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# LOOKOUT

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

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## Ready Aye Ready!



HMCS Vancouver and HMCS Winnipeg set sail for Rim of the Pacific 2022. See full story on page 3.



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# PCTU, Auxiliary Fleet test new spill response kit

**Peter Mallett**  
Staff Writer

Members of Queen's Harbour Master's Auxiliary Fleet and the Patrol Craft Training Unit (PCTU) tested a new piece of oil spill response equipment in a simulated oil spill response drill on June 14-15 in the Colwood harbour.

Marine Environment and Emergency Response Officer Lyle Fairley said the Current Buster 2 is a positive evolution of standard containment booms used in spill response.

"With traditional booms the wave, chop and currents in the water created the potential for a lot of [oil] escape," Fairley said during last week's training session on D Jetty in Colwood. "The Current Buster 2 is a sweep system designed to be more aggressive, durable and resistant to changes in sea state compared to the tradition boom."

The equipment was purchased and is owned by Port Operations and Emergency Services Branch. It was previously employed during spill response efforts for the Deepwater Horizon Oil disaster in the Gulf of Mexico in 2010. Fairley says the Current Buster 2 is more portable than the older system, easily deployable and ideal for collecting more commonplace-sized local spills.

The training, provided by Darren Trites, Director of Dartmouth-based DSS Marine Incorporated, included unpacking the Current Buster 2 from its storage reel located inside a 10-foot ISO container and getting it safely into the water. The process

involved unrolling a protective mat called a "chafer mat" followed by the Current Buster 2 High Speed Sweep System. The Current Buster 2 consists of a Front Sweep that guides the oil into and through a Tapered Channel and into a Separator located at the back of the system. The Current Buster 2 System was inflated using two high-capacity air blowers that come with the system.

Members of the PCTU warmly received the kit.

"Past methods of oil collection using booms were very time consuming and often frustrating because, if any part of the boom got damaged, or your waves flared up, the oil could slip outside the containment zone," said PCTU's Operations Officer Lieutenant (Navy) Matthew Fernandes.

"With this newer system, you can scoop up the oil while moving in the ship. This gives greater control over the spill and we can clean it up faster."

Trites says the key to Current Buster 2 success is its design and ability to collect and contain oil while towing the system at speeds up to 3.5 knots.

"One of the biggest challenges with traditional booms is the limited towing speed (0.7 to 0.9 knots) and ability to build any oil thickness, so when you recover the oil back to the storage tanks on a ship or jetty, you are mostly getting water," he said. "With our Current Buster 2 High Speed Sweep System most of what you collect is oil, and this greatly improves efficiencies of cleanup operations."

