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# CALGARY CREW AT EASE

Sailor Second Class Audrina N'Guessan with other sailors stand at ease on HMCS Calgary's quarterdeck as the ship departed Darwin, Australia, on July 11. Calgary is on Operation Projection conducting training, exercises, and engagements with foreign navies and other international security partners.

Photo by Cpl Lynette Ai Dang, HMCS Calgary Imagery Technician



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# HMCS Calgary's unofficial bagpiper

HMCS Calgary's Sgt Steven Drinkwalter grew up in Esquimalt where his father worked down the road at CFB Esquimalt.

At age 12, while watching the Victoria Day parade, his mother pointed to the pipe band as it marched by and said to him, "You're doing that."

So, he joined the 2136 Canadian Scottish Cadet Corps and learned the bagpipes, rounding out his cadet experience as he had already been in Sea Cadets and Air Cadets (Rainbow Sea Cadet Corps and 89 Pacific Air Cadets).

"I loved it right away," he says.

In 1994, at 17, he transitioned from cadet to an Infantry Reservist in the Canadian Scottish Regiment (Princess Mary's) Primary Reserve infantry unit out of the Bay Street Armoury in Victoria.

With this unit he toured the world as part of the Regimental Band. He fondly recalls touring the United States and going to Europe. His most memorable trip was to Scotland when his band participated in the Royal Edinburgh Military Tattoo, the largest military show of its kind in the world.

In 2004, he moved from the Reserve Force to the Regular Force, joining as an Aviation Systems Technician. Since joining he has been on six deployments on four warships as part of their embarked air detachments.

To the delight of all the ship crews he has sailed with, Sgt Drinkwalter always deploys with his bag-



pipes, becoming the ships' unofficial bagpiper. His bagpipe playing offers a powerful and emotive ambiance at dinners, cocktail parties, birthdays, celebrations, and memorials.

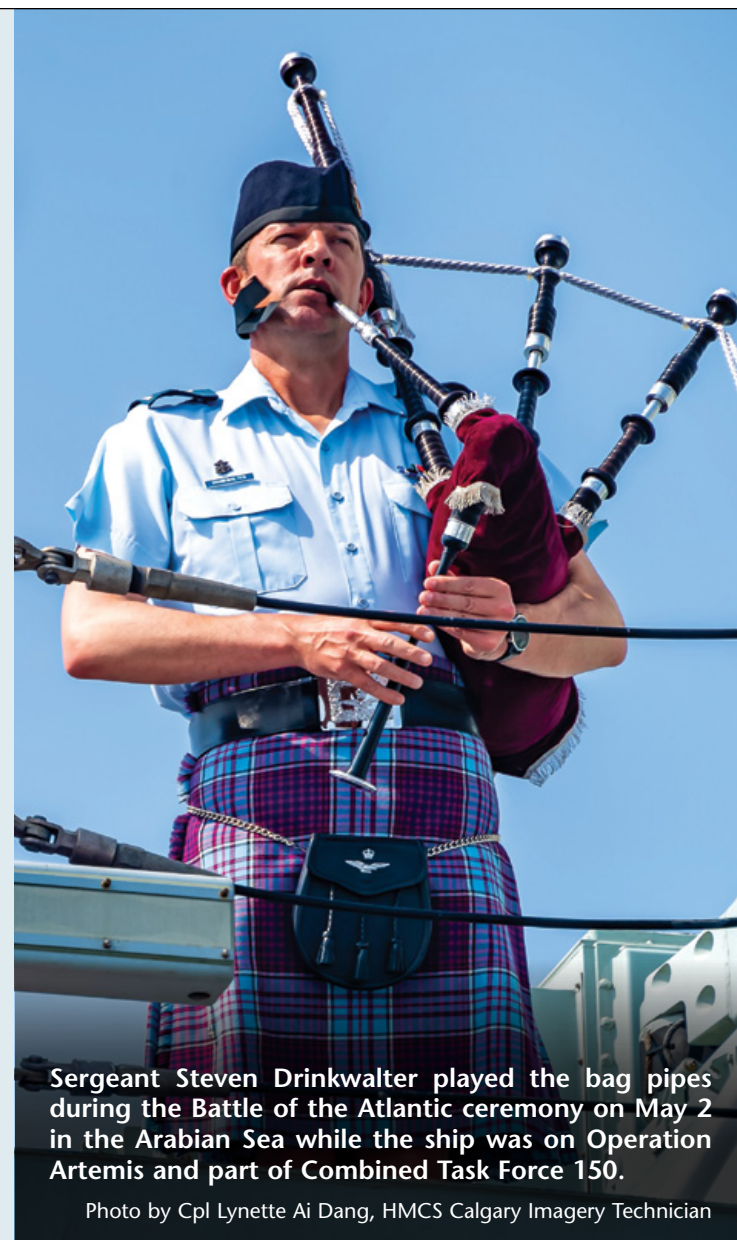
In HMCS Calgary his musical skills were used at the celebration of the RCAF's 97th birthday, at a mess dinner, at a Battle of Atlantic ceremony, and during a memorial ceremony for the one-year anniversary of the crash of the helicopter Stalker 22.

