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Fundraising finish

Photo by John W. Penner/John's Photography

Capt(N) Sam Sader joined Capt Jacqueline Zweng, Race Director, Victoria Police Chief Del Manak, and the eight runners for the final leg of Wounded Warrior Run BC. Matt Carlson, Constable Samson Haire, Mark Blachurus, Ashley Duncan, Constable Maria Marciano, Constable Daryl Baswick, Mike Bowen, and Rebecca Schillemat received a hero's welcome at Victoria's Market Square. Collectively, they raised over \$155,000 for the charity and ran almost 700 kilometres from Port Hardy to Victoria, stopping along the way to educate people about operational stress injuries and post-traumatic stress disorder.

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Minister tours \$4 million upgraded Veterans Cemetery

Peter Mallett
Staff Writer

Minister of Veterans Affairs Lawrence MacAulay made a special visit to Veterans Cemetery in Esquimalt last Wednesday to recognize the historic site's recent expansion.

At the iconic cemetery, more commonly known as God's Acre, MacAulay was joined by Base Commander, Captain (Navy) Sam Sader and other dignitaries to celebrate the renovations and an expansion for 1,400 new interment spaces.

MacAulay, who is also the Associate Minister of

National Defence, not only reflected on the universal feeling of appreciation for the soldiers, sailors, and aviators buried there, but also the countless individuals who have worked to maintain and preserve God's Acre since its founding over 151 years ago.

"Years of hard work and dedication has led to the incredible transformation of God's Acre – a reflection of Canada's pride and respect for veterans," said MacAulay. "As future generations walk through these rows and read the inscriptions on the grave markers, I hope they will under-

stand what Canadians have achieved and sacrificed in the cause of peace and freedom."

To further that effort, in the past five years Veteran's Affairs Canada (VAC) has invested \$4 million for the expansion, renovations, and upgrades to the cemetery.

Approximately \$1.9 million of those funds were used to construct granite columbariums that contain the ashes of the dead, and in-ground internments.

Capt(N) Sader congratulated Jennifer McFarlane, Chair of the God's Acre Candlelight Committee, for helping honour those in

the cemetery. Every year on the last Thursday of May, a candlelight tribute is held with children and veterans to remember those who have served and continue to serve their country.

"For every flag, grave, march, and trumpet there is a face, a name, a story that can be shared and experienced again and again by future generations," said Capt(N) Sader. "So, while God's Acre may hold those who have passed, its purpose and presence are very much alive."

Following the introductory remarks, those attending were given a tour of the

graveyard and new columbariums. MacAulay stopped to place a Canadian flag at the foot of a soldier's grave.

Other dignitaries attending the ceremony included General (Retired) Walter Natynczyk, Deputy Minister Veterans Affairs Canada, and CAF Senior Advisor to VAC, Lieutenant General Stephen Bowes.

Veterans Cemetery was established in 1868 by the Royal Navy after Rear-Admiral George Folwer Hastings purchased an acre for \$250 from the Puget Sound Agricultural Company and converted it to a cemetery for sailors

of the British Royal Navy. Today the cemetery is nestled between the 12th and 17th holes of Esquimalt's Gorge Vale Golf Club and occupies approximately 2.7 acres. In March 2016 VAC purchased a .62 acre parcel of land from the golf club to allow for the expansion and columbariums.

The cemetery also features a chapel containing several Royal Canadian Navy and Royal Navy artifacts and a Cross of Sacrifice. It is one of two cemeteries operated by VAC. The other is Fort Massey Cemetery in Halifax.



Left: Minister of Veterans Affairs Lawrence MacAulay carries a Canadian flag to lay at a gravesite in Veteran's Cemetery.

Captain (Navy) Sam Sader, Base Commander, greets General (Retired) Walter Natynczyk, VAC Deputy Minister.



Captain Chris Wahlen, VAC Senior Policy Advisor, meets with Sgt (Retired) Jim MacMillan-Murphy.

Photos by Peter Mallett, Lookout

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Peter Mallett
 Staff Writer

When Esquimalt Panago Pizza store owner Jason Gray wants to let DND employees know they are appreciated his solution is simple, he delivers free pizza.

Last Wednesday, he made the largest delivery of his career. Just before lunch hour, he and two employees loaded up their vehicles and delivered 150 pizzas to the over 1,000 military personnel and civilian employees at Fleet Maintenance Facility Cape Breton.

Another 15 pies were delivered to workers on the afternoon shift to raise their spirits.

He did a similar gesture for the crew of *HMCS Nanaimo* and *HMCS Whitehorse* before the warships headed out on Operation Caribbe.

"I wanted to show my continued support of CFB Esquimalt and its military members and civilian employees who live and work in the community," said Gray. "This latest event was a lot

of fun and it was awesome to see how much the pizza was enjoyed by the workforce at FMF Cape Breton."

