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# **(7)** (9) newspaper.com MORALE & WELFARE NEWS | CFB ESQUIMALT, VICTORIA, B.C.





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# MILITARY RESPONDS TO BC EMERGENCY

**Peter Mallett** 

Staff Writer

Following the torrential downpour last week, hundreds of motorists were left stranded on a flooded stretch of Highway 7 near Agassiz, B.C.

The tiny mountain community is located approximately 24 kilometres northeast of Chilliwack, in the Eastern Fraser River Valley, and was the site of two landslides that had occurred on the night of Nov. 14.

Aviators from 442 Transport and Rescue Squadron based out of CFB Comox were tasked by the Joint Rescue Coordination Centre to rescue motorists as part of a land-slide and flooding emergency response.

Three Cormorant helicopters evacuated 311 motorists, including children, 26 dogs, and one cat on Nov. 15. Some motorists were rescued directly from their cars after becoming trapped by landslide debris. The airlift was hampered by the difficult terrain and the slide debris on the narrow stretch of highway.

Landslides and flooding came in the wake of record rainfall that occurred across the Lower Mainland and Vancouver Island over two days. The fierce autumn storm stranded people in their homes and on roadways, created wide-spread power outages, saw evacuation orders and states of emergency issued for thousands, crippled transportation, and disrupted supply chains.

### State of Emergency

A State of Emergency was declared by the B.C. Provincial Government on Nov. 17, followed by an official request for assistance to the federal government for the Canadian Armed Forces, which was approved.

The request prompted the sixth iteration this year of Operation Lentus, the Canadian Armed Forces response to natural disasters in Canada.

As of press time, soldiers from 3rd Canadian Division – Western Canada, overseen by CFB Edmonton command, sent out a team to set up an immediate response unit (IRU) on the mainland.

The Royal Canadian Air Force sent a Griffon from 408 Tactical Helicopter Squadron in CFB Edmonton and a Cyclone from 443 MH Squadron in Pat Bay.

A Hercules from 8 Wing Trenton transported the IRU from CFB Edmonton to Abbottsford.

The team will assist with evacuations; support of critical provincial supply chains; conduct reconnaissance and investigation of flooding impacts in support of relief effort planning; and assist with flood mitigation efforts, including protection of critical infrastructure, access roads, and properties, as designated by local authorities.





Photos by Cpl Parker Salustro, Canadian Armed Forces Photos
Three Cormorant helicopters and crew from 442 Search and
Rescue Squadron evacuated people from Highway 7 after
heavy rain triggered mudslides.



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# Republic of Korea vessels make brief port stop

### **SLt Wilson Ho**

**MARPAC Public Affairs** 

Just after Remembrance Day, two Republic of Korea (ROK) Navy vessels sailed into Esquimalt harbour for a three-day port visit.

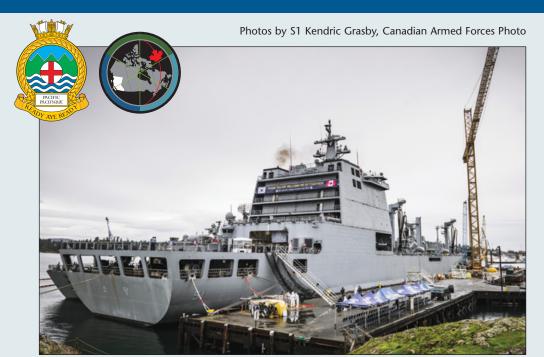
ROKS Wang Geon and ROKS Soyang came alongside at CFB Esquimalt to allow some rest and relaxation for the crews.

The vessels are part of the ROKN Cruise Training Task Force. It is the at-sea training component for the Republic of Korea's Naval Academy. Fourth-year midshipmen from the ROK Naval Academy embark on the training cruise to practice navigation, cultivate military knowledge, and be exposed to a variety of on-the-job training to develop their professional skills as future junior officers.

During the visit, all training staff, students, and crew members remained onboard because of COVID-19 protocols. These protocols extended to the official greeting of the crew and ships' leadership, which was a small, yet formal ceremony on the jetty.

Rear-Admiral Angus Topshee, Commander of Maritime Forces Pacific, also met with Rear Admiral Kyu-Paek Park, the ROKN Cruise Training Task Force Commander, during a leadership office call, and welcome gifts were exchanged.

The vessels departed Nov. 15.



Republic of Korea Ship Soyang alongside in HMC Dockyard.





Rear-Admiral Kyu-Paek Park, Republic of Korea Navy Cruise Training Task Force Commander, and Rear-Admiral Angus Topshee, Commander Maritime Forces Pacific / Joint Task Force Pacific, exchange gifts at MARPAC headquarters in HMC Dockyard.



### LEST WE FORGET





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# mattersofOPINION

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# **HMCS Algonquin Bell**

### DONATED TO MUSEUM

### **LCdr (Retired) Paul Seguna**Contributor

At the behest of my wife Eva, we set out for an afternoon drive on Sunday, Sept. 26 for something to do on a rainy fall day.

We took our regular route through the Saanich Peninsula with a planned stop at a favorite antiques and collectibles store in Brentwood Bay – Everything Old.

No sooner had we entered the shop than Eva noticed on the front counter a large ship's bell with HMCS Algonquin engraved upon it, and brought it to my attention.

A customer was engaged with the shop staff in discussion about the bell, so I went about viewing the other items keeping watch on the bell until the opportunity to speak to the store owner, Andrew English, presented itself.

I introduced myself as a volunteer with the CFB Esquimalt Naval and Military Museum and member of the Naval Association of Canada - Vancouver Island Branch, and expressed my interest in the provenance of the bell. Andrew indicated that he had just acquired the bell from a private collector who had purchased it from a scrap yard some years before.

