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LOOKOUT

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REMEMBERING THOSE WHO PERISHED AT SEA


Sailor First Class Suzanne McManus rings the HMCS Discovery ship's bell during the Battle of the Atlantic Commemoration Ceremony on May 1 in North Vancouver, British Columbia.

Photo Credit: Master Corporal Nathan Spence, MARPAC Imaging Services

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A solemn remembrance in Vancouver for Battle of the Atlantic

The Battle of the Atlantic Fleet Weekend 2022 was brought to a close with a parade on Saturday, May 1 at the Sailor's Memorial Park in North Vancouver. Current serving Royal Canadian Navy members, veterans and civilians united to honor the sacrifices of all those in the Second World War naval battle.

Photos: Master Corporal Nathan Spence, MARPAC Imaging Services

SLt Wilson Ho MARPAC Public Affairs

On the first Sunday of May, sailors from the Royal Canadian Navy and Maritime Forces Pacific commemorated the 77th anniversary of the Battle of the Atlantic with marching contingents and a commemoration ceremony at Sailor's Point Memorial in Waterfront Park, North Vancouver.

The parade and ceremony was part of the navy's inaugural Fleet Weekend at Burrard Dry Dock Pier.

Joining the parade were contingents from the ships participating in Fleet Weekend, and members of *HMCS Discovery*, the Naval Association, the Navy Cadet Corps, and the Navy League. Together they marked from the Burrard Dry Dock Pier to Sailor's Point Memorial.

During the ceremony, the names of each ship sunk during the longest continuous Second World War naval battle were read out loud, and a ship's bell was rung eight times after each name. As the ships were lost at sea, and no answer returned, the bell ringer would then call out, "They do not respond."

A special announcement was also made to mark the anniversary of Stalker 22, the Royal Canadian Air Force CH-148 Cyclone that crashed into the Ionian Sea with six Canadian Armed Forces members lost on April 29, 2020, as well as the four Officer Cadets who died April 29 in an accident at the Royal Military College of Canada.

When wreaths from all of the contingents were laid and the *Last Post* and *Reveille* were played, a moment of silence was observed.



The Battle of the Atlantic began on the opening day of the war in September 1939 and ended almost six years later with Germany's surrender in May 1945.

A bugler plays the Reveille after a moment of silence during the Battle of the Atlantic Commemoration Ceremony on May 1 in North Vancouver. Photo Credit: Master Corporal Nathan Spence, MARPAC Imaging Services



2022 Sailor of the First Quarter Recognized

Kateryna Bandura
Editor

The good work of Sailor First Class Jaime Santisteban Bazan has earned him Sailor of the First Quarter honours.

The award recognizes the outstanding achievements of a junior non-commissioned member of a fleet unit.

The HMCS Victoria sonar operator was humble about his recognition.

"I don't think I'm special. I look around me and everyone is trying to do something for the community. I feel like the light happened to shine on my actions by chance," he says.

It was his work with the RCMP on a pamphlet to help police officers communicate with hard of hearing drivers during traffic stops that garnered leadership appreciation.

With the help of an RCMP officer acquaintance, he created a pamphlet for 90 officers on the lower mainland to trial.

S1 Santisteban Bazan was also responsible for introducing the Sentinel Program to his unit.

"We had a bit of a morale problem within the Canada Submarine Force. I contacted the chaplain and explained what was going on and asked him to come [talk to the crew]. At first it was going to be a seminar on recognizing symptoms of stress. But it turned into organizing a Sentinel Program within the Canadian Submarine Force, with designated people wearing this special patch."

Sentinels are people trained by the chaplains to recognize when someone is having problems, and then guide them towards the right resources. They are not qualified mental health professionals, but trusted co-workers.

"The designation doesn't mean anything if people don't trust you. So, I'm very happy that some people do come to me," he says.

For his Sailor of the First Quarter award, he received a coin from the Canadian Fleet Pacific Chief and another coin from the Commander of the Canadian Submarine Force.