Gray says he turned his pizza parlor into a factory at 8 a.m. in order deliver to a factory. He estimates they used over 180 lbs of dough, 5,000 slices of ham, pepperoni, salami and Italian sausage, 80 lbs of cheese, and 40 lbs of tomato sauce – a total donation of \$3,000.

A line of ship repair staff extended throughout the hallway of the 35,000 square metre facility in Dockyard to grab a slice or two.

CPO1 David Morse and members of the unit's Health and Wellness Committee set up and distributed the pizza. He says Pizza Day is something the committee does a couple of times a year to offer the team an opportunity to get away from their daily work and join together for a laugh and a smile.

"However, word quickly spread about Jason Gray's generosity, and the fact that he would provide pizzas for no other reason than to say thank you to the defence team in his community."

All welcome to Holy Week Services

At the Anglican Church of St Peter and St Paul 1379 Esquimalt Rd.

SUNDAY APRIL 5

Palm Sunday Services
 8:30 and 10:30 a.m.

FRIDAY APRIL 10

Good Friday Services
 10 a.m. and 10:45 a.m.

TUESDAY APRIL 7

Compline Evening Service
 7 p.m.

10 a.m. - For those who wish to join in the Community Walk, we carry the Cross and stop and pray along the way reading the different "Stations of the Cross". Please feel free to join us as we walk from the Church to Admirals Rd, turning right on Admirals to Lyall St. turning right then down Lyall to Grafton St. then turning right again and back into the church. We take turns carrying the Cross and stopping to do the "Stations of the Cross" in our Community, we then continue the Good Friday Service inside the church.

WEDNESDAY APRIL 8

Holy Eucharist
 10 a.m.

THURSDAY APRIL 9

Maudy Thursday Evening Service
 7 p.m.

If you do not wish to walk but would like to come into the church at 10A.M. to go through the "Stations of the Cross", you are most welcome to do so and then sit in silent prayer until the walkers return and we join together at 10:45 to continue.

10:45 a.m. - We will start the Good Friday Worship Service, featuring Dahlia Adamson (soprano) and Rebekah Janzen (mezzo soprano) singing the Stabat Mater.

EASTER SUNDAY APRIL 12

Sunrise Service
 6:15 a.m.
 Freeman Ken Hill Park
 Corner of Lyall and Grafton St.
 Pets welcome.
Worship Service
 10 a.m.



matters of OPINION

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Winter sports heal the ill and injured

Peter Mallett
Staff Writer

Amidst Whistler's towering mountain peaks and crisp fallen snow, former and current ill or injured military members carved a path to recovery through winter sports.

Two week's ago, Soldier On hosted a camp at Whistler Blackcomb for a group of Canadians, Americans, Australians, and Britishers to help them heal both physically and mentally through five activities: Nordic skiing, Alpine skiing, bobsledding, snowboarding, sledge hockey, and ziplining.

LCdr Raymond Trotter, 38, says it was an experience he will never forget.

"It was a high-point in my life because I truly believe it was life-altering. Everyone involved was supportive and non-judgemental, and in a short period of eight days many of us formed friendships I am certain will last a lifetime."

There was a competitive edge to the events, but the real win was the good medicine that comes from sports.

"There was an incredibly therapeutic atmosphere doing these sports with people in similar circumstances as you," said LCdr Trotter. "Barriers came down quickly even though we were all strang-

ers heading into this. We are all soldiers, so we understood each other from the get-go."

Many participants did tours in Afghanistan or Iraq and shared a common experience even though their injuries are different. For LCdr Trotter, he suffered a spinal injury during preparations to deploy to Afghanistan in 2008. He has endured chronic pain over 12 years finding some relief through a pain clinic, physiotherapy, and acupuncture. Sports, he says, is one of his most vital recovery tools as it quickly reminds him of his strengths and weak areas.

Soldier On National Manager Jay Feyko, a retired infantry man, is a believer in the power sports to heal.

"Not only does the camp demonstrate the power of sport, it brings ill and injured members together from across our allied nations to world-class venues. It drives home that these members are not alone, and that sport can be a vehicle to support their challenges and road to recovery."

In a show of support, Minister of National Defence Harjit Sajjan joined a sledge hockey game, learning how to maneuver on a sled through the use of special hockey sticks with metal "teeth" on the tips to navigate the ice.



Athletes pose for a selfie on a chair lift before hitting the slopes for Alpine skiing.

Inset: Minister of National Defence Harjit Sajjan was all smiles before taking part in a game of sledge hockey. Photo credit Soldier On



Participants in Soldier On's 2020 Allied Winter Sports Camp in Whistler, B.C., gather with Minister of National Defence Harjit Sajjan for a group photograph.



