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Volume 66 Number 3 | January 25, 2021

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Commodore Bradley Peats receives the NATO flag from Commodore José António Mirones of the Portuguese Navy during the Standing NATO Maritime Group One change of command ceremony held on board HMCS Halifax in Lisbon, Portugal, on Jan. 18. Cmdre Peats now leads SNMG1. Read more on page 3.

Photo by Sailor First Class Bryan Underwood, Imagery Technician

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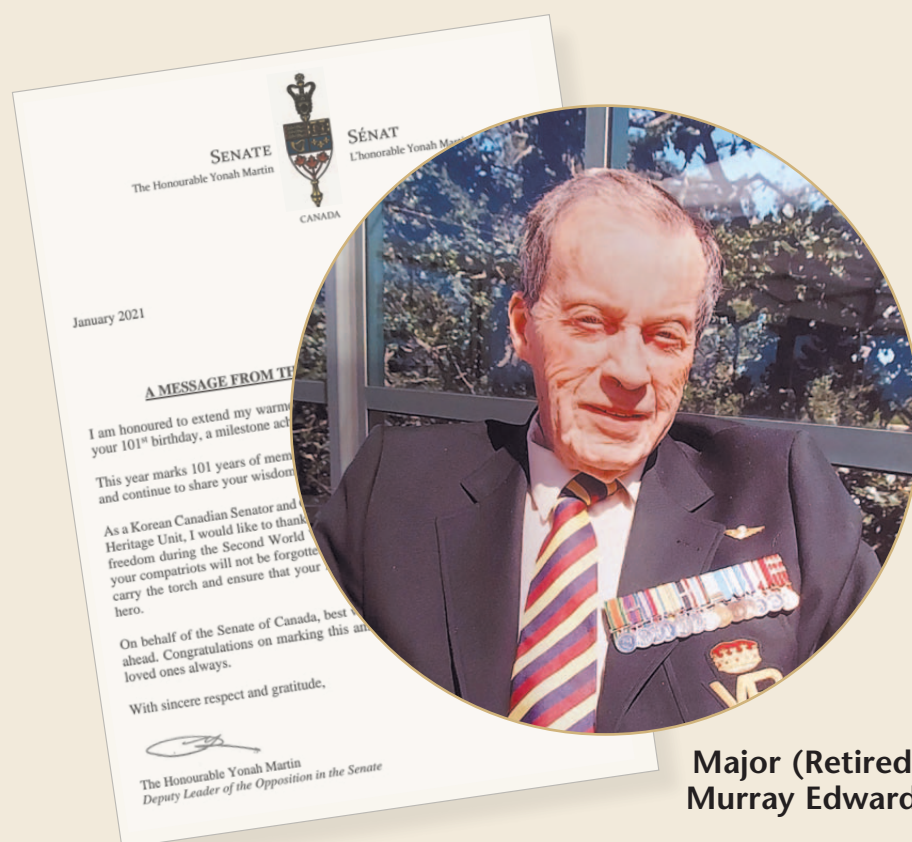
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Major (Retired)  
Murray Edwards

## Veteran thankful for birthday vaccination

**Peter Mallett**  
Staff Writer

Major (Retired) Murray Edwards received a potentially lifesaving belated birthday present Jan. 19.

Three days after celebrating his 101st birthday, the Second World War and Korean War veteran, a resident of Veterans Memorial Lodge, received his COVID-19 vaccination.

Murray willingly rolled up his sleeve as one of the nine nurses from Island Health administered the vaccine in the Lodge's Oak Room. While the date is not yet set, residents will likely be scheduled for their second inoculation within the next month.

"I am so thankful and very glad to be getting this vaccine," he said. "I think this is a step in the right direction towards the goal of keeping everyone safe."

He added the safety measures are of "great importance" to him because his father was a victim of the last global pandemic, the Spanish Flu. That pandemic caused more than 50 million deaths worldwide. His father contracted the Spanish Flu in 1918 while serving in the Canadian Army during the First World War. He survived both the illness and the war.

Last year, Murray's 100th birthday was celebrated in a nearby hotel conference room and included a large crowd and music; this year's 101st milestone was quiet.

"Instead of a giant birthday cake with 101 candles, I received a cupcake with one candle," he said wryly.

Despite the low-key celebration, Edwards says he still had a delightful birthday. He received dozens of phone calls from friends, family, veterans, and other well-wishers such as the Honourable Yonah Martin, a Conservative Senator from B.C. Martin's letter congratulated Edwards on reaching his latest milestone and for his service to Canada, calling him "a true Canadian hero."

Edwards served as a combat instructor during the Second World War and then with Princess Patricia's Canadian Light Infantry at the Battle of Kapyong during the Korean War. He was also part of Canada's peace-keeping mission to Cyprus and the Third Arab-Israel War. He retired from the Canadian Armed Forces in 1969.

Life-long friend Cdr (Retired) Peter Chance, 100, also called him. Their friendship started in the 1950s when they worked together at CFB Esquimalt, with their wives bonding as well.

