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LOOKOUT

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Lieutenant Commander Dave Schmit, HMCS Nanaimo Executive Officer, watches crewmembers perform a man overboard drill. Nanaimo is currently at sea off the coast of Vancouver Island as part of the Royal Canadian Navy's mission to maintain ready forces in the event of a request for assistance under Operation Laser.

Photo by Leading Seaman Brendan Gibson, MARPAC Imaging



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A MESSAGE FROM THE BASE COMMANDER



CFB Esquimalt Defence Team

To say the last few months have been challenging would be more than fair; our units have faced countless new obstacles as we adapted to COVID-19 procedures and the dedication and skill demonstrated has been exceptional.

We've learned to incorporate physical distancing protocols and protective health measures into our current on-site operations; to continue to deliver our critical core functions; and to prepare to support Government of Canada priorities during a global pandemic.

We've accomplished all of this while dealing with the physical and mental impacts of COVID-19 and grieving two terrible tragedies. Now we have begun to tackle our next challenge: planning for the resumption of on-site business.

COVID-19 Protective Zones

Recently, the Deputy Minister and CDS released a joint directive: DND/CAF COVID-19 public health measures and personal protection (www.canada.ca/en/departement-national-defence/corporate/policies-standards/dm-cds-joint-directive.html). I encourage all members to begin familiarizing themselves with the lexicons presented in the directive to help increase your understanding of key terminology as we prepare to return to on-site work.

This includes the definitions of COVID-19 Protective Zones which categorize exposure risk and will help us to establish appropriate Public Health Measures (PHMs) and Personal Protective Equipment (PPE) priorities for members of the Defence Team based on their work environment. These zones include the following:

- a. Home Zone: Place of Duty is at home or in self-isolation. In this zone, no PPE or non-medical masks will be provided. However, individual circumstances of Defence Team members in this category might result in a higher zone necessitating additional PPE or non-medical masks. These situations will be addressed on a case-by-case basis by managers/supervisors;
- b. PHM Zone: Duties and work environments, where two-metre physical distancing can be maintained. In this zone, members will

be provided an initial allocation of one non-medical mask for use when physical distancing can't be maintained;

- c. PHM Zone — Enhanced: Duties and work environments where two-metre physical distancing cannot be maintained. In this zone, members will be provided an initial allocation of three non-medical masks;
- d. PPE Zone: Duties and work environments that involve coming in contact with known COVID-19 infected or symptomatic individuals, their belongings or environment. In this zone, members will be provided an initial allocation of three non-medical masks and appropriate PPE (type and quantities to be determined by management or chain of command); and
- e. PPE Zone — Medical: Healthcare providers and first responders who provide patient care to known COVID-19 infected or symptomatic individuals. In this Zone, members will be provided an initial allocation of three non-medical masks and appropriate PPE (type and quantities to be determined by management or chain of command).

Business Resumption Plan

Although the exact date remains conditions-based, preparations are underway in anticipation of executing the first phase of our Business Resumption Plans in consultation with Labour Leadership. Each Branch's plan will be specific to your workplace and include guidance on the personal protection measures and procedures required in order to maintain the health of the Defence Team.

The Base Chief and I will be conducting walk-throughs next week with the Command Teams of every Base Branch to inspect workplace preparations to date and Public Health Measures actions including the integration of signage, administrative controls, and engineering controls such as dividers, plexiglass screens, re-arranged layouts, controlled access points, and access to cleaning and sanitizing supplies.

Business Resumption Plans will be promulgated in a formal letter that will be sent to each member of the Defence Team. The letter will include annexes detailing the procedures and requirements in every workspace under four main categories: General Office (e.g. Base Orderly Room, Base Comptroller); Operational/Industrial (e.g. Warehouses, Tugs); Customer Services (e.g. Cafeterias, Clothing Store, Gyms); and General Health and Safety Considerations for all workplaces.

B.C.'s Restart Plan

Just as we will be using a gradual return in our business resumption, the Province announced last week that they will be following a phased approach to BC's Restart Plan. Phase two of this plan will be introduced mid-May and you will start to see many retail and professional services begin to reopen under enhanced protocols.

Also, beginning May 14 BC Parks, recreation sites and trails that can accommodate physical distancing will reopen for day use. As we start to adjust to this new normal, it is important to remember to continue to practise the protective measures that have been effective in managing the spread of COVID-19 so far. These include: staying home if you have cold or flu symptoms; refraining from handshakes and hugging those outside your family; practising good hygiene; and physical distancing whenever possible.

For those members who have been assigned to Operation Laser, such as the Domestic Response Company, your priority remains to protect your health and stay operationally ready in the event that we receive a request for assistance for domestic operations such as flood or forest fire response.

Supporting the Fleet

Two weeks ago, our Pacific Fleet ships returned home after seven successful weeks at sea participating in a Task Group Exercise and training program. I would like to thank all the Base Branches who provided outstanding support to these operations including the support to increased harbour movements provided by POESB's Auxiliary Fleet; the materiel, transport and fueling support provided by Base Logistics; the communications and IT support provided by Base Information



Services; and the food services and accommodation for sequestered personnel provided by Base Administration. Bravo Zulu to everyone on the Defence Team who helped ensure we were able to accomplish this critical support mission in an extremely challenging COVID-19 environment.

Charity Campaign

As we begin to discuss what our new normal will look like, it is important to remember that there are many vulnerable Canadians within our communities who are in need of additional support. The National Defence COVID-19 Emergency Charity Campaign is one way for public servants to support those impacted by the pandemic within our communities. The charity campaign supports two funds: the United Way's Local Love in a Global Crisis — Emergency Fund and HealthPartners' "Help our Helpers" Fund. Any donations made to the Local Love in a Global Crisis — Emergency Fund will help support the most vulnerable members of our community through local programs that provide food and support services to those in need.

The "Help our Helpers" Fund will direct donations towards providing health information and advice on how to cope during this crisis, as well as providing vital support to caregivers and finding ways to deliver health programs virtually. Please consider donating and make a difference in your local community!

National Nursing Week

As we marked National Nursing Week last week under the theme 'Nursing the World to Health,' it seems more pertinent than ever to express our appreciation for the selfless work of those in our nursing community. Since becoming Base Commander last summer, I have often been impressed by the dedication, commitment and proactive work of our Base Health Services personnel, and their tireless efforts have been exemplary during the COVID-19 pandemic. I would like to thank our Health Services team for their outstanding work to keep our military members safe and healthy every day.

