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Boatswains from HMCS Brandon deploy the rigid hull inflatable boat (RHIB) for a communications exercise during their deployment on Operation Caribbe in the Pacific Ocean. Operation Caribbe is Canada's participation in the U.S.-led enhanced counter-narcotics operations in the Caribbean Sea and the eastern Pacific Ocean. Naval warships and aircraft deploy to the region on a rotational basis to support the American-led multinational mission to suppress trafficking in international waters and airspace. The operation has been ongoing since 2006 and has seen many successful drug interdictions.

Photo by Operation Caribbe Imagery Technician

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Navy brothers lean on each other through tough times

Sailors First Class Triston (left) and Anton Manson have followed similar paths in life, and the brothers are currently posted to HMCS Toronto.

Inset: The brothers in their Halifax Mariners hockey uniforms after a gold medal win at the CAF Regionals.

Photos by Mona Ghiz, MARLANT PA



Lean on me

Ryan Melanson,
Trident Newspaper

For *HMCS Toronto*, the 2020 Operation Reassurance deployment was anything but routine. While still reeling from the tragic crash of *HMCS Fredericton's* Cyclone helicopter last spring, the ship left Halifax in July, joining NATO allies in the Mediterranean under tight COVID-19 restrictions.

For Sailors First Class Anton and Triston Manson, two brothers posted to *Toronto*, the sail presented several challenges, with pre-deployment preparations complicated by health restrictions, and the extra stress of being overseas during a pandemic. Being in the unique position of having a close family member on board was a blessing.

"I got lucky this time; I had that little piece of home with me, so

my brother and I were able to lean on each other," said Triston. "We don't always see each other during the workday, but we'll always eat together, and we hang out every day if we're in port. We're also good friends, which helps."

It's not the first time the pair has sailed as part of the same crew. They've been able to share a good portion of their naval experiences with each other, and even prior to beginning their Forces careers, the brothers followed similar paths. Both were standout hockey players at a young age, playing at different times at the Major Junior level for the Shawinigan Cataractes, and both had a taste of working odd jobs in the private sector before deciding on the navy route.

They were inspired by their grandfather, a Royal Canadian Navy veteran, and their father, who encouraged them to consider military service.

"My job is extremely important to me. I'm able to provide a good life for my family, it allows me to participate in sports, and I feel like I'm showing my children the importance of a strong work ethic and determination," Anton said.

They're in different trades, with Anton, the younger brother, working as a Naval Electronic Sensor Operator, and Triston as a Marine Technician, but both say the navy has given them the best job they've ever had.

Being able to play ice hockey and ball hockey regularly has been a big perk, and aside from trips to national Canadian Armed Forces (CAF) tournaments and local sports awards, their hockey background has led to other

notable moments.

Anton's very first navy sail in 2016, a short trip to Bermuda with *HMCS St. John's*, saw he and his brother lead their shipmates in an exhibition game against the Bermuda National Ball Hockey team. Not long after, and despite being a Montreal Canadiens fan, Anton was promoted to his current rank by Toronto Maple Leafs legend Wendell Clark while the NHL team visited CFB Halifax.

Anton says the navy life has allowed the game to remain a big part of their lives. They're on the ice multiple times a week, each coach their children in minor hockey, and both will no doubt be suiting up for CFB Halifax again when CAF sports programs eventually make their full return.

Originally from the Halifax area, and with plenty of family nearby, the brothers have been able to support each other on ship while knowing support exists at home for their young families – Anton is a father of four, while Triston is a father of two. This dynamic has allowed them to thrive, and the Mansons say we can expect to see them in uniform, as well as in their navy hockey gear, for many years to come.



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Singing sisters vocal for women

Peter Mallett
Staff Writer

Female trailblazers from B.C., Newfoundland, and Tennessee are making an appearance in a new country music video by Twin Kennedy and singer and songwriter Mallory Johnson. Among them is CFB Esquimalt's CPO1 Line Laurendeau.

The Royal Canadian Navy non-commissioned officer has a brief but relevant appearance in the soon-to-be-released music video *Wise Woman*, which celebrates International Women's Day.

"It was a great honour for me to participate in this video and represent the Royal Canadian Navy, and to be quite honest I was flattered by the invitation," says CPO1 Laurendeau. "There are so many female trailblazers in our Formation, and I am just one of many."

Twin Kennedy are two sisters, Carli and Julie Kennedy, born and raised in Powell River, B.C. They grew up perfecting their harmonies, with Carli on guitar and Julie on fiddle. They both earned bachelor degrees in music performance from the University of Victoria. They are now based in Nashville, TN.

"Given that the video focuses on powerful women and their roles, she was a perfect fit, and we are so excited that Line agreed to be part of the video," says Carli. "We have the utmost respect for military people, so to have a

female member in a leadership role at CFB Esquimalt is something to be celebrated."

Among the 50 women appearing in the video are locals LCdr (Retired) Frances Dearman, who served 23 years for naval reserve unit *HMCS Malahat*; Samantha Kryzwonos from the Esquimalt Military Resource Centre Board of Directors; Beth Dick, a drummer for the Lək̓ʷəŋən Traditional Dancers; Tiko Yoneda, a psychology instructor at the University of Victoria, and Daksha Narsing, owner and founder of Daksha's Gourmet Spices.

"The video speaks of female empowerment and our dream of reaching equality in not only the music industry, but other previously male-dominated industries including the military," says Mallory Johnson, originally from Newfoundland who has also moved to Nashville.

