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Photo by PO2 Bradley Settle, HMCS Whitehorse

# TRIDENT FURY

Sailor Second Class Joshua Hustins at the helm of HMCS Whitehorse during exercise Trident Fury 2020. The exercise took place Nov. 30 to Dec. 13 off the coast of western Vancouver Island, as well as in the vicinity of Constance Bank, and the southern Gulf Islands. It involved HMC Ships Regina, Calgary, Nanaimo, and Whitehorse, Fleet Diving Unit (Pacific), the Naval Tactical Operations Group, 443 Maritime Helicopter Squadron, 407 Long Range Patrol Squadron, as well as U.S. Coast Guard Cutter Blue Shark.

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# Happy Holidays from the Auchterlonies



**Rear-Admiral Bob Auchterlonie, Commander Maritime Forces Pacific, and wife Tammy Auchterlonie holding Daisy, the family dog.**

Interesting is one way to describe this last year. Challenging is another. 2020 has presented us all with many opportunities to adapt and overcome, and despite the many obstacles we have had to work through, I am proud of every one of our Defence Team members for the high level of professionalism and readiness you have been able to maintain.

Again this year, we were able to conduct a successful Remembrance Week; honoring our veterans while literally navigating pandemic restrictions by having *HMC Ships Brandon* and *Saskatoon* as well as Patrol Craft Training Vessels *Renard*, *Moose*, and *Cougar* sail past the Vancouver Island shoreline from Sidney to the West Shore to commemorate Remembrance Day. The move to virtual ceremonies to maintain safety was necessary and given that this year marked the 75th anniversary since the end of the Second World War and the Battle of the Atlantic, our efforts were all the more important.

I am very proud of the team at Fleet Maintenance Facility Cape Breton who worked tirelessly to push through many pandemic-related hurdles to ensure our ships and submarines remain ready for the challenges that always lie ahead. This military and civilian workforce, working side by side (but six feet apart) has kept us fighting fit and I thank them for their dedication.

Across Maritime Forces Pacific and Joint Task Force Pacific, the team continued to excel and we stayed on mission. We have cleared mountain passes on Operation Palaci, deployed *HMCS Winnipeg* successfully on RIMPAC, and Operations Projection and Neon. We conducted two Task Group Exercises putting the majority of our ships to sea, and maintained our ability to force generate for pandemic related requests on Operation Laser. While always prepared to meet our core mission, Operation Vector, the Canadian Armed Forces' assistance to the Public Health Agency of Canada for the dis-

tribution of the COVID 19 vaccine, is the latest mission in which we will have a part and I have every confidence that we will succeed in that as we have every time we are asked to help our fellow Canadians.

I am grateful to all of our members who are working through the holidays both here at home and abroad. Your dedication to duty is what keeps us prepared and safe.

Please remember to keep our deployed members in your thoughts, and to check in on your shipmates locally as the holidays can be a difficult time for many.

Christmas will be different this year given the pandemic. I encourage you all to follow safety guidelines and keep your bubble small as you get some well-earned time to relax and refresh yourselves.

From my family to yours, please have a safe, relaxing, fun, and Merry Christmas. Let's look forward to a New Year where, just maybe, we can shake hands, hug, and see each other more often.

## Season's Greetings

As 2020 draws to a close, I find myself reflecting on the past year – one that has been unexpected and challenging, but a year that has also demonstrated that we are a resilient Defence Team that delivers world-class support.

In the midst of a global pandemic, a large part of our workforce remained in the workplace to ensure the Base was able to continue to support operations and service delivery. Business resumption plans were implemented that protected the health and safety of our teams and enabled us to continue supporting the increasing operational needs of the fleet while simultaneously sustaining Operation Laser requirements. CFB Esquimalt rose to the challenge and you can be proud of what you accomplished!

With some members of our Defence Team shifting to remote work, we had to get creative with how to remain a connected and effective workplace. When we couldn't hold meetings in person, we collaborated and coordinated virtually through Zoom and Microsoft

Teams. We leveraged new supply chain technologies to get critical materiel to where it needed to be faster, and embraced digital transformation as our advantage!

When we couldn't celebrate Remembrance Day with our shipmates and honoured veterans, wreaths were laid at every cenotaph in the region with services being broadcast live and a sail past conducted so that we could still pay our respects while remaining physically distanced.

Despite the hardships that 2020 brought, it also showed each and every one of us what it truly means to adapt and overcome. Whenever possible, we continued to extend our support to the many community organizations that rely on our help. We can say that despite all the difficulties encountered over the last year, we lived up to our motto of Support for All!

Given how we have effectively managed the global pandemic of our time, now is not the moment to let our guard down. As the province maintains heightened restrictions and asks us to keep to our household bubbles over

the holidays, I urge each of you to consider how you can safely connect with your loved ones while respecting the public health measures in place. I know it is hard to think of a holiday season spent without the traditional festivities and surrounded by loved ones, but we have already demonstrated the many ways that we can be together, while apart. Please reach out to one another virtually, and take care of each other as we prepare to celebrate the miracle of this holiday season with kindness and care to protect each other, our families, and our community.

This time of year can be a hard time financially for some, add in a pandemic and many people are experiencing greater need than usual. Local charities have also been hit hard as normal fundraising events have been postponed or cancelled, at a time when more people than usual need support. As members of the Defence Team we have been fortunate enough to maintain steady work and income throughout this year, which is not the case for many who were affected across



**Capt(N) Sam Sader, Base Commander, spouse Irena Sader and their son Armand.**

the community. Through the generosity of our Defence Team members we have raised more than \$161,000 for our National Defence Workplace Charitable Campaign; Bravo Zulu and thank you to everyone who has contributed this year! It's not too late to make a contribution. If you have the means, please consider donating to this

year's campaign which is still ongoing. Even a small amount can go a long way in making someone's holiday a bit brighter.

