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motorcycle adventure

At the end of this week, Michael Greer, a retired Naval Warfare Officer from Esquimalt, and his wife Angela will embark on a ten-year motorcycle trip across the globe to support their newly-created charitable initiative, the Twonie Project. Read about their plans and preparations on page 5.



TWONIE PROJECT

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The Bofors 57mm Gun

The Bofors 57mm rapid-fire gun serves as the ship's defence but can also fire upon surface and shore targets. It uses various types of ammunition, including, but not limited to, High-Capacity Extended Range used for surface targets and Pre-fragmented High Explosives for anti-aircraft purposes.

A gun refit that is a cut above

Ashley Evans
Strategic Communications
Officer, FMF CB/CS

Not every day you see a Bofors 57mm rapid-fire gun turned inside out, but if you walk past the Above Surface Weapons Work Centre in Fleet Maintenance Facility (FMF) Cape Breton's (CB) D250 building, that's exactly what you'll see.

In March 2021, HMCS *Regina's* big gun was removed for an 18-month overhaul as part of the five-year Tiered Readiness Program. The timing was ideal as the warship has entered its scheduled lifecycle refit.

An overhaul of the *Halifax*-class frigate's weapon is as complex as you might think.

Upon completion, 8-10 workforce members in work centre 162A will have put in approximately 1,100 – 1,500 work hours. Various team members have also been involved across 13 other work centres: 163 Fire Control, 142 Quality Control, 234B and 211 Engineering, 125 Chemical Cleaners, 143 NDT, 164 Machine Shop, 111 Labourers, 122 Shipwrights, 113 Welding, 112 Boiler Shop, 124 Riggers and Crane, and 123 Paint and Graphics.

During this overhaul, the gun is

wholly disassembled; everything is stripped out and run through various tests to check for damage and cracks, including non-visible cracks inspected in Non-Destructive Testing (NDT).

"This is a complete teardown," said Tim Christy, FMF Work Centre Supervisor for Surface Weapons Shop (162A). "We will then assess and repair all compromised parts."

This five-year overhaul thus far includes the replacement of aged-out hydraulic hoses and complete assessments of the breach-ring assembly, magazines, cassettes, and hoist system. The Breach-ring assembly, made of 50-60 parts, holds the firing components. Work completed on the magazines, cassettes and hoist system is predicted to take over one hundred hours alone as the team manually tests the movement of the parts required to load and balance ammunition.

Following the repairs completion and before re-installment onboard HMCS *Regina*, Work Centre 162A will complete Set-to-Work assessments to ensure all systems are working and tested to the best of their ability in-house, including checking for hydraulic leaks and alignment, essentially proving the big gun is working properly.

"Meeting deadlines and getting

parts is the most challenging part of this project," says Christy. "We can't fire live, but we aim to achieve the same 'first time out of the box' perfection, which is not as easy as it sounds."

Following meticulous set-to-work testing, the Bofors 57mm will be lifted by crane back onboard HMCS *Regina* with an expected completion date of June 2023. Once back on board, the FMF CB teams will take two to four weeks to complete installation work, bringing the gun back to operational status. Harbour Acceptance Trials, which FMF CB Engineers and occasionally Journeypersons attend, are expected to wrap up this August. The finishing touches to the cupola will be completed soon; a new upgraded graphic representing HMCS *Regina* will be placed where old painted artwork used to sit.

Following this overhaul, the warship's big gun will receive routine inspections and maintenance every six months until the next five-year Tiered Readiness Program.

The most rewarding part of this 18-month overhaul, says Christy, is achieving reliability so that the sailors can do their jobs effectively.

"We go anywhere they need us to fix it and to give them that capability, that's rewarding," he said.

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Underwater drones seek and destroy mines for RCN

Peter Mallett
Staff Writer

A new Remote Mine-hunting and Disposal System (RMDS) may soon make jobs safer and easier for Royal Canadian Navy (RCN) dive teams.

Kraken Robotics, a marine technology company based in St. John's, Nfld., has been awarded a \$50-million contract to produce an RMDS system for the Department of National Defence (DND). The underwater drone technology is intended to help the Canadian Armed Forces support Naval Mine Countermeasures operations with allies and in United Nations peace operations.

"RMDS would dramatically enhance readiness and survivability in mine-threat environments while reducing the risk of potentially losing ships and lives to a sea mine," said Lieutenant-Commander (LCdr) George MacLean of the RCN is Directorate of Naval Requirements office and RMDS Project Director.

The RMDS system includes the ability to detect, identify and adequately dispose of a sea-mine threat from a safe distance using Autonomous and Remote Operated Vehicle (ROV) technology to depths of 200m.

Since Canadian warships regularly deploy overseas to locations where mine threats are high, the technology is a potential game-changer for deployed vessels. LCdr MacLean believes RMDS will greatly enhance safety for Canadian and allied ships currently deployed and sup-

porting such missions as Operation Reassurance in Eastern Europe.

HOW IT WORKS

The RMDS system consists of two classes of Autonomous Underwater Vehicles (AUVs). A Lightweight AUV is designed for long-range deep water at depths of 100-200 metres. It has a long-life battery, making them capable of covering larger areas and can be launched from a ship's crane or the shore.

