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Story on page 3.



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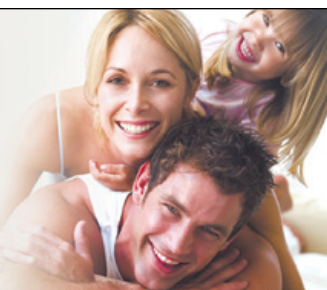
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NDWCC KICKOFF

At a ceremony presided by Capt(N) Jeff Hutchinson, Commander CFB Esquimalt, the Maritime Forces Pacific Defence Community launched its 2021 National Defence Workplace Charitable Campaign (NDWCC) on Oct. 5 at the Chiefs and Petty Officers' Mess. The event entailed the traditional pancake breakfast and inspirational speeches.

This year's kick-off was a success despite limitations on in-person participation resulting from COVID 19 protocols. In just a few hours, organizers raised over \$1,000 for charity.

The NDWCC continues to be one of the largest and most successful campaigns of the Government of Canada Workplace Charitable Campaign (GCWCC), of which it is a part.

The CAF/ DND Team has over 1000 volunteers working to make a difference in communities across the country.

In 2020, the NDWCC raised more than \$2.5 million, accounting for approximately 8.5 percent of the \$29.3 million raised in total throughout the GCWCC.

S1 Victoria Loganov, MARPAC Imaging Services, Esquimalt



Capt(N) Jeff Hutchinson, Commander CFB Esquimalt, gives a speech during the 2021 CFB Esquimalt National Defence Workplace Charitable Campaign pancake breakfast.



Volunteer members selling tickets.



Capt(N) Sebastien Richard, Commander Fleet Maintenance Facility Cape Breton, serves breakfast.



Capt(N) Hutchinson, campaign organizers and guest speakers gather for a group photo.

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DEFENCE TEAM CELEBRATES NATIONAL COMING OUT DAY

Peter Mallett
Staff Writer

The Defence Community at Maritime Forces Pacific is preparing to celebrate National Coming Out Day on October 11th during the week of this issue's publication. The event is a catalyst and will be a turning point in the life of at least one RCN member.

National Coming Out Day is an annual event that aims to support LBGTQ2+ people in their efforts to live openly and honestly with their personal identity within the broader community.

The event is being organized by the Defence Team Pride Advisory Organization (DTPAO).

At 8 a.m. on Oct. 11 members of the DTPAO will hoist pride flags and the the rainbow colours will fly prominently at Naden, Work Point and Duntze Head. DTPAO co-chair Steven Cleugh says inclusive policy changes and support are key to enhancing military and operational success for everyone in Maritime Forces Pacific (MARFAC).

"The official recognition of National Coming Out Day at the base is an opportunity to promote understand-

ing and acceptance," said Cleugh. "The DPATO is here to listen, help and educate people who don't know about LBGTQ2+ issues. We support people who are part of the Defence Team with the overall goal of making the workplace a more open and inclusive environment."

The DTPAO was established on Dec. 9, 2020 and is the fifth Canadian Armed Forces (CAF) employment equity advisory group. The DTPAO's mandate is to offer guidance to the CAF leadership on matters relating to the LBGTQ2+ members, both civilian and military.

National Coming Out Day has become an important moment in the life of PO1 Robert Wheaton, a Naval Communicator (NAV COMM) employed with the Naval Personnel Training Group (NPTG). Robert is a Positive Space Ambassador for his workplace and has served the Canadian Armed Forces for the past 18 years. He identifies as a pansexual.

Robert grew up the small farming town of Oxford, N.S., unofficially known as the wild blueberry capital of Canada. He spent most of his life in Oxford and Halifax until a move to Victoria in 2016. Despite his attraction

to both women and men since very early in life, his "coming out moment" happened only recently with disclosures to close friends and family.

"I spent years denying who I was, hiding my identity and enduring personal and professional upheaval. The experience created mental health challenges and I lived with the constant and conflicting anxieties of being found out and not being true to myself. It wasn't until just this year that I was able to disclose my genuine self to my immediate family: the feeling was intensely empowering and I knew then that it was just a matter of time until I took the next step and acknowledged my identity fully and publicly".

Robert says the reaction from people close to him has been overwhelmingly supportive and he credits the National Coming Out Day for providing the tiny extra motivation he needed. "When I saw the call for volunteers to tell their stories for National Coming Out Day, it struck a chord in me: I knew it was the right time," he said.

