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HMCS HARRY DEWOLF

Cdr Corey Gleason, HMCS Harry DeWolf Commanding Officer, offered his captain's chair to visitors touring the ship while alongside communities in the Qikiqtani region of Nunavut. Read the full story on page 6.

Photo by Corporal Simon Arcand, Canadian Armed Forces Photo



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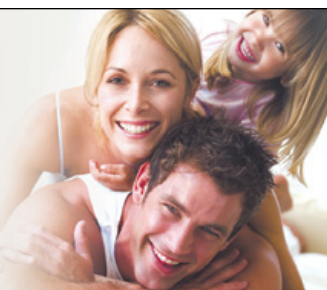
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TRITONS

FALL TO UK SOCCER OPPOSITION

Peter Mallett
Staff Writer

The Tritons men's soccer team returned to action last week with a seven-aside match against a touring team of British Army players.

It didn't matter to Tritons coach PO1 Patrick Robbins that his team surrendered two second-half goals in a 3-1 loss to British Army Training Unit Suffield (BATUS) in Alberta. What did matter was how his charges performed after a nearly two-year layoff due to the global pandemic.

Many of his players are new to the Tritons, a team that hasn't kicked a ball in more than 17 months since COVID-19 health measures were implemented.

"This was our first game in a long time and a good challenge for our guys against a young and fit team from Alberta by way of the United Kingdom," he says. "I thought our passing was very strong and this new group of players worked very well together, but there were also some things we will need to work on."

The game was played at the Gorge Soccer Association's Hampton Park Turf field in Esquimalt. BATUS held a 1-0 lead on a header from LCpl Alex Clark until 10 minutes after the halftime break. That's when Tritons striker S3 Joshua Charles caught the opposition defence napping and struck a hard right-footed blast past the BATUS goalkeeper.

"I saw the opening and hit a pretty good shot with my right foot into the top corner of their net," says S3 Charles.

S3 Charles, currently posted to Naden

as a Naval Electronic Sensor Operator, lamented his team's missed chances while acknowledging the skill and ability of the opposition.

Only moments after S3 Charles' equaliser, BATUS regained their lead with an equally clinical finish from visitor Cpl Scriven whose well-placed shot found the back of the net.

Ten minutes from full time, an unmarked Sgt Oliver Tonks of BATUS struck for his team's third goal. Sgt Tonks is the team's player-coach and serves in the British Army as an Electronics Technician. The pint-sized midfielder completed a darting run down the right wing and then scored from a tight angle.

He also set up his team's opening goal but quickly brushed aside any praise of his play. Like his opponents, Sgt Tonks was more focused on the importance of returning to play. He and his team, nicknamed the Rovers, have also been kept out of action in their local indoor league in Ralston, Alta., due to COVID-19 lockdowns. So a return to action was warmly welcomed.

"We are just a rag-tag group of players posted from all different parts of our country and different parts of the army," he says. "It's good to be getting a break from work and exchanging it for a little bit of sport which is truly awesome."

The Tritons were using their seven-aside match in preparation for an upcoming full-squad match against 19 Wing Comox. On Oct. 7, the Tritons men's and women's teams will travel to Nanaimo for exhibition games against players from the air base.



Photos by Peter Mallett, Lookout Newspaper



The men's Tritons and British Army Training Unit Suffield soccer teams after a friendly soccer game.



U.S. Navy sailor Lieutenant Junior Grade Kyle Luchau and an HMCS Harry DeWolf crewmember raise the United States flag in commemoration of 9/11.



The bridge watchkeeper begins a day-long narration of the Sept. 11, 2001, events over the ship's intercom.

Commemorating Twentieth Anniversary of 9/11

At Sea on Operation Nanook

Lt(N) Lisa Tubb
HMCS Harry DeWolf

In the early hours of a Saturday morning at sea in the Canadian Arctic, while deployed on Operation Nanook 21, several crewmembers of *HMCS Harry DeWolf* solemnly assembled on the starboard bridge wing to raise a flag to half-mast.

It was the Flag of the United States that unfurled in the wind. The day was Sept. 11.

United States Navy Lieutenant Junior Grade (LTJG) Kyle Luchau thought he would be the only person commemorating the 20th anniversary of the 9/11 terror attacks while attached to this Canadian warship. However, as many Canadians did on that day 20 years earlier, the crew of *Harry DeWolf* jumped at the chance to support their American friend.

After raising the American Flag, the Bridge Watchkeeper began a day-long narration of events from Sept 11, 2001, over the ship's intercom system in real time. Each time the bridge watchkeeper announced the next chronological event – planes taking off, their collisions with the World Trade Centres, the evacuation of lower Manhattan – the crew paused from their task at hand to listen and reflect.

