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LOOKOUT

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

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NAVAL SECURITY TEAM MAKES WAVES

Sailor First Class Alexis Lambert-Murphy, a C9 Light Machine Gun Operator with the Naval Security Team (NST), clears and maintains a controlled access zone (CAZ) during a waterborne Force Protection (FP) exercise on Okanagan Lake during Naval Security Team exercises July 4-9. Read more on pages 2 and 3.

Photo: Sailor First Class Valerie LeClair, MARPAC Imaging Services



NAVAL SECURITY TEAM

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Naval Security Team

EXERCISE in the OKANAGAN



Sub-Lieutenant Wilson Ho,
MARPAF Public Affairs/NST PAO

The Naval Security Team deployed on Okanagan Lake in Kelowna to conduct a training exercise from July 4-9.

"The Naval Security Team is an integral unit within Canadian Fleet Pacific, and this deployment offered us the opportunity to practise our tradecraft in different, realistic, and challenging environments," said Lieutenant-Commander (LCdr) Jeremy Breese Commanding Officer of the Naval Security Team.

The intent was to conduct Defender Navigation and Tactical Training to further the proficiency and qualifications of boat coxswain trainees. The exercise also prepared the unit for eventual deployments.

The specially-trained Naval Security Team provides a layer of land and sea-based security, also called 'enhanced force protection', to ensure Royal Canadian Navy ships and personnel are protected at home in Canada and

around the world. The Naval Security Team supports a deployed ship by allowing the crew to take leave during longer deployments or to focus on other tasks, such as maintenance.

"We employ members from across all trades, and the opportunities/responsibilities the sailors receive and demonstrate while on the team allow us to continue building an even more capable and empowered force," LCdr Breese said.

During the training this past week, the Naval Security Team conducted boat manoeuvring drills and static/dynamic High Value Asset (HVA) protection drills.



"We were extremely excited to have this opportunity to deploy the Defender Boats on Okanagan Lake. I am proud of what the Team has accomplished, and I look forward to further growth and success," LCdr Breese said.

The Naval Security Team members are primarily Naval Reservists, with Regular Force members rounding out the team when required. Its standing core of 20 personnel provides expertise and training, and is augmented by a variable number of additional Reservists, based on the requirements of the mission at hand. Selected personnel train for and deploy on individual missions, and then are stood-down when the mission has been completed.

The Naval Security Team was established in 2017, and is self-sustaining and able to operate in established or rudimentary sea ports anywhere in the world. Some of the operations the Naval Security Team has supported include Operation Projection (Asia-Pacific) and Operation Reassurance.



NAVAL SECURITY TEAM

LOOKOUT

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CFB ESQUIMALT NAVAL AND MILITARY MUSEUM NOW OPEN WEEKENDS AND OFFERING PERSONALIZED TOURS

The CFB Esquimalt Naval and Military Museum may be the best museum you've never had a chance to visit – especially for those interested in naval and military history.

Throughout the rest of the summer, until Sept. 2, the museum will be open 10 a.m. – 3:30 p.m., seven days a week. In recent history, the museum has been open weekdays only but it has taken on two summer students from the University of Victoria – James Coe and Matthew Kerr – who are offering personalized weekend tours. The museum is packed with interesting artifacts and stories about the Royal Canadian Navy and military's past.

For more information about the museum, contact Curator Tatiana Robinson at 250-363-4312 or Assistant Curator Joseph Lenarcik at 250-353-5655.

We asked a CFB Esquimalt Naval Museum curator to talk about some of her favourite artifacts:

- **1950s UNITED NATIONS FLAG:** The museum has a handmade flag that was used by HMCS Sioux while it was enroute to Korea in the 1950s. A yeoman, George Mannix, made it because they were sailing on a UN mission, yet the UN flag was so new they hadn't distributed flags yet. The fabric of the flag is blue wool bunting with white canvas applique made from whatever materials were to hand as there was no UN flag available on the ship.
- **WREN WINDBREAKER JACKET:** It's really cool to see this commemorative Wren windbreaker jacket. The museum has a jacket worn by retired Wren Jessie Lane (Mablesen). The jacket is embroidered with all the WRCNS reunions that Ms. Lane attended, two ship badges are on the sleeves, Huron and Mackenzie;

her nickname Jay is also on the jacket. It really shows how important being a Wren was to Jessie. The reunions were a way for Wrens to keep in touch and remember shared experiences.

