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Volume 65 Number 15 | April 20, 2020

LOOKOUT

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HMCS Esquimalt Remembered

Capt(N) Sam Sader, Base Commander for CFB Esquimalt, lays a wreath at the memorial cairn for Second World War ship HMCS Esquimalt. Because of physical distancing a full ceremony could not take place to honour the lives lost 75 years ago when the ship was torpedoed by a German U-Boat. Read the full story on page 12.

Photo by Rodney Venis, Base Public Affairs

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A MESSAGE FROM THE BASE COMMANDER

I hope this update finds most of you recharged after a sunny long weekend, virtually connecting with loved ones and staying close to home.

For those of you who had to work over this period, I sincerely thank you and your families for your continued dedication and commitment during these challenging times. I know this pandemic has brought a lot of changes and uncertainty to your daily routines and I am proud of your ability to adapt and overcome.

As the Minister of National Defence stated in his most recent letter, we will continue to prepare to support any Requests for Assistance from the Government of Canada. This CAF-wide effort has already begun through the recent deployment of Canadian Rangers, and the forward planning currently underway by all three elements in response to the pandemic and any natural disasters that may arise in the coming months.

At CFB Esquimalt, our mission of preserving the Force for future requests remains paramount. As we enter our sixth week of this response, I continue to stress the importance of physical distancing and staying home whenever possible. The numbers are beginning to show the effectiveness of our regional efforts; however, this is not the time to be complacent and let our guard down. Continued physical distanc-

ing is the only way we can crush the curve and ensure we are healthy and ready to serve Canadians if the call comes.

Remember that, although we are physically far from our colleagues and many of our loved ones, this does not mean anyone should feel alone. It's important that our leadership teams continue to check in with their members to make sure they are healthy, informed and supported.

As we prepare for Requests for Assistance from the Government of Canada, I want to pass on my appreciation to everyone who has been supporting the Personnel Readiness Verifications, especially Base Administration, Base Logistics, and our Health Services team. This work is core to fulfilling our support requirements and I know the planning and execution of these verifications was not easy under short timelines.

In the weeks ahead, we will also continue to maintain our support to the ships at sea, who will remain in local waters for the foreseeable future, conducting Task Group training and preserving the Force for potential domestic response taskings down the road.

The sustainment of these operations requires significant logistical support and I would like to echo the sentiment expressed by the Strategic J4, BGen Christopher Zimmer, and Director General Support CJOC, BGen Carla Harding, in their letter to all

military Logisticians last week. The work of our Base and Formation Logistics staff in support of Operation Laser as they continue to deliver core services to our sailors and provide ongoing sustainment to deployed operations has been phenomenal.

As the current situation continues to evolve, the health and safety of the Defence Team remains our highest priority.

Across the Base, we are updating measures to protect on-site personnel based on recommendations from the Surgeon General and the Public Health Agency of Canada.

As such, we're implementing new guidance regarding the use of non-medical masks where no specific personal protective equipment requirements already exist. Under this new guidance for health protective measures, we are directing DND/CAF personnel to wear non-medical masks at times when they are unable to physically distance themselves from others (e.g. on board military transport) and for the short periods of time when they are unable to physically distance themselves from others while off duty in public spaces (e.g. grocery shopping).

It is important to remember that only non-medical masks should be worn in these particular instances to ensure there are enough medical masks available for our health care professionals and those providing direct care to COVID-19 patients.

I also want to stress that physical distancing and frequent hand washing are still the best mitigation and preventative measures; however, whenever physical distancing is not possible, wearing non-medical masks provides additional protection to our personnel. Your chain of command will be able to advise on the implementation of this direction in your specific



work environment.

Like many historical milestones and celebrations that have been affected by COVID-19, we were not able to publicly recognize the 75th anniversary of the sinking of HMCS Esquimalt. Last Thursday marked a solemn day in the bond between the Base, the Royal Canadian Navy, and the Township as we remembered the torpedoing of the Bangor-class minesweeper and its place in history as the last Canadian warship lost to enemy action during the Second World War.

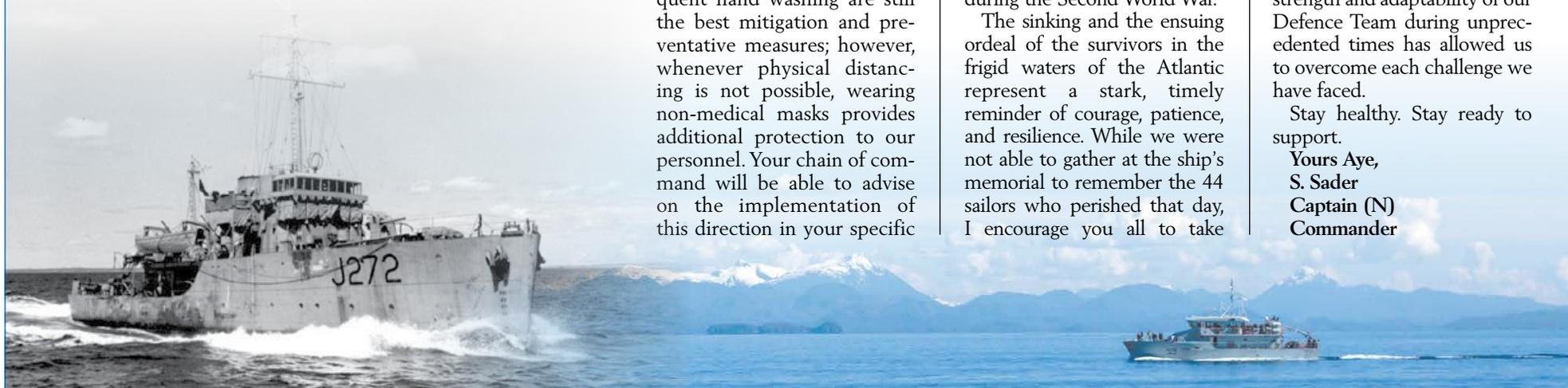
The sinking and the ensuing ordeal of the survivors in the frigid waters of the Atlantic represent a stark, timely reminder of courage, patience, and resilience. While we were not able to gather at the ship's memorial to remember the 44 sailors who perished that day, I encourage you all to take

a quiet moment to honour the courage and sacrifice of those who served in HMCS Esquimalt on April 16, 1945, and throughout both the Battle of the Atlantic and the Second World War.

Although many of us are working from home, our business has been ongoing and I know some have been facing a higher than normal tempo. Thank you for your continued efforts to keep critical core services available to our members and sustain operations. The strength and adaptability of our Defence Team during unprecedented times has allowed us to overcome each challenge we have faced.

Stay healthy. Stay ready to support.

Yours Aye,
S. Sader
Captain (N)
Commander



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B.C. ARMY RESERVES JOIN MASSIVE MOBILIZATION

Capt Jeff Manney
Public Affairs Officer,
39 Canadian Brigade Group

Befitting a period where the extraordinary is the new norm, the call-up of Primary Reservists across the country has reached a telling milestone.

