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LOOKOUT

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REWARDING RIMPAC 2020



HMCS Regina heads home after successful exercise

Corporal Shannon Clayton from 443 Maritime Helicopter Squadron is on board HMCS Regina as part of the Cyclone helicopter detachment. Ship and crew just completed Exercise Rim of the Pacific 2020 and are now heading home to CFB Esquimalt.

Photo by MS Dan Bard, CF Combat Camera

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■ B.C. LIEUTENANT GOVERNOR

Proud navy appointment

Peter Mallett
Staff Writer

The Honourable Janet Austin, B.C.'s Lieutenant Governor, said if her father were alive today he would be proud of her recently appointed Royal Canadian Navy (RCN) role, which serves as a continuation of her family's naval tradition.

That's because the vice-regal representative of Queen Elizabeth II has officially joined Victoria's naval reserve unit *HMCS Malahat* as their Honorary Captain.

Her father, Lt Grey Howick Merivale Austin served in the Royal Navy during the Battle of Atlantic. Later in his naval career, he was the senior officer in charge of bringing British naval ships to Halifax.

"He lived in Barbados, enlisted in the Royal Navy when he was 18 on the same day Pearl Harbor was attacked, and served on a number of ships as a young officer," said LGov Austin. "He would be absolutely thrilled to see that I have become an honorary member of the Royal Canadian Navy. That's because he always credited his naval training and career as being a crucial formative moment in his life, and helped

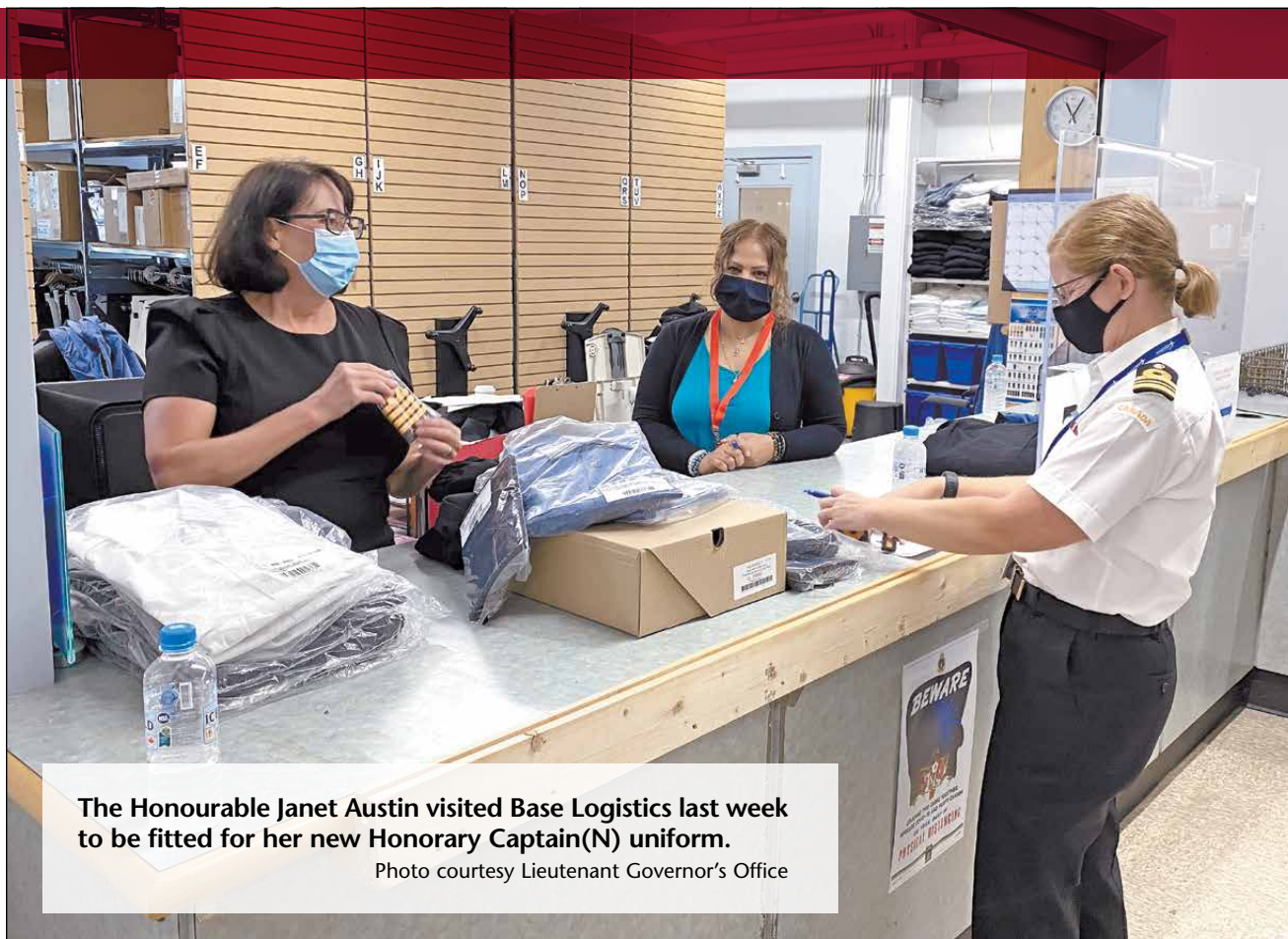
develop his ethics and self-discipline needed to be successful in life."

Last Monday, she had her first uniform fitting at Base Logistics clothing stores. She'll return in a few weeks to try on her uniform to ensure it fits.

Honorary members of the Canadian military are distinguished Canadians that act as ambassadors. Their responsibilities include performing public outreach for the organization they represent while also helping foster esprit de corps for the troops. She said she is "extremely delighted and looking forward to supporting the navy."

The appointment of Lieutenant Governors to honorary Captains and Colonels in Canada's military is a customary tradition of those who hold that office. She hoped her appointment would be with the Royal Canadian Navy because of CFB Esquimalt's prominence and importance to the City of Victoria, and to honour her father.

LGov Austin was officially named to the Honorary Captain post in March. Due to the COVID-19 pandemic, Her Honour's uniform fitting and many of her duties were put on hold until last week.



The Honourable Janet Austin visited Base Logistics last week to be fitted for her new Honorary Captain(N) uniform.

Photo courtesy Lieutenant Governor's Office

Before Base Logistics (BLOG) staff moved in with their measuring tape for her fitting, LGov Austin and her representatives from Government House were greeted by Capt(N) Sam Sader, Base Commander, and representatives from BLOG and *HMCS Malahat*.

"Honorary Captains are valued members of our naval family and are committed to making a difference for Canada through their support," said Cdr Cameron Miller, *Malahat's* Commanding Officer. "On behalf of all *HMCS Malahat*, we want to express our pride and

appreciation in being able to welcome the Honourable Janet Austin as a member of our ship's company."

Dubbed a stone frigate, *Malahat* is a land-based naval training establishment for naval reserve sailors. It is one of 24 Naval Reserve Divisions operating in major cities across the country. In fact, the genesis of the Naval Reserve began in Victoria in 1913.

LGov Austin was appointed as British Columbia's 30th Lieutenant Governor in March 2018 replacing Judith Guichon. Her role is both symbolic and ceremonial with handing out medals, citations,

greeting dignitaries, and opening sessions of the Legislative Assembly as some of her main tasks.

