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Volume 66 Number 37 | September 20, 2021

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A UNIQUE GIFT

Second World War veteran Able Seaman Bob Haden presented a white ensign, once flown atop a captured German U-boat, as a gift to the navy and accepted by Capt(N) Jean Stéphane Ouellet, Commander Canadian Submarine Force, on Sept. 13 at Royal Canadian Legion Branch 91. The 97-year-old had kept the ensign as a war trophy for more than 75 years. Read the full story on page 2.

Photo by Peter Mallett, Lookout Newspaper



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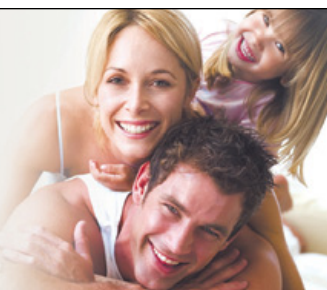
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UNIQUE ENSIGN GIFTED TO NAVY

Peter Mallett
Staff Writer

A white ensign, once flown atop a captured German U-boat, has been returned to the Royal Canadian Navy (RCN).

Second World War veteran Able Seaman Bob Haden of Victoria had kept the ensign as a war trophy for more than 75 years. The ensign was hoisted atop former German U-boat 889 following its surrender in May 1945, becoming HMCS U-889.

On Sept. 13, at the Royal Canadian Legion Branch 91 in Langford, the 97-year-old presented the ensign as a gift to the Commander Canadian Submarine Force, Captain (Naval) Jean Stéphane Ouellet, and his Chief, CPO1 Paddy McGuire.

"This is truly amazing," said Capt(N) Ouellet while graciously accepting the flag. "Thank you very much. I promise you we will take great care of it."

The white ensign consists of a St. George Cross on a white field with a Union Flag in the canton. It was flown on RCN vessels until the Canadian Naval Jack came into use in 1968.

Haden's ensign will now be mounted, framed, and displayed at Canadian Submarine Force headquarters in Dockyard.

Capt(N) Ouellet says this ensign was the missing piece to a historical set, the other being an ensign one that once flew aboard captured German U-boat 190. They will now be displayed together.

The two German U boats worked to disrupt the flow of goods and troops between Halifax and Europe by attacking convoys in Canadian waters during the Battle of the Atlantic. Both vessels came into the possession of the Royal Canadian

Navy following Germany's surrender to the Allies on VE Day.

U-889 was taken under control by RCN warships on May 10, 1945, and escorted to Shelburne, N.S. The submarine was commissioned into the RCN for eight months following its capture. It was then transferred to the US Navy in Portsmouth, NH, in January 1946 before being scuttled.

"I have had the ensign in my possession ever since U-889 was handed over to the American Submarine Force," said Haden. "I have been having health problems so I thought it would be a good idea to give it back to the navy today."

Haden was a Motor Mechanic during the war and served on multiple warships that protected convoys during the Battle of the Atlantic.

He was posted to the U-boat following VE Day and had the rare distinction of having stood watches in the U-boat engine room. He first came into possession of the ensign as a consolation prize.

As Canadian sailors stripped down the ship prior to its handover, Haden had his eyes set on a shiny brass clock. It was attached to the wall of the submarine near a ladder leading to the ship's bridge. As he was unscrewing the clock an officer also spied it and insisted on having it.

"I had my screwdriver and wrench in hand and was removing it when someone of a much higher authority came along and said he will have the clock," recalls Haden. "Then he said, 'But if you would like a souvenir, how about this ensign?' So I said sure."

Haden stayed in the navy until 1947. For 26 years, he worked at CFB Esquimalt as a tailor for Base Clothing Stores, which at that time was located at HMCS Naden.



Photos by Peter Mallett, Lookout Newspaper





Photo by SLt Wilson Ho

MANOEUVRES AT SEA

A Unique and Rare Opportunity with HMCS Victoria

SLt Wilson Ho
UPAR - HMCS Vancouver

Students of New Waterford Division, Naval Warfare Officer Course Phase IV were in the middle of their first week of their final phase of training Sept. 14 when they encountered a submarine in their sights.