Last week, the Navy Bike Ride launched the Battle of the Atlantic challenge, a virtual and free event with a goal of collectively cycling 25,000 times between July 13 and Aug. 30. More details are available on the Navy Bike Ride website: <https://navybikeride.ca/>.

Thank you all for your continued efforts over the last few months. I am so proud of the people who make up the impressive Defence Team here at CFB Esquimalt and I'm looking forward to a time when we can come together again to celebrate all that has been achieved over the last few months.

Stay focused. Stay healthy. Stay ready to support. Let's keep crushing the curve!

Yours Aye,
S. Sader
Captain (N)
Commander

DIGITAL INITIATIVE KEYS NAVY MODERNIZATION

Peter Mallett
Staff Writer

The Royal Canadian Navy's (RCN) Digital Navy initiative, rolled out in February, is being hailed by senior leadership as a multi-pronged approach to empower members of the naval team for the rapidly evolving digital age.

The objective is to create a fundamental cultural shift that will enable the navy to innovate with more agility in the digital domain. In doing so, the RCN is seeking to ensure Canada continues to have a relevant, highly capable naval force in the years ahead.

"We have entered a new era where naval activities are more dependent on actions taken in the digital domain than ever before," said Vice-Admiral Art McDonald, Commander of the RCN. "From the business space to the battle space, the same digital technologies that are driving fundamental disruptive changes across the global economy are creating equally game-changing impacts throughout the naval enterprise. Increasingly, those organizations that find innovative ways to digitally empower their people will be the ones who secure for themselves future mission success. Your Royal Canadian Navy will be among this cohort."

Leading the change is Capt(N) Mark Sheppard, a Naval Engineer who heads the recently formed Digital Navy Office located in Ottawa. His job is to drive coherence and the many specific digital innovation initiatives that are underway across the RCN. The end result will be a needed acceleration of the navy's digital



evolution, he says. The navy, he adds, is taking a leadership role in the military's digital drive building on its proud history of leveraging digital technologies in its warships.

The Digital Navy initiative is being executed across the country. Execution has been organized along functional lines, meaning that teams in each area will have a role to play in moving the initiative forward. All elements of the naval enterprise, from the financial, business and human resource management functions, which underpin the back-end of business to ships that execute the RCN's mandate at sea, will be engaged, says Capt(N) Sheppard.

The Digital Navy initiative includes a broad range of technology projects intended to enable the navy's digital evolution. One such project is the RCN's ongoing roll-out of the cloud-based

Microsoft Office 365 platform, which is expected to be particularly valuable during the COVID-19 pandemic in that it will provide members of the naval team an ability to work remotely outside of the Defence Wide Area Network (DWAN).

Another example is the ongoing development on the cloud-based RCN App, which will provide sailors mobile access to information and services that today are only accessible at work.

"We are quite excited about the launch of the RCN App which we are targeting for later this fiscal year," says Capt(N) Sheppard. "We asked sailors what they would like to see in this app and received lots of feedback; we will continue these user engagements as we progress through the development phase."

Other digitally-enabled technologies that will be advanced through the Digital Navy initiative include: 3D printing pilot

projects to enhance availability of needed parts; Digital Twin technology to improve the understanding of the material state of key pieces of naval machinery; virtual reality and augmented reality goggles to better train and assist maintainers on board ship; and robotic process automation to help automate repetitive, rules-based administrative tasks and processes.

Linking the impressive Vertical Lift System (VLS) installed at Colwood building 66 warehouse to the Defence Resource Management Information System (DRMIS) is another example of innovation supported through the Digital Navy initiative. The VLS was installed last year and has significantly reduced floor space needed for storage while improving materiel accountability and safety for personnel working in local warehouses.

A network of Digital Navy champions has been established to help advance the initiative across the navy and act as local points of contact for members of the naval team.

There are three champions in the CFB Esquimalt area: Capt(N) Jason Boyd, Commanding Officer Naval Personnel and Training Group, who is spearheading Digital Navy efforts in the training domain; Capt(N) Sam Sader, Base Commander, who is the champion for naval bases on both coasts; and Capt(N) Martin Drews, Commanding Officer of Fleet Maintenance Facility Cape Breton, who is the Digital Navy champion for FMFs on both coasts.

For more information about the RCN Digital Initiative visit www.navy-marine.forces.gc.ca/en/innovation/digital-navy.page

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WHAT SAY YOU

Sailor Bights

Sailor "Bights" is a featurette series to highlight sailors currently embarked in HMCS Nanaimo off Vancouver Island.



Lieutenant (Navy) Mark Herrick, Navigating Officer, HMCS Nanaimo

As Navigating Officer onboard HMCS Nanaimo, Lieutenant (Navy) Mark Herrick is arguably one of the busiest people on board, especially when the ship is operating in the narrow channels and inlets of B.C.'s coastline.

He takes it in stride, however.

"I like to keep it nice and light," says Lt(N) Herrick. "I always joke around with the crew."

'Gator,' as he is affectionately known, is just one of those people you

want to be around. His superpower is a sharp sense of humour that he wields indiscriminately, but not unkindly, towards the different personalities on board, all members of his Nanaimo family. The NavO doesn't just navigate, he is also the comic relief, and something else extremely important to morale: Padre.

"It started off at the beginning of the Op Caribbe when I volunteered to lead Sunday Service. It started off

with just one person who came, and then two people came, then three, and next thing you know it grew into a little community," says Lt(N) Herrick. "We don't push it as a bible study group. If someone has a passage they want to share we'll read it and talk about it, but for the most part it's a space where people feel safe to say what they want or vent about their problems. It's a good space to connect with the crew on a first-name basis. It's nice

to know there's this circle, this little community on the ship where we have complete trust."

He picks those Sunday passages with great care, and reads from the bible he never leaves home without. While he has enjoyed his experience at sea, there is something he is looking forward to when he goes home to Saskatchewan towards the end of May.

"I want to cook spaghetti and meatballs for my family, and have them



all over for a fire in the backyard. Just reconnect. Families can gather now in Saskatchewan. I also want to sleep in a tent with my dog, Bentley, in the backyard."

Leading Seaman Myriam Lampron, Cook, HMCS Nanaimo

Each member of HMCS Nanaimo is aware of how lucky they are to eat great food.

Nanaimo's talented cooking staff, lead by PO2 Dave Manryk, includes LS Dave Brossard-Côté, AB Vic Duchnik, and LS Myriam Lampron. It's no exaggeration to say the team and their daily creations are one of the reasons people get out of their racks every morning.