From my family to yours, we wish you a very Merry Christmas this holiday season, and a healthy, happy new year!

**Captain (N) Sam Sader  
Base Commander**





Turnstiles will be similar to the full body turnstile pictured here.

## New turnstiles poised to improve safety, traffic flow

**Peter Mallett**  
Staff Writer

COVID-19 has accelerated the installation of the first of three new turnstiles at CFB Esquimalt.

Now people can exit HMC Dockyard on the right side of Hospital Road at any time. Previously, the wrought iron gate was only opened during peak hours and required a Commissionaire to control access.

"At the end of the work day, thousands of people leave the base both by car and by foot, all competing for the same space," said Lt(N) Brent Limbeek, Acting Base Operations Officer. "The idea of installing turnstiles had been looked at in the past, but the priority was significantly increased with the requirement for physical distancing."

One visible health and safety feature is copper sleeves fitted over the turnstile's touch points. The ogliodynamic effect, a property naturally occurring in copper, brass, and other heavy metals, significantly reduces the lifespan of bacteria and viruses on the metal's surface and has been used since ancient times in goblets, poultices, cookware, and currently on high-touch surfaces in hospitals.

"While this does not eliminate the need for proper hand washing and other protective health measures, the added copper sleeves are about taking all reasonable efforts to mitigate the spread of COVID-19 and other viruses in high traffic areas," said Lt(N) Limbeek.

A second turnstile will be installed near Y jetty. It will allow sailors working in the

fleet's Maritime Coastal Defence Vessels a way out to the Naden side of the base on foot after the commissionaire has closed the gate for the evening, eliminating the long trek to the Dockyard main gate.

A third turnstile will be installed at the northern edge of Naden, replacing the wrought iron ornamental gate near the intersection of Colville and Admirals Roads.

The ratcheting mechanism allows pedestrians to move out of the base freely but does not permit re-entry. The added convenience for sailors still maintains the base's security posture while reducing the annual cost to the base's security budget.

Local firm Farmer Construction have been contracted for the installation, which is overseen by Real Property Operations Pacific.

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## WHO WE ARE

### MANAGING EDITOR

Melissa Atkinson 250-363-3372  
melissa.atkinson@forces.gc.ca

### STAFF WRITER

Peter Mallett 250-363-3130  
peter.mallett@forces.gc.ca

### PRODUCTION

Teresa Laird 250-363-8033  
production@lookoutnewspaper.com

Bill Cochrane 250-363-8033  
workstation3@lookoutnewspaper.com

ACCOUNTS/CLASSIFIEDS/RECEPTION  
250-363-3372

### SALES REPRESENTATIVES

Ivan Groth 250-363-3133  
ivan.groth@forces.gc.ca

Joshua Buck 250-363-8602  
joshua.buck@forces.gc.ca

Brad Schneider 250-880-2705  
lookoutnews1@outlook.com

### EDITORIAL ADVISORS

SLt Michelle Scott 250-363-4006  
Katelyn Moores 250-363-7060

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## HMCS Star delivers duff and boosts morale this Holiday Season

S1 Alejandro Martinez-Chaves and his family happily receive their duff box from PO2 David Street.



**S1 Bill Jethro Bagunu**  
HMCS Star

Festive dinners in the Royal Canadian Navy (RCN) are ripe with tradition and holiday cheer.

On Saturday, Dec. 5, Naval Reserve Division *HMCS Star's* Festive Dinner tradition continued, albeit a little differently. Due to the ongoing pandemic, only a limited number of sailors were able to attend this year's festivities.

Festivities began with promotions, awards and presentations. Well-earned medals were awarded for service in various operations including Caribe, Reassurance and Projection. Commissioning scrolls and certificates of recognition were provided and acknowledged by Lieutenant-Commander Marie-Sonya Sowa, *Star's* Commanding Officer.

Normally, the festive dinner, the Officers, Chiefs, and Petty Officers would serve the Junior Ranks a complete turkey dinner prepared by *Star's* Galley. COVID-19 restrictions prevented the unit from gather-

ing for these festivities, leading the Command Team to adapt the plan and find a new way to continue the tradition of serving its junior sailors while following health regulations.

So, the concept of Duff Boxes was born, with the unique catch phrase of 'Duff No Duff'. 'Duff' being naval slang for desserts; 'No Duff' meaning it's not a drill, it's for real.

This included the senior leadership delivering boxes of cookies and sweets with signed cards from the Commanding Officer to the houses of junior sailors, staying true to the tradition of leadership serving its junior ranks during the festive season.

"I love it! For us the festive dinner is an opportunity for the sailors to be treated from the Officers, Chiefs and Petty Officers; to recognize their efforts and allow them to be seated while we do the serving," said LCdr Sowa.

She ensured each vehicle was equipped with hand sanitizer and that physical distancing practices and mask etiquette were followed.

During duff box deliveries, S2



LCdr Marie-Sonya Sowa and S3 James Rupp swap jackets, a naval tradition dating back centuries.

Kelsey Labbé was promoted to S1 by LCdr Sowa. The rank of S1 is a milestone in any sailor's career and having her promoted despite pandemic restrictions was something that *Star's* Command Team viewed as the right thing to do.

"I was so surprised that all I could do was laugh and smile as I wore my mask and watched them change my epaulettes; needless to say, it rendered me practically speechless," said S1 Labbé, a musician at *Star*. "I felt appreciated, valued, and happy to kick off the season with a new rank on my shoulders."

Additionally, the Commanding Officer kept the tradition of switching ranks going with the

youngest sailor. She stopped by S3 Rupp's front yard to briefly swap jackets.

Throughout the day's festivities, all members of *Star* were able to experience it live via Microsoft Teams from the safety and comfort of their homes.