"Murray and I are really like the last of the Mohicans of our generation; all of my other pals are gone now except Murray," said Chance. "We see eye to eye on so many things and have always been very simpatico."

The two friends are looking forward to meeting in person once it is safe to do so.



*I am so thankful and very glad to be getting this vaccine. I think this is a step in the right direction towards the goal of keeping everyone safe."*

– Major (Retired) Murray Edwards, Aged 101





Commodore Bradley Peats of the Royal Canadian Navy and Commodore José António Mirones of the Portuguese Navy sign change of command certificates during a Standing NATO Maritime Group One change of command ceremony held on board HMCS Halifax in Lisbon, Portugal, on Jan. 18.

## CANADA ASSUMES COMMAND OF STANDING NATO MARITIME GROUP ONE

### DND / CAF

Commodore Bradley Peats officially assumed command of Standing NATO Maritime Group One (SNMG1) during a change of command ceremony held in Lisbon, Portugal, Jan. 18.

Cmdre Peats assumed command from Commodore José António Mirones of the Portuguese Navy.

SNMG1 is one of four NATO Standing Naval Forces (SNF) that provide the Alliance with a continuous naval capability and presence that forms the core of the Very High Readiness Joint Task Force (Maritime). It is a multinational deterrent force that carries out a robust programme of operational deploy-

ments and complex training exercises and events with national navies to build and maintain the highest levels of readiness, interoperability, and war fighting capabilities.

NATO is a cornerstone of Canada's international security policy. It is also one of our most important multilateral relationships. Canada's membership in the Alliance enables meaningful cooperation with Allies and partners to strengthen transatlantic defence and security, preserve the rules-based international order, and lead or otherwise contribute to international peace, security and stability efforts abroad.

"I am honoured to have the opportunity and privilege of leading SNMG1 and look forward to building upon

the successful deployment of Commodore Mirones, his flagship Corte-Real, and the outgoing SNMG1 staff," said Cmdre Peats. "In an uncertain global environment, we are proud to contribute to NATO's assurance and deterrence measures in Western and Northern European waters, including the Baltic Sea, North Sea, Norwegian Sea, and their maritime approaches."

HMCS Halifax is currently deployed with Standing NATO Maritime Group One as part of Operation Reassurance, Canada's contribution to NATO regional assurance and deterrence measures. Halifax is now the flagship for the SNMG1 command team and headquarters staff throughout the remainder of its deployment.



The two Commodores exchange a friendly elbow bump during the Standing NATO Maritime Group One change of command ceremony.

Photos by Sailor First Class Bryan Underwood, Imagery Technician

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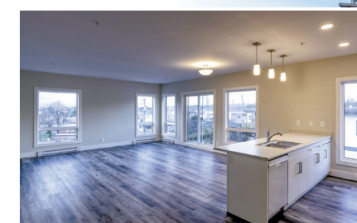
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## WHO WE ARE

### 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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## WHAT SAY WE

# FAREWELL MESSAGE FROM GENERAL VANCE

## to the members of the Canadian Armed Forces

To the proud sailors, soldiers, aviators, and special forces operators of the Canadian Armed Forces, your families, and the families of our fallen.

I am so incredibly grateful to have served alongside you, to have learned from you, and to have led you. You have proven time and again that you embody service before self, you answer to a higher calling, and you are, without doubt, person for person, the best in the world at what you do.

You have embraced the need to change our culture to one that is fully grounded in the bedrock of effective teams: the moral duty to care for, respect, and support each other. In so doing, the Canadian Armed Forces will become more relevant, more powerful in every way, and certainly more combat effective.

Thank you for your leadership. Thank you for your sense of humour, creativity, and compassion. Thank you for your patience, for your professionalism



**General Johnathon Vance is led into retirement by a piper following the change of command ceremony.**

Photo by Cpl Rachael Allen, Visual Communications Support, CAF

and for the sacrifices that you and your families make every day to be a part of a vocation that demands much more of you than most will ever know. Thank you for your courage and sense of duty.

You have become such powerful ambassadors to Canada and

the world. When Canadians see our uniforms, they know that help has arrived. Through floods, fires, blizzards, and a pandemic, you were there. And all the while, you were working diligently with our Allies and partners abroad.

From enforcing UN sanctions against North Korea, to mentor-

ing Iraqi and Jordanian Security Forces, to leading a NATO battle group in Latvia, to defending NATO airspace over Romania, and much more, you have shown Canadians and our Allies what we stand for: a more stable, secure, and peaceful world that can prosper through the rules-based international order.

It has truly been the greatest honour of my life to serve as Canada's Chief of the Defence Staff.

I know that you will be incredibly well-served with Admiral McDonald at the helm. He will champion necessary culture changes, while ensuring combat capability remains the core of our business. He will defend this country and its interests and allies, and he will defend our values and this institution we love. Most of all, he will be a tireless advocate for you.

Thank you, once more, to all of you for your extraordinary efforts.

**CDS One Niner, OUT.  
General Jonathan Vance**

## VALENTINE'S FOR VETERANS

### CFMWS / VAC

This Valentine's Day thank Canadian Veterans by sending them a hand-made valentine.

