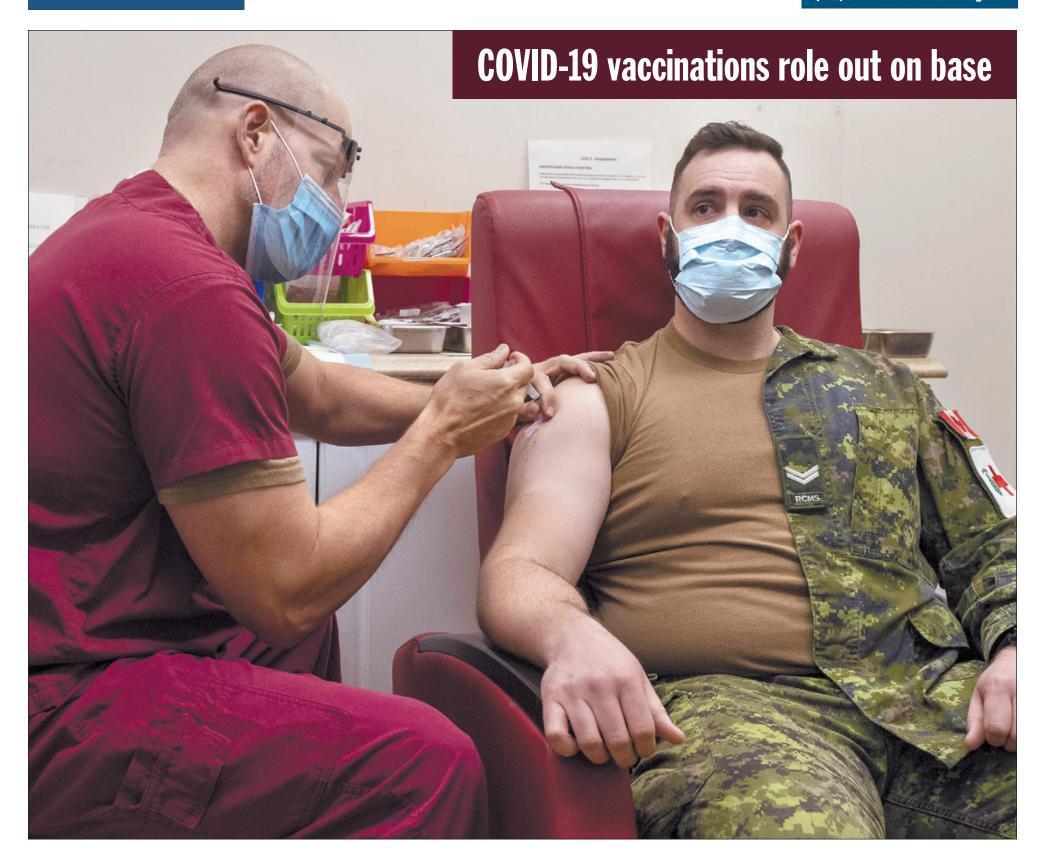
Senior change of commands see pages 8 and 9.





Last Tuesday, Jan. 12, Captain Dru Bernardo administered CFB Esquimalt's first dose of the COVID-19 vaccine to Corporal Adam Thiessen at Canadian Forces Health Services Centre (Pacific). Under the Canadian Armed Forces (CAF) vaccine prioritization framework, administration of the vaccine will be rolled out in five stages between now and December 2021 based on vaccination priority groups. This first phase will provide vaccinations to 1,200 military members across Canada who work as frontline healthcare providers.

Photo by Master Corporal Andre Maillet, MARPAC Imaging Services









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Kim Barthel is an award-winning occupational therapist, multi-disciplinary teacher and best-selling author who is active in supporting people in many cultures, literally all over the world. A pioneer in reinforcing the importance of relationship, the hot topics she wakes up thinking about are understanding



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# **Fallen hockey comrades** honoured at Wurtele Arena

**Peter Mallett** Staff Writer

Banners honouring three fallen hockey players have been hung from the rafters in the Wurtele Arena.

Crafted by workers from Fleet Maintenance Facility (FMF) Cape Breton, the large colourful memorials now hang over centre ice, commemorating the lives of recreational hockey players Joe Lescene, Rob Sneath, and Keith 'Butch' Cowden.

While they may not have played in the NHL, all three were widely respected by their teammates and opponents and had reputations for hard work and sportsmanship, says Kevin Zalba, Wurtele Arena manager.

Zalba, a former sailor, has played hockey at the base since the early 1980s and knew all three players.

"Raising these banners was an emotional moment for me," says Zalba. "It was very fitting for the Wurtele Arena because it's important for players to look up and say 'I remember those guys'.'

The idea for the banners came following a tribute game for Lescene. Kelsey

Khol and Matt Hood, Lescene's teammates and workmates, suggested the idea to Zalba and offered up their expertise and assistance to get the banners made in their respective shops. Zalba brought the idea to the attention of former Base Commander Capt(N) Jason Boyd. An avid hockey player himself, Capt(N) Boyd gave his approval to the idea.

