

**MARPAC NEWS**  
CFB Esquimalt,  
Victoria, B.C.

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# LOOKOUT

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As HMCS Whitehorse sails to the area of operation for Operation Caribbe, sailors conduct weapon maintenance and inspections. Operation Caribbe is the Canadian Armed Forces contribution to the elimination of illegal trafficking by organized crime in the Caribbean Sea and the eastern Pacific Ocean. HMCS Nanaimo and Whitehorse departed on the operation Feb. 10. Editor's note: Sailors currently deployed on this operation cannot be named to maintain operational security.

Photo by Canadian Armed Forces

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HMCS Saskatoon transiting from Point Hope Shipyard to Y Jetty.  
Photo by Leading Seaman Brendan Gibson, MARPAC Imaging Services

# SASKATOON COMPLETES VITAL REFIT WORK

**Peter Mallett**  
Staff Writer

Two Canadian Forces Auxiliary Vessels, tugs Glendine and Parksville, nudged and pulled *HMCS Saskatoon* from Point Hope Shipyard to Y Jetty in Esquimalt harbour last week, indicating the end of the Maritime Coastal Defence Vessel's six-month maintenance period.

While only a six-kilometre

distance, it took over two hours to get the warship back to its home berth.

Like a car getting a tune-up, *Saskatoon* was inspected, repaired or overhauled where needed, repainted, and cleaned as part of a maintenance plan to keep the ship operational for years to come.

LCdr Colin Dudeck, Group Technical Officer, Coastal Forces Pacific, says the work is fundamental to preserving and maintaining

the ship, one of six in the Pacific Fleet and 12 in the Royal Canadian Navy. If that necessary work isn't carried out, he says, the operational lifespan of the vessel would be greatly reduced.

It has been five years since *Saskatoon's* last refit.

"These vessels have been getting a lot of use, logging a lot of sea time, and all while sitting in saltwater," said LCdr Dudeck. "Having the ship in dry dock for an extended period is really

the only chance we get to see the ship out of the water and access its hull and effect more invasive maintenance."

To address corrosion, workers at Point Hope grit blasted the ship's exterior down to bare metal before repainting.

Inspections of heavy machinery in the engine room determined what needed to be refurbished, repaired, or replaced. All six alternators, used for supply-

ing electricity to the ship's propulsion and domestic systems, were overhauled.

Improvements also made the to do list, with fryers removed in the galley and replaced with Combi Steamer Ovens that use hot air and steam to cook certain foods instead of cooking oil.

A decisive nod to healthier eating.

Now that *Saskatoon* is back in home port, the crew will spend the next

15 weeks conducting trials and training programs in preparation for the Rim of the Pacific (RIMPAC) multi-national exercise off San Diego's coast this summer. Part of these program is ensuring the equipment is working and the crew is pulling together as one cohesive team.

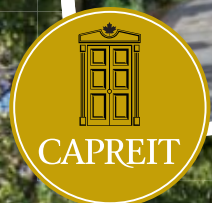
*HMCS Edmonton* and *HMCS Yellowknife* are next in line for regular refit with work expected to begin later this year.

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# Navy trialing new dress uniform

Courtesy Maple Leaf

Did you know the Royal Canadian Navy (RCN) is getting a new operational dress uniform?

The current uniform, known as the Naval Combat Dress (NCD), was developed in the early 2000s. It is a three-piece uniform made up of a heavyweight jacket with liner, trousers, and a lightweight shirt. After almost two decades of use, the navy is working to see how it can make improvements.

The Department of National

Defence and the RCN are trialing a two-piece uniform consisting of a long-sleeved shirt and pants.

This new uniform, known as the Naval Enhanced Combat Uniform (NECU), will replace the current operational dress. It will increase comfort and function in all operational environments. The current shirt and jacket will be replaced with the heavier NECU shirt, which will fit better, has minimized bulk in the pockets, and improved functionality with current and future layers such as the Naval Wind and Rain ensemble. The trousers

will have a modern cut and fit.

Approximately 400 naval members are wearing the new dress as part of the trial. Their views and opinions will be factored into the final decision.