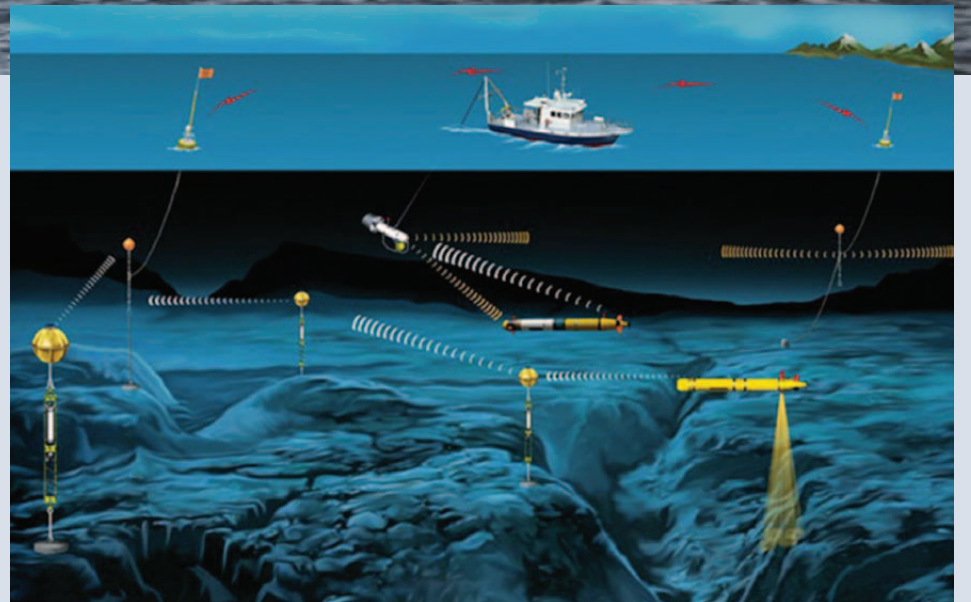
Meanwhile, the Operator Portable AUVs, equipped with Kraken's AquaPix synthetic aperture sonar, is designed for shallow water operations at shallower depths of 10-100 metres. The system may be deployed by as few as two operators from a ship, a small boat or from the shore.

When a mine is identified and determined that it needs disposal, a second ROV, the Sea Fox Mine Disposal System, is deployed to dispose of the mine at a safe distance from ships and personnel.

The fibre-optic guided one-shot mine disposal vehicle is equipped with sonar and on-board camera to help ship's crews identify the mines. The mines are destroyed by a built-in large calibre-shaped charge with personnel located a safe distance away.

"This weapons system is an explosive ordnance vehicle intended for single use," LCdr MacLean said. "It is designed specifically for mine reacquisition, identification and neutralization through explosive detonation."

The RMDS also includes a number of Combat-variant and Training-variant Mine Disposal Systems (MDS), a Transportable Command



Centre (TCC) and Computer-Based Trainer (CBT). SH Defense will provide the TCC, a containerized multi mission module system known as 'The Cube', which will also serve as an effector/launch and recovery system.

Karl Kenny, Kraken President and CEO, said in a statement the 'world-class technology' will enhance RCN collaboration with NATO allies since it leverages common technology platforms across allied fleets.

LIFE-SAVING TECH

Since the RCN presently does not have active Naval Mine Counter Measure search and rescue disposal system, the highly-dangerous job of identifying and physically disposing of potential sea mines clearing mines currently falls to naval clearance divers.

"RMDS can operate in a mine threat environment without incurring extreme risk to naval assets and

personnel," LCdr MacLean said. "The use of clearance divers is effective but extremely limited in coverage, rate and is time-consuming and very risky to personnel."

The delivery of RMDS equipment is expected to begin in late 2024 and conclude the following year. Under the contract, Kraken will deliver remote mine-hunting and disposal systems to both CFB Esquimalt and Halifax.

Kraken has previously supplied underwater sensors, platforms, and services to a number of NATO navies, including the U.S., the UK, Australia, Denmark, Poland, and others.

The contract consists of an estimated 24-month acquisition program followed by a five-year Integrated Logistics Support (ILS) program, which includes options for additional equipment, spare parts, training and technical support said a statement by Kraken. The total value of the contract is estimated at \$50 million.

Interested in sharing your perspective, experiences, or expertise with the Navy and extended Defence community?

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LETTER TO THE EDITOR

The story of HMCS Thiepval

Dear Lookout Editor,
I read your "From the Archives" feature on HMCS Thiepval, written by Clare Sharpe in Lookout Vol 68, # 5, with great interest.

The history of this intrepid HMC ship is storied and worth revisiting time and again as it remains a prominent part of our West Coast military history. Some may not know the propeller from the ill-fated Stuart-MacLaren expedition, recovered by HMCS Thiepval, is on display on the bottom floor of the Naden Wardroom. Additionally, as HMCS Thiepval foundered on that uncharted rock in what is now aptly named Thiepval Channel in the Broken Group, her crew salvaged her deck gun onto what is now also aptly named Turret Island and can be viewed on display in front of the Ucluelet town hall.

Why do I have such an interest in this particular shipwreck, you might ask? Well, I would be remiss if I didn't point out an omission in Clare's otherwise excellent recounting of Thiepval's story.