Day and night, they produce an array of amazing soups, meat dishes, pub fare, sandwiches, vegetable dishes seasoned to

perfection, baked goods to rival any bakery, and more.

And they are busy.

LS Lampron is a hard person to pin down. She's always on the go in the galley, like her colleagues, and the best thing one can do is try not to get in the way. A self-described creative, she applies herself to her cooking as any artist would.

"I was always a bit artistic. I did a lot of visual art when I was younger. Being a cook, it makes me feel a bit like I'm creating art," says LS Lampron.

"And making something nice that people enjoy, it validates you."

She prides herself on the presentation of the dishes she makes. One of those dishes is Bibimbap, a Korean rice bowl topped with an egg, sunny-side up. For each dish requested, LS Lampron takes the time to carefully prepare the food and plate it, and the result is not just exquisite - it is delicious.

What's for dinner?

Why not try your hand at making a Bibimbap-style rice bowl!



Korean Rice Bowl

Toppings

Pickles, peeled and thinly quartered lengthwise
Chile sauce

Rice

2 1/2 cups short-grain white rice (cook according to package directions)

Vegetables

1/2 cup water
3 tablespoons soy sauce

1 onion, minced
3 garlic cloves, minced
3 carrots, shredded and peeled
2 cups of mushrooms, thinly sliced
3 cups of fresh spinach

*Cook vegetables in a wok or skillet until tender.

Bibimbap

2 tablespoons + 2 teaspoons vegetable oil
1 tablespoon toasted sesame oil
4 large eggs

Heat 2 tablespoons vegetable oil and sesame oil in a pot over high heat until shimmering. Add cooked rice and gently press into an even layer. Be careful! Cook, without stirring, until rice forms a crust on the bottom of the pot (about two minutes). Using a slotted spoon, transfer vegetable mixture to the pot and cover the surface of the rice. Reduce heat to low.

While the crust forms, heat remaining 2 teaspoons vegetable oil in a skillet over low heat for five minutes. Crack eggs into a small bowl and pour eggs into the skillet. Cover and cook the eggs to preference. Slide eggs onto vegetables in the pot.

Drizzle 2 tablespoons chili sauce over eggs. Without disturbing the crust, use a wooden spoon to stir rice, vegetables and eggs until combined. Just before serving, scrape large pieces of crust from bottom of pot and stir into rice. Add pickles to taste preference.

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Veterans Memorial Lodge Charity Golf Tournament postponed

Kevin M. Carlé

Broadmead Volunteer Golf Committee

The COVID-19 pandemic has affected us all in so many ways. As we continue to “plank the curve,” we really don’t know what the “new normal” will be like.

Many events have been cancelled or delayed, including the 17th Annual Charity Golf Tournament in support of the Broadmead Veterans Memorial Lodge.

Originally scheduled to be held on June 4 at the famed Royal Colwood Golf Club, the organizing committee made the difficult

decision to postpone the tournament until 2021. However, all is not lost, and the show will still go on.

We will be “taking our mulligan” by holding a virtual Stay ‘N Play event.

This live-streamed event will include messages from our sponsors, Broadmead Care’s CEO, and residents/family members; suggestions from a golf pro; live draws for the Diamond Raffle, 50/50 draw, and our grand prize of a \$1,000 Capital Iron gift card – but you have to be online for the entire streaming event to be eligible for that one!

Diamond Raffle tickets are available at <https://www.broadmeadcare.com/diamond-affle/>

About the tourney

From humble beginnings, this charity tournament to support military veterans has grown into a significant fundraising vehicle for Veterans Memorial Lodge at Broadmead.

Vice-Admiral (Retired) Nigel Brodeur, who, along with now deceased

MGen (Retired) Herb Pitts, and veteran Jim Parker organized the first tournament at Cadboro Bay Golf Course in 2004.

“We were pleased to have raised some \$600 that year,” recalled Brodeur.

Then, in 2005, the high value prize was \$400 in gift certificates donated by Tom Martin, owner of Hillside Esso and a strong supporter of Broadmead.

Over the years, the tournament has grown in the number of players, the amount raised annually, and the number of appealing prizes and silent auction items.

“In addition to being an event for golfers, the annual tournament brought other folks into Broadmead Care, where they contributed to raising awareness of Veterans Memorial Lodge, the veterans and seniors who live there, and increased support for fundraising efforts,” said Brodeur. “I recall in 2008 that we raised \$4,000 and our prizes were tickets for a flight to Vancouver, a printer, four golf shirts, packages of golf balls and the like.”

Then things really got serious.

Other retired senior officers became involved – such as retired Admirals Gary Garnett, Bob George, and Russ Moore.

It was during Gary Garnett’s time as volunteer Chair the Navy versus Army Challenge started.

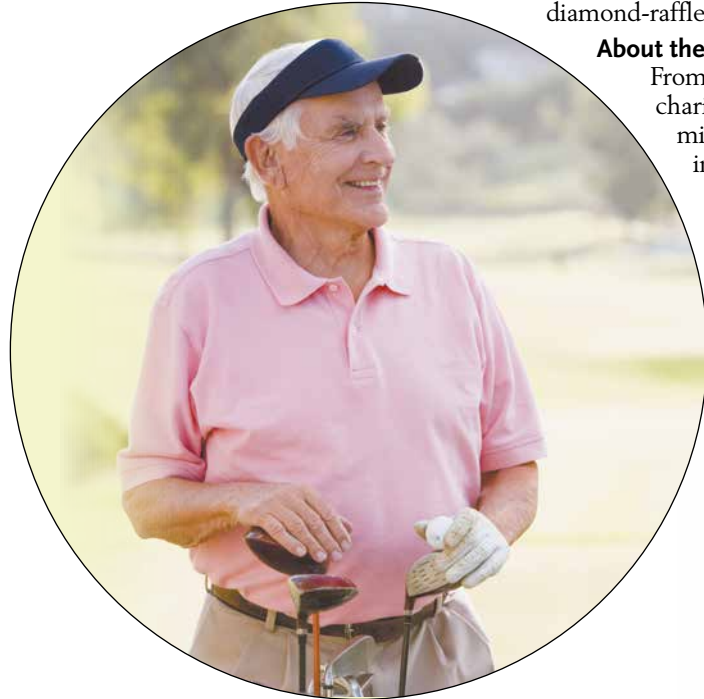
“Thanks to the wonderful generosity of World War Two veteran Rudi Hoenson over the past few years, we developed a new way of providing significant support for the Annual Charity Golf Tournament,” said Garnett. “We have a great group of enthusiastic volunteers on the organizing committee and their collective efforts to solicit support from defence companies and the local community has really helped us to support veterans and our seniors.”

