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LOOKOUT

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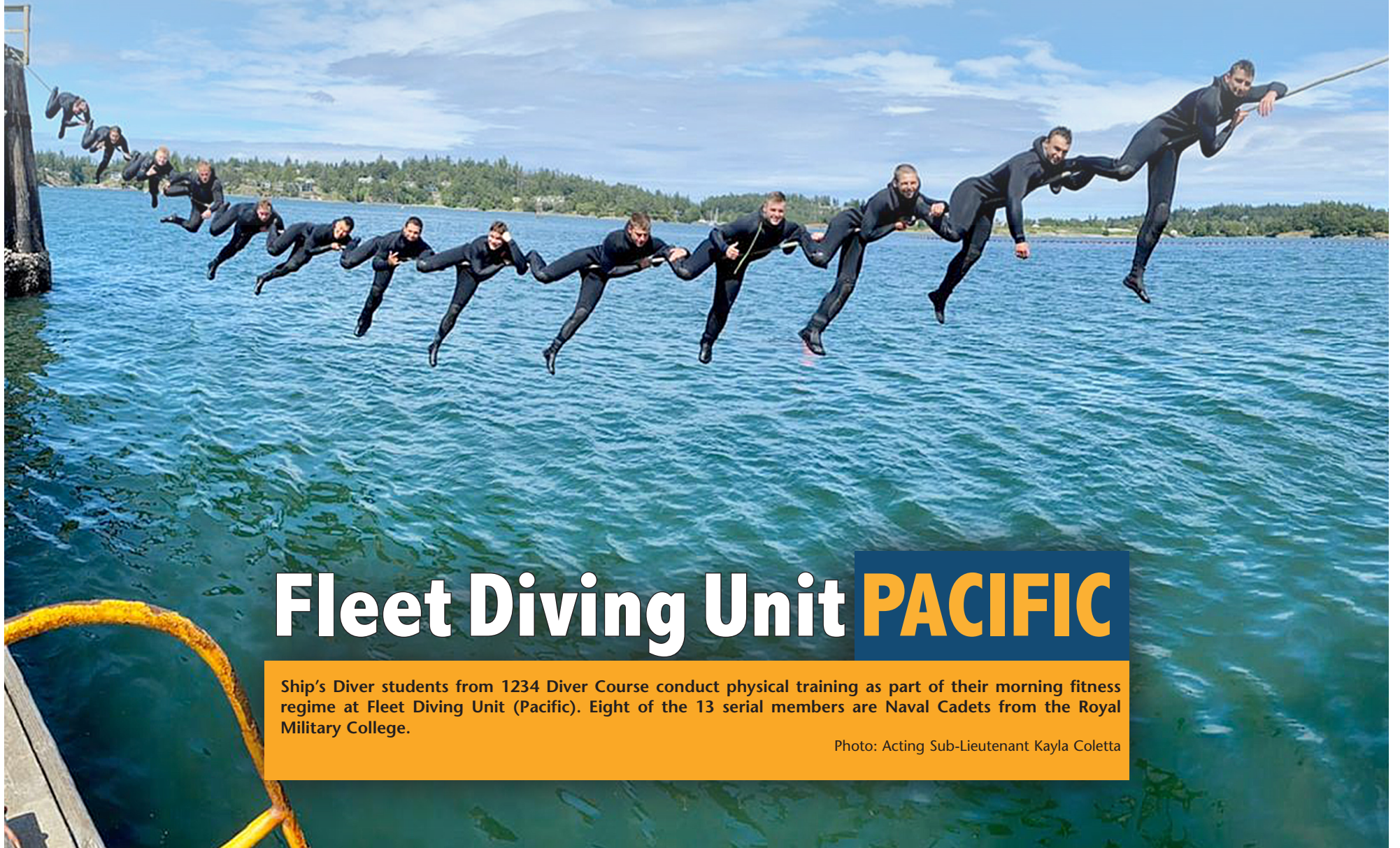
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Fleet Diving Unit **PACIFIC**

Ship's Diver students from 1234 Diver Course conduct physical training as part of their morning fitness regime at Fleet Diving Unit (Pacific). Eight of the 13 serial members are Naval Cadets from the Royal Military College.

