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

NEWSPAPER & PUBLISHING

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Last Post

Petty Officer 2nd Class Steven Donegan plays the trumpet during the Candlelight Tribute held by the Veterans Commemoration Committee (VCC) on May 30 at Esquimalt Veterans Cemetery. The Tribute honoured those who served and are presently serving in the cause of peace and freedom.

Photo: Sailor 3rd Class Jordan Schilstra, MARPAC Imaging Services



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May Formation 5K Results

Overall Participation Numbers: 219 CAF and Civilians

PSP is excited to announce the following results from the May FORMATION Run.

Congratulations to all who participated, and we look forward to seeing you all out month after month!

Standings:

1st.....17:30..	Lt Adrian Thow	Fleet School
2nd.....17:38..	Lt(n) Rodney Newcombe	HMCS Calgary
3rd17:49..	Graedon Church.....	FMF
4th.....18:48 ..	LCdr Sebastian Harper.....	MARPAC HQ
5th.....19:00 ..	MWO Christopher Macintyre	H SVCS
6th.....19:35....	S3 Jonathan Martel-Trombley..	HMCS Winnipeg
7th.....19:42 ..	LCdr James Craven	FMF
8th.....19:50 ..	S1 Ben Fulton.....	NFS(P)
9th.....20:23...	MS Mark Ritchie	HMCS Malahat
10th.....20:32...	S1 Hubert Desbiens.....	HMCS Winnipeg



Our next run will be June 28th!

Naval Association tours Pacific Fleet's newest addition



Naval Association of Canada – Vancouver Island members visit HMCS Max Bernays at CFB Esquimalt, May 18, guided by Lieutenant-Commander Clayton Erickson, the Ship's Executive Officer.
Photo: Paul Seguna, LCdr RCN (Ret'd) NAC-VI

Paul Seguna NAC-VI

On May 18, a group from the Naval Association of Canada – Vancouver Island branch (NAC - VI) toured through the Arctic and Offshore Patrol Vessel (AOPS) HMCS *Max Bernays*, recently commissioned into service as the first of the *Harry DeWolf* class of vessels to join Canada's Pacific Fleet. An extensive visit throughout the ship was personally guided by Lieutenant-Commander Clayton Erickson, the ship's Executive Officer and a NAC-VI member.

The group of retired naval officers, representing many years of varied Royal Canadian Navy (RCN) experience, was impressed by this versatile addition to the Canadian Navy's operational capabilities. Up-to-

date navigation, engineering (diesel-electric propulsion), flight deck operation and logistic support systems - including the ability to conduct ship-to-shore logistic operations - are merged in this class with an extended range and ability to operate in diverse maritime environments.

This vessel and the future HMCS Robert Hampton Gray (the sixth in class), due to also join the Pacific Fleet, represent a greatly expanded reach and capability for Canadian naval operations in the vastness of the Pacific, Arctic and Antarctic regions.



His Majesty's Canadian Ship (HMCS) Max Bernays.
Photo: Sergeant Malcolm Byers

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HMCS Malahat crews Orca-Class Training Sail

Lt(N) Donald Den
HMCS Malahat PAO

HMCS *Malahat* conducted a self-directed Orca-Class Training Sail over the Victoria Day long weekend, with support from Patrol Craft Training Unit (PCTU).

Over three days, 23 *Malahat* sailors of varying ranks took PCT *Moose 62* to sea for training in navigation, seamanship, responses to shipboard emergencies and familiarization with life onboard ship.

This was the first Orca-class weekend sail since before the onset of the COVID-19 pandemic, where HMCS *Malahat* could proceed to sea as a unit, filling the majority of the key positions required to operate an Orca-class patrol vessel safely at sea.

"It was great to get out as a full Ship's Company at sea," said Petty Officer 1st Class Erik Lindholm, the weekend sail Cox'n. "A lot of our newer sailors had never been in a ship before and now have that experience, as well as working through their first 'Know Your Ship' book for the Orca-class."

The program included training in the Southern Gulf Islands, a night steam in the Strait of Georgia, and a port visit to Friday Harbor on San Juan Island, Wash. The crew took advantage of the time and the fair weather to complete formal training package progression and on-the-job training, including small boat launches and recovery, line handling and rigging, and practicing firefighting and damage control protocols.

"It was great to go out as a whole unit to get some much-needed training done," said Sailor 1st Class (S1) Michael

Gingras. "I worked on my training package and learned about different systems, and it was great to be on ship with everyone and connect with people that I might not see as often."

Junior ranks and subordinate officers made up 16 members of the 24-person crew. Most supported this sail as Bridge Watch-on-Deck, building awareness and experience in the maritime environment, including spotting various marine mammals, as the ship's lookout, and controlling the ship's direction and speed on the helm.

"It was definitely beneficial getting junior members the opportunity to train on the bridge and get that actual sea experience," said Lieutenant (Navy) Bryn Stephenson, *Malahat's* Deck Officer and Operations Officer for the sail. "Members both furthered their training, but also had a great deal of fun as well, which supports member retention and unit morale."

Malahat's Marine Technicians served as Orca-class Engineers and as Roundspersons, maintaining the propulsion and electrical plant going and troubleshooting issues as they arose. While in the galley, one of *Malahat's* cooks worked with S1 Rocky Zhang of PCTU, the Chief Cook, to keep the crew's bellies and morale well-fed with daily soup, nutritious meals, and delectable baked goods, including fresh-baked croissants.

Everyone was busy running the ship's routine and maintaining vigilance as *Malahat* operated at sea. Upon arriving in Friday Harbor, many contributed to planning the visit, organizing sports activities, satisfying customs require-

ments, and maintaining a vigilant duty watch.

"*Malahat* is proud to organically crew a naval unit and to operate it safely at sea," said Lt(N) Justin Lam, *Malahat's* Training Officer and Officer-in-Charge for the sail. "While we build teamwork and skills year-round in various in-unit and external exercises, accomplishing a mission at sea builds cohesion and confidence like no other experience."

In addition to the training opportunities, members enjoyed memorable at-sea experiences, including watching Game 6 of the NHL playoffs series between the Edmonton Oilers and Vancouver Canucks while at sea, as well as spotting a pod of orcas in Haro Strait.

"This was an excellent opportunity for seasoned sailors to return to the fundamentals of why we chose to join the Navy, and for our newer members to experience the unique joys and challenges of seagoing service among their friends and colleagues," said Lieutenant-Commander Anne Gardam, *Malahat's* Commanding Officer, at the conclusion of the sail.

By the time *Malahat's* sailors disembarked from the sail, they could truly reflect on the valuable training and fun that only an on-ship experience can bring.

