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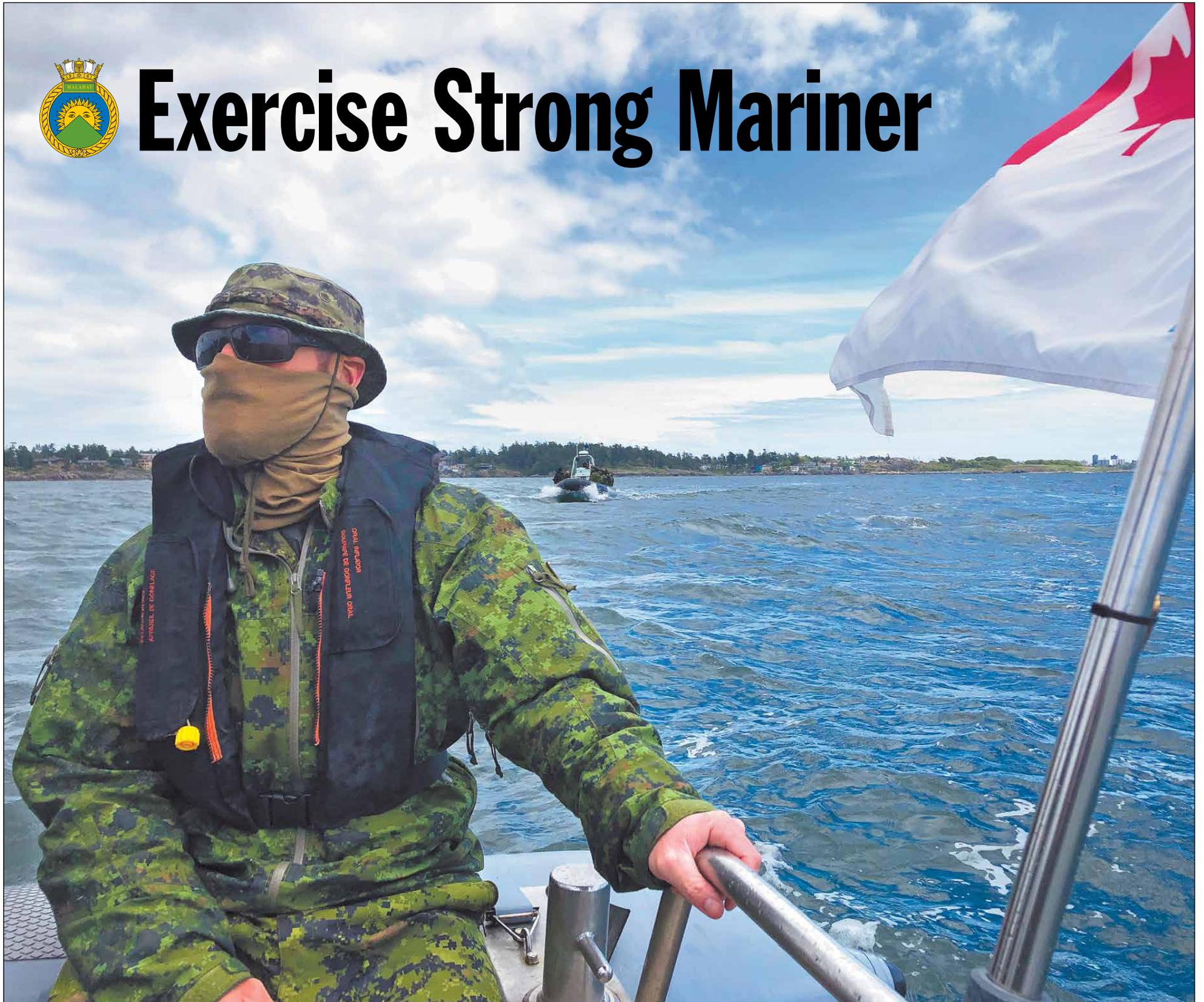
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Exercise Strong Mariner



Sgt Fraser Rankin of the Canadian Scottish Regiment (Princess Mary's) at the stern of Romeo 1, a Rigid-Hull Inflatable Boat, during Exercise Strong Mariner with the Naval Reserves. Normally able to carry up to 18 people, HMCS Malahat's RHIBs carried just half that number due to COVID-19 concerns. Read the full story on page 5.

Photo by Capt Jeff Manney, 39 CBG Public Affairs

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A MESSAGE FROM THE BASE COMMANDER



The past three months have proven to be a challenging time for all, and I want to again thank you all for holding the course and being patient as we navigate these new waters together. As the Chief of the Defence Staff and Deputy Minister stated in their Joint Directive for the Resumption of Activities, we will be entering Stage Two of our Phase Three response to COVID-19 on June 1.

This resumption will be conditions-based and we expect there will be some need for adjustments as we chart new waters. We will likely encounter some challenges and I encourage you to keep strong communication with your Chain of Command, and also be patient with the numerous changes that are taking place. Those returning to work June 1 will have already received information from their manager outlining what to expect upon return including the changes made to their workspace and the precautions in place to ensure a safe and healthy return to the work site.

All of our Base branches have taken a very thoughtful and informed approach to their Business Resumption Plans, complying with guidance from the Surgeon General and our provincial health authority and consulting with Health and Safety Committees and Labour Leadership. All

personnel have access to hand sanitizing and disinfectant supplies, as well as Non-Medical Masks where required.

As well, the cleaning contracts have amended to double the cleaning frequency in high touch points. In addition, all members have been asked to complete online training in the use of Protective Health Measures as well as the Defence Learning Network COVID-19 course before returning or upon arrival in the workplace. Leadership at all levels will continue working hard to ensure a smooth and safe return to the Base and I ask for your understanding and flexibility as we navigate this transition to a sustained COVID-19 work environment.