He expects to head to Canadian Forces Leadership and Recruit School in Quebec in the near future to work as a recruit instructor.

Photo: S1 Jaime Santisteban Bazan is congratulated for his Sailor of the First Quarter honour by Capt(N) Jean Ouellet, Commander Canadian Submarine Force.

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S3 Kate Briand (left) looks on as S3 Noah Locke gets ready to fire his arrow during a trial shoot night for the newly re-formed CFB Halifax Archery Club.

Joanie Veitch, Trident Staff

ON THE MARK: CFB Halifax Archery Club restarts

Joanie Veitch,
Trident Newspaper

After a hiatus of more than eight years, the CFB Halifax Archery Club is back on the shooting range.

Officially starting up again on April 1, the recently re-formed club has been running trial shoots over the last few months in the drill hall at S-120, the Consolidated Seamanship Training Facility at Stadacona, with new and returning members from the former club participating.

Judging by the amount of traffic on the club's Facebook page — Front Line Archers — the resurrection of the club has generated a lot of interest, says CPO2 Ian Smith, one of the organizers and a member of the club's executive board.

"We currently have 66 members on Front Line Archers. Many have been keenly follow-

ing the club's progression over the past two years. Many of those members have been out for our trial shoots and the feedback has been positive."

From the early 1990s until 2014, when the former drill hall was demolished, the CFB Halifax Archery Club was a popular and competitive club. The club was originally formed to give military families an activity they could do together on base. Some members of the club went on to compete at an elite level.

Despite the years of resounding success, as some of the key organizing members got posted away from Halifax, the original CFB Halifax Archery Club began to lose some momentum.

Then the club's home, the old drill shed, was deemed unsafe to use and that became the final arrow in the club.

Equipment was stored in a shed beside the

Naval Museum of Halifax at Stadacona, and that's where it sat until a few people began tossing around the idea of restarting the club.

"CPO2 Sebastien Rose and Sgt Steve Muirgatroyd (Retired) had the idea to restart it. Sebastien assembled a group of volunteers to fill specific positions within the club and we all started working to make it happen," says CPO2 Smith.

An executive board came together last year to organize the club and although COVID-19 pandemic caused delays, plans to restart gained momentum last fall. CPO2 Smith credits CFB Halifax Leadership and Personnel Support Programs for their "outstanding" support along the way.

Anyone interested in purchasing a club membership can visit the Fleet Gym or call the front desk at 902-427-3524 between the hours of 0900-1500 (Mon-Fri).

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Chaplain-in-training nominated for literary award



Peter Mallett
Staff Writer

SLt Katherine Walker was brimming with pride when her crime novel *All is Well* was published by Thistledown Press last year. She didn't think it could get much better than holding a hard copy filled with her writing.

However, on April 20 *All is Well* earned her a nomination for Best Crime First Novel in 2022 by Crime Writers of Canada. She joins four other first-time Canadian authors, all vying for the win.

"It feels so good and affirming on so many levels to be recognized," she says. "To be able to craft a good crime novel and then have all the pieces fall into place was wonderful, but then to be included in an awards presentation with so many great writers is simply magical."

The central character in her novel is Christine Wright, a former Special Forces soldier transitioning into her role as a min-

ister at a church set in downtown Victoria. SLt Walker is in the final stages of her training to become a chaplain, and says writing about a former military member turned chaplain was slightly surreal.

The plot follows the protagonist after she murders her attacker with a candlestick in the book's opening chapter. After which the dark comedy unfolds as Wright's poorly planned cover-up slowly unravels.

"Writing is the way I can share myself and my stories with the rest of the world," she says.

Award winners will be announced later this month in a ceremony streamed live on YouTube. Crime Writers of Canada was established in 1982 by *Globe and Mail* crime and fiction reviewer Derrick Murdoch. It is a national non-profit organization for Canadian mystery and crime writers, associated professionals, and others with a serious interest in Canadian crime writing.

