

Volume 68 Number 21 | May 29, 2023

# LOOKOUT

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Members from 41 Canadian Brigade Group (CBG) participate in Operation Lentus 23 in Drayton Valley, Alta., on May 16. Photo: Master Corporal Genevieve Lapointe, Canadian Forces Combat Camera, Canadian Armed Forces

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# Canada's Navy in the palm of your hand



A/SLt Sheldon Neil  
MARPAAC

The Royal Canadian Navy is releasing its own app.

The app, called MyRCN, gives regular and reserve force sailors and Canadian Armed Forces' members access to tools and services that once were available only on Department of National Defence computers.

Members can submit leave requests and view fleet schedules, and reservists can review availability reports, with ease on the app. It will also give Royal Canadian Navy (RCN) members access to resources and supports from anywhere in the world.

Going forward, additional features will be added to the App to improve user experience and provide additional resources.

MyRCN is available now to download on personal or workplace phones through iOS and Android app stores. Canadian Armed Forces (CAF) members are required to create an Military Command Software portal account to access the App's complete features.

CAF members are not the only ones set to benefit from the app's release. Members of

the public can jump on and peruse the app for information on recruiting, naval careers, RCN news and events.

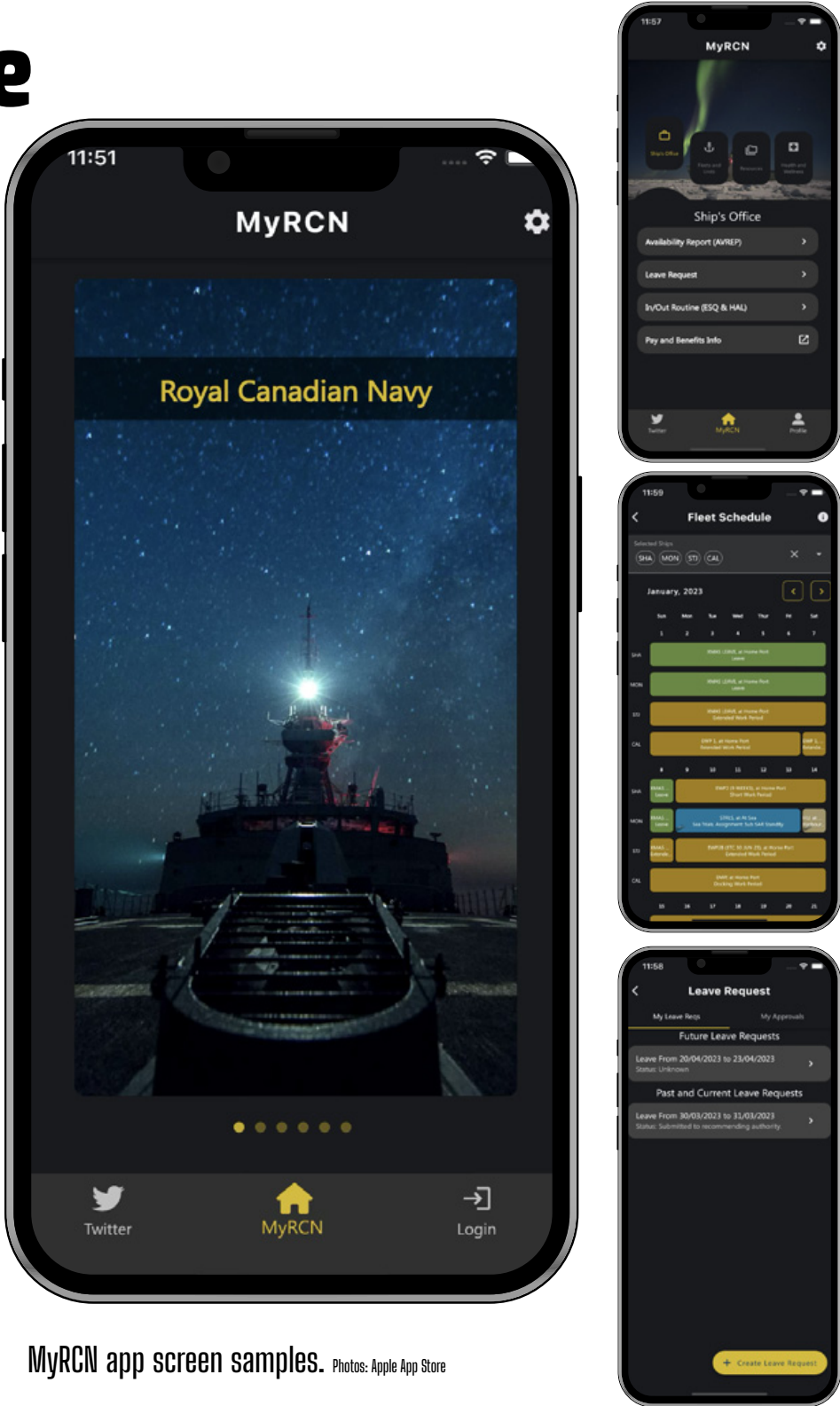
The App's development is a joint effort by the Directorate of Innovation and Digital Navy, Base Information Services Esquimalt Mass Communications Specialist (BIS-ESQ MCS) and Director Human Resources Information Management Military Command Software Centre personnel. The BIS-MCS is a team of public service employees and contractors that collaborated with the MCS group to develop the MCS Portal and the mobile app.