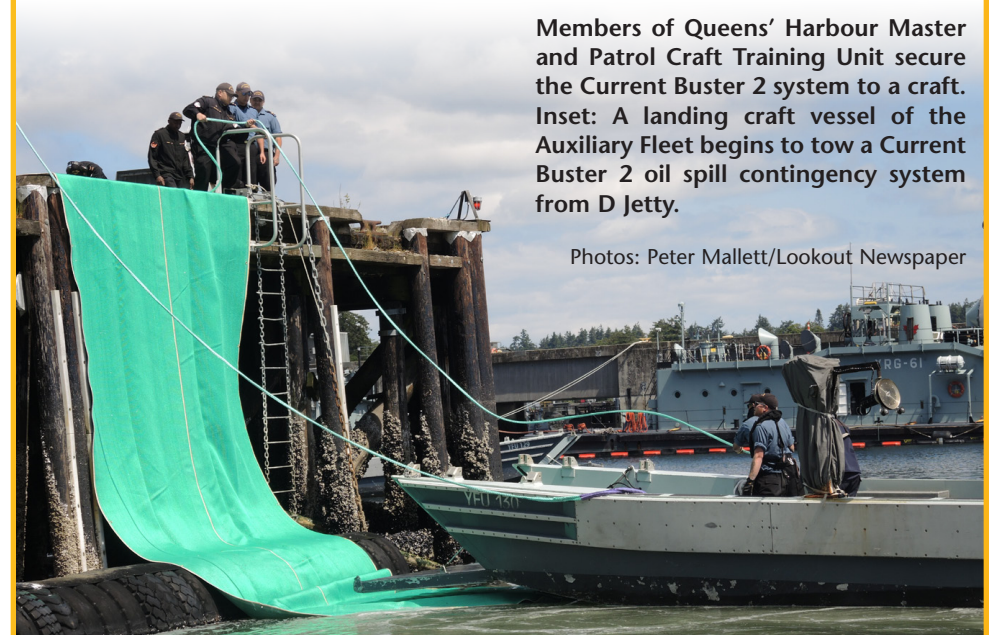


## Current Buster 2 Features:

- Two long inflatable chambers measuring approximately 27 metres.
- Unlike a standard containment boom, it is towed behind a vessel at speeds of up to 3 knots in protected harbours and inlets.
- As it floats and moves along the surface of the water, the device skims and collects spilled oil and fuel, and channels it into a storage area (Separator).
- The Current Buster 2 is manufactured by Norwegian technology company NOFI.
- It can be stored and deployed from the deck of an Auxiliary or a navy vessel in a standard shipping container.
- The equipment intended to be used locally in Esquimalt Harbour, but could be deployed if assistance is required for a spill.

Members of Queens' Harbour Master and Patrol Craft Training Unit secure the Current Buster 2 system to a craft. Inset: A landing craft vessel of the Auxiliary Fleet begins to tow a Current Buster 2 oil spill contingency system from D Jetty.

Photos: Peter Mallett/Lookout Newspaper



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# Two Pacific Fleet warships deploy to the Pacific



**Lt(N) Joshua Ehnisz**  
Public Affairs Officer, MARPAC

Families bid farewell to their loved ones in *HMCS Vancouver* and *HMCS Winnipeg* as the ships conducted a sail past near Esquimalt Lagoon and Clover Point on Tuesday. The warships then left for exercise Rim of the Pacific (RIMPAC) 2022, held yearly in the Indo-Pacific.

Before the six-month deployment, captains of both ships spoke to families at A Jetty.

"I am extremely grateful to our families and friends for their unwavering support and inherent resiliency – you are the source of our strength," said Commander Annick Fortin of *HMCS Winnipeg*.

"Thank you to our families, friends, loved ones, and to the greater Defence community, for your support in getting us here – our team will represent you, the Canadian Armed Forces and all Canadians, with professionalism during our six-month deployment," said Commander

Kevin Whiteside of *HMCS Vancouver*.

This year's RIMPAC will see about 25,000 personnel, including 38 surface vessels, four submarines, 170 aircraft and land forces from 26 nations. All participating nations will exercise a range of capabilities and demonstrate the inherent flexibility of maritime forces.

After RIMPAC, both warships will continue on to Operation Projection. The operation enhances relationships with Canada's allies and partners, and demonstrate the Royal Canadian Navy's readiness to defend Canada's interests around the world.

*HMCS Vancouver* will also support Operation Neon, Canada's contribution to the implementation of United Nations Security Council sanctions against North Korea.

Both ships will be deployed over the course of the next six-months and will be returning to Esquimalt in December 2022. Families and friends can stay updated on relevant social media accounts.



Crew members of *HMCS Vancouver* get ready to depart for a five-month deployment in the Indo-Pacific. Sailor First Class Sisi Xu, MARPAC Imaging Services

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**What!?**

The Lookout wants to know!

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# CHAMPION'S MESSAGE PRIDE SEASON 2022

While Pride events take place all year round, Pride Season typically refers to the wide range of events that take place over the summer months (June to September). Beyond parades and summer festivals, it brings together LGBTQ2+ communities and allies worldwide to spotlight the resilience, celebrate the talent, and recognize the contributions of LGBTQ2+ communities.