Prior to her appointment, she spent 15 years as Chief Executive Officer of YWCA Vancouver, one of the province's largest and most diversified non-profits. She has previously served on boards of TransLink, the Greater Vancouver Board of Trade, the Canadian Paediatric Society, and several non-profit organizations.

A graduate of the University of Calgary's English program, LGov Austin spent the early part of her career in public sector roles in Calgary, work-

ing in regional planning and public consultation communications for the Alberta government.

She says her latest role for the navy is one she will greatly relish.

"I will do whatever I can in my new role to encourage young people to consider careers in the naval reserves and develop their skill and knowledge as their service is a wonderful opportunity to learn and grow. I am highly impressed by the RCN's efforts to support women in the advancement of their naval careers and to promote diversity within its ranks and hope to help enhance this goal."

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HMCS REGINA CONDUCTS MISSILE FIRING

– RIMPAC 2020 –



Her Majesty's Canadian Ships *Regina* and *Winnipeg* were off the coast of Hawaii last week, participating in Exercise Rim of the Pacific (RIMPAC) 2020, the largest maritime exercise in the world. The purpose of this exercise was to provide an opportunity for sailors to gain experience working with international forces, practicing group and task force tactics, and using important equipment and weaponry.

DND

As part of the finale for RIMPAC, HMCS *Regina* participated in a sinking exercise, or SINKEX. A SINKEX occurs when an environmentally clean, decommissioned hulk is purposefully sunk to provide a unique opportunity to improve coalition partners' warfare readiness. In this case it was ex-USS *Durham*, a decommissioned amphibious cargo ship.

"With an ever-changing and complex global environment, inter-operability with partner nations is essential to maintain the rules-based international order," said Lieutenant (Navy) Mike Vanderveer, Weapons Officer on board *Regina*. "This engagement not only proved the technical readiness of *Regina* and the Royal Canadian Navy, but provided an opportunity to focus on the application of force in coordinated kinetic action with partner nations."

The weapons system *Regina* used for this exercise was the RGM-84 Harpoon Surface-to-Surface Missile

(SSM), which is an all-weather, over-the-horizon, anti-ship missile used by most NATO member states.

The missile launched from a platform situated on the ship. It has the ability to travel at high subsonic speeds and skims across the surface of the water to lower the chances of interception by air defence systems.

"It is a difficult and perishable skill, so any opportunity to plan and execute exercises with combined forces increases our skills, proficiency, and overall capability," says Lt(N) Vanderveer.

This is the latest Sink Exercise conducted by the Royal Canadian Navy (RCN) at RIMPAC. At RIMPAC 2018, HMCS *Ottawa* participated in a SINKEX using the same weapon system with great success.

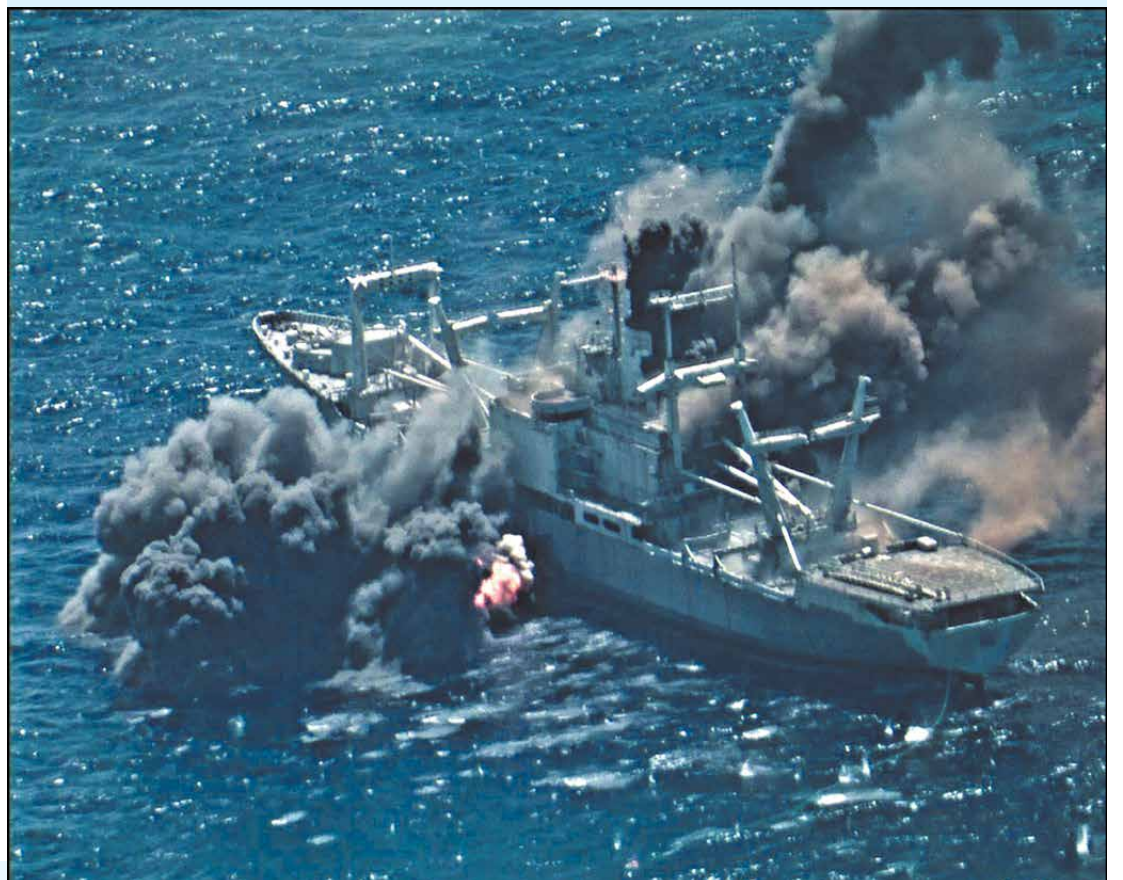
Proficiency with this system is imperative for RCN frigates as it provides the ship's commanding officer the ability to address threats from over the horizon, while maintaining a distance that provides increased safety for the ship and crew.

Above: HMCS Regina fires two Harpoon Surface to Surface missiles in the Pacific Range Facility Barking Sands, off the coast of Hawaii while participating in Exercise Rim of the Pacific (RIMPAC) 2020.

Photo by MS Dan Bard, Canadian Forces Combat Camera

Below: Live fire from ships and aircraft participating in the RIMPAC exercise sink the decommissioned amphibious cargo ship ex-USS *Durham* (LKA 114).

Photo courtesy U.S. Navy



matters of OPINION

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WHAT SAY WE

ePledge a great donation method

Dear Defence Team members,

It is a privilege for me to be Defence Team Champion for the 2020 National Defence Workplace Charitable Campaign (NDWCC).

NDWCC is the Department of National Defence and Canadian Armed Forces' contribution to the larger Government of Canada Workplace Charitable Campaign (GCWCC).

We collectively show great generosity each year, helping to ensure the GCWCC remains the most successful workplace fundraising campaign in the country. Last year, contributions totaled \$30 million – some 12 per cent of which came from the NDWCC.

