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Volume 66 Number 39 | October 4, 2021

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## HMCS WINNIPEG AT SEA

As part of Naval Communicator training, HMCS Winnipeg conducted a friendly flag hoisting competition to challenge their ability to quickly and accurately raise the correct tactical signals when required. Winnipeg is currently deployed on Operations Projection and Neon.



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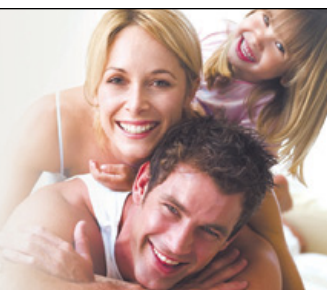
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## Courageous

# Fundraiser inspires Tour de Rock rider



Canadian  
Cancer  
Society

**Peter Mallett**  
Staff Writer

The daughter of a military member raised over \$4,000 for this year's Tour de Rock cycling fundraiser, shedding her locks to get the job done.

Fiona Treen, 11, shaved off her long brown hair Sept. 15 at the Military Police detention barracks to support local Tour de Rock rider Cpl Michael Smith.

Cpl Smith of the Military Police Unit embarked on this year's cycling tour of Vancouver Island to benefit pediatric cancer with other military members and first responders.

Fiona, daughter of Cdr Colleen O'Brien, wanted to shave her head ever since meeting another girl who had shaved her head for charity two years ago. Due to COVID, she had to wait until this year for the opportunity. Cdr O'Brien, whose husband is a police officer, suggested she support Cpl Smith and the Tour de Rock campaign. The O'Brien-Treen family connected with Cpl Smith and the rest is 'hairstory.'

"My husband bought her some new hats to keep her warm and she wore a Tour de Rock t-shirt to school the next day to explain her new look, which was very well received," says Cdr O'Brien.

Fiona's hair was donated to make wigs for cancer patients. As a show of support Cpl Smith also went under the clippers.

"Fiona is the embodiment of courage



and selflessness as shown by her essentially donating her hair to the Tour de Rock," says Cpl Smith. "Fiona had a smile from ear-to-ear during the head shave and that really struck me when I was on my bike riding on the tour."

This was his third consecutive Tour de Rock ride. The Tour de Rock began in 1998 and sees first responders and military members traverse Vancouver Island on their bicycles.

On Sept. 22 and 23, he covered two legs of the tour between Campbell River, Courtney, and Comox. He and the other riders stopped at the CFB Esquimalt fire hall on Friday morning as part of the last leg of their journey.

His fundraising campaign is still ongoing: [https://support.cancer.ca/site/TR/Cops%20for%20Cancer/?px=12979055&pg=personal&fr\\_id=27810](https://support.cancer.ca/site/TR/Cops%20for%20Cancer/?px=12979055&pg=personal&fr_id=27810)



Fiona Treen shaves the locks of Cpl Michael Smith, Tour de Rock rider, just after having her own hair clipped as a fundraiser for Cops for Cancer.

Cdr Doug Layton, Winnipeg's Commanding Officer, took part in a smudging ceremony performed by Cpl Terrance Carrier (left).



# Winnipeg sailor gives ship a positive start for deployment

**Lt(N) Amélie Leduc**  
HMCS Winnipeg

HMCS Winnipeg underwent a special cleansing ceremony, shortly after it set sail, by a crewmember of Cree heritage from the Sucker Creek First Nation in Alberta.

Cpl Terrance Carrier, a Medical Technician, volunteered to perform a smudging ceremony to give the ship a "clean start" for its four-month deployment.

"HMCS Winnipeg will be our home for the next four months. She will provide for us and protect us. But in order for the Winnipeg to succeed, we need to help her," said Cpl Carrier.

Traditionally, a smudging ceremony is for purifying or cleansing the soul of negative thoughts of a person or place. It can also allow people to remember, connect, and be grounded in the event, task, or purpose at hand, and to let go of negative feelings and thoughts.

According to First Nations' practice, a smudge is normally led by an elder or a person who has an understanding of what a smudge is and why it is done.

"I am not an elder. Therefore, I ask for their blessings before I complete a smudge," explained Cpl Carrier. "I do the best that I am able, and hopefully all who join me in these ceremonies have a positive experience from the smudging."

The ceremony began with a cross-legged Cpl Carrier facing east. He rolled sage and tobacco around a small piece of Chaga (mushroom) chosen for its medicinal characteristics. He then placed the contents into a small cast iron pan and lit it with a wooden match.

At the stern of the ship he gestured to the four cardinal points. Facing east, he first cleansed himself.

"I felt that Winnipeg will need balance during the sail. I started with my hands, then over my head, and then into my eyes, ears, nose, and mouth. I asked the ship to provide for us, and in return we will treat her with the upmost respect, keep her clean, and bring her home as safe as we can."

He then smudged to the east, which represents balance.

"I gave thanks for today, and a peaceful future."



Then to the south, which represents strength.

"I gave thanks for family and friends. Keep them safe while we are at sea."

To the north, which represents knowledge.

"I gave thanks for the lessons we have learned and the experiences we will discover."

Lastly, he turned to the West, which represents choice.

"I gave thanks for the creator, the ship, and Canada for giving us this opportunity to make a difference."

He continued the smudging at the ship's bell with the Command Team.

