

Volume 67 Number 1 | January 10, 2022

LOOKOUT

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

newspaper.com

2021 YEAR IN REVIEW

A look at 2021 top news events. See pages 6 and 7.



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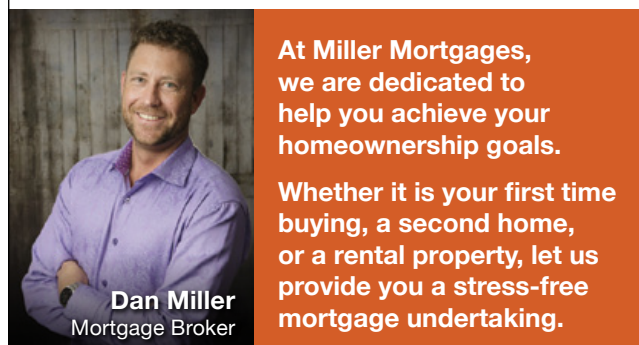
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Top 3 reasons to use a mortgage broker:

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HMCS Winnipeg crewmembers share duo award while deployed



S2 Andree-Anne Dion-Tessier and Cpl Tyler Doyle shared the Sailor of the Quarter award.

Peter Mallett
Staff Writer

Two junior members of *HMCS Winnipeg* are co-recipients of Canadian Fleet Pacific's Sailor of the Quarter Award.

Cpl Tyler Doyle, an aviator, and S2 Andree-Anne Dion-Tessier were recognized with the award designated for junior sailors in the final quarter of 2021. They were presented their commendations in late November while their ship was nearing the end of a four-month deployment in the Asia-Pacific region for Operations Neon and Projection.

Both winners said the award came as a complete surprise. The two were told to report to Commanding Officer Cdr Doug Layton's cabin in the early morning but had no inkling what was in store.

"I was half awake when there was a knock on my door. I had to find clean clothes in the dark and then wondered what I had done wrong to be called into the CO's cabin," says S2 Dion-Tessier. "I ran to his cabin but then saw Cpl Tyler Doyle there and my Coxswain and the CO and they told me they had an important call for me."

Both recipients were surprised to see the ship's entire chain of command in attendance. When the presentation ceremony began they were greeted by Commodore Dave Mazur, Commander CANFLTPAC, and CPO1 Arvid Lee, Fleet Chief, who were dialled in via telephone.

S2 Dion-Tessier, 31, works aboard *Winnipeg* as a Boatswain. She is originally from Saint-Raymond, QC, and previously worked as a cook before joining the navy three years ago. She believes her high-energy

and friendliness helped gain recognition for Sailor of the Quarter honours.

"Most of the time I'm happy, smiling, helping others," she says. "I am also a hard worker, like to get things done, and am able to recognize when a job needs to be done."

Cpl Tyler Doyle is an Aviation Systems Technician at 443 Maritime Helicopter Squadron who was embarked with the CH 148 Cyclone Helicopter detachment. The married 36-year-old father of one from Penticton, B.C., has been a member of the Canadian Armed Forces for over four years. He said the award was more of a surprise to him because he is not a member of the navy and didn't realize he was eligible.

"I'm honoured to be receiving this award and honestly I believe all of my co-workers would deserve it just the same," says Cpl Doyle.

The award winners only knew each other in passing as their two trades don't work together, said Cpl Doyle.

"We might be two different components but our ethics and ethos are the same," he adds. "We all work and train together in the tight workspace of the ship and this only verifies the fact that the navy and air force are able to integrate at a high level of professionalism and carry out all our jobs."

Canadian Fleet Pacific recognizes junior sailors who perform their duties above and beyond the high standard demanded of them on a quarterly basis. The award celebrates their military service in a positive and meaningful way, and considers their professionalism, dress and deportment, job performance, volunteer and community service, and other achievements.