LTJG Kyle Luchau had been on board since embarking in Iqaluit, Nunavut, on Aug. 11. His embarkation was conducted with the goal

of strengthening his skills as a naval officer through familiarization and experience with Canadian operating systems and procedures, while further fostering the relationship between the two nations. LTJG Luchau was humbled by the response and support he received from his Canadian crewmembers.

"Being on this ship for a month now, I've learned so much about just how connected we really are, and how much this event has affected Canadians and other nations. This will be an extremely memorable moment for me, not only from this sail, but over my career."

Throughout the day, crewmembers also completed 2,996 burpees, one for each person who died that day. Crewmember Sergeant Matthew MacDonald, the ship's meteorological technician, opted to end his daily weather update by sharing his memory of Sept. 11, 2001, with the crew and invited everyone to reflect on their day 20 years ago.

"I don't have the greatest memory, but that day is still pretty clear. I was sitting in my Grade 10 biology class in Prince Edward Island, and the lessons stopped. We rolled as many TVs into classrooms as we could and watched the news; everyone processed the events of 9/11 on their own time. A year later, I decided to join the Canadian Armed Forces to do my part in protecting my country, with the events of 9/11 still fresh in my mind."

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FLEET MAINTENANCE FACILITY CAPE BRETON: STUDENT TALK

Student Questions and Answers

Name: Antoniette Yap

School Info: Fourth-year BCIT

FMF CB Shop Info: First Year Millwright Apprentice – Hydraulics



What led you to your area of study?

It was the environment, the community and the culture of trades. I have an academic background as a history major and the culture surrounding academia really contrasted what I had experienced with the environment of trades. Trades people are some of the most down to earth people I have ever met.

Why did you choose to do your apprenticeship with the DND/FMFCB?

In private industry there's a big rush to get you your red seal as fast as possible. But I knew that I wanted a slower pace that focused on providing in-depth training. At FMF they train you on your own time and that really appealed to me.

What kind of projects have you been working on?

Right now I am working with hydraulics and really learning and understanding the systems through practicing with a hydraulics board.

What is your favourite part of your job?

My favourite part about my experience so far has been working in an environment where I don't have to feel on guard. At FMF I feel safe and supported. I've been looking for that in my career my whole life.

What are your future career aspirations?

Right now I'd like to get through my apprenticeship, pass my red seal, continue being a mentor through the Women in Trades Organization, build on my knowledge of different trades, and of course hopefully continue working at FMF.

What have you learned from your apprenticeship experience?

The biggest takeaway has been to never feel afraid to ask for help. It's been repeated to me over and over, that there's no such thing as a stupid question. What you might see as a stupid question is really a learning opportunity and a chance to maybe look at something from a different perspective.

What advice would you give to future apprentices?

If anyone is thinking of applying, just do it. It's an amazing learning opportunity. It's all about preparation and detail at FMF and that gives us time as apprentices to really learn.

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Above: The first place tournament team with their trophy: Capt(N) Jeff Hutchinson, Sylvain Jaquemot, Mike Ash, and David Barker.

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Two milestones completed

HMCS Harry DeWolf's Historic Circumnavigation and First Deployment

Lt(N) Lisa Tubb
HMCS Harry DeWolf

Canada's first Arctic and Offshore Patrol Ship just ticked off two major milestones.

As of Sept. 12, *HMCS Harry DeWolf* has completed its first operational deployment, Operation Nanook 2021, and was the first in its class to sail through northern waters.

Op Nanook is Canada's signature northern operation that has a series of comprehensive activities designed to exercise the defence of Canada and secure our northern regions.

For *Harry DeWolf*, it was no ordinary deployment as this voyage presented an opportunity for the crew to experience an element of Canadiana. Ship and crew charted their northern course via a historic route born from a tragic beginning. For the first time since HMCS Labrador's northern voyage in 1954, a Royal Canadian Navy ship sailed westward through the Davis Strait to the Beaufort Sea, and successfully traversed a path through the fabled Northwest Passage. It is the same route taken by the infamous 1845 Franklin Expedition, which was lost with all hands in the same area.

"Having the opportunity to sail the same route the ill-fated Franklin Expedition did many years ago is like having a classroom at your doorstep," says Commander Corey Gleason, *Harry DeWolf* Commanding Officer. "Honing our skills as mariners during Op Nanook, and also being exposed to history and the beauty and culture of the Arctic, it has been a great experience for all on board."

Operation Nanook

Throughout the operation, *Harry DeWolf* demonstrated the ability of both its crew and the Arctic and Offshore Patrol Ship to operate in northern waters. Alongside HMCS *Goose Bay* and ships from the Canadian Coast Guard

and the United States Coast Guard, *Harry DeWolf* participated in exercises that simulated responses to a major maritime incident.