On board, his technical skills as Weapon Systems Releaser and senior maintenance advisor ensure the ship's embarked CH-148 Cyclone helicopter meets all regular safety and maintenance protocols.

Calgary just finished Operation Artemis and is now on Operation Projection where it visited Indonesia and then participated in Exercise Talisman Sabre off the coast of Australia.

"This (Operation Artemis) mission is particularly rewarding because so often your military career is preparing and ensuring that capabilities are ready at all times. On this mission, we are actually doing the work we are trained to do and making a fairly direct contribution in the fight against terror," says Sgt Drinkwalter.

He still resides in Esquimalt where he lives with his wife Whitney and their four children Bailey, Austin, Madison, and Kenzie.




Sergeant Steven Drinkwalter played the bag pipes during the Battle of the Atlantic ceremony on May 2 in the Arabian Sea while the ship was on Operation Artemis and part of Combined Task Force 150.

Photo by Cpl Lynette Ai Dang, HMCS Calgary Imagery Technician

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Photos by Corporal Sylviane St-Cyr, Canadian Forces Support Group (Ottawa-Gatineau)



Rear-Admiral Chris Sutherland, Deputy Commander Royal Canadian Navy (centre), presided over the Naval Reserve Change of Command Ceremony between departing Commander, Commodore Michael Hopper (left) and incoming Commander, Commodore Patrick Montgomery (right) during the signing of the Change of Command certificates in Ottawa July 9.

## FORMULA FOR SUCCESS

### New Naval Reserve Commander

**Peter Mallett**  
Staff Writer

A Victoria resident skilled at solving complex problems has taken command of Canada's Naval Reserves.

Math professor and naval reservist Commodore Patrick Montgomery took the helm from Cmdr Michael Hopper during a Change of Command ceremony at HMCS Carleton in Ottawa on July 9.

"I think the ability to analyze a problem logically and consider how components interact has been a great help throughout my career in the Naval Reserve," he says of his mathematical expertise.

He now oversees more than 4,100 part-time sailors serving within 24 Naval Reserve Divisions across the country. Their responsibilities include responding to domestic operations, providing security for the Royal Canadian Navy (RCN), augmenting the fleet platform or shore capacity for defence missions at home and abroad, and providing the linkage between the RCN and local communities.

Cmdr Montgomery is a 52-year-old father of two, and currently resides in Saanich with his wife Kelly. He holds a Ph.D. in mathematics from the University of Alberta and currently teaches math at nearby Camosun College. He has been engaged as a part-time and full-time reservist for most of his adult life, first enrolling in the Naval Reserves in 1986 when he joined HMCS Malahat.

Highlights of his naval career up until this command were his postings as Commanding Officer of HMCS Edmonton (2008 to 2010) and HMCS Saskatoon (2010 to 2012), when he worked as a full-time naval reservist.

Earning his Minor Warship Command Qualification in 2004 was the most difficult challenge of his naval career.

"This took several years of examinations, preparations, study, and practice to get there," he says. "I also learned a lot about how to deal with my own limitations; stress as well as success and failure as they both can teach us a lot."

His love of life in the navy is enriched by the fact that he is a third-generation sailor; his father and grandfather also served in the RCN.

When he is not busy with his two jobs or his family, he plays tuba in the Greater Victoria Concert Band.



He knows he is not the only reservist juggling many responsibilities, noting many reservists are also coming to the military from highly skilled jobs in the civilian world. These individuals often fill vital positions within the fleet, which in turn helps the navy fulfil its mission.