Each year, Veterans Affairs Canada (VAC) invites Canadian schools, individuals, and organizations to make Valentines for Vets.

VAC then distributes the valentines to Veterans in long-term care facilities across the country by Feb. 14.

Valentines for Vets began in 1989 when the late newspaper columnist, Ann Landers, encouraged her readers to create special valentines for Veterans in care facilities throughout Canada and the United States.

Every year, Landers' special Valentines for Vets column asked her readers to remember the sacrifices of their nations' Veterans by making them personal hand-crafted valentines.

VAC became involved with the program in 1996, and has been receiving

and distributing valentines to Veterans in care facilities across the country ever since.

"Last year VAC sent almost 17,000 valentines to more than 4,700 veterans," says Ben Ouellette, Director Deployment Support, Recreation, and Messes and Acting Director PSP Operations. "In 2020, PSP Recreation participants across the country made cards, but with this year's restrictions we may not be able to craft together, so we want to spread the word about this initiative as wide as possible."

If you would like to send a valentine thanking a Veteran, please send it by Feb. 1 to:

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\*Veterans Affairs Canada will keep valentines that arrive after the deadline to distribute next year.



### A few rules about the program

- You can send a store-bought valentine; hand-crafted cards, however, make Veterans feel extra special.
- Valentines of all shapes, sizes, and colours are welcome. However, valentines that are greeting-card size are easier to package and distribute.
- Please do not include candy or chocolate with the valentines.
- Do not use sparkles or materials that easily break off the valentines.
- Do not put individual valentines in sealed envelopes. Send us a single large envelope containing all of the valentines.
- Do not put the date or year on the valentines.
- Avoid using "RIP" and images related to violence or death such as graveyards or guns.

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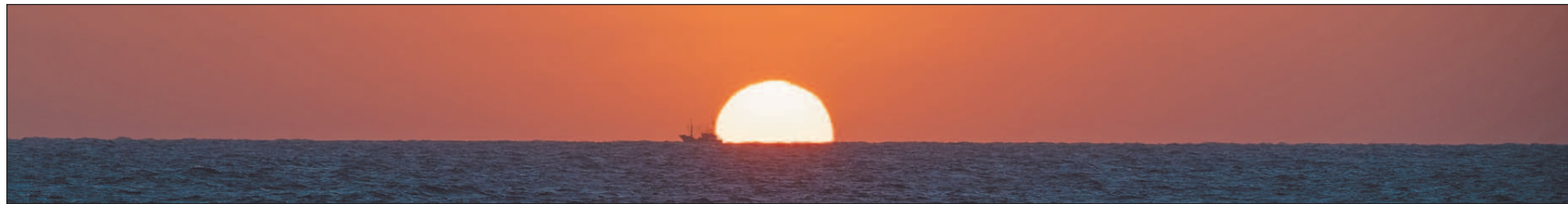
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# HMCS Winnipeg's Operation Projection & Neon Patrolling the Electric Avenues of the Asia-Pacific

**Captain Chelsea Dubeau**  
MARPAF Public Affairs

One ship. Two operations. Three multinational exercises.

Plus, an incredibly busy Intermediate Multi-ship Readiness Training Program on the way to and during Exercise Rim of the Pacific.

A deployment experience unlike any other, it was also one that tested *HMCS Winnipeg's* crew's resilience and proved what is possible when positive people-first leadership meets innovation.

More than that, it was a learning experience in every possible way: from planning to deploy and then deploying in a COVID environment, incorporating the latest-and-greatest Wi-Fi technology, keeping the crew engaged and morale high during a deployment deprived of port visits, and managing supply chain challenges brought on by the global pandemic. There was much uncharted water to navigate.

Even if it is a region in which Canada has operated for decades, *Winnipeg's* time in the Asia-Pacific – one of the most newsworthy regions in the world today – continued to provide learning opportunities, sometimes in the most unexpected of ways. The waters of the region are alive, electric, very busy, and anything but benign.

**Operations Projection and Neon**  
*Winnipeg* deployed Aug. 1,

2020, and commenced Operation Projection in September to conduct forward naval presence operations in the Asia-Pacific region.

While deployed in the region, *Winnipeg* also operated under Operation Neon, Canada's contribution to a coordinated, multinational effort to support the implementation of United Nations Security Council Resolution sanctions (UNSCRs) imposed against North Korea. The sanctions aim to pressure North Korea to abandon its weapons of mass destruction programs and respond to North Korean nuclear weapon tests and ballistic missile launches.

Primarily a surveillance mission, units operating under the auspices of Operation Neon are tasked to collect critical evidence on Vessels of Interest (VOIs), or vessels suspected of maritime sanctions evasion like Ship-to-Ship transfers of fuel and other commodities banned by the UNSCRs. This evidence is then submitted to higher authorities, including the UN Panel of Experts, which gather, examine, and analyze information to evaluate cases of non-compliance.

## The East China Sea and *Winnipeg's* Eye in the Sky

But if the Taiwan Strait was busy, the East China Sea was electric.