In CPO1 Laurendeau's clip, she is filmed overlooking Dockyard and Esquimalt Harbour from a bluff in Naden wearing her full (1A) dress uniform. She says the video is proof that women can achieve anything if they put their mind to it.

"It's flattering to be involved and become a role model for the younger generation. I hope I can be part of this effort by Twin Kennedy to help inspire other women to achieve the same success or greater and imagine themselves in careers they may never had considered before."



"The video speaks of female empowerment and our dream of reaching equality in not only the music industry but other previously male-dominated industries including the military."

— MALLORY JOHNSON



Canadian country musicians Julie Kennedy and Carli Kennedy have teamed up with singer-songwriter Mallory Johnson to create a new song and music video entitled *Wise Woman* in celebration of International Women's Day. The video includes an appearance by CPO1 Line Laurendeau. Above, the Kennedy sisters share a laugh during a recording session in Nashville, Tenn.

Photo courtesy Jessica Steddom Photography

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WHAT SAY YOU

I'm no sailor. If I were a pirate in a children's cartoon you'd call me a "land lubber". In fact, most of what I've done in my military career (sure, it's just a short three years) has been in a chair staring at a computer screen. Actually, it's worse than that – sitting in a chair, staring at a computer screen... in Ottawa! (I jest.) I was recently given the opportunity to go on a task group exercise with one of our Halifax-class warships, *HMCS Regina*. I couldn't have been more thrilled. Doing exciting things like this is exactly why I joined the military!

So, what's life like on a warship Jeff? I'm glad you asked. I am going to tell you, but it's going to be over a series of blog posts made throughout my time in *Regina*.

BLOG POST ONE:

An overview of the ship (an organism that never sleeps)

I'm writing this about six days into my voyage with *HMCS Regina*, and what I'm saying is really about this ship, but I feel that I could probably generalize a bit.

Warships are really cool. They are cool in the sense that they are giant, floating, autonomous, powerful, multi-purpose, self-sustaining systems that never sleep. This system operates something like an organism; it is not just made up of hardware and equipment but also hundreds of differently trained people, all necessary for the overall functionality and effectiveness of the ship. There's almost no spare room for the non-essential.

The cool thing about living on the ship is

LIFE AT SEA

BY CAPT JEFF KLASSEN,
PUBLIC AFFAIRS OFFICER

you are in the middle of all this. All these integrated yet separate people and parts of the system move around and interact in a dance whose continual performance is needed for the good functioning of the whole.

Let's look at the ship from the perspective of the Operations Room (or "Ops"). This is where Naval Warfare Officers and their operators work the sensors and weapons of the ship – stuff like the sonar, radar, torpedoes, the big gun (that's, err... a technical term), missiles, etc. Well, like anything else, these systems may need changes, maintenance, or upgrades so the ship requires engineers and technicians.

Weapons and radars are fine and all, but to be effective, the ship needs to float and move around the globe. So there is a whole navigation and boating section of the ship to support that. Along with this comes more engineers, operators, technical staff, and boatswains (the jack-of-all trades on a ship).

So, we've already described over half the crew (total population of the crew is usually well over 200) with these two aspects but these people can't just exist. All these people need to have their basic human needs met and humans are, let's say, resource intensive. We need food,

shelter, a livable climate, laundry, exercise facilities, relaxation space, workspaces, bathrooms, and so on. There is a whole people-sustaining aspect of the ship dedicated to making sure the crew can live and thrive for long periods at sea without replenishment. And don't forget

the people who manage this also need to be taken care of themselves. It gets more complex when you also consider communications people, supply, air crews, training staff, special operators, staff officers, etc.

One thing that did strike me as different about ship life is the ship never sleeps. At sunset they switch all lights to red, so you get a feel for what time of day it is. Sure more people work during the day then at night, but you always need people around the clock steering the ship, looking at sensors, manning coms stations, etc. I've gotten out of bed in the wee hours and seen people driving the ship, working in offices, eating, chatting, and exercising - just as if it was the middle of the day but its dark and red lights are everywhere.

In fact, you often have to make effort to see daylight or get fresh air. There are no outside-facing windows in 90 per cent of the places the crew work and live. It's why an engineering officer was joking when he recently asked me, "It's a beautiful morning, isn't it?"

So, in honour of that, for my first post, here's a picture of me and my work colleague Sailor First Class Lisa Wallace outside on the bridge deck taking in the fresh ocean air.



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New helicopter trainer ready for action at DCTF Kootenay

Joanie Veitch

Trident Newspaper

After months of anticipation, control operators and instructors fired up the new helicopter trainer at Naval Fleet School (Atlantic) Damage Control School in Purcell's Cove, Halifax, on March 1.

It's in preparation for an individual helicopter crash rescue training course to go live later this month — the first at the school since November 2019.

The new model is a huge improvement over the previous trainer, says LCdr Andrew Cumming, Commanding Officer at DCTF Kootenay, adding the old trainer was "rusted like an outdoor barbecue" after being heated and cooled during training exercises for nearly 20 years.

Cyclone Trainers

The new trainer simulates the navy's CF-148 Cyclone, giving it new entry and exit points and different locations for potential fires than the previous helicopter frame, which was installed when DCTF Kootenay was built in 2002 and modelled on the CH-124 Sea King.

Design for the new trainer frame began in 2015 with DCTF managers on both coasts offering feedback on their experience with the original frame.