"Getting to know what it's like to sail in a ship was memorable," said Sailor 3rd Class Isabelle Maguet, one of *Malahat's* most junior members. "I am heading off to finish my Basic Military Training in Quebec shortly and having some experience in a ship was great."

ABOUT THE SAIL

The sail was an extensive undertaking, requiring months of planning, which is no small feat for novice and junior sailors.

Duties included:

- The lookout;
- The helm;
- Briefing leaders on engineering risks and recommendations to mitigate risk;
- Handling lines to slip and berth a ship;
- Operating a small boat to prepare to receive a ship alongside;
- Feeding 24 people over three days while accommodating dietary restrictions.

The sail offered all these experiences as a matter of course.

DID YOU KNOW?

Sailor 1st Class Rocky Zhang is a local CFB Esquimalt celebrity, with more than 34K followers on TikTok and 11K followers on Instagram! @rcnrocky



Group shot of HMCS Malahat's Ship's Company that participated in the Malahat Orca-Class Training Sail on the foc'sle of Orca-Class Training Vessel PCT Moose 62. Photo: Acting Sub-Lieutenant Carson Stoney.



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Thomas Goenczi

Lookout contributor

One of the distinct characteristics of surviving a traumatic experience is battling nightmares that are rooted in the event. This is, without question, one of the more debilitating manifestations of Post-Traumatic Stress Disorder.

It can be confusing and frustrating to be stuck in a recurring theme of dreams with no way of knowing how to process them; it can also be a massive burden to our bodies. We need sleep just as much as we need food, water and shelter. Without it, our minds and bodies begin to break down and we aren't able to function to our optimal self.

On the mental side, a lack of sleep makes us susceptible to rapid mood swings, which can wax and wane from annihilatory apathy to immense irritability. We are on unnerving ground cognitively and emotionally when we do not get restorative sleep in our daily lives. It leaves us feeling vulnerable to our environment and everything around us makes us just plain grumpy.

In our bodies, everything feels heavier; the brain intuitively feels swollen from working overtime from the lack of rest, eyelids feel like sandbags with each blink being a battle to keep the eyes open, and our footwear choices seem to be made

out of iron and concrete. The research, although limited, has shown that a lack of sleep weakens our immune system increasing inflammation in our bodies, as well as impairing immune cell function, such as natural killer cells and T-cells, which are fundamental for fighting off disease and infection.

Repressed (unconsciously hiding it away) or suppressed (consciously ignoring) trauma will eventually make itself felt. We can hide away from distressing thoughts, memories or emotions for only a matter of time until it rears its head and we come face to face with it. One of the ways it confronts us is through dreams.

Dreams, and specifically nightmares, are one of the greatest psychic disrupters that give light to the unconscious material in our psyches. They can be a gateway to deeper personal understanding. When we begin to make sense of our dreams, we become more informed in our waking lives.

We all have those dreams that have just stuck with us for our lifetime. They somehow just never seem to escape our memory no matter how many years ago we had it. However, when our dreams become enmeshed in our trauma, a certain level of fear builds around the sleep state.

Our anxiety heightens preparing for rest because we don't know when or if a dream that pertains to our trauma may arise. Exhaustion sets in, but we fight off the

need for sleep to avoid confronting a potential nightmare.

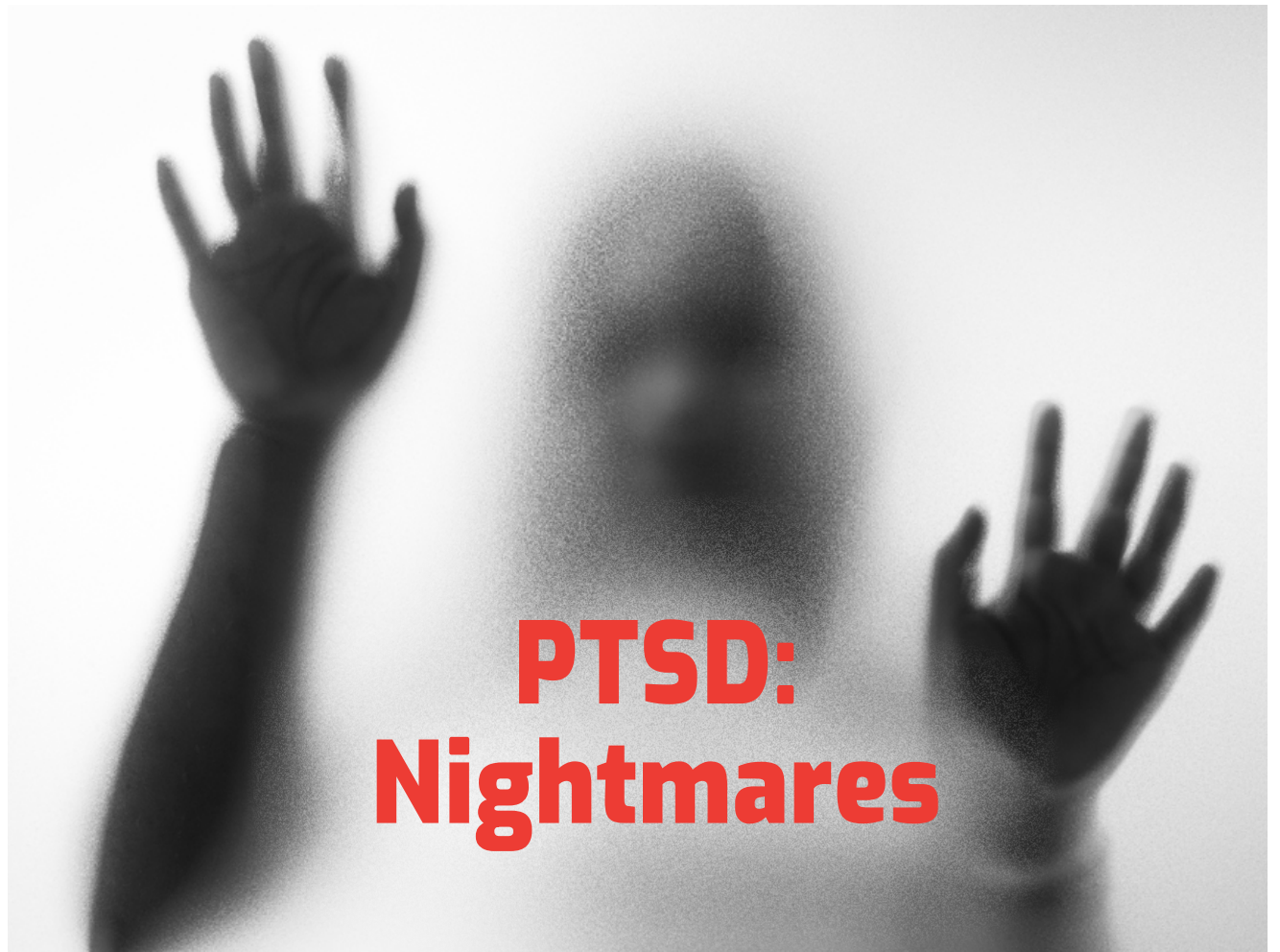
The thing with trauma-based nightmares is that they seemingly have no trigger that sets them off - or a noticeable one at least. We are aware of how a traumatic flashback is often triggered by our environment, but it seems as though dreams are activated through an internal force. This makes sense when we think of dreams as symbolic manifestations of our unconscious mind.

