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LOOKOUT

MORALE & WELFARE NEWS

newspaper.com

MEDALS FOR CHILDREN

Anderson Morin proudly wears his newly acquired medal as he heads off to drill with the Navy League Cadets RH Admiral Falls. He received the medal as part of HMCS Winnipeg's homecoming, where dad PO2 Joss Morin works. Read the full story on page 2.

Photo courtesy of the Morin Family



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Children's deployment sacrifice honoured

Peter Mallett
Staff Writer

An Alberta grandfather of eight grandchildren, three of which have parents serving in the navy, believes children of deployed sailors deserve a medal for their service and sacrifice.

Medals For Children is an initiative launched by Earl Phillips, with the idea germinating after a family deployment update call with *HMCS Calgary* last spring. Someone asked about medals for children, an idea he liked, which prompted him to provide miniature medals to the crew.

When *HMCS Winnipeg* sailed, Phillips saw the opportunity to provide medals to them as well, and immediately contacted the ship to measure interest. The reaction was favourable.

So, when *HMCS Winnipeg* returned from its deployment in the Indo-Pacific region on Dec. 16, 2021, a box of 120 shiny blue and bronze medals were waiting on the ship's main deck to be distributed.

The medals acknowledge the patience, heroism, and bravery of *HMCS Winnipeg* crew members' children during their four-month deployment, he says.

Phillips designed and ordered the medals from an online distributor in B.C. at a cost of approximately \$12 each. He used his own money and that of two corporate donors in his home town to pay the bill.

Both sides of the medal are coloured in blue and bronze. The front features a child's hand reaching toward the hand of an adult; the reverse features the name of the ship – *HMCS Winnipeg*, and the dates of its deployment. It also includes a red and white ribbon.

He then worked with the Military Family Resource Centre (MFRC) Esquimalt to hand out the medals at

Winnipeg's homecoming.

"Children of deployed sailors are also making a commitment and sacrifice for the security of our nation by being separated from their parents, and they deserve a medal," says Phillips. "For a four- or five-year-old boy or girl, I think this is powerful because it recognizes that they also paid a price during deployment."

Reaction from parents and children at the homecoming was lots of smiles and laughter, says CPO1 Line Laurendeau, *HMCS Winnipeg* Coxswain.

"Receiving these medals was really a special moment for all of our crew and really helped members reconnect with their children during their return home. Our crew really enjoyed this and I would recommend continuing this initiative," she says.

Phillips watched live video streaming of *Winnipeg's* homecoming ceremony and was delighted to see sailors pinning the medal on their children's jackets and sweaters on the deck of the ship.

"It has been overwhelming seeing the comments from parents of recipients and to see so many people joining our Facebook page and the kind of community support we are seeing for this initiative," said Phillips. "After the *Winnipeg* deployment, many parents were commenting how much their children appreciated the medals and treasure them."

He plans to keep the initiative going



An *HMCS Winnipeg* sailor pins a medal on his child.

for future deployments of other ships and says he has already had interest from CPO1 Robert Ferguson of *HMCS Vancouver*.

Going forward, he hopes to have an already established charity take Medals for Children under their wing and help his initiative to ensure its longevity. He says it would be a relationship where he would continue to fundraise and organize the provision and distribution of medals.

He has started discussions with The Navy League of Canada and Together We Stand Foundation and to see if they will take interest of his plan.



Receiving these medals was really a special moment for all of our crew and really helped members reconnect with their children during their return home."

– CPO1 Line Laurendeau, *HMCS Winnipeg* Coxswain



HMCS Winnipeg is saluted by Rear Admiral Angus Topsishee, Commanding Officer Maritime Forces Pacific, and The Honorable Janet Austin, Lieutenant Governor of British Columbia, as the ship passes Duntze Head on its return home Dec. 16.

Photo by: Corporal (Cpl) Jay Naples, MARPAC Imaging Services, Esquimalt



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HMCS Montreal departs for six-month deployment

Ryan Melanson
Trident Newspaper

The Royal Canadian Navy's Atlantic Fleet has begun its first deployment of the New Year, with *HMCS Montreal* departing Halifax Jan.19 to join NATO colleagues in Northern Europe as part of Operation Reassurance.

As has become the norm due to the pandemic, ship and crew, along with the embarked CH-148 Cyclone Helicopter Air Detachment, slipped away quietly without a large gathering at the jetty, having said goodbye to their families days earlier before beginning a hotel quarantine to reduce the risk of COVID-19 cases.

But despite these not ideal conditions, and the extra stress brought on by the worsening pandemic, *Montreal's* Commanding Officer said he's impressed by the high spirits among his ship's company, who have all been looking forward to completing the isolation and testing requirements and getting down to business.

"The crew is ready to go and all of us want to get on with it. There's been so much preparation leading up to this point, and now the crew is eager to get going out the door and get this mission started," said Commander Chris Devita.

The majority of the team came together on board *Montreal* last August, and have since been working nonstop, bringing a ship that hasn't sailed in more than two years up to the required readiness levels.

"We started as a group of individuals, and now we are truly a cohesive ship's company. I've never been more proud - these folks have dug deeper, found success where it wasn't always expected, and they've shown a great positive attitude all along."