Surveys were conducted on the current uniform to identify issues and deficiencies, including a gender-based analysis, which were factored into the new clothing design.

Sailors can expect to receive a new uniform starting winter 2021 as a replacement for worn items of the current NCD. Everyone should be completely outfitted over three years.

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# matters of OPINION

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## WHAT SAY YOU

### People Talk

The Lookout asked veterans and current-serving Canadian Armed Forces members: *What is your favourite ship in the Royal Canadian Navy fleet, past or present, and what do you like about the vessel?*



No question whatsoever for me, it's got to be HMCS Fraser. I sailed on this vessel in 1962 to San Diego at the height of the Cuban Missile Crisis. I liked it so much because of the camaraderie; I felt at home and everyone on board was helpful and respectful to each other.

**MS (Retired) Joe Buczkowski**



For me it's certainly HMCS Ottawa, not only because it was the first warship I ever sailed aboard but also because I was posted to the ship for RIMPAC [Rim of the Pacific] exercise. It was a chance to participate in an exercise that many sailors never get to, and to have it right after I finished my training at fleet school was very memorable and unique.

**AB Stephanie Martel**  
**Naval Fleet School (Pacific)**



I served on the supply ship HMCS Protecteur during my first few years in the navy in 2010 and 2011. I quickly got the perspective of the importance of the vessel's role as supply ship and how important it was to fleet

**MS Gary Gilbert,**  
**Naval Fleet School (Pacific)**



I currently work as a chief clerk in my unit and my favorite ship is HMCS Vancouver because I sailed aboard it for four years from 2015 to 2019. We had a fantastic crew; the training we did aboard the vessel was excellent, as were the Chiefs and Petty Officers. One of the most memorable experiences was participating in Operation Renaissance and having to spring into action to assist in earthquake relief efforts in New Zealand.

**MS Nancy Rhéaume,**  
**Canadian Forces Transition Unit**

## WHAT SAY WE

# FORCE Rewards program now open to ALL military members

### Courtesy the Maple Leaf

The FORCE Rewards Program is now open to all Canadian Armed Forces (CAF) members. This includes Class A, B and C personnel who are required to perform an annual FORCE Evaluation.

In order to earn a FORCE Reward CAF

personnel must achieve Silver, Gold or Platinum on the FORCE Fitness profile. The FORCE Fitness Profile consists of the FORCE Evaluation score and waist circumference measurement.

Another exciting change to the 2020 FORCE Rewards Program is that new products have been added as rewards. For

2020, those who earn Silver will have the choice of a sports buff, or while quantities last an athletic t-shirt. The buff can be used as a headband, cap, neck warmer or sweatband.

Along with the buff, new zip-up hoodies are available as rewards for Gold and Platinum recipients. These new technical hoodies are great for wearing to and from the gym and while training.

CAF personnel are now also able to have their reward shipped to over 200 locations, including all Regular Force locations and 180 Reserve locations.

For more information and for your questions, ask your local PSP Fitness staff or visit the FORCE Rewards web page <https://www.cafconnection.ca/forcerewards>.



## We're looking for feedback, don't be shy.

As we shape our coverage for future editions, Lookout is seeking your input and feedback.

## We want to know

- What do you like about the Lookout newspaper?
- What story ideas do you have?

**LOOKOUT**

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# Former NHL star to deliver inspirational seminar



**Peter Mallett**  
Staff Writer

**F**ormer NHL superstar Theoren Fleury is at CFB Esquimalt next week for what he promises to be an inspirational seminar.

His seminar entitled The Power of Me Too: A captivating and uplifting talk about hope takes place Feb. 26 at the Chiefs' and Petty Officers Mess.

But the right-winger, known to hockey fans for his brilliant playmaking ability and hard-nosed on-ice determination, says his dialogue today has zero to do with hockey.

Instead, he talks about the wide-reaching impact of trauma and mental injuries. It's a situation Fleury describes as "the biggest epidemic on the planet."

"We need to create a safer

place in society where we can have conversations about mental health without judgement. Let's face it, nobody goes through their life without experiencing trauma."

Fleury knows first-hand the perils of Post-Traumatic Stress Disorder, depression, and chemical addiction. Sixteen years ago, he held a loaded gun to his head, ready to pull the trigger because he couldn't erase the memory of sexual abuse he suffered at the hands of his youth hockey coach.

