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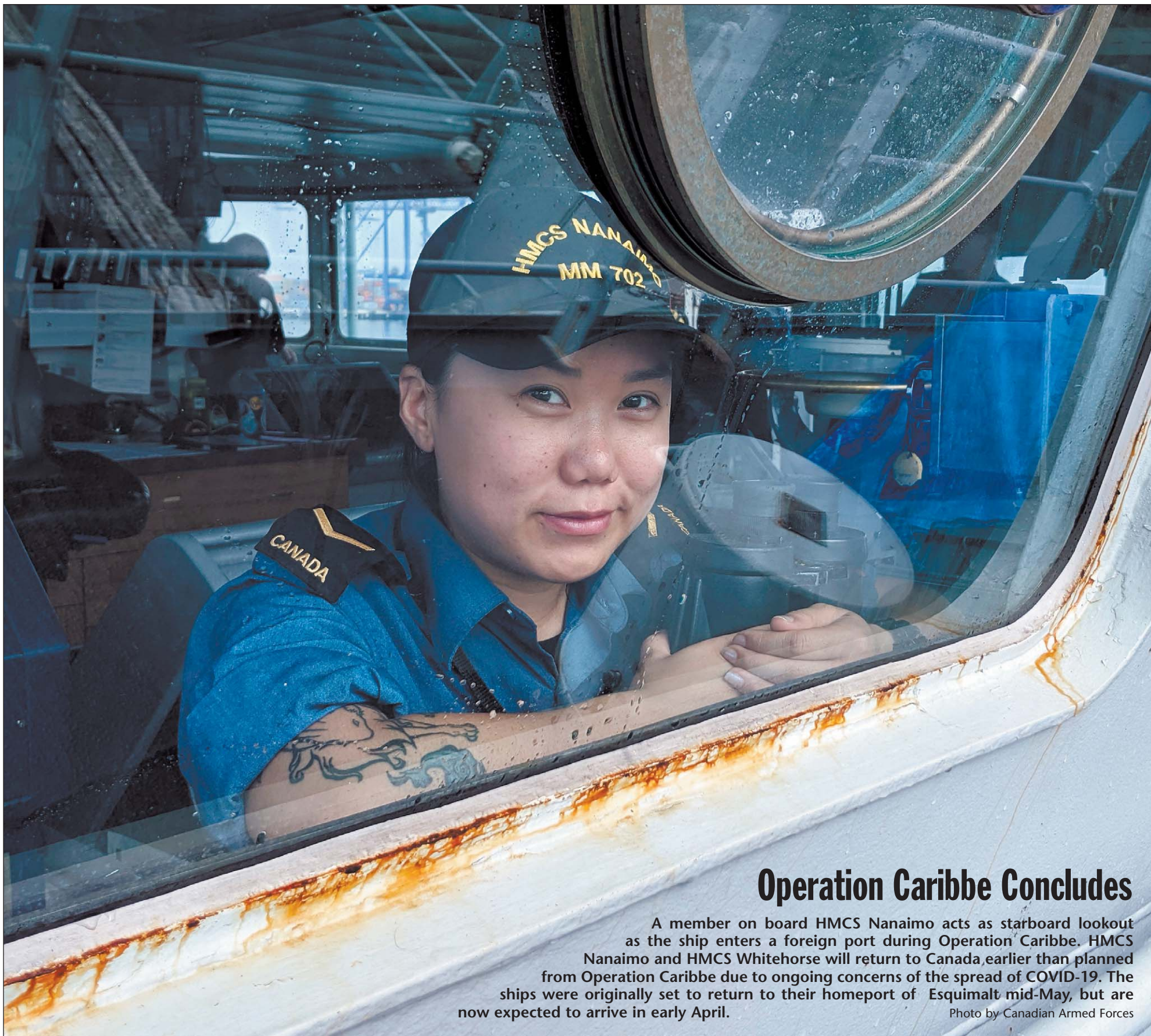
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Operation Caribe Concludes

A member on board HMCS Nanaimo acts as starboard lookout as the ship enters a foreign port during Operation Caribe. HMCS Nanaimo and HMCS Whitehorse will return to Canada, earlier than planned from Operation Caribe due to ongoing concerns of the spread of COVID-19. The ships were originally set to return to their homeport of Esquimalt mid-May, but are now expected to arrive in early April.

Photo by Canadian Armed Forces



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Ron Bath receives the Legion of Honour from Philippe Sutter, Consul General of France.

Never too late, or too old, for recognition

Peter Mallett
Staff Writer

Personnel from Canada's navy and army helped make 95-year-old Legion of Honour award recipient Ron Bath's big moment in the spotlight a little bit brighter.

The retired Able Seaman and resident of Graystone Manor in Maple Ridge, B.C., was part of the Allies' D-Day landings as a member of the Royal Canadian Navy.

He received France's highest order from Consul General of France Philippe Sutter in a March 9 ceremony.

Celebrating that moment with him were members of *HMCS Vancouver*, naval reserve unit *HMCS Discovery*, and the 15th Field Artillery Regiment.

"It's a great feeling and I am very proud to receive this medal. I was surprised and touched by the number of military personnel who attended," said Bath.

The Legion of Honour award was established in 1802 by Napoleon Bonaparte and has been awarded to more than 93,000 persons worldwide. In 2015, the French Government began honouring 1,000 Canadian veterans with the award to commem-

orate the 75th anniversary of the D-Day landing.

Bath was directly involved in many beach landings in Normandy on June 6, 1944, and the days that followed, working as a Signalman on landing craft with the RCN's 262nd Flotilla. Facing enemy fire and great peril, they ferried troops to the beaches of Normandy, including Juno and Omaha.

"Receiving this award has brought back memories of those I served with on the landing craft and D-Day itself," said Bath.

In the final months of the war, he served aboard Canadian frigate *HMCS La Hulloise* as its helmsman,

and as an aircraft handler on the aircraft carrier *HMCS Warrior*.

Born in Blyth, England, Bath and his family moved to the former B.C. mining town of Michel (near Nelson B.C.). The navy wasn't Bath's initial choice. When war broke out in Europe he was only 14 and tried joining Canada's army twice until his mother intervened. When he was finally old enough to register on his 18th birthday, he signed up with the Royal Canadian Navy and completed part of his pre-deployment training at CFB Esquimalt.

A member of the Royal Canadian Mounted Police

(RCMP) along with the Acting Mayor of Maple Ridge, and a local MLA also attended. Bagpiper Sgt Colin Barrett of the Delta Police Pipe Band piped Bath into the common room where the ceremony was held.

Two members from *HMCS Vancouver* made the trip to Graystone Manor - ship's Coxswain CPO1 Steven Wist and Acting Chief Boatswain's Mate, PO1 James Sunderland.

"Having a naval presence during this ceremony was extremely important given that Mr. Bath was a naval veteran who contributed to the success of the land-



A younger Ron Bath.

ings at Normandy," said CPO1 Wist. "It's great to know that he appreciated the military presence during the ceremony, and speaking on behalf of the military that attended, I can say it was a greater honour for us to attend this prestigious event."



Robin&AJ
Good morning. Good times.



