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# LOOKOUT

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

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## Centennial Logo

**CELEBRATES  
HISTORY, DIVERSITY**

S1 Joseph Dimayuga had the winning logo design for the 2023 Naval Reserve Centennial. Read the full story on page 3.



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Lieutenant Commander Nadia Shields aboard HMCS Saskatoon during Operation Caribe last spring. She is currently preparing her crew for this year's deployment.

Photo credit: Op Caribe Imagery Technician, HMCS Saskatoon

# Saskatoon, Yellowknife prep for Operation Caribe

**Peter Mallett**  
Staff Writer

HMCS Saskatoon and HMCS Yellowknife are set to renew Canada's drug interdiction efforts in the eastern Pacific Ocean.

The Maritime Coastal Defence Vessels (MCDVs) and their crews of approximately 40 sailors each are readying to depart Esquimalt Harbour Feb. 21 for a three-month deployment on Operation Caribe.

The multi-national, anti-drug-trafficking operation is in its 15th year. It will also involve a Royal Canadian Air Force CP140 maritime patrol aircraft, ships and planes of the U.S. Coast Guard (USCG), and USCG Law Enforcement Detachments that will sail with Saskatoon and Yellowknife.

Their combined efforts will also require co-operation, intelligence, and communication sharing with other partner nations as they patrol an enormous swath of territory off the coasts of Central and South America.

### Meet the Commanding officers

LCdr Nadia Shields is once again at the helm of Saskatoon for the deployment after commanding the warship in last year's mission.

She says the work of the two warships is to disrupt and deter the flow of illegal narcotics. With over 20 years' experience in the navy, LCdr Shields is confident she and her crew will put a stop to the drug runners again this year.

“We have an amazing, dedicated, professional, and focussed team, and I have no doubt we will be successful because of them,” she says.

In Yellowknife's captain's chair will be LCdr James Brun, who is in his 17th year with the navy. This will be his fourth Operation Caribe deployment.

Yellowknife will have a Puma LE Unmanned Aircraft System embarked. The hand-launched UAV will increase the ship's ability to detect and inspect anything on or near the surface of the ocean within their area of operation.

Using all their surveillance capabilities, Saskatoon and



Yellowknife will provide support to USCG Law Enforcement Detachment officers, who will lead the interception of suspicious vessels and then board and search them for illegal drugs.

Sounds certain enough, but there is also a large element of luck to it, says LCdr Shields.

“That's because our area of operation is larger than the North American land mass itself and we are two HMC ships searching for small boats. It is a difficult mission but not impossible as we have proven before.”

### Last year's success

In April 2021, the MCDVs' work made headlines when Saskatoon and HMCS Brandon participated in a \$44-million drug bust that saw the seizure of 1,120 kilograms of cocaine. There were also four more seizures made by Saskatoon and the USCG.

LCdr Shields and her crew were reminded of the devastating impact of drug traffickers on a global scale. They recently received a heart-wrenching letter from a grieving mother in Saskatoon who lost her son to a drug overdose.

“She thanked us for being the first line of defence for Canadians and said she was hopeful our work will stop another parent from losing their child,” says LCdr Shields. “Getting responses like this is one of the reasons why we do this.”

### At the Ready

From now until their deployment date, the two ships and their crews are focussing on mission specific readiness training in the waters near the base.

Saskatoon has been preparing for this year's mission from the moment last year's ended, says LCdr Shields. Their time was spent applying their observations from 2021 and looking for ways to improve.

Before they boarded the ships, both crews completed their COVID-19 isolation period. It required three days isolation at home, two days of hotel room isolation, and then three days of wearing a mask while on board. Sailors were also required to complete three Rapid Antigen Detection Tests prior to boarding the ships.





S1 Joseph Dimayuga with fellow sailor S2 Kelly Le. The two served as representatives of today's Naval Reserves on S1 Dimayuga's winning logo design for the 2023 Naval Reserve Centennial.

# Centennial logo celebrates history, diversity

**Peter Mallett**  
Staff Writer

The designer of the 2023 Naval Reserve Centennial logo says his art combines diversity and inclusion with honouring the history of the reserves.

