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



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HMCS



WINNIPEG

Sailor First Class Tommy Mailloux, Bosun (boatswain) in HMCS Winnipeg, conducts upper deck maintenance. The ship is currently on a six-month deployment to Asia-Pacific, seeking to increase Canada's presence in the region.

Photo: Sailor First Class Melissa Gonzalez, HMCS Winnipeg



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BABCOCK BLUES WIN SECOND VICTORIA-CLASS CUP

Peter Mallett
Staff Writer

A last-minute goal made the Babcock Blues winners of the Second Annual Victoria-Class Cup Championship hockey game on Sept. 8.

With a 3-3 tie late in the third period and headed to overtime, Blues forward Mike Turner broke the deadlock with MARPAC Selects with just 40 seconds remaining.

"Today's result was disappointing for the MARPAC Selects but it sets things up nicely and builds our rivalry for when we meet again next year," said Chief Petty Officer Second Class (CPO2) Rob (Michael) Tibbetts, MARPAC Selects Captain.

Goaltenders Petty Officer Second Class Randy Collens (MARPAC Selects) and James Fletcher (Babcock Blues) faced a barrage of shots throughout the game. Fletcher was awarded the Rob Sneath Most Sportsmanlike Trophy for his outstanding play and cementing the win for Babcock.

"It was great to win and be honoured after the game," Fletcher said. He is a retired sailor and previously worked as a Marine Technician and a Stoker at the Base. Before his retirement less than three years ago, he played in goal for the Esquimalt Senior Tritons team.

Commander Canadian
Fleet Pacific (CANFLT PAC)

Commodore David Mazur and Keith Cunnane, Babcock Marine Vice President, performed the ceremonial opening puck.

The game's final score did not seem to matter much.

The Esquimalt's Military Family Resource Centre (MFRC) introduced the Victoria-Class Cup in partnership with Babcock in 2019 as a hockey fundraising event for Defence Community members and their families.

"Being able to support an organization like the MFRC is a victory for everyone involved because it does such a great job of supporting our sailors and families," said Chief Petty Officer First Class (CPO1) David Bisal, the Base's new Fleet Chief.

Lisa Church, MFRC Community Engagement Manager, said she was delighted with the level of support from the Defence Community.

"The MFRC is grateful for the support we receive from Babcock for the Victoria Cup game and throughout the year," Church said, adding she feels great about bringing the community together for this 'feel-good' event.

"The game was fun to watch, exciting and a true nail-biter right to the end," Church said. "I am also feeling great about what we achieved in terms of fundraising."

Fundraising initiatives during the game included a 50/50 Draw, a prize raffle, and a pre-game barbeque. Free food and drinks were available to

fans during the game. In 2019, the Esquimalt Senior Tritons prevailed with an 8-2 win over Babcock, while the game raised approximately \$5,500 for the MFRC.

While the amount of funds raised for the event was unavailable at press time, Cunnane considerably sweetened the fundraising pot by presenting a cheque to the Esquimalt MFRC for \$5,000 following the presentation of the Victoria Class Cup Trophy. He also announced that Babcock Canada and the Victoria Royals of the Western Hockey League donated 150 tickets to the Base for the Royals Nov. 19 game against Prince George. The Royals will also provide discounted tickets to members of the Defence Team for Royals games in November.

"This game was a great opportunity for fleet members to interact with the Babcock team, get to know them, and develop a friendly rivalry and camaraderie," CPO1 Bisal said.

Tibbetts said MARPAC Selects look forward to next year to renew the camaraderie and competition with Babcock.

"We are happy to continue the close liaison with Babcock supporting the MFRC in the future," he said.

Babcock Canada and its industry partners provide In-Service Support (ISS) Contracts to the Royal Canadian Navy and its Victoria-Class submarines.



Chief Petty Officer Second Class Glen Thompson of the MARPAC Selects stickhandles up ice during the Victoria-Class Cup hockey game, Sept. 8 at Wurtele Arena. Babcock won the game 4-3.