This year's campaign, of course, comes with unprecedented challenges due to COVID-19. Although we are in business resumption mode, many on the Defence Team are still working remotely and without reliable access to their work email accounts or Intranet resources.

As well, the necessary preventative health measures that are currently in place mean we cannot hold large gatherings, so traditional

fundraising events are out of the question. These are not ideal circumstances but we have already demonstrated that they need not be an impediment to success.

You'll recall that, this past May, we launched the National Defence COVID-19 Emergency Campaign. Even with the same limitations in place, nearly \$300,000 was raised - more than a quarter of which was raised by the Defence Team in just seven weeks. Let's maintain that momentum for NDWCC 2020.

This year's campaign focus is wellness. In these unprecedented times, it is important that each and everyone one of us continue to do our best to keep well, both physically and mentally. There are many charities that assist Canadians in maintaining wellness and the NDWCC will showcase several as part of the campaign.

Donating this year is easier than ever: you can do so online via ePledge, which will be available to all Defence Team members beginning on Sept.10. NDWCC is "donor's choice," meaning you choose the organiza-



tions you'd most like to support.

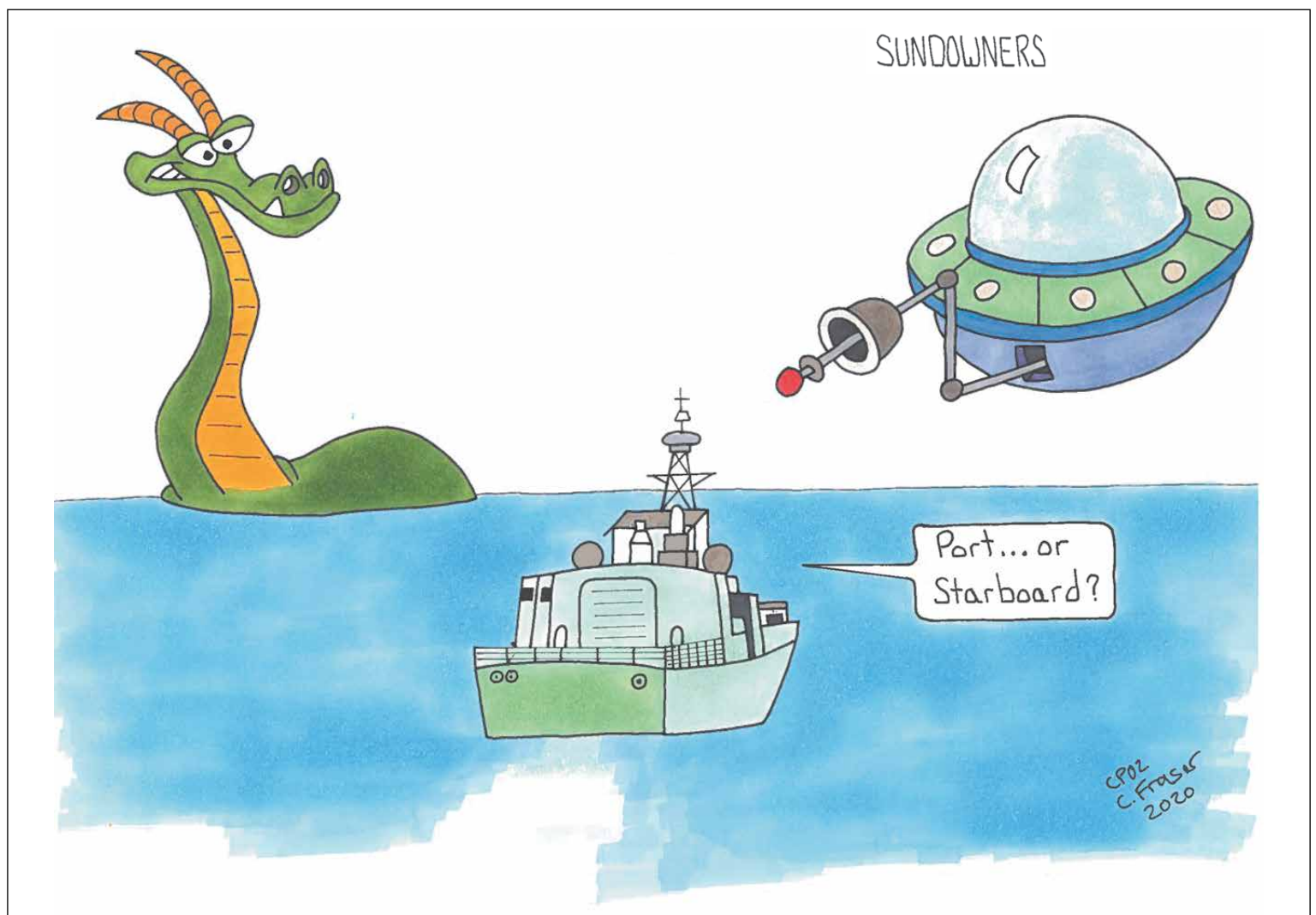
You can also use FlipGive, a team fundraising website and app, to direct a portion of your purchases from any of 300 retailers to NDWCC charities.

Remember, no donation is too small. Every cent given makes a real difference to Canadians in need – including our fellow Defence Team Members and their families.

This year's NDWCC slogan is 'Apart but together at heart' - a great reminder that, while the work must be done from a distance this year, the community ties that bind us remain.

Thank you for your support.

Lieutenant-General Wayne Eyre
Commander, Canadian Army



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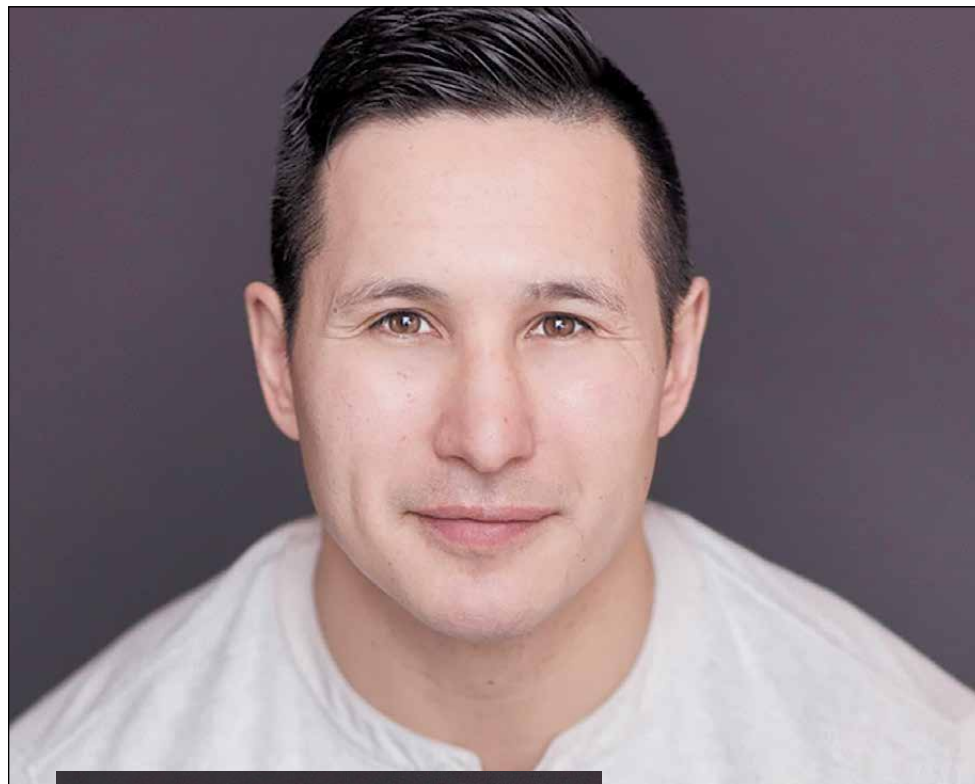
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**AIMING FOR
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Former NHLer fields suicide prevention talk

Peter Mallett
Staff Writer

Former National Hockey League forward Jordin Tootoo wants to have a heart-to-heart talk with you about suicide prevention.