When we sleep our consciousness slips off into another world, one that can sometimes feel more *real* than the waking one we live. It's filled with fantasy, love, horror, and mystery. Having a trauma-based nightmare gives us pause and indicates that we have yet to fully come to terms with our psychic wound. We still have work to do, and to avoid it is no longer an option.

Next week we will look at how to begin to make sense of the varying images that come up in a trauma nightmare, and how to finally move out of the recurring loop that these types of dreams have.

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

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



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NEW UPDATES



NEW UPDATES

Canadian Forces Dress Instructions provide additional clarity

Defence Stories

New updates have been made to the Canadian Forces Dress Instructions to improve consistency in adhering to QR&O 17.02 QR&O: Volume I – Chapter 17 Dress And Appearance, where “the deportment and appearance of all ranks, in uniform or when wearing civilian attire, shall on all occasions reflect credit on the CAF and the individual.”

The changes will take effect on July 2, 2024. Canadian Armed Forces (CAF) members and leaders now have the opportunity to review and understand these updates and make any adjustments before the changes take effect. The new updates include the following four key elements:

- Hair extending below the lower portion of the shirt collar must be tied back away from the face. The volume of hair must not prevent the proper wearing of the headdress or protective equipment.
- Where they are necessary, hair accessories such as bobby pins and/or barrettes must be black, or similar in colour to the member's hair.
- Facial hair is to be no more than 2.5 cm (1 inch) in length/bulk for any style.
- Language and illustrations will be included in the grooming standard to clarify expectations.

Members obtaining a Religious or Spiritual Accommodation, in accordance with DAOD 5516-3, will have it inserted in their personnel file, alleviating the need for them to request the same accommodations following cyclical postings or unit

transfers. Members should communicate these requirements to their chain of command. Leaders retain the right to impose restrictions based on the need to meet the safety and operational requirements of their operating context.

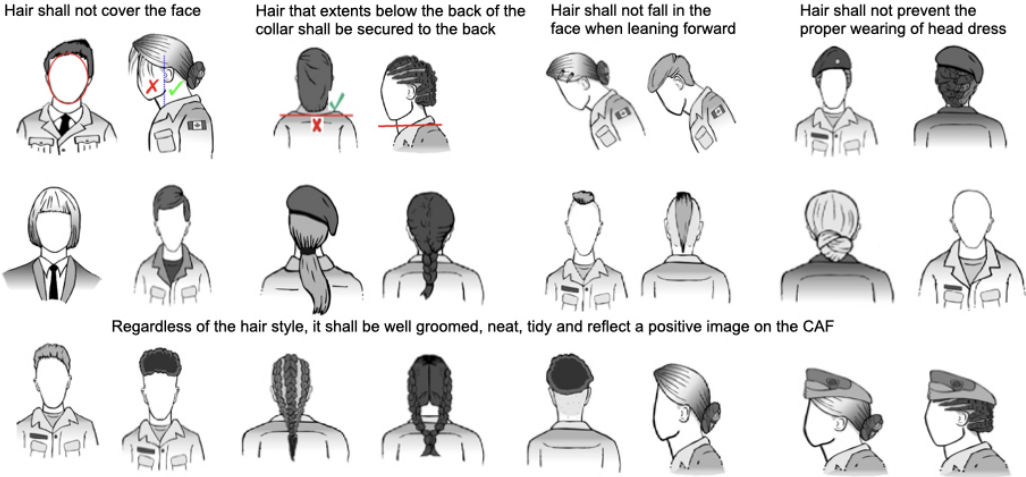
A significant update to the CF Dress Instructions occurred in September 2022 to make the policy more inclusive and less prohibitive, and to allow CAF members increased freedom to make personal choices regarding their appearance, while reflecting credit on the CAF and maintaining safety and operational effectiveness. While the changes have had many positive effects, there has been inconsistent interpretation and application.

“What got lost in translation is what we, who choose to serve, represent when we wear the CAF uniform,” says CAF CWO Bob McCann. “We do not represent just our individual selves but everyone who wore this uniform and fought before us so that we can enjoy the freedoms and way of life we get to enjoy today.”

