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LOOKOUT

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Able Seaman Bae Hyang Mi moves a C2A2 Sea Flare to storage while transporting ammunition on board HMCS Winnipeg at the CF Ammunition Depot Rocky Point Aug. 5. Winnipeg and HMCS Regina are now in transit to Hawaii for Rim of the Pacific Exercise 2020

Photo by Leading Seaman Valerie LeClair
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The first Arctic and Offshore Patrol Ship Harry DeWolf was delivered to the Government of Canada July 31 in Halifax. The delivery of this ship represents a historic milestone for the navy, marking the first ship in the largest fleet recapitalization program in Canada's peacetime history.

Photo by Mona Ghiz, MARLANT Public Affairs

National Defence/ Canadian Armed Forces

The Royal Canadian Navy (RCN) marked a significant milestone in its shipbuilding program with the delivery of the first Arctic and Offshore Patrol Ship (AOPS) July 31.

HMCS Harry DeWolf will remain docked at Jetty NJ at the CFB Halifax Dockyard while the navy conducts its post-acceptance trials and training, including operations near Newfoundland and Labrador.

Once this post-acceptance work is complete, the ship will undergo a formal commissioning ceremony next summer to officially enter it into active naval service, followed by an Arctic deployment.

"The delivery of HMCS Harry DeWolf, first of a class of six Arctic and Offshore Patrol Ships, marks the beginning of an exciting time for the RCN – our future fleet is beginning to be delivered," said Vice-Admiral Art McDonald, Commander of the RCN. "These ships will be at the core of an enhanced Canadian Arctic presence, effectively complementing the capabilities of our other current and future warships through critical reconnaissance and surveillance operations.

"The Harry DeWolf-class will also be capable of a myriad of different mission sets including humanitarian assistance and disaster relief, tasks for which it is particularly well suited. Bravo Zulu and thank you to all of those across the Government-Industry shipbuilding team - especially Irving Shipbuilding Inc, the builder - whose collaboration has made Canada stronger today and welcome aboard to the ship's company."

It is the first ship built for the RCN under the National Shipbuilding Strategy. Construction for the following three ships is ongoing, with construction of the fifth and sixth ships expected to begin in 2021 and 2022, respectively.

These vessel are specifically designed to patrol Canada's offshore waters and northernmost regions. In addition to operating in up to 120 centimetres of first-year sea ice, the AOPS will accommodate a Cyclone helicopter, as well as small vehicles, deployable boats, and cargo containers. This will enable the navy to have unescorted access to areas of the Arctic that were previously inaccessible.



From Left to right: Kevin McCoy, President of Irving Shipbuilding Inc; Vice-Admiral Art McDonald, Commander of the Royal Canadian Navy; Commander Corey Gleason, Commander of the future Harry DeWolf; and Andy Fillmore, Member of Parliament for Halifax, at the delivery ceremony for the future HMCS Harry DeWolf July 31. The ship is the first Arctic and Offshore Patrol Ship to be delivered to the Department of National Defence.

Photo by Corporal Renzo Ruiz Haas, Canadian Armed Forces Imagery Technician



BC honours legendary marine artist

Peter Mallett
Staff Writer

Renowned marine artist John Horton has been appointed to the Order of British Columbia.

In an announcement on Aug. 3, Chancellor of the Order, Lieutenant Governor Janet Austin named Horton as one of this year's 13 recipients.

The 84-year-old resident of Tsawwassen, B.C., has produced over 1,500 paintings including commissioned works featuring Royal Canadian Navy (RCN) vessels and sailors.

Horton said being named to the Order came as a complete surprise.

"It was very humbling because I am joining such a wonderful group of people who have done some incredible things. There have been so many other people who have helped inspire me and my art throughout my career and the navy is a huge part of that, from Admirals to Able Seaman."

Horton says his email in-box was flooded with hundred of congratu-

latory emails after he was named to the Order, including one from Rear-Admiral Bob Auchterlonie and former Commander of the Royal Canadian Navy, VAdm (Retired) Ron Lloyd.

This year, 160 British Columbians were nominated for the award, the province's highest form of recognition. A total of 460 people have been appointed to the Order of B.C in its 31-year history.

This year's recipients were selected by a seven-member independent advisory council.

"Your many contributions have enriched the lives of British Columbians and helped make our province and even better place," read the proclamation by B.C. Premier John Horgan, which accompanies the award.

Artist is born

Born in England, Horton attended Poole & Bournemouth Schools of Art when he was 16 in the years following the Second World War.

In 1966, he and his family moved to Vancouver, B.C., where he opened his own practice as an architectural artist.

After more than half a century of painting oil on canvass, Horton has an impressive catalogue of work - from picturesque seascapes that often include fishing boats, tugs and trawlers, to the warships and submarines of the navy, past and present.

The artist is also former sailor of the Royal Navy. Horton spent approximately 11 years as a reservist and regular force in the years following the Second World War, which explains his fondness of the navy.