"After I cleansed the bell, the Command Team chose to cleanse themselves with a Canadian goose feather. As I requested, they took a moment to be thankful for something, and then they each spoke the ship's motto: *One with the Strength of Many*, and waved the smoke to the bell."

Cdr Doug Layton, Winnipeg's Commanding Officer, took part in the smudging ceremony.

"It was a great experience and the perfect start to our mission and deployment. Cpl Carrier's passion to share and teach us about traditional ceremonies and spiritual practices is a great example of the truly diverse nature of our Canadian Armed Forces members."

Finally, Cpl Carrier completed the smudging at each door of the bridge and spoke the ship's motto.

He gave the goose feather to the ship's chaplain, Captain (Rabbi) Noteh Glogauer.

"He is our friend, our spiritual guide, a shoulder to lean or cry on. Our Rabbi, words do not capture the goodness in his heart, for our ship, and her crew," said Cpl Carrier. "This is why I felt he deserved the goose feather."

Cpl Carrier will keep the ashes in a tin with some peppermint throughout the deployment. He will add a pebble to the tin that will be collected from each port visit.

"Once we are back home, I will bury the tin near a tree facing west. I will place some fish above the tin in a branch of the tree, and leave. The story I was told by one of my elders is that a bird will eat the fish, act as a messenger to the creator, and tell the creator where the ashes are so he can collect them."



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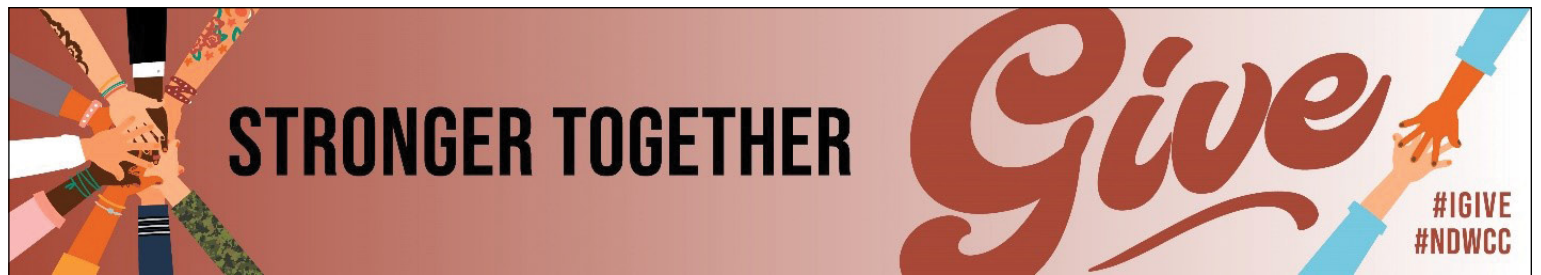
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## 2021 National Defence Workplace Charitable Campaign (NDWCC) - Message from the Base Commander

### Defence Team,

I am excited to announce that this week marks the official launch of the Base's National Defence Workplace Charitable Campaign (NDWCC).

The slogan for this year's campaign is 'Stronger Together' and I think it's fitting as we have all demonstrated throughout the past year and beyond how we can unite as one, regardless of distance and difficulties. Navigating a pandemic, the challenges of remote work, and meeting the operational needs of the RCN did not stop us from raising over \$170,000 to support local programs that make a difference for the most vulnerable in our communities.

As you know the Base's motto is 'Support for All' and that unifying strength underpins both our collective mission and your continued participation in and support of the NDWCC. Donation dollars from this year's NDWCC will go to: providing meals and visits to isolated seniors in the Southern Vancouver Island region; they will purchase books and toys for local children at risk; and help provide speech therapy and physiotherapy for those suffering from Parkinson's disease.

In addition to in-person fundraising and events, E-pledge, our online donation system, will be available. Through this site you can direct your donations to over 86,500 registered Canadian charities. You can also use FlipGive, a team-fundraising website and app, to donate a portion of your purchases from any one of the 300 participating retailers to NDWCC charities.

This campaign has always been a community effort, and this year is no different. I am looking forward to working with Defence Team members; labour leadership; HealthPartners; the United Way Southern Vancouver Island, and our friends and neighbours to make this year's NDWCC another great success. Visit the CFB Esquimalt NDWCC Share Point site for a list of upcoming events and campaign information.

To kick things off, I'm inviting you to join us Oct. 5 for a traditional pancake breakfast at the Chiefs and Petty Officers' Mess from 0630-0900. Proof of vaccination will be required for those planning to dine-in, and take-out will be available for everyone. All are encouraged to attend and commuting attire is permitted. I hope to see you there!

Yours aye,

**Capt(N) Jeff Hutchinson**  
Base Commander



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Base PA Office

This year's National Defence Workplace Charitable Campaign (NDWCC) has officially started and like last year things are bit different.

During the 2020 campaign, which raised over \$170,000 locally for charities and programs in the Greater Victoria Area and beyond, fundraising efforts saw a mixture of in-person and online events.

For 2021, Melanie Tetreault, CFB Esquimalt's NDWCC co-ordinator, anticipates a similar medley with the return of events such as the traditional kickoff pancake breakfast on Oct. 5 at the Chiefs and Petty Officers' Mess.

"I want everyone on base to feel the same passion for giving, no matter how it looks," says Tetreault.