"To get there we need to have every reservist feel valued and able to contribute to the mission of the RCN and CAF," he says. "That is my vision for the future of the Naval Reserves."

His other priorities are to continue the work of his predecessor.

"Creating a digital naval reserve, training, recruiting, retention, strengthening of the divisional system, and connecting with Canadians are all priorities that will also be a big part of my focus."



Departing Naval Reserve Commander, Commodore Michael Hopper address the crowd gather at the change of command ceremony.

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# matters of OPINION

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## Ask the Expert: Tendons and Ligaments – are they different?



Q

*Throughout my military career, I have participated in a wide variety of sports and experienced my fair share of injuries. Some of these injuries were the result of overuse and others were caused by trauma. Most of my injuries have involved tendons or ligaments, and I must admit that I really don't understand the difference between the two. Can you explain?*

A

Great question. The body has approximately 900 ligaments and 4,000 tendons. Both of these structures are made of tough fibrous tissues and are essential to the proper functioning of our musculo-skeletal system.

Unfortunately, they both can be injured when we use them at work and at play. They are also more vulnerable to injury when they are not toughened up by living an active lifestyle, particularly as one ages. When ligaments and tendons are injured, people can experience pain, inflammation, weakness, reduced range of motion and in some cases instability.

Ligaments attach bones to bones. Their primary role is help make joints more stable and when they are badly damaged people may feel the affected joint is loose or unstable. Ligament injuries are referred to as "sprains" and are commonly described as being grade one to three. A grade one sprain is a minor injury where some ligament fibres have been damaged but there is no obvious ligament tear. A grade two sprain is a moderate injury where the ligament is partially torn. A grade three sprain is a severe injury where the ligament is completely torn. Regardless of their grade, all ligament sprains can be very painful and disabling.

Tendons attach muscles to bones. They function to transmit the forces generated by muscles to make bones move. They also play an important role in joint sta-

bility and helping to absorb the impact loads that are generated by activities such as running and jumping. Tendons can experience a number of different injuries including strains, partial tears, complete tears, tendonitis and tendinosis. These injuries often occur as the result of overuse. They can also result from trauma, such as snapping your Achilles tendon while jumping up to do a layup in basketball.

Unfortunately, ligaments and tendons both have very limited blood supplies, so when they are injured, it can take a long time to recover. The appropriate treatment for these injuries will depend on their severity. Complete tears of ligaments and tendons often require surgical repair to restore normal function and stability. Less severe injuries usually respond to rest, ice, compression, elevation, anti-inflammatories, physiotherapy, casting/bracing, shock wave therapy, corticosteroid injections and time.

Bottom line: The body has a huge number of tendons and ligaments that play a critical role in helping us function well on our journey through life. It is important to know that these tissues have a poor blood supply and so when they are injured, they will heal quite slowly. Seeking the help of a health care professional can speed up your recovery, prevent complications, and help you get back to doing what you love – being active. Exercise is medicine.

### Dr. Darrell Menard OMM MD, Dip Sport Med

Dr. Menard is the Surgeon General's specialist advisor in sports medicine and has worked extensively with athletes from multiple sports. As part of the Strengthening the Forces team he works on injury prevention and promoting active living.

*Strengthening the Forces* is CAF/DND's healthy lifestyle promotion program providing expert information, skills and tools for promoting and improving CAF members' health and well-being.



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# Latin-American association closes cultural void

**Peter Mallett**  
Staff Writer

The co-founders of a Latino community group at CFB Esquimalt want to grow their organization and connect more members to their shared heritage.

The CAF Latin-American Heritage Association was originally founded in Ottawa by Capt Milton Hoyos and Capt Rey Garcia-Salas three years ago. It built on the achievements of the Department of National Defence Heritage Team that was launched in 2010.

The new association linked together members via email with the initial goal to establish an annual Latin-American Heritage month in the military. Its main catalyst was the passing of Bill S-218 in the House of Commons, an act respecting Latin-American Heritage Month in October 2018.

Here in Esquimalt, Master Sailor Renato Zelada-Huezo took quick notice of the CAF's new national association and together with another military member moved to set up a local chapter.

The local chapter's mandate is the same as its Ottawa-based parent organization. It's all about ending isolation and bringing together people who feel disconnected from their culture and language.