This past year, \$122,000 was raised.

“We have always counted on and are most appreciative for the significant support we have received from the Admiral and workforce at Maritime Forces Pacific,” he says. “Naturally we would prefer to actually play a round of golf. That said, I am optimistic the tournament will still raise a sizeable amount through the virtual Stay ‘N Play event, which is a creative way to adapt in these interesting and challenging times.”

Many folks who have registered and paid their fees have opted to have the money directed as a donation. Similarly, sponsors are being asked to consider donating their support.

Whether you are a senior veteran, today’s veteran, or tomorrow’s veteran, please participate and support our Stay ‘N Play virtual event this year. The suggested deadline to register is May 21. Contact Shannon Donnelly, Fund Development Coordinator, for more information Shannon.Donnelly@broadmeadcare.com



All is not lost, and the show will still go on. We will be “taking our mulligan” by holding a virtual Stay ‘N Play event.



We’re taking a mulligan on our Charity Golf Tournament, but you can still play!

Stay home, stay safe, and have fun!

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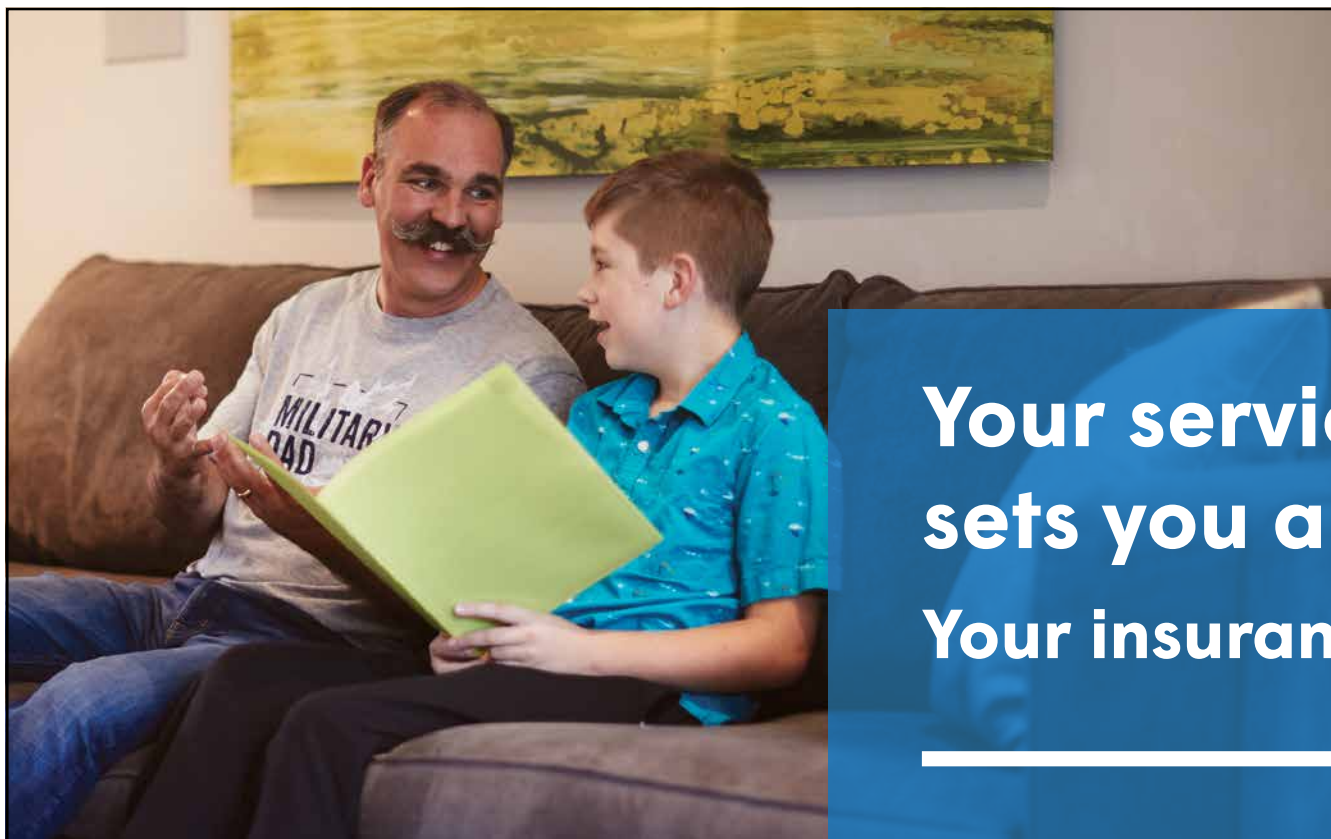
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HMCS VANCOUVER'S surprise PROMOTION CEREMONY



Peter Mallett
Staff Writer



Physical distancing rules were the catalyst for a unique surprise promotion ceremony of an *HMCS Vancouver* Combat Systems Engineer.

Sub-Lieutenant Rebecca Post and 11 other ship's personnel were at the Albert Head Cadet Training Centre May 6 on the pretense to film a video on how to lead an active lifestyle under COVID-19 health and safety measures.

She was told by shipmate Lt(N) Tracy Tkachuk, the video's pro-

ducer, to jog around the training track as a drone filmed her from above. On the inside of the track, LCdr Rob Hooper, *Vancouver's* Commanding Officer, and his Coxswain, CPO1 Steve Wist tossed around a football.

In the finale moments of her scene, LCdr Hooper called out and tossed her the football. She caught it, and upon closer inspection saw Lieutenant Navy epaulettes (bars) affixed to the surface.

"I didn't expect to be promoted or become the focal point

of a video, but that's what happened," said Lt(N) Post. "I have never seen anyone promoted this way, so it really came as a complete surprise. To be sure I got some extra attention with this particular ceremony and I think people will find the video very interesting and amusing."

LCdr Hooper lauded the one-of-a-kind promotional ceremony, noting it is likely the "most creative method" to promote a sailor he has encountered over his 25 years of service.

"We are always looking at new

and interesting ways to promote in the RCN, and this video is a cool method of outreach to the public. It's also a great way to boost morale of our ship's company and I think our sailors are going to be pretty stoked about this."

The idea for the video was hatched by Lt(N) Tkachuk, who has filmed other promotional videos.