- **A CARLEY FLOAT:** The Carley float was an invertible life raft invented by Horace Carley (1838-1918). It was used in both World Wars and on many warships. It is made from a length of copper or steel tubing with compartments inside the tubing to make it stay rigid and buoyant. The one we have is in great condition and you can see all the survival supplies they would have carried. These little vessels would increase survival rates at sea in the event of a ship sinking due to attack.
- **A SALVAGE DIVER'S SUIT, HELMET AND BOOTS:** Our diver's suit is just really amazing to look at. The profession of a salvage diver is inherently risky due to the many variables present when diving underwater while wearing cumbersome gear. The extremely heavy brass, glass, and metal helmet that we have on display would have weighed heavily on the diver's shoulders and they would have required assistance to put on all that gear. It's great to see something like this, it looks like it is right out of a different time.
- **A VINTAGE SEXTANT THAT WAS USED BETWEEN 1900 AND 1950:** This navigational instrument was used for taking celestial navigation sightings in a maritime setting. This one was made by Heath and Company in New Eltham, London, England, founded in 1845. What I love about this sextant is that it is a beautiful example of a precision scientific instrument. It is still an excellent backup for navigation when GPS or electricity fails aboard a vessel.



James Coe and Matthew Kerr from the CFB Esquimalt Naval and Military Museum offer personalised tours at the museum this summer.

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RAVEN PROGRAM

takes flight again

Kateryna Bandura
Editor

The Raven Indigenous Summer Program is back this year with a few major revamps.

Not only are half of this year's staff women, but two staff members have Indigenous backgrounds. Such diversity brings unique experiences and perspectives, said Petty Officer First Class (PO1) Michelle Howell, Raven's Program Coordinator.

"This not only gives the Raven recruits a bountiful Basic Training, but also the opportunity to see themselves reflected amongst the staff," PO1 Howell said.

The Raven Program is a six-week Basic Military Qualification (BMQ) hosted at Canadian Forces Base (CFB) Esquimalt for Indigenous people from across Canada. It is one of five Indigenous Summer Programs offered by the Canadian Armed Forces (CAF).

Before the course began on July 7, the staff underwent a variety of training, including drill; weapons; field craft; obstacle course training; Indigenous awareness classes; and an alternate instructing techniques workshop. This year's staff training program also included new items, such as Road to Mental Readiness coaching and Positive Space training.

The goal of the extra training, PO1 Howell said, is to give the staff an extensive toolset to help support themselves and provide the recruits the best possible experience.

PO1 Howell said Raven is unique because it incorporates CAF training with First Nations, Metis, and Inuit teachings.

"Our Directing Staff teach the Raven recruits military knowledge, field craft, and drill, and run physical training sessions, inspections, and mentor/coach the recruits throughout the course, while our cultural staff incorporates their insightful know-

ledge and Indigenous traditions."

Master Sailor (MS) Colleen Chartrand, a member of the Raven Directing Staff, said being part of this program has been incredible.

"We're one week in and I've already seen so much progress [in the recruits]. [They] want to be here and learn about the CAF and each other," she said.

As a new Defence Aboriginal Advisory Group (DAAG) member, MS Chartrand believes Raven is a great CAF Indigenous leadership opportunity.

"The staff pre-training was amazing. It was really well-planned, covering a wide range of both CAF and Indigenous subjects. I will use what I've learned throughout my CAF career, no doubt," MS Chartrand said.

ABOUT THE PROGRAM

When the Raven Program began in 2003, it was run out of CFB Esquimalt's Work Point location. This summer it moved to Albert Head training area.

This year's program has 31 recruits from nine provinces and territories.

The Raven Program follows the Army Reserve BMQ Training Plan, but includes a few extra elements.

During **Culture Camp**, participants spend a weekend learning traditional Indigenous values and teachings, and connecting to Canada's diverse Indigenous cultural history through the guidance of Indigenous teachers and Elders. According to the program's description, the Culture Camp serves two purposes: it helps candidates understand the need for self-discipline and teamwork, and it instils pride through Indigenous traditions within military service.

This year's recruits will also take a day sail onboard *HMCS Ottawa*, one of Canada's serving warships. During the day sail, Raven candidates experience life at sea aboard a Canadian ship and get exposure to fire-fighting, ship handling and safety drills, and

damage control principles.

Participants will also be attending a **career day**, where they can learn about different career options and trades within the CAF.

At the end of the course, graduates receive their CAF Army Reserve BMQ certification and are given the opportunity

to join a local Reserve Unit, join the Regular Force full-time, or Release from the CAF. If they choose to move forward with a career in the CAF, either full-time or part-time, the CAF helps them select a trade and move on to their next training establishment.

