







Clearance divers called to remove live ordnance

Peter Mallett

Staff Writer

Two Clearance Divers from the base have safely destroyed a piece of live ordnance believed to be a Royal Navy shell from the First World War.

The divers are Explosive Ordnance Disposal Technicians from Fleet Diving Unit Pacific and were called to a residence in North Vancouver on June 16.

Members of the RCMP explosive disposal unit had originally been dispatched to deal with the ordnance. Their bomb specialists were recalled after it was determined the item was military grade.

According to the RCMP, the resident had purchased the item at a garage sale thinking it was an interesting artifact. They evacuated the home and six nearby residences and set up a perimeter a safe distance away from the home.

The Maritime Explosive Ordnance Disposal Unit was dispatched after receiving a tasking call from Regional Joint Operations Centre.

PO2 Benoît Léonard and S1 Jacob Desjardins travelled from Victoria to North Vancouver in the FDU(P) munitions disposal truck. Once on the scene, they identified and safely disposed of the ordnance.

The device was identified as a shell used by a Q4 4-inch naval gun, which was the main gun used on destroyers of the Royal Navy and Royal Canadian Navy during the First World War.

"The ordnance was live and contained about five pounds of explosives," said PO2 Léonard. "The ordnance was rusted and what appears to be cement on

the outside of the shell is actually called pitting and is a result of its corrosion."

FDU(P) receives approximately one call per week to dispose of live and inert ordnance during the winter months, and up to two in the summer months. Their area of responsibility includes all DND and Government of Canada property in the Province of British Columbia; they will also respond when tasked to aid any organization or individual requiring their assistance.

"It is the mandate of the Fleet Diving Unit [Pacific] to provide safe disposal of any military ordnance," said PO2 Léonard. "It's rewarding to ensure our expertise and knowledge help local authorities and keeps the public safe, not to mention blowing stuff up safely and in a controlled manner is always awesome."

After an initial inspection of the ordnance, PO2 Léonard said the item was then rendered safe for transport to a local gravel pit where it was safely destroyed.





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Pacific Fleet
Club reopens
in new location

Peter Mallett

Staff Writer

The temporary home for the Pacific Fleet Club is now open for business in building Naden 40.

The junior ranks mess officially opened June 21, following the completion of a lengthy renovation. It is currently serving coffee and snacks. Full bar service will commence after the grand opening later this summer. The date will be made public on the Pacific Fleet Club's Facebook account in the coming weeks.

The junior ranks mess serves as the primary social hub and gathering spot for approximately 1,200 non-commissioned sailors, soldiers, and aviators.

The old fleet club previously operated for more than 44 years at the top of Lyall Street. But the iconic seaside building was forced to close following an engineering report in March 2016 that revealed structural flaws and an estimated \$8.5 million in repairs.

A permanent home for the junior ranks mess is still in the planning stages and details have yet to be announced, says Master Sailor Emily Whalen, President of the Mess Committee.

Anticipation and buzz surrounding the new location has been mounting.

"I think many members had been discouraged because the old location had been shut down for regular business for so long," says MS Whalen. "There is a lot of excitement surrounding our grand opening in Naden and I think people are really looking forward to it."

A big part of that excitement is because the new location, at the rear of the CFB Esquimalt Naval and Military Museum, provides easy access for many members. This includes those who live nearby in Nelles Block and Bernays Block residences and for a large number of Base Administration staff.

"Many people said they often put off making the long trek to the Signal Hill location, so the new location suits the needs of many," she says.

The building is about the size of a traditional cozy roadside pub but more contemporary and trendy. A granite-top bar offers eight varieties of draft beer with a seating area of burgundy coloured bench-style seats and bar stools. To the left of the bar is a pool table and two dart boards. Multiple high-definition TVs are individually programmable to suit individual viewing demands. The mess is also equipped with a new sound system and lighting.

Two giant doors at the side of the facility open onto a covered and heated patio. Staff offices are located at the rear of the building.

The building has a maximum capacity of 79, but is greatly reduced due to COVID-19 health and safety regulations. The patio area can seat up to 40 additional people. The facility is currently able to host events and social gatherings provided they align with base and provincial COVID-19 health and safety guidelines.