Ice diving at -50°C, Operation Nanook

Lt(N) Éliane Trahan
Dive Task Force
Public Affairs Officer

OPERATION Nanook takes place each year across the Yukon, the Northwest Territories, Nunavut, and Labrador. It features up to five deployments throughout the year.

One of these deployments was Operation Nanook-Nunalivut in Rankin Inlet, Nunavut, which involved the Dive Task Force, from March 2 to 17 with 31 divers from Canada, Finland,

France, and Belgium.

Clearance Divers, Combat Divers and Port Inspection Divers from the Army and the Navy as well as a Finnish Diver wearing the Air Force uniform were all involved.

The Inuit community of Rankin Inlet has approximately 2,000 residents and is one of the most important communities in Canada's North. It's a meeting place and hub for the region with all flights to the Kivalliq passing through the bustling Rankin Inlet Airport.

The increase in traffic creates new safety and security risks.

Canada must be prepared to conduct search and rescue, and to respond to natural and man-made disasters.

Operations such as Nanook-Nunalivut demonstrate the presence and capabilities of the Canadian Armed Forces in the Arctic and improve readiness in the region. It is also an opportunity to work with Canadian partners in the North such as members of the 1st Canadian Ranger Patrol Group. They provided advice and facilitated a smooth integration for the military members into an Arctic environment.

"Although winter dive con-

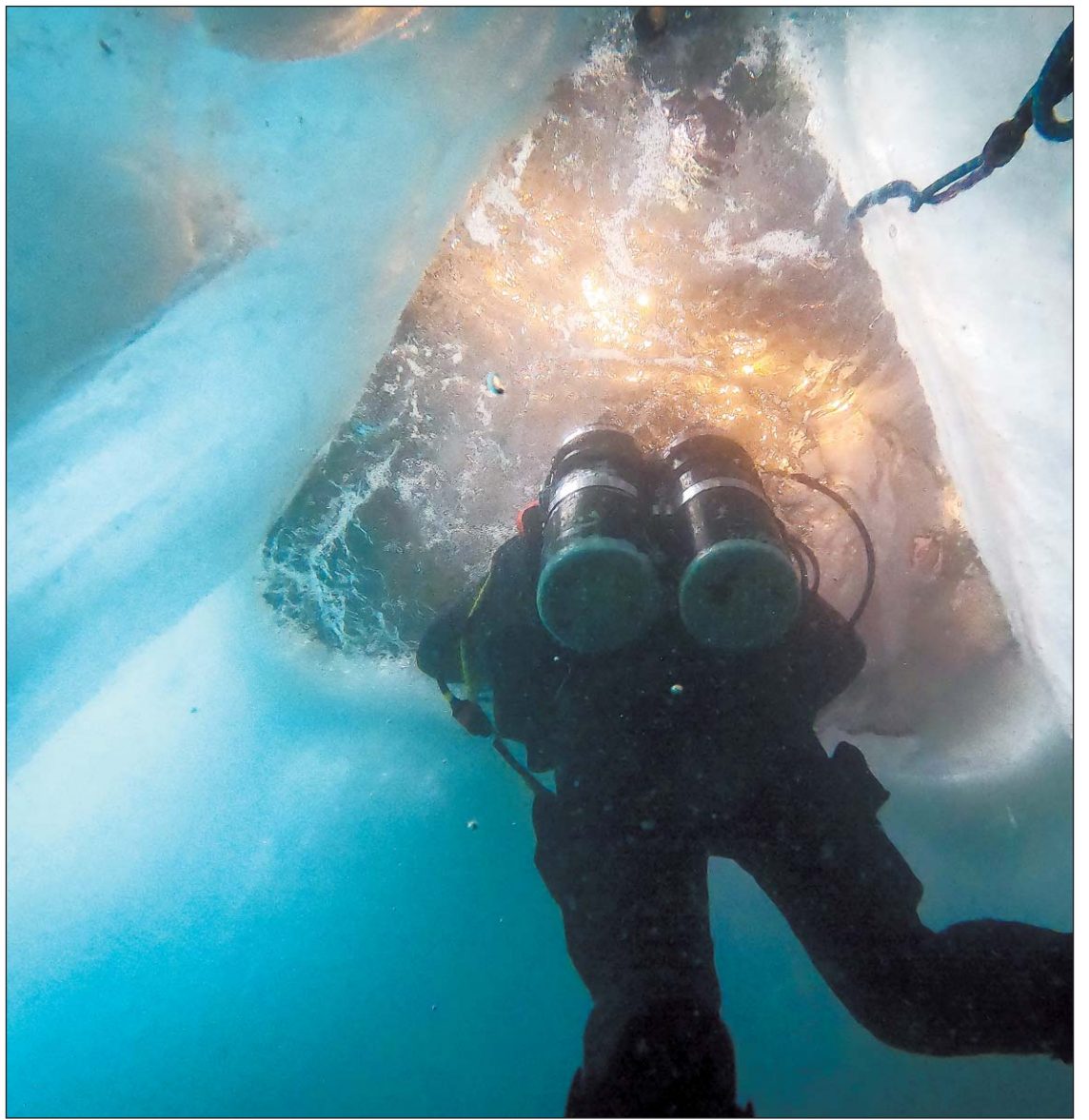
ditions in Halifax consist of cold waters below five degrees Celsius, we rarely have the opportunity to conduct ice-diving operations in the Arctic," said Lt(N) Kristopher Hicks, Dive Team Officer in Charge. "The dive team's presence in Rankin Inlet enabled us to revalidate our procedures, test our equipment, and prove our ability to dive and conduct light salvage operations in a harsh and unforgiving environment. The conduct of dive operations in the Arctic, in temperatures below -50 degrees Celsius, present many unique challenges relating primarily to

equipment temperatures and freeze-up. There are additional variables and mitigation measures that must be thoughtfully considered to ensure successful operations."

During the operation at Rankin Inlet, divers participated in recovering pieces of a CF-18 aircraft wing. They explored the seabed at a depth of 15 meters and exercised their skills under the ice using the Ultra-Light Surface Supplied Diving System, and the Ice Diving Compressed Air Breathing Apparatus configuration with communications and video.



Leading Seaman Bryan Ogle, clearance diver from Fleet Diving Unit (Pacific), completes an ice dive in Rankin Inlet, Nunavut.



A member of the Finnish Defence Force conducts an ice dive in Rankin Inlet, Nunavut, during Operation Nanook-Nunalivut. Photos by Corporal David Veldman, Dive Task Force Imagery Technician





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WHAT SAY YOU

Sentinel Program - being there for your peers

Padre Kevin Sam
CFB Esquimalt

Military lifestyle can be difficult and often comes with stresses, both on the members and their families.

These can include being away from home due to sailing, family issues, PTSD, addiction, and emotional and financial stressors.

More people than we think suffer emotionally, spiritually, and even physically. Each of these aspects are intertwined and can effect the other. It can be lonely and debilitating to suffer in isolation without the support from colleagues, units, and chain of command. The CAF are always

looking into ways to minimize this isolation in order to improve the members' well-being.

Padre Félix Roberge, part of a multidisciplinary team of two chaplains and one social worker, implemented the Sentinel Program in 2007 at CFB Valcartier. Since its creation, the program has been endorsed by the Chaplain General and supported by the CAF and VAC Joint Suicide Prevention Strategy since 2017.