He believed there was a possibility the bell was a 'transitional bell' used when the Royal Navy transferred the 'V' Class destroyer HMS Valentine to the Royal Canadian Navy (RCN), which was then commissioned into Canadian naval service as HMCS Algonquin.

Andrew was delighted to hear of my interest in the bell in the context of its acquisition by the museum as he passionately believes items of unique historical significance should ideally reside with museums for public display. Accordingly, I informed him that I would explore the acquisition of the bell by the museum and get back to him as quickly as possible.

As it turned out, although museum staff had a great interest in acquiring the bell, there was no financial means to do so. The museum already has in its collection three HMCS Algonquin (I and II) ship's bells and the bell from HMS Valentine. The acquisition of this fourth bell would be a significant addition to the museum's ship's bells exhibit.

This exhibit is illustrative of an ongoing effort by the museum to identify the holders and locations of RCN ship's bells,

as in cases where the status of bells remains unknown – as was the case in this acquisition. This is further complicated by the fact there can be several ship's bells cast during a ship's commission.

The acquisition would be especially significant due to the possibility of its provenance as a wartime service artifact of the ship. The acquisition of the bell needed to be done quickly if it was to be available for display to the public and not returned to a private collector.

I conducted additional research online seeking to find further evidence of the bell's possible history and found a series of photographs of the bell during the wartime commission of HMCS Algonquin. I combined that with other circumstantial evidence and visual comparisons with the bells held by the museum that pointed to the possibility of its provenance as a wartime bell. If this were indeed the case, it would have been removed from the ship 75 years ago in 1946 when HMCS Algonquin was placed in fleet reserve in Esquimalt at the end of the Second World War. In that light, and even if not, I decided to acquire the bell as expeditiously as possible to prevent its return to public obscurity.

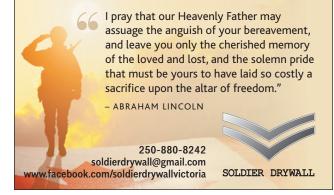
The museum was delighted to hear I had acquired the bell with the intent of donating it to their collection. I was very glad to do so as a museum volunteer and member of the Naval Association of Canada, as both serve to illustrate the history and ongoing RCN story.

The bell was formally transferred to the museum on Oct. 20 where it will contribute to the museum's ongoing public information mandate regarding Canada's naval and military history.

As a final note to this story, the bell did not come with a clapper; however, by strange coincidence, I had acquired a bell clapper years ago that fits the bell perfectly and completes the donation.









# National Addictions Awareness Week 2021

# DRIVE CHANGE TOGETHER

The Canadian Centre on Substance Use and Addiction National Addictions Awareness Week is from Nov. 21-27. The theme is "Driving Change Together" and focuses on making collective efforts to drive the needed change for people who use substances, while acknowledging the impact of the COVID-19 pandemic on substance use, and the complexity of this issue.

The Addictions-Free Living Working Group of the MARPAC Health and Wellness Strategy is working to drive change by creating a culture that encourages healthy lifestyle choices and reduces the risk of problems with alcohol, cannabis, gambling, and other potentially harmful substances and behaviours.

According to the MARPAC Health and Wellness Strategy Evaluation Report Card results (2018), the top priorities for addictions-free living were: (1) continued work on reducing stigma around substance use and addiction and (2) continued education and resources about addictions and substance use.

The Addictions-Free Living Working Group continues to work towards creating a culture of health and wellness at MARPAC, and encourages members of the Defence Team to visit the CCSA National Addictions Awareness Week website (https://www.ccsa.ca/national-addictions-awareness-week) for more information, and to seek help and support if you or someone you know is struggling with an addiction or substance abuse.

### Reducing Stigma: #WordsMatter

The stigma associated with substance use disorder is often displayed through the use of language that creates feelings of shame. This stigmatized language can then lead to a cycle of behaviours and attitudes within our society that isolate and marginalize people who use substances. Not only can this stigma discourage people from seeking help for fear of being labeled as an "addict", it can also impact the quality of healthcare services they are provided and influence the allocation of government resources towards treatment initiatives.

The hope is that by shifting to person-focused language — or language that acknowledges someone as a person before describing their personal attributes or health conditions — we can help to address this stigma and shift the focus away from shaming users by acknowledging that they are struggling with a health condition.

### Say this, not that!

WHAT YOU SAY	WHAT PEOPLE HEAR
Abuser	lt's my fault
Drug Habit	It's my choice
Addict	There's no hope
Drug User	I'm a criminal

INSTEAD OF THIS	SAY THIS
Abuser, Addict	Person with a substance use disorder
Drug Habit	Regular substance use, substance use disorder
Former/Reformed Addict	Person in recovery/long-term recovery

### **Education & Learning Opportunities**

Canadian Public Health Association Cannabis Webinar Series (free) https://www.cpha.ca/cannabis-resourceswebinars

Ted Talk: Everything you think you know about addiction is wrong (free)
https://www.youtube.com/watch?v=PY9DcIMGxMs

Mental Health Commission of Canada: Alcohol Use and Suicide Webinar (free) https://mentalhealthcommission.ca/resource/ alcohol-use-and-suicide-webinar/

Mental Health Commission of Canada: Understanding Stigma (free self-directed course)

https://moodle9.camhx.ca/moodle/?lang=en

Canadian Mental Health Association British Columbia Division: Understanding Addiction online training program (cost associated)

https://www.understandingaddiction.ca/courses/understanding-addiction-aug-nov

Coursera – Emory University Professor Michael Kuhar, Ph.D. "The Addicted Brain" (free) https://www.coursera.org/learn/addiction-and-

the-brain

The University of British Columbia Continuing Professional Education: Cannabis Education for Health Care Professionals (free)

https://ubccpd.ca/course/cannabis

CAMH: Understanding Stigma (free)

https://www.camh.ca/en/education/continuingeducation-programs-and-courses/continuingeducation-directory/understanding-stigma

