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# colourful crossing

Photo by Able Seaman D. Davis

PCT Renard leaves Ganges harbour with sailors from Naval Reserve Divisions HMCS Malahat, HMCS Tecumseh and HMCS Nonsuch, who are currently conducting seamanship and navigation training.



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# NEW FLOATS FOR SMALL BOATS

**Peter Mallett**  
Staff Writer

**C**ONSTRUCTION of three small boat jetties located near the southeastern end of Esquimalt Harbour in dockyard is entering its fourth and final phase.

Once completed in 2021, the small boat floats will be the berthing place for the eight Orca-class vessels of the Patrol Craft Training Unit, and tugboats and auxiliary vessels operated by the Queen's Harbour Master (QHM).

The jetties, ranging in length of 156 to 162 metres, will be built on the shoreline of Constance Cove, with one jetty being near the Hood Building and the other two north of that.

The design-bid-build project is being overseen by Defence Construction Canada (DCC).

"We are excited to see this project approaching its final stages," said Angie Zemanek, Coordinator, Professional Services Contracts with DCC. "Once completed, it will provide the defence com-

munity with modernized and expanded infrastructure to accommodate the needs of the current and future fleet of the small vessels of the Royal Canadian Navy."

The construction of this fourth phase is being done by Pomerleau Inc.

The jetty project has been in the works since 2005 which coincided with the construction period of the Orca vessels.

Currently, the Orcas are berthed near D Jetty on the Colwood-side of the base. QHM vessels reside at the current ML floats in the waters adjacent to Transport Road near Fleet Maintenance Facility (FMF) Cape Breton. When the project is complete, they will make a short 500 metre move to the northeast to the new jetties.

Preparation for the project started in 2017 with dredging of the basin, also part of the Harbour Remediation Project.

The second phase was construction of two of three float modules. That work was completed by dock builders Blue Water Systems Inc. of Vancouver. The modules were



A bubble curtain is activated in Esquimalt Harbour just prior to a marine blast on Sept. 13. The work is being done to make way for a new small boats jetty in Dockyard.

towed to their temporary storage location at Colwood's D Jetty by tugboat. The third jetty will consist of modules already constructed and in use by the Orcas at D jetty.

Phase three was completed in 2018 with the installation of abutment structures in Constance Cove that will allow for ramps to the jetties and trestles to the shore. A concrete walkway at the rear of the Hood Building was widened in anticipation of foot traffic to the


new floats.

Before the final assembly of the jetty modules, approximately 13,000 cubic metres of submerged rock in the vicinity of Village Rocks must be blasted away. Dynamite is used to achieve the required depth of 7.0 metres Chart Datum. Crews have already completed 14 blasts but have paused due to Department of Oceans and Fisheries environmental regulations. Between Oct. 1 and Dec. 1 each year, blasting in the har-


bour must stop to protect marine life and their seasonal migration patterns.

"Members of the construction project have notified defence team members in the immediate proximity that marine blasting operations will resume on Dec. 1," said Zemanek.

The final phase will be completed once the floats are assembled and land work such as landscaping, drainage, and paving are concluded.



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# Employment opportunities galore

## Component transfers

Photo by Leading Seaman Victoria Loganov

### DND

The Royal Canadian Navy (RCN) team consists of three distinct workforces: Regular Force, Reserve Force and civilian that work together to deliver maritime effect for the Government of Canada.

While the Canadian Armed Forces and the RCN are evolving to more closely integrate these three components, each will always afford the nation with unique and specific capabilities.

As part of this evolution, the RCN is creating a Primary Reserve component for each of its managed occupations. This will enable employment and career progression, on a part-time basis, in every naval occupation.

Some occupations will be structured to allow direct entry for civilians and some, such as Marine Systems Engineering and Naval Combat Systems Engineering, will only allow Component Transfer from the Regular Force following attainment of the Operationally Functional Point (OFP).

Regardless, for many people, the Naval Reserve will offer an opportunity to continue to serve Canada in a military role but with a reduced and more flexible com-

mitment of time. For those qualified sailors who can commit time, employment opportunities exist across the fleet and the institution in part-time, short-term and longer-term employment.

Beyond the ability to continue to serve with increased flexibility of employment, there are many other benefits to transferring to the Naval Reserve. More senior members, considering release to capitalise on their annuity benefit, who still desire to contribute and who have occupational knowledge and skills are encouraged to contact their local Naval Reserve Division to explore continued service options. They could benefit from the more flexible employment opportunities while providing leadership and skills developed over a career to a growing and operationally enhanced Naval Reserve.

Service within the Naval Reserve not only affords the employment and geographic stability some people desire, it also delivers the benefits of stability, pension considerations, medical and dental benefits, and educational reimbursement that members seek when considering employment options beyond the Regular Force.

If you wish to transfer to the

Naval Reserve, then request the transfer through your release centre. If you still desire challenge, if you still desire comradeship of shipmates, if you still want to serve the country, then look no further than the Naval Reserve.