Ship's crew also gained invaluable knowledge from training and working alongside four RCMP personnel and one United States Navy member embarked for the operation. Understanding how domestic and international partners operate in the challenging Arctic environment will only add to the capacity to deploy and operate in the region.

"The Arctic is an incredibly beautiful yet unforgiving place," says Lt(N) Tania Noel-Giroux. "Getting the chance to work alongside our American and RCMP colleagues in this setting has been incredible."

The strongest links forged were between *Harry DeWolf* crewmembers and citizens of local communities visited along the route, which included Pond Inlet, Grise Fjord, Arctic Bay, Cambridge Bay, and Kugluktuk, Nunavut. Sailors were humbled and proud to introduce the first-in-class Arctic and Offshore Patrol Ship to its affiliated communities within the Qikiqtani region of Nunavut. They hosted community barbecues and listened intently to locals' stories about their culture and way of life, and welcomed community members, leaders, and elders aboard for tours. Cdr Gleason often invited visitors to sit in his captain's chair.

"This is your ship," he said to them. "Whenever you see the number 430 come into your community, know that we are here for you."

Operation Nanook 2021 ran from Aug. 3 to Sept. 12, which marked the beginning of *Harry DeWolf*'s ongoing deployment – the circumnavigation of North America.

Next up for the ship is a short stopover in Esquimalt in October before *Harry DeWolf* sets sail for Operation Caribbe.



Photos by Corporal Simon Arcand,
Canadian Armed Forces Imagery Technician





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Crewmembers from HMCS Goose Bay with a load of backpacks destined for students in Iqaluit. Goose Bay and HMCS Harry DeWolf sailors both delivered backpacks to Arctic communities courtesy of the Halifax and Region Military Family and Resource Centre.

HMCS Harry DeWolf and HMCS Goose Bay Deliver Donations through Operation Backpack

Lt(N) Lisa Tubb
HMCS Harry DeWolf

As another school year started at Inuujaq School in Arctic Bay, Nunavut, on Aug. 25, students in a Grade Four class were writing their names on desk placards as the day ended. Little did they know sailors aboard *HMCS Harry DeWolf* were coming to anchor in the bay, only a few hundred metres from their classroom.

After an amphibious landing on the shoreline, a handful of *Harry DeWolf* sailors made their way to the Inuujaq School with some precious cargo – dozens of backpacks filled with school supplies. These backpacks had been collected by the Halifax and Region Military Family and Resource Centre over the year and given to the crews of *Harry DeWolf* and *HMCS Goose Bay* for delivery to communities during their participation in Operation Nanook-Nunakaput 21.

Sailor First Class Amy Harris was part of the contingent invited into the fourth-grade classroom to ceremoniously donate the backpacks.

"The kids were very surprised and excited. The best part of that experience was after the school had let out, a few sailors and I were still there exploring the village when some of the kids ran up to us and were so excited to show us that they got to take a backpack home."

As a mother of two herself, she added, "It was a surreal experience. We take for granted so many simple things like school supplies, and regard having to go shopping for them as an inconvenience."

During Operation Nanook-Nunakaput 21, *Harry DeWolf* travelled to several Arctic communities to forge relationships within their affiliated Qikitan communities that included Pond Inlet, Grise Fjord, Arctic Bay, and Cambridge Bay, among others. Activities ashore included community barbecues, meeting with local leaders and elders, ship tours, and the donation of backpacks. *Goose Bay* donated their backpacks during a port visit to Iqaluit on Aug. 28.

Operation Backpack is an annual donation drive to supply youth in the Arctic with the necessary materials for a successful academic year. The Halifax and Region Military Family and Resource Centre is always looking for more donations of school supplies, as well as lightly used or new running shoes, sports equipment (for basketball, soccer, volleyball), and ice skates for youth in Arctic communities. For more information on specific items one could donate, deadlines or other inquiries, visit the Halifax and Region Military Family and Resource Centre website: www.halifaxmfr.ca.

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- 2 QUALIFIED ADVICE:** Buying a home can be overwhelming, especially if you do not have impartial advice you can rely upon. Allow us to help guide and explain to you all that you need to know so you can feel confident and empowered in your financial decisions.
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National Day for Truth and Reconciliation

The inaugural National Day for Truth and Reconciliation takes place Sept. 30 and honours survivors, their families, and Indigenous communities. It establishes a formal public commemoration of the tragic, painful, and ongoing impact of residential schools that will remain a vital component of the reconciliation process.

The date of September 30 builds on the grassroots momentum of Orange Shirt Day, which is already known as a day to remember the tragic legacy of residential schools because of the work of activists and Indigenous leaders.

Residential schools were part of colonial assimilationist policies that removed Indigenous children from their communities and families. The National Day for Truth and Reconciliation is an opportunity for Canadians to learn about the lasting negative impacts residential schools have left on generations of First Nations, Inuit, and Métis peoples.