CAMH: Fundamentals of Addiction (cost associated)

https://www.camh.ca/en/education/continuing-education-programs-and-courses/continuing-education-directory/fundamentals-of-addiction-online-course

NAADAC Free Webinar Series (free) https://www.naadac.org/webinars

### **Resources**

### **CAF Resources**

**Health Services/Base Addictions Counsellors:** 

To access, military members must contact local CAF Medical Clinic Reception at 250-363-4122

Members Assistance Program (MAP): 1-800-268-7708

Military Family Resource Centre (MFRC): 1-800-353-3329

The Chaplains Service: 250-363-4106

### **Greater Victoria Resources**

CARE (Centralized Access and Rapid engagement Services) Addictions Outpatient Treatment:

Support and education groups, counselling, day treatment, assessment, referrals and consultations with physicians. 250-519-3485

Alcoholics Anon: Support Line 250-383-7744

### BC Alcohol and Drug Information Referral Service Line:

Info and referrals for alcohol and drug use and misuse. 1-800-663-1441 (24hr)

### LifeRing

Non-religious self-help groups promote abstinence to alcohol and other addictive drugs. 1-877-254-3348

### Narcotics Anon. Support Line:

Support groups for those who have a desire to stop using drugs. 250-383-3553

Problem Gambling Help Line: 1-888-795-6111

**Gambling Support BC:** 

bcresponsiblegambling.ca

### Umbrella Society:

For those who struggle with addictions and mental health disorders. 250-380-0595

### Homewood Health - Ravensview:

Addiction treatment for military members and veterans. 1-866-203-1793

Edgewood Inpatient Mental Health and Addiction Centre:

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### **Drink: Our Intimate Relationship with Alcohol**

Join the MARPAC Health & Wellness Strategy in recognition of National Addiction Awareness Week

# TUESDAY NOVEMBER 23

### **10:00 - 11:30 AM** ON ZOOM

### LIVE LINK:

https://urldefense.proofpoint.com/ v2/url?u=https-3A\_cfmws.zoom. us\_j.82050919038-3Fpwd-3DR3RxYnhRSF U5ZHBYNXpJv2I5Vk7DUT09&d=DwICAg&c= euCZstcaTDlivimEN8b7jXrwq0f-v5A\_CdpgnV filMM&r=n1ri870tsiv05KeeGTXDlaiq2DyDiXv jUgKejZ5dy9E&m=4yAZFD7kiH6xl939H0FC yuDtA9C1rP-h6st3JT59Xq0&s=Hc2asxSgra BLsynh4Kr5c1qeCLujCKB8q0IHfizV1c&e=

### Passcode: MHWS

Registration not required – simply join the session!

Can't watch live? Don't worry! This presentation will be recorded and made available to members of the MARPAC community.

Ann Dowsett Johnston, the winner of five National Magazine Awards, is a Registered Social Worker, a Psychotherapist, a writer and an editor recognized for her expertise in higher education and alcohol policy. A recipient of the Atkinson Fellowship in Public Policy and a Southam Fellowship in Journalism, she spent most of her professional career at Maclean's Magazine, where she was best known as the chief architect of the university-rankings issue.

Ann grew up in a world where people kept secrets: it was taboo to talk about her mother's problematic drinking. When she first discovered she too had a problem with drinking, she turned to memoirs to find her way forward. When she found recovery, her one wish was to write a book for all the women still struggling, numbing with alcohol. Writing Drink was one of the happiest experiences of her life, and when the book was finished, she knew she had broken the taboo.

Problem drinking has increased during the Pandemic. Join the presentation and the discussion after to learn more about Ann's personal story and the many ways that our relationships with alcohol can impact us.

This event will be recorded and available to view.



# Navy appoints commander of future HMCS Max Bernays

### **Peter Mallett**

Staff Writer

A senior member of Maritime Forces Pacific has been selected to command the third Arctic and Offshore Patrol Vessel – the future HMCS Max Bernays, which was launched Oct. 23 by Irving Shipbuilding.

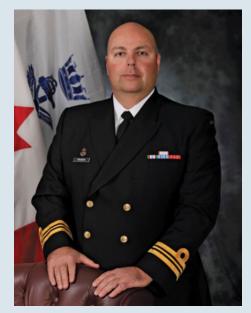
Cdr Collin Forsberg, currently the Officer-In-Charge of Patrol Vessel Sea Training (Pacific), is set to take the helm in January 2022.

"I have been interested in the AOPV program for several years and was fortunate at this point in my career to be selected for this amazing opportunity," he says. "It helped that being in my position with Sea Training allowed me to sail with the navy's first AOPV [HMCS Harry DeWolf] for their readiness training program."

He will travel to Halifax in the New Year to begin assembling a crew.

Maritime Forces Atlantic sailors will primarily make up the training crew, says Commodore David Mazur, Commander Canadian Fleet Pacific.

"To avoid having Pacific sailors separated from their families for up to two years, the intent is to have a few key West Coasters go [east] early, with much of the initial trials crew coming from the East Coast."



**Cdr Collin Forsberg.** 

Cdr Forsberg's key responsibilities are delivering the ship into service after post-acceptance trials and readiness training.

Initial cadre training is expected to last four months. It involves two phases: sailors becoming familiar with the intricate details of their new ship, some of it provided through computer models and training simulators, and their trade-specific learning.