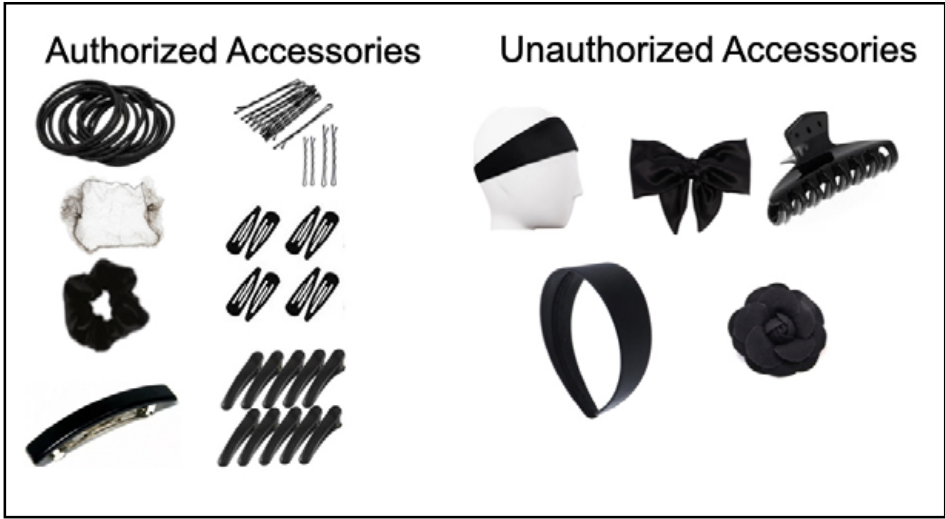
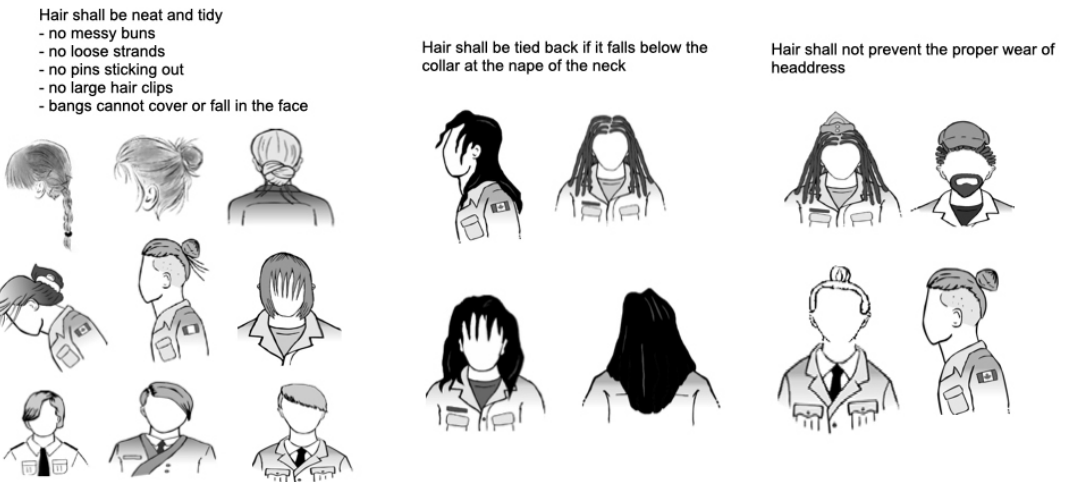
The National Defence Clothing and Dress Committee meets regularly to discuss matters related to clothing and dress. Adjustments to the CF Dress Instructions are made to align with the stated principles and occur on an ongoing basis as required.

As society changes, our military adapts and evolves its standards to reflect the population that it serves. Leaders at all levels are responsible for maintaining professional standards within a diverse and inclusive work environment, so that personnel under their command meet the expectations of the CF Dress Instructions.

Hair Dos



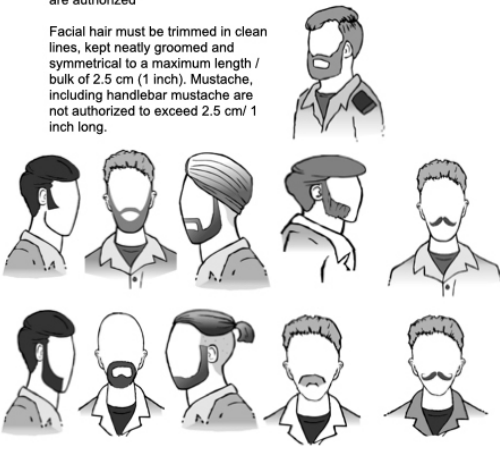
Hair Don'ts



Facial Hair Dos

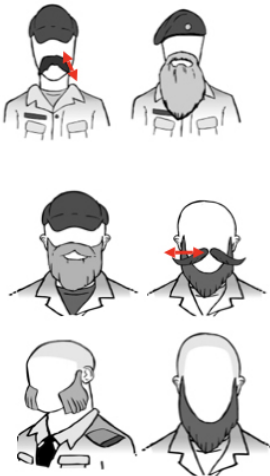
All styles of facial hair and sideburns are authorized

Facial hair must be trimmed in clean lines, kept neatly groomed and symmetrical to a maximum length / bulk of 2.5 cm (1 inch). Mustache, including handlebar mustache are not authorized to exceed 2.5 cm/ 1 inch long.



Facial Hair Don'ts

Examples of facial hair exceeding 2.5 cm (1 inch) in length.



NEW UPDATES

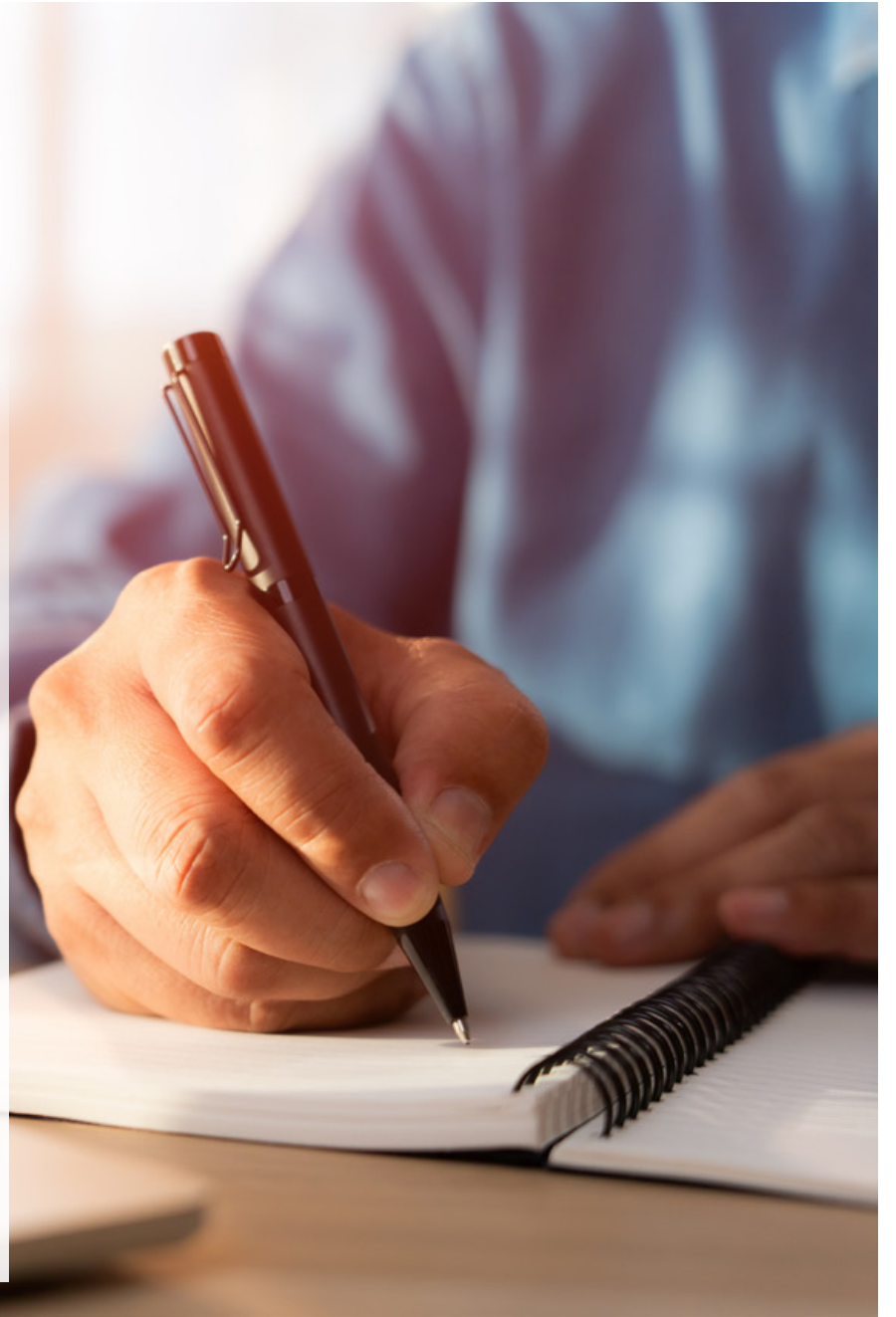
Letter to the Editor:

The significant accomplishments of Rear-Admiral Pullen as described in the May 13 issue left out a major contribution by the Admiral which saved the Royal Canadian Navy from very serious embarrassment of not having sufficient Officers/Pilots to 'crew' the large numbers of newly acquired (mid-1950s) Tracker and Banshee aircraft to operate onboard the new Carrier HMCS Bonaventure to be commissioned in 1957, as well, large numbers of MARS/MARE Officers would be required to 'crew' the new Fleet of 'Cadillacs' entering Service in the late 1950s and early 1960s.

My historical information is that Rear-Admiral Pullen was the initiator of the 'Venture Officer Training Plan', 1954-'66, a two-year (shortened to SSOP the last 3 years) Officer education and training plan, which was so desperately needed to train Officers in large numbers to 'crew' those large numbers of aircraft and ships renewing the post-war Fleet. He tagged Captain (later Rear-Admiral) R.P. Welland to 'implement' the program, then Command 'Venture' as the first CO.

The success of this training program was proven when a count was taken at the end of the 1960s, identifying the Pilot establishment at Naval Air Station Shearwater as being around 75 per cent 'Ventures'. After 'Unification' (1968) and loss of a Naval Aviation Branch, many of those Pilots rose to Squadron and Base Commanders in Air Command (RCAF). In the surface and sub-surface Fleets, dozens and dozens of Officers were 'Ventures' at all rank levels, three rose to be Commander of Maritime Command (RCN) as Vice-Admirals.

Colonel Stanley Brygadyr (ret'd),
RCN Pilot, 'Venture' Grad 1959.



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**Holly Bridges and
CWO Trevor Bull,**
RCAF Family Advocate

There are so many things to consider, to plan, and to put in place when it comes to any type of move, especially a military move. It is often one of the most stressful things that happens in a military family's life!

We, in the Canadian Armed Forces (CAF), have access to a group of services that can help us through this stressful time (and many others) by providing us with resources, information and contacts to help guide us during our move. These services come from your local Military Family Resource Centre (MFRC.)

MFRCs are located at all Bases and Wings across Canada. Services are also available to our OUTCAN members, and they have a substantial virtual presence. MFRC locations and services can be viewed at cfmws.ca by selecting your local community. This will set you on your journey to the many services available in your area or at your next posting.

**Some of the services and
assistance offered could
include:**

- Facilitating a family's integration into their new community and helping the family choose an environment that meets their needs (daycare, school, local services, special needs, etc.);
- Supporting the transition from one province to another (driver's license, family doctor, daycare, etc.);
- When operational tempo gets overwhelming, the MFRC can assist with things such as finding options for casual daycare, respite care, etc.;
- Providing access to services to help deal with children's behavioural issues and reactions to changes (moving, absences, re-integration);
- Acting as a conduit to a member's parents when they are worried, have no news or may need reassurance;
- Facilitating the development of social and mutual aid networks through activities designed to alleviate isolation; and
- Assisting with any other requirements for information, guidance, referral and support to promote family well-being.

**How do you access
these services?**

For privacy reasons, the MFRC cannot reach out to every person or family through 'cold calling', thus the best way to access services is to walk in and meet the people who work at your local MFRC. Talk to them, see what they have to offer, register and provide them with your contact information so that they can connect with you and your family. CAF members can also provide family contact information and consent from their orderly room during their Annual Readiness Verification.

Finally,
**visit cfmws.ca to
select your local
community and
check out the
different ways you
can stay connected.**



We Salute Our Fleet



CAF dives in at Tradewinds in Beautiful Barbados

Defence Stories

Navy ships, Black Hawk helicopters, and more than 30 different uniform camouflage patterns are not typically everyday sights in Barbados - but for two weeks in early May this year they became fixtures of the island just the same as the colourful minibuses and flying fish 'cutters' are.

Exercise *Tradewinds* (Ex TW), the annual U.S. Southern Command-led effort to help develop regional preparedness alongside Caribbean Community and international partners was a smashing success in Barbados, the 2024 exercise host nation.

Pulling from units coast-to-coast, the Canadian Contingent brought expertise in dive operations, medical training, Humanitarian Assistance and Disaster Response training, command and control and the Operational Planning Process.

The Canadian Contingent to Ex TW was headed by Lieutenant-Colonel (LCol) Steve Hale of the 5th Canadian Division.

"This is one of the largest *Tradewinds* exercises in recent years and highlights the regional desires for a safe and resilient Caribbean. Training over 1,200 personnel on an island of 280,000 that is smaller than the Gagetown training area was a challenge for all," said LCol Hale.

HMCS *Margaret Brooke*, sailing in the Caribbean Sea on its Operation *Caribbe* deployment, also stopped by the island for much of the exercise to work alongside ships from eight other nations on a series of important, combined maritime skills such as passing, towing, and targeting.

Canada also flexed its environmentally conscious reputation

during the exercise through a two-day initiative conducted alongside the Coral Reef Restoration Alliance (CORALL), a local non-profit organization. Canadian divers helped to train CORALL volunteer members and student divers from partner nations on debris recovery from the local artificial coral reefs, learning about coral bleaching and coral reef rehabilitation in the process.

In line with Canada's Defence Environmental Protection Policy, this work helped to emphasize the commitments that the Canadian Armed Forces has made to proper environmental stewardship throughout its operations at home and abroad; while also enhancing the skills that were trained during the exercise.