At night, the waters were lit up for miles from the lights of hundreds of nearby vessels. Operation Neon is conducted in one of the busiest marine traffic areas in the

world, which makes it that much more difficult when you're trying to find and conduct surveillance on a handful of Vessels of Interest.

"This particular area of the globe has an extremely high density of shipping traffic and fishing vessels," said Major Kris Sutton, Air Officer on board *Winnipeg*. "Between crew resource management between sorties, to strategizing the best way to cover the tasked areas, to gaining proficiency with the helicopter's sophisticated system of sensors to locate VOIs, the lessons came quickly."

The CH-148 proved itself to be an invaluable asset during Operation Neon, extending *Winnipeg's* intelligence, surveillance, and reconnaissance reach beyond the horizon and allowing for a greater amount of surveillance conducted on these Vessels of Interest.

"The CH-148 is effective at what it's designed to do," said Maj Sutton. "It's nice to have validation of its capability in executing this type of mission in an actual theatre of operations."

## One with the Strength of Many

Of course, the CH-148 wasn't the only asset using radar to confirm who was in contravention of the UNSCRs. In *Winnipeg's* operations room, that's the bread-and-butter of many, including Sailor First Class (S1) David Mason, a Naval Environment Sensor Operator (NESOP).

"My job as a NESOP is to provide early warning for any surface or air contacts that may be around us at any given time," said S1 Mason. "We help paint a picture of the surrounding area and give situational awareness to the ship's command team. During Op Neon, it was our job to locate VOI radars."

"There were a lot more merchant and fishing vessels than I realized, all of which utilize general navigation radars," S1 Mason continues. "While looking for our assigned VOIs, the only radars we could search for were general navigation radars, which was like looking for a needle in a stack of needles. Luckily, we were able to count on the assistance of our allied maritime patrol aircraft and an RCAF CP-140 Aurora to assist in locating these VOIs."

Sailor Second Class (S2) Chad DeMan is a boatswain on board *HMCS Winnipeg* who frequently stood watch as a lookout on the bridge. As lookout, his job was to visually detect and report ships, debris, and other navigational hazards. During Operation Neon, S2 DeMan reported and helped visually identify VOIs, and it wasn't without its challenges.

"Sometimes it looks like you're on the highway in the middle of the ocean," said S2 DeMan. "It's hard to keep track of where each vessel is going, which one is priority, and even the different countries they represent."

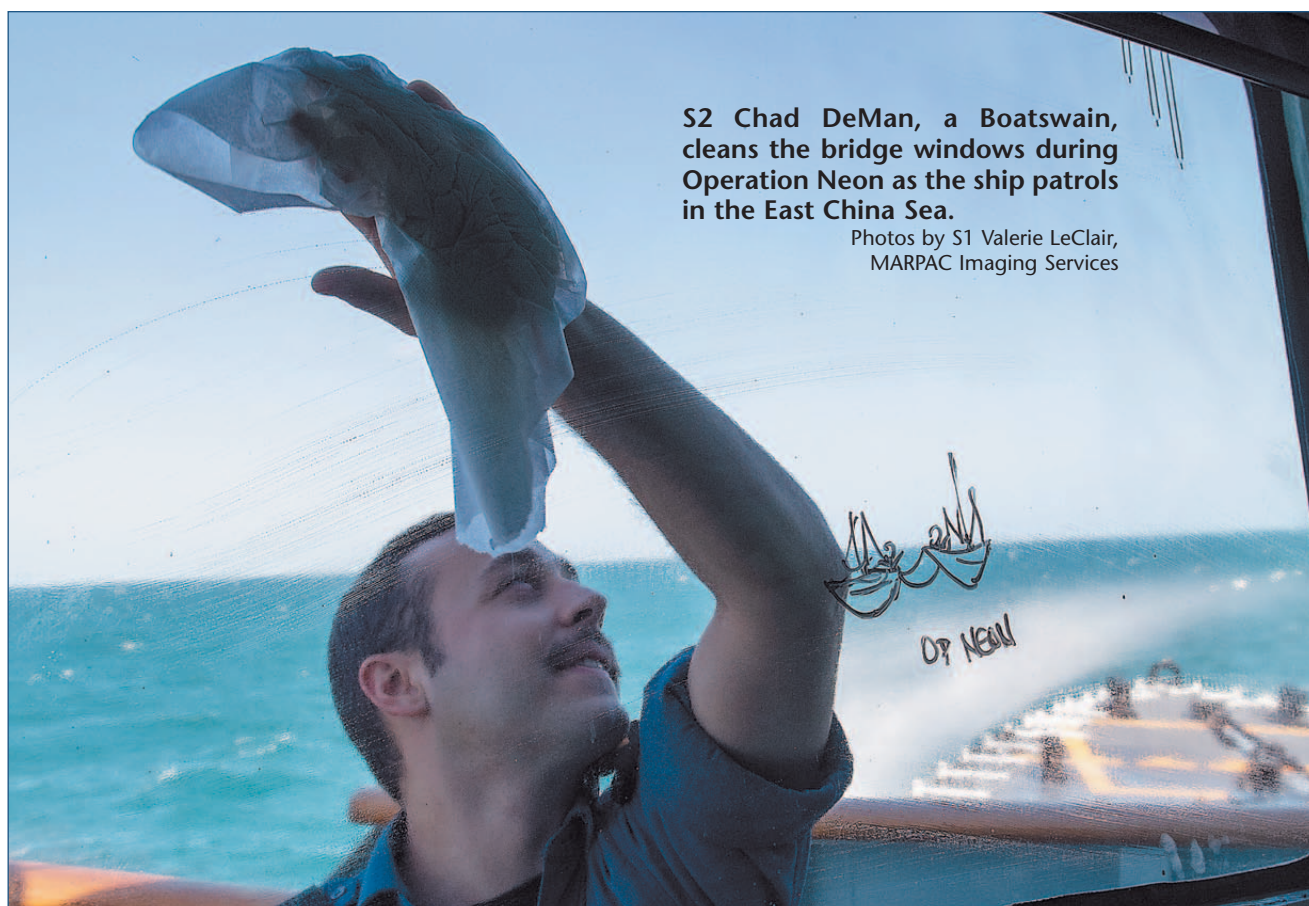
Another difficulty in visually tracking VOIs is the tactics these vessels can employ in order to conceal their identity.

