

Volume 67 Number 21 | May 30, 2022

# LOOKOUT

MORALE & WELFARE NEWS | CFB ESQUIMALT, VICTORIA, B.C.

f LookoutNewspaperNavyNews @Lookout\_news LookoutNavyNews

newspaper.com

Buying or Selling?

I CAN HELP! CHRIS  
**ESBATI**

Knowledgeable, Trustworthy  
and Dedicated Service



**RE/MAX**  
CAMOSUN

250.744.3301  
chris@victoriaforsale.ca

www.victoriaforsale.ca

## EXERCISE

# TRADEWINDS 22

Members from Fleet Diving Unit Atlantic and Pacific mentor divers during search techniques training as part of Exercise Tradewinds 22 in the Caribbean Sea off the coast of Belize.

Photo: Cpl Hugo Montpetit, Canadian Forces Combat Camera



**babcock**

Proud to support  
Canada's fleet

Marine ›  
Land ›  
Aviation ›  
Cavendish Nuclear ›

[babcockcanada.com](http://babcockcanada.com)

Used.ca

GIVES BACK TO OUR  
**COMMUNITY**  
(those big guys haven't)

Used.ca

YOUR **LOCAL**  
MARKETPLACE

Through your loyalty, **Used.ca** supports  
over 100 local events and charities annually



ISLAND OWNED AND OPERATED  
SINCE 1984.

**VIEW OUR FLYER  
IN THIS PAPER WEEKLY!**

CHECK OUT OUR NEWLY RENOVATED ESQUIMALT STORE



# Underwater drone 'no small thing' for Patrol Craft Training Unit

**Peter Mallett**  
Staff Writer

An underwater drone is speeding up inspections of navy training vessels.

CFB Esquimalt's Patrol Craft Training Unit (PCTU) is using a remotely operated underwater vehicle (ROV) to regularly monitor the subsurface conditions of eight *Orca*-class training vessels. The technology, which arrived in January, helps to determine any necessary repairs or preventative maintenance as an alternative to deploying a team of divers from Fleet Diving Unit (Pacific).

The technology's benefits and its positive impact on day-to-day operations were noticed immediately, says Sailor First Class (S1) Austen Webb, Senior Boatswain Mate at PCTU.

S1 Webb says the ROV will make inspecting *Orca*-class vessels easier, save money and transportation costs, and reduce lost training time caused by lengthy inspections during deployments.

"Previously, *Orcas* would either be required to return to port in Esquimalt or have divers sent to locations to check for damage," he said. "Quite often no damage was found."

The ROV will improve the unit's efficiency by deploying divers only when

necessary, allowing deployed *Orcas* to remain on training missions longer.

## PRACTICAL USES

S1 Webb says the Chasing M2 ROV will be used primarily for surveying hulls of vessels alongside in Esquimalt. While in the open water, the drone can be used when the ship comes in contact with debris.

"These can include log strikes or when ropes or fishing lines wrap around the props or shaft line of a vessel," he says. "During one recent log strike, a tree trunk was caught in the shafts of an *Orca*. After the removal of wooden object, the drone was deployed to check for damage. Miraculously, no damage was found."

On another occasion, the ROV was brought in to conduct a survey on an *Orca* that was struck with a log.

"Strong currents made the survey difficult but it confirmed the suspicions that a return to Esquimalt for further inspection was necessary," S1 Webb says.

The ROV has many other uses. PCTU members recently employed it to locate a

broken jetty ladder on the sea floor near D Jetty. There are also plans to use it as a training aid to show students how to properly lay out an anchor chain on the sea floor.

## STAYING AT SEA

Operating the device in stronger currents outside of harbours and protected inlets is one of the only drawbacks of the technology. Since the average sea currents in the Salish Sea are approximately two knots, S1 Webb says the ROV is difficult to impossible to control during high tidal streams. So, proper planning is required prior to deployment.

The response and consensus on the drone has been overwhelmingly positive. S1 Webb's unit recently ordered four more of the devices and accessories.

"Drone technology is an aid to maintaining PCTU's readiness and has the capacity to provide Command with a decision-making tool that could be the difference between going to sea or not going to sea, or returning to home port for a time-consuming inspection," he says.

Sailor First Class Austen Webb of Patrol Craft Training Unit puts the Chasing M2 remotely operated vehicle at D Jetty.

Photo: Aviator Bastien Beaucage, Canadian Armed Forces

## The M2 Remotely Operated Underwater Vehicle

- A bright yellow box about the size of a toaster oven attached to a tether.
- Weighs 4.5 kilograms and measures approximately 38 by 26 centimetres.
- Dives to 100 metres with the push of a button on a remote control device.
- Takes high-quality images and videos with its Electronic Image Stabilization camera and powerful LED lights.
- Visibility range of its camera covers distances of two to five metres, depending on lighting and water turbidity.
- Its vectored thrusters allow movements in all directions at three knots of speed.
- Sells commercially for approximately \$3,000.
- Its data is stored in a removable SD card.
- Can be equipped with attachments if needed, including a robot claw, GoPro Camera, external LED lights and laser scaler to take measurements.