The nation-wide activation of Reservists – just under 1,000 in British Columbia alone between the Navy Reserve, 39 Canadian Brigade Group, and the Canadian Rangers – is set to be the largest since the beginning of the Second World War.

“The response of our forces to this crisis has been overwhelming, and heartwarming,” says Col Paul Ursich, Commander 39 Canadian Brigade Group, headquartered in Vancouver. “We’ve watched in awe as healthcare providers, first responders, and grocery store clerks have taken up positions on the front lines. I know our Reservists and their Regular Force counterparts are just as eager to step up and do what they can for their fellow Canadians.”

Canadian Armed Forces activity in B.C. to date has been confined mostly to planning and preparation, readying forces to respond when either the provincial or federal government makes an official “Request for Assistance.”

Complicating the matter is that Reservists in B.C. must juggle any potential response to COVID-19 with their responsibility to support government agencies following natural disasters such as wildfires or floods.

“Our COVID-19 response, under Operation Laser, is first and foremost

in our sights,” says Col Ursich. “But Mother Nature is only just coming out of hibernation; we’ve got to anticipate that we might need to help fight floods, fires or any other type of natural disaster while we continue to cope with the virus.”

To ensure rapid response anywhere in the province, Joint Task Force (Pacific) has established a Land Component Command (LCC), under Col Ursich, that reports to Rear Admiral Bob Auchterlonie, Commander Joint Task Force (Pacific). The LCC will be responsible for all operations conducted on land in the province. It is broken down into six Land Task Forces – five that together cover Vancouver Island, Vancouver coastal regions, the Fraser Valley, and the North and Interior.

The sixth task force comprises more than 120 Rangers from 4 Canadian Ranger Patrol Group, who will assist remote communities throughout the province. The LCC is also working closely with Navy Reserve teams that have been built for land-based operations.

Without an official request for assistance related to COVID-19, Col Ursich says it’s hard to know exactly what the government will ask of its Primary Reservists.

“It could be anything from delivering food to a remote community to setting up a field hospital to supporting the B.C. Wildfire Service. We just don’t know at this point. What we do know for certain is that we will be ready.”

“We’ve watched in awe as healthcare providers, first responders, and grocery store clerks have taken up positions on the front lines. I know our Reservists and their Regular Force counterparts are just as eager to step up and do what they can for their fellow Canadians.”

Sergeant Joanna Cisneros from the Royal Westminster Regiment inspect a warehouse in Langley, British Columbia, that will potentially be used to store incoming shipments of Personal Protective Equipment for the Government of Canada.

Photo by Pte Daniel Pereira, 39 CBG Public Affairs



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WHAT SAY US

Anxiety and stress, conquer them naturally

Caroline Roy
Contributor

There's no question, we're amid a worldwide anxiety epidemic.

According to the World Health Organization, one in 13 people globally suffer from anxiety. In the U.S. alone, nearly 40 million people experience an anxiety disorder each year. Of those 40 million, approximately two-thirds are women and eight per cent are children and teenagers.

So, it comes as no surprise that many of those struggling with anxiety are looking for support and treatment—including how to reduce anxiety naturally.

Everyone experiences stress and anxiety at some point in life, but for too many people it's becoming the norm. Scary fact: stress and anxiety can be deadly if not addressed.

If you grapple with anxiety, you may be wondering: What's the best way to manage my anxiety? Is medication the only option? Are there ways to naturally reduce anxiety?

Fortunately, there's an entire arsenal of ways you can manage and reduce stress and anxiety.

Today, I'll dive into the multi-layered topic of anxiety, what your anxiety could be telling you, and arm you with some techniques and support options for the next time it rears its ugly head.

But first, let's talk a bit about what anxiety is, and some of the ways anxiety manifests in the body.

What is Anxiety?

In simple terms, anxiety is how your body reacts to stress, and it can present with both physical and psychological features.

The feeling of anxiety is thought to originate in the amygdala part of the brain that controls many intense emotional responses.

Anxiety is your normal, built-in, biological mechanism to put your body on high alert and it prepares you to fight a perceived crisis. However, if it becomes chronic, anxiety can become det-

rimental and can damage both your mental and physical health.

Furthermore, anxiety has been associated with several chronic diseases, such as heart disease, some gastrointestinal conditions, and chronic respiratory disorders. According to a Harvard Medical School article, for people with these conditions who also have untreated anxiety, the condition itself has shown to be more difficult to treat, physical symptoms tend to worsen, and in some cases, they die sooner.

Common Stressors Linked to Anxiety

Anxiety triggers can, of course, be very individualized. Generally speaking, these are some of the most common stressors linked to anxiety:

- Financial insecurity (common during COVID-19)
- Deployment
- Moving
- Starting a new job or changing schools
- College preparation
- Job dissatisfaction - overwhelmed or misalignment
- Toxic workplace relationships
- Traumatic relationships
- Having an injury or illness
- Having a friend or family member injured or ill
- The death of a family member or friend
- Getting married or going through a divorce
- Having a baby

For people suffering from an anxiety disorder, they may feel intense, persistent, excessive anxiety, worry, fear, or other upsetting emotions as a result of everyday situations, which results in frequent panic attacks. For these individuals, it is best to be evaluated by a professional to determine if medical treatment is needed.

How To Reduce Stress and Anxiety

Stress and anxiety can often be helped with a combination of

natural remedies, including diet, exercise, rest, mindfulness, and self-care. Some natural remedies for anxiety are:

- Exercising
- Spending time outside
- Gardening
- Meditating
- Practicing deep breathing
- Aromatherapy
- Massage, if possible
- Getting enough sleep (between 7 to 9 hours)
- Limiting alcohol and caffeine intake
- Spending time planning and prioritizing
- Journaling
- Connecting with others virtually
- Seeking the support of a Health Coach, therapist, or counselor

How a Health Coach Can Help With Tackling Anxiety

If you've been struggling with anxiety, a health coach can be a fantastic resource and support. They can suggest techniques, tools, and strategies that can ease anxiety specific to your goals and lifestyle, and can also work with you to identify what's causing your anxiety in the first place.

Anxiety is a messenger. The chest pain, headaches, neck pain, and other symptoms we treat with medicine are all messengers. We need to figure out what mes-



sage these messengers are trying to deliver.

Where to Seek Help For Your Anxiety

It's important to note there are times when medication can be beneficial and necessary to manage anxiety. If you think you have an anxiety disorder, please seek a doctor's opinion. If your anxiety is causing depressive symptoms, severe discomfort or pain, or threatens your life or those around you, these are all cases that warrant medical attention. In such instances, the medication should be used as first aid to stabilize the situation.

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Accent Inn supports front line workers

Peter Mallett
Staff Writer

Fatigued and overworked front-line workers now have a place to rest in-between shifts.

