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Volume 67 Number 9 | March 7, 2022

LOOKOUT

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



OPERATION CARIBBE

Boatswains from HMCS Yellowknife conduct a Rigid Hull Inflatable Boat (RHIB) exercise. Yellowknife and HMCS Saskatoon are deployed on Operation Caribbe in the Caribbean Sea and the eastern Pacific Ocean. Operation Caribbe is Canada's participation in U.S.-led enhanced counter-narcotics operations. Under this operation, HMC ships and Royal Canadian Air Force aircraft deploy to the region and conduct operations to support the U.S. mission to suppress trafficking in international waters.

Canadian Armed Forces photo

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Esquimalt Senior Tritons celebrate PO2 Pat McKernan's (centre) game-tying goal in the third period of Game 2 of their exhibition series against Comox. The Tritons won 2-1 in overtime for a series sweep.
Photo by Peter Mallett, Lookout Newspaper

OVERTIME

NEEDED FOR HOCKEY WINS OVER COMOX

Peter Mallett
Staff Writer

Esquimalt Tritons hockey teams have returned to the ice on a winning note with a pair of victories over 19 Wing Comox.

The Esquimalt Tritons Senior Men's won a tie-breaking Game 3 in their three-game series against the Silver Totems, with a 2-1 overtime win on Feb. 24. Later that afternoon, the Tritons Men's team completed a series sweep of their RCAF rivals with a 5-4 overtime victory.

A/SLt Cameron Lamport scored a hat trick for the Men's, erasing a 3-1 Comox third period lead in Game 2. Comox looked like they had pushed their series to a Game 3 tie-breaker after taking a 4-3 lead with 2:15 remaining in the third period. But then a snap shot by PO1 Curtis Gillies with just 12 seconds remaining tied the game and sent it to overtime.

S3 Brady Hillock then cemented the series sweep for Tritons Men's after scoring the winner less than a minute into overtime. He collected a pass from A/SLt Lamport and scored with a well-placed backhand

under the crossbar to win the game and series for Esquimalt.

"The team was pumped," says PO1 Gillies. "Everyone jumped the boards to congratulate Hillcock and Lamport."

In Game 2, Tritons Senior Men's PO2 Pat McKernan scored a tying goal with 5:39 remaining in the third period. Then, CPO2 Robert Tibbetts and WO Frank McCafferty assisted on PO1 Glen Thompson's overtime winner for the series victory.

"Game three was a tightly fought war of attrition with great end-to-end action," says CPO2 Tibbetts.

All three players involved in the Tritons Senior final goal had been doing double duty as members of the Tritons Men's team as well.

The Canadian Forces National Sports championship series have been suspended since the start of the COVID-19 pandemic. Although both best-of-three series were categorized as exhibition play and no trophies were handed out, Tritons players, both young and old, celebrated their success on the ice with the excitement normally reserved for national or regional championship.

CPO2 Tibbetts says on-ice celebrations really represented a release of bottled up energy as most players on both teams were delighted to return to play for the first time in two years.

"It's important to have a semblance of active living and normality back in our lives," he says. "The comradeship and competition coupled with physical fitness epitomizes the best traits of the Canadian Armed Forces and CAF Sports."

Men's Team manager PO1 Curtis Gillies, a left-winger, said he and his teammates were also disappointed not to be competing for a national championship this year but excited to be back.

"I was ecstatic when we returned to play," he says. "The mental health benefits of participating in a sports program and leading a physically-active lifestyle cannot be overlooked."

Despite no national tournament, the Tritons Men's were able to play on a regular basis. The team competed in the Victoria Hockey League (VHL) this sea-

son where they registered nine wins, nine losses, and two ties in the regular season and recorded a second-place finish.

The Tritons Senior Men's team also stayed sharp by playing the third division of recreational league Island 101 this winter.

"We are still working to build our program with the goal of a national championship next year and will continue practising and playing until the ice is removed at the arena in April," says CPO2 Tibbetts.