"I'm honoured to be receiving this award and honestly I believe all of my co-workers would deserve it just the same"

— Cpl Tyler Doyle



SOLDIER ON HITS A CHORD OF SUCCESS

Peter Mallett
Staff Writer

Members of the Soldier On program hit all the right notes on their road to recovery.

Before the holiday break, 10 Soldier On members connected on Zoom for eight weeks of virtual guitar lessons with Michael Dias.

Dias is a performer with the Victoria Guitar Trio and an instructor at the University of Victoria and the Victoria Conservatory of Music.

Virtual guitar lessons created a safe space for members to learn the fundamentals of reading music and playing the guitar within COVID-19 public health parameters, says Nicole Wray, Regional Coordinator B.C. Soldier On.

"Virtual music lessons also offered a way for members to stay connected and enjoy an activity that promotes wellbeing," adds Wray.

A guitar was mailed to each member free of charge and was theirs to keep after the lessons concluded. There were varying levels of musical experience, with some never picking up an instrument before.

"I like to help people see that being creative with music is something anyone can do," says Dias. "The guitar is a good one because it is so portable, versatile, and featured so heavily in a lot of great music, from classical, rock, to folk music."

Members were given an introduction to strumming chords so they could play 12-bar blues.

"Learning to play a guitar riff that you have heard all of your life from your favourite band is fun," he says. "It also serves to demystify the creative process,

resulting in a feeling of inclusion and a sense of: Wow, anyone can do this with a little practice."

Guitar lessons were perfect medicine for retired army Corporal Theresa Boucher, who suffered from depression before the course. The Vancouver resident used to play piano, flute, organ, and accordion prior to her trauma injuries. She had never played guitar but says she was eager to learn.

"This course was just what I needed to pull me out of that depression. I was able to connect with other veterans so I didn't feel as isolated, and developed self confidence that I had not felt for a long time. I looked forward to practising every day."

MS Felix Healy of Victoria has served in the navy for 25 years and also gave rave reviews of the lessons. He is a former musician but hadn't played in decades.

"I played trombone in high school for five years but that was 40 years ago. I really enjoyed the sessions, learned to read music a bit better while also learning my fingers aren't as flexible as I thought. But I will continue to play guitar."

Soldier On typically organizes sport, physical activity, and recreation camps and activities, as well as supporting Canada's Invictus Games team. However, Soldier On has recently expanded to include the creative arts and hopes to continue offering such opportunities.

Soldier On is a program of Canadian Morale and Welfare Services. It provides support for serving and retired members of the Canadian Armed Forces who have experienced a physical or psychological illness or injury. For more information about Soldier On and its upcoming programs and activities, visit the website: www.SoldierOn.ca



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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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Forgotten Wars and Forgotten Battles

In 2022 our Veterans will not be Forgotten

Guy Black

Recipient, Medal of Civil Merit
(Republic of Korea)

This year marks the 80th anniversary of the Dieppe Raid in 1942, when the allies tested the enemy with an amphibious landing on the French coast. Almost 5,000 Canadian soldiers took part in Operation Jubilee, and only 2,200 made it back. The Normandy battle in 1944 saw the lessons learned from Dieppe put to good use, but Canadian war dead tallied over 5,000. The Korean War followed five years after the end the Second World War.

Today, it is seldom remembered but

the valor of our Canadian veterans shines brightly with the people of South Korea who have not forgotten the 516 Canadian service men who died defending their country.

The Government of France and the Republic of Korea would like to thank Canadian veterans for liberating their countries. The National Order of the Legion of Honour and Ambassador for Peace Medals are available to eligible veterans.

If you are a Second World War veteran who participated in the campaign to liberate France from D-day June 6, 1944, to the end of August 1944, or Dieppe in 1942, you may be eligible for France's highest award.

The Korean government is looking for Korean War veterans who participated in the Korean War, 1950 to 1953 or the peacekeeping phase that lasted until the end of 1955. Korea's Ambassador for Peace Medal may be awarded posthumously unlike the Legion of Honour.