"Let's face it: nobody is in a better position to see a change in behaviour or mood in us than the

people we work with every day," he said. "Like the sentinels who guard the entrance to a camp or sound the alarm in case of danger, co-workers who are part of this network of Sentinels acquire knowledge that helps them to identify the precursors to distress in their peers and to prevent an aggravation of the situation."

The Chaplains' team began training for the Sentinel Program at Maritime Forces Pacific two years ago. It is a peer-to-peer program designed to help members become more sensitive to people around them in order to: observe (detect distress), con-

firm, take action and seek back-up (to appropriate resources available to the members).

Benefits of the program not only help build closer relationships and a sense of belonging within unit lines, but trained Sentinels become more observant and learn to ask the right questions to a member who is potentially in distress.

If you think that you, or someone you know, might be a good Sentinel candidate and help strengthen your unit's health and resilience, contact the Chaplains' team, either through your unit chaplain or by contacting the office at 250-363-4030. All ranks, units and civilian employees are welcome.



HMCS Winnipeg receives the peer support training

SLt Wilson Ho
HMCS Winnipeg

The Chaplain General of the Canadian Armed Forces, Padre (Major General) Guy Chapdelaine, and his Chief Warrant Officer, CWO Robert Hains stopped by HMCS Winnipeg Feb. 27 during their visit to CFB Esquimalt.

During the visit he had an opportunity

to talk and share a meal with junior sailors and attend a briefing with the heads and chiefs of various departments.

Led by Padre (Capt) Kevin Sam, Fleet Chaplain, the briefing described the importance of the Sentinel Program.

The Sentinel Program is comprised of volunteer members within a unit, squadron, or ship, trained to offer confidential, non-judgmental peer listening support. However, they are not counsellors. Rather,

Sentinels are the first step in the support ladder team, which includes Padres, the Chain of Command, and other integral health resources, to intervene, help, and care for members in distress.

Two Sentinel Program training sessions were conducted for Winnipeg crewmembers. Both groups were taught ways to identify issues members may face in the CAF, basic intervention techniques, and available resources in both the military and civilian community, and were also given opportunities to walk-through and discuss scenarios they may face as a Sentinel with the Padres.

Winnipeg is currently in the midst of a short work period, preparing to embark on work-ups training for the Rim of the Pacific (RIMPAC) Exercise and Operation Projection later this year. Receiving Sentinel Program training is one way the ship's company is preparing to become better equipped to face the challenges of a potential long deployment ahead.



MGen Guy Chapdelaine, Chaplain General, is welcomed aboard HMCS Winnipeg.

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Lieutenant-General Mike Rouleau salutes during an Operation Presence-Mali medals parade at Camp Castor on June 8, 2019.

New Vice Chief of Defence Staff and other Flag Officer changes

DND

Lieutenant-General Mike Rouleau has been named the new Vice Chief of the Defence Staff. The announcement is part of the 2020 Canadian Armed Forces (CAF) General and Flag Officer senior appointments, promotions, and retirements.

General Officers (Canadian Army and the Royal Canadian Air Force) and Flag Officers (Royal Canadian Navy) lead the CAF in defending our country's values and interests, here at home and abroad. They share the responsibility for the stewardship of the entire institution, and for the profession of arms as a whole.

"It will be a great honour for me to lead as second in command of the Canadian Armed Forces, an institution I deeply respect and is embodied by a military force and Defence Team that is second to none," said Lieutenant-General Mike Rouleau, Vice Chief of the Defence Staff Designate. "I thank the Chief of the Defence Staff and others for their confidence, and will take this opportunity to further the work of my predecessors to move the organization forward by capitalizing on our strengths as a highly professional, capable fighting force that is empowered by the trust of Canadians."

This year, the following General and Flag Officer positions were established to meet CAF operational requirements:

For the first time ever, the CAF will send a General Officer to the United States Air Force Space Command. Brigadier-General K.G. Whale will be appointed to the new position as the Deputy Commander Plans for United States Air Force Space Command in Colorado Springs, responsible for plans, programs, requirements and analysis.

To enhance the high readi-

ness requirements of the Canadian Special Operations Forces Command (CANSOFCOM), Colonel M. Gros-Jean will be appointed to a new position as Deputy Commander Support to oversee the daily Force Management and Force Sustainment activities of CANSOFCOM in Ottawa.

The one-year temporary assignment of Chief SSE Combat Systems Implementation will be taken on by Rear-Admiral J.B. Zwick to oversee the examination of pan-domain Force Development, Force Generation, Corporate Management, and Command and Control for CAF Joint Combat Systems.

To note, Major-General A.M.T. Downes will retire from service and his responsibilities as the Surgeon General and Commander of the Canadian Forces Health Services Group (CFHSG). Brigadier-General J.G.M. Bilodeau will be appointed the Surgeon General and Commodore R.L. Patterson will be appointed to Commander of the CFHSG in Ottawa.

Lieutenant-General Mike Rouleau will be replaced by Lieutenant-General C.J. Coates, who will be appointed Commander Canadian Joint Operations Command in Ottawa.

Major-General F.J. Allen will be promoted to the rank of Lieutenant-General and appointed as Canadian Military representative to NATO, in Brussels Belgium, replacing Vice-Admiral D.C. Hawco.

Furthermore, Commodore G. Bernatchez will be promoted to Rear-Admiral and will remain as the CAF Judge Advocate General in Ottawa. Brigadier-General R. Goodyear will be promoted to Major-General and will remain as Assistant Deputy Minister (Finance) Director General Budget in Ottawa.



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Chuck LaRocque, Chairman of the Royal Canadian Artillery Museum board, and Gunner Kyle Timm of 1 Royal Canadian Horse Artillery, show off a pair of medals awarded to legendary Artillery officer Major-General Tom Strange that were purchased by the Royal Canadian Artillery Museum.

Photos by Jules Xavier, Shilo Stag, DND Canada

90 seconds, \$50,000, two medals

Jules Xavier
Shilo Stag

It wasn't Christmas, but Royal Canadian Artillery (RCA) Museum director Andrew Oakden received a special gift: medals once worn by legendary artillery officer Major-General Tom Strange.

The medals, one awarded to MGen Strange for his role in the Northwest Rebellion and the other for service in India, cost more than \$50,000. They were purchased from Spink Auction House in the UK with funds raised by the RCA Senate, which works to promote and preserve the RCA's heritage.

Fundraising was led by Royal Regiment of Canadian Artillery Colonel Commandant Brigadier General (Retired) J.J. Selbie.

Oakden said staff at the auction house brought the medals to the museum's attention.

"They likely saw him listed on our website as a great gunner and thought we would be interested," he said. "That was true. A sizeable family collection of Strange medals were up for auction, including those of his son, Harry Strange. We were not successful with the bidding on those."

They had 600 lots on the first day of the auction, recalled a beaming Oakden after unpacking the medals, both contained in plastic coverings similar to those used to protect prized hockey cards or comic books.

"They started at lot one and went to lot 600. The general's medals were lot 501. They came up at 10:15 a.m., and bidding ended about a minute later. The auction started 3 a.m. our time, 9 a.m. in London."