"It's important from the perspective of solidarity to be able to gather together and help each other," says MS Zelada-Huezo. "Our overall mandate is to promote the mental health and well-being of members and help to integrate and adapt themselves to the military community."

His family is from San Salvador and fled to Canada in 1987 during El Salvador's civil war, first settling in Montreal. Serving in Canada's military is about payback, he says.

"I am from a military family that has members in services across the Americas and felt I should do service for my adopted country."

The local chapter has about 50 members from a variety of Latino countries. MS Zelada-Huezo says people who are



not Latino but like the culture are also welcome to join the group.

Prior to the COVID-19 pandemic, group members had weekly restaurant night outings. With indoor gatherings currently banned due to the pandemic, members of the group have been keeping in touch through their Facebook Page.

MS Zelada-Huezo encourages anyone interested to joining the local chapter of CAF Latin-American Heritage Association to visit their Facebook Page entitled En El Mar La Vida Es Mas Sobrosa.



MS Renato Zelada-Huezo.

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# NEW WING COMMANDER TAKES CHARGE AT 12 WING SHEARWATER

## DND

Colonel Patrick MacNamara assumed command of the Royal Canadian Air Force's 12 Wing Shearwater from Col James Hawthorne in a change of command ceremony July 16 presided over by Major-General Eric Kenny, Commander of 1 Canadian Air Division.

Col MacNamara assumed command after a dynamic career that includes postings with both of 12 Wing's operational squadrons 423 Squadron and 443 Squadron and numerous deployments to sea with the CH-124 Sea King; an operational planning posting with NATO in Europe; and most recently with the Strategic Joint Staff in Ottawa.

Col Hawthorne now moves into the position of Royal Canadian Air Force Advisor with the Canadian Defence Liaison Staff at the Canadian High Commission in London, U.K. As Wing Commander, he presided over one of the most challenging periods in 12



Wing's history, which saw the continued operationalization of the CH-148 Cyclone, and the tragedy of the Stalker 22 accident on April 29, 2020. This was on top of the day-to-day responsibilities of maintaining training and readiness, operating alongside the Royal Canadian Navy, and working with community partners, all while dealing with the challenges posed by the COVID-19 pandemic.

12 Wing is the home to the Royal Canadian Air Force's maritime helicopter community, with the primary role of providing helicopters to embark on Royal Canadian Navy ships in support of operations. With a total team of approximately 1,200 people, 12 Wing Shearwater has four squadrons: 443 Maritime Helicopter Squadron (Patricia Bay); 406 Maritime Operational Training Squadron (Shearwater); 423 Maritime Helicopter Squadron (Shearwater); and 12 Air Maintenance Squadron.



It was all smiles as Col Patrick MacNamara assumed command of 12 Wing Shearwater from Col James Hawthorne in a ceremony presided over by Major-General Eric Kenny, Commander of 1 Canadian Air Division. Inset photo at left: Col Patrick MacNamara addresses those in attendance.

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LCdr Kray Robichaud is a long-distance cyclist who has achieved the 'super randonneur' title every year since 2016 — completing a series of self-supported rides ranging from 200 to 600 kilometres. He is participating in this year's Navy Bike Ride Harry DeWolf challenge.

## Ultra long-distance approach to Navy Bike Ride

**Joanie Veitch**  
Trident newspaper

Last year, LCdr Kray Robichaud cycled 5,968.7 kilometres as his contribution to the 2020 virtual Navy Bike Ride Battle of the Atlantic challenge, which added up to a cumulative total of nine days, nine hours, and 23 minutes in the saddle.

By July 15 of this year, he was already on track to beat that distance in the 2021 virtual Harry DeWolf challenge.

"When comparing my stats with last year's Navy Bike Ride, I am slightly ahead by 75 kilometres, 1,901 kilometres ridden this year compared to 1,825 kilometres ridden this time last year," he says.

He loves to track his stats, taking pleasure in adding interesting facts to help put the incredible distances he rides into a fun frame of reference. For instance, he not only estimated the number of calories he burned over the 11 weeks of last year's Navy Bike Ride - 210,185 calories to be exact - he determined that amount would be "the equivalent to the amount of calories that two Kingston Class ship's companies would expend in one day, or alternatively, the amount of calories an average person would expend in three and a half months."

### »» *Becoming a long-distance cyclist*

LCdr Robichaud is the Royal Canadian Navy's Senior Staff Officer Strategic Outreach Atlantic/Arctic Canada, as well as a husband and dad to four children. When not attending to those duties, he is on his bike as much as possible, earning titles of distinction in cycling and more than a few medals along the way.