Honorary Captain Mandy Farmer, owner of Accent Inns and Hotel Zed, is giving an at-cost rate of \$59 per night for essential service workers.

A call to the front desk from a nurse three weeks ago shone a light on the need for a safe resting place.

"She was on the verge of tears," said Farmer. "Her co-workers were sleeping in cars because they were terrified of bringing the virus home to their families after a long shift. When we heard there was a need in our community, we acted fast to be able to support our essential services workers on the front lines with a rock-bottom rate."

All five Accent Inns locations in Victoria, Burnaby, Vancouver Airport (Richmond), Kamloops and

Kelowna offer the special rate.

"Right now, we are asking these people to risk their own health and safety to work with the general public. Accent Inns has always been tightly connected to our communities within B.C. and we know these essential services workers need to be taken care of."

It's not just hospital staff that can stay at Accent Inns; the offer extends to first responders and grocery store clerks.

The hotel design allows a guest to park their car and go straight to their room without having multiple touch points such as hallways and elevators.

Cleaning staff adhere to strict cleaning and safety protocols in the workplace to ensure a COVID-19 free environment.

The hotel chain has recently partnered with the United Way of Greater Victoria to establish a Hotels for Frontline Workers program. The charitable fund is part of

the United Way's Local Love in a Global Crisis initiative.

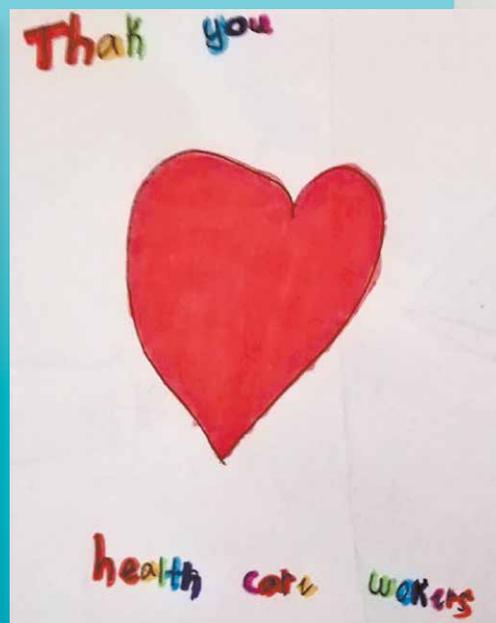
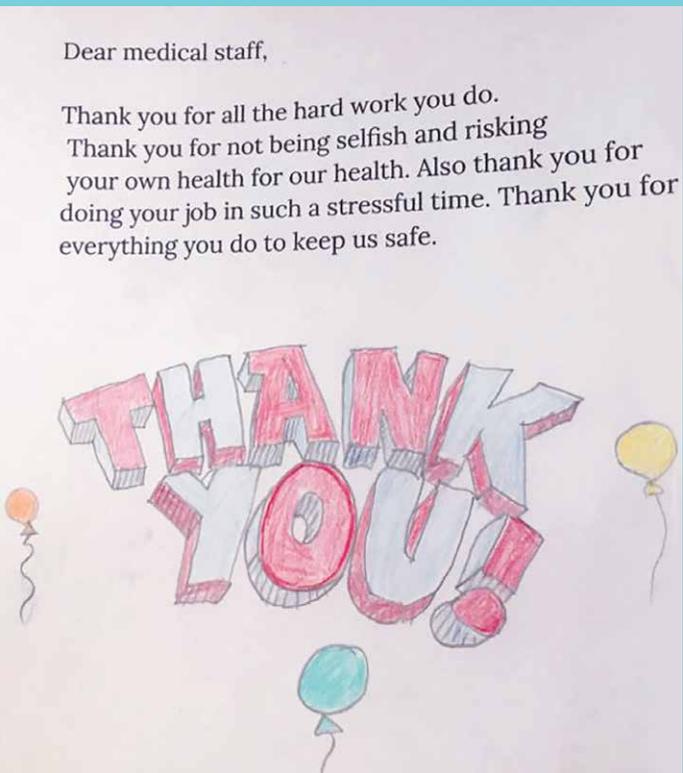
"After we announced this program, I couldn't believe how quickly our phone lines lit up with our community and our neighbours offering to cover the cost of accommodation so these workers can have somewhere safe to stay," said Farmer. "It wasn't something we could have predicted, and our entire team has been encouraged with these contributions - an outpouring of generosity that beams positivity."

Farmer says the program has helped cover over 900 single-night hotel stays.

Anyone who is interested in donating funds to help cover the costs of an essential services worker's stay can visit accentinns.com/essentialservices for more information.



Thank you to all the frontline health care workers working together to stop this awful virus. Thank you for sacrificing yourself your health and your time. I appreciate everything that you guys are doing. Thank you for going to work so then I can stay home and prevent the spread of the virus. We will get through this difficult time together.



Photos courtesy Nikisa Dastmalchian, Accent Inn



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LCdr Lorraine Sammut, HMCS Calgary Executive Officer, hands a package to a crew member. Photo by Corporal Jay Naples, MARPAC Imaging Services

MFRC organizes care package delivery

SLt Joshua Ehnisz
MARPA Office

Care packages help connect deployed sailors to their loved ones on shore.

Two weeks ago, a large delivery was made to HMCS Calgary, HMCS Regina, and HMCS Brandon, all currently deployed off Vancouver Island. Letters and parcels brimming with eatable goodies were delivered through the Esquimalt Military Family Resource Centre care package program.

Special protocols were in place to ensure sailors remain COVID-19 free, including packaging instructions and a three-day hold before mail is distributed.

"Esquimalt MFRC supports families

experiencing the deployment of their loved one," said Jackie Carlé, MFRC Executive Director. "One of our more popular services is being a drop off point for morale mail. The Fleet Mail Office picks up the parcels from us, screens them, and ensures delivery to the ship. This mail drop off was a little unique due to the COVID-19 crisis and Operation Laser directives. Families were so grateful for the opportunity to put together care packages and we love hearing about how these packages raise morale."

To learn more about deployment services and future morale mail drop offs connect with the MFRC or join a deployed warship's Family Network – all info available at www.esquimaltmfrc.com



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Sailor undertakes two tasks - at sea work and homework

Captain Lisa Evong
HMCS Nanaimo PAO

Leading Seaman Evan Hodgson is currently working on his post-secondary studies while serving in *HMCS Nanaimo*.

The Maritime Coastal Defence Vessel was deployed on Operation Caribbe earlier this year and is now off the coast of Vancouver Island as a part of Operation Laser.

It's a tricky balance between his work as a Naval Communicator and his homework. He is enrolled in a Bachelor of Business Administration program at Yorkville University as a full-time student.

"Yorkville University has a great relationship with the Canadian Armed Forces (CAF) and is aware of the challenges some CAF members face due to unusual work environments and schedules," he said.