Photo: John Penner/John's Photography

For more information about the MFRC, the programs they offer, and other upcoming events, visit their website: www.esquimaltmfrc.com



Group Shot: Members of the MARPAC Selects and Babcock Blues gather at centre ice at Wurtele Arena following their Sept. 8 game to celebrate a donation by Babcock Canada of \$5,000 to the Military Family Resource Centre. (Centre right) Babcock Marine Vice President Keith Cunnane presents a cheque for \$5,000 to Esquimalt MFRC Board Chair Samantha Krzywonos. Credit: Peter Mallett/Lookout



HMCS Ottawa visits *Port Alberni*

Lookout staff

More than two dozen people gathered at the Maritime Discovery Centre Pier in Alberni Inlet to watch HMCS *Ottawa* arrive at Berth 3 of the Port Alberni Terminals on Aug. 12.

"Ottawa's visit to Port Alberni was significant given it has been many years since the last time a major warship was alongside," said Chief Petty Officer First Class (CPO1) Steve Sheffar, Coxswain of HMCS *Ottawa*.

The Harbour Chieftain fireboat and Royal Canadian Marine Search and Rescue Station 39 vessel greeted the ship with a water salute while tugs from Pacific Towing Services Ltd. helped guide the ship to the wharf.

A large delegation from the Tseshaht First Nation greeted the ship's crew with drumming and song. Commander Sam Patchell, the ship's Captain, then exchanged gifts with the elected Chief Councillor Ken (Wahmeesh) Watts.

HMCS *Ottawa* offered ship tours to the

public the following day. Visitors chatted with the ship's crew about their roles onboard, including representatives from the Boarding Party, Dive Team, and Marine Technicians. They also checked out different stations on the ship, including the CH-148 Cyclone helicopter on board.

A team from Canadian Armed Forces Recruiting was on-site to provide information about enrolling in the Royal Canadian Navy.

"The ship's company was welcomed by the community and enjoyed all that was offered while also having the opportunity to do some work, welcoming visitors onboard, and cleaning up parks and grounds around the town," CPO1 Sheffar said.

Crew members worked on community service projects around the Alberni Valley and visited Royal Canadian Legion Branch 293 to converse with branch members and play pool.

The ship departed the Port Alberni berth Monday morning.



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HOIST BLUE PETER

“Folklore decrees the term ‘between the devil and the deep blue sea’ has a naval origin.”

—Mark Nelson, Chief Petty Officer Second Class (Retired)

Mark Nelson Contributor

Blue Peter refers to the maritime signal flag for the letter “P”, phonetically referred to as *flag Papa*. Consisting of a white square on a blue field, it is also known as the *recall flag*. A ship flying Blue Peter indicates the vessel is preparing to *slip and depart* a port. British folks know *Blue Peter* as a long-running BBC children’s television programme. The name was chosen because the show represents a ‘voyage of adventure’. In production since 1958, it’s certainly been a lengthy voyage.

In NATO navies, friendly forces are represented by the colour blue, as in the *Blue Force* in a war game exercise. In the same exercise, enemy forces are usually represented by the colours orange or red, i.e., *Orange Force* or *Red Force*. Interestingly, during the Cold War the term *Orange Force* was preferred as being more neutral, and not to single out the USSR as being the obvious aggressor. The term *blue on blue* is sometimes used in the instance of unfortunate death or injury resulting from actions of one’s own forces or allies.

The term *blue-water navy* refers to a naval force with warships designed to operate worldwide, not just in coastal waters, which is referred to as a *brown-water navy*.

The term *Bluenose* has a variety of meanings. Canadians would likely know *Bluenose* as the name of a famous 1920s Nova Scotia-based fishing schooner that was built to ‘out-sail them all’. The *Bluenose* is so famous it is featured on a Canadian dime, and *Bluenose II*, a replica of the original, is homeported in

Lunenburg, Nova Scotia, to this day. The name *Bluenose* is derived from a nineteenth-century nickname for the province of Nova Scotia, or in reference to people from Nova Scotia, i.e., *Bluenosers*.