The Tritons Women's team has been playing exhibition games at Wurtele Arena versus local competition twice a month.

RECAP

Comox v. Esquimalt

Best-of-three hockey series; all games played at Wurtele Arena

Men

Feb. 23 Esquimalt 4, Comox 3
Feb. 24 Esquimalt 5, Comox 4 (OT)
(Esquimalt wins series 2-0)

Seniors

Feb. 22 Esquimalt 5, Comox 0
Feb. 23 Comox 2, Esquimalt 1
Feb. 24 Esquimalt 2, Comox 1 (OT)
(Esquimalt wins series 2-1)



The Tritons Men's team following their Game 3 win.

Photo by Rodney Venis, Base Public Affairs

Members of the Comox Silver Totems (left) and Esquimalt Tritons Senior teams gather in front of the team benches at Wurtele Arena for a group photo at the completion of their series.

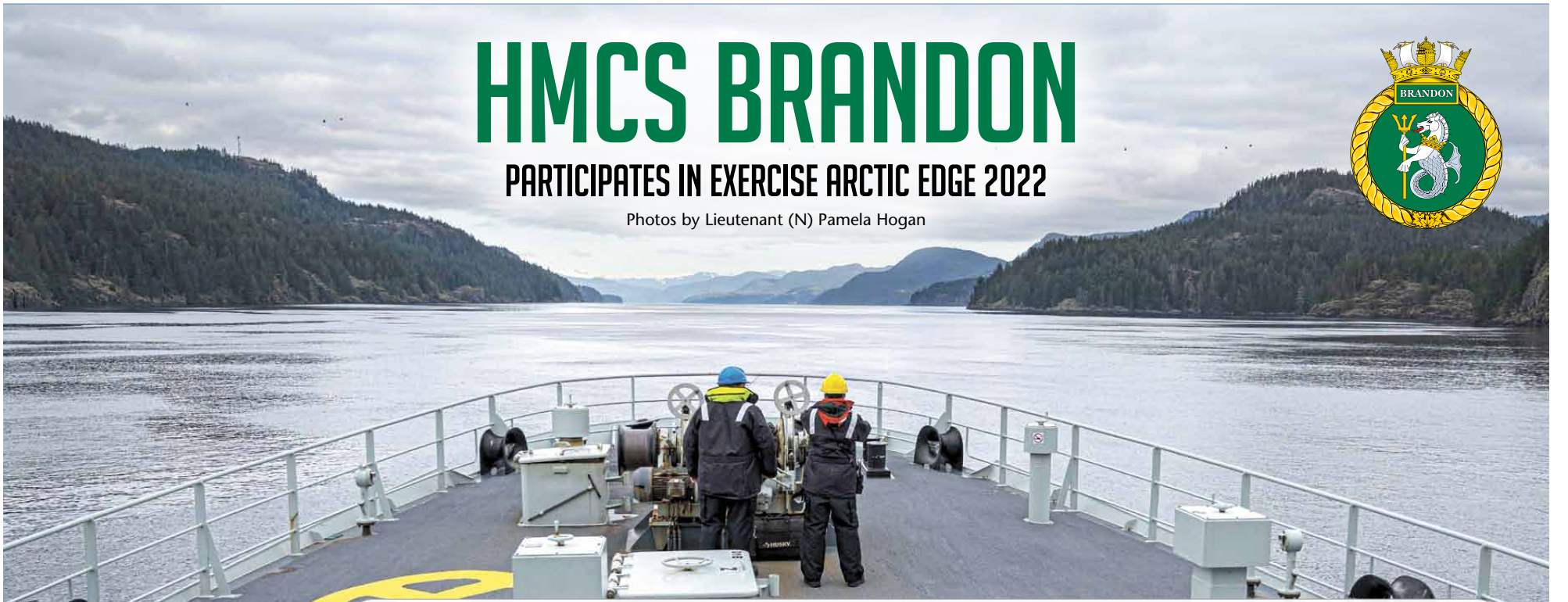
Photo by Peter Mallett, Lookout Newspaper



HMCS BRANDON

PARTICIPATES IN EXERCISE ARCTIC EDGE 2022

Photos by Lieutenant (N) Pamela Hogan



Sailor First Class Ryane Szajcz inspects the anchor cable.