The university offers Prior Learning Assessment and Recognition that allow military work experience and courses to count towards university credits. It also has a special deployment policy that allows CAF students to work around their hectic operational tempo.

Internet connectivity at sea is not always a guarantee. Without a con-

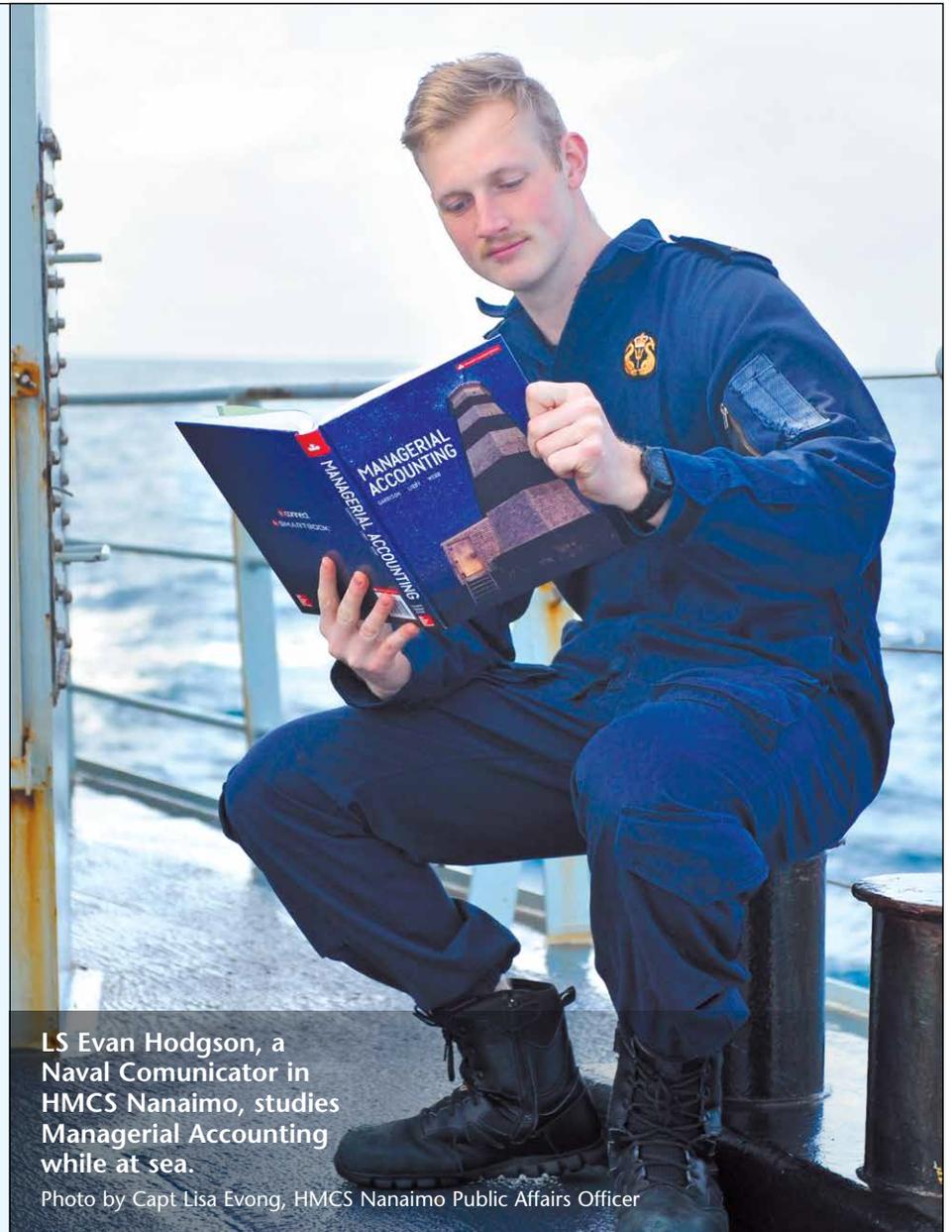
sistent, stable internet connection, LS Hodgson runs the risk of being late with his assignments, papers, and exams. So, he must be very organized and maintain excellent communications with his chain of command, his professors, and peers at the university in case his at-sea schedule delays his schoolwork.

He attended university for a year after high school, and then moved to Vancouver Island to undertake a four-year contract with the Naval Reserves.

But he didn't relinquish his civilian studies. In 2018, he joined Yorkville University's BBA program.

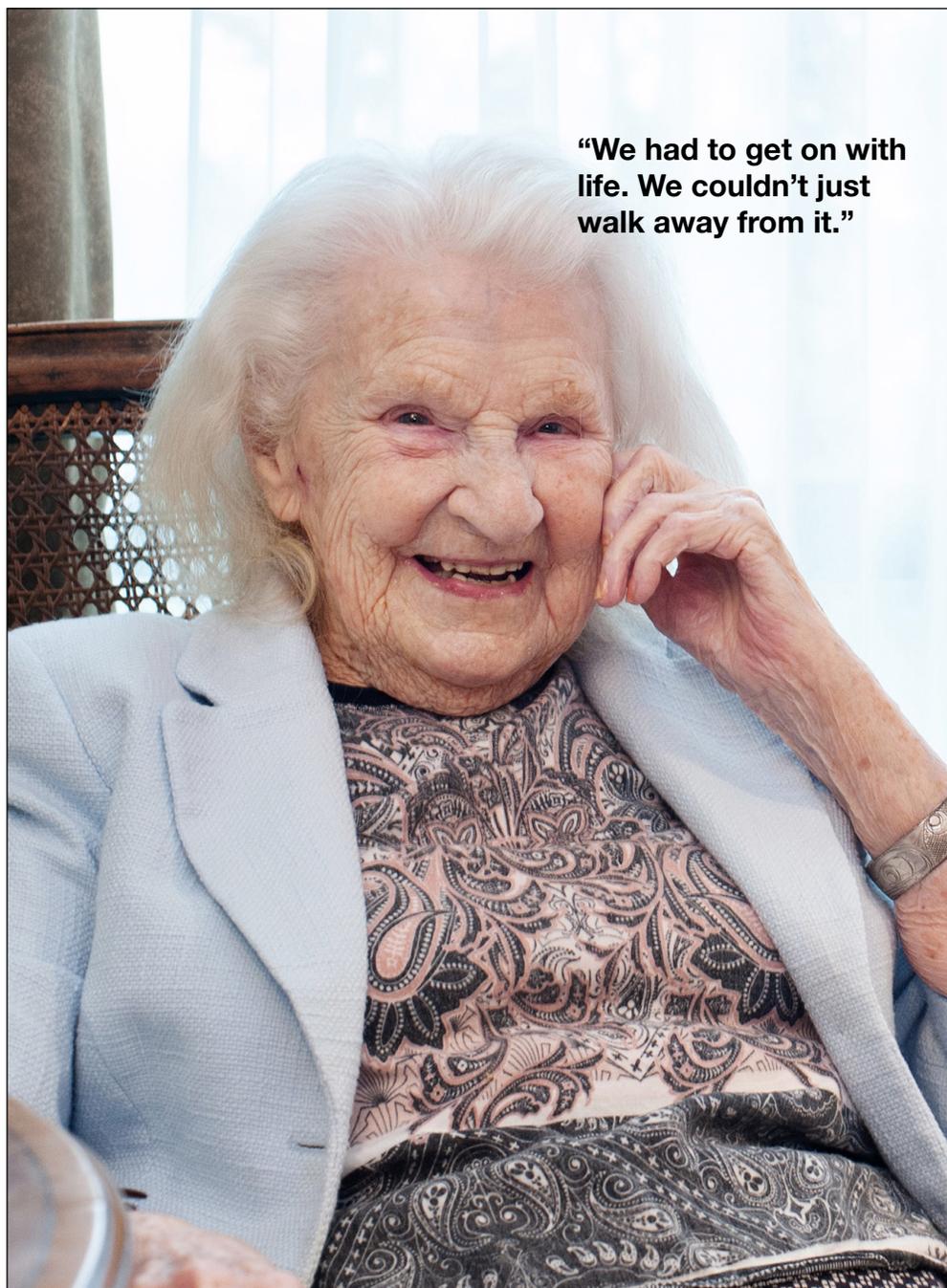
He just completed one of his final exams in Managerial Accounting. This is one of three courses he committed to while deployed on Operation Caribbe. He has 14 courses left before graduating with a Bachelor's of Business Administration Degree, with a specialization in Project Management.