The former right-winger, turned motivational speaker, enjoyed a 13-year career in the NHL before deciding to call it quits, announcing his retirement in October 2018. Since then, he has been delivering inspiring talks about suicide awareness, drawing on personal experiences while breaking down the stigma surrounding mental health.

The 37-year-old grew up in Rankin Inlet, Nunavut, and is of Inuit and Ukrainian descent. He was the first Inuk person to play in the NHL. He suited up for the Nashville Predators, Detroit Red Wings, New Jersey Devils, and Chicago Blackhawks. During that time, he compiled 161 points and 65 goals in 723 games along with a reputation as being a highly successful agitator and thorn-in-the-side of opponents.

He cited a desire to give

back to his Indigenous community as his reason to retire.

Growing up in Canada's north, Tootoo says he witnessed firsthand the devastating impact mental health issues and addiction have on families and communities. On Aug. 28, 2002, his brother Terence took his own life and Tootoo says, "things were never the same."

On his website www.jordintootoo.com and in his public speaking engagements, Tootoo discusses his personal experiences and destigmatizing mental health issues.

Those experiences are captured in his best-selling biography *All The Way: My Life on ice*.

Meet Tootoo virtually

On Sept. 10 at 10:30 a.m. Pacific Time, Tootoo will field an hour-long discussion with interested members of CFB Esquimalt's defence community via the social media app Zoom in recognition of World Suicide Prevention Day. The Zoom event is free, but there only 500 spaces available. The Zoom link is:

<https://ca01web.zoom.us/j/67421888349?pwd=dUJWMkxZSU9rVGhLekloYVlkUVpFZz09>

The initiative is part of the Maritime Forces Pacific (MARFAC) Health and Wellness Strategy. Maryse Neilson, Health Promotion Manager, is organizing the event. She has first-hand experience about how Tootoo will deliver his uplifting message to his audience. She saw him speak at a suicide prevention presentation at the University of Victoria in 2019. She reached out to Tootoo over the summer and asked him to participate in this week's event.

Neilson says his story will be inspirational to many military members and their families.

"What he does best is normalize the situation of talking about suicide, addiction, and mental health and how they are all connected, how we need to broaden our scope and look at how to have healthy conversations," says Neilson. "He creates a culture of inspired inclusiveness through authentic hockey and community stories."



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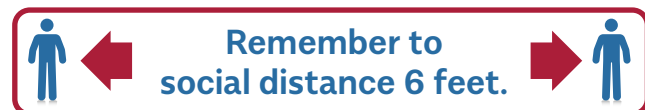
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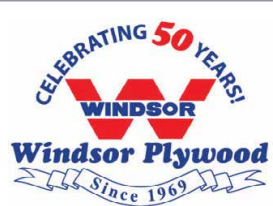
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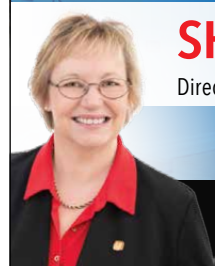
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Photo by MS Dan Bard, Canadian Forces Combat Camera

Royal Canadian Navy concludes participation at RIMPAC 2020

DND

A Royal Canadian Navy (RCN) Task Group, comprised of approximately 500 personnel aboard *Her Majesty's Canadian Ships Regina* and *Winnipeg* successfully completed Exercise Rim of the Pacific (RIMPAC) 2020 last Monday.

The exercise was an intensive two-week program that included multinational anti-submarine warfare, maritime interdiction operations, and live-fire training events. The two embarked Cyclones and their crews also participated throughout the exercise, the first occasion for the Royal Canadian Air Force to deploy these helicopters in the biannual exercise.

From Aug. 17 to the 31, sailors and aviators trained

alongside navies from allied and trusted partner nations from the Asia Pacific region. Hosted biennially by the U.S. Navy's Commander, U.S. Pacific Fleet, this year's exercise was designed as an "at-sea only" event to address concerns around COVID-19.

During this year's exercise, the RCN took several steps to mitigate the risk to the naval team, both in sea-going and shore-based units. These measures included increased cleaning routines on board ships and personal hygiene for the ships' companies.

"I am very proud of how our naval personnel represented the Canadian Armed Forces during this year's modified version of RIMPAC," said Vice-Admiral Art McDonald, Commander RCN.

"Canadian security and

prosperity rely increasingly on our relations in the Asia Pacific: our longstanding participation in RIMPAC highlights our ongoing commitment to working with allied and trusted partners to foster peace and stability in the region.

Canada is an original participant in RIMPAC and is one of only three nations to have participated in every iteration of the exercise. Participation this year balanced the requirement to complete critical tasks and high readiness training in support of planned operations with the requirement to protect the health and safety of personnel.

In total, 22 surface ships, one submarine, multiple aircraft and approximately 5,300 personnel from Australia, Brunei, Canada, France, Japan, the Republic of Korea, New Zealand, the

Republic of the Philippines, Singapore, and the United States participated in the exercise.

"RIMPAC 2020 was a great success," said Captain (Navy) Scott Robinson, Task Group Commander. "We gained invaluable training experience, improved our ability to operate in a coalition environment, proved key combat capabilities, and fostered trust amongst allies and partner navies while ensuring the health and wellbeing of our sailors and aviators."

Having completed the exercise, the next phase of *Winnipeg's* deployment will be participation in Operation Projection Asia-Pacific, which demonstrates Canada's ongoing commitment to global peace and that the RCN is ready to defend Canada's interests in the region.



Robin&AJ
Good morning. Good times.



RIMPAC REMEMBERED AND BEYOND:

Making HMCS Winnipeg

"Weapons Ready" THE CHALLENGES DURING A PANDEMIC

Captain Chelsea Dubeau
HMCS Winnipeg
Public Affairs Officer

It's Monday, Aug. 24; day eight of Exercise Rim of the Pacific (RIMPAC) 2020.

The air throughout the ship is tense – anticipatory.

The planning for the Evolved Sea Sparrow Missile (ESSM) shoot has been in the can for a long time, the sequence of events practiced over and over.

War bags filled with flash gear are clipped to belt loops, and the ship's company waits for the Bong Bongs to don gloves, head covering, and ballistic eyewear required for the event. All that planning, all that preparation, all those meetings and changes and coordination and de-conflicting, all comes down to one moment: one flash,

one missile moving at unimaginable speed. Except on this day, two missiles will be fired down range.

The GoPros have been placed strategically to best capture the footage. This is the second attempt to fire in as many days. The first try was close, but didn't kick off due to an issue with the aerial target's flight path in relation to the ship's position the day prior. It's now or never.