Two weeks ago, our National Defence Workplace Charitable Campaign efforts were virtually recognized by the United Way of Greater Victoria. We were honoured to receive the Naden Band Spirit of Excellence Award in recognition of significant long-term achievement. I would like to express my appreciation to the entire Defence Team and our union partners for their generosity and support over the years which has earned us this great honour. Whether you attended a campaign barbecue or event, bought a raffle ticket, or contributed through pay allotment your donations have helped make a difference for those in need within

our community. I would also like to encourage our members to continue this generosity through the National Defence COVID-19 Emergency Charity Campaign which is helping provide support to the millions of Canadians who are struggling with the impacts of the pandemic. Together we can continue to make a difference in the lives of those who need it most.

This week is Bike to Work Week and Personnel Support Program has put together some great daily challenges to help get your bike wheels spinning even if you're not commuting to work. Challenges are posted daily on the Naden Athletic Centre Facebook page so make sure to check them out. You might even win a prize!

Once again, I thank you all for the dedication and hard work you have shown over the last few months under challenging circumstance. As we move into this next phase, remember that you are not alone and management will be ready to assist through open communication. We are all learning to adapt to this new workplace environment together and are here to support one another through this transition. As we evolve and adapt to the current COVID-19 environment, health and safety will continue to be paramount.



Stay healthy. Stay ready to support. Keep crushing the curve!

Yours Aye,
S. Sader
Captain (N)
Commander

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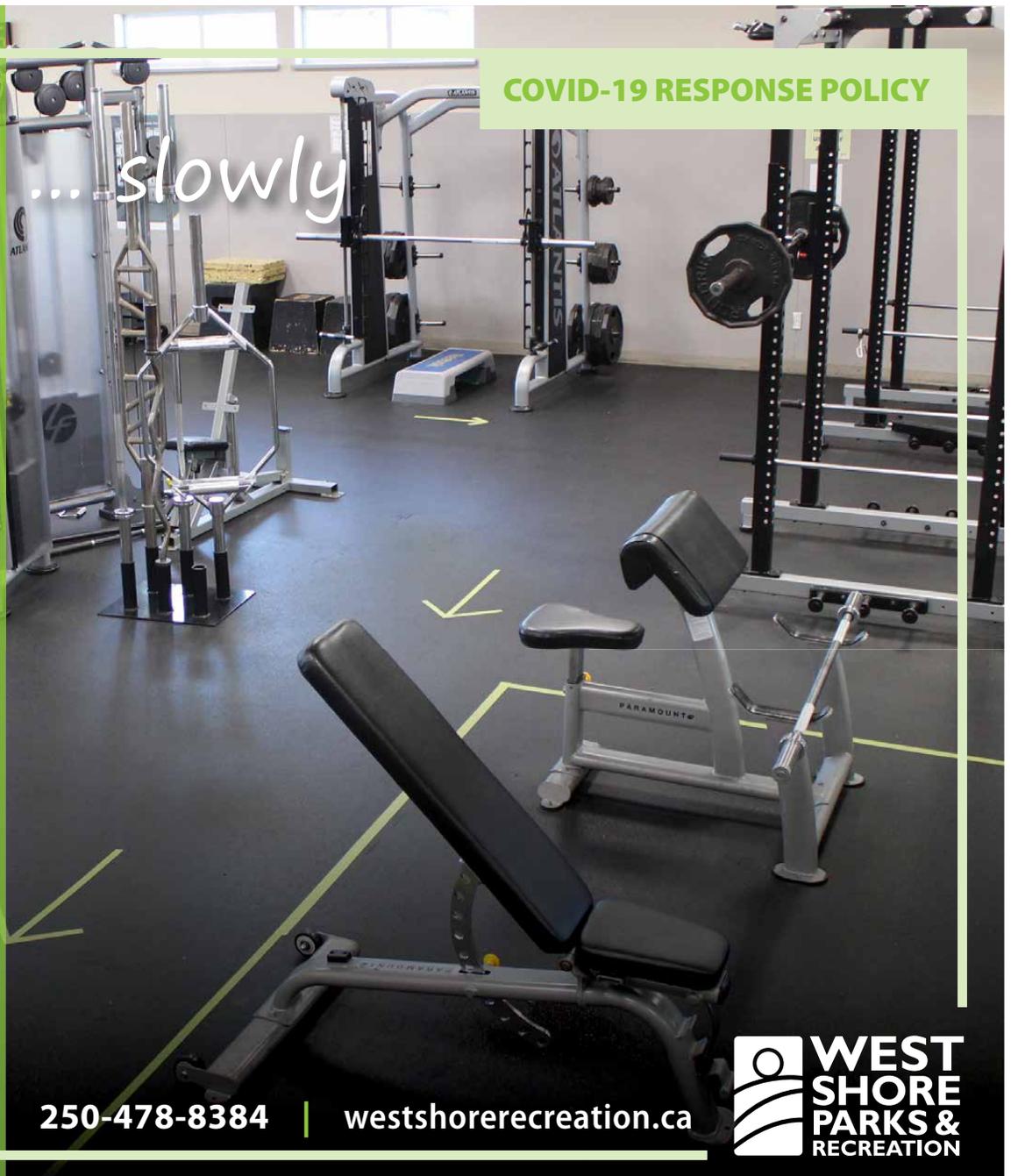
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SPARKMOUTH

hailed for beverage benevolence

HMCS Nanaimo returned from Operation Laser May 22. Members of the crew received Sparkmouth drinks as they disembarked.

Photo by Leading Seaman Valerie LeClair, MARPAC Imaging Services



Peter Mallett
Staff Writer

A British Columbia beverage company has come through with a substantial, thirst-quenching donation to CFB Esquimalt. Vancouver-based SPARKMOUTH Drinks Co. Ltd made good on a delivery of 57,600 355ml cans of its new sparkling water on May 20. The 2,400 cases of drinks were unloaded at base storage facilities Colwood 66 and Y702 and will be distributed to military and civilian staff working at integral and lodger units across the base.

Jackie Fox, SPARKMOUTH Vice-

President of Sales and Marketing, says the donation was her company's way of letting the men and women of the Canadian Armed Forces know they greatly appreciate the work they do.