DURING THE BMQ COURSE, CANDIDATES LEARN:

- Military knowledge
- Inspections
- Physical training
- Weapons handling
- Navigation with a map and compass
- First aid
- Drill
- Outdoor field craft
- A confidence-building obstacle course

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BY THE START OF THE RAVEN PROGRAM, CANDIDATES MUST:

- Have completed Grade 10
- Be a minimum of 16 years old (*there is no maximum age limit*)
- Consider themselves to be an Indigenous person (*First Nations, Metis, Inuit or non-status*)
- Be a Canadian citizen

A TYPICAL TRAINING DAY:

- Wake up at 0500
- Participate in either a morning inspection or physical training session
- Breakfast at 0700
- Classes: military knowledge, drill, weapons training, and field craft
- In the evenings, the recruits prep for the next day's tasks and get to know one another



Directing Staff and recruits of the 2022 Raven Indigenous Summer Program. Photo supplied



2022 NAVY BIKE RIDE

Riding Together as One Navy Strong

Royal Canadian Navy

The 2022 Navy Bike Ride is on! With this year's slogan of 'One Navy Strong', the Navy is riding together with cyclists across the country to support our Navy family and community until August 7. Whether you are near or far, cyclists of any age and ability all across Canada are invited to register and join our sailors, soldiers and aviators deployed around the globe in this year's free virtual event.

Designed as a fun, family-friendly event,

there are many ways for you to participate. Until August 7, you must complete 28 rides. This number represents the 24 Naval Reserve Divisions, three naval bases, and Naval Headquarters across Canada.

If you're looking to really challenge yourself, you can participate in the new premium Admiral's Challenge, presented by Thales. This challenge allows you to select from three distances (20km, 80km, and 207km) and receive an exclusive Navy Bike Ride coin once completed. You can com-

plete your virtual ride any day, any time during the 10-day race completion period of July 29 – August 7.

The Navy Bike Ride supports the Royal Canadian Navy community with proceeds supporting programs including Support our Troops, Soldier On, and the Royal Canadian Naval Benevolent Fund. The funds raised during the Navy Bike Ride is one of the most direct ways for Canadians to support the recovery, rehabilitation, and reintegration of members with physical

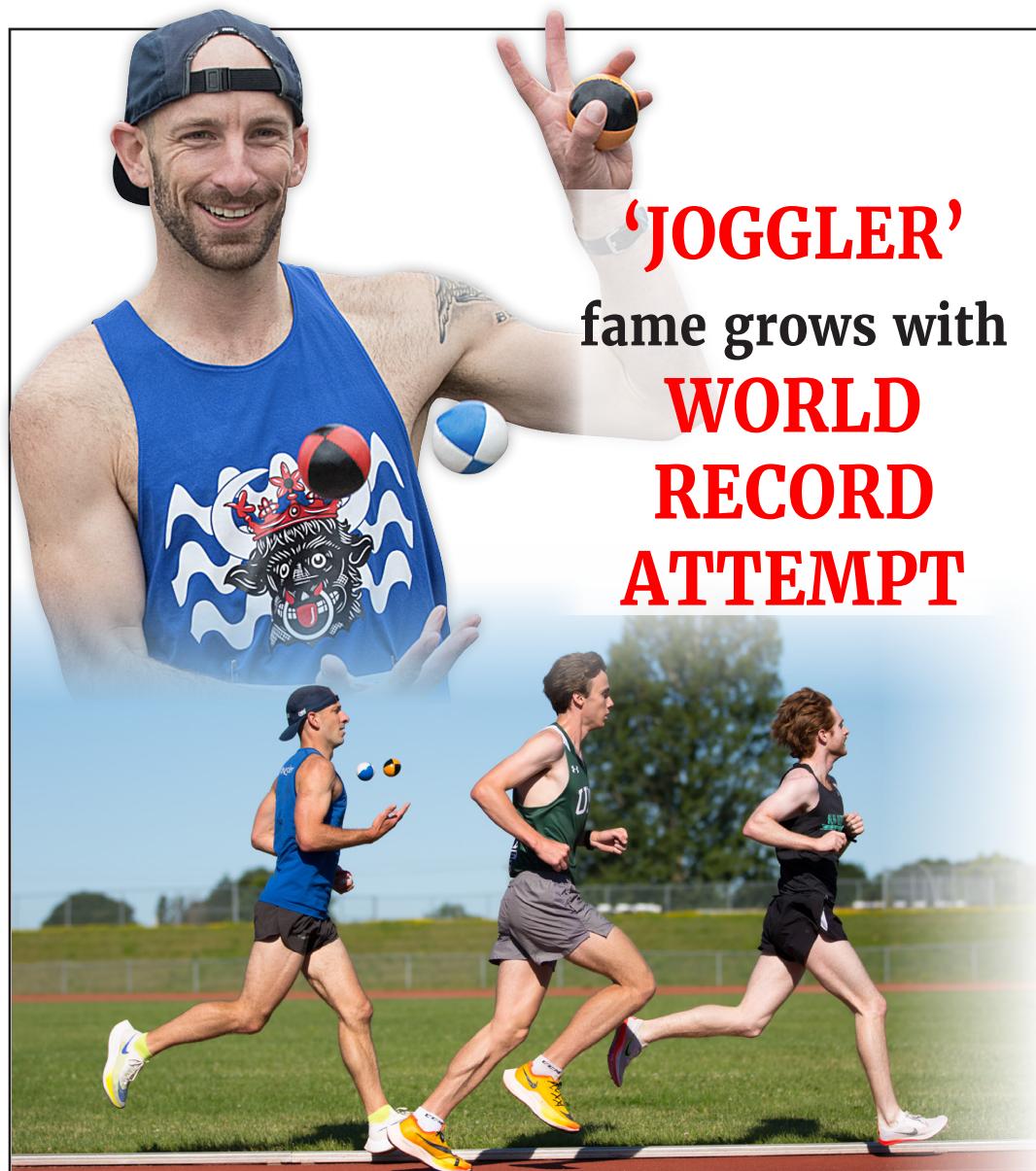
and/or mental health illness or injury, and to contribute to building family resilience. It's also an excellent way to learn more about your Navy and be able to interact directly with sailors.