"I hadn't really slept for 27 years following the incident. I was molested in a dark room, couldn't see my abuser, and was woken up in the middle of the night. This scene would play out over and over again in my head every time I lay down to sleep."

Even though it was a hockey

coach that was the source of his PTSD, he says the only thing that saved his life was hockey, which provided the stability and normality he was missing in his life.

His long and arduous journey of healing began the moment he went public about this abuse in his best-selling autobiography *Playing with Fire*. The book's release took place in 2009 at a Chapters (Indigo) book store. Fleury says he wasn't expecting much fan fair and thought he would sign perhaps 10 or 20 copies that day. He was shocked to see 400 people clutching his book.

He says the game-changing moment for his future as an inspirational speaker happened when a very nervous man arrived at his table, made eye contact, and said softly, "Me too".

"I knew right then and there that like me this man was also suffering from trauma. I knew what my life was going to look like from that point on, dedicating myself to helping people like him in their recovery."

Today he is a social activist, motivational speaker, author, and owner of Fleury Enterprises and operates a website called [www.theofleury.life](http://www.theofleury.life). He has also authored a second book *Conversations With a Rattlesnake*, which provides practical tools for those seeking help.

For the past 10 years he has travelled across the country and made more than 800 speeches. He has spoken often to members of the Canadian Armed Forces, who, he says, share a similar experience with professional athletes about the toll physical and mental injuries can

take on a person.

"Until recently there was never room for vulnerability. Soldiers like professional athletes were told to just suck it up. But the more we suck it up, the more the stress builds inside us."

The key to recovery is talk therapy and group therapy. It's a theory he believes current serving members and veterans can believe in too.

"My goal in coming to the base is to share my experience in hopes that I can help others. The solution is building relationships with as many people as you can and talking about your injury; without talking about it you are never going to get better."

The seminar is currently full, but people can join the waitlist by emailing [maryse.neilson@forces.gc.ca](mailto:maryse.neilson@forces.gc.ca)

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# CTF 150 reaches halfway mark, celebrates success

**Lt(N) Tony Wright**

CTF 150 Public Affairs Officer

The present rotation of Combined Task Force 150, led by Australia and supported by Canada and New Zealand, reached its halfway point Jan. 22, with a boastful 8,000 kilograms of narcotics seized.

CTF 150, headquartered in the Kingdom of Bahrain, is one of three combined task forces within Combined Maritime Forces. Thirty-three member nations work together to promote security, stability, and prosperity across approximately 3.2 million square miles of international waters, which encompass some of the world's most important shipping lanes.

It has been nine weeks since Australia assumed command with nine more to go until command is passed to the incoming French-led rotation.

Day to day, the CTF 150 Battle Watch and staff direct ships from participating countries to conduct maritime security operations so legitimate commercial shipping can freely transit the region, and to seek out and seize drug shipments and other illicit cargo that fund and support terrorist operations in the region and around the world.

Eight days after Australia assumed command of CTF 150 on Dec. 5, 2019, they had their first drug seizure.

French Ship (FS) Courbet, a frigate of the French Marine Nationale, seized 3,500 kilograms of hashish from a dhow in the Gulf of Oman.

Not to be outdone, Her Majesty's Ship (HMS) Defender of the United Kingdom's Royal Navy followed less than a week later with a seizure of 131 kgs of crystal methamphetamine.

Five days into 2020, FS Courbet seized another 1,500kg of hashish from a dhow in the Arabian Sea. On Jan. 17 and 18, ship and crew were at it again. In 24 hours, Courbet's boarding teams conducted three boardings and searches. The third search netted 3,000kg of hashish from a vessel sailing in the Gulf of Oman.

Those drugs have an estimated regional wholesale value of \$4.3 million U.S. Had these drugs reached their intended destination, the street value would have been many times more.

"We trained hard and prepared for this mission," said New Zealand's Capt Sean Stewart, Deputy Commander of CTF 150. "The results we've had so far with the support of the French Marine Nationale and the United Kingdom's Royal Navy are brilliant, but we are not going to slow down. Right up to the last day, we are going to push hard and keep up the pressure on those who exploit the maritime domain for illegal purposes."