Pride Season is the perfect time to reflect on ways that you can be a leader in promoting a workplace environment of diversity, inclusion, and respect, and in creating safe spaces for people of diverse sexual orientations, gender identities and expressions to be their authentic selves while contributing to our institutional efforts.

The National Defence Identification Services has reviewed how it handles information on sex and gender for Department of National Defence and Canadian Armed Forces identification cards (NDI cards). Studies have shown that people who have identity documents that do not correspond with their lived gender are more likely to face discrimination and violence. By removing the sex

data field from the NDI cards, we are taking action in promoting the respect, inclusion and personal safety of transgender, non-binary and two-spirit people.

We have also integrated inclusive behaviours measurements within existing performance evaluation frameworks for all CAF and DND Public Service employees. This is an important step forward in our Conduct and Culture efforts to build a more inclusive Defence Team. When

we empower our members to bring their authentic selves to the workplace, we all benefit from the full range of their creativity, innovation, and talent – which ultimately leads to greater operational effectiveness. You can find examples, information and resources related to Inclusive behaviours within the Defence Team (accessible only on the National Defence network) on the DWAN.

we empower our members to bring their authentic selves to the workplace, we all benefit from the full range of their creativity, innovation, and talent – which ultimately leads to greater operational effectiveness. You can find examples, information and resources related to Inclusive behaviours within the Defence Team (accessible only on the National Defence network) on the DWAN.

I encourage all members of the Defence Team to participate in Pride events happening across the country and abroad during the 2022 Pride Season, and to celebrate the diversity of our commu-

ities and our Defence Team. Keep an eye on the weekly DT Newsletter for information about the activities happening in the coming months within our organization for Pride and Public Service Pride Week under the theme “being your authentic self at work”!

I also invite you to show support for our LGBTQ2+ communities by becoming allies in creating safe, inclusive and respectful workplaces. Consider participating in the Positive Space Program (accessible only on the National Defence network) or joining the Defence Team Pride Advisory Organization (DTPAO) (accessible only on the National Defence network), which provides advice, guidance and recommendations to Defence Team leadership on systemic challenges and issues affecting the LGBTQ2+ communities. This organization, along with other Defence Team Advisory Groups and employee networks, are critical to our collective culture change efforts.

This Pride Season, let's embrace and celebrate our institution's diversity together. Let's demonstrate to Canada – and the world – how diversity makes our Defence Team strong.

*“Our Department is committed to improving equality for LGBTQ2+ communities and raising awareness throughout Pride Season and all year round, and we are taking concrete steps to make it happen.”*

~ Rear Admiral Luc Cassivi CMM, CD

## Happy Pride Season!

### Rear-Admiral Luc Cassivi CMM, CD

Defense Team Champion for Gender and Diversity for Operations



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HMCS Malahat's Sailor Second Class Tristan Cornett watches some of the 115 yachts during the 77th Swiftsure International Yacht Race on May 28.

# CFB Esquimalt a big supporter of Swiftsure Race

**Sub-Lieutenant Donald Den**  
HMCS Malahat

The end of May marked the holding of the 77th Swiftsure International Yacht Race off the coast of Clover Point in Victoria. The race was the first one since the onset of the COVID-19 pandemic.

Swiftsure is the largest sailing race on North America's west coast, drawing hundreds of participants and boats to Esquimalt, with the Royal Canadian Navy (RCN) onsite for support.

This year, the RCN team included HMCS Brandon, the Naval Security Team from Canadian Forces Base Esquimalt, and a Rigid Hull Inflatable Boat from HMCS Malahat, Victoria's Naval Reserve Unit. The boat served as the official "Jury Boat" of the race, transporting Swiftsure jury officials and a photographer amidst 115 yachts and their respective crews.

HMCS Brandon served as one end

of the anchored start line; the ship also transported several event officials and guests, and marked the commencement of the different races with either a horn or a blast from the ceremonial on-deck cannon.

For one HMCS Malahat sailor, the event was an experience to remember.