"The original intention was to show people having fun while adapting to their regular routines during trying times," said

Lt(N) Tkachuk. "But gradually we decided to incorporate a surprise promotion and really had some fun with it."

Two volunteers were essential to the filming - Lt(N) Mitchell Newman, Executive Assistant to the Base Commander, and Lt(N) Rodney Newcombe, Formation Safety and Environment, who flew their own personal Unmanned Aerial Vehicles (UAV) to film the action.

Once the video is edited it will be released on *HMCS Vancouver's* Facebook page.

Jane Logan Your Relocation Specialist.



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Lieutenant Chelsea Dubeau
HMCS Nanaimo Public Affairs Officer

Photos by Leading Seaman Brendan Gibson, MARPAC Imaging

eat SLEEP Lead

Commander Jason Bergen, Commanding Officer of HMCS Nanaimo, oversees a transit.

It's a beautiful morning at sea. The water is calm. The bridge is quiet.

Commander Jason Bergen, HMCS Nanaimo's Commanding Officer, sneaks up to the captain's chair and goes, for the moment, unnoticed by the bridge team. He's stealthy, calculated. There's a wicked gleam in his eye. He knows something.

Seconds later, the Man Overboard alarm goes off and the bridge transforms into organized chaos. Cdr Bergen smiles.

"We try to do these drills once a week. It's up to the Officer of the Watch to make sure they kick off the proper procedures. For the most part it's them driving and I'm there as a safety check. Mistakes get made sometimes, and that's when I step in."

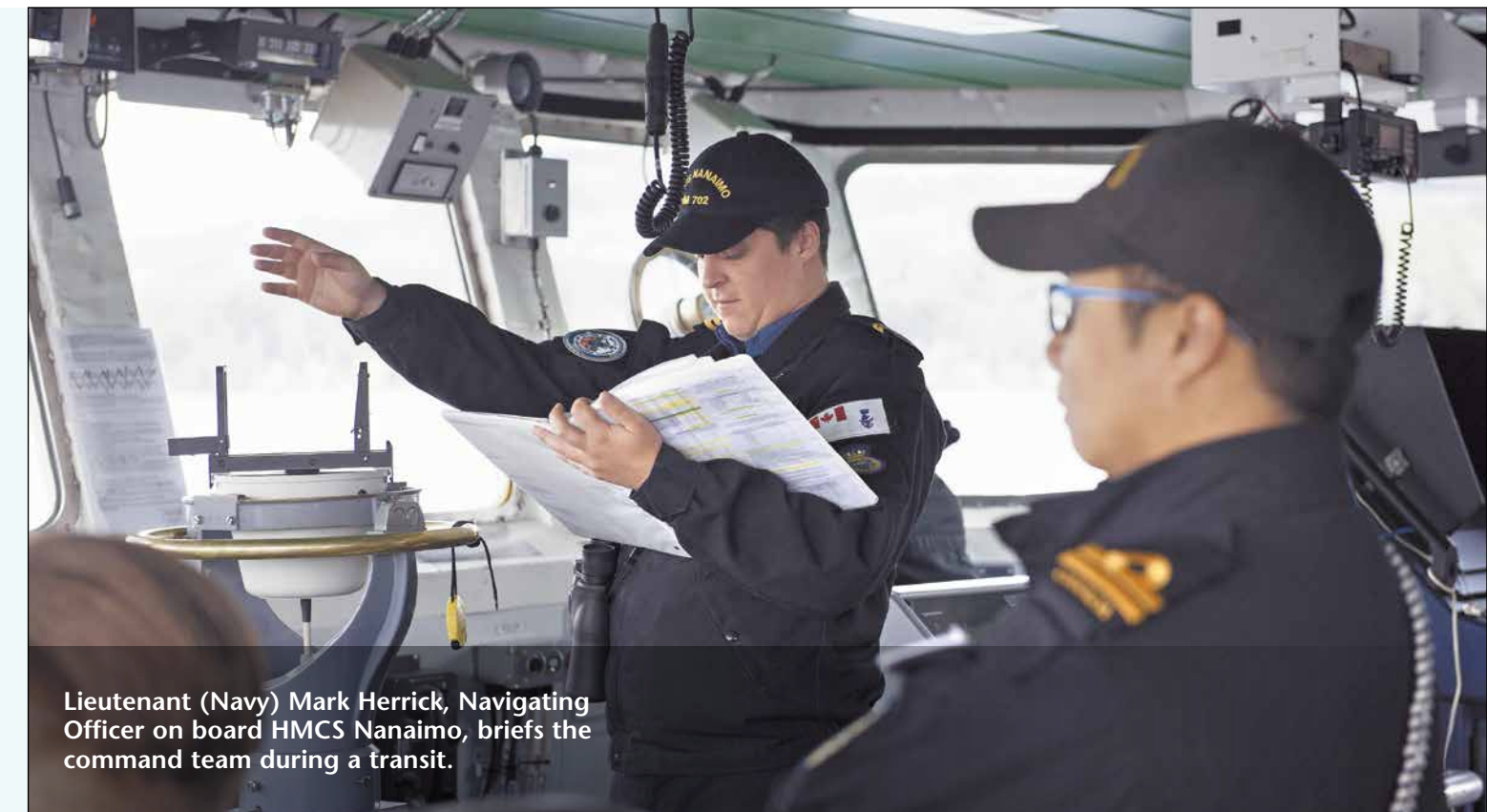
It's no easy task to share a ship with close to 40 people for whom you're ultimately responsible. You'd think that leadership is made easier only if you've got good followers, but in the case of *Nanaimo*, leadership is made easier by virtue of the fact that everyone on board is also expected to lead.

"Leadership can come at all levels," says Cdr Bergen. "Everybody's got a role to play, everybody's got one common goal, you know, the mission objective, and all it takes is one person for mission success or one person for mission failure."

Eat, sleep, lead: it could be touted as the *Nanaimo* way. At sea and at all times, *Nanaimo* sailors are doing one of those three things. When it comes to the lead part, they are often doing so at a higher level than would normally be expected of their rank.

"Before I was even a Lieutenant (Navy), I was the navigating officer as a Sub Lieutenant, and normally you need your Fleet Navigating Officer course," says Lt(N) Mark Herrick, Navigating Officer on board *Nanaimo*. "Then I became a Lieutenant (Navy) at 23, which is kind of young. It's a lot of responsibility that I've been given, but it's allowed for a lot of personal growth."

