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OPERATION PROJECTION-NEON

Royal Canadian Air Force members conduct a jettison flare shoot with the CH-148 Cyclone helicopter, which is embarked on HMCS Winnipeg during Operation Projection-Neon.

Photo by S1 Valerie LeClair, MARPAC Imaging Services

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From the left: MCpl (Retired) Harold Davies, Malahat Legion; Sgt (Ret'd) Jim MacMillan-Murphy, Sidney Legion; Sgt Shawn Gaudet, Esquimalt Legion; and CWO Dwight Grieve, Malahat Legion with Fisher, Jim MacMillan-Murphy's PTSD service dog.

Photo credit
Debbi Ferguson

Are you a military member in need of support? Call the Member Assistance Program 1-800-268-7708 for a confidential talk, 24 hours a day, every day.

God's Acre vigil remembers lives lost through suicide

Peter Mallett
Staff Writer

Military veterans and family members gathered Sunday Sept. 27 for a sombre ceremony to remember the lives of fallen soldiers who have died by suicide.

Victoria's fourth annual Candlelight Service in Memory of Soldiers of Suicide (SOS) was held at God's Acre Cemetery. SOS honours soldiers, sailors, and aviators who chose to end their lives due to mental health issues related to their service.

The event is normally held in four cities across Canada but due to COVID-19 precautions events in Ottawa, Montreal, and Thunder Bay were cancelled. The event in Victoria attracted the maximum allowed capacity of 50 people.

Locally, SOS is organized by Sgt (Retired) Jim MacMillan-Murphy

with Megan Willett Hiltz, a registered nurse from Victoria.

MacMillan-Murphy served with Princess Patricia's Canadian Light Infantry in Cyprus and the Golan Heights. As emcee of the event, he told those attending the event isn't just to remember the names of the fallen but to uplift their surviving family members, loved ones, and friends.

"The primary purpose of this event is to provide moral support to our SOS families and raise awareness about the respect and pride we have for all of our Canadian military members," said MacMillan-Murphy. "At the same time, we hope to change the taboo surrounding suicide in our military, and more often than not when someone loses their battle with Post-Traumatic Stress Disorder (PTSD)."

The first SOS ceremony was

held in 2013 in Ottawa when the loved ones of 21 suicide victims gave permission to SOS to share the names in a role call to conclude the ceremony.

The size of the role call has more than doubled. At God's Acre, Willett Hiltz read aloud the names of 54 military members before lighting a candle in their memory.

MacMillan-Murphy served in multiple Canadian peacekeeping missions overseas and has been diagnosed with PTSD. He confessed to those in attendance that he has attempted suicide on multiple occasions.

"Do I still get destructive thoughts, regrettably yes, and as recently as a week-and-a-half ago," said MacMillan-Murphy. "But what took me out of the darkness was a text from a friend and former military member Debbi

Ferguson asking me, 'Are you okay Battle Buddy?' The text helped ground me and take me out of the darkness and back to the present."

Ferguson, a retired S1, spoke at the event and is the creator of the Battle Buddy Challenge Coins, that offers hope and support to veterans going through difficult times.

Those gathered at Esquimalt Veterans Cemetery also included the parents of Cpl Stuart Langridge, Sheila and Shaun Fynes. Cpl Langridge died by suicide at CFB Edmonton in 2008. Also attending were the wife and daughter of MWO Colin Bell, Natasha and Patricia Bell.

Bell was an Intelligence Officer with 1 Canadian Air Division in Winnipeg who took his life in 2019.

After Willett Hiltz completed role call, she read her poem *Commitment to Remember*.

Commitment to Remember

By Megan Willett Hiltz

*They were young, as we were young,
They served,
Giving freely of themselves.
To them, we pledge,
Amid the winds of time,
To carry their torch and never forget.
We will remember them
TOGETHER:
We will remember them.*



MCpl James "Bobby" Saulnier
Nov. 13, 2011 (Age 31)
Hometown: Truro, NS
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Bdr Stéphane Legendre
Nov. 22, 2009 (Age 35)
Hometown: Québec, QC
Régiment Royal de l'Artillerie Canadienne



Cpl Stuart Langridge
March 15, 2008 (Age 28)
Hometown: Richmond, BC
Lord Strathcona's Horse Royal Canadians



Pte Thomas Welch
May 8, 2004 (Age 22)
Hometown: Thunder Bay, ON
Royal Canadian Regiment



Sdt Frédéric Couture
Nov. 14, 2007 (Age 22)
Hometown: Roxton Pond, QC
Royal 22e Régiment



Members of HMCS Winnipeg participate in a person overboard exercise.



CPO2 Stephane Melancon, Chief Boatswain Mate, and PO2 Derek Boyko dress up to serve supper.