Another round of COVID-19 testing followed after the ship after it left its homeport, and despite the rise in cases attributed to the Omicron variant of the disease, Royal Canadian Navy (RCN) officials are confident in the strict protocols that have kept the virus at bay. The COVID-19 situation will also be examined closely during any port visits, and it's likely sailors will be required to stay on board the ship or in the vicinity of the jetty during any stops.

"We have a very high confidence that we can keep our sailors safe on board during the mission," said RAdm Brian Santarpia, Commander Maritime Forces Atlantic.

While this is the first time *Montreal* has deployed to Op Reassurance, the RCN has been support-



The crew line the deck as HMCS Montreal sails away on deployment.

ing the mission since the summer of 2014, and *Montreal's* departure marks the beginning of the 16th rotation of the deployment for Halifax-class frigates. *HMCS Fredericton*, the most recent ship to deploy to Op Reassurance, returned to Halifax in December after five months with Standing NATO Maritime Group Two.

This consistent NATO presence in the Mediterranean and Black Sea provides security and assurances to allies in the region, and began as a response to Russian aggression in 2014. Activities for *Montreal* while at sea will include surveillance and monitoring, as well as training focused on interoperability with allies.

Along with the importance of the mission and fulfilling Canada's NATO obligations, Cdr Devita

said he was also excited for his crew, particularly the junior members, to take in the range of experiences, challenges and successes that come with a major overseas deployment.

"This is crucial for career progression. This is the chance to take everything you learn in your training, and actually put it to use in a practical setting. I can't wait to see what we're capable of."

“There's been so much preparation leading up to this point, and now the crew is eager to get going out the door and get this mission started.”

– Commander Chris Devita



A family waves goodbye to the ship and crew.

matters of OPINION

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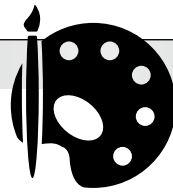
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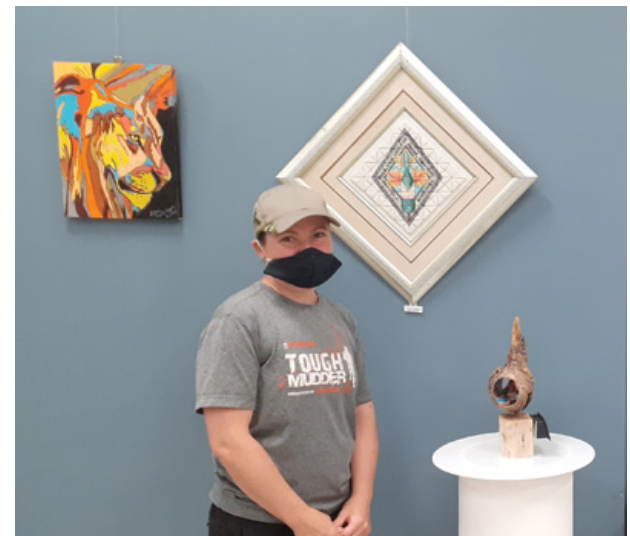
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CFB Borden Artists Featured in Barrie Art Exhibit

Story courtesy: **Borden Citizen**



Left: MCpl Elena Vlassova with her Steel Spirit exhibit at Barrie City Hall. **Right:** Steel Spirit artist Lee-Ann LeMesurier stands with her artwork on display at Barrie City Hall.

MCpl Elena Vlassova, an Image Technician with the Canadian Forces Training Development Centre, and Lee-Ann LeMesurier, a full-time reservist, are both members of The Steel Spirit, which showcases artwork by military, first responder, and frontline healthcare workers.

Both had their work on display last fall at Barrie City Hall in Ontario.

"That made me extremely happy," says MCpl Vlassova. "It made me inspired to paint more. It gave me the confidence that my art is presentable.

I am very grateful for this opportunity to have my life enriched with [these] shows."

Her art is acrylic painting on canvas of mostly old-style architectural buildings, a passion that began during her studies at the Architectural Academy in Russia. She also paints portraits in watercolour.

Lee-Ann LeMesurier is a multi-medium artist, working with prints, sculptures, watercolour, and found objects. Her pieces are about self-exploration.

"[Art] is definitely a necessity for many of us, whether we like to admit it or not," she says.

She adds, it's a different experience when art is shared, but having your art displayed is not what defines an artist. For her, art is meant for everyone – all ages and all skill levels – and can be a good way to heal.

"I think having an outlet for everybody is important," she said. "No matter who you are, or what your background, or what you've been through, art has a place for you."



The Steel Spirit is a platform for artwork submissions by Military, First Responder, and Hospital Practitioners. They are always looking for new and emerging artists with and without experience, from every background and every age. For more information or if you would like to be involved, please visit: www.thesteelspirit.ca



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Photo by Cpl Laura Landry

Strength at Sea

► Fitness Challenge

Trident Newspaper

The PO2 Craig Blake Memorial Fitness Challenge is a short distance "sprint" triathlon held at MacDonald's Beach near 12 Wing Shearwater, Nova Scotia, in September.

The event is organized to honour the athletic achievements of avid cyclist and triathlete PO2 Craig Blake, the first Canadian soldier to fall in Afghanistan.

The goal of the event is to bring people of all fitness levels together to strive to do their best through friendly competition.