S1 Joseph Dimayuga, former reservist turned Regular Force, beat out dozens of submissions, grabbing the thumbs up from a panel of judges at Naval Reserves headquarters in Quebec City.

The winning logo features silhouettes of a male sailor and a Women's Royal Naval Service member from the Second World War, and a male and female sailor of today's Naval Reserve.

The current day sailors were gleaned from a photo of himself and friend S2 Kelly Le, both representing diversity.

"Historically, the navy was predominantly male and white 100 years ago, but times have changed and my thought was to have better representation of today's navy and how it has transformed," he says.

His art will be turned into a morale patch to be worn in 2023, and serve as a visual identifier on banners, signs, and flags.

"Conveying a century of history with a limited circular space that will be transformed into an embroidered patch of three-and-a-half inches was no easy task," says S1 Dimayuga. "I did this through silhouettes and headdresses so this way past and present sailors are represented, whilst making sure the images will translate well for logo printing and embroidery."

He is very familiar with custom embroidery as he was a garment manufacturer and master tailor before joining the Reserves.

"I had lots of experience doing all sorts of embroidery for garments and uniforms, so really it was the perfect training ground for coming up with a winning design for the navy," he says.

He immigrated to Canada in 2003, and joined the Naval Reserves in 2018. He was a member of *HMCS Discovery* in Vancouver when he won the design competition.

So far, S1 Dimayuga has received much praise for the logo, including from the commanding officer of his former unit and numerous favourable comments on *HMCS Discovery's* Facebook page.

"The comments have led to all sorts of people from navy past and present sharing their stories and recollections of their service and family's military history," he says. "It's nice to see this dialogue unfold, as provoking this discourse was the whole intention behind my design."



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# Good nutrition is more than what you eat

**Pam Hatton**  
DND/CFMWS

Feeding and nourishing your body properly helps optimize your well-being, which contributes to more vitality and resilience in your life.

## Get adequate sleep.

Sleep feeds the brain by affecting hormones and brain signals. When we are sleep-deprived we make more impulsive food choices, crave nutrient dense foods, eat larger portions, and snack late at night. With good sleep, we are more energized for physical activity and make healthier food choices.

## Be kind to yourself.

Take the time to eat undistracted, either solo or with company, rather than eating while multi-tasking. By focusing on your meal, it will help you become more aware of what and how much you are eating, and when you are feeling full and have eaten enough.

## Get a move on.

Exercise, such as a walk around the neighbourhood, yoga, or a strenuous aerobic workout, offers health benefits such as reducing the risk of diabetes, heart disease, osteoporosis, and depression. Choose something you

enjoy for sustainability rather than focusing on intensity – an activity you do regularly and long-term will have benefits. It can also boost feel-good neurotransmitters so you will feel like cooking a healthy meal.

## Drink water.

Slight dehydration can affect cognitive and physical performance. Keep a big glass of water on your desk and drink often. It helps keep joints lubricated, gets nutrients to cells, eliminates waste, and keeps your bowels regular.

## Eat real food.

Eating healthy, nutrient dense food needs a plan. Prioritizing nutrition means making a list and shopping for fresh or frozen fruits and vegetables, and pantry staples. This may involve meal preparation so highly processed “convenience” foods or take-out are not your ‘go-to’ choices.

Here are some quick, easy, and healthy meals to try:

- Microwave frozen fish with a drizzle of olive oil, serve with whole wheat couscous or quinoa and frozen vegetables. Dinner in 20 minutes.
- Scramble eggs, or make an omelet, with whole grain toast and a handful of raw vegetables.

Brunch at any time of day.

- Peanut butter and banana sandwich on whole grain bread and a glass of milk. Great for home or on the go.
- Heat canned legumes (or another source of protein), cooked pasta, frozen vegetables, and a dollop of jarred pesto. Budget friendly and fast.
- Add canned legumes and extra vegetables to a ready-made broth soup. Who says it has to be all home-made?
- High fibre cereal with milk/soy beverage topped with fruit. Nothing wrong with that

Healthy food and mindful nutrition is taking care of yourself by giving your body what it needs. Keep it simple; try to cook, eat with others, and listen to how your body feels when it is hungry or full.