Across Barbados, members of the Canadian Contingent were thanked by locals and tourists alike. There is a significant Canadian community in Barbados, and vice versa, so seeing the maple leaf on the contingent members' shoulders was always a pleasant surprise to folks on the island. Even thousands of kilometers away, the Canadian Contingent felt right at home. The Canadian Armed Forces is grateful to Barbados for hosting this year's exercise on its beautiful island and in its incredible waters.

Exercise *Tradewinds* will take place next year with host nation Trinidad and Tobago.



Top: Sailor 1st Class Aaron Clark of the Canadian Armed Forces Fleet Diving Unit poses for the camera during Exercise Tradewinds 24 (TW24), in the vicinity of the Barbados Coast Guard Base Pelican. Bottom: Members of the Fleet Diving Unit meticulously assemble dive equipment in anticipation of Exercise TW24 at the Barbados Coast Guard Base Pelican on May 2. Photos: Petty Officer 2nd Class Eduardo Jorge, 12 Wing Imaging Services, Shearwater.

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HMCS Chicoutimi conducts pod posting exercise



CANSUBFOR

HMCS *Chicoutimi* conducted an Emergency Life Saving Stores (ELSS) pod posting exercise at the end of May.

Chief Petty Officer 2nd Class (CPO2) Nelson Harvey, exercise organizer and subject matter expert, said the exercise was intended to educate submariners on how to bring a container of essential supplies onto a submarine stuck on the ocean floor.

Canadian Submarine Force members simulated inserting a pod into the escape compartment of HMCS *Chicoutimi*'s forward escape tower.

In an emergency, members inside the

submarine rig a bag into the escape tower and, after sealing the tower shut, open a lid from the inside. Once the tower is flooded, rescue divers place the pod carrying essentials into the bag. Members then drain the tower and lower the supplies into the sub.

"We simulated the pod being brought to the forward escape compartment through the forward escape tower as if the pod was being delivered by divers or a remotely operated vehicle," CPO2 Harvey said.

Things that the pod could contain include: O2 Candles, Lithium Hydroxide curtains (for scrubbing CO₂), water, rations, and medicine.



1. Emergency Life Saving Stores (ELSS) pod securely placed into the posting bag rigged in the forward escape tower of HMCS *Chicoutimi*.

2,3. ELSS posting bag rigged in HMCS *Chicoutimi*'s forward escape tower.

4. Member's of CANSUBFOR placing the ELSS pod into the posting bag onboard HMCS *Chicoutimi*.

Background: Member's of CANSUBFOR preparing the ELSS pod for transfer onto HMCS *Chicoutimi*. Photos supplied

Naden Gym Class Schedule

TIME	MON	TUE	WED	THUR	FRI
0630-0715	Force PT Strength Focus	Force PT Cardio Focus	Force PT Strength Focus	Practice Force Test	Force PT Cardio Focus
1205-1250	Spin	AquaFit	Functional Strength	Swim Skills	Mobility

DKYD Gym Class Schedule

TIME	MON	TUE	WED	THUR	FRI
1205-1250	Strength	Yoga on the Admiral's lawn	Strength	Spin	Cardio

5MIN QUESTIONNAIRE ABOUT:
CLASS SCHEDULE AT NADEN & DKYD GYM



QUESTIONNAIRE DE 5 MINUTES SUR :
L'HORAIRE DES COURS AU NADEN & DKYD GYM

Horaires des classes pour le gym Naden

TEMPS	LUN	MAR	MER	JUE	VEN
0630-0715	Force TP Force concentrer	Force TP Cardio concentrer	Force TP Force concentrer	Test de force (pratique)	Force TP Cardio concentrer
1205-1250	Cardiovélo	Aquaforme	Force fonctionnelle	Compétences en natation	Mobilité

Horaires des cours gym Dockyard

TEMPS	LUN	MAR	MER	JUE	VEN
1205-1250	Force	Mobilité (Pelouse de l'amiral)	Force	Cardiovélo	Cardio

Correcting the record

on Stoker 1st Class Verne LeRoy Turner's cause of death

A/SLt Scott Ferris

HMCS Queen Charlotte Public Affairs Officer

During the tumultuous Victory in Europe Day (VE-Day) celebrations in Halifax, N.S., amidst the chaos and confusion of the post-war festivities, Stoker 1st Class Verne LeRoy Turner's reputation was tarnished with false news reports suggesting he died by drinking himself to death.

However, recent research has revealed that Turner's death was due to heart failure caused by an infection rather than alcohol poisoning, restoring not only his reputation, but also honor to his service in the Royal Canadian Navy (RCN).

Turner's journey in the navy began in January 1944 when he joined the Royal Canadian Naval Volunteer Reserve at His Majesty's Canadian Ship (HMCS) *Discovery*, the Vancouver Naval Reserve Division.

After just three months at HMCS *Discovery*, Turner shipped out to the Atlantic Coast to undertake naval recruit training at HMCS Cornwallis at Deep Brook, N.S.

Turner's service included postings to HMC Ships *Asbestos* and *Rosthern*, both based at HMC Dockyard Halifax. While in his second ship, Turner was promoted to Stoker 1st Class.

The spring of 1945 was a time of intense activity in Halifax, with people, ships, trains, and materiel bustling to support the Allies' push into Germany. VE-Day brought both anticipation and chaos to the city.

While the official announcement on May 7, 1945, was met with initial celebrations, it was followed by riots and looting in Halifax and Dartmouth on May 7 and 8. The chaos made it difficult to accurately record facts surrounding the events of that day. Many incidents were reported inaccurately.

There were two coincidences involved in the last day of Verne's life. The first was that Verne collapsed and died on a street in Halifax on the same day the VE-Day Halifax Riots began. The second was he had alcohol and blood in his stomach when he died.

These coincidences became items of misinformation that were documented by naval and provincial authorities and news media, causing damage to Turner, his family and his service in the Navy.

Turner's family knew that he had collapsed and died of a heart attack on May 7, 1945. They also knew on receipt of a letter from the Secretary of the Naval Board that he was not connected to the VE-Day riots, as his death happened before the riots began.

However, the false association between the riots and his death lasted for decades. The Board of Inquiry attributed his death to youth, inexperience, and alcohol intolerance. 'Effects of alcohol' was also documented as the Cause of Death on the Nova Scotia Certificate of Registration of Death.

Recent investigations by volunteer researchers Commander (ret'd) Arthur Hastings and Sub-Lieutenant (ret'd) Jody Doll uncovered the truth

buried in historical archives.

The findings revealed that Turner's death was not due to alcohol poisoning. The autopsy report indicated a case of acute toxemia caused by bacterial toxins in his bloodstream, leading to heart failure. This finding, along with the letter from the Secretary of the Naval Board, clears his name of any involvement in the VE-Day riots and restores his untarnished service record in the RCN.