The Pacific Fleet Club had its soft opening on June 23. A tour was given to Base Commander Capt(N) Sam Sader and Base Chief Petty Officer CPO1 Al Darragh.







Dan Murphy, RAdm (Ret'd) Lawyer with a Military Perspective

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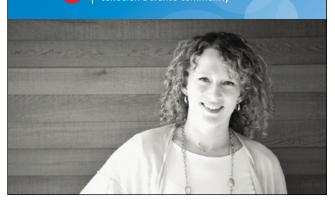
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Published each Monday, under the authority of Capt(N) Sam Sader, Base Commander.

Le LOOKOUT est publié tous les lundi, sous l'égide du Capt(N) Sam Sader, Commandant

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Happy Pride Season!

RAdm Luc Cassivi

Champion, Defence Team Pride Advisory Organization (DTPAO)

In June 1969, when New York City police raided the Stonewall Inn, a gay club located in Greenwich Village, the riots that ensued galvanized the LGBT community and helped create the Pride movement.

The movement has since evolved from being local to international in short order, and aims to support the promotion of self-affirmation, dignity, and equality for the LGBTQ2+ community.

In Canada, Pride events take place across the country from June to August, to celebrate inclusion and the rich diversity of our communities. It's also an occasion to recognize the contribution of LGBTQ2+ people to the betterment of our communities.

I encourage all members of the Defence Team to participate in Pride events and celebrate the human richness of our country, our communities, and our Defence Team. Get to know your LGBTQ2+ colleagues because it's through knowledge that we can eliminate injustices and biases, and foster diversity and inclusion in the Defence Team.

Members of the LGTBQ2+ community are valuable members of the Defence Team and must feel safe and included in the workplace. Don't forget, you can also show support by joining the Defence Team Pride Advisory Organization (DTPAO) or by becoming allies to help create safe, inclusive, and respectful workplaces.

I hope to see many of you throughout the Pride season, particularly during the Public Service Pride week (Aug. 23 to 27).



2018 Pride Parade in Winnipeg, Manitoba.



Assistant Judge Advocate General

Pacific Region Monthly Discipline Results

All summary trials and court martials held in the month of May 2021 within the AJAG(P) region.

Cpl Vermette from 4CRPG charged with the following offences:

Section 129: In that he, between 1 June 2020 and 2 July 2020, entered the premises of the Bay Street Armoury in the city of Victoria, when he was prohibited from doing so - Not

Section 129: In that he, on or about 31 August 2020, entered the premises of the Bay Street Armoury in the city of Victoria, when he was prohibited from doing so - Not Guilty

Section 129: In that he, between 1 June 2020 and 2 September 2020, at the Canadian Scottish Regiment Junior Ranks Mess in the city of Victoria, did not pay the full amount owing for alcohol taken by him and his guests as it was his responsibility to do so - Not Guilty

S1 Moorhouse from BADM charged with the following offence:

Section 90: In that he, at 0630 hours, 4 May 2021, without authority, was absent from duty at CFB Esquimalt BOR and remained absent until 0740 hours, 4 May 0221 - Guilty, fined \$281.30

Sgt O'Farrell from 39 CER charged with the following offences:

Section 112: In that he, on 12 September 2020, at Chilliwack BC, without authority used a pick-up truck without canopy, CFR 21199, a vehicle of the Canadian Forces, for an unauthorized purpose, to wit: to drive for pleasure - Guilty, sentenced to a reduction in rank to Cpl

Section 97: In that he, on 12 September 2020 in vehicle CFR 21199 was drunk - Guilty, sentenced to a reduction in rank to Cpl

Explanation of Charges

Section 129 Conduct to the Prejudice of

Good Order and Discipline

Unauthorized Use of Vehicles Section 112

Section 97 **Drunkenness**

Section 90 **Absent Without Leave**

Any queries can be made to the AJAG(P) CPO, CPO1 R. DeProy, (Robert.deproy@forces.gc.ca)

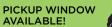
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MAKING MUSIC AT SEA

Trio of sailors in HMCS Halifax form friendship and band

Joanie Veitch Trident Newspaper

When Sailor Third Class John Stymiest left on a six-month deployment with *HMCS Halifax* Jan. 1, he brought his acoustic guitar, figuring it would help pass the time on his first deployment.