"Over the years, I have made so many friends in the navy who have helped inspire me and keep my interest in the navy alive. I guess it's like the old saying: You can take the sea away from the man but you can't take the man away from the sea."

Critical Acclaim

The Canadian navy has brought him aboard ships during the 2004 Rim of the Pacific (RIMPAC) exercise and a deployment for Operation Apollo to the Arabian Gulf in 2002.

In 2010, Horton won a national artist competition for the commis-

sioning of three paintings in celebration of the 100th anniversary of the RCN.

Some of his other notable naval historical works include a series of 50 paintings depicting Royal Navy Captain George Vancouver's famous 18th-century expedition entitled *Re:Discovery 92*. To get inspiration, he retraced Vancouver's 1792 to 1794 voyage aboard a 52-foot former barge of the United States Navy, which became his floating studio where he travelled the B.C. coastline, northward to Alaska.

In 2013, Horton designed a five-ounce gold coin for the Canadian Mint, a rendition of the victory of HMS Shannon over USS Chesapeake in the War of 1812, and in 2019 a coin commemorating Captain James Cook's arrival at Nootka Sound.

His artwork is also the subject of a hardcover book written by renowned marine author Peter Vassilopoulos entitled *John Horton: The Mariner Artist*. Like many others in the marine and art communities, Vassilopoulos raves about Horton's meticulous atten-

tion to detail in his paintings.

"John's marine art captures today and yesterday - people, places and events as we know and remember them," says Vassilopoulos. "While there are many artists who paint marine scenes, few have Horton's ability to delineate accurately the architecture of a ship."

Vancouver Sun columnist Bryan Pybus once remarked that Horton's attention to detail and accuracy is so legendary that anyone viewing one of his paintings can quickly determine "the season, time of day, the atmosphere and even the temperature."

Horton admits his obsession for perfection in his artwork and once said: "I'm never satisfied with what I've done. Every brushstroke I do must be better than the last one."

Due to social distancing protocol, Horton says he and the other recipients likely won't receive their awards until September 2021.

For more information about Horton and his work visit his website: <https://johnhorton.ca/>



Painting by John Horton: Leading the Fleet - HMCS Oriole.



Painting by John Horton: Apollo Patrol.

matters of OPINION

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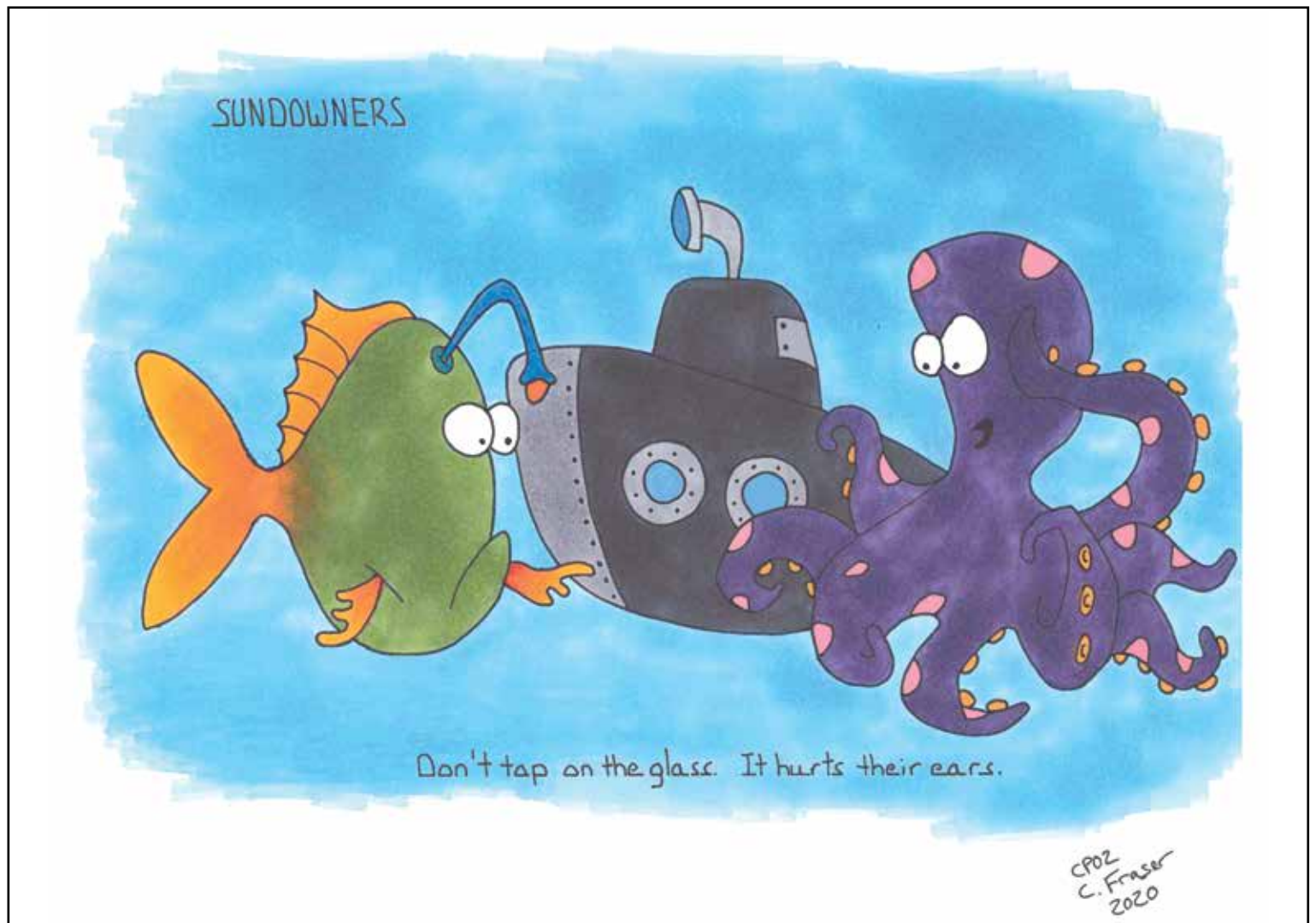
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Don't lose your cool, drink up and eat well this summer