The new ship's captain will also oversee



procuring and installing equipment not provided by the ship builder, sea trials, and executing the readiness training program. The final leg of delivering the vessel to the Royal Canadian Navy, transfer to a West Coast crew, official commissioning, and repositioning the future HMCS Max Bernays to Esquimalt will then occur.

Cdr Forsberg is in his 19th year of military service. He previously worked

as a staff officer for the Strategic Joint Staff at National Defence Headquarters in 2014, and later the Chief of Force Development Office. In 2017, he commanded Esquimalt-based Kingston-Class vessels *HMCS Brandon* and then *HMCS Whitehorse*.

His wife Cpl Susan Forsberg and their two sons will join him when they move to Halifax in June 2022.



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# FOR TRITONS GRAPPLING TEAM

### **Peter Mallett**

Staff Writer

Tritons Grappling Club members are back in action learning and drilling their technique at the Naden Athletic Centre.

The club went on hiatus when COVID-19 swept across the world, ending most close contact sports. As health and safety protocols loosened following mandatory double vaccinations for military members and federal government employees, the club was able to resume.

Members competed in the first combat martial arts exhibition tournament since 2019 when grappling became an officially sanctioned sport by Personnel Support Programs. Opponents were members of local gym Crusher Combat Sports in Langford, who won four of the seven matches against the Tritons.

"It was so great to see the team competing again and it really was a case of you really don't know what you have until it's gone," says MS Lee Thibault, club coach. "For me, the most important thing about this tournament was getting sailors new to the sport of grappling some valuable experience."

The sport is a form of submission wrestling that involves holds and takedowns but no striking or punches. That makes it a great sport for military members, says MS Thibault, because there is less danger of injury, and it's about control with no damage to your opponent.

"In grappling, competitors are looking to dominate the opponent and deflect," he says. "Just like in various grappling arts, such as Wrestling Freestyle/ Greco Roman, Jiu-Jitsu, Judo and Sambo, there are no body slams or strikes, and every takedown is applied with control, to score points and apply submission."

Club members train Tuesday and Friday in the NAC upper gym between 4 and 5:30 p.m. MS Thibault encourages military members to come check it out, and bring a mouth guard and an open mind, and adhere to the rules.

"Put simply, our most important rules are no bullies and no egos allowed," says MS Thibault. "We don't put up. We are courteous, respectful, and here to teach a serious martial art and the sport of grappling to anyone who is willing to learn."

The tournament also raised \$300 for the Soldier

In grappling, competitors are looking to dominate the opponent and deflect [...] there are no body slams or strikes, and every takedown is applied with control, to score points and apply submission."

- MS Lee Thibault, Tritons Grappling Club Coach



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**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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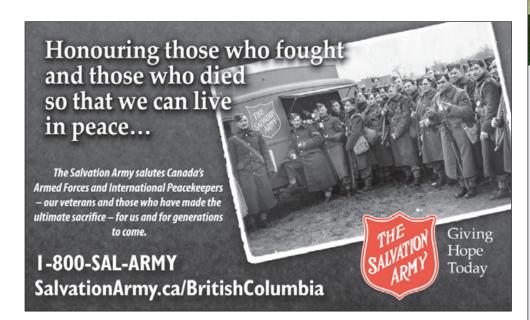
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## C3 105mm Howitzer

# Marks the Moment of Silence on Remembrance Day

**SLt Wilson Ho** 

MARPAC Public Affairs

On Nov. 11, members of the public joined veterans and military members to honour the fallen, and past and currently serving Canadian Armed Forces members.

At Work Point, as part of the Esquimalt service, members of the 5th (British Columbia) Field Artillery Regiment of The Royal Regiment of Canadian Artillery were at the ready with their C3 105mm Howitzer.

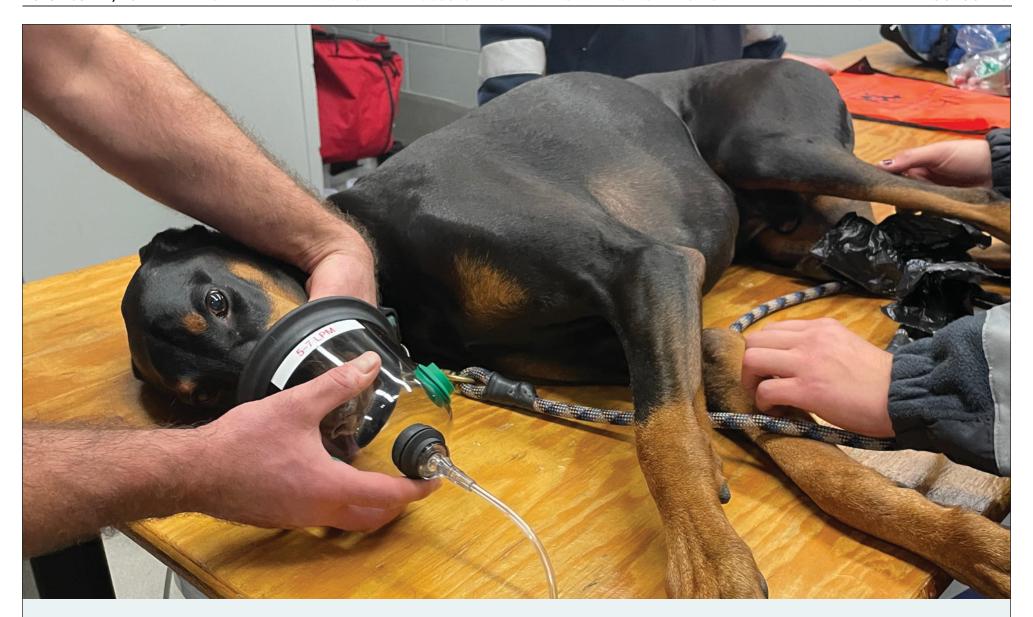
At exactly 1100hrs, a blank round was fired to mark the beginning of the Moment of Silence. After observing the moment of personal reflection, another blank round was fired at exactly 1102hrs to mark the end.