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Big Sister LS Marie-Eve Long enjoys a hockey game with her Little Sister and friend MS Dany Nadeau.
Photo by LS Mike Golubuff

Stepping up as a Big Sister

Ashley Evans
Fleet Maintenance
Facility Cape Breton

Two years ago, Leading Seaman Marie-Eve Long of FMF Cape Breton attended a Big Brothers Big Sisters of Victoria orientation session about mentoring opportunities.

She went with a friend, but she ultimately applied to be a big sister.

Having grown up with a father who struggled with alcohol addiction, LS Long could identify with less advantaged children.

"Some kids need that added support growing up. Someone to look up to, an added perspective," she says.

It was a two-month process to be matched with her "Little," as she affectionately calls her, after she started

the application process. This included a criminal record check, screening, and a shared skills and interest questionnaire to find the right match. From there, a social worker became involved, sharing information between the two and the child's family to ensure a good fit.

LS Long then made a one-year commitment, which has extended to another year and a second Little Sister. She meets with her "Little", now 17 years old, biweekly, and her second "Little," who is 10 years old, weekly.

"The kids and youth are learning a lot of healthy life skills from their mentors," says Rhonda Brown, Executive Director of Big Brothers Big Sisters Victoria. "Overall mental-health, self-esteem, self-

confidence, healthy social skills, and problem-solving skills. They are watching and learning from their mentors."

Brown has worked with Big Brothers Big Sisters for 14 years. Her passion comes from a belief that quality time spent together can change the trajectory of a person's life. She sees mentoring as a preventative factor in child and youth development.

"Children aren't given up on, and it is awesome to be a part of that," said Brown.

Mentors are well supported by the organization. A case worker conducts monthly check-ins, offers referrals to other support services, answers to questions regarding best supports for youth, offers group activities for matched youth and mentors to attend

together, complimentary passes for local attractions and activities, and exposes them to opportunities they might not otherwise experience.

LS Long says she has learned patience through her experience as a mentor.

"How I speak impacts kids," she adds. "And when I spend time with them, I forget about my problems; I always smile, I feel happier, more energized."

Big Brothers Big Sisters Victoria serves approximately 600 families a year. Their goal for 2020 is to serve 185 new families; over 100 kids and youth are currently on the wait list to be matched with a mentor.

For anyone looking to become involved in Big Brothers Big Sisters Victoria visit Victoria.bigbrothers-bigsisters.com

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CPO1 ALENA MONDELLI



CPO1 Alena Mondelli is seen at sea during an Operation Reassurance deployment with HMCS Toronto in 2019.

Photo by MCpl Manuela Berger, FIS

What was the best thing that happened in your life over this past year (2019)?

The greatest experience up to this point in my career has been my appointment as Coxswain of a Canadian Patrol Frigate. I was a member of *HMCS Toronto* from July 2018 until August 2019. In that year, we deployed on Operation Reassurance Roto 10.

Was there an unexpected joy this past year?

During Op Reassurance Roto 10, I co-presented with Cmdre Josée Kurtz at the Ukraine Naval Academy in Odessa, Ukraine, on diversity and gender integration within the Royal Canadian Navy (RCN) and Canadian Armed Forces (CAF).

As a Senior Officer and Senior Non-Commissioned Officer, we spoke as a "leadership team" about our experiences not only as RCN leaders, but how gender integration has assisted in transforming and leading the way to an inclusive and diverse CAF and RCN. It was an incredible honour to show the progress of the CAF as the two

most senior (Officer and NCM Corp) deployed women within the RCN at the time. We were making change – globally - just by being who we were.

What was your biggest change in the last year?

My biggest change this year was my appointment to a key position. This was not because of the differences in jobs between a ship's Coxswain and the Personnel Coordination Center Atlantic Unit Chief Petty Officer, but because of what it signified.

Never again will I be posted to a ship as a member of the ship's company. This was something that struck me quite heavily as I left *Toronto*, as our identity of being a sailor is that of being on the ship, something I have done ever since I was an Ordinary Seaman. It was a big change to acknowledge and accept.

What is the most enjoyable part of your work?

Talking to people, listening to people, watching their achievements, mentoring and guiding them through their challenges,

observing their growth, and celebrating it all with them in whichever way possible.

What is the most challenging part of your work?

The most challenging part of my work is also the people. As a CPO1, I lead and manage the human system, which is rewarding and difficult at the same time. The key is to find the balance between the needs of the individual and the needs of the institution. It's challenging, but it's necessary.

How would you describe the availability of opportunities for women in the Royal Canadian Navy?

The RCN is an equal opportunity employer. There is nothing a woman can't do if she wants to do it.

Also, as we evolve to meet the needs of everyone, women have more control on what matters to them, such as being in a safe environment, opportunities for motherhood when it suits them – and whatever motherhood/parenthood may look like, child care, education, advancement, chal-

lenges, seeing new places, working with amazing people and different nations. The opportunities are there for those that take up the challenge and want to be challenged.

What advice would you give new female recruits?