Lt(N) Pamela Hogan HMCS Brandon

HMCS *Brandon* is participating in the United States Arctic-collective Exercise Arctic Edge 2022 in the Alaskan Command area of responsibility until March 11.

The biannual exercise helps sharpen Canadian-U.S. interoperability and sharing of cold-weather warfare expertise in the Arctic.

Inaugurated in 2018, the exercise is carried out in multiple venues across the Alaskan area of responsibility and runs concurrently to related Arctic exercises from late February until mid-March, with

approximately 1,000 participants.

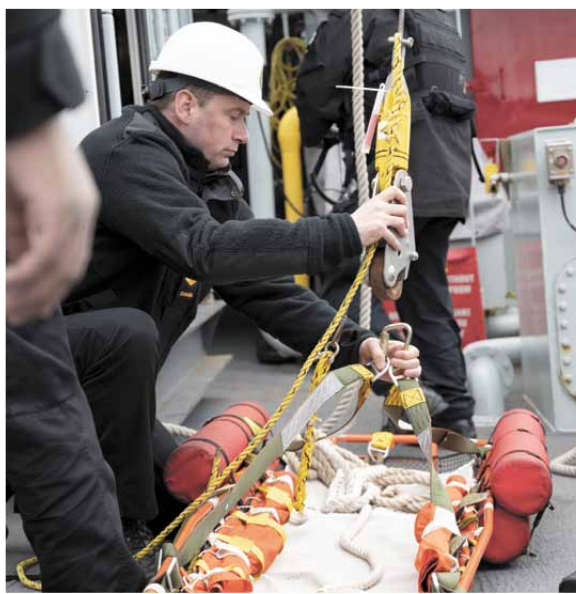
It is sponsored by North American Aerospace Defence and United States Northern Command and planned and delivered by United States Alaskan Command. Canadian Armed Forces units from the Canadian Army and Royal Canadian Air Force participate.

For this third iteration of Exercise Arctic Edge, *Brandon* is the first and only Royal Canadian Navy vessel participating in the naval vignette. The team aboard the Maritime Coastal Defence Vessel is exercising Arctic warfare interoperability coordinated by the United States Navy Mine Countermeasures Group Three, which simulates cold weather mine-countermeasure activities. The embarked

navy Seabed Intervention Systems team launches a Remote Environment Measuring Unit (REMUS) 100 to scan the area for mock underwater mines laid by Mine Countermeasures Group Three.

To identify the scanned objects, the team evaluates the acoustic profile graphic of the undersea surface produced by the REMUS 100, and identifies any underwater mines in the image that require intervention by the embarked Clearance Diver team from Fleet Diving Unit (Pacific).

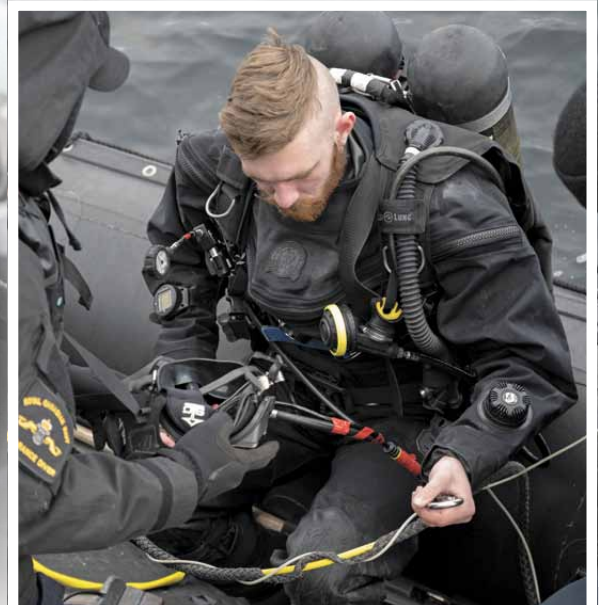
The dive team deploys to either render safe or dispose of potential underwater mines, which *Brandon* returns to their U.S. counterparts in Juneau, Alaska, before returning to Canadian Forces Base Esquimalt in mid-March.