Please contact me for further information or assistance in applying for these two important medals. There is no cost involved. I am an unofficial volunteer who has helped more than 800 veterans receive these awards. Send an email to Korea19501953@yahoo.com and use the subject "Veteran" or send a letter to 1028 Moray Street, Coquitlam, BC V3J 6S3.

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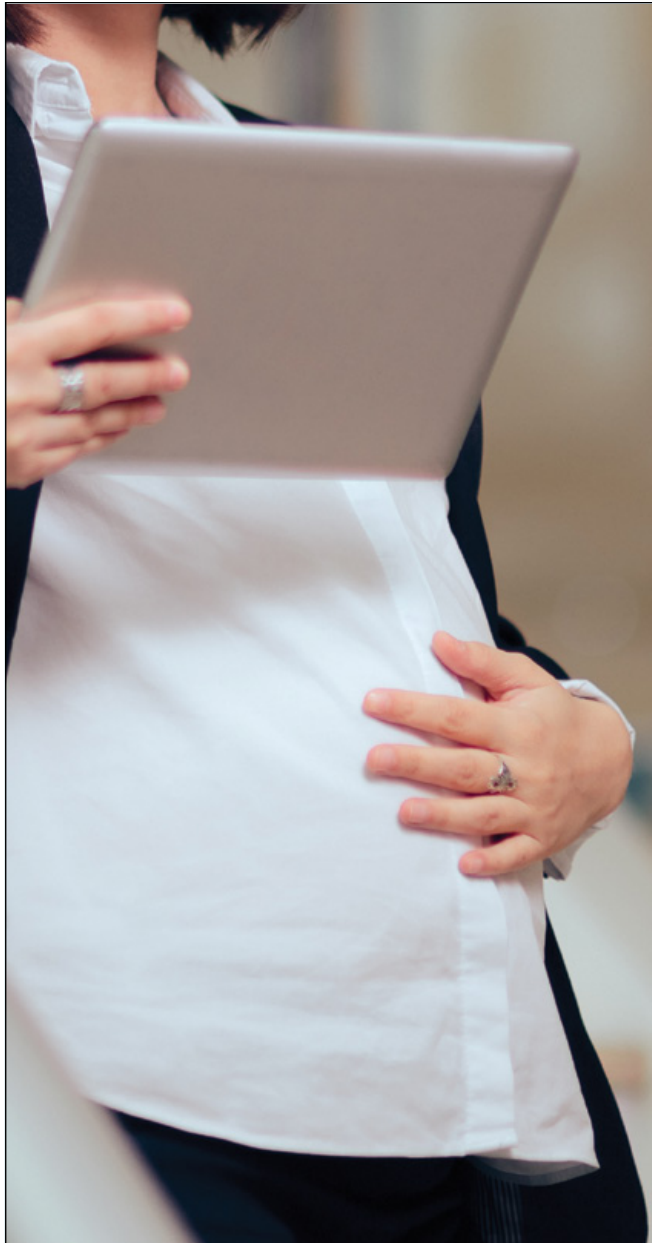
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CAF to reimburse maternity clothing for members



DND

On Nov. 21, 2021, DND announced an effort to improve conditions for Canadian Armed Forces (CAF) members who require specifically designed maternity or nursing clothing.

These new changes allow pregnant and nursing CAF members to be reimbursed for the purchase of clothing that is designed to fit their needs.

Previously, some pregnant and nursing CAF members used larger men's sized shirts to accommodate their needs. Or they wore maternity clothing at their own expense. This approach was inadequate and is now being addressed through this reimbursement direction.

This change aims to ensure that members who are nursing and/or are pregnant are accorded the respect and accommodation they deserve as they continue to fulfil their work obligations.

Expecting Regular and Reserve Force members*

will be provided maternity t-shirt funding assistance. The funding assistance for maternity t-shirts is to be provided to each entitled member two times during a pregnancy, for a total reimbursement of \$250.