The Truth and Reconciliation Commission was established to find the truth of what happened at residential schools in Canada. Their 94 Calls to Action are an appeal to mobilize all levels of government, organizations, and individuals to make concrete changes in society.

The National Day for Truth and Reconciliation is in direct response to the Truth and Reconciliation Commission's Call to Action 80, which asked the Government of Canada to establish a National Day for Truth and Reconciliation to honour the Survivors of residential schools.

Special Drumming Event

Sept 29 - Everyone Welcome!
10 am at the Base Museum

What Does National Day of Truth and Reconciliation Mean to Me?



I recently read a book by anthropologist Wilson Duff on Indigenous Peoples in British Columbia wherein he suggested that it would fall to future generations of European and Indigenous peoples to resolve challenges in BC. He wrote this in 1964. As Duff suggests, the healing, truth, and reconciliation process should have started many decades ago, and I am searching for my place within it. I can't change the past, but I can play a part in this necessary process now that can be sustained by future generations.

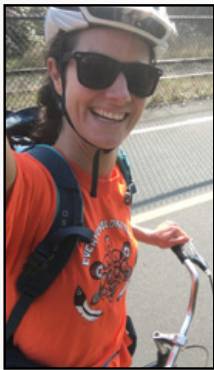
Capt(N) Jeff Hutchinson
*Defence Aboriginal Advisory Group
Champion and Base Commander*



What does reconciliation even mean? For me, it's an ongoing conversation to help each other understand. To understand a bit of our Indigenous history and the impacts of Residential Schools, not only on Indigenous individuals, survivors, and inter-generational survivors, but this country, wounded because of the attempted assimilation of our people.

I always try to inform people so they can understand the other realities that are not always taught in our history books. After the first 215 children were found in Kamloops, there has not been a lot of coverage and not a lot of Canadians really understand the legacy of Residential Schools. Now, there are more than 6,000 children found and should not just be considered 'a dark chapter' in Canadian history but something that still affects us today.

Capt Denise Zoretich
A member of the Peter Ballantyne Cree Nation. She volunteers with the Defence Aboriginal Advisory Group, 8 Wing Trenton Military Chair



As a nation we need to uncover, acknowledge, and discuss the truths about our past and respect the Indigenous peoples of this territory. We need to listen and learn about Indigenous cultures and beliefs and stand beside them as they recover their way of life. To me that is reconciliation.

Alli Jones



First and foremost, I believe we should be amplifying and listening to Indigenous voices. Indigenous people are the most qualified to tell their stories and advise on the issues that affect them. Therefore, I don't think I should be the person answering the question, "What does reconciliation mean to me?" That being said, as a white settler I do carry an immense amount of privilege, and I want to use that power to advocate for folks who have been historically marginalized. I also recognize that I have a role in the process of reconciliation and am committed to the work.

Indigenous communities have been demanding change for a long time, but we haven't been listening. Enough with the empty promises and the apologies. I encourage everyone to read the Truth and Reconciliation Commission of Canada's 94 Calls to Action, and call upon the government to implement these actions. Reconciliation needs to mean more than just acknowledgement, apologies, and performative displays. We need to follow through with meaningful, tangible action. The government needs to provide and ensure access to clean drinking water for all Indigenous communities, protect Indigenous land and forests, hold accountable those responsible for residential schools' crimes and abuse, and put money where it matters – into the vulnerable communities that need it most.

Amy Gordichuk



To me, reconciliation means taking accountability and responsibility for our nation's past and recognizing the trauma and harm that resulted. It also means acknowledging the resilience and strength of Indigenous peoples and allowing their voices to be heard while we listen. This year, on the National Day for Truth and Reconciliation, I plan to take this opportunity to learn more about the history of Indigenous peoples, the issues surrounding health and wellness, and the ways that I can contribute to creating a more inclusive society.

Andrea Lam



Reconciliation will be achieved when the Indigenous people of Canada are no longer considered an equity seeking group. To reconcile means to recognize that the societies who pre-dated Canada are rights holders not stakeholders. It means that the Indian Act, Indian Residential Schools, the Sixties Scoop, and other shameful acts to assimilate Indigenous people are never forgotten. It means using Indigenous knowledge to work towards our common goals and moving forward together in a good way.

Marie Ormiston
*Métis Nation BC, Civilian Co-Chair of the
CFB Esquimalt Defence Aboriginal Advisory Group*



Our fellow Canadians need to be made aware that this day is more than the residential school tragedies that befell us. Our history in this country has many other dark episodes that need to be learned. Giving our fellow Canadians important insight into the truths of how and why Indigenous peoples became so marginalized is critical in allowing for reconciliation to happen.