Petty Officer Second Class Lance Ingeberg attaches a stokes litter to the ship's crane during a dive exercise.



Lieutenant(N) Warner Moczulski, Navigating Officer, takes a bearing during pilotage navigation through Seymour Narrows, B.C.



Sailor First Class Aaron Speare prepares to dive during a dive exercise in Perrin Anchorage, B.C.

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Words From The Cat Lady

Paws-a-tively Interesting!

Joanne Kimm

Did you know that a typical cat has five toes on their front paws, but only four on their back paws? This little nugget of information was passed along to me and I had to find out why. In all the years I've owned cats, I have never noticed the discrepancy.

I found out that cats have more toes on their front paws because they use them for grooming and playing. Back paws are not used to groom. Watch your cat groom and you'll see they only use their front paws to wash their face or ears. That extra toe certainly helps.



There are some felines, however, that have five or more toes on each front paw. They are called polydactyl cats. Those extra toes are from a dominant gene cats get from one or both of their parents.

The term "polydactyl" is not just used for felines. It describes humans and other mammals who share the same trait.

Nature definitely has some amazing inhabitants that come in all different shapes and sizes. For felines, having that extra toe on the front paws gives them an advantage when it comes to hunting, playing, or grooming. I'll be appreciating my kitties and their unique distinctions from now on. Next time you're playing with your cat, watch how they use their front paws. It's paws-a-tively interesting.

Read more from Joanne Kimm at www.exclusivelyjk.com



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CANADIAN FLEET PACIFIC SAILOR OF THE QUARTER



Canadian Fleet Pacific Sailor of the Quarter, HMCS Ottawa Weapons Engineering Technician S1 Syl Pike.

Photo credit MARPAC Imaging

Ottawa sailor rates award as highlight of his career

Peter Mallett
Staff Writer

Getting called into the Coxswain's office can be a heart-stopping moment for a non-commissioned sailor. But for S1 Syl Pike, his meeting with CPO1 Steve Sheffar on board *HMCS Ottawa* turned his thumping heart into one of excitement.

"The Chief called me into his office in a manner that didn't seem positive; he kept me waiting outside for a few minutes and was a little gruff in handing me the phone," recalls S1 Pike. "After initially thinking something was terribly wrong, I was stunned to find out I was being presented with an award by the Fleet Commander and Chief."

The 46-year-old Weapons Engineering Technician was informed he was the Canadian Fleet Pacific Sailor of the Quarter. In the coming weeks, he will be officially presented a certificate and commander's coin. He has already received one prize for his win, a parking spot in front of MARPAC headquarters.

"From what I have heard, it was my hard work in the department, innovation, positive attitude, and team vision that played a role in why I was chosen."

He brought an event called Meditation Monday's into practice on board the ship. It offers the crew weekly meditation practices to assist with mental health.

He's also a singer and songwriter and is forming a Ship's Band Committee to ensure musical instruments are available for the crew while on deployment.

"This keeps morale much higher during long trips where the crew has a creative outlet different from the usual sports and games," he says. "Both music and meditation have been important factors in my life's balance."

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.



S1 Syl Pike aboard HMCS Ottawa.
Photo credit S1 Syl Pike

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George St-Pierre set to inspire military youth



World famous mixed martial arts champion George St-Pierre.