Photo: Acting Sub-Lieutenant Kayla Coletta

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Canadian pilot lands ON CHILEAN VESSEL

**Lieutenant (Navy)
Michelle Scott**
HMCS Vancouver

Anticipation fills the helicopter air detachment's briefing room in HMCS *Vancouver* as Air Detachment Commander Major Peter Tomlik briefs his team on the upcoming flight plan.

It's June 24, and *Vancouver* is sailing with a number of foreign navies making their way to Hawaii for Rim of the Pacific (RIMPAC) 2022.

The day will be etched into the memory of pilot Captain Dan Simpson. He is about to land *Vancouver's* embarked CH-148 Cyclone helicopter on a foreign navy vessel for the first time. But this is not just a first for Captain Simpson, it is also a first for the CH-148 fleet: landing on a Type 23 frigate, the Chilean Navy's CNS *Almirante Lynch*.

Four pips sound across the ship's broadcast – flying stations!

Captain Simpson, from Ladner, B.C., has been flying with the Royal Canadian Air Force for seven years and has

previous experience flying as an air cadet. This is also his second deployment on board an Canadian warship with the Cyclone. It was that experience he drew upon to help land on *Almirante Lynch*.

"There are a lot of differences between the vessels – almost all the references and line-up features are different on foreign vessels. Seeing dozens of faces on the upper decks with cameras and recording devices while landing added a little bit of extra pressure," he said. "But with a lot of studying the references and a strong pre-flight brief, we were able to do it safely and effectively."

Once Captain Simpson and crew landed on the Chilean frigate, they were able to get out and meet their counterparts on *Almirante Lynch* face-to-face and exchange morale patches before taking off and returning to *Vancouver*.

"It was awesome; it was special to see the smiles and excitement on the faces of the ships' companies as we landed. I'm still buzzing about it," said Captain Simpson. "It's an incredible feeling to put loads of work into

something and have it work without a hitch. The professionalism of the Chilean Navy was impressive."

On Sunday, June 26, as part of the cross-deck evolutions during the group sail, *Almirante Lynch's* helicopter landed on the flight deck of HMCS *Vancouver*. Cross-deck training is conducted to increase interoperability between Maritime Helicopter crews.

HMCS *Vancouver* and its embarked CH-148 Cyclone helicopter are participating in RIMPAC in and around the Hawaiian Islands from June 29 to Aug. 4.

Twenty six nations, 38 ships, four submarines, more than 170 aircraft and 25,000 personnel are participating. RIMPAC, the world's largest maritime exercise, provides a unique training opportunity while fostering and sustaining cooperative relationships among participants critical to ensuring the safety of sea lanes and security on the world's oceans. RIMPAC 2022 is the 28th exercise in the series that began in 1971.



(From left) Corporals Kyra Brown and Ian Hilton, and Major Peter Tomlik stand beside Chilean Navy frigate helicopter en route to Hawaii for Exercise Rim of the Pacific (RIMPAC) 2022.

Royal Canadian Air Force pilot Captain Dan Simpson poses in front of HMCS *Vancouver's* CH-148 Cyclone Helicopter Canuck en route to Hawaii for Exercise Rim of the Pacific (RIMPAC) 2022.

Photos: Sergeant Ghislain Cotton



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Naval Fleet School (Pacific) conducts DEMOLITION TRAINING

Kateryna Bandura
Editor

This past week, regular and reserve force boatswains from the west coast got to detonate explosives at the site of a former leper colony.

Eleven students participated in demolition training on the Bentinck Island range June 27-30, under the watchful eye of highly trained instructors. The Rank Qualification Sailor Third Class (RQS3) course marks the beginning of the Boatswain trade training.

Chief Petty Officer Second Class (CPO2) Scott Colburn, Sea Division Chief Petty Officer, said the training went very well.