"I am optimistic that my decision to speak publicly through Lookout Newspaper about my sexual identity means I will no longer be burdened by

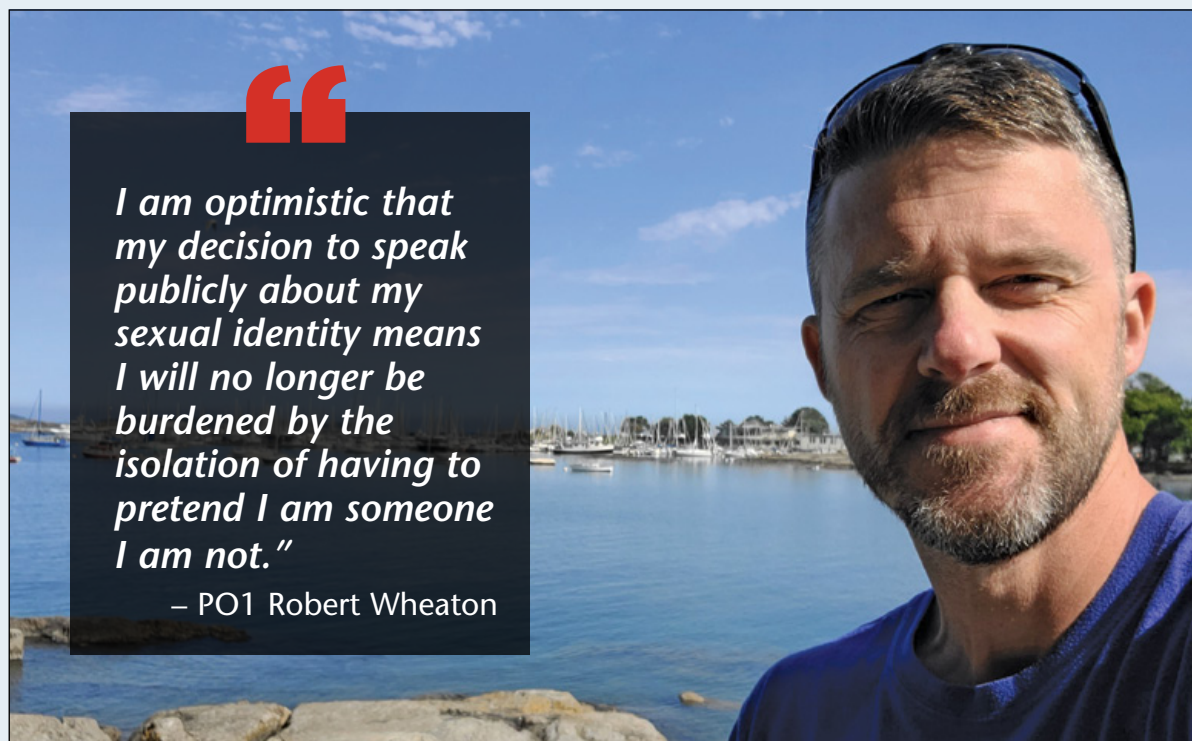
the isolation of having to pretend I am someone I am not," says PO1 Wheaton.

"I am not seeking to be inspirational for other people, that's not what is motivating me. However, it does give me a great sense of pride to think that someone in a similar situation might draw some strength or courage from my experience. I'm also hopeful that this will bring some additional awareness to the Positive Space initiative and to the DTPAO".

His advice to others who are struggling to affirm who they are before their friends, family and co-workers is simple:

"Look inward and do what feels right for you at the time, you owe that to yourself," he said. "I'm proud of the person I am but getting here was the hardest part. Accepting myself - actually 'being myself' - has given me the strength and resolve to be authentic; and that is well worth the discomfort and potential risk to existing relationships."

If you are in the same boat and thinking of coming out to your friends, family or co-workers Cleugh and PO1 Wheaton urge you to reach out to the DTPAO or Positive Space Ambassador in your unit or workplace and start a conversation.



"I am optimistic that my decision to speak publicly about my sexual identity means I will no longer be burdened by the isolation of having to pretend I am someone I am not."

– PO1 Robert Wheaton

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FLEET MAINTENANCE FACILITY CAPE BRETON: STUDENT TALK

Student Questions and Answers

Name: Desere Sophonow

School Info: Camosun College Third-year Electrician

FMF CB Shop Info: Apprentice Electrician – Shop 144



Why did you decide to study to become an electrician?

When I was younger, I had watched some electricians working on a utility pole and thought it was so cool and I knew that's what I wanted to do. Later on in high school my dad told me about a summer internship program with the dockyard through the South Island Partnership (SIP) program which I really enjoyed and haven't looked back since.