Buckle up your helmets and come together for the 2022 Navy Bike Ride event in the spirit of camaraderie and community to support those who serve.

Ready to register? It's not too late! Head to the official Race Roster page navybikeride.ca and sign up now to make our unique event part of your 2022 ride season!



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Peter Mallett Staff Writer

A Fleet-footed juggler of the Canadian Naval Reserves has struck again, this time as a potential new world record holder.

Lieutenant (Navy) Michael-Lucien Bergeron ran a 10-kilometre race while juggling in 34 minutes 47 seconds at Canada Games Place track and field facility in Charlottetown, Prince Edward Island, on July 10. The time will officially be a world record once confirmed by Guinness World Records in four to eight weeks.

"It feels pretty good to potentially be the fastest in the world at juggling over 10 kilometres," said Lt(N) Bergeron.

Lt(N) Bergeron is already a confirmed Guinness World Records holder for Fastest Half Marathon, which he set in Toronto in 2018.

Lt(N) Bergeron is a full-time Naval Warfare Officer at HMCS Queen Charlotte in Charlottetown. The athletic feat is known in the track and field world as 'joggling', which with three standard juggling balls suspended in midair.

He was convinced he had already beaten the standing 10-km record for joggling in 2018 with a time of 35 minutes 36 seconds. However, he did not qualify because of the number of witnesses and the track he ran

on. This time, he ran on a regulation track and made sure he had video, pictures, and witness reports, and an official report from a certified timer to seal the deal.

Lt(N) Bergeron had already gained much notoriety at CFB Esquimalt, when on June 18 he won the 2022 Navy Run five-kilometre race with the fastest time of 17 minutes 3 seconds, also while juggling.

His soon-to-be world record garnered both local and national media attention, and included a segment on CBC's The National news broadcast on July 12.

"I have received a lot of feedback and congratulations, and have spent the last three days answering questions from various media outlets across the country in both English and French," he said. "I never thought it would blow up this big."

Lt(N) Bergeron first began running when he was 13, and learned how to juggle when he was in high school. He says he did not combine the two activities until a university friend dared him. He then set a goal to juggle in a real race, which he achieved in 2014 during the five-kilometre Navy Run in Halifax. He finished in fourth place with a time of 19 minutes 47 seconds and has not looked back since.

Lieutenant (Navy) Michael-Lucien Bergeron juggles while attempting to set a Guinness World Record in Joggling at a distance of 10 kilometres at Canada Games Place in Charlottetown, P.E.I., July 9. Photo: Carrie Gregory

RCN veterans honoured for 'inspirational' efforts



Captain (Navy) (Retired) William H. Wilson.

Peter Mallett
Staff Writer

Two navy veterans have been inducted into Parks Canada's Hometown Heroes program.

On June 4, the Minister responsible for Parks Canada, Steven Guilbeault, paid tribute to Captain (Navy) (Retired) William H. Wilson and the late Paris K. Sahlen during a Hometown Heroes induction ceremony at The Military Museums in Calgary.