"The group was highly motivated, even during a short training pause for a pod of Southern Vancouver Island resident killer whales passing through the area," he said.

During the demolition training, boatswains learn to carefully use explosives so that once employed on a ship, they can use these techniques to safely sink a derelict boat or a half-sunk shipping container, said CPO2 Colburn.

The training is conducted throughout the year as part of the Boatswain trade. Before entering live demolition training, all students must pass the safety exam with a threshold passing grade of 100 per cent.

CPO2 Colburn said demolition training ranges from the rudimentary to more complex concepts.

"It starts with identifying the basic parts and pieces, safety and safe handling procedures, and then moves on to basic charge creation using visual aids and dummy training aids," he said.

All safety precautions are taken around the training, he assured.

"Highly trained supervisors from Naval Fleet School (Pacific)'s (NFS(P)) Seamanship Division ensure training is carried out safely," he said. "Personnel is properly trained. Appropriate safety arcs and distances are accurately calculated and observed based on the size of the charge and the type of material being demolished."

Furthermore, CPO2 Colburn said, safety boats are posted off Bentinck Island to ensure no civilian boats cross the safety perimeter while the range is live.

NFS(P) also works closely with Formation Safety and Environment (FSE) to ensure demolition training has a minimal effect on Bentinck Island's wildlife.

"The FSE team collects sound data via a hydrophone to verify the sound created above the water is not hazardous to marine mammals under the water," CPO2 Colburn said.

Before detonating any explosives, NFS(P) ensures the area around Bentinck Island is clear of marine mammals. The Marine Mammal Observation team has the final say on when the training can proceed.

"This ensures we are not detonating explosives when there are any marine mammals inside the measured safety arcs," CPO2 Colburn said.

Before demolition training takes place, public service announcements are posted and local authorities are notified of the day's activities. The School will be conducting another RQS3 Demolition training course starting July 11, unless indicated otherwise by the fire index.

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DEFENCE MEMBERS SHOW THEIR

PRIDE

Peter Mallett
Staff Writer

Members of the Royal Canadian Navy's employment equity advisory group wore civilian clothes instead of their uniforms at this year's Victoria Pride Parade.

On June 26, five members of the Defence Team Pride Advisory Organization (DTPAO) and Positive Space Working Group attended the Victoria Pride Festival 2022 non-uniform, per the Victoria Pride Society's request. DTPAO Military Co-Chair Master Sailor (MS) Erin Rautenstrauch marched in the parade under the Diversity Equity and Inclusion Change Makers banner.

"We had a great show of support from some former and current military members who stopped by our booth to tell us they were so proud to see us at Pride, and how much they were impressed with our group's progress," MS Rautenstrauch said.

The Victoria Pride Parade is the marquee event for Victoria Pride Festival 2022, held June 23 to July 2. In support of initiatives by Pride organizers, military members did not officially march in the parade or attend the information booth in uniform.

The Victoria Pride Parade was a great way for the DTPAO to inform currently serving members about the group's function, said MS Rautenstrauch. The DTPAO was created as an official employment equity advisory group to provide official guidance to Canadian Armed Forces leadership in matters relating to LGBTQ2+ members.

MS Rautenstrauch said a few base military members signed up for DTPAO membership after stopping by their information booth at MacDonald Park under Canadian Forces Base Esquimalt's banner.

MS Rautenstrauch said the overall experience was a positive one.

"It was great to reach out to the public and celebrate our LGBTQ2+ members," she said.



THE DTPAO

The DTPAO is a part of a wider network of five advisory groups at the local and regional levels, offering guidance to the Canadian Armed Forces leadership. The Department of National Defence Employment Equity Defence Advisory Groups are:

- DTPAO, Defence Aboriginal Advisory Group (DAAG),
- Defence Visible Minority Advisory Group (DVMAG),
- Defence Women's Advisory Organization (DWAOG) and
- Defence Advisory Group for Persons with Disabilities (PWD).

The DTPAO also works closely with the Positive Space Working Group (PSWG), which focuses on the training and education of the base community.