As the warship headed to Europe to take part in NATO exercises under Operation Reassurance, S3 Stymiest found two other sailors wanting to play. It was not long before the trio were creating original music and playing at an event in front of the entire ship's company, including Cmdre Bradley Peats, Commodore of Standing NATO Maritime Group One (SNMG1).

While the warship was docked in Stockholm in April, it held a talent show dubbed "HMCS Halifax Eurovision 2021".

"It was something special to play our music and see the smiles and joy from the crew during a deployment where the normality of exploring different countries during port visits no longer exists," says S3 Stymiest. "We knew the ship's company would be surprised, as they had never seen us play music together before. We mostly wrote in private so that we could give a



little shock value."

They won the talent show, of course.

S3 Stymiest met fellow musician S1 Francis van der Kamp while playing guitar in the Junior Ranks mess. His rap and hiphop style blended with S1 van der Kamp's singer-songwriter background and they came up with something they describe as "folk rap".

"Think Dallas Green meets Classified

meets Linkin Park," says S3 Stymiest, who goes by the stage name Johnny GASH, in a nod to his navy life, a term used to describe garbage aboard ship.

"At first it was just something fun we would do on our off time, but soon we realized we had tremendous chemistry and decided we would start writing original music together," says S3 Stymiest. Master Sailor Colin Puff heard about their unique musical style and brought his guitar to one of their jam sessions. MS Puff loved their blend of music. Having studied music production at Algonquin College in Ottawa, he offered to help with production and sound.

"He started playing with us and integrated perfectly. As he is more of a producer, he gave us advice on that side which is incredibly appreciated as sometimes that is what you need to not get too carried away," says S1 van der Kamp, who plays under the moniker VDK.

The combination of musical styles worked immediately, with MS Puff and S1 van der Kamp playing guitar and S3 Stymiest on main vocals.

"Johnny would just start freestyling over whatever we played and then VDK would sing a random hook. The music comes so easy with these guys," said MS Puff.

They plan to record an EP to release on Spotify and bring their music to the Halifax music scene once they are back from deployment, and once COVID restrictions allow for live shows.

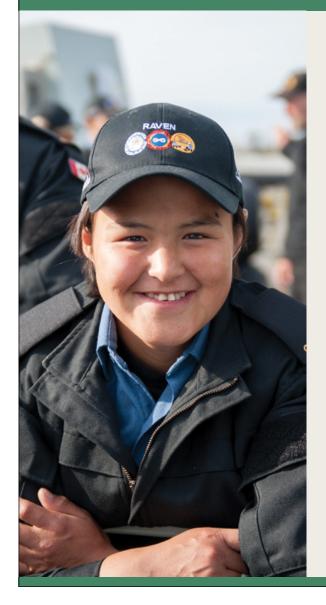




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Raven Program reboots at Work Point



Peter Mallett

Staff Writer

After a one-year shutdown, the Royal Canadian Navy's popular Raven Program is ready to soar again.

This outreach program is run by Naval Fleet School Pacific (NFSP) Seamanship Division Leadership Section and blends Indigenous cultures and techniques with military training. Candidates come from across Canada and enrol in the Canadian Armed Forces (CAF); they are housed at Work Point barracks from July to August – this year COVID-19 health and safety measures have also been put in place.

"It was disappointing to tell last year's participants they couldn't come due to the shut down," says PO2 Michelle Howell. "This year the Raven interest has picked right back up. I've been receiving numerous emails and calls from potential recruits, parents, community representatives, and CAF members expressing how excited they are about taking part in the program this summer."

The CAF Recruiting Centres across Canada have received over a 100 applications for Raven this summer and are busy doing security background checks, medical reviews, and FORCE (fitness for operational requirements) testing. Normally, this process would take months, but with the recent lift-

ing of tight COVID restrictions, staff only have a few weeks to process applications and get as many applicants as possible on to the course. There are a number of Indigenous training programs offered by the CAF across Canada, the Raven Program in particular can accommodate a maximum of 45 candidates.