Vice-Admiral (VAdm) Angus Topshee, Commander Royal Canadian Navy, and Captain (Navy) Blair Saltel, Maritime Forces Pacific Chief of Staff, attended the ceremony. During his address, VAdm Topshee commended both men for their contributions.

"Their military service and invaluable contributions to the Royal Canadian Navy over many decades not only have brought generations of Canadians closer to their navy, but have also boosted the morale of countless sailors," VAdm Topshee said. "Their achievements are a source of inspiration for our members, and being recognized as Hometown Heroes ensures their legacy will be known to Canadians well into the future."

The two men were nominated to the Hometown Heroes program by members of their local communities, said a spokesperson for Parks Canada.

Hometown Heroes launched in 2015. It recognizes individuals who have demonstrated outstanding contributions to the Canadian Military with an association to places administered by Parks Canada.

Sixty-Two Years in Uniform

Wilson played a pivotal role in creating the Naval Museum of Alberta. When reached for a telephone interview at his home in High River, Alta., he said he was humbled to be honoured by Parks Canada, but more encouraged by the attention generated for the museum.

"We created the museum to educate

the public about the men and women of Canada's military and their outstanding accomplishments, so anything we can do to get people to visit this wonderful facility is wonderful to see," he said.

The museum opened its doors in 1988 and later became part of The Military Museums of Calgary, the largest tri-service museum in Western Canada and the second largest military museum in the country. Copies of the commemorative panels honouring Wilson and Paris K. Sahlen are displayed aboard HMCS Calgary and The Military Museums.

Wilson also made exceptional contributions to preserving Canada's naval history. He was instrumental in forging a special bond between the province of Alberta, the City of Calgary and HMCS Calgary. His dedication to educating youth about Canadian military history included years of support for the Royal Canadian Sea Cadets and the Navy League.

Hometown Heroes

The other Hometown Hero, Paris K. Sahlen, was inducted posthumously with his wife Peggy Sahlen present. Sahlen was born in Barons, Alta., in 1944 and passed away in Calgary in Dec. 2018 at the age of 74.

"Paris was a great man who I knew for 50 years after arriving at HMCS Tecumseh, the Naval Reserve Unit here in Calgary," Wilson said. "His dedication to the job with the willingness to volunteer his time to anyone who needed help was beyond reproach."

Sahlen, or 'Smiley' to his friends in Calgary, spent much of his life promoting and preserving Canada's naval heritage. He served in the navy from 1962 to 1966, and later joined his naval reserve unit in Calgary as an officer with the 22 Royal Canadian Sea Cadet Corps.

Sahlen was also a key figure in creating the Naval Museum of Alberta. He helped forge ties between HMCS Calgary, its namesake city and the entire Calgary naval community, from its commissioning in 1995 and onward.



Vice-Admiral Angus Topshee, Commander, Royal Canadian Navy; Peggy Sahlen (widow of Paris Sahlen); Captain (Navy) (Retired) William H. Wilson; Mrs. Wilson; and Ron Hallman, President and Chief Executive Officer, Parks Canada.



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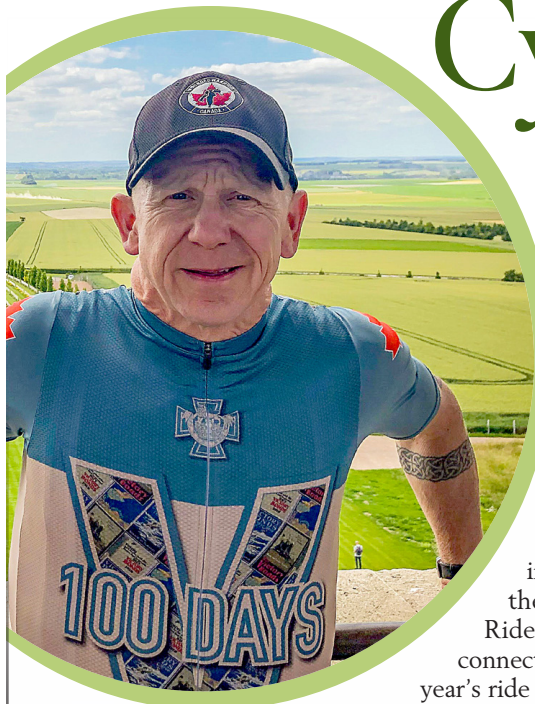
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Cyclists connect with history during a commemorative ride



Peter Mallett
Staff Writer

From Hill 70 to Vimy Ridge to Beaumont-Hamel, the D r u r y Memorial, Canal Du Nord and other historic sites in between, each of the Battlefield Bike Ride participants had connections that made this year's ride meaningful.