Why did you choose to do your co-op with the DND/FMF?

My dad also works at FMFCB, so between him and having been introduced to the community through the SIP apprenticeship program, I really wanted to continue working in this industry.

What kind of projects have you been working on?

Right now, we get to go on the submarines and the frigates and get to work on all sorts of different projects. Recently I've been working in the battery shop, so I get to charge all of the batteries for the subs.

What are your future career aspirations?

To eventually complete my apprenticeship and become a journeyman electrician, then come back and continue working at FMFCB.

What advice would you give to future co-op students/apprentices?

It's such a different experience from school or working outside of the FMFCB. I really recommend taking notes and asking lots of questions.

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Veteran Recounts Battle of the Atlantic

Peter Mallett
Staff Writer

During the Second World War, Norman Pimlott served as a naval gunner onboard His Majesty's Canadian Ships *Gatineau* (1942), *Saskatoon* (1943), and *Trois-Rivières* (1944). Afterwards, he raised a family, built a successful life as a businessman, was employed with the Department of Veterans Affairs as Chairman of the Pension Review Board of Canada, and became a municipal politician. Now, at the age of 96 Norm is adding one more profession to his credentials: author.

The Canadian navy veteran decided to share his experiences by detailing life at sea aboard Canadian warships and the exploits defending convoys during the Battle of the Atlantic, the longest continuous military campaign of the war. His book is titled *My Way... Norm's ups and downs on the Sea of Life*.

Norm enlisted at a tender age and served more than three years with the Royal Canadian Naval Volunteer Reserves (RCNVR). "The War Years were long and arduous," writes Pimlott. "Somehow, in spite of the many hardships during the war and long hours of duty in all kinds of weather, it still seemed to bring out the best in the young men I was privileged to serve with."

A new adventure

Born on the 4th of July 1925 at St. Joseph's Hospital, Victoria, Norm was youngest of seven children. He joined the Reserve Army at the age of 14 before transferring to the RCNVR two years later in 1941. Shortly afterwards, he was given 24 hours' notice to report to duty at HMCS Naden in Esquimalt. Norm was hastily inoculated then transported first to Sydney N.S. for basic training at HMCS Protecteur II, then to Cornwallis for additional instruction.

"I found myself in a new adventure in the navy," he recalls. "I was with 100 guys who were also new to the military. We slept on hard curved wooden seats on the train to Sydney [N.S.]."

When Norm arrived at the training base in Cornwallis he received extensive training in seamanship, gunnery, wire, rope splicing and signalling.

Norm was assigned the job of gunner during convoy escort duties in the North Atlantic. He operated the Oerlikon 20-mm auto-cannon. Though primarily designed for anti-aircraft defence, RCN ships frequently employed

the 'pom-pom' as an effective weapon against U-Boats.

In the North Atlantic both the weather and sea were also formidable enemies. During one fierce storm Norm was nearly washed overboard when several waves pounded him at his workplace on the decks of the minesweeper HMCS *Trois-Rivières*. "I put my arm in the cartridge holder for the depth charges and went under the waves: I thought for sure I was going to die," he recalls. Moments later his shipmate and friend George Beattie pulled him to safety. After surviving the storm and arriving in Newfoundland they came alongside their sister ship HMCS *Noranda*. That's when Norm learned that another of *Trois-Rivières*' sailors had been lost at sea, taken by a rogue wave during the same storm.

Protecting the convoy

There were many instances during the trans-Atlantic convoys when he and his shipmates could have met their end by U-Boat attacks. Such was the case in 1944 when Norm and the crew of *Trois-Rivières* were replaced on their anti-sub deployment by HMCS *Shawinigan* in November. Days later Norm was horrified to learn that *Shawinigan* had been torpedoed by a German U-boat resulting in the loss of 91 Canadian sailors.

The convoys delivered troops, supplies and armaments to circumvent the German's naval blockade of Great Britain. Protecting the convoys came with a heavy cost: the majority of the approximately 2,000 RCN members killed during the Second World War died protecting them.

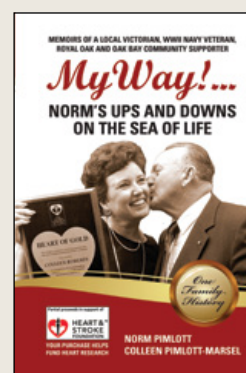
Norm was also involved in one of the largest convoys of the war. In 1943 he set sail onboard HMCS *Saskatoon* from New York, to Newfoundland and then Great Britain with an estimated 156 ships. Norm remembers how tankers were positioned in the middle of convoys to conceal them from enemy submarine attack. They were ringed by merchant ships and freighters, positioned on either side then defended by four to six warships on the outside flanks of the convoy. "The escort ships would patrol in a zig-zag pattern for protection against torpedo attacks," he recalls.