With *HMCS Fredericton* deployed on Operation Reassurance while the 2021 Fitness Challenge took place at home in September, members of the ship expressed interest to Race Director Kevin Miller from Personnel Support Programs (PSP) in supporting the event while at sea.

Coordination began immediately, with Sports Officer MCpl Kerri Schultz tasked to come up with a plan to make it happen. It was decided to use a rower, stationary bike, and treadmill on board for the challenge.

The 300m swim, 6.5km bike, and 2km run of the PO2 Craig Blake Memorial Fitness Challenge were replaced with a 1000m row, 6.5km bike, and 2km run

on the stationary fitness equipment. A mandatory one minute break was used to ensure transitions were done safely and allow time to adjust the equipment to fit each competitor. Participants could sign up for the individual category where they would complete all three activities, or in the team category where each member completed one leg of the event in a relay format.

"Overall, we had a great time organizing the event and we were pleased with the turn out. It definitely boosted the morale on board and gave everyone something to train for during the deployment. I loved seeing fresh faces back in the gym and on the cardio equipment," MCpl Schultz said.

The event was dubbed the Strength at Sea Fitness Challenge, and PSP staff designed a personalized logo and T-shirt for the event. The design incorporated elements of the PO2 Craig Blake Memorial Fitness Challenge logo, *Fredericton's* badge and motto "Stalker of the Seas."

"I'm really glad we were able to make this happen for the members of *HMCS Fredericton*. The feedback has been fantastic. Hopefully the Strength at Sea Fitness Challenge can be continued next year by any ships on deployment in the fall," Miller added.

Results

Fellow Sports Officer PO2 Matt Swain assisted MCpl Schultz in coordination and timing of the event. A leaderboard was updated daily and placed in the canteen flats, creating friendly competition between peers and comrades. Plaques and prizes were distributed upon completion of the event. Top three prizes were awarded in each category.

Individual Category

- 1st – PO2 Matt Swain
- 2nd – CPO2 Dan Doyle
- 3rd – MCpl Jeremy Poitras

Team Category

- 1st – Cmdre Brad Peats, CPO2 Dan Doyle, Capt Steve Morris
- 2nd – S1 Cameron Huckabone, S1 Will Bonvie, S1 Yazdan Kelewala
- 3rd – S1 Brad Morrison, MS Donald O'Leary, S1 Nathan Wright

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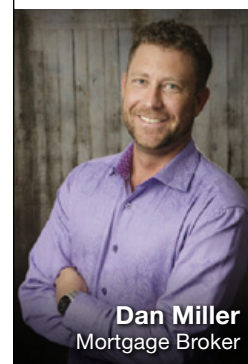
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WALK-IN COVID-19 Booster Shots



UNE CLINIQUE D'INJECTIONS de rappel contre la COVID-19

are available at Archie Browning Sports Centre in Esquimalt, for all CFB Esquimalt personnel (military and civilian).

sans rendez-vous a été mise en place au Centre de loisirs Archie Browning à Esquimalt, à l'intention de tout le personnel de la BFC Esquimalt (militaire et civil).

WHAT

Vancouver Island Health Authority (VIHA) has offered to allow the identified group to attend the Archie Browning Booster Clinic on a walk-in basis. The walk-in option is available only at Archie Browning Arena, during the dates outlined below. Members should identify themselves as coming from CFB Esquimalt and request proof of vaccination (VIHA will hand out booster cards on request). If no card is issued, members will still be able to access the record through a VIHA portal later. Military members can still make scheduled appointments at the CF H Svcs Clinic, through the online Booking Site, and for civilian members, through the BC vaccine registration website, <https://www2.gov.bc.ca/gov/content/covid-19/vaccine/register>.

WHO

All military and civilian personnel (show Mil ID or proof of employment, such as access pass, DND ID, etc.) who wish to receive a COVID booster shot, and who received their final dose of their primary booster series more than 6 months ago.

Note:

1. Attending this specific clinic is not mandatory. Military members who intend to refuse a booster dose should not go to the Archie Browning VIHA Clinic. If members wish to discuss the booster, make an appointment with the CF H Svcs Booster Clinic.
2. Members who are likely to deploy in the next 3 months, are more than 3 months, but less than 6 months, from their final dose of their primary COVID vaccine series, should make an appointment with the CF H Svcs Booster Clinic.

WHEN

Archie Browning Walk-Ins are available from 18-30 January, 7 days a week, from 1130 to 1815 hrs.

WHERE

Archie Browning Sports Centre,
1151 Esquimalt Road, Victoria BC.

Note:

Any military member who receives a vaccine dose from VIHA must email proof of vaccination to ESQ.COVID.IMMUNIZATION@forces.gc.ca, so this can be properly recorded in their CFHIS medical record. Once this is done they will receive a new "Vaccine Passport" QR code, emailed to them, with the updated information.