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Philippe Dauphin, Director General of Canmet Materials, presents Welby 'Ike' Isaacs with the medal at the Canmet Materials lab.

Indigenous veteran honoured by medal presentation

Peter Mallett
Staff Writer

A Canadian Armed Forces veteran is the proud first recipient of a medal commemorating the iconic Second World War battleship USS Arizona and its crew.

Lance Corporal (retired) Welby 'Ike' Isaacs was presented with the USS Arizona Medal of Freedom during an unveiling ceremony on June 23 at Natural Resources Canada lab CanmetMATERIALS in Hamilton, Ont.

"Receiving this medal means so much to me and to my family," Isaacs said.

Isaacs is a member of the Six Nations of the Grand River and served seven years in the Canadian Armed Forces during the Cold War era. He says being chosen as the first to receive the commemorative medal was one of the biggest honours in his life.

The USS Arizona was destroyed in Japan's attack on Pearl Harbor, Dec. 7, 1941. Six of the 1,177 crew members who died that day were born in Canada. Ed McGrath, Executive Director of the Lauren F. Bruner USS Arizona Memorial Foundation, said the medal recognizes Indigenous Canadians who have served in Canada's military.

"So often the contributions of First Nations people in the United States and Canada are ignored. Ike was selected by our foundation to honour all Canadian military members and first [nations] Canadians," he said.

Isaacs joined the Canadian Army in 1959 and served with the Royal Canadian Dragoons regiment in Petawawa. He worked as a radio operator in tanks and other vehicles with deployments to Germany and Egypt. He retired from the military in 1966.

Two Indigenous elders conducted a blessing of the commemorative medal and pieces of steel artifacts from USS Arizona, during the ceremony. The elders were Garry Sault, an Ojibway elder and US Navy Veteran from the Mississauga of the Credit First Nation; and Pat Oakes, an elder from the Mohawk Nation at Akwesasne. Also present at the ceremony was Senior Naval Reserve Chaplain of HMCS Prevost Lieutenant-Commander Catherinanne George.

"We took a moment to call to mind all of those sailors who have been impacted and their families, and the lives that were changed in an instant of the attack," said LCdr George. "We remembered those who endured horrific pain and suffering that day and for years and decades to come."

Proceeds from sales of the medal are being used to fund an educational program for high school students in the United States and Canada that is currently being developed by The Lauren F. Bruner USS Arizona Memorial Foundation. For more information about the USS Arizona Medal of Freedom and the Lauren F. Bruner USS Arizona Memorial Foundation visit ussarizonamedaloffreedom.org



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Reservist discovers rewards of Sentinel Program



Top: The Canadian Armed Forces Sentinel Program, with over 3,000 qualified individuals, plays an important role in the prevention, detection, and support for colleagues in distress. Photo: Sailor First Class Laurance Clarke

Inset: Sailor First Class Amanda Polus of the Personnel Coordination Centre Pacific displays a Sentinel Patch that will soon be affixed to her service uniform. Photo: Peter Mallett/Lookout

Peter Mallett
Staff Writer

The inspiration to join the Sentinel program has much to do with being a self-described 'people' person, says one of the newest Sentinels on the west coast.

"If I think back to all the greatest experiences I have had in the Canadian Armed Forces (CAF), along with the worst experiences in the CAF, they all have to do with people," says Sailor First Class (S1) Amanda Polus. "I don't

think there are any two people with the same exact problem; all are uniquely different."

The Royal Canadian Chaplain Service Sentinel Program is an alternative to chaplains' counselling and care, established in 2007 as a peer support network. Trained and supervised volunteers of all ranks connect members in need with support and resources in the CAF and external organizations. Sentinels are easily identifiable by the patch on either of their arms, inscribed with the word 'Sentinel'.

S1 Polus is one of over 3,000 qualified Sentinels across the CAF. She is also a full-time reservist and Human Resources Administrator with the Personnel Coordination Centre Pacific. She officially joined the program on May 9 after training with her unit's padre Lieutenant (Navy) Peter Han. Lt(N) Han's instruction involved advice on listening intently to a member's concerns, and then discussing solutions for crisis and hardships.