Defence Stories

With summer's scorching heat waves now here, don't lose your cool. Staying hydrated and eating well can keep you fuelled for all your outdoor activities from water sports, hiking, and camping to enjoying some relaxing time on a patio.

Hydrate with water

Water is the best no calorie thirst quencher. Placing a pitcher of water or reusable water bottles in the fridge makes it a grab and go item. If your water needs a flavour boost to keep you sipping try;

- Slices of citrus fruit, cucumber, or some mint.
- Freezing some berries into ice cubes.
- Sparkling water or club soda for variety. They are naturally calorie and sugar free.

Cool snacking

Seasonal summer vegetables and fruits are plentiful and full of nutrients. Cucumbers, tomatoes, peppers, berries and melons are all high in water to help keep you cool, hydrated and filled up.

- A visible fruit bowl or cut up vegetables like celery, carrot sticks and broccoli in

the fridge make an easy healthy choice when hunger hits.

- Search out something different in your regular grocery store like kohlrabi, fennel, or edamame in the pods (young soybean). Be curious about unfamiliar vegetables. Google some ideas.
- Add extra vegetables like tomato slices, spinach leaves, and avocado to your sandwiches.

Turn the heat down!

Get out of the heat of the kitchen and get outdoors to light up the BBQ.

- Grill vegetables like eggplant, zucchini, peppers and asparagus.
- Mushrooms, broccoli and cauliflower "steaks" add variety to the usual steak and hamburger. A little brushing of canola or olive oil and a bit of balsamic vinegar with fresh or dried herbs adds lots of great flavour.
- Turn a green salad into a meal by adding leftovers like grilled vegetables, meat, canned salmon or tuna, chickpeas or kidney beans. Add brown rice or whole-wheat pasta to make it satisfying and delicious.
- Grill stone fruit like peaches, nectarines

and plums, pineapple and bananas for dessert either in slices or cubed on skewers. Glaze with a little brown sugar and lime juice.

Summertime is a perfect opportunity to make vegetables and fruit an easy healthy habit you can make part of your daily routine throughout the year.

Pamela Hatton, RD, MSc is part of the Strengthening the Forces team and works on promoting healthy eating and nutritional wellness.

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



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Malahat sailors support Yellowknife cold move

A/SLt Donald Den
HMCS Malahat
Public Affairs Officer

Seven naval reservists from HMCS Malahat were on board HMCS Yellowknife for two days in mid-July to help the ship's cold move to Point Hope Shipyard.

A cold move takes place when a ship is transported via tugs without the use of its own propulsion system or engines. Yellowknife was taken to the shipyard for a standard maintenance and upgrade cycle.

"It was a great chance for some of our newer sailors to get some experience with ship life," said Able Seaman (AB) Emma Stewart.

The naval reservists also put into practice the COVID-19 shipboard Standard Operating Procedures they recently learned.