For Warrant Officer (WO) Dan Bodden, the team's stop in Vimy Ridge was the highlight of his trip and a true 'bucket list moment'.

"Battlefield Bike Ride was a humbling, amazing and cathartic experience," he said. "It made me feel even more proud to be Canadian. When it comes to the debate of what patriotism means, Vimy embodies this."

WO Dan Bodden is the Royal Canadian Navy's Diving Safety Director. He has served in Canada's

military for 32 years and is a founding member of Wounded Warrior Run B.C. This year was his first Battlefield Bike Ride experience.

WO Bodden had visited France previously but always regretted never getting a chance to visit Vimy. He said Vimy was important for the overall historical significance of the ride. He believes the battle for Vimy was a true watershed moment in Canada's history.

"It was just a very emotional day for me because I could feel the presence of those young Canadian soldiers and how they managed to perfect a coordinated effort between infantry and artillery to prevail," he said.

Chief Warrant Officer (Retired) Mark Dankwerth also has a personal connection to the sites he visited.

"As I rode near the site on my bike, I was thinking of my Great-Uncle Wellington Gray and what he and all the other soldiers went through during the last 100 days of the war," he said.

His grandfather Auty Gray and his brother Wellington both served in the 4th Battalion Canadian Infantry (Saskatchewan Regiment). Wellington Gray was killed in action in March 1917 but Dankwerth's grandfather, although suffering an injury to his arm and deep mental scars, survived the war.

Wellington Gray is buried at Roelincourt Military

Cemetery. CWO (Ret'd) Dankwerth visited the site and laid a wreath on his gravestone during a bus tour organized by Personnel Support Programs (PSP) many years ago. Although there was no official tour stop at Roelincourt for this year's ride, the group did traverse the region during the tour. The moment gave CWO (Ret'd) Dankwerth another chance for pause and reflection of the costs of war.

CWO (Ret'd) Dankwerth is a former Base Administration Unit Chief at Canadian Forces Base Esquimalt, and retired from Canada's military after a 35-year career in July 2019. He is also an avid cyclist: he has participated in two previous Battlefield Bike Rides in Europe in 2017 and 2019; two Highway of Heroes Rides in B.C. (2018) and Ontario (2019); and two virtual rides for mental health during the pandemic. He was also a member of the Wounded Warrior Run B.C. fundraising team in 2018.

He says the opportunity to ride again with the tour for a third time was too alluring to pass up.

"It was exhilarating to be around other like-minded riders and athletes who honour the fallen of Canada at these commemorative sites," he said. "The experience is something that is hard to describe unless you experience it yourself."



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Lovely 2 bed 1 bath home for rent in Central Saanich, Victoria, B.C. Fully furnished with a well-equipped kitchen. Great neighbourhood, conveniently located midway between downtown and airport/ ferry terminal. \$2,800/month incl. all utilities, Wi-Fi and Netflix. Short-term rental from October 25, 2022, to March 19, 2023. No pets, no smoking. Contact kimharrap@shaw.ca FMI.

1 Bed 1 Bath lower suite walk to West Bay Marina in Esquimalt. Separate entrance, modern lower level suite close to all amenities. Open concept living with dw, full bath, laundry, and storage. Use of the front yard and parking spot included. One small dog ok. No smoking/vaping. \$1,600/month + utilities (30/70 split for water & garbage). Contact rentals@sipmltd.com

3 Bed 2 Bath suite walk to West Bay Marina. Open concept living on the main level, laundry, mudroom, large back yard. Gas f/p. Covered back deck, gas stove, furnace, and hot water tank plus solar. Close to all amenities. Parking spot included. One Small dog ok. No smoking/vaping. \$3,150/month + utilities (70/30 split for water & garbage). Contact rentals@sipmltd.com

2 Bed, 1 Bath ground level suite avail Sept 1, 2022, in Langford. Recently painted with newer appliances, including laundry. Heat, hydro inc. Large patio overlooking Millstream Creek and walking trails. Furnished \$2,200/mtn, unfurnished \$2,000/mth. References required from your current Landlord and confirmation of monthly income. No pets & no smoking, no partying. To arrange a viewing please call or text Bob at 250-661-5474.

VENDORS WANTED

Vendor opportunity! Formation Fun Day Marketplace is looking for vendors for Saturday, September 10, 12-4 p.m., Naden Base. Marketplace will be located indoors. One 6'x2.5' table and chairs provided at \$26.25 GST Inc. Electricity (15 amp household) upon request. Contact Christine.farrington@forces.gc.ca for details and registration.