"The biggest change is the look and feel of the trainer to be a realistic rendition," says LCdr Cumming. "In any fire, the sooner you can combat it, the more likely it won't get out of control. You will lower the temperature to increase the survivability of anyone inside. That's why this training is critical, so that teams advance as quickly and safely as possible to prevent loss of life."

Systems within the helicopter will extend its service life, such as improved steel and a water system



Naval Fleet School (Atlantic) staff look on from the control tower as their colleagues exercise the new helicopter simulator.

Ryan Melanson,
Trident Newspaper

that ensure it doesn't get as hot as the previous frame, preventing thermal expansion.

The new helicopter trainer was built and installed in February 2020, with the propane, water, air, and control systems put in over the following weeks. The plan was to have the new trainer operational by April 2020, but COVID delayed its completion.

Prior to the shutdown period, managers at DCTF had increased the training schedule, but since November 2019 only the west coast DC Division has run helicopter crash and rescue courses.

On March 1, Damage Control Training Facility Galiano, in



Victoria, B.C., went offline until their new helicopter trainer is installed, which is scheduled for

some time within the next fiscal year.

How it Works

To simulate a helicopter emergency on board a ship, control operators and instruction staff use propane burners to ignite a fire in any of six locations throughout the helicopter frame. Individual members of the Marine Technician and Boatswain trades, who act as both the ship's helicopter crash rescue team and the advanced firefighting rapid attack unit, are the first responders if there is a fire on a ship.

Training consists of class time, dry runs, and practice before using the simulated fire, as well as rescue exercises in the heli-

copter trainer. Up in the control tower, instruction staff work to create as realistic an environment as possible, calling out emergency information over a loudspeaker and watching computer screens to monitor the various fire locations as the flames begin to curl up and around the helicopter frame.

Advances in technology mean new fire suppression materials and compounds assist the attack team as they respond to the emergency, LCdr Cumming explains, while improved monitoring systems and other technological innovations improve the overall communication and safety of the simulation.

"The control system for the helicopter is more robust to give operators better safety for students, but the experience is still largely hands on."

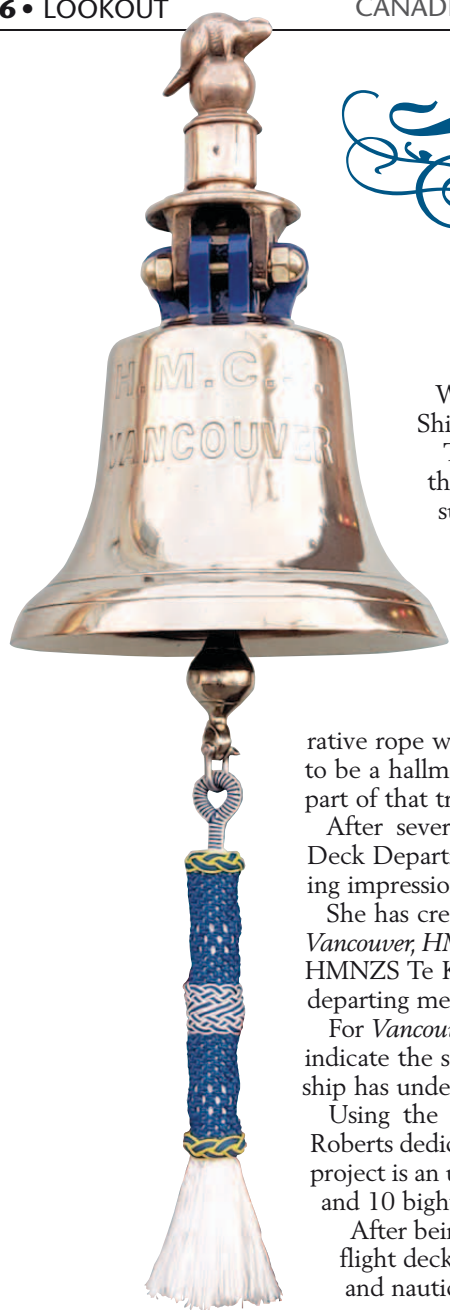


Above: The training environment includes a metal wall meant to simulate a warship's hangar leading out to the flight deck.

Photo by Cpl David Veldman, Formation Imaging Services

Left: A training instructor at DCTF Kootenay fights back flames on the school's new helicopter trainer.

Photo by Ryan Melanson, Trident Newspaper



Bell OF VANCOUVER

When *HMCS Vancouver* departed Victoria Shipyard Nov. 16, it was ready to re-join the fleet.

The crew has been working hard preparing the vessel for its sailing schedule to begin in the summer. Despite their efforts to return the ship back to a high standard of readiness, *Vancouver* was missing its renowned braided bell rope, which attaches to the tongue of the bell.

So senior leadership turned to S3 Jesse Roberts.

Two years ago, while spending time in the ship's shore office, she decided to learn decorative rope work and the lost art of bell rope crafting. It used to be a hallmark craft of the boatswain trade but is no longer part of that training curriculum.

After several lessons with her mentors from *Vancouver's* Deck Department, S3 Roberts was ready to make a resounding impression on the deck of any ship.

She has created 11 decorative bell ropes and given them to *Vancouver*, *HMCS Regina*, *HMCS Brandon* and New Zealand's HMNZS Te Kaha. She has also given her creations as gifts to departing members of the ship's company and friends.

For *Vancouver*, she was asked to make a 12-inch bell rope to indicate the ship's new beginning and the significant refit the ship has undergone.

Using the ship's colours – blue, yellow and white – S3 Roberts dedicated over 25 hours to this rope. Displayed in the project is an unusual Turk's head knot that consists of 11 leads and 10 bights, representing six hours of continuous work.

