



Harpoon missile launched from HMCS Winnipeg on July 12 as part of a SINKEX during Exercise Rim of the Pacific 2022. Photo: Sailor First Class Melissa Gonzalez

#### Captain Christine MacNeil

Public Affairs Officer, HMCS Winnipeg

HMCS Winnipeg successfully deployed drones and an embarked helicopter for the first time while utilizing its anti-ship missile system during a sinking exercise (SINKEX) off the coast of Hawaii on July 12. The SINKEX was part of Exercise Rim of the Pacific (RIMPAC) 2022.

The ship fired its RGM-84 Harpoon Surface-to-Surface Missile (SSM) in coordination with MQ-9 Reaper drones and its embarked CH-148 Cyclone helicopter.

"Winnipeg spent countless hours training to safely and efficiently execute this firing event," said Lieutenant (Navy) Bucky Branscombe, Winnipeg's Operations Officer. "It was a great opportunity to showcase what the team has accomplished during our predeployment readiness training this year, and to prove we are fully prepared to represent the Government of Canada anywhere in the

During a SINKEX, an environmentally clean and decommissioned hulk, in this case, the ex-USS Rodney M. Davis, is purposefully sunk, improving the partner's readiness and creating an opportunity for cooperation with other nations.

RGM-84 The Harpoon SSM is an all-weather, over-thehorizon, anti-ship mis-

sile utilized by many NATO member states. This system allows the ship's Commanding Officer to address threats from over the horizon while maintaining a safe distance. With two Harpoon missiles striking the target, this SINKEX proved the capability of both the ship and the crew, said Petty Officer First Class (PO1) Kevin Granger, Above Water Warfare Director onboard HMCS Winnipeg.

"As the Surface Action Group Commander for this evolution, Winnipeg and the Canadian Armed Forces proved we could integrate effectively with partner nations to conduct coordinated strike engagements, scoring a mission kill on the target," PO1 Granger said.

Twenty-six nations, 38 ships, four submarines, more than 170 aircraft, and 25,000 personnel are participating in RIMPAC from June 29-Aug. 4 in and around the Hawaiian Islands and Southern California. The world's largest international maritime exercise, RIMPAC 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.













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# FIL: BC with the Co

# FILL YER BOOTS

with the Colourful Language of the Royal Canadian Navy

#### Mark Nelson

I was introduced to *Jackspeak* when I began my 26-year naval career in HMCS *Chippawa* on July 1, 1980. I quickly learned my training base was a *Stone Frigate*, floors were *decks*, the ceiling was a *deckhead*, walls were *bulkheads*, and the upper ridge of my boot soles were *catwalks*.

Unfortunately, my *catwalks* were dirty, so I had to turn to at *birds*, which was a quaint way to say I had to stay late and polish brass. From that day forward, aside from having perfectly clean *catwalks*, I became engrossed with the language of the Navy.

To a newcomer, the jargon can be a gateway to a fascinating world. However, it can also be confusing. For example, there is more than one way to refer to a lazy person, as they can be a *skiver*, *skate*, or be described as *swinging the lead*. The same goes for sleeping arrangements, as a sailor might sleep in a *pit*, *cart*, or *rack*, but only occasionally in a *bunk*.

Nuances must be learned. The term mess carries no less than three meanings in a Canadian warship. Whistling is frowned upon unless you're a cook, then you are allowed, just as long as you don't whistle up a wind. Every ship is represented by a uniquely designed badge and never referred to as a 'crest' unless you are willing to face admonishment. Similarly, if you want to live on the edge, just say you served 'on a ship'. You will be quickly told that sailors always serve in a ship. If you made this mistake more than once, your keelhauling would likely take place in half a dog watch. The ship's engineers are far more commonly referred to as stokers, even though no ship's engineer has stoked a coal-fired furnace for many decades. In most ships, the stokers have their table in the main cave, referred

to as the *stoker's table*. Nobody else sits there... nobody else wants to sit there.

Any dessert (pie, cake, ice cream) is called *duff*, a name taken from the traditional rice pudding 'figgy duff'. Of course, it only makes sense that tinned fruit is called *armoured duff*. You'd think *no duff* was a lack of dessert, a sort of diet, but it actually means 'for real' or 'not an exercise', i.e., 'Fire in the galley, *no duff*!'

is a serious statement.