Regular and Reserve Force members* who have returned to work and are continuing to nurse will be provided with the nursing t-shirt funding assistance. The funding assistance for nursing shirts will be up to \$165 within a fiscal year.

Members can now file their claims with their designated units, provided they have the receipts as their proof of purchase. No physical inspection of the items will be conducted at any time. Clothing must be in the environmental colours, or in black, neutral, or white.

**Regular and Reserve Force members who have completed basic training are entitled under the policy to receive reimbursements.*

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2021 YEAR IN REVIEW

A look at 2021 top news events.

Peter Mallett | Staff Writer

JANUARY

Vice Admiral Craig Baines becomes the 37th Commander of the Royal Canadian Navy.

A memorial for Canada's last Victoria Cross recipient Lt Robert Hampton Gray is installed at the British Columbia Aviation Museum in Sidney, B.C.

Cmdre Bradley Peats assumes command of Standing NATO Maritime Group One, one of NATO's standing naval maritime immediate reaction forces.

Cmdre Dan Charleboise assumes command of Combined Task Force 150, a multinational task force dedicated to promoting naval security and combating terrorism.

FEBRUARY

Two air force squadrons, hundreds of sailors, and six RCN vessels participate in Task Group Exercise 21-01 in conjunction with United States Navy and U.S. Coast Guard assets off Vancouver Island.

LCdr Justin Wong becomes Commanding Officer of Fleet Diving Unit (Pacific).

Base Commander Capt(N) Sam Sader presents a cheque for more than \$170,000 to the United Way of Greater Victoria for monies raised in the National Defence Workplace Charitable Campaign.

Standing NATO Maritime Group One takes part in Task Group 21-1, a maritime exercise conducted with the Royal Norwegian Navy.

MARCH

HMCS Saskatoon and HMCS Brandon make Operation Caribbe history with both vessels in Pacific deployment commanded by female captains LCdr Nadia Shields and LCdr Maude Ouellet-Savard.

Naval Fleet School Pacific commences the first of five Decentralized Basic Military Qualification serials for 2021.

Maritime Forces Pacific raises the Transgender Pride Flag for the first time in recognition of International Transgender Day of Visibility.

APRIL

Health Services staff begin COVID-19 vaccinations for personnel within Maritime Forces Pacific and Joint Task Force Pacific areas of responsibility.

HMCS Winnipeg makes RCN history when CPO1 Line Laurendeau is appointed senior non-commissioned officer in the ship and becomes the first female Coxswain, hard sea trade on the West Coast.

HMCS Calgary makes the largest-ever heroin bust in combined maritime forces history with the seizure of 1,286 kg from two vessels while operating off the coast of Oman.



MAY

RAdm Angus Topshee begins his posting as Commander, Maritime Forces Pacific after replacing VAdm Bob Auchterlonie in a Change of Command Ceremony.

Capt(N) Scott Robinson assumes command of Canadian Fleet Pacific from RAdm Topshee.

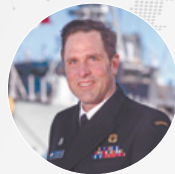
HMCS Winnipeg and HMCS Regina begin participation in Task Group Exercise 21-02 off the coast of Vancouver Island.

JUNE

The Province of British Columbia announces \$1.5 million in financial relief to Royal Canadian Legion BC/ Yukon Command as part of efforts to help offset impacts of the COVID-19 pandemic.

The Pacific Fleet Club re-opens in a new location within building Naden 40.

The RCN welcomes into service its first Arctic and Offshore Patrol Vessel with a commissioning ceremony for HMCS Harry DeWolf in Halifax.



JULY

Capt(N) Jeff Hutchinson replaces Capt(N) Sam Sader as Base Commander in a Change of Command Ceremony on Museum Square.

Canadian Armed Forces assets are deployed to forest fire zones across the Province of British Columbia as part of Operation Lentus.

The second of six Arctic and Offshore Patrol Vessels, Margaret Brooke, is delivered to the RCN in Halifax.