"It is definitely surreal to be out here and just see the ocean all around you and so many different ships," says Sailor Second Class (S2) Tristan Cornett.

Newly arrived from HMCS Tecumseh, Calgary's Naval Reserve Unit, S2 Cornett noted the immediate difference of operating in Esquimalt waters.

"You certainly don't get this much open water in Alberta," he said.

Commanding Officer of HMCS Malahat, Commander Cameron Miller says the RCN presence is beneficial to the sailors as well as the participants.

"By supporting local on-water events like Swiftsure, not only are our sailors able to practise their skills in an

active environment, but they are able to interact directly with the local and international sailing communities," said Commander Miller.

The Race saw low winds in previous years, leading participants to affectionately call the event 'Driftsure'. This year's event was marked by good winds and a much quicker start.

"It was a great clean start this year," said Mike Turner, the Chief Judge for Swiftsure.

Supporting a large event like Swiftsure requires a great deal of coordination, resources, and support from both the RCN and local resources, including the Canadian Coast Guard and harbour authorities, and Swiftsure race officials expressed their appreciation for the extensive assistance provided.

"It is great to have the support of Malahat and the Royal Canadian Navy here, we really couldn't do it without them," Turner said.

HMCS Brandon fires a canon at one end of the start line of the 77th Annual Swiftsure International Yacht Race. A Rigid Hull Inflatable Boat from the HMCS Malahat is seen at the bottom left. Photo: James Ferguson, Royal Canadian Yacht Club



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# Visual arts helps soldier with INVISIBLE INJURY



Master Corporal Bridget Cucksey paints during a community painting project at the Russel Parklet in Embrun, Ont.

**Peter Mallett**  
Staff Writer

Master Corporal Bridget Cucksey remembers facing Cluster Suicide Headaches for the first time during a 2010 deployment to Afghanistan.

"I woke up in the middle of the night and just started repeating, I want to die," she says. "My roommate hopped out of bed and got our Warrant Officer to rush me to the hospital."

MCpl Cucksey is a Communications System Technician at the Communications and Information Systems Specialist branch at Canadian Forces Station Leitrim in Ottawa. Doctors could not diagnose her until 2019, after she endured a year of chronic headache attacks.

Cluster Suicide Headaches affect less than 0.1 per cent of the population. They cause severe, one-sided pain, typically concentrated around the eye and the temple, but can sometimes spread to other areas. While suicide is rare, those with cluster headaches may experience suicidal thoughts, giving them their name.

"It's unknown where they come from and how they start, and the triggers are different for most people," she says. "You probably wouldn't know I had this illness if you met me."

While she takes prescription medication and almost always carries an oxygen tank, she found art and yoga to be great coping mechanisms.

In 2021, she picked up a coloured pencils for the first time in over a decade and completed her first colour drawing of a chicken. Since then, MCpl Cucksey has stuck with art again.

"Art has had a huge impact on keeping my mental health intact," she says. "When I'm present in my art, it allows my brain to pause, and all I think about in the moment is finding shapes and combining colours."

**The journey**

MCpl Cucksey's 15 years of service began in 2007 when she walked away from her dream to become a graphic designer.

She was posted to 2 Canadian Mechanized Brigade Group Headquarters and Signal Squadron at Canadian Forces Base

Petawawa, after which she was deployed to Afghanistan. She also did a posting at 21 Electronic Warfare in Kingston, Ont., and a six-month deployment to Canadian Forces Squadron (CFS) Alert while serving in CFS Leitrim's Canadian Armed Forces Communications Security Establishment in Ottawa.

Now, MCpl Cucksey spends several hours a week painting from a spare bedroom in her home in Embrun, Ont. She immerses herself in all types of art, especially coloured pencil, acrylic painting, and foam smithing – making art from foam materials. She is also taking weekly oil painting classes.

**Branching Out**

MCpl Cucksey says she created one of her favourite paintings *Red Geraniums* in 2021. The acrylics on the canvas intend to recreate her feelings during her headaches. Elements of blue, purple, and green scattered between the flowers add moodiness and darkness to the red geraniums on a sunny day.