"Sometimes when we came upon a VOI, the intelligence provided wouldn't match up to the ship," said S2 DeMan. "For example, colour of the hull, hull numbers, or even certain features and characteristics on board the VOI."

Between the operations, multinational exercises, ongoing training, *Winnipeg's* deployment was successful by any measurement. Notwithstanding the strides taken in terms of professional qualifications attained, lessons learned, and of course, mission objectives reached, *Winnipeg* earned several accolades from many levels of command, both domestic and international, for its performance across a range of activities including imagery and intelligence collection and anti-submarine warfare capability.

The deployment afforded a learning experience that simply can't be bought, or taught, and certainly won't be forgotten anytime soon.

More than anything, however, it demonstrates that even in the most challenging of circumstances – a global pandemic, for example – the Royal Canadian Navy remains ready to heed the call of Canada and deploy wherever and whenever needed.



S2 Chad DeMan, a Boatswain, cleans the bridge windows during Operation Neon as the ship patrols in the East China Sea.

Photos by S1 Valerie LeClair,  
MARPAF Imaging Services



Petty Officer Second Class André Gingras, a Naval Communicator, listens as the ship is hailed by a nearby vessel.



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## The Hard Road To High Readiness DURING A GLOBAL PANDEMIC

**LCdr Mark Fifield**  
SNMG1 PAO

COVID-19 has impacted all of us on both a personal and professional level. Institutionally, it has challenged us to adapt our training, technical, and personnel management processes in innovative ways. Preparations for *HMCS Halifax's* departure on Jan.1 were no different, with the added complication of an aggressive timeline to ensure the ship was technically ready, crewed, and trained to succeed in operations.

*HMCS Halifax's* team met these challenges right from the beginning, having to perform major maintenance and readiness training while under various states of provincial restrictions on movements and workforce availability. This required creative solutions to ensure the program moved forward. "This pre-deployment period presented challenges that our team had never faced before as we had to improvise and work harder to make sure we met high readiness status prior to deploying," said PO2 Greg Cousineau, *Halifax* Operations Room Supervisor. "It's not only the motivation and

hard work that our sailors put in that allowed us to exceed expectations, but also the families at home who supported us and enabled us to perform to the level that we did."

Whether it was leveraging technology to hold training from sailors' homes to isolating on board while alongside to conduct training that would normally be held at one of the schools, the *Halifax* team and Maritime Forces Atlantic support services worked tirelessly to successfully achieve all of the milestones toward the ship reaching the highest state of readiness.

Similarly, technical authorities and staff from the Fleet Maintenance Facility Cape Scott had to work through strict precautions, sometimes limiting the amount of simultaneous work that was required, to ensure all mechanical and combat systems were in the best shape possible for a long deployment.

Throughout all of the preparations and at-sea periods leading up to the deployment, the health and safety of the crew and all outside support remained paramount.

Prior to proceeding to sea for work-

ups and the eventual deployment, the crew were put under strict quarantine requirements to reduce the risk of infection making it on board once the ship was at sea. The support of shipmates from other fleet units during these periods was invaluable and demonstrated the team spirit inherent in today's Royal Canadian Navy.

"We have reached this point through the positive attitude, imagination, ingenuity, and perseverance from our entire team of military and civilians here in Maritime Forces Atlantic," said Cdr Chris Rochon, *Halifax's* Commanding Officer. "Support from fleet and formation staffs, other ship's companies, the technical teams at our Fleet Maintenance Facility, the Personnel Coordination Center, the evaluators and mentors from sea training and our fleet school, and the base support services was critical."

These combined efforts enabled the RCN training system to continue to generate well trained and equipped, globally deployable high-readiness naval forces that remain "Ready to Help, Ready to Lead and Ready to Fight" on behalf of Canadians.