A proper official unveiling ceremony is still being planned when provincial health and safety regulations surrounding the COVID-19 pandemic end.

#### **Hockey Legacies**

All three hockey players enjoyed lengthy military careers before transitioning to the DND civilian work

While Sneath Cowden played for the Tritons hockey team in Canadian Armed Forces competitions, Lescene played for recreational league teams the Angry Beavers and FMF Outlaws.

Lescene died September 2017 in Oregon after falling 250 metres off a cliff while hiking. He was 51. The former Hull

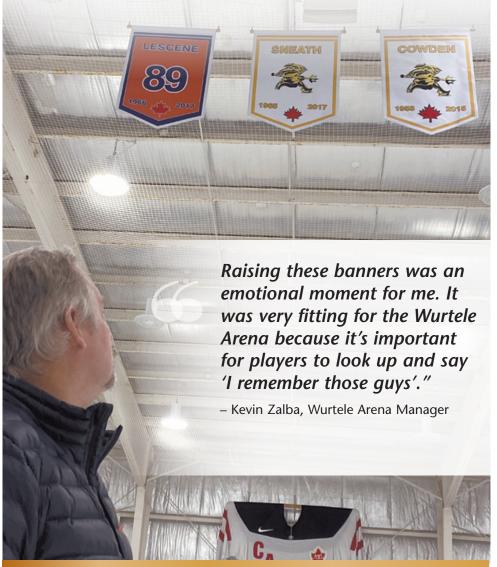
Technician had worked in the FMF Wood Shop after making the transition from the navy.

Sneath served 24 years in the military before transitioning to Personnel Support Programs following his retirement in 2008. He died after a long battle with cancer in November 2017 at the age of 52. Sneath won 22 national and 35 regional hockey medals and was one of the most highly decorated military hockey players.

Cowden, a former Marine Engineer, retired as a Chief Petty Officer in 2007 and worked at FMF as a Mechanical Engineer. He died of cancer in September 2015 at the age of 57. He is remembered as a standout goaltender.

Three FMF shops produced and designed the banners and crafted the wooden dowels. Two of the banners have the Tritons logos and colours to honour Sneath and Cowden, while the other banner honours Lescene with his No. 89 jersey number and the Angry Beavers Colours.

The memory of all three players lives on in the arena.



Wurtele Arena Manager Kevin Zalba admires three new banners raised in memory of base hockey players Joe Lescene, Rob Sneath, and Keith Cowden.

Photo by Rodney Venis, Base Public Affairs



Four former navy members comprising the team responsible for completing the memorial for Robert Hampton Gray were on hand for the unveiling Jan. 5 at the BC Aviation Museum. From left: Stan Brygadyr, Project Secretary, Terry Milne, Project Manager, Gerry Pash, Project Public Relations, and Joe Buczkowski, Project Originator. Robert Hampton Gray was a Canadian naval pilot killed on a raid of Japanese destroyer Amakusa during the Second World War and was Canada's last Victoria Cross recipient.

# Monument pays homage to heroic legacy of naval flyer

**Peter Mallett** Staff Writer

After many delays, a memorial for Canada's last Victoria Cross recipient, Lt Robert Hampton Gray, has been installed at the British Columbia Aviation Museum in Sidney.

Plans to unveil the threepillar marker dedicated to the Second World War naval pilot were originally set for Aug. 9, 2020, the 75th anniversary of his death. However, the ceremony was postponed due to health and safety concerns from the COVID-19 pandemic.

Gerald Pash and Capt(N) (Retired) Terry Milne were the lone attendees as workers from Stewart Monumental Works dropped the 2.1 metres tall, polished grey granite markers into place with a small crane on Jan. 5.

An official dedication ceremony is still in the works but that will not come until it is safe to do so, says Milne.

"It was a great feeling of satisfaction and accomplishment to see this beautiful monument dropped into place, and I am proud so many people were united and determined to make this happen," said Milne. "We didn't want the legacy of this war hero to be forgotten and now future generations of Canadians can learn about the importance of his legacy.

"Among the several committee members, volunteers, and community organizations who were essential to making the dream of a Gray monument a reality, I am grateful to Colonel (Retired) Stan Brygadyr, who has served as project secretary, and Derek Greer of the Naval Association of Canada served as treasurer, and Gerald Pash for media relations and ceremonial advice. It was naval veteran MS (Retired) Joe Buczkowski who, as President of the Esquimalt Lions Club, initially raised the matter of such a monument. Then Brygadyr approached officials at the B.C. Aviation Museum. They agreed to donate the space at the museum."

"I think Hampton Gray would have appreciated being remembered in this fashion," said Buczkowski. "Teaching the younger generation about history and the contributions of Canadians to the freedoms we all enjoy today is very important to me."

Buczkowski travelled to the museum on Jan. 6 to see the monument and says he marvelled at the beauty of its design.

The pillars include etchings of Gray in uniform and a full list of his titles, awards, and citations. It also includes a description of Gray's life and military service with a painting of Gray's last battle by renowned Canadian aviation artist Don Connolly.