"This is a new capability for the RCN and will improve over time to bring more functionality," says Akash Pathak, Lead Architect.

The BIS-MCS team has developed several apps over the years and the MyRCN mobile app is an evolution of the development capability.

"The MyRCN mobile app is the first application in the CAF/DND to transmit data back and forth instantaneously and will open a new avenue of businesses that can be done through personal devices. This is just a start!" says Ted Rush, RCN Development Manager at BIS-ESQ MCS.

The MyRCN App is another touchpoint in the Royal Canadian Navy's effort to engage digitally while making strides to streamline information shared to its sailors.



MyRCN app screen samples. Photos: Apple App Store

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# HMCS Edmonton shines during Operation Caribe

## Lookout for HEROES

Capt Chelsea Dubeau  
MARPAF PAO

It's April 8, early on a hot Saturday evening, as His Majesty's Canadian Ship (HMCS) *Edmonton* patrols the international waters south of the Mexican coast on Operation (Op) *Caribe*, Canada's contribution to U.S.-led Enhanced Counternarcotics Operations.

But it's not just any Saturday. At home, families and friends enjoy the extra-long weekend in celebration of Easter, while on HMCS *Edmonton*, something significant is about to happen.

Not far away from the Kingston-class minesweeper's position of interception is a vessel, and it's moving fast.

Suspiciously fast.

"This vessel was going incredibly quickly," said Lieutenant-Commander (LCdr) Tyler Smith, *Edmonton's* Commanding Officer. "They had a lot of powerful engines on board, and they were maneuvering erratically, and dangerously."

The vessel was earlier detected by a P-3 *Orion*, a maritime patrol aircraft from U.S. Customs and Border Protection, which then alerted the Surface Action Group (SAG) under which HMCS *Edmonton* and its embarked U.S. Coast Guard Law Enforcement Detachment (LEDET) was operating. The SAG included two U.S. Coast Guard Cutters (USCGC) *Active* and *Benjamin Bottoms*, and an MH-65 *Dolphin* helicopter, embarked on USCGC *Active*.

When the vessel was first detected, it was moving much slower. All three

ships in the SAG had taken different positions to approach from different angles, but the vessel was hundreds of nautical miles away from HMCS *Edmonton*, dead in the water.

"We were in waiting mode, waiting for more information from the aircraft and Joint Interagency Task Force (JIATF) South. So that part was a very slow burn," said LCdr Smith. "But at one point, it all changed, the relative velocity, the speed of the vessel."

Participating in a SAG isn't the norm for Canadian warships on Op *Caribe*. However, when the chance to unite forces presented itself following participation in the North American Maritime Security Initiative (NAMS), HMCS *Edmonton* and Cutters *Active*, and *Benjamin Bottoms* jumped at the opportunity. NAMS is a multi-national effort between Canada, the United States and Mexico to strengthen their security relationship through training exercises, coordinated efforts and combined operations.

Sub-Lieutenant (SLt) Avery Stover is a bridge watchkeeper on board HMCS *Edmonton*. It's her first deployment, and she's the Officer of the Watch right as things unfold.

"I was thinking that [an interception] might not even happen on my watch," said SLt Stover. "The vessel was dead in the water, and it could take five or six hours to get to it. We were just making our way as fast as we could. But then things quickly changed when [the vessel] came up in speed to over 30 knots. Very quickly the intercept time dropped to an hour, an hour and a half."

With the vessel moving erratically and at high speed, several things happen at once: as Cutter *Benjamin Bottoms* approaches the vessel at its highest speed, *Edmonton* modifies its intercept course to create a barrier.