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Training units introduce Physical Performance Specialist

DND

The selection process for Royal Canadian Navy (RCN) Clearance Divers and Naval Tactical Operators has recently taken a new approach.

To better support applicants to these physically demanding trades, Personnel Support Programs (PSP) Human Performance (HP) and PSP Esquimalt worked closely with both units to create Candidate Physical Preparation Aides for the selection process and bridge the start of the qualification courses.

The aides provide awareness of the courses' physical demands and physical fitness programming. Applicants can also access the programming through a mobile Athlete Management System, which further supports them by monitoring their readiness status (e.g. sleep, soreness, fatigue, motivation).

To ensure a high standard of support in the delivery of the selection process, the units jointly funded a new position – a PSP Physical Performance Specialist. The Specialist will also reinforce a culture of readiness by providing physical development programs for qualified, experienced operators with these units.

"The culture within the Naval Tactical Operations Group (NTOG) is built on a foundation of being ready to fight tonight," said Lieutenant-Commander (LCdr) Wil Lund, Commanding Officer NTOG. "For all operators, this demands an extreme state of physical and mental preparedness, both of which rely on modern, evolving fitness programs."

LCdr Lund said these programs protect sailors from injury and keep them mentally and operationally sharp.

"Over the years, we have enjoyed the mentorship and coaching of the excellent PSP staff that has made this possible.

Clearly, this new initiative will build on this momentum to ensure all operators and staff, regardless of their age, gender, or experience, are always mission ready," he said.

The Physical Performance Specialist will play a key role in guiding these operators to find the right balance of sleep, nutrition, physical activity, and injury prevention to achieve their highest operational readiness, as highlighted in the recent Canadian Armed Forces' Balance Strategy. The Physical Performance Specialist will also aim to identify patterns of injuries and best practices for injury prevention and recovery strategies throughout the various stages of training and operations.

"Clearance Divers at Fleet Diving Unit (Pacific) are looking forward to working closely with PSP to establish the correct balance of both physical and mental management," said LCdr

Justin Wong, Commanding Officer of Fleet Diving Unit (Pacific).

"This will not only achieve success on completing the demanding year-long RCN Clearance Diver and Advanced Explosive Ordnance Disposal courses, but to also develop positive strategies to maintain training and continue delivering operations to support RCN and Canadian Armed Forces requirements, both domestically and abroad," he said.



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Advice from Conflict and Complaint Management Services (CCMS)

Q

Dear CCMS,

My new supervisor is very sullen and at times, surly. When he arrives in the morning, I greet him with 'good morning.' Most of the time, he just walks by as if I don't exist and sometimes he says, 'we'll see about that.' He treats me like I don't know anything as he won't delegate work to me or double check my work. I do know what I am doing having worked in the government for 25 years. I would like to establish a good working relationship with him but how do I do that given his sullen disposition?

Can you help me?

*Signed,
Anxious-and-Distressed*

A

Dear Anxious-and-Distressed,
It sounds like you're walking around on eggshells with this new supervisor. It also sounds like you have not gotten to know each other yet. Approaching your supervisor for a frank discussion can be daunting, especially because you are afraid of his reac-

tion. Establishing a good working relationship with this supervisor would make you more comfortable around him. I congratulate you for wanting to address this ELI (early, locally and informally). Are there times of the day when he is more approachable? What is causing you to be afraid to approach him? What is your typical method for dealing with surly people? Are you not sure how to approach the subject?

Working with a conflict coach can assist with identifying the conflict management skills you wish to enhance and prepare you to have a productive conversation with your supervisor. Conflict coaching is a one-on-one confidential service the Conflict and Complaint Management Services provides to anyone within the Defence Team. Each session is approximately one hour and the number of sessions is specific to the client's need. Coaching is easily accessible as it can be conducted either in person or over the phone.

You can find your local CCMS office contact information on our website: canada.ca/en/department-national-defence/services/benefits-military/conflict-misconduct/integrated-conflict-complaint-management/centres.html

Commander of the Royal Canadian Navy puts out call for new coin design

Good morning/afternoon shipmates,

I would like to take a moment of your time to invite digitally creative Royal Canadian Navy (RCN) sailors and their family members to submit ideas for my new challenge coin.

There are many of you out there who are talented digital artists, and have already designed items such as morale patches for your units. This contest is the perfect opportunity for you to let your talent shine once more.