Just be yourself - don't change who you are – and do your best. Seek out a role model or mentor, even at such a new time in your career, this person will have invaluable advice that will help you. And finally, because I know it would be very overwhelming at first, I would tell them to treat people the way they want to be treated: with respect, dignity, and

equity. It shows people they are valued.

What would you like Canadians to know about the RCN in 2020?

I would like Canadians to know the RCN is "their" navy and that we strive to meet their expectations in being a professional, adaptable, dependable, diverse, ethical, and excellent employer of choice. Sailors are very proud of what they do and accomplish, and the more we get that message out to Canadians, the more Canadians will understand the role of what their navy does for them, overall global security, and Canadian sovereignty.

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Include cultures and food traditions as a part of healthy eating

Part of the enjoyment of eating is choosing healthy foods that reflect your preferences. Your preferences and eating habits can be shaped by many things, including cultures and food traditions.

Cultures and food traditions can influence:

- how you eat
- what you eat
- when you eat
- where you get food
- how you prepare food

Including cultures and food traditions as part of healthy eating can help you:

- choose foods that you enjoy
- grow your skills and knowledge
- learn about cultures and food traditions
- create a sense of community and foster connections
- keep your cultural roots and food traditions alive by sharing them across generations and with others

In many cultures, food and food traditions:

- are central in celebrations
- play a big part in connecting us to others

Healthy food choices and eating habits can vary widely:

- around the world
- between and within cultures

Healthy eating can:

- be adaptable
- reflect various cultures and food traditions

How to include cultures and food traditions in healthy eating

Try these ideas to include cultures and food traditions:

- Attend a community event that celebrates with cultural food.
- Grow, harvest, fish, hunt and prepare food in traditional ways.
- Choose recipes that explore different ways to prepare and cook foods.
- Shop in places that sell the ingredients you need to make traditional foods.
- Talk with others about where the foods you eat come from and where you get them.
- Preserve and share family recipes. Recipes and food traditions are a part of family history.
- Host a potluck where everyone brings a traditional dish and recipe from their family background. Spend time sharing the meaning of these foods.

Celebrate occasions and special holidays with cultural food traditions. These are a chance to:

- learn about different foods around the world
- promote a wider variety of healthy food choices
- pass along food traditions and cultural awareness



Julie Riopel-Meurier
MBA, M.Sc., RD
CAF Nutrition Wellness
Educator

Strengthening the Forces (STF) and the Health Promotion Delivery team provide advice to the military community on more than just food. We love food, yes, and we believe in its potential to enhance lives and improve health, but we take a broad view of the factors that impact healthy eating – including how we eat.

In 2019, Health Canada released the new Canada's Food Guide. During the revision process, the Dietitians of Canada advocated strongly that Health Canada should include in the new guide considerations beyond nutrients, and talk about how we eat, not just what we



Listening to your body

When you feel yourself running out of steam or your stomach is growling, it is time to eat. So, allow yourself a nutritious snack or meal such as granola and yogurt, fruits and nuts, or cut up vegetables with a hummus dip.

When your hunger eases, you'll sense your energy level rising and you will feel satisfied, but not too full. This means that you've eaten just the right amount of food. If you ignore this signal, you might eat more food than your body needs and experience discomfort (or even stomach pain) after your meal. Take your time when eating. The brain doesn't register fullness automatically and needs about 20 minutes to understand that you are not hungry anymore. Savour every bite and relax.

Simple ways to eat more mindfully

Whether you are at home, at work, or even on the go, try

eat. This included consideration of food literacy, food culture and traditions, food availability and sustainability.

The 2020 Nutrition Month campaign recognizes the healthy eating habits that are part of the new Canada's Food Guide (<http://www.canada.ca/foodguide>).

Like most of us, you've probably eaten something in the past few hours and, like many of us, you may not be able to recall everything that you ate, let alone enjoy the sensation of eating your food. Although



putting these mindful eating strategies into practice to gradually reconnect with the signals your body is sending you.

1. Before grabbing a snack or sitting down to eat, ask yourself if you are truly hungry. If you are not sure, wait to see if you feel that sensation of emptiness or gurgling in your stomach.
2. Make every meal a time to relax. Sit at the table and just enjoy your meal.
3. Eliminate distractions. Keep the TV off, don't sit in front of your computer, and put your smartphone down while eating.
4. Eat slowly, take time to enjoy every bite, and appreciate each different taste and texture.
5. Set your utensils down between bites.
6. Ask yourself if you're still hungry throughout a meal. Stop when you feel satisfied and not overly full.
7. Use smaller plates and bowls. Sometimes our eyes are bigger than our stomachs. If you are still hungry afterwards, it is OK to take a second helping. Some days, we just need more food.
8. Don't force yourself to finish what's on your plate if you start to feel full. Keep the rest for later. If you are at a restaurant, take the leftovers home.
9. Cook more often

mindful-eating ideally includes foods in the Mediterranean diet (such as fruits, vegetables, whole grains, seeds, nuts, and vegetable oils), the technique of taking time to enjoy your meal can be applied to other foods, even a cheeseburger and fries.