Students, split between the three Orca Class vessels – Orca 55, Grizzly 60, and Moose 62 – were conducting navigation training in the Southern Gulf Islands and the Strait of Georgia when they came across *HMCS Victoria* conducting its own program.

In a fine display of interoperability between submarines and patrol crafts, *Victoria's* Commanding Officer offered the opportunity to integrate his submarine into the manoeuvring exercise. This was readily agreed to by the Officer in Tactical Command. The submarine's participation not only provided additional manoeuvring time for the students, but it gave them the unique and rare opportunity to develop their visual appreciation for a surfaced submarine underway at sea.

"It is truly a unique opportunity for Orca Class

vessels to conduct manoeuvres with our submarine force; this was a great experience for both the students and crew," said Lieutenant Commander Ryan deForest, Commanding Officer of Patrol Craft Training Unit Pacific, and also the Officer in Tactical Control of the three Orca Class vessels.

This was also echoed by *Victoria's* Commanding Officer.

"It was a pleasure for *Victoria* to support training for the next generation of Naval Warfare Officers and pique the interest of potential future submariners. As we continue with our programme, we will continue to monitor their training from the depths of the Strait of Georgia," said LCdr Éric Isabelle.

After an exciting day of manoeuvres, the students continued to progress through the remaining two and a half weeks of their final sea phase. Once the final evaluations are completed, they will return back to the Naval Officer Training Centre Venture, complete Damage Control School training, and receive a posting to either the Canadian Pacific Fleet or the Canadian Atlantic Fleet to join their first warship.

All core crew and students tested negative for COVID-19 prior to embarking on this sea phase.

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Published each Monday, under the authority of Capt(N) J. Jeffrey Hutchinson, Base Commander.

Le LOOKOUT est publié tous les lundis, sous l'égide du Capv J. Jeffrey Hutchinson, Commandant de la Base.

The editor reserves the right to edit, abridge or reject copy or advertising to adhere to policy as outlined in PSP Policy Manual. Views and opinions expressed are not necessarily those of the Department of National Defence.

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FLEET MAINTENANCE FACILITY CAPE BRETON: STUDENT TALK

Student Questions and Answers

Name: Amanda Kervin

School Info: Second Year Electrical Engineer at the University of Victoria

FMF CB Shop Info:

Combat Systems Engineer Co-op Student – Engineering Combat Systems 230



Why did you decide to study Electrical Engineering?

I decided to study electrical engineering because I always had an interest in science and mathematics, and I wanted to do something that was more hands-on as opposed to the research side of things.

Why did you choose to do your co-op with DND/FMFCB?

I really wanted to gain experience as a public servant in one of my co-ops. I also had considered joining the navy at one point, so that really drew me in to the opportunity to apply at FMFCB.

What kind of projects have you been working on?

One project has had me learn SolidWorks to do 3D modeling of different equipment on the ships to communicate better when doing maintenance of the equipment. Another project has had me working on a system called MIRRAS that uses an augmented reality headset like the HoloLens to provide maintenance workers with AR tools to complete maintenance work such as holograms of the equipment.

What is your favourite part of your job?

I've had the opportunity to work on trials on the ships, and having the chance to meet and talk with technical experts to see how they do their jobs. Being on the ships and working with the equipment has been really cool.

What have you learned from your co-op experience?

This co-op has really given me a lot of practice with communication skills. Whether it's been writing user manuals, or technical communication with troubleshooting, there's been lots of opportunities to learn communication skills in a professional environment.

What advice would you give future co-op students?

My advice to anyone considering working in this position is to be prepared to work independently, find ways to contribute, and take initiative to learn and get involved different projects.

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CO-OP STUDENTS MAKING THE GRADE AT FMFCB

Peter Mallett
Staff Writer

Post-secondary in-class studies are great, but hands-on experience is grander. Which is why the University of Victoria (UVic) has a robust cooperative program that places students into real world jobs for a few months.