The next flock of Ravens are scheduled to arrive this week at the Wardroom for a week-long quarantine period that includes COVID testing. Then, on July 8, they will be sworn into the CAF and begin their Basic Military Qualification (BMQ). This BMQ kicks off with a four-day Culture Camp, July 9 to the 12, where the recruits learn about Canada's Métis, First Nations, and Inuit cultures. They then carry on with all the military elements involved with BMQ.

The overarching intention of the Raven Program is to bring together people from across Canada, both military and Indigenous, and start building relationships, experiences, and connection to our nation's Indigenous and military roots, says PO2 Howell.

It's important to note that the Raven Program is no longer regarded as a summer camp or "just a summer job" says the man overseeing the program, Seamanship's Divisional Commander at NFSP, LCdr James Classen. He emphasizes that candidates are gaining employment; however, now they



are enrolling in the Canadian Armed Forces and the program offers a number of options upon graduation.

"It now opens up doors and opportunities for the participants that didn't exist before. We are running a fully functioning BMQ, where the recruits can then move on to the Regular Force or Primary Reserves. It also covers different Indigenous teachings and education recruits may not have experienced prior to coming to the program."

All travel expenses to and from CFB Esquimalt are covered. Raven recruits also receive meals, accommodations, military clothing and equipment, and a salary of approximately \$4,200 for the summer.

For more information about the Raven Program visit their Facebook Page or https://forces.ca/en/programs-for-indigenous-peoples/



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Capt Jeff Klassen **HMCS Calgary**

June 28, 2021

HMCS Calgary completed their twomonth rotation on Operation Artemis June 14, working with the 34-nation Combined Maritime Forces (CMF) and the Canadian-led Combined Task Force 150 (CTF-150). The warship conducted maritime interdiction operations intended to stop the flow of illicit revenue to regional criminal and terrorist organizations.

Frigate and crew set two records while performing on this mission.

Their 17 successful counter-narcotics seizures were the most any single warship has made on any rotation in the history of CMF – setting the record not only in terms of number of seizures, but also in terms of weight of narcotics seized and wholesale dollar value.

The Canadian warship also set the record for the largest single heroin seizure in CMF history.

"Our success was truly a team effort both at the ship-level and at the operational level." said Commander Mark O'Donohue, Calgary's Commanding Officer. "While we are very proud of our success as a ship, we always try to keep in mind this success was accomplished within the framework of great support from CTF-150 and other organizations in the Canadian Armed Forces."

Calgary worked with CTF-150 headquartered in Bahrain, a Royal Canadian Air Force CP-140 Aurora aircraft, and the warship's embarked CH-148 Cyclone helicopter to detect suspicious vessels at sea, following a rigorous process in accordance with applicable domestic and international law.

When deemed appropriate, Calgary sent a boarding team to embark the vessels and seize illicit goods. These boardings were mostly conducted by the warship's embarked Naval Tactical Operations Group team, call sign Reef; however, the ship's organic boarding team, call sign Alpha Wave, conducted boardings during the latter part of the

While on Op Artemis, Calgary con ducted exercises with the United States Navy, Pakistani Navy, and French naval assets. Another highlight of the operation was the rescue of a sea turtle stuck in tangled fishing nets.

Calgary now moves on to the second leg of Operation Projection. The major highlight will be Exercise Talisman Sabre in late July.

The warship is set to return to Esquimalt in early September.

"I want to make sure that everyone back home knows how much we appreciate the support we've been getting. Our success is your success, and we can't wait to be reunited with everyone when we return," said Cdr

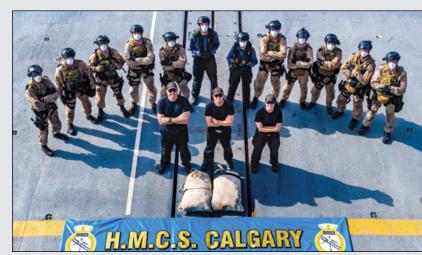


Members of HMCS Calgary head off to conduct counter-smuggling operations.