CPO2 Dennis Greer
*Military Co-Chair of the CFB Esquimalt
Defence Aboriginal Advisory Group*



For me, it is how our governments and institutions are willing to recognize the long history of wrongs that have been done to Indigenous peoples of all nations, family status, and gender orientation, to repair those wrongs and dare re-creating the systems that all peoples depend on, with the consultation and guidance of Indigenous Knowledge Keepers. A nation-to-nation relationship is needed. It's also how communities, families, and individuals are ready to leave behind beliefs and behaviours of domination, blame, and prejudice to create an inclusive environment where we can all heal and take a creative part in re-building it with fairness, humility and trust.

PO1 Marielle Audet
*Defence Aboriginal Advisory Group
BC Regional Military Co-chair*

Award hails BLOG team as 'unsung heroes'

Peter Mallett
Staff Writer

The Base Logistics procurement team has been honoured for their outstanding efforts in keeping the supply chain up and running during the COVID-19 pandemic.

The Procurement and Contracting Division is a user-driven cell that provides procurement and contracting services to Maritime Forces Pacific (MARPAAC) and lodger units.

Procurement managers and staff were recently named winners of the Canadian Institute for Procurement and Materiel Management's Unsung Heroes Award for their superb handling of the past year's challenges. The award will be presented via Zoom on Sept. 29.

Procurement and Contracting Officer Brendan Carver says their work is normally a complex and complicated job, but when the COVID-19 pandemic began it presented a "highly volatile and unforeseen procurement challenge." This was amplified by global supply chain shortages and a litany of other pandemic-related issues.

The Unsung Heroes Award is a proud moment for his unit, he says, because the recognition is coming from an organization that represents the greater procurement community within the Government of Canada.

"The procurement team's dedication and professionalism shines through every day and truly enables operations of MARPAAC, Joint Task Force Pacific, and their lodger units," he explains.

Carver says procurement became a crucial element during the pandemic. Their work enabled



Procurement and Contracting Division team recognized for their outstanding efforts are: Brendan Carver, Lynda Lee, Darcie Rolph, Danielle Wickens, Janee Kurk, Marcel Vignola, Michelle Hess, Shirley Choy, Janice Jorgensen, Dalis Hy, Jillian Baxter, Chad Sharratt, Celeine D'Amour, Geno Padovese, Dwayne Stewart, Corinne Readman, Veronica Hackett, Gina Mar, PO2 Joey Espineli, SLt Shaina Sowley, SLt Elias Kanoga, Kevin Lee and Justin Malchow.

MARPAAC to seamlessly continue support of international security operations, domestic pandemic response operations, and immediate disaster response.

The 23-member Procurement and

Contracting Division team successfully pushed forward several large initiatives in 2020 despite the trying circumstances, says Carver. This included new synthetic training environment purchases, contracting sup-

port to innovative distributed training required because of the pandemic, and mammoth efforts to provide the required services to enable warships such as *HMCS Calgary* to deploy in a safe manner.

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"There is no love sincerer than the love of food." – George Bernard Shaw

Base volunteers involved in Radical Renovation

Peter Mallett
Staff Writer

Six volunteers from Naval Personnel Training Group (NPTG) assisted HeroWorks recent Radical Renovation - the Langford-based Indigenous Perspective Society.

With personal protective equipment in place, and tools in hand, they helped in the demolition phase of the project. The preliminary work goes until Oct. 1 and then the Radical Renovation follows with an expected completion of Nov. 20.

The Indigenous Perspective Society – Center for Excellence In Community Education (IPS), offers training, consulting, and projects to help foster a deeper understanding of Indigenous perspectives, cultural differences, and the need for self-determination. A large part of IPS's programming and training helps to support Indigenous children, youth and families involved in the child welfare system.

HeroWorks vision is to transform the building, a former die casting shop, into a culturally relevant and safe space. The goal is to reflect Indigenous cultures and ensure psychological safety for the work that goes on there.

Cost of the renovation is estimated at \$628,000. It includes the reconfiguration of workspaces to accommodate more participants, increased natural light by adding more skylights, redesign of the building's interior layout, sound-proofing, accessible and gender-neutral wash-

rooms, building façade and landscape redesign, and culturally relevant designed spaces.

"I got involved because I learned the HeroWork organization always lends a helping and does some very admirable work," said LCdr Christopher McKelvey, senior staff officer with NPTG. "It presented me with some volunteer work where I could physically see the results of my efforts immediately."

He helped organize the tool and supply trailer, remove all the lighting tracks on the ceiling, knock down drywall, and remove some of the existing structural walls. Joining him were Capt Catherine Mason, CPO2 Patrick Devaney, MS Kevin Allan, PO1 Darrell Barnes, and SLt Andrew Fors. Two other volunteers from CFB Esquimalt also pitched in.