Details from VIHA here:

https://covid19.islandclinics.ca/?q=locations_city&tid_1=28



QUOI

L'Autorité sanitaire de l'île de Vancouver (Vancouver Island Health Authority [VIHA]) a accepté de permettre au groupe ciblé de se présenter à la clinique d'injection de rappel, sans rendez-vous. Il est possible de recevoir une injection de rappel sans rendez-vous uniquement au Centre de loisirs Archie Browning, aux heures indiquées ci-dessous. Les membres doivent mentionner qu'ils viennent de la BFC Esquimalt et demander une preuve de vaccination (VIHA remettra les cartes d'injection de rappel sur demande). Si aucune carte n'est remise, les membres pourront tout de même accéder à leur dossier à partir du portail de VIHA ultérieurement. Pour les militaires, il est toujours possible de prendre un rendez-vous à une clinique des Svc S FC, à partir du site de prise de rendez-vous en ligne, et pour les employés civils, à partir du site Web de prise de rendez-vous « Get Vaccinated », à l'adresse suivante: <https://www2.gov.bc.ca/gov/content/covid-19/translation/fr/register#register>.

QUI

Tout le personnel militaire et civil (présenter une carte d'identité militaire ou une preuve d'emploi, comme une carte d'accès, une carte d'identité du MDN, etc.) qui souhaite recevoir une injection de rappel contre la COVID-19 et qui a reçu sa dernière injection de la série primaire d'injections de rappel il y a plus de six (6) mois.

Remarque:

1. Il n'est pas obligatoire de se présenter à cette clinique en particulier. Les militaires qui prévoient refuser l'injection de rappel ne sont pas tenus de se présenter à la clinique VIHA Archie Browning. S'ils veulent discuter de l'injection de rappel, ils doivent prendre rendez-vous à la clinique des Svc S FC chargée des injections de rappel.
2. Les membres qui sont susceptibles d'être déployés dans les trois prochains mois et qui ont reçu leur dernière dose de la série primaire de vaccins contre la COVID il y a plus de trois (3) mois, mais moins de six (6) mois doivent prendre rendez-vous à la clinique des Svc S FC chargée des injections de rappel.

QUAND

Il est possible de se présenter à la clinique sans rendez-vous Archie Browning du 18 au 30 janvier, sept jours sur sept, de 11 h 30 à 18 h 15.

OÙ

Centre des loisirs Archie Browning,
1151, chemin Esquimalt, Victoria, Colombie-Britannique

Remarque:

Les membres qui reçoivent une dose de vaccin de la clinique VIHA doivent envoyer par courriel leur preuve de vaccination à l'adresse suivante: ESQ.COVID.IMMUNIZATION@forces.gc.ca, afin que celle-ci soit correctement enregistrée dans leur dossier médical du SISFC. Une fois que ce sera fait, ils recevront un nouveau code QR dans leur « passeport vaccinal », envoyé par courriel, comprenant l'information mise à jour.

Cliquez sur le lien suivant pour obtenir des détails sur la clinique VIHA:

https://covid19.islandclinics.ca/?q=locations_city&tid_1=28

Archie Browning Sports Centre,
1151 Esquimalt Road, Victoria BC

January 18-30 Janvier
1130 – 1815 hrs



FAQs COVID-19 mRNA Booster or Third Dose



CF H SVCS C (P) are scheduled to start administering booster vaccines on 01 February 2022.

WHO

All CAF members (to include Class A & B < 180 days Reservists) whose last dose of their primary vaccine series (e.g. dose 2 of Moderna/Pfizer) was >6 months ago are eligible*

* If you have been diagnosed with COVID infection in the past, a booster dose is recommended at least 10 days following diagnosis of Covid-19

WHAT

CFB Esquimalt / MARPAC COVID-19 Booster Clinic

WHERE

CF Health Services Centre Pacific, 1200 Colville Road, IHT 1 (side of main clinic)

All visitors to park in side parking lot only.

WHEN

01 February – 10 February*, based on availability in the NEW online Booking System.

* Additional dates/times will become available based on demand.

NO WALK-INS will be permitted

HOW

CAF members will book their own vaccine appointments using the DWAN Online Booking Tool (Requires DWAN access)

• CAF members are required to register using the following registration website:

<http://10.96.88.242/apps/opsoft/apps/vax/index.php>

• CAF members without DWAN are asked to email ESQ.COVID.IMMUNIZATION@forces.gc.ca with the following information. Information: Name, Unit, Contact Phone Number, Forces Email address

A Health Representative will then contact you directly to book your appointment:

WHY

The COVID-19 booster shots are not mandatory at this time; however, they are strongly recommended as protection from COVID-19 vaccination wanes after 3-6 and the Omicron variant increases the risks of transmission and infection. Vaccine boosters will decrease the severity and duration of the illness.

Special Instructions

RECORDS

Please bring your COVID passport or proof of any prior doses of a COVID vaccine, if you have received any. This will help us maintain your records, but is not necessary to receive the booster.

CANCELLATION

Appointments can be cancelled up to 0700 the day before your appointment using the booking tool.

Cancellation of more than 24 hrs will not be entertained by phone and must be done using the online booking system.

Emergency cancellation <24hrs (illness, personal emergencies please call the following number: 250-339-8211 x 8265 or 6971

NO SHOWS

While booking an appointment for your booster dose remains voluntary, if you do so, you are expected to attend your appointment. Members can book the date and time that works for them. This is crucial in order to minimize vaccine waste. Chains of Command will be notified of those who miss vaccine appointments without cancelling their appointment.

COVID-19 SYMPTOMS

All members will be screened prior to entering the building. If you are unwell, please cancel your appointment.