"The vessel actually got right past *Benjamin Bottoms* and ended up coming right into *Edmonton's* sector," said LCdr Smith. "We were cutting off the northern route for this suspect vessel while the helicopter from Cutter *Active* was approaching and compelling the vessel to stop."

As the SAG closes in, crewmembers of *Edmonton* watch as several bales of narcotics are jettisoned from the vessel during the pursuit.

In the wee hours of Easter Sunday, the vessel is stopped, and U.S. Coast Guard carries out law enforcement activities. Seven individuals are taken into custody. USCGC *Benjamin Bottoms* and HMCS *Edmonton* conduct a thorough search of the jettison field, and recover a large quantity of contraband. All told, the seized contraband, 755 kilograms of cocaine, has an estimated Canadian street value of \$49.5 million. The vessel, now considered a hazard to navigation, is disposed of at sea.

"It turned into quite an exciting watch," said SLt Stover. "Definitely a lot of adrenaline."

"We trained very hard to prepare for this," said LCdr Smith. "These narcotics cause problems for us at home and for the security of our partners in Central America. Actively helping prevent the flow of these is a huge win, and the crew is very happy with what we've accomplished."

The Canadian Armed Forces (CAF) has conducted Op *Caribe* since 2006 with successive deployments of Royal Canadian Navy ships and Royal Canadian Air Force aircraft. During those fifteen years, the CAF has contributed to the disruption or seizure of more than 112 tonnes of cocaine.



The April 8 incident wouldn't be the first time HMCS *Edmonton* and USCGC Cutter *Active* have worked together. The two ships previously conducted integration training and force generation activities, including towing, formation steaming, and cross-deck evolutions (exchanging sailors).

"I don't think we would have had that opportunity to [participate in the Surface Action Group] if we hadn't written these previous cooperative engagements," said Lieutenant-Commander Tyler Smith. "We already had that relationship built and decided that we could increase our effectiveness by joining up for this last leg of our patrol."

Each ship and supporting aircraft involved bring unique capabilities to interdiction operations. Individually they are powerful deterrents. Together, they are formidable. Working as a SAG, the search area widens. The ability to detect, track, and disrupt vessels engaged in smuggling increases. And so does the likelihood of a successful interdiction.



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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.

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*"When you feel your effort for counselling is fading, it may be best to reflect on why."*

~ Thomas Goenczi



## Recognizing ineffective therapy


**Thomas Goenczi**

Lookout contributor

The American Psychological Association (2016) estimates that 75 per cent of individuals who seek any form of psychotherapy find benefit in it. The study quantified a benefit as showing improved emotional and psychological well-being, fewer sick days, fewer medical issues, and increased work satisfaction.

Even though this statistic is encouraging, a few elements still contribute to unsuccessful counselling. Uncovering these contributing factors means we can be more vigilant of some obstacles to a successful therapeutic experience.

The most common indicator of ineffective counselling is an inability to connect with the therapist.

By the fourth or fifth session, you can envision if the therapist can help you attain your intended goals. Good indicators to reflect on during these first sessions are objective progress in areas such as emotional processing and reduction in symptomology, an ability to connect with the presenting techniques and modalities, and even checking on an intuitive level ('Does this feel right?'). If you notice these three are outside your needs, talk to your counsellor. This not only empowers you in your progress journey but also allows the counsellor to adjust their techniques. Reflect on the rapport between the two of you after each session. If you can speak more freely as the sessions go on and feel heard, a foundation of trust is organically created.

However, sometimes you may need to end the relationship and look elsewhere for a therapist. This can be frustrating and deflating, but sometimes you encounter a counsellor you can't click with. This is natural, as you can't connect

with everyone, no matter how much you try. Keep in mind you shouldn't have to force things with your therapist. If you can't be your natural self, it may be in your best interest to find someone else. This allows you to continue the momentum found in the work that's already been done.

Another aspect of a potentially unsuccessful outcome in counselling is a lack of effort.

Therapy takes effort not only from the counsellor but also from you. A client's effort varies between fully immersed and completely apathetic. For some clients, effort in the early stages is challenging to conjure up, often due to mental and emotional well-being. Most of the time, clients wax and wane between the two extremes of effort. When you feel your effort for counselling is fading, it may be best to reflect on why.