*HMCS Star* is a Naval Reserve Division located in Hamilton, ON. Its members fill diverse occupations including firefighting, real estate, teaching, and engineering. Additionally, *Star* is comprised of a large number of students in college and university. *Star* sailors also regularly contribute their time to the RCN and have been deployed on various operations around the world.



S2 Guillaume Levesque is promoted to the rank of S1 at HMCS Star.



S2 Kelsey Labbé receives a surprise promotion outside her house.



S1 Rachel Sicard is promoted to the rank of MS at HMCS Star.

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# HMCS Victoria legacy celebrated in new morale patch

**Peter Mallett**  
Staff Writer

Twenty years ago, the first of four Victoria-Class submarines was commissioned into the Royal Canadian Navy.

It was a cold Dec. 2 day in Halifax when Cdr Bill Woodburn, *HMCS Victoria's* commanding officer, declared the occasion "a great moment in Canadian history and a great navy day."

This year, to celebrate the submarine's 20th anniversary, a morale patch has been created for *Victoria's* submariners to wear on their uniforms starting Jan. 1, 2021.

"The idea for the morale patch started last year with our sailors wanting to commemorate the service of everyone who served in *Victoria* over the last two

decades," said LCdr Eric Isabelle, *Victoria's* current commanding officer. "The design of the patch will also serve as a reminder of *Victoria's* previous service as HMS Unseen."

The submarine first served the Royal Navy until it was purchased by Canada in 1998.

MS Allan Gauthier, one of *Victoria's* Weapons Engineering Technicians, created the patch design. He sketched his idea, and then turned it into a painting before submitting it to senior leadership for approval.

"It's quite an honour, humbling, and also intriguing to know my artwork has a legacy that will last forever," said MS Gauthier. "A morale patch is memorabilia that sailors and their families will hold on to forever. I wanted a chance to

make something that stands out, something that is unique and completely different."

Central to the patch is shield depicting a heraldic golden lion - a nod to HMS Unseen and its British heritage - holding *Victoria's* crown, which is central to the submarine's badge. It is designed like a family crest with the shield surrounded by maple leaves. At the top are Roman numerals XX denoting 20 years of service; at the bottom in a gold ribbon is *HMCS Victoria*.

Patches are intended to boost morale and unit pride. LCdr Isabelle says they are authorized for wear on the right shoulder of naval combat dress so long as they are in good taste, do not violate copyright, and follow specific dress guidelines.



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# Submissions, inquiries for independent review of the National Defence Act drawing to a close



**The Honourable  
Harjit S. Sajjan**

**Peter Mallett**  
Staff Writer

The deadline for inquiries and submissions to an ongoing independent review of specified provisions of the National Defence Act (NDA) is quickly approaching.

The Independent Review Authority is encouraging submissions from people who have an interest in the military justice system.

All submissions must be received by Jan. 8, 2021.

On Nov. 16, The Honourable Harjit S. Sajjan, Minister of National Defence, announced the appointment of former Justice of the Supreme Court of Canada, the Honourable Morris J. Fish as the Independent Review

Authority. Specified portions of the NDA that will be reviewed include those relating to military justice, military policing, police oversight, military grievances, and external review of grievances.

The NDA requires the Minister of National Defence to initiate an independent review of specified provisions of the act and their operation, and to table a report before Parliament. The statutory deadline to table the next report is June 2021.

The Government of Canada has conducted two previous independent reviews of the NDA. The first, in 2003, was overseen by the late Antonio Lamer, a former Chief Justice of Canada.

Justice Patrick LeSage,

retired Chief Justice of the Ontario Superior Court, tabled his review in 2012. His report made 55 recommendations: 35 pertaining to military justice, three specific to military police, six regarding the Military Police Complaints Commission, and 13 concerning the CAF grievance process.

*The LeSage Report* emphasized the key role of the chain of command in the military justice system and that "a critical component of the military justice system is the strong and effective functioning of the chain of command" and commented favourably on the summary trial process.

As the Third Independent Review Authority, the Honourable J. Fish will have complete access to DND

employees and CAF personnel, as well as the members and staff of the Military Grievances External Review Committee, the Military Police Complaints Commission, and the DND/CAF Ombudsman.

In a statement, Minister Sajjan said Fish will examine the military justice system and provide recommendations on how "we can continue to evolve the system so it reflects current Canadian values."

Inquiries and submissions should be addressed to Jean-Philippe Groleau at Davies Ward Phillips & Vineberg LLP. Submissions can be sent by mail to 1501 McGill College Suite 2600, Montreal, Que., H3A 3N9, by telephone at 514-841-6583 or by email at: [review.authority@dwvpv.com](mailto:review.authority@dwvpv.com)

*The NDA requires the Minister of National Defence to initiate an independent review of specified provisions of the act and their operation, and to table a report before Parliament.*



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## BETTY COLEMAN

# *Final moments were a celebration*

**Kimberley Kielley**  
Shilo Stag Newspaper

Classically trained opera singer Joslin Dennis sang to her grandmother Betty Coleman one last time on Nov. 24.

Betty Jean Coleman, a long-time resident of Brandon, Manitoba, died peacefully that day at home in Victoria, B.C., surrounded by family. She was 95.

She had chosen medically assisted death after a life-altering, inoperable injury that impacted life as she knew it.

Daughter Susan Romphf from Victoria, and son Bob Coleman of Kentucky were also with her when she died.

Betty was a former Honorary Colonel of 26 Field Regiment RCA, and patron of HMCS *Brandon*. She moved to Vancouver Island seven years ago from her beloved prairie home.

Her final moments were a celebration, said Romphf, adding it was important for her to die in her own bed in the apartment she called home.

An hour before she died, Betty and her daughter sipped chilled dry white wine from a box, waiting for the doctor, reminiscing with family members.