Also included in the display is a stone park bench with the names of committee members and key donors. Donors to the approximately \$100,000 project included Veterans Affairs Canada, The Royal Canadian Legion, the BC Aviation Museum, The Naval Association Canada, Stewart Monumental Works Ltd., Rusnak Gallant Design Ltd., and multiple individual donors.

### Robert "Hammy" Gray

Born Nov. 2, 1917, in Trail, B.C., Robert "Hammy" Gray was completing his studies at UBC when the Second World War began. He enrolled in the Royal Canadian Navy Volunteer Reserve as an Ordinary Seaman and was selected for pilot training. He excelled and quickly earned his wings at the rank of Sub-Lieutenant.

He served in several theatres of war, flying from the decks of aircraft carriers before losing his life at the age of 27.

He is noted for his daring attack on Bismarck-class battleship Tirpitz in 1944 and for aiding in the sinking of a Japanese destroyer near Tokyo on July 28, 1945.

Twelve days later, he led an attack on Japanese ships in Onagawa Bay. His plane was struck by anti-aircraft fire, but before he crashed in the bay he was able to release his bomb to sink destroyer Amakusa. He was one of the last Canadians to die in the Second World War and was posthumously awarded the Victoria Cross.

"Gray pressed home his attack, flying very low in order to ensure success, and although he was hit and his aircraft was in flames, he obtained at least one direct hit, sinking the destroyer," read his award citation. "Lieutenant Gray has consistently shown a brilliant fighting spirit and most inspiring leadership."

In 1990, Japan approved an installation of a memorial to Gray overlooking the bay where his remains lie. The monument is truly remarkable, says Milne, because it is the only one ever erected in Japan dedicated to a former enemy.

In the final four years of his 30-year career in the navy, Milne worked with federal and municipal officials in Japan to help establish the Onagawa monument during his tenure as Canada's Defence Attaché





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# mattersofOPINION

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WHAT SAY WE



# Vice-Admiral Craig Baines' Flag Hoist Signal

s I assume command from Vice-Admiral McDonald, I would like to recognize the signifi- cant leadership that my shipmate has provided to the Royal Canadian Navy (RCN) throughout his command and through these unprecedented times. I also want to state what an honour and a privilege it is to become the 37th commander of the Royal Canadian Navy. The greatest part of this honour is continuing to serve with the outstanding Canadians who wear a uniform on behalf of their country and the public servants who support them, often while working in hazardous environments far from

In my first message to you, the RCN, I wish to be clear and concise on where I will focus my energies and on my initial priorities. First and foremost, the keystone objective I want to articulate is that of respect. Respect for the RCN, respect for yourself, and most importantly, respect for your fellow shipmates. Our strength is in our diversity, and that strength hinges on greater inclusion. If we respect others as we respect ourselves, we will be the best organization we can be.

In support of this keystone objective, and in addition to our ongoing innovation in the areas of data and digitization (the digital vision that will enable everything we do), there are four over-arching areas/ themes that will be a continuing priority going forward (known by the shorthand of "S3Charlie"):

- sailors, public servants, and their
- ships and submarines;
- service; and
- culture.

First, our sailors, public servants and families. I will always focus on the work and life experience of our Defence Team and the families that support them. What you do is important and the lifeblood of all of our preparation, readiness and operations; your individual preparedness creates readiness, which allows us to manage the system of systems that make up the RCN. Material capability is imperative, but this requires professionally trained sailors and public servants to provide operational effectiveness as its output. Ensuring you are looked after and heard will ensure a more productive and effective workforce.

Second, our *ships and submarines*. While continuing with the great work of Vice-Admiral McDonald and the broader RCN and Department of National Defence team, we will generate combat effective units of the current fleet and continue to re-capitalize our world-class navy for the challenges of today and tomorrow. Some of these challenges are known and some will reveal themselves in time. The development of future capabilities and the corresponding training environment needed to meet these advanced capabilities is pivotal to ensure that the RCN can continue to operate in an uncertain environment against the potential threats and attacks on Canadian interests and values.

Third, our *service*. I will endeavour to put service to our navy and to our country ahead of ourselves as we continue to ensure we are *Ready to Help, Ready to Lead and Ready to Fight*. We are warrior professionals that need to stand ready for whatever awaits us and we must do so by managing our training and people as effectively as possible.

Finally, our culture. As I mentioned at the beginning, in wanting us all to make respect our keystone objective, I will focus on the RCN culture and the culture change initiative commenced by my predecessor. We need to move forward together to root out unacceptable behaviours within our ranks, inequalities in our customs and traditions, and unequivocally take action where it is required. We must be the best we can be; the best Canada has to offer. Together we will learn, we will act, and we will be better. Respect for everyone will be our abiding objective, all while maintaining a potent warrior professionalism.

I look forward to working with, and eventually seeing all of you (virtually or in person), in the days and weeks ahead as we work collectively for the good of the service, the good of the Canadian Armed Forces and ultimately the good of our country.

