback plan in cases when in-person appointments aren't possible, says LCdr Kirby.

"In the end, our biggest concern is ensuring the patient still gets the quality experience with their clinician that they would get in person," he said.

- A Youtube video - <https://youtu.be/2lXajrgvcDI> - is available to help users become familiar with REACT and how to use it.
- For more information on how to make the most of your virtual care appointments visit the Canadian Patient Safety Institute webpage <https://www.patientsafetyinstitute.ca/en/Events/Conquer-Silence/Pages/default.aspx>
- Primary Care and Mental Health Care appointment booking can also be done online through the following Integrated Health Team (IHT) phone or email addresses: IHT-1: 3-4120, e-mail: CDU1Admin@forces.gc.ca; IHT-2: 3-5641, e-mail: CDU2Admin@forces.gc.ca; IHT-3: 3-5646, e-mail: ESQCFHSvcsC-CDU3Admin@forces.gc.ca
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—Thomas Dunn English



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# 11.11.20

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PRINCE EDWARD BRANCH #91

# NAVY RECRUITS GRADUATE FROM WEST COAST BMQ

**Peter Mallett**  
Staff Writer

The isolation bubble is broken and the West Coast's first set of De-centralized Basic Military Qualification (BMQ) recruits are on their way to trades training.

On Friday Oct. 23, 34 Sailor Third Class recruits graduated after completing 10 weeks of training inside a restricted access cohort to keep them healthy and safe while training in the current COVID-19 environment.

Recruits were presented their graduation certificates by Cdr Annick Fortin, Naval Fleet School (Pacific) Commandant, in a physically distanced graduation ceremony at Work Point's Nixon Building.

"I am very proud of all of the candidates and the staff. All those involved in this qualification process did an excellent job," said Cdr Fortin. "There were lots of sacrifices made along the way by the staff to make this a success."

Since family and friends were not permitted to attend, the event was streamed live on Facebook.

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

BMQs were developed and conducted on the East and West Coasts under the leadership of Commander Naval Personnel and Training Group in order to fulfill personnel requirements of the Fleet, while also easing the pressure on the Canadian Forces Leadership and Recruit School as training resumed once the initial shutdown in response to the pandemic was eased. The Leadership and Recruit School normally trains Army and Air Force personnel in addition to members of the Navy.

De-centralized BMQs are an innovative measure designed to deliver Regular Force BMQ serials for the navy in a safe, carefully planned, deliberate manner abiding by directed protective health measures.

The Royal Canadian Navy's newest sailors will soon start more specialized training in a variety of naval trades.

"I now have a great opportunity to move forward in my training. Successfully completing basic training was a big first hurdle to overcome," said S3(R) Zackary Diletti, who is from Smithville, Ont. The 28-year-old said the one thing he missed the most during training was his sheppard-collie mix puppy Caboose.

S3(R) Arianna Shields-Gaetz of Grand Prairie, Alta., said pulling together as a team with the other recruits was key to the learning process and their graduation.

"I am extremely proud of this accomplishment and to be able to wear the Canadian [military] uniform. My goal now is to keep pushing forward."

She celebrated her 22 birthday during BMQ, and missed spending the day with her father. Instead, she led the recruits in 22 squats for each year of her life.

Cdr Fortin noted that several stakeholders from across the Formation need to be thanked for their support in making the BMQ successful here at CFB Esquimalt. They 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 the Personnel Coordination Centre.

BMQ graduate  
S3(R) Arianna Shields-Gaetz.



BMQ graduate  
S3(R) Zackary Diletti.



Graduates of Basic Military Qualification R0236E present arms during their Graduation Ceremony at the Nixon Gym in Work Point on Oct. 23. Photo by S1 Sisi Xu, MARPAC Imaging Services

## Canada's Naval Memorial

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Photo Credit: Top Left - John M. Horton, CSMA, FCA, Top Right - CNMT

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# Military launches comprehensive sexual misconduct response strategy



## National Defence / Canadian Armed Forces

The Canadian Armed Forces (CAF) is striving to create an environment free from sexual misconduct, where all people are treated with dignity and respect.

Within the organization it has been made it clear that any form of sexual misconduct within the ranks is unacceptable. It harms people, jeopardizes operational effectiveness, and is inconsistent with CAF/DND values and ethical principles.

Last week, the CAF released The Path to Dignity and Respect: The CAF Sexual Misconduct Response Strategy. This comprehensive strategy focuses on aligning organizational culture to prevent and address sexual misconduct and improve support for affected persons.

It provides an in-depth analysis of CAF culture and identifies what aspects the CAF must eliminate, change, or strengthen to address sexual misconduct. It also establishes a prevention-based implementation plan and a performance measurement framework to ensure continuous evaluation and improvement.

The strategy expands Operation Honour into a holistic and sustained institutional effort designed to align behaviors and attitudes of CAF personnel with the principles and values of the profession of arms in Canada. As part of the strategy, the CAF is

refocusing the Operation Honour mission. Moving forward, while always working to eliminate harmful behaviours, the mission will focus on ensuring personnel never minimize, ignore, or excuse sexual misconduct, which is key to building a safer work environment and trust among personnel and the chain of command.

The strategy builds on the CAF initiatives already underway through Operation Honour and coordinates with existing complementary strategies and programs. It is shaped by research and informed by evidence and subject matter experts, including the Sexual Misconduct Response Centre.