Reach out to your base/wing Health Promotion office for support to help you live your healthiest life.

Pam Hatton is the Nutrition Wellness Program Lead in the Directorate of Force Health Protection and provides science-based advice. As a member of the Strengthening the Forces team, she is involved in promoting healthy eating and nutritional wellness.

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A Change of Command ceremony for HMCS Harry DeWolf was held Jan. 21. From left: incoming Commanding Officer, Cdr Geoff Simpson; Canadian Fleet Atlantic Deputy Commander, Capt(N) Sheldon Gillis; and outgoing Commanding Officer, Cdr Corey Gleason. The ceremony was held in accordance with all COVID-19 restrictions, with family, friends, and shipmates tuning in to watch online.

Photo courtesy Formation Imaging Services

## SEVEN YEARS OF SERVICE

# REFLECTIONS FROM HARRY DEWOLF COMMANDER

**Ryan Melanson**  
Trident Newspaper

When Cdr Corey Gleason was first asked to take on the appointment as the first Commanding Officer of the Royal Canadian Navy's first Arctic and Offshore Patrol Vessel, he was warned it wouldn't be a quick job. He could be leading the unit for as long as five years.

"In fact, I spent the next seven years without my feet touching the ground, and now I'm finally coming in for a landing," he said during the Change of Command for *HMCS Harry DeWolf* on Jan. 21.

Cdr Gleason took command of *Harry DeWolf* before steel was even cut on the ship itself, and stayed with the job through to its delivery to the navy, sea trials, commissioning, and first deployments in 2020. He also played a major role in developing the policies and procedures that now guide the future of Arctic naval service in Canada.

Some of his biggest points of pride come from witnessing the

accomplishments of the crew, particularly as years of planning culminated in the reality of the ship conducting successful operations around the world.

"I witnessed the steadfast determination of every single person involved in building up the ship. From scheduling and programming, training and development, the list could go on and on. They've all done their very best to help meet my mission objectives.

"We've announced loud and clear. The Royal Canadian Navy can operate anywhere the government needs us to. I can't wait to see what *Harry DeWolf* does next."

The command change ceremony was presided over by Capt(N) Sheldon Gillis, Deputy Commander of Canadian Fleet Atlantic, who thanked Cdr Gleason for his work and welcomed his successor, Cdr Geoff Simpson, to his new role.

Capt(N) Gillis noted he's known Cdr Simpson personally for more than 20 years, and said he has no doubts his leadership will do "Hard Over Harry" proud, recalling the

nickname of the ship's namesake, VAdm Harry DeWolf.

As he steps into the job, Cdr Simpson said he's already spent time with *Harry DeWolf's* crew, and expressed gratitude for the chance to work with an accomplished team on a new platform. He recently led the efforts to bring *HMCS Montreal* back to fighting shape as that ship's Commanding Officer up until summer 2021.

"I'm ecstatic to be working with you over the coming months," he said to his new crew, while also thanking the MARLANT command team for the vote of confidence, and Cdr Gleason for the support and mentorship as he comes on board.

"I'm so grateful for everything Corey has done, and I'm grateful that he'll get to continue mentoring me along the way," he said, referencing Cdr Gleason's next job, which will focus on small patrol vessels as part of the Sea Training group.

It's expected that Cdr Simpson will take *Harry DeWolf* back to sea for deployments to the Arctic and to Operation Caribbe later in 2022.

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A painting of tugboat CFAV Firebrand by Victoria artist Christina Morrison. Firebrand will transition out of service following the arrival of two new Large Naval Tugs. The painting is part of an ambitious art project launched by Morrison to paint the tugboats on the West Coast of British Columbia.

Credit: Christinamorrisonart.com

# More powerful tugboats

## coming to Auxiliary Fleet

**Peter Mallett**  
Staff Writer

With new warships on the horizon comes new service tugs to maneuver them around the harbour.