Math professor and naval reservist Cmdre Patrick Montgomery takes command of Canada's Naval Reserves from Cmdre Michael Hooper in a Change of Command Ceremony in Ottawa.

AUGUST

HMCS Winnipeg commences a four-month deployment on Operations Neon and Projection in the Asia-Pacific region.

Cmdre David Mazur replaces Capt(N) Scott Robinson as Commanding Officer, Canadian Fleet Pacific in a Change of Command Ceremony in Dockyard.

HMCS Calgary returns to Esquimalt after a seven-month deployment on Operation Artemis and Operation Projection in the Asia-Pacific region.



SEPTEMBER

Regular and reserve force members cast their ballots at CFB Esquimalt in the 2021 Canadian Federal Election.

Over 600 people attend Formation Fun Day sponsored by Seaspan Victoria Shipyards and Babcock Canada.

HMCS Harry DeWolf completes Operation Nanook, its first operational deployment and an historic circumnavigation of the Northwest Passage ahead of the AOPS arrival in Esquimalt.

Defence Aboriginal Advisory Group members host a special drumming event to recognize Canada's first National Day for Truth and Reconciliation.

OCTOBER

The base's annual National Defence Workplace Charitable Campaign launches with a pancake breakfast at the Chiefs and Petty Officer's Mess.

Real Property Operations Unit Pacific receives FortisBC's Efficiency In Action Award for its improvements to building infrastructure at the base.

The Defence Team turn out for Canadian Armed Forces Sports Day.



After dropping from a Cyclone, a member of HMCS Calgary's Naval Tactical Operations Group swims to board a Rigid Hull Inflatable Boat at sea in the Pacific Ocean during Operation Projection on March 23.

Photo by Corporal Lynette Ai Dang, Her Majesty's Canadian Ship Calgary, Imagery Technician



Love was in the air as family and friends re-united with HMCS Winnipeg loved ones on Dec. 16 when the ship returned home after four months away.

Photo by S1 Victoria Loganov, MARPAC Imaging Services.

NOVEMBER

Cdr Collin Forsberg of Patrol Vessel Sea Training (Pacific) is selected to command the third AOPV, Max Bernays, beginning in January 2022.

Canadian Armed Forces personnel deploy again for Operation Lentus as part of landslide and flood response for residents of British Columbia's Fraser Valley.

CFB Esquimalt Naval and Military Museum dedicates its Battle of Atlantic exhibit to Cdr (Retired) Peter Godwin Chance in celebration of his 101st birthday.

Gen Wayne Eyre is named Chief of the Defence Staff.



DECEMBER

Cracks detected in the tails of CH-148 Cyclone helicopters sees the grounding of all but two of the RCAF fleet of 23 choppers.

Defence Minister Anita Anand, Chief of Defence Staff, Gen Wayne Eyre, and Deputy Defence Minister Jody Thomas make an official apology to victims of sexual misconduct in the military.

Sailors of HMCS Winnipeg are reunited with family for the Christmas holidays after arriving in Dockyard and completing a four-month deployment in the Asia-Pacific region.



The Royal Canadian Navy officially welcomed into service the first Arctic and Offshore Patrol Vessel, HMCS Harry DeWolf, with the time-honoured tradition of a commissioning ceremony on June 26.

Photo by Mona Ghiz, MARLANT Public Affairs



Family and friends of HMCS Winnipeg gather on C Jetty Dec. 16 to welcome home the ship and crew after a four-month deployment to the Asia-Pacific region.

Photo by Corporal Jay Naples, MARPAC Imaging Services Esquimalt

AROUND AND BACK AGAIN



CIRCUMNAVIGATING WITH A NAVAL COMMUNICATOR ABOARD HMCS HARRY DEWOLF

Master Sailor River Leggat HMCS Harry DeWolf

Sailing as a profession is a paradoxical career. On one hand we all love to travel, but on the other hand we all can't wait to get home.