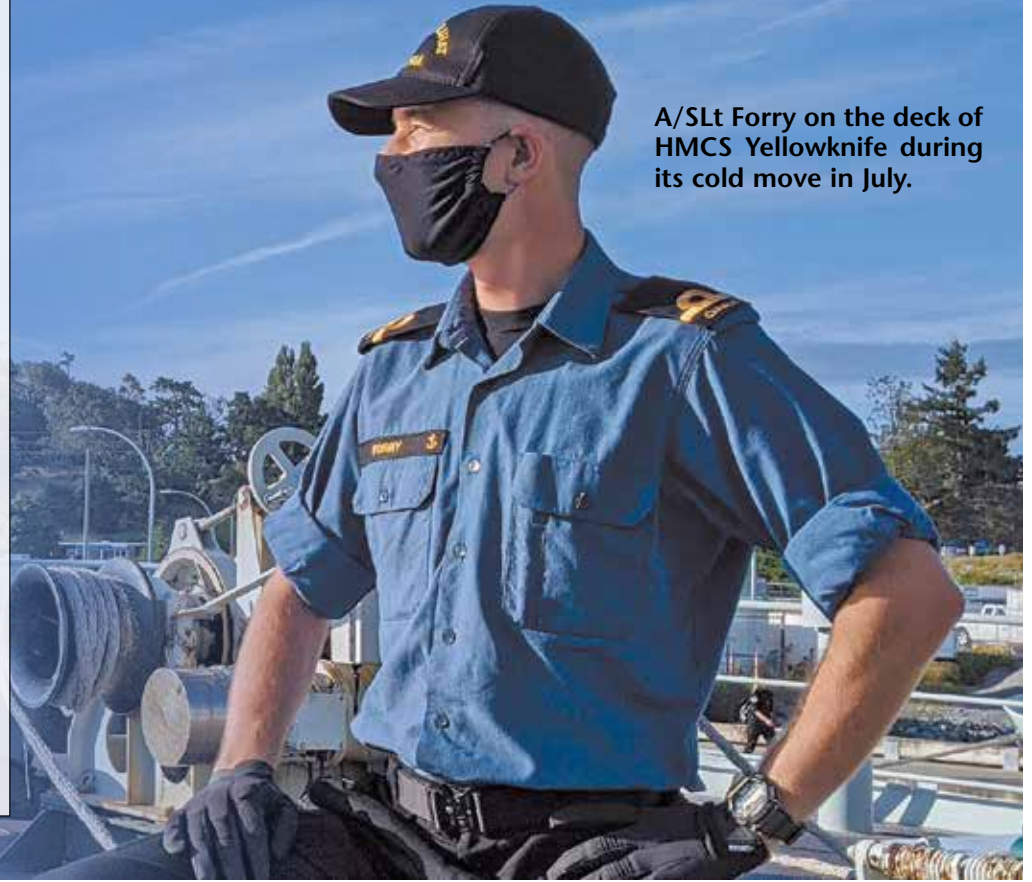
"Malahat's sailors continue to gain experience and training while assisting the fleet, even during

the pandemic," said Lieutenant-Commander Andrew Janes, Malahat's Executive Officer. "This comes from the great individual initiatives of our sailors that seek and deliver on the opportunities while maintaining safe practices."

Working alongside the Malahat sailors were those from HMCS Edmonton, and civilian staff on board Canadian Forces Auxiliary Vessels (CFAV) Glendale and Glendyne, both tugs.

The original cold move was planned for July 13; however, when Yellowknife reached Victoria's Johnson Street Bridge, it was unable to raise due to maintenance issues, so the move had to be rescheduled to July 16.

"Despite it taking two attempts, morale amongst all the sailors was high," says AB Stewart. "Lots of people were excited to be back working on a ship, so it was a good experience."



A/SLt Forry on the deck of HMCS Yellowknife during its cold move in July.

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Junior officer recognized for leadership

Peter Mallett
Staff Writer

A junior public affairs officer (PAO) from Maritime Forces Pacific (MARFAC) has been honoured for her stellar leadership skills when she stepped up to fill the manager role in the unit during the senior PAO's absence last year.

Lt Chelsea Dubeau received the Public Affairs Special Recognition Award on July 21 for her "exceptional leadership and professionalism under stress." She was nominated by Captain(N) Chris Peschke, MARFAC Chief of Staff, who also delivered the award.

"Initially, I wasn't sure what to think as I was brought to his office by my supervisor. My initial reaction was 'oh no, I must be in trouble for something,'" said Lt Dubeau. "When Capt(N) Peschke started reading the citation and I realized why I was there, I became overwhelmed."

Due to COVID-19 physical distancing measures, there was no official ceremony to present her with the award. Instead, she received official proclamation in the form of a congratulatory video.

She earned the award by fill-

ing the senior public affairs officer position during unforeseen circumstances when the deputy senior officer PAO was deployed to the Middle East.

"I was very fortunate to have a small but mighty team of individuals who rose in equal measure to the many challenges," said Lt Dubeau. "I hope they know we all share in the many successes and lessons learned during this period, which certainly helped in my personal and professional growth."

During her tenure, she provided much-needed guidance to the Admiral, Commodore, and Commander Canadian Submarine Force.

In the nomination her work is described as: *Demonstrating professional acumen with complex media issues far beyond that expected from so junior an officer, she confidently provided sound advice to Flag and senior officers resulting in successful media engagements.*

Lt Dubeau served in the Royal Canadian Navy as a Naval Warfare Officer from 2010 to 2012, but then decided to leave the military. Prior to her naval service, she earned a diploma in Broadcast News from SAIT Polytechnic, and went on to complete a degree in Professional Communications from Royal

Roads University following her release. She then spent two years working as a digital communications officer for the Government of B.C. before her return to the military as a direct entry officer in 2017, this time wearing an army uniform.

She is currently attached to HMCS Winnipeg as the ship's PAO. The ship and its crew are conducting Intermediate Multi-ship Readiness Training in preparations for the Rim of the Pacific (RIMPAC) exercise off the coast of Hawaii, Aug. 17 to 31.