Two UVic students landed at Fleet Maintenance Facility (FMF) Cape Breton this summer, and are applying their classroom instruction to real-life jobs.

Josie Shasko, a 20-year-old third-year chemistry and math student, is working in FMF Safety and Environment Shop 420.

"FMF is a lot larger than I initially expected; during my tour of the facility on my first day I was surprised how much they fit into the building," she says.

Paul Willis, 27, a third-year business and commerce student, is splitting his time between FMF's Management System Division and the Strategic Communications department.

"I love the work that I have been doing for FMF as it has given me a chance to use tools and concepts from my business classes and apply them to hands-on projects," he says. "I've also really enjoyed being a public servant and knowing the work I'm contributing is serving and supporting navy operations, as well as Canadian interests."

In his Management System Division job, he is working on FMF's Process Integration Management Systems, helping develop a Standard Operating Procedure document library.

At his Strategic Communication job, he has been developing content for FMF's Instagram, and creating a social media research report to suggest ways to increase public engagement.

His work is very meaningful, says Jeremy Russell, Section Head for the Management System Division. He points to Willis' success in creating a more effective MSD Sharepoint website. The webpage is crucial to on-the-job learning and includes documents outlining

basic work procedures for FMF employees. Not only did Willis make the site more user-friendly, but he also sought extra software training to enhance his efforts.

"He has shown amazing initiative to learn and implement the program and make our employee access site organized and look clean and sharp."

Over at the Safety and Environment shop, Shasko's supervisor is equally impressed by her efforts.

Supervisor Nathan Duffus is a former Camosun College Environmental Technology graduate. He began his work at FMF in 2019 by doing two terms as a co-op student.

"Being out there and doing some hands-on learning in the field was so much more valuable to me than sitting for hours on end in a classroom, library, or lecture hall," he says.

Shasko and Duffus are part of a 15-person team of three environmental technicians and nine safety inspectors that provide environmental and safety support to the different production groups.

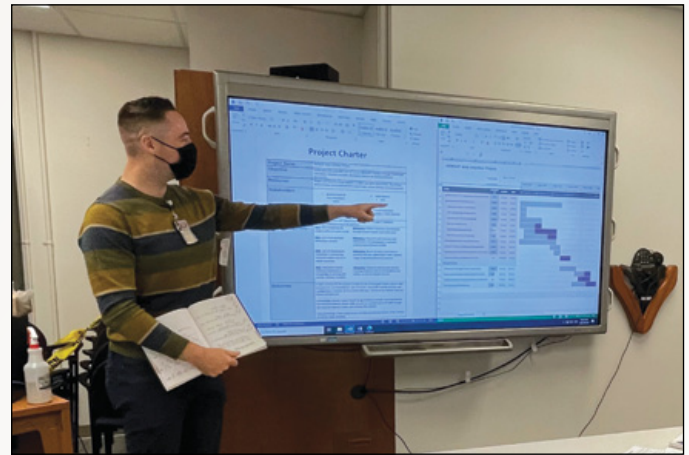
Shasko has investigated and analyzed all streams of processing wastewater at FMF, with a specific focus on renewing discharge permits for the Capital Regional District sewer system. Her tasks include dry dock inspections and water sample collection, testing, and reporting.

"I find my knowledge of chemistry is very helpful in understanding lots of things we do here," she says. "The experience gained through the co-op will be very helpful after graduation in 2022."

She recently found out her co-op placement with FMF was extended until January.

When her studies are completed, she will have a Bachelor of Science in Chemistry and Math.

FMF also offers other workplace training opportunities for students including apprenticeships, internships, and work experience through the Federal Student Work Experience Program (FSWEP).



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Ballots cast at CFB Esquimalt Polling Station

Canada's 44th Federal Election

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Between Sept. 7 and 9, all regular and reserve members of the Canadian Armed Forces (CAF) at CFB Esquimalt had an opportunity to cast their ballots ahead of the 2021 Canadian Federal Election.

The military polling station, hosted at the Chiefs and Petty Officers' Mess was administered while following all provincial and federal restrictions that remain in place to help stop the spread of COVID-19.