For more information and for a complete list of nominees for its annual awards visit www.crimewriterscanada.com



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ROYAL CANADIAN NAVY FLEET WEEKEND

VANCOUVER 2022

SLt Wilson Ho
MARPAc Public Affairs

As seven navy vessels passed under the Lions Gate Bridge in North Vancouver Friday April 29, curious onlookers lined the Stanley Park Seawall and the Burrard Dry Dock Pier, where the ships were berthing.

Her Majesty's Canadian Ships Vancouver, Calgary, Brandon, and Edmonton, and three Orca Class Patrol Training Vessels were in town the last weekend in April for an inaugural Fleet Weekend and Battle of the Atlantic Commemorative Ceremony.

Fleet Weekend 2022 was created to increase the navy's presence in Vancouver, to foster awareness of Royal Canadian Navy capabilities and opportunities, and allow the general public the opportunity to see and experience what sailors do on a day-to-day basis.

On Saturday, the general public flocked to the pier for ship tours and to see displays from *HMCS Discovery*, Fleet Diving Unit (Pacific), and Naval Tactical Operations Group. Although the weather was overcast and rainy, it did not dampen visitor spirits – long lines formed as curious visitors queued to get aboard.

The weekend culminated with a parade and a commemorative ceremony marking the 77th anniversary of the Battle of the Atlantic, which was held at the Sailor's Point Memorial in Waterfront Park, North Vancouver.



Members of the public check out the displays during Royal Canadian Navy Fleet Weekend at the Burrard Dry Dock Pier on Saturday, April 30 in Vancouver. Fleet Weekend 2022 was the Canadian Fleet Pacific's inaugural open house hosted in North Vancouver to help build stronger community relationships, educate the public about the Royal Canadian Navy, and commemorate the 77th anniversary of the Battle of the Atlantic. Photos by Master Corporal Nathan Spence, MARPAc Imaging Services





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Naval officer continues top marks on FORCE test



Cdr Matthew Otoupal, left, was presented with his Platinum FORCE Test pin by RADm Brian Santarpia, Commander Maritime Forces Atlantic on April 20.
Photo: Mona Ghiz, MARLANT PA

Joanie Veitch
Trident Newspaper

After scoring 398 out of 400 in his most recent FORCE fitness evaluation, Cdr Matthew Otoupal is understated when asked how he reached the Platinum level, a feat accomplished by fewer than one per cent of Canadian Armed Forces members.

"I wanted to push myself during the test," he says. "I tend to hold onto the (score) cards to write down and compare for all the different things I have to do during the test. It helps to motivate me."

It's actually the second time Cdr Otoupal, who is Comptroller for the Formation — Maritime Forces Atlantic (MARLANT) and Joint Task Force Atlantic (JTF(A)) — has scored at the Platinum level. The first time was in 2019 when he was posted in Kingston, Ontario.

Due to restrictions as a result of the COVID-19 pandemic, FORCE fitness evaluations weren't held in 2020.

When asked how he's managed to reach the top level twice, he is quick to give credit to his wife Jennifer for introducing him to CrossFit training about four years ago, after she joined a CrossFit gym when they were living in Victoria.

"To be honest, she dragged me along with her at first but it didn't take long for me to get into it."

After he was hit by a car while riding his bike to work at CFB Esquimalt, Cdr Otoupal took about three months off to recover. When he was able to get back to doing workouts he appreciated the functional fitness part of the program even more.

"My biggest challenge in staying fit is making sure I don't re-injure myself as I have ongoing back and shoulder issues from the accident. This works well for me as it's a very well-rounded program, and

the CrossFit community is great, a very positive environment."

Having four different postings over the past five years, not to mention the disruption of the COVID-19 pandemic, he has also come to appreciate the versatility of CrossFit.