The Royal Canadian Navy's unique language can be traced back to its Royal Navy roots. In fact, commonly used words such as *Pusser*, (stems from 'purser' a ship's supply officer; now known as a Logistics Officer) and nicknames such as *Nobby*, i.e., *Nobby Clark*, (stems from 'Nobility') are directly derived from British Navy forefathers. Other terms have formed directly from use in the Royal Canadian Navy, such as *CDF* and *navy gravy* (ketchup).

For many, I can recall the first time I heard these terms.

When I was a very young sailor working on the *left coast*, I was employed among *rubber freaks* as a deckhand on a Navy diving tender salvaging a barge in beautiful Nanoose Bay. It was an isolated location, away from any social amenities. When the salvage job was complete, the Chief Diver rewarded us by driving the crew to Nanaimo and buying a round of beer. While driving, he said, "Tonight, don't call me Chief. You can call me by my first name." I replied, "Chief are you sure?" He responded, *'Fill yer boots!*"

I soon learned *fill yer boots* meant, 'have as much as you want'.

In the spirit of the Chief Diver, I offer you to come alongside and fill yer boots with Jackspeak of the Royal Canadian Navy (2nd edition).

The author of Jackspeak of the Royal Canadian Navy and Whiskey 601, Mark Nelson developed a love of the Navy's language and lifestyle over his 26-year career in the service. After retiring as a Chief Petty Officer Second Class, he now works as a library systems specialist at Red River College Polytechnic in Winnipeg, Man.

Follow Mark on Twitter @4marknelson













On June 30, HMCS Regina held a Change of Command ceremony, which **Commander Meghan Coates** take over as Commanding Officer of HMCS Regina. This ceremony was presided over by Commodore Dave Mazur, Commander Canadian Fleet Pacific.

#### **HMCS REGINA** WELCOMES NEW COMMANDING OFFICER

**Peter Mallett** Staff Writer

HMCS Regina has a new captain. Commander (Cdr) Meghan Coates

was appointed Commanding Officer (CO), HMCS Regina, in a Change of Command ceremony at the ship's office in Dockyard at CFB Esquimalt on June 30.

"I am very excited and grateful to be appointed CO of HMCS Regina," Cdr Coates said.

As a woman, Cdr Coates' appointment follows the milestone appointment of Cdr Annick Fortin as Commanding Officer of HMCS Winnipeg in March 2022, which is Cdr Fortin's second appointment as a female CO of a Halifax-class ship on the West Coast, following taking command of HMCS Regina (June 2021 - Mar. 2022).

The importance and gravity of being the second female CO of a frigate was not lost on Cdr Coates.

"I am extremely grateful to all the NWO (Naval Warfare Officer) females who have been COs on any of our ships, as they have helped break the glass ceiling and demonstrate women are more than capable of these demanding and responsible positions," she said.

Cdr Coates said she is not one to keep track of women in essential posts in the RCN because there are numerous posts, but is glad to see the list of female commanders growing.

"It is extremely important for other women to have role models to look up to and it is wonderful to see my peers and friends in command roles, whether they are in positions at sea or ashore," she said.

#### A SAILOR'S LIFE

Originally from St. Stephen, N.B., Cdr Coates' path to commanding Regina was 23 years in the making.

Cdr Coates decided on an RCN career path as a Naval Warfare Officer (NWO) before graduating high school in 1999. At the time, she thought the navy would be a great way to maintain her active lifestyle while also allowing her to sail the world.

She says navy life has more than delivered on its promise of adventure.

- In 2005, she conducted an Arctic Sovereignty patrol with HMCS Fredericton. The following year on board Fredericton, she acted as a Bridge Watch keeper in a joint operations mission with the RCMP off the coast of Africa.
- In 2008, she circumnavigated the world aboard HMCS Calgary as an Above Water Warfare Officer.
- From July 2020 to Aug. 2021, she served as Executive Officer of Calgary. Her ship conducted the largest heroin seizure in Combined Maritime Forces history. The big bust happened while the vessel was deployed to the Arabian Sea as part of Op Artemis, Canada's effort to stop terrorism and make Middle Eastern waters more secure.

Cdr Coates was promoted to her current rank in Nov. 2020.

She is married to Captain (Navy) Matthew Coates, Commanding Officer of the Naval Personnel Training Group. The couple has two boys, Nathaniel, 11, and Jackson, 8.

#### THE ROAD AHEAD

As Regina goes through an extended work period, Cdr Coates is determined to get the ship operational as soon as the refit is complete. The ship is expected to return to Dockyard this coming winter.