The ship comes to action stations in preparation for the shoot as the target moves closer to the ship, the threat as real to the crew as everything else they've been training for during Intermediate Multi-Ship Readiness Training (IMSRT). The target is engaged, and weapons launched.

Two missiles are fired, one after another, as speechless sailors viewing on the bridge take in the

sight of two ESSMs arc across and against a deep blue sky. It's a win shared by the entire ship's company, and it feels good, especially considering how many challenges were stacked against the ship.

Preparing to deploy is difficult under normal circumstances, but in the COVID-19 environment, it's never been done before.

"COVID-19 and the sequestering restrictions put in place on the ship's crew was a challenge," says Lieutenant (Navy) Julien St-Aubin, Combat Systems Engineering Officer, referring to the lead up to the Aug. 1 departure. "The ship's leadership worked endlessly from home to discuss, plan, and brief the various challenges and mitigations that arose while still being required to meet RCN processes and policy both on the technical and operational sides."

One area where the technical and operational sides meet is in the various weapons systems on board, all of which play a critical role in both programs running concurrently on board *Winnipeg*: IMSRT, and of course, RIMPAC. Much of these systems are refurbished or new, and there are many challenges that go along with working out the kinks of new equipment on

top of everything else the ship faced in order to get ready for sea.

"Newer weapons systems can be finicky as the parts need to work themselves in, allowing the mechanical parts to work seamlessly as intended. This caused a few issues, but they were identified and corrected early in the deployment," says Lt(N) St-Aubin.

The new system on board is the Naval Remote Weapons System (NRWS), which can fire both .50 calibre and 7.62mm rounds remotely, eliminating the need to put a sailor outside at the mounts if the ship comes under attack.

While new weapons bring new capabilities, they also provide a new learning curve especially when it comes to troubleshooting. In addition to this new capability, a new 57mm MK III Bofor gun was installed, maintenance was completed on *Winnipeg's* Close-in Weapons System (CIWS), and inspections of the missile superstructure were conducted to check for any degradation. Whether conducting training, an international exercise, or operations – or in *Winnipeg's* case, all three – there is simply no room for error. When those weapons systems are needed, they have to fire.

"From a technical Combat Systems Engineering perspective, the Weapons Engineering

Technicians are truly put to the test as all systems are depended upon with a very short turn around as faults come up," says Lt(N) St-Aubin. "The ability to correlate faults and troubleshoot very complex systems integrated within the ship's weapons and sensors architecture can be the ultimate puzzle to solve."

In spite of all of these challenges – deployment planning in a COVID-19 environment, new weapons systems, a complex IMSRT program layered on top of RIMPAC, followed by an international deployment during a pandemic – *Winnipeg* continues to persevere, charging into every hurdle like the iconic bison painted on its Bofor gun.

Outside-the-box thinking is necessary for dealing with new, adverse situations in order to come up with creative solutions. And it's paying off for *Winnipeg*, even if it has been a difficult climb up the mountain. The successful missile shoot is just the tip of the iceberg, after all, because for all the flashy photography and GoPro footage captured that day, the real reason it was so exciting to see that missile shoot across the sky wasn't just because it's an amazing weapon system.

It's because of the sheer hard work and effort it took to get there.

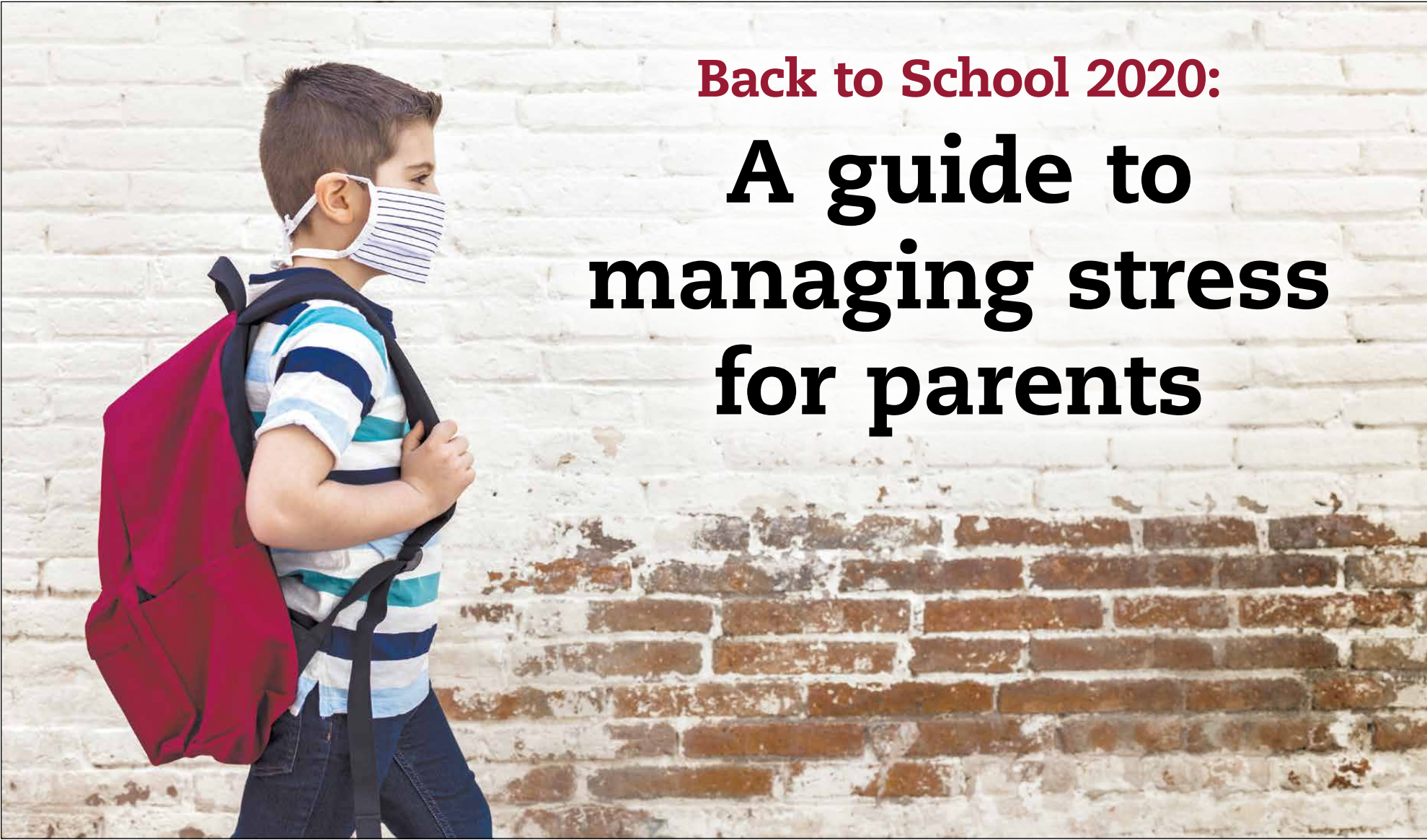


Left: Members of HMCS Winnipeg conduct post-firing maintenance on the Evolved Sea Sparrow Missile (ESSM) launcher off the coast of the Hawaiian Islands.