"The merchant ships were loaded with tanks and planes and would travel at a group speed of 10 or 11 knots in the convoy," says Norm. "Older ships could only travel at five or six knots and nobody liked this because by slowing us down it would take us longer to reach our destination and provide the German's more

opportunity to intercept and torpedo the convoy."

After three-and-a-half years at sea it looked as though Norm's military career might have come to an end. He faced a possible medical discharge after a 350 lb. depth charge came loose at sea during a severe storm and crushed Norm's ankle. He had volunteered for service in the Pacific and the injury put that in jeopardy. While convalescing the issue was decided by the United States' atomic bombings of Hiroshima and Nagasaki and the resulting surrender of Imperial Japan in August, 1945.

Norm never forgot his days at sea, both the good times and bad. The friends he made in the navy became friends for life. "The camaraderie among us was fantastic," he said. "It didn't matter what background you came from; the men onboard the ship came to respect each other for who we were. Close bonds were developed between fellow war veterans, like a brotherhood, and many of us have remained close friends for many years."



Norman Pimlott with daughter Colleen Pimlott-Marsel.

After the War

My Way was edited and co-authored by Norm's daughter Colleen Pimlott-Marsel. The book incorporates first-hand accounts of her father's life, before, during and after the war. "The book reveals the type of man my Dad has always been," said Marsel. "Whatever he chose to do, he did well, and always with a view to improving things for others."

Norman Pimlott currently resides at Broadmead Care's Veterans Memorial Lodge in Victoria.



Norman Pimlott



HMCS Gatineau

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Madame Anna Guerin, inspired the adoption of the poppy as Canada's symbol of remembrance (1921).

Adam Rainsford is a 4th year Shipwright Apprentice and a contributor to the chessboard project.

Photo by Michael McWhinnie, LCdr (Ret'd)



CHEQUE MATE!



Ashley Evans FMFCB

The team at Fleet Maintenance Facility Cape Breton (FMFCB) pride themselves on their ability to meet any challenge and produce consistently excellent results. Projects vary but regardless of their size or complexity the managers and tradespeople of FMFCB have the range of knowledge and skill to rise to the occasion.

Thus, when NETE Senior Engineer Tony DeRosenroll approached the former Commanding Officer, Capt(N) Martin Drews (Retired) for support towards the Broadmead Veterans Memorial Lodge, he approved soliciting the Apprentice Association, confident that something special would be produced.

Their President, Kyle Hubicka, accepted the challenge. Imagination, creativity and attention to detail would be provided by an outstanding group of apprentices who collaborated across a variety of trade specialties to conceive, design and craft a one-of-a-kind chess board for the Charity Golf Tournament and Silent Auction.

After a few delays caused by pandemic-related scheduling conflicts, the apprentices came up with the 'luxury chess set' idea and were ready to start production by the end of May 2021. The project was a perfect choice as it would showcase the widest range of FMFCB apprentice skillsets and assured the broadest participation by the members of the current cohort. Hubicka said that coming up with an item that would work well for a silent auction was the most challenging part of this project, as it needed to be both

generic enough to gain interest from a wide range of bidders, but also thread the needle on being unique enough to stand out.

"When Tony contacted me as Acting Apprenticeship Manager, I was excited about this opportunity to showcase the FMF's apprenticeship programs, skills, and abilities for such a great cause," said Steve Ringma, Acting Group 2 Manager.

Approximately seven apprentices and new journeypersons including Shipwrights, Painters, Electroplaters, Machinists, and Engravers worked on the project, which was accomplished over the span of three months in-between operational requirements of the Royal Canadian Navy (RCN).

The finished maple and walnut chess board measured 2-feet square, and was finished with precision accents, engraving, and hardware. The aluminum pieces were designed and manufactured personally by the apprentices, right down to the attractive 'anodized' finish done by the Group 2 electroplating shop.

"It was a great experience to see the apprentices' progression of this project from start to finish, including how they dealt with arising issues that came up," said Ringma. "We found they required very little oversight and did a lot of their own problem-solving as they were given complete control over the development and execution of this project." These sentiments were echoed by Hubicka who said the apprentices were able to show how well they work independently relying primarily on peer-to-peer support.