- Highlights:**
- Battle of Britain commemoration on the flight deck
 - Action Stations, Person Overboard exercise
 - Rebel flare jettison and fo’c’sle transfer exercise
 - Small arms shoot
- Just for fun:**
- More yoga on the flight deck taught by MS Sanfacon and Lt(N) St-Aubin
 - Euchre and Scrabble tournaments on board
 - Italian Night, complete with jugs of “wine” (cranberry juice), a delicious meal (chicken parmesan, pasta, hand-made meatballs, and tiramisu) and of course, an Italy-inspired movie in each mess!

Don’t forget to keep up with *HMCS Winnipeg* on Facebook, Instagram, and Twitter!

HMCS WINNIPEG



WEEK IN REVIEW
SEPT. 21 – 27

Imagery by S1 Valerie LeClair

Below: Sub-Lieutenant Phil Hopkins, a Bridge Watchkeeper, plays the bagpipes at the Battle of Britain commemoration ceremony.



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Every day you get to put on your uniform you get to recognize your past and get to recognize military life. That’s a reward.

— *Todd “Bo” Mason,*
Manager with our
British Columbia Division



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matters of OPINION

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WHAT SAY WE

Thanks 4 Giving NDWCC E-Pledge Makes it Easy

This year's national theme for the National Defence Workplace Charitable Campaign (NDWCC) is Apart but Together at Heart with a focus on wellness.

The implementation of the secure on-line donation platform, e-Pledge, accessible across all of DND, makes donations easy.

e-Pledge can be accessed through the DWAN, home internet, or personal devices via <https://www.canada.ca/en/department-national-defence/campaigns/ndwcc-2020/donate-now-ndwcc-2020.html>, <https://uwco.ca/servlet/eAndar.article/237?language=en&SA=6959563> or simply Google search "NDWCC".

Just like the paper form from past years, donations can be made through pay allotment/deductions, credit card or PayPal.

All Maritime Forces Pacific units and lodger units should identify themselves as "CFB Esquimalt" so donations can be directed locally.

Contact your unit NDWCC Ambassador if you need assistance with e-Pledge.

If you make a mistake with your donation call 613-228-5781. Please consider donating to NDWCC this year. Every cent makes a difference in our community. Thanks 4 Giving.

Margot Cutcher
NDWCC 2020 Coordinator



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matters of **OPINION**



SLt M.X. Déry
Contributor

For more than a week, an Air Quality Health Advisory warning kept my family trapped indoors. The cause, multiple wildfires burning across the West Coast of Canada and the U.S.

While adults were advised to avoid strenuous activities, children and the elderly were told to stay in when possible.

Finally on the weekend, the skies cleared and I could take my young son for a walk; however, even though the smoke from the fires had dissipated, vape and

cigarette smokers were fogging up Saxe Point Park.

After unfastening my three-year-old from his car seat, I spotted two men in suits smoking in the parking lot as a taxi pulled up to collect them.

Then, as we headed towards the path, a huge puff of white smoke clouded the view. A vaper, standing next to his truck, the door wide open as if to say "I'm in my vehicle," was taking long drags before spewing the smoke from his lips.

We made our way along the path to the open field where my son bolted off to expend

some pent up energy. I sat on a nearby bench, patting the spot beside me for him to come gaze across the expansive Salish Sea. Surrounding the bench on the concrete pad were dozens of cigarette butts. I shook my head as the long grass surrounding us was dry and sun-bleached from the lack of shade and rain.

Not only was it litter, it was a sad reminder of the ignorance of people. So far in 2020, there have been 8,000 blazes in North America, and the current west coast blazes are not slowing down.

Annoyed, I took my son's hand

and together we meandered down the path. Before long I smelled that pungent marijuana smell. Numerous people dotted along the water's edge were blazing up as the fall sun sank behind the ocean landscape.

What was to be a father-son adventure in nature was turning into another air quality issue.

As we headed back to the parking lot we were assaulted with yet another puff of smoke from a couple having a post-meal vape.

Dog walkers, joggers, parents with strollers, and elderly couples all use this park for outdoor enjoyment, but it seemed to me

such a juxtaposition between smokers and those pursuing a healthy lifestyle, all happening in such a pristine environment.

The final straw was two women seated just outside the wooded area with a 20lb propane tank fuelling a portable heater. There is no limit to people's stupidity, I thought.

As I slid my son back into his car seat, the smell of marijuana had overtaken the salty sea air.

I fear that nothing will ever stop people from smoking in parks; not the laws, not fire safety, not simple courtesy and not common sense.

“Dog walkers, joggers, parents with strollers, and elderly couples all use this park for outdoor enjoyment, but it seemed to me such a juxtaposition between smokers and those pursuing a healthy lifestyle, all happening in such a pristine environment.”