Military members and civilian DND staff are always at the front of HeroWorks renovations, says Paul Latour, founder and CEO of HeroWork.

"The men and women of the Canadian Armed Forces and civilian staff are always a key part of how HeroWork produces our Radical Renovations here in Victoria. For many years they have been involved, and each time their work ethic, can-do-attitude, and ability to quickly self-organize always makes a significant difference for the charities we serve."

To become involved in HeroWork's Radical Renovation project at IPS or a future project, go to www.Victoria.herowork.com or email heroes@herowork.com



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- Nixon Bldg – WP 1037
- Colwood 66
- Marpac HQ – D100
- Regional Cadet Support Unit HQ - WP 1058

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National Silver Cross Mother visits MARLANT Remembers fallen son Lt(N) Chris Saunders

Joanie Veitch
Trident Newspaper

It's an honour she wishes she hadn't earned.

That's how National Silver Cross Mother Debbie Sullivan described the mixed emotions she felt following a two-day tour at Maritime Forces Atlantic (MARLANT).

Sullivan's son, Lt(N) Christopher Saunders, was a navy submariner and combat systems engineer who died Oct. 6, 2004, from a fire in *HMCS Chicoutimi*.

One of four submarines bought from Britain in the late 1990s, *Chicoutimi* was on its first trip as a Royal Canadian Navy vessel and had left the Scottish port of Faslane en route to Canada just a few days earlier on Oct. 2.

"It's an honour to be here and to have this opportunity to do this tour as the National Silver Cross Mother, but it's incredibly hard at the same time. I lost my son. I miss him every single day," Sullivan said. "But just being here and doing this, I feel closer to him."

The Royal Canadian Legion chose Sullivan as the National Silver Cross Mother last November. While she was able to lay a wreath at the National War Memorial in Ottawa on Remembrance Day last year, due to COVID-19 restrictions Sullivan was not able to take part in other events and ceremonies she typically would have attended as part of her role.

Travelling from her home in Summerville, just outside Saint John, NB, to Halifax a few days early, Sullivan enjoyed extra time with her grandsons Ben and Luke and daughter-in-law, Gwen Manderville, Lt(N) Saunders' widow, before the MARLANT tour began.

Both boys — Ben now a student at Acadia University and Luke starting his last year of high school — and their mother, accompanied Sullivan during the tour, which included a luncheon in the Admiral's Dining Room in Juno Tower with Commodore Christopher Robinson, Commander Canadian Fleet Atlantic, and Capt(N) Jean Stéphanie Ouellet, Commander Canadian Submarine Force, among other guests.

Sullivan's tour included a visit to the Naval Museum of Halifax, where she saw the new submarine exhibit, featuring artifacts and displays of submarines from the early CC-class to the present-day Victoria-class boats, along with a tour of the Dockyard's newest ship, Margaret Brooke.

During her visit to Naval Fleet School Atlantic's Submarine Division, Sullivan met with submariners, some who sailed with Lt(N) Saunders, and she saw the training simulator at work.

"It was all so informative. There was a lot to take in along the way, but I learned so much," she said.

The most memorable part of the trip, Sullivan said, was a tour of *HMCS Windsor*, led by Capt(N) Ouellet and LCdr Drew Matheson, *Windsor's* Commanding Officer.

It was Sullivan's first time actually being in a submarine, a Victoria-class submarine just like the one her son had sailed in.

"It gave me insight into what it would have been like when the fire started. I had been invited in 2004 to go to see *Chicoutimi* at Faslane (Scotland) but I couldn't do it then. It was still hard to do it now but it helped to see it for myself," she said, adding that she also appreciated hearing information about the increased safety protocols as a result of the tragedy.



Photo by Joanie Veitch, Trident Staff

National Silver Cross Mother Debbie Sullivan with a plaque presented to her by Cmdre Christopher Robinson, Commander Canadian Fleet Atlantic. Sullivan officially holds the role of National Silver Cross Mother until Nov. 1, 2021.

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The Shining Light of Hope

Losing a loved one is one of life's most difficult experiences.

For Canadian Armed Forces family members living this reality, the grief they feel isn't always adequately addressed by civilian bereavement programs. This is the foundation of the Helping Our Peers by Providing Empathy (HOPE) program, which is marking its 15th anniversary.

The program offers compassionate, understanding and confidential support that resonates with participants. That's because it pairs a volunteer who has lost a loved one in the military with a bereaved military family newly coping with loss.

In this peer-to-peer model, HOPE works on two tracks: it helps those who volunteer and those they mentor, as both work through their grief in their own way. Peer support has shown to have a significant impact on emotional healing and family wellbeing.

HOPE seeks to demystify grief through the unique power of peer support. No matter how resilient an individual is, and military families show this quality every day, grief is overwhelming. The HOPE program provides family members with realistic and honest expectations so they can learn how to cope with their loss.