The strategy also reflects recommendations received from the Auditor General of Canada and parliamentary committees, as well as recommendations from the external review conducted in 2015 by former Supreme Court Justice Marie Deschamps, which the Defence Team committed to fully implementing in Canada's defence policy, Strong, Secure and Engaged.

The strategy is intended to be an evergreen document and the CAF welcomes all feedback. Comments and suggestions will be considered as part of a planned annual review and update process, which the CAF will use to incorporate feedback, as well as lessons learned, into the strategy on an ongoing basis.

Individuals who wish to contribute to the strategy, can submit their views and ideas via the Operation Honour website.

## MyPoppy.ca Digital Poppy Campaign

The Royal Canadian Legion has launched the MyPoppy.ca Digital Poppy Campaign for 2020.

When you donate to the Campaign, you can personalize a digital poppy honouring someone or chose the We Remember option to honour all who have served.

The digital poppy can be posted to your social media to commemorate Veteran's week and Remembrance Day.



To support Veterans and their families through this campaign, simply donate at

**MyPoppy.ca**

## PROFILE

# Meet Base Administration's SLt Walker

**2Lt Jamie Boparai**  
Base Administration

Chance and a gentle nudge from a friend led Sub-Lieutenant Megan Walker to join the Canadian Armed Forces.

While attending the University of Victoria a few years ago, a friend, also a service member, described his military career, making it sound so enticing it piqued her interest.

With the country being deeply embedded in a recession at the time, and despite her degree in history and political science, job opportunities were scarce.

Looking for an adventure, she trekked down to the Fort Street recruiting centre with the navy in mind.

"I love being around water and boats. My father always took me to boat shows when I was young, so the navy just seemed like the right fit for me. My grandfather also served in the Canadian Navy on an escort ship during the Battle of the Atlantic in World War Two."

The journey to her current posting as Base Administration Coxswain's Administrative Assistant started in 2015 as a Naval Warfare Officer (NWO). But she soon realized her skills were best suited to logistics.

"I had some exciting experiences as an NWO but I felt that the Logistic Branch better suited my personal attributes and skills. I am really good at paperwork, networking, and multitasking."

A month ago her transfer was approved. She will remain in her current job until she starts her Logistics trades training.

"All of my military and personal expertise is helping me become successful in this position. I am learning to manage priority projects for the Coxswain and the Executive Officer, such as updating the Base Administration Standing Orders."

Right now she is helping organize Remembrance Day ceremonies throughout Vancouver Island, albeit a much different service than past years due to the pandemic.

"I enjoy planning and organizing events and operations. I hope to do so on the ships when my trades training is complete."

She is eager to learn how to support the procurement and transport of supplies such as food and fuel during deployments.



We salute all those who have served and continue to serve

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# Marine Technician Graduation - QL5A 0039

Lieutenant Commander Chris Maier, Executive Officer Naval Pacific Fleet School, presented certificates during the Marine Technician course QL5A 0039 graduation ceremony on Oct. 15.

Photos by S1 Laffèche, NFS (P)



S1 Beliveau receives a Certificate of Completion.



S1 Caci receives a certificate of Completion.



S1 Deschamps-St-Cyr receives a Certificate of Completion.



S1 Dionisio receives a Certificate of Completion.



S1 King receives a Certificate of Completion.



S1 Klooster receives a Certificate of Completion.



S1 Gaetz receives a Certificate of Completion.



S1 Mason receives a Certificate of Completion.



# Marine Technician Graduation QL5A 0039 continued



S1 Rivera receives a Certificate of Completion.



S1 Srisamer receives a Certificate of Completion.



S1 Weber receives a Certificate of Completion.



S1 Weber receives the Top Student Award.



S1 Whiteway receives a Certificate of Completion.



S1 Wynne receives a Certificate of Completion.



S1 Steward receives a Certificate of Completion.



S1 Chung receives a Certificate of Completion.

# Bravo ZULU

## Marine Technician Graduation US QAB 0003

LCdr Maier, Executive Officer Naval Pacific Fleet School, presented certificates during the Marine Technician course US QAB 0003 ceremony on Sept. 23.

Photos by S1 Laffèche, NFS (P)



S1 Barazzvol receives a Certificate of Completion.



S1 Brown receives a Certificate of Completion



S1 Woods receives a Certificate of Completion.



S2 Chan receives the Top Student Award.



S2 Chan receives a Certificate of Completion.



S2 Comben receives a Certificate of Completion.



S2 Hopkins receives a Certificate of Completion.



S2 Rich receives a Certificate of Completion.

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# HARBOUR TOSS

of Commodore Topshee!



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**TOSS DATE: THURSDAY NOV. 16**

Contact [Andrew.Lauzon@forces.gc.ca](mailto:Andrew.Lauzon@forces.gc.ca) for more details.



## Naval Personnel and Training Group

Susan Schenkers, Naval Personnel and Training Group's Procurement Manager, was presented the Commander's coin by Captain (Navy) Jason Boyd, Commander NPTG, on Oct. 27 in recognition of her dedication and support of her colleagues while serving as a volunteer with the Employee Assistance Program. Her efforts in establishing and managing NPTG's procurement cell was also recognized during the presentation.

Photo by Cherry-Ann Balcombe, NPTG

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