FS Courbet's boarding team searches a dhow in the Gulf of Oman while the ship stays close. Courbet's boarding team found and seized 1.5 metric tonnes of hashish from this vessel. The estimated regional wholesale value of the drugs was \$780,288 U.S. - worth many times more on the street.

Photos provided by Marine Nationale



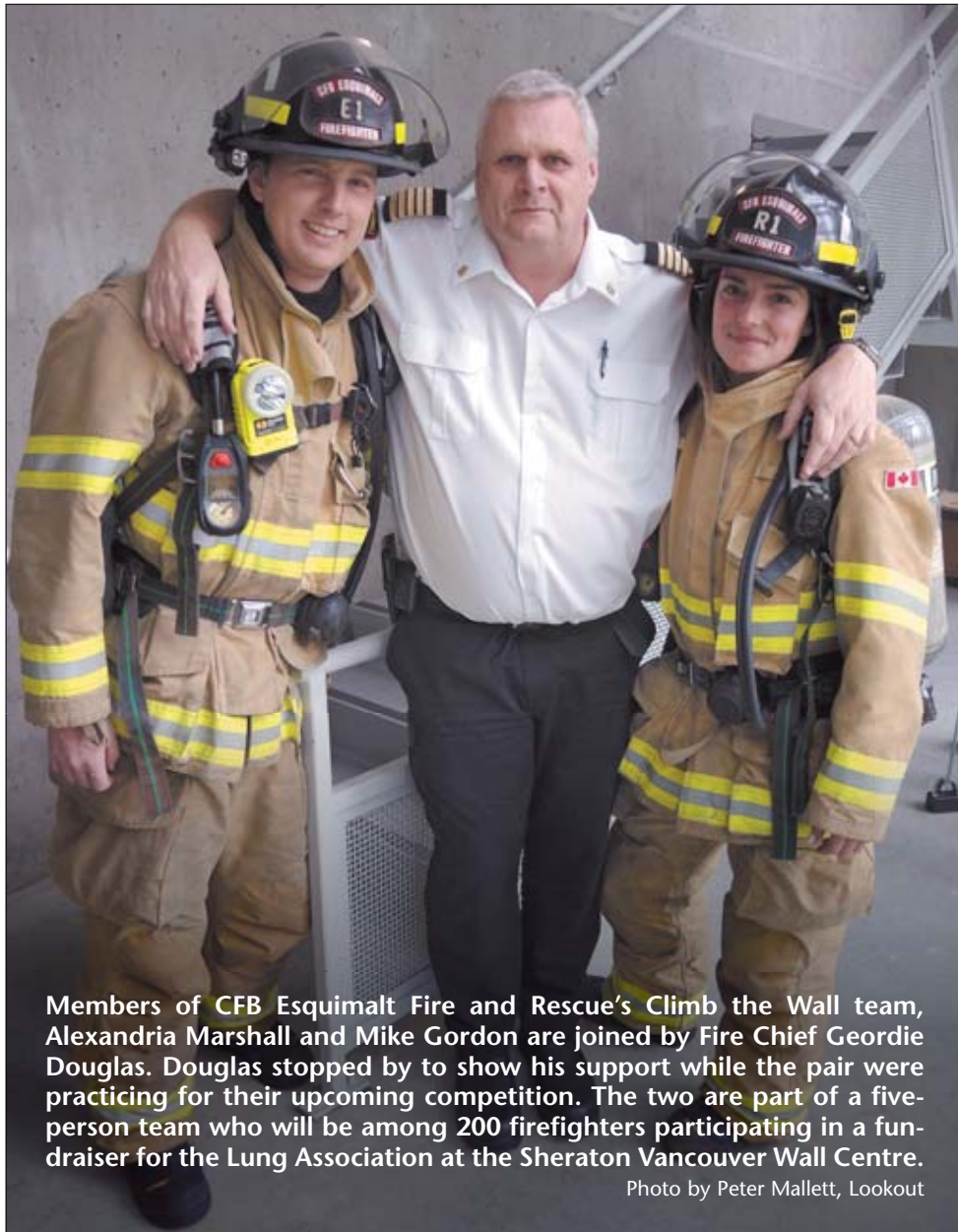
FS Courbet's boarding team, including their drug detection dog, pose on the flight deck with the 1.5 metric tonnes of hashish seized from a dhow in the Gulf of Oman on Jan. 5.