Photos by Leading Seaman Valerie LeClair, MARPAC Imaging

USS Essex (LHD-2) and HMCS Winnipeg conduct manoeuvres off the coast of the Hawaiian Islands.





Back to School 2020: A guide to managing stress for parents

DND

Making the decision to send your children back to school, either physically or virtually, has likely brought mixed emotions. It is normal to be feeling anxious and/or frightened with so much still unknown, especially around our children starting another school year.

Defence Team members are facing new challenges constantly, whether it be juggling work, family, and other duties. It is okay to feel unsure and to not have all the answers.

Here are some tips to help manage fears and anxiety about sending your kids back to school:

Find calm

Make your mental health a priority during this time and focus on the present moment. The regular practice of mindfulness can be a tool to help you remain grounded and calm. Practicing breathing exercises may help you reduce stress and anxiety. Try out the Road to Mental Readiness app, which has a 'breathing' exercise technique to help you practice conscious breathing.

Learn to navigate through change

We are living in a world that is more volatile, uncertain, complex, and ambiguous.



Developing a flexible and agile mindset is critical during these turbulent times. Why not take a course from the Canada School of the Public Service (CSPS) on Navigating through Change to help you cope during these difficult times.

Build and strengthen your resilience

Take this time as an opportunity to build your resilience. First, do a check-in on your mental health. Next, explore LifeSpeak, a digital wellness platform available to all Defence Team members that has a plethora of resources on resilience. The CSPS also offers a course on this topic.

Seek out reputable and trustworthy sources of information

While it is easy for many of us to get caught up in the news and social media frenzy over back to school during the pandemic, make sure you are seeking out your local provincial and territorial resources and government of Canada websites for up-to-date information.

Practice mental health hygiene

While it is important to practice and maintain proper physical hygiene for public safety, it is just as important to maintain your mental health hygiene. Limit your exposure

to stress-inducing news and situations.

Reach out for support

If you need support to help you cope during this time, don't hesitate to reach out to a mental health professional. Defence Team members can get help through:

- The Health Canada - Employee Assistance Services by calling 1-800-268-7708 (24/7/365) | 1-800-567-5803 (TTY - for people with a hearing impairment).
- Canadian Armed Forces (CAF) members and their families can contact the Canadian Forces Member Assistance Program at 1-800-268-7708 | 1-800-567-5803 (TTY).
- Peer Support for civilians. There are DND employees who have volunteered to provide confidential active-listening skills and resources to those in need and can be contacted during regular working hours. The service is also available to family members. Call HR Connect at 1-833-747-6363 to be connected with a readily available colleague from 0800-1600 hours Mon-Fri or contact DND's EAP Corporate Office. You will be contacted within 24 hours.
- Defence Team members can access LifeSpeak, a digital platform with a library of health and wellness resources. The LifeSpeak app can also be downloaded for on-the-go access (Google Play and Apple App Store). When logging into the Web/App, for: client name: canada client password: canada Clients must then:
 - scroll down to accept terms and conditions
 - then select Canadian Armed Forces or Department of National Defence - Civilian and input corporate ID: canada.
- The Family Information Line (FIL) is a

toll-free, bilingual telephone service for families of Canadian military personnel intended to provide timely and accurate information as well as reassurance, support and referrals to resources as needed. FIL counsellors are available to handle calls in confidence 24 hours a day, seven days a week. To speak with a FIL counsellor, call 1-800-866-4546 (toll-free in North America) or 1-613-995-5234 (collect calls accepted).

- Military Family Resource Centres (MFRCs) provide information on subjects of interest to military families, including mental health. They can also provide psychological support through counselling and refer you to complementary programs in the larger local community.
- Crisis Texting Service for Kids of CAF Families. Children, youth and young adults from military families can access free mental health and wellbeing support by texting the keyword CAFKIDS at 686868 for service in English. For service in French, text the keyword JEUNESFAC at 686868.



Peter Mallett
Staff Writer

Caution and concern is on the mind of parents preparing to send their children back to school in the midst of this continuing global pandemic.

A recent survey into the impact of COVID-19 on people's attitudes by polling company by Leger found that 75 percent of parents in the province are worried about sending their children back to school, while 63 percent of children said they were nervous and anxious about the return.

With students expected to return to class Sept. 10 and teachers returning Sept. 8 to prepare for them, anxiety over what to expect is a reality for all.

For Cdr Ellen Mariano, Commanding Officer Joint Task Force Pacific Headquarters, back-to-school for her two children is both a relief to return to some normality, and nervousness.

"I am worried because we have kept our bubble very small since the pandemic began and I have been very strict about who and how my children are able to interact with other children and families in the neighbourhood," she said.

She says separation anxiety and the act of breaching the bubble and returning to a regular school routine

has become an overwhelming concern for the entire family.

"They have been by our side for so long now that going back to school is a big concern and will be a huge challenge emotionally."

Added to her concerns is how the province's back-to-school plan will keep her children safe. If one of her children, or a schoolmate becomes infected and unwittingly brings the virus home, it would mean self-isolation for her and her husband L.Cdr Jeff Chura, who commands HMCS Whitehorse.

Cdr Mariano's concerns are not uncommon, says Holly Flower, a social worker with the Military Family Resource Centre (MFRC). She expects calls to the MFRC intake line will ramp up with military families seeking advice and counselling about back-to-school for their children.

"Most families have never had a challenge like this to overcome and not since the Spanish flu of the early 20th century has the world been impacted and challenged on this level," said Flower. "When a parental challenge is handled with love, support, and warmth, a child becomes stronger and will be better able to face future difficulties."

However, she adds, military families already have experience dealing with adversity, with long-term separations, postings, and the necessity to be flexible and move on short notice.

"For many of these families there is already a level of resilience to be able to change, adapt and problem solve," she said. "I think it is very critical to look at these strengths."

To address the back-to-school mental health concerns of military parents and their children, Flower

MILITARY FAMILY RESOURCE CENTRE

Eases Family Fears

has compiled some advice and tips.

Understand your own level of stress and possible anxiety

There's no disputing the current state of things in relation to the pandemic has added a great deal of stress and concern for most people. Humans thrive on predictability and a sense of knowing what to expect from moment to moment. We have all been thrown into a world with many unknowns and many unanswered questions.

Children and youth are incredibly insightful and will pick up on their parent's sense of safety, or lack thereof, and the concerns about returning them to school. The best thing we can ever do for our children and their development is to address our own concerns and seek support to discuss our stress levels, our worries, and even our own experience of anxiety.

Start preparing for the school return early

It's important to start shifting your child/children's routine to the back-to-school routine now. Amend your child's morning, evening, and sleep routine before school starts. Building a structure is an important part of child to feeling prepared to return to school.

For tweens and teens, supporting them in putting away their phones and technical devices an hour

before bedtime is important for their sleep. This might feel nearly impossible with some teens but communication is the key. Discuss the importance and reason for putting away the phone at a time when both you and your teen are calm.

Talk and "listen" to your child

Your child may be absorbing information from the television, social media, or even from their family about the pandemic. They may not entirely understand the implications of what they hear and may feel overwhelmed by the information. Make time to talk with your child about their thoughts and feelings. Use open-ended questions to get your child talking and open up about what their thinking about and what concerns they might have about returning to school. No matter your child's age, validating their feelings and concerns can help them to process their experience. After a child has had the opportunity to express their concerns, it's time to come up with a few strategies that might help with the back to school transition. Be sure to include your child in developing these strategies.