When pandemic restrictions shut everything down in March 2020, Cdr Otoupal was living in Kingston, Ontario, with his wife and three children. As soon as their CrossFit gym began offering workouts online, he and Jennifer joined in from home, using a combination of equipment they had, as well as some on loan from their gym.

They liked the "home gym" experience so much, after he received another posting — this time to Ottawa — the couple decided to create a gym in their garage.

"It's a true Canadian gym.

We have a wood stove in there, so when it's 20-below in winter we have to go out to stoke the fire first, but it's great."

Now on an Imposed Restriction posting to Halifax, his family remains in Ottawa and he works out at the fleet gym in HMC Dockyard Halifax and continues to follow a workout program created by his coach back in Ontario. It's the same program his wife is following, which leads to some friendly competition.

"We like to compare scores, for sure. She used to be a national level swimmer in her youth, so she's always been in great shape."

Despite a full work schedule, as well as working on his Chartered Professional Accountant designation, Cdr Otoupal said he prioritizes workouts for both his physical and mental health.

"Fitness is important for everyone but when you're in the military it's even more important. I don't think I'd be where I am in my career if I had not pursued fitness throughout."

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S1 Kevin Leung shows off his fencing gear and Épée (sword). The 29-year-old has been training several hours per week in preparation for fencing's Canadian National Championships in Toronto, May 20 to 23.

Photo by Peter Mallett, Lookout

Sailor Staying Sharp

with fencing nationals

Peter Mallett
Staff Writer

He may be a late bloomer to the sport of fencing, but S1 Kevin Leung is ready-aye-ready to put his sword skills to the test against Canada's best.

It was only three years ago that the 29-year-old Naval Communicator first discovered the historic art of fencing and the subtle differences between the three swords: the foil, sabre, and Épée.

Later this month he will put his best foot forward at the 2022 Canadian National Championships in Toronto. The tournament, May 20 to 23 at the University of Toronto, is his second national competition and 10th tournament.

He sees gradual improvement in his performance with each competition.

To prepare, he practices his moves and footwork four times a week at local club OSM Fencing, takes private lessons, and participates in a highly demanding workout program that involves intense exercise.

ALL ABOUT STRATEGY

S1 Leung's introduction to fencing came in 2019 during a port visit to Hawaii while in *HMCS Ottawa*. He watched videos of elite fencers Eli Schenkel, Georgina Usher, Max Heinzer, and Áron Szilágyi compete at the Olympics.

"These Olympians were all lightning fast and precise, it was inspiring. Then it hit me, I have always liked swords and there

was a sport that allows for sword play, so I thought this might be fun."

The appeal of fencing, he says, is because it's added more of a mental game than a test of physical prowess.

"On the surface fencing looks like a bunch of people hopping around and trying to stab each other, but in reality it's all about strategy, tactics, and exploiting the gaps your opponent makes. You plan your next move and read your opponent's next move."

IMPRESSIVE START

His first appearance in the Canadian Fencing Federation's National Championship was in December 2021 in Montreal. He finished 11th out of 19 competitors in the Senior Mixed Épée and 7th

in a field of 17 in the Senior Mixed Foil competition. His results have continued to improve. On April 30, at the Stephen Lazar Memorial Tournament at UBC, S1 Leung ranked 18 in a field of 39 fencers in the Épée competition.

Now he is hoping for bigger things in Toronto at the nationals.

"Finishing in first place will be difficult but a more realistic goal I hope to achieve is to get a top 20 [finish] as there are over 200 fencers participating in this tournament." S1 Leung is also a member of the Canadian Armed Forces CISM (Counsil International de Sport Militaire/International Military Sports Council) Military World Games fencing team.

Based on sword fighting, fencing is one of five permanent sports of the modern Olympic Games, which were established in 1896. Evidence of sword fighting dates back to Egypt in 1190. The sport of fencing was originally a form of military training that evolved in Germany and Italy in the 14th and 15th century.

