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# LOOKOUT



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## HERITAGE REDISCOVERED

Sailor First Class Richard Vuong and Sailor Second Class Peter Bui enjoy a Vietnamese coffee on the deck of HMCS Calgary. The two were thrilled to visit their homeland of Vietnam as the ship progresses on its Operation Projection / Artemis deployment. Read the full story on page 2.

Photo by Cpl Lynette Ai Dang, Imagery Technician



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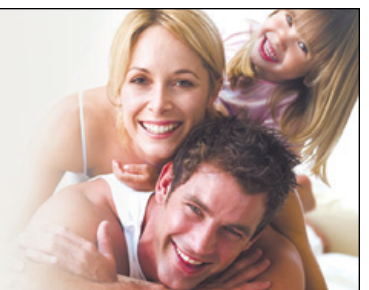
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# HMCS CALGARY SAILORS LEARN

## VIETNAMESE

# WHILE THE SHIP IS DEPLOYED TO

## ASIA

### Capt Jeff Klassen HMCS Calgary PAO

Two *HMCS Calgary* sailors, both with Vietnamese heritage, have remarkably similar stories and were excited for the fuel stop in Cam Ranh International Port, Vietnam, even though they couldn't step foot on land because of COVID-19.

Marine Technician's Sailor First Class (S1) Richard Vuong and Sailor Second Class (S2) Peter Bui are natural-born Canadians brought up in families that follow traditional Vietnamese customs; both parents were born and raised in Vietnam.

Despite not being able to go ashore in Vietnam as part of Operation Projection, both sailors are studying Vietnamese during the deployment, an affirmation of their heritage.

S1 Vuong's Vietnamese girlfriend has been teaching him the language. He hired her as a tutor before going on deployment. They hit it off, he says. They frequently video call and she helps him with his pronunciation.

He started learning Vietnamese just in case he could go to Ho Chi Minh City in the South and Haiphong and Hong Gai, near Ha Long Bay in the North to meet his ancestors.

"I wasn't able to go to a Vietnamese coffee shop on this deployment, but I was still excited to actually see the country with my own eyes, even if it was just from the ship," he says.

S2 Bui worked on a small northern Vietnamese farm as a teen.

"When I found out we were going to Vietnam, even though we couldn't get off the jetty, I was really happy. I was so excited to see my home country again."

S2 Bui's parents moved to Canada when he was young and for years his

knowledge of Vietnamese culture was based on his home-life. As a child, his parents followed a more traditional Vietnamese lifestyle, working a mushroom farm in Abbotsford, British Columbia, and preparing Vietnamese meals at home.

After graduating high school, his parents sent him on a trip to Doan Lap, a farming area just outside Haiphong, for three months so he could connect with his ancestral roots. It was the first time since he was an infant meeting his grandmother and the rest of his extended family.

On that trip, he went from his comfortable and familiar life in Canada to working on a rural northern Vietnam rice farm where he didn't speak the language. It was a life-altering experience.

"Everything was so different. I loved the Vietnamese sense of community. People in the same village eat together and look out for each other in a more intimate way than in most Canadian communities" he says. "There is a very communal spirit. People feel free to walk into each other's homes and eat together. They have tea and coffee together. It's definitely different than in Canada, but some ways it relates as people in Canada do look out for each other, and of course we have coffee together."

S2 Bui's Vietnam experience, which happened just over four years ago, made him realize the world was a rich and fantastic place, and he wanted to see more of it, and that's why he ended up joining the navy.

He is using language learning apps on his phone to practice Vietnamese.

"By learning Vietnamese I get to deepen my connection with my ancestral country. It's just making the deployment so much more memorable," he says.



# Naden Band gets 'In the Groove' for World Health Day

**Peter Mallett**  
Staff Writer

A new music video produced by the Naden Band encourages people to stay the course in the fight against COVID-19 with messages of support from the base community.

The song entitled *Hang in There* was written by band member PO1 Jeff Cooper with PO 2 Stephen MacDonald helping with the harmony. It's in celebration of World Health Day on April 7.

"The world has faced some incredible challenges in the last year and I think we all need some encouragement to keep doing the right things," says PO1 Cooper. "There are so many people out there who are putting themselves on the line to serve the greater good and this is a big thank you to all of them. Living through the pandemic for the past year has made us look at everything through the lens of how it impacts our health and how our actions affect others."