## BASE MARKS INDIGENOUS AWARENESS WEEK WITH A CEREMONIAL CANOE TRIP

Members of the Defence team paddle in the RCN canoe from Work Point to Behrens Island, May 24. The short canoe trip kicked off Indigenous Awareness Week at CFB Esquimalt and a celebration of its theme "We are all in the same canoe, under the same sun." Photos: Peter Mallett, Lookout Newspaper

**Peter Mallett**  
Staff Writer

"We are all in the same canoe, under the same sun" was the theme for Canadian Armed Forces Indigenous Awareness Week celebrations at CFB Esquimalt last week.

The calm waters of Victoria harbour welcomed 15 paddlers from all walks of life on the sunny morning of May 24 as they made their way around Berens Island in a canoe designed for the Royal Canadian Navy (RCN).

Topping the list of VIP paddlers was Capt(N) Jeff Hutchinson, Base

Commander, and Major General Michel-Henry St. Louis, Acting Commander of the Canadian Army.

The Defence Aboriginal Advisory Group (DAAG) co-chair Shae Clutesi says the event built a special bond between participants.

"Everyone in a canoe works as a team, so you need to build that trust and camaraderie with each other to get the canoe to perform properly. Building this trust makes for a very significant impact in the way the group can feel as one," she says.

Clutesi, who works as a Client Service Provider for the Base Executive Branch, says the DAAG plans to

host more events that feature the RCN canoe. After its visit to Work Point, the canoe was put on display at the Fleet Maintenance Facility Cape Breton and the Naden Athletic Centre.

The ceremony at Work Point this week featured a drumming ceremony performed by paddler and DAAG member Petty Officer First Class Marielle Audet of the Naden Band. Chief Petty Officer Second Class Patrick Stephens, the Indigenous Advisor to the Chaplain General, brought the Canadian Armed Forces Eagle Staff, which was displayed prominently at the canoe's bow for the

entire trip.

This is not the first time the ceremonial canoe was moved from its permanent home at Naval Reserve (NAVRES) unit HMCS Discovery in Vancouver. It was used at the annual "Pulling Together" weekend canoe voyage in Powell River in 2019.

The RCN canoe is designed after those used by First Nations along the west coast. The 11-metre canoe seats 18 passengers and is made of fiberglass. It was built by Western Canoeing Manufacturing Inc., of Abbotsford, B.C.

Petty Officer First Class Marielle Audet performs a traditional drumming ceremony and song to commence



SUPPORTING SURVIVORS OF TRAUMA

Canada  
Défense nationale  
National Defence

### CAF COMMUNITY FREE TRAUMA COUNSELLING



- FOR ALL CURRENT AND FORMER MALE\* CAF SURVIVORS OF SEXUALIZED VIOLENCE
- CONFIDENTIAL, CANADA WIDE
- CCC, RCC, RSW/MSW DESIGNATED SERVICE PROVIDERS – 250.381.6367



**BROWN'S**  
*The Florist*  
Since 1912

**Downtown**  
250-388-5545

**Sidney**  
250-656-3313

**Westshore**  
778-433-5399

**MILITARY APPRECIATION  
DISCOUNT 10% OFF**

[brownsflorist.com](http://brownsflorist.com)

Stay Connected From a Distance With Flowers

**CFSA** CANADIAN FORCES  
SAILING ASSOCIATION  
Esquimalt Squadron



- Adult dinghy sailing on 420's
- Adult keelboat sailing on Sonar 23 ft
- Reg Force discounts!

<https://www.cfsaesq.ca/>

[sailinginstructor@cfsaesq.ca](mailto:sailinginstructor@cfsaesq.ca)



**ELYSIA ALLEN**

Real Estate Agent

**250-882-8938**

[Elysia@ElysiaAllenHomes.com](mailto:Elysia@ElysiaAllenHomes.com)

[www.ElysiaAllenHomes.com](http://www.ElysiaAllenHomes.com)

**exp**  
REALTY

**TRACKSIDE**  
AUTO SERVICE LTD.

A FULL SERVICE AUTO REPAIR FACILITY

- ✓ Induction & Fuel Injection Service
- ✓ Oil service
- ✓ Out of Province Inspection
- ✓ Electrical
- ✓ Diesel Fuel Service
- ✓ Exhaust
- ✓ Brake service
- ✓ Tires

**Ask about BG Protection Plan\***

*Where Dependability and Trust are a Priority...*

**784 Fairview Rd. • 250-383-5509 • [tracksideautoservice.ca](http://tracksideautoservice.ca)**

Winner  
"2014 2nd PLACE"  
BEST OF THE CITY AWARDS  
Black Press

BBB  
B.C. GOVERNMENT  
DESIGNATED  
INSPECTION  
FACILITY

**Castrol**



**WALKER**

**HANKOOK**

\* under 80,000 km



## WHO WE ARE

### EDITOR

Kate Bandura 250-363-3130  
katernya.bandura@forces.gc.ca

### WRITER

Peter Mallett  
pkmallett@shaw.ca

### PRODUCTION

Teresa Laird 250-363-8033  
production@lookoutnewspaper.com

Leslie Eaton 250-363-8033  
workstation3@lookoutnewspaper.com

### ACCOUNTS/RECEPTION

Trina Winters 250-363-3127

### ADVERTISING REPRESENTATIVES

Ivan Groth 250-363-3133  
ivan.groth@forces.gc.ca

Joshua Buck 778-977-5433  
sales@forcesadvertising.com

### EDITORIAL ADVISORS

Lt(N) Michelle Scott 250-363-4006  
Rodney Venis 250-363-7060

Published each Monday, under the authority of Capt(N) J. Jeffrey Hutchinson, Base Commander.