"To be given the opportunity to study at sea and obtain my BBA is amazing. My chain of command has been very supportive in allowing me to take on this challenge. After I have completed my degree, I will be happy to say I was able to undertake my post-secondary education on my terms. But the experiences I have had with the navy are as valuable as the degree itself."



LS Evan Hodgson, a Naval Communicator in HMCS Nanaimo, studies Managerial Accounting while at sea.

Photo by Capt Lisa Evong, HMCS Nanaimo Public Affairs Officer



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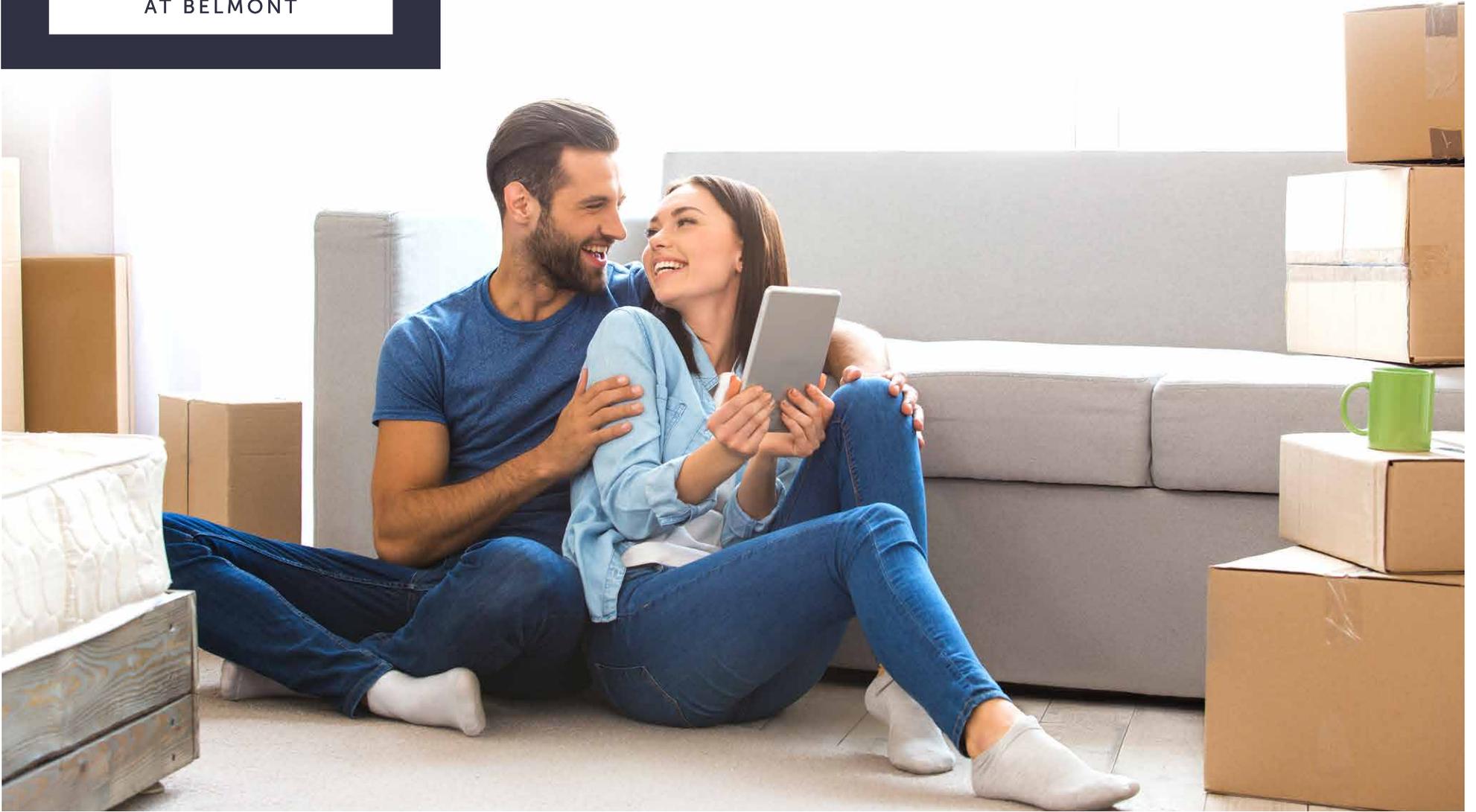
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Above:
LS Seunghee Ryu prepares a creole sauce on board HMCS Calgary.

Left:
LS Seunghee Ryu receives the Sailor of the Year Award from Capt(N) Scott Robinson, Deputy Commander Canadian Fleet Pacific, and Mrs Hinton.

Sailor of the Year

BRINGS UPLIFTING APPROACH TO WORK

Lt(N) Greg Menzies
HMCS Calgary Public Affairs Officer

Hard work, exceptional skills, and many achievements recently earned Leading Seaman Seunghee Ryu the title Canadian Fleet Pacific 2019 Sailor of the Year.

The award recognizes the accomplishments of junior sailors in a positive and meaningful way and considers their professionalism, dress and deportment, job performance, volunteer and community service, and other achievements.

For eight years she has been honing her skills as a cook.