He has been with the ship since 2018, and



Lieutenant (Navy) Mark Herrick, Navigating Officer on board HMCS Nanaimo, briefs the command team during a transit.

it was under Cdr Bergen's command that he received his Bridge Watch keeping ticket. It's also under Cdr Bergen's tutelage that he continues to grow his skills as a Navigating Officer before challenging the course.

"Whatever plan I come up with, even if I know it's not the best because I'm not really experienced, he'll always let me run with it until a certain point and then he'll step in," says Lt(N) Herrick. "He gives us a lot of room for development, but never micromanages us."

In the case of Ordinary Seaman Jesse Roberts, a boatswain posted to *Nanaimo*, being thrust into leadership positions exceeding her current rank has built her confidence in ways she didn't expect.

"It's been very eye opening. It's helped me expand my horizons, gain more confidence, and feel better about my job," says OS Roberts, who quite often gets the chance to be boat coxswain in *Nanaimo*'s RHIB, something usually reserved for boatswains with a few more years of experience and rank.

Leadership, as a concept, is vague and pretty all encompassing. In *Nanaimo*, however, leadership is stripped down to the basics.

"I preach teamwork and attitude and that's kind of my mantra as far as leadership goes," says Cdr Bergen. "And then, mentoring. Mentorship is an aspect of leadership."

Some people may be good leaders, but they may not be good mentors. You can be a good leader but when it comes time to instruct, you're not the best because you might not have the right level of empathy required to put yourself in the learner's shoes."

The heart of leadership then, at least for *Nanaimo*, beats in the ship's centre of gravity: the training and development of each sailor. It's what determines mission success or mission failure. The provision of challenges, opportunities for growth, and skill development are a large part of what helps to build something else critical to mission success or mission failure: morale.

"Morale is a significant part of leadership. You can't push a rope. You've got to have willing sailors," says Lieutenant Commander Dave Schmidt, Executive Officer of *Nanaimo*. "Teams need to be challenged. If they're challenged to do something that they didn't think they could do and they succeed, it builds their confidence, it builds their capabilities, and it really opens up a lot of avenues that lead toward success."

Ordinary Seaman Roberts didn't think she would ever be able to teach someone how to use the .50 caliber heavy machine gun, but then she did.

"I've learned there's no better way to learn about something than to teach other people," she says. "I knew nothing about the .50-cal going into Operation Caribbean; I hadn't touched one in a year, and so on the first day of the deployment they [members of the deck department] were like, 'Alright, show me your drills.'"

OS Roberts was able to handle the gun safely after a week of practice. It was at that point she was challenged yet again.

"A senior boatswain asked me to show them how to use the gun. I looked at them and said, 'I'm new at this!' And the person looked at me and said, 'That's okay, there's no better way than to teach someone!' So I went through all the drills. They corrected some things of course, but they wanted to push those limits, that horizon. It's really helped to advance my career. I'm given a lot of trust in areas I wouldn't have expected," says OS Roberts.

"You always have to keep pushing the comfort level," says Cdr Bergen. "You have to, otherwise you're not learning. The other thing I push is always keep learning. Keep questioning. Keep questioning to the point that it becomes second nature. Don't just be satisfied with the status quo."

Shipboard evolutions such as the Man Overboard are where the rubber meets the road in terms of training and development, *Nanaimo*'s centre of gravity for leadership. They test individuals, they test the team, and they test the crew. They build confidence, capability, and commitment to a common goal.

All of that, in an environment that welcomes failure and success both as key performance indicators for growth.

"That's kind of how we approach it in *Nanaimo*," says Cdr Bergen. "You have to give people expectations and guidelines, but enough space to learn and make mistakes."



Master Seaman Alex Brasche, centre, prepares the Davit Recovery Position (DRP) while Leading Seaman Evan Hodgson gets into dive gear. Leading Seaman Kathy Sanchez assists by handing out equipment during a man overboard exercise.



Ordinary Seaman Jesse Roberts, a member of Nanaimo's deck department, cleans the .50 caliber machine gun.



Ordinary Seaman Jesse Roberts drives the RHIB with LS Thomas Clowater as bowsman during a recent maritime domain awareness patrol off the coast of Vancouver Island.

The Story of Private Carl Kolonsky

A tale of mischief and heroism

Luke Shields

Private Carl Kolonsky was born on March 18, 1925 in Garson, Ontario. Carl was raised through the Great Depression and spent his childhood, as many rural area children had, in those times.

Avidly attending church as a Catholic, Carl recounts the thought of one of the Ten Commandments spinning over and over in his head as he joined the army in 1944: 'Thou shall not kill.'

Carl originally joined the army to train as a gunner in the artillery, but after landing in Scotland, before going to mainland Europe, Carl was re-mustered to the Royal Hamilton Light Infantry. He spent four weeks training as an infantry soldier at Camp Aldershot before being shipped out through the newly opened Port of Antwerp.

From the Port of Antwerp, Carl and his unit were sent to reinforce their parent unit that was fighting its way north of the Scheldt River. Carl spent most of the war in the

Netherlands. On the day of the German surrender, May 5, 1945, Carl and his unit were in the small city of Bergen op Zoom.

Following the surrender, Carl and his unit were tasked with the collection and disarmament of German prisoners of war (POWs). After the final surrender of all Wehrmacht forces in continental Europe, Carl volunteered for service in the Pacific Theatre; however, by the time victory in Japan had been achieved, Carl was still in the Netherlands.

Private Kolonsky's service did not end there. Carl was eventually posted to a different regiment: the Highland Light Infantry of Canada. He was then sent, along with the Canadian Army Occupation Force, to Germany. Stationed in Germany, Carl recounted stories of that time including but not limited to destroying Messerschmitt aircraft with a half-track, and bartering

YOUTH REPORTER COMPETITION STORY #2

with the currency of cigarettes!

Towards the end of the war in Holland, the Allies began taking German POWs. Carl and his platoon, along with other Allied forces, were held up on a dike taking in and processing POWs. Carl was tasked with marshalling the POWs to a checkpoint when he recounted seeing this huge, arrogant German officer come into sight. He was carrying a pigskin briefcase and was wearing an Iron Cross; the officer was spitting at some of the soldiers.

Carl recounted having a spontaneous desire to possess that Iron Cross. Being slightly mischievous, Carl walked over and snatched the Iron Cross right off his uniform.

The officer was so mad he spat in Carl's face, so Carl snatched the briefcase as well.