Sailing the circumnavigation of North America in *HMCS Harry DeWolf* was a wholly different experience - thrilling and unique with vast views.

As a Naval Communicator, more specifically the Information Systems Administrator, I am the one that either steals your bandwidth or resets your passwords.

I've been with the ship since the shore office was barely assembled with a handful of folks, through to breaking ice for the first time and now through spinning a yarn around North America. Circumnavigation was our watchword throughout the beginning of the shore office days, and all eyes were fixed on it.

Going through the north was an amazing experience. The scenery and raw nature around us as we sailed from hamlet to hamlet was awe-inspiring. The sights of fleeting glaciers and wildlife such as walrus and polar bears were frequent reminders of our changing world and how nature tries its best to adapt to it.

We visited Beechey Island and saw the final resting place of a handful of sailors from the Franklin Expedition. Their graves stood in mute testament to the severities of sailing through dangerous waters. We even had a close encounter with a polar bear, with whom we had a quiet (and somewhat rushed) farewell, before we respected their space and made our way back down the mountain to safety.

We visited many hamlets and heard the residents' stories, listening intently and learning where we could. We saw their way of life and how they adapt to the world around them.

We worked with the Canadian Rangers as we made our way through the waters, frequently talking to them on the radio as they patrolled the region. I

will never forget when they came on board and I got to speak to one of them about their experiences. They showed me pictures of their hunts, what their region looks like in the grips of winter, and talked to me about their life in the north. It was a unique exchange I hope to have again should I ever have the opportunity.

During the course of our travel, we kept Satellite Communications up almost the entire time. At Grise Fjord, *Harry DeWolf* and the communications team maintained connectivity when the antenna had an elevation of less than five degrees - something that would not be possible on a Canadian Patrol Frigate or Maritime Coastal Defence Vessel.

Once we got through the Northwest Passage, we, as East Coast sailors, were treated to yet another unique experience - having a port visit in British Columbia. Sailing into the port where I did my QL3 course many years ago aboard my current East Coast ship was something new and extremely cool. In Esquimalt, we made the final touches on our network setup to prepare us for Operation Caribbe, and before we knew it, after a whirlwind rest and maintenance period, we headed south on Mission Specific Readiness Trials.

Operation Caribbe is a unique deployment. It is extremely busy when it's busy, and patrol periods in-between interdiction really change the tempo. These missions test our professionalism to ensure our skills stay sharp even while we are waiting and patrolling. Our crew came together every time the occasion called for it, and did some outstanding work to make some spectacular drug busts happen.

We also had the opportunity to see sea turtles, dolphins, a few whales and lots of birds. This deployment also represented the furthest south I've ever gone; this means that in one sail I have reached as north as I've ever gone and as south as I've ever gone in the world.

As sails go, this one has been hands down, no holds barred, the coolest one I've done. I've seen more, done more, and achieved things I would never have

been able to do on another class of ship. I managed to be the first Master Sailor posted to an Arctic Offshore Patrol Vessel to get their Senior Watch Keeper qualification. I troubleshooted, repaired, and worked with an entirely new network and passed on knowledge where I could. I got to be on the ship that is now the 17th ship to ever circumnavigate North America, and the second Royal Canadian Navy ship to do it.

I don't say these things just to brag, but to point out that new experiences are always around the corner. On these ships you have an opportunity to be the change you want to see, to fix the problems as best you can with what resources you have, and to make your mark on the future fleet.

All of these things may change, but one thing will always be the same: No matter where you go, the best port visit is home.



SLt Nicole Spivey treats a simulated casualty while on a man overboard exercise.

“These missions test our professionalism to ensure our skills stay sharp even while we are waiting and patrolling. Our crew came together every time the occasion called for it, and did some outstanding work to make some spectacular drug busts happen.”

– Master Sailor River Leggat, HMCS Harry DeWolf



S1 Raymond Kwan shows children from the Hamlet of Arctic Bay, Nunavut, how to use the “Big Eyes” binoculars on Aug. 26.