The NDWCC, as the Canadian Armed Forces' Government of Canada Workplace Charitable Campaign, provides Defence Team members with a direct way of donating to over 87,000 charities across Canada.

Two primary charities locally are United Way Southern Vancouver Island, which works with organizations in the region to provide support and aid to the most vulnerable members of the community, and HealthPartners, who distributes their fundraising to 16 charities that focus on research, services, and policy development funding for the future health of citizens.

But the main fundraising emphasis will be on personal donations, a contribution made easier by an online website portal called E-pledge: <https://www.canada.ca/en/department-national-defence/campaigns/ndwcc-2021/donate-now.html>

"It is even more important to donate and help our

communities recover after the year and a half we have had," says Tetreault.

When vulnerable Canadians needed support to contend with the COVID-19 pandemic they turned to local and national charities.

Tetreault is excited to see the creativity of the civilian and military team as they develop unique and fun fundraising events within their units, and work to reach their individual targets, which goes into the overall CFB Esquimalt NDWCC fundraising pot.

"The generous fundraising work and donations establish CFB Esquimalt as a caring community at the ready to support the more vulnerable beyond our gates," says Tetreault.



Melanie Tetreault, CFB Esquimalt's NDWCC co-ordinator.



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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.
- 3 ACCESSIBILITY:** Have you ever called a bank and got placed on hold, then transferred, just to be placed on hold again? We know your time is important. Our team is always available to help you with anything you may need throughout your approval journey. We are committed to the highest standard of customer satisfaction and have over three dozen 5-star Google Reviews!



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Moose 62 is secured to a mooring buoy as part of a unique training opportunity.

Photos by SLt Wilson Ho



## LEARNING ABOUT BUOYS

**SLt Wilson Ho**

UPAR - HMCS Vancouver

A group of junior officers undergoing the at-sea portion of their Phase IV training recently performed an evolution atypical for the class of vessel upon which they were embarked.

"Coming to a buoy" is routinely conducted on Maritime Coastal Defence Vessels Canadian Patrol Frigates as part of readiness training.

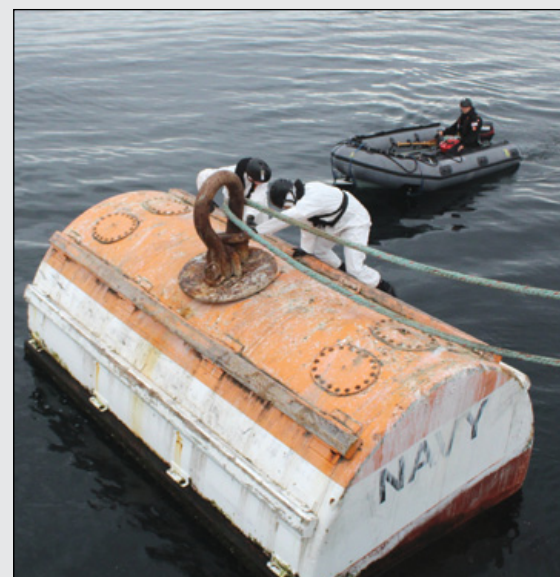
However, a regular Standard Operating Procedure was recently created for the Orca Class training vessels to be able to safely complete a mooring. The procedure permitted Moose 62 to successfully come to a mooring buoy on Sept. 27 near the entrance to Esquimalt Harbour.

Coming to a buoy is an evolution where a ship is secured by attaching the ship's cable or a hawser to a mooring buoy, which itself is secured by a heavy pendant and embedded anchors on the seabed. It is through the pendant that the forces of wind, tide, current, and waves, acting upon the vessel, are transmitted to the bottom where they are absorbed.

It was a slow-time evolution for the students and crew. Led by the senior boatswain's mate, Sailor First Class (S1) Lee Mihalcheon, the day started off with a detailed brief, followed by a full layout of all the equipment necessary to come to a buoy.

Once everything was deemed in working order, two buoy jumpers were lowered into the ship's zodiac. When Moose 62 was in position close to the mooring buoy, the buoy jumpers were ordered onto the buoy and received the hawser.

Passing through the mooring buoy ring, the hawser was sent back to the ship, and the buoy jumpers were ordered off the buoy. Moose 62 then slowly backed away, putting strain on the mooring buoy.



Buoy jumpers attach a hawser to a mooring buoy.

Once complete, the hawser was taken off the mooring buoy and the evolution was secured.

"This was an excellent development opportunity for the entire ship's company," said S1 Mihalcheon. "Everyone had a chance to participate and learn something new, and all the training objectives were met."

The embarked students, part of New Waterford Division, Naval Warfare Officer Course Phase IV, will complete their sea phase on Oct. 1. Upon returning to the Naval Officer Training Centre Venture, they will receive a posting to either Canadian Pacific Fleet or Canadian Fleet Atlantic where they will join their first warships.

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Volunteers and participants in the Soldier On program set sail on Esquimalt Harbour during a week-long sailing camp at the Canadian Forces Sailing Association (CFSA) Sept. 20 to 24. Soldier On is a support program which offers sports and recreational activities to serving and retired members with psychological illness or injury.