Recognize signs of worry and concern

Sometimes it seems like our kids are acting out, talking back, and/or melting down to make our lives more difficult. Try and remember that a child and/or

teen's difficult behaviour often reflects an unmet need of some kind. A child may not have the words or understanding of their emotional landscape to explain to you: I've just thrown my book across the room and am crying because I'm tired and afraid.

Seeking medical advice

If you're concerned about your child's level of worry and wonder if it may be anxiety, speaking with a doctor can be an important place to start. It can also be important to connect with the school to see what advice and supports they may be able to offer.

Again, your child's behaviour is an opportunity to get curious about what's going on for them. Decide not to take their behaviour personally or focus only on how their behaviour is impacting us, then you can be more compassionate and supportive. When all else fails, offer a hug and let your child know you're there for them.

Arrange a tour of the school

If you sense your child/teen is experiencing trepidation about returning to school, call the school to take a tour and see the preparations. Showing your child/teen the route they will take from the front door to the classroom can help to alleviate the angst they might feel about the unknowns of a school year. If possible, arrange to have your child meet with the principal or an office administrator, who may also be able to help ease their concerns about heading back to school.

Teach your child COVID-19 safety protocols

This may dependent on the protocols your child's school will have in place, but making a game out of social distancing and mask wearing can take some of the fear out of doing something new, and possibly strange or scary to them. Perhaps putting their arms out for social distancing makes them feel like they have wings like an airplane. Washing their

hands while singing their favourite song becomes less of a chore and more of an opportunity to sing and feel warm, soapy water.

Getting help and info

If you need support for you or your family the professional counsellors at your MFRC know all about the military family lifestyle and how to support you and your children during challenging times. Give them a call at the confidential intake line at 778-533-7736 or email intake@emfrc.com. Appointments can be arranged by phone, email or virtually from your computer, smartphone or tablet, or in person.

Weblinks:

- AnxietyCanada.com
- Keltymentalhealth.ca
- Foundrybc.ca (for ages 12-24)
- bccdc.ca/healthinfo/disease-conditions/covid-19/covid-19-and-children

The Province of British Columbia's Back-To-School Plan is outlined in a policy document on its website <https://www2.gov.bc.ca/gov/content/education-training/k-12/covid-19-return-to-school#our-plan>

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Mint releases Victory coin

The Royal Canadian Mint has launched a \$2 circulation coin celebrating the 75th anniversary of the end of the Second World War and the Canadians who defeated enemies of freedom after six long years of service on the battlefield and on the home front.

Symbolic of that heroic accomplishment, a "V" for Victory figures prominently on this new commemorative coin unveiled on the Mint's YouTube channel.

"For nearly six years, Canadians serving in uniform or chipping in at home played a vital role in achieving a hard-won peace," said Lawrence MacAulay, Minister of Veterans Affairs and Associate Minister of National Defence. "The Royal Canadian Mint's circulation coin issued on the 75th anniversary of the end of the Second World War is a fitting tribute to their legacy of bravery, of service, and of tremendous sacrifice. They have our enduring thanks, and I hope we can all live up to that legacy as this coin changes hands from one generation to the next."

The \$2 circulation coin

is inspired by the 1943-45 Victory Nickels designed by Thomas Shingles. The "V" for Victory on the inner core of the new toonie was, at the time, a rallying call to support the war effort from coast to coast to coast. The letter is overlaid with a flaming torch and flanked by maple leaves over the dates 1945 and 2020.

The words VICTORY and VICTOIRE appear on the outer ring, as does a message engraved in Morse code. "We win when we work willingly" and "La bonne volonté est gage de victoire" first appeared on wartime Victory Nickels. The obverse features the effigy of Her Majesty Queen Elizabeth, designed by Canadian artist Susanna Blunt in 2003.

Limited to a mintage of three million coins, two million will feature colour. The new \$2 coin is now entering general circulation. Canadians will find it in their change as bank branches and businesses replenish their inventories of \$2 coins.

The Mint is adding to this historic commemoration by offering related



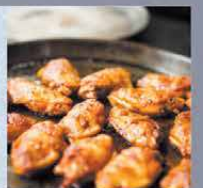
collector products. There are 15,000 coloured and 5,000 uncoloured limited-edition special wrap rolls of 25 uncirculated coins each, retailing for \$79.95. Customers may also purchase a collector keepsake set featuring both versions of the commemorative circulation coin, packaged with uncirculated versions of our 2020 classic circulation coins (5-cent to \$1). It retails for \$22.95 and its mintage is set at 100,000.

These collectibles may be by contacting the Mint at 1-800-267-1871 in Canada, 1-800-268-6468 in the U.S., or online at www.mint.ca/victory. They are also available at the Royal Canadian Mint's Winnipeg boutique, as well as through the Mint's global network of dealers and distributors, including participating Canada Post outlets.

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BATTLE OF THE ATLANTIC HEROES: WALTER SLADE

Krista Slade
Great-niece of Walter Slade

My great uncle, Walter Slade, grew up in Kingwell, Placentia Bay, and joined the Canadian Merchant Navy as a young Newfoundlander in 1939. He knew the danger of the U-Boat-infested North Atlantic as well as anyone as he sailed through those waters in 1940 during the opening phases of the Battle of the Atlantic.

Many merchant seamen would come ashore after the tension filled transatlantic journey to relax frayed nerves. Often they could not heal. My great uncle Walter came ashore to expand his training so that he could more effectively support the cause, knowing the struggle would be long and difficult.

After a short time at navigation school, he received his third mate's certificate, qualifying him as a watchstander and customarily the ship's safety officer and fourth-in-command. Very shortly after completing his training he received orders to embark on the British Steam Ship (SS) Grayburn travelling from Baltimore, Maryland, to Swansea, Wales.

In June 1941, convoy HX 133 left Halifax and was sighted by enemy U-boat 203, which sent the 4,400-ton Norwegian ship Soloy to the bottom of the ocean. Attacks continued unsuccessfully over the next few days, but the enemy was tracking the progress of the crossing. A battle involving



Allied corvettes His Majesty's Ships (HMS) Nasturtium, Celandine and Gladiolus and three German U-boats broke out on June 26. The Dutch ship Massadam and the British ship Malaya II sunk resulting in a large loss of life. The corvettes continued to attack and were successful in sinking U-556.

Through these hectic and frightful days there were reports that the mood upon the SS Grayburn was one of calm. Panic had been held at bay, largely due to the efforts and cool nature of Walter Slade. However, the ship's luck ran out on June 29 when U-651 fired a salvo of torpedoes into the ship's ribs. Walter, whose leg had been torn apart by the attack, ensured that the men under his charge were safely secured in the lifeboat and dispatched from the sinking ship. He did not join them.

Once his men had hit the water in the rescue craft, he began a search for a fellow officer who had gone to another part of the ship as part of the evacuation. The Grayburn was starting to disappear under the surface when he abandoned the search and dived into the sea. He swam for over a half hour with his injured leg before being picked up by a passing ship. He was then ferried to Iceland where he died of his injuries.

The only men who survived the attack were the 17 who escaped on Walter Slade's lifeboat. He received a King's Commendation for Bravery Conduct posthumously.