HOPE participant Jim Davis knows this all too well. On the morning of March 2, 2006, he received the call all military family members dread; this one from his daughter-in-law Melanie about his son Cpl Paul Davis.

"It was as though I was thrown into another dimension. I was spinning out of control in total confusion," Davis recalls.

It's a natural reaction for someone in his situation, to want to shut down, to isolate and be alone with their pain. But Davis got another call a month later inviting him to attend a focus group in Edmonton. The topic of the meeting was how bereaved military family members can deal with their grief. He accepted because he recognized that step provided "a shining light of hope I knew I had to embrace and follow."

At that meeting, he connected with a father who lost his son 12 years earlier, and found he was able to open up and talk to a group of strangers about the "deep dark pit that I had been thrown into" because they had all been there too.

"While I was doing that, an amazing thing was happening," he remembers. "I could see from their reaction that they could feel my pain and they cared."

Even more incredible, and surprising to them, the tears of the group slowly turned to laughter.

"Something magical was happening. We were inspired to move forward and form a group that would enable us to reach out and help others who were also suffering from the death of a loved one," he says, and HOPE was born.

Helping guide HOPE from that very first meeting is Sophie Richard, the program's manager who has watched the program evolve.

"Over the last 15 years, I was able to witness the positive impact and value our unique peer support approach has," she says. "Support from the HOPE program has provided an anchor of comfort and empathy to families experiencing grief. Many have told us the interactions they had with program volunteers after their loss were some of the most helpful to them."

The HOPE program is available to adult family members in the military and veteran community, at any point in time. The loss doesn't have to be as a direct result of military service and it doesn't have to be recent.

"I am so happy we decided to create this program and that I stayed with it because with each person I can help, it makes me feel good about my son Paul," says Davis. "He sacrificed his life trying to make this a better world and from his death, through me, he can still help people."

If you or someone you know is grieving the loss of a military loved one and are in need of support, please contact HOPE at 1-800-883-6094, email HOPE-ESPOIR@forces.gc.ca, or go online:

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

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HMCS WINNIPEG



HMCS Winnipeg's Lt(N) Shaina Sowley was promoted to her current rank by Lt(N) Travis Jensen, Logistics Officer, and Commander Doug Layton, HMCS Winnipeg Commanding Officer, on Sept. 21 while deployed on Operation Projection.



SACRIFICE MEDAL

Photo by S1 Mike Goluboff, MARPAC Imaging Services, Esquimalt



Rear-Admiral Angus Topshee, Commander Maritime Forces Pacific and Joint Task Force (Pacific) (left), awards Lieutenant-Commander Ray Trotter with the Sacrifice Medal during an awards ceremony held at the Wardroom Sept. 13.



TRANSITION UNIT

Photo by S1 Kendrick C.W. Grasby, Canadian Armed Forces Photo



Rear-Admiral Angus Topshee presents Chief Warrant Officer First Class Henry Middleton with the Vice Chief of the Defence Staff Commendation at Duntze Head on Sept. 15.



Admiral awarded Honorary Rotarian

Rear-Admiral Angus Topshee was inducted as an honorary member of the 108-year-old Rotary Club of Victoria at a virtual ceremony on Sept. 16.

The appointment citation states, "For more than 175 years, leaders of the Sovereign's Maritime forces, the Royal Navy, the Canadian Naval Service, and the Royal Canadian Navy have enhanced the business and social life of Greater Victoria. Successive Commanders in Chief of the Royal Navy Pacific Station, Commanders of the Canadian Maritime Forces Pacific, officers commanding ships afloat and the shore establishment, today known as Canadian Forces Base Esquimalt, have led thousands of men and women who have served Canada professionally and simultaneously contributed individually to this city and surrounding municipalities. In recognition of that legacy the Commander Maritime Forces Pacific, Rear-Admiral Angus Topshee is hereby named an honorary member of the Rotary Club of Victoria and is entitled to all the associated rights and privileges."

"Appointing the commander is a recognition of the contribu-

tion made to the building of this community by forces personnel since the establishment of the Esquimalt naval base and garrison," said club president, Patricia Crosley.

In addition to the citation, RAdm Topshee was presented with a membership certificate, lapel badge, name tag, and club roster. Following the ceremony, he spoke to the club about current operations and the work going forward to renew the fleet with the introduction of new ships.

There are 11 Rotary Clubs in the Greater Victoria area. Rotary's seven areas of focus are to support peace and conflict prevention/resolution, disease prevention and treatment, water and sanitation, maternal and child health, education and literacy, economic and community development and the environment. Rotary community service is directed at improving the quality of life for the disadvantaged and to serve the public interest.