*It's not only the motivation and hard work that our sailors put in that allowed us to exceed expectations, but also the families at home who supported us and enabled us to perform to the level that we did."*

— PO2 Greg Cousineau, *Halifax* Operations Room Supervisor



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# Mental Health Matters

**Bell Let's Talk**  
January 28th, 2021

Every year, the Mental & Social Wellness Working Group of the MARPAC Health and Wellness Strategy supports Bell Let's Talk, a campaign that aims to encourage a national conversation about mental health. The goal of this annual event is to help end the stigma associated with mental health issues and to support mental health initiatives around the country.

On January 28th, 2021, join the Mental & Social Wellness Working Group in supporting Bell Let's Talk Day by talking, tweeting, posting, and texting about mental health. By doing this, we work towards normalizing these important conversations and reducing the stigma of mental health issues.

The theme for this year's campaign is "When it comes to mental health – now more than ever – every action counts". It would be an understatement to say that the COVID-19 pandemic has impacted our daily lives, but it has also highlighted the critical importance of mental health and wellness. Bell Let's Talk 2021 will continue to focus on taking action, while considering the unique circumstances we are currently facing, and that now more than ever, mental health matters and every action counts.

Small actions, from recognizing stressors and triggers in your own life to checking in and being there for a loved one, can support mental health and strengthen our communities during this challenging time. The Canadian Psychology Association has teamed up with Bell to provide helpful information and tips on how you can help yourself, your friends, family, and colleagues cope with stress and take care of our mental health. You can also visit <https://letstalk.bell.ca/en/> or check out the information below:

#### Recognizing Signs of Stress

Stressors associated with a pandemic will affect everyone differently. We can be affected psychologically (eg. feeling worried), as well as physically (eg. sleeping poorly). Stressors that are beyond our control are especially difficult to cope with. Stress experienced during a global pandemic can include:

- Fear and worry about your own health and the health of your loved ones.
- Changes in sleep or eating patterns.
- Difficulty sleeping or concentrating
- Worsening of chronic health problems.
- Increased use of alcohol, tobacco, or other substances.

Remember that not everyone reacts to the same event in the same way and not everyone shows their distress in the same way.

#### Taking Care of Yourself

Taking care of yourself is important to help you cope with stress. Simple ways to take care of yourself include:

- Take breaks from watching, reading, or listening to news stories, including social media. When you do listen, choose credible sources of information.
- Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals,

exercise regularly, get plenty of sleep, and avoid alcohol and drugs.

- Connect with others. Talk with people you trust about your concerns and how you are feeling and let those close to you, especially children, share their concerns and accept support.
- Maintain as normal a routine as possible, including engaging in activities you enjoy.
- Focus your energies on what you can control rather than worrying about what you can't. You can come up with a new hobby, talk to a friend or exercise but you cannot control when a vaccine will become available or when we will go back to business as usual.

#### Taking Care of Others

It is likely that more people will see impacts on their mental health and well-being than will suffer serious physical effects of COVID-19. People who may respond more strongly to the stress of a crisis include:

- Older people and people with chronic diseases who are at higher risk for COVID-19.
- Children and teens.
- Frontline workers.
- People who have mental health conditions including problems with substance use.
- People who tend to worry – par-

ticularly about their health, or who have experienced a previous or recent traumatic event.

#### Taking care of children and teens

Children and teens may respond more strongly to the stress of the pandemic. There are many things you can do to support your child or teen:

- Give them the opportunity to talk about their concerns, tell them the truth, reassure them, and let them know they can count on you.
- Balance giving information with not giving so much it causes more distress. Check in with children to confirm what they understand and that they have accurate facts.
- Let them know it is ok if they feel upset or scared and talk to them about ways to cope with their feelings.
- Limit your family's exposure to news coverage of the event, including social media.
- Try to keep up with regular routines as much as possible. If schools are closed, create a schedule for learning activities and relaxing or fun activities; if organized activities are cancelled, try to engage in the activity (or an adaptation of the activity) at home.

### Connect to Help

CFB Esquimalt has an abundance of resources that you can access if you or a loved one is struggling with mental health issues.

- Military Family Resource Centre (MFRC) 250-363-2640 or 1-800-353-3329
- Chaplains 250-363-4030 (24hr)
- Employee Assistance Program (EAP) Peer Referral Line: 250-363-7968 24 hour line: 1-800-268-7708
- Member Assistance Program (MAP) 24 hour phone line: 1-800-268-7708
- CF Mental Health Services To access, the member must contact local CAF Medical Clinic Reception at 250-363-4122
- Personnel Support Programs (PSP) Health Promotion: 250-363-5621 Fitness & Sports: 250-363-5677 Recreation: 250-363-1009
- Integrated Complaint and Conflict Management Services (ICCM) 250-363-7578
- The Canadian Armed Forces Transition Group (CAF TG) 250-363-4477

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## Helping Our Children Be Their Best Selves

Thursday, February 11, 2021  
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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 complex behaviour, neurobiology, trauma-informed practice, sensory processing, movement, attachment theory, mental health, and anything that will support people in being their best selves.