The music video is available through the band's official Facebook account. It features a five member band performing the song as well as footage of base personnel sending shout outs of support.

The song is written in a standard jazz format with S1 Laura Andrew on vocals, and solos performed by PO1 Jeff Cooper on saxophone, PO2 Stephan MacDonald on guitar, PO2 Ross Macdonald on stand-up bass, and S1 Sandra Veilleux holds it all together on drums.

"I enjoyed everyone's playing, we've got a good groove and it feels right," said PO1 Cooper. "I also really enjoyed the contributions of people around the base, everyone we contacted was happy to participate and it really helped fill out the supportive community vibe we were going for."

Video production was completed by an in-house team of technicians who are the "unsung heroes" of all of our productions says PO1 Cooper. They are Audio Engineer PO2 Robyn Jutras, Audio Editor

PO2 Stephen MacDonald, Video Editor S1 Simeon Weststeijn, and Videographer S1 Laura Engsig.

Over the past year, with many of its concerts and engagements cancelled, the Naden Band has produced a multitude of in-house videos. Some of their recent productions are a video celebrating the first day of spring with a performance of *Up Jumped Spring* by the Jazz Quintet, an International Women's Day video featuring the women of the Naden Band playing *Ash*, and *A Naden Band Tea Party*, an ongoing children's series developed by band member PO2 Becky Hissen.

World Health Day, organized by the World Health Organization, creates awareness of a specific health theme to highlight areas of concern. This year's theme is "Let's build a fairer, healthier world for everyone" with a special call to eliminate health inequities around the globe.



Above: S1 Laura Andrew of the Naden Band sings the lyrics to the song *Hang In There*.

## Hang In There

(32 bar AABA form)

A  
Well Hang in there  
Support your friends and family  
Well Hang in there  
We gotta do this right

A  
Well hang in there  
Support your neighbors and loved ones  
Well hang in there  
We can see the light

B  
Ya its been a challenging time with all the protocols and cleaning  
Ya its been a first for most lets hope that it's the last

A  
Well hang in there  
We're doing all the right things  
Well hang in there  
We're going to win this fight.



Members of the Naden Band perform the song *Hang In There* at the Naden Band headquarters.

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# matters of OPINION

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## WHAT SAY YOU



## Claims process deadline for CAF-DND sexual misconduct class action settlement nearing

The claims process for CAF-DND sexual misconduct class action settlement is well underway.

Current and former CAF members, and current and former employees of DND and the SNPF affected by sexual misconduct in the military workplace may submit a confidential claim for financial compensation and participate in a Restorative Engagement program until the period to file a claim closes on Nov. 24, 2021.

The claims process is confidential. All of the information and documents provided by claimants will not be disclosed to claimants' co-workers, supervisors, or DND/CAF/SNPF leadership, except with the consent of the class member or as required by law.

The range of individual compensation for most eligible class members is \$5,000 to

\$55,000. Class members with PTSD or other diagnosed mental or physical injuries directly arising from sexual assault or sexual harassment may be eligible for additional amounts.

In the case of a CAF class member, these additional amounts are only available if they are ineligible for VAC benefits and their application for reconsideration is also denied.

DND/SNPF class members do not need to apply for VAC benefits unless they also have CAF service.

In addition to the possibility of financial compensation, class members can also choose to participate in a Restorative Engagement program that aims to provide class action members safe and flexible options to share their experience of sexual misconduct, its causes, and impacts with Defence leadership - to be heard, acknowledged, and validated, and to contribute to changing the organizational culture.

Information on the settlement, who is included, and how to submit a claim can be found here: [www.caf-dndsexualmisconductclassaction.ca/](http://www.caf-dndsexualmisconductclassaction.ca/)

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## A virtual group for relatives of CAF members

**Yves Bélanger**  
Servir Newspaper

Almost two years ago, two volunteers from the Military Family Resource Centre (MFRC) Montreal Region, Joanne Saccomani and Ann Marcotte, launched a private group on Facebook for relatives of Canadian Armed Forces (CAF) newcomers.

Their goal was to help them better understand how life works in the military.

Marcotte explains the duo were already collaborating for MFRC *Military Life 101* workshops offered to parents and relatives of new CAF members.

"We figured a discussion group would be very helpful," she says.