Peter Mallett
Staff Writer

World famous mixed martial arts champion George St-Pierre has come aboard as a presenter in a two-day online inspirational symposium for teenagers of military families.

The Ultimate Fighting Champion and motivational speaker from Saint-Isidore, Que., will be among four keynote speakers at the Virtual Teen Conference entitled Level Up, held March 19 and 26. Level Up is organized by the national Personnel Support Programs (PSP) and registration for the event is free through the website CAF Connection.ca/levelup.

"In the past two years the world has changed and we have reinvented the ways we live, the ways we learn, and the ways we work," says Ryan Cane, Senior Manager PSP Recreation Program and Community Services. "Level Up is a virtual experience designed to connect, inspire, and help teens become their own champions."

Level Up participants will have the opportunity to discover new passions, voice their concerns, and take action through breakout sessions held throughout the two days, says Cane.

Each symposium will last approximately four hours, starting at 8:45 a.m. (Pacific). The March 19 symposium is entitled Mental Health and Resiliency and March 26 Make Your Own Path.

Cane says teens will draw inspiration from St-Pierre and the three other guest speakers: Dr. Robyne Hanley-Dafoe, Peter Katz, and Olympian Cassie Sharp.

St-Pierre, 40, overcame a difficult childhood and schoolyard bullies. Today, he is considered one of the greatest fighters in the history of Mixed Martial Arts. He retired as reigning Welterweight Champion in 2013. He is also the author of New York Times best-seller *The Way to Fight*, which shares lessons learned in his rise to the top of the highly dangerous contact sport. Also following his retirement he founded the GSP Foundation that aims to reduce bullying and encourage youth participation in sports.

Hanley-Dafoe, an award-winning psychology and education instructor, specializes in resiliency, navigating stress and change, and personal wellness.

JUNO Award and Canadian Screen Award-nominated singer-songwriter Peter Katz will inspire his audience to create their own path by overcoming obstacles and finding success in whatever they desire.

Cassie Sharpe dominated the competition at PyeongChang 2018 to win gold for Canada's first Olympic medal in women's ski halfpipe. After taking the lead on the first final run, she laid down an even better second run, earning a score that couldn't be beat.

The Level Up itinerary also includes inspiring words from teens, subject matter experts, and interactive and recreational activities.

It will be delivered through social media platform Zoom. The platform may also be used to assist those attendees who need closed-captioning through the Wordly software application.

For more information and how to register visit: <https://www.cafconnection.ca/LEVELUP>



Above: Guest speakers Peter Katz and Dr. Robyne Hanley-Dafoe.

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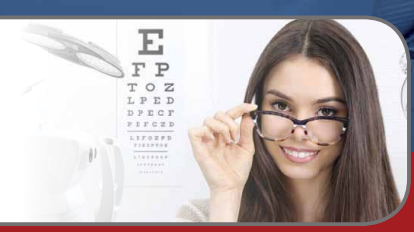
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

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New year, new calling, new career move

DND

There are many great reasons to serve in the Canadian Armed Forces, one of which is the opportunity to transfer to a whole new military occupation.

If you hold the rank of Private/Aviator/Sailor to Master Corporal/Sailor, and are looking to take your career in a new direction, the RCAF-hosted Internal Job Fair is something you won't want to miss.

The Royal Canadian Air Force is inviting non-commissioned (NCMs) members from either the Regular or Reserve Forces to the Flight Engineer, Search and Rescue Technician, Aviation Systems and Avionics Systems Technicians, Aerospace Telecommunications and Information Systems Technician, and Aerospace Control Operator occupations.

The Royal Canadian Navy is also offering opportunities for its

Clearance Diver occupation, and CANSOFCOM has opportunities available at 427 Special Operations Aviation Squadron, which is located at CFB Petawawa, Ontario.