Some members of the ship's company not currently on summer leave will be attached to other units. Those in the shore office will prepare for qualification training or be sent to other ships to help with tasks at hand. She and her staff also conduct damage control plotting and fire (preparedness) tours.

"We have been getting great support from other ships who will provide a platform in the fall for our duty watch personnel, so they can start getting back into the best practices on ships procedures again," she said.

She says raising the morale of each ship member is also one of her big priorities as Captain. The effort to boost morale in between training and sailing opportunities includes monthly professional development days and weekly events such as nature hikes, yoga, and physical training classes. It is not always easy, but Cdr Coates said she has her methods of success.

"The best way to keep morale high is to talk to sailors and see what is on their minds, and to plan social activities like hikes, walks, and BBQs, whether they are ship-wide or in a department," she said.

The ship's company is looking forward to visit their namesake city in Saskatchewan in September.

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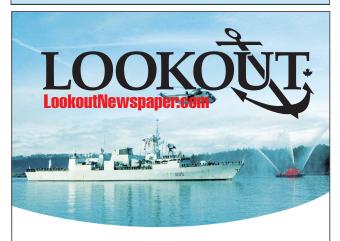




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# Steam-powered crane barge receives a sunny work-up

#### **Ashley Evans**

Public Affairs Officer, Fleet Maintenance Facility Cape Breton and Cape Scott

You may notice C2 jetty at CFB Esquimalt is slightly different nowadays.

The spot usually occupied by a Halifaxclass frigate, Kingston-class coastal defence vessel, or Orca-class maritime patrol craft (training), is now taken by the 250 Steam-Powered Crane Barge with its boom detached and workforce members bustling methodically around the turntable's base.

The barge goes in for a refit every five years to Point Hope. The crane certification, required every four years, is done simultaneously. Since this certification is needed for the barge to be operational, Fleet Maintenance Facility Cape Breton (FMFCB) is currently working on the crane.

This is the first work to be done in 17 years on the 250 Steam-Powered Crane Barge at Esquimalt's Dockyard.

Pulling this work together has been at the hands of the crane riggers, shipwrights, boilermakers, mechanical fitters, rigging loft, and electricians, with ten workforce members working on the Crane Barge at any given

The shipwrights began by building the scaffolding for the project – one set for the boom and one for the kingpost.

The boom was then laid down, stripped of all wires, and all hardware was removed. Then, using the crane, the team rigged off the kingpost turntable and laid it on the deck. Four extra wood-decked barges were brought in to support the work on the boom. Non-destructive testing and inspections for damage and wear will be the next part of this evolution for crane re-certification.

This substantial project has included the removal of the crane boom and the turntable for routine maintenance and completing any needed repairs required for re-certification. Involved in this evolution has been the inspection of all moving parts – anything that moves or could receive wear – and removing and inspecting bearings, shives, ware-pads, and spools. The team has also been working to remove the bearing on the turntable - the mechanical piece that the whole kingpost and crane rotate on, similar to a bearing in a bike wheel, turned sideways.

Due to the age of the Crane Barge, many pieces may now be obsolete and the FMFCB team will have to work together to craft any required replacement pieces in-house. The Crane Barge is a Queen's Harbour Master (QHM) asset. In addition to the four and five-year re-certification, routine maintenance occurs onboard daily, weekly, and monthly.

Thank you to everyone involved in this re-certification. Your work maintaining these great vessels is outstanding.



Workforce members work on the kingpost turntable at the 250 steam-powered Crane Barge at CZ Jetty outside FMF Cape Breton



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#### NPTG WELCOMES COMMANDER OF NEW HMCS VENTURE

#### **Anna Muselius**

Communications advisor, NPTG

n July 15, in a signing ceremony held at Work Point at CFB Esquimalt, Commander (Cdr) Mike Stefanson was officially appointed as the inaugural Commanding Officer of HMCS Venture, the Royal Canadian Navy's (RCN) naval leadership training centre). The ceremony was presided over by Commodore David Mazur, Acting Assistant Chief of Naval Staff, Personnel and Training.

HMCS Venture is the name of the new unit that will operate out of the Collier Building under the command of Naval Personnel and Training Group (NPTG). HMCS Venture, and its link to leadership training, dates back to 1910. The unit will develop and deliver RCN leadership education, from foundational courses to capstone training for both officers and noncommissioned members (NCMs) as part of NPTG's continued evolution and realignment of the Group's structure.