It was the perfect ending to a perfect day. Betty chose death on her terms, according to the family.

"It was beautiful," said Romphf, recalling the day. "My brother Bob had bourbon on ice on Zoom with his wife and three kids, while we waited for the doctor."

Betty decided choosing her own death after attending a seminar on

medically assisted death, rather than waiting for it to take her, said Romphf.

"Mum didn't shy away from discussing it. We had time to prepare. She was ready to go."

Her life was altered after a fall that broke her hip.

"She was backing up with her walker and sat down and landed on her bum in the kitchen. She phoned to tell me she'd fallen and refused to go to hospital. There was a show on TV she wanted to see," said Romphf.

Eventually, she agreed to seek

medical help. The injury was inoperable. Betty would face the remainder of her days from a bed.

From that moment on, she actively pursued the steps to plan her death, asking the emergency room doctor for the forms to begin the process.

"This was her life and she was going to live it the way she wanted to. I asked her if she was sure about her decision. She said, 'I've never been more sure of anything in my life.'"

Betty's remains will be interred in the summer or fall of 2021, with the burial ceremony taking place at St. Matthew's Cathedral.

"There won't be a service for mum until this [pandemic] is over," said Romphf. "I told her I wouldn't do it without her."

She will be interred beside the love of her life, Second World War veteran Jack Coleman, whom she married in 1949. Her husband died in 1987.

Besides her daughter and son, Betty is survived by her brother Jim Wankling, seven grandchildren, and eight great-grandchildren. She was predeceased by her husband and her brothers Bob and Jack Wankling.





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## Esquimalt Harbour remediation project reaches major milestone

**Katelyn Moores**  
Base Public Affairs

After months of work, the \$162.5 million Esquimalt Harbour Remediation Project reached a major milestone with the completion of remediation at the Y-Jetty and Lang Cove site in the summer.

The Remediation Project, which began January 2019, addressed contamination that had accumulated in the harbour seabed after almost 200 years of commercial, military, and industrial use.

This particular area was home to an operational shipyard from 1893 to 1994, most of that time known as Yarrows. In 1996, these lands were acquired by the Department of National Defence for \$1.

In its day, Yarrows Shipyard was a bustling business, building ships for the Royal Canadian Navy and Canada's Merchant Marine Service during the Second World War, and later vessels for BC Ferries – just to name a few.

Regrettably, contamination from shipbuilding and repair activities and log booming had a severe impact on the health of the harbour environment over the years.

“One of the greatest contributors to contamination at the Y-Jetty site was sandblasting operations, which were used to remove rust and paint from ship hulls,” explained Mike Bodman, Manager of Base Safety and Environment and Esquimalt Harbour Remediation Project Manager. “Unfortunately, this work was done at a time when

there was very little understanding of the effect it would have on the marine environment. So, metals and other toxic ingredients in the paint were allowed to enter the harbour and eventually settled in the seabed.”

Until recently, remnants of this sandblast waste could be seen in the black sand along the shoreline near Y-Jetty in Lang Cove. The area is now filled with clean sand from the Fraser River, just one of the positive improvements that has resulted from this project.

During the remediation of Y-Jetty and Lang Cove site, over 48,500 cubic metres of sediment was dredged from the seabed, a volume that would fill about 19.5 Olympic sized swimming pools. The removed sediment contained an estimated 14,341 tonnes of contaminants, including aluminum, copper, iron, lead, and mercury, which is equivalent in mass to approximately 7,164 sports cars.

The project team also removed 1,127 tonnes of debris from the sea floor. This debris included metal, timber, and concrete from what used to be a marine railway, as well as remnants of old jetty structures. In addition, more than 970 artifacts were recovered, consisting predominately of bottles and tableware.

To date, nearly 215,000 cubic metres of contaminated sediments have been removed from Esquimalt Harbour.

The removal of these contami-

nants will help provide a healthier, more diverse habitat for marine life, while also providing economic and environmental benefits to the surrounding community. One of the ways the project team is working to support the recovery of the ecosystem in Esquimalt Harbour is by adding angular rocks to the seabed to encourage kelp growth. Initial surveys have already revealed promising results.

“Drop camera surveys have shown kelp is recolonizing quite quickly within the project area,” said Bodman. “This is really encouraging as kelp is an important part of a healthy marine ecosystem and ultimately will help support our vulnerable local salmon populations. Kelp re-establishment is an important part of supporting a diverse and sustainable environment in a working harbour like Esquimalt.”

The Y-Jetty and Lang Cove remediation was also the first in Esquimalt Harbour to include a comprehensive Indigenous Benefits Plan as part of the contract. It was unique in that it

targeted training, employment, and procurement benefits specifically to the local Esquimalt and Songhees First Nations, in whose territory the work took place.

Through the Indigenous Benefits Plan, the prime contractor procured more than \$1 million in goods and services from the Esquimalt and Songhees First Nations in support of the project. In addition, the project created numerous employment and training opportunities for community members.

According to Bodman, the Y-Jetty and Lang Cove project team was honoured and grateful to collaborate with both Esquimalt and Songhees Nation to successfully establish this plan.

Additionally, over the duration of the project, remediation work across all sites supported approximately 225 jobs in the surrounding Esquimalt community.

“The Esquimalt Harbour Remediation Project is an important step forward in our government's commitment to protect the long-term health of

our oceans,” said Terry Beech, Parliamentary Secretary to the Minister of Fisheries, Oceans and the Canadian Coast Guard. “On top of the positive environmental and biodiversity impacts, this project created good-paying jobs for local communities, including members of the Songhees and Esquimalt First Nations. Moreover, it is helping clear the way for critical infrastructure upgrades at CFB Esquimalt, allowing the Royal Canadian Navy to have the tools and resources they need to keep Canadians safe. Through this project, we will see a healthier, cleaner, and more productive ocean environment for generations to come.”