Effort doesn't have to be a grand endeavour; it can appear as answering questions honestly, showing up even when you don't want to be there, or being fully present in the counselling office. Effort is easier to come by when you understand *why* you're doing counselling; continue adding to that *why* with each session. Be transparent with your counsellor and provide the experience with adequate effort, and you are more likely to be part of the 75 per cent.

One of the most difficult things to do is putting yourself out there again after having an unsuccessful counselling experience. Ineffective therapy may make you feel raw, cheated, and even a little betrayed. However, take accountability for what you can and don't let this set you back from your path. The path is always challenging to walk on; obstacles come in many forms. All you can do is shuffle forward and not let the fear of failure define you.

*Thomas Goenczi is an RCN Veteran and MA Clinical Counsellor with Private Practice: Well Then Therapy.*

*The content is not intended to be a substitute for professional advice, diagnosis, or treatment. Always seek the advice of your mental health professional or other qualified health provider with any questions you may have regarding your condition.*

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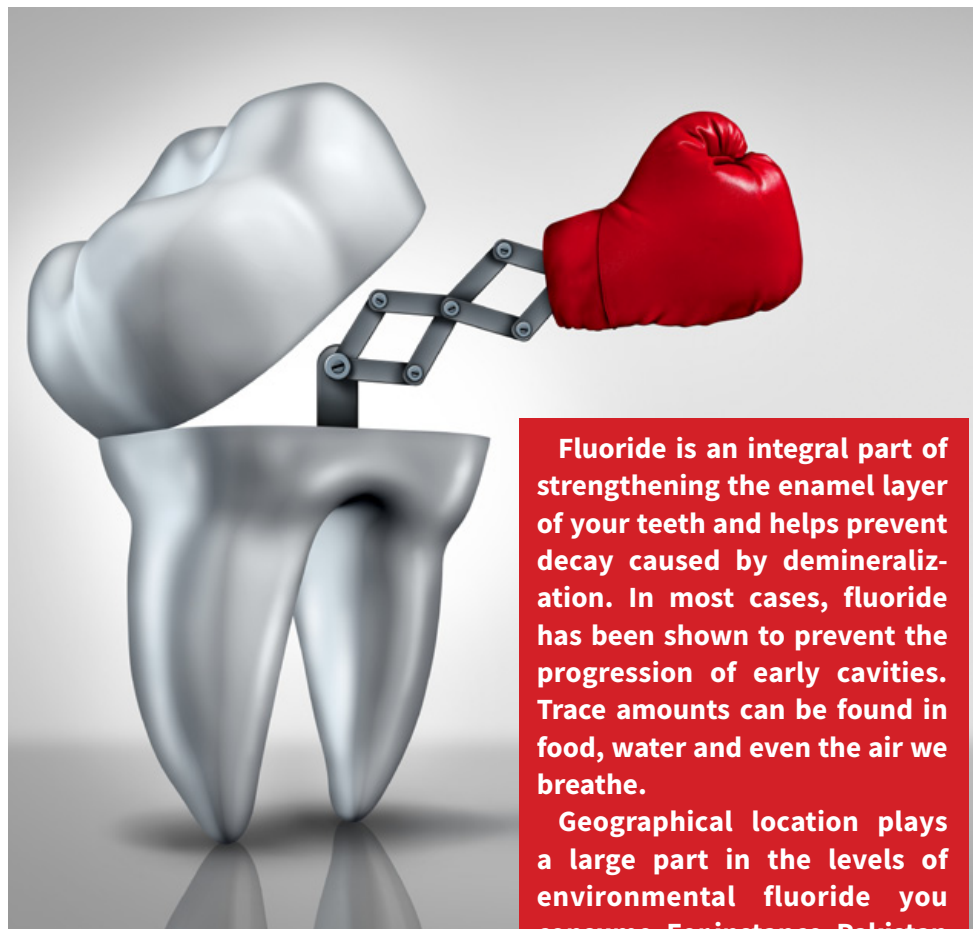
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# Fluoride – who cares? Your teeth!



Fluoride is an integral part of strengthening the enamel layer of your teeth and helps prevent decay caused by demineralization. In most cases, fluoride has been shown to prevent the progression of early cavities. Trace amounts can be found in food, water and even the air we breathe.

Geographical location plays a large part in the levels of environmental fluoride you consume. For instance, Pakistan has a water source that contains fluoride levels as high as 21 ppm (parts per million) which far exceeds the recommended 0.7 ppm.