The more familiar Naval Officer Training Centre (NOTC), a former division within Naval Fleet School (Pacific), will move to HMCS Venture with minimal disruption. This division will focus primarily on Naval Warfare Officer (NWO) management and training, from post-Basic Military Officer Qualification (BMOQ) to the NWO Primary Qualification level, as well as Fleet Navigating Officer (FNO) training and management.

"Like all Naval Warfare Officers, I started my naval career at Venture," Cdr Stefanson said after the ceremony. "Now, returning to HMCS Venture, this time as the Commanding Officer of the new naval leadership training centre, what has inspired me most, is seeing the instructors and staff are still deeply committed and passionate about developing future RCN leaders. Similarly, the students are still keen to learn, to serve, and to lead."

Two other divisions will fall under the command of HMCS Venture. These include a Naval Technical Officer (NTO) Division which will focus on training from post-BMOQ up to Head of Department, and a Leadership Division which has responsibility for both RCN officer and NCM leadership training initiatives. Discussion is ongoing concerning a possible fourth division, which would be responsible for Patrol Craft Training (PCT).

"With the role of HMCS Venture now expanding to deliver leadership training to not only NWOs but also NTOs and NCMs, I am excited about the prospect of helping to develop both the competence and character of all of our students, staff and instructors," Cdr Stefanson said.

Leadership and outreach programs currently administered by Naval Fleet School (Pacific) (NFSP) and Naval Training Development Centre (Pacific) (NTDCP) will be incorporated into HMCS Venture's structure including:

 Regular and Reserve Force Decentralized Basic Military Qualification (DBMQ) and Decentralized Basic Military Officer Training (DBMOQ) as assigned from Military Personnel Generation (MPG);

• the Raven Indigenous Summer Employment Program, along with other outreach programs;

- command-level leadership and professional development training for prospective RCN unit command teams;
- an RCN Navigation Centre of Excellence for the provision of advice to RCN boards, working groups, and offices of primary interest (OPI), as well as the conduct of collective training and team training for both Canada Fleet Pacific and Canada Fleet Atlantic;
- professional leadership development and leadership training not already part of career course curriculae;
- Second Language Training within Maritime Forces Pacific (MARPAC); and
- Pacific (MARPAC); and

• culture change initiatives. HMCS Venture's establishment will provide the RCN with a dedicated institution for the development and delivery of leadership instruction similar to that provided by the Canadian Army or Royal Canadian Air Force and will help the RCN deliver on institutional culture change objectives put forth by the Chief Professional Conduct and Culture (CPCC).

Cdr Stefanson will be supported at HMCS Venture by Lieutenant-Commander (LCdr) Meghan Lobb in the role of Executive Officer, and Chief Petty Officer First Class (CPO1) Steve Wist as unit Coxswain.

HMCS Venture is being created as part of NPTG's overall realignment initiative. Working Groups comprised of relevant offices of primary interest and corporate experts have been busy identifying and synchronizing the steps necessary to stand this unit up while maximizing existing human and financial resource allocations, as well as utilizing existing infrastructure available to NPTG.

In late April, Rear-Admiral Topshee (now Vice-Admiral Topshee, Commander RCN) signed a Tasking Order which directed the continued evolution and realignment of NPTG's structure. The intent was to make the changes necessary to better achieve NPTG's mission as the RCN's principal command for the education and training of sailors.

"The approach to realigning NPTG is deliberate and methodical while prioritizing the development and delivery of naval training as part of the RCN's reconstitution initiatives," said Captain (Navy) Matthew Coates, Commander of NPTG.

"In practical terms, it means using existing human and budgetary resources more efficiently and to better effect given the anticipated operational realities of today and the coming years with minimal disruption."

Part of the realignment is the creation of HMCS Venture while also merging the Naval Training Development Centre (Pacific) (NTDCP) with Naval Fleet School (Pacific) (NFSP).

At the same ceremony on Friday, Naval Training Development Centre (Pacific) was officially stood down.

Lessons learned from the Pacific merger of NTDC(P) with NFS(P) will be analyzed before embarking on envisioned changes to Naval Training Development Centre (Atlantic) and Naval Fleet School (Atlantic) next summer. Naval Fleet Schools Pacific, Atlantic and Québec, along with HMCS Venture, remain under the command of NPTG.