It has been the practice of the Rotary Club of Victoria to have the Lieutenant Governor and the Commander Maritime Forces Pacific as honorary members.



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A MESSAGE FROM
THE BASE COMMANDER

VACCINATION PASSPORTS
CFB ESQUIMALT FACILITY ACCESS

On Monday September 13th, Provincial Public Health Orders (PHOs) came into effect requiring residents to show proof of vaccination for access to various establishments and events with a higher risk of COVID-19 transmission. Having reviewed these PHOs, areas where they apply on Base include: our fitness centres; arena; community recreation programs and clubs; and our messes.

To align ourselves with these new PHOs, proof of vaccination will be required by all patrons (12 and older), including members of the CAF, who wish to access these facilities as patrons for non-mandatory visits.

Where facilities at the Base are used to host non-work related gatherings and events (for example wedding receptions at messes), proof of vaccination will be required in line with the Province's PHOs on Gatherings & Events.

Effective Monday 20 September, patrons wishing to access the following Base fitness facilities for **non-mandatory purposes** will be asked to provide proof of vaccination: the Naden Athletic Centre, Dockyard Gym, and the Wurtele Arena.

Messes, during bar hours and at relevant events, will also begin requiring proof of vaccination next week, though the timeline will be based on staff availability until a new steady state is achieved. Community Recreation will also reach out to club and program members regarding vaccine requirements.

Examples of **mandatory visits to Base fitness centres** include those CAF members completing a Force Test, attending a Supplementary Physical Training Program, PSP-led recuperative therapy, or any mandatory NPTG course group PT. An example of **mandatory visits to the messes** includes work-related meetings for all categories of employee or contractor. Proof of vaccination is also not required for any employees and contractors working at these establishments. **See table below for further information for when proof of vaccination is required and when it is not.**

There are also facilities within the Base that are considered part of the workplace and/or exempt from the Province's PHOs related to showing proof of vaccination. Again, with the intent of aligning ourselves with the Province's public health

direction, facilities such as the galleys, FMF Café, and gyms managed by individual units will **not** be required to show proof of vaccination prior to entry.

We know there are different vaccination rates between various groups on Base, however we are all Defence Team members and it is a conscious decision to work our way through this together. This is simply the latest challenge of the pandemic and we will overcome it together as we have successfully done over the past eighteen months.

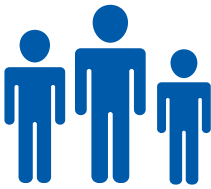
Under no circumstances will anyone subject facility staff to any type of verbal abuse or displays of frustration. If you have any concerns, raise them through your supervisor and chain of command.

I am incredibly proud of all of the efforts and sacrifices the Defence Team have made to help protect one another and the community and I ask for your continued vigilance and support as we navigate the next phase of this pandemic.

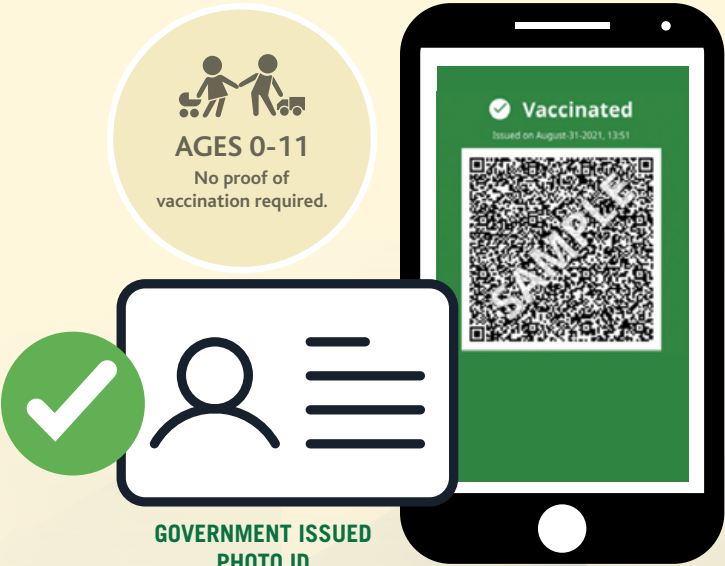
Yours, Aye

Capt(N) Jeff Hutchinson
Base Commander

CFB ESQUIMALT
Proof of Vaccination
Requirements



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PROOF OF
VACCINATION

LOCATIONS	PROOF REQUIRED	PROOF NOT REQUIRED
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<p>Messes:</p> <ul style="list-style-type: none">• N40 Pacific Fleet Club• SH 586 Wardroom• Gunroom• SH 585 C&PO's Mess	<ul style="list-style-type: none">• Attending the Mess	<ul style="list-style-type: none">• Mandatory workplace functions/meetings or for organized seated events with less than 50 people• Employees/contractors conducting work at location