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Canadian Coast Guard Rescue Specialist joins navy operation

Peter Mallett
Staff Writer

High winds laced with rain and a churning sea did not faze Wesley Scott as he and HMCS *Whitehorse* crew members raced in a Rigid Hull Inflatable Boat (RHIB) to a sailboat in distress.

The Canadian Coast Guard Rescue Specialist was embarked in the Kingston-class vessel for its search and rescue deployment off Vancouver Island over the summer.

"The heavy winds and sea state, the near total darkness, the erratic movements of the sailboat, and the inability to board the boat made this one of the more dangerous

search and rescue operations I have been involved with," said LCdr Jeff Chura, *Whitehorse* captain.

The sailboat had lost its steering and propulsion and was violently thrashing from side to side in the stormy seas with waves topping three metres. A desperate mayday call went out and was answered by *Whitehorse*.

Upon arrival to the sailboat, Scott administered medical aid to the sea-sickened occupants through the advice of *Whitehorse's* Physician Assistant, SLt Joshua Wilson who he communicated with via radio.

Sea conditions were too dangerous to remove the occupants,

so they and their two dogs remained on the boat as it was towed by the RHIB to Winter Harbour.

"This was one of the most difficult rescues I have performed in my career with the Coast Guard," said Scott. "I was concerned about someone falling into the water as it would have been a nightmare to try and find them."

He sailed with the Maritime Coastal Defence Vessel for a month – between Aug. 3 to Sept. 10 – in a joint mission between the Joint Rescue Coordination Centre and the



Canadian Coast Guard Rescue Specialist Wesley Scott administers medical assistance to S3 Dunbar during a first aid exercise.

Photos by S3 Vandal/HMCS *Whitehorse*

Canadian Coast Guard. After three years on the job, it was his first experience in a Royal Canadian Navy vessel. He remarked it was "enjoyable and interesting."

The relationship between the navy and the Coast Guard is a long standing one. The Canadian Armed Forces works with search and rescue partners at the federal, provincial, and municipal levels to improve collective search and rescue efforts, and promote education and training to prevent incidents from occurring.

Twice a year, a warship from Maritime Forces Pacific embarks a Coast Guard search and rescue specialist when deployed along the coast to provide aid to any marine issues. In the event of an emergency, it is the rescue specialists' job to provide emergency search and rescue expertise.

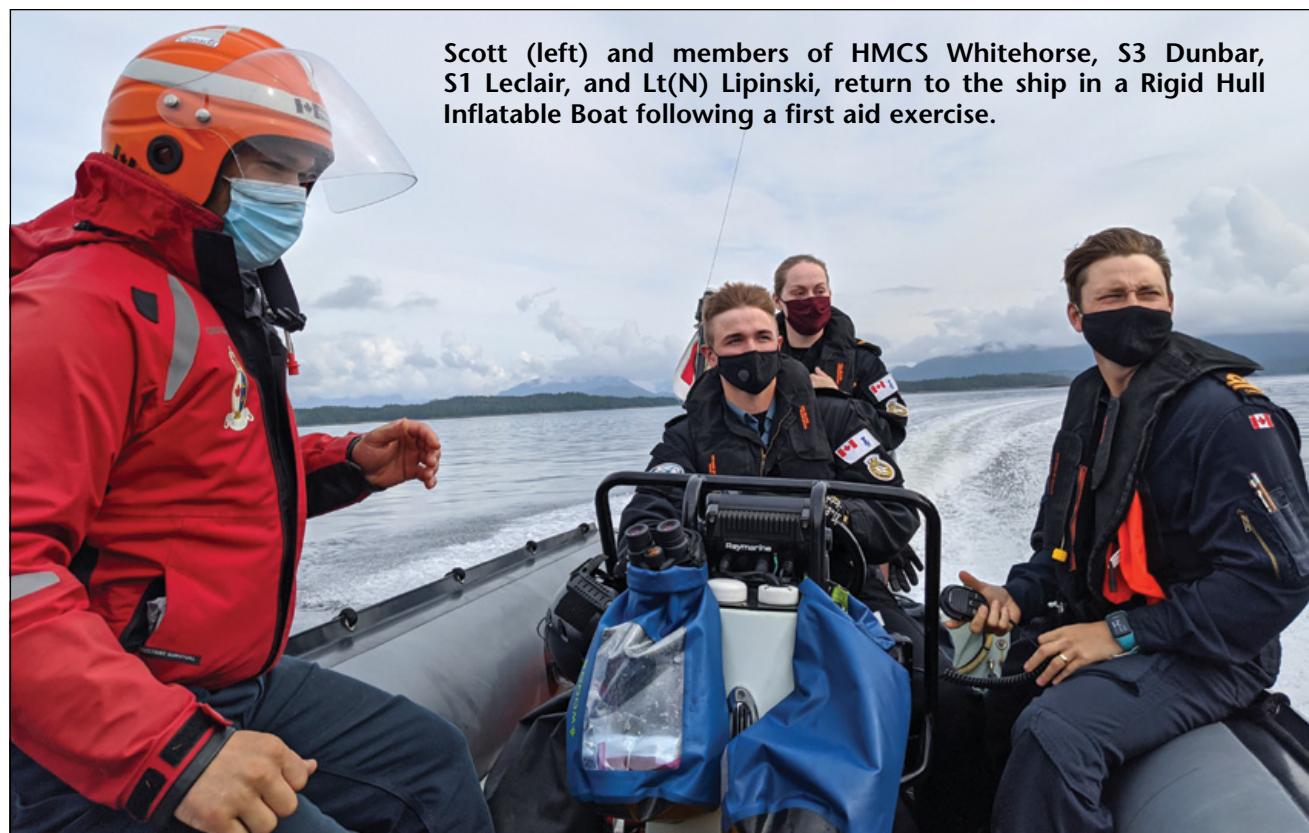
"This program between the Coast Guard and navy is a great example of cooperation, and provides a valuable service to remote coastal communities," said LCdr Chura.