In 2012, the wreck of the Thiepval was taken on the charge of the Department of National Defence as an "Unexploded Ordnance (UXO) Legacy Site". This classification is

given to former DND/CAF-owned establishments on which there are still explosive remnants of war - usually decommissioned ranges and proving grounds. Naturally, DND takes these sites to remediate them before returning them to local governments. As Thiepval sank in 1930 whilst on patrol (as Clare points out, most likely to dissuade smugglers), she sank with a whole load of ammunition. Since the wreck is sufficiently remote, this wasn't an issue until 2012, when the wreck became encompassed in the Pacific Rim National Park. The wreck came under additional scrutiny in 2016 when it became a popular recreational diving site, and further pressure was subsequently applied to DND to clean up the site. Normally, DND contracts commercial UXO remediation companies to do this sort of work, but due to the complex nature of this particular task, it landed on my desk.

I was then the Mine Countermeasures Officer at the Fleet Diving Unit (Pacific), and along with an expert team of 16 Clearance Divers and Sailors from FDU(P), we embarked on the journey to remediate the wreck site. In June of 2017, we spent a week aboard the Diving

Tender Sooke anchored in Thiepval Channel, working, with Clearance Divers ashore in Ucluelet, supported by local RCMP, Parks Canada, local governments and the Toquaht First Nation, to remediate the wreck site and make it safe for all park users and recreational divers to enjoy for many years to come.

What we thought would be a quick job turned out to be more complicated than we expected.

Diving on the largely collapsed 87-year-old wreck proved complex, and we found Thiepval's magazine still largely full of aging and volatile ordnance. The team worked tirelessly and ended up recovering and destroying over 200 rounds of ammunition. In the end, the job was rewarding, and the team left satisfied that we could bring a positive conclusion to the story of the Thiepval.

When recounting the story of the Thiepval, it may be worth adding an addendum to acknowledge the efforts of the stalwart FDU(P) Clearance Divers, who will forever be tied to the history of this ship.

Respectfully,
Lt(N) Sebastian Harper, MA, CD
Operations Officer
HMCS Vancouver

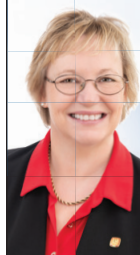
Fleet Diving Unit (Pacific) divers retrieve unexploded ordnance from the site of HMCS Thiepval sinking.



Ordnance from HMCS Thiepval was safely destroyed after the clean-up.

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Naval Warfare Officer Lieutenant-Commander (ret'd) Michael Greer and his wife Angela show off their riding equipment at their home near Brentwood Bay. The couple is preparing for a ten-year motorcycle trip around the world in a charitable initiative to raise money for orphanages in several countries.

Credit: Peter Mallett/Lookout Newspaper

**RETIRED
NWO
LAUNCHES**

Epic

motorcycle adventure

Peter Mallett
Staff Writer

A local retired Naval Warfare Officer and his wife sold their house, car, and 90 per cent of their worldly possessions to embark on the trip of a lifetime.

"As the departure date gets closer, it's getting real, and we are both very excited as the countdown continues," said Angela Greer.

Angela and her husband, Lieutenant-Commander (Ret'd) Michael Greer, plan to take their 2022 Honda CRF300L Rally motorcycles worldwide to support their newly-created Twonie Project, a charitable initiative to benefit disadvantaged children. The initiative will see the couple ride around the world while supporting organizations, including Child Impact International, a non-profit organization committed to making a difference in the lives of children and people in poverty.

The pair has been avidly riding motorcycles for decades.

"For the next ten years, we will be travelers," Michael said. "That is much different than being a tourist because we will be interacting with people, experiencing their culture first-hand and having all sorts of adventures."

The inspiration for the Twonie

Project came when Michael visited a few orphanages in Mexico and Bolivia. The state of dis-repair in these orphanages prompted the couple to spend their retirement years helping. They will cover their costs through Michael's pension and retirement savings so that all the money they raise goes toward the Project.

"We are well aware every moment isn't going to be a smooth ride and there is some element of danger, but we will have a great adventure to look back on," Michael said.

Michael joined the Royal Canadian Navy in 1999 and retired this February as a Canadian Submarine Force HQ member in Esquimalt.

"I served around the world representing Canada working with partnered nations in conflict zones and helping other nations improve maritime security," he said. "We both love to travel and work with kids, so helping orphaned children through the Twonie Project would add meaning to our travels."

Angela enjoyed a 19-year residential and development real estate career before retiring in 2015 and says she is equally excited about their upcoming adventure. She quickly agreed with the plan after Michael pitched the idea a few years ago.

"So much of what we own is

replaceable; if we don't come back for ten years, why would we pay the bills," she said.

They will begin their journey on March 12. At the moment, the couple intentionally has no firm itinerary.

"We like to travel slowly and enjoy our surroundings and the people we meet in each place," Michael explained.

The Greers will return to Victoria several times over the next decade to visit their children and take care of personal matters.

To celebrate their departure and raise awareness of the Twonie project, the Greers have organized a send-off party and pancake breakfast on March 12 at Lakeview Christian School from 9 to 11 a.m. At the end of the event, they will put on their helmets and riding gear, rev their engines and head out on the highway to begin their adventure.