Photo by Captain Jeffery Klassen, CAF Photo



Lieutenant (Navy) Evan Park, a Naval Warfare Officer, a takes a bearing with a pelorus during a refueling at sea with USNS Arctic



HMCS Calgary's boarding party team and command team stand with heroin seized during counter-smuggling operations on June 6. Photo by Cpl Lynette Ai Dang, CAF Photo



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Heat Stress

Erika Henley

Safety Programs Officer, MARPAC Formation Safety and Environment

The following scenario about heat stress, while fictional, is very much a reality when temperatures soar up the thermometer.

Heat stress is a condition where the body is under stress from overheating. Heat-related illnesses include cramps, exhaustion, rash, and even stroke, each with its own symptoms and treatments. Symptoms can range from profuse sweating to dizziness, cessation of sweating, and collapse.

Here is Chinenye's story:

Chinenye was surprised when she left for work. The forecast called for rain with a high of 10 degrees, but the car thermostat read 11 degrees and it was only 8 a.m.

Knowing she had outside maintenance work, she went back home to change into lighter clothes, grab a water bottle, and apply sunscreen.

Chinenye and her colleague Miguel arrived on the job site a half hour later. Miguel didn't think they would be too long in the hot sun, but the repair turned out to be more extensive than they anticipated.

As the day drew on, the temperature continued to rise. Chinenye took several short breaks in the shade to let her body cool down, reapplied sunscreen, and drank lots of water. Each time she took a break, she asked Miguel to join her, but he said

he was fine and just wanted to power through so he could get the work done by the end of the day.

Around 1 p.m. she noticed her colleague was sweating profusely and his breathing was shallow. His skin also looked pale. When Chinenye asked how he was feeling, he said he had a headache and stomach upset.

She suggested they head back to the shop and finish up in an air-conditioned environment. Miguel insisted on finishing up the work.

Chinenye, concerned for Miguel's wellness, called her supervisor to let her know about the situation. The supervisor came to the job site and immediately took Miguel for first aid treatment where he was redirected to medical aid.

Later, when the supervisor was performing the investigation and completing the DND 663, she thanked Chinenye for recognizing the symptoms of heat stress and acting quickly to prevent further illness.

Symptoms to watch for are:

- Heavy sweating.
- Cold, pale, and clammy skin.
- Fast, weak pulse.
- Nausea or vomiting.
- Muscle cramps.
- Tiredness or weakness.
- Dizziness.
- Headache.







HMCS Chicoutimi receives integral maintenance to Bow Sonar Array

Ashley Evans FMFCB

In February, a team of electronics technicians in Fleet Maintenance Facility Cape Breton Sonar Shop 153, along with the Quality Control team, were tasked with maintenance and repair work on *HMCS Chicoutimi's* bow sonar array.

Sonars are essentially the eyes of a submarine when it is underwater, and the Bow Sonar Array is the largest part of its sonar system. The sonar system comprises both active and passive elements that include a 96-stave, cylindrical bow array plus flank arrays. The system can track multiple contacts simultaneously.

The array was previously part of the original Type 2040 Sonar system but will now be used in conjunction with the BQQ-10 Sonar system, an upgrade the submarine will receive during the ongoing transitional docking work period.

Throughout 1,600 work hours, the eightperson team rebuilt the underwater connectors, manufactured specialty cables, and reconditioned transducers for this system.

They also tested each hydrophone, an acoustic instrument found on the sonar staves. Typically, there are four or eight hydrophones on each stave. Because the submarine supply system has an abundance of staves, the team were particular with the ones they refurbished or replaced.

The testing procedure was a two-step process. First was an underwater check for leaks, done by submerging the body and checking the staves resistance to electrical current flowing from the internal wires into the surrounding water, otherwise known as a megger test. If water gets in, current

will flow out, explained Mike Quinn, Shop 153A Sonar.

Next, a functional test was done to ensure all hydrophone elements in the stave worked. Technicians put a noise source on each hydrophone and checked that a specified signal came out. If the stave was suitable, they cut the old connector off and replaced it with a new one.