Canadian Ranger 75th Anniversary Rendezvous

Event set for Victoria Day weekend



Canadian Ranger Lindsay Chung 4th Canadian Ranger Patrol Group

Over the May long weekend, Canadian Rangers and Junior Canadian Rangers from across the country will converge in Victoria to celebrate their 75th anniversary.

4th Canadian Ranger Patrol Group will host the Anniversary Rendezvous, a multi-day event to honour the formal establishment of the Canadian Ranger Corps which began May 23, 1947, on Vancouver Island.

"The Canadian Ranger's roots go back to the Pacific Coast Militia Rangers, who were formed during the Second World War to provide a military presence that could provide surveillance, conduct patrols, and protect key transportation and communication lines on Canada's sparsely-populated West Coast," says Lieutenant-Colonel Lori Payne, Acting Director Canadian Rangers for the Canadian Army. "Since then, the Canadian Rangers have taken their role as 'the Watchers' very seriously and have served their communities and their country with pride, providing a military presence in remote, isolated, and coastal locations throughout Canada."

A formal ceremony featuring dignitaries from across Canada and 100 Canadian Rangers representing all five Canadian Ranger Patrol Groups in Canada will take place on May 23, the official 75th anniversary date.

They will also participate in the Victoria Day Parade and conduct a ceremony at the home of the Lieutenant Governor of British Columbia, the Honourable Janet Austin. At this ceremony, the Canadian Rangers in the form of a 100-person

Guard will welcome the Governor General of Canada, Her Excellency, the Right Honourable Mary Simon.

Leading up to the parade and ceremony, 4th Canadian Ranger Patrol Group's British Columbia Company will conduct an exercise to highlight their specialties. Over the course of May 21 and 22, they will split into groups and conduct round-robin training that includes helicopter operations, ATV familiarization, boat familiarization, and equine mobility.

The Canadian Army recognizes 2022 as the Year of the Canadian Ranger, with year-long celebrations that include local, regional, and national activities, and initiatives that highlight the past and present contributions of the Canadian Rangers.

Today, more than 5,000 Canadian Rangers serve in more than 200 communities across the country.

"Canadian Rangers are always ready to respond at a moment's notice, and they continue to make a big impact, whether it's supporting ground search and rescue operations or working closely with other CAF units and local authorities to respond to natural disasters," says LCol Payne.

"Since they live in their communities and know the land and the people so well, Canadian Rangers have proven to be extremely valuable to the CAF and to their communities over the past 75 years, preserving and passing on important skills and sharing their knowledge whenever called upon."

To open the Canadian Ranger 75th anniversary celebrations up to more people, the ceremony will be broadcast to the public through a Livestream on the Canadian Army Facebook page on May 23 from 4:15 to 6:30 p.m. PDT.



Canadian Rangers from across the country will gather in Victoria this month to officially kick off Canadian Ranger 75th Anniversary celebrations. To mark the occasion, a ceremony attended by Her Excellency, the Right Honourable Mary Simon, Governor General of Canada, will take place on May 23.



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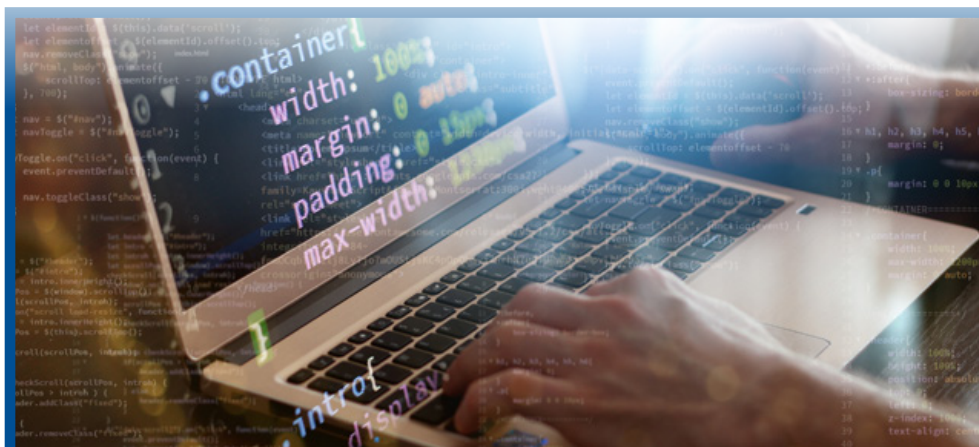
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Roger Payne takes a break from his Coding for Veterans class. Photo supplied