Upon receiving a booster dose, CAF member's will receive an updated proof of vaccination QR code via DWAN email showing a third dose has been received.

Q&A

Will priority be given to specific units or age groups?

No, appointments will be made on a first come, first serve basis.

I could not book within the dates provided. Will other dates be available?

Once the schedule is full, we will offer additional dates/appointments pending vaccine availability, staffing and requests. Please check back regularly. It is strongly recommended that you book as soon as possible. We will also be offering a Standby list and will call people as spaces become available.

Will I Get a choice of booster vaccinations?

You have the choice to get boosted, but you will only be offered the vaccine type and dose recommended to you by medical staff.

What if I'm under the age of 30?

Pfizer is generally the recommended vaccine for those under 30. There is a small increase in risk of myocarditis/pericarditis from Moderna for people <30, and this population will preferentially receive Pfizer, pending supply. The majority of the CAF population received Moderna for their first two doses and were

not adversely affected, and the risk of myocarditis/pericarditis due to COVID infection remains higher than the risk from vaccination.

Am I allowed to request the Pfizer vaccine if I'm over 30?

No, this is not permitted.

Am I able to book on behalf of someone else?

Unfortunately not, PERs unable to schedule online, need to email ESQ.COVID.IMMUNIZATION@forces.gc.ca with the following information: Name, Unit, Contact Phone Number, and Forces Email address. A Health Representative will then contact them directly to book their appointment

I am Aircrew, how long am I grounded following my booster dose?

The grounding period remains the same as previous doses, a total of 48hrs or until vaccine symptoms subside.

Can I dive following my booster dose?

No Diving for 72 hours

If I have had COVID-19 recently, am I still allowed a booster?

As long as 10 days have passed since diagnosis, you will be allowed to receive your booster.

I have not had my first/second dose, can I book this using the online system?

Yes, the system will ask you to indicate how many doses you have received to date.

If I have received a dose through the public health system, is this information noted on my file?

No, please use the email [+COVID.Immunization@CFHSVCS\(P\)@Esquimalt](mailto:+COVID.Immunization@CFHSVCS(P)@Esquimalt) ESQ.COVID.IMMUNIZATION@forces.gc.ca and a health representative will contact you to ensure your records are updated accordingly.

Once receiving my booster dose, how is it recorded and is it required for proof of vaccination?

CAF members who receive their booster dose will be recorded in the CF Health Information System and members will receive a new QR code demonstrating a third dose has been received via DWAN email. Currently, provinces do not require a booster dose for access to public spaces (e.g. restaurants).

Members are not required to register their booster status in Monitor Mass at this time.



SCHEDULE YOUR APPOINTMENT
VIA THE DEFENCE TEAM NETWORK BOOKING TOOL

<http://10.96.88.242/apps/opsoft/apps/vax/index.php>

BOOK
TODAY

Bell Let's Talk January 26

Every year, the Mental and Social Wellness Working Group of the MARPAC Health and Wellness Strategy (MHWS) supports *Bell Let's Talk*, a campaign that aims to encourage a national conversation about mental health.

The goal of this annual event is to help end stigma associated with mental health issues and to support mental health initiatives around the country.

On Jan. 26, join the Working Group in supporting *Bell Let's Talk Day* by talking, tweeting, posting, and texting about mental health. By doing this, we work towards normalizing these important conversations and reducing the stigma of mental health issues.

The theme for this year's campaign focuses on "continuing to support yourself and others". It would be an understatement to say that the COVID-19 pandemic has impacted our daily lives, but it has also highlighted the critical importance of prioritizing our mental health and wellness. *Bell Let's Talk 2022* will continue to focus on taking action while considering the unique circumstances we are still facing, and that now more than ever, mental health matters and every action counts.

The MHWS is excited to welcome Tyler Simmonds, Award Winning Canadian Film Director and advocate for mental health, in support of *Bell Let's Talk* as part of the MHWS Speaker's Bureau Series.

Tyler will be joining the MHWS on Thursday Jan. 27 from 10 – 11:30 am, PST, via Zoom with the goal of reducing stigma surrounding mental health and normalizing connection and seeking support.



Join the Conversation!

Talking about our mental health, and sharing both our struggles and successes helps to decrease the stigma associated with mental health issues. Here are some testimonials from fellow Defence Team members to get this important conversation started!

"I have been in the RCN for over 30 years and in this time I have seen our institution and world we live in drastically change and become more unpredictable, fast paced and dangerous. To counter this our institution has grown in many aspects from operations overseas, training and introducing new technology to keep up with the growing demands. Our job is challenging and can be dangerous at times; to maintain my mental health I turn to the usual avenues that many others do as well to help alleviate life's pressures from staying active and trying to eat a healthy diet but what I find works well for me is making social connections (especially face to face) and have a conversation with someone. I also find it is important to set goals and find hobbies in my life and reflect on my accomplishments."

CPO1 Arvid Lee

Fleet Chief / Military Co-Chair
Mental & Social Wellness Working Group

"One of my main strategies for staying in the green is by quieting my inner voice. I have concluded that the loudest voice in my life, is the one in my head. So I try and sit in the lotus position and I meditate, I picture my third eye is a lotus flower, and when I breathe in the lotus flower closes and when I breathe out the lotus flower opens, pouring water throughout my body. I do this 15-20x's as many times a day as I need to, depending on the volume of my inner voice."