"No one knew it was me!" Carl said as he recounted the event. "But my Commanding Officer, Lieutenant Colonel

Rockingham, saw the event unfold from a distance and wanted to obtain the briefcase. I hid it for three days and none of my buddies squealed on me. Eventually, I admitted that I had taken the briefcase because the German had spat in my face. I negotiated a deal: the return of the briefcase for a duffle bag full of cigarettes and a leave pass to Amsterdam! It was a good deal from my point of view and the Intelligence Corps found the contents of the briefcase helpful as it contained the German soldiers' pay records for the local forces. The officer was the paymaster!"

Carl has many amazing stories about events that unfolded during

his time in the war. Hearing stories such as these paints a different perspective on war, and how not everything is about fighting and destroying the enemy. It's realizing that tales of mischief and fun are just as prevalent as stories of unwavering heroism and sacrifice.

It's important for all to remember not only their sacrifices, but also to remember their stories. It's equally important for us to document and record the history from those who lived it, because these are the stories that are recounted for generations.

Victory against all odds includes stories of friendship, comradery and a united people who serve to protect their countries against an oppressor. These are the stories of mischief and heroism that we raise our children with. We use them as life lessons and to explain why our world has been crafted the way it is, where the lines were drawn on the map, and how every piece of the puzzle falls into play.

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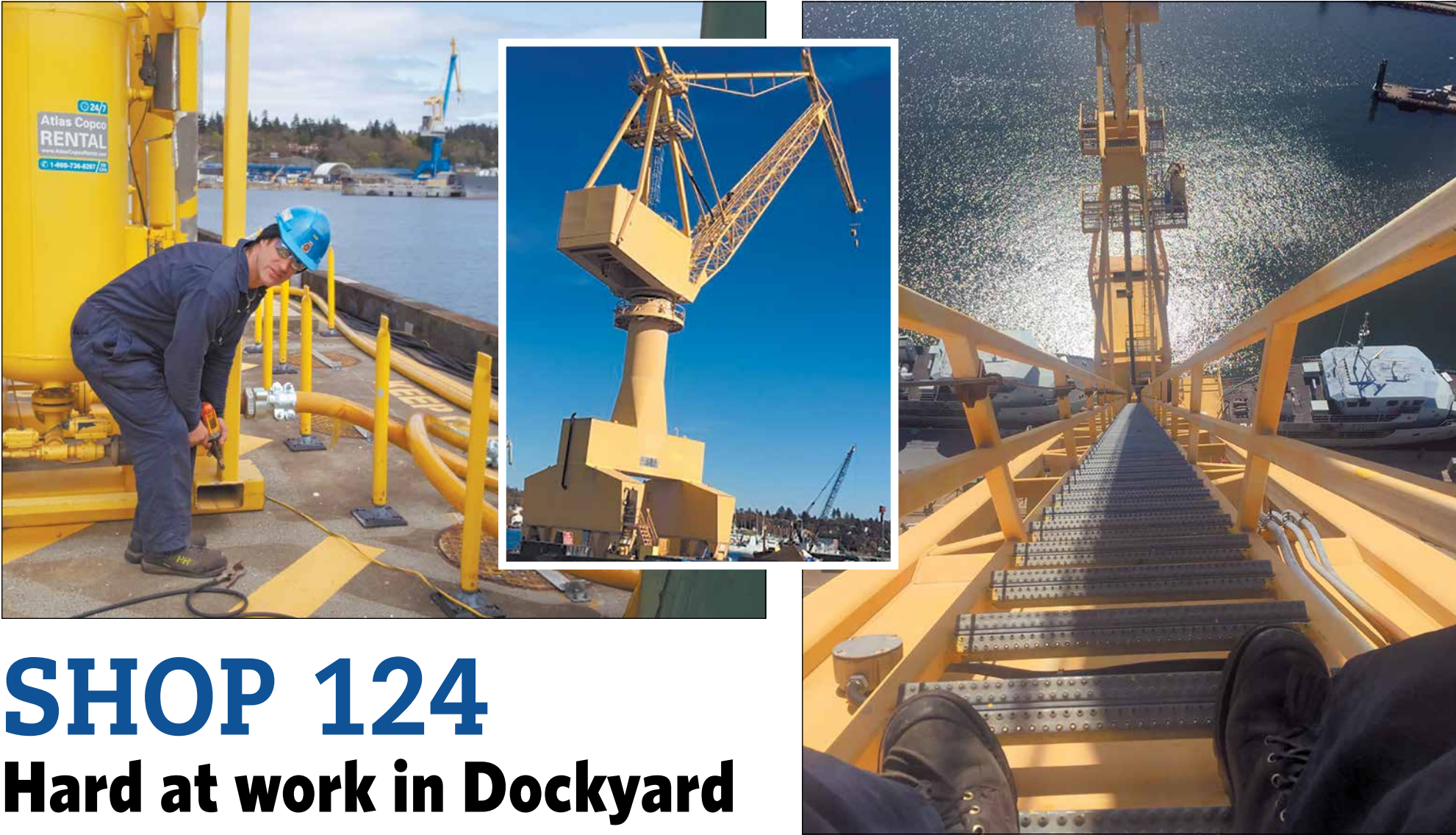
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SHOP 124

Hard at work in Dockyard

Ashley Evans
FMF CB

Over the past seven weeks, employees in Fleet Maintenance Facility Cape Breton's Shop 124 Work Centres have been active supporting the navy, working all but two business days.

This work has included supporting deployers *HMC Ships Brandon, Regina, and Calgary*; aiding preparations to move *HMC Ships Ottawa and Vancouver* over to Victoria Shipyard Ltd, and assistance to Fleet Diving Unit (Pacific) with the transfer request of *Ottawa's* C5 Sonar Dome on to *Regina* in Nanoose Bay.

The first two week's work was spent on the storing requirements of the deployed ships, and the last minute preparations to get *Brandon, Calgary, and Regina* to sea. In addition to ensuring all expired life rafts on future deployers were certified and changed out as required, FMF CB staff assisted and supported brow installs and removals, often-times on short notice and after hours.

"Establishing and maintaining communication while working remotely is probably one of our biggest challenges, but we have a system in place that is working well to get the information to the people on the

ground," said Steve Ringma, Work Centre Manager, Shop 124.

Similar to other management teams, Ringma and fellow managers meet virtually with supervisors weekly to discuss work priorities, safety concerns, and to provide updates. Additional check-in calls are then done daily, as priorities are constantly changing.

Work on *Ottawa* and *Vancouver* was dynamic. *Ottawa* had major destoring requirements before being sent for its work period at the Esquimalt Graving Dock. Under tight timelines, with the assistance of TEME (Transportation, Electrical, and Mechanical Engineering), crane crews helped ship staff remove approximately 250 pallets of stores and equipment.