Responsibility for operational personnel management functions currently under NPTG's command (namely the three Personnel Coordination Centres - Pacific, Atlantic and Québec - and Naval Personnel Management (NPM)) will be transferred to the authority of the Director General Naval Strategic Readiness (DGNSR). This adjustment to reporting relationships better reflects the way business is actually conducted while also helping to streamline the operational personnel management system overall. Discussions are currently underway to refine timelines but the devolution of PCCs to DGNSR is expected to be complete this summer with minimal disruption in the day-to-day function of the PCCs.

This article is also available online in both official languages at www.lookoutnewspaper.com. Cet article est également disponible en ligne dans les deux langues officielles à l'adresse www.lookoutnewspaper.com.

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## Canada: A 'Capable, Adaptive, Partner' at RIMPAC 2022

PART TWO in a series on the Royal Canadian's participation in RIMPAC 2022

Lt(N) Michelle Scott **HMCS Vancouver PAO Capt Jennie Derenzis** 

Combined Information Bureau. RIMPAC 2022

**Major Trevor Reid** 

Combined Information Bureau, RIMPAC 2022

The Canadian Armed Forces (CAF) plays a significant role in this iteration of the multi-nation Exercise Rim of the Pacific (RIMPAC) 2022, hosted by the Commander of the United States Pacific Fleet and led by the Commander of the U.S. 3rd Fleet

RIMPAC 2022, from June 29 to Aug. 4, has returned to a full-scale implementation of the world's largest maritime exercise. It follows a scaled-back RIMPAC 2020 during the early months of COVID-19.

Holding the critical role of RIMPAC 2022 Commander of the Joint Force Air eyes and ears beyond the horizon during the Component, Royal Canadian Air Force (RCAF) Brigadier-General (BGen) Mark Goulden commands over 170 aircraft during the Exercise. Airframes under his charge include a variety of fighter, transport, airto-air refuelling, ground attack, rotary wing and tilt-rotor aircraft, as well as maritime aviation assets from six nations.

port to RIMPAC 2022 is the provision of nations with the opportunity to prosper. approximately 50 members working alongside the United States Air Force's 613th astic to find its place in and contribute to Air Operations Squadron in the Exercise that effort, and also this year to provide Combined Aerospace Operations Centre expertise at the leadership level of air power. (CAOC). The CAOC is the coordination With each sortie and through the invaluable hub for all air tasking orders that facilitate practising of joint-capability, we continue aircraft effects throughout the Exercise.

over the Pacific Ocean by deploying two

CP-140 Aurora Long Range Patrol aircraft. These aircrews have considerable experience working with partners and allies in the Pacific region, having recently supported CAF Operations Neon and Projection.

"[During the exercise] we will be conducting surface, subsurface, and intelligence, surveillance, and reconnaissance missions," Major Andy Holden, 407 Long Range Patrol Squadron detachment commander, said. "The RCAF has considerable expertise, but we're happy to learn from our Australian, Indian, Japanese, Korean, and American partners with whom we are flying to build our capabilities."

Additional RCAF air capability with participation in RIMPAC 2022 is the CC-177 Globemaster from 429 Transport Squadron that delivered personnel and equipment to Kaneohe Bay (Oahu) in early July, and both HMCS Vancouver's and HMCS Winnipeg's embarked CH-148 Cyclone helicopter air detachments. The latter provide their ship's sea phase of the Exercise.

When reflecting on Canada's air force contributions to RIMPAC 2022, BGen Goulden said the RCAF is proud to contribute.

"RIMPAC 2022 is rooted in the theme 'Capable, Adaptive, Partners'. It's about increasing interoperability, resiliency, and agility amongst partner nations to ensure a A key component of the RCAF's sup- stable and secure Pacific that provides all

"The RCAF is both proud and enthusito build and cement lasting and meaningful The RCAF also participates in the Exercise relationships with our nation partners."

Look for Part 3 of this series, RCN optimizes on opportunities to work with allies during RIMPAC, coming soon.







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### **Esquimalt Naval and Military Museum receives new items**

#### **Peter Mallett**

Lookout staff writer

A collection of naval artifacts from five former Royal Canadian Navy (RCN) warships made its way to the CFB Esquimalt Naval and Military Museum.

The artifacts were delivered and presented to museum staff on July 25 by Howard Robins, President of the Artificial Reef Society of British Columbia (ARSBC).

"Everything I brought with me to the museum was either one or two of a kind on a ship we were working," Robins said. "I looked for things that were memorable or personalized, or can in some way relate to the ship as a souvenir."

The items range from a brass statue to firing triggers, alarm bells, and ammunition magazine clips.