This was the first project created in support of the

Broadmead Lodge by FMFCB apprentices, but it was on the strength of the apprentices' reputation for creating outstanding projects in the past that inspired the Broadmead Care committee to ask them to consider providing their generous support.

"The FMFCB apprentices are the new darlings of the Broadmead Care community, as evidenced by the 'just got to have it' enthusiasm of the bidders for their work at the silent auction," said DeRosenroll. "There is already talk of asking the apprentices for their support for similar marquee fundraising events in the future, of course!"

While not wanting to speak on behalf of all apprentices involved, Hubicka shared his sense that all involved felt rewarded from being able to see their hard work in a well-finished final format.

Three of the apprentices involved were able to come together for a presentation of their work to the new Commanding Officer of FMFCB, Capt(N) Richard, the week prior to the Charity Golf Tournament and Silent Auction event which was held on Thursday, Sept. 23. Due to the pandemic restrictions, the finished work was displayed at the Royal Colwood Golf Club, but the silent auction was conducted online and, unfortunately, apprentice representatives were unable to participate in person.

There were approximately 150 participants golfing during the charity event with many current and former leaders of the Navy amongst them including Commander MARPAC, MARPAC Formation Chief, several retired Commanders of the RCN, as well as corporate

influencers and sponsors from Babcock Canada, Seaspan Ltd., the Commissionaires, CIBC Wood Gundy, and local television, radio, and print media.

All of the funds raised by the annual Golf Tournament, Silent Auction, raffles, and cash donations, including the \$1000 earned by the apprentices' chess set, will go directly to the Broadmead Veterans Lodge for renovations and updates to the facility.

Other events FMFCB apprentices partake in are often community outreach events such as Defence on the Docks, where they welcome the public into specially outfitted booths designed to showcase the outstanding work done within the FMFs. This was a fantastic opportunity to have them actually work on a project in support of a great cause.



From left to right: Capt(N) Richard, Tony DeRosenroll, Shipwright and woodworking specialist, apprentice Adam Rainsford (WC122), Paint and Graphics apprentice Graedon Church (WC123), and Millwright apprentice Matt Ellner (WC162A).



Air Cadets remediate Belmont Park environment

Peter Mallett
Staff Writer

Armed with gloves and garbage bags a team of air cadets completed a cleanup of Belmont Park military housing community on Oct. 4.

On a bright, sunny fall morning they took to the streets and tree lines of the West Shore neighbourhood for more than three hours, recovering approximately 25 garbage bags of trash. The team of 17 cadets and four adult staff members were from Royal Canadian Air Cadets Squadron 848.

The majority of recovered items consisted of used medical masks, snack wrappers, plastic grocery bags and cigarette butts. Other items collected included a couch, broken toys and a children's pool. By day's end they had filled the back of a flatbed trailer with bagged refuse. The garbage was hauled away by Rolling Tides Construction Inc., who volunteered to dispose of the garbage for the cadets.

Lt(N) Courtney Looye, Commanding Officer 848 Sqn. says some residents stopped by to thank the cadets for their efforts while others pointed out where more garbage could be located. In the end she declared their mission a success. Lt(N) Looye was highly impressed by the cadets' willingness to help and said many of them had gained a true sense of accomplishment by taking part in the cleanup.

"How can you feel anything but pride seeing youth, ages 12 to 18, walking through a community picking up garbage?" she asked. "This was a great opportunity for the cadets to get some exercise and fresh air and make their community a better place."

The cadets were required to wear masks along with a thorough washing of their hands after the event.

The cleanup was one of the cadets many projects aimed at promoting community service. The squadron's last community activity occurred in 2019, prior to COVID-19 restrictions, when they collected litter from Esquimalt Lagoon beach.

The cadets are headquartered at the Colwood Pacific Activity Centre and recently returned to in-person activities. Upcoming events for the squadron include New Recruit Training Day, Leadership Training Day, Poppy Campaign support, Remembrance Day Parade and a Field Training Exercise where they will learn outdoor survival skills.

For more information on the 848 Sqn or how to get involved visit their website <http://www.848royalroadsaircadets.com/>



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HMCS Harry DeWolf completes maiden voyage through the Northwest Passage

SLt Wilson Ho
UPAR - HMCS Vancouver

On the first weekend of October 2021, *HMCS Harry DeWolf* successfully completed the historic Northwest Passage voyage from Halifax to Vancouver. Early Friday morning, the ship arrived at the Burrard Dry Dock Pier, at the Lonsdale waterfront in North Vancouver. It was a momentous occasion, as it had been over 50 years since a Royal Canadian Navy vessel had completed the Northwest Passage route. *HMCS Harry DeWolf* is the first ship of its class, which is also named the Harry DeWolf class, and is primarily designed to patrol and support Canada's arctic regions.