If an occupational transfer isn't what you seek, you still might be interested in the RCAF-managed Flight Attendant Employment Program that offers qualified CAF NCMs (of the Sailor First Class)/Corporal and Master Sailor/Master Corporal ranks) the opportunity to broaden their career experience outside of their occupation to work as a Flight Attendant for a minimum of one posting cycle, after which they return to their home unit/regular duties.

Flight Attendants receive a specialty qualification while keeping their existing occupation and environmental uniform.

The Job Fair will provide information sessions over a three-day period from March 7 to 9. Given the var-

ied local public health measures in place at wings and bases throughout Canada, in-person briefings are not possible so the job fair format will be virtual, similar to last year's event, via MS Teams.

The intention is to keep these sessions relaxed and informative, while giving members a realistic job preview and highlighting details such as career progression, deployment opportunities, and specialized training. There will also be the opportunity to ask questions, as well as a chance to speak to a Personnel Selection Officer about suitability, eligibility, and occupation transfer timelines.

To obtain the Job Fair schedule with all of the links you'll need to attend the presentation sessions, as well as occupation-specific resources, contact your local PSO or send an email to: RCAFPersonnelResearch.RecherchesurlepersonnelARC@forces.gc.ca



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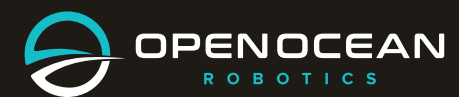
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CELEBRATE INTERNATIONAL WOMEN'S DAY MARCH 8, ATTEND A WEBINAR

DND

To celebrate International Women's Day, the National Defence Stakeholder Engagement Office invites you to attend a webinar on March 8 with four strong, committed, and resilient women.

They have agreed to share their experiences and their hope to see an egalitarian and inclusive world within the traditionally male-dominated combat trades of infantry and firefighting.

Log on and meet Captain Julie Pagé and Officer Cadet

Laurence Gagnon, who will be joined by firefighters Anik St-Pierre, currently a professor for the firefighters at Collège Montmorency, and Lieutenant Mélanie Drainville, firefighter at the Montreal's fire department, for a discussion moderated by renowned documentary film-maker Louise Leroux.

Simultaneous interpretation will be available.

To register, click on the following link Zoom - Webinar registration that can be found here: [https://www.canada.ca/en/department-national-defence/maple-leaf/](https://www.canada.ca/en/department-national-defence/maple-leaf/defence/2022/03/international-womens-day-national-stakeholder-engagement-office-webinar.html)

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This panel is organized in collaboration with the Montreal Fire Department.

The National Defence Stakeholder Engagement Offices, located across Canada, allow experts from National Defence/Canadian Armed Forces and world-class analysts, academics and opinion leaders from Canadian society to connect, communicate, understand, and work together to address defence and security issues.

Canada and its allies release Combined Space Operations Vision 2031

DND

As space becomes increasingly congested, contested, and competitive, close cooperation with allies and partners is critical to ensuring the peaceful use of space now and in the future.

This is why in 2014 Canada joined the United States, United Kingdom, Australia, and New Zealand in forming the Combined Space Operations initiative. In 2019 and 2020, Combined Space Operations welcomed France and Germany, respectively.

Combined Space Operations is

a key forum for the Department of National Defence and the Canadian Armed Forces to discuss space issues with allies. It enables enhanced cooperation on military space activities, improved resilience of space systems, and optimized resources across participating nations.

On Feb. 22, Canada and its Combined Space Operations allies released Combined Space Operations Vision 2031.

This document articulates the group's mission, illustrates its shared guiding principles, and affirms the joint objectives that

guide participants' national and collective actions. Vision 2031 confirms Combined Space Operations' commitment to protect and defend against hostile activities in space, and to exhibit leadership in space through responsible behaviour and adherence to international law.

To view Vision 2031, and to learn more about how allied collaboration in space will help ensure the domain remains safe, secure, and accessible to all, read Combined Space Operations Vision 2031: <https://www.rcaf-arc.forces.gc.ca/en/space/combined-space-operations/vision-2031.page>

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