A typical shift rotation for Scott is 28 days on, 28 days off. That means long stretches away from home, but the job rewards outweigh the challenges, he says.

He is trained on first aid procedures, medical response, mass casualty events, operation of a Rigid Hulled Inflatable Boat, and high angle rescues, or as Scott puts it, "Just about anything else that could happen on the water."

While on board *Whitehorse*, he worked closely with the Physician Assistant, and helped the crew with a shoreline cleanup of Kitasu Bay, north of Bella Bella, where they removed 1,000 lbs of derelict fishing gear from the beach.

"The ship's command was very accommodating to my requests and were exceptionally competent in their roles running *Whitehorse*," said Scott. "The crew have been very welcoming to this SAR program and all the training we have completed will help me prepare for future events throughout my career."



Scott (left) and members of HMCS *Whitehorse*, S3 Dunbar, S1 Leclair, and Lt(N) Lipinski, return to the ship in a Rigid Hull Inflatable Boat following a first aid exercise.



Robin&AJ
Good morning. Good times.



At the Department of National Defence, military partners can now be considered as a hiring option ahead of other candidates, with the exception of those with priority entitlements or preference, if they meet all of the essential qualifications for the job.



Military spouses move to the top of hiring list

DND

The Department of National Defence is making it easier for military spouses and common-law partners to find secure and meaningful jobs.

The recently expanded Military Spouse Employment Initiative has opened up opportunities across the entire federal public service.

The average military family relocates three times more often than the average Canadian family. This means uprooting their lives, changing their routines, and encountering new challenges on a regular basis. As a result, it can be very challenging for partners of serving members to secure continuous and meaningful employment.

To help address this challenge, the Department of National Defence created the Military Spousal Employment Initiative in 2018 to identify job opportunities in the department. The expansion has now opened up job opportunities in the entire Public Service.

The initiative has already proven to ease some of the stress felt by many military families.

"I'm very grateful for my job, and I definitely wouldn't have it if it wasn't for the Military Spouse Employment

Initiative," said Justine Walker, who works as a compensation assistant at National Defence.

A military spouse, Walker says her full-time position gives her security, both now and in the future.

"When we get posted again, I'll have options for transferring my job, finding a new job, or putting my job on hold while on a temporary posting. My employer is across Canada, and there are many opportunities to grow within the Department of National Defence community. I feel extremely secure in my career, and I'm proud to be contributing to my own pension and making a career for myself."

At the Department of National Defence, military partners can now be considered as a hiring option ahead of other candidates, with the exception of those with priority entitlements or preference, if they meet all of the essential qualifications for the job.

The inventory is open exclusively to spouses and common-law partners of serving Canadian Armed Forces members, who either live at the military member's place of duty or live separately for military reasons. The Canadian Armed Forces member must belong to the Regular Force or to the

Reserve Force on Class C service or Class B Reserve service of more than 180 consecutive days. Those who meet the above criteria are eligible to apply online to the inventory.

The pool of talent includes many streams such as information management and information technology, procurement, materiel management, language teaching, health services, administration, and general services, as well as general trades and labour.

The Military Spousal Employment Initiative is a complement to a wide range of services available to military spouses through Canadian Forces Morale and Welfare Services and local Military Family Resource Centres. These services include the flagship Military Spousal Employment Network launched in 2018.

The Military Spousal Employment Network boasts over 3,200 military spouse participants and showcases national and virtual employers interested in hiring military spouses through an online platform, virtual and in-person.

Last year, just over 25 per cent of military spouses who participated were hired through the Military Spousal Employment Initiative.