Masks were worn while inside the military polling station, and all military members were required to bring proof of identity and have their service number in order to cast their special ballot.

The federal election on Sept. 20 was Canada's 44th federal election.

During a federal election or referendum, all eligible CAF members can vote either by a special ballot at a military polling sta-


tion located at CAF bases or units, or by all available polling methods afforded to all eligible Canadians.

Throughout the three days, more than 600 CAF members came to the military polling station and cast their ballot.

"It was extremely busy," said Lieutenant Commander Craig Dalton, the Unit Electoral Officer for CFB Esquimalt. "It was a fantastic opportunity to support our military community and to help our members exercise their rights in the democratic process."

After each day at the military polling station, all of the special ballots were packed into secure boxes by the Unit Elections Officer, reviewed and sealed by the Commanding Officer, and shipped to the Elections Canada distribution centre in Ottawa for distribution to the various electoral districts. Once received, the special ballots were counted along with the other ballots of the electoral district for the Sept. 20 federal election.

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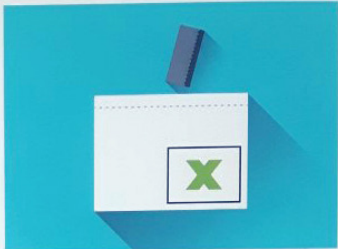


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Soldier On hosts silversmith workshop

Peter Mallett
Staff Writer

The Soldier On road to recovery of ill and injured CAF members and veterans has a new shine these days after expanding in to the realm of jewellery making.

On Sept. 9, nine Soldier On members participated in a one-day Silversmith Workshop at Argentum Jewellery School and Supply in Victoria to learn the basics of metal-smithing and fine craftsmanship.

An instructor from the school spent the day teaching the fundamental steps of taking a blank piece of bronze or silver and moulding it into earrings, stacking rings, a wide band, pendant, or key chain. Participants learned the basic of chemistry of moulding different metal materials and how to anneal, solder, weld, etch, engrave, hammer cut, and prepare silver.

Participants left the workshop with a take-home piece of jewellery or art, which they had spent the day creating into their own unique vision.

Soldier On is a program of Canadian Forces Morale and Welfare Services, which provides support for serving and retired members of the Canadian Armed Forces who have experienced a physical or psychological illness or injury. Up next for a new group of participants will be a week-long sailing camp at Canadian Forces Sailing Association, Sept. 20 to 24. In October, 19 Wing Comox will host a PADI Scuba Diver Course, led by the 19 Wing Pacific Divers Scuba Club.

For more information about Soldier On and its programs, visit their website: <http://www.SoldierOn.ca>

To get involved, interested personnel can register online at <https://www.soldieron.ca/Get-Support/Register-Now>



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FORMATION FUN DAY



Dallas Lang of CFB Esquimalt Fire Department helps one of the Kim sisters work the firehose. Sisters Sojung and Hajung took turns hitting the target.



Saffron Williams and Cassi Wadsworth wait to enter Naden lower gym after ducking outside to grab hotdogs.



More than 650 people attended the 2021 Formation Fun Day on Sept 11, despite a little rain. Everyone followed strict health and safety COVID 19 protocols and enjoyed a safe and fun day. Big shout out the sponsors Seaspan Victoria Shipyards and Babcock Canada.

Photos by Teresa Laird, Lookout Newspaper

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Ruby Westmacott checks out the cab of the CFB Esquimalt fire truck.



Bungee jumping was a big hit despite the rain with lineups all afternoon.



Jon Nellan and son Weston dig in to some irresistible hotdogs purchased by donation in support of MFR.



Balloon artist Kyle Mitchell of Kydo Clowns brings children's imagination to life with balloons.



Bijoux du Bayou and Rhythm and Blues Kingpins entertained crowds for the afternoon.

NAVAL RESERVIST CELEBRATES 40 YEARS OF SERVICE

Joanie Veitch
Trident Newspaper

When Chief Petty Officer First Class Peggy Bradford joined the Naval Reserve in 1981, she had no idea she had found her career path. She was simply a kid in Grade 11 thrilled to have landed a good summer job.