Contact your local Naval Reserve Divisions or Director Naval Personnel and Training Reserve Occupation Management <http://rcn-mrc.mil.ca/en/director-naval-personnel-training-3.page> (CPO2 Gourlay, CPO2 Dionne, or CPO2 Gagnon) for further information, or visit <http://armyapp.forces.gc.ca/reo-oer/en/MARCOM.aspx> for employment opportunities.

### Component Transfer – Reserve Force to Regular Force Employment Opportunities

The Naval Reserve has always been a valued and valuable component of the RCN. Historically, the Naval Reserve has generated highly skilled and dedicated officers and sailors who have consistently contributed to the challenge of delivering maritime effect for the Government of Canada.

The Component Transfer process is an important part of maintaining continuity and delivering a

stronger and more versatile RCN. The RCN's Regular Force component relies on its relationship with the Naval Reserve to provide skilled and semi-skilled sailors and officers to its Trained Effective Strength. Many reservists have transferred to the Regular Force and the majority of these continue to enjoy exciting careers, gain experience, and build relationships that are a benefit beyond service.

The unique relationship with the Naval Reserve affords the RCN the opportunity to employ people who clearly understand the navy, who already have some or all the required training and who want to commit more to the nation.

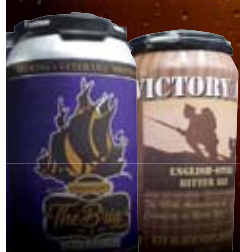
The RCN invites all NAVRES

members who are Ready to Help, Ready to Lead and Ready to Fight, to formalize that intent by submitting a Component Transfer request through the In-Service Selection process. The manager of your occupation will work with you and CMP to manage your transfer, conduct any Prior Learning Assessment and align your experiences, qualifications and training to employment opportunities. To increase the probability of a rapid and seamless transfer, ensure your medical and Force Test remains valid and direct any questions to your Occupation Manager, D Nav P&T 3 or visit <http://rcn-mrc.mil.ca/en/director-naval-personnel-training-3.page>

*While the Canadian Armed Forces and the RCN are evolving to more closely integrate these three components, each will always afford the nation with unique and specific capabilities.*

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## WHAT SAY WE

# Message from the Champion for Gender and Diversity

## TRANSGENDERED DAY OF REMEMBRANCE

As your Champion for Gender and Diversity for Operations, I encourage you all to learn about Transgender Day of Remembrance which took place on Nov. 20.

The Transgender Day of Remembrance was first observed in 1999 as a vigil to honor the memory of Rita Hester, an American transgender woman murdered in 1998.

It is now recognized annually to remember those who have lost their lives as a result of gender-based and transphobic violence and to draw attention to the violence LGBTQ2 communities still endure today.

Around the world, candlelight vigils, church services, marches, art shows and other commemorative events are held. At these venues, the names of those lost within the last year are read.

Our Defence Team strives to create an inclusive work environment that is free from harassment and discrimination; it is a respon-

sibility of every Defence Team member.

Our core values, set out in the Defence Team code of ethics, include a commitment to respect the dignity of all persons. At the same time, we need to own that we have not always been open to, or supportive of those in our Defence Team who are transgender.

We are learning from our past and I am proud that we are taking steps to better support our transgender members. We have initiatives such as the Positive Space Program that fosters the creation of safe and inclusive work environments for everyone, regardless of sexual orientation, gender identity, or gender expression.

In March of this year, the Canadian Armed Forces (CAF) also released an internal, revised version of instructions for commanding officers to foster respect and inclusion, and end discrimination. This new policy stresses that every CAF member has the right to

define their own gender identity and work in an environment free from harassment and discrimination.

I encourage everyone to learn more about these initiatives and how you can contribute to a healthy, safe and inclusive culture. I would also like to take this opportunity to invite Defence Team members to learn more about the proper terminology by visiting GLAAD.org Glossary of Terms – Transgender. This resource is highly informative and provides readers a list of terms to avoid, as well as respectful alternatives.

The Defence Team supports all its members, civilian and military, who are proud to serve a country that stands as a global leader on human rights issues and is committed to fostering safety, diversity, and inclusion for all.

**RAdm Luc Cassivi**  
Co-Champion for Gender and Diversity for Operations

## WHAT SAY YOU

# People Talk

On Nov. 20 the National Defence Workplace Charitable Campaign (NDWCC) held its first-ever Bring Your Dog to Work fundraiser. Lookout asked participants:

*What would your dog say about you if they could speak?*



My dog Goose is a four-year-old mixed breed and I'm certain if he could talk he would tell me he is upset with me about some of the more adventurous hikes I take him on, and some of the places we go because some of these outings are too long and too rough. I took him snowshoeing last year and he had little boots on to protect his feet, but I could instantly tell he was not too happy about this. Overall, I think he would say I really enjoy doing things with him, he's my outdoor buddy, but please Mike, pace yourself.