**Robin&AJ**  
Good morning. Good times.







Members of CFB Esquimalt Fire and Rescue's Climb the Wall team, Alexandria Marshall and Mike Gordon are joined by Fire Chief Geordie Douglas. Douglas stopped by to show his support while the pair were practicing for their upcoming competition. The two are part of a five-person team who will be among 200 firefighters participating in a fundraiser for the Lung Association at the Sheraton Vancouver Wall Centre.

Photo by Peter Mallett, Lookout

## FIREFIGHTERS step up to fundraising challenge

**Peter Mallett**  
Staff Writer

**F**ive base firefighters will strap on 50 pounds of protective firefighting gear and breathing apparatus Feb. 23 and embark on a 48-storey climb to the top of Sheraton Vancouver Wall Centre.

Their efforts are part of the 19th annual Climb the Wall fundraiser for the BC Lung Association.

"To be certain, it will be a gruelling physical task and will push our bodies to the limit," said Mike Gordon, who will lead the charge up the stairs. "But efforts like this are part of our job giving back and helping out people in our community who are in need."

Following him up the stairs will be Tristan Thomas, Alexandria Marshall, Jeff Clarkson, and Keith Kershaw.

"The idea of a physical challenge to raise awareness around lung disease is a

cause that hits close to home for those in the fire service," said Marshall.

To prepare for the 739 steps, the group climb up and down the five flights of stairs at the firehall in full gear.

For a competitive edge, the Climb the Wall time to beat is four minutes and 17 seconds.

"Our team is up to the task and I know we are sending the right people for this competition," said fire chief Geordie Douglas. "The training and fundraising work they have been doing in advance of the competition is very impressive. It's great to see the support they are getting from the base continuing to snowball."

The team's fundraising drive has surpassed the initial goal of \$1,300.

For more information about the Climb the Wall fundraiser visit [www.stairclimb.ca](http://www.stairclimb.ca)

To support the Esquimalt team click on the support button in the drop down menu and follow the link to their fundraising webpage.

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The Sail and Life Training Society (SALTS®) was founded in 1974 and is a registered charity in Canada and the USA. The Society operates two tall ships, the Pacific Grace and Pacific Swift, and offers sail training programs for young people ages 13-25 (as well as day sails for all ages).



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**VOLUNTEER for the MS Society**  
VANCOUVER ISLAND




The MS Society – Vancouver Island is looking for volunteer committee members for upcoming MS Walk & Bike Events! A great opportunity to have fun, get involved in the community, and support individuals living with MS and their loved ones.

- MS Walk Duncan is looking for Food and Route Coordinators
- MS Bike Cowichan Valley is looking for Points of Interest, Food, Site, and Route Coordinators.

Time commitment is 4-5 hours a month, and available on event day.

For more information or to apply, contact Julia at [Julia.zougas@mssociety.ca](mailto:Julia.zougas@mssociety.ca) or 250-388-6496 x 7326.

# OPERATION CARIBBE UNDERWAY

Members of the bridge crew navigate the ship to the open ocean as they depart for Operation Caribbe Feb. 10.


A helmsman steers the warship.

Operation Caribbe is the Canadian Armed Forces contribution to the elimination of illegal trafficking in the Caribbean Sea and the eastern Pacific Ocean by organized crime. HMCS Nanaimo and HMCS Whitehorse departed on the operation Feb. 10.

*Editor's note:* Sailors currently deployed on this operation cannot be named to maintain operational security.

Above: As the ship sails to the area of operation, sailors conduct weapon maintenance and inspections.

Photos by Canadian Armed Forces







Ashley Duncan, Dan Bodden, Steve Deschamps, and Rebecca Schillemat participate in a Wounded Warrior Run BC training run on Feb. 9.