After being hung on the ship's bell Jan. 29, located on the flight deck of *Vancouver*, it will reside there for many years and nautical sea miles to come.



S3 Jesse Roberts with the bell rope she created for *HMCS Vancouver*. The art of bell rope braiding is a declining craft, but this sailor took it upon her self to learn it.

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Standing NATO Maritime Group One Flagship, HMCS Halifax, participates in electronic warfare training off the coast of Fedje Island in Norway during the NATO Maritime Command Exercise Dynamic Guard 21-1.



Royal Norwegian Navy Corvette HNoMS Storm participates in the NATO Maritime Command Exercise Dynamic Guard 21-1 off the Norwegian coast. This Skjold-class Corvette is a large, superfast, stealth missile corvette that specializes in littoral warfare. Capable of 60 knots, it is one of the fastest warships in the world.



HMCS Halifax and German Navy Tanker FGS Spessart conduct a Replenishment-at-Sea off the Norwegian coast during the NATO Maritime Command Exercise Dynamic Guard 21-1.

NATO EXERCISE DYNAMIC GUARD 21-1 CONCLUDES IN NORWAY

LCdr Mark Fifield SNMG1 SPAO

The Standing NATO Maritime Group One (SNMG1) Task Group led by the SNMG1 flagship *HMCS Halifax* participated in the NATO Maritime Command Exercise Dynamic Guard 21-1 off the coast of Norway in the High North Feb. 22-26.

Dynamic Guard is designed to build and maintain proficiency in maritime electronic warfare and anti-ship missile defence, and this year it followed on from Norway's TG 21-1 exercise in anti-submarine warfare, which also involved SNMG1.

Dynamic Guard demonstrated the ability of Allied forces to quickly integrate to accomplish NATO directed missions and involved various air and surface assets



including, for the first time, bomber aircraft.

SNMG1, as well as national assets from Norway, participated in the exercise along with support from the NATO Joint Electronic Warfare Core Staff. Participating surface ships included *Halifax*, German Navy Tanker FGS Spessart, and Norwegian Navy Corvettes HNoMS Steil and HNoMS Storm.

"Exercise Dynamic Guard provided opportunities for SNMG1 to enhance or otherwise validate our training, knowledge and expertise in electronic warfare and anti-ship missile defence in a unique and challenging operational environment," said Commodore Bradley Peats, Commander of SNMG1. "SNMG1 continues to work closely with our fellow NATO Allies and partners in the region to preserve peace, prevent conflict, promote security and stability, and reinforce the rules-based international order."

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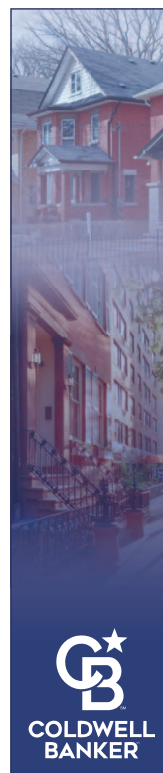
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INTERNATIONAL WOMEN'S DAY

WOMEN IN
LEADERSHIP

International Women's Day, March 8, is a global day celebrating the social, economic, cultural, and political achievements of women. Examples of women's achievements in the workforce at CFB Esquimalt are numerous, and below we have captured four.



KHARLA SIMMONDS

12 years civilian service
at CFB Esquimalt

Current Role: Relief Captain for Canadian Forces Auxiliary Vessels Parksville, Lawrenceville, Tillicum and Firebrand.

Who has inspired you? I worked with a watch-keeping mate in the Coast Guard on W.E. Ricker, her name is Julie Gascon. On her off watch she could be found studying for her next marine certificate. She was good at her job and knowledgeable. When she came on board Ricker, she took the time to make sure I had all the proper sized equipment I needed to do my job safely, as working in oversized gear is never easy to do or safe. Now Julie is the Director General of Marine Safety and Security for Transport Canada.

What has been the greatest challenge you've overcome so far? Working as a deckhand on the Canadian Coast Guard Ship W.E. Ricker, it was a fishing research vessel (trawler). I am not a big person, so I had to work smart and figure out a different way to do the same tasks as the other deckhands, who were mostly East Coast fisherman. It was a physically demanding job, and I loved it.

What advice would you give to a woman who is just starting their career? Mistakes will happen, everyone learns from them. And never be afraid to ask questions.



MS HEMI RYU

8.5 years of service in
the Royal Canadian Navy

Current Role: As the Acting Galley Manager, I am responsible for overseeing galley operations, managing staff, ordering food, and creating the menu.

Who has inspired you? My parents. We are an immigrant family and when I travel the world with the navy, I realize how hard it was to move from one country to another. Being brave and patient and adapting to a new situation at their age with kids must have been really hard but they did it for myself and my brother.

What has been the greatest challenge you've overcome so far? There haven't been challenges, only opportunities. I have had great opportunities over the past two years. I got nominated to go to Ottawa as a guard member for the Tomb of the Unknown Soldier and participated in parades in Normandy, France, for the 75th Anniversary of D-Day. I have sailed in all classes of ships over the last five years – except the tanker and former destroyer HMCS Algonquin – and I was named Sailor of the Year in 2019.

What advice would you give to a woman who is just starting their career? Always take on new challenges. Sometimes it's hard to work in a male-dominated industry but I always look at everything as an opportunity and I am very competitive, which helps.