Blue nose is used in reference to a warship that has operated inside the Arctic Circle and has added blue paint to its bow. Sailors who served in such ships are awarded a *Blue Nose Certificate*. The *Order of the Blue Nose* is an honour bestowed upon anyone who has crossed the Arctic

Circle in a ship.

Historically, painting a ship’s hull blue was done when a sailing vessel returned to port from a voyage where the ship’s captain had perished. Purportedly, this is how the term *feeling blue* became known for being sad or in mourning.

Some Canadian warships have blue as one of their official colours. You can always tell an HMC Ship’s official colours through those featured in the nameplate area of their badge, e.g., HMCS *Winnipeg*, blue and gold; HMCS *Toronto*, blue and white.

The modern term ‘*between the devil and the deep blue sea*’ means ‘to be in a dilemma’. Folklore decrees this term has a naval origin as it was derived from *keelhauling*, a punishment where a sailor was dragged beneath the ship. This perilous practice took a sailor ‘between’ a wooden vessel’s ‘devil seam’, located on the bottom of the ship, and the ‘deep blue sea’ below. Now that’s a dilemma!

You will find over 4,000 examples of Jackspeak in my book *Jackspeak of the Royal Canadian Navy* (2nd ed.).

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



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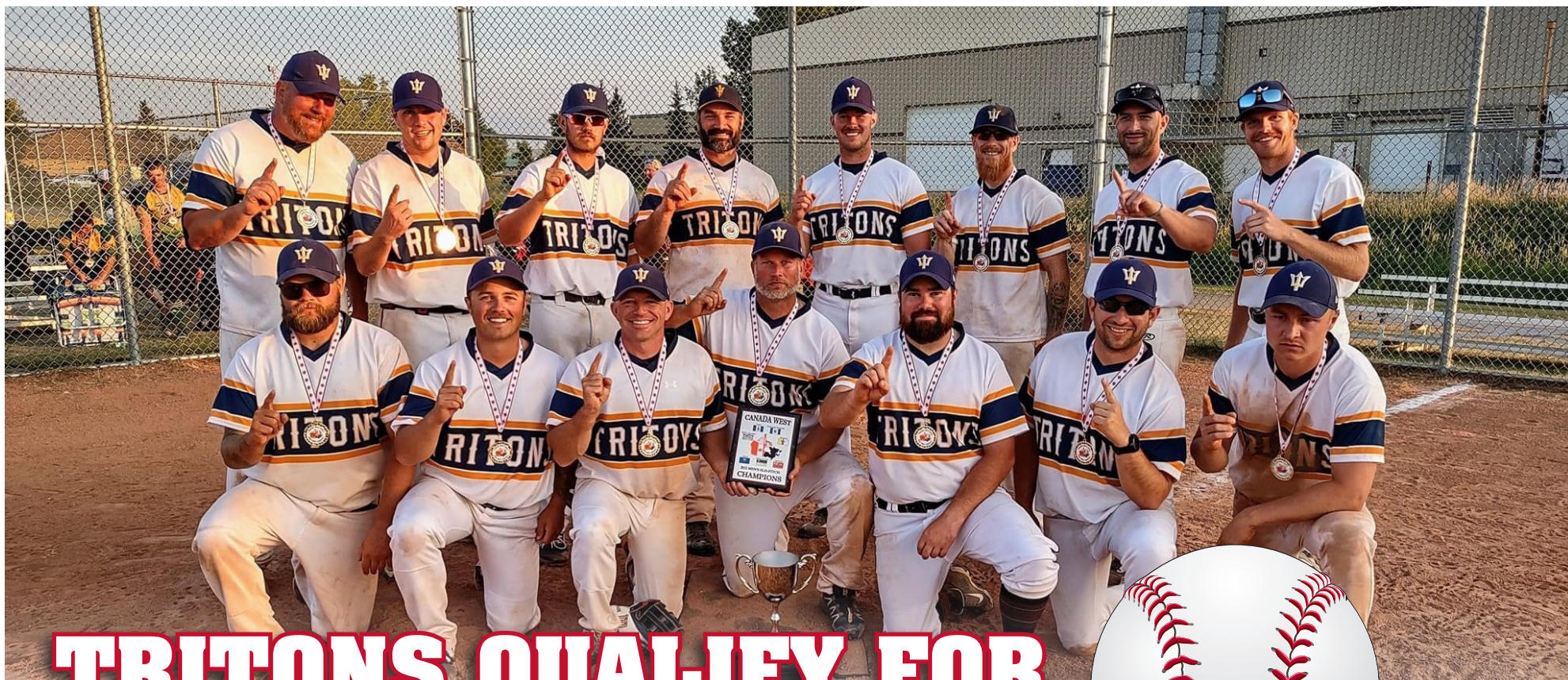


