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LOOKOUT

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

Naval Reservist Dive Training

Sailor Third Class Levon Enns-Kutcy helps lift CABA-Lite dive gear on to the rigid hull inflatable boat after completing diving operations with Naval Reservists at HMCS Malahat on March 13.

S1 Valerie LeClair, MARPAC Imaging Services



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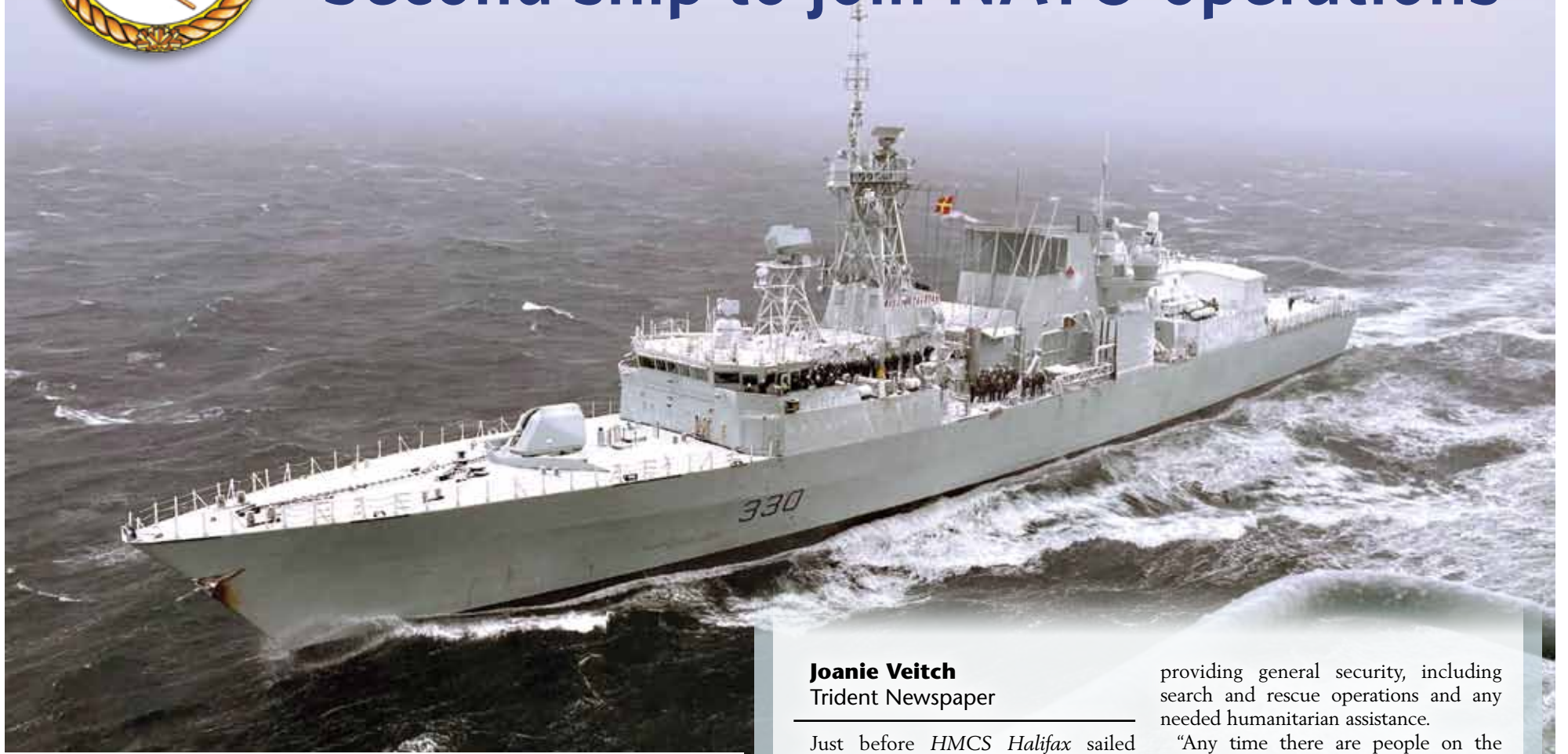
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HMCS Halifax departs Second ship to join NATO operations



“ [The main goal is to] assure our NATO allies that we’re ready to respond should anything occur.”

– Commander Dale St. Croix, Commanding Officer HMCS Halifax

Joanie Veitch
Trident Newspaper

Just before *HMCS Halifax* sailed away to join Standing NATO Maritime Group 1 (SNMG1) in waters off Europe March 19, Commander Dale St. Croix, *Halifax* Commanding Officer, said he and his crew felt buoyed by the support they’ve received. Not just the extra help from base and dockyard colleagues, but also well-wishes from the general public.

“Canadians usually don’t pay much attention to their armed forces, except at times of strife,” says Cdr St. Croix. “We’ve received a lot of encouragement, from people and politicians to business leaders, all telling us they’re proud of what we’re doing. It’s been very touching.”

Halifax will join *HMCS Montreal* to provide additional military support to NATO operations in Central and Eastern Europe. The warship was to deploy on Operation Artemis in the Middle East in April, but was re-tasked by the Federal Government.

While the ship is scheduled to arrive in the Baltic region in early April, Cdr St. Croix says the crew will be doing extra training activities on their way across the Atlantic Ocean, primarily working with their embarked helicopter air detachment.

“We are at a level of high readiness, but with this final training we’ll be able to refine our skills so we’re even more prepared by the time we arrive.”

While past deployments would see Canadian warships involved in a wide range of multinational NATO exercises over the course of their six-month deployment, the war in Ukraine has made the schedule of activities on this deployment less certain.

Their main focus, Cdr St. Croix says, will be on combat-readiness operations within the greater mission, as well as

providing general security, including search and rescue operations and any needed humanitarian assistance.

“Any time there are people on the move in large numbers there’s a concern from a navy perspective for any incidents at sea with people in unseaworthy ships. It’s always something you prepare for,” he says.

The main goal, he adds, is to be present “to assure our NATO allies that we’re ready to respond should anything occur.”

Just as the schedule for activities is not fully known, exactly how long *Halifax* will be gone is also a shifting target.

“The schedule has changed so many times already and it will change again. Right now, we’re tracking to return mid-to end of July, but with what’s going on in the world, we just can’t know for sure,” says Cdr St. Croix. “I’ve told the crew to be flexible.”