By truly paying attention to the food you eat, you can indulge in these types of foods less often but without feeling deprived. In essence, mindful eating means being fully attentive to your food—as you buy, prepare, serve, and consume it. Adopting this practice may

take more than a few adjustments in the way you approach meals and snacks. With mindful eating, you will gradually learn to put deprivation aside, to give food its rightful place in your life, whether it is more or less nutritious. Without guilt, pleasurable foods become less attractive and it is then easier to eat them on a more occasional basis. Feeling trapped by food can make your life difficult when you eat an average of three times a day. If you do the math, you are likely to eat an average of 82,000 meals over your lifetime.

When we talk about eating mindfully there is a reference about paying attention to how and why we eat – not just what we eat. Learn simple strategies for listening to what your body is telling you and how to make healthier choices every day.

members like to munch on:

- National manager: Greek vanilla yogurt, granola and fresh fruit
- Addictions cell: Veggies and hummus / Hummus and pears
- Social Wellness cell: Apple cut with aged cheese
- Communications and Training Coordinator: Handful of walnuts and piece of fruit, homemade energy balls
- STF Epidemiologist: Cheese with crackers that are high in fibre
- Nutrition wellness cell: Apples and nut butter / Cottage cheese and pieces of fruit

If you want to have more information about cooking and healthy eating, we recommend that you contact your local health promotion office and take advantage of what they have to offer: <https://www.cafconnection.ca/National/Programs-Services/Health/Health-Promotion-Program.aspx>

Julie Riopel-Meurier, MBA, MS., RD is a registered dietitian. As part of the Strengthening the Forces team, she is the Acting Nutrition Wellness Educator, and focusses on nutrition programming for the CAF.

Strengthening the Forces is the Canadian Armed Forces (CAF) healthy lifestyles promotion program providing expert information, skills and tools for promoting and improving CAF members' health and well-being.

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There are 25 delicious new recipes for Nutrition Month at NutritionMonth2020.ca



Super Easy Chicken Parm

Recipe Provided By: Dairy Farmers of Canada
Recipe Source: www.nutritionmonth2020.ca

Preparation Time: 10 mins
Cook Time: 10 mins
Bake Time: 15 mins
Serves: 4

Ingredients

bottled tomato passata1/2 cup (125 mL)
dry Italian breadcrumbs3/4 cup (60 mL)
boneless, skinless chicken breasts about 21 lb (500 g)
butter, divided2 tbsp (30 mL)
1 clove garlic, minced1
all-purpose flour2 tbsp (30 mL)
milk1 cup (250 mL)
shredded Canadian Mozzarella1/2 cup (125 mL)
grated Canadian Parmesan1/2 cup (125 mL)
chopped fresh basil (optional)2 tbsp (30 mL)
4 small Italian buns (optional)4

Directions

1. Preheat oven to 400°F (200°C). Spread passata over base of a 9 x 13-inch (3 L) casserole dish.
2. Place breadcrumbs on a plate. Horizontally slice chicken breasts in half to form 4 cutlets. Press both sides of each cutlet into breadcrumbs to coat. Set aside. Melt 1 tbsp (15 mL) butter in a large non-stick frying pan. Add chicken, cooking until golden brown on each side for 2 to 4 min (chicken will not be cooked through). Place in casserole dish.
3. Wipe pan clean. Melt remaining 1 tbsp (15 mL) butter in the clean pan. Add garlic; cook for 1 min. Whisk in flour, then milk until blended. Bring to a boil, whisking until bubbly and thickened, about 2 to 3 min. Remove from heat and stir in Mozzarella. Drizzle Mozzarella sauce over chicken. Sprinkle with Parmesan. Bake for 15 min. Sprinkle with basil. Serve as is, or place chicken and some sauce in buns.



Dietitian Tip

Sally Ho RD CDE
Edmonton, Alberta

There are many different "eating patterns," and some are more nutritionally balanced than others. The best eating pattern is one that you can healthfully enjoy and stick with over the long term. Speak with a dietitian to learn more at unlockfood.ca.



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FAQ about the novel COVID-19

Government of Canada

What is novel coronavirus (2019-nCoV)?
Coronaviruses are a large family of viruses. They can cause diseases ranging from the common cold to more severe diseases such as Severe Acute Respiratory Syndrome (SARS) and Middle East Respiratory Syndrome (MERS-CoV). Some transmit easily from person to person while others do not. COVID-19 is a new disease that has not been previously identified in humans.

What are the symptoms?

Those who are infected with 2019 novel coronavirus (2019-nCoV) may have little to no symptoms. You may not know you have symptoms of 2019nCoV because they are similar to a cold or flu. Symptoms may take up to 14 days to appear after exposure to the virus. Symptoms have included fever, cough, difficulty breathing, and pneumonia in both lungs. In severe cases, infection can lead to death.