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TRITONS QUALIFY FOR SLO-PITCH NATIONALS

Peter Mallett
Staff Writer

The Esquimalt Tritons Slo-Pitch team defeated CFB Winnipeg in the Gold Medal Game of the Canada West Regional Slo-Pitch Tournament with a 12-6 victory on Aug. 26 in Wainwright, Alta.

The win earned them a berth at the Canadian Armed Forces (CAF) Men's Slo-Pitch Championship tournament in Edmonton, Sept. 19 to 23.

Petty Officer First Class (PO1) Troy Kendrick, Tritons Team Captain, said the team feels upbeat about their chances at the Nationals.

"I'm very optimistic," he said. "As a team, we are approaching it with the mindset of 'Do your job and nobody can beat you'."

His spirit is buoyed by the Tritons winning five of their six games at the regional tournament. Esquimalt defeated Cold Lake, Moose Jaw, and Edmonton twice, with the only loss of 21-15 to Comox in their second game of Round Robin.

PO1 Kendrick hit two home runs in the championship game. Major defensive blocks came from the gloves of outfielder Acting Sub-Lieutenant Caleb Stuckless and shortstop Chief Petty Officer Second Class Rob Tibbetts, hanging on for the win.

PO1 Kendrick said his pitcher, Sailor

First Class (S1) Eric McRae, was 'on fire' and earned game MVP honours.

"He delivered a pitching gem and allowed the opponents only six runs over seven innings," PO1 Kendrick said.

He said that, unfortunately, S1 McRae would be attending a career course at the time of the game in Edmonton and thus unable to suit up.

"Player availability always seems to be an issue for the Navy and not having Eric for the Nationals will be very difficult for our team to overcome," PO1 Kendrick said.

At press time, a schedule had yet to be released for the Nationals, and it was unclear who Esquimalt would face in their first game.

WOMEN WIN SILVER

Esquimalt's Women's Slo-Pitch team will not be competing at CAF Nationals. The Tritons lost to Edmonton in their gold medal game at the Canada West Regional Qualifying Tournament, also in Wainwright.

Despite a nine-run 7th inning, the Tritons ended their CAF Finals dream with a 30-19 defeat and settled for the tournament's silver medal instead. The team won three games and lost one in Round Robin play. They defeated Winnipeg 19-0 in the semi-finals to qualify for the tournament championship.

Above: The Men's gold winning team.

Right: Members of the Esquimalt Tritons team celebrate after their 19-0 victory over Winnipeg in the Women's Slo-Pitch Regionals tournament in Wainwright, Alta. Credit: PSP



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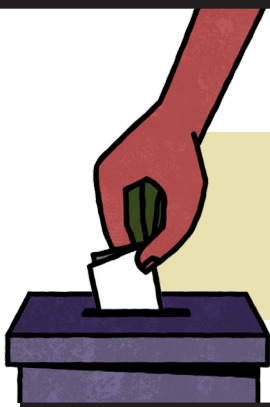
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MEET THE TEAM COMMANDER

of the CFB Esquimalt Medium Search and Rescue Team



Left: Team Commander – Glenn Cooper. Right: Demonstration of the SAVOX Communications USAR Equipment. Photos: Sub-Lieutenant Wilson Ho, MUSAR Team Member

SLt Wilson Ho MUSAR Team

The CFB Esquimalt's Medium Urban Search and Rescue (MUSAR) Team completed its monthly training throughout the last week of August at the Emergency Response Training Operations Centre, formerly known as the USAR Training Compound, near the Naval Officer Training Centre (NOTC) Venture.