Le LOOKOUT est publié tous les lundis, sous l'égide du Capv J. Jeffrey Hutchinson, Commandant de la Base.

The editor reserves the right to edit, abridge or reject copy or advertising to adhere to policy as outlined in PSP Policy Manual. Views and opinions expressed are not necessarily those of the Department of National Defence.

Le Rédacteur se réserve le droit de modifier, de condenser ou de rejeter les articles, photographies, ou annonces publicitaires pour adhérer au Manuel des politiques des PSP. Les opinions et annonces exprimées dans le journal ne reflètent pas nécessairement le point de vue du MDN.

**LOOKOUT**  
NEWSPAPER

COVID-19 Circulation - 2,200  
plus 300 pdf downloads per week

Follow us on Facebook, Twitter  
and Instagram and join our  
growing social media community.

A Division of Personnel Support Programs  
CFB Esquimalt, PO Box 17000 Stn. Forces,  
Victoria, BC V9A 7N2

Web: [www.lookoutnewspaper.com](http://www.lookoutnewspaper.com)  
Fax: 250-363-3015  
Canadian Mail Product Sales Agreement 40063331



# Base firefighter rides for Tour de Rock



Tour de Rock participants pose during the event's opening at Tillicum elementary school in Saanich on May 6. Inset: Lt Josh Peterson is one of 21 Tour de Rock participants this year.

Photos provided

## Katernya Bandura Editor

A local firefighter plans to raise \$10,000 for children battling cancer.

Josh Peterson, a lieutenant with CFB Esquimalt Fire Rescue, is one of 21 law enforcement and emergency personnel taking part in the 25th Canadian Cancer Society's cycling event Cops For Cancer Tour de Rock. The ride runs over two weeks in September, with participants travelling 1,200 kilometers from Port Alice to Esquimalt, raising funds to support pediatric cancer research.

"It is a way to connect with children battling cancer, to help them know they are not alone in their battle - that we care, and so

does the community," he says.

So far Lt Peterson has raised \$5,852. He received support from his fire chief, coworkers, and family. Now he is looking for support from the base community.

Lt Peterson's team trains three days a week. Tuesdays are hill nights, when the team rides at the Observatory in Saanich. Thursdays are speed nights, where they ride all over town, including Ring Road at UVIC. Sundays are the long ride days, during which they work towards 100 kilometres per day. He says they will reach over 130 kilometres a day by the time the Tour kicks off.

All riders are paired up with a junior rider battling cancer. The pairings will be announced soon, and Peterson says he is nerv-

ous to meet his honorary rider.

"Their spirit and excitement is what will inspire us to continue riding on the hard days. I look forward to hearing the stories on their battles with cancer. These children will fill us with hope and inspiration," he says.

The fire hall at 1350 Esquimalt Road has supported the ride for years, with past riders including Chris Day, Alex Marshall, and Matt Arnsdorf. This is Lt Peterson's first time participating.

"Being part of the Tour is a massive responsibility and takes a commitment some may not understand," Lt Peterson says. "Would I ride again? I am working hard to ensure I can ride this year first."



If you would like to support Josh Peterson, please donate at  
<https://bit.ly/3MTxhsN>