Four Naval Large Tugs are currently being built by Ocean Industries Inc. of Isle-aux-Coudres, Quebec, under the National Shipbuilding Strategy. Two are destined for CFB Esquimalt, and two will be sent to CFB Halifax to join their Auxiliary Fleet.

“Serving on both coasts, this new fleet of tugs will support the Royal Canadian Navy’s future fleet, including the two Arctic and Offshore Patrol Ships we’ve already received and four more to come, two Joint Support Ships, and 15 Canadian Surface Combatants,” said Vice-Admiral Craig Baines, Commander Royal Canadian Navy.

The West Coast Auxiliary fleet will receive their tugs via sea lift in the fall. The east coast can expect theirs in July 2024.

In December the tugs received their names: Haro, Barkerville (West Coast), Canso, and Stella Maris (East

Coast), all a nod to Canada’s rich history.

**Creating a buzz**

Anticipation is mounting for the tugs arrival, says Captain Brian Whittaker, Pilot 1 and Mooring Training Officer for CFB Esquimalt’s Queen’s Harbour Master and Port Operations and Emergency Services Branch.

The Naval Large Tugs will replace his unit’s two existing Glen-class tugs, Glendyne (YTB 640) and Glendale (YTB 641), along with the fire and rescue boat Firebrand (YTR 562). These tugs were brought into service in the mid-1970s and their vintage is outdated for the ships of today’s navy. They will be eventually be transitioned out of service and likely sold as crown assets.

**About Naval Large Tugs**

There is little comparison between the old and the new tugs. Glen-class tugs have a bollard pull of about 18 tonnes of force and 850 horse power on each side. The Naval Large Tugs out power them with 60 tonnes of force that will enable them to pull

and move much larger, heavier vessels, even in heavy winds and strong currents.

Another key difference is the Azimuth Stern Drive propulsion that will provide the new tugs more power at 4988 horse power per side. Add to this greater manoeuvrability with steering turns of close to 360 degrees.

Whittaker and the other tug boat crew members will undergo ASD conversion training over the coming months to prepare for the new tugs.

The arrival of two new tug boats also comes with a tinge of sadness, says Whittaker, as he and his shipmates have grown attached to their current boats over the years.

“Yes, it’s also a sad moment for us because after 45 years these tugs have had a lot of crews, memories, and stories and they also hearken back to a different time and era for the Royal Canadian Navy and Esquimalt,” he says.

The cost of the four Naval Large Tugs is pegged at \$121 million. The shipbuilding project has created about 140 jobs for Ocean Industries and their contractors.

### What’s in a name?

**Naval Large Tug #1 Haro**

This name is taken from the Haro Strait, which connects the Straits of Georgia and Juan de Fuca in British Columbia, and is frequently transited by Royal Canadian Navy vessels proceeding north from Esquimalt, the home of our Pacific Fleet.

**Naval Large Tug #2 Barkerville**

This name is taken from the Second World War-era Ville-class tug of the same name, which capsized and sank at the entrance of Bedwell Harbour, British Columbia, on Dec. 17, 1945, while towing His Majesty’s Canadian Ship (HMCS) Hespeler to its mooring.

**Naval Large Tug #3 Canso**

This name is taken from the Canso Strait separating Nova Scotia from Cape Breton Island. This is a region that figures prominently in Canada’s formative history. It also reflects the Royal Canadian Navy’s past with HMCS Canso, a mine-sweeper that served in the Pacific and Atlantic during the Second World War, and was on hand at D-Day.

**Naval Large Tug #4 Stella Maris**

This name was selected in recognition of the valiant actions of the crew of the tug that came to the assistance of the French munitions ship, SS Mont-Blanc on Dec. 6, 1917, in Halifax Harbour. The tug crew tried to fight a fire on board Mont-Blanc, and recognizing they had insufficient water to quench the fire, selflessly attempted to tow the burning vessel away from shore. The tug was severely damaged and 19 personnel on board perished when Mont-Blanc then erupted in the disaster known as the Halifax Explosion.