"Given the prestige and historical value of the items up for bidding, there were likely many large collectors involved," he said. "It's possible we were bidding against other museums or Canadian Gunners who wanted to own them."

In addition to the Strange medals, the RCA Museum also owns a published biography of the Major General entitled *Jingo, The Buckskin Brigadier Who Opened Up the Canadian West*, by James B. Lamb.

MGen Strange, son of a Scottish military officer, was born in India in 1831 and commissioned into the Royal Artillery at 20. He came to Canada in 1872 to serve as Inspector of Artillery and Warlike Stores for Canada and to command the Royal Artillery's B Battery in Quebec, where he became a well-respected member of the local community thanks in part

to his fluency in French.

Following a period of service in Kingston, Ontario, now home to the Royal Military College, the creation of which MGen Strange had advocated, he was forced to retire with the honorary rank of Major General.

Though he had developed a reputation for being uncompromising among other officers, MGen Strange was called out of retirement and left his Alberta ranch to organize the defence of the region with the outbreak of the Northwest Rebellion in 1885.

He led the Alberta Field Force, an untested amalgamation of militia, Mounted Police, and a number of civilians. After an unsuccessful attempt to enter politics, MGen Strange relocated to England, where he died in July 1925.

Major-General R.G.A. Luard, who commanded the Canadian Militia from 1880-1884, called MGen Strange "a father to the Artillery of Canada."



Above: A portrait of Major-General Tom Strange.

Inset: A close-up of medals given to Major-General Tom Strange for service in the Northwest Rebellion of 1885 and for earlier service in India. The medals were recently acquired by the Royal Canadian Artillery Museum. MGen Strange has been called "a father to the Artillery of Canada."



CORONAVIRUS

All Canadian Armed Forces members are encouraged to only share information from accurate and credible sources and to fact check what they see online.

Be aware of your personal responsibility for the content you post on social networking sites and ensure that you are not contributing to the spread of misinformation or speculating on government decisions.

The best location to find the most current information on COVID-19 is canada.ca/coronavirus or on Facebook @HealthyCdns.

IMPORTANT CONTACTS

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Base social media
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FAQs on CFB Esquimalt and COVID-19
www.lookoutnewspaper.com/faqs-cfb-esquimalt

Message from the Canadian Forces Housing Agency (CFHA)
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Message from the Deputy Minister
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Base Surgeon COVID-19 Update
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BC COVID-19 Symptom Self-Assessment Tool

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This self-assessment tool, developed with the BC Ministry of Health, will help determine whether you may need further assessment or testing for COVID-19. You can complete this assessment for yourself, or on behalf of someone else, if they are unable to.

Who should be tested for COVID-19?

People with respiratory symptoms who are:

- Hospitalized, or likely to be hospitalized
- Health Care Workers
- Residents of long term care facilities
- Part of an investigation of a cluster or outbreak

Who does not need to be tested for COVID-19?

- People without symptoms
- Patients with mild respiratory symptoms who can be managed at home, including returning travellers with an onset of illness within 14 days of return to Canada

The BC Ministry of Health strongly urges anyone who has symptoms - including a fever, cough, sneezing, sore throat, or difficulty breathing - to [self-isolate](#) for 14 days. To protect yourself while out in public, wash your hands frequently and maintain a distance of about 2 metres from others. For more information on COVID-19, refer to [BCCDC's COVID-19 website](#).

Last updated: 3/19/2020 16:00 pm PDT

The province has created a phone service to provide **non-medical** information about COVID-19, including the latest information on travel recommendations and social distancing. Information is available in more than 110 languages, 7:30 a.m. to 7:30 p.m. Pacific Standard Time at **1-888-COVID19** (1-888-268-4319) or via text message at **604-630-0300**.

For the most up to date non-medical information, including the latest recommendations and provincial and federal programs, visit the [BC Government's COVID-19 Support and Information](#).

Are you experiencing any of the following:

- Severe difficulty breathing (e.g. struggling to breathe)

COVID-19 UPDATE

FREQUENTLY ASKED QUESTIONS

Where can I learn more about COVID-19?

For the latest information on COVID-19, you can visit the Government of Canada's website at www.canada.ca/coronavirus

ALTERNATE WORK ARRANGEMENTS

How are CFB Esquimalt and MARPAC employees affected?

At the direction of the Chief of the Defence Staff and the Department of National Defence, only essential core activities will continue at CFB Esquimalt for a minimum period of three weeks. These activities include international and domestic operations and anything that directly supports those functions.

This direction is a pro-active measure as part of the Canadian Armed Forces' overall effort to protect and preserve the operational capacity of the Defence Team and minimize the potential impact on the health-care system from the COVID-19 pandemic.

Military Members

Please discuss requirements specific to your position with your Chain of Command.

Civilian Employees

DND civilian employees should engage in either telework or alternative work arrangements in all cases where operational requirements and circumstances permit. Only DND staff, contractors, or other embedded federal department personnel who are physically required to conduct critical tasks should be on the premises. Please discuss direction specific to your position with your manager or Chain of Command.

How can I access the DWAN network?

Access to DWAN networks will be possible through DVPNI; however, only members conducting critical core activities can access DVPNI from home. This is to minimize the burden on the Information Management and IT systems. Your unit will inform you if you will be given DVPNI access.

Anyone else working from home should use their work mobile devices whenever possible to send and receive emails.

When will all members be returning to the premises?

At this time, CFB Esquimalt will continue to have minimum employees on-site for at least three weeks as of Monday, March 16. This timeline will be adjusted as required based on how the situation evolves.

BASE ACCESS

Will I be able to access CFB Esquimalt?

The Base is currently closed to the public including the museum, CANEX, CPAC, Naden Athletic Centre, MFRCs, and Wurtele Arena.

Access to the Base is restricted to DND staff, CAF members, authorized contractors or other embedded federal department personnel who support critical core activities. Please liaise directly with your Chain of Command if you require further clarity specific to your position. Contractors required to work on Base are currently still permitted to do so.

Have security procedures changed?

Normal security procedures for entering Naden and Dockyard gates apply with the exception that no guests are permitted on Base and the pedestrian gates are closed.

Gates remain manned and access control is being maintained. All those entering require approved CAF DND identification, or a valid contractor's pass. Naden and Work Point both have access control and those entering require approved identification.

Contractors seeking access to Naden and Work Point must declare the access is for work purposes, confirm the company they work for, confirm their identity with government issued ID, and confirm the location of where the work is to occur.

BASE SERVICES

Can I still access administrative, IT and support services?

Yes, all core activities will continue and services can still be provided by phone or email. Please refer to the list below for unit contact information.

BASE ORDERLY ROOM (BOR)

The BOR/Financial Services are closed but are maintaining core services including Military Pay. Emergencies will also be responded to on a case-by-case basis. Personnel requiring services, including MATIA/PATA, Release and Furniture and Effects, claims, cashier, RGDF, and credit cards, as well as those with pre-existing appointments, should contact the BOR for further instructions.

BOR/Fin inquiries can be made via phone at 250-363-4288 or email at esqbadmborreception@forces.gc.ca and will be responded to in priority sequence.