Turner's Commanding Officer wrote to Turner's mother: "His loss is greatly felt by all members of the ship's company who held him in high regard for his cheerfulness and devotion to duty".

Stoker 1st Class Verne LeRoy Turner was laid to rest with full naval honours in the Vancouver (Mountain View) Cemetery.

He is commemorated in the Second World War Book of Remembrance, at the Centre Block Houses of Parliament in Ottawa on the Memorial Plaque at HMCS *Discovery* and in the book 'HMCS *Discovery* Roll of Honour 1939-1945'.

He was awarded posthumously four campaign medals that stand as a testament to his service and sacrifice for his country.

As we reflect on Turner's story, it is a reminder of the importance of historical accuracy and honoring the legacy of those who served with integrity.

To learn more about Stoker 1st Class Verne LeRoy Turner's life, visit the Citizen Sailors Virtual Cenotaph.

Navy Rites for Vancouver Man

Stoker Verne LeRoy Turner, 18, son of Mr. and Mrs. V. L. Turner, 3460 East King Edward, who collapsed and died of heart attack on the streets of Halifax V-E Day, is posted on the official Navy casualty list released today.



He was educated at General Wolfe, John Oliver High School and began an arts course at UBC. He was employed by Leek and Company, Ltd., at the North Van Ship Repairs and enlisted in February, 1944.

He had been on Atlantic Coast Patrol since August.

He was buried in Vancouver last Wednesday with full naval honors. Besides his parents he is survived by one brother and two sisters.

Vancouver Sun
25 May 1945, page 5

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Crew of the future HMCS Protecteur gains hands-on experience aboard German ship



Photo: German ship Frankfurt am Main. Photo supplied

The German *Berlin*-class replenishment ship *Frankfurt am Main* arrived in Halifax last month after sailing from Germany with crew members of the future HMCS *Protecteur* aboard.

Commander (Cdr) Landon Creasy, incoming Commanding Officer of HMCS *Protecteur*, described the exchange as an incredible opportunity to familiarize the crew with the operational nuances of the future *Protecteur*.

"It's probably one of the best experiences I have had in my career," Cdr Creasy said.

He highlighted the importance of understanding the ship's handling and organizational structure, particularly the Engineering Department, which closely mirrors the Royal Canadian Navy's Marine Technician trade structure.

The experience provided valuable insights into replenishment operations and complex cargo management.

Cdr Creasy is enthusiastic about the future HMCS *Protecteur*, which will enhance Canada's capability to support both military and humanitarian missions globally.

With files from Our Navy Today.



HMCS Frédéric Rolette named

The naming ceremony for the future HMCS Frédéric Rolette was held on May 26 in Halifax. The ship is the Royal Canadian Navy's fifth AOPV.

The ship is named after Lieutenant Frédéric Rolette, a Canadian-born officer who served in the Provincial Marine of Upper Canada. When the War of 1812 broke out on July 3, Rolette acted immediately, capturing an American vessel before the crew became aware that their country had declared war. Rolette went on to be an influential soldier in several battles, being injured several times and returning to combat.

When wounded at the battle of the River Raisin, Rolette

refused to leave the field.

"I have been selected to work this gun," he said. "And it would be a lasting disgrace for me to leave it."

Dating back centuries, the naming of a ship is steeped in tradition and believed to bring good luck and safe travel to the vessel and crew.

The ship's sponsor, Hélène Châtillon, a descendant of Frédéric Rolette, officially named the ship by breaking a bottle of sparkling wine against the bow and declaring, "I name you Frédéric Rolette. Bless this ship and all who sail in it."

With files from Our Navy Today.

Do you have the

Write stuff?



The Lookout is seeking people who want to 'have their say' in print. If you have something to say, and want to collaborate, contact Kateryna.Bandura@forces.gc.ca

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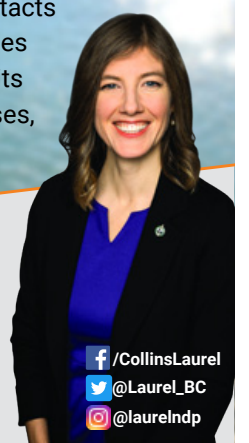
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- Federal COVID-19 benefits for individuals, businesses, non-profits.

Laurel Collins
MP for Victoria

Laurel.Collins@parl.gc.ca
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PLAY

makes a better world

CFMWS

The first-ever International Day of Play, to be observed on June 11, marks a significant milestone in efforts to preserve, promote, and prioritize playing so that all people, especially children, can reap the rewards and thrive to their full potential.

Beyond mere recreation, it is a universal language spoken by people of all ages, transcending national, cultural, and socio-economic boundaries. This shared passion fosters a sense of community and national pride.

It also fosters resilience, creativity, and innovation in individuals. For children in particular, play helps build relationships and improves control, overcome trauma, and problem-solving. It helps children develop the cognitive, physical, creative, social, and emotional skills they need to thrive in a rapidly changing world. In educational settings, play-based learning has been recognized as an effective approach to engage students actively in the learning process. It helps make learning more enjoyable and relevant, thereby enhancing motivation and retention of information.

The international day creates a unifying moment at global, national, and local levels to elevate the importance of play. It signals a call for policies, training, and funding to get play integrated into education and community settings worldwide.

Canadian Forces Morale and Welfare Services Community Recreation is proud to offer military families opportunities to play. Our services are tailored to help families with the challenges they may face due to military life and make the most of everyday activities such as going to the playground or day camp. We believe that when members of the Canadian Armed Forces take good care of themselves and their families, they can do better both at home and at work. Whether families need to sign the kids up for swimming lessons, improve their fitness, or make friends in a new community, our services are here to help.

Visit cfmws.ca/sport-fitness-rec/recreation-programs to learn how you can find opportunities to play in your community, or visit facebook.com/PSP.CFMWS.SBMFC on June 11th to participate on our contest celebrating play.



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Browning, library, school, shopping at the Esquimalt Plaza and more! For further information please contact 778-888-9927 between 9:00 a.m. to 7:00 p.m. Must be able to complete application and provide references. 06/10

Fully furnished and equipped 3Bed-2Bath house for rent in cul-de-sac in Langford. Large garage, fenced yard. 200m from bus, 10ms walk to G. Goose and Westshore mall. 1Yr+ lease. No pets, \$3,600/Mth + utilities. Details Liliane 819-992 3380. 06/03

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2. Financial counselling, which concerns budgeting, borrowing, and all the other day-to-day financial issues our members face.
3. Insurance, which is about placing a layer of protection around your family's finances.