Vice-Admiral Craig Baines, 37th Commander of the Royal Canadian Navy

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# Military police member plans solo run of Island

**Peter Mallett** Staff Writer

Sergeant Daniel Mongraw usually runs for himself, but this year he has decided to run for others.

The military police officer has an ambitious plan to run the length of Vancouver Island to raise money for the Military Police Fund for Blind Children.

He is not the first to complete this feat. Legendary distant runner Al Howie completed it in 1978. Sgt Mongraw will pause in Port Hardy to honour the legendary distance runner who died in 2016 at age 71.

"He once completed the task within five days, which is truly astonishing," says Sgt. Mongraw, 37.

He will take 10 days to tackle the 495 kilometres, starting April 1.

"I am confident I can do this. It's a good way to use my time for a good cause. Since children and families can benefit from the much-needed additional funding I raise, I feel it's a great thing to accomplish."

He is not a competitive runner, no marathon medals line his wall. He runs for mental health and fitness. The sport took hold as a lad when he was punished for misbehaving by his teacher and

told to run

around the school yard. To the bewilderment of his teacher and classmates, he willingly accepted the punishment and did extra laps.

"Since that point, running has been great for me and I get a true sense of accomplishment when I complete my runs every day."

For the 10-day journey, he must maintain a speed of nine kilometres per hour for 10 to 13 hours per day. A police escort will keep him safe on the roadside. He hopes a recreational dealership will donate an RV for lodging, to cut down on costs and help with physical distancing.

Further down the road, after accomplishing his Vancouver Island run, Sgt Mongraw plans to complete the same cross-Canada run Howie completed in 1991. That's when he ran from St. John's, NFLD, to Victoria - a distance of 7,295 km in 72 days.

That will be another fundraiser for the Military Police Fund for Blind Children.

To donate to Sgt Mongraw's run, go to Truenorthcharitiesfdn.com and click on donate.

For more information email truenorthcharities@gmail.com



Sergeant Daniel Mongraw

It's a good way to use my time for a good cause. Since children and families can benefit from the much-needed additional funding I raise. I feel it's a great thing to accomplish.



Give to the Quadra **Education Foundation** 



## The Quadra Education Foundation congratulates the following recipients of its 2020 Scholarships:

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• Kennedy Parsons, Maple Ridge, BC

Royal Canadian Legion (Powell River Branch) Scholarship:

· Meghan Hearn, New Westminster, BC

Long & McQuade Cadet Musician Scholarship:

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Rotary Club of Cumberland Centennial Scholarships:

- · Kianna Beck, Calgary, AB
- Lawrence De Guzman, Vancouver, BC

Seaspan International Scholarship:

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Quadra Alumni Association Scholarship:

Mikaela Schmidt, Calgary, AB

Keith Hunter Memorial Scholarships:

- Peter Jung, Regina, SK
- · Sarah Miller, Victoria, BC

Keith Kohanzo Scholarship:

Maya Latajka, Calgary, AB

Cynthia Lawless Memorial Scholarship: Kaitlyn Buchart, Calgary, AB

· Talia Krishka, Winnipeg, MB

Richard McLaren Memorial Scholarship:

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· Alicia Chen, Nanaimo, BC

Quadra Education Foundation Special Scholarships:

- · Nicole Auchterlonie, Nanaimo, BC
- · Yessica Dominiguez, Edmonton, AB
- · Mairi Hallman, Kemptville, ON
- Marco Tom, Vancouver, BC
- · Catherine Young, Surrey, BC

· Eric Yu, Toronto, ON

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Artist Christina Morrison's painting of Royal New Zealand Navy warship HMNZS Te Kaha passing Fisgard Lighthouse. Morrison, an employee of Seaspan Victoria Shipyards, was commissioned to do the painting following completion of extensive upgrades performed on the Anzac-Class frigate by her company. Credit: Seaspan Victoria Shipyards

# Te Kaha painting celebrates shipbuilding milestone

**Peter Mallett** 

The most recent work of marine artist Christina Morrison

She was commissioned by the shipyard company, where

The Anzac-class frigate underwent extensive upgrades at

Seaspan in Esquimalt. The project represented the first time

a foreign warship has undergone a modernization project

she also works, to paint the Royal New Zealand Navy frigate

Staff Writer

HMNZS Te Kaha.

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Six members of Victoria Shipyards senior management attended the unveiling before the painting was put on display. Approximately 1,000 copies have been distributed to workers throughout the company to celebrate the occasion.

"The ceremony went very well, and everyone seemed to love the painting," said Morrison. "It was humbling to hear from so many co-workers around the shipyard how much they loved it."

Finding the right aerial photo that offered a detailed depiction of the ship's exterior was crucial, says Morrison. Maritime Forces Pacific Imaging Services sent her an overhead drone photo of Te Kaha taken by photographer Sgt Malcolm Byers.