The first of four Naval Large Tugs currently being built under the National Shipbuilding Strategy by Ocean Industries, Inc. of Isle-aux-Coudres, Que. Two of the four tugs tugs, The Haro and The Barkerville, are expected to be delivered to Esquimalt via Sealift later this year.

Photo credit: DND



Artist’s rendering of the Naval Large Tugs.



Tugboats Glendale and Glendyne from CFB Esquimalt performing a dance during Navy Days in 2016. Both will transition out of service when the new tugs arrive later this year.

Photo by Leading Seaman David Gariépy



# Wounded Warrior Run expands campaign

**Peter Mallett**  
Staff Writer

**W**ounded Warrior Run BC is returning to the road in 2022 with a renewed sense of optimism and a new virtual twist.

The annual fundraiser will see a team of eight runners embark on a 700 kilometre relay-style run from Port Hardy to Victoria, Feb. 27 to March 6.

This year's run will also have a National Virtual Run. It is part of the team's efforts to boost fundraising for Wounded Warriors Canada and mental health support programs, says Race Director Capt Jacqueline Zweng.

"The new National Virtual Run is an option that allows people from every community across Canada to be part of the team. The mental health crisis is everywhere, so this virtual run gives others a sense of empowerment to do what they can in their own towns and networks and run alongside us."

Participants are encouraged to map out their own route, create a team, or make it a community event. They can run, walk, ski, or paddle their way to distances of 1, 5, 10, or 21 km. Those taking part are encouraged to use the fundraising page Strava and a free app that tracks their activity with GPS. To

sign up for the National Virtual Run go to [www.woundedwarriorrunbc.com](http://www.woundedwarriorrunbc.com)

## Bouncing Back

There is also a renewed sense of excitement for the main team of runners ahead of their launch from the northern tip of Vancouver Island. The run was cancelled in 2021 due to health and safety concerns surrounding the COVID-19 pandemic.

"Our sense of optimism was drained over the past two years during the pandemic but our team is ready to bring back that sense of hope," says Capt Zweng.

The event will run under different rules this time. In previous years, runners stopped at branches of the Royal Canadian Legion, community halls, and other community organizations, sometimes appearing in front of packed houses of supporters to boost their morale and fundraising campaign. This year, they are approaching things with caution because of the pandemic. Most events will be held outdoors and with capacity limits, says Capt Zweng.

## Cheering them on

Another new twist to this year's event is the race run course, which will take the runners past CFB Esquimalt's Naden gates at Admirals Road and Colville Rd.,

on Sunday, March 6 at 3:15 p.m. Capt Zweng says the team is hoping members of the military community stop by to cheer them on. Runners will then continue on to their final stop at Market Square in downtown Victoria arriving at 4:30 p.m.

In preparation for the big event Wounded Warriors Run BC held a kick-off on Feb. 6 to boost interest and awareness of their upcoming run. Runners departed Sooke at 10 a.m., with stops at the Langford and Saanich Fire Department before arriving in Sidney at 4:45 p.m. and covering over 60 km.

The event raised approximately \$3,000 to add to the preliminary fundraising total of \$53,000.

The event was also a way to introduce this year's team members: MS Steve Deschamps, Matt Carlson (Community Recreation Coordinator, PSP), Chief Paul Hurst (View Royal Fire Dept) Sgt Steve Kowan (Victoria PD), Marissa Morrison (Kitimat Fire Dept.), Constable Maria Marcianno (Port Alberni RCMP), Mike Bowen (Coast Guard), and Dave Nesbitt (Coast Guard).