CPO1 LINE LAURENDEAU

28 years of service in the Royal Canadian Navy

Current Role: As Base Administration Unit Chief Petty Officer, I am the senior non-commissioned advisor to the Commanding Officer of Base Administration

What has been the greatest challenge you've overcome so far? When I was posted to Canadian Fleet Pacific and I had to balance my personal desire to obtain a degree with my work life. This was a return to school 20 years after graduating from high school and was by choice as I wanted to further develop myself. On occasions, I was at sea, which meant I had to adjust my schooling without affecting operations.

Career highlight: When I was deployed in the Persian Gulf on board HMCS Ottawa I was able to make a difference for children in need by helping rebuild an orphanage. Years later, I was able to do the same thing when I deployed in HMCS Calgary in the South China Sea.

What advice would you give to a woman who is just starting their career? Be yourself and you will be able to make a difference. The RCN opportunities are open to everyone and you will be able to be part of a family that are by your side each step of the way.

CDR CYNTHIA SMITH

23 years of service in the Royal Canadian Navy

Current Role: As Commanding Officer of Base Logistics, I am responsible for leading a diverse team in cradle to grave supply chain management, from procurement to disposal, while providing advice and recommendations to the Base Commander to support operational requirements.

What has been the greatest challenge you've overcome so far? There have been many challenges from combating implicit biases, navigating a culture that fosters competitiveness, and feeling part of a family but never quite belonging. The most difficult for me was re-establishing who I am as a person.

I realized I had lost my identity when I was in a mommy-and-me class, and the facilitator asked me "Who are you?" I began explaining my job in the navy and the facilitator stopped me and asked, "No, who are you, not what you do for a job." Somewhere along the way, I lost who I was and what was truly important to me. After much introspection and internal growth, I have re-established a better work-life-balance (though not perfect) and have reconnected with activities that bring me joy outside of my DND family.

Career highlight: There have been so many highlights including memorable overseas deployments, traveling internationally with the Conseil International du Sport Militaire (CISM) soccer, and planning CAF support for the 2010 Winter Olympics.

What advice would you give to a woman who is just starting her career? Be true to yourself and do not pretend to be someone you are not. I was told that I was too nice, that I should not smile and be tougher on people. I have done just fine being kind and respectful to all.



WOMEN AT SEA

TWO FEMALE CAPTAINS DEPLOY FOR THE FIRST TIME ON OPERATION CARIBBE

Lieutenant-Commander Maude Ouellette-Savard (right), Commanding Officer of HMCS Brandon and Lieutenant Commander Nadia Shields, Commanding Officer of HMCS Saskatoon, pose for a photograph during Operation Caribbe.



Q&A

Photo Credit: Operation Caribbe Imagery Technician

Captain Sarah Harasymchuk Operation Caribbe PAO

This year marks an historic occasion for Operation Caribbe.

Both Royal Canadian Navy ships deployed on the Pacific coast, *Her Majesty's Canadian Ships Saskatoon* and *Brandon*, are commanded by female Captains: Lieutenant-Commander Nadia Shields and LCdr Maude Ouellette-Savard. It's a first since the mission started in 2006.

"I'm thrilled to be leading our sailors on this mission," says LCdr Shields, the Captain on board *Saskatoon*. "It's an important operation for Canada and has real-world implications by stopping illicit trafficking in our oceans."

LCdr Shields assumed command of *Saskatoon* in 2020 as her first command posting.

"I've always looked forward to the opportunity to lead some of our finest sailors and I'm delighted to deploy with my dear friend, the Captain of *Brandon*, on the same mission."

The following is a Q & A with LCdr Shields that answers who she is, where she comes from, and what keeps her motivated as the Commanding Officer of a warship.

Are you the first person in your family to be in the military?

First person in the navy, but not in the military. We can trace back our military history to the 1800s.

What's your biggest comfort factor on ship?

My slippers. My good friend Maude (Commanding Officer *HMCS Brandon*) recommended them, and now I change out of my sea boots whenever possible.

How did you get such an excellent crew onboard?

It is two-fold: I think the Royal Canadian Navy has recruited great people, but the credit really goes to the Executive Officer and Coxswain who have always encouraged a very supportive and caring work environment. When I took over Command the positive attitudes of the crew, as well as their pride, was tangible.

What was the hardest thing you've had to do in your career?

Joining *HMCS Saskatoon* and deploying means that I am leaving my three young children for the first time, for a long duration. That was hard.

What do you miss the most when you're at sea?

My family. However, we are lucky to be able to connect with home far more than any of my previous deployments with the new Wi-Fi system on board.

If you could have any super power in the world what would it be?

We were recently talking about this the Machinery Control Room on ship the other night. I would choose the power to fly or teleport. I am not sure which of the two would be my final answer.

Why is this mission on Operation Caribbe important?

Op Caribbe is important because through the disruption of illicit drug trafficking, we are able to disrupt the cash flow to other parts of organized crime as well. This is not only a stabilizing factor for South America, but serves to protect North America, specifically Canadians, as well.

How many seas have you sailed?

This is a hard one to answer because there are so many definitions of "seas". I think if you consider that there are seven seas, it would be six. I haven't had the privilege of sailing the Caspian Sea yet.

What is the craziest thing that ever happened while you were on ship?

When I was on board *HMCS Toronto*, we were in the Black Sea conducting an exercise with multiple other Black Sea and NATO nations when we were overflown, at a low altitude, by a pair of Russian fighter jets. It was not part of the exercise so it came as a big surprise!