“Being a cook is one of the most satisfying jobs in the Royal Canadian Navy because of how it affects the

morale of my shipmates,” said LS Ryu, currently a cook on board *HMCS Calgary*.

She developed a taste for the trade from her parents who opened two restaurants after immigrating to Canada from Seoul, South Korea, in 2006.

She has sailed in *HMC Ships Vancouver, Nanaimo, Saskatoon, Whitehorse, and Yellowknife*, as well as the Orca Class Patrol Craft Training Vessels before being posted to *Calgary* in 2018. She accumulated 437 sea days during her time in these ships and has been on three deployments.

During a brief shore posting, she was employed in a leadership role at the Wardroom where she cooked for the Commander of Maritime Forces Pacific and was responsible for catering and managing the

main dining hall. Her hard work and dedication got the attention of her supervisors who nominated her to attend the 75th Anniversary of D-Day in Courseulles-Sur-Mer, France, in June 2019.

“I consider every moment in the Royal Canadian Navy to be the highlight of my career. If all the people I had met and worked with weren’t around, I would never have had such an amazing journey so far. I am grateful and thankful for all of this.”

During *Calgary's* Basic Single Ship Readiness Training program last summer, LS Ryu received the Sea Training (Pacific) Commanding Officer’s coin for an outstanding job. During *Calgary's* Intermediate Multi-Ship Readiness Training program last fall, the entire

kitchen staff, including LS Ryu, received a Sea Training (Pacific) Bravo Zulu and Certificate of Achievement “for exceptional professionalism and dedication that was beyond reproach.”

The entire cook section was also given a Bravo Zulu and Certificate of Achievement from the Commanding Officer of *HMCS Calgary* during Operation Projection (Aug. 20 to Dec.18, 2018).

“I smile every day because of the smiles I receive, and that’s when I know every one of my shipmate’s morale is high. The most satisfying of all things in life is making everyone around you happy all the time.”

When not cooking for her shipmates or at home, LS Ryu competes in marathons, plays piano, and performs in a Korean pop band. She is also a qualified lifeguard.

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A TEAM STORY FROM BASE ADMINISTRATION

NELLES COMMISSIONAIRES

HOLD DOWN THE BLOCK



Cmre David Brand

Cmre Howie Becker

2Lt Travis Winship
Base Administration

Nelles Block is both an accommodation centre, much like a hotel, and a barracks, where rules and regulations are to be followed.

Military members are the primary residents – currently 431 are being housed in the three-storey building.

As they come and go, their primary interaction with front end staff is with Commissionaires Dave Brand, 70, and Howie Becker, 75.

Their positions have been deemed a critical core service during the COVID-19 crisis.

Cmre Becker manages the front desk taking bookings, billing for residents' stay, and other clerical duties. A Plexiglas panel

has been installed at the front desk to mitigate potential contamination between residents and himself.

Cmre Brand manages maintenance, keeping the building clean, including six washrooms, and organizing required repairs. Reduced on-site manning has added to his workload, so he tackles any extra required cleaning.

The two serve as ad hoc barrack wardens, reminding residents to adhere to the physical distancing policy. In the washrooms, every second toilet and sink has been disabled to ensure physical distancing, and posters are placed wherever there's empty wall space.

"We are also like den mothers," says Cmre Brand. "Some of these members left home when they were 18 immediately to join

the military."

They've been known to lend an ear and give advice to their young wards.

Both have worked for the Commissionaires for years – Cmre Brand for eight years with a little over a year at Nelles Block, and Cmre Becker for 12 years, six at the Naden accommodation centre.

Before this work, they both had other careers; Cmre Brand was a car business service manager, and Cmre Becker was a nurse. His wife is also a nurse, so he understands her long work hours and

COVID-19 protocols to keep their home clean and themselves virus free.

For Cmre Brand, the sudden self-isolation has meant a separation from his fiancé who recently moved into a retirement home. He was able to spend a bit of time with her over Easter in a parking garage – two metres apart – but it was well worth it, he says.

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HMCS Calgary officer tackles "board" with success

SLt Greg Menzies
HMCS Calgary PAO

It's not every day a Naval Warfare Officer can complete the Naval Officer Professional Qualification (NOPQ) while at sea.

In fact, on the west coast it's quite rare, and that's why it was a big deal for Sub-Lieutenant Jason Wychopen.

The NOPQ board is a test where a Naval Warfare Officer is 'boarded' before several senior naval officers that specialize in all aspects of operating a warship.

They become eligible to challenge the board after

completing an NOPQ package that contains hundreds of prerequisite signatures that ensure they are proficient in all inner workings of a warship. This process typically takes two years. Once they have completed the package and are nominated by their captain, a Naval Warfare Officer is given notice they will be boarded. Preparation is usually a few weeks of studying material to better prepare for this extensive test.

For SLt Wychopen, he was given one hour's notice while sailing in HMCS Calgary.

Calgary is currently doing

its Directed Sea Readiness Training program while participating in a Task Group Exercise with HMC Ships Regina, Brandon, Whitehorse, Nanaimo, and two Orca-Class Patrol Craft Training (PCT) Vessels, PCT Cougar and Wolf, off the coast of Vancouver Island.

"As result of having Sea Training (Pacific) and the Commander Canadian Fleet Pacific and his staff on board Calgary, there was the correct number of assessment personnel to convene a qualification board," said SLt Wychopen.

The board involves two

parts; the first being theoretical, where senior officers ask questions that pertain to Officer of the Watch work. These are skill-testing questions that ensure the fundamentals of being a Naval Warfare Officer are understood.

The second part is conducted practically where a Naval Warfare Officer is placed in a simulation or is graded during watches at sea. Scenarios are preposed to confirm the candidate can keep the ship safe in any situation.

"I am happy to have successfully completed my board and now that it's

behind me, I can focus on the next phase of my career," said SLt Wychopen.

His next decision is to choose one of several director level qualifications including Navigation Officer, Underwater Warfare Officer, Above Water Warfare Officer, Information Warfare Officer, Communication's Systems Information Officer, Naval Operations Tactical Operations Group Officer, Clearance Dive Officer and Deck Officer.

"I want to be an Underwater Warfare Officer. I find that director level occupation to be the

most interesting of all the options and goes well with my family naval heritage."

When Calgary completes its high-readiness training, it will remain at sea for the time being to ensure the Royal Canadian Navy is ready to support the Government of Canada's objectives and requests for assistance to address its COVID-19 response, while simultaneously protecting the health and safety of its members.

"Now that I can see the NOPQ board in my rear-view mirror, I'll continue to look ahead and conquer the next challenge."

SLt Jason Wychopen takes a bearing from the bridge of HMCS Calgary during Directed Ship Readiness Training.



Robin&AJ
Good morning. Good times.



Remembering HMCS Esquimalt



Base Public Affairs

While Canada and the world grapple with COVID-19, a solemn reminder of a past globe-spanning struggle that bonds the Royal Canadian Navy and the Township of Esquimalt took place last week.