**SCHOLARSHIPS  
FOR MILITARY  
AND VETERANS.\***

**WWW.SPROTTSHAW.COM**  
**VICTORIA: 250-384-8121**

**E-FILE FROM  
\$79<sup>99</sup> + GST**

**Top Shelf Bookkeeping Ltd.**  
Locally Owned & Operated Since 1994

**BOOKKEEPING & PAYROLL SERVICES AVAILABLE**

**2 CONVENIENT YEAR ROUND LOCATIONS**

101-76 Gorge Road West  
Victoria, BC V9A 1M1  
250-388-9423

1253B Esquimalt Road  
Victoria BC V9A 3P4  
250-590-4050

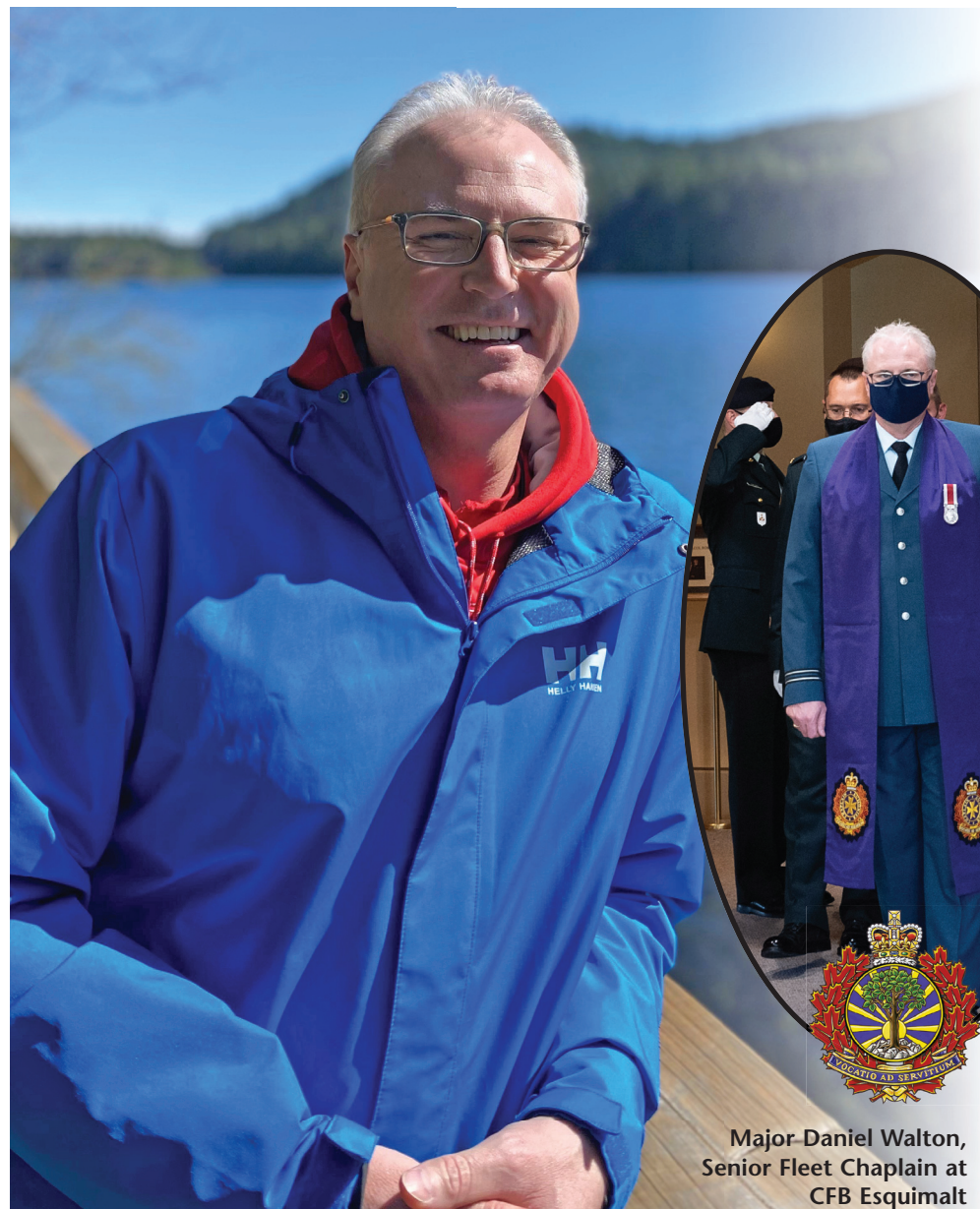
**CANEX**  
A division of CEMWS  
Une division des SBMFC

**CANADA'S  
MILITARY STORE**

**CANEX.CA**

**1343 Woodway Rd., Esquimalt 250.388.6428**





Major Daniel Walton,  
Senior Fleet Chaplain at  
CFB Esquimalt

# Meet CFB Esquimalt's Senior Fleet Chaplain

**Kateryna Bandura**  
Editor

Military members often seek spiritual guidance from their chaplains, yet the specifics of a chaplain's work are often shrouded in mystery.

Major Daniel Walton, Senior Fleet Chaplain at CFB Esquimalt, says the job of a chaplain is not a typical nine to five job.

"You look after the spiritual well-being of your unit or your ship. It's our responsibility to go out to where people are. This helps us be seen and they feel more confident to come see us when they need," he says.

Chaplains belong to a purple trade, meaning they can do their jobs in any element. Since being sworn into the military in 2014, Maj Walton has travelled across Canada and around the world, and worked with all three military elements. Now, he leads a team of four chaplains, including himself, at CFB Esquimalt.

The secret to being a great chaplain, he says, is dedication.

"I try to not just fix the problem and move on, but to walk somebody through their experiences. Then we can find a way to deal with it," he says, adding that it helps to always have a pocket full of candy.

Maj Daniel Walton's path offered him many opportunities to fulfil his mission to do greater good.

reception. The following day, the team got to meet one of the families.

"Here we are, these guys in uniform, and we're right down on the floor, playing with this little guy with his trucks and cars. His parents were just over the moon with excitement," he says. "The father could speak some English, the mom really struggled. But when you're down on the floor playing with trucks with a four-year-old, every language communicates equally."

## REMEMBERING THE FALLEN

One of the most emotional experiences he had was assisting a family during the 25th anniversary of the Boxtop Flight 22 crash. During the commemorative ceremony in 2016 in Trenton, Maj Walton provided support to two children, who lost their mother in the crash.

"They weren't sure if they wanted to go, but when it was all done, they said this day needed to happen," he says.

In October of 1991, the Boxtop Flight 22 crashed a few kilometres from the runway on Ellesmere Island, Nunavut, killing five crew members. The anniversary was the first time in 25 years the survivors were all together.

As the participants finished the dinner, a lady asked to have one final roll call.

"It was the spookiest thing ever," Maj Walton says. "Every one of them, with emotion in their voice, would answer their name when she would call it, and when she would call a name of a person that passed, the room was dead silent."

## TEACHING OPPORTUNITIES

Before coming to Esquimalt, Maj Walton prepared new chaplains for their first chaplain course at Canadian Forces Chaplain School and Center in Borden. The school teaches chaplains basic procedures such as the duty process, notification process, basic chain of commands, and provides courses on counselling, ethics and deployed operations.

Now, he is hoping to help advise on changes to the training system.

"Our society has changed, that's just a reality. So, we've been looking at how we can better train people for chaplaincy ministry in 2022," he says.