"I painted this in near-darkness because of my health, which is quite a challenge as I am always thinking of being present in my medium," she said. "I like making my art a source of pain management because it shuts off my brain, so I am not thinking of an upcoming attack."

A local Ottawa café already expressed interest in her paintings. Earlier this year, MCpl Cucksey also contributed *Red Geraniums* to the Steel Spirit Art Gallery, founded in 2017 by former paramedic Barbara Brown. The Gallery showcases the unique artwork of military, police, firefighters, paramedics, hospital practitioners, and other first responders.

"I think Steel Spirit is an amazing gateway to the art community," MCpl Cucksey says. "I learned a lot about myself and my art while working with Barbara."

Her recent art projects inspired her to launch a career in art after she will be medically released from the Canadian Armed Forces (CAF) within a year. MCpl Cucksey says she loves her job but knows saying goodbye will not be easy.

"My favourite part is the community and the friends I have made in the CAF; they are as dear and close to me as my own family," she says. "But my art will help me turn the page."



Master Corporal Bridget Cucksey poses for a self portrait with her costume for Ottawa Comiccon at her home art studio in Embrun, Ont. Photo: MCpl Bridget Cucksey

Master Corporal Bridget Cucksey puts final touches onto her painting *Red Geraniums* she created for the Steel Spirit Gallery. Painting detail (right)

Credit: MCpl Bridget Cucksey



# Royal Canadian Navy eliminates Steward occupation

Department of National Defence

The Royal Canadian Navy (RCN) has announced the Steward occupation is being eliminated. The announcement was made at a virtual Town Hall on June 13, with currently serving Stewards from across the country in attendance.

"This is a very tough decision that we have not taken lightly," said Vice-Admiral Angus Topshee, Commander RCN in his statement to Stewards. The statement is available through the QR code below.

"While the Steward occupation will phase out over the next three years, we value every one of our Stewards and will work with each of them individually to find the best way for them to continue their careers serving in the Canadian Armed Forces (CAF) and the RCN."

A thorough analysis was conducted on the Steward occupation between 2017 and 2020, with many Stewards providing feedback. The result was a database of innovative recommendations. Ultimately, it was decided that all tasks identified for the Steward occupation can be performed by other occupations. Furthermore, given the success of the all-ranks cafeteria in the Arctic and Offshore Patrol Ships, and a careful study of the expected roles and functions required in the future Canadian Surface Combatants, it was decided that a unique occupation was not viable for the RCN.

The only immediate change the trade will see is the halt of the recruiting process as of this month. Currently serving Stewards will continue to be employed until they complete the transition in the next three years at least. Each individual will be managed separately.

A variety of options will be available to Stewards, based on experience and education. Options may include:

- Transferring to another occupation (qualification based);
- Re-training options;
- Remaining in the RCN as a Steward (for as long as their current contract allows); and
- Voluntarily releasing from the CAF altogether.

With this change, there is an opportunity to reassign tasks both ashore and at sea, and to make positive changes in the way the RCN operates. Every effort will be made to ensure that Stewards, who have diligently served their country, will be offered opportunities to remain within the CAF. Retaining our members' experience, education and spirit is of the utmost importance to the RCN as our fleet and institution continues to grow and improve.

Currently, there are 240 Stewards serving within the CAF and RCN.