On Sunday morning, *HMCS*

Harry DeWolf departed North Vancouver and sailed through the Straits of Georgia, passing through Haro Strait and Boundary Pass to arrive at Ogden Point, in Victoria late in the afternoon. A large crowd lined Ogden Point, cheering and waving as the ship arrived at its berth. On Monday morning, *HMCS Harry DeWolf* departed Victoria and made its maiden entrance into CFB Esquimalt. After the long journey, the ship will be in a short work period and personnel will get a chance to get some rest and relaxation. Following the rest period, *HMCS Harry DeWolf* will continue its maiden journey by transiting through the Panama Canal and is expected to arrive in Halifax in December.



Photo by SLt Wilson Ho



Lt(N) Andres Mech, Deck Officer aboard *HMCS Harry DeWolf*, is greeted by his mother in North Vancouver.



Rear-Admiral Angus Topshee, Martime Forces Pacific (MARPAF) / Joint Task Force Pacific, with Chief Warrant Officer First Class Tim Blonde, Chief Petty Officer MARPAF, salutes *HMCS Harry DeWolf* at Duntze Head, Her Majesty's Canadian Dockyard, CFB Esquimalt, on Oct. 4.

Photo by S1 Kendric Grasby, Canadian Armed Forces Photo



HMCS Harry DeWolf traverses under the Lions Gate Bridge in Vancouver, British Columbia for the first time.

Photo by MCpl Nathan Spence, MARPAF Imaging Services

Lt(N) Lisa Tubb
HMCS Harry DeWolf PAO

On the morning of Oct. 1 a new type of ship sailed under Lion's Gate Bridge in Vancouver, British Columbia. *HMCS Harry DeWolf*, the first in class Arctic and Offshore Patrol Ships (AOPS) had just completed the first leg of the circumnavigation of North America, having successfully traversed the Northwest Passage earlier this Fall.

For one sailor, the arrival in Vancouver was extra sweet. Lt(N) Andres Mech serves as the Deck Officer aboard *HMCS Harry DeWolf*, ensuring the equipment on the quarterdeck and personnel in the deck division are running smoothly and are taken care of. Waiting on the jetty in North Vancouver for Lt(N) Mech was his mother, who was greeted by her son, the first off the ship. *HMCS Harry DeWolf* also livestreamed

their perspective of the arrival alongside RCN Public Affairs, allowing more sailors to give shout-outs to friends and family members and the hundreds of viewers tuning in from back home.

Later that day and on October 2, *HMCS Harry DeWolf* hosted receptions for Canadian Leaders at Sea (CLaS), and provided tours for community leaders and stakeholders such as the Mayor of Winnipeg, professors and students from UBC, as well as individuals who perform not for profit work or are involved with charities. On October 3, *HMCS Harry DeWolf* conducted a CLaS day sail, where these community leaders joined the crew again to sail from Victoria to Ogden Point, BC. Onboard, participants learned about Navy skills and life at sea. Force Protection, firefighting, damage control and other abilities were demonstrated. British Columbia COVID-19 safety regulations and restrictions were observed by *HMCS Harry DeWolf* crew-

members and CLaS participants.

Under a warm sun, and with the Naden band playing in the distance, *HMCS Harry DeWolf* arrived at Ogden Point in the afternoon of October 2nd. Following fueling and resupplying of material the following day, *HMCS Harry DeWolf* came to port in the dockyard in CFB Esquimalt. During this month, the crew and ship will conduct a Rest and Maintenance Period (RAMP), and a Short Work Period will be conducted by Fleet Maintenance Facility Cape Breton. Maintenance work during this period will ensure the ship is squared away for the next half of our circumnavigation and the next tasked deployment for the ship.

Later this Fall, *HMCS Harry DeWolf* will depart Esquimalt to complete the circumnavigation, and conduct two iterations of Operation Caribbe, a drug-interdiction mission conducted alongside the United States Coast Guard.

General Wayne Eyre, Acting Chief of Defence Staff (A/CDS) (left) tours *HMCS Harry DeWolf*, guided by the vessels Commanding Officer, Commander Corey Gleason on the occasion of the ship's first docking at the the Royal Canadian Navy's Pacific home port at Her Majesty's Canadian Dockyard, Canadian Forces Base Esquimalt.