In July, CPO1 Bradford celebrated 40 years of service as a naval reservist.

"I've loved it all the way, and I'm still enjoying what I do," she says. "Being in the military, either the Regular Force or the Reserve, helps to bring out skills you didn't know you had. You learn so much and have lots of opportunities for leadership. I think it's a wonderful career."

She continued with the Reserve through her final year of high school and as she completed training in Business Administration at the Nova Scotia Community College. That administrative training opened the door to more opportunity.

"I was fortunate I got to work full-time with the Naval Reserve doing administrative work for a program that later became the Maritime Coastal Defence Vessels," she says.

Marrying her husband Trent — a Regular Force engineering officer — in 1989, the couple moved to the



CPO1 Peggy Bradford.

West Coast after he was posted to *HMCS Ottawa* in Esquimalt. Having always lived on Canada's East Coast, CPO1 Bradford was excited to move across the country, where she accepted a contract as the Naval Reserve training coordinator at Canadian Forces Fleet School (CFFS) Esquimalt.

Balancing two full-time navy schedules when their son was born in 1993 wasn't always easy, she says.

"We were lucky to have grandparents who could pitch in when we were both away. It was still really hard when we were both on deployment, but we knew we were fortunate having them so close."

Being appointed Coxswain of *HMCS Whitehorse* in 2004 was a career highlight, she says.

"That's the pinnacle job for any non-commissioned member. It was a bit scary as it had been some time since I was posted to a ship; things had changed and with a more senior role it was a challenge, but I was able to put those worries to rest quickly as I was fortunate to have a really good crew. They all knew their jobs and did them exceptionally well."

Her time aboard *Whitehorse*, from 2004 to 2006, included lots of sailing, with trips to the Arctic and a memorable Rim of the Pacific deployment off Hawaii.

After a posting in Ottawa from 2008 to 2013, CPO1 Bradford and her husband returned to Halifax, where she worked full time at Personnel Coordination Centre

(Atlantic), assisting with the placement of sailors on ships for training opportunities.

In May 2018, she was appointed Coxswain at *HMCS Scotian*, where she was able to mentor the ship's company in areas such as training, administration, and leadership. She turned over that position in July 2021 and is currently an advisor with the Naval Reserve Support Branch. She says her many positions within the naval training environment have prepared her for this role.

Reflecting on challenges she's had to overcome during her long career, CPO1 Bradford says she feels fortunate in that she's faced few big hurdles along the way — that is until 2020 and COVID-19 hit.

"It wasn't so much for me personally, but thinking of the sailors and how it affected them. We spent a lot of time making sure they were all right and just logistically working through all the details. It's been difficult at times, for sure."

When she gets a chance to pass on advice to young people thinking about their future, CPO1 Bradford loves to talk up the Naval Reserve, especially to young women, encouraging them to give it a shot.

"There are so many opportunities for young people. You get an exciting career, a chance to see the world, and to meet so many great people. It really is an incredible experience."

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Happy days for HMCS Goose Bay

MCDV enjoys a namesake community visit and other activities in Canada's north

Joanie Veitch
Trident Newspaper

After 39 days covering more than 12,000 kilometres, *HMCS Goose Bay* returned to Halifax on Sept. 10 from a very memorable deployment — one that included participating in Operation Nanook and a namesake community visit to Happy Valley-Goose Bay.

Although *Goose Bay* was only in port for four days from Sept. 2 to 5, the crew made the most of the available time, meeting with members of 5 Wing Goose Bay, the Mayor, and representatives of the Town of Happy Valley-Goose Bay. They also met with the family of Dr. Doris Saunders, the ship's sponsor who passed away in 2006. More than 200 residents took tours of the ship, all with COVID protocols and precautions in place.

The crew also got some "fuzz therapy" on a visit to the Happy Valley-Goose Bay SPCA — the ship's charity — where they donated \$1,000 to help with medical

and shelter costs, and to cuddle some cute critters.