For Stewards who would like to reach out for more information, please contact your Steward Transition team:

- LCdr Pierre Auger
- CPO1 Eric Frignon
- CPO2 Stephan Pilon



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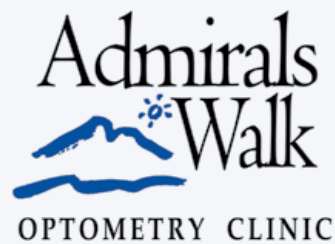


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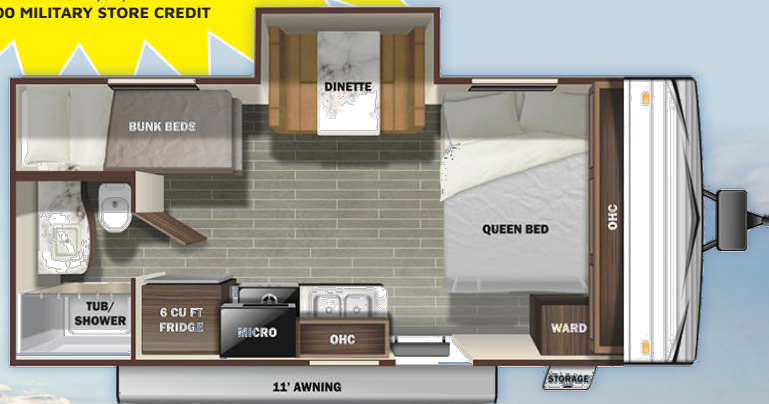


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# HarbourCats to Celebrate Forces Appreciation Day

**Peter Mallett**  
Staff Writer

The Victoria HarbourCats want to take you out to the ball game.

The West Coast League baseball team is inviting military members and staff to their Friday, July 8 game against the Kamloops Northpaws.

“The HarbourCats’ Canadian Armed Forces (CAF) Appreciation Event is a great opportunity for the public to interact with and learn more about the Royal Canadian Navy and Canada’s

military,” says Matt Carlson, CFB Esquimalt Projects Officer.


The summer-collegiate baseball team will host Canadian Armed Forces (CAF) Appreciation Event at Royal Athletic Park in Victoria.

A limited number of complimentary tickets will also be made available to military members and civilian staff through their unit chief.


Discounted general admission tickets can be purchased online by entering the promo code **FORCES 2022** at <https://harbourcats.com/events-promotions>

## EVENT PERKS:

- Canadian Forces Base (CFB) Esquimalt Base Commander Captain (Navy) Jeff Hutchinson will throw the game’s opening pitch.
- The Regional Cadet Support Unit will provide a colour party for the game’s opening ceremony.
- The Naden Band will perform *O Canada*.
- Other military units from Victoria will provide interactive and dynamic displays, including 443 Squadron, CFB Esquimalt Naval and Military Museum, *HMCS Malahat*, and N35 Target Cell.
- The Search and Recovery Dog Association of Victoria dogs and handlers, and CFB Esquimalt’s Urban Search and Rescue team will provide demonstrations for fans in attendance.
- The Esquimalt Military Family Resource Centre will be facilitating the 50/50 draw.

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# ELECTRICAL APPRENTICE CRAFTS ELECTRIC MOTOR PROJECT FOR SUMMER STUDENTS

**Ashley Evans,**  
Fleet Maintenance Facility Cape Breton/Cape Scott

Fleet Maintenance Facility Cape Breton Electrical Apprentices have been working hard gearing up for the upcoming summer student work term. The term will see an influx of students to the facility's production floor.

In preparation for incoming students, Electrical Apprentices at the facility were tasked with creating an electrical project for students, complete with detailed instructions. Second year Electrical Apprentice Desere Sophonew shared the process behind creating her project, an Electric Motor.

When planning for this student appren-

tice project, Sophonew quickly opted for a battery and copper wire motor. The building process was quite fluid as she used her knowledge and work experience, along with comments and suggestions from curious by-passers within her shop. One suggestion she considered was adding more weight to the magnet to encourage the motor to spin faster. After a few trial-and-error processes, Sophonew completed a working motor.

Her next step was providing step-by-step instructions, complete with images. She included websites about how electric motors work, descriptions of armatures and commutators, and required tools and materials such as rare earth magnets and alligator clip test leads. She also included a list specific production floor shops where students could collect them.

Thank you, Desere Sophonew, and to all the Electrical Apprentices, for your hard work on these projects!

**Fun Fact: The copper wire is one long wire folded in half, wrapped around until there is only 12" left on each side.**



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