Over the next three years, Base Safety and Environment will continue to monitor the project area, reporting their observations to the Department of Fisheries and Oceans. With encouraging signs already being seen throughout the harbour, the team is hopeful the positive results of the remediation project will only continue to grow in the coming months and years.



Circa 1993: “Black Beach” at low tide. The rust-streaked building is the former generator house. The blackened building is the sand blasting shed. View is from Lang Cove looking west.





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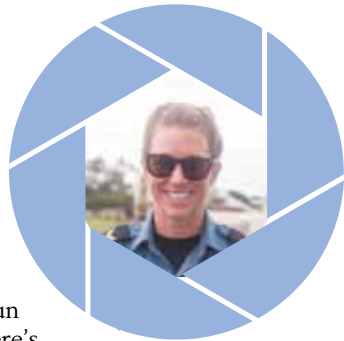
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HMCS WINNIPEG'S DEPLOYMENT FROM THE

# viewpoint of an image technician

51 Valerie LeClair, Imagery Technician



Being deployed on a warship comes with several challenges, including sea state, weather, a changing schedule, and stress.

These impact each department and each person in different ways. You really have to be adaptable to changing situations and stay on your toes. As an Image Tech on board HMCS Winnipeg, my biggest challenges have been timings, lighting, and sea state.

It's challenging to get steady imagery or B-Roll (supplemental footage to the main video) on a moving surface, especially when the shot you're going for only allows for a two-second time frame and you don't have a second chance if you fail the first.

Most photographers set up and prepare for their lighting, but on a moving platform that's almost impossible. A warship can take a turn at any time, and you often have to shoot in a very small space. I try to be as prepared as possible and keep three main lenses and a flash on me the majority of the time.

I've definitely worked some exceptionally long days. What people don't see is the invisible labour that goes into everything Image Techs do, like the Metadata, the tedious inputting of picture information into each image taken.

As well, B-Roll and A-Roll (main video) has to be edited down, which can take hours depending on the length of footage collected that day. Then, all imagery has to be approved by command and digitally sent ashore for another review process before being distributed and archived.

As most photographers know, lighting is key. It produces shadows and lets us see colour, which in turn is the bread and butter to fine photography. I'll be honest, I have lost interest in post-processing (video or photography enhancing) because the turn-around times can be tight, which doesn't allow for the creative post-processed images you see now-a-days.

But that also keeps me focused on capturing

images in-camera with as little post-processing as possible. I love seeing a raw image with dramatic lighting or colours that tell a story with no manipulation.

I was just returning off maternity leave when I was tasked with this deployment and I was a little terrified not having produced a full video since my videography course in 2017. During the first part of the sail – Intermediate Multi-ship Readiness Training and Rim of the Pacific Exercise – I was expected to create a Hammerhead video (unmanned surface targets used for training) requested by the Commodore.

I had to set up about seven GoPros around the ship and hope they wouldn't all die before the weapon systems engaged at the hammerhead target because the evolution continued over several hours. Luckily, we had two hammerhead shoots that gave me more than one chance to collect B-Roll footage for the final product. Thank goodness for that because the second hammerhead was sunk

after the sun had set. There's not much my cameras would have captured in that lighting without assistance from a second source of light; a flash was not an option nor would it have reached. All in all, I managed to put video together that made the shoot look like it went epically smooth.

There is no photography studio on board so I rigged up a work space that is called "the dungeon" with flashes, a paper box for seating, a reflector, and the proper backdrop for media portraits to be archived for the ship's company while deployed on this sail.

I love seeing people's faces light up when they see a video or image they like. Boosting morale on board has definitely been a highlight for me. I think Capt Chelsea Dubeau, Public Affairs officer on board, and I have gone above and beyond on this sail to keep morale high through the imagery produced and made available to the ship's company.



I think when an image triggers an emotion and tells a story, you've captured a moment well.

1. Air Detachment member looking through the round window. I like this photo because the lighting is more dramatic. This was the first time I saw the Cyclone helicopter take off from the ship. This was the very beginning of the sail where everything was new and I thought the image depicts the emotion of the moment.

2. A missile is launched from a warship. I've never seen this before, so it was pretty exciting. I got lucky to catch that missile from the foreign ship. They're extremely fast, so you only have a second or so to catch it once.

3. Flares from the helicopter: The CH-148 Cyclone conducting their flare jettison was a treat for me because I knew the image would be beautiful either way, but the time of day always helps.

4 and 5. Engineers and Welding: I love an image with different lighting that you'll never get twice. Most photographers know of a technique called, "painting with light" and the images always come out different. You'll never get one exactly the same (kind of like a snowflake or sunset/rise; they're always different) and I love that. These images remind me of that technique and most people haven't seen the engine spaces on board a warship, so showing these hard workers squeeze into tiny, hot spaces really shows their dedication to their trade.



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## FINDINGS OF COVID-19 DEFENCE TEAM SURVEY NOW AVAILABLE

### DND

The Department of National Defence (DND) and the Canadian Armed Forces (CAF) would like to thank the 27,000 Defence Team members who participated in the COVID-19 Defence Team Survey.

Your feedback and, especially, your candid comments have already begun to help inform organizational approaches to supporting personnel and their families as we navigate the COVID-19 crisis and as the organization prepares for the future.

The survey was designed to understand the experiences and requirements of Defence Team members stemming from the COVID-19 pandemic. The results highlight some of the challenges Defence Team members have faced, many of which are due to the substantial changes to work arrangements, concern about family members, and the added pressures of having to navigate daycare and school closures.

Despite these challenges, respondents expressed favourable views regarding the support they have received from their immediate super-

visors and from DND/CAF.

We will continue to monitor the needs of all personnel and provide the support required.