## SOLDIER ON OFFERS 'AMAZING' SAILING COURSE

*This course included wonderful, positive staff and coaches that were eager to teach us but also to partake in the activities too."*

– S3 Sepehr Nademi



Photos by Nicole Wray/Soldier On

**Peter Mallett**  
Staff Writer

Five serving and retired military members learned to harness the ocean's winds and waves by skippering a sailboat as part of a sailing course offered by the Soldier On program.

Participants took to the water from Sept. 20 to 24 in 23-foot Sonar Keelboats as part of a competent crew sailing course. The coursing was taught by three instructors from the Canadian Forces Sailing Association (CFSA).

Soldier On is a Canadian Forces Morale and Welfare Services program that provides support for serving and retired members of the Canadian Armed Forces who have experienced a physical or psychological illness or injury. Soldier On members across BC are provided with opportunities to try different sport, recreation, and creative activities while connecting with others in their communities.

Participants were offered hands-on instruction on the basics of navigating a sailboat including the steps of docking, anchoring, rigging, operating outboard engines, and hoisting sails.

The in-class component covered on-water safety, navigation, radio communications, ocean regulations, recognizing weather patterns, and how to handle emergency situations and equipment.

To get them into the right mindset, CFSA sailing instructor Marisha Schaefer taught daily sailing-specific yoga and mindfulness sessions.



The goal of the course was to provide the opportunity for participants to advance from an entry-level sailing skill set with instructor supervision, to sailing confidently in a command position with an instructor alongside for support.

Included in the course was the opportunity to sail as a team in the 36-foot Royal Canadian Navy Sail Training Vessel, "Tuna," to nearby Cole Island.

The course drew rave reviews from participants.

"This course included wonderful, positive staff and coaches that were eager to teach us but also to partake in the activities too," said S3 Sepehr Nademi.

CPO2 (Retired) Dave Mitchell called his time on the water simply amazing.

"When I was injured, I lost a little mobility and self confidence at moving around a boat, but this course helped me get my pre-injury sailing confidence back. So, I am very happy with this amazing program."

The CFSA was established in 1946 and operates from its Esquimalt Harbour headquarters located at the foot of Maple Bank Road. The club's mandate is to provide recreational sailing opportunities for military members, their families, DND employees and veterans. For more information about the CFSA visit [www.cfsaesq.ca](http://www.cfsaesq.ca) and for more information about Soldier On and its programs visit <https://www.soldieron.ca/>

# FortisBC hails base unit for green initiatives

**Peter Mallett**  
Staff Writer

A push to reduce CFB Esquimalt's carbon footprint and improve the energy efficiency of building infrastructure has earned accolades from FortisBC.

At the forefront of this effort, and receiving the FortisBC Efficiency in Action Award, is Real Property Operations Unit - Pacific (RPOU (P)) Section Esquimalt.

"We are ecstatic about winning this award," says Jamie Birtwistle, RPOU (P) Section Esquimalt Energy Manager. "From a leadership and stewardship perspective, it's important that federal programs and initiatives are a success both nationally and, in this case, provincially."

RPOU (P) Section Esquimalt successfully executed a federally mandated Energy Performance Contract in May. The contract focus was on modernizing and replacing aging infrastructure with a goal to reduce energy consumption and greenhouse gas emissions.

A selection of 67 buildings that RPOU (P) Section Esquimalt maintains were included in the contract with an identified 186 energy conservation measures within the buildings. The project is anticipated to save CFB Esquimalt approximately \$875,000 annually from both FortisBC (natural gas) and BC Hydro (hydro-electricity).

CFB Esquimalt and utility providers partnered to incentivize many of the energy conservation measures implemented within the Energy Performance Contract.

"These incentives are no different than what you might submit when installing an energy efficient heat pump in your home or a government incentive for the purchase of an electric vehicle, in the form of a rebate. Ours is only on a much grander scale," explains Birtwistle.

To date, CFB Esquimalt has received \$750,000 from FortisBC in the form of incentives.

The energy-reducing projects on the base are also part of the Department of National Defence Energy and Environmental Strategy 2020-23. The aim of the strategy, implemented in 2017, is to reduce greenhouse gas emissions from DND infrastructure and commercial light-duty vehicles to below 40 per cent, with an end goal of net-zero emissions by 2050.

Each year FortisBC hosts its Efficiency in Action Awards to showcase the exceptional work organizations of all sizes in BC are doing to achieve energy savings in buildings, commercial upgrades, and industrial operations. RPOU (P) Section Esquimalt will be among eight public and private sector organizations honoured in a ceremony held virtually on Oct. 21.



At the forefront of Real Property Operations Unit - Pacific's recent FortisBC award are, front row left to right, Caelieh Bell, Acting Program Leader, Defence Construction Canada; Shannon Renaud, Sustainable Development Engineer, Real Property Operations Unit (Pacific); and Jamie Birtwistle, Energy Manager, Real Property Operations Unit (Pacific) - Section Esquimalt. Back row left to right: MWO Drew Scott, Section Sergeant Major, Real Property Operations (Pacific) - Section Esquimalt, and Major Jon Brotherton, Officer Commanding, Real Property Operations (Pacific) - Section Esquimalt.

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Christine Goodridge retired on Sept. 22 after working 38 years as a barber for the military. Pictured here in the barbershop in FMF Cape Scott, Goodridge stands beside a bulletin board full of currency from all around the world, brought to her by sailors over the years.