**LS Michael Shoemith,**  
Fleet Maintenance Facility



My dog Mia is a very excited 11-year-old Border Collie, Lab and German shepherd mix. If she could speak to me she would say let's go for a walk, and I wish we could do this more often and I wish you were home with me more to give me a belly rub. I think she would also say, thanks for taking me with you to work today.

**Capt Gordon Keyser,**  
NDWCC Co-ordinator



My dog's name is Boss, he is a cross-breed rescue pup from Texas. I think if he was able to talk he would tell me I love it when you cuddle with me especially on cold nights and I love to play because it makes me feel so happy and safe.

**Lt(N) Liz Mohammed,**  
MARPAQ HQ Finance (N8)



My dog Scotia is a one-year-old German shepherd who is full of energy. If she was able to speak I think she would say I wish you would let me play and run around with my friends in the neighbourhood more often.

**Lt(N) Celeste Niedzielski,**  
Canadian Fleet Pacific



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Volunteers from the base and across Victoria pitched in on the latest Radical Renovation on behalf of local charity HeroWork at Peers Victoria Resource Society. Photos by John W.Penner, John's Photography

**Peter Mallett**  
Staff Writer

Volunteers from the base are again being hailed for their 'HeroWork', performing renovation work on a building that houses a charitable organization in Esquimalt.

Over a five-week period, from Oct. 13 to Nov. 17, 45 military personnel from the base grabbed their tool belts and demolition gear and helped local charity HeroWork and its latest 'Radical Renovation' project at Peers (Prostitutes Empowerment Education and Resource Society).

Peers is a non-profit that supports workers in the sex trade industry and those who wish to leave it with day-to-day needs including housing, medical assis-

stance, financial support, advocacy, social justice, and non-judgemental support.

Multiple units pitched in with other volunteers from the community to perform \$625,000 worth of improvements at the Fairview Road charity in Esquimalt. Building supplies, equipment, and other costs are paid for through charitable donations including a \$10,000 donation from Canadian Forces Morale and Welfare Services charity Boomer's Legacy, a frequent donor to HeroWork's many projects.

The historic relationship between the Canadian Armed Forces, the base, and HeroWork dates back to the charity's founding in 2010. Since its inception, HeroWork has performed over \$5 million worth of renovations, but the continued and consistent

efforts by both military and civilian staff from CFB Esquimalt along with military veterans from the area has been crucial for success of the projects, says Paul Latour, HeroWork CEO.

"It's a terrific partnership that helps us rebuild community buildings," said Latour. "Volunteers from CFB Esquimalt are an integral piece to solving the puzzle of our ability to put these programs on because they bring the people, the experience, organization, and coordination that is second to none. When they show up we know stuff is going to get done."

Work completed at Peers includes a new kitchen, a teaching space, a new shower area, main staircase, dining area, a clothing bank, upgrades to electrical and plumbing, harm reduction resources, accommodations,

counselling space, and the building's outdoor space. On Nov. 23, HeroWork held their curtain-raiser event called a Big Reveal, where they celebrated their handy work performed in their latest project.

Base Logistics was one of multiple units that took part in the renovation, assigning four mid-week work crews to accelerate the project forward and prepare for the arrival of weekend work crews.

Lieutenant Commander Dan Saunders, Base Logistics Executive Officer, was one of 14 members of his unit to volunteer and congratulated his staff for their efforts.

"It's an excellent opportunity for the Defence Team to be involved in these projects because it allows us to connect directly with our community, often helping groups in the most need. It also builds

esprit de corps within our team, getting people off the base and working together in a very rewarding event," said LCdr Saunders. "Our Commanding Officer, Cdr Cynthia Smith, and the Base Commander, Capt(N) Sam Sader, are very supportive in encouraging people from our unit and those across the base to participate in initiatives like this."

There is little time for Latour and HeroWork volunteers to take a breather before their next initiative. They are currently finalizing the details for the rebuilding of a Single Mom's Transition Centre beginning in the spring of 2020.

For more information about HeroWork, how to get involved as a volunteer or make a monetary or material donation of supplies visit their website <http://www.herowork.com>

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MCpl Manuela Berger, Formation Imaging Services Halifax  
 The future HMCS Margaret Brooke was successfully launched on Sunday, Nov. 20, in Halifax, NS. The ship is the second of the Harry DeWolf class, known as the Arctic and Offshore Patrol Ships.

# HMCS MARGARET BROOKE IS LAUNCHED

## Courtesy Maple Leaf

Canada's second Arctic and Offshore Patrol Ship (AOPS), the future HMCS Margaret Brooke, was successfully launched in Halifax. The launch marked the first time the ship was put in water.

The ship will be berthed alongside the Halifax Shipyard until its remaining construction work is completed.