As much as chaplains help others, Maj Walton says it is important to have a strong support system for yourself. Sometimes it means going for a walk, calling a friend, or treating yourself to some ice cream. His favourite flavour?

"It sounds cheesy, based on my job, but probably heavenly hash. It has to have marshmallows in it; if it doesn't have marshmallows then it's not the real deal," says Maj Walton.

## DEHYDRATED JERKY AND TOY TRUCKS

Maj Walton changed a family's life while he was deployed to Iceland for Operation Reassurance in May-June 2017. While on the mission, he raised funds for a charity that helped families with terminally ill children.

"One guy had a dehydrator and he made jerky just for fun. People would kick in 10 bucks just to pay for the meat he used and that money would go into the box. Somebody had clippers, so people started cutting each other's hair and donating after they were done. The CO was a runner, so he ran a marathon from Reykjavik to Keflavik, and people sponsored him, either so much per kilometre or so much for the entire race," he says.

They had a hard time convincing the charity about their intentions, but the team wanted to show the locals they were there to contribute to the community.

The crew raised over \$2,200, which they presented to the charity during a small

**THE LATEST RELEASE FROM CANADA'S ULTIMATE STORY**

**DEFINING BATTLES OF THE WAR of 1812**

**Early on June 23, 1812,** British and American warships exchanged the first shots of the War of 1812. For the next two-and-a-half years, the two sides waged war. Towns and cities—the U.S. capital among them—were burned. Naval battles were fought on the Great Lakes. And heroes were born. The Americans thought taking Canada would be a cakewalk. It wasn't.

**Now on newsstands across Canada!**

This 100-page quality, oversized keepsake issue is filled with intriguing and compelling stories, rarely seen photography and breathtaking illustrations.

**PICK UP YOUR SPECIAL ISSUE TODAY!**

**BATTLES AND BATTLES WON**

**LEGENDARY LEADERS ICONIC BATTLES INDIGENOUS WARRIORS**

**BONUS** INCLUDES TIMELINE 3 ACTION-POCKET MAPS

**FAMED FORTS NAVAL WARFARE COMES TO THE GREAT LAKES NURTURING CANADIAN NATIONALISM and WHO WON?**

**PUBLISHED BY CANVET**

## HMCS TERRA NOVA Reunion

The Westploy 1/73 mission crew of HMCS Terra Nova will gather in Victoria in May 2023 to celebrate the 50th anniversary of this mission.

Anyone who was in this crew or knows someone who was, can contact Ken Levert at [RCN259@icloud.com](mailto:RCN259@icloud.com) for info.

Also available at [canadasultimatestory.com](http://canadasultimatestory.com) or call toll-free 1-844-602-5737

**ONLY**  
**14.95**  
+ applicable taxes

AVAILABLE AT THESE FINE RETAILERS



AND OTHER FINE RETAILERS OF MAGAZINES



# THE BIG CHILL

**Joanie Veitch**  
Trident Staff

Last June, Sailor First Class Marie-Neige Dupuis-Carbonneau, a clarinetist with the Stadacona Band, was hit by a pick-up truck while riding her bike home from work. As captain of her unit's Navy Bike Ride team, she would ride about 300 kilometres most weeks. The accident changed everything.

Just minutes away from her home in Halifax, S1 Dupuis-Carbonneau was cycling alongside Lake Banook when the construction truck struck her.

"He had no clue I was on his bumper," she says.

She spent four days in a hospital. Among many injuries, she had torn ligaments and damaged cartilage in her chest. Later, she learned she had a significant shoulder injury that may require surgery.

Before the accident, S1 Dupuis-Carbonneau was fit and active. She cycled to the band office at Windsor Park most days, often adding an extra 50 to 60 kilometres to her commute. A runner too, she'd qualified for Canadian Armed Forces nationals in both swimming and triathlon.

After the accident, S1 Dupuis-Carbonneau could barely move. Her parents slowly nursed her back and in mid-July, she was able to walk with crutches and an articulated leg brace. Knowing her love of the water, her father promised to take her to the beach.

"I couldn't do much but it was enough just to be able to sit on the beach and be outside. That was the first time I had a sense that I was going to heal," she said.

By the end of August, S1 Dupuis-Carbonneau was meeting up with some members of the Navy Tridents Triathlon

## Sailor credits cold-water swimming for help with injury recovery

Club during their training swims. She could feel she was beginning to build up her strength. When summer turned to fall and the lake got colder, she continued her outdoor training with an inflatable swim buoy for safety. As the temperatures dropped, she added extra gear – a wetsuit, a neoprene swim cap and surf gloves. Swimming wasn't just making her feel stronger physically, the cold water was helping in other ways too.

"Swimming in cold water has helped me so much. It's like meditation because it forces you to focus on your breathing while your body adapts to the water. All you can think about is regulating your breathing and being right there, in that moment," she says.

In April, S1 Dupuis-Carbonneau got back on her bike for the first time since the accident. After cycling with her family on the Salt Marsh Trail in Cole Harbour, she knew she could get back to occasionally cycling her former 12-kilometre commute to work.

"I set small, short-term goals so I don't get disappointed," she says. "I would like to be able to run a slow 5-kilometre route by the end of the summer. I think I can do it, but I'll have to take it gradually."

In August, S1 Dupuis-Carbonneau and her family will be moving to Ottawa for her new posting with the Central Band.