Photo by Joanie Veitch, Trident Newspaper

## CFB Halifax barber hangs up her clippers

**Joanie Veitch**  
Trident Newspaper

After 38 years doing military haircuts at CFB Halifax, Christine Goodridge is packing up her clippers. On Sept. 22, she retired from her position as barber at CFB Halifax.

She got her start as a military barber in late summer 1983. To put how long ago that was into context, *Return of the Jedi* was the big blockbuster summer movie that year, and Madonna had just released her debut album.

"Thirty-eight years is a long time," Goodridge says. "I still love cutting hair but I'm tired. You know when it's time, and it's time for me."

Goodridge grew up in Mill Cove, NS, near Hubbards. She got her start in the hair-cutting business shortly after finishing her training at the Atlantic Barbering and Hairstyling Academy; she was the youngest registered barber in North America at just 16 years of age.

Working first at the iconic Golden Clipper – back when it was still on Spring Garden Road – and then at a hair salon on Dalhousie University campus, Goodridge decided she preferred barbering to hairstyling when a friend recommended her for the military barber job.

"The barber up at Stad was having trouble with his barbers, drinking on the job, not showing up, that sort of thing. A friend I'd gone to school with suggested he give me a try. He did, and it worked out."

Although Goodridge says she was "petrified" when she first started out, she fell in love with the

job immediately, especially the pace of work.

"I loved the speed. The time would just fly by, especially on the days when we'd get an entire ship's company. That's what it was like then, they might bring in 100 men and say they'd be back in a couple of hours to get them."

So how fast can she do a regulation military haircut?

"If you're in a rush, I can do a full haircut in three minutes," Goodridge says.

When she first began cutting hair on the navy base, she worked in a traditional-style barbershop on Stadacona's A block, outfitted with a classic red Belmont barber chair — the same chair that now sits in the Submarine Trainer that trains personnel on the Victoria-class submarines.

After that shop closed, she moved to HMC Halifax Dockyard, to a shop near the former fire hall, before her final move to FMF Cape Scott in 2004, on the second floor, down the hall from the cafeteria.

Over the years, Goodridge has cut the hair of thousands of sailors, many of them repeat customers who she first met as newly joined recruits, some going on deployment for the first time.

"I remember when the Gulf War started in 1991, I was really busy as they'd had orders to go. I had two young French guys going out, they'd never even been on a ship before and here they were going off to war. I could feel their fear," she says. "I've often said, I'm the world's cheapest therapist."

Although she knows it's the right time to leave, it won't be easy.

"In the past, if someone would get posted it

*"I loved the speed. The time would just fly by, especially on the days when we'd get an entire ship's company. That's what it was like then, they might bring in 100 men and say they'd be back in a couple of hours to get them."*

– Christine Goodridge

was never a big deal because they're navy guys and they would always end up back here at some point, so we'd just say 'See ya!,' she says.

The barbershop at FMF Cape Scott will remain open, with Amanda and Letitia "taking the baton," Goodridge says.

Goodridge will continue with her "second job" of property management, and spending time with her four cats.

"I'm going to miss it here. It has been a joy; it's been my life."

# HMCS Malahat's new training year



**SLt Adam Smith**  
HMCS Malahat

Almost 60 members attended the first night of *HMCS Malahat's* training year Sept. 9, a stark contrast from the previous year where lockdowns forced much of the unit's training onto virtual meeting technology.

Despite new COVID-19 cases on Vancouver Island remaining consistent, the sailors attending Victoria's Naval Reserve Division was optimistic that well-established safety protocols and wide-spread vaccination means this is going to be a good year.

"I'm excited to be back at the unit," said Naval Cadet Aidan Kerr. "We have to take a lot of precautions, but it is worth it. I have missed the people, the camaraderie."

Acting Sub-Lieutenant Simon Shepherd says he is not surprised to see so many people.

"I run a club at Camosun College and the social events are getting much more attention than in other years. I think people are looking to connect with other human beings after so much isolation. It's great coming to the unit and getting

to see familiar faces in three dimensions, and some new ones too."

One of these new faces was Sailor Third Class Ashley Korolyk, a recently recruited Boatswain.

"My dad is in the navy and used to take me out on day sails when I was little," says S3 Korolyk. "I just want to get on the water. I'm only in high school and my friends don't get to do cool stuff like this."

As *HMCS Malahat* ramps up for the new training year, the unit is continuing to emphasize COVID-19 safety protocols. Rules around masks, hand sanitizer, contact tracing, ventilation, and physical distancing are all being implemented to ensure in-person training can safely continue.

"The safety of our members during COVID-19 is our top priority," says Commander Cameron Miller, Commanding Officer of *HMCS Malahat*. "We are a unit that trains as we fight and working together to safely execute this training year under these unique conditions will prepare our sailors to overcome the many challenges they will face during their naval careers."



HMCS Malahat's ship's company stands at attention on the drill deck as they begin a new training year.