Robins' non-profit foundation was formed over 30 years ago and has sunk six former HMCS vessels to form nine of its artificial reefs in the coastal waters of B.C.

The ARSBC was displaying the items at trade shows or using them for educational purposes for students and other dive community members but deemed they were no longer needed.

#### **NEW PARTNERSHIP**

CFB Esquimalt Naval and Military Museum curator Tatiana Robinson said she was excited to receive the delivery. She also confirmed it was the first time the museum and the ARSBC had worked together.

"We are delighted to receive these materials and to be working with the Artificial Reef Society of British Columbia in our first partnership," Robinson said. "We are so happy to receive these naval artifacts and become their custodians for future generations to enjoy."

Now Robinson and her staff will determine which items will be incorporated into museum exhibits and which will be put into storage. Robinson says only five to ten per cent of donated items will make it into displays immediately.

Robins says his organization is currently working on a project that will see a life-sized model of a Sea King helicopter placed on the flight deck of Annapolis, the last RCN ship they sunk as an artificial reef, as a part of a strategic effort to enhance sea life and biodiversity.

#### **Art and Artifacts**

- A maquette of a Second World War-era Merchant Marine. Salt Spring Island sculptor Simon Morris made the model.
  - It was expected to lead the way to a much more giant brass statue on the flight deck of the Second World War Victory-Class ship, the former HMCS Cape Breton (FMG 100). The ARSBC sunk Cape Breton in 2001 off Snake Island near Nanaimo.
  - Morris was going to pay tribute to the legacy of merchant marines but the ARSBC ran into financing difficulty, according to Robins, and the project was scuttled. The maquette was the only remaining souvenir of the project.
- A solid brass wheel from the engine room of Restigouche-class destroyer escort, the former HMCS Columbia (DDE 260) sunk in 2006 near Campbell River. It served the RCN during the Cold War.
- Items from Restigouche-class destroyer escort, the former HMCS Chaudière (DDE

- 235), the first warship the ARSBC sunk near Sechelt. The items include a framed image of the Chaudière, a forward turret firing trigger from the ship's 3" 50 cannon, and a diesel tank oil cover.
- A collection of ammunition clips of solid brass from the Annapolis class destroyer, the former HMCS Annapolis (DDH 265). The second ship named DDH 265 served the RCN from 1964 to 1996 and became a reef near Gambier Island in 2015. Robins included the ship's failure alarm bell located
- ship's wheelhouse, small arms locker, Sick Bay, and Operations room, along with a misspelled sign from the ship's 'Potatoe' Locker.

in the ship's steering compartment. A collection of signage and name tags from the former HMCS Yukon (DDE 263) was sunk off San Diego in 2000 by the San Diego Reef Foundation, with assistance from the ARSBC. Some signage includes the

For more information about the ARSBC and its reef projects, visit www.artificialreefsocietybc.ca

For more information about the CFB Esquimalt Naval and Military Museum, visit navalandmilitarymuseum.org



Tatiana Robinson, Curator of the CFB Esquimalt Naval and Military Museum, displays a solid brass wheel from HMCS Columbia. Howard Robins, President of the Artificial Reef Society of British Columbia, displays a sculptor's maquette of a Second World War-era merchant mariner that was to be placed on the flight deck of HMCS Cape Breton. They were some of the many items presented by the ARSBC to the museum in a presentation made on July 25 in Esquimalt.



A collection of name tags and signage from HMCS Yukon, one of the many items presented by the Artificial Reef Society of British Columbia to the CFB Esquimalt Naval and Military Museum. Photos: Peter Mallett/Lookout Newspaper



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1621 Island Highway, 250-478-8767 Junior Canadian Rangers conduct summer training on Vancouver Island

#### Captain Natasha Tersigni

4th Canadian Ranger Patrol Group

Seventy-eight Junior Canadian Rangers (JCRs) from Western Canada travelled to Vancouver Island to participate in this year's Enhanced Training Sessions (ETS), held July 5–20 in Victoria and Strathcona Provincial Park.

"While it is an opportunity for youth to come to beautiful Vancouver Island and take part in outdoor adventure activities they normally may not have had the chance to do, it is really about building those soft skills that we are focused on," said Captain (Capt) Brandon McAuley, JCR Coy Training and Development Officer for 4 CRPG.