POTENTIAL TIMELINE AND PREPARATIONS



In the trip's preparations, the couple has completed a Remote First Aid Course, been inoculated with many vaccines, and had extensive conversations and exchanges with seasoned world-travel motorcyclists about what to expect.

Much of their preparation has been deciding on what essential gear to bring with them on their trip. They have just 70 litres of luggage capacity, so they can only include essentials such as identification, cell phones, a first aid kit and basic personal items like clothing and toiletries.

Michael and Angela know the inner workings of their motorcycles and how to repair them. The engines of their Hondas are easy to repair, with parts available globally.

Anti-racism tools and resources for the Defence Team



DND

Confronting systemic racism and discrimination within the Defence Team is critical to building a workplace environment that is respectful and inclusive for all.

Efforts are well underway at all levels of the Defence Team to address institutional and systemic barriers that enable racism, discrimination, biases, and harmful stereotypes in our workplace. In support of this work, the Chief Professional Conduct and Culture organization has launched a new digital resource hub for Combatting systemic racism and racial discrimination in the Defence Team. This digital resource hub – accessible on Canada.ca – was developed by the Director, Anti-racism Implementation (formerly the Anti-racism Secretariat). It offers tools and resources to help Defence Team members increase their awareness and understanding of racism and foster a more inclusive workplace.

The digital resource hub features an Anti-racism toolkit with easy-to-use, practical tools you can use to support

culture evolution within the Defence Team. The toolkit includes a Guide to Courageous Conversations on Racism and Discrimination, designed to help you have those difficult but important conversations on race and racial discrimination. It also offers a number of tips and tools that you can use on your path to learning and developing to support the Defence Team in advancing culture change. Topics include:

- **How to be an ally** – Learn the small habits that will help you create an inclusive environment for your racialized colleagues.
- **How to have courageous conversations** – Learn how to have conversations about race that raise awareness and build empathy.
- **Myth busters** – Read facts that confront commonly held myths about employment equity and explain the false ideas around employment equity that perpetuate discrimination and biases.
- **Common anti-racism terminology** – Explore common words and

terminology you will hear in the ongoing dialogue to achieve diversity, equity and inclusion.

- **Essential questions to apply an anti-racism lens** – Find questions you can use to reflect on your own thoughts, feelings, and behaviors about racism and discrimination.
- **Comparison of attitudes: racist vs ally vs anti-racist** – Learn to recognize and challenge behaviours and practices that reinforce systemic racism and racial discrimination.

There is also an Anti-racism learning hub page, which offers a curated list of training and educational resources on anti-racism, equity, inclusion and diversity, and an Anti-racism lexicon.

For those who may have been affected by racism or racial discrimination and want to find support or share their lived experience, there is also

a page with information about how to get help and assistance.

To build a truly inclusive Defence Team, in which our racialized colleagues feel heard and empowered, every one of us must be willing to confront discrimination, oppression, and biases, and create a positive environment.

Whether you are new to the topic of anti-racism or consider yourself engaged and aware, there is always room to learn more and act decisively to further evolve our culture. Visit Combatting systemic racism and racial discrimination in the Defence Team to learn more and be a force for change.

**Be the Change: Anti-racism tools
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D-Day for 'Doomscrollers'

Climate Emotions and Evidence-Based Hope

Peter Mallett
Staff Writer

While the world's climate clock counts down the time left to limit global warming, Elin Kelsey, PhD, refutes this fear-based hyperbole.

Kelsey, a science and environmental scholar, writer and public speaker, is far from a climate change denier but says the problem-oriented approach to the environmental crisis is all wrong.

"Climate doomism is a bigger threat than climate change denial," Kelsey says. "Many already believe it's too late to fix the problem; but as the eminent climate scientist Dr Michael Mann says, it isn't. Our climate crisis is also a crisis of hope."

That was the crux of Kelsey's argument in her presentation for the MARPAC Health & Wellness Strategy (MHWS) on Feb. 21, titled *Climate Emotions and Evidence-Based Hope*.

Kelsey is the author of *Hope Matters: Why Changing the Way*

We Think is Critical for Solving the Environmental Crisis (Greystone Books 2020) and a co-creator of #OceanOptimism, a Twitter campaign to crowd-source marine conservation solutions that has reached over 100 million shares since its launch in 2014.

Kelsey is alarmed with the ever-increasingly negative narrative about the plight of planet Earth.

"If you tell people climate change is unstoppable, they will disengage from the problem," she says. "These beliefs not only impact our emotions but our ability to deal with this critical issue at a critical time."

All is not lost, says Kelsey, while pointing to countless evidence-based examples of efforts to reverse the destruction trend. For example, sea otters, nearly wiped out on B.C.'s coast by the 19th century, are experiencing a recovery in populations.

"The key to not feeling discouraged is charting evidence-based progress in real time," she says.

"If you know what has changed, you can have a more empowered attitude."

Kelsey says mass media news outlets and social media cause people to continue harbouring overwhelmingly negative thoughts because the vast majority of climate change reporting fails even to mention solutions that are currently happening. She noted how doom-scrolling, continuously scrolling through the internet for depressing or worrying content, became an official word in the Oxford English Dictionary in 2020.