This month, the team maintained proficiency on the DELSAR Urban Search and Rescue kit, a seismic/acoustic listening device used to detect and locate trapped victims. The team also used the SearchCam 3000, an articulating, extendable, waterproof search and rescue camera to help searchers locate victims trapped in collapsed buildings and spaces.

Preparations were made for the Base Disaster Response courses scheduled to run

from Sept. 12 to 30 in preparation for Shake-Out British Columbia, which is occurring in late October.

In addition to training, the team is starting a segment to feature members of the CFB Esquimalt MUSAR team to highlight their experiences and technical expertise. This month, we sat down with Glenn Cooper, the Team Commander of CFB Esquimalt's MUSAR team.

What are your main responsibilities as the Team Commander?

As the only full-time employed member of CFB Esquimalt's MUSAR Team, my primary responsibility is to ensure the Team is properly trained and well-equipped to respond to any emergencies as directed by the Base Commander or the Joint Task Force (Pacific) (JTF(P)) Commander.

How long have you been on the team?

I've been a part of the MUSAR team since 2001. I've worked in all positions, including Rescue Squad, Rescue Team Leader, and Operations Chief. I was promoted to the role of Team Commander in 2008.

How long have you been working/part of the Defence Team?

I've been working with Department of National Defence since January 1989.

Where did you learn the technical expertise for Urban Search and Rescue?

I'm passionate about the technical intricacies of Urban Search and Rescue. I obtained my Urban Search and Rescue Specialist Certification through Texas A&M University in College Station, Texas.

What was one of your most memorable experiences as an Urban Search and Rescue Specialist?

I deployed with an outside agency to Mexico City after the 2017 earthquake.

If a military member wants to join the CFB Esquimalt MUSAR Team, where do they start?

We are actively recruiting more CAF members. We train 20 days a year, on the last Wednesday of every month, except in December, and we have two week-long exercises each year. No prior qualifications or experience are needed to join the team.

Interested CAF members can go onto DWAN, search the CFB Esquimalt's MUSAR Intranet Page, and submit their applications (with Chain of Command authorization) via email to the personnel indicated on the web-page, or to me.

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with our Victoria, the Islands
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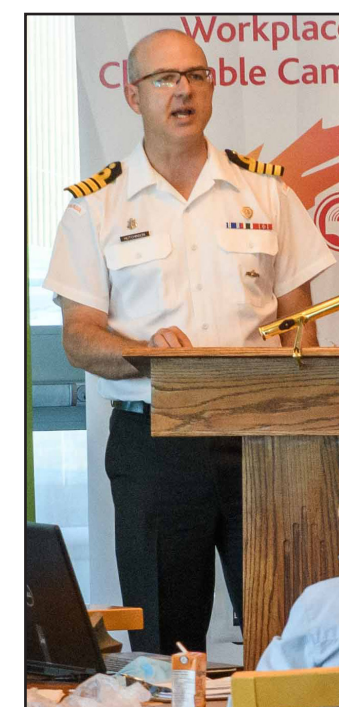


Chief Petty Officer Second Class Pierre Tremblay (left) and Lieutenant-Commander Jeffrey Leung (second from left) serve breakfast during the 2022 Canadian Forces Base (CFB) Esquimalt National Defence Workers Charitable Campaign pancake breakfast held at Chiefs and Petty Officers Mess on Sept. 6. Photos: Sailor First Class Mike Goluboff