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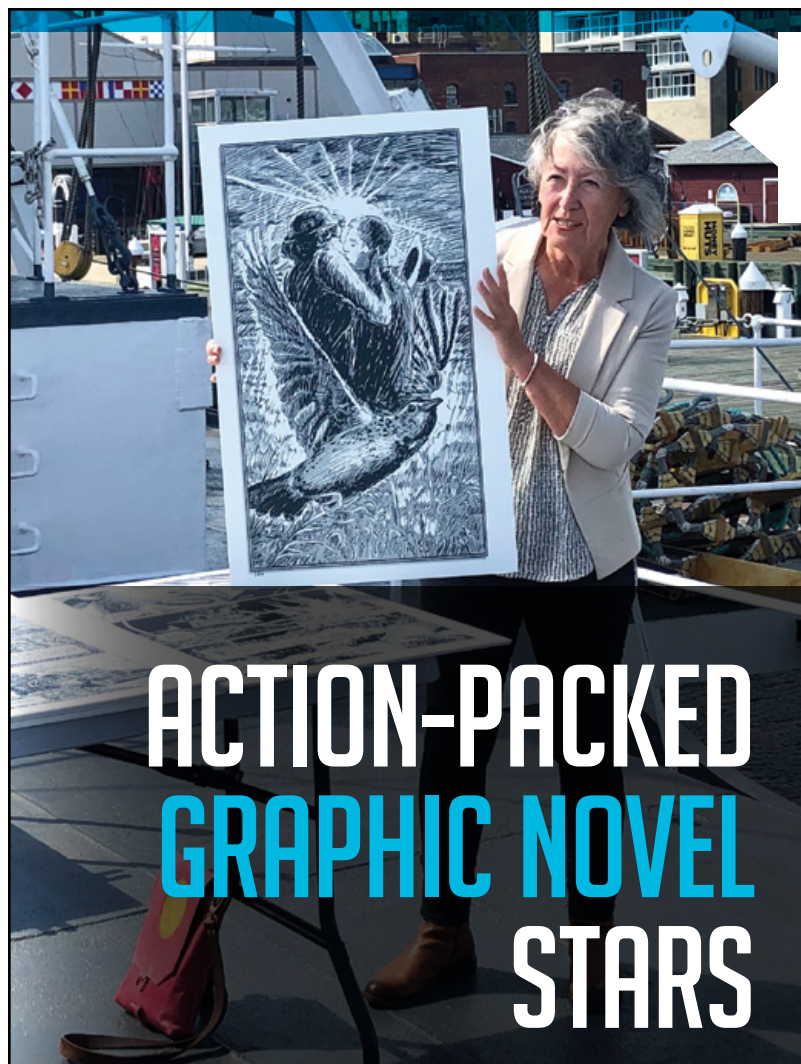
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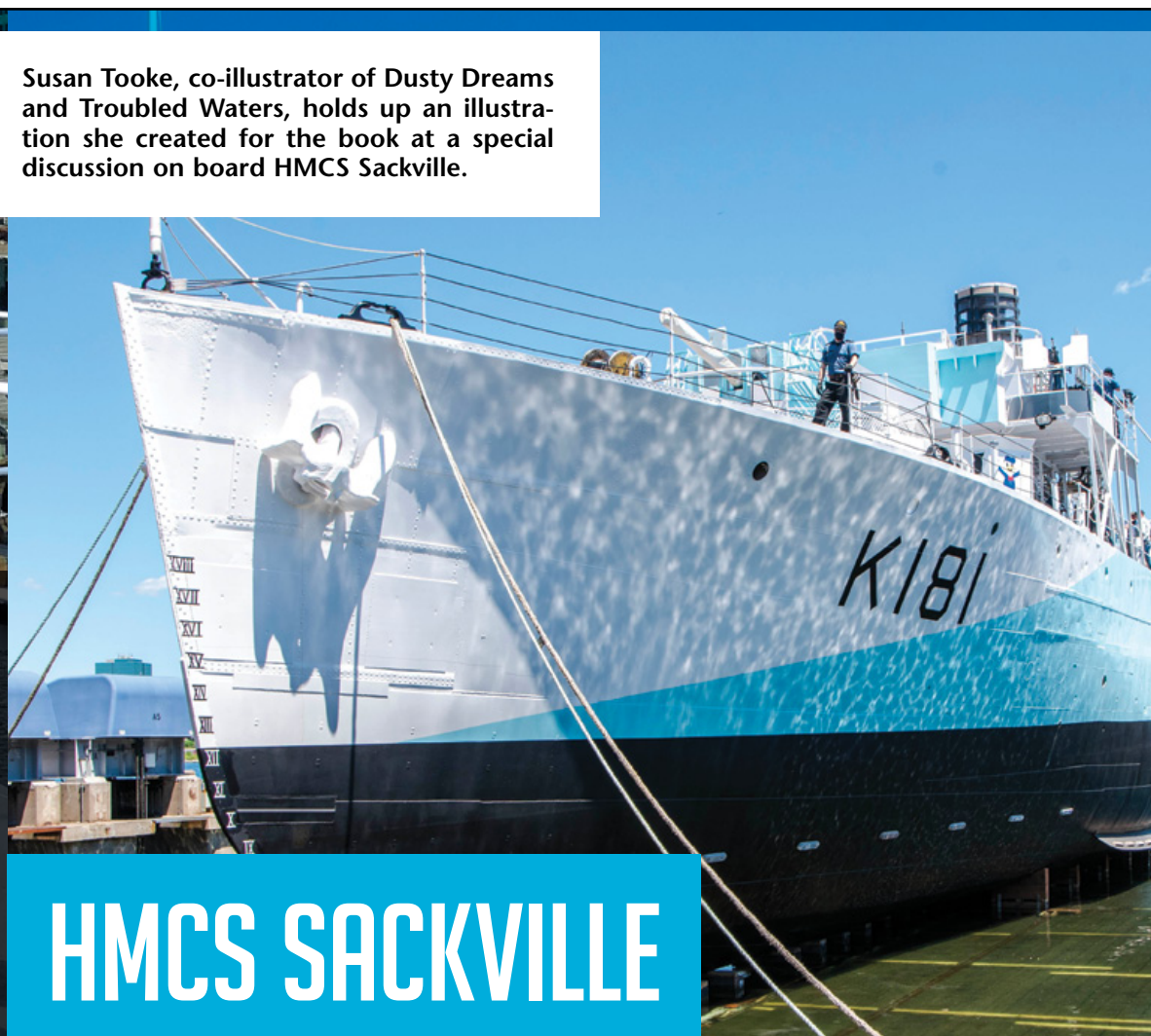