LCdr Robichaud is what is known in cycling circles as a 'randonneur' - a rider who has successfully completed a self-supported 200-kilometre 'brevet' or mapped course with preset control checkpoints. Once a cyclist completes the course successfully, they receive the lifetime 'randonneur' distinction.

In fact, LCdr Robichaud, who is president of the cycling club Randonneurs Nova Scotia, is a 'super randonneur' in that he has completed a brevet series of increasing distances: 200 km, 300 km, 400 km and 600 km. Unlike the 'randonneur' distinction, the title of 'super randonneur' must be earned each cycling season.

Going from riding a 400 km distance to riding 600 km seemed like a huge jump the first time he did it, LCdr Robichaud recalled. But when he was out on the road, he felt

good enough to ride through without stopping.

"I wanted to see what it's like to ride over 24 hours. It was one of the most exhilarating experiences of my life."

Achieving the 'super randonneur' in 2016, his first summer of long-distance riding, LCdr Robichaud has achieved the distinction of honour every year since. He has gone even beyond that to cycle 1,000 km and even up to 1,200 km in a continuous ride, with only short rest stops to take care of necessities along the way.

Although cycling is a huge part of his life now, it was not always that way. Like most people, LCdr Robichaud enjoyed riding his bike growing up and continued riding recreationally into adulthood.

Then one summer day in 2015, he and his family were visiting the Halifax library and he picked up a cycling magazine to pass the time. It was a random grab, but he remembers reading an article about randonneuring and long-distance cycling.

"I thought to myself, 'That's just crazy. What kind of moron would ride those distances?' I found it mind boggling," he recalled.

Remembering back to when he first started doing long-distance rides, LCdr Robichaud said his navy training was a large part of his success in the sport.

"My training as a naval warfare officer, that navy training and the discipline that comes with being in the military, that helped my approach to these long-distance cycling events enormously. Like a good little naval officer, I planned and coordinated and mentally prepared myself for success."

This year's Navy Bike Ride, with the virtual Harry DeWolf challenge, has inspired LCdr Robichaud in his summer cycling plans.

"I am leaning towards cycling the distance from Halifax, NS, to Esquimalt, BC, (via the Northwest Passage) — the route *HMCS Harry DeWolf* will follow, Aug. 3 to Oct. 4, 2021, approximately 7,500 nautical miles," he says.

Always one for a challenge, he is adding to that goal, naturally.

"I also intend to cycle the entire distance it will take for *Harry DeWolf* to circumnavigate North America — 14,940 nautical miles — before *Harry DeWolf* returns to Halifax in December 2021."

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From left: Outgoing CFB Halifax Base Chief, CPO1 Kent Gregory; CFB Halifax Base Commander, Capt(N) Sean Williams; and the new Base Chief, CPO1 Alena Mondelli.

## CFB HALIFAX WELCOMES NEW BASE CHIEF PETTY OFFICER

**Joanie Veitch**  
Trident Newspaper

Chief Petty Officer First Class Alena Mondelli made Royal Canadian Navy (RCN) history on July 8, becoming the first woman to serve as a Base Chief Petty Officer.

She is the 23rd CFB Halifax Base Chief, taking over from CPO1 Kent Gregory, who served in the position for three years and has now retired from the navy.

"I have broken many layers of glass in the RCN for women non-commissioned members," CPO1 Mondelli said. "It wasn't my intention to break glass. I just did my best with what I had. As a matter of fact, for many years I didn't want the label 'first woman' or 'first female' associated with my accomplishments as I felt that it put the focus on my gender and not my performance."

Prior to her appointment as Base Chief, CPO1 Mondelli was Unit Chief Petty Officer at Personnel Coordination Centre Atlantic.

After joining the navy as a naval radio operator in 1991, she was posted to her first ship HMCS Annapolis in 1993 and has gone on to serve on a variety of ships, most recently as Coxswain in HMCS Toronto from July 2018 to August

2019. It was a role that awarded her another major "first" as the first woman in a hard-sea trade to have sailed on a major warship at every single rank.