"Our company wanted to support and give thanks to those on the front lines that are supporting our community and keeping us safe in such a precarious time," said Fox. "When we decided to earmark some of our product for donation, we immediately thought of the Canadian military. We hope it puts a small 'spark' into their day."

LCdr Colleen O'Brien, N44 Staff Officer, Supply Chain Management and Systems Readiness, said the drinks can be consumed

by members in the workplace or taken home to their families. Units receiving shipments are Base Administration, Base Information Services, Base Logistics, Port Operations and Emergency Services Branch, Canadian Forces Health Services, Joint Rescue Coordination Centre, Military Police Unit Esquimalt, Regional Joint Operations Centre, and Her Majesty's Canadian Ships.

LCdr O'Brien says SPARKMOUTH's generosity is a morale booster for those in the defence community who have provided essential services throughout the COVID-19 pandemic and Operation Laser.

The donation by SPARKMOUTH has an approximate cash value of \$43,000. The

company is a new player in Canada's expanding specialty beverage industry and is owned by Matt Phillips of Phillips Brewing and Malting; it was launched in August 2019. Their sparkling water beverages are made in four flavours - lemon, lime, grapefruit and strawberry - and are available for purchase at major retailers in Western Canada including London Drugs, Safeway, Sobeys, Thrifty Foods, and Fairway Markets.

For more information about SPARKMOUTH beverages and its full line of products visit their website www.sparkmouth.com

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WHAT SAY YOU



National Scholarship Program - Supporting education for military family members

CFMWS

Due to the unique circumstances of military life, funds for pursuing post-secondary education are a significant barrier for many Canadian Armed Forces families. The National Scholarship Program works to remove some of those barriers. Last year, more than \$72,000 was awarded to military family members through 42 scholarships, with winners selected from over 400 competitive applications.

The 2020 National Scholarship Program is accepting applications from

May 21 to Aug. 1. Scholarship recipients will be announced at the beginning of September. There are 50 scholarships available ranging from \$500 to \$2,500.

Eligibility

- You are a dependent (includes spouse) of a serving or former member of the Canadian Armed Forces;
- You are a Canadian citizen or permanent resident of Canada; and

You are enrolled in an undergraduate program leading to a degree, diploma or certificate at an accredited Canadian college or university.

Post graduate and career college students are also welcome to apply.

All 2020 scholarship applications must include the following:

- Proof of enrollment from an academic institution
- A three-part essay
- A reference letter
- Most recent academic transcript
- A point form list of volunteer/civic engagement activities

For application details go to: www.supportourtroops.ca/Get-Support/Education/Scholarships



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PUTTING THE J IN JOINT

Navy Reservists demonstrate small-boat capability to their Army brethren

Right: A Rigid-Hull Inflatable Boat (RHIB) moves at speed with the Domestic Response Company (DRC) of Land Task Force Vancouver Island heading for Albert Head May 22 during Exercise Strong Mariner.

Inset: Able Seaman Emma Stewart, Coxswain, pilots her RHIB during Exercise Strong Mariner. The exercise marked the first collective training between the army and naval reservists of Land Task Force Vancouver Island's Domestic Response Company.

Photos by Capt Jeff Manney,
39 CBG Public Affairs



Capt Jeff Manney
Public Affairs Officer
39 Canadian Brigade Group

In a first since the onset of the COVID-19 crisis, Army and Navy Reservists of Land Task Force Vancouver Island combined forces May 22 for a critical proof-of-concept event.

Exercise Strong Mariner saw *HMCS Malahat's* two Rigid-Hull Inflatable Boats convey soldiers with the Task Force's Domestic Response Company (DRC) on a choppy but exhilarating 30-minute crossing from *Malahat's* downtown Victoria location to Albert Head. The marine-to-land movement aimed to explore the unique capabilities of the DRC's naval component.

"Across Vancouver Island there are lit-

erally thousands of islands with isolated populations that might require immediate assistance, but that could not be reached without our small boats," said Lt(N) Stephen Holisko, commander of the DRC's 4 Platoon. "This is what we're good at – moving equipment, sustenance and people from point A to point B quickly, in a safe manner and with an economy of effort."

This was the first action Lt(N) Holisko's sailors had seen since the Chief of the Defence Staff directed the Canadian Armed Forces to "stay home, stay healthy and stay fit". The DRC's Army Reservists had recently chalked up a pair of convoy exercises, Strong Drive I and II, but were just as excited to get out of the house again.

"This is a great way to spend a day," shouted Master Corporal Jesse Hunt

through his improvised personal protective mask. "But it's also a great experience. It's rare enough we get to work with other trades let alone another element. This kind of face-to-face time is really beneficial."