"On Remembrance Day the Moment of Silence is really important to me, as I take time to pause,

reflect, and pay respect to all the service members who came before me and those who have paid the ultimate sacrifice - including 5th (BC) Field Regiment's Bombardier Myles Mansell, who was killed in Afghanistan in 2006," said the gun detachment commander, Sergeant Amanda Eriksen. "I greatly cherish these moments of reflection. During Remembrance Day, I am often thanked for my duty and for my service. However, it is I who feel thankful, because it is my greatest privilege to don this uniform and be of service to Canada.'

The 5th (British Columbia) Field Artillery Regiment of The Royal Regiment of Canadian Artillery is an Army Reserve Artillery Regiment of the 39 Canadian Brigade group. The Regiment is garrisoned in at the Bay Street Armoury.





# **FIREFIGHTERS READY FOR**

# PET EMERGENCIES

### **Peter Mallett**

Staff Writer

CFB Esquimalt firefighters can now resuscitate pets.

Fire and Rescue Services have acquired oxygen masks specifically designed to fit the muzzle and snout of dogs, cats, and other pets. Three fire trucks are equipped with the new lifesaving masks.

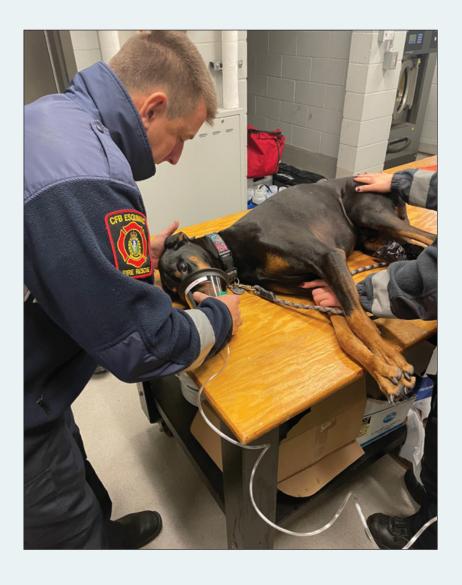
"If we attend a structural fire at a residential military housing unit and there is an unconscious pet, this tool Esquimalt Fire Services Fire Chief. Base Fire services.

"Thankfully, we have yet to come across a situation like this in recent years, but these masks give us another tool in our toolbox to respond to emergencies."

The cone-shaped mask has a rubber seal to fit snuggly around the snout and once the pet's jaw is closed, oxygen is delivered through the nostrils.

Firefighter's underwent training provided by the manufacturer and tested the mask on Rex, a Doberman owned by Alex Marshall, a firefighter.

Additional masks will be bought and gives us the ability to give the animal sent to the fire stations at Rocky Point oxygen," says Geordie Douglas, CFB Ammunition Depot and Nanoose Bay



Thankfully, we have yet to come across a situation like this in recent years, but these masks give us another tool in our toolbox to respond to emergencies."

- Geordie Douglas, CFB Esquimalt Fire Services Fire Chief

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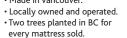
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WALKER WHankook

# 22nd annual

**Township** & CUPE employees 2021 Christmas food drive

**SUPPORTING ESQUIMALT NEIGHBOURHOOD HOUSE** 



### Drop it off!

Food donations can also be dropped off at the township's public works yard, recreation centre, municipal hall & Archie Browning Sports Centre from Nov 24-Dec 21.

### We'll pick it up!

- South side: Dec 6-10
- North side: Dec 13-17

Place non-perishable food in bags labelled "food drive."

A dedicated vehicle will pick up your donation.

**Details at Esquimalt.ca** 





# **ARMY ENGINEER RESERVISTS HONE BRIDGE-BUILDING** SKILLS ON HAIDA GWAII

### Lt(N) Robert Fines

**HMCS** Discovery

In late September, members of 39 Combat Engineer Regiment (39 CER) found themselves in the northern part of Haida Gwaii in support of Canadian Forces Detachment (CFD) Masset, a remote communication site that supports Canadian Forces Station Leitrim in Ottawa.

A team of 88 members from 39 CER consisting of reservists from units all over B.C., were tasked with replacing an old bridge and making other infrastructure upgrades.

Exercise Haida Sapper was led by Lieutenant-Colonel Jim Julien, and took place from Sept. 23 to 28.

Along for the journey were a number of military units from across Western Canada, including 12 Field Ambulance, 39 Service Battalion and HMCS Discovery.

### **About CFD Masset**

The arrival of the Sappers and other support trades to Masset was a bit of a throwback to when there was a much larger military presence on what were formally known as the Queen Charlotte Islands.

Established initially as a naval radio station in 1942, there were nearly 300 serving members located at CFD Masset as recently as 1997. Now there are only a handful of Canadian Armed Forces members serving in the local area. Nevertheless, the detachment is a strategically important base that provides signal intelligence to both the Canadian Forces Intelligence Branch and the Communications Security Establishment.

It is important to keep CFD Masset strategically viable and maintain the infrastructure in the area.

Given the geographical location of Masset, and the reduced military personnel on the island, it can be difficult to readily address infrastructure concerns. With the dire need to replace a bridge on one of the main service roads of the detachment, and the necessity of a boardwalk in another site, the request was made for outside support.