BASE INFORMATION SERVICES (BIS)

Base Information Services continues to maintain core services. To contact BIS, phone 250-363-1000 or email EsqBISClientServices@forces.gc.ca.

MARITIME FORCES PACIFIC CHAPLAINS

To speak to a chaplain during the day (0800 to 1600), contact the Naden Chapel Offices at 250-363-4030. Outside of regular hours, you can speak to a Duty Chaplain 24/7 at 250-818-2794.

MFRC

Currently, all MFRC facilities, on-site programming, daycare, preschool and out-of-school care are closed. During this time, MFRC staff will monitor phone lines and respond to messages. Please email jackiecarle@emfrc.com for questions or assistance.

If you call the MFRC at 250-363-2640 and require immediate assistance, you will receive a prompt to connect with the Family Information Line (1-800-353-3329) where you can receive confidential, bilingual counselling.

Counselling services will continue on a virtual basis and the MFRC will continue to disseminate timely information regarding deployed operations through their website and social media platforms. For more information visit <https://esquimaltmfrc.com/temporary-closure-of-all-locations/>

CIVILIAN SUPPORT RESOURCES

The 24/7 Employee Assistance Program continues to be available to civilian members of the Defence Team. For immediate assistance or direct access to a counsellor, please call 1-800-268-7708.

You can also access the Public Service Healthcare Plan (<http://www.pshcp.ca>) or use the nationwide Specialized Organizational Services (<https://www.canada.ca/en/health-canada/services/environmental-workplace-health/occupational-health-safety/employee-assistance-services/specialized-organizational-services.html>)

For more information visit <https://www.canada.ca/en/government/publicservice/covid-19/covid-19-mental-health-work.html>

All BC citizens can access Healthlink BC 24-7 by calling 811.

Is the Base hospital still open?

The base hospital continues to provide patient care during regular hours (Monday-Friday 0730-1530h).

Is the dental office still accepting patients?

The Naden dental clinic remains open for urgent treatments and to treat any members who are preparing to deploy.

Will meals still be served for personnel living on Base?

At this time, Nelles Galley and Venture Galley are open and providing meals to personnel on Base.

Can I order food to be delivered to a building on Base?

Deliveries of personal goods and services are not permitted. Pick up must occur at one of the Base gates.

How can I do PT if the gym is closed?

Currently, both the Naden Athletic Centre and the Dockyard Gym are closed. Members are encouraged to continue to conduct PT while still taking the necessary steps to stay healthy. There are many resources available online and members can use DFit.ca to help them choose a simple and safe program to perform at home.

The PSP team will provide livestream workouts every Monday, Wednesday and Friday at 11am. You can join in on their Facebook page pspsquimaltnaden

Can I still travel?

Military Personnel

The following direction applies to all military personnel:

- All CAF members currently on international leave or TD are to return to their primary place of duty as soon as possible.
- All Canadian-based CAF members currently on leave in the U.S. are to return to their primary place of duty no later than March 22.
- Class A Reservists are strongly urged to abstain from personal travel outside Canada. International travel for all other military personnel is not authorized.
- All personnel returning from international travel, including the US, are to self-isolate for 14 days.

- All domestic and international HHT are suspended for three weeks.
- Commercial travel to include air, rail, ferry and bus within Canada is not authorized.
- Domestic travel by ground is restricted within 250 km of place of work or primary residence.
- Members currently on domestic leave outside 250 km may continue their leave.

Civilian Personnel

- To limit the spread of COVID-19, the Government of Canada advises that Canadians avoid all non-essential travel outside of Canada until further notice. As of March 13, all business travel is suspended.
- Following updated active travel health notices, please declare any intended travel to your manager. Additionally, any staff who have chosen to engage in personal international travel will be required to self-isolate for 14 days as per Public Health Agency of Canada direction.
- For more information on the Government of Canada's travel advice visit <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/latest-travel-health-advice.html>

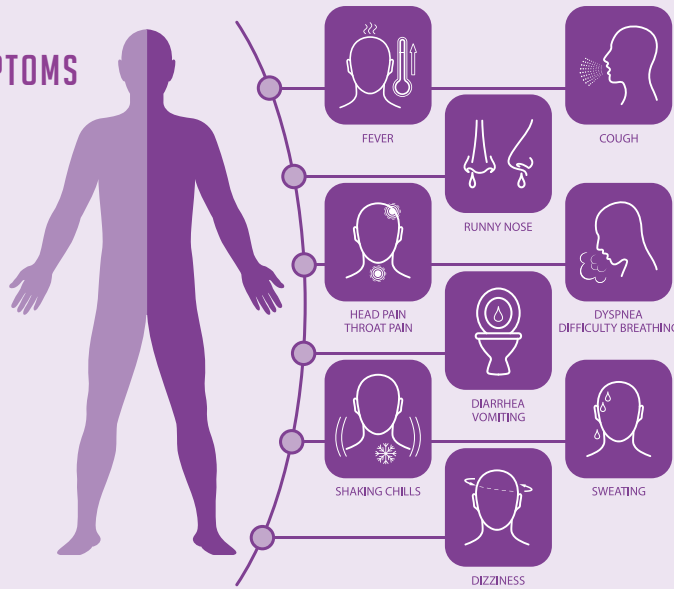
I've been seeing a lot of information being shared online and don't know what I can trust. How can I know what's true and what's false?

All members are encouraged to only share information from accurate and credible sources and to fact check what they see online. Be aware of your personal responsibility for the content you post on social networking sites and ensure that you are not contributing to the spread of misinformation or speculating on government decisions. The best location to find the most current information on COVID-19 is canada.ca/coronavirus or on Facebook @HealthyCdns.

A MESSAGE FROM CANADIAN FORCES HOUSING AGENCY

In order to mitigate the impacts of COVID-19, the Canadian Forces Housing Agency (CFHA) at CFB Esquimalt is asking that occupants requiring housing services to contact CFHA by phone - (250) 363-4421 or by email - cfha-alfc.esquimalt@forces.gc.ca, rather than attending the Housing Service Centre (HSC) in person. If you are an occupant of the CFHA-managed housing and if you, any family member or person living in your RHU has a suspected or confirmed case of COVID-19, we ask that please call the HSC immediately to report it. If you have any questions or if you have a maintenance issue that needs to be resolved, please feel free to contact CFHA through our generic email account Cfha-alfc.esquimalt@forces.gc.ca, or by calling your CFHA Customer Service Representative - (250) 363-4421. If you require Emergency After Hours Service call 1-800-903-2342.