Photo by S1 Mike Goluboff, MARPAF Imaging Services, Esquimalt

PCT Renard garners attention downtown

SLt Wilson Ho
UPAR - HMCS Vancouver

PCT Renard 58 was on the move last week when it made its way from Esquimalt Harbour to Point Hope Maritime Shipyard on Oct. 1 for a scheduled docking work period (DWP). The DWP will be an extensive overhaul for the vessel. It will be lifted out of the water onto wooden blocks so contractors can inspect and repair the entire ship thoroughly inside and out.

The evolution was a "cold move" for *Renard*, which meant that the propulsion plant onboard was not used. Instead, the Queen's Harbour Master (QHM) tug *Glendyne* was made fast "at the hip" (beside the tug) and moved the vessel from its usual berth to the shipyard, located in Victoria West.

It is not every day that a Royal Canadian Navy (RCN) vessel traverses Victoria's Inner Harbour, and the event garnered significant public attention. Crowds of curious onlookers gathered along the boardwalk and in proximity to the Johnson Street Bridge, which

connects Victoria's downtown with Victoria West.

Vehicle traffic was briefly interrupted when the bridge was raised to allow the two vessels to pass. "The challenging part is going under the bridge with *Renard* on the hip," said Brian Whittaker, the QHM pilot in charge of the evolution. The entire operation, however, went smoothly and both the tug and *Renard* arrived safe and on time at Point Hope Maritime Shipyard.

PCT Renard 58 is one of eight Orca-Class Patrol Craft Training Unit (PCTU) vessels that the RCN operates. The "Orcas" are maintained by an in-service support contract (ISSC) through civilian contractors as well as PCTU personnel.

Operating year-round in and around the Gulf Islands on Canada's west coast, these vessels are ideal training platforms used to teach junior officers and non-commissioned members. *PCT Renard 58* is undergoing a scheduled docking program that occurs every five years to refresh the vessels. It is expected to return to CFB Esquimalt and re-enter service early in 2022.



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RCN launches new sea service cap

The Royal Canadian Navy (RCN) has released a new, more comfortable peaked cap for its sailors.

"The new cap has a flexible oval frame to better accommodate different head sizes, which makes it more adaptable for everyone," says Chief Petty Officer 1st Class (CPO1) David Steeves, Command Chief Petty Officer of the Royal Canadian Navy.

The new cap – which is comfortable to wear in various weather conditions – will be easier than the old version to care for. Its replaceable cloth top cover can be machine washed and dried. When it is worn-out, damaged or permanently soiled, the top cover can be replaced at less cost than replacing the whole cap. Sailors will wear the new cap with their naval Distinctive Environmental Uniform.

"A sailor's uniform is a source of pride," says CPO1 Steeves. "Being able to wash the white cover of the cap will make it easier for sailors to maintain a professional appearance."

The peaked cap was authorized for wear by all sailors, regardless of gender or gender orientation in 2016: the new cap will conform to that existing policy.

Female sailors will be able to wear either the current sea service bowler or the new peaked cap, based on what is best for the member to accommodate their authorized hairstyles. Alternative service headdresses such as a hijab or Sikh turban will continue to be available to naval members to support their faith-based requirements.

The design of the new cap is also a nod to RCN tradition. The non-commissioned members' version is based on the RCN petty officer cap worn prior to unification of the Canadian Armed Forces in 1967. The new cap will be worn by non-commissioned members from the rank of sailor third class to chief petty officer first class, as well as naval officer cadets. For officers, the new cap will continue to use the distinctive embellishments specific to junior, senior and flag officers, which came into existence with unification.

Issue of the new cap will be phased in



The new peaked cap is based on a design worn by petty officers pre-1967.

incrementally as stock becomes available, with the goal of having the entire RCN wearing the new peaked cap by November 2022. During this transition period, either the old sea service cap or the new peaked cap may be worn. The new caps will be issued to non-commissioned members first, beginning in September 2021, and to officers in early 2022, based on production and delivery schedule.

As of September 7, 2021, naval non-commissioned members and naval officer cadets can submit their online order for the new peaked cap through the Logistiks Unicorp website. All members will receive their first full cap ensemble at no cost. After the initial issue, members will be able to order an additional cover using their points. Sizing is the same as is used for the current sea service cap.



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Contact my office with your questions about:

- Phoenix payment issues
- Veterans Affairs Canada
- Service Canada and CRA
- Local and provincial contacts
- Immigration-related issues
- Federal COVID-19 benefits for individuals, businesses, non-profits.