This is how the *Families-relatives of the new soldiers* Facebook group came into being. Its objective is to allow families and loved ones to discuss various topics such as the graduation ceremony of the Canadian Forces Leadership and Recruit School, to share photos, or deployments.

"They can talk to each other and support each other. We are also available to answer their questions."

*Families-friends of new military* has nearly 350 members. The two women hope to get a lot more.

**To access the Facebook group go to:**

**[www.facebook.com/groups/466154543919591](https://www.facebook.com/groups/466154543919591)**



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PO2 Jennifer Lawrence with her family, who give her much-needed support as she copes with her rare disease.

## Sailor not deterred by rare disease

**Peter Mallett**  
Staff Writer

An instructor from Naval Fleet School Pacific is going public about her rare medical condition in hopes of breaking the stigma for others in the same boat.

PO2 Jennifer Lawrence, 33, has been living with a rare and incurable auto-immune disease known as Linear Scleroderma Morphea.

The condition is caused by her body's immune system attacking her skin.

"The easiest way to describe it is most people have several layers of skin and then muscle; whereas I have a thin layer of skin and then just muscle with nothing in-between to protect the muscle. Getting bumped or hit in any part of my body where the morphea exists is excruciatingly painful."

She isn't suffering with the disease, she says. She has learned to live and thrive while battling the disease.

This year marks her 14th year of service in the Canadian Armed Forces and her seventh year in the regular forces. She currently works as a Steward Instructor, is married to a military member, and is a military mom with a busy family life.

Instead of keeping her medical condition a closely guarded secret, she is open and honest about condition.

"We need to raise awareness amongst military members, civilian employees, and managers that there are others who work at the base battling rare diseases and its okay for us to be part of the defence team."

Morphea affects less than three out of 100,000 people. A full understanding about the causes of the disease and its many variants are inconclusive, says PO2 Lawrence.

Her Linear Scleroderma is a morphea that appears on the arms and legs in school-aged children, commonly appearing as single band of thick discoloured skin, but it can also affect muscles, joints, and bones and lead to cosmetic deformities.

Her condition is limited to her right hip. It's out of view except when she wears a bathing suit or tight-fitting clothing; that's when a concave shape created by the disease is visible.

She was diagnosed at 12 after bumping her side while playing with her brothers. She felt excruciating pain. Numerous trips to various dermatologists and then Sick Kids Hospital in Toronto did little to alleviate her symptoms.

"I was in and out of doctor's offices all the time when I was young, so much so that it sometimes made me feel like a lab rat. But I just carried on with my life and it never stopped me from doing anything. I have done most of it without pain killers or other medications."

Carrying on with her life included playing sports in high school and cadet activities with the Royal Canadian Sea Cadets, which convinced her that a career in the military was the right path for her.

Her family has provided much-needed hope and optimism at a time when her disease is having more unwanted and concerning side effects. She is coping with the onset of rheumatoid arthritis, which often occurs in those diagnosed with her disease.

On top of that, her auto-immune deficiency makes her more susceptible to colds and flu, leading to heightened anxiety over the past year from the COVID-19 pandemic.

Her main method of treatment is exercise, specifically weightlifting.

"When I don't exercise, I find the pain and depression is much worse. I lift weights to lift my spirits. Keeping the body moving actually helps reduce my arthritic pain."

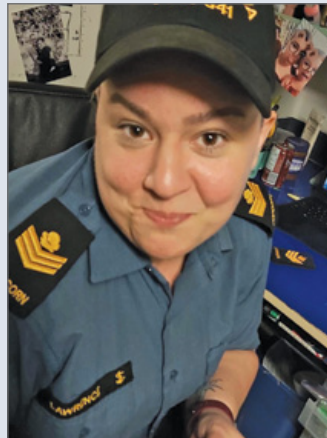
She is currently training to compete in the Vancouver Island Showdown Pro/Am women's bodybuilding and physique competition in June 2022.

"Time spent in the gym lifting weights and doing cardio and training for competitions like this has been the best thing for my physical and mental health. It has made me a huge advocate of regular exercise for people coping with a wide range of physical and mental problems."

She says the passing of Rare Disease Day on Feb. 28 compelled her to speak up and follow its mantra of building awareness and understanding.

"I know there are other people out there going through the same difficulties. I want to empower others with rare diseases to step forward, and I want people to think twice about someone's rare medical condition and get all of the information before jumping to conclusions."