Operation Caribbe is Canada's participation in the U.S.-led enhanced counter-narcotics operations in the Caribbean Sea and the eastern Pacific Ocean. Naval warships and aircraft deploy to the region on a rotational basis to support the American-led multinational mission to suppress trafficking in international waters and airspace. The operation has been ongoing since 2006 and has seen many successful drug interdictions.

How many times have you said "make it so"?

Only as a junior officer, but as a Commanding Officer I say "yes, please" a lot.

What's your favourite ship evolution?

It would be departing a jetty when the ship is leaving berth. The whole crew is closed up and focused on the task of getting underway and the possibilities seem endless.

What would you like to say to folks back home in St. Thomas, Ontario?

Fun Fact: Our Mechanical Mine Sweeping Crane was made in St. Thomas by Arva Industries! So, we have a piece of St. Thomas on board the ship to remind me of home.

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MUSEUM FUNDRAISER HOLDS WATER

Peter Mallett, Staff Writer

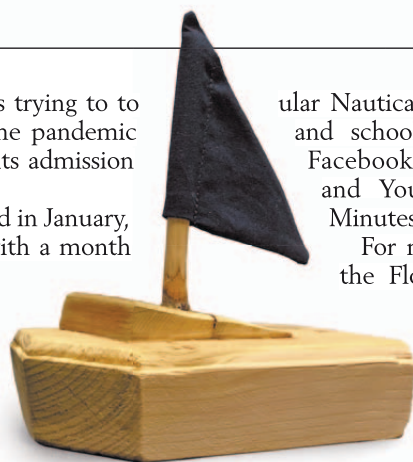
The Maritime Museum of British Columbia has launched a unique fundraising campaign – Float the Boat, and they mean that literally.

A small wooden boat is slowing rising to the top of a fish tank as donations accumulate towards their \$25,000 target.

The non-profit Victoria tourist attraction is trying to right its financial ship as the pandemic has taken the wind out of its admission sales.

Since the campaign started in January, \$13,200 has been raised, with a month left to go.

The tank is prominently displayed at the main entrance of the museum located on Humboldt



Street. Donors can sponsor a collection, program or exhibit, or make a general donation.

The pandemic has not only impacted the museum's bottom line but also the way programs are delivered. Like most museums, they have transitioned to virtually offering their popular Nautical Nights Speaker Series and school programs via Zoom, Facebook Live virtual tours and Youtube video Maritime Minutes.

For more information about the Float the Boat campaign and how to donate visit the museum's webpage: <https://mmbc.bc.ca/float-the-boat/>

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» PROFILE

Sub-Lieutenant Castromayor

Personnel Selection Officer (PSO) in training

2Lt Jamie Boparai
Base Administration

The search for a satisfying career led Sub-Lieutenant Allen Castromayor to take the sacred oath to serve Canada as a member of the Canadian Armed Forces. So, it is only fitting that he would end up in a position to help others achieve the same, as a Personnel Selection Officer (PSO) in training.

"Apart from the altruistic answer of serving Queen and country, the most important reason for joining was because I was at an age in my life that I needed more direction and stability," he explains. "I had some uncles and cousins serving, and I knew it offered a chance to see the world, and a stable career as well."

He began his career as a Naval Weapons Technician in 2005. "I chose this trade because I enjoyed working with my hands and I was looking for something that was technical to challenge me." When the trade amalgamated into Weapons Engineering, SLt Castromayor decided he wanted to

try something new, something equally challenging.

"The direction I took to commission and become a PSO was through a program called the University Training Plan for Non-Commissioned Members (UTPNCM)."

The program afforded him to go to university full-time while still in the employ of the Canadian Armed Forces. From 2016 to 2020, he attended the University of Victoria earning his Bachelor of Arts in Psychology, and during the summers he worked at the Base Personnel Selection Office in CFB Esquimalt gaining hands-on experience within his chosen occupation.

"Personnel Selection Officers work to balance the needs and wants of members with the needs of the CAF through the application of various programs that deal with In-Service Selection and Career Transition Services," explains SLt Castromayor.

Examples of In-Service selection programs are the Annual Voluntary Occupational Transfer Program, where Non-Commissioned Members apply to change trades, and UTPNCM, the same

program that provided SLt Castromayor the opportunity to become a PSO.

"Career Transitional Services are on the other end of the spectrum. We help members plan for life after the military."

Programs include Second Career Assistance Network seminars, which provide a broad range of information on major transition topics such as pensions and Veterans Affairs' benefits, services and entitlements, and job search tools.

"We even provide a Career Transition Workshop that assists with resume writing and interview techniques."

When pressed about the favorite part of his job, SLt Castromayor confidently explains it is the clients he serves.

"I interact with many types of people from different employment backgrounds, and there is a satisfaction that comes from aiding clients. There is nothing better than helping a client achieve their goals and dreams."

This answer only seems fitting as it was a PSO that helped put SLt Castromayor on track to become a PSO himself.



"There is nothing better than helping a client achieve their goals and dreams."

– Sub-Lieutenant Allen Castromayor

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Peter Mallett
Staff Writer

Sgt Mike Kotuk of CFB Trenton, ON, and WO Dan Bodden, CFB Esquimalt, cycled for 24 consecutive hours on Feb. 24 without getting anywhere, sort of.

The cycling duo spun their wheels on a stationary bike to raise funds and awareness for The Wounded Warrior Run BC, since the yearly relay-style run was cancelled due to COVID-19. It has been tentatively rescheduled for April 11 to 18.