"Finding solutions to member's problems is not as easy as it seems, especially when you really want to make the person

feel better but do not immediately know the right thing to say," S1 Polus says.

So far, she has offered her care and support to three peers, and says the experience has been rewarding.

"As a Sentinel, I want to be that person who can hopefully make someone's day a little brighter, and be there for any member who is having a hard day or going through a difficult period in their life," she says.



For more information on how to become a Sentinel contact your unit's chaplain.



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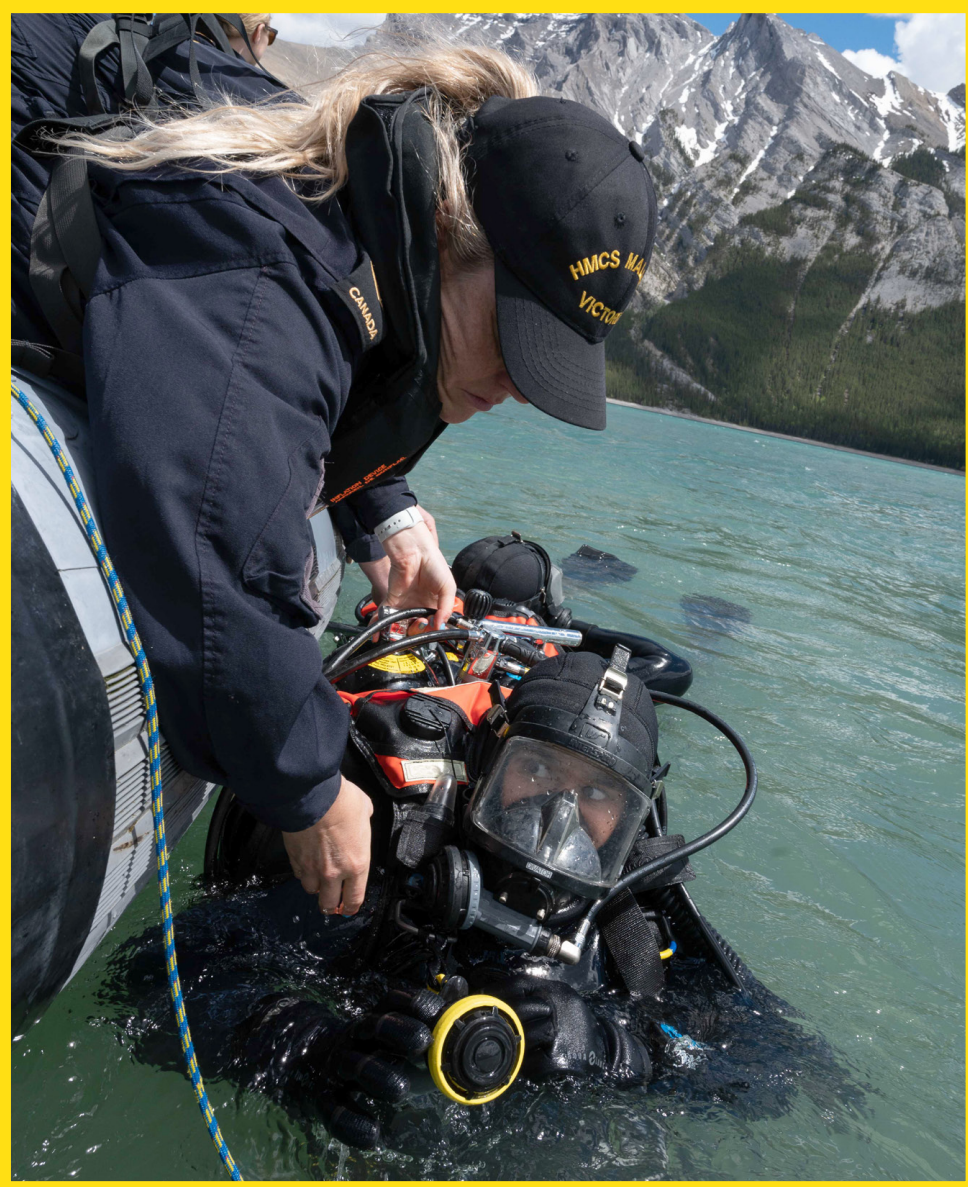
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Master Sailor Will Wilde exits the water post-dive during the Canadian Armed Forces Naval Reserve Regional Dive Centre (West) Dive Exercise at Lake Minnewanka, Banff, Alberta.