The program runs online, with students writing either of the three exams upon completion:

- The ISC2 Certified Secure Software Lifecycle Professional exam;
- The ISC2 Certified Information Systems Security Professional (CISSP) exam; or
- The CISCO Certified Network Analyst (CCNA).

The program costs \$15,000, payable to the University of Ottawa.

THE (CIVILIAN) WORLD AT YOUR FINGERTIPS



Kateryna Bandura
Editor

After retiring from the navy in 2015, Roger Payne wasn't quite ready to pack in work life. He wanted to transition into a civilian job that would be beneficial to Canada, just as his navy job as a Naval Communicator had been.

The IT world interested him, but he knew he needed additional training, and that's when he found Coding for Veterans (C4V) through a vocational rehabilitation specialist.

Now, he is on track to obtain industry-recognized qualifications in cybersecurity through the Coding for Veterans program.

"I'm loving every minute of it," Payne says. "The program is helping me achieve an actual certification, as well as teaching me how to market myself. C4V also puts on seminars for students to meet companies and understand what they're looking for, and to understand how to market ourselves when we wade out into the unknown private sector."

Coding for Veterans is a not-for-profit that provides software and cyber security qualification training to veterans and their families in two streams of Canada's tech sector: software development and cyber security.

The eight-month program is a partnership between Coding for Veterans and the University of Ottawa's Professional Development Institute (PDI). Graduates receive a certificate from the PDI and industry-recognized qualifications. At the end, the organization helps veterans find job placement opportunities.

There are approximately 200 students in various stages of the program who are veterans and their family members.

Payne started his studies in September 2021 and is currently taking the Cyber Security Network certification program. Upon completing the 650-hour course, he will receive a University of Ottawa Professional Development Certificate and the CISCO Certified Network Associate certification. The course also provides him with the CyberOps Associate certification.

"I think every service member needs to know what C4V offers and that it's not only an offer to veterans, but also their spouse. I think that's incredible," he says.

The greatest challenge he faced throughout his course was discipline.

"You must make sure you set yourself up for success. You need to plan where you're going to study and try to create an agenda of your study time to keep yourself on track," he says, adding that if you don't commit the effort upfront, it quickly becomes easy to fall behind your schedule.

The program helped Payne apply his knowledge to a real-life scenario.

A non-profit veteran's website was looking to expand their site with a web application for commenting. They hired a private company to develop the application and approached Coding for Veterans to conduct testing on the application before they opened it up to the public. His team immediately found the new application was not sanitizing user input, meaning they could execute code on the web server as a general user.

"I was shocked at how quickly we discovered this serious hole in the application," he says. "If the application had not been tested, there is a very good possibility that the non-profit group would have been in the news for user information being hijacked, at the very least."

Alex Beattie, Communications Manager for Coding for Veterans, says COVID-19 caused rapid growth in IT sector job openings, which increased the number of potential veterans in the program.