That she believes will go a long way to improve the lives of those living and working with rare diseases.



PO2 Jennifer Lawrence

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# Sailor of the Quarter commended for going above and beyond

**Joanie Veitch**  
Trident Newsletter

Even when he's off duty, Sailor Second Class (S2) Aman Sharma strives to do his best. Whether it's fixing a problem in his work area, cleaning and organizing the ship's gym, or cooking and delivering meals to people in need, the 28-year-old Upper Deck Engineer with *HMCS Toronto* likes to keep busy.

"I found on board the ship I often had spare time, so I would try to find things to do. It is my way," he says.

In recognition of his hard work during *Toronto's* recent deployment with NATO as part of Operation Reassurance, S2 Sharma was named the latest Atlantic Fleet Sailor of the Quarter. He received his award March 17 at a presentation with Cmdre Richard Feltham, Commander Canadian Fleet Atlantic, and Fleet Chief, CPO1 Darcy Burd attending.

He first learned about the award back in the fall while *Toronto* was on deployment. He recalls his superior officers approaching him; his immediate thought was actually one of concern.

"They walked in and I was thinking I was in trouble or that something had gone wrong. It was such a surprising moment for me. It is truly an honour."

In nominating S2 Sharma for the award, PO2 Matthew Earle noted his hard work, high standards, and positive attitude.

"He has gone above and beyond all that has been asked of him while constantly displaying a knowledge and work ethic far above his rank level," he says. "He often completes tasks on his downtime to better the



Photo by Mona Ghiz, MARLANT PA

**S2 Aman Sharma is the latest to be named the Atlantic Fleet's Sailor of the Quarter, receiving his award in a presentation on March 17.**

ship as a whole, from taking over the responsibility of the Mechanics Work Shop to cleaning on Sunday routine so others could rest."

S2 Sharma also completed his on-the-job qualifications well in advance of the deadline and well ahead of his peers, PO2 Earle added.

S2 Sharma grew up in Punjab in northwestern India, arriving in Canada with his parents, sister and brother in December 2011. It was the next year, when his parents were buying their house in Caledon, Ont., that a chance conversation with the real estate broker about the benefits of a military career first planted the idea

about joining the Canadian Armed Forces.

He became a Canadian citizen in 2016 and joined the CAF in July 2018. His first posting was to CFB Halifax in September following basic training. He joined *HMCS Toronto* as a Junior Marine Technician in August 2019.

When asked about his plans for the future, S2 Sharma said to keep learning and taking every opportunity for advancement.

"I would like to see how far I can go. I want to be a Fleet Chief someday. I am hoping for that."