Vancouver has seen a prioritizing of crane support related to their docking dependent rudder work and hull insert requirements, but also to meet contractual requirements under waterfront management within the Ship Repair Zone (SRZ).

"I have been very proud of Shop 124 supervisors' and tradespersons' response during this posture. It has been a steep learning curve adjusting to this way of planning work remotely but still being able to execute and adjust as required in the SRZ.

We have been very busy for the last seven weeks and they have been going above and beyond to get the job done as efficiently as possible," said Ringma.

During this time, Work Centres in Shop 124 assisted the dive unit with the transfer of *Ottawa's* C5 Sonar Dome to *Regina* at Nanoose Harbour. This was a technical request that required input from a lot of stakeholders because the work had not been done before in Nanoose.

"The 124B WC crane crew was instrumental in the planning and execution of this evolution, allowing for a successful installation in very windy conditions," said Ringma.

Since switching to Operation Laser on March 17, there have been between three to 10 Work Centre employees in dockyard almost every day. This includes a three-person 124B crane crew in almost daily; 124A inside riggers supporting the movement of equipment through the ships; and 124C/E sail and rigging loft staff managing fall arrest inspections and life raft change outs.

"Dockyard is definitely quiet, but you see all FMF employees in their areas working with a determination and purpose," said Ringma. "I know they understand the importance of the work they are doing, especially with the deployers. Everyone has

stepped up and I think they enjoy being part of the team required to support the navy during these times."

To ensure proper safety measures are in place, supervisors have the correct products in place to clean lunchrooms and work areas (including cranes and mobiles) daily. Crews required to go in are reminded to practice social distancing with ship staff, other FMF employees, and contractors, and are all encouraged to discuss any issues or concerns.

By carefully planning the staging of critical crane-related work, Ringma says they have avoided the need to bring in more than one crane crew, which reduces the amount of people they are required to have in the ship repair zone. By scheduling and assigning the same team of workers for the full week, FMF CB has been able to avoid increased risk of day-to-day cross contamination with other teams.

"We have worked very hard with the Operations Coordination Center (OCC) to plan and schedule crane and rigging requirements so that we bring in the absolute minimum amount of support to do the work efficiently and safely," said Ringma. "I think the OCC has done a good job on requests, allowing FMF to focus only on work that is essential."



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| Canoe..... | 1 | Headlamp..... | 1 | Ring, Ladies | 3 |
| Card, Bank Debit | 2 | Headphones..... | 1 | Ring, Men's..... | 2 |
| Card, gift..... | 3 | Jacket, Mens..... | 2 | Scooter..... | 1 |
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Island Reservists mount up for Exercise Strong Drive

Capt Jeff Manney
Public Affairs Officer
39 Canadian Brigade Group

Making their first foray from their armouries since the start of the pandemic, B.C. Reservists took to Vancouver Island roads two weeks ago to continue honing their skills working in a COVID environment.

On May 6, Exercise Strong Drive saw the Domestic Response Company (DRC) from Land Task Force – Vancouver Island dispatch a fleet of nine vehicles from Victoria's Bay Street Armoury and another three from Nanaimo.

Soldiers conducted convoy and communications training en route to Canadian Forces Ammunition Depot Rocky Point. Two days later, 17 DRC vehicles carrying troops from Comox, Nanaimo, and Victoria met up at the Nanaimo Military Camp before heading into the city's environs for more training.

"We are all Reservists; we care about our communities and Vancouver Island has a significant amount of land to cover," says LCol Brendon LeBlanc, commanding officer of Land Task Force – Vancouver Island. "We want to be good at convoy ops so we can deliver assistance when called upon. That means having

a task force that is flexible, well-trained, and prepared to handle any situation."

LCol LeBlanc's Land Task Force is one of five across British Columbia answering to Land Component Command. It represents the army element of Joint Task Force (Pacific), which is mobilized to respond to requests for assistance from government on either the COVID front or for natural disasters such as wildfires or floods.

While convoy driving and communications skills may be second nature to soldiers, correctly disinfecting vehicles, staying at least two metres from one another, and wearing masks when that's not

possible is new to everyone.

"We must be confident in all of these aspects while protecting ourselves and others from COVID, so learning how to operate while wearing personal protective equipment and physical distancing is critical," says LCol LeBlanc.

In addition to the actual driving, Exercise Strong Drive featured plenty of theory as well. At each stop, soldiers dismounted and broke into groups, thinking through their likely actions in the event of emergencies, breakdowns, or traffic control in a COVID environment.

"It's important that each soldier has developed these thought pro-

cesses," says LCol LeBlanc. "They need to be prepared in the event they are faced with a real-life situation."

If that all sounds a little heavy for these perilous times, LCol LeBlanc says the exercise had a positive impact on morale. After all, this was a chance for his troops to get out of the house and see their friends again, enjoy some glorious Vancouver Island scenery, and improve their skills.

"Soldiers always prefer action training to conceptual training," he says. "Coming together, learning to work in close quarters with PPE (Personal Protective Equipment), it improves everyone's confidence."

Photos by Capt Jeff Manney, LCC D/PAO

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LCdr Perkett is awarded the Special Service Medal-Expedition for his deployment under Operation Poseidon Cutlass 17-1 by Capt(N) J. Elbourne, Chief of Staff Operations MARPAC/JTFP/MCE(W).



Lt(N) Anthony Wright is promoted to LCdr and is also awarded the Special Service Medal-Expedition, for his deployment under Operation Projection by Radm J.R. Auchterlonie, MARPAC/JTFP Commander.



PO1 Graham is awarded the Special Service Medal-Expedition for his deployment under Operation Projection by Capt(N) J. Elbourne, Chief of Staff Operations MARPAC/JTFP/MCE(W).



Bravo Zulu

HMCS Calgary

During their seven weeks at sea, HMCS Calgary's crew raised \$3,350 dollars for the City of Calgary's Firefighters Burn Treatment Society. The ship's charity team worked hard to raise money through draws, auctions, and events to support the great they do to foster advancements in burn treatment, research, awareness, care, and education. Since November, the crew has raised a total of \$8,350 and it continues to rise.

On April 30, Calgary's crew hosted a "workout of the day" to raise money for the #StrongerTogether Nova Scotia fund, which is managed by the Canadian Red Cross to directly support the victims of the Portapique shooting and their families. The ships company raised \$1,267 for this cause, and got a good workout in too.

Photos by Corporal Jay Naples



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