Since the start of the pandemic, DND/CAF have put into place programs and resources for members of the Defence Team in order to support their physical health and mental wellbeing. In addition to the already existing resources and support offered through the Canadian Forces Member Assistance Program and the Employee Assistance Program, we have taken further action. We have initiated several COVID-specific programs and created some helpful resources.

Rest assured we will continue to support our members as this situation evolves. Your responses to the survey are helping inform organizational decisions that will be critical to our continued operations, and our successful reintegration.

Results from the survey are now available to Defence Team members here: [www.canada.ca/en/departement-national-defence/campaigns/covid-19/mental-health/covid-19-defence-team-survey-findings.html](http://www.canada.ca/en/departement-national-defence/campaigns/covid-19/mental-health/covid-19-defence-team-survey-findings.html).





## BASE ADMINISTRATION PROFILE



### BASE ADMINISTRATION'S

# S1 Passy *Human Resource Administrator*

**2Lt Jamie Boparai**  
Base Administration

Not many people know at age sixteen which career they want.

For Sailor First Class (S1) Andrea Passy, she was attracted to the profession at arms well before then.

Her family baby-sat for a military member, and that person had a big influence in her life, she says.

"He spoke fondly about his trade as a naval communicator which influenced me, not only to join but to follow in his footsteps."

She joined the Primary Reserves with HMCS Unicorn in Saskatoon, SK, at 16. She needed parental consent as one must be at least 18 years old to join the Canadian Armed Forces Primary Reserves. But there are exceptions. To join so young, one must be enrolled as a full-time student and have parental permission.

"I think my parents were a little surprised at the time with me going in this direction, but they have always supported me. They were the ones that had to sign on the dotted line for my enrollment after all."

She trained to become a Naval Communicator, a trade that establishes

and maintains communication over Canadian and allied networks using various frequencies, lines of sight, and long-range satellite communications.

"I saw a lot of things at a young age that I might not have seen in the civilian world. Once a week we would come in for lectures and specialized training, such as seamanship and knot tying. On special occasions, we would even take a small RHIB out on the river for live training exercises. It was a lot of fun."

She got real sea time in HMCS Toronto during Operation Reassurance in 2014. That cemented her direction to go regular force, which she did a year later. However, because she joined at such a young age, her interests began to shift along with her personal competencies, traits, and attributes.

She applied for a Voluntary Occupational Transfer to the trade of Human Resource Administrator (HRA) and was accepted into her new trade in July 2020.

"I was looking for a change and HRA had a lot of qualities I feel like I possess. I really enjoy the administrative side of things, as well as customer service. I am very enthusiastic and personable, which makes HRA a great fit for me."

The drastic change in employment was

a bit nerve-racking, she says. However, just as she did at the age of 16, she went for it.

"I am glad I followed through. Working in my new environment has been really fulfilling."

Currently, she is employed at the Base Orderly Room (BOR) as an HRA in-training. She will complete her initial trades training in Borden, ON. While many courses have been paused due to COVID-19, the CAF has been swift in adapting to the situation, quickly making the necessary adjustments required by Provincial Health Authorities to resume the Force Generation of its members.

"At the BOR, they are training me as if I have already completed my initial courses, and this is helping me learn the skills needed for the job. I am becoming more confident with each passing day."

When pressed on what she's looking forward to the most in the future, S1 Passy reflects on her experiences with two former supervisors.

"They both taught me how to be myself and enjoy all that life has to offer, both personally and professionally. They led me down the path I am on today, and I look up to them and I aspire to one day display the leadership skills that they have."

## Support tomorrow's leaders today.

## Give to the Quadra Education Foundation



### Carrying on a family tradition at HMCS Quadra

Talia Krishka is the third generation in her family to attend HMCS QUADRA Cadet Training Centre in Comox: grandfather, Raymond Hill, in the 1970s; mother, Alana, in the 1990s; and more recently, sister, Tayne, and her have spent several summers there.

So, it was appropriate that Krishka, a first-year arts student at the Université de Saint-Boniface in Winnipeg, received the inaugural Richard McLaren Memorial Scholarship from the Quadra Education Foundation.

This \$1,000 scholarship was named in honour of Able Seaman Richard ("Dick") McLaren, who joined the Royal Naval Canadian Volunteer Reserve in 1914. He was one of the first 100 sailors to enrol in Canada's infant navy. During World War One, he served aboard HMCS SHEARWATER, HMCS NIOBE, and HMCS RAINBOW.

Like Krishka, HMCS QUADRA runs strong through the McLaren family. Richard's son, also named Richard, went there in the 1950s, in one of the first cadet intakes; grandson, Dan, attended in the early 1980s; great-grandson, Sam,

who now serves in the Army Reserve, was baptized aboard in 1999.

"Being awarded a memorial scholarship brings with it such a feeling of pride and I am so grateful to be chosen as a recipient," said Krishka, who currently serves as the cadet coxswain of Royal Canadian Sea Cadet Corps JOHN TRAVERS CORNWELL VC in Winnipeg. "It is such an honour that Mr. McLaren's legacy continues and can afford cadets like myself the opportunity to better our lives with the gift of education, and for that I am forever grateful."

The Quadra Education Foundation thanks the McLaren family for their generosity in carrying on a proud family tradition by supporting the next generation of leaders.

To support another future leader like Talia Krishka, please visit [www.quadraeducationfoundation.com](http://www.quadraeducationfoundation.com) to give.

This feature was made possible through generous support from Dan McLaren, Commonwealth Group of Companies and HMCS QUADRA alum.