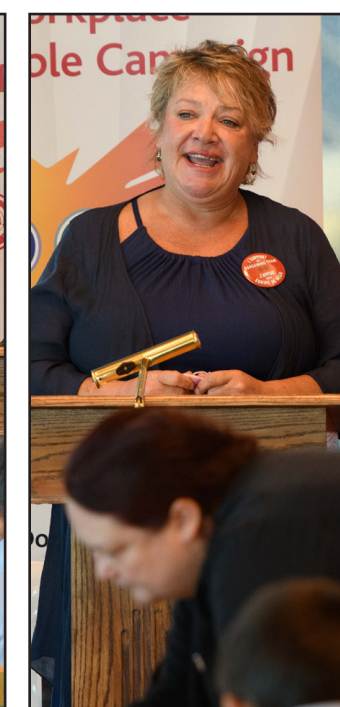
“Last year, the National Defence Workplace Charitable Campaign (NDWCC) reminded us that while we were apart, we were together at heart. This year, as we begin to return to the workplace we want to remind you we are *Stronger Together*. The slogan was chosen with the theme of inclusivity and the sentiment of togetherness. A great reminder that, despite the hardships of the past year, the community ties that bind us, remain in place.”

~NDWCC Core Team

SPEECHES



Captain (Navy)
Jeff Hutchinson,
Base Commander



Brenda Kipot,
Acting Labour
Co-Champion



Hazel Braithwaite,
Director of Donor &
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Jackie Carle,
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Photo: Sailor First Class
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Jaqueline Zweng,
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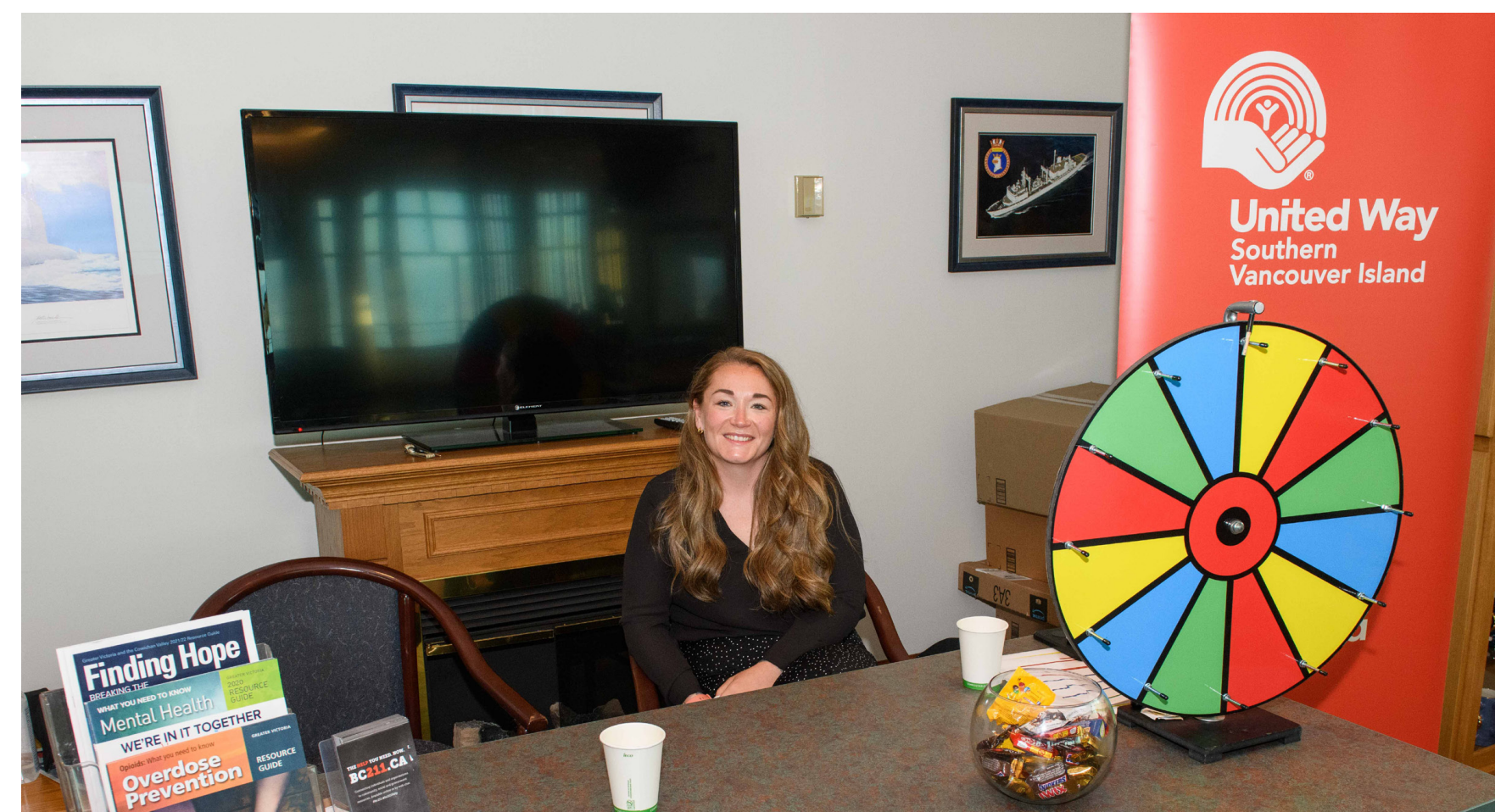
TIME FOR BREAKFAST