"What I've learned over the years, thanks to some very strong mentors, is that the label isn't about me, it's about what it means and can mean to those who want to see themselves in their leaders," CPO1 Mondelli says. "I know that every day when I put on my uniform, just by being a woman in uniform I am making the change and it's the change I want to see within the Royal Canadian Navy and the Canadian Armed Forces."

Both the Commander of the RCN, Vice-Admiral Craig Baines, and the Navy's Command Chief, CPO1 David Steeves, attended the Base Chief Change of Appointment Ceremony, which was held outdoors at Juno Tower and opened with a smudging ceremony conducted by HCapt(N) Debbie Eisan, as well as drumming and a prayer song led by musician Raymond Sewell from the Mi'kmaq community of Pabineau, NB.

Before handing the ceremonial drill cane over to Capt(N) Sean Williams, Base Commander of CFB Halifax, outgoing Base Chief CPO1 Gregory gave a farewell address. He reflected on some of the changes

he oversaw during his three-year tenure, such as the standing up of the Maritime Defence Team Pride Network in 2019, now part of the newly established National Defence Pride Advisory organization with champions at the national and local levels. CPO1 Gregory said he first began working on this initiative after attaining the rank of CPO in 2011.

"That a national organization has been stood up this year, before I retire, fills me with immense pride as my community now has a voice at all levels," he said.

More change is needed, he added, change that will require "true action" rather than more "promises to do better."

"The spotlight on sexism, racial inequality, and inappropriate conduct needs to remain bright and powerful," he said, noting that this Change of Appointment points to a step in the right direction.

"As the first openly gay Base Chief within the Royal Canadian Navy, nothing could further demonstrate a commitment to creating a more diverse and inclusive workplace than for myself to be handing over my duties and responsibilities to the first woman Base Chief Petty Officer in Royal Canadian Navy history."



Capt(N) Sean Williams hands the ceremonial drill cane to CPO1 Alena Mondelli during the command change ceremony on July 8.

## » PROFILE

# Karen Kang

## Centralized Administrative Services

**A/SLt Wen Guo**  
Base Administration

Karen Kang's career with the Department of National Defence started at age 22 when she took a break from pursuing her degree.

It was 2003 when she started as a temporary administration clerk at CFB Esquimalt. She fit right in and immediately knew she had found a lifetime career.

"At the end of my term, there was a position available and my supervisor, Mrs. Marian Cranston, was supportive in me taking the vacancy within the department. I took it because I genuinely enjoyed the people I worked with and the benefits that were available."

Over the past 18 years, she worked to advance her career and now holds the position of Business Manager of Centralized Administrative Services. Managing a team of 23 staff members, she supports the Base Administration Officer's corporate functions in human resources, finance, administration,

operations and training, procurement, and safety.

"We are a large team of 23 members; we take care of each other as well as hold each other accountable while following the motto: people first, mission always. Our department is a large team, and we help each other out to meet our goals. I find it helpful for my team members when they are given autonomy and allowed to focus on their priorities within their job."

She encourages her team to think outside of the box, be pragmatic, and put themselves in their clients' shoes.

She learned from senior leadership that taking care of staff should always be a top priority.

"The command team has always promoted work-life balance; they focus on staff's mental well-being. Especially during the past year of COVID 19, our senior leadership's support has been felt greatly as they stood behind everyone and are willing and ready to respond to the needs and wants of the team."

Senior leadership enabled her to take

care of her priority – her family.

"My children Taranjot and Tejal, both nine, are my greatest inspiration and the reason behind a lot of my decisions at work."

She has had many mentors during her career, including Julie Eustace and Colonel (now retired) Paul Crober.

"Under Julie's mentorship, she helped me prepare for unexpected events that might alter the course of my career progression and to come up with contingency plans. In my role as an executive assistant during Joint Task Force Games in 2010, while working with Colonel Barr and Colonel Crober, I learned the importance of being open minded and flexible as a leader because every team member is unique and brings their own specific skills. I learned that I must be efficient and straight to the point while working with a large group of people, which later became extremely helpful with managing my team."

In the coming months, she will use that guidance to improve the overall efficiency of her team as members gradually return to the base.



Karen Kang



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**AUBREY COBHAM** as Luigi,

& **LIAM RAHME** as Willie

# Decentralized HR training eases pandemic backlog

**Peter Mallett**  
Staff Writer

A new blended learning training model is helping the Canadian Armed Forces address a shortfall of Human Resources Administrators (HRA).