Kelsey reminded the almost 50 participants that truly engaging with the issue requires evaluating emotional actions, as emotions spread face-to-face and online.

"Think about how you spread hope," she said. "Every time we share something problem-oriented, we spread feelings of disempowerment, discouragement and doomism. That really doesn't get us where we need to be."




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Welcome to the

2023 MARPAC HEALTH & WELLNESS expo

Health, Fitness, Wellness, Education, Recreation & more!

Photos Peter Mallett/Lookout

Peter Mallett
Staff Writer

More than 70 community organizations and businesses plotted a course for fun and good health at the MARPAC Health and Wellness Expo on March 2. The Expo made its return to the Naden Athletic Centre after a three-year absence due to the health and safety precautions surrounding the COVID-19 pandemic. The excitement was visible with attendees stretching down to Ontario Drive in hopes of being one of the first 400 visitors to receive free food vouchers and a chance to win large door prizes. Over 1,000 military and DND civilian employees attended this year's event. It featured interactive display booths by local non-profits and businesses representing health and wellness, recreation, sports, fitness, outdoor activities, hobbies, crafts, Base clubs and more. A popular feature of the Expo were door prizes offered up by vendors including tools, speakers, massages, gift cards and gift baskets, coffee makers, and more! Free food samples were also made available to patrons with giveaways and prizes available at the booths, too. Food trucks, Greek on the Street and Kattia's Kitchen satiated patron appetites and quenched their thirst with complimentary beverages. Serious Coffee was also on-site offering free coffee and tea to all attending. Sunshine Coast Health Centre and Royal Roads University were the title sponsors of this year's event. Westjet airlines also provided the Defence community with a prize draw for a free trip to any of its destinations in Canada. Now that the Health and Wellness Expo is complete, the Lookout and PSP Special Events teams are ramping up for the Ship-to-Shore Industrial Tradeshow scheduled for Aug. 1.

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A visitor discusses services offered with NexGen Hearing staff.



Greek on the Street staff preparing delicious Gyros, Souvlaki and other food items.



Corporal Ben Levesque of Base Logistics brought his violin along with him and entertained patrons with his rendition of You Are My Sunshine.



Nancy Prevost-Maurice, an Education Specialist with Royal Roads University, studies a copy of the institution's View Book 2022-23.



Greek on the Street staff faced high demand for their delicious Gyros, Souvlaki and other food items from hungry patrons.



Naomi Ogawa, PSP Fitness and Sport Instructor, couldn't resist a cuddle with Twain, a seven-month-old English Cocker who is a Service Dog in Training with Vancouver Island K9.



Sailor First Class Majid Dehshiri of the Patrol Craft Training Unit takes a picture of staff in the BMO booth.

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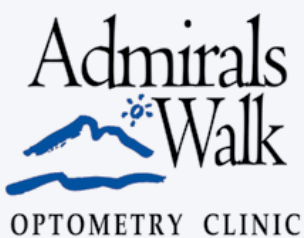


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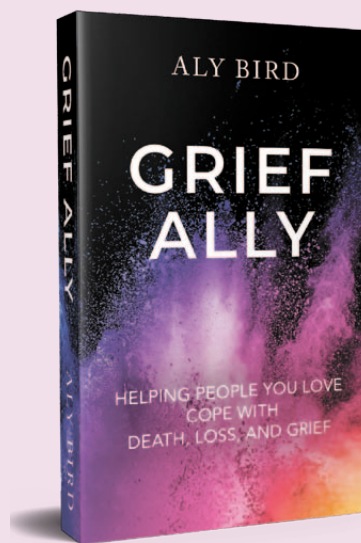


Dr. Rachel Rushforth,
Dr. Nicole Sehn
and Dr. Darcy Dennis

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Military widow writes book to provide better

Grief support



Totem Times

In 2019, Aly Bird received a call that no one ever expects.

Her spouse, Corporal (Cpl) William Vant Erve - a fire-fighter at 19 Wing Comox-died unexpectedly in a hiking accident. She became a widow at 30 without understanding how to live with a life-changing loss.

Aly soon recognized there must be a change to how our culture handles grief; Aly is committed to building a support and educational network for those who have experienced an earth-shattering loss. But also for the often overlooked people: the griever's loved ones and trusted support system.

In her new book, *Grief Ally: Helping People You Love to Cope with Death, Loss, and Grief*, Aly offers a road map with step-by-step advice for the courageous and dedicated individuals who are willing and able to show up for the people they care about with unconditional love, empowerment, and respect who are experiencing deep grief.

"I wrote *Grief Ally* for anyone who wants to show up to help someone they love after a heartbreaking loss," shares Aly.

Whether you want to support a dear friend, the spouse of a colleague, or a member of your unit, *Grief Ally* is a resource that answers the popular questions that you encounter in a grief support role: What do I do? How do I help? How do I not make this worse?

You can't take the pain of loss away from someone, but by following this empowering new guide, you can become a skilled and passionate advocate for the bereaved.

To learn more about Aly – or to access *Grief Ally*, her book – visit alybird.com.



**Grief Ally
is the first
book focused
exclusively
on teaching
people how
to support
their loved
ones through
the long haul
of grief.**



• MARCH IS NUTRITION MONTH •

Unlock the Potential of Food!