SYMPTOMS



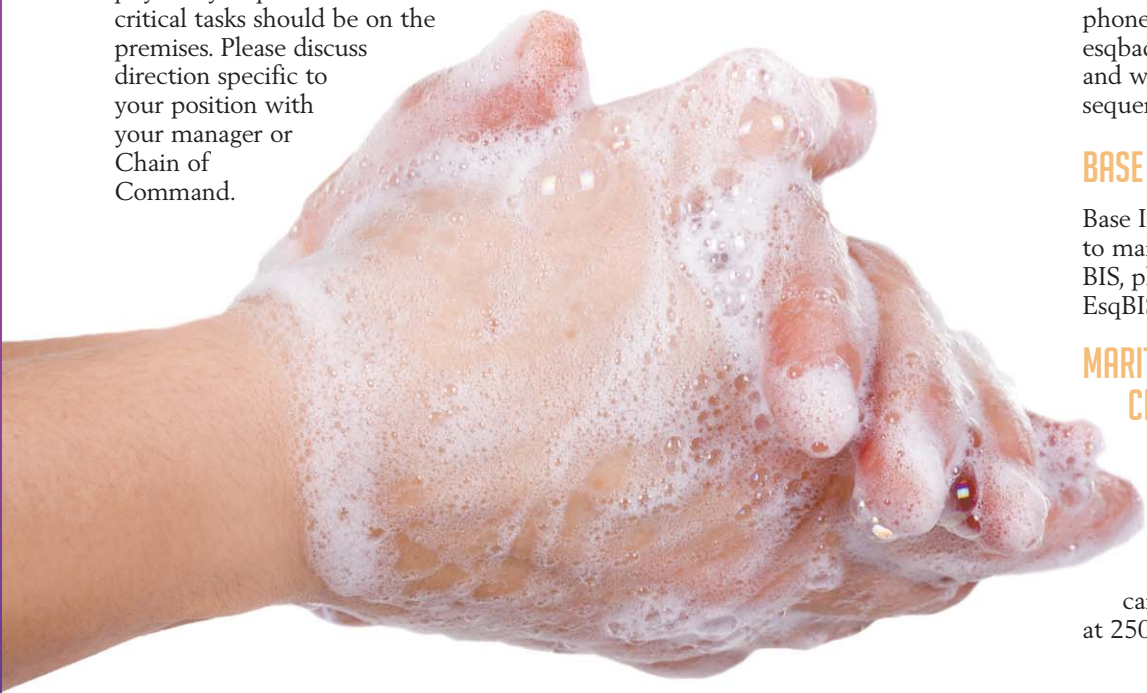
CANADIAN FORCES HEALTH SERVICES CENTRE PACIFIC UPDATE

In response to COVID-19 concerns we ask that all sick patients with the symptoms below complete the BC COVID-19 Symptom Self-Assessment Tool at <https://covid19.thrive.health/> for advice on staying home or presenting to hospital.

- * Difficulty breathing
- * Fever
- * Cough
- * Body Aches
- * Chills
- * Runny nose
- * Sneezing or
- * Sore Throat

Our advice on self-isolating (14 days) is in line with this tool. Changes to testing protocols are evolving; most people who are able to self-isolate and manage their symptoms at home are not eligible for COVID-19 testing in BC. The tool can also provide infor-

mation on what to do if you were exposed to a probable or confirmed case of COVID-19. In cases where the tool asks you to call 811, please contact the clinic at 250-363-4122 and after hours call 811. If you are having severe difficulty breathing (struggling for each breath, only able to speak in single words, or have chest pain) or otherwise feel you are experiencing a life-threatening emergency, call 911. If you are at home self-isolating and your symptoms do not improve or worsen, please contact the clinic at 250-363-4122 or in an emergency proceed to the nearest emergency room or call 911. For more information on COVID-19 in BC please visit <https://www.healthlinkbc.ca/health-feature/coronavirus-disease-covid-19>



VISIT GOVERNMENT OF CANADA WEBSITE CANADA.CA/CORONAVIRUS OR FACEBOOK @HEALTHYCDNS

USE YOUR COMPUTER TO JOIN THE FIGHT

SLt M.X. Déry
MARPAC Public Affairs

When fighting a global pandemic, it can feel defeatist to simply stay home, share memes about toilet paper, and wash your hands a little more often.

But there is more you can do: have your home computer help scientists research ways of defeating viruses such as COVID-19.

Two decades ago, I installed a screensaver on my home computer that was helping scientists Search for Extraterrestrial Intelligence (SETI). The screensaver was an ingenious way of getting around the problem of expensive supercomputers.

Then, as now, supercomputers are big, expensive and draw a lot of power. Researchers at Berkeley University had months of data from the massive Arecibo radio telescope, made famous in movies such as *Contact* and *Golden Eye*, that they needed analyzed. Essentially, researchers had recorded sounds from deep into space, but needed a way to listen to all of it to find the needle in the haystack, or rather an artificial sound from another world.

The tiny screensaver called SETI@home was simple to install, and whenever you walked away from your computer, it would turn on, download a small file from Berkeley, and get to work analyzing the signal. After a few days of crunching that data, your computer would upload the results to Berkeley.

Thousands of people joined each month. Eventually with millions of volunteer home computers

doing the work, SETI@home had become the world's largest distributed supercomputer, completing 50 times more calculations per day than any supercomputer could have done.

With the concept of distributed computing proven, in 2005 they transitioned to the Berkeley Open Infrastructure for Network Computing (BOINC). This allowed users to select the projects they want their computer to work on, such as finding pulsars with Einstein@home or finding new Prime numbers with PrimeGrid or helping to determine the 3-dimensional shapes of proteins to find cures for rare diseases with Rosetta@home.

In January, before the pandemic-causing virus was even named COVID-19, project Rosetta@home had begun molecular modelling of vital proteins of the then named SARS-CoV-2, giving researchers a predicted model of the virus that could help guide research weeks before it could be verified in the lab.

Modelling proteins and how they fold is the first step to understanding how viruses and other diseases work and interact with our cells.

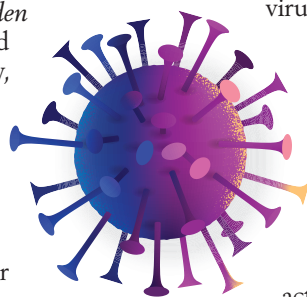
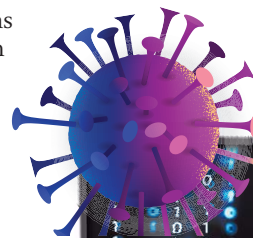
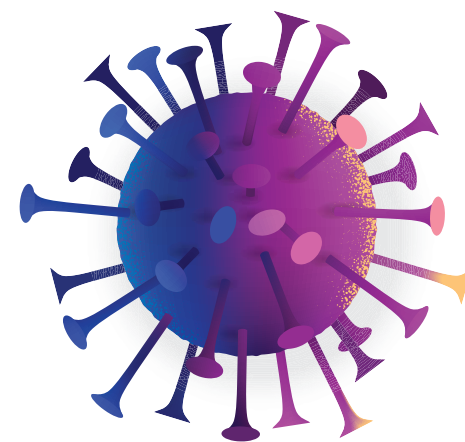
HIV, Malaria, cancer, and many more diseases are being researched, but scientists from all over the globe require computing power to aid in their fight.

Joining in is simple. You visit boinc.bakerlab.org and click the big "join Rosetta@home" button and follow the instructions on installing BOINC and adding the projects you wish to support. You can even join or create teams to compete with friends or colleagues.

If you set it to only run when you are not using the computer, you will hardly notice it computing away; however, it does consume power to run your central processing unit and graphic processing unit at full load for hours. On cold days the heat generated by my home computer can heat my office.

For all you Apple and Linux users, you can install it on your systems too; you can even install it on Android.

So, come volunteer your home computer to the world's largest distributed supercomputer and let's help researchers develop quicker vaccines, cures, and treatments to the world's deadliest diseases.