Above: Corporal (Cpl) Drew King-Buckley (left) and Cpl Chelsea Claire (right) pick up breakfast meals for Base Logistics Transport.



Sailor Third Class Andrew Davis sells 50/50 tickets



Danielle Mulligan, United Way Associate Director of Philanthropy, showcases the United Way information booth.

TIME TRAVEL *for* TEAM VAN



Boatswains Sailor First Class Thomas Rhone (Left) and Sailor First Class Ben Howey paint HMCS Vancouver's bullring to denote the ship's passing of the International Date Line on Aug. 20, 2022.

HMCS Vancouver

HMCS *Vancouver* travelled through time on Aug. 18, 2022 and arrived on the other side of the International Date Line on Aug. 20, 2022. Despite the Royal Canadian Navy having a tradition of painting the ship's bullring to denote the passing of a major geographical point such as the Equator and the Arctic Circle, there is no specific tradition for a ship to show it has passed the date line.

So, the crew of HMCS *Vancouver* decided to mark the crossing in their own way – with members of the ship's deck department painting the ship's bullring white and adding Roman numerals to represent a clock face.

HMCS *Vancouver* is currently deployed in support of Operation Projection, conducting forward naval presence operations to enhance maritime cooperation in the Indo-Pacific region. The ship will also sail under Operation Neon, Canada's contribution to implementing United Nations Security Council sanctions on North Korea, before their anticipated return home in December.

Photos: Sergeant Ghislain Cotton and HMCS Vancouver.



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A NEW SPORTING TRADITION HONOURS COMMANDERS OF CANADIAN FLEET PACIFIC



Participants in an intramural touch football game from HMCS Calgary and other Base units gather for a group shot on Aug. 17 at the Colville Rd. Sports fields. HMCS Calgary's team won the game and will move on to compete in the Commodore's Cup football game versus 442 Squadron from CFB Comox. Photo: PSP

Peter Mallett
Staff Writer

Military members on Vancouver Island will get the chance to partake in a new sporting tradition.

The first ever Commodore's Cup flag football game will see Maritime Forces Pacific (MARPAAC) take on 442 Squadron in Comox on Oct. 14 at the Colville Road sports field.

Commodore (Cmdre) David Mazur said the competition is named in honour of current and

past Commanders of Canadian Fleet Pacific (CANFLTPAC).