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Fire Prevention Week

OCTOBER 4-10

The CFB Esquimalt Fire Department has teamed up with the National Fire Protection Association® (NFPA®) — the official sponsor of Fire Prevention Week for more than 90 years — to promote this year's Fire Prevention Week campaign, "Serve Up Fire Safety in the Kitchen!™"

The campaign educates people about simple but important actions they can take to keep themselves and those around them safe.

Cooking is the leading cause of home fires and home fire injuries in Canada. The majority of reported home fires start in the kitchen with the ignition of food or other cooking materials.

"We know cooking fires can be prevented," said Lorraine Carli, vice-

president of outreach and advocacy at NFPA. "Staying in the kitchen while cooking, using a timer, and avoiding distractions such as electronics or TV are steps everyone can take to keep families safe in their homes."

CFB Esquimalt Fire Department has safety tips to keep you from having a cooking fire:

- Never leave cooking food unattended. Stay in the kitchen while you are frying, grilling, or broiling food. If you have to leave, even for a short time, turn off the stove.

- If you are simmering, baking, roasting, or boiling food, check it regularly. Remain in the home while food is

cooking, and use a timer to remind you that you're cooking.

- You have to be alert when cooking. You won't be alert if you are sleepy, have taken medicine or drugs, or have consumed alcohol that makes you drowsy.

- Always keep an oven mitt and pan lid nearby when you're cooking. If a small grease fire starts, slide the lid over the pan to smother the flame. Turn off the burner, and leave the pan covered until it is completely cool.

- Have a "kid-free zone" of at least one metre around the stove and areas where hot food or drink is prepared or carried.

For more general information about Fire Prevention Week and cooking fire prevention, visit www.fpw.org.

ADVERTORIAL

Condo owners take note – be fire safety informed

Daniel Cramer
Sterling Fire & Associates Inc

On board ship, everyone plays a role in fire prevention and response. For sailors, protecting shipmates is near and dear, both personally and professionally.

The information required for building a targeted and effective response to any emergency (in any space) is readily available on board each ship. That same attitude, knowledge, and skill set is just as valuable at home.

Moving into a strata building can be reassuring as you become a member of a larger community, with the expectation the group will be well cared for.

With that said, it is important to keep informed about what the fire safety situation is within that community.

It is important that monthly and annual fire alarm system inspections are performed promptly and precisely. Owners and tenants should understand any and all of the building's fire protection sys-

tems and their operation, be aware of pull station locations and evacuation routes, how and to whom to report a fire hazard, and understand what precautions should be implemented in the event of an inoperable or temporarily shut down fire alarm system.

These are all important steps toward crafting and understanding a Fire Safety Plan.

A well-crafted Fire Safety Plan clearly lays out what aspects of fire prevention and response are the responsibility of the building's owners and authorized agents, the qualified contractor, or the fire department.

Better understanding of the responsibilities of these parties is necessary for taking early and substantial action to avoid loss of life, as well as to mitigate risk to the owners.

The B.C. Fire Code mandates that Fire Safety Plans be updated annually.

Sterling Fire and Associates Inc is a bridge between fire departments, city inspectors, engineers, and



building owners. From this broad base of support, they are equipped to handle life safety system evaluations, as well as fire alarm system design, engineering, installation, and replacement. They also build targeted and effective fire safety plans for protecting their clients' families and buildings and help diminish the risk of application.

They provide these services while taking the time to actively engage clients in the process, including explaining why each step is being undertaken.

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*Source: Fitzgerald, K. D. (2006). Carbon Monoxide. In M. D. Peterson, Small Animal Toxicology (Second Edition) (pp. 619-628).



Scott Stewart, host of fishing show *Reelistic Outdoors*, displays a Lake Trout he caught in June 2018 on Cunningham Lake, B.C. Stewart, a lifelong fisherman and conservationist, says he tries to return each fish he catches safely back to the water.

Photo by Jeff Christensen

VETERAN 'REELISTIC' ABOUT NEW FISHING SHOW

Peter Mallett
Staff Writer

Unlike the tall tales of most fishermen, LS (Retired) Scott Stewart really has caught a big fish.

That's because the former Royal Canadian Navy sailor has turned his life-long love of fishing into a television show called *Reelistic Outdoors*.

"I always knew I would host a fishing show," says Stewart. "When I was young, I used to watch the *Red Fisher Show* every weekend. I realized from that point I wanted to host a show."

His fishing-themed show debuted on specialty cable channels the Sportsman Channel and World Fishing Network in late September.

"It's a great feeling to know my show is now going to be seen by a much wider audience."

Six previous seasons of *Reelistic*

Outdoors have aired on Shaw Cable local community television channels.

The show, he says, has been nearly half a century in the making.