ADVISORY - FAKE COVID-19 LINKS

Please be advised there are cases of COVID-19 maps that infect devices with malware, along with the regular phishing emails with malicious links and attachments, and spoofed COVID-19 websites. Fraudsters are also phoning individuals to tell them they have tested positive for COVID-19 and need to provide their banking information.

Examples of these COVID-19 phishing email subjects include, but are not limited to:

- Cancel shipment due to corona virus _ New shipping schedule details
- Corona is spinning out of control
- Feeling helpless against Corona?
- Military source exposes shocking TRUTH about Coronavirus
- Corona virus is here, are you ready? (Learn how to survive)
- Get your coronavirus supplies while they last

Be wary of such messages. When you receive an email related to COVID-19, do not click on suspicious links or attachments. Follow up with individuals or companies using verified contact info (email or phone number you can find on their official website), ensure URLs are spelled properly, and as always keep your anti-virus software up-to-date.

Ref: <https://cyber.gc.ca/en/news/staying-cyber-healthy-during-covid-19-isolation>



Coping with stress during the 2019-nCoV outbreak



It is normal to feel sad, stressed, confused, scared or angry during a crisis.

Talking to people you trust can help. Contact your friends and family.

If you must stay at home, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends.



Don't use smoking, alcohol or other drugs to deal with your emotions.

If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.

Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as WHO website or, a local or state public health agency.



Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.

Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.





Capt(N) Stéphane Ouellet, Commander of the Canadian Submarine Force, presented SSM-Expedition medals to members of HMCS Windsor during a ceremony at HMCS Scotian on March 3. Photo by Ryan Melanson, Trident Staff

East Coast submariners receive SSM-Expedition medals

Ryan Melanson
Trident Staff

Prior to entering its current period of maintenance and repair, *HMCS Windsor* spent nearly four years as a workhorse for the Royal Canadian Navy's submarine fleet, culminating in a 133-day deployment to Operation Projection Euro-Atlantic through the spring of 2018.

Windsor was officially recognized for its success during that deployment on March 3, with the Commander of the Canadian Submarine Force, Capt(N) Stéphane Ouellet, visiting Halifax to present an Operational Service Medal-Expedition to each member of the submarine's crew.

"These medals are to recognize their hard work, dedication and sacrifices, as well as the sacrifices made by families and the hard work they also did to maintain the homefront," Capt(N) Ouellet said.

The SSM-Expedition medals are awarded to personnel who serve in or provide support to overseas operations, with ribbons that acknowledge the specific theatre or task.

The submariners from *Windsor* were awarded for their work during NATO Operation Sea Guardian, which focused on developing a maritime situational awareness picture and com-

bating terrorism, as well as Exercise Dynamic Manta, during which they worked alongside Standing NATO Maritime Group 2 in anti-submarine warfare exercises off the coast of Italy.

This was also the first ever deployment to the Mediterranean for a Victoria-class submarine.

"This was also the third time we had sent *Windsor* to Europe since 2014, so that was a very high op tempo for the submarine, which is impressive," Capt(N) Ouellet added.

Along with Cdr Peter Chu, the Commanding Officer of Submarine Sea Training, Capt(N) Ouellet presented a medal to each individual member of the crew. One was also presented to Cdr Chu, who was the Commanding Officer of *Windsor* at the time of the deployment.

This type of ceremony isn't held often for members of the submarine fleet, and Capt(N) Ouellet said he was thrilled to present the awards in person.

"The work we do is often under a veil of secrecy, which makes it nice to actually be able to get together with friends and family to celebrate our achievements."

The extended docking work period for the submarine is expected to end this summer, when *Windsor* is set to head back to sea for trials with a new torpedo system.



HMCS Windsor returned to Halifax on June 20, 2018, after more than five months deployed in the Mediterranean alongside NATO allies.

Photo by Mona Ghiz, MARLANT PA

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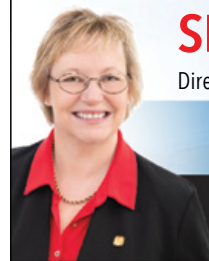
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HELPING YOU TO **STAY FIT** DURING SELF ISOLATION

Peter Mallett
Staff Writer

Stay fit while at home. That's what CFB Esquimalt Personnel Support Programs (PSP) staff are encouraging people to do during this difficult time.

Being active raises endorphins and helps curb the anxiety many people are feeling. For military members, it's an important piece in their job performance.

Last Friday, the fitness team began live streaming classes through their Facebook page: NadenAthleticCentre.

"For a lot of people, attending a PT class in person is part of their regular schedule, which they are now unable to do," said Alyssa Jesson, Manager, Fitness and Sport. "We are assisting those people in maintaining good fit-

ness and wellness practices during this unprecedented time."

The Naden Athletic Centre, like gyms and fitness centres across the city, is closed to patrons. But staff are ready to do online classes from their own homes.

PSP fitness instructors are now live streaming their classes between 11 a.m. and noon on Monday, Wednesday, and Friday.

Personal cell phones capture the sessions, which are typically 45 minutes to an hour long.

"Right now, the plan is to include variation in our programming to ensure all fitness levels can be active," said Jesson. "Knowing that members are doing this from home, our program focus is on movements without equipment."

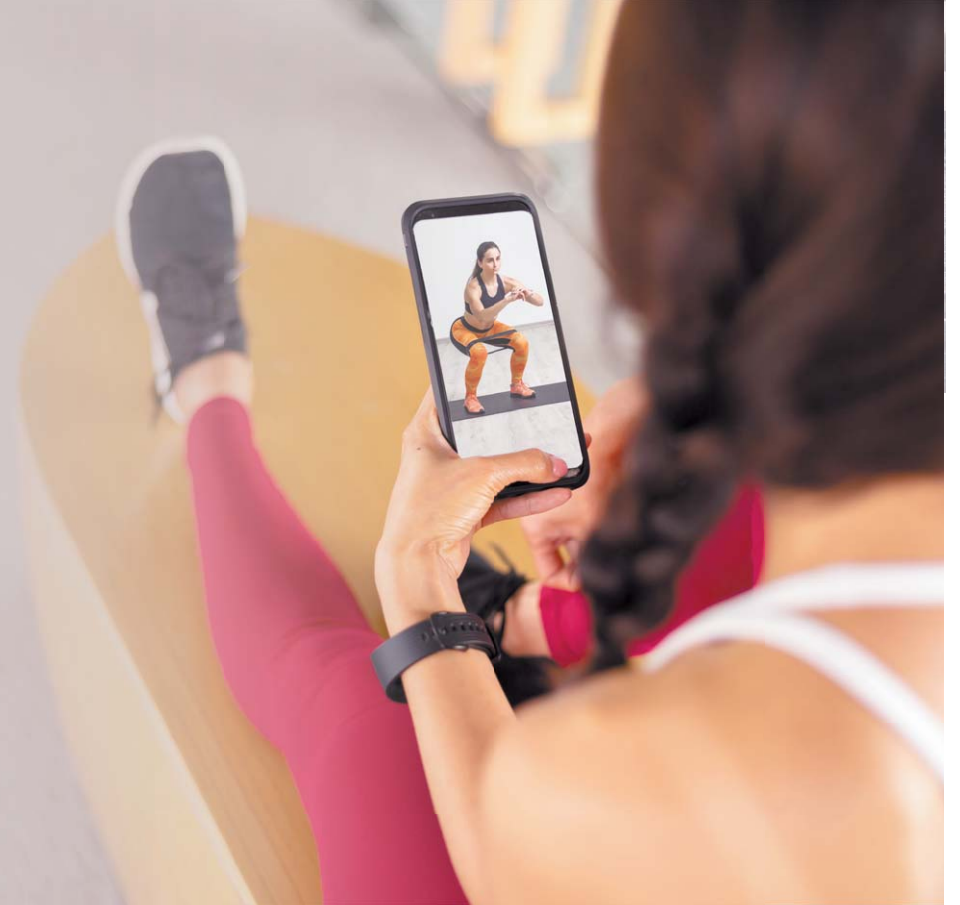
However, staff will make suggestions on household

items that can be used to enhance the workout.