## Run for wounded vets kicks off

**Peter Mallett**  
Staff Writer

The Wounded Warriors Canada fundraising account just went up by \$85,000 after a team of eight runners ran from Sooke to Sidney on Feb. 9.

The one day 60-kilometre training run introduced the public to the upcoming weeklong Wounded Warrior Run BC and to the mental health challenges faced by many veterans and first responders.

"We wanted to create a buzz for our upcoming main event, and connect with more communities,

especially those where we haven't stopped before," said Captain Jacqueline Zweng, run director.

The relay style run starts Feb. 23 in Port Hardy, located at the northern tip of Vancouver Island. Each person tackles a portion of the run each day, stopping in communities along the route to educate people about operational stress injuries and post-traumatic stress disorder.

When the runners spring up the steps of the BC Legislature on March 1, they will have covered more than 700 kilometres and raised \$250,000.

This year's team: Matt Carlson, Personnel Support Programs; Constable Samson Haire, Victoria Police Department; Mark Blachurus, Paramedic; Ashley Duncan, Langford Fire Dispatcher; Constable Maria Marciano, RCMP Port Alberni; Constable Daryl Baswick, Victoria Police Department; Mike Bowen, Coast Guard; and Rebecca Schillemat, a military spouse.

To support their efforts follow the WWRBC Facebook page or visit their webpage at: <https://woundedwarriors.ca/events/wounded-warrior-bc-run/>



Mark Blachuras, Steve Deschamps, and Alan Kobayashi participate in Wounded Warrior Run BC training run on Jacklin Road in Langford on Feb. 9.

Photos by John W. Penner, John's Photography

## Victoria Sketch Club

111<sup>TH</sup> ANNUAL ART SHOW AND SALE  
MARCH 17-22, 2020



The Victoria Sketch Club celebrates its 111th year, the oldest art group in continuous operation in Western Canada. Past members include Emily Carr, Jack Shadbolt, Max Maynard, Samuel Maclure, and Ted Harrison.

Opening the five-day Art Show and Sale on March 17 is Honourable Janet Austin, Lieutenant Governor of British Columbia, at Glenlyon Norfolk School, 1701 Beach Drive. Attendees can win door prizes and watch demonstrations by artists.

Opening night: Tuesday, March 17, 7 to 9 p.m.  
From Wednesday to Saturday: 10 a.m. to 7 p.m.  
Last day: Sunday, March 22, 10 a.m. to 4 p.m.

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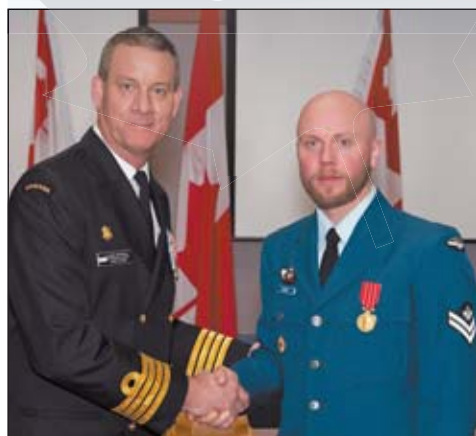




## Maritime Forces Pacific Awards and Promotions

Presented by Captain (Navy) Julian Elbourne and Commander Ellen Mariano Feb. 6.

Photos by Corporal Jay Naples, MARPAC Imaging Services



Master Corporal Bobby McKay receives his Canadian Forces' Decoration for 12 years of service in the Canadian Armed Forces from Capt(N) Elbourne.



Sub Lieutenant Charles Grimshaw receives his Special Service Medal - Expedition for Operation Artemis from Capt(N) Elbourne.



Leading Seaman Fitzgerald Roberts receives his Operational Service Medal - Expedition for Operation Artemis from Capt(N) Elbourne.



Leading Seaman Richard Gillman receives his Special Service Medal - Expedition for Operation Poseidon Cutlass from Capt(N) Elbourne.



Leading Seaman David Gariepy receives his Best in Show plaque in the advance classification from the Canadian Armed Forces Imagery Contest from Cdr Mariano.



Chief Petty Officer Second Class Jeffrey McCartney receives his Special Service Medal - Expedition, for Operation Poseidon Cutlass from Cdr Mariano.