## Lookout for HEALTH

**Corporal Erika Johnson,  
Dental Technician**

1 Dental Unit Detachment Esquimalt

Fluoride is a naturally occurring mineral and the 13th most common element in the Earth's crust. It plays an essential part in good oral health and prevents cavities.

While some communities add fluoride to their drinking water, others rely on its naturally occurring levels and increasing education on oral health to combat dental decay. The question is: why does this matter to you?

British Columbia is one of the provinces that does not add fluoride to the water supply. Therefore, your oral health routine may need adjustment if you are posted in from a community that does.

Health Canada and The World Health Organization have supported adding 0.7 mg/L of fluoride to community water supplies for over 70 years. Consumption of fluoride-treated water has been associated with a 25-30 per cent decrease in the rates of dental decay in adults and children.

"The rate of tooth decay (in permanent teeth) has declined in Canada from 74 per cent of children in 1970-1972 to less than 25 per cent in 2007-2009 as a result of a variety of factors, including widespread adoption of community water fluoridation," announced the Office of the Chief Dental Officer of Canada, Public Health Agency of Canada in 2022.

However, is it possible to have too much of a good thing? Overexposure to fluoride during development can cause discolouration in unerupted teeth. This discolouration is called fluorosis and presents as bright white patches on the teeth once they have erupted. In addition, quantities of 5g

or more fluoride can cause health issues. Typically, fluoride poisoning symptoms include nausea, indigestion, hypocalcemia, and respiratory issues.

Before you run home and throw out all your toothpaste, let's break this down. The average 130g tube of toothpaste has 143 milligrams of fluoride. You would have to eat 35 tubes of toothpaste to reach toxic levels, which seems unrealistic and unappetizing. The most common cases of fluoride poisoning occur in children under the age of six, as they are more likely to ingest toothpaste and not spit it out, as recommended.

If you have questions about whether you should supplement your household fluoride consumption, your dentist is the best place to start. 1 Dental Unit is committed to the education of all the members of the CAF. Our focus is on prevention, and that starts with patient education.



## Go By Bike Week

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Lieutenant-Commander Mark Stephan Papineau (ret'd) (right) accepts a Chief of Defence Staff commendation.



Sailor First Class Ralph Charles Chamberlain (right), Fleet Dive Unit Pacific, accepts a Commander Royal Canadian Navy commendation.



Lieutenant-Commander John Olivier (right), accepts a Canadian Joint Operations Command commendation.



Lieutenant (Navy) Curtis James Dollis (right), accepts a Maritime Force Pacific Bravo Zulu.



Lieutenant (Navy) Hayden Pooley (right), accepts a Maritime Force Pacific Bravo Zulu.



Lieutenant (Navy) Adrian Thow accepts a Maritime Force Pacific Bravo Zulu.



Petty Officer First Class Malerie Aylward, accepts a Maritime Force Pacific Bravo Zulu.



Master Sailor Brooks Robinson accepts a Maritime Force Pacific Bravo Zulu.



Sailor First Class Ralph Charles Chamberlain accepts a Maritime Force Pacific Bravo Zulu.



Sailor First Class Joop Koerten accepts a Maritime Force Pacific Bravo Zulu.



Sailor First Class Olivia Pooley accepts a Maritime Force Pacific Bravo Zulu.



Petty Officer Second Class Adam Joseph Flegel accepts a Maritime Component Commander Certificate.



Chief Petty Officer First Class Mathew Goodwin accepts his Chief Petty Officer Scroll.



Chief Petty Officer First Class Stephan Melancon accepts his Chief Petty Officer Scroll.



Chief Petty Officer First Class Rene St-Pierre accepts his Chief Petty Officer Scroll.



Mr. Andrew Russell Gilmour accepts a Maritime Force Pacific Bravo Zulu.



Mr. Peter Squires accepts a Maritime Force Pacific Bravo Zulu.

### THE AWARDS, PRESENTED BY REAR-ADMIRAL CHRISTOPHER ROBINSON, INCLUDED:

- Chief of Defence Staff Commendation;
- Commander Royal Canadian Navy Commendation;
- Canadian Joint Operations Command Commendation;
- 10 Bravo Zulu Certificates of Achievement awards;
- Maritime Component Commander Certificate (MCC);
- Three members received their CPO1/CWO Scrolls.

Group photo of presenters and honors and award recipients.



## Awards ceremony recognizes 'uncommon virtue'

Peter Mallett  
Staff Writer

Seventeen military members from CFB Esquimalt have received special recognition from Maritime Forces Pacific (MARPA) for their extraordinary efforts.