She also spent a month aboard HMCS Nanaimo during Operation Laser in April-May 2020.

"I was fortunate to have the freedom to write the stories I wanted, and had amazing support from the ship's command team. I cherish a few of the stories I was able to write during that time because of the special people I was fortunate enough to have the opportunity to write about," said Lt Dubeau.

Going forward, she is interested in pursuing other educational opportunities including NATO (North Atlantic Treaty Organization) courses and the pursuit of a master's degree in communications.



"Demonstrating professional acumen with complex media issues far beyond that expected from so junior an officer, she confidently provided sound advice to Flag and senior officers resulting in successful media engagements."

– As worded in the nomination

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Ships leave for Operation Nanook

National Defence / Canadian Armed Forces

Naval ships from Canada, the U.S., France, and Denmark departed Aug. 4 to participate in Operation (Op) Nanook-Tuugaalik in the waters of the Eastern Arctic. Op Nanook-Tuugaalik is the maritime component of the Operation Nanook series of deployments and training events.

For three weeks, *HMC Ships Glace Bay* and *Ville de Quebec*, as well as *MV Asterix*, will conduct presence and multinational operations with maritime partners, including the United States Coast Guard (USCGC Tahoma), the United States Navy (USS Thomas Hudner), the French

Navy (FS Fulmar), and the Royal Danish Navy (HDMS Triton).

"Op Nanook provides an excellent opportunity for the Royal Canadian Navy to build interoperability between Canada's principal partner nations engaged in Arctic security," said Rear-Admiral Brian Santarpia, Commander Maritime Forces Atlantic. "It allows us the chance to foster multinational cooperation and trust, and achieve national training objectives aimed at building capable and adaptable maritime forces."

Op Nanook is the Canadian Armed Forces' signature northern operation comprised of a series of comprehensive, joint, interagency,

and multinational activities designed to exercise the defence of Canada and to secure the northern regions. It strengthens the knowledge of this vital region, allows Canada to work hand-in-hand with fellow Arctic nations and key allies, and fortifies close partnerships with federal, territorial, and local communities.

Due to the current COVID-19 pandemic and restrictions in place, the operation will be a shorter deployment than in previous years, with no planned port visits – aside from Nuuk, Greenland, for refuelling purposes – or community relations taking place. Unlike in previous years, the ships will not be visiting Nunavut.

HMCS Ville de Québec and HMCS Glace Bay deployed for Arctic waters on Aug. 4 on Operation Nanook, the Canadian Armed Forces signature northern operation designed to exercise the defence of Canada and secure the northern regions alongside partner nations engaged in Arctic security.

Photo by Mona Ghiz, MARLANT Public Affairs



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Courtesy Silvie Keen, Nootka Gold in Tahsis

The Village of Tahsis is located on the west coast of Vancouver Island about a three hour drive from Campbell River. To anglers, it is a well known destination for world class sport fishing. To others, it is an off-the-beaten-track journey known for its extraordinary history. The village is slowly re-inventing itself from a former bustling mill town with a population of 1500, to a unique haven for adventure and eco-tourism, with a small but mighty community of less than 300 people.

Sport fishers descend on Tahsis every summer looking for salmon, halibut, rock cod and snapper. Easily reached from Tahsis, the four major fishing areas are Tahsis Inlet, Esperanza Inlet, Nootka Sound and Tlupana Inlet. In the fall, fly fishers enjoy hushed, misty mornings along the Conuma River to cast their lines looking for risers to strike. Hikers and sea kayakers watch out for the abundant wildlife, including Roosevelt elk, bears, eagles, ravens, whales, and cougar. Other visitors come to simply explore and to soak up the quiet ambience of village life.

The name Tahsis is derived from the word, Tashees, meaning passage or gate-

way, and was the winter home of the Nuu-chah-nulth people, who occupied the greater area for an estimated 4000 years. Nootka Sound was visited first by the Spanish, who sought to claim the area, and later by Captain James Cook on his third voyage aboard the ships Resolution and Discovery, as he searched for the Northwest Passage. Maquinna, Chief of the Nuu-chah-nulth of Nootka Sound, played a key role in relations between the Spanish envoy of Juan Francisco de la Bodega y Quadra, and Britain's Captain George Vancouver in negotiation of the Nootka Convention in the 1790s.

In the 1940s, entrepreneur Gordon Gibson realized the potential of the deep fiord which is Tahsis Inlet. The depth and the orientation of the inlet was an ideal place to log, mill and ship lumber directly to foreign markets, eliminating the need

to move materials through the Port of Vancouver. The first mill started production in 1945, and continued on as the Tahsis Company. The sawmill was closed permanently in 2001.

During the heydays of Tahsis, the village boasted a movie theatre, shopping centre, and an air terminal with daily scheduled flights to Vancouver, Campbell River, Gold River, and Kyuquot along with chartered flights, all transporting supplies, mail and people. The Tahsis fleet included 2 or 3 Beavers, Cessna 180s, 185s, 172s and a Mallard which was based in Vancouver. There were a number of company name changes over the years; Pacific Western Airlines, Island Airlines, West Coast Airlines, Air BC owned by Jimmy Patterson, and of course Air Nootka which still offers charter flights from Gold River to Tahsis and beyond. What was the terminal is now a

restaurant, and the Mallard's ramp is now used as a public boat launch. The new Coast Guard Search and Rescue Station is nearby, and completion is expected later this year.