Designated the Harry DeWolf-class, these ships were designed with a thick and robust hull that will allow them to operate in up to 120 cm of first-year sea ice. The ships will also be able to operate with

a Cyclone helicopter and embark small vehicles, deployable boats, and cargo containers, which will support expanded Royal Canadian Navy surveillance activities and operations while patrolling Canada's three coasts.

The construction of these new AOPS is essential for supporting Canadian Armed Forces operations at home, and abroad, and will provide greater capability to patrol in the Arctic. Work to finalize the construction of the future HMCS Margaret Brooke is ongoing, and an official naming ceremony is being planned for 2020. The ship is expected to be in full service in 2021.

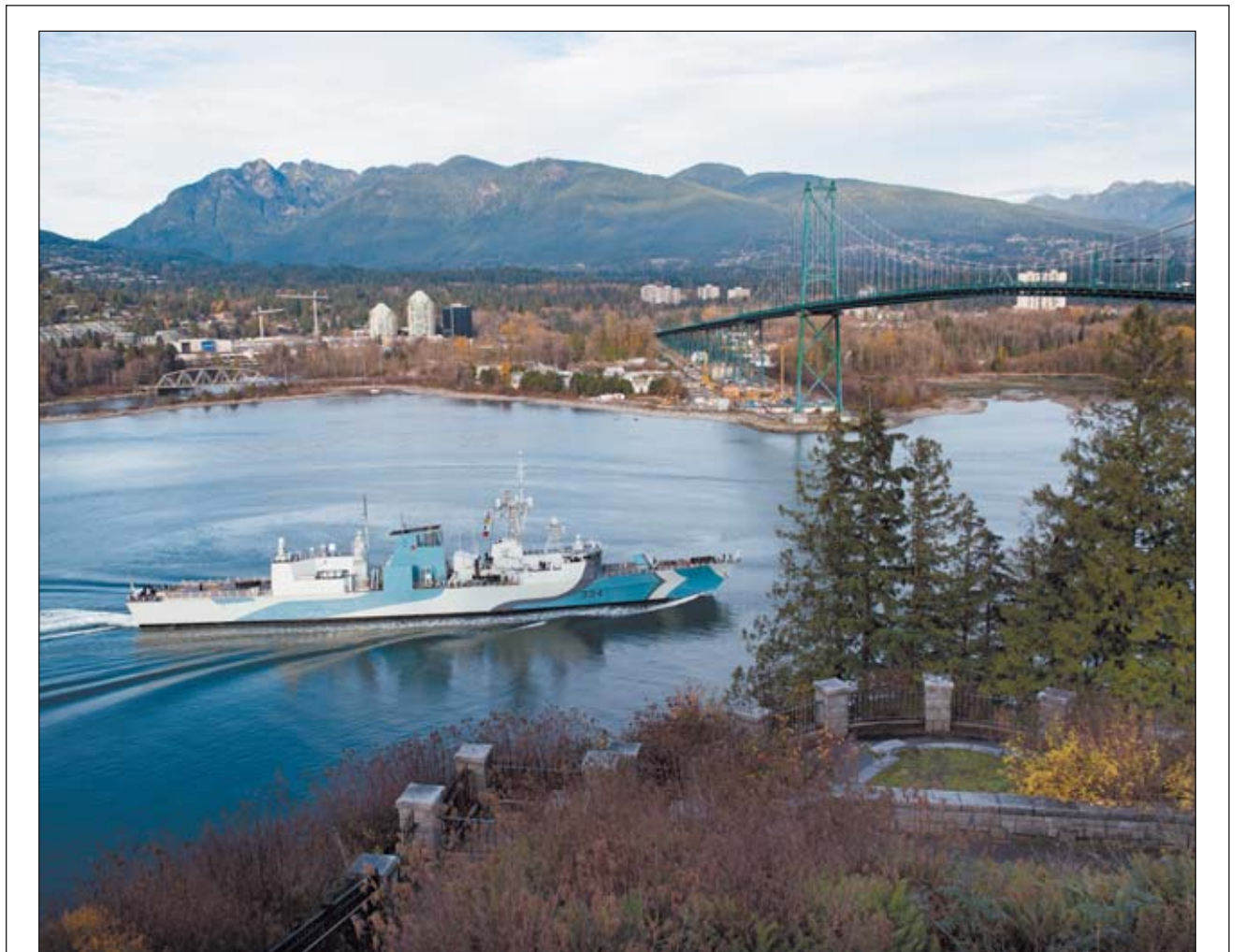


Photo by Cpl Jay Naples, MARPAC Imaging Services

HMCS Regina passes under the Lions Gate Bridge en route to north Vancouver. The ship made a brief stop in the midst of the Fleet Navigating Officer course and attended the Nov. 14 Canucks military appreciation hockey game.

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Applicants and commanding officers must also be aware that upon completion of the CACI course, successful personnel will be required, on an ongoing basis, to support delivery of CAC training in order to maintain their qualification.