WO Bodden and Sgt Kotuk's alternate fundraiser, entitled 24 on the 24th for Wounded Warriors Canada, had them cycling 1,409 kilometres, raising \$5,800.

"I felt a sense of deep satisfaction when the clock finally hit 7 a.m. the next morning. We were both utterly delighted with the results," says WO Bodden. "I couldn't believe the generosity and support of people from everywhere."

WO Bodden is the co-founder of Wounded Warrior Run BC. The Search and Rescue Technician works as a Platoon Warrant Officer at the Transition Centre on base.

During their ride, both men kept track of their distance, speed, and time on the popular cycling game platform Zwift. They were permitted to take occasional meal, bathroom, and rest breaks. While cycling they also made regular updates to their followers on Facebook.

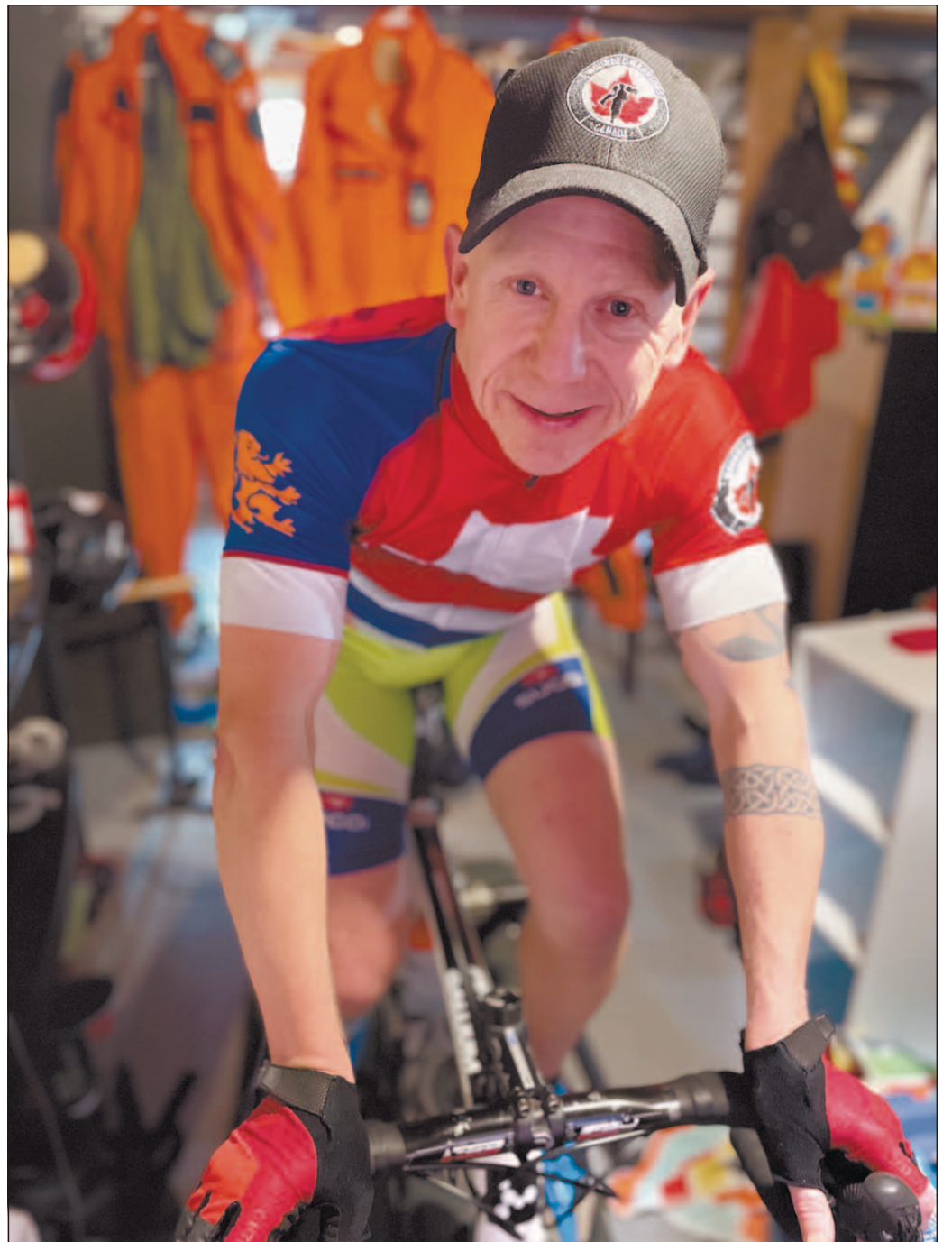
As time wore on, WO Bodden says the pain and fatigue in his body mounted.

"Even with a plan of execution for fluid and nutrition, in an activity like this your hands, feet, knees, and your rear end are going to get sore anyway, and as time wore on they certainly were," he said.

Wounded Warrior Run BC Director, Capt Jacqueline Zweng was thoroughly impressed by the efforts of WO Bodden and Sgt Kotuk.

"They gave us a much-needed boost following the postponement of our run and we are so proud of this absolutely incredible and inspiring effort of Dan and Mike," said Capt Zweng, a Training Program Director at the Regional Cadet Support Unit at Work Point.

To find out more about Wounded Warriors Canada and how to donate to their programs visit their website <https://woundedwarriors.ca/donate/>



WO Dan Bodden of the base's Transition Centre rides his stationary bicycle during a fundraiser for Wounded Warriors Canada on Feb. 24. WO Bodden and Sgt. Mike Kotuk of CFB Trenton peddled their bikes for 24 consecutive hours, logging 1,409 kilometres and raising close to \$5,000 for mental health treatment and support programs for veterans and currently-serving members.