Building bridges is one of the core skills of a Sapper, and this bridge replacement provided an opportunity for Combat Engineers to practise and enhance their skills.

Due to the pandemic, stringent safety guards were in place, along with adher-

Replacement of an old timber bridge was unquestionably the main effort of the exer-

Grasby, Bridge Commander. "[It had] lots of complications and restrictions, including a narrow and complicated approach, limited personnel, and a different model than the normal Acrow we are trained on. It went really well - we accomplished our goal within the time line and maintained

A key part of this exercise was the construction and demolition of a bypass bridge at the new bridge site. This bypass bridge gave the Sappers a sense of the realism of an operational setting, as such a bridge is vital in support of the

for forward mobility of troops and supplies over the cross-

In addition to the bridge building, a second troop was assigned the task of building a cedar boardwalk. This was a much-needed addition to CFD Masset, as it will give members of the detachment better access to important service

With the bridge build nearing completion, the call was put out for all available soldiers, sailors, and aviators to assist in building as many sections of the new boardwalk as possible before the conclusion of the exercise.

Members of 39 Combat Engineer Regiment deployed to Haida Gwaii on Exercise Haida

Sapper to build two bridges for Canadian Forces Detachment Masset.



ence to provincial, federal, and military COVID19 guidelines.

cise, but building this bridge was not without its challenges.

"This was not a usual build," said Master Corporal Richard

"It was an interesting task as a timber bypass bridge had to

be constructed prior to construction of the Acrow to allow ing," said Site Commander, Captain Henry Helmer-Smith.

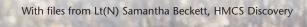


Photo by Private Daniel Pereira, 39 CBG Public Affairs





This included new and untrained privates, all the way to the seasoned veterans such 39 CER Commanding Officer, LCol Julien, and Regimental Sergeant Major, Chief Warrant Officer Charles Rochlow.

In the end, more than 710 metres of new boardwalk were constructed, much to the delight of the command team.

The complexities and challenges of the ground, weather, and two task sites working simultaneously, while sharing one access road to both have made for

excellent training at all levels," said LCol Julien. "It was a hard push to the finish with the whole team pulling together in challenging conditions. I am extremely proud of my team and the members from other units. They are highly motivated and have excelled in all the tasks assigned."

### Final thoughts

The exercise was logistics heavy from pre-deployment to post-deployment. The different movements included a barge, flights, equipment, and heavy duty vehicles, as well as set up and tear down of camp. Support came from units outside of 39 CER to pull this together. Without all the support staff on the ground and behind the scenes, this exercise vould not have been as successful as it was.

The team set up a self-sufficient camp at CFD Masset with a mobile kitchen trailer and cooks to ease the hardship on the community and minimize engagement due to health and safety protocols.

This exercise also gave participants an opportunity to learn more about the Haida people, and give a little back to the communities by visiting local shops and the Gwaii Haanas culture centre. Having come together from across B.C. (most notably from North Vancouver, Chilliwack and Trail, the respective homes of 6, 54 and 44 Engineer Squadrons), the experiences gained in Haida Gwaii will not

### **VOLUNTEERS NEEDED**

### **Esquimalt Speedskating Club**

### Morning of Saturday, November 27

The Club is urgently in need of volunteers between 5 and 7am to assist in placing lightweight safety crash mats along the rink boards prior to start of racing.

If you or any of your friends can assist contact Ian Phillips at ijphillips@shaw.ca or call 250-474-1491 by noon on Friday Nov. 26.













VOLVO CARS VICTORIA

ward the purchase or lease of a new and previously unregistered 2021 Volvo as follows: (i) XC90, XC60, S60, V60, V60CC, S90 – a discount equal to 4% of SRP plus \$500; or (ii) XC40 – a \$1200 discount (excludes XC40 Recharge). Retired courtesy vehicles and demonstrator vehicles are also excluded. All discount ailable in the Canadian market. Must take new retail delivery by January 4, 2022. See Retailer for complete details and eligibility. ©2021 Volvo Car Canada Ltr

# Children of Defence Team members asked to design the **2021 DND Deputy Minister/CDS Holiday Card**

### DND

Deputy Minister Jody Thomas and Acting Chief of the Defence Staff General Wayne Eyre are calling upon the children of Defence Team members to design their 2021 holiday greeting card.

The contest is open to children of military and civilian Defence Team members aged four to 12.

### The task?

Come up with some creative holiday artwork around the chosen theme and follow the guidelines to submit. The contest closes on Nov. 24 and shortly thereafter, the DM and A-CDS will pick and announce a winning design.

### **Submission Guidelines:**

All artwork must be completed on the template found at: https://www.canada.ca/content/dam/dnd-mdn/documents/ml-fd/2021/dm-cds-holiday-card-contest-form-2021.pdf

Artwork should be themed around "How our Defence Team members make a difference". For example, our military performing search and rescue, or our scientists developing new and innovative ways to keep Canada safe.

There should be no text within the picture itself – all text is to be included in the description section of the template.

Artwork will need to be submitted by the Defence Team member and include a description of the artwork (in the artist's words) and include the name and age of the child.

Artwork should be scanned at a high resolution and emailed to Internal\_Communications\_internes@forces.gc.ca.

By providing a submission, you are allowing for the reproduction and use of the artwork for the holiday greeting card and for use on the Defence Team intranet, the Maple Leaf, and on various social media platforms.