**Right: Talia Krishka**

**Below: 1914 - The McLaren boys join the RNCVR. AB Walter McLaren (L) and AB Richard McLaren (R).**



[QuadraEducationFoundation.com](http://QuadraEducationFoundation.com)



# Trident Fury 2020

Exercise Trident Fury 2020 was a joint and multinational naval exercise off the coast of western Vancouver Island, as well as in the vicinity of Constance Bank, and the southern Gulf Islands. It involved HMC Ships Regina, Calgary, Nanaimo, and Whitehorse, Fleet Diving Unit (Pacific), the Naval Tactical Operations Group, 443 Maritime Helicopter Squadron, 407 Long Range Patrol Squadron, as well as U.S. Coast Guard Cutter Blue Shark. The exercise concluded Dec. 13.



HMCS Whitehorse crew dress for action stations during a simulated mine transit on Dec. 6.

Photo by Master Corporal André Maillet, MARPAC Imaging Services



Sailor Third Class Philip Marl Timmer, a boatswain onboard HMCS Nanaimo, secures the Tow Fish.

Photo by Sailor First Class Sisi Xu, MARPAC Imaging Services



Sailor Third Class Philip Marl Timmer, a boatswain onboard HMCS Nanaimo, loads the Hilti Gun for the damage control practical training.

Photo by Sailor First Class Sisi Xu, MARPAC Imaging Services



Sailor First Class Shi monitors the HIFER line in the helicopter fuel/defuel locker in HMCS Calgary.

Photo by Sailor First Class Henry



Sailor Third Class Suke stands by to shoot as Sailor Second Class Bouvier loads the .50 Cal in HMCS Calgary.

Photo by Sailor First Class Henry



Clearance Divers prepare to enter the water to complete a simulated mine clearing task while in Constance Bank.

Photo by Master Corporal André Maillet, MARPAC Imaging Services



Bravo Zulu

Base Information Services Awards and Presentations



Brenda Lamont is presented with her BIS certificate for 36.5 years of Public Service by Capt(N) Sam Sader, Base Commander.



Mike McKay is presented the BIS Bravo Zulu Level 2 award by Cdr Nicholas Manley, Base Information Services Officer.



Left: MS Trucott-Arthur is promoted to her current rank by Lt(N) Kam, Divisional Officer, and Cdr Nicholas Manley, Base Information Services Officer.  
Right: MS Fownes is promoted to his current rank by PO2 Foulon, CPO2 Sheffield, Matsqui DET I/C, and Cdr Nicholas Manley, Base Information Services Officer, who attended virtually via MS teams.



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# Bravo Zulu



SLt Shawn Kalbhenn was promoted to the rank of Lt(N) Dec. 7 by LCol B. Byers, Acting COS OPS JTFP, on behalf of Capt(N) J. Elbourne, Chief of Staff Operations MARPAC/JTFP/MCE(W).



S1 William Kelly-Bernier is promoted to his current rank by Commander Landon Creasy, Commanding Officer HMCS Regina.



MS Pelletier is promoted to PO2 by Capt(N) Sam Sader, Base Commander, and CPO1 Al Darrough, Base Chief. He also received the PO2 Scroll from the Base Chief.



Commander Meiz Majdoub (right), Commanding Officer Naval Training Development Center, presents Sub Lieutenant Scott Hamar with the Naval Association of Canada Award (Highest Standing).



Captain (Navy) Jason Boyd (right), Commanding Officer Naval Personnel Training Group, presents Sub Lieutenant Francois Lemieux, with the Mexican Navy Award.



Captain (Navy) Martin Drews (right), Commanding Officer of Fleet Maintenance Facility Cape Breton, presents Lieutenant (Navy) David Costigane with the Weir Canada Award for Top Candidate for the Marine Systems Engineering Officer Phase 4 Qualification.



Capt(N) Boyd presents Lt(N) Jayne Cayer with a Commander Royal Canadian Navy Commendation.



Capt(N) Boyd and Commander Majdoub promote Lt(N) Kayla Horvat (center) to her current rank.



Capt(N) Boyd and Cdr Majdoub award Lt(N) Christian Walsh (center), with the Special Service Medal.



Bravo Zulu

Photos by: Sailor First Class (S1) Victoria loganov  
MARPAK Imaging Services, Esquimalt.

Fleet Diving Unit (Pacific)  
Awards and Presentations

Reviewing Officer Commander Lawrence Moraal, Commander Coastal Forces Pacific, alongside Lieutenant (Navy) Kevin Darling, Executive Officer of Fleet Dive Unit Pacific, handed out Certificates of Military Achievement for completing the Clearance Diver/ Clearance Diving Officers (CD/CLDO) course 0014/0016 on Nov. 20.



Sailor First Class Jonathan Frey receives his certificate.



S1 Spencer Pearson receives his certificate.



Lt(N) Jesse Deason receives his certificate. He was also presented with the Top Clearance Diving Officer Student Award.



S1 Ryan Comeau receives his certificate.



S1 Tony Hart receives his certificate.



S1 Kristopher Heywood receives his certificate.



S1 Cole Lisowski receives his certificate.



S1 Jeff Haskins receives his certificate.



Lt(N) Jerome Turgeon receives his certificate.



S1 Ryan Comeau is presented with the Superior Athletic Award.



S1 Kristopher Heywood is presented with the Academic Achievement Award.



S1 Jeff Haskins is presented with the Top Clearance Diver QL5A Student Award.



# Bravo Zulu

Photos by: S1 Mike Goluboff,  
MARPA Imaging Services

## HMCS Chicoutimi Awards and Presentations

Captain (Navy) Jean Stéphanie Ouellet, Commander Canadian Submarine Force, made awards and presentations to HMCS Chicoutimi submariners Nov. 20.



CPO2 Joel Tilson is awarded the Special Service Medal (SSM).



PO1 Eli Langley is awarded the SSM.



CPO2 Michael Horobin is awarded the SSM.



CPO2 David Johnston is awarded the SSM.