Kristina MacLean

Mental & Social Wellness Working Group Member

"My father lost my grandmother to suicide when he was 21, and three years ago I nearly lost someone very close to me the same way. The impacts of which left me walking in to a global pandemic freshly diagnosed with Post-Traumatic Stress Disorder. Supporting my then-partner through that experience afforded me the opportunity to see inside the current mental health landscape in a very different way and I quickly learned the importance of prioritizing my own mental health and well-being, taking care of one another, and the need for us to advocate for ourselves.

I knew my first step was to get myself 'in the green' and to establish a healthy baseline for myself. This started with taking a step back and addressing what brought joy and peace in to my life and what did not. I then eliminated a lot of those things that did not and cultivated more of what did. Healthier sleep and eating habits, regular outdoor exercise, reading, writing, and intentional time spent playing with my kids. Whenever I am feeling off-balance or run down, I try to bring it back to the basics and find my baseline – drink water, eat healthy food, get outside, move my body, and curl in to bed with a good book. These things help me reconnect and feel grounded. I think it is crucial to keep sight of what is important, and to me, my number one priority is my mental health because when that is in the green, it cascades in to everything else in my life – my kids, relationships, and even my work."

Ashley Evans

Strategic Communications Officer, FMF



Mental Health Resources

CFB Esquimalt has an abundance of resources that you can access if you or someone you know is struggling with mental health issues.

Military Family Resource Centre (MFRC)
250-363-2640 or 1-800-353-3329

Chaplains
250-363-4106 (24hr)

Employee Assistance Program (EAP)
Peer Referral Line: 250-363-7968
24 hour line: 1-800-268-7708

Member Assistance Program (MAP)
24 hour line: 1-800-268-7708

CF Mental Health Services
To access, the member must contact local CAF Medical Clinic Reception at 250-363-4122

Personnel Support Programs (PSP)
Health Promotion: 250-363-5621
Fitness & Sports: 250-363-5677
Recreation: 250-363-1009

CF Mental Health Services
To access, the member must contact local CAF Medical Clinic Reception at 250-363-4122

Integrated Complaint and Conflict Management Services (ICCM)
Local contact: 250-363-7578

The Canadian Armed Forces Transition Group (CAF TG)
250-363-4477

Bell Let's Talk 2022 Events

January 26

CAF Virtual Panel Discussion for Bell Let's Talk Day

MS Teams: <https://web.microsoftstream.com/video/afb08188-54a6-460f-a2da-f6e34ec72b83>

Time: 0800 – 0930 PST (1100 – 1230 EST)

Note: The stream of the event can only be viewed by DND/CAF users via D365 accounts. The video will be made available for viewing on The Maple Leaf after the stream ends.

January 27

MHWS Speaker's Bureau Series Presents: Tyler Simmonds

See poster at right of this page.

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THE SEARCH FOR HEALING

The MARPAC Health & Wellness Strategy invites you to join Tyler Simmonds on zoom

10:00 – 11:30 AM

THURSDAY
JANUARY 27

LINK:

<https://cfmws.zoom.us/j/85324140172?pwd=V1hZTUZ4Nm5Na1pGYk95UHg4dGV5UT09>

PW: MHWS



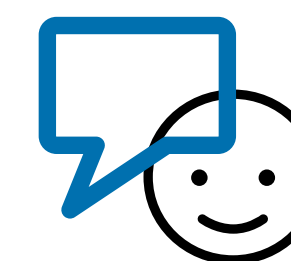
Tyler Simmonds is an Award Winning Canadian Film Director, with titles including *In My Mind* and the *Lead With Love* series. Tyler is also a Keynote Speaker and Advocate for Mental Health and Mindfulness, having spoken at many notable events such as TEDx and We Day. He was named one of "10 Inspiring People under 30 You Should Be Following on Twitter," by The Huffington Post in 2016, alongside Malala Yousafzai, Stephen Curry, and Shawn Mendes. Tyler's passion, courage, and authenticity allow him to connect with people in deep and meaningful ways. His keen eye and

natural storytelling ability enable him to engage and resonate with his audiences through the sharing of his perspectives. Tyler's messages are "Made to touch your soul," and they absolutely succeed in this venture.

Tyler will be joining the Strategy during "Bell Let's Talk" week where our goal is reduce stigma surrounding our mental health and where we normalize connection and seeking support.

This presentation will be available to view at the Chief & PO's. It will also be recorded and available to view on the Splash Screen following January 27, 2022.

Below is a map of base WIFI locations if you are viewing the presentation on your own device while at work.



Bell
Let's Talk



DRY DOCK WORK COMPLETED ON HMCS CALGARY

Peter Mallett
Staff Writer

HMCS Calgary sailed out of dry dock Jan. 8 following completion of its Intermediate Docking Work Period performed by Fleet Maintenance Facility (FMFCB) Cape Breton.

The short work period, part of a five-year Tiered Readiness Program, was necessary to perform required preventative and corrective maintenance and to test the ship's engineering and combat systems following its return home in August from a lengthy deployment.

It entered dry dock Nov. 10, receiving a short-distance tow from C1 Jetty by three Queen's Harbour Master tugboats.