The connector body was then filled with an epoxy to secure it in place, and ensure it can withstand the crushing water pressure it will be subjected to through normal operations of the submarine. Once the epoxy cured, the connector body was painstakingly prepped for final water proofing.

Lastly, a glue-filled plastic sleeve called a heat shrink was slid over the connector and heated to the appropriate temperature for about 10 minutes. Once cooled, the glue prevents water from entering the connector.

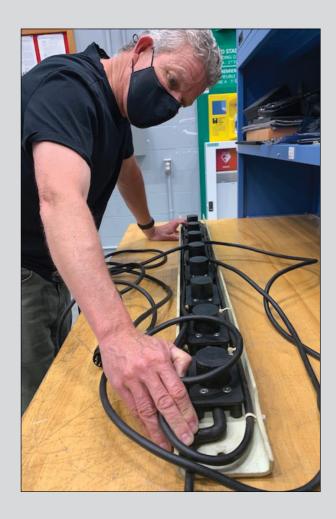
The suitability tests were then repeated, this time with the stave body and connector submerged in a special pressure vessel that replicates the diving pressures of the submarine.

Quinn says the most challenging part of this project was quality control as only a few sonar technicians have ever assembled these particular connectors. Due to the nature of the project, with the numerous technical details that must be executed properly for the watertight seal to be effective under pressure, there was quite a bit of going back and remaking parts.

"Looking at the quantity of finished product completed to a high standard feels pretty good," says Quinn.

In total, 175 patch cables were manufactured from scratch and tested. Additionally, 96 staves were connectorized and tested.















HMCS OTTAWA

HMCS Ottawa awarded medals to some of the ship's company on June 18.

The awards were presented by Commanding Officer, HMCS Ottawa, Cdr Sam Patchell.



CPO2 Champion was awarded the Operational Service Medal - Expedition for Operation Projection in HMCS Winnipeg in 2020.



MS Gozzola was awarded the Canadian Forces' Decoration for 12 years of good service.



S1 Baxter was awarded the Operational Service Medal - Expedition for Operation Projection in HMCS Winnipeg in 2020.



S1 Desjardins was awarded the Operational Service Medal - Expedition for Operation Projection in HMCS Winnipeg in 2020.



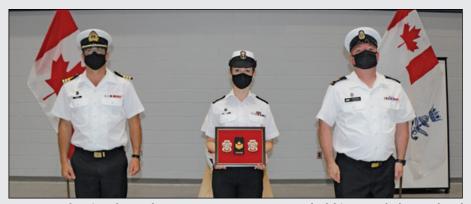
S1 Palmer was awarded the Operational Service Medal - Expedition for Operation Projection in HMCS Winnipeg in 2020 and the Special Service Medal for Op Neon in HMCS Winnipeg in 2020.



S1 Clayton was awarded the Operational Service Medal - Expedition for Operation Projection in HMCS Winnipeg in 2020 and the Special Service Medal for Op Neon in HMCS Winnipeg in 2020.



CANFLTPAC HQ



Upon graduation from the RQ NCIOP PO2 Course, held in Naval Fleet School Atlantic, PO2 Mayer was promoted to her current rank by CPO1 Collins and CPO1 Boyd.



Upon graduation from the RQ NCIOP PO2 Course, held in Naval Fleet School Atlantic, PO2 Bueckert was promoted to his current rank by CPO1 Collins and CPO1 Boyd.

B72

PCC(P)



Cpl An Pham was advanced promoted to her current rank by Cdr Benjamin Seaby, Commanding Officer of Personnel Coordination Centre (Pacific).

Congratulations to the Primary Leadership Course 0378 on the successful completion of the intensive six-week leadership course that saw the following members attend.

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MS Belanger MS Rooney

MS Rooney S1 Soltendieck MS Campbell

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MS Fillippatos MS Watkins
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MS Gates MCpl Maillet
S1 Grasby MS Makolaj
MS Bablitz MS Masse-Lefebvre
MS Taylor MS Murree

Ilowing awards were received:

Top Student: MS Mas
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Top Student: MS Masse-Lefebvre Espirt De Corps Award: Niobe Section Formation's Chief Petty Officer's Award: MS Taylor



NAVAL FLEET SCHOOL PACIFIC

Lt(N) Kupchak, Deputy Engineering Division Commander of Naval Fleet School Pacific, presented the certificate of completion during the Marine Technician course ceremony on June 15.