His father James Stewart, who also served in the navy, took Stewart on his first fishing trip in the 1970s in Cambridge, ON. Stewart says he was "hooked" from then on.

"My father taught me to fish and I just excelled from there. I loved how beautiful fish were, the fight you get from them while reeling them in, and learning to use the correct gear to catch them."

He has already filmed the first 13 episodes of this 26-episode season. He kicks it off by taking viewers on a helicopter trip to Hook Lake, nestled in B.C.'s Rocky Mountains. He has also filmed episodes on location in Saskatchewan and the Yukon and plans to visit the Northwest

Territories later in the season.

"Throughout the season I will fish from a helicopter, a jet boat, an ocean boat, and in one episode I build a wagon and pull my boat five kilometres to the destination. I do fly fishing, jigging, deep water ocean fishing, and freshwater fishing and I will even head to the far north to do some ice fishing later this autumn."

Stewart, 55, lives near Prince George, B.C. with his wife and daughter. He works as a Telecommunications Analyst with health care provider Northern Health. When he isn't working, he prepares his show and fishes the streams and rivers nearby.

It is a one-person show with Stewart writing each script, playing host, directing, filming

with many cameras, and editing.

"When I am filming, I try to treat the camera as if it were an individual viewer sitting with me on the boat. I also try to make the focus just as much about the unique process of getting to each location, instead of being all in your face and 100 per cent focused on fishing techniques."

Previous episodes of *Reelistic Outdoors* can be viewed on Stewart's Facebook page, which has over 25,000 followers since it launched seven years ago.



My father taught me to fish and I just excelled from there. I loved how beautiful fish were, the fight you get from them while reeling them in, and learning to use the correct gear to catch them."



Stewart displays a Pacific Snapper he reeled in during a fishing trip near Prince Rupert, B.C.

Photo by Scottie Martin, CEO Canadian Fishing Network

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Mariah Kelly is jubilant after a strong finish.

ELITE RUNNERS PROVIDE 'golden' opportunity at run clinic

Peter Mallett
Staff Writer

Two elite distance runners with ties to Canada's Olympic program will put their coaching skills to work in an upcoming clinic for runners at the base.

Erin Teschuk and Mariah Kelly will provide instruction in running performance and training techniques to participants of all experience levels in four hour-long clinics. They begin Wednesday evenings Oct. 28 and run weekly until Nov. 18 at various locations across Victoria.

"I am incredibly excited to work with military members for this run clinic," said Teschuk. "That's because I know they embody a lot of the qualities that elite athletes possess - mental toughness, great work ethic, and the ability to set high goals and work towards those goals daily."

The program is one of the many offered by Personnel Support Programs Recreation department.

Both Kelly and Teschuk were working towards being chosen to participate in the 2020 Tokyo Olympic Games in July. However, their Olympic dreams were scuttled as the Games were postponed until next summer due to the global pandemic.

"I hope to show athletes that even though running is challenging it can also be incredibly fun and rewarding," said Teschuk. "Mariah and I both know the importance of being adaptable and that everyone has different strengths and weaknesses and

it is extremely important for coaches to recognize that."

There are a limited number of spaces available for the 4 Week Fall Run Clinic, with costs ranging from \$49 to \$54. To sign-up go to <https://www.cfmws.com/esquimaltpub>

Impressive Credentials

Both athletes are members of local running club Vic City Elite, which is coached by Athletics Canada Coach, Heather Hennigar.

The two have their own coaching business called Fitness

4 You, where they provide online and in-person coaching programs to athletes of all levels.

Teschuk is a long-distance runner from Winnipeg. She was a member of Canada's 2016 Olympic team and specializes in the Steeplechase, 3,000m, 1500m, and five-kilometre races. She represented Canada at the 2015 Pan American Games and competed in the International Amateur Athletics Association (IAAF) World Championships that same year.

The two-time Canadian track and field champion is also a professional runner.

Kelly, 29, is a professional middle-distance runner originally from Niagara Falls. She is currently ranked 57th in the world in the women's 1500m event.

After graduating with a degree in Health Science in 2015, and becoming a standout on the Baylor University track, Kelly signed a professional contract with New Balance in 2017.

She won a bronze medal at the Canadian World Trials in the women's 1500m. That put her in the running to join Canada's World Indoor team. She was also put on the runners up selection list for this year's Olympic Games.



In the centre, Erin Teschuk following a medal winning race.



From left to right: Commander (Cdr) Cameron Miller, incoming Commanding Officer of HMCS Malahat; Captain(N) Patrick Montgomery, Naval Reserve's West Region Captain; and Cdr Gregory Walker, outgoing Commanding Officer, sign the formal Change of Command certificates during the Change of Command Ceremony at HMCS Malahat on Sept. 19.