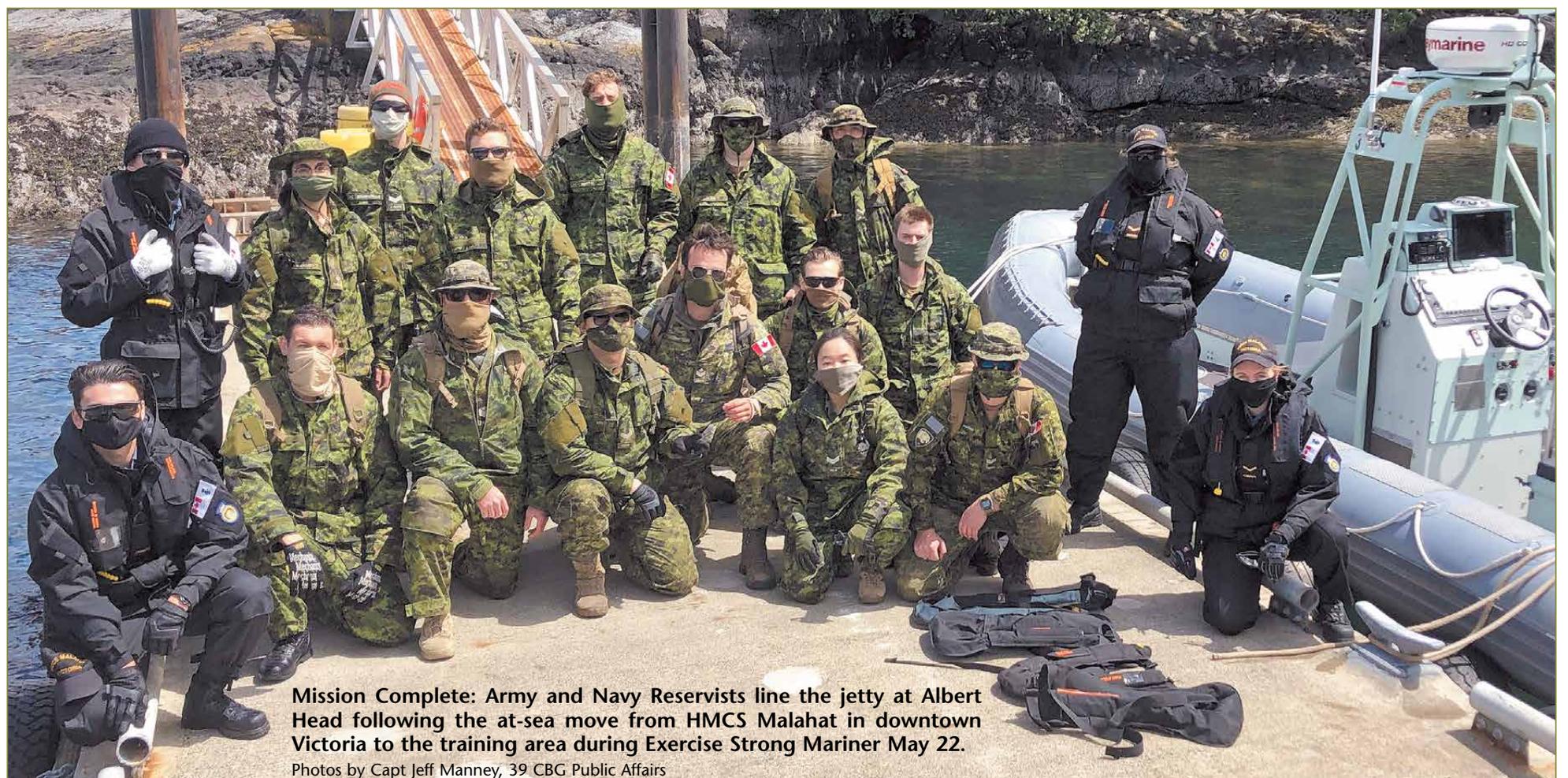
Like Lt(N) Holisko, MCpl Hunt thinks of the challenges in bringing aid to the far-flung corners of Vancouver Island should the government ask them to; corners where proficiency in convoy driving might not be enough.

"If we end up being deployed and inserted into a remote island, we don't want to fumble through it," he said. "This is the kind of thing we need to know how to do first time in, so working with the navy is critical."

Back at *Malahat*, as sailors put another section of soldiers through a rigorous lesson on how to inspect their hazardous-duty life

jackets, Lt(N) Holisko said he was looking forward to more operations with his DRC colleagues in green.

"I can't tell you how excited we are to work with the Army. We don't get the opportunity enough to put the 'J' in joint, but we are a joint task force. Confidence-builders like this will help ensure the Army and Navy can work together towards our common goals."



Mission Complete: Army and Navy Reservists line the jetty at Albert Head following the at-sea move from *HMCS Malahat* in downtown Victoria to the training area during Exercise Strong Mariner May 22.

Photos by Capt Jeff Manney, 39 CBG Public Affairs

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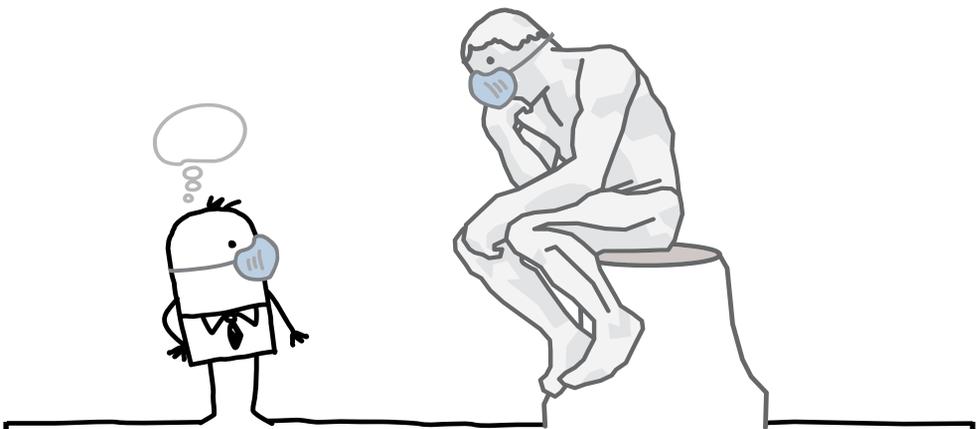
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DND launches a call to innovative thinkers for solutions to COVID-19 challenges

As part of the Government of Canada's commitment to refocus existing innovation programs to support the fight against the spread of COVID-19, the Department of National Defence has announced the first of a series of calls for innovations aimed at addressing some key challenges Canada is facing.

With an initial commitment of \$15 million, the first three challenges focus on:

- Viable and effective processes and methods for safely and rapidly decontaminating enclosed work environments, such as buildings and modes of transportation, containing sensitive equipment;
- Innovative material and designs to aid in decontamination of Personal Protective Equipment (PPE), operational clothing, and equipment for personnel responding to events involving biological hazards; and
- Data gathering solutions to support the early detection and community-based monitoring of outbreaks of contagious diseases.

These challenges were determined by multi-departmental panels led by the National Research Council of Canada as part of the COVID-19 Challenges

Procurement Program.

In addition to the call for innovation, these panels are engaging Canadian small- and medium-sized enterprises to refine their near-to-market products to meet a

COVID-19 related need. Promising solutions in the areas of PPE, sanitization, diagnostics and testing, therapeutics, and disease-tracking technology may receive funding to further their solutions of interest.