Master Sailor Christine Gatherum helps retrieve a diver. Photos: Sailor First Class Valerie LeClair, MARPAC Imaging Services



Master Sailor Christine Gatherum finds a fin while conducting a search.



Sailor First Class Evan Hodgson gives a medical oxygen brief.



Master Sailor Christine Gatherum communicates with another diver before descending.

Military surgeon honours CAF with a painting



The Canadian Forces Health Services Centre (Pacific) in Esquimalt will soon become home for a one-of-a-kind commemorative artwork.

Created by Lieutenant-Colonel Andrew Currie, Maritime Forces Pacific Formation Surgeon, the painting acknowledges the work done by Canadian Forces Health Services (CFHS) units in dealing with the COVID-19 pandemic.

"This is meant for each and every one of you to really commemorate the outstanding work that you've done," said Brigadier General (BGen) Scott Malcolm during the live-streamed unveiling on June 27 at the CFHS Group Headquarters at Carling Campus in Ottawa.

The painting was reproduced into more than 70 commemorative prints, each to hang at CFHS units and clinics across Canada and internationally.

Throughout the pandemic, the Esquimalt clinic worked towards preventing infections through mass vaccine campaigns, diagnosing infections through testing, limiting spread through contact tracing, and treating ill military personnel.

The painting was commissioned by the Surgeon General, Major-General Marc Bilodeau, and the Health Services Divisional Commander, BGen Malcolm. The original was donated during the broadcast to the Commanding Officer of the Medical Unit BC, Lieutenant-Colonel A.J. O'Brien and Regimental Sergeant Major, Chief Warrant Officer Fred Morissette.

Funding to produce the 70 archival quality prints was made through the Senior Executive Appointment Grant.

Left to right - Chief Warrant Officer Morissette, Lieutenant-Colonel O'Brien, and Lieutenant-Colonel Currie (the artist). The inscription on the bottom of the canvas reads 'An enduring reminder of the extraordinary contributions and efforts made by the entire Health Services team throughout the SARS-CoV-2 pandemic'.

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Yoga in the Park

Join the Mental & Social Wellness Working Group and the Active Living Working Group of the Maritime Forces Pacific Health & Wellness Strategy for "Yoga in the Park" summer yoga series at Saxe Point!

We will be offering eight sessions throughout July and August, so you can attend all sessions or as many as you like!

The classes are suitable for all levels and abilities, and are open to everyone (military, Department of National Defence employees, and military families). Charlie Gates from Yoga Lab will be leading the sessions, and brings with them 11 years of experience as a yoga instructor and sound meditation practitioner.

Practicing yoga can help to decrease stress levels, improve mental health, build social connections, connect with nature, increase flexibility, and is a great way to stay physically active! This is a great opportunity to get outside, get some exercise, and meet new people!

Limited yoga mats available, so bring your own mat if you have one.

Follow the Naden Athletic Center Facebook Page and MARPAC Splash Screen for updates if weather does not permit, and class needs to be rescheduled.