DND

The theme for Nutrition Month 2023 is to unlock the potential of food and practice healthy eating habits to take care of our families and ourselves. Good nutrition and healthy eating help us live longer and live healthier. They help manage weight, improve digestion, promote mental health and prevent chronic diseases like Type 2 diabetes, high blood pressure, and cancers.

Dietitians are rigorously trained and remain the most credible source of food and nutrition information. Dietitians can help cut through the clutter of fads and gimmicks. They provide ethical, evidence-based nutrition advice to help you eat that works with your culture and traditions, preferences, and nutritional and personal needs such as taste, food skills, budget, and health conditions.

As of 1 July 2023, the Public Service Health Care Plan (PSHCP) will offer the new benefit of reimbursing up to \$300/calendar year for consultation with a dietitian. This is

good news for Public Service employees, and dependents of CAF members enrolled in the PSHCP.

Make the most of Nutrition Month by following the recommendations in Canada's Food Guide, such as planning meals, cooking more often and involving your kids in the kitchen. Include physical activity and your nutritious eating habits, helping you achieve and maintain a healthy lifestyle. You can also subscribe to Canada's Food Guide updates for health information and recipes to keep unlocking the potential of food throughout the year.

To get you started, UnlockFood (unlockfood.ca/en/default.aspx) has easy-to-read, science-based information on healthy eating and recipes. Cookspiration (cookspiration.com) is an interactive site with more meal planning and recipe ideas.

Watch for your local Health Promotion Delivery Team's activities (cfmws.ca/support-services/health-wellness/health-promotion) during Nutrition Month.

MARCH IS NUTRITION MONTH: UNLOCK THE POTENTIAL OF FOOD AT CANADA.CA. VISIT [HTTPS://BIT.LY/3Y9FDQJ](https://bit.ly/3Y9FDQJ)



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Mental health project to benefit CAF sport

Peter Mallett, Staff Writer



A new Mental Health and Sport Resource Hub is ready to help Canadian Armed Forces coaches and athletes contend with the fallout of the COVID-19 pandemic. The Coaching Association of Canada (CAC) launched the Hub as part of its National Mental Health and Sport Project on Feb. 16. It is designed to overcome stigma and guide conversations about mental health, offering training and resources for coaches of elite and amateur athletes to develop mental health literacy and positive practices to improve performances and well-being in sport.

“Coaches recognize the power of their role and they are asking for tools and support to positively impact young people – as well as practise self-care,” says Lorraine Lafrenière, CAC Chief Executive Officer.

The project aims to address the number of athletes from diverse communities across Canada who are experiencing anxiety, depression and other worsening mental health symptoms as health and safety restrictions ease and they return to the playing field.

Lafrenière is a leader within a network of sport partners in Canada that collaborate to manage the National Coaching Certification Program (NCCP). Approximately 60,000 new coaches join the NCCP each year. She says the need for the Mental Health and Sport Resource Hub is urgent.

Aaron Grainge, a Canadian Forces Morale and Welfare Services, Canadian Coast Guard Fitness and Wellness Liaison based at CFB Borden and a spokesperson for the project, believes in the merits of the Hub.

“I have had many CAF athletes tell me that having a training program and reporting to a coach each week during the height of the pandemic and lockdowns was one of the main things in life that kept them [mentally] balanced,” says Grainge.

He believes the Resource Hub goes a long way to informing and educating coaches at all levels about the importance of having regular mental health conversations with their athletes.

Grainge is a former Canadian University elite track and field athlete who now coaches the Armed Forces elite running team while managing PSP sport programs at work. His role with the National Mental Health and Sport Project has been to share his experiences and help other coaches realize the value of the resource hub and the impact a mental-health informed coach can have on their athletes.

The launch of the Mental Health and Sport Resource Hub is part of a larger project funded by the Public Health Agency of Canada (PHAC) to reach communities across the country including those in remote areas, Indigenous peoples, those living in socioeconomically disadvantaged communities, newcomers to Canada, and Canadian Armed Forces Members.

The Hub is entirely free and consists of resources including rich media content, information, training modules, research, data, infographics, videos, podcasts and activities provided by organizations with expertise in mental health literacy and education. The platform will be regularly updated and offers content in a variety of languages, including: English, French, Arabic, Punjabi, Chinese, Tagalog, Cree, Inuktitut and Dene.



For more information and to access the Resource Hub visit the webpage coach.ca/mental-health-hub



Aaron Grainge,
PSP Canadian Forces and
Canadian Coast Guard
Fitness and Wellness Liaison



Lorraine Lafrenière,
CAC Chief Executive Officer

DGBC/DGMC INFORMATION BRIEF

DGBC/DGMC will be holding an information brief concerning BGRS policies for this year's APS. This brief is highly recommended for members that are posted out of area, Snr HRA/FSAs and Chains of Commands. Below is the pertinent info.

If you wish to attend, please send your replies to: Colin.Winkler@forces.gc.ca

Due to limited space priority seating will be:

1) Admin Staff in support of relocation	Topic: BGRS Posting Brief
2) Personnel moving this summer	Date: Thursday 23 March 23
3) Unit Command Teams	Time: 0900-1100hrs
4) Other interested persons	Location: Nixon Gym (Workpoint)

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INTERNATIONAL WOMEN'S DAY 2023 EVENTS

FOR THE DEFENCE TEAM



DND

March 8 is International Women's Day! To celebrate, all Defence Team members, nation-wide, are encouraged to attend national and local events of their choosing.