"We had to check everyone's pockets and backpacks after that visit to make sure no one tried to smuggle any of them aboard ship," joked LCdr Daniel Rice, *Goose Bay's* Commanding Officer.

The deployment was *Goose Bay's* first since before the COVID-19 pandemic hit the Atlantic shores, cancelling the ship's scheduled involvement in BALTOPS (Baltic Operations) in June 2020 and again scuttling its role in Operation Projection in January 2021.

"We missed two out of two deployments over the past 18 months so we were really ready for this one," said LCdr Rice.

Midway through Operation Nanook, an annual joint exercise in the Canadian Arctic, *HMCS Goose Bay* switched from the naval exercise portion of the operation to embark three officers for patrols with the Department of Fisheries and Oceans. Over two and a half weeks, the officers



Photo by Cpl Simon Arcand

HMCS Goose Bay is seen sailing alongside US Coast Guard Ships Escanaba (left) and Richard Snyder (centre) during the early portion of Operation Nanook.

conducted seven boardings within three fishing zones and three northern wildlife areas in the Baffin Bay and Davis Strait area.

"It's an opportunity to support our other government departments in the north. Typically they'll go in a coast guard vessel, but the navy is also there to help and support," said LCdr Rice. "It's a whole government effort in terms of maintaining sovereignty in the north."

The ship's company also made a stop in Iqaluit, Nunavut, where they delivered 32 backpacks stuffed with school supplies to the Iqaluit District Education Authority for distribution to area schools. In an initiative led by the Halifax and Region Military Family

Resource Centre, 92 backpacks with approximately \$1,000 worth of school supplies were donated to take to various Nunavut communities.

HMCS Harry DeWolf took the remaining backpacks as it made its way through the Northwest Passage.

After a year of missing out on most of their sailing schedule, the ship's company also got to take in some spectacular northern sights, including seeing a polar bear eating a seal on an ice floe.

"For some of these sailors, it was their first deployment. It was truly memorable. I've been in the north three times and I've never seen anything like that," says LCdr Rice.

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S3 Cleroux	181 Days	LOG Department
S1 Kim	182 Days	LOG Department
S1 Reid	184 Days	MSE Department
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19 Wing firefighter tackles autism in first published book

Camille Douglas
Totem Times Newspaper

MCpl Kwaku Amoateng is a firefighter at 19 Wing Comox who spends his spare time drawing. In fact, he is a graphic artist who recently published a book: *The Magic Umbrella: Bratasaurus Vs Tyrannosaurus*.

"I wrote and illustrated a book about me and my son Jordan - the fun times and the challenges we face," says MCpl Amoateng. "I had always dreamed about writing a children's book, but when the reality of me being separated from my son became imminent (due to a posting), I specifically chose to write a book series about us."

Jordan was diagnosed with autism at the age of three while MCpl Amoateng was working at 12 Wing Shearwater. Now, at nine years old, Jordan is a happy child attending school and making significant progress thanks to the support he received at the Shearwater MFRC.

Through the MFRC, MCpl Amoateng and Jordan were introduced to an Early Intensive Behavioural Intervention (EIBI) team that focuses on developing functional social communication skills for children with special needs.

"He's come a long way and he's shown a lot of improvements. The MFRC and the EIBI team really helped kickstart that for him, which was crucial for us," MCpl Amoateng said.

A posting to 19 Wing Comox resulted in a separation for MCpl Amoateng's family as Jordan's support system is in Nova Scotia.

"Writing this book was a coping mechanism. I feel his physical presence when I illustrate him and



MCpl Kwaku Amoateng and his son Jordan.

remember the adventures we had."

The *Magic Umbrella* is the story of Kwadan and Jorku; it invites readers to join them under their beautiful magical umbrella and soar to exciting places as they see different things while learning to understand and communicate with each other. Kwadan and his son Jorku are very different in how they speak, which is sometimes frustrating. The pair learn to not be dinosaurs to each other.

MCpl Amoateng plans to create three additional series of the book. To purchase a copy of his first book, visit books.friesenpress.com.

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