The village has a full service marina, two year round restaurants, post office, library, hardware store, general store and gas station, health clinic along with a wonderful little museum run by the Tahsis Heritage Society. The museum is not open due to the pandemic, however, personal tours may be arranged, with visitors required to wear a mask and gloves.

Visitors should plan ahead to arrange accommodation, fish charters, moorage, eco-tours or water taxis as the village is small and may have limited services, especially during the off-season. Visit www.villageoftahsis.com and <https://vancouverisland.travel/regions/north-central-island/> for additional information.



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Local soccer club aids physical training

Peter Mallett
Staff Writer

Members from the Pacific Football Club stopped by Albert Head Training Centre to brighten the spirits of quarantined reservists.

Approximately 90 army reservists from 39 Canadian Brigade Group have made Albert Head their temporary home as they undertake their Basic Military Qualification (BMQ) Course.

Two players and two staff members from the professional soccer team added something different to the soldier's regular physical training routine.

Retired central defender turned coach, Ryan McCurdy was assisted by Pacific FC development prospect Jordan de Graaf to lead 60 reservists through two separate, one-hour workout sessions. Reservists then broke into six teams for a series of six-a-side soccer games.

"The smiles on the faces of the participants became a clear indication

of the success of the activity," said Lt Drew Shaw, 39 Signal Regiment, who helped organize the event. "Some reservists had never played soccer or participated in any organized sports, while others were obviously experienced footballers."

Because the reservists have been self-isolating together, only the Pacific FC visitors and course instructors, who don't live at the training centre, wore protective masks and physically distanced.

"It was hard work out there and the coach [Ryan] really made us sweat," said Pte Aidan Kozubal. "Along the way, a couple of my course mates really surprised me with their [soccer] skills."

The Albert Head training session came approximately a week ahead of the team's departure for the East Coast and restart of play. Pacific FC will participate in the 2020 Canadian Premier League Championship tournament in Prince Edward Island, which starts Aug. 13.

The unique physical training for the reservists at Albert Head hasn't been limited to just soccer. The previous weekend trainees participated in one hour waterfront yoga sessions led by Langford-based yoga instructor and registered nurse Shelley McCulloch. A rugby-focussed PT session is also planned with course instructor MCpl Morgan McIntyre who is a member of Rugby Canada's Pacific Pride development program.

Members of Pacific Football Club gather for a group photo with reservists from 39 Brigade Group following a training session at Albert Head Cadet Training Centre on July 30.

Photos by Drew Shaw, 39 Canadian Brigade Group



Privates Lafontaine, Kozubal, Costello and Wu participate in a six-a-side scrimmage on the sports field at Albert Head.



Jordan de Graaf from the Pacific FC leads Privates Henigman, Goodwin, Burgess, and OCdt Toor in stretching and callisthenics.



Robin & AJ
Good morning. Good times.



CANADIAN RANGERS STEP UP TO HELP DURING PANDEMIC

A Canadian Ranger with the Dease Lake Canadian Ranger Patrol delivers food hampers to residents in Dease Lake, British Columbia on May 12 as part of ongoing community COVID-19 relief efforts.

Photo by Canadian Ranger Sergeant Edith Carrier, Patrol Commander for Dease Lake Canadian Ranger Patrol



Members of the Port Hardy Canadian Ranger Patrol install signage in Winter Harbour on May 9.

Canadian Ranger Lindsay Chung Quesnel Canadian Ranger Patrol

When communities across western Canada asked for help responding to the COVID-19 pandemic, Canadian Rangers from 4th Canadian Ranger Patrol Group (4 CRPG) were quick to answer the call.

They have worked with a variety of partners to do everything from distributing food to isolated residents to staffing emergency response centers.

In support of Operation Laser, the Canadian Armed Forces' (CAF) response to the pandemic, more than 200 Canadian Rangers in British Columbia, Alberta, Saskatchewan, and Manitoba have been on standby since April, with many Patrols from 4 CRPG activating their Local Response Forces after requests for support from their communities.

In northern Saskatchewan, Canadian Rangers from the Wollaston Lake, Fond-du-Lac, Île-à-la-Crosse, and Lac La Ronge have worked as liaison officers through their local emergency operations centres, assisting with duties at the centres; hunting and fishing to provide food for residents; putting together and delivering care packages; and conducting wellness checks, among other tasks.

Partnerships are key and many of them have been built over a long period, says Master Warrant Officer Jim Vogl, 4 CRPG's Alberta/Saskatchewan Company Sergeant Major.

"Being a community-based organization or unit within CAF, much of the relationships needed to furnish success on operations were already there, with Canadian Rangers living among and knowing the people," he said.