PO1 Michael Fraser is awarded the SSM.



PO2 Devin Maxwell is awarded the SSM.



MS Samuel Muller is awarded the SSM.



MS Allan Gauthier is awarded the SSM.



MS Sean Haworth is awarded the SSM.



MS Michael Abenstein is awarded the SSM.



MS C.E. Seppanen is awarded the SSM.



S1 Manuel Arce is awarded the SSM.



MS Adam Armour is awarded the SSM.



S1 Seth Elinsky is awarded the SSM.



MS Kraig Halmer is awarded the SSM.



S1 Aaron Bernardin is awarded the SSM.



MS Douglas Mack is awarded the SSM.



PO2 Andrew Fisher is awarded the SSM.



PO2 William Bull is awarded the SSM.



PO2 Derek O'Rourke is awarded the SSM.



MS Adrian Hebert is awarded the SSM.



S1 Matthew White is awarded the SSM.



PO2 Frances Lallemand is awarded the SSM.



CPO2 David Niezen is awarded the SSM.



CPO2 Jake Underwood is awarded the SSM.



Lieutenant (Navy) Clark Hubbard is awarded the SSM.



Lieutenant (Navy) Brandon Mackenzie is awarded the SSM.



Lieutenant (Navy) David Hendry is awarded the SSM.



PO2 Daniel Puxty is awarded the SSM.



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623 Sq Ft Esquimalt apartment available Jan. 1, 2021. Central location, close to parks, beaches, and walking trails. Red Barn Market, Tim Hortons, CFB Esquimalt, Recreation Centre with swimming pool, grocery stores, Liquor Store and restaurants all nearby. Close to major bus routes to downtown, UVic and Camosun Lansdowne. Friendly, welcoming, and secure small building with only 12 units. Perfect for quiet professional or student. Coin-op laundry facilities in building \$2 per cycle. 1 Parking Spot behind building. Two pets allowed. Small dogs only. Pet deposit required. Hydro and water included. No smoking. 1 year lease required. \$1550 a month. If interested please email for more information and to fill out an application. 205611constanceave@gmail.com

### AVAILABLE DEC. 15

Saxe Point walking distance to dockyard, 3 Bedroom 2 bathroom upper flat, full dining room, living room with gas fireplace, washer and dryer, large wrap around deck, ocean view, parking for one car, on Munro Street bus route, pets okay with pet deposit negotiated, NO smoking; tenant leaving Nov 30th, will be painted throughout and ready to move in for Dec 15th. Rent \$2,350 plus utilities. Text 250 213 9744

## REAL ESTATE FOR RENT

### 885 OLD ESQUIMALT RD

Bachelor suite with small bedroom on top floor. Has living room, eating area, full kitchen, bathroom with tub, 2 closets, sliding door to balcony. Quiet building with controlled entrance, elevator, coin operated laundry on main floor, close to all amenities and bus route. \$1,100 per month. No smoking and no pets. Serious inquiries only and viewings by appointment. Please call (250)216-3930 or (250)652-3913 or (250)857-3913 if interested. Available Jan. 1, 2021.

### LARGE HOME

Unfurnished 4 bedroom family home situated on a quiet street in View Royal and only minutes from the ocean, shopping, schools and bike trail. Large sunny lot and a wonderful neighborhood. Full walk out basement with two 3-piece bathrooms. Available Feb.1, 2021. \$3,000 a month rent, does not include utilities. Tenant is not expected to do yard maintenance. Contact me at c.chernoff.3@gmail.com.

### BRIGHT BACHELOR

Large, bright bachelor basement suite. Nice and clean with new rug, living room, dining room, and bedroom. Full kitchen with hot plate, separate entrance, parking in a driveway for 1 car. \$900 a month all inclusive. Nonsmoker and no pets. Email islandbc1977@gmail.com or call 250-920-6739.

## ITEMS FOR SALE

- Singer Sewing Machine with Embroidery options, excellent condition: \$250
- Centre Table - 40" x 20" - strong iron frame with design and glass top: \$100 OBO
- Dome Camping Tent - sleeps 8, like new - hardly used: \$100 OBO
- Black & Decker Work Bench: \$50 OBO
- Professional's Rolling Mop Bucket with wringer: \$40 OBO
- 1975 Honda CB500T Motorcycle: \$2,000 OBO
- Aquos Sharp 45" Flat Screen TV: \$300 OBO
- Original Oil Paintings by local artist, small 17" x 21"; large 36" x 46" framed to match: \$100 to \$500
- 2 Lazy Boy High Chairs dark brown with light shade cushions: \$40 each OBO
- T.V. Stand - 3 shelves glass - 52" x 23" x 18": \$60
- Queen size mattress with iron frame - hardly used - like new: \$300
- Queen size mattress with box spring - hardly used - like new: \$300
- Reclining patio chairs with sun shade (hood) for sun protection - folding for easy stacking or traveling when camping: \$30 each
- 2 Revolving bar chairs - steel frame - cushioned - with Backrest: \$40 each
- 2 tennis racquets - Wilson - hardly used: \$30 each

To view call: 250-588-5767

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## SPECTACULAR PENTHOUSE Available Immediately - Must See

Large, bright, spacious 2 bedroom plus den penthouse suite for \$3000.00 (includes 2 underground parking stalls). This unit has been completely renovated with new blinds, stainless steel appliances (fridge, stove, dishwasher & a bar fridge), quartz countertops, laminate flooring, carpet in bedrooms, 2 decks, in-suite laundry and a panoramic view of the ocean and mountains.

- Full fitness gym in the building.
- Includes heat and hot water
- Card operated laundry facilities open 24 hours.
- 100% smoke free building.
- Walking distance to Esquimalt Plaza, medical centres, Military base, Archie Browning Sports Centre, in the heart of Esquimalt.

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