What are the risks of getting coronavirus?

The public health risk associated with COVID-19 for Canada is low and generally low for Canadian travellers, but will vary depending on the destination.

Canada has no direct flights from Wuhan and the volume of travellers arriving indirectly from Wuhan is low. However, at this time, the Government of Canada recommends that Canadians avoid non-essential travel to China and Iran due to an outbreak of COVID-19.

Canada also recommends that Canadians avoid all travel to the province of Hubei due to very strict travel and movement restrictions imposed by Chinese authorities to limit the spread of COVID-19.

Current evidence suggests person-to-person spread is efficient when there is close contact.

What is the treatment for coronavirus?

For now, there is no specific treatments for most people with COVID-19. Most people with common coronavirus illness will recover on their own. At this time, there is no vaccine for COVID-19. Your health care provider may recommend steps you can take to relieve symptoms.

Consult your health care provider as soon as possible if:

- you are concerned about your symptoms or
- you have a travel history to a region where severe coronaviruses are known to occur

The sooner you consult your health care provider, the better your chances are for recovery.

How does coronavirus spread?

Human coronaviruses cause infections of the nose, throat and lungs. They are most commonly spread from an infected person through: respiratory droplets that are spread when you cough or sneeze; close personal contact, such as touching or shaking hands; touching something with the virus on it,

then touching your mouth, nose or eyes before washing your hands.

How can I protect myself from getting this virus?

You can stay healthy and prevent the spread of infections by washing your hands often with soap and water for at least 20 seconds; avoiding touching your eyes, nose or mouth with unwashed hands; avoiding close contact with people who are sick; coughing or sneezing into your sleeve and not your hands; and staying home if you are sick to avoid spreading illness to others.

Should the general population in Canada wear masks to protect themselves from this virus?

If you are a healthy individual, the use of a mask is not necessary.

However, if you are experiencing symptoms of an illness that spreads through the air, wearing a mask can help prevent the spread of the infection to others. The mask acts as a barrier and helps stop the tiny droplets from spreading around you when you cough or sneeze. Your health provider may recommend you wear a mask while you are seeking or waiting for care. In this instance, masks are an appropriate part of infection prevention and control measures that are put in place so that people with an infectious respiratory illness do not transmit the infection to others.

If you are caring for a sick person or you are in direct contact with an ill person, wearing a mask can help protect you from catching COVID-19, but it will not fully eliminate the risk of illness.

It is not recommended that healthy people or people who have not travelled to a COVID-19-affected area (e.g. Hubei Province and mainland China) wear masks. Wearing a mask when you are not ill and are not at high risk for developing symptoms may give a false sense of security. Masks can easily become contaminated and need to be changed frequently and fitted properly for them to provide adequate protection.

You can stay healthy and prevent the spread of infections by:

- washing your hands often with soap and water for at least 20 seconds
- avoiding touching your eyes, nose or mouth with unwashed hands
- avoiding close contact with people who are sick
- coughing or sneezing into your sleeve and not your hands
- staying home if you are sick to avoid spreading illness to others

Where can I find the most up-to-date information about this coronavirus?

Visit the Public Health Agency of Canada's webpage on the Novel Coronavirus (2019-nCoV) www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirusinfection.html.

You can also follow Canada's Chief Public Health Officer, Dr. Theresa Tam, on Twitter at @ CPHO_Canada. Canadians travelling abroad are encouraged to consult the Travel Health Notice for China on travel.gc.ca.