Last Thursday, April 16, marked the 75th anniversary of the sinking of HMCS Esquimalt and the loss of 44 sailors near Halifax, Nova Scotia. The Bangor-class minesweeper succumbed to a torpedo launched by a German U-Boat and became the last Canadian warship lost to enemy action during both the Battle of the Atlantic and the Second World War.

The usual ceremony commemorating the attack, traditionally held at a memorial cairn in the Township of Esquimalt, could not be held this year, so Captain (Navy) Sam Sader, Base Commander, took the time to remember the courage and sacrifice of the ship's crew. He visited the memorial on the anniversary to lay a wreath on behalf of CFB Esquimalt.

"The loss of HMCS Esquimalt in many ways marked the end of the longest campaign of both the Second World War and the Royal Canadian Navy," said Capt(N) Sader. "The enemy may have won that day but it was the surviving crew of Esquimalt,

this country, and the Allies who ultimately triumphed."

The sinking of HMCS Esquimalt and the subsequent ordeal endured by the survivors in the frigid approaches to Halifax Harbour serves as a testament to the tenacity of the human spirit.

When the German submarine U-190's torpedo struck Esquimalt on its starboard quarter, it lost power instantly, preventing any distress signal, and sunk in less than four minutes. As the crew scrambled out to carley floats, most were lightly clothed.

Due to the lack of a distress signal and miscommunication, survivors spent six hours, within sight of Halifax, awaited

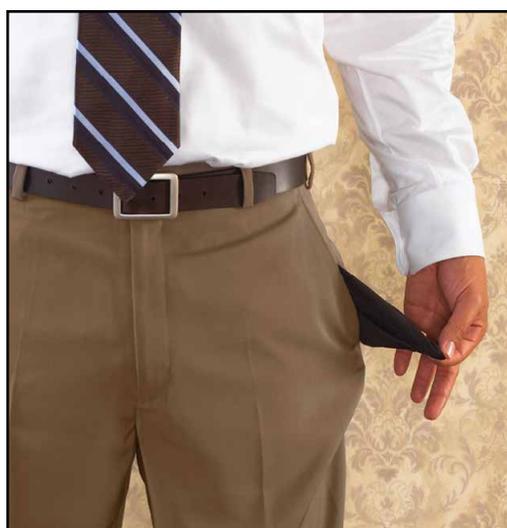
rescuing. Many perished from exposure in the freezing water. Of the 71 men on board, 27 survived after being rescued by HMCS Sarnia.

"It is hard to imagine what it was like for those sailors, freezing and yet so close to shore and home, wondering when they could expect rescue," said Capt(N) Sader. "I felt that it was important to take a few moments to remember their sacrifice, even if it couldn't be done in our traditional way.

Nazi Germany surrendered in early May 1945, ending the Battle of the Atlantic and what some historians have called 'the longest, largest and most complex' naval campaign in history.



Capt(N) Sam Sader, Base Commander for CFB Esquimalt, lays a wreath at the memorial cairn for Second World War ship HMCS Esquimalt. Photo by Rodney Venis, Base Public Affairs



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National Defence Identification Services (NDIS) is now allowing a grace period for those who haven't been able to get their National Defence Identification (NDI) card renewed amid the coronavirus pandemic.

During this period, expired NDI cards will continue to be honoured. NDIS plans to keep this policy in place until 60 days after the coronavirus national emergency is lifted.

Until further notice, the Naden ID Section will be open Mondays only for those who wish to renew their NDI.

TASK GROUP EXERCISE 20-1

Photos by Corporal Jay Naples, MARPAC Imaging Services



Above: HMC Ships Calgary, Regina, Brandon, Nanaimo, and Whitehorse are at sea off the coast of Vancouver Island, accompanied by two Orca Class training vessels as part of a large-scale training exercise.

Inset: Master Seaman Christopher Henrion, Attack Team Leader, briefs his team prior to advancing a fire exercise.

Sailors



Prepare



HMCS Calgary crew members receive an after-action review by an assessor from Sea Training Pacific during Task Group Exercise 20-1.



Commodore Angus Topshee, Commander of Canadian Fleet Pacific, addresses the crew of HMCS Regina while alongside F Jetty April 6.

Resources available during tough times

●●● MFRC Launches Virtual Counselling Sessions

Jon Chabun
MFRC

The COVID-19 pandemic has compelled the Esquimalt Military Family Resource Centre (MFRC) to adapt how it does in-person confidential sessions with clients.

You can now meet with a MFRC social worker or counsellor virtually using your computer, smartphone, or tablet.

"We have taken every precaution to ensure the confidentiality of clients," said Jackie Carlé, MFRC executive director. "We considered eight platforms and wanted something that was user friendly but could meet our privacy requirements."

The MFRC selected Zoom Business to

deliver virtual counselling sessions. Other organizations such as hospitals and clinics use Zoom to connect with clients virtually. The MFRC will only be using Canadian servers to support sessions, and the service will be compliant with federal and provincial security standards. Each session will use a password to further protect it.

"We acknowledge recent concerns on the product but believe going forward this will be the most secure platform for our community," said Carlé. "Zoom has moved quickly to address security concerns and we have trained our staff to use security best practices."

Smartphone or tablet users can download the Zoom app from the App Store or

Google Play. Computer users will receive a prompt to download and install an add-on for their computer. Clients will then receive meeting invites by email.

The MFRC purchased a Zoom Business account that includes 10 licenses for staff. The organization also plans to offer virtual meetups of popular groups and shift more of its workshops to an online platform.

For clients to have a good experience with online sessions, the MFRC recommends a few strategies. People should find a distraction-free space in their home with good lighting, use headphones, and limit other internet use in their home during the session.

During the pandemic, new and existing

clients can book an appointment by calling the MFRC Information Line at 250-363-2640 and leaving a message. They can also call the MFRC Intake Line directly at 778-553-7736.

Clients also have the option of doing sessions via phone. Staff can also provide support via email.

Registered social workers and counsellors can provide short-term counselling and personalized support for military lifestyle related issues including mental health support, relationship issues, parenting challenges, and coping with challenging situations.

For more information, visit the MFRC website at www.esquimaltmfrc.com.

●●● Dieting and COVID-19

Madison Walsh
CFB Halifax PSP
Health Promotion

During this challenging time, many people may be wondering how they can stay healthy.

It's a great idea to use your extra time at home to work on improving your overall wellbeing, including eating a healthy, balanced diet.

Fad diets remain the most common method people use to try to lose weight. Despite their widespread popularity, they are generally very ineffective. Most fad diets work by restricting calories, restricting entire food groups, and/or restricting the time during which an individual can eat.

They aim to make you lose weight fast so that you'll see instant results.

However, they are generally not maintainable in the long term. Studies show individuals who lose weight with a fad diet gain that weight back, sometimes with additional weight, within a few months or years.