Before draining the dry dock of water, allowing the ship to settle on large blocks on the floor, Fleet Diving Unit Pacific clearance divers inspected the hull for any damage or significant wear and tear.

The work performed during the Intermediate Docking Work Period is similar in nature to a car's routine maintenance inspection at a local garage, but on a much grander and sophisticated scale, says Lt(N) Si Tian, the ship's Acting Marine Systems Engineering Officer.

"This dry docking period is part of a ship's normal lifetime maintenance cycle and ensures *Calgary* meets required readiness for operations," says Lt(N) Tian. "Surveys of the ship's systems were also performed to prepare the plan for its upcoming extended work period."

Calgary will undergo a more comprehensive refit in 2023.

The work

The lion's share of the preventative and corrective maintenance was performed by FMFCB's production and engineering shops, with assistance from the

ship's company and outside contractors.

The ship's gas turbines, ancillary and auxiliary systems, and the two main electrical switchboards and its multiple breakers were tested.

Repairs were made to some leaking valves, a regulator malfunction in the ship's freshwater system, and the ship's diesel generators that supply electricity when at sea.

Outside contractor Canadian General Electric did corrective maintenance to the ship's gas turbines, while Lockheed Martin inspected *Calgary's* radar equipment.

Another regular on the maintenance list is the combat systems.

"A major evolution that was essential was the removal of almost all of the ammunition aboard *Calgary* and then performing a process called Certifying Free From Explosives," said Lt(N) Joseph Horobetz. "As you can imagine, a warship is full of explosives and material that can cause risk in the docking evolution and it was essential that it was certified removed."

The ship's sonar dome was removed by clearance divers and inspected by FMFCB staff, and the Canadian Towed Array Sonar System was removed by FMCB staff from a barge before it entered dry dock.

Tight Timeline

The timeline for dry dock periods is normally tight but was made more difficult by a number of factors, says CPO2 Lee Richardson, FMFCB's Acting Project Leader for *Calgary*.

"Despite losing time to a series of snowfalls, needing to schedule work differently due to COVID-19 posture, supply line slowdowns, and the holiday break, this work period went extremely well even though the ship was a lower priority for maintenance work within the fleet."

With the work completed, *Calgary* was returned to its spot by the jetty by QMH tugs.

Ship and crew will conduct sea trials and exercises between February and March. The refit is part of the navy's Tiered Readiness Program for its 12 frigates to ensure they remain the backbone of the fleet until the delivery of Canadian Surface Combatant Vessels.