The JCR program is a community-based program offered in remote, isolated, and coastal communities to youth aged 12-18. It is supported by local Canadian Rangers, JCR leaders, and program volunteers. The youth program promotes traditional cultures and lifestyles in the communities and teaches life, traditional, and Canadian Ranger skills.

Capt McAuley said JCRs are tested regarding interpersonal and life skills.

"They must work in small groups, take part in activities outside of their comfort zone and really push their physical and mental limits," he said.

ETS had been on hiatus for the past two years due to the COVID-19 pandemic. Usually, it is held annually in the summer as an opportunity for the JCRs to come together, meet new people, participate in new activities, and learn valuable life skills.

This year, most ETS was held at the Strathcona Park Lodge near Campbell River. The JCRs participated in physical activities such as rock climbing, canoeing, kayaking, hiking, swimming, and camping. At the same time, the youth worked on their communication, teamwork, leadership, and critical thinking skills.

"It is pretty amazing to see how much the youth can grow in just a week," Capt McAuley said. "A majority of the JCRs come from smaller communities, and for some this is the first time they have been on an airplane or even away from home. In just a short period of time they can build their self-confidence and self-esteem, and it is great to see that firsthand."



Over 70 Junior Canadian Rangers from across Western Canada took part in this year's Enhanced Training Sessions (ETS) hosted by 4th Canadian Ranger Patrol Group's (4 CRPG) a Junior Canadian Ranger Company (JCR) on Vancouver Island, held July 5 to 20. The participants took part in variety of outdoor adventure activities where they worked on their leadership, communication, and teamwork skills.



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Above-ground 1 bed, 1 bath suite with private entrance in Langford, 400 square feet, \$1,500/ month, suitable for one person. Baseboard heating; shared laundry, parking, utilities included. Happy Valley Road near Galloping Goose and on #48, 54, 55 and 64 bus routes. Please email bogfairy@shaw.ca for information. Available August 15.

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#### Members Welcomed

Join the new Latin-American group in Victoria for military members! If interested in joining, participating in local activities, or have any questions, contact Iván Vanegas Lopes at Iván.VanegasLopez@forces.gc.ca FREE
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# New military book underway

#### **Peter Mallett**

Staff Writer

A pair of military veterans has launched a publishing company to share the stories of the military community, first responders, and their families.

"Battle Rattle Press wants to celebrate the service, the sacrifice and the diversity of the Canadian Armed Forces (CAF) and first responder community, and how each author incorporates a connection into a larger mission," said Lieutenant-Commander (Retired) David R. Lewis, co-owner of Battle Rattle Press.

A former Canadian Armed Forces (CAF) Public Affairs Officer, Lewis formed Battle Rattle Press in May together with Petty Officer Second Class (Retired) Tina Renaud, his long-time friend-turned-business partner. The pair is currently working on a series of 12 books containing short stories of people who have experiences within

the CAF, first responder, and military family communities.

"This series intends to spotlight the uniqueness of each individual within the commonality of a desire for service," Lewis said.

Lewis expects most of the contributors have found ways to integrate their identities into their careers. This, he says, is something Battle Rattle Press wants to celebrate.

#### Passion through experience

Lewis served 13 years as a Public Affairs Officer at CFB Esquimalt, the Tomb of the Unknown Soldier, and Ceremonial Guard on Parliament Hill, and was also deployed to Afghanistan.

Tina Renaud served eight years in the regular force as a Finance Clerk, and then 14 years as a full-time Class B Reservist, working in human resources, before her medical release.

"Tina and I have both worked with every race, faith, gender, and sexual orientation, and people of all walks of life in the

military during our service," Lew

vice," Lewis said. "We really

want to convey the message of what an honour it is to work with, share, and learn from a diverse spectrum of people."

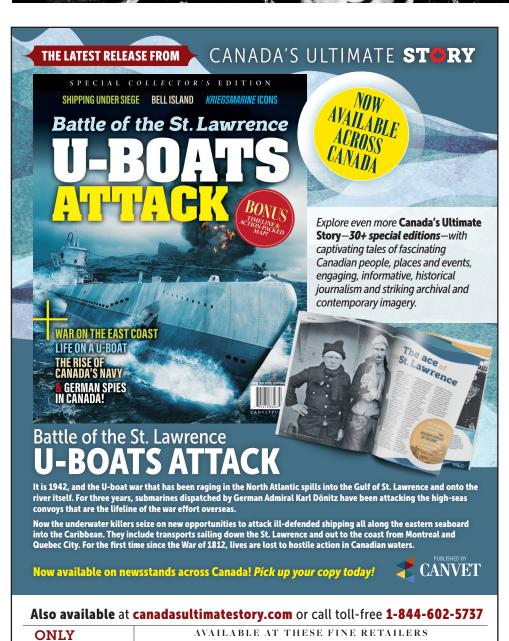
#### A tool for healing

Renaud thinks writing will help some of Battle Rattle's contributors in healing and recovery.