Sailor First Class Marie-Neige Dupuis-Carbonneau, a member of the Stadacona Band, has been recovering both physically and mentally after being struck by a vehicle while on her bicycle last year.

Inset: Using a safety buoy allowed S1 Dupuis-Carbonneau to get back in the water with her Triathlon teammates without putting stress on her injuries.

Photos submitted



# Anticipation mounts for Bernays family

**Peter Mallett**  
Staff Writer

Shannon Bernays is brimming with pride about her recent selection as Ship's Sponsor of the Royal Canadian Navy's (RCN) third Arctic and Offshore Patrol Ship.

"I was pleasantly shocked and just felt so honoured to be named the sponsor, but with this honour comes great responsibility," Bernays says. "The whole family is so excited the ship will be stationed in Victoria, so we can continue to build a strong relationship with the Max Bernays and her crew for years to come."

The 54-year-old Colwood resident and mother of two says she was beyond excited to learn that she would be the sponsor of the ship named after her grandfather. She found out about her appointment in March through a Zoom call from Vice-Admiral Craig Baines and Commander Collin Forsberg, Max Bernays' Commanding Officer.

The appointment of a ship's sponsor is a long naval tradition. The sponsor plays a key role in the ship's naming ceremony and most sponsors continue their relationship with their ship for many years.

The future HMCS Max Bernays is named after her grandfather Chief Petty Officer Max Bernays, who served as the Coxswain of HMCS Assiniboine during the Second World War's Battle of the Atlantic.

The ship is in its final stages of construction at Irving Shipbuilding in Halifax. It is set to launch at a naming ceremony on May 29.

Shannon Bernays will attend the ceremony along with her husband Scott Thompson and children Max and Tessa. Shannon says they have been looking forward to the event for weeks since learning about her appointment.

She will christen the ship by breaking a bottle of champagne across the ship's bow.

"Just thinking about it gives me goose bumps and brings tears to my eyes because I am so proud of my grandfather and everything he has done," she says. "I know this moment would make my grandfather so proud if he were here, and he may be with us in some way and watching."

Just thinking about it gives me goose bumps and brings tears to my eyes because I am so proud of my grandfather..."

– Shannon Bernays



Max Bernays



Shannon Bernays

## A CANADIAN HERO

Max Bernays died on March 30, 1974, at the age of 64 but his heroism remains legendary in the RCN to this day. During close range action with a German submarine U-210 on Aug. 6, 1942, he maneuvered Assiniboine out of fog to allude and ram the submarine.

Yet, a fire caused by the enemy submarine's shells engulfed the bridge and wheelhouse. Surrounded by smoke and flames, CPO Bernays ordered two junior sailors to leave the bridge for safety.

He stayed at the helm and continued to maneuver Assiniboine against the U-boat for nearly 40 minutes alone. During that time, he dispatched over 130 telegraph orders to the ship's engine room. Despite taking prolonged machine-gun and cannon fire to the bridge, Assiniboine rammed and sank U-210. There was one fatality and 13 wounded on board the warship. CPO Bernays' actions earned him the Conspicuous Gallantry Medal, one of only two during the Second World War.

VAdm Baines says by naming the ship after Max Bernays and naming Bernays' granddaughter as its sponsor, the RCN is recognizing the courage, dedication and valour CPO Bernays demonstrated under fire.

"These attributes will help inspire and galvanize each of the officers and sailors who serve in [the RCN] for years to come," VAdm Baines said. "Ms. Shannon Bernays will help provide these sailors with a link to their ship's namesake and in so doing will also help us celebrate the heroism of her grandfather."

## READY TO LAUNCH

Shannon says she didn't start to truly comprehend the entirety of her grandfather's legacy until she began to research it on her own.

The RCN tradition runs three generations in Bernays family. Shannon's great grandfather Leopold Bernays served the RCN during the First World War and died at sea. Her father Max Bernays Jr. served aboard the RCN supply ship HMCS Provider and later worked for the Department of National Defence at Rocky Point Ammunition Depot. He died in 2013. Shannon's mother Marilyn was hoping to see Max Bernays' launch but sadly passed away in Sept. 2021.

The Bernays family will be treated to a day sail aboard the RCN's second Arctic and Offshore Patrol Ship HMCS Margaret Brooke prior to the launch of Max Bernays.

For more information about AOPs visit the RCN web page:  
[www.navy-marine.forces.gc.ca/en/fleet-units/aops-home.page](http://www.navy-marine.forces.gc.ca/en/fleet-units/aops-home.page)