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BASE ADMINISTRATION'S

Danielle Yole, PSP Fitness & Sports Instructor

2Lt Justin Leong
Base Administration

When the Naden Athletic Centre shut down in March due to COVID-19, Base Administration called upon Personnel Support Programs (PSP) to host virtual training sessions to meet the need of physical training (PT) for branch military members.

Among the staff who showed up virtually every Wednesday with a creative and fun fitness regime was Danielle Yole. She is new to PSP, only a year into her role as Fitness and Sports Instructor.

"If you haven't met me, I love to teach. Going from teaching all day to quarantine hit me hard, so I was thrilled to take on the Wednesday Base Administration PT."

Because her training sessions were online, they reached anyone wanting to stay on the fitness track.

"We at PSP are adaptable and can assist with whatever comes our way, such as making all of our classes virtual and creating pre-recorded workshops, workouts, and challenges."

But like all new things, she had to learn how to film, edit, and upload from her home office.

In normal times, fitness instructors deliver to the military community FORCE training and testing, and fitness programs to Naval Fleet School (Pacific) students. Beyond the military community, they assist in running the

monthly Cock of the Walk sports program, and deliver a variety of morning and noon classes at the Naden and Dockyard gyms.

"Between fitness testing, unit physical training, fleet physical training, noon hour classes, and other fitness services, our 12 fitness and sport instructors serve almost 12,000 military members each year. Special events such as the monthly Formation Run see 300 to 600 participants each month," said Yole. "We keep the military operationally fit. Community integration helps with physical and mental wellness. Through its programs and services, PSP strives to build a strong and healthy military community."

Being a fitness instructor takes more than having a healthy body; Yole says you need a healthy perspective as well.

"You need a love for fitness and people. Being friendly and outgoing is a must; organizational skills and being creative are assets; and the ability to teach, adapt and create programs for everyone is a requirement."

To get the job on the PSP Fitness team, applicants must be able to pass a knowledge test, achieve bronze in the FORCE test, do an interview, and teach a class.



Now that the gym is partially open to military members and civilian DND employees on a reservation model, Yole is splitting her work time at home and in gym, where she once again interacts with those she supports.

"Every time someone says they loved my class, I smile so hard my face hurts. Being surrounded by people working hard all for the same goal to get strong is the most powerful feeling."

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HMCS Calgary Promotion

Lt(N) Jason Wychopen is promoted to his current rank by Lt(N) Mayne and Lt Solari on USCGC Healy.



HMCS Ottawa Promotion

Left to right: Sailor First Class Grier is promoted to his current rank by Lt(N) Gaulin-Riffou, HMCS Ottawa's Executive Officer, and Lt(N) Pijanka.



MARPAC Presentation

Rear Admiral Bob Auchterlonie, Commander Maritime Forces Pacific (MARPAC), presents Micheal Maxwell with a certificate honouring his 45 years of service. The presentation was held at MARPAC Headquarters building on Aug. 31.

Photo by Corporal Jay Naples, MARPAC Imaging Services

HMCS Malahat Awards and Promotions

Bravo ZULU

Cdr Cameron Miller, Commanding Officer of HMCS Malahat, made presentations and promotions to a few deserving members of the naval reserves.



PO1 Colleen McInnis is presented with a Bravo Zulu commendation by Cdr Cameron Miller.



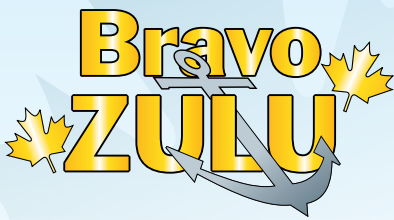
Sailor Second Class Jordan Templeman is presented with a Bravo Zulu commendation from Cdr Cameron Miller.



Sub-Lieutenant Shannon Delaney is promoted her current rank by Cdr Cameron Miller and CPO2 William Seed.



Sub-Lieutenant Donald Den is promoted to his current rank by Cdr Cameron Miller and CPO2 William Seed.



Cdr Annick Fortin,
Commander NFS(P),
promoted seven
NCdt to Acting
Sub-Lieutenant
on Aug. 31.

Naval Fleet School (Pacific) Promotions



A/SLt Sood is promoted to his current rank.



A/SLt Sliwinskiis promoted to his current rank.



A/SLt Bennadji is promoted to his current rank.



A/SLt Stevens is promoted to his current rank.



A/SLt Sundar is promoted to his current rank.



A/SLt MacPhee is promoted to his current rank.



A/SLt D'Amore is promoted to his current rank.



Naden Band Awards and Promotions

Capt(N) Christopher Peschke and Base Chief CPO1 Al Darragh presided over the event at SAxe Point with Lt(N) Catherine Norris, Commanding Officer of the Naden Band, and CPO2 Brayden Wise, Band Chief.

PO1 David P. Gagnon was commissioned to Sub-Lieutenant.

PO1 Ginette Gibeault and PO2 Greg Sly each received their Canadian Forces' Decoration second clasp.

Lt(N) Catherine Norris received a Commander Royal Canadian Navy Bravo Zulu for leading virtual productions for the 75th anniversary of the Battle of the Atlantic. She spearheaded the initiative to bring meaningful online content to Canadians and veterans during an unprecedented year of upheaval.



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Seaspan Victoria and CFB Esquimalt present

ON
2
ON
2

FORMATION FUN DAY

SEPTEMBER 12-13

12 - 3 p.m. EACH DAY

TAKE PART IN A SPECIAL DRIVE-IN FORMATION FUN DAY

Open to all CFB Esquimalt CAF members, veterans, DND employees and their families. Must pre-register. Limited to 50 vehicles per day. No dogs or other pets.

LOCATION:

Large Canteen Lot
Between Lyall and
Esquimalt Roads

FOOD:

Food is delivered
to vehicles as
attendees drive by.

FREE GOODIES!



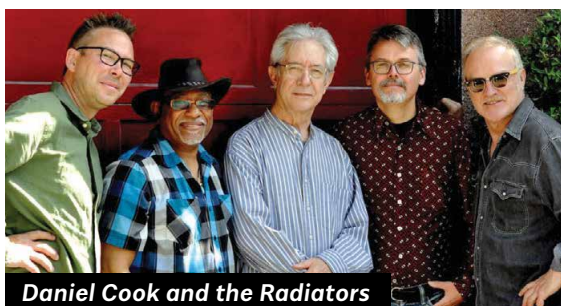
babcock

REGISTER: Register by emailing Christine.Farrington@forces.gc.ca

LIVE MUSIC!



Lola Parks Duo



Daniel Cook and the Radiators



Slim Sandy and the Hillbilly Boppers



Bijoux de Bayou

DRIVE-IN LIVE MUSIC CONCERT

SATURDAY SEPT 12:

Opening Act: Slim Sandy and the
Hillbilly Boppers (*Rockabilly*)
12:00pm-1:00pm

Main Act: Daniel Cook and the
Radiators (*Westcoast Roots*)
1:15-3:00pm

SUNDAY SEPT 13:

Opening Act: Indigenous Artist
Lola Parks Duo 12:00-1:00pm

Main Act: Bijoux de Bayou
(*Cajun, Zydeco, Dance*)
1:15pm-3:00pm