Interested CAF members should contact CAC Recruiting at CAC.Recruiting@forces.gc.ca. Applications will be accepted until Dec. 13.



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The International Military Pilgrimage to Lourdes, France will be held May 15-17, 2020. Over 12,000 military members from over 40 countries will be represented. Canada has sent a delegation of pilgrims to this event for many years.

The International Military Pilgrimage is an ecumenical and interfaith event. CAF members and veterans (Regular Force and Reservists) are welcome to attend whether healthy, wounded, ill or injured. Those who are motivated by a personal spirituality to participate are encouraged to apply.

In recognition of the sacrifice of Canada and other nations during both World Wars and recent conflicts, the French Armed Forces invite between 12,000 to 15,000 current and former military personnel from over 40 countries to parade and pray together for world peace, spiritual healing, and justice. While this is a Roman Catholic Pilgrimage site, this experience welcomes pilgrims from all Christian denominations and faith groups and CAF members and veterans of all faiths will be eligible to participate.

#### ABOUT THE PILGRIMAGE

At the end of the Second World War, Lourdes was a place where French and German soldiers sought to physically and spiritually heal together. The first International Military Pilgrimage was held in 1958. Forty-two other nations have since joined in this act of healing and reconciliation.

Lourdes is a very famous and frequently visited pilgrimage site for Roman Catholics and for people from many other faiths and spiritual experiences. It is visited by people seeking healing and renewal.

Activities at the Pilgrimage include worship opportunities, a parade through the town of Lourdes culminating in a ceremony at the local war memorial, a candle light vigil, a visit to the baths for immersion in the healing waters of the Lourdes site and a sports afternoon involving a friendly competition among the different nations.

In Esquimalt, you can access further info or an application form by contacting the Senior Fleet Chaplain, Padre Guillaume Bégin at [Guillaume.Begin@forces.gc.ca](mailto:Guillaume.Begin@forces.gc.ca) or your unit chaplain. Application deadline is Nov. 30, 2019.



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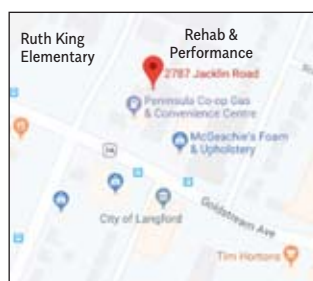
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Photo by Leading Seaman Victoria Loganov, MARPAC Imaging Services

Right: HMCS Ottawa's starboard watch sonar operators gather for a group photo outside their restricted workspace. Back row: PO2 St. Pierre and LS Buss. Front row: OS Legg, AB Collett, and MS McPeak.

Photo by Captain Jenn Jackson, HMCS Ottawa PAO

# Sonar Operators Shine During ANNUALEX

**Captain Jenn Jackson**  
HMCS Ottawa PAO

Whomp! Whomp! Whomp! That was the steady sound coming from the underwater telephone in HMCS Ottawa's Operations Room throughout Anti-Submarine Warfare (ASW) serials conducted in ANNUALEX. Ottawa participated in the exercise from Nov. 10 to 19 during Operation Projection.

It was a combined exercise that included more than 25 ships, submarines, and aircraft organized into different task groups from the U.S., Australia, Japan, and Canada's HMCS Ottawa.

The purpose of ANNUALEX was to improve interoperability and the capability for surface warfare, air defence and undersea warfare. The exercise included helicopter operations with the Australians and Japanese, replenishments-at-sea with the U.S. and Japanese, a visit from an Lt Cleo Scarce, a Royal Australian Navy officer, manoeuvres with the different task groups, ASW, and a war-at-sea phase.

Ottawa's main focus during the exercise was ASW, and sonar operators played a pivotal role. It was the eyes and ears of sonar operators that were responsible for detecting, monitoring, and tracking "red force" submarines

during the exercise.

"During ANNUALEX, we were tasked with using passive sensors, so we deployed our Canadian Towed Array Sonar System to detect the submarines," says Petty Officer Second Class Sebastien St-Pierre, Sonar Control Supervisor in Ottawa. "From there it is up to us to know what is there in the ocean."

The Canadian Towed Array System, or CANTASS, is designed to be towed up to two kilometers behind a Halifax Class Frigate, depending on oceanographic conditions, to detect and neutralize submarines by locating the sonar away from ship-generated noise.

CANTASS is a passive sonar that listens, but does not transmit noise into the ocean. Sonar operators monitor various frequencies using the CANTASS to determine if there is an enemy submarine present.

"For ANNUALEX, submarines were outfitted with an augmenter that added to its acoustic signature. Sonar operators were then provided a range of frequencies to listen for during the exercise, which we developed into 'threat tonals'," explained Master Seaman James McPeak, CANTASS supervisor in Ottawa. "These are the frequencies that identify a submarine from the numerous other noises in the ocean to which we listen. Knowing the frequency makes the training easier, but

also increases the likelihood that a sub will be detected during the exercise, therefore increasing the training value."