While there are inherent risks with any mission for members of the Canadian Armed Forces, the situation following Russia’s invasion of Ukraine on Feb. 24 has made this deployment feel different than previous ones, both for the crew and for their families and loved ones at home.

While everyone in the ship’s company is feeling that tension, Cdr St. Croix says he’s impressed with how well the crew has pulled together in getting ready for the mission.

“There is a lot of political instability in eastern Europe right now. Does that have the potential to boil up into something more? Of course it does. We have prepared the crew for any tasking. They are very well prepared already and will be even more prepared by the time we get there. Hopefully the situation will be resolved diplomatically, but in the meantime, we have to remain vigilant and at a high level of readiness.”

Sea Duty Allowance payouts in the works

Peter Mallett
Staff Writer

The process of calculating Sea Duty Allowance compensatory payments for nearly 10,000 Canadian Armed Forces members has begun.

Director Military Pay Allowances Processing (DMPAP) on both coasts are working to compensate military members who deployed on international naval operations between Aug. 1, 2019 and July 23, 2003, who were entitled to allowances but did not receive them.

The allowances affected are two of the Environmental Allowances: Sea Duty and Submarine, and one Operation Allowance: Hardship.

Environmental allowances are meant to compensate members whose military duties involve exposure to adverse environmental conditions that are not normally experienced by other members.

Hardship Allowance compensates for essentially the same conditions but applies on international operations.

In an unintended omission to the original policy published on July 23, 2003, Sea Duty and Submarine Allowances were not included in the list of several environmental allowances that could not be received

concurrently with the Hardship Allowance.

As an interim measure, directives were issued aimed at mitigating the error and restricted the receipt of these allowances to either Hardship Allowance or Sea Duty and Submarine Allowances, but not both.

However, in hindsight, those directives did not have the required authorization.

As the policy itself did not specifically prohibit receiving Sea Duty and Submarine Allowance at the same time as the Hardship Allowance, members who deployed on international naval operations from the time the policy was written until it was corrected are technically entitled to receive both.

For those affected, a compensatory payment will be made so they do receive both.

The compensation stems from a grievance and subsequent Treasury Board of Canada decision, which resulted in multiple changes to the Compensation and Benefits Instructions for the Canadian Armed Forces.

The process of calculating the compensation package each military member is owed is well underway, but it is complicated and time-consuming, says SLt Linda Whitehouse,

from Base Administration who is in contact with the DMPAP teams.

"Progress is continuing to be made; however, a realistic timeframe to expect this immense task to be completed is upwards of seven to 10 years," she says. "Corrective measures are being taken and those affected should receive the Allowance they were entitled to."

The order of payout is done via reverse alphabet, starting with Service Numbers beginning with 'Z'. These payments will be reflected on the T4 tax statement of the year the payments are received; therefore, there will be no requirement for a resubmission of taxes for the affected year. Members who were deployed over the specified time but who are not on the compensatory list should submit an Assyst Ticket to have their file submitted for review.

Approximately 15 per cent of the files are now complete and the team is on track to complete an additional 15 per cent each year until the task is completed.

"Because historical data is involved, these teams are working with programmers and as quickly as possible to accurately complete these files," says SLt Whitehouse. "Further information will be released as the progress continues."

A SharePoint site has been created to provide updates to affected personnel and can be accessed at:
<https://collaboration-cmp.forces.mil.ca/sites/dgcb/dmpap/sdaha/default.aspx>



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WHO WE ARE

MANAGING EDITOR

Melissa Atkinson 250-363-3372
melissa.atkinson@forces.gc.ca

STAFF WRITER

Peter Mallett 250-363-3130
peter.mallett@forces.gc.ca

PRODUCTION

Teresa Laird 250-363-8033
production@lookoutnewspaper.com

Leslie Eaton
workstation3@lookoutnewspaper.com

ACCOUNTS/RECEPTION

Trina Winters 250-363-3127

ADVERTISING REPRESENTATIVES

Ivan Groth 250-363-3133
ivan.groth@forces.gc.ca

Joshua Buck 778-977-5433
sales@forcesadvertising.com

EDITORIAL ADVISORS

Lt(N) Michelle Scott 250-363-4006
Rodney Venis 250-363-7060

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Notice of Application pursuant to the Canadian Navigable Waters Act

The Department of National Defence hereby gives notice that an application has been made to the Minister of Transport, pursuant to the Canadian Navigable Waters Act for approval of the work described herein and its site and plans.

Pursuant to paragraph 7(2) of the said Act, The Department of National Defence (DND) has deposited with the Minister of Transport, on the on-line Navigable Waters Registry (<http://cps.canada.ca/>) and under the NPP File Number 2021-504667 and 1977-500105 a description of the following work, its site and plans:

Dredging, Fill with clean material, Removal of debris in, on, over, under, through or across Esquimalt Harbour at DND water lot around G Jetty and Jetty 11 in front of lot number Colwood LTSA 14 and 15 at the foot of Wilfert Road.