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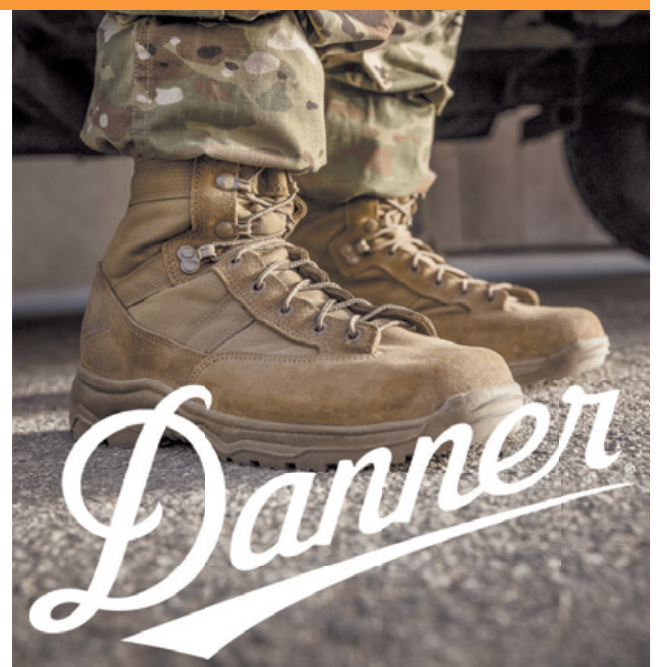
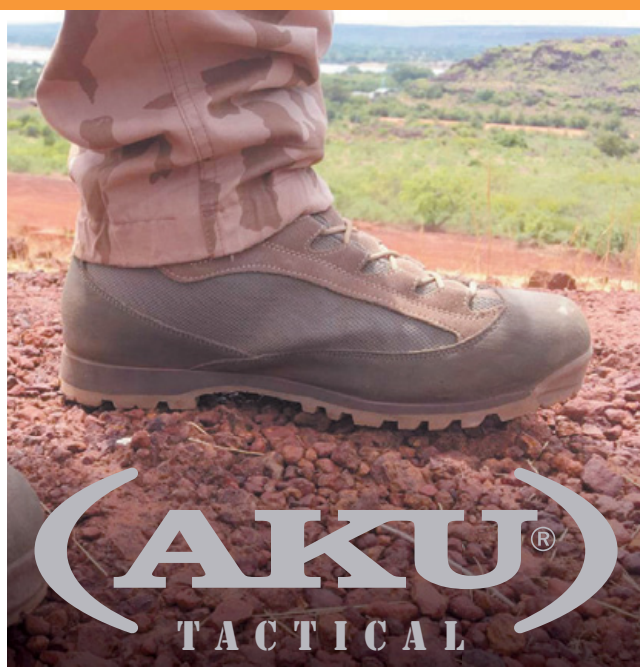
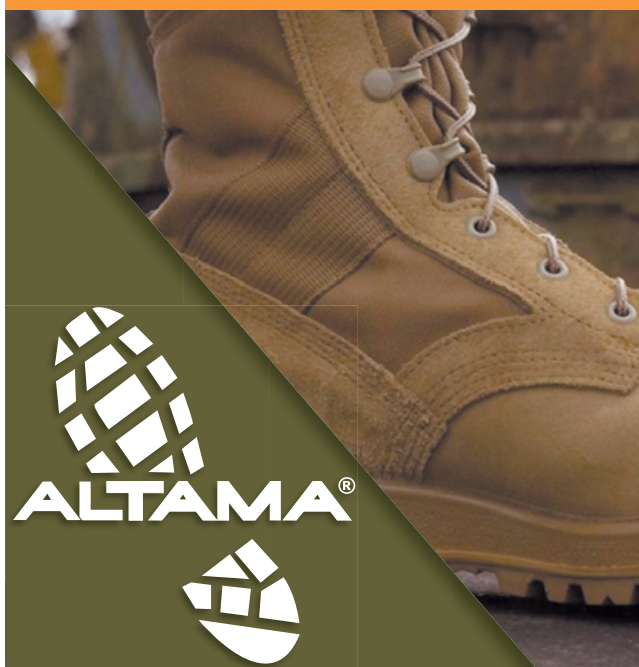
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## NEW SHIPS MEAN IMPROVEMENTS IN QUALITY OF LIFE AT SEA

DND/CAF

Have you ever wondered what life at sea is like aboard the Royal Canadian Navy's (RCN) newest ship?

Equipped with the latest in cutting edge technology, soon-to-be commissioned Harry DeWolf, the first of six Arctic and Offshore Patrol Ships, is not only a state-of-the-art warship, it is also designed to significantly improve the comfort and well-being of its crew members.

Harry DeWolf's 65 sailors recently completed their first cold water and ice trials off Labrador and Newfoundland. This gave them the perfect opportunity to experience first-hand just how advanced the Arctic and Offshore Patrol Ships is in both operational capability and quality of life while at sea.

Harry DeWolf and the rest of the new Arctic and Offshore Patrol Ships offer facilities that create a better environment for their crews. Modern amenities include an all-ranks cafeteria, gender-inclusive washrooms, individual crew accommodations, internet, exercise equipment, and the flexible use of common spaces such as the briefing room, wardroom, and boarding party room to serve as a silent space for various religious practices.

"Harry DeWolf is on the leading edge of technology, convenience and comfort that the RCN's future fleet will provide," says Lieutenant-Commander Jim Little, Executive Officer. "Whether it's being able to keep in touch with friends and family, eating in the all-ranks cafeteria, or operating any of the modern equipment on board, Harry DeWolf has something for everyone."

The all-ranks cafeteria shows just how much

morale is affected by being able to eat with other crew members.

"The Coxswain (senior non-commissioned officer on board) and I are able to pay close attention to how people are feeling and what they are happy or not happy with," he says. "The quality of the food on board is very high and the fact we are able to enjoy it together is a huge bonus."