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Susan Tooke, co-illustrator of *Dusty Dreams* and *Troubled Waters*, holds up an illustration she created for the book at a special discussion on board HMCS Sackville.

## ACTION-PACKED GRAPHIC NOVEL STARS



## HMCS SACKVILLE

**Joanie Veitch**  
Trident Newspaper

HMCS Sackville takes centre stage in a new novel by Brian Bowman that tells the story of the Battle of the Atlantic from a young naval reservist's perspective.

Through detailed illustrations and a compelling plotline, *Dusty Dreams and Troubled Waters* follows young Wally, a farm kid growing up on the prairies in the 'Dirty Thirties,' who goes on to join the naval reserves, and the Second World War.

After travelling to Nova Scotia for basic training in April 1942, Wally is selected as a gunner and assigned to HMCS Sackville.

As one of Canada's 123 small but mighty Flower-class corvettes, Sackville played a critical role in escorting convoys of merchant vessels from St. John's, Newfoundland, to Londonderry, Northern Ireland, defending Allied ships from German U-boat attacks during the Battle of the Atlantic.

Text and illustrations combine in this graphic novel, bringing the character of Wally to life and creating action-packed scenes of high intensity.

"It's a lively and engaging read," says Doug Thomas, a member of the Canadian Naval Memorial Trust, the non-profit organization that oversees the preservation of HMCS Sackville as Canada's naval memorial ship, speaking at a book talk on Sept. 12.

Hosted by Nimbus Publishing aboard HMCS Sackville at its

berth on the Halifax waterfront, the talk featured discussions by both Thomas and Susan Tooke, who co-illustrated the book with her husband Richard Rudnicki. The two told the story of how the book was made.

The initial idea was conceived in 2012 following a conversation Thomas had with Rudnicki, who did most of the book's artwork.

Rudnicki had done several military art pieces in the past — he was artist-in-residence at the Army Museum Halifax Citadel for many years — and was known for his compelling style and attention to detail, Thomas says.

"We were hoping for a book to catch the interest of young people, so they can learn about this incredible piece of history we have, right here."

The book's author was also a good fit for the project. Like Wally in the story, Bowman's father had grown up on the prairies and served on one of the corvettes — HMCS Edmundston — during the Second World War.

Between Bowman visiting HMCS Sackville on the East Coast and Rudnicki visiting Bowman in Saskatchewan, the two worked together to tell the story of HMCS Sackville and its role in the fearsome Battle of the Atlantic — checking in with Thomas and other members of the Canadian Naval Memorial Trust for technical and historic advice along the way.

The duo was nearing the finish line when tragedy struck.

On Nov. 4, 2019, at just 68 years of age, Rudnicki died in his sleep at his home in Port Royal, an historic farm property he and Tooke had bought the year before.

"It was a complete shock," Tooke says. "No one, least of all Richard himself, would have expected it."

An accomplished artist herself with several books to her credit, Tooke decided to complete the project on her husband's behalf.

"The idea of the book not being completed was terrible to me. Richard had done such extensive research and had worked so hard on the project, that it might not get finished, I couldn't stand the thought of that."

Tooke gave herself a crash course in the illustration software Rudnicki had been using and tried to replicate his distinct style.

"It was intimidating to try to copy another artist's style; you can only do that to a certain degree," she says.

Working with notes and sketches Rudnicki had left, Tooke finished the project in just a few months, checking in with Thomas and other members of the Canadian Naval Memorial Trust at every step to ensure accuracy in her drawings.

She signed the book on her husband's behalf following the talk, and said she felt relief to have the book published and know it's going out to readers

far and wide.

"Richard was dedicated to this project. It's still very much his project. I feel as though I'm here representing him and his work," she says. "It was a challenge — both artistically and emotionally — to finish his work, but it's good to be able to stand here, on this ship, and know the project is completed."

Copies of *Dusty Dreams and Troubled Waters: a story of HMCS Sackville and the Battle of the Atlantic* are available from the Canadian Naval Memorial Trust at HMCS Sackville or from Nimbus Publishing's online store: [nimbus.ca/store/dusty-dreams-and-troubled-waters.html](https://nimbus.ca/store/dusty-dreams-and-troubled-waters.html)



Doug Thomas, representing the Canadian Naval Memorial Trust, with Susan Tooke, co-illustrator of *Dusty Dreams and Troubled Waters*, a graphic novel about HMCS Sackville and the Battle of the Atlantic.