This effort is a collaboration with the National Research Council of Canada, Public Health Agency of Canada, and Health Canada and sees an additional investment of up to \$10 million.

Innovators are encouraged to consult the IDEaS program website (<https://www.canada.ca/en/department-national-defence/programs/defence-ideas.html>) for more information on the challenges and how to apply to the program.

"These are unprecedented times. We need to leverage all great minds and innovators in our efforts to combat COVID-19," said Defence Minister Harjit Singh Sajjan. "We will invest in Canadians as we look for innovative solutions to keep not only the women and men of the Canadian Armed Forces, but all Canadians safe."

Quick facts

Call for innovation – Challenges to Canadian innovators

This initiative is being led by DND's Innovation for Defence Excellence and Security (IDEaS) program, with collaboration from the Centre for Security Science Program.

The call will be open until June 23, with contracts expected to be awarded this summer.

COVID-19 Challenges Procurement Program

DND has provided subject matter experts in the areas of public safety and security, medical response, and biology/chemistry for these panels.

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HMCS Ville de Québec focused on mental health of sailors

Ryan Melanson
Trident Newspaper

As one of two ready duty ships on the east coast, *HMCS Ville de Québec* has taken extreme measures to ensure its ship's company remains free of COVID-19, including a two-week hotel isolation period before heading to sea in mid-April.

Keeping sailors physically healthy is crucial to the ship maintaining its readiness, but with crew members separated from their loved ones during a difficult time, taking stock of the morale and mental health on board becomes increasingly important.

"It's certainly the biggest concern I have day to day, taking that temperature and trying to find new and innovative ways to eliminate those negative effects," said Cdr Michael Eelhart, *Ville de Québec's* commanding officer.

Sailors are concerned about their family members and loved ones at home during the pandemic, some members personally knew victims of the shootings in the Portapique area, and all are coping with the tragic loss of their colleagues from *HMCS Fredericton*, as well as the news of the recent Snowbird crash.

While those who required it were given time to grieve, Cdr Eelhart said sticking to routine

and keeping up with normal business at sea can be therapeutic for the crew. Part of this has been the domestic presence operations the ship has been conducting over the past month, sailing to, and anchoring near a number of maritime communities, including the hometowns of many of their sailors.

Ville de Québec toured through the Bay of Fundy and Minas Bay on the first leg, sailing near Portapique in the days following the tragedy, and proceeded to sail through the Northumberland Strait, making appearances off of Prince Edward Island, in Northern New Brunswick, and up to the Gaspé region of Québec. They



While those who required it were given time to grieve, sticking to routine and keeping up with normal business at sea can be therapeutic for the crew."

— Cdr Eelhart



used social media to announce their location and engage with communities when they passed by.

"We thought let's try to connect with Canadians as best as we can," Cdr Eelhart said. "It was also a way to keep our sailors interested and engaged, maintaining their readiness at the same time, and keep them from getting overly bored doing the same old things each day."

They've also had fun when they come alongside, even if they can't stray far from the ship. A sports day in early May saw members hold an all-day ball hockey tournament on Jetty NB, and for the May long weekend they set up propane fireplaces and had a party with barbecue, smores, sing-alongs and karaoke.

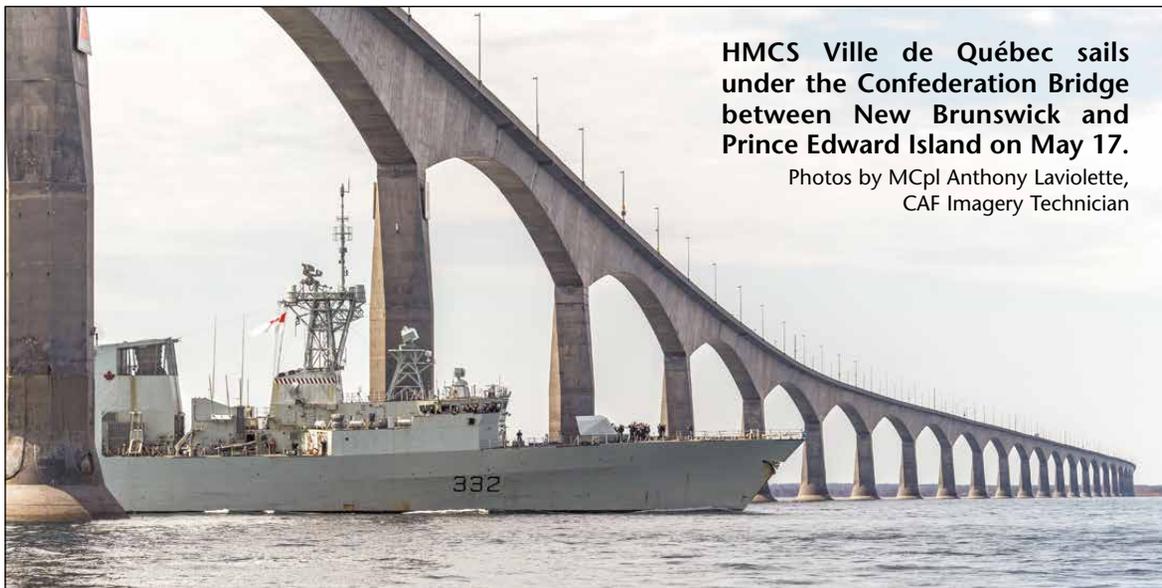
"We tried our best to recreate a cottage weekend on the jetty. It was probably one of the best ship parties we've ever had."

The original plan for *Ville de*

Québec was to sail to Québec this summer for a docking work period. Instead, the ship will undergo a full crew change with the current crew of *HMCS St. John's* set to come aboard and continue as the ready-duty ship starting in August.

For now, the ship and crew, along with their colleagues in *HMCS Moncton* will remain ready to respond and make every effort to keep their sailors healthy. This now means any new crew member must undergo a two-week isolation period and be tested for COVID-19 before coming aboard, and any stores or other items coming from land are kept off the ship for about three days before being sanitized and brought on.