HMCS Malahat Change of Command

SLt Donald Den
HMCS Malahat PAO

On an overcast Saturday afternoon, selected members of the ship's company of *HMCS Malahat*, as well as a small number of immediate family and guests, gathered two metres apart on the drill deck for the Change of Command Ceremony between outgoing Commanding Officer, Commander Gregory Walker and the incoming Commanding Officer, Commander Cameron Miller.

The Sept. 19 ceremony was presided over by Special Assistant to the Direct General – Naval Strategic Readiness, Capt(N) Patrick Montgomery.

Accompanying Capt(N) Montgomery was *Malahat's* new Honorary Capt(N), Her Honour, Janet Austin, Lieutenant Governor of British Columbia.

This was an unusual change of command for *Malahat* with COVID-19 health and safety regulations in place. Absent was the traditional Honour Guard, parade, and larger crowds, as only a chosen few members of the ship's company and family members could attend.

In his outgoing speech, Cdr Walker expressed his pride in the ship's company's ability to persevere and thrive in these chal-

lenging times, highlighting that it was a "testament to *Malahat's* resiliency and adaptability to observe the time honoured tradition of the change of command ceremony during this time."

Cdr Walker presided as Commanding Officer for two years, including the beginning of the COVID-19 pandemic and the commencement of Operation Laser.

He acknowledged the "strange and adverse times" the Naval Reserve and all of the Canadian Armed Forces have found themselves in now. He said it has been an amazing two years, adding "it has been a joy to come to work and see the dedication and professionalism from each and every one of our ship's company."

Replacing Cdr Walker is Cdr Miller, who, in addition to having a naval career dating back to the 1980s as a naval communicator, is also the Detachment Commander for the RCMP in the City of Nanaimo.

In his incoming speech, he thanked the navy for the

appointment and those meaningful individuals in his life that helped him reach this point.

Also acknowledging the challenging times, he said he would "continue to work for everyone to ensure we move forward in a safe manner with a workplace that is representative of our community and country, free of harassment and discrimination."

The sentiment was echoed by LGov Janet Austin in her remarks.

"The future of the Forces will reflect the rich diversity of gender, race, ethnicity, culture, sexual orientation, and ability that com-

prises Canadian society."

In addition to the change of command, *Malahat's* Change of Appointment also took place, as Chief Petty Officer Second Class William Seed replaced CPO2 Al van Akker as Coxswain of the unit.

Following the speeches and the official signing ceremony, Cdr Walker presented flowers to his wife, and Cdr Miller presented Cdr Walker a hand-made paddle, along with a nautical telescope – gifted on behalf LGov Austin and *Malahat's* ship's company.

Traditionally, the change of command would conclude with

the entire ship's company saluting the outgoing commanding officer on the jetty as they were "rowed ashore" in a boat by a ceremonial company of officers.

In this case, due to COVID-19 regulations, Cdr Walker was "taken ashore" on board a Rigid Hull Inflatable Boat while being saluted from the jetty by all those present.

To conclude his acceptance of the new role and responsibility as *Malahat's* commanding officer, Cdr Miller turned to the Reviewing Officer, saluted, and proudly proclaimed, "Captain Montgomery, I have the watch."



Cdr Walker departs in a Rigid-Hull Inflatable Boat as part of the Cheer Ship "Rowing Ashore" tradition at the end of the change of command ceremony.

Photos by S1 Sisi Xu, MARPAC Imaging Services, Esquimalt

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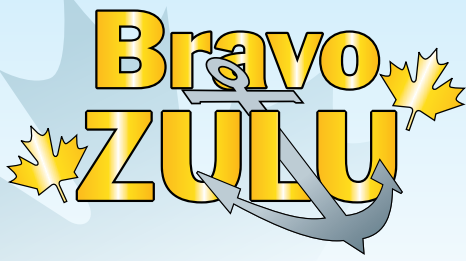
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Naval Fleet School Pacific Awards and Presentations

made by Cdr Annick Fortin, Naval Fleet School (Pacific) Commandant



CPO2 Kranz is awarded the Special Service Medal (SSM) Expedition for Operation Poseidon Cutlass 17-1 in HMCS Ottawa.



MS Pillar is awarded the SSM Expedition for Operation Projection in HMCS Winnipeg.



PO2 Buckoll is awarded the SSM Expedition for Operation Projection in HMCS Winnipeg.



PO2 Haines is promoted to his current rank.



PO2 Johnson is awarded the Canadian Forces' Decoration for 12 years of good conduct.



PO2 Johnson is promoted to his current rank.



S1 Andres is awarded the SSM Expedition for Operation Projection in HMCS Vancouver.



S1 Beliveau is awarded the SSM Expedition for Operation Projection in HMCS Vancouver.



S1 Berardi is awarded the SSM Expedition for Operation Projection in HMCS Winnipeg.