In real life, it is not as easy, says PO2 St-Pierre.

"The ship has to go to the Sonar Quiet State to reduce background noise, which means the simple things that make life more comfortable at sea are not permitted: no music or television, and devices such as treadmills cannot be used. It's sustainable, but not fun for the crew to sustain over a period of weeks."

During ANNUALEX, the work of Ottawa's sonar operators resulted in the detection of four different submarines that were later neutralized by aircraft belonging to other ships in the task group.

"It's exciting when you find a sub and are able to track it, especially considering where they operate and that their main priority is to hide and be undetectable," says Able Seaman Nichelle Collett, a sonar operator in Ottawa. "It's like the ultimate game of hide-and-seek, but much more intense when you consider we are training for real life warfare, which is definitely not a game."

In the exercise, just like in a real scenario, once the team detected what appeared to be a submarine, the sonar control supervisor checked with the bridge to ensure there was no surface contact that

could be making the noise. He then reported it to the underwater warfare officer with his assessment.

"Once the underwater warfare officer receives my report he will provide direction. If it is a sub, usually we will try to maximize our sonar placement and begin broadcasting by underwater telephone to ask the sub to identify itself or surface," explains PO2 St-Pierre. "If there is a response, we will hear it back through the telephone, just like we hear the sounds of our own propellers."

If the broadcasts go unheeded, the underwater warfare officer will make a recommendation to the Commanding Officer via the Operations Room Officer and a decision is made whether to engage the submarine or not.

Other options include coordinating with members of a task group and having the sub neutralized by aircraft.

"If the Captain had decided to engage the sub ourselves, then I would have calculated a firing solution and on command fired a pneumatically insufficient simulated (PIS) shot during the exercise," explains Lieutenant(N) Andrew Campbell, Ottawa's underwater warfare officer.

A PIS shot is a simulated shot that is too small to fire an actual torpedo if the tubes were loaded, but still engages the electronics and ejects air from the tube with

a distinctive ppsisht sound.

"Because our sonar operators detected the submarines before they came within range of the ship, we did not have to escalate to that point. Due to the threat subs can pose to surface ships, early detection of them is key to keeping the ship and crew safe," said Commander Alex Barlow, Ottawa's Commanding Officer. "During ANNUALEX, our full underwater warfare team demonstrated their skills, gained experience working with partners' submarines and supported the combined effort of the full crew throughout the exercise. Ottawa completed ANNUALEX demonstrating its crew is professionally trained, adaptable and flexible. I am very proud of their work - both during this exercise and throughout our deployment on Operations Projection and Neon."

Ottawa deployed to the Asia-Pacific region on Operation Projection Aug 6 to conduct forward naval presence operations in the region, as well as conduct cooperative deployments and participate in international naval exercises with partner nations. During the deployment they also supported Operation Neon, Canada's contribution to the enforcement United Nations Security Council Resolutions 2375 and 2397. The ship returns home mid-December.



Ordinary Seaman Austin Meyer sets up a snatch block in preparation for a replenishment at sea.

Photo by Leading Seaman Victoria Loganov, MARPAC Imaging Services

Leading Seaman Kyrsten Miller records timings for fueling during a replenishment at sea.

Photo by Leading Seaman Victoria Loganov, MARPAC Imaging Services



**LT(N) ANDREW HELMECZY**  
BRIDGE WATCHKEEPER

Regular Force: 5 years

**Career Highlight:** On Op Projection 2018, a group of 50 volunteers from the ship bussed up a mountain in Fiji to help expand and develop a women's shelter for victims of the Pacific sex slave trade. Between all of us, we managed about a month's worth of labour for them in the two days we were there. I felt like I was helping to make a difference, small though my individual contribution may have been, and belonging to a larger family willing to spend their time to help strangers abroad.

**Deployment must have:** Noise cancelling blue tooth headphones and several cases of Monster Ultra.

"Hi Mom, hi Dad, hi Kate. Hope you're enjoying land!"



**PTE ASHLEY SMITH**  
SUPPLY TECHNICIAN

Regular Force: 4 years

**Career Highlight:** Being army, it's great having the opportunity to work and train with the navy. I've gained a lot of knowledge I wouldn't have learned otherwise and have met lots of great people.

**Deployment must have:** My cozy quilt from home.

"I'd like to send my love back home to my family on the East Coast."



**PO1 EVAN MILLS**  
MARINE TECHNICIAN

Regular Force: 21 years

**Career Highlight:** Deploying to Canada's Arctic in 2015. Few people ever get the chance to see that part of our country.

**Deployment must have:** My coffee mug and favourite socks.

"I'm really excited to drink some Egg Nog with all of our family and friends in town when we get home!"