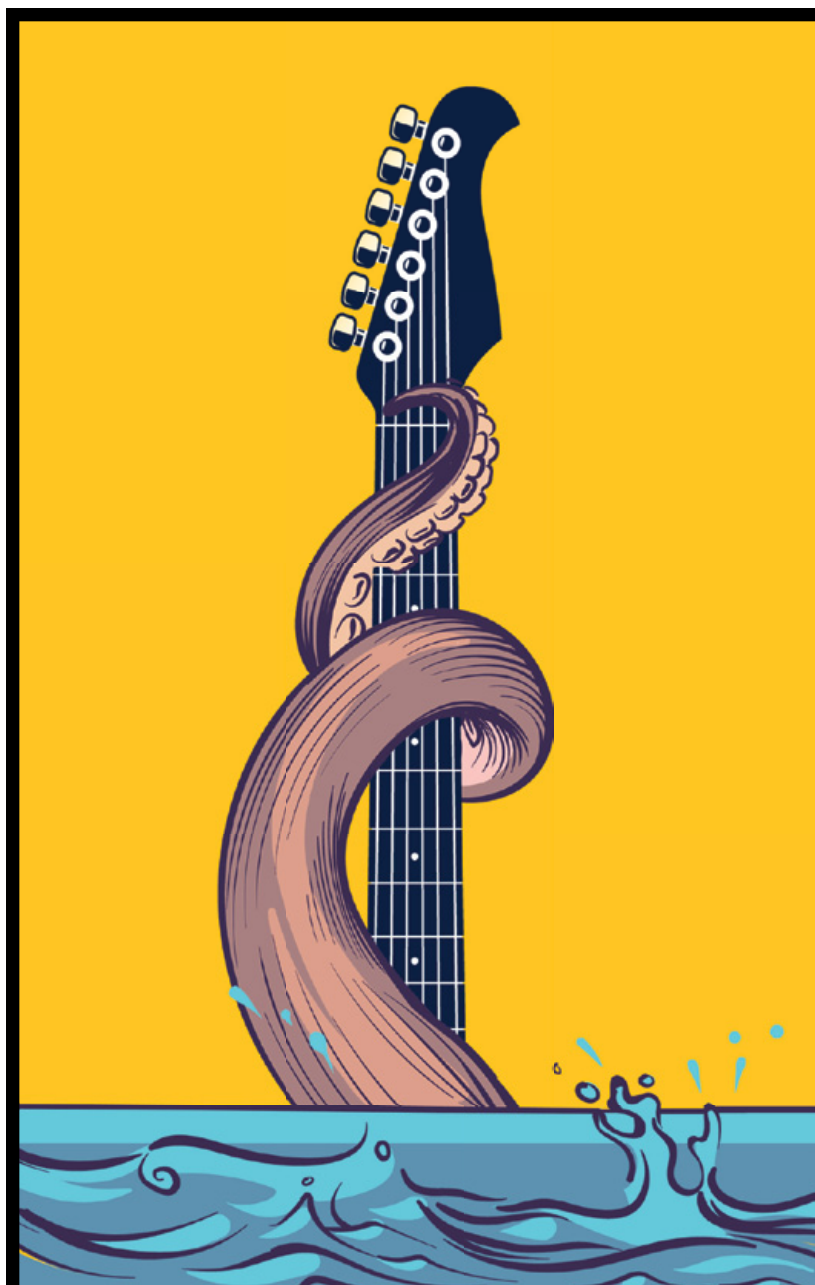
"There is a projected shortfall of qualified IT professionals in Canada that will exceed 147,000 by the end of 2022, as projected by Canada's Information and Communications Technology Council," he says.

Payne says Coding for Veterans is worth looking into for anyone on the fence about programming or cyber security.

"Recruiters seem to be very interested in this program and looking at the global shortage of computer programmers and cyber-related positions, it's a great time to be getting this type of training," he says.

Funding is available for students, depending on which category they fall into. In Ontario, the provincial government announced funding for 100 spots for Ontario-based veterans, reservists, current serving members, and families looking to up their skills and retrain into the cyber world. CAF veterans are eligible for the Education Training Benefit from Veterans Affairs Canada. Thanks to corporate partners, other individuals, such as family members of CAF members, are eligible for bursaries.

For more info
www.codingforveterans.com



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