Laurel Collins
MP for Victoria

Laurel.Collins@parl.gc.ca
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2021 BLOG NDWCC FALL OIL/TIRE CHANGE EVENT

OCT 14 | 0730 - 1500HRS | BUILDING WP1127 TEME WORKSHOP



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HMCS REGINA ANNIVERSARY



The officers and crew of HMCS Regina celebrated the warship's 27th Anniversary and S2 Colton's promotion on September 30th. HMCS Regina is a Halifax-class frigate that has served the Canadian Armed Forces and Royal Canadian Navy since 1993.

The current HMCS Regina is the second vessel to carry the designation. It's home port is CFB Esquimalt where it is assigned to Maritime Forces Pacific.





CLEARANCE DIVER / CLEARANCE DIVING OFFICER

Commander Roland Leyte, Canadian Armed Forces Director of Diving, presented certificates during the Clearance Diver Course 0016 and Clearance Diving Officer Course 0018 Graduation Ceremony on Sept. 29.

Photos by S1 Mike Goluboff,
Canadian Armed Forces Photo



S1 Sarah Gunderson is awarded the Operational Service Medal – Expedition.



Lt(N) Matthew Hammond receives a Certificate of Military Achievement.



S1 Connor Brown receives a Certificate of Military Achievement.



S1 Michael Burke receives a Certificate of Military Achievement.



S1 Michael Butt receives a Certificate of Military Achievement.



S1 Aaron Clark receives a Certificate of Military Achievement.

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**SATURDAY
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COST

\$3.00 per person
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Includes:

- Entrance
- Activities
- Crafts
- Goody Bag

\$5.00 per Pumpkin

\$10.00 Take Home Pumpkin Kit

Includes:

- 1 Pumpkin
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TIME

Choice of two sessions:

- 12 to 2 pm
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ACTIVITIES

- Craft Stations
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- Pumpkin Carving
- Two Performances By Mad Science (12:15 pm & 2:15 pm)
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Must preregister by calling 250-363-1009

Masks must be worn unless participant has a medical condition or is under age 2. Participants will be screened as they enter event and must present vaccine passport. Photos will be taken for media purposes. Please let us know at the event if you do not wish to have your picture taken.

For more information please contact RecreationCPAC@forces.gc.ca

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



CLEARANCE DIVER / CLEARANCE DIVING OFFICER

continued from page 13

Photos by S1 Mike Goluboff,
Canadian Armed Forces Photo



Commander Roland Leyte, Canadian Armed Forces Director of Diving, presented certificates during the Clearance Diver Course 0016 and Clearance Diving Officer Course 0018 Graduation Ceremony on Sept. 29.



S1 Sarah Gunderson receives a Certificate of Military Achievement.



S1 William Henderson receives a Certificate of Military Achievement.



S1 Katrina Koch-Underhill receives a Certificate of Military Achievement.



S1 Calvin Kuah receives a Certificate of Military Achievement.



S1 Kyle Rondeau receives a Certificate of Military Achievement.



S1 Jarrett Theberge receives a Certificate of Military Achievement.



S1 Dustin York receives a Certificate of Military Achievement.



S1 Adam Foster receives a Certificate of Military Achievement.



FDU Pacific staff pose with graduates of the Clearance Diver Course 0016 and Clearance Diving Officer Course 0018.

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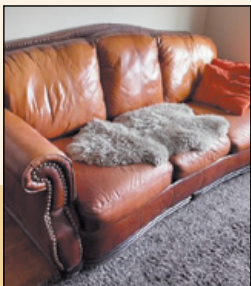
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VACCINATION PASSPORTS CFB ESQUIMALT FACILITY ACCESS

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




**FOR THOSE
12 YEARS & UP**
All categories of patrons,
including CAF and General Public



AGES 0-11
No proof of
vaccination required.



**PROOF OF
VACCINATION**



**GOVERNMENT ISSUED
PHOTO ID**

LOCATIONS	PROOF REQUIRED	PROOF NOT REQUIRED
<ul style="list-style-type: none">• N88 Naden Athletic Centre• D22 Dockyard Gym• N100 Wurtele Arena• Colwood Pacific Activity Centre	<ul style="list-style-type: none">• Drop-in Use• Adult Community Recreation Programs• Adult Sports Programs• Naden Hockey Club• Shinny• Third Party Adult Hockey Groups	<ul style="list-style-type: none">• Recognized Child/Youth Programs for ages 12 to 21• CAF Reconditioning Programs• FORCE Tests• Mandatory NPTG Group PT• Health Promotion Courses• Employees/contractors while conducting work at location
<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