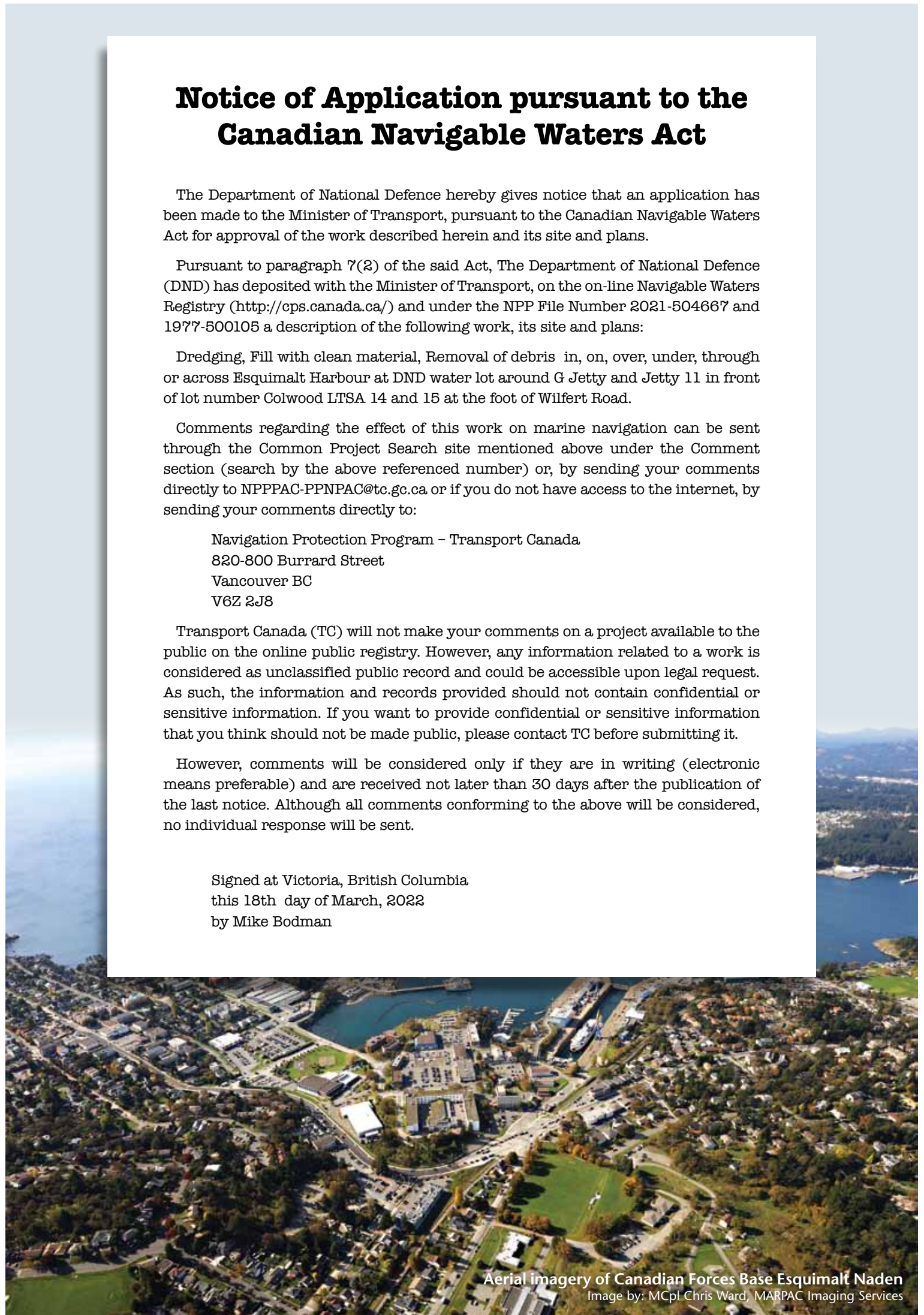
Comments regarding the effect of this work on marine navigation can be sent through the Common Project Search site mentioned above under the Comment section (search by the above referenced number) or, by sending your comments directly to NPPFAC-PPNPAC@tc.gc.ca or if you do not have access to the internet, by sending your comments directly to:

Navigation Protection Program – Transport Canada
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Transport Canada (TC) will not make your comments on a project available to the public on the online public registry. However, any information related to a work is considered as unclassified public record and could be accessible upon legal request. As such, the information and records provided should not contain confidential or sensitive information. If you want to provide confidential or sensitive information that you think should not be made public, please contact TC before submitting it.

However, comments will be considered only if they are in writing (electronic means preferable) and are received not later than 30 days after the publication of the last notice. Although all comments conforming to the above will be considered, no individual response will be sent.

Signed at Victoria, British Columbia
this 18th day of March, 2022
by Mike Bodman



Aerial imagery of Canadian Forces Base Esquimalt Naden
Image by: MCpl Chris Ward, MARPAC Imaging Services

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**Lieutenant(N)
Pam Hogan**
MARPAAC Public Affairs

SLt Nick Zanko tries out a sextant on the bridge of HMCS Brandon.

On the bridge of *HMCS Brandon* Sub-Lieutenant Nick Zanko peered through the telescope portion of an 18th century navigation tool – the sextant.

The Maritime Coastal Defence Vessel was on exercise for Arctic Edge 2022 off the coast of Alaska in February, to enhance Arctic warfare interoperability with the United States Navy, when SLt Zanko gave the device a try.

The sextant was loaned from a Maritime Museum of British Columbia board of director who knew of his

interest in historical navigation methods through SLt Zanko's volunteer work there. Captain (Retired) Bill Noon, of the Canadian Coast Guard, loaned his sextant to the naval officer to bring to sea.

"I loaned my sextant to Nick when I became aware of his interest in the old school means of navigation. I acquired the sextant when working on my nautical certificates at Camosun College under Captain Brian Silvester. Celestial navigation and the associated math was

one of the tougher courses we had when going for our mate certificates."

Noon often brought his sextant on board Canadian Coast Guard ships as the sextant is still used to verify GPS positions of navigation aids.

SLt Zanko, with a seasoned Navigating Officer as his guide, used the sextant as part of his training towards a bridge watch-keeping certificate.

The instrument determines the angle between the horizon and a celestial body such as the sun, the

moon, or a star, used in celestial navigation to determine latitude and longitude. The device consists of an arc of a circle, marked off in degrees, and a movable radial arm pivoted at the centre of the circle.

"I do feel very lucky and thankful to be involved in the naval community, but also being connected to the wider maritime community - especially as a junior sub-lieutenant," says SLt Zanko. "I'm happy to offer another journey to the sextant, and continue building its story."



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The Ditty Bag revival

Navy League Cadet Corps resurrects an oldtime naval pouch

**Peter Mallett
for RCN**
Staff Writer

The Navy League Cadet Corps (NLCC) on the lower mainland has resurrected a Second World War era hand-made sailor drawstring pouch.

Dubbed the Ditty Bag, which in the olden days would have held toiletries and personal items, the modern day bag holds goodies and goodwill messages.

The first set of bags made by Navy League officers and volunteers were handed out to *HMCS Winnipeg* sailors upon their return home just before Christmas on Dec. 16.

Inside the bag were puzzle books, Christmas socks, a Christmas stocking filled with edible treats, hand-signed Christmas cards, and personalized messages from sea cadets.

LCdr (NL) Cliff Mah, B.C. Mainland division area officer, Lt(NL) Ryan Moore,

Commanding Officer of NLCC; and Hon Clarence Wallace from North Vancouver made the trip to be on the jetty and distribute the bags to sailors returning from Operations Neon and Projection. They received assistance from the Military Family Resource Centre Esquimalt and volunteers from Naval Fleet School Pacific.

"This is all about boosting their morale because when sailors are at sea they don't get to see their families, they miss their loved ones, and sometimes they feel underappreciated," says LCdr (NL) Mah. "To see the ditty bags laid out on the table and then given to the sailors gave me a very emotional feeling. I am committed to this project, and with the assistance of officers, instructors, and cadets, we will see this project continue."