It was implemented to alleviate the backlog of training for junior Human Resources Administrators due to the COVID-19 pandemic.

"We launched the decentralized model and exported course programs due to the COVID-19 pandemic and the caps on the number of students safely permitted at CFLTC," says WO Michael Beland, Training Manager of the Human Resources Cadre at CFLTC.

The first-ever decentralized courses took place over 55 days from Feb. 22 to May 21. Cohorts were implemented in CF Bases Halifax, Petawawa, and Toronto, with between 10 to 32 students participating at each location depending on health and safety protocols. Courses were delivered through a digital learning portal from Canadian Forces Logistics Training Centre at CFB Borden.

Regular and reserve force members are taught how to operate as HRAs at an introductory level at a base or unit environment.

The decentralized course is more intensive and delivers the training over 55 days instead of 90. Candidates learn the procedures for maintaining a personnel file, processing military pay, managing postings, disciplinary documentation, and casualty administration, initiating a claim, administering a member's deployment, and how to write proper military correspondence.

After a preliminary trial run, a more permanent decentralized training model is now expanding to other

bases. It uses a blended learning format that includes self-paced online learning with interactive activities and instructor-led content and exercises.

"By launching this instruction, we were able to ensure those newly enrolled HRAs received their required training in a timely manner and got them out to their units and bases where their support is greatly needed," says WO Beland.

For the initial trial run, Halifax-based candidates were housed at Tribute Towers at CFB Stadacona and took their instruction at nearby Naval Reserve Unit HMCS Scotian. One of the participants was Esquimalt-based S1 Charleyne Oulton, a full-time reservist with HMCS Malahat.

She is employed in a long-term contract with Canadian Fleet Pacific working in the Fleet Orderly Room as an HR Administrator. Despite some early technical hiccups and adjustment to a virtual class learning environment, she rated the program and her participation a success while at the same time issuing a "Bravo Zulu" to her instructors and classmates.

"I am so grateful for the support myself and the other students received from HMCS Scotian and to our instructors and organizers of the course in all locations because our learning was a top priority," she says.



S1 Charleyne Oulton with her HRA achievement certificate.

S1 Oulton said leaving her home in Sooke and family life behind for an extended period was difficult, but the instruction has already proved extremely valuable. Now she says can perform daily processes including updating members personal information with no assistance, entering attach postings, leave passes and audits with ease.

WO Beland says he has received similar feedback from other participants. After its initial success, the program is now being delivered at CF Bases Galetown, Saint-Jean-Sur-Richelieu, and Edmonton and will involve 146 students including those housed at CFLTC.



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## Respect in the CAF mobile application gets a new design, new tools, and improved navigation

### DND

Four years after the initial launch of the Respect in the CAF mobile application, the Sexual Misconduct Response Centre has announced that an improved version update has been released.

The Respect in the CAF mobile application is filled with useful information on sexual misconduct. With a fresh new design and updated terminology, the application is easier than ever to navigate.

In this version update, one will find educational information and resources on the prevention and management of sexual misconduct. New and downloadable interactive tools, such as bystander intervention examples were also added to help guide and support bystanders.

As for anyone affected by sexual misconduct, directions on how to respond to an incident can be found under the form of an interactive Incident Management decision tree.



Respect in the CAF mobile application is a mobile tool kit for victims and survivors of sexual misconduct and those who supports them. Whether you have a smartphone or a tablet using iOS or Android operating systems, you can download the application from the CAF mobile apps page: [www.forces.gc.ca/en/stay-connected/mobile-apps.page](http://www.forces.gc.ca/en/stay-connected/mobile-apps.page)

## Duty to report personnel behavior change or circumstance

### DND

The Department of National Defence (DND) and the Canadian Armed Forces (CAF) are committed to maintaining a culture of security and must also remain vigilant and conscious of risks posed by multiple threat vectors such as radicalization, violent extremism, ideological dissonance, criminal activities, and foreign intelligence services operations.

To help maintain this security culture, individuals are responsible to report information relating to a change in personal circumstances that may affect their ability to maintain their reliability status or security clearance.

Commanding Officers and Defence Team supervisors and managers are responsible for identifying changes in behaviours or circumstances of individuals under their command or supervision that may raise doubt concerning their reliability.



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Participants of the Pulling Together canoe journey come ashore somewhere in Howe Sound.