For those unaware, military challenge coins are traditionally given by senior leaders as tokens of appreciation or recognition. It has also become tradition in recent years for each Commander Royal Canadian Navy (CRCN) to have a unique coin created specific to their tenure.

Please think outside the box! The design doesn't need to be a classic round coin. Creativity, ingenuity and a design that represents who we are as a Naval community – that's what I am hoping to see in your submissions.

Requirements

- Submissions must be rasterized electronic files in either .pdf or .jpg file formats, with a resolution of at least 300 dpi (the winning design will require an unlocked and editable vector file).
- Scanned, hand-drawn submissions will not be accepted.
- Be imaginative! Previous coins can be used as inspiration, but designs of any shape are welcome.
- Designs must be high quality, capable of being reproduced on a coin or embossed on stationary and other uses.
- The design itself cannot be copyrighted, nor should it incorporate any imagery copyrighted by third parties. Official RCN imagery, such as the RCN crest and Ensign can be used.
- Designs must include clear reference or association to the RCN, and specifically the position of CRCN. Designs should not be personalized with my name.
- RCN members: Include your full name, rank, unit and contact information.
- Family members: Include your name and contact information, plus the name, rank and unit of your RCN family member.

Please send your submissions to Kraken38coin@gmail.com no later than Thursday, August 11, 2022. The winner will be selected at Admiral's Council, being held on August 16 and 17.

So please roll up your sleeves and get creative! I am looking very forward to seeing your ideas.

*Yours aye,
Vice-Admiral Angus Topshee
Commander Royal Canadian Navy*



A challenge coin from a previous
Commander of the Royal Canadian Navy.
Photo supplied

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Naden Band Performs at Beacon Hill Park



Naden Band engages an audience as they perform a Summer Concert at Beacon Hill Park on July 9.

Photos: Sailor First Class Sisi Xu, MARPAC Imaging Services, Esquimalt





Petty Officer First Class Marielle Audet.



Supply Technician honoured with

Commander CJOC Coin for Excellence



Sailor First Class (S1) Jeramie Welsh was presented with a Commander Canadian Joint Operations Command (CJOC) Coin for Excellence during deployment on Rim of the Pacific (RIMPAC) 22 in Honolulu, Hawaii, by Vice-Admiral Bob Auchterlonie, Commander CJOC.

S1 Welsh deployed to RIMPAC 22 as the National Command and Support Element Supply Technician from Canadian Submarine Force at Canadian Forces Base Esquimalt on extremely short notice. Their professionalism and dedication enabled them to effectively step up as the RIMPAC 22 Accommodations Non-Commissioned Officer and the Canadian Armed Forces (CAF) Contingent COVID coordinator.

Always upbeat, positive, and working tireless hours, S1 Welsh has already resolved many conflicts in the RIMPAC 22 accommodation plan, and has brought important supplies and care to many CAF members in their time of need.

S1 Welsh is a Material Management Technician who joined the CAF in 2007 as a reservist, and later transferred to the regular force in 2018. They hail from Calgary, Alta.

IT'S DRIVE-IN MOVIE NIGHT AT CFB ESQUIMALT!
C'EST LA SOIRÉE CINÉ DRIVE-IN AU BFC ESQUIMALT !

SPACE JAM: A NEW LEGACY

DATE:

Saturday, July 23 2022

START TIME:

About 9:30 (dusk)
Line up starting at 8:45 pm

LOCATION:

Large Canteen parking lot
between Esquimalt and Lyall Roads
*(Attendees will be emailed
directions and a map)*

COST:

\$3 per carload or \$5 with a snack
(1 drink, 1 candy and 1 chips per person)

DATE :

Samedi 23 juillet 2022

HEURE DE DÉBUT :

Environ 9 h 30 (crépuscule)
Mise en ligne à partir de 20h45

LIEU :

Grand stationnement de la cantine
entre les chemins Esquimalt et Lyall
*(Les participants recevront par courriel les
indications et une carte)*

COÛT :

3 \$ par voiture ou 5 \$ avec une collation
(1 boisson, 1 bonbon et 1 croustille par personne)



Questions contact / Contact pour les questions :
Christine.farrington@forces.gc.ca

Registration open June 30 to July 22 / Les inscriptions sont ouvertes du 30 juin au 22 juillet.

For CAF members, DND employees, veterans and their families.
Pour les membres des FAC, les employés du MDN, les vétérans et leurs familles.

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UNDER FAMILIES / ALL AGES SECTION

When registering please inform how many are in the vehicle. / Lors de l'inscription, veuillez indiquer le nombre de personnes dans le véhicule.