Going forward, the bags will be distributed while sailors are at sea. First up is a delivery of Easter-themed Ditty Bags to sailors in *HMCS Yellowknife* and *HMCS Saskatoon*,

and their embarked United States Coast Guard members.

Bags will arrive at CFB Esquimalt later this month. With the help of the MFRC, they will be sent to these ships currently deployed on Operation Carribe.

The Ditty Bag revival has attracted interest from an NLCC Corps in New Brunswick for Maritime Forces Atlantic sailors.

LCdr (NL) Mah's Ditty Bag idea took flight after it was taken to Lt(NL) Ester Barone, Commanding Officer of NLCC *Cormorant*, and Cdr (NL) Christopher Young, BC Mainland Division Commander, who helped recruit volunteers to make the bags and fill them.

Also essential in making it happen was Susie Chant, MLA for North Vancouver-Seymour. Chant is the former Coxswain of Naval Reserve Unit *HMCS Discovery* and used her contacts in the navy to gauge

the Pacific Fleet's level of interest level in the bags.

"Next thing I knew, she asked if we could have 255 Ditty Bags for *HMCS Winnipeg* for Christmas," says LCdr (NL) Mah. "We said 'yes' and soon began the process of making the bags."

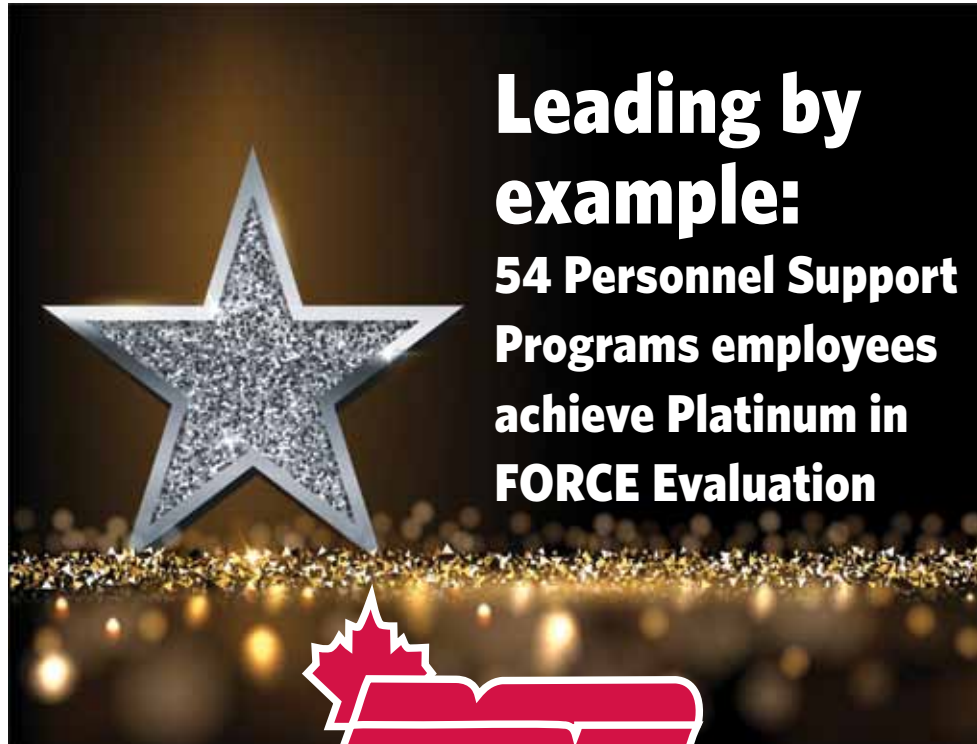
Materials and the gifts inside were funded by the Richmond-Delta Navy League Cadet Corp branch, NLCC parents from NLCC *Cormorant* in Surrey, and private donors.

With the additional help from NLCC parent volunteers, Lt(N) Barone and Lt(NL) Georgina Munro cut the material and sewed the bag, adding a patch on the front.

Each bag costs \$20 and LCdr (NL) Mah is looking for sponsors to help pay for future Ditty Bags. Anyone interested in supporting the project can contact him at chairmanmah@hotmail.com



Left: The contents of *HMCS Winnipeg*'s Ditty Bag. Above: Navy League volunteers and officers prepare the bags for distribution to *Winnipeg* sailors.



Leading by example: 54 Personnel Support Programs employees achieve Platinum in FORCE Evaluation

DND/CFMWS

The Personnel Support Programs (PSP) team, a division of Canadian Forces Morale and Welfare Services (CFMWS), strives to have the fittest fitness professionals in the industry. They have proven it again this year during the Fitness for Operational Requirements of CAF Employment (FORCE) Evaluation.

Every year, CFMWS fitness and reconditioning employees are required to complete the FORCE Evaluation, the Canadian Armed Forces (CAF) physical employment standard

related to common defence and security duties.

The FORCE Evaluation provides a combined level of operational and health related fitness, based on age and sex. Those who score above average on their fitness profile can get special recognition through the Incentive Program. The program has four tiers: Bronze, Silver, Gold, and Platinum.

The PSP team is there to guide, motivate, prepare, and train CAF members to be ready to handle the demands, both physical and mental, of their military jobs.

They are often on board ships and out in the field working closely with military members to make sure they are ready to accomplish every task, exercise, and mission.

In that respect, PSP personnel must maintain an exemplary physical fitness standard, fixed at a minimum of Bronze at the FORCE Evaluation. Achieving Platinum is an honour reserved for the top 0.1% of the CAF.

Leading by example is important in the eyes of CAF members and the PSP team makes every effort to not disappoint.