**OS KENT HUYNH**  
JUNIOR MARINE TECHNICIAN

Regular Force: 2 years

**Career Highlight:** Playing piano at a live music bar in Sasebo, Japan, during Operations Projection and Neon.

**Deployment must have:** My keyboard.

## OTTAWA SAILOR SNAPSHOTS

Photos by Captain Jenn Jackson, HMCS Ottawa PAO





# Victoria Royals Military Appreciation Night

Photos by Jay Wallace



Capt(N) Sam Sader, Base Commander, is accompanied by Angie Lavergne and her search and recovery dog Miss Moxxii at centre ice for the ceremonial puck drop at the Victoria Royals Military Appreciation Night against the Lethbridge Hurricanes Nov. 15.



Kara Foreman from Formation Safety and Environment shows attendees some artifacts recovered during the Esquimalt Harbour remediation work.



Members of the Canadian Army reserves showcase small arms weapons in the Save-On-Food Memorial Centre foyer.

# National Addiction Awareness Week

## Ending the Stigma

**Katelyn Moores**  
Base Public Affairs

This week marks National Addictions Awareness Week (NAAW), an opportunity for Canadians to increase their understanding of substance use, its impacts, and methods for prevention.

The theme of this year's NAAW is Stigma Ends with Me; it aims to help people recognize and address the stigmatized language and attitudes that surround those who struggle with substance abuse.

It's estimated that more than 75 per cent of people believe those living with a substance abuse disorder do so either fully or partially by choice. In fact, next to financial cost, stigma is the second largest barrier for individuals who consider seeking treatment.

The Addictions-Free Living Group of the Maritime Forces Pacific Health and Wellness Strategy is hoping to help change this narrative by challenging people to rethink how they talk about substance use and addiction.

"Stigma is an important issue surrounding substance abuse because it acts as a barrier for many people to ask for help," says Andrea Lam, Health Promotions Specialist. "When people feel ashamed, embarrassed, or scared, they are less likely to seek help and access resources."

The stigma associated with

substance use disorders is often displayed through the use of language that creates feelings of shame. This stigmatized language can then lead to a cycle of behaviours and attitudes within our society that isolate and marginalize people who use substances.

Not only can this stigma discourage people from seeking help for fear of being labeled as an "addict", it can also impact the quality of healthcare services they are provided and influence the allocation of government resources towards treatment initiatives.

The hope is that by shifting to person-focused language – or language that acknowledges someone as a person before describing their personal attributes or health conditions – we can help to address this stigma and shift the focus away from shaming users by acknowledging they are struggling with a health condition.

"Language is a really simple, yet effective way that we as individuals can help reduce stigma," says Lam. "Implementing person-first language can be really powerful and can help reduce the existing stigma around substance abuse. For example, instead of saying druggie say person who uses substances, or instead of addict use person with a substance use disorder."

By choosing to use words that focus on the medical nature of substance use disorders, people

can help to break down existing negative stereotypes and demonstrate our compassion for those struggling with this disorder.

Lam says that consciously making small changes in the language used here on the base can encourage others to do the same and eventually it will become common place, but she recognizes this kind of change takes time.

"Creating this culture shift can take upwards of seven to 10 years, but we are on our way towards achieving this goal and are improving with each effort that is made to reduce stigma."

In recognition of NAAW, the Addictions-Free Living Group is collaborating with AIDS Vancouver Island to offer Fentanyl and Naloxone training, as well as a discussion on edibles and what you need to know. This one-hour session will take place on Nov. 27, at 11 a.m. in Fleet School's MSE Theatre and is open to everyone, no registration required.

If you or someone you know is struggling with substance use, there are a number of resources you can reach out to, including:

Member Assistance Program:  
1-800-268-7708

Military Family Resource Centre: 1-800-353-3329

The Chaplains Service:  
250-363-4030

CF Mental Health Services/  
Base Addictions Counsellors:  
250-363-4411

## Reduce the Risk

**Capt Peter Fuerbringer**  
Base Public Affairs

National Addictions Awareness Week is an opportunity to look at the challenges that exist within our community related to addictions, as well as discuss strategies to avoid future unhealthy behaviour. One area of struggle for many Canadians is the consumption of alcohol. Like most things, alcohol consumption in moderation does not pose a serious health risk; however, what does moderate drinking constitute? Here are some simple guidelines to keep you safe and alcohol aware:

### Know your limits

Women can reduce their long term health risks by drinking no more than 10 drinks a week, and no more than two drinks a day most days. For men, the magic number is 15 drinks per week, and no more than three drinks a day most days. Also, plan no drinking days to avoid developing a negative habit.

### At special occasions

Where the temptation to drink too much is high, limit yourself to no more than three drinks if you are a woman, or four drinks if you are man. Plan to stay in a safe environment where a lack of judgment won't put you at risk.

### Zero is the limit

Abstain from drinking when you are driving a vehicle; operating machinery; taking medicine that could interact with alcohol; doing any kind of dangerous physical activity; living with mental or physical health problems; living with alcohol dependence; pregnant or planning to be pregnant; breastfeeding; responsible for the safety of others; or making important decisions.