DISCUSSION PANEL: EQUITY, LEADERSHIP, AND THE IMPACT OF GRASSROOTS EFFORTS IN DEFENCE

To mark International Women's Day, the Defence Champion for Women will host a hybrid, in-person / virtual discussion panel, on women's grassroots efforts and contributions to the Defence Team. Defence Team members can join from anywhere in Canada via Microsoft Teams.

Panelists include diverse military and civilian members of various ranks and positions, who are recognized as leaders in their communities and who make a difference to the Defence Team.

Date: March 8, 2023

Time: 1100-1200 EST

Location: Virtual (Microsoft Stream) and in-person at the Carling Campus Building 5 Rotunda

Moderator: Defence Champion for Women, Major-General Bourgon, CMM, MSC, CD

Panelists:

- Emma Moon, Human Systems Integration specialist promoting inclusive equipment
- Captain Stephanie Clubine, Edmonton DWAO Military Co-Chair
- Lieutenant Dorin Adenekan, Humanitarian, and mental health advocate
- Master Corporal Emily Reiman, Aerospace Control Operator at 4 Wing Cold Lake

NATIONAL VIRTUAL EVENT: SPEED MENTORING

Sign up online for this year's virtual speed mentoring event! Defence Team members can join from anywhere in Canada via Microsoft Teams.

Date: March 8, 2023

Time: 1300-1445 EST

Location: Virtual (Microsoft Teams)

More information is available on the Defence Team Intranet (accessible only on the National Defence network) and the event website: International Women's Day 2023, Events for the Defence Team at Canada.ca or bit.ly/3y4JyoE

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Left to right:
CPO2 King, LS Lendt,
LCdr Audy,
Mcpl Burris,
PO2 Campbell.



TRITONS STRIKE GOLD IN BADMINTON, SQUASH REGIONALS

Peter Mallett
Staff Writer

Badminton and squash athletes from CFB Esquimalt have added to Esquimalt's impressive list of 2023 Canada West regional sports titles.

The Esquimalt Tritons teams recently claimed three Canada West badminton and two squash gold medals in regional tournaments held concurrently at the Naden Athletic Centre, Feb. 20-24. Both events were the first Canada West tournaments for badminton and squash since the start of the COVID-19 pandemic nearly three years ago.

Badminton titles

Tritons players captured three of eight

badminton titles in their Canada West regional tournament, which included 45 competitors.

The Tritons' winners included Sailor Third Class (S3) Van Nyugen of the Canadian Submarine Force and Acting Sub-Lieutenant (A/Slt) Roger Quach of Naval Fleet School (Pacific). S3 Nyugen won the Open Doubles title by defeating Edmonton 21:12, while A/Slt Quach scored a 21:17.

S3 Nyugen also claimed the tournament's Open Singles Championship with a 21:11, 21:19 victory over his doubles partner, A/Slt Quach.

In the Masters Singles championship, Sailor First Class (S1) Jian Hua Guo defeated Edmonton's Sergeant (Sgt) William Woods 21:10, 21:9.

Lieutenant (Navy) Mikail Uddin, Badminton Team Captain and Base Orderly Room Officer in Charge, praised all winners and competitors for their sportsmanship, dedication to practice and hard work.

Squash titles

Esquimalt's two squash victories were won by Chief Petty Officer First Class (CPO1) Timothy King and Captain (Capt) Min Suk (Tony) Kim of 443 Maritime Helicopter Squadron.

CPO1 King faced Corporal Jason Sheardown from CFB Winnipeg, while Capt Kim faced Capt McIntosh from Cold Lake. Both beat their opponents 3-0 for the U-30 title in the Open category. The tournament had a

total of 22 competitors.

CPO1 King, Branch Chief of Base Administration, was defeated by Cpl Sheardown in 2019 in Moose Jaw, so his victory was especially sweet.

"I spent the last three years improving my game in hopes we [would] play again," he said, adding his victory offered some vindication and helped stoke a new rivalry with his opponent from Manitoba.

Earlier this year, the men's, women's and senior men's hockey teams, men's and women's volleyball, and men's basketball teams captured Canada West crowns. The Base's basketball, volleyball and hockey teams have earned berths in national finals tournaments being held this month and later this Spring.



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Edmonton Steel Spirit Gallery in the works

Peter Mallett
Staff Writer

The Steel Spirit Gallery is making broader brush strokes by expanding its reach to Western Canada.

The next in-person gallery will feature works of Master Corporal (ret'd) Elena Vlassova, a Canadian Armed Forces Image Tech. The exhibition will take place in St. Albert this Fall, says Barbara Brown, founder of Steel Spirit and a former paramedic.