This year, 54 members of the PSP team achieved Platinum:

- ★ Adrienne Lema
 - ★ Jade Cantin
 - ★ Mary Thompson
 - ★ Alexandre Lévesque
 - ★ Jason Burke
 - ★ Mathieu Ramanandraitsimavo
 - ★ Amelie Cote
 - ★ Jesse Cassista
 - ★ Maxime Bonneau St-Laurent
 - ★ Andréanne Montigny
 - ★ Jessica Clements
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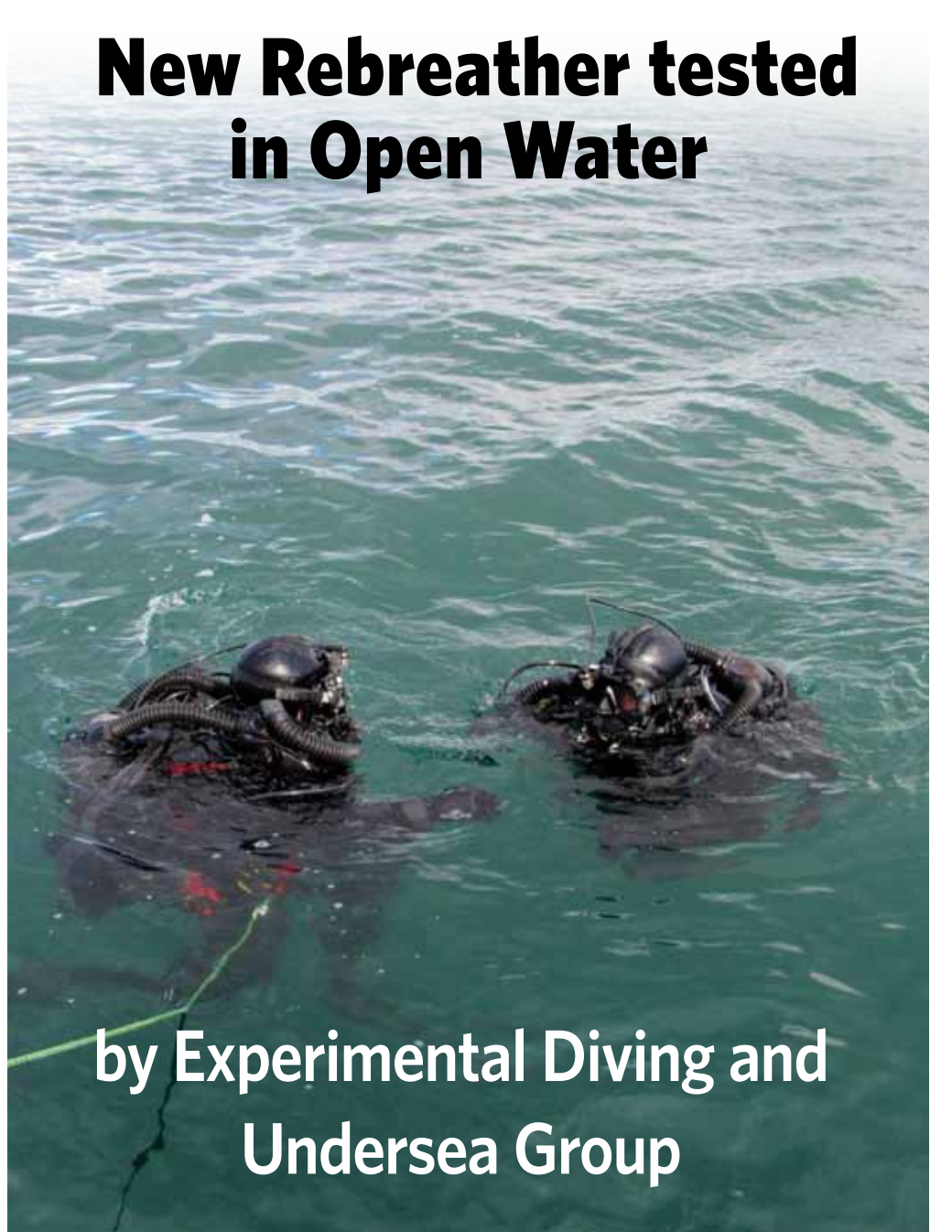
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"There is no love sincerer than the love of food." – George Bernard Shaw

New Rebreather tested in Open Water



by Experimental Diving and Undersea Group

Lt(N) Michael Cormie
 Canadian Forces Environmental Medicine Establishment

The Experimental Diving and Undersea Group along with Clearance Divers from both Fleet Diving Unit (Atlantic) and FDU (Pacific) deployed to CFB Esquimalt Feb. 27 to March 6 to conduct open water testing and Initial Cadre Training on a new rebreather.

The Canadian Underwater Mine-Countermeasures Apparatus – Version Electronic (CUMA VE) is a significantly updated version of the legacy rebreathers, CUMA V2 and CCDA, which are at the end of their service life.

"The CUMA VE will allow Clearance Divers to continue to carry out their naval mine warfare functions, as it provides breathable gases to the diver from a non-magnetic and nearly silent apparatus," explains Lieutenant Commander Nicolas Percy, Project Officer at Experimental Diving and Undersea Group (EDUG). "These factors are important when getting

within inches of sea mines that may be triggered by magnetic and acoustic influences"

Rebreathers work by recirculating the gas a diver breathes, chemically scrubbing out the CO2 that has been exhaled and adding oxygen to make up for the gas the diver metabolizes. They are far more efficient in their use of breathing gases, and unlike SCUBA equipment, do not produce bubbles, which helps keep them quiet while extending the diver's time on task.

"These sets provide significantly more information to the diver than our current equipment," explained LCdr John Keenan, OC of EDUG. "The drills are simpler for the diver, and they have improved safety features. This means

divers will be more confident in our equipment while allowing us to focus on the primary task of removing mines and other ordnance from the underwater battle space."

CUMA VE underwent initial unmanned testing in Toronto during the fall of 2021 with the initial human testing and Initial Cadre Training happening at Seneca College's 12m diving tank, and EDUG's Diving Research Facility, a wet and dry hyperbaric complex co-located with the Defence Research and Development Canada Research Centre in November and December 2021.

This permitted the initial human testing to be conducted under realistic but highly controlled conditions, allowing divers to develop skills, comfort, and confidence in the equipment while concurrently evaluating the performance of the system before taking it into an open ocean environment.

The CUMA VE is anticipated to be ready for limited operational service by mid-2022.



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GRIZZLIES, MFRC REUNITED IN ANNUAL FUNDRAISER



Peter Mallett
Staff Writer

Victoria Grizzlies Military Family Appreciation Night made a triumphant return to the Q-Centre in Colwood.

The annual charity benefit game for the Esquimalt Military Family Resource Centre (MFRC) was cancelled last year due to COVID-19 public health measures but made a successful return March 19.

Despite a 2-1 loss on the ice to Coquitlam, off ice the junior hockey team scored a victory in helping raise funds for the MFRC and offering discounted tickets to the military.

"It was inspiring and uplifting to bring our military families together again and honour them with a celebration and some entertaining hockey," says Lisa Church, MFRC Community Engagement Manager.

"It was a fun and affordable evening for military families who attended."

A fundraising tailgate barbeque was hosted by the MFRC in the arena parking lot. Representatives from the (BC) 5th Field Artillery Regiment, Royal Canadian Artillery, and 443 Maritime Helicopter Squadron had display booths on site.