The Royal Canadian Navy canoe used by HMCS Discovery sailors.



Participants paddle along the Howe Sound coastline.

# PULLING TOGETHER

**Peter Mallett**  
Staff Writer

Military members, public service agencies, and First Nation communities of B.C. have ‘pulled together’ once again.

The annual canoe trip and outreach was cancelled in 2020 due to COVID-19 concerns, but returned with a scaled-down re-launch July 16 to 18 in Howe Sound. Pulling Together is intended to bridge the gap of understanding and knowledge between government employees and First Nation communities.

“Paddling in the Royal Canadian Navy canoe was an incredible experi-

ence and the cultural immersion was even more meaningful,” says LCdr Rebecca Hardie, Acting Commanding Officer *HMCS Discovery*. “Being able to observe and share in traditional songs, teachings, and ceremonies will always stay with me.”

S2 Lindsay Yeung of *HMCS Discovery* said the opportunity to meet people from different First Nations was invaluable.

“Everyone was so friendly and a friend I made told me about growing up around Howe Sound and the places he’d been,” said S2 Yeung. “Every place we went he pointed to a location and told a story about that place.”





## BASE COMMANDER AWARDS

**Capt(N) Sam Sader, former Base Commander, presented awards July 5, a week before he moved on from his command.**

Photos by S1 Victoria Ioganov, MARPAC Imaging Services, Esquimalt



**George Khouri, Information Technology Support for Base Information Services, alongside family members Loretta and Alysha, receives a Base Commander's Bravo Zulu certificate.**



**Captain Amy Streeter, Physio Team Lead of Canadian Forces Health Services Centre (Pacific), alongside Michael Toms, receives a Base Commander's Bravo Zulu certificate and coin.**



**Sailor Third Class Kira Bennett, alongside Kendra, receives a Base Commander's Bravo Zulu certificate and coin.**



**Jackie Carlé, Executive Director of the Military Family Resources Center, receives a Base Commander's Bravo Zulu certificate and coin.**



**Lieutenant (Navy) Colin Winkler, Hospitality Officer of Base Logistics, receives a Base Commander's Bravo Zulu certificate and coin.**



**Bruce Williams, Chief Executive Officer Greater Victoria Chamber of Commerce, alongside Amanda Wilson, receives a Base Commander's Bravo Zulu certificate and coin.**



**Marko Kardum receives a Base Commander's Bravo Zulu certificate and coin.**



**Lieutenant (Navy) Morgan Chaffee-Goehr receives a Base Commander's coin.**



**Master Corporal Steven Goes receives the Commander Royal Canadian Navy Commendation.**



**Mark Crisp, Deputy Fire Chief of CFB Esquimalt Fire and Rescue, receives a Base Commander's Bravo Zulu certificate and coin.**



**Samantha Krzywonos, member of Esquimalt Military Family Resource Centre Board of Directors, alongside son Ben Krzywonos, receives a Base Commander's Bravo Zulu certificate and coin.**



**Margot Cutcher, CFB Esquimalt National Defence Workplace Charitable Campaign coordinator, alongside family members Jason Lee and Isabella Lee, receives a Base Commander's Bravo Zulu certificate and coin.**



# BASE COMMANDER AWARDS

(continued from page 13)



Petty Officer Second Class Geoff Vaincourt, alongside family members Tracy Fontaine and Abigail Vaincourt, receives a Base Commander's Bravo Zulu certificate and coin.



Suzan Pyke, Base Logistics Corporate Resource Officer, receives a Base Commander's Bravo Zulu certificate and coin.



Ryan Hendrie, Base Information Services Application and Desktop Support Supervisor, alongside guest, receives a Base Commander's Bravo Zulu certificate and coin.



Rodney Venis receives a Base Commander's Bravo Zulu certificate and coin.



# NAVAL FLEET SCHOOL (PACIFIC)

Photos by S1 Lafèche, NFS (P)

LCdr J. Rotchford, Engineering Division Commander of Naval Fleet School Pacific, presented the certificate of completion during the MAR TECH USQ S2 ceremony on July 16.



S1 Brideau receives a Certificate of Completion.



S1 Chruscinski receives a Certificate of Completion.



S1 Hamilton receives a Certificate of Completion.



S2 Hillsden receives a Certificate of Completion.



S1 Hughes receives a Certificate of Completion.



S1 Kellner receives a Certificate of Completion.



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