JUNE 18 2022

NAVY  
RUN

CFB ESQUIMALT



18 JUIN 2022

COURSE  
DE LA  
MARINE

BFC ESQUIMALT



## REGISTRATION FEES

## VIRTUAL - EVERYONE

April 1 – June 12: \$40.00

## VIRTUAL - KIDS RUN

April 1 – June 12: \$30.00

## IN-PERSON

April 1 – June 12

\$34.65 – Active and Retired Military

\$39.90 – DND/NPF Civilians

\$45.15 – General Public

## IN-PERSON - KIDS RUN

Feb. 1 – June 12: \$20.00



## LATE FEES FOR IN PERSON EVENTS

CAF – \$45, DND – \$50, Public – \$55

## FRAIS D'INSCRIPTION

## VIRTUELLE – TOUT LE MONDE

Du 1er avril au 12 juin : 40 \$

## VIRTUELLE – COURSE DES ENFANTS

Du 1er avril au 12 juin : 30 \$

## EN PERSONNE

Du 1er avril au 12 juin

34,65 \$ - Militaires en activité et retraités

39,90 \$ - Civils du MDN/FNP

45,15 \$ - Grand public

## EN PERSONNE – COURSE DES ENFANTS

Du 1er février au 12 juin : 20 \$

## FRAIS DE RETARD POUR LA PARTICIPATION EN PERSONNE

FAC : 45 \$, MDN : 50 \$, public : 55 \$

REGISTER TODAY TO SECURE YOUR 2022 NAVY RUN TECHNICAL SHIRT / INSCRIVEZ-VOUS DÈS AUJOURD'HUI POUR RECEVOIR LE CHANDAIL TECHNIQUE DE LA COURSE DE LA MARINE 2022

Consider a donation to  
Soldier On when you register.  
Pensez à faire un don à Soldat  
en mouvement lorsque vous  
vous inscrivez.



NAVYRUNESQUIMALT.COM

SPONSORED BY / COURSE PARRAINÉE PAR





## Advertorial



Hey Sailor!

Ring the bells because QUEER AS FUNK is sailing back to Victoria for an explosive evening of high energy funk, Motown and soul!

After two long years, Queer as Funk will grace the historic space of the Bay Street Armoury for a night of community, celebration and fun to raise money for the Maritime Museum of BC's new Queer At Sea exhibit!

The fun begins early with a Sea Shanty Happy Hour, featuring a fun and ruckus sing-along (no experience necessary), local queer music, and a chance to mix/mingle. Grab your friends and grab your tickets because this is sure to sell out!

## TICKET PRICING:

- \$30 General Ticket
- \$15 Youth under 25 Ticket (proof of age checked at door)
- Free Indigenous, Métis, or Inuit
- An all ages event!

## THE DETAILS:

FRIDAY, June 10, 2022

Bay Street Armoury, Entrance on Field Street (off of Douglas)

7:00pm Sea Shanty Happy Hour mix/mingle with local queer music

8:30pm Grooves begin inside with DJ Slade

9:30pm QUEER AS FUNK hits the stage!

Venue is wheelchair accessible.

**Fundraiser for Maritime Museum of BC - Queer At Sea Exhibit (May-Nov 2022)**

<https://mmbc.bc.ca/queer-at-sea>

## AJAG Pacific Monthly Discipline Results



Below is a list of all Summary Trials and Court Martials held in the months of March and April 2022 within the Assistant Judge Advocate General (Pacific) region. A description of the charges is included. Please forward any queries to the AJAG(P) Chief Petty Officer, CPO1 R. DeProy, Robert.deproy@forces.gc.ca.

### Summary Trials

MS Garcia from HMCS Ottawa, charged with the following offence:

Section 90: In that he, at 0800 hours on 6 December 2021, without authority was absent from HMCS Ottawa and remained absent until at or near 1430 hours on 8 December 2021 - Guilty, five days confined to ship

S2 Koopmans from HMCS Ottawa, charged

with the following offence:

Section 85: In that he, on or about 2 November 2021, at CFB Esquimalt, behaved with contempt towards MCpl Korolyk when he refused to comply with instructions to read a medical screening questionnaire - Guilty, fined \$200.00

Cpl Brasser from Base Administration, charged with the following offences:

Section 90: In that they, at 0800, 22 November 2021, without authority were absent from their place of duty and remained absent until 1601 hours, 22 November 2021 - Guilty, four days extra work and drill

S2 Lundrigan of HMCS Calgary was found guilty on 3 March 2022 of one count of absence without leave under section 90

of the National Defence Act. He was sentenced to a fine of \$697.50 and 15 days confinement to ship. The sentence was reviewed by Capt(N) Ouellet, Commander Canadian Submarine Force, in his capacity as a Review Authority for summary trials. The Review Authority found the punishment to be too severe for the offence as it was charged, and reduced it to a fine of \$300.00 and 5 days confinement to ship.

### Explanation of Charges

Section 85 - Insubordinate Behaviour  
Section 90 - Absent Without Leave



## Here to provide the assistance you need.

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  
250-363-3600



f /CollinsLaurel  
t @Laurel\_BC  
i @laurelndp

## Eye care for your family!

- Eye Health Examinations
- Contact Lens Specialists, Dry Eyes, Allergies, Eye Injuries
- Designer Eyewear Boutique
- Aircrew cyclo exams
- Sunglasses: Prescription & Non-Prescription

**MILITARY DISCOUNT  
AND DIRECT BILLING**

**OAKLEY, ARMANI,  
RAYBAN, PRADA,  
AND MORE!**

**CLOSE  
TO BASE!**

ACCEPTING NEW PATIENTS -  
BOOK AN APPOINTMENT TODAY!

Admirals  
Walk  
OPTOMETRY CLINIC

Dr. Rachel Rushforth,  
Dr. Nicole Sehn  
and Dr. Darcy Dennis

**NEAR BASE**  
106-1505 ADMIRALS ROAD  
**(250) 995-0449**





# Go By Bike Week

with MARPAC Health and Wellness Strategy and Active Living Working Group

## Bike Safety Workshop with Capital Bike

Do you want to make cycling a regular part of your life? Come take an adult bike skills course designed to build the skills and confidence of novice to experienced riders to make cycling a fun and safe! We are offering two courses during the following time frame:

**Monday May 30th**

**8:30am-12:30pm OR 1:00pm-5:00pm**

**Location: N88 Naden Athletic Centre Classroom**

COVID-19 protocols will be in place.  
Please do not attend if you are feeling unwell.