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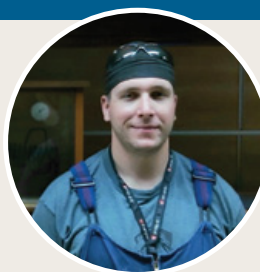
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### Student Questions and Answers

**Name:** Dayne Ellison

**School Info:** Third-year Camosun College

**FMFCB Shop Info:** Metal Fabrication Apprentice  
Boiler Shop 112

#### What drew you to your field of study?

When I was about twenty years old, I got into welding and went to school for that. I had the opportunity to work at Seaspan for two and a half years and then started my apprenticeship here in April 2019 and haven't looked back since.

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

I've always wanted to work for FMFCB; it took me a long time to get to that point. Ever since 2014 I was applying and looking for opportunities to work here.

#### What kind of projects have you been working on?

Currently, I'm working on the stanchions for *HMCS Vancouver*. We're replacing quite a few of the stanchions all the way forward on the main deck.

#### What are your future career aspirations?

I'd like to continue working at FMF for the rest of my career. It's a great place to work. I can't see myself going anywhere else.

#### What has been your biggest takeaway from your apprenticeship experience?

My biggest takeaway from my apprenticeship experience would be what I've learned from everyone here. I have learned a lot from a group of amazing and knowledgeable trades people here at FMF. I'm still learning lots.

#### What advice would you give to future apprentices?

I would say to really explore what you want to do, because there's a lot of different trades out there. Welding and fabricating wasn't the first trade I looked into, but being open to the opportunity lead me to where I am.

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# HMCS Winnipeg's Sentinels



**Capt Arnold Noteh Glogauer**  
HMCS Winnipeg

As HMCS Winnipeg set out on Operation Neon and Projection in August, departments nominated Sentinels to participate in refresher training. A refresher workshop was conducted early on in the deployment to bring the Sentinels back to the basics, review some of the fundamentals they may have forgotten, and brush up on new information.

The Sentinel initiative is a peer support network established by the Royal Canadian Chaplain Service. The program is based on the understanding that the people we work with every day are in the best position to detect problems a co-worker is having.

Sentinels are a group of trained, supervised, non-professionals whose purpose is to improve peer support on a day-to-day basis through a set of behaviours and attitudes they use with their peers.

This strategic mental health buddy system is facilitated by empowering Sentinels to identify signs of distress in colleagues, to be able to offer better support, and where appropriate, to encourage an open discussion about their concerns and struggles with their chaplains, commanders, or mental health professionals.

2020 was a challenging year because of COVID where the recognition of Sentinel support was at a premium. Chaplains stationed all over the country continued to conduct Sentinel training; however, only on an online platform.

One of the Sentinel's roles is to ensure that service personnel know how to access support and how to provide support for one another. This is even more essential in a deployment at sea.



Left: Sgt Ryan Harpell receives his sentinel badge from Rabbi Noteh Glogauer.

Above: Sentinels aboard HMCS Winnipeg that received refresher training.

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## What if someone in my home is deaf or hard of hearing?

There are smoke alarms and alert devices that alert people who are deaf or hard of hearing. These devices include strobe lights that flash to alert people when the smoke alarm sounds. Pillow or bed shakers designed to work with your smoke alarm also can be purchased and installed. More information can be found at: [www.nfpa.org/Events/Events/Fire-Prevention-Week/Safety-for-the-Deaf-and-Hard-of-Hearing](http://www.nfpa.org/Events/Events/Fire-Prevention-Week/Safety-for-the-Deaf-and-Hard-of-Hearing)

## What's the difference between smoke alarms and carbon monoxide (CO) alarms? Why do I need both?

Smoke alarms sense smoke well before you can, alerting you to danger. In the event of fire, you may have as little as 2 minutes to escape safely, which is why smoke alarms need to be in every bedroom, outside of the sleeping areas (like a hallway), and on each level (including the basement). Do not put smoke alarms in your kitchen or bathrooms.

Carbon monoxide is an odorless, colorless gas that displaces oxygen in your body and brain and can render you unconscious before you even realize something is happening to you. Without vital oxygen, you are at risk of death from carbon monoxide poisoning in a short time. CO alarms detect the presence of carbon monoxide and alert you so you can get out, call 9-1-1, and let the professionals check your home.

## How do I know which smoke and CO alarm to choose for my home?

Choose an alarm that is listed with a testing laboratory, meaning it has met certain standards for protection. Whether you select a unit that requires yearly changing of batteries, or a 10-year unit that you change out at the end of the 10 years, either will provide protection.

CO alarms also have a battery backup. Choose one that is listed with a testing laboratory. For the best protection, use combination smoke and carbon monoxide alarms that are interconnected throughout the home. These can be installed by a qualified electrician, so that when one sounds, they all sound. This ensures you can hear the alarm no matter where in your home the alarm originates.

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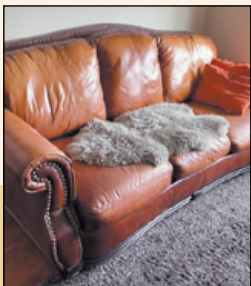
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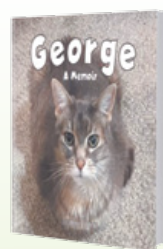
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