"Telling your story to the world will help get it off your chest, but may also help the next person," Renaud said. "The story or problem you share could be a little blip on your radar but could be something that keeps someone else afloat."

For more information, visit the Battle Rattle Press website www.battlerattlepress.com.

Petty Officer Second Class (retired) Tina Renaud. Photo supplied



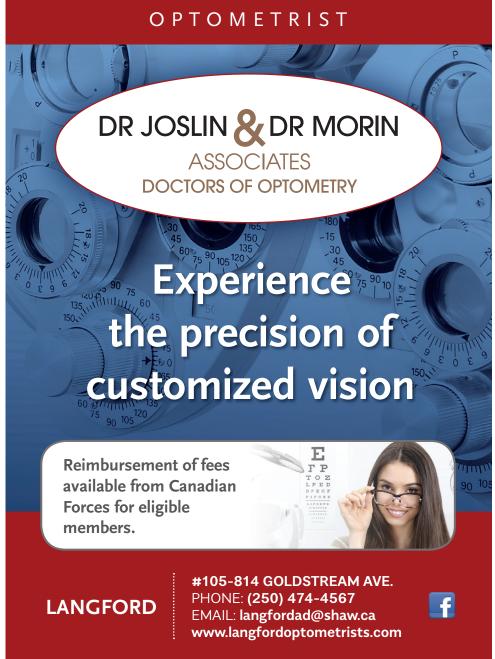
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Lieutenant-Commander (Retired) David R. Lewis. Photo supplied





# 5 Questions. The Nelles Block Duff Maker



**CFB Esquimalt Public Affairs** 

Dean Johnston is a retired military member and current baker at the Nelles Block galley. He has been a member of the Defence Team for 41 years.

What's an average day on the job?

A baker's day starts early – for me, typically around 0445, and ending at 1330. I need to get in early to ensure the muffins and scones are ready for breakfast. I also make about 300 to 500 servings of dessert each day.

#### What's the most interesting thing that's happened recently while on the job?

Honestly, every day is a surprise. Working through the COVID-19 pandemic and having to deal with all the changes and public health measures was definitely a new experience. Sometimes staff can't come in, but regardless of how many people we have working on a given day, everything still needs to be done, so it can make for some hectic days – even more hectic than usual.

#### What's something about your job that you wish more people realized?

I think most people don't understand how hard the cooks work, because they just don't see the work they do. It takes a lot of effort and teamwork to get the food from the kitchen out to people's plates.

#### What's something interesting about yourself?

I'd call myself something of a 'master' gardener, and right now I'm a caretaker on a farm out in Metchosin. Gardening is just so relaxing and it's a great way to get away from the stress of the kitchen. I particularly enjoy growing fruits and vegetables; it's rewarding to eat something you've grown yourself and it's a lot cheaper than having to buy it at the store.

#### What's your favourite thing to bake or cook, and why?

Bread. It's amazing to be able to take something living, like yeast, and turn it into a staple like bread. For me, baking is all about the hands and the feel, and bread is just one of those things where you feel the dough and you know if it's right.





#### **OUTSTANDING PERFORMANCE**



Owing to outstanding performance, skills development and teamwork, Sailor First Class (S1) Amanda Harding is accelerated promoted to their current rank on July 21 by Commander Sam Patchell, Commanding Officer HMCS Ottawa, and Petty Officer First Class Ryan Kingston, Senior Naval Combat Information Operator.

S1 Harding is the second generation of her family to join the Navy. She has served in the forces for three years and completed two deployments, OP Projection and OP Neon (2020/2021) with HMCS Winnipeg, and was awarded a Commander Canadian Fleet Pacific coin for her efforts as Anti-Submarine Plotting Operator. She joined HMCS Ottawa in April and has been an integral part of the ships company.

#### CHANGE OF APPOINTMENT



Incoming Unit Chief of Personnel Coordination Centre (PCC) takes part in a Change of Appointmnet ceremony with Commander Ben Seaby and Outgoing Unit Chief, Chief Petty Officer First Class Pascal Harel.





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