### Talk about drinking with teens

Alcohol can harm the way the body and brain develop. Speak with your teens about the effects and consequences of consuming alcohol.

### Be alcohol aware

Set limits and stick to them. Drink slowly with no more than two drinks in a three hour time-frame. For every drink of alcohol you have also drink one nonalcoholic beverage. Eat before, during and after you drink, and consider your age and bodyweight before you drink.

For more information on  
Canada's Low Risk Alcohol Guidelines,  
visit [www.ccsa.ca](http://www.ccsa.ca).



## Want to get involved?

The MARPAC Health and Wellness Strategy is always looking for new members who are passionate about shifting the culture at MARPAC to one that supports and promotes health and wellness! There are five working groups which include Active Living, Mental and Social Wellness, Organizational Wellness, Nutrition and Weight Wellness and Addictions-Free Living.

If you are interested in joining any of these working groups, reach out to Maryse Neilson at [Maryse.Neilson@forces.gc.ca](mailto:Maryse.Neilson@forces.gc.ca) for more information on how to get involved.

# Bravo Zulu

## MARTECH Graduation

Lieutenant Commander Daniel O'Regan, Deputy Commanding Officer of Naval Fleet School Pacific, presented certificates during the QL5 Marine Engineering Technician ceremony on Oct. 24.

Photos by LS Wiggins, NFS (P)



LS Robitaille receives a Certificate of Completion.



MS Bouchard receives a Certificate of Completion.



LS Fortin receives a Certificate of Completion.



LS Barkhouse receives a Certificate of Completion.



LS Hibbs receives a Certificate of Completion.



LS Long receives a Certificate of Completion.



LS Scott receives a Certificate of Completion and Top Student award.



LS Smallenbrook receives a Certificate of Completion.



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Regular Sunday Mass: 1030

Saint Peter's Protestant Chapel

307 Virago Cres (Belmont Park)

The 4 Advent services 1, 8, 15, 22 Dec

focusing on Hope, Peace, Joy, Love at 1030  
Nursery & Sunday School during the service.

Christmas Eve service at 1800



# Bravo Zulu

## MARTECH Graduation

Lieutenant Commander Daniel O'Regan, Deputy Commanding Officer of Naval Fleet School Pacific, presented certificates during the RQPO Marine Engineering Technician ceremony on Nov. 14.

Photos by AB Cochrane, NFS (P)



PO2 Underhill receives a Certificate of Completion.



PO1 Hiebert receives a Certificate of Completion.



PO1 Arbouw receives a Certificate of Completion.



PO1 Switzer receives a Certificate of Completion.



PO1 Neill receives a Certificate of Completion.



PO1 Quin receives a Certificate of Completion.



PO2 Dame receives a Certificate of Completion.



PO1 Reardon receives a Certificate of Completion.



PO1 Bagnell receives a Certificate of Completion.

# Bravo Zulu

## MARPAC HQ/JTFP Awards



Cdr Ellen Mariano was presented the Canadian Forces' Decoration first clasp by Rear-Admiral Bob Auchterlonie in recognition of her 22 years of dedicated service to the CAF.



Lt(N) Sean Milley was presented the Canadian Forces' Decoration by Rear-Admiral Bob Auchterlonie in recognition of his 12 years of dedicated service to the CAF.



MCpl Misty Rivard was promoted to the rank of Sergeant by Cdr Troy Gillespie alongside Lt(N) Josée Belcourt.



Leading Seaman Kevin Roth receives the General Campaign Star – South West Asia - 1 Bar for having completed over 210 days operation under Operation Athena.

# Bravo Zulu

## MARPAC Presentations

Captain (N) Julian Elbourne, J3, presented awards on Nov. 6.

Photos by Leading Seaman Brendan Gibson, MARPAC Imaging Services



Captain Nelson Bath, accompanied by his father Nelson Bath and mother Jean Bath, receives the Canadian Forces' Decoration.



Leading Seaman Andre-Felix Sanfacon receives his promotion to his current rank from Capt(N) Elbourne and LS Sanfacon's parter.

# Bravo Zulu

## Joint Rescue Coordination Center Medal Presentations

Captain (N) Julian Elbourne presented medals on Nov. 15.

Photos by Leading Seaman Mike Goluboff



Captain Ziatko Neral receives his Second Clasp to the Canadian Forces' Decoration for 32 years of dedicated service.



Captain Amanda Lauder receives the Special Service Medal for Operation Jaguar at the Joint Rescue Coordination Center.

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## HMCS Calgary Promotion

MS Cormier is promoted to his current rank by HMCS Calgary's Commanding Officer, Cdr Kouwenberg and Lt(N) Longstaff.

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- Urinary urgency
- Ongoing fatigue
- Indigestion
- Weight loss/gain
- Change in bowel habits

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