Dates: July 4, 11, 18, 25,
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Time: 1215-1300

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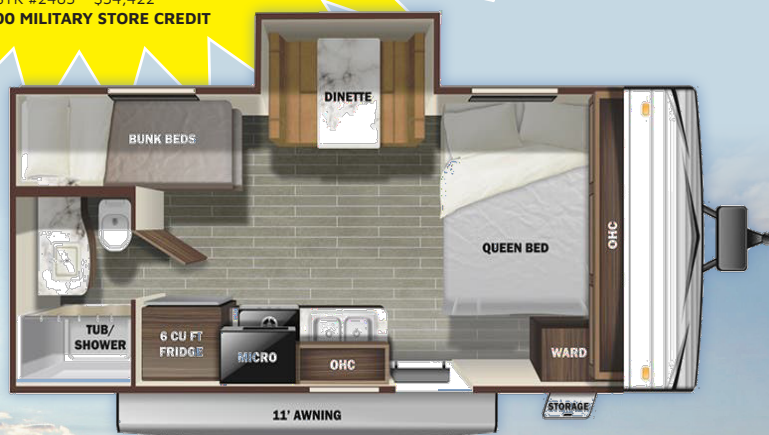
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New Fleet Commander highlights changing culture and new ships as priorities

Ryan Melanson
Trident Staff

Commodore Trevor MacLean did not shy away from the challenges ahead as he took command of Canadian Fleet Atlantic (CANFLTANT) on June 22.

"We have to ensure our culture change and our leadership climate continues with swift momentum, which is absolutely crucial work," he said following a Change of Command ceremony for the Fleet on board HMCS Margaret Brooke.

He said efforts to improve culture and rebuild trust across the Royal Canadian Navy are at the top of his priority list. He acknowledged the need to follow up statements from the top of the Royal Canadian Navy (RCN) and Canadian Armed Forces with real progress on the ground.

Allegations of sexual misconduct and other inappropriate behavior among senior officers have led to what the new Commander RCN Vice-Admiral Angus Topshee has described as an era of diminished trust in senior leadership. The organization needs to right the ship to ensure a strong Atlantic Fleet going forward, and to attract and recruit the personnel needed over the coming years, Cmdre MacLean said.

"Our top priority must be to ensure the work environment in all of our units is second to none. Business as usual isn't going to cut it," he said.

Cmdre MacLean took over command of CANFLTANT from Captain (Navy) Sheldon Gillis, who filled in on an acting basis after a series of retirements led the

previous Fleet Commander, Rear-Admiral Christopher Robinson, to a new appointment on the west coast as Commander of Maritime Forces Pacific and Joint Task Force Pacific.

Capt(N) Gillis now resumes his role as Deputy Commander CANFLTANT, but not without receiving credit for taking over a high responsibility role in a busy time for the Fleet. The role includes responsibility over multiple ships deployed on operations, preparing to sail in the near future, and new capabilities coming online with the Harry DeWolf class.

"Sheldon has been a powerful force," said Rear-Admiral Brian Santarpia, Commander Maritime Forces Atlantic and Joint Task Force Atlantic, who presided over the ceremony. "We had no doubt he was capable, but he stepped in and was able to reinvigorate the leadership team here at the Fleet in a short time."

Cmdre MacLean said keeping the Fleet in fighting shape will be another top priority, which involves supporting and maintaining the current equipment and the Halifax-class frigates, while also planning and training for an influx of new ships. Recruitment challenges mean this needs to be done carefully, ensuring sailors have the support needed to prevent burn-out, he added.

"We're facing a world that's at an inflection point, with an increasingly complex and dangerous security environment. We know Canada will continue to play an important role, and we'll ensure Canadian Fleet Atlantic will continue to be a major contributor as part of that," Cmdre MacLean said.

Commodore Trevor MacLean gave his first address as the new Commander of Canada's Atlantic Fleet on board its newest ship, HMCS Margaret Brooke.

Mona Ghiz, MARLANT/FMAR(A)



Top: From left, Commodore Trevor MacLean, Rear-Admiral Brian Santarpia, and Captain (Navy) Sheldon Gillis at the Change of Command ceremony. Mona Ghiz, MARLANT/FMAR(A)



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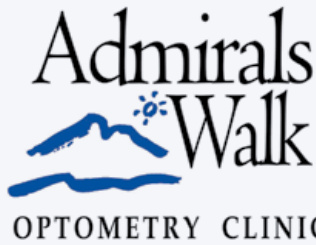
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MARITIME FORCES PACIFIC HQ HONOURS AND RECOGNITION CEREMONY JUNE 22

Presented by Rear-Admiral Christopher Robinson, Commander MARPAC

Photos by Sailor First Class Mike Goluboff,
MARPA Imaging Services



Petty Officer Second Class Brodie Burnell (center), accompanied by a family member, is promoted to his current rank.