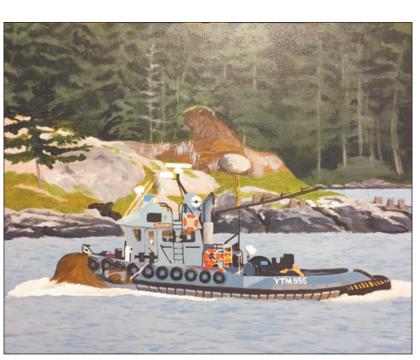
With the image in hand, she had only a few weeks to complete the painting and get it printed.

The biggest challenge in painting Te Kaha from a photo was all the different shades of grey. I was frightened that

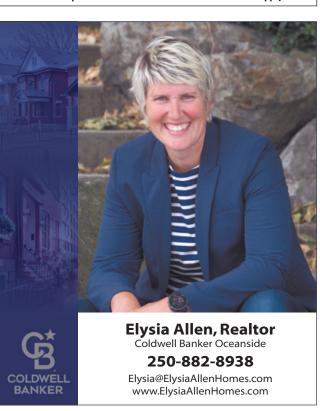
something important would be missed because of the shadows cast by

the sun." Now that Te Kaha is complete, she is focused on her goal to paint all the tugboats in B.C. She estimates the project will take up to 15 years to complete.

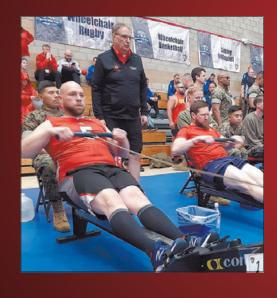
Recently, completed Queen's Harbour Master (QHM) tug CFAV Tillicum from a photo taken by Victoria marine photographer Richard Paddle, She plans to paint all six QHM tug boats.



Artist Christina Morrison's painting of Queen's Harbour Master tug boat YTM 555 - CFAV Tillicum. Credit: Christina Morrison



# Veteran sees Invictus rewards despite postponement







### **Peter Mallett** Staff Writer

The postponement of the 2020 Invictus Games has not detered retired army sergeant Chris Zizek.

The married 40-year-old father of two from Campbell River, B.C., had hoped to represent Team Canada at the Invictus Games in The Hague, Netherlands, last May. He was looking forward to competing in the adaptive sports of rowing, sitting volleyball, and swimming, but the COVID-19 pandemic scuttled those plans.

He was to be one of 31 athletes to represent Canada.

"I would be lying if I said I wasn't disappointed," he says. But adds, "When I realized the purpose of the Games isn't about the Games themselves but the individual journey, personal growth, and healing the

athletes make long after the Games are completed, the postponement didn't seem too bad."

The international multi-sport competition is designed for injured and ill service personnel who use physical activity and team-building exercises to assist in their recovery. The overall mandate of the Games is to help both its participants and a wider audience realize the value of healing through exercise and adaptive sport.

Even though Zizek has yet to compete in the Games, he says the

experience training at Camp Pendleton in San Diego last March was the start of his Invictus journey. The training camp brought together athletes from the United States,



Australia, Georgia, France, and Colombia. It was an opportunity to discuss with other competitors the challenges they face and share their stories.

Training alongside other injured military members and

veterans from around the world cemented his belief in the fundamental intrinsic value of healing through activity and camaraderie.

"Being involved with Invictus and the training process has already taken me somewhere different that is better for me, my wife, and my kids," he said. "This is a way to focus on me and a way to move forward."

Zizek worked as a vehicle technician, was posted across Canada, and deployed to Afghanistan in 2005 and 2006 as part of Canada's mission in Afghanistan. He

was also an instructor at the Royal Canadian Electrical and Mechanical Engineering School.

A hip injury forced him to call it quits on a 20-year military career in 2019. He says his

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Post-Traumatic Stress Disorder became more apparent towards the end of his career and worsened following his exit from the Forces.

The pain in his hip stopped him from being active. He packed on the pounds and faced regular anxiety attacks and bouts with depression. He purchased a row machine following the start of the COVID lock down and stayed active through the summer. But switched his focus to rehabilitation after his second hip replacement this past September.

He is hopeful the Games will go ahead in The Hague in May 2021.

To listen to personal stories and first-hand accounts of Zizek and his Invictus teammates visit Veterans Affairs Canada webpage: https://www.veterans.gc.ca/eng/about-vac/news-media/podcasts/invictus-games-series



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### COMMANDER OF THE ROYAL CANADIAN NAVY



# Vice-Admiral Craig Baines becomes 37th Commander of the Royal Canadian Navy

**Royal Canadian Navy** 

ice-Admiral (VAdm) Craig Baines assumed the duties of Commander of the Royal Canadian Navy (RCN) from VAdm Art McDonald on Jan. 12, 2021, in a virtual change of command ceremony presided over by General Jonathan Vance, Chief of the Defence Staff, at National Defence Headquarters in Ottawa.

"As I assume Command from Vice-Admiral McDonald, I would like to recognize the significant leadership that my shipmate has provided to the RCN throughout his command," said VAdm Baines. "It goes without saying what an honour and privilege it is to become the 37th Commander of the Royal Canadian Navy. Without question, the biggest part of this honour is continuing to serve with a group of outstanding Canadians who wear a

uniform on behalf of their country, often serving in a complex environment far from home."