The idea was hatched during a brainstorming session by PSP staff on ways they could offer their services while working at home and still benefit the defence team.

"To be honest, the idea about remote workouts started as a bit of a joke between one of our instructors and her class patrons, but then it really evolved into something fruitful," says Jesson. "We have never implemented a practice like this before, but there is no time like the present to offer this service to our members."

Participants should warm-up prior to the class and cool-down afterwards. If people have health concerns, they are advised to first consult a physician prior to taking part in the classes.



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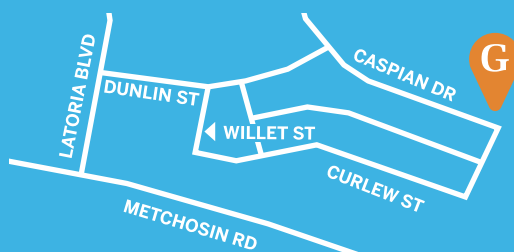
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Marine Technician Course 0028 Graduation

Lt(N) Derek Cousins, NFS(P) - D/MSEO, handed out certificates of completion to the following sailors:



OS Bedard receives his certificate of completion.



OS Bishop receives his certificate of completion.



OS Booth receives his certificate of completion.



OS Castle receives his certificate of completion.



OS Emmerson receives his certificate of completion.



OS Immel receives his certificate of completion.



OS Kim receives his certificate of completion.



OS Kraljak receives the Top Student award and his certificate of completion.



OS Stamplecoski receives his certificate of completion.



OS LeBlanc receives his certificate of completion.



OS Peck receives his certificate of completion.



OS Rodrigues receives his certificate of completion.





CPO2 Dixon is promoted to CPO1 by Cdr Annick Fortin, Commandant Naval Fleet School (Pacific), and LCdr Erwin.





AB Nicholas Zhang, with Canadian Fleet Pacific's Claims Section, is promoted to his current rank by (left) MWO Sibylle Michel and (right) Lt(N) Jenna McGrath.



QL3 MOD B Course Graduation Awards

Presented by Commander Annick Fortin, Commandant of Naval Fleet School (Pacific), on March 10.

Images by Leading Seaman Brendan Gibson, MARPAC Imaging Services



Ordinary Seaman Brian Smith receives his certificate of completion for the Communications Information Systems & Network Operator course.



Ordinary Seaman Gabrielle Bissain receives her certificate of completion for the Communications Information Systems & Network Operator course.



Ordinary Seaman William Wamkeue receives his certificate of completion for the Communications Information Systems & Network Operator course.



Ordinary Seaman Lawrence Garcia receives his certificate of completion for the Communications Information Systems & Network Operator course.



Ordinary Seaman Josie Deighton receives her certificate of completion for the Communications Information Systems & Network Operator course.



Ordinary Seaman William Wamkeue receives the Top Student plaque for completing the Junior Communications Information Systems & Network Operator course.



Ordinary Seaman Kietan Barry-Rothwell receives his certificate of completion for the Rank Qualification Naval Electronic Sensor Operator Ordinary Seaman course.



Ordinary Seaman Kietan Barry-Rothwell receives the Rising Crow plaque for the Top Candidate on the Rank Qualification Naval Electronic Sensor Operator Ordinary Seaman course.



Ordinary Seaman Keith Young receives his certificate of completion for the Rank Qualification Naval Electronic Sensor Operator Ordinary Seaman course.



Ordinary Seaman Bailey Mackinnon receives his certificate of completion for the Rank Qualification Naval Electronic Sensor Operator Ordinary Seaman course.

HMCS Winnipeg Coxswain Change of Appointment

Photos by Corporal Jay Naples, MARPAC Imaging Services.

Commander Mike Stefanson (center), Commanding Officer of HMCS Winnipeg; Chief Petty Officer First Class Gord Gibbons (right), Outgoing Coxswain; and Chief Petty Officer First Class Pascal Harel (left), incoming Coxswain; sign the change of appointment scrolls during the HMCS Winnipeg's Coxswain change of appointment ceremony held at the Chiefs' and Petty Officers' Mess on March 5.



Chief Petty Officer First Class Sylvain Jaquemot (right), Fleet Chief Pacific, presents Chief Petty Officer First Class Pascal Harel, incoming Coxswain of HMCS Winnipeg, with the appointment as Coxswain plaque.

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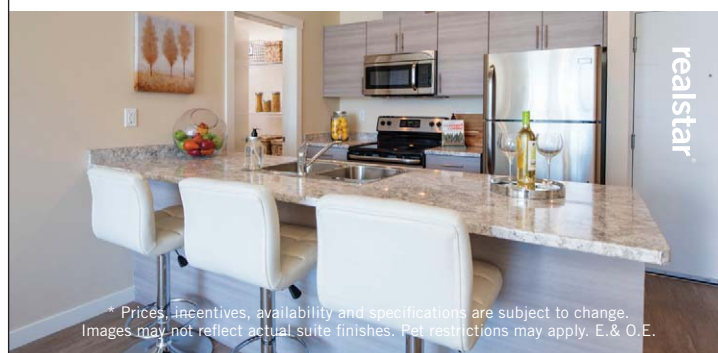
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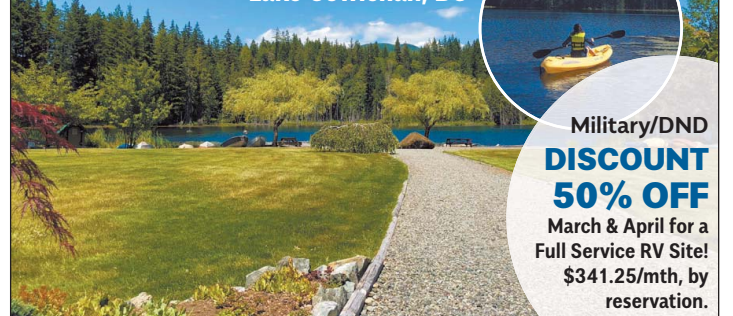
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**NE PAYEZ RIEN AVANT
JUN 2020!**

PLUS

**NE VERSEZ AUCUN ACOMPTE,
MÊME PAS LES TAXES.**

Demandez-nous les détails. *S.A.C.