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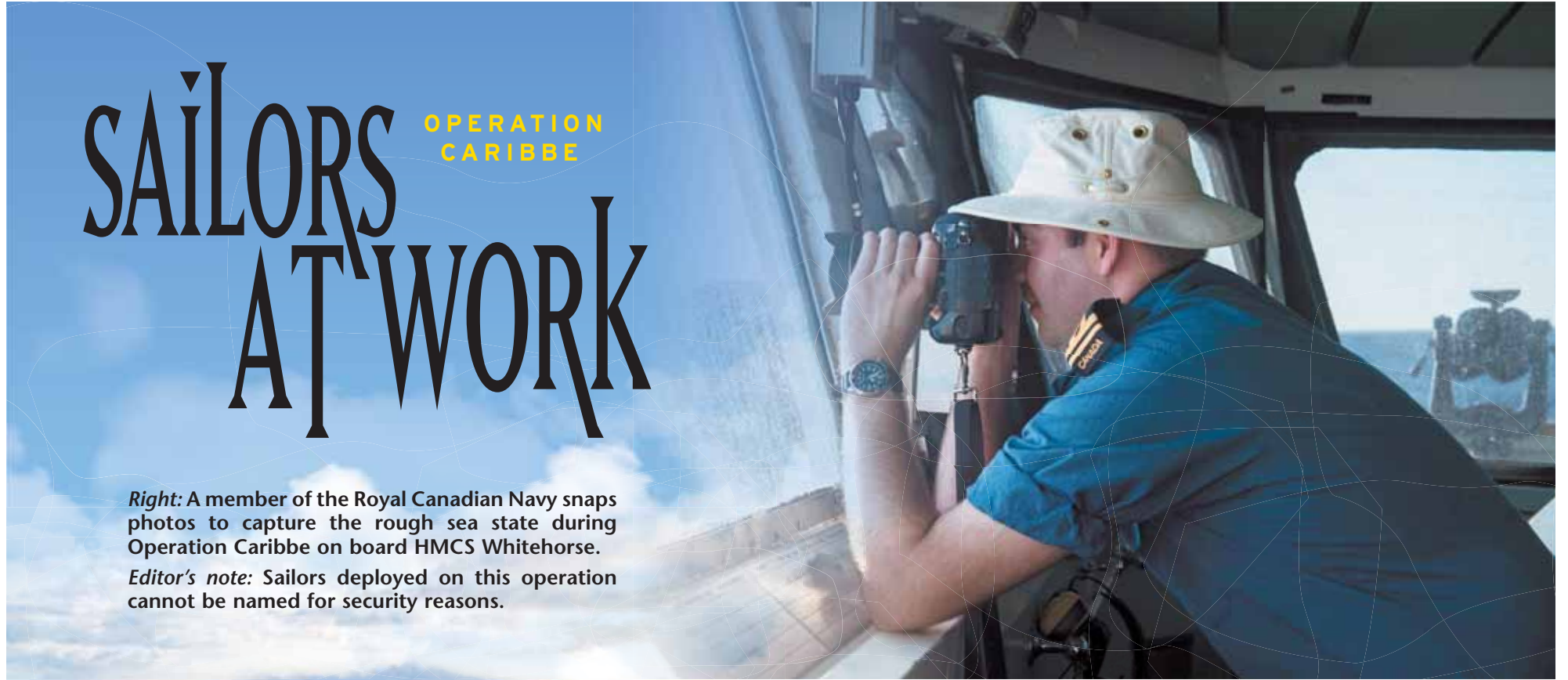
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SAILORS AT WORK

OPERATION CARIBBE

Right: A member of the Royal Canadian Navy snaps photos to capture the rough sea state during Operation Caribbe on board HMCS Whitehorse.
Editor's note: Sailors deployed on this operation cannot be named for security reasons.



A sailor prepares for a boat operation exercise.



A sailor conducts engineering rounds on machinery spaces on board HMCS Whitehorse.



A sailor checks machinery to ensure it is in good working order.



cfb esquimalt supports

Top: Captain (Navy) Sam Sader threw the first stone in the 44th annual Logistics Bonspiel. The event, hosted by CFB Esquimalt, was for active and retired logisticians.

Capt(N) Sader recently attended the S.U.C.C.E.S.S Foundation Gala celebrating community-based programs for seniors and new Canadians.



Capt(N) Sader assisted with breakfast alongside members of the Greater Victoria Chamber of Commerce at Our Place Society.



Capt(N) Sader joined PSP Esquimalt's Matt Carlson, Master Seaman Mary McGregor of CFB Kingston and other members of the Wounded Warriors team to complete the final leg of the organizations' B.C. run.

March to June

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Bravo Zulu

HMCS Discovery Promotion

Graeme Leblanc was promoted to Chief Petty Officer First Class during the Naval Reserve Western Region Senior Leaders PD weekend by Staff Sergeant Craig Harper and Capt(N) White, Naval Reserve Western Region Captain (Navy).



Canadian Fleet Pacific HQ Promotions



Pte Veerman receives his promotion to Corporal from Cdr Kincaid and SLt Newton at Canadian Fleet Pacific headquarters.



Pte(B) Refugia is awarded the Financial Services Administrator Coin by Cdr Butler M.C and CPO 1 Gaudreault J.F. for his outstanding dedication and performance at the Canadian Fleet Pacific F42 Budget Section, while PO1 Tucker looks on.



SLt Booth receives his Special Service Medal – Expedition from Cdr Kincaid and Lt(N) McGrath at Canadian Fleet Pacific headquarters.



Major Geoff Robinson, left, and Major Master Warrant Officer Donald Clark, right, present the Joint Task Force Pacific Command Commendation to Canadian Ranger Master Corporal Juri Agapow of the Quesnel Canadian Ranger Patrol.

Photo by Canadian Ranger Lindsay Chung, Quesnel Canadian Ranger Patrol

Quesnel Canadian Ranger receives Joint Task Force Pacific Command Commendation

Canadian Ranger Lindsay Chung
Quesnel Canadian Ranger Patrol

Master Corporal Juri Agapow of the Quesnel Canadian Ranger Patrol recently received a Joint Task Force Pacific Command Commendation to recognize his work during the 2017 British Columbia wildfires.