"It's all part of the preventative measures we're taking. Our day-to-day running at sea is relatively normal, but our interactions and the interface between the ship and the shore is incredibly abnormal," Cdr Eelhart said.



HMCS Ville de Québec sails under the Confederation Bridge between New Brunswick and Prince Edward Island on May 17.

Photos by MCpl Anthony Laviolette, CAF Imagery Technician



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HISTORY IN VERSE

Peter Mallett
Staff Writer

A grim and largely unacknowledged anniversary came and went over the May 24 weekend, but a poet from Edmonton has penned a few lines to help us remember. Garth Ukrainetz, the Poet Laureate of the Blackmud Creek, wrote his poem *Fourteen Hundred Men* as a solemn tribute to Royal Navy vessel HMS Hood and its crew.

On May 24, 1941, the massive Admiral-class battle cruiser came under attack from German battleship Bismarck in the Strait of Denmark. It sank in less than three minutes with all but three of the 1,418 sailors killed in the attack.

The 'Mighty Hood' was launched in 1920 and for nearly two decades had been the largest warship in the world. Ukrainetz said he discovered the Hood story while researching other naval vessels for his Battle of the Atlantic poetry tribute.

"I had heard about the sinking of the Hood but never realized that nearly the entire crew had died so quickly. I was shocked," said Ukrainetz.

During the shelling, the ship's mag-



azine exploded. The official investigation into the explosion could not determine whether the ammunition cache was struck by a German shell or by accident from one of Hood's gun turrets as they returned fire.

"I was struck by the fact that 1,415 brave men perished in a matter of minutes. One fluke shot from the Bismarck, which was 16 kilometres away, hit and sunk HMS Hood, the world's largest battle cruiser, within three minutes," said Ukrainetz.

Ukrainetz, a former newspaper cartoonist, has been writing poetry most of his life. He lives beside the beautiful Blackmud Creek in Edmonton and operates a small picture framing shop in Leduc. With business slowing to a trickle due to physical distancing measures related to the COVID-19 pandemic, he has more time to write poetry.

"Fourteen Hundred Men"

By Garth Paul Ukrainetz
Poet Laureate of the Blackmud Creek

Fourteen Hundred men went down
To bottom of the sea
Their wives and girlfriends up above
With broken hearts they'll be
Their mothers and their sisters cried
A nation mournfully
Fourteen Hundred men went down
To bottom of the sea

The cannons roared from Bismarck ship
10 miles or so away
A shell was shot into the air
The price of war to pay
Explosive blast, she sank so fast
The 24th of May
She fought for good, the Mighty Hood
But lost the fight that day

Fourteen Hundred men went down
To bottom of the sea
A heroes' gate in Denmark Strait
For sons of liberty
The tears, the trials, the British Isles
The brave, the proud, the free
Fourteen Hundred men went down
To bottom of the sea

©2020 Garth Paul Ukrainetz

"Flowers of the North"

By Garth Paul Ukrainetz
Poet Laureate of the Blackmud Creek

Royal Canadian Navy
Fighting Flowers of the North
Proudly guarding and defending
On the ocean back and forth
In the Battle of Atlantic
Glowing hearts upon the sea
Saving liberty and freedom
Keeping true North strong and free
Trillium in Cartwright
Eyebright in St. John's
Hepatica on Ellesmere
Where Snowberry belongs
Spikenard and Windflower
Fennel grows in Yellowknife
Sail the Mayflower to Iqaluit
Bittersweet the Arctic life
Royal Canadian Navy
Fighting Flowers of the North
Proudly guarding and defending
On the ocean back and forth
In the Battle of Atlantic
Glowing hearts upon the sea
Saving liberty and freedom
Keeping true North strong and free

©2020 Garth Paul Ukrainetz
In celebration and remembrance of the 75th Anniversary of the end of The Battle of the Atlantic and WWII 1945 - 2020.
"Lest We Forget"

Beach on D-Day (<https://www.youtube.com/watch?v=b5poW1HPh2E>) and a poem about HMCS Rosthern, a Second World War flower-class corvette named after the town located just north of Saskatoon (<https://www.youtube.com/watch?v=BxIWj9CjfAs>).

"My commemorative Second World War poetry is my way of saying 'thank you' to that special generation who worked hard, fought fiercely, and sacrificed so much to protect the freedom and liberty we all continue to enjoy today," says Ukrainetz.



Self-described "Poet Laureate of Blackmud Creek" Garth Ukrainetz poses with his prized Northern Pike. The 54-year-old Edmonton resident caught the pike while on a fishing trip in Saskatchewan when he was 16 years old. He says the fish put up a big fight before it was hooked and served as the inspiration behind his poem about HMCS Waskesiu, a tribute to the former Royal Canadian Navy frigate that provided convoy protection during the Battle of the Atlantic. Photo by Duane Franklin

Why I wrote this poem

Garth Ukrainetz

The sinking of HMS Hood was an astounding national tragedy for Great Britain, Canada's friend and trusted ally in Second World War.

Here we are almost 80 years later, and it's still hard to make sense of this great tragedy where so many men perished. For me, when things don't make much sense, it

helps to write poetry.

Therefore, I've written a poem to honour the brave young cavalier men of HMS Hood, with extended gratitude to the people of Great Britain, for their heroic national war efforts during Second World War.

War is horrific, and certainly must always be avoided. However, the Second World War had to be fought. Hitler

had to be defeated. Freedom and liberty had to be defended at all costs. As a dreadful consequence of war, 1,415 heroes of the Mighty Hood went down to the bottom of the sea, paying the ultimate price for the precious freedom we all enjoy today.

We must never forget our war heroes and their inspirational noble virtues displayed in life and death.



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Peter Mallett
Staff Writer

Warrant Officer Frederic Daoust, 45, had no idea a big surprise was in the works during a recent video conference call.

The acting Sergeant-Major at CFB Esquimalt's Rocky Point Ammunition Depot was joined by members of three other ammunition depots and the com-

mand team from Canadian Materiel Support Group to discuss business on the morning of May 19.