VAdm Baines has served in a variety of command and staff roles throughout his career, most recently as Deputy Vice Chief of the Defence Staff.

"We will continue to prioritize support to our sailors, Defence Team members, and their families while managing ongoing cultural change, domestic, and international operations, fleet recapitalization, training and readiness, all while innovating throughout our organization to make us the most inclusive, respectdriven navy we can be," he said. "We remain committed to be ready to help, ready to lead, and ready to fight for Canadians."

The outgoing Commander of the Royal Canadian Navy, VAdm McDonald, was promoted to the rank of Admiral and succeeded General Vance as the 20th Chief of the Defence Staff last Thursday.

"It has been an honour and privilege to lead as the Commander of the Royal Canadian Navy for the past 18 months," said VAdm McDonald. "As one navy team, we have successfully accomplished our mission objectives and have followed through the progression of key projects and initiatives while continually remaining focussed on the priority that we in the RCN, on this watch, have placed on culture change."

"The RCN is equally known for who we are and how we conduct ourselves, as much as for the amazing things we do," he added. "I am confident that the RCN will continue to sail smoothly under the watch of Vice-Admiral

VAdm Baines, whose 33-year career in the RCN has been a combination of sea-going appointments and staff officer positions, commands a navy that is situated on both the Atlantic and Pacific coasts, is composed of 28 warships, including submarines, and coastal defence vessels, plus many more auxiliary and support vessels, and which consists of approximately 8,300 Regular Force and 3,600 Reserve sailors, supported by some 3,800 civilian employees.



# CHIEF OF THE DEFENCE STAFF

CHANGE OF COMMAND



# Admiral Art McDonald becomes 20th Chief of the Defence Staff

**Royal Canadian Navy** 

or the first time in more than two decades, one of the Royal Canadian Navy's own is Canada's Chief of the Defence Staff (CDS). Admiral (Adm) Art

Admiral (Adm) Art McDonald assumed the role of CDS from General (Gen) Jonathan Vance in a COVID-friendly virtual ceremony on Jan.14 in Ottawa. A Bluenoser born in New Waterford, Cape Breton, Nova Scotia, Adm McDonald is Canada's 20th CDS.

Her Excellency the Right Honourable Julie Payette, Governor General and Commander-in-Chief of Canada, presided over the ceremony virtually. The Right Honourable Justin Trudeau, Prime Minister of Canada; the Honourable Harjit Sajjan, Minister of National Defence; and the Honourable Lawrence MacAulay, Minister of Veterans Affairs and Associate Minister of National Defence, also attended virtually.

"It is the greatest privilege of my career to address you as your Chief of the Defence Staff," Adm McDonald said in his message released National Defencewide following the ceremony. "Upon assuming the Watch, I offer tremendous thanks and appreciation to General Vance — wishing him fair winds and following seas. I am humbled and honoured to relieve such a great leader and mentor."

The Admiral went on to praise Defence Team members for their professionalism, integrity, creativity, and ingenuity.

"Your integrity shines through and inspires Canadians," he said. "Not surprisingly, you have as a result become a beacon of hope when times are difficult. You are Canada at its best when Canada's best are needed at home or abroad."

In his new role, Adm McDonald will oversee the Canadian Armed Forces' ongoing operations in Canada and around the world, and their contributions to the national response to the COVID-19 pandemic, including support for Canada's vaccine rollout through Operation VECTOR.

The Admiral noted that although

Canadians are living through a time of change, CAF members should know that it is also a time of continuity.

"Our course was charted in Strong, Secure, Engaged, and in its pursuit our mission is to keep steady," he said.

"As we move forward with implementing our Defence policy, you will have the equipment that you need to accomplish the important work you do. So I share your excitement about our clear progress in acquiring new ships, aircraft, vehicles, weapons systems, C4ISR technology, and more. Investment and innovation will continue to set the conditions for future success."

The organization's commitment to growing an inclusive and diverse workplace will continue, he explained, as will the efforts to identify and eliminate racism, discrimination, and hateful conduct within the CAF. However, creating culture change will take a concerted effort by everyone, including active leadership and

continuous engagement at all levels. Equally strong for the Admiral is his commitment to people, viewing as his prime directive: "People first, mission always."

"Teammates, the sacred responsibility that I have undertaken is to advocate for, empower, and lead you. I look forward to navigating through these interesting and exciting waters with you. We got this."



Photos by Cpl Rachael Allen, Visual Communications Support, Canadian Armed Forces

"It's not in the nature of things to outlive your children. The pain remains present. However, you learn to soften it up and live with it."



Robert Beauchamp and his wife Nicole Robidoux.

# Giving hope to the bereaved

Yves Belanger

Journal Servir

Created in 2006 by the Canadian Forces Morale and Welfare Services, the HOPE program offers confidential support to bereaved families through peer volunteers who have experienced the same type of ordeal.

It allows bereaved people to better understand the grieving process and helps reduce the sense of isolation that often accompanies it.