### The deadline for submission is Wednesday, November 24.

Artwork should be scanned at a high resolution and emailed to Internal\_Communications\_internes@forces.gc.ca

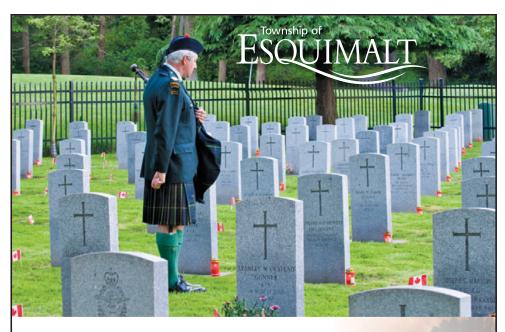


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gratitude and appreciation to
all of our Country's Veterans,
in recognition of their
contributions past and present.

 Mayor Barbara Desjardins and Members of Council



# Compassionate leave policy additions supports military families

### **DND**

The Director General of Compensation and Benefits (DGCB) recently introduced new sub-types of compassionate leave, which are now included in Chapter 7 of the Canadian Forces Leave Policy Manual (CFLPM). This new initiative will help reduce personal and family stress for CAF members so they can focus on the challenges at home when difficult situations arise.

Following the publication of CANFORGEN 139/21, CAF members may now request compassionate leaves under the following sub-types:

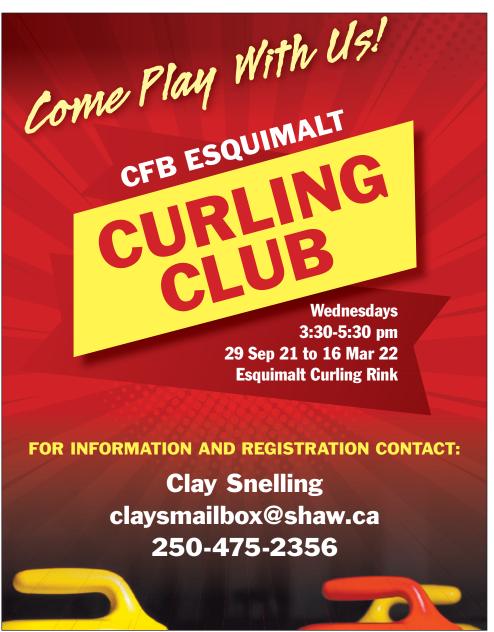
- Situation of pregnancy or adoption loss;
- Victims of family violence; and
- Parents of young victims of crime.

DGCB has also introduced two new short leave sub-types that were communicated in the publication of CANFORGEN 166/21. CAF members may now request short leave under the following sub-types:

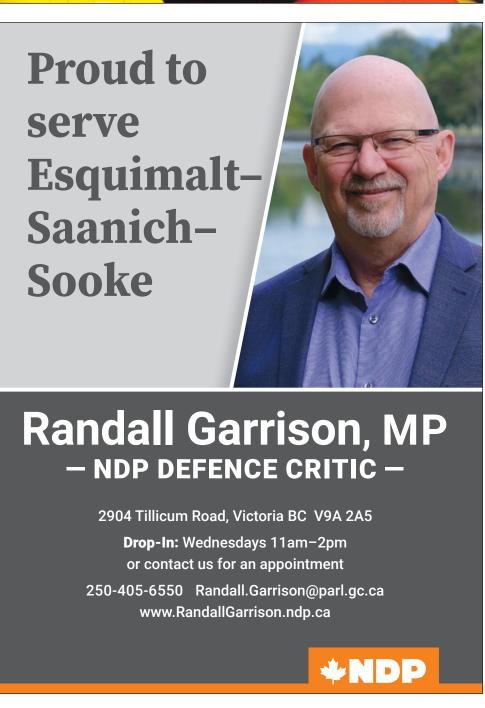
- Family-related obligations; and
- Religious and spiritual observances.

For more information on the leave policy amendments, refer to Chapter 9 of the CFLPM.

In challenging personal situations, remember you can talk to your chain of command, or for confidential counselling, reach out to the Canadian Forces Member Assistance Program.



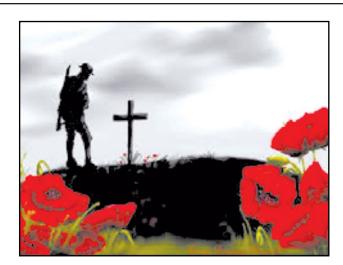








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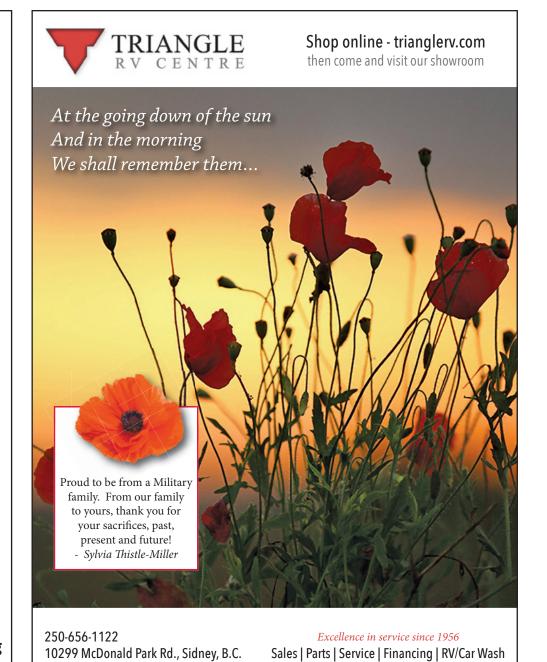
REMEMBERING THOSE WHO
HAD THE COURAGE TO FIGHT FOR US
DEVOTED THEIR LIVES FOR US
FOUGHT FOR OUR FREEDOM



Jim Noon Business Manager



Darren Vaux
President/Training
Coordinator





### **NWO IV GRAD PARADE**

Lieutenant-Commander Chris Maier, Deputy Commandant Naval Fleet School Pacific, presented awards and promotions during the Naval Warfare Officer Phase VI graduation ceremony on Nov. 1.