There are many reasons the Canadian Rangers are a valuable partner in domestic operations such as Op Laser.

"With Canadian Rangers coming from all different walks of life, they bring a vast variety of skill sets to the table," he said. "We've got very skilled hunters, very experienced search and rescue people. They bring a bit of fluidity to operations in the north because of the relationships and skill sets they have. The big one is the professionalism they bring to the table and the dedication to assist and aid their communities when they need them."

Lac La Ronge

In Lac La Ronge, Saskatchewan, eight members of the Lac La Ronge Canadian Ranger Patrol worked with the Lac La Ronge Indian Band Emergency Coordinator and delivered COVID-19 information; transported and delivered personal protective equipment (PPE)

to the six Lac La Ronge Indian Band reserve communities; delivered Red Cross isolation kits to communities; supported vulnerable families by shopping for grocery supplies and delivering them; sorted and prepared 14-day isolation hampers meant for homes where a family member develops COVID-19; and collected, hung and dried traditional medicine for elders, including Chaga, ratroot and water lily.

The Lac La Ronge Rangers collaborated with the Red Cross, the Northern Inter-Tribal Health Authority, the Federation of Sovereign Indigenous Nations, the Lac La Ronge Indian Band, the Prince Albert Grand Council, the Jeannie Bird Health Clinic and Lac La Ronge Indian Health Services, and the Rangers worked with emergency workers and band security in each community.

Wollaston Lake

In other parts of northern Saskatchewan, 12 members of the Wollaston Lake Canadian Ranger Patrol worked with Hatchet Lake Denesuline First Nation officials to deliver firewood and food to community members in self-isolation, assisted with COVID-19 communication and prepared and staffed the community response centre.

Fond-du-Lac

Eight members of the Fond-

du-Lac Canadian Ranger Patrol worked with Fond-du-Lac Dene Nation officials and the Fond-du-Lac Health Centre to assist with the transportation and distribution of supplies, helped set up and staff the community's emergency response centre, delivered food and firewood to elders in isolation, and assisted with the community COVID-19 awareness campaign.

Île-à-la-Crosse

Thirteen members of the Île-à-la-Crosse Canadian Ranger Patrol worked with community officials to collect and distribute firewood, fish and deliver food to residents, staff the community response centre, and assist with COVID-19 communication.

British Columbia Company

Canadian Rangers from 4 CRPG's British Columbia Company have been tasked as Local Response Forces as well and have supported their communities' response to COVID-19 in many ways.

On northern Vancouver Island, members of the Port Hardy and Port McNeill Canadian Ranger Patrols worked with the Regional District of Mount Waddington to deliver hand sanitizer, gloves and masks, and set up COVID-19 information signage in mid-May.

Canadian Rangers travelled by boat and ATV to Old Quatsino to bring supplies and signage, by

truck to Winter Harbour, and by boat to Gilford Island.

"On the Old Quatsino tasking, we had one Canadian Ranger from Port McNeill come as a support boat so we had two vessels on the water, just as a security network," said Canadian Ranger Sergeant Tom Cook, the Port Hardy Patrol Commander. "Port McNeill was also instrumental, they were the ones who did the shuttling down to Shelter Point Distillery, which is where the hand sanitizer was being produced, so they were involved at that end of it. The emergency operations centre is in Port McNeill, so they weren't just bringing hand sanitizer up for us; they were bringing it for other agencies on the North Island for distribution as well. It was good to work with Port McNeill."

Dease Lake

In northern British Columbia, four members of the Dease Lake Canadian Ranger Patrol worked with community officials to set up and distribute food hampers May 11 to 14. The Rangers also cleaned and prepared the vacant building where the hampers were assembled.

"Our help was very needed, and they couldn't thank us enough," said Canadian Ranger Sergeant Edith Carrier, Patrol Commander of the Dease Lake CRP. "We're happy to do that, to be able to help the community."

Photos by Canadian Ranger Sergeant Jean Tsannie, Patrol Commander for the Wollaston Lake Canadian Ranger Patrol



Members of the Port Hardy Canadian Ranger Patrol travel to Gilford Island May 15 to deliver essential goods to the community.



Members of the Port Hardy and Port McNeill Canadian Ranger Patrol prepare to travel to the village of Old Quatsino on northern Vancouver Island on May 6 to deliver essential items.



MEET YOUR LOCAL PERSONNEL SELECTION OFFICERS

2Lt Justin Leong Base Administration

It can be a daunting process when military members decide to change careers, whether it's a change of trades, element, retirement, or a move to the civilian workforce.

To guide them through the transition are Lieutenant(N) Jessica Coultas and Sub-Lieutenant Agnes Millman, both Personnel Selection Officers (PSO) at CFB Esquimalt.

They work for the Base Personnel Selection Office, a branch that dates back to the Second World War.

Meet Lt(N) Coultas

Lt(N) Coultas joined the Naval Reserve in 2009 as a member of *HMCS Malahat*. She followed her mother's footsteps and enrolled as a RMS Clerk.