"The new competition stems from a conversation with the Fleet Chief about creating an event with some fitness and fun, and forging new sports rivalries," Cmdre Mazur said. "We looked at building on the tradition of the Mini Grey Cup in Halifax and arrived at the idea of battling 442 Squadron in a flag football game."

The highly popular Mini Grey Cup sees the Non-

Commissioned Members (NCM) from the CFB Halifax Fleet Club compete against the Wardroom. MARPAAC's team will consist of sailors from HMCS Calgary's intramural touch football team and other fleet members.

Lieutenant (Navy) David MacLellan, a Combat Systems

Engineer with HMCS Calgary and MARPAAC's Team Captain and Quarterback, said his teammates relish the opportunity to take on 442 Squadron on the football field.

"There is a great deal of anticipation and excitement surrounding the game," Lt(N) MacLellan said. "I think it will be a great morale booster since no games were held for the past few years because of COVID-19."

Lt(N) MacLellan said the MARPAAC team is still taking shape.

He and head coach Petty Officer First Class (PO1) Steve Simard, also of HMCS Calgary, are finalizing a 15-player roster, and are putting out 'feelers' with other units at the Base for additional players.

The team will begin practising for the game this week at the Colville Road sports fields.

"I believe we can put a solid and competitive line-up together, but in the end this competition is more about building camaraderie and Esprit Des Corps," Lt(N) MacLellan said.



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Interested in Mentorship and Coaching?

Meet on September 27th for the RCN Mentorship and PD Session #4 Topic Mentor-Protégé vs Coaching with Commander Lucille Boettger to ask questions and learn more.

Royal Canadian Navy (RCN) sailors from Regular and Reserve Force at all ranks and civilian employees at all levels are invited to the next session of the RCN's Mentorship Program.

THE NEXT GROUP SESSION:

Date: Tuesday, September 27, Noon to 1:30 p.m. EST

Location: Microsoft Teams, contact CPO1 Tara White (P-OTG.RCNMentorPD@intern.mil.ca)

The program is also open to all Canadian Armed Forces personnel and all Department of National Defence civilian employees and if you can't make it, don't worry the recordings can be found on the SharePoint page.

These sessions will be available to all on Microsoft Teams and everyone is encouraged to actively participate, share their insights and ask questions. For more information, visit the Mentorship Program's intranet page.

Le mentorat et l'encadrement vous intéressent?

Consultez le 27 septembre à la séance de mentorat et de PP no 4 de la MRC sur le thème Mentor-Protégé contre Encadrement avec le Capf Lucille Boettger pour poser des questions et en savoir plus.

Les marins de la Marine royale canadienne (MRC) Force régulière et Réserve de tous les grades et les employés civils de tous les niveaux sont invités à la prochaine séance du Programme de mentorat de la MRC.

VOUS ÊTES INVITÉ À ASSISTER À LA PROCHAINE SÉANCE DE GROUPE :

Date : Mardi 27 septembre, Midi à 13 h 30 (heure de l'Est)

Lieu : Microsoft Teams via CPO1 Tara White (P-OTG.RCNMentorPD@intern.mil.ca)

Le programme est également ouvert à tout le personnel des Forces armées canadiennes et à tous les employés civils du ministère de la Défense nationale. Si vous ne pouvez pas venir, ne vous inquiétez pas, les enregistrements sont offerts à la page SharePoint.

Ces séances seront accessibles à tous sur Microsoft Teams et tout le monde est encouragé à participer activement, à présenter ses idées et à poser des questions. Pour plus de renseignements, consultez page intranet du Programme de mentorat.



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BRAVO ZULU

HMCS SASKATOON

Left: Sailor First Class Tanner Bowman was promoted to their current rank during 'Sundaes on Sundays' while at sea in support of Search and Rescue zone.

Right: Sub-Lieutenant Avery Stover was awarded their Bridge Watchkeeping Ticket effective Sept. 4, 2022 while at sea in support of Search and Rescue zone.

Photo: HMCS Saskatoon



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