Photos by S1 Kendric Grasby, Canadian Armed Forces Photo



Acting Sub-Lieutenant Spencer D'Amore receives a commissioning script.



Acting Sub-Lieutenant William Long receives a commissioning script.



Acting Sub-Lieutenant Christina Pongetti receives a commissioning script.



Acting Sub-Lieutenant Victor Tykva receives a commissioning script.



Sub-Lieutenant Bailey is promoted to his current rank.



Sub-Lieutenant Connor is promoted to his current rank.



Sub-Lieutenant Garrett is promoted to his current rank.



Sub-Lieutenant Gjos is promoted to her current rank.



Sub-Lieutenant Harrington is promoted to his current rank.



Sub-Lieutenant Lemesurier is promoted to his current rank.



Sub-Lieutenant Lui is promoted to his current



Sub-Lieutenant Mckeage is promoted to his current rank.



### **NWO IV GRAD PARADE**

**Continued from page 15** 

Lieutenant-Commander Chris Maier, Deputy Commandant Naval Fleet School Pacific, presented awards and promotions during the Naval Warfare Officer Phase VI graduation ceremony on Nov. 1.

Photos by S1 Kendric Grasby, Canadian Armed Forces Photo



Sub-Lieutenant McLean is promoted to his current rank.



Sub-Lieutenant Perez is promoted to his current rank



Sub-Lieutenant Teoh is promoted to his current rank.



Sub-Lieutenant Young is promoted to his current



Sub-Lieutenant Zanko is promoted to his current rank



Lieutenant (Navy) Peter Chorley receives a Certificate of Military Achievement.



Acting Sub-Lieutenant Gjos receives the David W. Groos Memorial Shield.



Lieutenant (Navy) Peter Chorley receives the Rear-Admiral H.F. Pullen Cup.



Acting Sub-Lieutenant Bailey receives the Top Student Award.





### **NCIOP RQ - S3 0025 GRADUATION**

Lieutenant (Navy) Marc Parent presented certificates during the Naval Combat Information Operator RQ-S3 Session 0025 graduation ceremony on Oct. 14.

Photos by S1 Kendric Grasby, Canadian Armed Forces Photo



S3 Kofi Asumadu receives a Canadian Forces Certificate of Military Achievement.



S3 Marlon Bernales receives a Canadian Forces Certificate of Military Achievement.



S3 Kaitlyn Bomberry receives a Canadian Forces Certificate of Military Achievement.



S3 Antonette Eugenio receives a Canadian Forces Certificate of Military Achievement.



S3 Mitchel Gaudette receives a Canadian Forces Certificate of Military Achievement.



S3 Alexander Hockertz receives a Canadian Forces Certificate of Military Achievement.



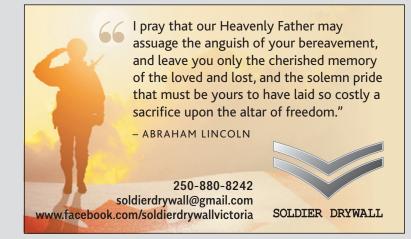
S3 Charles Longeuay receives a Canadian Forces Certificate of Military Achievement.



S3 Quinlan Smith receives a Canadian Forces Certificate of Military Achievement and Top Student.



S3 Raman Wagle receives a Canadian Forces Certificate of Military Achievement.







### MARPAC NAVAL TECHNICAL SEMINAR



Awards were presented during the Maritime Forces Pacific (MARPAC) Technical Seminar held at Work Point Barracks on Nov. 4.

Photos by S1 Mike Goluboff, MARPAC Imaging Services



Alan Kennedy presents Sub-Lieutenant Andy Lee with the 2020 Canadian Naval Shield award.



Antony deRosenroll presents Lieutenant (Navy) David Costigane (right) with the Weir Canada Award.



Commodore Lou Carosielli, Director General Maritime Equipment Program Manager, (left) presents Sub-Lieutenant Chih-Wen Hsaio with the Mexican Navy Award.



### NADEN BAND AWARD



Rear-Admiral Angus Topshee, Commander Maritime Forces Pacific, presents Petty Officer First Class Marielle Audet with the Commander Royal Canadian Navy Commendation on Nov. 2.

> Photo by Cpl Jay Naples, MARPAC Imaging Services





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- Answer phone calls and schedule appointments
- Provide exceptional customer service by interacting with clients and troubleshooting
- Ability to verify several lens types for quality and accuracy
- Able to work in a fast-paced environment

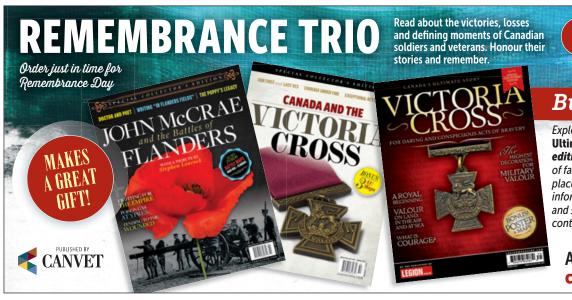
\*This is not a "lab only" position. Candidate required to assist clients face to face.

Wage based on experience and additional training provided to the right candidate.

Availability to work evenings and/or Saturdays as required.

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# BASE TEAM BASKETBALL PRACTICES Starts Nov. 2 Tuesdays and Thursdays Naden Lower Gym 1600-1800 EMAIL: yougojosh@gmail.com for more information. Also, Join our Tritons Basketball 2021 Facebook Page!



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