Sailor First Class Raymond Kwan, Naval Combat Information Operator, agrees.

"It's the most modern cafeteria I've eaten in. The addition of the serving buffet and self-serve salad bar right next to the drink dispensers make the dining experience more convenient and comfortable. The cafeteria overall is well laid out – it feels like you can see most of the space no matter where you sit which greatly improves camaraderie amongst the crew."

Like most warships, there are still three messes aboard for officers, chiefs and petty officers, and junior ranks. One noticeable difference for sailors in Harry DeWolf is that the messes all have portholes so they have natural light.

The cabins are also an improvement. Officers, and chiefs and petty officers all have double occupancy cabins, while master sailors and below have six to a cabin. Each cabin has its own private bathroom, and the racks (beds) are slightly wider with a privacy curtain.

For Lieutenant (Navy) Joseph Cheng, Naval Warfare Officer, the number one priority for morale and comfort from his perspective is the increased space.

"Space to work, space to live, space to organize kit and supplies, and space to train. This is even more imperative given the diversity of



The gym aboard HMCS Harry DeWolf provides an opportunity for sailors to maintain physical fitness while at sea.

Lt(N) Joseph Chen works on the bridge of HMCS Harry DeWolf.

operations and the range of zones the Harry DeWolf class is expected to visit in the future," he says. "I have found the cabins to be a great step forward and a real improvement in comfort and rest, so I can ensure I am at my best for watch and duties. Additionally, a high quality, full-function gym rounds out my list of important new features for morale and comfort. I hope this trend continues, as I believe over the long term this contributes to both our health and mental well-being in order for us to be the best sailors possible."

Like all sailors at sea, Harry DeWolf crew members want to communicate with family and friends while they are away from home. Although there are still a few kinks to work out in terms of WiFi and bandwidth, the ship has had internet from the beginning.

Another innovation is an enclosed fo'c'sle and cable deck, which protects machinery on the foredeck and personal workspaces from harsh Arctic environments.

The Arctic and Offshore Patrol Ships, with all their improvements, are contemporary and multifunctional ships that will be at the core of an enhanced Canadian Arctic presence, and will effectively and strategically complement the capabilities of the navy's current and future warships through critical reconnaissance and surveillance operations.

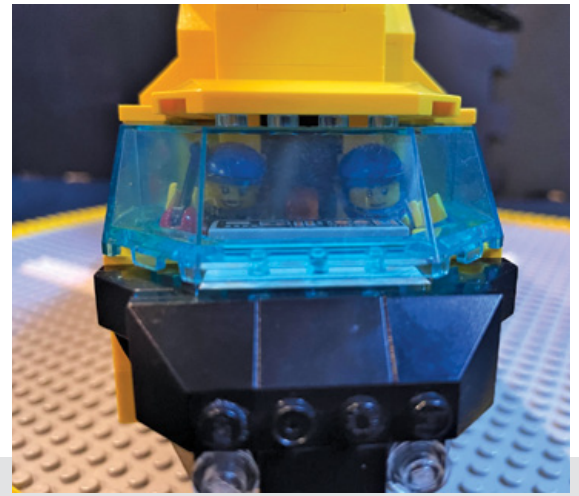
However, they are also home to sailors for weeks or months at a time.

For this reason, the RCN is committed to the continued improvement of those shipboard amenities that ensure the physical and mental well-being of crew members.



# LEGO LABRADOR

## boys build homage to SAR-Tech dad's RCAF career



**Sara White**  
Aurora Newspaper

The CH-113 Labrador has a special corner of Master Warrant Officer (retired) Dan Pasieka's heart. It was used by the Royal Canadian Air Force as its search and rescue helicopter for 41 years before being replaced by the CH-149 Cormorant.

But the LEGO model his sons Mike, 15, and Denis, 13, made of the aircraft hold a larger space. It's a tribute to his 26-year military career, including time

as a search and rescue technician. The Ottawa family, and MWO Pasieka, were never posted to 413 (Transport and Rescue) Squadron at 14 Wing Greenwood, but they did spend time at search and rescue bases across Canada.

When he retired Jan. 4, his boys got to work.