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### AN INTRODUCTION

## Mindfulness Presentation and Guided Meditation

with Dr. Chris Goto-Jones  
Professor in Philosophy at the University of Victoria

Wednesday  
February 10, 2021  
7:30-9:00pm  
Online

The presentation will include a military lifestyle component and will talk about how mindfulness can be used to manage the stressors of the lifestyle.

Register online at [esquimaltmfrc.com](https://esquimaltmfrc.com)

**MFRC ESQUIMALT**





## for 'Every Body' and mind launches at CPAC



**Peter Mallett**  
Staff Writer

A new take on yoga instruction, with physically distanced classes, geared to the defence community of all shapes, sizes, abilities, and genders is set to launch at the Colwood Pacific Activity Centre next month.

Former naval reservist Sonia Gray, 44, is the mastermind behind what she describes as non-traditional yoga designed for non-conforming bodies.

"I want my classes to be body positive or body neutral spaces, where you do not feel different, but instead feel like you belong."

Her inclusive approach will help

attendees realize the benefits of yoga, an ancient discipline that promotes physical and mental well-being through exercise movement and meditation.

Gray will teach an array of classes starting in February. To kick it off she is hosting a one-time event on Jan. 28 entitled *Introduction to Yoga for Every Body*. After this, people can enroll in one of three classes.

Her *Yoga for Every Body* runs Thursday evenings from February to April. Participants will learn adaptations to fundamental yoga techniques and mechanics in an inclusive environment.

*Yoga for Warriors* will take place on Wednesdays, and is taught through what Gray describes as a trauma-informed lens. The aim is to reduce physical and men-

tal stress with dynamic movement, deep stretching, and relaxation.

Her *Weekend Yoga* class on Saturdays will also include stretching and relaxation, but with a meditation component.

As a large-bodied woman, Gray understands the frustrations associated with not having a mainstream yoga body. She was immediately discouraged when she first took up yoga 15 years ago because the instructor offered no modifications to the poses. She eventually quit the class, though kept up a home practice.

About five years ago, she gravitated back to the classroom after finding a yoga course specially designed for larger bodies.

"All of us are constantly inundated by diet culture and the beauty myth. It affects peo-

ple's mental health and their self esteem. I am all about yoga for non-conforming bodies, accessible and inclusive yoga, and all of my classes reflect this."

She is a Registered Yoga Teacher, having obtained her Veterans Mental Health First Aid and Yogafit for Warriors® Certifications, and is currently training to be a Warriors at Ease Yoga Teacher. She also teaches Aqua Yoga classes.

For more information about eligibility, registration, and class times call 250-363-1009 or email [recreationcpac@forces.gc.ca](mailto:recreationcpac@forces.gc.ca). To find out more about Gray and the yoga she teaches, follow her on Facebook at Water and Earth Yoga, Instagram at @waterandearth yoga, and Twitter @waterandearth yoga.



*All of us are constantly inundated by diet culture and the beauty myth. It affects people's mental health and their self esteem. I am all about yoga for non-conforming bodies, accessible and inclusive yoga, and all of my classes reflect this."*

– Sonia Gray





Sea Training Atlantic personnel boarded HMCS Moncton on Jan. 17 to begin Multi-ship Readiness Training prior to the ship's departure on Operation Caribbe.

Photos by Cpl Braden Trudeau, Formation Imaging Services

## HMCS MONCTON READY FOR OPERATION CARIBBE

Courtesy Trident Newspaper

HMCS Moncton's crew are preparing for a deployment to Operation Caribbe, the Canadian mission supporting American allies in their efforts to combat illicit trafficking in international waters. The ship is set to depart later this month, and recently welcomed staff from Sea Training (Atlantic) on board for Multi-ship Readiness Training to evaluate Moncton's readiness level before proceeding to sea. The Royal Canadian Navy's most recent contribution to Operation Caribbe on the east coast saw HMCS Summerside deploy to the Caribbean Sea and Eastern Pacific Ocean from Oct. 26 to Dec. 8, 2020.



Crews work with Moncton's small boats with Sea Training (Atlantic) staff on board.

HMCS Moncton conducts a foc's'le transfer with a CH-148 Cyclone helicopter in the Bedford Basin on Jan. 18.