This event is FREE, but space is very limited.  
You must register in advance by emailing:  
[Amy.Gordichuk@forces.gc.ca](mailto:Amy.Gordichuk@forces.gc.ca)

## Spring "Go By Bike Week" Celebration Station

**Friday June 3rd**

**7:00-8:30am**

**Location: At Dockyard in Front of FMF**

Join us to win great prizes and fix up your bike with Velofix!

COVID-19 protocols will be in place. Please do not attend if you are feeling unwell.

**Register for "Go By Bike Week"**  
**FREE at: [GoByBikeBC.ca](https://GoByBikeBC.ca)**



**This healthy initiative is brought to you by the MHWS Active Living Working Group**



# VITAL TOOL FOR RCN LEADERS

## Updated Guide to Divisional System released



### Royal Canadian Navy Public Affairs

The Royal Canadian Navy (RCN) released an updated document to help personnel understand the Divisional System structure and their role in it.

The Guide to the Divisional System, released on April 1, provides direction for the care and custody of subordinates. Personnel can find the guide on the RCN Intranet, accessed internally on the DWAN only.

Although this guide will not tell leaders what to do in every scenario, it will point personnel to valuable resources that will assist in the development of subordinates.

Since the last edition, Chapter 4 has been updated to capture changes in Code of Conduct reporting, including sexual misconduct and hateful conduct, and to the harassment and grievance reporting systems.

Chapter 7 has been rewritten to incorporate the introduction of the Canadian Armed Forces' new personnel evaluation system: Performance and Competency Evaluation (PaCE). This chapter

details key milestones regarding a member's career aspirations and providing performance feedback.

Sections on Personnel Management and Training have been moved to the front as a renewed focus on people and training will address current crewing challenges.

The Divisional System is the foundation of the RCN's personnel management structure. It forms the backbone of the relationship between subordinates and their leaders by allowing for feedback, encouragement and direction. Additionally, the Divisional System:

- Defines performance standards and expectations;
- Allows for recognition, performance enhancement, and career and talent management; and
- Is part of the discipline and rehabilitation framework.

Although this guide was written from a military point of view, civilian managers of military personnel can also use this guide, specifically the reference materials found inside, to help properly take care of their military subordinates.



The welfare and professional development of subordinates, like these marine technicians from HMCS Montréal, is a leader's first priority. The newly updated RCN Guide to the Divisional System provides overarching direction for leaders at all levels. Photo: Corporal Braden Trudeau

### SPECIAL MILITARY PRICE!



2013  
FORD F-150 XLT  
**\$16,888**  
186,908 kms  
Stk 2094

### ATTENTION MILITARY!

Ask about our exciting new financing options, with a down payment of \$1000 or even less, and bi weekly payments of \$129! No credit or bad credit? Not a problem.

### THEY SAY NO, WE SAY YES!

We do things differently. We always work to get you the best financing with the best lenders with the lowest rates.



sales@usedcarcentre.ca

### OPEN 7 DAYS A WEEK

9:30am – 7pm Mon-Sat  
Sunday from 11am – 3pm

1671 ISLAND HWY

**250-590-8221**

We are ready for the new normal! Find out more at:  
**www.usedcarcentre.ca**

## Your Music Instruction Headquarters

drums bass electronic keyboard  
guitar piano

## ESQUIMALT MUSIC

**250.385.2263** esquimaltmusic.com

## Did you know that you can renegotiate your mortgage to serve you better?

The current conditions of your mortgage may no longer be your optimal situation.

If you are thinking about making changes before the end of your term, you can break your contract early and renegotiate your mortgage. There are many reasons why you may want to break your contract early, such as obtaining a lower rate, or taking out equity for renovations and/or paying off consumer debt. However, ensuring that breaking your mortgage term early will save you money, or serve you better, is a must.



We are dedicated to help you achieve your homeownership goals!

With over 21 years of experience in mortgage lending, let us provide you with educated advice and your ideal situation.



www.millermortgages.com | 250.858.8489



# Treatment Shouldn't Feel Like Punishment

## Addiction, Mental Health & Trauma Treatment

**Powell River-based** Sunshine Coast Health Centre and the Georgia Strait Womens Clinic provide highly personalized addiction, mental health and trauma treatment for male and female clients respectively. Get daily 1-on-1 inpatient or outpatient treatment tailored to your unique needs.

Services include 24 hour-medical service, psychiatric assessment, EMDR, rTMS, psychotherapy, hypnotherapy and much more.

Serving the Department of National Defence and Veterans Affairs Canada since 2009.



ACCREDITATION CANADA  
AGRÉMENT CANADA

Driving Quality Health Services  
Force motrice de la qualité des services de santé



**Sunshine Coast Health Centre**

A Non-12 Step Mental Health Program

Admissions Toll Free

**1.866.487.9010**

[schc.ca](http://schc.ca)

**Georgia Strait**

**WOMENS CLINIC**

Admissions Toll Free

**1.866.487.9040**

[georgiastraitwomensclinic.ca](http://georgiastraitwomensclinic.ca)