Canadian Armed Forces Photo

Lieutenant Junior Grade Kyle Luchau, a United States Navy sailor on exchange with HMCS Harry DeWolf, at work on the ship's bridge.

Harry DeWolf exchange: Once-in-a-lifetime experience for U.S. junior officer

Royal Canadian Navy

When HMCS Harry DeWolf finished its historic circumnavigation of North America on Dec. 16, 2021, one member of the crew headed home with a duffle bag full of memories and one-of-a-kind experiences.

United States Navy sailor Lieutenant Junior Grade (LTJG) Kyle Luchau joined the ship in mid-August, although his journey began many months earlier when he applied for the inter-navy exchange "on a whim."

"I heard about the chance to travel through the Arctic, and without hesitation I put my name forward," says LTJG Luchau, noting that he didn't have high hopes of being selected. "Then one day I was requested in my Executive Officer's cabin where I saw he was on the phone. He asked me one question: 'Do you have a valid passport?'"

Soon after, LTJG Luchau was on his way to Ottawa for a quarantine period, then travelled to Iqaluit, Nunavut, to meet the ship.

In addition to strengthening working relationships between the Royal Canadian Navy and the United States Navy, sailors such as LTJG Luchau who are selected for the exchange program become familiar with the other nation's operating systems and standard operating procedures.

During his time on board, LTJG Luchau worked to master the systems of the Harry DeWolf-class Arctic and Offshore Patrol Vessel, and participated in both Operations Nanook (the Canadian Armed Forces' signature northern exercise) and Caribbe (Canada's participation in U.S.-led counter-narcotics operations in the eastern Pacific Ocean) as part of the ship's

company.

He took up duties expected of a naval warfare officer: standing watches, attending briefs and lectures, studying, and aiding the Defence Research and Development Canada's scientists launch a new towed-array system.

He also led the on-board commemorative event to mark the 20th anniversary of the World Trade Centre attacks, which happened in New York City on Sept. 11, 2001.

"I'll never forget how connected our two countries are, and how much this event affected the world... This will be an extremely memorable moment for me over my career," he says.

Nearing the end of the deployment, the entire navigation department gathered on the bridge. Commander Corey Gleason, the ship's Commanding Officer, awarded a bridge watch keeping ticket to LTJG Luchau, officially recognizing the captain's trust in his abilities to take charge of the ship.

"The whole event is unbelievable, just the fact that an American officer has earned the trust of a Canadian captain is incredible," LTJG Luchau says. "I feel really lucky, and very proud to have been here and to have had these experiences with the crew."

As the deployment neared its end, LTJG Luchau ignored the crew count-downs, wishing to thoroughly enjoy the experience until the very last day.

"I came on board and was immediately accepted by the crew. I'm so thankful for that and for everyone's support. This experience – circumnavigating North America, the journey through the Northwest Passage, and interdicting two vessels on Operation Caribbe – this will be a highlight of my career."

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Bicycle, Child (1)	Lock, Combination..... (2)
Bike, Men's (1)	Lures, Fishing..... (1)
Bike, Youth (1)	Monitor, Heart Rate (1)
Cap, Ball (1)	Music Player..... (4)
Case, Notepad (1)	Necklace Ladies..... (4)
Case, Phone, Belt (1)	Phone, Cell (3)
Chain, Medic Alert..... (1)	Pouch, Ironman (1)
Chain, Unisex..... (2)	Power supply (1)
Chair, Office..... (1)	Reel Fishing (1)
Charger, Phone (1)	Ribbon, Dress (1)
Cord, Patch Aux (2)	Ring, Ladies (4)
Earphones..... (7)	Ring, Men's..... (4)
Earrings, Ladies..... (17)	Ring, Unisex (5)
Fishing Rod..... (1)	Roller Blades..... (1)
Flasher, Fishing (1)	Stopwatch (1)
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