In 2011, she was employed

on a Class B contract at the Recruiting Centre in Victoria as a File Manager, where she met her future husband.

When her husband was posted to Ottawa in 2014, she moved with him and applied for a Component Transfer to PSO. She believed being a PSO would fulfill her desire to help people while still allowing her to serve in the military.

In March 2015, she was elated to find out her Component Transfer application was accepted. Once a PSO, she completed Module 2 Basic Military Officer Qualification, followed by occupational trades training in CFB Borden. Upon completion of on the job training, she was put in charge of Transition Services for the office, which involved running Second Career Assistance Network (SCAN) seminars, facilitating Career Transition Workshops, and representing cli-

ents on behalf of the BPS Officer at Integrated Transition Plan Boards.

In 2018, she and her husband were posted to Winnipeg, CAF Recruiting Centre Prairies and the North. As a PSO there, she was responsible for overseeing the selection and training of personnel employed in recruiting, advising the Commanding Officer on selection and hiring policies, and providing guidance to detachment staff with regards to complex files.

She was posted back to CFB Esquimalt in May 2020, and is thrilled to be back on her favourite coast.

Meet SLt Millman

Similarly, SLt Millman joined the Naval Reserve in 1997 as a member of *HMCS Prevost*, in the naval communicator trade. She transferred to the Regular Force in 2010.

She holds a B.Sc in Biology from

University of Western Ontario, and a B.A. in Applied Communications from Royal Roads University; she has completed both Primary and Intermediate Leadership Qualifications military leadership courses.

She applied for the University Training Plan for Non-Commissioned Officers competition in 2016 and was commissioned as an Officer in 2018 upon completion of her B.A. in Psychology at the University of Victoria.

Their work

PSOs provide military members with fair and transparent assessments, interviews, and counselling. The programs they are involved in include Occupation Transfers, Commissioning, Special Employment, Administrative Review, Medical Employment Limits, and Administrative Review Board cases.

Lt(N) Coultas and SLt Millman encourage members to discuss their plans with their chain of command and to contact their local PSOs if they have any concerns regarding eligibility within a specific program. Lt(N) Coultas is the person in charge for Transition Services, and SLt Millman is responsible for In-Service Selection and Training Programs.

COVID-19 has changed the way they conduct business. In person interviews are now mainly done via telephone, and briefings and workshops including SCANS and Career Transition Workshops are now being provided via electronic means. The BPSO office will update the MARPAC Notice Board as resources and workshops become available in person.

Member interested in any form of occupation transfers should read the latest CANFORGEN, as well as download the Canadian Forces App on their smartphones.



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HMCS Windsor comes out of refit from the submarine shed (D294) at CFB Halifax dockyard, and is lowered into the waters of Halifax Harbour, Nova Scotia, on Aug. 7.

Photos by Master Corporal Anthony Laviolette, Canadian Armed Forces Imagery Technician



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Presented by LCdr Christopher Maier, NFS(P) Deputy Commander.

PO2 Nijjer is awarded the Certificate of Achievement and Service for Union III, Iraq, for his outstanding dedication to duty while deployed in support of combined Joint Task Force - Operation Inherent Resolve. His professionalism and exemplary service to the coalition contributed greatly towards the CJTF-OIR mission of defeating the Islamic State in Iraq and Syria.



Petty Officer Second Class Nijjer is awarded the Joint Service Commendation Medal for Meritorious Service for the Armed Forces Of the United States.



Master Seaman Olid is awarded the Special Service Medal Expedition for Operation Cutlass 17-1.



A/SLt Pooley is presented his Commission scroll certificate.



Leading Seaman Akow is awarded the Special Service Medal Expedition for Operation Projection.



Master Seaman Price is awarded the Special Service Medal Expedition for Operation Projection.



Chief Petty Officer Second Class Robb is awarded the Special Service Medal Expedition for Operation Cutlass 17-1.



Petty Officer Second Class Rous is awarded the Special Service Medal Expedition for Operation Cutlass 17-1.



Master Seaman Theriault is awarded the Special Service Medal Expedition for Operation Projection.



Petty Officer First Class Timmons is awarded the Canadian Forces' Decoration second clasp for completing 22 years of good and loyal service.



Lt(N) Bowditch is awarded the Canadian Forces' Decoration for completing 12 years of good and loyal service.



Master Seaman Vermeer is awarded the Special Service Medal Expedition for Operation Projection.



Leading Seaman Zhang is awarded the Special Service Medal Expedition for Operation Cutlass 17-1.



Leading Seaman Caci is awarded the Special Service Medal Expedition for Operation Cutlass 17-1.



Leading Seaman Dionisio is awarded the Special Service Medal Expedition for Operation Cutlass 17-1.



Lt(N) Dollis is awarded the Special Service Medal Expedition for Operation Cutlass 17-1.



Master Seaman Fox is awarded the Special Service Medal Expedition for Operation Cutlass 17-1.



Master Seaman Gillis is awarded the Special Service Medal Expedition for Operation Projection.



Master Seaman Murphy is awarded the Special Service Medal Expedition for Operation Projection.

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