S1 Deschamps is awarded the SSM Expedition for Operation Poseidon Cutlass 17-1 in HMCS Ottawa.



S1 Gastonguay is awarded the SSM Expedition for Operation Projection in HMCS Vancouver.



S1 Hodgkinson-Crook is awarded the SSM Expedition for Operation Projection in HMCS Vancouver.



S1 King is awarded the SSM Expedition for Operation Poseidon Cutlass 17-1 in HMCS Ottawa.



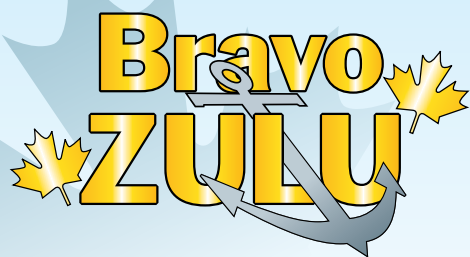
S1 Knight is awarded the SSM Expedition for Operation Poseidon Cutlass 17-1 in HMCS Ottawa.



S1 Mason is awarded the SSM Expedition for Operation Poseidon Cutlass 17-1 in HMCS Ottawa.



S1 Nickerson is awarded the SSM Expedition for Operation Poseidon Cutlass 17-1 in HMCS Ottawa.



Naval Fleet School Pacific Awards and Presentations

made by Cdr Annick Fortin, Naval Fleet School (Pacific) Commandant



S1 Pinder is awarded the SSM Expedition for Operation Projection in HMCS Vancouver.



S1 Rigby is awarded the SSM Expedition for Operation Poseidon Cutlass 17-1 in HMCS Ottawa.



S1 Sampson is awarded the SSM Expedition for Operation Poseidon Cutlass 17-1 in HMCS Ottawa.



S1 Trybuch is awarded the SSM Expedition for Operation Projection in HMCS Ottawa.



S1 Weber is awarded the SSM Expedition for Operation Projection in HMCS Vancouver.



S1 Wynne is awarded the SSM Expedition for Operation Poseidon Cutlass 17-1 in HMCS Ottawa.



S2 Parker is awarded the SSM Expedition for Operation Projection in HMCS Vancouver.



S1 Vivian is awarded the SSM Expedition for Operation Projection in HMCS Calgary.



HMCS Saskatoon Change of Command

Above: Lieutenant Commander Sean Kelly (right), outgoing Commanding Officer; Cdr Lawrence Moraal (center), reviewing officer; and Lieutenant Commander Nadia Shields, incoming Commanding Officer, sign the change of command certificates.

Top right: LCdr Shields addresses the group gathered on the ship.

Bottom right: LCdr Kelly addresses leadership, friends, family, and crew before departing as HMCS Saskatoon's captain.

Photos by Corporal Jay Naples, MARPAC Imaging Services



Bravo Zulu



S1 Henderson receives a Commandant Bravo Zulu from Cdr Annick Fortin, Naval Fleet School (Pacific) Commandant.



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& ANTHONY JOHNSON

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No pre registration is required. This event is open to the MARPAC Defence Team (CAF members, their families, and civilian employees). Click on the link and you should be taken directly to the event's waiting room. The meeting ID and password are provided as another way of logging on.



In recognition of Healthy Workplace Month, Dr. James Makokis and Anthony Johnson will expand on what it means to be Two-Spirited, some of the challenges they have faced, and share what it was like to be contestants (and winners) on Season 7 of Amazing Race Canada.

Dr. James Makokis and his partner Anthony Johnson recently became the first Two-Spirit team to compete on the Amazing Race Canada and are both getting national attention for their participation on the show, while bringing new awareness to gender, sexuality and First Nation issues.

Dr. Makokis will provide inspirational stories and practical insights on his own experience in being excluded and segregated as a First Nation and Two-Spirit person. He offers practical insights for teaching others about the importance of culture, spirituality, health, self-confidence, community access, support, and the development of policies to help improve the quality of life for Indigenous and LGBTQ2S+ peoples. Dr. Makokis has faced off with many Government leaders and is at the forefront of shifting Government and individual's perspectives on Indigenous and Non Indigenous best practices.

Anthony Johnson graduated from Harvard University with a Bachelor of Arts in 2008. Johnson's life has been full of dedicating his career and his time to countless numbers of non-profit organizations, social movements, and councils. He has recently taken time to slow down and reconnect with his Navajo Heritage. Ideally he would have found work on the reservation, but because the unemployment rate is around 48.5%, it was next to impossible. Thus, he earned money by providing whatever services he could to whoever they would help. Though this initially started as a means to an end, it turned into a meaningful life experience that has taught him the power of connecting with others. Johnson's story is one of hope, overcoming adversity, dealing with racism, activism, community engagement and success.



Questions? Email Claire.Grant@forces.gc.ca