"We designed this set for our father as a gift for him because he flew in this Labrador," says Denis, describing the early process of sorting through their amassed bins of traditional LEGO to sort out as much yellow as

they could find. They wanted moving parts and functioning features, including the retracting winch and ramp their dad would have worked with as he helped save fishermen, boaters, hikers, aviators, and others in distress.

The boys called it complete March 11, loading their build to the LEGO Ideas website in hopes fan votes will catch the brick-building company's attention, and the Labrador becomes a sellable kit down the road.

They need 10,000 votes over two years to get their design in front of the LEGO board.

The boys' Labrador exceeded the initial milestone – 100 votes in two months, getting that in just three days.

"If you hit the 10,000, the LEGO board will put your design through tests, deciding if it works," Mike says. "You help them design it. It may change a little bit, but it's still your original concept and design."

Their proposed set would come with a helipad, GPU cart (ground power unit), and a crew complement of five LEGO characters: two pilots, one flight engineer and two SAR-Techs.



Master Warrant Officer (Retired) Dan Pasieka, centre, holds the LEGO model built by his sons, Mike and Denis, of the CH-113 Labrador he flew in for years as a Royal Canadian Air Force search and rescue technician. The boys are hoping fan support in the LEGO Ideas online group might see their home-build someday fly off store shelves.

Check out the LEGO Labrador online here:  
<https://ideas.lego.com>

If you'd like to see it flying from store shelves in the future, vote with your support.

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## Invitation to participate in the inaugural Victory March

This year would have been Canada's 69th year of providing a marching contingent in the annual International Four Days Marches Nijmegen. However, as our Canadian Armed Forces (CAF) Joint Task Force (JTF) Nijmegen members were preparing to participate in the 104th edition of this historic march in the Netherlands, the ongoing COVID-19 pandemic led to its cancellation for the second year in a row.



To ensure the continued spirit of CAF participation in the Nijmegen marches, Military Personnel Command / Chief of Military Personnel has created the Victory March as an official CAF-led event.

### The "Victory March"

The "Victory March" initiative enables anyone to celebrate the history of friendship between the Netherlands and Canada in support of Boomer's Legacy.

Boomer's Legacy empowers Canadian Armed Forces soldiers, sailors, and aviators to provide much-needed humanitarian assistance to people wherever and whenever Canadian Armed Forces members are deployed. The charity does this through funds raised.

Military women and men across the country will take part May 4 and 5 as part of their required training, and will complete a 2 x 20 kilometre weighted (10kg) ruck march in their own towns and cities.

Other participants can march from May 1 to 9 with a march of their choice:

- Family March 2 x 2 km
- Boomer's Friendship March 2 x 5km
- Gift of the Tulips March 2 x 10km
- Liberation March 2 x 20 km
- JTF Nijmegen Commander's Challenge (with 10kg weight) 2 x 20km

### Register here:

[https://raceroster.com/events/2021/38945/victory-march-la-marche-de-la-victoire?locale=en\\_US](https://raceroster.com/events/2021/38945/victory-march-la-marche-de-la-victoire?locale=en_US) and includes the option to make a donation to Boomer's Legacy.

Upon completion of the Victory March, participants receive the Military Personnel Command coin to remember the experience.

## Flight Safety Investigation Report for Kamloops Snowbirds accident

### DND / CAF

The Royal Canadian Air Force's Directorate of Flight Safety, as the Airworthiness Investigative Authority for the Canadian Armed Forces, has concluded a single, small bird ingested into the engine of Snowbird 11 following take-off resulted in a compressor stall and a loss of thrust.

The CT-114 Tutor aircraft of 431 (Air Demonstration) Squadron crashed on May 17, 2020, in the vicinity of Kamloops, BC, and claimed the life of Captain Jenn Casey and injured Captain Richard MacDougall.

Upon loss of power, the pilot initiated a climb straight ahead and then a turn back towards the airport. During this manoeuvre, the aircraft entered into an aerodynamic stall and the pilot gave the order to abandon the aircraft.

Pilot and passenger ejected from the aircraft at low altitude and in conditions that were outside safe ejection seat operation parameters. Neither the pilot nor the passenger had the requisite time for their parachutes to function as designed.

Recommendations in the report identified the need to conduct additional training for CT-114 aircrew to better prepare them for an engine failure after take-off in a low-level environment, clarify the command to 'eject', publish a directive to clarify how aircrew should prioritize an ejection-scenario near or

over a populated area, and research potential options to stabilize the ejection seat from any tendency to pitch, roll, or yaw.