The acknowledged gathered with friends, family, and co-workers at the Chief and Petty Officer's Mess on May 17 for the Spring Honours and Awards Ceremony.

Rear-Admiral (Radm) Christopher Robinson, Commander Maritime Forces Pacific (MARPA) and Joint Task Force Pacific (JTF(P)), presided over the ceremony. During his address, RAdm Robinson said the honours and awards ceremony is a way of providing recognition to Royal Canadian Navy members who have done extraordinary things.

"We have an old saying in the Navy that uncommon virtue is common, but what we are really saying is that we have many people who do amazing things every day and we are here to celebrate that and thank them for what they did," RAdm Robinson said.

### COMMENDATIONS

**CHIEF OF DEFENCE STAFF COMMENDATION: LIEUTENANT-COMMANDER (LCDR) (RET'D) MARK STEPHEN PAPINEAU**

From January to July 2021, LCdr Papineau deployed to Bahrain as the Combined Task Force 150 Operations Officer. From the outset, he built crucial relationships with other nations, ultimately leading to the seizure of record amounts of narcotics and over \$160 million worth of contraband. LCdr Papineau's remarkable leadership and dedication significantly enabled Canada's success in leading Combined Task Force 150. They resulted in a substantial and positive impact on regional security in the Middle East and East Africa region.

**COMMANDER ROYAL CANADIAN NAVY COMMENDATION: SAILOR FIRST CLASS (S1) RALPH CHARLES CHAMBERLAIN, FLEET DIVING UNIT (PACIFIC)**

On Dec. 26, 2021, S1 Ralph Charles Chamberlain displayed exceptional leadership and was resolute in his actions while responding to a single motor vehicle incident that involved a casualty near Sooke, he pro-

vided First Aid and stabilized the casualty while taking immediate action to ensure Emergency Services were able to locate and respond to the accident.

**CANADIAN JOINT OPERATIONS COMMAND COMMENDATION: LCDR JOHN OLIVIER, BASE LOGISTICS**

LCdr Olivier deployed to Ali Al Salem Airbase, Kuwait, on Operation Impact from July 2021 to July 2022 as Deputy Commanding Officer of the Operational Support Hub, South-West Asia. Throughout the deployment, he displayed outstanding leadership in planning and executing the provision of real-life support and sustainment effects to a complex Joint Operations Area. Moreover, he volunteered to become the first Cultural Advisor to the Commander Joint Task Force - IMPACT and Task Force - CENTRAL and Chair of the Culture Advancement Committee. LCdr Olivier's remarkable efforts fostered an inclusive environment for all members of the Task Force and reinforced the Canadian Armed Forces' image in a multinational environment.



# Indigenous veteran honoured to serve Canada in Second World War and Korean War

## Lookout for HISTORY

DND

Ruby Jamieson, speaking of her husband, George Edward 'Ted' Jamieson, a sailor and distinguished naval veteran of both the Second World War and the Korean War. "He thought it was an honour to serve his country," she said "He started from the very bottom and retired as a Chief Petty Officer First Class (CPO1) – a young Native man from the Six Nations Reserve."

Born in Toronto in 1922, Jamieson was a member of the Six Nations Upper Cayuga band. He joined the Sea Cadets in his early teens and later, despite being underage, persuaded his recruiter to allow him to enrol in the Royal Canadian Naval Volunteer Reserve (RCNVR) as a bugler. Buglers were responsible for relaying calls down the hatches like 'mess' for meals, 'rev-eille' for wakeups and 'lights out'.

When Canada declared war on Germany in 1939, 18-year-old Jamieson was put on active service and transferred to the gunnery branch as an Able Seaman to assist with the ship's maintenance and safety.

He began training in Halifax before joining His Majesty's Canadian Ship (HMCS) Drummondville, a Bangor-class minesweeper. Jamieson soon found himself confronting the bitter conditions of the North Atlantic while escorting convoys to Britain. After several stints protecting merchant vessels, Jamieson returned ashore to HMCS Cornwallis and volunteered to serve in the Pacific.

By the time he was 30, Jamieson was awarded the Canadian Forces Decoration (CD), honouring his 12 years of service. At this point, Jamieson was a Chief Petty Officer Second Class, and, despite his several years in service, he



George Edward 'Ted' Jamieson during service years.

extended his term with the Royal Canadian Navy (RCN) for another five years, returning to service when the Korean War broke out in 1950.