For more information on how to support this year's team or become involved in the virtual run visit the Wounded Warrior Run BC webpage: [www.woundedwarriorrunbc.com](http://www.woundedwarriorrunbc.com)



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# French language Military Ranks Modernized

IN THE CANADIAN ARMED FORCES

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Ranks, masculine (in French)	Ranks, feminine (in French)	Abbreviations (no change)
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le lieutenant-général	la lieutenant-générale	lgén
le major-général	la majeure-générale	mgén
le brigadier-général	la brigadière-générale	bgén
le colonel	la colonelle	col
le lieutenant-colonel	la lieutenant-colonelle	lcol
le major	la majeure	maj
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le signaleur	la signaleuse	sig
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le carabineer	la carabinière	car
le voltigeur	la voltigeuse	volt
l'artisan	l'artisane	art
le musicien	la musicienne	mus
le cornemuseur	la cornemuseuse	cornmsr
le batteur	la batteuse	btr
le ranger	la ranger	rgr



## NEW RANKS

OTHER		
Ranks, masculine (in French)	Ranks, feminine (in French)	Abbreviations (no change)
un officier	une officière	off
un sous-officier	une sous-officière	s-off
le caporal-chef	la caporale-chef	cplc
le matelot-chef	la matelot-chef	matc
le soldat recrue	la soldate recrue	sdt (recrue)
l'aviateur recrue	l'aviatrice recrue	avr (recrue)

Members who wear the Navy uniform		
Ranks, masculine (in French)	Ranks, feminine (in French)	Abbreviations (no change)
l'amiral	l'amirale	am
le vice-amiral	la vice-amirale	vam
le contre-amiral	la contre-amirale	cam
le commodore	la commodore	cmdre
le capitaine de vaisseau	la capitaine de vaisseau	capv
le capitaine de frégate	la capitaine de frégate	capf
le capitaine de corvette	la capitaine de corvette	capc
le lieutenant de vaisseau	la lieutenant de vaisseau	ltv
l'enseigne de vaisseau de première classe	l'enseigne de vaisseau de première classe	ens 1
l'enseigne de vaisseau de deuxième classe	l'enseigne de vaisseau de deuxième classe	ens 2
l'aspirant de marine	l'aspirante de marine	aspm
le premier maître de première classe	la première maître de première classe	pm 1
le premier maître de deuxième classe	la première maître de deuxième classe	pm 2
le maître de première classe	la maître de première classe	m 1
le maître de deuxième classe	la maître de deuxième classe	m 2
le matelot de première classe	la matelot de première classe	mat 1
le matelot de deuxième classe	la matelot de première classe	mat 2
le matelot de troisième classe	la matelot de troisième classe	mat 3

## DND

Sergente, Major, Lieutenant - these words will soon be commonplace in the Canadian Armed Forces (CAF) French vocabulary. Beginning this month, members can be addressed by the French version of the rank they feel best represents their gender identity. The change towards inclusive ranks in French is a long-awaited move that will further demonstrate the CAF's commitment to inclusivity and gender diversity. A list of inclusive military ranks has been created. It can be found here: <https://www.canada.ca/en/departement-national-defence/maple-leaf/defence/2022/02/caf-modernizes-military-ranks-french.html>

"The modernization of military ranks ensures that CAF members have options, and can be addressed in a way that reflects who they are," says MGen Lise Bourgon, Acting Chief of Military Personnel. "Having inclusive ranks reflects our commitment to the military ethos: Respect for the dignity of all persons."

The option to feminize your rank in French, as well as apply changes such as modifying the article or adjective, is available to all CAF members, ensuring each person has the opportunity to choose the version they feel best represents who they are and how they are recognized.

Modernizing the ranks in French is one of a number of initiatives being undertaken by the Defence Team in order to help the CAF achieve an environment in which all members see and experience the respect they deserve.



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Bicycle, Child	1	Flasher, Fishing	1	Power supply	1
Bike, Men's	1	Glasses Safety	1	Reel Fishing	1
Bike, Youth	1	Glasses, prescription	2	Ribbon, Dress	1
Cap, Ball	1	Goggles, Swim	3	Ring, Ladies	4
Case, Notepad	1	Headphones	1	Ring, Men's	4
Case, Phone, Belt	1	iPod Nano	1	Ring, Unisex	5
Chain, Medic Alert	1	Knife	1	Roller Blades	1
Chain, Unisex	2	Lock, Combination	2	Stopwatch	1
Chair, Office	1	Lures, Fishing	1	Watch, Men's	18
Charger, Phone	1	Monitor, Heart Rate	1	Wrap, Knee	1
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