Since 2009, Robert Beauchamp and his wife Nicole Robidoux have been among these volunteers. Two years earlier, their son Nicolas died while on a mission in Afghanistan.

For Robert Beauchamp, helping parents going through the same ordeal is a way to cope with his grief.

"Among other things, it allows me to make sense of what happened to my son."

Beauchamp explains that as soon as a CAF member dies, the spouse and parents are informed about the program.

"People then decide whether or not they feel the need to use this free service."

The volunteer goes on to ensure that conversations with peers remain strictly confidential.

"We have to report to those in charge of the program on how these people are doing and talk about their progress in the stages of mourning. However, the content of the discussions is never disclosed."

The accompaniment continues for as long as the bereaved person wishes; the longest Robert Beauchamp has ever done was about 16 months. It was a father whose child had committed suicide.

"This man felt a lot of anger. One day, after several discussions, he told me that he understood that it was better to direct his energy towards the people around him rather than rehash his dark thoughts. I was so happy to see his evolution."

Beauchamp explains that the loss of a child creates a wound

that never heals.

"It's not in the nature of things to outlive your children. The pain remains present. However, you learn to soften it up and live with it."

For him, the best way to get through this ordeal was and still is to recall good memories with his late son.

"Instead of emphasizing the loss of this child, I prefer to go about it in a positive way. It helps me move forward."

The main role of the HOPE program volunteers is to support the bereaved.

"We are not interveners. We are here to listen to what they have to say and to help them understand the different stages of grief."

It is by sharing stories and perspectives, as well as offering new options that they are able to give hope to their peers.

"At the moment, the program is aimed at parents and spouses. I would love that one day services could also be offered to brothers and sisters. My second son was very close to Nicolas and would have greatly benefited from such a program," concludes Beauchamp.

If you would like to receive peer support, contact the HOPE-ESPOIR Program Manager at 1-800-883-6094 or HOPE-ESPOIR@ forces.gc.ca. For more details: caf-connection.ca/National/Programs-Services/For-Families-of-the-Fallen/HOPE-Program.aspx

### Become a volunteer for the HOPE program.

If you have lost a loved one who served in the Canadian Armed Forces and have gone through the grieving process, you may be able to volunteer. You will need to take training on the HOPE program and be emotionally prepared to listen to peers going through the same situation.

By getting involved, you will join a supportive community and make a positive difference in someone's life.

Information: 1-800-883-6094 or HOPE-ESPOIR@forces.gc.ca



HOPE Peer support program for bereaved military families

cafconnection.ca/National/Programs-Services/For-Families-of-the-Fallen/HOPE-Program.aspx

# Bravo Zūtu

# **QL3 Naval Communicator Graduation Ceremony**

Lieutenant-Commander William Vanderstelt, Naval Fleet School (Pacific), presents certificates of completion of the Junior Communications Information Systems and Network Operator course 0062 on Dec. 9.

Photos by Sailor First Class (S1) Kendric Grasby, MARPAC Imaging Services



Sailor Third Class Ryan Grzech receives the certificate of completion.



Sailor Third Class Gina Lalev receives the certificate of completion.



Sailor Third Class Jacob Nelson receives the certificate of completion.



Sailor Third Class Kevin Patey receives the certificate of completion.



Sailor Third Class Victor Petrusevici receives the certificate of completion.



Sailor Third Class Gabriel Quimel receives the certificate of completion.



Sailor Third Class Seth Vaughters receives the certificate of completion.



Sailor Third Class Linden Webber receives the certificate of completion.



Sailor Third Class Ryan Grzech received the Top Student Award.



# Bravo Zuiu

# **Boatswain QL3 RQS3 0038 Graduation Ceremony**

Commander Annick Fortin, Commanding Officer Naval Fleet School (Pacific), presented certificates during the Boatswain QL3 RQS3-0038 graduation ceremony held at the NFS(P) Seamanship Division Bldg N-50 on Dec. 15.

Photos by S1 Mike Goluboff, MARPAC Imaging Services



Sailor Third Class Mathew Brooks receives a Certificate of Military Achievement.



Sailor Third Class Andree-Anne Dion-Tessier receives a Certificate of Military Achievement.



Sailor Third Class Nathan Barker receives a Certificate of Military Achievement.



Sailor Third Class Floralie Gognon-Boyer receives a Certificate of Military Achievement.



Sailor Third Class Taran Hardy receives a Certificate of Military Achievement.



Sailor Third Class Kian Kamyabi Pour receives a Certificate of Military Achievement.



Sailor First Class Jasmin Letourneau receives a Certificate of Military Achievement.



Sailor Third Class Michael Nickerson receives a Certificate of Military Achievement.



Sailor First Class Issac Priyanthan receives a Certificate of Military Achievement.



Sailor Third Class Jericho Servano receives a Certificate of Military Achievement.



Sailor Third Class Lauren Strommer receives a Certificate of Military Achievement.



Sailor Third Class Jaime Vergara receives a Certificate of Military Achievement.



Sailor First Class Issac Priyanthan receives the Top Student Award.