Inside the arena, Grizzlies' players wore specially designed military-themed jerseys for the game and held an online auction for them following the game. A Frisbee throw fundraiser during first period intermission and a portion from a 50/50 draw will be donated to the Esquimalt MFRC.

The BCHL team has traditionally hosted military appreciation nights over the years but their relationship with the MFRC is a relatively new one.

Top: Victoria Grizzlies players get ready for the draw in the ceremonial opening puck drop for Military Appreciation Night at the Q-Centre in Colwood on March 19. They were joined by MFRC Board Chair Samantha Krzywonos, her son Ben Krzywonos, and military veteran Steve Doucette.

Photo Credit: Kyle Robinson

Below: Display booths were set up by members of Esquimalt MFRC, 5th Field Artillery Regiment, Royal Canadian Artillery, and 443 Maritime Helicopter Squadron as part of education and outreach efforts.

Credit: MFRC.





Members of the Togo Military conduct a clearing exercise aboard HMCS Moncton off the coast of Ghana.

Corporal Jaclyn Buell, Canadian Armed Forces photo



Left: Sailor First Class Pete Ducharme participates in a simulated threat drill aboard HMCS Moncton.
Corporal Jaclyn Buell, Canadian Armed Forces photo

“The Nigerians were on the ball, and the manoeuvring went off without a hitch, finishing with all the ships involved, manning the rails and cheering each ship on as we conducted a sail past.”

– S1 Cedric Meehan, HMCS Goose Bay

Rigid Hull Inflatable Boats from ITS (Italian Ship) Luigi Rizzo (background) head towards HMCS Moncton for boarding team drills as part of Obangame Express during Operation Projection off the coast of West Africa on March 14.

Corporal Jaclyn Buell, Canadian Armed Forces photo



HMC Ships Moncton and Goose Bay on West African deployment

Royal Canadian Navy Public Affairs

Crew members from HMC Ships *Moncton* and *Goose Bay* are currently deployed to promote maritime safety and security in West Africa, building relationships everywhere along the way.

The Kingston-class ships are working alongside partners and allies on Operation Projection (West Africa) and Exercise Obangame Express 2022.

The mission includes strategic engagements with allies and regional nations to foster relationships in maritime security. It aims to build on the Royal Canadian Navy's (RCN) ability to demonstrate to partner nations its readiness to effectively respond to a wide range of security threats, both abroad and at home.

Sailors on both ships take pride in giving back to local communities while in port, including playing the occasional soccer game with children.

“Getting the opportunity to play soccer with local kids in Tema, Ghana, was an amazing experience,” says Sailor First Class (S1) Curtis Skinner, a Marine Technician aboard *Moncton*. “To see the happiness we brought to the children with something as simple as a pick-up game of soccer is the memory I’ll keep with me from this deployment.”

Both ships participated in Obangame Express, conducting maritime interdiction operations, as well as practising visit, board, search, and seizure techniques with partners and allies. This operation was led by U.S. Naval Forces Africa and is designed to improve cooperation amongst participating nations.

“On our first day of OE22, we were stationed off the coast of Benin in West Africa,” says Sub-Lieutenant (SLt) Kathleen

Wudrick. “*Goose Bay* was role-playing as a vessel smuggling oil. The Benin Navy came to our location, conducted a hailing exercise, and eventually boarded us, searching for smuggled goods, which in this case was oil.”

The second day of the exercise saw *Goose Bay* stationed off the coast of Ghana where the Ghanaian Navy conducted boarding exercises with one of their helicopters assisting.

In other missions, *Moncton* served as a target ship while helping the Togolese Navy simulate a human trafficking vessel boarding. *Goose Bay* worked with the Nigerian Navy to develop a greater knowledge and understanding of operating conditions within the Gulf of Guinea region.

“I was very impressed with the professionalism and seamanship shown by the Nigerian Navy when we conducted a fleet manoeuvring exercise with them,” said *Goose Bay*'s S1 Cedric Meehan. “The Nigerians were on the ball, and the manoeuvring went off without a hitch, finishing with all the ships involved, manning the rails and cheering each ship on as we conducted a sail past.”

During their time in the region, the ships will conduct cooperative deployments with partner navies, including Italy, Denmark, and the United States.

Moncton recently trained alongside the Italian Naval Vessel Luigi Rizzo, where crew conducted a passing exercise using light signal communications, sailing in close proximity to one another to enhance naval cooperation.

In addition to the Kingston-class ships deployed, there is a shore-based contingent conducting training and capacity-building through CAF liaison officers, a Naval Tactical Operations Group, and a Maritime Operations Centre mentorship team.



Lieutenant(N) Yichen Xia takes precise bearings aboard HMCS Moncton.
Corporal Jaclyn Buell, Canadian Armed Forces photo



Military volunteers sought for socially connected physical activity studies

A team from the University of British Columbia (UBC) is looking to evaluate the use of a socially connected physical activity program for military veterans and currently serving members of the Canadian Armed Forces.

Funded by a grant from Veterans Affairs Canada, Professor Mark Beauchamp and his team are conducting the study at nine Canadian Forces Base locations across Canada (Esquimalt, Edmonton, Shilo, Borden, Petawawa, Kingston, Montreal, Valcartier, and Gagetown).

The program being evaluated is called "Purpose After Service through Sport

(PASS)", and is part of a randomized trial - see www.passprogram.ca for details.

Previous research indicates the transition to civilian life can bring about substantive challenges for military veterans, with men particularly reluctant to seek help. The PASS program brings together male veterans and currently serving members of the Canadian military to play a weekly game of ball hockey. It is designed to provide opportunities to improve health and fitness, socially connect, blow off some steam in a (semi) competitive environment, and for those who might be interested, access various transition resources and services.

While the PASS trial focuses on men, a parallel pilot study being run by the same team called Purpose After service through

Connectedness and Exercise (PACE) is designed specifically for women veterans. The PACE program is similarly designed to support the physical and mental health of female veterans and enables them to become and stay active and socially connect.

The pilot study is initially being evaluated in Ontario and Quebec, although it is anticipated this program will similarly be available across the country.

The PASS trial was developed on the back of a successful pilot study in Vancouver right before the pandemic, and it is anticipated the PACE program will be similarly scaled up across Canada after the current pilot evaluation has been completed.

If anyone is interested in taking part in either study, contact the UBC team at pass.trial@ubc.ca (for the PASS trial for men) or pace.study@ubc.ca (for the PACE study for women).