"Snowbird 11's power loss could not have come at a worse time – low altitude, low airspeed, proximity to another aircraft, and in the vicinity of a built-up area. This tragic accident reinforces the importance of continuous, situation-specific training to minimize reaction time in an emergency and the importance of a timely decision to eject," said Colonel John Alexander, Director of Flight Safety, RCAF.

The 431 (Air Demonstration) Squadron is currently training at 15 Wing Moose Jaw, Sask., for the 2021 Show Season. Safety focused operational restrictions will continue to be in place for flying and maintenance activities.

The Tutor Life Extension Project was recently approved to modernize the Tutor aircraft and enable it to continue flying for the Royal Canadian Air Force until 2030. This project is forecasted to reach an initial operational capability by October 2022 and will upgrade aircraft with new avionics and instrumentation, to include a glass cockpit, to ensure compliance with Federal and Canadian Air Regulations. In parallel, a separate project is underway to improve the aircraft escape system through upgrades to the current parachute and harness design.

## Connect with people who understand.

The Onward Cancer Support Network connects Canadian Armed Forces families who are or have battled cancer.



**FIND US ON FACEBOOK** to connect with current/past serving cancer survivors for advice and services available to CAF members.



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The noise doesn't bother him, he says. He has gotten used to it over the past 15 years; in fact, he doesn't even need to wear hearing protection.

Not so fast Joe.

In the past two months he has almost been hit on four occasions by a reversing forklift at the warehouse. He couldn't hear the reverse warning sounds and the yelling by his co-worker to get out of the way.

Most hearing damage is gradual due to noise exposure and because of this many people ignore it or do not realize their hearing is being damaged.

Sometimes an individual only notices something is wrong when it becomes increasingly difficult to understand someone talking, or they need to turn up the TV volume.

The worst part is hearing loss is painless and progresses unnoticed until it is too late. Noise-induced hearing loss cannot be reversed.

Being exposed to a noise level equivalent to sustained traffic noise during an average eight-hour day can permanently damage hearing. Higher levels of noise can cause permanent damage in shorter periods of time.

Over time, exposure to noise can result in hearing loss, ringing in the ears, high blood pressure, and fatigue. When you identify noisy jobs, report them to your supervisor so effective controls can be put in place.

Experts have determined that workers can prevent noise-induced hearing loss when they:

- Stay informed and watch for warning signs, such as ringing or humming in the ears and temporary loss of hearing when they leave work.
- Wear and maintain all hearing protection provided by the employer.
- Use the right hearing protection for the job, task, or area.
- Participate in the employer's audiometric program and understand the results of the hearing test.
- Ask questions about noise levels, hearing protection, and other noise and hearing related issues as soon as they have a concern.

Visit the CCOHS website ([https://www.ccohs.ca/oshanswers/phys\\_agents/noise\\_auditory.html](https://www.ccohs.ca/oshanswers/phys_agents/noise_auditory.html)) for facts on noise and auditory effects. Also, look up the General Safety Program, Vol 2 Chapter 10 for legislation guiding DND on noise. Contact your Unit General Safety Officer or Formation Safety and Environment (+ESQ MARPAC FSE Safety@MARPAC@Esquimalt) for more information.

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# Bravo Zulu

## Naval Fleet School (Pacific) promotions



NCDT Campbell was promoted to A/SLt by Cdr Annick Fortin, NFS(P) Commandant, and Lt(N) Malcom Conlon.



NCDT Groh was promoted to A/SLt by Cdr Annick Fortin, NFS(P) Commandant, and Lt(N) Malcom Conlon.



NCDT Main was promoted to A/SLt by Cdr Annick Fortin, NFS(P) Commandant, and Lt(N) Malcom Conlon.



NCDT Nicholson was promoted to A/SLt by Cdr Annick Fortin, NFS(P) Commandant, and Lt(N) Malcom Conlon.



PO1 Davies was promoted to Chief Petty Officer second Class by Cdr Fortin.



MS Carle was promoted to Petty Officer Second Class by his mother Jackie Carle and father Retired Capt(N) Kevin Carle.



CPO1 Darragh, CFB Esquimalt Base Chief Petty Officer, presented PO2 Carle with the Chief and Petty Officers Scroll.



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