Photos by S1 Laflèche, NFS (P)



S1 Brockmoeller receives a Certificate of Completion.



S1 Dula receives a Certificate of Completion.



S1 Fradette receives a Certificate of Completion.



\$1 Frappier receives a Certificate of Completion.



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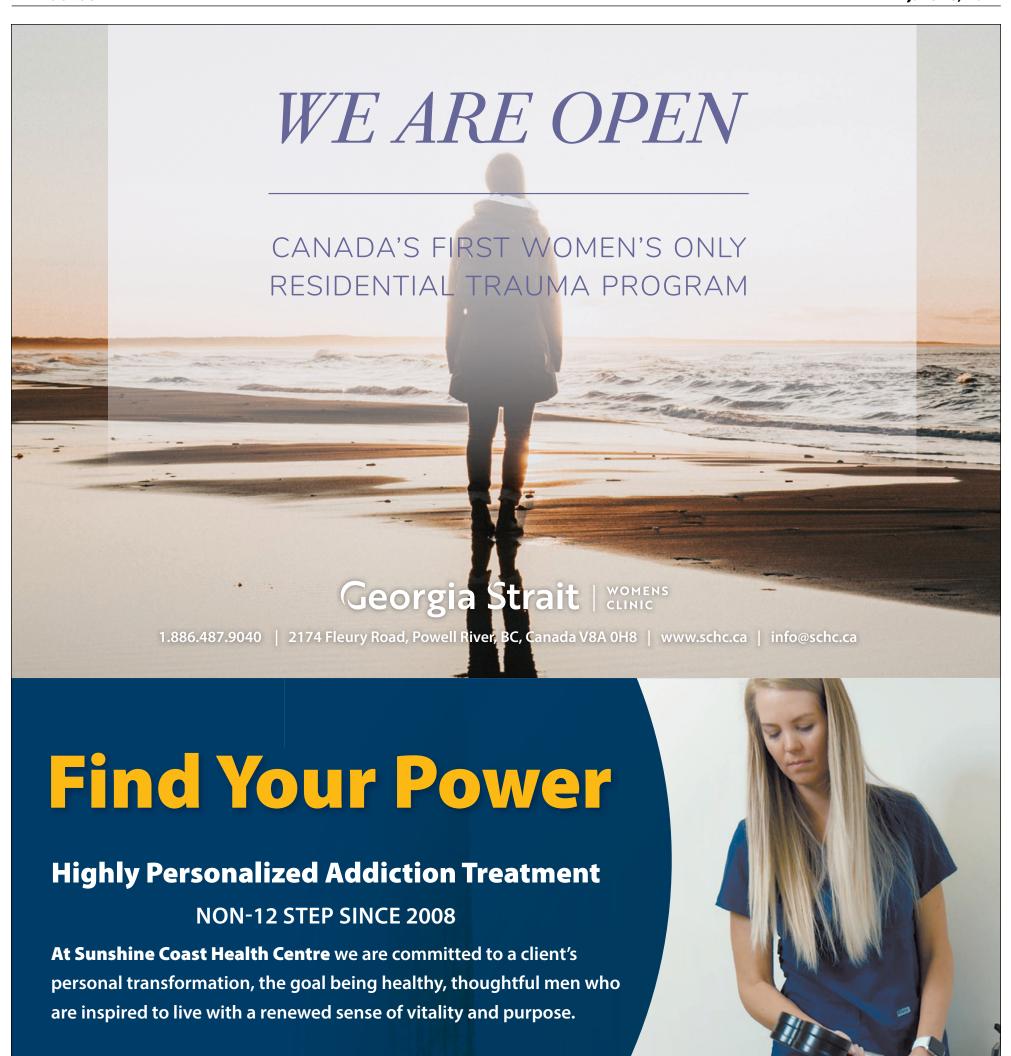
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HOUSE SWAP

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