Leading Seaman Sisi Xu receives her Honourable Mention in the advanced classification in the people category from the Canadian Armed Forces Imagery Contest from Cdr Mariano.



Leading Seaman David Gariepy receives his First Place plaque in the advance classification in the Open category from the Canadian Armed Forces Imagery Contest from Cdr Mariano.



Sub Lieutenant Trevor Robert Marin receives his Officer Commissioning Scroll from Capt(N) Elbourne.



Abel Seaman Anthony Aube is promoted to Leading Seaman by Capt(N) Elbourne.



Sub-Lieutenant Geoffrey Niedzielski is promoted to Lieutenant (Navy) by Cdr Mariano.



## Transition Centre Award

WO Robin Alexander of Transition Centre (TC) Esquimalt received a Canadian Armed Forces Transition Group Commander's Commendation for tirelessly providing support to military members, veterans, and their families at TC Esquimalt over the past four years. During this time, WO Alexander has drawn on her 34 years of military experience to help injured and ill members transition into civilian life.

TC Esquimalt is part of the

CAF Transition Unit BC which was stood up Dec. 10, 2018. Their mission, in coordination with valued partners, is to deliver personalized, professional, and standardized casualty support and transition services to CAF members and their families. They also enable seamless transition and enhanced well-being with special attention provided to ill and injured personnel, their families, and the families of the deceased. WO Alexander

has thrived in this challenging work environment and has supported the unit's mission by supporting members.

If you have any questions about your transition to civilian life, or about what services the Transition Unit offers, visit our DWAN website <http://esquimalt.mil.ca/JPSU/>, the internet website [www.canada.ca/en/departement-national-defence/services/benefits-military/transition.html](http://www.canada.ca/en/departement-national-defence/services/benefits-military/transition.html), or contact us at 250-363-4477.







Capt Hannah Walker receives a Commander's Commendation from Cdr Brad Henderson, Commanding Officer Regional Cadet Support Unit, for outstanding commitment and leadership as the Zone Training Officer in the Kootenays.



Lt(N) Travis Jensen receives the Special Service Medal with Expedition Bar for taking part in Operation Poseidon Cutlass 17-1 onboard HMCS Ottawa, from Cdr Henderson.

Bravo ZULU

Regional Cadet Support Unit Awards



CPO1 David Bliss receives the third clasp to his Canadian Forces' Decoration, signifying 42 years of service in the Canadian Armed Forces, from Cdr Henderson.



MCpl Leo Kwok receives his certificate for completing the 2019 Nijmegen March as part of the MARPAC team, from Cdr Henderson.



Cpl Patrick Oxtoby is presented his Canadian Forces' Decoration by Maj Miroslav Novak in Vernon, B.C.

Fleet Maintenance Facility Cape Breton

Leading Seaman Simon Trudeau receives the Special Service Medal Expedition from Capt(N) Martin Drews, Commanding Officer of Fleet Maintenance Facility Cape Breton.

Chief Petty Officer Second Class Ron Eccles receives the Canadian Forces Award of Aerobic Excellence, Level III Bronze Seal from Capt(N) Martin Drews, Commanding Officer of Fleet Maintenance Facility Cape Breton.

BZ

Lieutenant-Commander Ivan Elieff is promoted to Commander by Captain (Navy) Jean Ouellette, Commander of Canadian Submarine Force, assisted by spouse Annette Elieff. Photo by Leading Seaman Victoria Loganov, MARPAC Imaging Services

Cpl Jacob Carlow of the Canadian Scottish Regiment is awarded a Brigade Commander's Commendation from Col Ursich, Commander 39 Canadian Brigade Group. This Commendation is awarded for his professionalism and dedication as the Hub NCO for the Victoria Full Time Summer Employment Program.





# CFB ESQUIMALT NAVY RUN

## SATURDAY, JUNE 20, 2020



RUN WITH THE MILITARY AND SHOW YOUR SUPPORT!

*Fun family fitness!*

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DND/NPF Civilians & Dependants	\$32.00	\$37.00	\$50.00
General Public	\$37.00	\$42.00	\$55.00
Kids Fun Run	\$15.00	\$15.00	\$20.00

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