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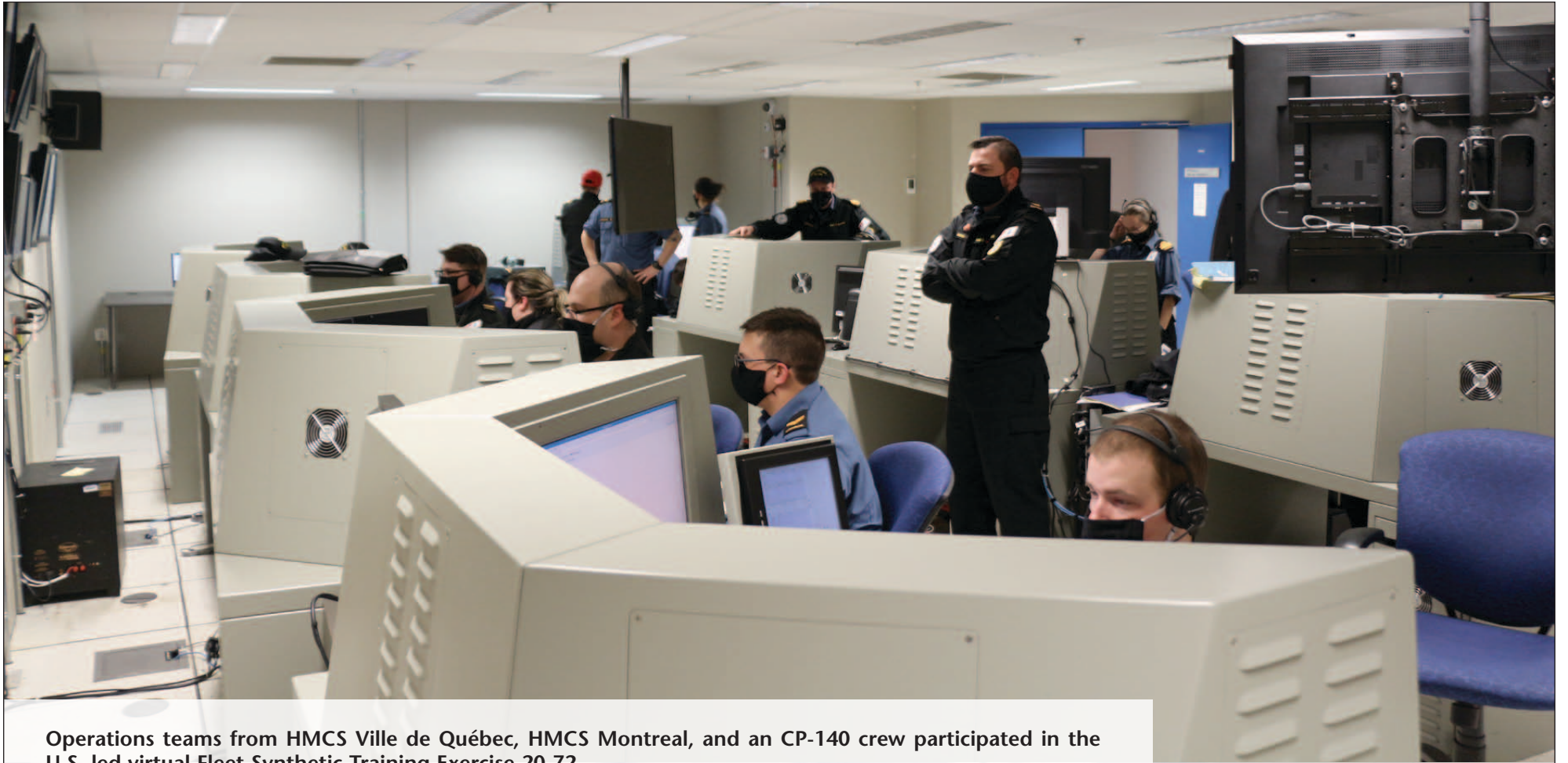
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Operations teams from HMCS Ville de Québec, HMCS Montreal, and an CP-140 crew participated in the U.S.-led virtual Fleet Synthetic Training Exercise 20-72.

MARLANT PA

## East Coast Operations teams exercise virtually with allies

### Trident Newspaper

Three ships from the Atlantic Fleet took part in an annual virtual exercise from Dec. 6 to 10, 2020, working virtually alongside allies from the United States and Australia. The goal: to strengthen ties and interoperability while remaining physically distant.

This year's exercise, entitled Fleet Synthetic Training Exercise-Joint 20-72, was American-led, and saw participants join a computer-based synthetic training environment designed to simulate real-world threats.

It marked the largest Royal Canadian

Navy contribution to date for this type of international virtual exercise. Operations teams from both *HMC Ships Montréal* and *Ville de Québec* took part, along with extra personnel from *HMCS Charlottetown*, all coming together to form a Command Task Unit.

A Royal Canadian Air Force CP-140 Aurora crew also took part, under the command of USN 7th Fleet Tactical Control.

"The Canadian Armed Forces remains committed to its Allies by participating in unconventional training opportunities through the use of simulation technol-

ogy," said Commodore Richard Feltham, Commander Canadian Fleet Atlantic.

The scenario saw crews using the Seawolf and Seacott Operations Room Trainers at Stadacona to simulate operating near the Luzon Strait in the Philippine Sea alongside the USN's Abraham Lincoln Carrier Strike Group. The allies were able to practice the execution of tactics, techniques, and procedures that would come into play during real-world events. Training included anti-submarine warfare, seamanship navigation, engineering, and the logistics of operating multiple ships together at sea.

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- ♥ Includes a cookie, lots of candy and icing
- ♥ Post your creation to be eligible to win a prize
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- ♥ Play Good Deed Bingo. Submit your completed card to be entered in a draw for prizes
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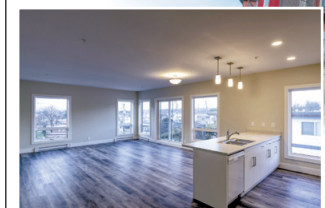
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