When you consume fewer calories than your body needs, your metabolism will naturally slow down so you use up less energy, to conserve calories – the opposite of what someone looking to lose weight would want.

In addition, you will likely begin to crave the foods you have been restricting. During this overwhelming time, it is particularly important to eat foods which not only nourish your body, but also help to maintain your mental health. This means eating foods you enjoy in moderation, not completely restricting foods that make you happy and bring you comfort.

Additionally, eating less food and less variety can cause nutrient deficiencies, fatigue, and dehydration. These are all factors that can make us weak and may reduce our ability to

fight off disease.

Now more than ever during this global pandemic, we need to stay as healthy as we possibly can. Keeping our bodies fit and nourished, in addition to practicing physical distancing and following the advice of our public health experts, is a great way to minimize your risk of becoming ill with COVID-19.

Instead of starting a fad diet, try your best to follow the guidelines in Canada's Food Guide. This includes filling half your plate with vegetables and fruit, a quarter of your plate with protein foods, and a quarter of your plate with whole grains. If you are trying to go to the grocery store less often, try using more foods with longer shelf life. This can include frozen or canned (with no added sugar or salt) fruits and vegetables, dried or canned legumes, and whole grain rice, pasta, and bread.

More information on Canada's Food Guide can be found here: <https://food-guide.canada.ca/en/>



●●● Beginning a fitness routine

Dave Carr
PSP - CFB Halifax

Beginning a fitness routine at home can be daunting, especially when regular environments and resources are inaccessible. You will likely have more questions than the treasure trove of internet science can answer. Questions like: What should I wear? Do I need to buy anything new? Do I start with the same gear as professionals?

The important thing to remember is that everyone will have different comfort levels and needs. If you are a beginner and have serious goals, you need to ensure you will not become injured by your equipment. Here is some information to help guide you from the ground up.

Fitness websites might tell you to buy the newest pair of sneakers to protect your feet from the demands of training. Although this may be true for some, in many cases fashion sense has co-opted

common sense. For those of you training at home, you may choose to try calisthenics (body weight training) or yoga. In which case, you may not need shoes at all.

Your body receives an immense amount of feedback from your feet. The more you can learn to feel out these messages and use it to improve your movements, the less prone to injury you will become in all activities.

Many people have decided to commit to more walking, running or hiking to keep themselves active outside. Fresh air is a bonus to the health benefits of physical activity. In this case you will need something on your feet to protect you from hazards such as cold and/or rough surfaces.

No shoe will compensate for dangerous technique, but there are some things you should consider. If you look at the bottom of your favourite old shoes, you will notice a wear pattern. Try to wear out the mid-

foot area instead of the heels or baby toe edges. Many shoes are designed with heavy cushioned heels, but this compensates for poor form and will not provide any feedback to help prevent injuries.

Try to slowly reduce the amount of cushion between you and the ground to promote feedback from your feet. One step you can try without spending any money is to remove the factory insole from your shoes. You may find you can do with a thinner insole, or if you have no trouble without an insole, then you may be ready for a thinner shoe.



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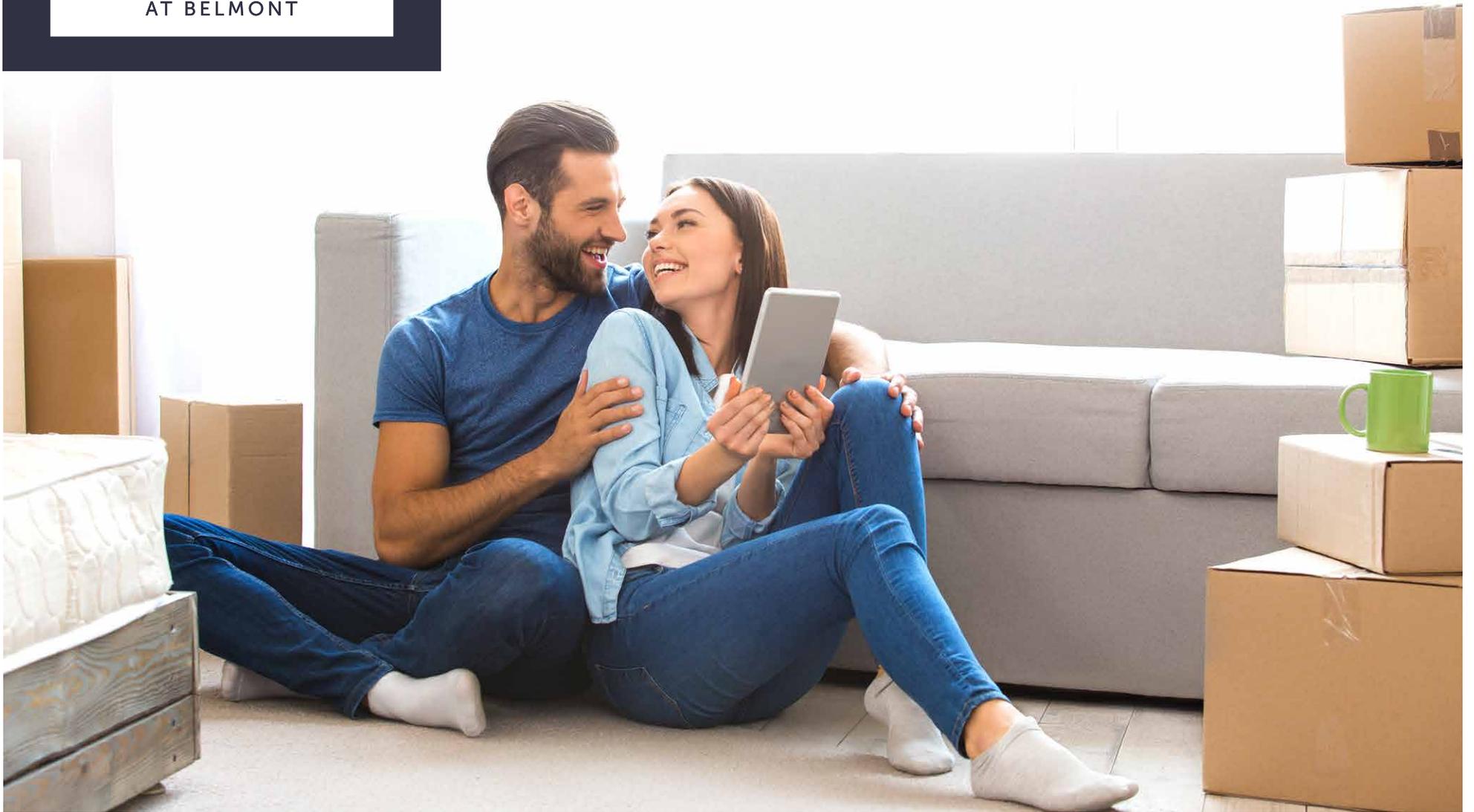
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