The University of British Columbia's

Purpose After Service through Sport (PASS) Trial

We are seeking military veterans and currently serving men who are looking to take part in weekly ball hockey and socially connect.

For more information contact:
pass.trial@ubc.ca

See also:
www.passprogram.ca

Available at 9 sites across Canada: See Website for details.



HMCS REGINA CHANGE OF COMMAND



Commodore David Mazur (centre), Commander Canadian Fleet Pacific; Commander Annick Fortin (right), outgoing Commanding Officer of HMCS Regina; and Lieutenant-Commander David Dallin, incoming Commanding Officer, sign the ceremonial scrolls at the change of command ceremony held in Work Point March 10. Below: Outgoing Commander, Cdr Fortin is rowed away as part of the command ceremony.

S1 Kendric Grasby, Canadian Armed Forces Photo



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Mad Hatter Tea Party and Easter Egg Hunt

Fête du chapelier fou (l'heure du thé) et chasse aux œufs de Pâques

Come and join us! *Joignez-vous à nous!*

DATE: Saturday, 9 April 2022
LOCATION: CPAC
TWO SESSIONS: 10 am - 12 pm and 12:30 - 2:30 pm

DATE : samedi 9 avril 2022
LIEU : CAPC
DEUX SÉANCES : de 10 h à 12 h et de 12 h 30 à 14 h 30

- A special visit from the Mad Hatter and Alice in Wonderland
- Enjoy tea, hot chocolate and snacks
- Make some Easter Crafts
- Hunt for Easter eggs
- Take home a goody bag

- Une visite spéciale du chapelier fou et d'Alice au pays des merveilles
- Dégustez du thé, du chocolat et des collations
- Faites des bricolages de Pâques
- Faites une chasse aux œufs de Pâques
- Repartez avec un sac-cadeau

REGISTRATION: MUST PRE REGISTER
 Costs - \$ 25/family of four or \$7.50 per additional or individual persons
 Costs includes the tea/snacks, entertainment, Easter egg hunt, Easter craft activities and a goody bag.

INSCRIPTION : INSCRIPTION OBLIGATOIRE
 Coût : 25 \$ par famille de quatre personnes ou 7,50 \$ par personne supplémentaire ou individuelle
 Le coût comprend le thé et les collations, les divertissements, la chasse aux œufs de Pâques, les activités de bricolage de Pâques et le sac-cadeau.

Contact CPAC at 250-363-1009 or register online at bkk.cfmws.com/esquimaltpub

Communiquiez avec le CAPC au 250-363-1009 ou inscrivez-vous en ligne à l'adresse suivante : bkk.cfmws.com/esquimaltpub

Attendees must undergo a health check and vaccine screening. Masks are to be worn indoors by all participants 5 years of age and over.

Les participants doivent se soumettre à un contrôle de santé et présenter leur statut vaccinal. Tous les participants de 5 ans et plus doivent porter un masque à l'intérieur.

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johnhorton.ca



Base volunteers take pride in HeroWork

Peter Mallett
Staff Writer

Military personnel from the base continue to build on their legacy with the charity HeroWork.

Their efforts were showcased March 12 during HeroWork's Big Reveal event at the Indigenous Perspectives Society (IPS) in Langford.

Approximately 450 volunteers worked on the IPS renovation including many civilians and military personnel from CFB Esquimalt.

The project started in September 2021 with about two thirds of the total cost - materials and labour - donated by individuals and area businesses.

Volunteer Lt(N) Robert McKay worked as a Site Manager drawing on his years of experience as a home renovator. He also organized a team of 10 volunteers from his unit Naval Personnel and Training Group to help out with a variety of tasks.

He estimates logging 40 hours at the IPS over two months and says the volunteer work is highly rewarding and fully worth the time spent.

"There is a level of excitement and camaraderie felt while transforming a charity's building that is really contagious," he says. "You develop a great sense of pride

knowing that what you are doing is not just changing a building, but the lives of people that live and work within it, and in this case far beyond."

The IPS trains approximately 1,300 people each year, mostly social workers and other support staff, who work with Indigenous communities to provide social services and other support.

Some of the improvements at the site, located on Granderson Road, include newly-configured work spaces, culturally relevant designs, improved natural lighting and skylights, a redesigned interior layout, soundproofing, new washrooms, a redesigned building façade, and landscaping upgrades.

"Over the past 10 years we have learned that we can count on members of Canada's military to step up for HeroWork," says Trevor Botkin, HeroWork Executive Director. "They volunteer their time, expertise, and positive energy in a service to our community and charity transformations. It takes a community to rebuild one and we are grateful to be able to count on you."

HeroWork renovates and rebuilds the facilities of local non-profit community groups. Their Radical Renovations typically involve structural and aesthetic improvements for buildings that house local community organizations.



Hero Work volunteer Lt(N) Robert McKay takes a break from his job as a Site Manager at the Indigenous Perspectives Society. Lt(N) McKay is one of the many military personnel who pitched in on HeroWork's latest Radical Renovation project in Langford. Below: NPTG volunteers flex their muscles to celebrate a job well done.

Don Craig photography

The Indigenous Perspective Society (IPS) helps foster a deeper understanding of Indigenous perspectives, cultural differences, and the need for self-determination.

In BC, a staggering 50 to 60 per cent of children in Foster Care are Indigenous. IPS's programming and training helps support these children, youth, and their families.

As a result, over time thousands of Indigenous children in care are impacted through IPS. By way of education, they also advance knowledge and understanding of Indigenous cultures and practices for organizations in the public, private, and non-profit sectors, helping deepen reconciliation.

Programming includes:

- Training all Delegated Aboriginal Child and Family Service Social Workers in BC.
- Training and support to Indigenous Care Givers of BC.
- Management of a 1-800 support-line.
- Cultural Perspectives Training.

For more information about HeroWork and how to support them visit their website: victoria.herowork.com





Above: CPO1 (Retired) David Hutt.

Left: A/SLt Emma Baines with her dad Craig, also known as Vice Admiral Baines, Commander of the Royal Canadian Navy.

Below: A/SLt Baines during training.



THE BEST OF BOTH WORLDS: LIFE AS A NAVAL RESERVIST

MEET DAVID HUTT, EMMA BAINES, AND PEGGY BRADFORD

Joanie Veitch
Trident Newspaper

In April, *HMCS Scotian*, a Royal Canadian Navy Reserve Division located in Halifax, Nova Scotia, will celebrate 75 years. Dubbed a stone frigate, *HMCS Scotian* is a land-based naval establishment for reserve sailors, as well as a local recruitment centre for the Canadian Naval Reserve. The following are a few stories from past and present reservists.