How should members financially prepare for relocation?

It's important to start preparing as soon as you find out you will be posted. That way, if adjustments are required, time will be on your side. Begin by looking at your expected expenses, and then compare that to your income sources.

What will your living costs be? Will you need two cars? What will your take-home pay look like? Will your spouse be working? Will you need to dip into savings or credit to get started? And if you need a hand with any of this, a SISIP Financial Counsellor can absolutely help.

Also make sure to look at your insurance policies, because things can change, especially if you'll be going from owning to renting or the other way around.

Any tips for dealing with high interest rates and inflation?

Financial basics are helpful at times like this. Know your goals, your financial situation and your budget. Know what you own and what you owe. If you don't have an emergency fund, start one, even if it's just \$25 or \$50 from each pay cheque.

Then look at some of the decisions in front of you. Hold off on large purchases because you don't want to be taking on new credit right now. Look at your mortgage and consider whether now is the right time to lock into a fixed rate. Pay down debt if you have the resources. Put extra money on the highest interest rates first.

Next, look at your bills. What can you reduce or eliminate? Perhaps cell phone providers, internet providers, subscription services. Can you save on insurance? Can you save on groceries by buying bulk, reducing waste, or meal planning? Can you take advantage of discounts with Canadian Forces 1 Card?

And finally, look at ways to potentially increase your income. That could be through additional part-time work, possibly a small business or side hustle, or some form of investment income.

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Congrats Grads!

Sailor First Class Naval Combat Information Operator (RQ-S1 NCIOP) Graduation on May 13.
Presented by Lieutenant-Commander (LCdr) Greg Oickle.

Photos: Sailor 3rd Class Mckayla Ryce, MARPAC Imaging Services



Sailor 1st Class Talya-Estrada receives their certification of completion of the Rank Qualification.



Sailor 1st Class Asis receives their certification of completion of the Rank Qualification.



Sailor 1st Class Beaton receives their certification of completion of the Rank Qualification.



Sailor 1st Class Carey receives their certification of completion of the Rank Qualification.



Sailor 2nd Class Cheng receives their certification of completion of the Rank Qualification.



Sailor 1st Class Coward receives their certification of completion of the Rank Qualification.



Sailor 1st Class Longueay receives their certification of completion of the Rank Qualification.



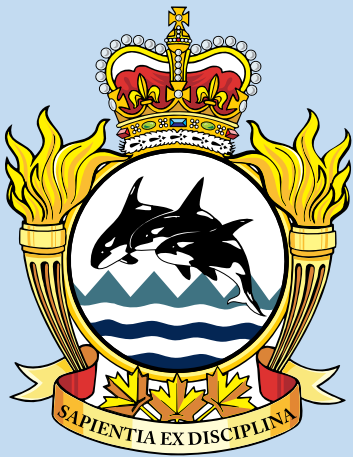
Sailor 2nd Class Rimzy receives their certification of completion of the Rank Qualification.



Sailor 1st Class Amos receives their certification of completion of the Rank Qualification course.



Sailor 1st Class Amos receives their certification of Top Student for the Rank Qualification - Sailor 1st Class Naval Combat Information Operator course.



CFB Esquimalt Base Administration wishes to recognize the first two candidates to complete the Human Resources Administrators (HRA) Learning in the Workplace Program at the Base Orderly Room. Through hard work and dedication, both graduates have now moved on to their first postings as qualified HRAs. Congratulations on your accomplishments!

Left to right: Coaches – Corporal Jackson and Corporal Nguyen, BOR Supervisor – Master Warrant Officer Teixeira, Graduates – Aviator Roy and Sailor 3rd Class Turcotte, OIC – Lieutenant (Navy) Uddin, and Supervisor – Petty Office 2nd Class Davis. Photo: Master Sailor Turcotte





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\$45.15 – Grand public

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\$44.65 – Militaires en activité et retraités
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\$55.15 – Grand public

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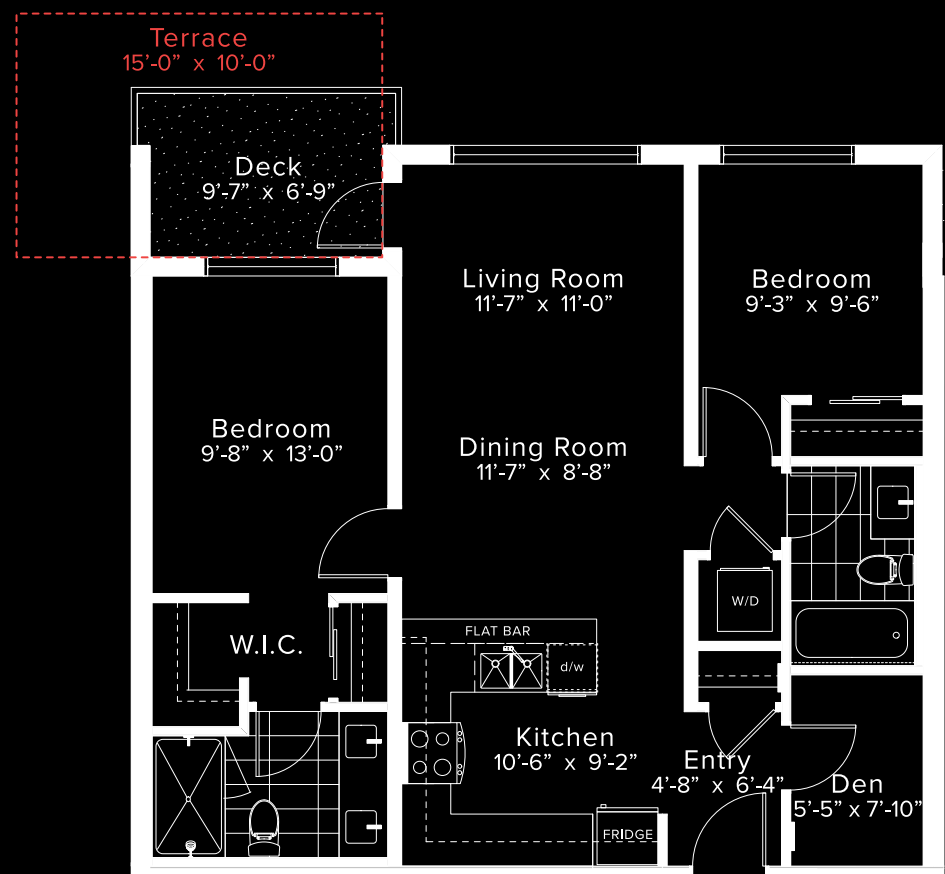
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