As the meeting neared its end, his wife Julie and their 15-year-old son William snuck into the home office in view of the laptop camera with his promotion epaulettes in hand.

"As soon as they walked in the room, I knew something strange was going on, but I really wasn't sure what,"

he said. "Then my son walked up to me, and my commanding officer asked William to put the epaulette [flap] on my chest. At that point I realized this was the moment I had been waiting for."

Having his son do the honours added to the specialness of his promotion.

"It came as a complete surprise and it was really great that it involved my family members," said

MWO Daoust. "It was easily the best promotion I've had and a super big deal for me to have the new rank, increased responsibility, and also an increase in pay."

LCdr Robin Sheffield, Commanding Officer of the Rocky Point Ammunition Depot, says MWO Daoust is fully deserving of his promotion and described him as a dependable "take-charge" and "hands-on" type of guy who is perfect for the posi-

tion of Sergeant-Major.

It took some engineering to pull off the promotion on a video conference call.

"I think he knew something was going on when I told him to wear his uniform for the video conference," said LCdr Sheffield. "It's very hard to surprise someone in a video conference setting like this, so his wife and son certainly deserve a Bravo Zulu for their efforts."

These days, he says, commanding officers must think outside-the-box for promotion methods because of COVID-19 physical distancing measures.

"Handing out promotions has become one of those tasks that needs to be memorable for the member while at the same time meeting social distancing guidelines," said LCdr Sheffield.

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Royal Canadian Air Cadets allows Alberta teen with ADHD to grow and succeed!



YOUTH REPORTER COMPETITION STORY #4

Lleyton Maday

Teens like me prosper in the Air Cadets because of the support the program offers.

I'm 14 years old, from Morinville, Alberta, and I have ADHD (Attention Deficit Hyperactivity Disorder). My brain works a bit differently than most kids, but that didn't stop me from becoming a Flight Corporal with Edmonton's 12 Royal Canadian Air Cadet Squadron (RCACS).

Being part of the Air Cadets has made a positive difference in my life. My parents say ADHD is a "neuro-developmental disorder." Basically, that means my brain works a bit differently than my peers. I can have a hard time staying focused. I sometimes fidget or have trouble sitting still. I can act on impulse, without thinking about consequences.

Those may be my symptoms, but they are not everyone's symptoms. I have two step-brothers who also have ADHD. Their symptoms

are much different than mine. ADHD can affect people very differently.

Having ADHD doesn't make me dumb. Many ADHD kids are actually very smart and do well in school, in sports, or even in the Air Cadets.

There are some myths about ADHD. Some people think it's not a real medical condition. I can tell you from my own experience, it's very real and it involves how your brain develops and works. In almost every classroom, there are one or two kids who have ADHD.

Some people think only boys can have ADHD, but many girls have ADHD too. People don't have ADHD because of something their parents did or because they eat too much sugar. It's genetic — we are born with it.

Sometimes people think ADHD kids just need to try harder. The reality is that we are usually trying our absolute best, but our brain isn't co-operating.

I was diagnosed with ADHD when I was 10. I was upset and felt bad at first. I didn't want to be weird or different from other kids. But I learned that knowing about ADHD is the key to learning how to live with it.

When ADHD goes undiagnosed or untreated, it can lead to anxiety, depression, and low self-esteem. Kids don't understand why they are different.

Another important thing happened to me when I was 10 — I learned about the Air Cadets.

My dad took me to my very first air show at CFB Cold Lake, Alberta. After seeing all of the amazing aerobatics and aircraft, I thought "That's what I want to do!" I got to meet some Air Cadets there. They told me all about the program and I was ready to join

right away, but I had to wait until I turned 12. So, for the next two years, I learned all I could about the Air Cadet program. I visited a few squadrons around Edmonton to see which one I liked the best. Finally, three days after I turned 12, I signed up with 12 City of Edmonton RCACS.

On my first night, I was a bit nervous because I didn't know anyone, and I didn't know what to expect. After the opening parade and before our first class, some of my fellow Air Cadets invited me to sit with them, and for the rest of the night we talked and became friends. They are still my friends to this day.

That first night was an amazing experience for me, because up to that point in my life I was a kid who could not find friends easily or really even talk to people. I knew I belonged at 12 Squadron and it quickly became like a second family to me.

Being an Air Cadet has provided me with great opportunities. In my first year as a Leading Air Cadet, I was in my Squadron and Zone, in effective speaking competitions, on drill team and I did ground school three times. In my second year as a Corporal, I was a section head in my flight. I have also been to summer training twice at Cold Lake CTC and I am hoping to do advanced aviation this summer.

As someone with ADHD, being an Air Cadet has given me a place where I fit in and where I can succeed. I have become more comfortable doing things I would not regularly do. I feel a sense of belonging.

If you have ADHD, talk about it. Accept it. Learn how to live with it. If you don't have ADHD, try to understand and accept people with mental health issues. They need your support. If you want a place where you can do amazing things, as I've learned since joining, think about being part of the Air Cadets!

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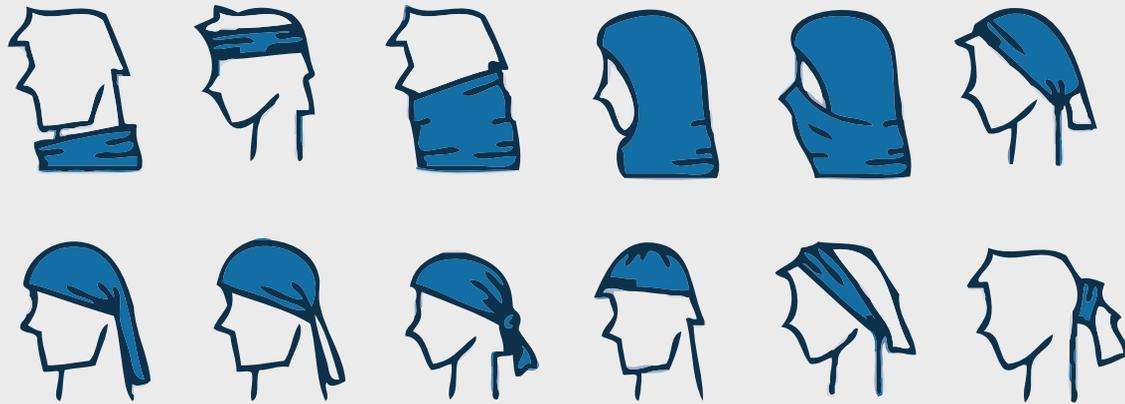
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Padre Christopher Willis

Being ready for when the going gets tough

PADRESUPPORT

**2Lt Travis Winship
Base Administration**

When COVID-19 sent many people home into self-isolation, Padre Christopher Willis, 45, and the five padres in his team set in motion supports to help those in need.