Photo by Corporal Lynette Ai Dang

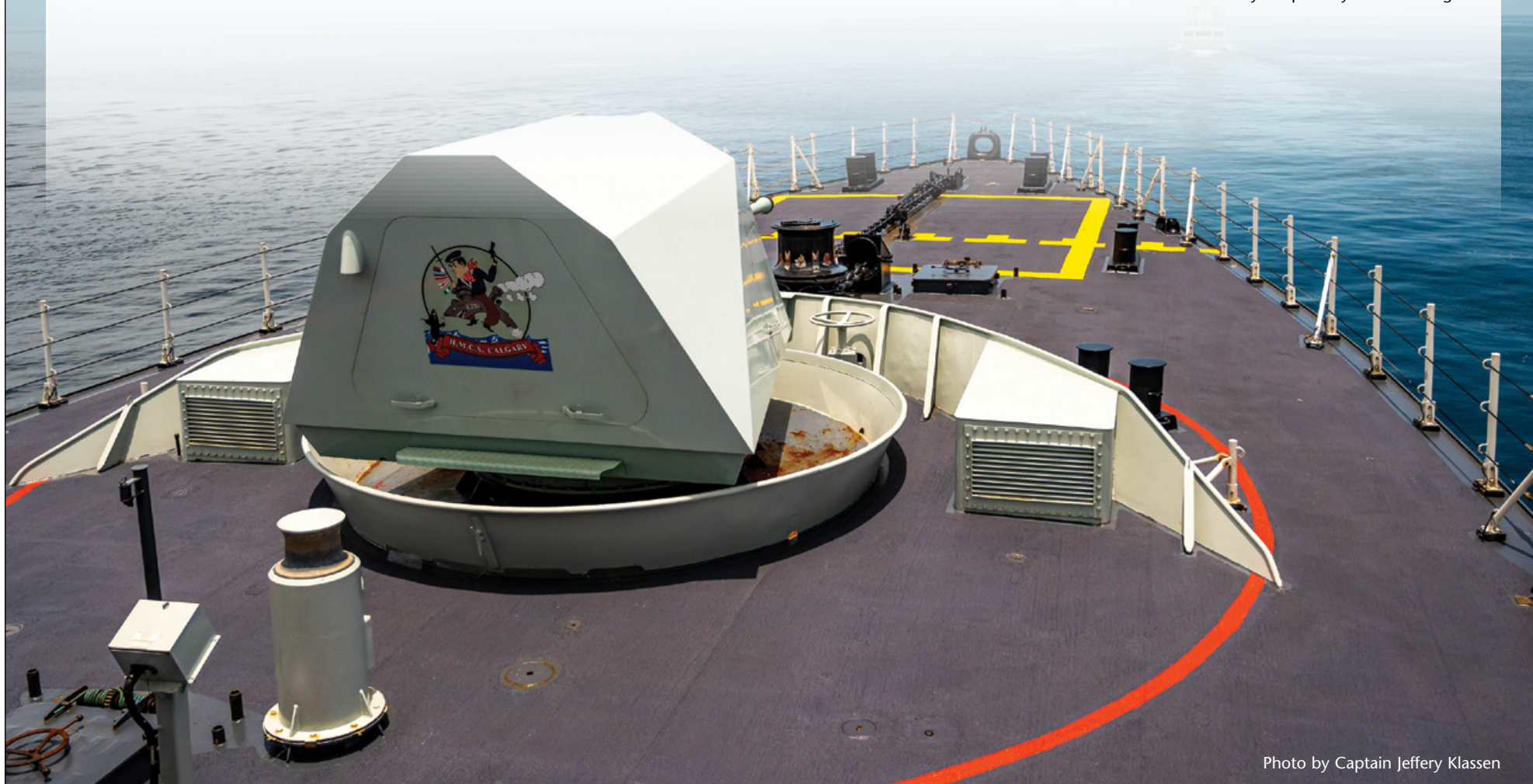


Photo by Captain Jeffery Klassen

CANEX grows greener

There will be approximately 3.5 million fewer plastic shopping bags going into landfills across Canada this year thanks to CANEX.

Canada's military store has made the switch to reusable shopping bags as of Jan. 17.

This aligns with the federal government's plan to eliminate plastic waste in an effort to reduce greenhouse gas emissions.

"This decision is part of our commitment to continue to make CANEX - Canada's Military Store, a preferred and sustainable destination for members and families of the CAF community," says Frank Rocchetti, Senior Vice-President, CANEX.

Many municipalities and stores have already eliminated single use plastic bags.

This is the latest step by CANEX in its ongoing green effort.

When the COVID-19 pandemic began, CANEX eliminated printed flyers and single use posters in stores.

Several CANEX outlets eliminated plastic bags back in November 2021 in a pilot project.

CANEX made two million in-person transactions last year. Each one averaged almost three single use plastic shopping bags. That saves approximately 21,000 kilograms of plastic ending up in landfills across Canada.

CANEX stores will be selling reusable shopping bags to members. These will include Soldier On and Support Our Troops bags. Fifteen per cent from each bag sold goes directly to those charities.



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Program Requirements can be found here: habitatvictoria.com/about-our-program

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NAVAL WEAPONS OFFICER III

Lieutenant-Commander Paula McHale, Naval Fleet School (Pacific) Venture Division Commander, presented awards and certificates during the Naval Weapons Officer III course graduation ceremony on Dec. 15.

Photos by S1 Mike Goluboff, MARPAC Imaging Services, Esquimalt



Acting Sub-Lieutenant Hyeong Su An receives the John F. Kilner Award.



Acting Sub-Lieutenant Evan Gilbert receives the Welland Shield Award.



Acting Sub-Lieutenant Mohamed Achour receives the Queen's Commission Certificate.



Acting Sub-Lieutenant Farris Bakir receives the Queen's Commission Certificate.



Acting Sub-Lieutenant Anthony Latka receives the Queen's Commission Certificate.

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NAVAL WEAPONS OFFICER III



Acting Sub-Lieutenant Mohamed Achour receives a Certificate of Military Achievement.



Acting Sub-Lieutenant Hyeong Su An receives a Certificate of Military Achievement.



Acting Sub-Lieutenant Farris Bakir receives a Certificate of Military Achievement.



Acting Sub-Lieutenant Christopher Bonnel receives a Certificate of Military Achievement.



Acting Sub-Lieutenant Joel Charpentier receives a Certificate of Military Achievement.



Acting Sub-Lieutenant Bair-Tarng Cheng receives a Certificate of Military Achievement.



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Laurel Collins MP FOR VICTORIA



NAVAL WEAPONS OFFICER III CONTINUED

Lieutenant-Commander Paula McHale, Naval Fleet School (Pacific) Venture Division Commander, presented awards and certificates during the Naval Weapons Officer III course graduation ceremony on Dec. 15.

Photos by S1 Mike Goluboff, MARPAC Imaging Services, Esquimalt



Acting Sub-Lieutenant Gregory Gang receives a Certificate of Military Achievement.



Acting Sub-Lieutenant Evan Gilbert receives a Certificate of Military Achievement.



Acting Sub-Lieutenant Ian Hutchings receives a Certificate of Military Achievement.



Acting Sub-Lieutenant Marc-Luc Huynh receives a Certificate of Military Achievement.



Acting Sub-Lieutenant Anthony Latka receives a Certificate of Military Achievement.



Acting Sub-Lieutenant Fidele Ntamwemezi receives a Certificate of Military Achievement.



Acting Sub-Lieutenant Alexis Pelletier receives a Certificate of Military Achievement.



Acting Sub-Lieutenant Honor Savage-Scott receives a Certificate of Military Achievement.



Acting Sub-Lieutenant Phillip Schenk receives a Certificate of Military Achievement.



Acting Sub-Lieutenant Alexandre Springer receives a Certificate of Military Achievement.



Acting Sub-Lieutenant Avery Stover receives a Certificate of Military Achievement.

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