Credit: Wounded Warriors Canada



I felt a sense of deep satisfaction when the clock finally hit 7 a.m. the next morning.

– WO Dan Bodden, CFB Esquimalt



NAVY BIKE RIDE 2021: ARE YOU READY TO RIDE?

Following the success of the 2020 Battle of the Atlantic virtual challenge, the Navy Bike Ride is pleased to present the 2021 Harry DeWolf virtual challenge.

Get ready to ride as we target 30,000 cumulative rides - cyclists will bike indoors or outdoors, all while respecting the rules of social distancing - as we chart the course for HMCS Harry DeWolf's inaugural deployment through Canada's North and North America.

Registration is now open for this free event, which runs June 12 to Aug. 29.

Funds raised through this event will go towards the Royal Canadian Naval Benevolent Fund and Support Our Troops.

Race roster link: https://raceroster.com/events/2021/36550/navy-bike-ride-2021?locale=en_US

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Exceptional Sailor and Centennial Cup Recipient

Master Sailor Remi Ducharme, who has been promoted to his current rank since this photo was taken, is the Royal Canadian Navy's Exceptional Sailor and Centennial Cup recipient for 2020.

"MS Ducharme's work ethic, positive attitude, and duty to serve embody the traits that all members of the Canadian Armed Forces should demonstrate, making him an exceptional sailor."

Master Sailor (MS) Remi Ducharme, currently serving onboard HMCS Kingston, has been named the Royal Canadian Navy's (RCN) 2020 Exceptional Sailor and Centennial Cup recipient.

His nomination letter states that MS Ducharme's "work ethic, positive attitude, and duty to serve embody the traits that all members of the Canadian Armed Forces should demonstrate, making him an exceptional sailor."

MS Ducharme, who is based in Halifax, received his award March 1 via

video conference call from Chief Petty Officer First Class Dave Steeves, the RCN Command Chief Petty Officer, on behalf of Vice-Admiral Craig Baines, Commander RCN. Representatives from the Navy League of Canada and Lockheed Martin were also in attendance.

The Weapons Engineering Technician, who held the rank of Sailor First Class at the time of his nomination, has since been promoted to his current rank. He received the nomination for his invaluable contributions while serving in his former ship,

HMCS Charlottetown, which included his consistent professionalism and expertise on the job.

He is also a community volunteer, including at Halifax's Camp Hill Veterans' Hospital, for the local Battle of Britain and 75th Anniversary of D-Day celebrations, as a mentor and instructor in the CF Aboriginal Entry Program, in the ship's Run for Wishes in PEI campaign (which raised over \$26,000 for the Children's Wish Foundation), and for organizing the ship's Family Beach Day.

A fully bilingual sailor,

MS Ducharme was selected for several Recruiter for a Day events in Montreal and Rimouski, Que., where he promoted the navy and answered questions from potential recruits. With his technical background, he was even able to fix problems the recruiting team had with their presentation equipment, ensuring the event could continue without incident.

MS Ducharme has demonstrated his adaptability, accepting a temporary transfer to another ship to fill in during a crew shortage while that ship was on exercise.

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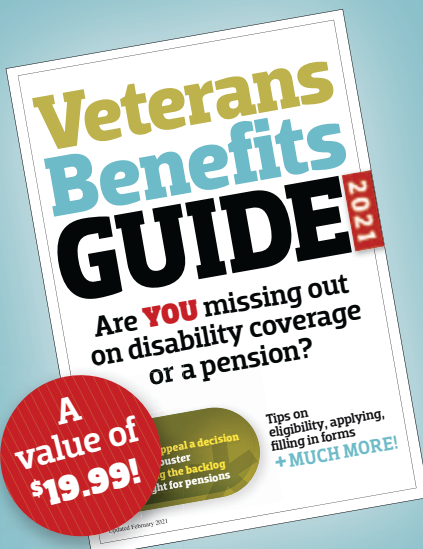
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Chocolate Peanut Butter Banana Smoothie

Ingredients

- 3/4 cup (180 mL) plain Greek yogurt
- 1 frozen banana
- 1 cup (250mL) milk of choice
- handful of ice cubes
- 1 tbsp (15 mL) flax meal (ground flaxseed)
- 1 tbsp (15 mL) peanut butter
- 1 tbsp (15 mL) cocoa powder
- handful of spinach (optional)

Directions

1. Blend all ingredients in a blender
2. Serve in a cup or thermos with a straw

Recipe Provided By:
Jackie Silver MHSc, RD
Recipe Source:
www.NutritionMonth2021.ca



DIETITIAN TIP
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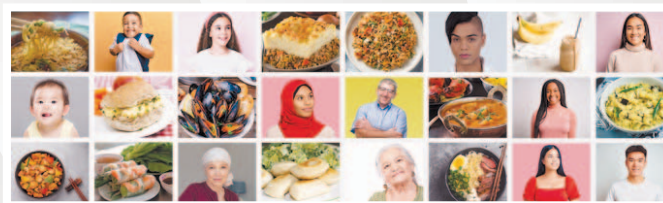
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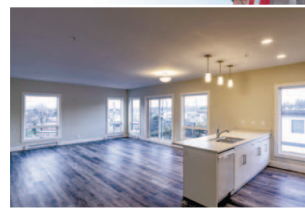
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