Jamieson served as the Chief Torpedo Anti-Submarine (TAS) Instructor aboard one of three RCN warships sent to support the United Nations mission to restore peace and counter North Korea's invasion of South Korea. However, in Korea, naval duties were unusual.

Because North Korea's small navy had been destroyed early in the war, RCN crews faced no threats from enemy destroyers or submarines. In the absence of enemy warships, the greatest dangers to sailors were mines and enemy shore batteries.

This is the exact threat Jamieson faced when HMCS Iroquois came under attack on Oct. 2, 1952, while stationed in the Sea of Japan on the East Coast. The destroyer was firing at a railway line when it came under attack from shore. Three men died, two were seriously injured and eight sustained minor injuries. Jamieson was unharmed in the attack and was back in action the next day.

He remained aboard Iroquois until January 1953, six months before the war ended, but his return to Halifax didn't mark the end of his naval career.

He fulfilled several roles with the Navy in the wake of the war. He assumed the duties of Chief Boatswain Mate, responsible for navigation, deck maintenance, small boat operations and supervising personnel. Jamieson was also a qualified anti-submarine specialist and served as Senior Instructional Chief Petty Officer in Halifax, overseeing instructors and preparing course materials and examinations.

In recognition of his service, he received the Queen's Coronation Medal in 1955 and was promoted to CPO1 – the Navy's most senior non-commissioned rank.

In 1960, Jamieson retired from the RCN, working as a Staff Sergeant at a Correctional Institution. Although he changed career paths, Jamieson remained on the Reserve Emergency list for five years after leaving the RCN. He went on to work as a counselor in his home community at the Six Nations' Drug and Alcohol Centre for over a decade.

He passed away on July 6, 1987, at age 65.

Jamieson's years with the RCN are part of a proud tradition of military service by the First Nations, Inuit, and Métis peoples of Canada. From the War of 1812 to present-day operations, Indigenous members of the Canadian Armed Forces have made significant contributions to the safety and security of Canada, both at home and overseas.

Jamieson was a trailblazer – his contributions promoted international peace and security, and helped pave the way for current Indigenous sailors serving in the RCN.



George Edward 'Ted' Jamieson.



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# Veteran reservists refresh knowledge during base tour

Lookout for  
**NEWS**

**Peter Mallett**  
Staff Writer

A group that gathered on HMCS Winnipeg's flight deck on the morning of May 10 eagerly discussed the embarked CH 148 Cyclone Helicopter.

From afar, the gathering seemed like another guided tour of the Halifax-class frigate, yet, Sub-Lieutenant (SLt) Benjamin Miller, Winnipeg's Naval Warfare Officer, said it was nuanced.

"Because the visitors are former Royal Canadian Navy (RCN) members, their level of experience is a little bit higher, and the questions are more interesting," SLt Miller said. "Rather than asking, 'what is this?' or 'what does it do?', the questions were more advanced, such as, 'what is the range of this weapon's system?' and 'what can we count on it to do?'"

The group consisted of approximately 50 veteran reservists who attended this year's annual University Naval Training Division (UNTDA) Association Conference, May 9 to 12. Meanwhile, another almost 50 veterans toured HMCS Calgary.

During the tour, Winnipeg was undergoing its work period in the Fleet Maintenance Facility Cape Breton Dry Dock. Still, the maintenance disruptions did not prevent the ship's company from proudly showing it off to their visitors.

The group discussed emergency response, duty watch, enhanced Sea Sparrow and Harpoon Missile systems, Refueling at Sea (RAS) capabilities, the main guns, torpedoes and sensor systems, and today's navigation and command structure at sea. They also visited the ship's wardroom, sickbay, officer's cabins and the small arms locker.

Commander (Cdr) (ret'd) David Ashley said he was awestruck at the pace the

Navy has changed since his days as a sailor.

"It's really nice to come back to see a modern warship and understand the remarkable technical changes that have occurred," said Ashley.

Ashley served 20 years in Canada's Naval Reserve, commanding HMCS York. The most significant change he noted was the giant control board in the ship's hangar, which displays everything happening in the ship, from a fire to who was in a room and how long they had been there.

Cdr (ret'd) Gerry Powell, another Winnipeg visitor, said memories of his days as a young RCN recruit flooded him during the tour.

"Walking down into Dockyard, I am looking at all the young sailors working so hard and realizing that was me 40 years ago," Powell said. He rose through the ranks to command Canadian Forces Maritime Experimental Test Ranges (CFMETR) in Nanoose Bay.