Petty Officer Second Class Brodie Burnell (center), accompanied by a family member, is introduced to the Chiefs' and Petty Officers' Mess, and presented with the certificate of Duties and Responsibilities.



Petty Officer Second Class Simon Dakin (center), accompanied by family members, is promoted to his current rank.



Petty Officer Second Class Simon Dakin (center), accompanied by family members, is introduced to the Chiefs' and Petty Officers' Mess, and presented with the certificate of Duties and Responsibilities.



Petty Officer Second Class Jeffrey Dunlop (center), accompanied by family members, is promoted to his current rank.



Petty Officer Second Class Jeffrey Dunlop (center), accompanied by family members, is introduced to the Chiefs' and Petty Officers' Mess, and presented with the certificate of Duties and Responsibilities.



Petty Officer Second Class Chris Bourenoff (second from right), is introduced to the Chiefs' and Petty Officers' Mess and presented with the certificate of Duties and Responsibilities.



Petty Officer Second Class Jimmy Chou (second from left), is introduced to the Chiefs' and Petty Officers' Mess and presented with the certificate of Duties and Responsibilities.



Petty Officer Second Class Sean Haworth (center), accompanied a family member, is introduced to the Chiefs' and Petty Officers' Mess, and presented with the certificate of Duties and Responsibilities.



MARITIME FORCES PACIFIC HQ HONOURS AND RECOGNITION CEREMONY JUNE 22

Presented by Rear-Admiral Christopher Robinson, Commander MARPAC

Photos by Sailor First Class Mike Goluboff,
MARPAAC Imaging Services



Petty Officer Second Class Ryan Lasaga (center), is introduced to the Chiefs' and Petty Officers' Mess, and presented with the certificate of Duties and Responsibilities.



Petty Officer Second Class Jean-Marie Poirier (center), is introduced to the Chiefs' and Petty Officers' Mess, and presented with the certificate of Duties and Responsibilities.



Petty Officer Second Class Kristin Smith (second from right), accompanied by a family member, is introduced to the Chiefs' and Petty Officers' Mess, and presented with the certificate of Duties and Responsibilities.



Petty Officer Second Class Richard Tessier (center), is introduced to the Chiefs' and Petty Officers' Mess, and presented with the certificate of Duties and Responsibilities.



Petty Officer Second Class Lee Thibault (center), is introduced to the Chiefs' and Petty Officers' Mess, and presented with the certificate of Duties and Responsibilities.



Petty Officer Second Class Cole Wood (left), accompanied by a family member, is introduced to the Chiefs' and Petty Officers' Mess, and presented with the certificate of Duties and Responsibilities.

Newly promoted Second Class Petty Officers take a moment for a group photo with senior command staff during the Maritime Forces Pacific Honours and Recognition ceremony held at the Chiefs' & Petty Officers' Mess, Canadian Forces Base Esquimalt on June 22.

(Rear row left to right)

Petty Officer Second Class (PO2) Sean Haworth, PO2 Cole Wood, Chief Petty Officer First Class Arvid Lee, Canadian Fleet Pacific Chief Petty Officer, Rear-Admiral Christopher Robinson, Commander Maritime Forces Pacific / Joint Task Force (Pacific), PO2 Simon Dakin, PO2 Jean-Marie Poirier.

(Front row left to right)

Petty Officer 2nd Class (PO2) Chris Bourenoff, PO2 Jimmy Chou, PO2 Brodie Burnell, PO2 Kristin Smith, PO2 Ryan Lasaga, PO2 Richard Tessier, PO2 Lee Thibault.





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