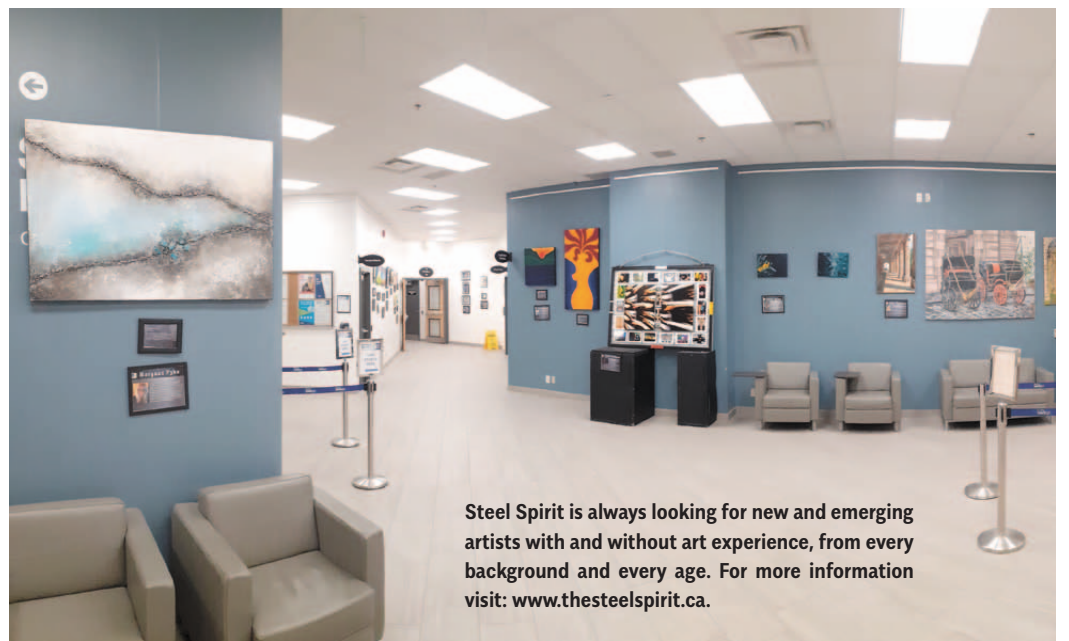
"I am absolutely honoured and excited to be spearheading this project in Alberta to help showcase the work of first responders and military members," she said.

Steel Spirit, founded in 2017, showcases the unique artwork of currently serving military, veterans and first responders. It previously

held annual in-person galleries in Eastern Canada and developed a strong online presence with digital galleries since the COVID-19 pandemic.

Steel Spirit's St. Albert Gallery is now hunting for all types of art submissions from local artists in the Edmonton area. Submissions may include paintings, sketches and drawings to photography, stained glass, sculpture, wood carvings, airbrushing, metalwork, pottery, poetry and everything in between.

"The Steel Spirit is open to members with all levels of experience," Vlassova says. "The gallery focuses more on the members than anything else, and we take pride in giving people the opportunity to try new things and express their personality and experiences."



Steel Spirit is always looking for new and emerging artists with and without art experience, from every background and every age. For more information visit: www.thesteelspirit.ca.

Classifieds

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Happy Valley, Langford – available April 1, \$1,300/month 1 bed, 1 bath, 500 sq.ft., private entrance, one person only. Utilities, parking, wifi, shared laundry; can be partially furnished. On #48, 54, 55 and 64 bus routes. Email bogfairy@shaw.ca. 03-06

McKenzie & Carey Road area – available now, \$1,050/month, very large room available in former CAF member home. Furnished, fireplace, storage, parking, 2 full shared bathrooms, back yard par 3, enormous deck. Available immediately. Pictures available. Contact Bob 250-891-8336. 03-13

Near Base – available March 1, \$1,850/mo, 2 bedroom, 1 bathroom, 760 square feet. Includes water, one parking

spot and laundry. Located next to Red Barn market. No dogs, cats allowed. No Smoking. Month to month lease. Contact: gvtalavera@yahoo.com or (250) 589-8225 03-13

Westbay area – 2 bed suite available now in small, quiet apartment building. Across the street from Capt. Jacobsen's Park in Esquimalt. Close to base, transit, rec center, parks and amenities. Lots of storage, in-suite washer and dryer, and dishwasher. Located on second floor – no elevator. Small quiet pet considered. No smoking of any kind. Email Mark.Lindholm@Lindholm.ca or text 250.361.5344 for viewing. 02-27

CFB Esquimalt and the Graving Dock – available April 1, \$3,000/month, 3 bed, 1.5 bath, 1309 sq ft upper half


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Dr. Lisa Gunderson
Micro-Interventions

Ways of challenging racism and bias in the moment, as micro-aggressions appear.

Thursday
March 16
from 10:00–11:30 am PST


on MS Teams

Go to MS Teams and enter the meeting ID and password.

Meeting ID: 293 610 852
480Passcode: vBj7ZG

No registration required.

Please join The MARPAC Health & Wellness Strategy (MHWS) and the Defence Visible Minorities Advisory Group (DVMAG) as we co-host Dr. Lisa Gunderson for a special 90-minute MS Teams presentation in recognition of the International Day for the Elimination of Racial Discrimination on Thursday, 16 March 2023, from 1000-1130 hrs PST. Dr. Gunderson will be speaking to 'Micro-Interventions' – ways of challenging racism and bias in the moment, as micro-aggressions appear.



*The Lookout reserves the right to edit content for space or clarity.

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