# Bravo Zutu

# Naval Fleet School Graduation and Promotions



Cdr Annick Fortin, Commander Naval Fleet School Pacific, presents the Naval Engineering Indoctrination Top Student Award went to A/SLt Andy Lee.



LCdr Dusan Brestovansky, CSE Div Commander, presents the Naval Combat Systems Engineering Applications Top Student Award to SLt Chih Hsiao.



Following the NEI course graduation, eight students were promoted to Sub-Lieutenants. Back row (left to right): SLt Jung, SLt Wamkeue, SLt Lee, and SLt Mahendra. Front row (left to right): SLt Wu, SLt Cameron, SLt Guo, and SLt Heslop.



Course graduates for the Naval Combat Systems Engineering Applications course. Back Row (left to right): Lt(N) Henschke, SLt Hanwell, SLt Hsiao, SLt Lang, SLt Lyer, and Lt(N) Tamman. Front Row (left to right): CPO2 Gauthier, SLt Babatunde, SLt Dakers, SLt Mali, SLt Hong, and LCdr Brestovansky, CSE Div Commander.

Naval Engineering Indoctrination (NEI) Course Graduation photo.

Furthest Back Row (Instructors left to right): Lt(N) Kupchak, and Lt(N) Williams.

Back Row (left to right):

A/SLt Wang, A/SLt Trindade, A/SLt Liu, A/SLt Culbert, A/SLt Mahendra, A/SLt Whelan, A/SLt Wamkeue, A/SLt Sundar, and A/SLt Cameron.

Middle Row (left to right):

A/SLt Halvorsen, A/SLt Jung, A/SLt Dixon, A/SLt Fredrick, A/SLt Heslop, A/SLt Lee, and A/SLt Lowery.

Front Row (left to right): A/SLt Burningham, A/SLt Guanlao, Cdr Fortin, A/SLt Wu, and A/SLt Guo.



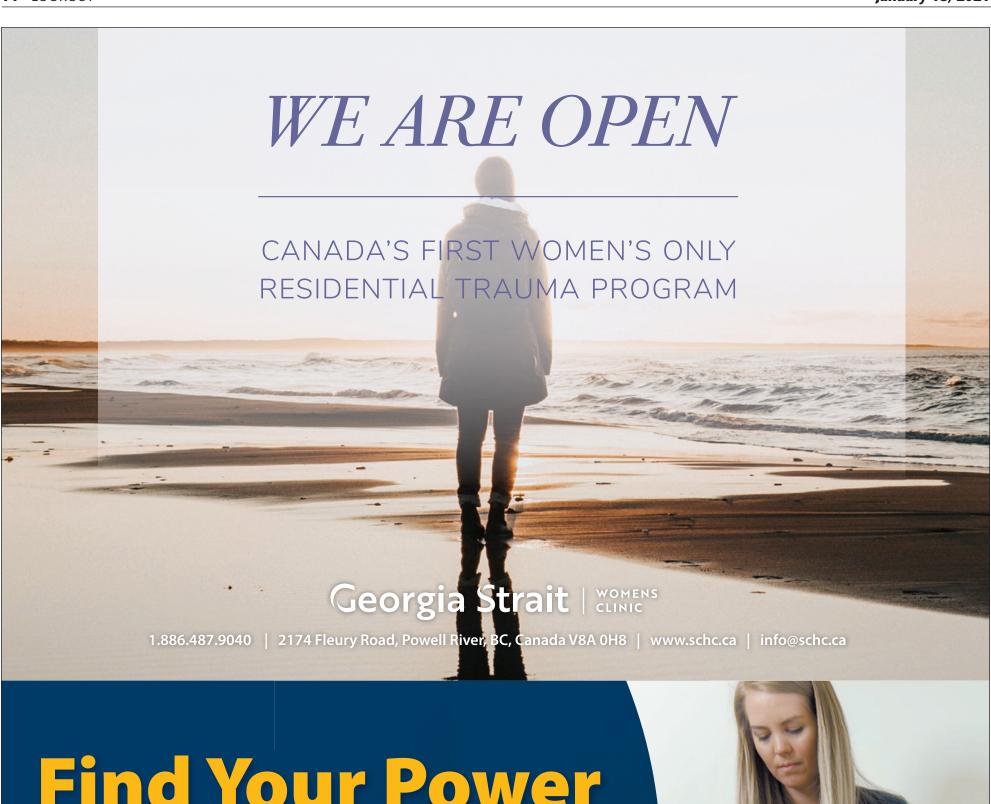


# Bravo Zutu

### **MARPAC**

Master Sailor Noemy Comeau was promoted to her current rank by CPO1 Sylain Jaquemot, Fleet Chief, and RAdm Bob Auchterlonie, Commander Maritime Forces Pacific). MS Comeau's mother, and her partner (currently quarantined with HMCS Regina's ship's company) were able to join remotely.

14 • LOOKOUT January 18, 2021





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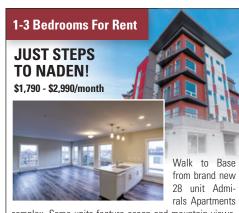
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