Major Geoff Robinson, Officer Commanding 4th Canadian Ranger Patrol Group's British Columbia Company, and Master Warrant Officer Donald Clark, British Columbia Company Sergeant Major, travelled to Quesnel to present the award on Feb. 11.

"Master Corporal Juri Agapow was heavily involved in Operation Lentus during the summer of 2017," said Maj Robinson. "He spent time fighting fires to save his own property, and then he went ahead and helped everybody else. That's outstanding work, and that was recognized."

MCpl Agapow served on Operation Lentus 17-04 in western Canada during the wildfires. Between July 9, 2017, and Sept. 15, 2017, Canadian Armed Forces members supported B.C. provincial firefighters in firefighting operations, evacuating locals, transporting first responders and equipment, delivering essential aid to isolated communities, assist-

ing the RCMP in providing information to the public and conducting observation and reporting at assigned points along access roads in affected areas.

At the Quesnel Patrol meeting, Maj Robinson read the Command Commendation from the Joint Task Force Pacific Commander, signed by Vice-Admiral Art MacDonald, who in 2017 was the Commander of Maritime Forces Pacific.

"Tasked in support of Operation Lentus 17-04, Canadian Ranger Agapow's performance and dedication to duty were exceptional," read Maj Robinson. "His knowledge of the local area was an outstanding resource to the Task Force, specifically his in-depth knowledge of the Chilcotin Plateau area was of great value during evacuation operations. This knowledge, combined with his personal connections, greatly contributed to the success of operations. Canadian Ranger Agapow has brought great credit upon himself, the Canadian Rangers, and Joint Task Force Pacific."

Agapow, who operates Hanceville Cattle Company in Hanceville, B.C., near Williams Lake, was serving with the 100 Mile House Canadian Ranger Patrol in 2017 and is now a section commander with the Quesnel Canadian Ranger Patrol.

BLACK HISTORY MONTH

AB Dyneh Allen-Buckmire, a cook in HMCS Glace Bay, undertakes additional duties aboard the ship.

Photo by
Cpl Yongku Kang



glace bay sailors reflect

Lt(N) Nicole Morrison HMCS Glace Bay

There are many ties that bind military members together.

Commitment to Queen and country, strong work ethic, and dedication to physical fitness are some shared traits.

But what do a cook, a naval warfare officer, and a naval combat information operator have in common?

For one, the trio are sailing together in *HMCS Glace Bay* as part of Operation Projection West Africa. For two, they are all Black Canadians.

AB Dyneh Allen-Buckmire, Lt(N) Gregory Wagner-Conserve, and OS Lennox Peprah are part of a mission

in the Gulf of Guinea aimed at capacity building and fostering relationships with like-minded partner nations, while helping to support stability and the security goals in the region.

For the sailors deployed on this operation, it means getting to work alongside partner navies during two major training exercises, Obangame Express 2020 and Phoenix Express 2020, sponsored by U.S. Africa Command and led by U.S. Naval Forces Africa. They also interact with local communities during outreach events, furthering efforts towards sustainable development, empowerment of girls and women, and overall conditions for peace and stability.

February was Black History Month, and the three sailors reflected on what it meant to them.

AB Allen-Buckmire, who serves as a cook, said it was a chance to “represent my people and how we overcame and how we keep pushing through obstacles” and to “show my people, and everyone else, that no matter how much we’ve been put down in the past, we’ll always rise up.”

Black History Month is a learning opportunity, she says, and a chance to show her community that no one should “be afraid to step outside their own pre-conceived notions of what jobs they should be doing.”

For Naval Warfare Officer, Lt(N) Wagner-Conserve, being deployed to Africa during Black History Month is a “good occasion to celebrate the accomplishments and contributions that Black Canadians have made for this country.”

His experience as a Black Canadian in the military is a positive one, he says, and as an institution the Canadian Armed Forces are doing a “great job at encouraging and promoting diversity among their members.”

For OS Peprah, this deployment hits a little closer to home, literally. While he was born in Canada, his parents grew up in Ghana, and they still have family living in

Accra. His parents moved to Canada when they were 26 and 30 years old respectively. For OS Peprah, deploying to Africa during Black History Month was “an honour to be able to go to my parents’ homeland.”

It was also a chance for his extended family in Ghana to see him in action. He visited Ghana as a young child, but says he remembers “only the heat and my family,” so he was “happy to get the chance to go back as an adult, with a mission to do something and give back.”

For these three sailors, the mission is a chance to carry on a long and proud tradition of Black Canadians serving in the Canadian Armed Forces.



OS Peprah, second from left.
Photo by Cpl Yongku Kang



Lt(N) Gregory Wagner-Conserve on the bridge.
Photo by Cpl Yongku Kang

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