Relishing the reserves

When David Hutt joined the naval reserves in 1975, he thought it would just be for the summer. He ended up staying 40 years and was coxswain of *HMCS Scotian*, the Naval Reserve Division in Halifax, not once, but twice – in 1995 and again in 2002.

He retired as Chief Petty Officer First Class July 4, 2015.

"I stuck with it. I never thought I would when I started but there was such a sense of camaraderie; it was just amazing. I made so many friends during my time, many that I still keep in touch with more than 40 years later," says CPO1 (Ret'd) Hutt.

He served full-time for six years, first working on the base in Halifax, then as coxswain with *HMCS Kingston* and finally with Sea Training Group (Atlantic). In March 2001, he went back to part-time reserve life after he took on an electrician position working on traffic signals for the city's transportation department.

"I always thought I had the best of both worlds. I had my trade in the civilian world, and as a boatswain I got to work on boats and have so many great experiences," he says. "For 20-odd years, I never really took a vacation because I really enjoyed my time in the reserves. I was truly inspired

by the commitment, dedication, and loyalty, as well as the hard work and sacrifice people were willing to make for the organization."

There were difficult times too, he says. When *Swissair Flight 111* went down off the coast of Nova Scotia on Sept. 2, 1998, *Kingston* was the ready duty ship.

"I was coxswain with *Kingston* at the time and we were sailing out of the harbour within two hours of getting the call. We were the first ship on scene and we stayed at the *Swissair* site for almost two weeks. It was tough; we had a really young crew at the time. We tried to keep them from seeing the worst of it, but it was nearly impossible."

The following year, *Kingston* became the first Maritime Coastal Defence Vessel to cross the Atlantic in 1999.

Learning the ropes

Growing up in a military family, A/SLt Emma Baines never imagined she would join the Canadian Armed Forces. But as she was nearing completion of her Bachelor of Science at Saint Mary's University in Halifax, she began to see it as a good option while she applied to medical school.

"I was in this transition time but the application process for med school can be quite lengthy, so I wanted to do something that would keep me feeling like I'm moving forward. My dad was a big influence as he talked a lot about the benefits of being in the reserves. I decided to give it a shot."

Joining *HMCS Scotian* in the spring of 2021, A/SLt Baines spent much of last summer in training as she and other new reservists developed their knowledge and skills, and worked on "learning the ropes" of seamanship.

At first, she kept quiet that her dad is Vice-Admiral Craig Baines, Commander of the Royal Canadian Navy,

but word eventually got out. When he attended her promotion to her current rank last November, "the cat was definitely out of the bag," she says. "I have to say, I'm a lot more interested in hearing what he has to say about his work now than I was growing up. It's given us a lot to talk about and I feel I can relate more to him now. It's been really good."

While she still has medical education in her sights, A/SLt Baines said she is mulling the possibility of joining the CAF full-time and becoming a medical officer.

"We'll see what happens. I know I want to stay involved. It's such a great experience and you meet people from so many different backgrounds from all across Canada. I've made some really close friends and could definitely see this becoming my career."

It becomes who they are

Naval Reserve Support Branch Chief, CPO1 Bradford was coxswain with *HMCS Scotian* from May 2018 to July 2021, and celebrated 40 years of service with the naval reserves last summer.

Having watched, and worked with, hundreds of young reservists over the years, CPO1 Peggy Bradford said people forge strong friendships as they work together.

"If we can keep them for more than five years, we have them for life. It offers so much in the way of opportunity and experience... those who stay, it becomes who they are," she says.

As *HMCS Scotian* approaches its 75th anniversary on April 23, 2022, CPO1 Bradford says she's been reflecting on milestones.

"It's significant. It gives us a chance to celebrate and think about our longevity. We can see where we've come from to get to where we are now."



BASE LOGISTICS PROMOTIONS AND AWARDS

Presented by Cdr Jonathon Audy, BLOG Commanding Officer

Photos by Master Corporal Andre Maillet, MARPAC Imaging Services



Avr Flores is promoted to Cpl (effective March 2, 2022) by Cdr Audy and Lt(N) S. Ritchie.



Lt(N) Shinaba receives his Certificate of Achievement for Naval Logistics Officer Qualification from Cdr Audy.



Pte Fisher is promoted to Cpl (effective Feb. 15, 2022) by Cdr Audy.



S1 Duhme is promoted to Acting Master Sailor (effective July 1, 2021) by Cdr Audy and Rafer Duhme, S1 Duhme's husband.



S2 Boteros is promoted to S1 (effective March 3, 2022) by Cdr Audy and MCpl Robichaud.



S3 Paradis is promoted to S2 (effective Oct. 26, 2021) by Cdr Audy and PO2 Robillard.

NCIOP MS RQ GRADUATION

Certificates presented by Lieutenant-Commander William Chong on March 16.

Sailor First Class Marcus Bryant receives a certificate of achievement.



Sailor First Class Ven Cornes receives a certificate of achievement.



Master Sailor Nelson Holland receives a certificate of achievement.



Sailor First Class Brayden Hart-Young receives a certificate of achievement.





HMCS WINNIPEG CHANGE OF COMMAND AND APPOINTMENT

Photos by Master Corporal Andre Maillet, MARPAC Imaging Services



Incoming HMCS Winnipeg Commanding Officer, Commander (Cdr) Annick Fortin; Commodore David Mazur, Commander Canadian Fleet Pacific; and Cdr Doug Layton, outgoing Commanding Officer, sign the change of command certificates during the HMCS Winnipeg Change of Command Ceremony.



CPO1 Mark Chambers, acting Fleet Chief Petty Officer, presents a plaque to CPO1 Susan Frisby, incoming Coxswain of HMCS Winnipeg.



Chief Petty Officer First Class (CPO1) Susan Frisby, incoming Coxswain of HMCS Winnipeg; Commander Doug Layton, Commanding Officer HMCS Winnipeg; and CPO1 Line Laurendeau, outgoing Coxswain sign the certificates during the HMCS Winnipeg Coxswain Change of Appointment Ceremony on March 11.



Outgoing Commanding Officer, Commander Doug Layton receives a gift from the crew, presented by Petty Officer First Class Brandon Ensom.



Commander Layton is rowed ashore by Winnipeg crewmembers after the Change of Command Ceremony.

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