Padres are attached to units to provide support in many aspects such as spiritual, advocacy for troops' needs, developing peer supports, and most importantly to listen when someone needs to talk.

During COVID-19, the padre office adjusted to the situation by using Zoom and phone conferencing for one-on-one support, and phone call forwarding to the duty padre to ensure no call was missed.

"My hope is that when things get bad, we can be a comforting presence."

Understanding that it can be harder for people to reach out during this time, Padre Willis, alongside Padre Félix Roberge and Kevin Sam, moved their peer support Sentinel training

course online. Sentinel training provides peers with basic active listening skills and a knowledge of resources to help refer people in need. The course runs online every week.

Padres contribute to mission success by advising the chain of command on issues troops are facing and confidentially caring for troops when they need assistance.

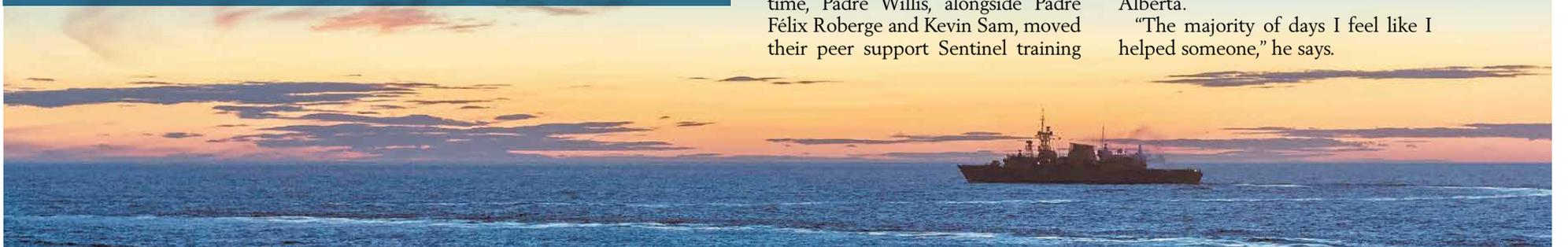
Like most base employees, Padre Willis is conducting most of his work from home, sharing his day with his wife and two daughters. He joined the military six years ago, with the last year at CFB Esquimalt. Before that he was a lead pastor in northern Alberta.

"The majority of days I feel like I helped someone," he says.



My hope is that when things get bad, we can be a comforting presence.

— Padre Christopher Willis



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Base Administration Awards

In recognition of the members who support CFB Esquimalt, Base Administration has given awards and recognition, including the Commanding Officer's coin, to members who have done outstanding work during Operation Laser.



Base Food Services and Base Accommodations

Base Food Services and Base Accommodations has been recognized for their unwavering adaptation to the Operation Laser environment. They have been able to meet all challenges to continue to provide their services to members who depend on them for this no fail mission.

Personnel Support Programs (PSP)

PSP fitness has received recognition in their unique support of training members in an online capacity. They provide a variety of training to members who are at home.

Matt Kingstone, PSP, received the Commanding Officer's Coin

He has displayed remarkable leadership, professionalism, dedication, and willingness to continue "serving those who serve" during Operation Laser. He has done an outstanding job in ensuring facilities are up to standard, compliant, and safe thus protecting staff and clients. He has taken it upon himself to put together and arrange delivery of multiple deployment kits for our fleet and has seamlessly led fellow staff through the process of equipment deliveries/unboxing.

Alyssa Jesson, PSP Sports and Fitness Manager, received the Commanding Officer's Coin

Jesson and her team pulled together to create a safe environment to conduct a FORCE evaluation for a CAF member on deployment who needed to have one done. She and her team volunteered to do so despite concern over the Operation Laser environment.

Base Orderly Room (BOR) Section

The entire BOR section has been recognized for their work on OP Laser. They were able to prepare over 200 members for domestic operations, they adapted and overcame challenges that came their way, such as working remotely, while still processing members on deployment, being posted, and so on. Their outstanding performance has received accolade throughout the Royal Canadian Navy (RCN).

Padre Team

The Padre team has worked extremely hard during Operation Laser to provide support to members during Operation Laser, preparing and administering Sentinel training, and providing mental health resources to all.

A/SLt Giroux works in the Chaplain section on base and is an essential asset to the team. A/SLt Giroux worked tirelessly to ensure that the 15 committals at sea were prepared and mailed to the respective families. As well, during Operation Laser A/SLt Giroux has been supporting the Padre's in mental health challenges and Sentinel training.

Base Services – Accommodations

Base Services – Accommodations has recognized the commissionaires who have worked above and beyond expectations during the pandemic. Tom Beaton, Howie Becker, David Brand, Sandra Cockburn, Carol McRae, and Jim Sidel all displayed dedication and courage in the face of Operation Laser by ensuring hundreds of troops living on base continued to be supported without interruption. They also prepared quarters to isolate individuals that had COVID-19 or returned from overseas operations.

The continued service of these members ensures CFB Esquimalt can continue to support the RCN and operations. Their dedication helps ensure the success of Operation Laser and all other no fail missions. These remarkable teams have been working their best to ensure a smooth operation at CFB Esquimalt.



Robin&AJ
Good morning. Good times.



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