Veteran reservists conduct tours of HMCS Winnipeg and Calgary at the beginning of May. The groups were part of approximately 107 veterans participating in this year's University Naval Training Division Association Conference. Photo supplied

The visitors also toured HMCS Venture, 443 Maritime Helicopter Squadron, Damage Control Training Facility Galiano and Fleet Diving Unit (Pacific).

Commodore (ret'd) Dave Craig, UNTDA Conference Organizing Committee member and a former COMNAVRES, served 41

years in the RCN and extended his thanks to the base Visits and Protocol office on behalf of the group for organizing the tour, which, he said, was nearly two years in the making.

"The tour was excellent and was all thanks to the high level of knowledge and enthusiasm of the naval

personnel providing information," Craig said. "Their attention to detail allowed the event to occur as smoothly as we could possibly hope for."

With files from LCdr (ret'd) Paul Seguna.

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# How To Make Your Military Move a Financial Success

**SISIP Financial**

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You've got your posting message, setting the ball in motion for your move. Prioritizing the financial implications and budgeting your relocation is the first step to reducing what Canadian Armed Forces (CAF) members say is one of the most significant pressure points of moving.

We've got you covered! Check out the tips below to help you get a head start so you can guarantee a financially successful move.

Five steps to taking control of your finances as you prepare for relocation:

## 1. Register with BGRS

As soon as you receive your posting message, ensure your Brookfield Global Relocation Services (BGRS) account is active. You'll track your move through the BGRS app, which includes costing out your house-hunting trip, knowing how you'll be reimbursed for moving costs, and what's covered – and what's not – for you and your family.

## 2. Understand your eligible relocation costs

Every move is unique. Most moving costs are covered, but there are monetary and time limits on reimbursements. Get clear on what you can and cannot claim. Remember to keep all receipts for your move, starting now. It's recommended you designate

a tabbed folder to save every proof of purchase as you go. Remember, BGRS now provides much of your reimbursement up front as a lump sum. Whatever you don't spend – or cannot prove you've spent with eligible receipts – you'll have to pay back.

## 3. Compare current and future income

Get a sense of how much money will come into your house each month at your new location. Look at variations in provincial income tax deductions as part of this exercise, which affects your net pay. Examine any benefits you receive where you currently live – for example, childcare subsidies, caregiver or child tax benefits – and determine if you'll receive comparable benefits when you move. Consider the following:

- Will your spouse work after your move?
- Will there be a period that you'll rely on a single income?
- Do you need to apply for employment insurance?
- Are salaries for your partner's work equivalent in your new location?
- Is remote work a possibility?

## 4. Compare the cost of living

Determine how much you'll pay for necessary expenses at your new location. If you plan to buy a house, is the real estate market similar to where you live now? If you're renting, what can you expect to pay at your new

location? Try to compare household bills, such as hydro, natural gas, and internet fees, which vary by province and even by municipality. Look at the prices of fuel and transit to understand how your daily commute might be affected. Compare grocery flyers between your current and new location and the accessibility of stores. This will give you a general idea of the difference in cost for items you buy frequently.

## 5. Book an appointment with a SISIP specialist

Every CAF member is eligible to receive free financial advice. SISIP specialists can guide the financial side of your move. We can:

- Help to understand the costs associated with your move;
- Assist you with comparisons of current and future income and expenses;
- Develop a budget that works for your circumstances;
- Discover ways you can pay down debt faster and save for the future;
- Update your life insurance policies to ensure they keep pace with your lifestyle.

Benefit from confidential advice from financial specialists who are part of the military community and understand how relocation works.



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# The MARPAC DTPAO is seeking nominations for the Military and Civilian Co-Chair positions

These positions are voluntary secondary duties and require supervisor support and approval for consideration. Ideal candidates are dedicated and passionate individuals that can provide a strong voice for the Defence Team Pride Advisory Organization DTPAO.

Defence Advisory Groups (DAGs) pass on important information and perspectives to Defence Team leadership that is considered before making decisions that affect our workplace. For more information on what DAGs are, visit [bit.ly/3BXHVuO](https://bit.ly/3BXHVuO).

Interested members are encouraged to identify themselves. Supervisors are to submit names of candidates, including a brief biography, to LCdr Day, Senior Staff Officer – Diversity, Culture Change and Inclusion, at [Jonathan.Day2@forces.gc.ca](mailto:Jonathan.Day2@forces.gc.ca).

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